

## 2022 OUA Cross Country Championships

44th for Women, 107th for Men

2022-10-30

2022-10-29 - 2022-10-29

Thames Valley GC, London, ON

**Event # 1 WOMENS 8Km Run**

START @ 12:00pm

Conditions: sunny, 12°C

5th year for 8K for Women at OUA

+ COURSE RECORD: Brogan MacDougall Queen's Gaels 28:03.00 OUA 2018

TEAM POINTS RECORD: Guelph Gryphons 19pts [1-2-4-5-7] 2021

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	GUELPH GRYPHONS	21	1-2-4-6-8	12-13	2:28:50	3:44	29:46	0:41
2	MCMASTER MARAUDERS	69	3-10-11-21-24	30-44	2:33:10	3:50	30:38	2:04
3	WESTERN MUSTANGS	70	5-7-16-20-22	23-51	2:33:04	3:50	30:37	1:16
4	QUEEN'S GAELS	121	15-17-25-28-36	38-40	2:38:20	3:58	31:40	2:11
5	WINDSOR LANCERS	148	18-19-34-35-42	57-61	2:40:36	4:01	32:08	2:25
6	WATERLOO WARRIORS	168	9-32-33-41-53	60	2:42:54	4:05	32:35	3:43
7	TORONTO VARSITYBLUES	175	26-29-31-43-46	52	2:43:24	4:06	32:41	1:27
8	OTTAWA GEE GEES	237	14-27-59-68-69	75	2:51:02	4:17	34:13	6:00
9	LAURIER GOLDEN HAWKS	245	39-48-49-54-55	62-67	2:48:52	4:14	33:47	1:06
10	LAURENTIAN VOYAGEURS	256	37-47-50-56-66	72	2:51:15	4:17	34:15	3:29
11	BROCK BADGERS	295	45-58-63-64-65	73-77	2:55:45	4:24	35:09	3:09
12	TMU BOLD	369	70-71-74-76-78		3:18:00	4:57	39:36	6:01
	NIPISSING LAKERS		70-73-78					
	TRENT EXCALIBUR		86-88					
	YORK LIONS		47-83					
	LAKEHEAD THNDRWOLVES		62					
	ALGOMA THUNDERBIRDS		81-82					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	23	Sadie-Jane Hickson		E5	GUELPH GRYPHONS	1	3:41	29:26
2	2	27	Nina Whitford		E4	GUELPH GRYPHONS	2	3:42	29:32
3	3	49	Rosalyn Barrett		E2	MCMASTER MARAUDERS	1	3:42	29:33
4	4	20	Annika Ariano		E3	GUELPH GRYPHONS	3	3:44	29:47
5	5	115	Sophie Coutts		E2	WESTERN MUSTANGS	1	3:45	29:57
6	6	26	Olivia Roussel		E3	GUELPH GRYPHONS	4	3:45	29:58
7	7	117	Erika Jordan		E2	WESTERN MUSTANGS	2	3:46	30:01
8	8	28	Hannah Woodhouse		E5	GUELPH GRYPHONS	5	3:46	30:07
9	9	103	Claudia Heeney		E2	WATERLOO WARRIORS	1	3:47	30:16
10	10	55	Sarah Nolan		E4	MCMASTER MARAUDERS	2	3:48	30:24
11	11	51	Hannah Goodjohn		E3	MCMASTER MARAUDERS	3	3:49	30:29
12	12	21	Michelle Gray		R	GUELPH GRYPHONS	6	3:50	30:33
13	13	22	Sandra Guga		E3	GUELPH GRYPHONS	7	3:50	30:34
14	14	63	Noemie Beauregard		E1	OTTAWA GEE GEES	1	3:50	30:40
15	15	73	Emma Graham		E2	QUEEN'S GAELS	1	3:51	30:42
16	16	113	Anna Carruthers		E3	WESTERN MUSTANGS	3	3:51	30:46
17	17	77	Manon Plouvier		E4	QUEEN'S GAELS	2	3:51	30:48
18	18	122	Nicole LaRue		E3	WINDSOR LANCERS	1	3:52	30:51
19	19	126	Samara Quanz		E2	WINDSOR LANCERS	2	3:52	30:54
20	20	114	Chloe Coutts		E2	WESTERN MUSTANGS	4	3:54	31:07

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+ COURSE RECORD: Brogan MacDougall Queen's Gaels 28:03.00 OUA 2018

TEAM POINTS RECORD: Guelph Gryphons 19pts [1-2-4-5-7] 2021

21	21	57	Kaitlyn Treleaven	E2	MCMASTER MARAUDERS	4	3:54	<b>31:07</b>
22	22	111	Paige Breedon	E1	WESTERN MUSTANGS	5	3:55	<b>31:13</b>
23	23	119	Heidi Ohrling	E4	WESTERN MUSTANGS	6	3:56	<b>31:23</b>
24	24	58	Emma Waddington	E5	MCMASTER MARAUDERS	5	3:58	<b>31:37</b>
25	25	80	Elizabeth Vroom	R	QUEEN'S GAELS	3	4:00	<b>31:55</b>
26	26	92	Christina Esposito	E3	TORONTO VARSITYBLUES	1	4:00	<b>31:56</b>
27	27	68	Nina Gunther	E4	OTTAWA GEE GEES	2	4:01	<b>32:01</b>
28	28	72	Tamara Goddard	E2	QUEEN'S GAELS	4	4:01	<b>32:02</b>
29	29	95	Sarah Luedke	E2	TORONTO VARSITYBLUES	2	4:02	<b>32:11</b>
30	30	56	Kayla Overholt	E2	MCMASTER MARAUDERS	6	4:03	<b>32:22</b>
31	31	94	Sophie Levasseur	E2	TORONTO VARSITYBLUES	3	4:05	<b>32:38</b>
32	32	107	Ella Symon	E2	WATERLOO WARRIORS	2	4:06	<b>32:41</b>
33	33	102	Katherine Granstrom	E4	WATERLOO WARRIORS	3	4:06	<b>32:42</b>
34	34	128	Natalie Whitten	E4	WINDSOR LANCERS	3	4:06	<b>32:43</b>
35	35	123	Meg Mooney	E4	WINDSOR LANCERS	4	4:07	<b>32:52</b>
36	36	78	Gillian Porter	R	QUEEN'S GAELS	5	4:07	<b>32:53</b>
37	37	35	Angela Mozzon	E3	LAURENTIAN VOYAGEURS	1	4:08	<b>32:58</b>
38	38	74	Olivia Hendrikx	E2	QUEEN'S GAELS	6	4:08	<b>33:01</b>
39	39	41	Nicole Beach	E2	LAURIER GOLDEN HAWKS	1	4:10	<b>33:13</b>
40	40	75	Sarah Lacy	R	QUEEN'S GAELS	7	4:10	<b>33:13</b>
41	41	105	Megan Richer	E2	WATERLOO WARRIORS	4	4:10	<b>33:16</b>
42	42	127	Chloe Walker	E4	WINDSOR LANCERS	5	4:10	<b>33:16</b>
43	43	93	Madeleine Larson	R	TORONTO VARSITYBLUES	4	4:10	<b>33:16</b>
44	44	53	Morgan McKeown	E2	MCMASTER MARAUDERS	7	4:10	<b>33:16</b>
45	45	13	Robyn Adamo	E4	BROCK BADGERS	1	4:10	<b>33:17</b>
46	46	98	Katherine Vuckovic	E1	TORONTO VARSITYBLUES	5	4:11	<b>33:23</b>
47		130	Laura Peters	E2	YORK LIONS	1	4:11	<b>33:27</b>
48	47	36	Kristen Mrozewski	E2	LAURENTIAN VOYAGEURS	2	4:11	<b>33:28</b>
49	48	48	Mary Tennant	E2	LAURIER GOLDEN HAWKS	2	4:12	<b>33:31</b>
50	49	45	Elizabeth Drake	E3	LAURIER GOLDEN HAWKS	3	4:12	<b>33:35</b>
51	50	31	Sarah Booth	E2	LAURENTIAN VOYAGEURS	3	4:13	<b>33:42</b>
52	51	118	Hallee Knelsen	E2	WESTERN MUSTANGS	7	4:14	<b>33:48</b>
53	52	90	E.J Boston	E2	TORONTO VARSITYBLUES	6	4:14	<b>33:51</b>
54	53	108	Natalie Tsang	E2	WATERLOO WARRIORS	5	4:15	<b>33:59</b>
55	54	39	Sabrina Arena	R	LAURIER GOLDEN HAWKS	4	4:17	<b>34:14</b>
56	55	40	Hannah Badin	E3	LAURIER GOLDEN HAWKS	5	4:18	<b>34:19</b>
57	56	33	Meredith Kusnierczyk	E1	LAURENTIAN VOYAGEURS	4	4:20	<b>34:40</b>
58	57	124	Joelle Olla	R	WINDSOR LANCERS	6	4:20	<b>34:40</b>
59	58	17	Lauren Macsai	E2	BROCK BADGERS	2	4:21	<b>34:46</b>
60	59	66	Kylee Fowler	E2	OTTAWA GEE GEES	3	4:23	<b>35:02</b>
61	60	109	Claire Vernon-Pope	R	WATERLOO WARRIORS	6	4:23	<b>35:04</b>
62		30	Katherine Lucas	E3	LAKEHEAD THNDRWOLVES	1	4:25	<b>35:17</b>
63	61	121	Kaitlyn Handy	R	WINDSOR LANCERS	7	4:26	<b>35:23</b>
64	62	46	Piper Lafayette	E3	LAURIER GOLDEN HAWKS	6	4:26	<b>35:24</b>

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65	63	18	Julie Mak	R	BROCK BADGERS	3	4:27	<b>35:34</b>
66	64	19	Adeline Steiger	R	BROCK BADGERS	4	4:28	<b>35:42</b>
67	65	16	Cori Macsai	E2	BROCK BADGERS	5	4:34	<b>36:26</b>
68	66	38	Ashley Valentini	E3	LAURENTIAN VOYAGEURS	5	4:34	<b>36:27</b>
69	67	44	Abbey Davis	E3	LAURIER GOLDEN HAWKS	7	4:34	<b>36:31</b>
70		62	Jaime Schweyer	E3	NIPISSING LAKERS	1	4:35	<b>36:38</b>
71	68	69	Elana Tyman	E2	OTTAWA GEE GEES	4	4:35	<b>36:39</b>
72	69	64	Taylor Brown	E2	OTTAWA GEE GEES	5	4:35	<b>36:40</b>
73		59	Brooke Ailey	R	NIPISSING LAKERS	2	4:37	<b>36:49</b>
74	70	86	Tijana Panic	R	TMU BOLD	1	4:37	<b>36:54</b>
75	71	83	Victoria Hebert	R	TMU BOLD	2	4:40	<b>37:18</b>
76	72	34	Abbey Maillet	E2	LAURENTIAN VOYAGEURS	6	4:41	<b>37:21</b>
77	73	14	Ciepielewski Ania	R	BROCK BADGERS	6	4:47	<b>38:13</b>
78		61	Sina Scholz	E2	NIPISSING LAKERS	3	4:54	<b>39:09</b>
79	74	84	Olivia James	R	TMU BOLD	3	4:55	<b>39:17</b>
80	75	65	Emy Coupal	E1	OTTAWA GEE GEES	6	4:55	<b>39:18</b>
81		11	Avery Cooper	R	ALGOMA THUNDERBIRDS	1	5:02	<b>40:12</b>
82		12	Faith Holmes	E3	ALGOMA THUNDERBIRDS	2	5:03	<b>40:17</b>
83		131	Jennifer Ward	R	YORK LIONS	2	5:09	<b>41:06</b>
84	76	89	Jessica Ward	R	TMU BOLD	4	5:12	<b>41:36</b>
85	77	15	Verbrugge Liberty	R	BROCK BADGERS	7	5:13	<b>41:42</b>
86		265	Brittany Welsh	E1	TRENT EXCALIBUR	1	5:15	<b>41:55</b>
87	78	88	Brigitte Toljagic	R	TMU BOLD	5	5:22	<b>42:55</b>
88		100	Isabelle Honegger	R	TRENT EXCALIBUR	2	5:33	<b>44:20</b>
89		67	Haley Griffin	R	OTTAWA GEE GEES			<b>DNF</b>
90		101	Hillary Clark	E3	WATERLOO WARRIORS			<b>DNF</b>
91		32	Pascale Gendron	E2	LAURENTIAN VOYAGEURS			<b>DNF</b>
92		91	Joud Dabous	E2	TORONTO VARSITYBLUES			<b>DNF</b>

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**TEAM: GUELPH GRYPHONS SCORE: 21 PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Nina Whitford		E4	27	29:32	3:42	5:57
1-1	Sadie-Jane Hickson		E5	23	29:26	3:41	5:56
4-4	Annika Ariano		E3	20	29:47	3:44	6:00
6-6	Olivia Roussel		E3	26	29:58	3:45	6:02
8-8	Hannah Woodhouse		E5	28	30:07	3:46	6:04
13-13	Sandra Guga		E3	22	30:34	3:50	6:09
12-12	Michelle Gray		R	21	30:33	3:50	6:09
<b>Top 5 Total Time:</b>		2:28:50	<b>Top 5 Average Time:</b>		29:46		
<b>Top 5 Average per KM:</b>		3:44	<b>Top 5 Average Per MILE:</b>		6:00		
<b>1 - 5 Split:</b>		0:41	<b>1 - 7 Split:</b>		1:08		
<b>Top 7 Total Time:</b>		3:29:57	<b>Top 7 Average Time:</b>		30:00		

**TEAM: MCMMASTER MARAUDERS SCORE: 69 PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Rosalyn Barrett		E2	49	29:33	3:42	5:57
10-10	Sarah Nolan		E4	55	30:24	3:48	6:07
11-11	Hannah Goodjohn		E3	51	30:29	3:49	6:08
21-21	Kaitlyn Treleaven		E2	57	31:07	3:54	6:16
24-24	Emma Waddington		E5	58	31:37	3:58	6:22
30-30	Kayla Overholt		E2	56	32:22	4:03	6:31
44-44	Morgan McKeown		E2	53	33:16	4:10	6:42
<b>Top 5 Total Time:</b>		2:33:10	<b>Top 5 Average Time:</b>		30:38		
<b>Top 5 Average per KM:</b>		3:50	<b>Top 5 Average Per MILE:</b>		6:10		
<b>1 - 5 Split:</b>		2:04	<b>1 - 7 Split:</b>		3:43		
<b>Top 7 Total Time:</b>		3:38:48	<b>Top 7 Average Time:</b>		31:16		

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**TEAM: WESTERN MUSTANGS****SCORE: 70****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Sophie Coutts		E2	115	29:57	3:45	6:02
7-7	Erika Jordan		E2	117	30:01	3:46	6:03
16-16	Anna Carruthers		E3	113	30:46	3:51	6:12
20-20	Chloe Coutts		E2	114	31:07	3:54	6:16
22-22	Paige Breedon		E1	111	31:13	3:55	6:17
23-23	Heidi Ohrling		E4	119	31:23	3:56	6:19
52-51	Hallee Knelsen		E2	118	33:48	4:14	6:48
<b>Top 5 Total Time:</b>		2:33:04			<b>Top 5 Average Time:</b>	30:37	
<b>Top 5 Average per KM:</b>		3:50			<b>Top 5 Average Per MILE:</b>	6:10	
<b>1 - 5 Split:</b>		1:16			<b>1 - 7 Split:</b>	3:51	
<b>Top 7 Total Time:</b>		3:38:15			<b>Top 7 Average Time:</b>	31:11	

**TEAM: QUEEN'S GAELS****SCORE: 121****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
15-15	Emma Graham		E2	73	30:42	3:51	6:11
17-17	Manon Plouvier		E4	77	30:48	3:51	6:12
25-25	Elizabeth Vroom		R	80	31:55	4:00	6:26
28-28	Tamara Goddard		E2	72	32:02	4:01	6:27
36-36	Gillian Porter		R	78	32:53	4:07	6:37
38-38	Olivia Hendrikk		E2	74	33:01	4:08	6:39
40-40	Sarah Lacy		R	75	33:13	4:10	6:41
<b>Top 5 Total Time:</b>		2:38:20			<b>Top 5 Average Time:</b>	31:40	
<b>Top 5 Average per KM:</b>		3:58			<b>Top 5 Average Per MILE:</b>	6:23	
<b>1 - 5 Split:</b>		2:11			<b>1 - 7 Split:</b>	2:31	
<b>Top 7 Total Time:</b>		3:44:34			<b>Top 7 Average Time:</b>	32:05	

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**TEAM: WINDSOR LANCERS SCORE: 148 PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
19-19	Samara Quanz		E2	126	30:54	3:52	6:13
18-18	Nicole LaRue		E3	122	30:51	3:52	6:13
34-34	Natalie Whitten		E4	128	32:43	4:06	6:35
35-35	Meg Mooney		E4	123	32:52	4:07	6:37
42-42	Chloe Walker		E4	127	33:16	4:10	6:42
58-57	Joelle Olla		R	124	34:40	4:20	6:59
63-61	Kaitlyn Handy		R	121	35:23	4:26	7:08
<b>Top 5 Total Time:</b>		2:40:36			<b>Top 5 Average Time:</b>	32:08	
<b>Top 5 Average per KM:</b>		4:01			<b>Top 5 Average Per MILE:</b>	6:28	
<b>1 - 5 Split:</b>		2:25			<b>1 - 7 Split:</b>	4:32	
<b>Top 7 Total Time:</b>		3:50:39			<b>Top 7 Average Time:</b>	32:57	

**TEAM: WATERLOO WARRIORS SCORE: 168 PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Claudia Heeney		E2	103	30:16	3:47	6:06
33-33	Katherine Granstrom		E4	102	32:42	4:06	6:35
32-32	Ella Symon		E2	107	32:41	4:06	6:35
41-41	Megan Richer		E2	105	33:16	4:10	6:42
54-53	Natalie Tsang		E2	108	33:59	4:15	6:51
61-60	Claire Vernon-Pope		R	109	35:04	4:23	7:04
	Hillary Clark		E3	101	DNF		
<b>Top 5 Total Time:</b>		2:42:54			<b>Top 5 Average Time:</b>	32:35	
<b>Top 5 Average per KM:</b>		4:05			<b>Top 5 Average Per MILE:</b>	6:34	
<b>1 - 5 Split:</b>		3:43			<b>1 - 7 Split:</b>		
<b>Top 7 Total Time:</b>					<b>Top 7 Average Time:</b>		

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**TEAM: TORONTO VARSITYBLUES SCORE: 175 PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-26	Christina Esposito		E3	92	31:56	4:00	6:26
29-29	Sarah Luedke		E2	95	32:11	4:02	6:29
31-31	Sophie Levasseur		E2	94	32:38	4:05	6:34
43-43	Madeleine Larson		R	93	33:16	4:10	6:42
46-46	Katherine Vuckovic		E1	98	33:23	4:11	6:43
=====							
53-52	E.J Boston		E2	90	33:51	4:14	6:49
	Joud Dabous		E2	91	DNF		
=====							
<b>Top 5 Total Time:</b>		2:43:24			<b>Top 5 Average Time:</b>		32:41
<b>Top 5 Average per KM:</b>		4:06			<b>Top 5 Average Per MILE:</b>		6:35
<b>1 - 5 Split:</b>		1:27			<b>1 - 7 Split:</b>		
<b>Top 7 Total Time:</b>					<b>Top 7 Average Time:</b>		

**TEAM: OTTAWA GEE GEES SCORE: 237 PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
14-14	Noemie Beauregard		E1	63	30:40	3:50	6:11
27-27	Nina Gunther		E4	68	32:01	4:01	6:27
60-59	Kylee Fowler		E2	66	35:02	4:23	7:03
71-68	Elana Tyman		E2	69	36:39	4:35	7:23
72-69	Taylor Brown		E2	64	36:40	4:35	7:23
=====							
80-75	Emy Coupal		E1	65	39:18	4:55	7:55
	Haley Griffin		R	67	DNF		
=====							
<b>Top 5 Total Time:</b>		2:51:02			<b>Top 5 Average Time:</b>		34:13
<b>Top 5 Average per KM:</b>		4:17			<b>Top 5 Average Per MILE:</b>		6:53
<b>1 - 5 Split:</b>		6:00			<b>1 - 7 Split:</b>		
<b>Top 7 Total Time:</b>					<b>Top 7 Average Time:</b>		

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**TEAM: LAURIER GOLDEN HAWKS SCORE: 245 PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
39-39	Nicole Beach		E2	41	33:13	4:10	6:41
49-48	Mary Tennant		E2	48	33:31	4:12	6:45
50-49	Elizabeth Drake		E3	45	33:35	4:12	6:46
56-55	Hannah Badin		E3	40	34:19	4:18	6:55
55-54	Sabrina Arena		R	39	34:14	4:17	6:54
64-62	Piper Lafayette		E3	46	35:24	4:26	7:08
69-67	Abbey Davis		E3	44	36:31	4:34	7:21
<b>Top 5 Total Time:</b>		2:48:52			<b>Top 5 Average Time:</b>	33:47	
<b>Top 5 Average per KM:</b>		4:14			<b>Top 5 Average Per MILE:</b>	6:48	
<b>1 - 5 Split:</b>		1:06			<b>1 - 7 Split:</b>	3:18	
<b>Top 7 Total Time:</b>		4:04:47			<b>Top 7 Average Time:</b>	34:24	

**TEAM: LAURENTIAN VOYAGEURS SCORE: 256 PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
37-37	Angela Mozzon		E3	35	32:58	4:08	6:38
48-47	Kristen Mrozewski		E2	36	33:28	4:11	6:44
51-50	Sarah Booth		E2	31	33:42	4:13	6:47
57-56	Meredith Kusnierczyk		E1	33	34:40	4:20	6:59
68-66	Ashley Valentini		E3	38	36:27	4:34	7:20
76-72	Abbey Maillet		E2	34	37:21	4:41	7:31
	Pascale Gendron		E2	32	DNF		
<b>Top 5 Total Time:</b>		2:51:15			<b>Top 5 Average Time:</b>	34:15	
<b>Top 5 Average per KM:</b>		4:17			<b>Top 5 Average Per MILE:</b>	6:54	
<b>1 - 5 Split:</b>		3:29			<b>1 - 7 Split:</b>		
<b>Top 7 Total Time:</b>					<b>Top 7 Average Time:</b>		

2022 OUA Cross Country Championships

44th for Women, 107th for Men

2022-10-30

2022-10-29 - 2022-10-29

Thames Valley GC, London, ON

**TEAM: BROCK BADGERS**

**SCORE: 295 PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
45-45	Robyn Adamo		E4	13	33:17	4:10	6:42
59-58	Lauren Macsai		E2	17	34:46	4:21	7:00
67-65	Cori Macsai		E2	16	36:26	4:34	7:20
65-63	Julie Mak		R	18	35:34	4:27	7:10
66-64	Adeline Steiger		R	19	35:42	4:28	7:11
=====							
77-73	Ciepielewski Ania		R	14	38:13	4:47	7:42
85-77	Verbrugge Liberty		R	15	41:42	5:13	8:24
=====							
<b>Top 5 Total Time:</b>		2:55:45			<b>Top 5 Average Time:</b>		35:09
<b>Top 5 Average per KM:</b>		4:24			<b>Top 5 Average Per MILE:</b>		7:05
<b>1 - 5 Split:</b>		3:09			<b>1 - 7 Split:</b>		8:25
<b>Top 7 Total Time:</b>		4:15:40			<b>Top 7 Average Time:</b>		36:32

**TEAM: TMU BOLD**

**SCORE: 369 PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
74-70	Tijana Panic		R	86	36:54	4:37	7:26
75-71	Victoria Hebert		R	83	37:18	4:40	7:31
79-74	Olivia James		R	84	39:17	4:55	7:55
84-76	Jessica Ward		R	89	41:36	5:12	8:23
87-78	Brigitte Toljagic		R	88	42:55	5:22	8:38
=====							
<b>Top 5 Total Time:</b>		3:18:00			<b>Top 5 Average Time:</b>		39:36
<b>Top 5 Average per KM:</b>		4:57			<b>Top 5 Average Per MILE:</b>		7:58
<b>1 - 5 Split:</b>		6:01			<b>1 - 7 Split:</b>		
<b>Top 7 Total Time:</b>					<b>Top 7 Average Time:</b>		

## 2022 OUA Cross Country Championships

44th for Women, 107th for Men

2022-10-29

2022-10-29 - 2022-10-29

Thames Valley GC, London, ON

**Event # 2 MENS 8Km Run**

START @ 1:00pm

Conditions: sunny, 13°C

2nd year for 8K for Men at OUA

+ COURSE RECORD:Jeremy Coughler London-Western TFC 24:30.00 WI 2022

TEAM POINTS RECORD:Guelph Gryphons 16pts [1-2-3-4-6] 2010

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	MCMASTER MARAUDERS	20	1-2-3-6-8	32-36	2:04:16	3:07	24:52	0:35
2	QUEEN'S GAELS	51	4-5-7-10-25	26-30	2:06:26	3:10	25:18	1:21
3	GUELPH GRYPHONS	71	9-11-14-16-21	24	2:08:08	3:13	25:38	0:43
4	WESTERN MUSTANGS	117	15-18-19-27-38	39-45	2:10:49	3:17	26:10	1:09
5	LAKEHEAD THNDRWOLVES	169	17-22-29-49-52	57-67	2:13:22	3:21	26:41	1:47
6	WINDSOR LANCERS	182	12-13-35-58-64	74-87	2:13:59	3:21	26:48	2:57
7	OTTAWA GEE GEES	183	20-28-34-42-59	73-86	2:14:24	3:22	26:53	2:03
8	TORONTO VARSITYBLUES	186	23-33-41-43-46	51	2:14:05	3:22	26:49	1:09
9	WATERLOO WARRIORS	247	31-47-54-55-60	71-75	2:17:22	3:27	27:29	1:28
10	LAURIER GOLDEN HAWKS	271	44-48-56-61-62	69-76	2:18:45	3:29	27:45	1:10
11	BROCK BADGERS	286	37-53-63-65-68	70-78	2:19:49	3:30	27:58	1:45
12	LAURENTIAN VOYAGEURS	358	40-72-79-83-84	88-90	2:26:33	3:40	29:19	3:32
13	YORK LIONS	389	50-77-80-89-93		2:33:07	3:50	30:38	6:57
14	NIPISSING LAKERS	405	66-81-82-85-91	92	2:31:36	3:48	30:20	3:50
	TRENT EXCALIBUR		89-91-99					
	ALGOMA THUNDERBIRDS							
	TMU BOLD		82-96-98					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	187	Max Turek		E5	MCMASTER MARAUDERS	1	3:05	24:36
2	2	180	Andrew Davies		E4	MCMASTER MARAUDERS	2	3:06	24:41
3	3	181	Alex Drover		E5	MCMASTER MARAUDERS	3	3:07	24:49
4	4	209	Mitchell Kirby		E5	QUEEN'S GAELS	1	3:07	24:53
5	5	210	Roman Mironov		E2	QUEEN'S GAELS	2	3:07	24:55
6	6	179	Dylan Alick		E5	MCMASTER MARAUDERS	4	3:08	24:59
7	7	212	Jude Wheeler-Dee		E2	QUEEN'S GAELS	3	3:09	25:06
8	8	186	Sam Nusselder		E4	MCMASTER MARAUDERS	5	3:09	25:11
9	9	151	Christian Rachner		E2	GUELPH GRYPHONS	1	3:10	25:18
10	10	204	Miles Brackenbury		E3	QUEEN'S GAELS	4	3:10	25:18
11	11	150	Alec Purnell		E4	GUELPH GRYPHONS	2	3:11	25:21
12	12	255	Jonathan Rioux		E4	WINDSOR LANCERS	1	3:11	25:23
13	13	249	Cameron Cira		E5	WINDSOR LANCERS	2	3:11	25:27
14	14	143	Nicholas Bannon		E4	GUELPH GRYPHONS	3	3:13	25:40
15	15	247	Marcel Scheele		E3	WESTERN MUSTANGS	1	3:13	25:44
16	16	144	Max Davies		E2	GUELPH GRYPHONS	4	3:14	25:48
17	17	157	Connor MacIntosh		E4	LAKEHEAD THNDRWOLVES	1	3:14	25:48
18	18	241	Ben Fox		E2	WESTERN MUSTANGS	2	3:14	25:49
19	19	246	Mark Royce		E2	WESTERN MUSTANGS	3	3:14	25:52
20	20	196	Andre Alie-Lamarche		E4	OTTAWA GEE GEES	1	3:16	26:01

**2022 OUA Cross Country Championships****44th for Women, 107th for Men**

2022-10-29

2022-10-29 - 2022-10-29

**Thames Valley GC, London, ON****Event # 2 MENS 8Km Run**

START @ 1:00pm

Conditions: sunny, 13°C

2nd year for 8K for Men at OUA

+ COURSE RECORD:Jeremy Coughler London-Western TFC 24:30.00 WI 2022

TEAM POINTS RECORD:Guelph Gryphons 16pts [1-2-3-4-6] 2010

21	21	149	Gaetano Pocchi	R	GUELPH GRYPHONS	5	3:16	<b>26:01</b>
22	22	154	Jett Dobson	E2	LAKEHEAD THNDRWOLVES	2	3:16	<b>26:02</b>
23	23	226	Ben Shore	E4	TORONTO VARSITYBLUES	1	3:16	<b>26:07</b>
24	24	147	Jack Lehto	R	GUELPH GRYPHONS	6	3:17	<b>26:09</b>
25	25	211	Ben Miske	E2	QUEEN'S GAELS	5	3:17	<b>26:14</b>
26	26	208	Tanner Hueglin	R	QUEEN'S GAELS	6	3:19	<b>26:25</b>
27	27	240	Mitch De Lange	E5	WESTERN MUSTANGS	4	3:19	<b>26:31</b>
28	28	198	Adrian Fournier	E4	OTTAWA GEE GEES	2	3:20	<b>26:33</b>
29	29	155	Andrew Lehman	E2	LAKEHEAD THNDRWOLVES	3	3:20	<b>26:33</b>
30	30	205	Dan Coolican	E2	QUEEN'S GAELS	7	3:20	<b>26:37</b>
31	31	236	Adam Huras	E2	WATERLOO WARRIORS	1	3:20	<b>26:39</b>
32	32	185	David Marchant	E4	MCMASTER MARAUDERS	6	3:21	<b>26:43</b>
33	33	224	Adam Pralat	R	TORONTO VARSITYBLUES	2	3:21	<b>26:43</b>
34	34	201	Nicholas Roberts	E5	OTTAWA GEE GEES	3	3:21	<b>26:45</b>
35	35	253	Luke Mawhinney	E3	WINDSOR LANCERS	3	3:21	<b>26:47</b>
36	36	183	Chris Hoftzyer	E3	MCMASTER MARAUDERS	7	3:22	<b>26:49</b>
37	37	138	Joseph Dick	E4	BROCK BADGERS	1	3:22	<b>26:50</b>
38	38	248	Keithan Sivapragasam	E2	WESTERN MUSTANGS	5	3:22	<b>26:53</b>
39	39	245	Erik Ohrling	E4	WESTERN MUSTANGS	6	3:22	<b>26:55</b>
40	40	162	Seamus Doherty	R	LAURENTIAN VOYAGEURS	1	3:22	<b>26:55</b>
41	41	225	Brandon Raftis	E3	TORONTO VARSITYBLUES	3	3:22	<b>26:57</b>
42	42	195	Nicolas Abanto Enns	E3	OTTAWA GEE GEES	4	3:23	<b>27:01</b>
43	43	220	Jack Djondric-Powell	E1	TORONTO VARSITYBLUES	4	3:23	<b>27:02</b>
44	44	173	Rahil Kachalia	E4	LAURIER GOLDEN HAWKS	1	3:23	<b>27:04</b>
45	45	244	Ethan Loucks	E4	WESTERN MUSTANGS	7	3:24	<b>27:09</b>
46	46	222	Owen Moloney	E2	TORONTO VARSITYBLUES	5	3:25	<b>27:16</b>
47	47	233	Patrick Dean	E2	WATERLOO WARRIORS	2	3:25	<b>27:17</b>
48	48	178	Ian Young	E2	LAURIER GOLDEN HAWKS	2	3:25	<b>27:18</b>
49	49	153	Leif Buxton	E2	LAKEHEAD THNDRWOLVES	4	3:26	<b>27:24</b>
50	50	259	Abdullahi Abdullahi	E3	YORK LIONS	1	3:27	<b>27:32</b>
51	51	221	Anton Mlynczyk	E2	TORONTO VARSITYBLUES	6	3:27	<b>27:33</b>
52	52	158	William McDonough	E3	LAKEHEAD THNDRWOLVES	5	3:27	<b>27:35</b>
53	53	140	Isaac Iannarelli	E2	BROCK BADGERS	2	3:28	<b>27:38</b>
54	54	230	Emil Bjornlinger	E1	WATERLOO WARRIORS	3	3:28	<b>27:39</b>
55	55	234	Treshan Fernando	R	WATERLOO WARRIORS	4	3:28	<b>27:40</b>
56	56	170	Joel Duff	R	LAURIER GOLDEN HAWKS	3	3:30	<b>27:56</b>
57	57	156	Nicholas Lightwood	R	LAKEHEAD THNDRWOLVES	6	3:30	<b>27:58</b>
58	58	254	Paul Popescu	E2	WINDSOR LANCERS	4	3:31	<b>28:02</b>
59	59	203	Zach Sikka	R	OTTAWA GEE GEES	5	3:31	<b>28:04</b>
60	60	231	Massimo Calcagno	E2	WATERLOO WARRIORS	5	3:31	<b>28:07</b>
61	61	172	Eric Hill	E3	LAURIER GOLDEN HAWKS	4	3:32	<b>28:13</b>
62	62	169	Luke Aikman	E1	LAURIER GOLDEN HAWKS	5	3:32	<b>28:14</b>
63	63	137	Riley Coles	E2	BROCK BADGERS	3	3:33	<b>28:18</b>
64	64	256	Zach Staffell	E2	WINDSOR LANCERS	5	3:33	<b>28:20</b>

## 2022 OUA Cross Country Championships

44th for Women, 107th for Men

2022-10-29

2022-10-29 - 2022-10-29

Thames Valley GC, London, ON

**Event # 2 MENS 8Km Run**

START @ 1:00pm

Conditions: sunny, 13°C

2nd year for 8K for Men at OUA

+ COURSE RECORD:Jeremy Coughler London-Western TFC 24:30.00 WI 2022

TEAM POINTS RECORD:Guelph Gryphons 16pts [1-2-3-4-6] 2010

65	65	141	Christian Ligtenberg	E3	BROCK BADGERS	4	3:34	<b>28:28</b>
66	66	189	Ethan Aarts	E2	NIPISSING LAKERS	1	3:34	<b>28:29</b>
67	67	159	Aiden Webster	E2	LAKEHEAD THNDRWOLVES	7	3:35	<b>28:33</b>
68	68	139	Davis Fowler	E3	BROCK BADGERS	5	3:35	<b>28:35</b>
69	69	176	Davis Rutledge	E2	LAURIER GOLDEN HAWKS	6	3:37	<b>28:49</b>
70	70	142	Nick Reimer	E3	BROCK BADGERS	6	3:38	<b>29:01</b>
71	71	235	Emrys Halbertsma	E2	WATERLOO WARRIORS	6	3:38	<b>29:01</b>
72	72	164	Nick Lambert	E3	LAURENTIAN VOYAGEURS	2	3:38	<b>29:02</b>
73	73	200	Fred Parent	E1	OTTAWA GEE GEES	6	3:39	<b>29:06</b>
74	74	257	Andrew Taylor	E2	WINDSOR LANCERS	6	3:39	<b>29:09</b>
75	75	232	Cameron Dean	E3	WATERLOO WARRIORS	7	3:40	<b>29:17</b>
76	76	171	Jordan Frieberg	E2	LAURIER GOLDEN HAWKS	7	3:40	<b>29:18</b>
77	77	260	Christopher Basso	E3	YORK LIONS	2	3:42	<b>29:32</b>
78	78	135	Jacob Bray	E3	BROCK BADGERS	7	3:44	<b>29:49</b>
79	79	165	Patrick Leroux	E2	LAURENTIAN VOYAGEURS	3	3:44	<b>29:52</b>
80	80	264	Chase Kuchera	R	YORK LIONS	3	3:45	<b>29:58</b>
81	81	190	Samuel Bennett	R	NIPISSING LAKERS	2	3:46	<b>30:07</b>
82		214	Jack Heintz	R	TMU BOLD	1	3:46	<b>30:07</b>
83	82	194	Noah Sullivan	E2	NIPISSING LAKERS	3	3:46	<b>30:07</b>
84	83	161	Cameron Date	E3	LAURENTIAN VOYAGEURS	4	3:48	<b>30:17</b>
85	84	167	Brandon Radey	R	LAURENTIAN VOYAGEURS	5	3:49	<b>30:27</b>
86	85	193	George Legler	R	NIPISSING LAKERS	4	3:50	<b>30:34</b>
87	86	199	Nathan Meraw	E3	OTTAWA GEE GEES	7	3:51	<b>30:44</b>
88	87	250	Brayden DeGrace	E3	WINDSOR LANCERS	7	3:51	<b>30:45</b>
89		229	Keegan Sayles	R	TRENT EXCALIBUR	1	3:54	<b>31:08</b>
90	88	160	Travis Annett	R	LAURENTIAN VOYAGEURS	6	3:55	<b>31:14</b>
91		227	Payton Kettle	R	TRENT EXCALIBUR	2	3:56	<b>31:21</b>
92	89	261	Nicholas Campese	E1	YORK LIONS	4	3:57	<b>31:36</b>
93	90	168	Kevin Yuan	R	LAURENTIAN VOYAGEURS	7	3:58	<b>31:43</b>
94	91	191	Noah Cornish	E3	NIPISSING LAKERS	5	4:03	<b>32:19</b>
95	92	192	Oliver Czerny-Holownia	E2	NIPISSING LAKERS	6	4:04	<b>32:32</b>
96		213	Christian Barida	R	TMU BOLD	2	4:05	<b>32:38</b>
97	93	263	Ethan D'Cruz	E2	YORK LIONS	5	4:19	<b>34:29</b>
98		215	Sam Mamelli	E1	TMU BOLD	3	4:28	<b>35:41</b>
99		228	Carter Myles	R	TRENT EXCALIBUR	3	4:59	<b>39:46</b>
100		133	Mark Jobst	E1	ALGOMA THUNDERBIRDS			<b>DNF</b>
101		218	Nima Ashtari	E2	TORONTO VARSITYBLUES			<b>DNF</b>
102		146	Gavin Hughes	E5	GUELPH GRYPHONS			<b>DNF</b>

2022 OUA Cross Country Championships

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2022-10-29 - 2022-10-29

Thames Valley GC, London, ON

**TEAM: MCMASTER MARAUDERS SCORE: 20 PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Alex Drover		E5	181	24:49	3:07	5:00
2-2	Andrew Davies		E4	180	24:41	3:06	4:58
1-1	Max Turek		E5	187	24:36	3:05	4:57
6-6	Dylan Alick		E5	179	24:59	3:08	5:02
8-8	Sam Nusselder		E4	186	25:11	3:09	5:04
=====							
32-32	David Marchant		E4	185	26:43	3:21	5:23
36-36	Chris Hoftzyer		E3	183	26:49	3:22	5:24
=====							
<b>Top 5 Total Time:</b>		2:04:16			<b>Top 5 Average Time:</b>		24:52
<b>Top 5 Average per KM:</b>		3:07			<b>Top 5 Average Per MILE:</b>		5:00
<b>1 - 5 Split:</b>		0:35			<b>1 - 7 Split:</b>		2:13
<b>Top 7 Total Time:</b>		2:57:48			<b>Top 7 Average Time:</b>		25:24

**TEAM: QUEEN'S GAELS SCORE: 51 PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Mitchell Kirby		E5	209	24:53	3:07	5:01
5-5	Roman Mironov		E2	210	24:55	3:07	5:01
7-7	Jude Wheeler-Dee		E2	212	25:06	3:09	5:03
10-10	Miles Brackenbury		E3	204	25:18	3:10	5:06
26-26	Tanner Hueglin		R	208	26:25	3:19	5:19
=====							
25-25	Ben Miske		E2	211	26:14	3:17	5:17
30-30	Dan Coolican		E2	205	26:37	3:20	5:22
=====							
<b>Top 5 Total Time:</b>		2:06:26			<b>Top 5 Average Time:</b>		25:18
<b>Top 5 Average per KM:</b>		3:10			<b>Top 5 Average Per MILE:</b>		5:06
<b>1 - 5 Split:</b>		1:21			<b>1 - 7 Split:</b>		1:44
<b>Top 7 Total Time:</b>		2:59:28			<b>Top 7 Average Time:</b>		25:39

## 2022 OUA Cross Country Championships

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2022-10-29 - 2022-10-29

Thames Valley GC, London, ON

**TEAM: GUELPH GRYPHONS****SCORE: 71****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Christian Rachner		E2	151	25:18	3:10	5:06
11-11	Alec Purnell		E4	150	25:21	3:11	5:06
14-14	Nicholas Bannon		E4	143	25:40	3:13	5:10
16-16	Max Davies		E2	144	25:48	3:14	5:12
21-21	Gaetano Pocchi		R	149	26:01	3:16	5:15
24-24	Jack Lehto		R	147	26:09	3:17	5:16
	Gavin Hughes		E5	146	DNF		
<b>Top 5 Total Time:</b>		2:08:08			<b>Top 5 Average Time:</b>	25:38	
<b>Top 5 Average per KM:</b>		3:13			<b>Top 5 Average Per MILE:</b>	5:10	
<b>1 - 5 Split:</b>		0:43			<b>1 - 7 Split:</b>		
<b>Top 7 Total Time:</b>					<b>Top 7 Average Time:</b>		

**TEAM: WESTERN MUSTANGS****SCORE: 117****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
15-15	Marcel Scheele		E3	247	25:44	3:13	5:11
19-19	Mark Royce		E2	246	25:52	3:14	5:13
18-18	Ben Fox		E2	241	25:49	3:14	5:12
27-27	Mitch De Lange		E5	240	26:31	3:19	5:21
39-39	Erik Ohrling		E4	245	26:55	3:22	5:25
38-38	Keithan Sivapragasam		E2	248	26:53	3:22	5:25
45-45	Ethan Loucks		E4	244	27:09	3:24	5:28
<b>Top 5 Total Time:</b>		2:10:49			<b>Top 5 Average Time:</b>	26:10	
<b>Top 5 Average per KM:</b>		3:17			<b>Top 5 Average Per MILE:</b>	5:16	
<b>1 - 5 Split:</b>		1:09			<b>1 - 7 Split:</b>	1:25	
<b>Top 7 Total Time:</b>		3:4:53			<b>Top 7 Average Time:</b>	26:25	

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**TEAM: LAKEHEAD THNDRWOLVES SCORE: 169 PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-17	Connor MacIntosh		E4	157	25:48	3:14	5:12
22-22	Jett Dobson		E2	154	26:02	3:16	5:15
29-29	Andrew Lehman		E2	155	26:33	3:20	5:21
49-49	Leif Buxton		E2	153	27:24	3:26	5:31
52-52	William McDonough		E3	158	27:35	3:27	5:33
57-57	Nicholas Lightwood		R	156	27:58	3:30	5:38
67-67	Aiden Webster		E2	159	28:33	3:35	5:45
<b>Top 5 Total Time:</b>		2:13:22			<b>Top 5 Average Time:</b>	26:41	
<b>Top 5 Average per KM:</b>		3:21			<b>Top 5 Average Per MILE:</b>	5:22	
<b>1 - 5 Split:</b>		1:47			<b>1 - 7 Split:</b>	2:45	
<b>Top 7 Total Time:</b>		3:9:53			<b>Top 7 Average Time:</b>	27:08	

**TEAM: WINDSOR LANCERS SCORE: 182 PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
13-13	Cameron Cira		E5	249	25:27	3:11	5:08
12-12	Jonathan Rioux		E4	255	25:23	3:11	5:07
35-35	Luke Mawhinney		E3	253	26:47	3:21	5:24
58-58	Paul Popescu		E2	254	28:02	3:31	5:39
64-64	Zach Staffell		E2	256	28:20	3:33	5:42
74-74	Andrew Taylor		E2	257	29:09	3:39	5:52
88-87	Brayden DeGrace		E3	250	30:45	3:51	6:12
<b>Top 5 Total Time:</b>		2:13:59			<b>Top 5 Average Time:</b>	26:48	
<b>Top 5 Average per KM:</b>		3:21			<b>Top 5 Average Per MILE:</b>	5:24	
<b>1 - 5 Split:</b>		2:57			<b>1 - 7 Split:</b>	5:22	
<b>Top 7 Total Time:</b>		3:13:53			<b>Top 7 Average Time:</b>	27:42	

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**TEAM: OTTAWA GEE GEES****SCORE: 183 PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
20-20	Andre Alie-Lamarche		E4	196	26:01	3:16	5:15
28-28	Adrian Fournier		E4	198	26:33	3:20	5:21
34-34	Nicholas Roberts		E5	201	26:45	3:21	5:23
42-42	Nicolas Abanto Enns		E3	195	27:01	3:23	5:27
59-59	Zach Sikka		R	203	28:04	3:31	5:39
=====							
73-73	Fred Parent		E1	200	29:06	3:39	5:52
87-86	Nathan Meraw		E3	199	30:44	3:51	6:11
=====							
<b>Top 5 Total Time:</b>		2:14:24			<b>Top 5 Average Time:</b>	26:53	
<b>Top 5 Average per KM:</b>		3:22			<b>Top 5 Average Per MILE:</b>	5:25	
<b>1 - 5 Split:</b>		2:03			<b>1 - 7 Split:</b>	4:43	
<b>Top 7 Total Time:</b>		3:14:14			<b>Top 7 Average Time:</b>	27:45	

**TEAM: TORONTO VARSITYBLUES****SCORE: 186 PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
23-23	Ben Shore		E4	226	26:07	3:16	5:16
33-33	Adam Pralat		R	224	26:43	3:21	5:23
41-41	Brandon Raftis		E3	225	26:57	3:23	5:26
43-43	Jack Djondric-Powell		E1	220	27:02	3:23	5:27
46-46	Owen Moloney		E2	222	27:16	3:25	5:30
=====							
51-51	Anton Mlynczyk		E2	221	27:33	3:27	5:33
	Nima Ashtari		E2	218	DNF		
=====							
<b>Top 5 Total Time:</b>		2:14:05			<b>Top 5 Average Time:</b>	26:49	
<b>Top 5 Average per KM:</b>		3:22			<b>Top 5 Average Per MILE:</b>	5:24	
<b>1 - 5 Split:</b>		1:09			<b>1 - 7 Split:</b>		
<b>Top 7 Total Time:</b>					<b>Top 7 Average Time:</b>		

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**TEAM: WATERLOO WARRIORS SCORE: 247 PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
31-31	Adam Huras		E2	236	26:39	3:20	5:22
47-47	Patrick Dean		E2	233	27:17	3:25	5:30
54-54	Emil Bjornlinger		E1	230	27:39	3:28	5:34
55-55	Treshan Fernando		R	234	27:40	3:28	5:34
60-60	Massimo Calcagno		E2	231	28:07	3:31	5:40
=====							
71-71	Emrys Halbertsma		E2	235	29:01	3:38	5:51
75-75	Cameron Dean		E3	232	29:17	3:40	5:54
=====							
<b>Top 5 Total Time:</b>		2:17:22			<b>Top 5 Average Time:</b>		27:29
<b>Top 5 Average per KM:</b>		3:27			<b>Top 5 Average Per MILE:</b>		5:32
<b>1 - 5 Split:</b>		1:28			<b>1 - 7 Split:</b>		2:38
<b>Top 7 Total Time:</b>		3:15:40			<b>Top 7 Average Time:</b>		27:58

**TEAM: LAURIER GOLDEN HAWKS SCORE: 271 PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
44-44	Rahil Kachalia		E4	173	27:04	3:23	5:27
48-48	Ian Young		E2	178	27:18	3:25	5:30
56-56	Joel Duff		R	170	27:56	3:30	5:38
62-62	Luke Aikman		E1	169	28:14	3:32	5:41
61-61	Eric Hill		E3	172	28:13	3:32	5:41
=====							
69-69	Davis Rutledge		E2	176	28:49	3:37	5:48
76-76	Jordan Frieberg		E2	171	29:18	3:40	5:54
=====							
<b>Top 5 Total Time:</b>		2:18:45			<b>Top 5 Average Time:</b>		27:45
<b>Top 5 Average per KM:</b>		3:29			<b>Top 5 Average Per MILE:</b>		5:35
<b>1 - 5 Split:</b>		1:10			<b>1 - 7 Split:</b>		2:14
<b>Top 7 Total Time:</b>		3:16:52			<b>Top 7 Average Time:</b>		28:08

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**TEAM: BROCK BADGERS SCORE: 286 PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
37-37	Joseph Dick		E4	138	26:50	3:22	5:24
53-53	Isaac Iannarelli		E2	140	27:38	3:28	5:34
63-63	Riley Coles		E2	137	28:18	3:33	5:42
65-65	Christian Ligtenberg		E3	141	28:28	3:34	5:44
68-68	Davis Fowler		E3	139	28:35	3:35	5:45
70-70	Nick Reimer		E3	142	29:01	3:38	5:51
78-78	Jacob Bray		E3	135	29:49	3:44	6:00

<b>Top 5 Total Time:</b>	2:19:49	<b>Top 5 Average Time:</b>	27:58
<b>Top 5 Average per KM:</b>	3:30	<b>Top 5 Average Per MILE:</b>	5:38
<b>1 - 5 Split:</b>	1:45	<b>1 - 7 Split:</b>	2:59
<b>Top 7 Total Time:</b>	3:18:39	<b>Top 7 Average Time:</b>	28:23

**TEAM: LAURENTIAN VOYAGEURS SCORE: 358 PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
40-40	Seamus Doherty		R	162	26:55	3:22	5:25
72-72	Nick Lambert		E3	164	29:02	3:38	5:51
79-79	Patrick Leroux		E2	165	29:52	3:44	6:01
84-83	Cameron Date		E3	161	30:17	3:48	6:06
85-84	Brandon Radey		R	167	30:27	3:49	6:08
90-88	Travis Annett		R	160	31:14	3:55	6:17
93-90	Kevin Yuan		R	168	31:43	3:58	6:23

<b>Top 5 Total Time:</b>	2:26:33	<b>Top 5 Average Time:</b>	29:19
<b>Top 5 Average per KM:</b>	3:40	<b>Top 5 Average Per MILE:</b>	5:54
<b>1 - 5 Split:</b>	3:32	<b>1 - 7 Split:</b>	4:48
<b>Top 7 Total Time:</b>	3:29:30	<b>Top 7 Average Time:</b>	29:56

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**TEAM: YORK LIONS SCORE: 389 PLACE: 13**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
50-50	Abdullahi Abdullahi		E3	259	27:32	3:27	5:33
77-77	Christopher Basso		E3	260	29:32	3:42	5:57
80-80	Chase Kuchera		R	264	29:58	3:45	6:02
92-89	Nicholas Campese		E1	261	31:36	3:57	6:22
97-93	Ethan D'Cruz		E2	263	34:29	4:19	6:57

<b>Top 5 Total Time:</b>	2:33:07	<b>Top 5 Average Time:</b>	30:38
<b>Top 5 Average per KM:</b>	3:50	<b>Top 5 Average Per MILE:</b>	6:10
<b>1 - 5 Split:</b>	6:57	<b>1 - 7 Split:</b>	
<b>Top 7 Total Time:</b>		<b>Top 7 Average Time:</b>	

**TEAM: NIPISSING LAKERS SCORE: 405 PLACE: 14**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
66-66	Ethan Aarts		E2	189	28:29	3:34	5:44
81-81	Samuel Bennett		R	190	30:07	3:46	6:04
83-82	Noah Sullivan		E2	194	30:07	3:46	6:04
86-85	George Legler		R	193	30:34	3:50	6:09
95-92	Oliver Czerny-Holownia		E2	192	32:32	4:04	6:33
94-91	Noah Cornish		E3	191	32:19	4:03	6:31

<b>Top 5 Total Time:</b>	2:31:36	<b>Top 5 Average Time:</b>	30:20
<b>Top 5 Average per KM:</b>	3:48	<b>Top 5 Average Per MILE:</b>	6:06
<b>1 - 5 Split:</b>	3:50	<b>1 - 7 Split:</b>	
<b>Top 7 Total Time:</b>		<b>Top 7 Average Time:</b>	