

2010 Queen's XC Invitational

Fort Henry Hill

10/16/2010

Kingston, Ontario

Event # 1 WOMENS 4.8k Dash

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	QUEEN'S UNIVERSITY	31	2-3-7-9-10	11-16
2	LAKEHEAD UNIVERSITY	52	4-5-8-12-23	29
3	UNIV. OF WATERLOO	68	1-13-14-19-21	27-31
4	UNIV. OF TORONTO	83	6-17-18-20-22	24-26
5	ROYAL MILITARY COLL.	163	15-28-38-40-42	43-44
6	NIPISSING UNIVERSITY	188	34-35-36-37-46	52
7	BROCK UNIVERSITY	189	25-33-39-41-51	53
8	NIPPISSING UNIV.CLUB	219	30-32-48-54-55	
9	TRENT UNIVERSITY	268	47-50-56-57-58	60
10	CONESTOGA COLLEGE	276	45-49-59-61-62	

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	179	Kristen Flanagan			UNIV. OF WATERLOO	1	17:24
2	2	66	Stephanie Hulse			QUEEN'S UNIVERSITY	1	17:34
3	3	70	Leah Larocque			QUEEN'S UNIVERSITY	2	17:38
4	4	22	Danielle Thiel			LAKEHEAD UNIVERSITY	1	17:40
5	5	18	Tess Naroski			LAKEHEAD UNIVERSITY	2	17:42
6	6	150	Colleen Hennessy			UNIV. OF TORONTO	1	17:46
7	7	69	Grace Keenleyside			QUEEN'S UNIVERSITY	3	17:49
8	8	19	Hilary Quirion			LAKEHEAD UNIVERSITY	3	17:52
9	9	68	Alecia Kallos			QUEEN'S UNIVERSITY	4	17:55
10		216	Kathryn Pistor			YORK UNIVERSITY	1	18:00
11		225	Kaitlin Coopman			YORK UNIVERSITY TC	1	18:02
12		211	Dale Findlay			YORK UNIVERSITY	2	18:04
13	10	60	Monika Bolejszo			QUEEN'S UNIVERSITY	5	18:04
14	11	76	Meghan Tait			QUEEN'S UNIVERSITY	6	18:04
15	12	17	Lisa Alaimo			LAKEHEAD UNIVERSITY	4	18:05
16	13	186	Karina Sils			UNIV. OF WATERLOO	2	18:06
17	14	187	Kelly-Lynne Spettigue			UNIV. OF WATERLOO	3	18:07
18	15	112	Marina Lowthian			ROYAL MILITARY COLL.	1	18:07
19	16	77	Nadia Tatlow			QUEEN'S UNIVERSITY	7	18:15
20		54	Cleo Boyd			PHYSI-KULT	1	18:17
21		62	Alex Gatza			QUEEN'S UNIVERSITY	8	18:17
22	17	152	Paulina Maher			UNIV. OF TORONTO	2	18:18
23	18	159	Teresa Zasowski			UNIV. OF TORONTO	3	18:19
24	19	182	Stephanie Hinton			UNIV. OF WATERLOO	4	18:27
25	20	153	Charlotte Marcotte-Toale			UNIV. OF TORONTO	4	18:44
26	21	184	Kristen Marchant			UNIV. OF WATERLOO	5	18:45
27	22	158	Rosa Serafini			UNIV. OF TORONTO	5	18:47
28	23	21	Karen Rosehart			LAKEHEAD UNIVERSITY	5	18:50
29	24	151	Shannon Kennedy			UNIV. OF TORONTO	6	18:51
30	25	2	Brittany Dunbar			BROCK UNIVERSITY	1	18:51
31	26	157	Deenie Quinn			UNIV. OF TORONTO	7	18:54
32		61	Theresa Fritz-Endres			QUEEN'S UNIVERSITY	9	19:04
33		63	Laura Goodfellow			QUEEN'S UNIVERSITY	10	19:08
34	27	183	Elise Ikert			UNIV. OF WATERLOO	6	19:08

2010 Queen's XC Invitational

Fort Henry Hill

10/16/2010

Kingston, Ontario

35	28	107	Celine (cj) Best	ROYAL MILITARY COLL.	2	19:15
36		154	Chantelle Maryuen	UNIV. OF TORONTO	8	19:16
37		78	Laura Walker	QUEEN'S UNIVERSITY	11	19:16
38	29	20	Callie Roelfsema	LAKEHEAD UNIVERSITY	6	19:17
39	30	35	Sara Leo	NIPPISSING UNIV.CLUB	1	19:17
40	31	178	Jamie Flanagan	UNIV. OF WATERLOO	7	19:21
41		148	Adelaida Blaxley	UNIV. OF TORONTO	9	19:26
42		79	Colleen Wilson	QUEEN'S UNIVERSITY	12	19:28
43		180	Leslie Gray	UNIV. OF WATERLOO	8	19:29
44	32	31	Carly Drake	NIPPISSING UNIV.CLUB	2	19:29
45		241	Brianna Bradley	PHYSI-KULT	2	19:30
46	33	5	Alyson Schmidt	BROCK UNIVERSITY	2	19:31
47		212	Nicole Francki	YORK UNIVERSITY	3	19:38
48		189	Leanne Stuive	UNIV. OF WATERLOO	9	19:40
49		215	Anna Nativ	YORK UNIVERSITY	4	19:47
50		72	Katelyn Pettes	QUEEN'S UNIVERSITY	13	19:49
51	34	34	Kendra-Ann Kennedy	NIPISSING UNIVERSITY	1	19:54
52	35	39	Felicia Saunders	NIPISSING UNIVERSITY	2	19:58
53		55	Leah McGraw	PHYSI-KULT	3	20:02
54		155	Jillian Moran	UNIV. OF TORONTO	10	20:03
55	36	36	Melissa McKiel	NIPISSING UNIVERSITY	3	20:06
56		75	Ceilidh Stubbs	QUEEN'S UNIVERSITY	14	20:10
57		156	Anna Pietrangelo	UNIV. OF TORONTO	11	20:13
58		175	Vinny Chan	UNIV. OF WATERLOO	10	20:21
59	37	29	Antoinette Busch	NIPISSING UNIVERSITY	4	20:25
60	38	106	Emilie Beland	ROYAL MILITARY COLL.	3	20:33
61	39	1	Brianna Cauley	BROCK UNIVERSITY	3	20:44
62	40	111	Grace Higgins	ROYAL MILITARY COLL.	4	20:51
63	41	3	Natasha Eikelenboom	BROCK UNIVERSITY	4	20:55
64		105	Elise Le Corroller	RMC - CLUB	1	21:03
65		59	Paris Adams	QUEEN'S UNIVERSITY	15	21:08
66	42	115	Veonique Trepanier	ROYAL MILITARY COLL.	5	21:24
67	43	116	Laura Virgin	ROYAL MILITARY COLL.	6	21:25
68	44	108	Georgia Debissage	ROYAL MILITARY COLL.	7	21:28
69		64	Samantha Healey	QUEEN'S UNIVERSITY	16	21:34
70	45	229	Heidi Bechtold	CONESTOGA COLLEGE	1	21:39
71	46	30	Amy Claridge	NIPISSING UNIVERSITY	5	21:44
72		65	Queenie Wong	QUEEN'S UNIVERSITY	17	21:45
73	47	132	Alexis Lavidis	TRENT UNIVERSITY	1	21:49
74		185	Erin Merkley	UNIV. OF WATERLOO	11	21:50
75		174	Lisa Beairsto	UNIV. OF WATERLOO	12	21:52
76		113	Samantha Millican	ROYAL MILITARY COLL.	8	22:00
77		188	Alison Stephenson	UNIV. OF WATERLOO	13	22:12
78	48	32	Emily Floyd	NIPPISSING UNIV.CLUB	3	22:21
79	49	228	Kristine Hutchinson	CONESTOGA COLLEGE	2	22:26
80	50	135	Heather McGee	TRENT UNIVERSITY	2	22:26
81	51	6	Alessandra Tolot	BROCK UNIVERSITY	5	22:30
82	52	38	Taralynn Ray	NIPISSING UNIVERSITY	6	22:31
83		109	Paula Findlater	ROYAL MILITARY COLL.	9	22:51
84	53	4	Brittany Jones	BROCK UNIVERSITY	6	22:57
85		114	Amy Thornton	ROYAL MILITARY COLL.	10	23:00
86	54	33	Shelby Greer	NIPPISSING UNIV.CLUB	4	23:02

2010 Queen's XC Invitational**Fort Henry Hill**

10/16/2010

Kingston, Ontario

87	55	37	Caila Palmer	NIPPISSING UNIV.CLUB	5	23:11
88	56	138	Kelsey Yeomans	TRENT UNIVERSITY	3	23:14
89	57	131	Monica Farlow	TRENT UNIVERSITY	4	23:16
90	58	133	Jennifer Leroy	TRENT UNIVERSITY	5	23:32
91	59	230	Michelle Grundy	CONESTOGA COLLEGE	3	23:53
92	60	134	Caitlyn Lynch	TRENT UNIVERSITY	6	24:27
93	61	227	Mandy Mistele	CONESTOGA COLLEGE	4	24:46
94	62	226	Katie Tamas	CONESTOGA COLLEGE	5	26:42

2010 Queen's XC Invitational

Fort Henry Hill

10/16/2010

Kingston, Ontario

TEAM: QUEEN'S UNIVERSITY**SCORE 31****PLACE: 1**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Stephanie Hulse			66	17:34	3:40	5:54
3-3	Leah Larocque			70	17:38	3:41	5:55
7-7	Grace Keenleyside			69	17:49	3:43	5:59
9-9	Alecia Kallos			68	17:55	3:44	6:01
13-10	Monika Bolejszo			60	18:04	3:46	6:04
14-11	Meghan Tait			76	18:04	3:46	6:04
19-16	Nadia Tatlow			77	18:15	3:49	6:08
21-21	Alex Gatza			62	18:17	3:49	6:08
32-32	Theresa Fritz-Endres			61	19:04	3:59	6:24
33-33	Laura Goodfellow			63	19:08	4:00	6:25
37-37	Laura Walker			78	19:16	4:01	6:28
42-42	Colleen Wilson			79	19:28	4:04	6:32
50-50	Katelyn Pettes			72	19:49	4:08	6:39
56-56	Ceilidh Stubbs			75	20:10	4:13	6:46
65-65	Paris Adams			59	21:08	4:25	7:06
69-69	Samantha Healey			64	21:34	4:30	7:14
72-72	Queenie Wong			65	21:45	4:32	7:18
Top 5 Total Time:		89:00	Top 5 Average Time:		17:48		
Top 5 Average per KM:		3:43	Top 5 Average Per MILE:		5:59		
1 - 5 Split:		:30	1 - 7 Split:		:41		
Top 7 Total Time:		125:19	Top 7 Average Time:		17:55		

TEAM: LAKEHEAD UNIVERSITY**SCORE 52****PLACE: 2**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
4-4	Danielle Thiel			22	17:40	3:41	5:56
5-5	Tess Naroski			18	17:42	3:42	5:57
8-8	Hilary Quirion			19	17:52	3:44	6:00
15-12	Lisa Alaimo			17	18:05	3:47	6:04
28-23	Karen Rosehart			21	18:50	3:56	6:19
38-29	Callie Roelfsema			20	19:17	4:02	6:28
Top 5 Total Time:		90:09	Top 5 Average Time:		18:02		
Top 5 Average per KM:		3:46	Top 5 Average Per MILE:		6:03		
1 - 5 Split:		1:10	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

2010 Queen's XC Invitational

Fort Henry Hill

10/16/2010

Kingston, Ontario

TEAM: UNIV. OF WATERLOO**SCORE 68****PLACE: 3**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Kristen Flanagan			179	17:24	3:38	5:51
16-13	Karina Sils			186	18:06	3:47	6:05
17-14	Kelly-Lynne Spettigue			187	18:07	3:47	6:05
24-19	Stephanie Hinton			182	18:27	3:51	6:12
26-21	Kristen Marchant			184	18:45	3:55	6:18
=====							
34-27	Elise Ikert			183	19:08	4:00	6:25
40-31	Jamie Flanagan			178	19:21	4:02	6:30
=====							
43-43	Leslie Gray			180	19:29	4:04	6:32
48-48	Leanne Stuive			189	19:40	4:06	6:36
58-58	Vinny Chan			175	20:21	4:15	6:50
74-74	Erin Merkley			185	21:50	4:33	7:20
75-75	Lisa Beairsto			174	21:52	4:34	7:20
77-77	Alison Stephenson			188	22:12	4:38	7:27
Top 5 Total Time:		90:49			Top 5 Average Time:		18:10
Top 5 Average per KM:		3:48			Top 5 Average Per MILE:		6:06
1 - 5 Split:		1:21			1 - 7 Split:		1:57
Top 7 Total Time:		129:18			Top 7 Average Time:		18:29

TEAM: UNIV. OF TORONTO**SCORE 83****PLACE: 4**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Colleen Hennessy			150	17:46	3:43	5:58
22-17	Paulina Maher			152	18:18	3:49	6:09
23-18	Teresa Zasowski			159	18:19	3:49	6:09
25-20	Charlotte Marcotte-Toale			153	18:44	3:55	6:17
27-22	Rosa Serafini			158	18:47	3:55	6:18
=====							
29-24	Shannon Kennedy			151	18:51	3:56	6:20
31-26	Deenie Quinn			157	18:54	3:57	6:21
=====							
36-36	Chantelle Maryuen			154	19:16	4:01	6:28
41-41	Adelaida Blaxley			148	19:26	4:03	6:31
54-54	Jillian Moran			155	20:03	4:11	6:44
57-57	Anna Pietrangelo			156	20:13	4:13	6:47
Top 5 Total Time:		91:54			Top 5 Average Time:		18:23
Top 5 Average per KM:		3:50			Top 5 Average Per MILE:		6:10
1 - 5 Split:		1:01			1 - 7 Split:		1:08
Top 7 Total Time:		129:39			Top 7 Average Time:		18:32

2010 Queen's XC Invitational

Fort Henry Hill

10/16/2010

Kingston, Ontario

TEAM: ROYAL MILITARY COLL. SCORE 163 PLACE: 5

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
18-15	Marina Lowthian			112	18:07	3:47	6:05
35-28	Celine (cj) Best			107	19:15	4:01	6:28
60-38	Emilie Beland			106	20:33	4:17	6:54
62-40	Grace Higgins			111	20:51	4:21	7:00
66-42	Veonique Trepanier			115	21:24	4:28	7:11
67-43	Laura Virgin			116	21:25	4:28	7:11
68-44	Georgia Debissage			108	21:28	4:29	7:12
76-76	Samantha Millican			113	22:00	4:35	7:23
83-83	Paula Findlater			109	22:51	4:46	7:40
85-85	Amy Thornton			114	23:00	4:48	7:43
Top 5 Total Time:		100:10			Top 5 Average Time:		20:02
Top 5 Average per KM:		4:11			Top 5 Average Per MILE:		6:44
1 - 5 Split:		3:17			1 - 7 Split:		3:21
Top 7 Total Time:		143:03			Top 7 Average Time:		20:27

TEAM: NIPISSING UNIVERSITY SCORE 188 PLACE: 6

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
51-34	Kendra-Ann Kennedy			34	19:54	4:09	6:41
52-35	Felicia Saunders			39	19:58	4:10	6:42
55-36	Melissa McKiel			36	20:06	4:12	6:45
59-37	Antoinette Busch			29	20:25	4:16	6:51
71-46	Amy Claridge			30	21:44	4:32	7:18
82-52	Taralynn Ray			38	22:31	4:42	7:33
Top 5 Total Time:		102:07			Top 5 Average Time:		20:26
Top 5 Average per KM:		4:16			Top 5 Average Per MILE:		6:51
1 - 5 Split:		1:50			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

TEAM: BROCK UNIVERSITY SCORE 189 PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
30-25	Brittany Dunbar			2	18:51	3:56	6:20
46-33	Alyson Schmidt			5	19:31	4:04	6:33
61-39	Brianna Cauley			1	20:44	4:20	6:58
63-41	Natasha Eikelenboom			3	20:55	4:22	7:01
81-51	Alessandra Tolot			6	22:30	4:42	7:33
84-53	Brittany Jones			4	22:57	4:47	7:42
Top 5 Total Time:		102:31			Top 5 Average Time:		20:31
Top 5 Average per KM:		4:17			Top 5 Average Per MILE:		6:53
1 - 5 Split:		3:39			1 - 7 Split:		
Top 7 Total Time:					Top 7 Average Time:		

2010 Queen's XC Invitational

Fort Henry Hill

Kingston, Ontario

10/16/2010

TEAM: NIPPISSING UNIV.CLUB**SCORE 219****PLACE: 8**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
39-30	Sara Leo			35	19:17	4:02	6:28
44-32	Carly Drake			31	19:29	4:04	6:32
78-48	Emily Floyd			32	22:21	4:40	7:30
86-54	Shelby Greer			33	23:02	4:48	7:44
87-55	Caila Palmer			37	23:11	4:50	7:47

Top 5 Total Time:	107:20	Top 5 Average Time:	21:28
Top 5 Average per KM:	4:29	Top 5 Average Per MILE:	7:12
1 - 5 Split:	3:54	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	

TEAM: TRENT UNIVERSITY**SCORE 268****PLACE: 9**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
73-47	Alexis Lavidis			132	21:49	4:33	7:19
80-50	Heather McGee			135	22:26	4:41	7:32
88-56	Kelsey Yeomans			138	23:14	4:51	7:48
89-57	Monica Farlow			131	23:16	4:51	7:49
90-58	Jennifer Leroy			133	23:32	4:55	7:54

92-60	Caitlyn Lynch			134	24:27	5:06	8:12
Top 5 Total Time:	114:17	Top 5 Average Time:	22:52				
Top 5 Average per KM:	4:46	Top 5 Average Per MILE:	7:40				
1 - 5 Split:	1:43	1 - 7 Split:					
Top 7 Total Time:		Top 7 Average Time:					

TEAM: CONESTOGA COLLEGE**SCORE 276****PLACE: 10**

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
70-45	Heidi Bechtold			229	21:39	4:31	7:16
79-49	Kristine Hutchinson			228	22:26	4:41	7:32
91-59	Michelle Grundy			230	23:53	4:59	8:01
93-61	Mandy Mistele			227	24:46	5:10	8:19
94-62	Katie Tamas			226	26:42	5:34	8:58

Top 5 Total Time:	119:26	Top 5 Average Time:	23:54
Top 5 Average per KM:	4:59	Top 5 Average Per MILE:	8:01
1 - 5 Split:	5:03	1 - 7 Split:	
Top 7 Total Time:		Top 7 Average Time:	