

RDC Running Room ACAC Grand Prix #4

September 30, 2017 Hosted by Red Deer College

8 km results

| Runner | Team | Time | Place | Gprix | ACAC | UAA | CUE | GPRC | LAKE | LETH | RDC | SAIT | STMU | Pace/km |
|--------------------|------|-------|-------|-------|------|-----|-----|------|------|------|-----|------|------|---------|
| Troy BOGH | GPRC | 33:26 | 50 | 27 | 25 | | | 25 | | | | | | 04:11 |
| Ian LEE | CUE | 33:39 | 51 | 28 | 26 | | 26 | | | | | | | 04:12 |
| Travis CUMMINGS | open | 34:01 | 52 | | | | | | | | | | | 04:15 |
| Keith SPRYUT | CUE | 34:04 | 53 | 29 | 27 | | 27 | | | | | | | 04:16 |
| Joe SARTISON | UAA | 34:05 | 54 | 30 | 28 | 28 | | | | | | | | 04:16 |
| Jemmy LEE | SAIT | 34:12 | 55 | 31 | x | | | | | | | x | | 04:17 |
| Brendon RITCHIE | UAA | 34:20 | 56 | 32 | x | x | | | | | | | | 04:18 |
| Brad AGNEW | CUE | 34:24 | 57 | 33 | 29 | | 29 | | | | | | | 04:18 |
| Kyle REYNOLDS | GPRC | 34:27 | 58 | 34 | 30 | | | 30 | | | | | | 04:18 |
| John KRAUSE | LETH | 34:48 | 59 | 35 | x | | | | | x | | | | 04:21 |
| Jarred ST. ARNAULT | GPRC | 34:58 | 60 | 36 | 31 | | | 31 | | | | | | 04:22 |
| Caleb WEBER | RDC | 34:59 | 61 | 37 | 32 | | | | | | 32 | | | 04:22 |
| Davies DENTON | open | 35:14 | 62 | | | | | | | | | | | 04:24 |
| Kona JACKSON | RDC | 35:42 | 63 | 38 | x | | | | | | x | | | 04:28 |
| Donovan MILLER | STMU | 35:43 | 64 | 39 | 33 | | | | | | | | 33 | 04:28 |
| Isaac AMSING | STMU | 35:46 | 65 | 40 | 34 | | | | | | | | 34 | 04:28 |
| Kain SIMMER | open | 36:30 | 66 | | | | | | | | | | | 04:34 |
| Matthew HOLLER | STMU | 36:39 | 67 | 41 | 35 | | | | | | | | 35 | 04:35 |
| Richard REWUSKI | LAKE | 37:05 | 68 | 42 | 36 | | | | 36 | | | | | 04:38 |
| Tristan JOCHEMS | LETH | 37:07 | 69 | 43 | x | | | | | x | | | | 04:38 |
| Braden GOURLEY | UAA | 37:59 | 70 | 44 | x | x | | | | | | | | 04:45 |
| Jackson SWEDER | UAA | 38:16 | 71 | 45 | x | x | | | | | | | | 04:47 |
| Brandon KOCH | LAKE | 38:43 | 72 | 46 | 37 | | | | 37 | | | | | 04:50 |
| David ONYENWENU | CUE | 38:48 | 73 | 47 | 38 | | 38 | | | | | | | 04:51 |
| Jerritt CLONEY | CUE | 39:53 | 74 | 48 | 39 | | 39 | | | | | | | 04:59 |
| Tim EVANS | open | 40:24 | 75 | | | | | | | | | | | 05:03 |
| Luke MILLER | STMU | 40:27 | 76 | 49 | 40 | | | | | | | | 40 | 05:03 |
| Justin MOLTZHAN | RDC | 40:27 | 77 | 50 | x | | | | | | x | | | 05:03 |
| Jackson MURRELL | CUE | 41:44 | 78 | 51 | 41 | | 41 | | | | | | | 05:13 |
| Ico BELTRAN | STMU | 42:45 | 79 | 52 | 42 | | | | | | | | 42 | 05:21 |
| Bill CORCORAN | open | 43:27 | 80 | | | | | | | | | | | 05:26 |
| Nikhil PATEL | LAKE | 45:12 | 81 | 53 | 43 | | | | 43 | | | | | 05:39 |
| Frazer CONNELLY | CUE | 46:32 | 82 | 54 | x | | x | | | | | | | 05:49 |

| | | | | | | | | | | |
|--------------------------|----|----|---|---|---|---|---|---|---|---|
| # of runners scc | 82 | 43 | 6 | 6 | 5 | 3 | 6 | 6 | 6 | 5 |
| # of non-scoring runners | | 11 | 3 | 1 | 0 | 0 | 3 | 2 | 2 | 0 |

| | | | | | | | | | |
|------------------------|--|----|-----|----|--|----|----|----|-----|
| total best 4 runners | | 34 | 120 | 77 | | 54 | 62 | 12 | 142 |
| rank on best 4 runners | | 2 | 6 | 5 | | 3 | 4 | 1 | 7 |

| | | | | | | | | | |
|------------------------|--|----|----|----|-----|----|----|---|-----|
| total best 3 runners | | 23 | 82 | 47 | 116 | 37 | 41 | 6 | 102 |
| rank on best 3 runners | | 2 | 6 | 5 | 8 | 3 | 4 | 1 | 7 |

| | | | | | | | | | |
|-------------------------------|--|----|-----|----|-----|----|----|----|-----|
| total best 3 women+best 3 men | | 81 | 120 | 91 | 232 | 63 | 63 | 25 | 187 |
| rank on best 3 women and men | | 4 | 6 | 5 | 8 | 2 | 2 | 1 | 7 |

| | | | | | | | |
|-----|-----|------|------|------|-----|------|------|
| UAA | CUE | GPRC | LAKE | LETH | RDC | SAIT | STMU |
|-----|-----|------|------|------|-----|------|------|

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| Runner | Team | Time | Place | Gprix | ACAC | UAA | CUE | GPRC | LAKE | LETH | RDC | SAIT | STMU | Pace/km |
|------------------------|------|-------|-------|-------|------|-----|-----|------|------|------|-----|------|------|---------|
| Alecia KALLOS | open | 23:27 | 1 | | | | | | | | | | | 03:55 |
| Jennifer NORMINTON | open | 24:15 | 2 | | | | | | | | | | | 04:03 |
| Vanessa TROFIMENKOFF | open | 24:17 | 3 | | | | | | | | | | | 04:03 |
| Jordanna COTA | RDC | 24:32 | 4 | 1 | 1 | | | | | | 1 | | | 04:05 |
| Madeleine CUMMINGS | open | 24:43 | 5 | | | | | | | | | | | 04:07 |
| Sophia NOWICKI | LETH | 24:50 | 6 | 2 | 2 | | | | | 2 | | | | 04:08 |
| Kaitlin SWARTZ | open | 25:03 | 7 | | | | | | | | | | | 04:11 |
| Lisa FLEMMING | open | 25:06 | 8 | | | | | | | | | | | 04:11 |
| Ricki CHRISTOPHER | SAIT | 25:09 | 9 | 3 | 3 | | | | | | | 3 | | 04:12 |
| Elise NAWROCKI | CUE | 25:15 | 10 | 4 | 4 | | 4 | | | | | | | 04:13 |
| Savanna BOUTIN | open | 25:17 | 11 | | | | | | | | | | | 04:13 |
| Rachel HUMPHREYS | open | 25:23 | 12 | | | | | | | | | | | 04:14 |
| Emily SPENCER | LETH | 25:30 | 13 | 5 | 5 | | | | | 5 | | | | 04:15 |
| Emilie MANN | SAIT | 25:38 | 14 | 6 | 6 | | | | | | | 6 | | 04:16 |
| Kelcie BULAS | GPRC | 25:41 | 15 | 7 | 7 | | | 7 | | | | | | 04:17 |
| Rebecca JOHNSON | STMU | 25:51 | 16 | 8 | 8 | | | | | | | | 8 | 04:19 |
| Shaelyn MOLTZHAN | RDC | 25:52 | 17 | 9 | 9 | | | | | | 9 | | | 04:19 |
| Melanie MCCANN | SAIT | 25:55 | 18 | 10 | 10 | | | | | | | 10 | | 04:19 |
| Emily MCILROY | UAA | 26:06 | 19 | 11 | 11 | 11 | | | | | | | | 04:21 |
| Jill STEWART | RDC | 26:17 | 20 | 12 | 12 | | | | | | 12 | | | 04:23 |
| Hannah DAWE | SAIT | 26:42 | 21 | 13 | 13 | | | | | | | 13 | | 04:27 |
| Isabella ENGLERT | open | 26:48 | 22 | | | | | | | | | | | 04:28 |
| Sadie BORGFIJORD | RDC | 26:50 | 23 | 14 | 14 | | | | | | 14 | | | 04:28 |
| Alea STOCKTON | SAIT | 26:59 | 24 | 15 | 15 | | | | | | | 15 | | 04:30 |
| Sarah MCMASTER | open | 27:00 | 25 | | | | | | | | | | | 04:30 |
| Bailey TROCCOLI-HUGHES | CUE | 27:20 | 26 | 16 | 16 | | 16 | | | | | | | 04:33 |
| Anna VAN DER GIESSEN | GPRC | 27:27 | 27 | 17 | 17 | | | 17 | | | | | | 04:35 |
| Rachael SMILLIE | CUE | 27:33 | 28 | 18 | 18 | | 18 | | | | | | | 04:36 |
| Brooklyn VOGEL | LETH | 27:34 | 29 | 19 | 19 | | | | | 19 | | | | 04:36 |
| Kailey BRATLAND | GPRC | 27:40 | 30 | 20 | 20 | | | 20 | | | | | | 04:37 |
| Vildana REKIC | LETH | 27:43 | 31 | 21 | 21 | | | | | 21 | | | | 04:37 |
| Shelby EDGAR | CUE | 27:59 | 32 | 22 | 22 | | 22 | | | | | | | 04:40 |
| MacKenzie GROVE | UAA | 28:01 | 33 | 23 | 23 | 23 | | | | | | | | 04:40 |
| Jessica HAENNI | UAA | 28:01 | 34 | 24 | 24 | 24 | | | | | | | | 04:40 |
| Teagan SHAPKA | RDC | 28:04 | 35 | 25 | 25 | | | | | | 25 | | | 04:41 |
| Haley DUNWOODIE | open | 28:07 | 36 | | | | | | | | | | | 04:41 |
| Janaya GARBE | RDC | 28:18 | 37 | 26 | 26 | | | | | | 26 | | | 04:43 |
| Salma MOREIRA | LETH | 28:24 | 38 | 27 | 27 | | | | | 27 | | | | 04:44 |
| Anna GALLUP | SAIT | 28:35 | 39 | 28 | 28 | | | | | | | 28 | | 04:46 |
| Breanna BERRIDGE | RDC | 28:37 | 40 | 29 | x | | | | | | x | | | 04:46 |
| Brittany DUVALL | GPRC | 28:58 | 41 | 30 | 29 | | | 29 | | | | | | 04:50 |
| Tizita HILL | SAIT | 29:02 | 42 | 31 | x | | | | | | | x | | 04:50 |
| Anne MIREJOVSKY | UAA | 29:06 | 43 | 32 | 30 | 30 | | | | | | | | 04:51 |
| Mienna STAROSLIESKI | CUE | 29:12 | 44 | 33 | 31 | | 31 | | | | | | | 04:52 |
| Janelle GRAHAM | LETH | 29:14 | 45 | 34 | 32 | | | | | 32 | | | | 04:52 |
| Dina IATROU | LETH | 29:18 | 46 | 35 | x | | | | | x | | | | 04:53 |
| Kelsey BISHOP | GPRC | 29:53 | 47 | 36 | 33 | | | 33 | | | | | | 04:59 |

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|--------------------|------|-------|-------|-------|------|-----|-----|------|------|------|-----|------|------|---------|
| Tanner HESLIP | LETH | 30:26 | 48 | 37 | x | | | | | x | | | | 05:04 |
| Ellen PEDERSEN | LETH | 30:29 | 49 | 38 | x | | | | | x | | | | 05:05 |
| Tayla KOERBER | UAA | 30:33 | 50 | 39 | 34 | 34 | | | | | | | | 05:06 |
| Kayla ENDERS | LETH | 30:40 | 51 | 40 | x | | | | | x | | | | 05:07 |
| Leah REID | UAA | 30:43 | 52 | 41 | 35 | 35 | | | | | | | | 05:07 |
| Suzanne FORBES | open | 30:49 | 53 | | | | | | | | | | | 05:08 |
| Darian ELLIOTT | LAKE | 31:05 | 54 | 42 | 36 | | | | 36 | | | | | 05:11 |
| Erin MCQUITTY | STMU | 31:08 | 55 | 43 | 37 | | | | | | | | 37 | 05:11 |
| Madison OXTON | LETH | 31:34 | 56 | 44 | x | | | | | x | | | | 05:16 |
| Karleen STEINBRING | LAKE | 31:50 | 57 | 45 | 38 | | | | 38 | | | | | 05:18 |
| Annika OLESEN | UAA | 32:19 | 58 | 46 | x | x | | | | | | | | 05:23 |
| Dana JACKSON | LETH | 32:28 | 59 | 47 | x | | | | | x | | | | 05:25 |
| Emily LYSENG | UAA | 32:41 | 60 | 48 | x | x | | | | | | | | 05:27 |
| Rebekka HAY | CUE | 32:41 | 61 | 49 | 39 | | 39 | | | | | | | 05:27 |
| Tiana LEMON | RDC | 32:48 | 62 | 50 | x | | | | | | x | | | 05:28 |
| Katelynn COOK | UAA | 32:56 | 63 | 51 | x | x | | | | | | | | 05:29 |
| Lina LIM | UAA | 33:00 | 64 | 52 | x | x | | | | | | | | 05:30 |
| Bronwen O'CONNOR | STMU | 33:32 | 65 | 53 | 40 | | | | | | | | 40 | 05:35 |
| Grace LAMBERT | LETH | 33:46 | 66 | 54 | x | | | | | x | | | | 05:38 |
| Myroslava KOVAL | STMU | 34:12 | 67 | 55 | 41 | | | | | | | | 41 | 05:42 |
| Chelsea COOK | UAA | 34:23 | 68 | 56 | x | x | | | | | | | | 05:44 |
| Kylie PEAKE | UAA | 34:29 | 69 | 57 | x | x | | | | | | | | 05:45 |
| Justyna KOLODZIEJ | LAKE | 34:58 | 70 | 58 | 42 | | | | 42 | | | | | 05:50 |
| Tanis LEFEBVRE | STMU | 37:16 | 71 | 59 | 43 | | | | | | | | 43 | 06:13 |
| Jessie KOPLES | LETH | 37:23 | 72 | 60 | x | | | | | x | | | | 06:14 |
| Heidi PASCOE | open | 37:49 | 73 | | | | | | | | | | | 06:18 |
| Leah NEL | STMU | 38:13 | 74 | 61 | 44 | | | | | | | | 44 | 06:22 |
| Corey GARBUTT | open | 38:16 | 75 | | | | | | | | | | | 06:23 |
| Savannah TOMA | LAKE | 40:06 | 76 | 62 | 45 | | | | 45 | | | | | 06:41 |

| | | | | | | | | | | | | |
|--------------------------|----|----|----|---|---|---|---|---|---|---|---|---|
| # of runners sc | 76 | 62 | 45 | 6 | 6 | 5 | 4 | 6 | 6 | 6 | 6 | 6 |
| # of non-scoring runners | | | 17 | 6 | 0 | 0 | 0 | 8 | 2 | 1 | 0 | |

| | | | | | | | | |
|------------------------|----|----|----|-----|----|----|----|-----|
| total best 4 runners | 88 | 60 | 73 | 161 | 47 | 36 | 32 | 126 |
| rank on best 4 runners | 6 | 4 | 5 | 8 | 3 | 2 | 1 | 7 |

| | | | | | | | | |
|------------------------|----|----|----|-----|----|----|----|----|
| total best 3 runners | 58 | 38 | 44 | 116 | 26 | 22 | 19 | 85 |
| rank on best 3 runners | 6 | 4 | 5 | 8 | 3 | 2 | 1 | 7 |

| | | | | | | | | |
|-------------------------------|----|-----|----|-----|----|----|----|-----|
| total best 3 women+best 3 men | 81 | 120 | 91 | 232 | 63 | 63 | 25 | 187 |
| rank on best 3 women and men | 4 | 6 | 5 | 8 | 2 | 2 | 1 | 7 |

| UAA | CUE | GPRC | LAKE | LETH | RDC | SAIT | STMU |
|-----|-----|------|------|------|-----|------|------|
|-----|-----|------|------|------|-----|------|------|