

Alpha Overall Results

5K Run/Walk - 3.1 Miles

178 Finishers

O/A	Name	Bib#	Time	Pace/K	Category	Cat/PI	Gender	Gen/PI	Chip Time
162/178	ADDISON, FELICITY	182	00:45:09.67	09:01	5K20-29F	34/38	F	123/136	00:45:03.60
44/178	APPELT, SHARON	208	00:28:18.37	05:39	5K50-59F	1/15	F	20/136	00:28:15.50
175/178	ARCHIBALD, BRANDY	209	00:50:00.27	10:00	5K30-39F	40/40	F	134/136	00:49:34.70
45/178	ARNOLDUSSEN, EVELYN	210	00:28:21.27	05:40	5K40-49F	2/23	F	21/136	00:28:08.65
39/178	ARNOLDUSSEN, JONAS	212	00:27:14.57	05:26	5K40-49M	3/4	M	22/42	00:27:00.90
159/178	ASUCHAK, SHAELYN	215	00:44:31.47	08:54	5K10-14F	9/9	F	120/136	00:44:08.50
160/178	ASUCHAK, TARA	216	00:44:31.87	08:54	5K30-39F	38/40	F	121/136	00:44:08.30
98/178	BARTEL, JENESSA	217	00:33:13.32	06:38	5K20-29F	19/38	F	65/136	00:32:45.00
9/178	BASSETT, SHONDI	379	00:23:24.47	04:40	5K15-19F	2/4	F	5/136	00:23:21.70
157/178	BEER, DENEA	218	00:44:14.52	08:50	5K30-39F	37/40	F	118/136	00:43:47.85
58/178	BENOIT, AIMEE	219	00:29:43.27	05:56	5K30-39F	6/40	F	30/136	00:29:31.20
57/178	BENOIT, ANDY	220	00:29:43.12	05:56	5K30-39M	9/10	M	28/42	00:29:30.45
172/178	BEVAN, JOELLA	221	00:48:53.87	09:46	5K30-39F	39/40	F	131/136	00:48:30.90
22/178	BIESBROEK, KRYSTAL	222	00:25:15.62	05:03	5K20-29F	4/38	F	9/136	00:25:04.70
171/178	BIGELOW, JULIE	223	00:48:28.57	09:41	5K40-49F	23/23	F	130/136	00:47:52.55
170/178	BIGELOW, LANCE	224	00:48:27.82	09:41	5K20-29M	8/8	M	41/42	00:47:53.00
169/178	BIGELOW, TAMARA	225	00:48:27.82	09:41	5K20-29F	37/38	F	129/136	00:47:53.00
168/178	BIGELOW, WAYNE	226	00:48:26.97	09:41	5K50-59M	8/9	M	40/42	00:47:51.10
34/178	BOLTON, TIARAH	227	00:26:57.92	05:23	5K20-29F	7/38	F	16/136	00:26:39.50
140/178	BOSER RUSTON, CARRIE	229	00:39:44.37	07:56	5K30-39F	35/40	F	103/136	00:39:24.50
93/178	BOSNJAK, WILLY	228	00:32:40.32	06:32	5K50-59M	6/9	M	33/42	00:32:29.05
119/178	BOVA, SARAH	381	00:35:16.62	07:03	5K30-39F	26/40	F	83/136	00:34:48.35
33/178	BOWES, JEN	230	00:26:49.37	05:21	5K30-39F	4/40	F	15/136	00:26:43.95
132/178	BRADLEY, BOBBI	382	00:37:50.72	07:34	5K30-39F	29/40	F	95/136	00:37:42.90
131/178	BROOKS, KARI	231	00:37:30.82	07:30	5K40-49F	17/23	F	94/136	00:36:56.65
38/178	BROWN, MITCHEL	232	00:27:10.12	05:26	5K50-59M	3/9	M	21/42	00:26:59.45
5/178	BRYANT, JEFF	233	00:21:39.07	04:19	5K50-59M	1/9	M	4/42	00:21:35.25
66/178	BULLOCK, ALANNA	234	00:30:15.27	06:03	5K20-29F	14/38	F	37/136	00:30:10.45
40/178	BULLOCK, BRYAN	235	00:27:31.27	05:30	5K30-39M	5/10	M	23/42	00:27:26.55
2/178	BYKOWSKI, ELANI	237	00:20:23.72	04:04	5K15-19F	1/4	F	1/136	00:20:23.65
6/178	BYKOWSKI, JANELLE	238	00:21:51.97	04:22	5K10-14F	1/9	F	2/136	00:21:51.15
35/178	BYKOWSKI, JOHN	183	00:26:59.32	05:23	5K40-49M	2/4	M	19/42	00:26:54.05
74/178	CHAPMAN, MONIQUE	239	00:30:50.07	06:10	5K30-39F	11/40	F	45/136	00:30:29.50
68/178	CHAPPLE, CRYSTAL	240	00:30:24.87	06:04	5K30-39F	9/40	F	39/136	00:30:15.60
71/178	CHAPPLE, MAKAYLA	241	00:30:27.12	06:05	5K10-14F	5/9	F	42/136	00:30:18.40
152/178	CHERLAND, CARLY	242	00:43:58.77	08:47	5K20-29F	33/38	F	115/136	00:41:18.40
153/178	CHERLAND, JOEL	243	00:43:59.82	08:47	5K30-39M	10/10	M	38/42	00:41:19.40
78/178	CHOLKA, DAVID	244	00:30:59.57	06:11	5K50-59M	5/9	M	30/42	00:30:43.45
56/178	CHRISTENSEN, SHERRY	245	00:29:21.17	05:52	5K50-59F	3/15	F	29/136	00:29:11.75
21/178	CHUBB, RICH	390	00:25:13.77	05:02	5K60+M	1/4	M	13/42	00:25:06.95
125/178	CLARK, GLEN	393	00:35:59.32	07:11	5K10-14M	6/6	M	37/42	00:35:34.75
13/178	CLARK, JARED	392	00:24:29.62	04:53	5K10-14M	2/6	M	7/42	00:24:05.65
77/178	CLARK, MYRA	391	00:30:54.57	06:10	5K30-39F	12/40	F	48/136	00:30:23.40
61/178	CLARKE, ANDREA	246	00:29:55.62	05:59	5K30-39F	7/40	F	32/136	00:29:27.35
52/178	COUTURE, KATIE	247	00:28:51.12	05:46	5K20-29F	12/38	F	27/136	00:28:46.85
108/178	COWAN, SANDRA	248	00:34:19.97	06:51	5K40-49F	10/23	F	72/136	00:33:46.80
88/178	COX, MEGHAN	249	00:32:03.92	06:24	5K15-19F	4/4	F	56/136	00:32:00.55
144/178	CREED, LEANNE	380	00:40:03.27	08:00	5K40-49F	19/23	F	107/136	00:39:43.70
130/178	DAY, KATHY	250	00:37:06.82	07:25	5K40-49F	16/23	F	93/136	00:36:44.85
101/178	DAY, KIMBERLY	251	00:33:21.37	06:40	5K10-14F	6/9	F	67/136	00:33:00.65
142/178	DEGINNUS, KATHY	253	00:40:01.87	08:00	5K40-49F	18/23	F	105/136	00:39:42.20
146/178	DUDLEY, CATHERINE	254	00:41:55.77	08:23	5K20-29F	30/38	F	109/136	00:41:24.05
84/178	ERVIN, JENNIFER	256	00:31:46.72	06:21	5K30-39F	17/40	F	53/136	00:31:31.20
83/178	ERVIN, JOELENE	257	00:31:44.37	06:20	5K30-39F	16/40	F	52/136	00:31:28.05
94/178	FAULKNER, COURTNEY	258	00:32:56.07	06:35	5K20-29F	17/38	F	61/136	00:32:43.45
97/178	FAULKNER, NAOMI	259	00:33:11.77	06:38	5K40-49F	9/23	F	64/136	00:33:00.30
147/178	FERGUSON, KIRSTEN	260	00:42:04.67	08:24	5K40-49F	20/23	F	110/136	00:41:35.45

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5K Run/Walk - 3.1 Miles

178 Finishers

O/A	Name	Bib#	Time	Pace/K	Category	Cat/PI	Gender	Gen/PI	Chip Time
51/178	FERGUSON, TAISHA	261	00:28:44.62	05:44	5K10-14F	3/9	F	26/136	00:28:41.00
117/178	FLINT, WINNIE	396	00:35:08.27	07:01	5K40-49F	13/23	F	81/136	00:35:04.15
69/178	GEDNY, TORRANCE	262	00:30:26.22	06:05	5K10-14F	4/9	F	40/136	00:30:18.40
81/178	GEDNY, TRINA	263	00:31:15.27	06:15	5K30-39F	15/40	F	51/136	00:31:05.15
166/178	GIESKE, ROBYN	264	00:48:18.67	09:39	5K20-29F	35/38	F	127/136	00:47:59.40
118/178	GOUCHIE, BECKY	266	00:35:16.02	07:03	5K30-39F	25/40	F	82/136	00:34:52.15
36/178	GRANT, BRENDAN	267	00:27:01.07	05:24	5K30-39M	4/10	M	20/42	00:26:50.55
149/178	GRAY, TANIS	268	00:42:15.77	08:27	5K20-29F	32/38	F	112/136	00:41:40.00
23/178	GROTEN, CARLA	269	00:25:24.37	05:04	5K40-49F	1/23	F	10/136	00:25:02.50
107/178	GROTEN, CAYLEY	270	00:34:17.47	06:51	5K10-14F	7/9	F	71/136	00:33:55.65
48/178	GROVER, LENA	271	00:28:28.47	05:41	5K20-29F	11/38	F	24/136	00:28:06.90
43/178	GROVER, RAMON	272	00:28:09.02	05:37	5K30-39M	6/10	M	24/42	00:27:45.85
11/178	GUCKERT, MARK	273	00:23:51.47	04:46	5K20-29M	1/8	M	6/42	00:23:34.75
29/178	GUENTHER, CHARLES	274	00:26:32.82	05:18	5K60+M	2/4	M	17/42	00:26:26.10
133/178	HARDER, MELINDA	275	00:37:54.47	07:34	5K30-39F	30/40	F	96/136	00:37:20.65
167/178	HARMATIUK, BRINA	277	00:48:19.17	09:39	5K20-29F	36/38	F	128/136	00:47:58.90
137/178	HERWEYER, AVA	278	00:38:44.57	07:44	5K 9&UF	2/2	F	100/136	00:38:14.75
3/178	HERWEYER, DANIEL	394	00:21:22.57	04:16	5K30-39M	2/10	M	2/42	00:21:21.55
136/178	HERWEYER, KEIRA	279	00:38:36.52	07:43	5K10-14F	8/9	F	99/136	00:38:05.85
82/178	HERWEYER, LOGAN	280	00:31:35.22	06:19	5K 9&UM	1/1	M	31/42	00:31:05.25
138/178	HERWEYER, MELISSA	281	00:38:46.27	07:45	5K30-39F	33/40	F	101/136	00:38:15.60
100/178	HERWEYER, TYLER	395	00:33:20.77	06:40	5K10-14M	5/6	M	34/42	00:32:50.35
85/178	HEYLAND, MITCHELL	282	00:31:47.42	06:21	5K20-29M	7/8	M	32/42	00:31:07.05
114/178	HEYLAND, PAIGE	283	00:34:44.77	06:56	5K20-29F	24/38	F	78/136	00:34:04.30
145/178	HODGKINSON, NICOLE	284	00:41:16.37	08:15	5K20-29F	29/38	F	108/136	00:40:38.45
116/178	HOPKINS, JOANNE	285	00:34:59.12	06:59	5K40-49F	12/23	F	80/136	00:34:45.50
28/178	HOPKINS, MAX	286	00:26:31.37	05:18	5K10-14M	4/6	M	16/42	00:26:18.45
155/178	HUMPHRIES, RICHELLE	287	00:44:13.07	08:50	5K50-59F	11/15	F	116/136	00:43:43.80
150/178	JONES, TESSA	288	00:42:49.52	08:33	5K40-49F	21/23	F	113/136	00:42:12.05
91/178	KENNEDY, BRITT	290	00:32:18.17	06:27	5K20-29F	16/38	F	59/136	00:31:52.75
156/178	KIRK, CHRISTINA	292	00:44:14.37	08:50	5K30-39F	36/40	F	117/136	00:43:46.65
42/178	KIRK, MCKENNA	293	00:27:54.77	05:34	5K10-14F	2/9	F	19/136	00:27:47.30
17/178	KLOHN, CHAD	294	00:24:51.22	04:58	5K30-39M	3/10	M	10/42	00:24:37.95
99/178	KLOHN, JANINE	295	00:33:15.07	06:39	5K30-39F	21/40	F	66/136	00:33:02.00
135/178	KNIGHT, CASSANDRA	296	00:38:03.87	07:36	5K30-39F	32/40	F	98/136	00:37:43.20
87/178	KOMM, STEPHANIE	297	00:32:03.92	06:24	5K40-49F	8/23	F	55/136	00:31:50.70
90/178	KRISTENSEN, DIANA	298	00:32:10.57	06:26	5K30-39F	19/40	F	58/136	00:31:45.15
72/178	KUNDRIK, MARY	299	00:30:27.67	06:05	5K50-59F	5/15	F	43/136	00:30:21.75
64/178	LABIUK, COLLEEN	378	00:30:09.87	06:01	5K40-49F	4/23	F	35/136	00:29:59.35
55/178	LAVECK, STEPHANIE	301	00:29:13.82	05:50	5K30-39F	5/40	F	28/136	00:29:09.85
103/178	LEDUC, FRANCINE	302	00:33:46.17	06:45	5K30-39F	22/40	F	68/136	00:33:31.60
79/178	LITTLE, JODY	305	00:31:03.47	06:12	5K30-39F	13/40	F	49/136	00:30:42.45
8/178	LORD, KATE	397	00:23:17.17	04:39	5K20-29F	1/38	F	4/136	00:23:13.35
53/178	LOW, AARON	306	00:29:02.47	05:48	5K30-39M	8/10	M	26/42	00:28:21.00
141/178	LOW, GAYLE	307	00:39:58.67	07:59	5K50-59F	9/15	F	104/136	00:39:33.70
80/178	LOW, JENNIE	308	00:31:12.22	06:14	5K30-39F	14/40	F	50/136	00:30:48.25
54/178	LOW, RICHARD	309	00:29:05.52	05:49	5K50-59M	4/9	M	27/42	00:28:25.05
30/178	MACIVER, LISA	310	00:26:39.87	05:19	5K20-29F	5/38	F	13/136	00:26:22.90
102/178	MACLEOD, DOUG	311	00:33:33.82	06:42	5K60+M	3/4	M	35/42	00:33:16.60
121/178	MACLEOD, VALERIE	312	00:35:21.17	07:04	5K60+F	2/5	F	85/136	00:35:04.75
174/178	MARIETTA, HELEN	398	00:49:52.07	09:58	5K50-59F	14/15	F	133/136	00:49:08.85
89/178	MASSE, CLAIRE	400	00:32:10.32	06:26	5K20-29F	15/38	F	57/136	00:31:57.45
104/178	MASSE, FRANCOIS	399	00:33:58.92	06:47	5K60+M	4/4	M	36/42	00:33:46.75
92/178	MATKIN, MARIE	313	00:32:21.02	06:28	5K50-59F	6/15	F	60/136	00:32:16.05
126/178	MCCONNELL, SHANDA	314	00:36:02.52	07:12	5K20-29F	26/38	F	89/136	00:35:46.65
112/178	MCLEAN, NATALIE	385	00:34:38.52	06:55	5K50-59F	7/15	F	76/136	00:34:14.15
19/178	MCNEIL, ALYSHA	315	00:25:02.17	05:00	5K20-29F	3/38	F	8/136	00:24:58.80

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O/A	Name	Bib#	Time	Pace/K	Category	Cat/PI	Gender	Gen/PI	Chip Time
148/178	MCTIGHE, DAYNA	252	00:42:15.62	08:27	5K20-29F	31/38	F	111/136	00:41:39.15
63/178	MERKLEY, WENDY	316	00:29:57.87	05:59	5K50-59F	4/15	F	34/136	00:29:50.70
73/178	MILLIGAN, MADELINE	317	00:30:49.97	06:09	5K 9&UF	1/2	F	44/136	00:30:45.85
76/178	MILLIGAN, SUE	318	00:30:51.37	06:10	5K40-49F	7/23	F	47/136	00:30:47.40
26/178	MIMI, KIHARA	291	00:26:07.32	05:13	5K15-19F	3/4	F	12/136	00:25:56.15
70/178	MOREIRA, SILVIA	386	00:30:26.27	06:05	5K30-39F	10/40	F	41/136	00:30:15.05
4/178	MOURIK, JOHN	319	00:21:22.67	04:16	5K10-14M	1/6	M	3/42	00:21:19.30
12/178	MULLER, STACI	320	00:24:23.62	04:52	5K30-39F	2/40	F	6/136	00:24:20.10
16/178	NANA, MIKAMI	322	00:24:49.87	04:57	5K20-29F	2/38	F	7/136	00:24:39.00
62/178	NORN, BRENDA	323	00:29:56.42	05:59	5K40-49F	3/23	F	33/136	00:29:47.30
31/178	NORRIS, BETH	324	00:26:46.07	05:21	5K20-29F	6/38	F	14/136	00:26:28.85
49/178	NORRIS, JOAN	325	00:28:33.72	05:42	5K60+F	1/5	F	25/136	00:28:31.15
105/178	O'BRIEN, RAE-ANNE	326	00:34:03.57	06:48	5K30-39F	23/40	F	69/136	00:33:54.70
123/178	OISHI, SHEILA	327	00:35:49.47	07:09	5K40-49F	14/23	F	87/136	00:35:32.45
113/178	ORR, KORTNEY	329	00:34:43.22	06:56	5K20-29F	23/38	F	77/136	00:34:02.35
65/178	OSTROWSKI, AMY	330	00:30:13.42	06:02	5K40-49F	5/23	F	36/136	00:30:05.30
115/178	PACK, SHAUNLEE	331	00:34:56.17	06:59	5K40-49F	11/23	F	79/136	00:34:33.20
18/178	PARK, BRAD	332	00:24:58.22	04:59	5K20-29M	3/8	M	11/42	00:24:36.45
139/178	PATCHING, SHARALYN	333	00:39:42.92	07:56	5K30-39F	34/40	F	102/136	00:39:21.95
106/178	PHILLIPS, AUBURN	388	00:34:16.82	06:51	5K20-29F	20/38	F	70/136	00:33:48.55
47/178	POHL, JOANNE	334	00:28:26.32	05:41	5K50-59F	2/15	F	23/136	00:28:17.10
37/178	POYTRESS, LACEY	300	00:27:07.57	05:25	5K20-29F	8/38	F	17/136	00:26:55.30
86/178	ROBLIN, ALECIA	336	00:31:50.92	06:22	5K30-39F	18/40	F	54/136	00:31:37.05
10/178	ROEMMELE, MATTHEW	337	00:23:45.47	04:45	5K40-49M	1/4	M	5/42	00:23:43.90
7/178	ROEMMELE, TRACEY	338	00:23:06.07	04:37	5K30-39F	1/40	F	3/136	00:23:04.30
124/178	ROGERS, SHARON	339	00:35:58.77	07:11	5K40-49F	15/23	F	88/136	00:35:53.60
60/178	ROWE, DEREK	340	00:29:50.27	05:58	5K40-49M	4/4	M	29/42	00:29:36.40
15/178	ROWE, MATTHEW	341	00:24:41.27	04:56	5K10-14M	3/6	M	9/42	00:24:29.70
96/178	RUITENBEEK, MARIELLE	383	00:33:08.47	06:37	5K20-29F	18/38	F	63/136	00:33:01.80
32/178	RUITENBEEK, WILL	384	00:26:48.52	05:21	5K20-29M	6/8	M	18/42	00:26:40.30
161/178	SCOTT, BONNIE	342	00:44:45.77	08:57	5K50-59F	12/15	F	122/136	00:44:32.40
95/178	SCOTT, SUZANNE	343	00:33:00.77	06:36	5K30-39F	20/40	F	62/136	00:32:38.40
129/178	SELLERS, DONNELLY	344	00:36:49.27	07:21	5K30-39F	28/40	F	92/136	00:36:18.30
20/178	SHINNOSUKE, YASUMURA	375	00:25:07.12	05:01	5K20-29M	4/8	M	12/42	00:24:55.90
158/178	SIMARD, LUCIE	345	00:44:30.02	08:54	5K40-49F	22/23	F	119/136	00:44:07.45
164/178	STALLARD, MOLLY	346	00:47:09.52	09:25	5K60+F	3/5	F	125/136	00:47:01.55
178/178	STARRENBURG, DIANE	347	00:50:06.47	10:01	5K50-59F	15/15	F	136/136	00:49:37.25
177/178	STARRENBURG, PETER	348	00:50:06.37	10:01	5K50-59M	9/9	M	42/42	00:49:37.15
46/178	STOKELL, MELISSA	349	00:28:21.52	05:40	5K20-29F	10/38	F	22/136	00:28:04.30
25/178	SYRENNE, RANDY	350	00:25:51.57	05:10	5K50-59M	2/9	M	14/42	00:25:47.45
120/178	TAMBLYN, COURTNEY	351	00:35:18.92	07:03	5K20-29F	25/38	F	84/136	00:34:49.95
165/178	TIPPER, DOROTHY	354	00:47:09.52	09:25	5K60+F	4/5	F	126/136	00:47:02.50
127/178	TOKARIUK, STARLA	355	00:36:11.32	07:14	5K30-39F	27/40	F	90/136	00:35:55.80
163/178	TROCKSTAD, CARMEN	356	00:46:41.47	09:20	5K50-59F	13/15	F	124/136	00:46:39.90
14/178	TROCKSTAD, CHAD	357	00:24:29.82	04:53	5K20-29M	2/8	M	8/42	00:24:29.35
110/178	TSUJII, NATSUKI	358	00:34:27.67	06:53	5K20-29F	21/38	F	74/136	00:34:13.80
75/178	TURCATO, GLYNNIS	359	00:30:50.07	06:10	5K40-49F	6/23	F	46/136	00:30:41.50
122/178	TURNER, APRIL	360	00:35:46.62	07:09	5K50-59F	8/15	F	86/136	00:35:39.50
128/178	TYNAN, RACHEL	361	00:36:25.07	07:17	5K20-29F	27/38	F	91/136	00:35:52.65
41/178	VALGARDSON, JAMIE	362	00:27:36.87	05:31	5K20-29F	9/38	F	18/136	00:27:14.20
176/178	VAN EE, LANI	364	00:50:00.27	10:00	5K20-29F	38/38	F	135/136	00:49:35.70
109/178	VILLENEUVE, JANELLE	387	00:34:23.07	06:52	5K30-39F	24/40	F	73/136	00:34:04.10
67/178	VILLENEUVE, MICHELLE	365	00:30:17.82	06:03	5K30-39F	8/40	F	38/136	00:30:02.60
50/178	VILLENEUVE, ROB	366	00:28:38.97	05:43	5K30-39M	7/10	M	25/42	00:28:21.45
154/178	VIROSTEK, KEVIN	367	00:44:12.77	08:50	5K50-59M	7/9	M	39/42	00:43:44.50
151/178	VOORT, MARY LEE	368	00:42:59.02	08:35	5K50-59F	10/15	F	114/136	00:42:23.85
143/178	WADDINGTON, ERIN	369	00:40:02.97	08:00	5K20-29F	28/38	F	106/136	00:39:38.30

Alpha Overall Results

5K Run/Walk - 3.1 Miles

178 Finishers

O/A	Name	Bib#	Time	Pace/K	Category	Cat/PI	Gender	Gen/PI	Chip Time
1/178	WETMORE, JOEL	377	00:20:13.57	04:02	5K30-39M	1/10	M	1/42	00:19:57.75
173/178	WHITNACK, LESLIE	371	00:49:51.87	09:58	5K60+F	5/5	F	132/136	00:49:08.10
24/178	WITZKE, JODI	372	00:25:40.72	05:08	5K30-39F	3/40	F	11/136	00:25:18.35
59/178	YAMAMOTO, SHIORI	373	00:29:46.32	05:57	5K20-29F	13/38	F	31/136	00:29:32.70
111/178	YASUDA, AYANE	374	00:34:27.82	06:53	5K20-29F	22/38	F	75/136	00:34:13.70
134/178	YAUCK, THERESA	376	00:38:03.72	07:36	5K30-39F	31/40	F	97/136	00:37:43.15
27/178	YUYA, NAMBU	321	00:26:21.67	05:16	5K20-29M	5/8	M	15/42	00:26:07.55