

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 416 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
283/416	ABRAHAM, SALLY	1245	01:08:17.66	06:49	10K40-49F	44/71	F	152/249	01:07:54.99
385/416	ADAMS, FATIN	1246	01:25:12.78	08:31	10K50-59F	29/34	F	226/249	01:24:57.55
142/416	ADAMS, RYAN	1247	00:57:46.81	05:46	10K19&UM	10/14	M	90/167	00:57:32.59
295/416	AHENDA, ALLOYS	1248	01:10:00.45	07:00	10K60-69M	10/16	M	136/167	01:09:50.92
315/416	AHENDA, KATHLEEN	1249	01:12:08.95	07:12	10K20-29F	26/33	F	174/249	01:12:00.78
137/416	ALLEN, KRISTAL	1252	00:57:39.89	05:45	10K30-39F	20/84	F	50/249	00:57:24.55
66/416	ANDERSEN, ROBERT	1253	00:51:26.36	05:08	10K40-49M	14/39	M	49/167	00:51:22.22
369/416	ANDERSON, REUBEN	1254	01:20:07.33	08:00	10K40-49M	37/39	M	156/167	01:19:38.83
214/416	ANDREAS, LANETTE	1595	01:02:48.66	06:16	10K40-49F	27/71	F	101/249	01:02:28.09
118/416	ANDRUSKY, JOHN-PAUL	1255	00:56:03.82	05:36	10K30-39M	22/46	M	80/167	00:55:30.22
379/416	ANDRUSKY, SARA	1256	01:23:10.97	08:19	10K30-39F	73/84	F	221/249	01:22:32.60
331/416	ARCHIBALD, EVELYN	1716	01:14:06.73	07:24	10K60-69F	14/19	F	185/249	01:14:02.21
24/416	ARCHIBALD, JENNIFER	1713	00:43:34.78	04:21	10K40-49F	2/71	F	8/249	00:43:30.27
339/416	ARKLEY, JORDAN	1596	01:14:28.27	07:26	10K20-29F	29/33	F	192/249	01:14:12.47
70/416	ARKLEY, LEAH	1597	00:52:02.26	05:12	10K40-49F	6/71	F	19/249	00:51:46.47
136/416	AUCOIN, SUZANNE	1257	00:57:29.78	05:44	10K40-49F	13/71	F	49/249	00:57:17.22
356/416	AZIZ, TALA	1258	01:16:22.75	07:38	10K40-49F	58/71	F	205/249	01:16:07.77
232/416	BANNISTER, LORI	1259	01:03:39.53	06:21	10K40-49F	32/71	F	116/249	01:03:13.11
202/416	BARNES, ERIN	1598	01:01:33.81	06:09	10K30-39F	35/84	F	93/249	01:01:29.67
381/416	BAYDA, JANET	1599	01:23:40.38	08:22	10K40-49F	66/71	F	223/249	01:23:40.38
288/416	BEAMISH, KAILEY	1260	01:08:58.35	06:53	10K20-29F	21/33	F	155/249	01:08:55.08
121/416	BEECH, JEFF	1261	00:56:19.72	05:37	10K30-39M	24/46	M	83/167	00:56:06.02
167/416	BEEVER, JENNIFER	1262	00:59:10.81	05:55	10K30-39F	26/84	F	66/249	00:58:48.81
80/416	BELL, HEATHER	1263	00:53:03.06	05:18	10K30-39F	7/84	F	22/249	00:52:44.90
111/416	BENOIT, OLIVIER	1600	00:55:46.34	05:34	10K30-39M	21/46	M	75/167	00:55:42.64
175/416	BERNARD, LISA	1264	00:59:38.83	05:57	10K20-29F	14/33	F	72/249	00:59:32.62
12/416	BERQUIST, GARY	1265	00:40:29.45	04:02	10K30-39M	2/46	M	8/167	00:40:28.08
407/416	BERTIN, NADINE	1685	01:46:32.24	10:39	10K50-59F	32/34	F	243/249	01:46:32.24
102/416	BEWS, JENNIFER	1266	00:54:54.69	05:29	10K30-39F	10/84	F	33/249	00:54:50.01
371/416	BHALLA, ACHALA	1267	01:20:22.97	08:02	10K40-49F	60/71	F	214/249	01:19:43.49
22/416	BIALY, ADAM	1268	00:43:08.20	04:18	10K30-39M	4/46	M	15/167	00:42:51.37
143/416	BIRD, ALEXANDRA	1269	00:57:51.75	05:47	10K19&UF	2/7	F	53/249	00:57:44.49
105/416	BIRD, NATHAN	1270	00:55:07.32	05:30	10K19&UM	7/14	M	72/167	00:55:00.11
227/416	BIRD, NICOLETTE	1271	01:03:18.25	06:19	10K19&UF	6/7	F	112/249	01:03:11.04
363/416	BLACK, WHITNEY	1601	01:18:11.37	07:49	10K20-29F	30/33	F	208/249	01:17:41.09
355/416	BLACKIE, KIM	1707	01:16:21.42	07:38	10K40-49F	57/71	F	204/249	01:16:08.30
351/416	BOGAART, JANNA	1603	01:15:54.51	07:35	10K40-49F	55/71	F	200/249	01:15:26.96
63/416	BOGAART, WILL	1604	00:51:02.64	05:06	10K40-49M	13/39	M	47/167	00:50:56.22
273/416	BOIVIN, SYLVIE	1688	01:06:52.42	06:41	10K50-59F	15/34	F	147/249	01:06:31.89
279/416	BRADE, JANELLE	1273	01:07:22.29	06:44	10K20-29F	18/33	F	151/249	01:07:02.17
234/416	BRADE, KYLE	1274	01:03:51.55	06:23	10K20-29M	15/19	M	117/167	01:03:31.61
364/416	BRADE, LAURIE	1275	01:18:20.83	07:50	10K50-59F	26/34	F	209/249	01:17:59.58
138/416	BRADE, TYLER	1276	00:57:41.18	05:46	10K20-29M	11/19	M	88/167	00:57:19.94
302/416	BRAGER, NANCY	1277	01:10:55.32	07:05	10K60-69F	11/19	F	164/249	01:10:44.15
58/416	BRAR, HARPREET	1740	00:50:08.73	05:00	10K20-29M	6/19	M	45/167	00:50:01.39
270/416	BRAUNBERGER, DANA	1278	01:06:33.45	06:39	10K40-49F	41/71	F	144/249	01:06:20.51
2/416	BRETT, ALLAN	1689	00:32:58.01	03:17	10K20-29M	2/19	M	2/167	00:32:57.88
101/416	BRETHAUER, JENS	1717	00:54:39.01	05:27	10K40-49M	19/39	M	69/167	00:54:12.22
156/416	BRILL, JONATHAN	1279	00:58:47.26	05:52	10K19&UM	11/14	M	95/167	00:58:37.08
277/416	BRILL, PHOENIX	1280	01:07:03.88	06:42	10K30-39F	58/84	F	149/249	01:06:53.51
124/416	BROWN, LACEY	1690	00:56:24.87	05:38	10K30-39F	12/84	F	39/249	00:56:21.32
82/416	BUCKLAND, ROBERT	1281	00:53:08.28	05:18	10K20-29M	9/19	M	60/167	00:52:48.60
414/416	BUGEJA, LINDA	1605	01:50:31.73	11:03	10K50-59F	34/34	F	248/249	01:49:50.85
6/416	BUHLERS, DEBORAH	1282	00:39:14.47	03:55	10K40-49F	1/71	F	2/249	00:39:13.97
301/416	BURROWS, JANET	1606	01:10:40.82	07:04	10K40-49F	48/71	F	163/249	01:10:32.06
71/416	BUTLER, ANDREW	1283	00:52:04.49	05:12	10K20-29M	7/19	M	52/167	00:51:53.59
46/416	CAMPBELL, HARRY	1691	00:48:54.68	04:53	10K30-39M	10/46	M	35/167	00:48:53.96
155/416	CARTER-BIALY, LAUREN	1285	00:58:46.80	05:52	10K30-39F	23/84	F	61/249	00:58:28.95
194/416	CHALIFOUX, LILLIANA	577	01:01:17.09	06:07	10K40-49F	22/71	F	88/249	01:01:04.76
196/416	CHAN, DANA	1709	01:01:20.45	06:08	10K30-39F	34/84	F	89/249	01:00:46.63
195/416	CHAN, DESMOND	1710	01:01:20.25	06:08	10K30-39M	31/46	M	107/167	01:00:46.43
123/416	CHAN, JEFFERY	1287	00:56:21.82	05:38	10K30-39M	26/46	M	85/167	00:56:00.58
323/416	CHESHIRE, EMILY	1289	01:13:30.17	07:21	10K20-29F	28/33	F	178/249	01:13:10.84
409/416	CHISHOLM, BRIAN	1290	01:46:49.93	10:40	10K40-49M	38/39	M	165/167	01:46:32.49
91/416	CHOW, HENRY	1293	00:53:32.28	05:21	10K30-39M	18/46	M	65/167	00:53:10.68
321/416	CHRIASTY, WARREN	1294	01:13:15.44	07:19	10K60-69M	12/16	M	144/167	01:12:43.46

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O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
225/416	CHRISTENSEN, SHERRY	1295	01:03:13.03	06:19	10K50-59F	14/34	F	110/249	01:02:54.31
122/416	CHURCHILL, CLAY	1296	00:56:21.46	05:38	10K30-39M	25/46	M	84/167	00:56:01.29
200/416	CLARK, JAMIE	1297	01:01:32.49	06:09	10K60-69M	6/16	M	108/167	01:01:17.65
348/416	CLARK, KIMBERLEY	1298	01:15:24.75	07:32	10K40-49F	53/71	F	197/249	01:15:08.52
341/416	CLEIREN, GHISLAINE	1607	01:14:39.90	07:27	10K60-69F	16/19	F	193/249	01:14:10.38
182/416	CLINGMAN, PETRINA	1734	01:00:06.95	06:00	10K30-39F	30/84	F	78/249	00:59:51.29
357/416	COBANOGU, EROL	1299	01:16:23.05	07:38	10K40-49M	36/39	M	152/167	01:16:08.15
13/416	COCKBURN, RAINA	1718	00:40:59.67	04:05	10K30-39F	2/84	F	5/249	00:40:58.21
180/416	COLE, MELANIE	1608	01:00:01.29	06:00	10K30-39F	29/84	F	76/249	00:59:40.76
353/416	COLLIN, JOCELYNE	1301	01:16:20.39	07:38	10K50-59F	23/34	F	202/249	01:16:07.05
370/416	COLLIVER, RAYMOND	1719	01:20:11.13	08:01	10K70+M	2/4	M	157/167	01:20:11.13
90/416	COMANDANTE, SARAH	1686	00:53:31.61	05:21	10K20-29F	7/33	F	26/249	00:53:26.85
410/416	COOPER, BONNIE	1303	01:48:53.60	10:53	10K60-69F	19/19	F	245/249	01:48:27.39
37/416	CORNELSEN, WAYNE	1745	00:46:59.46	04:41	10K40-49M	6/39	M	26/167	00:46:54.47
318/416	CRAIG, KYLE	1304	01:12:40.83	07:16	10K30-39M	43/46	M	142/167	01:12:35.47
223/416	CRAMER, ALLAN	1305	01:03:04.41	06:18	10K30-39M	34/46	M	115/167	01:02:50.35
149/416	CROWE, LYNDASAY	1306	00:58:11.75	05:49	10K20-29F	11/33	F	56/249	00:57:50.91
27/416	CULLINGHAM, MIKE	1720	00:44:20.42	04:26	10K40-49M	4/39	M	19/167	00:44:17.86
25/416	CULLINGHAM, NICHOLAS	1721	00:43:45.47	04:22	10K30-39M	5/46	M	17/167	00:43:43.51
340/416	CUSVELLER, KEES	1307	01:14:29.51	07:26	10K50-59M	25/29	M	148/167	01:14:13.62
289/416	CUSVELLER, LAURIE	1308	01:09:29.42	06:56	10K50-59F	16/34	F	156/249	01:09:29.42
171/416	DA COSTA GOMEZ, FELIX	1309	00:59:25.52	05:56	10K50-59M	18/29	M	103/167	00:59:19.77
81/416	DARRAS, GLENN	1733	00:53:03.52	05:18	10K50-59M	10/29	M	59/167	00:52:50.03
274/416	DAVID, SEAN	1609	01:06:55.06	06:41	10K30-39M	38/46	M	127/167	01:06:24.68
327/416	DEACON, IRMA	1310	01:13:48.77	07:22	10K40-49F	49/71	F	181/249	01:13:17.41
243/416	DEBERT, CHANTEL	1311	01:04:36.66	06:27	10K40-49F	33/71	F	123/249	01:04:13.08
218/416	DEMETRICK, SELINA	1312	01:02:53.59	06:17	10K19&UF	5/7	F	104/249	01:02:35.05
224/416	DERBECKER, SUZANNE	1313	01:03:11.61	06:19	10K50-59F	13/34	F	109/249	01:03:02.43
129/416	DEROCHIE, LESA	1610	00:56:52.80	05:41	10K30-39F	16/84	F	43/249	00:56:38.93
392/416	DEROWIN, PAMELA	1611	01:30:42.16	09:04	10K30-39F	76/84	F	232/249	01:30:42.16
56/416	DETLING, SARA	1612	00:49:46.78	04:58	10K20-29F	4/33	F	13/249	00:49:45.19
186/416	DIBSKI, PATTI	1613	01:00:44.15	06:04	10K40-49F	20/71	F	82/249	01:00:28.36
349/416	DICKINSON, LINDA	1314	01:15:47.11	07:34	10K40-49F	54/71	F	198/249	01:15:18.98
75/416	DONATO, ADRIANNA	1315	00:52:24.44	05:14	10K40-49F	7/71	F	20/249	00:52:16.33
335/416	DOUGLAS, TARA	1316	01:14:22.38	07:26	10K30-39F	66/84	F	188/249	01:13:46.24
415/416	DOWLING, COLIN	1319	01:53:45.11	11:22	10K70+M	4/4	M	167/167	01:53:17.38
416/416	DOWLING, KAYE	1320	01:53:45.54	11:22	10K30-39F	84/84	F	249/249	01:53:18.67
116/416	DUMANCEAUX, JOHN	1752	00:56:01.04	05:36	10K40-49M	22/39	M	78/167	00:55:37.20
67/416	DUONG, BRENDAN	1614	00:51:29.25	05:08	10K30-39M	15/46	M	50/167	00:51:15.38
19/416	DURET, ETHAN	1615	00:42:44.55	04:16	10K19&UM	3/14	M	13/167	00:42:42.90
40/416	DURUSSEL, RYAN	1321	00:47:36.95	04:45	10K40-49M	8/39	M	29/167	00:47:30.91
267/416	DYKE, JENNIFER	1616	01:06:13.79	06:37	10K30-39F	55/84	F	141/249	01:05:46.51
141/416	ELLIOTT, JUDITH	1322	00:57:46.44	05:46	10K60-69F	3/19	F	52/249	00:57:32.05
109/416	EVANS, SHANNON	1324	00:55:42.86	05:34	10K40-49F	10/71	F	36/249	00:55:41.21
94/416	EVANS, LINDSAY	1326	00:54:08.19	05:24	10K20-29F	9/33	F	29/249	00:53:56.48
69/416	EWART, PHIL	1327	00:51:41.75	05:10	10K50-59M	8/29	M	51/167	00:51:08.71
193/416	FAIRBOURN, LILLIAN	1328	01:01:09.25	06:06	10K60-69F	7/19	F	87/249	01:00:40.23
300/416	FAIRLEIGH, KERSTEN	1329	01:10:40.43	07:04	10K40-49F	47/71	F	162/249	01:10:31.32
17/416	FALKE, GUNNAR	1330	00:42:06.73	04:12	10K40-49M	2/39	M	11/167	00:42:04.08
23/416	FALKENBERG, KEVIN	1331	00:43:33.50	04:21	10K19&UM	4/14	M	16/167	00:43:30.55
296/416	FARAGO, MICHAEL	1332	01:10:00.61	07:00	10K30-39M	40/46	M	137/167	01:09:38.93
298/416	FARLEY, TARA	1334	01:10:25.18	07:02	10K40-49F	45/71	F	160/249	01:10:12.35
59/416	FARRELL, CHRISTINE	1722	00:50:36.51	05:03	10K40-49F	3/71	F	14/249	00:50:33.87
146/416	FATIMEHIN, TOKS	1335	00:58:04.57	05:48	10K40-49M	24/39	M	93/167	00:58:03.86
336/416	FERRO, CARLEY	1336	01:14:23.02	07:26	10K30-39F	67/84	F	189/249	01:14:05.18
320/416	FIELD, STEVE	1337	01:13:10.85	07:19	10K50-59M	23/29	M	143/167	01:13:05.10
49/416	FILLIP, TODD	1338	00:49:04.35	04:54	10K50-59M	7/29	M	38/167	00:48:59.68
230/416	FLEMMING, MICHELLE	1339	01:03:30.88	06:21	10K40-49F	31/71	F	114/249	01:03:16.22
386/416	FONG, JOSEPHINE	1340	01:26:07.82	08:36	10K30-39F	74/84	F	227/249	01:25:56.28
306/416	FORD, ERICA	1341	01:11:11.63	07:07	10K20-29F	23/33	F	167/249	01:10:38.70
259/416	FORD, MELISSA	1342	01:05:26.65	06:32	10K30-39F	53/84	F	136/249	01:05:08.13
260/416	FORD, RUSS	300	01:05:26.77	06:32	10K30-39M	37/46	M	124/167	01:05:08.39
20/416	FORTIN, PEPSI	1343	00:42:56.33	04:17	10K50-59M	2/29	M	14/167	00:42:55.14
11/416	FRANTZ, JACKSON	1723	00:40:26.06	04:02	10K20-29M	4/19	M	7/167	00:40:24.40
144/416	FREIBURGER, RON	1344	00:57:56.87	05:47	10K60-69M	5/16	M	91/167	00:57:38.15
362/416	FREY, LYNDA	1619	01:17:58.26	07:47	10K50-59F	25/34	F	207/249	01:17:41.31

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O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
10/416	FRYDMAN, CHERYL	1345	00:40:20.75	04:02	10K30-39F	1/84	F	4/249	00:40:19.63
361/416	GAIR, LYALL	1750	01:17:34.22	07:45	10K30-39M	45/46	M	155/167	01:17:10.04
310/416	GALE, JEN	1346	01:11:44.33	07:10	10K30-39F	62/84	F	171/249	01:11:23.09
35/416	GARRIES, RUSSELL	1348	00:46:38.10	04:39	10K40-49M	5/39	M	25/167	00:46:33.45
375/416	GARRIES, SHERRI	1349	01:22:10.75	08:13	10K40-49F	63/71	F	218/249	01:21:42.12
373/416	GARSTAD, TINA	1706	01:20:49.94	08:04	10K40-49F	62/71	F	216/249	01:20:20.62
228/416	GELINAS, BRIAN	1350	01:03:19.72	06:19	10K50-59M	22/29	M	116/167	01:03:13.10
305/416	GERLACH, KARIN	1351	01:11:10.64	07:07	10K60-69F	12/19	F	166/249	01:10:58.87
413/416	GERRITS, CATHERINE	1620	01:50:31.02	11:03	10K30-39F	83/84	F	247/249	01:49:50.79
48/416	GHERAN, CHRIS	1352	00:49:00.74	04:54	10K30-39M	12/46	M	37/167	00:49:00.74
32/416	GHERAN, PAUL	1354	00:45:33.69	04:33	10K30-39M	7/46	M	22/167	00:45:32.03
113/416	GIBBS, DEB	1356	00:55:48.55	05:34	10K50-59F	4/34	F	38/249	00:55:32.66
282/416	GITTENS, DEX	1739	01:08:02.07	06:48	10K20-29M	18/19	M	131/167	01:07:51.27
8/416	GOMES, ADRIENNE	1622	00:39:33.10	03:57	10K20-29F	2/33	F	3/249	00:39:32.69
31/416	GOOSEN, RYAN	1358	00:45:06.36	04:30	10K30-39M	6/46	M	21/167	00:44:57.74
68/416	GOUDIE, ALICE	1359	00:51:31.50	05:09	10K40-49F	5/71	F	18/249	00:51:27.60
368/416	GRAY, SHARON	1363	01:18:50.56	07:53	10K50-59F	28/34	F	213/249	01:18:20.18
383/416	GRECO, JENA	1364	01:23:53.55	08:23	10K20-29F	31/33	F	224/249	01:23:41.66
114/416	GREER, CONRAD	1366	00:55:54.77	05:35	10K50-59M	14/29	M	76/167	00:55:39.92
261/416	GREWAL, PARAMJIT SINGH	1367	01:05:35.38	06:33	10K60-69M	8/16	M	125/167	01:05:33.43
130/416	GRIGOROVA, DIANA	1368	00:56:59.17	05:41	10K40-49F	11/71	F	44/249	00:56:56.23
307/416	GUNN, EMILY	1369	01:11:12.33	07:07	10K20-29F	24/33	F	168/249	01:10:39.73
93/416	GUY, ERIN	1742	00:54:03.70	05:24	10K20-29F	8/33	F	28/249	00:54:00.64
311/416	HABERLIN, MATT	1370	01:11:50.20	07:11	10K30-39M	42/46	M	140/167	01:11:37.14
236/416	HAGEN, EVAN	1371	01:03:53.66	06:23	10K20-29M	16/19	M	118/167	01:03:27.34
376/416	HAINES, JESSICA	1372	01:22:29.63	08:14	10K30-39F	72/84	F	219/249	01:21:59.35
140/416	HALASZ, JENNIFER	1708	00:57:44.16	05:46	10K20-29F	10/33	F	51/249	00:57:34.53
131/416	HALL, DEBORAH	1623	00:57:03.98	05:42	10K40-49F	12/71	F	45/249	00:56:49.76
21/416	HALL, SARA	1624	00:43:04.39	04:18	10K19&UF	1/7	F	7/249	00:43:04.39
350/416	HAMMERBERG, SUSAN	1692	01:15:52.54	07:35	10K30-39F	69/84	F	199/249	01:15:30.62
106/416	HANTZSCH, PATRICIA	334	00:55:07.64	05:30	10K60-69F	1/19	F	34/249	00:55:02.58
29/416	HEIN, AMY	1375	00:44:36.08	04:27	10K20-29F	3/33	F	10/249	00:44:32.62
390/416	HELLIER, JUDY	1625	01:29:47.88	08:58	10K30-39F	75/84	F	230/249	01:29:18.28
374/416	HEMBROFF, COURTNEY	1376	01:21:32.92	08:09	10K30-39F	71/84	F	217/249	01:20:49.70
226/416	HENDERSON, LUCIE	1377	01:03:18.25	06:19	10K60-69F	8/19	F	111/249	01:03:06.88
291/416	HENDRICKSON, LEN	1378	01:09:40.65	06:58	10K60-69M	9/16	M	134/167	01:09:07.53
292/416	HENDRICKSON, ROB	1379	01:09:40.78	06:58	10K40-49M	34/39	M	135/167	01:09:07.08
44/416	HENRY, CHRISTOPHER	1724	00:48:42.84	04:52	10K40-49M	9/39	M	33/167	00:48:23.16
57/416	HENRY, STEVEN	1749	00:49:51.24	04:59	10K30-39M	13/46	M	44/167	00:49:51.24
268/416	HERSCHE, NADJA	1380	01:06:15.81	06:37	10K30-39F	56/84	F	142/249	01:05:57.57
133/416	HINTHER, JENNY	1626	00:57:09.98	05:43	10K30-39F	18/84	F	47/249	00:57:04.23
16/416	HISLOP, TORY	1693	00:41:54.20	04:11	10K30-39F	3/84	F	6/249	00:41:47.00
329/416	HLADY, CHERINE	1381	01:13:58.05	07:23	10K40-49F	50/71	F	183/249	01:13:30.97
152/416	HODGE, SANDRA	1627	00:58:20.31	05:50	10K30-39F	21/84	F	59/249	00:58:06.45
41/416	HOPP, BRAD	1628	00:48:01.39	04:48	10K30-39M	9/46	M	30/167	00:47:52.00
235/416	HOWLAND-LANGILL, CLARE	1383	01:03:53.46	06:23	10K30-39F	43/84	F	118/249	01:03:27.53
189/416	INNES, CHRISTIE	1385	01:00:59.75	06:05	10K30-39F	33/84	F	85/249	01:00:37.65
190/416	INNES, CORY	1386	01:01:00.21	06:06	10K30-39M	30/46	M	105/167	01:00:38.77
174/416	IRWIN, JACKIE	1735	00:59:33.10	05:57	10K50-59F	7/34	F	71/249	00:59:26.09
73/416	IRWIN, WADE	1629	00:52:20.40	05:14	10K40-49M	15/39	M	54/167	00:52:13.85
240/416	JAMAL, AL	1387	01:04:25.43	06:26	10K60-69M	7/16	M	120/167	01:04:00.48
325/416	JANEWSKI, MURRAY	1389	01:13:33.99	07:21	10K50-59M	24/29	M	146/167	01:13:14.43
3/416	JIROT, NICOLAS	1630	00:33:43.40	03:22	10K30-39M	1/46	M	3/167	00:33:43.07
159/416	JOHNSON, JEFFREY	1390	00:58:52.04	05:53	10K40-49M	26/39	M	97/167	00:58:29.06
412/416	JOHNSON, KAREN	1631	01:49:03.57	10:54	10K40-49F	71/71	F	246/249	01:48:23.97
30/416	JOHNSON, KEN	1391	00:44:49.22	04:28	10K50-59M	3/29	M	20/167	00:44:47.93
117/416	JOHNSON, MICHAEL	1751	00:56:01.38	05:36	10K40-49M	23/39	M	79/167	00:55:36.82
89/416	JONES, GREG	1393	00:53:29.73	05:20	10K40-49M	18/39	M	64/167	00:52:54.29
205/416	JOSEPHSON, COLIN	1394	01:01:40.60	06:10	10K30-39M	33/46	M	110/167	01:01:23.06
249/416	KALMET, ASTRID	1694	01:04:47.42	06:28	10K40-49F	36/71	F	128/249	01:04:19.19
199/416	KANJI, NAZLIN	1395	01:01:30.43	06:09	10K50-59F	10/34	F	92/249	01:01:28.28
221/416	KARVINEN, TRISHA	1396	01:02:56.49	06:17	10K40-49F	29/71	F	107/249	01:02:33.24
119/416	KEELING, JAMES	1398	00:56:06.91	05:36	10K50-59M	15/29	M	81/167	00:55:35.43
293/416	KEIM, ASHLEY	1399	01:09:47.04	06:58	10K20-29F	22/33	F	158/249	01:09:30.41
39/416	KEITH, ROB	1401	00:47:31.72	04:45	10K40-49M	7/39	M	28/167	00:47:24.88
397/416	KEOGH, AINE	1632	01:37:18.66	09:43	10K30-39F	78/84	F	234/249	01:36:53.28

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 416 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
396/416	KEOGH, RACHEL	1633	01:37:18.20	09:43	10K30-39F	77/84	F	233/249	01:36:52.76
251/416	KETCHEN, COURTNEY	1402	01:04:57.25	06:29	10K30-39F	48/84	F	130/249	01:04:45.28
211/416	KITTLITZ, KEN	1405	01:02:32.27	06:15	10K50-59M	20/29	M	112/167	01:02:02.55
178/416	KLASSEN, SCOTT	1406	00:59:56.56	05:59	10K40-49M	27/39	M	104/167	00:59:26.47
404/416	KNIVE, MELISSA	1407	01:46:28.20	10:38	10K30-39F	82/84	F	240/249	01:45:49.91
217/416	KNUDSEN, BECKIE	1408	01:02:50.30	06:17	10K30-39F	39/84	F	103/249	01:02:37.76
405/416	KNUTSON, DEBBIE	1634	01:46:30.28	10:39	10K50-59F	31/34	F	241/249	01:46:04.29
5/416	KONDRO, MICHAEL	1409	00:38:51.85	03:53	10K20-29M	3/19	M	4/167	00:38:51.44
168/416	KRNJAJA, MILOS	1635	00:59:16.90	05:55	10K30-39M	29/46	M	102/167	00:59:00.53
245/416	LABELLA, CHRISTINE	1412	01:04:39.11	06:27	10K30-39F	46/84	F	125/249	01:04:15.65
184/416	LAING, ALISON	1414	01:00:40.31	06:04	10K30-39F	32/84	F	80/249	01:00:25.63
62/416	LAMBERT, SEAN	1415	00:50:59.47	05:05	10K40-49M	12/39	M	46/167	00:50:40.67
252/416	LAMOUREUX, DEAN	1416	01:04:59.27	06:29	10K40-49M	31/39	M	122/167	01:04:27.04
253/416	LAMOUREUX, ERIN	1417	01:04:59.35	06:29	10K30-39F	49/84	F	131/249	01:04:26.42
60/416	LAW DABISZA, JANELLE	1418	00:50:39.33	05:03	10K40-49F	4/71	F	15/249	00:50:25.53
103/416	LAWRENCE, ALLAN	1419	00:54:55.23	05:29	10K40-49M	20/39	M	70/167	00:54:37.69
322/416	LEE, CHRISTOPHER	1636	01:13:16.08	07:19	10K60-69M	13/16	M	145/167	01:12:44.90
210/416	LEE, LAURA	1637	01:02:26.93	06:14	10K40-49F	26/71	F	99/249	01:02:19.53
172/416	LEGROW, AIMEE	1638	00:59:26.06	05:56	10K30-39F	27/84	F	69/249	00:58:51.80
237/416	LEIGH, SHEILA	1421	01:04:11.16	06:25	10K60-69F	9/19	F	119/249	01:03:42.42
284/416	LIANG, BRIAN	1422	01:08:21.92	06:50	10K20-29M	19/19	M	132/167	01:07:55.99
380/416	LIM, LEE	1423	01:23:18.50	08:19	10K40-49F	65/71	F	222/249	01:22:56.40
343/416	LING, SABRINA	1424	01:14:46.27	07:28	10K50-59F	22/34	F	194/249	01:14:14.13
183/416	LOKE, CYNTHIA	1426	01:00:29.19	06:02	10K30-39F	31/84	F	79/249	00:59:57.05
398/416	LOUIE, WILLIAM	1427	01:41:21.55	10:08	10K70+M	3/4	M	164/167	01:40:46.37
77/416	LUDBROOK, MICHELLE	1641	00:52:38.64	05:15	10K40-49F	8/71	F	21/249	00:52:28.44
15/416	LUKINUK, BRENDT	1428	00:41:18.49	04:07	10K40-49M	1/39	M	10/167	00:41:17.90
148/416	LUKINUK, ELIZABETH	1429	00:58:08.00	05:48	10K40-49F	14/71	F	55/249	00:57:57.52
177/416	MACAULAY, MARION	1430	00:59:44.24	05:58	10K30-39F	28/84	F	74/249	00:59:19.44
187/416	MACDONALD-GRAY, BETTY	1432	01:00:47.09	06:04	10K60-69F	6/19	F	83/249	01:00:38.11
314/416	MACEACHERN, MEAGHEN	1433	01:12:07.94	07:12	10K30-39F	63/84	F	173/249	01:11:58.55
294/416	MACLACHLAN, KYLA	1434	01:09:56.79	06:59	10K30-39F	59/84	F	159/249	01:09:31.15
358/416	MADIGAN, GERRY	1643	01:16:39.77	07:39	10K70+M	1/4	M	153/167	01:16:34.30
170/416	MADIGAN, MARINA	1644	00:59:20.63	05:56	10K60-69F	5/19	F	68/249	00:59:14.59
74/416	MANABAT, RYAN	1435	00:52:24.20	05:14	10K30-39M	16/46	M	55/167	00:52:22.27
281/416	MANITOPYES, DARIAN	1645	01:07:49.23	06:46	10K20-29M	17/19	M	130/167	01:07:31.60
198/416	MANN, URSULA	1436	01:01:21.40	06:08	10K40-49F	24/71	F	91/249	01:00:48.47
72/416	MARBLE, BOB	1725	00:52:10.52	05:13	10K50-59M	9/29	M	53/167	00:51:47.81
55/416	MARCHINKO, SIMON	1646	00:49:43.00	04:58	10K19&UM	6/14	M	43/167	00:49:41.15
309/416	MARKLAND, ANAH-JAYNE	1437	01:11:24.51	07:08	10K30-39F	61/84	F	170/249	01:10:53.91
161/416	MARKLAND, JUSTIN	1438	00:58:56.93	05:53	10K30-39M	28/46	M	99/167	00:58:32.13
317/416	MARSHALL, ERIN	1439	01:12:28.97	07:14	10K20-29F	27/33	F	176/249	01:12:22.55
248/416	MARSHALL, SARAH	1714	01:04:47.35	06:28	10K40-49F	35/71	F	127/249	01:04:18.81
201/416	MARTINS VIOLINI, DIEGO	1440	01:01:33.42	06:09	10K30-39M	32/46	M	109/167	01:01:13.04
88/416	MASTALIC, ANNABELLE	1441	00:53:29.25	05:20	10K30-39F	8/84	F	25/249	00:53:07.24
354/416	MASTEL, TRACY	1726	01:16:21.16	07:38	10K50-59F	24/34	F	203/249	01:16:07.88
7/416	MCBETH, MICHAEL	1443	00:39:29.79	03:56	10K50-59M	1/29	M	5/167	00:39:29.18
208/416	MCFARLANE, SAMANTHA	1446	01:02:11.07	06:13	10K30-39F	37/84	F	97/249	01:02:00.79
319/416	MCGREGOR, LAURA	1448	01:12:43.09	07:16	10K30-39F	64/84	F	177/249	01:12:37.64
96/416	MCINNES, BRENDA	1449	00:54:25.90	05:26	10K40-49F	9/71	F	31/249	00:54:20.84
83/416	MCINNES, JOHN	1450	00:53:09.38	05:18	10K50-59M	11/29	M	61/167	00:53:04.14
330/416	MCINTOSH, ANNE	1451	01:13:58.29	07:23	10K40-49F	51/71	F	184/249	01:13:31.12
43/416	MCKAY, RAYMOND	1452	00:48:38.52	04:51	10K50-59M	6/29	M	32/167	00:48:33.08
276/416	MCLEAN, SARAH	1454	01:07:02.53	06:42	10K20-29F	17/33	F	148/249	01:06:34.23
384/416	MCLEAN, SARAH	1748	01:23:53.60	08:23	10K20-29F	32/33	F	225/249	01:23:41.48
145/416	MCLELLAN, LOCHLIN	1455	00:58:02.63	05:48	10K50-59M	16/29	M	92/167	00:57:35.14
50/416	MCLEOD, GEOFF	1456	00:49:05.82	04:54	10K20-29M	5/19	M	39/167	00:48:57.82
265/416	MCLEOD, LAUREN	1457	01:06:05.96	06:36	10K20-29F	16/33	F	139/249	01:05:45.33
34/416	MCLEOD, SEAN	1458	00:46:28.07	04:38	10K30-39M	8/46	M	24/167	00:46:19.45
382/416	MCMULLEN, GARY	1459	01:23:52.70	08:23	10K50-59M	28/29	M	159/167	01:23:43.27
391/416	MCMULLEN, JENNIFER	1460	01:30:36.67	09:03	10K40-49F	67/71	F	231/249	01:30:27.64
132/416	MCMURRAY, JENNA	1461	00:57:07.14	05:42	10K30-39F	17/84	F	46/249	00:56:43.24
244/416	MEYER, ALINE	1463	01:04:38.07	06:27	10K30-39F	45/84	F	124/249	01:04:27.87
45/416	MICHELIN, JOHN	1648	00:48:47.97	04:52	10K40-49M	10/39	M	34/167	00:48:44.61
247/416	MICHELIN, KARI	1464	01:04:41.53	06:28	10K40-49F	34/71	F	126/249	01:04:37.45
246/416	MICHELIN, LORNE	1465	01:04:41.45	06:28	10K40-49M	30/39	M	121/167	01:04:37.16

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 416 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
278/416	MILLER, JENNIFER	1466	01:07:10.93	06:43	10K40-49F	43/71	F	150/249	01:06:47.49
377/416	MOHARIB, NADIA	1470	01:22:52.24	08:17	10K40-49F	64/71	F	220/249	01:22:27.98
18/416	MOONEY, RYAN	1471	00:42:15.18	04:13	10K30-39M	3/46	M	12/167	00:42:14.68
14/416	MOORE, BRENDAN	1649	00:41:07.03	04:06	10K19&UM	2/14	M	9/167	00:41:05.65
188/416	MOORE, DONNA	1472	01:00:57.50	06:05	10K50-59F	9/34	F	84/249	01:00:37.80
33/416	MOORE, KELLS	1696	00:45:58.00	04:35	10K19&UM	5/14	M	23/167	00:45:54.86
209/416	MORRISON, BAILEY	1474	01:02:13.72	06:13	10K19&UF	4/7	F	98/249	01:02:04.29
104/416	MORRISON, SCOTT	1475	00:55:03.50	05:30	10K40-49M	21/39	M	71/167	00:54:53.56
28/416	MULLIGAN, ZITA	1477	00:44:32.41	04:27	10K50-59F	1/34	F	9/249	00:44:31.30
197/416	MUNOZ, LAURA	1651	01:01:21.07	06:08	10K40-49F	23/71	F	90/249	01:00:48.65
147/416	MURPHY, PATSY	1653	00:58:07.15	05:48	10K60-69F	4/19	F	54/249	00:57:52.77
233/416	MURPHY, REBECCA	1697	01:03:41.47	06:22	10K30-39F	42/84	F	117/249	01:02:56.42
308/416	MUSAUS, SUSAN	1479	01:11:17.62	07:07	10K50-59F	18/34	F	169/249	01:10:51.21
256/416	MWENYA, AZARION	1747	01:05:12.55	06:31	10K30-39M	36/46	M	123/167	01:05:01.27
160/416	NAGLE, ADRIAN	1480	00:58:54.94	05:53	10K20-29M	13/19	M	98/167	00:58:27.39
326/416	NATHANSON, SYLVA	1481	01:13:48.03	07:22	10K60-69F	13/19	F	180/249	01:13:16.45
269/416	NEWMAN, CANDACE	1482	01:06:33.33	06:39	10K40-49F	40/71	F	143/249	01:06:21.21
65/416	NICOL, ADAM	1715	00:51:19.38	05:07	10K30-39M	14/46	M	48/167	00:51:12.76
169/416	NIELSON, STACEY	1484	00:59:17.36	05:55	10K40-49F	16/71	F	67/249	00:59:09.57
303/416	NISHIZAKI, DAVE	1485	01:10:58.02	07:05	10K30-39M	41/46	M	139/167	01:10:16.22
304/416	NISHIZAKI, JULIE	1486	01:10:58.29	07:05	10K30-39F	60/84	F	165/249	01:10:17.21
87/416	OLIMER, LINDSAY	1654	00:53:20.46	05:20	10K20-29F	6/33	F	24/249	00:53:13.12
275/416	ORR, ROB	1741	01:07:00.13	06:42	10K40-49M	32/39	M	128/167	01:06:34.62
222/416	OSWALD, RHONDA	1655	01:03:01.56	06:18	10K50-59F	12/34	F	108/249	01:02:31.85
372/416	OWENS, CLAIRE	1656	01:20:49.49	08:04	10K40-49F	61/71	F	215/249	01:20:19.19
367/416	OWENS, JENNIFER	1657	01:18:50.23	07:53	10K50-59F	27/34	F	212/249	01:18:19.22
191/416	PANDILA, AMAR	1488	01:01:08.67	06:06	10K50-59M	19/29	M	106/167	01:00:39.35
192/416	PANDILA, CATHY	1489	01:01:09.25	06:06	10K40-49F	21/71	F	86/249	01:00:38.86
324/416	PARKER, JENN	1490	01:13:32.25	07:21	10K30-39F	65/84	F	179/249	01:13:17.02
76/416	PATNOE, ADAM	1493	00:52:32.56	05:15	10K40-49M	16/39	M	56/167	00:52:22.37
38/416	PENA, LUIS	1494	00:47:17.81	04:43	10K50-59M	4/29	M	27/167	00:47:12.63
61/416	PENNY, ANN-MARIE	1495	00:50:56.49	05:05	10K30-39F	5/84	F	16/249	00:50:49.44
176/416	PERRY, CAROL	1496	00:59:39.84	05:57	10K40-49F	17/71	F	73/249	00:59:17.64
204/416	PFEIFFER, SHANNON	1746	01:01:38.53	06:09	10K30-39F	36/84	F	95/249	01:01:11.57
181/416	PHALEN, LINDA	1658	01:00:04.55	06:00	10K50-59F	8/34	F	77/249	00:59:48.00
179/416	PHILLIPS, JULIE	1711	01:00:00.15	06:00	10K40-49F	18/71	F	75/249	00:59:42.30
360/416	PILI, SIMONETTE	1497	01:16:51.49	07:41	10K40-49F	59/71	F	206/249	01:16:20.49
378/416	PIPER, GORD	1498	01:23:08.25	08:18	10K50-59M	27/29	M	158/167	01:22:39.63
53/416	PLAVA, LILIANA	1727	00:49:25.43	04:56	10K50-59F	2/34	F	12/249	00:49:21.91
359/416	POBLETE, TONY	1659	01:16:49.09	07:40	10K60-69M	16/16	M	154/167	01:16:37.72
213/416	POTTER, STEPHANIE	1661	01:02:43.37	06:16	10K30-39F	38/84	F	100/249	01:02:40.69
128/416	PRUDHOMME, SARAH	1499	00:56:50.30	05:41	10K30-39F	15/84	F	42/249	00:56:32.44
4/416	PYKE, BRIDGET	1500	00:38:09.77	03:48	10K20-29F	1/33	F	1/249	00:38:09.44
134/416	RAE-ROBINSON, HUGH	1502	00:57:21.13	05:44	10K19&UM	9/14	M	87/167	00:57:01.73
98/416	RAFF, TIM	1503	00:54:33.66	05:27	10K50-59M	12/29	M	67/167	00:54:13.72
257/416	RAMOS, LISSETTE	1504	01:05:15.91	06:31	10K30-39F	51/84	F	134/249	01:05:13.34
262/416	RAMOS-MANABAT, DIANA	1505	01:05:35.47	06:33	10K30-39F	54/84	F	137/249	01:05:32.90
316/416	RAWSON, KAREN	1705	01:12:16.15	07:13	10K50-59F	19/34	F	175/249	01:12:01.93
107/416	RAWSON, MARC	1687	00:55:17.46	05:31	10K19&UM	8/14	M	73/167	00:55:13.44
229/416	REABURN, TARA	1506	01:03:28.93	06:20	10K40-49F	30/71	F	113/249	01:03:02.24
313/416	RENNISON, ERIN	1508	01:12:05.39	07:12	10K20-29F	25/33	F	172/249	01:11:52.11
166/416	RENTON, CHRISTY	1509	00:59:09.90	05:54	10K30-39F	25/84	F	65/249	00:58:42.83
241/416	RICHARD, BREANNA	1510	01:04:35.31	06:27	10K20-29F	15/33	F	121/249	01:04:29.26
164/416	RIGBY, LEEANNE	1662	00:59:06.02	05:54	10K40-49F	15/71	F	64/249	00:59:01.62
135/416	ROBERGE, ANDREA	1511	00:57:26.15	05:44	10K30-39F	19/84	F	48/249	00:57:12.72
127/416	ROBERGE, BRIAN	1512	00:56:36.16	05:39	10K30-39M	27/46	M	86/167	00:56:23.49
64/416	ROCKER, KATHRYN	1663	00:51:11.29	05:07	10K30-39F	6/84	F	17/249	00:50:51.53
108/416	RODGER, ANNE	1513	00:55:23.89	05:32	10K60-69F	2/19	F	35/249	00:55:17.74
120/416	RODRIGUES JR, RODOLFO	1729	00:56:17.97	05:37	10K30-39M	23/46	M	82/167	00:56:17.97
297/416	ROJO, HENRY	1514	01:10:14.86	07:01	10K60-69M	11/16	M	138/167	01:10:03.90
163/416	ROMANO, ALBERTO	1664	00:59:02.77	05:54	10K50-59M	17/29	M	100/167	00:58:58.26
47/416	ROSS, MARSHALL	1516	00:48:56.06	04:53	10K30-39M	11/46	M	36/167	00:48:38.21
86/416	ROULET, ANDREA	1712	00:53:17.40	05:19	10K20-29F	5/33	F	23/249	00:53:06.92
215/416	RUDY, BLAIR	1518	01:02:50.07	06:17	10K50-59M	21/29	M	114/167	01:02:24.63
78/416	RYAN, MATTHEW	1520	00:52:51.90	05:17	10K20-29M	8/19	M	57/167	00:52:35.03
206/416	SABHARWAL, SUNIL	1665	01:01:53.87	06:11	10K40-49M	28/39	M	111/167	01:01:25.91

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 416 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
231/416	SADLER, HOLLIE	1521	01:03:33.55	06:21	10K30-39F	41/84	F	115/249	01:03:07.34
150/416	SANDERSON, HEIKE	1666	00:58:11.96	05:49	10K50-59F	5/34	F	57/249	00:58:05.93
151/416	SANDERSON, JOANNE	1667	00:58:12.02	05:49	10K20-29F	12/33	F	58/249	00:58:06.19
239/416	SANTOS, ANATALIA	1522	01:04:20.17	06:26	10K60-69F	10/19	F	120/249	01:03:47.83
165/416	SAVAGE, JEFF	1524	00:59:09.05	05:54	10K20-29M	14/19	M	101/167	00:58:59.66
36/416	SAWCHYN, KRISTA	1525	00:46:52.39	04:41	10K30-39F	4/84	F	11/249	00:46:51.12
365/416	SCARPINO, LINA	1526	01:18:33.32	07:51	10K60-69F	18/19	F	210/249	01:18:20.43
212/416	SCOTT, BRAD	1527	01:02:38.44	06:15	10K40-49M	29/39	M	113/167	01:02:08.94
352/416	SELANDERS, LAURA	1529	01:16:19.19	07:37	10K40-49F	56/71	F	201/249	01:16:10.43
328/416	SENNETT, CHRISTINE	1530	01:13:55.12	07:23	10K50-59F	20/34	F	182/249	01:13:35.72
290/416	SERUP, SHEILA	1737	01:09:35.57	06:57	10K50-59F	17/34	F	157/249	01:09:08.08
158/416	SHARGOOL, DUSTIN	1668	00:58:50.49	05:53	10K20-29M	12/19	M	96/167	00:58:32.86
153/416	SHAW, BEN	1531	00:58:31.80	05:51	10K40-49M	25/39	M	94/167	00:58:22.51
401/416	SHAW, SARAH	1532	01:45:15.48	10:31	10K30-39F	80/84	F	237/249	01:44:36.90
242/416	SHERLEY, JILL	1728	01:04:36.45	06:27	10K30-39F	44/84	F	122/249	01:04:09.88
254/416	SHIPLO, STEPHANIE	1533	01:05:10.73	06:31	10K30-39F	50/84	F	132/249	01:04:51.83
207/416	SINGLETON, GRACIE	1534	01:01:56.31	06:11	10K19&UF	3/7	F	96/249	01:01:36.83
272/416	SINGLETON, JUNE	1535	01:06:52.22	06:41	10K40-49F	42/71	F	146/249	01:06:32.74
9/416	SINGLETON, REILLY	1536	00:40:13.16	04:01	10K19&UM	1/14	M	6/167	00:40:12.94
346/416	SIQUEIRA, TERRENCE	1537	01:14:59.66	07:29	10K50-59M	26/29	M	150/167	01:14:51.13
95/416	SKOV, BONNIE	1538	00:54:10.56	05:25	10K70+F	1/1	F	30/249	00:54:07.71
264/416	SMITH, CATHERINE	1540	01:05:56.63	06:35	10K40-49F	38/71	F	138/249	01:05:33.92
219/416	SMITH, KATIE	1541	01:02:55.49	06:17	10K30-39F	40/84	F	105/249	01:02:37.55
139/416	SMITH, KEVIN	1542	00:57:42.01	05:46	10K60-69M	4/16	M	89/167	00:57:24.47
255/416	SMITH, KIRSTIE	1543	01:05:12.42	06:31	10K40-49F	37/71	F	133/249	01:04:53.70
100/416	SNOW, PETER	1544	00:54:36.18	05:27	10K50-59M	13/29	M	68/167	00:54:23.52
84/416	SOLMOSAN, JEFF	1545	00:53:09.96	05:19	10K30-39M	17/46	M	62/167	00:52:53.01
125/416	SOLTANI, SABINE	1546	00:56:27.08	05:38	10K30-39F	13/84	F	40/249	00:56:13.01
79/416	SPEERS, DALE	1548	00:52:55.92	05:17	10K40-49M	17/39	M	58/167	00:52:48.66
157/416	SPENCE, JULIET	1549	00:58:47.43	05:52	10K20-29F	13/33	F	62/249	00:58:30.18
238/416	SRINIVASAN, PRABHU	1550	01:04:16.92	06:25	10K30-39M	35/46	M	119/167	01:03:45.34
393/416	STADEL, ADRIAN	1670	01:34:32.72	09:27	10K19&UM	13/14	M	161/167	01:33:54.44
394/416	STADEL, JONATHON	1671	01:36:03.00	09:36	10K19&UM	14/14	M	162/167	01:35:24.64
395/416	STADEL, MICHAEL	1672	01:36:04.93	09:36	10K30-39M	46/46	M	163/167	01:35:27.65
400/416	STADEL, TANYA	1673	01:44:00.80	10:24	10K30-39F	79/84	F	236/249	01:43:21.90
97/416	STANFIELD, KEVIN	1552	00:54:31.52	05:27	10K30-39M	19/46	M	66/167	00:54:19.64
287/416	STANGELAND, SHERRISSE	1674	01:08:52.69	06:53	10K20-29F	20/33	F	154/249	01:08:42.69
337/416	STAWINSKI, JORDAN	1553	01:14:27.23	07:26	10K19&UF	7/7	F	190/249	01:13:55.87
338/416	STAWINSKI, TRACY	1554	01:14:27.29	07:26	10K50-59F	21/34	F	191/249	01:13:55.87
347/416	STONE, JONATHAN	1556	01:15:20.67	07:32	10K30-39M	44/46	M	151/167	01:15:05.61
280/416	SVEJDA, MARTIN	1698	01:07:32.01	06:45	10K40-49M	33/39	M	129/167	01:06:58.97
366/416	SWAN, DARIA	1699	01:18:44.35	07:52	10K30-39F	70/84	F	211/249	01:18:17.01
332/416	SWANEY, HEATHER BETH	1557	01:14:20.55	07:26	10K40-49F	52/71	F	186/249	01:13:44.53
112/416	TAMBUNGOO, SAYOKO	1501	00:55:47.48	05:34	10K30-39F	11/84	F	37/249	00:55:41.64
42/416	THATCHER, COREY	1360	00:48:27.36	04:50	10K50-59M	5/29	M	31/167	00:48:22.77
26/416	THEAL, CHRIS	1559	00:44:00.98	04:24	10K40-49M	3/39	M	18/167	00:44:00.39
203/416	THERRIEN, MOLLY	1732	01:01:37.96	06:09	10K40-49F	25/71	F	94/249	01:01:22.48
286/416	TOWNSEND, JEFFREY	1561	01:08:24.91	06:50	10K30-39M	39/46	M	133/167	01:08:18.19
1/416	TRAVAGLINI, MATTHEW	1730	00:32:11.39	03:13	10K20-29M	1/19	M	1/167	00:32:11.11
162/416	TROTTIER, CHANTAL	1562	00:58:57.77	05:53	10K30-39F	24/84	F	63/249	00:58:46.80
271/416	TWIN, ORLEANE	1563	01:06:50.37	06:41	10K30-39F	57/84	F	145/249	01:06:49.10
51/416	VALLE, ALFONSO	1677	00:49:10.90	04:55	10K60-69M	1/16	M	40/167	00:49:09.61
285/416	VAN RYN, BROOKLYNN	1564	01:08:21.92	06:50	10K20-29F	19/33	F	153/249	01:07:55.99
399/416	VAN SCHAGEN, CRIS	1566	01:43:39.59	10:21	10K40-49F	68/71	F	235/249	01:43:10.87
333/416	VANCE, JIM	1567	01:14:22.17	07:26	10K60-69M	14/16	M	147/167	01:13:50.59
334/416	VANCE, JOANNE	1568	01:14:22.36	07:26	10K60-69F	15/19	F	187/249	01:13:51.10
312/416	VANDERVINNE, RANDAL	1569	01:11:51.30	07:11	10K40-49M	35/39	M	141/167	01:11:09.70
52/416	VANGILST, JIM	1570	00:49:21.70	04:56	10K60-69M	2/16	M	41/167	00:49:15.15
173/416	VEILLEUX, LISA	1571	00:59:26.13	05:56	10K50-59F	6/34	F	70/249	00:58:51.77
126/416	VENO, DESIRAE	1572	00:56:27.23	05:38	10K30-39F	14/84	F	41/249	00:56:06.77
345/416	VICCARS, LAURA	1573	01:14:59.16	07:29	10K30-39F	68/84	F	196/249	01:14:46.10
154/416	VIVEK, KIRUTHIKA	1574	00:58:39.82	05:51	10K30-39F	22/84	F	60/249	00:58:33.16
263/416	WADSWORTH, NICHOLAS	1575	01:05:38.64	06:33	10K19&UM	12/14	M	126/167	01:05:22.41
220/416	WAITE, ERIN	535	01:02:56.43	06:17	10K50-59F	11/34	F	106/249	01:02:35.19
115/416	WAKOLUK, JOHN	1576	00:55:58.75	05:35	10K60-69M	3/16	M	77/167	00:55:56.28
258/416	WATSON, KATRINA	1577	01:05:23.13	06:32	10K30-39F	52/84	F	135/249	01:05:05.29

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 416 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
344/416	WAUTERS, JOAN	1579	01:14:54.67	07:29	10K60-69F	17/19	F	195/249	01:14:23.39
92/416	WEGNER, NANCY	1580	00:54:03.52	05:24	10K50-59F	3/34	F	27/249	00:53:59.50
85/416	WEINSTEIN, ZACHARY	1581	00:53:13.34	05:19	10K20-29M	10/19	M	63/167	00:52:53.78
411/416	WELLS, JASON	1678	01:49:02.20	10:54	10K40-49M	39/39	M	166/167	01:48:24.97
266/416	WICKES, SANDRA	1586	01:06:09.52	06:36	10K40-49F	39/71	F	140/249	01:05:48.89
388/416	WILLS, AMELIA	1588	01:26:25.54	08:38	10K20-29F	33/33	F	228/249	01:25:47.10
389/416	WILLS, LAURIE	1589	01:26:26.10	08:38	10K50-59F	30/34	F	229/249	01:25:48.58
387/416	WILLS, ROBERT	1590	01:26:24.84	08:38	10K50-59M	29/29	M	160/167	01:25:45.86
403/416	WONG, KAREN	1591	01:45:40.12	10:34	10K40-49F	69/71	F	239/249	01:45:03.10
402/416	WOOD, MICHELLE	1592	01:45:15.93	10:31	10K30-39F	81/84	F	238/249	01:44:37.57
110/416	WOODCOCK, BEN	1731	00:55:44.38	05:34	10K30-39M	20/46	M	74/167	00:55:32.62
99/416	WOODWORTH, LINDSAY	1743	00:54:33.73	05:27	10K30-39F	9/84	F	32/249	00:54:29.51
342/416	WRIGHT, JOHN	1593	01:14:44.93	07:28	10K60-69M	15/16	M	149/167	01:14:12.79
408/416	WYLIE, DEBBIE	1594	01:46:49.86	10:40	10K50-59F	33/34	F	244/249	01:46:32.70
250/416	YANG, EMMA	1680	01:04:48.18	06:28	10K30-39F	47/84	F	129/249	01:04:38.36
185/416	YEE, LESLIE	1700	01:00:41.84	06:04	10K40-49F	19/71	F	81/249	01:00:30.76
299/416	YEE, LINDA	1681	01:10:26.72	07:02	10K40-49F	46/71	F	161/249	01:10:16.14
216/416	YEE, SUSAN	1682	01:02:50.13	06:17	10K40-49F	28/71	F	102/249	01:02:38.39
54/416	YOHANNES, ROBALE	1683	00:49:27.05	04:56	10K40-49M	11/39	M	42/167	00:49:02.63
406/416	ZIESEL, DANA	1684	01:46:31.00	10:39	10K40-49F	70/71	F	242/249	01:46:05.23