

2012 CIS Championship - 50th Men's / 33rd Women's

Saturday November 10

11/10/2012

Thames Valley GC - London ON

Event # 2 MENS 10K Run

Conditions: 11°C

COURSE RECORD: Guy Schultz Western Mustangs :30:57.00 1997 CIS

TEAM TIME RECORD: Eastern Michigan total 161:16 average 32:16 2010 WI

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	GUELPH GRYPHONS	38	2-3-4-7-22	26-30
2	LAVAL ROUGE ET OR	101	8-14-15-29-35	36-47
3	WINDSOR LANCERS	104	6-12-24-25-37	48-67
4	VICTORIA VIKES	132	9-10-20-40-53	61-65
5	QUEEN'S GAELS	162	18-21-32-42-49	56-57
6	MCMASTER MARAUDERS	173	11-33-34-44-51	55-92
7	REGINA COUGARS	191	1-19-31-64-76	99-110
8	CALGARY DINOS	209	23-38-39-50-59	85-101
9	WESTERN MUSTANGS	269	17-28-69-75-80	90-91
10	LAKEHEAD T'WOLVES	274	5-46-63-72-88	103-108
11	ST. FX X-MEN	289	16-60-62-73-78	86-98
12	WLU GOLDEN HAWKS	303	27-52-68-77-79	82-104
13	WATERLOO WARRIORS	309	41-45-66-70-87	112-116
14	TRINITYWESTERNSPARTN	347	13-43-81-89-121	
15	SHERBROOKE VERT OR	441	71-83-94-96-97	
16	MCGILL REDMEN	444	54-84-93-102-111	119
17	SASKATCHEWAN HUSKIES	482	58-95-107-109-113	115-120
18	MANITOBA BISONS	499	74-100-105-106-114	117-118

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	116	Kelly Wiebe		E5	REGINA COUGARS	1	30:21 *
2	2	32	Ross Proudfoot		E3	GUELPH GRYPHONS	1	31:05
3	3	28	Aaron Hendrixx		E2	GUELPH GRYPHONS	2	31:09
4	4	31	Andrew Nixon		E4	GUELPH GRYPHONS	3	31:17
5	5	36	Dylan Brown		R	LAKEHEAD T'WOLVES	1	31:22
6	6	230	Mat Walters		E5	WINDSOR LANCERS	1	31:35
7	7	33	Yves Sikubwabo		R	GUELPH GRYPHONS	4	31:40
8	8	48	Emmanuel Boisvert		E2	LAVAL ROUGE ET OR	1	31:51
9	9	184	Dylan Haight		E3	VICTORIA VIKES	1	31:55
10	10	183	Ryan Cassidy		E2	VICTORIA VIKES	2	32:04
11	11	95	Lionel Sanders		E2	MCMASTER MARAUDERS	1	32:06
12	12	226	Nick Falk		E4	WINDSOR LANCERS	2	32:13
13	13	171	Blair Johnston		E2	TRINITYWESTERNSPARTN	1	32:15
14	14	54	Charles Philibert-Thiboutot		E3	LAVAL ROUGE ET OR	2	32:17
15		245	Ryan Noel-Hodge		E4	Z CONCORDIA	1	32:19
16	15	51	Maxime Lapierre		E4	LAVAL ROUGE ET OR	3	32:20
17	16	145	Connor McGuire		E4	ST. FX X-MEN	1	32:22
18	17	210	Ryan Armstrong		E5	WESTERN MUSTANGS	1	32:25
19	18	103	Jeff Archer		E3	QUEEN'S GAELS	1	32:26
20	19	113	Matt Johnson		E3	REGINA COUGARS	2	32:28
21	20	185	Doug Oxland		E4	VICTORIA VIKES	3	32:29
22	21	109	Clay Patterson		E5	QUEEN'S GAELS	2	32:29

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23	22	29	Steve Holmes	E4	GUELPH GRYPHONS	5	32:34
24	23	9	Matthew Cloutier	E5	CALGARY DINOS	1	32:36
25	24	229	Dave Meloche	E3	WINDSOR LANCERS	3	32:37
26	25	227	Fraser Kegel	E3	WINDSOR LANCERS	4	32:38
27	26	30	Tommy Lecours	E4	GUELPH GRYPHONS	6	32:39
28	27	234	So Ikram	E4	WLU GOLDEN HAWKS	1	32:44
29	28	212	Kevin Blackney	E3	WESTERN MUSTANGS	2	32:46
30	29	53	Anthony Larouche	E4	LAVAL ROUGE ET OR	4	32:46
31	30	27	Kyle Grieve	E2	GUELPH GRYPHONS	7	32:47
32	31	111	Iain Fyfe	E5	REGINA COUGARS	3	32:48
33	32	108	Nicholas McGraw	E3	QUEEN'S GAELS	3	32:49
34	33	90	Connor Darlington	R	MCMaster MARAUDERS	2	32:53
35	34	94	Taylor Reid	E4	MCMaster MARAUDERS	3	32:59
36	35	50	Jean-Daniel Labranche	R	LAVAL ROUGE ET OR	5	32:59
37		253	J�r�mie Pellerin	E2	Z MONCTON	1	33:00
38	36	49	Jean-Simon Fournier-Dufour	E4	LAVAL ROUGE ET OR	6	33:01
39	37	224	Josh Bolton	E2	WINDSOR LANCERS	5	33:02
40	38	8	Brad Bickley	E4	CALGARY DINOS	2	33:05
41	39	11	Gareth Hadfield	E3	CALGARY DINOS	3	33:07
42	40	186	Thomas Riva	E3	VICTORIA VIKES	4	33:09
43	41	200	Pat MacKinnon	E5	WATERLOO WARRIORS	1	33:10
44	42	105	David Cashin	E2	QUEEN'S GAELS	4	33:10
45	43	169	Joel Deschiffart	R	TRINITYWESTERNSPARTN	2	33:12
46	44	93	Blair Morgan	E2	MCMaster MARAUDERS	4	33:13
47	45	196	Charly Allan	E3	WATERLOO WARRIORS	2	33:13
48	46	34	Dominique Aulagnon	E2	LAKEHEAD T'WOLVES	2	33:14
49	47	52	Jean-Samuel Lapointe	E3	LAVAL ROUGE ET OR	7	33:16
50	48	298	Shawn Master	R	WINDSOR LANCERS	6	33:20
51	49	107	Tyson Loney	E4	QUEEN'S GAELS	5	33:21
52	50	13	Curtis Merry	E3	CALGARY DINOS	4	33:23
53	51	91	Austen Forbes	R	MCMaster MARAUDERS	5	33:23
54	52	233	Alex Garriock	E4	WLU GOLDEN HAWKS	2	33:26
55	53	188	Forrest Simpson	E2	VICTORIA VIKES	5	33:26
56	54	81	Benjamin Raymond	R	MCGILL REDMEN	1	33:27
57	55	92	Taylor Forbes	E1	MCMaster MARAUDERS	6	33:27
58	56	106	Jeff Costen	E5	QUEEN'S GAELS	6	33:29
59	57	104	Jacob Cameron	R	QUEEN'S GAELS	7	33:30
60	58	126	Davis Guenther	E2	SASKATCHEWAN HUSKIES	1	33:32
61	59	14	Simon Schaerz	E5	CALGARY DINOS	5	33:32
62	60	143	Riley Johnston	E2	ST. FX X-MEN	2	33:34
63	61	187	Karl Robertson	E4	VICTORIA VIKES	6	33:40
64	62	144	Dennis Kayumba	E3	ST. FX X-MEN	3	33:42
65	63	38	Travis Roske	E4	LAKEHEAD T'WOLVES	3	33:46
66		246	Matt McNeil	E2	Z DALHOUSIE	1	33:47
67		247	Bruce Russell	E4	Z DALHOUSIE	2	33:48
68	64	114	Michael Middlemiss	E3	REGINA COUGARS	4	33:52
69	65	182	Jackson Bocksnick	E2	VICTORIA VIKES	7	33:55
70	66	202	David Michael Stewart	E3	WATERLOO WARRIORS	3	33:57
71	67	225	Jeremy Cooper	R	WINDSOR LANCERS	7	34:00
72	68	232	Adam Cornwall	E3	WLU GOLDEN HAWKS	3	34:03
73	69	215	Shane Roberts	R	WESTERN MUSTANGS	3	34:03
74	70	198	Daniel Fournier	R	WATERLOO WARRIORS	4	34:04

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75		250	Graham MacDonald	E2	Z MEMORIAL	1	34:04
76	71	140	Marc-Antoine Rouleau	R	SHERBROOKE VERT OR	1	34:05
77	72	39	Kevin Tree	R	LAKEHEAD T'WOLVES	4	34:07
78	73	147	Lee Wesselius	R	ST. FX X-MEN	4	34:10
79	74	66	Thomas Miller	E3	MANITOBA BISONS	1	34:11
80	75	216	Trent Sayers	E3	WESTERN MUSTANGS	4	34:14
81	76	115	Adam Strueby	R	REGINA COUGARS	5	34:15
82	77	231	Brett Cameron	E4	WLU GOLDEN HAWKS	4	34:17
83	78	142	Scott Donald	R	ST. FX X-MEN	5	34:21
84	79	235	Brett Meidinger	E5	WLU GOLDEN HAWKS	5	34:21
85	80	211	Chris Balestrini	E2	WESTERN MUSTANGS	5	34:25
86	81	174	Chris Voth	E3	TRINITYWESTERNSPARTN	3	34:30
87	82	237	Abdu Zagnlol	E3	WLU GOLDEN HAWKS	6	34:30
88	83	138	Guillaume Ménard	E3	SHERBROOKE VERT OR	2	34:33
89		252	Dylan Hébert	R	Z MONCTON	2	34:33
90		240	Buddy Brown	E2	Z ALBERTA	1	34:34
91	84	78	Charles Litwin	R	MCGILL REDMEN	2	34:38
92	85	12	Roman Justinen	R	CALGARY DINOS	6	34:42
93		244	Simon Driver	E5	Z CONCORDIA	2	34:42
94	86	141	Stephen Deering	E3	ST. FX X-MEN	6	34:43
95	87	201	Justin Spalvieri	E5	WATERLOO WARRIORS	5	34:44
96	88	40	Tyler White	R	LAKEHEAD T'WOLVES	5	34:44
97	89	173	Mihai Prajea	E3	TRINITYWESTERNSPARTN	4	34:46
98	90	214	Phil Parrot-Migas		WESTERN MUSTANGS	6	34:53
99	91	213	Jeff Dill	E2	WESTERN MUSTANGS	7	35:00
100	92	96	Ryan Tice	E5	MCMASTER MARAUDERS	7	35:07
101	93	76	Michael Abramson	E2	MCGILL REDMEN	3	35:07
102	94	137	Alex Mavrovic	E2	SHERBROOKE VERT OR	3	35:08
103	95	125	Robert Bigsby	R	SASKATCHEWAN HUSKIES	2	35:08
104	96	139	Marc-André Raiche	E2	SHERBROOKE VERT OR	4	35:08
105		259	Alexis Lavoie Gilbert	E2	Z ST. MARY'S	1	35:12
106	97	136	Julien Barriere	E4	SHERBROOKE VERT OR	5	35:19
107	98	146	Bryden Tate	E2	ST. FX X-MEN	7	35:21
108	99	110	Marc Beaton	E5	REGINA COUGARS	6	35:23
109	100	63	Stephen Campbell	E5	MANITOBA BISONS	2	35:27
110	101	10	Abdel Dib	E1	CALGARY DINOS	7	35:33
111	102	80	Alexander Ray	E2	MCGILL REDMEN	4	35:37
112	103	37	Kenny Groop	R	LAKEHEAD T'WOLVES	6	35:41
113	104	236	Ian Turnbull	E2	WLU GOLDEN HAWKS	7	35:41
114	105	64	Elliott Cooke	E5	MANITOBA BISONS	3	35:45
115		241	Tom Fleming	E4	Z ALBERTA	2	35:47
116	106	68	Eric Thacher	E3	MANITOBA BISONS	4	36:00
117	107	130	Regan Silversides	R	SASKATCHEWAN HUSKIES	3	36:06
118	108	35	Chris Brown	E4	LAKEHEAD T'WOLVES	7	36:09
119	109	127	Taryn Heidecker	R	SASKATCHEWAN HUSKIES	4	36:13
120	110	112	Sean Hooper	R	REGINA COUGARS	7	36:15
121	111	82	Reda Sarhani	E1	MCGILL REDMEN	5	36:16
122	112	197	Devon Briggs	E5	WATERLOO WARRIORS	6	36:30
123	113	128	Riley Magee	E4	SASKATCHEWAN HUSKIES	5	36:36
124	114	67	Patrick Naylor	E2	MANITOBA BISONS	5	36:43
125	115	129	Eric Mueller	E3	SASKATCHEWAN HUSKIES	6	36:46
126	116	199	Jason Laporta	R	WATERLOO WARRIORS	7	36:59

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127	117	62	Patrique Bulloch	R	MANITOBA BISONS	6	37:01
128	118	65	Riley MacCharles	E2	MANITOBA BISONS	7	37:06
129	119	77	Laurent Gervais-Robert	E3	MCGILL REDMEN	6	37:09
130	120	124	Reid Balezantis	R	SASKATCHEWAN HUSKIES	7	38:34
131	121	168	Ross Browne	E2	TRINITYWESTERNSPARTN	5	40:19
132		170	Nathan Goodwin	R	TRINITYWESTERNSPARTN		DNF
133		172	Levi Nuelfeld	R	TRINITYWESTERNSPARTN		DNF
134		79	Vincent Parent-Pichette	R	MCGILL REDMEN		DNF

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TEAM: GUELPH GRYPHONS**SCORE 38****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Ross Proudfoot		E3	32	31:05	3:06	5:00
3-3	Aaron Hendrikx		E2	28	31:09	3:06	5:00
4-4	Andrew Nixon		E4	31	31:17	3:07	5:02
7-7	Yves Sikubwabo		R	33	31:40	3:10	5:05
23-22	Steve Holmes		E4	29	32:34	3:15	5:14
27-26	Tommy Lecours		E4	30	32:39	3:15	5:15
31-30	Kyle Grieve		E2	27	32:47	3:16	5:16
Top 5 Total Time:		157:45	Top 5 Average Time:		31:33		
Top 5 Average per KM:		3:09	Top 5 Average Per MILE:		5:04		
1 - 5 Split:		1:29	1 - 7 Split:		1:42		
Top 7 Total Time:		223:11	Top 7 Average Time:		31:53		

TEAM: LAVAL ROUGE ET OR**SCORE 101****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
8-8	Emmanuel Boisvert		E2	48	31:51	3:11	5:07
14-14	Charles Philibert-Thiboutot		E3	54	32:17	3:13	5:11
16-15	Maxime Lapierre		E4	51	32:20	3:14	5:12
30-29	Anthony Larouche		E4	53	32:46	3:16	5:16
36-35	Jean-Daniel Labranche		R	50	32:59	3:17	5:18
38-36	Jean-Simon Fournier-Dufour		E4	49	33:01	3:18	5:18
49-47	Jean-Samuel Lapointe		E3	52	33:16	3:19	5:21
Top 5 Total Time:		162:13	Top 5 Average Time:		32:26		
Top 5 Average per KM:		3:14	Top 5 Average Per MILE:		5:13		
1 - 5 Split:		1:08	1 - 7 Split:		1:25		
Top 7 Total Time:		228:30	Top 7 Average Time:		32:38		

TEAM: WINDSOR LANCERS**SCORE 104****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Mat Walters		E5	230	31:35	3:09	5:04
12-12	Nick Falk		E4	226	32:13	3:13	5:11
25-24	Dave Meloche		E3	229	32:37	3:15	5:14
26-25	Fraser Kegel		E3	227	32:38	3:15	5:15
39-37	Josh Bolton		E2	224	33:02	3:18	5:18
50-48	Shawn Master		R	298	33:20	3:20	5:21
71-67	Jeremy Cooper		R	225	34:00	3:24	5:28
Top 5 Total Time:		162:05	Top 5 Average Time:		32:25		
Top 5 Average per KM:		3:14	Top 5 Average Per MILE:		5:13		
1 - 5 Split:		1:27	1 - 7 Split:		2:25		
Top 7 Total Time:		229:25	Top 7 Average Time:		32:46		

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TEAM: VICTORIA VIKES**SCORE 132****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Dylan Haight		E3	184	31:55	3:11	5:08
10-10	Ryan Cassidy		E2	183	32:04	3:12	5:09
21-20	Doug Oxland		E4	185	32:29	3:14	5:13
42-40	Thomas Riva		E3	186	33:09	3:18	5:20
55-53	Forrest Simpson		E2	188	33:26	3:20	5:22
63-61	Karl Robertson		E4	187	33:40	3:22	5:25
69-65	Jackson Bocksnick		E2	182	33:55	3:23	5:27
Top 5 Total Time:		163:03	Top 5 Average Time:		32:36		
Top 5 Average per KM:		3:15	Top 5 Average Per MILE:		5:14		
1 - 5 Split:		1:31	1 - 7 Split:		2:00		
Top 7 Total Time:		230:38	Top 7 Average Time:		32:56		

TEAM: QUEEN'S GAELS**SCORE 162****PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
19-18	Jeff Archer		E3	103	32:26	3:14	5:13
22-21	Clay Patterson		E5	109	32:29	3:14	5:13
33-32	Nicholas McGraw		E3	108	32:49	3:16	5:16
44-42	David Cashin		E2	105	33:10	3:19	5:20
51-49	Tyson Loney		E4	107	33:21	3:20	5:22
58-56	Jeff Costen		E5	106	33:29	3:20	5:23
59-57	Jacob Cameron		R	104	33:30	3:21	5:23
Top 5 Total Time:		164:15	Top 5 Average Time:		32:51		
Top 5 Average per KM:		3:17	Top 5 Average Per MILE:		5:17		
1 - 5 Split:		:55	1 - 7 Split:		1:04		
Top 7 Total Time:		231:14	Top 7 Average Time:		33:02		

TEAM: MCMMASTER MARAUDERS**SCORE 173****PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Lionel Sanders		E2	95	32:06	3:12	5:09
34-33	Connor Darlington		R	90	32:53	3:17	5:17
35-34	Taylor Reid		E4	94	32:59	3:17	5:18
46-44	Blair Morgan		E2	93	33:13	3:19	5:20
53-51	Austen Forbes		R	91	33:23	3:20	5:22
57-55	Taylor Forbes		E1	92	33:27	3:20	5:23
100-92	Ryan Tice		E5	96	35:07	3:30	5:39
Top 5 Total Time:		164:34	Top 5 Average Time:		32:54		
Top 5 Average per KM:		3:17	Top 5 Average Per MILE:		5:17		
1 - 5 Split:		1:17	1 - 7 Split:		3:01		
Top 7 Total Time:		233:08	Top 7 Average Time:		33:18		

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TEAM: REGINA COUGARS**SCORE 191****PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Kelly Wiebe		E5	116	30:21 *	3:02	4:53
20-19	Matt Johnson		E3	113	32:28	3:14	5:13
32-31	Iain Fyfe		E5	111	32:48	3:16	5:16
68-64	Michael Middlemiss		E3	114	33:52	3:23	5:27
81-76	Adam Strueby		R	115	34:15	3:25	5:30
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108-99	Marc Beaton		E5	110	35:23	3:32	5:41
120-110	Sean Hooper		R	112	36:15	3:37	5:50
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Top 5 Total Time:		163:44			Top 5 Average Time:	32:44	
Top 5 Average per KM:		3:16			Top 5 Average Per MILE:	5:16	
1 - 5 Split:		3:54			1 - 7 Split:	5:54	
Top 7 Total Time:		235:22			Top 7 Average Time:	33:37	

TEAM: CALGARY DINOS**SCORE 209****PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
24-23	Matthew Cloutier		E5	9	32:36	3:15	5:14
40-38	Brad Bickley		E4	8	33:05	3:18	5:19
41-39	Gareth Hadfield		E3	11	33:07	3:18	5:19
52-50	Curtis Merry		E3	13	33:23	3:20	5:22
61-59	Simon Schaez		E5	14	33:32	3:21	5:23
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92-85	Roman Justinen		R	12	34:42	3:28	5:35
110-101	Abdel Dib		E1	10	35:33	3:33	5:43
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Top 5 Total Time:		165:43			Top 5 Average Time:	33:08	
Top 5 Average per KM:		3:18			Top 5 Average Per MILE:	5:20	
1 - 5 Split:		:56			1 - 7 Split:	2:57	
Top 7 Total Time:		235:58			Top 7 Average Time:	33:42	

TEAM: WESTERN MUSTANGS**SCORE 269****PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
18-17	Ryan Armstrong		E5	210	32:25	3:14	5:13
29-28	Kevin Blackney		E3	212	32:46	3:16	5:16
73-69	Shane Roberts		R	215	34:03	3:24	5:28
80-75	Trent Sayers		E3	216	34:14	3:25	5:30
85-80	Chris Balestrini		E2	211	34:25	3:26	5:32
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98-90	Phil Parrot-Migas			214	34:53	3:29	5:36
99-91	Jeff Dill		E2	213	35:00	3:30	5:37
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Top 5 Total Time:		167:53			Top 5 Average Time:	33:34	
Top 5 Average per KM:		3:21			Top 5 Average Per MILE:	5:24	
1 - 5 Split:		2:00			1 - 7 Split:	2:35	
Top 7 Total Time:		237:46			Top 7 Average Time:	33:58	

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TEAM: LAKEHEAD T'WOLVES**SCORE 274****PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Dylan Brown		R	36	31:22	3:08	5:02
48-46	Dominique Aulagnon		E2	34	33:14	3:19	5:20
65-63	Travis Roske		E4	38	33:46	3:22	5:26
77-72	Kevin Tree		R	39	34:07	3:24	5:29
96-88	Tyler White		R	40	34:44	3:28	5:35
=====							
112-103	Kenny Groop		R	37	35:41	3:34	5:44
118-108	Chris Brown		E4	35	36:09	3:36	5:49
=====							
Top 5 Total Time:		167:13			Top 5 Average Time:		33:26
Top 5 Average per KM:		3:20			Top 5 Average Per MILE:		5:22
1 - 5 Split:		3:22			1 - 7 Split:		4:47
Top 7 Total Time:		239:03			Top 7 Average Time:		34:09

TEAM: ST. FX X-MEN**SCORE 289****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-16	Connor McGuire		E4	145	32:22	3:14	5:12
62-60	Riley Johnston		E2	143	33:34	3:21	5:24
64-62	Dennis Kayumba		E3	144	33:42	3:22	5:25
78-73	Lee Wesselius		R	147	34:10	3:25	5:29
83-78	Scott Donald		R	142	34:21	3:26	5:31
=====							
94-86	Stephen Deering		E3	141	34:43	3:28	5:35
107-98	Bryden Tate		E2	146	35:21	3:32	5:41
=====							
Top 5 Total Time:		168:09			Top 5 Average Time:		33:37
Top 5 Average per KM:		3:21			Top 5 Average Per MILE:		5:24
1 - 5 Split:		1:59			1 - 7 Split:		2:59
Top 7 Total Time:		238:13			Top 7 Average Time:		34:01

TEAM: WLU GOLDEN HAWKS**SCORE 303****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
28-27	So Ikram		E4	234	32:44	3:16	5:16
54-52	Alex Garriock		E4	233	33:26	3:20	5:22
72-68	Adam Cornwall		E3	232	34:03	3:24	5:28
82-77	Brett Cameron		E4	231	34:17	3:25	5:31
84-79	Brett Meidinger		E5	235	34:21	3:26	5:31
=====							
87-82	Abdu Zagnlol		E3	237	34:30	3:27	5:33
113-104	Ian Turnbull		E2	236	35:41	3:34	5:44
=====							
Top 5 Total Time:		168:51			Top 5 Average Time:		33:46
Top 5 Average per KM:		3:22			Top 5 Average Per MILE:		5:26
1 - 5 Split:		1:37			1 - 7 Split:		2:57
Top 7 Total Time:		239:02			Top 7 Average Time:		34:08

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TEAM: WATERLOO WARRIORS**SCORE 309****PLACE: 13**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
43-41	Pat MacKinnon		E5	200	33:10	3:19	5:20
47-45	Charly Allan		E3	196	33:13	3:19	5:20
70-66	David Michael Stewart		E3	202	33:57	3:23	5:27
74-70	Daniel Fournier		R	198	34:04	3:24	5:28
95-87	Justin Spalvieri		E5	201	34:44	3:28	5:35
<hr/>							
122-112	Devon Briggs		E5	197	36:30	3:39	5:52
126-116	Jason Laporta		R	199	36:59	3:41	5:57
<hr/>							
Top 5 Total Time:		169:08			Top 5 Average Time:		33:49
Top 5 Average per KM:		3:22			Top 5 Average Per MILE:		5:26
1 - 5 Split:		1:34			1 - 7 Split:		3:49
Top 7 Total Time:		242:37			Top 7 Average Time:		34:39

TEAM: TRINITYWESTERNSPARTN**SCORE 347****PLACE: 14**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
13-13	Blair Johnston		E2	171	32:15	3:13	5:11
45-43	Joel Deschiffart		R	169	33:12	3:19	5:20
86-81	Chris Voth		E3	174	34:30	3:27	5:33
97-89	Mihai Prajea		E3	173	34:46	3:28	5:35
131-121	Ross Browne		E2	168	40:19	4:01	6:29
<hr/>							
	Levi Nuelfeld		R	172	DNF		
	Nathan Goodwin		R	170	DNF		
<hr/>							
Top 5 Total Time:		175:02			Top 5 Average Time:		35:00
Top 5 Average per KM:		3:30			Top 5 Average Per MILE:		5:38
1 - 5 Split:		8:04			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: SHERBROOKE VERT OR**SCORE 441****PLACE: 15**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
76-71	Marc-Antoine Rouleau		R	140	34:05	3:24	5:29
88-83	Guillaume Ménard		E3	138	34:33	3:27	5:33
102-94	Alex Mavrovic		E2	137	35:08	3:30	5:39
104-96	Marc-André Raiche		E2	139	35:08	3:30	5:39
106-97	Julien Barriere		E4	136	35:19	3:31	5:41
<hr/>							
Top 5 Total Time:		174:13			Top 5 Average Time:		34:50
Top 5 Average per KM:		3:29			Top 5 Average Per MILE:		5:36
1 - 5 Split:		1:14			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM: MCGILL REDMEN**SCORE 444****PLACE: 16**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
56-54	Benjamin Raymond		R	81	33:27	3:20	5:23
91-84	Charles Litwin		R	78	34:38	3:27	5:34
101-93	Michael Abramson		E2	76	35:07	3:30	5:39
111-102	Alexander Ray		E2	80	35:37	3:33	5:43
121-111	Reda Sarhani		E1	82	36:16	3:37	5:50
<hr/>							
129-119	Laurent Gervais-Robert		E3	77	37:09	3:42	5:58
	Vincent Parent-Pichette		R	79	DNF		
<hr/>							
Top 5 Total Time:		175:05			Top 5 Average Time:		35:01
Top 5 Average per KM:		3:30			Top 5 Average Per MILE:		5:38
1 - 5 Split:		2:49			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: SASKATCHEWAN HUSKIES**SCORE 482****PLACE: 17**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
60-58	Davis Guenther		E2	126	33:32	3:21	5:23
103-95	Robert Bigsby		R	125	35:08	3:30	5:39
117-107	Regan Silversides		R	130	36:06	3:36	5:48
119-109	Taryn Heidecker		R	127	36:13	3:37	5:49
123-113	Riley Magee		E4	128	36:36	3:39	5:53
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125-115	Eric Mueller		E3	129	36:46	3:40	5:55
130-120	Reid Balezantis		R	124	38:34	3:51	6:12
<hr/>							
Top 5 Total Time:		177:35			Top 5 Average Time:		35:31
Top 5 Average per KM:		3:33			Top 5 Average Per MILE:		5:42
1 - 5 Split:		3:04			1 - 7 Split:		5:02
Top 7 Total Time:		252:55			Top 7 Average Time:		36:07

TEAM: MANITOBA BISONS**SCORE 499****PLACE: 18**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
79-74	Thomas Miller		E3	66	34:11	3:25	5:30
109-100	Stephen Campbell		E5	63	35:27	3:32	5:42
114-105	Elliott Cooke		E5	64	35:45	3:34	5:45
116-106	Eric Thacher		E3	68	36:00	3:36	5:47
124-114	Patrick Naylor		E2	67	36:43	3:40	5:54
<hr/>							
127-117	Patrique Bulloch		R	62	37:01	3:42	5:57
128-118	Riley MacCharles		E2	65	37:06	3:42	5:58
<hr/>							
Top 5 Total Time:		178:06			Top 5 Average Time:		35:37
Top 5 Average per KM:		3:33			Top 5 Average Per MILE:		5:43
1 - 5 Split:		2:32			1 - 7 Split:		2:55
Top 7 Total Time:		252:13			Top 7 Average Time:		36:01

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Event # 1 WOMENS 5K Run

Conditions: 11°C

COURSE RECORD:Lindsay Carson Guelph Gryphons :17:02.00 2009 WI

TEAM TIME RECORD:Guelph Gryphons total 89:31 average 17::54 2009 WI

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	GUELPH GRYPHONS	21	1-2-4-6-8	9-41
2	MCMASTER MARAUDERS	62	3-7-12-17-23	36
3	WESTERN MUSTANGS	107	11-14-25-28-29	45-58
4	VICTORIA VIKES	161	15-21-34-44-47	48-102
5	CALGARY DINOS	195	18-37-38-43-59	77-80
6	WINDSOR LANCERS	197	10-32-33-57-65	70-85
7	MCGILL MARTLETS	199	22-35-39-51-52	61-62
8	DALHOUSIE TIGERS	245	19-31-49-68-78	
9	TORONTO VARSITYBLUES	260	16-46-60-66-72	82-100
10	WATERLOO WARRIORS	265	24-30-53-63-95	99-109
11	QUEEN'S GAELS	273	13-54-64-69-73	
12	ST. FX X-WOMEN	274	26-27-55-74-92	96-106
13	TRINITYWESTERNSPARTN	336	5-20-97-104-110	111
14	LAVAL ROUGE ET OR	366	50-67-76-83-90	93-94
15	SASKATCHEWAN HUSKIES	366	42-71-75-87-91	101-103
16	SHERBROOKE VERT OR	391	40-81-84-88-98	
17	MANITOBA BISONS	415	56-79-86-89-105	107-108

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	24	Andrea Seccafien		E4	GUELPH GRYPHONS	1	17:23
2	2	25	Carise Thompson		E3	GUELPH GRYPHONS	2	17:30
3	3	84	Victoria Coates		E4	MCMASTER MARAUDERS	1	17:31
4	4	23	Genevieve Lalonde		E4	GUELPH GRYPHONS	3	17:31
5	5	163	Fiona Benson		E3	TRINITYWESTERNSPARTN	1	17:35
6	6	26	Madeline Yungblut		R	GUELPH GRYPHONS	4	17:36
7	7	83	Lindsay Carson		E5	MCMASTER MARAUDERS	2	17:45
8	8	20	Joanna Brown		E2	GUELPH GRYPHONS	5	17:47
9	9	22	Nadine Frost		E5	GUELPH GRYPHONS	6	17:47
10	10	217	Jen Corrick		E5	WINDSOR LANCERS	1	17:47
11	11	209	Amanda Truelove		E3	WESTERN MUSTANGS	1	17:53
12		254	Frida Aspnaes		E2	Z NEW BRUNSWICK	1	17:55
13	12	87	Maddy McDonald		R	MCMASTER MARAUDERS	3	17:55
14	13	101	Julie-Anne Staelhi		R	QUEEN'S GAELS	1	17:58
15	14	208	Emma Tallman		E5	WESTERN MUSTANGS	2	18:00
16	15	179	Brittany Therrien		E5	VICTORIA VIKES	1	18:04
17	16	155	Colleen Hennessy		E3	TORONTO VARSITYBLUES	1	18:05
18		257	Karissa Lepage		E4	Z REGINA	1	18:06
19	17	86	Stephanie MacNeill		E4	MCMASTER MARAUDERS	4	18:12
20	18	4	Grace Kary		E4	CALGARY DINOS	1	18:12
21	19	19	Holly Van Geste		E5	DALHOUSIE TIGERS	1	18:13
22	20	165	Alison Jackson		E3	TRINITYWESTERNSPARTN	2	18:15
23	21	181	Jenna Van Vliet		E2	VICTORIA VIKES	2	18:15

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24	22	75	Jessica Porfilio	E2	MCGILL MARTLETS	1	18:16
25	23	88	Courtney Patterson	E4	MCMASTER MARAUDERS	5	18:25
26	24	195	Karina Sils	E4	WATERLOO WARRIORS	1	18:26
27	25	207	Becky Pieteron	E4	WESTERN MUSTANGS	3	18:32
28	26	150	Natalie Kannenberg	E4	ST. FX X-WOMEN	1	18:33
29	27	148	Melissa Hardy	E2	ST. FX X-WOMEN	2	18:35
30	28	203	Melissa Caruso	E2	WESTERN MUSTANGS	4	18:35
31	29	205	Julie Hambleton	E3	WESTERN MUSTANGS	5	18:39
32		258	Avery Westberg	E2	Z REGINA	2	18:40
33	30	191	Kristen Flanagan	E3	WATERLOO WARRIORS	2	18:40
34	31	15	Ellen Chappell	E2	DALHOUSIE TIGERS	2	18:43
35	32	222	Alexandra Moore	R	WINDSOR LANCERS	2	18:44
36	33	221	Meaghan Marton	E2	WINDSOR LANCERS	3	18:44
37	34	175	Rachel Francois	E2	VICTORIA VIKES	3	18:44
38		249	Caroline McIlroy	E2	Z MEMORIAL	1	18:45
39	35	73	Sarah McCuaig	E4	MCGILL MARTLETS	2	18:45
40	36	85	Chelsea MacKinnon	E2	MCMASTER MARAUDERS	6	18:47
41	37	5	Bridget Pyke	E2	CALGARY DINOS	2	18:47
42	38	6	Alana Skocdopole	R	CALGARY DINOS	3	18:48
43		248	Danielle Thiel	E3	Z LAKEHEAD	1	18:50
44	39	72	Jullien Flynn	E2	MCGILL MARTLETS	3	18:51
45		256	Julia Nikonorova	R	Z OTTAWA	1	18:52
46	40	135	Kim Turcotte	E2	SHERBROOKE VERT OR	1	18:54
47	41	21	Lydia Frost	E5	GUELPH GRYPHONS	7	18:55
48	42	121	Brittany Elliott	E2	SASKATCHEWAN HUSKIES	1	18:56
49	43	1	Emma Cook-Clarke	R	CALGARY DINOS	4	18:59
50	44	177	Madeline MacDonald	E4	VICTORIA VIKES	4	19:03
51	45	206	Alicia Knox	E3	WESTERN MUSTANGS	6	19:05
52	46	156	Kelly Hennessy	R	TORONTO VARSITYBLUES	2	19:06
53	47	176	Alison Hooper	R	VICTORIA VIKES	5	19:06
54	48	180	Stephanie Trenholm	E4	VICTORIA VIKES	6	19:11
55		239	Jackie Trautman	E5	Z ALBERTA	1	19:12
56	49	17	Emily Clarke	E2	DALHOUSIE TIGERS	3	19:13
57	50	47	Caroline St-Pierre	E2	LAVAL ROUGE ET OR	1	19:14
58	51	69	Evelyn Anderson	E2	MCGILL MARTLETS	4	19:15
59	52	70	Chantal Bourassa	R	MCGILL MARTLETS	5	19:16
60	53	189	Heather Dimond	E2	WATERLOO WARRIORS	3	19:18
61	54	100	Marie Soehl	E2	QUEEN'S GAELS	2	19:18
62	55	152	Lynette Manuel	E2	ST. FX X-WOMEN	3	19:19
63	56	60	Alice Sherwin	E5	MANITOBA BISONS	1	19:20
64	57	223	Lindsay Thompson	E2	WINDSOR LANCERS	4	19:21
65	58	204	Sarah Emilio	R	WESTERN MUSTANGS	7	19:21
66	59	3	Gloria Kanuka	E3	CALGARY DINOS	5	19:21
67		255	Rachael McCarvill	E5	Z NEW BRUNSWICK	2	19:22
68	60	159	Charlotte Marcotte-Toale	E3	TORONTO VARSITYBLUES	3	19:24
69	61	74	Madeleine Williams	R	MCGILL MARTLETS	6	19:28
70	62	71	Madeleine Cummings	E4	MCGILL MARTLETS	7	19:29
71	63	193	Stephanie Hinton	E5	WATERLOO WARRIORS	4	19:30
72	64	102	Meghan Tait	E3	QUEEN'S GAELS	3	19:33
73	65	220	Gabrielle Malette	E2	WINDSOR LANCERS	5	19:34
74	66	157	Katie Housley	E3	TORONTO VARSITYBLUES	4	19:35
75	67	42	Laurence Cote	E3	LAVAL ROUGE ET OR	2	19:37

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76	68	16	Ashley Chisholm	E4	DALHOUSIE TIGERS	4	19:39
77	69	97	Veronica Allan	E2	QUEEN'S GAELS	4	19:41
78	70	218	Samantha Kellam	E3	WINDSOR LANCERS	6	19:42
79	71	123	Courtney Sjodin	E2	SASKATCHEWAN HUSKIES	2	19:44
80	72	161	Aija Thompson	R	TORONTO VARSITYBLUES	5	19:44
81	73	99	Erin Slade	E2	QUEEN'S GAELS	5	19:48
82	74	153	Liz O'Connell	E3	ST. FX X-WOMEN	4	19:49
83	75	120	Rachelle Edwards	E3	SASKATCHEWAN HUSKIES	3	19:50
84	76	44	Beatrice Deschenes St-pierre	E4	LAVAL ROUGE ET OR	3	19:51
85		243	Valérie Sicard-Thibodeau	E1	Z CONCORDIA	1	19:54
86	77	7	Talia Webber	E2	CALGARY DINOS	6	19:58
87	78	18	Vanessa Linton	R	DALHOUSIE TIGERS	5	19:58
88		242	Elizabeth Mokrusa	E3	Z CONCORDIA	2	19:59
89	79	57	Nicole Dubois	E4	MANITOBA BISONS	2	20:00
90	80	2	Ariana Dirk	R	CALGARY DINOS	7	20:01
91	81	131	Laura-Emilie Cyr	R	SHERBROOKE VERT OR	2	20:02
92	82	158	Erin Ready	E3	TORONTO VARSITYBLUES	6	20:04
93	83	43	Anais Deschenes	E3	LAVAL ROUGE ET OR	4	20:06
94	84	134	Melanie Michaud	E3	SHERBROOKE VERT OR	3	20:10
95	85	219	Heather Kurpe	E5	WINDSOR LANCERS	7	20:10
96	86	55	Nicole Barrett	E5	MANITOBA BISONS	3	20:17
97	87	122	Shannon McAvoy	E2	SASKATCHEWAN HUSKIES	4	20:17
98	88	133	Elaura Martel	E2	SHERBROOKE VERT OR	4	20:18
99	89	56	Kristjana Britton	E3	MANITOBA BISONS	4	20:19
100		238	Jessie Lilly	E2	Z ALBERTA	2	20:19
101	90	41	Sarah-Michelle Brochu	R	LAVAL ROUGE ET OR	5	20:19
102	91	119	Gabrielle Edwards	E2	SASKATCHEWAN HUSKIES	5	20:22
103	92	149	Natasha Herron	E2	ST. FX X-WOMEN	5	20:24
104	93	45	Marilou Ferland-Daigle	E2	LAVAL ROUGE ET OR	6	20:26
105	94	46	Marguerite Plante-Dube	R	LAVAL ROUGE ET OR	7	20:29
106	95	194	Mamiko Noguchi	E1	WATERLOO WARRIORS	5	20:32
107		251	Geneviève Dostaler	E2	Z MONCTON	1	20:32
108	96	151	Christina Legay	E2	ST. FX X-WOMEN	6	20:32
109	97	164	Meg Harradine	R	TRINITYWESTERNSPARTN	3	20:35
110	98	132	Alexandre Desmarais-Gagnon	E3	SHERBROOKE VERT OR	5	20:37
111	99	190	Jamie Flanagan	E2	WATERLOO WARRIORS	6	20:37
112	100	160	Rosa Serafini	E5	TORONTO VARSITYBLUES	7	20:43
113	101	117	Elecktra Charles	E3	SASKATCHEWAN HUSKIES	6	20:46
114	102	178	Kendra Pomfret	E4	VICTORIA VIKES	7	20:53
115	103	118	MacKenzie Chartier	R	SASKATCHEWAN HUSKIES	7	20:54
116	104	162	Nicole Bell	E2	TRINITYWESTERNSPARTN	4	21:02
117	105	58	Kailey Kroeker	E4	MANITOBA BISONS	5	21:05
118	106	154	Jessica White	E1	ST. FX X-WOMEN	7	21:08
119	107	61	Taylor Sprague	R	MANITOBA BISONS	6	21:15
120	108	59	Stevie Moore	E3	MANITOBA BISONS	7	21:26
121	109	192	Kathleen Gallagher	E4	WATERLOO WARRIORS	7	21:30
122	110	167	Katelynn Ramage	E2	TRINITYWESTERNSPARTN	5	22:09
123	111	166	Laura Merkel	R	TRINITYWESTERNSPARTN	6	24:56

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TEAM: GUELPH GRYPHONS**SCORE 21****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Andrea Seccafien		E4	24	17:23	3:28	5:35
2-2	Carise Thompson		E3	25	17:30	3:30	5:37
4-4	Genevieve Lalonde		E4	23	17:31	3:30	5:38
6-6	Madeline Yungblut		R	26	17:36	3:31	5:39
8-8	Joanna Brown		E2	20	17:47	3:33	5:43
9-9	Nadine Frost		E5	22	17:47	3:33	5:43
47-41	Lydia Frost		E5	21	18:55	3:47	6:05
Top 5 Total Time:		87:47	Top 5 Average Time:		17:33		
Top 5 Average per KM:		3:30	Top 5 Average Per MILE:		5:39		
1 - 5 Split:		:24	1 - 7 Split:		1:32		
Top 7 Total Time:		124:29	Top 7 Average Time:		17:47		

TEAM: MCMASTER MARAUDERS**SCORE 62****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Victoria Coates		E4	84	17:31	3:30	5:38
7-7	Lindsay Carson		E5	83	17:45	3:33	5:42
13-12	Maddy McDonald		R	87	17:55	3:35	5:46
19-17	Stephanie MacNeill		E4	86	18:12	3:38	5:51
25-23	Courtney Patterson		E4	88	18:25	3:41	5:55
40-36	Chelsea MacKinnon		E2	85	18:47	3:45	6:02
Top 5 Total Time:		89:48	Top 5 Average Time:		17:57		
Top 5 Average per KM:		3:35	Top 5 Average Per MILE:		5:46		
1 - 5 Split:		:54	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

TEAM: WESTERN MUSTANGS**SCORE 107****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Amanda Truelove		E3	209	17:53	3:34	5:45
15-14	Emma Tallman		E5	208	18:00	3:36	5:47
27-25	Becky Pieterston		E4	207	18:32	3:42	5:57
29-28	Melissa Caruso		E2	203	18:35	3:43	5:58
31-29	Julie Hambleton		E3	205	18:39	3:43	6:00
51-45	Alicia Knox		E3	206	19:05	3:49	6:08
65-58	Sarah Emilio		R	204	19:21	3:52	6:13
Top 5 Total Time:		91:39	Top 5 Average Time:		18:19		
Top 5 Average per KM:		3:39	Top 5 Average Per MILE:		5:53		
1 - 5 Split:		:46	1 - 7 Split:		1:28		
Top 7 Total Time:		130:05	Top 7 Average Time:		18:35		

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TEAM: VICTORIA VIKES**SCORE 161****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
16-15	Brittany Therrien		E5	179	18:04	3:36	5:48
23-21	Jenna Van Vliet		E2	181	18:15	3:39	5:52
37-34	Rachel Francois		E2	175	18:44	3:44	6:01
50-44	Madeline MacDonald		E4	177	19:03	3:48	6:07
53-47	Alison Hooper		R	176	19:06	3:49	6:08
54-48	Stephanie Trenholm		E4	180	19:11	3:50	6:10
114-102	Kendra Pomfret		E4	178	20:53	4:10	6:43
Top 5 Total Time:		93:12	Top 5 Average Time:		18:38		
Top 5 Average per KM:		3:43	Top 5 Average Per MILE:		5:59		
1 - 5 Split:		1:02	1 - 7 Split:		2:49		
Top 7 Total Time:		133:16	Top 7 Average Time:		19:02		

TEAM: CALGARY DINOS**SCORE 195****PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
20-18	Grace Kary		E4	4	18:12	3:38	5:51
41-37	Bridget Pyke		E2	5	18:47	3:45	6:02
42-38	Alana Skocdopole		R	6	18:48	3:45	6:03
49-43	Emma Cook-Clarke		R	1	18:59	3:47	6:06
66-59	Gloria Kanuka		E3	3	19:21	3:52	6:13
86-77	Talia Webber		E2	7	19:58	3:59	6:25
90-80	Ariana Dirk		R	2	20:01	4:00	6:26
Top 5 Total Time:		94:07	Top 5 Average Time:		18:49		
Top 5 Average per KM:		3:45	Top 5 Average Per MILE:		6:03		
1 - 5 Split:		1:09	1 - 7 Split:		1:49		
Top 7 Total Time:		134:06	Top 7 Average Time:		19:09		

TEAM: WINDSOR LANCERS**SCORE 197****PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Jen Corrick		E5	217	17:47	3:33	5:43
35-32	Alexandra Moore		R	222	18:44	3:44	6:01
36-33	Meaghan Marton		E2	221	18:44	3:44	6:01
64-57	Lindsay Thompson		E2	223	19:21	3:52	6:13
73-65	Gabrielle Malette		E2	220	19:34	3:54	6:17
78-70	Samantha Kellam		E3	218	19:42	3:56	6:20
95-85	Heather Kurpe		E5	219	20:10	4:02	6:29
Top 5 Total Time:		94:10	Top 5 Average Time:		18:50		
Top 5 Average per KM:		3:46	Top 5 Average Per MILE:		6:03		
1 - 5 Split:		1:47	1 - 7 Split:		2:23		
Top 7 Total Time:		134:02	Top 7 Average Time:		19:08		

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TEAM: MCGILL MARTLETS**SCORE 199****PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
24-22	Jessica Porfilio		E2	75	18:16	3:39	5:52
39-35	Sarah McCuaig		E4	73	18:45	3:45	6:02
44-39	Jullien Flynn		E2	72	18:51	3:46	6:04
58-51	Evelyn Anderson		E2	69	19:15	3:51	6:11
59-52	Chantal Bourassa		R	70	19:16	3:51	6:12
69-61	Madeleine Williams		R	74	19:28	3:53	6:15
70-62	Madeleine Cummings		E4	71	19:29	3:53	6:16
Top 5 Total Time:		94:23			Top 5 Average Time:	18:52	
Top 5 Average per KM:		3:46			Top 5 Average Per MILE:	6:04	
1 - 5 Split:		1:00			1 - 7 Split:	1:13	
Top 7 Total Time:		133:20			Top 7 Average Time:	19:02	

TEAM: DALHOUSIE TIGERS**SCORE 245****PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
21-19	Holly Van Geste		E5	19	18:13	3:38	5:51
34-31	Ellen Chappell		E2	15	18:43	3:44	6:01
56-49	Emily Clarke		E2	17	19:13	3:50	6:11
76-68	Ashley Chisholm		E4	16	19:39	3:55	6:19
87-78	Vanessa Linton		R	18	19:58	3:59	6:25
Top 5 Total Time:		95:46			Top 5 Average Time:	19:09	
Top 5 Average per KM:		3:49			Top 5 Average Per MILE:	6:09	
1 - 5 Split:		1:45			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: TORONTO VARSITYBLUES**SCORE 260****PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-16	Colleen Hennessy		E3	155	18:05	3:37	5:49
52-46	Kelly Hennessy		R	156	19:06	3:49	6:08
68-60	Charlotte Marcotte-Toale		E3	159	19:24	3:52	6:14
74-66	Katie Housley		E3	157	19:35	3:55	6:18
80-72	Aija Thompson		R	161	19:44	3:56	6:21
92-82	Erin Ready		E3	158	20:04	4:00	6:27
112-100	Rosa Serafini		E5	160	20:43	4:08	6:40
Top 5 Total Time:		95:54			Top 5 Average Time:	19:10	
Top 5 Average per KM:		3:50			Top 5 Average Per MILE:	6:10	
1 - 5 Split:		1:39			1 - 7 Split:	2:38	
Top 7 Total Time:		136:41			Top 7 Average Time:	19:31	

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TEAM: WATERLOO WARRIORS**SCORE 265****PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-24	Karina Sils		E4	195	18:26	3:41	5:55
33-30	Kristen Flanagan		E3	191	18:40	3:44	6:00
60-53	Heather Dimond		E2	189	19:18	3:51	6:12
71-63	Stephanie Hinton		E5	193	19:30	3:54	6:16
106-95	Mamiko Noguchi		E1	194	20:32	4:06	6:36
=====							
111-99	Jamie Flanagan		E2	190	20:37	4:07	6:38
121-109	Kathleen Gallagher		E4	192	21:30	4:18	6:55
=====							
Top 5 Total Time:		96:26			Top 5 Average Time:		19:17
Top 5 Average per KM:		3:51			Top 5 Average Per MILE:		6:12
1 - 5 Split:		2:06			1 - 7 Split:		3:04
Top 7 Total Time:		138:33			Top 7 Average Time:		19:47

TEAM: QUEEN'S GAELS**SCORE 273****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
14-13	Julie-Anne Staelhi		R	101	17:58	3:35	5:46
61-54	Marie Soehl		E2	100	19:18	3:51	6:12
72-64	Meghan Tait		E3	102	19:33	3:54	6:17
77-69	Veronica Allan		E2	97	19:41	3:56	6:20
81-73	Erin Slade		E2	99	19:48	3:57	6:22
=====							
Top 5 Total Time:		96:18			Top 5 Average Time:		19:15
Top 5 Average per KM:		3:51			Top 5 Average Per MILE:		6:11
1 - 5 Split:		1:50			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: ST. FX X-WOMEN**SCORE 274****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
28-26	Natalie Kannenberg		E4	150	18:33	3:42	5:58
29-27	Melissa Hardy		E2	148	18:35	3:43	5:58
62-55	Lynette Manuel		E2	152	19:19	3:51	6:13
82-74	Liz O'Connell		E3	153	19:49	3:57	6:22
103-92	Natasha Herron		E2	149	20:24	4:04	6:33
=====							
108-96	Christina Legay		E2	151	20:32	4:06	6:36
118-106	Jessica White		E1	154	21:08	4:13	6:48
=====							
Top 5 Total Time:		96:40			Top 5 Average Time:		19:20
Top 5 Average per KM:		3:52			Top 5 Average Per MILE:		6:13
1 - 5 Split:		1:51			1 - 7 Split:		2:35
Top 7 Total Time:		138:20			Top 7 Average Time:		19:45

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TEAM: TRINITYWESTERNSPARTN SCORE 336 PLACE: 13

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Fiona Benson		E3	163	17:35	3:31	5:39
22-20	Alison Jackson		E3	165	18:15	3:39	5:52
109-97	Meg Harradine		R	164	20:35	4:07	6:37
116-104	Nicole Bell		E2	162	21:02	4:12	6:46
122-110	Katelynn Ramage		E2	167	22:09	4:25	7:07
123-111	Laura Merkel		R	166	24:56	4:59	8:01
Top 5 Total Time:		99:36			Top 5 Average Time:		19:55
Top 5 Average per KM:		3:59			Top 5 Average Per MILE:		6:24
1 - 5 Split:		4:34			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: LAVAL ROUGE ET OR SCORE 366 PLACE: 14

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
57-50	Caroline St-Pierre		E2	47	19:14	3:50	6:11
75-67	Laurence Cote		E3	42	19:37	3:55	6:18
84-76	Beatrice Deschenes St-pierre		E4	44	19:51	3:58	6:23
93-83	Anais Deschenes		E3	43	20:06	4:01	6:28
101-90	Sarah-Michelle Brochu		R	41	20:19	4:03	6:32
104-93	Marilou Ferland-Daigle		E2	45	20:26	4:05	6:34
105-94	Marguerite Plante-Dube		R	46	20:29	4:05	6:35
Top 5 Total Time:		99:07			Top 5 Average Time:		19:49
Top 5 Average per KM:		3:57			Top 5 Average Per MILE:		6:22
1 - 5 Split:		1:05			1 - 7 Split:		1:15
Top 7 Total Time:		140:02			Top 7 Average Time:		20:00

TEAM: SASKATCHEWAN HUSKIES SCORE 366 PLACE: 15

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
48-42	Brittany Elliott		E2	121	18:56	3:47	6:05
79-71	Courtney Sjodin		E2	123	19:44	3:56	6:21
83-75	Rachelle Edwards		E3	120	19:50	3:58	6:23
97-87	Shannon McAvoy		E2	122	20:17	4:03	6:31
102-91	Gabrielle Edwards		E2	119	20:22	4:04	6:33
113-101	Elektra Charles		E3	117	20:46	4:09	6:41
115-103	MacKenzie Chartier		R	118	20:54	4:10	6:43
Top 5 Total Time:		99:09			Top 5 Average Time:		19:49
Top 5 Average per KM:		3:57			Top 5 Average Per MILE:		6:22
1 - 5 Split:		1:26			1 - 7 Split:		1:58
Top 7 Total Time:		140:49			Top 7 Average Time:		20:07

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TEAM: SHERBROOKE VERT OR **SCORE 391** **PLACE: 16**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
46-40	Kim Turcotte		E2	135	18:54	3:46	6:05
91-81	Laura-Emilie Cyr		R	131	20:02	4:00	6:26
94-84	Melanie Michaud		E3	134	20:10	4:02	6:29
98-88	Elaura Martel		E2	133	20:18	4:03	6:32
110-98	Alexandre Desmarais-Gagnon		E3	132	20:37	4:07	6:38

Top 5 Total Time:	100:01	Top 5 Average Time:	20:00
Top 5 Average per KM:	4:00	Top 5 Average Per MILE:	6:26
1 - 5 Split:	1:43	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM: MANITOBA BISONS **SCORE 415** **PLACE: 17**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
63-56	Alice Sherwin		E5	60	19:20	3:52	6:13
89-79	Nicole Dubois		E4	57	20:00	4:00	6:26
96-86	Nicole Barrett		E5	55	20:17	4:03	6:31
99-89	Kristjana Britton		E3	56	20:19	4:03	6:32
117-105	Kailey Kroeker		E4	58	21:05	4:13	6:47
119-107	Taylor Sprague		R	61	21:15	4:15	6:50
120-108	Stevie Moore		E3	59	21:26	4:17	6:53

Top 5 Total Time:	101:01	Top 5 Average Time:	20:12
Top 5 Average per KM:	4:02	Top 5 Average Per MILE:	6:30
1 - 5 Split:	1:45	1 - 7 Split:	2:06
Top 7 Total Time:	143:42	Top 7 Average Time:	20:31