# 2011 ACAC Cross Country Championships

## Hosted by SAIT

## October 29, 2011

N.B. do NOT make any entries in or changes to this worksheet; changes should be made to "runners" and "raw results" sheets only; unused rows or columns may be hidden

***ACAC men's results***

| Runner | Team | Bib# | Time | Place | ACAC | SAIT | LAKE | KC | LC | RDC | AUG | CUCA | GMU | NAIT | GPRC | OC | Pace/km |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Peter Kalya | LC | 216 | 26:43 | 1 | 1 | | | | 1 | | | | | | | | 03:20 |
| Andy Pohl | AUG | 263 | 26:46 | 2 | 2 | | | | | | 2 | | | | | | 03:21 |
| Devin Woodland | GPRC | 242 | 28:19 | 3 | 3 | | | | | | | | | | 3 | | 03:32 |
| Kirk Sundt | GMU | 237 | 28:41 | 4 | 4 | | | | | | | | 4 | | | | 03:35 |
| Max King | GMU | 240 | 28:51 | 5 | 5 | | | | | | | | 5 | | | | 03:36 |
| Dennis Ronoh | LC | 217 | 29:04 | 6 | 6 | | | | 6 | | | | | | | | 03:38 |
| Conrad Chesire | LC | 219 | 29:06 | 7 | 7 | | | | 7 | | | | | | | | 03:38 |
| Justin Versteeg | GMU | 241 | 29:09 | 8 | 8 | | | | | | | | 8 | | | | 03:39 |
| Andrew Peters | GMU | 234 | 29:19 | 9 | 9 | | | | | | | | 9 | | | | 03:40 |
| Kieran Baird | AUG | 264 | 29:19 | 10 | 10 | | | | | | 10 | | | | | | 03:40 |
| Charlie Gretton | SAIT | 200 | 29:36 | 11 | 11 | 11 | | | | | | | | | | | 03:42 |
| Tony Kiprop | SAIT | 201 | 29:41 | 12 | 12 | 12 | | | | | | | | | | | 03:43 |
| Andrew Brisbin | AUG | 267 | 30:00 | 13 | 13 | | | | | | 13 | | | | | | 03:45 |
| Jonathan Koegler | LC | 218 | 30:12 | 14 | 14 | | | | 14 | | | | | | | | 03:47 |
| Guillaume Pesant | GMU | 239 | 30:18 | 15 | 15 | | | | | | | | 15 | | | | 03:47 |
| Hans Asfeldt | AUG | 266 | 30:23 | 16 | 16 | | | | | | 16 | | | | | | 03:48 |
| Corey Halibi | NAIT | 230 | 30:32 | 17 | 17 | | | | | | | | | 17 | | | 03:49 |
| Tyler Bissett | AUG | 265 | 30:50 | 18 | 18 | | | | | | 18 | | | | | | 03:51 |
| Eric Martinek | GPRC | 243 | 30:52 | 19 | 19 | | | | | | | | | | 19 | | 03:52 |
| Ryan Burlingame | AUG | 268 | 30:59 | 20 | 20 | | | | | | 20 | | | | | | 03:52 |
| Jack Carrigan | GPRC | 246 | 31:02 | 21 | 21 | | | | | | | | | | 21 | | 03:53 |
| Abraham Richkarday | SAIT | 202 | 31:03 | 22 | 22 | 22 | | | | | | | | | | | 03:53 |
| Duncan Farrow | GPRC | 244 | 31:07 | 23 | 23 | | | | | | | | | | 23 | | 03:53 |
| Ryan Dyck | LAKE | 214 | 31:10 | 24 | 24 | | 24 | | | | | | | | | | 03:54 |
| Trevor Hofbauer | SAIT | 209 | 31:15 | 25 | 25 | 25 | | | | | | | | | | | 03:54 |
| Lance Wakefield | OC | 251 | 31:21 | 26 | 26 | | | | | | | | | | | 26 | 03:55 |
| Mark Uniat | SAIT | 204 | 31:41 | 27 | 27 | 27 | | | | | | | | | | | 03:58 |
| Ryan Lindsay | AUG | 257 | 31:42 | 28 | x | | | | | | x | | | | | | 03:58 |
| Spencer Peterson | GMU | 238 | 31:44 | 29 | 28 | | | | | | | | 28 | | | | 03:58 |
| Joel Perren | CUCA | 226 | 31:57 | 30 | 29 | | | | | | | 29 | | | | | 04:00 |
| Cody Hogberg | CUCA | 224 | 32:04 | 31 | 30 | | | | | | | 30 | | | | | 04:01 |
| Cyrus Yagan | LC | 220 | 32:11 | 32 | 31 | | | | 31 | | | | | | | | 04:01 |
| Brad Lawlor | GMU | 235 | 32:16 | 33 | x | | | | | | | | x | | | | 04:02 |
| Aaron Rudiger | SAIT | 206 | 32:22 | 34 | 32 | 32 | | | | | | | | | | | 04:03 |
| Jakob Claffey | NAIT | 233 | 32:43 | 35 | 33 | | | | | | | | | 33 | | | 04:05 |
| Brady Imeson | AUG | 262 | 32:52 | 36 | x | | | | | | x | | | | | | 04:07 |
| Warner Brown | AUG | 261 | 33:03 | 37 | x | | | | | | x | | | | | | 04:08 |
| Phillip Tinka | NAIT | 231 | 33:09 | 38 | 34 | | | | | | | | | 34 | | | 04:09 |
| Ray Thompson | CUCA | 227 | 33:10 | 39 | 35 | | | | | | | 35 | | | | | 04:09 |
| Richard Ellens | LAKE | 213 | 33:13 | 40 | 36 | | 36 | | | | | | | | | | 04:09 |
| Mathew Velders | SAIT | 207 | 33:13 | 41 | x | x | | | | | | | | | | | 04:09 |
| Dan Brown | LC | 223 | 33:16 | 42 | 37 | | | | 37 | | | | | | | | 04:10 |
| Dylan Moerike | GPRC | 249 | 33:21 | 43 | 38 | | | | | | | | | | 38 | | 04:10 |
| Adam Lederer | SAIT | 203 | 33:33 | 44 | x | x | | | | | | | | | | | 04:12 |
| Dexter MacCalder | AUG | 259 | 33:37 | 45 | x | | | | | | x | | | | | | 04:12 |
| Mandela Moses | OC | 256 | 33:53 | 46 | 39 | | | | | | | | | | | 39 | 04:14 |
| Justin Schmidt | OC | 252 | 33:55 | 47 | 40 | | | | | | | | | | | 40 | 04:14 |
| Rio Ingrao | LC | 221 | 34:04 | 48 | x | | | | x | | | | | | | | 04:16 |
| Jay Cunningham | GMU | 236 | 34:06 | 49 | x | | | | | | | | x | | | | 04:16 |
| Michael McGregor | SAIT | 205 | 34:13 | 50 | x | x | | | | | | | | | | | 04:17 |
| Ryan Gow | NAIT | 228 | 34:14 | 51 | 41 | | | | | | | | | 41 | | | 04:17 |
| Evan Paul | GPRC | 248 | 34:23 | 52 | 42 | | | | | | | | | | 42 | | 04:18 |
| Torleif Landsgaard | GPRC | 247 | 34:23 | 53 | x | | | | | | | | | | x | | 04:18 |
| Mike Karakochuk | NAIT | 232 | 34:25 | 54 | 43 | | | | | | | | | 43 | | | 04:18 |
| Matthew Blackburn | LAKE | 211 | 34:36 | 55 | 44 | | 44 | | | | | | | | | | 04:19 |
| Henning Valen | AUG | 260 | 34:37 | 56 | x | | | | | | x | | | | | | 04:20 |
| Brad Tomlinson | LC | 222 | 34:40 | 57 | x | | | | x | | | | | | | | 04:20 |
| Matt Kemp | CUCA | 225 | 34:52 | 58 | 45 | | | | | | | 45 | | | | | 04:22 |
| Vitaly Sergeev | LAKE | 215 | 35:08 | 59 | 46 | | 46 | | | | | | | | | | 04:24 |
| Ben Steele | LAKE | 212 | 35:25 | 60 | 47 | | 47 | | | | | | | | | | 04:26 |
| Karson Sudlow | RDC | 272 | 35:45 | 61 | 48 | | | | | 48 | | | | | | | 04:28 |
| Matt Deng | OC | 255 | 35:55 | 62 | 49 | | | | | | | | | | | 49 | 04:29 |
| Kevin Pahl | SAIT | 208 | 36:21 | 63 | x | x | | | | | | | | | | | 04:33 |
| Linfu Li | SAIT | 210 | 36:26 | 64 | x | x | | | | | | | | | | | 04:33 |
| Bjorn Carlstad | GPRC | 245 | 36:46 | 65 | x | | | | | | | | | | x | | 04:36 |
| Taylor Bulger | AUG | 258 | 37:27 | 66 | x | | | | | | x | | | | | | 04:41 |
| Ben Cripps | OC | 253 | 38:03 | 67 | 50 | | | | | | | | | | | 50 | 04:45 |
| Justin Milsted | NAIT | 229 | 39:10 | 68 | 51 | | | | | | | | | 51 | | | 04:54 |
| Alex McKay | OC | 254 | 39:35 | 69 | 52 | | | | | | | | | | | 52 | 04:57 |
| Neil Foster | RDC | 271 | 41:45 | 70 | 53 | | | | | 53 | | | | | | | 05:13 |

For more than 200 runners, unprotect worksheet, insert additional rows above this row, copy previous last row above this one, paste copied row into inserted rows, protect worksheet

| | | SAIT | LAKE | KC | LC | RDC | AUG | CUCA | GMU | NAIT | GPRC | OC |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| # of runners scoring | 70 | 53 | 6 | 5 | 0 | 6 | 2 | 6 | 4 | 6 | 6 | 6 | 6 |
| # of exhibition runners | | 17 | 5 | 0 | 0 | 2 | 0 | 6 | 0 | 2 | 0 | 2 | 0 |
| total best 4 runners | | 70 | 150 | | | 28 | | 41 | 139 | 26 | 125 | 66 | 154 |
| rank on best 4 runners | | 5 | 8 | | | 2 | | 3 | 7 | 1 | 6 | 4 | 9 |
| total best 3 runners | | 45 | 104 | | | 14 | | 25 | 94 | 17 | 84 | 43 | 105 |
| rank on best 3 runners | | 5 | 8 | | | 1 | | 3 | 7 | 2 | 6 | 4 | 9 |
| total best 3 women+best 3 men | | 83 | 216 | | | 65 | | 76 | 156 | 40 | 168 | 94 | 247 |
| rank on best 3 women and men | | 4 | 8 | | | 2 | | 3 | 6 | 1 | 7 | 5 | 9 |