

2013 CIS Championship - 51st Men / 34th Women

Saturday November 9

11/09/2013

Thames Valley GC - London ON

Event # 1 WOMENS 6K Dash

START at 12:00pm

Conditions: cool 6°C

COURSE RECORD:no record first time for 6km on Thames Valley GC

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

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	GUELPH GRYPHONS	31	2-4-7-8-10	12-13
2	WESTERN MUSTANGS	90	6-11-19-24-30	37-45
3	QUEEN'S GAELS	115	1-3-29-39-43	78
4	TRINITYWSTRNSPARTANS	130	5-20-23-27-55	100
5	TORONTO VARSITYBLUES	148	9-22-34-41-42	54-73
6	MCMASTER MARAUDERS	193	17-32-36-49-59	71-83
7	MCGILL MARTLETS	201	25-33-40-46-57	88-90
8	VICTORIA VIKES	206	15-21-38-48-84	
9	WINDSOR LANCERS	258	26-53-56-58-65	68
10	CALGARY DINOS	308	31-35-72-74-96	109-110
11	WATERLOO WARRIORS	338	18-47-67-101-105	
12	DALHOUSIE TIGERS	353	44-50-76-85-98	108-117
13	LAURENTIAN VOYAGUERS	356	51-66-77-80-82	104-112
14	SHERBROOKE VERT ETOR	374	60-62-69-70-113	
15	ALBERTA PANDAS	376	28-61-79-93-115	
16	REGINA COUGARS	390	16-63-94-99-118	
17	MANITOBA BISONS	405	14-64-102-111-114	116
18	LAVAL ROUGE ET OR	434	75-86-87-91-95	97-119
19	CONCORDIA STINGERS	496	52-81-120-121-122	
20	SASKATCHEWAN HUSKIES	497	89-92-103-106-107	

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE GRADE	TEAM	PLACE ON TEAM	TIME
1	1	124	Julie-Anne Staehli	E2	QUEEN'S GAELS	1	20:51.4
2	2	48	Carise Thompson	E4	GUELPH GRYPHONS	1	21:08.8
3	3	120	Victoria Coates	E5	QUEEN'S GAELS	2	21:09.1
4	4	47	Heather Petrick	R	GUELPH GRYPHONS	2	21:17.6
5	5	188	Alison Jackson	E4	TRINITYWSTRNSPARTANS	1	21:25.1
6	6	232	Amanda Truelove	E4	WESTERN MUSTANGS	1	21:26.4
7	7	49	Madeline Yungblut	E2	GUELPH GRYPHONS	3	21:28.4
8	8	45	Genevieve Lalonde	E5	GUELPH GRYPHONS	4	21:40.8
9	9	171	Colleen Hennessy	E4	TORONTO VARSITYBLUES	1	21:59.6
10	10	43	Katrina Allison	E2	GUELPH GRYPHONS	5	22:00.4
11	11	228	Grace Kary	E5	WESTERN MUSTANGS	2	22:02.9
12	12	44	Joanna Brown	E3	GUELPH GRYPHONS	6	22:12.9
13	13	46	Robyn Mildren	E5	GUELPH GRYPHONS	7	22:13.9
14		254	Danielle Thiel	E4	LAKEHEAD	1	22:19.4
15	14	89	Rebekah Sass	R	MANITOBA BISONS	1	22:19.4
16	15	204	Jenna Van Vliet	E3	VICTORIA VIKES	1	22:23.6
17	16	137	Avery Westberg	E3	REGINA COUGARS	1	22:24.9
18	17	107	Madeline McDonald	E2	MCMASTER MARAUDERS	1	22:27.4
19	18	216	Kristen Marchant	E3	WATERLOO WARRIORS	1	22:28.1
20	19	230	Becky Pieteron	E5	WESTERN MUSTANGS	3	22:29.4
21	20	185	Fiona Benson	E4	TRINITYWSTRNSPARTANS	2	22:29.5
22	21	198	Rachel Francois	E3	VICTORIA VIKES	2	22:37.1
23	22	174	Charlotte Marcotte-Toale	E4	TORONTO VARSITYBLUES	2	22:38.6

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24	23	190	Regan Yee	E1	TRINITYWSTRNSPARTANS	3	22:39.6
25		258	Melissa Hardy	E3	ST.FX	1	22:40.1
26	24	227	Melissa Caruso	E3	WESTERN MUSTANGS	4	22:41.1
27	25	103	Jessica Porfolio	E3	MCGILL MARTLETS	1	22:41.5
28	26	242	Meaghan Marton	E3	WINDSOR LANCERS	1	22:43.9
29	27	187	Sarah Inglis	E1	TRINITYWSTRNSPARTANS	4	22:46.9
30	28	1	Amy Buzikievich	E1	ALBERTA PANDAS	1	22:47.4
31	29	123	Marie Soehl	E3	QUEEN'S GAELS	3	22:48.4
32	30	231	Bridget Pyke	E4	WESTERN MUSTANGS	5	22:49.1
33	31	13	Emma Cook-Clarke	E2	CALGARY DINOS	1	22:49.5
34	32	110	Courtney Patterson	E5	MCMaster MARAUDERS	2	22:49.9
35	33	99	Alison Barwick	E2	MCGILL MARTLETS	2	22:55.1
36	34	172	Kelly Hennessy	E2	TORONTO VARSITYBLUES	3	22:57.9
37	35	18	Alana Skocdopole	E2	CALGARY DINOS	2	22:59.0
38		257	Isabelle Kanz	E3	OTTAWA	1	23:00.1
39	36	108	Kierstin Myers	E3	MCMaster MARAUDERS	3	23:00.6
40		259	Sarah Myatt	E3	NEW BRUNSWICK	1	23:00.6
41	37	226	Katiee Bell	E4	WESTERN MUSTANGS	6	23:03.4
42	38	203	Grace Annear	E3	VICTORIA VIKES	3	23:03.9
43	39	119	Veronica Allan	E3	QUEEN'S GAELS	4	23:06.0
44	40	100	Jullien Flynn	E3	MCGILL MARTLETS	3	23:06.6
45	41	175	Claire Sumner	R	TORONTO VARSITYBLUES	4	23:07.4
46	42	173	Madeleine Kelly	R	TORONTO VARSITYBLUES	5	23:07.9
47	43	125	Colleen Wilson	E2	QUEEN'S GAELS	5	23:09.9
48	44	36	Ellen Chappell	E3	DALHOUSIE TIGERS	1	23:11.1
49	45	229	Alicia Knox	E5	WESTERN MUSTANGS	7	23:13.9
50	46	104	Madeleine Williams	E3	MCGILL MARTLETS	4	23:17.1
51	47	212	Heather Dimond	E3	WATERLOO WARRIORS	2	23:18.4
52	48	201	Maddy MacDonald	E5	VICTORIA VIKES	4	23:20.4
53	49	109	Emily Nowak	R	MCMaster MARAUDERS	4	23:21.1
54	50	39	Britany MacArthur	E4	DALHOUSIE TIGERS	2	23:22.1
55	51	59	Michelle Kennedy	E3	LAURENTIAN VOYAGUERS	1	23:23.6
56	52	28	Elizabeth Mokrusa	E5	CONCORDIA STINGERS	1	23:24.9
57	53	246	Lindsay Thompson	E3	WINDSOR LANCERS	2	23:25.5
58	54	177	Honor Walmsley	E2	TORONTO VARSITYBLUES	6	23:26.4
59	55	186	Meg Harradine	E2	TRINITYWSTRNSPARTANS	5	23:27.6
60		255	Sarah Cranmer-Bing	E2	LAURIER	1	23:30.1
61	56	244	Madalyn Ruby	R	WINDSOR LANCERS	3	23:33.1
62	57	101	Georgia Hamilton	R	MCGILL MARTLETS	5	23:33.9
63	58	245	Stefanie Smith	R	WINDSOR LANCERS	4	23:34.6
64	59	106	Raquel Burgess	E2	MCMaster MARAUDERS	5	23:36.4
65	60	161	Anouk Morasse	E2	SHERBROOKE VERT ETOR	1	23:37.1
66	61	4	Morgan Lawley	E2	ALBERTA PANDAS	2	23:38.5
67	62	162	Isabelle Rouleau	R	SHERBROOKE VERT ETOR	2	23:39.9
68	63	136	Jesse Van Eaton	R	REGINA COUGARS	2	23:40.0
69		260	Katie Robinson	R	NEW BRUNSWICK	2	23:40.1
70	64	85	Nicole Dubois	E5	MANITOBA BISONS	2	23:40.6
71	65	243	Alexandra Moore	E2	WINDSOR LANCERS	5	23:44.1
72	66	58	Samantha Edwards	E2	LAURENTIAN VOYAGUERS	2	23:46.4
73	67	213	Kristen Flanagan	E3	WATERLOO WARRIORS	3	23:49.4
74	68	240	Samantha Kellam	E4	WINDSOR LANCERS	6	23:51.1
75	69	159	Elaura Martel	E3	SHERBROOKE VERT ETOR	3	23:53.1
76	70	160	M,lanie Michaud	E4	SHERBROOKE VERT ETOR	4	23:53.1
77	71	111	Chelsea McKinnon	E3	MCMaster MARAUDERS	6	23:54.4
78	72	16	Gloria Kanuka	E4	CALGARY DINOS	3	23:55.6
79	73	176	Donna Vakalis	E4	TORONTO VARSITYBLUES	7	23:56.9

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80	74	14	Ariana Dirk	E2	CALGARY DINOS	4	23:58.4
81	75	74	Frederique Latraverse	R	LAVAL ROUGE ET OR	1	23:59.1
82	76	37	Emily Clarke	E3	DALHOUSIE TIGERS	3	24:00.1
83	77	63	Katie Wismer	E3	LAURENTIAN VOYAGUERS	3	24:04.5
84	78	121	Stepaney Daley	E2	QUEEN'S GAELS	6	24:07.6
85	79	2	Isabella Englert	E4	ALBERTA PANDAS	3	24:08.1
86	80	60	Marissa Lobert	R	LAURENTIAN VOYAGUERS	4	24:08.1
87	81	30	Valerie Sicard	E2	CONCORDIA STINGERS	2	24:09.0
88	82	57	Alyssa Bedard	E4	LAURENTIAN VOYAGUERS	5	24:09.4
89	83	105	Megan Beverley	E2	MCMaster MARAUDERS	7	24:13.9
90		262	Gabrielle Racine	E2	UQTR	1	24:15.6
91	84	202	Shauna McInnis	E3	VICTORIA VIKES	5	24:15.9
92	85	42	Anna Von Maltzahn	E5	DALHOUSIE TIGERS	4	24:17.4
93	86	72	Anais Deschenes	E4	LAVAL ROUGE ET OR	2	24:18.6
94	87	76	Isabelle Morin	E4	LAVAL ROUGE ET OR	3	24:19.6
95	88	98	Evelyn Anderson	E3	MCGILL MARTLETS	6	24:19.9
96	89	144	Tye Buettner	E2	SASKATCHEWAN HUSKIES	1	24:22.3
97	90	102	Linda Dumalo	R	MCGILL MARTLETS	7	24:26.1
98	91	73	Marie-Helene Gilbert	E2	LAVAL ROUGE ET OR	4	24:33.6
99	92	145	Anne Charles	R	SASKATCHEWAN HUSKIES	2	24:36.8
100	93	5	Megan Pinkoski	E2	ALBERTA PANDAS	4	24:49.5
101	94	134	Lindsay Fish	R	REGINA COUGARS	3	24:51.0
102	95	71	Laurence Cote	E4	LAVAL ROUGE ET OR	5	24:53.1
103	96	12	Sydney Banister	R	CALGARY DINOS	5	24:53.6
104	97	77	Pamela-Ann St-Pierre	E1	LAVAL ROUGE ET OR	6	24:54.4
105	98	41	Natalie Sachrajda	E1	DALHOUSIE TIGERS	5	24:56.4
106		256	Jessica Leroux	E3	MONCTON	1	24:56.6
107	99	135	Erin Strueby	R	REGINA COUGARS	4	24:56.9
108	100	189	Katelynn Ramage	E3	TRINITYWSTRNSPARTANS	6	24:59.1
109	101	218	Mamiko Noguchi	E2	WATERLOO WARRIORS	4	25:00.1
110	102	87	Amy Gelhorn	E2	MANITOBA BISONS	3	25:03.1
111	103	148	Sonia Rees	E2	SASKATCHEWAN HUSKIES	3	25:04.1
112	104	62	Adrienne Wilson	E4	LAURENTIAN VOYAGUERS	6	25:12.3
113	105	215	Dahlia Malek	E1	WATERLOO WARRIORS	5	25:14.1
114	106	146	Shannon Del Bigio	E2	SASKATCHEWAN HUSKIES	4	25:15.1
115	107	143	Brandey Blahut	R	SASKATCHEWAN HUSKIES	5	25:23.0
116	108	38	Vanessa Linton	E2	DALHOUSIE TIGERS	6	25:25.4
117	109	15	Katie Girgulis	R	CALGARY DINOS	6	25:29.1
118	110	17	Maryse L'Heureux	E2	CALGARY DINOS	7	25:34.6
119	111	90	Taylor Sprague	E2	MANITOBA BISONS	4	25:38.1
120	112	61	Lyndsay Greasley	E1	LAURENTIAN VOYAGUERS	7	25:38.1
121	113	163	Anika Rozon	E3	SHERBROOKE VERT ETOR	5	25:39.4
122	114	86	Emilie Ford	E3	MANITOBA BISONS	5	25:46.6
123	115	3	Freya Hik	R	ALBERTA PANDAS	5	25:57.0
124	116	88	Carlynnne Millns	R	MANITOBA BISONS	6	26:16.6
125	117	40	Michelle Reddy	R	DALHOUSIE TIGERS	7	26:43.4
126	118	133	Anneliese Davis	E2	REGINA COUGARS	5	26:56.4
127	119	75	Elise Lechasseur	E3	LAVAL ROUGE ET OR	7	27:15.6
128	120	26	Tania Alaby	R	CONCORDIA STINGERS	3	27:54.6
129	121	27	Stephanie Lavigne	R	CONCORDIA STINGERS	4	28:17.6
130	122	29	Chloe Rochette	E2	CONCORDIA STINGERS	5	28:18.4
131		200	Brittany King	R	VICTORIA VIKES		DQ

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TEAM: GUELPH GRYPHONS**SCORE 31****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Carise Thompson		E4	48	21:08.8	3:31.5	5:40.4
4-4	Heather Petrick		R	47	21:17.6	3:33.0	5:42.7
7-7	Madeline Yungblut		E2	49	21:28.4	3:34.8	5:45.6
8-8	Genevieve Lalonde		E5	45	21:40.8	3:36.8	5:49.0
10-10	Katrina Allison		E2	43	22:00.4	3:40.1	5:54.2
=====							
12-12	Joanna Brown		E3	44	22:12.9	3:42.2	5:57.6
13-13	Robyn Mildren		E5	46	22:13.9	3:42.4	5:57.8
=====							
Top 5 Total Time:		107:36			Top 5 Average Time:	21:31.2	
Top 5 Average per KM:		3:35.2			Top 5 Average Per MILE:	5:46.4	
1 - 5 Split:		:51.6			1 - 7 Split:	1:05.1	
Top 7 Total Time:		152:03			Top 7 Average Time:	21:43.3	

TEAM: WESTERN MUSTANGS**SCORE 90****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Amanda Truelove		E4	232	21:26.4	3:34.4	5:45.1
11-11	Grace Kary		E5	228	22:02.9	3:40.5	5:54.9
20-19	Becky Pieteron		E5	230	22:29.4	3:44.9	6:02.0
26-24	Melissa Caruso		E3	227	22:41.1	3:46.9	6:05.1
32-30	Bridget Pyke		E4	231	22:49.1	3:48.2	6:07.3
=====							
41-37	Katiee Bell		E4	226	23:03.4	3:50.6	6:11.1
49-45	Alicia Knox		E5	229	23:13.9	3:52.4	6:13.9
=====							
Top 5 Total Time:		111:29			Top 5 Average Time:	22:17.8	
Top 5 Average per KM:		3:43.0			Top 5 Average Per MILE:	5:58.9	
1 - 5 Split:		1:22.7			1 - 7 Split:	1:47.5	
Top 7 Total Time:		157:46			Top 7 Average Time:	22:32.4	

TEAM: QUEEN'S GAELS**SCORE 115****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Julie-Anne Staehli		E2	124	20:51.4	3:28.6	5:35.7
3-3	Victoria Coates		E5	120	21:09.1	3:31.6	5:40.4
31-29	Marie Soehl		E3	123	22:48.4	3:48.1	6:07.1
43-39	Veronica Allan		E3	119	23:06.0	3:51.0	6:11.8
47-43	Colleen Wilson		E2	125	23:09.9	3:51.7	6:12.9
=====							
84-78	Stepaney Daley		E2	121	24:07.6	4:01.3	6:28.3
Top 5 Total Time:		111:05			Top 5 Average Time:	22:13.0	
Top 5 Average per KM:		3:42.2			Top 5 Average Per MILE:	5:57.6	
1 - 5 Split:		2:18.5			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM TRINITYWSTRNSPARTANS SCORE 130 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Alison Jackson		E4	188	21:25.1	3:34.2	5:44.7
21-20	Fiona Benson		E4	185	22:29.5	3:45.0	6:02.0
24-23	Regan Yee		E1	190	22:39.6	3:46.6	6:04.7
29-27	Sarah Inglis		E1	187	22:46.9	3:47.9	6:06.7
59-55	Meg Harradine		E2	186	23:27.6	3:54.6	6:17.6
=====							
108-100	Katelynn Ramage		E3	189	24:59.1	4:09.9	6:42.1
Top 5 Total Time:		112:49			Top 5 Average Time:	22:33.8	
Top 5 Average per KM:		3:45.7			Top 5 Average Per MILE:	6:03.2	
1 - 5 Split:		2:02.5			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM TORONTO VARSITYBLUES SCORE 148 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Colleen Hennessy		E4	171	21:59.6	3:40.0	5:54.0
23-22	Charlotte Marcotte-Toale		E4	174	22:38.6	3:46.5	6:04.5
36-34	Kelly Hennessy		E2	172	22:57.9	3:49.7	6:09.6
45-41	Claire Sumner		R	175	23:07.4	3:51.3	6:12.2
46-42	Madeleine Kelly		R	173	23:07.9	3:51.4	6:12.3
=====							
58-54	Honor Walmsley		E2	177	23:26.4	3:54.4	6:17.3
79-73	Donna Vakalis		E4	176	23:56.9	3:59.5	6:25.5
=====							
Top 5 Total Time:		113:51			Top 5 Average Time:	22:46.3	
Top 5 Average per KM:		3:47.8			Top 5 Average Per MILE:	6:06.5	
1 - 5 Split:		1:08.3			1 - 7 Split:	1:57.3	
Top 7 Total Time:		161:15			Top 7 Average Time:	23:02.1	

TEAM MCMASTER MARAUDERS SCORE 193 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
18-17	Madeline McDonald		E2	107	22:27.4	3:44.6	6:01.5
34-32	Courtney Patterson		E5	110	22:49.9	3:48.4	6:07.5
39-36	Kierstin Myers		E3	108	23:00.6	3:50.1	6:10.4
53-49	Emily Nowak		R	109	23:21.1	3:53.6	6:15.9
64-59	Raquel Burgess		E2	106	23:36.4	3:56.1	6:20.0
=====							
77-71	Chelsea McKinnon		E3	111	23:54.4	3:59.1	6:24.8
89-83	Megan Beverley		E2	105	24:13.9	4:02.4	6:30.0
=====							
Top 5 Total Time:		115:15			Top 5 Average Time:	23:03.1	
Top 5 Average per KM:		3:50.6			Top 5 Average Per MILE:	6:11.0	
1 - 5 Split:		1:09.0			1 - 7 Split:	1:46.5	
Top 7 Total Time:		163:24			Top 7 Average Time:	23:20.6	

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TEAM: MCGILL MARTLETS**SCORE: 201****PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
27-25	Jessica Porfolio		E3	103	22:41.5	3:47.0	6:05.2
35-33	Alison Barwick		E2	99	22:55.1	3:49.2	6:08.9
44-40	Jullien Flynn		E3	100	23:06.6	3:51.1	6:12.0
50-46	Madeleine Williams		E3	104	23:17.1	3:52.9	6:14.8
62-57	Georgia Hamilton		R	101	23:33.9	3:55.7	6:19.3
95-88	Evelyn Anderson		E3	98	24:19.9	4:03.4	6:31.6
97-90	Linda Dumalo		R	102	24:26.1	4:04.4	6:33.3
Top 5 Total Time:		115:34	Top 5 Average Time:		23:06.9		
Top 5 Average per KM:		3:51.2	Top 5 Average Per MILE:		6:12.0		
1 - 5 Split:		:52.4	1 - 7 Split:		1:44.6		
Top 7 Total Time:		164:20	Top 7 Average Time:		23:28.6		

TEAM: VICTORIA VIKES**SCORE: 206****PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
16-15	Jenna Van Vliet		E3	204	22:23.6	3:44.0	6:00.4
22-21	Rachel Francois		E3	198	22:37.1	3:46.2	6:04.1
42-38	Grace Annear		E3	203	23:03.9	3:50.7	6:11.2
52-48	Maddy MacDonald		E5	201	23:20.4	3:53.4	6:15.7
91-84	Shauna McInnis		E3	202	24:15.9	4:02.7	6:30.6
	Brittany King		R	200	DQ		
Top 5 Total Time:		115:41	Top 5 Average Time:		23:08.2		
Top 5 Average per KM:		3:51.4	Top 5 Average Per MILE:		6:12.4		
1 - 5 Split:		1:52.3	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

TEAM: WINDSOR LANCERS**SCORE: 258****PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
28-26	Meaghan Marton		E3	242	22:43.9	3:47.4	6:05.9
57-53	Lindsay Thompson		E3	246	23:25.5	3:54.3	6:17.0
61-56	Madalyn Ruby		R	244	23:33.1	3:55.6	6:19.1
63-58	Stefanie Smith		R	245	23:34.6	3:55.8	6:19.5
71-65	Alexandra Moore		E2	243	23:44.1	3:57.4	6:22.0
74-68	Samantha Kellam		E4	240	23:51.1	3:58.6	6:23.9
Top 5 Total Time:		117:01	Top 5 Average Time:		23:24.3		
Top 5 Average per KM:		3:54.1	Top 5 Average Per MILE:		6:16.7		
1 - 5 Split:		1:00.2	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

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TEAM: CALGARY DINOS**SCORE: 308****PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
33-31	Emma Cook-Clarke		E2	13	22:49.5	3:48.3	6:07.4
37-35	Alana Skocdopole		E2	18	22:59.0	3:49.9	6:09.9
78-72	Gloria Kanuka		E4	16	23:55.6	3:59.3	6:25.1
80-74	Ariana Dirk		E2	14	23:58.4	3:59.8	6:25.9
103-96	Sydney Banister		R	12	24:53.6	4:09.0	6:40.7
=====							
117-109	Katie Girgulis		R	15	25:29.1	4:14.9	6:50.2
118-110	Maryse L'Heureux		E2	17	25:34.6	4:15.8	6:51.7
=====							
Top 5 Total Time:		118:36	Top 5 Average Time:		23:43.3		
Top 5 Average per KM:		3:57.2	Top 5 Average Per MILE:		6:21.8		
1 - 5 Split:		2:04.1	1 - 7 Split:		2:45.1		
Top 7 Total Time:		169:40	Top 7 Average Time:		24:14.3		

TEAM: WATERLOO WARRIORS**SCORE: 338****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
19-18	Kristen Marchant		E3	216	22:28.1	3:44.7	6:01.6
51-47	Heather Dimond		E3	212	23:18.4	3:53.1	6:15.1
73-67	Kristen Flanagan		E3	213	23:49.4	3:58.3	6:23.4
109-101	Mamiko Noguchi		E2	218	25:00.1	4:10.1	6:42.4
113-105	Dahlia Malek		E1	215	25:14.1	4:12.4	6:46.2
=====							
Top 5 Total Time:		119:50	Top 5 Average Time:		23:58.1		
Top 5 Average per KM:		3:59.7	Top 5 Average Per MILE:		6:25.8		
1 - 5 Split:		2:46.0	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

TEAM: DALHOUSIE TIGERS**SCORE: 353****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
48-44	Ellen Chappell		E3	36	23:11.1	3:51.9	6:13.2
54-50	Britany MacArthur		E4	39	23:22.1	3:53.7	6:16.1
82-76	Emily Clarke		E3	37	24:00.1	4:00.1	6:26.3
92-85	Anna Von Maltzahn		E5	42	24:17.4	4:02.9	6:31.0
105-98	Natalie Sachrajda		E1	41	24:56.4	4:09.4	6:41.4
=====							
116-108	Vanessa Linton		E2	38	25:25.4	4:14.3	6:49.2
125-117	Michelle Reddy		R	40	26:43.4	4:27.3	7:10.1
=====							
Top 5 Total Time:		119:47	Top 5 Average Time:		23:57.5		
Top 5 Average per KM:		3:59.6	Top 5 Average Per MILE:		6:25.6		
1 - 5 Split:		1:45.3	1 - 7 Split:		3:32.3		
Top 7 Total Time:		171:56	Top 7 Average Time:		24:33.7		

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TEAM:LAURENTIAN VOYAGUERS SCORI 356 PLACE: 13

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
55-51	Michelle Kennedy		E3	59	23:23.6	3:54.0	6:16.5
72-66	Samantha Edwards		E2	58	23:46.4	3:57.8	6:22.6
83-77	Katie Wismer		E3	63	24:04.5	4:00.8	6:27.5
86-80	Marissa Lobert		R	60	24:08.1	4:01.4	6:28.5
88-82	Alyssa Bedard		E4	57	24:09.4	4:01.6	6:28.8
=====							
112-104	Adrienne Wilson		E4	62	25:12.3	4:12.1	6:45.7
120-112	Lyndsay Greasley		E1	61	25:38.1	4:16.4	6:52.6
=====							
Top 5 Total Time:		119:32		Top 5 Average Time:		23:54.4	
Top 5 Average per KM:		3:59.1		Top 5 Average Per MILE:		6:24.8	
1 - 5 Split:		:45.8		1 - 7 Split:		2:14.5	
Top 7 Total Time:		170:22		Top 7 Average Time:		24:20.4	

TEAM:SHERBROOKE VERT ETOR SCORI 374 PLACE: 14

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
65-60	Anouk Morasse		E2	161	23:37.1	3:56.2	6:20.1
67-62	Isabelle Rouleau		R	162	23:39.9	3:56.7	6:20.9
75-69	Elaura Martel		E3	159	23:53.1	3:58.9	6:24.4
76-70	M,lanie Michaud		E4	160	23:53.1	3:58.9	6:24.4
121-113	Anika Rozon		E3	163	25:39.4	4:16.6	6:53.0
=====							
Top 5 Total Time:		120:43		Top 5 Average Time:		24:08.6	
Top 5 Average per KM:		4:01.5		Top 5 Average Per MILE:		6:28.6	
1 - 5 Split:		2:02.3		1 - 7 Split:			
Top 7 Total Time:				Top 7 Average Time:			

TEAM:ALBERTA PANDAS SCORI 376 PLACE: 15

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
30-28	Amy Buzikievich		E1	1	22:47.4	3:47.9	6:06.8
66-61	Morgan Lawley		E2	4	23:38.5	3:56.5	6:20.5
85-79	Isabella Englert		E4	2	24:08.1	4:01.4	6:28.5
100-93	Megan Pinkoski		E2	5	24:49.5	4:08.3	6:39.6
123-115	Freya Hik		R	3	25:57.0	4:19.5	6:57.7
=====							
Top 5 Total Time:		121:20		Top 5 Average Time:		24:16.1	
Top 5 Average per KM:		4:02.7		Top 5 Average Per MILE:		6:30.6	
1 - 5 Split:		3:09.6		1 - 7 Split:			
Top 7 Total Time:				Top 7 Average Time:			

TEAM:REGINA COUGARS SCORI 390 PLACE: 16

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-16	Avery Westberg		E3	137	22:24.9	3:44.2	6:00.8
68-63	Jesse Van Eaton		R	136	23:40.0	3:56.7	6:20.9
101-94	Lindsay Fish		R	134	24:51.0	4:08.5	6:40.0
107-99	Erin Strueby		R	135	24:56.9	4:09.5	6:41.6
126-118	Anneliese Davis		E2	133	26:56.4	4:29.4	7:13.6
=====							
Top 5 Total Time:		122:49		Top 5 Average Time:		24:33.9	
Top 5 Average per KM:		4:05.7		Top 5 Average Per MILE:		6:35.4	
1 - 5 Split:		4:31.5		1 - 7 Split:			
Top 7 Total Time:				Top 7 Average Time:			

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TEAM: MANITOBA BIONS**SCORE: 405****PLACE: 17**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
15-14	Rebekah Sass		R	89	22:19.4	3:43.3	5:59.3
70-64	Nicole Dubois		E5	85	23:40.6	3:56.8	6:21.1
110-102	Amy Gelhorn		E2	87	25:03.1	4:10.6	6:43.2
119-111	Taylor Sprague		E2	90	25:38.1	4:16.4	6:52.6
122-114	Emilie Ford		E3	86	25:46.6	4:17.8	6:54.9
=====							
124-116	Carlyne Millns		R	88	26:16.6	4:22.8	7:02.9
Top 5 Total Time:		122:28			Top 5 Average Time:	24:29.6	
Top 5 Average per KM:		4:05.0			Top 5 Average Per MILE:	6:34.2	
1 - 5 Split:		3:27.2			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: LAVAL ROUGE ET OR**SCORE: 434****PLACE: 18**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
81-75	Frederique Latraverse		R	74	23:59.1	3:59.9	6:26.0
93-86	Anais Deschenes		E4	72	24:18.6	4:03.1	6:31.3
94-87	Isabelle Morin		E4	76	24:19.6	4:03.3	6:31.5
98-91	Marie-Helene Gilbert		E2	73	24:33.6	4:05.6	6:35.3
102-95	Laurence Cote		E4	71	24:53.1	4:08.9	6:40.5
=====							
104-97	Pamela-Ann St-Pierre		E1	77	24:54.4	4:09.1	6:40.9
127-119	Elise Lechasseur		E3	75	27:15.6	4:32.6	7:18.8
=====							
Top 5 Total Time:		122:04			Top 5 Average Time:	24:24.8	
Top 5 Average per KM:		4:04.2			Top 5 Average Per MILE:	6:32.9	
1 - 5 Split:		:54.0			1 - 7 Split:	3:16.5	
Top 7 Total Time:		174:14			Top 7 Average Time:	24:53.5	

TEAM: CONCORDIA STINGERS**SCORE: 496****PLACE: 19**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
56-52	Elizabeth Mokrusa		E5	28	23:24.9	3:54.2	6:16.9
87-81	Valerie Sicard		E2	30	24:09.0	4:01.5	6:28.7
128-120	Tania Alaby		R	26	27:54.6	4:39.1	7:29.2
129-121	Stephanie Lavigne		R	27	28:17.6	4:43.0	7:35.4
130-122	Chloe Rochette		E2	29	28:18.4	4:43.1	7:35.6
=====							
Top 5 Total Time:		132:04			Top 5 Average Time:	26:24.9	
Top 5 Average per KM:		4:24.2			Top 5 Average Per MILE:	7:05.2	
1 - 5 Split:		4:53.5			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: SASKATCHEWAN HUSKIES SCORE: 497**PLACE: 20**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
96-89	Tye Buettner		E2	144	24:22.3	4:03.8	6:32.3
99-92	Anne Charles		R	145	24:36.8	4:06.2	6:36.2
111-103	Sonia Rees		E2	148	25:04.1	4:10.7	6:43.5
114-106	Shannon Del Bigio		E2	146	25:15.1	4:12.6	6:46.4
115-107	Brandey Blahut		R	143	25:23.0	4:13.9	6:48.6
=====							
Top 5 Total Time:		124:41			Top 5 Average Time:	24:56.3	
Top 5 Average per KM:		4:09.4			Top 5 Average Per MILE:	6:41.4	
1 - 5 Split:		1:00.7			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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Thames Valley GC - London ON

Event # 2 MENS 10K Run

START at 1:00pm

Conditions: cool 6°C

COURSE RECORD: Kelly Wiebe Regina Cougars :30:21.00 2102 CIS

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

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	GUELPH GRYPHONS	22	1-2-4-7-8	13-30
2	WINDSOR LANCERS	87	9-12-15-23-28	46-52
3	LAVAL ROUGE ET OR	91	3-14-17-26-31	40-47
4	MCMASTER MARAUDERS	114	10-11-20-36-37	42-73
5	QUEEN'S GAELS	141	16-18-25-32-50	75
6	VICTORIA VIKES	142	6-24-29-34-49	61
7	TRINITYWSTRNSPARTANS	217	19-21-51-56-70	76-101
8	REGINA COUGARS	288	5-53-67-68-95	
9	MANITOBA BISONS	289	33-43-44-84-85	92-108
10	WESTERN MUSTANGS	295	22-39-59-86-89	105-107
11	STFX X-MEN	309	35-55-58-74-87	110
12	CALGARY DINOS	322	45-57-66-71-83	99-103
13	TORONTO VARSITYBLUES	328	27-63-77-79-82	94-97
14	ALBERTA GOLDEN BEARS	341	41-60-69-81-90	96
15	LAURIER GOLDEN HAWKS	354	54-62-72-78-88	115
16	WATERLOO WARRIORS	377	48-64-65-98-102	106-109
17	SASKATCHEWAN HUSKIES	415	38-80-91-93-113	
18	CONCORDIA STINGERS	541	100-104-111-112-114	

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE GRADE	TEAM	PLACE ON TEAM	TIME
1	1	52	Aaron Hendrikx	E3	GUELPH GRYPHONS	1	30:49.3
2	2	56	Tristan Woodfine	R	GUELPH GRYPHONS	2	30:51.1
3	3	82	Charles Philibert-Thiboutot	E4	LAVAL ROUGE ET OR	1	31:01.8
4	4	53	Andrew Nixon	E5	GUELPH GRYPHONS	3	31:04.8
5	5	140	Matthew Johnson	E4	REGINA COUGARS	1	31:21.8
6	6	205	Ryan Cassidy	E3	VICTORIA VIKES	1	31:25.6
7	7	54	Ross Proudfoot	E4	GUELPH GRYPHONS	4	31:29.6
8	8	55	Yves Sikubwabo	E2	GUELPH GRYPHONS	5	31:35.6
9	9	249	Nick Falk	E5	WINDSOR LANCERS	1	31:48.8
10	10	118	Lionel Sanders	E3	MCMASTER MARAUDERS	1	31:52.8
11	11	116	Blair Morgan	E3	MCMASTER MARAUDERS	2	31:54.3
12	12	250	Paul Janikowski	E3	WINDSOR LANCERS	2	31:55.3
13	13	51	Christian Gravel	E2	GUELPH GRYPHONS	6	32:11.8
14	14	78	Emmanuel Boisvert	E3	LAVAL ROUGE ET OR	2	32:12.8
15	15	252	Dave Meloche	E3	WINDSOR LANCERS	3	32:18.3
16	16	127	Jeffry Archer	E4	QUEEN'S GAELS	1	32:23.6
17	17	81	Anthony Larouche	E5	LAVAL ROUGE ET OR	3	32:25.1
18	18	128	David Cashin	E4	QUEEN'S GAELS	2	32:25.8
19	19	191	Joel De Schiffart	E2	TRINITYWSTRNSPARTANS	1	32:34.0
20	20	115	Gabe Ghiglione	E2	MCMASTER MARAUDERS	3	32:35.6
21	21	197	Declan White	E1	TRINITYWSTRNSPARTANS	2	32:40.8
22	22	235	Kevin Blackney	E3	WESTERN MUSTANGS	1	32:42.3
23	23	253	Michael Pesce	E3	WINDSOR LANCERS	4	32:42.5
24	24	207	Olivier Collin	E2	VICTORIA VIKES	2	32:43.6
25	25	130	Tyson Loney	E5	QUEEN'S GAELS	3	32:46.0

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26	26	84	Alexandre Ricard	E2	LAVAL ROUGE ET OR	4	32:46.8
27	27	182	Sacha Smart	E2	TORONTO VARSITYBLUES	1	32:47.3
28	28	247	Corey Bellemore	E2	WINDSOR LANCERS	5	32:49.1
29	29	209	Kyle Irvine	E5	VICTORIA VIKES	3	32:50.6
30	30	50	Chris Dulhanty	E4	GUELPH GRYPHONS	7	32:50.6
31	31	83	Benjamin Raymond	E2	LAVAL ROUGE ET OR	5	32:52.6
32	32	132	Alex Wilkie	R	QUEEN'S GAELS	4	32:53.6
33	33	97	Abduselam Yussuf	E2	MANITOBA BIONS	1	32:54.8
34	34	211	Forrest Simpson	E3	VICTORIA VIKES	4	32:56.6
35	35	170	Lee Wesselius	E2	STFX X-MEN	1	32:57.5
36	36	114	Taylor Forbes	E2	MCMaster MARAUDERS	4	32:59.8
37	37	113	Austen Forbes	E2	MCMaster MARAUDERS	5	33:00.3
38	38	151	Robert Bigsby	E2	SASKATCHEWAN HUSKIES	1	33:00.8
39	39	234	Chris Balestrini	E3	WESTERN MUSTANGS	2	33:07.0
40	40	80	Jean-Samuel Lapointe	E4	LAVAL ROUGE ET OR	6	33:07.8
41	41	10	Kieran McDonald	E2	ALBERTA GOLDEN BEARS	1	33:10.6
42	42	117	Taylor Reid	E5	MCMaster MARAUDERS	6	33:13.0
43		264	Oliver Hatheway	E2	DALHOUSIE	1	33:14.6
44	43	91	Jean-Baptiste Ajua	R	MANITOBA BIONS	2	33:16.1
45	44	94	Thomas Miller	E4	MANITOBA BIONS	3	33:16.6
46	45	19	Brad Bickley	E5	CALGARY DINOS	1	33:17.3
47	46	251	Taylor McArthur	E2	WINDSOR LANCERS	6	33:18.1
48	47	79	Maxime Lapierre	E5	LAVAL ROUGE ET OR	7	33:19.3
49	48	224	Michael Stewart	E4	WATERLOO WARRIORS	1	33:23.5
50	49	210	Patrick Psocka	E3	VICTORIA VIKES	5	33:28.3
51		266	Dominique Aulagnon	E3	LAKEHEAD	1	33:29.1
52	50	129	Alan Kalbfleisch	E1	QUEEN'S GAELS	5	33:31.3
53	51	196	Chris Voth	E4	TRINITYWSTRNSPARTANS	3	33:35.1
54	52	248	Josh Bolton	E2	WINDSOR LANCERS	7	33:37.3
55	53	138	Wyatt Baiton	E4	REGINA COUGARS	2	33:40.8
56	54	66	Adam Cornwall	E4	LAURIER GOLDEN HAWKS	1	33:41.8
57	55	169	Bryden Tate	E3	STFX X-MEN	2	33:46.1
58		267	Chris Brown	E5	LAKEHEAD	2	33:47.1
59	56	195	Mihai Prajea	E4	TRINITYWSTRNSPARTANS	4	33:47.6
60	57	21	Gareth Hadfield	E4	CALGARY DINOS	2	33:50.3
61	58	167	Riley Johnston	E3	STFX X-MEN	3	33:51.1
62	59	238	Phil Parrot-Migas	E3	WESTERN MUSTANGS	3	33:57.5
63	60	7	Tom Fleming	E5	ALBERTA GOLDEN BEARS	2	33:58.3
64	61	206	Josh Clouthier	E5	VICTORIA VIKES	6	33:59.5
65	62	67	Elliot Delange	E3	LAURIER GOLDEN HAWKS	2	33:59.6
66	63	178	Zain Ahmed	E4	TORONTO VARSITYBLUES	2	34:01.3
67	64	220	Dan Fournier	E2	WATERLOO WARRIORS	2	34:04.8
68	65	219	Charles Allan	E4	WATERLOO WARRIORS	3	34:06.8
69	66	20	Abdel Dib	E2	CALGARY DINOS	3	34:07.6
70	67	139	Alexander Eiswerth	R	REGINA COUGARS	3	34:07.6
71	68	142	Adam Strueby	E2	REGINA COUGARS	4	34:08.3
72	69	8	Jason Jama	E2	ALBERTA GOLDEN BEARS	3	34:16.1
73	70	194	Levi Neufeld	E2	TRINITYWSTRNSPARTANS	5	34:21.8
74	71	23	Roman Justinen	E2	CALGARY DINOS	4	34:24.6
75	72	64	Brett Cameron	E5	LAURIER GOLDEN HAWKS	3	34:29.1
76	73	112	Eric Barry	E4	MCMaster MARAUDERS	7	34:29.3
77	74	168	Alex Neuffer	R	STFX X-MEN	4	34:29.6
78		268	J�r�mie Pellerin	E3	MONCTON	1	34:29.6
79	75	126	Evan Andrin	E2	QUEEN'S GAELS	6	34:30.3
80	76	192	Blair Johnston	E3	TRINITYWSTRNSPARTANS	6	34:37.0

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81	77	184	Jake Woloshyn	E5	TORONTO VARSITYBLUES	3	34:37.8
82	78	70	Abdu Zaghlol	E4	LAURIER GOLDEN HAWKS	4	34:38.0
83	79	179	Ethan Davenport	E5	TORONTO VARSITYBLUES	4	34:38.5
84		265	Matthias Mueller	E2	DALHOUSIE	2	34:38.8
85	80	154	Riley Magee	E5	SASKATCHEWAN HUSKIES	2	34:47.6
86	81	9	Will Madsen	E2	ALBERTA GOLDEN BEARS	4	34:49.3
87	82	183	Alexey Strokach	E5	TORONTO VARSITYBLUES	5	34:51.3
88	83	22	Rahman Ismail	R	CALGARY DINOS	5	34:52.2
89	84	95	Patrick Naylor	E3	MANITOBA BISONS	4	34:53.0
90	85	93	Brett Friesen	E2	MANITOBA BISONS	5	34:53.3
91	86	239	Shane Roberts	E2	WESTERN MUSTANGS	4	35:01.8
92	87	166	Ryan Hatchard	E3	STFX X-MEN	5	35:06.8
93	88	68	Sean Patterson	E4	LAURIER GOLDEN HAWKS	5	35:07.8
94	89	233	Hunter Andrin	E3	WESTERN MUSTANGS	5	35:08.8
95	90	6	Adrian Christ	E2	ALBERTA GOLDEN BEARS	5	35:11.1
96		272	Jean-Daniel Lavallée	E3	UQTR	1	35:11.8
97	91	153	Taryn Heidecker	E2	SASKATCHEWAN HUSKIES	3	35:14.3
98	92	96	Eric Thacher	E4	MANITOBA BISONS	6	35:15.6
99		270	Guillaume Ouellet	E1	UQTR	2	35:18.6
100	93	155	Eric Mueller	E4	SASKATCHEWAN HUSKIES	4	35:18.8
101	94	181	Chris Moyer	E2	TORONTO VARSITYBLUES	6	35:24.3
102	95	141	Michael Middlemiss	E4	REGINA COUGARS	5	35:27.3
103	96	11	Tom Wunsch	E1	ALBERTA GOLDEN BEARS	6	35:28.0
104	97	180	Alex Denault	E4	TORONTO VARSITYBLUES	7	35:29.3
105		263	Matt McNeil	E3	DALHOUSIE	3	35:32.8
106	98	221	Jason Laporta	E2	WATERLOO WARRIORS	4	35:38.3
107	99	25	Luc Wittig	E3	CALGARY DINOS	6	35:49.5
108		271	Étienne Lavoie-Trudeau	E3	UQTR	3	35:52.6
109	100	32	Francis Dumoulin	E2	CONCORDIA STINGERS	1	35:58.6
110	101	193	Adam Marshall	E1	TRINITYWSTRNSPARTANS	7	36:08.0
111	102	225	John-Paul Violante	E1	WATERLOO WARRIORS	5	36:10.1
112	103	24	Doug Kondro	E2	CALGARY DINOS	7	36:12.3
113	104	31	James Coulton	E3	CONCORDIA STINGERS	2	36:16.3
114	105	236	Donovan Hacking	E2	WESTERN MUSTANGS	6	36:18.1
115	106	222	Spencer Leckie	E1	WATERLOO WARRIORS	6	36:20.1
116	107	237	Lewis Kent	E1	WESTERN MUSTANGS	7	36:25.3
117	108	92	Joshua Dyck	E2	MANITOBA BISONS	7	36:30.8
118	109	223	Ryan Santos	E4	WATERLOO WARRIORS	7	36:36.6
119	110	164	Gabe Quenneville	E4	STFX X-MEN	6	36:36.8
120	111	35	Nick Pevato	R	CONCORDIA STINGERS	3	37:18.8
121	112	33	Jameel Greenidge	R	CONCORDIA STINGERS	4	37:26.8
122	113	150	Reid Balezantis	E2	SASKATCHEWAN HUSKIES	5	38:09.6
123	114	34	Haile Kostin	R	CONCORDIA STINGERS	5	38:20.8
124	115	65	Zack Caverson	E2	LAURIER GOLDEN HAWKS	6	38:27.3

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TEAM GUELPH GRYPHONS**SCORE 22****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Aaron Hendrikx		E3	52	30:49.3	3:05.0	4:57.7
2-2	Tristan Woodfine		R	56	30:51.1	3:05.2	4:58.0
4-4	Andrew Nixon		E5	53	31:04.8	3:06.5	5:00.2
7-7	Ross Proudfoot		E4	54	31:29.6	3:09.0	5:04.1
8-8	Yves Sikubwabo		E2	55	31:35.6	3:09.6	5:05.1
=====							
13-13	Christian Gravel		E2	51	32:11.8	3:13.2	5:10.9
30-30	Chris Dulhanty		E4	50	32:50.6	3:17.1	5:17.2
=====							
Top 5 Total Time:		155:50			Top 5 Average Time:		31:10.1
Top 5 Average per KM:		3:07.1			Top 5 Average Per MILE:		5:01.0
1 - 5 Split:		:46.3			1 - 7 Split:		2:01.3
Top 7 Total Time:		220:53			Top 7 Average Time:		31:33.3

TEAM WINDSOR LANCERS**SCORE 87****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Nick Falk		E5	249	31:48.8	3:10.9	5:07.2
12-12	Paul Janikowski		E3	250	31:55.3	3:11.6	5:08.3
15-15	Dave Meloche		E3	252	32:18.3	3:13.9	5:12.0
23-23	Michael Pesce		E3	253	32:42.5	3:16.3	5:15.9
28-28	Corey Bellemore		E2	247	32:49.1	3:17.0	5:16.9
=====							
47-46	Taylor McArthur		E2	251	33:18.1	3:19.9	5:21.6
54-52	Josh Bolton		E2	248	33:37.3	3:21.8	5:24.7
=====							
Top 5 Total Time:		161:34			Top 5 Average Time:		32:18.8
Top 5 Average per KM:		3:13.9			Top 5 Average Per MILE:		5:12.1
1 - 5 Split:		1:00.3			1 - 7 Split:		1:48.5
Top 7 Total Time:		228:29			Top 7 Average Time:		32:38.5

TEAM LAVAL ROUGE ET OR**SCORE 91****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Charles Philibert-Thiboutot		E4	82	31:01.8	3:06.2	4:59.7
14-14	Emmanuel Boisvert		E3	78	32:12.8	3:13.3	5:11.1
17-17	Anthony Larouche		E5	81	32:25.1	3:14.6	5:13.1
26-26	Alexandre Ricard		E2	84	32:46.8	3:16.7	5:16.6
31-31	Benjamin Raymond		E2	83	32:52.6	3:17.3	5:17.5
=====							
40-40	Jean-Samuel Lapointe		E4	80	33:07.8	3:18.8	5:20.0
48-47	Maxime Lapierre		E5	79	33:19.3	3:20.0	5:21.8
=====							
Top 5 Total Time:		161:19			Top 5 Average Time:		32:15.9
Top 5 Average per KM:		3:13.6			Top 5 Average Per MILE:		5:11.6
1 - 5 Split:		1:50.8			1 - 7 Split:		2:17.5
Top 7 Total Time:		227:46			Top 7 Average Time:		32:32.4

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TEAM:MCMMASTER MARAUDERS SCORI 114 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Lionel Sanders		E3	118	31:52.8	3:11.3	5:07.9
11-11	Blair Morgan		E3	116	31:54.3	3:11.5	5:08.1
20-20	Gabe Ghiglione		E2	115	32:35.6	3:15.6	5:14.8
36-36	Taylor Forbes		E2	114	32:59.8	3:18.0	5:18.7
37-37	Austen Forbes		E2	113	33:00.3	3:18.1	5:18.7
42-42	Taylor Reid		E5	117	33:13.0	3:19.3	5:20.8
76-73	Eric Barry		E4	112	34:29.3	3:27.0	5:33.1
Top 5 Total Time:		162:23	Top 5 Average Time:		32:28.6		
Top 5 Average per KM:		3:14.9	Top 5 Average Per MILE:		5:13.6		
1 - 5 Split:		1:07.5	1 - 7 Split:		2:36.5		
Top 7 Total Time:		230:05	Top 7 Average Time:		32:52.2		

TEAM:QUEEN'S GAELS SCORI 141 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
16-16	Jeffry Archer		E4	127	32:23.6	3:14.4	5:12.8
18-18	David Cashin		E4	128	32:25.8	3:14.6	5:13.2
25-25	Tyson Loney		E5	130	32:46.0	3:16.6	5:16.4
32-32	Alex Wilkie		R	132	32:53.6	3:17.4	5:17.7
52-50	Alan Kalbfleisch		E1	129	33:31.3	3:21.2	5:23.7
79-75	Evan Andrin		E2	126	34:30.3	3:27.1	5:33.2
Top 5 Total Time:		164:00	Top 5 Average Time:		32:48.1		
Top 5 Average per KM:		3:16.9	Top 5 Average Per MILE:		5:16.8		
1 - 5 Split:		1:07.7	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

TEAM:VICTORIA VIKES SCORI 142 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Ryan Cassidy		E3	205	31:25.6	3:08.6	5:03.5
24-24	Olivier Collin		E2	207	32:43.6	3:16.4	5:16.1
29-29	Kyle Irvine		E5	209	32:50.6	3:17.1	5:17.2
34-34	Forrest Simpson		E3	211	32:56.6	3:17.7	5:18.1
50-49	Patrick Psotka		E3	210	33:28.3	3:20.9	5:23.3
64-61	Josh Clouthier		E5	206	33:59.5	3:24.0	5:28.3
Top 5 Total Time:		163:25	Top 5 Average Time:		32:41.0		
Top 5 Average per KM:		3:16.1	Top 5 Average Per MILE:		5:15.6		
1 - 5 Split:		2:02.7	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

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TEAM TRINITYWSTRNSPARTANS SCORE 217 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
19-19	Joel De Schiffart		E2	191	32:34.0	3:15.4	5:14.5
21-21	Declan White		E1	197	32:40.8	3:16.1	5:15.6
53-51	Chris Voth		E4	196	33:35.1	3:21.6	5:24.3
59-56	Mihai Prajea		E4	195	33:47.6	3:22.8	5:26.4
73-70	Levi Neufeld		E2	194	34:21.8	3:26.2	5:31.9
=====							
80-76	Blair Johnston		E3	192	34:37.0	3:27.7	5:34.3
110-101	Adam Marshall		E1	193	36:08.0	3:36.8	5:49.0
=====							
Top 5 Total Time:		166:59			Top 5 Average Time:	33:23.9	
Top 5 Average per KM:		3:20.4			Top 5 Average Per MILE:	5:22.5	
1 - 5 Split:		1:47.8			1 - 7 Split:	3:34.0	
Top 7 Total Time:		237:44			Top 7 Average Time:	33:57.8	

TEAM REGINA COUGARS SCORE 288 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Matthew Johnson		E4	140	31:21.8	3:08.2	5:02.9
55-53	Wyatt Baiton		E4	138	33:40.8	3:22.1	5:25.3
69-67	Alexander Eiswerth		R	139	34:07.6	3:24.8	5:29.6
71-68	Adam Strueby		E2	142	34:08.3	3:24.9	5:29.7
102-95	Michael Middlemiss		E4	141	35:27.3	3:32.8	5:42.4
=====							
Top 5 Total Time:		168:46			Top 5 Average Time:	33:45.2	
Top 5 Average per KM:		3:22.6			Top 5 Average Per MILE:	5:26.0	
1 - 5 Split:		4:05.5			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM MANITOBA BIONS SCORE 289 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
33-33	Abduselam Yussuf		E2	97	32:54.8	3:17.5	5:17.9
44-43	Jean-Baptiste Ajua		R	91	33:16.1	3:19.7	5:21.3
45-44	Thomas Miller		E4	94	33:16.6	3:19.7	5:21.4
89-84	Patrick Naylor		E3	95	34:53.0	3:29.3	5:36.9
90-85	Brett Friesen		E2	93	34:53.3	3:29.4	5:36.9
=====							
98-92	Eric Thacher		E4	96	35:15.6	3:31.6	5:40.5
117-108	Joshua Dyck		E2	92	36:30.8	3:39.1	5:52.6
=====							
Top 5 Total Time:		169:14			Top 5 Average Time:	33:50.8	
Top 5 Average per KM:		3:23.1			Top 5 Average Per MILE:	5:26.9	
1 - 5 Split:		1:58.5			1 - 7 Split:	3:36.0	
Top 7 Total Time:		241:00			Top 7 Average Time:	34:25.8	

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TEAM: WESTERN MUSTANGS**SCORE: 295****PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
22-22	Kevin Blackney		E3	235	32:42.3	3:16.3	5:15.8
39-39	Chris Balestrini		E3	234	33:07.0	3:18.7	5:19.8
62-59	Phil Parrot-Migas		E3	238	33:57.5	3:23.8	5:28.0
91-86	Shane Roberts		E2	239	35:01.8	3:30.2	5:38.3
94-89	Hunter Andrin		E3	233	35:08.8	3:30.9	5:39.4
=====							
114-105	Donovan Hacking		E2	236	36:18.1	3:37.9	5:50.6
116-107	Lewis Kent		E1	237	36:25.3	3:38.6	5:51.7
=====							
Top 5 Total Time:		169:57			Top 5 Average Time:	33:59.5	
Top 5 Average per KM:		3:24.0			Top 5 Average Per MILE:	5:28.3	
1 - 5 Split:		2:26.5			1 - 7 Split:	3:43.0	
Top 7 Total Time:		242:41			Top 7 Average Time:	34:40.2	

TEAM: STFX X-MEN**SCORE: 309****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
35-35	Lee Wesselius		E2	170	32:57.5	3:17.8	5:18.3
57-55	Bryden Tate		E3	169	33:46.1	3:22.7	5:26.1
61-58	Riley Johnston		E3	167	33:51.1	3:23.2	5:26.9
77-74	Alex Neuffer		R	168	34:29.6	3:27.0	5:33.1
92-87	Ryan Hatchard		E3	166	35:06.8	3:30.7	5:39.1
=====							
119-110	Gabe Quenneville		E4	164	36:36.8	3:39.7	5:53.6
Top 5 Total Time:		170:11			Top 5 Average Time:	34:02.3	
Top 5 Average per KM:		3:24.3			Top 5 Average Per MILE:	5:28.7	
1 - 5 Split:		2:09.3			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: CALGARY DINOS**SCORE: 322****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
46-45	Brad Bickley		E5	19	33:17.3	3:19.8	5:21.5
60-57	Gareth Hadfield		E4	21	33:50.3	3:23.1	5:26.8
69-66	Abdel Dib		E2	20	34:07.6	3:24.8	5:29.6
74-71	Roman Justinen		E2	23	34:24.6	3:26.5	5:32.3
88-83	Rahman Ismail		R	22	34:52.2	3:29.3	5:36.8
=====							
107-99	Luc Wittig		E3	25	35:49.5	3:35.0	5:46.0
112-103	Doug Kondro		E2	24	36:12.3	3:37.3	5:49.6
=====							
Top 5 Total Time:		170:32			Top 5 Average Time:	34:06.4	
Top 5 Average per KM:		3:24.7			Top 5 Average Per MILE:	5:29.4	
1 - 5 Split:		1:34.9			1 - 7 Split:	2:55.0	
Top 7 Total Time:		242:34			Top 7 Average Time:	34:39.2	

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TEAM TORONTO VARSITYBLUES SCORE 328 PLACE: 13

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
27-27	Sacha Smart		E2	182	32:47.3	3:16.8	5:16.7
66-63	Zain Ahmed		E4	178	34:01.3	3:24.2	5:28.6
81-77	Jake Woloshyn		E5	184	34:37.8	3:27.8	5:34.4
83-79	Ethan Davenport		E5	179	34:38.5	3:27.9	5:34.5
87-82	Alexey Strokach		E5	183	34:51.3	3:29.2	5:36.6
=====							
101-94	Chris Moyer		E2	181	35:24.3	3:32.5	5:41.9
104-97	Alex Denault		E4	180	35:29.3	3:33.0	5:42.7
=====							
Top 5 Total Time:		170:56		Top 5 Average Time:		34:11.3	
Top 5 Average per KM:		3:25.2		Top 5 Average Per MILE:		5:30.2	
1 - 5 Split:		2:04.0		1 - 7 Split:		2:42.0	
Top 7 Total Time:		241:50		Top 7 Average Time:		34:32.9	

TEAM ALBERTA GOLDEN BEARS SCORE 341 PLACE: 14

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
41-41	Kieran McDonald		E2	10	33:10.6	3:19.1	5:20.4
63-60	Tom Fleming		E5	7	33:58.3	3:23.9	5:28.1
72-69	Jason Jama		E2	8	34:16.1	3:25.7	5:30.9
86-81	Will Madsen		E2	9	34:49.3	3:29.0	5:36.3
95-90	Adrian Christ		E2	6	35:11.1	3:31.2	5:39.8
=====							
103-96	Tom Wunsch		E1	11	35:28.0	3:32.8	5:42.5
Top 5 Total Time:		171:25		Top 5 Average Time:		34:17.1	
Top 5 Average per KM:		3:25.8		Top 5 Average Per MILE:		5:31.1	
1 - 5 Split:		2:00.5		1 - 7 Split:			
Top 7 Total Time:				Top 7 Average Time:			

TEAM LAURIER GOLDEN HAWKS SCORE 354 PLACE: 15

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
56-54	Adam Cornwall		E4	66	33:41.8	3:22.2	5:25.4
65-62	Elliot Delange		E3	67	33:59.6	3:24.0	5:28.3
75-72	Brett Cameron		E5	64	34:29.1	3:27.0	5:33.0
82-78	Abdu Zaghlol		E4	70	34:38.0	3:27.8	5:34.5
93-88	Sean Patterson		E4	68	35:07.8	3:30.8	5:39.3
=====							
124-115	Zack Caverson		E2	65	38:27.3	3:50.8	6:11.4
Top 5 Total Time:		171:56		Top 5 Average Time:		34:23.3	
Top 5 Average per KM:		3:26.4		Top 5 Average Per MILE:		5:32.1	
1 - 5 Split:		1:26.0		1 - 7 Split:			
Top 7 Total Time:				Top 7 Average Time:			

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TEAM WATERLOO WARRIORS SCORE 377 PLACE: 16

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
49-48	Michael Stewart		E4	224	33:23.5	3:20.4	5:22.5
67-64	Dan Fournier		E2	220	34:04.8	3:24.5	5:29.1
68-65	Charles Allan		E4	219	34:06.8	3:24.7	5:29.4
106-98	Jason Laporta		E2	221	35:38.3	3:33.9	5:44.2
111-102	John-Paul Violante		E1	225	36:10.1	3:37.1	5:49.3
=====							
115-106	Spencer Leckie		E1	222	36:20.1	3:38.1	5:50.9
118-109	Ryan Santos		E4	223	36:36.6	3:39.7	5:53.6
=====							
Top 5 Total Time:		173:24			Top 5 Average Time:	34:40.7	
Top 5 Average per KM:		3:28.1			Top 5 Average Per MILE:	5:34.9	
1 - 5 Split:		2:46.6			1 - 7 Split:	3:13.1	
Top 7 Total Time:		246:20			Top 7 Average Time:	35:11.5	

TEAM SASKATCHEWAN HUSKIES SCORE 415 PLACE: 17

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
38-38	Robert Bigsby		E2	151	33:00.8	3:18.1	5:18.8
85-80	Riley Magee		E5	154	34:47.6	3:28.8	5:36.0
97-91	Taryn Heidecker		E2	153	35:14.3	3:31.5	5:40.3
100-93	Eric Mueller		E4	155	35:18.8	3:31.9	5:41.0
122-113	Reid Balezantis		E2	150	38:09.6	3:49.0	6:08.5
=====							
Top 5 Total Time:		176:31			Top 5 Average Time:	35:18.3	
Top 5 Average per KM:		3:31.9			Top 5 Average Per MILE:	5:40.9	
1 - 5 Split:		5:08.8			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM CONCORDIA STINGERS SCORE 541 PLACE: 18

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
109-100	Francis Dumoulin		E2	32	35:58.6	3:35.9	5:47.4
113-104	James Coulton		E3	31	36:16.3	3:37.7	5:50.3
120-111	Nick Pevato		R	35	37:18.8	3:43.9	6:00.3
121-112	Jameel Greenidge		R	33	37:26.8	3:44.7	6:01.6
123-114	Haile Kostin		R	34	38:20.8	3:50.1	6:10.3
=====							
Top 5 Total Time:		185:21			Top 5 Average Time:	37:04.3	
Top 5 Average per KM:		3:42.5			Top 5 Average Per MILE:	5:58.0	
1 - 5 Split:		2:22.2			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		