

Lightning Cross Country

September 14, 2013

5 km results

Runner	Team	Age Group	Bib#	Time	Place	GPriz	RDC	LCK	NAIT	OC	SAIT	GMU	AUG	CUCA	KEY	LAKE	GPRC	UofA	JNA	Open	TAC	Open place	Pace/km		
Jodi Sanguin	Open	0	1988	19:11	1															1		1	03:50		
Shari Boyle	Open	40	1947	19:50	2																2		2	03:58	
Marriya Jenkins	CUCA	20	50	20:00	3	1								1									04:00		
Lesley Koopman	GMU	19	33	20:01	4	2						2											04:00		
Vanessa Trofimenkoff	GMU	19	31	20:01	5	3					3												04:00		
Lisa Mensink	Open	0	1989	20:20	6																6		3	04:04	
Megan Pinkoski	UofA	0	70	20:51	7																7		4	04:10	
Mikaela York	LCK	18	38	20:57	8	4		4																04:11	
Jessie Lilly	UofA	0	71	21:05	9																9		5	04:13	
Jamie Wigmore	GPRC	20	67	21:11	10	5																		04:14	
Jennifer Normington	Open	30	1979	21:12	11																	11		6	04:14
Nicole Martynuik Pombert	MACT	0	1987	21:12	12																			7	04:14
Jordanna Cota	RDC	17	9	21:22	13	6	6																	8	04:16
Nicole Kitt	Open	0	1992	21:28	14																			9	04:18
Rachel McKenzie	LCK	18	41	21:35	15	7		7																10	04:19
Kristen Hansen	Open	24	1981	21:40	16																			11	04:20
Sarah McMaster	NAIT	23	17	21:46	17	8			8															12	04:21
Natalia Szkarzuk	Open	25	1943	21:46	18																			13	04:21
Isabella Englert	UofA	0	73	21:53	19																			14	04:23
Kayla Hardy	GPRC	20	68	22:04	20	9																		15	04:25
Morgan Lawley	UofA	0	69	22:05	21																			16	04:25
Freya Hik	UNA	0	76	22:08	22																			17	04:26
Marie Blais	Open	0	195	22:11	23																			18	04:26
Collette Washbrook	MACT	0	1984	22:14	24																			19	04:26
Claire Murchison	UofA	0	72	22:23	25																			20	04:27
Jen Chen	SAIT	18	29	22:28	26	10					10													21	04:29
Emily Maplethorpe	RDC	17	2	23:05	27	11	11																	22	04:30
Anna Richardson	GMU	19	37	23:11	28	12						12												23	04:37
Lauren Brookes	Open	0	1983	23:12	29																			24	04:38
Sarah Maklowsky	LCK	24	47	23:21	30	13		13																25	04:38
Stephanie Bowes	UNA	0	74	23:24	31																			26	04:40
Alexandra Robertson	GMU	20	32	23:30	32	14						14												27	04:41
Alison McPherson	SAIT	20	27	23:32	33	15					15													28	04:42
Caylee Vogel	LCK	19	44	23:37	34	16		16																29	04:42
Robyn Hebert	RDC	18	1	23:41	35	17	17																	30	04:43
Krysten Faawcett	MACT	0	1985	23:45	36																			31	04:44
Michelle Harvey	Open	46	1982	23:48	37																			32	04:45
Anna Duda	RDC	42	6	23:51	38	18	18																	33	04:46
Sophie Trageser	UNA	0	79	23:56	39																			34	04:47
Samantha Debree	RDC	18	3	23:57	40	19	19																	35	04:47
Luiza Lesniak	MACT	0	1986	23:59	41																			36	04:48
Catherine Alcorn	RDC	19	4	24:12	42	20	20																	37	04:47
Sefrah Davidduck	LCK	18	39	24:17	43	21		21																38	04:50
Sarah Hong	GMU	24	35	24:19	44	22						22												39	04:51
Laura Friesen	RDC	21	5	24:23	45	23	23																	40	04:52
Beverly Kaine	CUCA	45	51	24:38	46	24								24										41	04:53
Tess Krause	UNA	77	24:49	47																				42	04:56
Mackenzie Koopmans	LCK	46	24:51	48	25		25																	43	04:58
Stephanie Dufault	OC	12	25:04	49	26				26															44	05:01
Sarah Milner	UNA	78	25:10	50																				45	05:02
Taya Hoar	AUG	49	25:11	51	27							27												46	05:02
Amee Toporchak	LCK	45	25:17	52	28		28																	47	05:03
Alaina Wiebe	LCK	43	25:18	53	29		29																	48	05:04
Kaitlin Brady	KEY	65	25:19	54	30										30									49	05:05
Sidney Moss	RDC	7	26:13	55	31	31																		50	05:15
Megan Paxton	SAIT	30	26:17	56	32						32													51	05:15
Hana Laverick	GMU	36	26:19	57	33							33												52	05:16
Katie Boychuk	LAKE	1993	26:23	58	34																			53	05:17
Megan Bruce	GMU	34	26:33	59	35							35												54	05:19
Shelby Edgar	CUCA	52	26:44	60	36									36										55	05:21
Dannica Chief	OC	11	26:56	61	37					37														56	05:23
Randi Thiessen	STMU	26	27:47	62																				57	05:33
Brianna Schultz	AUG	48	27:52	63	38								38											58	05:34
Desiree Denney	KEY	64	28:37	64	39																			59	05:43
Nicole Wilson	RDC	8	28:50	65	40	40																		60	05:46
Jennifer Ameson	KEY	66	29:13	66	41										41									61	05:51
Nicole Wagner	OC	15	29:42	67	42					42														62	05:56
Mabel Ho	NAIT	16	29:51	68	43						43													63	05:58
Amanda Scott	Open	1995	30:04	69																				64	06:01
Kaylee Bannerman	LAKE	21	30:11	70	44																			65	06:02
Barbara Jackson	CUCA	54	31:18	71	45									45										66	06:16
Dominique McCleary	STMU	24	32:10	72																				67	06:26
Amy Stollery	OC	14	32:28	73	46					46														68	06:30
Kyra McNeil	LAKE	20	32:38	74	47																			69	06:32
Ricki Kelly Thiessen	STMU	25	32:44	75																				70	06:33
Teaghan Brophy	CUCA	55	32:46	76	48									48										71	06:33
Meghan Wilcox	NAIT	18	33:48	77	49					49														72	06:46
Megan Kent	LAKE	22	35:13	78	50																			73	07:03
Ola Olatunde	LAKE	19	38:45	79	51																			74	07:45

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

# of runners scoring					79	51	9	8	3	4	3	7	2	5	3	5	2	5	5	11	0	28
total best 4 runners							52	40		151		31		106		175		56	##	20		
rank on best 4 runners							3	2		5		1		4		6						
total best 3 runners							34	24	100	105	57	17		61	110	125		35	92	9		
rank on best 3 runners							3	2	6	7	4	1		5								

Gr 6/7 Races

Girls			Boys			Girls		
place	Name	Time	place	Name	Time	place		
1	jamie lalor	09:51	1	Brock hoel	08:48	1		
2	selena delahunty	09:54	2	jared bussiere	09:18	2		
3	eva sleik	10:11	3	carson baker	09:22	3		
4	hannah weirtanen	10:36	4	isaac wetmore	09:23	4		
5	justine larson	10:46	5	connor bole	09:24	5		
6	sam rajah	10:47	6	noah hackett	09:34	6		
7	alex fortney	10:54	7	tyler hertzberg	09:44	7		
8	megan hebert	10:57	8	joseph cossins	09:52	8		
9	brynne hebert	11:02	9	david fast	10:02	9		
10	emily reitsma	11:20	10	cameron mccallum	10:21	10		
11	dayna syach	11:30	11	lono acich	10:24	11		
12	kenna bole	11:33	12	jordan isaac	10:28	12		
13	dawson mcdonald	11:45	13	carson waines	10:35	13		
14	belle dodds	11:47	14	noah kungel	10:37	14		
15	shianna duda	11:47	15	logan lopaschuk	10:38	15		
16	anna vasquez	11:55	16	eli smith	10:41	16		
17	abbie good	13:37	17	andry harbenyuk	10:46	17		
18	mary searle	14:21	18	owen pimm	11:11	18		
19	emily tough	15:21	19	michael goh	11:12	19		
20	gina pimm	16:22	20	thomas chauvet	11:13	20		
21	gabrielle ellard	23:13	21	simon deditch	11:24	21		
			22	corben matson	11:46	22		
			23	miles costuchiano	11:34			
			24	parker mogck	11:37			
			25	carson tylosky	11:46			
			26	gage smith	12:09			
			27	korbin eyben	12:38			
			28	matt searle	14:02			
			29	soren skart	14:13			
			30	matthew allard	14:15			
			31	seaden balfour	18:10			

Gr 10 Races

Girls			Boys			Girls		
place	Name	Time	place	Name	Time	place		
1	Alyica Swanson	13:04	1	Markarty Bridges	15:08	1		
2	Myah Cota	13:26	2	Tyler Kiyomaga	15:09	2		
3	Jill Stewart	13:27	3	Ben Isaac	15:39	3		
4	Maryne Glas	15:07	4	Joshua Gette	15:44	4		
5	Mallory Fisher	15:25	5	Robert Chauvet	16:01	5		
6	Taylor Stroh	15:31	6	Jon Krause	16:17	6		
7	Bridgette Lus Chewski	16:16	7	Murray Hack	16:29	7		
8	Tristan Tudor	16:20	8	Kale Hartley	16:53	8		

9 Keanne Hall	16:48	9 Caleb Weber	17:20	9
10 Chelsea Berger	17:03	10 Nick Stauffer	17:30	10
11 Kerstin Wicher	17:46	11 Kieran Smart	17:40	11
12 Micehlle Karuse	17:47	12 Gabe Duckering	17:55	12
13 Emma Hope	18:16	13 Jason Whitrow	17:56	13
14 Hailey Rempel	18:28	14 Declan Crozier	18:36	14
15 Harlie Lawrence	18:36	15 Curtis Hallman	18:44	
16 Kali Duchshcerer	18:38	16 Lucas Huston	18:56	
17 Sarah Couve	18:47	17 Tanner Sanderson	19:14	
18 Kaitlyn McDonald	19:00	18 Seth Wuttunee	19:18	Girls
19 Savannah Curry	19:33	19 Royce Robbins	19:18	place
20 Lauren Stachko	20:22	20 Dahlin Weibe	19:30	1
21 Jasmin Kassen	21:35	21 Coton Schroeder	19:32	2
22 Milena Ricci	22:14	22 Nicholas Van Vavel	19:47	3
23 Tylo Buwalda	22:54	23 Vance LeMasurier	20:24	4
24 Cinthia Martins	27:14:00	24 Scott Mckenna	20:43	5
		25 Josh Fishhofer	20:47	6
		26 Kenjie Espeleta	21:15	7
		27 Brayden Pack	21:42	8
		28 Froilan Roque	22:17	9
		29 Nolan Pochapsky	24:11:00	10
		30 Dawson Whitther	24:12:00	11
		31 Matt Coakwell	26:34:00	12
		32 Nick Parker	30:18:00	13
				14
				15

Gr 8/9 Races

Name	Time	Boys place	Name	Time
Hailey Keirstead	12:43	1	Scott Cahlupiak	11:34
Bailey Johnson	13:03	2	Meet Rozzaq	12:47
Rachael Osczevski	14:03	3	Cody Mas	12:59
Cheyenee Goh	14:21	4	Garrett Kuhnert	13:06
Breann Wilhelm	14:43	5	Taylor Sych	13:34
Jordyn Stadnyk	15:13	6	Austin Mecredi	13:35
Sylvia Kaus	15:25	7	Alistair Baron	13:58
Ayak Deng	15:27	8	Joshua Doyon	14:31
Chance Duda	15:31	9	Isaiah Paterson	14:32
Gillian Dennehy	15:33	10	Marshall Kasa	15:07
Cyenanne McCray	15:46	11	John Golong	15:31
Kayden Byrtus	16:14	12	Ryan Adkins	15:41
Emma Strydhorst	16:27	13	Bowen Cote	16:18
Fatuma Ngole	16:57	14	Kade Becker	16:29
Kyra Hermann	16:59	15	Carson Hilburn	16:39
Kaylin Larson	17:19	16	Eric Rees	17:08
Sadie Ouellet	17:31	17	Julain Piva	17:32
Arianna Mamer	17:38			
Sarah Strydhorst	19:40			
Delaney Warkentir	20:01			
Sarah Fraser	23:11:00			
Hannah Lecerf	24:06:00			

Gr 11 Races

Name	Time	Boys place	Name	Time
Emily Lucas	16:26	1	Royden Radowits	18:02
Maddie Oxton	16:37	2	Noah Mulzet	19:05
Rebecca Petrie	17:52	3	Ben Arychuk	20:22
Dina Iatrou	18:28	4	Baiely Ostrander	20:30
Sierra Halwa	18:36	5	Paul Riek	21:13
Michael Brakwell	19:16	6	Alexander Jonker	21:37
Jade Nicoll	20:12	7	Virgil VanEaton	21:39
Alyssa Bitz	20:15	8	Addison Campbell	22:00

Shaylan Rath	21:58	9 Blake Weisgerber	22:13
Tara McDonald	23:34	10 Jeffrey Willoughby	22:59
Brittany Szabo	23:53	11 Leighton Nelson	24:03:00
Dakota Meggitt	25:16:00	12 Tevin Schmidt	25:03:00
Cassidy MacQuirri	25:18:00	13 Garrett Gill	25:53:00
Maria Svrtá	26:09:00	14 Michael Christensen	27:29:00
		15 Dery Wang	30:36:00

Gr 12 Races

		Boys	
Name	Time	place Name	Time
Nagi Ida	17:25	1 Derrick Evans	21:44
Anika Dirk	17:35	2 Mitch Dore	22:15
Natasha Smallwood	18:40	3 Michael Mykhaylov	22:16
Ashley Pasiciel	19:47	4 Liam Mohanraj	23:34
Zaza Lockhart	21:00	5 Devon Chambers	24:13:00
Brittany Lee	21:16	6 Berin Brand	24:58:00
Sharla Warawa	21:25	7 Jesse Ross	25:57:00
Rachel Kuz	21:31	8 Cole Sugden	26:15:00
Kyla Schlenker	22:02	9 Brodie Parker	26:20:00
Shelby Quinn	22:31	10 Stephen Raitz	26:38:00
Amy Metzger	22:41	11 Luke Beasley	26:47:00
Helaynea Moore	22:43	12 Josh Ridley	26:51:00
Alicia Ebehler	24:16:00	13 Shaun Campbell	26:54:00
Kaitlin Reimer	26:41:00	14 Brian Berg	26:56:00
Tianna Fischer	29:00:00	15 Brayden Gill	27:55:00
		16 Eric Richardson	28:05:00
		17 Danny Bergen	29:44:00
		18 Logan Kerkhoff	31:00:00
		19 Colten Genno	32:01:00
		20 Colton Adams	32:19:00