

# Cross-Country Running 2009 Results

## NSSAF Provincial Championships

Monday, October 26<sup>th</sup> @ St. F.X. University Campus, Antigonish

### **Junior Girls (3 km):**

*-team placed 8<sup>th</sup> with 179 points*

Ursula Calder - 18<sup>th</sup>

Claire Fong-McMaster - 32<sup>nd</sup>

Jill MacDonald - 37<sup>th</sup>

Meg Campbell - 92<sup>nd</sup>

Lucy Morgan - 98<sup>th</sup>

Franziska Gnann - 108<sup>th</sup>

Tara Sverko - 112<sup>th</sup>

### **Junior Boys (4 km):**

A.J. Case - 23<sup>rd</sup>

### **Intermediate Girls (4 km):**

*-team placed 7<sup>th</sup> with 167 points*

Adelle Goodfellow - 13<sup>th</sup>

Katie Ross - 22<sup>nd</sup>

Gillian Fong-McMaster - 43<sup>rd</sup>

Annika Gnann - 89<sup>th</sup>

Claudia Sekula - 90<sup>th</sup>

Sydney Adamson - DNF

### **Intermediate Boys (5 km):**

*-team placed 4<sup>th</sup> with 107 points*

Sven Stammberger - 23<sup>rd</sup>

Thomas Gwynne-Timothy - 26<sup>th</sup>

John Muir - 27<sup>th</sup>

Jonathan Perrie - 31<sup>st</sup>

Liam Elbourne - 49<sup>th</sup>

Florent Herbinger - 68<sup>th</sup>

Alex Fraser - DNF

### **Senior Girls (5 km):**

*-team placed 3<sup>rd</sup> with 68 points (bronze medal)*

Tessa Stammberger - 8<sup>th</sup>

Emily Byrne - 17<sup>th</sup>

Katherine Fraser - 19<sup>th</sup>

Rachel MacLean - 24<sup>th</sup>

Kate Elbourne - 42<sup>nd</sup>

### **Senior Boys (7 km):**

Luke Liu - 16<sup>th</sup>

Mark Flowerdew - 63<sup>rd</sup>

Vinayak Mishra - 84<sup>th</sup>

Michael Malak - DNF

**Capital Region Championships**

**Friday, October 16<sup>th</sup> @ Shubie Park, Dartmouth**

*(\* indicates runners who qualified for the provincial championships on Oct. 26<sup>th</sup> in Antigonish)*

**Junior Girls (3 km):**

*-team placed 4<sup>th</sup> with 133 points*

\*Ursula Calder - 14<sup>th</sup>

\*Jill MacDonald - 29<sup>th</sup>

\*Claire Fong-McMaster - 31<sup>st</sup>

\*Meg Campbell - 59<sup>th</sup>

\*Lucy Morgan - 99<sup>th</sup>

\*Tara Sverko - 100<sup>th</sup>

\*Franziska Gnann - 108<sup>th</sup>

**Junior Boys (4 km):**

*-team placed 8<sup>th</sup> with 175 points*

\*A.J. Case - 9<sup>th</sup>

Bryson Tomcik - 30<sup>th</sup>

Harrison Scholes - 31<sup>st</sup>

Jacob Steele - 105<sup>th</sup>

Alister Knox - 108<sup>th</sup>

**Intermediate Girls (4 km):**

*-team placed 1<sup>st</sup> with 59 points and won the Capital Region banner*

\*Adelle Goodfellow - 6<sup>th</sup>

\*Katie Ross - 9<sup>th</sup>

\*Gillian Fong-McMaster - 19<sup>th</sup>

\*Sydney Adamson - 25<sup>th</sup>

\*Annika Gnann - 47<sup>th</sup>

\*Michaela Title - 51<sup>st</sup>

\*Claudia Sekula - 54<sup>th</sup>

**Intermediate Boys (5 km):**

*-team placed 2<sup>nd</sup> with 62 points*

\*Sven Stammberger - 13<sup>th</sup>

\*Alex Fraser - 14<sup>th</sup>

\*Thomas Gwynne-Timothy - 16<sup>th</sup>

\*Jonathan Perrie - 19<sup>th</sup>

\*John Muir - 20<sup>th</sup>

\*Florent Herbinger - 27<sup>th</sup>

\*Liam Elbourne - 72<sup>nd</sup>

Matt Zwicker - 76<sup>th</sup>

**Senior Girls (5 km):**

*-team placed 2<sup>nd</sup> with 32 points*

\*Tessa Stammberger - 6<sup>th</sup>

\*Emily Byrne - 7<sup>th</sup>

\*Rachel MacLean - 9<sup>th</sup>

\*Katherine Fraser - 10<sup>th</sup>

\*Kate Elbourne - 21<sup>st</sup>

\*Rachel Hart - 26<sup>th</sup>

**Senior Boys (7 km):**

*-team placed 5<sup>th</sup> with 78 points*

\*Luke Liu - 4<sup>th</sup>

\*Michael Malak - 17<sup>th</sup>

\*Mark Flowerdew - 24<sup>th</sup>

\*Vinayak Mishra - 33<sup>rd</sup>

**Halifax Junior High City Meet**

**Thursday, October 8<sup>th</sup> @ Point Pleasant Park, Halifax**

**Junior Girls (3 km):**

Ursula Calder - 6<sup>th</sup>  
Jill MacDonald - 10<sup>th</sup>  
Meg Campbell - 15<sup>th</sup>  
Claire Fong-McMaster - 26<sup>th</sup>  
Lucy Morgan - 29<sup>th</sup>  
Franziska Gnann - 37<sup>th</sup>  
Tara Sverko - 42<sup>nd</sup>  
Morgayne Isnor - 44<sup>th</sup>

**Junior Boys (4 km):**

A.J. Case - 3<sup>rd</sup>  
Jacob Steele - 10<sup>th</sup>  
Harrison Scholes - 12<sup>th</sup>  
Alister Knox - 26<sup>th</sup>

**Intermediate Girls (4 km):**

Adelle Goodfellow - 2<sup>nd</sup>  
Katie Ross - 3<sup>rd</sup>  
Sydney Adamson - 9<sup>th</sup>  
Michaela Title - 16<sup>th</sup>  
Annika Gnann - 17<sup>th</sup>  
Claudia Sekula - 18<sup>th</sup>

**Intermediate Boys (5 km):**

Alex Fraser - 1<sup>st</sup>  
Liam Elbourne - 8<sup>th</sup>  
Rory McParland - 10<sup>th</sup>  
Ankur Gupta - 11<sup>th</sup>  
Oliver Falvey - 23<sup>rd</sup>

**MHSAA Meet #3**

**Tuesday, October 6<sup>th</sup> @ Point Pleasant Park, Halifax**

**Intermediate Girls (4 km):**

Gillian Fong-McMaster - 6<sup>th</sup>

**Intermediate Boys (5 km):**

*-team placed 1<sup>st</sup> with 33 points*

*-team wins Metro Championship banner*

Sven Stammberger - 4<sup>th</sup>

Jonathan Perrie - 8<sup>th</sup>

Thomas Gwynne-Timothy - 10<sup>th</sup>

Alex Fraser - 11<sup>th</sup>

Mark Flowerdew - 17<sup>th</sup>

Matt Zwicker - 26<sup>th</sup>

**Senior Girls (5 km):**

*-team placed 2<sup>nd</sup> with 32 points*

Tessa Stammberger - 6<sup>th</sup>

Rachel MacLean - 7<sup>th</sup>

Emily Byrne - 8<sup>th</sup>

Katherine Fraser - 11<sup>th</sup>

Kate Elbourne - 14<sup>th</sup>

Rachel Hart - 19<sup>th</sup>

Chloé Jacobs - 25<sup>th</sup>

**Senior Boys (7 km):**

Vinayak Mishra - 24<sup>th</sup>

Pelham Flowerdew - 25<sup>th</sup>

**MHSAA Meet #2**

**Wednesday, September 30<sup>th</sup> @ Cole Harbour Heritage Park, Cole Harbour**

**Intermediate Girls (3.6 km):**

Gillian Fong-McMaster - 2<sup>nd</sup>

**Intermediate Boys (4.8 km):**

*-team placed 1<sup>st</sup> with 24 points*

Sven Stammberger - 4<sup>th</sup>

Alex Fraser - 5<sup>th</sup>

Thomas Gwynne-Timothy - 6<sup>th</sup>

Jonathan Perrie - 9<sup>th</sup>

Mark Flowerdew - 15<sup>th</sup>

**Senior Girls (4.8 km):**

Emily Byrne - 4<sup>th</sup>

Tessa Stammberger - 5<sup>th</sup>

Rachel Hart - 21<sup>st</sup>

**Senior Boys (6.0 km):**

Luke Liu - 1<sup>st</sup>

Michael Malak - 8<sup>th</sup>

Vinayak Mishra - 16<sup>th</sup>

**MHSAA Meet #1**

**Wednesday, September 23<sup>rd</sup> @ MacDonald Sports Park, Waverly**

**Intermediate Girls (approx. 4 km):**

Gillian Fong-McMaster - 2<sup>nd</sup>

**Intermediate Boys (approx. 4.5 km):**

*-team placed 1<sup>st</sup> with 26 points*

Sven Stammberger - 5<sup>th</sup>

Alex Fraser - 6<sup>th</sup>

Jonathan Perrie - 7<sup>th</sup>

Thomas Gwynne-Timothy - 8<sup>th</sup>

Florent Herbinger - 12<sup>th</sup>

Matt Zwicker - 26<sup>th</sup>

**Senior Girls (approx. 4.5 km):**

Tessa Stammberger - 3<sup>rd</sup>

Emily Byrne - 4<sup>th</sup>

Rachel Hart - 16<sup>th</sup>

**Senior Boys (approx. 4.5 km):**

*-team placed 2<sup>nd</sup> with 41 points*

Luke Liu - 2<sup>nd</sup>

Michael Malak - 6<sup>th</sup>

Alex Morris - 13<sup>th</sup>

Vinayak Mishra - 20<sup>th</sup>

Pelham Flowerdew - 21<sup>st</sup>

**Halifax Junior High Warm-Up Meet**  
**Friday, September 18<sup>th</sup> @ St. Francis Field, Halifax**

**Junior Girls (approx. 2 km):**

Jill MacDonald - 9<sup>th</sup>  
Ursula Calder - 10<sup>th</sup>  
Tara Sverko - 24<sup>th</sup>  
Morgayne Isnor - 29<sup>th</sup>

**Junior Boys (approx. 3 km):**

A.J. Case - 3<sup>rd</sup>  
Bryson Tomcik - 9<sup>th</sup>  
Harrison Scholes - 10<sup>th</sup>  
Alister Knox - 15<sup>th</sup>