

Alpha Overall Results

5K Run - 3.1 Miles

146 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
42/146	ADAMS, MARK	1	00:29:12.00	05:50	5K40-49M	4/9	M	25/50	00:28:59.00
129/146	BAKER, TYCE	171	00:47:13.30	09:26	5K 9&UM	1/1	M	47/50	00:46:56.00
60/146	BARNES, RYAN	169	00:31:38.00	06:19	5K30-39M	6/10	M	31/50	00:31:07.95
95/146	BEAZER, CLARA	3	00:36:48.00	07:21	5K10-14F	2/3	F	52/96	00:36:31.10
146/146	BEAZER, DUANE	4	01:00:27.30	12:05	5K40-49M	9/9	M	50/50	01:00:06.25
145/146	BEAZER, KATE	5	01:00:27.15	12:05	5K 9&UF	3/3	F	96/96	01:00:05.60
116/146	BEAZER, MARY	6	00:43:12.90	08:38	5K10-14F	3/3	F	70/96	00:42:51.95
117/146	BEAZER, PATRICIA	7	00:43:15.65	08:39	5K40-49F	12/15	F	71/96	00:42:55.05
98/146	BECK, LARISSA	167	00:37:06.90	07:25	5K15-19F	1/1	F	54/96	00:36:44.30
111/146	BOORSMA, LESLEY	153	00:39:29.45	07:53	5K30-39F	29/41	F	65/96	00:38:58.65
63/146	BOWES, GREG	147	00:32:22.00	06:28	5K20-29M	8/11	M	33/50	00:32:19.20
119/146	BROWN, BRENDA	156	00:44:10.30	08:50	5K50-59F	5/7	F	73/96	00:43:43.30
67/146	BROWN, MITCHELL	157	00:33:02.40	06:36	5K20-29M	9/11	M	35/50	00:32:33.75
24/146	BURGESS, SOPHIA	158	00:27:53.95	05:34	5K20-29F	2/21	F	9/96	00:27:51.30
139/146	BUTLER, SHELLEY	9	00:55:00.90	11:00	5K40-49F	15/15	F	92/96	00:54:28.50
102/146	CATONIO, CIANA	10	00:37:31.45	07:30	5K 9&UF	1/3	F	58/96	00:37:27.10
103/146	CATONIO, LAURIE	11	00:37:31.75	07:30	5K40-49F	7/15	F	59/96	00:37:27.65
50/146	CHISHOLM, ALEC	12	00:30:15.90	06:03	5K20-29M	7/11	M	28/50	00:29:53.00
51/146	CHISHOLM, LAURA	13	00:30:15.90	06:03	5K20-29F	8/21	F	23/96	00:29:53.25
7/146	CHOLKA, DAVID	14	00:24:10.85	04:50	5K50-59M	1/7	M	7/50	00:23:58.10
70/146	CHRISTENSEN, SHERRY	16	00:33:35.00	06:43	5K50-59F	3/7	F	35/96	00:33:22.70
16/146	CLARK, MYRA	19	00:26:34.10	05:18	5K30-39F	5/41	F	5/96	00:26:26.85
47/146	COUTURE, KATIE	159	00:29:51.40	05:58	5K20-29F	6/21	F	20/96	00:29:44.95
61/146	DAVIS, SHERRY	20	00:31:39.70	06:19	5K40-49F	4/15	F	30/96	00:31:29.10
37/146	DYCK, ANNA	21	00:28:53.55	05:46	5K20-29F	5/21	F	15/96	00:28:47.75
122/146	DYKSTRA, BONITA	22	00:45:24.50	09:04	5K40-49F	14/15	F	76/96	00:44:58.75
84/146	ENGEN, AARON	23	00:35:08.55	07:01	5K50-59M	6/7	M	39/50	00:34:27.85
75/146	ENGEN, ALISSA	24	00:33:57.40	06:47	5K20-29F	13/21	F	39/96	00:33:28.40
14/146	ENGEN, JANZ	25	00:26:11.10	05:14	5K20-29M	5/11	M	11/50	00:25:41.65
96/146	ENGEN, LEIF	27	00:36:58.45	07:23	5K20-29M	11/11	M	44/50	00:36:21.55
73/146	ENGEN, TEAC	28	00:33:48.45	06:45	5K20-29M	10/11	M	36/50	00:33:08.95
91/146	FERGUSON, CRYSTAL	30	00:36:32.10	07:18	5K30-39F	23/41	F	50/96	00:35:59.50
92/146	FERGUSON, DAVE	31	00:36:32.60	07:18	5K30-39M	10/10	M	42/50	00:36:00.15
79/146	FLETCHER, JACKIE	32	00:34:49.90	06:57	5K30-39F	18/41	F	42/96	00:34:28.85
107/146	GARANT, TAUNYA	33	00:38:12.15	07:38	5K30-39F	28/41	F	61/96	00:37:42.90
46/146	GIESBRECHT, COLLEEN	34	00:29:47.95	05:57	5K30-39F	10/41	F	19/96	00:29:29.15
12/146	GOOK, ADA	35	00:24:53.60	04:58	5K30-39F	3/41	F	3/96	00:24:52.20
121/146	GRIMES, TRICIA	36	00:45:08.80	09:01	5K30-39F	34/41	F	75/96	00:40:55.10
89/146	HALL, KIRK	37	00:35:42.20	07:08	5K30-39M	9/10	M	41/50	00:35:17.20
88/146	HALL, TINA	38	00:35:42.10	07:08	5K30-39F	22/41	F	48/96	00:35:17.90
29/146	HANSEN, BRYAN	40	00:28:29.65	05:41	5K20-29M	6/11	M	17/50	00:28:06.85
41/146	HANSON, WES	41	00:28:59.40	05:47	5K50-59M	5/7	M	24/50	00:28:46.60
138/146	HARDER, MELINDA	42	00:55:00.20	11:00	5K30-39F	40/41	F	91/96	00:54:28.60
11/146	HARMS, JILL	176	00:24:49.65	04:57	5K30-39F	2/41	F	2/96	00:24:47.95
144/146	HARRIS, KRISTEN	43	00:59:47.20	11:57	5K30-39F	41/41	F	95/96	00:59:26.70
137/146	HARRIS, KYA	44	00:52:52.30	10:34	5K 9&UF	2/3	F	90/96	00:52:31.60
143/146	HARRIS, TREVOR	45	00:59:46.05	11:57	5K10-14M	7/7	M	49/50	00:59:25.95
5/146	HEINRICHS, RYAN	46	00:23:56.05	04:47	5K20-29M	2/11	M	5/50	00:23:53.15
59/146	HOLT, REGAN	47	00:31:29.00	06:17	5K30-39M	5/10	M	30/50	00:31:17.05
87/146	HOUWELING, ROXANNE	48	00:35:33.45	07:06	5K30-39F	21/41	F	47/96	00:35:17.85
56/146	HOWARD, ERIN	165	00:30:59.70	06:11	5K30-39F	12/41	F	27/96	00:30:29.80
34/146	JERVIS, NEIL	50	00:28:44.65	05:44	5K50-59M	3/7	M	20/50	00:28:39.20
125/146	JOHNSON, KERI	51	00:46:19.10	09:15	5K20-29F	18/21	F	79/96	00:46:03.10
100/146	JOHNSON, SACHA	52	00:37:21.80	07:28	5K30-39F	26/41	F	56/96	00:37:04.40
126/146	KAUPP, EMILEE	54	00:46:46.40	09:21	5K20-29F	19/21	F	80/96	00:46:32.15
77/146	KENNEDY, CHANDRA	55	00:34:18.80	06:51	5K20-29F	14/21	F	40/96	00:34:04.30
64/146	KRAKEWSKI, PAUL	56	00:32:51.55	06:34	5K30-39M	7/10	M	34/50	00:32:43.25
104/146	LAING, JIM	57	00:37:50.10	07:34	5K50-59M	7/7	M	45/50	00:37:34.55
72/146	LAING, ROBIN	58	00:33:47.00	06:45	5K50-59F	4/7	F	37/96	00:33:31.70
43/146	LEISHMAN, ERIC	154	00:29:15.25	05:51	5K30-39M	4/10	M	26/50	00:28:51.00
21/146	LEISHMAN, JESSICA	155	00:27:29.10	05:29	5K30-39F	7/41	F	7/96	00:27:04.90
25/146	LENZ, EMMA	172	00:28:00.35	05:36	5K40-49F	1/15	F	10/96	00:27:56.10
27/146	LOW, MEGAN	65	00:28:27.90	05:41	5K20-29F	3/21	F	12/96	00:28:26.55
28/146	LOW, RICHARD	66	00:28:28.20	05:41	5K60+M	1/3	M	16/50	00:28:27.10
83/146	LUTZ, KENDRA	67	00:35:06.10	07:01	5K30-39F	20/41	F	45/96	00:34:47.40
33/146	LYLE, JEFF	164	00:28:41.55	05:44	5K40-49M	2/9	M	19/50	00:28:12.75

Alpha Overall Results

5K Run - 3.1 Miles

146 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
39/146	MACKINNON, BOBBIE	68	00:28:55.65	05:47	5K40-49F	2/15	F	16/96	00:28:48.10
38/146	MACKINNON, BRUCE	69	00:28:55.50	05:47	5K50-59M	4/7	M	23/50	00:28:47.10
85/146	MACLEOD, DOUG	70	00:35:20.00	07:04	5K60+M	2/3	M	40/50	00:35:11.40
86/146	MACLEOD, VAL	71	00:35:20.20	07:04	5K60+F	1/5	F	46/96	00:35:10.20
3/146	MANY GREY HORSES, MAVERICK	72	00:20:50.05	04:10	5K15-19M	2/2	M	3/50	00:20:47.70
97/146	MATHIAS, MELANIE	74	00:37:02.20	07:24	5K20-29F	15/21	F	53/96	00:36:47.80
109/146	MCFADYEN, GILLIAN	75	00:38:44.00	07:44	5K40-49F	9/15	F	63/96	00:38:18.55
13/146	MCLEAN, IAN	76	00:25:17.30	05:03	5K20-29M	4/11	M	10/50	00:25:01.15
71/146	MILLER, TRACY	77	00:33:35.70	06:43	5K40-49F	5/15	F	36/96	00:33:30.90
18/146	MOSER, CARTER	78	00:26:51.95	05:22	5K10-14M	3/7	M	13/50	00:26:48.25
36/146	MOSER, DARRYL	79	00:28:50.15	05:46	5K40-49M	3/9	M	22/50	00:28:35.20
31/146	MRAK, LAURA	80	00:28:36.70	05:43	5K30-39F	9/41	F	14/96	00:28:26.95
110/146	OISHI, SHEILA	81	00:39:07.55	07:49	5K40-49F	10/15	F	64/96	00:38:58.25
6/146	ORR, DUSTIN	82	00:24:05.30	04:49	5K20-29M	3/11	M	6/50	00:23:59.90
142/146	PAKLA, JANELLE	83	00:56:19.90	11:15	5K20-29F	21/21	F	94/96	00:52:07.70
66/146	PATTON, KARISSA	84	00:32:59.50	06:35	5K20-29F	11/21	F	32/96	00:32:52.45
69/146	PLANGER, MELISSA	85	00:33:26.45	06:41	5K30-39F	16/41	F	34/96	00:33:13.45
124/146	PLUMMER, MEGAN	86	00:46:18.90	09:15	5K20-29F	17/21	F	78/96	00:46:02.85
112/146	PRIES, KAREN	148	00:39:29.55	07:53	5K30-39F	30/41	F	66/96	00:38:59.25
115/146	RACZ, SUE	87	00:42:52.80	08:34	5K40-49F	11/15	F	69/96	00:42:36.25
23/146	RAINFORD, MEGAN	161	00:27:53.85	05:34	5K20-29F	1/21	F	8/96	00:27:51.45
58/146	REID, JOHANNE	88	00:31:26.65	06:17	5K50-59F	2/7	F	29/96	00:31:24.20
2/146	REID, JONATHAN	89	00:20:38.20	04:07	5K15-19M	1/2	M	2/50	00:20:37.65
32/146	RITCHOT, GILLES	163	00:28:41.25	05:44	5K50-59M	2/7	M	18/50	00:28:11.95
1/146	ROBDRUP, DANNY	166	00:19:48.00	03:57	5K30-39M	1/10	M	1/50	00:19:47.45
118/146	SAUNDERS, CARLA	92	00:43:56.80	08:47	5K40-49F	13/15	F	72/96	00:43:35.05
82/146	SAUNDERS, DYLAN	93	00:34:59.30	06:59	5K10-14M	6/7	M	38/50	00:34:37.25
62/146	SAUNDERS, JASON	94	00:32:07.50	06:25	5K40-49M	6/9	M	32/50	00:31:46.90
40/146	SAUNDERS, RENAE	95	00:28:58.00	05:47	5K10-14F	1/3	F	17/96	00:28:39.00
68/146	SCHOENING, ERIN	96	00:33:21.60	06:40	5K30-39F	15/41	F	33/96	00:33:09.55
22/146	SCHWAB, ED	97	00:27:35.80	05:31	5K30-39M	2/10	M	15/50	00:27:32.50
135/146	SCHWAB, LINDSAY	162	00:50:07.30	10:01	5K30-39F	39/41	F	88/96	00:49:31.50
44/146	SCOTT, JANE	98	00:29:18.60	05:51	5K50-59F	1/7	F	18/96	00:29:17.25
78/146	SCULLEN, MELISSA	99	00:34:26.75	06:53	5K30-39F	17/41	F	41/96	00:34:01.55
134/146	SELLERS, DONNELLY	100	00:50:06.95	10:01	5K30-39F	38/41	F	87/96	00:49:31.25
105/146	SMITH, GARY	103	00:38:05.10	07:37	5K40-49M	8/9	M	46/50	00:37:40.90
106/146	SMITH, KORINA	104	00:38:05.25	07:37	5K40-49F	8/15	F	60/96	00:37:41.45
132/146	STALLARD, MOLLY	106	00:49:57.35	09:59	5K60+F	3/5	F	85/96	00:49:23.55
80/146	STAPLES, JENN	107	00:34:50.00	06:58	5K40-49F	6/15	F	43/96	00:34:28.45
99/146	STEED, SABRINA	168	00:37:07.25	07:25	5K30-39F	25/41	F	55/96	00:36:43.95
81/146	STEWART, AMY	108	00:34:52.15	06:58	5K30-39F	19/41	F	44/96	00:34:42.15
9/146	STEWART, BRUCE	109	00:24:34.20	04:54	5K40-49M	1/9	M	8/50	00:24:32.30
10/146	STEWART, DEAN	110	00:24:34.45	04:54	5K10-14M	1/7	M	9/50	00:24:32.30
19/146	STEWART, OWEN	111	00:27:10.90	05:26	5K10-14M	4/7	M	14/50	00:27:00.55
108/146	STRUTH, NICOLE	112	00:38:12.40	07:38	5K20-29F	16/21	F	62/96	00:37:42.80
113/146	SUGIMOTO, KORALIE	113	00:41:03.50	08:12	5K30-39F	31/41	F	67/96	00:40:52.15
48/146	SURETTE, TANYA	114	00:29:55.60	05:59	5K30-39F	11/41	F	21/96	00:29:24.00
30/146	SUTHERLAND, ALYSSA	115	00:28:35.60	05:43	5K20-29F	4/21	F	13/96	00:28:28.70
4/146	SUTHERLAND, DREW	116	00:22:23.50	04:28	5K20-29M	1/11	M	4/50	00:22:17.70
8/146	THOMAS, ARIEL	149	00:24:18.10	04:51	5K30-39F	1/41	F	1/96	00:24:12.70
133/146	TIPPER, DOROTHY	120	00:49:57.65	09:59	5K60+F	4/5	F	86/96	00:49:24.15
65/146	TONDEVOLD, CORALIE	150	00:32:59.35	06:35	5K30-39F	14/41	F	31/96	00:32:57.30
127/146	ULLY, DAINA	122	00:47:02.60	09:24	5K30-39F	35/41	F	81/96	00:47:00.25
52/146	UNWIN, CARLY	123	00:30:26.10	06:05	5K20-29F	9/21	F	24/96	00:30:07.80
76/146	UNWIN, JASON	124	00:34:07.50	06:49	5K30-39M	8/10	M	37/50	00:33:48.90
90/146	VAN DYK, JANNIE	125	00:35:44.65	07:08	5K60+F	2/5	F	49/96	00:35:31.65
54/146	VAN ECK, NICOLE	126	00:30:32.35	06:06	5K20-29F	10/21	F	26/96	00:30:24.85
101/146	VAN ROON, ANNE	127	00:37:26.60	07:29	5K30-39F	27/41	F	57/96	00:37:04.15
93/146	VAN ROON, CRAIG	128	00:36:46.00	07:21	5K40-49M	7/9	M	43/50	00:36:22.50
53/146	VANDEN DOOL, GRACE	129	00:30:27.45	06:05	5K40-49F	3/15	F	25/96	00:30:17.60
120/146	VANDERWAL, KRISTEN	130	00:44:21.45	08:52	5K30-39F	33/41	F	74/96	00:43:58.15
17/146	VANDERZEE, CALE	131	00:26:38.60	05:19	5K10-14M	2/7	M	12/50	00:26:31.05
55/146	VANDERZEE, JIM	132	00:30:54.25	06:10	5K40-49M	5/9	M	29/50	00:30:45.55
45/146	VANDERZEE, SEAN	133	00:29:42.75	05:56	5K10-14M	5/7	M	27/50	00:29:34.95
57/146	VILLENEUVE, MICHELLE	134	00:31:13.65	06:14	5K30-39F	13/41	F	28/96	00:30:59.65
35/146	VILLENEUVE, ROB	135	00:28:47.10	05:45	5K30-39M	3/10	M	21/50	00:28:32.60

Alpha Overall Results

5K Run - 3.1 Miles

146 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
140/146	VOLK, HELEN	136	00:55:22.20	11:04	5K50-59F	7/7	F	93/96	00:54:56.00
141/146	VOLK, STAN	175	00:55:23.50	11:04	5K60+M	3/3	M	48/50	00:54:58.00
26/146	VOLK, VICKEY	177	00:28:26.15	05:41	5K30-39F	8/41	F	11/96	00:28:18.25
123/146	VOORT, MARY LEE	137	00:46:08.50	09:13	5K50-59F	6/7	F	77/96	00:45:35.70
49/146	WALDNER, ALEX	138	00:30:07.30	06:01	5K20-29F	7/21	F	22/96	00:30:05.50
94/146	WALL, SHAYLENE	139	00:36:46.90	07:21	5K30-39F	24/41	F	51/96	00:36:21.80
131/146	WATSON, MOIRA	141	00:48:49.40	09:45	5K30-39F	37/41	F	84/96	00:48:18.70
130/146	WEST, MANDY	170	00:47:13.45	09:26	5K30-39F	36/41	F	83/96	00:46:56.30
20/146	WEST, NANCY	142	00:27:19.10	05:27	5K30-39F	6/41	F	6/96	00:27:05.00
114/146	WHIPPLE, DALZIEL	143	00:41:39.95	08:19	5K30-39F	32/41	F	68/96	00:41:08.05
136/146	WHITNACK, LESLIE	144	00:50:23.05	10:04	5K60+F	5/5	F	89/96	00:50:14.00
74/146	WILLOUGHBY, TAURA	386	00:33:50.20	06:46	5K20-29F	12/21	F	38/96	00:29:33.70
128/146	WOODMAN, BROOKE	145	00:47:11.80	09:26	5K20-29F	20/21	F	82/96	00:46:56.90
15/146	WOODRUFF, STACY	146	00:26:19.60	05:15	5K30-39F	4/41	F	4/96	00:26:18.00