

Intermediate Hurdles Top 10 List

MG 300mH sub 50

1	Isabella Goudros	44.35	Leaside	Andre Hamilton Relays
2	Madison St. Louis	45.38	Pickering	OFSAA
3	Nyechuor Dang	46.29	John Paul II	OFSAA
4	Jaelyn Cole	46.46	Sarnia Northern	OFSAA
5	Kristen Mrozewski	46.58	Lo-Ellen Park	OFSAA
6	Alissa Mete	46.86	Notre Dame	OFSAA
7	Hannah Hubert	47.25	Renfrew	OFSAA
8	Jenna James	47.31	Craig Kielburger	South Region
9	Jessica Bailey	47.36	Holy Names	OFSAA
10	Kyra Vellinga	47.40	Chatham Christian	SWOSSAA

JG 300mH sub 48

1	Camille Blain	44.21	Chatham-Kent	OFSAA
2	Aaliyah Edwards	44.73	Frontenac	OFSAA
3	Alexandria Verbancic	44.73	Dunbarton	OFSAA
4	Rachel Watson	44.84	St. Mary's	OFSAA
5	Emma Zammit	45.97	London Catholic Central	OFSAA
6	Danielle Wahrftig	46.00	Bill Crothers	OFSAA
7	Reilly Hunter	46.30	Birchmount Park	OFSAA
8	Anaya Harrison	46.44	Brampton Cent	OFSAA
9	Simone Timm	46.92	Newtonbrook	OFSAA
10	Lauren Roy	47.17	Bluevale	West Region

SG 400mH sub 1:09

1	Sharelle Samuel	59.64	Ashbury	OFSAA
2	Keiara Cunningham	1:02.11	Newtonbrook	OFSAA
3	Eden Senior	1:02.20	Mayfield	OFSAA
4	Brooke Overholt	1:02.21	St. Michael	OFSAA
5	Sienna Lalonde	1:02.62	Grimsby	South Region
6	Savanna Kent-Korell	1:02.87	Georgetown	South Region
7	Nicole Parsons	1:03.28	Abbey Park	South Region
8	Julia Vanhoucke	1:03.37	Saunders	TVRA
9	Holly Pennings	1:03.44	St. Thomas Aquinas	OFSAA
10	Shaleah Colaie	1:03.89	St. Mary	Central Region
	Payton Sabourin	1:04.06	Chatham Kent	West Region

MB 300mH sub 47

1	Mark Skerl	39.79	Cardinal Newman	OFSAA
2	Jaheim Ferguson	40.10	Pickering	OFSAA
3	Caden Deery	41.52	St. Paul's	OFSAA
4	Francis Manujibeya	41.60	Emery	OFSAA

5 Daniel Goel	42.41	Pickering	OFSAA
6 Josh Ramirez	42.58	Francis Liberman	OFSAA
7 Noah Carl	42.61	Centennial	OFSAA
8 Keito Newman	41.86	Glebe	East Region
9 Carson Peer	42.85	LCCVI	SWOSSAA
10 Oliver Allen	42.92	Moira	East Region

JB 300mH sub 45

1 Jean Luc Foudy	39.07	Neil McNeil	OFSAA
2 Jordan Blanchard	39.64	Thousand Islands	OFSAA
3 Judson Moorhouse	39.81	Medway	OFSAA
4 Nic Legaspi	39.92	St. Ignatius	OFSAA
5 Leikeze Cheruiyot	40.00	Sir Allan MacNab	South Region
6 Alexander Collins	40.09	Glebe	NCSSAA East
7 Marc Marchand	40.38	Iewss	OFSAA
8 Edwin Mooney	40.57	Thousand Islands	OFSAA
9 Matej Krapez	40.57	Neil McNeil	OFSAA
10 James Edgar	40.65	Malvern	Metro Region

SB 400mH sub 1:02

1 Nate St. Romain	52.94	Nicholson	OFSAA
2 Nathan Hostettler	54.21	Medway	TVRA
3 Liam Clark	54.37	St. Joe	OFSAA
4 Marcus Nandial	55.37	St Thomas Aquinas	OFSAA
5 Cameron Bruce	55.42	Cobourg	OFSAA
6 Matthew MacNeill	56.01	A.B. Lucas	West Region
7 Quinn Lyness	56.48	Sir Wilfrid	OFSAA
8 Migue Robles Villarreal	55.85	St. Mary's	OFSAA
9 Quaid Austin	56.83	Mitchel	West Region
10 Cameron McLeod	57.14	Nora Henderson	OFSAA

