

## Alpha Overall Results

## 5K Run/Walk - 3.1 Miles

## 139 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
118/139	ALLEN, ADELYN	105	42:39.394	08:31	13:42	5K10&UF	7/13	F	56/71	COALHURST, AB
117/139	ALLEN, MEGAN	106	42:38.692	08:31	13:42	5K10&UF	6/13	F	55/71	LETHBRIDGE, AB
108/139	ANDERSON, ALAIRA	390	39:54.045	07:58	12:49	5K10&UF	4/13	F	48/71	CARDSTON, AB
18/139	ANDERSON, BRENNAN	362	22:08.844	04:25	07:07	5K11-15M	5/19	M	14/68	CARDSTON, AB
76/139	ANDERSON, DANIC	389	30:16.036	06:03	09:43	5K10&UM	6/11	M	52/68	CARDSTON, AB
109/139	ANDERSON, WENDY	388	40:06.184	08:01	12:53	5K30-39F	9/13	F	49/71	CARDSTON, AB
37/139	ANDERSON, WHITLEY	363	24:15.852	04:51	07:48	5K11-15F	5/10	F	12/71	CARDSTON, AB
124/139	ATOA, EMMA	398	44:55.633	08:59	14:26	5K10&UF	8/13	F	58/71	COALHURST, AB
62/139	ATOA, MAYA	397	28:23.351	05:40	09:07	5K11-15F	7/10	F	22/71	COALHURST, AB
114/139	ATOA, ROMEO	399	42:37.425	08:31	13:42	5K10&UM	9/11	M	62/68	COALHURST, AB
47/139	BARNES, KELSI	107	25:52.930	05:10	08:19	5K20-29F	3/12	F	16/71	LETHBRIDGE, AB
43/139	BEKEOVA, MARTA	343	25:20.563	05:04	08:08	5K40-49F	1/12	F	14/71	LETHBRIDGE, AB
49/139	BELL, BRYSON	364	26:10.252	05:14	08:24	5K40-49M	8/13	M	33/68	LETHBRIDGE, AB
34/139	BENNETT, LACEY	365	24:02.183	04:48	07:43	5K11-15M	9/19	M	24/68	CARDSTON, AB
103/139	BESTE, CHELSEY	130	38:24.117	07:40	12:20	5K20-29F	11/12	F	45/71	LETHBRIDGE, AB
5/139	BEVANS, CARTER	366	19:42.667	03:56	06:20	5K11-15M	2/19	M	4/68	CARDSTON, AB
70/139	BEVANS, CLAYTON	367	29:16.951	05:51	09:24	5K11-15M	16/19	M	46/68	CARDSTON, AB
68/139	BROADBENT, GREGORY	184	29:09.545	05:49	09:22	5K50-59M	4/5	M	44/68	LETHBRIDGE, AB
139/139	CALDER, DESTINY	252	55:02.798	11:00	17:41	5K16-19F	3/3	F	71/71	COALHURST, AB
2/139	CASPER, ROB	253	18:33.705	03:42	05:58	5K30-39M	1/6	M	1/68	COALDALE, AB
16/139	CHARKO, KATIE	254	21:51.080	04:22	07:01	5K20-29F	1/12	F	4/71	WHITECOURT, AB
9/139	CHATTERTON, ANNA	255	20:39.831	04:07	06:38	5K11-15F	1/10	F	3/71	LETHBRIDGE, AB
11/139	CHATTERTON, DAVID	256	20:58.533	04:11	06:44	5K40-49M	2/13	M	8/68	LETHBRIDGE, AB
85/139	CHATTERTON, THOMAS	257	31:24.778	06:16	10:06	5K10&UM	7/11	M	54/68	LETHBRIDGE, AB
129/139	COOK, ELLA	344	46:43.611	09:20	15:01	5K10&UF	9/13	F	62/71	LETHBRIDGE, AB
130/139	COOK, ISLA	345	47:47.711	09:33	15:22	5K10&UF	10/13	F	63/71	LETHBRIDGE, AB
39/139	COOK, SHAWN	346	24:56.492	04:59	08:01	5K30-39M	2/6	M	27/68	LETHBRIDGE, AB
119/139	COOK, SILVIA	347	43:44.220	08:44	14:03	5K30-39F	12/13	F	57/71	LETHBRIDGE, AB
46/139	CORKUM, DANIEL	258	25:43.601	05:08	08:16	5K40-49M	7/13	M	31/68	COALDALE, AB
96/139	CROW CHIEF, ENDER	368	36:36.000	07:19	11:46	5K11-15M	18/19	M	57/68	CARDSTON, AB
35/139	CROWDER, NICOLE	259	24:06.264	04:49	07:45	5K30-39F	4/13	F	11/71	LETHBRIDGE, AB
100/139	DE LEEUW, ADELINA	260	37:19.006	07:27	11:59	5K10&UF	3/13	F	42/71	COALHURST, AB
30/139	DE LEEUW, ARIETTE	261	23:49.638	04:45	07:39	5K30-39F	3/13	F	8/71	COALHURST, AB
82/139	DE LEEUW, BECKY	262	30:48.965	06:09	09:54	5K20-29F	8/12	F	30/71	PICTURE BUTTE, AB
101/139	DE LEEUW, JALAINA	263	37:19.265	07:27	12:00	5K20-29F	10/12	F	43/71	PICTURE BUTTE, AB
17/139	DOBSON, SILAS	369	22:02.538	04:24	07:05	5K11-15M	4/19	M	13/68	CARDSTON, AB
115/139	DUURSMA, JACLYN	264	42:37.567	08:31	13:42	5K20-29F	12/12	F	53/71	LETHBRIDGE, AB
19/139	FEHR, BRODY	265	22:17.783	04:27	07:10	5K11-15M	6/19	M	15/68	STIRLING, AB
50/139	FEHR, CORNELIO	266	26:12.148	05:14	08:25	5K30-39M	3/6	M	34/68	STIRLING, AB
7/139	FEHR, EMMA	267	20:07.937	04:01	06:28	5K30-39F	2/13	F	2/71	STIRLING, AB
79/139	FEHR, KHLOE-ANN	268	30:18.470	06:03	09:44	5K11-15F	9/10	F	27/71	STIRLING, AB
53/139	FOWLER, ALEXA	370	26:42.617	05:20	08:35	5K20-29F	4/12	F	18/71	WHITECOURT, AB
48/139	GALLANT, BRAD	371	26:07.814	05:13	08:24	5K50-59M	2/5	M	32/68	LETHBRIDGE, AB
93/139	GEERAERT, ARLENE	271	34:14.719	06:50	11:00	5K50-59F	3/6	F	37/71	TABER, AB
73/139	GEERAERT, MITCHELL	272	29:33.917	05:54	09:30	5K20-29M	3/3	M	49/68	TABER, AB
126/139	GOOD EAGLE, LJ	386	45:24.416	09:04	14:36	5K40-49M	13/13	M	67/68	COALHURST, AB
75/139	GRAHAM, ALEXANDER	348	29:43.785	05:56	09:33	5K11-15M	17/19	M	51/68	LETHBRIDGE, AB
111/139	GRAHAM, CLAIRE	349	40:44.796	08:08	13:06	5K10&UF	5/13	F	50/71	LETHBRIDGE, AB
112/139	GRAHAM, LISA	350	40:45.300	08:09	13:06	5K30-39F	10/13	F	51/71	LETHBRIDGE, AB
74/139	GRAHAM, SCOTT	372	29:40.458	05:56	09:32	5K40-49M	11/13	M	50/68	LETHBRIDGE, AB
51/139	HAGGETT, STEPHANIE	273	26:20.446	05:16	08:28	5K30-39F	6/13	F	17/71	LETHBRIDGE, AB
23/139	HAMILTON, COURTENEY	274	22:58.789	04:35	07:23	5K20-29F	2/12	F	5/71	LETHBRIDGE, AB
95/139	HAMILTON, KYLA	275	34:25.149	06:53	11:04	5K16-19F	1/3	F	39/71	LETHBRIDGE, AB
8/139	HANSEN, KYLE	382	20:34.796	04:06	06:37	5K11-15M	3/19	M	6/68	CARDSTON, AB
66/139	HOLDAWAY, CHEYENNE	279	28:59.522	05:47	09:19	5K11-15F	8/10	F	24/71	LETHBRIDGE COUNTY, AB
110/139	HOLDAWAY, GRAYSON	280	40:17.199	08:03	12:57	5K10&UM	8/11	M	61/68	LETHBRIDGE COUNTY, AB
65/139	HOLDAWAY, LISA	281	28:49.505	05:45	09:16	5K40-49F	3/12	F	23/71	LETHBRIDGE COUNTY, AB

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## 5K Run/Walk - 3.1 Miles

## 139 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
64/139	HOLDAWAY, RYAN	282	28:48.918	05:45	09:15	5K40-49M	10/13	M	42/68	LETHBRIDGE COUNTY,
86/139	HORNE, TRACY	383	31:56.625	06:23	10:16	5K30-39F	7/13	F	32/71	LETHBRIDGE, AB
14/139	HOVE, BRADLEY	283	21:36.902	04:19	06:57	5K40-49M	3/13	M	11/68	CARDSTON, AB
26/139	HOVE, JONAH	284	23:30.502	04:42	07:33	5K10&UM	2/11	M	20/68	CARDSTON, AB
105/139	HOVE, LISA	285	38:55.405	07:47	12:30	5K40-49F	8/12	F	47/71	CARDSTON, AB
104/139	HOVE, MARY-LYNN	286	38:55.330	07:47	12:30	5K16-19F	2/3	F	46/71	CARDSTON, AB
28/139	HOVE, VIENNA	287	23:40.510	04:44	07:36	5K11-15F	3/10	F	7/71	CARDSTON, AB
27/139	HUDSON, KIHEI	351	23:36.357	04:43	07:35	5K16-19M	4/6	M	21/68	COALHURST, AB
138/139	HUGHES, JUDY	288	55:01.741	11:00	17:41	5K40-49F	12/12	F	70/71	COALHURST, AB
106/139	HUMPHREYS, JASON	289	39:34.685	07:54	12:43	5K50-59M	5/5	M	59/68	LETHBRIDGE, AB
92/139	HUNSPERGER, KALINDA	290	34:08.039	06:49	10:58	5K40-49F	7/12	F	36/71	MAGRATH, AB
91/139	HUNSPERGER, KANSAS	291	34:07.358	06:49	10:58	5K10&UF	1/13	F	35/71	MAGRATH, AB
25/139	HUNSPERGER, MACIE	292	23:15.478	04:39	07:28	5K11-15F	2/10	F	6/71	MAGRATH, AB
10/139	HUNSPERGER, WADE	293	20:46.350	04:09	06:40	5K10&UM	1/11	M	7/68	MAGRATH, AB
13/139	JACKSON, COLE	294	21:31.158	04:18	06:55	5K20-29M	2/3	M	10/68	LETHBRIDGE, AB
59/139	JONES, KATHY	295	27:48.196	05:33	08:56	5K50-59F	2/6	F	21/71	LETHBRIDGE, AB
24/139	JRAFALCZIK, JULIUS	296	23:05.681	04:37	07:25	5K16-19M	3/6	M	19/68	LETHBRIDGE, AB
15/139	KADIJK, MARK	297	21:50.161	04:22	07:01	5K50-59M	1/5	M	12/68	LETHBRIDGE, AB
102/139	KADIJK, SYLVIA	298	37:49.262	07:33	12:09	5K50-59F	4/6	F	44/71	LETHBRIDGE, AB
131/139	KARSTEN, STEPHENIE	299	47:51.860	09:34	15:23	5K40-49F	10/12	F	64/71	COALHURST, AB
61/139	KLASSEN, LES	300	28:00.616	05:36	09:00	5K50-59M	3/5	M	40/68	COALDALE, AB
77/139	KORIN, ALEXANDRA	384	30:17.769	06:03	09:44	5K20-29F	6/12	F	25/71	LETHBRIDGE, AB
80/139	KOVACH, LILLIAN	352	30:21.236	06:04	09:45	5K11-15F	10/10	F	28/71	LETHBRIDGE, AB
69/139	KRIESE, JADON	391	29:14.345	05:50	09:24	5K10&UM	5/11	M	45/68	,
71/139	KRIESE, JOSHUA	392	29:29.457	05:53	09:28	5K30-39M	4/6	M	47/68	LETHBRIDGE, AB
60/139	KWASNY, JASON	353	28:00.030	05:36	09:00	5K40-49M	9/13	M	39/68	LETHBRIDGE, AB
41/139	KWASNY, SIMON	354	25:04.295	05:00	08:03	5K11-15M	12/19	M	29/68	LETHBRIDGE, AB
84/139	KWASNY, TRACY	355	31:15.722	06:15	10:03	5K40-49F	5/12	F	31/71	LETHBRIDGE, AB
63/139	LAMB, BRUCE	301	28:45.099	05:45	09:14	5K60-69M	1/3	M	41/68	LETHBRIDGE, AB
32/139	LAMB, MARGO	302	24:00.312	04:48	07:43	5K50-59F	1/6	F	10/71	LETHBRIDGE, AB
31/139	LAMERS, MAKENZIE	356	23:53.749	04:46	07:41	5K11-15F	4/10	F	9/71	COALHURST, AB
58/139	LEWICKI, LYNKYN	357	27:43.531	05:32	08:54	5K11-15M	15/19	M	38/68	LETHBRIDGE, AB
90/139	LINDSAY, KELLY	373	33:03.629	06:36	10:37	5K20-29F	9/12	F	34/71	LETHBRIDGE, AB
36/139	LITCHFIELD, STRAN	374	24:09.710	04:49	07:46	5K11-15M	10/19	M	25/68	CARDSTON, AB
107/139	LOMAS, JOHN	303	39:34.964	07:54	12:43	5K11-15M	19/19	M	60/68	COALHURST, AB
81/139	MACDONNELL, ALISHA	396	30:44.090	06:08	09:52	5K40-49F	4/12	F	29/71	COALHURST, AB
42/139	MADDAFORD, BREANNA	304	25:12.641	05:02	08:06	5K11-15F	6/10	F	13/71	LETHBRIDGE, AB
20/139	MADDAFORD, TROY	305	22:21.454	04:28	07:11	5K40-49M	4/13	M	16/68	LETHBRIDGE, AB
6/139	MALINOWSKI, MAC	306	19:56.180	03:59	06:24	5K40-49M	1/13	M	5/68	LETHBRIDGE, AB
54/139	MAYNES, JOSH	395	26:47.745	05:21	08:36	5K11-15M	13/19	M	36/68	CARDSTON, AB
4/139	MCFARLAND, COLTON	307	19:36.245	03:55	06:18	5K11-15M	1/19	M	3/68	LETHBRIDGE, AB
97/139	MCMILLAN, SUSAN	358	37:02.836	07:24	11:54	5K60-69F	1/1	F	40/71	PORT COQUITLAM, BC
72/139	MILROY, KYE	308	29:32.255	05:54	09:29	5K16-19M	6/6	M	48/68	LETHBRIDGE, AB
88/139	NASH, GEOFF	359	32:03.237	06:24	10:18	5K70+M	1/2	M	55/68	LETHBRIDGE, AB
1/139	NEIGEL, EMMA	375	18:15.491	03:39	05:52	5K30-39F	1/13	F	1/71	LETHBRIDGE, AB
22/139	NEIL, KALEB	310	22:55.860	04:35	07:22	5K16-19M	2/6	M	18/68	LETHBRIDGE, AB
94/139	OLSON, BETSY	377	34:15.140	06:51	11:00	5K30-39F	8/13	F	38/71	CARDSTON, AB
56/139	OLSON, XANDER	376	27:25.179	05:29	08:48	5K11-15M	14/19	M	37/68	CARDSTON, AB
55/139	OOSTLANDER, DANAE	360	26:50.398	05:22	08:37	5K20-29F	5/12	F	19/71	NOBLEFORD, AB
99/139	PARNO, BRIAN	311	37:03.632	07:24	11:54	5K60-69M	3/3	M	58/68	BELLINGHAM, WA
87/139	PAUL, KIMMIE	312	31:59.179	06:23	10:17	5K40-49F	6/12	F	33/71	TABER, AB
33/139	PAUL, TYLER	313	24:02.025	04:48	07:43	5K40-49M	5/13	M	23/68	TABER, AB
78/139	PITCHER, BETHANY	314	30:18.240	06:03	09:44	5K20-29F	7/12	F	26/71	SASKATOON, SK
12/139	RAUDA, FELIX	318	21:22.181	04:16	06:52	5K16-19M	1/6	M	9/68	COALHURST, AB
137/139	REMPEL, CARRIE	319	51:50.379	10:22	16:40	5K40-49F	11/12	F	69/71	PICTURE BUTTE, AB
136/139	REMPEL, NATALIE	320	51:49.769	10:21	16:39	5K10&UF	13/13	F	68/71	PICTURE BUTTE, AB
3/139	SANDERS, TANNER	394	19:17.729	03:51	06:12	5K20-29M	1/3	M	2/68	LETHBRIDGE, AB

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## 5K Run/Walk - 3.1 Miles

## 139 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
128/139	SANDHAM, SHARON	321	46:14.922	09:14	14:52	5K70+F	1/1	F	61/71	COALHURST, AB
89/139	SCOTT, JIM	400	32:21.494	06:28	10:24	5K70+M	2/2	M	56/68	COALDALE, AB
134/139	SEWARD, BLAKELY	322	51:15.223	10:15	16:28	5K10&UF	12/13	F	67/71	COALHURST, AB
135/139	SEWARD, BRANT	323	51:16.722	10:15	16:29	5K30-39M	6/6	M	68/68	COALHURST, AB
133/139	SEWARD, BRETTLYN	324	50:05.309	10:01	16:06	5K10&UF	11/13	F	66/71	COALHURST, AB
132/139	SEWARD, SHARLA	385	50:03.670	10:00	16:05	5K30-39F	13/13	F	65/71	MANYBERRIES, AB
67/139	SHADE, BADGER	325	29:00.851	05:48	09:19	5K10&UM	4/11	M	43/68	COALHURST, AB
52/139	SHADE, BRODY	326	26:31.907	05:18	08:31	5K16-19M	5/6	M	35/68	COALHURST, AB
116/139	SHEPHERD, ROWENA	378	42:37.705	08:31	13:42	5K50-59F	5/6	F	54/71	PICTURE BUTTE, AB
40/139	STRONKS, GLEN	328	24:59.169	04:59	08:02	5K40-49M	6/13	M	28/68	COALHURST, AB
29/139	STRONKS, SILAS	329	23:41.868	04:44	07:37	5K11-15M	8/19	M	22/68	COALHURST, AB
125/139	SWEET GRASS, SARAH	387	45:23.689	09:04	14:35	5K40-49F	9/12	F	59/71	COALHURST, AB
38/139	SWEN, WILL	393	24:53.040	04:58	08:00	5K11-15M	11/19	M	26/68	LETHBRIDGE, AB
127/139	VADNAIS, JENNIFER	330	45:47.101	09:09	14:43	5K50-59F	6/6	F	60/71	LETHBRIDGE, AB
57/139	VAN LEUKEN, DESIREE	361	27:34.576	05:30	08:52	5K40-49F	2/12	F	20/71	LETHBRIDGE, AB
21/139	VAN ORMAN, RYKER	379	22:49.978	04:33	07:20	5K11-15M	7/19	M	17/68	CARDSTON, AB
45/139	VANDER HEYDEN, MANDY	331	25:22.390	05:04	08:09	5K30-39F	5/13	F	15/71	LETHBRIDGE, AB
83/139	VELASQUEZ, ELMER	380	31:03.496	06:12	09:59	5K60-69M	2/3	M	53/68	LETHBRIDGE, AB
113/139	VELASQUEZ, MONICA	381	41:23.898	08:16	13:18	5K30-39F	11/13	F	52/71	LETHBRIDGE, AB
44/139	WILSON, JETT	337	25:21.501	05:04	08:09	5K10&UM	3/11	M	30/68	LETHBRIDGE, AB
98/139	YUNG, FRANKIE	338	37:03.516	07:24	11:54	5K10&UF	2/13	F	41/71	CALGARY, AB
122/139	YUNG, KEITH	339	44:07.165	08:49	14:11	5K40-49M	12/13	M	65/68	CALGARY, AB
120/139	YUNG, OLLIE	340	44:05.878	08:49	14:10	5K10&UM	10/11	M	63/68	CALGARY, AB
121/139	ZANONI, JAMES	341	44:06.698	08:49	14:11	5K30-39M	5/6	M	64/68	LETHBRIDGE, AB
123/139	ZANONI, MIGUEL	342	44:08.650	08:49	14:11	5K10&UM	11/11	M	66/68	LETHBRIDGE, AB