

# Run For The Pumpkin

## October 3, 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

### 8 km results

Runner	Team	Bib#	Time	Place	GPrix	AUG	LC	MAC	RDC	SAIT	OPEN	Open place	Pace/km
Kip Kangogo	OPEN	105	24:58	1							1	1	03:07
Kimosop, Willy	LC	160	25:03	2	1		1						03:08
Kangogo, Ed	LC	162	26:43	3	2		2						03:20
Kiprono, Moses	LC	164	26:51	4	3		3						03:21
Kayla, Peter	LC	163	28:20	5	4		4						03:33
Epp, Travis	LC	167	28:46	6	5		5						03:36
Jonathan Werkema	RDC	170	28:52	7	6				6				03:37
Nesbitt, Patrick	OPEN	215	28:58	8							8	2	03:37
Chesire, Christian	LC	165	29:34	9	7		7						03:42
Soop, Cobie	LC	168	29:39	10	8		8						03:42
Molnar, Warren	OPEN	149	29:47	11							11	3	03:43
Ericksen, Drew	LC	169	30:35	12	9		9						03:49
Jonathan Fuller	RDC	172	30:49	13	10				10				03:51
Dustin Fountain	RDC	171	31:21	14	11				11				03:55
Peters, Andrew	MAC	158	31:25	15	12			12					03:56
Gerhard Lotz	OPEN	175	32:09	16							16	4	04:01
Robertson, Brendan	MAC	159	32:39	17	13			13					04:05
Chris Mourik	OPEN	106	33:11	18							18	5	04:09
Stewart, Bruce	OPEN	151	33:12	19							19	6	04:09
Clack, Jack	OPEN	144	34:07	20							20	7	04:16
Alex Frost	AUG	174	34:38	21	14	14							04:20
Hume, Jeremy	SAIT	208	34:54	22	15					15			04:22
Goral, Konrad	SAIT	211	35:18	23	16					16			04:25
Josh Larabee	OPEN	217	35:37	24							24	8	04:27
Hogg, Brady	SAIT	209	35:41	25	17					17			04:28
Carson, Colm	SAIT	206	35:51	26	18					18			04:29
McCue, Dallin	MAC	157	36:03	27	19			19					04:30
Glazier, Mike	MAC	154	36:07	28	20			20					04:31
LeRuyet, Jacob	MAC	156	36:25	29	21			21					04:33
Wrightson, John	SAIT	207	36:34	30	22					22			04:34
Driol, Christopher	MAC	153	37:15	31	23			23					04:39
Steven Gill	RDC	173	37:28	32	24				24				04:41
Telke, Dwight	OPEN	152	38:13	33							33	9	04:47
Laliberte, Jonathan	MAC	155	38:55	34	25			25					04:52
Lacanilao, Brian	OPEN	146	39:25	35							35	10	04:56
Roemelle, Tracey	OPEN	138	40:13	36							36	11	05:02
Kosak, Mark	OPEN	216	40:22	37							37	12	05:03
Glengraham, Laurie	OPEN	131	40:23	38							38	13	05:03
Smith, Fraser	OPEN	150	42:49	39							39	14	05:21
Troskot, Gina	OPEN	142	43:17	40							40	15	05:25
Ohlmann, Nikki	OPEN	135	44:39	41							41	16	05:35
McDonald, Keith	OPEN	147	46:08	42							42	17	05:46
Mills, Lenny	OPEN	148	46:08	43							43	18	05:46
Sinclair, Blair	SAIT	210	46:27	44	26					26			05:48
Dixon, Taylor	OPEN	130	47:03	45							45	19	05:53
Sheffield, Krista	OPEN	140	51:41	46							46	20	06:28
Thompson, Ashley	OPEN	141	52:27	47							47	21	06:33
McKay, Vanessa	OPEN	132	55:44	48							48	22	06:58
Yagos, Tara	OPEN	143	55:45	49							49	23	06:58
Scullen, Melissa	OPEN	139	57:34	50							50	24	07:12

For more than 200 runners, unprotect worksheet, insert additional rows above this row, copy previous last row above this one, past

# of runners scoring	50	26	1	8	7	4	6	24	24
total best 4 runners				10	64	51	66	36	
rank on best 4 runners				1	3	2	4		
total best 3 runners				6	44	27	48	20	
rank on best 3 runners				1	3	2	4		
total best 3 women+best 3 men				12	83	53	99	26	
rank on best 3 women and men				1	3	2	4		

AUG	LC	MAC	RDC	SAIT	OPEN
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note: ACAC team scores based on Gprix placing, whereas open and hs team scores based on overall placing