

RDC Cross Country

September 14, 2013

8 km results

Runner	Team	Age Group	Bib#	Time	Place	GPrix	RDC	LCK	NAIT	OC	SAIT	GMU	STMU	AUG	CUCA	KEY	LAKE	GPRC	TAC	UofA	UNA	Open	Open place	Pace/km
Edwin Kaitany	LCK	23	944	24:03	1	1	1																	03:00
Willy Kimosop	Open	27	2597	24:18	2																	2	1	03:02
Clifford Childs	Open	25	2592	24:57	3																	3	2	03:07
Jevinmonds	Open	24	2591	25:01	4																	4	3	03:08
Trevor Hofbauer	TAC	21	933	25:07	5	2																5	4	03:08
Jason Jama	UofA	0	975	25:18	6																6	4	03:10	
Kieran McDoanald	UofA	0	972	25:46	7																7	5	03:13	
Hayden Hollowell	GPRC	19	970	25:48	8	3																		03:14
Alex Harding	LCK	19	940	25:57	9	4	4																	03:15
Matt Bilodeau	Open	0	194	26:00	10																			03:15
William Madsen	UofA	0	973	26:11	11																			03:16
Devin Woodland	RDC	22	901	26:22	12	5	5																	03:18
Brendan Luntly	Open	0	1990	26:23	13																			03:18
Eric Wiebe	Open	25	2593	26:26	14																			03:18
Kenton Sportak	SAIT	22	924	26:31	15	6					6													03:19
Travis Cummings	Open	0	198	26:33	16																			03:19
Matt Norminton	Open	36	2590	26:45	17																			03:21
Mark Lawley	UofA	0	976	26:47	18																			03:21
Jack Cook	Open	0	2587	26:57	19																			03:22
Chris DeVries	UNA	0	984	27:10	20																			03:24
Robert Gustas	UNA	0	985	27:21	21																			03:25
Tom Wunsch	UNA	0	982	27:24	22																			03:26
Adrian Christ	UofA	0	974	27:26	23																			03:26
Marc Burgess	Open	0	2600	27:34	24																			03:27
Adam Epp	GMU	18	935	27:36	25	7					7													03:27
Alex Andres	LCK	18	945	27:41	26	8	8																	03:28
Cam Cook	Open	28	2595	27:42	27																			03:28
Robert Renman	Open	43	196	27:47	28																			03:28
Brendan DeForge	UNA	0	981	27:48	29																			03:29
Tyler Duce	GMU	22	938	27:55	30						9													03:29
Curtis Thompson	Open	0	2586	27:56	31	9																		03:30
Scott Kohlmar	Open	0	197	28:03	32																			03:30
Noah Anychuk	RDC	18	903	28:06	33	10	10																	03:31
Mike Trites	UNA	0	979	28:08	34																			03:31
Joel Perren	CUCA	21	951	28:11	35	11									11									03:31
Kyle Erickson	UNA	0	983	28:20	36																			03:33
Brett Andres	GMU	18	936	28:24	37	12						12												03:33
Andrew Brisbin	Open	0	2585	28:26	38																			03:33
Brett Buerger	UNA	0	980	28:35	39																			03:34
Kevin Chambers	CUCA	19	952	28:38	40	13									13									03:35
Kierean Baird	Open	0	2584	28:51	41																			03:36
Kirk Sundt	UNA	0	977	28:52	42																			03:37
Rodgers Komen	LCK	25	943	29:07	43	14	14																	03:38
Nick Martin	UNA	0	978	29:25	44																			03:41
Andrew Peters	Open	23	2599	29:29	45																			03:41
Kyle Dong	GMU	18	939	29:30	46	15						15												03:41
Darrin DeForge	Open	0	2598	29:33	47																			03:42
Jordan Fish	SAIT	0	927	29:34	48	16						16												03:42
Brian Johnson	Open	0	1994	29:35	49																			03:42
Spencer Peterson	GMU	0	934	29:50	50	17						17												03:44
Brady McDonald	GMU	0	937	29:53	51	18						18												03:44
Jamie Grant	TAC	0	932	30:02	52	19																		03:45
Adam Koning	NAIT	0	915	30:06	53	20																		03:46
Dmitry Kuleshov	SAIT	0	925	30:06	54	21																		03:46
Patrick Spelling	NAIT	0	911	30:07	55	22																		03:46
Dylan Zambonelli	GPRC	0	971	30:30	56	23																		03:49
Sean Hickey	SAIT	0	926	30:39	57	24																		03:50
Phil Tinka	NAIT	0	907	30:59	58	25																		03:52
John Blakenship	Open	0	2594	31:05	59																			03:53
Christopher Poytress	LCK	0	941	31:32	60	26	26																	03:57
Cody Foggins	LCK	0	942	31:51	61	27	27																	03:59
Joedy Dalke	AUG	0	949	31:59	62	28								28										04:00
unknown runner	Open	0	193	32:38	63																			04:05
Ryan Lindsay	AUG	0	948	33:00	64	29								29										04:08
Zach Jackman	OC	0	905	33:12	65	30																		04:09
Gerhard Lotz	Open	0	2565	33:28	66																			04:11
Jason Slobodian	SAIT	0	929	33:32	67	31								31										04:12
Colton Stoddard	SAIT	0	928	33:34	68	32								32										04:12
Tyler Nelson	RDC	0	902	33:34	69	33	33																	04:12
Benjamin Thomas	CUCA	0	954	33:44	70	34									34									04:13
Cameron Dowie	SAIT	0	930	33:45	71	35																		04:13
Mike Brown	NAIT	0	908	33:50	72	36																		04:14
Bruce Reed	NAIT	0	912	34:18	73	37																		04:17
Cody Krantz	CUCA	0	956	34:20	74	38																		04:18
Greg Sutherland	LAKE	0	917	34:21	75	39																		04:18
Lee Horton	NAIT	0	916	34:36	76	40																		04:19
Jay Cunningham	Open	0	192	35:19	77																			04:25
Christopher Gaertner	CUCA	0	953	35:29	78	41																		04:26
Joshua Hutchison	LAKE	0	918	35:34	79	42																		04:27
James Mooney	STMU	0	921	36:20	80	43																		04:32
Bhupinder Singh Dhab	NAIT	0	909	36:24	81	44																		04:33
Max Vickers	OC	0	906	36:31	82	45																		04:34
Tyler Ciaroni	NAIT	0	910	36:36	83	46																		04:35
Lucas Empey	STMU	0	920	38:14	84	47																		04:47
Sam Stillborn	KEY	0	969	38:24	85	48																		04:48
Greg McNeil	Open	0	2588	38:39	86																			04:50
Surinder Rayet	NAIT	0	913	40:18	87	49																		05:02
Reese Harrison	NAIT	0	914	40:18	88	50																		05:02
Dean Lewis	KEY	0	968	41:46	89	51																		

Lightning Cross Country

September 14, 2013

5 km results

Runner	Team	Age Group	Bib#	Time	Place	GPriz	RDC	LCK	NAIT	OC	SAIT	GMU	AUG	CUCA	KEY	LAKE	GPRC	UofA	JNA	Open	TAC	Open place	Pace/km
Jodi Sanguin	Open	0	1988	19:11	1															1	1		03:50
Shari Boyle	Open	40	1947	19:50	2															2	2		03:58
Mariya Jenkins	CUCA	20	50	20:00	3	1								1									04:00
Lesley Koopman	GMU	19	33	20:01	4	2						2											04:00
Vanessa Trofimenkoff	GMU	19	31	20:01	5	3					3												04:00
Lisa Mensink	Open	0	1989	20:20	6															6	3		04:04
Megan Pinkoski	UofA	0	70	20:51	7														7		4		04:10
Mikaela York	LCK	18	38	20:57	8	4		4															04:11
Jessie Lilly	UofA	0	71	21:05	9														9			5	04:13
Jamie Wigmore	GPRC	20	67	21:11	10	5												5					04:14
Jennifer Normington	Open	30	1979	21:12	11															11		6	04:14
Nicole Martynuik Pombert	MACT	0	1987	21:12	12																	7	04:14
Jordanna Cota	RDC	17	9	21:22	13	6	6																04:16
Nicole Kitt	Open	0	1992	21:28	14																14		04:18
Rachel McKenzie	LCK	18	41	21:35	15	7		7															04:19
Kristen Hansen	Open	24	1981	21:40	16																16		04:20
Sarah McMaster	NAIT	23	17	21:46	17	8			8														04:21
Natalia Szkarzuk	Open	25	1943	21:46	18																18		04:21
Isabella Englert	UofA	0	73	21:53	19														19			11	04:23
Kayla Hardy	GPRC	20	68	22:04	20	9												9					04:25
Morgan Lawley	UofA	0	69	22:05	21														21			12	04:25
Freya Hik	UNA	0	76	22:08	22															22		13	04:26
Marie Blais	Open	0	195	22:11	23																23		04:26
Collette Washbrook	MACT	0	1984	22:14	24																	15	04:27
Claire Murchison	UofA	0	72	22:23	25																	16	04:29
Jen Chen	SAIT	18	29	22:28	26	10					10												04:30
Emily Maplethorpe	RDC	17	2	23:05	27	11	11																04:37
Anna Richardson	GMU	19	37	23:11	28	12						12											04:38
Lauren Brookes	Open	0	1983	23:12	29																	29	04:38
Sarah Maklowsky	LCK	24	47	23:21	30	13		13															04:40
Stephanie Bowes	UNA	0	74	23:24	31																	31	04:41
Alexandra Robertson	GMU	20	32	23:30	32	14						14											04:42
Alison McPherson	SAIT	20	27	23:32	33	15					15												04:42
Caylee Vogel	LCK	19	44	23:37	34	16		16															04:43
Robyn Hebert	RDC	18	1	23:41	35	17	17																04:44
Krysten Faawcett	MACT	0	1985	23:45	36																		04:45
Michelle Harvey	Open	46	1982	23:48	37																37		04:46
Anna Duda	RDC	42	6	23:51	38	18	18																04:46
Sophie Trageser	UNA	0	79	23:56	39																39		04:47
Samantha Debree	RDC	18	3	23:57	40	19	19																04:47
Luiza Lesniak	MACT	0	1986	23:59	41																	22	04:48
Catherine Alcorn	RDC	19	4	24:12	42	20	20																04:50
Sefrah Daviduck	LCK	18	39	24:17	43	21																	04:51
Sarah Hong	GMU	24	35	24:19	44	22						22											04:52
Laura Friesen	RDC	21	5	24:23	45	23	23																04:53
Beverly Kaine	CUCA	45	51	24:38	46	24								24									04:56
Tess Krause	UNA	77	24:49	47																	47		04:58
Mackenzie Koopmans	LCK	46	24:51	48	25		25																05:01
Stephanie Dufault	OC	12	25:04	49	26				26														05:02
Sarah Milner	UNA	78	25:10	50																	50		05:02
Taya Hoar	AUG	49	25:11	51	27							27											05:02
Amee Toporchak	LCK	45	25:17	52	28		28																05:03
Alaina Wiebe	LCK	43	25:18	53	29		29																05:04
Kaitlin Brady	KEY	65	25:19	54	30										30								05:04
Sidney Moss	RDC	7	26:13	55	31	31																	05:15
Megan Paxton	SAIT	30	26:17	56	32						32												05:15
Hana Laverick	GMU	36	26:19	57	33							33											05:16
Katie Boychuk	LAKE	1993	26:23	58	34																	34	05:17
Megan Bruce	GMU	34	26:33	59	35							35											05:19
Shelby Edgar	CUCA	52	26:44	60	36									36									05:21
Dannica Chief	OC	11	26:56	61	37					37													05:23
Randi Thiessen	STMU	26	27:47	62																		25	05:33
Brianna Schultz	AUG	48	27:52	63	38								38										05:34
Desiree Denney	KEY	64	28:37	64	39																		05:43
Nicole Wilson	RDC	8	28:50	65	40	40																	05:46
Jennifer Ameson	KEY	66	29:13	66	41										41								05:51
Nicole Wagner	OC	15	29:42	67	42					42													05:56
Mabel Ho	NAIT	16	29:51	68	43																		05:58
Amanda Scott	Open	1995	30:04	69																	69		06:01
Kaylee Bannerman	LAKE	21	30:11	70	44																		06:02
Barbara Jackson	CUCA	54	31:18	71	45									45									06:16
Dominique McCleary	STMU	24	32:10	72																		27	06:26
Amy Stollery	OC	14	32:28	73	46					46													06:30
Kyra McNeil	LAKE	20	32:38	74	47																		06:32
Ricki Kelly Thiessen	STMU	25	32:44	75																		28	06:33
Teaghan Brophy	CUCA	55	32:46	76	48									48									06:33
Meghan Wilcox	NAIT	18	33:48	77	49					49													06:46
Megan Kent	LAKE	22	35:13	78	50																		07:03
Ola Olatunde	LAKE	19	38:45	79	51																		07:45

For more than 200 runners, unprotect worksheet, insert additional rows above this row, copy previous last row above this one, paste copied row into inserted rows, protect worksheet

# of runners scoring					79	51	9	8	3	4	3	7	2	5	3	5	2	5	5	11	0	28
total best 4 runners							52	40		151		31		106		175		56	##	20		
rank on best 4 runners							3	2		5		1		4		6						
total best 3 runners							34	24	100	105	57	17		61	110	125		35	92	9		
rank on best 3 runners							3	2	6	7	4	1		5	8	9						
total best 3 women+best 3 men							78	35	161		96	42		115				59	##	18		
rank on best 3 women and men							3	1	6		4	2		5								

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