

**2017 BILL SALTER WESTERN INTERNATIONAL-43rd Annual****Sat. Sept 26 at Thames Valley GC, London**

9/23/2017

9/23/2017 - 9/23/2017

**32nd year at Thames Valley GC*****Event # 1 WOMENS 6K Run***

START @ 10:00am

Conditions: sunny humid 26°C

MEET RECORD:none first time for 6k

COURSE RECORD:Julie-Ann Staehli Queen's Gaels 20:51.00 9-Nov-2013

POINTS RECORD:Osaka Japan '02 McMaster 2010 28 pts

TEAM TIME RECORD:Guelph Gryphons 1:47:33 [sum of 5] avg 21:30 for 5 CIS 2013

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	QUEEN'S GAELS	55	1-4-10-19-21	34	1:52:02	3:45	22:25	2:56
2	WESTERN MUSTANGS	66	2-6-13-22-23	35-38	1:53:24	3:47	22:41	2:52
3	TORONTO VARSITYBLUES	86	5-8-12-14-47	73	1:54:47	3:50	22:58	2:51
4	LAURENTIAN VOYAGEURS	131	11-25-30-32-33	39-46	1:58:34	3:58	23:43	1:31
5	WATERLOO WARRIORS	132	15-20-26-31-40	45-55	1:59:07	3:59	23:50	1:19
6	LAURIER GOLDEN HAWKS	158	9-16-17-56-60	61-67	1:59:36	4:00	23:56	2:51
7	MCMASTER MARAUDERS	163	7-28-29-48-51	53-64	1:59:57	4:00	24:00	2:33
8	LE MOYNE DOLPHINS	196	24-27-41-50-54	58-63	2:02:02	4:05	24:25	1:17
9	WINDSOR LANCERS	220	3-49-52-57-59	71-74	2:01:34	4:04	24:19	4:11
10	NIPISSING LAKERS	232	18-37-43-65-69	70-76	2:03:36	4:08	24:44	2:38
11	BROCK BADGERS	274	36-42-62-66-68		2:05:45	4:12	25:09	1:36
12	RYERSON RAMS	346	44-72-75-77-78		2:11:53	4:24	26:23	2:52
	YORK LIONS		79-100-103					
	Z ESPOIR							
	Z HARBOUR TC							
	Z WESTERN ALUM							

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	122	Branna MacDougall		E2	QUEEN'S GAELS	1	3:28	<b>20:45</b>
2	2	204	Kristina Popadich		E4	WESTERN MUSTANGS	1	3:29	<b>20:51</b>
3	3	228	Stef Smith		E5	WINDSOR LANCERS	1	3:32	<b>21:11</b>
4	4	124	Amy Stephenson		E5	QUEEN'S GAELS	2	3:38	<b>21:43</b>
5	5	154	Maddy Kelly		E5	TORONTO VARSITYBLUES	1	3:39	<b>21:53</b>
6		288	Amanda Truelove			Z WESTERN ALUM	EXH	3:41	<b>22:03</b>
7	6	196	Kate Current		E1	WESTERN MUSTANGS	2	3:43	<b>22:15</b>
8	7	76	Melissa Caruso		E5	MCMASTER MARAUDERS	1	3:44	<b>22:22</b>
9	8	156	Jazz Shukla		E2	TORONTO VARSITYBLUES	2	3:45	<b>22:25</b>
10	9	36	Bettina Boucher		E4	LAURIER GOLDEN HAWKS	1	3:46	<b>22:32</b>
11	10	123	Taylor Sills		E4	QUEEN'S GAELS	3	3:46	<b>22:35</b>
12	11	14	Jenny Bottomly		E2	LAURENTIAN VOYAGEURS	1	3:46	<b>22:36</b>
13	12	150	Christiana Agustin		E3	TORONTO VARSITYBLUES	3	3:48	<b>22:43</b>
14	13	208	Jessica White		E5	WESTERN MUSTANGS	3	3:49	<b>22:53</b>
15	14	155	Katherine Marshall		R	TORONTO VARSITYBLUES	4	3:51	<b>23:02</b>
16		287	Emma Tallman			Z WESTERN ALUM	EXH	3:51	<b>23:04</b>
17	15	181	Stephanie Ryall		E2	WATERLOO WARRIORS	1	3:52	<b>23:08</b>
18	16	43	Sydney Pattison		E2	LAURIER GOLDEN HAWKS	2	3:52	<b>23:11</b>
19	17	40	Lizzy Laurie		E2	LAURIER GOLDEN HAWKS	3	3:53	<b>23:13</b>

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20	18	106	Sarah Sasson	R	NIPISSING LAKERS	1	3:53	<b>23:16</b>
21	19	125	Jade Watson	R	QUEEN'S GAELS	4	3:53	<b>23:18</b>
22		276	Gabrielle Foran		Z HARBOUR TC	EXH	3:54	<b>23:20</b>
23		277	Maxine Gravina		Z HARBOUR TC	EXH	3:55	<b>23:29</b>
24	20	180	Alyssa Randall	E2	WATERLOO WARRIORS	2	3:57	<b>23:40</b>
25	21	120	Brianna Bradley	E3	QUEEN'S GAELS	5	3:57	<b>23:41</b>
26	22	205	Hilary Stone	E4	WESTERN MUSTANGS	4	3:57	<b>23:42</b>
27	23	201	Meredith Leitch	E4	WESTERN MUSTANGS	5	3:58	<b>23:43</b>
28	24	58	Eva Keohane	FR	LE MOYNE DOLPHINS	1	3:58	<b>23:44</b>
29	25	20	Nicole Rich	E4	LAURENTIAN VOYAGEURS	2	3:58	<b>23:45</b>
30	26	176	Samantha McGuinness	E4	WATERLOO WARRIORS	3	3:58	<b>23:47</b>
31	27	59	Brittney Mack	JR	LE MOYNE DOLPHINS	2	3:59	<b>23:54</b>
32	28	81	Erin Snelgrove	E5	MCMASTER MARAUDERS	2	4:00	<b>23:56</b>
33	29	77	Madeleine Kennedy	E2	MCMASTER MARAUDERS	3	4:00	<b>23:59</b>
34	30	22	Nicole Sartor	R	LAURENTIAN VOYAGEURS	3	4:00	<b>23:59</b>
35	31	173	Madison Greenough	R	WATERLOO WARRIORS	4	4:01	<b>24:05</b>
36	32	19	Jessie Nusselder	E3	LAURENTIAN VOYAGEURS	4	4:02	<b>24:07</b>
37	33	15	Megan Crocker	E3	LAURENTIAN VOYAGEURS	5	4:02	<b>24:07</b>
38	34	118	Marley Beckett	R	QUEEN'S GAELS	6	4:02	<b>24:09</b>
39	35	198	Breanna Faiczak	E2	WESTERN MUSTANGS	6	4:02	<b>24:10</b>
40	36	5	Paulina Sergnese	E2	BROCK BADGERS	1	4:03	<b>24:13</b>
41	37	100	Katie Gibson	E3	NIPISSING LAKERS	2	4:03	<b>24:15</b>
42	38	197	Hayley Dick	E2	WESTERN MUSTANGS	7	4:04	<b>24:19</b>
43	39	25	Heidi Tuszkievicz	E3	LAURENTIAN VOYAGEURS	6	4:04	<b>24:20</b>
44		202	Katie Matthews	E4	WESTERN MUSTANGS	8	4:04	<b>24:22</b>
45		200	Lauren Kanko	E1	WESTERN MUSTANGS	9	4:04	<b>24:23</b>
46	40	178	Emily Nichols	E3	WATERLOO WARRIORS	5	4:05	<b>24:27</b>
47		206	Elizabeth Teasel	R	WESTERN MUSTANGS	10	4:05	<b>24:28</b>
48	41	56	Jeanette Cudney	SR	LE MOYNE DOLPHINS	3	4:05	<b>24:30</b>
49	42	1	Joanna Francolini	E4	BROCK BADGERS	2	4:06	<b>24:33</b>
50	43	105	Jennifer Leroy	E1	NIPISSING LAKERS	3	4:06	<b>24:35</b>
51	44	135	Sylvie Antoun	E5	RYERSON RAMS	1	4:07	<b>24:38</b>
52	45	179	Madeleine Nolan	R	WATERLOO WARRIORS	6	4:07	<b>24:42</b>
53	46	24	Breanne Steven	E2	LAURENTIAN VOYAGEURS	7	4:07	<b>24:43</b>
54	47	152	Juliette Davis	R	TORONTO VARSITYBLUES	5	4:08	<b>24:44</b>
55	48	82	Emma Waddington	E2	MCMASTER MARAUDERS	4	4:08	<b>24:45</b>
56	49	224	Sydney Hawkins	E4	WINDSOR LANCERS	2	4:08	<b>24:48</b>
57	50	57	Vanessa Eberhard	FR	LE MOYNE DOLPHINS	4	4:09	<b>24:53</b>
58	51	79	Meghan Rothenbroker	R	MCMASTER MARAUDERS	5	4:10	<b>24:55</b>
59	52	223	Rachel Crawley	E3	WINDSOR LANCERS	3	4:10	<b>24:55</b>
60		261	Taryn Jakub		Z ESPOIR	EXH	4:10	<b>24:56</b>
61	53	78	Lauren Locco	E4	MCMASTER MARAUDERS	6	4:10	<b>24:56</b>
62	54	61	Haleigh Pascual	FR	LE MOYNE DOLPHINS	5	4:11	<b>25:01</b>
63		207	Anjoli Vanderkuur	E3	WESTERN MUSTANGS	11	4:11	<b>25:03</b>
64		23	Meghan Sippel	R	LAURENTIAN VOYAGEURS	8	4:12	<b>25:12</b>
65	55	174	Jessica Li	R	WATERLOO WARRIORS	7	4:12	<b>25:12</b>
66		177	Elyssa Murray	R	WATERLOO WARRIORS	8	4:13	<b>25:14</b>
67	56	39	Lauren Kerker	E3	LAURIER GOLDEN HAWKS	4	4:13	<b>25:17</b>
68	57	230	Mya Vialva	R	WINDSOR LANCERS	4	4:13	<b>25:18</b>
69	58	65	Mya Walters	SO	LE MOYNE DOLPHINS	6	4:14	<b>25:19</b>
70	59	226	Fiona Rocheleau	E3	WINDSOR LANCERS	5	4:14	<b>25:22</b>

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71	60	37	Hayley Carrescia	E2	LAURIER GOLDEN HAWKS	5	4:14	<b>25:23</b>
72	61	42	Jessica Martin	E2	LAURIER GOLDEN HAWKS	6	4:15	<b>25:26</b>
73	62	2	Cassandra Hinz	E2	BROCK BADGERS	3	4:15	<b>25:28</b>
74	63	55	Siara Clos	SO	LE MOYNE DOLPHINS	7	4:15	<b>25:30</b>
75	64	80	Allison Sippel	R	MCMASTER MARAUDERS	7	4:16	<b>25:32</b>
76	65	104	Katie Kozub	E5	NIPISSING LAKERS	4	4:16	<b>25:36</b>
77	66	4	Annelise Martin	E4	BROCK BADGERS	4	4:17	<b>25:42</b>
78	67	38	Jenna Gascho	E3	LAURIER GOLDEN HAWKS	7	4:18	<b>25:43</b>
79		258	Vaishnavy Yogarajah	E4	E4 YORK LIONS	1	4:18	<b>25:46</b>
80	68	3	Erin Laughlin	E4	BROCK BADGERS	5	4:19	<b>25:49</b>
81		171	Lauren Brewster	E2	WATERLOO WARRIORS	9	4:19	<b>25:50</b>
82		62	Jordan Sloan	SO	LE MOYNE DOLPHINS	8	4:19	<b>25:52</b>
83	69	103	Stephanie Knowles	E2	NIPISSING LAKERS	5	4:19	<b>25:54</b>
84		262	Kasha Mansour		Z ESPOIR	EXH	4:21	<b>26:02</b>
85		172	Megan Doleweerd	E2	WATERLOO WARRIORS	10	4:21	<b>26:02</b>
86	70	101	Kristina Haghgoo	E2	NIPISSING LAKERS	6	4:21	<b>26:03</b>
87		17	Kelsey Lefebvre	E3	LAURENTIAN VOYAGEURS	9	4:21	<b>26:04</b>
88	71	222	Vanessa Cotter	E2	WINDSOR LANCERS	6	4:21	<b>26:05</b>
89	72	138	Melinda Marghetis	E3	RYERSON RAMS	2	4:21	<b>26:06</b>
90	73	151	Mary Cole	E3	TORONTO VARSITYBLUES	6	4:22	<b>26:10</b>
91	74	225	Daniela Papac	R	WINDSOR LANCERS	7	4:23	<b>26:15</b>
92		44	Emma Segato	E3	LAURIER GOLDEN HAWKS	8	4:23	<b>26:18</b>
93	75	140	Corinne Schonewille	R	RYERSON RAMS	3	4:23	<b>26:18</b>
94		227	Chelsea Salter	E2	WINDSOR LANCERS	8	4:24	<b>26:21</b>
95		203	Lauren Negrazis	E2	WESTERN MUSTANGS	12	4:25	<b>26:26</b>
96		175	Alexandra McGowan	E3	WATERLOO WARRIORS	11	4:25	<b>26:27</b>
97	76	97	Sarah Arendt	E4	NIPISSING LAKERS	7	4:27	<b>26:40</b>
98		21	Lindsay Robinson	R	LAURENTIAN VOYAGEURS	10	4:28	<b>26:47</b>
99		16	Lyndsay Greasley	E5	LAURENTIAN VOYAGEURS	11	4:28	<b>26:49</b>
100		256	Amanda Hroncok	E2	YORK LIONS	2	4:30	<b>26:57</b>
101		60	Rachael Miller	JR	LE MOYNE DOLPHINS	9	4:31	<b>27:04</b>
102		41	Daphne Marcil	R	LAURIER GOLDEN HAWKS	9	4:32	<b>27:11</b>
103		293	Ivon Jaimes	E4	YORK LIONS	3	4:34	<b>27:19</b>
104	77	139	Yulia Romanenko	E1	RYERSON RAMS	4	4:34	<b>27:21</b>
105		102	Lauren Jackson	E2	NIPISSING LAKERS	8	4:35	<b>27:27</b>
106	78	136	Anna Cianni	E3	RYERSON RAMS	5	4:35	<b>27:30</b>
107		18	Karissa Merrylees	R	LAURENTIAN VOYAGEURS	12	4:37	<b>27:39</b>
108		54	Alivia Arlis	SO	LE MOYNE DOLPHINS	10	4:38	<b>27:45</b>
109		63	Jillian Stagnita	SO	LE MOYNE DOLPHINS	11	4:47	<b>28:39</b>
110		229	Bridget Taylor	E3	WINDSOR LANCERS	9	4:50	<b>28:55</b>
111		64	McKenzie Tripp	JR	LE MOYNE DOLPHINS	12	4:58	<b>29:47</b>
112		99	Emily Drake	R	NIPISSING LAKERS	9	5:00	<b>29:58</b>

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**TEAM: QUEEN'S GAELS****SCORE: 55****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Branna MacDougall		E2	122	20:45	3:28	5:34
4-4	Amy Stephenson		E5	124	21:43	3:38	5:50
11-10	Taylor Sills		E4	123	22:35	3:46	6:04
21-19	Jade Watson		R	125	23:18	3:53	6:15
25-21	Brianna Bradley		E3	120	23:41	3:57	6:22
38-34	Marley Beckett		R	118	24:09	4:02	6:29
<b>Top 5 Total Time:</b>		1:52:02			<b>Top 5 Average Time:</b>		22:25
<b>Top 5 Average per KM:</b>		3:45			<b>Top 5 Average Per MILE:</b>		6:01
<b>1 - 5 Split:</b>		2:56			<b>1 - 7 Split:</b>		
<b>Top 7 Total Time:</b>					<b>Top 7 Average Time:</b>		

**TEAM: WESTERN MUSTANGS****SCORE: 66****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Kristina Popadich		E4	204	20:51	3:29	5:36
7-6	Kate Current		E1	196	22:15	3:43	5:59
14-13	Jessica White		E5	208	22:53	3:49	6:09
26-22	Hilary Stone		E4	205	23:42	3:57	6:22
27-23	Meredith Leitch		E4	201	23:43	3:58	6:22
39-35	Breanna Faiczak		E2	198	24:10	4:02	6:29
42-38	Hayley Dick		E2	197	24:19	4:04	6:32
44	Katie Matthews		E4	202	24:22	4:04	6:33
45	Lauren Kanko		E1	200	24:23	4:04	6:33
47	Elizabeth Teasel		R	206	24:28	4:05	6:34
63	Anjoli Vanderkuur		E3	207	25:03	4:11	6:44
95	Lauren Negrazis		E2	203	26:26	4:25	7:06
<b>Top 5 Total Time:</b>		1:53:24			<b>Top 5 Average Time:</b>		22:41
<b>Top 5 Average per KM:</b>		3:47			<b>Top 5 Average Per MILE:</b>		6:05
<b>1 - 5 Split:</b>		2:52			<b>1 - 7 Split:</b>		3:28
<b>Top 7 Total Time:</b>		2:41:53			<b>Top 7 Average Time:</b>		23:08

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**TEAM: TORONTO VARSITYBLUES SCORE: 86 PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Maddy Kelly		E5	154	21:53	3:39	5:53
9-8	Jazz Shukla		E2	156	22:25	3:45	6:01
13-12	Christiana Agustin		E3	150	22:43	3:48	6:06
15-14	Katherine Marshall		R	155	23:02	3:51	6:11
54-47	Juliette Davis		R	152	24:44	4:08	6:39
90-73	Mary Cole		E3	151	26:10	4:22	7:02
<b>Top 5 Total Time:</b>		1:54:47			<b>Top 5 Average Time:</b>	22:58	
<b>Top 5 Average per KM:</b>		3:50			<b>Top 5 Average Per MILE:</b>	6:10	
<b>1 - 5 Split:</b>		2:51			<b>1 - 7 Split:</b>		
<b>Top 7 Total Time:</b>					<b>Top 7 Average Time:</b>		

**TEAM: LAURENTIAN VOYAGEURS SCORE: 131 PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
12-11	Jenny Bottomly		E2	14	22:36	3:46	6:04
29-25	Nicole Rich		E4	20	23:45	3:58	6:23
34-30	Nicole Sartor		R	22	23:59	4:00	6:26
36-32	Jessie Nusselder		E3	19	24:07	4:02	6:29
37-33	Megan Crocker		E3	15	24:07	4:02	6:29
43-39	Heidi Tuskiewicz		E3	25	24:20	4:04	6:32
53-46	Breanne Steven		E2	24	24:43	4:08	6:38
64	Meghan Sippel		R	23	25:12	4:12	6:46
87	Kelsey Lefebvre		E3	17	26:04	4:21	7:00
98	Lindsay Robinson		R	21	26:47	4:28	7:12
99	Lyndsay Greasley		E5	16	26:49	4:29	7:12
107	Karissa Merrylees		R	18	27:39	4:37	7:25
<b>Top 5 Total Time:</b>		1:58:34			<b>Top 5 Average Time:</b>	23:43	
<b>Top 5 Average per KM:</b>		3:58			<b>Top 5 Average Per MILE:</b>	6:22	
<b>1 - 5 Split:</b>		1:31			<b>1 - 7 Split:</b>	2:07	
<b>Top 7 Total Time:</b>		2:47:37			<b>Top 7 Average Time:</b>	23:57	

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**TEAM: WATERLOO WARRIORS SCORE: 132 PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-15	Stephanie Ryall		E2	181	23:08	3:52	6:13
24-20	Alyssa Randall		E2	180	23:40	3:57	6:21
30-26	Samantha McGuinness		E4	176	23:47	3:58	6:23
35-31	Madison Greenough		R	173	24:05	4:01	6:28
46-40	Emily Nichols		E3	178	24:27	4:05	6:34
52-45	Madeleine Nolan		R	179	24:42	4:07	6:38
65-55	Jessica Li		R	174	25:12	4:12	6:46
66	Elyssa Murray		R	177	25:14	4:13	6:47
81	Lauren Brewster		E2	171	25:50	4:19	6:56
85	Megan Doleweerd		E2	172	26:02	4:21	6:59
96	Alexandra McGowan		E3	175	26:27	4:25	7:06
<b>Top 5 Total Time:</b>		1:59:07	<b>Top 5 Average Time:</b>		23:50		
<b>Top 5 Average per KM:</b>		3:59	<b>Top 5 Average Per MILE:</b>		6:24		
<b>1 - 5 Split:</b>		1:19	<b>1 - 7 Split:</b>		2:04		
<b>Top 7 Total Time:</b>		2:49:01	<b>Top 7 Average Time:</b>		24:09		

**TEAM: LAURIER GOLDEN HAWKS SCORE: 158 PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-9	Bettina Boucher		E4	36	22:32	3:46	6:03
18-16	Sydney Pattison		E2	43	23:11	3:52	6:14
19-17	Lizzy Laurie		E2	40	23:13	3:53	6:14
67-56	Lauren Kerker		E3	39	25:17	4:13	6:47
71-60	Hayley Carrescia		E2	37	25:23	4:14	6:49
72-61	Jessica Martin		E2	42	25:26	4:15	6:50
78-67	Jenna Gascho		E3	38	25:43	4:18	6:54
92	Emma Segato		E3	44	26:18	4:23	7:04
102	Daphne Marcil		R	41	27:11	4:32	7:18
<b>Top 5 Total Time:</b>		1:59:36	<b>Top 5 Average Time:</b>		23:56		
<b>Top 5 Average per KM:</b>		4:00	<b>Top 5 Average Per MILE:</b>		6:25		
<b>1 - 5 Split:</b>		2:51	<b>1 - 7 Split:</b>		3:11		
<b>Top 7 Total Time:</b>		2:50:45	<b>Top 7 Average Time:</b>		24:24		

## 2017 BILL SALTER WESTERN INTERNATIONAL-43rd Annual

Sat. Sept 26 at Thames Valley GC, London

9/23/2017

9/23/2017 - 9/23/2017

32nd year at Thames Valley GC

**TEAM: MCMASTER MARAUDERS SCORE: 163 PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
8-7	Melissa Caruso		E5	76	22:22	3:44	6:00
32-28	Erin Snelgrove		E5	81	23:56	4:00	6:26
33-29	Madeleine Kennedy		E2	77	23:59	4:00	6:26
55-48	Emma Waddington		E2	82	24:45	4:08	6:39
58-51	Meghan Rothenbroker		R	79	24:55	4:10	6:41
61-53	Lauren Locco		E4	78	24:56	4:10	6:42
75-64	Allison Sippel		R	80	25:32	4:16	6:51
<b>Top 5 Total Time:</b>		1:59:57	<b>Top 5 Average Time:</b>		24:00		
<b>Top 5 Average per KM:</b>		4:00	<b>Top 5 Average Per MILE:</b>		6:27		
<b>1 - 5 Split:</b>		2:33	<b>1 - 7 Split:</b>		3:10		
<b>Top 7 Total Time:</b>		2:50:25	<b>Top 7 Average Time:</b>		24:21		

**TEAM: LE MOYNE DOLPHINS SCORE: 196 PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
28-24	Eva Keohane		FR	58	23:44	3:58	6:22
31-27	Brittney Mack		JR	59	23:54	3:59	6:25
48-41	Jeanette Cudney		SR	56	24:30	4:05	6:35
57-50	Vanessa Eberhard		FR	57	24:53	4:09	6:41
62-54	Haleigh Pascual		FR	61	25:01	4:11	6:43
69-58	Mya Walters		SO	65	25:19	4:14	6:48
74-63	Siara Clos		SO	55	25:30	4:15	6:51
82	Jordan Sloan		SO	62	25:52	4:19	6:57
101	Rachael Miller		JR	60	27:04	4:31	7:16
108	Alivia Arlis		SO	54	27:45	4:38	7:27
109	Jillian Stagnita		SO	63	28:39	4:47	7:42
111	McKenzie Tripp		JR	64	29:47	4:58	8:00
<b>Top 5 Total Time:</b>		2:02:02	<b>Top 5 Average Time:</b>		24:25		
<b>Top 5 Average per KM:</b>		4:05	<b>Top 5 Average Per MILE:</b>		6:33		
<b>1 - 5 Split:</b>		1:17	<b>1 - 7 Split:</b>		1:46		
<b>Top 7 Total Time:</b>		2:52:51	<b>Top 7 Average Time:</b>		24:42		

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**TEAM: WINDSOR LANCERS SCORE: 220 PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Stef Smith		E5	228	21:11	3:32	5:41
56-49	Sydney Hawkins		E4	224	24:48	4:08	6:40
59-52	Rachel Crawley		E3	223	24:55	4:10	6:41
68-57	Mya Vialva		R	230	25:18	4:13	6:48
70-59	Fiona Rocheleau		E3	226	25:22	4:14	6:49
=====							
88-71	Vanessa Cotter		E2	222	26:05	4:21	7:00
91-74	Daniela Papac		R	225	26:15	4:23	7:03
=====							
94	Chelsea Salter		E2	227	26:21	4:24	7:05
110	Bridget Taylor		E3	229	28:55	4:50	7:46
<b>Top 5 Total Time:</b>		2:01:34	<b>Top 5 Average Time:</b>		24:19		
<b>Top 5 Average per KM:</b>		4:04	<b>Top 5 Average Per MILE:</b>		6:32		
<b>1 - 5 Split:</b>			4:11	<b>1 - 7 Split:</b>			5:04
<b>Top 7 Total Time:</b>		2:53:54	<b>Top 7 Average Time:</b>		24:51		

**TEAM: NIPISSING LAKERS SCORE: 232 PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
20-18	Sarah Sasson		R	106	23:16	3:53	6:15
41-37	Katie Gibson		E3	100	24:15	4:03	6:31
50-43	Jennifer Leroy		E1	105	24:35	4:06	6:36
76-65	Katie Kozub		E5	104	25:36	4:16	6:52
83-69	Stephanie Knowles		E2	103	25:54	4:19	6:57
=====							
86-70	Kristina Haghgoo		E2	101	26:03	4:21	7:00
97-76	Sarah Arendt		E4	97	26:40	4:27	7:10
=====							
105	Lauren Jackson		E2	102	27:27	4:35	7:22
112	Emily Drake		R	99	29:58	5:00	8:03
<b>Top 5 Total Time:</b>		2:03:36	<b>Top 5 Average Time:</b>		24:44		
<b>Top 5 Average per KM:</b>		4:08	<b>Top 5 Average Per MILE:</b>		6:38		
<b>1 - 5 Split:</b>			2:38	<b>1 - 7 Split:</b>			3:24
<b>Top 7 Total Time:</b>		2:56:19	<b>Top 7 Average Time:</b>		25:12		

