

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 417 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
320/417	ABRAHAM, SALLY	1138	01:09:41.96	06:58	10K40-49F	62/79	F	177/250	01:09:16.39
405/417	ADAMS, FATIN	1139	01:24:54.78	08:29	10K50-59F	37/38	F	243/250	01:24:19.86
378/417	ADAMS, NYNKE	1461	01:19:25.53	07:56	10K30-39F	71/77	F	224/250	01:19:15.27
144/417	AGARWAL, GOUTAM	1140	00:55:19.48	05:31	10K30-39M	29/36	M	93/167	00:55:16.89
199/417	ALLEN, KRISTAL	1141	00:59:25.60	05:56	10K40-49F	24/79	F	85/250	00:59:08.72
360/417	ANDREWS, KATE	1143	01:16:56.26	07:41	10K30-39F	66/77	F	210/250	01:16:31.77
91/417	ARDOLINO, RAFFAELE	1144	00:50:53.58	05:05	10K30-39M	18/36	M	61/167	00:50:49.45
6/417	ARGUERO, ANDRES	1566	00:36:44.41	03:40	10K15-19M	3/12	M	6/167	00:36:44.32
13/417	ARGUERO, RICHIE	1567	00:39:06.94	03:54	10K15-19M	6/12	M	13/167	00:39:06.93
108/417	ASTUDILLO, NELL JONE	1568	00:52:15.88	05:13	10K40-49M	14/42	M	72/167	00:52:14.56
70/417	ATICI, MEHMET	1625	00:48:40.98	04:52	10K30-39M	14/36	M	48/167	00:47:59.90
195/417	AVERY, ANGELA	1462	00:59:08.89	05:54	10K40-49F	23/79	F	83/250	00:58:56.77
190/417	BAGNALL, STEPHEN	1147	00:58:39.08	05:51	10K30-39M	31/36	M	109/167	00:57:58.80
147/417	BAKER, CASSIDY	1148	00:55:36.08	05:33	10K20-29F	11/28	F	53/250	00:55:21.22
202/417	BAKER, THERESA	1149	00:59:40.39	05:58	10K50-59F	14/38	F	88/250	00:59:21.37
377/417	BALJAK, KASSONDRA	1150	01:19:13.70	07:55	10K20-29F	24/28	F	223/250	01:18:53.14
90/417	BARABASH, ADAM	1151	00:50:51.05	05:05	10K40-49M	12/42	M	60/167	00:50:49.56
214/417	BARRY, JAY	1152	01:00:37.01	06:03	10K20-29M	12/13	M	118/167	01:00:25.47
218/417	BARRY, KELLY	1153	01:00:53.53	06:05	10K50-59F	17/38	F	100/250	01:00:41.79
260/417	BAYDA, JANET	1155	01:04:26.40	06:26	10K40-49F	43/79	F	132/250	01:04:04.79
139/417	BELLAVANCE, AURELIE	1463	00:54:56.63	05:29	10K30-39F	14/77	F	50/250	00:54:51.60
14/417	BENZ, CEDRIC	1156	00:39:13.55	03:55	10K30-39M	4/36	M	14/167	00:39:12.82
205/417	BERES, ANDREA	1597	00:59:48.73	05:58	10K50-59F	15/38	F	90/250	00:58:56.74
295/417	BERGERMAN, LISA	1569	01:06:47.52	06:40	10K30-39F	51/77	F	159/250	01:06:18.75
40/417	BICKLEY, ED	1464	00:43:57.84	04:23	10K60-69M	2/18	M	32/167	00:43:55.55
135/417	BIRD, ALEXANDRA	1465	00:54:44.22	05:28	10K14&UF	2/6	F	48/250	00:54:37.93
136/417	BIRD, NICOLETTE	1466	00:54:44.38	05:28	10K14&UF	3/6	F	49/250	00:54:37.57
119/417	BLAUG, CYNTHIA	1598	00:53:13.59	05:19	10K40-49F	11/79	F	40/250	00:53:07.18
114/417	BRADY, JANELLE	1159	00:52:56.57	05:17	10K20-29F	9/28	F	39/250	00:52:50.72
113/417	BRADY, KYLE	1160	00:52:55.21	05:17	10K30-39M	25/36	M	75/167	00:52:48.64
319/417	BRADY, LAURIE	1161	01:09:40.49	06:58	10K50-59F	25/38	F	176/250	01:09:33.12
332/417	BRAGER, NANCY	1619	01:11:42.34	07:10	10K60-69F	11/14	F	185/250	01:11:35.15
169/417	BREAU, CYNTHIA	1163	00:56:47.96	05:40	10K40-49F	17/79	F	65/250	00:56:31.62
291/417	BRUCE, LINDA	1599	01:06:16.42	06:37	10K50-59F	23/38	F	155/250	01:05:45.50
347/417	BUDGELL, DANIELLE	1164	01:14:22.44	07:26	10K30-39F	63/77	F	197/250	01:14:02.45
37/417	BUHLERS, DEBORAH	1540	00:43:39.45	04:21	10K40-49F	2/79	F	7/250	00:43:36.58
359/417	BUI, LOANNE	1467	01:16:55.53	07:41	10K50-59F	31/38	F	209/250	01:16:41.93
363/417	BURCHNALL, DEANNA	1541	01:17:00.92	07:42	10K50-59F	32/38	F	212/250	01:16:34.77
362/417	BURCHNALL, GLENN	1165	01:17:00.46	07:42	10K50-59M	31/33	M	151/167	01:16:33.71
374/417	BURK, CAROL	1600	01:18:49.72	07:52	10K60-69F	12/14	F	220/250	01:18:22.01
308/417	BURKE, GAVIN	1166	01:08:23.90	06:50	10K14&UM	3/9	M	138/167	01:08:21.99
358/417	BURT, SOFIA	1633	01:16:02.52	07:36	10K30-39F	65/77	F	208/250	01:15:51.04
46/417	BUTCHER, STUART	1167	00:45:20.15	04:32	10K40-49M	8/42	M	35/167	00:45:11.42
31/417	BYKOWSKI, JANELLE	1293	00:42:14.70	04:13	10K20-29F	3/28	F	4/250	00:42:14.38
366/417	CALLAGHAN, DAVID	1168	01:17:24.41	07:44	10K60-69M	17/18	M	153/167	01:16:55.82
102/417	CAMPBELL, MICHAEL	1170	00:51:42.22	05:10	10K50-59M	11/33	M	69/167	00:51:15.95
163/417	CARDER, SHAWN	1172	00:56:20.07	05:38	10K40-49M	23/42	M	102/167	00:55:53.10
201/417	CARLISLE, LAURA	1173	00:59:40.31	05:58	10K50-59F	13/38	F	87/250	00:59:21.95
229/417	CARLSON, TABI	1174	01:01:57.61	06:11	10K30-39F	32/77	F	110/250	01:01:34.66
267/417	CARON, DACIA	1175	01:04:46.91	06:28	10K30-39F	42/77	F	138/250	01:04:32.80
287/417	CARSOLIO, DIEGO	1571	01:05:47.22	06:34	10K15-19M	12/12	M	135/167	01:05:37.31
242/417	CASTLE, SARAH	1468	01:03:13.79	06:19	10K30-39F	37/77	F	120/250	01:03:00.03
262/417	CATES, NEAL	1176	01:04:32.87	06:27	10K50-59M	26/33	M	129/167	01:04:11.32
212/417	CAUFIELD, AMY	1177	01:00:27.77	06:02	10K20-29F	13/28	F	95/250	01:00:20.12
285/417	CHAINARONGPINIJ, KOKO	1178	01:05:40.65	06:34	10K40-49F	50/79	F	151/250	01:05:17.40
130/417	CHAMBERS, ADRIAN	1179	00:54:17.95	05:25	10K50-59M	14/33	M	83/167	00:53:59.41
246/417	CHATAIN, PEARL	1180	01:03:37.53	06:21	10K40-49F	40/79	F	123/250	01:03:28.64
341/417	CHAU, CALUM	1622	01:13:15.32	07:19	10K14&UM	5/9	M	150/167	01:03:17.40
340/417	CHAU, JASON	1572	01:13:15.17	07:19	10K40-49M	36/42	M	149/167	01:03:17.25
284/417	CHENGKALATH, KALPANA	1181	01:05:39.79	06:33	10K40-49F	49/79	F	150/250	01:05:16.74
300/417	CHIASSON, COURTNEY	1542	01:07:32.50	06:45	10K15-19F	4/5	F	164/250	01:07:16.06
367/417	CHIASSON, KEITH	1543	01:17:26.00	07:44	10K40-49M	38/42	M	154/167	01:17:09.92
264/417	CHIASSON, MICHELLE	1544	01:04:38.78	06:27	10K40-49F	45/79	F	135/250	01:04:26.84
397/417	CHISHOLM, BRIAN	1182	01:23:47.06	08:22	10K40-49M	39/42	M	161/167	01:23:20.12
146/417	CHRISTENSEN, JENNIFER	1183	00:55:26.02	05:32	10K20-29F	10/28	F	52/250	00:55:10.57
323/417	CHURCH, KRISTINE	1184	01:09:50.57	06:59	10K30-39F	54/77	F	179/250	01:09:30.26

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O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
325/417	CLARK, CHELSEA	1545	01:10:14.17	07:01	10K30-39F	56/77	F	181/250	01:09:32.37
152/417	CLARK, LARRY	1469	00:55:49.46	05:34	10K60-69M	8/18	M	96/167	00:55:43.11
184/417	CLARKE, ROB	1186	00:58:10.91	05:49	10K40-49M	25/42	M	106/167	00:57:56.42
49/417	CLARKSON, BOB	1560	00:45:42.84	04:34	10K50-59M	6/33	M	37/167	00:45:39.57
157/417	COHEN, ROB	1187	00:56:01.04	05:36	10K40-49M	22/42	M	99/167	00:55:46.85
403/417	COMEAU, CAROL	1188	01:24:32.09	08:27	10K60-69F	13/14	F	241/250	01:23:50.75
269/417	CONROY, ANGELA	1189	01:04:48.20	06:28	10K30-39F	43/77	F	140/250	01:04:34.09
279/417	COOPER, IRA	1192	01:05:22.40	06:32	10K40-49M	33/42	M	133/167	01:05:05.10
289/417	CORONA, VERONICA	1632	01:06:11.64	06:37	10K40-49F	52/79	F	153/250	01:05:45.37
160/417	CORSALE, EMILY	1194	00:56:13.81	05:37	10K30-39F	17/77	F	61/250	00:55:52.84
123/417	COULTER, KATRINA	1195	00:53:49.99	05:23	10K40-49F	12/79	F	43/250	00:53:30.14
306/417	CRERAR, ERIN	1196	01:07:58.49	06:47	10K40-49F	57/79	F	169/250	01:07:26.15
55/417	CROTEAU, MARTIN	1197	00:46:44.46	04:40	10K30-39M	9/36	M	40/167	00:46:40.69
376/417	CUENCA, KAREN	1198	01:18:56.07	07:53	10K14&UF	6/6	F	222/250	01:18:37.57
180/417	CULLIMORE, JENN	1199	00:57:46.91	05:46	10K40-49F	20/79	F	75/250	00:57:40.62
225/417	CURE, BRISTI	1200	01:01:47.72	06:10	10K30-39F	31/77	F	106/250	01:01:25.15
333/417	CURRY, KASIA	1201	01:11:47.46	07:10	10K40-49F	64/79	F	186/250	01:11:41.17
226/417	CYRE, SHElLEY	1601	01:01:48.11	06:10	10K40-49F	33/79	F	107/250	01:01:27.90
51/417	DALES, KAYLEE	1203	00:45:48.07	04:34	10K30-39F	3/77	F	13/250	00:45:45.28
32/417	DANARD, ANN	1204	00:42:37.05	04:15	10K20-29F	4/28	F	5/250	00:42:35.64
389/417	DAVIDSON, ANNE	1205	01:21:37.09	08:09	10K40-49F	73/79	F	231/250	01:20:53.48
390/417	DAVIDSON, JIM	1206	01:21:37.39	08:09	10K60-69M	18/18	M	159/167	01:20:53.50
24/417	DE YAEGHER, HAILEY	1207	00:40:51.67	04:05	10K20-29F	2/28	F	3/250	00:40:50.80
128/417	DEBENHAM, LEIGH	1208	00:54:08.53	05:24	10K30-39F	13/77	F	46/250	00:53:51.65
122/417	DECKART, CHRISTIAN	1209	00:53:29.62	05:20	10K40-49M	17/42	M	80/167	00:53:23.61
228/417	DERBECKER, SUZANNE	1210	01:01:52.85	06:11	10K50-59F	18/38	F	109/250	01:01:45.30
230/417	DIBSKI, PATTI	1211	01:02:10.59	06:13	10K40-49F	35/79	F	111/250	01:01:42.50
104/417	DOLAN, GARY	1602	00:51:53.24	05:11	10K30-39M	23/36	M	71/167	00:51:19.06
380/417	DOUCETTE, GLORIA L	1470	01:20:10.58	08:01	10K70-79F	2/2	F	225/250	01:19:29.16
382/417	DOUCETTE, ROB	1471	01:20:26.56	08:02	10K70-79M	3/4	M	157/167	01:19:44.19
309/417	DOWELL, JON	1213	01:08:34.04	06:51	10K40-49M	34/42	M	139/167	01:08:15.22
223/417	DOWELL, LIAM	1214	01:01:39.33	06:09	10K14&UM	2/9	M	119/167	01:01:20.31
282/417	DOWNE, DAN	1215	01:05:31.02	06:33	10K50-59M	28/33	M	134/167	01:05:10.91
281/417	DOWNE, DANIELLE	1216	01:05:30.86	06:33	10K30-39F	47/77	F	148/250	01:05:11.01
117/417	DRIEDGER, HENRY	1217	00:53:06.81	05:18	10K70-79M	1/4	M	78/167	00:53:02.19
322/417	DUNBAR, RAY	1218	01:09:49.72	06:58	10K60-69M	16/18	M	144/167	01:09:13.12
18/417	DURET, ETHAN	1219	00:39:49.92	03:58	10K15-19M	7/12	M	16/167	00:39:48.89
336/417	DUTTON, TANNER	1220	01:12:22.11	07:14	10K20-29M	13/13	M	148/167	01:11:57.25
29/417	DYCK, DAVID	1472	00:41:33.65	04:09	10K40-49M	6/42	M	26/167	00:41:32.02
5/417	EDWARDS, KYLE	1473	00:36:26.30	03:38	10K15-19M	2/12	M	5/167	00:36:26.28
240/417	EDWARDS, MEAGAN	1222	01:02:56.74	06:17	10K40-49F	37/79	F	119/250	01:02:33.69
175/417	EHRENZELLER, TINA	1223	00:57:16.70	05:43	10K30-39F	21/77	F	71/250	00:57:03.32
167/417	ELLIOTT, JUDITH	1224	00:56:42.62	05:40	10K60-69F	3/14	F	63/250	00:56:28.32
151/417	ELMER, FRANZISKA	1225	00:55:48.08	05:34	10K30-39F	15/77	F	56/250	00:55:34.78
350/417	EPP, KIMIKO	1226	01:14:46.96	07:28	10K30-39F	64/77	F	200/250	01:14:14.74
307/417	ERVEA, SHELLEY	1635	01:08:21.57	06:50	10K50-59F	24/38	F	170/250	01:07:53.86
43/417	ERVIN-ARAMBARRI, AMAIA	1227	00:44:38.76	04:27	10K14&UF	1/6	F	9/250	00:44:37.81
334/417	EVANS, KIRSTEN	1563	01:11:58.42	07:11	10K20-29F	21/28	F	187/250	01:11:29.95
89/417	EWART, PHIL	1228	00:50:42.36	05:04	10K50-59M	8/33	M	59/167	00:50:13.97
200/417	FAIRBOURN, LILLIAN	1229	00:59:26.60	05:56	10K60-69F	6/14	F	86/250	00:59:21.60
150/417	FALLEN, LORI	1231	00:55:42.17	05:34	10K40-49F	14/79	F	55/250	00:55:35.02
272/417	FERRO, CARLEY	1546	01:04:58.26	06:29	10K30-39F	45/77	F	142/250	01:04:43.24
375/417	FICK, DUSTY	1547	01:18:50.73	07:53	10K30-39F	70/77	F	221/250	01:18:45.53
275/417	FIGUEIREDO, BEATRIZ	1232	01:05:06.11	06:30	10K40-49F	47/79	F	144/250	01:04:52.81
237/417	FLEMING, JOHNATHAN	1548	01:02:54.29	06:17	10K30-39M	32/36	M	121/167	01:02:45.08
238/417	FLEMING, JOLENE	1233	01:02:54.33	06:17	10K30-39F	36/77	F	117/250	01:02:45.40
304/417	FLEMMING, MICHELLE	1474	01:07:51.80	06:47	10K40-49F	56/79	F	167/250	01:07:33.18
335/417	FORTIER, ABBY	1234	01:12:21.97	07:14	10K20-29F	22/28	F	188/250	01:11:57.05
293/417	FORTUNE, KRISTAL	1235	01:06:31.51	06:39	10K30-39F	50/77	F	157/250	01:06:16.35
348/417	FOSTER, KRISTIN	1236	01:14:29.03	07:26	10K20-29F	23/28	F	198/250	01:13:56.27
93/417	FRERE SCHMIDT, RINKY	1239	00:50:58.22	05:05	10K50-59F	6/38	F	31/250	00:50:46.60
256/417	FUNG, ALASTAIR	1240	01:04:00.48	06:24	10K30-39M	33/36	M	128/167	01:03:52.59
288/417	FUNG, HARRY	1242	01:05:53.36	06:35	10K60-69M	14/18	M	136/167	01:05:46.10
57/417	FUREY, COLUM	1243	00:46:54.11	04:41	10K30-39M	10/36	M	41/167	00:46:35.43
118/417	GALE, CAMERON	1476	00:53:12.16	05:19	10K30-39M	26/36	M	79/167	00:53:06.65
2/417	GALEA, MATT	1612	00:34:43.92	03:28	10K20-29M	1/13	M	2/167	00:34:43.90

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O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
61/417	GALEANO, DIEGO	1574	00:47:43.75	04:46	10K20-29M	8/13	M	44/167	00:47:41.34
76/417	GALLAGHER, KATHLEEN	1575	00:49:24.77	04:56	10K30-39F	7/77	F	25/250	00:49:22.36
283/417	GAMACHE, KARINA	1477	01:05:39.46	06:33	10K30-39F	48/77	F	149/250	01:05:08.62
407/417	GARSTAD, TINA	1561	01:29:11.23	08:55	10K50-59F	38/38	F	245/250	01:28:38.01
395/417	GEE, KAREN	1244	01:22:34.72	08:15	10K40-49F	75/79	F	235/250	01:21:52.88
52/417	GERARD, MARISA	1562	00:45:49.66	04:34	10K40-49F	3/79	F	14/250	00:45:47.85
227/417	GIBNEY, LEIGH	1245	01:01:48.37	06:10	10K40-49F	34/79	F	108/250	01:01:38.69
148/417	GIGNAC, GUYLAINE	1478	00:55:40.30	05:34	10K60-69F	2/14	F	54/250	00:55:34.18
412/417	GILBERT, RICHARD	1246	01:40:19.45	10:01	10K70-79M	4/4	M	166/167	01:39:44.44
313/417	GONZALEZ, ISABEL SOFIA	1248	01:08:57.39	06:53	10K14&UF	4/6	F	173/250	01:08:48.56
354/417	GONZALEZ, LAURA	1249	01:15:07.94	07:30	10K40-49F	67/79	F	204/250	01:14:58.73
353/417	GONZALEZ, VICTORIA	1250	01:15:07.93	07:30	10K15-19F	5/5	F	203/250	01:14:58.60
355/417	GORNIAK, SARAH	1251	01:15:09.97	07:31	10K14&UF	5/6	F	205/250	01:15:08.72
253/417	GRAHAM, GARRY	1252	01:03:51.97	06:23	10K60-69M	13/18	M	127/167	01:03:33.35
28/417	GRAY, NEIL	1254	00:41:30.92	04:09	10K40-49M	5/42	M	25/167	00:41:29.67
191/417	GREWAL, PARAMJIT SINGH	1255	00:58:50.16	05:53	10K60-69M	11/18	M	110/167	00:58:44.77
232/417	GROULX, GENEVIEVE	1256	01:02:16.17	06:13	10K30-39F	34/77	F	113/250	01:01:59.37
299/417	HA, HYEONJEONG	1257	01:07:25.63	06:44	10K20-29F	17/28	F	163/250	01:06:53.41
339/417	HAFSO, LINDSAY	1258	01:13:01.86	07:18	10K30-39F	60/77	F	191/250	01:12:45.74
337/417	HAGEL, MADELIN	1259	01:12:44.14	07:16	10K30-39F	58/77	F	189/250	01:12:02.03
124/417	HALE BOYES, KEVIN	1261	00:53:59.60	05:23	10K50-59M	13/33	M	81/167	00:53:41.34
33/417	HALL, DENNIS	1481	00:42:49.22	04:16	10K20-29M	5/13	M	28/167	00:42:45.95
56/417	HALVORSEN, KARA	1618	00:46:45.18	04:40	10K30-39F	4/77	F	16/250	00:46:37.45
369/417	HALWAS, COLLEEN	1482	01:17:54.95	07:47	10K50-59F	33/38	F	215/250	01:17:27.70
116/417	HALWAS, DAVID	1483	00:53:06.18	05:18	10K50-59M	12/33	M	77/167	00:52:38.85
324/417	HANNA, AMANDA	1262	01:09:51.46	06:59	10K30-39F	55/77	F	180/250	01:09:38.66
173/417	HANTZSCH, PATRICIA	1264	00:57:00.74	05:42	10K60-69F	4/14	F	69/250	00:56:47.76
73/417	HARE, ETHAN	1267	00:48:59.03	04:53	10K15-19M	9/12	M	51/167	00:48:58.39
159/417	HARRISON, NICOLE	1549	00:56:08.09	05:36	10K30-39F	16/77	F	60/250	00:55:51.76
101/417	HARTMAN, JO-ANN	1266	00:51:41.19	05:10	10K40-49F	6/79	F	33/250	00:51:28.17
132/417	HAWKINS, TRAVIS	1269	00:54:27.32	05:26	10K30-39M	28/36	M	85/167	00:54:23.25
211/417	HAWRYSCHUK, GINA	1484	01:00:27.70	06:02	10K40-49F	27/79	F	94/250	01:00:05.83
315/417	HAWRYSCHUK, HOLLY	1485	01:09:03.62	06:54	10K40-49F	60/79	F	174/250	01:08:41.75
265/417	HAYDUK, SHAYLYN	1270	01:04:45.46	06:28	10K30-39F	40/77	F	136/250	01:04:28.22
387/417	HENDRA, CHRISTINA	1272	01:21:04.04	08:06	10K40-49F	72/79	F	229/250	01:20:49.30
318/417	HENDRICKSON, LEN	1273	01:09:11.36	06:55	10K60-69M	15/18	M	143/167	01:08:40.28
317/417	HENDRICKSON, ROB	1274	01:09:11.24	06:55	10K40-49M	35/42	M	142/167	01:08:39.64
292/417	HENDRIKSEN, NATALIA	1275	01:06:25.72	06:38	10K40-49F	53/79	F	156/250	01:06:12.24
373/417	HEPP, MELANIE	1576	01:18:47.77	07:52	10K50-59F	34/38	F	219/250	01:18:19.50
356/417	HERRERA, VERONICA	1276	01:15:41.07	07:34	10K40-49F	68/79	F	206/250	01:15:11.74
357/417	HEWITT, KAREN	1277	01:16:00.43	07:36	10K50-59F	30/38	F	207/250	01:15:48.11
255/417	HILL-VENIOT, JAN	1577	01:03:58.75	06:23	10K60-69F	8/14	F	128/250	01:03:54.20
125/417	HINTHER, JENNY	1486	00:54:00.32	05:24	10K30-39F	12/77	F	44/250	00:53:54.75
78/417	HNATYSHYN, MELANIE	1487	00:49:37.54	04:57	10K30-39F	8/77	F	27/250	00:49:33.51
349/417	HOLLOWAY, SHERRY	1634	01:14:46.53	07:28	10K50-59F	29/38	F	199/250	01:14:18.36
274/417	HOMES, ADAM	1488	01:05:03.48	06:30	10K40-49M	32/42	M	131/167	01:04:49.72
155/417	HOPKINS, SCOTT	1489	00:55:56.49	05:35	10K40-49M	21/42	M	98/167	00:55:43.87
99/417	HRYCOY, CRAIG	1281	00:51:25.42	05:08	10K50-59M	10/33	M	68/167	00:51:21.29
188/417	HRYCOY, JOSEPH	1282	00:58:28.21	05:50	10K15-19M	11/12	M	108/167	00:58:24.08
234/417	HUMBLE, ROBERT	1283	01:02:44.86	06:16	10K50-59M	22/33	M	120/167	01:02:26.32
314/417	HUNT, TYLER	1603	01:08:57.74	06:53	10K14&UM	4/9	M	141/167	01:08:23.89
259/417	HUNTER, MEGAN	1284	01:04:22.11	06:26	10K30-39F	39/77	F	131/250	01:04:18.48
85/417	HUNTER, SHANTEL	1285	00:50:28.84	05:02	10K30-39F	10/77	F	30/250	00:50:15.44
221/417	HUSKA, CATHY	1604	01:01:16.90	06:07	10K40-49F	30/79	F	103/250	01:00:59.04
4/417	INHABER, JOSH	1286	00:36:22.76	03:38	10K30-39M	2/36	M	4/167	00:36:21.87
210/417	INNES, CHRISTIE	1287	01:00:02.53	06:00	10K40-49F	26/79	F	93/250	00:59:41.12
181/417	JACKSON, AIMEE	1289	00:57:47.36	05:46	10K30-39F	23/77	F	76/250	00:57:36.70
50/417	JACKSON, KRIS	1290	00:45:45.21	04:34	10K30-39M	7/36	M	38/167	00:45:41.44
235/417	JAMES, SHANNON	1292	01:02:50.37	06:17	10K30-39F	35/77	F	115/250	01:02:33.19
92/417	JEFFREY, TIM	1294	00:50:54.36	05:05	10K30-39M	19/36	M	62/167	00:50:42.10
368/417	JEFFRIES, NICOLA	1295	01:17:26.26	07:44	10K30-39F	67/77	F	214/250	01:16:50.49
415/417	JOHNSON, KAREN	1296	01:51:01.33	11:06	10K40-49F	79/79	F	249/250	01:50:24.91
263/417	JONES, KIMBERLY	1297	01:04:36.43	06:27	10K40-49F	44/79	F	134/250	01:04:13.12
58/417	JULL, MARK	1491	00:46:56.36	04:41	10K40-49M	9/42	M	42/167	00:46:56.36
257/417	KATS, PAM	1298	01:04:00.97	06:24	10K40-49F	42/79	F	129/250	01:03:37.34
224/417	KEATLEY, CATHERINE	1299	01:01:45.23	06:10	10K40-49F	32/79	F	105/250	01:01:25.24

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 417 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
134/417	KEELING, JAMES	1300	00:54:42.18	05:28	10K60-69M	4/18	M	87/167	00:54:16.15
72/417	KELLER, JAMIE	1630	00:48:43.02	04:52	10K40-49M	10/42	M	50/167	00:48:23.62
245/417	KEMP, ANITA	1301	01:03:36.95	06:21	10K40-49F	39/79	F	122/250	01:03:29.06
198/417	KEMPER, CHRIS	1578	00:59:12.78	05:55	10K40-49M	27/42	M	114/167	00:59:06.03
131/417	KENEY, TOM	1492	00:54:21.34	05:26	10K40-49M	18/42	M	84/167	00:53:41.95
209/417	KENNEDY, BRADLEY	1620	00:59:59.58	05:59	10K40-49M	29/42	M	117/167	00:59:38.09
71/417	KINNIE, BRENT	1302	00:48:41.22	04:52	10K50-59M	7/33	M	49/167	00:48:38.93
35/417	KINNIE, NICHOLAS	1303	00:43:15.40	04:19	10K20-29M	6/13	M	29/167	00:43:13.91
179/417	KINNIE, SUSAN	1305	00:57:40.28	05:46	10K50-59F	12/38	F	74/250	00:57:37.69
38/417	KINNIE, TAYLOR	1306	00:43:46.08	04:22	10K20-29F	5/28	F	8/250	00:43:44.53
399/417	KLEIN, TANIS	1307	01:24:27.59	08:26	10K30-39F	76/77	F	238/250	01:24:03.76
305/417	KLIMENKO, YANNA	1308	01:07:53.52	06:47	10K20-29F	18/28	F	168/250	01:07:47.11
47/417	KNIGHT, CHARLES	1309	00:45:23.13	04:32	10K50-59M	5/33	M	36/167	00:45:22.68
81/417	KNIGHT, THOMAS	1605	00:49:59.32	04:59	10K15-19M	10/12	M	54/167	00:49:54.70
53/417	KOMARNISKY, NATHAN	1310	00:46:16.38	04:37	10K30-39M	8/36	M	39/167	00:46:13.11
404/417	KOVACIC, BERNICE	1311	01:24:48.52	08:28	10K60-69F	14/14	F	242/250	01:24:29.18
379/417	KOWALENKO, AIDEN	1312	01:19:57.10	07:59	10K14&UM	6/9	M	155/167	01:19:54.45
381/417	KOWALENKO, JAXON	1313	01:20:20.75	08:02	10K14&UM	7/9	M	156/167	01:20:17.88
204/417	KOWALISHEN, DORRIE	1314	00:59:47.13	05:58	10K40-49F	25/79	F	89/250	00:59:35.39
207/417	KRYGIER, CORY	1315	00:59:56.60	05:59	10K40-49M	28/42	M	116/167	00:59:41.44
311/417	KRYGIER, NICKI	1316	01:08:51.01	06:53	10K40-49F	59/79	F	172/250	01:08:35.11
82/417	LACHAPELLE, KALEY	1550	00:50:05.85	05:00	10K30-39F	9/77	F	28/250	00:49:54.70
79/417	LAM, BRANDON	1495	00:49:39.55	04:57	10K20-29M	9/13	M	52/167	00:49:36.84
241/417	LAMBE, GRANT	1613	01:03:12.48	06:19	10K40-49M	30/42	M	122/167	01:02:57.46
115/417	LAMBERT, SEAN	1318	00:52:59.45	05:17	10K40-49M	16/42	M	76/167	00:52:46.33
186/417	LANDRY, RUSSELL	1496	00:58:17.64	05:49	10K30-39M	30/36	M	107/167	00:58:04.44
74/417	LANE, KATE	1579	00:49:13.30	04:55	10K30-39F	5/77	F	23/250	00:49:07.19
21/417	LAU, AIDAN	1497	00:40:11.66	04:01	10K15-19M	8/12	M	19/167	00:40:08.37
177/417	LAURA, MELISSA	1498	00:57:32.33	05:45	10K30-39F	22/77	F	73/250	00:57:11.94
252/417	LAVOIE, RACHELLE	1319	01:03:48.46	06:22	10K30-39F	38/77	F	126/250	01:03:45.39
95/417	LAVOIE, YVES	1614	00:51:09.55	05:06	10K30-39M	20/36	M	64/167	00:50:54.52
69/417	LAVOIE-PIERZCHALA, ELIJAH	1606	00:48:37.40	04:51	10K14&UM	1/9	M	47/167	00:48:29.35
45/417	LAYCOCK, KENDRA	1624	00:45:17.48	04:31	10K50-59F	2/38	F	11/250	00:45:14.41
39/417	LAZUTIN, KONSTANTIN	1320	00:43:55.50	04:23	10K30-39M	6/36	M	31/167	00:43:49.93
137/417	LEAMY, PATRICK	1321	00:54:47.92	05:28	10K40-49M	19/42	M	88/167	00:54:33.55
44/417	LEGACY, LEAH	1322	00:45:01.40	04:30	10K30-39F	1/77	F	10/250	00:44:56.58
244/417	LEMON, DENNIS	1323	01:03:31.56	06:21	10K50-59M	23/33	M	123/167	01:03:13.60
301/417	LEMON, TERESA	1324	01:07:46.70	06:46	10K40-49F	55/79	F	165/250	01:07:29.82
297/417	LEN, YULIYA	1551	01:06:57.20	06:41	10K30-39F	52/77	F	161/250	01:06:40.16
17/417	LINDLAND, KEVIN	1500	00:39:43.47	03:58	10K50-59M	1/33	M	15/167	00:39:42.58
94/417	LINTOTT, CASS	1559	00:51:09.53	05:06	10K40-49M	13/42	M	63/167	00:50:59.07
294/417	LO, JENNIFER	1325	01:06:39.57	06:39	10K20-29F	16/28	F	158/250	01:06:18.96
11/417	LO, TONY	1326	00:38:41.72	03:52	10K40-49M	2/42	M	11/167	00:38:40.47
164/417	LOMAS, ANNA	1327	00:56:20.40	05:38	10K30-39F	18/77	F	62/250	00:56:09.94
127/417	LOMAS, MATT	1328	00:54:03.42	05:24	10K30-39M	27/36	M	82/167	00:53:53.36
64/417	LOWTHER, ROBERT	1595	00:47:52.70	04:47	10K30-39M	12/36	M	45/167	00:47:51.81
80/417	LUDBROOK, KEVIN	1329	00:49:43.00	04:58	10K40-49M	11/42	M	53/167	00:49:27.90
86/417	LUNDGREN, MICHAEL	1616	00:50:31.30	05:03	10K30-39M	16/36	M	56/167	00:50:29.21
273/417	LUTZ, KELLY	1331	01:05:01.14	06:30	10K40-49F	46/79	F	143/250	01:04:47.03
243/417	LUU, KRISTEN	1580	01:03:15.10	06:19	10K40-49F	38/79	F	121/250	01:03:05.42
103/417	LUU, PHILLIP	1501	00:51:50.12	05:11	10K20-29M	10/13	M	70/167	00:51:40.34
100/417	MACCULLOCH, KEELY	1607	00:51:39.48	05:09	10K20-29F	8/28	F	32/250	00:51:26.93
106/417	MACDONALD, LAUREN	1333	00:52:04.87	05:12	10K30-39F	11/77	F	35/250	00:52:04.42
34/417	MACDONALD, LINDA	1334	00:43:12.07	04:19	10K50-59F	1/38	F	6/250	00:43:09.78
15/417	MACDONALD, LIZ	1335	00:39:38.90	03:57	10K20-29F	1/28	F	1/250	00:39:37.49
20/417	MACDONALD, MATTHEW	1336	00:40:09.60	04:00	10K20-29M	3/13	M	18/167	00:40:06.43
7/417	MACEACHERN, PAUL	1617	00:37:03.53	03:42	10K40-49M	1/42	M	7/167	00:37:02.80
372/417	MACHATTIE, CYNTHIA	1502	01:18:42.64	07:52	10K30-39F	69/77	F	218/250	01:18:28.27
326/417	MACLACHLAN, KYLA	1337	01:10:25.60	07:02	10K30-39F	57/77	F	182/250	01:10:03.85
194/417	MARSON, LINA	1339	00:58:59.49	05:53	10K60-69F	5/14	F	82/250	00:58:40.05
168/417	MARTIN, SARAH	1626	00:56:45.71	05:40	10K30-39F	19/77	F	64/250	00:56:42.44
178/417	MARTIN, SCOTT	1503	00:57:34.00	05:45	10K40-49M	24/42	M	105/167	00:57:26.63
254/417	MARZETTI, JOAN	1340	01:03:58.37	06:23	10K60-69F	7/14	F	127/250	01:03:30.37
233/417	MCCOMBE, SHAWN	1342	01:02:44.84	06:16	10K50-59F	19/38	F	114/250	01:02:26.07
140/417	MCINNES, BRENDA	1504	00:54:57.60	05:29	10K40-49F	13/79	F	51/250	00:54:52.68
145/417	MCINNES, JOHN	1505	00:55:19.53	05:31	10K50-59M	17/33	M	94/167	00:55:14.71

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 417 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
97/417	MCLEOD, GEOFF	1506	00:51:18.13	05:07	10K30-39M	21/36	M	66/167	00:51:06.98
141/417	MCLEOD, RICK	1507	00:55:08.21	05:30	10K60-69M	6/18	M	90/167	00:54:57.12
66/417	MCLEOD, SEAN	1508	00:48:27.81	04:50	10K30-39M	13/36	M	46/167	00:48:17.35
142/417	MCTAVISH, BILL	1509	00:55:09.01	05:30	10K50-59M	16/33	M	91/167	00:54:53.36
343/417	MEEHAN, SHERRY	1347	01:14:06.69	07:24	10K50-59F	27/38	F	193/250	01:11:08.77
298/417	MICHELIN, KARI	1348	01:07:20.88	06:44	10K40-49F	54/79	F	162/250	01:05:22.96
328/417	MOHAMED, SUZAN	1628	01:11:10.30	07:07	10K40-49F	63/79	F	183/250	01:10:53.40
25/417	MOONEY, RYAN	1510	00:41:18.04	04:07	10K30-39M	5/36	M	22/167	00:41:17.72
9/417	MOORE, BRENDAN	1581	00:37:48.82	03:46	10K15-19M	4/12	M	9/167	00:37:47.79
126/417	MOORE, DONNA	1352	00:54:01.64	05:24	10K50-59F	9/38	F	45/250	00:53:43.20
68/417	MOORE, KELLY	1582	00:48:35.44	04:51	10K20-29F	7/28	F	22/250	00:48:25.53
96/417	MOORE, NICK	1583	00:51:12.29	05:07	10K50-59M	9/33	M	65/167	00:51:09.80
138/417	MOORE, RANDY	1584	00:54:51.43	05:29	10K60-69M	5/18	M	89/167	00:54:24.60
67/417	MOORE, SARAH	1585	00:48:31.02	04:51	10K15-19F	1/5	F	21/250	00:48:21.61
171/417	MORGAN, DAYNA	1353	00:56:51.66	05:41	10K30-39F	20/77	F	67/250	00:56:35.22
172/417	MORRISH, ALICIA	1354	00:56:56.17	05:41	10K40-49F	19/79	F	68/250	00:56:31.76
121/417	MORSE, SUZANNE	1511	00:53:26.69	05:20	10K50-59F	8/38	F	42/250	00:53:16.03
249/417	MORTON, ANDREW	1512	01:03:40.72	06:22	10K40-49M	31/42	M	124/167	01:03:26.06
248/417	MORTON, JENNIFER	1513	01:03:39.15	06:21	10K40-49F	41/79	F	125/250	01:03:24.60
54/417	MULLIGAN, ZITA	1514	00:46:31.97	04:39	10K50-59F	3/38	F	15/250	00:46:28.80
111/417	MUNDT, MIRJA	1608	00:52:31.75	05:15	10K40-49F	10/79	F	38/250	00:52:23.80
170/417	MURPHY, AMANDA	1355	00:56:48.01	05:40	10K40-49F	18/79	F	66/250	00:56:32.19
384/417	MURRAY, CAROL	1356	01:20:41.47	08:04	10K50-59F	35/38	F	227/250	01:20:19.32
344/417	NELSON, LAURA	1515	01:14:18.20	07:25	10K30-39F	61/77	F	194/250	01:14:07.94
109/417	NEWTON, BRANDI	1586	00:52:30.95	05:15	10K40-49F	9/79	F	37/250	00:52:19.67
143/417	NICKOLAU, NICK	1357	00:55:11.21	05:31	10K60-69M	7/18	M	92/167	00:54:55.13
411/417	O'TOOLE, CARRIE	1358	01:40:17.16	10:01	10K20-29F	26/28	F	246/250	01:39:44.34
42/417	OLINEK, MICHAEL	1359	00:44:26.24	04:26	10K50-59M	4/33	M	34/167	00:44:21.32
365/417	OLTHUIS, ERIN	1360	01:17:14.87	07:43	10K40-49F	70/79	F	213/250	01:16:31.66
414/417	OSTERHOUT, NICOLE	1361	01:45:55.01	10:35	10K20-29F	27/28	F	248/250	01:45:32.50
149/417	OVEREND, BILL	1362	00:55:41.56	05:34	10K50-59M	18/33	M	95/167	00:55:24.00
62/417	PANNETT, TRACY	1363	00:47:44.94	04:46	10K50-59F	4/38	F	18/250	00:47:42.73
392/417	PARKS, JENNIFER	1365	01:22:21.05	08:14	10K30-39F	74/77	F	232/250	01:17:23.13
19/417	PARNELL, JON	1366	00:39:58.54	03:59	10K20-29M	2/13	M	17/167	00:39:54.91
162/417	PARNELL, PETER	1516	00:56:18.73	05:37	10K50-59M	19/33	M	101/167	00:56:10.60
385/417	PARSONS, NORMAN	1367	01:20:41.64	08:04	10K50-59M	32/33	M	158/167	01:20:19.49
258/417	PASIEKA, JANICE	1517	01:04:04.49	06:24	10K60-69F	9/14	F	130/250	01:03:51.09
154/417	PATCHETT, CHRISTOPHER	1552	00:55:51.66	05:35	10K40-49M	20/42	M	97/167	00:55:36.64
250/417	PATCHETT, JOHN	1368	01:03:43.23	06:22	10K50-59M	24/33	M	125/167	01:03:37.85
213/417	PATERSON, LINDSEY	1369	01:00:30.33	06:03	10K30-39F	28/77	F	96/250	01:00:06.32
112/417	PATERSON, SHANE	1587	00:52:43.66	05:16	10K30-39M	24/36	M	74/167	00:52:26.30
60/417	PAWELCZAK, ROSARIO	1370	00:47:31.75	04:45	10K40-49F	4/79	F	17/250	00:47:22.86
166/417	PELAT, IAN	1371	00:56:34.48	05:39	10K20-29M	11/13	M	104/167	00:56:25.97
27/417	PIERRE, AURELIEN	1518	00:41:27.98	04:08	10K40-49M	4/42	M	24/167	00:41:26.17
98/417	PIERRE, LUDOVIC	1519	00:51:20.43	05:08	10K30-39M	22/36	M	67/167	00:51:18.14
330/417	POLITSKY, MEGAN	1373	01:11:12.50	07:07	10K20-29F	20/28	F	184/250	01:10:48.17
329/417	POLITSKY, WAYNE	1374	01:11:12.25	07:07	10K50-59M	30/33	M	146/167	01:10:48.24
88/417	PROULX, MATHIEU	1378	00:50:35.89	05:03	10K30-39M	17/36	M	58/167	00:50:27.76
400/417	QUINN, LIAM	1629	01:24:28.29	08:26	10K40-49M	40/42	M	162/167	01:24:04.88
189/417	RAISANEN, ANU	1588	00:58:37.75	05:51	10K30-39F	25/77	F	81/250	00:58:27.97
183/417	RANDHAWA, HARMAN	1589	00:57:58.73	05:47	10K30-39F	24/77	F	78/250	00:57:49.72
396/417	RANTA, GALE	1520	01:22:57.43	08:17	10K40-49F	76/79	F	236/250	01:22:14.46
316/417	REALUBIT, MARIE	1380	01:09:07.00	06:54	10K40-49F	61/79	F	175/250	01:08:23.95
217/417	REEVES, SAVANAH	1381	01:00:52.47	06:05	10K30-39F	30/77	F	99/250	01:00:30.02
277/417	REYNOLDS, BLAKE	1382	01:05:16.16	06:31	10K50-59M	27/33	M	132/167	01:04:52.91
268/417	REYNOLDS, HOLLY	1383	01:04:47.74	06:28	10K20-29F	15/28	F	139/250	01:04:24.57
206/417	RICHARD, BREANNA	1521	00:59:51.21	05:59	10K30-39F	27/77	F	91/250	00:59:48.14
331/417	RICKARD, STEVEN	1384	01:11:29.36	07:08	10K70-79M	2/4	M	147/167	01:11:29.36
174/417	RITCHOT, KATHLEEN	1522	00:57:09.76	05:42	10K50-59F	10/38	F	70/250	00:56:52.18
8/417	ROBB, JAIME	1609	00:37:19.10	03:43	10K30-39M	3/36	M	8/167	00:37:18.91
296/417	ROBERTS, CATHY	1590	01:06:51.43	06:41	10K60-69F	10/14	F	160/250	01:06:22.64
398/417	ROBERTS, MELISSA	1386	01:23:47.63	08:22	10K30-39F	75/77	F	237/250	01:23:20.88
236/417	ROBINSON, ANDREA L	1596	01:02:51.87	06:17	10K40-49F	36/79	F	116/250	01:02:47.92
129/417	RODGER, ANNE	1387	00:54:16.49	05:25	10K60-69F	1/14	F	47/250	00:54:06.03
133/417	ROMANO, ALBERTO	1388	00:54:36.62	05:27	10K50-59M	15/33	M	86/167	00:54:21.52
3/417	ROMERO, DIEGO	1390	00:36:12.68	03:37	10K15-19M	1/12	M	3/167	00:36:12.13

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 417 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
165/417	ROQUETTE, GERARD	1392	00:56:24.19	05:38	10K60-69M	10/18	M	103/167	00:56:17.30
120/417	ROSSI-LINDSAY, SILVANA	1553	00:53:21.42	05:20	10K50-59F	7/38	F	41/250	00:53:09.80
388/417	RUSSELL, EMILY	1394	01:21:26.00	08:08	10K30-39F	73/77	F	230/250	01:16:28.08
312/417	SALVADOR, WINE	1523	01:08:55.35	06:53	10K30-39M	35/36	M	140/167	01:08:28.72
351/417	SANTOS, JOCELYN	1395	01:14:55.84	07:29	10K40-49F	65/79	F	201/250	01:14:29.81
352/417	SANTOS, LISA	1396	01:14:56.12	07:29	10K40-49F	66/79	F	202/250	01:14:29.85
36/417	SANTOS, MIKEY	1524	00:43:33.07	04:21	10K20-29M	7/13	M	30/167	00:43:29.30
401/417	SAUNDERS, HEATHER	1623	01:24:28.62	08:26	10K30-39F	77/77	F	239/250	01:24:04.41
65/417	SAWCHYN, KRISTA	1398	00:48:14.10	04:49	10K40-49F	5/79	F	20/250	00:48:11.45
290/417	SAWKA, BRIE	1525	01:06:16.09	06:37	10K30-39F	49/77	F	154/250	01:05:36.58
196/417	SCHATZ, JENNIFER	1610	00:59:12.10	05:55	10K30-39F	26/77	F	84/250	00:58:52.70
370/417	SHELLENBERG, KAITLIN	1591	01:17:55.06	07:47	10K30-39F	68/77	F	216/250	01:17:38.62
247/417	SCHIMPF, KARLIE	1399	01:03:38.50	06:21	10K20-29F	14/28	F	124/250	01:03:29.29
193/417	SCHMIDT, NORM	1400	00:58:56.07	05:53	10K50-59M	20/33	M	112/167	00:58:43.35
251/417	SCOTT, BRAD	1526	01:03:46.49	06:22	10K50-59M	25/33	M	126/167	01:03:25.64
1/417	SEBOKA, HAILU	1554	00:32:30.78	03:15	10K30-39M	1/36	M	1/167	00:32:30.63
261/417	SEGUIN, CYNTHIA	1401	01:04:26.59	06:26	10K50-59F	21/38	F	133/250	01:04:15.75
342/417	SELANDERS, LAURA	1403	01:13:40.53	07:22	10K50-59F	26/38	F	192/250	01:13:07.35
371/417	SHEPHERD, JANICE	1527	01:18:01.16	07:48	10K40-49F	71/79	F	217/250	01:17:20.72
219/417	SINGLETON, GRACIE	1405	01:01:06.37	06:06	10K15-19F	3/5	F	101/250	01:00:52.89
286/417	SINGLETON, JUNE	1406	01:05:45.95	06:34	10K40-49F	51/79	F	152/250	01:05:32.27
10/417	SINGLETON, REILLY	1407	00:38:18.35	03:49	10K15-19M	5/12	M	10/167	00:38:17.22
182/417	SKOV, BONNIE	1408	00:57:50.97	05:47	10K70-79F	1/2	F	77/250	00:57:43.42
271/417	SMITH, ADAM	1409	01:04:51.53	06:29	10K30-39M	34/36	M	130/167	01:04:13.69
361/417	SMITH, CATHERINE	1410	01:16:59.38	07:41	10K40-49F	69/79	F	211/250	01:16:34.13
346/417	SMITH, KARIANNE	1627	01:14:21.15	07:26	10K30-39F	62/77	F	196/250	01:13:50.61
161/417	SMITH, KEVIN	1528	00:56:18.15	05:37	10K60-69M	9/18	M	100/167	00:56:11.46
270/417	SMITH, MEREDITH	1411	01:04:51.50	06:29	10K30-39F	44/77	F	141/250	01:04:13.66
156/417	SMITH, NICOLA	1412	00:55:58.55	05:35	10K40-49F	15/79	F	58/250	00:55:38.70
185/417	SMITH, NICOLE	1611	00:58:16.19	05:49	10K40-49F	21/79	F	79/250	00:58:08.06
222/417	SMYRL, LISA	1413	01:01:31.24	06:09	10K40-49F	31/79	F	104/250	01:01:07.11
402/417	SOBOTNIKOVA, MICHAELA	1529	01:24:28.74	08:26	10K40-49F	77/79	F	240/250	01:24:05.11
110/417	SPENCE, CHRIS	1592	00:52:31.05	05:15	10K40-49M	15/42	M	73/167	00:52:19.77
394/417	SPENCER, KAREN	1414	01:22:32.89	08:15	10K50-59F	36/38	F	234/250	01:17:34.97
192/417	ST-LOUIS, "J-C"	1530	00:58:54.12	05:53	10K60-69M	12/18	M	111/167	00:58:22.92
239/417	STACH, BELINDA	1415	01:02:54.78	06:17	10K50-59F	20/38	F	118/250	01:02:45.45
408/417	STADEL, ADRIAN	1416	01:34:40.01	09:28	10K14&UM	8/9	M	163/167	01:34:01.03
409/417	STADEL, JONATHON	1417	01:35:02.63	09:30	10K14&UM	9/9	M	164/167	01:34:22.78
410/417	STADEL, MICHAEL	1418	01:35:03.05	09:30	10K40-49M	41/42	M	165/167	01:34:25.35
413/417	STADEL, TANYA	1419	01:43:02.44	10:18	10K40-49F	78/79	F	247/250	01:42:23.83
63/417	STADNYK, CHARISSA	1420	00:47:46.14	04:46	10K20-29F	6/28	F	19/250	00:47:42.29
303/417	STEWART, SUZANNE	1422	01:07:48.55	06:46	10K30-39F	53/77	F	166/250	01:07:32.53
22/417	STORCK, ARIC	1423	00:40:15.20	04:01	10K40-49M	3/42	M	20/167	00:40:13.65
280/417	STOREY, ERIN	1424	01:05:22.63	06:32	10K30-39F	46/77	F	147/250	01:05:04.99
391/417	STRIPE, EDMUND	1425	01:22:11.30	08:13	10K50-59M	33/33	M	160/167	01:22:02.29
203/417	STRONG, EVAN	1531	00:59:46.55	05:58	10K50-59M	21/33	M	115/167	00:59:34.61
16/417	SUTHERLAND, ANDRIA	1532	00:39:40.22	03:58	10K40-49F	1/79	F	2/250	00:39:38.13
310/417	SWIEGERS, ROLE	1426	01:08:37.32	06:51	10K40-49F	58/79	F	171/250	01:08:04.04
105/417	TELANG, KRISTIN	1533	00:52:04.40	05:12	10K40-49F	7/79	F	34/250	00:51:53.04
107/417	TELANG, LISA	1534	00:52:05.85	05:12	10K40-49F	8/79	F	36/250	00:51:54.00
30/417	THEAL, CHRIS	1427	00:41:54.82	04:11	10K50-59M	3/33	M	27/167	00:41:54.67
231/417	THIBAUT, AMELIE	1428	01:02:16.01	06:13	10K30-39F	33/77	F	112/250	01:01:48.38
278/417	TONG, PATTY	1430	01:05:21.88	06:32	10K40-49F	48/79	F	146/250	01:05:04.98
197/417	TSANG, BRIAN	1431	00:59:12.22	05:55	10K40-49M	26/42	M	113/167	00:59:04.91
84/417	TUCKER, PAUL	1615	00:50:28.56	05:02	10K30-39M	15/36	M	55/167	00:49:53.72
215/417	TULLOCH, CHRISTINE	1432	01:00:43.99	06:04	10K40-49F	28/79	F	97/250	01:00:14.80
153/417	VAN SPANKEREN, ASHLEY	1433	00:55:51.38	05:35	10K20-29F	12/28	F	57/250	00:55:11.79
87/417	VANGILST, JIM	1434	00:50:33.24	05:03	10K60-69M	3/18	M	57/167	00:50:27.79
364/417	VIERNEZA, MIKE	1435	01:17:14.78	07:43	10K40-49M	37/42	M	152/167	01:16:32.46
48/417	VIGNA, CARINA	1436	00:45:38.46	04:33	10K30-39F	2/77	F	12/250	00:45:37.63
26/417	WALKER, RICHARD	1593	00:41:18.77	04:07	10K50-59M	2/33	M	23/167	00:41:16.56
393/417	WARRIER, NIRMALA	1535	01:22:30.29	08:15	10K40-49F	74/79	F	233/250	01:17:32.37
383/417	WEBER, AMARA	1438	01:20:32.66	08:03	10K20-29F	25/28	F	226/250	01:19:54.63
266/417	WEBSTER, AUDREY	1439	01:04:46.86	06:28	10K30-39F	41/77	F	137/250	01:04:34.31
75/417	WEIGEL, MICHELLE	1536	00:49:14.97	04:55	10K30-39F	6/77	F	24/250	00:49:05.56
41/417	WELDON, OWEN	1440	00:44:19.33	04:25	10K40-49M	7/42	M	33/167	00:44:15.26

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 417 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
417/417	WELLS, ASHLEY	1441	01:51:01.52	11:06	10K20-29F	28/28	F	250/250	01:50:24.54
416/417	WELLS, JASON	1442	01:51:01.45	11:06	10K40-49M	42/42	M	167/167	01:50:25.19
406/417	WHITE, MARY MADELINE	1443	01:25:45.64	08:34	10K80+F	1/1	F	244/250	01:25:38.33
59/417	WHITTALL, TRISTAN	1444	00:47:05.17	04:42	10K30-39M	11/36	M	43/167	00:46:45.73
338/417	WILLIAMS, CHRISTINA	1445	01:13:01.81	07:18	10K30-39F	59/77	F	190/250	01:12:45.79
327/417	WILLIAMS, MICHAEL	1446	01:10:32.47	07:03	10K30-39M	36/36	M	145/167	01:10:10.22
216/417	WILSON, JANAY	1631	01:00:47.60	06:04	10K30-39F	29/77	F	98/250	01:00:37.69
83/417	WOLSEY, JENNA	1558	00:50:16.74	05:01	10K15-19F	2/5	F	29/250	00:49:59.64
187/417	WOODWORTH, LINDSAY	1537	00:58:17.71	05:49	10K40-49F	22/79	F	80/250	00:58:04.73
276/417	WORTHINGTON, LIZA	1448	01:05:08.78	06:30	10K50-59F	22/38	F	145/250	01:04:47.61
302/417	WORTHINGTON, STEVE	1449	01:07:47.33	06:46	10K50-59M	29/33	M	137/167	01:07:26.30
77/417	WREFORD, KELLI	1450	00:49:36.39	04:57	10K50-59F	5/38	F	26/250	00:49:31.98
208/417	YEE, SUSAN	1452	00:59:57.26	05:59	10K50-59F	16/38	F	92/250	00:59:28.13
386/417	YETMAN, MANDY	1453	01:20:49.79	08:04	10K30-39F	72/77	F	228/250	01:20:34.12
23/417	YEUNG, CHRIS	1454	00:40:36.95	04:03	10K20-29M	4/13	M	21/167	00:40:34.08
12/417	YOUNG, KEN	1538	00:38:45.68	03:52	10K60-69M	1/18	M	12/167	00:38:45.36
321/417	YOUNGCLAUS, NICOLE	1539	01:09:42.67	06:58	10K20-29F	19/28	F	178/250	01:09:32.47
158/417	ZACHARIAS, NICOLE	1455	00:56:04.51	05:36	10K40-49F	16/79	F	59/250	00:55:43.80
345/417	ZAMONSKY, CORINNE	1555	01:14:21.13	07:26	10K50-59F	28/38	F	195/250	01:13:50.51
176/417	ZDUNICH-HUBER, TERESA	1621	00:57:26.99	05:44	10K50-59F	11/38	F	72/250	00:57:07.59
220/417	ZENITH, AMBER	1456	01:01:11.08	06:07	10K40-49F	29/79	F	102/250	01:01:02.43