

December 9, 2018

10 minutes

Men

Women

Name	Club	AVG/500m	Metres	Name	Club	AVG/500m	Metres
Dave Ukrainetz	SRC	1:44.2	2878	Aida Lissel-DeCorby	SRC	1:58.1	2540
Russell Lawrence	SRC	1:45.5	2853	Lily Jedlic	RRC	1:59.0	2519
Matthew Johner	SRC	1:49.0	2751	Jenalyn Simpkins	RRC	2:00.7	2485
Theo Diederichsen	SRC	1:49.0	2750	Josie	LRC	2:02.0	2456
Ben Hersche	RRC	1:49.2	2745	Elana Gelineau	SRC	2:02.4	2449
David Lopez	LRC	1:48.0	2766	Tracey Matthews	LRC	2:02.6	2446
Thomas Farquhar	RRC	1:54.6	2616	Lauren Matai	SRC	2:03.3	2432
Johnathan McLeod	SRC	1:54.9	2609	Nicole Golden	SRC	2:06.6	2369
Doug Zolinski	SRC	1:56.0	2585	Stella McLeod	RRC	2:06.8	2365
Elijah Lopez	LRC	1:56.8	2567	Drew Allen	RRC	2:10.0	2306
Henry Burdick	RRC	1:57.3	2556	Michelle Lopez	LRC	2:12.2	2268
Steven Mellesmoen	SRC	1:58.2	2536	Rachel Way	LRC	2:14.2	2235
Hayden Simair	RRC	2:02.1	2457	Carla Hale	LRC	2:15.5	2241
Bob Haver	SRC	2:03.8	2422	Bronwyn Evans	RRC	2:15.8	2208
Layne Allen	LRC	2:03.9	2430	Jo Tichkowsky	LRC	2:16.0	2199
Grayson Laycock	SRC	2:06.9	2364	Ella Matthews	LRC	2:18.6	2164
Max Pally	SRC	2:09.1	2322	Vanessa Guest	SRC	2:24.3	2078
Aidan Johner	SRC	2:26.0	2054	Emily Lake	LRC	3:01.2	1655