

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 111 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
44/111	AMIEN, NARALDA	1	01:17:54.33	07:47	10K30-39F	15/41	F	31/89	01:17:49.53
99/111	AMY, SHAWNA	2	01:44:15.62	10:25	10K30-39F	35/41	F	77/89	01:43:56.80
23/111	ASHLEY, JILL	5	01:08:09.32	06:48	10K30-39F	7/41	F	14/89	01:08:02.04
103/111	ATKINSON, WHITNEY	6	01:48:38.76	10:51	10K30-39F	37/41	F	81/89	01:48:18.56
27/111	BAKER, SARAH	140	01:11:08.13	07:06	10K30-39F	8/41	F	18/89	01:10:50.97
68/111	BALISKY, DAWNMARIE	131	01:29:13.18	08:55	10K40-49F	11/23	F	49/89	01:29:07.75
73/111	BARBER, BONNIE	8	01:30:21.04	09:02	10K60+F	1/2	F	54/89	01:30:06.02
53/111	BELL, VANESSA	122	01:23:48.02	08:22	10K30-39F	18/41	F	37/89	01:23:37.12
95/111	BENNION, SANDY	10	01:41:38.87	10:09	10K50-59F	8/8	F	73/89	01:41:26.89
63/111	BESTWARD, WENDY	11	01:28:01.64	08:48	10K40-49F	9/23	F	44/89	01:27:55.66
8/111	BLUE, SHAYLA	12	00:57:45.89	05:46	10K30-39F	1/41	F	2/89	00:57:38.68
76/111	BONNELL, GWEN	14	01:31:01.14	09:06	10K30-39F	28/41	F	57/89	01:30:51.36
104/111	BRICK, TINA	16	01:49:32.41	10:57	10K40-49F	20/23	F	82/89	01:49:07.49
9/111	CAMSELL, ASHLEY	137	00:59:09.97	05:55	10K20-29F	2/15	F	3/89	00:59:07.18
88/111	CASSELMAN, LORA	19	01:38:17.61	09:49	10K40-49F	17/23	F	66/89	01:38:00.13
29/111	CLARKSON, JOHNATHAN	21	01:13:06.44	07:18	10K30-39M	6/12	M	10/22	01:13:02.97
70/111	COLLINS, SARAH	22	01:29:49.76	08:58	10K30-39F	26/41	F	51/89	01:29:39.58
48/111	CONNELLY, ALANA	23	01:20:23.00	08:02	10K40-49F	5/23	F	34/89	01:20:16.90
11/111	COX, ALYSON	24	01:00:50.07	06:05	10K20-29F	3/15	F	4/89	01:00:47.36
92/111	DAVIS, BARBARA	25	01:41:00.12	10:06	10K50-59F	5/8	F	70/89	01:40:53.86
5/111	DAVIS, MATE	26	00:56:18.63	05:37	10K19&UM	1/2	M	4/22	00:56:16.93
60/111	DESMET, BELINDA	30	01:27:34.68	08:45	10K30-39F	20/41	F	42/89	01:27:16.60
111/111	DOGE, KATHY	31	01:54:58.25	11:29	10K40-49F	23/23	F	89/89	01:54:49.41
110/111	DOLEN, JANCEY	32	01:50:17.73	11:01	10K30-39F	41/41	F	88/89	01:49:52.26
2/111	DUNBAR, LANDON	33	00:47:15.43	04:43	10K30-39M	1/12	M	2/22	00:47:14.63
6/111	DYCK, TREVOR	34	00:56:25.06	05:38	10K30-39M	2/12	M	5/22	00:56:24.78
98/111	ELLINGSON, KAREN	35	01:43:36.02	10:21	10K60+F	2/2	F	76/89	01:43:28.74
83/111	FLEMING, ALYCE	135	01:35:08.35	09:30	10K20-29F	12/15	F	63/89	01:34:43.98
18/111	FORD, JESSICA	37	01:05:41.10	06:34	10K20-29F	6/15	F	10/89	01:05:33.08
58/111	FRIESEN, CHERYL	38	01:26:23.84	08:38	10K40-49F	8/23	F	41/89	01:26:14.14
34/111	GALENZA, BRUCE	39	01:14:51.31	07:29	10K60+M	1/2	M	12/22	01:14:34.23
79/111	GEORGE, NORMAN	40	01:32:36.54	09:15	10K60+M	2/2	M	20/22	01:32:22.21
87/111	GIRARD, TANIA	41	01:38:09.44	09:48	10K40-49F	16/23	F	65/89	01:37:55.15
10/111	GOERTZEN, TREVIS	43	01:00:24.95	06:02	10K30-39M	4/12	M	7/22	01:00:21.88
38/111	GRIER, ERIN	44	01:17:14.75	07:43	10K30-39F	11/41	F	26/89	01:17:05.57
97/111	HAAYER, DAWN	45	01:41:50.19	10:11	10K30-39F	34/41	F	75/89	01:41:30.68
71/111	HEARN, ALLISON	47	01:29:49.94	08:58	10K30-39F	27/41	F	52/89	01:29:35.73
96/111	HENDSBEE, TERRI	49	01:41:49.68	10:10	10K30-39F	33/41	F	74/89	01:41:30.10
49/111	HEWLITT, DEKLAN	132	01:20:24.17	08:02	10K19&UM	2/2	M	15/22	01:20:21.25
33/111	HOEPPNER, CARA	51	01:14:48.44	07:28	10K40-49F	4/23	F	22/89	01:14:29.20
107/111	HOLMAN, DONLEA	52	01:49:56.58	10:59	10K30-39F	40/41	F	85/89	01:49:36.92
36/111	HOMMY, ASHLEY	54	01:16:57.10	07:41	10K20-29F	9/15	F	24/89	01:16:44.49
105/111	HOWARTH, CARMEN	18	01:49:32.67	10:57	10K30-39F	38/41	F	83/89	01:49:09.00
25/111	HUDSON, ALISON	134	01:10:03.78	07:00	10K40-49F	1/23	F	16/89	01:10:02.88
91/111	HVAMB, LIANN	55	01:40:17.68	10:01	10K40-49F	18/23	F	69/89	01:39:59.86
32/111	JACOBSEN, TONY	56	01:14:00.73	07:24	10K30-39M	7/12	M	11/22	01:13:56.54
72/111	JASPER, MICHELLE	57	01:30:12.25	09:01	10K40-49F	12/23	F	53/89	01:29:47.74
64/111	JOHNSON, VALERIE	58	01:28:02.78	08:48	10K30-39F	22/41	F	45/89	01:27:49.76
93/111	KERIK, CORRINE	59	01:41:00.18	10:06	10K50-59F	6/8	F	71/89	01:40:54.32
108/111	LAVALLEY, LIANNE	60	01:50:16.99	11:01	10K40-49F	21/23	F	86/89	01:49:52.13
61/111	LEBRUN, BRANDON	61	01:27:50.37	08:47	10K40-49M	3/3	M	19/22	01:27:41.25
30/111	LEBRUN, KIM	62	01:13:09.01	07:18	10K40-49F	3/23	F	20/89	01:13:05.40
1/111	LEHNERS, ADAM	63	00:46:49.29	04:40	10K20-29M	1/2	M	1/22	00:46:48.69
15/111	LOCKHART, GILLIAN	64	01:02:41.11	06:16	10K20-29F	5/15	F	7/89	01:02:30.03
78/111	LONDON, KEIR	65	01:32:08.50	09:12	10K40-49F	15/23	F	59/89	01:32:01.86
12/111	LUKEN, CLEM	67	01:01:19.24	06:07	10K50-59M	1/1	M	8/22	01:01:13.39
26/111	MACINTYRE, CHARLENE	130	01:10:48.60	07:04	10K40-49F	2/23	F	17/89	01:10:43.78
22/111	MARSH, STEPHANIE	50	01:07:30.48	06:45	10K20-29F	7/15	F	13/89	01:07:18.24
77/111	MARTIN, RENEE	68	01:31:01.34	09:06	10K30-39F	29/41	F	58/89	01:30:50.78
109/111	MAURER, TAMMIE	69	01:50:17.40	11:01	10K40-49F	22/23	F	87/89	01:49:52.11
81/111	MALENEY, LACEY	70	01:33:38.73	09:21	10K30-39F	31/41	F	61/89	01:33:27.33
62/111	MCALLISTER, ERIN	71	01:27:58.67	08:47	10K30-39F	21/41	F	43/89	01:27:42.37
21/111	MCGUINNESS, JULIE	72	01:07:30.46	06:45	10K30-39F	6/41	F	12/89	01:07:17.62
41/111	MCGUINNESS, MIKE	73	01:17:42.96	07:46	10K40-49M	1/3	M	13/22	01:17:29.46
45/111	MCINTOSH, DWAYNE	136	01:18:58.45	07:53	10K40-49M	2/3	M	14/22	01:18:34.20
101/111	MILFORD, MARISSA	74	01:47:33.82	10:45	10K20-29F	15/15	F	79/89	01:47:14.77

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O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
57/111	MILLER, SHAWNA	133	01:26:23.77	08:38	10K40-49F	7/23	F	40/89	01:26:06.13
55/111	MORRIS, AMANDA	75	01:25:15.05	08:31	10K30-39F	19/41	F	39/89	01:25:06.13
56/111	MORRIS, RALPH	76	01:25:15.19	08:31	10K30-39M	9/12	M	17/22	01:25:06.15
46/111	NATRASONY, JENNA-LEE	79	01:20:01.80	08:00	10K30-39F	16/41	F	32/89	01:19:47.93
67/111	NELSON, MICHELLE	80	01:28:33.56	08:51	10K30-39F	24/41	F	48/89	01:28:21.58
100/111	NITSIZA, SALLY	81	01:44:25.24	10:26	10K40-49F	19/23	F	78/89	01:43:59.54
85/111	OLANSKI, REBECCA	84	01:38:08.89	09:48	10K20-29F	13/15	F	64/89	01:37:54.42
40/111	OREILLY, LINDSEY	86	01:17:34.92	07:45	10K30-39F	12/41	F	28/89	01:17:20.12
74/111	PERRY, MARCY	87	01:30:59.14	09:05	10K40-49F	13/23	F	55/89	01:30:49.96
14/111	POLSFUT, ERIN	88	01:02:22.52	06:14	10K30-39F	2/41	F	6/89	01:02:21.27
37/111	RALSTON, DONNA	89	01:17:05.23	07:42	10K50-59F	2/8	F	25/89	01:17:02.95
80/111	REIMER, STACEY	90	01:32:59.32	09:17	10K30-39F	30/41	F	60/89	01:32:46.38
43/111	RENOOY, LAURA	91	01:17:53.57	07:47	10K30-39F	14/41	F	30/89	01:17:36.59
39/111	RICHOT, KATHLEEN	92	01:17:29.69	07:44	10K50-59F	3/8	F	27/89	01:17:27.43
84/111	ROBERTS, JACOB	93	01:37:01.26	09:42	10K30-39M	11/12	M	21/22	01:36:42.44
75/111	ROBERTS, JANE	94	01:30:59.36	09:05	10K40-49F	14/23	F	56/89	01:30:50.04
28/111	ROESSLER, AMANDA	95	01:11:30.01	07:09	10K30-39F	9/41	F	19/89	01:11:21.39
4/111	ROGERS, ANDREW	96	00:56:18.63	05:37	10K20-29M	2/2	M	3/22	00:56:15.92
86/111	ROWLAND, DUSTIN	97	01:38:09.14	09:48	10K30-39M	12/12	M	22/22	01:37:54.67
7/111	SALONEN, RUSSELL	99	00:56:34.47	05:39	10K30-39M	3/12	M	6/22	00:56:34.47
89/111	SCHUPP, KATHRIN	100	01:38:20.13	09:50	10K20-29F	14/15	F	67/89	01:38:06.56
50/111	SEELY, NICOLE	102	01:21:00.85	08:06	10K40-49F	6/23	F	35/89	01:20:54.49
51/111	SHEPPARD, SHERI	103	01:21:58.19	08:11	10K20-29F	10/15	F	36/89	01:21:41.69
13/111	SMITH, NAOMI	104	01:01:34.81	06:09	10K20-29F	4/15	F	5/89	01:01:28.37
3/111	SPAUDAL, KATIE	105	00:55:34.52	05:33	10K20-29F	1/15	F	1/89	00:55:29.93
69/111	SPERLING, MELANIE	106	01:29:48.74	08:58	10K30-39F	25/41	F	50/89	01:29:36.82
82/111	STANG, STACY	107	01:33:58.66	09:23	10K30-39F	32/41	F	62/89	01:33:38.36
106/111	STRBAN, MELISSA	108	01:49:32.80	10:57	10K30-39F	39/41	F	84/89	01:49:09.70
90/111	STRICKLAND, ZANNE	109	01:39:40.35	09:58	10K50-59F	4/8	F	68/89	01:39:36.60
31/111	STRINGER, HILLARY	110	01:13:44.35	07:22	10K30-39F	10/41	F	21/89	01:13:28.47
59/111	STRINGER, SHANNON	111	01:27:34.06	08:45	10K30-39M	10/12	M	18/22	01:27:17.50
52/111	STUART, CAMERON	112	01:21:58.22	08:11	10K30-39M	8/12	M	16/22	01:21:48.05
94/111	SWANBERG, SHEILAH	114	01:41:00.57	10:06	10K50-59F	7/8	F	72/89	01:40:54.71
19/111	THOMSON, AMANDA	115	01:06:42.79	06:40	10K30-39F	5/41	F	11/89	01:06:41.29
20/111	THOMSON, BRODY	116	01:06:42.80	06:40	10K30-39M	5/12	M	9/22	01:06:41.14
54/111	TIGHE, HANNAH	117	01:24:48.18	08:28	10K20-29F	11/15	F	38/89	01:24:37.76
16/111	TINK, JENNIFER	118	01:03:23.14	06:20	10K30-39F	3/41	F	8/89	01:03:20.43
17/111	TIPPLE, ASHLEY	120	01:05:41.08	06:34	10K30-39F	4/41	F	9/89	01:05:32.82
47/111	URION, LISA	121	01:20:22.35	08:02	10K30-39F	17/41	F	33/89	01:20:12.85
66/111	VEINOTTE, BRITTANY	124	01:28:33.50	08:51	10K30-39F	23/41	F	47/89	01:28:21.18
24/111	VEITCH, MARGARET	125	01:09:06.15	06:54	10K50-59F	1/8	F	15/89	01:09:05.87
102/111	WARR, KRISTINE	127	01:48:34.90	10:51	10K30-39F	36/41	F	80/89	01:48:12.80
65/111	WEBBER, CHRISTIE	139	01:28:28.34	08:50	10K40-49F	10/23	F	46/89	01:28:21.70
35/111	WEST, CARLY	128	01:15:05.82	07:30	10K20-29F	8/15	F	23/89	01:14:49.82
42/111	WOYTUIK, ASHLEY	129	01:17:45.19	07:46	10K30-39F	13/41	F	29/89	01:17:32.11