

CHAMPIONNAT SIC-CIS CROSS-COUNTRY CHAMPIONSHIPS

November 13th, Sherbrooke, QC

11/13/2010

Club de golf de Sherbrooke Country Club

Event # 1 WOMENS 5K Run

Start at 1:00pm

Conditions: sunny, 11-c, soggy turf

DIVISION: 1

PLACE	TEAM	POINTS	SCORERS	DISPLACERS
1	CALGARY	39	2-4-8-12-13	22-28
2	VICTORIA	45	3-6-7-9-20	21-23
3	ALBERTA	63	5-10-14-16-18	25-27
4	SASKATCHEWAN	90	1-15-19-26-29	33-34
5	MANITOBA	113	11-17-24-30-31	32-35
	REGINA			
	TRINITY WESTERN			

OVERALL PLACE	SCORE PLACE	BIB NUM	NAME	AGE	GRADE	TEAM	PLACE ON TEAM	TIME
1	1	222	Caitlyn Warkentin		E4	SASKATCHEWAN	1	18:29
2	2	4	Madeline MacDonald		E3	CALGARY	1	18:35
3	3	268	Laura Mitic		E4	VICTORIA	1	18:42
4	4	7	Faye Stenning		E4	CALGARY	2	18:54
5	5	235	Hayley Degaust		E3	ALBERTA	1	19:16
6	6	266	Claire Jean		E4	VICTORIA	2	19:22
7	7	269	Deirbre Moran		E3	VICTORIA	3	19:23
8	8	3	Grace Kary		E2	CALGARY	3	19:26
9	9	273	Jenna Van Vliet		R	VICTORIA	4	19:30
10	10	240	Nicole Soderberg		R	ALBERTA	2	19:34
11	11	255	Melanie Gregoire		E4	MANITOBA	1	19:35
12	12	6	Deborah Querengesser		E5	CALGARY	4	19:36
13	13	1	Emma Hann		E1	CALGARY	5	19:39
14	14	234	Sarah Bergeron-Larouche		E1	ALBERTA	3	19:43
15	15	220	Marcia Richards		E4	SASKATCHEWAN	2	19:43
16	16	238	Danika Medinski		E4	ALBERTA	4	19:44
17	17	254	Lacey Ginter		E4	MANITOBA	2	19:50
18	18	242	Jessica Van Soest		E3	ALBERTA	5	19:51
19	19	215	Paule Bertholet		R	SASKATCHEWAN	3	19:54
20	20	270	Alicia Roske		E4	VICTORIA	5	19:55
21	21	265	Kate Dixon		R	VICTORIA	6	20:05
22	22	2	Gloria Kanuka		E2	CALGARY	6	20:05
23	23	272	Julia Tschanz		E3	VICTORIA	7	20:16
24	24	257	Sara Weselake		E2	MANITOBA	3	20:24
25	25	239	Alana Soderberg		E3	ALBERTA	6	20:25
26	26	217	Rachael Edwards		R	SASKATCHEWAN	4	20:26
27		199	Marissa Ratzlaff		E4	TRINITY WESTERN	1	20:28
28	27	237	Terra Manca		E5	ALBERTA	7	20:30
29		207	Lisa Benz		E5	REGINA	1	20:31
30	28	5	Cassandra Maier		E3	CALGARY	7	20:34
31	29	218	Christine Foth		E4	SASKATCHEWAN	5	20:42
32	30	256	Alice Sherwin		E3	MANITOBA	4	20:44
33	31	252	Alex Bell		E4	MANITOBA	5	20:53
34	32	251	Nicole Barrett		E4	MANITOBA	6	21:09

CHAMPIONNAT SIC-CIS CROSS-COUNTRY CHAMPIONSHIPS**November 13th, Sherbrooke, QC**

11/13/2010

Club de golf de Sherbrooke Country Club

35	33	221	Joanne Traves	R	SASKATCHEWAN	6	21:14
36	34	219	Erin Humphreys	E4	SASKATCHEWAN	7	21:24
37	35	253	Nicole Dubois	E2	MANITOBA	7	21:31
38		198	Kendra Peters	E2	TRINITY WESTERN	2	22:55

CHAMPIONNAT SIC-CIS CROSS-COUNTRY CHAMPIONSHIPS

November 13th, Sherbrooke, QC

11/13/2010

Club de golf de Sherbrooke Country Club

TEAM: CALGARY

SCORE 39

PLACE: 1

DIVISION: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Madeline MacDonald		E3	4	18:35	3:43	5:59
4-4	Faye Stenning		E4	7	18:54	3:47	6:05
8-8	Grace Kary		E2	3	19:26	3:54	6:16
12-12	Deborah Querengesser		E5	6	19:36	3:56	6:19
13-13	Emma Hann		E1	1	19:39	3:56	6:20
22-22	Gloria Kanuka		E2	2	20:05	4:01	6:28
30-28	Cassandra Maier		E3	5	20:34	4:07	6:38
Top 5 Total Time:		96:10			Top 5 Average Time:	19:14	
Top 5 Average per KM:		3:51			Top 5 Average Per MILE:	6:12	
1 - 5 Split:		1:04			1 - 7 Split:	1:59	
Top 7 Total Time:		136:49			Top 7 Average Time:	19:33	

TEAM: VICTORIA

SCORE 45

PLACE: 2

DIVISION: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
3-3	Laura Mitic		E4	268	18:42	3:45	6:02
6-6	Claire Jean		E4	266	19:22	3:53	6:15
7-7	Deirbre Moran		E3	269	19:23	3:53	6:15
9-9	Jenna Van Vliet		R	273	19:30	3:54	6:17
20-20	Alicia Roske		E4	270	19:55	3:59	6:25
21-21	Kate Dixon		R	265	20:05	4:01	6:28
23-23	Julia Tschanz		E3	272	20:16	4:04	6:32
Top 5 Total Time:		96:52			Top 5 Average Time:	19:23	
Top 5 Average per KM:		3:53			Top 5 Average Per MILE:	6:15	
1 - 5 Split:		1:13			1 - 7 Split:	1:34	
Top 7 Total Time:		137:13			Top 7 Average Time:	19:37	

TEAM: ALBERTA

SCORE 63

PLACE: 3

DIVISION: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Hayley Degaust		E3	235	19:16	3:52	6:13
10-10	Nicole Soderberg		R	240	19:34	3:55	6:18
14-14	Sarah Bergeron-Larouche		E1	234	19:43	3:57	6:21
16-16	Danika Medinski		E4	238	19:44	3:57	6:22
18-18	Jessica Van Soest		E3	242	19:51	3:59	6:24
25-25	Alana Soderberg		E3	239	20:25	4:05	6:35
28-27	Terra Manca		E5	237	20:30	4:06	6:36
Top 5 Total Time:		98:08			Top 5 Average Time:	19:38	
Top 5 Average per KM:		3:56			Top 5 Average Per MILE:	6:20	
1 - 5 Split:		:35			1 - 7 Split:	1:14	
Top 7 Total Time:		139:03			Top 7 Average Time:	19:52	

CHAMPIONNAT SIC-CIS CROSS-COUNTRY CHAMPIONSHIPS

November 13th, Sherbrooke, QC

11/13/2010

Club de golf de Sherbrooke Country Club

TEAM: SASKATCHEWAN

SCORE 90

PLACE: 4

DIVISION: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Caitlyn Warkentin		E4	222	18:29	3:42	5:57
15-15	Marcia Richards		E4	220	19:43	3:57	6:21
19-19	Paule Bertholet		R	215	19:54	3:59	6:25
26-26	Rachael Edwards		R	217	20:26	4:06	6:35
31-29	Christine Foth		E4	218	20:42	4:09	6:40
35-33	Joanne Traves		R	221	21:14	4:15	6:51
36-34	Erin Humphreys		E4	219	21:24	4:17	6:54

Top 5 Total Time:	99:14	Top 5 Average Time:	19:51
Top 5 Average per KM:	3:59	Top 5 Average Per MILE:	6:24
1 - 5 Split:	2:13	1 - 7 Split:	2:55
Top 7 Total Time:	141:52	Top 7 Average Time:	20:16

TEAM: MANITOBA

SCORE 113

PLACE: 5

DIVISION: 1

OVERALL SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
11-11	Melanie Gregoire		E4	255	19:35	3:55	6:19
17-17	Lacey Ginter		E4	254	19:50	3:58	6:24
24-24	Sara Weselake		E2	257	20:24	4:05	6:34
32-30	Alice Sherwin		E3	256	20:44	4:09	6:41
33-31	Alex Bell		E4	252	20:53	4:11	6:44
34-32	Nicole Barrett		E4	251	21:09	4:14	6:49
37-35	Nicole Dubois		E2	253	21:31	4:19	6:56

Top 5 Total Time:	101:26	Top 5 Average Time:	20:18
Top 5 Average per KM:	4:04	Top 5 Average Per MILE:	6:32
1 - 5 Split:	1:18	1 - 7 Split:	1:56
Top 7 Total Time:	144:06	Top 7 Average Time:	20:36