

Lightning Cross Country Meet, ACAC Grand Prix #3

Sat., Sept. 27, 2014

5 km results

Runner	Team	Age Group	Bib#	Time	Place	GPrix	AUG	SAIT	NAIT	RDC	LCK	KEY	LAKE	RRAC	AMBR	open	Open place	Pace/km	
Jessica O'Connell	open	20-29	274	19:01	1												1	1	03:48
Jodi Nesbitt	open	20-29	245	19:05	2												2	2	03:49
Shari Boyle	open	40-49	278	19:13	3												3	3	03:51
Sara Hewitt	SAIT	20-29	225	19:56	4	1		1											03:59
Rachael MacKenzie	LCK	U20	230	20:10	5	2					2								04:02
Michelle Harvey Blankensh	RRAC	40-49	249	20:34	6									6			4	4	04:07
Jessica Kaiser	open	20-29	280	20:46	7												7	5	04:09
Marissa Theiault	open	0	277	20:47	8												8	6	04:09
Danielle Marks	NAIT	20-29	220	21:01	9	3			3										04:12
Terra Manca	RRAC	30-39	250	21:04	10									10			7	7	04:13
Sarah Makowski	LCK	20-29	231	21:07	11	4					4								04:13
Mikaela York	LCK	U20	229	21:11	12	5					5								04:14
Alison McPherson	SAIT	20-29	223	21:16	13	6		6											04:15
Marie Blais	open	20-29	281	21:21	14												14	8	04:16
Sarah McMaster	NAIT	20-29	218	21:24	15	7			7										04:17
Natalia Szykarczuk	RRAC	20-29	246	21:26	16									16			9	9	04:17
Kristen Hansen	NAIT	20-29	219	21:32	17	8			8										04:18
Jordanna Cota	RDC	U20	236	21:42	18	9				9									04:20
Rebekah Moore	LCK	20-29	235	21:51	19	10					10								04:22
Sylvia Von Gunten	LCK	U20	233	21:52	20	11					11								04:22
Lauren Brookes	open	20-29	275	21:53	21												21	10	04:23
Jayne Nagy	SAIT	20-29	227	22:21	22	12		12											04:28
Claudette Augert	RRAC	50+	247	22:22	23									23			11	11	04:28
Meg Jorgensen	SAIT	20-29	224	22:24	24	13		13											04:29
Glynis Milne	RRAC	30-39	248	22:30	25									25			12	12	04:30
Sefrah Daviduck	LCK	U20	232	22:50	26	14					14								04:34
Caylee Vogel	LCK	20-29	228	23:01	27	15					15								04:36
Marie Wiatr	LAKE	U20	210	23:20	28	16							16						04:40
Samantha Debree	RDC	U20	237	23:33	29	17				17									04:43
Megan Niemegeers	NAIT	20-29	221	24:00	30	18			18										04:48
Anna Duda	RDC	40-49	239	24:23	31	19				19									04:53
Laura Friesen	RDC	20-29	240	24:25	32	20				20									04:53
Manon Remy	LCK	20-29	234	24:31	33	21					21								04:54
Courtney Harcott	open	20-29	279	24:40	34												34	13	04:56
Megan Paxton	SAIT	20-29	226	24:48	35	22		22											04:58
Jordan Van Den Brink	NAIT	20-29	215	24:55	36	23			23										04:59
Celine de Wit	RDC	U20	238	25:06	37	24				24									05:01
Dalene Onciul	open	20-29	271	25:30	38												38	14	05:06
Alexis Taylor	NAIT	U20	216	25:37	39	25			25										05:07
Allyson Furman	LAKE	20-29	212	25:40	40	26							26						05:08
Leah Reid	AUG	U20	203	25:41	41	27	27												05:08
Taylor Beaudry	AMBR	20-29	255	26:29	42												42	15	05:18
Blaze Flewell	AUG	20-29	201	26:41	43	28	28												05:20
Bryanne Friesen	AMBR	20-29	257	26:46	44												44	16	05:21
Farah El Masri	RRAC	20-29	251	27:08	45									45			17	17	05:26
Jennifer Dillon	AUG	U20	202	27:22	46	29	29												05:28
Keara Nelson	LAKE	20-29	208	27:27	47	30							30						05:29
Angela Roberts	AMBR	20-29	253	28:00	48												48	18	05:36
Annette Case	open	20-29	273	28:32	49												49	19	05:42
Melissa Ray	RDC	20-29	243	28:42	50	31				31									05:44
Tiffany Weidrick	AMBR	20-29	256	28:56	51												51	20	05:47
Nicole Tschirren	LAKE	20-29	207	28:58	52	32							32						05:48
Sinead Midgley	NAIT	20-29	217	29:02	53	33			33										05:48
Amy Wilson	KEY	20-29	204	30:03	54	34						34							06:01
Cari McGillivray	LAKE	20-29	209	30:20	55	35							35						06:04
Colette Carlin	open	20-29	272	30:46	56												56	21	06:09
Laura McKenzie	RDC	20-29	242	31:36	57	36				36									06:19
Calista Naismith	AMBR	20-29	252	32:17	58												58	22	06:27
Moesha Mase	LAKE	U20	214	32:35	59	37							37						06:31
Baillie Orange	LAKE	U20	211	32:45	60	38							38						06:33
# of runners scoring					60	38	3	5	7	7	8	1	7	6	5	11	22		
total best 4 runners								32	36	65	21		104	55	185	13			
rank on best 4 runners								2	3	4	1		5						
total best 3 runners							84	19	18	45	11		72	32	134	6			
rank on best 3 runners							6	3	2	4	1		5						
total best 3 women+best 3 men							166	38	82	75	22		173	50		16			
rank on best 3 women and men							5	2	4	3	1		6						

note: ACAC team scores based on Gprix placing, whereas open and hs team scores based on overall placing