

2022 Vigars & Salter WESTERN INVITATIONAL

47th year for ths meet / Sat. Sept 24

2022-09-24

2022-09-24 - 2022-09-24

36th yr @ Thames Valley - cancelled 2020

Event # 1 WOMENS 8Km Run

START @ 10:00am

Conditions: overcast 14°C

MEET RECORD:Catherine Beauchemin Laval Rouge et Or 29:50.00 25-Sep2021

! COURSE RECORD:Brogan MacDougall Queen's Gaels 28:03.00 27-Oct2018

\$ POINTS RECORD:Osaka Japan '02 McMaster 2010 28 pts

% TEAM TIME RECORD:Guelph Gryphons 1:47:33 [sum of 5] avg 21:30 for 5 CIS 2013

PLACE	TEAM	SCORE	SCORERS	DISPLACERS	TOP 5 TOTAL	TOP 5 AVG/KM	TOP 5 AVG	TOP 5 SPLIT
1	GUELPH GRYPHONS	44	5-8-9-10-12	14-29	2:32:46	3:50	30:34	0:32
2	LAVAL ROUGE ET OR	54	1-2-4-19-28	36-37	2:33:49	3:51	30:46	3:03
3	MCMASTER MARAUDERS	69	3-6-17-21-22	26-30	2:35:58	3:54	31:12	2:03
4	WESTERN MUSTANGS	119	7-11-24-38-39	53	2:39:47	4:00	31:58	2:54
5	TORONTO VARSITY BLUE	137	20-23-27-33-34	43-47	2:42:02	4:04	32:25	0:56
6	WATERLOO WARRIORS	161	16-18-32-40-55	58-60	2:43:51	4:06	32:47	3:22
7	WINDSOR LANCERS	174	15-31-35-44-49	51-59	2:44:59	4:08	33:00	2:55
8	LAURENTIAN VOYAGEURS	202	13-41-45-46-57	63-66	2:46:57	4:11	33:24	4:10
9	LAURIER GOLDEN HAWKS	225	25-42-48-54-56	61-62	2:49:33	4:15	33:55	2:28
10	BROCK BADGERS	298	50-52-64-65-67		3:01:45	4:33	36:21	4:26

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	AVG/KM	TIME
2		110	Stephanie Aldea			Z HARBOUR TC	1	3:38	29:04 #
3		112	Jazz Shukla			Z ROYAL CITY AC	1	3:40	29:19 #
4	1	41	Jade Bérubé		E3	LAVAL ROUGE ET OR	1	3:42	29:29 #
5		111	Melina Kuerschner			Z LONDON-WESTERN TFC	1	3:43	29:41 #
6	2	43	Florence Caron		E2	LAVAL ROUGE ET OR	2	3:44	29:52
7	3	50	Hannah Goodjohn		E3	MCMASTER MARAUDERS	1	3:46	30:03
8	4	47	Sara-Pier Paquet		E2	LAVAL ROUGE ET OR	3	3:47	30:13
9	5	21	Hannah Woodhouse		E5	GUELPH GRYPHONS	1	3:47	30:13
10	6	49	Rosalyn Barrett		E2	MCMASTER MARAUDERS	2	3:48	30:20
11	7	90	Anna Carruthers		E3	WESTERN MUSTANGS	1	3:48	30:23
12	8	9	Michelle Gray		R	GUELPH GRYPHONS	2	3:50	30:33
13	9	15	Cameron Ormond		E3	GUELPH GRYPHONS	3	3:50	30:35
14	10	11	Sadie-Jane Hickson		E5	GUELPH GRYPHONS	4	3:50	30:40
15	11	93	Heidi Ohrling		E4	WESTERN MUSTANGS	2	3:51	30:41
16	12	18	Olivia Rousel		E3	GUELPH GRYPHONS	5	3:51	30:45
17	13	24	Pascale Gendron		E2	LAURENTIAN VOYAGEURS	1	3:51	30:45
18	14	10	Sandra Guga		E3	GUELPH GRYPHONS	6	3:52	30:56
19		73	Ivy Bialowas		E2	UNB REDS	1	3:54	31:10
20		74	Sierra Rodrigues		R	UNB REDS	2	3:55	31:16
21	15	98	Nicole LaRue		E3	WINDSOR LANCERS	1	3:55	31:19
22	16	77	Claudia Heeney		E2	WATERLOO WARRIORS	1	3:56	31:22
23	17	54	Morgan McKeown		E2	MCMASTER MARAUDERS	3	3:57	31:30
24	18	80	Megan Richer		E2	WATERLOO WARRIORS	2	3:58	31:41
25	19	48	Marie-Ève Turcotte		E5	LAVAL ROUGE ET OR	4	3:58	31:43
26	20	65	Christina Esposito		E3	TORONTO VARSITY BLUE	1	3:59	31:52
27	21	56	Kayla Overholt		E2	MCMASTER MARAUDERS	4	4:00	31:59
28	22	57	Kaitlyn Treleaven		E2	MCMASTER MARAUDERS	5	4:01	32:06
29		72	Georgia Bernhard		R	UNB REDS	3	4:02	32:10
30	23	69	Audrey Roy Beausoleil		R1	TORONTO VARSITY BLUE	2	4:02	32:12
31	24	87	Paige Breedon		R	WESTERN MUSTANGS	3	4:03	32:18
32	25	31	Sabrina Arena		R	LAURIER GOLDEN HAWKS	1	4:03	32:19

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33	26	58	Emma Waddington	E5	MCMASTER MARAUDERS	6	4:03	32:23
34	27	63	EJ Boston	E2	TORONTO VARSITY BLUE	3	4:03	32:24
35	28	46	Sabrina Lavigne	E3	LAVAL ROUGE ET OR	5	4:04	32:32
36	29	12	Emma Hubbard	E4	GUELPH GRYPHONS	7	4:05	32:35
37		8	Gabriella Eastwood	E2	GUELPH GRYPHONS	8	4:05	32:37
38		6	Julia Agostinelli	E2	GUELPH GRYPHONS	9	4:05	32:38
39	30	52	Kileigh Harrington	E2	MCMASTER MARAUDERS	7	4:06	32:42
40	31	105	Natalie Whitten	E4	WINDSOR LANCERS	2	4:06	32:43
41	32	83	Ella Symon	E2	WATERLOO WARRIORS	3	4:06	32:45
42	33	67	Sarah Luedke	E2	TORONTO VARSITY BLUE	4	4:06	32:46
43		17	Eily Rauliuk Dunn	E3	GUELPH GRYPHONS	10	4:06	32:47
44	34	66	Madeleine Larson	R1	TORONTO VARSITY BLUE	5	4:06	32:48
45		13	Laura Kuszaj	E2	GUELPH GRYPHONS	11	4:07	32:49
46	35	99	Meg Mooney	E4	WINDSOR LANCERS	3	4:07	32:49
47		51	Hope Harnack	E4	MCMASTER MARAUDERS	8	4:07	32:56
48	36	42	Constance Brossard	E2	LAVAL ROUGE ET OR	6	4:08	33:02
49	37	44	Élodie Castonguay-Girard	E3	LAVAL ROUGE ET OR	7	4:08	33:04
50		55	Ana Morariu	E2	MCMASTER MARAUDERS	9	4:09	33:06
51	38	91	Kate Denomme	E2	WESTERN MUSTANGS	4	4:09	33:08
52		16	Maeve Pestonji	R	GUELPH GRYPHONS	12	4:10	33:13
53		53	Olivia MacAskill	E3	MCMASTER MARAUDERS	10	4:10	33:16
54	39	88	Kaitlyn Brydon	R	WESTERN MUSTANGS	5	4:10	33:17
55	40	76	Katherine Granstrom	E4	WATERLOO WARRIORS	4	4:10	33:19
56	41	28	Kristen Mrozewski	E2	LAURENTIAN VOYAGEURS	2	4:11	33:23
57	42	37	Elizabeth Drake	E3	LURIER GOLDEN HAWKS	2	4:13	33:37
58		45	Viviane Azzaria	E2	LAVAL ROUGE ET OR	8	4:14	33:46
59	43	71	Sarah White	E2	TORONTO VARSITY BLUE	6	4:14	33:51
60		19	Maria Sandor	R	GUELPH GRYPHONS	13	4:14	33:52
61	44	104	Chloe Walker	E4	WINDSOR LANCERS	4	4:15	33:54
62	45	29	Sarah Thackeray	E5	LAURENTIAN VOYAGEURS	3	4:15	33:55
63	46	27	Angela Mozzon	E4	LAURENTIAN VOYAGEURS	4	4:15	33:59
64	47	70	Katherine Vuckovic	E1	TORONTO VARSITY BLUE	7	4:16	34:06
65	48	33	Nicole Beach	E2	LURIER GOLDEN HAWKS	3	4:17	34:09
66		14	Alex McDougall	R	GUELPH GRYPHONS	14	4:17	34:10
67	49	94	Sylvia Dean	E1	WINDSOR LANCERS	5	4:17	34:14
68		108	Laura Peters	E2	YORK LIONS	1	4:17	34:15
69	50	1	Robyn Adamo	E4	BROCK BADGERS	1	4:18	34:19
70	51	96	Kaitlyn Handy	R	WINDSOR LANCERS	6	4:19	34:26
71	52	3	Lauren Macsai	E2	BROCK BADGERS	2	4:19	34:31
72	53	86	Kira Allen	R	WESTERN MUSTANGS	6	4:19	34:31
73	54	40	Mary Tennant	E2	LURIER GOLDEN HAWKS	4	4:21	34:41
74	55	82	Nicole Schindler	E2	WATERLOO WARRIORS	5	4:21	34:44
75	56	32	Hannah Badin	E3	LURIER GOLDEN HAWKS	5	4:21	34:47
76	57	25	Meredith Kusnierczyk	E1	LAURENTIAN VOYAGEURS	5	4:22	34:55
77	58	79	Lily McBride	R	WATERLOO WARRIORS	6	4:22	34:55
78	59	103	Ainsley Rocheleau	R	WINDSOR LANCERS	7	4:23	35:00
79	60	85	Claire Vernon-Pope	R	WATERLOO WARRIORS	7	4:23	35:04

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80		78	Sarah Ieropoli	R	WATERLOO WARRIORS	8	4:26	35:24
81		22	Katherine Lucas	E4	LAKEHEAD THUNDERWOLV	1	4:32	36:10
82		60	Emily Drake	E3	NIPISSING LAKERS	1	4:33	36:22
83	61	38	Piper Lafayette	E3	LAURIER GOLDEN HAWKS	6	4:34	36:31
84	62	36	Abbey Davis	E3	LAURIER GOLDEN HAWKS	7	4:35	36:40
85		61	Sina Scholz	R	NIPISSING LAKERS	2	4:37	36:49
86		59	Brooke Ailey	R	NIPISSING LAKERS	3	4:37	36:52
87	63	26	Abbey Maillet	E3	LAURENTIAN VOYAGEURS	6	4:37	36:55
88	64	5	Adeline Steiger	R	BROCK BADGERS	3	4:38	37:02
89	65	2	Cori Macsai	E2	BROCK BADGERS	4	4:39	37:08
90		81	Nicole Ryan	R	WATERLOO WARRIORS	9	4:42	37:31
91		35	Grace Channell	R	LAURIER GOLDEN HAWKS	8	4:45	38:00
92		62	Jaime Schweyer	E3	NIPISSING LAKERS	4	4:48	38:22
93	66	30	Ashley Valentini	E4	LAURENTIAN VOYAGEURS	7	4:51	38:43
94	67	4	Julie Mak	E1	BROCK BADGERS	5	4:51	38:45
95		39	Maya Robinson	R	LAURIER GOLDEN HAWKS	9	4:58	39:38
EXH		113	Sydney Pattison		Z STRIDEWISE RUNNING		3:44	29:48 #

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TEAM: GUELPH GRYPHONS

SCORE: 44

PLACE: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
9-5	Hannah Woodhouse		E5	21	30:13	3:47	6:05
14-10	Sadie-Jane Hickson		E5	11	30:40	3:50	6:11
13-9	Cameron Ormond		E3	15	30:35	3:50	6:10
12-8	Michelle Gray		R	9	30:33	3:50	6:09
16-12	Olivia Roussel		E3	18	30:45	3:51	6:12
=====							
18-14	Sandra Guga		E3	10	30:56	3:52	6:14
37-13	Gabriella Eastwood		E2	8	32:37	4:05	6:34
=====							
36-29	Emma Hubbard		E4	12	32:35	4:05	6:34
38-67	Julia Agostinelli		E2	6	32:38	4:05	6:34
43-59	Eily Rauliuk Dunn		E3	17	32:47	4:06	6:36
45-14	Laura Kuszaj		E2	13	32:49	4:07	6:37
52-58	Maeve Pestonji		R	16	33:13	4:10	6:41
60-63	Maria Sandor		R	19	33:52	4:14	6:49
66-30	Alex McDougall		R	14	34:10	4:17	6:53
Top 5 Total Time:		2:32:46			Top 5 Average Time:	30:34	
Top 5 Average per KM:		3:50			Top 5 Average Per MILE:	6:09	
1 - 5 Split:		0:32			1 - 7 Split:	2:22	
Top 7 Total Time:		3:36:17			Top 7 Average Time:	30:54	

TEAM: LAVAL ROUGE ET OR

SCORE: 54

PLACE: 2

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-1	Jade Bérubé		E3	41	29:29	3:42	5:56
6-2	Florence Caron		E2	43	29:52	3:44	6:01
8-4	Sara-Pier Paquet		E2	47	30:13	3:47	6:05
25-19	Marie-Ève Turcotte		E5	48	31:43	3:58	6:23
35-28	Sabrina Lavigne		E3	46	32:32	4:04	6:33
=====							
49-37	Élodie Castonguay-Girard		E3	44	33:04	4:08	6:40
48-36	Constance Brossard		E2	42	33:02	4:08	6:39
=====							
58-53	Viviane Azzaria		E2	45	33:46	4:14	6:48
Top 5 Total Time:		2:33:49			Top 5 Average Time:	30:46	
Top 5 Average per KM:		3:51			Top 5 Average Per MILE:	6:12	
1 - 5 Split:		3:03			1 - 7 Split:	3:35	
Top 7 Total Time:		3:39:55			Top 7 Average Time:	31:25	

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TEAM:		MCMASTER MARAUDERS			SCORE:	69	PLACE:	3
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
7-3	Hannah Goodjohn		E3	50	30:03	3:46	6:03	
10-6	Rosalyn Barrett		E2	49	30:20	3:48	6:07	
23-17	Morgan McKeown		E2	54	31:30	3:57	6:21	
28-22	Kaitlyn Treleaven		E2	57	32:06	4:01	6:28	
27-21	Kayla Overholt		E2	56	31:59	4:00	6:27	
33-26	Emma Waddington		E5	58	32:23	4:03	6:31	
39-30	Kileigh Harrington		E2	52	32:42	4:06	6:35	
47-76	Hope Harnack		E4	51	32:56	4:07	6:38	
50-20	Ana Morariu		E2	55	33:06	4:09	6:40	
53-79	Olivia MacAskill		E3	53	33:16	4:10	6:42	
Top 5 Total Time:		2:35:58		Top 5 Average Time:		31:12		
Top 5 Average per KM:		3:54		Top 5 Average Per MILE:		6:17		
1 - 5 Split:		2:03		1 - 7 Split:		2:39		
Top 7 Total Time:		3:41:03		Top 7 Average Time:		31:35		

TEAM:		WESTERN MUSTANGS			SCORE:	119	PLACE:	4
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
11-7	Anna Carruthers		E3	90	30:23	3:48	6:07	
15-11	Heidi Ohrling		E4	93	30:41	3:51	6:11	
31-24	Paige Breedon		R	87	32:18	4:03	6:30	
51-38	Kate Denomme		E2	91	33:08	4:09	6:40	
54-39	Kaitlyn Brydon		R	88	33:17	4:10	6:42	
72-53	Kira Allen		R	86	34:31	4:19	6:57	
Top 5 Total Time:		2:39:47		Top 5 Average Time:		31:58		
Top 5 Average per KM:		4:00		Top 5 Average Per MILE:		6:26		
1 - 5 Split:		2:54		1 - 7 Split:				
Top 7 Total Time:				Top 7 Average Time:				

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TEAM:	TORONTO VARSITY BLUE	SCORE:	137	PLACE:	5		
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
26-20	Christina Esposito		E3	65	31:52	3:59	6:25
30-23	Audrey Roy Beausoleil		R1	69	32:12	4:02	6:29
34-27	EJ Boston		E2	63	32:24	4:03	6:32
42-33	Sarah Luedke		E2	67	32:46	4:06	6:36
44-34	Madeleine Larson		R1	66	32:48	4:06	6:36
=====							
59-43	Sarah White		E2	71	33:51	4:14	6:49
64-47	Katherine Vuckovic		E1	70	34:06	4:16	6:52
=====							
	Top 5 Total Time:	2:42:02			Top 5 Average Time:	32:25	
	Top 5 Average per KM:	4:04			Top 5 Average Per MILE:	6:32	
	1 - 5 Split:	0:56			1 - 7 Split:	2:14	
	Top 7 Total Time:	3:49:59			Top 7 Average Time:	32:52	

TEAM:	WATERLOO WARRIORS	SCORE:	161	PLACE:	6		
OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
22-16	Claudia Heeney		E2	77	31:22	3:56	6:19
24-18	Megan Richer		E2	80	31:41	3:58	6:23
41-32	Ella Symon		E2	83	32:45	4:06	6:36
55-40	Katherine Granstrom		E4	76	33:19	4:10	6:43
74-55	Nicole Schindler		E2	82	34:44	4:21	7:00
=====							
77-58	Lily McBride		R	79	34:55	4:22	7:02
79-60	Claire Vernon-Pope		R	85	35:04	4:23	7:04
=====							
80-49	Sarah Ieropoli		R	78	35:24	4:26	7:08
90-81	Nicole Ryan		R	81	37:31	4:42	7:33
=====							
	Top 5 Total Time:	2:43:51			Top 5 Average Time:	32:47	
	Top 5 Average per KM:	4:06			Top 5 Average Per MILE:	6:36	
	1 - 5 Split:	3:22			1 - 7 Split:	3:42	
	Top 7 Total Time:	3:53:50			Top 7 Average Time:	33:25	

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TEAM: WINDSOR LANCERS

SCORE: 174

PLACE: 7

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
21-15	Nicole LaRue		E3	98	31:19	3:55	6:18
40-31	Natalie Whitten		E4	105	32:43	4:06	6:35
46-35	Meg Mooney		E4	99	32:49	4:07	6:37
61-44	Chloe Walker		E4	104	33:54	4:15	6:50
67-49	Sylvia Dean		E1	94	34:14	4:17	6:54
70-51	Kaitlyn Handy		R	96	34:26	4:19	6:56
78-59	Ainsley Rocheleau		R	103	35:00	4:23	7:03

Top 5 Total Time:	2:44:59	Top 5 Average Time:	33:00
Top 5 Average per KM:	4:08	Top 5 Average Per MILE:	6:39
1 - 5 Split:	2:55	1 - 7 Split:	3:41
Top 7 Total Time:	3:54:25	Top 7 Average Time:	33:30

TEAM: LAURENTIAN VOYAGEURS

SCORE: 202

PLACE: 8

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-13	Pascale Gendron		E2	24	30:45	3:51	6:12
56-41	Kristen Mrozewski		E2	28	33:23	4:11	6:43
62-45	Sarah Thackeray		E5	29	33:55	4:15	6:50
63-46	Angela Mozzon		E4	27	33:59	4:15	6:51
76-57	Meredith Kusnierczyk		E1	25	34:55	4:22	7:02
87-63	Abbey Maillet		E3	26	36:55	4:37	7:26
93-66	Ashley Valentini		E4	30	38:43	4:51	7:48

Top 5 Total Time:	2:46:57	Top 5 Average Time:	33:24
Top 5 Average per KM:	4:11	Top 5 Average Per MILE:	6:44
1 - 5 Split:	4:10	1 - 7 Split:	7:58
Top 7 Total Time:	4:2:35	Top 7 Average Time:	34:40

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TEAM: LAURIER GOLDEN HAWKS SCORE: 225 PLACE: 9

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
32-25	Sabrina Arena		R	31	32:19	4:03	6:31
57-42	Elizabeth Drake		E3	37	33:37	4:13	6:46
65-48	Nicole Beach		E2	33	34:09	4:17	6:53
73-54	Mary Tennant		E2	40	34:41	4:21	6:59
75-56	Hannah Badin		E3	32	34:47	4:21	7:00
=====							
83-61	Piper Lafayette		E3	38	36:31	4:34	7:21
84-62	Abbey Davis		E3	36	36:40	4:35	7:23
=====							
91-108	Grace Channell		R	35	38:00	4:45	7:39
95-43	Maya Robinson		R	39	39:38	4:58	7:59
Top 5 Total Time:		2:49:33	Top 5 Average Time:		33:55		
Top 5 Average per KM:		4:15	Top 5 Average Per MILE:		6:50		
1 - 5 Split:		2:28	1 - 7 Split:		4:21		
Top 7 Total Time:		4:2:44	Top 7 Average Time:		34:41		

TEAM: BROCK BADGERS SCORE: 298 PLACE: 10

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
69-50	Robyn Adamo		E4	1	34:19	4:18	6:55
71-52	Lauren Macsai		E2	3	34:31	4:19	6:57
89-65	Cori Macsai		E2	2	37:08	4:39	7:29
88-64	Adeline Steiger		R	5	37:02	4:38	7:27
94-67	Julie Mak		E1	4	38:45	4:51	7:48
=====							
Top 5 Total Time:		3:01:45	Top 5 Average Time:		36:21		
Top 5 Average per KM:		4:33	Top 5 Average Per MILE:		7:19		
1 - 5 Split:		4:26	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				