



# Running Room Grand Prix #1

## Sep 8, 2018 - Hosted by Concordia University of Edmonton

### 8 km results

| Runner                        | Team | Bib# | Time  | Place | Gprix | ACAC | CUE | GPRC | UAA | LAKE | SAIT | RDC | STMU | OC | Pace/km |   |
|-------------------------------|------|------|-------|-------|-------|------|-----|------|-----|------|------|-----|------|----|---------|---|
| Timothy Shapka                | UAA  | 135  | 37:52 | 52    | 29    | 28   |     |      | 28  |      |      |     |      |    | 04:44   |   |
| Brandon Maag                  | LAKE | 154  | 39:43 | 53    | 30    | 29   |     |      |     | 29   |      |     |      |    | 04:58   |   |
| Jackson Murrell               | OPEN | 109  | 40:21 | 54    |       |      |     |      |     |      |      |     |      |    | 05:03   |   |
| Alex Bedard                   | CUE  | 103  | 41:39 | 55    | 31    | 30   | 30  |      |     |      |      |     |      |    | 05:12   |   |
| Frazer Connelly               | CUE  | 105  | 42:45 | 56    | 32    | 31   | 31  |      |     |      |      |     |      |    | 05:21   |   |
| Colin Gillis                  | LAKE | 151  | 44:05 | 57    | 33    | 32   |     |      |     | 32   |      |     |      |    | 05:31   |   |
| # of runners scoring          |      |      |       |       |       |      | 57  | 32   | 5   | 2    | 5    | 6   | 6    | 6  | 2       | 0 |
| # of non-scoring runners      |      |      |       |       |       |      |     | 1    | 0   | 0    | 0    | 0   | 0    | 1  | 0       | 0 |
| total best 4 runners          |      |      |       |       |       |      |     | 88   |     | 63   | 90   | 15  | 22   |    |         |   |
| rank on best 4 runners        |      |      |       |       |       |      |     | 4    |     | 3    | 5    | 1   | 2    |    |         |   |
| total best 3 runners          |      |      |       |       |       |      |     | 58   |     | 42   | 64   | 6   | 15   |    |         |   |
| rank on best 3 runners        |      |      |       |       |       |      |     | 4    |     | 3    | 5    | 1   | 2    |    |         |   |
| total best 3 women+best 3 men |      |      |       |       |       |      |     | 111  |     | 75   | 127  | 38  | 25   |    |         |   |
| rank on best 3 women and men  |      |      |       |       |       |      |     | 4    |     | 3    | 5    | 2   | 1    |    |         |   |
|                               |      |      |       |       |       |      | CUE | GPRC | UAA | LAKE | SAIT | RDC | STMU | OC |         |   |

note: ACAC team scores based on ACAC placing, whereas open and hs team scores based on overall placing

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## 6 km results

| Runner                    | Team | Bib# | Time  | Place | Gprix | ACAC | CUE | UAA | LAKE | SAIT | RDC | STMU | OC | Pace/km |
|---------------------------|------|------|-------|-------|-------|------|-----|-----|------|------|-----|------|----|---------|
| Sadie Sigfstead           | EH   | 32   | 22:53 | 1     |       |      |     |     |      |      |     |      |    | 03:49   |
| Vanessa Trofimenkoff      | RRAC | 4    | 23:05 | 2     |       |      |     |     |      |      |     |      |    | 03:51   |
| Madeleine Cummings        | RRAC | 3    | 23:09 | 3     |       |      |     |     |      |      |     |      |    | 03:52   |
| Rachel Humphreys          | RRAC | 7    | 23:15 | 4     |       |      |     |     |      |      |     |      |    | 03:53   |
| Taylor Carlin             | RRAC | 6    | 23:32 | 5     |       |      |     |     |      |      |     |      |    | 03:55   |
| Alecia Kallos             | RRAC | 5    | 23:56 | 6     |       |      |     |     |      |      |     |      |    | 03:59   |
| Terra Manca               | RRAC | 2    | 24:20 | 7     |       |      |     |     |      |      |     |      |    | 04:03   |
| Jill Stewart              | RDC  | 18   | 24:33 | 8     | 1     | 1    |     |     |      |      | 1   |      |    | 04:05   |
| Roxanne Skoreyko          | OPEN | 25   | 24:39 | 9     |       |      |     |     |      |      |     |      |    | 04:07   |
| Rebecca Johnson           | STMU | 44   | 24:39 | 10    | 2     | 2    |     |     |      |      |     | 2    |    | 04:07   |
| Emma Steele               | MACT | 26   | 24:54 | 11    |       |      |     |     |      |      |     |      |    | 04:09   |
| Kristen Hansen            | RAAC | 11   | 25:14 | 12    |       |      |     |     |      |      |     |      |    | 04:12   |
| Mariya Jenkins            | RAAC | 9    | 25:15 | 13    |       |      |     |     |      |      |     |      |    | 04:13   |
| Holly Pougnet             | EH   | 31   | 25:36 | 14    |       |      |     |     |      |      |     |      |    | 04:16   |
| Ann Danard                | SAIT | 42   | 26:07 | 15    | 3     | 3    |     |     |      | 3    |     |      |    | 04:21   |
| Shaelyn Moltzhan          | RDC  | 19   | 26:18 | 16    | 4     | 4    |     |     |      |      | 4   |      |    | 04:23   |
| Shayla Sklaruk            | RDC  | 21   | 26:21 | 17    | 5     | 5    |     |     |      |      | 5   |      |    | 04:24   |
| Sarah McMaster            | RAAC | 8    | 26:25 | 18    |       |      |     |     |      |      |     |      |    | 04:24   |
| Ashley Tymko              | MACT | 27   | 26:26 | 19    |       |      |     |     |      |      |     |      |    | 04:24   |
| Isabella Englert          | RAAC | 10   | 26:36 | 20    |       |      |     |     |      |      |     |      |    | 04:26   |
| Catherine Alcorn          | UAA  | 35   | 26:41 | 21    | 6     | 6    |     | 6   |      |      |     |      |    | 04:27   |
| Mackenzie Grove           | UAA  | 37   | 26:41 | 22    | 7     | 7    |     | 7   |      |      |     |      |    | 04:27   |
| Karen Vandendorre         | STMU | 51   | 26:43 | 23    | 8     | 8    |     |     |      |      |     | 8    |    | 04:27   |
| Michele Harvey-Blakenship | RRAC | 1    | 27:08 | 24    |       |      |     |     |      |      |     |      |    | 04:31   |
| Teagan Shapka             | RDC  | 20   | 27:10 | 25    | 9     | 9    |     |     |      |      | 9   |      |    | 04:32   |
| Bailey Troccoli-Hughes    | CUE  | 12   | 27:25 | 26    | 10    | 10   | 10  |     |      |      |     |      |    | 04:34   |
| Caitlin Debree            | RDC  | 22   | 27:26 | 27    | 11    | 11   |     |     |      |      | 11  |      |    | 04:34   |
| Deshann Valentine         | RDC  | 24   | 27:51 | 28    | 12    | 12   |     |     |      |      | 12  |      |    | 04:39   |
| Mackenzie Spinks          | RDC  | 23   | 27:59 | 29    | 13    | x    |     |     |      |      | x   |      |    | 04:40   |
| Anna van der Giessen      | GPRC | 33   | 28:07 | 30    | 14    | 13   |     |     |      |      |     |      |    | 04:41   |
| Amanda Vocke              | SAIT | 41   | 28:08 | 31    | 15    | 14   |     |     |      | 14   |     |      |    | 04:41   |
| Shyloh Badar              | SAIT | 43   | 28:23 | 32    | 16    | 15   |     |     |      | 15   |     |      |    | 04:44   |
| Kim McEwan                | STMU | 48   | 28:30 | 33    | 17    | 16   |     |     |      |      |     | 16   |    | 04:45   |
| Kadee St Croix            | LAKE | 55   | 28:33 | 34    | 18    | 17   |     |     | 17   |      |     |      |    | 04:46   |
| Katelynn Wiskel           | EH   | 30   | 29:04 | 35    |       |      |     |     |      |      |     |      |    | 04:51   |
| Mienna Staroslieski       | CUE  | 13   | 29:11 | 36    | 19    | 18   | 18  |     |      |      |     |      |    | 04:52   |
| Darian Elliot             | LAKE | 52   | 29:23 | 37    | 20    | 19   |     |     | 19   |      |     |      |    | 04:54   |
| Bailey Stang              | MACT | 29   | 29:30 | 38    |       |      |     |     |      |      |     |      |    | 04:55   |
| Delaney Cruickshank       | MACT | 28   | 30:06 | 39    |       |      |     |     |      |      |     |      |    | 05:01   |
| Shelby Edgar              | RAAC | 17   | 30:22 | 40    |       |      |     |     |      |      |     |      |    | 05:04   |
| Tayla Koerber             | UAA  | 38   | 30:44 | 41    | 21    | 20   |     | 20  |      |      |     |      |    | 05:07   |
| Brittany Duvall           | GPRC | 34   | 30:55 | 42    | 22    | 21   |     |     |      |      |     |      |    | 05:09   |
| Mia Spreen                | open | 40   | 31:14 | 43    |       |      |     |     |      |      |     |      |    | 05:12   |
| Emily Lyseng              | UAA  | 39   | 33:17 | 44    | 23    | 22   |     | 22  |      |      |     |      |    | 05:33   |
| Lina Lim                  | UAA  | 36   | 33:47 | 45    | 24    | 23   |     | 23  |      |      |     |      |    | 05:38   |
| Bethany Topping           | STMU | 50   | 34:01 | 46    | 25    | 24   |     |     |      |      |     | 24   |    | 05:40   |
| Madison Masterson         | CUE  | 14   | 34:35 | 47    | 26    | 25   | 25  |     |      |      |     |      |    | 05:46   |
| Myroslava Koval           | STMU | 46   | 35:01 | 48    | 27    | 26   |     |     |      |      |     | 26   |    | 05:50   |

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|-------------------|------|------|-------|-------|-------|------|-----|-----|------|------|-----|------|----|---------|
| Nikita Lattery    | LAKE | 56   | 35:08 | 49    | 28    | 27   |     |     | 27   |      |     |      |    | 05:51   |
| Marissa Davidson  | LAKE | 54   | 35:49 | 50    | 29    | 28   |     |     | 28   |      |     |      |    | 05:58   |
| Shelby McQuitty   | STMU | 49   | 35:59 | 51    | 30    | 29   |     |     |      |      |     | 29   |    | 06:00   |
| Tanis Lefebvre    | STMU | 47   | 36:05 | 52    | 31    | x    |     |     |      |      |     | x    |    | 06:01   |
| Justyna Kolooziej | LAKE | 53   | 38:07 | 53    | 32    | 30   |     |     | 30   |      |     |      |    | 06:21   |
| Abby Griffiths    | STMU | 45   | 41:36 | 54    | 33    | x    |     |     |      |      |     | x    |    | 06:56   |
| Karey Bremner     | OPEN | 57   | 44:32 | 55    |       |      |     |     |      |      |     |      |    | 07:25   |
| Danielle Langille | OPEN | 15   | 00:35 | 56    |       |      |     |     |      |      |     |      |    | 10:06   |

|                               |    |    |    |   |     |    |     |    |    |    |
|-------------------------------|----|----|----|---|-----|----|-----|----|----|----|
| # of runners scoring          | 57 | 33 | 30 | 3 | 5   | 5  | 3   | 6  | 6  | 0  |
| # of non-scoring runners      |    |    | 3  | 0 | 0   | 0  | 0   | 1  | 2  | 0  |
| total best 4 runners          |    |    |    |   | 55  | 91 |     | 19 | 50 |    |
| rank on best 4 runners        |    |    |    |   | 3   | 4  |     | 1  | 2  |    |
| total best 3 runners          |    |    |    |   | 53  | 33 | 63  | 32 | 10 | 26 |
| rank on best 3 runners        |    |    |    |   | 5   | 4  | 6   | 3  | 1  | 2  |
| total best 3 women+best 3 men |    |    |    |   | 111 | 75 | 127 | 38 | 25 |    |
| rank on best 3 women and men  |    |    |    |   | 4   | 3  | 5   | 2  | 1  |    |

| CUE | UAA | LAKE | SAIT | RDC | STMU | OC |
|-----|-----|------|------|-----|------|----|
|     |     |      |      |     |      |    |

note: ACAC team scores based on ACAC placing, whereas open and hs team scores based on overall placing