

2021 OUA Cross Country Championships

43rd for Women, 106th for Men

Thames Valley GC, London, ON

2021-11-06

2021-11-06 - 2021-11-06

Event # 2 MENS 8Km Run

START @ 12:45pm - frost delay

Conditions: sunny 9°C

1st year for 8K for Men at OUA

! COURSE RECORD:Corey Bellemore Windsor Lancers 24:41.00 WI 2016

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	GUELPH GRYPHONS	32	2-6-7-8-9	15-16	2:06:03	3:10	25:13	0:36
2	MCMASTER MARAUDERS	34	1-3-5-12-13	30-52	2:05:38	3:09	25:08	0:47
3	WESTERN MUSTANGS	100	4-14-18-28-36	53-67	2:10:02	3:16	26:01	1:57
4	QUEENS GAELS	113	19-20-22-23-29	40-58	2:11:06	3:17	26:14	0:35
5	TORONTO VARSITYBLUES	117	10-17-25-31-34	39-42	2:11:09	3:17	26:14	1:30
6	WINDSOR LANCERS	156	11-27-33-38-47	57-77	2:13:32	3:21	26:43	2:16
7	LAKEHEAD THDERWOLVES	227	24-41-45-54-63	69-71	2:17:31	3:27	27:31	2:14
8	OTTAWA GEE GEES	245	26-37-50-51-81	84-88	2:18:36	3:28	27:44	3:02
9	LAURIER GOLDEN HAWKS	248	32-43-48-55-70	92-93	2:18:27	3:28	27:42	2:00
10	LAURENTIAN VOYAGEURS	249	21-35-60-61-72	79-91	2:18:27	3:28	27:42	2:42
11	BROCK BADGERS	305	46-59-62-64-74	76-89	2:21:42	3:33	28:21	1:22
12	WATERLOO WARRIORS	331	49-56-68-75-83	90	2:23:01	3:35	28:37	1:48
13	YORK LIONS	352	44-65-78-80-85		2:24:27	3:37	28:54	2:18
14	NIPISSING LAKERS	394	66-73-82-86-87	94-97	2:26:50	3:41	29:22	1:18
15	TRENT EXCALIBUR	488	95-96-98-99-100	101	2:51:34	4:18	34:19	4:59

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	90	Andrew Davies		E3	MCMASTER MARAUDERS	1	3:06	24:41 !
2	2	36	Mitchell Ubene		E5	GUELPH GRYPHONS	1	3:06	24:48
3	3	96	Max Turek		E4	MCMASTER MARAUDERS	2	3:07	24:57
4	4	217	Marcel Scheele		E2	WESTERN MUSTANGS	1	3:08	25:03
5	5	91	Alex Drover		E4	MCMASTER MARAUDERS	3	3:09	25:07
6	6	31	John Perrier		E3	GUELPH GRYPHONS	2	3:10	25:15
7	7	27	Nicholas Bannon		E3	GUELPH GRYPHONS	3	3:10	25:16
8	8	29	Gavin Hughes		E4	GUELPH GRYPHONS	4	3:10	25:20
9	9	33	Alec Purnell		E3	GUELPH GRYPHONS	5	3:11	25:24
10	10	168	Chris Taylor		E3	TORONTO VARSITYBLUES	1	3:11	25:24
11	11	238	Josh Zillies		E5	WINDSOR LANCERS	1	3:11	25:25
12	12	97	Ryan Tyrrell		E5	MCMASTER MARAUDERS	4	3:11	25:25
13	13	95	Sam Nusselder		E3	MCMASTER MARAUDERS	5	3:11	25:28
14	14	210	Mitch De Lange		E4	WESTERN MUSTANGS	2	3:12	25:33
15	15	30	Kyle Madden		E4	GUELPH GRYPHONS	6	3:14	25:47
16	16	35	Adam Schmidt		E2	GUELPH GRYPHONS	7	3:14	25:48
17	17	165	Brandon Raftis		E2	TORONTO VARSITYBLUES	2	3:15	25:53
18	18	37	Ethan Loucks		E3	WESTERN MUSTANGS	3	3:15	25:56
19	19	146	Will Pidduck		E2	QUEENS GAELS	1	3:15	25:58
20	20	144	Roman Mironov		R	QUEENS GAELS	2	3:16	26:05
21	21	63	Keon Wallingford		E2	LAURENTIAN VOYAGEURS	1	3:16	26:07
22	22	139	Miles Brackenbury		E2	QUEENS GAELS	3	3:17	26:14
23	23	141	Jake Hollinger		E2	QUEENS GAELS	4	3:17	26:16

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START @ 12:45pm - frost delay

Conditions: sunny 9°C

1st year for 8K for Men at OUA

! COURSE RECORD:Corey Bellemore Windsor Lancers 24:41.00 WI 2016

24	24	44	Connor MacIntosh	E3	LAKEHEAD THDERWOLVES	1	3:18	26:17
25	25	162	Dilan Brar	E3	TORONTO VARSITYBLUES	3	3:18	26:22
26	26	122	Adrian Fournier	E3	OTTAWA GEE GEES	1	3:19	26:26
27	27	236	Jonathan Rioux	E3	WINDSOR LANCERS	2	3:19	26:28
28	28	216	Mark Royce	R	WESTERN MUSTANGS	4	3:19	26:30
29	29	148	Jude Wheeler-Dee	R	QUEENS GAELS	5	3:19	26:33
30	30	98	Evan Ubene	E5	MCMASTER MARAUDERS	6	3:20	26:33
31	31	164	Rohan Nowbotsing	E2	TORONTO VARSITYBLUES	4	3:20	26:36
32	32	79	Ian Young	R	LAURIER GOLDEN HAWKS	1	3:21	26:44
33	33	232	Cole Hannam	E4	WINDSOR LANCERS	3	3:22	26:50
34	34	160	Nima Ashtari	R	TORONTO VARSITYBLUES	5	3:22	26:54
35	35	62	Paul Sagriff	E4	LAURENTIAN VOYAGEURS	2	3:22	26:55
36	36	213	Kyle Koyanagi	E2	WESTERN MUSTANGS	5	3:23	27:00
37	37	121	Andre Allie-Lamarche	E3	OTTAWA GEE GEES	2	3:23	27:04
38	38	233	Luke Mawhinney	E2	WINDSOR LANCERS	4	3:24	27:08
39	39	166	Ben Shore	E2	TORONTO VARSITYBLUES	6	3:24	27:08
40	40	145	Ben Miske	R	QUEENS GAELS	6	3:24	27:10
41	41	42	Jett Dobson	E1	LAKEHEAD THDERWOLVES	2	3:25	27:17
42	42	161	Nando Baumann	E2	TORONTO VARSITYBLUES	7	3:25	27:20
43	43	73	Joey Hardy	E4	LAURIER GOLDEN HAWKS	2	3:26	27:21
44	44	247	Maxime St-Jules	E2	YORK LIONS	1	3:26	27:28
45	45	41	Leif Buxton	R	LAKEHEAD THDERWOLVES	3	3:27	27:30
46	46	16	Jacques Tiessan	E3	BROCK BADGERS	1	3:27	27:34
47	47	234	Ryan Mutuchky	E3	WINDSOR LANCERS	5	3:28	27:41
48	48	75	Rahil Kachalia	E3	LAURIER GOLDEN HAWKS	3	3:28	27:41
49	49	195	Adam Huras	R	WATERLOO WARRIORS	1	3:29	27:47
50	50	120	Nicolas Abanto Enns	E2	OTTAWA GEE GEES	3	3:29	27:49
51	51	126	Stephen Robinson	E3	OTTAWA GEE GEES	4	3:29	27:49
52	52	94	Josh McGillivray	E5	MCMASTER MARAUDERS	7	3:30	27:54
53	53	209	Sam Cumming	E3	WESTERN MUSTANGS	6	3:30	27:55
54	54	43	Andrew Lehman	E1	LAKEHEAD THDERWOLVES	4	3:30	27:56
55	55	76	Davis Rutledge	E1	LAURIER GOLDEN HAWKS	4	3:30	27:57
56	56	191	Massimo Calcagno	R	WATERLOO WARRIORS	2	3:30	27:58
57	57	229	Cameron Cira	E4	WINDSOR LANCERS	6	3:30	28:00
58	58	147	Sam Seshadri	E3	QUEENS GAELS	7	3:31	28:08
59	59	13	Luke Patrick	E3	BROCK BADGERS	2	3:32	28:10
60	60	61	Calum Passi	R	LAURENTIAN VOYAGEURS	3	3:32	28:15
61	61	56	Eric Gareau	E3	LAURENTIAN VOYAGEURS	4	3:33	28:21
62	62	8	Riley Coles	R	BROCK BADGERS	3	3:34	28:30
63	63	47	Aiden Webster	R	LAKEHEAD THDERWOLVES	5	3:34	28:31
64	64	9	Joseph Dick	E3	BROCK BADGERS	4	3:34	28:32
65	65	245	Phillip Hammell	R	YORK LIONS	2	3:35	28:36
66	66	105	Ethan Aarts	R	NIPISSING LAKERS	1	3:35	28:39
67	67	215	Erik Ohrling	E3	WESTERN MUSTANGS	7	3:35	28:40
68	68	198	Alexander Stratmoen	R	WATERLOO WARRIORS	3	3:36	28:43

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! COURSE RECORD: Corey Bellemore Windsor Lancers 24:41.00 WI 2016

69	69	45	Will McDonough	E2	LAKEHEAD THDERWOLVES	6	3:36	28:43
70	70	74	Eric Hill	E2	LAURIER GOLDEN HAWKS	5	3:36	28:44
71	71	46	Paul Nunez	E1	LAKEHEAD THDERWOLVES	7	3:37	28:49
72	72	57	Justin Graenert	E3	LAURENTIAN VOYAGEURS	5	3:37	28:49
73	73	112	Alex Maycock	E2	NIPISSING LAKERS	2	3:37	28:51
74	74	12	Jarryd Ling	E3	BROCK BADGERS	5	3:37	28:56
75	75	196	Jonathan Lysack	R	WATERLOO WARRIORS	4	3:38	28:58
76	76	14	Nick Reimer	E2	BROCK BADGERS	6	3:39	29:08
77	77	230	Brayden DeGrace	E2	WINDSOR LANCERS	7	3:40	29:15
78	78	243	Ethan Belanger	R	YORK LIONS	3	3:40	29:18
79	79	59	Nick Lambert	E2	LAURENTIAN VOYAGEURS	6	3:40	29:19
80	80	246	Burak Simsek	E1	YORK LIONS	4	3:40	29:19
81	81	128	Gavin Westbrook	E2	OTTAWA GEE GEES	5	3:41	29:28
82	82	108	Sebastien Gingras	E1	NIPISSING LAKERS	3	3:42	29:29
83	83	190	Josh Bird	E3	WATERLOO WARRIORS	5	3:42	29:35
84	84	125	Nikita Neyshtadt	R	OTTAWA GEE GEES	6	3:42	29:35
85	85	244	Brandon Cidade	R	YORK LIONS	5	3:44	29:46
86	86	110	Matthew Leale	E1	NIPISSING LAKERS	4	3:45	29:54
87	87	113	Noah Sullivan	E1	NIPISSING LAKERS	5	3:45	29:57
88	88	124	Nathan Meraw	E2	OTTAWA GEE GEES	7	3:46	30:05
89	89	10	Isaac Iannarelli	R	BROCK BADGERS	7	3:47	30:12
90	90	192	Cameron Dean	E2	WATERLOO WARRIORS	6	3:50	30:39
91	91	55	Alexandre Fishbein-Ouimette	E3	LAURENTIAN VOYAGEURS	7	3:53	31:01
92	92	72	Jordan Frieberg	E1	LAURIER GOLDEN HAWKS	6	3:56	31:25
93	93	77	Ethan Scott	R	LAURIER GOLDEN HAWKS	7	3:59	31:51
94	94	107	Oliver Czerny-Holownia	R	NIPISSING LAKERS	6	4:01	32:02
95	95	176	Nathan O'Keeffe	E1	TRENT EXCALIBUR	1	4:02	32:13
96	96	177	Eric Samtleben	E1	TRENT EXCALIBUR	2	4:04	32:30
97	97	111	Andrew Machan	E1	NIPISSING LAKERS	7	4:06	32:42
98	98	175	Owen May	R	TRENT EXCALIBUR	3	4:09	33:09
99	99	178	Sebastian Smith	E1	TRENT EXCALIBUR	4	4:34	36:30
100	100	174	Charles Cumberland	R	TRENT EXCALIBUR	5	4:39	37:12
101	101	179	Carter Stroud	R	TRENT EXCALIBUR	6	4:44	37:46
102		193	Patrick Dean	R	WATERLOO WARRIORS			DNF

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TEAM: GUELPH GRYPHONS SCORE: 32 PLACE: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Mitchell Ubene		E5	36	24:48	3:06	5:00
6-6	John Perrier		E3	31	25:15	3:10	5:05
7-7	Nicholas Bannon		E3	27	25:16	3:10	5:05
9-9	Alec Purnell		E3	33	25:24	3:11	5:07
8-8	Gavin Hughes		E4	29	25:20	3:10	5:06
=====							
16-16	Adam Schmidt		E2	35	25:48	3:14	5:12
15-15	Kyle Madden		E4	30	25:47	3:14	5:12

Top 5 Total Time:	2:06:03	Top 5 Average Time:	25:13
Top 5 Average per KM:	3:10	Top 5 Average Per MILE:	5:05
1 - 5 Split:	0:36	1 - 7 Split:	1:00
Top 7 Total Time:	2:57:38	Top 7 Average Time:	25:23

TEAM: MCMASTER MARAUDERS SCORE: 34 PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Andrew Davies		E3	90	24:41	3:06	4:58
3-3	Max Turek		E4	96	24:57	3:08	5:02
5-5	Alex Drover		E4	91	25:07	3:09	5:04
13-13	Sam Nusselder		E3	95	25:28	3:11	5:08
12-12	Ryan Tyrrell		E5	97	25:25	3:11	5:07
=====							
30-30	Evan Ubene		E5	98	26:33	3:20	5:21
52-52	Josh McGillivray		E5	94	27:54	3:30	5:37

Top 5 Total Time:	2:05:38	Top 5 Average Time:	25:08
Top 5 Average per KM:	3:09	Top 5 Average Per MILE:	5:04
1 - 5 Split:	0:47	1 - 7 Split:	3:13
Top 7 Total Time:	3:0:05	Top 7 Average Time:	25:44

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Thames Valley GC, London, ON

TEAM: WESTERN MUSTANGS SCORE: 100 PLACE: 3

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Marcel Scheele		E2	217	25:03	3:08	5:03
14-14	Mitch De Lange		E4	210	25:33	3:12	5:09
18-18	Ethan Loucks		E3	37	25:56	3:15	5:14
28-28	Mark Royce		R	216	26:30	3:19	5:20
36-36	Kyle Koyanagi		E2	213	27:00	3:23	5:26
=====							
53-53	Sam Cumming		E3	209	27:55	3:30	5:37
67-67	Erik Ohrling		E3	215	28:40	3:35	5:47
=====							
Top 5 Total Time:		2:10:02	Top 5 Average Time:		26:01		
Top 5 Average per KM:		3:16	Top 5 Average Per MILE:		5:14		
1 - 5 Split:		1:57	1 - 7 Split:		3:37		
Top 7 Total Time:		3:6:37	Top 7 Average Time:		26:40		

TEAM: QUEENS GAELS SCORE: 113 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
19-19	Will Pidduck		E2	146	25:58	3:15	5:14
20-20	Roman Mironov		R	144	26:05	3:16	5:15
22-22	Miles Brackenbury		E2	139	26:14	3:17	5:17
23-23	Jake Hollinger		E2	141	26:16	3:17	5:18
29-29	Jude Wheeler-Dee		R	148	26:33	3:20	5:21
=====							
40-40	Ben Miske		R	145	27:10	3:24	5:28
58-58	Sam Seshadri		E3	147	28:08	3:31	5:40
=====							
Top 5 Total Time:		2:11:06	Top 5 Average Time:		26:14		
Top 5 Average per KM:		3:17	Top 5 Average Per MILE:		5:17		
1 - 5 Split:		0:35	1 - 7 Split:		2:10		
Top 7 Total Time:		3:6:24	Top 7 Average Time:		26:38		

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TEAM: TORONTO VARSITYBLUES SCORE: 117 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Chris Taylor		E3	168	25:24	3:11	5:07
17-17	Brandon Raftis		E2	165	25:53	3:15	5:13
25-25	Dilan Brar		E3	162	26:22	3:18	5:19
31-31	Rohan Nowbotsing		E2	164	26:36	3:20	5:22
34-34	Nima Ashtari		R	160	26:54	3:22	5:25
=====							
39-39	Ben Shore		E2	166	27:08	3:24	5:28
42-42	Nando Baumann		E2	161	27:20	3:25	5:30
=====							
Top 5 Total Time:		2:11:09		Top 5 Average Time:		26:14	
Top 5 Average per KM:		3:17		Top 5 Average Per MILE:		5:17	
1 - 5 Split:		1:30		1 - 7 Split:		1:56	
Top 7 Total Time:		3:5:37		Top 7 Average Time:		26:31	

TEAM: WINDSOR LANCERS SCORE: 156 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Josh Zillies		E5	238	25:25	3:11	5:07
27-27	Jonathan Rioux		E3	236	26:28	3:19	5:20
33-33	Cole Hannam		E4	232	26:50	3:22	5:24
38-38	Luke Mawhinney		E2	233	27:08	3:24	5:28
47-47	Ryan Mutuchky		E3	234	27:41	3:28	5:35
=====							
57-57	Cameron Cira		E4	229	28:00	3:30	5:38
77-77	Brayden DeGrace		E2	230	29:15	3:40	5:54
=====							
Top 5 Total Time:		2:13:32		Top 5 Average Time:		26:43	
Top 5 Average per KM:		3:21		Top 5 Average Per MILE:		5:23	
1 - 5 Split:		2:16		1 - 7 Split:		3:50	
Top 7 Total Time:		3:10:47		Top 7 Average Time:		27:16	

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TEAM: LAKEHEAD THDERWOLVES SCORE: 227 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
24-24	Connor MacIntosh		E3	44	26:17	3:18	5:18
41-41	Jett Dobson		E1	42	27:17	3:25	5:30
45-45	Leif Buxton		R	41	27:30	3:27	5:32
54-54	Andrew Lehman		E1	43	27:56	3:30	5:38
63-63	Aiden Webster		R	47	28:31	3:34	5:45
=====							
69-69	Will McDonough		E2	45	28:43	3:36	5:47
71-71	Paul Nunez		E1	46	28:49	3:37	5:48
=====							
Top 5 Total Time:		2:17:31		Top 5 Average Time:		27:31	
Top 5 Average per KM:		3:27		Top 5 Average Per MILE:		5:32	
1 - 5 Split:		2:14		1 - 7 Split:		2:32	
Top 7 Total Time:		3:15:03		Top 7 Average Time:		27:52	

TEAM: OTTAWA GEE GEES SCORE: 245 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-26	Adrian Fournier		E3	122	26:26	3:19	5:20
37-37	Andre Allie-Lamarche		E3	121	27:04	3:23	5:27
51-51	Stephen Robinson		E3	126	27:49	3:29	5:36
50-50	Nicolas Abanto Enns		E2	120	27:49	3:29	5:36
81-81	Gavin Westbrook		E2	128	29:28	3:41	5:56
=====							
84-84	Nikita Neyshtadt		R	125	29:35	3:42	5:58
88-88	Nathan Meraw		E2	124	30:05	3:46	6:04
=====							
Top 5 Total Time:		2:18:36		Top 5 Average Time:		27:44	
Top 5 Average per KM:		3:28		Top 5 Average Per MILE:		5:35	
1 - 5 Split:		3:02		1 - 7 Split:		3:39	
Top 7 Total Time:		3:18:16		Top 7 Average Time:		28:20	

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TEAM: LAURIER GOLDEN HAWKS SCORE: 248 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
32-32	Ian Young		R	79	26:44	3:21	5:23
43-43	Joey Hardy		E4	73	27:21	3:26	5:31
48-48	Rahil Kachalia		E3	75	27:41	3:28	5:35
55-55	Davis Rutledge		E1	76	27:57	3:30	5:38
70-70	Eric Hill		E2	74	28:44	3:36	5:47
=====							
93-93	Ethan Scott		R	77	31:51	3:59	6:25
92-92	Jordan Frieberg		E1	72	31:25	3:56	6:20

Top 5 Total Time:	2:18:27	Top 5 Average Time:	27:42
Top 5 Average per KM:	3:28	Top 5 Average Per MILE:	5:35
1 - 5 Split:	2:00	1 - 7 Split:	5:07
Top 7 Total Time:	3:21:43	Top 7 Average Time:	28:49

TEAM: LAURENTIAN VOYAGEURS SCORE: 249 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
21-21	Keon Wallingford		E2	63	26:07	3:16	5:16
35-35	Paul Sagriff		E4	62	26:55	3:22	5:25
61-61	Eric Gareau		E3	56	28:21	3:33	5:43
60-60	Calum Passi		R	61	28:15	3:32	5:41
72-72	Justin Graenert		E3	57	28:49	3:37	5:48
=====							
79-79	Nick Lambert		E2	59	29:19	3:40	5:54
91-91	Alexandre Fishbein-Ouimette		E3	55	31:01	3:53	6:15

Top 5 Total Time:	2:18:27	Top 5 Average Time:	27:42
Top 5 Average per KM:	3:28	Top 5 Average Per MILE:	5:35
1 - 5 Split:	2:42	1 - 7 Split:	4:54
Top 7 Total Time:	3:18:47	Top 7 Average Time:	28:24

2021 OUA Cross Country Championships

43rd for Women, 106th for Men

2021-11-06

2021-11-06 - 2021-11-06

Thames Valley GC, London, ON

TEAM: BROCK BADGERS**SCORE: 305****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
46-46	Jacques Tiessan		E3	16	27:34	3:27	5:33
59-59	Luke Patrick		E3	13	28:10	3:32	5:40
62-62	Riley Coles		R	8	28:30	3:34	5:44
64-64	Joseph Dick		E3	9	28:32	3:34	5:45
74-74	Jarryd Ling		E3	12	28:56	3:37	5:50
76-76	Nick Reimer		E2	14	29:08	3:39	5:52
89-89	Isaac Iannarelli		R	10	30:12	3:47	6:05
Top 5 Total Time:		2:21:42	Top 5 Average Time:		28:21		
Top 5 Average per KM:		3:33	Top 5 Average Per MILE:		5:43		
1 - 5 Split:		1:22	1 - 7 Split:		2:38		
Top 7 Total Time:		3:21:02	Top 7 Average Time:		28:44		

TEAM: WATERLOO WARRIORS**SCORE: 331****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
49-49	Adam Huras		R	195	27:47	3:29	5:36
56-56	Massimo Calcagno		R	191	27:58	3:30	5:38
68-68	Alexander Stratmoen		R	198	28:43	3:36	5:47
75-75	Jonathan Lysack		R	196	28:58	3:38	5:50
83-83	Josh Bird		E3	190	29:35	3:42	5:58
90-90	Cameron Dean		E2	192	30:39	3:50	6:10
	Patrick Dean		R	193	DNF		
Top 5 Total Time:		2:23:01	Top 5 Average Time:		28:37		
Top 5 Average per KM:		3:35	Top 5 Average Per MILE:		5:46		
1 - 5 Split:		1:48	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

2021 OUA Cross Country Championships

43rd for Women, 106th for Men

2021-11-06

2021-11-06 - 2021-11-06

Thames Valley GC, London, ON

TEAM: YORK LIONS

SCORE: 352 PLACE: 13

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
44-44	Maxime St-Jules		E2	247	27:28	3:26	5:32
65-65	Phillip Hammell		R	245	28:36	3:35	5:46
78-78	Ethan Belanger		R	243	29:18	3:40	5:54
80-80	Burak Simsek		E1	246	29:19	3:40	5:54
85-85	Brandon Cidade		R	244	29:46	3:44	6:00

Top 5 Total Time:	2:24:27	Top 5 Average Time:	28:54
Top 5 Average per KM:	3:37	Top 5 Average Per MILE:	5:49
1 - 5 Split:	2:18	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM: NIPISSING LAKERS

SCORE: 394 PLACE: 14

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
66-66	Ethan Aarts		R	105	28:39	3:35	5:46
73-73	Alex Maycock		E2	112	28:51	3:37	5:49
82-82	Sebastien Gingras		E1	108	29:29	3:42	5:56
86-86	Matthew Leale		E1	110	29:54	3:45	6:01
87-87	Noah Sullivan		E1	113	29:57	3:45	6:02

94-94	Oliver Czerny-Holownia		R	107	32:02	4:01	6:27
97-97	Andrew Machan		E1	111	32:42	4:06	6:35

Top 5 Total Time:	2:26:50	Top 5 Average Time:	29:22
Top 5 Average per KM:	3:41	Top 5 Average Per MILE:	5:55
1 - 5 Split:	1:18	1 - 7 Split:	4:03
Top 7 Total Time:	3:31:34	Top 7 Average Time:	30:14

2021 OUA Cross Country Championships

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2021-11-06 - 2021-11-06

Thames Valley GC, London, ON

TEAM: TRENT EXCALIBUR

SCORE: 488

PLACE: 15

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
95-95	Nathan O'Keeffe		E1	176	32:13	4:02	6:29
96-96	Eric Samtleben		E1	177	32:30	4:04	6:33
100-100	Charles Cumberland		R	174	37:12	4:39	7:29
101-101	Carter Stroud		R	179	37:46	4:44	7:36
99-99	Sebastian Smith		E1	178	36:30	4:34	7:21
<hr/>							
98-98	Owen May		R	175	33:09	4:09	6:41
	Top 5 Total Time:	2:51:34			Top 5 Average Time:	34:19	
	Top 5 Average per KM:	4:18			Top 5 Average Per MILE:	6:55	
	1 - 5 Split:	4:59			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		

2021 OUA Cross Country Championships

43rd for Women, 106th for Men

Thames Valley GC, London, ON

2021-11-06

2021-11-06 - 2021-11-06

Event # 1 WOMENS 8Km Run

START @ 11:45am - frost delay

Conditions: suuny, 9°C

4th year for 8K for Women at OUA

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

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	GUELPH GRYPHONS	19	1-2-4-5-7	19-38	2:29:48	3:45	29:58	0:39
2	WESTERN MUSTANGS	60	8-9-13-14-16	17-26	2:32:54	3:50	30:35	0:29
3	MCMASTER MARAUDERS	73	3-11-15-20-24	27-37	2:33:46	3:51	30:46	1:40
4	QUEENS GAELS	109	12-18-22-28-29	34-55	2:36:31	3:55	31:19	1:19
5	TORONTO VARSITYBLUES	133	6-21-23-40-43	68-73	2:38:31	3:58	31:43	2:54
6	WATERLOO WARRIORS	166	25-30-33-36-42	47-51	2:41:09	4:02	32:14	1:26
7	WINDSOR LANCERS	181	10-39-41-45-46	53-58	2:42:36	4:04	32:32	2:49
8	LAURIER GOLDEN HAWKS	273	35-50-57-65-66	79	2:51:40	4:18	34:20	3:11
9	LAURENTIAN VOYAGEURS	282	48-49-56-60-69		2:51:43	4:18	34:21	2:28
10	OTTAWA GEE GEES	312	52-54-61-71-74	76	2:55:42	4:24	35:09	3:21
11	NIPISSING LAKERS	331	31-70-75-77-78		3:01:07	4:32	36:14	6:19
12	BROCK BADGERS	356	62-64-67-81-82		3:04:22	4:37	36:53	4:40
	ALGOMA THUNDERBIRDS		86					
	LAKEHEAD THUNDERWOLVES		32-44-63-80					
	TRENT EXCALIBUR		72-84-85-87					
	YORK LIONS		59-83					

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	19	Kiana Gibson		E4	GUELPH GRYPHONS	1	3:43	29:40
2	2	25	Olivia Roussel		E2	GUELPH GRYPHONS	2	3:44	29:47
3	3	85	Erin Mawhinney		E5	MCMASTER MARAUDERS	1	3:44	29:49
4	4	21	Sadie-Jane Hickson		E4	GUELPH GRYPHONS	3	3:45	29:58
5	5	17	Annika Ariano		E2	GUELPH GRYPHONS	4	3:46	30:04
6	6	156	Jazz Shukla		E5	TORONTO VARSITYBLUES	1	3:46	30:08
7	7	26	Nina Whitford		E3	GUELPH GRYPHONS	5	3:48	30:19
8	8	205	Heidi Ohrling		E3	WESTERN MUSTANGS	1	3:48	30:20
9	9	201	Chloe Coutts		R	WESTERN MUSTANGS	2	3:49	30:25
10	10	224	Samara Quanz		R	WINDSOR LANCERS	1	3:49	30:29
11	11	82	Caroline Forbes		E3	MCMASTER MARAUDERS	2	3:49	30:30
12	12	129	Tori Bouck		E3	QUEENS GAELS	1	3:49	30:31
13	13	204	Chloe Hewitt		E5	WESTERN MUSTANGS	3	3:50	30:37
14	14	199	Zoe Burke		E3	WESTERN MUSTANGS	4	3:51	30:43
15	15	83	Hannah Goodjohn		E2	MCMASTER MARAUDERS	3	3:51	30:44
16	16	203	Kate Current		E5	WESTERN MUSTANGS	5	3:52	30:49
17	17	207	Stephanie Ryall		E5	WESTERN MUSTANGS	6	3:52	30:53
18	18	134	Manon Plouvier		E3	QUEENS GAELS	2	3:53	31:03
19	19	20	Sandra Guga		E2	GUELPH GRYPHONS	6	3:54	31:09
20	20	84	Victoria Lamb		R	MCMASTER MARAUDERS	4	3:55	31:14
21	21	152	Christina Esposito		E2	TORONTO VARSITYBLUES	2	3:55	31:14
22	22	132	Charlotte Langley		E1	QUEENS GAELS	3	3:55	31:18

2021 OUA Cross Country Championships

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2021-11-06 - 2021-11-06

Thames Valley GC, London, ON

Event # 1 WOMENS 8Km Run

START @ 11:45am - frost delay

Conditions: suuny, 9°C

4th year for 8K for Women at OUA

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

23	23	154	Sophie Levasseur	R	TORONTO VARSITYBLUES	3	3:55	31:19
24	24	87	Sarah Nolan	E3	MCMASTER MARAUDERS	5	3:57	31:29
25	25	186	Natalie Tsang	R	WATERLOO WARRIORS	1	3:57	31:34
26	26	200	Anna Carruthers	E2	WESTERN MUSTANGS	7	3:58	31:44
27	27	89	Emma Waddington	E4	MCMASTER MARAUDERS	6	3:59	31:48
28	28	137	Jade Watson	E5	QUEENS GAELS	4	3:59	31:49
29	29	130	Tamara Goddard	R	QUEENS GAELS	5	3:59	31:50
30	30	181	Claudia Heeney	R	WATERLOO WARRIORS	2	3:59	31:52
31	31	101	Kaitlyn L'Abbe	E1	NIPISSING LAKERS	1	4:00	31:56
32	32	303	Paige Kobe	E4	LAKEHEAD THDERWOLVES	1	4:00	31:59
33	33	184	Megan Richer	R	WATERLOO WARRIORS	3	4:02	32:13
34	34	133	Robyn Perry	E1	QUEENS GAELS	6	4:04	32:28
35	35	67	Elizabeth Drake	E2	LAURIER GOLDEN HAWKS	1	4:04	32:29
36	36	185	Kathleen Schaeff	E1	WATERLOO WARRIORS	4	4:04	32:30
37	37	86	Ana Morariu	R	MCMASTER MARAUDERS	7	4:04	32:31
38	38	22	Laura Kuszaj	R	GUELPH GRYPHONS	7	4:05	32:38
39	39	222	Sydney Pattison	E5	WINDSOR LANCERS	2	4:06	32:45
40	40	149	E.J Boston	R	TORONTO VARSITYBLUES	4	4:06	32:48
41	41	219	Megan Koski	E3	WINDSOR LANCERS	3	4:07	32:52
42	42	180	Katherine Granstrom	E3	WATERLOO WARRIORS	5	4:08	33:00
43	43	157	Annemieke Tucker	E2	TORONTO VARSITYBLUES	5	4:08	33:02
44	44	305	Corrina Whybourne	E1	LAKEHEAD THDERWOLVES	2	4:09	33:05
45	45	223	Lauren Perkins	E3	WINDSOR LANCERS	4	4:09	33:12
46	46	220	Nicole Larue	E2	WINDSOR LANCERS	5	4:10	33:18
47	47	183	Ria Jayaram	R	WATERLOO WARRIORS	6	4:11	33:21
48	48	50	Kristen Mrozewski	R	LAURENTIAN VOYAGEURS	1	4:12	33:29
49	49	48	Sarah Booth	R	LAURENTIAN VOYAGEURS	2	4:12	33:32
50	50	65	Nicole Beach	E1	LAURIER GOLDEN HAWKS	2	4:12	33:33
51	51	188	Olivia Vanleeuwen	R	WATERLOO WARRIORS	7	4:12	33:36
52	52	117	Skye Pellerin	E1	OTTAWA GEE GEES	1	4:13	33:37
53	53	226	Chloe Walker	E3	WINDSOR LANCERS	6	4:16	34:03
54	54	119	Tiarra Ward	E2	OTTAWA GEE GEES	2	4:17	34:14
55	55	135	Maddy Smart-Reed	E3	QUEENS GAELS	7	4:17	34:14
56	56	49	Angela Mozzon	E2	LAURENTIAN VOYAGEURS	3	4:17	34:15
57	57	64	Hannah Badin	E2	LAURIER GOLDEN HAWKS	3	4:18	34:19
58	58	225	Mya Vialva	E4	WINDSOR LANCERS	7	4:19	34:25
59	59	308	Laura Peters	R	YORK LIONS	1	4:19	34:26
60	60	52	Sarah Thackeray	E4	LAURENTIAN VOYAGEURS	4	4:19	34:30
61	61	115	Kylee Fowler	R	OTTAWA GEE GEES	3	4:20	34:39
62	62	5	Lauren Macsai	E1	BROCK BADGERS	1	4:22	34:49
63	63	304	Katherine Lucas	E2	LAKEHEAD THDERWOLVES	3	4:24	35:11
64	64	2	Robyn Adamo	E3	BROCK BADGERS	2	4:25	35:20
65	65	71	Mary Tennant	E1	LAURIER GOLDEN HAWKS	4	4:28	35:39
66	66	70	Audrey Rieckenberg	R	LAURIER GOLDEN HAWKS	5	4:28	35:40
67	67	4	Cori Macsai	E1	BROCK BADGERS	3	4:29	35:45

2021 OUA Cross Country Championships**43rd for Women, 106th for Men**

2021-11-06

2021-11-06 - 2021-11-06

Thames Valley GC, London, ON**Event # 1 WOMENS 8Km Run**

START @ 11:45am - frost delay

Conditions: suuny, 9°C

4th year for 8K for Women at OUA

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

68	68	155	Madeline Ramsden	R	TORONTO VARSITYBLUES	6	4:30	35:57
69	69	53	Ashley Valentini	E2	LAURENTIAN VOYAGEURS	5	4:30	35:57
70	70	99	Emily Gibson	E3	NIPISSING LAKERS	2	4:31	36:03
71	71	118	Elana Tyman	R	OTTAWA GEE GEES	4	4:32	36:14
72	72	173	Amberle MacDonald	R	TRENT EXCALIBUR	1	4:35	36:33
73	73	153	Olivia Karn	R	TORONTO VARSITYBLUES	7	4:36	36:42
74	74	116	Audrey McCarthy	R	OTTAWA GEE GEES	5	4:38	36:58
75	75	102	Amy Ropchan	E2	NIPISSING LAKERS	3	4:39	37:11
76	76	114	Kylie Crawford	R	OTTAWA GEE GEES	6	4:41	37:22
77	77	104	Jaime Schweyer	E2	NIPISSING LAKERS	4	4:43	37:42
78	78	103	Sina Scholz	E1	NIPISSING LAKERS	5	4:47	38:15
79	79	69	Piper Lafayette	E2	LAURIER GOLDEN HAWKS	6	4:50	38:33
80	80	302	Eve Boardman	E1	LAKEHEAD THDERWOLVES	4	4:50	38:36
81	81	7	Isabel Tesolin	E1	BROCK BADGERS	4	4:53	38:59
82	82	6	Heather Magallanes	R	BROCK BADGERS	5	4:57	39:29
83	83	307	Hope Biro	E1	YORK LIONS	2	4:57	39:32
84	84	172	Madison Hammel	R	TRENT EXCALIBUR	2	5:06	40:48
85	85	171	Bailey Fuchs	R	TRENT EXCALIBUR	3	5:26	43:23
86	86	301	Avery Litke	E3	ALGOMA THUNDERBIRDS	1	5:35	44:33
87	87	170	Jaime Bullas	R	TRENT EXCALIBUR	4	5:43	45:37

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Thames Valley GC, London, ON

TEAM: TRENT EXCALIBUR SCORE: 328 PLACE: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
72-72	Amberle MacDonald		R	173	36:33	4:35	7:22
84-84	Madison Hammel		R	172	40:48	5:06	8:13
85-85	Bailey Fuchs		R	171	43:23	5:26	8:44
87-87	Jaime Bullas		R	170	45:37	5:43	9:11
Top 5 Total Time:				Top 5 Average Time:			
Top 5 Average per KM:				Top 5 Average Per MILE:			
1 - 5 Split:				1 - 7 Split:			
Top 7 Total Time:				Top 7 Average Time:			

TEAM: GUELPH GRYPHONS SCORE: 19 PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Olivia Roussel		E2	25	29:47	3:44	6:00
1-1	Kiana Gibson		E4	19	29:40	3:43	5:59
4-4	Sadie-Jane Hickson		E4	21	29:58	3:45	6:02
5-5	Annika Ariano		E2	17	30:04	3:46	6:03
7-7	Nina Whitford		E3	26	30:19	3:48	6:06
19-19	Sandra Guga		E2	20	31:09	3:54	6:16
38-38	Laura Kuszaj		R	22	32:38	4:05	6:34
Top 5 Total Time: 2:29:48				Top 5 Average Time: 29:58			
Top 5 Average per KM: 3:45				Top 5 Average Per MILE: 6:02			
1 - 5 Split: 0:39				1 - 7 Split: 2:58			
Top 7 Total Time: 3:33:35				Top 7 Average Time: 30:31			

2021 OUA Cross Country Championships

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2021-11-06 - 2021-11-06

Thames Valley GC, London, ON

TEAM: WESTERN MUSTANGS SCORE: 60 PLACE: 3

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Chloe Coutts		R	201	30:25	3:49	6:08
8-8	Heidi Ohrling		E3	205	30:20	3:48	6:07
14-14	Zoe Burke		E3	199	30:43	3:51	6:11
13-13	Chloe Hewitt		E5	204	30:37	3:50	6:10
17-17	Stephanie Ryall		E5	207	30:53	3:52	6:13
16-16	Kate Current		E5	203	30:49	3:52	6:12
26-26	Anna Carruthers		E2	200	31:44	3:58	6:24

Top 5 Total Time:	2:32:54	Top 5 Average Time:	30:35
Top 5 Average per KM:	3:50	Top 5 Average Per MILE:	6:10
1 - 5 Split:	0:29	1 - 7 Split:	1:24
Top 7 Total Time:	3:35:31	Top 7 Average Time:	30:48

TEAM: YORK LIONS SCORE: 142 PLACE: 4

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
59-59	Laura Peters		R	308	34:26	4:19	6:56
83-83	Hope Biro		E1	307	39:32	4:57	7:58

Top 5 Total Time:		Top 5 Average Time:	
Top 5 Average per KM:		Top 5 Average Per MILE:	
1 - 5 Split:		1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

2021 OUA Cross Country Championships

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Thames Valley GC, London, ON

TEAM: MCMMASTER MARAUDERS SCORE: 73 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Erin Mawhinney		E5	85	29:49	3:44	6:00
11-11	Caroline Forbes		E3	82	30:30	3:49	6:09
15-15	Hannah Goodjohn		E2	83	30:44	3:51	6:11
20-20	Victoria Lamb		R	84	31:14	3:55	6:17
24-24	Sarah Nolan		E3	87	31:29	3:57	6:20
27-27	Emma Waddington		E4	89	31:48	3:59	6:24
37-37	Ana Morariu		R	86	32:31	4:04	6:33

Top 5 Total Time:	2:33:46	Top 5 Average Time:	30:46
Top 5 Average per KM:	3:51	Top 5 Average Per MILE:	6:12
1 - 5 Split:	1:40	1 - 7 Split:	2:42
Top 7 Total Time:	3:38:05	Top 7 Average Time:	31:10

TEAM: ALGOMA THUNDERBIRDS SCORE: 86 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
86-86	Avery Litke		E3	301	44:33	5:35	8:58

Top 5 Total Time:		Top 5 Average Time:	
Top 5 Average per KM:		Top 5 Average Per MILE:	
1 - 5 Split:		1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM: QUEENS GAELS SCORE: 109 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
12-12	Tori Bouck		E3	129	30:31	3:49	6:09
18-18	Manon Plouvier		E3	134	31:03	3:53	6:15
22-22	Charlotte Langley		E1	132	31:18	3:55	6:18
29-29	Tamara Goddard		R	130	31:50	3:59	6:25
28-28	Jade Watson		E5	137	31:49	3:59	6:25
34-34	Robyn Perry		E1	133	32:28	4:04	6:32
55-55	Maddy Smart-Reed		E3	135	34:14	4:17	6:54

Top 5 Total Time:	2:36:31	Top 5 Average Time:	31:19
Top 5 Average per KM:	3:55	Top 5 Average Per MILE:	6:18
1 - 5 Split:	1:19	1 - 7 Split:	3:43
Top 7 Total Time:	3:43:13	Top 7 Average Time:	31:54

2021 OUA Cross Country Championships

43rd for Women, 106th for Men

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2021-11-06 - 2021-11-06

Thames Valley GC, London, ON

TEAM: LAKEHEAD THDERWOLVES SCORE: 219 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
32-32	Paige Kobe		E4	303	31:59	4:00	6:27
44-44	Corrina Whybourne		E1	305	33:05	4:09	6:40
63-63	Katherine Lucas		E2	304	35:11	4:24	7:05
80-80	Eve Boardman		E1	302	38:36	4:50	7:46
Top 5 Total Time:				Top 5 Average Time:			
Top 5 Average per KM:				Top 5 Average Per MILE:			
1 - 5 Split:				1 - 7 Split:			
Top 7 Total Time:				Top 7 Average Time:			

TEAM: TORONTO VARSITYBLUES SCORE: 133 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Jazz Shukla		E5	156	30:08	3:46	6:04
21-21	Christina Esposito		E2	152	31:14	3:55	6:17
23-23	Sophie Levasseur		R	154	31:19	3:55	6:18
40-40	E.J Boston		R	149	32:48	4:06	6:36
43-43	Annemieke Tucker		E2	157	33:02	4:08	6:39
=====							
68-68	Madeline Ramsden		R	155	35:57	4:30	7:14
73-73	Olivia Karn		R	153	36:42	4:36	7:23
=====							
Top 5 Total Time:				Top 5 Average Time:			
Top 5 Average per KM:				Top 5 Average Per MILE:			
1 - 5 Split:				1 - 7 Split:			
Top 7 Total Time:				Top 7 Average Time:			

2021 OUA Cross Country Championships

43rd for Women, 106th for Men

2021-11-06

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Thames Valley GC, London, ON

TEAM: WATERLOO WARRIORS SCORE: 166 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
25-25	Natalie Tsang		R	186	31:34	3:57	6:22
30-30	Claudia Heeney		R	181	31:52	3:59	6:25
33-33	Megan Richer		R	184	32:13	4:02	6:29
36-36	Kathleen Schaef		E1	185	32:30	4:04	6:33
42-42	Katherine Granstrom		E3	180	33:00	4:08	6:39
=====							
47-47	Ria Jayaram		R	183	33:21	4:11	6:43
51-51	Olivia Vanleeuwen		R	188	33:36	4:12	6:46
=====							
Top 5 Total Time:		2:41:09	Top 5 Average Time:		32:14		
Top 5 Average per KM:		4:02	Top 5 Average Per MILE:		6:30		
1 - 5 Split:		1:26	1 - 7 Split:		2:02		
Top 7 Total Time:		3:48:06	Top 7 Average Time:		32:36		

TEAM: WINDSOR LANCERS SCORE: 181 PLACE: 11

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Samara Quanz		R	224	30:29	3:49	6:08
39-39	Sydney Pattison		E5	222	32:45	4:06	6:36
41-41	Megan Koski		E3	219	32:52	4:07	6:37
46-46	Nicole Larue		E2	220	33:18	4:10	6:42
45-45	Lauren Perkins		E3	223	33:12	4:09	6:41
=====							
53-53	Chloe Walker		E3	226	34:03	4:16	6:51
58-58	Mya Vialva		E4	225	34:25	4:19	6:56
=====							
Top 5 Total Time:		2:42:36	Top 5 Average Time:		32:32		
Top 5 Average per KM:		4:04	Top 5 Average Per MILE:		6:33		
1 - 5 Split:		2:49	1 - 7 Split:		3:56		
Top 7 Total Time:		3:51:04	Top 7 Average Time:		33:01		

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TEAM: LAURIER GOLDEN HAWKS SCORE: 273 PLACE: 12

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
35-35	Elizabeth Drake		E2	67	32:29	4:04	6:33
50-50	Nicole Beach		E1	65	33:33	4:12	6:45
57-57	Hannah Badin		E2	64	34:19	4:18	6:55
66-66	Audrey Rieckenberg		R	70	35:40	4:28	7:11
65-65	Mary Tennant		E1	71	35:39	4:28	7:11
=====							
79-79	Piper Lafayette		E2	69	38:33	4:50	7:46
	Top 5 Total Time:	2:51:40			Top 5 Average Time:	34:20	
	Top 5 Average per KM:	4:18			Top 5 Average Per MILE:	6:55	
	1 - 5 Split:	3:11			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		

TEAM: LAURENTIAN VOYAGEURS SCORE: 282 PLACE: 13

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
48-48	Kristen Mrozewski		R	50	33:29	4:12	6:45
49-49	Sarah Booth		R	48	33:32	4:12	6:45
56-56	Angela Mozzon		E2	49	34:15	4:17	6:54
60-60	Sarah Thackeray		E4	52	34:30	4:19	6:57
69-69	Ashley Valentini		E2	53	35:57	4:30	7:14
=====							
	Top 5 Total Time:	2:51:43			Top 5 Average Time:	34:21	
	Top 5 Average per KM:	4:18			Top 5 Average Per MILE:	6:55	
	1 - 5 Split:	2:28			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		

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TEAM: OTTAWA GEE GEES SCORE: 312 PLACE: 14

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
52-52	Skye Pellerin		E1	117	33:37	4:13	6:46
54-54	Tiarra Ward		E2	119	34:14	4:17	6:54
61-61	Kylee Fowler		R	115	34:39	4:20	6:59
71-71	Elana Tyman		R	118	36:14	4:32	7:18
74-74	Audrey McCarthy		R	116	36:58	4:38	7:27
=====							
76-76	Kylie Crawford		R	114	37:22	4:41	7:32
	Top 5 Total Time:	2:55:42			Top 5 Average Time:	35:09	
	Top 5 Average per KM:	4:24			Top 5 Average Per MILE:	7:05	
	1 - 5 Split:	3:21			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		

TEAM: NIPISSING LAKERS SCORE: 331 PLACE: 15

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
31-31	Kaitlyn L'Abbe		E1	101	31:56	4:00	6:26
70-70	Emily Gibson		E3	99	36:03	4:31	7:16
75-75	Amy Ropchan		E2	102	37:11	4:39	7:29
78-78	Sina Scholz		E1	103	38:15	4:47	7:42
77-77	Jaime Schweyer		E2	104	37:42	4:43	7:36
=====							
	Top 5 Total Time:	3:01:07			Top 5 Average Time:	36:14	
	Top 5 Average per KM:	4:32			Top 5 Average Per MILE:	7:18	
	1 - 5 Split:	6:19			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		

TEAM: BROCK BADGERS SCORE: 356 PLACE: 16

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
62-62	Lauren Macsai		E1	5	34:49	4:22	7:01
64-64	Robyn Adamo		E3	2	35:20	4:25	7:07
67-67	Cori Macsai		E1	4	35:45	4:29	7:12
82-82	Heather Magallanes		R	6	39:29	4:57	7:57
81-81	Isabel Tesolin		E1	7	38:59	4:53	7:51
=====							
	Top 5 Total Time:	3:04:22			Top 5 Average Time:	36:53	
	Top 5 Average per KM:	4:37			Top 5 Average Per MILE:	7:26	
	1 - 5 Split:	4:40			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		