

2016 Dino Dash 5K/10K Sept 10/2016

Alpha Overall Results

5K Run - 3.1 Miles

215 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
38/215	ABBAS, HANNEYA	593	00:26:16.72	05:15	5K19&UF	3/16	F	11/130	00:26:14.01
141/215	ARDLEY, BILL	433	00:38:13.92	07:38	5K70+M	5/5	M	63/85	00:37:49.79
129/215	BANKEBABONE, AMANDA	594	00:35:50.86	07:10	5K30-39F	22/37	F	70/130	00:35:14.47
130/215	BANKS, DAVID	436	00:35:58.52	07:11	5K19&UM	9/20	M	60/85	00:35:50.81
131/215	BANKS, PETER	437	00:35:58.76	07:11	5K40-49M	11/13	M	61/85	00:35:51.05
46/215	BARBER, CLAIRE	595	00:27:28.84	05:29	5K30-39F	6/37	F	15/130	00:27:18.52
179/215	BARICH, JESSICA	438	00:46:01.43	09:12	5K30-39F	29/37	F	105/130	00:45:21.87
69/215	BARLEY, MISTY	439	00:29:48.99	05:57	5K40-49F	6/34	F	25/130	00:29:15.26
100/215	BARRETT, LAURA	440	00:33:22.50	06:40	5K20-29F	9/17	F	49/130	00:32:51.11
65/215	BARWACZ RIOU, AGNIESZKA	441	00:28:59.84	05:47	5K40-49F	5/34	F	21/130	00:28:51.36
164/215	BENSON, BONNIE	442	00:41:43.31	08:20	5K50-59F	12/15	F	94/130	00:41:12.50
16/215	BERES, SYDNEY	443	00:23:20.67	04:40	5K19&UF	2/16	F	3/130	00:23:19.10
208/215	BLACKMORE, CAYDEN	444	00:55:24.37	11:04	5K19&UM	20/20	M	84/85	00:54:57.34
209/215	BLACKMORE, KAREN	445	00:55:28.20	11:05	5K30-39F	35/37	F	125/130	00:55:28.20
150/215	BLACKTOPP, AMANDA	446	00:38:58.95	07:47	5KSTROLLERF	3/5	F	85/130	00:38:58.64
105/215	BLANDFORD, LIANE	596	00:33:55.37	06:47	5K50-59F	6/15	F	51/130	00:33:50.30
116/215	BLOXHAM, HEATHER	689	00:34:34.14	06:54	5K40-49F	15/34	F	59/130	00:34:03.23
13/215	BOLSTAD, JANE	597	00:22:42.82	04:32	5K50-59F	1/15	F	2/130	00:22:36.79
153/215	BRANDWAGT, JOHN	448	00:39:36.90	07:55	5K50-59M	10/12	M	67/85	00:39:02.77
110/215	BROWNE, HEATHER	598	00:34:12.35	06:50	5K30-39F	14/37	F	54/130	00:33:44.49
135/215	BUDGELL, DANIELLE	449	00:36:40.14	07:20	5K30-39F	25/37	F	74/130	00:36:32.10
75/215	CALDWELL, LISA	450	00:30:47.47	06:09	5K40-49F	7/34	F	28/130	00:30:13.82
165/215	CAMERON, GLENDA	451	00:42:05.16	08:25	5K40-49F	23/34	F	95/130	00:41:35.78
211/215	CEJALVO, KATHRYN	453	01:14:39.09	14:55	5K40-49F	33/34	F	128/130	01:14:39.09
34/215	CHAN, EVA	454	00:25:08.93	05:01	5K30-39F	3/37	F	9/130	00:25:02.91
139/215	CHAN, GABRIELLE	599	00:37:12.22	07:26	5K19&UF	11/16	F	77/130	00:37:06.26
138/215	CHAN, GRACE	600	00:37:12.16	07:26	5K40-49F	18/34	F	76/130	00:37:06.60
60/215	CHAN, TANIA	455	00:28:20.77	05:40	5K40-49F	4/34	F	18/130	00:28:04.85
84/215	CHENEY, BETH-ANN	601	00:31:53.94	06:22	5K20-29F	4/17	F	35/130	00:31:29.07
171/215	CHEUNG, KARMEN	457	00:44:23.74	08:52	5K20-29F	14/17	F	100/130	00:43:53.59
143/215	CHEUNG, KATHY	458	00:38:22.04	07:40	5K19&UF	12/16	F	80/130	00:37:51.82
156/215	CLARKE, ARMINTY	459	00:39:57.71	07:59	5K30-39F	26/37	F	89/130	00:39:31.36
90/215	CLITHEROE, HEATHER	460	00:32:37.85	06:31	5K30-39F	12/37	F	40/130	00:32:22.41
99/215	CLOREY, CLARA	461	00:33:22.06	06:40	5K20-29F	8/17	F	48/130	00:32:50.77
177/215	COLLINS, JACKIE	463	00:45:43.94	09:08	5K40-49F	25/34	F	104/130	00:45:38.73
15/215	CONEYBEARE, STEVE	464	00:23:11.90	04:38	5K50-59M	2/12	M	13/85	00:23:07.90
4/215	CORDER, CRAIG	664	00:20:23.08	04:04	5K30-39M	1/16	M	4/85	00:20:20.67
2/215	CORMIER, RYAN	466	00:19:19.56	03:51	5K20-29M	1/9	M	2/85	00:19:22.02
163/215	D'ADAMO, ANGELA	602	00:41:35.83	08:19	5K30-39F	27/37	F	93/130	00:41:19.52
98/215	DAVIES, BETHAN	467	00:33:18.47	06:39	5KSTROLLERF	1/5	F	47/130	00:33:15.09
92/215	DAY, BREANNE	678	00:32:40.54	06:32	5K20-29F	6/17	F	42/130	00:32:30.96
115/215	DE CHAMPLAIN, JENNY	603	00:34:22.55	06:52	5K30-39F	17/37	F	58/130	00:33:42.15
158/215	DE GUIA, DENNIS	604	00:40:48.53	08:09	5K40-49M	12/13	M	69/85	00:39:45.75
182/215	DE GUIA, MIANNE	605	00:46:21.44	09:16	5K40-49F	26/34	F	108/130	00:45:16.14
215/215	DEL MUNDO, ROSALENE	468	01:29:54.29	17:58	5K30-39F	37/37	F	130/130	01:29:54.29
140/215	DICKSON, AMBER	469	00:38:10.58	07:38	5K20-29F	12/17	F	78/130	00:37:48.08
161/215	DICKSON, SHELLY	470	00:41:14.52	08:14	5K40-49F	22/34	F	91/130	00:40:51.82
28/215	DONATO, ADRIANNA	471	00:24:23.48	04:52	5K40-49F	1/34	F	6/130	00:24:21.82
104/215	DREBIT, CRAIG	473	00:33:54.58	06:46	5K30-39M	14/16	M	54/85	00:33:21.53
23/215	DUCEY, MARK	474	00:24:01.25	04:48	5K30-39M	5/16	M	19/85	00:23:57.24
83/215	ERVIN, KATHY	661	00:31:40.44	06:20	5K50-59F	4/15	F	34/130	00:31:20.70
1/215	FALKENBERG, KEVIN	478	00:18:58.38	03:47	5K19&UM	1/20	M	1/85	00:18:57.52
146/215	FAST, LYNN	57	00:38:35.38	07:43	5K50-59F	9/15	F	82/130	00:38:07.68
203/215	FEHR, JENNIFER	479	00:53:18.58	10:39	5K40-49F	30/34	F	122/130	00:53:02.92
125/215	FINLEY, RYAN	606	00:35:38.31	07:07	5K20-29M	8/9	M	59/85	00:35:31.45
190/215	FOO, CAMERON	481	00:47:37.89	09:31	5K19&UM	16/20	M	78/85	00:47:37.89
173/215	FOO, DAVID	482	00:45:21.65	09:04	5K50-59M	11/12	M	72/85	00:44:52.40
188/215	FOO, FRANCES	483	00:47:37.44	09:31	5K20-29F	16/17	F	111/130	00:47:08.45
187/215	FOO, JON	484	00:47:37.41	09:31	5K30-39M	15/16	M	77/85	00:47:07.78
189/215	FOO, LINDA	485	00:47:37.83	09:31	5K50-59F	15/15	F	112/130	00:47:08.20
120/215	FOSTER, COLETIN	607	00:34:57.46	06:59	5K19&UM	8/20	M	58/85	00:34:38.31
197/215	FOSTER, GRAYSON	674	00:49:54.82	09:58	5K19&UM	18/20	M	81/85	00:49:35.08
122/215	FOSTER, MARCY	608	00:35:00.40	07:00	5K30-39F	19/37	F	64/130	00:34:41.81
196/215	FOSTER, MIKE	673	00:49:54.81	09:58	5K30-39M	16/16	M	80/85	00:49:35.57
101/215	FREMONT, TAMMY	609	00:33:36.16	06:43	5K40-49F	13/34	F	50/130	00:33:26.39
117/215	FREY, PAM	671	00:34:39.60	06:55	5K50-59F	7/15	F	60/130	00:34:03.66

Alpha Overall Results

5K Run - 3.1 Miles

215 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
94/215	FROSTAD, CHERYL	487	00:33:02.69	06:36	5K40-49F	11/34	F	44/130	00:32:52.92
58/215	FROSTAD, SARA	488	00:28:14.26	05:38	5K19&UF	5/16	F	17/130	00:28:04.72
40/215	FRY, JIM	489	00:26:22.60	05:16	5K70+M	1/5	M	28/85	00:26:19.38
87/215	GARDINER, SCOTT	663	00:32:18.56	06:27	5K20-29M	6/9	M	50/85	00:32:01.98
183/215	GENTLES, KRISTINA	491	00:46:54.35	09:22	5K30-39F	32/37	F	109/130	00:46:27.07
167/215	GIBBS, GAIL	610	00:43:07.35	08:37	5K50-59F	13/15	F	96/130	00:42:39.15
145/215	GILBERT, CAMILLE	667	00:38:30.08	07:42	5K19&UF	13/16	F	81/130	00:38:00.95
160/215	GILBERT, EUGENE	666	00:41:09.22	08:13	5K19&UM	11/20	M	70/85	00:40:39.39
71/215	GILLIES, JAYDEN	690	00:30:03.91	06:00	5K19&UF	8/16	F	26/130	00:29:58.65
202/215	GMAINER, DOROTHEA	675	00:53:17.47	10:39	5K70+F	3/3	F	121/130	00:53:01.80
18/215	GOLDBLUM, DAVID	492	00:23:50.26	04:46	5K50-59M	3/12	M	14/85	00:23:45.73
89/215	GONZALEZ, ISABEL	493	00:32:34.62	06:30	5K19&UF	9/16	F	39/130	00:32:08.59
128/215	GONZALEZ, LAURA	494	00:35:45.35	07:09	5K40-49F	17/34	F	69/130	00:35:19.32
127/215	GONZALEZ, VICTORIA	496	00:35:41.97	07:08	5K19&UF	10/16	F	68/130	00:35:15.57
73/215	GORDON, BOYD	668	00:30:24.74	06:04	5K50-59M	7/12	M	47/85	00:30:04.43
76/215	GRAY, CHERI	497	00:30:49.37	06:09	5K40-49F	8/34	F	29/130	00:30:30.07
198/215	HAMILTON, JANET	499	00:50:12.07	10:02	5K70+F	2/3	F	117/130	00:49:46.81
33/215	HAMILTON, PAIGE	662	00:25:08.33	05:01	5K40-49F	2/34	F	8/130	00:25:03.87
44/215	HARVEY, AARON	611	00:26:46.24	05:21	5K40-49M	5/13	M	31/85	00:26:20.22
31/215	HARVEY, ERIC	612	00:24:57.59	04:59	5K40-49M	4/13	M	24/85	00:24:31.80
142/215	HARVEY, SUSAN	500	00:38:14.87	07:38	5K60-69F	2/3	F	79/130	00:38:07.46
68/215	HAWKINS, ANNA	501	00:29:40.30	05:56	5K19&UF	7/16	F	24/130	00:29:04.36
88/215	HAWKINS, SWINDER	502	00:32:32.94	06:30	5K50-59F	5/15	F	38/130	00:31:57.68
36/215	HEEG, MARTY	613	00:25:25.88	05:05	5K60-69M	4/7	M	27/85	00:25:19.99
113/215	HENDERSON, LAURA	503	00:34:16.02	06:51	5K30-39F	16/37	F	56/130	00:33:40.33
19/215	HERMAN, IAN	670	00:23:50.96	04:46	5K30-39M	4/16	M	15/85	00:23:39.46
66/215	HESCH, ROBBYN	504	00:29:12.25	05:50	5K20-29F	2/17	F	22/130	00:28:39.01
118/215	HINDMARSH, ANGELA	614	00:34:46.82	06:57	5K40-49F	16/34	F	61/130	00:34:37.24
168/215	HORTON, BRIANNA	615	00:43:07.44	08:37	5K20-29F	13/17	F	97/130	00:42:39.09
56/215	INGLIS, GEORGE	505	00:28:09.30	05:37	5K70+M	3/5	M	40/85	00:27:48.22
7/215	JAEGER, CONRAD	682	00:22:10.84	04:26	5K20-29M	2/9	M	6/85	00:21:47.87
155/215	JAEGER, SANDY	506	00:39:54.60	07:58	5K50-59F	10/15	F	88/130	00:39:24.77
111/215	JEWORSKI, JODIE	507	00:34:12.46	06:50	5K30-39F	15/37	F	55/130	00:33:42.71
85/215	JOHNSTON, ALANNA	508	00:32:01.82	06:24	5K20-29F	5/17	F	36/130	00:31:54.58
55/215	KEELING, JAMES	687	00:28:05.44	05:37	5K50-59M	5/12	M	39/85	00:27:34.32
37/215	KING, DINEEN	509	00:25:58.81	05:11	5K40-49F	3/34	F	10/130	00:25:48.24
149/215	KING, SHANNON	616	00:38:41.96	07:44	5K40-49F	19/34	F	84/130	00:38:29.74
49/215	KIRKBY, BOB	617	00:27:31.87	05:30	5K70+M	2/5	M	34/85	00:27:29.77
63/215	KOLODY, ABBY	510	00:28:49.55	05:45	5K19&UF	6/16	F	20/130	00:28:32.58
9/215	KOSCHIK, KRISTOPHER	686	00:22:13.35	04:26	5K40-49M	2/13	M	8/85	00:22:09.85
194/215	KOVACS, DEBBIE	618	00:49:37.35	09:55	5K40-49F	28/34	F	115/130	00:49:23.28
193/215	KOVACS, SPENCER	619	00:49:37.33	09:55	5K19&UM	17/20	M	79/85	00:49:22.71
195/215	KOVACS, VICTORIA	620	00:49:37.74	09:55	5K19&UF	16/16	F	116/130	00:49:23.68
152/215	KUHL, GREG	514	00:39:36.58	07:55	5K60-69M	6/7	M	66/85	00:39:20.00
62/215	LAI, DAVID	621	00:28:45.96	05:45	5K20-29M	5/9	M	43/85	00:28:15.08
39/215	LAI, JAMIE	515	00:26:18.06	05:15	5K30-39F	4/37	F	12/130	00:26:10.01
151/215	LAM, AMANDA	516	00:39:14.53	07:50	5KSTROLLERF	4/5	F	86/130	00:39:09.35
20/215	LAMONT, BAILEY	622	00:23:53.70	04:46	5K19&UM	2/20	M	16/85	00:23:47.68
30/215	LAMONT, DOUG	623	00:24:51.97	04:58	5K60-69M	3/7	M	23/85	00:24:46.32
95/215	LAMPERT, ENZO	624	00:33:05.64	06:37	5K19&UM	6/20	M	51/85	00:32:59.87
159/215	LANGLAIS, JULIE	665	00:41:08.84	08:13	5K40-49F	21/34	F	90/130	00:40:39.91
64/215	LAYCOCK, ANTHONY	684	00:28:57.76	05:47	5K19&UM	5/20	M	44/85	00:28:49.65
5/215	LAYCOCK, RAYANNE	683	00:20:43.65	04:08	5K19&UF	1/16	F	1/130	00:20:43.26
214/215	LETIER, EILEEN	626	01:16:09.60	15:13	5K40-49F	34/34	F	129/130	01:16:09.60
213/215	LETIER, REGIS	627	01:14:50.88	14:58	5K60-69M	7/7	M	85/85	01:14:50.88
17/215	LEYDON, SHANNON	628	00:23:45.00	04:45	5K30-39F	1/37	F	4/130	00:23:38.85
170/215	LI, PISA	518	00:44:03.26	08:48	5K50-59F	14/15	F	99/130	00:43:34.51
210/215	LIGON, KATRINA	629	00:55:33.00	11:06	5K30-39F	36/37	F	126/130	00:55:06.39
45/215	LOBLAW, ISABEL	630	00:27:01.26	05:24	5K19&UF	4/16	F	14/130	00:26:53.56
106/215	LOGAN, ANDRIA	520	00:34:00.12	06:48	5KSTROLLERF	2/5	F	52/130	00:33:59.37
53/215	LOGAN, DON	521	00:27:58.32	05:35	5K30-39M	11/16	M	37/85	00:27:58.25
10/215	LUCIANO, JIMMY	631	00:22:16.86	04:27	5K50-59M	1/12	M	9/85	00:22:15.21
72/215	LUSSIER, MARK	669	00:30:21.54	06:04	5K30-39M	13/16	M	46/85	00:30:00.34
24/215	LUTZ, PATRICK	525	00:24:13.51	04:50	5K40-49M	3/13	M	20/85	00:24:01.16
67/215	MACDONALD, MAUREEN	660	00:29:21.70	05:52	5K50-59F	3/15	F	23/130	00:29:17.55
206/215	MACKENZIE, SHELLY	526	00:54:55.73	10:59	5K40-49F	31/34	F	123/130	00:54:36.36

Alpha Overall Results

5K Run - 3.1 Miles

215 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
184/215	MATHERON, TARA	527	00:47:02.77	09:24	5K30-39F	33/37	F	110/130	00:46:31.89
172/215	MAZZOCCHI, KATHRYN	528	00:45:20.98	09:04	5K20-29F	15/17	F	101/130	00:44:41.30
74/215	MCDERMOTT, KRISTI	685	00:30:25.56	06:05	5K30-39F	8/37	F	27/130	00:30:04.93
52/215	MCGRATH, JOE	530	00:27:55.30	05:35	5K50-59M	4/12	M	36/85	00:27:42.26
103/215	MCINTOSH, BOB	531	00:33:53.73	06:46	5K70+M	4/5	M	53/85	00:33:53.47
22/215	MCKINNON, ROBERT	532	00:23:58.26	04:47	5K60-69M	2/7	M	18/85	00:23:57.13
91/215	MEDWID, BARBARA	533	00:32:39.90	06:31	5K40-49F	10/34	F	41/130	00:32:27.42
96/215	MILLER, ROSEMARIE	672	00:33:11.27	06:38	5K60-69F	1/3	F	45/130	00:32:36.82
185/215	MOHLER, CARSON	535	00:47:12.38	09:26	5K19&UM	15/20	M	75/85	00:47:05.95
186/215	MOHLER, DRU	536	00:47:12.52	09:26	5K50-59M	12/12	M	76/85	00:47:05.86
154/215	MOORE, WENDI	538	00:39:42.06	07:56	5K40-49F	20/34	F	87/130	00:39:15.15
50/215	MORRISON, CSILLA	680	00:27:35.71	05:31	5K30-39F	7/37	F	16/130	00:27:12.92
59/215	MORRISON, IAN	679	00:28:19.68	05:39	5K50-59M	6/12	M	42/85	00:27:57.41
32/215	NAGY, ADAM	541	00:25:08.13	05:01	5K30-39M	7/16	M	25/85	00:24:45.22
43/215	NAGY, ALEXANDRA	542	00:26:41.68	05:20	5K30-39F	5/37	F	13/130	00:26:33.39
147/215	NAIR, ROSHAN	543	00:38:36.48	07:43	5K20-29M	9/9	M	65/85	00:38:36.48
57/215	NARWAL, GURPREET	544	00:28:14.07	05:38	5K30-39M	12/16	M	41/85	00:28:08.23
148/215	NELSON, SIERRA	632	00:38:41.65	07:44	5K19&UF	14/16	F	83/130	00:38:29.03
14/215	NGAI, JAMES	633	00:22:56.04	04:35	5KSTROLLERM	1/3	M	12/85	00:22:55.99
124/215	NGAI, SAMANTHA	634	00:35:31.40	07:06	5K20-29F	10/17	F	66/130	00:35:16.16
166/215	NICKS, MITCHAEAL	688	00:43:00.90	08:36	5K19&UM	12/20	M	71/85	00:42:49.65
121/215	NICOL, PAMELA	545	00:34:58.26	06:59	5K30-39F	18/37	F	63/130	00:34:48.40
207/215	O'BRIEN, HAILEY	635	00:54:55.97	10:59	5K20-29F	17/17	F	124/130	00:54:36.72
8/215	O'GRADY, PAUL	546	00:22:12.12	04:26	5K30-39M	3/16	M	7/85	00:22:05.59
81/215	OLUBOBOKUN, AYANFE	547	00:31:37.54	06:19	5K30-39F	10/37	F	32/130	00:31:34.83
35/215	PALMER, STEVEN	548	00:25:20.96	05:04	5K30-39M	8/16	M	26/85	00:25:16.43
3/215	PARKER, PHILIP	681	00:19:29.54	03:53	5K40-49M	1/13	M	3/85	00:19:27.58
204/215	PATON, MAC	677	00:54:23.86	10:52	5K19&UM	19/20	M	82/85	00:53:41.44
205/215	PATON, MIKE	676	00:54:23.86	10:52	5K40-49M	13/13	M	83/85	00:53:42.42
11/215	PEARCE, RYAN	636	00:22:29.45	04:29	5K20-29M	3/9	M	10/85	00:22:24.93
157/215	PEARSON, LUCAS	637	00:40:38.67	08:07	5K19&UM	10/20	M	68/85	00:40:03.97
133/215	PERREAULT, JENNIFER	549	00:36:15.60	07:15	5K30-39F	23/37	F	72/130	00:35:16.23
212/215	PIEKEMA, CHRISTINE	550	01:14:39.09	14:55	5K40-49F	32/34	F	127/130	01:14:39.09
174/215	POOLEY, JEN	639	00:45:42.08	09:08	5K40-49F	24/34	F	102/130	00:44:58.97
176/215	POOLEY, LUCAS	640	00:45:42.55	09:08	5K19&UM	13/20	M	73/85	00:44:58.50
175/215	POOLEY, TIA	641	00:45:42.54	09:08	5KSTROLLERF	5/5	F	103/130	00:44:59.50
77/215	POULSEN, HANNA	642	00:30:55.31	06:11	5K20-29F	3/17	F	30/130	00:30:51.23
136/215	RABIK, BRUCE	555	00:37:06.34	07:25	5K50-59M	9/12	M	62/85	00:36:24.56
137/215	RABIK, KATHERINE	556	00:37:06.58	07:25	5K20-29F	11/17	F	75/130	00:36:25.00
51/215	REDEKOP, COLIN	557	00:27:42.32	05:32	5K40-49M	6/13	M	35/85	00:27:38.66
191/215	REID, JENNIFER	558	00:47:49.51	09:33	5K40-49F	27/34	F	113/130	00:47:12.54
192/215	REID, SAMI	559	00:47:49.89	09:33	5K19&UF	15/16	F	114/130	00:47:13.44
97/215	RIGG, LESLEY	562	00:33:11.38	06:38	5K40-49F	12/34	F	46/130	00:32:55.79
78/215	RILEY, KEVIN	563	00:31:09.60	06:13	5K40-49M	9/13	M	48/85	00:30:51.71
41/215	RIOU, PARKER	564	00:26:25.94	05:17	5K19&UM	3/20	M	29/85	00:26:18.11
42/215	RODGERS, BOBBY	658	00:26:26.14	05:17	5K19&UM	4/20	M	30/85	00:26:04.66
70/215	RODGERS, ROBERT	657	00:29:51.16	05:58	5K40-49M	8/13	M	45/85	00:29:29.07
48/215	RODRIGUES JUNIOR, RODOLFO	643	00:27:28.96	05:29	5K30-39M	10/16	M	33/85	00:26:48.36
114/215	ROTTLER, NICOLE	565	00:34:18.18	06:51	5K40-49F	14/34	F	57/130	00:33:53.23
102/215	SALMON, NATHAN	566	00:33:44.48	06:44	5KSTROLLERM	3/3	M	52/85	00:33:26.54
144/215	SAWDON, TOM	567	00:38:25.04	07:41	5K60-69M	5/7	M	64/85	00:37:54.96
134/215	SCHAFF, LESLIE	568	00:36:36.33	07:19	5K30-39F	24/37	F	73/130	00:36:27.20
26/215	SEVERS, STACEY	569	00:24:14.30	04:50	5K30-39F	2/37	F	5/130	00:24:11.41
200/215	SHELTENS, JENNIFER	691	00:53:08.54	10:37	5K30-39F	34/37	F	119/130	00:52:30.35
180/215	SHEVALIER, JENNIFER	644	00:46:17.97	09:15	5K30-39F	30/37	F	106/130	00:45:46.01
25/215	SHUGG, KURTIS	645	00:24:13.61	04:50	5K20-29M	4/9	M	21/85	00:24:09.31
123/215	SHULYAKOVSKAYA, LENA	646	00:35:04.67	07:00	5K30-39F	20/37	F	65/130	00:34:58.83
112/215	SI, ANDREW	647	00:34:15.35	06:51	5K20-29M	7/9	M	57/85	00:33:54.07
93/215	SNOW, KATT	571	00:32:49.30	06:33	5K20-29F	7/17	F	43/130	00:32:08.60
162/215	SOBULIAK, LINDA	572	00:41:20.22	08:16	5K50-59F	11/15	F	92/130	00:41:04.69
181/215	SPICKNELL, DANIELLE	575	00:46:17.98	09:15	5K30-39F	31/37	F	107/130	00:45:45.53
21/215	SPICKNELL, DARREN	576	00:23:56.70	04:47	5KSTROLLERM	2/3	M	17/85	00:23:55.05
169/215	STEPHEN, AMANDA	577	00:43:15.98	08:39	5K30-39F	28/37	F	98/130	00:42:38.77
108/215	STEVENS, ANDREW	648	00:34:07.70	06:49	5K50-59M	8/12	M	56/85	00:33:50.54
107/215	STEVENS, CHRISTOPHER	649	00:34:07.66	06:49	5K19&UM	7/20	M	55/85	00:33:50.43
47/215	STUBBS, MICHAEL	650	00:27:28.95	05:29	5K30-39M	9/16	M	32/85	00:27:18.69

Alpha Overall Results

5K Run - 3.1 Miles

215 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
126/215	SUN, CATHERINE	578	00:35:39.03	07:07	5K30-39F	21/37	F	67/130	00:34:57.32
27/215	SUTHERLAND, JAMES	579	00:24:19.80	04:51	5K30-39M	6/16	M	22/85	00:24:10.61
178/215	SZTABZYB, LEO	580	00:45:46.20	09:09	5K19&UM	14/20	M	74/85	00:45:08.71
119/215	TAYLOR, BEATRICE	581	00:34:53.30	06:58	5K50-59F	8/15	F	62/130	00:34:50.81
82/215	TAYLOR, VALERIE	651	00:31:39.34	06:19	5K40-49F	9/34	F	33/130	00:31:32.22
6/215	TSUYUHARA, KUNIO	652	00:21:31.43	04:18	5K30-39M	2/16	M	5/85	00:21:31.08
12/215	VAN GRONINGEN, JOHN	583	00:22:38.78	04:31	5K60-69M	1/7	M	11/85	00:22:36.36
54/215	VASQUEZ, ALVARO	584	00:27:59.54	05:35	5K40-49M	7/13	M	38/85	00:27:54.54
199/215	WATSON, GRACIE	586	00:50:12.85	10:02	5K60-69F	3/3	F	118/130	00:49:47.69
80/215	WEIDEMANN, ROB	587	00:31:34.16	06:18	5K40-49M	10/13	M	49/85	00:31:15.89
132/215	WHITE, MARY MADELINE	588	00:36:09.10	07:13	5K70+F	1/3	F	71/130	00:36:04.71
86/215	WICKHAM, MICHELLE	589	00:32:02.01	06:24	5K30-39F	11/37	F	37/130	00:31:53.82
109/215	WINIT, RASIKA	654	00:34:09.83	06:49	5K30-39F	13/37	F	53/130	00:33:47.04
61/215	WONG, TINA	590	00:28:32.58	05:42	5K50-59F	2/15	F	19/130	00:28:30.86
29/215	YAMAMURA, SATSUKI	659	00:24:44.88	04:56	5K20-29F	1/17	F	7/130	00:24:21.98
201/215	ZACHARIAS, TAMMY	655	00:53:10.07	10:38	5K40-49F	29/34	F	120/130	00:52:32.09
79/215	ZHAO, LEI	656	00:31:22.56	06:16	5K30-39F	9/37	F	31/130	00:31:17.56