

## 2021 OUA Cross Country Championships

43rd for Women, 106th for Men

2021-11-11

2021-11-06 - 2021-11-06

Thames Valley GC, London, ON

**Event # 1 WOMENS 8Km Run**

START @ 11:45am - frost delay

Conditions: suuny, 9°C

4th year for 8K for Women at OUA

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

TEAM POINTS RECORD: Guelph Gryphons 22pts [1-2-3-5-11] 2012

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	GUELPH GRYPHONS	19	1-2-4-5-7	19-37	2:29:48	3:45	29:58	0:39
2	WESTERN MUSTANGS	60	8-9-13-14-16	17-26	2:32:54	3:50	30:35	0:29
3	MCMASTER MARAUDERS	73	3-11-15-20-24	27-36	2:33:46	3:51	30:46	1:40
4	QUEENS GAELS	109	12-18-22-28-29	33-53	2:36:31	3:55	31:19	1:19
5	TORONTO VARSITYBLUES	131	6-21-23-39-42	64-68	2:38:31	3:58	31:43	2:54
6	WATERLOO WARRIORS	163	25-30-32-35-41	45-49	2:41:09	4:02	32:14	1:26
7	WINDSOR LANCERS	175	10-38-40-43-44	51-56	2:42:36	4:04	32:32	2:49
8	LAURIER GOLDEN HAWKS	260	34-48-55-61-62	74	2:51:40	4:18	34:20	3:11
9	LAURENTIAN VOYAGEURS	269	46-47-54-57-65		2:51:43	4:18	34:21	2:28
10	OTTAWA GEE GEES	296	50-52-58-67-69	71	2:55:42	4:24	35:09	3:21
11	NIPISSING LAKERS	312	31-66-70-72-73		3:01:07	4:32	36:14	6:19
12	BROCK BADGERS	333	59-60-63-75-76		3:04:22	4:37	36:53	4:40
	LAKEHEAD THDERWOLVES		32-44-63-80					
	TRENT EXCALIBUR		72-84-85-87					
	YORK LIONS		59-83					
	ALGOMA THUNDERBIRDS		86					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	19	Kiana Gibson		E4	GUELPH GRYPHONS	1	3:43	29:40
2	2	25	Olivia Roussel		E2	GUELPH GRYPHONS	2	3:44	29:47
3	3	85	Erin Mawhinney		E5	MCMASTER MARAUDERS	1	3:44	29:49
4	4	21	Sadie-Jane Hickson		E4	GUELPH GRYPHONS	3	3:45	29:58
5	5	17	Annika Ariano		E2	GUELPH GRYPHONS	4	3:46	30:04
6	6	156	Jazz Shukla		E5	TORONTO VARSITYBLUES	1	3:46	30:08
7	7	26	Nina Whitford		E3	GUELPH GRYPHONS	5	3:48	30:19
8	8	205	Heidi Ohrling		E3	WESTERN MUSTANGS	1	3:48	30:20
9	9	201	Chloe Coutts		R	WESTERN MUSTANGS	2	3:49	30:25
10	10	224	Samara Quanz		R	WINDSOR LANCERS	1	3:49	30:29
11	11	82	Caroline Forbes		E3	MCMASTER MARAUDERS	2	3:49	30:30
12	12	129	Tori Bouck		E3	QUEENS GAELS	1	3:49	30:31
13	13	204	Chloe Hewitt		E5	WESTERN MUSTANGS	3	3:50	30:37
14	14	199	Zoe Burke		E3	WESTERN MUSTANGS	4	3:51	30:43
15	15	83	Hannah Goodjohn		E2	MCMASTER MARAUDERS	3	3:51	30:44
16	16	203	Kate Current		E5	WESTERN MUSTANGS	5	3:52	30:49
17	17	207	Stephanie Ryall		E5	WESTERN MUSTANGS	6	3:52	30:53
18	18	134	Manon Plouvier		E3	QUEENS GAELS	2	3:53	31:03
19	19	20	Sandra Guga		E2	GUELPH GRYPHONS	6	3:54	31:09
20	20	84	Victoria Lamb		R	MCMASTER MARAUDERS	4	3:55	31:14
21	21	152	Christina Esposito		E2	TORONTO VARSITYBLUES	2	3:55	31:14
22	22	132	Charlotte Langley		E1	QUEENS GAELS	3	3:55	31:18
23	23	154	Sophie Levasseur		R	TORONTO VARSITYBLUES	3	3:55	31:19
24	24	87	Sarah Nolan		E3	MCMASTER MARAUDERS	5	3:57	31:29
25	25	186	Natalie Tsang		R	WATERLOO WARRIORS	1	3:57	31:34

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START @ 11:45am - frost delay

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4th year for 8K for Women at OUA

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

TEAM POINTS RECORD: Guelph Gryphons 22pts [1-2-3-5-11] 2012

26	26	200	Anna Carruthers	E2	WESTERN MUSTANGS	7	3:58	31:44
27	27	89	Emma Waddington	E4	MCMASTER MARAUDERS	6	3:59	31:48
28	28	137	Jade Watson	E5	QUEENS GAELS	4	3:59	31:49
29	29	130	Tamara Goddard	R	QUEENS GAELS	5	3:59	31:50
30	30	181	Claudia Heeney	R	WATERLOO WARRIORS	2	3:59	31:52
31	31	101	Kaitlyn L'Abbe	E1	NIPISSING LAKERS	1	4:00	31:56
32		303	Paige Kobe	E4	LAKEHEAD THDERWOLVES	1	4:00	31:59
33	32	184	Megan Richer	R	WATERLOO WARRIORS	3	4:02	32:13
34	33	133	Robyn Perry	E1	QUEENS GAELS	6	4:04	32:28
35	34	67	Elizabeth Drake	E2	LAURIER GOLDEN HAWKS	1	4:04	32:29
36	35	185	Kathleen Schaeff	E1	WATERLOO WARRIORS	4	4:04	32:30
37	36	86	Ana Morariu	R	MCMASTER MARAUDERS	7	4:04	32:31
38	37	22	Laura Kuszaj	R	GUELPH GRYPHONS	7	4:05	32:38
39	38	222	Sydney Pattison	E5	WINDSOR LANCERS	2	4:06	32:45
40	39	149	E.J Boston	R	TORONTO VARSITYBLUES	4	4:06	32:48
41	40	219	Megan Koski	E3	WINDSOR LANCERS	3	4:07	32:52
42	41	180	Katherine Granstrom	E3	WATERLOO WARRIORS	5	4:08	33:00
43	42	157	Annemieke Tucker	E2	TORONTO VARSITYBLUES	5	4:08	33:02
44		305	Corrina Whybourne	E1	LAKEHEAD THDERWOLVES	2	4:09	33:05
45	43	223	Lauren Perkins	E3	WINDSOR LANCERS	4	4:09	33:12
46	44	220	Nicole Larue	E2	WINDSOR LANCERS	5	4:10	33:18
47	45	183	Ria Jayaram	R	WATERLOO WARRIORS	6	4:11	33:21
48	46	50	Kristen Mrozewski	R	LAURENTIAN VOYAGEURS	1	4:12	33:29
49	47	48	Sarah Booth	R	LAURENTIAN VOYAGEURS	2	4:12	33:32
50	48	65	Nicole Beach	E1	LAURIER GOLDEN HAWKS	2	4:12	33:33
51	49	188	Olivia Vanleeuwen	R	WATERLOO WARRIORS	7	4:12	33:36
52	50	117	Skye Pellerin	E1	OTTAWA GEE GEES	1	4:13	33:37
53	51	226	Chloe Walker	E3	WINDSOR LANCERS	6	4:16	34:03
54	52	119	Tiarra Ward	E2	OTTAWA GEE GEES	2	4:17	34:14
55	53	135	Maddy Smart-Reed	E3	QUEENS GAELS	7	4:17	34:14
56	54	49	Angela Mozzon	E2	LAURENTIAN VOYAGEURS	3	4:17	34:15
57	55	64	Hannah Badin	E2	LAURIER GOLDEN HAWKS	3	4:18	34:19
58	56	225	Mya Vialva	E4	WINDSOR LANCERS	7	4:19	34:25
59		308	Laura Peters	R	YORK LIONS	1	4:19	34:26
60	57	52	Sarah Thackeray	E4	LAURENTIAN VOYAGEURS	4	4:19	34:30
61	58	115	Kylee Fowler	R	OTTAWA GEE GEES	3	4:20	34:39
62	59	5	Lauren Macsai	E1	BROCK BADGERS	1	4:22	34:49
63		304	Katherine Lucas	E2	LAKEHEAD THDERWOLVES	3	4:24	35:11
64	60	2	Robyn Adamo	E3	BROCK BADGERS	2	4:25	35:20
65	61	71	Mary Tennant	E1	LAURIER GOLDEN HAWKS	4	4:28	35:39
66	62	70	Audrey Rieckenberg	R	LAURIER GOLDEN HAWKS	5	4:28	35:40
67	63	4	Cori Macsai	E1	BROCK BADGERS	3	4:29	35:45
68	64	155	Madeline Ramsden	R	TORONTO VARSITYBLUES	6	4:30	35:57
69	65	53	Ashley Valentini	E2	LAURENTIAN VOYAGEURS	5	4:30	35:57
70	66	99	Emily Gibson	E3	NIPISSING LAKERS	2	4:31	36:03
71	67	118	Elana Tyman	R	OTTAWA GEE GEES	4	4:32	36:14
72		173	Amberle MacDonald	R	TRENT EXCALIBUR	1	4:35	36:33

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73	68	153	Olivia Karn	R	TORONTO VARSITYBLUES	7	4:36	<b>36:42</b>
74	69	116	Audrey McCarthy	R	OTTAWA GEE GEES	5	4:38	<b>36:58</b>
75	70	102	Amy Ropchan	E2	NIPISSING LAKERS	3	4:39	<b>37:11</b>
76	71	114	Kylie Crawford	R	OTTAWA GEE GEES	6	4:41	<b>37:22</b>
77	72	104	Jaime Schweyer	E2	NIPISSING LAKERS	4	4:43	<b>37:42</b>
78	73	103	Sina Scholz	E1	NIPISSING LAKERS	5	4:47	<b>38:15</b>
79	74	69	Piper Lafayette	E2	LAURIER GOLDEN HAWKS	6	4:50	<b>38:33</b>
80		302	Eve Boardman	E1	LAKEHEAD THDERWOLVES	4	4:50	<b>38:36</b>
81	75	7	Isabel Tesolin	E1	BROCK BADGERS	4	4:53	<b>38:59</b>
82	76	6	Heather Magallanes	R	BROCK BADGERS	5	4:57	<b>39:29</b>
83		307	Hope Biro	E1	YORK LIONS	2	4:57	<b>39:32</b>
84		172	Madison Hammel	R	TRENT EXCALIBUR	2	5:06	<b>40:48</b>
85		171	Bailey Fuchs	R	TRENT EXCALIBUR	3	5:26	<b>43:23</b>
86		301	Avery Litke	E3	ALGOMA THUNDERBIRDS	1	5:35	<b>44:33</b>
87		170	Jaime Bullas	R	TRENT EXCALIBUR	4	5:43	<b>45:37</b>

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**TEAM: GUELPH GRYPHONS**

**SCORE: 19**

**PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Olivia Roussel		E2	25	29:47	3:44	6:00
1-1	Kiana Gibson		E4	19	29:40	3:43	5:59
5-5	Annika Ariano		E2	17	30:04	3:46	6:03
4-4	Sadie-Jane Hickson		E4	21	29:58	3:45	6:02
7-7	Nina Whitford		E3	26	30:19	3:48	6:06
19-19	Sandra Guga		E2	20	31:09	3:54	6:16
38-37	Laura Kuszaj		R	22	32:38	4:05	6:34

<b>Top 5 Total Time:</b>	2:29:48	<b>Top 5 Average Time:</b>	29:58
<b>Top 5 Average per KM:</b>	3:45	<b>Top 5 Average Per MILE:</b>	6:02
<b>1 - 5 Split:</b>	0:39	<b>1 - 7 Split:</b>	2:58
<b>Top 7 Total Time:</b>	3:33:35	<b>Top 7 Average Time:</b>	30:31

**TEAM: WESTERN MUSTANGS**

**SCORE: 60**

**PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
8-8	Heidi Ohrling		E3	205	30:20	3:48	6:07
9-9	Chloe Coutts		R	201	30:25	3:49	6:08
14-14	Zoe Burke		E3	199	30:43	3:51	6:11
13-13	Chloe Hewitt		E5	204	30:37	3:50	6:10
16-16	Kate Current		E5	203	30:49	3:52	6:12
17-17	Stephanie Ryall		E5	207	30:53	3:52	6:13
26-26	Anna Carruthers		E2	200	31:44	3:58	6:24

<b>Top 5 Total Time:</b>	2:32:54	<b>Top 5 Average Time:</b>	30:35
<b>Top 5 Average per KM:</b>	3:50	<b>Top 5 Average Per MILE:</b>	6:10
<b>1 - 5 Split:</b>	0:29	<b>1 - 7 Split:</b>	1:24
<b>Top 7 Total Time:</b>	3:35:31	<b>Top 7 Average Time:</b>	30:48

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**TEAM: MCMMASTER MARAUDERS SCORE: 73 PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Erin Mawhinney		E5	85	29:49	3:44	6:00
11-11	Caroline Forbes		E3	82	30:30	3:49	6:09
15-15	Hannah Goodjohn		E2	83	30:44	3:51	6:11
20-20	Victoria Lamb		R	84	31:14	3:55	6:17
24-24	Sarah Nolan		E3	87	31:29	3:57	6:20
27-27	Emma Waddington		E4	89	31:48	3:59	6:24
37-36	Ana Morariu		R	86	32:31	4:04	6:33

<b>Top 5 Total Time:</b>	2:33:46	<b>Top 5 Average Time:</b>	30:46
<b>Top 5 Average per KM:</b>	3:51	<b>Top 5 Average Per MILE:</b>	6:12
<b>1 - 5 Split:</b>	1:40	<b>1 - 7 Split:</b>	2:42
<b>Top 7 Total Time:</b>	3:38:05	<b>Top 7 Average Time:</b>	31:10

**TEAM: QUEENS GAELS SCORE: 109 PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
12-12	Tori Bouck		E3	129	30:31	3:49	6:09
18-18	Manon Plouvier		E3	134	31:03	3:53	6:15
22-22	Charlotte Langley		E1	132	31:18	3:55	6:18
28-28	Jade Watson		E5	137	31:49	3:59	6:25
29-29	Tamara Goddard		R	130	31:50	3:59	6:25
34-33	Robyn Perry		E1	133	32:28	4:04	6:32
55-53	Maddy Smart-Reed		E3	135	34:14	4:17	6:54

<b>Top 5 Total Time:</b>	2:36:31	<b>Top 5 Average Time:</b>	31:19
<b>Top 5 Average per KM:</b>	3:55	<b>Top 5 Average Per MILE:</b>	6:18
<b>1 - 5 Split:</b>	1:19	<b>1 - 7 Split:</b>	3:43
<b>Top 7 Total Time:</b>	3:43:13	<b>Top 7 Average Time:</b>	31:54

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**TEAM: TORONTO VARSITYBLUES      SCORE: 131      PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Jazz Shukla		E5	156	30:08	3:46	6:04
21-21	Christina Esposito		E2	152	31:14	3:55	6:17
23-23	Sophie Levasseur		R	154	31:19	3:55	6:18
40-39	E.J Boston		R	149	32:48	4:06	6:36
43-42	Annemieke Tucker		E2	157	33:02	4:08	6:39
=====							
68-64	Madeline Ramsden		R	155	35:57	4:30	7:14
73-68	Olivia Karn		R	153	36:42	4:36	7:23
=====							

<b>Top 5 Total Time:</b>	2:38:31	<b>Top 5 Average Time:</b>	31:43
<b>Top 5 Average per KM:</b>	3:58	<b>Top 5 Average Per MILE:</b>	6:23
<b>1 - 5 Split:</b>	2:54	<b>1 - 7 Split:</b>	6:34
<b>Top 7 Total Time:</b>	3:51:10	<b>Top 7 Average Time:</b>	33:02

**TEAM: WATERLOO WARRIORS      SCORE: 163      PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
25-25	Natalie Tsang		R	186	31:34	3:57	6:22
30-30	Claudia Heeney		R	181	31:52	3:59	6:25
33-32	Megan Richer		R	184	32:13	4:02	6:29
36-35	Kathleen Schaefer		E1	185	32:30	4:04	6:33
42-41	Katherine Granstrom		E3	180	33:00	4:08	6:39
=====							
47-45	Ria Jayaram		R	183	33:21	4:11	6:43
51-49	Olivia Vanleeuwen		R	188	33:36	4:12	6:46
=====							

<b>Top 5 Total Time:</b>	2:41:09	<b>Top 5 Average Time:</b>	32:14
<b>Top 5 Average per KM:</b>	4:02	<b>Top 5 Average Per MILE:</b>	6:30
<b>1 - 5 Split:</b>	1:26	<b>1 - 7 Split:</b>	2:02
<b>Top 7 Total Time:</b>	3:48:06	<b>Top 7 Average Time:</b>	32:36

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**TEAM: WINDSOR LANCERS SCORE: 175 PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Samara Quanz		R	224	30:29	3:49	6:08
39-38	Sydney Pattison		E5	222	32:45	4:06	6:36
41-40	Megan Koski		E3	219	32:52	4:07	6:37
45-43	Lauren Perkins		E3	223	33:12	4:09	6:41
46-44	Nicole Larue		E2	220	33:18	4:10	6:42
53-51	Chloe Walker		E3	226	34:03	4:16	6:51
58-56	Mya Vialva		E4	225	34:25	4:19	6:56

<b>Top 5 Total Time:</b>	2:42:36	<b>Top 5 Average Time:</b>	32:32
<b>Top 5 Average per KM:</b>	4:04	<b>Top 5 Average Per MILE:</b>	6:33
<b>1 - 5 Split:</b>	2:49	<b>1 - 7 Split:</b>	3:56
<b>Top 7 Total Time:</b>	3:51:04	<b>Top 7 Average Time:</b>	33:01

**TEAM: LAURIER GOLDEN HAWKS SCORE: 260 PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
35-34	Elizabeth Drake		E2	67	32:29	4:04	6:33
50-48	Nicole Beach		E1	65	33:33	4:12	6:45
57-55	Hannah Badin		E2	64	34:19	4:18	6:55
65-61	Mary Tennant		E1	71	35:39	4:28	7:11
66-62	Audrey Rieckenberg		R	70	35:40	4:28	7:11

79-74	Piper Lafayette		E2	69	38:33	4:50	7:46
<b>Top 5 Total Time:</b>	2:51:40	<b>Top 5 Average Time:</b>	34:20				
<b>Top 5 Average per KM:</b>	4:18	<b>Top 5 Average Per MILE:</b>	6:55				
<b>1 - 5 Split:</b>	3:11	<b>1 - 7 Split:</b>					
<b>Top 7 Total Time:</b>		<b>Top 7 Average Time:</b>					

**TEAM: LAURENTIAN VOYAGEURS SCORE: 269 PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
49-47	Sarah Booth		R	48	33:32	4:12	6:45
48-46	Kristen Mrozewski		R	50	33:29	4:12	6:45
56-54	Angela Mozzon		E2	49	34:15	4:17	6:54
60-57	Sarah Thackeray		E4	52	34:30	4:19	6:57
69-65	Ashley Valentini		E2	53	35:57	4:30	7:14

<b>Top 5 Total Time:</b>	2:51:43	<b>Top 5 Average Time:</b>	34:21
<b>Top 5 Average per KM:</b>	4:18	<b>Top 5 Average Per MILE:</b>	6:55
<b>1 - 5 Split:</b>	2:28	<b>1 - 7 Split:</b>	
<b>Top 7 Total Time:</b>		<b>Top 7 Average Time:</b>	

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**TEAM: OTTAWA GEE GEES                      SCORE: 296                      PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
52-50	Skye Pellerin		E1	117	33:37	4:13	6:46
54-52	Tiarra Ward		E2	119	34:14	4:17	6:54
61-58	Kylee Fowler		R	115	34:39	4:20	6:59
71-67	Elana Tyman		R	118	36:14	4:32	7:18
74-69	Audrey McCarthy		R	116	36:58	4:38	7:27
=====							
76-71	Kylie Crawford		R	114	37:22	4:41	7:32
	<b>Top 5 Total Time:</b>	2:55:42			<b>Top 5 Average Time:</b>	35:09	
	<b>Top 5 Average per KM:</b>	4:24			<b>Top 5 Average Per MILE:</b>	7:05	
	<b>1 - 5 Split:</b>	3:21			<b>1 - 7 Split:</b>		
	<b>Top 7 Total Time:</b>				<b>Top 7 Average Time:</b>		

**TEAM: NIPISSING LAKERS                      SCORE: 312                      PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
31-31	Kaitlyn L'Abbe		E1	101	31:56	4:00	6:26
70-66	Emily Gibson		E3	99	36:03	4:31	7:16
75-70	Amy Ropchan		E2	102	37:11	4:39	7:29
77-72	Jaime Schweyer		E2	104	37:42	4:43	7:36
78-73	Sina Scholz		E1	103	38:15	4:47	7:42
=====							
	<b>Top 5 Total Time:</b>	3:01:07			<b>Top 5 Average Time:</b>	36:14	
	<b>Top 5 Average per KM:</b>	4:32			<b>Top 5 Average Per MILE:</b>	7:18	
	<b>1 - 5 Split:</b>	6:19			<b>1 - 7 Split:</b>		
	<b>Top 7 Total Time:</b>				<b>Top 7 Average Time:</b>		

**TEAM: BROCK BADGERS                      SCORE: 333                      PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
62-59	Lauren Macsai		E1	5	34:49	4:22	7:01
64-60	Robyn Adamo		E3	2	35:20	4:25	7:07
67-63	Cori Macsai		E1	4	35:45	4:29	7:12
82-76	Heather Magallanes		R	6	39:29	4:57	7:57
81-75	Isabel Tesolin		E1	7	38:59	4:53	7:51
=====							
	<b>Top 5 Total Time:</b>	3:04:22			<b>Top 5 Average Time:</b>	36:53	
	<b>Top 5 Average per KM:</b>	4:37			<b>Top 5 Average Per MILE:</b>	7:26	
	<b>1 - 5 Split:</b>	4:40			<b>1 - 7 Split:</b>		
	<b>Top 7 Total Time:</b>				<b>Top 7 Average Time:</b>		



**2021 OUA Cross Country Championships**  
**43rd for Women, 106th for Men**  
**Thames Valley GC, London, ON**

2021-11-06

2021-11-06 - 2021-11-06

**Event # 2 MENS 8Km Run**

START @ 12:45pm - frost delay

Conditions: sunny 9°C

1st year for 8K for Men at OUA

! COURSE RECORD:Corey Bellemore Windsor Lancers 24:41.00 WI 2016

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	GUELPH GRYPHONS	32	2-6-7-8-9	15-16	2:06:03	3:10	25:13	0:36
2	MCMaster MARAUDERS	34	1-3-5-12-13	30-52	2:05:38	3:09	25:08	0:47
3	WESTERN MUSTANGS	100	4-14-18-28-36	53-67	2:10:02	3:16	26:01	1:57
4	QUEENS GAELS	113	19-20-22-23-29	40-58	2:11:06	3:17	26:14	0:35
5	TORONTO VARSITYBLUES	117	10-17-25-31-34	39-42	2:11:09	3:17	26:14	1:30
6	WINDSOR LANCERS	156	11-27-33-38-47	57-77	2:13:32	3:21	26:43	2:16
7	LAKEHEAD THDERWOLVES	227	24-41-45-54-63	69-71	2:17:31	3:27	27:31	2:14
8	OTTAWA GEE GEES	245	26-37-50-51-81	84-88	2:18:36	3:28	27:44	3:02
9	LAURIER GOLDEN HAWKS	248	32-43-48-55-70	92-93	2:18:27	3:28	27:42	2:00
10	LAURENTIAN VOYAGEURS	249	21-35-60-61-72	79-91	2:18:27	3:28	27:42	2:42
11	BROCK BADGERS	305	46-59-62-64-74	76-89	2:21:42	3:33	28:21	1:22
12	WATERLOO WARRIORS	331	49-56-68-75-83	90	2:23:01	3:35	28:37	1:48
13	YORK LIONS	352	44-65-78-80-85		2:24:27	3:37	28:54	2:18
14	NIPISSING LAKERS	394	66-73-82-86-87	94-97	2:26:50	3:41	29:22	1:18
15	TRENT EXCALIBUR	488	95-96-98-99-100	101	2:51:34	4:18	34:19	4:59

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	90	Andrew Davies		E3	MCMaster MARAUDERS	1	3:06	<b>24:41 !</b>
2	2	36	Mitchell Ubene		E5	GUELPH GRYPHONS	1	3:06	<b>24:48</b>
3	3	96	Max Turek		E4	MCMaster MARAUDERS	2	3:07	<b>24:57</b>
4	4	217	Marcel Scheele		E2	WESTERN MUSTANGS	1	3:08	<b>25:03</b>
5	5	91	Alex Drover		E4	MCMaster MARAUDERS	3	3:09	<b>25:07</b>
6	6	31	John Perrier		E3	GUELPH GRYPHONS	2	3:10	<b>25:15</b>
7	7	27	Nicholas Bannon		E3	GUELPH GRYPHONS	3	3:10	<b>25:16</b>
8	8	29	Gavin Hughes		E4	GUELPH GRYPHONS	4	3:10	<b>25:20</b>
9	9	33	Alec Purnell		E3	GUELPH GRYPHONS	5	3:11	<b>25:24</b>
10	10	168	Chris Taylor		E3	TORONTO VARSITYBLUES	1	3:11	<b>25:24</b>
11	11	238	Josh Zillies		E5	WINDSOR LANCERS	1	3:11	<b>25:25</b>
12	12	97	Ryan Tyrrell		E5	MCMaster MARAUDERS	4	3:11	<b>25:25</b>
13	13	95	Sam Nusselder		E3	MCMaster MARAUDERS	5	3:11	<b>25:28</b>
14	14	210	Mitch De Lange		E4	WESTERN MUSTANGS	2	3:12	<b>25:33</b>
15	15	30	Kyle Madden		E4	GUELPH GRYPHONS	6	3:14	<b>25:47</b>
16	16	35	Adam Schmidt		E2	GUELPH GRYPHONS	7	3:14	<b>25:48</b>
17	17	165	Brandon Raftis		E2	TORONTO VARSITYBLUES	2	3:15	<b>25:53</b>
18	18	37	Ethan Loucks		E3	WESTERN MUSTANGS	3	3:15	<b>25:56</b>
19	19	146	Will Pidduck		E2	QUEENS GAELS	1	3:15	<b>25:58</b>
20	20	144	Roman Mironov		R	QUEENS GAELS	2	3:16	<b>26:05</b>
21	21	63	Keon Wallingford		E2	LAURENTIAN VOYAGEURS	1	3:16	<b>26:07</b>
22	22	139	Miles Brackenbury		E2	QUEENS GAELS	3	3:17	<b>26:14</b>
23	23	141	Jake Hollinger		E2	QUEENS GAELS	4	3:17	<b>26:16</b>

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Thames Valley GC, London, ON

**Event # 2 MENS 8Km Run**

START @ 12:45pm - frost delay

Conditions: sunny 9°C

1st year for 8K for Men at OUA

! COURSE RECORD:Corey Bellemore Windsor Lancers 24:41.00 WI 2016

24	24	44	Connor MacIntosh	E3	LAKEHEAD THDERWOLVES	1	3:18	<b>26:17</b>
25	25	162	Dilan Brar	E3	TORONTO VARSITYBLUES	3	3:18	<b>26:22</b>
26	26	122	Adrian Fournier	E3	OTTAWA GEE GEES	1	3:19	<b>26:26</b>
27	27	236	Jonathan Rioux	E3	WINDSOR LANCERS	2	3:19	<b>26:28</b>
28	28	216	Mark Royce	R	WESTERN MUSTANGS	4	3:19	<b>26:30</b>
29	29	148	Jude Wheeler-Dee	R	QUEENS GAELS	5	3:19	<b>26:33</b>
30	30	98	Evan Ubene	E5	MCMASTER MARAUDERS	6	3:20	<b>26:33</b>
31	31	164	Rohan Nowbotsing	E2	TORONTO VARSITYBLUES	4	3:20	<b>26:36</b>
32	32	79	Ian Young	R	LAURIER GOLDEN HAWKS	1	3:21	<b>26:44</b>
33	33	232	Cole Hannam	E4	WINDSOR LANCERS	3	3:22	<b>26:50</b>
34	34	160	Nima Ashtari	R	TORONTO VARSITYBLUES	5	3:22	<b>26:54</b>
35	35	62	Paul Sagriff	E4	LAURENTIAN VOYAGEURS	2	3:22	<b>26:55</b>
36	36	213	Kyle Koyanagi	E2	WESTERN MUSTANGS	5	3:23	<b>27:00</b>
37	37	121	Andre Allie-Lamarche	E3	OTTAWA GEE GEES	2	3:23	<b>27:04</b>
38	38	233	Luke Mawhinney	E2	WINDSOR LANCERS	4	3:24	<b>27:08</b>
39	39	166	Ben Shore	E2	TORONTO VARSITYBLUES	6	3:24	<b>27:08</b>
40	40	145	Ben Miske	R	QUEENS GAELS	6	3:24	<b>27:10</b>
41	41	42	Jett Dobson	E1	LAKEHEAD THDERWOLVES	2	3:25	<b>27:17</b>
42	42	161	Nando Baumann	E2	TORONTO VARSITYBLUES	7	3:25	<b>27:20</b>
43	43	73	Joey Hardy	E4	LAURIER GOLDEN HAWKS	2	3:26	<b>27:21</b>
44	44	247	Maxime St-Jules	E2	YORK LIONS	1	3:26	<b>27:28</b>
45	45	41	Leif Buxton	R	LAKEHEAD THDERWOLVES	3	3:27	<b>27:30</b>
46	46	16	Jacques Tiessan	E3	BROCK BADGERS	1	3:27	<b>27:34</b>
47	47	234	Ryan Mutuchky	E3	WINDSOR LANCERS	5	3:28	<b>27:41</b>
48	48	75	Rahil Kachalia	E3	LAURIER GOLDEN HAWKS	3	3:28	<b>27:41</b>
49	49	195	Adam Huras	R	WATERLOO WARRIORS	1	3:29	<b>27:47</b>
50	50	120	Nicolas Abanto Enns	E2	OTTAWA GEE GEES	3	3:29	<b>27:49</b>
51	51	126	Stephen Robinson	E3	OTTAWA GEE GEES	4	3:29	<b>27:49</b>
52	52	94	Josh McGillivray	E5	MCMASTER MARAUDERS	7	3:30	<b>27:54</b>
53	53	209	Sam Cumming	E3	WESTERN MUSTANGS	6	3:30	<b>27:55</b>
54	54	43	Andrew Lehman	E1	LAKEHEAD THDERWOLVES	4	3:30	<b>27:56</b>
55	55	76	Davis Rutledge	E1	LAURIER GOLDEN HAWKS	4	3:30	<b>27:57</b>
56	56	191	Massimo Calcagno	R	WATERLOO WARRIORS	2	3:30	<b>27:58</b>
57	57	229	Cameron Cira	E4	WINDSOR LANCERS	6	3:30	<b>28:00</b>
58	58	147	Sam Seshadri	E3	QUEENS GAELS	7	3:31	<b>28:08</b>
59	59	13	Luke Patrick	E3	BROCK BADGERS	2	3:32	<b>28:10</b>
60	60	61	Calum Passi	R	LAURENTIAN VOYAGEURS	3	3:32	<b>28:15</b>
61	61	56	Eric Gareau	E3	LAURENTIAN VOYAGEURS	4	3:33	<b>28:21</b>
62	62	8	Riley Coles	R	BROCK BADGERS	3	3:34	<b>28:30</b>
63	63	47	Aiden Webster	R	LAKEHEAD THDERWOLVES	5	3:34	<b>28:31</b>
64	64	9	Joseph Dick	E3	BROCK BADGERS	4	3:34	<b>28:32</b>
65	65	245	Phillip Hammell	R	YORK LIONS	2	3:35	<b>28:36</b>
66	66	105	Ethan Aarts	R	NIPISSING LAKERS	1	3:35	<b>28:39</b>
67	67	215	Erik Ohrling	E3	WESTERN MUSTANGS	7	3:35	<b>28:40</b>
68	68	198	Alexander Stratmoen	R	WATERLOO WARRIORS	3	3:36	<b>28:43</b>

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1st year for 8K for Men at OUA

! COURSE RECORD: Corey Bellemore Windsor Lancers 24:41.00 WI 2016

69	69	45	Will McDonough	E2	LAKEHEAD THDERWOLVES	6	3:36	<b>28:43</b>
70	70	74	Eric Hill	E2	LAURIER GOLDEN HAWKS	5	3:36	<b>28:44</b>
71	71	46	Paul Nunez	E1	LAKEHEAD THDERWOLVES	7	3:37	<b>28:49</b>
72	72	57	Justin Graenert	E3	LAURENTIAN VOYAGEURS	5	3:37	<b>28:49</b>
73	73	112	Alex Maycock	E2	NIPISSING LAKERS	2	3:37	<b>28:51</b>
74	74	12	Jarryd Ling	E3	BROCK BADGERS	5	3:37	<b>28:56</b>
75	75	196	Jonathan Lysack	R	WATERLOO WARRIORS	4	3:38	<b>28:58</b>
76	76	14	Nick Reimer	E2	BROCK BADGERS	6	3:39	<b>29:08</b>
77	77	230	Brayden DeGrace	E2	WINDSOR LANCERS	7	3:40	<b>29:15</b>
78	78	243	Ethan Belanger	R	YORK LIONS	3	3:40	<b>29:18</b>
79	79	59	Nick Lambert	E2	LAURENTIAN VOYAGEURS	6	3:40	<b>29:19</b>
80	80	246	Burak Simsek	E1	YORK LIONS	4	3:40	<b>29:19</b>
81	81	128	Gavin Westbrook	E2	OTTAWA GEE GEES	5	3:41	<b>29:28</b>
82	82	108	Sebastien Gingras	E1	NIPISSING LAKERS	3	3:42	<b>29:29</b>
83	83	190	Josh Bird	E3	WATERLOO WARRIORS	5	3:42	<b>29:35</b>
84	84	125	Nikita Neyshtadt	R	OTTAWA GEE GEES	6	3:42	<b>29:35</b>
85	85	244	Brandon Cidade	R	YORK LIONS	5	3:44	<b>29:46</b>
86	86	110	Matthew Leale	E1	NIPISSING LAKERS	4	3:45	<b>29:54</b>
87	87	113	Noah Sullivan	E1	NIPISSING LAKERS	5	3:45	<b>29:57</b>
88	88	124	Nathan Meraw	E2	OTTAWA GEE GEES	7	3:46	<b>30:05</b>
89	89	10	Isaac Iannarelli	R	BROCK BADGERS	7	3:47	<b>30:12</b>
90	90	192	Cameron Dean	E2	WATERLOO WARRIORS	6	3:50	<b>30:39</b>
91	91	55	Alexandre Fishbein-Ouimette	E3	LAURENTIAN VOYAGEURS	7	3:53	<b>31:01</b>
92	92	72	Jordan Frieberg	E1	LAURIER GOLDEN HAWKS	6	3:56	<b>31:25</b>
93	93	77	Ethan Scott	R	LAURIER GOLDEN HAWKS	7	3:59	<b>31:51</b>
94	94	107	Oliver Czerny-Holownia	R	NIPISSING LAKERS	6	4:01	<b>32:02</b>
95	95	176	Nathan O'Keeffe	E1	TRENT EXCALIBUR	1	4:02	<b>32:13</b>
96	96	177	Eric Samtleben	E1	TRENT EXCALIBUR	2	4:04	<b>32:30</b>
97	97	111	Andrew Machan	E1	NIPISSING LAKERS	7	4:06	<b>32:42</b>
98	98	175	Owen May	R	TRENT EXCALIBUR	3	4:09	<b>33:09</b>
99	99	178	Sebastian Smith	E1	TRENT EXCALIBUR	4	4:34	<b>36:30</b>
100	100	174	Charles Cumberland	R	TRENT EXCALIBUR	5	4:39	<b>37:12</b>
101	101	179	Carter Stroud	R	TRENT EXCALIBUR	6	4:44	<b>37:46</b>
102		193	Patrick Dean	R	WATERLOO WARRIORS			<b>DNF</b>

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**TEAM: GUELPH GRYPHONS                      SCORE: 32                      PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Mitchell Ubene		E5	36	24:48	3:06	5:00
6-6	John Perrier		E3	31	25:15	3:10	5:05
7-7	Nicholas Bannon		E3	27	25:16	3:10	5:05
9-9	Alec Purnell		E3	33	25:24	3:11	5:07
8-8	Gavin Hughes		E4	29	25:20	3:10	5:06
=====							
16-16	Adam Schmidt		E2	35	25:48	3:14	5:12
15-15	Kyle Madden		E4	30	25:47	3:14	5:12

<b>Top 5 Total Time:</b>	2:06:03	<b>Top 5 Average Time:</b>	25:13
<b>Top 5 Average per KM:</b>	3:10	<b>Top 5 Average Per MILE:</b>	5:05
<b>1 - 5 Split:</b>	0:36	<b>1 - 7 Split:</b>	1:00
<b>Top 7 Total Time:</b>	2:57:38	<b>Top 7 Average Time:</b>	25:23

**TEAM: MCMASTER MARAUDERS                      SCORE: 34                      PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Andrew Davies		E3	90	24:41	3:06	4:58
3-3	Max Turek		E4	96	24:57	3:08	5:02
5-5	Alex Drover		E4	91	25:07	3:09	5:04
13-13	Sam Nusselder		E3	95	25:28	3:11	5:08
12-12	Ryan Tyrrell		E5	97	25:25	3:11	5:07
=====							
30-30	Evan Ubene		E5	98	26:33	3:20	5:21
52-52	Josh McGillivray		E5	94	27:54	3:30	5:37

<b>Top 5 Total Time:</b>	2:05:38	<b>Top 5 Average Time:</b>	25:08
<b>Top 5 Average per KM:</b>	3:09	<b>Top 5 Average Per MILE:</b>	5:04
<b>1 - 5 Split:</b>	0:47	<b>1 - 7 Split:</b>	3:13
<b>Top 7 Total Time:</b>	3:0:05	<b>Top 7 Average Time:</b>	25:44

**2021 OUA Cross Country Championships**

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**Thames Valley GC, London, ON**

**TEAM: WESTERN MUSTANGS                      SCORE: 100                      PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Marcel Scheele		E2	217	25:03	3:08	5:03
14-14	Mitch De Lange		E4	210	25:33	3:12	5:09
18-18	Ethan Loucks		E3	37	25:56	3:15	5:14
28-28	Mark Royce		R	216	26:30	3:19	5:20
36-36	Kyle Koyanagi		E2	213	27:00	3:23	5:26
=====							
53-53	Sam Cumming		E3	209	27:55	3:30	5:37
67-67	Erik Ohrling		E3	215	28:40	3:35	5:47

<b>Top 5 Total Time:</b>	2:10:02	<b>Top 5 Average Time:</b>	26:01
<b>Top 5 Average per KM:</b>	3:16	<b>Top 5 Average Per MILE:</b>	5:14
<b>1 - 5 Split:</b>	1:57	<b>1 - 7 Split:</b>	3:37
<b>Top 7 Total Time:</b>	3:6:37	<b>Top 7 Average Time:</b>	26:40

**TEAM: QUEENS GAELS                                      SCORE: 113                      PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
19-19	Will Pidduck		E2	146	25:58	3:15	5:14
20-20	Roman Mironov		R	144	26:05	3:16	5:15
22-22	Miles Brackenbury		E2	139	26:14	3:17	5:17
23-23	Jake Hollinger		E2	141	26:16	3:17	5:18
29-29	Jude Wheeler-Dee		R	148	26:33	3:20	5:21
=====							
40-40	Ben Miske		R	145	27:10	3:24	5:28
58-58	Sam Seshadri		E3	147	28:08	3:31	5:40

<b>Top 5 Total Time:</b>	2:11:06	<b>Top 5 Average Time:</b>	26:14
<b>Top 5 Average per KM:</b>	3:17	<b>Top 5 Average Per MILE:</b>	5:17
<b>1 - 5 Split:</b>	0:35	<b>1 - 7 Split:</b>	2:10
<b>Top 7 Total Time:</b>	3:6:24	<b>Top 7 Average Time:</b>	26:38

## 2021 OUA Cross Country Championships

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**TEAM: TORONTO VARSITYBLUES SCORE: 117 PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Chris Taylor		E3	168	25:24	3:11	5:07
17-17	Brandon Raftis		E2	165	25:53	3:15	5:13
25-25	Dilan Brar		E3	162	26:22	3:18	5:19
31-31	Rohan Nowbotsing		E2	164	26:36	3:20	5:22
34-34	Nima Ashtari		R	160	26:54	3:22	5:25
39-39	Ben Shore		E2	166	27:08	3:24	5:28
42-42	Nando Baumann		E2	161	27:20	3:25	5:30
<b>Top 5 Total Time:</b>		2:11:09	<b>Top 5 Average Time:</b>		26:14		
<b>Top 5 Average per KM:</b>		3:17	<b>Top 5 Average Per MILE:</b>		5:17		
<b>1 - 5 Split:</b>		1:30	<b>1 - 7 Split:</b>		1:56		
<b>Top 7 Total Time:</b>		3:5:37	<b>Top 7 Average Time:</b>		26:31		

**TEAM: WINDSOR LANCERS SCORE: 156 PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Josh Zillies		E5	238	25:25	3:11	5:07
27-27	Jonathan Rioux		E3	236	26:28	3:19	5:20
33-33	Cole Hannam		E4	232	26:50	3:22	5:24
38-38	Luke Mawhinney		E2	233	27:08	3:24	5:28
47-47	Ryan Mutuchky		E3	234	27:41	3:28	5:35
57-57	Cameron Cira		E4	229	28:00	3:30	5:38
77-77	Brayden DeGrace		E2	230	29:15	3:40	5:54
<b>Top 5 Total Time:</b>		2:13:32	<b>Top 5 Average Time:</b>		26:43		
<b>Top 5 Average per KM:</b>		3:21	<b>Top 5 Average Per MILE:</b>		5:23		
<b>1 - 5 Split:</b>		2:16	<b>1 - 7 Split:</b>		3:50		
<b>Top 7 Total Time:</b>		3:10:47	<b>Top 7 Average Time:</b>		27:16		

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**43rd for Women, 106th for Men**

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**Thames Valley GC, London, ON**

**TEAM: LAKEHEAD THDERWOLVES SCORE: 227 PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
24-24	Connor MacIntosh		E3	44	26:17	3:18	5:18
41-41	Jett Dobson		E1	42	27:17	3:25	5:30
45-45	Leif Buxton		R	41	27:30	3:27	5:32
54-54	Andrew Lehman		E1	43	27:56	3:30	5:38
63-63	Aiden Webster		R	47	28:31	3:34	5:45
=====							
69-69	Will McDonough		E2	45	28:43	3:36	5:47
71-71	Paul Nunez		E1	46	28:49	3:37	5:48
=====							
<b>Top 5 Total Time:</b>		2:17:31		<b>Top 5 Average Time:</b>		27:31	
<b>Top 5 Average per KM:</b>		3:27		<b>Top 5 Average Per MILE:</b>		5:32	
<b>1 - 5 Split:</b>		2:14		<b>1 - 7 Split:</b>		2:32	
<b>Top 7 Total Time:</b>		3:15:03		<b>Top 7 Average Time:</b>		27:52	

**TEAM: OTTAWA GEE GEES SCORE: 245 PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-26	Adrian Fournier		E3	122	26:26	3:19	5:20
37-37	Andre Allie-Lamarche		E3	121	27:04	3:23	5:27
51-51	Stephen Robinson		E3	126	27:49	3:29	5:36
50-50	Nicolas Abanto Enns		E2	120	27:49	3:29	5:36
81-81	Gavin Westbrook		E2	128	29:28	3:41	5:56
=====							
84-84	Nikita Neyshtadt		R	125	29:35	3:42	5:58
88-88	Nathan Meraw		E2	124	30:05	3:46	6:04
=====							
<b>Top 5 Total Time:</b>		2:18:36		<b>Top 5 Average Time:</b>		27:44	
<b>Top 5 Average per KM:</b>		3:28		<b>Top 5 Average Per MILE:</b>		5:35	
<b>1 - 5 Split:</b>		3:02		<b>1 - 7 Split:</b>		3:39	
<b>Top 7 Total Time:</b>		3:18:16		<b>Top 7 Average Time:</b>		28:20	

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**TEAM: LAURIER GOLDEN HAWKS SCORE: 248 PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
32-32	Ian Young		R	79	26:44	3:21	5:23
43-43	Joey Hardy		E4	73	27:21	3:26	5:31
48-48	Rahil Kachalia		E3	75	27:41	3:28	5:35
55-55	Davis Rutledge		E1	76	27:57	3:30	5:38
70-70	Eric Hill		E2	74	28:44	3:36	5:47
=====							
93-93	Ethan Scott		R	77	31:51	3:59	6:25
92-92	Jordan Frieberg		E1	72	31:25	3:56	6:20

<b>Top 5 Total Time:</b>	2:18:27	<b>Top 5 Average Time:</b>	27:42
<b>Top 5 Average per KM:</b>	3:28	<b>Top 5 Average Per MILE:</b>	5:35
<b>1 - 5 Split:</b>	2:00	<b>1 - 7 Split:</b>	5:07
<b>Top 7 Total Time:</b>	3:21:43	<b>Top 7 Average Time:</b>	28:49

**TEAM: LAURENTIAN VOYAGEURS SCORE: 249 PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
21-21	Keon Wallingford		E2	63	26:07	3:16	5:16
35-35	Paul Sagriff		E4	62	26:55	3:22	5:25
61-61	Eric Gareau		E3	56	28:21	3:33	5:43
60-60	Calum Passi		R	61	28:15	3:32	5:41
72-72	Justin Graenert		E3	57	28:49	3:37	5:48
=====							
79-79	Nick Lambert		E2	59	29:19	3:40	5:54
91-91	Alexandre Fishbein-Ouimette		E3	55	31:01	3:53	6:15

<b>Top 5 Total Time:</b>	2:18:27	<b>Top 5 Average Time:</b>	27:42
<b>Top 5 Average per KM:</b>	3:28	<b>Top 5 Average Per MILE:</b>	5:35
<b>1 - 5 Split:</b>	2:42	<b>1 - 7 Split:</b>	4:54
<b>Top 7 Total Time:</b>	3:18:47	<b>Top 7 Average Time:</b>	28:24



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**TEAM: BROCK BADGERS**

**SCORE: 305**

**PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
46-46	Jacques Tiessan		E3	16	27:34	3:27	5:33
59-59	Luke Patrick		E3	13	28:10	3:32	5:40
62-62	Riley Coles		R	8	28:30	3:34	5:44
64-64	Joseph Dick		E3	9	28:32	3:34	5:45
74-74	Jarryd Ling		E3	12	28:56	3:37	5:50
=====							
76-76	Nick Reimer		E2	14	29:08	3:39	5:52
89-89	Isaac Iannarelli		R	10	30:12	3:47	6:05

<b>Top 5 Total Time:</b>	2:21:42	<b>Top 5 Average Time:</b>	28:21
<b>Top 5 Average per KM:</b>	3:33	<b>Top 5 Average Per MILE:</b>	5:43
<b>1 - 5 Split:</b>	1:22	<b>1 - 7 Split:</b>	2:38
<b>Top 7 Total Time:</b>	3:21:02	<b>Top 7 Average Time:</b>	28:44

**TEAM: WATERLOO WARRIORS**

**SCORE: 331**

**PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
49-49	Adam Huras		R	195	27:47	3:29	5:36
56-56	Massimo Calcagno		R	191	27:58	3:30	5:38
68-68	Alexander Stratmoen		R	198	28:43	3:36	5:47
75-75	Jonathan Lysack		R	196	28:58	3:38	5:50
83-83	Josh Bird		E3	190	29:35	3:42	5:58
=====							
90-90	Cameron Dean		E2	192	30:39	3:50	6:10
	Patrick Dean		R	193	DNF		

<b>Top 5 Total Time:</b>	2:23:01	<b>Top 5 Average Time:</b>	28:37
<b>Top 5 Average per KM:</b>	3:35	<b>Top 5 Average Per MILE:</b>	5:46
<b>1 - 5 Split:</b>	1:48	<b>1 - 7 Split:</b>	
<b>Top 7 Total Time:</b>		<b>Top 7 Average Time:</b>	

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**TEAM: YORK LIONS**

**SCORE: 352 PLACE: 13**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
44-44	Maxime St-Jules		E2	247	27:28	3:26	5:32
65-65	Phillip Hammell		R	245	28:36	3:35	5:46
78-78	Ethan Belanger		R	243	29:18	3:40	5:54
80-80	Burak Simsek		E1	246	29:19	3:40	5:54
85-85	Brandon Cidade		R	244	29:46	3:44	6:00

<b>Top 5 Total Time:</b>	2:24:27	<b>Top 5 Average Time:</b>	28:54
<b>Top 5 Average per KM:</b>	3:37	<b>Top 5 Average Per MILE:</b>	5:49
<b>1 - 5 Split:</b>	2:18	<b>1 - 7 Split:</b>	
<b>Top 7 Total Time:</b>		<b>Top 7 Average Time:</b>	

**TEAM: NIPISSING LAKERS**

**SCORE: 394 PLACE: 14**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
66-66	Ethan Aarts		R	105	28:39	3:35	5:46
73-73	Alex Maycock		E2	112	28:51	3:37	5:49
82-82	Sebastien Gingras		E1	108	29:29	3:42	5:56
86-86	Matthew Leale		E1	110	29:54	3:45	6:01
87-87	Noah Sullivan		E1	113	29:57	3:45	6:02

94-94	Oliver Czerny-Holownia		R	107	32:02	4:01	6:27
97-97	Andrew Machan		E1	111	32:42	4:06	6:35

<b>Top 5 Total Time:</b>	2:26:50	<b>Top 5 Average Time:</b>	29:22
<b>Top 5 Average per KM:</b>	3:41	<b>Top 5 Average Per MILE:</b>	5:55
<b>1 - 5 Split:</b>	1:18	<b>1 - 7 Split:</b>	4:03
<b>Top 7 Total Time:</b>	3:31:34	<b>Top 7 Average Time:</b>	30:14

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**TEAM: TRENT EXCALIBUR**

**SCORE: 488**

**PLACE: 15**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
95-95	Nathan O'Keeffe		E1	176	32:13	4:02	6:29
96-96	Eric Samtleben		E1	177	32:30	4:04	6:33
100-100	Charles Cumberland		R	174	37:12	4:39	7:29
101-101	Carter Stroud		R	179	37:46	4:44	7:36
99-99	Sebastian Smith		E1	178	36:30	4:34	7:21
<hr/>							
98-98	Owen May		R	175	33:09	4:09	6:41
	<b>Top 5 Total Time:</b>	2:51:34			<b>Top 5 Average Time:</b>	34:19	
	<b>Top 5 Average per KM:</b>	4:18			<b>Top 5 Average Per MILE:</b>	6:55	
	<b>1 - 5 Split:</b>	4:59			<b>1 - 7 Split:</b>		
	<b>Top 7 Total Time:</b>				<b>Top 7 Average Time:</b>		