

2022 OUA Cross Country Championships

44th for Women, 107th for Men

2022-10-30

2022-10-29 - 2022-10-29

Thames Valley GC, London, ON

Event # 1 WOMENS 8Km Run

START @ 12:00pm

Conditions: sunny, 12°C

5th year for 8K for Women at OUA

+ COURSE RECORD: Brogan MacDougall Queen's Gaels 28:03.00 OUA 2018

TEAM POINTS RECORD: Guelph Gryphons 19pts [1-2-4-5-7] 2021

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	GUELPH GRYPHONS	21	1-2-4-6-8	12-13	2:28:48	3:43	29:45	0:40
2	MCMASTER MARAUDERS	69	3-10-11-21-24	30-41	2:33:04	3:49	30:36	2:03
3	WESTERN MUSTANGS	70	5-7-16-20-22	23-51	2:32:58	3:49	30:35	1:15
4	QUEEN'S GAELS	120	15-17-25-28-35	37-39	2:38:14	3:57	31:38	2:11
5	WINDSOR LANCERS	147	18-19-33-34-43	57-61	2:40:33	4:00	32:06	2:25
6	TORONTO VARSITYBLUES	173	26-29-31-42-45	52	2:43:19	4:04	32:39	1:27
7	WATERLOO WARRIORS	184	9-32-40-50-53	60	2:43:50	4:05	32:46	3:44
8	OTTAWA GEE GEES	237	14-27-59-68-69	75	2:51:09	4:16	34:13	6:10
9	LAURIER GOLDEN HAWKS	242	38-47-48-54-55	62-67	2:48:49	4:13	33:45	1:07
10	LAURENTIAN VOYAGEURS	253	36-46-49-56-66	72	2:51:15	4:16	34:15	3:34
11	BROCK BADGERS	294	44-58-63-64-65	73-77	2:56:39	4:24	35:19	3:10
12	TMU BOLD	369	70-71-74-76-78		3:19:59	4:59	39:59	7:02
	ALGOMA THUNDERBIRDS		81-82					
	LAKEHEAD THNDRWOLVES		62					
	YORK LIONS		47-83					
	TRENT EXCALIBUR		86-88					
	NIPISSING LAKERS		70-73-78					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	23	Sadie-Jane Hickson		E5	GUELPH GRYPHONS	1	3:40	29:26
2	2	27	Nina Whitford		E4	GUELPH GRYPHONS	2	3:41	29:31
3	3	49	Rosalyn Barrett		E2	MCMASTER MARAUDERS	1	3:41	29:32
4	4	20	Annika Ariano		E3	GUELPH GRYPHONS	3	3:43	29:47
5	5	115	Sophie Coutts		E2	WESTERN MUSTANGS	1	3:44	29:56
6	6	26	Olivia Roussel		E3	GUELPH GRYPHONS	4	3:44	29:58
7	7	117	Erika Jordan		E2	WESTERN MUSTANGS	2	3:45	30:00
8	8	28	Hannah Woodhouse		E5	GUELPH GRYPHONS	5	3:45	30:06
9	9	103	Claudia Heeney		E2	WATERLOO WARRIORS	1	3:46	30:15
10	10	55	Sarah Nolan		E4	MCMASTER MARAUDERS	2	3:47	30:23
11	11	51	Hannah Goodjohn		E3	MCMASTER MARAUDERS	3	3:48	30:28
12	12	21	Michelle Gray		R	GUELPH GRYPHONS	6	3:49	30:32
13	13	22	Sandra Guga		E3	GUELPH GRYPHONS	7	3:49	30:34
14	14	63	Noemie Beauregard		E1	OTTAWA GEE GEES	1	3:49	30:39
15	15	73	Emma Graham		E2	QUEEN'S GAELS	1	3:50	30:41
16	16	113	Anna Carruthers		E3	WESTERN MUSTANGS	3	3:50	30:45
17	17	77	Manon Plouvier		E4	QUEEN'S GAELS	2	3:50	30:47
18	18	122	Nicole LaRue		E3	WINDSOR LANCERS	1	3:51	30:51
19	19	126	Samara Quanz		E2	WINDSOR LANCERS	2	3:51	30:53
20	20	114	Chloe Coutts		E2	WESTERN MUSTANGS	4	3:53	31:06
21	21	57	Kaitlyn Treleaven		E2	MCMASTER MARAUDERS	4	3:53	31:06
22	22	111	Paige Breedon		E1	WESTERN MUSTANGS	5	3:53	31:11
23	23	119	Heidi Ohrling		E4	WESTERN MUSTANGS	6	3:55	31:21
24	24	58	Emma Waddington		E5	MCMASTER MARAUDERS	5	3:56	31:35

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START @ 12:00pm

Conditions: sunny, 12°C

5th year for 8K for Women at OUA

+ COURSE RECORD: Brogan MacDougall Queen's Gaels 28:03.00 OUA 2018

TEAM POINTS RECORD: Guelph Gryphons 19pts [1-2-4-5-7] 2021

25	25	80	Elizabeth Vroom	R	QUEEN'S GAELS	3	3:59	31:53
26	26	92	Christina Esposito	E3	TORONTO VARSITYBLUES	1	3:59	31:55
27	27	68	Nina Gunther	E4	OTTAWA GEE GEES	2	3:59	31:59
28	28	72	Tamara Goddard	E2	QUEEN'S GAELS	4	4:00	32:01
29	29	95	Sarah Luedke	E2	TORONTO VARSITYBLUES	2	4:01	32:10
30	30	56	Kayla Overholt	E2	MCMASTER MARAUDERS	6	4:02	32:21
31	31	94	Sophie Levasseur	E2	TORONTO VARSITYBLUES	3	4:04	32:37
32	32	107	Ella Symon	E2	WATERLOO WARRIORS	2	4:05	32:40
33	33	128	Natalie Whitten	E4	WINDSOR LANCERS	3	4:05	32:42
34	34	123	Meg Mooney	E4	WINDSOR LANCERS	4	4:06	32:51
35	35	78	Gillian Porter	R	QUEEN'S GAELS	5	4:06	32:52
36	36	35	Angela Mozzon	E3	LAURENTIAN VOYAGEURS	1	4:07	32:57
37	37	74	Olivia Hendrikx	E2	QUEEN'S GAELS	6	4:07	33:00
38	38	41	Nicole Beach	E2	LAURIER GOLDEN HAWKS	1	4:09	33:12
39	39	75	Sarah Lacy	R	QUEEN'S GAELS	7	4:09	33:12
40	40	105	Megan Richer	E2	WATERLOO WARRIORS	3	4:09	33:13
41	41	53	Morgan McKeown	E2	MCMASTER MARAUDERS	7	4:09	33:15
42	42	93	Madeleine Larson	R	TORONTO VARSITYBLUES	4	4:09	33:15
43	43	127	Chloe Walker	E4	WINDSOR LANCERS	5	4:09	33:16
44	44	13	Robyn Adamo	E4	BROCK BADGERS	1	4:09	33:17
45	45	98	Katherine Vuckovic	E1	TORONTO VARSITYBLUES	5	4:10	33:22
46	46	36	Kristen Mrozewski	E2	LAURENTIAN VOYAGEURS	2	4:10	33:26
47		130	Laura Peters	E2	YORK LIONS	1	4:10	33:27
48	47	48	Mary Tennant	E2	LAURIER GOLDEN HAWKS	2	4:11	33:30
49	48	45	Elizabeth Drake	E3	LAURIER GOLDEN HAWKS	3	4:11	33:34
50	49	31	Sarah Booth	E2	LAURENTIAN VOYAGEURS	3	4:12	33:41
51	50	102	Katherine Granstrom	E4	WATERLOO WARRIORS	4	4:12	33:43
52	51	118	Hallee Knelsen	E2	WESTERN MUSTANGS	7	4:13	33:49
53	52	90	E.J Boston	E2	TORONTO VARSITYBLUES	6	4:13	33:51
54	53	108	Natalie Tsang	E2	WATERLOO WARRIORS	5	4:14	33:59
55	54	39	Sabrina Arena	R	LAURIER GOLDEN HAWKS	4	4:16	34:14
56	55	40	Hannah Badin	E3	LAURIER GOLDEN HAWKS	5	4:17	34:19
57	56	33	Meredith Kusnierczyk	E1	LAURENTIAN VOYAGEURS	4	4:20	34:40
58	57	124	Joelle Olla	R	WINDSOR LANCERS	6	4:20	34:40
59	58	17	Lauren Macsai	E2	BROCK BADGERS	2	4:20	34:47
60	59	66	Kylee Fowler	E2	OTTAWA GEE GEES	3	4:22	35:02
61	60	109	Claire Vernon-Pope	R	WATERLOO WARRIORS	6	4:23	35:04
62		30	Katherine Lucas	E3	LAKEHEAD THNDRWOLVES	1	4:24	35:17
63	61	121	Kaitlyn Handy	R	WINDSOR LANCERS	7	4:25	35:24
64	62	46	Piper Lafayette	E3	LAURIER GOLDEN HAWKS	6	4:26	35:34
65	63	18	Julie Mak	R	BROCK BADGERS	3	4:27	35:42
66	64	19	Adeline Steiger	R	BROCK BADGERS	4	4:33	36:26
67	65	16	Cori Macsai	E2	BROCK BADGERS	5	4:33	36:27
68	66	38	Ashley Valentini	E3	LAURENTIAN VOYAGEURS	5	4:33	36:31
69	67	44	Abbey Davis	E3	LAURIER GOLDEN HAWKS	7	4:34	36:38
70		62	Jaime Schweyer	E3	NIPISSING LAKERS	1	4:34	36:39
71	68	69	Elana Tyman	E2	OTTAWA GEE GEES	4	4:35	36:40

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TEAM POINTS RECORD: Guelph Gryphons 19pts [1-2-4-5-7] 2021

72	69	64	Taylor Brown	E2	OTTAWA GEE GEES	5	4:36	36:49
73		59	Brooke Ailey	R	NIPISSING LAKERS	2	4:36	36:54
74	70	86	Tijana Panic	R	TMU BOLD	1	4:39	37:18
75	71	83	Victoria Hebert	R	TMU BOLD	2	4:40	37:21
76	72	34	Abbey Maillet	E2	LAURENTIAN VOYAGEURS	6	4:46	38:13
77	73	14	Ciepielewski Ania	R	BROCK BADGERS	6	4:53	39:09
78		61	Sina Scholz	E2	NIPISSING LAKERS	3	4:54	39:17
79	74	84	Olivia James	R	TMU BOLD	3	4:54	39:18
80	75	65	Emy Coupal	E1	OTTAWA GEE GEES	6	5:01	40:12
81		11	Avery Cooper	R	ALGOMA THUNDERBIRDS	1	5:02	40:17
82		12	Faith Holmes	E3	ALGOMA THUNDERBIRDS	2	5:08	41:06
83		131	Jennifer Ward	R	YORK LIONS	2	5:12	41:36
84	76	89	Jessica Ward	R	TMU BOLD	4	5:12	41:42
85	77	15	Verbrugge Liberty	R	BROCK BADGERS	7	5:14	41:55
86		265	Brittany Welsh	E1	TRENT EXCALIBUR	1	5:22	42:56
87	78	88	Brigitte Toljagic	R	TMU BOLD	5	5:32	44:20
88		100	Isabelle Honegger	R	TRENT EXCALIBUR	2	5:50	46:42
89		32	Pascale Gendron	E2	LAURENTIAN VOYAGEURS			DNF
90		101	Hillary Clark	E3	WATERLOO WARRIORS			DNF
91		67	Haley Griffin	R	OTTAWA GEE GEES			DNF
92		91	Joud Dabous	E2	TORONTO VARSITYBLUES			DNF

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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	Sadie-Jane Hickson		E5	23	29:26	3:40	5:55
2-2	Nina Whitford		E4	27	29:31	3:41	5:56
4-4	Annika Ariano		E3	20	29:47	3:43	5:59
6-6	Olivia Roussel		E3	26	29:58	3:44	6:01
8-8	Hannah Woodhouse		E5	28	30:06	3:45	6:03
=====							
12-12	Michelle Gray		R	21	30:32	3:49	6:08
13-13	Sandra Guga		E3	22	30:34	3:49	6:08
=====							
Top 5 Total Time:		2:28:48			Top 5 Average Time:		29:45
Top 5 Average per KM:		3:43			Top 5 Average Per MILE:		5:59
1 - 5 Split:		0:40			1 - 7 Split:		1:08
Top 7 Total Time:		3:29:54			Top 7 Average Time:		29:59

TEAM: MCMMASTER MARAUDERS

SCORE: 69

PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Rosalyn Barrett		E2	49	29:32	3:41	5:56
10-10	Sarah Nolan		E4	55	30:23	3:47	6:06
11-11	Hannah Goodjohn		E3	51	30:28	3:48	6:07
21-21	Kaitlyn Treleaven		E2	57	31:06	3:53	6:15
24-24	Emma Waddington		E5	58	31:35	3:56	6:21
=====							
30-30	Kayla Overholt		E2	56	32:21	4:02	6:30
41-41	Morgan McKeown		E2	53	33:15	4:09	6:41
=====							
Top 5 Total Time:		2:33:04			Top 5 Average Time:		30:36
Top 5 Average per KM:		3:49			Top 5 Average Per MILE:		6:09
1 - 5 Split:		2:03			1 - 7 Split:		3:43
Top 7 Total Time:		3:38:40			Top 7 Average Time:		31:14

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TEAM: WESTERN MUSTANGS

SCORE: 70

PLACE: 3

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Sophie Coutts		E2	115	29:56	3:44	6:01
7-7	Erika Jordan		E2	117	30:00	3:45	6:02
16-16	Anna Carruthers		E3	113	30:45	3:50	6:11
20-20	Chloe Coutts		E2	114	31:06	3:53	6:15
22-22	Paige Breedon		E1	111	31:11	3:53	6:16
23-23	Heidi Ohrling		E4	119	31:21	3:55	6:18
52-51	Hallee Knelsen		E2	118	33:49	4:13	6:48

Top 5 Total Time:	2:32:58	Top 5 Average Time:	30:35
Top 5 Average per KM:	3:49	Top 5 Average Per MILE:	6:09
1 - 5 Split:	1:15	1 - 7 Split:	3:53
Top 7 Total Time:	3:38:08	Top 7 Average Time:	31:09

TEAM: QUEEN'S GAELS

SCORE: 120

PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
15-15	Emma Graham		E2	73	30:41	3:50	6:10
17-17	Manon Plouvier		E4	77	30:47	3:50	6:11
25-25	Elizabeth Vroom		R	80	31:53	3:59	6:24
28-28	Tamara Goddard		E2	72	32:01	4:00	6:26
35-35	Gillian Porter		R	78	32:52	4:06	6:36
37-37	Olivia Hendrikx		E2	74	33:00	4:07	6:38
39-39	Sarah Lacy		R	75	33:12	4:09	6:40

Top 5 Total Time:	2:38:14	Top 5 Average Time:	31:38
Top 5 Average per KM:	3:57	Top 5 Average Per MILE:	6:21
1 - 5 Split:	2:11	1 - 7 Split:	2:31
Top 7 Total Time:	3:44:26	Top 7 Average Time:	32:03

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TEAM: WINDSOR LANCERS

SCORE: 147

PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
18-18	Nicole LaRue		E3	122	30:51	3:51	6:12
19-19	Samara Quanz		E2	126	30:53	3:51	6:12
34-34	Meg Mooney		E4	123	32:51	4:06	6:36
33-33	Natalie Whitten		E4	128	32:42	4:05	6:34
43-43	Chloe Walker		E4	127	33:16	4:09	6:41
=====							
58-57	Joelle Olla		R	124	34:40	4:20	6:58
63-61	Kaitlyn Handy		R	121	35:24	4:25	7:07

Top 5 Total Time:	2:40:33	Top 5 Average Time:	32:06
Top 5 Average per KM:	4:00	Top 5 Average Per MILE:	6:27
1 - 5 Split:	2:25	1 - 7 Split:	4:33
Top 7 Total Time:	3:50:37	Top 7 Average Time:	32:56

TEAM: TORONTO VARSITYBLUES

SCORE: 173

PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-26	Christina Esposito		E3	92	31:55	3:59	6:25
29-29	Sarah Luedke		E2	95	32:10	4:01	6:28
31-31	Sophie Levasseur		E2	94	32:37	4:04	6:33
42-42	Madeleine Larson		R	93	33:15	4:09	6:41
45-45	Katherine Vuckovic		E1	98	33:22	4:10	6:42
=====							
53-52	E.J Boston		E2	90	33:51	4:13	6:48
	Joud Dabous		E2	91	DNF		

Top 5 Total Time:	2:43:19	Top 5 Average Time:	32:39
Top 5 Average per KM:	4:04	Top 5 Average Per MILE:	6:34
1 - 5 Split:	1:27	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

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TEAM: WATERLOO WARRIORS

SCORE: 184

PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Claudia Heeney		E2	103	30:15	3:46	6:05
32-32	Ella Symon		E2	107	32:40	4:05	6:34
40-40	Megan Richer		E2	105	33:13	4:09	6:40
51-50	Katherine Granstrom		E4	102	33:43	4:12	6:46
54-53	Natalie Tsang		E2	108	33:59	4:14	6:50
=====							
61-60	Claire Vernon-Pope		R	109	35:04	4:23	7:03
	Hillary Clark		E3	101	DNF		

Top 5 Total Time:	2:43:50	Top 5 Average Time:	32:46
Top 5 Average per KM:	4:05	Top 5 Average Per MILE:	6:35
1 - 5 Split:	3:44	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM: OTTAWA GEE GEES

SCORE: 237

PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
14-14	Noemie Beauregard		E1	63	30:39	3:49	6:09
27-27	Nina Gunther		E4	68	31:59	3:59	6:26
60-59	Kylee Fowler		E2	66	35:02	4:22	7:02
71-68	Elana Tyman		E2	69	36:40	4:35	7:22
72-69	Taylor Brown		E2	64	36:49	4:36	7:24
=====							
80-75	Emy Coupal		E1	65	40:12	5:01	8:05
	Haley Griffin		R	67	DNF		

Top 5 Total Time:	2:51:09	Top 5 Average Time:	34:13
Top 5 Average per KM:	4:16	Top 5 Average Per MILE:	6:53
1 - 5 Split:	6:10	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

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TEAM: LAURIER GOLDEN HAWKS SCORE: 242 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
38-38	Nicole Beach		E2	41	33:12	4:09	6:40
49-48	Elizabeth Drake		E3	45	33:34	4:11	6:45
48-47	Mary Tennant		E2	48	33:30	4:11	6:44
56-55	Hannah Badin		E3	40	34:19	4:17	6:54
55-54	Sabrina Arena		R	39	34:14	4:16	6:53
64-62	Piper Lafayette		E3	46	35:34	4:26	7:09
69-67	Abbey Davis		E3	44	36:38	4:34	7:22

Top 5 Total Time:	2:48:49	Top 5 Average Time:	33:45
Top 5 Average per KM:	4:13	Top 5 Average Per MILE:	6:47
1 - 5 Split:	1:07	1 - 7 Split:	3:26
Top 7 Total Time:	4:1:01	Top 7 Average Time:	34:25

TEAM: LAURENTIAN VOYAGEURS SCORE: 253 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
36-36	Angela Mozzon		E3	35	32:57	4:07	6:37
46-46	Kristen Mrozewski		E2	36	33:26	4:10	6:43
50-49	Sarah Booth		E2	31	33:41	4:12	6:46
57-56	Meredith Kusnierczyk		E1	33	34:40	4:20	6:58
68-66	Ashley Valentini		E3	38	36:31	4:33	7:20
76-72	Abbey Maillet		E2	34	38:13	4:46	7:41
	Pascale Gendron		E2	32	DNF		

Top 5 Total Time:	2:51:15	Top 5 Average Time:	34:15
Top 5 Average per KM:	4:16	Top 5 Average Per MILE:	6:53
1 - 5 Split:	3:34	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

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TEAM: BROCK BADGERS

SCORE: 294 PLACE: 11

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
44-44	Robyn Adamo		E4	13	33:17	4:09	6:41
59-58	Lauren Macsai		E2	17	34:47	4:20	6:59
66-64	Adeline Steiger		R	19	36:26	4:33	7:19
65-63	Julie Mak		R	18	35:42	4:27	7:10
67-65	Cori Macsai		E2	16	36:27	4:33	7:19
77-73	Ciepielewski Ania		R	14	39:09	4:53	7:52
85-77	Verbrugge Liberty		R	15	41:55	5:14	8:25

Top 5 Total Time:	2:56:39	Top 5 Average Time:	35:19
Top 5 Average per KM:	4:24	Top 5 Average Per MILE:	7:06
1 - 5 Split:	3:10	1 - 7 Split:	8:38
Top 7 Total Time:	4:17:43	Top 7 Average Time:	36:49

TEAM: TMU BOLD

SCORE: 369 PLACE: 12

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
75-71	Victoria Hebert		R	83	37:21	4:40	7:30
74-70	Tijana Panic		R	86	37:18	4:39	7:30
79-74	Olivia James		R	84	39:18	4:54	7:54
84-76	Jessica Ward		R	89	41:42	5:12	8:23
87-78	Brigitte Toljagic		R	88	44:20	5:32	8:55

Top 5 Total Time:	3:19:59	Top 5 Average Time:	39:59
Top 5 Average per KM:	4:59	Top 5 Average Per MILE:	8:02
1 - 5 Split:	7:02	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

2022 OUA Cross Country Championships

44th for Women, 107th for Men

2022-10-29

2022-10-29 - 2022-10-29

Thames Valley GC, London, ON

Event # 2 MENS 8Km Run

START @ 1:00pm

Conditions: sunny, 13°C

2nd year for 8K for Men at OUA

+ COURSE RECORD:Jeremy Coughler London-Western TFC 24:30.00 WI 2022

TEAM POINTS RECORD:Guelph Gryphons 16pts [1-2-3-4-6] 2010

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	MCMASTER MARAUDERS	20	1-2-3-6-8	32-36	2:04:16	3:07	24:52	0:35
2	QUEEN'S GAELS	51	4-5-7-10-25	26-30	2:06:26	3:10	25:18	1:21
3	GUELPH GRYPHONS	71	9-11-14-16-21	24	2:08:08	3:13	25:38	0:43
4	WESTERN MUSTANGS	117	15-18-19-27-38	39-45	2:10:49	3:17	26:10	1:09
5	LAKEHEAD THNDRWOLVES	169	17-22-29-49-52	57-67	2:13:22	3:21	26:41	1:47
6	WINDSOR LANCERS	182	12-13-35-58-64	74-87	2:13:59	3:21	26:48	2:57
7	OTTAWA GEE GEES	183	20-28-34-42-59	73-86	2:14:24	3:22	26:53	2:03
8	TORONTO VARSITYBLUES	186	23-33-41-43-46	51	2:14:05	3:22	26:49	1:09
9	WATERLOO WARRIORS	247	31-47-54-55-60	71-75	2:17:22	3:27	27:29	1:28
10	LAURIER GOLDEN HAWKS	271	44-48-56-61-62	69-76	2:18:45	3:29	27:45	1:10
11	BROCK BADGERS	286	37-53-63-65-68	70-78	2:19:49	3:30	27:58	1:45
12	LAURENTIAN VOYAGEURS	358	40-72-79-83-84	88-90	2:26:33	3:40	29:19	3:32
13	YORK LIONS	389	50-77-80-89-93		2:33:07	3:50	30:38	6:57
14	NIPISSING LAKERS	405	66-81-82-85-91	92	2:31:36	3:48	30:20	3:50
	TRENT EXCALIBUR		89-91-99					
	ALGOMA THUNDERBIRDS							
	TMU BOLD		82-96-98					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	187	Max Turek		E5	MCMASTER MARAUDERS	1	3:05	24:36
2	2	180	Andrew Davies		E4	MCMASTER MARAUDERS	2	3:06	24:41
3	3	181	Alex Drover		E5	MCMASTER MARAUDERS	3	3:07	24:49
4	4	209	Mitchell Kirby		E5	QUEEN'S GAELS	1	3:07	24:53
5	5	210	Roman Mironov		E2	QUEEN'S GAELS	2	3:07	24:55
6	6	179	Dylan Alick		E5	MCMASTER MARAUDERS	4	3:08	24:59
7	7	212	Jude Wheeler-Dee		E2	QUEEN'S GAELS	3	3:09	25:06
8	8	186	Sam Nusselder		E4	MCMASTER MARAUDERS	5	3:09	25:11
9	9	151	Christian Rachner		E2	GUELPH GRYPHONS	1	3:10	25:18
10	10	204	Miles Brackenbury		E3	QUEEN'S GAELS	4	3:10	25:18
11	11	150	Alec Purnell		E4	GUELPH GRYPHONS	2	3:11	25:21
12	12	255	Jonathan Rioux		E4	WINDSOR LANCERS	1	3:11	25:23
13	13	249	Cameron Cira		E5	WINDSOR LANCERS	2	3:11	25:27
14	14	143	Nicholas Bannon		E4	GUELPH GRYPHONS	3	3:13	25:40
15	15	247	Marcel Scheele		E3	WESTERN MUSTANGS	1	3:13	25:44
16	16	144	Max Davies		E2	GUELPH GRYPHONS	4	3:14	25:48
17	17	157	Connor MacIntosh		E4	LAKEHEAD THNDRWOLVES	1	3:14	25:48
18	18	241	Ben Fox		E2	WESTERN MUSTANGS	2	3:14	25:49
19	19	246	Mark Royce		E2	WESTERN MUSTANGS	3	3:14	25:52
20	20	196	Andre Alie-Lamarche		E4	OTTAWA GEE GEES	1	3:16	26:01

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Thames Valley GC, London, ON

Event # 2 MENS 8Km Run

START @ 1:00pm

Conditions: sunny, 13°C

2nd year for 8K for Men at OUA

+ COURSE RECORD:Jeremy Coughler London-Western TFC 24:30.00 WI 2022

TEAM POINTS RECORD:Guelph Gryphons 16pts [1-2-3-4-6] 2010

21	21	149	Gaetano Pocchi	R	GUELPH GRYPHONS	5	3:16	26:01
22	22	154	Jett Dobson	E2	LAKEHEAD THNDRWOLVES	2	3:16	26:02
23	23	226	Ben Shore	E4	TORONTO VARSITYBLUES	1	3:16	26:07
24	24	147	Jack Lehto	R	GUELPH GRYPHONS	6	3:17	26:09
25	25	211	Ben Miske	E2	QUEEN'S GAELS	5	3:17	26:14
26	26	208	Tanner Hueglin	R	QUEEN'S GAELS	6	3:19	26:25
27	27	240	Mitch De Lange	E5	WESTERN MUSTANGS	4	3:19	26:31
28	28	198	Adrian Fournier	E4	OTTAWA GEE GEES	2	3:20	26:33
29	29	155	Andrew Lehman	E2	LAKEHEAD THNDRWOLVES	3	3:20	26:33
30	30	205	Dan Coolican	E2	QUEEN'S GAELS	7	3:20	26:37
31	31	236	Adam Huras	E2	WATERLOO WARRIORS	1	3:20	26:39
32	32	185	David Marchant	E4	MCMASTER MARAUDERS	6	3:21	26:43
33	33	224	Adam Pralat	R	TORONTO VARSITYBLUES	2	3:21	26:43
34	34	201	Nicholas Roberts	E5	OTTAWA GEE GEES	3	3:21	26:45
35	35	253	Luke Mawhinney	E3	WINDSOR LANCERS	3	3:21	26:47
36	36	183	Chris Hoftzyer	E3	MCMASTER MARAUDERS	7	3:22	26:49
37	37	138	Joseph Dick	E4	BROCK BADGERS	1	3:22	26:50
38	38	248	Keithan Sivapragasam	E2	WESTERN MUSTANGS	5	3:22	26:53
39	39	245	Erik Ohrling	E4	WESTERN MUSTANGS	6	3:22	26:55
40	40	162	Seamus Doherty	R	LAURENTIAN VOYAGEURS	1	3:22	26:55
41	41	225	Brandon Raftis	E3	TORONTO VARSITYBLUES	3	3:22	26:57
42	42	195	Nicolas Abanto Enns	E3	OTTAWA GEE GEES	4	3:23	27:01
43	43	220	Jack Djondric-Powell	E1	TORONTO VARSITYBLUES	4	3:23	27:02
44	44	173	Rahil Kachalia	E4	LAURIER GOLDEN HAWKS	1	3:23	27:04
45	45	244	Ethan Loucks	E4	WESTERN MUSTANGS	7	3:24	27:09
46	46	222	Owen Moloney	E2	TORONTO VARSITYBLUES	5	3:25	27:16
47	47	233	Patrick Dean	E2	WATERLOO WARRIORS	2	3:25	27:17
48	48	178	Ian Young	E2	LAURIER GOLDEN HAWKS	2	3:25	27:18
49	49	153	Leif Buxton	E2	LAKEHEAD THNDRWOLVES	4	3:26	27:24
50	50	259	Abdullahi Abdullahi	E3	YORK LIONS	1	3:27	27:32
51	51	221	Anton Mlynczyk	E2	TORONTO VARSITYBLUES	6	3:27	27:33
52	52	158	William McDonough	E3	LAKEHEAD THNDRWOLVES	5	3:27	27:35
53	53	140	Isaac Iannarelli	E2	BROCK BADGERS	2	3:28	27:38
54	54	230	Emil Bjornlinger	E1	WATERLOO WARRIORS	3	3:28	27:39
55	55	234	Treshan Fernando	R	WATERLOO WARRIORS	4	3:28	27:40
56	56	170	Joel Duff	R	LAURIER GOLDEN HAWKS	3	3:30	27:56
57	57	156	Nicholas Lightwood	R	LAKEHEAD THNDRWOLVES	6	3:30	27:58
58	58	254	Paul Popescu	E2	WINDSOR LANCERS	4	3:31	28:02
59	59	203	Zach Sikka	R	OTTAWA GEE GEES	5	3:31	28:04
60	60	231	Massimo Calcagno	E2	WATERLOO WARRIORS	5	3:31	28:07
61	61	172	Eric Hill	E3	LAURIER GOLDEN HAWKS	4	3:32	28:13
62	62	169	Luke Aikman	E1	LAURIER GOLDEN HAWKS	5	3:32	28:14
63	63	137	Riley Coles	E2	BROCK BADGERS	3	3:33	28:18
64	64	256	Zach Staffell	E2	WINDSOR LANCERS	5	3:33	28:20

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START @ 1:00pm

Conditions: sunny, 13°C

2nd year for 8K for Men at OUA

+ COURSE RECORD:Jeremy Coughler London-Western TFC 24:30.00 WI 2022

TEAM POINTS RECORD:Guelph Gryphons 16pts [1-2-3-4-6] 2010

65	65	141	Christian Ligtenberg	E3	BROCK BADGERS	4	3:34	28:28
66	66	189	Ethan Aarts	E2	NIPISSING LAKERS	1	3:34	28:29
67	67	159	Aiden Webster	E2	LAKEHEAD THNDRWOLVES	7	3:35	28:33
68	68	139	Davis Fowler	E3	BROCK BADGERS	5	3:35	28:35
69	69	176	Davis Rutledge	E2	LAURIER GOLDEN HAWKS	6	3:37	28:49
70	70	142	Nick Reimer	E3	BROCK BADGERS	6	3:38	29:01
71	71	235	Emrys Halbertsma	E2	WATERLOO WARRIORS	6	3:38	29:01
72	72	164	Nick Lambert	E3	LAURENTIAN VOYAGEURS	2	3:38	29:02
73	73	200	Fred Parent	E1	OTTAWA GEE GEES	6	3:39	29:06
74	74	257	Andrew Taylor	E2	WINDSOR LANCERS	6	3:39	29:09
75	75	232	Cameron Dean	E3	WATERLOO WARRIORS	7	3:40	29:17
76	76	171	Jordan Frieberg	E2	LAURIER GOLDEN HAWKS	7	3:40	29:18
77	77	260	Christopher Basso	E3	YORK LIONS	2	3:42	29:32
78	78	135	Jacob Bray	E3	BROCK BADGERS	7	3:44	29:49
79	79	165	Patrick Leroux	E2	LAURENTIAN VOYAGEURS	3	3:44	29:52
80	80	264	Chase Kuchera	R	YORK LIONS	3	3:45	29:58
81	81	190	Samuel Bennett	R	NIPISSING LAKERS	2	3:46	30:07
82		214	Jack Heintz	R	TMU BOLD	1	3:46	30:07
83	82	194	Noah Sullivan	E2	NIPISSING LAKERS	3	3:46	30:07
84	83	161	Cameron Date	E3	LAURENTIAN VOYAGEURS	4	3:48	30:17
85	84	167	Brandon Radey	R	LAURENTIAN VOYAGEURS	5	3:49	30:27
86	85	193	George Legler	R	NIPISSING LAKERS	4	3:50	30:34
87	86	199	Nathan Meraw	E3	OTTAWA GEE GEES	7	3:51	30:44
88	87	250	Brayden DeGrace	E3	WINDSOR LANCERS	7	3:51	30:45
89		229	Keegan Sayles	R	TRENT EXCALIBUR	1	3:54	31:08
90	88	160	Travis Annett	R	LAURENTIAN VOYAGEURS	6	3:55	31:14
91		227	Payton Kettle	R	TRENT EXCALIBUR	2	3:56	31:21
92	89	261	Nicholas Campese	E1	YORK LIONS	4	3:57	31:36
93	90	168	Kevin Yuan	R	LAURENTIAN VOYAGEURS	7	3:58	31:43
94	91	191	Noah Cornish	E3	NIPISSING LAKERS	5	4:03	32:19
95	92	192	Oliver Czerny-Holownia	E2	NIPISSING LAKERS	6	4:04	32:32
96		213	Christian Barida	R	TMU BOLD	2	4:05	32:38
97	93	263	Ethan D'Cruz	E2	YORK LIONS	5	4:19	34:29
98		215	Sam Mamelli	E1	TMU BOLD	3	4:28	35:41
99		228	Carter Myles	R	TRENT EXCALIBUR	3	4:59	39:46
100		133	Mark Jobst	E1	ALGOMA THUNDERBIRDS			DNF
101		218	Nima Ashtari	E2	TORONTO VARSITYBLUES			DNF
102		146	Gavin Hughes	E5	GUELPH GRYPHONS			DNF

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TEAM: MCMASTER MARAUDERS SCORE: 20 PLACE: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Alex Drover		E5	181	24:49	3:07	5:00
2-2	Andrew Davies		E4	180	24:41	3:06	4:58
1-1	Max Turek		E5	187	24:36	3:05	4:57
6-6	Dylan Alick		E5	179	24:59	3:08	5:02
8-8	Sam Nusselder		E4	186	25:11	3:09	5:04
32-32	David Marchant		E4	185	26:43	3:21	5:23
36-36	Chris Hoftzyer		E3	183	26:49	3:22	5:24
Top 5 Total Time:		2:04:16	Top 5 Average Time:		24:52		
Top 5 Average per KM:		3:07	Top 5 Average Per MILE:		5:00		
1 - 5 Split:		0:35	1 - 7 Split:		2:13		
Top 7 Total Time:		2:57:48	Top 7 Average Time:		25:24		

TEAM: QUEEN'S GAELS SCORE: 51 PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Mitchell Kirby		E5	209	24:53	3:07	5:01
5-5	Roman Mironov		E2	210	24:55	3:07	5:01
7-7	Jude Wheeler-Dee		E2	212	25:06	3:09	5:03
10-10	Miles Brackenbury		E3	204	25:18	3:10	5:06
26-26	Tanner Hueglin		R	208	26:25	3:19	5:19
25-25	Ben Miske		E2	211	26:14	3:17	5:17
30-30	Dan Coolican		E2	205	26:37	3:20	5:22
Top 5 Total Time:		2:06:26	Top 5 Average Time:		25:18		
Top 5 Average per KM:		3:10	Top 5 Average Per MILE:		5:06		
1 - 5 Split:		1:21	1 - 7 Split:		1:44		
Top 7 Total Time:		2:59:28	Top 7 Average Time:		25:39		

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Thames Valley GC, London, ON

TEAM: GUELPH GRYPHONS SCORE: 71 PLACE: 3

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Christian Rachner		E2	151	25:18	3:10	5:06
11-11	Alec Purnell		E4	150	25:21	3:11	5:06
14-14	Nicholas Bannon		E4	143	25:40	3:13	5:10
16-16	Max Davies		E2	144	25:48	3:14	5:12
21-21	Gaetano Pocchi		R	149	26:01	3:16	5:15
24-24	Jack Lehto		R	147	26:09	3:17	5:16
	Gavin Hughes		E5	146	DNF		
Top 5 Total Time:		2:08:08			Top 5 Average Time:	25:38	
Top 5 Average per KM:		3:13			Top 5 Average Per MILE:	5:10	
1 - 5 Split:		0:43			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: WESTERN MUSTANGS SCORE: 117 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
15-15	Marcel Scheele		E3	247	25:44	3:13	5:11
19-19	Mark Royce		E2	246	25:52	3:14	5:13
18-18	Ben Fox		E2	241	25:49	3:14	5:12
27-27	Mitch De Lange		E5	240	26:31	3:19	5:21
39-39	Erik Ohrling		E4	245	26:55	3:22	5:25
38-38	Keithan Sivapragasam		E2	248	26:53	3:22	5:25
45-45	Ethan Loucks		E4	244	27:09	3:24	5:28
Top 5 Total Time:		2:10:49			Top 5 Average Time:	26:10	
Top 5 Average per KM:		3:17			Top 5 Average Per MILE:	5:16	
1 - 5 Split:		1:09			1 - 7 Split:	1:25	
Top 7 Total Time:		3:4:53			Top 7 Average Time:	26:25	

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TEAM: LAKEHEAD THNDRWOLVES SCORE: 169 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-17	Connor MacIntosh		E4	157	25:48	3:14	5:12
22-22	Jett Dobson		E2	154	26:02	3:16	5:15
29-29	Andrew Lehman		E2	155	26:33	3:20	5:21
49-49	Leif Buxton		E2	153	27:24	3:26	5:31
52-52	William McDonough		E3	158	27:35	3:27	5:33
57-57	Nicholas Lightwood		R	156	27:58	3:30	5:38
67-67	Aiden Webster		E2	159	28:33	3:35	5:45
Top 5 Total Time:		2:13:22			Top 5 Average Time:	26:41	
Top 5 Average per KM:		3:21			Top 5 Average Per MILE:	5:22	
1 - 5 Split:		1:47			1 - 7 Split:	2:45	
Top 7 Total Time:		3:9:53			Top 7 Average Time:	27:08	

TEAM: WINDSOR LANCERS SCORE: 182 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
13-13	Cameron Cira		E5	249	25:27	3:11	5:08
12-12	Jonathan Rioux		E4	255	25:23	3:11	5:07
35-35	Luke Mawhinney		E3	253	26:47	3:21	5:24
58-58	Paul Popescu		E2	254	28:02	3:31	5:39
64-64	Zach Staffell		E2	256	28:20	3:33	5:42
74-74	Andrew Taylor		E2	257	29:09	3:39	5:52
88-87	Brayden DeGrace		E3	250	30:45	3:51	6:12
Top 5 Total Time:		2:13:59			Top 5 Average Time:	26:48	
Top 5 Average per KM:		3:21			Top 5 Average Per MILE:	5:24	
1 - 5 Split:		2:57			1 - 7 Split:	5:22	
Top 7 Total Time:		3:13:53			Top 7 Average Time:	27:42	

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TEAM: OTTAWA GEE GEES SCORE: 183 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
20-20	Andre Alie-Lamarche		E4	196	26:01	3:16	5:15
28-28	Adrian Fournier		E4	198	26:33	3:20	5:21
34-34	Nicholas Roberts		E5	201	26:45	3:21	5:23
42-42	Nicolas Abanto Enns		E3	195	27:01	3:23	5:27
59-59	Zach Sikka		R	203	28:04	3:31	5:39
73-73	Fred Parent		E1	200	29:06	3:39	5:52
87-86	Nathan Meraw		E3	199	30:44	3:51	6:11
Top 5 Total Time:		2:14:24			Top 5 Average Time:	26:53	
Top 5 Average per KM:		3:22			Top 5 Average Per MILE:	5:25	
1 - 5 Split:		2:03			1 - 7 Split:	4:43	
Top 7 Total Time:		3:14:14			Top 7 Average Time:	27:45	

TEAM: TORONTO VARSITYBLUES SCORE: 186 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
23-23	Ben Shore		E4	226	26:07	3:16	5:16
33-33	Adam Pralat		R	224	26:43	3:21	5:23
41-41	Brandon Raftis		E3	225	26:57	3:23	5:26
43-43	Jack Djondric-Powell		E1	220	27:02	3:23	5:27
46-46	Owen Moloney		E2	222	27:16	3:25	5:30
51-51	Anton Mlynczyk		E2	221	27:33	3:27	5:33
	Nima Ashtari		E2	218	DNF		
Top 5 Total Time:		2:14:05			Top 5 Average Time:	26:49	
Top 5 Average per KM:		3:22			Top 5 Average Per MILE:	5:24	
1 - 5 Split:		1:09			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM: WATERLOO WARRIORS SCORE: 247 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
31-31	Adam Huras		E2	236	26:39	3:20	5:22
47-47	Patrick Dean		E2	233	27:17	3:25	5:30
54-54	Emil Bjornlinger		E1	230	27:39	3:28	5:34
55-55	Treshan Fernando		R	234	27:40	3:28	5:34
60-60	Massimo Calcagno		E2	231	28:07	3:31	5:40
71-71	Emrys Halbertsma		E2	235	29:01	3:38	5:51
75-75	Cameron Dean		E3	232	29:17	3:40	5:54
Top 5 Total Time:		2:17:22	Top 5 Average Time:		27:29		
Top 5 Average per KM:		3:27	Top 5 Average Per MILE:		5:32		
1 - 5 Split:		1:28	1 - 7 Split:		2:38		
Top 7 Total Time:		3:15:40	Top 7 Average Time:		27:58		

TEAM: LAURIER GOLDEN HAWKS SCORE: 271 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
44-44	Rahil Kachalia		E4	173	27:04	3:23	5:27
48-48	Ian Young		E2	178	27:18	3:25	5:30
56-56	Joel Duff		R	170	27:56	3:30	5:38
62-62	Luke Aikman		E1	169	28:14	3:32	5:41
61-61	Eric Hill		E3	172	28:13	3:32	5:41
69-69	Davis Rutledge		E2	176	28:49	3:37	5:48
76-76	Jordan Frieberg		E2	171	29:18	3:40	5:54
Top 5 Total Time:		2:18:45	Top 5 Average Time:		27:45		
Top 5 Average per KM:		3:29	Top 5 Average Per MILE:		5:35		
1 - 5 Split:		1:10	1 - 7 Split:		2:14		
Top 7 Total Time:		3:16:52	Top 7 Average Time:		28:08		

2022 OUA Cross Country Championships

44th for Women, 107th for Men

2022-10-29

2022-10-29 - 2022-10-29

Thames Valley GC, London, ON

TEAM: BROCK BADGERS SCORE: 286 PLACE: 11

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
37-37	Joseph Dick		E4	138	26:50	3:22	5:24
53-53	Isaac Iannarelli		E2	140	27:38	3:28	5:34
63-63	Riley Coles		E2	137	28:18	3:33	5:42
65-65	Christian Ligtenberg		E3	141	28:28	3:34	5:44
68-68	Davis Fowler		E3	139	28:35	3:35	5:45
=====							
70-70	Nick Reimer		E3	142	29:01	3:38	5:51
78-78	Jacob Bray		E3	135	29:49	3:44	6:00
=====							
Top 5 Total Time:		2:19:49			Top 5 Average Time:		27:58
Top 5 Average per KM:		3:30			Top 5 Average Per MILE:		5:38
1 - 5 Split:		1:45			1 - 7 Split:		2:59
Top 7 Total Time:		3:18:39			Top 7 Average Time:		28:23

TEAM: LAURENTIAN VOYAGEURS SCORE: 358 PLACE: 12

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
40-40	Seamus Doherty		R	162	26:55	3:22	5:25
72-72	Nick Lambert		E3	164	29:02	3:38	5:51
79-79	Patrick Leroux		E2	165	29:52	3:44	6:01
84-83	Cameron Date		E3	161	30:17	3:48	6:06
85-84	Brandon Radey		R	167	30:27	3:49	6:08
=====							
90-88	Travis Annett		R	160	31:14	3:55	6:17
93-90	Kevin Yuan		R	168	31:43	3:58	6:23
=====							
Top 5 Total Time:		2:26:33			Top 5 Average Time:		29:19
Top 5 Average per KM:		3:40			Top 5 Average Per MILE:		5:54
1 - 5 Split:		3:32			1 - 7 Split:		4:48
Top 7 Total Time:		3:29:30			Top 7 Average Time:		29:56

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Thames Valley GC, London, ON

TEAM: YORK LIONS SCORE: 389 PLACE: 13

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
50-50	Abdullahi Abdullahi		E3	259	27:32	3:27	5:33
77-77	Christopher Basso		E3	260	29:32	3:42	5:57
80-80	Chase Kuchera		R	264	29:58	3:45	6:02
92-89	Nicholas Campese		E1	261	31:36	3:57	6:22
97-93	Ethan D'Cruz		E2	263	34:29	4:19	6:57

Top 5 Total Time:	2:33:07	Top 5 Average Time:	30:38
Top 5 Average per KM:	3:50	Top 5 Average Per MILE:	6:10
1 - 5 Split:	6:57	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM: NIPISSING LAKERS SCORE: 405 PLACE: 14

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
66-66	Ethan Aarts		E2	189	28:29	3:34	5:44
81-81	Samuel Bennett		R	190	30:07	3:46	6:04
83-82	Noah Sullivan		E2	194	30:07	3:46	6:04
86-85	George Legler		R	193	30:34	3:50	6:09
95-92	Oliver Czerny-Holownia		E2	192	32:32	4:04	6:33

94-91	Noah Cornish		E3	191	32:19	4:03	6:31
Top 5 Total Time:	2:31:36	Top 5 Average Time:	30:20				
Top 5 Average per KM:	3:48	Top 5 Average Per MILE:	6:06				
1 - 5 Split:	3:50	1 - 7 Split:					
Top 7 Total Time:		Top 7 Average Time:					