

2016 Waterloo Warriors Don Mills Open - 20th Annual

Saturday October 1, 2016

10/1/2016

10/1/2016 - 10/1/2016

Columbia Lake Fields north campus

Event # 2 MENS 10K Run

Start Time 11:00am

Conditions: cloudy, cool 13°C

MEET RECORD: Nick Falk Windsor Alum 32:27.00 3-Oct-2015

COURSE RECORD: Alex Wilkie Queen's Gaels 30:43.30 31Oct-2015

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	WATERLOO WARRIORS	23	1-4-5-6-7	9-10	2:50:24	3:24.5	34:04.8	1:26
2	LAURIER GOLDEN HAWKS	60	3-8-11-16-22	27-28	2:56:17	3:31.6	35:15.5	2:45
3	BROCK BADGERS	67	2-12-14-19-20	29-39	2:57:02	3:32.5	35:24.5	2:48
4	UT MISSISSAUGA EAGLE	116	17-18-23-24-34	44-49	3:03:46	3:40.6	36:45.2	2:35
5	NIPISSING LAKERS	119	13-15-25-30-36	41	3:05:31	3:42.7	37:06.3	3:24
6	SHERIDAN BRUINS	158	21-32-33-35-37	46	3:10:41	3:48.9	38:08.3	2:56
7	REDEEMER ROYALS	204	26-38-43-47-50	52	3:22:16	4:02.8	40:27.3	5:25
8	TRENT EXCALIBUR	206	31-40-42-45-48	51	3:22:02	4:02.5	40:24.3	3:40
	LAURIER ALUM		16					
	NEWMARKET HUSKIES TC		57					
	WATERLOO ALUM		7-46					
	WATERLOO RC		18					
	WLU - BRANTFORD		65-66-67-78					
	YORK LIONS		5-13-35-38					
	UNATTACHED							

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	153	James Milton		E4	WATERLOO WARRIORS	1	3:19.5	33:15.1
2	2	17	Jelmer van den Hadelkamp		E3	BROCK BADGERS	1	3:20.8	33:27.8
3	3	52	Joe Sheridan		E3	LAURIER GOLDEN HAWKS	1	3:22.2	33:41.6
4	4	154	Chris Moore		E3	WATERLOO WARRIORS	2	3:23.3	33:52.4
5		179	Suraj Sharma		E5	YORK LIONS	1	3:23.8	33:57.6
6	5	146	Dan Fournier		E5	WATERLOO WARRIORS	3	3:24.9	34:08.9
7		126	Justin Spalveri			WATERLOO ALUM	1	3:25.6	34:15.8
8	6	144	Shane Corley		E3	WATERLOO WARRIORS	4	3:26.6	34:25.3
9	7	156	Adam Richardson		E2	WATERLOO WARRIORS	5	3:28.2	34:41.9
10	8	44	Dan Hilbers		R	LAURIER GOLDEN HAWKS	2	3:28.7	34:46.6
11	9	139	Nick Bedi		E2	WATERLOO WARRIORS	6	3:29.0	34:49.7
12	10	150	Reid Hayes		E2	WATERLOO WARRIORS	7	3:29.0	34:49.9
13		175	Brandon Belan		E4	YORK LIONS	2	3:32.1	35:20.8
14	11	48	Brendan Masters		E2	LAURIER GOLDEN HAWKS	3	3:33.0	35:29.4
15	12	15	Brendan Sanders		E3	BROCK BADGERS	2	3:33.5	35:34.6
16		18	Jonathan Gascho			LAURIER ALUM	1	3:33.6	35:35.9
17	13	63	Travis Mann		E2	NIPISSING LAKERS	1	3:33.8	35:38.0
18		188	Hadi El-Shayeb			WATERLOO RC	1	3:34.3	35:42.2
19	14	10	Ryan Gagnon		E2	BROCK BADGERS	3	3:34.3	35:43.0
20		149	Connor Hammond		E3	WATERLOO WARRIORS	8	3:34.7	35:46.3
21	15	65	Teagan Retty		E2	NIPISSING LAKERS	2	3:34.9	35:48.2
22		145	Rhys Desmond		R	WATERLOO WARRIORS	9	3:35.1	35:50.8

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23	16	51	Zach Savlov	R	LAURIER GOLDEN HAWKS	4	3:35.3	35:52.4
24	17	120	Kale Heino		UT MISSISSAUGA EAGLE	1	3:35.5	35:54.7
25	18	122	Haseeb Malik		UT MISSISSAUGA EAGLE	2	3:35.5	35:54.9
26	19	14	Lucas Salazer-Reid	E2	BROCK BADGERS	4	3:36.1	36:00.5
27	20	13	Akshar Patel	R	BROCK BADGERS	5	3:37.7	36:16.5
28	21	94	Brendan Saunders		SHERIDAN BRUINS	1	3:37.8	36:17.4
29	22	49	Natan Muacasso-Shour	R	LAURIER GOLDEN HAWKS	5	3:38.8	36:27.3
30		148	Akiva Goldberg	E2	WATERLOO WARRIORS	10	3:38.8	36:28.1
31	23	118	Hamza Ali		UT MISSISSAUGA EAGLE	3	3:40.3	36:42.3
32	24	123	Raymond Run		UT MISSISSAUGA EAGLE	4	3:40.4	36:43.6
33		155	Ian O'Donnell	E2	WATERLOO WARRIORS	11	3:41.0	36:50.1
34		140	Jesse Burt	R	WATERLOO WARRIORS	12	3:42.0	36:59.2
35		177	Colton LaFrance	R	YORK LIONS	3	3:42.7	37:06.9
36		111	Grant Wignall		UNATTACHED		3:43.6	37:15.1
37	25	67	Bryan Stone	E4	NIPISSING LAKERS	3	3:43.6	37:15.6
38		174	Abdiaz Ali	R	YORK LIONS	4	3:44.1	37:20.6
39	26	80	Kyle Maerz		REDEEMER ROYALS	1	3:44.7	37:26.6
40	27	46	Nathan Jeffrey	E2	LAURIER GOLDEN HAWKS	6	3:44.7	37:26.9
41	28	47	Tim Lytle	R	LAURIER GOLDEN HAWKS	7	3:44.7	37:27.1
42	29	16	Shane Singh	E1	BROCK BADGERS	6	3:45.2	37:31.2
43		147	Travis Gibbons	E5	WATERLOO WARRIORS	13	3:46.1	37:41.0
44	30	64	Malcolm McCubbin	E2	NIPISSING LAKERS	4	3:46.7	37:46.8
45		157	Caleb Ryan	R	WATERLOO WARRIORS	14	3:46.8	37:47.9
46		183	Rob Bark		WATERLOO ALUM	2	3:47.1	37:50.9
47		142	Nathaniel Chan	R	WATERLOO WARRIORS	15	3:48.4	38:04.1
48	31	106	Sean Ibbott	E1	TRENT EXCALIBUR	1	3:49.5	38:14.2
49	32	93	Matt Reeves		SHERIDAN BRUINS	2	3:49.5	38:14.9
50	33	92	Andrew Convery		SHERIDAN BRUINS	3	3:49.6	38:15.5
51		151	Peter Huang	E2	WATERLOO WARRIORS	16	3:50.5	38:25.1
52	34	119	Tameem Hamid		UT MISSISSAUGA EAGLE	5	3:51.1	38:30.2
53		50	Brendan Patton	E2	LAURIER GOLDEN HAWKS	8	3:51.3	38:32.3
54		143	Alec Cooper	R	WATERLOO WARRIORS	17	3:51.5	38:34.8
55	35	89	Jaskirat Aujla		SHERIDAN BRUINS	4	3:51.9	38:39.1
56	36	61	Justin Leale	R	NIPISSING LAKERS	5	3:54.3	39:02.7
57		53	Michael Logue		NEWMARKET HUSKIES TC	1	3:54.9	39:08.8
58	37	90	Alex Ball		SHERIDAN BRUINS	5	3:55.5	39:14.3
59		159	David Wulff	E1	WATERLOO WARRIORS	18	3:56.3	39:22.3
60		141	Matthew Butler	R	WATERLOO WARRIORS	19	3:56.8	39:27.8
61		42	Daniel Cuba	R	LAURIER GOLDEN HAWKS	9	3:57.1	39:30.4
62	38	78	Aaron Hesman		REDEEMER ROYALS	2	3:57.1	39:31.0
63	39	8	Stevie Blankenship	E4	BROCK BADGERS	7	3:57.2	39:31.7
64	40	108	Matt Melo	E2	TRENT EXCALIBUR	2	3:59.2	39:51.9
65		166	Simon Crowley		WLU - BRANTFORD	1	4:00.3	40:02.4
66		168	Craig Van Manen		WLU - BRANTFORD	2	4:00.5	40:04.5
67		167	Jerrett Putt		WLU - BRANTFORD	3	4:02.0	40:19.3
68	41	62	Jeff Mailloux	E1	NIPISSING LAKERS	6	4:02.1	40:20.5
69	42	107	Connor McCarthy	E1	TRENT EXCALIBUR	3	4:02.4	40:23.3
70	43	77	Justin DeWeerd		REDEEMER ROYALS	3	4:03.5	40:35.1
71	44	124	Kunal Shukla		UT MISSISSAUGA EAGLE	6	4:03.7	40:36.8
72		158	Dilveer Virk	R	WATERLOO WARRIORS	20	4:09.4	41:34.1
73	45	105	Josh Hill	E1	TRENT EXCALIBUR	4	4:09.7	41:37.0
74	46	91	Nathan Brown		SHERIDAN BRUINS	6	4:10.9	41:48.3

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75	47	75	Benjamin Bronsema		REDEEMER ROYALS	4	4:11.2	41:51.5
76	48	109	Carlo Smith	E1	TRENT EXCALIBUR	5	4:11.6	41:55.1
77	49	121	Benjohn Libardo		UT MISSISSAUGA EAGLE	7	4:12.8	42:07.2
78		165	Michael Butler		WLU - BRANTFORD	4	4:13.1	42:10.6
79		152	Daniel Lamontagne	E1	WATERLOO WARRIORS	21	4:13.7	42:16.6
80		41	Charles Binks-Collier	R	LAURIER GOLDEN HAWKS	10	4:16.9	42:48.7
81	50	76	Nathaniel De Vries		REDEEMER ROYALS	5	4:17.3	42:52.3
82	51	104	Mike Brown	E1	TRENT EXCALIBUR	6	4:18.0	42:59.6
83	52	79	Zach Kingma		REDEEMER ROYALS	6	4:28.5	44:44.4

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Columbia Lake Fields north campus

TEAM: WATERLOO WARRIORS SCORE: 23 PLACE: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	James Milton		E4	153	33:15.1	3:19.6	5:21.1
4-4	Chris Moore		E3	154	33:52.4	3:23.3	5:27.1
6-5	Dan Fournier		E5	146	34:08.9	3:24.9	5:29.8
8-6	Shane Corley		E3	144	34:25.3	3:26.6	5:32.4
9-7	Adam Richardson		E2	156	34:41.9	3:28.2	5:35.1
=====							
11-9	Nick Bedi		E2	139	34:49.7	3:29.0	5:36.3
12-10	Reid Hayes		E2	150	34:49.9	3:29.0	5:36.4
=====							
20	Connor Hammond		E3	149	35:46.3	3:34.7	5:45.5
22	Rhys Desmond		R	145	35:50.8	3:35.1	5:46.2
30	Akiva Goldberg		E2	148	36:28.1	3:38.9	5:52.2
33	Ian O'Donnell		E2	155	36:50.1	3:41.1	5:55.7
34	Jesse Burt		R	140	36:59.2	3:42.0	5:57.2
43	Travis Gibbons		E5	147	37:41.0	3:46.1	6:03.9
45	Caleb Ryan		R	157	37:47.9	3:46.8	6:05.0
47	Nathaniel Chan		R	142	38:04.1	3:48.5	6:07.6
51	Peter Huang		E2	151	38:25.1	3:50.6	6:11.0
54	Alec Cooper		R	143	38:34.8	3:51.5	6:12.6
59	David Wullf		E1	159	39:22.3	3:56.3	6:20.2
60	Matthew Butler		R	141	39:27.8	3:56.8	6:21.1
72	Dilveer Virk		R	158	41:34.1	4:09.5	6:41.4
79	Daniel Lamontagne		E1	152	42:16.6	4:13.7	6:48.3
Top 5 Total Time:		2:50:24	Top 5 Average Time:		34:04.8		
Top 5 Average per KM:		3:24.5	Top 5 Average Per MILE:		5:29.1		
1 - 5 Split:		1:26	1 - 7 Split:		1:34.8		
Top 7 Total Time:		4:0:03	Top 7 Average Time:		34:17.6		

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Columbia Lake Fields north campus

TEAM: LAURIER GOLDEN HAWKS SCORE: 60 PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Joe Sheridan		E3	52	33:41.6	3:22.2	5:25.4
10-8	Dan Hilbers		R	44	34:46.6	3:28.7	5:35.8
14-11	Brendan Masters		E2	48	35:29.4	3:33.0	5:42.7
23-16	Zach Savlov		R	51	35:52.4	3:35.3	5:46.4
29-22	Natan Muacasso-Shour		R	49	36:27.3	3:38.8	5:52.1
=====							
40-27	Nathan Jeffrey		E2	46	37:26.9	3:44.7	6:01.6
41-28	Tim Lytle		R	47	37:27.1	3:44.8	6:01.7
=====							
53	Brendan Patton		E2	50	38:32.3	3:51.3	6:12.2
61	Daniel Cuba		R	42	39:30.4	3:57.1	6:21.5
80	Charles Binks-Collier		R	41	42:48.7	4:16.9	6:53.4
Top 5 Total Time:		2:56:17			Top 5 Average Time:		35:15.5
Top 5 Average per KM:		3:31.6			Top 5 Average Per MILE:		5:40.5
1 - 5 Split:		2:45			1 - 7 Split:		3:45.5
Top 7 Total Time:		4:11:11			Top 7 Average Time:		35:53.1

TEAM: BROCK BADGERS SCORE: 67 PLACE: 3

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Jelmer van den Hadelkamp		E3	17	33:27.8	3:20.8	5:23.2
15-12	Brendan Sanders		E3	15	35:34.6	3:33.5	5:43.6
19-14	Ryan Gagnon		E2	10	35:43.0	3:34.3	5:44.9
26-19	Lucas Salazer-Reid		E2	14	36:00.5	3:36.1	5:47.7
27-20	Akshar Patel		R	13	36:16.5	3:37.7	5:50.3
=====							
42-29	Shane Singh		E1	16	37:31.2	3:45.2	6:02.3
63-39	Stevie Blankenship		E4	8	39:31.7	3:57.2	6:21.7
=====							
Top 5 Total Time:		2:57:02			Top 5 Average Time:		35:24.5
Top 5 Average per KM:		3:32.5			Top 5 Average Per MILE:		5:41.9
1 - 5 Split:		2:48			1 - 7 Split:		6:03.9
Top 7 Total Time:		4:14:05			Top 7 Average Time:		36:17.9

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TEAM: UT MISSISSAUGA EAGLE SCORE: 116 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
24-17	Kale Heino			120	35:54.7	3:35.5	5:46.8
25-18	Haseeb Malik			122	35:54.9	3:35.5	5:46.8
31-23	Hamza Ali			118	36:42.3	3:40.3	5:54.5
32-24	Raymond Run			123	36:43.6	3:40.4	5:54.7
52-34	Tameem Hamid			119	38:30.2	3:51.1	6:11.8
=====							
71-44	Kunal Shukla			124	40:36.8	4:03.7	6:32.2
77-49	Benjohn Libardo			121	42:07.2	4:12.8	6:46.8
=====							
Top 5 Total Time:		3:03:46		Top 5 Average Time:		36:45.2	
Top 5 Average per KM:		3:40.6		Top 5 Average Per MILE:		5:54.9	
1 - 5 Split:		2:35		1 - 7 Split:		6:12.5	
Top 7 Total Time:		4:26:30		Top 7 Average Time:		38:04.3	

TEAM: NIPISSING LAKERS SCORE: 119 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-13	Travis Mann		E2	63	35:38.0	3:33.8	5:44.1
21-15	Teagan Retty		E2	65	35:48.2	3:34.9	5:45.8
37-25	Bryan Stone		E4	67	37:15.6	3:43.6	5:59.8
44-30	Malcolm McCubbin		E2	64	37:46.8	3:46.7	6:04.8
56-36	Justin Leale		R	61	39:02.7	3:54.3	6:17.1
=====							
68-41	Jeff Mailloux		E1	62	40:20.5	4:02.1	6:29.6
Top 5 Total Time:		3:05:31		Top 5 Average Time:		37:06.3	
Top 5 Average per KM:		3:42.7		Top 5 Average Per MILE:		5:58.3	
1 - 5 Split:		3:24		1 - 7 Split:			
Top 7 Total Time:				Top 7 Average Time:			

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TEAM: SHERIDAN BRUINS SCORE: 158 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
28-21	Brendan Saunders			94	36:17.4	3:37.8	5:50.5
49-32	Matt Reeves			93	38:14.9	3:49.5	6:09.4
50-33	Andrew Convery			92	38:15.5	3:49.6	6:09.5
55-35	Jaskirat Aujla			89	38:39.1	3:52.0	6:13.3
58-37	Alex Ball			90	39:14.3	3:55.5	6:18.9
=====							
74-46	Nathan Brown			91	41:48.3	4:10.9	6:43.7
	Top 5 Total Time:	3:10:41			Top 5 Average Time:	38:08.3	
	Top 5 Average per KM:	3:48.9			Top 5 Average Per MILE:	6:08.3	
	1 - 5 Split:	2:56			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		

TEAM: REDEEMER ROYALS SCORE: 204 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
39-26	Kyle Maerz			80	37:26.6	3:44.7	6:01.6
62-38	Aaron Hesman			78	39:31.0	3:57.1	6:21.6
70-43	Justin DeWeerd			77	40:35.1	4:03.6	6:31.9
75-47	Benjamin Bronsema			75	41:51.5	4:11.2	6:44.2
81-50	Nathaniel De Vries			76	42:52.3	4:17.3	6:54.0
=====							
83-52	Zach Kingma			79	44:44.4	4:28.5	7:12.1
	Top 5 Total Time:	3:22:16			Top 5 Average Time:	40:27.3	
	Top 5 Average per KM:	4:02.8			Top 5 Average Per MILE:	6:30.7	
	1 - 5 Split:	5:25			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		

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TEAM: TRENT EXCALIBUR

SCORE: 206

PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
48-31	Sean Ibbott		E1	106	38:14.2	3:49.5	6:09.3
64-40	Matt Melo		E2	108	39:51.9	3:59.2	6:25.0
69-42	Connor McCarthy		E1	107	40:23.3	4:02.4	6:30.0
73-45	Josh Hill		E1	105	41:37.0	4:09.7	6:41.9
76-48	Carlo Smith		E1	109	41:55.1	4:11.6	6:44.8
<hr/>							
82-51	Mike Brown		E1	104	42:59.6	4:18.0	6:55.2
	Top 5 Total Time:	3:22:02			Top 5 Average Time:	40:24.3	
	Top 5 Average per KM:	4:02.5			Top 5 Average Per MILE:	6:30.2	
	1 - 5 Split:	3:40			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		

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10/2/2016

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Columbia Lake Fields north campus

Event # 1 WOMENS 6K Run

Start Time 10:00am

Conditions:cloudy, cool 12°C

MEET RECORD:Katie Wismer Laurentian Voyaguers 21:27.00 3-Oct-2015

COURSE RECORD:Gabriela Stafford Toronto Varsity Blue 19:54.70 31Oct-2015

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	BROCK BADGERS	41	2-7-9-11-12	15	1:58:12	3:56	23:38	49
2	WATERLOO WARRIORS	43	3-5-8-10-17	19-20	1:58:43	3:57	23:44	1:15
3	LAURIER GOLDEN HAWKS	81	1-16-18-22-24	26-27	2:02:30	4:05	24:30	3:08
4	NIPISSING LAKERS	96	13-14-21-23-25	28	2:04:12	4:08	24:50	1:39
5	TRENT EXCALIBUR	108	4-6-30-32-36		2:16:01	4:32	27:12	9:02
6	UT MISSISSAUGA EAGLE	162	29-31-33-34-35		2:24:42	4:49	28:56	3:21
	BROCK ALUM		5					
	REDEEMER ROYALS		30-33-48-66					
	SHERIDAN BRUINS		52-57-58-65					
	SPEED RIVER TC		1					
	WATERLOO ALUM		29					
	WLU - BRANTFORD		38-46-63					
	YORK LIONS		18-21-45-60					
	YORK U TRACK CLUB		24					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1		95	Sarah Wismer			SPEED RIVER TC	1	3:40	22:01
2	1	20	Bettina Boucher		E3	LAURIER GOLDEN HAWKS	1	3:44	22:27
3	2	1	Joanna Francolini		E3	BROCK BADGERS	1	3:51	23:06
4	3	135	Stephanie Ryall		R	WATERLOO WARRIORS	1	3:52	23:17
5		181	Donna Mae Robins			BROCK ALUM	1	3:52	23:17
6	4	102	Bianca Tavares		E1	TRENT EXCALIBUR	1	3:53	23:20
7	5	132	Samantha McGuinness		E3	WATERLOO WARRIORS	2	3:54	23:26
8	6	98	Sarah Law		E1	TRENT EXCALIBUR	2	3:55	23:30
9	7	4	Brittany Murphy		E5	BROCK BADGERS	2	3:55	23:35
10	8	134	Alyssa Randall		R	WATERLOO WARRIORS	3	3:56	23:40
11	9	6	Paulina Sergnese		R	BROCK BADGERS	3	3:57	23:44
12	10	138	Alex Varty		E2	WATERLOO WARRIORS	4	3:58	23:48
13	11	5	Alex Ratcliffe		E2	BROCK BADGERS	4	3:58	23:52
14	12	3	Erin Laughlin		E3	BROCK BADGERS	5	3:59	23:55
15	13	56	Katie Gibson		E2	NIPISSING LAKERS	1	3:59	23:59
16	14	58	Stephanie Knowles		R	NIPISSING LAKERS	2	4:03	24:18
17	15	2	Cassandra Hinz		R	BROCK BADGERS	6	4:04	24:25
18		173	Vaishnavy Yogarajah		E3	YORK LIONS	1	4:04	24:28
19	16	29	Jessica Martin		E2	LAURIER GOLDEN HAWKS	2	4:04	24:29
20	17	129	Megan Doleweerd		R	WATERLOO WARRIORS	5	4:05	24:32
21		170	Anna-Kay Green		R	YORK LIONS	2	4:05	24:34
22	18	28	Lizzy Laurie		R	LAURIER GOLDEN HAWKS	3	4:05	24:35
23	19	131	Sarah MacLean		R	WATERLOO WARRIORS	6	4:07	24:42
24		180	Anna Prouzou			YORK U TRACK CLUB	1	4:07	24:43

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25	20	130	Amanda Hutchings	E3	WATERLOO WARRIORS	7	4:07	24:44
26	21	55	Megan Cruickshank	R	NIPISSING LAKERS	3	4:07	24:44
27		127	Jessica Cuabu	E2	WATERLOO WARRIORS	8	4:12	25:17
28	22	31	Ellen Mead	E4	LAURIER GOLDEN HAWKS	4	4:14	25:24
29		189	Kelly-Lynne Spettigue		WATERLOO ALUM	1	4:14	25:27
30		72	Adrianna So		REDEEMER ROYALS	1	4:15	25:31
31	23	60	Jessica Mazzonello	E3	NIPISSING LAKERS	4	4:15	25:33
32	24	25	Jenna Gascho	E3	LAURIER GOLDEN HAWKS	5	4:15	25:35
33		69	Rachel Hoekstra		REDEEMER ROYALS	2	4:15	25:35
34	25	57	Lauren Jackson	R	NIPISSING LAKERS	5	4:16	25:38
35	26	32	Sydney Pattison	R	LAURIER GOLDEN HAWKS	6	4:17	25:46
36	27	27	Lauren Kerker	E2	LAURIER GOLDEN HAWKS	7	4:20	26:05
37		21	Hayley Carrescia	R	LAURIER GOLDEN HAWKS	8	4:20	26:05
38		164	Mahayla Markell		WLU - BRANTFORD	1	4:21	26:11
39	28	54	Sarah Arendt	E3	NIPISSING LAKERS	6	4:22	26:17
40		33	Bella Plutino	R	LAURIER GOLDEN HAWKS	9	4:24	26:25
41		22	Carina De Sousa	R	LAURIER GOLDEN HAWKS	10	4:24	26:26
42		37	Rachel Tyler	R	LAURIER GOLDEN HAWKS	11	4:25	26:34
43		24	Claire Fleming	E2	LAURIER GOLDEN HAWKS	12	4:26	26:38
44		34	Jennifer Rioux	R	LAURIER GOLDEN HAWKS	13	4:26	26:41
45		172	Shae Turner	E2	YORK LIONS	3	4:27	26:42
46		160	Jessa Braun		WLU - BRANTFORD	2	4:27	26:43
47		39	Stephanie Wildfong	E2	LAURIER GOLDEN HAWKS	14	4:27	26:43
48		70	Emily Lorimer		REDEEMER ROYALS	3	4:27	26:44
49		35	Emma Segato	E2	LAURIER GOLDEN HAWKS	15	4:28	26:52
50	29	115	Andrea Ortiz		UT MISSISSAUGA EAGLE	1	4:29	26:55
51		38	Arthi Vick	E2	LAURIER GOLDEN HAWKS	16	4:29	26:55
52		85	Erin Kinninmont		SHERIDAN BRUINS	1	4:29	26:58
53	30	96	Hannah Coates	E1	TRENT EXCALIBUR	3	4:29	26:58
54		30	Melissa Mathieu	R	LAURIER GOLDEN HAWKS	17	4:30	27:03
55		36	Ana Smith	E2	LAURIER GOLDEN HAWKS	18	4:30	27:04
56	31	113	Katie Hill		UT MISSISSAUGA EAGLE	2	4:31	27:11
57		86	Lexy Pakenham-Troth		SHERIDAN BRUINS	2	4:32	27:13
58		83	Dani Casas		SHERIDAN BRUINS	3	4:40	28:01
59	32	103	Magda Zieminski	E2	TRENT EXCALIBUR	4	4:58	29:51
60		169	Brittania Fusca	R	YORK LIONS	4	5:00	30:05
61	33	117	Rebecca Wong		UT MISSISSAUGA EAGLE	3	5:01	30:06
62	34	114	Gloria Lim		UT MISSISSAUGA EAGLE	4	5:02	30:14
63		162	Nakita Dostie		WLU - BRANTFORD	3	5:02	30:16
64	35	116	Jenny Trinh		UT MISSISSAUGA EAGLE	5	5:02	30:16
65		88	Mena Rimac		SHERIDAN BRUINS	4	5:08	30:53
66		71	Katrina Palmer		REDEEMER ROYALS	4	5:09	30:55
67	36	101	Rachel Schoneville	E1	TRENT EXCALIBUR	5	5:23	32:22
68		137	Rachel Schneiderman	R	WATERLOO WARRIORS	9	5:24	32:28
69		136	Clarisa Sampaio	R	WATERLOO WARRIORS	10	5:25	32:34

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TEAM: BROCK BADGERS**SCORE: 41****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
3-2	Joanna Francolini		E3	1	23:06	3:51	6:11	
9-7	Brittany Murphy		E5	4	23:35	3:55	6:19	
11-9	Paulina Sergnese		R	6	23:44	3:57	6:21	
13-11	Alex Ratcliffe		E2	5	23:52	3:58	6:24	
14-12	Erin Laughlin		E3	3	23:55	3:59	6:24	
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17-15	Cassandra Hinz		R	2	24:25	4:04	6:32	
Top 5 Total Time:		1:58:12	Top 5 Average Time:			23:38		
Top 5 Average per KM:		3:56	Top 5 Average Per MILE:			6:20		
1 - 5 Split:		49	1 - 7 Split:					
Top 7 Total Time:				Top 7 Average Time:				

TEAM: WATERLOO WARRIORS**SCORE: 43****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
4-3	Stephanie Ryall		R	135	23:17	3:52	6:14	
7-5	Samantha McGuinness		E3	132	23:26	3:54	6:17	
10-8	Alyssa Randall		R	134	23:40	3:56	6:20	
12-10	Alex Varty		E2	138	23:48	3:58	6:23	
20-17	Megan Doleweerd		R	129	24:32	4:05	6:34	
<hr/>								
23-19	Sarah MacLean		R	131	24:42	4:07	6:37	
25-20	Amanda Hutchings		E3	130	24:44	4:07	6:38	
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27	Jessica Cuabu		E2	127	25:17	4:12	6:46	
68	Rachel Schneiderman		R	137	32:28	5:24	8:42	
69	Clarisa Sampaio		R	136	32:34	5:25	8:44	
Top 5 Total Time:		1:58:43	Top 5 Average Time:			23:44		
Top 5 Average per KM:		3:57	Top 5 Average Per MILE:			6:22		
1 - 5 Split:		1:15	1 - 7 Split:			1:27		
Top 7 Total Time:		2:48:09	Top 7 Average Time:			24:01		

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TEAM: LAURIER GOLDEN HAWKS SCORE: 81 PLACE: 3

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-1	Bettina Boucher		E3	20	22:27	3:44	6:01
19-16	Jessica Martin		E2	29	24:29	4:04	6:34
22-18	Lizzy Laurie		R	28	24:35	4:05	6:35
28-22	Ellen Mead		E4	31	25:24	4:14	6:48
32-24	Jenna Gascho		E3	25	25:35	4:15	6:51
=====							
35-26	Sydney Pattison		R	32	25:46	4:17	6:54
36-27	Lauren Kerker		E2	27	26:05	4:20	6:59
=====							
37	Hayley Carrescia		R	21	26:05	4:20	6:59
40	Bella Plutino		R	33	26:25	4:24	7:05
41	Carina De Sousa		R	22	26:26	4:24	7:05
42	Rachel Tyler		R	37	26:34	4:25	7:07
43	Claire Fleming		E2	24	26:38	4:26	7:08
44	Jennifer Rioux		R	34	26:41	4:26	7:09
47	Stephanie Wildfong		E2	39	26:43	4:27	7:09
49	Emma Segato		E2	35	26:52	4:28	7:12
51	Arthi Vick		E2	38	26:55	4:29	7:13
54	Melissa Mathieu		R	30	27:03	4:30	7:15
55	Ana Smith		E2	36	27:04	4:30	7:15
Top 5 Total Time:		2:02:30			Top 5 Average Time:	24:30	
Top 5 Average per KM:		4:05			Top 5 Average Per MILE:	6:34	
1 - 5 Split:		3:08			1 - 7 Split:	3:38	
Top 7 Total Time:		2:54:21			Top 7 Average Time:	24:54	

TEAM: NIPISSING LAKERS SCORE: 96 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
15-13	Katie Gibson		E2	56	23:59	3:59	6:25
16-14	Stephanie Knowles		R	58	24:18	4:03	6:31
26-21	Megan Cruickshank		R	55	24:44	4:07	6:38
31-23	Jessica Mazzonello		E3	60	25:33	4:15	6:51
34-25	Lauren Jackson		R	57	25:38	4:16	6:52
=====							
39-28	Sarah Arendt		E3	54	26:17	4:22	7:02
Top 5 Total Time:		2:04:12			Top 5 Average Time:	24:50	
Top 5 Average per KM:		4:08			Top 5 Average Per MILE:	6:39	
1 - 5 Split:		1:39			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM: TRENT EXCALIBUR SCORE: 108 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-4	Bianca Tavares		E1	102	23:20	3:53	6:15
8-6	Sarah Law		E1	98	23:30	3:55	6:18
53-30	Hannah Coates		E1	96	26:58	4:29	7:13
59-32	Magda Ziemincki		E2	103	29:51	4:58	8:00
67-36	Rachel Schoneville		E1	101	32:22	5:23	8:40

Top 5 Total Time:	2:16:01	Top 5 Average Time:	27:12
Top 5 Average per KM:	4:32	Top 5 Average Per MILE:	7:17
1 - 5 Split:	9:02	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM: UT MISSISSAUGA EAGLE SCORE: 162 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
50-29	Andrea Ortiz			115	26:55	4:29	7:13
56-31	Katie Hill			113	27:11	4:31	7:17
61-33	Rebecca Wong			117	30:06	5:01	8:04
62-34	Gloria Lim			114	30:14	5:02	8:06
64-35	Jenny Trinh			116	30:16	5:02	8:07

Top 5 Total Time:	2:24:42	Top 5 Average Time:	28:56
Top 5 Average per KM:	4:49	Top 5 Average Per MILE:	7:45
1 - 5 Split:	3:21	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	