



Athletics Ontario Cross Country Championships

Event Date : 12-11-2017

Event Location : Bracebridge, Ontario

Type : Cross Country

Description : Senior Women 8K

Total Entrants : 29

Total Finishers : 26

Overall Place	Bib	Name	Guntime	City	Pace	Pace Units
1	252	Natalia Hawthorn	29:49	Newmarket HU	3:44	/Km
2	413	Leslie Sexton	30:06	London Runne	3:46	/Km
3	182	Laura Desjardins	30:06	Newmarket HU	3:46	/Km
4	174	Madeleine Davidson	30:07	University O	3:46	/Km
5	107	Katelyn Ayers	30:31	Speed River	3:49	/Km
6	987	Gladys Taru	30:46	Toronto Olym	3:51	/Km
7	290	Katherine Lampard	30:46	Central Toro	3:51	/Km
8	258	Liza Howard	31:02	Toronto Olym	3:53	/Km
9	191	Charlotte Dunlap	31:04	University O	3:53	/Km
10	247	Rachel Hannah	31:12	University O	3:54	/Km
11	440	Emma Tallman	32:32	London Weste	4:04	/Km
12	346	Lucy Njeri	32:50	Toronto Olym	4:07	/Km
13	462	Donna Vakalis	32:52	University O	4:07	/Km
14	106	Philippa Aukett	33:00	London Runne	4:08	/Km
15	307	Chelsea Mackinnon	33:23	University O	4:11	/Km
16	139	Carrie Byer	33:36	Newmarket HU	4:12	/Km
17	223	Alysha Gjos	34:10	Toronto Olym	4:17	/Km
18	374	Emma Plater	34:16		4:17	/Km
19	220	Kayla Gallo	34:44	Lakehead Running	4:21	/Km
20	342	Anastasia Nepotiuk	34:58	Peterborough	4:23	/Km



Athletics Ontario Cross Country Championships

Event Date : 12-11-2017

Event Location : Bracebridge, Ontario

Type : Cross Country

Description : Senior Women 8K

Total Entrants : 29

Total Finishers : 26

Overall Place	Bib	Name	Guntime	City	Pace	Pace Units
21	414	Jessica Shaw	35:02	Newmarket HU	4:23	/Km
22	341	Lauren Negrazis	35:46	Greater Uxbr	4:29	/Km
23	196	Ikram El Gana	36:08	Etobicoke TR	4:31	/Km
24	268	Jillian Jaworski	36:46	Speed River	4:36	/Km
25	450	Winny Tonui	36:54	Toronto Olym	4:37	/Km
26	205	Nicole Fiorini	37:04	Newmarket HU	4:38	/Km