

2016 U of R Cougar Trot - 2016-09-17**Regina - Wascana Park****Rankings**

Women 5k Run CC Open				
Comp#	Name	Team	Time	Points
1	121	Shayna Uhryn	98 University of Saskatchewan	18:33.50
2	116	Brooke Mentanko	94 University of Saskatchewan	18:55.69
3	90	Kaytlyn Criddle	89 University of Regina	19:16.94
4	111	Courtney Hufsmith	97 University of Saskatchewan	19:53.72
5	112	Kyra Ives	96 University of Saskatchewan	20:10.34
6	91	Adriana Davis	96 University of Regina	20:16.09
7	115	Jaedyn Matsalla	95 University of Saskatchewan	20:23.41
8	110	Katie Farmer	96 University of Saskatchewan	20:28.06
9	94	Robyn Ham	98 University of Regina	20:32.62
10	96	Hillary Mehlhorn	96 University of Regina	20:48.62
11	82	Sonia Rees	94 Unattached	20:49.88
12	80	Darbi Edwards	98 Unattached	20:51.41
13	122	Xuan Zhao	97 University of Saskatchewan	20:54.41
14	93	Tianna Dodds	97 University of Regina	21:11.53
15	98	Justine Zarowny	98 University of Regina	21:16.28
16	92	Anneliese Davis	94 University of Regina	21:28.75
17	119	Gillian Phillips	89 University of Saskatchewan	21:53.66
18	113	Justine Larson	96 University of Saskatchewan	22:05.75
19	81	Lynette Manuel	92 Unattached	22:14.44
20	120	Katrin Ritchie	92 University of Saskatchewan	22:24.84
21	139	Alex Flaman	98 Yorkton Legion Track	22:36.75
22	118	Ellyssa Nielson	98 University of Saskatchewan	23:15.18
23	114	Mary Little	96 University of Saskatchewan	24:17.66
24	117	Claire Murchison	95 University of Saskatchewan	26:56.41

2016 U of R Cougar Trot - 2016-09-17**Regina - Wascana Park****Rankings****Men 8k Run CC Open**

Comp#	Name	Team	Time	Points
1	107 Adam Strueby	94 University of Regina	25:39.37	
2	108 Marc Turmel	95 University of Regina	26:05.20	
3	75 Matt Johnson	92 Running Room Athletic Clu	26:22.83	
4	89 Iain Fyfe	88 Univ. of Regina Track Clu	26:24.33	
5	104 Matthew Johnson	97 University of Regina	26:55.09	
6	125 Robert Bigsby	94 University of Saskatchewan	27:14.66	
7	101 Alex Eiswerth	95 University of Regina	27:33.28	
8	103 Sean Hooper	93 University of Regina	28:08.89	
9	130 Jared Welsh	96 University of Saskatchewan	28:45.67	
10	124 Reid Balezantis	94 University of Saskatchewan	29:00.51	
11	106 Alexander McBride	98 University of Regina	29:19.35	
12	126 Don Bridgeman	94 University of Saskatchewan	29:33.33	
13	133 Stefano Zanotto	92 University of Saskatchewan	29:38.65	
14	74 Iain McCormick	85 Queen City Striders	29:45.58	
15	132 Graham Wilson	96 University of Saskatchewan	30:56.29	
16	45 Wil Norton	98 Excel Athletika	31:46.60	
17	128 Adam Hupka	98 University of Saskatchewan	33:21.00	
18	123 Marcus Alger	94 University of Saskatchewan	33:57.00	
19	87 Connor MacNeil	95 Unattached	42:07.96	

2016 U of R Cougar Trot - 2016-09-17**Regina - Wascana Park****Rankings****Girls 2000 Meter Run CC Pee Wee**

Comp#	Name	Team	Time	Points
1	150 Jady Palaschuk	05 Sunnydale Elementary	7:33.92	1
2	23 Gabrielle Kaban	06 Excel Athletika	8:47.37	2
3	20 Alexis Dorais	05 Excel Athletika	8:47.85	3
4	2 Aslan Dobbyn	05 Carnduff	9:08.10	4
5	14 Alex Trimble	07 Carnduff	9:17.01	5
6	12 Bailey Steeves	05 Carnduff	9:30.38	6
7	5 Payton Hollinger	06 Carnduff	9:41.25	7
8	1 Kamryn Borreson	08 Carnduff	9:53.05	8
9	7 Tessa Lanski	06 Carnduff	10:05.45	9
10	32 Alexandra Schultz	05 Excel Athletika	10:06.58	10
11	3 Olivia Fonstad	07 Carnduff	10:11.77	11
12	56 Jayda Braun	05 Nokomis Knight	10:30.74	12
13	156 Anesa Nichols	06 Carnduff	10:51.35	
14	28 Alyssa Metz	07 Excel Athletika	11:28.90	13
15	4 Avery Fowler	06 Carnduff	11:39.75	
16	58 Catrina knouse	07 Nokomis Knight	12:32.16	14
17	8 Ava McCallum	07 Carnduff	12:45.14	
18	55 Hadley Braun	08 Nokomis Knight	12:47.01	15
19	9 Rowyn Nichols	08 Carnduff	13:02.87	
20	57 Sherisse Edwards	06 Nokomis Knight	13:35.10	16
21	29 Emily Metz	06 Excel Athletika	13:38.14	17
22	13 Dallyn Steeves	06 Carnduff	14:34.76	
23	11 Kwynn Stadnick	08 Carnduff	15:09.00	

2016 U of R Cougar Trot - 2016-09-17**Regina - Wascana Park****Rankings****Boys 2000 Meter Run CC Pee Wee**

Comp#	Name	Team	Time	Points
1	43 Killian Naughton	06 Excel Athletika	7:34.53	
2	152 Keane Lofgren	05 Willam Derby School	8:21.56	
3	38 Adonias Downes	06 Excel Athletika	8:23.28	
4	42 Josh Matsyk	05 Excel Athletika	8:28.78	
5	158 Wade Hugie	05 Willam Derby School	9:06.88	
6	70 Ryder Ring	06 Nokomis Knight	9:29.94	
7	65 Maddox Hendry	07 Nokomis Knight	9:30.52	
8	18 Jordan MacFarlane	08 Carnduff	9:32.94	
9	60 Carter Edwards	08 Nokomis Knight	10:41.00	
10	16 Porter Crossman	08 Carnduff	10:54.03	
11	69 Jase McNichol	07 Nokomis Knight	11:37.12	
12	61 Hunter Edwards	07 Nokomis Knight	11:37.87	
13	67 Carter Kuntz	08 Nokomis Knight	11:43.84	
14	64 Jaxson Hendry	08 Nokomis Knight	12:45.53	
15	66 Elih Herman	06 Nokomis Knight	14:10.00	
16	17 Owen Fowler	08 Carnduff	18:15.00	

2016 U of R Cougar Trot - 2016-09-17**Regina - Wascana Park****Rankings****Girls 2000 Meter Run CC Bantam**

Comp#	Name	Team	Time	Points
1	151 Ella Perras	03 Regina Multi	8:02.83	
2	22 Sophie Gettle	03 Excel Athletika	8:48.57	
3	27 Jordy McEachern	03 Excel Athletika	9:07.85	
4	30 Autumn Neiszner	03 Excel Athletika	9:26.34	
5	25 Kaidyn Keith	04 Excel Athletika	9:39.75	
6	135 Grace Edwards	04 Willam Derby School	10:24.98	
7	54 Karlee Bedard	04 Nokomis Knight	11:38.69	
8	59 Jocelyn Knouse	04 Nokomis Knight	12:16.93	

2016 U of R Cougar Trot - 2016-09-17**Regina - Wascana Park****Rankings****Boys 2000 Meter Run CC Bantam**

Comp#	Name	Team	Time	Points
1	137 Adam Mytopher	03 Willam Derby School	7:25.22	
2	157 Alex Pollock	04 Excel Athletika	8:10.25	
3	40 Logan Kaban	04 Excel Athletika	8:29.38	
4	15 Carson Baily	03 Carnduff	8:33.66	
5	71 Connor Stewart	03 Nokomis Knight	9:10.84	
6	63 Caiden Hendry	04 Nokomis Knight	11:14.75	
7	68 Camden McNichol	04 Nokomis Knight	11:15.46	

2016 U of R Cougar Trot - 2016-09-17

Regina - Wascana Park

Rankings

Girls 4k Run CC Midget

Comp#	Name	Team	Time	Points
1	72 Callum Kraft	01 Queen City Striders	16:08.31	
2	26 Ellison Kozan	02 Excel Athletika	17:58.94	
3	24 Madelyn Kaban	02 Excel Athletika	18:24.72	
4	21 Morgan Elkew	02 Excel Athletika	18:26.91	
5	33 Emma Sylvestre	02 Excel Athletika	20:34.91	
6	141 Rebecca Morales	01 Yorkton Legion Track	21:09.94	
7	136 Whitney Flavel	02 Willam Derby School	21:22.47	
8	31 Monika Nixdorf	02 Excel Athletika	21:57.53	

2016 U of R Cougar Trot - 2016-09-17**Regina - Wascana Park****Rankings****Boys 4k Run CC Midget**

Comp#	Name	Team	Time Points
1	37 Liam Downes	01 Excel Athletika	15:34.84
2	46 Adam Preston	01 Excel Athletika	16:05.34
3	154 Aedan Osika	01 Notre Dame	16:12.91
4	48 Joseph Smith	01 Excel Athletika	16:27.59
5	142 Sean Easton	02 Yorkton Legion Track	16:37.84
6	44 Ben Norton	01 Excel Athletika	17:21.09

2016 U of R Cougar Trot - 2016-09-17**Regina - Wascana Park****Rankings****Girls 4k Run CC Youth**

Comp#	Name	Team	Time	Points	
1	77	Jasmine Fehr	99	Saskatoon Track & Field	16:13.96
2	140	Kelsey Haczekwicz	99	Yorkton Legion Track	16:21.15
3	34	Sarah Tremblay	00	Excel Athletika	17:50.91
4	76	Courtney Dembrowski	00	Saskatoon Track & Field	17:54.38
5	134	Alyson Edwards	00	Willam Derby School	18:03.78
6	78	Regan Wilson	99	Saskatoon Track & Field	18:05.91
7	50	Kaylee Dodds	00	Lumsden High School	19:45.12
8	153	Chelsea Dalheim	99	Notre Dame	25:11.00
9	6	Sydney LaBelle	00	Carnduff	27:51.00

2016 U of R Cougar Trot - 2016-09-17**Regina - Wascana Park****Rankings****Boys 6k Run CC Youth**

Comp#	Name	Team	Time	Points	
1	85	Matthew Exner	99	Unattached	21:10.81
2	138	Brayden Mytopher	00	Willam Derby School	21:12.44
3	41	Ron MacLean	01	Excel Athletika	21:44.90
4	79	Kaden Nilson	99	St Mary's Athletics	23:16.18
5	49	Michael Thiel	99	Excel Athletika	23:46.95
6	155	Isaac Duperrealt	99	Notre Dame	28:30.32
7	51	Josh Blondeau	99	Lumsden High School	29:02.50
8	53	Carson Nieto	00	Lumsden High School	32:11.93

2016 U of R Cougar Trot - 2016-09-17

Regina - Wascana Park

Rankings

Men 6k Run CC Masters

Comp#	Name	Team	Time	Points
1	160 John Svec	65 Unattached	24:10.89	
2	159 Gordie Kaban	72 Unattached	26:13.09	
3	88 Dave Olsen	55 Unattached	26:55.25	