

2009 ACAC Championships

Hosted by Red Deer College

October, 31, 2009

N.B. do NOT make any entries in or changes to this worksheet; changes should be made to "runners" and "raw results" sheets only; unused rows or columns may be hidden

ACAC women's results

Runner	Team	Bib#	Time	Place	ACAC	LC	AUG	RDC	NAIT	SAIT	GPRC	MAC	KC	CUCA	Open	0	0	Pace/km
Purity Kandie	LC	190	20:40	1	1	1												04:08
Jodi Sanguin	RDC	169	20:41	2	2			2										04:08
Gladys Kochei	LC	187	20:56	3	3	3												04:11
Kathryn Stone	AUG	195	21:37	4	4		4											04:19
Winnie Cheptogok	LC	189	22:08	5	5	5												04:26
Brooke Wilson	RDC	173	22:09	6	6			6										04:26
Melanie McCann	SAIT	175	22:27	7	7					7								04:29
Dulcie Timmons	RDC	172	22:36	8	8			8										04:31
Tegan Owens	SAIT	686	22:53	9	9					9								04:35
Florence Kangogo	LC	188	22:58	10	10	10												04:36
Dixie Austin	MAC	94	23:35	11	11							11						04:43
Emily Cole	AUG	298	23:47	12	12		12											04:45
Patricia Leighton	AUG	196	24:06	13	13		13											04:49
Meagann Johnston	LC	192	24:13	14	14	14												04:51
Rachel Schneider	LC	194	24:20	15	15	15												04:52
Jenna Hall	NAIT	183	24:42	16	16				16									04:56
Kalli Green	AUG	198	24:45	17	17		17											04:57
Maggie McBride	AUG	299	24:46	18	18		18											04:57
Siobhan Galivan	GPRC	59	24:47	19	19						19							04:57
Amelia Terlecki	MAC	97	24:48	20	20							20						04:58
Nelda Plante	GPRC	87	24:52	21	21						21							04:58
Shara Harke	AUG	619	24:54	22	22		22											04:59
Robin Braconnier	CUCA	178	24:57	23	23									23				04:59
Franziska Bossart	MAC	95	25:02	24	24							24						05:00
Krystal Speed	MAC	96	25:03	25	25							25						05:01
Melissa Cable	RDC	146	25:04	26	26			26										05:01
Lauren Brookes	AUG	297	25:13	27	x		x											05:03
Sarah Friesen	SAIT	174	25:22	28	27					27								05:04
Whitley Sheehan	GPRC	93	25:35	29	28						28							05:07
Jennifer Paterson	AUG	199	25:38	30	x		x											05:08
Alicia Hurlley	AUG	618	25:48	31	x		x											05:10
Jessica Friesen	RDC	148	26:10	32	29			29										05:14
Vanessa Besharah	GPRC	91	26:15	33	30						30							05:15
Melissa Christenson	NAIT	179	26:46	34	31				31									05:21
Amnda matier	GPRC	85	26:55	35	32						32							05:23
Reba Murphy	AUG	197	26:58	36	x		x											05:24
Carina Ness	GPRC	86	26:59	37	33						33							05:24
Rebecca Fuller	RDC	155	27:00	38	34			34										05:24
Kate Blackett	RDC	111	27:05	39	x			x										05:25
Linnea Saltel	GPRC	84	27:06	40	x						x							05:25
Sonya Bodner	GPRC	90	27:20	41	x						x							05:28
Elyse Richards	RDC	168	27:21	42	x			x										05:28
Crystal Jensen	NAIT	181	27:27	43	35				35									05:29
Kelsey War	MAC	98	27:48	44	36							36						05:34
Alison Bortolon	AUG	300	27:50	45	x		x											05:34
Emma Norris	AUG	296	27:51	46	x		x											05:34
Megan Crawley	GPRC	92	28:05	47	x						x							05:37
Haley Howland	NAIT	186	28:20	48	37				37									05:40
Mika Place	RDC	167	28:30	49	x			x										05:42
Carly Pura	GPRC	88	28:31	50	x						x							05:42
Robyn Bonnar	GPRC	56	29:17	51	x						x							05:51
Sara Zacharius	NAIT	184	30:16	52	38				38									06:03
Sarah Mills	SAIT	176	32:05	53	39					39								06:25
Teagan Gahler	NAIT	185	32:08	54	40				40									06:26
Kelsey Muldoon	SAIT	177	32:35	55	41					41								06:31
Kalee Almborg	RDC	99	33:34	56	x			x										06:43

For more than 200 runners, unprotect worksheet, insert additional rows above this row, copy previous last row above this one, paste copied row into inserted rows, protect worksheet

# of runners scoring	56	41	6	6	6	6	6	5	6	5	0	1	0	0	0	0	0
# of exhibition runners		15	0	6	4	0	0	0	5	0	0	0	0	0	0	0	0
total best 4 runners			19	46	42	119	82	98	80								
rank on best 4 runners			1	3	2	7	5	6	4								
total best 3 runners			9	29	16	82	43	68	55								
rank on best 3 runners			1	3	2	7	4	6	5								
total best 3 women+best 3 men			15	57	47	167	92	118	135								
rank on best 3 women and men			1	3	2	7	4	5	6								

LC	AUG	RDC	NAIT	SAIT	GPRC	MAC	KC	CUCA	Open	0	0
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