

## Category Results

**10K - 6.21 Miles****10K13-15 - 4 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/4	GIRGULIS, KATIE	2653	00:50:22.05	08:06	27/138	
2/4	KAYSER, CHANELLE	2672	01:02:36.50	10:04	91/138	
3/4	PATON, EILIDH	2704	01:05:18.25	10:30	104/138	
4/4	ADDISON, LISA	2601	01:21:56.35	13:11	134/138	

**10K16-19 - 2 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	MCAVOY, DANA	2688	00:51:10.45	08:14	32/138	
2/2	ADDISON, NICOLA	2602	01:21:58.10	13:11	138/138	

**10K20-29 - 40 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/40	CLANCY, SHANNYN	2615	00:41:20.00	06:39	4/138	
2/40	KELLY, NICOLE	1349	00:48:16.35	07:46	19/138	
3/40	STENGER, KAYLEY	2752	00:50:22.80	08:06	28/138	
4/40	DODD, RAE-ANN	2632	00:53:02.90	08:32	39/138	
5/40	WOO, JANICE	2743	00:53:07.65	08:33	43/138	
6/40	STEFANCIC, ALLISON	2724	00:53:40.95	08:38	44/138	
7/40	SNEAD, KRISTEN	2723	00:54:07.45	08:43	47/138	
8/40	KWOK, LAURA	2679	00:54:18.30	08:44	48/138	
9/40	BRKICH, MANDY	2611	00:54:22.10	08:45	50/138	
10/40	COWARD, SANDRA	2747	00:54:40.05	08:48	52/138	
11/40	WARD, KRISTY	2736	00:54:40.60	08:48	53/138	
12/40	SUTHERLAND, JODY	2725	00:55:21.60	08:54	56/138	
13/40	JUNIO-READ, MARJORIE	2669	00:55:35.55	08:57	57/138	
14/40	RUSSELL, VICTORIA	2714	00:56:22.45	09:04	59/138	
15/40	LANNAN, MARCY	2680	00:56:45.15	09:08	60/138	
16/40	CAMARA, AMY	2614	00:57:57.45	09:19	64/138	
17/40	COWARD, LAURA	2623	00:58:01.85	09:20	65/138	
18/40	HAJJAR, SARAH	2658	00:58:08.55	09:21	66/138	
19/40	BUSSEY, JEN	2613	01:00:46.30	09:47	77/138	
20/40	SAAR, JULIA	2715	01:01:01.25	09:49	78/138	
21/40	DORT, ERIKA	2633	01:01:13.20	09:51	81/138	
22/40	GODDARD, MEGAN	2654	01:01:40.80	09:55	85/138	
23/40	MERKEL, STEPHANIE	2692	01:01:43.90	09:56	86/138	
24/40	WAGNER, LAUREN	2753	01:01:52.60	09:57	87/138	
25/40	MAZURAK, ABBIE	2687	01:02:40.70	10:05	92/138	
26/40	POOLE, JULIA	2759	01:03:12.05	10:10	95/138	
27/40	DOUCETTE, JANICE	2635	01:03:52.85	10:17	98/138	
28/40	GRAY, LAURA	2656	01:04:01.40	10:18	99/138	
29/40	WALL, BETHANY	2735	01:04:12.40	10:20	100/138	
30/40	GUGYELKA, AMANDA	2657	01:04:19.35	10:21	101/138	
31/40	SHAFIEI, NADIA	2720	01:05:27.35	10:32	107/138	
32/40	CORMIER, MICHELLE	2620	01:05:36.80	10:33	109/138	
33/40	CASTEJON, KHRIZA	1333	01:05:58.15	10:37	110/138	
34/40	CULLIMORE, MEAGAN	2626	01:07:40.40	10:53	117/138	
35/40	PONICH, TANYA	1288	01:10:55.05	11:25	122/138	
36/40	CORSI, ANDREA	2621	01:11:52.35	11:34	123/138	
37/40	PADAMSEY, ALIA	2757	01:13:34.35	11:50	126/138	
38/40	DAVIES, ASHLEY	2628	01:17:22.20	12:27	130/138	
39/40	OSTAFIE, JANELLE	2702	01:18:26.85	12:37	131/138	
40/40	SLUSARCHUK, LOUANNE	2721	01:21:57.40	13:11	137/138	

**10K30-39 - 46 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/46	GERSPACHER, ROSEMARIE	2748	00:37:12.25	05:59	1/138	
2/46	MATTHEWS, LISA	1322	00:37:18.95	06:00	2/138	
3/46	JACKSON, LORI	2667	00:40:38.75	06:32	3/138	
4/46	JOHNSTON, AMANDA	2668	00:41:36.20	06:41	5/138	
5/46	ALINSANGAN, NANCY	2605	00:41:36.60	06:42	6/138	
6/46	PELLETIER, LORI	2706	00:42:58.60	06:55	8/138	
7/46	WINSLADE, SHANNON	2742	00:42:59.35	06:55	10/138	
8/46	HIRD, AYANO	2663	00:46:04.65	07:25	14/138	
9/46	GOLDMANN, NICOLE	2655	00:46:54.05	07:33	17/138	
10/46	DICKINSON, CHERYL	2631	00:47:38.45	07:40	18/138	

## Category Results

**10K - 6.21 Miles****10K30-39 - 46 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
11/46	WILD, ADRIANA	2739	00:48:25.75	07:47	20/138	
12/46	LUCAS, CLAIRE	2682	00:48:25.95	07:47	21/138	
13/46	WHITING, EMMA	2738	00:49:23.10	07:57	25/138	
14/46	MABIN, CARRIE	2684	00:50:14.75	08:05	26/138	
15/46	FECH, TIANA	2645	00:50:22.95	08:06	29/138	
16/46	HENDRYANTO, ANASTASIA	2662	00:51:42.85	08:19	34/138	
17/46	PATERSON, AMY	2703	00:52:10.75	08:24	35/138	
18/46	ESSAR, KIMBERLY	2641	00:52:33.40	08:27	36/138	
19/46	HAUSER, MICHELLE	2660	00:52:49.30	08:30	37/138	
20/46	NIXON, JENNIFER	2699	00:53:03.30	08:32	40/138	
21/46	VERHOEF, JOLANDA	2733	00:54:03.70	08:42	46/138	
22/46	THIBEALT, MARIE-HELENE	2727	00:54:19.75	08:44	49/138	
23/46	MENDOZA, KELLYNG	2691	00:54:45.55	08:48	54/138	
24/46	ALLRED, TARA	2606	00:56:55.20	09:09	61/138	
25/46	LOEWEN, JANEE	1345	00:57:56.10	09:19	63/138	
26/46	COSTANZO, SHELLEY	2622	00:58:20.90	09:23	67/138	
27/46	TYSOWSKI, ERIN	2730	00:59:20.35	09:33	70/138	
28/46	HOWELL, CHRISTYN	2665	00:59:27.60	09:34	73/138	
29/46	KARP, HEATHER	2670	01:01:04.75	09:50	79/138	
30/46	FEE, BRYDIE	2646	01:01:04.80	09:50	80/138	
31/46	BOWEN, FRANCES	2610	01:01:26.85	09:53	84/138	
32/46	DANIELS, MADELEIN	2627	01:02:25.10	10:03	89/138	
33/46	SCHAFFER, JACKIE	2760	01:03:11.95	10:10	94/138	
34/46	AWDE, JEN	2745	01:03:12.15	10:10	96/138	
35/46	LUSINA, BETH	2683	01:05:05.60	10:28	102/138	
36/46	CORMIER, JENNIFER	2619	01:05:35.80	10:33	108/138	
37/46	ROSE, MONA	2712	01:06:06.90	10:38	111/138	
38/46	NICKERSON, MANDY	2698	01:06:08.95	10:39	113/138	
39/46	MOORE, JENNIFER	2695	01:06:18.85	10:40	114/138	
40/46	CULLIMORE, JENNIFER	2625	01:07:40.65	10:53	118/138	
41/46	HUMMELLE, EVELYN	2666	01:09:02.20	11:06	120/138	
42/46	DIGGINS, MARLAINE	1346	01:10:54.70	11:25	121/138	
43/46	PENNER, JULIA	2707	01:12:22.00	11:39	125/138	
44/46	AASEN, KIRSTEN	2600	01:16:16.40	12:17	128/138	
45/46	COOPER, KAREN	2618	01:17:18.45	12:26	129/138	
46/46	MACEK, TRISTINA	2685	01:19:03.20	12:43	132/138	

**10K40-49 - 31 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/31	PATTERSON, JANICE	1353	00:42:29.90	06:50	7/138	
2/31	WALDREN, FAYE	2734	00:42:58.85	06:55	9/138	
3/31	FARRELL, CHRISTINE	2644	00:43:21.45	06:58	11/138	
4/31	MACPHERSON, JENNIFER	2686	00:44:17.30	07:07	12/138	
5/31	SHORT, CAROL	1340	00:46:30.10	07:29	15/138	
6/31	KATCHMAR, DOREEN	2671	00:46:33.40	07:29	16/138	
7/31	WILKINSON, VICTORIA	2740	00:48:47.30	07:51	22/138	
8/31	MIDDLETON, CORINNE	2693	00:48:50.55	07:51	23/138	
9/31	DUNN, LAURIE	2756	00:48:51.90	07:52	24/138	
10/31	CHAN, JENNY	1331	00:50:58.65	08:12	31/138	
11/31	DURING, SALLY	2636	00:51:23.55	08:16	33/138	
12/31	MINTZ, CYNTHIA	2694	00:52:56.20	08:31	38/138	
13/31	DIMARIA, RINA	2755	00:53:06.85	08:33	42/138	
14/31	CARPENTER, MARILYN	2746	00:53:57.85	08:41	45/138	
15/31	HANSEN, ROS	2659	00:55:56.40	09:00	58/138	
16/31	O'NEILL, BRENDA	2700	00:57:43.40	09:17	62/138	
17/31	BASILIS, MARIAN	2608	00:59:05.05	09:30	68/138	
18/31	BROWN, SUSAN	2612	00:59:11.90	09:31	69/138	
19/31	PAWLUK, LARA	2751	00:59:20.95	09:33	71/138	
20/31	EMERY, CLARE	2637	00:59:22.10	09:33	72/138	
21/31	SWITZER, MELODY	2726	00:59:43.90	09:36	74/138	
22/31	MCCAFFREY, HILLAIINE	2689	01:00:36.80	09:45	75/138	
23/31	HEDLEY, KARRIE	2661	01:01:55.75	09:58	88/138	
24/31	DAVIS, COLINDA	2629	01:02:25.10	10:03	90/138	
25/31	KAYSER, CLAUDETTE	2673	01:02:45.00	10:06	93/138	

**2010 Calgary Womens Run 10K, 5K - Aug. 29/2010**  
**Category Results**

**10K - 6.21 Miles****10K40-49 - 31 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
26/31	PATON, GILLIAN	2705	01:05:18.20	10:30	103/138	
27/31	KOMAR, ANNE MARIE	2676	01:05:24.40	10:31	106/138	
28/31	TAYLOR, SALLY	2761	01:06:07.40	10:38	112/138	
29/31	MILLER, DEBBIE	2749	01:06:26.50	10:41	115/138	
30/31	LAUZON, KATHY	2681	01:20:00.90	12:53	133/138	
31/31	ADDISON, SUSAN	2603	01:21:57.00	13:11	136/138	

**10K50-59 - 13 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/13	MULLIGAN, ZITA	1332	00:44:25.85	07:09	13/138	
2/13	BASSETT, YOSHIE	2754	00:50:28.65	08:07	30/138	
3/13	RODGER, ANNE	2710	00:53:06.25	08:33	41/138	
4/13	NG, MAUREEN	2697	00:54:27.80	08:46	51/138	
5/13	DEFRAINE, KAREN	2630	01:00:39.45	09:45	76/138	
6/13	DORT, LESLIE	2634	01:01:13.95	09:51	82/138	
7/13	OLIVER, SANDRA	2701	01:01:20.80	09:52	83/138	
8/13	POOLE, CAROLYN	2758	01:03:12.80	10:10	97/138	
9/13	MOORE, JULIA	2696	01:05:18.65	10:31	105/138	
10/13	SADLER, SALLY	2716	01:07:06.15	10:48	116/138	
11/13	PHILLIPS, JEANNIE	2708	01:12:21.95	11:39	124/138	
12/13	GATEMAN, DONNA	2649	01:16:06.45	12:15	127/138	
13/13	ADDISON, VAL	2604	01:21:56.75	13:11	135/138	

**10K60+ - 2 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	KINGSEP, PATRICIA	2675	00:54:59.50	08:51	55/138	
2/2	GAUTHIER, GISELE	2650	01:08:09.00	10:58	119/138	