

## 2023 AIMS High River Half, 10K, 5K

## Alpha Overall Results

## 10K/6.21 Miles

## 85 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
59/85	ARMSTRONG, DARIA	1001	1:11:11.998	07:07	11:27	10K40-49F	10/14	F	28/45	1:10:40.668
41/85	BAILEY, RYAN	1085	1:04:24.626	06:26	10:22	10K20-29M	3/4	M	27/40	1:04:08.552
13/85	BARBACARIU, GABE	1076	51:18.996	05:07	08:15	10K40-49M	6/14	M	10/40	51:15.624
53/85	BARNHART, CHRISTA	1002	1:09:14.224	06:55	11:08	10K40-49F	8/14	F	23/45	1:09:00.865
2/85	BEHLKE, ERIC	1003	43:57.567	04:23	07:04	10K40-49M	1/14	M	2/40	43:55.344
9/85	BENNETT, COLBY	1004	50:15.619	05:01	08:05	10K30-39F	2/20	F	3/45	50:00.566
45/85	BOHM, CAITLIN	1005	1:06:30.933	06:39	10:42	10K30-39F	11/20	F	18/45	1:06:13.859
82/85	BOYER, SARAH	1087	1:41:58.399	10:11	16:25	10K40-49F	14/14	F	44/45	1:41:28.819
75/85	BROOKE-GRIGGS, ALEXA	1006	1:19:02.558	07:54	12:43	10K30-39F	18/20	F	37/45	1:18:38.354
58/85	BROOM, SARAH	1007	1:09:49.825	06:58	11:14	10K40-49F	9/14	F	27/45	1:09:10.082
43/85	CHANDLER, JENI	1008	1:05:37.613	06:33	10:34	10K30-39F	10/20	F	16/45	1:05:16.154
84/85	COLBY, KERRI ANN	1072	1:41:59.295	10:11	16:25	10K50-59F	4/4	F	45/45	1:41:29.698
35/85	DALRYMPLE, STEWART	1010	59:45.085	05:58	09:37	10K50-59M	4/5	M	24/40	59:38.936
83/85	DEAKIN, CHRIS	1073	1:41:59.033	10:11	16:25	10K40-49M	13/14	M	39/40	1:41:29.084
56/85	DERISH, RYAN	1011	1:09:23.997	06:56	11:10	10K30-39M	6/6	M	31/40	1:09:01.496
37/85	DION, MARYSE	1064	1:01:30.624	06:09	09:54	10K50-59F	1/4	F	12/45	1:01:16.979
16/85	DOWIE, KIMBERLY	1065	53:12.574	05:19	08:34	10K30-39F	4/20	F	6/45	52:59.329
72/85	DUNCAN, BRITTANY	1012	1:16:24.353	07:38	12:18	10K30-39F	17/20	F	35/45	1:16:12.538
3/85	ELLICE, ANDERS	1077	48:11.211	04:49	07:45	10K40-49M	2/14	M	3/40	48:09.713
74/85	ERVIN, GREG	1066	1:18:33.496	07:51	12:39	10K60+M	9/9	M	38/40	1:18:24.396
68/85	ERVIN, MITCHELL	1067	1:13:58.737	07:23	11:54	10K20-29M	4/4	M	37/40	1:13:50.337
76/85	ERVIN, SHELLEY	1068	1:20:20.699	08:02	12:56	10K60+F	4/5	F	38/45	1:20:13.058
5/85	FEHR, SANDY	1079	49:00.079	04:54	07:53	10K30-39F	1/20	F	1/45	48:58.163
79/85	FIGEN, DAWN	1013	1:22:02.489	08:12	13:12	10K50-59F	3/4	F	41/45	1:21:31.323
24/85	FLOOTMAN, PETER	1014	55:44.144	05:34	08:58	10K20-29M	2/4	M	17/40	55:36.119
17/85	FLORA, MINDY	1081	53:31.253	05:21	08:37	10K40-49F	3/14	F	7/45	53:20.801
70/85	GOODWIN, DIANE	1015	1:16:18.237	07:37	12:17	10K60+F	3/5	F	33/45	1:16:01.445
14/85	GOUGH, MELISSA	1016	51:39.571	05:09	08:19	10K30-39F	3/20	F	4/45	51:25.430
38/85	HADUBIAK, MARK	1017	1:02:28.658	06:14	10:03	10K30-39M	4/6	M	26/40	1:02:09.394
11/85	HERRICK, DEVON	1019	50:54.783	05:05	08:11	10K40-49M	5/14	M	8/40	50:51.872
47/85	HERRICK, MARIAN	1020	1:06:40.940	06:40	10:44	10K40-49F	7/14	F	19/45	1:06:33.795
52/85	HOLMSTROM, CHUCK	1021	1:07:39.020	06:45	10:53	10K60+M	5/9	M	30/40	1:07:20.636
21/85	JOHAL, JOE	1023	55:06.879	05:30	08:52	10K20-29M	1/4	M	14/40	55:00.118
62/85	JONES, PAUL	1086	1:11:57.866	07:11	11:35	10K60+M	6/9	M	32/40	1:11:49.142
61/85	JONES, TRISH	1024	1:11:41.437	07:10	11:32	10K50-59F	2/4	F	30/45	1:11:23.985
49/85	KEYOWSKI, STEPHANIE	1025	1:06:51.933	06:41	10:46	10K30-39F	12/20	F	20/45	1:06:28.579
26/85	KORNELSEN, DEREK	1090	56:08.310	05:36	09:02	10K30-39M	2/6	M	19/40	55:57.121
25/85	KORNELSEN, DONOVAN	1089	55:59.801	05:35	09:01	10K40-49M	8/14	M	18/40	55:45.980
28/85	KORNELSEN, GARRY	1026	56:53.731	05:41	09:09	10K60+M	3/9	M	21/40	56:41.970
51/85	KREZE, ERIKA	1027	1:07:11.855	06:43	10:49	10K30-39F	13/20	F	22/45	1:06:51.716
6/85	KUECHLER, ADINA	1028	49:12.900	04:55	07:55	10K40-49F	1/14	F	2/45	49:07.768
33/85	KUECHLER, DEREK	1029	58:32.404	05:51	09:25	10K40-49M	10/14	M	22/40	58:16.263
39/85	LAUSER, EMILY	1030	1:03:26.034	06:20	10:12	10K30-39F	8/20	F	13/45	1:03:06.272
23/85	LEBLANC, REUBEN	1069	55:44.028	05:34	08:58	10K16-19M	1/1	M	16/40	55:35.888
40/85	LEPP, KRISTEN	1031	1:03:39.018	06:21	10:14	10K30-39F	9/20	F	14/45	1:03:33.308
7/85	LESSARD, CHRISTIAN	1070	49:50.305	04:59	08:01	10K60+M	1/9	M	5/40	49:35.905
10/85	LEWTHWAITE, PATRICK	1071	50:29.047	05:02	08:07	10K40-49M	4/14	M	7/40	50:13.737
18/85	LIM, SU-CHONG	1032	53:42.949	05:22	08:38	10K60+M	2/9	M	11/40	53:40.729
71/85	MACDONALD, SARAH	1033	1:16:20.344	07:38	12:17	10K40-49F	11/14	F	34/45	1:16:08.258
60/85	MAKISHI, DAWN	1034	1:11:38.014	07:09	11:32	10K60+F	2/5	F	29/45	1:11:17.474
44/85	MARTINEZ, HANITH	1074	1:05:53.971	06:35	10:36	10K40-49F	6/14	F	17/45	1:05:49.625
50/85	MCDOUGALL, MELODY	1035	1:06:59.434	06:41	10:47	10K60+F	1/5	F	21/45	1:06:39.034
42/85	MCTIGHE, TAMMY	1036	1:05:09.206	06:30	10:29	10K40-49F	5/14	F	15/45	1:05:06.552
34/85	MORANTE, CARLOS	1037	58:38.451	05:51	09:26	10K30-39M	3/6	M	23/40	58:26.488
31/85	MORANTE, SALYNA	1038	57:47.146	05:46	09:18	10K30-39F	7/20	F	10/45	57:33.820
55/85	MYDEN, TARA	1039	1:09:23.834	06:56	11:10	10K30-39F	14/20	F	25/45	1:09:02.111
64/85	NESOM, GREG	1040	1:12:18.116	07:13	11:38	10K50-59M	5/5	M	34/40	1:12:03.062
67/85	NESOM, MORGAN	1041	1:13:24.749	07:20	11:49	10K30-39F	15/20	F	31/45	1:13:09.839
81/85	NORDICK, JENNIFER	1042	1:39:04.938	09:54	15:57	10K40-49F	13/14	F	43/45	1:38:40.697
27/85	ORLAND, KEVIN	1043	56:19.325	05:37	09:04	10K40-49M	9/14	M	20/40	56:11.565
78/85	PALSKY, BETHANY	1044	1:22:02.301	08:12	13:12	10K30-39F	20/20	F	40/45	1:21:31.710

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O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
63/85	PASOLLI, ALAN	1045	1:12:02.531	07:12	11:36	10K60+M	7/9	M	33/40	1:11:44.331
4/85	PETERSON, DAVID	1046	48:45.173	04:52	07:51	10K40-49M	3/14	M	4/40	48:30.121
1/85	PHILLIPS, MIKE	1078	40:59.933	04:05	06:36	10K50-59M	1/5	M	1/40	40:58.601
46/85	PITON, CHRISTOPHER	1047	1:06:35.246	06:39	10:43	10K30-39M	5/6	M	28/40	1:06:23.806
19/85	POWELL, CHRIS	1048	53:57.972	05:23	08:41	10K50-59M	2/5	M	12/40	53:41.687
85/85	REGNIER, CHRIS	1049	1:42:39.369	10:15	16:31	10K40-49M	14/14	M	40/40	1:42:16.727
12/85	ROBITAILLE, CHRISTOPHER	1050	50:59.142	05:05	08:12	10K30-39M	1/6	M	9/40	50:48.691
15/85	SALDANA, ROCIO	1075	52:01.604	05:12	08:22	10K40-49F	2/14	F	5/45	51:57.059
48/85	SAWATZKY, GARY	1084	1:06:42.744	06:40	10:44	10K60+M	4/9	M	29/40	1:06:10.344
65/85	SCHNEIDER, ADAM	1051	1:12:20.436	07:14	11:38	10K40-49M	12/14	M	35/40	1:12:15.106
69/85	SCHULTZ, LINDSAY	1052	1:14:25.383	07:26	11:59	10K30-39F	16/20	F	32/45	1:14:10.388
54/85	SHIELDS, MERCEDES	1053	1:09:14.317	06:55	11:08	10K20-29F	1/2	F	24/45	1:09:00.797
20/85	SMALL, DAVID	1054	54:53.574	05:29	08:50	10K40-49M	7/14	M	13/40	54:37.335
8/85	SPARKS, GRAYSON	1055	50:02.447	05:00	08:03	10K15&UM	1/1	M	6/40	49:57.904
32/85	SPARKS, LESLEY	1056	57:58.257	05:47	09:20	10K40-49F	4/14	F	11/45	57:53.716
77/85	STEINEBACH, JESSICA	1058	1:21:51.146	08:11	13:10	10K30-39F	19/20	F	39/45	1:21:28.127
29/85	TAYLOR, REBECCA	1080	57:24.106	05:44	09:14	10K30-39F	5/20	F	8/45	57:20.194
22/85	TIGLEY, ALLAN	1082	55:13.231	05:31	08:53	10K50-59M	3/5	M	15/40	55:09.222
30/85	TJADER, KIRSTIE	1059	57:42.177	05:46	09:17	10K30-39F	6/20	F	9/45	57:39.304
57/85	VALGARDSON, MIKAELA	1060	1:09:49.145	06:58	11:14	10K20-29F	2/2	F	26/45	1:09:31.615
73/85	WADDLE, JODY	1061	1:18:29.768	07:50	12:38	10K40-49F	12/14	F	36/45	1:18:01.769
36/85	WARNER, CHRIS	1062	1:01:17.546	06:07	09:52	10K40-49M	11/14	M	25/40	1:01:02.556
80/85	YOUNG, CATHARINE	1091	1:33:55.746	09:23	15:07	10K60+F	5/5	F	42/45	1:33:33.746
66/85	YOUNG, KEN	1092	1:13:14.249	07:19	11:47	10K60+M	8/9	M	36/40	1:12:51.809