

Alpha Overall Results

8K - 4.97 Miles

135 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
60/135	ANDERSON, CHELSEY	341	45:43.929	05:42	09:12	8K40-49F	10/28	F	20/69	PENHOLD, AB
66/135	AVRAM, COURTNEY	104	46:52.975	05:51	09:25	8K30-39F	5/18	F	24/69	RED DEER, AB
93/135	BOURRET, CHRIS	111	51:44.513	06:28	10:24	8K30-39M	14/14	M	55/66	RED DEER, AB
12/135	CAPTON, TYLER	117	33:28.283	04:11	06:44	8K30-39M	2/14	M	12/66	LACOMBE, AB
118/135	CHASSE, JP	118	1:02:17.063	07:47	12:31	8K60+M	7/10	M	60/66	RED DEER,
117/135	CHASSE, KERRY	119	1:02:16.241	07:47	12:31	8K30-39F	16/18	F	58/69	RED DEER, AB
105/135	CHENIER, RHIANNA	120	56:43.995	07:05	11:24	8K40-49F	18/28	F	47/69	RED DEER, AB
62/135	CHOPEK, CARLA	121	46:10.694	05:46	09:17	8K50-59F	3/6	F	21/69	PROVOST, AB
32/135	CLEMENS, PETER	343	39:12.596	04:54	07:53	8K40-49M	13/24	M	30/66	RED DEER, AB
27/135	CLEMENS, XAVIER	344	38:29.075	04:48	07:44	8K19&UM	3/7	M	25/66	RED DEER, AB
21/135	CLERMONT, CODY	342	37:04.420	04:38	07:27	8K30-39M	3/14	M	20/66	RED DEER,
37/135	CLERMONT, NICOLE	332	40:40.932	05:05	08:11	8K30-39F	1/18	F	5/69	RED DEER, AB
84/135	CONNOLLY, JOHN	125	49:25.788	06:10	09:56	8K50-59M	7/8	M	51/66	RD COUNTY, AB
57/135	COUSINE, STEVE	329	45:21.874	05:40	09:07	8K60+M	2/10	M	39/66	BLACKFALDS, AB
61/135	COWLES, NICK	127	45:50.938	05:43	09:13	8K40-49M	18/24	M	41/66	BLACKFALDS, AB
46/135	CUNNINGHAM, OLIVER	129	42:02.048	05:15	08:27	8K19&UM	7/7	M	37/66	RED DEER, AB
68/135	CUNNINGHAM, VIVIAN	130	47:17.092	05:54	09:30	8K19&UF	3/6	F	25/69	RED DEER, AB
103/135	D'ONOFRIO, KIM	131	55:28.760	06:56	11:09	8K40-49F	17/28	F	45/69	RED DEER, AB
125/135	D'ONOFRIO, MARK	132	1:04:38.063	08:04	13:00	8K40-49M	23/24	M	62/66	RED DEER, AB
52/135	DAY, TESSA	134	43:29.891	05:26	08:45	8K30-39F	2/18	F	14/69	RED DEER, AB
92/135	DE REPENTIGNY, CLAIRE	135	51:12.100	06:24	10:18	8K60+F	6/8	F	38/69	RED DEER, AB
13/135	DE RUYCK, STEVEN	136	33:35.711	04:11	06:45	8K40-49M	7/24	M	13/66	RED DEER, AB
26/135	DERKSEN, DIANNA	137	38:11.050	04:46	07:40	8K40-49F	1/28	F	2/69	RED DEER COUNTY, AB
80/135	DODMAN, STEPHANIE	141	48:30.500	06:03	09:45	8K30-39F	8/18	F	31/69	BLACKFALDS, AB
2/135	DOERKSEN, COURTNEY	142	30:05.386	03:45	06:03	8K40-49M	2/24	M	2/66	RED DEER, AB
54/135	DOERKSEN, JENNY	144	43:55.086	05:29	08:50	8K30-39F	3/18	F	16/69	RED DEER, AB
99/135	DRIEDGER, G	315	52:49.248	06:36	10:37	8K40-49F	14/28	F	42/69	RED DEER COUNTY, AB
73/135	DUBITZ, ALEC	335	47:42.429	05:57	09:35	8K20-29M	3/3	M	46/66	BASHAW, AB
64/135	DURET, OLIVE	148	46:28.601	05:48	09:21	8K60+F	2/8	F	22/69	RED DEER, AB
87/135	FORD, REGINALD	154	49:45.756	06:13	10:00	8K30-39M	13/14	M	53/66	RED DEER, AB
20/135	FOX, SHAUN	155	36:45.623	04:35	07:23	8K40-49M	11/24	M	19/66	REDDEER, AB
106/135	FRASER, JILL	156	56:44.370	07:05	11:24	8K40-49F	19/28	F	48/69	RED DEER, AB
5/135	GALBRAITH, HAYDEN	159	31:17.269	03:54	06:17	8K19&UM	1/7	M	5/66	BLACKFALDS, AB
15/135	GIESBRECHT, SARAH	339	35:09.741	04:23	07:04	8K20-29F	1/3	F	1/69	RED DEER, AB
85/135	GILLRIE, HAL	161	49:26.069	06:10	09:56	8K60+M	4/10	M	52/66	RED DEER COUNTY, AB
4/135	GLENN, CLIFF	162	30:23.387	03:47	06:06	8K30-39M	1/14	M	4/66	CALGARY, AB
126/135	GLENN, FATINA	163	1:08:35.365	08:34	13:48	8K30-39F	18/18	F	64/69	RED DEER, AB
51/135	GLENN, GREGORY	164	43:25.648	05:25	08:44	8K30-39M	6/14	M	38/66	RED DEER, AB
35/135	GORMAN, FERGAL	165	39:57.478	04:59	08:02	8K40-49M	15/24	M	32/66	RED DEER, AB
77/135	GRAVES, JEREMY	166	48:04.273	06:00	09:40	8K40-49M	19/24	M	49/66	RED DEER, AB
42/135	GRAY, ANGELA	167	40:56.375	05:07	08:14	8K40-49F	4/28	F	7/69	RED DEER, AB
39/135	GRAY, MYLES	168	40:47.705	05:05	08:12	8K19&UM	5/7	M	34/66	RED DEER, AB
45/135	GRIFFITHS, FINN	169	41:57.217	05:14	08:26	8K19&UM	6/7	M	36/66	RED DEER, AB
74/135	HACKETT, BYRON	170	47:45.944	05:58	09:36	8K30-39M	11/14	M	47/66	RED DEER, AB
98/135	HALE, MIKE	172	52:45.427	06:35	10:36	8K40-49F	13/28	F	41/69	RED DEER,
132/135	HANSON, DUKE	175	1:19:17.406	09:54	15:57	8K60+M	10/10	M	66/66	RED DEER, AB
97/135	HASTIE, LARRY	333	52:34.598	06:34	10:34	8K60+M	5/10	M	57/66	RED DEER, AB
41/135	HAUCK, DARLENE	176	40:52.345	05:06	08:13	8K40-49F	3/28	F	6/69	RED DEER, AB
114/135	HEATH, DAWN	177	1:00:39.143	07:34	12:12	8K40-49F	24/28	F	55/69	RED DEER, AB
115/135	HOWDLE, VANESSA	185	1:00:44.214	07:35	12:13	8K30-39F	15/18	F	56/69	RED DEER, AB
38/135	HOWLEY, GABRIEL	186	40:47.002	05:05	08:12	8K40-49M	16/24	M	33/66	RED DEER, AB
48/135	KELLY, ABBY	191	42:59.399	05:22	08:38	8K20-29F	2/3	F	11/69	EDMONTON, AB
71/135	KING, DAVID	192	47:31.834	05:56	09:33	8K30-39M	10/14	M	45/66	RED DEER, AB
72/135	KING, TELAINA	193	47:31.881	05:56	09:33	8K30-39F	7/18	F	27/69	RED DEER, AB
86/135	KLESSENS, CAROL	194	49:26.678	06:10	09:56	8K60+F	4/8	F	34/69	BASHAW, AB
49/135	KLESSENS, MORIAH	195	43:06.500	05:23	08:40	8K40-49F	6/28	F	12/69	RED DEER, AB
122/135	KNUTSON, BARB	197	1:04:26.297	08:03	12:57	8K50-59F	5/6	F	61/69	RED DEER, AB

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O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
24/135	KUTNEY, DAVID	198	37:49.091	04:43	07:36	8K50-59M	3/8	M	23/66	RED DEER COUNTY, AB
75/135	KUZEK, MATTHEW	199	47:53.609	05:59	09:38	8K30-39M	12/14	M	48/66	RED DEER, AB
11/135	LANGRIDGE, GRAHAM	200	33:17.408	04:09	06:41	8K40-49M	6/24	M	11/66	RED DEER, AB
119/135	LARSEN, BRYNN	201	1:03:04.853	07:53	12:41	8K19&UF	5/6	F	59/69	RED DEER, AB
120/135	LARSEN, PAUL	202	1:03:05.743	07:53	12:41	8K40-49M	22/24	M	61/66	RED DEER, AB
10/135	LECLERC, DENIS	204	33:04.984	04:08	06:39	8K40-49M	5/24	M	10/66	SYLVAN LAKE, AB
17/135	LECLERC, RYAN	205	35:39.174	04:27	07:10	8K19&UM	2/7	M	16/66	SYLVAN LAKE, AB
1/135	LEWANS, JASON	207	29:50.061	03:43	06:00	8K40-49M	1/24	M	1/66	SASKATOON, SK
131/135	MACKAY, BOB	209	1:19:16.492	09:54	15:57	8K60+M	9/10	M	65/66	VANCOUVER, BC
56/135	MACKAY, SUSAN	210	45:14.162	05:39	09:06	8K40-49F	8/28	F	18/69	RED DEER, AB
107/135	MACNAUGHTON, SONA	213	57:21.532	07:10	11:32	8K40-49F	20/28	F	49/69	RED DEER, AB
78/135	MARTENS, LORI	214	48:16.061	06:02	09:42	8K40-49F	11/28	F	29/69	SYLVAN LAKE, AB
113/135	MARTIN, ANNA-MARIE	215	1:00:25.664	07:33	12:09	8K30-39F	14/18	F	54/69	RED DEER, AB
130/135	MARTIN, NEIL	216	1:16:50.758	09:36	15:27	8K60+M	8/10	M	64/66	RED DEER, AB
129/135	MARTIN, PAMELA	217	1:16:47.828	09:35	15:27	8K60+F	8/8	F	66/69	RED DEER, AB
135/135	MAYAN, CHRISTINE	218	1:28:54.945	11:06	17:53	8K40-49F	28/28	F	69/69	BLACKFALDS, AB
134/135	MAYAN, JORDYN	219	1:28:54.123	11:06	17:53	8K19&UF	6/6	F	68/69	BLACKFALDS, AB
3/135	MCARTHUR, BRIAN	336	30:19.262	03:47	06:06	8K50-59M	1/8	M	3/66	RED DEER, AB
19/135	MCDERMOTT, SCOTT	340	36:30.225	04:33	07:20	8K50-59M	2/8	M	18/66	SYLVAN LAKE, AB
96/135	MCDUGALL, JUSTIN	222	52:20.373	06:32	10:31	8K40-49M	20/24	M	56/66	RED DEER, AB
121/135	MCENTEE, COLLEEN	224	1:03:19.689	07:54	12:44	8K30-39F	17/18	F	60/69	PONOKA, AB
102/135	MCENTEE, NATHAN	225	53:49.481	06:43	10:49	8K40-49M	21/24	M	58/66	PONOKA, AB
123/135	MCKINNON, TRACEY	226	1:04:29.319	08:03	12:58	8K50-59F	6/6	F	62/69	RED DEER, AB
33/135	MCLAREN, CINDY	227	39:37.628	04:57	07:58	8K40-49F	2/28	F	3/69	RIMBEY, AB
14/135	MEDING, BRAD	229	34:08.243	04:16	06:52	8K40-49M	8/24	M	14/66	PENHOLD, AB
43/135	MEJIA, PATRICIA	230	41:20.845	05:10	08:19	8K40-49F	5/28	F	8/69	RED DEER, AB
101/135	MELGAR, LIZA	231	53:39.969	06:42	10:47	8K40-49F	16/28	F	44/69	RED DEER, AB
128/135	MENZIES, MAVIS	232	1:11:59.361	08:59	14:29	8K60+F	7/8	F	65/69	RED DEER, AB
65/135	MOLLER, MEAGAN	318	46:36.992	05:49	09:22	8K30-39F	4/18	F	23/69	EDMONTON, AB
55/135	MORRIS, PATTI	235	44:35.624	05:34	08:58	8K60+F	1/8	F	17/69	RED DEER, AB
31/135	MORRIS, TONY	236	38:57.857	04:52	07:50	8K60+M	1/10	M	29/66	RED DEER, AB
95/135	NEWANS, KAYLA	237	52:14.876	06:31	10:30	8K30-39F	11/18	F	40/69	PONOKA, AB
23/135	NIEUWENHUIS, JASON	319	37:37.184	04:42	07:34	8K40-49M	12/24	M	22/66	REDDEER, AB
44/135	NISHIZEKI, PEGGY	240	41:36.806	05:12	08:22	8K50-59F	1/6	F	9/69	RED DEER, AB
104/135	NORRIS, ASHLEY	242	55:47.923	06:58	11:13	8K30-39F	12/18	F	46/69	RED DEER, AB
53/135	ORRELL-HOSKINS, CHARLOTTE	244	43:47.096	05:28	08:48	8K50-59F	2/6	F	15/69	ALBERTA, AB
36/135	PELLEGRINI, IZZY	337	40:13.182	05:01	08:05	8K19&UF	1/6	F	4/69	RED DEER, AB
100/135	PHILLIPS, YVONNE	246	52:57.823	06:37	10:39	8K40-49F	15/28	F	43/69	RED DEER,
34/135	PHOMMAKASIKONE, SANTY	190	39:47.870	04:58	08:00	8K40-49M	14/24	M	31/66	RED DEER, AB
63/135	PRINS, DAVID	247	46:15.405	05:46	09:18	8K30-39M	8/14	M	42/66	RED DEER, AB
111/135	RAYMOND, DAWN	249	59:24.166	07:25	11:57	8K40-49F	22/28	F	52/69	RED DEER, AB
7/135	REEFHUIS, WYATT	323	32:04.893	04:00	06:27	8K20-29M	1/3	M	7/66	RED DEER COUNTY, AB
30/135	REIJNDERS, MAT	309	38:53.800	04:51	07:49	8K50-59M	5/8	M	28/66	BLACKFALDS, AB
108/135	REX, RACHEL	253	57:37.175	07:12	11:35	8K30-39F	13/18	F	50/69	RED DEER, AB
25/135	ROBINSON, ALAN	254	38:10.664	04:46	07:40	8K50-59M	4/8	M	24/66	RED DEER, AB
50/135	ROMANS, AYUMI	255	43:24.407	05:25	08:44	8K40-49F	7/28	F	13/69	RED DEER, AB
112/135	RUFIANGE, LINDSEY	256	59:51.540	07:28	12:02	8K40-49F	23/28	F	53/69	RED DEER, AB
70/135	SCHUR, JORDAN	259	47:31.507	05:56	09:33	8K30-39M	9/14	M	44/66	BLACKFALDS,
69/135	SCHUR, SAMANTHA	260	47:30.428	05:56	09:33	8K30-39F	6/18	F	26/69	BLACKFALDS,
67/135	SCHUSTER, SHANE	324	46:57.381	05:52	09:26	8K60+M	3/10	M	43/66	RED DEER COUNTY, AB
29/135	SLOBODAN, BRADY	265	38:45.434	04:50	07:47	8K19&UM	4/7	M	27/66	RED DEER, AB
16/135	SLOBODAN, JEREMY	264	35:23.311	04:25	07:07	8K40-49M	9/24	M	15/66	RED DEER, AB
124/135	SMESTAD, LISA	266	1:04:36.867	08:04	13:00	8K40-49F	26/28	F	63/69	RED DEER, AB
6/135	SMITH, JAMES	268	32:02.502	04:00	06:26	8K40-49M	3/24	M	6/66	RED DEER, AB
81/135	SNIDER, CRISTA	269	49:13.694	06:09	09:54	8K30-39F	9/18	F	32/69	RED DEER,
89/135	SNIDER, LORI	271	50:02.020	06:15	10:04	8K60+F	5/8	F	36/69	RED DEER, AB
40/135	STENDIE, DARRYL	276	40:48.101	05:06	08:12	8K40-49M	17/24	M	35/66	BLACKFALDS, AB

2023 Harvest Run 8K/3K - Red Deer

Alpha Overall Results

8K - 4.97 Miles

135 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
90/135	STEPHAN, ALISON	277	50:09.614	06:16	10:05	8K40-49F	12/28	F	37/69	RED DEER, AB
91/135	STEWART, FRASER	278	50:14.208	06:16	10:06	8K50-59M	8/8	M	54/66	RED DEER, AB
18/135	SUNDGAARD, TYLER	325	36:17.335	04:32	07:18	8K40-49M	10/24	M	17/66	RED DEER, AB
88/135	SUSHYNSKI, DANICA	280	49:53.278	06:14	10:02	8K19&UF	4/6	F	35/69	RED DEER COUNTY, AB
109/135	THOMPSON, BERT	284	58:24.636	07:18	11:45	8K60+M	6/10	M	59/66	RED DEER COUNTY, AB
127/135	UNUAFE, ENOCH	288	1:09:50.548	08:43	14:03	8K40-49M	24/24	M	63/66	RED DEER, AB
133/135	UNUAFE, ROSE	289	1:21:58.068	10:14	16:29	8K40-49F	27/28	F	67/69	RED DEER, AB
22/135	VAN DE VELDE, MICHAEL	290	37:04.439	04:38	07:27	8K30-39M	4/14	M	21/66	RED DEER COUNTY, AB
8/135	VAN EATON, VIRGIL	291	32:24.401	04:03	06:31	8K20-29M	2/3	M	8/66	ALHAMBRA, AB
79/135	VAN ZANDT, CHERYL	292	48:23.278	06:02	09:44	8K60+F	3/8	F	30/69	INNISFAIL, AB
28/135	VEENEMAN, BRAEDEN	293	38:41.052	04:50	07:47	8K30-39M	5/14	M	26/66	EDMONTON, AB
76/135	VIANI, ELIZABETH	297	48:03.897	06:00	09:40	8K50-59F	4/6	F	28/69	RED DEER COUNTY, AB
83/135	WARDER, JENNIFER	298	49:24.075	06:10	09:56	8K20-29F	3/3	F	33/69	RED DEER, AB
59/135	WARDER, ZACHARY	299	45:33.312	05:41	09:09	8K30-39M	7/14	M	40/66	RED DEER, AB
9/135	WEIDELL, LESLIE	302	33:02.502	04:07	06:38	8K40-49M	4/24	M	9/66	PONOKA, AB
47/135	WEIDELL, LILY	303	42:48.829	05:21	08:36	8K19&UF	2/6	F	10/69	PONOKA, AB
58/135	WEIDELL, LORELEI	304	45:22.225	05:40	09:07	8K40-49F	9/28	F	19/69	PONOKA, AB
82/135	WILLIAMS, IAN	306	49:22.390	06:10	09:56	8K50-59M	6/8	M	50/66	INNISFAIL, AB
116/135	WILLIAMS, JAIME	307	1:00:59.393	07:37	12:16	8K40-49F	25/28	F	57/69	INNISFAIL, AB
110/135	WILSON, RIDEHL	312	59:24.165	07:25	11:57	8K40-49F	21/28	F	51/69	SPRINGBROOK, AB
94/135	ZELOWSKY, MEAGHAN	313	51:57.310	06:29	10:27	8K30-39F	10/18	F	39/69	PENHOLD, AB