

2003 WESTERN INTERNATIONAL - 29th Annual
Sat Sept 27 Thames Valley GC

Team Scores for Event #1 WOMENS 5k AT 10:30AM

PLACE	TEAM	SCORE	SCORERS	DISPLACERS
1	QUEEN'S GOLDEN GAELS	77	(2-9-11-21-34)	(35-43)
2	WESTERN MUSTANGS	78	(3-14-15-16-30)	(38-48)
3	GUELPH GRYPHONS	80	(4-10-20-22-24)	(25-42)
4	DALHOUSIE TIGERS	147	(1-8-31-50-57)	(81-83)
5	TORONTO BLUES	165	(12-32-33-39-49)	(97)
6	LAURENTIAN VOYAGEURS	190	(5-7-54-60-64)	(70-92)
7	MCGILL MARTLETS	199	(28-36-44-45-46)	(52-62)
8	WINDSOR LANCERS	213	(18-26-55-56-58)	(59-61)
9	EASTERN MICH EAGLES	217	(13-29-47-63-65)	(68-71)
10	WATERLOO WARRIORS	245	(6-37-51-74-77)	(79-82)
11	W.L.U. GOLDEN HAWKS	300	(27-53-67-69-84)	(88-90)
12	YORK LIONS	306	(19-41-72-75-99)	(103-104)
13	MCMASTER MARAUDERS	369	(23-80-85-87-94)	(95-98)
14	BROCK BADGERS	371	(17-76-78-91-109)	()
15	DETROIT MERCY TITANS	374	(40-66-86-89-93)	(96-100)
16	NAZARETH COLLEGE NY	487	(73-101-102-105-106)	(107-108)

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Results for Event #1 WOMENS 5k AT 10:30AM

Meet Record	Sandra Anschuetz	Western Mustangs	:17:15.00 Sep 1987
Points Record	Osaka Univ. Japan	28 pts [1,4,5,7,11]	2002
Course Record	Sandra Anschuetz	Western Mustangs	:17:15.00 Sep 1987

some sun, humid, mild 17

OVERALL PLACE	SCORE PLACE	BIB NUMBER	NAME	AGE /GR	TEAM	PLACE ON TEAM	TIME
1	1	109	Janice Ashworth		DALHOUSIE TIGERS	[#1]	17:46.
2	2	25	Beth Wightman		QUEEN'S GOLDEN GAELS	[#1]	17:49.
3	3	13	Shannon Gerrie		WESTERN MUSTANGS	[#1]	18:02.
4	4	38	Laura Moulton		GUELPH GRYPHONS	[#1]	18:44.
5	5	50	Mary Ross		LAURENTIAN VOYAGEURS	[#1]	18:49.
6	6	85	Kristie Henry		WATERLOO WARRIORS	[#1]	18:57.
7	7	49	Leila Angrand		LAURENTIAN VOYAGEURS	[#2]	19:01.
8	8	110	Hilary Burn		DALHOUSIE TIGERS	[#2]	19:03.
9	9	26	Anne Barrington		QUEEN'S GOLDEN GAELS	[#2]	19:07.
10	10	40	Sarah Ouellette		GUELPH GRYPHONS	[#2]	19:08.
11	11	27	Magi Scallion		QUEEN'S GOLDEN GAELS	[#3]	19:17.
12	12	61	Sandy Wells		TORONTO BLUES	[#1]	19:18.
13	13	1	Lauren Snell		EASTERN MICH EAGLES	[#1]	19:19.
14	14	15	Karen Gilbert		WESTERN MUSTANGS	[#2]	19:24.
15	15	14	Jackie Bonisteel		WESTERN MUSTANGS	[#3]	19:25.

16	16	16	Ashley Korman	WESTERN MUSTANGS	[#4]	19:27.
17	17	181	Sharon Boyer	BROCK BADGERS	[#1]	19:29.
18	18	73	Leigh Tynan	WINDSOR LANCERS	[#1]	19:32.
19	19	135	Jessica Reid	YORK LIONS	[#1]	19:33.
20	20	41	Kate Henderson	GUELPH GRYPHONS	[#3]	19:37.
21	21	30	Vera Cumming	QUEEN'S GOLDEN GAELS	[#4]	19:39.
22	22	39	Erin Sask	GUELPH GRYPHONS	[#4]	19:44.
23	23	145	Roslynd Mullins	MCMASTER MARAUDERS	[#1]	19:45.
24	24	42	Julia Beniusis	GUELPH GRYPHONS	[#5]	19:47.
25	25	37	Susie Egar	GUELPH GRYPHONS	[#6]	19:47.
26	26	74	Mel Macchione	WINDSOR LANCERS	[#2]	19:48.
27	27	172	Erin Fox	W.L.U. GOLDEN HAWKS	[#1]	19:49.
28	28	99	Erin Prosk	MCGILL MARTLETS	[#1]	19:49.
29	29	4	Evie Scholl	EASTERN MICH EAGLES	[#2]	19:49.
30	30	22	Andrea Brouwer	WESTERN MUSTANGS	[#5]	19:51.
31	31	112	Cathy French	DALHOUSIE TIGERS	[#3]	19:52.
32	32	65	Nicole Van Beurden	TORONTO BLUES	[#2]	19:53.
33	33	64	Jackie Stillman	TORONTO BLUES	[#3]	19:54.
34	34	29	Amanda Wilson	QUEEN'S GOLDEN GAELS	[#5]	19:57.
35	35	28	Heather Sherwin	QUEEN'S GOLDEN GAELS	[#6]	19:59.
36	36	101	Laura Wilson	MCGILL MARTLETS	[#2]	20:00.
37	37	86	Trudy Gardner	WATERLOO WARRIORS	[#2]	20:02.
38	38	18	Shayna Boland	WESTERN MUSTANGS	[#6]	20:02.
39	39	66	Melissa Anthony	TORONTO BLUES	[#4]	20:03.
40	40	121	Andrea Karl	DETROIT MERCY TITANS	[#1]	20:03.
41	41	134	Heather Hillsburg	YORK LIONS	[#2]	20:05.
42	42	44	Danielle Rowlands	GUELPH GRYPHONS	[#7]	20:07.
43	43	36	Margaret Cumming	QUEEN'S GOLDEN GAELS	[#7]	20:08.
44	44	103	Genevieve Jenkins	MCGILL MARTLETS	[#3]	20:08.
45	45	104	Megan Vuksic	MCGILL MARTLETS	[#4]	20:09.
46	46	100	Leslie Marcotte	MCGILL MARTLETS	[#5]	20:10.
47	47	3	Alison Bedingfield	EASTERN MICH EAGLES	[#3]	20:10.
48		33	Caroline Mariano	QUEEN'S GOLDEN GAELS	[#8]	20:11.
49	48	21	Bethany Janzen	WESTERN MUSTANGS	[#7]	20:12.
50	49	63	Brandi Sidoryk	TORONTO BLUES	[#5]	20:14.
51	50	111	Ellen Vessie	DALHOUSIE TIGERS	[#4]	20:14.
52		47	Laurie Bayler	GUELPH GRYPHONS	[#8]	20:16.
53	51	87	Joanna Fedy	WATERLOO WARRIORS	[#3]	20:18.
54	52	105	Jessalyn O'Donnell	MCGILL MARTLETS	[#6]	20:19.
55	53	177	Katie Andruchon	W.L.U. GOLDEN HAWKS	[#2]	20:21.
56	54	51	Alicia Kaye	LAURENTIAN VOYAGEURS	[#3]	20:21.
57	55	77	Heather Swift	WINDSOR LANCERS	[#3]	20:25.
58	56	76	Lindsay Manning	WINDSOR LANCERS	[#4]	20:27.
59		32	Courtney Kirkby	QUEEN'S GOLDEN GAELS	[#9]	20:29.
60		31	Jen Lavoie	QUEEN'S GOLDEN GAELS	[#10]	20:30.
61	57	113	Angela Alambets	DALHOUSIE TIGERS	[#5]	20:32.
62	58	81	Tammy Dufresne	WINDSOR LANCERS	[#5]	20:33.
63		45	Caitlin Malone	GUELPH GRYPHONS	[#9]	20:36.
64	59	75	Jane Marum	WINDSOR LANCERS	[#6]	20:37.
65	60	54	Melanie Muise	LAURENTIAN VOYAGEURS	[#4]	20:38.
66	61	79	Andrea Lamantia	WINDSOR LANCERS	[#7]	20:38.
67	62	106	Jessica Warren	MCGILL MARTLETS	[#7]	20:39.

68	63	5	Tanya Matthews	EASTERN MICH EAGLES [#4]	20:40.
69		78	Crystal Stewart	WINDSOR LANCERS [#8]	20:42.
70		20	Tara Johnson	WESTERN MUSTANGS [#8]	20:44.
71	64	55	Caitlin Tino	LAURENTIAN VOYAGEURS [#5]	20:46.
72		35	Alexandra Aasen	QUEEN'S GOLDEN GAELS [#11]	20:47.
73	65	6	Rachel Flores	EASTERN MICH EAGLES [#5]	20:48.
74		19	Amanda Laslo	WESTERN MUSTANGS [#9]	20:50.
75	66	122	Ashley Gibbs	DETROIT MERCY TITANS [#2]	20:50.
76	67	170	Leah Weagent	W.L.U. GOLDEN HAWKS [#3]	20:51.
77	68	7	Melissa Ehrecke	EASTERN MICH EAGLES [#6]	20:53.
78	69	178	Leigh Jackson	W.L.U. GOLDEN HAWKS [#4]	20:58.
79	70	53	Natalie Lefort	LAURENTIAN VOYAGEURS [#6]	21:00.
80	71	11	Nicole Erlacher	EASTERN MICH EAGLES [#7]	21:00.
81	72	137	Laura Harte	YORK LIONS [#3]	21:00.
82		82	Amanda Mokedanz	WINDSOR LANCERS [#9]	21:00.
83	73	157	Liz Burns	NAZARETH COLLEGE NY [#1]	21:01.
84	74	88	Stephanie Carew	WATERLOO WARRIORS [#4]	21:01.
85		80	Lindsay Campbell	WINDSOR LANCERS [#10]	21:03.
86	75	139	Jozina VanderKlok	YORK LIONS [#4]	21:04.
87		43	Jessica Baynton	GUELPH GRYPHONS [#10]	21:05.
88	76	184	Andrea Kurzawa	BROCK BADGERS [#2]	21:06.
89		46	Michelle Basu Roy	GUELPH GRYPHONS [#11]	21:07.
90	77	91	Laura Sardone	WATERLOO WARRIORS [#5]	21:12.
91	78	183	Annemarie Lankhuijzen	BROCK BADGERS [#3]	21:13.
92	79	90	Jodi Wendland	WATERLOO WARRIORS [#6]	21:15.
93	80	152	Jillian Smith	MCMASTER MARAUDERS [#2]	21:19.
94		34	Jenny Harris	QUEEN'S GOLDEN GAELS [#12]	21:22.
95	81	115	Leanna MacLean	DALHOUSIE TIGERS [#6]	21:23.
96	82	96	Gina Jackson	WATERLOO WARRIORS [#7]	21:26.
97	83	114	Kate MacLeod	DALHOUSIE TIGERS [#7]	21:28.
98	84	169	Kaye Hope	W.L.U. GOLDEN HAWKS [#5]	21:33.
99		48	Mary C Stewart	GUELPH GRYPHONS [#12]	21:33.
100	85	149	Kelly Dreisinger	MCMASTER MARAUDERS [#3]	21:34.
101	86	123	Katie Roersma	DETROIT MERCY TITANS [#3]	21:35.
102		92	Shannon Oldman	WATERLOO WARRIORS [#8]	21:43.
103	87	150	Laura Matulewicz	MCMASTER MARAUDERS [#4]	21:43.
104	88	176	Valerie VanRavensway	W.L.U. GOLDEN HAWKS [#6]	21:47.
105	89	124	Jessica Yagelski	DETROIT MERCY TITANS [#4]	21:49.
106	90	171	Megan Bedbrook	W.L.U. GOLDEN HAWKS [#7]	21:53.
107	91	185	Alexis Ramsay	BROCK BADGERS [#4]	21:54.
108		107	Jane Cullis	MCGILL MARTLETS [#8]	21:57.
109		10	Lindsay Delorme	EASTERN MICH EAGLES [#8]	21:58.
110	92	56	Kristie Lautenbach	LAURENTIAN VOYAGEURS [#7]	22:04.
111		84	Kim Gamble	WINDSOR LANCERS [#11]	22:04.
112	93	125	Maura Mulcahy	DETROIT MERCY TITANS [#5]	22:05.
113		9	Sarah Agostini	EASTERN MICH EAGLES [#9]	22:09.
114		83	Heather Hemstreet	WINDSOR LANCERS [#12]	22:26.
115	94	148	Natalie Moreau	MCMASTER MARAUDERS [#5]	22:39.
116	95	151	Dana Tiller	MCMASTER MARAUDERS [#6]	22:48.
117	96	126	Kandyce Houser	DETROIT MERCY TITANS [#6]	22:51.
118	97	67	Seanna Martin	TORONTO BLUES [#6]	22:54.
119	98	153	Melanie Harrison	MCMASTER MARAUDERS [#7]	22:59.

120		174	Tiia Bishop	W.L.U. GOLDEN HAWKS [#8]	23:25.
121	99	141	Jen Mark	YORK LIONS [#5]	23:30.
122	100	128	Destini Fronek	DETROIT MERCY TITANS [#7]	23:38.
123	101	158	Caitlin Love	NAZARETH COLLEGE NY [#2]	23:49.
124	102	159	Megan Saxton	NAZARETH COLLEGE NY [#3]	23:54.
125	103	144	Meaghen Garrett	YORK LIONS [#6]	24:28.
126	104	143	Mari Leesment	YORK LIONS [#7]	24:40.
127		127	Joanna Grandas	DETROIT MERCY TITANS [#8]	24:40.
128	105	161	Beth Hamelinck	NAZARETH COLLEGE NY [#4]	24:42.
129	106	162	Ashley Dezen	NAZARETH COLLEGE NY [#5]	24:48.
130	107	160	Elizabeth Jurkiewicz	NAZARETH COLLEGE NY [#6]	25:59.
131	108	165	Laurie Worthington	NAZARETH COLLEGE NY [#7]	26:59.
132		164	Angela Elovaris	NAZARETH COLLEGE NY [#8]	27:03.
133		163	Melissa Schueler	NAZARETH COLLEGE NY [#9]	27:12.
134	109	188	Kelley Mackenzie	BROCK BADGERS [#5]	27:12.
135		175	Elisa Filia	W.L.U. GOLDEN HAWKS [#9]	28:03.
136		166	Katie Ryan	NAZARETH COLLEGE NY [#10]	29:06.

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Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: QUEEN'S GOLDEN GAELS SCORE: 77

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
2/2	Beth Wightman	17:49.	3:33.80	5:42.08
9/9	Anne Barrington	19:07.	3:49.40	6:07.04
11/11	Magi Scallion	19:17.	3:51.40	6:10.24
21/21	Vera Cumming	19:39.	3:55.80	6:17.28
34/34	Amanda Wilson	19:57.	3:59.40	6:23.04
35/35	Heather Sherwin	19:59.	3:59.80	6:23.68
43/43	Margaret Cumming	20:08.	4:01.60	6:26.56
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48	Caroline Mariano	20:11.	4:02.20	6:27.52
59	Courtney Kirkby	20:29.	4:05.80	6:33.28
60	Jen Lavoie	20:30.	4:06.00	6:33.60
72	Alexandra Aasen	20:47.	4:09.40	6:39.04
94	Jenny Harris	21:22.	4:16.40	6:50.24

TOP 5 TOTAL TIME:	95:49.00	TOP 5 AVERAGE TIME:	19:09.80
TOP 5 AVERAGE PER KM:	3:49.96	TOP 5 AVERAGE PER MILE:	6:07.93
1 THROUGH 5 SPLIT:	2:08.00	1 THROUGH 7 SPLIT:	2:19.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: WESTERN MUSTANGS SCORE: 78

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
3/3	Shannon Gerrie	18:02.	3:36.40	5:46.24

14/14	Karen Gilbert	19:24.	3:52.80	6:12.48
15/15	Jackie Bonisteel	19:25.	3:53.00	6:12.80
16/16	Ashley Korman	19:27.	3:53.40	6:13.44
30/30	Andrea Brouwer	19:51.	3:58.20	6:21.12
38/38	Shayna Boland	20:02.	4:00.40	6:24.64
49/48	Bethany Janzen	20:12.	4:02.40	6:27.84

70	Tara Johnson	20:44.	4:08.80	6:38.08
74	Amanda Laslo	20:50.	4:10.00	6:40.00

TOP 5 TOTAL TIME: 96:09.00 TOP 5 AVERAGE TIME: 19:13.80
TOP 5 AVERAGE PER KM: 3:50.76 TOP 5 AVERAGE PER MILE: 6:09.21
1 THROUGH 5 SPLIT: 1:49.00 1 THROUGH 7 SPLIT: 2:10.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: GUELPH GRYPHONS SCORE: 80

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
4/4	Laura Moulton	18:44.	3:44.80	5:59.68
10/10	Sarah Ouellette	19:08.	3:49.60	6:07.36
20/20	Kate Henderson	19:37.	3:55.40	6:16.64
22/22	Erin Sask	19:44.	3:56.80	6:18.88
24/24	Julia Beniusis	19:47.	3:57.40	6:19.84
25/25	Susie Egar	19:47.	3:57.40	6:19.84
42/42	Danielle Rowlands	20:07.	4:01.40	6:26.24
52	Laurie Bayler	20:16.	4:03.20	6:29.12
63	Caitlin Malone	20:36.	4:07.20	6:35.52
87	Jessica Baynton	21:05.	4:13.00	6:44.80
89	Michelle Basu Roy	21:07.	4:13.40	6:45.44
99	Mary C Stewart	21:33.	4:18.60	6:53.76

TOP 5 TOTAL TIME: 97:00.00 TOP 5 AVERAGE TIME: 19:24.00
TOP 5 AVERAGE PER KM: 3:52.80 TOP 5 AVERAGE PER MILE: 6:12.48
1 THROUGH 5 SPLIT: 1:03.00 1 THROUGH 7 SPLIT: 1:23.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: DALHOUSIE TIGERS SCORE: 147

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
1/1	Janice Ashworth	17:46.	3:33.20	5:41.12
8/8	Hilary Burn	19:03.	3:48.60	6:05.76
31/31	Cathy French	19:52.	3:58.40	6:21.44
51/50	Ellen Vessie	20:14.	4:02.80	6:28.48
61/57	Angela Alambets	20:32.	4:06.40	6:34.24
95/81	Leanna MacLean	21:23.	4:16.60	6:50.56
97/83	Kate MacLeod	21:28.	4:17.60	6:52.16

TOP 5 TOTAL TIME: 97:27.00 TOP 5 AVERAGE TIME: 19:29.40
TOP 5 AVERAGE PER KM: 3:53.88 TOP 5 AVERAGE PER MILE: 6:14.20
1 THROUGH 5 SPLIT: 2:46.00 1 THROUGH 7 SPLIT: 3:42.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: TORONTO BLUES SCORE: 165

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
12/12	Sandy Wells	19:18.	3:51.60	6:10.56
32/32	Nicole Van Beurden	19:53.	3:58.60	6:21.76
33/33	Jackie Stillman	19:54.	3:58.80	6:22.08
39/39	Melissa Anthony	20:03.	4:00.60	6:24.96
50/49	Brandi Sidoryk	20:14.	4:02.80	6:28.48
118/97	Seanna Martin	22:54.	4:34.80	7:19.68

TOP 5 TOTAL TIME: 99:22.00 TOP 5 AVERAGE TIME: 19:52.40
 TOP 5 AVERAGE PER KM: 3:58.48 TOP 5 AVERAGE PER MILE: 6:21.56
 1 THROUGH 5 SPLIT: 0:56.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: LAURENTIAN VOYAGEURS SCORE: 190

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
5/5	Mary Ross	18:49.	3:45.80	6:01.28
7/7	Leila Angrand	19:01.	3:48.20	6:05.12
56/54	Alicia Kaye	20:21.	4:04.20	6:30.72
65/60	Melanie Muise	20:38.	4:07.60	6:36.16
71/64	Caitlin Tino	20:46.	4:09.20	6:38.72
79/70	Natalie Lefort	21:00.	4:12.00	6:43.20
110/92	Kristie Lautenbach	22:04.	4:24.80	7:03.68

TOP 5 TOTAL TIME: 99:35.00 TOP 5 AVERAGE TIME: 19:55.00
 TOP 5 AVERAGE PER KM: 3:59.00 TOP 5 AVERAGE PER MILE: 6:22.40
 1 THROUGH 5 SPLIT: 1:57.00 1 THROUGH 7 SPLIT: 3:15.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: MCGILL MARTLETS SCORE: 199

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
28/28	Erin Prosk	19:49.	3:57.80	6:20.48
36/36	Laura Wilson	20:00.	4:00.00	6:24.00
44/44	Genevieve Jenkins	20:08.	4:01.60	6:26.56
45/45	Megan Vuksic	20:09.	4:01.80	6:26.88
46/46	Leslie Marcotte	20:10.	4:02.00	6:27.20
54/52	Jessalyn O'Donnell	20:19.	4:03.80	6:30.08
67/62	Jessica Warren	20:39.	4:07.80	6:36.48

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108	Jane Cullis	21:57.	4:23.40	7:01.44
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TOP 5 TOTAL TIME: 100:16.00 TOP 5 AVERAGE TIME: 20:03.20
 TOP 5 AVERAGE PER KM: 4:00.64 TOP 5 AVERAGE PER MILE: 6:25.02

1 THROUGH 5 SPLIT: 0:21.00 1 THROUGH 7 SPLIT: 0:50.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: WINDSOR LANCERS SCORE: 213

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
18/18	Leigh Tynan	19:32.	3:54.40	6:15.04
26/26	Mel Macchione	19:48.	3:57.60	6:20.16
57/55	Heather Swift	20:25.	4:05.00	6:32.00
58/56	Lindsay Manning	20:27.	4:05.40	6:32.64
62/58	Tammy Dufresne	20:33.	4:06.60	6:34.56
64/59	Jane Marum	20:37.	4:07.40	6:35.84
66/61	Andrea Lamantia	20:38.	4:07.60	6:36.16
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69	Crystal Stewart	20:42.	4:08.40	6:37.44
82	Amanda Mokedanz	21:00.	4:12.00	6:43.20
85	Lindsay Campbell	21:03.	4:12.60	6:44.16
111	Kim Gamble	22:04.	4:24.80	7:03.68
114	Heather Hemstreet	22:26.	4:29.20	7:10.72

TOP 5 TOTAL TIME: 100:45.00 TOP 5 AVERAGE TIME: 20:09.00
TOP 5 AVERAGE PER KM: 4:01.80 TOP 5 AVERAGE PER MILE: 6:26.88
1 THROUGH 5 SPLIT: 1:01.00 1 THROUGH 7 SPLIT: 1:06.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: EASTERN MICH EAGLES SCORE: 217

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
13/13	Lauren Snell	19:19.	3:51.80	6:10.88
29/29	Evie Scholl	19:49.	3:57.80	6:20.48
47/47	Alison Bedingfield	20:10.	4:02.00	6:27.20
68/63	Tanya Matthews	20:40.	4:08.00	6:36.80
73/65	Rachel Flores	20:48.	4:09.60	6:39.36
77/68	Melissa Ehrecke	20:53.	4:10.60	6:40.96
80/71	Nicole Erlacher	21:00.	4:12.00	6:43.20
=====				
109	Lindsay Delorme	21:58.	4:23.60	7:01.76
113	Sarah Agostini	22:09.	4:25.80	7:05.28

TOP 5 TOTAL TIME: 100:46.00 TOP 5 AVERAGE TIME: 20:09.20
TOP 5 AVERAGE PER KM: 4:01.84 TOP 5 AVERAGE PER MILE: 6:26.94
1 THROUGH 5 SPLIT: 1:29.00 1 THROUGH 7 SPLIT: 1:41.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: WATERLOO WARRIORS SCORE: 245

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
6/6	Kristie Henry	18:57.	3:47.40	6:03.84

37/37	Trudy Gardner	20:02.	4:00.40	6:24.64
53/51	Joanna Fedy	20:18.	4:03.60	6:29.76
84/74	Stephanie Carew	21:01.	4:12.20	6:43.52
90/77	Laura Sardone	21:12.	4:14.40	6:47.04
92/79	Jodi Wendland	21:15.	4:15.00	6:48.00
96/82	Gina Jackson	21:26.	4:17.20	6:51.52

102	Shannon Oldman	21:43.	4:20.60	6:56.96
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TOP 5 TOTAL TIME:	101:30.00	TOP 5 AVERAGE TIME:	20:18.00
TOP 5 AVERAGE PER KM:	4:03.60	TOP 5 AVERAGE PER MILE:	6:29.76
1 THROUGH 5 SPLIT:	2:15.00	1 THROUGH 7 SPLIT:	2:29.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: W.L.U. GOLDEN HAWKS SCORE: 300

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
27/27	Erin Fox	19:49.	3:57.80	6:20.48
55/53	Katie Andruchon	20:21.	4:04.20	6:30.72
76/67	Leah Weagent	20:51.	4:10.20	6:40.32
78/69	Leigh Jackson	20:58.	4:11.60	6:42.56
98/84	Kaye Hope	21:33.	4:18.60	6:53.76
104/88	Valerie VanRavensway	21:47.	4:21.40	6:58.24
106/90	Megan Bedbrook	21:53.	4:22.60	7:00.16

120	Tiia Bishop	23:25.	4:41.00	7:29.60
135	Elisa Filia	28:03.	5:36.60	8:58.56

TOP 5 TOTAL TIME:	103:32.00	TOP 5 AVERAGE TIME:	20:42.40
TOP 5 AVERAGE PER KM:	4:08.48	TOP 5 AVERAGE PER MILE:	6:37.56
1 THROUGH 5 SPLIT:	1:44.00	1 THROUGH 7 SPLIT:	2:04.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: YORK LIONS SCORE: 306

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
19/19	Jessica Reid	19:33.	3:54.60	6:15.36
41/41	Heather Hillsburg	20:05.	4:01.00	6:25.60
81/72	Laura Harte	21:00.	4:12.00	6:43.20
86/75	Jozina VanderKlok	21:04.	4:12.80	6:44.48
121/99	Jen Mark	23:30.	4:42.00	7:31.20
125/103	Meaghen Garrett	24:28.	4:53.60	7:49.76
126/104	Mari Leesment	24:40.	4:56.00	7:53.60

TOP 5 TOTAL TIME:	105:12.00	TOP 5 AVERAGE TIME:	21:02.40
TOP 5 AVERAGE PER KM:	4:12.48	TOP 5 AVERAGE PER MILE:	6:43.96
1 THROUGH 5 SPLIT:	3:57.00	1 THROUGH 7 SPLIT:	5:07.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: MCMASTER MARAUDERS SCORE: 369

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
23/23	Roslynd Mullins	19:45.	3:57.00	6:19.20
93/80	Jillian Smith	21:19.	4:15.80	6:49.28
100/85	Kelly Dreisinger	21:34.	4:18.80	6:54.08
103/87	Laura Matulewicz	21:43.	4:20.60	6:56.96
115/94	Natalie Moreau	22:39.	4:31.80	7:14.88
116/95	Dana Tiller	22:48.	4:33.60	7:17.76
119/98	Melanie Harrison	22:59.	4:35.80	7:21.28

TOP 5 TOTAL TIME: 107:00.00 TOP 5 AVERAGE TIME: 21:24.00
TOP 5 AVERAGE PER KM: 4:16.80 TOP 5 AVERAGE PER MILE: 6:50.88
1 THROUGH 5 SPLIT: 2:54.00 1 THROUGH 7 SPLIT: 3:14.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: BROCK BADGERS SCORE: 371

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
17/17	Sharon Boyer	19:29.	3:53.80	6:14.08
88/76	Andrea Kurzawa	21:06.	4:13.20	6:45.12
91/78	Annemarie Lankhuijzen	21:13.	4:14.60	6:47.36
107/91	Alexis Ramsay	21:54.	4:22.80	7:00.48
134/109	Kelley Mackenzie	27:12.	5:26.40	8:42.24

TOP 5 TOTAL TIME: 110:54.00 TOP 5 AVERAGE TIME: 22:10.80
TOP 5 AVERAGE PER KM: 4:26.16 TOP 5 AVERAGE PER MILE: 7:05.85
1 THROUGH 5 SPLIT: 7:43.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: DETROIT MERCY TITANS SCORE: 374

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
40/40	Andrea Karl	20:03.	4:00.60	6:24.96
75/66	Ashley Gibbs	20:50.	4:10.00	6:40.00
101/86	Katie Roersma	21:35.	4:19.00	6:54.40
105/89	Jessica Yagelski	21:49.	4:21.80	6:58.88
112/93	Maura Mulcahy	22:05.	4:25.00	7:04.00
117/96	Kandyce Houser	22:51.	4:34.20	7:18.72
122/100	Destini Fronek	23:38.	4:43.60	7:33.76

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127	Joanna Grandas	24:40.	4:56.00	7:53.60
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TOP 5 TOTAL TIME: 106:22.00 TOP 5 AVERAGE TIME: 21:16.40
TOP 5 AVERAGE PER KM: 4:15.28 TOP 5 AVERAGE PER MILE: 6:48.44
1 THROUGH 5 SPLIT: 2:02.00 1 THROUGH 7 SPLIT: 3:35.00

Team Scores for Event #1 WOMENS 5k AT 10:30AM

TEAM: NAZARETH COLLEGE NY SCORE: 487

PLACE	NAME	TIME	AVG PER KM	AVG PER MILE
83/73	Liz Burns	21:01.	4:12.20	6:43.52
123/101	Caitlin Love	23:49.	4:45.80	7:37.28
124/102	Megan Saxton	23:54.	4:46.80	7:38.88
128/105	Beth Hamelinck	24:42.	4:56.40	7:54.24
129/106	Ashley Dezen	24:48.	4:57.60	7:56.16
130/107	Elizabeth Jurkiewicz	25:59.	5:11.80	8:18.88
131/108	Laurie Worthington	26:59.	5:23.80	8:38.08
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132	Angela Elovaris	27:03.	5:24.60	8:39.36
133	Melissa Schueler	27:12.	5:26.40	8:42.24
136	Katie Ryan	29:06.	5:49.20	9:18.72

TOP 5 TOTAL TIME:	118:14.00	TOP 5 AVERAGE TIME:	23:38.80
TOP 5 AVERAGE PER KM:	4:43.76	TOP 5 AVERAGE PER MILE:	7:34.01
1 THROUGH 5 SPLIT:	3:47.00	1 THROUGH 7 SPLIT:	5:58.00