

# 2015 Running Room ACAC Cross Country Running Championships

Hosted by Lethbridge College  
Saturday October 31st, 2015

## ACAC women's 5 km results

Runner	Team	Bib#	Time	Place	ACAC	SAIT	LCK	STMU	AUG	GPRC	RDC	CUE	LAKE	OLDS	Pace/km
Jamie Wigmore	GPRC	218	18:40	1	1					1					03:44
Mariya Jenkins	CUE	253	19:13	2	2							2			03:51
Emily Lucas	LCK	242	19:34	3	3		3								03:55
Rachel McKenzie	LCK	243	19:48	4	4		4								03:58
Jordanna Cota	RDC	226	19:59	5	5						5				04:00
Emily McIlroy	AUG	210	20:09	6	6				6						04:02
Dina Iatrou	LCK	244	20:13	7	7		7								04:03
Maria Houle	GPRC	220	20:19	8	8					8					04:04
Rachael Smilie	CUE	255	20:22	9	9							9			04:04
Jayne Nagy	SAIT	238	20:52	10	10	10									04:10
Amy Severtson	RDC	236	20:57	11	11						11				04:11
Elise Nawrocki	CUE	254	21:01	12	12							12			04:12
Anna Sigurdson	AUG	214	21:10	13	13				13						04:14
Bailey Troccoli-Hughes	CUE	256	21:12	14	14							14			04:14
Amber Koster	RDC	231	21:19	15	15						15				04:16
Anna Zulic	CUE	257	21:21	16	16							16			04:16
Erica Risseeuw	SAIT	239	21:30	17	17	17									04:18
Taya Hoar	AUG	207	21:35	18	18				18						04:19
Samantha Debree	RDC	228	21:36	19	19						19				04:19
Christie Shepherd	GPRC	221	21:36	20	20					20					04:19
Sylvia Von Gunten	LCK	247	21:42	21	21		21								04:20
Haley Kitt	RDC	230	21:45	22	22						22				04:21
Rebekah Moore	LCK	245	21:47	23	23		23								04:21
Kirsten Manz	GPRC	219	21:49	24	24					24					04:22
Ashley Camsell	GPRC	223	21:49	25	25					25					04:22
Shelby Edgar	CUE	251	21:50	26	26							26			04:22
Caylee Vogel	LCK	246	22:02	27	27		27								04:24
Shaelynn Moltzahn	LCK	248	22:05	28	x		x								04:25
Baylee Frissell	CUE	252	22:41	29	x							x			04:32
Marie Wiatr	LAKE	215	22:44	30	28								28		04:33
Laura Szymanak	RDC	237	22:54	31	29						29				04:35
Katrina Henning	SAIT	240	23:05	32	30	30									04:37
Brianna Schultz	AUG	213	23:08	33	31				31						04:38
Melissa Ray	RDC	235	23:14	34	x						x				04:39
Leah Reid	AUG	212	23:28	35	32				32						04:42
Lauren Mearns	RDC	233	23:33	36	x						x				04:43
Tayla Koerber	AUG	208	23:35	37	33				33						04:43
Randi Thiessen	STMU	201	23:39	38	34			34							04:44
Kayla Enders	LCK	249	23:42	39	x		x								04:44
Jennifer Kubos	LCK	250	23:48	40	x		x								04:46
Jalene Dease	RDC	227	23:49	41	x						x				04:46
Tara McDonald	RDC	232	23:59	42	x						x				04:48
Brittany Boyko	AUG	204	25:05	43	x				x						05:01
Gillian Delure	OLDS	259	25:06	44	35									35	05:01
Ciara Bailey	AUG	203	26:01	45	x				x						05:12
Emily Whalen	GPRC	224	26:03	46	36					36					05:13
Kaylin Ackerman	RDC	225	26:09	47	x						x				05:14
Shyloh Bader	SAIT	241	26:29	48	37	37									05:18
Ani Dingamtar	RDC	229	26:49	49	x						x				05:22
Tori Wall	LAKE	216	27:02	50	38								38		05:24
Tamica Campbell	GPRC	222	27:20	51	x					x					05:28
Katelynn Cook	AUG	206	27:20	52	x				x						05:28
Kiana Scarf	LAKE	217	28:09	53	39								39		05:38
Tanis Lefebvre	STMU	202	28:13	54	40			40							05:39
Rhonda Benoit	OLDS	258	28:26	55	41									41	05:41
Alexandria Pedersen	RDC	234	29:47	56	x						x				05:57

# of runners scoring	56	41	4	6	2	6	6	6	6	6	3	2
# of exhibition runners		15	0	3	0	3	1	7	1	0	0	
total best 4 runners			94	35		68	53	50	37			
rank on best 4 runners			6	1		5	4	3	2			
total best 3 runners			57	14		37	29	31	23	105		
rank on best 3 runners			6	1		5	3	4	2	7		
total best 3 women+best 3 men			95	22		81	73	89	39	213		
rank on best 3 women and men			6	1		4	3	5	2	7		

SAIT	LCK	STMU	AUG	GPRC	RDC	CUE	LAKE	OLDS
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