



MAC Track

CROSS COUNTRY SERIES RESULTS

Tuesday, September 17th, 2013

Glen Allen Rec Centre Park, Sherwood Park

GRADE 3/4 GIRLS 1200m:

| Runner | Team | Grade | Time | Place | Pace/km |
|-------------------|---------|-------|-------|-------|---------|
| Ella Royer | HOLY SP | 4 | 05:23 | 1 | 04:23 |
| Selina Kokotilo | SCA - E | 4 | 05:51 | 2 | 04:46 |
| Sarah Brodt | SCA - E | 4 | 06:04 | 3 | 04:57 |
| Kaelyn Smith | SCA - E | 3 | 06:08 | 4 | 05:00 |
| Kaiden Thorpe | BRENT | 4 | 06:10 | 5 | 05:02 |
| Jamie Vanderveen | SCA - E | 4 | 06:11 | 6 | 05:02 |
| Abbey Bjorklund | BRENT | 4 | 06:17 | 7 | 05:07 |
| Amelie Froehlich | SCA - E | 4 | 06:18 | 8 | 05:08 |
| Hannah Sawchuk | BRENT | 4 | 06:19 | 9 | 05:09 |
| Rachel Thiessen | SCA - E | 4 | 06:22 | 10 | 05:11 |
| Lauren Benterud | SCA - E | 4 | 06:35 | 11 | 05:22 |
| Taylor Duncombe | SCA - E | 3 | 06:36 | 12 | 05:23 |
| Katie Eggli | SCA - E | 3 | 06:37 | 13 | 05:24 |
| Isabelle Tchir | SCA - E | 4 | 06:40 | 14 | 05:26 |
| Solaya Milne | SCA - E | 4 | 06:47 | 15 | 05:32 |
| Makayla Talsma | SCA - E | 4 | 06:48 | 16 | 05:33 |
| Devin Kauffman | SCA - E | 3 | 06:49 | 17 | 05:33 |
| Eden Petersen | HOLY SP | 4 | 06:58 | 18 | 05:41 |
| Isabel Rankin | HOLY SP | 4 | 06:59 | 19 | 05:41 |
| Shannon Johnston | SCA - E | 3 | 07:00 | 20 | 05:42 |
| Jenna Kuhnert | SCA - E | 3 | 07:01 | 21 | 05:43 |
| Hailey Doupe | SCA - E | 3 | 07:02 | 22 | 05:44 |
| Kyla Haugen | SCA - E | 3 | 07:06 | 23 | 05:47 |
| Ashlynn Russell | SCA - E | 3 | 07:11 | 24 | 05:51 |
| Jazmin Williams | SCA - E | 4 | 07:22 | 25 | 06:00 |
| Kiley Gagnon | SCA - E | 4 | 07:23 | 26 | 06:01 |
| Jessica Alger | SCA - E | 3 | 07:24 | 27 | 06:02 |
| Jade Gunderson | SCA - E | 4 | 07:25 | 28 | 06:03 |
| Justus Robinson | SCA - E | 3 | 07:27 | 29 | 06:04 |
| Delaney Brown | SCA - E | 4 | 07:37 | 30 | 06:12 |
| Camille Shutter | SCA - E | 4 | 07:53 | 31 | 06:25 |
| Rechelle Sandoval | SCA - E | 4 | 07:59 | 32 | 06:30 |
| Anna Radford | SCA - E | 4 | 08:05 | 33 | 06:35 |
| Ashley Craig | SCA - E | 4 | 08:06 | 34 | 06:36 |
| Haley Sebastian | SCA - E | 3 | 08:15 | 35 | 06:43 |

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|----------------|---------|---|-------|----|-------|
| Eden Hay | SCA - E | 4 | 08:16 | 36 | 06:44 |
| Cadence Vriend | SCA - E | 3 | 08:49 | 37 | 07:11 |
| Kayla Mountney | SCA - E | 3 | 08:50 | 38 | 07:12 |
| Nadia Ostertag | HR | 4 | 08:54 | 39 | 07:15 |
| Ashley Alton | SCA - E | 3 | 08:56 | 40 | 07:17 |

GRADE 3/4 BOYS 1200m

| Runner | Team | Grade | Time | Place | Pace/km |
|-------------------|---------|-------|-------|-------|---------|
| Brayden Bablitz | HOLY SP | 4 | 05:12 | 1 | 04:14 |
| Colby Anderson | Ryley | 3 | 05:31 | 2 | 04:30 |
| Colin Doherty | SCA - E | 3 | 05:32 | 3 | 04:31 |
| Ian Ference | HR | 4 | 05:41 | 4 | 04:38 |
| Derrin Douglas | HOLY SP | 4 | 05:43 | 5 | 04:40 |
| Samuel Wells | SCA - E | 4 | 05:44 | 6 | 04:40 |
| Mason Fedick | SCA - E | 4 | 05:48 | 7 | 04:44 |
| Hunter Robinson | SCA - E | 4 | 05:52 | 8 | 04:47 |
| Jesse Jabs | SCA - E | 3 | 05:57 | 9 | 04:51 |
| Ethan Greidanus | SCA - E | 4 | 06:01 | 10 | 04:54 |
| Brett Halter | HOLY SP | 4 | 06:14 | 11 | 05:05 |
| Ryan Weins | SCA - E | 3 | 06:28 | 12 | 05:16 |
| Luke Amico | HR | 4 | 06:30 | 13 | 05:18 |
| Tyler Keeping | HR | 4 | 06:39 | 14 | 05:25 |
| Donavyn Shields | SCA - E | 4 | 06:43 | 15 | 05:28 |
| Khai Rishaug | HOLY SP | 4 | 06:47 | 16 | 05:32 |
| Nate Maxwell | SCA - E | 3 | 06:50 | 17 | 05:34 |
| Marcus Mountney | SCA - E | 4 | 06:51 | 18 | 05:35 |
| Jaxon Adams | SCA - E | 3 | 07:31 | 19 | 06:08 |
| Joshua LaRue | SCA - E | 4 | 07:40 | 20 | 06:15 |
| Lucas Berkenbosch | SCA - E | 3 | 08:57 | 21 | 07:18 |

GRADE 5 GIRLS 1550m

| Runner | Team | Age Group | Time | Place | Pace/km |
|---------------------|---------|-----------|-------|-------|---------|
| Kaidy Cech | BRENT | 5 | 07:03 | 1 | 04:35 |
| Evelyn Kath | SCA - E | 5 | 07:26 | 2 | 04:50 |
| Madison Boychuk | HR | 5 | 07:29 | 3 | 04:52 |
| Ella Doherty | SCA - E | 5 | 07:52 | 4 | 05:07 |
| Abbie Wiebe | HR | 5 | 08:07 | 5 | 05:17 |
| Jessica Desaulniers | HR | 5 | 08:07 | 6 | 05:17 |
| Morgan Myschuk | SCA - E | 5 | 08:12 | 7 | 05:20 |
| Sophia McCourt | OLPH | 5 | 08:56 | 8 | 05:49 |
| Hailey Machuik | HR | 5 | 09:18 | 9 | 06:03 |
| Alicia Bell | HR | 5 | 09:59 | 10 | 06:30 |
| Paige Olson | HR | 5 | 10:00 | 11 | 06:30 |

| | | | | | |
|---------------|---------|---|-------|----|-------|
| Karlie Frey | HOLY SP | 5 | 10:26 | 12 | 06:47 |
| Jaye Granberg | HOLY SP | 5 | 10:27 | 13 | 06:48 |
| Ashley Haugen | SCA - E | 5 | 10:28 | 14 | 06:49 |

GRADE 5 BOYS 1550m

| Runner | Team | Grade | Time | Place | Pace/km |
|---------------------|-------------|--------------|-------------|--------------|----------------|
| Rylan Gullacher | BRENT | 5 | 07:02 | 1 | 04:35 |
| Caleb Froehlich | SCA - E | 5 | 07:05 | 2 | 04:37 |
| Neal Healey | HOLY SP | 5 | 07:06 | 3 | 04:37 |
| Justin Sank | HR | 5 | 07:15 | 4 | 04:43 |
| Bennett Sawchuk | BRENT | 5 | 07:25 | 5 | 04:50 |
| Eli Alexander | SCA - E | 5 | 07:28 | 6 | 04:51 |
| Ryan Eggen | BRENT | 5 | 07:34 | 7 | 04:55 |
| Lucas Kauffman | SCA - E | 5 | 07:53 | 8 | 05:08 |
| Roman Tiessen | SCA - E | 5 | 07:55 | 9 | 05:09 |
| Kayden Doupe | SCA - E | 5 | 08:05 | 10 | 05:16 |
| Michael Pshebniski | ST. T | 5 | 08:28 | 11 | 05:31 |
| Nikulus Kokotilo | SCA - E | 5 | 08:36 | 12 | 05:36 |
| Wesley Redman | Ryley | 5 | 09:00 | 13 | 05:51 |
| Jake Rozak | HOLY SP | 5 | 09:11 | 14 | 05:58 |
| Marcus Pollard | ST. T | 5 | 09:55 | 15 | 06:27 |
| Breylan Ottenbreit | BRENT | 5 | 09:56 | 16 | 06:28 |
| Nicholas DiVincenzo | ST. T | 5 | 10:05 | 17 | 06:34 |
| Connor Radford | SCA - E | 5 | 10:32 | 18 | 06:51 |

GRADE 6 GIRLS 1550m

| Runner | Team | Grade | Time | Place | Pace/km |
|------------------|-------------|--------------|-------------|--------------|----------------|
| Julia McGhan | SCA - E | 6 | 06:47 | 1 | 04:23 |
| Jennifer Shapko | ST. T | 6 | 07:13 | 2 | 04:39 |
| Kendra Hudson | BRENT | 6 | 07:23 | 3 | 04:46 |
| J'lyn Ramsankar | ST. T | 6 | 07:25 | 4 | 04:47 |
| Nicole Jaremco | HR | 6 | 07:29 | 5 | 04:50 |
| Michelle Malo | HR | 6 | 07:33 | 6 | 04:52 |
| Haley Fedick | SCA - E | 6 | 07:38 | 7 | 04:55 |
| Angie Karch | HR | 6 | 07:47 | 8 | 05:01 |
| Madison Hoppus | BRENT | 6 | 07:49 | 9 | 05:03 |
| Kylie Johnston | BRENT | 6 | 07:53 | 10 | 05:05 |
| Alyssa Bjorklund | BRENT | 6 | 08:06 | 11 | 05:14 |
| Jaime Chrystian | HR | 6 | 08:07 | 12 | 05:14 |
| Maria Sawiak | ST. T | 6 | 08:14 | 13 | 05:19 |
| Natalie Hansen | ST. T | 6 | 08:15 | 14 | 05:19 |
| Isabelle Steppan | ST. T | 6 | 08:16 | 15 | 05:20 |
| Vera Verhoeven | ST. T | 6 | 08:29 | 16 | 05:28 |

| | | | | | |
|-----------------|---------|---|-------|----|-------|
| Whitney Spark | SCA - E | 6 | 09:51 | 17 | 06:21 |
| Madison McRae | HOLY SP | 6 | 10:15 | 18 | 06:37 |
| Grace Drofyszyn | HR | 6 | 11:25 | 19 | 07:22 |

GRADE 6 BOYS 1550m

| Runner | Team | Grade | Time | Place | Pace/km |
|-------------------|---------|-------|-------|-------|---------|
| Owen Alexander | SCA - E | 6 | 06:07 | 1 | 03:57 |
| Reihen Knysch | SCA - E | 6 | 07:04 | 2 | 04:34 |
| Evan Kuhnert | SCA - E | 6 | 07:27 | 3 | 04:48 |
| Quinn McDonall | BRENT | 6 | 07:41 | 4 | 04:57 |
| Blaine Johnston | SCA - E | 6 | 07:46 | 5 | 05:01 |
| Ethan Tchir | SCA - E | 6 | 08:16 | 6 | 05:20 |
| Nathan Kelndorfer | SCA - E | 6 | 09:54 | 7 | 06:23 |
| Noah Rishaug | HOLY SP | 6 | 09:57 | 8 | 06:25 |

GRADE 7 GIRLS 1800m

| Runner | Team | Grade | Time | Place | Pace/km |
|--------------------|--------|-------|-------|-------|---------|
| Kaitlin Willisko | SH HTS | 7 | 08:39 | 1 | 04:48 |
| McKenzie Kaluzniak | SH HTS | 7 | 09:09 | 2 | 05:05 |
| Avery Burgess | SH HTS | 7 | 09:56 | 3 | 05:31 |
| Beth Mullen | SH HTS | 7 | 10:09 | 4 | 05:38 |
| Emma Miller | SH HTS | 7 | 10:10 | 5 | 05:39 |
| Delaney Arntson | SH HTS | 7 | 11:06 | 6 | 06:10 |
| Maddie Halverson | SH HTS | 7 | 11:06 | 7 | 06:10 |

GRADE 7 BOYS 1800m

| Runner | Team | Grade | Time | Place | Pace/km |
|--------------------|---------|-------|-------|-------|---------|
| Ian Hall | SH HTS | 7 | 07:57 | 1 | 04:25 |
| Jeff Gee | ST. T | 7 | 08:17 | 2 | 04:36 |
| Rashaun Ellis | SH HTS | 7 | 08:18 | 3 | 04:37 |
| Garth MacDonald | ST. T | 7 | 08:43 | 4 | 04:51 |
| Josh Frye | ST. T | 7 | 09:53 | 5 | 05:29 |
| Phillip Vandervalk | HOLY SP | 7 | 09:23 | 6 | 05:13 |

GRADE 8 GIRLS 1800m

| Runner | Team | Grade | Time | Place | Pace/km |
|-----------------|--------|-------|-------|-------|---------|
| Emily Pinkoski | ST. T | 8 | 08:19 | 1 | 04:37 |
| Jessica Tchida | SH HTS | 8 | 08:23 | 2 | 04:39 |
| Kim Edgar | SH HTS | 8 | 08:57 | 3 | 04:58 |
| Cara Johnson | SH HTS | 8 | 09:13 | 4 | 05:07 |
| Teya Gaehring | SH HTS | 8 | 09:28 | 5 | 05:16 |
| Sydney McDonall | SH HTS | 8 | 09:48 | 6 | 05:27 |
| Jasmin Bunko | SH HTS | 8 | 11:14 | 7 | 06:14 |

GRADE 8 BOYS 2845m

| Runner | Team | Grade | Time | Place | Pace/km |
|-----------------|---------|-------|-------|-------|---------|
| Jefferson Alade | SH HTS | 8 | 10:53 | 1 | 03:50 |
| Ross Ramsankar | ST. T | 8 | 11:43 | 2 | 04:07 |
| Ethan McGhan | SCA-SEC | 8 | 11:50 | 3 | 04:10 |
| Brodie Hamilton | ST. T | 8 | 17:21 | 4 | 06:06 |

GRADE 9 GIRLS 2845m

| Runner | Team | Grade | Time | Place | Pace/km |
|---------------|--------|-------|-------|-------|---------|
| Megan Nowlan | SH HTS | 9 | 13:59 | 1 | 04:55 |
| Emily Dyck | SH HTS | 9 | 14:06 | 2 | 04:57 |
| Meghan Eccles | SH HTS | 9 | 14:23 | 3 | 05:03 |

GRADE 9 BOYS 2845m

| Runner | Team | Grade | Time | Place | Pace/km |
|--------------|--------|-------|-------|-------|---------|
| Aaron Boyle | LONDON | 9 | 10:25 | 1 | 03:40 |
| Lee Burgess | SH HTS | 9 | 11:43 | 2 | 04:07 |
| Ethan Jansen | SH HTS | 9 | 12:04 | 3 | 04:14 |