

2011 WESTERN INTERNATIONAL-37th Annual

Sat. Sept 2 at Thames Valley GC, London

09/24/2011

26th year at Thames Valley GC

Event # 2 MENS 10K Run

START @ 10:50am

Conditions: sunny, mild, 18°C

MEET RECORD:Cristiano Mauricio Windsor Lancers :31:20.00 24Sep2005

COURSE RECORD:Guy Schultz Western Mustangs :30:57.00 8-Nov-1997

POINTS RECORD:Eastern Mich Eagles 25 pts [1-4-5-7-8] 22Sep07

TEAM TIME RECORD:E.MICHIGAN 161:16 [total of 5] avg 32:16 for 5 2007

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	WINDSOR LANCERS	38	1-3-4-7-23	27-28
2	GUELPH GRYPHONS	39	2-5-8-10-14	30-31
3	WESTERN MUSTANGS	77	9-12-15-19-22	36-56
4	QUEEN'S GAELS	100	11-13-17-26-33	43-55
5	TORONTO VARSITY BLUE	144	16-20-24-39-45	48-60
6	MCMASTER MARAUDERS	175	21-29-35-44-46	57-67
7	WATERLOO WARRIORS	215	18-25-53-54-65	66-70
8	LAURIER GOLDEN HAWKS	235	34-41-50-51-59	64-69
9	ALBERTA GOLDEN BEARS	270	37-40-42-75-76	
10	CONCORDIA STINGERS	296	6-32-82-84-92	97
11	BROCK BADGERS	317	38-58-68-73-80	81-86
12	YORK LIONS	325	52-61-63-71-78	91-94
13	MCGILL REDMEN	345	47-62-74-79-83	
14	RMC PALADINS	401	49-85-88-89-90	93-96
15	NIPISSING LAKERS	429	72-77-87-95-98	99

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	279	Matt Walters		E4	WINDSOR LANCERS	1	32:03
2	2	68	Ross Proudfoot		E2	GUELPH GRYPHONS	1	32:11
3	3	269	Andrew Aguanno		E4	WINDSOR LANCERS	2	32:29
4	4	271	Andrew Degroot		E2	WINDSOR LANCERS	3	32:33
5	5	64	Aaron Hendrixx		R	GUELPH GRYPHONS	2	32:36
6	6	38	Ryan Noel-Hodge		E3	CONCORDIA STINGERS	1	32:49
7	7	274	Paul Janikowski		E2	WINDSOR LANCERS	4	32:58
8	8	61	Ian Donald		R	GUELPH GRYPHONS	3	33:01
9	9	256	Kyle O'Neill		E5	WESTERN MUSTANGS	1	33:06
10	10	67	Tommy Lecours		E3	GUELPH GRYPHONS	4	33:10
11	11	170	Maxime Leboeuf		E5	QUEEN'S GAELS	1	33:10
12	12	251	Ryan Armstrong		E4	WESTERN MUSTANGS	2	33:15
13	13	172	Nicholas McGraw		E1	QUEEN'S GAELS	2	33:18
14	14	62	Chris Dulhanty		E2	GUELPH GRYPHONS	5	33:18
15	15	259	Brent Smith		E5	WESTERN MUSTANGS	3	33:21
16	16	214	Antun Pavelic		E4	TORONTO VARSITY BLUE	1	33:23
17	17	168	David Cashin		R	QUEEN'S GAELS	3	33:28
18	18	227	Charles Allan		E3	WATERLOO WARRIORS	1	33:30
19	19	257	Phil Parrot-Migas		R	WESTERN MUSTANGS	4	33:32
20	20	205	Zain Ahmed		E2	TORONTO VARSITY BLUE	2	33:33
21	21	135	Cory McCurry		E5	MCMASTER MARAUDERS	1	33:34
22	22	253	Kevin Blackney		E2	WESTERN MUSTANGS	5	33:34

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23	23	272	Nick Falk	E3	WINDSOR LANCERS	5	33:35
24	24	216	Jake Woloshyn	E3	TORONTO VARSITY BLUE	3	33:40
25	25	236	Michael Stewart	E2	WATERLOO WARRIORS	2	33:51
26	26	169	Oliver Hathaway	E4	QUEEN'S GAELS	4	33:53
27	27	277	Drew Patterson	E4	WINDSOR LANCERS	6	33:58
28	28	270	Josh Bolton	E1	WINDSOR LANCERS	7	34:02
29	29	132	Graham Bowes	E4	MCMASTER MARAUDERS	2	34:03
30	30	60	Connor Clerke	R	GUELPH GRYPHONS	6	34:04
31	31	59	Benoit Boulay	E3	GUELPH GRYPHONS	7	34:06
32	32	33	Sofiane Guend	E5	CONCORDIA STINGERS	2	34:07
33	33	166	Cody Beals	E3	QUEEN'S GAELS	5	34:10
34	34	97	Shoaib Ikram	E3	LAURIER GOLDEN HAWKS	1	34:17
35	35	138	Ryan Tice	E4	MCMASTER MARAUDERS	3	34:18
36		65	Stephen Holmes	E3	GUELPH GRYPHONS	8	34:22
37	36	252	Chris Balestrini	R	WESTERN MUSTANGS	6	34:22
38	37	9	Graeme Law	E4	ALBERTA GOLDEN BEARS	1	34:25
39	38	21	Kevin Moore	E4	BROCK BADGERS	1	34:25
40	39	215	Alexey Strokach	E4	TORONTO VARSITY BLUE	4	34:29
41		276	Dave Meloche	E2	WINDSOR LANCERS	8	34:32
42	40	8	Marcus Ivey	E4	ALBERTA GOLDEN BEARS	2	34:37
43	41	95	Alex Garriock	E4	LAURIER GOLDEN HAWKS	2	34:40
44	42	7	Donovan Hacking	E2	ALBERTA GOLDEN BEARS	3	34:42
45	43	173	Michael Nishiyama	E4	QUEEN'S GAELS	6	34:43
46	44	133	Zac Brown	R	MCMASTER MARAUDERS	4	34:45
47		278	Matthew Travaglini	R	WINDSOR LANCERS	9	34:48
48	45	206	Alex Belluzzo	E2	TORONTO VARSITY BLUE	5	34:51
49	46	136	Blair Morgan	R	MCMASTER MARAUDERS	5	34:55
50	47	114	Ian Forbes	E2	MCGILL REDMEN	1	34:56
51	48	207	Andrew Cruickshank	E4	TORONTO VARSITY BLUE	6	34:56
52	49	188	Richard Hayes	E4	RMC PALADINS	1	34:57
53	50	101	Ian Turnbull	R	LAURIER GOLDEN HAWKS	3	35:03
54	51	102	Abdhu Zaghlol	E2	LAURIER GOLDEN HAWKS	4	35:04
55	52	294	Ethan Henry	E2	YORK LIONS	1	35:07
56	53	233	Liam Mulroy	E2	WATERLOO WARRIORS	3	35:10
57	54	230	Patrick MacKinnon	E4	WATERLOO WARRIORS	4	35:14
58		58	Drew Anderson	R	GUELPH GRYPHONS	9	35:17
59	55	165	Kevin Azocar	E2	QUEEN'S GAELS	7	35:18
60	56	258	Alex Russell	R	WESTERN MUSTANGS	7	35:21
61		171	Cameron Levac	R	QUEEN'S GAELS	8	35:24
62		273	Josh Huffman	E4	WINDSOR LANCERS	10	35:26
63	57	131	Sean Bowen	E3	MCMASTER MARAUDERS	6	35:26
64		175	Kyle Zosiak	R	QUEEN'S GAELS	9	35:27
65	58	25	Andrew White	R	BROCK BADGERS	2	35:32
66	59	98	Soaib Ikram	E3	LAURIER GOLDEN HAWKS	5	35:35
67	60	210	Brendan Hynes	R	TORONTO VARSITY BLUE	7	35:36
68	61	290	Esteban Clavijo	E2	YORK LIONS	2	35:37
69	62	113	Michael Abramson	R	MCGILL REDMEN	2	35:42
70	63	297	Christopher Pietrangelo	E1	YORK LIONS	3	35:45
71	64	92	Brett Cameron	E3	LAURIER GOLDEN HAWKS	6	35:47
72	65	228	Devon Briggs	E2	WATERLOO WARRIORS	5	35:49
73	66	232	Chris Morgan	R	WATERLOO WARRIORS	6	35:58
74	67	134	Taylor Forbes	R	MCMASTER MARAUDERS	7	35:59

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75		212	Nick Ntoukas	R	TORONTO VARSITY BLUE	8	36:00
76		167	Jeff Behan	E2	QUEEN'S GAELS	10	36:01
77		137	Tristan Sandhu	E4	MCMASTER MARAUDERS	8	36:04
78	68	19	Chris De Vries	E5	BROCK BADGERS	3	36:16
79	69	93	Adam Cornwall	R	LAURIER GOLDEN HAWKS	7	36:16
80		174	Eric MacPherson	R	QUEEN'S GAELS	11	36:17
81	70	234	Matt Robertson	E3	WATERLOO WARRIORS	7	36:18
82	71	295	Sam Neal	R	YORK LIONS	4	36:19
83		209	Andrew Kennedy	E4	TORONTO VARSITY BLUE	9	36:22
84	72	149	Terry Doiron	R	NIPISSING LAKERS	1	36:26
85		235	Ryan Santos	E2	WATERLOO WARRIORS	8	36:34
86	73	23	Mike Van Bakel	E2	BROCK BADGERS	4	36:35
87	74	117	Joshua Hnizdor	R	MCGILL REDMEN	3	36:36
88		254	Pat Hartman	R	WESTERN MUSTANGS	8	36:40
89	75	10	Richard Renaud	E5	ALBERTA GOLDEN BEARS	4	36:41
90	76	6	David Falk	E3	ALBERTA GOLDEN BEARS	5	36:45
91	77	150	Kevin Perry	R	NIPISSING LAKERS	2	36:48
92	78	288	Ish Ahmad	R	YORK LIONS	5	36:49
93		100	Sean Patterson	E2	LAURIER GOLDEN HAWKS	8	36:50
94	79	116	Jaan Grondahl	E2	MCGILL REDMEN	4	36:52
95		213	Connor Outhit	E2	TORONTO VARSITY BLUE	10	37:07
96		130	Eric Barry	E2	MCMASTER MARAUDERS	9	37:24
97		211	James Lamers	E1	TORONTO VARSITY BLUE	11	37:31
98	80	18	Kyler Campeau	E1	BROCK BADGERS	5	37:35
99		96	Jonathon Gascho	E2	LAURIER GOLDEN HAWKS	9	37:39
100		231	Gabriel Moreno-Bautista	E2	WATERLOO WARRIORS	9	37:52
101	81	24	Jonathan Veens	E2	BROCK BADGERS	6	37:52
102	82	37	Joe Liu	E1	CONCORDIA STINGERS	3	37:54
103	83	115	Laurent Gervais-Robert	E2	MCGILL REDMEN	5	38:02
104	84	36	Kyle L'Esperence	E1	CONCORDIA STINGERS	4	38:03
105	85	185	Anthony Dionne	R	RMC PALADINS	2	38:05
106	86	22	Alastair Thompson	R	BROCK BADGERS	7	38:14
107	87	152	Jordan Scott	R	NIPISSING LAKERS	3	38:24
108		229	Dylan Dowling	R	WATERLOO WARRIORS	10	38:26
109	88	186	Paul Goff	R	RMC PALADINS	3	38:33
110	89	189	Eric Henderson	E3	RMC PALADINS	4	38:35
111	90	192	Jordan Vadala	E3	RMC PALADINS	5	38:41
112	91	291	Brandon Davis	E1	YORK LIONS	6	38:53
113		20	Mike MacKett	E3	BROCK BADGERS	8	38:57
114	92	35	Jean Marc Laforest	E4	CONCORDIA STINGERS	5	39:12
115	93	191	Adrian Thow	R	RMC PALADINS	6	39:42
116		17	Miles Bason	E3	BROCK BADGERS	9	39:48
117	94	296	Christopher Pallotta	E1	YORK LIONS	7	39:50
118	95	148	Alexander Burley	E4	NIPISSING LAKERS	4	40:05
119	96	190	Colin Shannon	E2	RMC PALADINS	7	40:07
120	97	34	Mahbubuzzaman Kazi	R	CONCORDIA STINGERS	6	40:12
121		94	Elliot De Lange	R	LAURIER GOLDEN HAWKS	10	40:37
122		182	Gordon Hallam	E1	RMC PALADINS	8	40:58
123	98	151	Kyle Radigan	E1	NIPISSING LAKERS	5	41:09
124	99	147	Curtis Brennan	E2	NIPISSING LAKERS	6	42:08

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TEAM: WINDSOR LANCERS**SCORE 38****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Matt Walters		E4	279	32:03	3:13	5:10
3-3	Andrew Aguanno		E4	269	32:29	3:15	5:14
4-4	Andrew Degroot		E2	271	32:33	3:16	5:15
7-7	Paul Janikowski		E2	274	32:58	3:18	5:19
23-23	Nick Falk		E3	272	33:35	3:22	5:25
27-27	Drew Patterson		E4	277	33:58	3:24	5:28
28-28	Josh Bolton		E1	270	34:02	3:25	5:29
41-41	Dave Meloche		E2	276	34:32	3:28	5:34
47-47	Matthew Travaglini		R	278	34:48	3:29	5:37
62-62	Josh Huffman		E4	273	35:26	3:33	5:43
Top 5 Total Time:		163:38	Top 5 Average Time:		32:44		
Top 5 Average per KM:		3:17	Top 5 Average Per MILE:		5:17		
1 - 5 Split:		1:32	1 - 7 Split:		1:59		
Top 7 Total Time:		231:38	Top 7 Average Time:		33:06		

TEAM: GUELPH GRYPHONS**SCORE 39****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Ross Proudfoot		E2	68	32:11	3:14	5:11
5-5	Aaron Hendrixx		R	64	32:36	3:16	5:15
8-8	Ian Donald		R	61	33:01	3:19	5:19
10-10	Tommy Lecours		E3	67	33:10	3:19	5:21
14-14	Chris Dulhanty		E2	62	33:18	3:20	5:22
30-30	Connor Clerke		R	60	34:04	3:25	5:29
31-31	Benoit Boulay		E3	59	34:06	3:25	5:30
36-36	Stephen Holmes		E3	65	34:22	3:27	5:32
58-58	Drew Anderson		R	58	35:17	3:32	5:41
Top 5 Total Time:		164:16	Top 5 Average Time:		32:52		
Top 5 Average per KM:		3:18	Top 5 Average Per MILE:		5:18		
1 - 5 Split:		1:07	1 - 7 Split:		1:55		
Top 7 Total Time:		232:26	Top 7 Average Time:		33:13		

TEAM: WESTERN MUSTANGS**SCORE 77****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Kyle O'Neill		E5	256	33:06	3:19	5:20
12-12	Ryan Armstrong		E4	251	33:15	3:20	5:22
15-15	Brent Smith		E5	259	33:21	3:21	5:23
19-19	Phil Parrot-Migas		R	257	33:32	3:22	5:24
22-22	Kevin Blackney		E2	253	33:34	3:22	5:25
37-36	Chris Balestrini		R	252	34:22	3:27	5:32
60-56	Alex Russell		R	258	35:21	3:33	5:42
88-88	Pat Hartman		R	254	36:40	3:40	5:55
Top 5 Total Time:		166:48	Top 5 Average Time:		33:22		
Top 5 Average per KM:		3:21	Top 5 Average Per MILE:		5:23		
1 - 5 Split:		:28	1 - 7 Split:		2:15		
Top 7 Total Time:		236:31	Top 7 Average Time:		33:48		

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TEAM: QUEEN'S GAELS**SCORE 100****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Maxime Leboeuf		E5	170	33:10	3:19	5:21
13-13	Nicholas McGraw		E1	172	33:18	3:20	5:22
17-17	David Cashin		R	168	33:28	3:21	5:24
26-26	Oliver Hathaway		E4	169	33:53	3:24	5:28
33-33	Cody Beals		E3	166	34:10	3:25	5:30
45-43	Michael Nishiyama		E4	173	34:43	3:29	5:36
59-55	Kevin Azocar		E2	165	35:18	3:32	5:41
61-61	Cameron Levac		R	171	35:24	3:33	5:42
64-64	Kyle Zosiak		R	175	35:27	3:33	5:43
76-76	Jeff Behan		E2	167	36:01	3:37	5:48
80-80	Eric MacPherson		R	174	36:17	3:38	5:51
Top 5 Total Time:		167:59	Top 5 Average Time:		33:36		
Top 5 Average per KM:		3:22	Top 5 Average Per MILE:		5:25		
1 - 5 Split:		1:00	1 - 7 Split:		2:08		
Top 7 Total Time:		238:00	Top 7 Average Time:		34:00		

TEAM: TORONTO VARSITY BLUE**SCORE 144****PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
16-16	Antun Pavelic		E4	214	33:23	3:21	5:23
20-20	Zain Ahmed		E2	205	33:33	3:22	5:24
24-24	Jake Woloshyn		E3	216	33:40	3:22	5:26
40-39	Alexey Strokach		E4	215	34:29	3:27	5:33
48-45	Alex Belluzzo		E2	206	34:51	3:30	5:37
51-48	Andrew Cruickshank		E4	207	34:56	3:30	5:38
67-60	Brendan Hynes		R	210	35:36	3:34	5:44
75-75	Nick Ntoukas		R	212	36:00	3:36	5:48
83-83	Andrew Kennedy		E4	209	36:22	3:39	5:52
95-95	Connor Outhit		E2	213	37:07	3:43	5:59
97-97	James Lamers		E1	211	37:31	3:46	6:03
Top 5 Total Time:		169:56	Top 5 Average Time:		34:00		
Top 5 Average per KM:		3:24	Top 5 Average Per MILE:		5:29		
1 - 5 Split:		1:28	1 - 7 Split:		2:13		
Top 7 Total Time:		240:28	Top 7 Average Time:		34:22		

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TEAM: MCMASTER MARAUDERS SCORE 175 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
21-21	Cory McCurry		E5	135	33:34	3:22	5:25
29-29	Graham Bowes		E4	132	34:03	3:25	5:29
35-35	Ryan Tice		E4	138	34:18	3:26	5:32
46-44	Zac Brown		R	133	34:45	3:29	5:36
49-46	Blair Morgan		R	136	34:55	3:30	5:38
63-57	Sean Bowen		E3	131	35:26	3:33	5:43
74-67	Taylor Forbes		R	134	35:59	3:36	5:48
77-77	Tristan Sandhu		E4	137	36:04	3:37	5:49
96-96	Eric Barry		E2	130	37:24	3:45	6:02
Top 5 Total Time:		171:35			Top 5 Average Time:	34:19	
Top 5 Average per KM:		3:26			Top 5 Average Per MILE:	5:32	
1 - 5 Split:		1:21			1 - 7 Split:	2:25	
Top 7 Total Time:		243:00			Top 7 Average Time:	34:43	

TEAM: WATERLOO WARRIORS SCORE 215 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
18-18	Charles Allan		E3	227	33:30	3:21	5:24
25-25	Michael Stewart		E2	236	33:51	3:24	5:27
56-53	Liam Mulroy		E2	233	35:10	3:31	5:40
57-54	Patrick MacKinnon		E4	230	35:14	3:32	5:41
72-65	Devon Briggs		E2	228	35:49	3:35	5:46
73-66	Chris Morgan		R	232	35:58	3:36	5:48
81-70	Matt Robertson		E3	234	36:18	3:38	5:51
85-85	Ryan Santos		E2	235	36:34	3:40	5:54
100-100	Gabriel Moreno-Bautista		E2	231	37:52	3:48	6:06
108-108	Dylan Dowling		R	229	38:26	3:51	6:12
Top 5 Total Time:		173:34			Top 5 Average Time:	34:43	
Top 5 Average per KM:		3:29			Top 5 Average Per MILE:	5:36	
1 - 5 Split:		2:19			1 - 7 Split:	2:48	
Top 7 Total Time:		245:50			Top 7 Average Time:	35:08	

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TEAM: LAURIER GOLDEN HAWKS SCORE 235 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
34-34	Shoaib Ikram		E3	97	34:17	3:26	5:32
43-41	Alex Garriock		E4	95	34:40	3:28	5:35
53-50	Ian Turnbull		R	101	35:03	3:31	5:39
54-51	Abdhu Zaghlol		E2	102	35:04	3:31	5:39
66-59	Soaib Ikram		E3	98	35:35	3:34	5:44
71-64	Brett Cameron		E3	92	35:47	3:35	5:46
79-69	Adam Cornwall		R	93	36:16	3:38	5:51
93-93	Sean Patterson		E2	100	36:50	3:41	5:56
99-99	Jonathon Gascho		E2	96	37:39	3:46	6:04
121-121	Elliot De Lange		R	94	40:37	4:04	6:33
Top 5 Total Time:		174:39	Top 5 Average Time:		34:56		
Top 5 Average per KM:		3:30	Top 5 Average Per MILE:		5:38		
1 - 5 Split:		1:18	1 - 7 Split:		1:59		
Top 7 Total Time:		246:42	Top 7 Average Time:		35:15		

TEAM: ALBERTA GOLDEN BEARS SCORE 270 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
38-37	Graeme Law		E4	9	34:25	3:27	5:33
42-40	Marcus Ivey		E4	8	34:37	3:28	5:35
44-42	Donovan Hacking		E2	7	34:42	3:29	5:36
89-75	Richard Renaud		E5	10	36:41	3:41	5:55
90-76	David Falk		E3	6	36:45	3:41	5:55
Top 5 Total Time:		177:10	Top 5 Average Time:		35:26		
Top 5 Average per KM:		3:33	Top 5 Average Per MILE:		5:43		
1 - 5 Split:		2:20	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

TEAM: CONCORDIA STINGERS SCORE 296 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Ryan Noel-Hodge		E3	38	32:49	3:17	5:17
32-32	Sofiane Guend		E5	33	34:07	3:25	5:30
102-82	Joe Liu		E1	37	37:54	3:48	6:06
104-84	Kyle L'Esperence		E1	36	38:03	3:49	6:08
114-92	Jean Marc Laforest		E4	35	39:12	3:56	6:19
120-97	Mahbubuzzaman Kazi		R	34	40:12	4:02	6:29
Top 5 Total Time:		182:05	Top 5 Average Time:		36:25		
Top 5 Average per KM:		3:39	Top 5 Average Per MILE:		5:52		
1 - 5 Split:		6:23	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

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TEAM: BROCK BADGERS**SCORE 317****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
39-38	Kevin Moore		E4	21	34:25	3:27	5:33
65-58	Andrew White		R	25	35:32	3:34	5:44
78-68	Chris De Vries		E5	19	36:16	3:38	5:51
86-73	Mike Van Bakel		E2	23	36:35	3:40	5:54
98-80	Kyler Campeau		E1	18	37:35	3:46	6:03
101-81	Jonathan Veens		E2	24	37:52	3:48	6:06
106-86	Alastair Thompson		R	22	38:14	3:50	6:10
113-113	Mike MacKett		E3	20	38:57	3:54	6:17
116-116	Miles Bason		E3	17	39:48	3:59	6:25
Top 5 Total Time:		180:23			Top 5 Average Time:		36:05
Top 5 Average per KM:		3:37			Top 5 Average Per MILE:		5:49
1 - 5 Split:		3:10			1 - 7 Split:		3:49
Top 7 Total Time:		256:29			Top 7 Average Time:		36:39

TEAM: YORK LIONS**SCORE 325****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
55-52	Ethan Henry		E2	294	35:07	3:31	5:40
68-61	Esteban Clavijo		E2	290	35:37	3:34	5:44
70-63	Christopher Pietrangelo		E1	297	35:45	3:35	5:46
82-71	Sam Neal		R	295	36:19	3:38	5:51
92-78	Ish Ahmad		R	288	36:49	3:41	5:56
112-91	Brandon Davis		E1	291	38:53	3:54	6:16
117-94	Christopher Pallotta		E1	296	39:50	3:59	6:25
Top 5 Total Time:		179:37			Top 5 Average Time:		35:56
Top 5 Average per KM:		3:36			Top 5 Average Per MILE:		5:47
1 - 5 Split:		1:42			1 - 7 Split:		4:43
Top 7 Total Time:		258:20			Top 7 Average Time:		36:55

TEAM: MCGILL REDMEN**SCORE 345****PLACE: 13**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
50-47	Ian Forbes		E2	114	34:56	3:30	5:38
69-62	Michael Abramson		R	113	35:42	3:35	5:45
87-74	Joshua Hnizdor		R	117	36:36	3:40	5:54
94-79	Jaan Grondahl		E2	116	36:52	3:42	5:56
103-83	Laurent Gervais-Robert		E2	115	38:02	3:49	6:08
Top 5 Total Time:		182:08			Top 5 Average Time:		36:26
Top 5 Average per KM:		3:39			Top 5 Average Per MILE:		5:52
1 - 5 Split:		3:06			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM: RMC PALADINS**SCORE 401****PLACE: 14**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
52-49	Richard Hayes		E4	188	34:57	3:30	5:38
105-85	Anthony Dionne		R	185	38:05	3:49	6:08
109-88	Paul Goff		R	186	38:33	3:52	6:13
110-89	Eric Henderson		E3	189	38:35	3:52	6:13
111-90	Jordan Vadala		E3	192	38:41	3:53	6:14
=====							
115-93	Adrian Thow		R	191	39:42	3:59	6:24
119-96	Colin Shannon		E2	190	40:07	4:01	6:28
=====							
122-122	Gordon Hallam		E1	182	40:58	4:06	6:36
Top 5 Total Time:		188:51			Top 5 Average Time:		37:47
Top 5 Average per KM:		3:47			Top 5 Average Per MILE:		6:05
1 - 5 Split:		3:44			1 - 7 Split:		5:10
Top 7 Total Time:		268:40			Top 7 Average Time:		38:23

TEAM: NIPISSING LAKERS**SCORE 429****PLACE: 15**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
84-72	Terry Doiron		R	149	36:26	3:39	5:52
91-77	Kevin Perry		R	150	36:48	3:41	5:56
107-87	Jordan Scott		R	152	38:24	3:51	6:11
118-95	Alexander Burley		E4	148	40:05	4:01	6:28
123-98	Kyle Radigan		E1	151	41:09	4:07	6:38
=====							
124-99	Curtis Brennan		E2	147	42:08	4:13	6:47
Top 5 Total Time:		192:52			Top 5 Average Time:		38:35
Top 5 Average per KM:		3:52			Top 5 Average Per MILE:		6:13
1 - 5 Split:		4:43			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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START @ 10:00am

Conditions: sunny, mild, 16°C

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

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	POINTS	SCORERS	DISPLACERS
1	GUELPH GRYPHONS	42	2-3-4-8-25	30-36
2	MCMASTER MARAUDERS	44	6-7-9-10-12	18-39
3	WESTERN MUSTANGS	95	11-13-20-22-29	37-42
4	MCGILL MARTLETS	99	5-14-19-28-33	35-48
5	DALHOUSIE TIGERS	149	15-16-31-38-49	52-59
6	QUEEN'S GAELS	203	17-41-44-50-51	57-61
7	WATERLOO WARRIORS	219	21-23-54-55-66	67-73
8	WINDSOR LANCERS	236	26-40-47-60-63	72-74
9	LAURENTIAN LADY VEES	239	27-32-53-56-71	76-79
10	ALBERTA PANDAS	250	34-43-46-58-69	
11	TORONTO VARSITY BLUE	295	1-65-70-78-81	82-92
12	YORK LIONS	314	45-62-64-68-75	93-99
13	CONCORDIA STINGERS	388	24-84-88-90-102	
14	BROCK BADGERS	438	77-80-89-94-98	107
15	LAURIER GOLDEN HAWKS	475	86-95-96-97-101	106
16	NIPISSING LAKERS	480	83-85-103-104-105	110-111
17	RMC PALADINS	495	87-91-100-108-109	112-113

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	197	Tamara Jewett		E3	TORONTO VARSITY BLUE	1	17:35
2	2	56	Andrea Secaffien		E3	GUELPH GRYPHONS	1	18:02
3	3	53	Ciara Kary		R	GUELPH GRYPHONS	2	18:05
4	4	49	Lydia Frost		E4	GUELPH GRYPHONS	3	18:15
5	5	110	Jessica Porfilio		R	MCGILL MARTLETS	1	18:16
6	6	118	Lindsay Carson		E4	MCMASTER MARAUDERS	1	18:20
7	7	119	Victoria Coates		E3	MCMASTER MARAUDERS	2	18:21
8	8	50	Nadine Frost		E4	GUELPH GRYPHONS	4	18:21
9	9	129	Jillian Wyman		E4	MCMASTER MARAUDERS	3	18:24
10	10	127	Courtney Patterson		E3	MCMASTER MARAUDERS	4	18:24
11	11	239	Melissa Caruso		R	WESTERN MUSTANGS	1	18:26
12	12	125	Stephanie MacNeill		E3	MCMASTER MARAUDERS	5	18:27
13	13	247	Becky Pieteron		E2	WESTERN MUSTANGS	2	18:28
14	14	108	Sarah McCuaig		E3	MCGILL MARTLETS	2	18:30
15	15	43	Ashley Ryer		E5	DALHOUSIE TIGERS	1	18:32
16	16	44	Holly Van Gestel		E4	DALHOUSIE TIGERS	2	18:36
17	17	159	Stephanie Hulse		E3	QUEEN'S GAELS	1	18:38
18	18	120	Sara Giovannetti		E4	MCMASTER MARAUDERS	6	18:42
19	19	111	Charlene Puel		E4	MCGILL MARTLETS	3	18:43
20	20	237	Jen Bays		E3	WESTERN MUSTANGS	3	18:44

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21	21	218	Kristin Flanagan	E2	WATERLOO WARRIORS	1	18:44
22	22	240	Hailey Cummings	E3	WESTERN MUSTANGS	4	18:52
23	23	223	Kristen Marchant	E2	WATERLOO WARRIORS	2	18:55
24	24	29	Dominique Roy	E4	CONCORDIA STINGERS	1	18:55
25	25	46	Valerie Cote	E2	GUELPH GRYPHONS	5	18:56
26	26	261	Jen Corrick	E4	WINDSOR LANCERS	1	18:57
27	27	78	Gracie Tetzlaff	E4	LAURENTIAN LADY VEES	1	19:00
28	28	112	Madeleine Williams	E1	MCGILL MARTLETS	4	19:05
29	29	244	Alicia Knox	E3	WESTERN MUSTANGS	5	19:05
30	30	48	Emily Driedger	E2	GUELPH GRYPHONS	6	19:06
31	31	40	Ashley Chisholm	E3	DALHOUSIE TIGERS	3	19:08
32	32	80	Adrienne Wilson	E2	LAURENTIAN LADY VEES	2	19:09
33	33	104	Catherine Drouin-Audet	E5	MCGILL MARTLETS	5	19:11
34	34	1	Erin Humphries	E5	ALBERTA PANDAS	1	19:12
35	35	105	Jullien Flynn	R	MCGILL MARTLETS	6	19:13
36	36	55	Robyn Mildren	E3	GUELPH GRYPHONS	7	19:13
37	37	243	Justine Horne	E2	WESTERN MUSTANGS	6	19:18
38		47	Jenn Dowling-Medley	R	GUELPH GRYPHONS	8	19:20
39	38	42	Cara Groves	E3	DALHOUSIE TIGERS	4	19:22
40	39	123	Rachel Lamb	E4	MCMASTER MARAUDERS	7	19:24
41		124	Chelsea MacKinnon	R	MCMASTER MARAUDERS	8	19:28
42	40	265	Meaghan Marton	R	WINDSOR LANCERS	2	19:32
43	41	156	Alex Gatza	E2	QUEEN'S GAELS	2	19:35
44	42	248	Ali Savill	E3	WESTERN MUSTANGS	7	19:35
45		126	Laura Morrison	R	MCMASTER MARAUDERS	9	19:36
46	43	4	Nicole Soderberg	E2	ALBERTA PANDAS	2	19:36
47	44	154	Monica Bolesjzo	E5	QUEEN'S GAELS	3	19:37
48	45	286	Kathryn Pistor	E4	YORK LIONS	1	19:38
49		128	Sarah Wilson	R	MCMASTER MARAUDERS	10	19:39
50		242	Julie Hambleton	E2	WESTERN MUSTANGS	8	19:40
51	46	3	Amy McLean	R	ALBERTA PANDAS	3	19:40
52		238	Emily Blacklaws	E2	WESTERN MUSTANGS	9	19:41
53	47	262	Samantha Kellam	E2	WINDSOR LANCERS	3	19:43
54	48	103	Evelyn Anderson	R	MCGILL MARTLETS	7	19:43
55	49	41	Sarah Currie	E2	DALHOUSIE TIGERS	5	19:48
56	50	161	Lauren Prufer	E1	QUEEN'S GAELS	4	19:48
57		52	Domi Jamnický	E2	GUELPH GRYPHONS	9	19:49
58		121	Lizz Hodgson	E2	MCMASTER MARAUDERS	11	19:50
59		107	Melissa Iskandar	R	MCGILL MARTLETS	8	19:51
60	51	163	Meghan Tait	E2	QUEEN'S GAELS	5	19:52
61		122	Ashley Kellam	E5	MCMASTER MARAUDERS	12	19:52
62	52	45	Hannah Walker	E2	DALHOUSIE TIGERS	6	19:53
63	53	81	Katie Wismer	R	LAURENTIAN LADY VEES	3	19:53
64		245	Courtney Long	E2	WESTERN MUSTANGS	10	19:54
65		57	Rebecca Wolff	R	GUELPH GRYPHONS	10	19:56
66	54	224	Karina Sils	E3	WATERLOO WARRIORS	3	19:57
67	55	217	Heather Dimond	R	WATERLOO WARRIORS	4	19:58
68	56	77	Emma Tallman	E4	LAURENTIAN LADY VEES	4	19:59
69	57	153	Veronica Allan	E1	QUEEN'S GAELS	6	19:59
70	58	5	Natalia Szykarczuk	E3	ALBERTA PANDAS	4	20:10
71	59	298	Morgan Hawkes	R	DALHOUSIE TIGERS	7	20:12
72	60	264	Gabrielle Malette	R	WINDSOR LANCERS	4	20:13

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73	61	158	Bronwyn Hodgins	E1	QUEEN'S GAELS	7	20:13
74	62	284	Karen Lawson	E4	YORK LIONS	2	20:14
75		300	Sara Ubbens	E2	DALHOUSIE TIGERS	8	20:15
76	63	263	Kelly Laing	E4	WINDSOR LANCERS	5	20:18
77		246	Kiersten Myers	E1	WESTERN MUSTANGS	11	20:18
78		54	Sally McIntyre	R	GUELPH GRYPHONS	11	20:19
79	64	285	Emily McGaugh	R	YORK LIONS	3	20:24
80	65	204	Emma Spelt	R	TORONTO VARSITY BLUE	2	20:24
81		157	Laura Goodfellow	E3	QUEEN'S GAELS	8	20:25
82	66	222	Claire Lobsinger	E4	WATERLOO WARRIORS	5	20:27
83	67	220	Stephanie Hinton	E4	WATERLOO WARRIORS	6	20:31
84	68	281	Carol Graham	E5	YORK LIONS	4	20:35
85		299	Britany MacArthur	E2	DALHOUSIE TIGERS	9	20:37
86	69	2	Alixandra Knowles	R	ALBERTA PANDAS	5	20:38
87	70	203	Erin Ready	E2	TORONTO VARSITY BLUE	3	20:39
88		164	Colleen Wilson	E2	QUEEN'S GAELS	9	20:40
89		109	Gina Pinsonnault-Bilodeau	E5	MCGILL MARTLETS	9	20:40
90	71	72	Ruth Burrowes	R	LAURENTIAN LADY VEES	5	20:41
91	72	268	Tamara Tymchuk	E2	WINDSOR LANCERS	6	20:43
92		162	Beki Roth	E4	QUEEN'S GAELS	10	20:49
93	73	225	Leanne Stuiwe	E3	WATERLOO WARRIORS	7	20:50
94	74	260	Haley Cadwallader	E3	WINDSOR LANCERS	7	20:57
95	75	283	Iana Kotliarova	E3	YORK LIONS	5	20:59
96	76	74	Michelle Kennedy	R	LAURENTIAN LADY VEES	6	21:03
97		155	Theresa Fritz-Endres	E3	QUEEN'S GAELS	11	21:03
98		106	Marie Haines	E2	MCGILL MARTLETS	10	21:04
99	77	13	Brittany Dunbar	E3	BROCK BADGERS	1	21:05
100	78	200	Chantelle Maryuen	E3	TORONTO VARSITY BLUE	4	21:07
101	79	76	Morgan Rammo	E2	LAURENTIAN LADY VEES	7	21:08
102		267	Lindsay Thompson	R	WINDSOR LANCERS	8	21:11
103	80	14	Megan Kiley	R	BROCK BADGERS	2	21:13
104	81	199	Paulina Maher	E3	TORONTO VARSITY BLUE	5	21:22
105	82	202	Amy Prickett	R	TORONTO VARSITY BLUE	6	21:23
106		79	Jenna Thornber	R	LAURENTIAN LADY VEES	8	21:24
107	83	141	Amy Claridge	E2	NIPISSING LAKERS	1	21:24
108	84	26	Luci Dykstra	E2	CONCORDIA STINGERS	2	21:25
109	85	145	Felicia Saunders	E3	NIPISSING LAKERS	2	21:30
110	86	84	Megan Fletcher	E2	LAURIER GOLDEN HAWKS	1	21:31
111		219	Rachel Hartviksen	E3	WATERLOO WARRIORS	8	21:34
112	87	177	Emilie Beland	E2	RMC PALADINS	1	21:40
113	88	28	Molly Howes	E4	CONCORDIA STINGERS	3	21:46
114		241	Brittany Hambleton	E2	WESTERN MUSTANGS	12	21:46
115	89	12	Brianna Cauley	E2	BROCK BADGERS	3	21:47
116	90	27	Kelly Hewitt	E3	CONCORDIA STINGERS	4	21:48
117	91	176	Isabelle Allain	E2	RMC PALADINS	2	21:51
118		266	Tanis Smith	E2	WINDSOR LANCERS	9	21:52
119		249	Jackie Todd	E5	WESTERN MUSTANGS	13	21:53
120	92	194	Joanna Chan	R	TORONTO VARSITY BLUE	7	21:57
121		221	Elise Ikert	E3	WATERLOO WARRIORS	9	21:59
122		73	Alexandra Jarvis	R	LAURENTIAN LADY VEES	9	22:02
123	93	282	Catherine Huntley	E1	YORK LIONS	6	22:06
124	94	11	Stephanie Bowes	E1	BROCK BADGERS	4	22:07

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125	95	87	Kate Kruckshank	R	LAURIER GOLDEN HAWKS	2	22:08
126	96	90	Jaqueline Tmej	R	LAURIER GOLDEN HAWKS	3	22:11
127		71	Alyssa Bedard	E2	LAURENTIAN LADY VEES	10	22:11
128		198	Katie Komarnicky	R	TORONTO VARSITY BLUE	8	22:14
129	97	86	Nicole Green	E1	LAURIER GOLDEN HAWKS	4	22:16
130	98	16	Jennifer Roberts	R	BROCK BADGERS	5	22:23
131	99	280	Nicole Francki	E3	YORK LIONS	7	22:31
132	100	184	Yana Volodarets	E2	RMC PALADINS	3	22:34
133	101	89	Amy Morin	E4	LAURIER GOLDEN HAWKS	5	22:42
134	102	30	Valerie Sicard-Thibodeau	R	CONCORDIA STINGERS	5	22:50
135	103	143	Melissa McKiel	E3	NIPISSING LAKERS	3	22:58
136	104	144	Taralynn Ray	E5	NIPISSING LAKERS	4	23:05
137	105	139	Lynsey Bialkowski	E1	NIPISSING LAKERS	5	23:19
138	106	91	Lindsay Wright	E3	LAURIER GOLDEN HAWKS	6	23:28
139	107	15	Sarah Rasmussen	E1	BROCK BADGERS	6	23:33
140	108	178	Danielle Chagnon	E1	RMC PALADINS	4	23:33
141	109	181	Sonia Menard	E1	RMC PALADINS	5	23:39
142	110	142	Emily Floyd	E1	NIPISSING LAKERS	6	23:49
143	111	146	Brianna Yard	E1	NIPISSING LAKERS	7	24:15
144	112	179	Paula Findlater	E1	RMC PALADINS	6	24:49
145		140	Antoinette Busch	E3	NIPISSING LAKERS	8	25:02
146	113	183	Emily Ubbens	E1	RMC PALADINS	7	25:29

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TEAM: GUELPH GRYPHONS**SCORE 42****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Andrea Secaffien		E3	56	18:02	3:37	5:49
3-3	Ciara Kary		R	53	18:05	3:37	5:50
4-4	Lydia Frost		E4	49	18:15	3:39	5:53
8-8	Nadine Frost		E4	50	18:21	3:41	5:55
25-25	Valerie Cote		E2	46	18:56	3:48	6:06
30-30	Emily Driedger		E2	48	19:06	3:50	6:09
36-36	Robyn Mildren		E3	55	19:13	3:51	6:12
38-38	Jenn Dowling-Medley		R	47	19:20	3:52	6:14
57-57	Domi Jamnicky		E2	52	19:49	3:58	6:23
65-65	Rebecca Wolff		R	57	19:56	4:00	6:25
78-78	Sally McIntyre		R	54	20:19	4:04	6:33
Top 5 Total Time:		91:39	Top 5 Average Time:		18:20		
Top 5 Average per KM:		3:40	Top 5 Average Per MILE:		5:54		
1 - 5 Split:		:54	1 - 7 Split:		1:11		
Top 7 Total Time:		129:58	Top 7 Average Time:		18:34		

TEAM: MCMASTER MARAUDERS**SCORE 44****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Lindsay Carson		E4	118	18:20	3:40	5:55
7-7	Victoria Coates		E3	119	18:21	3:41	5:55
9-9	Jillian Wyman		E4	129	18:24	3:41	5:56
10-10	Courtney Patterson		E3	127	18:24	3:41	5:56
12-12	Stephanie MacNeill		E3	125	18:27	3:42	5:57
18-18	Sara Giovannetti		E4	120	18:42	3:45	6:02
40-39	Rachel Lamb		E4	123	19:24	3:53	6:15
41-41	Chelsea MacKinnon		R	124	19:28	3:54	6:16
45-45	Laura Morrison		R	126	19:36	3:56	6:19
49-49	Sarah Wilson		R	128	19:39	3:56	6:20
58-58	Lizz Hodgson		E2	121	19:50	3:58	6:24
61-61	Ashley Kellam		E5	122	19:52	3:59	6:24
Top 5 Total Time:		91:56	Top 5 Average Time:		18:24		
Top 5 Average per KM:		3:41	Top 5 Average Per MILE:		5:56		
1 - 5 Split:		7	1 - 7 Split:		1:04		
Top 7 Total Time:		130:02	Top 7 Average Time:		18:35		

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TEAM: WESTERN MUSTANGS**SCORE 95****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Melissa Caruso		R	239	18:26	3:42	5:56
13-13	Becky Pieteron		E2	247	18:28	3:42	5:57
20-20	Jen Bays		E3	237	18:44	3:45	6:02
22-22	Hailey Cummings		E3	240	18:52	3:47	6:05
29-29	Alicia Knox		E3	244	19:05	3:49	6:09
=====							
37-37	Justine Horne		E2	243	19:18	3:52	6:13
44-42	Ali Savill		E3	248	19:35	3:55	6:19
=====							
50-50	Julie Hambleton		E2	242	19:40	3:56	6:20
52-52	Emily Blacklaws		E2	238	19:41	3:57	6:21
64-64	Courtney Long		E2	245	19:54	3:59	6:25
77-77	Kiersten Myers		E1	246	20:18	4:04	6:33
114-114	Brittany Hambleton		E2	241	21:46	4:22	7:01
119-119	Jackie Todd		E5	249	21:53	4:23	7:03
Top 5 Total Time:		93:35			Top 5 Average Time:	18:43	
Top 5 Average per KM:		3:45			Top 5 Average Per MILE:	6:02	
1 - 5 Split:		:39			1 - 7 Split:	1:09	
Top 7 Total Time:		132:28			Top 7 Average Time:	18:56	

TEAM: MCGILL MARTLETS**SCORE 99****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Jessica Porfilio		R	110	18:16	3:40	5:53
14-14	Sarah McCuaig		E3	108	18:30	3:42	5:58
19-19	Charlene Puel		E4	111	18:43	3:45	6:02
28-28	Madeleine Williams		E1	112	19:05	3:49	6:09
33-33	Catherine Drouin-Audet		E5	104	19:11	3:51	6:11
=====							
35-35	Jullien Flynn		R	105	19:13	3:51	6:12
54-48	Evelyn Anderson		R	103	19:43	3:57	6:21
=====							
59-59	Melissa Iskandar		R	107	19:51	3:59	6:24
89-89	Gina Pinsonnault-Bilodeau		E5	109	20:40	4:08	6:40
98-98	Marie Haines		E2	106	21:04	4:13	6:47
Top 5 Total Time:		93:45			Top 5 Average Time:	18:45	
Top 5 Average per KM:		3:45			Top 5 Average Per MILE:	6:03	
1 - 5 Split:		:55			1 - 7 Split:	1:27	
Top 7 Total Time:		132:41			Top 7 Average Time:	18:58	

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TEAM: DALHOUSIE TIGERS**SCORE 149****PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
15-15	Ashley Ryer		E5	43	18:32	3:43	5:58
16-16	Holly Van Gestel		E4	44	18:36	3:44	6:00
31-31	Ashley Chisholm		E3	40	19:08	3:50	6:10
39-38	Cara Groves		E3	42	19:22	3:53	6:15
55-49	Sarah Currie		E2	41	19:48	3:58	6:23
62-52	Hannah Walker		E2	45	19:53	3:59	6:24
71-59	Morgan Hawkes		R	298	20:12	4:03	6:31
75-75	Sara Ubbens		E2	300	20:15	4:03	6:32
85-85	Britany MacArthur		E2	299	20:37	4:08	6:39
Top 5 Total Time:		95:26			Top 5 Average Time:		19:06
Top 5 Average per KM:		3:50			Top 5 Average Per MILE:		6:09
1 - 5 Split:		1:16			1 - 7 Split:		1:40
Top 7 Total Time:		135:31			Top 7 Average Time:		19:22

TEAM: QUEEN'S GAELS**SCORE 203****PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-17	Stephanie Hulse		E3	159	18:38	3:44	6:00
43-41	Alex Gatza		E2	156	19:35	3:55	6:19
47-44	Monica Bolesjzo		E5	154	19:37	3:56	6:19
56-50	Lauren Prufer		E1	161	19:48	3:58	6:23
60-51	Meghan Tait		E2	163	19:52	3:59	6:24
69-57	Veronica Allan		E1	153	19:59	4:00	6:26
73-61	Bronwyn Hodgins		E1	158	20:13	4:03	6:31
81-81	Laura Goodfellow		E3	157	20:25	4:05	6:35
88-88	Colleen Wilson		E2	164	20:40	4:08	6:40
92-92	Beki Roth		E4	162	20:49	4:10	6:43
97-97	Theresa Fritz-Endres		E3	155	21:03	4:13	6:47
Top 5 Total Time:		97:30			Top 5 Average Time:		19:30
Top 5 Average per KM:		3:54			Top 5 Average Per MILE:		6:17
1 - 5 Split:		1:14			1 - 7 Split:		1:35
Top 7 Total Time:		137:42			Top 7 Average Time:		19:41

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TEAM: WATERLOO WARRIORS**SCORE 219****PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
21-21	Kristin Flanagan		E2	218	18:44	3:45	6:02
23-23	Kristen Marchant		E2	223	18:55	3:47	6:06
66-54	Karina Sils		E3	224	19:57	4:00	6:26
67-55	Heather Dimond		R	217	19:58	4:00	6:26
82-66	Claire Lobsinger		E4	222	20:27	4:06	6:35
83-67	Stephanie Hinton		E4	220	20:31	4:07	6:37
93-73	Leanne Stuive		E3	225	20:50	4:10	6:43
111-111	Rachel Hartviksen		E3	219	21:34	4:19	6:57
121-121	Elise Ikert		E3	221	21:59	4:24	7:05
Top 5 Total Time:		98:01			Top 5 Average Time:		19:37
Top 5 Average per KM:		3:56			Top 5 Average Per MILE:		6:19
1 - 5 Split:		1:43			1 - 7 Split:		2:06
Top 7 Total Time:		139:22			Top 7 Average Time:		19:55

TEAM: WINDSOR LANCERS**SCORE 236****PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-26	Jen Corrick		E4	261	18:57	3:48	6:06
42-40	Meaghan Marton		R	265	19:32	3:55	6:18
53-47	Samantha Kellam		E2	262	19:43	3:57	6:21
72-60	Gabrielle Malette		R	264	20:13	4:03	6:31
76-63	Kelly Laing		E4	263	20:18	4:04	6:33
91-72	Tamara Tymchuk		E2	268	20:43	4:09	6:41
94-74	Haley Cadwallader		E3	260	20:57	4:12	6:45
102-102	Lindsay Thompson		R	267	21:11	4:15	6:50
118-118	Tanis Smith		E2	266	21:52	4:23	7:03
Top 5 Total Time:		98:43			Top 5 Average Time:		19:45
Top 5 Average per KM:		3:57			Top 5 Average Per MILE:		6:22
1 - 5 Split:		1:21			1 - 7 Split:		2:00
Top 7 Total Time:		140:23			Top 7 Average Time:		20:04

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TEAM: LAURENTIAN LADY VEEES SCORE 239 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
27-27	Gracie Tetzlaff		E4	78	19:00	3:48	6:07
32-32	Adrienne Wilson		E2	80	19:09	3:50	6:10
63-53	Katie Wismer		R	81	19:53	3:59	6:24
68-56	Emma Tallman		E4	77	19:59	4:00	6:26
90-71	Ruth Burrowes		R	72	20:41	4:09	6:40
=====							
96-76	Michelle Kennedy		R	74	21:03	4:13	6:47
101-79	Morgan Rammo		E2	76	21:08	4:14	6:49
=====							
106-106	Jenna Thornber		R	79	21:24	4:17	6:54
122-122	Alexandra Jarvis		R	73	22:02	4:25	7:06
127-127	Alyssa Bedard		E2	71	22:11	4:27	7:09
Top 5 Total Time:		98:42			Top 5 Average Time:	19:45	
Top 5 Average per KM:		3:57			Top 5 Average Per MILE:	6:22	
1 - 5 Split:		1:41			1 - 7 Split:	2:08	
Top 7 Total Time:		140:53			Top 7 Average Time:	20:08	

TEAM: ALBERTA PANDAS SCORE 250 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
34-34	Erin Humphries		E5	1	19:12	3:51	6:11
46-43	Nicole Soderberg		E2	4	19:36	3:56	6:19
51-46	Amy McLean		R	3	19:40	3:56	6:20
70-58	Natalia Szykarczuk		E3	5	20:10	4:02	6:30
86-69	Alixandra Knowles		R	2	20:38	4:08	6:39
=====							
Top 5 Total Time:		99:16			Top 5 Average Time:	19:52	
Top 5 Average per KM:		3:59			Top 5 Average Per MILE:	6:24	
1 - 5 Split:		1:26			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: TORONTO VARSITY BLUE SCORE 295 PLACE: 11

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Tamara Jewett		E3	197	17:35	3:31	5:40
80-65	Emma Spelt		R	204	20:24	4:05	6:34
87-70	Erin Ready		E2	203	20:39	4:08	6:39
100-78	Chantelle Maryuen		E3	200	21:07	4:14	6:48
104-81	Paulina Maher		E3	199	21:22	4:17	6:53
=====							
105-82	Amy Prickett		R	202	21:23	4:17	6:53
120-92	Joanna Chan		R	194	21:57	4:24	7:04
=====							
128-128	Katie Komarnicky		R	198	22:14	4:27	7:10
Top 5 Total Time:		101:07			Top 5 Average Time:	20:14	
Top 5 Average per KM:		4:03			Top 5 Average Per MILE:	6:31	
1 - 5 Split:		3:47			1 - 7 Split:	4:22	
Top 7 Total Time:		144:27			Top 7 Average Time:	20:39	

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TEAM: YORK LIONS**SCORE 314****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
48-45	Kathryn Pistor		E4	286	19:38	3:56	6:20
74-62	Karen Lawson		E4	284	20:14	4:03	6:31
79-64	Emily McGaugh		R	285	20:24	4:05	6:34
84-68	Carol Graham		E5	281	20:35	4:07	6:38
95-75	Iana Kotliarova		E3	283	20:59	4:12	6:46
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123-93	Catherine Huntley		E1	282	22:06	4:26	7:07
131-99	Nicole Francki		E3	280	22:31	4:31	7:15
<hr/>							
Top 5 Total Time:		101:50			Top 5 Average Time:		20:22
Top 5 Average per KM:		4:05			Top 5 Average Per MILE:		6:34
1 - 5 Split:		1:21			1 - 7 Split:		2:53
Top 7 Total Time:		146:27			Top 7 Average Time:		20:56

TEAM: CONCORDIA STINGERS**SCORE 388****PLACE: 13**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
24-24	Dominique Roy		E4	29	18:55	3:47	6:06
108-84	Luci Dykstra		E2	26	21:25	4:17	6:54
113-88	Molly Howes		E4	28	21:46	4:22	7:01
116-90	Kelly Hewitt		E3	27	21:48	4:22	7:02
134-102	Valerie Sicard-Thibodeau		R	30	22:50	4:34	7:21
<hr/>							
Top 5 Total Time:		106:44			Top 5 Average Time:		21:21
Top 5 Average per KM:		4:17			Top 5 Average Per MILE:		6:53
1 - 5 Split:		3:55			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: BROCK BADGERS**SCORE 438****PLACE: 14**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
99-77	Brittany Dunbar		E3	13	21:05	4:13	6:48
103-80	Megan Kiley		R	14	21:13	4:15	6:50
115-89	Brianna Cauley		E2	12	21:47	4:22	7:01
124-94	Stephanie Bowes		E1	11	22:07	4:26	7:08
130-98	Jennifer Roberts		R	16	22:23	4:29	7:13
<hr/>							
139-107	Sarah Rasmussen		E1	15	23:33	4:43	7:35
Top 5 Total Time:		108:35			Top 5 Average Time:		21:43
Top 5 Average per KM:		4:21			Top 5 Average Per MILE:		7:00
1 - 5 Split:		1:18			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM: LAURIER GOLDEN HAWKS SCORE 475 PLACE: 15

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
110-86	Megan Fletcher		E2	84	21:31	4:19	6:56
125-95	Kate Kruckshank		R	87	22:08	4:26	7:08
126-96	Jaqueline Tmej		R	90	22:11	4:27	7:09
129-97	Nicole Green		E1	86	22:16	4:28	7:11
133-101	Amy Morin		E4	89	22:42	4:33	7:19
<hr/>							
138-106	Lindsay Wright		E3	91	23:28	4:42	7:34
Top 5 Total Time:		110:48			Top 5 Average Time:		22:10
Top 5 Average per KM:		4:26			Top 5 Average Per MILE:		7:08
1 - 5 Split:		1:11			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: NIPISSING LAKERS SCORE 480 PLACE: 16

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
107-83	Amy Claridge		E2	141	21:24	4:17	6:54
109-85	Felicia Saunders		E3	145	21:30	4:18	6:56
135-103	Melissa McKiel		E3	143	22:58	4:36	7:24
136-104	Taralynn Ray		E5	144	23:05	4:37	7:26
137-105	Lynsey Bialkowski		E1	139	23:19	4:40	7:31
<hr/>							
142-110	Emily Floyd		E1	142	23:49	4:46	7:40
143-111	Brianna Yard		E1	146	24:15	4:51	7:49
<hr/>							
145-145	Antoinette Busch		E3	140	25:02	5:01	8:04
Top 5 Total Time:		112:16			Top 5 Average Time:		22:28
Top 5 Average per KM:		4:30			Top 5 Average Per MILE:		7:14
1 - 5 Split:		1:55			1 - 7 Split:		2:51
Top 7 Total Time:		160:20			Top 7 Average Time:		22:55

TEAM: RMC PALADINS SCORE 495 PLACE: 17

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
112-87	Emilie Beland		E2	177	21:40	4:20	6:59
117-91	Isabelle Allain		E2	176	21:51	4:23	7:02
132-100	Yana Volodarets		E2	184	22:34	4:31	7:16
140-108	Danielle Chagnon		E1	178	23:33	4:43	7:35
141-109	Sonia Menard		E1	181	23:39	4:44	7:37
<hr/>							
144-112	Paula Findlater		E1	179	24:49	4:58	8:00
146-113	Emily Ubbens		E1	183	25:29	5:06	8:13
<hr/>							
Top 5 Total Time:		113:17			Top 5 Average Time:		22:40
Top 5 Average per KM:		4:32			Top 5 Average Per MILE:		7:18
1 - 5 Split:		1:59			1 - 7 Split:		3:49
Top 7 Total Time:		163:35			Top 7 Average Time:		23:23