

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

2025-09-20

2025-09-20 - 2025-09-20

50th year for this meet / 39th @ TVGC
Timing & Scoring by SportMadeSimple**Event # 1 WOMENS 8Km Run**

START @ 10:00am

Conditions: sunny breezy 14°C

MEET RECORD:Stephanie Aldea Harbour TC 29:24.00 24-Sep2022

& COURSE RECORD:Brogan MacDougall Queen's Gaels 28:03.00 27-Oct2018

\$ POINTS RECORD:Osaka Japan '02 McMaster 2010 28 pts

% TEAM TIME RECORD:Guelph Gryphons 1:47:33 [sum of 5] avg 21:30 for 5 CIS 2013

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	ST FX X-WOMEN	48	2-6-8-9-23	33	2:31:17	3:47	30:16	1:41
2	WINDSOR LANCERS	71	5-7-14-15-30	34-38	2:32:55	3:50	30:35	1:51
3	MCMASTER MARAUDERS	82	11-13-17-20-21	25-26	2:33:33	3:51	30:43	0:44
4	GUELPH GRYPHONS	95	1-18-19-28-29	35-37	2:33:34	3:51	30:43	2:54
5	WESTERN MUSTANGS	145	3-24-31-43-44	45-46	2:37:46	3:57	31:34	2:45
6	TORONTO VARSITY BLUE	151	4-22-27-48-50	53-54	2:38:00	3:57	31:36	3:03
7	UNB REDS	152	12-16-32-40-52		2:38:28	3:58	31:42	2:46
8	WATERLOO WARRIORS	201	10-36-47-51-57	59	2:42:18	4:04	32:28	3:53
9	LAURIER GOLDEN HAWKS	249	39-41-55-56-58	63-64	2:46:17	4:10	33:16	2:00
10	YORK LIONS	301	42-60-62-67-70		2:58:44	4:29	35:45	8:15
11	LAURENTIAN VOYAGEURS	309	49-61-65-66-68	69	2:55:53	4:24	35:11	3:41
	NIPISSING LAKERS		69-73-84-94					
	TRENT EXCALIBUR		88-90-98-99					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	17	Alexandra McDougall		E4	GUELPH GRYPHONS	1	3:37	28:49 #
2	2	62	Eileen Benoit		E5	ST FX X-WOMEN	1	3:42	29:33
3	3	103	Victoria Lamb		E5	WESTERN MUSTANGS	1	3:43	29:41
4	4	68	Julia Agostinelli		E5	TORONTO VARSITY BLUE	1	3:44	29:51
5	5	118	Samara Quanz		E4	WINDSOR LANCERS	1	3:45	29:59
6	6	61	Caroline Ash		E4	ST FX X-WOMEN	2	3:46	30:04
7	7	111	Natalie Fortier		E3	WINDSOR LANCERS	2	3:46	30:07
8	8	66	Poppy Moon		E2	ST FX X-WOMEN	3	3:47	30:13
9	9	64	Caden Lee		E4	ST FX X-WOMEN	4	3:47	30:13
10	10	87	Paige Breedon		E4	WATERLOO WARRIORS	1	3:48	30:19
11	11	48	Emma Elliott		E4	MCMASTER MARAUDERS	1	3:48	30:22
12	12	86	Nikolina Kapovic		R	UNB REDS	1	3:48	30:24
13	13	51	Ella Madsen		E3	MCMASTER MARAUDERS	2	3:49	30:27
14	14	115	Sian Kniaziew		E2	WINDSOR LANCERS	3	3:49	30:28
15	15	117	Joelle Olla		E4	WINDSOR LANCERS	4	3:49	30:31
16	16	85	Bridget Jeffrey		R	UNB REDS	2	3:50	30:35
17	17	55	Sophie Trott		E3	MCMASTER MARAUDERS	3	3:50	30:40
18	18	13	Jocelyn Giannotti		E2	GUELPH GRYPHONS	2	3:51	30:42
19	19	14	Michelle Gray		E4	GUELPH GRYPHONS	3	3:52	30:54
20	20	52	Kayla Overholt		E4	MCMASTER MARAUDERS	4	3:53	30:58
21	21	46	Kaitlin Campagna		E3	MCMASTER MARAUDERS	5	3:54	31:06

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22	22	75	Sarah White	E4	TORONTO VARSITY BLUE	2	3:55	31:14
23	23	67	Sarah Watson	E3	ST FX X-WOMEN	5	3:55	31:14
24	24	99	Clara Fava	E2	WESTERN MUSTANGS	2	3:55	31:18
25	25	50	Olivia MacAskill	E5	MCMASTER MARAUDERS	6	3:55	31:20
26	26	45	Mikayla Battams	E4	MCMASTER MARAUDERS	7	3:56	31:22
27	27	69	Liana De Medeiros	E2	TORONTO VARSITY BLUE	3	3:56	31:23
28	28	21	Leah Stapelton	E3	GUELPH GRYPHONS	4	3:56	31:26
29		53	Maya Parkin	E4	MCMASTER MARAUDERS	8	3:57	31:30
30	29	16	Anna May	E3	GUELPH GRYPHONS	5	3:58	31:43
31	30	109	Natalie Adam	E2	WINDSOR LANCERS	5	3:59	31:50
32	31	100	Erika Gordon	R	WESTERN MUSTANGS	3	4:00	31:55
33	32	83	Ivy Bialowas	E5	UNB REDS	3	4:00	31:56
34	33	65	Hannah McIntyre	E3	ST FX X-WOMEN	6	4:00	32:00
35		47	Chloe DiLalla	E2	MCMASTER MARAUDERS	9	4:01	32:01
36	34	122	Nicole Seagris	E2	WINDSOR LANCERS	6	4:01	32:04
37	35	18	Maeve Pestonji	E4	GUELPH GRYPHONS	6	4:01	32:05
38	36	91	Natalie Tsang	E4	WATERLOO WARRIORS	2	4:01	32:08
39	37	15	Nicole Hartnell	E3	GUELPH GRYPHONS	7	4:02	32:11
40		49	Florina Keller	E3	MCMASTER MARAUDERS	10	4:02	32:15
41	38	123	Cadence Tait	R	WINDSOR LANCERS	7	4:02	32:16
42	39	41	Nicole Schindler	E5	LAURIER GOLDEN HAWKS	1	4:02	32:16
43		119	Ainsley Rocheleau	E4	WINDSOR LANCERS	8	4:03	32:18
44	40	82	Georgia Bernhard	E4	UNB REDS	4	4:03	32:23
45	41	33	Sabrina Arena	E3	LAURIER GOLDEN HAWKS	2	4:03	32:23
46	42	124	Riyaa Balakrishnan	E2	YORK LIONS	1	4:03	32:23
47	43	98	Zaira Chaudhry	R	WESTERN MUSTANGS	4	4:04	32:26
48	44	102	Claire Hickey	E2	WESTERN MUSTANGS	5	4:04	32:26
49	45	96	Veronica Boyle	E2	WESTERN MUSTANGS	6	4:04	32:28
50	46	101	Juliana Hendrikx	E4	WESTERN MUSTANGS	7	4:05	32:33
51	47	92	Claire Vernon-Pope	E5	WATERLOO WARRIORS	3	4:05	32:34
52	48	72	Claire Nolet	E3	TORONTO VARSITY BLUE	4	4:05	32:38
53		94	Lauren Alexander	E2	WESTERN MUSTANGS	8	4:10	33:20
54	49	28	Abby Lanteigne	E2	LAURENTIAN VOYAGEURS	1	4:07	32:51
55	50	70	Kaitlyn Koyanagi	E2	TORONTO VARSITY BLUE	5	4:07	32:54
56		12	Hayley Fraser	R	GUELPH GRYPHONS	8	4:07	32:55
57		20	Brooke Spina	E3	GUELPH GRYPHONS	9	4:08	33:02
58	51	90	Emma Molloy	E3	WATERLOO WARRIORS	4	4:09	33:05
59	52	84	Ava Goncalves	E3	UNB REDS	5	4:09	33:10
60		113	Ella Heredi	E2	WINDSOR LANCERS	9	4:09	33:10
61		106	Charlotte Piscione	R	WESTERN MUSTANGS	9	4:10	33:20

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62		121	Julia Scarrow	E2	WINDSOR LANCERS	10	4:11	33:22
63		107	Brooke Power	E3	WESTERN MUSTANGS	10	4:11	33:27
64		22	Grace Wheeler	E3	GUELPH GRYPHONS	10	4:11	33:28
65	53	71	Avery Murrell	E3	TORONTO VARSITY BLUE	6	4:12	33:35
66	54	74	Yiru Wang	E2	TORONTO VARSITY BLUE	7	4:12	33:35
67	55	44	Alyssa Zinn	E3	LAURIER GOLDEN HAWKS	3	4:13	33:38
68	56	36	Piper Lafayette	E5	LAURIER GOLDEN HAWKS	4	4:13	33:44
69		59	Mia Smith	E1	NIPISSING LAKERS	1	4:16	34:05
70		97	Lilly Brydon	R	WESTERN MUSTANGS	11	4:16	34:07
71	57	89	Hannah Johnson	E2	WATERLOO WARRIORS	5	4:17	34:12
72	58	34	Tegan Ceccanese	E3	LAURIER GOLDEN HAWKS	5	4:17	34:16
73		58	Mackenzie Green	E2	NIPISSING LAKERS	2	4:18	34:17
74		110	Sarah Edwards	R	WINDSOR LANCERS	11	4:18	34:23
75	59	88	Abbey Davis	E5	WATERLOO WARRIORS	6	4:18	34:24
76	60	128	Ava Sparkes	E3	YORK LIONS	2	4:19	34:25
77	61	31	Valerie Vaillancourt	R	LAURENTIAN VOYAGEURS	2	4:22	34:51
78	62	125	Malak Elghobashy	E3	YORK LIONS	3	4:22	34:55
79		112	Selena Guarasci	R	WINDSOR LANCERS	12	4:23	35:02
80		73	Shelby Spencer	E3	TORONTO VARSITY BLUE	8	4:24	35:07
81	63	32	Casey Archer	R	LAURIER GOLDEN HAWKS	6	4:28	35:40
82	64	40	Alice Roy	R	LAURIER GOLDEN HAWKS	7	4:28	35:41
83	65	29	Georgia Lepage	E2	LAURENTIAN VOYAGEURS	3	4:28	35:43
84		57	Charlotte Ailey	R	NIPISSING LAKERS	3	4:29	35:49
85	66	27	Charlotte Grenier	E3	LAURENTIAN VOYAGEURS	4	4:30	35:56
86	67	127	Teresa Muggeridge	E4	YORK LIONS	4	4:33	36:23
87	68	24	Charli Borak	R	LAURENTIAN VOYAGEURS	5	4:34	36:32
88		76	Frances Emery	E1	TRENT EXCALIBUR	1	4:37	36:56
89		38	Maya Robinson	E4	LAURIER GOLDEN HAWKS	8	4:42	37:30
90		79	Emily McCormack	E1	TRENT EXCALIBUR	2	4:42	37:32
91		35	Grace Channell	E4	LAURIER GOLDEN HAWKS	9	4:43	37:40
92	69	26	Ariel Gibbons	E2	LAURENTIAN VOYAGEURS	6	4:46	38:02
93		37	Brooklyn Ralph	R	LAURIER GOLDEN HAWKS	10	4:49	38:28
94		60	Kikiana Tsuruta	R	NIPISSING LAKERS	4	5:00	39:54
95	70	130	Jennifer Ward	E4	YORK LIONS	5	5:05	40:38
96		42	Sydney Shipp	R	LAURIER GOLDEN HAWKS	11	5:11	41:28
97		43	Charlotte Watchorn	R	LAURIER GOLDEN HAWKS	12	5:15	41:55
98		81	Serena Rount	R	TRENT EXCALIBUR	3	5:19	42:26
99		80	Chloe Morrison	R	TRENT EXCALIBUR	4	5:56	47:26
100		120	Sylvia Ross	R	WINDSOR LANCERS			DNF

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Timing & Scoring by SportMadeSimple**TEAM: ST FX X-WOMEN****SCORE: 48****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Eileen Benoit		E5	62	29:33	3:42	5:57
6-6	Caroline Ash		E4	61	30:04	3:46	6:03
9-9	Caden Lee		E4	64	30:13	3:47	6:05
8-8	Poppy Moon		E2	66	30:13	3:47	6:05
23-23	Sarah Watson		E3	67	31:14	3:55	6:17
=====							
34-33	Hannah McIntyre		E3	65	32:00	4:00	6:27
Top 5 Total Time:		2:31:17	Top 5 Average Time:		30:16		
Top 5 Average per KM:		3:47	Top 5 Average Per MILE:		6:06		
1 - 5 Split:		1:41	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

TEAM: WINDSOR LANCERS**SCORE: 71****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Samara Quanz		E4	118	29:59	3:45	6:02
7-7	Natalie Fortier		E3	111	30:07	3:46	6:04
14-14	Sian Kniaziew		E2	115	30:28	3:49	6:08
15-15	Joelle Olla		E4	117	30:31	3:49	6:09
31-30	Natalie Adam		E2	109	31:50	3:59	6:25
=====							
36-34	Nicole Seagris		E2	122	32:04	4:01	6:28
41-38	Cadence Tait		R	123	32:16	4:02	6:30
=====							
43-43	Ainsley Rocheleau		E4	119	32:18	4:03	6:30
59-59	Ella Heredi		E2	113	33:10	4:09	6:41
62-62	Julia Scarrow		E2	121	33:22	4:11	6:43
74-74	Sarah Edwards		R	110	34:23	4:18	6:56
79-79	Selena Guarasci		R	112	35:02	4:23	7:03
	Sylvia Ross		R	120	DNF		
Top 5 Total Time:		2:32:55	Top 5 Average Time:		30:35		
Top 5 Average per KM:		3:50	Top 5 Average Per MILE:		6:10		
1 - 5 Split:		1:51	1 - 7 Split:		2:17		
Top 7 Total Time:		3:37:15	Top 7 Average Time:		31:03		

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OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Emma Elliott		E4	48	30:22	3:48	6:07
13-13	Ella Madsen		E3	51	30:27	3:49	6:08
17-17	Sophie Trott		E3	55	30:40	3:50	6:11
20-20	Kayla Overholt		E4	52	30:58	3:53	6:14
21-21	Kaitlin Campagna		E3	46	31:06	3:54	6:16
=====							
26-26	Mikayla Battams		E4	45	31:22	3:56	6:19
25-25	Olivia MacAskill		E5	50	31:20	3:55	6:19
=====							
29-29	Maya Parkin		E4	53	31:30	3:57	6:21
35-35	Chloe DiLalla		E2	47	32:01	4:01	6:27
40-40	Florina Keller		E3	49	32:15	4:02	6:30
Top 5 Total Time:		2:33:33	Top 5 Average Time:		30:43		
Top 5 Average per KM:		3:51	Top 5 Average Per MILE:		6:11		
1 - 5 Split:		0:44	1 - 7 Split:		1:00		
Top 7 Total Time:		3:36:15	Top 7 Average Time:		30:54		

TEAM: GUELPH GRYPHONS**SCORE: 95****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Alexandra McDougall		E4	17	28:49	3:37	5:48
18-18	Jocelyn Giannotti		E2	13	30:42	3:51	6:11
19-19	Michelle Gray		E4	14	30:54	3:52	6:13
28-28	Leah Stapelton		E3	21	31:26	3:56	6:20
30-29	Anna May		E3	16	31:43	3:58	6:23
=====							
37-35	Maeve Pestonji		E4	18	32:05	4:01	6:28
39-37	Nicole Hartnell		E3	15	32:11	4:02	6:29
=====							
56-56	Brooke Spina		E3	20	33:02	4:08	6:39
55-55	Hayley Fraser		R	12	32:55	4:07	6:38
64-64	Grace Wheeler		E3	22	33:28	4:11	6:44
Top 5 Total Time:		2:33:34	Top 5 Average Time:		30:43		
Top 5 Average per KM:		3:51	Top 5 Average Per MILE:		6:11		
1 - 5 Split:		2:54	1 - 7 Split:		3:22		
Top 7 Total Time:		3:37:50	Top 7 Average Time:		31:08		

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OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Victoria Lamb		E5	103	29:41	3:43	5:59
24-24	Clara Fava		E2	99	31:18	3:55	6:18
32-31	Erika Gordon		R	100	31:55	4:00	6:26
47-43	Zaira Chaudhry		R	98	32:26	4:04	6:32
48-44	Claire Hickey		E2	102	32:26	4:04	6:32
=====							
50-46	Juliana Hendrixx		E4	101	32:33	4:05	6:33
49-45	Veronica Boyle		E2	96	32:28	4:04	6:32
=====							
52-61	Lauren Alexander		E2	94	33:20	4:10	6:43
60-60	Charlotte Piscione		R	106	33:20	4:10	6:43
63-63	Brooke Power		E3	107	33:27	4:11	6:44
70-70	Lilly Brydon		R	97	34:07	4:16	6:52
Top 5 Total Time:		2:37:46	Top 5 Average Time:		31:34		
Top 5 Average per KM:		3:57	Top 5 Average Per MILE:		6:21		
1 - 5 Split:		2:45	1 - 7 Split:		2:52		
Top 7 Total Time:		3:42:47	Top 7 Average Time:		31:50		

TEAM: TORONTO VARSITY BLUE**SCORE: 151****PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Julia Agostinelli		E5	68	29:51	3:44	6:01
22-22	Sarah White		E4	75	31:14	3:55	6:17
27-27	Liana De Medeiros		E2	69	31:23	3:56	6:19
52-48	Claire Nolet		E3	72	32:38	4:05	6:34
54-50	Kaitlyn Koyanagi		E2	70	32:54	4:07	6:38
=====							
65-53	Avery Murrell		E3	71	33:35	4:12	6:46
66-54	Yiru Wang		E2	74	33:35	4:12	6:46
=====							
80-80	Shelby Spencer		E3	73	35:07	4:24	7:04
Top 5 Total Time:		2:38:00	Top 5 Average Time:		31:36		
Top 5 Average per KM:		3:57	Top 5 Average Per MILE:		6:22		
1 - 5 Split:		3:03	1 - 7 Split:		3:44		
Top 7 Total Time:		3:45:10	Top 7 Average Time:		32:10		

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OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
12-12	Nikolina Kapovic		R	86	30:24	3:48	6:07
16-16	Bridget Jeffrey		R	85	30:35	3:50	6:10
33-32	Ivy Bialowas		E5	83	31:56	4:00	6:26
44-40	Georgia Bernhard		E4	82	32:23	4:03	6:31
58-52	Ava Goncalves		E3	84	33:10	4:09	6:41
=====							
Top 5 Total Time:		2:38:28		Top 5 Average Time:		31:42	
Top 5 Average per KM:		3:58		Top 5 Average Per MILE:		6:23	
1 - 5 Split:		2:46		1 - 7 Split:			
Top 7 Total Time:		Top 7 Average Time:					

TEAM: WATERLOO WARRIORS**SCORE: 201 PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Paige Breedon		E4	87	30:19	3:48	6:06
38-36	Natalie Tsang		E4	91	32:08	4:01	6:28
51-47	Claire Vernon-Pope		E5	92	32:34	4:05	6:34
57-51	Emma Molloy		E3	90	33:05	4:09	6:40
71-57	Hannah Johnson		E2	89	34:12	4:17	6:53
=====							
75-59	Abbey Davis		E5	88	34:24	4:18	6:56
Top 5 Total Time:		2:42:18	Top 5 Average Time:		32:28		
Top 5 Average per KM:		4:04	Top 5 Average Per MILE:		6:32		
1 - 5 Split:		3:53	1 - 7 Split:				
Top 7 Total Time:		Top 7 Average Time:					

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50th year for this meet / 39th @ TVGC
Timing & Scoring by SportMadeSimple**TEAM: LAURIER GOLDEN HAWKS****SCORE: 249****PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
42-39	Nicole Schindler		E5	41	32:16	4:02	6:30
45-41	Sabrina Arena		E3	33	32:23	4:03	6:31
67-55	Alyssa Zinn		E3	44	33:38	4:13	6:46
68-56	Piper Lafayette		E5	36	33:44	4:13	6:48
72-58	Tegan Ceccanese		E3	34	34:16	4:17	6:54
=====							
82-64	Alice Roy		R	40	35:41	4:28	7:11
81-63	Casey Archer		R	32	35:40	4:28	7:11
=====							
89-89	Maya Robinson		E4	38	37:30	4:42	7:33
91-91	Grace Channell		E4	35	37:40	4:43	7:35
93-93	Brooklyn Ralph		R	37	38:28	4:49	7:45
96-96	Sydney Shipp		R	42	41:28	5:11	8:21
97-97	Charlotte Watchorn		R	43	41:55	5:15	8:26
Top 5 Total Time:		2:46:17	Top 5 Average Time:		33:16		
Top 5 Average per KM:		4:10	Top 5 Average Per MILE:		6:42		
1 - 5 Split:		2:00	1 - 7 Split:		3:25		
Top 7 Total Time:		3:57:38	Top 7 Average Time:		33:57		

TEAM: YORK LIONS**SCORE: 301****PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
46-42	Riyaa Balakrishnan		E2	124	32:23	4:03	6:31
76-60	Ava Sparkes		E3	128	34:25	4:19	6:56
78-62	Malak Elghobashy		E3	125	34:55	4:22	7:02
86-67	Teresa Muggeridge		E4	127	36:23	4:33	7:20
95-70	Jennifer Ward		E4	130	40:38	5:05	8:11
=====							
Top 5 Total Time:		2:58:44	Top 5 Average Time:		35:45		
Top 5 Average per KM:		4:29	Top 5 Average Per MILE:		7:12		
1 - 5 Split:		8:15	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

2025-09-20

2025-09-20 - 2025-09-20

50th year for this meet / 39th @ TVGC
Timing & Scoring by SportMadeSimple**TEAM: LAURENTIAN VOYAGEURS****SCORE: 309****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
53-49	Abby Lanteigne		E2	28	32:51	4:07	6:37
77-61	Valerie Vaillancourt		R	31	34:51	4:22	7:01
83-65	Georgia Lepage		E2	29	35:43	4:28	7:12
85-66	Charlotte Grenier		E3	27	35:56	4:30	7:14
87-68	Charli Borak		R	24	36:32	4:34	7:21
=====							
92-69	Ariel Gibbons		E2	26	38:02	4:46	7:40
Top 5 Total Time:		2:55:53	Top 5 Average Time:		35:11		
Top 5 Average per KM:		4:24	Top 5 Average Per MILE:		7:05		
1 - 5 Split:		3:41	1 - 7 Split:				
Top 7 Total Time:		Top 7 Average Time:					

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

2025-09-20

2025-09-20 - 2025-09-20

50th year for this meet / 39th @ TVGC
Timing & Scoring by SportMadeSimple

Event # 2 MENS 8Km Run

START @ 10:50am

Conditions: sunny breezy 17°C

MEET RECORD:Jeremy Goughler London-Western TFC 24:30.00 24-Sep2022

& COURSE RECORD:Phillippe Mourneau-Carter Laval Rouge et Or 24:17.00 12-Nov2023

\$ POINTS RECORD:Eastern Mich Eagles 25 pts [1-4-5-7-8] 22-Sep2007

% TEAM TIME RECORD:WesternMustangs 2:06:23 [sum of 5] avg 25:17 for 5 WI 2016

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	MCMASTER MARAUDERS	34	1-5-7-10-11	13-15	2:07:15	3:11	25:27	0:40
2	WESTERN MUSTANGS	72	6-8-14-21-23	31-38	2:09:21	3:15	25:53	0:49
3	WINDSOR LANCERS	78	3-4-12-24-35	36-37	2:09:39	3:15	25:56	1:35
4	GUELPH GRYPHONS	83	2-16-19-20-26	30-39	2:09:55	3:15	25:59	1:14
5	ST FX X-MEN	134	17-22-28-33-34		2:12:28	3:19	26:30	0:45
6	TORONTO VARSITY BLUE	187	18-32-40-44-53	55-56	2:16:32	3:25	27:19	2:35
7	UNB REDS	190	27-29-43-45-46		2:16:35	3:25	27:19	1:34
8	LAURENTIAN VOYAGEURS	232	25-41-48-50-68	79	2:19:59	3:30	28:00	3:06
9	WATERLOO WARRIORS	240	9-49-58-60-64	69-70	2:20:58	3:32	28:12	3:42
10	LAURIER GOLDEN HAWKS	271	42-47-59-61-62	63-71	2:22:43	3:35	28:33	1:44
11	NIPISSING LAKERS	310	52-54-65-66-73	75-78	2:27:00	3:41	29:24	2:22
12	YORK LIONS	321	51-57-67-72-74	76-77	2:28:26	3:43	29:42	2:30
	TRENT EXCALIBUR		102-111-119-120					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	199	Iain Thomson		E2	MCMASTER MARAUDERS	1	3:08	25:02
2	2	156	Jack Lehto		E4	GUELPH GRYPHONS	1	3:09	25:12
3	3	263	Jacob Fitzpatrick		E5	WINDSOR LANCERS	1	3:10	25:17
4	4	261	Noah Costa		E5	WINDSOR LANCERS	2	3:10	25:20
5	5	201	William Weist		E4	MCMASTER MARAUDERS	2	3:11	25:25
6	6	247	Robin Faricier		E2	WESTERN MUSTANGS	1	3:11	25:27
7	7	194	Samuel Patrick		E3	MCMASTER MARAUDERS	3	3:12	25:30
8	8	258	Liam Smith		E2	WESTERN MUSTANGS	2	3:12	25:34
9	9	237	Patrick Dean		E4	WATERLOO WARRIORS	1	3:12	25:34
10	10	191	Austin McGoey		E3	MCMASTER MARAUDERS	4	3:12	25:36
11	11	197	Sam Richter		E2	MCMASTER MARAUDERS	5	3:13	25:42
12	12	270	Andreas Pardalis		E2	WINDSOR LANCERS	3	3:14	25:49
13	13	186	Ryan Davies		E3	MCMASTER MARAUDERS	6	3:14	25:52
14	14	249	Satveer Gill		E3	WESTERN MUSTANGS	3	3:15	25:53
15	15	187	Marco Di Felice		E3	MCMASTER MARAUDERS	7	3:15	25:58
16	16	157	Charlie Mills		E3	GUELPH GRYPHONS	2	3:16	26:01
17	17	215	Liam Patterson		E4	ST FX X-MEN	1	3:16	26:04
18	18	216	Nima Ashtari		E3	TORONTO VARSITY BLUE	1	3:16	26:06
19	19	154	Luke Feltham		E2	GUELPH GRYPHONS	3	3:16	26:07
20	20	158	Christian Rachner		E5	GUELPH GRYPHONS	4	3:17	26:09
21	21	257	Saurang Puthenkulangara		R	WESTERN MUSTANGS	4	3:17	26:11

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

2025-09-20

2025-09-20 - 2025-09-20

50th year for this meet / 39th @ TVGC
Timing & Scoring by SportMadeSimple**Event # 2 MENS 8Km Run**

START @ 10:50am

Conditions: sunny breezy 17°C

MEET RECORD:Jeremy Goughler London-Western TFC 24:30.00 24-Sep2022

& COURSE RECORD:Phillippe Mourneau-Carter Laval Rouge et Or 24:17.00 12-Nov2023

\$ POINTS RECORD:Eastern Mich Eagles 25 pts [1-4-5-7-8] 22-Sep2007

% TEAM TIME RECORD:WesternMustangs 2:06:23 [sum of 5] avg 25:17 for 5 WI 2016

22	22	212	Brett King	E2	ST FX X-MEN	2	3:17	26:12
23	23	256	Owen Parkes	E3	WESTERN MUSTANGS	5	3:17	26:16
24	24	259	Abdullahi Abdullahi	E5	WINDSOR LANCERS	4	3:18	26:21
25		185	Tristan Bouius	E3	MCMaster MARAUDERS	8	3:18	26:21
26		190	Ben Keller	E3	MCMaster MARAUDERS	9	3:18	26:22
27	25	170	Keon Wallingford	E5	LAURENTIAN VOYAGEURS	1	3:18	26:24
28	26	161	Charlie Shaw	E3	GUELPH GRYPHONS	5	3:19	26:26
29	27	235	Steph Snyman	R	UNB REDS	1	3:19	26:30
30		200	Lukas Vadeika	E3	MCMaster MARAUDERS	10	3:20	26:35
31	28	213	Mathew Lawton	E3	ST FX X-MEN	3	3:20	26:35
32	29	232	Liam Palmer	R	UNB REDS	2	3:20	26:36
33		189	Isak Fransson	E2	MCMaster MARAUDERS	11	3:20	26:39
34	30	151	Nolan Buie	R	GUELPH GRYPHONS	6	3:21	26:43
35	31	245	Ethan Cannon	E2	WESTERN MUSTANGS	6	3:21	26:45
36	32	224	Andrej Prekajski	E2	TORONTO VARSITY BLUE	2	3:21	26:45
37	33	214	Conlan Mackenzie	E2	ST FX X-MEN	4	3:21	26:48
38	34	211	Griffin Gamble	E3	ST FX X-MEN	5	3:22	26:49
39	35	267	Adam Kleinsmith	E4	WINDSOR LANCERS	5	3:22	26:52
40	36	276	James Wheeler	R	WINDSOR LANCERS	6	3:22	26:52
41	37	262	Max Fazecash	E2	WINDSOR LANCERS	7	3:22	26:52
42	38	248	Eitan Garfin-Udaskin	R	WESTERN MUSTANGS	7	3:22	26:55
43	39	150	Nicolas Belan	R	GUELPH GRYPHONS	7	3:23	27:02
44		188	Giancarlo Farruggia	E4	MCMaster MARAUDERS	12	3:24	27:05
45		273	Samuel Rohr	R	WINDSOR LANCERS	8	3:24	27:11
46		274	Gavin Stafford	R	WINDSOR LANCERS	9	3:24	27:12
47		192	Joseph McIntyre	E3	MCMaster MARAUDERS	13	3:25	27:14
48		255	Rory McGarvey	E5	WESTERN MUSTANGS	8	3:25	27:16
49	40	225	Oliver Tagalog	E2	TORONTO VARSITY BLUE	3	3:26	27:22
50		264	Ethan Graves	E4	WINDSOR LANCERS	10	3:26	27:22
51	41	165	Braedan Estabrooks	R	LAURENTIAN VOYAGEURS	2	3:26	27:24
52		159	Landon Reuter	R	GUELPH GRYPHONS	8	3:26	27:24
53		198	Derek Strachan	E2	MCMaster MARAUDERS	14	3:26	27:25
54		251	Skyler Grossi	R	WESTERN MUSTANGS	9	3:26	27:26
55	42	184	Ian Young	E5	LAURIER GOLDEN HAWKS	1	3:26	27:27
56	43	233	Nate Phillips	R	UNB REDS	3	3:27	27:32
57		160	Kebron Seyoum	R	GUELPH GRYPHONS	9	3:27	27:35
58		252	Ridley Key	R	WESTERN MUSTANGS	10	3:27	27:35
59		163	Logan Willcott	R	GUELPH GRYPHONS	10	3:27	27:36
60		246	Matteo DiCiocco	R	WESTERN MUSTANGS	11	3:28	27:38
61	44	220	Brandon Cidade	E5	TORONTO VARSITY BLUE	4	3:28	27:38

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

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2025-09-20 - 2025-09-20

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START @ 10:50am

Conditions: sunny breezy 17°C

MEET RECORD:Jeremy Goughler London-Western TFC 24:30.00 24-Sep2022

& COURSE RECORD:Phillippe Mourneau-Carter Laval Rouge et Or 24:17.00 12-Nov2023

\$ POINTS RECORD:Eastern Mich Eagles 25 pts [1-4-5-7-8] 22-Sep2007

% TEAM TIME RECORD:WesternMustangs 2:06:23 [sum of 5] avg 25:17 for 5 WI 2016

62		271	Jeremy Pinho	R	WINDSOR LANCERS	11	3:28	27:40
63		153	Willem De Gooyer	E2	GUELPH GRYPHONS	11	3:28	27:42
64		268	Owen Lebel	R	WINDSOR LANCERS	12	3:29	27:45
65		196	Dawson Rekker	E2	MCMASTER MARAUDERS	15	3:29	27:52
66	45	234	Graham Sauer	R	UNB REDS	4	3:30	27:53
67		193	Kiefer Melinz Dupuis	E2	MCMASTER MARAUDERS	16	3:31	28:02
68	46	231	Quinn Eberts	E5	UNB REDS	5	3:31	28:04
69	47	179	Nathan Lemire	E2	LAURIER GOLDEN HAWKS	2	3:32	28:09
70	48	171	Alan Wilkin	E2	LAURENTIAN VOYAGEURS	3	3:33	28:19
71	49	239	Connor Hickling	E3	WATERLOO WARRIORS	2	3:33	28:22
72	50	167	Patrick Leroux	E5	LAURENTIAN VOYAGEURS	4	3:33	28:22
73		266	Malachi Kenny	R	WINDSOR LANCERS	13	3:33	28:24
74		265	Noel Huinink	R	WINDSOR LANCERS	14	3:34	28:29
75	51	281	Michael Muravchik	E2	YORK LIONS	1	3:34	28:30
76		275	Andrew Taylor	E5	WINDSOR LANCERS	15	3:34	28:32
77	52	208	Kelly Thompson	E2	NIPISSING LAKERS	1	3:35	28:36
78		162	Aaron Smith	E2	GUELPH GRYPHONS	12	3:35	28:38
79	53	217	Nathan Bergman	E2	TORONTO VARSITY BLUE	5	3:36	28:41
80	54	209	Calvin Traczuk	E2	NIPISSING LAKERS	2	3:36	28:41
81	55	222	Gregory Homa	R	TORONTO VARSITY BLUE	6	3:36	28:43
82	56	218	Nathan Castanheiro	E2	TORONTO VARSITY BLUE	7	3:36	28:45
83	57	283	Marco Volpi	E3	YORK LIONS	2	3:36	28:47
84	58	241	Amadi Opara	E1	WATERLOO WARRIORS	3	3:37	28:50
85	59	181	Alex Pretty	R	LAURIER GOLDEN HAWKS	3	3:37	28:52
86	60	238	Sami Ghazlani	R	WATERLOO WARRIORS	4	3:37	28:56
87	61	174	Tyler Klazek	R	LAURIER GOLDEN HAWKS	4	3:38	29:04
88	62	175	Nolan Kulberg	E2	LAURIER GOLDEN HAWKS	5	3:39	29:11
89		269	Quinten Marsh-lansard	E2	WINDSOR LANCERS	16	3:39	29:11
90	63	180	Om Nathwani	E2	LAURIER GOLDEN HAWKS	6	3:40	29:14
91	64	243	Fintan Sharpe	E1	WATERLOO WARRIORS	5	3:40	29:16
92	65	203	Adam Edwards	E2	NIPISSING LAKERS	3	3:41	29:21
93	66	207	Ewan Pengra	R	NIPISSING LAKERS	4	3:41	29:24
94	67	278	David Akerman	E3	YORK LIONS	3	3:42	29:30
95	68	169	Shiloh Sauve	R	LAURENTIAN VOYAGEURS	5	3:42	29:30
96		219	Matthew Chan	R	TORONTO VARSITY BLUE	8	3:42	29:31
97		221	Max Elinson	E2	TORONTO VARSITY BLUE	9	3:42	29:33
98	69	242	Evan Prescott	E1	WATERLOO WARRIORS	6	3:42	29:35
99	70	240	Michael Liu	R	WATERLOO WARRIORS	7	3:43	29:44
100	71	176	Holden Lamont	E2	LAURIER GOLDEN HAWKS	7	3:44	29:51
101		236	Kevin Chen	R	WATERLOO WARRIORS	8	3:45	29:54

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

2025-09-20

2025-09-20 - 2025-09-20

50th year for this meet / 39th @ TVGC
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START @ 10:50am

Conditions: sunny breezy 17°C

MEET RECORD:Jeremy Goughler London-Western TFC 24:30.00 24-Sep2022

& COURSE RECORD:Phillippe Mourneau-Carter Laval Rouge et Or 24:17.00 12-Nov2023

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% TEAM TIME RECORD:WesternMustangs 2:06:23 [sum of 5] avg 25:17 for 5 WI 2016

102		229	Keegan Sayles	E4	TRENT EXCALIBUR	1	3:46	30:04
103		182	Nathan Proulx	R	LAURIER GOLDEN HAWKS	8	3:47	30:15
104		178	Cohen Ledger	E2	LAURIER GOLDEN HAWKS	9	3:49	30:27
105	72	284	Oliver Waddington	E3	YORK LIONS	4	3:50	30:39
106	73	210	Eily Woodman	E2	NIPissing LAKERS	5	3:53	30:58
107	74	282	Noah Teixeira	E2	YORK LIONS	5	3:53	31:00
108		183	Chad Thorpe	E1	LAURIER GOLDEN HAWKS	10	3:54	31:07
109	75	202	Samuel Bennett	E4	NIPissing LAKERS	6	3:55	31:13
110		177	Jack Lazear	E2	LAURIER GOLDEN HAWKS	11	3:56	31:21
111		226	Wyatt Knockleby	E1	TRENT EXCALIBUR	2	3:56	31:24
112		173	Nolan Hesson	E1	LAURIER GOLDEN HAWKS	12	3:58	31:40
113	76	279	Elijah Doctor-Jardine	E2	YORK LIONS	6	4:07	32:50
114	77	280	Caden Kuchera	E1	YORK LIONS	7	4:09	33:06
115	78	204	Nathan Golisky	E1	NIPissing LAKERS	7	4:12	33:31
116		205	Nolan Kenny	E2	NIPissing LAKERS	8	4:14	33:46
117		206	George Legler	E4	NIPissing LAKERS	9	4:15	33:53
118	79	172	Grant Dowmount	R	LAURENTIAN VOYAGEURS	6	4:36	36:47
119		228	Carter Myles	E3	TRENT EXCALIBUR	3	4:44	37:50
120		227	Joshua Legere	R	TRENT EXCALIBUR	4	5:01	40:06

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

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2025-09-20 - 2025-09-20

50th year for this meet / 39th @ TVGC
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TEAM: MCMaster MARAUDERS			SCORE: 34		PLACE: 1		
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Iain Thomson		E2	199	25:02	3:08	5:03
5-5	William Weist		E4	201	25:25	3:11	5:07
7-7	Samuel Patrick		E3	194	25:30	3:12	5:08
10-10	Austin McGoey		E3	191	25:36	3:12	5:09
11-11	Sam Richter		E2	197	25:42	3:13	5:11
=====							
13-13	Ryan Davies		E3	186	25:52	3:14	5:13
15-15	Marco Di Felice		E3	187	25:58	3:15	5:14
=====							
26-26	Ben Keller		E3	190	26:22	3:18	5:19
25-25	Tristan Bouius		E3	185	26:21	3:18	5:19
30-30	Lukas Vadeika		E3	200	26:35	3:20	5:21
33-33	Isak Fransson		E2	189	26:39	3:20	5:22
44-44	Giancarlo Farruggia		E4	188	27:05	3:24	5:27
47-47	Joseph McIntyre		E3	192	27:14	3:25	5:29
53-53	Derek Strachan		E2	198	27:25	3:26	5:31
65-65	Dawson Rekker		E2	196	27:52	3:29	5:37
67-67	Kiefer Melinz Dupuis		E2	193	28:02	3:31	5:39
Top 5 Total Time:		2:07:15	Top 5 Average Time:		25:27		
Top 5 Average per KM:		3:11	Top 5 Average Per MILE:		5:08		
1 - 5 Split:		0:40	1 - 7 Split:		56		
Top 7 Total Time:		2:59:05	Top 7 Average Time:		25:35		

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

2025-09-20

2025-09-20 - 2025-09-20

50th year for this meet / 39th @ TVGC
Timing & Scoring by SportMadeSimple

TEAM: WESTERN MUSTANGS		SCORE: 72		PLACE: 2			
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Robin Faricier		E2	247	25:27	3:11	5:08
8-8	Liam Smith		E2	258	25:34	3:12	5:09
14-14	Satveer Gill		E3	249	25:53	3:15	5:13
21-21	Saurang Puthenkulangara		R	257	26:11	3:17	5:17
23-23	Owen Parkes		E3	256	26:16	3:17	5:18
=====							
35-31	Ethan Cannon		E2	245	26:45	3:21	5:23
42-38	Eitan Garfin-Udaskin		R	248	26:55	3:22	5:25
=====							
48-48	Rory McGarvey		E5	255	27:16	3:25	5:30
54-54	Skyler Grossi		R	251	27:26	3:26	5:32
58-58	Ridley Key		R	252	27:35	3:27	5:33
60-60	Matteo DiCiocco		R	246	27:38	3:28	5:34
Top 5 Total Time:		2:09:21	Top 5 Average Time:		25:53		
Top 5 Average per KM:		3:15	Top 5 Average Per MILE:		5:13		
1 - 5 Split:		0:49	1 - 7 Split:		1:28		
Top 7 Total Time:		3:3:01	Top 7 Average Time:		26:09		

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

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Timing & Scoring by SportMadeSimple

TEAM: WINDSOR LANCERS		SCORE: 78		PLACE: 3			
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Jacob Fitzpatrick		E5	263	25:17	3:10	5:06
4-4	Noah Costa		E5	261	25:20	3:10	5:06
12-12	Andreas Pardalis		E2	270	25:49	3:14	5:12
24-24	Abdullahi Abdullahi		E5	259	26:21	3:18	5:19
40-36	James Wheeler		R	276	26:52	3:22	5:25
=====							
41-37	Max Fazecash		E2	262	26:52	3:22	5:25
39-35	Adam Kleinsmith		E4	267	26:52	3:22	5:25
=====							
45-45	Samuel Rohr		R	273	27:11	3:24	5:29
46-46	Gavin Stafford		R	274	27:12	3:24	5:29
49-49	Ethan Graves		E4	264	27:22	3:26	5:31
62-62	Jeremy Pinho		R	271	27:40	3:28	5:34
64-64	Owen Lebel		R	268	27:45	3:29	5:35
74-74	Noel Huinink		R	265	28:29	3:34	5:44
73-73	Malachi Kenny		R	266	28:24	3:33	5:43
76-76	Andrew Taylor		E5	275	28:32	3:34	5:45
89-89	Quinten Marsh-lansard		E2	269	29:11	3:39	5:53
Top 5 Total Time:		2:09:39	Top 5 Average Time:		25:56		
Top 5 Average per KM:		3:15	Top 5 Average Per MILE:		5:13		
1 - 5 Split:		1:35	1 - 7 Split:		1:35		
Top 7 Total Time:		3:3:23	Top 7 Average Time:		26:12		

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

2025-09-20

2025-09-20 - 2025-09-20

50th year for this meet / 39th @ TVGC
Timing & Scoring by SportMadeSimple**TEAM: GUELPH GRYPHONS****SCORE: 83****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Jack Lehto		E4	156	25:12	3:09	5:05
16-16	Charlie Mills		E3	157	26:01	3:16	5:15
20-20	Christian Rachner		E5	158	26:09	3:17	5:16
19-19	Luke Feltham		E2	154	26:07	3:16	5:16
28-26	Charlie Shaw		E3	161	26:26	3:19	5:20
=====							
34-30	Nolan Buie		R	151	26:43	3:21	5:23
43-39	Nicolas Belan		R	150	27:02	3:23	5:27
=====							
52-52	Landon Reuter		R	159	27:24	3:26	5:31
57-57	Kebron Seyoum		R	160	27:35	3:27	5:33
59-59	Logan Willcott		R	163	27:36	3:27	5:34
63-63	Willem De Gooyer		E2	153	27:42	3:28	5:35
78-78	Aaron Smith		E2	162	28:38	3:35	5:46
Top 5 Total Time:		2:09:55	Top 5 Average Time:		25:59		
Top 5 Average per KM:		3:15	Top 5 Average Per MILE:		5:14		
1 - 5 Split:		1:14	1 - 7 Split:		1:50		
Top 7 Total Time:		3:3:40	Top 7 Average Time:		26:15		

TEAM: ST FX X-MEN**SCORE: 134****PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-17	Liam Patterson		E4	215	26:04	3:16	5:15
22-22	Brett King		E2	212	26:12	3:17	5:17
31-28	Mathew Lawton		E3	213	26:35	3:20	5:21
38-34	Griffin Gamble		E3	211	26:49	3:22	5:24
37-33	Conlan Mackenzie		E2	214	26:48	3:21	5:24
=====							
Top 5 Total Time:		2:12:28	Top 5 Average Time:		26:30		
Top 5 Average per KM:		3:19	Top 5 Average Per MILE:		5:20		
1 - 5 Split:		0:45	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

2025-09-20

2025-09-20 - 2025-09-20

50th year for this meet / 39th @ TVGC
Timing & Scoring by SportMadeSimple**TEAM: TORONTO VARSITY BLUE****SCORE: 187****PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
18-18	Nima Ashtari		E3	216	26:06	3:16	5:16
36-32	Andrej Prekajski		E2	224	26:45	3:21	5:23
49-40	Oliver Tagalog		E2	225	27:22	3:26	5:31
60-44	Brandon Cidade		E5	220	27:38	3:28	5:34
79-53	Nathan Bergman		E2	217	28:41	3:36	5:47
=====							
81-55	Gregory Homa		R	222	28:43	3:36	5:47
82-56	Nathan Castanheiro		E2	218	28:45	3:36	5:48
=====							
97-97	Max Elinson		E2	221	29:33	3:42	5:57
96-96	Matthew Chan		R	219	29:31	3:42	5:57
Top 5 Total Time:		2:16:32	Top 5 Average Time:		27:19		
Top 5 Average per KM:		3:25	Top 5 Average Per MILE:		5:30		
1 - 5 Split:		2:35	1 - 7 Split:		2:39		
Top 7 Total Time:		3:14:00	Top 7 Average Time:		27:43		

TEAM: UNB REDS**SCORE: 190****PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
29-27	Steph Snyman		R	235	26:30	3:19	5:20
32-29	Liam Palmer		R	232	26:36	3:20	5:22
56-43	Nate Phillips		R	233	27:32	3:27	5:33
66-45	Graham Sauer		R	234	27:53	3:30	5:37
68-46	Quinn Eberts		E5	231	28:04	3:31	5:39
=====							
Top 5 Total Time:		2:16:35	Top 5 Average Time:		27:19		
Top 5 Average per KM:		3:25	Top 5 Average Per MILE:		5:30		
1 - 5 Split:		1:34	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

2025-09-20

2025-09-20 - 2025-09-20

50th year for this meet / 39th @ TVGC
Timing & Scoring by SportMadeSimple**TEAM: LAURENTIAN VOYAGEURS SCORE: 232 PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
27-25	Keon Wallingford		E5	170	26:24	3:18	5:19
51-41	Braedan Estabrooks		R	165	27:24	3:26	5:31
70-48	Alan Wilkin		E2	171	28:19	3:33	5:42
71-50	Patrick Leroux		E5	167	28:22	3:33	5:43
95-68	Shiloh Sauve		R	169	29:30	3:42	5:57
=====							
118-79	Grant Dowmount		R	172	36:47	4:36	7:24
Top 5 Total Time:		2:19:59	Top 5 Average Time:		28:00		
Top 5 Average per KM:		3:30	Top 5 Average Per MILE:		5:38		
1 - 5 Split:		3:06	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

TEAM: WATERLOO WARRIORS SCORE: 240 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Patrick Dean		E4	237	25:34	3:12	5:09
71-49	Connor Hickling		E3	239	28:22	3:33	5:43
84-58	Amadi Opara		E1	241	28:50	3:37	5:49
86-60	Sami Ghozani		R	238	28:56	3:37	5:50
91-64	Fintan Sharpe		E1	243	29:16	3:40	5:54
=====							
99-70	Michael Liu		R	240	29:44	3:43	5:59
98-69	Evan Prescott		E1	242	29:35	3:42	5:58
=====							
101-101	Kevin Chen		R	236	29:54	3:45	6:01
Top 5 Total Time:		2:20:58	Top 5 Average Time:		28:12		
Top 5 Average per KM:		3:32	Top 5 Average Per MILE:		5:41		
1 - 5 Split:		3:42	1 - 7 Split:		4:10		
Top 7 Total Time:		3:20:17	Top 7 Average Time:		28:37		

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

2025-09-20

2025-09-20 - 2025-09-20

50th year for this meet / 39th @ TVGC
Timing & Scoring by SportMadeSimple**TEAM: LAURIER GOLDEN HAWKS SCORE: 271 PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
55-42	Ian Young		E5	184	27:27	3:26	5:32
69-47	Nathan Lemire		E2	179	28:09	3:32	5:40
85-59	Alex Pretty		R	181	28:52	3:37	5:49
88-62	Nolan Kulberg		E2	175	29:11	3:39	5:53
87-61	Tyler Klazek		R	174	29:04	3:38	5:51
=====							
90-63	Om Nathwani		E2	180	29:14	3:40	5:53
100-71	Holden Lamont		E2	176	29:51	3:44	6:01
=====							
103-103	Nathan Proulx		R	182	30:15	3:47	6:06
104-104	Cohen Ledger		E2	178	30:27	3:49	6:08
108-108	Chad Thorpe		E1	183	31:07	3:54	6:16
110-110	Jack Lazear		E2	177	31:21	3:56	6:19
112-112	Nolan Hesson		E1	173	31:40	3:58	6:23
Top 5 Total Time:		2:22:43	Top 5 Average Time:		28:33		
Top 5 Average per KM:		3:35	Top 5 Average Per MILE:		5:45		
1 - 5 Split:		1:44	1 - 7 Split:		2:24		
Top 7 Total Time:		3:21:48	Top 7 Average Time:		28:50		

TEAM: NIPISSING LAKERS SCORE: 310 PLACE: 11

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
77-52	Kelly Thompson		E2	208	28:36	3:35	5:46
80-54	Calvin Traczuk		E2	209	28:41	3:36	5:47
92-65	Adam Edwards		E2	203	29:21	3:41	5:55
93-66	Ewan Pengra		R	207	29:24	3:41	5:55
106-73	Eily Woodman		E2	210	30:58	3:53	6:14
=====							
109-75	Samuel Bennett		E4	202	31:13	3:55	6:17
115-78	Nathan Golisky		E1	204	33:31	4:12	6:45
=====							
116-116	Nolan Kenny		E2	205	33:46	4:14	6:48
117-117	George Legler		E4	206	33:53	4:15	6:49
Top 5 Total Time:		2:27:00	Top 5 Average Time:		29:24		
Top 5 Average per KM:		3:41	Top 5 Average Per MILE:		5:55		
1 - 5 Split:		2:22	1 - 7 Split:		4:55		
Top 7 Total Time:		3:31:44	Top 7 Average Time:		30:15		

2025 Vigars & Salter WESTERN INVITATIONAL Sept 20

2025-09-20

2025-09-20 - 2025-09-20

50th year for this meet / 39th @ TVGC
Timing & Scoring by SportMadeSimple**TEAM: YORK LIONS****SCORE: 321****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
75-51	Michael Muravchik		E2	281	28:30	3:34	5:44
83-57	Marco Volpi		E3	283	28:47	3:36	5:48
94-67	David Akerman		E3	278	29:30	3:42	5:57
105-72	Oliver Waddington		E3	284	30:39	3:50	6:10
107-74	Noah Teixeira		E2	282	31:00	3:53	6:15
=====							
113-76	Elijah Doctor-Jardine		E2	279	32:50	4:07	6:37
114-77	Caden Kuchera		E1	280	33:06	4:09	6:40
=====							
Top 5 Total Time:		2:28:26	Top 5 Average Time:		29:42		
Top 5 Average per KM:		3:43	Top 5 Average Per MILE:		5:59		
1 - 5 Split:		2:30	1 - 7 Split:		4:36		
Top 7 Total Time:		3:34:22	Top 7 Average Time:		30:38		