

## 2023 Calgary Women's Run - Aug 20/2023

## Alpha Overall Results

## 5K - 3.1 Miles

## 127 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	City
1/127	ASTRIDGE, ROBYN	403	19:19.261	03:51	06:12	5K15-19	1/13	CALGARY, AB
18/127	AUGUSTIN, ADRIENNE	404	25:42.131	05:08	08:15	5K40-49	4/30	CALGARY, AB
117/127	BARICH, JESSICA	406	52:57.493	10:35	17:01	5K40-49	28/30	AIRDRIE, AB
2/127	BEACH, GRACE	543	19:27.561	03:53	06:15	5K15-19	2/13	COCHRANE, AB
98/127	BENT, LAURA	408	42:11.114	08:26	13:33	5K30-39	22/27	CALGARY, AB
59/127	BLACK, JENNIFER	409	34:09.337	06:49	10:58	5K40-49	10/30	CALGARY, AB
90/127	BRABBINS, EMILY	410	39:26.262	07:53	12:40	5K20-29	17/18	CALGARY, AB
42/127	BRANDT, NATASHA	411	31:03.667	06:12	09:59	5K20-29	6/18	CALGARY, AB
127/127	BURNETT, DEBBRA	541	1:04:43.805	12:56	20:48	5K50-59	17/17	CALGARY, AB
83/127	CAMPOS, LORENA	412	38:25.672	07:41	12:21	5K20-29	14/18	CALGARY, AB
58/127	CARMONA, TANYA	413	34:08.890	06:49	10:58	5K40-49	9/30	CALGARY, AB
25/127	CHAN, EVE	414	26:53.099	05:22	08:38	5K30-39	5/27	CALGARY, AB
66/127	CORDEIRO, ASHLEY	415	36:05.426	07:13	11:36	5K20-29	13/18	CALGARY, AB
22/127	COUTTS, CHELSEA	416	26:28.326	05:17	08:30	5K15-19	9/13	CALGARY, AB
91/127	COWARD, JOANNA	417	39:31.435	07:54	12:42	5K50-59	10/17	CALGARY, AB
65/127	COWIE, HEATHER	418	35:39.757	07:07	11:28	5K40-49	12/30	CALGARY, AB
43/127	DART, KIMBERLEY	419	31:20.190	06:16	10:04	5K50-59	4/17	CALGARY, AB
34/127	DILLABOUGH, JESSICA	421	29:10.724	05:50	09:22	5K40-49	6/30	CALGARY, AB
63/127	DITTMER-KLAUS, ANGIE	422	35:38.282	07:07	11:27	5K50-59	7/17	CALGARY, AB
110/127	DULMAGE, ALLISON	423	47:27.590	09:29	15:15	5K40-49	25/30	CALGARY, AB
109/127	DULMAGE, EMMYLOU	424	47:26.112	09:29	15:15	5K09&U	4/4	CALGARY, AB
108/127	DULMAGE, SAOIRSE	425	47:22.056	09:28	15:13	5K10-14	5/6	CALGARY, AB
78/127	EIKE, PAM	426	37:48.866	07:33	12:09	5K40-49	16/30	CALGARY, AB
38/127	ELLISON, KAYLA	427	29:48.832	05:57	09:35	5K20-29	4/18	CALGARY, AB
52/127	EWING, SYDNEY	428	32:29.305	06:29	10:26	5K20-29	12/18	CALGARY, AB
70/127	FOWLER, LESLIE	430	36:31.836	07:18	11:44	5K40-49	14/30	CALGARY, AB
71/127	FOWLER, TALIA	431	36:31.882	07:18	11:44	5K10-14	3/6	CALGARY, AB
16/127	GARRETSON, JILL	433	25:35.570	05:07	08:13	5K40-49	3/30	CALGARY, AB
126/127	GERVAIS, CHRISTINA	434	1:04:42.019	12:56	20:48	5K50-59	16/17	CALGARY, AB
95/127	GIBNEY, HOLLY	435	40:58.835	08:11	13:10	5K50-59	12/17	CALGARY, AB
7/127	GILLIES, BROOKE	539	22:34.800	04:30	07:15	5K40-49	1/30	CALGARY, AB
35/127	GRANT, VALERIE	437	29:15.059	05:51	09:24	5K30-39	11/27	CALGARY, AB
88/127	GROENLAND, ELLE	438	39:06.382	07:49	12:34	5K09&U	2/4	CALGARY, AB
89/127	GROENLAND, RENEE	439	39:06.568	07:49	12:34	5K40-49	20/30	CALGARY, AB
48/127	GU, ZHONG	440	31:53.891	06:22	10:15	5K50-59	5/17	CALGARY, AB
45/127	GUIMET, ISABELLA	441	31:29.494	06:17	10:07	5K20-29	7/18	CALGARY, AB
72/127	HARIDAS, SHARON	442	37:02.375	07:24	11:54	5K30-39	18/27	CALGARY, AB
120/127	HASS, EMILY	444	58:34.920	11:42	18:50	5K10-14	6/6	CALGARY, AB
101/127	HAWKER, JILL	445	43:49.738	08:45	14:05	5K40-49	22/30	CALGARY, AB
124/127	HIGGINS, LINDA MAE	446	1:01:02.317	12:12	19:37	5K40-49	30/30	CALGARY, AB
125/127	HIGGINS, RUBINA	447	1:01:03.770	12:12	19:38	5K60-69	9/9	CALGARY, AB
32/127	HONOROSKI, KYLIE	448	28:23.053	05:40	09:07	5K30-39	9/27	CALGARY, AB
46/127	HUSEYNOV, IRANA	449	31:31.161	06:18	10:08	5K20-29	8/18	CALGARY, AB
93/127	JIMENEZ, JENNIFER	450	40:04.906	08:00	12:53	5K50-59	11/17	CALGARY, AB
44/127	JOHNSON, HILARY	451	31:20.682	06:16	10:04	5K30-39	14/27	CALGARY, ON
54/127	JOSEPHY, TATIANA	540	33:27.571	06:41	10:45	5K30-39	16/27	CALGARY, AB
69/127	KALASHNIKOVA, OLGA	452	36:09.102	07:13	11:37	5K15-19	13/13	CALGARY, AB
13/127	KATCHMAR, DOREEN	453	24:58.701	04:59	08:01	5K60-69	1/9	CALGARY, AB
92/127	KENT, ADELE	454	39:32.864	07:54	12:42	5K70-79	1/2	CALGARY, AB
27/127	KOE, AVA	542	27:01.115	05:24	08:41	5K15-19	10/13	CALGARY, AB
61/127	KOE, CARLA	534	34:55.647	06:59	11:13	5K50-59	6/17	CALGARY, AB
53/127	KU, ARIEL	455	33:14.912	06:38	10:41	5K30-39	15/27	CALGARY, AB
104/127	LANE, ERIN	456	45:34.762	09:06	14:39	5K30-39	23/27	CALGARY, AB
24/127	LEE, CAMILLE	457	26:50.124	05:22	08:37	5K30-39	4/27	CALGARY, AB
3/127	LEISHMAN, SUNNIE	458	19:44.622	03:56	06:20	5K15-19	3/13	CALGARY, AB
51/127	LEWINGTON, REAGAN	459	32:25.721	06:29	10:25	5K20-29	11/18	CALGARY, AB
23/127	LY, GIA	460	26:50.067	05:22	08:37	5K10-14	1/6	CALGARY, AB

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8/127	MACMILLAN, CATRIONA	461	22:58.213	04:35	07:23	5K15-19	5/13	CALGARY, AB
80/127	MAHANEY, MARGARET	462	38:07.177	07:37	12:15	5K40-49	17/30	CALGARY, AB
60/127	MAK, CHRISTINE	464	34:45.106	06:57	11:10	5K40-49	11/30	CALGARY, AB
122/127	MANTEN, CATHY	519	59:11.224	11:50	19:01	5K40-49	29/30	CALGARY, AB
15/127	MCCAFFREY, JANICE	465	25:32.899	05:06	08:12	5K60-69	2/9	CALGARY, AB
79/127	MCDONALD, SHAWNA	466	38:04.998	07:37	12:14	5K50-59	8/17	CHESTERMERE, AB
107/127	MCLEAN, KATHERINE	467	47:06.566	09:25	15:08	5K40-49	24/30	CALGARY, AB
39/127	MESLER, RHIANNON	468	30:00.597	06:00	09:38	5K30-39	13/27	CALGARY, AB
84/127	MIGRINO, LAUREN	469	38:27.638	07:41	12:22	5K20-29	15/18	CALGARY, AB
118/127	MIGRINO, RAQUEL	470	56:32.693	11:18	18:10	5K60-69	8/9	CALGARY, AB
99/127	MILLARD, DIDI	546	43:00.918	08:36	13:49	5K50-59	13/17	CALGARY, AB
9/127	MIRANDA, ROSSE	471	23:17.268	04:39	07:29	5K40-49	2/30	CALGARY, AB
5/127	MOLNAR, CHELDYNN	544	21:17.057	04:15	06:50	5K20-29	1/18	STRATHMORE, AB
19/127	MOLNAR, SYDNE	473	26:00.345	05:12	08:21	5K20-29	2/18	STRATHMORE, AB
29/127	MORALES SILVA, BERENICE	474	27:16.021	05:27	08:46	5K30-39	7/27	MÉXICO D.F., CDMX
81/127	MURPHY, LEIGH	475	38:14.564	07:38	12:17	5K40-49	18/30	CALGARY, AB
113/127	MURPHY, MARIANNE	547	49:29.930	09:53	15:54	5K70-79	2/2	CALGARY, AB
75/127	MURPHY, SUSAN	476	37:26.490	07:29	12:02	5K60-69	5/9	CALGARY, AB
85/127	NEYEDLY, JACQUELINE	478	38:45.849	07:45	12:27	5K50-59	9/17	CALGARY, AB
86/127	NEYEDLY, JULIA	479	38:46.037	07:45	12:27	5K20-29	16/18	EDMONTON, AB
121/127	NICE, CHANTAL	487	59:10.686	11:50	19:01	5K30-39	27/27	ROCKY VIEW, AB
47/127	NIEVES, LEE	481	31:47.237	06:21	10:13	5K20-29	9/18	CALGARY, AB
37/127	NOWORYTA-FRIDMAN, KASIA	482	29:42.858	05:56	09:33	5K60-69	3/9	CALGARY, AB
87/127	OBRYCKI, MELINDA	483	38:46.717	07:45	12:28	5K40-49	19/30	CALGARY, AB
62/127	OSORIO, LUZ ELENA	484	35:22.437	07:04	11:22	5K30-39	17/27	CALGARY, AB
6/127	PADRON MILES, LOURDES	485	21:35.058	04:19	06:56	5K15-19	4/13	CALGARY, AB
4/127	PATTERSON, JANICE	486	20:51.136	04:10	06:42	5K50-59	1/17	CALGARY, AB
40/127	PERORAMAS, KANDACE	488	30:25.651	06:05	09:47	5K20-29	5/18	CALGARY, AB
119/127	PIGOTT-HASS, PENNY	490	58:34.850	11:42	18:50	5K50-59	14/17	CALGARY, AB
102/127	PODGORSKI, MARY-ANN	545	44:04.884	08:48	14:10	5K60-69	7/9	CALGARY, AB
103/127	POOLE, KEIRA	492	45:34.340	09:06	14:39	5K10-14	4/6	CALGARY, AB
33/127	RICHARDSON-PRAGER, JENNA	529	28:47.946	05:45	09:15	5K30-39	10/27	CALGARY, AB
76/127	ROBINSON, KESA	495	37:27.216	07:29	12:02	5K30-39	19/27	CALGARY, AB
74/127	ROBINSON, POPPY	496	37:25.158	07:29	12:01	5K09&U	1/4	CALGARY, AB
73/127	ROE, AMY	497	37:07.228	07:25	11:56	5K40-49	15/30	CALGARY, AB
31/127	ROOKS, JULIA	537	28:22.301	05:40	09:07	5K30-39	8/27	CALGARY, AB
112/127	ROWSELL, KYLA	498	48:43.925	09:44	15:40	5K30-39	25/27	COCHRANE, AB
36/127	SCHMIDT, ERIN	499	29:20.473	05:52	09:26	5K30-39	12/27	CALGARY, AB
123/127	SHADE, LOUISE	500	1:00:02.245	12:00	19:18	5K50-59	15/17	CALGARY, AB
30/127	SHAW, VICTORIA	501	27:32.709	05:30	08:51	5K20-29	3/18	CALGARY, AB
20/127	SHEEHAN, SONIA	502	26:02.170	05:12	08:22	5K40-49	5/30	CALGARY, AB
26/127	SHILLETTO, EMILY	503	26:56.053	05:23	08:39	5K30-39	6/27	CALGARY, AB
77/127	SINCLAIR, SARAH	504	37:34.086	07:30	12:04	5K60-69	6/9	CALGARY, AB
64/127	SKENE, CATHERINE	505	35:39.100	07:07	11:27	5K60-69	4/9	CALGARY, AB
96/127	SMITH, STACY	506	41:35.957	08:19	13:22	5K30-39	21/27	CALGARY, AB
116/127	SOKUL, NIKKI	507	51:56.812	10:23	16:42	5K30-39	26/27	CALGARY, AB
111/127	SPRAGUE, LINDSEY	508	48:43.876	09:44	15:40	5K30-39	24/27	EDMONTON, AB
105/127	STEBBING, ELIZE	548	47:00.962	09:24	15:07	5K09&U	3/4	CALGARY, AB
106/127	STEBBING, NATALIE	509	47:03.002	09:24	15:07	5K40-49	23/30	CALGARY, AB
67/127	SUTHERLAND, CARRIE	510	36:08.374	07:13	11:37	5K40-49	13/30	CALGARY, AB
68/127	SUTHERLAND, NORAH	511	36:08.423	07:13	11:37	5K10-14	2/6	CALGARY, AB
11/127	TARASOFF, SUMMER	512	24:05.288	04:49	07:44	5K15-19	6/13	CALGARY, BC
57/127	TAYLOR, ALICIA	513	33:48.382	06:45	10:52	5K40-49	8/30	CALGARY, AB
55/127	TAYLOR, CAITLIN	514	33:32.866	06:42	10:47	5K15-19	12/13	CALGARY, AB
10/127	TAYLOR, MELANIE	531	23:48.628	04:45	07:39	5K30-39	1/27	CALGARY, AB
41/127	TOOTH, CAROLYNN	515	30:55.863	06:11	09:56	5K50-59	3/17	CALGARY, AB
14/127	VERBONAC, KIERA	516	25:15.224	05:03	08:07	5K30-39	2/27	CALGARY, AB

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28/127	VERBONAC, MARIA	517	27:05.357	05:25	08:42	5K50-59	2/17	CALGARY, AB
50/127	VITO, ZARA	518	32:15.338	06:27	10:22	5K20-29	10/18	CALGARY, AB
97/127	WHITE, MARY MADELINE	520	42:07.247	08:25	13:32	5K80+	1/1	CALGARY, AB
94/127	WICKHAM, MICHELLE	521	40:58.412	08:11	13:10	5K40-49	21/30	CALGARY, AB
56/127	WILCZEK, LISA	522	33:35.750	06:43	10:48	5K40-49	7/30	CALGARY, AB
114/127	WONG, WAN LING	532	49:38.368	09:55	15:57	5K40-49	26/30	CALGARY, AB
115/127	WYLIE, DEANNA	523	51:15.303	10:15	16:28	5K40-49	27/30	CALGARY, AB
17/127	XIA, WENDY	524	25:41.336	05:08	08:15	5K15-19	8/13	CALGARY, AB
100/127	YOUNG-MACNEILL, KEYARA	525	43:15.730	08:39	13:54	5K20-29	18/18	RED DEER, AB
49/127	YU, GRACE	526	32:02.449	06:24	10:18	5K15-19	11/13	CALGARY, AB
21/127	ZEMLIANAIA, ALINA	527	26:10.327	05:14	08:24	5K30-39	3/27	CALGARY, AB
82/127	ZHANG, HAN	536	38:24.828	07:40	12:21	5K30-39	20/27	CALGARY, AB
12/127	ZUNIGA, MARIANA	528	24:53.640	04:58	08:00	5K15-19	7/13	CALGARY, AB