

2011 WESTERN INTERNATIONAL-37th Annual**Sat. Sept 2 at Thames Valley GC, London**

09/24/2011

26th year at Thames Valley GC***Event # 1 WOMENS 5K Run***

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
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30-30	Emily Driedger		E2	48	19:06	3:50	6:09
36-36	Robyn Mildren		E3	55	19:13	3:51	6:12
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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
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18-18	Sara Giovannetti		E4	120	18:42	3:45	6:02
40-39	Rachel Lamb		E4	123	19:24	3:53	6:15
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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
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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
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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
123-93	Catherine Huntley		E1	282	22:06	4:26	7:07
131-99	Nicole Francki		E3	280	22:31	4:31	7:15
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
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
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
=====							
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
=====							
142-110	Emily Floyd		E1	142	23:49	4:46	7:40
143-111	Brianna Yard		E1	146	24:15	4:51	7:49
=====							
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
=====							
144-112	Paula Findlater		E1	179	24:49	4:58	8:00
146-113	Emily Ubbens		E1	183	25:29	5:06	8:13
=====							
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	