

2018 OUA Cross Country Championships**41st annual for women, 104th for men**

2018-10-27

2018-10-27 - 2018-10-27

Thames Valley GC, London, ON**Event # 2 MENS 10K Run**

START @ 12pm

Conditions: light rain, breezy, 3°C

! COURSE RECORD: Kelly Weibe Regina Cougars 30:21.00 2013-CIS

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	MCMaster MARAUDERS	45	1-7-8-11-18	22-27	2:41:07	3:13	32:13	0:35
2	QUEEN'S GAELS	59	4-6-13-16-20	32-56	2:41:42	3:14	32:20	0:34
3	GUELPH GRYPHONS	65	2-12-15-17-19	30-46	2:41:46	3:14	32:21	0:37
4	TORONTO VARSITY BLUE	129	9-14-33-35-38	53-57	2:45:06	3:18	33:01	1:25
5	WESTERN MUSTANGS	141	3-5-34-49-50	54-62	2:45:51	3:19	33:10	2:11
6	WINDSOR LANCERS	146	21-23-24-37-41	45-48	2:45:38	3:18	33:07	1:11
7	LAURENTIAN VOYAGEURS	169	10-29-39-40-51	73-82	2:47:01	3:20	33:24	1:56
8	LAKEHEAD THUNDRWLVs	176	25-26-36-42-47	55-60	2:47:22	3:20	33:28	1:11
9	WATERLOO WARRIORS	226	28-43-44-52-59	61-65	2:49:46	3:23	33:57	1:34
10	LAURIER GOLDEN HAWKS	298	31-58-66-71-72	76-83	2:55:26	3:30	35:05	3:05
11	NIPISSING LAKERS	355	63-64-70-78-80		2:59:58	3:35	35:59	1:56
12	BROCK BADGERS	371	67-69-75-79-81	84-89	3:02:04	3:38	36:24	1:38
13	RYERSON RAMS	403	68-77-85-86-87	90	3:05:50	3:43	37:10	2:16
14	TRENT EXCALIBUR	438	74-88-91-92-93	94-95	3:22:53	4:03	40:34	7:04
	ALGOMA THUNDERBIRDS		90-98					
	YORK LIONS		56-81-84-92					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	124	Max Turek		E2	MCMaster MARAUDERS	1	3:11	31:56
2	2	54	Mark Patton		E4	GUELPH GRYPHONS	1	3:11	31:56
3	3	14	Isaiah Frielink		E2	WESTERN MUSTANGS	1	3:11	31:59
4	4	149	Mitchell Delange		E2	QUEEN'S GAELS	1	3:12	32:03
5	5	11	Jack Sheffar		E5	WESTERN MUSTANGS	2	3:13	32:11
6	6	152	Mitchell Kirby		E2	QUEEN'S GAELS	2	3:13	32:12
7	7	123	Sergio Raez-Villanueva		E3	MCMaster MARAUDERS	2	3:13	32:12
8	8	118	Alex Drover		E2	MCMaster MARAUDERS	3	3:13	32:13
9	9	186	Robert Lawand		E4	TORONTO VARSITY BLUE	1	3:13	32:14
10	10	89	Paul Sagriff		E2	LAURENTIAN VOYAGEURS	1	3:13	32:14
11	11	122	Josh McGillivray		E3	MCMaster MARAUDERS	4	3:13	32:15
12	12	56	Andrew Shepherd		E3	GUELPH GRYPHONS	2	3:14	32:20
13	13	150	Matt Flood		E2	QUEEN'S GAELS	3	3:14	32:23
14	14	185	Craig Klomp		E4	TORONTO VARSITY BLUE	2	3:14	32:25
15	15	50	Mostafa Elkurdy		E5	GUELPH GRYPHONS	3	3:14	32:27
16	16	154	Ruben Sansom		R	QUEEN'S GAELS	4	3:14	32:27
17	17	57	Mitchell Ubene		E3	GUELPH GRYPHONS	4	3:15	32:30
18	18	119	Jonathan Favero		E4	MCMaster MARAUDERS	5	3:15	32:31
19	19	58	Benjamin Workman		E4	GUELPH GRYPHONS	5	3:15	32:33
20	20	151	Rob Kanko		E4	QUEEN'S GAELS	5	3:15	32:37
21	21	234	Andrew Nebel		E5	WINDSOR LANCERS	1	3:15	32:37
22	22	116	Dylan Alick		E3	MCMaster MARAUDERS	6	3:15	32:39
23	23	228	Mitch Cauchi		E3	WINDSOR LANCERS	2	3:16	32:41

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! COURSE RECORD: Kelly Weibe Regina Cougars 30:21.00 2013-CIS

24	24	232	Joshua Martin	E3	WINDSOR LANCERS	3	3:17	32:54
25	25	72	Jonathan Stoppa	R	LAKEHEAD THUNDRWLVS	1	3:17	32:56
26	26	70	Derek Patterson	E3	LAKEHEAD THUNDRWLVS	2	3:17	32:58
27	27	120	Christian MacGillivray	E4	MCMASTER MARAUDERS	7	3:18	33:00
28	28	214	Christopher Moore	E5	WATERLOO WARRIORS	1	3:18	33:06
29	29	88	Liam Passi	E3	LAURENTIAN VOYAGEURS	2	3:18	33:09
30	30	52	Josh Kellier	E3	GUELPH GRYPHONS	6	3:19	33:10
31	31	106	Joe Sheridan	E5	LAURIER GOLDEN HAWKS	1	3:19	33:16
32	32	148	Nathan Dehghan	E2	QUEEN'S GAELS	6	3:20	33:20
33	33	183	Zach Frangos	E2	TORONTO VARSITY BLUE	3	3:20	33:21
34	34	18	Ben Carson	E5	WESTERN MUSTANGS	3	3:20	33:22
35	35	184	Sam Kinahan	E4	TORONTO VARSITY BLUE	4	3:20	33:27
36	36	73	Colin Warwick	R	LAKEHEAD THUNDRWLVS	3	3:21	33:30
37	37	236	Brendan Simone	E2	WINDSOR LANCERS	4	3:21	33:38
38	38	179	Jake Carroll	E2	TORONTO VARSITY BLUE	5	3:21	33:39
39	39	82	Caleb Beland	E3	LAURENTIAN VOYAGEURS	3	3:22	33:43
40	40	84	Eric Gareau	R	LAURENTIAN VOYAGEURS	4	3:22	33:45
41	41	231	Mitch Heyink	E3	WINDSOR LANCERS	5	3:22	33:48
42	42	66	Connor MacIntosh	E2	LAKEHEAD THUNDRWLVS	4	3:23	33:51
43	43	213	Felix Lawson	E2	WATERLOO WARRIORS	2	3:23	33:52
44	44	211	Alex Hoerner	E2	WATERLOO WARRIORS	3	3:23	33:52
45	45	229	Nicholas D'Alessandro	E3	WINDSOR LANCERS	6	3:23	33:53
46	46	55	Alec Purnell	R	GUELPH GRYPHONS	7	3:24	34:06
47	47	68	Will McDonough	R	LAKEHEAD THUNDRWLVS	5	3:24	34:07
48	48	237	Josh Zilles	E3	WINDSOR LANCERS	7	3:24	34:08
49	49	15	Ethan Loucks	R	WESTERN MUSTANGS	4	3:24	34:09
50	50	12	Adam Clayton	E4	WESTERN MUSTANGS	5	3:25	34:10
51	51	85	Dylan McKevitt	E4	LAURENTIAN VOYAGEURS	5	3:25	34:10
52	52	217	Nathaniel Smith	E3	WATERLOO WARRIORS	4	3:25	34:16
53	53	181	Cameron Cira	E2	TORONTO VARSITY BLUE	6	3:25	34:18
54	54	17	Matt Sheeler	E4	WESTERN MUSTANGS	6	3:25	34:18
55	55	71	Gavin Shields	E5	LAKEHEAD THUNDRWLVS	6	3:25	34:19
56		240	Ali Ghadghoni	E3	YORK LIONS	1	3:26	34:20
57	56	147	Brett Crowley	E2	QUEEN'S GAELS	7	3:26	34:20
58	57	180	Mitchell Miron	E2	TORONTO VARSITY BLUE	7	3:26	34:24
59	58	100	Joey Hardy	E2	LAURIER GOLDEN HAWKS	2	3:27	34:31
60	59	210	Akiva Goldberg	E3	WATERLOO WARRIORS	5	3:28	34:40
61	60	69	Louis Moreau	E2	LAKEHEAD THUNDRWLVS	7	3:29	34:50
62	61	212	Christopher Hoftyzer	R	WATERLOO WARRIORS	6	3:29	34:54
63	62	20	Carter Wood	E4	WESTERN MUSTANGS	7	3:29	34:57
64	63	138	Tommy Steele	R	NIPISSING LAKERS	1	3:30	35:02
65	64	134	Jordan Cascagnette	E4	NIPISSING LAKERS	2	3:30	35:02
66	65	215	Ian O'Donnell	E3	WATERLOO WARRIORS	7	3:30	35:03
67	66	101	Dan Hilbers	E3	LAURIER GOLDEN HAWKS	3	3:31	35:10
68	67	34	Jeremy Mol	E3	BROCK BADGERS	1	3:32	35:25
69	68	167	Michael Konstantopoulos	E4	RYERSON RAMS	1	3:35	35:55
70	69	33	Umberto Lopardo	E2	BROCK BADGERS	2	3:36	36:00

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71	70	137	Teagan Retty	E4	NIPISSING LAKERS	3	3:36	36:03
72	71	105	Zachary Savlov	E3	LAURIER GOLDEN HAWKS	4	3:36	36:08
73	72	104	Brendan Masters	E4	LAURIER GOLDEN HAWKS	5	3:38	36:21
74	73	86	Jarod Milford	E3	LAURENTIAN VOYAGEURS	6	3:39	36:31
75	74	194	Sean Ibbott	E3	TRENT EXCALIBUR	1	3:40	36:40
76	75	36	Luke Patrick	R	BROCK BADGERS	3	3:40	36:41
77	76	99	Michael Charanduk	E4	LAURIER GOLDEN HAWKS	6	3:40	36:48
78	77	163	Jacob Banks	E1	RYERSON RAMS	2	3:40	36:49
79	78	135	Travis Mann	E4	NIPISSING LAKERS	4	3:41	36:53
80	79	37	Lucas Salazer-Reid	E4	BROCK BADGERS	4	3:41	36:55
81		241	Austin Kpiebewieng	E1	YORK LIONS	2	3:41	36:56
82	80	136	Malcolm McCubbin	E4	NIPISSING LAKERS	5	3:41	36:58
83	81	35	Brett Parent	E3	BROCK BADGERS	5	3:42	37:03
84		243	Christopher Pietrangelo	E5	YORK LIONS	3	3:42	37:06
85	82	83	Alexandre Fishbein-Ouimette	R	LAURENTIAN VOYAGEURS	7	3:43	37:10
86	83	103	Rahil Kachalia	R	LAURIER GOLDEN HAWKS	7	3:43	37:17
87	84	31	Joseph Dick	R	BROCK BADGERS	6	3:44	37:20
88	85	245	Angus Brown	E2	RYERSON RAMS	3	3:44	37:21
89	86	166	Ben Ing	E2	RYERSON RAMS	4	3:45	37:34
90		25	Nick Keenan	R	ALGOMA THUNDERBIRDS	1	3:47	37:55
91	87	165	Hugo Deseure	E1	RYERSON RAMS	5	3:49	38:11
92		242	Justin Kpiebewieng	E1	YORK LIONS	4	3:49	38:16
93	88	193	Mitch Horn	E2	TRENT EXCALIBUR	2	3:49	38:16
94	89	38	Jacques Tiessen	R	BROCK BADGERS	7	3:54	39:00
95	90	168	Matthew Wahl	E3	RYERSON RAMS	6	4:03	40:39
96	91	195	Angus James	E1	TRENT EXCALIBUR	3	4:11	41:51
97	92	199	Hayden West	E2	TRENT EXCALIBUR	4	4:14	42:22
98		26	Aksel Pollari	E2	ALGOMA THUNDERBIRDS	2	4:16	42:45
99	93	197	Zac Shapardanis	R	TRENT EXCALIBUR	5	4:22	43:44
100	94	198	Cameryn Smeed-Griffiths	E2	TRENT EXCALIBUR	6	4:33	45:32
101	95	196	Matt Melo	E4	TRENT EXCALIBUR	7	4:33	45:33
102		133	Aidan Adrain	E2	NIPISSING LAKERS			DNF

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Thames Valley GC, London, ON**TEAM: MCMASTER MARAUDERS SCORE: 45 PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Max Turek		E2	124	31:56	3:11	5:08
7-7	Sergio Racz-Villanueva		E3	123	32:12	3:13	5:10
8-8	Alex Drover		E2	118	32:13	3:13	5:11
11-11	Josh McGillivray		E3	122	32:15	3:13	5:11
18-18	Jonathan Favero		E4	119	32:31	3:15	5:13
=====							
22-22	Dylan Alick		E3	116	32:39	3:15	5:15
27-27	Christian MacGillivray		E4	120	33:00	3:18	5:18

Top 5 Total Time:	2:41:07	Top 5 Average Time:	32:13
Top 5 Average per KM:	3:13	Top 5 Average Per MILE:	5:11
1 - 5 Split:	0:35	1 - 7 Split:	1:04
Top 7 Total Time:	3:46:46	Top 7 Average Time:	32:23

TEAM: QUEEN'S GAELS SCORE: 59 PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Mitchell Delange		E2	149	32:03	3:12	5:09
6-6	Mitchell Kirby		E2	152	32:12	3:13	5:10
13-13	Matt Flood		E2	150	32:23	3:14	5:12
16-16	Ruben Sansom		R	154	32:27	3:14	5:13
20-20	Rob Kanko		E4	151	32:37	3:15	5:14
=====							
32-32	Nathan Dehghan		E2	148	33:20	3:20	5:21
57-56	Brett Crowley		E2	147	34:20	3:26	5:31

Top 5 Total Time:	2:41:42	Top 5 Average Time:	32:20
Top 5 Average per KM:	3:14	Top 5 Average Per MILE:	5:12
1 - 5 Split:	0:34	1 - 7 Split:	2:17
Top 7 Total Time:	3:49:22	Top 7 Average Time:	32:46

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Thames Valley GC, London, ON**TEAM: GUELPH GRYPHONS****SCORE: 65****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Mark Patton		E4	54	31:56	3:11	5:08
12-12	Andrew Shepherd		E3	56	32:20	3:14	5:12
15-15	Mostafa Elkurdy		E5	50	32:27	3:14	5:13
17-17	Mitchell Ubene		E3	57	32:30	3:15	5:13
19-19	Benjamin Workman		E4	58	32:33	3:15	5:14
30-30	Josh Kellier		E3	52	33:10	3:19	5:20
46-46	Alec Purnell		R	55	34:06	3:24	5:29

Top 5 Total Time: 2:41:46
Top 5 Average per KM: 3:14
1 - 5 Split: 0:37
Top 7 Total Time: 3:49:02

Top 5 Average Time: 32:21
Top 5 Average Per MILE: 5:12
1 - 7 Split: 2:10
Top 7 Average Time: 32:43

TEAM: TORONTO VARSITY BLUE**SCORE: 129****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Robert Lawand		E4	186	32:14	3:13	5:11
14-14	Craig Klomp		E4	185	32:25	3:14	5:13
33-33	Zach Frangos		E2	183	33:21	3:20	5:22
35-35	Sam Kinahan		E4	184	33:27	3:20	5:22
38-38	Jake Carroll		E2	179	33:39	3:21	5:24
53-53	Cameron Cira		E2	181	34:18	3:25	5:31
58-57	Mitchell Miron		E2	180	34:24	3:26	5:32

Top 5 Total Time: 2:45:06
Top 5 Average per KM: 3:18
1 - 5 Split: 1:25
Top 7 Total Time: 3:53:48

Top 5 Average Time: 33:01
Top 5 Average Per MILE: 5:18
1 - 7 Split: 2:10
Top 7 Average Time: 33:24

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Thames Valley GC, London, ON

TEAM: WESTERN MUSTANGS**SCORE: 141****PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Isaiah Frielink		E2	14	31:59	3:11	5:08
5-5	Jack Sheffar		E5	11	32:11	3:13	5:10
34-34	Ben Carson		E5	18	33:22	3:20	5:22
49-49	Ethan Loucks		R	15	34:09	3:24	5:29
50-50	Adam Clayton		E4	12	34:10	3:25	5:29
54-54	Matt Sheeler		E4	17	34:18	3:25	5:31
63-62	Carter Wood		E4	20	34:57	3:29	5:37

Top 5 Total Time: 2:45:51
Top 5 Average per KM: 3:19
1 - 5 Split: 2:11
Top 7 Total Time: 3:55:06

Top 5 Average Time: 33:10
Top 5 Average Per MILE: 5:20
1 - 7 Split: 2:58
Top 7 Average Time: 33:35

TEAM: WINDSOR LANCERS**SCORE: 146****PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
21-21	Andrew Nebel		E5	234	32:37	3:15	5:14
23-23	Mitch Cauchi		E3	228	32:41	3:16	5:15
24-24	Joshua Martin		E3	232	32:54	3:17	5:17
37-37	Brendan Simone		E2	236	33:38	3:21	5:24
41-41	Mitch Heyink		E3	231	33:48	3:22	5:26
45-45	Nicholas D'Alessandro		E3	229	33:53	3:23	5:27
48-48	Josh Zilles		E3	237	34:08	3:24	5:29

Top 5 Total Time: 2:45:38
Top 5 Average per KM: 3:18
1 - 5 Split: 1:11
Top 7 Total Time: 3:53:39

Top 5 Average Time: 33:07
Top 5 Average Per MILE: 5:19
1 - 7 Split: 1:31
Top 7 Average Time: 33:22

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Thames Valley GC, London, ON**TEAM: LAURENTIAN VOYAGEURS SCORE: 169 PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Paul Sagriff		E2	89	32:14	3:13	5:11
29-29	Liam Passi		E3	88	33:09	3:18	5:20
39-39	Caleb Beland		E3	82	33:43	3:22	5:25
40-40	Eric Gareau		R	84	33:45	3:22	5:25
51-51	Dylan McKeivitt		E4	85	34:10	3:25	5:29
=====							
74-73	Jarod Milford		E3	86	36:31	3:39	5:52
85-82	Alexandre Fishbein-Ouimette		R	83	37:10	3:43	5:58
=====							
Top 5 Total Time:		2:47:01	Top 5 Average Time:		33:24		
Top 5 Average per KM:		3:20	Top 5 Average Per MILE:		5:22		
1 - 5 Split:		1:56	1 - 7 Split:		4:56		
Top 7 Total Time:		4:0:42	Top 7 Average Time:		34:23		

TEAM: LAKEHEAD THUNDRWLVS SCORE: 176 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
25-25	Jonathan Stoppa		R	72	32:56	3:17	5:18
26-26	Derek Patterson		E3	70	32:58	3:17	5:18
36-36	Colin Warwick		R	73	33:30	3:21	5:23
42-42	Connor MacIntosh		E2	66	33:51	3:23	5:26
47-47	Will McDonough		R	68	34:07	3:24	5:29
=====							
55-55	Gavin Shields		E5	71	34:19	3:25	5:31
61-60	Louis Moreau		E2	69	34:50	3:29	5:36
=====							
Top 5 Total Time:		2:47:22	Top 5 Average Time:		33:28		
Top 5 Average per KM:		3:20	Top 5 Average Per MILE:		5:23		
1 - 5 Split:		1:11	1 - 7 Split:		1:54		
Top 7 Total Time:		3:56:31	Top 7 Average Time:		33:47		

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Thames Valley GC, London, ON**TEAM: WATERLOO WARRIORS SCORE: 226 PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
28-28	Christopher Moore		E5	214	33:06	3:18	5:19
43-43	Felix Lawson		E2	213	33:52	3:23	5:27
44-44	Alex Hoerner		E2	211	33:52	3:23	5:27
52-52	Nathaniel Smith		E3	217	34:16	3:25	5:30
60-59	Akiva Goldberg		E3	210	34:40	3:28	5:34
62-61	Christopher Hoftyzer		R	212	34:54	3:29	5:36
66-65	Ian O'Donnell		E3	215	35:03	3:30	5:38
Top 5 Total Time:		2:49:46	Top 5 Average Time:		33:57		
Top 5 Average per KM:		3:23	Top 5 Average Per MILE:		5:27		
1 - 5 Split:		1:34	1 - 7 Split:		1:57		
Top 7 Total Time:		3:59:43	Top 7 Average Time:		34:14		

TEAM: LAURIER GOLDEN HAWKS SCORE: 298 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
31-31	Joe Sheridan		E5	106	33:16	3:19	5:21
59-58	Joey Hardy		E2	100	34:31	3:27	5:33
67-66	Dan Hilbers		E3	101	35:10	3:31	5:39
72-71	Zachary Savlov		E3	105	36:08	3:36	5:48
73-72	Brendan Masters		E4	104	36:21	3:38	5:50
77-76	Michael Charanduk		E4	99	36:48	3:40	5:55
86-83	Rahil Kachalia		R	103	37:17	3:43	6:00
Top 5 Total Time:		2:55:26	Top 5 Average Time:		35:05		
Top 5 Average per KM:		3:30	Top 5 Average Per MILE:		5:38		
1 - 5 Split:		3:05	1 - 7 Split:		4:01		
Top 7 Total Time:		4:9:31	Top 7 Average Time:		35:38		

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2018-10-27

2018-10-27 - 2018-10-27

Thames Valley GC, London, ON**TEAM: NIPISSING LAKERS****SCORE: 355****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
64-63	Tommy Steele		R	138	35:02	3:30	5:38
65-64	Jordan Cascagnette		E4	134	35:02	3:30	5:38
71-70	Teagan Retty		E4	137	36:03	3:36	5:48
79-78	Travis Mann		E4	135	36:53	3:41	5:56
82-80	Malcolm McCubbin		E4	136	36:58	3:41	5:56

Aidan Adrain

E2

133

DNF

Top 5 Total Time: 2:59:58**Top 5 Average Time:** 35:59**Top 5 Average per KM:** 3:35**Top 5 Average Per MILE:** 5:47**1 - 5 Split:** 1:56**1 - 7 Split:****Top 7 Total Time:****Top 7 Average Time:****TEAM: BROCK BADGERS****SCORE: 371****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
68-67	Jeremy Mol		E3	34	35:25	3:32	5:41
70-69	Umberto Lopardo		E2	33	36:00	3:36	5:47
76-75	Luke Patrick		R	36	36:41	3:40	5:54
80-79	Lucas Salazer-Reid		E4	37	36:55	3:41	5:56
83-81	Brett Parent		E3	35	37:03	3:42	5:57

87-84 Joseph Dick

R

31

37:20

3:44

6:00

94-89 Jacques Tiessen

R

38

39:00

3:54

6:16

Top 5 Total Time: 3:02:04**Top 5 Average Time:** 36:24**Top 5 Average per KM:** 3:38**Top 5 Average Per MILE:** 5:51**1 - 5 Split:** 1:38**1 - 7 Split:** 3:35**Top 7 Total Time:** 4:18:24**Top 7 Average Time:** 36:54

2018 OUA Cross Country Championships**41st annual for women, 104th for men**

2018-10-27

2018-10-27 - 2018-10-27

Thames Valley GC, London, ON**TEAM: RYERSON RAMS****SCORE: 403****PLACE: 13**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
69-68	Michael Konstantopoulos		E4	167	35:55	3:35	5:46
78-77	Jacob Banks		E1	163	36:49	3:40	5:55
88-85	Angus Brown		E2	245	37:21	3:44	6:00
89-86	Ben Ing		E2	166	37:34	3:45	6:02
91-87	Hugo Deseure		E1	165	38:11	3:49	6:08
=====							
95-90	Matthew Wahl		E3	168	40:39	4:03	6:32
Top 5 Total Time:		3:05:50	Top 5 Average Time:		37:10		
Top 5 Average per KM:		3:43	Top 5 Average Per MILE:		5:58		
1 - 5 Split:		2:16	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

TEAM: TRENT EXCALIBUR**SCORE: 438****PLACE: 14**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
75-74	Sean Ibbott		E3	194	36:40	3:40	5:54
93-88	Mitch Horn		E2	193	38:16	3:49	6:09
96-91	Angus James		E1	195	41:51	4:11	6:44
97-92	Hayden West		E2	199	42:22	4:14	6:49
99-93	Zac Shapardanis		R	197	43:44	4:22	7:02
=====							
100-94	Cameryn Smeed-Griffiths		E2	198	45:32	4:33	7:19
101-95	Matt Melo		E4	196	45:33	4:33	7:19
=====							
Top 5 Total Time:		3:22:53	Top 5 Average Time:		40:34		
Top 5 Average per KM:		4:03	Top 5 Average Per MILE:		6:31		
1 - 5 Split:		7:04	1 - 7 Split:		8:53		
Top 7 Total Time:		4:53:58	Top 7 Average Time:		41:59		

2018 OUA Cross Country Championships**41st annual for women, 104th for men**

2018-10-27

2018-10-27 - 2018-10-27

Thames Valley GC, London, ON**Event # 1 WOMENS 8K Run**

START @ 11am

Conditions: light rain, breezy, 3°C

First Time 8k for Women @ TVGC

! COURSE RECORD:no record 1st women's 8k here

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	QUEEN'S GAELS	34	1-2-4-7-20	30-39	2:25:32	3:38	29:06	2:49
2	GUELPH GRYPHONS	40	5-6-8-9-12	18-29	2:27:32	3:41	29:30	1:01
3	WESTERN MUSTANGS	105	3-13-21-33-35	48-55	2:33:33	3:50	30:42	3:13
4	LAURENTIAN VOYAGEURS	126	14-15-22-37-38	44-57	2:35:52	3:53	31:10	1:58
5	TORONTO VARSITY BLUE	132	11-16-31-34-40	49-64	2:36:22	3:54	31:16	2:28
6	MCMASTER MARAUDERS	134	23-24-27-28-32	41-54	2:37:05	3:55	31:25	0:36
7	LAKEHEAD THUNDRWLVS	182	10-25-42-46-59	77	2:40:42	4:01	32:08	4:03
8	LAURIER GOLDEN HAWKS	204	17-19-51-56-61	67-69	2:42:18	4:03	32:27	3:31
9	WATERLOO WARRIORS	256	26-43-50-65-72		2:46:59	4:10	33:23	3:46
10	WINDSOR LANCERS	264	36-45-58-62-63	66-73	2:47:05	4:10	33:25	2:19
11	NIPISSING LAKERS	303	47-52-60-68-76	80-81	2:51:27	4:17	34:17	3:28
12	RYERSON RAMS	343	53-70-71-74-75	78-79	2:56:01	4:24	35:12	2:58
	BROCK BADGERS		40-46-57					
	TRENT EXCALIBUR		79-83-88					
	YORK LIONS		64-80					
	ALGOMA THUNDERBIRDS		84-91-92					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	143	Brogan MacDougall		R	QUEEN'S GAELS	1	3:30	28:03
2	2	142	Branna MacDougall		E3	QUEEN'S GAELS	2	3:34	28:34
3	3	1	Kristina Popadich		E5	WESTERN MUSTANGS	1	3:35	28:41
4	4	141	Makenna Fitzgerald		R	QUEEN'S GAELS	3	3:36	28:48
5	5	48	Hannah Woodhouse		E3	GUELPH GRYPHONS	1	3:37	29:03
6	6	42	Danielle Jossinet		E4	GUELPH GRYPHONS	2	3:38	29:10
7	7	140	Kara Blair		E2	QUEEN'S GAELS	4	3:39	29:15
8	8	43	Heather Petrick		E5	GUELPH GRYPHONS	3	3:40	29:24
9	9	41	Emma Hubbard		E2	GUELPH GRYPHONS	4	3:43	29:51
10	10	63	Rebekkah Pyle		E2	LAKEHEAD THUNDRWLVS	1	3:44	29:54
11	11	170	Tanis Bolton		E4	TORONTO VARSITY BLUE	1	3:44	29:58
12	12	39	Dana Earhart		E3	GUELPH GRYPHONS	5	3:45	30:04
13	13	3	Kate Current		E3	WESTERN MUSTANGS	2	3:46	30:14
14	14	75	Megan Crocker		E4	LAURENTIAN VOYAGEURS	1	3:47	30:16
15	15	74	Jenny Bottomley		E3	LAURENTIAN VOYAGEURS	2	3:47	30:19
16	16	176	Katherine Marshall		E2	TORONTO VARSITY BLUE	2	3:48	30:27
17	17	91	Sarah Cranmer-Byng		E4	LAURIER GOLDEN HAWKS	1	3:49	30:38
18	18	40	Sadie-Jane Hickson		E2	GUELPH GRYPHONS	6	3:50	30:43
19	19	95	Sydney Pattison		E3	LAURIER GOLDEN HAWKS	2	3:51	30:50
20	20	146	Laura Yantha		R	QUEEN'S GAELS	5	3:51	30:52
21	21	2	Zoe Burke		R	WESTERN MUSTANGS	3	3:51	30:54
22	22	78	Nicole Rich		E5	LAURENTIAN VOYAGEURS	3	3:52	30:59

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2018-10-27

2018-10-27 - 2018-10-27

Thames Valley GC, London, ON**Event # 1 WOMENS 8K Run**

START @ 11am

Conditions: light rain, breezy, 3°C

First Time 8k for Women @ TVGC

! COURSE RECORD:no record 1st women's 8k here

23	23	112	Kristen Kuhn	E3	MCMaster MARAUDERS	1	3:53	31:04
24	24	109	Rachel Faulds	E5	MCMaster MARAUDERS	2	3:54	31:15
25	25	62	Hailee Morisseau	E2	LAKEHEAD THUNDRWLVS	2	3:55	31:23
26	26	207	Stephanie Ryall	E3	WATERLOO WARRIORS	1	3:56	31:32
27	27	115	Emma Waddington	E2	MCMaster MARAUDERS	3	3:56	31:33
28	28	108	Renelle Briggs	R	MCMaster MARAUDERS	4	3:56	31:33
29	29	45	Charlotte Ward	E5	GUELPH GRYPHONS	7	3:56	31:34
30	30	145	Jade Watson	E2	QUEEN'S GAELS	6	3:56	31:35
31	31	178	Hilary Stone	E4	TORONTO VARSITY BLUE	3	3:57	31:37
32	32	110	Caroline Forbes	R	MCMaster MARAUDERS	5	3:57	31:40
33	33	5	Breanna Faiczak	E4	WESTERN MUSTANGS	4	3:58	31:50
34	34	174	Somerset Jarvis	E4	TORONTO VARSITY BLUE	4	3:59	31:54
35	35	6	Lauren Kanko	E2	WESTERN MUSTANGS	5	3:59	31:54
36	36	225	Chloe Walker	R	WINDSOR LANCERS	1	3:59	31:56
37	37	77	Jessie Nusselder	E4	LAURENTIAN VOYAGEURS	4	4:00	32:04
38	38	76	Pascale Gendron	R	LAURENTIAN VOYAGEURS	5	4:01	32:14
39	39	139	Marley Beckett	E1	QUEEN'S GAELS	7	4:02	32:16
40		29	Paulina Sergnese	E3	BROCK BADGERS	1	4:02	32:18
41	40	169	Jasmin Aggarwal	E3	TORONTO VARSITY BLUE	5	4:03	32:26
42	41	107	Megan Black	E3	MCMaster MARAUDERS	6	4:04	32:33
43	42	61	Paige Kobe	E2	LAKEHEAD THUNDRWLVS	3	4:04	32:35
44	43	203	Alexandra McGowan	E4	WATERLOO WARRIORS	2	4:04	32:37
45	44	80	Breanne Steven	E3	LAURENTIAN VOYAGEURS	6	4:05	32:41
46		27	Erin Laughlin	E5	BROCK BADGERS	2	4:06	32:48
47	45	219	Rachel Crawley	E4	WINDSOR LANCERS	2	4:06	32:50
48	46	60	Kayla Gallo	E5	LAKEHEAD THUNDRWLVS	4	4:06	32:53
49	47	127	Katie Gibson	E4	NIPissing LAKERS	1	4:07	32:56
50	48	9	Anjoli Vanderkuur	E3	WESTERN MUSTANGS	6	4:07	33:03
51	49	172	Juliette Davies	E2	TORONTO VARSITY BLUE	6	4:08	33:06
52	50	202	Madison Greenough	E2	WATERLOO WARRIORS	3	4:08	33:10
53	51	93	Lauren Kerker	E3	LAURIER GOLDEN HAWKS	3	4:09	33:13
54	52	130	Jennifer Leroy	E2	NIPissing LAKERS	2	4:09	33:16
55	53	157	Sylvie Antoun	E3	RYERSON RAMS	1	4:09	33:18
56	54	113	Sarah Nolan	R	MCMaster MARAUDERS	7	4:10	33:20
57		28	Alex Ratcliffe	E4	BROCK BADGERS	3	4:10	33:21
58	55	10	Aly White	R	WESTERN MUSTANGS	7	4:10	33:25
59	56	94	Jessica Martin	E4	LAURIER GOLDEN HAWKS	4	4:11	33:28
60	57	81	Sarah Thackeray	R	LAURENTIAN VOYAGEURS	7	4:12	33:43
61	58	222	Lauren Perkins	R	WINDSOR LANCERS	3	4:13	33:50
62	59	59	Haylee Beeman	E2	LAKEHEAD THUNDRWLVS	5	4:14	33:57
63	60	126	Emily Gibson	R	NIPissing LAKERS	3	4:14	33:59
64		238	Katrinna Pisani	E2	YORK LIONS	1	4:14	33:59
65	61	96	Alison Schouten	R	LAURIER GOLDEN HAWKS	5	4:16	34:09
66	62	224	Mya Vialva	E2	WINDSOR LANCERS	4	4:16	34:14
67	63	226	Camryn Williams	R	WINDSOR LANCERS	5	4:16	34:15

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Conditions: light rain, breezy, 3°C

First Time 8k for Women @ TVGC

! COURSE RECORD:no record 1st women's 8k here

68	64	173	Karlie Janes	E1	TORONTO VARSITY BLUE	7	4:17	34:20
69	65	204	Elyssa Murray	E2	WATERLOO WARRIORS	4	4:17	34:22
70	66	220	Meg Koski	R	WINDSOR LANCERS	6	4:18	34:24
71	67	98	Stephanie Wildfong	E4	LAURIER GOLDEN HAWKS	6	4:18	34:27
72	68	131	MacKenzie Martin	E1	NIPissing LAKERS	4	4:21	34:52
73	69	90	Hayley Carrescia	E3	LAURIER GOLDEN HAWKS	7	4:22	34:57
74	70	158	Meghan Gaudette	E3	RYERSON RAMS	2	4:23	35:10
75	71	162	Yuliia Romanenko	E3	RYERSON RAMS	3	4:24	35:17
76	72	200	Grace Glaab	R	WATERLOO WARRIORS	5	4:24	35:18
77	73	218	Lynnsey Copat	R	WINDSOR LANCERS	7	4:25	35:20
78	74	159	Sophia Greene	R	RYERSON RAMS	4	4:30	36:00
79		192	Thea Wucher	E1	TRENT EXCALIBUR	1	4:31	36:08
80		239	Rebecca Wheeler	E1	YORK LIONS	2	4:31	36:12
81	75	160	Veronica Martin	R	RYERSON RAMS	5	4:32	36:16
82	76	129	Stephanie Knowles	E3	NIPissing LAKERS	5	4:33	36:24
83		189	Keely Clements	E2	TRENT EXCALIBUR	2	4:34	36:39
84		24	Lucia Luciani	E4	ALGOMA THUNDERBIRDS	1	4:35	36:41
85	77	64	Tierza Wilson	R	LAKEHEAD THUNDRWLVS	6	4:38	37:04
86	78	156	Lauren Andrews	R	RYERSON RAMS	6	4:42	37:38
87	79	244	Krista Milliste	R	RYERSON RAMS	7	4:43	37:48
88		191	Verena Sesin	E1	TRENT EXCALIBUR	3	4:43	37:50
89	80	125	Megan Cruickshank	E3	NIPissing LAKERS	6	4:46	38:09
90	81	128	Aidan Haghgoo	E3	NIPissing LAKERS	7	4:49	38:35
91		23	Avery Litke	R	ALGOMA THUNDERBIRDS	2	4:59	39:52
92		21	Taylor Dewling	E2	ALGOMA THUNDERBIRDS	3	5:16	42:10
93		190	Monika Lee	E2	TRENT EXCALIBUR			DNF

2018 OUA Cross Country Championships**41st annual for women, 104th for men**

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2018-10-27 - 2018-10-27

Thames Valley GC, London, ON**TEAM: QUEEN'S GAELS****SCORE: 34****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Brogan MacDougall		R	143	28:03	3:30	5:38
2-2	Branna MacDougall		E3	142	28:34	3:34	5:44
4-4	Makenna Fitzgerald		R	141	28:48	3:36	5:47
7-7	Kara Blair		E2	140	29:15	3:39	5:53
20-20	Laura Yantha		R	146	30:52	3:51	6:12
=====							
30-30	Jade Watson		E2	145	31:35	3:56	6:21
39-39	Marley Beckett		E1	139	32:16	4:02	6:29
=====							
Top 5 Total Time:		2:25:32	Top 5 Average Time:		29:06		
Top 5 Average per KM:		3:38	Top 5 Average Per MILE:		5:51		
1 - 5 Split:		2:49	1 - 7 Split:		4:13		
Top 7 Total Time:		3:29:23	Top 7 Average Time:		29:54		

TEAM: GUELPH GRYPHONS**SCORE: 40****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Hannah Woodhouse		E3	48	29:03	3:37	5:50
6-6	Danielle Jossinet		E4	42	29:10	3:38	5:52
8-8	Heather Petrick		E5	43	29:24	3:40	5:54
9-9	Emma Hubbard		E2	41	29:51	3:43	6:00
12-12	Dana Earhart		E3	39	30:04	3:45	6:02
=====							
18-18	Sadie-Jane Hickson		E2	40	30:43	3:50	6:10
29-29	Charlotte Ward		E5	45	31:34	3:56	6:21
=====							
Top 5 Total Time:		2:27:32	Top 5 Average Time:		29:30		
Top 5 Average per KM:		3:41	Top 5 Average Per MILE:		5:56		
1 - 5 Split:		1:01	1 - 7 Split:		2:31		
Top 7 Total Time:		3:29:49	Top 7 Average Time:		29:58		

2018 OUA Cross Country Championships**41st annual for women, 104th for men**

2018-10-27

2018-10-27 - 2018-10-27

Thames Valley GC, London, ON**TEAM: WESTERN MUSTANGS SCORE: 105 PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Kristina Popadich		E5	1	28:41	3:35	5:46
13-13	Kate Current		E3	3	30:14	3:46	6:04
21-21	Zoe Burke		R	2	30:54	3:51	6:12
33-33	Breanna Faiczak		E4	5	31:50	3:58	6:24
35-35	Lauren Kanko		E2	6	31:54	3:59	6:25
50-48	Anjoli Vanderkuur		E3	9	33:03	4:07	6:38
58-55	Aly White		R	10	33:25	4:10	6:43
Top 5 Total Time:		2:33:33	Top 5 Average Time:		30:42		
Top 5 Average per KM:		3:50	Top 5 Average Per MILE:		6:10		
1 - 5 Split:		3:13	1 - 7 Split:		4:44		
Top 7 Total Time:		3:40:01	Top 7 Average Time:		31:25		

TEAM: LAURENTIAN VOYAGEURS SCORE: 126 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
14-14	Megan Crocker		E4	75	30:16	3:47	6:05
15-15	Jenny Bottomley		E3	74	30:19	3:47	6:05
22-22	Nicole Rich		E5	78	30:59	3:52	6:13
37-37	Jessie Nusselder		E4	77	32:04	4:00	6:27
38-38	Pascale Gendron		R	76	32:14	4:01	6:29
45-44	Breanne Steven		E3	80	32:41	4:05	6:34
60-57	Sarah Thackeray		R	81	33:43	4:12	6:46
Top 5 Total Time:		2:35:52	Top 5 Average Time:		31:10		
Top 5 Average per KM:		3:53	Top 5 Average Per MILE:		6:16		
1 - 5 Split:		1:58	1 - 7 Split:		3:27		
Top 7 Total Time:		3:42:16	Top 7 Average Time:		31:45		

2018 OUA Cross Country Championships**41st annual for women, 104th for men**

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2018-10-27 - 2018-10-27

Thames Valley GC, London, ON**TEAM: TORONTO VARSITY BLUE SCORE: 132 PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Tanis Bolton		E4	170	29:58	3:44	6:01
16-16	Katherine Marshall		E2	176	30:27	3:48	6:07
31-31	Hilary Stone		E4	178	31:37	3:57	6:21
34-34	Somerset Jarvis		E4	174	31:54	3:59	6:25
41-40	Jasmin Aggarwal		E3	169	32:26	4:03	6:31
51-49	Juliette Davies		E2	172	33:06	4:08	6:39
68-64	Karlie Janes		E1	173	34:20	4:17	6:54
Top 5 Total Time:		2:36:22	Top 5 Average Time:		31:16		
Top 5 Average per KM:		3:54	Top 5 Average Per MILE:		6:17		
1 - 5 Split:		2:28	1 - 7 Split:		4:22		
Top 7 Total Time:		3:43:48	Top 7 Average Time:		31:58		

TEAM: MCMASTER MARAUDERS SCORE: 134 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
23-23	Kristen Kuhn		E3	112	31:04	3:53	6:14
24-24	Rachel Faulds		E5	109	31:15	3:54	6:17
27-27	Emma Waddington		E2	115	31:33	3:56	6:20
28-28	Renelle Briggs		R	108	31:33	3:56	6:20
32-32	Caroline Forbes		R	110	31:40	3:57	6:22
42-41	Megan Black		E3	107	32:33	4:04	6:32
56-54	Sarah Nolan		R	113	33:20	4:10	6:42
Top 5 Total Time:		2:37:05	Top 5 Average Time:		31:25		
Top 5 Average per KM:		3:55	Top 5 Average Per MILE:		6:19		
1 - 5 Split:		0:36	1 - 7 Split:		2:16		
Top 7 Total Time:		3:42:58	Top 7 Average Time:		31:51		

2018 OUA Cross Country Championships**41st annual for women, 104th for men**

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2018-10-27 - 2018-10-27

Thames Valley GC, London, ON**TEAM: LAKEHEAD THUNDRWLVS SCORE: 182 PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Rebekkah Pyle		E2	63	29:54	3:44	6:00
25-25	Hailee Morisseau		E2	62	31:23	3:55	6:18
43-42	Paige Kobe		E2	61	32:35	4:04	6:33
48-46	Kayla Gallo		E5	60	32:53	4:06	6:36
62-59	Haylee Beeman		E2	59	33:57	4:14	6:49
=====							
85-77	Tierza Wilson		R	64	37:04	4:38	7:27
Top 5 Total Time:		2:40:42			Top 5 Average Time:	32:08	
Top 5 Average per KM:		4:01			Top 5 Average Per MILE:	6:27	
1 - 5 Split:		4:03			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: LAURIER GOLDEN HAWKS SCORE: 204 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-17	Sarah Cranmer-Byng		E4	91	30:38	3:49	6:09
19-19	Sydney Pattison		E3	95	30:50	3:51	6:12
53-51	Lauren Kerker		E3	93	33:13	4:09	6:40
59-56	Jessica Martin		E4	94	33:28	4:11	6:43
65-61	Alison Schouten		R	96	34:09	4:16	6:52
=====							
71-67	Stephanie Wildfong		E4	98	34:27	4:18	6:55
73-69	Hayley Carrescia		E3	90	34:57	4:22	7:01
=====							
Top 5 Total Time:		2:42:18			Top 5 Average Time:	32:27	
Top 5 Average per KM:		4:03			Top 5 Average Per MILE:	6:31	
1 - 5 Split:		3:31			1 - 7 Split:	4:19	
Top 7 Total Time:		3:51:42			Top 7 Average Time:	33:06	

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Thames Valley GC, London, ON**TEAM: WATERLOO WARRIORS SCORE: 256 PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-26	Stephanie Ryall		E3	207	31:32	3:56	6:20
44-43	Alexandra McGowan		E4	203	32:37	4:04	6:33
52-50	Madison Greenough		E2	202	33:10	4:08	6:40
69-65	Elyssa Murray		E2	204	34:22	4:17	6:54
76-72	Grace Glaab		R	200	35:18	4:24	7:06

Top 5 Total Time:	2:46:59	Top 5 Average Time:	33:23
Top 5 Average per KM:	4:10	Top 5 Average Per MILE:	6:43
1 - 5 Split:	3:46	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM: WINDSOR LANCERS SCORE: 264 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
36-36	Chloe Walker		R	225	31:56	3:59	6:25
47-45	Rachel Crawley		E4	219	32:50	4:06	6:36
61-58	Lauren Perkins		R	222	33:50	4:13	6:48
66-62	Mya Vialva		E2	224	34:14	4:16	6:53
67-63	Camryn Williams		R	226	34:15	4:16	6:53
70-66	Meg Koski		R	220	34:24	4:18	6:55
77-73	Lynnsey Copat		R	218	35:20	4:25	7:06

Top 5 Total Time:	2:47:05	Top 5 Average Time:	33:25
Top 5 Average per KM:	4:10	Top 5 Average Per MILE:	6:43
1 - 5 Split:	2:19	1 - 7 Split:	3:24
Top 7 Total Time:	3:56:49	Top 7 Average Time:	33:49

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Thames Valley GC, London, ON**TEAM: NIPISSING LAKERS****SCORE: 303****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
49-47	Katie Gibson		E4	127	32:56	4:07	6:37
54-52	Jennifer Leroy		E2	130	33:16	4:09	6:41
63-60	Emily Gibson		R	126	33:59	4:14	6:50
72-68	MacKenzie Martin		E1	131	34:52	4:21	7:00
82-76	Stephanie Knowles		E3	129	36:24	4:33	7:19
=====							
89-80	Megan Cruickshank		E3	125	38:09	4:46	7:40
90-81	Aidan Haghgoo		E3	128	38:35	4:49	7:45
=====							
Top 5 Total Time:		2:51:27	Top 5 Average Time:		34:17		
Top 5 Average per KM:		4:17	Top 5 Average Per MILE:		6:53		
1 - 5 Split:		3:28	1 - 7 Split:		5:39		
Top 7 Total Time:		4:8:11	Top 7 Average Time:		35:27		

TEAM: RYERSON RAMS**SCORE: 343****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
55-53	Sylvie Antoun		E3	157	33:18	4:09	6:41
74-70	Meghan Gaudette		E3	158	35:10	4:23	7:04
75-71	Yuliia Romanenko		E3	162	35:17	4:24	7:05
78-74	Sophia Greene		R	159	36:00	4:30	7:14
81-75	Veronica Martin		R	160	36:16	4:32	7:17
=====							
86-78	Lauren Andrews		R	156	37:38	4:42	7:34
87-79	Krista Milliste		R	244	37:48	4:43	7:36
=====							
Top 5 Total Time:		2:56:01	Top 5 Average Time:		35:12		
Top 5 Average per KM:		4:24	Top 5 Average Per MILE:		7:04		
1 - 5 Split:		2:58	1 - 7 Split:		4:30		
Top 7 Total Time:		4:11:27	Top 7 Average Time:		35:55		