

**Queen's XC Invitational 2016**  
**Fort Henry Hill, Kingston, Ontario**  
**Results by www.runningbydesign.com**

15/10/2016 - 15/10/2016

15/10/2016

**Event # 1 WOMENS 8km Run**

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	QUEEN'S GAELS	24	1-2-6-7-8	11-13	2:26:09	3:39.23	29:13.87	2:27
2	WESTERN UNIVERSITY	31	3-4-5-9-10	12-14	2:26:52	3:40.28	29:22.31	2:42
3	TRENT UNIVERSITY	96	15-16-19-22-24	25-26	2:53:53	4:20.82	34:46.57	7:25
4	NIPISSING LAKERS	99	17-18-20-21-23		2:52:33	4:18.81	34:30.55	3:13

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	43	Claire Sumner			QUEEN'S GAELS	1	3:28.86	<b>27:50.91</b>
2	2	42	Julie-Anne Staehli			QUEEN'S GAELS	2	3:28.98	<b>27:51.91</b>
3		27	Brogan MacDougall			PHYSI-KULT	1	3:29.26	<b>27:54.12</b>
4	3	119	Kristina Popadich			WESTERN UNIVERSITY	1	3:29.31	<b>27:54.50</b>
5		85	Victoria Coates			PHYSI-KULT	2	3:32.62	<b>28:21.00</b>
6	4	120	Amy Stephenson			WESTERN UNIVERSITY	2	3:33.49	<b>28:27.97</b>
7		1	Colleen Wilson			DALHOUSIE	1	3:38.37	<b>29:07.00</b>
8	5	115	Katherine Lampard			WESTERN UNIVERSITY	3	3:40.11	<b>29:20.88</b>
9	6	36	Beatrice Cigagna			QUEEN'S GAELS	3	3:44.09	<b>29:52.78</b>
10		140	Shona Mcculloch			UNATTACHED		3:44.25	<b>29:54.06</b>
11		135	Emma Tallman			WESTERN ALUMNI	1	3:45.36	<b>30:02.91</b>
12	7	41	Taylor Sills			QUEEN'S GAELS	4	3:46.87	<b>30:15.00</b>
13	8	39	Shannen Murray			QUEEN'S GAELS	5	3:47.34	<b>30:18.75</b>
14	9	112	Courtney Brohart			WESTERN UNIVERSITY	4	3:48.96	<b>30:31.72</b>
15	10	122	Kortney Watson			WESTERN UNIVERSITY	5	3:49.56	<b>30:36.50</b>
16	11	37	Lindsay Kary			QUEEN'S GAELS	6	3:49.81	<b>30:38.53</b>
17		2	Karissa LePage			EDMONTON HARRIERS TC	1	3:51.36	<b>30:50.91</b>
18	12	116	Meredith Leitch			WESTERN UNIVERSITY	6	3:52.55	<b>31:00.41</b>
19	13	40	Heidi Ohrling			QUEEN'S GAELS	7	3:53.36	<b>31:06.91</b>
20		139	Donna Mae Robins			UNATTACHED		3:55.67	<b>31:25.41</b>
21	14	121	Anjoli Vanderkuur			WESTERN UNIVERSITY	7	3:56.39	<b>31:31.12</b>
22		5	Heather Maxfield			LAKEHEAD UNIVERSITY	1	3:57.25	<b>31:38.06</b>
23	15	77	Bianca Tavares			TRENT UNIVERSITY	1	3:59.04	<b>31:52.34</b>
24		34	Claudia Belanger			QUEEN'S GAELS	8	4:00.18	<b>32:01.50</b>
25		26	Braeden Brown			PHYSI-KULT	3	4:01.32	<b>32:10.59</b>
26		102	Sasha Zarnke			UNATTACHED QUEEN'S		4:02.73	<b>32:21.91</b>
27		113	Kate Current			WESTERN UNIVERSITY	8	4:03.05	<b>32:24.44</b>
28		114	Mariel Flutters			WESTERN UNIVERSITY	9	4:03.44	<b>32:27.59</b>
29	16	74	Sarah Law			TRENT UNIVERSITY	2	4:03.71	<b>32:29.75</b>
30		4	Kayla Gallo			LAKEHEAD UNIVERSITY	2	4:03.88	<b>32:31.06</b>
31		109	Hailey Dick			WESTERN ESPOIR	1	4:05.73	<b>32:45.91</b>
32	17	16	Stephanie Knowles			NIPISSING LAKERS	1	4:07.30	<b>32:58.41</b>
33	18	14	Katie Gibson			NIPISSING LAKERS	2	4:09.05	<b>33:12.41</b>
34		100	Alanna Sherman			UNATTACHED QUEEN'S		4:12.07	<b>33:36.59</b>
35		118	Michelle Moakler			WESTERN UNIVERSITY	10	4:12.17	<b>33:37.43</b>
36		110	Lauren Negrazis			WESTERN ESPOIR	2	4:14.35	<b>33:54.84</b>
37	19	83	Anastasia Nepotiuk			TRENT UNIVERSITY	3	4:17.11	<b>34:16.94</b>
38		101	Natasha Wong			UNATTACHED QUEEN'S		4:18.08	<b>34:24.69</b>
39	20	13	Megan Cruickshank			NIPISSING LAKERS	3	4:19.17	<b>34:33.38</b>
40		96	Emma Howard			UNATTACHED QUEEN'S		4:19.33	<b>34:34.66</b>

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41		3	Natasha Frank		LAKEHEAD UNIVERSITY	3	4:21.19	<b>34:49.56</b>
42	21	12	Sarah Arendt		NIPISSING LAKERS	4	4:27.12	<b>35:36.97</b>
43	22	73	Hannah Coates		TRENT UNIVERSITY	4	4:29.48	<b>35:55.84</b>
44	23	18	Jessica Mazzone		NIPISSING LAKERS	5	4:31.44	<b>36:11.59</b>
45	24	78	Magdalena Ziemnicki		TRENT UNIVERSITY	5	4:54.75	<b>39:18.00</b>
46	25	75	Meaghan McLaren		TRENT UNIVERSITY	6	5:13.62	<b>41:49.00</b>
47		138	Carly Davenport	20	UNATTACHED		5:15.12	<b>42:01.00</b>
48	26	76	Rachel Schonewille		TRENT UNIVERSITY	7	5:42.00	<b>45:36.00</b>

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**Event # 2 MENS 8km Run**

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	WESTERN UNIVERSITY	28	1-3-7-8-9	10-11	2:05:42	3:40.28	25:08.41	54
2	QUEEN'S GAELS	29	2-4-5-6-12	14-16	2:06:46	3:39.23	25:21.26	1:07
3	LAKEHEAD UNIVERSITY	89	15-17-18-19-20	24	2:13:40	3:20.48	26:43.90	1:22
4	ROYAL MILITARY COLLEGE	118	13-23-25-28-29	30-32	2:22:59	3:34.47	28:35.78	3:56
5	NIPISSING LAKERS	127	21-22-26-27-31	33	2:24:39	4:18.81	28:55.77	2:29

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
1	1	132	Jack Sheffar			WESTERN UNIVERSITY	1	3:04.07	<b>24:32.56</b>
2		94	Blair Morgan			UNATTACHED		3:05.67	<b>24:45.38</b>
3	2	58	Eric Wynands			QUEEN'S GAELS	1	3:06.11	<b>24:48.94</b>
4	3	125	Ben Carson			WESTERN UNIVERSITY	2	3:06.82	<b>24:54.59</b>
5		137	Phil Parrot-Migas			WESTERN ALUMNI	1	3:07.93	<b>25:03.47</b>
6	4	55	Mark Schmidt			QUEEN'S GAELS	2	3:09.91	<b>25:19.28</b>
7	5	51	Rob Kanko			QUEEN'S GAELS	3	3:10.03	<b>25:20.24</b>
8		72	Rob Asselstine			ST. LAWRENCE COLLEGE	1	3:10.10	<b>25:20.84</b>
9	6	48	Millar Coveney			QUEEN'S GAELS	4	3:10.13	<b>25:21.09</b>
10	7	130	Shane Roberts			WESTERN UNIVERSITY	3	3:10.23	<b>25:21.87</b>
11	8	128	Thomas De Vries			WESTERN UNIVERSITY	4	3:10.78	<b>25:26.28</b>
12	9	133	Muhumed Sirage			WESTERN UNIVERSITY	5	3:10.84	<b>25:26.78</b>
13	10	131	Matt Sheeler			WESTERN UNIVERSITY	6	3:13.13	<b>25:45.09</b>
14		90	Riley Johnson			UNATTACHED		3:13.98	<b>25:51.88</b>
15	11	123	Miles Avalos			WESTERN UNIVERSITY	7	3:14.12	<b>25:53.03</b>
16		136	Hunter Andrin			WESTERN ALUMNI	2	3:14.40	<b>25:55.22</b>
17	12	57	Joey Stel			QUEEN'S GAELS	5	3:14.59	<b>25:56.78</b>
18	13	70	Logan Roots			ROYAL MILITARY COLLEGE	1	3:14.85	<b>25:58.81</b>
19	14	44	Kevin Azocar			QUEEN'S GAELS	6	3:15.53	<b>26:04.25</b>
20	15	9	Gavin Shields			LAKEHEAD UNIVERSITY	1	3:16.54	<b>26:12.34</b>
21	16	50	Gavin Hatheway			QUEEN'S GAELS	7	3:16.67	<b>26:13.40</b>
22		129	Triphon Moodie			WESTERN UNIVERSITY	8	3:17.16	<b>26:17.28</b>
23	17	11	Tyler White			LAKEHEAD UNIVERSITY	2	3:18.70	<b>26:29.66</b>
24		54	Graeme Law			QUEEN'S GAELS	8	3:18.75	<b>26:30.02</b>
25	18	8	Derek Patterson			LAKEHEAD UNIVERSITY	3	3:19.85	<b>26:38.81</b>
26		53	Dakota Lavery			QUEEN'S GAELS	9	3:20.06	<b>26:40.53</b>
27	19	7	Joe McDonough			LAKEHEAD UNIVERSITY	4	3:20.46	<b>26:43.69</b>
28		126	Adam Clayton			WESTERN UNIVERSITY	9	3:20.58	<b>26:44.65</b>
29		93	Joshua Martin			UNATTACHED		3:20.64	<b>26:45.15</b>
30		87	Mitch Cauchi			UNATTACHED		3:20.76	<b>26:46.09</b>
31		111	Isaiah Fernandes			WESTERN ESPOIR	1	3:21.72	<b>26:53.78</b>
32		30	Chris Fitzgibbon			QUEEN'S ALUMNI	1	3:21.99	<b>26:55.97</b>
33		47	Declan Colwell			QUEEN'S GAELS	10	3:22.98	<b>27:03.91</b>
34		127	Brendan Costello			WESTERN UNIVERSITY	10	3:23.79	<b>27:10.38</b>
35		49	Miles Dignum			QUEEN'S GAELS	11	3:24.03	<b>27:12.28</b>
36		134	Carter Wood			WESTERN UNIVERSITY	11	3:25.06	<b>27:20.50</b>
37		56	Malcolm Southerland			QUEEN'S GAELS	12	3:25.51	<b>27:24.09</b>
38		32	Michael Styba			QUEEN'S ALUMNI	2	3:26.31	<b>27:30.53</b>

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39		105	Will Litchfield	UNATTACHED QUEEN'S		3:26.35	<b>27:30.84</b>
40	20	6	Andrew Galloway	LAKEHEAD UNIVERSITY	5	3:26.87	<b>27:35.00</b>
41		104	Matt Corolis	UNATTACHED QUEEN'S		3:27.56	<b>27:40.50</b>
42	21	23	Teagan Retty	NIPISSING LAKERS	1	3:27.85	<b>27:42.81</b>
43		45	Cam Bardwell	QUEEN'S GAELS	13	3:28.07	<b>27:44.59</b>
44	22	21	Travis Mann	NIPISSING LAKERS	2	3:29.76	<b>27:58.09</b>
45		106	Spencer Raby	UNATTACHED QUEEN'S		3:30.51	<b>28:04.12</b>
46		107	Paul Riek	UNATTACHED QUEEN'S		3:32.96	<b>28:23.72</b>
47		103	Brenden Chow	UNATTACHED QUEEN'S		3:33.03	<b>28:24.31</b>
48	23	59	Jeremy Billard	ROYAL MILITARY COLLE	2	3:34.55	<b>28:36.41</b>
49	24	10	Josh Stovel	LAKEHEAD UNIVERSITY	6	3:36.18	<b>28:49.50</b>
50	25	63	Aaron Jane	ROYAL MILITARY COLLE	3	3:36.39	<b>28:51.12</b>
51		89	Matthew Johnston	UNATTACHED		3:36.48	<b>28:51.90</b>
52		81	Sean Ibbot	TRENT UNIVERSITY	1	3:37.03	<b>28:56.28</b>
53	26	25	Bryan Stone	NIPISSING LAKERS	3	3:39.13	<b>29:13.06</b>
54		91	Ben Jones	UNATTACHED		3:40.81	<b>29:26.53</b>
55	27	22	Malcolm McCubbin	NIPISSING LAKERS	4	3:41.59	<b>29:32.78</b>
56	28	61	Philippe Desharnais	ROYAL MILITARY COLLE	4	3:42.13	<b>29:37.06</b>
57	29	62	William Goldney	ROYAL MILITARY COLLE	5	3:44.43	<b>29:55.50</b>
58	30	67	Reid Nelson	ROYAL MILITARY COLLE	6	3:46.08	<b>30:08.69</b>
59	31	24	Logan Saunders	NIPISSING LAKERS	5	3:46.51	<b>30:12.12</b>
60	32	64	Andrew Juvonen	ROYAL MILITARY COLLE	7	3:47.63	<b>30:21.06</b>
61		52	Evan Lasky	QUEEN'S GAELS	14	3:50.17	<b>30:41.38</b>
62		65	Andrew Kerr	ROYAL MILITARY COLLE	8	3:52.75	<b>31:02.06</b>
63		88	Kyle Ford	UNATTACHED		3:54.74	<b>31:17.94</b>
64		68	Nathan Ridley	ROYAL MILITARY COLLE	9	3:58.26	<b>31:46.12</b>
65		82	Connor McCarthy	TRENT UNIVERSITY	2	4:01.23	<b>32:09.88</b>
66		84	Carlo Smith	TRENT UNIVERSITY	3	4:02.53	<b>32:20.25</b>
67		66	Michael Moore	ROYAL MILITARY COLLE	10	4:02.85	<b>32:22.84</b>
68	33	20	Jeff Mailloux	NIPISSING LAKERS	6	4:04.24	<b>32:33.94</b>
69		69	Shanon Rochat	ROYAL MILITARY COLLE	11	4:05.41	<b>32:43.31</b>