

2010 WESTERN INTERNATIONAL-36th Annual**Sat. Sept 25 at Thames Valley GC, London**

25/09/2010

25th year at Thames Valley GC***Event # 2 MENS 10K Run***

START @ 10:50am

Conditions: cloudy, breezy, 13°C

MEET RECORD:Cristiano Mauricio Windsor Lancers :31:20.00 24Sep2005

COURSE RECORD:Guy Schultz Western Mustangs :30:57.00 8-Nov-1997

TEAM RECORD:Eastern Mich Eagles 25 pts [1-4-5-7-8] 22Sep07

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	E. MICHIGAN EAGLES	30	2-3-4-5-16	22-25
2	WINDSOR LANCERS	54	7-8-11-13-15	17-23
3	GUELPH GRYPHONS	72	1-6-12-14-39	54-59
4	WESTERN MUSTANGS	96	10-18-19-20-29	30-43
5	TORONTO VARSITYBLUES	161	21-28-33-35-44	48-53
6	MCMASTER MARAUDERS	173	9-38-40-41-45	47-50
7	WATERLOO WARRIORS	206	24-34-36-55-57	60-78
8	QUEEN'S GAELS	208	27-37-42-46-56	62-64
9	LAURIER GOLDEN HAWKS	244	26-32-58-63-65	70-75
10	MCGILL REDMEN	308	49-51-66-69-73	77
11	RMC PALLADINS	339	52-61-71-76-79	80-82
12	NIPISSING LAKERS	355	31-72-81-85-86	87
13	BROCK BADGERS	376	67-68-74-83-84	88
	YORK LIONS			

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	162	Ross Proudfoot		R	GUELPH GRYPHONS	1	31:50
2	2	150	Terefe Ejigu		E2	E. MICHIGAN EAGLES	1	31:56
3	3	149	Matt Hammersmith		E4	E. MICHIGAN EAGLES	2	32:07
4	4	152	Harry Dixson		R	E. MICHIGAN EAGLES	3	32:10
5	5	155	James Hughes		E2	E. MICHIGAN EAGLES	4	32:13
6	6	161	Andrew Nixon		E2	GUELPH GRYPHONS	2	32:17
7	7	173	Matt Walters		E3	WINDSOR LANCERS	1	32:17
8	8	180	Lionel Sanders		E1	WINDSOR LANCERS	2	32:20
9	9	207	Larry Abbott		E5	MCMASTER MARAUDERS	1	32:23
10	10	197	Ryan Huff		E4	WESTERN MUSTANGS	1	32:23
11	11	172	Andrew Aguanno		E3	WINDSOR LANCERS	3	32:32
12	12	160	Nigel Wray		E5	GUELPH GRYPHONS	3	32:35
13	13	174	Nick Walters		E2	WINDSOR LANCERS	4	32:37
14	14	163	Tommy Mosher		E3	GUELPH GRYPHONS	4	32:44
15	15	171	Dave Weston		E5	WINDSOR LANCERS	5	32:49
16	16	151	Austin Hendrix		E3	E. MICHIGAN EAGLES	5	32:50
17	17	176	Andrew Degroot		R	WINDSOR LANCERS	6	32:56
18	18	196	Brent Smith		E4	WESTERN MUSTANGS	2	32:58
19	19	195	Kyle O'Neill		E4	WESTERN MUSTANGS	3	33:05
20	20	199	Ryan Armstrong		E3	WESTERN MUSTANGS	4	33:07
21	21	220	Gavin Hamilton		E2	TORONTO VARSITYBLUES	1	33:12
22	22	157	Cody Chabola		R	E. MICHIGAN EAGLES	6	33:14
23	23	175	Drew Patterson		E3	WINDSOR LANCERS	7	33:17
24	24	252	Patrick MacKinnon		E3	WATERLOO WARRIORS	1	33:18

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25	25	154	Cole Sanseverino	E3	E. MICHIGAN EAGLES	7	33:22
26		178	Paul Janikowski	R	WINDSOR LANCERS	8	33:22
27	26	234	Soaib Ikram	E2	LAURIER GOLDEN HAWKS	1	33:26
28		179	Dave Meloche	R	WINDSOR LANCERS	9	33:29
29		158	Ransom Brown	E4	E. MICHIGAN EAGLES	8	33:30
30		156	Andrew Pfeiffer	E3	E. MICHIGAN EAGLES	9	33:38
31	27	183	Jeff Archer	R	QUEEN'S GAELS	1	33:40
32		177	Jordan Collison	R	WINDSOR LANCERS	10	33:42
33	28	223	Alexey Strokach	E3	TORONTO VARSITYBLUES	2	33:44
34	29	198	Evan Andrin	E2	WESTERN MUSTANGS	5	33:45
35	30	200	Kevin Blackney	R	WESTERN MUSTANGS	6	33:48
36	31	279	Benjamin Brzezynski	E3	NIPISSING LAKERS	1	33:51
37	32	232	Abdu Zaghlol	R	LAURIER GOLDEN HAWKS	2	33:57
38	33	226	Antun Pavelic	E3	TORONTO VARSITYBLUES	3	34:03
39	34	254	Michael Stewart	R	WATERLOO WARRIORS	2	34:04
40	35	225	Alex Denault	E2	TORONTO VARSITYBLUES	4	34:06
41	36	253	Charly Allen	E2	WATERLOO WARRIORS	3	34:07
42	37	184	Oliver Hathaway	E4	QUEEN'S GAELS	2	34:08
43		181	Josh Huffman	E2	WINDSOR LANCERS	11	34:10
44	38	208	Cory McCurry	E4	MCMASTER MARAUDERS	2	34:11
45		153	Daryl Smith	R	E. MICHIGAN EAGLES	10	34:13
46	39	167	Benoit Boulay	E2	GUELPH GRYPHONS	5	34:17
47	40	210	Jordan Bierema	R	MCMASTER MARAUDERS	3	34:17
48	41	213	Eric Labelle	R	MCMASTER MARAUDERS	4	34:18
49	42	188	Ford Thompson	E2	QUEEN'S GAELS	3	34:19
50	43	203	Simon Hodge	E2	WESTERN MUSTANGS	7	34:26
51	44	228	Max Holden	R	TORONTO VARSITYBLUES	5	34:27
52	45	209	Graham Bowes	E3	MCMASTER MARAUDERS	5	34:28
53	46	185	Jeff Costen	R	QUEEN'S GAELS	4	34:30
54		201	David Arango	E3	WESTERN MUSTANGS	8	34:31
55	47	215	James Harrington	E3	MCMASTER MARAUDERS	6	34:32
56	48	219	Tyler Pettes	E4	TORONTO VARSITYBLUES	6	34:32
57	49	242	Daniel Kramer	E3	MCGILL REDMEN	1	34:33
58	50	217	Sean Bowen	E2	MCMASTER MARAUDERS	7	34:36
59	51	243	Oliver Foster	R	MCGILL REDMEN	2	34:37
60	52	286	Richard Hayes	E3	RMC PALLADINS	1	34:41
61		202	Juan Arango	R	WESTERN MUSTANGS	9	34:44
62	53	229	Alex Belluzzo	R	TORONTO VARSITYBLUES	7	34:46
63		221	Ethan Davenport	E2	TORONTO VARSITYBLUES	8	34:48
64		204	Will Komer	E3	WESTERN MUSTANGS	10	34:49
65	54	164	Chris Dulhanty	R	GUELPH GRYPHONS	6	34:50
66	55	256	Justin Spalvieri	E3	WATERLOO WARRIORS	4	34:52
67		270	Kevin Montgomery	E5	YORK LIONS	1	34:58
68		214	Tristan Sandhu	E3	MCMASTER MARAUDERS	8	35:04
69	56	190	Colin Simpson	R	QUEEN'S GAELS	5	35:09
70		211	Jeremy Walsh	E3	MCMASTER MARAUDERS	9	35:11
71	57	255	Devon Briggs	E3	WATERLOO WARRIORS	5	35:12
72	58	233	George Hill	R	LAURIER GOLDEN HAWKS	3	35:15
73	59	169	Luca Geiser	R	GUELPH GRYPHONS	7	35:19
74	60	257	Liam Mulroy	E3	WATERLOO WARRIORS	6	35:20
75	61	285	John Marshall	E3	RMC PALLADINS	2	35:20
76		182	Patrick Galler	E2	WINDSOR LANCERS	12	35:22

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77	62	193	Michael Nishiyama	E4	QUEEN'S GAELS	6	35:24
78	63	231	Shoab Ikram	E2	LAURIER GOLDEN HAWKS	4	35:27
79	64	194	Matt Tiampo	E3	QUEEN'S GAELS	7	35:28
80		165	Connor Clerke	R	GUELPH GRYPHONS	8	35:29
81	65	238	Alexander Garriock	E2	LAURIER GOLDEN HAWKS	5	35:30
82	66	245	Ian Forbes	R	MCGILL REDMEN	3	35:31
83		218	Mike Percival	E4	MCMaster MARAUDERS	10	35:33
84	67	264	Kevin Moore	E3	BROCK BADGERS	1	35:40
85		230	Mitsuru Wilson	E3	TORONTO VARSITYBLUES	9	35:45
86		227	Andrew Kennedy	E4	TORONTO VARSITYBLUES	10	35:46
87		205	Mark Cameron	E2	WESTERN MUSTANGS	11	35:51
88	68	267	Chris Devries	E3	BROCK BADGERS	2	35:54
89	69	246	Liu Liu	R	MCGILL REDMEN	4	35:56
90	70	237	Brett Cameron	E2	LAURIER GOLDEN HAWKS	6	36:01
91	71	289	Eric Henderson	E3	RMC PALLADINS	3	36:11
92		212	Duke Lloyd	R	MCMaster MARAUDERS	11	36:18
93	72	280	Kevin Gallagher	E4	NIPissing LAKERS	2	36:21
94		189	Ian Polos	E2	QUEEN'S GAELS	8	36:28
95	73	244	Tyler Lorenz	R	MCGILL REDMEN	5	36:33
96	74	266	Cass Sica	E2	BROCK BADGERS	3	36:45
97	75	239	Sean Patterson	R	LAURIER GOLDEN HAWKS	7	36:50
98	76	288	Donald Saul	E4	RMC PALLADINS	4	37:16
99	77	248	Ramsey Franklyn	R	MCGILL REDMEN	6	37:27
100		186	Jeff Mountjoy	R	QUEEN'S GAELS	9	37:46
101		240	Gary Storey	E5	LAURIER GOLDEN HAWKS	8	37:53
102		275	Estevan Clavijo	R	YORK LIONS	2	38:07
103	78	260	Lawrence Xie	E3	WATERLOO WARRIORS	7	38:15
104		263	Troy Biddle	R	WATERLOO WARRIORS	8	38:21
105	79	292	Matthew Fleet	E2	RMC PALLADINS	5	38:29
106		276	Bob Powell	E2	YORK LIONS	3	38:31
107	80	291	Olivier Lafreniere-Abel	R	RMC PALLADINS	6	38:32
108	81	281	Alexander Burley	E3	NIPissing LAKERS	3	39:10
109	82	290	Jordan Vadala	E2	RMC PALLADINS	7	39:35
110	83	265	Miles Bason	E2	BROCK BADGERS	4	40:18
111		293	James Jessup	E2	RMC PALLADINS	8	40:32
112		287	Colin Shannon	R	RMC PALLADINS	9	40:51
113	84	268	Mike MacKett	E2	BROCK BADGERS	5	41:06
114	85	282	Andrew Barson	E5	NIPissing LAKERS	4	42:28
115	86	283	Andrew Laronde	R	NIPissing LAKERS	5	43:02
116	87	284	Curtis Brennan	R	NIPissing LAKERS	6	46:58
117	88	269	Jonathan Veens	R	BROCK BADGERS	6	48:02
118		262	Steve Jones	E5	WATERLOO WARRIORS		DNF

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TEAM: E. MICHIGAN EAGLES**SCORE 30****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Terefe Ejigu		E2	150	31:56	3:12	5:09
3-3	Matt Hammersmith		E4	149	32:07	3:13	5:11
4-4	Harry Dixson		R	152	32:10	3:13	5:11
5-5	James Hughes		E2	155	32:13	3:14	5:12
16-16	Austin Hendrix		E3	151	32:50	3:17	5:18
22-22	Cody Chabola		R	157	33:14	3:20	5:21
25-25	Cole Sanseverino		E3	154	33:22	3:21	5:23
29-29	Ransom Brown		E4	158	33:30	3:21	5:24
30-30	Andrew Pfeiffer		E3	156	33:38	3:22	5:25
45-45	Daryl Smith		R	153	34:13	3:26	5:31
Top 5 Total Time:		161:16	Top 5 Average Time:		32:16		
Top 5 Average per KM:		3:14	Top 5 Average Per MILE:		5:12		
1 - 5 Split:		:54	1 - 7 Split:		1:26		
Top 7 Total Time:		227:52	Top 7 Average Time:		32:34		

TEAM: WINDSOR LANCERS**SCORE 54****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
7-7	Matt Walters		E3	173	32:17	3:14	5:12
8-8	Lionel Sanders		E1	180	32:20	3:14	5:13
11-11	Andrew Aguanno		E3	172	32:32	3:16	5:15
13-13	Nick Walters		E2	174	32:37	3:16	5:15
15-15	Dave Weston		E5	171	32:49	3:17	5:17
17-17	Andrew Degroot		R	176	32:56	3:18	5:19
23-23	Drew Patterson		E3	175	33:17	3:20	5:22
26-26	Paul Janikowski		R	178	33:22	3:21	5:23
28-28	Dave Meloche		R	179	33:29	3:21	5:24
32-32	Jordan Collison		R	177	33:42	3:23	5:26
43-43	Josh Huffman		E2	181	34:10	3:25	5:30
76-76	Patrick Galler		E2	182	35:22	3:33	5:42
Top 5 Total Time:		162:35	Top 5 Average Time:		32:31		
Top 5 Average per KM:		3:16	Top 5 Average Per MILE:		5:14		
1 - 5 Split:		:32	1 - 7 Split:		1:00		
Top 7 Total Time:		228:48	Top 7 Average Time:		32:42		

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TEAM: GUELPH GRYPHONS**SCORE 72****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Ross Proudfoot		R	162	31:50	3:11	5:08
6-6	Andrew Nixon		E2	161	32:17	3:14	5:12
12-12	Nigel Wray		E5	160	32:35	3:16	5:15
14-14	Tommy Mosher		E3	163	32:44	3:17	5:17
46-39	Benoit Boulay		E2	167	34:17	3:26	5:32
65-54	Chris Dulhanty		R	164	34:50	3:29	5:37
73-59	Luca Geiser		R	169	35:19	3:32	5:42
80-80	Connor Clerke		R	165	35:29	3:33	5:43
Top 5 Total Time:		163:43			Top 5 Average Time:	32:45	
Top 5 Average per KM:		3:17			Top 5 Average Per MILE:	5:17	
1 - 5 Split:		2:27			1 - 7 Split:	3:29	
Top 7 Total Time:		233:52			Top 7 Average Time:	33:25	

TEAM: WESTERN MUSTANGS**SCORE 96****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Ryan Huff		E4	197	32:23	3:15	5:13
18-18	Brent Smith		E4	196	32:58	3:18	5:19
19-19	Kyle O'Neill		E4	195	33:05	3:19	5:20
20-20	Ryan Armstrong		E3	199	33:07	3:19	5:20
34-29	Evan Andrin		E2	198	33:45	3:23	5:26
35-30	Kevin Blackney		R	200	33:48	3:23	5:27
50-43	Simon Hodge		E2	203	34:26	3:27	5:33
54-54	David Arango		E3	201	34:31	3:28	5:34
61-61	Juan Arango		R	202	34:44	3:29	5:36
64-64	Will Komer		E3	204	34:49	3:29	5:37
87-87	Mark Cameron		E2	205	35:51	3:36	5:47
Top 5 Total Time:		165:18			Top 5 Average Time:	33:04	
Top 5 Average per KM:		3:19			Top 5 Average Per MILE:	5:20	
1 - 5 Split:		1:22			1 - 7 Split:	2:03	
Top 7 Total Time:		233:32			Top 7 Average Time:	33:22	

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TEAM: TORONTO VARSITYBLUES SCORE 161 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
21-21	Gavin Hamilton		E2	220	33:12	3:20	5:21
33-28	Alexey Strokach		E3	223	33:44	3:23	5:26
38-33	Antun Pavelic		E3	226	34:03	3:25	5:29
40-35	Alex Denault		E2	225	34:06	3:25	5:30
51-44	Max Holden		R	228	34:27	3:27	5:33
56-48	Tyler Pettes		E4	219	34:32	3:28	5:34
62-53	Alex Belluzzo		R	229	34:46	3:29	5:36
63-63	Ethan Davenport		E2	221	34:48	3:29	5:37
85-85	Mitsuru Wilson		E3	230	35:45	3:35	5:46
86-86	Andrew Kennedy		E4	227	35:46	3:35	5:46
Top 5 Total Time:		169:32			Top 5 Average Time:	33:55	
Top 5 Average per KM:		3:24			Top 5 Average Per MILE:	5:28	
1 - 5 Split:		1:15			1 - 7 Split:	1:34	
Top 7 Total Time:		238:50			Top 7 Average Time:	34:08	

TEAM: MCMMASTER MARAUDERS SCORE 173 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-9	Larry Abbott		E5	207	32:23	3:15	5:13
44-38	Cory McCurry		E4	208	34:11	3:26	5:31
47-40	Jordan Bierema		R	210	34:17	3:26	5:32
48-41	Eric Labelle		R	213	34:18	3:26	5:32
52-45	Graham Bowes		E3	209	34:28	3:27	5:33
55-47	James Harrington		E3	215	34:32	3:28	5:34
58-50	Sean Bowen		E2	217	34:36	3:28	5:35
68-68	Tristan Sandhu		E3	214	35:04	3:31	5:39
70-70	Jeremy Walsh		E3	211	35:11	3:32	5:40
83-83	Mike Percival		E4	218	35:33	3:34	5:44
92-92	Duke Lloyd		R	212	36:18	3:38	5:51
Top 5 Total Time:		169:37			Top 5 Average Time:	33:56	
Top 5 Average per KM:		3:24			Top 5 Average Per MILE:	5:28	
1 - 5 Split:		2:05			1 - 7 Split:	2:13	
Top 7 Total Time:		238:45			Top 7 Average Time:	34:07	

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TEAM: WATERLOO WARRIORS**SCORE 206****PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
24-24	Patrick MacKinnon		E3	252	33:18	3:20	5:22
39-34	Michael Stewart		R	254	34:04	3:25	5:29
41-36	Charly Allen		E2	253	34:07	3:25	5:30
66-55	Justin Spalvieri		E3	256	34:52	3:30	5:37
71-57	Devon Briggs		E3	255	35:12	3:32	5:40
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74-60	Liam Mulroy		E3	257	35:20	3:32	5:42
103-78	Lawrence Xie		E3	260	38:15	3:50	6:10
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104-104	Troy Biddle		R	263	38:21	3:51	6:11
	Steve Jones		E5	262	DNF		
Top 5 Total Time:		171:33			Top 5 Average Time:	34:19	
Top 5 Average per KM:		3:26			Top 5 Average Per MILE:	5:32	
1 - 5 Split:		1:54			1 - 7 Split:	4:57	
Top 7 Total Time:		245:08			Top 7 Average Time:	35:02	

TEAM: QUEEN'S GAELS**SCORE 208****PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
31-27	Jeff Archer		R	183	33:40	3:22	5:26
42-37	Oliver Hathaway		E4	184	34:08	3:25	5:30
49-42	Ford Thompson		E2	188	34:19	3:26	5:32
53-46	Jeff Costen		R	185	34:30	3:27	5:34
69-56	Colin Simpson		R	190	35:09	3:31	5:40
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77-62	Michael Nishiyama		E4	193	35:24	3:33	5:42
79-64	Matt Tiampo		E3	194	35:28	3:33	5:43
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94-94	Ian Polos		E2	189	36:28	3:39	5:53
100-100	Jeff Mountjoy		R	186	37:46	3:47	6:05
Top 5 Total Time:		171:46			Top 5 Average Time:	34:22	
Top 5 Average per KM:		3:27			Top 5 Average Per MILE:	5:32	
1 - 5 Split:		1:29			1 - 7 Split:	1:48	
Top 7 Total Time:		242:38			Top 7 Average Time:	34:40	

TEAM: LAURIER GOLDEN HAWKS**SCORE 244****PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
27-26	Soaib Ikram		E2	234	33:26	3:21	5:23
37-32	Abdu Zaghlol		R	232	33:57	3:24	5:28
72-58	George Hill		R	233	35:15	3:32	5:41
78-63	Shoaib Ikram		E2	231	35:27	3:33	5:43
81-65	Alexander Garriock		E2	238	35:30	3:33	5:43
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90-70	Brett Cameron		E2	237	36:01	3:37	5:48
97-75	Sean Patterson		R	239	36:50	3:41	5:56
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101-101	Gary Storey		E5	240	37:53	3:48	6:06
Top 5 Total Time:		173:35			Top 5 Average Time:	34:43	
Top 5 Average per KM:		3:29			Top 5 Average Per MILE:	5:36	
1 - 5 Split:		2:04			1 - 7 Split:	3:24	
Top 7 Total Time:		246:26			Top 7 Average Time:	35:13	

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TEAM: MCGILL REDMEN**SCORE 308****PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
57-49	Daniel Kramer		E3	242	34:33	3:28	5:34
59-51	Oliver Foster		R	243	34:37	3:28	5:35
82-66	Ian Forbes		R	245	35:31	3:34	5:43
89-69	Liu Liu		R	246	35:56	3:36	5:47
95-73	Tyler Lorenz		R	244	36:33	3:40	5:53
99-77	Ramsey Franklyn		R	248	37:27	3:45	6:02
Top 5 Total Time:		177:10			Top 5 Average Time:		35:26
Top 5 Average per KM:		3:33			Top 5 Average Per MILE:		5:43
1 - 5 Split:		2:00			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: RMC PALLADINS**SCORE 339****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
60-52	Richard Hayes		E3	286	34:41	3:29	5:35
75-61	John Marshall		E3	285	35:20	3:32	5:42
91-71	Eric Henderson		E3	289	36:11	3:38	5:50
98-76	Donald Saul		E4	288	37:16	3:44	6:00
105-79	Matthew Fleet		E2	292	38:29	3:51	6:12
107-80	Olivier Lafreniere-Abel		R	291	38:32	3:52	6:13
109-82	Jordan Vadala		E2	290	39:35	3:58	6:23
111-111	James Jessup		E2	293	40:32	4:04	6:32
112-112	Colin Shannon		R	287	40:51	4:06	6:35
Top 5 Total Time:		181:57			Top 5 Average Time:		36:24
Top 5 Average per KM:		3:39			Top 5 Average Per MILE:		5:52
1 - 5 Split:		3:48			1 - 7 Split:		4:54
Top 7 Total Time:		260:04			Top 7 Average Time:		37:10

TEAM: NIPISSING LAKERS**SCORE 355****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
36-31	Benjamin Brzezynski		E3	279	33:51	3:24	5:27
93-72	Kevin Gallagher		E4	280	36:21	3:39	5:51
108-81	Alexander Burley		E3	281	39:10	3:55	6:19
114-85	Andrew Barson		E5	282	42:28	4:15	6:51
115-86	Andrew Laronde		R	283	43:02	4:19	6:56
116-87	Curtis Brennan		R	284	46:58	4:42	7:34
Top 5 Total Time:		194:52			Top 5 Average Time:		38:59
Top 5 Average per KM:		3:54			Top 5 Average Per MILE:		6:17
1 - 5 Split:		9:11			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

2010 WESTERN INTERNATIONAL-36th Annual

Sat. Sept 25 at Thames Valley GC, London

25/09/2010

25th year at Thames Valley GC

TEAM: BROCK BADGERS**SCORE 376****PLACE: 13**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
84-67	Kevin Moore		E3	264	35:40	3:34	5:45
88-68	Chris Devries		E3	267	35:54	3:36	5:47
96-74	Cass Sica		E2	266	36:45	3:41	5:55
110-83	Miles Bason		E2	265	40:18	4:02	6:30
113-84	Mike MacKett		E2	268	41:06	4:07	6:37
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117-88	Jonathan Veens		R	269	48:02	4:49	7:44
Top 5 Total Time:		189:43	Top 5 Average Time:		37:57		
Top 5 Average per KM:		3:48	Top 5 Average Per MILE:		6:07		
1 - 5 Split:		5:26	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				