

2010 Queen's XC Invitational

Fort Henry Hill

10/16/2010

Kingston, Ontario

Event # 2 MENS 9.6k Dash

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	OTTAWA ELITE RUNNING	37	1-3-7-8-18	
2	QUEEN'S UNIVERSITY	39	2-4-6-12-15	23-25
3	UNIV. OF TORONTO	57	5-9-13-14-16	19-20
4	UNIV. OF WATERLOO	130	17-21-28-29-35	37-46
5	LAKEHEAD UNIVERSITY	132	10-26-31-32-33	39
6	ROYAL MILITARY COLL.	191	27-34-41-42-47	51-52
7	YORK UNIVERSITY	205	30-38-44-45-48	53-56
8	BROCK UNIVERSITY	221	24-40-43-55-59	
9	NIPISSING UNIVERSITY	238	22-36-54-62-64	65-66
10	CONESTOGA COLLEGE	242	11-49-58-61-63	68-69
11	TRENT UNIVERSITY	304	50-57-60-67-70	

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	51	Yves Sikubwabo			OTTAWA ELITE RUNNING	1	29:20
2	2	91	Matt Hulse			QUEEN'S UNIVERSITY	1	29:40
3	3	48	Maya Aden			OTTAWA ELITE RUNNING	2	30:30
4		130	Steve Hosier			RYERSON UNIVERSITY	1	30:36
5	4	97	Clay Patterson			QUEEN'S UNIVERSITY	2	30:38
6	5	165	Gavin Hamilton			UNIV. OF TORONTO	1	30:43
7	6	86	Andrew Courchene			QUEEN'S UNIVERSITY	3	30:52
8		58	Mike Gill			PHYSI-KULT	1	30:56
9	7	50	Pat Marion			OTTAWA ELITE RUNNING	3	31:00
10	8	49	Kyle Desormeaux			OTTAWA ELITE RUNNING	4	31:01
11	9	171	Alexei Strokach			UNIV. OF TORONTO	2	31:05
12	10	23	Alastair Brown			LAKEHEAD UNIVERSITY	1	31:05
13	11	233	Jason Smith			CONESTOGA COLLEGE	1	31:08
14	12	88	Oliver Hatheway			QUEEN'S UNIVERSITY	4	31:19
15	13	160	Zain Ahmed			UNIV. OF TORONTO	3	31:19
16	14	164	Alex Denault			UNIV. OF TORONTO	4	31:22
17	15	87	Alexander Green			QUEEN'S UNIVERSITY	5	31:22
18	16	169	Antun Pavelic			UNIV. OF TORONTO	5	31:24
19	17	200	Patrick MacKinnon			UNIV. OF WATERLOO	1	31:27
20	18	240	Josh Roundell			OTTAWA ELITE RUNNING	5	31:28
21	19	166	Max Holden			UNIV. OF TORONTO	6	31:35
22		56	Rob Asselstine			PHYSI-KULT	2	31:37
23	20	163	Ethan Davenport			UNIV. OF TORONTO	7	31:45
24	21	190	Charly Allan			UNIV. OF WATERLOO	2	31:45
25	22	42	Benjamin Brzezynski			NIPISSING UNIVERSITY	1	31:48
26	23	93	Tyson Loney			QUEEN'S UNIVERSITY	6	31:49
27	24	10	Kevin Moore			BROCK UNIVERSITY	1	31:57
28	25	81	Jeff Archer			QUEEN'S UNIVERSITY	7	32:02
29		85	Jeff Costen			QUEEN'S UNIVERSITY	8	32:03
30	26	25	Daniel Howells			LAKEHEAD UNIVERSITY	2	32:05
31		146	David Sharratt			UNATTACHED		32:06
32		173	Jake Woloshyn			UNIV. OF TORONTO	8	32:07
33		100	Colin Simpson			QUEEN'S UNIVERSITY	9	32:08

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34	27	121	Richard Hayes	ROYAL MILITARY COLL.	1	32:12
35		83	Cody Beals	QUEEN'S UNIVERSITY	10	32:14
36		96	Michael Nishiyama	QUEEN'S UNIVERSITY	11	32:18
37	28	198	Steve Jones	UNIV. OF WATERLOO	3	32:21
38	29	206	Justin Spalvieri	UNIV. OF WATERLOO	4	32:23
39	30	221	Kevin Montgomery	YORK UNIVERSITY	1	32:28
40	31	24	Chris Brown	LAKEHEAD UNIVERSITY	3	32:32
41		161	Alex Belluzzo	UNIV. OF TORONTO	9	32:35
42		84	Jeffrey Behan	QUEEN'S UNIVERSITY	12	32:37
43	32	28	Travis Roske	LAKEHEAD UNIVERSITY	4	32:44
44		168	Andrew Nicholl	UNIV. OF TORONTO	10	32:45
45	33	26	Dustin Moore	LAKEHEAD UNIVERSITY	5	32:46
46	34	125	John Marshall	ROYAL MILITARY COLL.	2	32:47
47		147	Jay Brecher	UNIV. OF TORONTO TC	1	32:48
48		102	Matthew Tiampo	QUEEN'S UNIVERSITY	13	32:55
49		94	Nick McGraw	QUEEN'S UNIVERSITY	14	32:59
50	35	194	Devon Briggs	UNIV. OF WATERLOO	5	33:06
51		82	Kevin Azocar	QUEEN'S UNIVERSITY	15	33:12
52	36	45	Kevin Gallagher	NIPISSING UNIVERSITY	2	33:30
53		167	Andrew Kennedy	UNIV. OF TORONTO	11	33:44
54	37	202	Liam Mulroy	UNIV. OF WATERLOO	6	33:49
55	38	220	Ethan Henry	YORK UNIVERSITY	2	33:52
56	39	27	Dalton Rismay	LAKEHEAD UNIVERSITY	6	33:54
57		90	Jan-Louis Henning	QUEEN'S UNIVERSITY	16	33:58
58	40	12	Mike Van Bakel	BROCK UNIVERSITY	2	33:59
59	41	126	Donald Saul	ROYAL MILITARY COLL.	3	34:00
60	42	122	Eric Henderson	ROYAL MILITARY COLL.	4	34:02
61	43	11	Cass Sica	BROCK UNIVERSITY	3	34:13
62		57	Ben Burr	PHYSI-KULT	3	34:22
63		80	Gerasimos Angelatos	QUEEN'S UNIVERSITY	17	34:29
64	44	224	Jimmy Roundell	YORK UNIVERSITY	3	34:29
65		98	Ian Polos	QUEEN'S UNIVERSITY	18	34:31
66		53	Connor Bolton	PETERBOROUGH LEGION	1	34:33
67		95	Jeffrey Mountjoy	QUEEN'S UNIVERSITY	19	34:33
68	45	219	Yuestas David	YORK UNIVERSITY	4	34:40
69	46	195	Adam Dobri	UNIV. OF WATERLOO	7	34:49
70	47	118	David Bernatchez	ROYAL MILITARY COLL.	5	34:55
71	48	218	Esteban Clavijo	YORK UNIVERSITY	5	35:06
72		172	Mitsuru Wilson	UNIV. OF TORONTO	12	35:11
73	49	232	Paul Trembley	CONESTOGA COLLEGE	2	35:11
74	50	142	Jakub Misiek	TRENT UNIVERSITY	1	35:19
75	51	129	Jordan Vadala	ROYAL MILITARY COLL.	6	35:20
76	52	119	Matthew Fleet	ROYAL MILITARY COLL.	7	35:23
77		193	Troy Biddle	UNIV. OF WATERLOO	8	35:31
78		124	Olivier Lafreniere-Abel	ROYAL MILITARY COLL.	8	35:40
79		203	Ryan Santos	UNIV. OF WATERLOO	9	36:03
80		210	Lawrence Xie	UNIV. OF WATERLOO	10	36:11
81	53	222	Bobby Powell	YORK UNIVERSITY	6	36:11
82	54	43	Alexander Burley	NIPISSING UNIVERSITY	3	36:20
83	55	7	Miles Bason	BROCK UNIVERSITY	4	36:26
84	56	223	Andre Raposso	YORK UNIVERSITY	7	36:30
85		103	Colin Widdis	QUEEN'S UNIVERSITY	20	36:31

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86		196	Jay Garg	UNIV. OF WATERLOO	11	36:34
87	57	143	Dan Raymond	TRENT UNIVERSITY	2	36:35
88		209	Colin Tweddle	UNIV. OF WATERLOO	12	36:37
89	58	234	Brendan Hancock	CONESTOGA COLLEGE	3	36:43
90		217	Chris Anderson	YORK UNIVERSITY	8	37:02
91		123	James Jessup	ROYAL MILITARY COLL.	9	37:29
92	59	8	Mike MacKett	BROCK UNIVERSITY	5	37:31
93	60	140	Dan Cain	TRENT UNIVERSITY	3	37:31
94		127	Colin Shannon	ROYAL MILITARY COLL.	10	37:43
95		104	Jeremy Yen-Chiu	QUEEN'S UNIVERSITY	21	37:43
96		128	Nicholas Tremblay	ROYAL MILITARY COLL.	11	37:44
97	61	235	Mike McDougall	CONESTOGA COLLEGE	4	38:02
98		92	Corbin Johnston	QUEEN'S UNIVERSITY	22	38:21
99	62	44	Rory Currie	NIPISSING UNIVERSITY	4	38:38
100	63	239	Free Toda	CONESTOGA COLLEGE	5	38:49
101		120	Gordon Hallam	ROYAL MILITARY COLL.	12	39:06
102	64	40	Andrew Barson	NIPISSING UNIVERSITY	5	39:16
103	65	46	Andrew Laronde	NIPISSING UNIVERSITY	6	39:36
104		117	Felix Belzile	ROYAL MILITARY COLL.	13	39:45
105		197	Jason Gordon	UNIV. OF WATERLOO	13	40:08
106	66	41	Curtis Brennan	NIPISSING UNIVERSITY	7	40:41
107	67	139	Ian Boyce	TRENT UNIVERSITY	4	40:42
108	68	237	Kyle Giroday	CONESTOGA COLLEGE	6	41:05
109	69	236	Matthew Twomey	CONESTOGA COLLEGE	7	41:41
110		15	Evan Fay	CMR SAINT-JEAN	1	42:01
111	70	144	Samuel Roy	TRENT UNIVERSITY	5	42:49
112		238	Chris Rankin	CONESTOGA COLLEGE	8	43:17
113		14	Nicolas Coutu	CMR SAINT-JEAN	2	43:28
114		16	Alex Gasser	CMR SAINT-JEAN	3	44:00

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TEAM: OTTAWA ELITE RUNNING SCORE 37 PLACE: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Yves Sikubwabo			51	29:20	3:04	4:56
3-3	Maya Aden			48	30:30	3:11	5:07
9-7	Pat Marion			50	31:00	3:14	5:12
10-8	Kyle Desormeaux			49	31:01	3:14	5:12
20-18	Josh Roundell			240	31:28	3:17	5:17

Top 5 Total Time:	153:19	Top 5 Average Time:	30:40
Top 5 Average per KM:	3:12	Top 5 Average Per MILE:	5:09
1 - 5 Split:	2:08	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM: QUEEN'S UNIVERSITY SCORE 39 PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Matt Hulse			91	29:40	3:06	4:59
5-4	Clay Patterson			97	30:38	3:12	5:09
7-6	Andrew Courchene			86	30:52	3:13	5:11
14-12	Oliver Hatheway			88	31:19	3:16	5:15
17-15	Alexander Green			87	31:22	3:17	5:16
26-23	Tyson Loney			93	31:49	3:19	5:21
28-25	Jeff Archer			81	32:02	3:21	5:23
29-29	Jeff Costen			85	32:03	3:21	5:23
33-33	Colin Simpson			100	32:08	3:21	5:24
35-35	Cody Beals			83	32:14	3:22	5:25
36-36	Michael Nishiyama			96	32:18	3:22	5:25
42-42	Jeffrey Behan			84	32:37	3:24	5:29
48-48	Matthew Tiampo			102	32:55	3:26	5:32
49-49	Nick McGraw			94	32:59	3:27	5:32
51-51	Kevin Azocar			82	33:12	3:28	5:34
57-57	Jan-Louis Henning			90	33:58	3:33	5:42
63-63	Gerasimos Angelatos			80	34:29	3:36	5:47
65-65	Ian Polos			98	34:31	3:36	5:48
67-67	Jeffrey Mountjoy			95	34:33	3:36	5:48
85-85	Colin Widdis			103	36:31	3:49	6:08
95-95	Jeremy Yen-Chiu			104	37:43	3:56	6:20
98-98	Corbin Johnston			92	38:21	4:00	6:26

Top 5 Total Time:	153:51	Top 5 Average Time:	30:47
Top 5 Average per KM:	3:13	Top 5 Average Per MILE:	5:10
1 - 5 Split:	1:42	1 - 7 Split:	2:22
Top 7 Total Time:	217:42	Top 7 Average Time:	31:06

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TEAM: UNIV. OF TORONTO**SCORE 57****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-5	Gavin Hamilton			165	30:43	3:12	5:09
11-9	Alexei Strokach			171	31:05	3:15	5:13
15-13	Zain Ahmed			160	31:19	3:16	5:15
16-14	Alex Denault			164	31:22	3:17	5:16
18-16	Antun Pavelic			169	31:24	3:17	5:16
21-19	Max Holden			166	31:35	3:18	5:18
23-20	Ethan Davenport			163	31:45	3:19	5:20
32-32	Jake Woloshyn			173	32:07	3:21	5:24
41-41	Alex Belluzzo			161	32:35	3:24	5:28
44-44	Andrew Nicholl			168	32:45	3:25	5:30
53-53	Andrew Kennedy			167	33:44	3:31	5:40
72-72	Mitsuru Wilson			172	35:11	3:40	5:54
Top 5 Total Time:		155:53	Top 5 Average Time:		31:11		
Top 5 Average per KM:		3:15	Top 5 Average Per MILE:		5:14		
1 - 5 Split:		:41	1 - 7 Split:		1:02		
Top 7 Total Time:		219:13	Top 7 Average Time:		31:19		

TEAM: UNIV. OF WATERLOO**SCORE 130****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
19-17	Patrick MacKinnon			200	31:27	3:17	5:17
24-21	Charly Allan			190	31:45	3:19	5:20
37-28	Steve Jones			198	32:21	3:23	5:26
38-29	Justin Spalvieri			206	32:23	3:23	5:26
50-35	Devon Briggs			194	33:06	3:27	5:33
54-37	Liam Mulroy			202	33:49	3:32	5:41
69-46	Adam Dobri			195	34:49	3:38	5:51
77-77	Troy Biddle			193	35:31	3:42	5:58
79-79	Ryan Santos			203	36:03	3:46	6:03
80-80	Lawrence Xie			210	36:11	3:47	6:04
86-86	Jay Garg			196	36:34	3:49	6:08
88-88	Colin Tweddle			209	36:37	3:49	6:09
105-105	Jason Gordon			197	40:08	4:11	6:44
Top 5 Total Time:		161:02	Top 5 Average Time:		32:13		
Top 5 Average per KM:		3:22	Top 5 Average Per MILE:		5:24		
1 - 5 Split:		1:39	1 - 7 Split:		3:22		
Top 7 Total Time:		229:40	Top 7 Average Time:		32:49		

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TEAM: LAKEHEAD UNIVERSITY **SCORE 132** **PLACE: 5**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
12-10	Alastair Brown			23	31:05	3:15	5:13
30-26	Daniel Howells			25	32:05	3:21	5:23
40-31	Chris Brown			24	32:32	3:24	5:28
43-32	Travis Roske			28	32:44	3:25	5:30
45-33	Dustin Moore			26	32:46	3:25	5:30
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56-39	Dalton Rismay			27	33:54	3:32	5:41
Top 5 Total Time:		161:12			Top 5 Average Time:	32:15	
Top 5 Average per KM:		3:22			Top 5 Average Per MILE:	5:25	
1 - 5 Split:		1:41			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: ROYAL MILITARY COLL. **SCORE 191** **PLACE: 6**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
34-27	Richard Hayes			121	32:12	3:22	5:24
46-34	John Marshall			125	32:47	3:25	5:30
59-41	Donald Saul			126	34:00	3:33	5:42
60-42	Eric Henderson			122	34:02	3:33	5:43
70-47	David Bernatchez			118	34:55	3:39	5:52
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75-51	Jordan Vadala			129	35:20	3:41	5:56
76-52	Matthew Fleet			119	35:23	3:42	5:56
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78-78	Olivier Lafreniere-Abel			124	35:40	3:43	5:59
91-91	James Jessup			123	37:29	3:55	6:18
94-94	Colin Shannon			127	37:43	3:56	6:20
96-96	Nicholas Tremblay			128	37:44	3:56	6:20
101-101	Gordon Hallam			120	39:06	4:05	6:34
104-104	Felix Belzile			117	39:45	4:09	6:40
Top 5 Total Time:		167:56			Top 5 Average Time:	33:36	
Top 5 Average per KM:		3:30			Top 5 Average Per MILE:	5:38	
1 - 5 Split:		2:43			1 - 7 Split:	3:11	
Top 7 Total Time:		238:39			Top 7 Average Time:	34:06	

TEAM: YORK UNIVERSITY **SCORE 205** **PLACE: 7**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
39-30	Kevin Montgomery			221	32:28	3:23	5:27
55-38	Ethan Henry			220	33:52	3:32	5:41
64-44	Jimmy Roundell			224	34:29	3:36	5:47
68-45	Yuestas David			219	34:40	3:37	5:49
71-48	Esteban Clavijo			218	35:06	3:40	5:54
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81-53	Bobby Powell			222	36:11	3:47	6:04
84-56	Andre Raposso			223	36:30	3:49	6:08
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90-90	Chris Anderson			217	37:02	3:52	6:13
Top 5 Total Time:		170:35			Top 5 Average Time:	34:07	
Top 5 Average per KM:		3:34			Top 5 Average Per MILE:	5:44	
1 - 5 Split:		2:38			1 - 7 Split:	4:02	
Top 7 Total Time:		243:16			Top 7 Average Time:	34:46	

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TEAM: BROCK UNIVERSITY**SCORE 221****PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
27-24	Kevin Moore			10	31:57	3:20	5:22
58-40	Mike Van Bakel			12	33:59	3:33	5:42
61-43	Cass Sica			11	34:13	3:34	5:45
83-55	Miles Bason			7	36:26	3:48	6:07
92-59	Mike MacKett			8	37:31	3:55	6:18

Top 5 Total Time:	174:06	Top 5 Average Time:	34:50
Top 5 Average per KM:	3:38	Top 5 Average Per MILE:	5:51
1 - 5 Split:	5:34	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM: NIPISSING UNIVERSITY**SCORE 238****PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
25-22	Benjamin Brzezynski			42	31:48	3:19	5:20
52-36	Kevin Gallagher			45	33:30	3:30	5:37
82-54	Alexander Burley			43	36:20	3:48	6:06
99-62	Rory Currie			44	38:38	4:02	6:29
102-64	Andrew Barson			40	39:16	4:06	6:35
103-65	Andrew Laronde			46	39:36	4:08	6:39
106-66	Curtis Brennan			41	40:41	4:15	6:50

Top 5 Total Time:	179:32	Top 5 Average Time:	35:55
Top 5 Average per KM:	3:45	Top 5 Average Per MILE:	6:02
1 - 5 Split:	7:28	1 - 7 Split:	8:53
Top 7 Total Time:	259:49	Top 7 Average Time:	37:07

TEAM: CONESTOGA COLLEGE**SCORE 242****PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
13-11	Jason Smith			233	31:08	3:15	5:14
73-49	Paul Trembley			232	35:11	3:40	5:54
89-58	Brendan Hancock			234	36:43	3:50	6:10
97-61	Mike McDougall			235	38:02	3:58	6:23
100-63	Free Toda			239	38:49	4:03	6:31
108-68	Kyle Giroday			237	41:05	4:17	6:54
109-69	Matthew Twomey			236	41:41	4:21	7:00
112-112	Chris Rankin			238	43:17	4:31	7:16

Top 5 Total Time:	179:53	Top 5 Average Time:	35:59
Top 5 Average per KM:	3:45	Top 5 Average Per MILE:	6:02
1 - 5 Split:	7:41	1 - 7 Split:	10:33
Top 7 Total Time:	262:39	Top 7 Average Time:	37:32

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TEAM: TRENT UNIVERSITY**SCORE 304****PLACE: 11**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
74-50	Jakub Misiek			142	35:19	3:41	5:56
87-57	Dan Raymond			143	36:35	3:49	6:08
93-60	Dan Cain			140	37:31	3:55	6:18
107-67	Ian Boyce			139	40:42	4:15	6:50
111-70	Samuel Roy			144	42:49	4:28	7:11

Top 5 Total Time:	192:56	Top 5 Average Time:	38:36
Top 5 Average per KM:	4:02	Top 5 Average Per MILE:	6:29
1 - 5 Split:	7:30	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	