

2009 WESTERN INTERNATIONAL-35th Annual

Sat. Sept 26 at Thames Valley GC, London

26/09/2009

24th year at Thames Valley GC

Team Statistics for: Event # 2 MENS 10K Run

TEAM		GENESEO KNIGHTS		SCORE: 44		PLACE: 1	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Tim Chichester		E4	218	32:17	3:14	5:12
6-6	Jesse Berube		E4	220	32:26	3:15	5:14
10-10	Chris Mateer		E2	219	32:44	3:17	5:17
11-11	Lee Gabler		E4	221	32:49	3:17	5:17
14-14	Will Haskell		E4	224	32:54	3:18	5:18
17-17	Ryan O'Connor		E3	222	33:10	3:19	5:21
20-20	Pat Malone		E4	226	33:25	3:21	5:23
23	Josh Kneer		E4	227	33:32	3:22	5:24
35	Bobby Henchen		E4	225	33:58	3:24	5:28
42	Andrew Corcoran		E2	223	34:19	3:26	5:32
56	Chris Carter		E2	228	34:47	3:29	5:36
63	Eric Moore		E2	217	35:03	3:31	5:39
Top 5 Total Time:		163:10	Top 5 Average Time:		32:38		
Top 5 Average per KM:		3:16	Top 5 Average Per MILE:		5:16		
1 - 5 Split:		:37	1 - 7 Split:		1:08		
Top 7 Total Time:		229:45	Top 7 Average Time:		32:50		

TEAM		GUELPH GRYPHONS		SCORE: 66		PLACE: 2	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Allan Brett		E3	193	32:24	3:15	5:13
8-8	John Parrott		E5	194	32:32	3:16	5:15
9-9	Rob Jackson		E2	195	32:39	3:16	5:16
19-19	Robert Koziarski		E4	196	33:21	3:21	5:23
27-26	Alexander Hinton		R	198	33:42	3:23	5:26
32-31	Cody Murray		E4	197	33:51	3:24	5:27
39-37	Benoit Boulay		R	199	34:10	3:25	5:30
45	David Quinn		R	204	34:24	3:27	5:33
47	Kevin Medeiros		R	202	34:32	3:28	5:34
49	Greg Pigeon		R	201	34:39	3:28	5:35
62	Steve Holmes		R	203	35:02	3:31	5:39
87	Patrick Mallory		E2	200	36:04	3:37	5:49
Top 5 Total Time:		164:38	Top 5 Average Time:		32:56		
Top 5 Average per KM:		3:18	Top 5 Average Per MILE:		5:18		
1 - 5 Split:		1:18	1 - 7 Split:		1:46		
Top 7 Total Time:		232:39	Top 7 Average Time:		33:15		

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TEAM		WINDSOR LANCERS		SCORE:	80	PLACE:	3
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Dave Weston		E4	215	32:11	3:14	5:11
12-12	Andrew Aguanno		E2	205	32:50	3:17	5:18
13-13	Alex Meyer		E5	211	32:53	3:18	5:18
26-25	Josh Huffman		E2	209	33:42	3:23	5:26
30-29	Drew Patterson		E2	212	33:48	3:23	5:27
36-34	Svein Piene		E5	213	33:58	3:24	5:28
44-41	Jesse Bauer		R	206	34:21	3:27	5:32
58	Patrick Galler		R	208	34:50	3:29	5:37
60	Josh Bolton		R	207	34:53	3:30	5:37
100	Curtis Semple		E3	214	36:55	3:42	5:57
Top 5 Total Time:		165:24			Top 5 Average Time:	33:05	
Top 5 Average per KM:		3:19			Top 5 Average Per MILE:	5:20	
1 - 5 Split:		1:37			1 - 7 Split:	2:10	
Top 7 Total Time:		233:43			Top 7 Average Time:	33:24	

TEAM		WESTERN MUSTANGS		SCORE:	106	PLACE:	4
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Kyle O'Neill		E3	229	32:25	3:15	5:14
16-16	Ryan Huff		E3	230	33:05	3:19	5:20
25-24	Matt Suda		E5	231	33:40	3:22	5:26
29-28	Will Komer		E3	232	33:43	3:23	5:26
34-33	Brent Smith		E3	234	33:54	3:24	5:28
37-35	Simon Hodge		E1	233	34:04	3:25	5:29
69-57	Alex Strokach		E2	236	35:17	3:32	5:41
76	David Arango		E2	235	35:26	3:33	5:43
98	Evan Andrin		R	237	36:31	3:40	5:53
105	Mark Cameron		R	238	37:07	3:43	5:59
Top 5 Total Time:		166:47			Top 5 Average Time:	33:22	
Top 5 Average per KM:		3:21			Top 5 Average Per MILE:	5:23	
1 - 5 Split:		1:29			1 - 7 Split:	2:52	
Top 7 Total Time:		236:08			Top 7 Average Time:	33:44	

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TEAM		QUEEN'S GAELS		SCORE:	131	PLACE:	5
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
7-7	Matt Hulse		E3	277	32:30	3:15	5:14
15-15	Clay Patterson		E2	279	33:04	3:19	5:20
22-22	Joshua Potvin		E3	278	33:28	3:21	5:24
41-39	Trevor Walmsley		E4	280	34:17	3:26	5:32
54-48	Oliver Hatheway		E2	282	34:45	3:29	5:36
57-50	Anders Klaus		E3	284	34:48	3:29	5:37
64-53	Scott Knieriem		E2	287	35:04	3:31	5:39
67	Michael Nishiyama		E3	281	35:09	3:31	5:40
73	Eric Low		E1	285	35:24	3:33	5:42
75	Jeff Costen		R	286	35:25	3:33	5:42
77	Alex Green		E2	283	35:27	3:33	5:43
106	Paul Hegele		E1	288	37:09	3:43	5:59
Top 5 Total Time:		168:04			Top 5 Average Time:	33:37	
Top 5 Average per KM:		3:22			Top 5 Average Per MILE:	5:25	
1 - 5 Split:		2:15			1 - 7 Split:	2:34	
Top 7 Total Time:		237:56			Top 7 Average Time:	34:00	

TEAM		TORONTO VARSITY BLUE		SCORE:	142	PLACE:	6
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Mike Delmonte		E4	241	32:17	3:14	5:12
21-21	Tyler Pettes		E3	243	33:26	3:21	5:23
33-32	Andrew Nicholl		E2	246	33:53	3:24	5:28
43-40	Antun Pavelic		E2	247	34:20	3:26	5:32
53-47	Jake Woloshyn		R	250	34:45	3:29	5:36
81-65	Andrew Kennedy		E4	248	35:41	3:35	5:45
83-67	Alex Denault		R	252	35:43	3:35	5:45
85	Sho Tanaka		E5	251	35:55	3:36	5:47
118	Dave Liu		E3	244	38:23	3:51	6:11
Top 5 Total Time:		168:41			Top 5 Average Time:	33:45	
Top 5 Average per KM:		3:23			Top 5 Average Per MILE:	5:26	
1 - 5 Split:		2:28			1 - 7 Split:	3:26	
Top 7 Total Time:		240:05			Top 7 Average Time:	34:18	

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TEAM		MCMaster MARAUDERS			SCORE:	236	PLACE: 7	
OVERALL								
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
28-27	Cory McCurry		E3	254	33:43	3:23	5:26	
52-46	Jonathan Little		E5	253	34:42	3:29	5:36	
55-49	Andrew Douglas		E3	255	34:46	3:29	5:36	
68-56	Noah Fleming		E4	257	35:11	3:32	5:40	
70-58	Rob Gibb		E5	258	35:20	3:32	5:42	
=====								
78-62	Tristan Sandhu		E2	256	35:27	3:33	5:43	
79-63	Ryan Tice		E2	260	35:28	3:33	5:43	
=====								
88	Jeremy Walsh		E2	261	36:07	3:37	5:49	
90	Joel Reany		E4	259	36:08	3:37	5:49	
92	Sean Bowen		E2	263	36:13	3:38	5:50	
95	James Harrington		E2	262	36:26	3:39	5:52	
Top 5 Total Time:		173:42		Top 5 Average Time:		34:45		
Top 5 Average per KM:		3:29		Top 5 Average Per MILE:		5:36		
1 - 5 Split:		1:37		1 - 7 Split:		1:45		
Top 7 Total Time:		244:37		Top 7 Average Time:		34:57		

TEAM		MCGILL REDMEN			SCORE:	236	PLACE: 8	
OVERALL								
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
24-23	Graydon Snider		E3	302	33:34	3:22	5:25	
40-38	Daniel Kramer		E2	301	34:13	3:26	5:31	
51-45	Ken Douglas		E4	303	34:41	3:29	5:35	
74-61	Alexander Duhault		E2	304	35:24	3:33	5:42	
86-69	Teddy Lavoie		R	305	36:02	3:37	5:48	
=====								
93-72	Iain MacDonald		E3	306	36:16	3:38	5:51	
Top 5 Total Time:		173:54		Top 5 Average Time:		34:47		
Top 5 Average per KM:		3:29		Top 5 Average Per MILE:		5:36		
1 - 5 Split:		2:28		1 - 7 Split:				
Top 7 Total Time:				Top 7 Average Time:				

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TEAM		LAURIER GOLDEN HAWKS			SCORE:	265	PLACE:	9
OVERALL								
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
46-42	Shoaib Ikram		R	265	34:29	3:27	5:33	
50-44	Matt Robertson		R2	267	34:40	3:28	5:35	
59-51	Jordan Fox		E3	268	34:51	3:30	5:37	
65-54	Soaib Ikram		R	266	35:05	3:31	5:39	
96-74	Alex Garrioch		E2	271	36:28	3:39	5:53	
=====								
109-83	Gary Storey		E4	272	37:31	3:46	6:03	
111-85	Brett Cameron		R	270	37:40	3:46	6:04	
=====								
	Colin Yardley		E3	273	DNF			
	Top 5 Total Time:	175:33			Top 5 Average Time:	35:07		
	Top 5 Average per KM:	3:31			Top 5 Average Per MILE:	5:40		
	1 - 5 Split:	1:59			1 - 7 Split:	3:11		
	Top 7 Total Time:	250:44			Top 7 Average Time:	35:50		

TEAM		WATERLOO WARRIORS			SCORE:	281	PLACE:	10
OVERALL								
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
38-36	Charley Allan		R	290	34:08	3:25	5:30	
66-55	Patrick MacKinnon		E2	289	35:05	3:31	5:39	
72-60	Stephen Jones		E2	294	35:23	3:33	5:42	
80-64	Rob Bark		E5	291	35:30	3:33	5:43	
82-66	Justin Spalvieri		E2	297	35:42	3:35	5:45	
=====								
91-71	Devon Briggs		E2	292	36:11	3:38	5:50	
94-73	Liam Mulroy		E2	295	36:16	3:38	5:51	
=====								
123	Lawrence Xie		E2	296	39:00	3:54	6:17	
	Top 5 Total Time:	175:48			Top 5 Average Time:	35:10		
	Top 5 Average per KM:	3:31			Top 5 Average Per MILE:	5:40		
	1 - 5 Split:	1:34			1 - 7 Split:	2:08		
	Top 7 Total Time:	248:15			Top 7 Average Time:	35:28		

TEAM		BROCK BADGERS			SCORE:	346	PLACE:	11
OVERALL								
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
18-18	Nathan Wanuch		R	328	33:18	3:20	5:22	
48-43	Kevin Moore		E2	325	34:36	3:28	5:35	
121-93	Chris Devries		E3	329	38:48	3:53	6:15	
122-94	Cas Sica		R	330	38:51	3:54	6:16	
129-98	332 332			332	40:02	4:01	6:27	
=====								
134-101	Rob Welch		R	327	41:30	4:09	6:41	
137-103	Michael Smith		R	331	42:00	4:12	6:46	
=====								
	Top 5 Total Time:	185:35			Top 5 Average Time:	37:07		
	Top 5 Average per KM:	3:43			Top 5 Average Per MILE:	5:59		
	1 - 5 Split:	6:44			1 - 7 Split:	8:42		
	Top 7 Total Time:	269:05			Top 7 Average Time:	38:27		

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Team Statistics for: Event # 2 MENS 10K Run

TEAM YORK LIONS		SCORE: 375				PLACE: 12	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
31-30	David Zylberberg		E3	314	33:48	3:23	5:27
101-77	Adam Dykes		E5	316	36:57	3:42	5:57
113-87	Andre Paposso		R	320	37:51	3:48	6:06
115-89	Raphael Waknine		E1	318	38:10	3:49	6:09
119-92	Rob Powell		R	319	38:29	3:51	6:12
=====							
133-100	Ryan Charlton			321	41:29	4:09	6:41
Top 5 Total Time:		185:15			Top 5 Average Time:		37:03
Top 5 Average per KM:		3:43			Top 5 Average Per MILE:		5:58
1 - 5 Split:		4:41			1 - 7 Split:		
Top 7 Total Time:				Top 7 Average Time:			

TEAM RMC PALADINS		SCORE: 383				PLACE: 13	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
71-59	John Marshall		E2	337	35:23	3:33	5:42
99-76	Donald Saul		E1	346	36:39	3:40	5:54
102-78	David Bernatchez		E2	339	36:59	3:42	5:58
110-84	Richard Hayes		E2	348	37:35	3:46	6:03
112-86	Sev Leblanc		R	340	37:49	3:47	6:06
=====							
114-88	Eric Henderson		E1	343	37:54	3:48	6:06
116-90	Jacob Trivers		E2	338	38:20	3:50	6:11
=====							
120	Josh Arsenault		R	347	38:30	3:51	6:12
124	Jordan Vadala		R	345	39:12	3:56	6:19
127	Aaron Bradley		E1	342	39:49	3:59	6:25
132	Jamie Jessup		E1	341	41:19	4:08	6:39
136	Brian Mowbray		R	344	41:35	4:10	6:42
Top 5 Total Time:		184:25			Top 5 Average Time:		36:53
Top 5 Average per KM:		3:42			Top 5 Average Per MILE:		5:57
1 - 5 Split:		2:26			1 - 7 Split:		2:57
Top 7 Total Time:		260:39			Top 7 Average Time:		37:15

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TEAM		NIPISSING LAKERS			SCORE:	385	PLACE:	14
OVERALL								
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
61-52	Benjamin Brzezynski		E2	349	34:56	3:30	5:38	
97-75	Kevin Gallagher		E3	350	36:30	3:39	5:53	
107-81	Paulo Carvalho		E4	351	37:22	3:45	6:01	
108-82	Jeff Harvey		E5	352	37:25	3:45	6:02	
125-95	Ryan Lahti		E3	355	39:22	3:57	6:21	
=====								
128-97	Rory Currie		E4	354	39:59	4:00	6:27	
135-102	Alexander Burley		E2	353	41:32	4:10	6:42	
=====								
Top 5 Total Time:		185:35			Top 5 Average Time:		37:07	
Top 5 Average per KM:		3:43			Top 5 Average Per MILE:		5:59	
1 - 5 Split:		4:26			1 - 7 Split:		6:36	
Top 7 Total Time:		267:06			Top 7 Average Time:		38:10	

TEAM		NAZARETH GOLD FLYERS			SCORE:	388	PLACE:	15
OVERALL								
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
84-68	Matt Morales		E3	361	35:53	3:36	5:47	
89-70	Peter Fekete		E2	362	36:07	3:37	5:49	
103-79	Anthony Romeo		R	364	37:01	3:43	5:58	
104-80	John Longo		R	363	37:02	3:43	5:58	
117-91	Tim Rutan		E2	366	38:22	3:51	6:11	
=====								
126-96	Nick Spera		E2	365	39:30	3:57	6:22	
130-99	Donato Dierenzo		E2	368	40:06	4:01	6:28	
=====								
131	Josh Strough		R	367	41:01	4:07	6:37	
Top 5 Total Time:		184:25			Top 5 Average Time:		36:53	
Top 5 Average per KM:		3:42			Top 5 Average Per MILE:		5:57	
1 - 5 Split:		2:29			1 - 7 Split:		4:13	
Top 7 Total Time:		264:01			Top 7 Average Time:		37:43	