

Alpha Overall Results

10K Run - 6.21 Miles

293 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
287/293	ADAMS, NYNKE	428	01:19:31.12	07:57	10K30-39F	56/57	F	140/143	01:19:01.81
243/293	AL-HAJ, AMER	141	01:08:07.71	06:48	10K40-49M	49/53	M	135/150	01:07:49.52
179/293	ANDERSON-RODGERS, SUSAN	142	00:59:42.81	05:58	10K60-69F	4/8	F	72/143	00:59:31.10
14/293	ARENDS, CURTIS	143	00:37:45.27	03:46	10K30-39M	6/37	M	12/150	00:37:43.82
60/293	ASHTIANI, SAHAR	144	00:46:18.61	04:37	10K30-39F	6/57	F	14/143	00:46:16.64
251/293	AULICINO, ROMINA	413	01:10:39.44	07:03	10K40-49F	32/39	F	114/143	01:10:35.14
117/293	BADER, SHYLOH	412	00:54:17.64	05:25	10K20-29F	7/20	F	36/143	00:50:40.74
206/293	BAGNALL, PATRICK	145	01:02:56.54	06:17	10K60-69M	7/13	M	119/150	01:02:46.15
172/293	BANICK, BRANDY	147	00:59:13.13	05:55	10K30-39F	25/57	F	66/143	00:58:57.66
194/293	BANKE, JOSEPH	148	01:02:04.42	06:12	10K40-49M	39/53	M	115/150	01:01:39.01
284/293	BANKS, JAMIE	149	01:18:19.77	07:49	10K40-49F	38/39	F	137/143	01:17:43.94
93/293	BARHAM, FRED	150	00:51:00.13	05:06	10K60-69M	1/13	M	68/150	00:50:50.58
210/293	BARRERA, DIANA	414	01:03:30.59	06:21	10K30-39F	34/57	F	90/143	01:03:09.09
5/293	BAYER, EVAN	436	00:34:34.49	03:27	10K30-39M	1/37	M	5/150	00:34:34.48
139/293	BEALES, IAN	151	00:56:41.12	05:40	10K60-69M	4/13	M	94/150	00:56:19.29
170/293	BEAMISH, KAILEY	460	00:58:55.10	05:53	10K20-29F	12/20	F	65/143	00:58:50.49
31/293	BEATTIE, SEAN	358	00:41:28.37	04:08	10K40-49M	7/53	M	25/150	00:41:25.55
204/293	BEAUCHESNE, REBECCA	152	01:02:46.61	06:16	10K40-49F	26/39	F	86/143	01:02:15.34
120/293	BEAUDOIN, BENITO	153	00:54:42.90	05:28	10K40-49M	26/53	M	84/150	00:54:24.39
290/293	BEEKHUIJS, NICO	154	01:29:30.04	08:57	10K40-49M	53/53	M	150/150	01:29:03.94
85/293	BENNEKER, ANNE	155	00:50:18.62	05:01	10K20-29F	6/20	F	22/143	00:50:10.36
133/293	BERES, ANDREA	437	00:56:24.52	05:38	10K50-59F	5/17	F	43/143	00:56:14.89
9/293	BERNARD-GALEA, MARIA	359	00:35:52.01	03:35	10K20-29F	1/20	F	2/143	00:35:51.52
64/293	BIGGS, ADAM	360	00:47:09.06	04:42	10K20-29M	10/15	M	49/150	00:46:56.67
68/293	BLACKSTAFFE, MITCHELL	415	00:48:01.56	04:48	10K20-29M	12/15	M	53/150	00:47:58.11
235/293	BOIVIN, SYLVIE	157	01:06:49.34	06:40	10K50-59F	10/17	F	103/143	01:06:36.01
285/293	BORDUN, ANDREA	158	01:18:20.54	07:50	10K30-39F	54/57	F	138/143	01:17:43.42
41/293	BOURGEAULT, PAUL	159	00:43:36.97	04:21	10K50-59M	4/27	M	33/150	00:43:34.82
82/293	BOURQUE, RENE	438	00:49:43.65	04:58	10K50-59M	10/27	M	63/150	00:49:35.23
21/293	BOYLE, SHARI	361	00:39:10.99	03:55	10K40-49F	1/39	F	4/143	00:39:09.98
151/293	BRADE, JANELLE	160	00:57:27.93	05:44	10K20-29F	9/20	F	54/143	00:57:21.63
11/293	BRADFORD, KEITH	416	00:36:11.93	03:37	10K40-49M	2/53	M	9/150	00:36:11.50
192/293	BRADLEY, JAY	161	01:01:37.41	06:09	10K60-69M	6/13	M	113/150	01:01:26.62
220/293	BRANDWAGT, JOHN	362	01:04:55.77	06:29	10K60-69M	9/13	M	126/150	01:04:23.14
74/293	BRISBOIS, SOPHIE	417	00:48:41.70	04:52	10K20-29F	5/20	F	16/143	00:48:21.83
96/293	BROOKS, SUZANNE	162	00:51:23.34	05:08	10K50-59F	2/17	F	27/143	00:51:19.43
57/293	BROWN, AARON	163	00:45:52.26	04:35	10K30-39M	17/37	M	45/150	00:45:50.39
79/293	BROWN, GRAEME	471	00:49:30.42	04:57	10K30-39M	21/37	M	61/150	00:49:28.59
155/293	BRYAN, PATRICK	164	00:57:44.87	05:46	10K60-69M	5/13	M	99/150	00:57:35.06
65/293	BUNN, EZRA	363	00:47:10.20	04:43	10K20-29M	11/15	M	50/150	00:47:01.72
22/293	CAETANO, HERNANI	364	00:39:38.43	03:57	10K30-39M	9/37	M	18/150	00:39:38.08
168/293	CAMPBELL, DEREK	365	00:58:48.52	05:52	10K30-39M	29/37	M	104/150	00:58:24.46
50/293	CAMPBELL, DUNCAN	366	00:45:12.54	04:31	10K20-29M	8/15	M	42/150	00:45:09.42
109/293	CAMPBELL, IAN	167	00:53:13.92	05:19	10K40-49M	24/53	M	79/150	00:52:58.06
240/293	CARTEN, NICOLE	367	01:07:38.00	06:45	10K20-29F	18/20	F	107/143	01:07:30.08
167/293	CHAMBERS, ADRIAN	168	00:58:45.27	05:52	10K50-59M	19/27	M	103/150	00:58:22.86
200/293	CHAMBERS, GAIL	169	01:02:24.35	06:14	10K40-49F	24/39	F	83/143	01:02:01.56
122/293	CHAN, JENNY	473	00:54:48.06	05:28	10K50-59F	4/17	F	37/143	00:54:40.46
17/293	CHIN, ADRIAN	429	00:38:27.65	03:50	10K20-29M	5/15	M	14/150	00:38:26.40
221/293	CHONDRONIKOLIS, TASSO	172	01:04:57.25	06:29	10K40-49M	44/53	M	127/150	01:04:42.38
30/293	CLARK, MATTHEW	469	00:41:14.47	04:07	10K30-39M	12/37	M	24/150	00:40:59.67
252/293	CLARK, MELANIE	173	01:10:39.78	07:03	10K40-49F	33/39	F	115/143	01:10:27.67
250/293	CLARK, NATALIE	174	01:10:38.30	07:03	10K19&UF	2/2	F	113/143	01:10:27.31
158/293	COLE, AMANDA	175	00:57:51.51	05:47	10K40-49F	16/39	F	59/143	00:57:26.72
7/293	COTE, PATRICK	178	00:35:22.15	03:32	10K30-39M	3/37	M	7/150	00:35:21.34
268/293	COUSIN, JAMES	179	01:13:54.99	07:23	10K30-39M	36/37	M	143/150	01:13:23.52
267/293	COUSIN, NATASHA	180	01:13:54.84	07:23	10K30-39F	45/57	F	125/143	01:13:23.31
242/293	COYLE, JIM	181	01:07:41.93	06:46	10K60-69M	11/13	M	134/150	01:07:10.78
156/293	CRAWFORD, ERIN	430	00:57:45.51	05:46	10K30-39F	22/57	F	57/143	00:57:25.69
266/293	CROWE, SUSAN	182	01:13:18.13	07:19	10K50-59F	15/17	F	124/143	01:12:44.95
99/293	CRUICKSHANK, DOUG	183	00:51:53.24	05:11	10K60-69M	3/13	M	72/150	00:51:44.38
36/293	CRUZ, OSCAR	184	00:43:09.11	04:18	10K40-49M	9/53	M	29/150	00:43:00.13
227/293	CURTIS, CHARLOTTE	369	01:05:14.44	06:31	10K30-39F	38/57	F	98/143	01:04:50.67
138/293	DALCIN, JORDAN	185	00:56:40.04	05:40	10K30-39M	27/37	M	93/150	00:56:30.23
27/293	DARCY, NOEL	475	00:40:48.56	04:04	10K30-39M	11/37	M	21/150	00:40:47.63
148/293	DEBENHAM, LEIGH	187	00:57:22.98	05:44	10K30-39F	18/57	F	51/143	00:57:11.35

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O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
166/293	DEFOREST, SHAWN	188	00:58:40.66	05:52	10K40-49M	34/53	M	102/150	00:58:19.33
214/293	DEMERS, KRISTI	370	01:04:00.99	06:24	10K40-49F	29/39	F	91/143	01:03:29.64
162/293	DIAKOW, RACHEL	454	00:58:14.54	05:49	10K20-29F	11/20	F	61/143	00:58:01.09
153/293	DICKHOFF, PETER	189	00:57:39.20	05:45	10K50-59M	18/27	M	98/150	00:57:21.99
232/293	DOKTOR, WANDA	190	01:05:59.04	06:35	10K50-59F	9/17	F	101/143	01:05:25.92
175/293	DONOVAN, LAURA	191	00:59:16.20	05:55	10K30-39F	26/57	F	68/143	00:58:58.23
104/293	DOWLING, CHRISTINE	192	00:52:35.52	05:15	10K30-39F	13/57	F	29/143	00:52:30.25
51/293	DRYER, BRENDA	193	00:45:18.22	04:31	10K40-49F	2/39	F	9/143	00:45:13.61
265/293	DUBORD, CAROLYN	194	01:13:16.20	07:19	10K50-59F	14/17	F	123/143	01:12:42.53
113/293	DUECK, LYNNE	418	00:54:03.10	05:24	10K60-69F	1/8	F	33/143	00:53:56.16
269/293	DUNBAR, RAY	371	01:13:57.46	07:23	10K60-69M	12/13	M	144/150	01:13:26.57
86/293	DUNNE, EOIN	195	00:50:29.12	05:02	10K40-49M	18/53	M	64/150	00:50:23.48
47/293	DYMENT, GEOFF	197	00:44:51.70	04:29	10K40-49M	12/53	M	39/150	00:44:47.53
62/293	EDILLON, LEMUEL	198	00:47:00.00	04:42	10K30-39M	18/37	M	47/150	00:46:56.06
198/293	ELERA, DIEGO	199	01:02:17.48	06:13	10K30-39M	33/37	M	116/150	01:01:49.06
229/293	ELLIOTT, ALBERT	201	01:05:38.98	06:33	10K60-69M	10/13	M	130/150	01:05:16.31
136/293	ELLIOTT, JUDITH	202	00:56:28.54	05:38	10K60-69F	3/8	F	45/143	00:56:17.89
215/293	ELLIOTT MARLEAU, MARIANNE	372	01:04:03.83	06:24	10K30-39F	35/57	F	92/143	01:03:45.80
180/293	EMERY, ROBERT	203	00:59:52.68	05:59	10K50-59M	20/27	M	108/150	00:59:18.33
119/293	ETHIER, BEN	204	00:54:26.54	05:26	10K30-39M	24/37	M	83/150	00:54:19.24
276/293	FAHR, HEATHER	472	01:16:35.50	07:39	10K30-39F	51/57	F	131/143	01:16:00.11
18/293	FALKE, GUNNAR	205	00:38:32.45	03:51	10K40-49M	3/53	M	15/150	00:38:31.06
280/293	FARRIS, MARG	206	01:17:27.52	07:44	10K50-59F	16/17	F	134/143	01:17:06.99
178/293	FARRIS, MEGAN	207	00:59:38.21	05:57	10K20-29F	14/20	F	71/143	00:59:18.22
106/293	FISHER, RYAN	467	00:52:45.20	05:16	10K40-49M	23/53	M	76/150	00:52:19.49
246/293	FODOR, LUCIA	373	01:08:27.46	06:50	10K40-49F	31/39	F	110/143	01:07:55.05
176/293	FOLTINEK, MELISSA	209	00:59:18.78	05:55	10K30-39F	27/57	F	69/143	00:58:58.05
231/293	FOLTINEK, SUSAN	210	01:05:56.72	06:35	10K60-69F	6/8	F	100/143	01:05:34.99
137/293	FRAIL, NEIL	455	00:56:39.36	05:39	10K30-39M	26/37	M	92/150	00:56:04.29
164/293	FUCHS, LEAH	419	00:58:18.90	05:49	10K30-39F	24/57	F	63/143	00:58:02.35
10/293	GALEA, MATTHEW	374	00:35:52.15	03:35	10K20-29M	4/15	M	8/150	00:35:51.46
212/293	GANLEY, BRENDAN	212	01:04:00.08	06:24	10K50-59M	22/27	M	122/150	01:03:29.31
292/293	GARSTAD, TINA	213	01:34:33.44	09:27	10K50-59F	17/17	F	142/143	01:34:06.30
260/293	GAY, MARK	214	01:11:34.53	07:09	10K40-49M	51/53	M	141/150	01:11:23.80
94/293	GEORGET, DEREK	215	00:51:14.12	05:07	10K20-29M	15/15	M	69/150	00:51:01.25
201/293	GILBERT, NICOLE	216	01:02:25.11	06:14	10K30-39F	32/57	F	84/143	01:02:01.60
160/293	GILLESPIE, JAMES	420	00:58:02.12	05:48	10K40-49M	33/53	M	100/150	00:57:44.15
149/293	GOODE, CHRISTINE	217	00:57:23.04	05:44	10K30-39F	19/57	F	52/143	00:57:11.19
110/293	GOTTSCHLING, MONICA	218	00:53:14.10	05:19	10K40-49F	10/39	F	31/143	00:53:09.88
173/293	GRAHAM, DAVID	466	00:59:15.16	05:55	10K40-49M	36/53	M	107/150	00:58:59.89
144/293	GRAHAM, TERESA	465	00:57:07.94	05:42	10K40-49F	14/39	F	48/143	00:56:52.37
53/293	HALL, DENNIS	421	00:45:22.81	04:32	10K20-29M	9/15	M	43/150	00:45:20.14
52/293	HALL, SARA	431	00:45:22.73	04:32	10K20-29F	4/20	F	10/143	00:45:20.50
127/293	HAMILTON, LAUREN	458	00:55:57.56	05:35	10K30-39F	15/57	F	40/143	00:55:36.71
81/293	HANLON, PATRICK	375	00:49:34.01	04:57	10K50-59M	9/27	M	62/150	00:49:18.70
256/293	HARASYM, PATRICIA	221	01:11:15.90	07:07	10K60-69F	8/8	F	118/143	01:10:59.83
181/293	HARDCASTLE, MICHAEL	222	01:00:00.66	06:00	10K30-39M	31/37	M	109/150	00:59:39.53
143/293	HARVEY, AARON	223	00:57:06.22	05:42	10K40-49M	31/53	M	96/150	00:56:40.69
128/293	HARVEY, MACALLUM	224	00:56:00.60	05:36	10K19&UM	1/3	M	88/150	00:55:49.99
134/293	HAWCO, STEPHEN	376	00:56:25.14	05:38	10K30-39M	25/37	M	91/150	00:56:07.11
98/293	HECHT, JOHN	226	00:51:36.58	05:09	10K60-69M	2/13	M	71/150	00:51:31.62
174/293	HERATY, KAREN	228	00:59:15.51	05:55	10K20-29F	13/20	F	67/143	00:58:57.40
58/293	HERLE, NEIL	377	00:45:52.51	04:35	10K40-49M	13/53	M	46/150	00:45:39.06
291/293	HERNANDEZ, SANDRA	229	01:29:30.14	08:57	10K30-39F	57/57	F	141/143	01:29:03.98
279/293	HILL, CATRIONA	230	01:17:11.91	07:43	10K40-49F	36/39	F	133/143	01:23:52.01
224/293	HIRTZ, KIMBERLY	439	01:05:05.93	06:30	10K20-29F	17/20	F	96/143	01:04:52.40
233/293	HNATIUK, ROGER	231	01:06:11.38	06:37	10K50-59M	24/27	M	132/150	01:05:38.20
124/293	HO, RACHEL	456	00:55:19.76	05:31	10K20-29F	8/20	F	39/143	00:55:16.23
130/293	HORSLEY, DEON	232	00:56:05.76	05:36	10K40-49M	29/53	M	89/150	00:55:52.39
32/293	HOWARD, BRYAN	476	00:41:48.57	04:10	10K50-59M	2/27	M	26/150	00:41:46.14
187/293	HOWARD, CELESTE	462	01:00:50.15	06:05	10K30-39F	29/57	F	76/143	01:00:24.74
118/293	HOWARD, GRAHAM	463	00:54:20.24	05:26	10K30-39M	23/37	M	82/150	00:53:58.51
236/293	HUNT, KYLEY	233	01:06:58.84	06:41	10K30-39F	39/57	F	104/143	01:06:51.54
13/293	INGLIS, LORIN	378	00:37:16.69	03:43	10K30-39M	5/37	M	11/150	00:37:15.80
223/293	JAMES, SYDNEY	440	01:05:05.30	06:30	10K20-29F	16/20	F	95/143	01:04:51.75
126/293	JANSEN, RICHARD	235	00:55:53.36	05:35	10K40-49M	28/53	M	87/150	00:55:45.56

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83/293	JESSEY, MARY	236	00:50:05.13	05:00	10K40-49F	6/39	F	20/143	00:50:00.65
225/293	JEWORSKI, JEFF	237	01:05:13.90	06:31	10K40-49M	46/53	M	129/150	01:04:06.13
253/293	JOHNSON, STACY	238	01:10:48.22	07:04	10K40-49F	34/39	F	116/143	01:10:23.59
213/293	JOHNSTON, KENNETH	379	01:04:00.57	06:24	10K40-49M	43/53	M	123/150	01:03:30.58
189/293	JOHNSTON, ROB	239	01:01:17.05	06:07	10K30-39M	32/37	M	112/150	01:00:55.02
199/293	JONES, DEAN	240	01:02:20.41	06:14	10K40-49M	40/53	M	117/150	01:02:02.88
230/293	JORDAN, GRAY	241	01:05:54.60	06:35	10K40-49M	47/53	M	131/150	00:56:32.70
3/293	JUSTINEN, ROMAN	451	00:33:59.27	03:23	10K20-29M	3/15	M	3/150	00:33:58.58
185/293	KAYE, TODD	242	01:00:26.36	06:02	10K40-49M	37/53	M	110/150	01:00:02.11
56/293	KEMP, KATIE	243	00:45:31.01	04:33	10K30-39F	5/57	F	12/143	00:45:27.68
163/293	KILLAM, CAERI	244	00:58:15.86	05:49	10K40-49F	17/39	F	62/143	00:57:46.69
19/293	KLASSEN, JODY	245	00:38:35.55	03:51	10K30-39M	8/37	M	16/150	00:38:34.38
15/293	KLASSEN, LEANNE	380	00:37:52.83	03:47	10K30-39F	2/57	F	3/143	00:37:50.80
261/293	KNUDSEN, BECKIE	246	01:12:25.64	07:14	10K30-39F	43/57	F	120/143	01:11:49.73
43/293	KOPCZYNSKI, CONOR	247	00:43:55.73	04:23	10K20-29M	6/15	M	35/150	00:43:49.29
33/293	KWOK, EAGLE	156	00:42:08.79	04:12	10K40-49M	8/53	M	27/150	00:42:06.18
184/293	LAHD, CRYSTAL	249	01:00:19.99	06:02	10K30-39F	28/57	F	75/143	01:00:10.50
73/293	LAQUA, GORDON	250	00:48:26.88	04:50	10K50-59M	8/27	M	58/150	00:48:07.08
186/293	LE, JOHN	452	01:00:46.72	06:04	10K50-59M	21/27	M	111/150	01:00:13.16
24/293	LEARMONTH, DAVID	251	00:39:56.37	03:59	10K30-39M	10/37	M	20/150	00:39:54.54
49/293	LEE, ADAM	422	00:45:06.30	04:30	10K30-39M	15/37	M	41/150	00:45:02.97
42/293	LEE, MORLEY	423	00:43:53.63	04:23	10K50-59M	5/27	M	34/150	00:43:51.02
75/293	LEFLER, ELIZABETH	441	00:48:50.88	04:53	10K30-39F	7/57	F	17/143	00:48:45.24
159/293	LESCHERT, STEPHANIE	382	00:58:00.22	05:48	10K30-39F	23/57	F	60/143	00:57:44.45
289/293	LEVEQUE, PETER	252	01:21:46.61	08:10	10K50-59M	27/27	M	149/150	01:21:17.77
67/293	LIM, SU-CHONG	253	00:47:51.23	04:47	10K70-79M	1/2	M	52/150	00:47:48.56
38/293	LUKACS, ROB	254	00:43:12.97	04:19	10K30-39M	14/37	M	31/150	00:43:09.44
278/293	LUKYE, GLEN	383	01:16:55.61	07:41	10K50-59M	26/27	M	146/150	01:16:36.42
249/293	MADSEN, ETHAN	256	01:09:38.29	06:57	10K19&UM	2/3	M	137/150	01:09:21.80
90/293	MADSEN, HELEN	257	00:50:40.34	05:04	10K40-49F	8/39	F	25/143	00:50:37.40
171/293	MADSEN, JASON	258	00:59:09.16	05:54	10K40-49M	35/53	M	106/150	00:58:49.37
150/293	MADUKE, JANE	259	00:57:26.32	05:44	10K50-59F	8/17	F	53/143	00:57:03.65
245/293	MAGEAU, LUC	260	01:08:24.85	06:50	10K30-39M	34/37	M	136/150	01:08:03.72
28/293	MALCOLM, TODD	261	00:40:51.29	04:05	10K40-49M	5/53	M	22/150	00:40:49.46
12/293	MAMEN, CHRIS	262	00:37:08.63	03:42	10K30-39M	4/37	M	10/150	00:37:07.18
4/293	MARSDEN, DUNCAN	453	00:34:09.71	03:24	10K40-49M	1/53	M	4/150	00:34:09.56
182/293	MARSON, LINA	264	01:00:02.35	06:00	10K60-69F	5/8	F	73/143	00:59:33.85
270/293	MARTINEZ, SILVIA	384	01:14:09.80	07:24	10K30-39F	46/57	F	126/143	01:12:55.03
48/293	MATHEW, ERIC	265	00:45:00.22	04:30	10K20-29M	7/15	M	40/150	00:44:55.52
132/293	MAXWELL, STEPHANIE	432	00:56:23.77	05:38	10K30-39F	16/57	F	42/143	00:56:01.84
108/293	MAZUREK, LANE	266	00:52:47.20	05:16	10K30-39M	22/37	M	78/150	00:52:35.36
25/293	MCARTHUR, SUSANNE	385	00:40:18.15	04:01	10K30-39F	3/57	F	5/143	00:40:16.32
247/293	MCBEATH, HALEE	386	01:09:23.77	06:56	10K20-29F	20/20	F	111/143	01:09:17.61
207/293	MCCREANOR, JOHN	267	01:03:02.76	06:18	10K70-79M	2/2	M	120/150	01:02:47.19
95/293	MCDIARMID, ERIN	387	00:51:19.16	05:07	10K30-39F	11/57	F	26/143	00:51:05.71
70/293	MCDONALD, DALLON	268	00:48:18.68	04:49	10K30-39M	20/37	M	55/150	00:48:09.70
71/293	MCDONAUGH, MIKE	388	00:48:20.80	04:50	10K40-49M	16/53	M	56/150	00:48:04.51
112/293	MCGARTY, BRENT	357	00:53:57.88	05:23	10K50-59M	15/27	M	80/150	00:53:39.14
241/293	MCGIBBON, RACHEL	389	01:07:39.49	06:45	10K20-29F	19/20	F	108/143	01:07:31.41
92/293	MCINNIS, GERARD	5089	00:50:55.86	05:05	10K50-59M	13/27	M	67/150	00:50:49.42
273/293	MCMANUS, KEN	269	01:15:58.56	07:35	10K30-39M	37/37	M	145/150	01:15:21.87
274/293	MCMANUS, LAUREN	270	01:15:58.67	07:35	10K30-39F	49/57	F	129/143	01:15:21.84
222/293	MCTAVISH, JAMES	271	01:04:59.75	06:29	10K40-49M	45/53	M	128/150	01:04:47.28
87/293	MCTAVISH, KATHRYN	272	00:50:32.20	05:03	10K30-39F	10/57	F	23/143	00:50:22.92
197/293	MEENS, MACKENZIE	442	01:02:09.72	06:12	10K20-29F	15/20	F	82/143	01:02:05.99
77/293	MELTZER, REBECCA	470	00:49:12.54	04:55	10K30-39F	8/57	F	18/143	00:48:52.53
88/293	MERRIMAN, JOHN	273	00:50:33.32	05:03	10K50-59M	11/27	M	65/150	00:50:23.29
142/293	MERRIMAN, MONICA	274	00:57:00.57	05:42	10K50-59F	7/17	F	47/143	00:56:50.40
37/293	MILLER, CARL	275	00:43:09.43	04:18	10K40-49M	10/53	M	30/150	00:43:07.28
76/293	MILLER, BORDEN	468	00:49:08.00	04:54	10K20-29M	13/15	M	59/150	00:48:47.91
2/293	MILLER, BRANDON	433	00:33:42.61	03:22	10K20-29M	2/15	M	2/150	00:33:42.18
63/293	MILLER, GEORGE	390	00:47:05.17	04:42	10K30-39M	19/37	M	48/150	00:45:54.67
209/293	MILLER, SARAH	391	01:03:19.12	06:19	10K30-39F	33/57	F	89/143	01:02:08.75
237/293	MINCHIN, MICHAEL	277	01:07:04.43	06:42	10K40-49M	48/53	M	133/150	01:06:30.93
140/293	MOORE, DONNA	278	00:56:52.22	05:41	10K50-59F	6/17	F	46/143	00:56:40.45
89/293	MOORES, PAM	392	00:50:33.84	05:03	10K50-59F	1/17	F	24/143	00:50:21.69

Alpha Overall Results

10K Run - 6.21 Miles

293 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
154/293	MORRISON, CAITLIN	393	00:57:40.94	05:46	10K30-39F	21/57	F	56/143	00:57:33.14
29/293	MOTT, ROB	280	00:40:52.72	04:05	10K40-49M	6/53	M	23/150	00:40:50.89
157/293	MULLER, BRITTANY	434	00:57:46.50	05:46	10K20-29F	10/20	F	58/143	00:57:26.65
55/293	MURPHY, MIKE	435	00:45:28.49	04:32	10K30-39M	16/37	M	44/150	00:45:28.00
105/293	MURTA, VIKTORIA	282	00:52:41.85	05:16	10K40-49F	9/39	F	30/143	00:52:32.10
263/293	NELSON, LAURA	283	01:12:50.96	07:17	10K30-39F	44/57	F	121/143	01:12:28.65
147/293	NEWITT, JODI	284	00:57:21.46	05:44	10K40-49F	15/39	F	50/143	00:57:12.03
208/293	NIXON, BRENDA	443	01:03:14.49	06:19	10K40-49F	28/39	F	88/143	01:02:59.78
218/293	O'BRIEN, LAURA	286	01:04:35.69	06:27	10K30-39F	36/57	F	94/143	01:04:28.21
8/293	O'CONNELL, JESSICA	464	00:35:42.73	03:34	10K30-39F	1/57	F	1/143	00:35:42.24
259/293	O'NEILL, LISA	289	01:11:34.53	07:09	10K40-49F	35/39	F	119/143	01:11:23.66
102/293	OGILVIE, BRADLEY	287	00:52:20.42	05:14	10K40-49M	21/53	M	74/150	00:52:03.77
165/293	OICKLE, NGAN	288	00:58:19.64	05:49	10K40-49F	18/39	F	64/143	00:57:51.48
275/293	ONESS, LISA	290	01:16:05.58	07:36	10K30-39F	50/57	F	130/143	01:15:44.67
262/293	ORR, ROB	474	01:12:34.86	07:15	10K40-49M	52/53	M	142/150	01:12:03.79
177/293	OVIATT, CHRISTINE	424	00:59:29.00	05:56	10K40-49F	19/39	F	70/143	00:59:09.01
146/293	PARSONS, JOHN	292	00:57:12.10	05:43	10K40-49M	32/53	M	97/150	00:57:04.50
59/293	PAWELCZAK, ROSARIO	293	00:46:00.95	04:36	10K40-49F	4/39	F	13/143	00:45:57.42
1/293	PENNOCK, RUSSELL	295	00:32:07.00	03:12	10K20-29M	1/15	M	1/150	00:32:06.65
78/293	PETERSON, DYLAN	444	00:49:20.50	04:56	10K20-29M	14/15	M	60/150	00:49:17.38
190/293	PETONJIC, ROSE	296	01:01:28.57	06:08	10K40-49F	22/39	F	78/143	01:01:23.30
188/293	PETRIE, TARA	425	01:01:03.05	06:06	10K40-49F	21/39	F	77/143	01:00:44.76
46/293	PHILLIPS, MIKE	426	00:44:42.65	04:28	10K40-49M	11/53	M	38/150	00:44:28.24
195/293	PON, AURA	297	01:02:04.62	06:12	10K30-39F	30/57	F	80/143	01:01:39.21
84/293	PRENDERGAST, ALEXIS	300	00:50:06.38	05:00	10K40-49F	7/39	F	21/143	00:49:59.89
69/293	RANTA, DUANE	394	00:48:13.40	04:49	10K40-49M	15/53	M	54/150	00:48:07.66
183/293	RATHJE, JILL	301	01:00:19.44	06:01	10K40-49F	20/39	F	74/143	01:00:08.13
211/293	REDEKOP, COLIN	302	01:03:56.85	06:23	10K40-49M	42/53	M	121/150	01:03:50.35
54/293	REED, DEBBIE	427	00:45:25.88	04:32	10K40-49F	3/39	F	11/143	00:45:24.49
115/293	RIBEN, KATHRYN	303	00:54:14.88	05:25	10K40-49F	11/39	F	34/143	00:54:09.22
257/293	RICHARDS, MARK	304	01:11:21.37	07:08	10K50-59M	25/27	M	139/150	01:11:04.88
40/293	RICHARDSON, JERRY	395	00:43:31.71	04:21	10K50-59M	3/27	M	32/150	00:43:29.42
80/293	RIESEBERG, ASHLEY	305	00:49:31.98	04:57	10K30-39F	9/57	F	19/143	00:49:27.02
191/293	RISERBATO, ANTONINA	306	01:01:29.89	06:08	10K40-49F	23/39	F	79/143	01:01:18.46
16/293	ROBB, JAIME	459	00:38:18.53	03:49	10K30-39M	7/37	M	13/150	00:38:17.72
135/293	RODGER, ANNE	307	00:56:27.62	05:38	10K60-69F	2/8	F	44/143	00:56:20.54
91/293	RODGERS, DAVE	308	00:50:50.01	05:05	10K50-59M	12/27	M	66/150	00:50:37.82
123/293	ROGERS, JANET	309	00:54:54.10	05:29	10K40-49F	12/39	F	38/143	00:54:48.75
217/293	RULLER, KEN	311	01:04:30.75	06:27	10K60-69M	8/13	M	124/150	01:04:07.08
103/293	SALAZAR, GUILLERMO	312	00:52:22.70	05:14	10K40-49M	22/53	M	75/150	00:52:06.71
97/293	SCHULZ, DAVE	314	00:51:29.37	05:08	10K40-49M	19/53	M	70/150	00:51:12.30
205/293	SEMENZIN, JENNIFER	445	01:02:49.93	06:16	10K40-49F	27/39	F	87/143	01:02:34.36
202/293	SHELBY-JAMES, AARON	315	01:02:37.37	06:15	10K40-49M	41/53	M	118/150	01:02:24.70
101/293	SHELBY-JAMES, NATALIE	316	00:52:01.75	05:12	10K30-39F	12/57	F	28/143	00:51:51.02
216/293	SINCLAIR-SMITH, CATHY	396	01:04:07.01	06:24	10K40-49F	30/39	F	93/143	01:03:49.76
35/293	SMART, COURTENAY	317	00:42:46.47	04:16	10K20-29F	3/20	F	7/143	00:42:42.81
44/293	SMIT, THEO	318	00:43:59.27	04:23	10K50-59M	6/27	M	36/150	00:43:58.02
26/293	SMITH, CORINNE	319	00:40:30.16	04:03	10K20-29F	2/20	F	6/143	00:40:29.15
161/293	SMITH, JOEL	457	00:58:05.36	05:48	10K30-39M	28/37	M	101/150	00:57:50.63
258/293	SMITH, LONNY	320	01:11:26.10	07:08	10K40-49M	50/53	M	140/150	01:11:17.84
277/293	SOMERVILLE, MELISSA	321	01:16:55.35	07:41	10K30-39F	52/57	F	132/143	01:16:28.01
45/293	SPANOS, GEORGE	446	00:44:11.46	04:25	10K50-59M	7/27	M	37/150	00:44:06.76
219/293	SPARROW, JOHN	322	01:04:45.24	06:28	10K50-59M	23/27	M	125/150	01:04:30.17
169/293	STACIHW, ANDREW	323	00:58:51.00	05:53	10K30-39M	30/37	M	105/150	00:58:27.73
193/293	STAIT, BILL	324	01:01:39.41	06:09	10K40-49M	38/53	M	114/150	01:01:19.56
100/293	STANG, RYAN	325	00:52:00.80	05:12	10K40-49M	20/53	M	73/150	00:51:46.97
248/293	STEWART, SUZANNE	329	01:09:34.12	06:57	10K30-39F	41/57	F	112/143	01:09:20.05
234/293	STRETCH, BETTI	330	01:06:28.36	06:38	10K60-69F	7/8	F	102/143	01:06:15.48
293/293	STROMNER, CALLI	397	01:34:35.28	09:27	10K40-49F	39/39	F	143/143	01:34:08.14
203/293	SWEDLO, AMY	331	01:02:43.21	06:16	10K40-49F	25/39	F	85/143	01:02:29.30
226/293	TANNAHILL, AIMEE	333	01:05:14.35	06:31	10K30-39F	37/57	F	97/143	01:04:49.88
271/293	TARNAKSY, KRISTINA	334	01:14:41.95	07:28	10K30-39F	47/57	F	127/143	01:14:10.52
114/293	TEMAN, PAUL	398	00:54:07.98	05:24	10K40-49M	25/53	M	81/150	00:54:00.90
116/293	THANNHAUSER, JENNIFER	335	00:54:16.30	05:25	10K30-39F	14/57	F	35/143	00:54:10.24
6/293	THERIAULT, MADISON	399	00:34:55.51	03:29	10K30-39M	2/37	M	6/150	00:34:55.50
72/293	THIESSEN, RON	336	00:48:23.37	04:50	10K40-49M	17/53	M	57/150	00:46:58.58

St. Pats Day Run Mar.17/2019 - 10K/5K

Alpha Overall Results

10K Run - 6.21 Miles

293 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
23/293	THORKELSON, DONOVAN	337	00:39:43.62	03:58	10K40-49M	4/53	M	19/150	00:39:41.87
121/293	TKACHUK, SCOTT	400	00:54:44.40	05:28	10K40-49M	27/53	M	85/150	00:54:25.59
196/293	TRIPLETT, ANDREA	401	01:02:05.71	06:12	10K30-39F	31/57	F	81/143	01:02:00.93
61/293	TUCKOVA, HEATHER	340	00:46:37.92	04:39	10K40-49F	5/39	F	15/143	00:46:35.10
129/293	TURNER, COLLEEN	341	00:56:02.42	05:36	10K40-49F	13/39	F	41/143	00:55:51.87
125/293	UCHACZ, GREG	342	00:55:52.08	05:35	10K50-59M	16/27	M	86/150	00:55:37.37
286/293	ULMER, JAN	343	01:18:38.27	07:51	10K30-39F	55/57	F	139/143	01:18:28.84
239/293	UMPHERVILLE, SANDY	344	01:07:31.85	06:45	10K50-59F	12/17	F	106/143	01:07:16.38
238/293	URSULESCU, MARIE-CLAUDE	402	01:07:31.85	06:45	10K50-59F	11/17	F	105/143	01:07:15.08
111/293	VAN DER BYL, CONNIE	345	00:53:41.94	05:22	10K50-59F	3/17	F	32/143	00:53:36.08
244/293	VAN HUMBECK, KRISTIE	403	01:08:14.26	06:49	10K30-39F	40/57	F	109/143	01:07:53.73
281/293	VICCARS, LAURA	346	01:17:30.29	07:45	10K40-49F	37/39	F	135/143	01:16:54.26
264/293	WEBBER, DONANN	404	01:13:15.10	07:19	10K50-59F	13/17	F	122/143	01:12:49.77
145/293	WEBSTER, ALYCIA	405	00:57:12.02	05:43	10K30-39F	17/57	F	49/143	00:57:00.59
152/293	WEILER, JACEY	406	00:57:34.71	05:45	10K30-39F	20/57	F	55/143	00:57:25.22
39/293	WILD, ADRIANA	349	00:43:29.00	04:20	10K30-39F	4/57	F	8/143	00:43:27.17
107/293	WILHELM, MICHAEL	407	00:52:45.79	05:16	10K50-59M	14/27	M	77/150	00:52:41.00
288/293	WILLIAMS, STAN	350	01:19:55.79	07:59	10K60-69M	13/13	M	148/150	01:19:32.12
272/293	WINDLE, MORGAN	351	01:15:19.46	07:31	10K30-39F	48/57	F	128/143	01:14:53.41
283/293	WIPFLI, LOCHLAN	408	01:18:15.73	07:49	10K19&UM	3/3	M	147/150	01:18:02.98
228/293	WIPFLI, SOPHIA	409	01:05:15.37	06:31	10K19&UF	1/2	F	99/143	01:05:04.46
131/293	WONG, KEE	352	00:56:19.22	05:37	10K40-49M	30/53	M	90/150	00:56:05.07
20/293	YOUNG, KEN	448	00:39:05.30	03:54	10K50-59M	1/27	M	17/150	00:39:04.05
141/293	ZDRILL, RON	353	00:56:54.34	05:41	10K50-59M	17/27	M	95/150	00:56:29.31
34/293	ZEEKANT, ERWIN	354	00:42:42.77	04:16	10K30-39M	13/37	M	28/150	00:42:41.08
66/293	ZNOTINS, BRIAN	355	00:47:13.60	04:43	10K40-49M	14/53	M	51/150	00:46:43.93
255/293	ZWIERS, ARIELLE	449	01:10:50.15	07:05	10K30-39F	42/57	F	117/143	01:10:32.94
254/293	ZWIERS, JON	450	01:10:49.99	07:05	10K30-39M	35/37	M	138/150	01:10:33.32
282/293	ZYDEK, KATIE	356	01:18:09.53	07:48	10K30-39F	53/57	F	136/143	01:17:23.07