

2016 WESTERN INTERNATIONAL-42nd Annual**Sat. Sept 26 at Thames Valley GC, London**

9/24/2016

31st year at Thames Valley GC

9/24/2016 - 9/24/2016

Event # 2 MENS 8K Run

START @ 10:50am

Conditions: sunny, cool 16°c

MEET RECORD:Aaron Hendrikx Guelph Gryphons 24:56.00 22-Sep2012

COURSE RECORD:Aaron Hendrikx Guelph Gryphons 24:56.00 22-Sep2012

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

TEAM TIME RECORD:GUELPH 127:26 [total of 5] avg 25:30 for 5 2012

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	WESTERN MUSTANGS	54	2-3-7-18-24	28-37	2:06:23	3:09.6	25:16.6	1:00
2	MCMASTER MARAUDERS	63	5-6-10-19-23	29-32	2:06:58	3:10.5	25:23.7	45
3	WINDSOR LANCERS	67	1-13-14-17-22	38-43	2:06:59	3:10.5	25:23.9	1:04
4	GUELPH GRYPHONS	79	4-9-11-16-39	40-42	2:07:26	3:11.2	25:29.3	1:09
5	TORONTO VARSITY BLUE	133	12-21-31-34-35	36-46	2:09:05	3:13.7	25:49.1	36
6	QUEEN'S GAELS	137	15-20-27-30-45	55-56	2:09:33	3:14.4	25:54.6	49
7	WATERLOO WARRIORS	237	41-44-47-48-57	63-77	2:13:44	3:20.6	26:44.8	1:00
8	FANSHAWE FALCONS	244	8-33-62-68-73	89	2:14:50	3:22.3	26:58.1	2:55
9	LAURIER GOLDEN HAWKS	285	25-54-60-72-74	92-99	2:16:44	3:25.1	27:20.8	2:22
10	LAURENTIAN VOYAGEURS	293	51-52-59-64-67	75-76	2:17:09	3:25.8	27:25.9	52
11	ESPOIR	309	49-53-58-71-78		2:17:57	3:27.0	27:35.5	1:33
12	BROCK BADGERS	341	26-66-79-84-86	87-88	2:20:26	3:30.7	28:05.1	3:16
13	RYERSON RAMS	373	50-61-83-85-94	96-98	2:22:44	3:34.1	28:32.9	3:04
14	HUMBER HAWKS	399	65-80-81-82-91		2:23:45	3:35.7	28:45.0	2:05
15	NIPISSING LAKERS	417	69-70-90-93-95	97-100	2:25:45	3:38.7	29:09.1	2:15

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	304	Corey Bellemore		E5	WINDSOR LANCERS	1	3:05.1	24:40.7
2	2	301	Jack Sheffar		E3	WESTERN MUSTANGS	1	3:06.0	24:47.9
3	3	294	Ben Carson		E3	WESTERN MUSTANGS	2	3:06.9	24:54.7
4	4	164	Connor Black		E3	GUELPH GRYPHONS	1	3:07.5	25:00.1
5	5	219	Connor Darlington		E5	MCMASTER MARAUDERS	1	3:07.7	25:01.7
6	6	233	Jeff Tweedle		E4	MCMASTER MARAUDERS	2	3:08.4	25:06.6
7		366	Kevin Blackney			WESTERN ALUM	1	3:08.4	25:07.1
8	7	293	Chris Balestrini		E4	WESTERN MUSTANGS	3	3:08.6	25:08.5
9	8	161	Seth Marcaccio		4	FANSHAWE FALCONS	1	3:08.8	25:10.0
10		354	Blair Morgan			HARBOUR TRACK	1	3:08.9	25:10.9
11	9	172	Mark Patton		E2	GUELPH GRYPHONS	2	3:09.5	25:15.4
12		367	Phil Parrot-Migas			WESTERN ALUM	2	3:09.7	25:16.9
13	10	225	Nick Kondrat		E4	MCMASTER MARAUDERS	3	3:09.9	25:19.2
14	11	181	Benjamin Workman		E2	GUELPH GRYPHONS	3	3:10.4	25:22.8
15	12	273	Cameron Linscott		R	TORONTO VARSITY BLUE	1	3:10.7	25:25.0
16		359	Rob Asselstine			ST. LAWRENCE COLLEGE	1	3:10.7	25:25.5
17	13	327	Alex Ullman		E5	WINDSOR LANCERS	2	3:10.8	25:26.3
18	14	318	Andrew Nebel		E3	WINDSOR LANCERS	3	3:10.9	25:27.2
19		363	Robert Mccaan			UNATTACHED		3:11.2	25:29.4
20	15	250	Rob Kanko		E2	QUEEN'S GAELS	1	3:12.0	25:36.0

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21	16	165	Mostafa Elkurdy	E3	GUELPH GRYPHONS	4	3:12.4	25:38.6
22	17	315	Miles Matthews	FR	WINDSOR LANCERS	4	3:12.5	25:39.6
23	18	300	Matt Sheeler	E2	WESTERN MUSTANGS	4	3:12.9	25:43.2
24	19	223	Gabe Ghiglione	E5	MCMASTER MARAUDERS	4	3:13.0	25:43.5
25	20	254	Joey Stel	E3	QUEEN'S GAELS	2	3:13.0	25:43.9
26	21	267	Noah Defreyne	R	TORONTO VARSITY BLUE	2	3:13.1	25:44.3
27	22	316	Taylor McArthur	E5	WINDSOR LANCERS	5	3:13.2	25:45.3
28	23	226	Christian MacGillivray	E2	MCMASTER MARAUDERS	5	3:13.5	25:47.4
29	24	299	Shane Roberts	E5	WESTERN MUSTANGS	5	3:13.6	25:48.3
30	25	213	Joe Sheridan	E2	LAURIER GOLDEN HAWKS	1	3:13.6	25:48.8
31	26	154	Jelmer van den Hadelkmap	E3	BROCK BADGERS	1	3:14.0	25:52.1
32	27	247	Millar Coveney	R	QUEEN'S GAELS	3	3:14.1	25:52.7
33	28	302	Muhumed Sirage	R	WESTERN MUSTANGS	6	3:14.3	25:54.4
34	29	217	Luke Charbonneau	E5	MCMASTER MARAUDERS	6	3:14.4	25:54.7
35	30	244	Kevin Azocar	E3	QUEEN'S GAELS	4	3:14.4	25:55.0
36	31	268	Ben DeVito	E2	TORONTO VARSITY BLUE	3	3:14.5	25:55.5
37	32	222	Jonathan Favero	E2	MCMASTER MARAUDERS	7	3:14.6	25:56.5
38		220	Patrick Deane	E4	MCMASTER MARAUDERS	8	3:14.7	25:57.2
39	33	158	Ryan Foott	3	FANSHAWE FALCONS	2	3:14.8	25:58.3
40	34	272	Robert Lawand	E2	TORONTO VARSITY BLUE	4	3:14.9	25:58.9
41		229	Matthew Napier	E3	MCMASTER MARAUDERS	9	3:15.0	25:59.4
42	35	270	Craig Klomp	E2	TORONTO VARSITY BLUE	5	3:15.2	26:01.5
43	36	271	Yousuf Lahaye	E2	TORONTO VARSITY BLUE	6	3:15.3	26:01.9
44		228	Josh McGillivray	R	MCMASTER MARAUDERS	10	3:15.4	26:02.5
45	37	297	Thomas Devries	E1	WESTERN MUSTANGS	7	3:15.4	26:03.0
46	38	314	Shawn Master	E5	WINDSOR LANCERS	6	3:15.5	26:03.5
47	39	170	Kyle Madden	R	GUELPH GRYPHONS	5	3:16.2	26:09.4
48	40	180	Caelum Wishart	E3	GUELPH GRYPHONS	6	3:16.4	26:11.1
49		292	Miles Avalos	R	WESTERN MUSTANGS	8	3:16.9	26:15.2
50	41	285	James Milton	E3	WATERLOO WARRIORS	1	3:17.1	26:16.4
51	42	177	Jeffrey Thornber	E3	GUELPH GRYPHONS	7	3:17.2	26:17.1
52	43	309	Jeremy Hick	E5	WINDSOR LANCERS	7	3:17.3	26:17.8
53		311	Joe Kagumba	E4	WINDSOR LANCERS	8	3:17.4	26:18.8
54	44	286	Chris Moore	E3	WATERLOO WARRIORS	2	3:17.9	26:22.6
55		307	Nick D'Alessandro	FR	WINDSOR LANCERS	9	3:18.0	26:23.8
56		298	Triphon Moodie	E5	WESTERN MUSTANGS	9	3:18.1	26:24.5
57	45	249	Gavin Hatheway	E1	QUEEN'S GAELS	5	3:18.2	26:25.4
58		322	Jacob Rothera	E2	WINDSOR LANCERS	10	3:18.6	26:28.5
59		231	Paul Rochus	E4	MCMASTER MARAUDERS	11	3:18.7	26:29.3
60		216	Andrew Beardsall	E4	MCMASTER MARAUDERS	12	3:18.8	26:30.0
61		179	Jason Wilson	E5	GUELPH GRYPHONS	8	3:18.9	26:31.2
62		306	Mitch Cauchi	FR	WINDSOR LANCERS	11	3:19.0	26:31.8
63		175	Andrew Shepherd	R	GUELPH GRYPHONS	9	3:19.2	26:33.7
64		365	Hunter Andrin		WESTERN ALUM	3	3:19.9	26:39.3
65		313	Joshua Martin	FR	WINDSOR LANCERS	12	3:20.5	26:44.0
66	46	265	Rley Alvarez	E3	TORONTO VARSITY BLUE	7	3:21.0	26:48.0
67		232	Nathaniel Smith	E2	MCMASTER MARAUDERS	13	3:21.1	26:48.4
68	47	278	Shane Corley	E3	WATERLOO WARRIORS	3	3:21.2	26:49.1
69		269	Sam Kinahan	E2	TORONTO VARSITY BLUE	8	3:21.5	26:51.7
70		215	Dylan Alick	R	MCMASTER MARAUDERS	14	3:21.6	26:52.9
71		296	Brendan Costello	R	WESTERN MUSTANGS	10	3:21.7	26:53.3
72		303	Carter Wood	E2	WESTERN MUSTANGS	11	3:21.8	26:54.0

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73		295	Adam Clayton	E2	WESTERN MUSTANGS	12	3:22.0	26:55.3
74		333	Suraj Sharma	1	YORK LIONS	1	3:22.0	26:56.0
75		167	Brady Graves	R	GUELPH GRYPHONS	10	3:22.2	26:57.6
76		176	Liam Stiles	E4	GUELPH GRYPHONS	11	3:22.3	26:58.1
77	48	280	Dan Fournier	E5	WATERLOO WARRIORS	4	3:22.4	26:58.9
78	49	348	Rajan Brar		ESPOIR	1	3:22.5	26:59.4
79	50	261	Joel Perera	E2	RYERSON RAMS	1	3:22.6	27:00.5
80		305	Justin Bellemore	E2	WINDSOR LANCERS	13	3:22.7	27:01.1
81	51	194	Ewan Craig	E2	LAURENTIAN VOYAGEURS	1	3:22.7	27:01.7
82	52	199	Jerryd McLeod Maenpaa	R	LAURENTIAN VOYAGEURS	2	3:23.0	27:03.9
83	53	350	Isaiah Fernandes		ESPOIR	2	3:23.2	27:04.9
84	54	207	Dan Hilbers	R	LAURIER GOLDEN HAWKS	2	3:23.2	27:05.4
85	55	246	Declan Colwell	E2	QUEEN'S GAELS	6	3:23.3	27:05.8
86	56	245	Cameron Bardwell	E2	QUEEN'S GAELS	7	3:23.6	27:08.9
87		236	Peter Wilson	E2	MCMASTER MARAUDERS	15	3:24.0	27:11.4
88		252	Dakota Lavery	R	QUEEN'S GAELS	8	3:24.2	27:13.1
89	57	276	Nicholash Bedi	E1	WATERLOO WARRIORS	5	3:24.6	27:16.8
90		357	Chris Caddey		LONDON WESTERN TFC	1	3:24.8	27:18.2
91		325	Adam Tait	FR	WINDSOR LANCERS	14	3:25.0	27:20.0
92	58	347	Dilan Brar		ESPOIR	3	3:25.1	27:20.4
93	59	198	Dylan McKevitt	E3	LAURENTIAN VOYAGEURS	3	3:25.2	27:21.0
94		266	AJ Bimm	R	TORONTO VARSITY BLUE	9	3:25.3	27:22.0
95		308	Mitch Heyink	FR	WINDSOR LANCERS	15	3:25.4	27:22.6
96		328	Josh Zilles	FR	WINDSOR LANCERS	16	3:25.6	27:24.1
97		234	Justyn Tyrrell	R	MCMASTER MARAUDERS	16	3:26.6	27:32.1
98		253	Malcolm Southerland	R	QUEEN'S GAELS	9	3:26.8	27:34.0
99		248	Miles Dignum	R	QUEEN'S GAELS	10	3:26.9	27:35.3
100		171	Caleb Main	R	GUELPH GRYPHONS	12	3:27.2	27:37.2
101	60	204	Michael Charanduk	E3	LAURIER GOLDEN HAWKS	3	3:27.4	27:39.0
102	61	257	Michael Konstantopoulos	E2	RYERSON RAMS	2	3:27.5	27:39.5
103		214	Chris Adams	E2	MCMASTER MARAUDERS	17	3:27.6	27:40.4
104		168	Thomas Kemp	E3	GUELPH GRYPHONS	13	3:27.6	27:40.8
105	62	162	Justin McNamara	2	FANSHAW FALCONS	3	3:27.7	27:41.4
106		235	Ryan Tyrrell	R	MCMASTER MARAUDERS	18	3:27.9	27:43.1
107	63	279	Rhys Desmond	R	WATERLOO WARRIORS	6	3:28.3	27:46.3
108		230	Paul Robinson	R	MCMASTER MARAUDERS	19	3:28.4	27:46.6
109	64	195	Samuel Delage	E2	LAURENTIAN VOYAGEURS	4	3:28.6	27:48.6
110		169	Andrew Leblanc	R	GUELPH GRYPHONS	14	3:28.7	27:48.9
111	65	182	Shawn Acrey	Fr	HUMBER HAWKS	1	3:28.7	27:49.4
112		227	Matthew McArthur	R	MCMASTER MARAUDERS	20	3:28.8	27:50.4
113	66	152	Brendan Sanders	E3	BROCK BADGERS	2	3:29.2	27:53.2
114	67	192	Caleb Beland	R	LAURENTIAN VOYAGEURS	5	3:29.3	27:54.1
115		329	Brandon Belan	E4	YORK LIONS	2	3:29.3	27:54.4
116	68	160	Jordan Kadlecik	3	FANSHAW FALCONS	4	3:29.4	27:55.0
117	69	239	Travis Mann	E2	NIPISSING LAKERS	1	3:29.5	27:56.0
118	70	241	Teagan Retty	E2	NIPISSING LAKERS	2	3:29.7	27:57.3
119		221	Aaron DeJong	E1	MCMASTER MARAUDERS	21	3:29.9	27:58.7
120	71	351	Stuart Wilcox		ESPOIR	4	3:29.9	27:59.1
121	72	212	Zach Savlov	R	LAURIER GOLDEN HAWKS	4	3:30.0	27:59.4
122	73	155	Justin Attfield	1	FANSHAW FALCONS	5	3:30.7	28:05.6
123		166	Levi Fretz	R	GUELPH GRYPHONS	15	3:30.8	28:06.2
124		218	Taylor Cornwall	R	MCMASTER MARAUDERS	22	3:31.2	28:09.5

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125	74	209	Brendan Masters	E2	LAURIER GOLDEN HAWKS	5	3:31.4	28:11.3
126	75	196	Jacob Dupuis-Latour	E2	LAURENTIAN VOYAGEURS	6	3:32.9	28:22.7
127		370	Taylor Lyman	R	GUELPH GRYPHONS	16	3:33.5	28:28.1
128	76	197	Luke Mackrell	E2	LAURENTIAN VOYAGEURS	7	3:33.6	28:28.7
129	77	282	Akiva Goldberg	E2	WATERLOO WARRIORS	7	3:34.1	28:32.8
130	78	346	Aiden Attema		ESPOIR	5	3:34.2	28:33.3
131		358	Mike Park		RYERSON ALUM	1	3:34.3	28:33.7
132		310	Zack Jones	E4	WINDSOR LANCERS	17	3:34.3	28:34.1
133	79	147	Ryan Gagnon	E2	BROCK BADGERS	3	3:34.3	28:34.4
134		317	Brendan McCarthy	FR	WINDSOR LANCERS	18	3:34.5	28:35.3
135	80	185	Brian Jaimes	FR	HUMBER HAWKS	2	3:34.7	28:37.3
136	81	188	Aaron Veenstra	FR	HUMBER HAWKS	3	3:35.1	28:40.4
137	82	184	Jacob Campbell	SO	HUMBER HAWKS	4	3:35.4	28:43.0
138		173	Simon Quann	R	GUELPH GRYPHONS	17	3:35.9	28:46.6
139	83	262	Ben Snider-McGrath	R	RYERSON RAMS	3	3:36.6	28:52.5
140	84	149	Brett Parent	E2	BROCK BADGERS	4	3:37.1	28:56.8
141	85	260	Aaron McQuaid	E2	RYERSON RAMS	4	3:38.3	29:06.5
142		193	Gordie Chown	E2	LAURENTIAN VOYAGEURS	8	3:38.4	29:07.1
143	86	150	Akshar Patel	R	BROCK BADGERS	5	3:38.7	29:09.0
144		332	Colton LaFrance	R	YORK LIONS	3	3:39.0	29:11.6
145		283	Connor Hammond	E2	WATERLOO WARRIORS	8	3:39.2	29:13.0
146	87	151	Lucas Salazer-Reid	E2	BROCK BADGERS	6	3:39.3	29:14.4
147		326	Lance Tofflemire	FR	WINDSOR LANCERS	19	3:40.7	29:25.4
148		274	Phoenix Tashlin-Clifford	R	TORONTO VARSITY BLUE	10	3:41.0	29:27.6
149		331	Muad Issa	E4	YORK LIONS	4	3:41.6	29:32.7
150	88	148	Branden Gallagher	E2	BROCK BADGERS	7	3:41.8	29:34.0
151	89	156	Jon Brooks	1	FANSHAWE FALCONS	6	3:42.4	29:38.7
152	90	243	Bryan Stone	E4	NIPISSING LAKERS	3	3:42.7	29:41.3
153		324	Aidan Snively	E2	WINDSOR LANCERS	20	3:43.5	29:47.5
154		368	Chris Hutton	E5	GUELPH GRYPHONS	18	3:43.6	29:48.4
155		153	Shane Singh	E1	BROCK BADGERS	8	3:43.8	29:50.3
156		287	Ian O'Donnell	E1	WATERLOO WARRIORS	9	3:44.0	29:51.5
157	91	191	Chun Yuen	SO	HUMBER HAWKS	5	3:44.4	29:54.6
158	92	208	Nate Jeffery	E2	LAURIER GOLDEN HAWKS	6	3:44.6	29:56.9
159		284	Peter Huang	E2	WATERLOO WARRIORS	10	3:44.8	29:58.4
160		281	Travis Gibbons	E5	WATERLOO WARRIORS	11	3:44.9	29:58.9
161	93	242	Logan Saunders	E2	NIPISSING LAKERS	4	3:45.0	29:59.5
162		201	Mika Muinonen	E2	LAURENTIAN VOYAGEURS	9	3:45.5	30:04.0
163	94	256	Valerian Gomes	E2	RYERSON RAMS	5	3:45.7	30:05.2
164	95	240	Malcolm McCubbin	E2	NIPISSING LAKERS	5	3:46.4	30:11.1
165	96	259	Kevin Malas	R	RYERSON RAMS	6	3:47.7	30:21.0
166		319	Nathan Outridge	E2	WINDSOR LANCERS	21	3:47.8	30:21.9
167		202	Matteo Reich	R	LAURENTIAN VOYAGEURS	10	3:49.2	30:33.0
168		251	Evan Lasky	R	QUEEN'S GAELS	11	3:50.4	30:43.3
169	97	237	Justin Leale	R	NIPISSING LAKERS	6	3:56.4	31:31.1
170	98	255	Mac Bauer	E1	RYERSON RAMS	7	3:58.2	31:45.6
171		264	Selva Yogarajah	E1	RYERSON RAMS	8	3:59.1	31:52.1
172		200	Jarod Milford	R	LAURENTIAN VOYAGEURS	11	3:59.8	31:58.3
173		258	Jeff Lee	E1	RYERSON RAMS	9	4:00.6	32:04.9
174		290	David Wuulf	E1	WATERLOO WARRIORS	12	4:00.7	32:05.3
175		146	Stevie Blankenship	E4	BROCK BADGERS	9	4:01.6	32:12.5
176	99	206	Simon Gonsalves	E2	LAURIER GOLDEN HAWKS	7	4:06.4	32:50.8

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177	100	238	Jeff Mailloux	E1	NIPISSING LAKERS	7	4:08.7	33:09.3
178		288	Dilveer Virk	FR	WATERLOO WARRIORS	13	4:17.0	34:15.9
179		371	Daniel Lamontagne	R	WATERLOO WARRIORS	14	4:20.8	34:46.1

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TEAM: WESTERN MUSTANGS SCORE: 54 PLACE: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Jack Sheffar		E3	301	24:47.9	3:06.0	4:59.4
3-3	Ben Carson		E3	294	24:54.7	3:06.9	5:00.7
8-7	Chris Balestrini		E4	293	25:08.5	3:08.6	5:03.5
23-18	Matt Sheeler		E2	300	25:43.2	3:12.9	5:10.5
29-24	Shane Roberts		E5	299	25:48.3	3:13.6	5:11.5
=====							
33-28	Muhumed Sirage		R	302	25:54.4	3:14.3	5:12.7
45-37	Thomas Devries		E1	297	26:03.0	3:15.4	5:14.5
=====							
49	Miles Avalos		R	292	26:15.2	3:16.9	5:16.9
56	Triphon Moodie		E5	298	26:24.5	3:18.1	5:18.8
71	Brendan Costello		R	296	26:53.3	3:21.7	5:24.6
72	Carter Wood		E2	303	26:54.0	3:21.8	5:24.7
73	Adam Clayton		E2	295	26:55.3	3:22.0	5:25.0
Top 5 Total Time:		2:06:23	Top 5 Average Time:		25:16.6		
Top 5 Average per KM:		3:09.6	Top 5 Average Per MILE:		5:05.1		
1 - 5 Split:		1:00	1 - 7 Split:		1:15.1		
Top 7 Total Time:		2:58:20	Top 7 Average Time:		25:28.6		

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TEAM: MCMMASTER MARAUDERS SCORE: 63 PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Connor Darlington		E5	219	25:01.7	3:07.8	5:02.1
6-6	Jeff Tweedle		E4	233	25:06.6	3:08.4	5:03.1
13-10	Nick Kondrat		E4	225	25:19.2	3:09.9	5:05.7
24-19	Gabe Ghiglione		E5	223	25:43.5	3:13.0	5:10.5
28-23	Christian MacGillivray		E2	226	25:47.4	3:13.5	5:11.3
=====							
34-29	Luke Charbonneau		E5	217	25:54.7	3:14.4	5:12.8
37-32	Jonathan Favero		E2	222	25:56.5	3:14.6	5:13.2
=====							
38	Patrick Deane		E4	220	25:57.2	3:14.7	5:13.3
41	Matthew Napier		E3	229	25:59.4	3:15.0	5:13.7
44	Josh McGillivray		R	228	26:02.5	3:15.4	5:14.4
59	Paul Rochus		E4	231	26:29.3	3:18.7	5:19.8
60	Andrew Beardsall		E4	216	26:30.0	3:18.8	5:19.9
67	Nathaniel Smith		E2	232	26:48.4	3:21.1	5:23.6
70	Dylan Alick		R	215	26:52.9	3:21.7	5:24.5
87	Peter Wilson		E2	236	27:11.4	3:24.0	5:28.2
97	Justyn Tyrrell		R	234	27:32.1	3:26.6	5:32.4
103	Chris Adams		E2	214	27:40.4	3:27.6	5:34.1
106	Ryan Tyrrell		R	235	27:43.1	3:27.9	5:34.6
108	Paul Robinson		R	230	27:46.6	3:28.4	5:35.3
112	Matthew McArthur		R	227	27:50.4	3:28.8	5:36.1
119	Aaron DeJong		E1	221	27:58.7	3:29.9	5:37.7
124	Taylor Cornwall		R	218	28:09.5	3:31.2	5:39.9
Top 5 Total Time:		2:06:58	Top 5 Average Time:		25:23.7		
Top 5 Average per KM:		3:10.5	Top 5 Average Per MILE:		5:06.6		
1 - 5 Split:		45	1 - 7 Split:		54.8		
Top 7 Total Time:		2:58:50	Top 7 Average Time:		25:32.8		

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TEAM: WINDSOR LANCERS

SCORE: 67

PLACE: 3

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Corey Bellemore		E5	304	24:40.7	3:05.1	4:57.9
17-13	Alex Ullman		E5	327	25:26.3	3:10.8	5:07.1
18-14	Andrew Nebel		E3	318	25:27.2	3:10.9	5:07.3
22-17	Miles Matthews		FR	315	25:39.6	3:12.5	5:09.8
27-22	Taylor McArthur		E5	316	25:45.3	3:13.2	5:10.9
=====							
46-38	Shawn Master		E5	314	26:03.5	3:15.5	5:14.6
52-43	Jeremy Hick		E5	309	26:17.8	3:17.3	5:17.4
=====							
53	Joe Kagumba		E4	311	26:18.8	3:17.4	5:17.6
55	Nick D'Alessandro		FR	307	26:23.8	3:18.0	5:18.7
58	Jacob Rothera		E2	322	26:28.5	3:18.6	5:19.6
62	Mitch Cauchi		FR	306	26:31.8	3:19.0	5:20.3
65	Joshua Martin		FR	313	26:44.0	3:20.5	5:22.7
80	Justin Bellemore		E2	305	27:01.1	3:22.7	5:26.2
91	Adam Tait		FR	325	27:20.0	3:25.0	5:30.0
95	Mitch Heyink		FR	308	27:22.6	3:25.4	5:30.5
96	Josh Zilles		FR	328	27:24.1	3:25.6	5:30.8
132	Zack Jones		E4	310	28:34.1	3:34.3	5:44.9
134	Brendan McCarthy		FR	317	28:35.3	3:34.5	5:45.1
147	Lance Tofflemire		FR	326	29:25.4	3:40.7	5:55.2
153	Aidan Snively		E2	324	29:47.5	3:43.5	5:59.6
166	Nathan Outridge		E2	319	30:21.9	3:47.8	6:06.5
Top 5 Total Time:		2:06:59	Top 5 Average Time:		25:23.9		
Top 5 Average per KM:		3:10.5	Top 5 Average Per MILE:		5:06.6		
1 - 5 Split:		1:04	1 - 7 Split:		1:37.1		
Top 7 Total Time:		2:59:20	Top 7 Average Time:		25:37.2		

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TEAM: GUELPH GRYPHONS SCORE: 79 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Connor Black		E3	164	25:00.1	3:07.6	5:01.8
11-9	Mark Patton		E2	172	25:15.4	3:09.5	5:04.9
14-11	Benjamin Workman		E2	181	25:22.8	3:10.4	5:06.4
21-16	Mostafa Elkurdy		E3	165	25:38.6	3:12.4	5:09.6
47-39	Kyle Madden		R	170	26:09.4	3:16.2	5:15.8
=====							
48-40	Caelum Wishart		E3	180	26:11.1	3:16.4	5:16.1
51-42	Jeffrey Thornber		E3	177	26:17.1	3:17.2	5:17.3
=====							
61	Jason Wilson		E5	179	26:31.2	3:18.9	5:20.1
63	Andrew Shepherd		R	175	26:33.7	3:19.3	5:20.6
75	Brady Graves		R	167	26:57.6	3:22.2	5:25.5
76	Liam Stiles		E4	176	26:58.1	3:22.3	5:25.6
100	Caleb Main		R	171	27:37.2	3:27.2	5:33.4
104	Thomas Kemp		E3	168	27:40.8	3:27.6	5:34.1
110	Andrew Leblanc		R	169	27:48.9	3:28.7	5:35.8
123	Levi Fretz		R	166	28:06.2	3:30.8	5:39.3
127	Taylor Lyman		R	370	28:28.1	3:33.6	5:43.7
138	Simon Quann		R	173	28:46.6	3:35.9	5:47.4
154	Chris Hutton		E5	368	29:48.4	3:43.6	5:59.8
Top 5 Total Time:		2:07:26	Top 5 Average Time:		25:29.3		
Top 5 Average per KM:		3:11.2	Top 5 Average Per MILE:		5:07.7		
1 - 5 Split:		1:09	1 - 7 Split:		1:17.0		
Top 7 Total Time:		2:59:54	Top 7 Average Time:		25:42.1		

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TEAM: TORONTO VARSITY BLUE SCORE: 133 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
15-12	Cameron Linscott		R	273	25:25.0	3:10.7	5:06.8
26-21	Noah Defreyne		R	267	25:44.3	3:13.1	5:10.7
36-31	Ben DeVito		E2	268	25:55.5	3:14.5	5:13.0
40-34	Robert Lawand		E2	272	25:58.9	3:14.9	5:13.6
42-35	Craig Klomp		E2	270	26:01.5	3:15.2	5:14.2
43-36	Yousuf Lahaye		E2	271	26:01.9	3:15.3	5:14.2
66-46	Rley Alvarez		E3	265	26:48.0	3:21.0	5:23.5
69	Sam Kinahan		E2	269	26:51.7	3:21.5	5:24.3
94	AJ Bimm		R	266	27:22.0	3:25.3	5:30.4
148	Phoenix Tashlin-Clifford		R	274	29:27.6	3:41.0	5:55.6
Top 5 Total Time:		2:09:05			Top 5 Average Time:		25:49.1
Top 5 Average per KM:		3:13.7			Top 5 Average Per MILE:		5:11.7
1 - 5 Split:		36			1 - 7 Split:		1:23.0
Top 7 Total Time:		3:1:55			Top 7 Average Time:		25:59.3

TEAM: QUEEN'S GAELS SCORE: 137 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
20-15	Rob Kanko		E2	250	25:36.0	3:12.0	5:09.0
25-20	Joey Stel		E3	254	25:43.9	3:13.0	5:10.6
32-27	Millar Coveney		R	247	25:52.7	3:14.1	5:12.4
35-30	Kevin Azocar		E3	244	25:55.0	3:14.4	5:12.9
57-45	Gavin Hatheway		E1	249	26:25.4	3:18.2	5:19.0
85-55	Declan Colwell		E2	246	27:05.8	3:23.3	5:27.1
86-56	Cameron Bardwell		E2	245	27:08.9	3:23.7	5:27.7
88	Dakota Lavery		R	252	27:13.1	3:24.2	5:28.6
98	Malcolm Southerland		R	253	27:34.0	3:26.8	5:32.8
99	Miles Dignum		R	248	27:35.3	3:27.0	5:33.0
168	Evan Lasky		R	251	30:43.3	3:50.5	6:10.9
Top 5 Total Time:		2:09:33			Top 5 Average Time:		25:54.6
Top 5 Average per KM:		3:14.4			Top 5 Average Per MILE:		5:12.8
1 - 5 Split:		49			1 - 7 Split:		1:32.9
Top 7 Total Time:		3:3:48			Top 7 Average Time:		26:15.4

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TEAM: WATERLOO WARRIORS SCORE: 237 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
50-41	James Milton		E3	285	26:16.4	3:17.1	5:17.2
54-44	Chris Moore		E3	286	26:22.6	3:17.9	5:18.4
68-47	Shane Corley		E3	278	26:49.1	3:21.2	5:23.7
77-48	Dan Fournier		E5	280	26:58.9	3:22.4	5:25.7
89-57	Nicholash Bedi		E1	276	27:16.8	3:24.6	5:29.3
=====							
107-63	Rhys Desmond		R	279	27:46.3	3:28.3	5:35.2
129-77	Akiva Goldberg		E2	282	28:32.8	3:34.1	5:44.6
=====							
145	Connor Hammond		E2	283	29:13.0	3:39.2	5:52.7
156	Ian O'Donnell		E1	287	29:51.5	3:44.0	6:00.4
159	Peter Huang		E2	284	29:58.4	3:44.8	6:01.8
160	Travis Gibbons		E5	281	29:58.9	3:44.9	6:01.9
174	David Wuulf		E1	290	32:05.3	4:00.7	6:27.4
178	Dilveer Virk		FR	288	34:15.9	4:17.0	6:53.6
179	Daniel Lamontagne		R	371	34:46.1	4:20.8	6:59.7
Top 5 Total Time:		2:13:44			Top 5 Average Time:	26:44.8	
Top 5 Average per KM:		3:20.6			Top 5 Average Per MILE:	5:22.9	
1 - 5 Split:		1:00			1 - 7 Split:	2:16.4	
Top 7 Total Time:		3:10:03			Top 7 Average Time:	27:09.0	

TEAM: FANSHAWE FALCONS SCORE: 244 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-8	Seth Marcaccio		4	161	25:10.0	3:08.8	5:03.8
39-33	Ryan Foott		3	158	25:58.3	3:14.8	5:13.5
105-62	Justin McNamara		2	162	27:41.4	3:27.7	5:34.3
116-68	Jordan Kadlecik		3	160	27:55.0	3:29.4	5:37.0
122-73	Justin Attfield		1	155	28:05.6	3:30.7	5:39.1
=====							
151-89	Jon Brooks		1	156	29:38.7	3:42.4	5:57.9
Top 5 Total Time:		2:14:50			Top 5 Average Time:	26:58.1	
Top 5 Average per KM:		3:22.3			Top 5 Average Per MILE:	5:25.5	
1 - 5 Split:		2:55			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM: LAURIER GOLDEN HAWKS SCORE: 285 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
30-25	Joe Sheridan		E2	213	25:48.8	3:13.6	5:11.6
84-54	Dan Hilbers		R	207	27:05.4	3:23.2	5:27.0
101-60	Michael Charanduk		E3	204	27:39.0	3:27.4	5:33.8
121-72	Zach Savlov		R	212	27:59.4	3:30.0	5:37.9
125-74	Brendan Masters		E2	209	28:11.3	3:31.5	5:40.3
158-92	Nate Jeffery		E2	208	29:56.9	3:44.7	6:01.5
176-99	Simon Gonsalves		E2	206	32:50.8	4:06.4	6:36.5
Top 5 Total Time:		2:16:44	Top 5 Average Time:		27:20.8		
Top 5 Average per KM:		3:25.1	Top 5 Average Per MILE:		5:30.1		
1 - 5 Split:		2:22	1 - 7 Split:		7:02.0		
Top 7 Total Time:		3:19:32	Top 7 Average Time:		28:30.3		

TEAM: LAURENTIAN VOYAGEURS SCORE: 293 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
81-51	Ewan Craig		E2	194	27:01.7	3:22.8	5:26.3
82-52	Jerryd McLeod Maenpaa		R	199	27:03.9	3:23.0	5:26.7
93-59	Dylan McKeivitt		E3	198	27:21.0	3:25.2	5:30.2
109-64	Samuel Delage		E2	195	27:48.6	3:28.6	5:35.7
114-67	Caleb Beland		R	192	27:54.1	3:29.3	5:36.8
126-75	Jacob Dupuis-Latour		E2	196	28:22.7	3:32.9	5:42.6
128-76	Luke Mackrell		E2	197	28:28.7	3:33.6	5:43.8
142	Gordie Chown		E2	193	29:07.1	3:38.4	5:51.5
162	Mika Muinonen		E2	201	30:04.0	3:45.5	6:02.9
167	Matteo Reich		R	202	30:33.0	3:49.2	6:08.8
172	Jarod Milford		R	200	31:58.3	3:59.8	6:25.9
Top 5 Total Time:		2:17:09	Top 5 Average Time:		27:25.9		
Top 5 Average per KM:		3:25.8	Top 5 Average Per MILE:		5:31.1		
1 - 5 Split:		52	1 - 7 Split:		1:27.0		
Top 7 Total Time:		3:14:01	Top 7 Average Time:		27:43.0		

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TEAM: ESPOIR

SCORE: 309

PLACE: 11

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
78-49	Rajan Brar			348	26:59.4	3:22.5	5:25.8
83-53	Isaiah Fernandes			350	27:04.9	3:23.2	5:26.9
92-58	Dilan Brar			347	27:20.4	3:25.1	5:30.0
120-71	Stuart Wilcox			351	27:59.1	3:29.9	5:37.8
130-78	Aiden Attema			346	28:33.3	3:34.2	5:44.7

Top 5 Total Time:	2:17:57	Top 5 Average Time:	27:35.5
Top 5 Average per KM:	3:27.0	Top 5 Average Per MILE:	5:33.1
1 - 5 Split:	1:33	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM: BROCK BADGERS

SCORE: 341

PLACE: 12

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
31-26	Jelmer van den Hadelkmap		E3	154	25:52.1	3:14.1	5:12.3
113-66	Brendan Sanders		E3	152	27:53.2	3:29.2	5:36.6
133-79	Ryan Gagnon		E2	147	28:34.4	3:34.3	5:44.9
140-84	Brett Parent		E2	149	28:56.8	3:37.1	5:49.4
143-86	Akshar Patel		R	150	29:09.0	3:38.7	5:51.9
146-87	Lucas Salazer-Reid		E2	151	29:14.4	3:39.3	5:53.0
150-88	Branden Gallagher		E2	148	29:34.0	3:41.8	5:56.9
155	Shane Singh		E1	153	29:50.3	3:43.8	6:00.2
175	Stevie Blankenship		E4	146	32:12.5	4:01.6	6:28.8

Top 5 Total Time:	2:20:26	Top 5 Average Time:	28:05.1
Top 5 Average per KM:	3:30.7	Top 5 Average Per MILE:	5:39.0
1 - 5 Split:	3:16	1 - 7 Split:	3:41.9
Top 7 Total Time:	3:19:14	Top 7 Average Time:	28:27.7

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TEAM: RYERSON RAMS

SCORE: 373

PLACE: 13

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
79-50	Joel Perera		E2	261	27:00.5	3:22.6	5:26.0
102-61	Michael Konstantopoulos		E2	257	27:39.5	3:27.5	5:33.9
139-83	Ben Snider-McGrath		R	262	28:52.5	3:36.6	5:48.6
141-85	Aaron McQuaid		E2	260	29:06.5	3:38.4	5:51.4
163-94	Valerian Gomes		E2	256	30:05.2	3:45.7	6:03.2
=====							
165-96	Kevin Malas		R	259	30:21.0	3:47.7	6:06.4
170-98	Mac Bauer		E1	255	31:45.6	3:58.2	6:23.4
=====							
171	Selva Yogarajah		E1	264	31:52.1	3:59.1	6:24.7
173	Jeff Lee		E1	258	32:04.9	4:00.7	6:27.3
Top 5 Total Time:		2:22:44			Top 5 Average Time:	28:32.9	
Top 5 Average per KM:		3:34.1			Top 5 Average Per MILE:	5:44.6	
1 - 5 Split:		3:04			1 - 7 Split:	4:45.1	
Top 7 Total Time:		3:24:51			Top 7 Average Time:	29:15.9	

TEAM: HUMBER HAWKS

SCORE: 399

PLACE: 14

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
111-65	Shawn Acrey		Fr	182	27:49.4	3:28.7	5:35.9
135-80	Brian Jaimes		FR	185	28:37.3	3:34.7	5:45.5
136-81	Aaron Veenstra		FR	188	28:40.4	3:35.1	5:46.1
137-82	Jacob Campbell		SO	184	28:43.0	3:35.4	5:46.7
157-91	Chun Yuen		SO	191	29:54.6	3:44.4	6:01.1
=====							
Top 5 Total Time:		2:23:45			Top 5 Average Time:	28:45.0	
Top 5 Average per KM:		3:35.7			Top 5 Average Per MILE:	5:47.0	
1 - 5 Split:		2:05			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM: NIPISSING LAKERS SCORE: 417 PLACE: 15

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
117-69	Travis Mann		E2	239	27:56.0	3:29.5	5:37.2
118-70	Teagan Retty		E2	241	27:57.3	3:29.7	5:37.5
152-90	Bryan Stone		E4	243	29:41.3	3:42.7	5:58.4
161-93	Logan Saunders		E2	242	29:59.5	3:45.0	6:02.0
164-95	Malcolm McCubbin		E2	240	30:11.1	3:46.4	6:04.4
=====							
169-97	Justin Leale		R	237	31:31.1	3:56.4	6:20.5
177-100	Jeff Mailloux		E1	238	33:09.3	4:08.7	6:40.2
=====							

Top 5 Total Time:	2:25:45	Top 5 Average Time:	29:09.1
Top 5 Average per KM:	3:38.7	Top 5 Average Per MILE:	5:51.9
1 - 5 Split:	2:15	1 - 7 Split:	5:13.3
Top 7 Total Time:	3:30:26	Top 7 Average Time:	30:03.7

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Event # 1 WOMENS 5K Run

START @ 10:00am

Conditions: sunny, cool 14°C

MEET RECORD:Lyndsay Carson Guelph Gryphons 17:02.00 26-Sep2009

COURSE RECORD:Lyndsay Carson Guelph Gryphons 17:02.00 26-Sep2009

POINTS RECORD:Osaka Japan '02 McMaster 2010 28 pts

TEAM TIME RECORD:GUELPH 89:31 [total for 5] avg 18:13 for 5 2009

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	GUELPH GRYPHONS	36	2-4-9-10-11	14-16	1:28:34	3:32.6	17:42.8	55
2	TORONTO VARSITY BLUE	57	1-6-13-18-19	22-27	1:29:46	3:35.5	17:57.3	1:28
3	WESTERN MUSTANGS	66	3-7-8-23-25	28-33	1:30:20	3:36.8	18:04.0	1:44
4	MCMASTER MARAUDERS	98	12-15-17-24-30	34-36	1:32:51	3:42.9	18:34.2	1:00
5	LAURENTIAN VOYAGEURS	160	21-29-35-37-38	44-53	1:36:10	3:50.8	19:14.0	56
6	WINDSOR LANCERS	163	5-31-32-40-55	59-64	1:36:04	3:50.6	19:12.8	2:51
7	WATERLOO WARRIORS	242	42-43-48-49-60	67-77	1:40:47	4:01.9	20:09.5	38
8	BROCK BADGERS	256	41-45-50-54-66	79-81	1:41:10	4:02.8	20:14.0	51
9	LAURIER GOLDEN HAWKS	284	20-52-58-74-80	83-86	1:41:34	4:03.8	20:18.7	2:38
10	ESPOIR	321	47-62-69-71-72	76	1:43:44	4:09.0	20:44.8	54
11	NIPISSING LAKERS	322	39-51-70-75-87	91-92	1:43:45	4:09.0	20:45.1	1:53
12	RYERSON RAMS	326	26-65-68-78-89	90-95	1:43:35	4:08.6	20:42.9	2:49
13	HUMBER HAWKS	352	56-57-73-82-84	85-88	1:44:42	4:11.3	20:56.4	1:09
14	YORK LIONS	357	46-61-63-93-94		1:48:02	4:19.3	21:36.4	3:38

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	104	Lucia Stafford		R	TORONTO VARSITY BLUE	1	3:24.9	17:04.5
2		361	Brogan MacDougal			UNATTACHED		3:25.1	17:05.2
3	2	14	Katelyn Ayers		E4	GUELPH GRYPHONS	1	3:25.9	17:09.2
4	3	124	Kristina Popadich		E3	WESTERN MUSTANGS	1	3:26.5	17:12.3
5	4	20	Heather Petrick		E4	GUELPH GRYPHONS	2	3:27.3	17:16.4
6	5	138	Stefanie Smith		E4	WINDSOR LANCERS	1	3:30.0	17:29.9
7	6	101	Madeleine Kelly		E4	TORONTO VARSITY BLUE	2	3:30.2	17:31.0
8	7	125	Amy Stephenson		E2	WESTERN MUSTANGS	2	3:30.8	17:33.9
9		360	Mary Claire Geneau			U. TORONTO TC	1	3:32.6	17:43.0
10	8	120	Katherine Lampard		E4	WESTERN MUSTANGS	3	3:34.4	17:52.0
11		352	Joanna Brown			GUELPH ALUM	1	3:36.1	18:00.4
12	9	19	Cheryse Mitton		E2	GUELPH GRYPHONS	3	3:36.2	18:00.9
13	10	13	Katrina Allison		R	GUELPH GRYPHONS	4	3:36.6	18:02.6
14	11	23	Sophie Watts		E4	GUELPH GRYPHONS	5	3:37.0	18:04.7
15	12	71	Emily Nowak		E4	MCMASTER MARAUDERS	1	3:37.5	18:07.1
16	13	105	Honor Walmsley		E4	TORONTO VARSITY BLUE	3	3:37.8	18:08.6
17	14	21	Kelsey Serviss		E3	GUELPH GRYPHONS	6	3:38.0	18:09.8
18	15	58	Maddie Benjamin		E4	MCMASTER MARAUDERS	2	3:38.9	18:14.6
19		364	Emma Tallman			WESTERN ALUM	1	3:40.4	18:21.7
20	16	22	Charlotte Ward		E3	GUELPH GRYPHONS	7	3:40.4	18:22.0
21		80	Brianna Bradley		E2	QUEEN'S GAELS	1	3:40.5	18:22.4

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22		15	Mackenzie Cameron	R	GUELPH GRYPHONS	8	3:41.1	18:25.5
23	17	60	Rachel Faulds	E2	MCMASTER MARAUDERS	3	3:41.3	18:26.3
24	18	96	Christiana Agustin	E2	TORONTO VARSITY BLUE	4	3:41.8	18:29.0
25	19	98	Charlotte Dunlap	E5	TORONTO VARSITY BLUE	5	3:42.7	18:33.3
26	20	46	Bettina Boucher	E3	LAURIER GOLDEN HAWKS	1	3:43.1	18:35.4
27		356	Katie Wismer		LAURENTIAN ALUM	1	3:43.4	18:36.8
28		353	Gabrielle Foran		HARBOUR TRACK	1	3:43.6	18:37.8
29		25	Madeline Yungblut	E5	GUELPH GRYPHONS	9	3:43.8	18:38.8
30	21	41	Marissa Lobert	E4	LAURENTIAN VOYAGEURS	1	3:44.2	18:41.0
31	22	106	Eartha Weber	E2	TORONTO VARSITY BLUE	6	3:44.7	18:43.3
32	23	345	Courtney Brohart		WESTERN MUSTANGS	4	3:45.0	18:44.9
33		17	Danielle Jossinet	E2	GUELPH GRYPHONS	10	3:46.2	18:51.0
34	24	66	Kristen Kuhn	E2	MCMASTER MARAUDERS	4	3:47.0	18:54.8
35	25	127	Kortney Watson	E1	WESTERN MUSTANGS	5	3:47.4	18:56.7
36	26	94	Rebecca Verlaan	E2	RYERSON RAMS	1	3:48.2	19:01.0
37		16	Dana Earhart	R	GUELPH GRYPHONS	11	3:48.3	19:01.4
38	27	95	Jasmin Aggarwal	E1	TORONTO VARSITY BLUE	7	3:48.6	19:02.9
39	28	117	Kate Current	R	WESTERN MUSTANGS	6	3:49.0	19:04.7
40	29	42	Jessie Nusselder	E2	LAURENTIAN VOYAGEURS	2	3:49.3	19:06.1
41	30	62	Sarah Haliburton	E5	MCMASTER MARAUDERS	5	3:49.6	19:07.8
42	31	134	Charlene Rhead	E3	WINDSOR LANCERS	2	3:49.9	19:09.2
43		100	Somerset Jarvis	E2	TORONTO VARSITY BLUE	8	3:50.9	19:14.4
44	32	132	Sydney Hawkins	E3	WINDSOR LANCERS	3	3:51.1	19:15.5
45	33	121	Meredith Leitch	E3	WESTERN MUSTANGS	7	3:51.3	19:16.1
46	34	63	Alison Head	E2	MCMASTER MARAUDERS	6	3:51.4	19:16.7
47		84	Heidi Ohrling	R	QUEEN'S GAELS	2	3:51.6	19:18.0
48	35	43	Nicole Rich	E3	LAURENTIAN VOYAGEURS	3	3:51.9	19:19.3
49	36	68	Erin Mawhinney	E3	MCMASTER MARAUDERS	7	3:52.4	19:21.7
50		65	Maddy Kennedy	R	MCMASTER MARAUDERS	8	3:52.5	19:22.2
51		57	Kushee Bahar	E1	MCMASTER MARAUDERS	9	3:53.1	19:25.1
52	37	37	Megan Crocker	E2	LAURENTIAN VOYAGEURS	4	3:53.3	19:26.2
53		126	Anjoli Vanderkuur	E1	WESTERN MUSTANGS	8	3:53.4	19:26.9
54		122	Katie Matthews	E1	WESTERN MUSTANGS	9	3:53.6	19:28.0
55		18	Francesca Maltais	R	GUELPH GRYPHONS	12	3:55.1	19:35.1
56	38	39	Nicole Hessels	E2	LAURENTIAN VOYAGEURS	5	3:55.5	19:37.2
57		119	Mariel Flutters	E4	WESTERN MUSTANGS	10	3:56.4	19:41.9
58		97	Mary Cole	E3	TORONTO VARSITY BLUE	9	3:56.5	19:42.3
59		61	Maxine Gravina	E3	MCMASTER MARAUDERS	10	3:56.7	19:43.1
60		81	Braeden Brown	E1	QUEEN'S GAELS	3	3:56.8	19:43.8
61	39	74	Katie Gibson	E2	NIPISSING LAKERS	1	3:57.1	19:45.6
62		64	Alannah Kelly	E3	MCMASTER MARAUDERS	11	3:57.3	19:46.5
63	40	130	Rachel Crawley	E2	WINDSOR LANCERS	4	3:57.5	19:47.5
64	41	5	Alex Ratcliffe	E2	BROCK BADGERS	1	3:58.5	19:52.4
65	42	112	Samantha McGuinness	E3	WATERLOO WARRIORS	1	3:59.1	19:55.2
66	43	115	Stephanie Ryall	E1	WATERLOO WARRIORS	2	3:59.3	19:56.2
67	44	36	Jenny Bottomley	E1	LAURENTIAN VOYAGEURS	6	3:59.4	19:56.9
68	45	1	Joanna Francolini	E3	BROCK BADGERS	2	3:59.9	19:59.1
69	46	143	Nina Sieh	E2	YORK LIONS	1	4:00.0	19:59.7
70		118	Breanna Faiczak	E1	WESTERN MUSTANGS	11	4:00.3	20:01.1
71		59	Megan Black	E2	MCMASTER MARAUDERS	12	4:00.7	20:03.1
72	47	336	Hailey Dick		ESPOIR	1	4:01.3	20:06.5
73		123	Michelle Moakler	E2	WESTERN MUSTANGS	12	4:01.5	20:07.3

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74	48	114	Alyssa Randall	FR	WATERLOO WARRIORS	3	4:02.1	20:10.4
75	49	116	Alexandra Varty	E2	WATERLOO WARRIORS	4	4:02.3	20:11.3
76		67	Lauren Locco	E3	MCMASTER MARAUDERS	13	4:02.5	20:12.2
77	50	4	Brittany Murphy	E5	BROCK BADGERS	3	4:02.6	20:12.9
78		103	Jillian Sprenger	E2	TORONTO VARSITY BLUE	10	4:02.8	20:13.9
79	51	76	Stephanie Knowles	R	NIPISSING LAKERS	2	4:03.5	20:17.2
80	52	52	Jessica Martin	E2	LAURIER GOLDEN HAWKS	2	4:03.7	20:18.5
81	53	44	Breanne Steven	E1	LAURENTIAN VOYAGEURS	7	4:03.8	20:19.1
82		70	Adrienne Morgan	E3	MCMASTER MARAUDERS	14	4:04.2	20:20.8
83	54	3	Erin Laughlin	E3	BROCK BADGERS	4	4:04.3	20:21.4
84	55	135	Alison Robinson	E3	WINDSOR LANCERS	5	4:04.4	20:21.7
85	56	35	Kaitlin Shuvera	FR	HUMBER HAWKS	1	4:04.4	20:22.0
86	57	32	Ivon Jaimes	JR	HUMBER HAWKS	2	4:04.5	20:22.4
87	58	51	Lizzy Laurie	R	LAURIER GOLDEN HAWKS	3	4:04.6	20:22.7
88	59	136	Fiona Rocheleau	E2	WINDSOR LANCERS	6	4:04.7	20:23.4
89	60	110	Amanda Hutchings	E3	WATERLOO WARRIORS	5	4:06.8	20:34.1
90	61	141	Anna-Kay Green	R	YORK LIONS	2	4:07.2	20:35.7
91	62	343	Lauren Negrazis		ESPOIR	2	4:07.5	20:37.3
92	63	145	Vaishnavy Yogarajah	E3	YORK LIONS	3	4:07.8	20:38.9
93	64	131	Lauren Fisico	E4	WINDSOR LANCERS	7	4:08.4	20:41.7
94	65	86	Sylvie Antoun	E4	RYERSON RAMS	2	4:08.4	20:42.1
95		137	Chelsea Salter	FR	WINDSOR LANCERS	8	4:08.6	20:43.0
96	66	2	Cassandra Hinz	R	BROCK BADGERS	5	4:08.8	20:44.0
97	67	109	Megan Doleweerd	FR	WATERLOO WARRIORS	6	4:09.0	20:45.0
98	68	87	Anna Cianni	E2	RYERSON RAMS	3	4:10.7	20:53.2
99		11	Breah Gordon	1	FANSHAW FALCONS	1	4:10.8	20:54.0
100	69	338	Lauren Harris		ESPOIR	3	4:11.6	20:58.1
101	70	77	Katie Kozub	E4	NIPISSING LAKERS	3	4:12.0	20:59.6
102	71	334	Mikaela Barnes		ESPOIR	4	4:12.1	21:00.6
103	72	339	Mikayla Hewitt		ESPOIR	5	4:12.3	21:01.2
104	73	29	Cara Coutts	JR	HUMBER HAWKS	3	4:12.6	21:03.0
105	74	50	Serena Gill	E3	LAURIER GOLDEN HAWKS	4	4:12.7	21:03.4
106		38	Lyndsay Greasley	E4	LAURENTIAN VOYAGEURS	8	4:12.8	21:03.8
107	75	73	Megan Cruickshank	R	NIPISSING LAKERS	4	4:12.9	21:04.1
108	76	341	Sarah McClure		ESPOIR	6	4:13.1	21:05.1
109	77	107	Jessica Cuabu	E2	WATERLOO WARRIORS	7	4:13.2	21:05.6
110	78	90	Melinda Marghetis	E2	RYERSON RAMS	4	4:13.5	21:07.4
111	79	7	Martina Walch	E1	BROCK BADGERS	6	4:14.0	21:09.9
112	80	49	Jenna Gascho	E2	LAURIER GOLDEN HAWKS	5	4:14.7	21:13.5
113		45	Jenna Whitney	R	LAURENTIAN VOYAGEURS	9	4:15.0	21:14.7
114	81	6	Paulina Sergnese	R	BROCK BADGERS	7	4:16.5	21:22.4
115	82	33	Coby Phillips	SR	HUMBER HAWKS	4	4:16.7	21:23.3
116	83	48	Claire Flemming	E3	LAURIER GOLDEN HAWKS	6	4:16.9	21:24.3
117		129	Vanessa Cotter	FR	WINDSOR LANCERS	9	4:17.5	21:27.5
118	84	34	Richelle Rameriz	JR	HUMBER HAWKS	5	4:18.3	21:31.3
119	85	26	Claire Brown	SR	HUMBER HAWKS	6	4:18.4	21:32.1
120	86	47	Nicole Fiorini	E2	LAURIER GOLDEN HAWKS	7	4:19.4	21:36.9
121	87	78	Jessica Mazonello	E3	NIPISSING LAKERS	5	4:19.8	21:38.6
122		40	Kelsey Lefebvre	E2	LAURENTIAN VOYAGEURS	10	4:20.0	21:40.0
123	88	27	Marcia Coelho	JR	HUMBER HAWKS	7	4:20.5	21:42.4
124		111	Sarah MacLean	E1	WATERLOO WARRIORS	8	4:21.2	21:45.8
125	89	91	Hannah Park	E2	RYERSON RAMS	5	4:22.2	21:50.8

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126		53	Ellen Mead	E3	LAURIER GOLDEN HAWKS	8	4:22.4	21:52.0
127	90	89	Megan Gaudette	E1	RYERSON RAMS	6	4:23.0	21:54.7
128	91	72	Sarah Arendt	E3	NIPISSING LAKERS	6	4:23.4	21:56.8
129		133	Samantha Ireland	E2	WINDSOR LANCERS	10	4:23.8	21:58.9
130	92	75	Lauren Jackson	R	NIPISSING LAKERS	7	4:25.0	22:04.8
131		54	Sydney Pattison	R	LAURIER GOLDEN HAWKS	9	4:25.4	22:06.8
132		83	Mary McLean	R	QUEEN'S GAELS	4	4:26.0	22:10.0
133		30	Danielle Dupuis	SR	HUMBER HAWKS	8	4:26.4	22:11.6
134		128	Natasha Charbonneau	FR	WINDSOR LANCERS	11	4:29.4	22:26.7
135		9	Sammi-Jo Burch	1	FANSHAWE FALCONS	2	4:33.2	22:46.1
136		139	Bridget Taylor	E2	WINDSOR LANCERS	12	4:36.5	23:02.2
137	93	142	Stephanie Papaioannou	E1	YORK LIONS	4	4:38.0	23:09.7
138	94	144	Shae Turner	E2	YORK LIONS	5	4:43.6	23:37.9
139		56	Arthi Vick	E2	LAURIER GOLDEN HAWKS	10	4:44.3	23:41.3
140	95	88	Caroline Fischer	R	RYERSON RAMS	7	4:50.9	24:14.2
141		10	Alison Fernandes	1	FANSHAWE FALCONS	3	4:53.0	24:24.9

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TEAM: GUELPH GRYPHONS SCORE: 36 PLACE: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-2	Katelyn Ayers		E4	14	17:09.2	3:25.9	5:31.3
5-4	Heather Petrick		E4	20	17:16.4	3:27.3	5:33.6
12-9	Cheryse Mitton		E2	19	18:00.9	3:36.2	5:47.9
13-10	Katrina Allison		R	13	18:02.6	3:36.6	5:48.5
14-11	Sophie Watts		E4	23	18:04.7	3:37.0	5:49.2
17-14	Kelsey Serviss		E3	21	18:09.8	3:38.0	5:50.8
20-16	Charlotte Ward		E3	22	18:22.0	3:40.4	5:54.7
22	Mackenzie Cameron		R	15	18:25.5	3:41.1	5:55.9
29	Madeline Yungblut		E5	25	18:38.8	3:43.8	6:00.1
33	Danielle Jossinet		E2	17	18:51.0	3:46.2	6:04.1
37	Dana Earhart		R	16	19:01.4	3:48.3	6:07.4
55	Francesca Maltais		R	18	19:35.1	3:55.1	6:18.3
Top 5 Total Time:		1:28:34	Top 5 Average Time:		17:42.8		
Top 5 Average per KM:		3:32.6	Top 5 Average Per MILE:		5:42.1		
1 - 5 Split:		55	1 - 7 Split:		1:12.8		
Top 7 Total Time:		2:5:06	Top 7 Average Time:		17:52.3		

TEAM: TORONTO VARSITY BLUE SCORE: 57 PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Lucia Stafford		R	104	17:04.5	3:24.9	5:29.8
7-6	Madeleine Kelly		E4	101	17:31.0	3:30.2	5:38.3
16-13	Honor Walmsley		E4	105	18:08.6	3:37.8	5:50.4
24-18	Christiana Agustin		E2	96	18:29.0	3:41.8	5:57.0
25-19	Charlotte Dunlap		E5	98	18:33.3	3:42.7	5:58.4
31-22	Eartha Weber		E2	106	18:43.3	3:44.7	6:01.6
38-27	Jasmin Aggarwal		E1	95	19:02.9	3:48.6	6:07.9
43	Somerset Jarvis		E2	100	19:14.4	3:50.9	6:11.6
58	Mary Cole		E3	97	19:42.3	3:56.5	6:20.6
78	Jillian Sprenger		E2	103	20:13.9	4:02.8	6:30.8
Top 5 Total Time:		1:29:46	Top 5 Average Time:		17:57.3		
Top 5 Average per KM:		3:35.5	Top 5 Average Per MILE:		5:46.8		
1 - 5 Split:		1:28	1 - 7 Split:		1:58.4		
Top 7 Total Time:		2:7:33	Top 7 Average Time:		18:13.3		

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TEAM: WESTERN MUSTANGS SCORE: 66 PLACE: 3

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-3	Kristina Popadich		E3	124	17:12.3	3:26.5	5:32.3
8-7	Amy Stephenson		E2	125	17:33.9	3:30.8	5:39.3
10-8	Katherine Lampard		E4	120	17:52.0	3:34.4	5:45.1
32-23	Courtney Brohart			345	18:44.9	3:45.0	6:02.1
35-25	Kortney Watson		E1	127	18:56.7	3:47.4	6:05.9
=====							
39-28	Kate Current		R	117	19:04.7	3:49.0	6:08.5
45-33	Meredith Leitch		E3	121	19:16.1	3:51.3	6:12.2
=====							
53	Anjoli Vanderkuur		E1	126	19:26.9	3:53.4	6:15.6
54	Katie Matthews		E1	122	19:28.0	3:53.6	6:16.0
57	Mariel Fluttert		E4	119	19:41.9	3:56.4	6:20.5
70	Breanna Faiczak		E1	118	20:01.1	4:00.3	6:26.6
73	Michelle Moakler		E2	123	20:07.3	4:01.5	6:28.6
Top 5 Total Time:		1:30:20			Top 5 Average Time:	18:04.0	
Top 5 Average per KM:		3:36.8			Top 5 Average Per MILE:	5:48.9	
1 - 5 Split:		1:44			1 - 7 Split:	2:03.8	
Top 7 Total Time:		2:8:41			Top 7 Average Time:	18:23.0	

TEAM: MCMASTER MARAUDERS SCORE: 98 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
15-12	Emily Nowak		E4	71	18:07.1	3:37.5	5:49.9
18-15	Maddie Benjamin		E4	58	18:14.6	3:39.0	5:52.4
23-17	Rachel Faulds		E2	60	18:26.3	3:41.3	5:56.1
34-24	Kristen Kuhn		E2	66	18:54.8	3:47.0	6:05.3
41-30	Sarah Haliburton		E5	62	19:07.8	3:49.6	6:09.5
=====							
46-34	Alison Head		E2	63	19:16.7	3:51.4	6:12.3
49-36	Erin Mawhinney		E3	68	19:21.7	3:52.4	6:14.0
=====							
50	Maddy Kennedy		R	65	19:22.2	3:52.5	6:14.1
51	Kushee Bahar		E1	57	19:25.1	3:53.1	6:15.1
59	Maxine Gravina		E3	61	19:43.1	3:56.7	6:20.8
62	Alannah Kelly		E3	64	19:46.5	3:57.3	6:21.9
71	Megan Black		E2	59	20:03.1	4:00.7	6:27.3
76	Lauren Locco		E3	67	20:12.2	4:02.5	6:30.2
82	Adrienne Morgan		E3	70	20:20.8	4:04.2	6:33.0
Top 5 Total Time:		1:32:51			Top 5 Average Time:	18:34.2	
Top 5 Average per KM:		3:42.9			Top 5 Average Per MILE:	5:58.6	
1 - 5 Split:		1:00			1 - 7 Split:	1:14.6	
Top 7 Total Time:		2:11:29			Top 7 Average Time:	18:47.0	

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TEAM: LAURENTIAN VOYAGEURS SCORE: 160 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
30-21	Marissa Lobert		E4	41	18:41.0	3:44.2	6:00.9
40-29	Jessie Nusselder		E2	42	19:06.1	3:49.3	6:08.9
48-35	Nicole Rich		E3	43	19:19.3	3:51.9	6:13.2
52-37	Megan Crocker		E2	37	19:26.2	3:53.3	6:15.4
56-38	Nicole Hessels		E2	39	19:37.2	3:55.5	6:18.9
67-44	Jenny Bottomley		E1	36	19:56.9	3:59.4	6:25.3
81-53	Breanne Steven		E1	44	20:19.1	4:03.9	6:32.4
106	Lyndsay Greasley		E4	38	21:03.8	4:12.8	6:46.8
113	Jenna Whitney		R	45	21:14.7	4:15.0	6:50.3
122	Kelsey Lefebvre		E2	40	21:40.0	4:20.0	6:58.5
Top 5 Total Time:		1:36:10			Top 5 Average Time:		19:14.0
Top 5 Average per KM:		3:50.8			Top 5 Average Per MILE:		6:11.5
1 - 5 Split:		56			1 - 7 Split:		1:38.1
Top 7 Total Time:		2:16:26			Top 7 Average Time:		19:29.4

TEAM: WINDSOR LANCERS SCORE: 163 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-5	Stefanie Smith		E4	138	17:29.9	3:30.0	5:38.0
42-31	Charlene Rhead		E3	134	19:09.2	3:49.9	6:09.9
44-32	Sydney Hawkins		E3	132	19:15.5	3:51.1	6:12.0
63-40	Rachel Crawley		E2	130	19:47.5	3:57.5	6:22.3
84-55	Alison Robinson		E3	135	20:21.7	4:04.4	6:33.3
88-59	Fiona Rocheleau		E2	136	20:23.4	4:04.7	6:33.8
93-64	Lauren Fisico		E4	131	20:41.7	4:08.4	6:39.7
95	Chelsea Salter		FR	137	20:43.0	4:08.6	6:40.1
117	Vanessa Cotter		FR	129	21:27.5	4:17.5	6:54.4
129	Samantha Ireland		E2	133	21:58.9	4:23.8	7:04.6
134	Natasha Charbonneau		FR	128	22:26.7	4:29.4	7:13.5
136	Bridget Taylor		E2	139	23:02.2	4:36.5	7:24.9
Top 5 Total Time:		1:36:04			Top 5 Average Time:		19:12.8
Top 5 Average per KM:		3:50.6			Top 5 Average Per MILE:		6:11.1
1 - 5 Split:		2:51			1 - 7 Split:		3:11.8
Top 7 Total Time:		2:17:09			Top 7 Average Time:		19:35.6

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TEAM: WATERLOO WARRIORS SCORE: 242 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
65-42	Samantha McGuinness		E3	112	19:55.2	3:59.1	6:24.7
66-43	Stephanie Ryall		E1	115	19:56.2	3:59.3	6:25.1
74-48	Alyssa Randall		FR	114	20:10.4	4:02.1	6:29.6
75-49	Alexandra Varty		E2	116	20:11.3	4:02.3	6:29.9
89-60	Amanda Hutchings		E3	110	20:34.1	4:06.9	6:37.3
=====							
97-67	Megan Doleweerd		FR	109	20:45.0	4:09.0	6:40.8
109-77	Jessica Cuabu		E2	107	21:05.6	4:13.2	6:47.4
=====							
124	Sarah MacLean		E1	111	21:45.8	4:21.2	7:00.3
Top 5 Total Time:		1:40:47			Top 5 Average Time:	20:09.5	
Top 5 Average per KM:		4:01.9			Top 5 Average Per MILE:	6:29.3	
1 - 5 Split:		38			1 - 7 Split:	1:10.4	
Top 7 Total Time:		2:22:38			Top 7 Average Time:	20:22.6	

TEAM: BROCK BADGERS SCORE: 256 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
64-41	Alex Ratcliffe		E2	5	19:52.4	3:58.5	6:23.8
68-45	Joanna Francolini		E3	1	19:59.1	3:59.9	6:26.0
77-50	Brittany Murphy		E5	4	20:12.9	4:02.6	6:30.4
83-54	Erin Laughlin		E3	3	20:21.4	4:04.3	6:33.2
96-66	Cassandra Hinz		R	2	20:44.0	4:08.8	6:40.4
=====							
111-79	Martina Walch		E1	7	21:09.9	4:14.0	6:48.8
114-81	Paulina Sergnese		R	6	21:22.4	4:16.5	6:52.8
=====							
Top 5 Total Time:		1:41:10			Top 5 Average Time:	20:14.0	
Top 5 Average per KM:		4:02.8			Top 5 Average Per MILE:	6:30.8	
1 - 5 Split:		51			1 - 7 Split:	1:30.0	
Top 7 Total Time:		2:23:42			Top 7 Average Time:	20:31.8	

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TEAM: LAURIER GOLDEN HAWKS SCORE: 284 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-20	Bettina Boucher		E3	46	18:35.4	3:43.1	5:59.1
80-52	Jessica Martin		E2	52	20:18.5	4:03.7	6:32.2
87-58	Lizzy Laurie		R	51	20:22.7	4:04.6	6:33.6
105-74	Serena Gill		E3	50	21:03.4	4:12.7	6:46.7
112-80	Jenna Gascho		E2	49	21:13.5	4:14.7	6:49.9
=====							
116-83	Claire Flemming		E3	48	21:24.3	4:16.9	6:53.4
120-86	Nicole Fiorini		E2	47	21:36.9	4:19.4	6:57.5
=====							
126	Ellen Mead		E3	53	21:52.0	4:22.4	7:02.3
131	Sydney Pattison		R	54	22:06.8	4:25.4	7:07.1
139	Arthi Vick		E2	56	23:41.3	4:44.3	7:37.5
Top 5 Total Time:		1:41:34			Top 5 Average Time:		20:18.7
Top 5 Average per KM:		4:03.8			Top 5 Average Per MILE:		6:32.3
1 - 5 Split:		2:38			1 - 7 Split:		3:01.5
Top 7 Total Time:		2:24:35			Top 7 Average Time:		20:39.3

TEAM: ESPOIR SCORE: 321 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
72-47	Hailey Dick			336	20:06.5	4:01.3	6:28.4
91-62	Lauren Negrazis			343	20:37.3	4:07.5	6:38.3
100-69	Lauren Harris			338	20:58.1	4:11.7	6:45.0
102-71	Mikaela Barnes			334	21:00.6	4:12.2	6:45.8
103-72	Mikayla Hewitt			339	21:01.2	4:12.3	6:46.0
=====							
108-76	Sarah McClure			341	21:05.1	4:13.1	6:47.2
Top 5 Total Time:		1:43:44			Top 5 Average Time:		20:44.8
Top 5 Average per KM:		4:09.0			Top 5 Average Per MILE:		6:40.7
1 - 5 Split:		54			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM: HUMBER HAWKS

SCORE: 352

PLACE: 13

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
85-56	Kaitlin Shuvera		FR	35	20:22.0	4:04.4	6:33.4
86-57	Ivon Jaimes		JR	32	20:22.4	4:04.5	6:33.5
104-73	Cara Coutts		JR	29	21:03.0	4:12.6	6:46.6
115-82	Coby Phillips		SR	33	21:23.3	4:16.7	6:53.1
118-84	Richelle Rameriz		JR	34	21:31.3	4:18.3	6:55.7
=====							
119-85	Claire Brown		SR	26	21:32.1	4:18.5	6:55.9
123-88	Marcia Coelho		JR	27	21:42.4	4:20.5	6:59.2
=====							
133	Danielle Dupuis		SR	30	22:11.6	4:26.4	7:08.6
Top 5 Total Time:		1:44:42			Top 5 Average Time:	20:56.4	
Top 5 Average per KM:		4:11.3			Top 5 Average Per MILE:	6:44.4	
1 - 5 Split:		1:09			1 - 7 Split:	1:20.4	
Top 7 Total Time:		2:27:56			Top 7 Average Time:	21:08.1	

TEAM: YORK LIONS

SCORE: 357

PLACE: 14

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
69-46	Nina Sieh		E2	143	19:59.7	4:00.0	6:26.2
90-61	Anna-Kay Green		R	141	20:35.7	4:07.2	6:37.8
92-63	Vaishnavy Yogarajah		E3	145	20:38.9	4:07.8	6:38.8
137-93	Stephanie Papaioannou		E1	142	23:09.7	4:38.0	7:27.3
138-94	Shae Turner		E2	144	23:37.9	4:43.6	7:36.4
=====							
Top 5 Total Time:		1:48:02			Top 5 Average Time:	21:36.4	
Top 5 Average per KM:		4:19.3			Top 5 Average Per MILE:	6:57.3	
1 - 5 Split:		3:38			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		