

## Category Results

**5K - 3.1 Miles****5K12&U - 14 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/14	BURK, ALEXANDRA	1214	00:24:29.00	07:53	21/135	
2/14	LEE, RAYA	1264	00:27:52.00	08:59	31/135	
3/14	GIRGULIS, JANE	1240	00:28:56.55	09:20	35/135	
4/14	COTTINGHAM, AMY	1222	00:29:53.40	09:38	39/135	
5/14	MCCLOY, ALLISON	1351	00:31:18.85	10:06	49/135	
6/14	WOOD, CIARA	1350	00:31:20.00	10:06	50/135	
7/14	MEPPEM, CHLOE	1272	00:32:14.90	10:24	64/135	
8/14	MIDDLETON, GRACE	1273	00:32:16.45	10:24	65/135	
9/14	TOMBROWSKI, NATALIA	1342	00:34:33.80	11:09	83/135	
10/14	RICCIO, MARINA	1294	00:34:40.85	11:11	84/135	
11/14	IKEDA, SUNA	1327	00:36:05.05	11:38	95/135	
12/14	CORCORAN, LAUREN	1221	00:37:36.70	12:07	98/135	
13/14	SAUNDERS-MCCONOMY, GEORGIA	1298	00:37:49.35	12:11	101/135	
14/14	ADAM, SABRINA	1201	00:40:48.70	13:09	115/135	

**5K13-15 - 7 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/7	QUIBELL, SHAYNA	1339	00:22:41.95	07:19	11/135	
2/7	DIXON, EMMA	1227	00:23:04.95	07:26	13/135	
3/7	ANDERSON, ERIN	1203	00:24:18.85	07:50	20/135	
4/7	GIRGULIS, JILL	1241	00:28:54.75	09:19	34/135	
5/7	SNYDER, KIM	1306	00:35:35.90	11:29	92/135	
6/7	BLAZINA, RYSHON	1209	00:38:13.05	12:19	102/135	
7/7	PORTEOUS, JAINA	1289	00:40:20.45	13:00	112/135	

**5K16-19 - 7 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/7	KARY, GRACE	1330	00:18:50.20	06:04	3/135	
2/7	ANDERSON, EVELYN	1204	00:21:08.70	06:49	7/135	
3/7	MAWDSLEY, CLIO	1268	00:21:08.90	06:49	8/135	
4/7	SCOTT, JOELLE	1324	00:24:16.85	07:49	17/135	
5/7	LIU, SHELLEY	1321	00:24:17.05	07:50	18/135	
6/7	HUYNH, TAMMY	1318	00:28:20.25	09:08	33/135	
7/7	EMERY, THERESA	2639	00:29:14.35	09:25	37/135	

**5K20-29 - 30 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/30	WILLIAMS, MADELEINE	1313	00:18:58.20	06:07	4/135	
2/30	PARSONS, JEANNA	1283	00:23:13.25	07:29	14/135	
3/30	KERRIGAN, JANET	1256	00:25:44.50	08:18	24/135	
4/30	MCWHIRTER, STEPHANIE	1271	00:27:39.55	08:55	29/135	
5/30	CLARK, KELSEY	2616	00:29:54.00	09:38	40/135	
6/30	PRUDEN, HEATHER	1290	00:29:59.70	09:40	42/135	
7/30	MOROZ, ALLISON	1275	00:30:00.40	09:40	43/135	
8/30	BUDD, JAMIE	1213	00:30:13.85	09:45	44/135	
9/30	EMERY, FRANCES	2638	00:30:42.95	09:54	46/135	
10/30	FLORES, JENNIFER	1236	00:31:20.25	10:06	51/135	
11/30	JOBSON, EMILY	1251	00:31:43.55	10:13	53/135	
12/30	DAIT, HELEN	1316	00:31:49.30	10:16	56/135	
13/30	CYR, DANIELLE	1224	00:31:53.85	10:17	59/135	
14/30	O'HEARN, EMILY	1281	00:31:55.15	10:17	60/135	
15/30	BROWNRIDGE, JANE	1212	00:31:55.40	10:17	61/135	
16/30	SCHMIDT, ROBYN	1301	00:32:30.65	10:29	68/135	
17/30	JAZAYERI, ASHLEY	1250	00:33:58.15	10:57	78/135	
18/30	DOVICHAK, JESSICA	1229	00:33:59.35	10:57	79/135	
19/30	TOMASZEWSKI, ERIN	2729	00:34:20.85	11:04	82/135	
20/30	MACDONALD, ABBIE	1341	00:38:13.30	12:19	103/135	
21/30	LAFRENIERE, JULIE	1319	00:39:11.35	12:38	108/135	
22/30	HOANG, JENNY	1246	00:40:38.20	13:06	114/135	
23/30	JOLICOEUR, LISA	1253	00:40:51.55	13:10	118/135	
24/30	JOLICOEUR-SKINNER, MICHELLE	1254	00:40:51.55	13:10	119/135	
25/30	EMERY, KATE	1232	00:41:07.75	13:15	120/135	
26/30	VAN ENGELLEN, KATELYNN	1310	00:43:13.40	13:56	125/135	
27/30	KONDRATOWICZ, ERIS	1257	00:43:13.45	13:56	126/135	
28/30	PIERZCHALA, LORI	1286	00:43:33.95	14:03	127/135	

## Category Results

**5K - 3.1 Miles****5K20-29 - 30 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
29/30	SHERWOOD, KARRY	1303	00:43:36.90	14:04	130/135	
30/30	IMESON, NICOLE	1249	00:46:42.95	15:04	131/135	

**5K30-39 - 29 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/29	BOYLE, SHARI	1210	00:18:23.60	05:56	2/135	
2/29	KARLSON, MELINDA	1328	00:20:11.45	06:30	5/135	
3/29	KING, LORINDA	1354	00:22:55.40	07:23	12/135	
4/29	SORENSEN, TRISH	1326	00:25:12.50	08:07	22/135	
5/29	FILTZ, SUSAN	2647	00:26:11.80	08:27	25/135	
6/29	HARRIS, JENNIFER	1242	00:27:04.15	08:43	27/135	
7/29	ZAMBORY, JENNIFER	1314	00:27:08.65	08:45	28/135	
8/29	LEE, LAURA	1263	00:27:52.15	08:59	32/135	
9/29	LITTLE, KIM	1265	00:29:49.35	09:37	38/135	
10/29	STOTHART, KAYLANI	1308	00:30:29.35	09:50	45/135	
11/29	FEHST, SOPHIE	1234	00:31:43.95	10:14	54/135	
12/29	KOURLINE, CHELSEA	2677	00:31:52.60	10:17	57/135	
13/29	KONOFF, ELISE	1258	00:32:01.50	10:19	62/135	
14/29	FOLD, MAERI-ANNE	1237	00:32:47.50	10:34	70/135	
15/29	HOHENDORF, CHRISTINE	1247	00:35:05.65	11:19	86/135	
16/29	NIEMI, CHRISTINE	1279	00:35:07.10	11:19	87/135	
17/29	HUMPHREYS, COLLEEN	1317	00:35:15.25	11:22	88/135	
18/29	SCABAR, MICHELLE	1299	00:35:15.50	11:22	89/135	
19/29	CLARK, LYNN	1218	00:35:27.40	11:26	90/135	
20/29	ACHESON, LYNN	1200	00:35:27.50	11:26	91/135	
21/29	FISHER, JULIE	1235	00:35:46.40	11:32	93/135	
22/29	CORCORAN, ADRIENNE	1220	00:37:45.50	12:10	99/135	
23/29	BLAZINA, LYNDIA	1208	00:38:20.60	12:21	104/135	
24/29	LEBLANC, MONIQUE	1329	00:38:45.10	12:30	105/135	
25/29	LEBLANC, JANE	1320	00:38:45.35	12:30	106/135	
26/29	REID, TABATHA	1292	00:39:34.95	12:46	109/135	
27/29	NORMAND, ANGELA	1280	00:40:21.50	13:01	113/135	
28/29	SHERWOOD, LEA	1304	00:43:07.30	13:54	124/135	
29/29	PIERZCHALA, KELLIE	1285	00:43:34.55	14:03	128/135	

**5K40-49 - 28 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/28	HARVEY, LISA	1352	00:18:15.30	05:53	1/135	
2/28	ANDERSON, AMY	1202	00:20:53.25	06:44	6/135	
3/28	DIXON, DONNA	1226	00:21:38.85	06:59	9/135	
4/28	BROWN, SHANNON	1338	00:21:39.35	06:59	10/135	
5/28	HARMS, JEANNIE	1337	00:23:24.05	07:32	15/135	
6/28	COZAC, JOCLYN	1223	00:24:13.35	07:48	16/135	
7/28	SCOTT, KIMBERLY	1325	00:24:17.10	07:50	19/135	
8/28	ELIASZIW, MISHA	1231	00:25:26.25	08:12	23/135	
9/28	BRATTLAND, LISA	1211	00:26:20.15	08:29	26/135	
10/28	BURK, JANICE	1215	00:27:45.10	08:57	30/135	
11/28	LATIMER-ARNS, ELLEN	1260	00:29:55.15	09:39	41/135	
12/28	LEASK, ERICA	1262	00:30:56.10	09:58	47/135	
13/28	ZIWANI, PAMELA	1315	00:31:24.10	10:07	52/135	
14/28	GRUNEWALD, JOE-ANNE	1334	00:31:45.35	10:14	55/135	
15/28	FOLD, TRACEY	1238	00:32:47.85	10:34	71/135	
16/28	SHIPTON, MAUREEN	1305	00:33:30.40	10:48	74/135	
17/28	WASIUTA, LISA	1312	00:33:44.90	10:53	77/135	
18/28	ROVERS, MONICA	2713	00:34:15.25	11:03	80/135	
19/28	RICCIO, TRISH	1295	00:34:41.00	11:11	85/135	
20/28	BLACK, JULIE	1207	00:35:52.90	11:34	94/135	
21/28	SAUNDERS, HAYLEY	1297	00:37:48.70	12:11	100/135	
22/28	HEISLER, LAURA	1243	00:40:19.90	13:00	111/135	
23/28	REINSON-ADAM, TRICIA	1293	00:40:50.25	13:10	116/135	
24/28	JOLICOEUR, ELIZABETH	1252	00:40:50.90	13:10	117/135	
25/28	TOMBROWSKI, ANDREA	1309	00:41:14.40	13:18	121/135	
26/28	HOLLINGWORTH, NADARA	1343	00:43:07.20	13:54	123/135	
27/28	LABONTE, JUDY	1259	00:46:44.70	15:04	132/135	
28/28	ROE, NICOLA	2711	00:50:44.15	16:21	134/135	

**2010 Calgary Womens Run 10K, 5K - Aug. 29/2010**  
**Category Results**

**5K - 3.1 Miles****5K40-49 - 28 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
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**5K50-59 - 14 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/14	MANION, CHRISTINE	1267	00:29:08.95	09:24	36/135	
2/14	CYR, FERN	1225	00:31:53.55	10:17	58/135	
3/14	VANDENENDEN, ELLY	1311	00:32:02.20	10:20	63/135	
4/14	BENINGER, AILEEN	1335	00:32:20.50	10:26	67/135	
5/14	DONKERS, TINA	1228	00:32:43.25	10:33	69/135	
6/14	PLESUK, SUSAN	1287	00:33:21.05	10:45	73/135	
7/14	MOSORONCHON, MONICA	1277	00:33:30.80	10:48	75/135	
8/14	PERRIN, JUDY	1284	00:33:31.55	10:49	76/135	
9/14	TOMASZEWSKI, DEBBIE	2728	00:34:20.20	11:04	81/135	
10/14	BAEHR, KASY	1205	00:36:09.40	11:39	96/135	
11/14	JUNKIN, SARAH	1255	00:37:25.95	12:04	97/135	
12/14	ESTES, JOYCE	1233	00:42:50.25	13:49	122/135	
13/14	BAEHR, KATHY	1206	00:43:35.60	14:03	129/135	
14/14	MEYERS, MARY JANE	1323	00:52:41.20	16:59	135/135	

**5K60+ - 6 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/6	MCAULEY, MELISSA	1269	00:31:04.30	10:01	48/135	
2/6	CHIOZZA, TERESA	1336	00:32:19.95	10:25	66/135	
3/6	MOSKWA, JAN	1348	00:33:04.70	10:40	72/135	
4/6	ROBERTS, MARDY	1347	00:38:57.30	12:33	107/135	
5/6	VOGELSANG, EVA	1344	00:39:53.20	12:51	110/135	
6/6	MOORE, PRISCILLA	1355	00:50:19.70	16:13	133/135	