

2024 AIMS High River Half, 10K, 5K
Alpha Overall Results

5K/3.11 Miles

127 Finishers

O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
30/127	ABRAMSON, DONNA	5032	27:05.322	05:25	08:42	5K60+F	1/13	F	16/77	27:02.376
123/127	ANDOLSEK, DIANE	5057	1:11:18.880	14:15	22:55	5K60+F	12/13	F	76/77	1:10:54.997
103/127	ANUB, ROGIE MAE	5129	52:13.846	10:26	16:47	5K20-29F	8/10	F	61/77	51:56.000
111/127	ARMSTRONG, BRYNN	5130	56:01.166	11:12	18:00	5K15&UF	15/15	F	67/77	55:42.239
109/127	ARMSTRONG, DARIA	5263	55:58.752	11:11	17:59	5K40-49F	9/12	F	66/77	55:39.867
55/127	ARMSTRONG, LOGAN	5131	32:51.939	06:34	10:34	5K15&UM	7/8	M	29/50	32:45.270
110/127	ARMSTRONG, WILLIAM	5132	56:00.557	11:12	18:00	5K50-59M	4/6	M	44/50	55:40.633
20/127	ASSELSTINE, ANNA	5133	25:35.181	05:07	08:13	5K15&UF	5/15	F	8/77	25:35.056
124/127	ATKINS, DONALD	5134	1:18:57.176	15:47	25:23	5K60+M	10/11	M	48/50	1:18:31.690
61/127	ATTWOOD, ALYSSA	5135	33:50.695	06:46	10:52	5K30-39F	10/16	F	31/77	33:43.748
91/127	BAILEY, CATHERINE	5251	43:05.670	08:37	13:51	5K40-49F	5/12	F	52/77	42:55.076
81/127	BARRIAGE, JANET	5136	40:26.543	08:05	13:00	5K30-39F	13/16	F	45/77	40:10.722
22/127	BENNETT, COLBY	5235	25:55.502	05:11	08:20	5K30-39F	3/16	F	9/77	25:53.018
24/127	BISHOP, MOLLY	5137	26:10.808	05:14	08:25	5K15&UF	6/15	F	11/77	26:10.354
100/127	BRENNAN CARROLL, JANA	5138	49:33.020	09:54	15:55	5K40-49F	7/12	F	58/77	49:22.306
64/127	BROWN, JENNIFER	5236	34:18.540	06:51	11:01	5K40-49F	3/12	F	33/77	34:16.838
18/127	BROWN, JULIANNA	5237	25:10.480	05:02	08:05	5K15&UF	4/15	F	6/77	25:10.008
19/127	BROWN, KAITLYN	5238	25:34.105	05:06	08:13	5K16-19F	1/3	F	7/77	25:33.250
127/127	BRULE, LAURA	5139	1:19:04.888	15:48	25:25	5K60+F	13/13	F	77/77	1:18:38.585
42/127	CALVEZ, REAVA	5140	28:54.141	05:46	09:17	5K30-39F	7/16	F	21/77	28:45.527
104/127	CLINANSMITH, JACLYN	5141	52:42.628	10:32	16:56	5K40-49F	8/12	F	62/77	52:39.481
105/127	COLEMAN, HANNAH	5142	52:56.573	10:35	17:01	5K20-29F	9/10	F	63/77	52:49.708
98/127	COLEMAN, JOHN	5143	49:31.941	09:54	15:55	5K50-59M	3/6	M	42/50	49:27.238
99/127	COLEMAN, LEE-ANNE	5144	49:32.058	09:54	15:55	5K50-59F	6/8	F	57/77	49:27.034
106/127	COLEMAN, SCOTT	5145	52:56.714	10:35	17:01	5K20-29M	9/9	M	43/50	52:50.529
33/127	COMFORT, COHEN	5239	27:53.674	05:34	08:58	5K15&UM	4/8	M	17/50	27:52.380
3/127	COMFORT, GREYSON	5240	20:12.378	04:02	06:29	5K15&UM	1/8	M	3/50	20:11.206
4/127	COMFORT, JUSTIN	5146	20:13.387	04:02	06:30	5K30-39M	2/9	M	4/50	20:12.095
9/127	COMFORT, KRISTA	5147	21:48.214	04:21	07:00	5K30-39F	1/16	F	1/77	21:46.370
73/127	COONFER, BOWDRIE	5148	36:00.492	07:12	11:34	5K20-29M	7/9	M	34/50	35:55.469
12/127	CROWELL, GORD	5149	22:28.597	04:29	07:13	5K60+M	1/11	M	10/50	22:27.901
92/127	CUSICK, MACKENZIE	5241	43:50.857	08:46	14:05	5K30-39M	9/9	M	40/50	43:43.703
126/127	DOUCET, BILL	5150	1:19:00.013	15:48	25:24	5K50-59M	6/6	M	50/50	1:18:33.778
17/127	DUECK, LIANA	5242	24:48.611	04:57	07:58	5K15&UF	3/15	F	5/77	24:47.898
40/127	ENGEN, ALISSA	5264	28:34.384	05:42	09:11	5K30-39F	5/16	F	19/77	28:32.160
70/127	FAHR, HEATHER	5151	35:27.915	07:05	11:24	5K30-39F	11/16	F	37/77	35:18.041
5/127	FLORA, BEN	5243	20:55.386	04:11	06:43	5K15&UM	2/8	M	5/50	20:55.123
76/127	GOODWIN, DIANE	5265	36:25.335	07:17	11:42	5K60+F	7/13	F	42/77	36:17.299
14/127	HALL, MYA	5258	23:43.596	04:44	07:37	5K15&UF	2/15	F	4/77	23:42.999
122/127	HANDZIUK, LAURA	5153	1:06:18.790	13:15	21:19	5K40-49F	12/12	F	75/77	1:06:01.144
47/127	HASSALL, ERIN	5154	31:42.187	06:20	10:11	5K40-49F	1/12	F	23/77	31:34.032
25/127	HEFFERAN, ELLIOTT	5155	26:11.159	05:14	08:25	5K15&UF	7/15	F	12/77	26:11.034
50/127	HILL, MASON	5156	32:05.719	06:25	10:19	5K20-29M	6/9	M	26/50	31:41.473
11/127	HINGE, MARLEY	5244	22:18.519	04:27	07:10	5K15&UF	1/15	F	2/77	22:18.312
120/127	HURST, GILLIAN	5245	1:00:07.165	12:01	19:19	5K40-49F	11/12	F	73/77	59:52.542
83/127	IGUALDO, STEPHEN	5157	40:56.295	08:11	13:09	5K20-29M	8/9	M	37/50	40:48.543
118/127	JAMES, BRANDON	5266	56:57.134	11:23	18:18	5K40-49M	5/5	M	46/50	56:29.751
80/127	JONES, PAUL	5246	40:14.320	08:02	12:56	5K60+M	7/11	M	36/50	40:05.884
68/127	JONES, TRISH	5247	35:18.351	07:03	11:21	5K60+F	5/13	F	35/77	35:08.677
46/127	KIRKBY, BOB	5158	31:39.563	06:19	10:10	5K60+M	2/11	M	24/50	31:29.850
117/127	KOLYNCHUK, GERMAINE	5159	56:46.284	11:21	18:15	5K60+F	11/13	F	72/77	56:31.189
27/127	KRENTZ, GRACIANA	5248	26:15.754	05:15	08:26	5K15&UF	9/15	F	14/77	26:15.487
13/127	KU, ARIEL	5160	23:26.886	04:41	07:32	5K30-39F	2/16	F	3/77	23:25.514
77/127	LAYTON, BRENDAN	5161	37:58.827	07:35	12:12	5K30-39M	8/9	M	35/50	37:41.764
89/127	LOGAN, EMILY	5259	41:37.381	08:19	13:23	5K30-39F	16/16	F	50/77	41:32.557
101/127	LOPEZ, DIANA	5162	52:13.471	10:26	16:47	5K20-29F	6/10	F	59/77	51:56.107
21/127	LUTZ, JOSHUA	5164	25:50.956	05:10	08:18	5K30-39M	5/9	M	13/50	25:41.563
41/127	LUTZ, SARAH	5165	28:36.565	05:43	09:11	5K30-39F	6/16	F	20/77	28:28.533
26/127	MACPHERSON, REESE	5166	26:14.839	05:14	08:26	5K15&UF	8/15	F	13/77	26:11.992
87/127	MARABABOL, RAIZA	5167	41:36.984	08:19	13:22	5K20-29F	4/10	F	48/77	41:29.646
96/127	MCCALLUM, GERRY	5260	48:35.053	09:43	15:37	5K60+M	8/11	M	41/50	48:13.750

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O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
97/127	MCCALLUM, SHELLI	5261	48:35.504	09:43	15:37	5K50-59F	5/8	F	56/77	48:13.421
29/127	MCDONALD, DUNCAN	5169	26:56.464	05:23	08:39	5K50-59M	1/6	M	14/50	26:53.190
2/127	MCDONALD, EMMETT	5170	19:12.778	03:50	06:10	5K20-29M	1/9	M	2/50	19:10.696
28/127	MCDONALD, JULIE	5171	26:56.253	05:23	08:39	5K50-59F	1/8	F	15/77	26:52.841
16/127	MCDONALD, STIRLING	5173	24:19.175	04:51	07:49	5K20-29M	2/9	M	12/50	24:15.788
35/127	MCGUIRE, BRENT	5174	28:19.994	05:39	09:06	5K40-49M	2/5	M	19/50	28:11.378
63/127	MCILWRICK, TAYLOR	5175	34:05.906	06:49	10:57	5K20-29F	2/10	F	32/77	33:55.829
53/127	MCINTOSH, ANN	5176	32:44.016	06:32	10:31	5K60+F	2/13	F	26/77	32:32.333
52/127	MCINTOSH, RON	5177	32:43.806	06:32	10:31	5K60+M	3/11	M	27/50	32:32.063
7/127	MCKEIGAN, COREY	5178	21:44.276	04:20	06:59	5K30-39M	3/9	M	7/50	21:43.463
85/127	MCKENNA, EIRIK	5179	41:17.413	08:15	13:16	5K15&UM	8/8	M	38/50	41:09.100
93/127	MCKENNA, JESSICA	5180	43:51.843	08:46	14:06	5K40-49F	6/12	F	53/77	43:44.110
86/127	MCKENNA, JW	5181	41:18.117	08:15	13:16	5K50-59M	2/6	M	39/50	41:10.659
94/127	MCKENNA, RUNA	5182	43:52.077	08:46	14:06	5K15&UF	14/15	F	54/77	43:44.147
51/127	MEIKLE, CHRISTINA	5183	32:40.571	06:32	10:30	5K40-49F	2/12	F	25/77	32:33.413
36/127	MEIKLE, DANIKA	5184	28:20.252	05:40	09:06	5K15&UF	10/15	F	17/77	28:17.490
95/127	MILLS, TONI	5186	45:13.381	09:02	14:32	5K50-59F	4/8	F	55/77	44:59.679
69/127	MINNES, SHAE	5187	35:20.061	07:04	11:21	5K20-29F	3/10	F	36/77	35:10.865
78/127	MULHOLLAND, SYLVIA	5188	38:17.367	07:39	12:18	5K50-59F	3/8	F	43/77	38:12.743
10/127	MULLINGS, DWAYNE	5189	21:58.714	04:23	07:04	5K30-39M	4/9	M	9/50	21:57.321
6/127	MURPHY, TOM	5190	21:01.574	04:12	06:45	5K15&UM	3/8	M	6/50	21:01.572
125/127	MURRAY, MIKE	5191	1:18:58.020	15:47	25:23	5K60+M	11/11	M	49/50	1:18:32.616
34/127	NESTERENKO, DANIEL	5192	27:54.776	05:34	08:58	5K20-29M	5/9	M	18/50	27:45.358
45/127	NORMAN, JORDAN	5194	30:57.821	06:11	09:57	5K30-39M	7/9	M	23/50	30:55.535
23/127	NORMAN, KELSEY	5195	25:55.666	05:11	08:20	5K30-39F	4/16	F	10/77	25:53.502
37/127	NORMAN, LIAM	5196	28:23.486	05:40	09:07	5K15&UM	5/8	M	20/50	28:23.358
82/127	OLIPHANT, SAMANTHA	5197	40:36.960	08:07	13:03	5K30-39F	14/16	F	46/77	40:21.216
58/127	PASOLLI, ALAN	5199	33:11.649	06:38	10:40	5K60+M	4/11	M	30/50	33:03.315
1/127	PAYNE, JACKSON	5200	19:11.023	03:50	06:10	5K30-39M	1/9	M	1/50	19:09.736
72/127	PETERSON, CLAIRE	5201	35:52.993	07:10	11:32	5K15&UF	13/15	F	39/77	35:47.567
8/127	PETERSON, DAVID	5202	21:48.050	04:21	07:00	5K40-49M	1/5	M	8/50	21:47.353
15/127	PETERSON, JACK	5203	24:10.386	04:50	07:46	5K16-19M	1/2	M	11/50	24:09.197
71/127	PETERSON, JORDAN	5204	35:51.444	07:10	11:31	5K15&UF	12/15	F	38/77	35:46.139
56/127	POWELL, JESSICA	5252	33:00.774	06:36	10:36	5K16-19F	2/3	F	27/77	32:49.999
108/127	RAPCHUK, JANIS	5205	55:58.659	11:11	17:59	5K60+F	8/13	F	65/77	55:38.677
115/127	RAY, KELLY	5206	56:23.502	11:16	18:07	5K50-59M	5/6	M	45/50	56:00.747
114/127	RAY, LINDA	5207	56:22.634	11:16	18:07	5K60+F	10/13	F	70/77	56:01.351
66/127	REGNIER, CHRIS	5209	35:03.890	07:00	11:16	5K40-49M	4/5	M	32/50	34:44.866
57/127	REHAK, LILLIAN	5210	33:04.290	06:36	10:38	5K60+F	3/13	F	28/77	32:57.934
39/127	REMPEL, CATHERINE	5211	28:30.963	05:42	09:10	5K15&UF	11/15	F	18/77	28:26.990
38/127	REMPEL, RORAN	5212	28:29.791	05:41	09:09	5K15&UM	6/8	M	21/50	28:25.743
116/127	RIDGEWAY BOURNE, ARLENE	5213	56:43.775	11:20	18:14	5K50-59F	8/8	F	71/77	56:26.795
44/127	RIOUX, JENNIFER	5253	30:07.244	06:01	09:41	5K50-59F	2/8	F	22/77	30:02.340
60/127	ROBINSON, JESSICA	5249	33:42.937	06:44	10:50	5K30-39F	9/16	F	30/77	33:30.991
31/127	ROY, JONAH	5214	27:19.830	05:27	08:47	5K20-29M	3/9	M	15/50	27:18.183
102/127	SANCHEZ, PATRICIA	5262	52:13.800	10:26	16:47	5K20-29F	7/10	F	60/77	51:56.675
67/127	SAWATZKY, GARY	5269	35:13.805	07:02	11:19	5K60+M	6/11	M	33/50	35:04.671
54/127	SCHNEIDER, ADAM	5216	32:48.072	06:33	10:32	5K40-49M	3/5	M	28/50	32:38.939
90/127	SCHNEIDER, CARRIGEN	5217	41:41.062	08:20	13:24	5K20-29F	5/10	F	51/77	41:31.189
59/127	SEYMOUR, ARLENE	5219	33:32.015	06:42	10:46	5K20-29F	1/10	F	29/77	33:29.252
75/127	SHAW, TERRI	5220	36:02.460	07:12	11:35	5K30-39F	12/16	F	41/77	35:50.457
113/127	SHELDRAKE, BARB	5221	56:17.666	11:15	18:06	5K60+F	9/13	F	69/77	55:50.140
112/127	SHELDRAKE, LINDSAY	5222	56:17.362	11:15	18:05	5K40-49F	10/12	F	68/77	55:50.187
32/127	SIBULO, KING NERIO	5223	27:38.135	05:31	08:53	5K20-29M	4/9	M	16/50	27:31.267
119/127	SPETH, MARTIN	5267	56:57.232	11:23	18:18	5K60+M	9/11	M	47/50	56:29.708
62/127	STARK, GLEN	5268	33:51.164	06:46	10:53	5K60+M	5/11	M	31/50	33:39.600
121/127	STILLWELL, ELENA	5224	1:00:57.533	12:11	19:36	5K20-29F	10/10	F	74/77	1:00:35.449
84/127	STROM, CHRISTINA	5254	40:59.108	08:11	13:10	5K40-49F	4/12	F	47/77	40:53.029
48/127	STROM, LIAM	5255	31:54.211	06:22	10:15	5K16-19M	2/2	M	25/50	31:47.348
74/127	TOLLEY, PAMELA	5227	36:01.945	07:12	11:35	5K60+F	6/13	F	40/77	35:50.062
43/127	TOLLEY, SEAN	5228	29:43.009	05:56	09:33	5K30-39M	6/9	M	22/50	29:31.577

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O/A	Name	Bib#	Time	Pace/k	Pace/m	Category	Cat/Pl	Gender	Gen/Pl	Chip Time
79/127	UKRAINETZ, SARAH	5250	39:48.539	07:57	12:48	5K16-19F	3/3	F	44/77	39:38.145
49/127	VALGARDSON, MIKAELA	5230	31:57.493	06:23	10:16	5K30-39F	8/16	F	24/77	31:47.579
88/127	WARD, CAROLYN	5231	41:37.335	08:19	13:23	5K30-39F	15/16	F	49/77	41:32.770
65/127	WESTON, ANN	5233	34:59.508	06:59	11:15	5K60+F	4/13	F	34/77	34:53.562
107/127	WOODS, JULIE	5234	54:55.168	10:59	17:39	5K50-59F	7/8	F	64/77	54:35.549