

2013 WESTERN INTERNATIONAL-39th Annual**Sat. Sept 21 at Thames Valley GC, London**

09/21/2013

28th year at Thames Valley GC***Event # 1 WOMENS 5K Run***

START @ 10:15am

Conditions:rain, 17°c, course slow

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	WESTERN MUSTANGS	46	2-8-9-12-15	16-25
2	TORONTO VARSITY BLUE	94	5-7-14-19-49	54-69
3	QUEEN'S GAELS	105	1-11-17-23-53	62-71
4	OAKLAND GRIZZLIES	143	20-24-30-33-36	40-46
5	MCMASTER MARAUDERS	173	3-21-22-60-67	76-79
6	WAYNE STATE WARRIORS	180	13-31-35-50-51	52-63
7	LAURENTIAN VOYAGEURS	187	10-28-29-55-65	75-81
8	MCGILL	192	26-27-32-39-68	77-82
9	GENESE0 KNIGHTS	202	18-41-42-45-56	57-58
10	WINDSOR LANCERS	202	4-44-47-48-59	66-70
11	GUELPH GRYPHONS	310	38-43-64-74-91	94
12	WATERLOO WARRIORS	354	34-37-86-96-101	110-114
13	LAKEHEAD T'WOLVES	377	6-78-90-97-106	
14	YORK LIONS	423	72-83-84-89-95	108
15	BROCK BADGERS	448	80-87-88-93-100	102-104
16	LAURIER GOLDEN HAWKS	476	61-98-99-103-115	116
17	NIPISSING LAKERS	504	85-92-105-109-113	117-118
18	CONCORDIA STINGERS	522	73-107-111-112-119	

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE GRADE	TEAM	PLACE ON TEAM	TIME
1	1	194	Victoria Coates	E5	QUEEN'S GAELS	1	17:48
2	2	292	Amanda Truelove	E4	WESTERN MUSTANGS	1	18:05
3	3	137	Courtney Patterson	E5	MCMASTER MARAUDERS	1	18:16
4	4	308	Meaghan Marton	E3	WINDSOR LANCERS	1	18:20
5	5	219	Colleen Hennessy	E4	TORONTO VARSITY BLUE	1	18:21
6	6	69	Danielle Thiel	SR	LAKEHEAD T'WOLVES	1	18:21
7	7	220	Kelly Hennessy	E2	TORONTO VARSITY BLUE	2	18:27
8	8	290	Becky Pieteron	E5	WESTERN MUSTANGS	2	18:31
9	9	285	Grace Kary	E5	WESTERN MUSTANGS	3	18:36
10	10	79	Samantha Edwards	E2	LAURENTIAN VOYAGEURS	1	18:39
11	11	202	Colleen Wilson	E3	QUEEN'S GAELS	2	18:42
12	12	291	Bridget Pyke	E4	WESTERN MUSTANGS	4	18:45
13	13	265	Kayla Gagnon	JR	WAYNE STATE WARRIORS	1	18:48
14	14	222	Charlotte Marcotte-Toale	E4	TORONTO VARSITY BLUE	3	18:48
15	15	281	Katie Bell	E4	WESTERN MUSTANGS	5	18:51
16	16	282	Melissa Caruso	E3	WESTERN MUSTANGS	6	18:52
17	17	196	Charlotte Dunlap	E2	QUEEN'S GAELS	3	18:52
18	18	30	Cassandra Goodman	JR	GENESE0 KNIGHTS	1	18:57
19	19	227	Honor Walmsley	E2	TORONTO VARSITY BLUE	4	18:57
20	20	173	Sammy Mondry	1	OAKLAND GRIZZLIES	1	18:58
21	21	134	Kierstin Myers	E3	MCMASTER MARAUDERS	2	18:59
22	22	135	Emily Nowak	R	MCMASTER MARAUDERS	3	19:01
23	23	192	Veronica Allan	E2	QUEEN'S GAELS	4	19:02

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24	24	171	Miranda Haas	2	OAKLAND GRIZZLIES	2	19:06
25	25	287	Katherine Lampard	R	WESTERN MUSTANGS	7	19:11
26	26	116	Georgia Hamilton	R	MCGILL	1	19:12
27	27	118	Jessica Porfilio	E3	MCGILL	2	19:13
28	28	89	Katie Wismer	E3	LAURENTIAN VOYAGEURS	2	19:15
29	29	84	Emily Marcolini	R	LAURENTIAN VOYAGEURS	3	19:15
30	30	179	Mayce Varacalli	3	OAKLAND GRIZZLIES	3	19:15
31	31	266	Brittany Johnson	SO	WAYNE STATE WARRIORS	2	19:16
32	32	113	Jullien Flynn	E3	MCGILL	3	19:16
33	33	168	Morgan Bridgewater	2	OAKLAND GRIZZLIES	4	19:16
34	34	241	Kristen Flanagan	E3	WATERLOO WARRIORS	1	19:16
35	35	267	Chelsea Johnson	SO	WAYNE STATE WARRIORS	3	19:17
36	36	175	Cassie Peterson	3	OAKLAND GRIZZLIES	5	19:17
37	37	240	Heather Dimond	E3	WATERLOO WARRIORS	2	19:18
38	38	51	Alison Ludzki	E3	GUELPH GRYPHONS	1	19:19
39	39	111	Alison Barwick	E2	MCGILL	4	19:19
40	40	177	Lydia Stanley	1	OAKLAND GRIZZLIES	6	19:20
41	41	346	Keira Wood		GENESE0 KNIGHTS	2	19:20
42	42	25	Marissa Bellusci	FR	GENESE0 KNIGHTS	3	19:20
43	43	55	Sarah Spottiswood	R	GUELPH GRYPHONS	2	19:21
44	44	310	Charlene Rhead	R	WINDSOR LANCERS	2	19:23
45	45	345	Rebecca Steinke		GENESE0 KNIGHTS	4	19:23
46		286	Alicia Knox	E5	WESTERN MUSTANGS	8	19:24
47	46	174	Sarah Oren	3	OAKLAND GRIZZLIES	7	19:24
48	47	313	Lindsay Thompson	E3	WINDSOR LANCERS	3	19:25
49	48	307	Bella Malette	E2	WINDSOR LANCERS	4	19:25
50	49	216	Madeleine Kelly	R	TORONTO VARSITY BLUE	5	19:25
51	50	269	Kayla Smade	JR	WAYNE STATE WARRIORS	4	19:26
52		172	Karli Keur	1	OAKLAND GRIZZLIES	8	19:27
53	51	261	Kayla Balfour	SO	WAYNE STATE WARRIORS	5	19:28
54		284	Julie Hambleton	E4	WESTERN MUSTANGS	9	19:30
55	52	270	Mary Smock	JR	WAYNE STATE WARRIORS	6	19:30
56	53	200	Ceilidh Stubbs	E3	QUEEN'S GAELS	5	19:31
57	54	225	Donna Vakalis	E4	TORONTO VARSITY BLUE	6	19:31
58	55	78	Alyssa Bedard	E4	LAURENTIAN VOYAGEURS	4	19:32
59	56	33	Alyssa Knott	JR	GENESE0 KNIGHTS	5	19:32
60		350	Sarah Emilio	E2	WESTERN MUSTANGS	10	19:33
61	57	344	Sara Rosenzweig		GENESE0 KNIGHTS	6	19:33
62	58	27	Winnie Chen	SO	GENESE0 KNIGHTS	7	19:35
63		288	Ainsley Nantes	E2	WESTERN MUSTANGS	11	19:35
64		283	Brittany Hambleton	E4	WESTERN MUSTANGS	12	19:36
65	59	311	Madalyn Ruby	R	WINDSOR LANCERS	5	19:38
66	60	141	Charlotte Ward	E1	MCMaster MARAUDERS	4	19:38
67		352	Hilary Stone	E2	WESTERN MUSTANGS	13	19:41
68		289	Mariel Flutters	R	WESTERN MUSTANGS	14	19:41
69	61	91	Sarah Cranmer-Bing	1	LAURIER GOLDEN HAWKS	1	19:41
70		178	Courtney Stauffer	2	OAKLAND GRIZZLIES	9	19:41
71	62	195	Stephaney Daley	E1	QUEEN'S GAELS	6	19:42
72	63	262	Amanda Brewer	JR	WAYNE STATE WARRIORS	7	19:42
73	64	47	Valerie Cote	E4	GUELPH GRYPHONS	3	19:45
74	65	88	Adrienne Wilson	E4	LAURENTIAN VOYAGEURS	5	19:47
75		26	Joanna Castrogivanni	JR	GENESE0 KNIGHTS	8	19:49
76		176	Hannah Scherer	4	OAKLAND GRIZZLIES	10	19:52
77	66	309	Alexandra Moore	E2	WINDSOR LANCERS	6	19:53
78	67	133	Adrienne Morgan	R	MCMaster MARAUDERS	5	19:54
79	68	119	Erin Rivers	E2	MCGILL	5	19:54

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80	69	224	Aija Thompson	E2	TORONTO VARSITY BLUE	7	19:55
81		29	Emma Deshaies	SO	GENESE0 KNIGHTS	9	19:56
82	70	314	Tamara Tymchuk	E3	WINDSOR LANCERS	7	19:56
83	71	199	Emma Plater	E1	QUEEN'S GAELS	7	19:57
84	72	330	Maria Markovac	R	YORK LIONS	1	19:59
85		312	Stefanie Smith	R	WINDSOR LANCERS	8	20:00
86		304	Lauren Fisico	R	WINDSOR LANCERS	9	20:03
87		197	Caela Fenton	E1	QUEEN'S GAELS	8	20:05
88		170	Jenae Curley	3	OAKLAND GRIZZLIES	11	20:06
89		221	Shannon Kennedy	E3	TORONTO VARSITY BLUE	8	20:08
90	73	17	Valerie Sicard Thibodeau	E2	CONCORDIA STINGERS	1	20:10
91	74	53	Cheryse Mitton	E2	GUELPH GRYPHONS	4	20:11
92	75	82	Michelle Kennedy	E3	LAURENTIAN VOYAGEURS	6	20:13
93	76	139	Pauline Skowron	E2	MCMaster MARAUDERS	6	20:14
94		28	Marissa Cossaro	FR	GENESE0 KNIGHTS	10	20:16
95	77	120	Madeleine Williams	E3	MCGILL	6	20:18
96		303	Haley Cadwallader	E5	WINDSOR LANCERS	10	20:18
97	78	68	Mary Strain	FR	LAKEHEAD T'WOLVES	2	20:22
98		217	Adelaida Blaxley	E4	TORONTO VARSITY BLUE	9	20:22
99		35	Shannon Murphy	SO	GENESE0 KNIGHTS	11	20:22
100		169	Kaitlin Catania	1	OAKLAND GRIZZLIES	12	20:24
101	79	138	Meg Sinclair	E1	MCMaster MARAUDERS	7	20:25
102	80	3	Annelise Martin	R	BROCK BADGERS	1	20:27
103		131	Raquel Burgess	E2	MCMaster MARAUDERS	8	20:29
104	81	85	Meghan Rothenbroker	R	LAURENTIAN VOYAGEURS	7	20:31
105	82	112	Anne Champagne	R	MCGILL	7	20:33
106		83	Marissa Lobert	R	LAURENTIAN VOYAGEURS	8	20:34
107	83	328	Giulia Ferrante	E3	YORK LIONS	2	20:34
108		114	Lisa Giles	E3	MCGILL	8	20:36
109		32	Ashton Hughes	SO	GENESE0 KNIGHTS	12	20:38
110	84	331	Emily McGaugh	E3	YORK LIONS	3	20:38
111	85	155	Jessica Demers	R	NIPISSING LAKERS	1	20:39
112		201	Morgan Williams	E1	QUEEN'S GAELS	9	20:39
113		203	Sasha Zarnke	R	QUEEN'S GAELS	10	20:41
114		193	Elizabeth Bentley	E1	QUEEN'S GAELS	11	20:42
115		136	Kaitlyn Pansegrau	E1	MCMaster MARAUDERS	9	20:43
116	86	243	Dahlia Malek	E1	WATERLOO WARRIORS	3	20:43
117	87	4	Brittany Murphy	E2	BROCK BADGERS	2	20:46
118		24	Mary Aldridge	SR	GENESE0 KNIGHTS	13	20:47
119	88	1	Brianna Cauley	E4	BROCK BADGERS	3	20:48
120	89	332	Veera Sethuraman	E1	YORK LIONS	4	20:50
121	90	66	Jess Baraskewich	JR	LAKEHEAD T'WOLVES	3	20:52
122	91	52	Alannah MacDonald	E2	GUELPH GRYPHONS	5	20:54
123		130	Maddy Benjamin	E2	MCMaster MARAUDERS	10	20:55
124		140	Heather Summers	R	MCMaster MARAUDERS	11	20:56
125		306	Deanna Kerekes	R	WINDSOR LANCERS	11	20:57
126	92	157	Kajsa Heyes	R	NIPISSING LAKERS	2	20:57
127		80	Lyndsay Greasley	E1	LAURENTIAN VOYAGEURS	9	20:58
128		34	Lauren McKnight	SR	GENESE0 KNIGHTS	14	21:00
129	93	6	Katie Roy	E1	BROCK BADGERS	4	21:01
130		305	Samantha Kellam	E4	WINDSOR LANCERS	12	21:04
131	94	54	Olivia Romaniw	R	GUELPH GRYPHONS	6	21:08
132	95	327	Darya Chenskikh	E1	YORK LIONS	5	21:10
133	96	245	Emily Nichols	R	WATERLOO WARRIORS	4	21:12
134	97	65	Victoria Alexander	FR	LAKEHEAD T'WOLVES	4	21:18

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135	98	90	Chloe Condon	E2	LAURIER GOLDEN HAWKS	2	21:21
136		115	Marie Haines	E3	MCGILL	9	21:28
137	99	95	Jaqueline Tmej	E2	LAURIER GOLDEN HAWKS	3	21:30
138	100	2	Brittany Dunbar	E5	BROCK BADGERS	5	21:31
139	101	242	Lisa Flemming	E1	WATERLOO WARRIORS	5	21:31
140	102	5	Skye Nagy	E2	BROCK BADGERS	6	21:33
141		263	Leah Coonrod	FR	WAYNE STATE WARRIORS	8	21:38
142	103	92	Serena Gill	1	LAURIER GOLDEN HAWKS	4	21:38
143	104	7	Sabrina Waller	R	BROCK BADGERS	7	21:49
144		86	Jenna Thornber	E3	LAURENTIAN VOYAGEURS	10	21:57
145	105	159	Stephanie Leggat	E3	NIPISSING LAKERS	3	22:07
146	106	67	Elora Beitz	SO	LAKEHEAD T'WOLVES	5	22:21
147	107	16	Chloe Rochette	E2	CONCORDIA STINGERS	2	22:25
148		264	Abbey Filip	SO	WAYNE STATE WARRIORS	9	22:28
149		260	Alyssa Auth	JR	WAYNE STATE WARRIORS	10	22:30
150	108	333	Kayla Tanner	E5	YORK LIONS	6	22:32
151		87	Charlotte Van Walraven	E3	LAURENTIAN VOYAGEURS	11	22:32
152	109	160	Melissa McKiel	E5	NIPISSING LAKERS	4	22:35
153	110	247	Katie Hayes	E3	WATERLOO WARRIORS	6	22:39
154	111	18	Hailey Turcato	E2	CONCORDIA STINGERS	3	22:40
155	112	15	Ariane Patenaude	E1	CONCORDIA STINGERS	4	22:43
156	113	158	Katie Kozub	E1	NIPISSING LAKERS	5	22:43
157	114	244	Rachel McInnis	R	WATERLOO WARRIORS	7	22:52
158	115	96	Robin Whiffing	R	LAURIER GOLDEN HAWKS	5	22:57
159		268	Annie Okonowski	SO	WAYNE STATE WARRIORS	11	23:09
160	116	93	Nicole Green	E2	LAURIER GOLDEN HAWKS	6	23:37
161	117	156	Kristen Gagnon	E1	NIPISSING LAKERS	6	23:47
162	118	154	Lynsey Bialkowski	E2	NIPISSING LAKERS	7	23:55
163	119	14	Stephanie Lavigne	E1	CONCORDIA STINGERS	5	24:35

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TEAM WESTERN MUSTANGS**SCORE 46****PLACE: 1**

OVERALL									
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile		
2-2	Amanda Truelove		E4	292	18:05	3:37	5:50		
8-8	Becky Pieteron		E5	290	18:31	3:43	5:58		
9-9	Grace Kary		E5	285	18:36	3:44	6:00		
12-12	Bridget Pyke		E4	291	18:45	3:45	6:03		
15-15	Katie Bell		E4	281	18:51	3:47	6:05		
=====									
16-16	Melissa Caruso		E3	282	18:52	3:47	6:05		
25-25	Katherine Lampard		R	287	19:11	3:51	6:11		
=====									
46-46	Alicia Knox		E5	286	19:24	3:53	6:15		
54-54	Julie Hambleton		E4	284	19:30	3:54	6:17		
60-60	Sarah Emilio		E2	350	19:33	3:55	6:18		
63-63	Ainsley Nantes		E2	288	19:35	3:55	6:19		
64-64	Brittany Hambleton		E4	283	19:36	3:56	6:19		
67-67	Hilary Stone		E2	352	19:41	3:57	6:21		
68-68	Maribel Flutert		R	289	19:41	3:57	6:21		
Top 5 Total Time:		92:48	Top 5 Average Time:			18:34			
Top 5 Average per KM:		3:43	Top 5 Average Per MILE:			5:59			
1 - 5 Split:		:46	1 - 7 Split:			1:06			
Top 7 Total Time:		130:51	Top 7 Average Time:			18:42			

TEAM TORONTO VARSITY BLUE SCORE 94**PLACE: 2**

OVERALL									
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile		
5-5	Colleen Hennessy		E4	219	18:21	3:41	5:55		
7-7	Kelly Hennessy		E2	220	18:27	3:42	5:57		
14-14	Charlotte Marcotte-Toale		E4	222	18:48	3:46	6:04		
19-19	Honor Walmsley		E2	227	18:57	3:48	6:06		
50-49	Madeleine Kelly		R	216	19:25	3:53	6:15		
=====									
57-54	Donna Vakalis		E4	225	19:31	3:55	6:17		
80-69	Aija Thompson		E2	224	19:55	3:59	6:25		
=====									
89-89	Shannon Kennedy		E3	221	20:08	4:02	6:29		
98-98	Adelaida Blaxley		E4	217	20:22	4:05	6:34		
Top 5 Total Time:		93:58	Top 5 Average Time:			18:48			
Top 5 Average per KM:		3:46	Top 5 Average Per MILE:			6:03			
1 - 5 Split:		1:04	1 - 7 Split:			1:34			
Top 7 Total Time:		133:24	Top 7 Average Time:			19:04			

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TEAM QUEEN'S GAELS**SCORE 105****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Victoria Coates		E5	194	17:48	3:34	5:44
11-11	Colleen Wilson		E3	202	18:42	3:45	6:02
17-17	Charlotte Dunlap		E2	196	18:52	3:47	6:05
23-23	Veronica Allan		E2	192	19:02	3:49	6:08
56-53	Ceilidh Stubbs		E3	200	19:31	3:55	6:17
=====							
71-62	Stephaney Daley		E1	195	19:42	3:57	6:21
83-71	Emma Plater		E1	199	19:57	4:00	6:26
=====							
87-87	Caela Fenton		E1	197	20:05	4:01	6:28
112-112	Morgan Williams		E1	201	20:39	4:08	6:39
113-113	Sasha Zarnke		R	203	20:41	4:09	6:40
114-114	Elizabeth Bentley		E1	193	20:42	4:09	6:40
Top 5 Total Time:		93:55			Top 5 Average Time:		18:47
Top 5 Average per KM:		3:46			Top 5 Average Per MILE:		6:03
1 - 5 Split:		1:43			1 - 7 Split:		2:09
Top 7 Total Time:		133:34			Top 7 Average Time:		19:05

TEAM OAKLAND GRIZZLIES**SCORE 143****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
20-20	Sammy Mondry		1	173	18:58	3:48	6:07
24-24	Miranda Haas		2	171	19:06	3:50	6:09
30-30	Mayce Varacalli		3	179	19:15	3:51	6:12
33-33	Morgan Bridgewater		2	168	19:16	3:52	6:13
36-36	Cassie Peterson		3	175	19:17	3:52	6:13
=====							
40-40	Lydia Stanley		1	177	19:20	3:52	6:14
47-46	Sarah Oren		3	174	19:24	3:53	6:15
=====							
52-52	Karli Keur		1	172	19:27	3:54	6:16
70-70	Courtney Stauffer		2	178	19:41	3:57	6:21
76-76	Hannah Scherer		4	176	19:52	3:59	6:24
88-88	Jenae Curley		3	170	20:06	4:02	6:29
100-100	Kaitlin Catania		1	169	20:24	4:05	6:34
Top 5 Total Time:		95:52			Top 5 Average Time:		19:11
Top 5 Average per KM:		3:51			Top 5 Average Per MILE:		6:11
1 - 5 Split:		:19			1 - 7 Split:		:26
Top 7 Total Time:		134:36			Top 7 Average Time:		19:14

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TEAM MCMMASTER MARAUDERS SCORE 173 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Courtney Patterson		E5	137	18:16	3:40	5:53
21-21	Kierstin Myers		E3	134	18:59	3:48	6:07
22-22	Emily Nowak		R	135	19:01	3:49	6:08
66-60	Charlotte Ward		E1	141	19:38	3:56	6:20
78-67	Adrienne Morgan		R	133	19:54	3:59	6:25
93-76	Pauline Skowron		E2	139	20:14	4:03	6:31
101-79	Meg Sinclair		E1	138	20:25	4:05	6:35
103-103	Raquel Burgess		E2	131	20:29	4:06	6:36
115-115	Kaitlyn Pansegrau		E1	136	20:43	4:09	6:41
123-123	Maddy Benjamin		E2	130	20:55	4:11	6:44
124-124	Heather Summers		R	140	20:56	4:12	6:45
Top 5 Total Time:		95:48			Top 5 Average Time:		19:10
Top 5 Average per KM:		3:50			Top 5 Average Per MILE:		6:11
1 - 5 Split:		1:38			1 - 7 Split:		2:09
Top 7 Total Time:		136:27			Top 7 Average Time:		19:30

TEAM WAYNE STATE WARRIORS SCORE 180 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
13-13	Kayla Gagnon		JR	265	18:48	3:46	6:04
31-31	Brittany Johnson		SO	266	19:16	3:52	6:13
35-35	Chelsea Johnson		SO	267	19:17	3:52	6:13
51-50	Kayla Smade		JR	269	19:26	3:54	6:16
53-51	Kayla Balfour		SO	261	19:28	3:54	6:16
55-52	Mary Smock		JR	270	19:30	3:54	6:17
72-63	Amanda Brewer		JR	262	19:42	3:57	6:21
141-141	Leah Coonrod		FR	263	21:38	4:20	6:58
148-148	Abbey Filip		SO	264	22:28	4:30	7:14
149-149	Alyssa Auth		JR	260	22:30	4:30	7:15
159-159	Annie Okonowski		SO	268	23:09	4:38	7:28
Top 5 Total Time:		96:15			Top 5 Average Time:		19:15
Top 5 Average per KM:		3:51			Top 5 Average Per MILE:		6:12
1 - 5 Split:		:40			1 - 7 Split:		:54
Top 7 Total Time:		135:27			Top 7 Average Time:		19:21

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TEAM LAURENTIAN VOYAGEURS SCORE 187 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Samantha Edwards		E2	79	18:39	3:44	6:01
28-28	Katie Wismer		E3	89	19:15	3:51	6:12
29-29	Emily Marcolini		R	84	19:15	3:51	6:12
58-55	Alyssa Bedard		E4	78	19:32	3:55	6:18
74-65	Adrienne Wilson		E4	88	19:47	3:58	6:23
92-75	Michelle Kennedy		E3	82	20:13	4:03	6:31
104-81	Meghan Rothenbroker		R	85	20:31	4:07	6:37
106-106	Marissa Lobert		R	83	20:34	4:07	6:38
127-127	Lyndsay Greasley		E1	80	20:58	4:12	6:45
144-144	Jenna Thornber		E3	86	21:57	4:24	7:04
151-151	Charlotte Van Walraven		E3	87	22:32	4:31	7:16
Top 5 Total Time:		96:28			Top 5 Average Time:		19:18
Top 5 Average per KM:		3:52			Top 5 Average Per MILE:		6:13
1 - 5 Split:		1:08			1 - 7 Split:		1:52
Top 7 Total Time:		137:12			Top 7 Average Time:		19:36

TEAM MCGILL SCORE 192 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-26	Georgia Hamilton		R	116	19:12	3:51	6:11
27-27	Jessica Porfilio		E3	118	19:13	3:51	6:12
32-32	Jullien Flynn		E3	113	19:16	3:52	6:13
39-39	Alison Barwick		E2	111	19:19	3:52	6:14
79-68	Erin Rivers		E2	119	19:54	3:59	6:25
95-77	Madeleine Williams		E3	120	20:18	4:04	6:33
105-82	Anne Champagne		R	112	20:33	4:07	6:37
108-108	Lisa Giles		E3	114	20:36	4:08	6:38
136-136	Marie Haines		E3	115	21:28	4:18	6:55
Top 5 Total Time:		96:54			Top 5 Average Time:		19:23
Top 5 Average per KM:		3:53			Top 5 Average Per MILE:		6:15
1 - 5 Split:		:42			1 - 7 Split:		1:21
Top 7 Total Time:		137:45			Top 7 Average Time:		19:41

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TEAM GENESEO KNIGHTS**SCORE 202****PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
18-18	Cassandra Goodman		JR	30	18:57	3:48	6:06
41-41	Keira Wood			346	19:20	3:52	6:14
42-42	Marissa Bellusci		FR	25	19:20	3:52	6:14
45-45	Rebecca Steinke			345	19:23	3:53	6:15
59-56	Alyssa Knott		JR	33	19:32	3:55	6:18
=====							
61-57	Sara Rosenzweig			344	19:33	3:55	6:18
62-58	Winy Chen		SO	27	19:35	3:55	6:19
=====							
75-75	Joanna Castrogivanni		JR	26	19:49	3:58	6:23
81-81	Emma Deshaies		SO	29	19:56	4:00	6:25
94-94	Marissa Cossaro		FR	28	20:16	4:04	6:32
99-99	Shannon Murphy		SO	35	20:22	4:05	6:34
109-109	Ashton Hughes		SO	32	20:38	4:08	6:39
118-118	Mary Aldridge		SR	24	20:47	4:10	6:42
128-128	Lauren McKnight		SR	34	21:00	4:12	6:46
Top 5 Total Time:		96:32			Top 5 Average Time:	19:19	
Top 5 Average per KM:		3:52			Top 5 Average Per MILE:	6:13	
1 - 5 Split:		:35			1 - 7 Split:	:38	
Top 7 Total Time:		135:40			Top 7 Average Time:	19:23	

TEAM WINDSOR LANCERS**SCORE 202****PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Meaghan Marton		E3	308	18:20	3:40	5:55
44-44	Charlene Rhead		R	310	19:23	3:53	6:15
48-47	Lindsay Thompson		E3	313	19:25	3:53	6:15
49-48	Bella Malette		E2	307	19:25	3:53	6:15
65-59	Madalyn Ruby		R	311	19:38	3:56	6:20
=====							
77-66	Alexandra Moore		E2	309	19:53	3:59	6:24
82-70	Tamara Tymchuk		E3	314	19:56	4:00	6:25
=====							
85-85	Stefanie Smith		R	312	20:00	4:00	6:27
86-86	Lauren Fisico		R	304	20:03	4:01	6:28
96-96	Haley Cadwallader		E5	303	20:18	4:04	6:33
125-125	Deanna Kerekes		R	306	20:57	4:12	6:45
130-130	Samantha Kellam		E4	305	21:04	4:13	6:47
Top 5 Total Time:		96:11			Top 5 Average Time:	19:15	
Top 5 Average per KM:		3:51			Top 5 Average Per MILE:	6:12	
1 - 5 Split:		1:18			1 - 7 Split:	1:36	
Top 7 Total Time:		136:00			Top 7 Average Time:	19:26	

TEAM GUELPH GRYPHONS**SCORE 310****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
38-38	Alison Ludzki		E3	51	19:19	3:52	6:14
43-43	Sarah Spottiswood		R	55	19:21	3:53	6:14
73-64	Valerie Cote		E4	47	19:45	3:57	6:22
91-74	Cheryse Mitton		E2	53	20:11	4:03	6:30
122-91	Alannah MacDonald		E2	52	20:54	4:11	6:44
=====							
131-94	Olivia Romaniw		R	54	21:08	4:14	6:49
Top 5 Total Time:		99:30			Top 5 Average Time:	19:54	
Top 5 Average per KM:		3:59			Top 5 Average Per MILE:	6:25	
1 - 5 Split:		1:35			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

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TEAM WATERLOO WARRIORS SCORI 354 PLACE: 12

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
34-34	Kristen Flanagan		E3	241	19:16	3:52	6:13
37-37	Heather Dimond		E3	240	19:18	3:52	6:13
116-86	Dahlia Malek		E1	243	20:43	4:09	6:41
133-96	Emily Nichols		R	245	21:12	4:15	6:50
139-101	Lisa Flemming		E1	242	21:31	4:19	6:56
153-110	Katie Hayes		E3	247	22:39	4:32	7:18
157-114	Rachel McInnis		R	244	22:52	4:35	7:22
Top 5 Total Time:		102:00	Top 5 Average Time:		20:24		
Top 5 Average per KM:		4:05	Top 5 Average Per MILE:		6:34		
1 - 5 Split:		2:15	1 - 7 Split:		3:36		
Top 7 Total Time:		147:31	Top 7 Average Time:		21:05		

TEAM LAKEHEAD T'WOLVES SCORI 377 PLACE: 13

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Danielle Thiel		SR	69	18:21	3:41	5:55
97-78	Mary Strain		FR	68	20:22	4:05	6:34
121-90	Jess Baraskewich		JR	66	20:52	4:11	6:43
134-97	Victoria Alexander		FR	65	21:18	4:16	6:52
146-106	Elora Beitz		SO	67	22:21	4:29	7:12
Top 5 Total Time:		103:14	Top 5 Average Time:		20:39		
Top 5 Average per KM:		4:08	Top 5 Average Per MILE:		6:39		
1 - 5 Split:		4:00	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

TEAM YORK LIONS SCORI 423 PLACE: 14

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
84-72	Maria Markovac		R	330	19:59	4:00	6:26
107-83	Giulia Ferrante		E3	328	20:34	4:07	6:38
110-84	Emily McGaugh		E3	331	20:38	4:08	6:39
120-89	Veera Sethuraman		E1	332	20:50	4:10	6:43
132-95	Darya Chenskikh		E1	327	21:10	4:14	6:49
150-108	Kayla Tanner		E5	333	22:32	4:31	7:16
Top 5 Total Time:		103:11	Top 5 Average Time:		20:39		
Top 5 Average per KM:		4:08	Top 5 Average Per MILE:		6:39		
1 - 5 Split:		1:11	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

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TEAM BROCK BADGERS**SCORE 448****PLACE: 15**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
102-80	Annelise Martin		R	3	20:27	4:06	6:35
117-87	Brittany Murphy		E2	4	20:46	4:10	6:42
119-88	Brianna Cauley		E4	1	20:48	4:10	6:42
129-93	Katie Roy		E1	6	21:01	4:13	6:46
138-100	Brittany Dunbar		E5	2	21:31	4:19	6:56
140-102	Skye Nagy		E2	5	21:33	4:19	6:57
143-104	Sabrina Waller		R	7	21:49	4:22	7:02
Top 5 Total Time:		104:33	Top 5 Average Time:		20:55		
Top 5 Average per KM:		4:11	Top 5 Average Per MILE:		6:44		
1 - 5 Split:		1:04	1 - 7 Split:		1:22		
Top 7 Total Time:		147:55	Top 7 Average Time:		21:08		

TEAM LAURIER GOLDEN HAWKS SCORE 476**PLACE: 16**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
69-61	Sarah Cranmer-Bing		1	91	19:41	3:57	6:21
135-98	Chloe Condon		E2	90	21:21	4:17	6:53
137-99	Jaqueline Tmej		E2	95	21:30	4:18	6:56
142-103	Serena Gill		1	92	21:38	4:20	6:58
158-115	Robin Whiffing		R	96	22:57	4:36	7:24
160-116	Nicole Green		E2	93	23:37	4:44	7:37
Top 5 Total Time:		107:07	Top 5 Average Time:		21:26		
Top 5 Average per KM:		4:18	Top 5 Average Per MILE:		6:54		
1 - 5 Split:		3:16	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

TEAM NIPISSING LAKERS**SCORE 504****PLACE: 17**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
111-85	Jessica Demers		R	155	20:39	4:08	6:39
126-92	Kajsa Heyes		R	157	20:57	4:12	6:45
145-105	Stephanie Leggat		E3	159	22:07	4:26	7:08
152-109	Melissa McKiel		E5	160	22:35	4:31	7:17
156-113	Katie Kozub		E1	158	22:43	4:33	7:19
161-117	Kristen Gagnon		E1	156	23:47	4:46	7:40
162-118	Lynsey Bialkowski		E2	154	23:55	4:47	7:42
Top 5 Total Time:		109:01	Top 5 Average Time:		21:49		
Top 5 Average per KM:		4:22	Top 5 Average Per MILE:		7:02		
1 - 5 Split:		2:04	1 - 7 Split:		3:16		
Top 7 Total Time:		156:43	Top 7 Average Time:		22:24		

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OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
90-73	Valerie Sicard Thibodeau		E2	17	20:10	4:02	6:30
147-107	Chloe Rochette		E2	16	22:25	4:29	7:13
154-111	Hailey Turcato		E2	18	22:40	4:32	7:18
155-112	Ariane Patenaude		E1	15	22:43	4:33	7:19
163-119	Stephanie Lavigne		E1	14	24:35	4:55	7:55
Top 5 Total Time:		112:33	Top 5 Average Time:		22:31		
Top 5 Average per KM:		4:31	Top 5 Average Per MILE:		7:15		
1 - 5 Split:		4:25	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				