

2008 WESTERN INTERNATIONAL - 34th Annual

Sat. Sept 20 at Thames Valley GC, London

09/20/2008

AGE 23rd year at Thames Valley GC

Team Statistics for: Event # 1 WOMENS 5K Run

TEAM	GUELPH GRYPHONS			SCORE:	31	PLACE:	1
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Lindsay Carson		E2	1	17:19	3:27	5:34
4-4	Courtney Laurie		E3	4	18:24	3:40	5:55
6-6	Rachel Cliff		E3	2	18:41	3:44	6:00
7-7	Lindsay Furtado		E2	6	18:48	3:45	6:03
13-13	Shantelle Novak		E4	3	19:01	3:48	6:07
14-14	Laura McIvor		E2	5	19:02	3:48	6:07
19-19	Lydia Frost		R	9	19:16	3:51	6:12
21	Karoline Hoy		E2	8	19:19	3:51	6:13
24	Gabrielle Foran		R	12	19:22	3:52	6:14
29	Robyn Mildren		R	11	19:27	3:53	6:15
45	Haley Digel		E3	10	20:00	4:00	6:26
Top 5 Total Time:		92:13	Top 5 Average Time:		18:26		
Top 5 Average per KM:		3:41	Top 5 Average Per MILE:		5:56		
1 - 5 Split:		1:42	1 - 7 Split:		1:57		
Top 7 Total Time:		130:31	Top 7 Average Time:		18:38		
TEAM	MCMMASTER MARAUDERS			SCORE:	85	PLACE:	2
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Jessica Pearo		E2	37	18:54	3:46	6:05
11-11	Jillian Wyman		E2	38	18:57	3:47	6:05
17-17	Katie Anderson		R	39	19:12	3:50	6:10
20-20	Sarah Haliburton		R	40	19:17	3:51	6:12
30-27	Sara Giovannetti		R	41	19:34	3:54	6:17
59-47	Rachel Lamb		R	42	20:34	4:06	6:37
63-51	Carlyn Nameth		E1	47	20:41	4:08	6:39
64	Erika Scott		E3	45	20:48	4:09	6:41
71	Erin Makins		R	46	21:11	4:14	6:49
72	Bronwen Douglas		E3	48	21:12	4:14	6:49
77	Nikki VanRiel		E2	44	21:23	4:16	6:52
Top 5 Total Time:		95:54	Top 5 Average Time:		19:10		
Top 5 Average per KM:		3:50	Top 5 Average Per MILE:		6:10		
1 - 5 Split:		:40	1 - 7 Split:		1:47		
Top 7 Total Time:		137:09	Top 7 Average Time:		19:35		
TEAM	WINDSOR LANCERS			SCORE:	107	PLACE:	3
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Stepahney Fay		E3	15	18:53	3:46	6:04
15-15	Lisa Brooking		E4	13	19:04	3:48	6:08
23-22	Jennifer Corrick		R	16	19:21	3:52	6:13
27-25	Hannah Eberhard		E5	14	19:26	3:53	6:15
39-36	Brittany Moran		E4	19	19:48	3:57	6:22

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		AGE					
46-41	Carly Gill		E3	17	20:02	4:00	6:26
51-44	Laura Gill		E3	18	20:15	4:03	6:31
=====							
55	Melissa Bishop		E3	23	20:27	4:05	6:34
58	Ashley Kellam		E2	20	20:29	4:05	6:35
86	Nikki Nolte		E5	21	21:49	4:21	7:01
98	Heather Kurpe		R	24	22:30	4:30	7:14

Top 5 Total Time:	96:32	Top 5 Average Time:	19:18
Top 5 Average per KM:	3:51	Top 5 Average Per MILE:	6:12
1 - 5 Split:	:55	1 - 7 Split:	1:22
Top 7 Total Time:	136:49	Top 7 Average Time:	19:32

TEAM	TORONTO BLUES	SCORE:	108	PLACE:	4
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OVERALL

SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Tamara Jewett		R	62	17:48	3:33	5:43
3-3	Erin McClure		E4	63	18:12	3:38	5:51
25-23	Donna Vakalis			67	19:24	3:52	6:14
31-28	Elizabeth Montgomery		E5	64	19:34	3:54	6:17
65-52	Brenda Colley		E2	65	20:48	4:09	6:41

Top 5 Total Time:	95:46	Top 5 Average Time:	19:09
Top 5 Average per KM:	3:49	Top 5 Average Per MILE:	6:09
1 - 5 Split:	3:00	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM	QUEEN'S GAELS	SCORE:	110	PLACE:	5
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OVERALL

SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Leslie Sexton		E4	73	18:31	3:42	5:57
18-18	Nadia Tatlow		E2	74	19:13	3:50	6:11
26-24	Elizabeth Miller		E4	76	19:24	3:52	6:14
32-29	Leah Larocque		E2	75	19:39	3:55	6:19
37-34	Liza Howard		E3	81	19:46	3:57	6:21

40-37	Emily Klassen		R	77	19:53	3:58	6:23
43-40	Beki Roth		R	78	19:58	3:59	6:25

44	Grace Keenleyside		E2	82	19:58	3:59	6:25
47	Jennifer Baker		R	79	20:11	4:02	6:29
49	Caroline Cox		E3	83	20:13	4:02	6:30
52	Megan Andrews			84	20:19	4:03	6:32
53	Carla Murphy		E5	80	20:25	4:05	6:34

Top 5 Total Time:	96:33	Top 5 Average Time:	19:18
Top 5 Average per KM:	3:51	Top 5 Average Per MILE:	6:12
1 - 5 Split:	1:15	1 - 7 Split:	1:27
Top 7 Total Time:	136:24	Top 7 Average Time:	19:29

TEAM	WESTERN MUSTANGS	SCORE:	133	PLACE:	6
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OVERALL

SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
8-8	Erin Fox		E5	25	18:52	3:46	6:04
28-26	Lorelle Convery		E3	26	19:26	3:53	6:15
33-30	Jenn Webber		E5	31	19:40	3:56	6:19
34-31	Alison Savill		R	29	19:41	3:56	6:20

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		<u>AGE</u>					
41-38	Stephanie Van Veen	E4	28	19:55	3:59		6:24
50-43	Alyssa Giuliani	E2	30	20:15	4:03		6:31
54-45	Lauren Coutts	E2	33	20:26	4:05		6:34
57	Sara Leo	E3	32	20:28	4:05		6:35
	Johanna Shenstone	E2	27	DNF			
Top 5 Total Time:		97:34		Top 5 Average Time:		19:30	
Top 5 Average per KM:		3:54		Top 5 Average Per MILE:		6:16	
1 - 5 Split:		1:03		1 - 7 Split:		1:34	
Top 7 Total Time:		138:15		Top 7 Average Time:		19:45	

TEAM MCGILL MARTLETS SCORE: **160** PLACE: **7**

OVERALL

SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
16-16	Brittany Therrien		R	49	19:09	3:49	6:09
22-21	Melanie Myrand		R	50	19:20	3:52	6:13
38-35	Christina Lo Basso		G4	51	19:47	3:57	6:22
48-42	Arielle Beatty		E2	52	20:12	4:02	6:30
56-46	Margaux Pontoreau-Bazinet		R	56	20:28	4:05	6:35
62-50	Gina Pinsonnault-Bilodea		E2	54	20:39	4:07	6:38
81-65	Grace Ling		R	59	21:32	4:18	6:55

90	Margaret Cavenagh		R	58	22:06	4:25	7:06
103	Christina Taylor		E2	60	23:08	4:37	7:26
Top 5 Total Time:		98:56		Top 5 Average Time:		19:47	
Top 5 Average per KM:		3:57		Top 5 Average Per MILE:		6:22	
1 - 5 Split:		1:19		1 - 7 Split:		2:23	
Top 7 Total Time:		141:07		Top 7 Average Time:		20:09	

TEAM LAURENTIAN VOYAGUERS SCORE: **174** PLACE: **8**

OVERALL

SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
12-12	Gracie Tetzlaff		R	98	18:58	3:47	6:06
35-32	Emma Tallman		R	97	19:43	3:56	6:20
36-33	Madeleine Woods		E5	100	19:43	3:56	6:20
60-48	Meghan Juuti		E4	99	20:37	4:07	6:38
61-49	Maggie Robins		E3	101	20:38	4:07	6:38
67-54	Hilary Kilbreath		E3	104	21:04	4:12	6:46
80-64	Katie Maziarski		R	102	21:32	4:18	6:55

85	Mathilde Demory		E1	103	21:47	4:21	7:00
93	Celeste Woods		E3	105	22:15	4:27	7:09
105	Jessica Nanne		R	106	23:20	4:40	7:30
107	Danielle Henry		E1	107	23:26	4:41	7:32
109	Stephanie Flieler		E3	108	23:39	4:43	7:36
Top 5 Total Time:		99:39		Top 5 Average Time:		19:55	
Top 5 Average per KM:		3:59		Top 5 Average Per MILE:		6:24	
1 - 5 Split:		1:40		1 - 7 Split:		2:34	
Top 7 Total Time:		142:15		Top 7 Average Time:		20:19	

TEAM LAURIER GOLDEN HAWKS SCORE: **279** PLACE: **9**

OVERALL

SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
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42-39	Dale Findlay	E3	126	19:56	3:59	6:24
66-53	Britt Seignour	E4	123	20:55	4:11	6:43
68-55	Angela Simpson	E2	124	21:06	4:13	6:47
79-63	Courtney Brohart	R	131	21:31	4:18	6:55
87-69	Haley Tyers	E3	125	21:52	4:22	7:02
=====						
91-72	Catherine Sukkau	E3	128	22:11	4:26	7:08
92-73	Kristen Avery	E3	127	22:12	4:26	7:08
=====						
99	Britt Hern	E4	121	22:48	4:33	7:20
106	Emily Ford	E2	122	23:26	4:41	7:32
111	Hailey Davidge	E4	129	24:14	4:50	7:48
112	Amanda Mason-Espin	E2	130	24:19	4:51	7:49
115	Sarah Borrowski	E1	132	24:56	4:59	8:01

Top 5 Total Time:	105:20	Top 5 Average Time:	21:04
Top 5 Average per KM:	4:12	Top 5 Average Per MILE:	6:46
1 - 5 Split:	1:56	1 - 7 Split:	2:16
Top 7 Total Time:	149:43	Top 7 Average Time:	21:23

TEAM NAZARETH GOLD FLYERS SCORE: 315 PLACE: 10

OVERALL

SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
73-58	Caitlyn Parmelee	E3	135	21:14	4:14	6:50	
76-61	Abby Crain	E4	134	21:19	4:15	6:51	
78-62	Shannon Bradley	E3	133	21:29	4:17	6:54	
82-66	Megan Goetz	E4	138	21:34	4:18	6:56	
84-68	Samantha Hickok	E2	137	21:43	4:20	6:59	
=====							
88-70	Jessica Stanchus	E2	140	21:54	4:22	7:02	
89-71	Kate Cufari	R	136	22:02	4:24	7:05	
=====							
94	Jessica Goodrich	E2	141	22:23	4:28	7:12	
96	Michelle Gillette	R	144	22:26	4:29	7:13	
97	Lizzie McAndrew	E2	139	22:30	4:30	7:14	
100	Sarah Wilcox	E2	143	22:55	4:35	7:22	
108	Jacque Brambley	E2	142	23:38	4:43	7:36	

Top 5 Total Time:	107:19	Top 5 Average Time:	21:27
Top 5 Average per KM:	4:17	Top 5 Average Per MILE:	6:54
1 - 5 Split:	:29	1 - 7 Split:	:48
Top 7 Total Time:	151:15	Top 7 Average Time:	21:36

TEAM BROCK BADGERS SCORE: 334 PLACE: 11

OVERALL

SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
69-56	Leah Weagant	E5	145	21:08	4:13	6:48	
70-57	Katrina Massey	E2	150	21:08	4:13	6:48	
83-67	Shannon Kelsey	E1	146	21:35	4:19	6:56	
101-75	Amber McKay	R	148	23:02	4:36	7:24	
113-79	Beth Thomson	E3	147	24:48	4:57	7:58	
=====							
114-80	Teri-Lynn Moffatt	E1	152	24:51	4:58	7:59	

Top 5 Total Time:	111:41	Top 5 Average Time:	22:20
Top 5 Average per KM:	4:28	Top 5 Average Per MILE:	7:11
1 - 5 Split:	3:40	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

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AGE

TEAM YORK LIONS

SCORE: 346

PLACE: 12

OVERALL

SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
74-59	Carol Graham		R	110	21:15	4:15	6:50
75-60	Hanna Hernandez		R	109	21:19	4:15	6:51
95-74	Kathryn Pistor		E1	111	22:25	4:29	7:12
102-76	Meagan Mischalkowsky		E2	113	23:06	4:37	7:26
104-77	Karoline VanDerputt		E3	112	23:17	4:39	7:29
=====							
110-78	Iva Mandic		E2	114	23:57	4:47	7:42
	Top 5 Total Time:	111:22			Top 5 Average Time:	22:16	
	Top 5 Average per KM:	4:27			Top 5 Average Per MILE:	7:10	
	1 - 5 Split:	2:02			1 - 7 Split:		
	Top 7 Total Time:				Top 7 Average Time:		