

## Overall Gender Results

## 8K - 4.97 Miles

## Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/69	GIESBRECHT, SARAH	339	35:09.741	04:23	07:04	8K20-29F	1/3	15/135	RED DEER, AB
2/69	DERKSEN, DIANNA	137	38:11.050	04:46	07:40	8K40-49F	1/28	26/135	RED DEER COUNTY, AB
3/69	MCLAREN, CINDY	227	39:37.628	04:57	07:58	8K40-49F	2/28	33/135	RIMBEY, AB
4/69	PELLEGRIN, IZZY	337	40:13.182	05:01	08:05	8K19&UF	1/6	36/135	RED DEER, AB
5/69	CLERMONT, NICOLE	332	40:40.932	05:05	08:11	8K30-39F	1/18	37/135	RED DEER, AB
6/69	HAUCK, DARLENE	176	40:52.345	05:06	08:13	8K40-49F	3/28	41/135	RED DEER, AB
7/69	GRAY, ANGELA	167	40:56.375	05:07	08:14	8K40-49F	4/28	42/135	RED DEER, AB
8/69	MEJIA, PATRICIA	230	41:20.845	05:10	08:19	8K40-49F	5/28	43/135	RED DEER, AB
9/69	NISHIZEKI, PEGGY	240	41:36.806	05:12	08:22	8K50-59F	1/6	44/135	RED DEER, AB
10/69	WEIDELL, LILY	303	42:48.829	05:21	08:36	8K19&UF	2/6	47/135	PONOKA, AB
11/69	KELLY, ABBY	191	42:59.399	05:22	08:38	8K20-29F	2/3	48/135	EDMONTON, AB
12/69	KLESSENS, MORIAH	195	43:06.500	05:23	08:40	8K40-49F	6/28	49/135	RED DEER, AB
13/69	ROMANS, AYUMI	255	43:24.407	05:25	08:44	8K40-49F	7/28	50/135	RED DEER, AB
14/69	DAY, TESSA	134	43:29.891	05:26	08:45	8K30-39F	2/18	52/135	RED DEER, AB
15/69	ORRELL-HOSKINS, CHARLOTTE	244	43:47.096	05:28	08:48	8K50-59F	2/6	53/135	ALBERTA, AB
16/69	DOERKSEN, JENNY	144	43:55.086	05:29	08:50	8K30-39F	3/18	54/135	RED DEER, AB
17/69	MORRIS, PATTI	235	44:35.624	05:34	08:58	8K60+F	1/8	55/135	RED DEER, AB
18/69	MACKAY, SUSAN	210	45:14.162	05:39	09:06	8K40-49F	8/28	56/135	RED DEER, AB
19/69	WEIDELL, LORELEI	304	45:22.225	05:40	09:07	8K40-49F	9/28	58/135	PONOKA, AB
20/69	ANDERSON, CHELSEY	341	45:43.929	05:42	09:12	8K40-49F	10/28	60/135	PENHOLD, AB
21/69	CHOPEK, CARLA	121	46:10.694	05:46	09:17	8K50-59F	3/6	62/135	PROVOST, AB
22/69	DURET, OLIVE	148	46:28.601	05:48	09:21	8K60+F	2/8	64/135	RED DEER, AB
23/69	MOLLER, MEAGAN	318	46:36.992	05:49	09:22	8K30-39F	4/18	65/135	EDMONTON, AB
24/69	AVRAM, COURTNEY	104	46:52.975	05:51	09:25	8K30-39F	5/18	66/135	RED DEER, AB
25/69	CUNNINGHAM, VIVIAN	130	47:17.092	05:54	09:30	8K19&UF	3/6	68/135	RED DEER, AB
26/69	SCHUR, SAMANTHA	260	47:30.428	05:56	09:33	8K30-39F	6/18	69/135	BLACKFALDS,
27/69	KING, TELAINA	193	47:31.881	05:56	09:33	8K30-39F	7/18	72/135	RED DEER, AB
28/69	VIANI, ELIZABETH	297	48:03.897	06:00	09:40	8K50-59F	4/6	76/135	RED DEER COUNTY, AB
29/69	MARTENS, LORI	214	48:16.061	06:02	09:42	8K40-49F	11/28	78/135	SYLVAN LAKE, AB
30/69	VAN ZANDT, CHERYL	292	48:23.278	06:02	09:44	8K60+F	3/8	79/135	INNISFAIL, AB
31/69	DODMAN, STEPHANIE	141	48:30.500	06:03	09:45	8K30-39F	8/18	80/135	BLACKFALDS, AB
32/69	SNIDER, CRISTA	269	49:13.694	06:09	09:54	8K30-39F	9/18	81/135	RED DEER,
33/69	WARDER, JENNIFER	298	49:24.075	06:10	09:56	8K20-29F	3/3	83/135	RED DEER, AB
34/69	KLESSENS, CAROL	194	49:26.678	06:10	09:56	8K60+F	4/8	86/135	BASHAW, AB
35/69	SUSHYNSKI, DANICA	280	49:53.278	06:14	10:02	8K19&UF	4/6	88/135	RED DEER COUNT, AB
36/69	SNIDER, LORI	271	50:02.020	06:15	10:04	8K60+F	5/8	89/135	RED DEER, AB
37/69	STEPHAN, ALISON	277	50:09.614	06:16	10:05	8K40-49F	12/28	90/135	RED DEER, AB
38/69	DE REPENTIGNY, CLAIRE	135	51:12.100	06:24	10:18	8K60+F	6/8	92/135	RED DEER, AB
39/69	ZELOWSKY, MEAGHAN	313	51:57.310	06:29	10:27	8K30-39F	10/18	94/135	PENHOLD, AB
40/69	NEWANS, KAYLA	237	52:14.876	06:31	10:30	8K30-39F	11/18	95/135	PONOKA, AB
41/69	HALE, MIKE	172	52:45.427	06:35	10:36	8K40-49F	13/28	98/135	RED DEER,
42/69	DRIEDGER, G	315	52:49.248	06:36	10:37	8K40-49F	14/28	99/135	RED DEER COUNTY, AB
43/69	PHILLIPS, YVONNE	246	52:57.823	06:37	10:39	8K40-49F	15/28	100/135	RED DEER,
44/69	MELGAR, LIZA	231	53:39.969	06:42	10:47	8K40-49F	16/28	101/135	RED DEER, AB
45/69	D'ONOFRIO, KIM	131	55:28.760	06:56	11:09	8K40-49F	17/28	103/135	RED DEER, AB
46/69	NORRIS, ASHLEY	242	55:47.923	06:58	11:13	8K30-39F	12/18	104/135	RED DEER, AB
47/69	CHENIER, RHIANNA	120	56:43.995	07:05	11:24	8K40-49F	18/28	105/135	RED DEER, AB
48/69	FRASER, JILL	156	56:44.370	07:05	11:24	8K40-49F	19/28	106/135	RED DEER, AB
49/69	MACNAUGHTON, SONA	213	57:21.532	07:10	11:32	8K40-49F	20/28	107/135	RED DEER, AB
50/69	REX, RACHEL	253	57:37.175	07:12	11:35	8K30-39F	13/18	108/135	RED DEER, AB
51/69	WILSON, RIDEHL	312	59:24.165	07:25	11:57	8K40-49F	21/28	110/135	SPRINGBROOK, AB
52/69	RAYMOND, DAWN	249	59:24.166	07:25	11:57	8K40-49F	22/28	111/135	RED DEER, AB
53/69	RUFIANGE, LINDSEY	256	59:51.540	07:28	12:02	8K40-49F	23/28	112/135	RED DEER, AB
54/69	MARTIN, ANNA-MARIE	215	1:00:25.664	07:33	12:09	8K30-39F	14/18	113/135	RED DEER, AB
55/69	HEATH, DAWN	177	1:00:39.143	07:34	12:12	8K40-49F	24/28	114/135	RED DEER, AB

## 2023 Harvest Run 8K/3K - Red Deer

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<b>8K - 4.97 Miles</b>
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#### Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
56/69	HOWDLE, VANESSA	185	1:00:44.214	07:35	12:13	8K30-39F	15/18	115/135	RED DEER, AB
57/69	WILLIAMS, JAIME	307	1:00:59.393	07:37	12:16	8K40-49F	25/28	116/135	INNISFAIL, AB
58/69	CHASSE, KERRY	119	1:02:16.241	07:47	12:31	8K30-39F	16/18	117/135	RED DEER, AB
59/69	LARSEN, BRYNN	201	1:03:04.853	07:53	12:41	8K19&UF	5/6	119/135	RED DEER, AB
60/69	MCENTEE, COLLEEN	224	1:03:19.689	07:54	12:44	8K30-39F	17/18	121/135	PONOKA, AB
61/69	KNUTSON, BARB	197	1:04:26.297	08:03	12:57	8K50-59F	5/6	122/135	RED DEER, AB
62/69	MCKINNON, TRACEY	226	1:04:29.319	08:03	12:58	8K50-59F	6/6	123/135	RED DEER, AB
63/69	SMESTAD, LISA	266	1:04:36.867	08:04	13:00	8K40-49F	26/28	124/135	RED DEER, AB
64/69	GLENN, FATINA	163	1:08:35.365	08:34	13:48	8K30-39F	18/18	126/135	RED DEER, AB
65/69	MENZIES, MAVIS	232	1:11:59.361	08:59	14:29	8K60+F	7/8	128/135	RED DEER, AB
66/69	MARTIN, PAMELA	217	1:16:47.828	09:35	15:27	8K60+F	8/8	129/135	RED DEER, AB
67/69	UNUAFE, ROSE	289	1:21:58.068	10:14	16:29	8K40-49F	27/28	133/135	RED DEER, AB
68/69	MAYAN, JORDYN	219	1:28:54.123	11:06	17:53	8K19&UF	6/6	134/135	BLACKFALDS, AB
69/69	MAYAN, CHRISTINE	218	1:28:54.945	11:06	17:53	8K40-49F	28/28	135/135	BLACKFALDS, AB

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## Male

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/66	LEWANS, JASON	207	29:50.061	03:43	06:00	8K40-49M	1/24	1/135	SASKATOON, SK
2/66	DOERKSEN, COURTNEY	142	30:05.386	03:45	06:03	8K40-49M	2/24	2/135	RED DEER, AB
3/66	MCARTHUR, BRIAN	336	30:19.262	03:47	06:06	8K50-59M	1/8	3/135	RED DEER, AB
4/66	GLENN, CLIFF	162	30:23.387	03:47	06:06	8K30-39M	1/14	4/135	CALGARY, AB
5/66	GALBRAITH, HAYDEN	159	31:17.269	03:54	06:17	8K19&UM	1/7	5/135	BLACKFALDS, AB
6/66	SMITH, JAMES	268	32:02.502	04:00	06:26	8K40-49M	3/24	6/135	RED DEER, AB
7/66	REEFHUIS, WYATT	323	32:04.893	04:00	06:27	8K20-29M	1/3	7/135	RED DEER COUNTY, AB
8/66	VAN EATON, VIRGIL	291	32:24.401	04:03	06:31	8K20-29M	2/3	8/135	ALHAMBRA, AB
9/66	WEIDELL, LESLIE	302	33:02.502	04:07	06:38	8K40-49M	4/24	9/135	PONOKA, AB
10/66	LECLERC, DENIS	204	33:04.984	04:08	06:39	8K40-49M	5/24	10/135	SYLVAN LAKE, AB
11/66	LANGRIDGE, GRAHAM	200	33:17.408	04:09	06:41	8K40-49M	6/24	11/135	RED DEER, AB
12/66	CAPTON, TYLER	117	33:28.283	04:11	06:44	8K30-39M	2/14	12/135	LACOMBE, AB
13/66	DE RUYCK, STEVEN	136	33:35.711	04:11	06:45	8K40-49M	7/24	13/135	RED DEER, AB
14/66	MEDING, BRAD	229	34:08.243	04:16	06:52	8K40-49M	8/24	14/135	PENHOLD, AB
15/66	SLOBODAN, JEREMY	264	35:23.311	04:25	07:07	8K40-49M	9/24	16/135	RED DEER, AB
16/66	LECLERC, RYAN	205	35:39.174	04:27	07:10	8K19&UM	2/7	17/135	SYLVAN LAKE, AB
17/66	SUNDGAARD, TYLER	325	36:17.335	04:32	07:18	8K40-49M	10/24	18/135	RED DEER, AB
18/66	MCDERMOTT, SCOTT	340	36:30.225	04:33	07:20	8K50-59M	2/8	19/135	SYLVAN LAKE, AB
19/66	FOX, SHAUN	155	36:45.623	04:35	07:23	8K40-49M	11/24	20/135	REDDEER, AB
20/66	CLERMONT, CODY	342	37:04.420	04:38	07:27	8K30-39M	3/14	21/135	RED DEER,
21/66	VAN DE VELDE, MICHAEL	290	37:04.439	04:38	07:27	8K30-39M	4/14	22/135	RED DEER COUNTY, AB
22/66	NIEUWENHUIS, JASON	319	37:37.184	04:42	07:34	8K40-49M	12/24	23/135	REDDEER, AB
23/66	KUTNEY, DAVID	198	37:49.091	04:43	07:36	8K50-59M	3/8	24/135	RED DEER COUNTY, AB
24/66	ROBINSON, ALAN	254	38:10.664	04:46	07:40	8K50-59M	4/8	25/135	RED DEER, AB
25/66	CLEMENS, XAVIER	344	38:29.075	04:48	07:44	8K19&UM	3/7	27/135	RED DEER, AB
26/66	VEENEMAN, BRAEDEN	293	38:41.052	04:50	07:47	8K30-39M	5/14	28/135	EDMONTON, AB
27/66	SLOBODAN, BRADY	265	38:45.434	04:50	07:47	8K19&UM	4/7	29/135	RED DEER, AB
28/66	REIJNDERS, MAT	309	38:53.800	04:51	07:49	8K50-59M	5/8	30/135	BLACKFALDS, AB
29/66	MORRIS, TONY	236	38:57.857	04:52	07:50	8K60+M	1/10	31/135	RED DEER, AB
30/66	CLEMENS, PETER	343	39:12.596	04:54	07:53	8K40-49M	13/24	32/135	RED DEER, AB
31/66	PHOMMAKASIKONE, SANTY	190	39:47.870	04:58	08:00	8K40-49M	14/24	34/135	RED DEER, AB
32/66	GORMAN, FERGAL	165	39:57.478	04:59	08:02	8K40-49M	15/24	35/135	RED DEER, AB
33/66	HOWLEY, GABRIEL	186	40:47.002	05:05	08:12	8K40-49M	16/24	38/135	RED DEER, AB
34/66	GRAY, MYLES	168	40:47.705	05:05	08:12	8K19&UM	5/7	39/135	RED DEER, AB
35/66	STENDIE, DARRYL	276	40:48.101	05:06	08:12	8K40-49M	17/24	40/135	BLACKFALDS, AB
36/66	GRIFFITHS, FINN	169	41:57.217	05:14	08:26	8K19&UM	6/7	45/135	RED DEER, AB
37/66	CUNNINGHAM, OLIVER	129	42:02.048	05:15	08:27	8K19&UM	7/7	46/135	RED DEER, AB
38/66	GLENN, GREGORY	164	43:25.648	05:25	08:44	8K30-39M	6/14	51/135	RED DEER, AB
39/66	COUSINE, STEVE	329	45:21.874	05:40	09:07	8K60+M	2/10	57/135	BLACKFALDS, AB
40/66	WARDER, ZACHARY	299	45:33.312	05:41	09:09	8K30-39M	7/14	59/135	RED DEER, AB
41/66	COWLES, NICK	127	45:50.938	05:43	09:13	8K40-49M	18/24	61/135	BLACKFALDS, AB
42/66	PRINS, DAVID	247	46:15.405	05:46	09:18	8K30-39M	8/14	63/135	RED DEER, AB
43/66	SCHUSTER, SHANE	324	46:57.381	05:52	09:26	8K60+M	3/10	67/135	RED DEER COUNTY, AB
44/66	SCHUR, JORDAN	259	47:31.507	05:56	09:33	8K30-39M	9/14	70/135	BLACKFALDS,
45/66	KING, DAVID	192	47:31.834	05:56	09:33	8K30-39M	10/14	71/135	RED DEER, AB
46/66	DUBITZ, ALEC	335	47:42.429	05:57	09:35	8K20-29M	3/3	73/135	BASHAW, AB
47/66	HACKETT, BYRON	170	47:45.944	05:58	09:36	8K30-39M	11/14	74/135	RED DEER, AB
48/66	KUZEK, MATTHEW	199	47:53.609	05:59	09:38	8K30-39M	12/14	75/135	RED DEER, AB
49/66	GRAVES, JEREMY	166	48:04.273	06:00	09:40	8K40-49M	19/24	77/135	RED DEER, AB
50/66	WILLIAMS, IAN	306	49:22.390	06:10	09:56	8K50-59M	6/8	82/135	INNISFAIL, AB
51/66	CONNOLLY, JOHN	125	49:25.788	06:10	09:56	8K50-59M	7/8	84/135	RD COUNTY, AB
52/66	GILLRIE, HAL	161	49:26.069	06:10	09:56	8K60+M	4/10	85/135	RED DEER COUNTY, AB
53/66	FORD, REGINALD	154	49:45.756	06:13	10:00	8K30-39M	13/14	87/135	RED DEER, AB
54/66	STEWART, FRASER	278	50:14.208	06:16	10:06	8K50-59M	8/8	91/135	RED DEER, AB
55/66	BOURRET, CHRIS	111	51:44.513	06:28	10:24	8K30-39M	14/14	93/135	RED DEER, AB

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#### Male

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56/66	MCDUGALL, JUSTIN	222	52:20.373	06:32	10:31	8K40-49M	20/24	96/135	RED DEER, AB
57/66	HASTIE, LARRY	333	52:34.598	06:34	10:34	8K60+M	5/10	97/135	RED DEER, AB
58/66	MCENTEE, NATHAN	225	53:49.481	06:43	10:49	8K40-49M	21/24	102/135	PONOKA, AB
59/66	THOMPSON, BERT	284	58:24.636	07:18	11:45	8K60+M	6/10	109/135	RED DEER COUNTY,
60/66	CHASSE, JP	118	1:02:17.063	07:47	12:31	8K60+M	7/10	118/135	RED DEER,
61/66	LARSEN, PAUL	202	1:03:05.743	07:53	12:41	8K40-49M	22/24	120/135	RED DEER, AB
62/66	D'ONOFRIO, MARK	132	1:04:38.063	08:04	13:00	8K40-49M	23/24	125/135	RED DEER, AB
63/66	UNUAFE, ENOCH	288	1:09:50.548	08:43	14:03	8K40-49M	24/24	127/135	RED DEER, AB
64/66	MARTIN, NEIL	216	1:16:50.758	09:36	15:27	8K60+M	8/10	130/135	RED DEER, AB
65/66	MACKAY, BOB	209	1:19:16.492	09:54	15:57	8K60+M	9/10	131/135	VANCOUVER, BC
66/66	HANSON, DUKE	175	1:19:17.406	09:54	15:57	8K60+M	10/10	132/135	RED DEER, AB