

ACAC Championships

Hosted by Lakeland College

Oct 27, 2018

ACAC men's 8 km results

Runner	Team	Bib#	Time	Place	ACAC	CUE	GPRC	LAKE	LCK	RDC	SAIT	STMU	UAA	Pace/km
Matt Travaglini	SAIT	244	25:26	1	1						1			03:11
Leonard Chesoo	CUE	282	25:46	2	2	2								03:13
Matthew Hope	RDC	257	26:19	3	3					3				03:17
Jacques Saayman	SAIT	242	28:03	4	4						4			03:30
Daryl Ross	SAIT	241	28:14	5	5						5			03:32
Timothy Kimaiyo	LCK	245	28:15	6	6				6					03:32
Brant Lauweryssen	SAIT	239	28:16	7	7						7			03:32
Connor Jackson	LCK	246	29:17	8	8				8					03:40
Daniel Szucs	RDC	261	29:28	9	9					9				03:41
Michio Green	UAA	275	29:35	10	10								10	03:42
Devin Saunders	RDC	259	29:37	11	11					11				03:42
Eric Nooy	GPRC	269	29:50	12	12		12							03:44
Cooper Cheshire	RDC	256	29:59	13	13					13				03:45
Benjamin Osorio	UAA	277	30:10	14	14								14	03:46
Nathanael Tabert	UAA	281	30:10	15	15								15	03:46
Keith Spruyt	CUE	283	30:28	16	16	16								03:49
Matt Hebert	SAIT	238	30:36	17	17						17			03:50
Miguel Macedo Teran	GPRC	267	30:46	18	18		18							03:51
Lucas Wessner	RDC	263	30:50	19	19					19				03:51
Jemmy Lee	SAIT	240	31:06	20	20						20			03:53
Kevin Kipchumba	LCK	248	31:16	21	21				21					03:55
Daniel Robdrup	LCK	250	31:23	22	22				22					03:55
Michael Drysdale	SAIT	237	31:24	23	x						x			03:56
Jakob Vollmerhaus	RDC	262	31:25	24	23					23				03:56
Carson Schiller	RDC	260	31:36	25	x					x				03:57
Noah Day	UAA	274	31:40	26	24								24	03:58
Brandon Morris	CUE	285	31:50	27	25	25								03:59
Brandon Tufford	GPRC	271	31:59	28	26		26							04:00
Brice Wilkes	GPRC	272	32:22	29	27		27							04:03
Braeden Kelly	UAA	276	32:22	30	28								28	04:03
Tairas Fournier	GPRC	264	32:45	31	29		29							04:06
Joseph Sartison	UAA	278	32:47	32	30								30	04:06
Ian Novakowski	CUE	284	33:03	33	31	31								04:08
Benjamin Doig	SAIT	236	33:06	34	x						x			04:08
Isaac Amsing	STMU	251	33:33	35	32							32		04:12
Tanner Rent	LCK	247	33:46	36	33				33					04:13
Brad Agnew	CUE	286	33:50	37	34	34								04:14
Isaac Duperreault	STMU	252	34:00	38	35							35		04:15
Ryan Tod	STMU	253	34:35	39	36							36		04:19
Alex Webster	LAKE	233	34:36	40	37			37						04:19
Stephen Rowley	RDC	258	35:04	41	x					x				04:23
Kyle Reynolds	GPRC	270	35:17	42	38		38							04:25
Cheyenne Raynaud	LAKE	234	35:19	43	39			39						04:25
Jackson Sweder	UAA	280	35:20	44	x								x	04:25
Nils Asfeldt	UAA	273	35:39	45	x								x	04:27
Taylor Hudak	GPRC	265	35:45	46	x		x							04:28
Joel Manz	GPRC	268	35:54	47	x		x							04:29
Ajayi Ikponmwo	GPRC	266	36:01	48	x		x							04:30
Kain Simmer	SAIT	243	36:07	49	x						x			04:31

Jason Sprinkhuysen	STMU	254	37:07	50	40						40	04:38
Jackson Murrell	CUE	287	40:15	51	41	41						05:02
Frazer Connelly	CUE	288	42:49	52	x	x						05:21
Colin Gillis	LAKE	235	43:12	53	42		42					05:24
Quinn Demers	STMU	255	43:55	54	43						43	05:29

For more than 200 runners, unprotect worksheet, insert additional rows above this row, copy previous last row above this one paste copied row into inserted rows, protect worksheet

# of runners scoring		54	43	6	6	3	5	6	6	5	6
# of exhibition runners			11	1	3	0	0	2	3	0	2
total best 4 runners				74	83		57	36	17	143	63
rank on best 4 runners				5	6		3	2	1	7	4
total best 3 runners				43	56	118	35	23	10	103	39
rank on best 3 runners				5	6	8	3	2	1	7	4
total best 3 women+best 3 men				73	114	220	53	40	43	166	93
rank on best 3 women and men				4	6	8	3	1	2	7	5
				CUE	GPRC	LAKE	LCK	RDC	SAIT	STMU	UAA

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Oct 27, 2018

ACAC women's 6 km results

Runner	Team	Bib#	Time	Place	ACAC	CUE	GPRC	LAKE	LCK	RDC	SAIT	STMU	UAA	Pace/km
Sophia Nowicki	LCK	61	23:53	1	1				1					03:59
Emilie Mann	SAIT	56	24:18	2	2						2			04:03
Jillian Stewart	RDC	78	24:23	3	3					3				04:04
Rebecca Johnson	STMU	65	24:37	4	4							4		04:06
Elise Nawrocki	CUE	94	25:08	5	5	5								04:11
Shayla Sklaruk	RDC	76	25:19	6	6					6				04:13
Emily Spencer	LCK	59	25:32	7	7				7					04:15
Shaelyn Moltzhan	RDC	74	26:14	8	8					8				04:22
Ann Danard	SAIT	55	26:16	9	9						9			04:23
Salma Moreira	LCK	62	26:34	10	10				10					04:26
Bailey Troccoli-Hughes	CUE	95	26:43	11	11	11								04:27
Janelle Graham	LCK	64	26:47	12	12				12					04:28
Caitlin Debree	RDC	73	26:47	13	13					13				04:28
Ana Zulic	CUE	96	27:18	14	14	14								04:33
Anna van der Giessen	GPRC	85	27:25	15	15		15							04:34
Maria Houle	GPRC	84	27:28	16	16		16							04:35
Mackenzie Grove	UAA	87	27:40	17	17								17	04:37
Catherine Alcorn	UAA	86	27:49	18	18								18	04:38
Anne Mirejovsky	UAA	91	27:52	19	19								19	04:39
Mackenzie Spinks	RDC	77	27:56	20	20					20				04:39
Rebecca Sweeney	LCK	58	28:03	21	21				21					04:41
Amanda Vocke	SAIT	57	28:08	22	22						22			04:41
Brooklyn Vogel	LCK	60	28:12	23	23				23					04:42
Deshann Valentine	RDC	79	28:24	24	24					24				04:44
Karen Vandenborre	STMU	66	28:28	25	25							25		04:45
Darian Elliott	LAKE	49	28:40	26	26			26						04:47
Ashley Camsell	GPRC	80	28:59	27	27		27							04:50
Vildana Rekid	LCK	63	29:00	28	x				x					04:50
Mienna Staroslieski	CUE	97	29:06	29	28	28								04:51
Rebecca Hay	CUE	98	29:13	30	29	29								04:52
Teagan Shapka	RDC	75	29:15	31	x					x				04:53
Brittany Duvall	GPRC	81	29:33	32	30		30							04:56
Ellie Chai	SAIT	54	29:40	33	31						31			04:57
Kylie Peake	UAA	92	29:54	34	32								32	04:59
Emily Lyseng	UAA	90	30:20	35	33								33	05:03
Kim McEwan	STMU	67	30:43	36	34							34		05:07
Kadee St. Croix	LAKE	51	30:59	37	35			35						05:10
Krista Frey	GPRC	82	31:00	38	36		36							05:10
Tayla Koerber	UAA	88	32:01	39	37								37	05:20
Bethany Topping	STMU	69	32:24	40	38							38		05:24
Mia Spreen	UAA	93	32:50	41	x								x	05:28
Madison Masterson	CUE	99	33:23	42	39	39								05:34
Lina Lim	UAA	89	33:27	43	x								x	05:35
Mataya Baldwin	CUE	100	33:50	44	x	x								05:38
Myroslava Koval	STMU	68	33:57	45	40							40		05:40
Marissa Davidson	LAKE	50	34:02	46	41			41						05:40
Erin Grier	GPRC	83	34:10	47	42		42							05:42
Tanis Lefebvre	STMU	71	35:33	48	43							43		05:55
Nikita Lattery	LAKE	52	35:50	49	44			44						05:58
Justyna Kolooziej	LAKE	48	36:21	50	45			45						06:03
Abigail Griffiths	STMU	72	38:08	51	x							x		06:21

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# of runners scoring	51	45	6	6	5	6	6	4	6	6
# of exhibition runners		6	1	0	0	1	1	0	1	2
total best 4 runners		58	88	146	30	30	64	101	86	
rank on best 4 runners		3	6	8	1	2	4	7	5	
total best 3 runners		30	58	102	18	17	33	63	54	
rank on best 3 runners		3	6	8	2	1	4	7	5	
total best 3 women+best 3 men		73	114	220	53	40	43	166	93	
rank on best 3 women and men		4	6	8	3	1	2	7	5	
		CUE	GPRC	LAKE	LCK	RDC	SAIT	STMU	UAA	