

2019 BILL SALTER WESTERN INTERNATIONAL-45th Annual**Sat. Sept 21 at Thames Valley GC, London**

2019-09-21

2019-09-21 - 2019-09-21

34th year at Thames Valley GC**Event # 1 WOMENS 6K Run**

START @ 10:00am

Conditions:80% humidity, 21°C

MEET RECORD:Kristina Popadich Western Mustangs 20:29.00 22-Sep2018

! COURSE RECORD:Kristina Popadich Western Mustangs 20:29.00 22-Sep2018

\$ POINTS RECORD:Osaka Japan '02 McMaster 2010 28 pts

% TEAM TIME RECORD:Guelph Gryphons 1:47:33 [sum of 5] avg 21:30 for 5 CIS 2013

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	GUELPH GRYPHONS	42	1-8-9-11-13	15-19	1:53:02	3:47	22:37	1:18
2	QUEEN'S GAELS	48	2-3-6-17-20	21-40	1:52:58	3:46	22:36	1:33
3	WESTERN MUSTANGS	81	4-14-18-22-23	29-33	1:55:32	3:52	23:07	1:20
4	TORONTO VARSITYBLUES	141	24-25-26-30-36	47	2:00:15	4:01	24:03	1:02
5	MCMASTER MARAUDERS	144	16-28-31-34-35	38-46	2:01:11	4:03	24:15	1:27
6	WATERLOO WARRIORS	173	12-27-41-43-50	51-56	2:03:02	4:07	24:37	2:59
7	LAURIER GOLDEN HAWKS	199	5-7-59-62-66	74-79	2:04:48	4:10	24:58	4:30
8	WINDSOR LANCERS	218	10-44-49-55-60	67-69	2:06:36	4:14	25:20	3:43
9	NIPISSING LAKERS	273	32-45-57-64-75	77-81	2:10:41	4:22	26:09	3:25
10	YORK LIONS	286	37-48-53-72-76	97	2:12:10	4:25	26:26	3:11
11	RYERSON RAMS	291	39-42-58-70-82		2:12:08	4:25	26:26	3:52
12	LAURENTIAN VOYAGEURS	315	52-61-63-68-71	86	2:14:06	4:29	26:50	1:36
13	ST. CLAIR COLLEGE	399	65-73-83-87-91	94	2:22:31	4:46	28:31	3:28
14	SHERIDAN COLLEGE	402	54-84-85-89-90	92-93	2:23:50	4:48	28:46	4:12
15	OLIVET COMETS [MI]	437	78-80-88-95-96		2:34:19	5:09	30:52	6:23

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	31	Cameron Ormond		R	GUELPH GRYPHONS	1	3:38	21:47
2	2	175	Kara Blair		E4	QUEEN'S GAELS	1	3:38	21:48
3	3	177	Makenna Fitzgerald		E2	QUEEN'S GAELS	2	3:41	22:05
4	4	285	Kate Current		E4	WESTERN MUSTANGS	1	3:43	22:13
5	5	90	Lizzy Laurie		E4	LAURIER GOLDEN HAWKS	1	3:44	22:22
6	6	174	Marley Beckett		E2	QUEEN'S GAELS	3	3:46	22:32
7	7	92	Sydney Pattison		E4	LAURIER GOLDEN HAWKS	2	3:46	22:35
8	8	27	Sadie-Jane Hickson		E3	GUELPH GRYPHONS	2	3:47	22:38
9	9	22	Annika Ariano		R	GUELPH GRYPHONS	3	3:47	22:40
10	10	310	Nicole LaRue		R	WINDSOR LANCERS	1	3:49	22:51
11	11	25	Kiana Gibson		E3	GUELPH GRYPHONS	4	3:49	22:52
12	12	262	Isabella Thornton-Bott		R	WATERLOO WARRIORS	1	3:50	22:59
13	13	33	Nina Whitford		E2	GUELPH GRYPHONS	5	3:51	23:05
14	14	284	Remy Cattell		R	WESTERN MUSTANGS	2	3:51	23:06
15	15	32	Olivia Roussel		R	GUELPH GRYPHONS	6	3:52	23:07
16	16	111	Caroline Forbes		E2	MCMASTER MARAUDERS	1	3:52	23:09
17	17	176	Tori Bouck		R	QUEEN'S GAELS	4	3:52	23:12
18	18	282	Ruth Burrowes		E5	WESTERN MUSTANGS	3	3:53	23:13
19	19	23	Dana Earhart		E4	GUELPH GRYPHONS	7	3:54	23:20
20	20	181	Jade Watson		E3	QUEEN'S GAELS	5	3:54	23:21
21	21	179	Manon Plouvier		E2	QUEEN'S GAELS	6	3:54	23:21

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MEET RECORD:Kristina Popadich Western Mustangs 20:29.00 22-Sep2018

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22	22	280	Emily-Rose Boston	E2	WESTERN MUSTANGS	4	3:55	23:27
23	23	281	Zoe Burke	E2	WESTERN MUSTANGS	5	3:56	23:33
24	24	239	Katherine Lampard	E5	TORONTO VARSITYBLUES	1	3:57	23:41
25	25	237	Tanya Humenuik	E3	TORONTO VARSITYBLUES	2	3:57	23:41
26	26	240	Madeline McDonald	E5	TORONTO VARSITYBLUES	3	3:58	23:43
27	27	261	Stephanie Ryall	E4	WATERLOO WARRIORS	2	4:01	24:02
28		28	Emma Hubbard	E3	GUELPH GRYPHONS	8	4:03	24:14
29		9	Jasmine Feddema	E2	ALBERTA PANDAS	1	4:03	24:18
30		10	Sarah Cranmer-Byng	E5	BROCK BADGERS	1	4:04	24:23
31	28	113	Hope Harnack	E2	MCMASTER MARAUDERS	2	4:04	24:23
32	29	290	Martina Tait	E1	WESTERN MUSTANGS	6	4:05	24:25
33	30	238	Somerset Jarvis	E5	TORONTO VARSITYBLUES	4	4:05	24:27
34	31	109	Hana Amari	R	MCMASTER MARAUDERS	3	4:05	24:27
35		12	Paulina Sergnese	E4	BROCK BADGERS	2	4:05	24:28
36		26	Sandra Guga	R	GUELPH GRYPHONS	9	4:05	24:30
37	32	143	Stephanie Rigg	E1	NIPISSING LAKERS	1	4:06	24:32
38	33	288	Hana Marmura	E5	WESTERN MUSTANGS	7	4:06	24:35
39	34	114	Kendra Hawke	E2	MCMASTER MARAUDERS	4	4:06	24:36
40	35	110	Renelle Briggs	E2	MCMASTER MARAUDERS	5	4:06	24:36
41		340	Kelly Hennessy		Z U. TORONTO TC	1	4:07	24:38
42		30	Beatrix Maddocks	R	GUELPH GRYPHONS	10	4:07	24:42
43	36	236	Lia Codrington	E2	TORONTO VARSITYBLUES	5	4:08	24:43
44		283	Anna Carruthers	R	WESTERN MUSTANGS	8	4:08	24:45
45	37	366	Carmen Krawczynski Gonzalez	E1	YORK LIONS	1	4:09	24:49
46	38	112	Cate Gualtieri	E1	MCMASTER MARAUDERS	6	4:09	24:50
47	39	197	Marin Scotten	E3	RYERSON RAMS	1	4:09	24:52
48	40	180	Erica Smith	R	QUEEN'S GAELS	7	4:10	24:56
49	41	256	Megan Doleweerd	E3	WATERLOO WARRIORS	3	4:10	24:58
50	42	198	Rebecca Verlaan	E3	RYERSON RAMS	2	4:11	25:01
51	43	264	Emma Young	R	WATERLOO WARRIORS	4	4:11	25:05
52	44	315	Mya Viavla	E3	WINDSOR LANCERS	2	4:12	25:10
53		287	Mikayla Hewitt	E4	WESTERN MUSTANGS	9	4:12	25:11
54	45	138	Emily Drake	E2	NIPISSING LAKERS	2	4:13	25:14
55		173	Erin Adam	E1	QUEEN'S GAELS	8	4:14	25:20
56		289	Jenna Schulz	E1	WESTERN MUSTANGS	10	4:14	25:21
57	46	118	Emma Waddington	E3	MCMASTER MARAUDERS	7	4:15	25:29
58		117	Shannon Porter	E2	MCMASTER MARAUDERS	8	4:16	25:31
59	47	242	Hilary Stone	E5	TORONTO VARSITYBLUES	6	4:16	25:31
60		353	Kate Denomme		Z WESTERN ESPOIR	1	4:16	25:35
61		279	Sofia Beraldo	E1	WESTERN MUSTANGS	11	4:16	25:36
62	48	367	Anna Prouzou	E2	YORK LIONS	2	4:17	25:41
63		115	Kristen Kuhn	E4	MCMASTER MARAUDERS	9	4:18	25:44
64	49	313	Jenevieve Scobbie	R	WINDSOR LANCERS	3	4:19	25:51

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65		286	Alison Hansen	R	WESTERN MUSTANGS	12	4:20	25:55
66		116	Lauren Negrazis	E3	MCMASTER MARAUDERS	10	4:20	25:57
67	50	259	Ilse Rafter	R	WATERLOO WARRIORS	5	4:20	25:58
68	51	258	Katherine Granstrom	E2	WATERLOO WARRIORS	6	4:20	25:59
69	52	69	Meghan Sippel	E3	LAURENTIAN VOYAGEURS	1	4:20	25:59
70	53	370	Meaghan Evon	E3	YORK LIONS	3	4:21	26:02
71	54	205	Marla Brown		SHERIDAN COLLEGE	1	4:21	26:03
72		347	Lauren Kanko		Z WESTERN ALUM	1	4:22	26:07
73	55	317	Natalie Whitten	E2	WINDSOR LANCERS	4	4:22	26:10
74	56	255	Olivia Baldassare	R	WATERLOO WARRIORS	7	4:22	26:11
75	57	140	Katie Gibson	E5	NIPISSING LAKERS	3	4:22	26:12
76	58	193	Benet Avery	R	RYERSON RAMS	3	4:23	26:16
77	59	94	Emma Segato	E5	LAURIER GOLDEN HAWKS	3	4:24	26:19
78		355	Ireland Robertson		Z WESTERN ESPOIR	2	4:24	26:22
79		352	Andrea Barker		Z WESTERN ESPOIR	3	4:25	26:26
80	60	311	Meg Mooney	E2	WINDSOR LANCERS	5	4:26	26:34
81	61	65	Elizabeth Drake	R	LAURENTIAN VOYAGEURS	2	4:27	26:39
82	62	85	Olivia Cadieux	R	LAURIER GOLDEN HAWKS	4	4:27	26:40
83	63	70	Sarah Thackeray	E2	LAURENTIAN VOYAGEURS	3	4:28	26:45
84	64	139	Emily Gibson	E2	NIPISSING LAKERS	4	4:28	26:46
85	65	228	Mya Palumbo		ST. CLAIR COLLEGE	1	4:28	26:48
86	66	96	Grace Walmsley	E2	LAURIER GOLDEN HAWKS	5	4:29	26:52
87		263	Jessica Yi	R	WATERLOO WARRIORS	8	4:29	26:54
88	67	314	Niigan Sunray	R	WINDSOR LANCERS	6	4:31	27:06
89	68	64	Miranda Boudreau	E2	LAURENTIAN VOYAGEURS	4	4:32	27:08
90		52	Kayleigh Bush		HUMBER COLLEGE	1	4:32	27:11
91	69	307	Lynnsey Copat	E2	WINDSOR LANCERS	7	4:33	27:13
92	70	196	Yuliia Romanenko	E4	RYERSON RAMS	4	4:33	27:15
93		252	Karyn Blackney	R	TRENT EXCALIBUR	1	4:33	27:18
94		11	Mackenzie Damiano	R	BROCK BADGERS	3	4:34	27:20
95		257	Grace Glaab	E2	WATERLOO WARRIORS	9	4:34	27:23
96	71	71	Ashley Valentini	R	LAURENTIAN VOYAGEURS	5	4:36	27:35
97		56	Montana Wilkins		HUMBER COLLEGE	2	4:36	27:35
98	72	371	Patricia Rasowski	R	YORK LIONS	4	4:37	27:38
99		54	Megan Raso		HUMBER COLLEGE	3	4:37	27:38
100	73	223	Natasha Atherton		ST. CLAIR COLLEGE	2	4:37	27:42
101		260	Madeline Rule	R	WATERLOO WARRIORS	10	4:38	27:45
102		308	Mia Ennis	R	WINDSOR LANCERS	8	4:38	27:48
103	74	87	Emma Davis	E3	LAURIER GOLDEN HAWKS	6	4:39	27:51
104	75	142	Stephanie Knowles	E4	NIPISSING LAKERS	5	4:40	27:57
105	76	369	Rebecca Wheeler	E2	YORK LIONS	5	4:40	28:00
106	77	145	Jaime Schweyer	R	NIPISSING LAKERS	6	4:40	28:00
107		306	Alivia Acampora	R	WINDSOR LANCERS	9	4:42	28:09

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108	78	158	Kaylee Richardson	Fr	OLIVET COMETS [MI]	1	4:42	28:10
109	79	95	Sam Shaver	E1	LAURIER GOLDEN HAWKS	7	4:42	28:10
110	80	155	Morgan Greenman	Jr	OLIVET COMETS [MI]	2	4:44	28:21
111	81	141	Aidan Haghgoo	E4	NIPISSING LAKERS	7	4:44	28:22
112		55	Patricia Rothenburg		HUMBER COLLEGE	4	4:45	28:27
113		253	Keely Clements	E3	TRENT EXCALIBUR	2	4:46	28:31
114		144	Amy Ropchan	E1	NIPISSING LAKERS	8	4:47	28:40
115	82	195	Sophia Greene	E2	RYERSON RAMS	5	4:48	28:44
116	83	226	Beth Horrobin		ST. CLAIR COLLEGE	3	4:48	28:45
117	84	208	Yonta Gillespie		SHERIDAN COLLEGE	2	4:49	28:53
118	85	210	Lexy Pakenham-Troth		SHERIDAN COLLEGE	3	4:50	28:55
119	86	68	Angela Mozzon	R	LAURENTIAN VOYAGEURS	6	4:50	28:57
120	87	225	Jessica Hodgkin		ST. CLAIR COLLEGE	4	4:50	29:00
121	88	154	Savannah Baker	Fr	OLIVET COMETS [MI]	3	4:51	29:03
122		86	Abbey Davis	R	LAURIER GOLDEN HAWKS	8	4:56	29:35
123	89	204	Danielle Blanchette		SHERIDAN COLLEGE	4	4:58	29:44
124	90	212	Jessie Thompson		SHERIDAN COLLEGE	5	5:03	30:15
125	91	227	Hailey Jones		ST. CLAIR COLLEGE	5	5:03	30:16
126		84	Hannah Badin	R	LAURIER GOLDEN HAWKS	9	5:04	30:19
127	92	207	Isabel Catalli		SHERIDAN COLLEGE	6	5:09	30:53
128	93	206	Jessalyn Carvajal		SHERIDAN COLLEGE	7	5:13	31:18
129	94	224	Trinity Davis		ST. CLAIR COLLEGE	6	5:16	31:31
130		211	Nicole Pugh		SHERIDAN COLLEGE	8	5:39	33:53
131	95	160	Taylor Thelen	Fr	OLIVET COMETS [MI]	4	5:42	34:12
132	96	159	Ashley Swisher	So	OLIVET COMETS [MI]	5	5:46	34:33
133	97	365	Emily Fraschetti	E1	YORK LIONS	6	5:57	35:42

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TEAM: GUELPH GRYPHONS SCORE: 42 PLACE: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Cameron Ormond		R	31	21:47	3:38	5:51
8-8	Sadie-Jane Hickson		E3	27	22:38	3:47	6:05
9-9	Annika Ariano		R	22	22:40	3:47	6:05
11-11	Kiana Gibson		E3	25	22:52	3:49	6:08
13-13	Nina Whitford		E2	33	23:05	3:51	6:12
=====							
15-15	Olivia Roussel		R	32	23:07	3:52	6:13
19-19	Dana Earhart		E4	23	23:20	3:54	6:16
=====							
28	Emma Hubbard		E3	28	24:14	4:03	6:30
36	Sandra Guga		R	26	24:30	4:05	6:35
42	Beatrix Maddocks		R	30	24:42	4:07	6:38
	Top 5 Total Time:	1:53:02			Top 5 Average Time:	22:37	
	Top 5 Average per KM:	3:47			Top 5 Average Per MILE:	6:04	
	1 - 5 Split:	1:18			1 - 7 Split:	1:33	
	Top 7 Total Time:	2:39:29			Top 7 Average Time:	22:47	

TEAM: QUEEN'S GAELS SCORE: 48 PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Kara Blair		E4	175	21:48	3:38	5:51
3-3	Makenna Fitzgerald		E2	177	22:05	3:41	5:56
6-6	Marley Beckett		E2	174	22:32	3:46	6:03
17-17	Tori Bouck		R	176	23:12	3:52	6:14
20-20	Jade Watson		E3	181	23:21	3:54	6:16
=====							
21-21	Manon Plouvier		E2	179	23:21	3:54	6:16
48-40	Erica Smith		R	180	24:56	4:10	6:42
=====							
55	Erin Adam		E1	173	25:20	4:14	6:48
	Top 5 Total Time:	1:52:58			Top 5 Average Time:	22:36	
	Top 5 Average per KM:	3:46			Top 5 Average Per MILE:	6:04	
	1 - 5 Split:	1:33			1 - 7 Split:	3:08	
	Top 7 Total Time:	2:41:15			Top 7 Average Time:	23:03	

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TEAM: WESTERN MUSTANGS SCORE: 81 PLACE: 3

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Kate Current		E4	285	22:13	3:43	5:58
14-14	Remy Cattell		R	284	23:06	3:51	6:12
18-18	Ruth Burrowes		E5	282	23:13	3:53	6:14
22-22	Emily-Rose Boston		E2	280	23:27	3:55	6:18
23-23	Zoe Burke		E2	281	23:33	3:56	6:19
=====							
32-29	Martina Tait		E1	290	24:25	4:05	6:33
38-33	Hana Marmura		E5	288	24:35	4:06	6:36
=====							
44	Anna Carruthers		R	283	24:45	4:08	6:39
53	Mikayla Hewitt		E4	287	25:11	4:12	6:46
56	Jenna Schulz		E1	289	25:21	4:14	6:48
61	Sofia Beraldo		E1	279	25:36	4:16	6:52
65	Alison Hansen		R	286	25:55	4:20	6:58
Top 5 Total Time:		1:55:32	Top 5 Average Time:		23:07		
Top 5 Average per KM:		3:52	Top 5 Average Per MILE:		6:12		
1 - 5 Split:		1:20	1 - 7 Split:		2:22		
Top 7 Total Time:		2:44:32	Top 7 Average Time:		23:31		

TEAM: TORONTO VARSITYBLUES SCORE: 141 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
24-24	Katherine Lampard		E5	239	23:41	3:57	6:22
25-25	Tanya Humenuik		E3	237	23:41	3:57	6:22
26-26	Madeline McDonald		E5	240	23:43	3:58	6:22
33-30	Somerset Jarvis		E5	238	24:27	4:05	6:34
43-36	Lia Codrington		E2	236	24:43	4:08	6:38
=====							
59-47	Hilary Stone		E5	242	25:31	4:16	6:51
Top 5 Total Time:		2:00:15	Top 5 Average Time:		24:03		
Top 5 Average per KM:		4:01	Top 5 Average Per MILE:		6:28		
1 - 5 Split:		1:02	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

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TEAM: MCMMASTER MARAUDERS SCORE: 144 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
16-16	Caroline Forbes		E2	111	23:09	3:52	6:13
31-28	Hope Harnack		E2	113	24:23	4:04	6:33
34-31	Hana Amari		R	109	24:27	4:05	6:34
39-34	Kendra Hawke		E2	114	24:36	4:06	6:36
40-35	Renelle Briggs		E2	110	24:36	4:06	6:36
46-38	Cate Gualtieri		E1	112	24:50	4:09	6:40
57-46	Emma Waddington		E3	118	25:29	4:15	6:51
58	Shannon Porter		E2	117	25:31	4:16	6:51
63	Kristen Kuhn		E4	115	25:44	4:18	6:55
66	Lauren Negrazis		E3	116	25:57	4:20	6:58
Top 5 Total Time:		2:01:11	Top 5 Average Time:		24:15		
Top 5 Average per KM:		4:03	Top 5 Average Per MILE:		6:31		
1 - 5 Split:		1:27	1 - 7 Split:		2:20		
Top 7 Total Time:		2:51:30	Top 7 Average Time:		24:30		

TEAM: WATERLOO WARRIORS SCORE: 173 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
12-12	Isabella Thornton-Bott		R	262	22:59	3:50	6:10
27-27	Stephanie Ryall		E4	261	24:02	4:01	6:27
49-41	Megan Doleweerd		E3	256	24:58	4:10	6:42
51-43	Emma Young		R	264	25:05	4:11	6:44
67-50	Ilse Rafter		R	259	25:58	4:20	6:58
68-51	Katherine Granstrom		E2	258	25:59	4:20	6:59
74-56	Olivia Baldassare		R	255	26:11	4:22	7:02
87	Jessica Yi		R	263	26:54	4:29	7:13
95	Grace Glaab		E2	257	27:23	4:34	7:21
101	Madeline Rule		R	260	27:45	4:38	7:27
Top 5 Total Time:		2:03:02	Top 5 Average Time:		24:37		
Top 5 Average per KM:		4:07	Top 5 Average Per MILE:		6:36		
1 - 5 Split:		2:59	1 - 7 Split:		3:12		
Top 7 Total Time:		2:55:12	Top 7 Average Time:		25:02		

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TEAM: LAURIER GOLDEN HAWKS SCORE: 199 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Lizzy Laurie		E4	90	22:22	3:44	6:00
7-7	Sydney Pattison		E4	92	22:35	3:46	6:04
77-59	Emma Segato		E5	94	26:19	4:24	7:04
82-62	Olivia Cadieux		R	85	26:40	4:27	7:10
86-66	Grace Walmsley		E2	96	26:52	4:29	7:13
=====							
103-74	Emma Davis		E3	87	27:51	4:39	7:29
109-79	Sam Shaver		E1	95	28:10	4:42	7:34
=====							
122	Abbey Davis		R	86	29:35	4:56	7:57
126	Hannah Badin		R	84	30:19	5:04	8:08
Top 5 Total Time:		2:04:48	Top 5 Average Time:		24:58		
Top 5 Average per KM:		4:10	Top 5 Average Per MILE:		6:42		
1 - 5 Split:		4:30	1 - 7 Split:		5:48		
Top 7 Total Time:		3:0:49	Top 7 Average Time:		25:50		

TEAM: WINDSOR LANCERS SCORE: 218 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Nicole LaRue		R	310	22:51	3:49	6:08
52-44	Mya Viavla		E3	315	25:10	4:12	6:46
64-49	Jenevieve Scobbie		R	313	25:51	4:19	6:57
73-55	Natalie Whitten		E2	317	26:10	4:22	7:02
80-60	Meg Mooney		E2	311	26:34	4:26	7:08
=====							
88-67	Niigan Sunray		R	314	27:06	4:31	7:17
91-69	Lynnsey Copat		E2	307	27:13	4:33	7:19
=====							
102	Mia Ennis		R	308	27:48	4:38	7:28
107	Alivia Acampora		R	306	28:09	4:42	7:34
Top 5 Total Time:		2:06:36	Top 5 Average Time:		25:20		
Top 5 Average per KM:		4:14	Top 5 Average Per MILE:		6:48		
1 - 5 Split:		3:43	1 - 7 Split:		4:22		
Top 7 Total Time:		3:0:55	Top 7 Average Time:		25:51		

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TEAM: NIPISSING LAKERS SCORE: 273 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
37-32	Stephanie Rigg		E1	143	24:32	4:06	6:35
54-45	Emily Drake		E2	138	25:14	4:13	6:47
75-57	Katie Gibson		E5	140	26:12	4:22	7:02
84-64	Emily Gibson		E2	139	26:46	4:28	7:11
104-75	Stephanie Knowles		E4	142	27:57	4:40	7:30
106-77	Jaime Schweyer		R	145	28:00	4:40	7:31
111-81	Aidan Haghgoo		E4	141	28:22	4:44	7:37
114	Amy Ropchan		E1	144	28:40	4:47	7:42
Top 5 Total Time:		2:10:41	Top 5 Average Time:		26:09		
Top 5 Average per KM:		4:22	Top 5 Average Per MILE:		7:01		
1 - 5 Split:		3:25	1 - 7 Split:		3:50		
Top 7 Total Time:		3:7:03	Top 7 Average Time:		26:44		

TEAM: YORK LIONS SCORE: 286 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
45-37	Carmen Krawczynski Gonzalez		E1	366	24:49	4:09	6:40
62-48	Anna Prouzou		E2	367	25:41	4:17	6:54
70-53	Meaghan Evon		E3	370	26:02	4:21	6:59
98-72	Patricia Rasowski		R	371	27:38	4:37	7:25
105-76	Rebecca Wheeler		E2	369	28:00	4:40	7:31
133-97	Emily Fraschetti		E1	365	35:42	5:57	9:35
Top 5 Total Time:		2:12:10	Top 5 Average Time:		26:26		
Top 5 Average per KM:		4:25	Top 5 Average Per MILE:		7:06		
1 - 5 Split:		3:11	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

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TEAM: RYERSON RAMS**SCORE: 291****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
47-39	Marin Scotten		E3	197	24:52	4:09	6:41
50-42	Rebecca Verlaan		E3	198	25:01	4:11	6:43
76-58	Benet Avery		R	193	26:16	4:23	7:03
92-70	Yuliia Romanenko		E4	196	27:15	4:33	7:19
115-82	Sophia Greene		E2	195	28:44	4:48	7:43

Top 5 Total Time:	2:12:08	Top 5 Average Time:	26:26
Top 5 Average per KM:	4:25	Top 5 Average Per MILE:	7:06
1 - 5 Split:	3:52	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM: LAURENTIAN VOYAGEURS SCORE: 315 PLACE: 12

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
69-52	Meghan Sippel		E3	69	25:59	4:20	6:59
81-61	Elizabeth Drake		R	65	26:39	4:27	7:09
83-63	Sarah Thackeray		E2	70	26:45	4:28	7:11
89-68	Miranda Boudreau		E2	64	27:08	4:32	7:17
96-71	Ashley Valentini		R	71	27:35	4:36	7:24
119-86	Angela Mozzon		R	68	28:57	4:50	7:46

Top 5 Total Time:	2:14:06	Top 5 Average Time:	26:50
Top 5 Average per KM:	4:29	Top 5 Average Per MILE:	7:12
1 - 5 Split:	1:36	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

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TEAM: ST. CLAIR COLLEGE SCORE: 399 PLACE: 13

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
85-65	Mya Palumbo			228	26:48	4:28	7:12
100-73	Natasha Atherton			223	27:42	4:37	7:26
116-83	Beth Horrobin			226	28:45	4:48	7:43
120-87	Jessica Hodgkin			225	29:00	4:50	7:47
125-91	Hailey Jones			227	30:16	5:03	8:08
=====							
129-94	Trinity Davis			224	31:31	5:16	8:28
	Top 5 Total Time:	2:22:31			Top 5 Average Time:	28:31	
	Top 5 Average per KM:	4:46			Top 5 Average Per MILE:	7:39	
	1 - 5 Split:	3:28			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		

TEAM: SHERIDAN COLLEGE SCORE: 402 PLACE: 14

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
71-54	Marla Brown			205	26:03	4:21	7:00
117-84	Yonta Gillespie			208	28:53	4:49	7:45
118-85	Lexy Pakenham-Troth			210	28:55	4:50	7:46
123-89	Danielle Blanchette			204	29:44	4:58	7:59
124-90	Jessie Thompson			212	30:15	5:03	8:07
=====							
127-92	Isabel Catalli			207	30:53	5:09	8:18
128-93	Jessalyn Carvajal			206	31:18	5:13	8:24
=====							
130	Nicole Pugh			211	33:53	5:39	9:06
	Top 5 Total Time:	2:23:50			Top 5 Average Time:	28:46	
	Top 5 Average per KM:	4:48			Top 5 Average Per MILE:	7:43	
	1 - 5 Split:	4:12			1 - 7 Split:	5:15	
	Top 7 Total Time:	3:26:01			Top 7 Average Time:	29:26	

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TEAM: OLIVET COMETS [MI] SCORE: 437 PLACE: 15

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
108-78	Kaylee Richardson		Fr	158	28:10	4:42	7:34
110-80	Morgan Greenman		Jr	155	28:21	4:44	7:37
121-88	Savannah Baker		Fr	154	29:03	4:51	7:48
131-95	Taylor Thelen		Fr	160	34:12	5:42	9:11
132-96	Ashley Swisher		So	159	34:33	5:46	9:17

Top 5 Total Time:	2:34:19	Top 5 Average Time:	30:52
Top 5 Average per KM:	5:09	Top 5 Average Per MILE:	8:17
1 - 5 Split:	6:23	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

2019 BILL SALTER WESTERN INTERNATIONAL-45th Annual**Sat. Sept 21 at Thames Valley GC, London**

2019-09-21

2019-09-21 - 2019-09-21

34th year at Thames Valley GC**Event # 2 MENS 8K Run**

START @ 10:50am

Conditions:sunny,humid, 24°C

MEET RECORD:Mark Patton Guelph Gryphons 24:15.00 22-Sep2018

! COURSE RECORD:Mark Patton Guelph Gryphons 24:15.00 22-Sep2018

\$ POINTS RECORD:Eastern Mich Eagles 25 pts [1-4-5-7-8] 22-Sep2007

% TEAM TIME RECORD:WesternMustangs 2:06:23 [sum of 5] avg 25:17 for 5 WI 2016

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	MCMaster MARAUDERS	46	2-6-8-14-16	17-46	2:10:24	3:16	26:05	1:00
2	GUELPH GRYPHONS	54	1-5-11-15-22	33-38	2:11:03	3:17	26:13	1:27
3	ALBERTA GOLDEN BEARS	91	3-7-23-28-30		2:13:11	3:20	26:39	1:41
4	TORONTO VARSITYBLUES	128	12-24-26-32-34	36-57	2:15:10	3:23	27:02	1:08
5	WESTERN MUSTANGS	130	13-21-27-29-40	49-52	2:15:26	3:24	27:06	1:14
6	WINDSOR LANCERS	147	18-19-25-42-43	45-51	2:15:59	3:24	27:12	1:06
7	QUEEN'S GAELS	203	9-10-41-63-80	87	2:18:36	3:28	27:44	4:00
8	LAURENTIAN VOYAGEURS	226	20-35-47-56-68	85-89	2:19:33	3:30	27:55	2:13
9	WATERLOO WARRIORS	240	39-44-50-53-54	69-70	2:20:04	3:31	28:01	0:42
10	ST. CLAIR COLLEGE	259	4-31-48-83-93	100	2:22:38	3:34	28:32	5:40
11	LAURIER GOLDEN HAWKS	286	37-58-59-65-67	74-76	2:22:04	3:34	28:25	1:21
12	NIPISSING LAKERS	364	55-60-73-77-99	102-104	2:28:32	3:43	29:43	3:54
13	BROCK BADGERS	366	61-62-78-81-84	86-88	2:27:16	3:41	29:28	1:31
14	OLIVET COMETS [MI]	394	66-71-72-91-94	98	2:29:39	3:45	29:56	2:45
15	HUMBER COLLEGE	427	64-82-90-95-96	101	2:32:47	3:50	30:34	3:11
16	SHERIDAN COLLEGE	446	75-79-92-97-103		2:35:54	3:54	31:11	3:12

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1		339	Mike Tate			Z SPEED RIVER TFC	1	3:11	25:27
2	1	51	Mitch Ubene		E4	GUELPH GRYPHONS	1	3:12	25:29
3	2	132	Max Turek		E3	MCMaster MARAUDERS	1	3:12	25:35
4	3	7	Royden Radowits		E4	ALBERTA GOLDEN BEARS	1	3:13	25:40
5	4	230	Carter Free			ST. CLAIR COLLEGE	1	3:14	25:45
6	5	46	Mark Patton		E5	GUELPH GRYPHONS	2	3:14	25:50
7	6	122	Alex Drover		E3	MCMaster MARAUDERS	2	3:14	25:51
8	7	2	Matthew Hope		E4	ALBERTA GOLDEN BEARS	2	3:15	25:53
9	8	121	Andrew Davies		E2	MCMaster MARAUDERS	3	3:15	25:54
10	9	187	Rob Kanko		E5	QUEEN'S GAELS	1	3:15	26:00
11		343	Robert Lawand			Z U. TORONTO TC	1	3:16	26:07
12	10	183	Nathan Dehghan		E4	QUEEN'S GAELS	2	3:17	26:12
13	11	47	John Perrier		E2	GUELPH GRYPHONS	3	3:18	26:17
14	12	247	Sam Kinahan		E5	TORONTO VARSITYBLUES	1	3:18	26:17
15	13	304	Marcel Scheele		E1	WESTERN MUSTANGS	1	3:19	26:25
16	14	135	Evan Ubene		E4	MCMaster MARAUDERS	4	3:19	26:29
17	15	35	Nick Bannon		E2	GUELPH GRYPHONS	4	3:19	26:31
18	16	134	Ryan Tyrrell		E4	MCMaster MARAUDERS	5	3:20	26:35
19		351	Jack Sheffar			Z WESTERN ALUM	1	3:20	26:37
20	17	119	Dylan Alick		E4	MCMaster MARAUDERS	6	3:20	26:37

2019 BILL SALTER WESTERN INTERNATIONAL-45th Annual**Sat. Sept 21 at Thames Valley GC, London**

2019-09-21

2019-09-21 - 2019-09-21

34th year at Thames Valley GC***Event # 2 MENS 8K Run***

START @ 10:50am

Conditions:sunny,humid, 24°C

MEET RECORD:Mark Patton Guelph Gryphons 24:15.00 22-Sep2018

! COURSE RECORD:Mark Patton Guelph Gryphons 24:15.00 22-Sep2018

\$ POINTS RECORD:Eastern Mich Eagles 25 pts [1-4-5-7-8] 22-Sep2007

% TEAM TIME RECORD:WesternMustangs 2:06:23 [sum of 5] avg 25:17 for 5 WI 2016

21	18	324	Joshua Martin	E4	WINDSOR LANCERS	1	3:21	26:41
22	19	320	Nick D'Alessandro	E4	WINDSOR LANCERS	2	3:21	26:41
23	20	76	Eric Gareau	E2	LAURENTIAN VOYAGEURS	1	3:21	26:43
24	21	300	Ethan Loucks	E2	WESTERN MUSTANGS	2	3:22	26:50
25	22	36	Cameron Bates	E2	GUELPH GRYPHONS	5	3:22	26:56
26	23	8	Riley Stuermer	E3	ALBERTA GOLDEN BEARS	3	3:23	27:00
27	24	243	Jake Carroll	E3	TORONTO VARSITYBLUES	2	3:23	27:00
28	25	333	Josh Zilles	E4	WINDSOR LANCERS	3	3:23	27:03
29	26	251	Jack Stanley	E1	TORONTO VARSITYBLUES	3	3:23	27:04
30	27	303	Erik Ohrling	E2	WESTERN MUSTANGS	3	3:25	27:14
31	28	6	Cassian Murray-White	R	ALBERTA GOLDEN BEARS	4	3:25	27:17
32	29	292	Dilan Brar	E4	WESTERN MUSTANGS	4	3:25	27:18
33		337	Bruce Baker		Z RED CEDAR RC	1	3:25	27:20
34	30	1	Robert Chauvet	E4	ALBERTA GOLDEN BEARS	5	3:26	27:21
35	31	231	Tyler Jones		ST. CLAIR COLLEGE	2	3:26	27:21
36	32	249	Rohan Nowbotsing	R	TORONTO VARSITYBLUES	4	3:26	27:24
37	33	43	Kyle Madden	E3	GUELPH GRYPHONS	6	3:26	27:24
38	34	250	Ben Shore	E1	TORONTO VARSITYBLUES	5	3:26	27:25
39	35	83	Keon Wallingford	R	LAURENTIAN VOYAGEURS	2	3:26	27:26
40	36	244	Cam Cira	E3	TORONTO VARSITYBLUES	6	3:26	27:27
41	37	98	Joey Hardy	E3	LAURIER GOLDEN HAWKS	1	3:26	27:27
42	38	37	Aaron Canfield	R	GUELPH GRYPHONS	7	3:27	27:31
43		49	Alec Purnell	E2	GUELPH GRYPHONS	8	3:27	27:34
44	39	275	Felix Lawson	E3	WATERLOO WARRIORS	1	3:27	27:34
45	40	294	Sam Cumming	E1	WESTERN MUSTANGS	5	3:28	27:39
46		334	Paul Rochus		Z HARBOUR TRACK CLUB	1	3:29	27:45
47	41	182	Miles Brackenbury	R	QUEEN'S GAELS	3	3:29	27:46
48		40	Brady Graves	E4	GUELPH GRYPHONS	9	3:29	27:46
49	42	328	Jonathan Rioux	E2	WINDSOR LANCERS	4	3:29	27:47
50	43	318	Mitch Cauchi	E4	WINDSOR LANCERS	5	3:29	27:47
51		345	Brandon Raftis		Z U. TORONTO TC	2	3:29	27:48
52		361	Kyle Koyanagi		Z WESTERN ESPOIR	1	3:30	27:55
53		350	Triphon Moodie		Z WESTERN ALUM	2	3:30	27:57
54		45	Brock McKenzie	R	GUELPH GRYPHONS	10	3:30	27:57
55	44	274	Chris Hoftyzer	E2	WATERLOO WARRIORS	2	3:30	27:57
56	45	323	Mitch Heyink	E4	WINDSOR LANCERS	6	3:30	27:58
57	46	124	Jonathan Favero	E5	MCMASTER MARAUDERS	7	3:30	27:59
58	47	73	Dylan Brown	E3	LAURENTIAN VOYAGEURS	3	3:31	28:03
59	48	232	Rick Nepomuceno		ST. CLAIR COLLEGE	3	3:31	28:04
60		201	Michael Konstantopoulos	E5	RYERSON RAMS	1	3:31	28:04
61	49	299	Eric Klassen	R	WESTERN MUSTANGS	6	3:31	28:05
62	50	271	Akiva Goldberg	E5	WATERLOO WARRIORS	3	3:31	28:05
63		127	David Marchant	E2	MCMASTER MARAUDERS	8	3:31	28:07

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START @ 10:50am

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\$ POINTS RECORD:Eastern Mich Eagles 25 pts [1-4-5-7-8] 22-Sep2007

% TEAM TIME RECORD:WesternMustangs 2:06:23 [sum of 5] avg 25:17 for 5 WI 2016

64	51	325	Luke Mawhinney	E1	WINDSOR LANCERS	7	3:32	28:09
65	52	302	JD MacLellan	R	WESTERN MUSTANGS	7	3:32	28:11
66	53	269	Cam Dean	E1	WATERLOO WARRIORS	4	3:32	28:12
67		298	Isaiah Frielink	E3	WESTERN MUSTANGS	8	3:32	28:15
68	54	276	Aiden Minto	R	WATERLOO WARRIORS	5	3:32	28:16
69		120	Connor Black	E2	MCMASTER MARAUDERS	9	3:33	28:18
70		344	Roger Ordono		Z U. TORONTO TC	3	3:33	28:19
71		136	Ryan Were	E3	MCMASTER MARAUDERS	10	3:33	28:20
72	55	146	Jordan Cascagnette	E5	NIPISSING LAKERS	1	3:33	28:24
73	56	78	Maurice Graenert	R	LAURENTIAN VOYAGEURS	4	3:34	28:25
74		358	Kyle Bociort		Z WESTERN ESPOIR	2	3:34	28:26
75		322	Cole Hannam	E3	WINDSOR LANCERS	8	3:34	28:27
76		338	Andrew Benkovsky		Z RED CEDAR RC	2	3:34	28:31
77	57	248	Owen Maloney	R	TORONTO VARSITYBLUES	7	3:34	28:32
78		42	Josh Kellier	E4	GUELPH GRYPHONS	11	3:34	28:32
79	58	99	Dan Hilbers	E4	LAURIER GOLDEN HAWKS	2	3:34	28:32
80	59	102	Nathan Jean	E2	LAURIER GOLDEN HAWKS	3	3:35	28:34
81		331	Brendan Simone	E3	WINDSOR LANCERS	9	3:35	28:36
82	60	152	Teagan Retty	E5	NIPISSING LAKERS	2	3:35	28:36
83		291	Jakub Bembenek	R	WESTERN MUSTANGS	9	3:35	28:36
84	61	13	Joseph Dick	E2	BROCK BADGERS	1	3:35	28:37
85	62	17	Jeremy Mol	E4	BROCK BADGERS	2	3:35	28:38
86	63	191	Will Pidduck	E1	QUEEN'S GAELS	4	3:35	28:38
87		38	Jack Cooper	E3	GUELPH GRYPHONS	12	3:35	28:39
88		336	Tyrone Traher		Z LONDON WESTERN TFC	1	3:36	28:41
89		330	Hamza Shariff	R	WINDSOR LANCERS	10	3:36	28:41
90	64	61	Addison Nixon		HUMBER COLLEGE	1	3:36	28:42
91	65	108	Zack Savlov	E4	LAURIER GOLDEN HAWKS	4	3:36	28:43
92	66	165	Kyle Markley	Jr	OLIVET COMETS [MI]	1	3:36	28:44
93		329	Jacob Rothera	E4	WINDSOR LANCERS	11	3:36	28:46
94		296	Jan Fiedler	E2	WESTERN MUSTANGS	10	3:36	28:46
95	67	101	Eric Hill [R]	R	LAURIER GOLDEN HAWKS	5	3:36	28:48
96		326	Ryan Mutuchky	E2	WINDSOR LANCERS	12	3:37	28:52
97		125	Matt Fong	E2	MCMASTER MARAUDERS	11	3:37	28:53
98	68	75	Alexandre Fishbein-Ouimette	E2	LAURENTIAN VOYAGEURS	5	3:37	28:56
99		48	David Poloni	E3	GUELPH GRYPHONS	13	3:37	28:56
100	69	268	Shane Corley	E4	WATERLOO WARRIORS	6	3:38	28:58
101		293	Alex Broekhuuse	E3	WESTERN MUSTANGS	11	3:38	28:59
102		129	Marcus Noble	E3	MCMASTER MARAUDERS	12	3:38	29:01
103	70	278	Ronan Tunney	E1	WATERLOO WARRIORS	7	3:39	29:08
104		123	Colson Erb	R	MCMASTER MARAUDERS	13	3:39	29:12
105	71	168	Chase Mendham	Fr	OLIVET COMETS [MI]	2	3:39	29:12
106	72	167	Kyle McDowell	So	OLIVET COMETS [MI]	3	3:40	29:19

2019 BILL SALTER WESTERN INTERNATIONAL-45th Annual**Sat. Sept 21 at Thames Valley GC, London**

2019-09-21

2019-09-21 - 2019-09-21

34th year at Thames Valley GC***Event # 2 MENS 8K Run***

START @ 10:50am

Conditions:sunny,humid, 24°C

MEET RECORD:Mark Patton Guelph Gryphons 24:15.00 22-Sep2018

! COURSE RECORD:Mark Patton Guelph Gryphons 24:15.00 22-Sep2018

\$ POINTS RECORD:Eastern Mich Eagles 25 pts [1-4-5-7-8] 22-Sep2007

% TEAM TIME RECORD:WesternMustangs 2:06:23 [sum of 5] avg 25:17 for 5 WI 2016

107		126	Jason Lowrie	R	MCMASTER MARAUDERS	14	3:41	29:21
108		266	Griffin Anderson	R	WATERLOO WARRIORS	8	3:41	29:24
109	73	151	Alex Maycock	E1	NIPISSING LAKERS	3	3:41	29:26
110	74	107	Mark Richardson	R	LAURIER GOLDEN HAWKS	6	3:41	29:27
111		272	Malcom Green	R	WATERLOO WARRIORS	9	3:41	29:28
112		133	David Tyler	R	MCMASTER MARAUDERS	15	3:42	29:35
113		130	Bradley Squarek	R	MCMASTER MARAUDERS	16	3:43	29:40
114	75	222	Cameron Ross		SHERIDAN COLLEGE	1	3:43	29:44
115	76	105	Conner Krofchick	E2	LAURIER GOLDEN HAWKS	7	3:44	29:47
116	77	150	Travis Mann	E5	NIPISSING LAKERS	4	3:44	29:48
117		341	Nataniel Abell		Z U. TORONTO TC	4	3:44	29:49
118	78	20	Duncan Steyn	E2	BROCK BADGERS	3	3:44	29:52
119	79	215	Jacob Dayot		SHERIDAN COLLEGE	2	3:45	29:57
120	80	189	Shengan Li	E1	QUEEN'S GAELS	5	3:45	30:00
121	81	19	Nicholas Reimer	R	BROCK BADGERS	4	3:46	30:01
122	82	58	Adam - Cole Czuchnicki		HUMBER COLLEGE	2	3:46	30:01
123	83	233	Thador Tekhli		ST. CLAIR COLLEGE	4	3:46	30:03
124	84	14	Nikhil Lew	R	BROCK BADGERS	5	3:46	30:08
125		348	Aidan Attema		Z WESTERN ALUM	3	3:47	30:10
126		104	Rahil Kachalia	E2	LAURIER GOLDEN HAWKS	8	3:47	30:11
127		273	Alex Hoerner	E3	WATERLOO WARRIORS	10	3:47	30:11
128		305	Matt Sheeler	E5	WESTERN MUSTANGS	12	3:47	30:15
129		360	Matthew Donnelly		Z WESTERN ESPOIR	3	3:47	30:17
130	85	79	Nick Lambert	R	LAURENTIAN VOYAGEURS	6	3:48	30:17
131	86	18	Luke Patrick	E2	BROCK BADGERS	6	3:48	30:18
132	87	186	Matt Johnson	E1	QUEEN'S GAELS	6	3:48	30:19
133	88	16	Jarryd Ling	E2	BROCK BADGERS	7	3:48	30:21
134		254	Sean Ibbott	E4	TRENT EXCALIBUR	1	3:48	30:21
135		200	Benjamin Ing	E3	RYERSON RAMS	2	3:48	30:24
136		270	Graeme Farrand	E2	WATERLOO WARRIORS	11	3:49	30:25
137		21	Jacques Tiessen	E2	BROCK BADGERS	8	3:49	30:31
138	89	77	Justin Graenert	E2	LAURENTIAN VOYAGEURS	7	3:50	30:40
139	90	63	Peter Wilson		HUMBER COLLEGE	3	3:50	30:40
140		103	Nathan Jeffery	E5	LAURIER GOLDEN HAWKS	9	3:51	30:42
141		267	Matthew Cheung	E2	WATERLOO WARRIORS	12	3:52	30:51
142		265	Declan Adams	R	WATERLOO WARRIORS	13	3:52	30:52
143		368	Maxime St.Jules	E1	YORK LIONS	1	3:52	30:53
144	91	171	James Thurman	Sr	OLIVET COMETS [MI]	4	3:52	30:55
145		364	Christopher Basso	E1	YORK LIONS	2	3:54	31:07
146	92	221	Quinn Middleton		SHERIDAN COLLEGE	3	3:56	31:21
147	93	234	Tyler Tofflemire		ST. CLAIR COLLEGE	5	3:56	31:25
148	94	170	Noah Spiece	Fr	OLIVET COMETS [MI]	5	3:56	31:29
149	95	60	Mohammed Mundhir		HUMBER COLLEGE	4	3:57	31:31

2019 BILL SALTER WESTERN INTERNATIONAL-45th Annual**Sat. Sept 21 at Thames Valley GC, London**

2019-09-21

2019-09-21 - 2019-09-21

34th year at Thames Valley GC***Event # 2 MENS 8K Run***

START @ 10:50am

Conditions:sunny,humid, 24°C

MEET RECORD:Mark Patton Guelph Gryphons 24:15.00 22-Sep2018

! COURSE RECORD:Mark Patton Guelph Gryphons 24:15.00 22-Sep2018

\$ POINTS RECORD:Eastern Mich Eagles 25 pts [1-4-5-7-8] 22-Sep2007

% TEAM TIME RECORD:WesternMustangs 2:06:23 [sum of 5] avg 25:17 for 5 WI 2016

150		82	Ryan Vincent	R	LAURENTIAN VOYAGEURS	8	3:58	31:43
151	96	59	Mike Mathews		HUMBER COLLEGE	5	3:59	31:53
152		131	Ruairi Tiernan	R	MCMASTER MARAUDERS	17	4:00	31:55
153	97	219	Eamon Hillis		SHERIDAN COLLEGE	4	4:00	31:56
154	98	163	Jaden Costa	Jr	OLIVET COMETS [MI]	6	4:01	32:06
155	99	149	Justin Leale	E2	NIPISSING LAKERS	5	4:03	32:18
156	100	229	Justin Folkeringa		ST. CLAIR COLLEGE	6	4:04	32:25
157	101	57	Aaron Aylward		HUMBER COLLEGE	6	4:06	32:44
158		15	Christian Ligtenberg	R	BROCK BADGERS	9	4:07	32:51
159		199	Eric Danelon	E3	RYERSON RAMS	3	4:07	32:53
160	102	147	Noah Cornish	R	NIPISSING LAKERS	6	4:07	32:55
161	103	220	Edward Lim		SHERIDAN COLLEGE	5	4:07	32:56
162		203	Nick Sandu	R	RYERSON RAMS	4	4:08	32:58
163	104	148	Carter Henschel	E1	NIPISSING LAKERS	7	4:08	33:02

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Sat. Sept 21 at Thames Valley GC, London

2019-09-21

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34th year at Thames Valley GC

TEAM: MCMASTER MARAUDERS SCORE: 46 PLACE: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-2	Max Turek		E3	132	25:35	3:12	5:09
7-6	Alex Drover		E3	122	25:51	3:14	5:13
9-8	Andrew Davies		E2	121	25:54	3:15	5:13
16-14	Evan Ubene		E4	135	26:29	3:19	5:20
18-16	Ryan Tyrrell		E4	134	26:35	3:20	5:21
=====							
20-17	Dylan Alick		E4	119	26:37	3:20	5:22
57-46	Jonathan Favero		E5	124	27:59	3:30	5:38
=====							
63	David Marchant		E2	127	28:07	3:31	5:40
69	Connor Black		E2	120	28:18	3:33	5:42
71	Ryan Were		E3	136	28:20	3:33	5:42
97	Matt Fong		E2	125	28:53	3:37	5:49
102	Marcus Noble		E3	129	29:01	3:38	5:51
104	Colson Erb		R	123	29:12	3:39	5:53
107	Jason Lowrie		R	126	29:21	3:41	5:55
112	David Tyler		R	133	29:35	3:42	5:58
113	Bradley Squarek		R	130	29:40	3:43	5:59
152	Ruairi Tiernan		R	131	31:55	4:00	6:26
Top 5 Total Time:		2:10:24	Top 5 Average Time:		26:05		
Top 5 Average per KM:		3:16	Top 5 Average Per MILE:		5:15		
1 - 5 Split:		1:00	1 - 7 Split:		2:24		
Top 7 Total Time:		3:5:00	Top 7 Average Time:		26:26		

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Sat. Sept 21 at Thames Valley GC, London

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TEAM: GUELPH GRYPHONS SCORE: 54 PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-1	Mitch Ubene		E4	51	25:29	3:12	5:08
6-5	Mark Patton		E5	46	25:50	3:14	5:12
13-11	John Perrier		E2	47	26:17	3:18	5:18
17-15	Nick Bannon		E2	35	26:31	3:19	5:21
25-22	Cameron Bates		E2	36	26:56	3:22	5:26
=====							
37-33	Kyle Madden		E3	43	27:24	3:26	5:31
42-38	Aaron Canfield		R	37	27:31	3:27	5:33
=====							
43	Alec Purnell		E2	49	27:34	3:27	5:33
48	Brady Graves		E4	40	27:46	3:29	5:36
54	Brock McKenzie		R	45	27:57	3:30	5:38
78	Josh Kellier		E4	42	28:32	3:34	5:45
87	Jack Cooper		E3	38	28:39	3:35	5:46
99	David Poloni		E3	48	28:56	3:37	5:50
Top 5 Total Time:		2:11:03			Top 5 Average Time:	26:13	
Top 5 Average per KM:		3:17			Top 5 Average Per MILE:	5:17	
1 - 5 Split:		1:27			1 - 7 Split:	2:02	
Top 7 Total Time:		3:5:58			Top 7 Average Time:	26:34	

TEAM: ALBERTA GOLDEN BEARS SCORE: 91 PLACE: 3

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-3	Royden Radowits		E4	7	25:40	3:13	5:10
8-7	Matthew Hope		E4	2	25:53	3:15	5:13
26-23	Riley Stuermer		E3	8	27:00	3:23	5:26
31-28	Cassian Murray-White		R	6	27:17	3:25	5:30
34-30	Robert Chauvet		E4	1	27:21	3:26	5:31
=====							
Top 5 Total Time:		2:13:11			Top 5 Average Time:	26:39	
Top 5 Average per KM:		3:20			Top 5 Average Per MILE:	5:22	
1 - 5 Split:		1:41			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM: TORONTO VARSITYBLUES SCORE: 128 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
14-12	Sam Kinahan		E5	247	26:17	3:18	5:18
27-24	Jake Carroll		E3	243	27:00	3:23	5:26
29-26	Jack Stanley		E1	251	27:04	3:23	5:27
36-32	Rohan Nowbotsing		R	249	27:24	3:26	5:31
38-34	Ben Shore		E1	250	27:25	3:26	5:31
40-36	Cam Cira		E3	244	27:27	3:26	5:32
77-57	Owen Maloney		R	248	28:32	3:34	5:45
Top 5 Total Time:		2:15:10	Top 5 Average Time:		27:02		
Top 5 Average per KM:		3:23	Top 5 Average Per MILE:		5:27		
1 - 5 Split:		1:08	1 - 7 Split:		2:15		
Top 7 Total Time:		3:11:09	Top 7 Average Time:		27:19		

TEAM: WESTERN MUSTANGS SCORE: 130 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
15-13	Marcel Scheele		E1	304	26:25	3:19	5:19
24-21	Ethan Loucks		E2	300	26:50	3:22	5:24
30-27	Erik Ohrling		E2	303	27:14	3:25	5:29
32-29	Dilan Brar		E4	292	27:18	3:25	5:30
45-40	Sam Cumming		E1	294	27:39	3:28	5:34
61-49	Eric Klassen		R	299	28:05	3:31	5:39
65-52	JD MacLellan		R	302	28:11	3:32	5:41
67	Isaiah Frielink		E3	298	28:15	3:32	5:41
83	Jakub Bembenek		R	291	28:36	3:35	5:46
94	Jan Fiedler		E2	296	28:46	3:36	5:48
101	Alex Broekhuysse		E3	293	28:59	3:38	5:50
128	Matt Sheeler		E5	305	30:15	3:47	6:06
Top 5 Total Time:		2:15:26	Top 5 Average Time:		27:06		
Top 5 Average per KM:		3:24	Top 5 Average Per MILE:		5:27		
1 - 5 Split:		1:14	1 - 7 Split:		1:46		
Top 7 Total Time:		3:11:42	Top 7 Average Time:		27:24		

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TEAM: WINDSOR LANCERS SCORE: 147 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
21-18	Joshua Martin		E4	324	26:41	3:21	5:23
22-19	Nick D'Alessandro		E4	320	26:41	3:21	5:23
28-25	Josh Zilles		E4	333	27:03	3:23	5:27
49-42	Jonathan Rioux		E2	328	27:47	3:29	5:36
50-43	Mitch Cauchi		E4	318	27:47	3:29	5:36
=====							
56-45	Mitch Heyink		E4	323	27:58	3:30	5:38
64-51	Luke Mawhinney		E1	325	28:09	3:32	5:40
=====							
75	Cole Hannam		E3	322	28:27	3:34	5:44
81	Brendan Simone		E3	331	28:36	3:35	5:46
89	Hamza Shariff		R	330	28:41	3:36	5:47
93	Jacob Rothera		E4	329	28:46	3:36	5:48
96	Ryan Mutuchky		E2	326	28:52	3:37	5:49
Top 5 Total Time:		2:15:59			Top 5 Average Time:	27:12	
Top 5 Average per KM:		3:24			Top 5 Average Per MILE:	5:29	
1 - 5 Split:		1:06			1 - 7 Split:	1:28	
Top 7 Total Time:		3:12:06			Top 7 Average Time:	27:27	

TEAM: OUEEN'S GAELS SCORE: 203 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-9	Rob Kanko		E5	187	26:00	3:15	5:14
12-10	Nathan Dehghan		E4	183	26:12	3:17	5:17
47-41	Miles Brackenbury		R	182	27:46	3:29	5:36
86-63	Will Pidduck		E1	191	28:38	3:35	5:46
120-80	Shengan Li		E1	189	30:00	3:45	6:03
=====							
132-87	Matt Johnson		E1	186	30:19	3:48	6:06
Top 5 Total Time:		2:18:36			Top 5 Average Time:	27:44	
Top 5 Average per KM:		3:28			Top 5 Average Per MILE:	5:35	
1 - 5 Split:		4:00			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM: LAURENTIAN VOYAGEURS SCORE: 226 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
23-20	Eric Gareau		E2	76	26:43	3:21	5:23
39-35	Keon Wallingford		R	83	27:26	3:26	5:32
58-47	Dylan Brown		E3	73	28:03	3:31	5:39
73-56	Maurice Graenert		R	78	28:25	3:34	5:43
98-68	Alexandre Fishbein-Ouimette		E2	75	28:56	3:37	5:50
130-85	Nick Lambert		R	79	30:17	3:48	6:06
138-89	Justin Graenert		E2	77	30:40	3:50	6:11
150	Ryan Vincent		R	82	31:43	3:58	6:23
Top 5 Total Time:		2:19:33			Top 5 Average Time:	27:55	
Top 5 Average per KM:		3:30			Top 5 Average Per MILE:	5:37	
1 - 5 Split:		2:13			1 - 7 Split:	3:57	
Top 7 Total Time:		3:20:30			Top 7 Average Time:	28:39	

TEAM: WATERLOO WARRIORS SCORE: 240 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
44-39	Felix Lawson		E3	275	27:34	3:27	5:33
55-44	Chris Hoftyzer		E2	274	27:57	3:30	5:38
62-50	Akiva Goldberg		E5	271	28:05	3:31	5:39
66-53	Cam Dean		E1	269	28:12	3:32	5:41
68-54	Aiden Minto		R	276	28:16	3:32	5:42
100-69	Shane Corley		E4	268	28:58	3:38	5:50
103-70	Ronan Tunney		E1	278	29:08	3:39	5:52
108	Griffin Anderson		R	266	29:24	3:41	5:55
111	Malcom Green		R	272	29:28	3:41	5:56
127	Alex Hoerner		E3	273	30:11	3:47	6:05
136	Graeme Farrand		E2	270	30:25	3:49	6:08
141	Matthew Cheung		E2	267	30:51	3:52	6:13
142	Declan Adams		R	265	30:52	3:52	6:13
Top 5 Total Time:		2:20:04			Top 5 Average Time:	28:01	
Top 5 Average per KM:		3:31			Top 5 Average Per MILE:	5:39	
1 - 5 Split:		0:42			1 - 7 Split:	1:34	
Top 7 Total Time:		3:18:10			Top 7 Average Time:	28:19	

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TEAM: ST. CLAIR COLLEGE SCORE: 259 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-4	Carter Free			230	25:45	3:14	5:11
35-31	Tyler Jones			231	27:21	3:26	5:31
59-48	Rick Nepomuceno			232	28:04	3:31	5:39
123-83	Thador Tekhli			233	30:03	3:46	6:03
147-93	Tyler Tofflemire			234	31:25	3:56	6:20
=====							
156-100	Justin Folkeringa			229	32:25	4:04	6:32
	Top 5 Total Time:	2:22:38			Top 5 Average Time:	28:32	
	Top 5 Average per KM:	3:34			Top 5 Average Per MILE:	5:45	
	1 - 5 Split:	5:40			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		

TEAM: LAURIER GOLDEN HAWKS SCORE: 286 PLACE: 11

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
41-37	Joey Hardy		E3	98	27:27	3:26	5:32
79-58	Dan Hilbers		E4	99	28:32	3:34	5:45
80-59	Nathan Jean		E2	102	28:34	3:35	5:45
91-65	Zack Savlov		E4	108	28:43	3:36	5:47
95-67	Eric Hill [R]		R	101	28:48	3:36	5:48
=====							
110-74	Mark Richardson		R	107	29:27	3:41	5:56
115-76	Conner Krofchick		E2	105	29:47	3:44	6:00
=====							
126	Rahil Kachalia		E2	104	30:11	3:47	6:05
140	Nathan Jeffery		E5	103	30:42	3:51	6:11
	Top 5 Total Time:	2:22:04			Top 5 Average Time:	28:25	
	Top 5 Average per KM:	3:34			Top 5 Average Per MILE:	5:43	
	1 - 5 Split:	1:21			1 - 7 Split:	2:20	
	Top 7 Total Time:	3:21:18			Top 7 Average Time:	28:46	

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TEAM: NIPISSING LAKERS SCORE: 364 PLACE: 12

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
72-55	Jordan Cascagnette		E5	146	28:24	3:33	5:43	
82-60	Teagan Retty		E5	152	28:36	3:35	5:46	
109-73	Alex Maycock		E1	151	29:26	3:41	5:56	
116-77	Travis Mann		E5	150	29:48	3:44	6:00	
155-99	Justin Leale		E2	149	32:18	4:03	6:30	
=====								
160-102	Noah Cornish		R	147	32:55	4:07	6:38	
163-104	Carter Henschel		E1	148	33:02	4:08	6:39	
=====								
Top 5 Total Time:		2:28:32	Top 5 Average Time:			29:43		
Top 5 Average per KM:		3:43	Top 5 Average Per MILE:			5:59		
1 - 5 Split:		3:54	1 - 7 Split:			4:38		
Top 7 Total Time:		3:34:29	Top 7 Average Time:			30:39		

TEAM: BROCK BADGERS SCORE: 366 PLACE: 13

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
84-61	Joseph Dick		E2	13	28:37	3:35	5:46	
85-62	Jeremy Mol		E4	17	28:38	3:35	5:46	
118-78	Duncan Steyn		E2	20	29:52	3:44	6:01	
121-81	Nicholas Reimer		R	19	30:01	3:46	6:03	
124-84	Nikhil Lew		R	14	30:08	3:46	6:04	
=====								
131-86	Luke Patrick		E2	18	30:18	3:48	6:06	
133-88	Jarryd Ling		E2	16	30:21	3:48	6:07	
=====								
137	Jacques Tiessen		E2	21	30:31	3:49	6:09	
158	Christian Ligtenberg		R	15	32:51	4:07	6:37	
Top 5 Total Time:		2:27:16	Top 5 Average Time:			29:28		
Top 5 Average per KM:		3:41	Top 5 Average Per MILE:			5:56		
1 - 5 Split:		1:31	1 - 7 Split:			1:44		
Top 7 Total Time:		3:27:55	Top 7 Average Time:			29:43		

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34th year at Thames Valley GC

TEAM: OLIVET COMETS [MI] SCORE: 394 PLACE: 14

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
92-66	Kyle Markley		Jr	165	28:44	3:36	5:47
105-71	Chase Mendham		Fr	168	29:12	3:39	5:53
106-72	Kyle McDowell		So	167	29:19	3:40	5:54
144-91	James Thurman		Sr	171	30:55	3:52	6:14
148-94	Noah Spiece		Fr	170	31:29	3:57	6:20
=====							
154-98	Jaden Costa		Jr	163	32:06	4:01	6:28
	Top 5 Total Time:	2:29:39			Top 5 Average Time:	29:56	
	Top 5 Average per KM:	3:45			Top 5 Average Per MILE:	6:02	
	1 - 5 Split:	2:45			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		

TEAM: HUMBER COLLEGE SCORE: 427 PLACE: 15

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
90-64	Addison Nixon			61	28:42	3:36	5:47
122-82	Adam - Cole Czuchnicki			58	30:01	3:46	6:03
139-90	Peter Wilson			63	30:40	3:50	6:11
149-95	Mohammed Mundhir			60	31:31	3:57	6:21
151-96	Mike Mathews			59	31:53	4:00	6:25
=====							
157-101	Aaron Aylward			57	32:44	4:06	6:36
	Top 5 Total Time:	2:32:47			Top 5 Average Time:	30:34	
	Top 5 Average per KM:	3:50			Top 5 Average Per MILE:	6:09	
	1 - 5 Split:	3:11			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		

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TEAM: SHERIDAN COLLEGE SCORE: 446 PLACE: 16

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
114-75	Cameron Ross			222	29:44	3:43	5:59
119-79	Jacob Dayot			215	29:57	3:45	6:02
146-92	Quinn Middleton			221	31:21	3:56	6:19
153-97	Eamon Hillis			219	31:56	4:00	6:26
161-103	Edward Lim			220	32:56	4:07	6:38

Top 5 Total Time:	2:35:54	Top 5 Average Time:	31:11
Top 5 Average per KM:	3:54	Top 5 Average Per MILE:	6:17
1 - 5 Split:	3:12	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	