

## 2022 Vigars &amp; Salter WESTERN INVITATIONAL

47th year for ths meet / Sat. Sept 24

2022-09-24

2022-09-24 - 2022-09-24

36th yr @ Thames Valley - cancelled 2020

**Event # 1 WOMENS 8Km Run**

START @ 10:00am

Conditions: overcast 14°C

# MEET RECORD:Catherine Beauchemin Laval Rouge et Or 29:50.00 25-Sep2021

! COURSE RECORD:Brogan MacDougall Queen's Gaels 28:03.00 27-Oct2018

\$ 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	44	5-8-9-10-12	14-29	2:32:46	3:50	30:34	0:32
2	LAVAL ROUGE ET OR	54	1-2-4-19-28	36-37	2:33:49	3:51	30:46	3:03
3	MCMASTER MARAUDERS	69	3-6-17-21-22	26-30	2:35:58	3:54	31:12	2:03
4	WESTERN MUSTANGS	119	7-11-24-38-39	53	2:39:47	4:00	31:58	2:54
5	TORONTO VARSITY BLUE	137	20-23-27-33-34	43-47	2:42:02	4:04	32:25	0:56
6	WATERLOO WARRIORS	161	16-18-32-40-55	58-60	2:43:51	4:06	32:47	3:22
7	WINDSOR LANCERS	174	15-31-35-44-49	51-59	2:44:59	4:08	33:00	2:55
8	LAURENTIAN VOYAGEURS	202	13-41-45-46-57	63-66	2:46:57	4:11	33:24	4:10
9	LAURIER GOLDEN HAWKS	225	25-42-48-54-56	61-62	2:49:33	4:15	33:55	2:28
10	BROCK BADGERS	298	50-52-64-65-67		3:01:45	4:33	36:21	4:26
	YORK LIONS		68					
	Z HARBOUR TC		1					
	Z ROYAL CITY AC		2					
	Z STRIDEWISE RUNNING		5					
	Z LONDON-WESTERN TFC		4					
	UNB REDS		19-20-29					
	LAKEHEAD THUNDERWOLV		81					
	NIPISSING LAKERS		82-85-86-92					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1		110	Stephanie Aldea			Z HARBOUR TC	1	3:38	29:04 #
2		112	Jazz Shukla			Z ROYAL CITY AC	1	3:40	29:19 #
3	1	41	Jade Bérubé		E3	LAVAL ROUGE ET OR	1	3:42	29:29 #
4		111	Melina Kuerschner			Z LONDON-WESTERN TFC	1	3:43	29:41 #
5		113	Sydney Pattison			Z STRIDEWISE RUNNING	1	3:44	29:48 #
6	2	43	Florence Caron		E2	LAVAL ROUGE ET OR	2	3:44	29:52
7	3	50	Hannah Goodjohn		E3	MCMASTER MARAUDERS	1	3:46	30:03
8	4	47	Sara-Pier Paquet		E2	LAVAL ROUGE ET OR	3	3:47	30:13
9	5	21	Hannah Woodhouse		E5	GUELPH GRYPHONS	1	3:47	30:13
10	6	49	Rosalyn Barrett		E2	MCMASTER MARAUDERS	2	3:48	30:20
11	7	90	Anna Carruthers		E3	WESTERN MUSTANGS	1	3:48	30:23
12	8	9	Michelle Gray		R	GUELPH GRYPHONS	2	3:50	30:33
13	9	15	Cameron Ormond		E3	GUELPH GRYPHONS	3	3:50	30:35
14	10	11	Sadie-Jane Hickson		E5	GUELPH GRYPHONS	4	3:50	30:40
15	11	93	Heidi Ohrling		E4	WESTERN MUSTANGS	2	3:51	30:41
16	12	18	Olivia Roussel		E3	GUELPH GRYPHONS	5	3:51	30:45
17	13	24	Pascale Gendron		E2	LAURENTIAN VOYAGEURS	1	3:51	30:45
18	14	10	Sandra Guga		E3	GUELPH GRYPHONS	6	3:52	30:56

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19		73	Ivy Bialowas	E2	UNB REDS	1	3:54	<b>31:10</b>
20		74	Sierra Rodrigues	R	UNB REDS	2	3:55	<b>31:16</b>
21	15	98	Nicole LaRue	E3	WINDSOR LANCERS	1	3:55	<b>31:19</b>
22	16	77	Claudia Heeney	E2	WATERLOO WARRIORS	1	3:56	<b>31:22</b>
23	17	54	Morgan McKeown	E2	MCMaster MARAUDERS	3	3:57	<b>31:30</b>
24	18	80	Megan Richer	E2	WATERLOO WARRIORS	2	3:58	<b>31:41</b>
25	19	48	Marie-Ève Turcotte	E5	LAVAL ROUGE ET OR	4	3:58	<b>31:43</b>
26	20	65	Christina Esposito	E3	TORONTO VARSITY BLUE	1	3:59	<b>31:52</b>
27	21	56	Kayla Overholt	E2	MCMaster MARAUDERS	4	4:00	<b>31:59</b>
28	22	57	Kaitlyn Treleaven	E2	MCMaster MARAUDERS	5	4:01	<b>32:06</b>
29		72	Georgia Bernhard	R	UNB REDS	3	4:02	<b>32:10</b>
30	23	69	Audrey Roy Beausoleil	R1	TORONTO VARSITY BLUE	2	4:02	<b>32:12</b>
31	24	87	Paige Breedon	R	WESTERN MUSTANGS	3	4:03	<b>32:18</b>
32	25	31	Sabrina Arena	R	LAURIER GOLDEN HAWKS	1	4:03	<b>32:19</b>
33	26	58	Emma Waddington	E5	MCMaster MARAUDERS	6	4:03	<b>32:23</b>
34	27	63	EJ Boston	E2	TORONTO VARSITY BLUE	3	4:03	<b>32:24</b>
35	28	46	Sabrina Lavigne	E3	LAVAL ROUGE ET OR	5	4:04	<b>32:32</b>
36	29	12	Emma Hubbard	E4	GUELPH GRYPHONS	7	4:05	<b>32:35</b>
37		8	Gabriella Eastwood	E2	GUELPH GRYPHONS	8	4:05	<b>32:37</b>
38		6	Julia Agostinelli	E2	GUELPH GRYPHONS	9	4:05	<b>32:38</b>
39	30	52	Kileigh Harrington	E2	MCMaster MARAUDERS	7	4:06	<b>32:42</b>
40	31	105	Natalie Whitten	E4	WINDSOR LANCERS	2	4:06	<b>32:43</b>
41	32	83	Ella Symon	E2	WATERLOO WARRIORS	3	4:06	<b>32:45</b>
42	33	67	Sarah Luedke	E2	TORONTO VARSITY BLUE	4	4:06	<b>32:46</b>
43		17	Eily Rauliuk Dunn	E3	GUELPH GRYPHONS	10	4:06	<b>32:47</b>
44	34	66	Madeleine Larson	R1	TORONTO VARSITY BLUE	5	4:06	<b>32:48</b>
45		13	Laura Kuszaj	E2	GUELPH GRYPHONS	11	4:07	<b>32:49</b>
46	35	99	Meg Mooney	E4	WINDSOR LANCERS	3	4:07	<b>32:49</b>
47		51	Hope Harnack	E4	MCMaster MARAUDERS	8	4:07	<b>32:56</b>
48	36	42	Constance Brossard	E2	LAVAL ROUGE ET OR	6	4:08	<b>33:02</b>
49	37	44	Élodie Castonguay-Girard	E3	LAVAL ROUGE ET OR	7	4:08	<b>33:04</b>
50		55	Ana Morariu	E2	MCMaster MARAUDERS	9	4:09	<b>33:06</b>
51	38	91	Kate Denomme	E2	WESTERN MUSTANGS	4	4:09	<b>33:08</b>
52		16	Maeve Pestonji	R	GUELPH GRYPHONS	12	4:10	<b>33:13</b>
53		53	Olivia MacAskill	E3	MCMaster MARAUDERS	10	4:10	<b>33:16</b>
54	39	88	Kaitlyn Brydon	R	WESTERN MUSTANGS	5	4:10	<b>33:17</b>
55	40	76	Katherine Granstrom	E4	WATERLOO WARRIORS	4	4:10	<b>33:19</b>
56	41	28	Kristen Mrozewski	E2	LAURENTIAN VOYAGEURS	2	4:11	<b>33:23</b>
57	42	37	Elizabeth Drake	E3	LAURIER GOLDEN HAWKS	2	4:13	<b>33:37</b>
58		45	Viviane Azzaria	E2	LAVAL ROUGE ET OR	8	4:14	<b>33:46</b>
59	43	71	Sarah White	E2	TORONTO VARSITY BLUE	6	4:14	<b>33:51</b>
60		19	Maria Sandor	R	GUELPH GRYPHONS	13	4:14	<b>33:52</b>

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61	44	104	Chloe Walker	E4	WINDSOR LANCERS	4	4:15	<b>33:54</b>
62	45	29	Sarah Thackeray	E5	LAURENTIAN VOYAGEURS	3	4:15	<b>33:55</b>
63	46	27	Angela Mozzon	E4	LAURENTIAN VOYAGEURS	4	4:15	<b>33:59</b>
64	47	70	Katherine Vuckovic	E1	TORONTO VARSITY BLUE	7	4:16	<b>34:06</b>
65	48	33	Nicole Beach	E2	LAURIER GOLDEN HAWKS	3	4:17	<b>34:09</b>
66		14	Alex McDougall	R	GUELPH GRYPHONS	14	4:17	<b>34:10</b>
67	49	94	Sylvia Dean	E1	WINDSOR LANCERS	5	4:17	<b>34:14</b>
68		108	Laura Peters	E2	YORK LIONS	1	4:17	<b>34:15</b>
69	50	1	Robyn Adamo	E4	BROCK BADGERS	1	4:18	<b>34:19</b>
70	51	96	Kaitlyn Handy	R	WINDSOR LANCERS	6	4:19	<b>34:26</b>
71	52	3	Lauren Macsai	E2	BROCK BADGERS	2	4:19	<b>34:31</b>
72	53	86	Kira Allen	R	WESTERN MUSTANGS	6	4:19	<b>34:31</b>
73	54	40	Mary Tennant	E2	LAURIER GOLDEN HAWKS	4	4:21	<b>34:41</b>
74	55	82	Nicole Schindler	E2	WATERLOO WARRIORS	5	4:21	<b>34:44</b>
75	56	32	Hannah Badin	E3	LAURIER GOLDEN HAWKS	5	4:21	<b>34:47</b>
76	57	25	Meredith Kusnierczyk	E1	LAURENTIAN VOYAGEURS	5	4:22	<b>34:55</b>
77	58	79	Lily McBride	R	WATERLOO WARRIORS	6	4:22	<b>34:55</b>
78	59	103	Ainsley Rocheleau	R	WINDSOR LANCERS	7	4:23	<b>35:00</b>
79	60	85	Claire Vernon-Pope	R	WATERLOO WARRIORS	7	4:23	<b>35:04</b>
80		78	Sarah Ieropoli	R	WATERLOO WARRIORS	8	4:26	<b>35:24</b>
81		22	Katherine Lucas	E4	LAKEHEAD THUNDERWOLV	1	4:32	<b>36:10</b>
82		60	Emily Drake	E3	NIPISSING LAKERS	1	4:33	<b>36:22</b>
83	61	38	Piper Lafayette	E3	LAURIER GOLDEN HAWKS	6	4:34	<b>36:31</b>
84	62	36	Abbey Davis	E3	LAURIER GOLDEN HAWKS	7	4:35	<b>36:40</b>
85		61	Sina Scholz	R	NIPISSING LAKERS	2	4:37	<b>36:49</b>
86		59	Brooke Ailey	R	NIPISSING LAKERS	3	4:37	<b>36:52</b>
87	63	26	Abbey Maillet	E3	LAURENTIAN VOYAGEURS	6	4:37	<b>36:55</b>
88	64	5	Adeline Steiger	R	BROCK BADGERS	3	4:38	<b>37:02</b>
89	65	2	Cori Macsai	E2	BROCK BADGERS	4	4:39	<b>37:08</b>
90		81	Nicole Ryan	R	WATERLOO WARRIORS	9	4:42	<b>37:31</b>
91		35	Grace Channell	R	LAURIER GOLDEN HAWKS	8	4:45	<b>38:00</b>
92		62	Jaime Schweyer	E3	NIPISSING LAKERS	4	4:48	<b>38:22</b>
93	66	30	Ashley Valentini	E4	LAURENTIAN VOYAGEURS	7	4:51	<b>38:43</b>
94	67	4	Julie Mak	E1	BROCK BADGERS	5	4:51	<b>38:45</b>
95		39	Maya Robinson	R	LAURIER GOLDEN HAWKS	9	4:58	<b>39:38</b>

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**TEAM: GUELPH GRYPHONS****SCORE: 44****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-5	Hannah Woodhouse		E5	21	30:13	3:47	6:05
13-9	Cameron Ormond		E3	15	30:35	3:50	6:10
14-10	Sadie-Jane Hickson		E5	11	30:40	3:50	6:11
12-8	Michelle Gray		R	9	30:33	3:50	6:09
16-12	Olivia Roussel		E3	18	30:45	3:51	6:12
=====							
18-14	Sandra Guga		E3	10	30:56	3:52	6:14
36-29	Emma Hubbard		E4	12	32:35	4:05	6:34
=====							
38-67	Julia Agostinelli		E2	6	32:38	4:05	6:34
37-13	Gabriella Eastwood		E2	8	32:37	4:05	6:34
43-59	Eily Rauliuk Dunn		E3	17	32:47	4:06	6:36
45-14	Laura Kuszaj		E2	13	32:49	4:07	6:37
52-58	Maeve Pestonji		R	16	33:13	4:10	6:41
60-63	Maria Sandor		R	19	33:52	4:14	6:49
66-30	Alex McDougall		R	14	34:10	4:17	6:53
<b>Top 5 Total Time:</b>		2:32:46			<b>Top 5 Average Time:</b>	30:34	
<b>Top 5 Average per KM:</b>		3:50			<b>Top 5 Average Per MILE:</b>	6:09	
<b>1 - 5 Split:</b>		0:32			<b>1 - 7 Split:</b>	2:22	
<b>Top 7 Total Time:</b>		3:36:17			<b>Top 7 Average Time:</b>	30:54	

**TEAM: LAVAL ROUGE ET OR****SCORE: 54****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-1	Jade Bérubé		E3	41	29:29	3:42	5:56
6-2	Florence Caron		E2	43	29:52	3:44	6:01
8-4	Sara-Pier Paquet		E2	47	30:13	3:47	6:05
25-19	Marie-Ève Turcotte		E5	48	31:43	3:58	6:23
35-28	Sabrina Lavigne		E3	46	32:32	4:04	6:33
=====							
49-37	Élodie Castonguay-Girard		E3	44	33:04	4:08	6:40
48-36	Constance Brossard		E2	42	33:02	4:08	6:39
=====							
58-53	Viviane Azzaria		E2	45	33:46	4:14	6:48
<b>Top 5 Total Time:</b>		2:33:49			<b>Top 5 Average Time:</b>	30:46	
<b>Top 5 Average per KM:</b>		3:51			<b>Top 5 Average Per MILE:</b>	6:12	
<b>1 - 5 Split:</b>		3:03			<b>1 - 7 Split:</b>	3:35	
<b>Top 7 Total Time:</b>		3:39:55			<b>Top 7 Average Time:</b>	31:25	

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<b>TEAM:</b>		<b>MCMASTER MARAUDERS</b>			<b>SCORE:</b>	<b>69</b>	<b>PLACE:</b>	<b>3</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>	
7-3	Hannah Goodjohn		E3	50	30:03	3:46	6:03	
10-6	Rosalyn Barrett		E2	49	30:20	3:48	6:07	
23-17	Morgan McKeown		E2	54	31:30	3:57	6:21	
27-21	Kayla Overholt		E2	56	31:59	4:00	6:27	
28-22	Kaitlyn Treleaven		E2	57	32:06	4:01	6:28	
33-26	Emma Waddington		E5	58	32:23	4:03	6:31	
39-30	Kileigh Harrington		E2	52	32:42	4:06	6:35	
47-76	Hope Harnack		E4	51	32:56	4:07	6:38	
50-20	Ana Morariu		E2	55	33:06	4:09	6:40	
53-79	Olivia MacAskill		E3	53	33:16	4:10	6:42	
<b>Top 5 Total Time:</b>		<b>2:35:58</b>	<b>Top 5 Average Time:</b>			<b>31:12</b>		
<b>Top 5 Average per KM:</b>		<b>3:54</b>	<b>Top 5 Average Per MILE:</b>			<b>6:17</b>		
<b>1 - 5 Split:</b>		<b>2:03</b>	<b>1 - 7 Split:</b>			<b>2:39</b>		
<b>Top 7 Total Time:</b>		<b>3:41:03</b>	<b>Top 7 Average Time:</b>			<b>31:35</b>		

<b>TEAM:</b>		<b>WESTERN MUSTANGS</b>			<b>SCORE:</b>	<b>119</b>	<b>PLACE:</b>	<b>4</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>	
11-7	Anna Carruthers		E3	90	30:23	3:48	6:07	
15-11	Heidi Ohrling		E4	93	30:41	3:51	6:11	
31-24	Paige Breedon		R	87	32:18	4:03	6:30	
51-38	Kate Denomme		E2	91	33:08	4:09	6:40	
54-39	Kaitlyn Brydon		R	88	33:17	4:10	6:42	
72-53	Kira Allen		R	86	34:31	4:19	6:57	
<b>Top 5 Total Time:</b>		<b>2:39:47</b>	<b>Top 5 Average Time:</b>			<b>31:58</b>		
<b>Top 5 Average per KM:</b>		<b>4:00</b>	<b>Top 5 Average Per MILE:</b>			<b>6:26</b>		
<b>1 - 5 Split:</b>		<b>2:54</b>	<b>1 - 7 Split:</b>					
<b>Top 7 Total Time:</b>			<b>Top 7 Average Time:</b>					

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**TEAM: TORONTO VARSITY BLUE SCORE: 137 PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-20	Christina Esposito		E3	65	31:52	3:59	6:25
30-23	Audrey Roy Beausoleil		R1	69	32:12	4:02	6:29
34-27	EJ Boston		E2	63	32:24	4:03	6:32
42-33	Sarah Luedke		E2	67	32:46	4:06	6:36
44-34	Madeleine Larson		R1	66	32:48	4:06	6:36
=====							
59-43	Sarah White		E2	71	33:51	4:14	6:49
64-47	Katherine Vuckovic		E1	70	34:06	4:16	6:52
=====							
<b>Top 5 Total Time:</b>		2:42:02			<b>Top 5 Average Time:</b>		32:25
<b>Top 5 Average per KM:</b>		4:04			<b>Top 5 Average Per MILE:</b>		6:32
<b>1 - 5 Split:</b>		0:56			<b>1 - 7 Split:</b>		2:14
<b>Top 7 Total Time:</b>		3:49:59			<b>Top 7 Average Time:</b>		32:52

**TEAM: WATERLOO WARRIORS SCORE: 161 PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
22-16	Claudia Heeney		E2	77	31:22	3:56	6:19
24-18	Megan Richer		E2	80	31:41	3:58	6:23
41-32	Ella Symon		E2	83	32:45	4:06	6:36
55-40	Katherine Granstrom		E4	76	33:19	4:10	6:43
74-55	Nicole Schindler		E2	82	34:44	4:21	7:00
=====							
77-58	Lily McBride		R	79	34:55	4:22	7:02
79-60	Claire Vernon-Pope		R	85	35:04	4:23	7:04
=====							
80-49	Sarah Ieropoli		R	78	35:24	4:26	7:08
90-81	Nicole Ryan		R	81	37:31	4:42	7:33
<b>Top 5 Total Time:</b>		2:43:51			<b>Top 5 Average Time:</b>		32:47
<b>Top 5 Average per KM:</b>		4:06			<b>Top 5 Average Per MILE:</b>		6:36
<b>1 - 5 Split:</b>		3:22			<b>1 - 7 Split:</b>		3:42
<b>Top 7 Total Time:</b>		3:53:50			<b>Top 7 Average Time:</b>		33:25

## 2022 Vigars &amp; Salter WESTERN INVITATIONAL

47th year for ths meet / Sat. Sept 24

2022-09-24

2022-09-24 - 2022-09-24

36th yr @ Thames Valley - cancelled 2020

<b>TEAM:</b>		<b>WINDSOR LANCERS</b>			<b>SCORE:</b>	<b>174</b>	<b>PLACE:</b>	<b>7</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>	
21-15	Nicole LaRue		E3	98	31:19	3:55	6:18	
40-31	Natalie Whitten		E4	105	32:43	4:06	6:35	
46-35	Meg Mooney		E4	99	32:49	4:07	6:37	
61-44	Chloe Walker		E4	104	33:54	4:15	6:50	
67-49	Sylvia Dean		E1	94	34:14	4:17	6:54	
70-51	Kaitlyn Handy		R	96	34:26	4:19	6:56	
78-59	Ainsley Rocheleau		R	103	35:00	4:23	7:03	
<b>Top 5 Total Time:</b>		2:44:59		<b>Top 5 Average Time:</b>		33:00		
<b>Top 5 Average per KM:</b>		4:08		<b>Top 5 Average Per MILE:</b>		6:39		
<b>1 - 5 Split:</b>		2:55		<b>1 - 7 Split:</b>		3:41		
<b>Top 7 Total Time:</b>		3:54:25		<b>Top 7 Average Time:</b>		33:30		

<b>TEAM:</b>		<b>LAURENTIAN VOYAGEURS</b>			<b>SCORE:</b>	<b>202</b>	<b>PLACE:</b>	<b>8</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>	
17-13	Pascale Gendron		E2	24	30:45	3:51	6:12	
56-41	Kristen Mrozewski		E2	28	33:23	4:11	6:43	
63-46	Angela Mozzon		E4	27	33:59	4:15	6:51	
62-45	Sarah Thackeray		E5	29	33:55	4:15	6:50	
76-57	Meredith Kusnierczyk		E1	25	34:55	4:22	7:02	
87-63	Abbey Maillet		E3	26	36:55	4:37	7:26	
93-66	Ashley Valentini		E4	30	38:43	4:51	7:48	
<b>Top 5 Total Time:</b>		2:46:57		<b>Top 5 Average Time:</b>		33:24		
<b>Top 5 Average per KM:</b>		4:11		<b>Top 5 Average Per MILE:</b>		6:44		
<b>1 - 5 Split:</b>		4:10		<b>1 - 7 Split:</b>		7:58		
<b>Top 7 Total Time:</b>		4:23:35		<b>Top 7 Average Time:</b>		34:40		

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<b>TEAM:</b>		<b>LAURIER GOLDEN HAWKS</b>			<b>SCORE:</b>	<b>225</b>	<b>PLACE:</b>	<b>9</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>	
32-25	Sabrina Arena		R	31	32:19	4:03	6:31	
57-42	Elizabeth Drake		E3	37	33:37	4:13	6:46	
65-48	Nicole Beach		E2	33	34:09	4:17	6:53	
73-54	Mary Tennant		E2	40	34:41	4:21	6:59	
75-56	Hannah Badin		E3	32	34:47	4:21	7:00	
=====								
83-61	Piper Lafayette		E3	38	36:31	4:34	7:21	
84-62	Abbey Davis		E3	36	36:40	4:35	7:23	
=====								
91-108	Grace Channell		R	35	38:00	4:45	7:39	
95-43	Maya Robinson		R	39	39:38	4:58	7:59	
<b>Top 5 Total Time:</b>		2:49:33		<b>Top 5 Average Time:</b>		33:55		
<b>Top 5 Average per KM:</b>		4:15		<b>Top 5 Average Per MILE:</b>		6:50		
<b>1 - 5 Split:</b>		2:28		<b>1 - 7 Split:</b>		4:21		
<b>Top 7 Total Time:</b>		4:2:44		<b>Top 7 Average Time:</b>		34:41		

<b>TEAM:</b>		<b>BROCK BADGERS</b>			<b>SCORE:</b>	<b>298</b>	<b>PLACE:</b>	<b>10</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>	
69-50	Robyn Adamo		E4	1	34:19	4:18	6:55	
71-52	Lauren Macsai		E2	3	34:31	4:19	6:57	
89-65	Cori Macsai		E2	2	37:08	4:39	7:29	
88-64	Adeline Steiger		R	5	37:02	4:38	7:27	
94-67	Julie Mak		E1	4	38:45	4:51	7:48	
=====								
<b>Top 5 Total Time:</b>		3:01:45		<b>Top 5 Average Time:</b>		36:21		
<b>Top 5 Average per KM:</b>		4:33		<b>Top 5 Average Per MILE:</b>		7:19		
<b>1 - 5 Split:</b>		4:26		<b>1 - 7 Split:</b>				
<b>Top 7 Total Time:</b>				<b>Top 7 Average Time:</b>				

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START @ 10:50am

Conditions: overcast 14°C

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! COURSE RECORD:Corey Bellemore, Windsor A. Davies, McMaste 24:41.00 2016/2021

\$ 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	47	1-2-4-8-32	34-41	2:06:18	3:10	25:16	1:57
2	WESTERN MUSTANGS	69	9-10-11-18-21	26-35	2:08:23	3:13	25:41	0:37
3	DALHOUSIE TIGERS	87	12-14-17-20-24		2:09:27	3:15	25:54	0:35
4	LAVAL ROUGE ET OR	88	6-16-19-22-25	30-39	2:09:21	3:15	25:53	1:02
5	GUELPH GRYPHONS	94	3-5-27-28-31	33-45	2:09:12	3:14	25:51	1:31
6	WINDSOR LANCERS	192	13-15-40-61-63	69-74	2:14:28	3:22	26:54	2:32
7	ST FX X-MEN	203	7-38-43-56-59		2:14:34	3:22	26:55	2:32
8	TORONTO VARSITY BLUE	235	29-50-51-52-53	55-85	2:15:37	3:24	27:08	1:11
9	LAKEHEAD THUNDERWOLV	235	23-47-48-49-68	72-77	2:15:52	3:24	27:11	2:13
10	WATERLOO WARRIORS	244	36-37-44-62-65	66-73	2:16:48	3:26	27:22	1:27
11	LAURIER GOLDEN HAWKS	297	46-54-58-60-79	81-86	2:20:03	3:31	28:01	2:34
12	BROCK BADGERS	306	42-57-64-67-76	80-83	2:20:16	3:31	28:04	2:06
13	LAURENTIAN VOYAGEURS	399	70-75-82-84-88	89-90	2:28:53	3:44	29:47	2:01
14	NIPISSING LAKERS	419	71-78-87-91-92	93-94	2:32:59	3:50	30:36	4:12
	Z UNIV. TORONTO TC		21					
	YORK LIONS		88-115					
	Z ESPOIR		101					
	Z FANSHAWE COLLEGE		44					
	Z LONDON WESTERN TFC		1-18-19					
	Z LONDON-WESTERN TFC		2-80					
	Z ROYAL CITY AC		4-36-67					
	Z TORONTO WEST ATHL		17					
	UNB REDS		38-54-68					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1		259	Jeremy Coughler			Z LONDON WESTERN TFC	1	3:04	24:30 #!
2		263	Connor Black			Z LONDON-WESTERN TFC	1	3:04	24:32 #!
3	1	183	Max Turek		E5	MCMASTER MARAUDERS	1	3:05	24:34 #!
4		267	Mitchell Ubene			Z ROYAL CITY AC	1	3:06	24:48
5	2	177	Alex Drover		E5	MCMASTER MARAUDERS	2	3:07	24:52
6	3	126	Nicholas Bannon		E4	GUELPH GRYPHONS	1	3:08	24:57
7	4	182	Sam Nusselder		E4	MCMASTER MARAUDERS	3	3:08	24:59
8	5	127	Max Davies		E2	GUELPH GRYPHONS	2	3:09	25:11
9	6	172	Philippe Morneau-Cartier		E2	LAVAL ROUGE ET OR	1	3:10	25:14
10	7	196	Jacob Benoit		E3	ST FX X-MEN	1	3:10	25:19
11	8	175	Dylan Alick		E5	MCMASTER MARAUDERS	4	3:11	25:22
12	9	227	Ben Fox		E2	WESTERN MUSTANGS	1	3:11	25:26

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13	10	237	Marcel Scheele	E3	WESTERN MUSTANGS	2	3:11	<b>25:28</b>
14	11	234	Erik Ohrling	E4	WESTERN MUSTANGS	3	3:12	<b>25:32</b>
15	12	123	Hudson Grimshaw-Surette	E5	DALHOUSIE TIGERS	1	3:12	<b>25:35</b>
16	13	250	Jonathan Rioux	E4	WINDSOR LANCERS	1	3:12	<b>25:37</b>
17		268	Miles Avalos		Z TORONTO WEST ATHL	1	3:13	<b>25:42</b>
18		261	Jack Sheffar		Z LONDON WESTERN TFC	2	3:14	<b>25:45</b>
19		262	Mike Tate		Z LONDON WESTERN TFC	3	3:14	<b>25:47</b>
20	14	121	Will Cox	E3	DALHOUSIE TIGERS	2	3:14	<b>25:49</b>
21		270	Ben Shore		Z UNIV. TORONTO TC	1	3:14	<b>25:51</b>
22	15	247	Luke Mawhinney	E3	WINDSOR LANCERS	2	3:14	<b>25:52</b>
23	16	174	Jonathan Tedeschi	E4	LAVAL ROUGE ET OR	2	3:14	<b>25:52</b>
24	17	122	Aidan Goslett	E3	DALHOUSIE TIGERS	3	3:15	<b>25:53</b>
25	18	238	Keithan Sivapragasam	E2	WESTERN MUSTANGS	4	3:15	<b>25:54</b>
26	19	171	Antoine Minfray	E2	LAVAL ROUGE ET OR	3	3:15	<b>25:55</b>
27	20	124	Nick Robertson	E4	DALHOUSIE TIGERS	4	3:15	<b>26:00</b>
28	21	231	Ethan Loucks	E4	WESTERN MUSTANGS	5	3:16	<b>26:03</b>
29	22	173	Rudy Saal	E2	LAVAL ROUGE ET OR	4	3:16	<b>26:04</b>
30	23	141	Connor MacIntosh	E4	LAKEHEAD THUNDERWOLV	1	3:16	<b>26:08</b>
31	24	125	Daniel Rosen	E3	DALHOUSIE TIGERS	5	3:17	<b>26:10</b>
32	25	170	Mathis Mercier	E2	LAVAL ROUGE ET OR	5	3:17	<b>26:16</b>
33	26	229	Kyle Koyanagi	E3	WESTERN MUSTANGS	6	3:17	<b>26:16</b>
34	27	132	Brock McKenzie	E3	GUELPH GRYPHONS	3	3:18	<b>26:17</b>
35	28	131	Jack Lehto	R	GUELPH GRYPHONS	4	3:18	<b>26:19</b>
36		266	Sam Kinahan		Z ROYAL CITY AC	2	3:18	<b>26:20</b>
37	29	203	Nima Ashtari	E2	TORONTO VARSITY BLUE	1	3:18	<b>26:20</b>
38		213	Mitchell Kean	E2	UNB REDS	1	3:18	<b>26:20</b>
39	30	167	Louis-Philippe Côté	E2	LAVAL ROUGE ET OR	6	3:18	<b>26:23</b>
40	31	136	Adam Schmidt	E3	GUELPH GRYPHONS	5	3:19	<b>26:28</b>
41	32	184	Lukas Vadeika	E1	MCMMASTER MARAUDERS	5	3:19	<b>26:31</b>
42	33	134	Gaetano Pocchi	R	GUELPH GRYPHONS	6	3:19	<b>26:32</b>
43	34	186	Will Weist	R	MCMMASTER MARAUDERS	6	3:20	<b>26:34</b>
44		258	Sandy Freeland		Z FANSHAWE COLLEGE	1	3:20	<b>26:37</b>
45	35	225	JT Boston	E2	WESTERN MUSTANGS	7	3:20	<b>26:37</b>
46		228	Eric Klassen	E3	WESTERN MUSTANGS	8	3:21	<b>26:41</b>
47	36	221	Adam Huras	E2	WATERLOO WARRIORS	1	3:21	<b>26:46</b>
48	37	215	Emil Bjornlinger	E1	WATERLOO WARRIORS	2	3:21	<b>26:46</b>
49	38	197	Ben Bood	E2	ST FX X-MEN	2	3:21	<b>26:46</b>
50	39	169	Andy Manzi	R	LAVAL ROUGE ET OR	7	3:21	<b>26:48</b>
51	40	240	Brayden DeGrace	E3	WINDSOR LANCERS	3	3:22	<b>26:51</b>
52	41	181	David Marchant	E4	MCMMASTER MARAUDERS	7	3:22	<b>26:52</b>
53		178	Giancarlo Farruggia	E2	MCMMASTER MARAUDERS	8	3:22	<b>26:54</b>
54		211	Quinn Eberts	E2	UNB REDS	2	3:22	<b>26:54</b>
55	42	116	Joseph Dick	E4	BROCK BADGERS	1	3:23	<b>26:59</b>

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56		179	Connor Lashley	E2	MCMASTER MARAUDERS	9	3:23	<b>26:59</b>
57	43	199	Liam McCullagh	R	ST FX X-MEN	3	3:23	<b>27:00</b>
58	44	218	Patrick Dean	E2	WATERLOO WARRIORS	3	3:23	<b>27:01</b>
59		232	JD MacLellan	E2	WESTERN MUSTANGS	9	3:23	<b>27:02</b>
60	45	129	Dylan Ferri	R	GUELPH GRYPHONS	7	3:23	<b>27:04</b>
61	46	160	Rahil Kachalia	E4	LAURIER GOLDEN HAWKS	1	3:24	<b>27:05</b>
62	47	138	Jett Dobson	E2	LAKEHEAD THUNDERWOLV	2	3:24	<b>27:06</b>
63	48	142	Will McDonough	E4	LAKEHEAD THUNDERWOLV	3	3:24	<b>27:08</b>
64		187	Ryan Were	E5	MCMASTER MARAUDERS	10	3:24	<b>27:08</b>
65	49	137	Leif Buxton	E2	LAKEHEAD THUNDERWOLV	4	3:24	<b>27:09</b>
66	50	210	Brandon Raftis	E3	TORONTO VARSITY BLUE	2	3:24	<b>27:09</b>
67		265	Cole Hannam		Z ROYAL CITY AC	3	3:24	<b>27:12</b>
68		212	Kalevi Karhi	E2	UNB REDS	3	3:25	<b>27:13</b>
69	51	205	Jack Djondric-Powell	E1	TORONTO VARSITY BLUE	3	3:25	<b>27:18</b>
70	52	208	Paul Nunez	E2	TORONTO VARSITY BLUE	4	3:25	<b>27:19</b>
71		168	Emmanuel Lebel	R	LAVAL ROUGE ET OR	8	3:25	<b>27:19</b>
72		180	Jason Lowrie	E3	MCMASTER MARAUDERS	11	3:26	<b>27:27</b>
73		236	Justin Sanders	E2	WESTERN MUSTANGS	10	3:26	<b>27:28</b>
74		224	Tom Boers	R	WESTERN MUSTANGS	11	3:27	<b>27:30</b>
75	53	209	Adam Pralat	R1	TORONTO VARSITY BLUE	5	3:27	<b>27:31</b>
76	54	159	Eric Hill	E3	LAURIER GOLDEN HAWKS	2	3:27	<b>27:36</b>
77		130	Gavin Hughes	E5	GUELPH GRYPHONS	8	3:27	<b>27:37</b>
78	55	206	Anton Mlynczyk	E2	TORONTO VARSITY BLUE	6	3:28	<b>27:37</b>
79	56	198	Luc Gallant	E4	ST FX X-MEN	4	3:28	<b>27:38</b>
80		264	Shawn Master		Z LONDON-WESTERN TFC	2	3:28	<b>27:39</b>
81		230	Matt Lampard	E1	WESTERN MUSTANGS	12	3:28	<b>27:40</b>
82		185	Tynan Webb	E2	MCMASTER MARAUDERS	12	3:28	<b>27:41</b>
83	57	120	Nick Reimer	E3	BROCK BADGERS	2	3:28	<b>27:43</b>
84		176	Connor Black	E4	MCMASTER MARAUDERS	13	3:29	<b>27:48</b>
85	58	157	Joel Duff	E1	LAURIER GOLDEN HAWKS	3	3:29	<b>27:50</b>
86	59	200	Jack O'Connell	R	ST FX X-MEN	5	3:29	<b>27:51</b>
87	60	156	Luke Aikman	E1	LAURIER GOLDEN HAWKS	4	3:30	<b>27:53</b>
88		256	Brandon Cidade	E3	YORK LIONS	1	3:30	<b>27:58</b>
89	61	251	Zach Staffell	E2	WINDSOR LANCERS	4	3:30	<b>27:59</b>
90	62	220	Treshan Fernando	R	WATERLOO WARRIORS	4	3:31	<b>28:02</b>
91	63	252	Andrew Taylor	E2	WINDSOR LANCERS	5	3:31	<b>28:09</b>
92	64	118	Isaac Iannarelli	E2	BROCK BADGERS	3	3:32	<b>28:09</b>
93	65	217	Cameron Dean	E3	WATERLOO WARRIORS	5	3:32	<b>28:13</b>
94	66	222	Jonathan Lysack	E2	WATERLOO WARRIORS	6	3:33	<b>28:18</b>
95	67	119	Christian Ligtenberg	E3	BROCK BADGERS	4	3:33	<b>28:20</b>
96	68	139	Andrew Lehman	E2	LAKEHEAD THUNDERWOLV	5	3:33	<b>28:21</b>
97	69	253	Noah Waldmann	E2	WINDSOR LANCERS	6	3:33	<b>28:23</b>
98	70	147	Seamus Doherty	R	LAURENTIAN VOYAGEURS	1	3:35	<b>28:36</b>

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99	71	188	Ethan Aarts	E2	NIPISSING LAKERS	1	3:35	<b>28:37</b>
100	72	144	Aiden Webster	E2	LAKEHEAD THUNDERWOLV	6	3:36	<b>28:41</b>
101		257	Connor Pribaz		Z ESPOIR	1	3:36	<b>28:44</b>
102	73	223	Alexander Stratmoen	E2	WATERLOO WARRIORS	7	3:36	<b>28:46</b>
103	74	244	Adam Kliensmith	R	WINDSOR LANCERS	7	3:36	<b>28:46</b>
104		214	Declan Adams	E2	WATERLOO WARRIORS	8	3:37	<b>28:50</b>
105		216	Massimo Calcagno	E2	WATERLOO WARRIORS	9	3:37	<b>28:53</b>
106	75	149	Nick Lambert	E3	LAURENTIAN VOYAGEURS	2	3:38	<b>29:03</b>
107	76	115	Riley Coles	E2	BROCK BADGERS	5	3:39	<b>29:05</b>
108		219	Thomas Fairhead	R	WATERLOO WARRIORS	10	3:40	<b>29:14</b>
109		242	Ethan Graves	R	WINDSOR LANCERS	8	3:41	<b>29:26</b>
110	77	140	Nicholas Lightwood	R	LAKEHEAD THUNDERWOLV	7	3:42	<b>29:29</b>
111		243	Patrick Kariuki	R	WINDSOR LANCERS	9	3:42	<b>29:30</b>
112		241	Liam Fitzgerald	E2	WINDSOR LANCERS	10	3:42	<b>29:35</b>
113	78	195	Noah Sullivan	E2	NIPISSING LAKERS	2	3:42	<b>29:36</b>
114	79	158	Jordan Frieberg	E2	LAURIER GOLDEN HAWKS	5	3:43	<b>29:39</b>
115		255	Chris Basso	E3	YORK LIONS	2	3:44	<b>29:45</b>
116	80	117	Davis Fowler	E3	BROCK BADGERS	6	3:44	<b>29:48</b>
117		143	Colin Warwick	E4	LAKEHEAD THUNDERWOLV	8	3:44	<b>29:52</b>
118	81	161	Jack Langille	E2	LAURIER GOLDEN HAWKS	6	3:45	<b>29:57</b>
119	82	152	Brandon Radey	R	LAURENTIAN VOYAGEURS	3	3:47	<b>30:11</b>
120		233	Vincent Moore	R	WESTERN MUSTANGS	13	3:48	<b>30:17</b>
121	83	114	John Breeson	E2	BROCK BADGERS	7	3:48	<b>30:22</b>
122	84	150	Patrick Leroux	E2	LAURENTIAN VOYAGEURS	4	3:49	<b>30:26</b>
123	85	201	Nathaniel Abell	E2	TORONTO VARSITY BLUE	7	3:49	<b>30:32</b>
124	86	164	Braydon Trowbridge	E2	LAURIER GOLDEN HAWKS	7	3:50	<b>30:36</b>
125	87	192	George Legler	R	NIPISSING LAKERS	3	3:50	<b>30:37</b>
126	88	145	Travis Annett	R	LAURENTIAN VOYAGEURS	5	3:50	<b>30:37</b>
127		162	Morley Roden	R	LAURIER GOLDEN HAWKS	8	3:51	<b>30:44</b>
128	89	155	Kevin Yuan	R	LAURENTIAN VOYAGEURS	6	3:53	<b>30:59</b>
129	90	151	Keegan Lockley	E2	LAURENTIAN VOYAGEURS	7	3:54	<b>31:08</b>
130	91	189	Samuel Bennett	R	NIPISSING LAKERS	4	3:55	<b>31:20</b>
131		165	Casey Van Dorp	E2	LAURIER GOLDEN HAWKS	9	3:56	<b>31:26</b>
132		153	Hayden Ring	E3	LAURENTIAN VOYAGEURS	8	4:00	<b>31:56</b>
133	92	190	Noah Cornish	E3	NIPISSING LAKERS	5	4:07	<b>32:49</b>
134	93	191	Oliver Czerny-Holownia	E2	NIPISSING LAKERS	6	4:22	<b>34:50</b>
135	94	194	Micah Peake	R	NIPISSING LAKERS	7	4:49	<b>38:25</b>

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2022-09-24 - 2022-09-24

36th yr @ Thames Valley - cancelled 2020

<b>TEAM:</b>		<b>MCMASTER MARAUDERS</b>		<b>SCORE:</b>		<b>47</b>	<b>PLACE:</b>		<b>1</b>
<b>OVERALL</b>	<b>SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>	
3-1		Max Turek		E5	183	24:34	3:05	4:57	
5-2		Alex Drover		E5	177	24:52	3:07	5:01	
7-4		Sam Nusselder		E4	182	24:59	3:08	5:02	
11-8		Dylan Alick		E5	175	25:22	3:11	5:07	
41-32		Lukas Vadeika		E1	184	26:31	3:19	5:21	
=====									
43-34		Will Weist		R	186	26:34	3:20	5:21	
53-54		Giancarlo Farruggia		E2	178	26:54	3:22	5:25	
=====									
52-41		David Marchant		E4	181	26:52	3:22	5:25	
56-56		Connor Lashley		E2	179	26:59	3:23	5:26	
64-57		Ryan Were		E5	187	27:08	3:24	5:28	
72-53		Jason Lowrie		E3	180	27:27	3:26	5:32	
82-55		Tynan Webb		E2	185	27:41	3:28	5:35	
84-52		Connor Black		E4	176	27:48	3:29	5:36	
<b>Top 5 Total Time:</b>			2:06:18	<b>Top 5 Average Time:</b>			25:16		
<b>Top 5 Average per KM:</b>			3:10	<b>Top 5 Average Per MILE:</b>			5:05		
<b>1 - 5 Split:</b>			1:57	<b>1 - 7 Split:</b>			2:18		
<b>Top 7 Total Time:</b>			2:59:44	<b>Top 7 Average Time:</b>			25:41		

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<b>TEAM:</b>		<b>WESTERN MUSTANGS</b>		<b>SCORE:</b>		<b>69</b>	<b>PLACE:</b>		<b>2</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>		
13-10	Marcel Scheele		E3	237	25:28	3:11	5:08		
14-11	Erik Ohrling		E4	234	25:32	3:12	5:09		
12-9	Ben Fox		E2	227	25:26	3:11	5:07		
25-18	Keithan Sivapragasam		E2	238	25:54	3:15	5:13		
28-21	Ethan Loucks		E4	231	26:03	3:16	5:15		
=====									
33-26	Kyle Koyanagi		E3	229	26:16	3:17	5:18		
45-35	JT Boston		E2	225	26:37	3:20	5:22		
=====									
46-16	Eric Klassen		E3	228	26:41	3:21	5:23		
59-29	JD MacLellan		E2	232	27:02	3:23	5:27		
74-12	Tom Boers		R	224	27:30	3:27	5:32		
73-123	Justin Sanders		E2	236	27:28	3:26	5:32		
81-48	Matt Lampard		E1	230	27:40	3:28	5:34		
120-19	Vincent Moore		R	233	30:17	3:48	6:06		
<b>Top 5 Total Time:</b>		2:08:23		<b>Top 5 Average Time:</b>		25:41			
<b>Top 5 Average per KM:</b>		3:13		<b>Top 5 Average Per MILE:</b>		5:10			
<b>1 - 5 Split:</b>		0:37		<b>1 - 7 Split:</b>		1:11			
<b>Top 7 Total Time:</b>		3:1:16		<b>Top 7 Average Time:</b>		25:54			

<b>TEAM:</b>		<b>DALHOUSIE TIGERS</b>		<b>SCORE:</b>		<b>87</b>	<b>PLACE:</b>		<b>3</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>		
15-12	Hudson Grimshaw-Surette		E5	123	25:35	3:12	5:09		
20-14	Will Cox		E3	121	25:49	3:14	5:12		
24-17	Aidan Goslett		E3	122	25:53	3:15	5:13		
27-20	Nick Robertson		E4	124	26:00	3:15	5:14		
31-24	Daniel Rosen		E3	125	26:10	3:17	5:16		
=====									
<b>Top 5 Total Time:</b>		2:09:27		<b>Top 5 Average Time:</b>		25:54			
<b>Top 5 Average per KM:</b>		3:15		<b>Top 5 Average Per MILE:</b>		5:13			
<b>1 - 5 Split:</b>		0:35		<b>1 - 7 Split:</b>					
<b>Top 7 Total Time:</b>				<b>Top 7 Average Time:</b>					

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<b>TEAM:</b>		<b>LAVAL ROUGE ET OR</b>			<b>SCORE:</b>		<b>88</b>	<b>PLACE:</b>		<b>4</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>			
9-6	Philippe Morneau-Cartier		E2	172	25:14	3:10	5:05			
23-16	Jonathan Tedeschi		E4	174	25:52	3:14	5:13			
26-19	Antoine Minfray		E2	171	25:55	3:15	5:13			
29-22	Rudy Saal		E2	173	26:04	3:16	5:15			
32-25	Mathis Mercier		E2	170	26:16	3:17	5:18			
=====										
39-30	Louis-Philippe Côté		E2	167	26:23	3:18	5:19			
50-39	Andy Manzi		R	169	26:48	3:21	5:24			
=====										
71-40	Emmanuel Lebel		R	168	27:19	3:25	5:30			
	<b>Top 5 Total Time:</b>	2:09:21			<b>Top 5 Average Time:</b>	25:53				
	<b>Top 5 Average per KM:</b>	3:15			<b>Top 5 Average Per MILE:</b>	5:13				
	<b>1 - 5 Split:</b>	1:02			<b>1 - 7 Split:</b>	1:34				
	<b>Top 7 Total Time:</b>	3:2:32			<b>Top 7 Average Time:</b>	26:05				

<b>TEAM:</b>		<b>GUELPH GRYPHONS</b>			<b>SCORE:</b>		<b>94</b>	<b>PLACE:</b>		<b>5</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>			
6-3	Nicholas Bannon		E4	126	24:57	3:08	5:02			
8-5	Max Davies		E2	127	25:11	3:09	5:04			
34-27	Brock McKenzie		E3	132	26:17	3:18	5:18			
35-28	Jack Lehto		R	131	26:19	3:18	5:18			
40-31	Adam Schmidt		E3	136	26:28	3:19	5:20			
=====										
42-33	Gaetano Pocchi		R	134	26:32	3:19	5:21			
60-45	Dylan Ferri		R	129	27:04	3:23	5:27			
=====										
77-138	Gavin Hughes		E5	130	27:37	3:28	5:34			
	<b>Top 5 Total Time:</b>	2:09:12			<b>Top 5 Average Time:</b>	25:51				
	<b>Top 5 Average per KM:</b>	3:14			<b>Top 5 Average Per MILE:</b>	5:12				
	<b>1 - 5 Split:</b>	1:31			<b>1 - 7 Split:</b>	2:07				
	<b>Top 7 Total Time:</b>	3:2:48			<b>Top 7 Average Time:</b>	26:07				

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<b>TEAM:</b>		<b>WINDSOR LANCERS</b>		<b>SCORE:</b>		<b>192</b>	<b>PLACE:</b>		<b>6</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>		
16-13	Jonathan Rioux		E4	250	25:37	3:13	5:10		
22-15	Luke Mawhinney		E3	247	25:52	3:14	5:13		
51-40	Brayden DeGrace		E3	240	26:51	3:22	5:25		
89-61	Zach Staffell		E2	251	27:59	3:30	5:38		
91-63	Andrew Taylor		E2	252	28:09	3:32	5:40		
=====									
97-69	Noah Waldmann		E2	253	28:23	3:33	5:43		
103-74	Adam Kliensmith		R	244	28:46	3:36	5:48		
=====									
109-62	Ethan Graves		R	242	29:26	3:41	5:56		
112-61	Liam Fitzgerald		E2	241	29:35	3:42	5:58		
111-63	Patrick Kariuki		R	243	29:30	3:42	5:57		
<b>Top 5 Total Time:</b>		2:14:28		<b>Top 5 Average Time:</b>		26:54			
<b>Top 5 Average per KM:</b>		3:22		<b>Top 5 Average Per MILE:</b>		5:25			
<b>1 - 5 Split:</b>		2:32		<b>1 - 7 Split:</b>		3:09			
<b>Top 7 Total Time:</b>		3:11:37		<b>Top 7 Average Time:</b>		27:23			

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<b>TEAM:</b>		<b>ST FX X-MEN</b>		<b>SCORE:</b>		<b>203</b>	<b>PLACE:</b>		<b>7</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>		
10-7	Jacob Benoit		E3	196	25:19	3:10	5:06		
49-38	Ben Bood		E2	197	26:46	3:21	5:24		
57-43	Liam McCullagh		R	199	27:00	3:23	5:26		
79-56	Luc Gallant		E4	198	27:38	3:28	5:34		
86-59	Jack O'Connell		R	200	27:51	3:29	5:37		
=====									
<b>Top 5 Total Time:</b>		2:14:34		<b>Top 5 Average Time:</b>		26:55			
<b>Top 5 Average per KM:</b>		3:22		<b>Top 5 Average Per MILE:</b>		5:25			
<b>1 - 5 Split:</b>		2:32		<b>1 - 7 Split:</b>					
<b>Top 7 Total Time:</b>				<b>Top 7 Average Time:</b>					

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<b>TEAM:</b>		<b>TORONTO VARSITY BLUE</b>			<b>SCORE:</b>	<b>235</b>	<b>PLACE:</b>	<b>8</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>	
37-29	Nima Ashtari		E2	203	26:20	3:18	5:18	
66-50	Brandon Raftis		E3	210	27:09	3:24	5:28	
69-51	Jack Djondric-Powell		E1	205	27:18	3:25	5:30	
70-52	Paul Nunez		E2	208	27:19	3:25	5:30	
75-53	Adam Pralat		R1	209	27:31	3:27	5:33	
=====								
78-55	Anton Mlynczyk		E2	206	27:37	3:28	5:34	
123-85	Nathaniel Abell		E2	201	30:32	3:49	6:09	
=====								
<b>Top 5 Total Time:</b>		2:15:37		<b>Top 5 Average Time:</b>		27:08		
<b>Top 5 Average per KM:</b>		3:24		<b>Top 5 Average Per MILE:</b>		5:28		
<b>1 - 5 Split:</b>		1:11		<b>1 - 7 Split:</b>		4:12		
<b>Top 7 Total Time:</b>		3:13:46		<b>Top 7 Average Time:</b>		27:41		

<b>TEAM:</b>		<b>LAKEHEAD THUNDERWOLV</b>			<b>SCORE:</b>	<b>235</b>	<b>PLACE:</b>	<b>9</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>	
30-23	Connor MacIntosh		E4	141	26:08	3:16	5:16	
62-47	Jett Dobson		E2	138	27:06	3:24	5:28	
63-48	Will McDonough		E4	142	27:08	3:24	5:28	
65-49	Leif Buxton		E2	137	27:09	3:24	5:28	
96-68	Andrew Lehman		E2	139	28:21	3:33	5:43	
=====								
100-72	Aiden Webster		E2	144	28:41	3:36	5:47	
110-77	Nicholas Lightwood		R	140	29:29	3:42	5:56	
=====								
117-33	Colin Warwick		E4	143	29:52	3:44	6:01	
<b>Top 5 Total Time:</b>		2:15:52		<b>Top 5 Average Time:</b>		27:11		
<b>Top 5 Average per KM:</b>		3:24		<b>Top 5 Average Per MILE:</b>		5:28		
<b>1 - 5 Split:</b>		2:13		<b>1 - 7 Split:</b>		3:21		
<b>Top 7 Total Time:</b>		3:14:02		<b>Top 7 Average Time:</b>		27:44		

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<b>TEAM:</b>		<b>WATERLOO WARRIORS</b>			<b>SCORE:</b>		<b>244</b>	<b>PLACE:</b>		<b>10</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>		<b>Avg. Per Mile</b>		
47-36	Adam Huras		E2	221	26:46		3:21		5:24	
48-37	Emil Bjornlinger		E1	215	26:46		3:21		5:24	
58-44	Patrick Dean		E2	218	27:01		3:23		5:27	
90-62	Treshan Fernando		R	220	28:02		3:31		5:39	
93-65	Cameron Dean		E3	217	28:13		3:32		5:41	
=====										
94-66	Jonathan Lysack		E2	222	28:18		3:33		5:42	
102-73	Alexander Stratmoen		E2	223	28:46		3:36		5:48	
=====										
104-110	Declan Adams		E2	214	28:50		3:37		5:49	
105-112	Massimo Calcagno		E2	216	28:53		3:37		5:49	
108-140	Thomas Fairhead		R	219	29:14		3:40		5:53	
<b>Top 5 Total Time:</b>		2:16:48		<b>Top 5 Average Time:</b>		27:22				
<b>Top 5 Average per KM:</b>		3:26		<b>Top 5 Average Per MILE:</b>		5:31				
<b>1 - 5 Split:</b>		1:27		<b>1 - 7 Split:</b>		2:00				
<b>Top 7 Total Time:</b>		3:13:52		<b>Top 7 Average Time:</b>		27:42				

<b>TEAM:</b>		<b>LAURIER GOLDEN HAWKS</b>			<b>SCORE:</b>		<b>297</b>	<b>PLACE:</b>		<b>11</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>		<b>Avg. Per Mile</b>		
61-46	Rahil Kachalia		E4	160	27:05		3:24		5:27	
76-54	Eric Hill		E3	159	27:36		3:27		5:34	
85-58	Joel Duff		E1	157	27:50		3:29		5:36	
87-60	Luke Aikman		E1	156	27:53		3:30		5:37	
114-79	Jordan Frieberg		E2	158	29:39		3:43		5:58	
=====										
118-81	Jack Langille		E2	161	29:57		3:45		6:02	
124-86	Braydon Trowbridge		E2	164	30:36		3:50		6:10	
=====										
127-90	Morley Roden		R	162	30:44		3:51		6:11	
131-100	Casey Van Dorp		E2	165	31:26		3:56		6:20	
<b>Top 5 Total Time:</b>		2:20:03		<b>Top 5 Average Time:</b>		28:01				
<b>Top 5 Average per KM:</b>		3:31		<b>Top 5 Average Per MILE:</b>		5:39				
<b>1 - 5 Split:</b>		2:34		<b>1 - 7 Split:</b>		3:31				
<b>Top 7 Total Time:</b>		3:20:36		<b>Top 7 Average Time:</b>		28:40				

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<b>TEAM:</b>		<b>BROCK BADGERS</b>			<b>SCORE:</b>	<b>306</b>	<b>PLACE:</b>	<b>12</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>	
55-42	Joseph Dick		E4	116	26:59	3:23	5:26	
83-57	Nick Reimer		E3	120	27:43	3:28	5:35	
92-64	Isaac Iannarelli		E2	118	28:09	3:32	5:40	
95-67	Christian Ligtenberg		E3	119	28:20	3:33	5:42	
107-76	Riley Coles		E2	115	29:05	3:39	5:52	
=====								
116-80	Davis Fowler		E3	117	29:48	3:44	6:00	
121-83	John Breeson		E2	114	30:22	3:48	6:07	
=====								
<b>Top 5 Total Time:</b>		2:20:16		<b>Top 5 Average Time:</b>		28:04		
<b>Top 5 Average per KM:</b>		3:31		<b>Top 5 Average Per MILE:</b>		5:39		
<b>1 - 5 Split:</b>		2:06		<b>1 - 7 Split:</b>		3:23		
<b>Top 7 Total Time:</b>		3:20:26		<b>Top 7 Average Time:</b>		28:38		

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<b>TEAM:</b>		<b>LAURENTIAN VOYAGEURS</b>			<b>SCORE:</b>	<b>399</b>	<b>PLACE:</b>	<b>13</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>	
98-70	Seamus Doherty		R	147	28:36	3:35	5:46	
106-75	Nick Lambert		E3	149	29:03	3:38	5:51	
119-82	Brandon Radey		R	152	30:11	3:47	6:05	
122-84	Patrick Leroux		E2	150	30:26	3:49	6:08	
126-88	Travis Annett		R	145	30:37	3:50	6:10	
=====								
128-89	Kevin Yuan		R	155	30:59	3:53	6:14	
129-90	Keegan Lockley		E2	151	31:08	3:54	6:16	
=====								
132-42	Hayden Ring		E3	153	31:56	4:00	6:26	
<b>Top 5 Total Time:</b>		2:28:53		<b>Top 5 Average Time:</b>		29:47		
<b>Top 5 Average per KM:</b>		3:44		<b>Top 5 Average Per MILE:</b>		6:00		
<b>1 - 5 Split:</b>		2:01		<b>1 - 7 Split:</b>		2:32		
<b>Top 7 Total Time:</b>		3:31:00		<b>Top 7 Average Time:</b>		30:09		

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## 2022 Vigars &amp; Salter WESTERN INVITATIONAL

47th year for ths meet / Sat. Sept 24

2022-09-24

2022-09-24 - 2022-09-24

36th yr @ Thames Valley - cancelled 2020

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<b>TEAM:</b>		<b>NIPISSING LAKERS</b>		<b>SCORE:</b>		<b>419</b>	<b>PLACE:</b>		<b>14</b>
<b>OVERALL SCORE - PLACE</b>	<b>NAME</b>	<b>AGE</b>	<b>GR</b>	<b>BIB</b>	<b>TIME</b>	<b>Avg. Per KM</b>	<b>Avg. Per Mile</b>		
99-71	Ethan Aarts		E2	188	28:37	3:35	5:46		
113-78	Noah Sullivan		E2	195	29:36	3:42	5:58		
125-87	George Legler		R	192	30:37	3:50	6:10		
130-91	Samuel Bennett		R	189	31:20	3:55	6:19		
135-94	Micah Peake		R	194	38:25	4:49	7:44		
=====									
133-92	Noah Cornish		E3	190	32:49	4:07	6:37		
134-93	Oliver Czerny-Holownia		E2	191	34:50	4:22	7:01		
=====									
<b>Top 5 Total Time:</b>		2:32:59		<b>Top 5 Average Time:</b>		30:36			
<b>Top 5 Average per KM:</b>		3:50		<b>Top 5 Average Per MILE:</b>		6:10			
<b>1 - 5 Split:</b>		4:12		<b>1 - 7 Split:</b>		9:48			
<b>Top 7 Total Time:</b>		3:46:14		<b>Top 7 Average Time:</b>		32:20			

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