

2015 Running Room ACAC Cross Country Running Championship
Hosted by Lethbridge College
October 31, 2015

ACAC Men's 8 km Results

Runner	Team	Bib#	Time	Place	ACAC	SAIT	LETH	STMU	UAA	GPRC	RDC	CUE	LAKE	OC	Pace/km
Alex Harding	LETH	332	26:07	1	1		1								03:16
Kirk Sundt	CUE	340	26:08	2	2							2			03:16
Andrew Harding	LETH	333	26:55	3	3		3								03:22
Boaz Korir	LETH	331	27:12	4	4		4								03:24
Kenton Sportak	CUE	339	27:33	5	5							5			03:27
Moses Chesseret	LETH	336	27:45	6	6		6								03:28
Brandon Wladyko	GPRC	315	28:00	7	7					7					03:30
Dan Marsh	SAIT	325	28:21	8	8	8									03:33
Kevin Chambers	CUE	338	28:45	9	9							9			03:36
Ben Thomas	CUE	341	28:47	10	10							10			03:36
Andrew Jacobs	RDC	321	28:47	11	11					11					03:36
Mathieu Martin	UAA	307	28:49	12	12				12						03:36
Sean Hickey	SAIT	324	28:58	13	13	13									03:37
Joedy Dalke	UAA	304	29:08	14	14				14						03:39
Joel Demarcke	GPRC	316	29:13	15	15					15					03:39
Chris White-Gloria	STMU	300	29:46	16	16			16							03:43
Michael Schnare	SAIT	326	29:55	17	17	17									03:44
Jonathan Fuller	UAA	305	29:57	18	18				18						03:45
Carson Gunn	SAIT	327	30:14	19	19	19									03:47
Erik Rust	UAA	308	30:31	20	20				20						03:49
Zach Jackman	OC	344	31:17	21	21									21	03:55
Josh Malmsten	GPRC	313	31:32	22	22					22					03:57
Nolan Dyck	RDC	319	31:38	23	23						23				03:57
Jonathan Lam	RDC	322	31:49	24	24						24				03:59
Michael Cole	UAA	303	32:31	25	25				25						04:04
Joe Sartison	UAA	309	32:38	26	26				26						04:05
Andrew Sanchez-Orosz	CUE	342	32:49	27	27							27			04:06
Reece Bailey	UAA	302	33:05	28	x				x						04:08
Dallas Prince	LAKE	310	33:12	29	28								28		04:09
Carter Weber	RDC	323	33:13	30	29						29				04:09
Riley Bowker	CUE	337	33:28	31	30							30			04:11
Ethan Laverty	UAA	306	33:32	32	x				x						04:12
Mark McConnell	SAIT	328	34:05	33	31	31									04:16
Jonathan Allan	RDC	318	34:09	34	32						32				04:16
Logan Pearce	STMU	301	34:22	35	33			33							04:18
Ryan Jahnke	OC	345	34:29	36	34									34	04:19
Kyle Murray	GPRC	314	35:29	37	35					35					04:26
Keelan Ellerby	RDC	320	35:59	38	36						36				04:30
Kyle De Groot	LETH	335	36:11	39	37		37								04:31
David Scott	LETH	334	36:42	40	38		38								04:35
Ankit Bishnoi	LAKE	312	40:01	41	39								39		05:00
Travis Rockburn	OC	347	40:03	42	40									40	05:00
Andrew Sax	LAKE	311	45:48	43	41								41		05:43
Ethan Nielson	OC	346	51:29	44	42									42	06:26

# of runners scoring	44	42	5	6	2	6	4	6	6	6	3	4
# of exhibition runners		2	0	0	0	2	0	0	0	0	0	0

total best 4 runners			57	14		64	79	87	26		137
rank on best 4 runners			3	1		4	5	6	2		7

total best 3 runners			38	8		44	44	58	16	108	95
rank on best 3 runners			3	1		4	4	6	2	8	7

total best 3 women+best 3 men			95	22		81	73	89	39	213
rank on best 3 women and men			6	1		4	3	5	2	7

SAIT	LETH	STMU	UAA	GPRC	RDC	CUE	LAKE	OC
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ACAC Women's 5 km Results

Runner	Team	Bib#	Time	Place	ACAC	SAIT	LETH	STMU	UAA	GPRC	RDC	CUE	LAKE	OC	Pace/km
Jamie Wigmore	GPRC	218	18:40	1	1					1					03:44
Mariya Jenkins	CUE	253	19:13	2	2							2			03:51
Emily Lucas	LETH	242	19:34	3	3		3								03:55
Rachel McKenzie	LETH	243	19:48	4	4		4								03:58
Jordanna Cota	RDC	226	19:59	5	5						5				04:00
Emily McIlroy	UAA	210	20:09	6	6				6						04:02
Dina Iatrou	LETH	244	20:13	7	7		7								04:03
Maria Houle	GPRC	220	20:19	8	8					8					04:04
Rachael Smilie	CUE	255	20:22	9	9							9			04:04
Jayme Nagy	SAIT	238	20:52	10	10	10									04:10
Amy Severtson	RDC	236	20:57	11	11						11				04:11
Elise Nawrocki	CUE	254	21:01	12	12							12			04:12
Anna Sigurdson	UAA	214	21:10	13	13				13						04:14
Bailey Troccoli-Hughes	CUE	256	21:12	14	14							14			04:14
Amber Koster	RDC	231	21:19	15	15						15				04:16
Anna Zulic	CUE	257	21:21	16	16							16			04:16
Erica Risseeuw	SAIT	239	21:30	17	17	17									04:18
Taya Hoar	UAA	207	21:35	18	18				18						04:19
Samantha Debree	RDC	228	21:36	19	19						19				04:19
Christie Shepherd	GPRC	221	21:36	20	20					20					04:19
Sylvia Von Gunten	LETH	247	21:42	21	21		21								04:20
Haley Kitt	RDC	230	21:45	22	22						22				04:21
Rebekah Moore	LETH	245	21:47	23	23		23								04:21
Kirsten Manz	GPRC	219	21:49	24	24					24					04:22
Ashley Camsell	GPRC	223	21:49	25	25					25					04:22
Shelby Edgar	CUE	251	21:50	26	26							26			04:22
Caylee Vogel	LETH	246	22:02	27	27		27								04:24
Shaelynn Moltzahn	LETH	248	22:05	28	x		x								04:25
Baylee Frissell	CUE	252	22:41	29	x							x			04:32
Marie Wiatr	LAKE	215	22:44	30	28								28		04:33
Laura Szymanak	RDC	237	22:54	31	29						29				04:35
Katrina Henning	SAIT	240	23:05	32	30	30									04:37
Brianna Schultz	UAA	213	23:08	33	31				31						04:38
Melissa Ray	RDC	235	23:14	34	x						x				04:39
Leah Reid	UAA	212	23:28	35	32				32						04:42
Lauren Mearns	RDC	233	23:33	36	x						x				04:43
Tayla Koerber	UAA	208	23:35	37	33				33						04:43
Randi Thiessen	STMU	201	23:39	38	34			34							04:44
Kayla Enders	LETH	249	23:42	39	x		x								04:44
Jennifer Kubos	LETH	250	23:48	40	x		x								04:46
Jalene Dease	RDC	227	23:49	41	x						x				04:46
Tara McDonald	RDC	232	23:59	42	x						x				04:48
Brittany Boyko	UAA	204	25:05	43	x				x						05:01
Gillian Delure	OC	259	25:06	44	35									35	05:01
Ciara Bailey	UAA	203	26:01	45	x				x						05:12
Emily Whalen	GPRC	224	26:03	46	36					36					05:13
Kaylin Ackerman	RDC	225	26:09	47	x						x				05:14

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ACAC Women's 5 km Results

Runner	Team	Bib#	Time	Place	ACAC	SAIT	LETH	STMU	UAA	GPRC	RDC	CUE	LAKE	OC	Pace/km
Shyloh Bader	SAIT	241	26:29	48	37	37									05:18
Ani Dingamtar	RDC	229	26:49	49	x						x				05:22
Tori Wall	LAKE	216	27:02	50	38								38		05:24
Tamica Campbell	GPRC	222	27:20	51	x					x					05:28
Katelynn Cook	UAA	206	27:20	52	x				x						05:28
Kiana Scarf	LAKE	217	28:09	53	39								39		05:38
Tanis Lefebvre	STMU	202	28:13	54	40			40							05:39
Rhonda Benoit	OC	258	28:26	55	41									41	05:41
Alexandria Pedersen	RDC	234	29:47	56	x						x				05:57

# of runners scoring	56	41	4	6	2	6	6	6	6	6	6	3	2
# of exhibition runners		15	0	3	0	3	1	7	1	7	1	0	0
total best 4 runners			94	35		68	53	50	37				
rank on best 4 runners			6	1		5	4	3	2				
total best 3 runners			57	14		37	29	31	23	105			
rank on best 3 runners			6	1		5	3	4	2	7			
total best 3 women+best 3 men			95	22		81	73	89	39	213			
rank on best 3 women and men			6	1		4	3	5	2	7			

SAIT	LETH	STMU	UAA	GPRC	RDC	CUE	LAKE	OC
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