

Secondary School Cross-Country Results

Like the majority of high school sports, to go to the provincial championships, OFSAA, qualification rounds need to be done. For the cross-country championship meet, students in the Hamilton public school system had to do rounds: the 'city' meet, HWIAC, then SOSSA. The private schools and separate schools just had one qualifying meet: CISAA or GHAC, respectively. The rules for going to OFSAA are quite strict: top three individuals (ie: not on a team) and top two teams, only.

Numbers, in brackets, after the age group, indicate the number of competitors in that particular race.

HWIAC October 20, 2010 Christie Lake Conservation Area

Midget Girls 3Km (30)

4	Jill Northrup	Highland	12:23.76	qualified for SOSSA
28	Alexa Palmer	Westmount	16:22.13	qualified for SOSSA

Junior Girls 4Km (37)

5	Abby Llewelyn	Ancaster	15:25.00	qualified for SOSSA
12	Jennifer Wilson	Ancaster	16:11.47	qualified for SOSSA

Senior Girls 5Km (53)

3	Maxine Gravina	Westdale	20:23.26	qualified for SOSSA
5	Meg Inman	Westdale	21:13.76	qualified for SOSSA
14	Jacquie Holmes	Highland	23:21.43	qualified for SOSSA

Midget Boys 5Km (34)

11	Branden Thorburn	Ancaster	20:42.22	qualified for SOSSA
13	Nathan Dehghan	Ancaster	20:57.49	qualified for SOSSA

Junior Boys 6Km (31)

7	Kyle Gonci	SAM	23:21.96	qualified for SOSSA
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Senior Boys 7Km (54)

4	Adam Rowles	Highland	23:12.27	qualified for SOSSA
5	Paul Kolb	Highland	23:22.12	qualified for SOSSA
8	David Friend	Highland	25:24.39	qualified for SOSSA

CISAA October 26, 2010 Trinity College

Junior Boys 5Km (52)

3	Alec Mannarino	HSC	19:06.15	qualified for OFSSA
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Senior Girls 5Km

31	Melissa DeJonge	HSC	21:47.45	
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GHAC October 26, 2010**Christie Lake Conservation Area****Junior Girls 4Km** (91)

2	Marissa Codispodi	Bishop Tonnos	16:20	qualified for OFSSA
21	Becky Morrison	Bishop Tonnos	18:12	

Senior Girls 5Km (100)

16	Alannah Kelly	Brebeuf	22:52	
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Junior Boys 6Km (70)

9	Tyler Fournier	Cathedral	23:27	
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Senior Boys 7Km (106)

6	Alex Russell	Bishop Tonnos	26:35	qualified for OFSSA
14	Anthony Perrodou	Brebeuf	27:42	

SOSSA October 28, 2010**Christie Lake Conservation Area****Midget Girls 3Km** (63)

15	Julia Roglich	Westdale	12:30.35	qualified for OFSSA
61	Alexa Palmer	Westmount	16:38.41	

Junior Girls 4Km (70)

10	Abby Llewellyn	Ancaster	15:34.32	
19	Emily Thomspou	SWC – St. Cath	16:10.58	qualified for OFSSA
27	Jennifer Wilson	Ancaster	16:36.93	

Senior Girls 5Km (63)

8	Maxine Gravina	Westdale	20:35.44	qualified for OFSSA
9	Meg Inman	Westdale	20:39.75	qualified for OFSSA
32	Jacque Holmes	Highland	22:56.39	

Midget Boys 5Km (67)

21	Branden Thorburn	Ancaster	19:49.70	
23	Nathan Dehghan	Ancaster	19:57.46	

Junior Boys 6Km (54)

19	Kyle Gonci	SAM	23:00.26	
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Senior Boys 7Km (60)

3	Paul Kolb	Highland	22:48.93	qualified for OFSSA
6	Adam Rowles	Highland	23:07.17	qualified for OFSSA
25	David Friend	Highland	25:31.17	qualified for OFSSA

OFSAA November 6, 2010 Etobicoke Centennial Stadium

Midget Girls 3Km (245)

77 Julia Roglich Westdale High School team: **fifth place**

Junior Girls 4Km (229)

53 Marissa Codispodi Bishop Tonnos High School
91 Emily Thompson Sir Winston Churchill, St. Catharines team: **sixth place**

Junior Boys 6Km (233)

32 Alec Mannarino Hillfield Strathallan College

Senior Girls 5Km (234)

85 Maxine Gravina Westdale High School team: **SILVER MEDAL**
86 Meg Inman Westdale High School team: **SILVER MEDAL**

Senior Boys 7Km (243)

35 Adam Rowles Highland Secondary School team: **BRONZE MEDAL**
59 Paul Kolb Highland Secondary School team: **BRONZE MEDAL**
97 Alex Russell Bishop Tonnos High School
149 David Friend Highland Secondary School team: **BRONZE MEDAL**

There were several other meets held during the fall, which gave the athletes a chance to determine how their training was preparing them for the championship meets.

Congratulations to all the Club athletes who participated in the cross-country programme.

Highland Hawk Invitational

Junior Girls 3K (141)

3. Marissa Codispodi
10. Becky Morrison

Junior Boys 5K (93)

1. Liam Smith

Senior Boys 5K (245)

3. Adam Rowles
4. Paul Kolb
7. Alex Russell

McMaster Maurauder Invitational, October 14, 2010

Junior Girls 4K (151)

5. Marissa Codispodi
10. Abby Llewellyn

Senior Girls 5K (146)

8. Maxine Gravina

Senior Boys 5K (216)

2. Adam Rowles
3. Alex Russell
7. Paul Kolb