

2025 Calgary Women's Run - Aug 17/2025

Alpha Overall Results

5K - 3.1 Miles

154 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	City
123/154	ABRIAM, GLORICA	165	43:31.667	08:42	13:59	5K50-59	10/15	CALGARY, AB
110/154	AKKERMAN, HENDRIKJE	166	41:52.927	08:22	13:28	5K20-29	21/27	CALGARY, AB
89/154	ANSTEY, SHAYE	167	39:47.463	07:57	12:47	5K20-29	19/27	CALGARY, AB
146/154	ARYA, PREMA	168	50:43.080	10:08	16:18	5K40-49	26/28	CALGARY, AB
36/154	AUCHSTAETTER, SARAH	169	32:17.398	06:27	10:22	5K30-39	11/51	OKOTOKS, AB
118/154	BEDI, SIMRAN	170	42:49.471	08:33	13:46	5K20-29	25/27	CALGARY, AB
60/154	BHAGRIA, AVNEET	171	34:32.380	06:54	11:06	5K20-29	12/27	CALGARY, AB
2/154	BOIRE, ASPEN	172	21:26.612	04:17	06:53	5K10-19	1/20	CALGARY, AB
3/154	BOIRE, LAURA	173	21:40.299	04:20	06:58	5K40-49	1/28	CALGARY, AB
32/154	BOONE, MILA	174	32:05.093	06:25	10:19	5K20-29	6/27	CALGARY, AB
86/154	BRYANT, JANELL	330	39:11.664	07:50	12:36	5K30-39	33/51	CALGARY, AB
148/154	BUGAYONG, JULIETA	176	51:29.064	10:17	16:33	5K40-49	27/28	CALGARY, AB
147/154	BUGAYONG, LESLIE	327	51:22.009	10:16	16:31	5K20-29	27/27	CALGARY, AB
37/154	BUI, KACEY	332	32:24.427	06:28	10:25	5K30-39	12/51	CALGARY, AB
58/154	BURT, ERIN	177	34:16.831	06:51	11:01	5K40-49	13/28	OKOTOKS, AB
57/154	BURT, HANNAH	178	34:13.576	06:50	11:00	5K10-19	10/20	OKOTOKS, AB
68/154	CANET PONS, JULIA	179	35:59.555	07:11	11:34	5K30-39	26/51	CALGARY, AB
141/154	CARROLL, DIANA	319	48:58.198	09:47	15:44	5K30-39	49/51	CALGARY, AB
6/154	CHAN, EVE	180	26:15.922	05:15	08:26	5K30-39	3/51	CALGARY, AB
73/154	CHENG, MILY	181	37:05.257	07:25	11:55	5K50-59	6/15	CALGARY, AB
116/154	CHRISTENSEN, CONNIE	182	42:42.284	08:32	13:43	5K60-69	5/7	CALGARY, AB
9/154	CLAYBORNE, ZAHRA	183	27:20.234	05:28	08:47	5K30-39	5/51	CALGARY, AB
101/154	COATES, AMANDA	184	41:27.778	08:17	13:19	5K10-19	16/20	CALGARY, AB
102/154	COATES, SUSAN	185	41:28.551	08:17	13:20	5K50-59	9/15	CALGARY, AB
35/154	COE, CAELYN	186	32:14.303	06:26	10:21	5K10-19	6/20	CALGARY, AB
54/154	CORNEJO, CARLA	187	33:47.228	06:45	10:51	5K30-39	21/51	CALGARY, AB
23/154	CRANE, JODY	188	30:08.444	06:01	09:41	5K40-49	6/28	CALGARY, AB
18/154	DA SILVA BENETTI, CARLA	189	29:00.335	05:48	09:19	5K40-49	5/28	CALGARY, AB
45/154	DANDER, DEVON	190	32:57.641	06:35	10:35	5K30-39	14/51	PORT MOODY, BC
150/154	DAVIS, SONDRRA-JOAN SOLSTICE	192	51:37.804	10:19	16:36	5K30-39	51/51	CALGARY, AB
79/154	DICKINSON, HAILEY	193	38:30.546	07:42	12:22	5K10-19	12/20	CALGARY, AB
93/154	DICKINSON, NIKI	194	40:20.794	08:04	12:58	5K40-49	17/28	CALGARY, AB
119/154	DICKINSON, STELLA	195	42:53.558	08:34	13:47	5K10-19	17/20	CALGARY, AB
55/154	DIRK, MEGAN	196	33:49.061	06:45	10:52	5K20-29	10/27	CALGARY, AB
108/154	DOUVILLE, SUSANNE	197	41:49.129	08:21	13:26	5K40-49	20/28	LETHBRIDGE, AB
64/154	ELESIN, PELUMI	198	35:18.569	07:03	11:21	5K20-29	13/27	CALGARY, AB
7/154	ENGLESON, AVERY	199	26:30.735	05:18	08:31	5K10-19	2/20	CHESTERMERE, AB
39/154	FRENCH, JEN	200	32:37.247	06:31	10:29	5K40-49	11/28	SIOUX FALLS, SD
67/154	GAULT, KELSAY	201	35:55.765	07:11	11:33	5K30-39	25/51	CALGARY, AB
112/154	GELLNER, MACKENZIE	202	42:14.230	08:26	13:34	5K20-29	22/27	CALGARY, AB
44/154	GRANAT, CHRISTY	205	32:56.022	06:35	10:35	5K20-29	9/27	COCHRANE, AB
31/154	HACHÉ, JENNA	206	31:59.282	06:23	10:17	5K30-39	10/51	CALGARY, AB
62/154	HEFFERNAN, CLAIRE	207	35:02.746	07:00	11:16	5K10-19	11/20	CALGARY, AB
12/154	HIGGINS, LINDA MAE	208	27:37.836	05:31	08:53	5K40-49	3/28	CALGARY, AB
8/154	HINTHER, KELSEY	209	26:40.039	05:20	08:34	5K30-39	4/51	CALGARY, AB
134/154	HOBEL, CAITLIN	210	47:20.391	09:28	15:13	5K10-19	18/20	CALGARY, AB
133/154	HOBEL, CYNTHIA	211	47:19.571	09:27	15:13	5K50-59	14/15	CALGARY, AB
30/154	HOOD, KIRSTIE	322	31:52.433	06:22	10:14	5K30-39	9/51	CALGARY, AB
109/154	HORNSBY, SAGE	212	41:52.433	08:22	13:27	5K20-29	20/27	CALGARY, AB
72/154	HUPP, TRACY	213	36:45.332	07:21	11:49	5K50-59	5/15	CALGARY, AB
87/154	IHEMEFOR, VERA	214	39:16.855	07:51	12:37	5K30-39	34/51	CALGARY, AB
26/154	ILES, TORI	215	31:23.621	06:16	10:05	5K10-19	4/20	CALGARY, AB
90/154	IRWIN, LESLIE	216	39:48.380	07:57	12:47	5K60-69	2/7	CALGARY, AB
59/154	JERIN, SANJANA	219	34:30.122	06:54	11:05	5K20-29	11/27	CALGARY, AB
42/154	JONES, ASHLEY	220	32:50.444	06:34	10:33	5K20-29	8/27	CALGARY, AB
124/154	JUAREZ, STEPHANIE	223	43:51.449	08:46	14:06	5K30-39	42/51	CALGARY, AB
126/154	KAMARA, JENEBA	224	45:46.960	09:09	14:43	5K30-39	43/51	CALGARY, AB

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80/154	KANG, ANGELA	225	38:39.075	07:43	12:25	5K20-29	17/27	CALGARY, AB
143/154	KAUR, AVNOOR	228	49:58.026	09:59	16:03	5K09&U	2/2	CALGARY, AB
144/154	KAUR, BISMEET	226	49:58.054	09:59	16:04	5K10-19	19/20	CALGARY, AB
145/154	KAUR, GAGANPREET	227	50:43.032	10:08	16:18	5K40-49	25/28	CALGARY, AB
107/154	KELLY, ALYSSA	333	41:46.223	08:21	13:25	5K30-39	38/51	CALGARY, AB
106/154	KENT, ADELE	230	41:46.127	08:21	13:25	5K70-79	2/3	CALGARY, AB
14/154	KIERNAN, FRIEDE	231	27:41.633	05:32	08:54	5K20-29	2/27	CALGARY, AB
43/154	KIM, AMY	232	32:54.896	06:34	10:35	5K30-39	13/51	CALGARY, AB
40/154	KIM, SARAH	233	32:44.255	06:32	10:31	5K10-19	8/20	CALGARY, AB
139/154	KWOK, HALEY	235	48:56.205	09:47	15:44	5K09&U	1/2	CALGARY, AB
140/154	KWOK, JENNY	236	48:57.023	09:47	15:44	5K30-39	48/51	CALGARY, AB
120/154	LAFLECHE, AMY	237	43:11.791	08:38	13:53	5K40-49	22/28	CALGARY, AB
48/154	LAMBERTON, KALYNA	238	33:19.485	06:39	10:42	5K30-39	17/51	LACOMBE, AB
22/154	LAUTERMILCH, JENNY	239	29:58.697	05:59	09:38	5K50-59	2/15	CALGARY, AB
28/154	LEEMAN, BRIANNE	320	31:32.162	06:18	10:08	5K40-49	8/28	CALGARY, AB
135/154	LETUN, JESSICA	241	48:04.594	09:36	15:27	5K30-39	45/51	CALGARY, AB
17/154	LI, ALDA	242	28:54.885	05:46	09:17	5K20-29	4/27	CALGARY, AB
1/154	LOGAN, JENNA	243	20:32.496	04:06	06:36	5K30-39	1/51	CANMORE, AB
21/154	MACLEOD, BREANNE	245	29:18.847	05:51	09:25	5K30-39	8/51	CALGARY, AB
151/154	MACMILLAN, MARILYN	246	53:25.429	10:41	17:10	5K60-69	6/7	CALGARY, AB
4/154	MACSWEEN, MAUREEN	247	25:17.422	05:03	08:07	5K40-49	2/28	CALGARY, AB
83/154	MAHNKE, RACHEL	248	38:40.365	07:44	12:26	5K30-39	31/51	OKOTOKS, AB
82/154	MAHNKE, TINA	249	38:39.756	07:43	12:25	5K30-39	30/51	OKOTOKS, AB
49/154	MAJCAN, EMILY	250	33:27.451	06:41	10:45	5K10-19	9/20	RED DEER COUNTY, AB
154/154	MANTEN, CATHY	251	1:02:20.393	12:28	20:02	5K50-59	15/15	CALGARY, AB
105/154	MANTLER, MARNIE	252	41:44.557	08:20	13:25	5K40-49	19/28	LETHBRIDGE, AB
25/154	MAY, DOREEN	253	31:03.429	06:12	09:59	5K50-59	3/15	CALGARY, AB
53/154	MAYBURY, GABRIELA	254	33:45.110	06:45	10:51	5K30-39	20/51	CALGARY, AB
50/154	MCCUTCHEON, BETH	255	33:31.693	06:42	10:46	5K40-49	12/28	RED DEER COUNTY, AB
47/154	MCGOVERN, ERIN	325	33:09.895	06:37	10:39	5K30-39	16/51	CALGARY, AB
66/154	MCKENZIE, LINDSAY	256	35:50.840	07:10	11:31	5K30-39	24/51	CALGARY, AB
100/154	MILLER, JANNA	257	41:23.324	08:16	13:18	5K50-59	8/15	CALGARY, AB
71/154	MILLER, MALLORY	258	36:27.029	07:17	11:43	5K30-39	28/51	CALGARY, AB
46/154	MILLS, BRANDI	191	33:00.733	06:36	10:36	5K30-39	15/51	LACOMBE, AB
10/154	MITCHELL, MHAIRI	259	27:24.475	05:28	08:48	5K30-39	6/51	CALGARY, AB
111/154	MOEIN, MARYAM	261	41:55.339	08:23	13:28	5K40-49	21/28	CALGARY, AB
74/154	MORATINOS, RAQUEL	262	37:05.630	07:25	11:55	5K20-29	15/27	CALGARY, AB
97/154	MORGAN, LAUREL	263	40:58.807	08:11	13:10	5K50-59	7/15	COCHRANE, AB
41/154	MOYLAN, JESSICA	264	32:49.952	06:33	10:33	5K20-29	7/27	BURDETT, AB
15/154	NAEGELE, HELENA	323	28:23.960	05:40	09:07	5K20-29	3/27	HEIDELBERG, BW
61/154	NELSON, MARILYN	265	34:34.365	06:54	11:06	5K30-39	22/51	CALGARY, AB
153/154	NICE, AINSLEY	267	1:02:20.017	12:28	20:02	5K10-19	20/20	ROCKY VIEW, AB
98/154	NICE, CHANTAL	268	41:11.770	08:14	13:14	5K40-49	18/28	ROCKY VIEW, AB
34/154	NOEL, JOLENE	269	32:13.248	06:26	10:21	5K40-49	10/28	CANMORE, AB
131/154	OKONKWO, IFEOMA	270	47:02.252	09:24	15:07	5K30-39	44/51	CALGARY, AB
138/154	OKUBOYEJO, DEMI	271	48:25.924	09:41	15:34	5K30-39	47/51	CALGARY, AB
91/154	PADUA, CHERRY	272	39:57.801	07:59	12:50	5K40-49	16/28	CALGARY, AB
104/154	PAULS ATAS, WILMA	273	41:40.244	08:20	13:23	5K60-69	4/7	CALGARY, AB
137/154	PHILLIPS, KAETLYN	274	48:16.173	09:39	15:31	5K20-29	26/27	CALGARY, AB
27/154	PILON, SOPHIE	321	31:31.741	06:18	10:08	5K40-49	7/28	CALGARY, AB
20/154	PLASTIRAS, ANDREA	275	29:16.576	05:51	09:24	5K50-59	1/15	CALGARY, AB
11/154	PLASTIRAS, MAGGIE	276	27:35.021	05:31	08:52	5K20-29	1/27	CALGARY, AB
132/154	PODGORSKI, MARY-ANN	331	47:16.407	09:27	15:12	5K70-79	3/3	CALGARY, AB
70/154	POON-MATSUNE, DORA	277	35:59.820	07:11	11:34	5K20-29	14/27	CALGARY, AB
115/154	PUGH, ERIN	279	42:42.028	08:32	13:43	5K30-39	40/51	CALGARY, AB
81/154	QUINN, EVENSTAR	280	38:39.450	07:43	12:25	5K40-49	15/28	CALGARY, AB
84/154	RAJABOV, KATELYNN	329	39:09.825	07:49	12:35	5K20-29	18/27	CALGARY, AB

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O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/Pl	City
128/154	RATZ, HEIDI	281	46:45.635	09:21	15:02	5K50-59	12/15	CALGARY, AB
88/154	REDMOND, JASMINE	282	39:30.356	07:54	12:42	5K30-39	35/51	CALGARY, AB
121/154	RIES, IVONA	283	43:27.355	08:41	13:58	5K30-39	41/51	CALGARY, AB
51/154	RODRIGUES DOS SANTOS, PAMPHILA	284	33:33.779	06:42	10:47	5K30-39	18/51	GUARULHOS, SP
125/154	RODRIGUEZ, JENNIFER	285	43:53.615	08:46	14:06	5K40-49	24/28	AIRDRIE, AB
122/154	RODRIGUEZ, NATHALY	286	43:29.649	08:41	13:59	5K40-49	23/28	CALGARY, AB
142/154	SAFARALI, YAS	287	49:11.462	09:50	15:49	5K30-39	50/51	CALGARY, AB
113/154	SCHILLING, NATALIE	288	42:14.369	08:26	13:34	5K20-29	23/27	CALGARY, AB
52/154	SELL, ASHLEIGH	289	33:44.162	06:44	10:50	5K30-39	19/51	BEISEKER, AB
24/154	SELLIAH, OVIYA	290	30:44.772	06:08	09:53	5K10-19	3/20	CALGARY, AB
103/154	SHANE, KAIT	291	41:33.559	08:18	13:21	5K60-69	3/7	CALGARY, AB
13/154	SHERLEY, JILL	293	27:41.070	05:32	08:54	5K40-49	4/28	CALGARY, AB
117/154	SIDHU, RUPINDER	294	42:49.104	08:33	13:46	5K20-29	24/27	CALGARY, AB
152/154	SINCLAIR, SARAH	295	53:26.344	10:41	17:10	5K60-69	7/7	CALGARY, AB
78/154	SIWY, RACHELLE	296	37:54.076	07:34	12:11	5K30-39	29/51	CALGARY, AB
75/154	SKENE, CATHERINE	297	37:06.264	07:25	11:55	5K60-69	1/7	CALGARY, AB
77/154	SKOV, BONNIE	326	37:51.428	07:34	12:10	5K70-79	1/3	CALGARY, AB
99/154	SOLATI, SETAREH	298	41:21.683	08:16	13:17	5K30-39	37/51	CALGARY, AB
95/154	STEER, VERONICA	299	40:51.636	08:10	13:08	5K10-19	15/20	CALGARY, AB
65/154	SUNG, CHERYL	300	35:50.629	07:10	11:31	5K40-49	14/28	CALGARY, AB
16/154	TAAL, LAUREN	324	28:24.007	05:40	09:07	5K30-39	7/51	CALGARY, AB
85/154	TAN, AIKO	328	39:10.763	07:50	12:35	5K30-39	32/51	CALGARY, AB
38/154	THOMPSON, SOPHIA	301	32:31.904	06:30	10:27	5K10-19	7/20	CALGARY, AB
94/154	TROFIMUK, CHARLOTTE	302	40:51.426	08:10	13:08	5K10-19	14/20	CALGARY, AB
69/154	TSOI, TATIANA	303	35:59.612	07:11	11:34	5K30-39	27/51	CALGARY, AB
114/154	VANDEBEEK, EMILY	304	42:41.372	08:32	13:43	5K30-39	39/51	HIGH RIVER, AB
96/154	VOS, DANA	175	40:58.365	08:11	13:10	5K30-39	36/51	CALGARY, AB
76/154	WEDHOLM, EMMA	305	37:43.341	07:32	12:07	5K20-29	16/27	CALGARY, AB
29/154	WEDHOLM, JULIA	306	31:41.186	06:20	10:11	5K10-19	5/20	CHESTERMERE, AB
92/154	WEDHOLM, REBECCA	307	40:09.052	08:01	12:54	5K10-19	13/20	CHESTERMERE, AB
33/154	WESTGARD, ALIX	308	32:12.353	06:26	10:21	5K40-49	9/28	CALGARY, AB
130/154	WHITE, MARY MADELINE	309	46:48.003	09:21	15:02	5K80+	1/1	CALGARY, AB
129/154	WIEBE, SHEILA	310	46:45.753	09:21	15:02	5K50-59	13/15	SPERLING, MB
5/154	WILLIAMS, VALERIE	311	26:06.441	05:13	08:23	5K30-39	2/51	CALGARY, AB
63/154	WILLING, AMY	312	35:04.059	07:00	11:16	5K30-39	23/51	LACOMBE, AB
56/154	WONG, WENDY	313	34:11.093	06:50	10:59	5K50-59	4/15	CALGARY, AB
149/154	YADAO, MARY	314	51:35.718	10:19	16:35	5K40-49	28/28	CALGARY, AB
136/154	YORKE, ASHLEY	316	48:04.933	09:36	15:27	5K30-39	46/51	RED DEER COUNTY, AB
127/154	YUEN, FRANCES	317	46:15.635	09:15	14:52	5K50-59	11/15	CALGARY, AB
19/154	ZUROCK, EILYSH	334	29:02.325	05:48	09:20	5K20-29	5/27	CALGARY, AB