

## 2024 Calgary Women's Run - Aug 25/2024

## Alpha Overall Results

## 5K - 3.1 Miles

## 136 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	City
26/136	ABERNETHY, HALEY	1	29:33.961	05:54	09:30	5K20-29	3/23	CALGARY, AB
136/136	ALLEN, HAILEY	551	1:07:54.490	13:34	21:50	5K20-29	23/23	CALGARY, AB
98/136	ASHFORD, CAROL	3	39:54.982	07:58	12:50	5K30-39	41/53	CALGARY, AB
61/136	BACANI, KIM RAZEL	4	33:30.563	06:42	10:46	5K30-39	25/53	CALGARY, AB
68/136	BADIA, AMANDA	5	34:13.078	06:50	11:00	5K30-39	29/53	CALGARY, AB
3/136	BAERGEN, LUCIA	6	22:46.901	04:33	07:19	5K10-19	1/12	CANMORE, AB
133/136	BALZER, MELISSA	7	53:13.214	10:38	17:06	5K40-49	24/25	WEST KELOWNA, BC
82/136	BANTING, RACHEL	8	37:09.183	07:25	11:56	5K40-49	13/25	CALGARY, AB
64/136	BARAZZUTTI, SARAH	9	33:39.398	06:43	10:49	5K20-29	11/23	CALGARY, AB
63/136	BARAZZUTTI, SUE	10	33:38.930	06:43	10:49	5K50-59	4/8	CALGARY, AB
91/136	BELL, KRISTEN	11	38:17.225	07:39	12:18	5K30-39	38/53	CALGARY, AB
67/136	BIRO, KELSEY	12	34:06.376	06:49	10:57	5K30-39	28/53	CALGARY, AB
114/136	BOAKYE-YIADOM, CASEY	13	43:43.662	08:44	14:03	5K30-39	47/53	CALGARY, AB
51/136	BOJAN, MAYA	14	32:32.340	06:30	10:27	5K20-29	9/23	CALGARY, AB
58/136	BRANDT, NATASHA	15	32:56.956	06:35	10:35	5K30-39	24/53	CALGARY, AB
8/136	CHAN, EVE	16	25:48.120	05:09	08:17	5K30-39	3/53	CALGARY, AB
66/136	CHAPMAN, MEGHAN	17	34:05.063	06:49	10:57	5K20-29	12/23	CALGARY, AB
92/136	CHIMWASO, INONGE	18	38:20.459	07:40	12:19	5K30-39	39/53	CALGARY, AB
71/136	CHIMWASO, SHENDA	19	35:42.469	07:08	11:28	5K30-39	31/53	CALGARY, AB
78/136	CHRIS-AMADIN, HILDA	20	36:43.000	07:20	11:48	5K20-29	18/23	CALGARY, AB
79/136	CHRIS-AMADIN, THERESA	21	36:43.330	07:20	11:48	5K20-29	19/23	CALGARY, AB
52/136	CHUDYK, LAUREN	22	32:39.680	06:31	10:30	5K30-39	20/53	CALGARY, AB
77/136	COOK, NICOLA	565	36:28.272	07:17	11:43	5K20-29	17/23	CALGARY, AB
25/136	COUTTS, AILEEN	23	29:25.808	05:53	09:27	5K40-49	4/25	CALGARY, AB
12/136	COUTTS, CHELSEA	24	26:47.323	05:21	08:36	5K10-19	2/12	CALGARY, AB
60/136	DARAGO, KORI	27	33:26.508	06:41	10:45	5K20-29	10/23	CALGARY, AB
81/136	DAVE, MADISON	28	37:04.640	07:24	11:55	5K30-39	34/53	CALGARY, AB
113/136	DAVIS, SONDRRA-JOAN SOLSTIC	29	43:33.676	08:42	14:00	5K30-39	46/53	CALGARY, AB
99/136	DERRY, LORING	30	41:32.200	08:18	13:21	5K30-39	42/53	CALGARY, AB
74/136	DESCHAMPS, DANIELLE	31	36:17.297	07:15	11:40	5K20-29	14/23	COCHRANE, AB
46/136	DHAR MCKENTY, SANGHAMITRA	32	32:01.009	06:24	10:17	5K40-49	9/25	CALGARY, AB
69/136	DUFF, MEGAN	33	35:09.867	07:01	11:18	5K20-29	13/23	CALGARY, AB
17/136	ENGLESON, AVERY	35	27:31.923	05:30	08:51	5K10-19	3/12	CHESTERMERE, AB
125/136	ENGLESON, LORNA	36	48:26.713	09:41	15:34	5K40-49	23/25	CHESTERMERE, AB
80/136	FAHR, HEATHER	37	37:01.059	07:24	11:54	5K30-39	33/53	CALGARY, AB
15/136	FEDORUK, SARA	38	27:05.971	05:25	08:42	5K30-39	7/53	CALGARY, AB
103/136	FOWLER, LAUREN	39	41:45.372	08:21	13:25	5K30-39	44/53	CALGARY, AB
40/136	FOWLER, LESLIE	40	31:36.587	06:19	10:09	5K40-49	7/25	CALGARY, AB
41/136	FOWLER, TALIA	41	31:36.938	06:19	10:09	5K10-19	5/12	CALGARY, AB
130/136	FREROT, JOANNE	42	51:26.244	10:17	16:32	5K60-69	10/10	CALGARY, AB
118/136	FURDIEVICH, MARIANNE	43	45:56.433	09:11	14:46	5K50-59	6/8	CALGARY, AB
28/136	FUTERS, TERESA	44	29:38.830	05:55	09:31	5K40-49	5/25	AIRDRIE, AB
2/136	GERSH, CAROLYN	139	20:16.384	04:03	06:31	5K40-49	1/25	CALGARY, AB
37/136	GILLIES, BROOKE	145	30:52.873	06:10	09:55	5K40-49	6/25	CALGARY, AB
36/136	GILLIES, PAYTON	146	30:52.523	06:10	09:55	5K10-19	4/12	CALGARY, AB
16/136	GOLDIE, JANIS	45	27:26.835	05:29	08:49	5K40-49	2/25	CALGARY, AB
128/136	GRAF, AMY	46	50:42.248	10:08	16:18	5K30-39	51/53	CALGARY, AB
55/136	GREENWOOD, RACHEL	47	32:48.680	06:33	10:33	5K30-39	21/53	CALGARY, AB
122/136	HADLEY, MARGARET	584	46:49.003	09:21	15:03	5K70+	3/3	CALGARY, AB
23/136	HAGEN, SYDNEY	144	29:21.307	05:52	09:26	5K30-39	12/53	CALGARY, AB
11/136	HAZLETT, TERRA	140	25:52.270	05:10	08:19	5K50-59	2/8	CALGARY, AB
49/136	HICKEY, CARINA	49	32:09.890	06:25	10:20	5K30-39	19/53	CALGARY, AB
134/136	HIGGINS, LINDA MAE	50	53:47.386	10:45	17:17	5K40-49	25/25	CALGARY, AB
70/136	HOFFMANN, HOLLY	51	35:21.587	07:04	11:22	5K30-39	30/53	CALGARY, AB
62/136	HOOD, KIRSTIE	54	33:34.926	06:42	10:47	5K30-39	26/53	CALGARY, AB
86/136	HYNES BATES, MAYAH	55	37:20.320	07:28	12:00	5K10-19	9/12	LETHBRIDGE, AB
109/136	JAIN, GARIMA	56	43:18.934	08:39	13:55	5K40-49	18/25	CALGARY, AB

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129/136	JOHNSON, HILARY	57	50:42.347	10:08	16:18	5K30-39	52/53	CALGARY, ON
121/136	KOLA-OJO, AGATHA	58	46:45.816	09:21	15:02	5K40-49	22/25	CALGARY, AB
50/136	KRELL, EVE	59	32:26.486	06:29	10:25	5K20-29	8/23	CALGARY, AB
6/136	KU, ARIEL	60	23:49.409	04:45	07:39	5K30-39	2/53	CALGARY, AB
84/136	LEIRE, MIRANDA	147	37:13.854	07:26	11:58	5K10-19	8/12	CALGARY, AB
83/136	LEIRE, ROJAS	148	37:13.536	07:26	11:58	5K10-19	7/12	CALGARY, AB
90/136	LETUN, JESSICA	61	38:01.804	07:36	12:13	5K30-39	37/53	CALGARY, AB
57/136	LOZANO, MARY	62	32:56.299	06:35	10:35	5K30-39	23/53	CALGARY, AB
135/136	LOZOWCHUK, ALEXANDRIA	608	1:07:54.349	13:34	21:50	5K20-29	22/23	CALGARY, AB
44/136	MACBROAD, TESA	63	31:56.063	06:23	10:16	5K20-29	7/23	AIRDRIE, AB
45/136	MACCALLUM, BRIA	64	31:56.134	06:23	10:16	5K30-39	17/53	COCHRANE, AB
43/136	MACDONALD, ELLA	65	31:55.782	06:23	10:16	5K10-19	6/12	CARSTAIRS, AB
115/136	MACDONALD, JOANNE	66	44:23.834	08:52	14:16	5K40-49	21/25	CARSTAIRS, AB
5/136	MARION, SARAH	68	23:24.260	04:40	07:31	5K30-39	1/53	CALGARY, AB
33/136	MAYNARD, SARAH	613	30:18.377	06:03	09:44	5K30-39	16/53	CALGARY, AB
30/136	MCINTYRE, ALISON	70	30:00.984	06:00	09:39	5K30-39	15/53	CALGAEY, AB
31/136	MCINTYRE, LAURA	71	30:01.124	06:00	09:39	5K60-69	2/10	CALGAEY, AB
117/136	MCNULTY, SHELLY	72	44:56.316	08:59	14:26	5K50-59	5/8	CALGARY, AB
106/136	MENDEZ, ISABELLA	73	43:01.216	08:36	13:49	5K10-19	12/12	CALGARY, AB
110/136	MENDEZ, LUZ	74	43:28.474	08:41	13:58	5K40-49	19/25	CALGARY, AB
131/136	MISTRY, SHREYA	75	52:03.839	10:24	16:44	5K30-39	53/53	CALGARY, ON
132/136	MISTRY, TRISHNA	76	52:04.050	10:24	16:44	5K20-29	21/23	CALGARY, AB
76/136	MONYCH, NADIA	77	36:23.859	07:16	11:42	5K20-29	16/23	CALGARY, AB
107/136	MURPHY, SUSAN	81	43:13.426	08:38	13:53	5K70+	2/3	CALGARY, AB
32/136	NEDOHIN, JACQUIE	82	30:08.859	06:01	09:41	5K20-29	5/23	CALGARY, AB
59/136	NEDOHIN, JILL	83	33:21.751	06:40	10:43	5K60-69	6/10	CALGARY, AB
94/136	NICE, AINSLEY	141	39:05.880	07:49	12:34	5K10-19	10/12	ROCKY VIEW, AB
95/136	NICE, CHANTAL	142	39:08.293	07:49	12:35	5K40-49	15/25	ROCKY VIEW, AB
101/136	NICHOLS, PAIGE	85	41:38.458	08:19	13:23	5K30-39	43/53	CALGARY, AB
4/136	O'GORMAN, MONICA	87	23:17.411	04:39	07:29	5K50-59	1/8	CANMORE, AB
39/136	PADDINGTON, JENNIFER	88	31:04.545	06:12	09:59	5K50-59	3/8	CALGARY, AB
13/136	PATTERSON, ANNALISE	635	26:53.461	05:22	08:38	5K20-29	2/23	CALGARY, AB
35/136	PATTERSON, ELIZABETH	636	30:49.969	06:09	09:54	5K60-69	4/10	CALGARY, AB
75/136	PENNEY, SARAH	91	36:17.788	07:15	11:40	5K20-29	15/23	CALGARY, AB
124/136	PODGORSKI, MARY-ANN	92	47:17.316	09:27	15:12	5K60-69	8/10	CALGARY, AB
127/136	PREVOST, TEENA	93	49:31.986	09:54	15:55	5K60-69	9/10	CALGARY, AB
7/136	PRICE, HEATHER	94	25:02.556	05:00	08:03	5K60-69	1/10	COCHRANE, AB
1/136	PRICE, SARAH	95	18:21.868	03:40	05:54	5K20-29	1/23	COCHRANE, AB
22/136	PRINCIPALLI, JENNIFER	96	29:02.814	05:48	09:20	5K30-39	11/53	AIRDRIE, AB
85/136	PROULX, KRISTI	97	37:20.040	07:28	12:00	5K30-39	35/53	LETHBRIDGE, AB
24/136	QUANTZ, GABRIELLA	99	29:24.987	05:52	09:27	5K30-39	13/53	ZAPOPAN, JA
38/136	RANCOURT, KENDRA	100	30:57.914	06:11	09:57	5K20-29	6/23	CALGARY, AB
105/136	REED, JANNA	101	42:54.958	08:34	13:47	5K40-49	17/25	CALGARY, AB
56/136	REMTULLA, DANIELLE	102	32:50.063	06:34	10:33	5K30-39	22/53	CALGARY, AB
112/136	ROBINSON, KESA	104	43:30.341	08:42	13:59	5K40-49	20/25	CALGARY, AB
108/136	ROBINSON, NORA	105	43:13.613	08:38	13:53	5K09&U	1/2	CALGARY, AB
111/136	ROBINSON, POPPY	106	43:29.573	08:41	13:59	5K09&U	2/2	CALGARY, AB
104/136	RODRIGUEZ, NATHALY	107	42:30.983	08:30	13:40	5K30-39	45/53	CALGARY, AB
72/136	ROE, AMY	108	35:45.444	07:09	11:29	5K40-49	12/25	CALGARY, AB
34/136	ROMEO-MACNEIL, GLENNA	109	30:27.066	06:05	09:47	5K60-69	3/10	CALGARY, AB
73/136	ROSENECK, TARA	110	36:02.928	07:12	11:35	5K30-39	32/53	CALGARY, AB
14/136	SCHMIDT, ERIN	111	26:57.469	05:23	08:40	5K30-39	6/53	CALGARY, AB
119/136	SCOTT, LEANNE	112	45:56.596	09:11	14:46	5K50-59	7/8	CALGARY, AB
48/136	SCULLY, MORGAN	113	32:09.235	06:25	10:20	5K30-39	18/53	CALGARY, AB
126/136	SHADE, MARY LOUISE	114	49:31.521	09:54	15:55	5K50-59	8/8	CALGARY, AB
20/136	SHARMA, NIKITA	115	28:18.287	05:39	09:06	5K30-39	9/53	NEW WESTMINSTER, BC
21/136	SINCLAIR, JENNY	116	28:58.263	05:47	09:18	5K30-39	10/53	CALGARY, AB

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54/136	SINCLAIR, SARAH	117	32:46.384	06:33	10:32	5K60-69	5/10	CALGARY, AB
96/136	SKOV, BONNIE	118	39:43.828	07:56	12:46	5K70+	1/3	CALGARY, AB
18/136	SPINDLER, JANA	119	27:51.821	05:34	08:57	5K30-39	8/53	CALGARY, AB
116/136	SREENIVASAN, POOJA	120	44:27.086	08:53	14:17	5K30-39	48/53	CALGARY, AB
87/136	ST AMAND, JOAN	121	37:48.092	07:33	12:09	5K60-69	7/10	CALGARY, AB
88/136	ST AMAND, JULIA	122	37:48.302	07:33	12:09	5K20-29	20/23	CALGARY, AB
29/136	STICKEL, AMANDA	123	29:58.735	05:59	09:38	5K20-29	4/23	COCHRANE, AB
10/136	SWINDEN, MANDY	124	25:51.588	05:10	08:18	5K30-39	5/53	CALGARY, AB
65/136	TEHRANI, DONYA	125	33:48.306	06:45	10:52	5K30-39	27/53	CALGARY, AB
120/136	TEODORO, SARAH	126	46:17.831	09:15	14:53	5K30-39	49/53	CALGARY, AB
27/136	UDY, KIMBERLY	127	29:38.627	05:55	09:31	5K30-39	14/53	CALGARY, AB
97/136	VAN WINKLE, ALLISON	129	39:50.414	07:58	12:48	5K30-39	40/53	CALGARY, AB
123/136	VIAUD, MARIE-ELENA	664	47:07.732	09:25	15:09	5K30-39	50/53	CALGARY, AB
47/136	WEBB, LISA	130	32:01.033	06:24	10:17	5K40-49	10/25	CALGARY, AB
53/136	WESTGARD, ALIX	131	32:43.012	06:32	10:31	5K40-49	11/25	CALGARY, AB
42/136	WILCZEK, LISA	132	31:48.896	06:21	10:13	5K40-49	8/25	CALGARY, AB
93/136	WILLIAMS, CRYSTAL	133	38:34.192	07:42	12:24	5K40-49	14/25	CALGARY, AB
9/136	WILLIAMS, VALERIE	143	25:48.283	05:09	08:17	5K30-39	4/53	CALGARY, AB
89/136	YORKE, ASHLEY	134	38:01.147	07:36	12:13	5K30-39	36/53	CALGARY, AB
100/136	ZASTRE, KYLA	135	41:37.944	08:19	13:23	5K10-19	11/12	CALGARY, AB
102/136	ZASTRE, SHAWNA	136	41:40.404	08:20	13:23	5K40-49	16/25	CALGARY, AB
19/136	ZATSEPINA, ANNA	681	28:13.195	05:38	09:04	5K40-49	3/25	AIRDRIE, AB