

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

25/09/2010

25th year at Thames Valley GC***Event # 1 WOMENS 5K Run***

START @ 10:00am

Conditions: cloudy, breezy, 13°C

MEET RECORD:Lyndsay Carson Guelph Gryphons :17:02.00 26Sep2009

COURSE RECORD:Lyndsay Carson Guelph Gryphons :17:02.00 26-Sep2009

TEAM RECORD:Osaka Univ Japan 28 pts [1-4-5-7-11] 28Sep02

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	MCMASTER MARAUDERS	28	1-3-4-7-13	21-23
2	GUELPH GRYPHONS	32	2-5-6-9-10	19-22
3	WESTERN MUSTANGS	107	11-14-25-26-31	32-34
4	MCGILL MARTLETS	120	8-15-18-37-42	57-65
5	QUEEN'S GAELS	142	16-20-27-33-46	47-53
6	WINDSOR LANCERS	153	17-29-30-38-39	41-56
7	TORONTO VARSITYBLUES	209	28-35-43-49-54	55-59
8	WATERLOO WARRIORS	214	12-45-48-51-58	60-72
9	LAURENTIAN VOYAGUERS	253	24-50-52-63-64	75-79
10	RMC PALLADINS	297	36-40-67-74-80	82-83
11	LAURIER GOLDEN HAWKS	303	44-61-62-66-70	71-76
12	NIPISSING LAKERS	365	68-69-73-77-78	81
	BROCK BADGERS			
	YORK LIONS			

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	13	Jessica Pearo		E4	MCMASTER MARAUDERS	1	17:15
2	2	1	Rachel Cliff		E5	GUELPH GRYPHONS	1	17:26
3	3	15	Stephanie MacNeill		E2	MCMASTER MARAUDERS	2	18:04
4	4	18	Katie Anderson		E3	MCMASTER MARAUDERS	3	18:09
5	5	3	Emily Driedger		R	GUELPH GRYPHONS	2	18:15
6	6	4	Furtado Lindsay		E4	GUELPH GRYPHONS	3	18:16
7	7	14	Victoria Coates		E2	MCMASTER MARAUDERS	4	18:19
8	8	88	Sarah McCuaig		E2	MCGILL MARTLETS	1	18:25
9	9	11	Nadine Frost		E3	GUELPH GRYPHONS	4	18:25
10	10	2	Jennifer Wynands		E3	GUELPH GRYPHONS	5	18:30
11	11	47	Becky Pieteron		E1	WESTERN MUSTANGS	1	18:38
12	12	102	Kristen Flanagan		R	WATERLOO WARRIORS	1	18:41
13	13	16	Courtney Patterson		E2	MCMASTER MARAUDERS	5	18:45
14	14	48	Laura Desjardins		E3	WESTERN MUSTANGS	2	18:49
15	15	89	Charlene Puel		E3	MCGILL MARTLETS	2	18:50
16	16	36	Leah Laroque		E4	QUEEN'S GAELS	1	18:50
17	17	60	Jen Corrick		E3	WINDSOR LANCERS	1	18:51
18	18	90	Madeleine Cummings		E2	MCGILL MARTLETS	3	18:53
19	19	7	Domi Jaminicky		R	GUELPH GRYPHONS	6	18:54
20	20	37	Stephanie Hulse		E2	QUEEN'S GAELS	2	18:55
21	21	19	Sarah Haliburton		E3	MCMASTER MARAUDERS	6	18:55
22	22	9	Samantha Beattie		E3	GUELPH GRYPHONS	7	18:59
23		112	Kathryn Pistor		E3	YORK LIONS	1	19:01
24	23	17	Sara Giovannetti		E3	MCMASTER MARAUDERS	7	19:02

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25		10	Lydia Frost	E3	GUELPH GRYPHONS	8	19:11
26	24	78	Gracie Tetzlaff	E2	LAURENTIAN VOYAGUERS	1	19:13
27		12	Val Cote	E1	GUELPH GRYPHONS	9	19:14
28	25	50	Julie Hambleton	R	WESTERN MUSTANGS	3	19:16
29	26	51	Hailey Cummings	E2	WESTERN MUSTANGS	4	19:17
30		6	Carise Thompson	R	GUELPH GRYPHONS	10	19:18
31	27	39	Grace Keenleyside	E2	QUEEN'S GAELS	3	19:21
32	28	23	Colleen Hennessy	R	TORONTO VARSITYBLUES	1	19:23
33	29	64	Amina Oumesrou	E2	WINDSOR LANCERS	2	19:25
34	30	63	Laura Gill	E5	WINDSOR LANCERS	3	19:26
35	31	52	Emily Blacklaws	R	WESTERN MUSTANGS	5	19:27
36	32	53	Ali Savill	E2	WESTERN MUSTANGS	6	19:28
37	33	38	Alecia Kallos	E4	QUEEN'S GAELS	4	19:29
38		20	Rachel Lamb	E3	MCMASTER MARAUDERS	8	19:29
39	34	49	Jen Bays	E2	WESTERN MUSTANGS	7	19:30
40	35	24	Teresa Zasowski	E1	TORONTO VARSITYBLUES	2	19:31
41	36	141	Marina Lowthian	E2	RMC PALLADINS	1	19:34
42	37	92	Aimee Castro	E2	MCGILL MARTLETS	4	19:35
43		56	Justine Horne	R	WESTERN MUSTANGS	8	19:35
44	38	62	Carly Gill	E5	WINDSOR LANCERS	4	19:36
45	39	61	Ashley Kellam	E4	WINDSOR LANCERS	5	19:39
46	40	142	Celine Best	E3	RMC PALLADINS	2	19:41
47	41	65	Alyssa Thrasher	E4	WINDSOR LANCERS	6	19:42
48	42	91	Catherine Drouin-Audet	E3	MCGILL MARTLETS	5	19:44
49		58	Alicia Knox	E2	WESTERN MUSTANGS	9	19:47
50	43	25	Katie Housley	E2	TORONTO VARSITYBLUES	3	19:47
51	44	125	Jennifer Laughton	E2	LAURIER GOLDEN HAWKS	1	19:48
52	45	100	Kelly-Lynne Spettigue	E5	WATERLOO WARRIORS	2	19:49
53	46	44	Alex Gatza	R	QUEEN'S GAELS	5	19:49
54	47	35	Monica Bolesjko	E4	QUEEN'S GAELS	6	19:50
55	48	105	Karina Sils	E1	WATERLOO WARRIORS	3	19:51
56		55	Lauren Coutts	E4	WESTERN MUSTANGS	10	19:52
57	49	27	Charlotte Marcotte-Toale	R	TORONTO VARSITYBLUES	4	19:55
58	50	80	Stephanie Flieler	E5	LAURENTIAN VOYAGUERS	2	19:56
59	51	104	Kristen Marchant	R	WATERLOO WARRIORS	4	19:57
60	52	77	Emma Tallman	E3	LAURENTIAN VOYAGUERS	3	19:58
61	53	43	Maggie Hutton	E2	QUEEN'S GAELS	7	19:58
62		22	Lizz Hodgson	E1	MCMASTER MARAUDERS	9	19:59
63	54	29	Paulina Maher	E2	TORONTO VARSITYBLUES	5	20:00
64		54	Rachel Windsor	E2	WESTERN MUSTANGS	11	20:08
65	55	26	Shannon Kennedy	R	TORONTO VARSITYBLUES	6	20:10
66		57	Brittany Hambleton	R	WESTERN MUSTANGS	12	20:17
67	56	66	Samantha Kellam	R	WINDSOR LANCERS	7	20:20
68		68	Kelly Laing	E3	WINDSOR LANCERS	8	20:21
69		42	Vanessa Dehoog	E2	QUEEN'S GAELS	8	20:22
70	57	93	Michelle Kowanda	E4	MCGILL MARTLETS	6	20:23
71	58	103	Stephanie Hinton	E3	WATERLOO WARRIORS	5	20:26
72		46	Beki Roth	E2	QUEEN'S GAELS	9	20:29
73		71	Tamara Tymchuk	R	WINDSOR LANCERS	9	20:30
74		21	Lisa Giles	E2	MCMASTER MARAUDERS	10	20:31
75	59	31	Chantelle Maryuen	E2	TORONTO VARSITYBLUES	7	20:31
76	60	106	Leslie Gray	E2	WATERLOO WARRIORS	6	20:36

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77		115	Hanna Hernandez	E3	YORK LIONS	2	20:40
78	61	127	Meghan Hankins	R	LAURIER GOLDEN HAWKS	2	20:45
79		45	Theresa Fritz-Endres	E2	QUEEN'S GAELS	10	20:46
80	62	128	Catherine Sukkau	E4	LAURIER GOLDEN HAWKS	3	20:47
81	63	79	Lindsay Anderson	E3	LAURENTIAN VOYAGUERS	4	20:47
82		40	Colleen Wilson	R	QUEEN'S GAELS	11	20:49
83	64	81	Katie Maziariski	E2	LAURENTIAN VOYAGUERS	5	20:54
84	65	94	Ouiam Aabaliq	R	MCGILL MARTLETS	7	20:55
85		119	Brittany Dunbar	E2	BROCK BADGERS	1	20:56
86		70	Hayley Green	E2	WINDSOR LANCERS	10	20:56
87		69	Haley Cadwallader	E2	WINDSOR LANCERS	11	20:58
88		59	Rachel Skubel	E1	WESTERN MUSTANGS	13	20:58
89		97	Aida Valevicius	R	MCGILL MARTLETS	8	21:00
90	66	126	Kristen Avery	E4	LAURIER GOLDEN HAWKS	4	21:07
91	67	144	Mary Sun	E3	RMC PALLADINS	3	21:08
92		99	Marie Haines	R	MCGILL MARTLETS	9	21:15
93	68	136	Felicia Saunders	E2	NIPISSING LAKERS	1	21:18
94		114	Karen Lawson	E4	YORK LIONS	3	21:21
95		98	Morgan Baker	R	MCGILL MARTLETS	10	21:22
96	69	135	Kendra-Ann Kennedy	E4	NIPISSING LAKERS	2	21:31
97	70	132	Lindsay Wright	R	LAURIER GOLDEN HAWKS	5	21:35
98	71	131	Amy Morin	E2	LAURIER GOLDEN HAWKS	6	21:36
99		116	Nicole Francki	E2	YORK LIONS	4	21:38
100		124	Alyson Schmidt	E2	BROCK BADGERS	2	21:42
101	72	109	Leanne Stuive	E2	WATERLOO WARRIORS	7	21:45
102	73	138	Amy Claridge	R	NIPISSING LAKERS	3	21:47
103	74	143	Emilie Beland	R	RMC PALLADINS	4	21:49
104		33	Jillian Moran	R	TORONTO VARSITYBLUES	8	21:50
105	75	83	Shauna Donaldson	R	LAURENTIAN VOYAGUERS	6	21:53
106		96	Di Hu	R	MCGILL MARTLETS	11	21:54
107		41	Kayla Kjellman	R	QUEEN'S GAELS	12	21:59
108	76	130	Rebecca Costa	R	LAURIER GOLDEN HAWKS	7	22:00
109		108	Jamie Flanagan	E1	WATERLOO WARRIORS	8	22:03
110	77	137	Melissa McKiel	E2	NIPISSING LAKERS	4	22:15
111	78	140	Antoinette Busch	E2	NIPISSING LAKERS	5	22:20
112		121	Brianna Cauley	R	BROCK BADGERS	3	22:22
113	79	86	Alicia Canning	R	LAURENTIAN VOYAGUERS	7	22:23
114		85	Alyssa Bedard	R	LAURENTIAN VOYAGUERS	8	22:32
115		34	Anna Pietrangelo	E2	TORONTO VARSITYBLUES	9	22:34
116		129	Kimberly Garneau	R	LAURIER GOLDEN HAWKS	8	22:36
117	80	147	Grace Higgins	R	RMC PALLADINS	5	22:38
118		84	Morgan Rammo	R	LAURENTIAN VOYAGUERS	9	23:08
119	81	139	Taralynn Ray	E4	NIPISSING LAKERS	6	23:14
120	82	145	Veronique Trepanier	R	RMC PALLADINS	6	23:31
121	83	146	Laura Virgin	R	RMC PALLADINS	7	23:43
122		148	Amy Thornton	E4	RMC PALLADINS	8	24:50

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TEAM: MCMMASTER MARAUDERS SCORE 28 PLACE: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Jessica Pearo		E4	13	17:15	3:27	5:34
3-3	Stephanie MacNeill		E2	15	18:04	3:37	5:49
4-4	Katie Anderson		E3	18	18:09	3:38	5:51
7-7	Victoria Coates		E2	14	18:19	3:40	5:54
13-13	Courtney Patterson		E2	16	18:45	3:45	6:03
21-21	Sarah Haliburton		E3	19	18:55	3:47	6:06
24-23	Sara Giovannetti		E3	17	19:02	3:49	6:08
38-38	Rachel Lamb		E3	20	19:29	3:54	6:17
62-62	Lizz Hodgson		E1	22	19:59	4:00	6:26
74-74	Lisa Giles		E2	21	20:31	4:07	6:37
Top 5 Total Time:		90:32	Top 5 Average Time:		18:07		
Top 5 Average per KM:		3:38	Top 5 Average Per MILE:		5:50		
1 - 5 Split:		1:30	1 - 7 Split:		1:47		
Top 7 Total Time:		128:29	Top 7 Average Time:		18:22		

TEAM: GUELPH GRYPHONS SCORE 32 PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Rachel Cliff		E5	1	17:26	3:30	5:37
5-5	Emily Driedger		R	3	18:15	3:39	5:53
6-6	Furtado Lindsay		E4	4	18:16	3:40	5:53
9-9	Nadine Frost		E3	11	18:25	3:41	5:56
10-10	Jennifer Wynands		E3	2	18:30	3:42	5:58
19-19	Domi Jaminicky		R	7	18:54	3:47	6:05
22-22	Samantha Beattie		E3	9	18:59	3:48	6:07
25-25	Lydia Frost		E3	10	19:11	3:51	6:11
27-27	Val Cote		E1	12	19:14	3:51	6:12
30-30	Carise Thompson		R	6	19:18	3:52	6:13
Top 5 Total Time:		90:52	Top 5 Average Time:		18:11		
Top 5 Average per KM:		3:39	Top 5 Average Per MILE:		5:51		
1 - 5 Split:		1:04	1 - 7 Split:		1:33		
Top 7 Total Time:		128:45	Top 7 Average Time:		18:24		

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TEAM: WESTERN MUSTANGS**SCORE 107****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Becky Pieteron		E1	47	18:38	3:44	6:00
14-14	Laura Desjardins		E3	48	18:49	3:46	6:04
28-25	Julie Hambleton		R	50	19:16	3:52	6:13
29-26	Hailey Cummings		E2	51	19:17	3:52	6:13
35-31	Emily Blacklaws		R	52	19:27	3:54	6:16
=====							
36-32	Ali Savill		E2	53	19:28	3:54	6:16
39-34	Jen Bays		E2	49	19:30	3:54	6:17
=====							
43-43	Justine Horne		R	56	19:35	3:55	6:19
49-49	Alicia Knox		E2	58	19:47	3:58	6:23
56-56	Lauren Coutts		E4	55	19:52	3:59	6:24
64-64	Rachel Windsor		E2	54	20:08	4:02	6:29
66-66	Brittany Hambleton		R	57	20:17	4:04	6:32
88-88	Rachel Skubel		E1	59	20:58	4:12	6:45
Top 5 Total Time:		95:27			Top 5 Average Time:	19:06	
Top 5 Average per KM:		3:50			Top 5 Average Per MILE:	6:09	
1 - 5 Split:		:49			1 - 7 Split:	:52	
Top 7 Total Time:		134:25			Top 7 Average Time:	19:13	

TEAM: MCGILL MARTLETS**SCORE 120****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
8-8	Sarah McCuaig		E2	88	18:25	3:41	5:56
15-15	Charlene Puel		E3	89	18:50	3:46	6:04
18-18	Madeleine Cummings		E2	90	18:53	3:47	6:05
42-37	Aimee Castro		E2	92	19:35	3:55	6:19
48-42	Catherine Drouin-Audet		E3	91	19:44	3:57	6:22
=====							
70-57	Michelle Kowanda		E4	93	20:23	4:05	6:34
84-65	Ouiam Aabaliq		R	94	20:55	4:11	6:44
=====							
89-89	Aida Valevicius		R	97	21:00	4:12	6:46
92-92	Marie Haines		R	99	21:15	4:15	6:51
95-95	Morgan Baker		R	98	21:22	4:17	6:53
106-106	Di Hu		R	96	21:54	4:23	7:03
Top 5 Total Time:		95:27			Top 5 Average Time:	19:06	
Top 5 Average per KM:		3:50			Top 5 Average Per MILE:	6:09	
1 - 5 Split:		1:19			1 - 7 Split:	2:30	
Top 7 Total Time:		136:45			Top 7 Average Time:	19:33	

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TEAM: QUEEN'S GAELS**SCORE 142****PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
16-16	Leah Laroque		E4	36	18:50	3:46	6:04
20-20	Stephanie Hulse		E2	37	18:55	3:47	6:06
31-27	Grace Keenleyside		E2	39	19:21	3:53	6:14
37-33	Alecia Kallos		E4	38	19:29	3:54	6:17
53-46	Alex Gatza		R	44	19:49	3:58	6:23
=====							
54-47	Monica Bolesjko		E4	35	19:50	3:58	6:24
61-53	Maggie Hutton		E2	43	19:58	4:00	6:26
=====							
69-69	Vanessa Dehoog		E2	42	20:22	4:05	6:34
72-72	Beki Roth		E2	46	20:29	4:06	6:36
79-79	Theresa Fritz-Endres		E2	45	20:46	4:10	6:42
82-82	Colleen Wilson		R	40	20:49	4:10	6:43
107-107	Kayla Kjellman		R	41	21:59	4:24	7:05
Top 5 Total Time:		96:24			Top 5 Average Time:	19:17	
Top 5 Average per KM:		3:52			Top 5 Average Per MILE:	6:13	
1 - 5 Split:		:59			1 - 7 Split:	1:08	
Top 7 Total Time:		136:12			Top 7 Average Time:	19:28	

TEAM: WINDSOR LANCERS**SCORE 153****PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-17	Jen Corrick		E3	60	18:51	3:47	6:05
33-29	Amina Oumesrou		E2	64	19:25	3:53	6:15
34-30	Laura Gill		E5	63	19:26	3:54	6:16
44-38	Carly Gill		E5	62	19:36	3:56	6:19
45-39	Ashley Kellam		E4	61	19:39	3:56	6:20
=====							
47-41	Alyssa Thrasher		E4	65	19:42	3:57	6:21
67-56	Samantha Kellam		R	66	20:20	4:04	6:33
=====							
68-68	Kelly Laing		E3	68	20:21	4:05	6:33
73-73	Tamara Tymchuk		R	71	20:30	4:06	6:36
86-86	Hayley Green		E2	70	20:56	4:12	6:45
87-87	Haley Cadwallader		E2	69	20:58	4:12	6:45
Top 5 Total Time:		96:57			Top 5 Average Time:	19:24	
Top 5 Average per KM:		3:53			Top 5 Average Per MILE:	6:15	
1 - 5 Split:		:48			1 - 7 Split:	1:29	
Top 7 Total Time:		136:59			Top 7 Average Time:	19:35	

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TEAM: TORONTO VARSITYBLUES SCORE 209 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
32-28	Colleen Hennessy		R	23	19:23	3:53	6:15
40-35	Teresa Zasowski		E1	24	19:31	3:55	6:17
50-43	Katie Housley		E2	25	19:47	3:58	6:23
57-49	Charlotte Marcotte-Toale		R	27	19:55	3:59	6:25
63-54	Paulina Maher		E2	29	20:00	4:00	6:27
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65-55	Shannon Kennedy		R	26	20:10	4:02	6:30
75-59	Chantelle Maryuen		E2	31	20:31	4:07	6:37
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104-104	Jillian Moran		R	33	21:50	4:22	7:02
115-115	Anna Pietrangelo		E2	34	22:34	4:31	7:16
Top 5 Total Time:		98:36			Top 5 Average Time:		19:44
Top 5 Average per KM:		3:57			Top 5 Average Per MILE:		6:21
1 - 5 Split:		:37			1 - 7 Split:		1:08
Top 7 Total Time:		139:17			Top 7 Average Time:		19:54

TEAM: WATERLOO WARRIORS SCORE 214 PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
12-12	Kristen Flanagan		R	102	18:41	3:45	6:01
52-45	Kelly-Lynne Spettigue		E5	100	19:49	3:58	6:23
55-48	Karina Sils		E1	105	19:51	3:59	6:24
59-51	Kristen Marchant		R	104	19:57	4:00	6:26
71-58	Stephanie Hinton		E3	103	20:26	4:06	6:35
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76-60	Leslie Gray		E2	106	20:36	4:08	6:38
101-72	Leanne Stuive		E2	109	21:45	4:21	7:01
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109-109	Jamie Flanagan		E1	108	22:03	4:25	7:06
Top 5 Total Time:		98:44			Top 5 Average Time:		19:45
Top 5 Average per KM:		3:57			Top 5 Average Per MILE:		6:22
1 - 5 Split:		1:45			1 - 7 Split:		3:04
Top 7 Total Time:		141:05			Top 7 Average Time:		20:10

TEAM: LAURENTIAN VOYAGUERS SCORE 253 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-24	Gracie Tetzlaff		E2	78	19:13	3:51	6:12
58-50	Stephanie Flieler		E5	80	19:56	4:00	6:25
60-52	Emma Tallman		E3	77	19:58	4:00	6:26
81-63	Lindsay Anderson		E3	79	20:47	4:10	6:42
83-64	Katie Maziarski		E2	81	20:54	4:11	6:44
<hr/>							
105-75	Shauna Donaldson		R	83	21:53	4:23	7:03
113-79	Alicia Canning		R	86	22:23	4:29	7:13
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114-114	Alyssa Bedard		R	85	22:32	4:31	7:16
118-118	Morgan Rammo		R	84	23:08	4:38	7:27
Top 5 Total Time:		100:48			Top 5 Average Time:		20:10
Top 5 Average per KM:		4:02			Top 5 Average Per MILE:		6:30
1 - 5 Split:		1:41			1 - 7 Split:		3:10
Top 7 Total Time:		145:04			Top 7 Average Time:		20:44

2010 WESTERN INTERNATIONAL-36th Annual

Sat. Sept 25 at Thames Valley GC, London

25/09/2010

25th year at Thames Valley GC

TEAM: RMC PALLADINS**SCORE 297****PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
41-36	Marina Lowthian		E2	141	19:34	3:55	6:18
46-40	Celine Best		E3	142	19:41	3:57	6:21
91-67	Mary Sun		E3	144	21:08	4:14	6:49
103-74	Emilie Beland		R	143	21:49	4:22	7:02
117-80	Grace Higgins		R	147	22:38	4:32	7:18
=====							
120-82	Veronique Trepanier		R	145	23:31	4:43	7:35
121-83	Laura Virgin		R	146	23:43	4:45	7:39
=====							
122-122	Amy Thornton		E4	148	24:50	4:58	8:00
Top 5 Total Time:		104:50			Top 5 Average Time:	20:58	
Top 5 Average per KM:		4:12			Top 5 Average Per MILE:	6:45	
1 - 5 Split:		3:04			1 - 7 Split:	4:09	
Top 7 Total Time:		152:04			Top 7 Average Time:	21:44	

TEAM: LAURIER GOLDEN HAWKS**SCORE 303****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
51-44	Jennifer Laughton		E2	125	19:48	3:58	6:23
78-61	Meghan Hankins		R	127	20:45	4:09	6:41
80-62	Catherine Sukkau		E4	128	20:47	4:10	6:42
90-66	Kristen Avery		E4	126	21:07	4:14	6:48
97-70	Lindsay Wright		R	132	21:35	4:19	6:57
=====							
98-71	Amy Morin		E2	131	21:36	4:20	6:58
108-76	Rebecca Costa		R	130	22:00	4:24	7:05
=====							
116-116	Kimberly Garneau		R	129	22:36	4:32	7:17
Top 5 Total Time:		104:02			Top 5 Average Time:	20:49	
Top 5 Average per KM:		4:10			Top 5 Average Per MILE:	6:42	
1 - 5 Split:		1:47			1 - 7 Split:	2:12	
Top 7 Total Time:		147:38			Top 7 Average Time:	21:06	

TEAM: NIPISSING LAKERS**SCORE 365****PLACE: 12**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
93-68	Felicia Saunders		E2	136	21:18	4:16	6:52
96-69	Kendra-Ann Kennedy		E4	135	21:31	4:19	6:56
102-73	Amy Claridge		R	138	21:47	4:22	7:01
110-77	Melissa McKiel		E2	137	22:15	4:27	7:10
111-78	Antoinette Busch		E2	140	22:20	4:28	7:12
=====							
119-81	Taralynn Ray		E4	139	23:14	4:39	7:29
Top 5 Total Time:		109:11			Top 5 Average Time:	21:51	
Top 5 Average per KM:		4:23			Top 5 Average Per MILE:	7:02	
1 - 5 Split:		1:02			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		