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	0	0	0	0	0	0	Pace/km
Jamie Wigmore	GPRC	218	18:40	1	1					1											03:44
Marriya 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
Jayme 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

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	56	41	4	6	2	6	6	6	6	3	2	0	0	0	0	0	0
# of exhibition runners		15	0	3	0	3	1	7	1	0	0	0	0	0	0	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	0	0	0	0	0	0