

Alpha Overall Results

5K Run/Walk - 3.1 Miles

95 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
83/95	AHS, CHANTELE	5096	59:25.947	11:53	19:10	5K30-39F	7/7	F	43/52	KAINAI, AB
69/95	AHS, DARRYL	5079	50:18.182	10:03	16:13	5K40-49M	3/4	M	36/42	KAINAI, AB
90/95	AHS, DONOVAN DC	5080	1:03:05.977	12:37	20:21	5K40-49M	4/4	M	41/42	KAINAI, AB
79/95	AHS, EMILIE	5103	58:40.877	11:44	18:55	5K16-19F	4/4	F	39/52	KAINAI, AB
42/95	AHS, IAN	5082	35:39.563	07:07	11:30	5K30-39M	11/11	M	29/42	KAINAI, AB
82/95	AHS, KANWAR	5097	59:21.232	11:52	19:08	5K20-29F	4/5	F	42/52	KAINAI, AB
81/95	AHS, KIARA	5101	59:19.638	11:51	19:08	5K20-29F	3/5	F	41/52	KAINAI, AB
36/95	AHS, KOURTNEY	244	34:29.000	06:53	11:07	5K30-39F	4/7	F	10/52	KAINAI, AB
32/95	AHS, RICHARD CR	5094	32:42.159	06:32	10:32	5K30-39M	9/11	M	23/42	KAINAI, AB
84/95	AHS, WACEY	5084	1:00:17.421	12:03	19:26	5K40-49F	11/13	F	44/52	KAINAI, AB
50/95	ANDERSON, GRACE	5025	38:35.160	07:43	12:26	5K12-15F	1/4	F	19/52	CALGARY, AB
48/95	ANDERSON, SHAWNA	5001	37:31.010	07:30	12:06	5K50-59F	5/15	F	17/52	CALGARY, AB
91/95	ATWOOD, SANDI	5002	1:03:07.312	12:37	20:21	5K50-59F	14/15	F	49/52	CARDSTON, AB
10/95	BATBAYAR, MARALGOO	5085	24:45.358	04:57	07:59	5K16-19F	2/4	F	2/52	LETHBRIDGE, AB
87/95	BLACK, AVA	5003	1:01:18.586	12:15	19:46	5K12-15F	2/4	F	47/52	LETHBRIDGE, AB
92/95	BLACK, CINDY	5004	1:03:12.345	12:38	20:23	5K50-59F	15/15	F	50/52	LETHBRIDGE, AB
88/95	BLACK, CRUZ	5005	1:01:20.868	12:16	19:47	5K12-15M	4/4	M	40/42	SIKSIKA, AB
53/95	BLACK, DYLAN	5006	42:37.076	08:31	13:44	5K20-29M	5/6	M	31/42	LETHBRIDGE, AB
60/95	BLACK, HEATHER	5007	46:05.321	09:13	14:52	5K50-59F	6/15	F	27/52	KAINAI, AB
68/95	BLACK, THERON	5008	49:57.351	09:59	16:06	5K50-59M	5/6	M	35/42	LETHBRIDGE, AB
63/95	BLACK, TRICE	5009	47:16.499	09:27	15:15	5K20-29M	6/6	M	33/42	SIKSIKA, AB
77/95	BRUISED HEAD, LYNN	5113	58:27.447	11:41	18:51	5K60+M	5/5	M	39/42	STANDOFF, AB
67/95	BRUISED HEAD, SUSAN	5010	49:32.695	09:54	15:58	5K50-59F	10/15	F	32/52	STANDOFF, AB
2/95	BULLSHIELDS, JACOB	5086	20:24.171	04:04	06:34	5K16-19M	1/3	M	2/42	CARDSTON, AB
80/95	C, SUSAN	5099	58:41.861	11:44	18:56	5K40-49F	10/13	F	40/52	KAINAI, AB
74/95	CARVALHO, CARMEN	5011	57:10.712	11:26	18:26	5K50-59F	11/15	F	35/52	LETHBRIDGE, AB
73/95	CARVALHO, CYRUS	5012	57:07.054	11:25	18:25	5K11&UM	3/3	M	38/42	LETHBRIDGE, AB
20/95	CARVALHO, RICHARD	5013	27:03.498	05:24	08:43	5K60+M	1/5	M	15/42	LETHBRIDGE, AB
26/95	COLLINS MCINTYRE, JESSICA	5014	29:52.690	05:58	09:38	5K30-39F	2/7	F	7/52	LETHBRIDGE, AB
3/95	CROSSCHILD, MACKENZIE	5015	20:44.514	04:08	06:41	5K20-29M	1/6	M	3/42	LETHBRIDGE, AB
65/95	CROWSHOE, THELMA	5016	49:23.554	09:52	15:55	5K50-59F	9/15	F	31/52	BROCKET, AB
54/95	DAVID, DALLAS	5017	43:53.134	08:46	14:09	5K40-49F	5/13	F	22/52	KAINAI, AB
89/95	DAVIS, HEIDI	5087	1:02:23.695	12:28	20:07	5K40-49F	13/13	F	48/52	KAINAI, AB
57/95	DAVIS, JACKIE	5106	45:25.336	09:05	14:39	5K60+F	3/4	F	25/52	CARDSTON,
95/95	DAVIS, SHAWN	5088	1:04:48.888	12:57	20:54	5K50-59M	6/6	M	42/42	KAINAI, AB
85/95	DICKSON, ANGELA	5102	1:00:31.524	12:06	19:31	5K40-49F	12/13	F	45/52	KAINAI, AB
94/95	DONKERSGOED, CAMRYN D	5078	1:04:47.342	12:57	20:53	5K12-15F	4/4	F	52/52	KAINAI, AB
93/95	DONKERSGOED, MALIEGH D	5083	1:04:25.807	12:53	20:47	5K12-15F	3/4	F	51/52	KAINAI, AB
76/95	EAGLE BEAR, LEANNE	5089	57:39.000	11:31	18:35	5K50-59F	13/15	F	37/52	KAINAI, AB
13/95	ENGLISH, WALKER	5115	25:01.763	05:00	08:04	5K20-29M	3/6	M	9/42	LETHBRIDGE, AB
22/95	FABIAN, TAMMY	5090	28:29.441	05:41	09:11	5K40-49F	1/13	F	5/52	LETHBRIDGE, AB
56/95	FOX, KEIRA	5021	45:04.618	09:00	14:32	5K16-19F	3/4	F	24/52	LETHBRIDGE, AB
40/95	FYFE, JILL	5022	35:22.198	07:04	11:24	5K40-49F	3/13	F	12/52	LETHBRIDGE, AB
18/95	GAUTHIER, HEATHER	5023	26:20.198	05:16	08:29	5K60+F	1/4	F	4/52	LETHBRIDGE, AB
39/95	HELWIG, JOSEPH	5026	35:21.893	07:04	11:24	5K60+M	3/5	M	27/42	LETHBRIDGE, AB
51/95	ISENOR, BRITTANY	5029	39:09.775	07:49	12:37	5K30-39F	5/7	F	20/52	LETHBRIDGE, AB
7/95	ISENOR, DAN	5030	23:48.779	04:45	07:40	5K30-39M	3/11	M	6/42	LETHBRIDGE, AB
86/95	JACK, RHEA	5116	1:01:10.078	12:14	19:43	5K20-29F	5/5	F	46/52	LETHBRIDGE, AB
6/95	KADIJK, MARK	5031	21:52.835	04:22	07:03	5K50-59M	1/6	M	5/42	LETHBRIDGE, AB
47/95	KADIJK, SYLVIA	5032	37:19.900	07:27	12:02	5K50-59F	4/15	F	16/52	LETHBRIDGE, AB
28/95	LAMMERS-POTTAGE, ANDREA	5033	30:41.261	06:08	09:53	5K40-49F	2/13	F	8/52	LETHBRIDGE, AB
45/95	MAGUIRE, MATEO	5112	36:57.964	07:23	11:55	5K12-15M	3/4	M	30/42	LETHBRIDGE, AB
46/95	MAKISHI, DAWN	5034	37:05.435	07:25	11:57	5K60+F	2/4	F	15/52	CALGARY, AB

Honouring Traditions PowWow Run - Sept. 14/2025

Alpha Overall Results

5K Run/Walk - 3.1 Miles

95 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
38/95	MANCONI, ERICA	5035	35:15.634	07:03	11:22	5K20-29F	1/5	F	11/52	LETHBRIDGE, AB
12/95	MANYFINGERS, TROY	5036	24:53.936	04:58	08:01	5K50-59M	2/6	M	8/42	LETHBRIDGE, AB
31/95	MCINTYRE, CORIGAN	5038	31:48.260	06:21	10:15	5K12-15M	2/4	M	22/42	LETHBRIDGE, AB
4/95	MCINTYRE, GAVIN	5039	21:01.859	04:12	06:47	5K16-19U	1/1	U	1/1	LETHBRIDGE, AB
59/95	MEDICINE SHIELD, SELENA	5041	45:48.422	09:09	14:46	5K20-29F	2/5	F	26/52	LETHBRIDGE, AB
37/95	NASH, GEOFF	5043	35:02.229	07:00	11:18	5K60+M	2/5	M	26/42	LETHBRIDGE, AB
52/95	NEILSON, KAYLEE	5100	41:40.712	08:20	13:26	5K30-39F	6/7	F	21/52	KAINAI, AB
17/95	NICOL, JEFFREY	5044	26:02.441	05:12	08:24	5K30-39M	6/11	M	13/42	LETHBRIDGE, AB
61/95	NORDIN, LEE-ANNE	5046	46:37.502	09:19	15:02	5K50-59F	7/15	F	28/52	LETHBRIDGE, AB
75/95	NOWAK, ECHO	5081	57:19.992	11:27	18:29	5K50-59F	12/15	F	36/52	KAINAI, AB
15/95	OCAMPO, ICKAN	5091	25:38.491	05:07	08:16	5K20-29M	4/6	M	11/42	LETHBRIDGE, AB
5/95	ONE OWL, DANIEL	5098	21:18.452	04:15	06:52	5K30-39M	2/11	M	4/42	PIIKANI, AB
44/95	OSEEN, JENNY	5047	36:48.074	07:21	11:52	5K50-59F	3/15	F	14/52	LETHBRIDGE, AB
21/95	OSEEN, STEVE	5048	28:11.512	05:38	09:05	5K50-59M	3/6	M	16/42	LETHBRIDGE, AB
9/95	PIZARRO, LAURA	5092	24:44.700	04:56	07:58	5K16-19F	1/4	F	1/52	LETHBRIDGE, AB
27/95	POTTAGE, ANDY	5050	30:40.997	06:08	09:53	5K11&UM	1/3	M	19/42	LETHBRIDGE, AB
70/95	PROVOST, ANDREW	5110	50:19.031	10:03	16:13	5K60+M	4/5	M	37/42	LETHBRIDGE, AB
71/95	PROVOST, ANGELA	5111	50:19.454	10:03	16:14	5K60+F	4/4	F	33/52	LETHBRIDGE, AB
49/95	PROVOST, KRISTYLEE	5053	37:40.267	07:32	12:09	5K40-49F	4/13	F	18/52	LETHBRIDGE, AB
72/95	PROVOST, TRISHELL	5109	50:42.727	10:08	16:21	5K40-49F	8/13	F	34/52	LETHBRIDGE, AB
23/95	RAY, JENNIFER	5055	28:37.070	05:43	09:13	5K30-39F	1/7	F	6/52	LETHBRIDGE, AB
25/95	SAPSFORD, CHRISTIAN	5056	28:56.630	05:47	09:20	5K30-39M	8/11	M	18/42	LETHBRIDGE, AB
14/95	SCHAFTHUIZEN, BRETT	5057	25:32.208	05:06	08:14	5K30-39M	4/11	M	10/42	LETHBRIDGE, AB
16/95	SCHAFTHUIZEN, DEVIN	5058	25:39.084	05:07	08:16	5K30-39M	5/11	M	12/42	LETHBRIDGE, AB
8/95	SHADE, BRODY	5060	23:51.827	04:46	07:41	5K20-29M	2/6	M	7/42	COALHURST, AB
41/95	SINCLAIR, BUDDY	5061	35:23.036	07:04	11:24	5K50-59M	4/6	M	28/42	WINNIPEG, AB
58/95	SMITH, JAXON	5107	45:27.797	09:05	14:39	5K16-19M	3/3	M	32/42	CARDSTON,
29/95	SMITH, NAKOTA	5062	31:15.191	06:15	10:04	5K12-15M	1/4	M	20/42	LETHBRIDGE, AB
78/95	SOLVEY, CRISSY	5104	58:40.618	11:44	18:55	5K40-49F	9/13	F	38/52	KAINAI, AB
43/95	SPEAR CHIEF, SHARON	5063	36:09.624	07:13	11:39	5K50-59F	2/15	F	13/52	LETHBRIDGE, AB
24/95	STEWART, LUKE	5065	28:56.114	05:47	09:20	5K40-49M	1/4	M	17/42	LETHBRIDGE, AB
11/95	SWIHART, KRISTIN	5105	24:53.561	04:58	08:01	5K50-59F	1/15	F	3/52	KAINAI, AB
34/95	TAILFEATHERS, KRISTA	5067	32:49.766	06:33	10:35	5K30-39F	3/7	F	9/52	LETHBRIDGE, AB
33/95	TAILFEATHERS, PIINA KOYIM	5068	32:49.455	06:33	10:35	5K30-39M	10/11	M	24/42	LETHBRIDGE, AB
55/95	TANNER, NIKKI	5069	43:55.101	08:47	14:10	5K40-49F	6/13	F	23/52	KAINAI, AB
30/95	TANNER, PATRICK	5070	31:18.309	06:15	10:05	5K40-49M	2/4	M	21/42	KAINAI, AB
62/95	TWIGG, ROBIN LEE	5108	46:40.688	09:20	15:03	5K40-49F	7/13	F	29/52	FT MACLEOD,
64/95	VADNAIS, JENNIFER	5072	47:54.025	09:34	15:27	5K50-59F	8/15	F	30/52	LETHBRIDGE, AB
66/95	WEASEL MOCCASIN, GRAYSON	5114	49:32.252	09:54	15:58	5K11&UM	2/3	M	34/42	STANDOFF, AB
1/95	WHITE COW, JUSTIN	5073	19:47.374	03:57	06:23	5K30-39M	1/11	M	1/42	LETHBRIDGE, AB
19/95	WOLF CHILD, CRAIG	5093	26:39.030	05:19	08:35	5K30-39M	7/11	M	14/42	STAND OFF, AB
35/95	YELLOWFACE, JAYDEN	5075	33:04.432	06:36	10:40	5K16-19M	2/3	M	25/42	LETHBRIDGE, AB