

## Alpha Overall Results

## 5K Run/Walk - 3.1 Miles

## 177 Finishers

O/A	Name	Bib#	Time	Pace/K	Category	Cat/PI	Gender	Gen/PI	Chip Time
152/177	ADDISON, FELICITY	110	00:41:59.80	08:23	5K20-29F	23/24	F	110/131	00:41:41.05
153/177	ADDISON, LINDA	111	00:42:00.25	08:24	5K40-49F	26/29	F	111/131	00:41:41.40
103/177	ANDERSON, ANNIE-JO	112	00:35:49.25	07:09	5K30-39F	20/43	F	68/131	00:35:19.10
45/177	APPELT, SHARON	113	00:29:14.85	05:50	5K50-59F	2/15	F	25/131	00:29:08.95
149/177	BEER, DENEA	114	00:41:06.30	08:13	5K30-39F	36/43	F	108/131	00:40:40.15
148/177	BEER, LIAM	115	00:41:06.20	08:13	5K 9&UM	1/2	M	41/46	00:40:40.55
150/177	BEER, NICK	116	00:41:06.60	08:13	5K30-39M	7/9	M	42/46	00:40:34.60
33/177	BENNETT, JANNA	117	00:27:59.05	05:35	5K30-39F	8/43	F	16/131	00:27:58.20
20/177	BENNETT, JOEL	118	00:26:15.90	05:15	5K30-39M	2/9	M	13/46	00:26:15.55
77/177	BENNETT, ROD	356	00:33:19.10	06:39	5K60+M	3/3	M	29/46	00:33:15.45
105/177	BENNETT, WENDY	383	00:35:58.45	07:11	5K50-59F	7/15	F	69/131	00:35:53.55
108/177	BORYSEWICZ, JILLIAN	119	00:36:08.00	07:13	5K30-39F	22/43	F	72/131	00:35:56.30
125/177	BOSTERS, HEATHER	120	00:37:34.65	07:30	5K30-39F	29/43	F	88/131	00:37:12.85
116/177	BOSTON, MARYLEE	121	00:36:43.20	07:20	5K30-39F	27/43	F	80/131	00:36:30.20
124/177	BOUCHARD, CAROL	122	00:37:27.05	07:29	5K50-59F	9/15	F	87/131	00:37:14.80
60/177	BOUCHARD, TONY	370	00:31:08.50	06:13	5K50-59M	7/11	M	24/46	00:30:55.30
50/177	BROWN, ALYSSA	123	00:29:58.95	05:59	5K20-29F	7/24	F	29/131	00:29:42.95
56/177	BROWN, MITCHEL	124	00:30:40.35	06:08	5K50-59M	6/11	M	23/46	00:30:24.65
41/177	BROWN, MITCHELL	260	00:28:43.60	05:44	5K50-59M	3/11	M	19/46	00:28:37.30
99/177	BURGER, DANIELLE	372	00:35:07.95	07:01	5K20-29F	16/24	F	65/131	00:34:57.65
126/177	BUSZ, MARY	126	00:37:36.85	07:31	5K30-39F	30/43	F	89/131	00:37:14.70
4/177	BYKOWSKI, JANELLE	127	00:21:44.45	04:20	5K10-14F	1/4	F	1/131	00:21:44.05
21/177	BYKOWSKI, JOHN	128	00:26:19.85	05:15	5K40-49M	3/7	M	14/46	00:26:17.10
7/177	CAHOON, JORDAN	129	00:22:31.90	04:30	5K15-19M	2/5	M	5/46	00:22:31.05
158/177	CAHOON, STACEY	130	00:43:41.40	08:44	5K30-39F	40/43	F	116/131	00:43:38.40
145/177	CATONIO, CIANA	131	00:40:48.95	08:09	5K 9&UF	2/5	F	106/131	00:40:36.10
144/177	CATONIO, LAURIE	132	00:40:48.65	08:09	5K40-49F	25/29	F	105/131	00:40:36.05
19/177	CHOLKA, DAVID	133	00:26:10.15	05:14	5K50-59M	2/11	M	12/46	00:26:08.55
58/177	CLARKE, ANDREA	354	00:30:58.80	06:11	5K30-39F	13/43	F	35/131	00:30:37.35
64/177	CONROY, ALISON	373	00:31:24.15	06:16	5K40-49F	8/29	F	39/131	00:31:15.85
3/177	COUTURE, JESSE	381	00:21:13.70	04:14	5K30-39M	1/9	M	3/46	00:21:11.90
38/177	CREED, JARON	343	00:28:36.95	05:43	5K30-39M	4/9	M	18/46	00:28:35.75
131/177	DAVIS, TERRI	137	00:38:01.05	07:36	5K40-49F	22/29	F	93/131	00:37:38.25
78/177	DEMERS, MICHAEL	138	00:33:22.35	06:40	5K50-59M	8/11	M	30/46	00:32:58.10
101/177	DIROCCO, DIANA	139	00:35:42.85	07:08	5K50-59F	6/15	F	67/131	00:35:20.05
118/177	DRADER, MICHELLE	141	00:36:58.65	07:23	5K40-49F	16/29	F	82/131	00:36:33.10
134/177	ELVES, SHANNON	142	00:38:49.30	07:45	5K30-39F	33/43	F	96/131	00:38:42.35
129/177	FAI, MIKE	145	00:37:45.45	07:33	5K40-49M	7/7	M	38/46	00:37:23.30
46/177	FAUST, TAWNYA	146	00:29:26.85	05:53	5K20-29F	6/24	F	26/131	00:29:18.40
70/177	FLETCHER, JACKIE	147	00:31:48.80	06:21	5K30-39F	15/43	F	45/131	00:31:37.50
1/177	FOGGIN, CODY	346	00:19:35.90	03:55	5K20-29M	1/5	M	1/46	00:19:35.85
154/177	FREEL, VANESSA	148	00:42:00.25	08:24	5K40-49F	27/29	F	112/131	00:41:42.85
146/177	FREEL, ZACHARY	149	00:40:53.50	08:10	5K15-19M	5/5	M	40/46	00:40:37.05
29/177	GALLOWAY, WADE	22	00:27:29.85	05:29	5K30-39M	3/9	M	17/46	00:27:00.05
157/177	GIESBRECHT, COLLEEN	150	00:43:31.55	08:42	5K30-39F	39/43	F	115/131	00:35:31.55
171/177	GOODWIN, CARLYNN	151	00:53:31.15	10:42	5K20-29F	24/24	F	127/131	00:53:03.90
170/177	GOODWIN, LEVI	152	00:53:31.05	10:42	5K30-39M	8/9	M	44/46	00:53:02.80
73/177	GRAHAM, KELSEY	153	00:32:27.45	06:29	5K20-29F	8/24	F	48/131	00:32:16.45
156/177	GREENO, JILL	154	00:43:08.00	08:37	5K30-39F	38/43	F	114/131	00:42:41.50
147/177	GROUETTE, AMANDA	155	00:41:00.90	08:12	5K20-29F	21/24	F	107/131	00:40:44.55
172/177	HANSON, KAREN	156	00:54:46.85	10:57	5K50-59F	14/15	F	128/131	00:54:26.55
117/177	HARMON, MARLENE	157	00:36:58.60	07:23	5K50-59F	8/15	F	81/131	00:36:33.80
9/177	HARMS, JILL	357	00:23:22.65	04:40	5K30-39F	1/43	F	3/131	00:23:20.20
133/177	HOKANSON, CONNIE	158	00:38:16.30	07:39	5K30-39F	32/43	F	95/131	00:38:09.35
13/177	HYGGEN, BLAINE	160	00:24:32.20	04:54	5K40-49M	2/7	M	8/46	00:24:22.85
31/177	INGOLD, KRYSTAL	161	00:27:51.35	05:34	5K30-39F	7/43	F	14/131	00:27:44.85
132/177	JAMIL, MARIAH	348	00:38:14.00	07:38	5K20-29F	18/24	F	94/131	00:38:06.15

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## 5K Run/Walk - 3.1 Miles

## 177 Finishers

O/A	Name	Bib#	Time	Pace/K	Category	Cat/PI	Gender	Gen/PI	Chip Time
142/177	JANZEN, SHEILA	162	00:40:24.05	08:04	5K40-49F	24/29	F	103/131	00:39:58.60
74/177	JARVIE, JUSTIN	340	00:32:32.35	06:30	5K20-29M	4/5	M	26/46	00:32:26.85
82/177	JENSEN, AMBER	163	00:33:52.60	06:46	5K30-39F	17/43	F	51/131	00:33:37.35
61/177	JONES, JESSICA	164	00:31:12.75	06:14	5K15-19F	4/6	F	37/131	00:31:04.70
175/177	JORDAN, KEELY	380	00:55:10.65	11:02	5K 9&UF	5/5	F	131/131	00:54:40.30
127/177	JORGENSEN, SHERRY	165	00:37:41.40	07:32	5K40-49F	20/29	F	90/131	00:37:16.95
95/177	KENNEDY-COLPITTS, CHANDRA	166	00:34:44.60	06:56	5K20-29F	14/24	F	63/131	00:34:27.75
40/177	KERKOFF, MORGAN	362	00:28:43.35	05:44	5K15-19F	2/6	F	22/131	00:28:38.30
28/177	KIRK, MCKENNA	167	00:27:26.15	05:29	5K10-14F	2/4	F	12/131	00:27:14.55
151/177	KLEIBRINK, TORRI	360	00:41:56.85	08:23	5K20-29F	22/24	F	109/131	00:41:36.80
141/177	KOPPE, MARJA	378	00:40:17.70	08:03	5K50-59F	10/15	F	102/131	00:40:10.25
91/177	KOPPE, MIRIAM	377	00:34:28.65	06:53	5K20-29F	11/24	F	59/131	00:34:21.15
112/177	KRAMPL, WENDY	168	00:36:28.75	07:17	5K40-49F	15/29	F	76/131	00:36:07.80
5/177	KUNDRIK, LARRY	342	00:22:29.50	04:29	5K50-59M	1/11	M	4/46	00:22:27.30
23/177	KWAN, MICHELLE	367	00:27:02.20	05:24	5K15-19F	1/6	F	8/131	00:26:53.75
18/177	LAPOINTE, NATASHA	169	00:25:56.90	05:11	5K20-29F	2/24	F	7/131	00:25:52.45
87/177	LYBBERT, ROBIN	345	00:34:12.85	06:50	5K20-29M	5/5	M	32/46	00:33:50.30
34/177	MACKINNON, BOBBIE	363	00:28:05.35	05:37	5K40-49F	3/29	F	17/131	00:27:55.25
49/177	MACKINNON, BRUCE	365	00:29:56.05	05:59	5K50-59M	4/11	M	21/46	00:29:45.60
48/177	MACKINNON, TAYLOR	364	00:29:55.95	05:59	5K15-19F	3/6	F	28/131	00:29:45.25
75/177	MACLEOD, DOUG	170	00:32:32.35	06:30	5K60+M	2/3	M	27/46	00:32:28.20
88/177	MACLEOD, VAL	256	00:34:14.85	06:50	5K60+F	2/5	F	56/131	00:34:11.20
90/177	MCGALE, KAREN	371	00:34:16.50	06:51	5K40-49F	14/29	F	58/131	00:33:49.95
79/177	MCKENZIE, DANNI	257	00:33:23.40	06:40	5K50-59F	5/15	F	49/131	00:32:57.55
123/177	MEARNS, BRIDGET	258	00:37:26.85	07:29	5K40-49F	19/29	F	86/131	00:37:03.00
120/177	MEHLEN, AUDIE	350	00:37:14.05	07:26	5K30-39F	28/43	F	84/131	00:36:58.30
140/177	MERESKI, AMANDA	259	00:40:15.65	08:03	5K20-29F	20/24	F	101/131	00:39:49.65
71/177	MERRITT, ALANA	349	00:32:05.95	06:25	5K40-49F	11/29	F	46/131	00:31:48.50
92/177	MIX, KRISTINE	261	00:34:29.65	06:53	5K30-39F	19/43	F	60/131	00:34:15.30
10/177	MOORE, REBEKAH	355	00:23:33.65	04:42	5K20-29F	1/24	F	4/131	00:23:33.60
169/177	MULINGTAPANG, EMILY	143	00:50:37.65	10:07	5K40-49F	29/29	F	126/131	00:50:26.05
81/177	NG, SHERRI	262	00:33:39.85	06:43	5K30-39F	16/43	F	50/131	00:33:27.00
32/177	NIXON, JANE	341	00:27:57.00	05:35	5K40-49F	2/29	F	15/131	00:27:46.40
59/177	NORN, BRENDA	366	00:31:08.10	06:13	5K40-49F	7/29	F	36/131	00:30:52.40
130/177	OISHI, SHEILA	264	00:37:57.00	07:35	5K40-49F	21/29	F	92/131	00:37:49.70
80/177	ONTKEAN, GERALD	353	00:33:29.10	06:41	5K50-59M	9/11	M	31/46	00:33:11.30
52/177	PETERSON, ROD	347	00:30:09.45	06:01	5K50-59M	5/11	M	22/46	00:30:04.75
54/177	POHL, JOANNE	265	00:30:23.65	06:04	5K50-59F	3/15	F	32/131	00:30:07.65
11/177	POITRAS, LEIGHANN	266	00:24:10.35	04:50	5K30-39F	2/43	F	5/131	00:24:07.10
17/177	POPP, MELISSA	267	00:25:52.60	05:10	5K30-39F	3/43	F	6/131	00:25:51.60
2/177	REID, JONATHAN	268	00:20:18.60	04:03	5K15-19M	1/5	M	2/46	00:20:18.35
14/177	RIBAR, HAROLD	269	00:24:47.70	04:57	5K60+M	1/3	M	9/46	00:24:46.20
122/177	RIBLING, ANNET	270	00:37:22.25	07:28	5K40-49F	18/29	F	85/131	00:36:58.80
97/177	RIBLING, KELLY	271	00:34:58.90	06:59	5K40-49M	5/7	M	33/46	00:34:36.10
8/177	ROEMMELE, MATTHEW	272	00:23:07.30	04:37	5K40-49M	1/7	M	6/46	00:23:04.35
6/177	ROEMMELE, TRACEY	273	00:22:30.85	04:30	5K40-49F	1/29	F	2/131	00:22:28.60
137/177	ROGERS, CINDY	274	00:39:05.25	07:49	5K30-39F	35/43	F	99/131	00:38:39.70
89/177	ROOP, KARA	275	00:34:15.35	06:51	5K30-39F	18/43	F	57/131	00:33:49.95
173/177	ROSS, ALLISA	379	00:55:10.60	11:02	5K 9&UF	4/5	F	129/131	00:54:40.15
102/177	RUMER, CRAIG	279	00:35:42.95	07:08	5K50-59M	10/11	M	35/46	00:35:20.15
65/177	RUMER, MARG	280	00:31:36.60	06:19	5K60+F	1/5	F	40/131	00:31:30.25
47/177	RUSCHIN, TRACEY	281	00:29:34.40	05:54	5K30-39F	10/43	F	27/131	00:29:26.95
159/177	SAMPATH, SHELLY	282	00:43:42.20	08:44	5K30-39F	41/43	F	117/131	00:43:39.05
98/177	SAUNDERS, DYLAN	283	00:35:01.10	07:00	5K10-14M	3/4	M	34/46	00:34:44.65
55/177	SAUNDERS, RENAE	284	00:30:36.65	06:07	5K10-14F	3/4	F	33/131	00:30:21.25
83/177	SCHINDELER, MACKENZIE	358	00:34:01.85	06:48	5K 9&UF	1/5	F	52/131	00:33:54.90
84/177	SCHINDELER, SUSAN	359	00:34:03.25	06:48	5K40-49F	13/29	F	53/131	00:33:56.25

## Alpha Overall Results

## 5K Run/Walk - 3.1 Miles

## 177 Finishers

O/A	Name	Bib#	Time	Pace/K	Category	Cat/PI	Gender	Gen/PI	Chip Time
35/177	SCHMID, AMBER	285	00:28:17.75	05:39	5K30-39F	9/43	F	18/131	00:28:11.20
57/177	SCHNARR, JEAN	344	00:30:50.35	06:10	5K40-49F	6/29	F	34/131	00:30:28.95
86/177	SCOTLAND, ASHLEY	286	00:34:12.80	06:50	5K20-29F	10/24	F	55/131	00:33:51.10
174/177	SCOTT, BONNIE	361	00:55:10.60	11:02	5K50-59F	15/15	F	130/131	00:54:41.10
26/177	SCOTT, JANE	287	00:27:18.95	05:27	5K50-59F	1/15	F	10/131	00:27:17.30
110/177	SCULLEN, MELISSA	288	00:36:14.45	07:14	5K30-39F	24/43	F	74/131	00:35:50.20
155/177	SELLERS, DONNELLY	289	00:42:44.10	08:32	5K30-39F	37/43	F	113/131	00:42:17.25
27/177	SHADE, LESLEY	290	00:27:22.35	05:28	5K30-39F	5/43	F	11/131	00:27:15.35
167/177	SHANNON, ROSEMARY	291	00:48:17.45	09:39	5K40-49F	28/29	F	124/131	00:48:02.60
165/177	SHANNON, ROWENNE	277	00:47:42.25	09:32	5K 9&UF	3/5	F	123/131	00:47:27.20
85/177	SINIEWICZ, OLIVIA	292	00:34:04.90	06:48	5K20-29F	9/24	F	54/131	00:33:56.15
36/177	SILLITO, LANA	293	00:28:17.75	05:39	5K40-49F	4/29	F	19/131	00:28:11.45
12/177	SITWELL, GEOFF	374	00:24:16.25	04:51	5K15-19M	3/5	M	7/46	00:24:08.25
16/177	SOLBERG, JEFFREY	294	00:25:52.35	05:10	5K20-29M	3/5	M	11/46	00:25:40.25
37/177	SOLBERG, MISSY	295	00:28:25.95	05:41	5K20-29F	3/24	F	20/131	00:28:13.40
94/177	STAFFORD, KAITLIN	296	00:34:44.10	06:56	5K20-29F	13/24	F	62/131	00:34:27.30
162/177	STALLARD, MOLLY	297	00:46:46.80	09:21	5K60+F	4/5	F	120/131	00:46:17.50
69/177	STAPLES, JENN	298	00:31:48.15	06:21	5K40-49F	10/29	F	44/131	00:31:37.15
42/177	TAKAHASHI, BLAIR	299	00:28:57.75	05:47	5K30-39M	5/9	M	20/46	00:28:40.60
76/177	TAKAHASHI, LEVI	300	00:32:37.75	06:31	5K10-14M	2/4	M	28/46	00:32:19.70
164/177	TAKAHASHI, SHELLI	301	00:47:21.90	09:28	5K30-39F	43/43	F	122/131	00:46:55.75
166/177	TAKAHASHI, TYLER	302	00:47:46.80	09:33	5K10-14M	4/4	M	43/46	00:47:20.30
30/177	TAMS, CATHERINE	303	00:27:30.75	05:30	5K30-39F	6/43	F	13/131	00:27:16.90
22/177	TAMS, DYLAN	304	00:26:52.45	05:22	5K15-19M	4/5	M	15/46	00:26:38.65
62/177	TAMS, JOHNNY	305	00:31:13.30	06:14	5K10-14M	1/4	M	25/46	00:30:59.75
67/177	TAMS, SAMY	306	00:31:43.70	06:20	5K10-14F	4/4	F	42/131	00:31:30.40
128/177	TARR, KARLA	307	00:37:42.85	07:32	5K30-39F	31/43	F	91/131	00:37:18.00
63/177	TAYLOR, KERRY	308	00:31:15.80	06:15	5K30-39F	14/43	F	38/131	00:31:04.50
121/177	THOM, JOE	309	00:37:14.70	07:26	5K50-59M	11/11	M	37/46	00:36:59.00
24/177	THORNHILL, ROBERT	310	00:27:02.50	05:24	5K40-49M	4/7	M	16/46	00:26:52.35
163/177	TIPPER, DOROTHY	311	00:46:47.05	09:21	5K60+F	5/5	F	121/131	00:46:18.25
168/177	TROCKSTAD, CARMEN	312	00:48:34.30	09:42	5K50-59F	13/15	F	125/131	00:48:32.95
15/177	TROCKSTAD, CHAD	351	00:25:14.85	05:02	5K20-29M	2/5	M	10/46	00:25:13.80
136/177	UNGER, LANA	314	00:39:05.20	07:49	5K40-49F	23/29	F	98/131	00:38:38.05
68/177	URANO, ATSUKO	315	00:31:44.70	06:20	5K50-59F	4/15	F	43/131	00:31:29.30
135/177	USMAN, GINNY	316	00:38:53.95	07:46	5K30-39F	34/43	F	97/131	00:38:42.90
93/177	VALIN, CHANTELE	317	00:34:41.75	06:56	5K20-29F	12/24	F	61/131	00:34:24.60
100/177	VAN DYK, JANNIE	318	00:35:10.05	07:02	5K60+F	3/5	F	66/131	00:34:53.20
44/177	VAN ECK, NICOLE	319	00:29:08.60	05:49	5K20-29F	5/24	F	24/131	00:28:59.10
119/177	VAN EE, NICOLE	320	00:37:12.95	07:26	5K40-49F	17/29	F	83/131	00:36:28.80
66/177	VANDEN DOOL, GRACE	321	00:31:43.45	06:20	5K40-49F	9/29	F	41/131	00:31:37.10
139/177	VANDERWAL, KRISTEN	322	00:39:50.10	07:58	5K20-29F	19/24	F	100/131	00:39:36.00
138/177	VANDERWAL, RICHARD	323	00:39:49.45	07:57	5K30-39M	6/9	M	39/46	00:39:34.20
111/177	VANROON, ANNE	325	00:36:16.05	07:15	5K30-39F	25/43	F	75/131	00:35:58.05
104/177	VANROON, CRAIG	326	00:35:55.30	07:11	5K40-49M	6/7	M	36/46	00:35:37.60
96/177	VEDRES, FAYLA	327	00:34:46.25	06:57	5K20-29F	15/24	F	64/131	00:34:26.25
143/177	VEDRES, HELENA	328	00:40:45.75	08:09	5K50-59F	11/15	F	104/131	00:40:26.20
109/177	VILLENEUVE, JANELLE	329	00:36:11.50	07:14	5K30-39F	23/43	F	73/131	00:35:53.80
51/177	VILLENEUVE, MICHELLE	352	00:30:01.95	06:00	5K30-39F	11/43	F	30/131	00:29:55.05
106/177	VISSER, ALICIA	82	00:36:02.90	07:12	5K20-29F	17/24	F	70/131	00:34:34.10
25/177	VOLK, VICKY	330	00:27:08.05	05:25	5K30-39F	4/43	F	9/131	00:26:55.90
53/177	VON HEYKING, SONYA	375	00:30:22.35	06:04	5K30-39F	12/43	F	31/131	00:30:13.40
161/177	VOORT, MARY LEE	331	00:44:45.95	08:57	5K50-59F	12/15	F	119/131	00:44:17.75
115/177	WALKER, MELANIE	332	00:36:41.50	07:20	5K15-19F	6/6	F	79/131	00:36:21.35
43/177	WALSER, PAMELA	369	00:29:07.05	05:49	5K20-29F	4/24	F	23/131	00:28:52.80
72/177	WALSER, SUSAN	368	00:32:25.55	06:29	5K40-49F	12/29	F	47/131	00:32:11.80
113/177	WATSON, MOIRA	333	00:36:31.40	07:18	5K30-39F	26/43	F	77/131	00:36:07.85

## Alpha Overall Results

## 5K Run/Walk - 3.1 Miles

## 177 Finishers

O/A	Name	Bib#	Time	Pace/K	Category	Cat/PI	Gender	Gen/PI	Chip Time
114/177	WENZEL, SHAE-LYN	334	00:36:40.85	07:20	5K15-19F	5/6	F	78/131	00:36:20.40
39/177	WESLEY, KIM	335	00:28:37.20	05:43	5K40-49F	5/29	F	21/131	00:28:26.15
177/177	WIEBE, JEFF	336	00:56:54.65	11:22	5K30-39M	9/9	M	46/46	00:56:30.80
176/177	WIEBE, OSCAR	337	00:56:54.40	11:22	5K 9&UM	2/2	M	45/46	00:56:31.30
107/177	WU, MICHELE	89	00:36:03.65	07:12	5K30-39F	21/43	F	71/131	00:34:34.55
160/177	YANOS, JENNIFER	339	00:44:12.15	08:50	5K30-39F	42/43	F	118/131	00:43:52.30