

2024 Canada West XC Championship - Oct.26/2024
Results by Team

8K Women - 4.97 Miles**ALB-F Alberta Golden Bears/Pandas**

OA/PI Name	Bib#	Time	Pace/K	Pace/M	Offset	Lap 1	Lap 2	
18/55 BOSTON, NATALIE	101	31:46.076	03:58	06:23	+00:03:07	15:43.314	16:02.762	E1
28/55 HOPKINS, OLIVIA	106	32:20.710	04:02	06:30	+00:03:41	15:43.191	16:37.519	E4
42/55 HEINRICH, ELLA	105	33:24.231	04:10	06:43	+00:04:45	16:15.174	17:09.057	E2
44/55 GLADDISH, JAMIE	104	33:42.606	04:12	06:46	+00:05:03	16:20.435	17:22.171	E2
52/55 DUNN, LIBBY	102	34:53.176	04:21	07:01	+00:06:14	16:44.416	18:08.760	R

MAN-F Manitoba Bisons

OA/PI Name	Bib#	Time	Pace/K	Pace/M	Offset	Lap 1	Lap 2	
31/55 KLASSEN, LENA	107	32:30.912	04:03	06:32	+00:03:51	15:50.393	16:40.519	E2
35/55 KROEKER, ANGELA	108	33:01.993	04:07	06:38	+00:04:23	15:58.757	17:03.236	E4

TWU-F Trinity Western Spartans

OA/PI Name	Bib#	Time	Pace/K	Pace/M	Offset	Lap 1	Lap 2	
1/55 NANKIVELL, CONSTANCE	110	28:38.929	03:34	05:45	+00:00:00	14:03.268	14:35.661	E2
26/55 REISDORF, NAOMI	111	32:16.618	04:02	06:29	+00:03:37	15:49.874	16:26.744	E5
55/55 ROPER, CATHERINE	112	37:58.892	04:44	07:38	+00:09:19	17:58.708	20:00.184	E1

UBCO-F UBC Okanagan Heat

OA/PI Name	Bib#	Time	Pace/K	Pace/M	Offset	Lap 1	Lap 2	
2/55 MCNEIL, LAUREN	117	29:16.640	03:39	05:53	+00:00:37	14:20.145	14:56.495	E2
7/55 SMITH, KRISTEN	119	30:28.030	03:48	06:07	+00:01:49	15:15.511	15:12.519	E4
20/55 LAWLOR, BROOKE	116	32:00.865	04:00	06:26	+00:03:21	15:46.083	16:14.782	E3
21/55 MILNE, LYS	118	32:03.349	04:00	06:26	+00:03:24	15:52.973	16:10.376	E4
23/55 HAMILTON, SOPHIE	114	32:06.654	04:00	06:27	+00:03:27	15:45.274	16:21.380	R
29/55 WIGMORE, ELLA	120	32:22.194	04:02	06:30	+00:03:43	15:56.557	16:25.637	E3
38/55 KABAN, MADELYN	115	33:06.138	04:08	06:39	+00:04:27	16:12.834	16:53.304	E3

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8K Women - 4.97 Miles**UBCT-F UBC Thunderbirds**

OA/PI Name	Bib#	Time	Pace/K	Pace/M	Offset	Lap 1	Lap 2	
3/55 MACGILLIVRAY, HOLLY	125	29:55.711	03:44	06:01	+00:01:16	15:06.452	14:49.259	E4
8/55 MORTIMER, RACHEL	128	30:32.273	03:49	06:08	+00:01:53	15:15.683	15:16.590	E4
11/55 PFOHL, AMELIA	129	31:06.890	03:53	06:15	+00:02:27	15:16.034	15:50.856	E4
14/55 YLIPAHKALA, ABBY	131	31:21.702	03:55	06:18	+00:02:42	15:50.316	15:31.386	E4
16/55 ERICKSON, JENNIFER	123	31:29.834	03:56	06:20	+00:02:50	15:50.115	15:39.719	E4
17/55 FLEMING, ELYSSE	124	31:33.747	03:56	06:21	+00:02:54	15:50.375	15:43.372	E4
19/55 CAMPBELL, MACKENZIE	121	31:51.068	03:58	06:24	+00:03:12	15:50.572	16:00.496	E4
22/55 COTTERELL, KATELYN	122	32:05.598	04:00	06:27	+00:03:26	15:49.605	16:15.993	E2
25/55 MACGILLIVRAY, SARAH	126	32:15.864	04:01	06:29	+00:03:36	15:55.980	16:19.884	E3
33/55 MCDONALD, RACHEL	127	32:50.553	04:06	06:36	+00:04:11	16:11.895	16:38.658	R
50/55 UNGER, ZOE	130	34:29.714	04:18	06:56	+00:05:50	16:53.656	17:36.058	R

UOFC-F University of Calgary

OA/PI Name	Bib#	Time	Pace/K	Pace/M	Offset	Lap 1	Lap 2	
24/55 JENSEN, SOPHIE	136	32:10.896	04:01	06:28	+00:03:31	16:02.463	16:08.433	R
30/55 ERVIN-ARAMBARRI, AMAIA	132	32:23.810	04:02	06:31	+00:03:44	16:02.293	16:21.517	E2
41/55 TURNER, CHLOE	138	33:19.918	04:09	06:42	+00:04:40	16:09.450	17:10.468	E2
43/55 IRVIN, CSENIA	135	33:33.933	04:11	06:45	+00:04:55	16:29.035	17:04.898	R
47/55 SELVAGE, NATALIE	137	34:10.874	04:16	06:52	+00:05:31	16:40.511	17:30.363	R
48/55 GENTILE, LILY	134	34:14.950	04:16	06:53	+00:05:36	16:43.867	17:31.083	E4
53/55 GARTNER, ALISON	133	35:14.362	04:24	07:05	+00:06:35	16:52.837	18:21.525	E4

UOFR-F Regina Cougars

OA/PI Name	Bib#	Time	Pace/K	Pace/M	Offset	Lap 1	Lap 2	
51/55 LEBELL, HARPER	140	34:33.863	04:19	06:57	+00:05:54	17:02.518	17:31.345	E1
54/55 GAUVIN, VERA	139	36:04.706	04:30	07:15	+00:07:25	17:40.070	18:24.636	E2

UOFS-F Saskatchewan Huskies

OA/PI Name	Bib#	Time	Pace/K	Pace/M	Offset	Lap 1	Lap 2	
4/55 HARRISON, KAITLYN	145	30:00.468	03:45	06:02	+00:01:21	15:07.152	14:53.316	E5
10/55 SWARTZ, JENICA	150	30:48.349	03:51	06:11	+00:02:09	15:16.735	15:31.614	E4
36/55 CROSS CHILD, JAIRA	143	33:03.161	04:07	06:39	+00:04:24	16:24.775	16:38.386	E5
37/55 BUTLER-SIEMENS, RAYNE	142	33:05.552	04:08	06:39	+00:04:26	16:12.227	16:53.325	E5
39/55 NOVAKOWSKI, SARAH	147	33:13.591	04:09	06:41	+00:04:34	16:17.215	16:56.376	E4
40/55 RONEY, BROOKLYN	149	33:16.145	04:09	06:41	+00:04:37	16:20.819	16:55.326	E3
45/55 TIEDE, MORGAN	151	33:55.261	04:14	06:49	+00:05:16	16:33.510	17:21.751	E2
49/55 NOVECOSKY, ALLISON	148	34:25.450	04:18	06:55	+00:05:46	16:42.851	17:42.599	E4

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8K Women - 4.97 Miles**UVIC-F Victoria Vikes**

OA/PI Name	Bib#	Time	Pace/K	Pace/M	Offset	Lap 1	Lap 2	
5/55 OWENS, ERIN	161	30:09.820	03:46	06:04	+00:01:30	15:07.431	15:02.389	E4
6/55 THOMPSON, MARISHA	163	30:27.749	03:48	06:07	+00:01:48	15:07.091	15:20.658	E1
9/55 COATES, ELISE	156	30:38.554	03:49	06:09	+00:01:59	15:15.067	15:23.487	E2
12/55 REIMER, COLETTE	162	31:12.468	03:54	06:16	+00:02:33	15:16.542	15:55.926	E1
13/55 CHAN, DELANEY	155	31:15.303	03:54	06:17	+00:02:36	15:36.369	15:38.934	E4
15/55 FRIELINK, ELISSA	159	31:26.411	03:55	06:19	+00:02:47	15:51.035	15:35.376	E3
27/55 ABBOTT, HAILEY	153	32:17.387	04:02	06:29	+00:03:38	15:57.404	16:19.983	E3
32/55 CUMMING, MACKENZIE	158	32:37.145	04:04	06:33	+00:03:58	16:02.007	16:35.138	E2
34/55 OHRLING, SOFIE	160	32:52.895	04:06	06:36	+00:04:13	16:03.360	16:49.535	E4
46/55 COCKBURN, SAMARA	157	34:00.910	04:15	06:50	+00:05:21	16:34.555	17:26.355	E3