

# 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 men's results

Runner	Team	Bib#	Time	Place	ACAC	LC	AUG	RDC	NAIT	SAIT	GPRC	IMAC	KC	CUCA	Open	0	0	Pace/km
Willy Kimosop	LC	656	27:43	1	1	1												03:28
Ed Kangogo	LC	658	28:52	2	2	2												03:37
Peter Kayla	LC	659	29:29	3	3	3												03:41
Moses Kipkosgei	LC	660	29:58	4	4	4												03:45
David Arial	AUG	677	30:18	5	5		5											03:47
Christian Chesire	LC	661	30:39	6	6	6												03:50
Travis Epp	LC	663	30:43	7	7	7												03:50
Jonathan Werkema	RDC	639	32:05	8	8			8										04:01
Kyle Ross	GPRC	623	32:13	9	9						9							04:02
Nils Lokken	AUG	683	32:26	10	10		10											04:03
Cobie Soop	LC	667	32:36	11	x	x												04:05
Dustin Fountain	RDC	635	33:22	12	11			11										04:10
Jonathan Fuller	RDC	636	33:26	13	12			12										04:11
Drew Ericksen	LC	665	34:04	14	x	x												04:16
Warner Brown	AUG	672	34:41	15	13		13											04:20
Neil Manchee	SAIT	644	34:47	16	14					14								04:21
Trevor Wilson	SAIT	646	34:48	17	15					15								04:21
Dexter MacCalder	AUG	670	35:36	18	16		16											04:27
Kendall Warawa	AUG	668	35:51	19	17		17											04:29
Christian Mourik	LC	662	35:57	20	x	x												04:30
Evan Paul	GPRC	621	36:19	21	18						18							04:32
Joel Gervais	AUG	680	36:34	22	19		19											04:34
Colin Carson	SAIT	640	36:40	23	20					20								04:35
Kalem Hamilton	RDC	638	36:52	24	21			21										04:37
John Wrightson	SAIT	647	37:09	25	22					22								04:39
Jason Bain	GPRC	687	37:10	26	23						23							04:39
Christopher Driol	MAC	627	37:13	27	24							24						04:39
Hayk Houlder	NAIT	650	37:14	28	25				25									04:39
Noel Ives	AUG	676	37:29	29	x	x		x										04:41
Dallin McCue	MAC	630	37:46	30	26							26						04:43
Adam Koning	NAIT	651	37:47	31	27				27									04:43
Thomas Ridgeway	GPRC	622	37:52	32	28						28							04:44
Jeremy Hume	SAIT	643	38:17	33	29					29								04:47
Mike Glazier	MAC	628	38:25	34	30							30						04:48
Philip Legare-Stokes	GPRC	620	38:27	35	31						31							04:48
Brady Hogg	SAIT	642	39:09	36	32					32								04:54
Mark McConnell	NAIT	654	39:14	37	33				33									04:54
Jordan Zeyha	GPRC	625	39:25	38	34						34							04:56
Alex Frost	AUG	671	39:49	39	x	x		x										04:59
Taylor Woolley	AUG	674	40:07	40	x	x		x										05:01
Joshua Oviatt	MAC	631	40:11	41	35							35						05:01
Drew Wesolowsky	MAC	634	40:16	42	36							36						05:02
Steven Gill	RDC	637	40:35	43	37			37										05:04
Lucas Hudec	AUG	673	40:41	44	x	x		x										05:05
Jonathan Laliberte	MAC	629	40:59	45	38							38						05:07
Andy Scott	GPRC	626	41:18	46	x	x					x							05:10
Andrew Seidl	GPRC	624	42:16	47	x	x					x							05:17
Aaron Bungay	KC	655	42:38	48	39								39					05:20
Drew Dietze	NAIT	652	42:46	49	40					40								05:21
John Gorczyca	NAIT	653	43:15	50	41					41								05:24
Brian Ellert	AUG	675	44:32	51	x	x		x										05:34
Jeff Baker	CUCA	648	45:46	52	42									42				05:43
Alberto Asencio	CUCA	649	48:45	53	43									43				06:06

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	53	43	6	6	5	5	6	6	6	1	2	0	0	0	0	0	0
# of exhibition runners		10	3	5	0	0	0	2	0	0	0	0	0	0	0	0	0
total best 4 runners			10	44	52	125	71	78	115								
rank on best 4 runners			1	2	3	7	4	5	6								
total best 3 runners			6	28	31	85	49	50	80								
rank on best 3 runners			1	2	3	7	4	5	6								
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	IMAC	KC	CUCA	Open	0	0
1	3	2	7	4	5	6				0	0