

ACAC Grand Prix 2 hosted by Lethbridge Polytechnic Kodiaks

September 20, 2025

6 km results

Runner	Category	Team	Bib#	Time	Place	TKU	LPK	MHC	SAIT	RDP	STMU	PRAC	UAA	AMB	PCP	0	0	0	0	0	OPEN	Pace/km
Jenna Conrad	Female	OPEN	1855	24:42	1																1	04:07
Sophie Jensen	Female	OPEN	1859	24:47	2																2	04:08
Kerigan Frampton	Female	SAIT	1838	25:37	3					3												04:16
Marcail Philp	Female	OPEN	1860	25:40	4																4	04:17
Eloisa Castillo	Female	OPEN	1853	25:49	5																5	04:18
Meagan Smith	Female	OPEN	1854	26:03	6																6	04:21
Jordis Hickie	Female	OPEN	1857	26:06	7																7	04:21
Peyton Pilling	Female	OPEN	1852	26:24	8																8	04:24
Lauren Westlake	Female	OPEN	1862	26:26	9																9	04:24
Lucy Frasca	Female	OPEN	1856	26:34	10																10	04:26
Julianne Chipiuk	Female	RDP	1833	26:44	11					11												04:27
Phoenix Asprey	Female	MHC	1818	26:59	12			12														04:30
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Kammy Park	Female	RDP	1834	28:53	18					18												04:49
Elle Barlow	Female	MHC	1814	29:13	19			19														04:52
Kate Block	Female	LPK	1802	29:19	20		20															04:53
Amelie Froelich	Female	TKU	1851	29:31	21	21																04:55
Cadence Laplante	Female	STMU	1840	29:35	22						22											04:56
Zoey Longman	Female	RDP	1837	29:45	23					23												04:58
Hadley Guenther	Female	RDP	1832	29:55	24					24												04:59
Ally McDonald	Female	LPK	1804	30:07	25		25															05:01
Riley Knapp	Female	MHC	1821	30:11	26			26														05:02
Livia Swift	Female	LPK	1807	30:46	27		27															05:08
Addison Weir	Female	MHC	1816	31:13	28			28														05:12
Eden Pelletier	Female	SAIT	1839	31:40	29				29													05:17
Hallee Pilling	Female	LPK	1806	31:56	30		30															05:19
Sarah Tedesco	Female	STMU	1842	32:07	31						31											05:21
Hannah Brundage	Female	AMB	1809	32:26	32									32								05:24
Elizabeth Lauber	Female	PCP	1828	33:10	33										33							05:32
Rebekah Abbott	Female	PCP	1827	33:21	34										34							05:34
Ciana Catonio	Female	MHC	1819	33:40	35			35														05:37
Emma Williams	Female	PCP	1825	35:19	36										36							05:53
Clara Wolfe	Female	STMU	1844	35:30	37						37											05:55
Presley Brennan	Female	MHC	1823	35:56	38			38														05:59
Ava Dyck	Female	MHC	1820	36:25	39			39														06:04
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Rye Osguthorpe	Female	TKU	1849	38:19	43	43																06:23
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Katelynn Cook	Female	AMB	1810	39:33	45									45								06:35
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# of runners scoring	53	3	8	10	2	5	7	0	0	3	6	0	0	0	0	0	0	9
total best 4 runners			89	61		65	130				153							12
rank on best 4 runners			4	2		3	5				6							1
total best 3 runners		79	62	42		42	90			130	103							7
rank on best 3 runners		5	4	2		2	6			8	7							1
total best 3 women+best 3 men	171	132	133			80	195											19
rank on best 3 women and men		5	3	4		2	6											1
	TKU	LPK	MHC	SAIT	RDP	STMU	PRAC	UAA	AMB	PCP	0	0	0	0	0	0	0	OPEN

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Reyna Woodruff	Female	MHC	1822	28:37	16			16														04:46
Katrina Michel	Female	LPK	1805	28:41	17		17															04:47
Kammy Park	Female	RDP	1834	28:53	18					18												04:49
Elle Barlow	Female	MHC	1814	29:13	19			19														04:52
Kate Block	Female	LPK	1802	29:19	20		20															04:53
Amelie Froelich	Female	TKU	1851	29:31	21	21																04:55
Cadence Laplante	Female	STMU	1840	29:35	22						22											04:56
Zoey Longman	Female	RDP	1837	29:45	23					23												04:58
Hadley Guenther	Female	RDP	1832	29:55	24					24												04:59
Ally McDonald	Female	LPK	1804	30:07	25		25															05:01
Riley Knapp	Female	MHC	1821	30:11	26			26														05:02
Livia Swift	Female	LPK	1807	30:46	27		27															05:08
Addison Weir	Female	MHC	1816	31:13	28			28														05:12
Eden Pelletier	Female	SAIT	1839	31:40	29				29													05:17
Hallee Pilling	Female	LPK	1806	31:56	30		30															05:19
Sarah Tedesco	Female	STMU	1842	32:07	31						31											05:21
Hannah Brundage	Female	AMB	1809	32:26	32									32								05:24
Elizabeth Lauber	Female	PCP	1828	33:10	33										33							05:32
Rebekah Abbott	Female	PCP	1827	33:21	34										34							05:34
Ciana Catonio	Female	MHC	1819	33:40	35			35														05:37
Emma Williams	Female	PCP	1825	35:19	36										36							05:53
Clara Wolfe	Female	STMU	1844	35:30	37						37											05:55
Presley Brennan	Female	MHC	1823	35:56	38			38														05:59
Ava Dyck	Female	MHC	1820	36:25	39			39														06:04
Sophie Holt	Female	STMU	1843	36:44	40						40											06:07
Brianna Mcclocklin	Female	STMU	1847	36:56	41						41											06:09
Elise Stark	Female	MHC	1817	38:03	42			42														06:20
Rye Osguthorpe	Female	TKU	1849	38:19	43	43																06:23
Ciara Bosman	Female	LPK	1803	39:07	44		44															06:31
Katelynn Cook	Female	AMB	1810	39:33	45									45								06:35
Emma Anderson	Female	LPK	1801	40:16	46		46															06:43
Rita Weber	Female	LPK	1808	40:55	47		47															06:49
Cherise Carter	Female	STMU	1841	41:04	48						48											06:51
Alisha Brophy	Female	STMU	1846	41:17	49						49											06:53
Dilyn Harrison	Female	PCP	1824	41:45	50										50							06:57
Emma Carlaw	Female	PCP	1829	45:18	51										51							07:33
Sophia Grasley	Female	PCP	1826	48:45	52										52							08:07
Tiana Hardmann	Female	AMB	1811	48:46	53									53								08:08

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# of runners scoring	53	3	8	10	2	5	7	0	0	3	6	0	0	0	0	0	0	9
total best 4 runners			89	61		65	130				153							12
rank on best 4 runners			4	2		3	5				6							1
total best 3 runners		79	62	42		42	90			130	103							7
rank on best 3 runners		5	4	2		2	6			8	7							1
total best 3 women+best 3 men	171	132	133			80	195											19
rank on best 3 women and men		5	3	4		2	6											1
	TKU	LPK	MHC	SAIT	RDP	STMU	PRAC	UAA	AMB	PCP	0	0	0	0	0	0	0	OPEN

ACAC Grand Prix 2 hosted by Lethbridge Polytechnic Kodiaks

September 20, 2025

6 km results

Runner	Category	Team	Bib#	Time	Place	TKU	LPK	MHC	SAIT	RDP	STMU	PRAC	UAA	AMB	PCP	0	0	0	0	0	OPEN	Pace/km
Jenna Conrad	Female	OPEN	1855	24:42	1																1	04:07
Sophie Jensen	Female	OPEN	1859	24:47	2																2	04:08
Kerigan Frampton	Female	SAIT	1838	25:37	3					3												04:16
Marcail Philp	Female	OPEN	1860	25:40	4																4	04:17
Eloisa Castillo	Female	OPEN	1853	25:49	5																5	04:18
Meagan Smith	Female	OPEN	1854	26:03	6																6	04:21
Jordis Hickie	Female	OPEN	1857	26:06	7																7	04:21
Peyton Pilling	Female	OPEN	1852	26:24	8																8	04:24
Lauren Westlake	Female	OPEN	1862	26:26	9																9	04:24
Lucy Frasca	Female	OPEN	1856	26:34	10																10	04:26
Julianne Chipiuk	Female	RDP	1833	26:44	11					11												04:27
Phoenix Asprey	Female	MHC	1818	26:59	12			12														04:30
Georgia Sawchuk	Female	RDP	1831	27:03	13					13												04:31
Madison Scirmger	Female	MHC	1812	27:07	14			14														04:31
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Cadence Laplante	Female	STMU	1840	29:35	22						22											04:56
Zoey Longman	Female	RDP	1837	29:45	23					23												04:58
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Elizabeth Lauber	Female	PCP	1828	33:10	33										33							05:32
Rebekah Abbott	Female	PCP	1827	33:21	34										34							05:34
Ciana Catonio	Female	MHC	1819	33:40	35			35														05:37
Emma Williams	Female	PCP	1825	35:19	36										36							05:53
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# of runners scoring	53	3	8	10	2	5	7	0	0	3	6	0	0	0	0	0	0	9
total best 4 runners			89	61		65	130				153							12
rank on best 4 runners			4	2		3	5				6							1
total best 3 runners		79	62	42		42	90			130	103							7
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total best 3 women+best 3 men	171	132	133			80	195											19
rank on best 3 women and men	5	3	4			2	6											1
	TKU	LPK	MHC	SAIT	RDP	STMU	PRAC	UAA	AMB	PCP	0	0	0	0	0	0	0	OPEN

ACAC Grand Prix 2 hosted by Lethbridge Polytechnic Kodiaks

September 20, 2025

6 km results

Runner	Category	Team	Bib#	Time	Place	TKU	LPK	MHC	SAIT	RDP	STMU	PRAC	UAA	AMB	PCP	0	0	0	0	0	OPEN	Pace/km
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Lucy Frasca	Female	OPEN	1856	26:34	10																10	04:26
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# of runners scoring	53	3	8	10	2	5	7	0	0	3	6	0	0	0	0	0	0	9
total best 4 runners			89	61		65	130				153							12
rank on best 4 runners			4	2		3	5				6							1
total best 3 runners		79	62	42		42	90			130	103							7
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rank on best 3 women and men		5	3	4		2	6											1
	TKU	LPK	MHC	SAIT	RDP	STMU	PRAC	UAA	AMB	PCP	0	0	0	0	0	0	0	OPEN

ACAC Grand Prix 2 hosted by Lethbridge Polytechnic Kodiaks

September 20, 2025

6 km results

Runner	Category	Team	Bib#	Time	Place	TKU	LPK	MHC	SAIT	RDP	STMU	PRAC	UAA	AMB	PCP	0	0	0	0	0	OPEN	Pace/km
Jenna Conrad	Female	OPEN	1855	24:42	1																1	04:07
Sophie Jensen	Female	OPEN	1859	24:47	2																2	04:08
Kerigan Frampton	Female	SAIT	1838	25:37	3					3												04:16
Marcail Philp	Female	OPEN	1860	25:40	4																4	04:17
Eloisa Castillo	Female	OPEN	1853	25:49	5																5	04:18
Meagan Smith	Female	OPEN	1854	26:03	6																6	04:21
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Lucy Frasca	Female	OPEN	1856	26:34	10																10	04:26
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rank on best 3 women and men	5	3	4			2	6											1
	TKU	LPK	MHC	SAIT	RDP	STMU	PRAC	UAA	AMB	PCP	0	0	0	0	0	0	0	OPEN

6 km results

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# of runners scoring	53	3	8	10	2	5	7	0	0	3	6	0	0	0	0	0	9
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rank on best 3 women and men	5	3	4			2	6										5
	TKU	LPK	MHC	SAIT	RDP	STMU	PRAC	UAA	AMB	PCP	0	0	0	0	0	0	OPEN

ACAC Grand Prix 2 hosted by Lethbridge Polytechnic Kodiaks

September 20, 2025

6 km results

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Lucy Frasca	Female	OPEN	1856	26:34	10																10	04:26
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Amelie Froelich	Female	TKU	1851	29:31	21	21																04:55
Cadence Laplante	Female	STMU	1840	29:35	22						22											04:56
Zoey Longman	Female	RDP	1837	29:45	23					23												04:58
Hadley Guenther	Female	RDP	1832	29:55	24					24												04:59
Ally McDonald	Female	LPK	1804	30:07	25		25															05:01
Riley Knapp	Female	MHC	1821	30:11	26			26														05:02
Livia Swift	Female	LPK	1807	30:46	27		27															05:08
Addison Weir	Female	MHC	1816	31:13	28			28														05:12
Eden Pelletier	Female	SAIT	1839	31:40	29				29													05:17
Hallee Pilling	Female	LPK	1806	31:56	30		30															05:19
Sarah Tedesco	Female	STMU	1842	32:07	31						31											05:21
Hannah Brundage	Female	AMB	1809	32:26	32									32								05:24
Elizabeth Lauber	Female	PCP	1828	33:10	33										33							05:32
Rebekah Abbott	Female	PCP	1827	33:21	34										34							05:34
Ciana Catonio	Female	MHC	1819	33:40	35			35														05:37
Emma Williams	Female	PCP	1825	35:19	36										36							05:53
Clara Wolfe	Female	STMU	1844	35:30	37						37											05:55
Presley Brennan	Female	MHC	1823	35:56	38			38														05:59
Ava Dyck	Female	MHC	1820	36:25	39			39														06:04
Sophie Holt	Female	STMU	1843	36:44	40						40											06:07
Brianna Mcclocklin	Female	STMU	1847	36:56	41						41											06:09
Elise Stark	Female	MHC	1817	38:03	42			42														06:20
Rye Osguthorpe	Female	TKU	1849	38:19	43	43																06:23
Ciara Bosman	Female	LPK	1803	39:07	44		44															06:31
Katelynn Cook	Female	AMB	1810	39:33	45									45								06:35
Emma Anderson	Female	LPK	1801	40:16	46		46															06:43
Rita Weber	Female	LPK	1808	40:55	47		47															06:49
Cherise Carter	Female	STMU	1841	41:04	48						48											06:51
Alisha Brophy	Female	STMU	1846	41:17	49						49											06:53
Dilyn Harrison	Female	PCP	1824	41:45	50										50							06:57
Emma Carlaw	Female	PCP	1829	45:18	51										51							07:33
Sophia Grasley	Female	PCP	1826	48:45	52										52							08:07
Tiana Hardmann	Female	AMB	1811	48:46	53									53								08:08

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 worksh

# of runners scoring	53	3	8	10	2	5	7	0	0	3	6	0	0	0	0	0	9
total best 4 runners			89	61		65	130				153						12
rank on best 4 runners			4	2		3	5				6						1
total best 3 runners		79	62	42		42	90			130	103						7
rank on best 3 runners		5	4	2		2	6			8	7						1
total best 3 women+best 3 men	171	132	133			80	195										19
rank on best 3 women and men	5	3	4			2	6										1
	TKU	LPK	MHC	SAIT	RDP	STMU	PRAC	UAA	AMB	PCP	0	0	0	0	0	0	OPEN

