

Alpha Overall Results

5K - 3.1 Miles

307 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
68/307	ALDCORN, LESLIE	5001	31:38.927	06:19		5K50-59F	4/30	F	31/220	LETHBRIDGE, AB
238/307	ANDERSON, AUSTIN	5002	54:57.020	10:59		5K20-29M	8/12	M	71/87	LETHBRIDGE, AB
62/307	ANDERSON, BRITTANY	5311	31:02.657	06:12		5K30-39F	6/68	F	25/220	LETHBRIDGE, AB
72/307	ANDERSON, KARISSA	5338	32:30.413	06:30		5K30-39F	11/68	F	34/220	LETHBRIDGE, AB
137/307	ARNAUD, EMILIE	5003	38:50.316	07:46		5K40-49F	16/45	F	86/220	LETHBRIDGE, AB
267/307	AUTHIER, BEN	5004	58:30.368	11:42		5K40-49M	20/20	M	77/87	LETHBRIDGE, AB
232/307	BALDERSTON, NICOLE	5005	53:25.141	10:41		5K40-49F	39/45	F	163/220	LETHBRIDGE, AB
128/307	BARANYAY, KIERA	5007	37:52.919	07:34		5K30-39F	27/68	F	77/220	LETHBRIDGE, AB
217/307	BARNES, CHARLOTTE	5008	51:28.299	10:17		5K10&UF	10/14	F	151/220	PICTURE BUTTE, AB
218/307	BARNES, KRISTY	5009	51:28.683	10:17		5K40-49F	36/45	F	152/220	PICTURE BUTTE, AB
70/307	BAULKARAN, VISHAAL	5011	32:24.534	06:28		5K40-49M	11/20	M	38/87	LETHBRIDGE, AB
263/307	BEBEK, BRYNNE	5012	58:04.707	11:36		5K40-49F	42/45	F	187/220	LETHBRIDGE, AB
303/307	BECK, JESSICA	5013	1:10:18.089	14:03		5K30-39F	65/68	F	217/220	LETHBRIDGE, AB
48/307	BECKING, AARON	5014	29:01.972	05:48		5K30-39M	6/15	M	32/87	LETHBRIDGE, AB
300/307	BEERS, CARSON	5015	1:09:02.997	13:48		5K20-29M	11/12	M	86/87	LETHBRIDGE, AB
195/307	BEGOVIC-WEBBER, MADISON	5016	48:39.274	09:43		5K30-39F	44/68	F	130/220	LETHBRIDGE, AB
223/307	BELCASTRO, VALERIE	5017	52:04.652	10:24		5K50-59F	15/30	F	156/220	LETHBRIDGE, AB
284/307	BENNETT, MARIBETH	5018	1:02:02.436	12:24		5K70+F	7/7	F	204/220	LETHBRIDGE, AB
204/307	BIALOBZYSKI, ALEXIS	5019	49:35.185	09:55		5K40-49F	30/45	F	139/220	LETHBRIDGE, AB
55/307	BLACQUIERE, KAYLA	5323	29:37.342	05:55		5K20-29F	9/30	F	21/220	LETHBRIDGE, AB
118/307	BLANKENSTYN, MATTY	5021	37:00.374	07:24		5K60-69F	3/18	F	69/220	LETHBRIDGE, AB
196/307	BOEHR, AUBREY	5022	48:40.525	09:44		5K30-39F	45/68	F	131/220	LETHBRIDGE, AB
145/307	BOND, ADAM	5023	39:37.768	07:55		5K10&UM	5/10	M	56/87	LETHBRIDGE, AB
159/307	BOND, JAKE	5024	41:50.800	08:22		5K11-15M	13/14	M	59/87	LETHBRIDGE, AB
157/307	BOND, LUKE	5025	41:44.536	08:20		5K10&UM	6/10	M	58/87	LETHBRIDGE, AB
144/307	BOND, MIKE	5026	39:35.511	07:55		5K40-49M	14/20	M	55/87	LETHBRIDGE, AB
158/307	BOND, SARA	5027	41:48.150	08:21		5K30-39F	36/68	F	100/220	LETHBRIDGE, AB
150/307	BOOTH, DANI	5028	41:08.500	08:13		5K30-39F	33/68	F	93/220	LETHBRIDGE, AB
172/307	BRAUN, JENNA	5029	42:49.825	08:33		5K30-39F	39/68	F	110/220	LETHBRIDGE, AB
69/307	BRAUN, ROSE	5030	31:42.990	06:20		5K30-39F	10/68	F	32/220	LETHBRIDGE, AB
84/307	BRODIE, MICHAEL	5031	33:28.629	06:41		5K50-59M	5/10	M	42/87	COALDALE, AB
94/307	BROWN, EMILY	5032	34:39.977	06:55		5K30-39F	15/68	F	47/220	LETHBRIDGE, AB
173/307	BROWN, LINDSAY	5033	43:07.415	08:37		5K40-49F	22/45	F	111/220	LETHBRIDGE, AB
106/307	BULLOCK, ALANNA	5034	35:20.899	07:04		5K30-39F	19/68	F	59/220	LETHBRIDGE, AB
10/307	BULLOCK, BRYAN	5035	24:20.887	04:52		5K40-49M	5/20	M	9/87	LETHBRIDGE, AB
49/307	BURNDRED, KARMYN	5036	29:06.348	05:49		5K16-19F	1/2	F	17/220	LETHBRIDGE, AB
104/307	BURSAW, HEATHER	5296	35:17.053	07:03		5K40-49F	9/45	F	57/220	COALDALE, AB
283/307	BYRTUS, JEANNETTE	5037	1:01:59.898	12:23		5K70+F	6/7	F	203/220	LETHBRIDGE, AB
34/307	CAMPBELL, RILEY	5038	28:09.619	05:37		5K16-19M	4/5	M	27/87	LETHBRIDGE, AB
229/307	CARBERT, KAYLA	5039	53:21.779	10:40		5K30-39F	51/68	F	160/220	LETHBRIDGE, AB
107/307	CHAREST, SOPHIE	5324	35:31.944	07:06		5K11-15F	5/6	F	60/220	LETHBRIDGE, AB
87/307	CHATTERS, BYRON	5042	34:03.769	06:48		5K40-49M	12/20	M	44/87	LETHBRIDGE, AB
123/307	CHATTERS, ISLA	5043	37:29.649	07:29		5K11-15F	6/6	F	73/220	LETHBRIDGE, AB
23/307	CHATTERS, OLIVER	5044	26:46.533	05:21		5K11-15M	5/14	M	19/87	LETHBRIDGE, AB
6/307	CHATTERTON, ANNA	5045	23:15.674	04:39		5K11-15F	1/6	F	1/220	LETHBRIDGE, AB
156/307	CHEUNG, ANDREA	5046	41:42.866	08:20		5K40-49F	20/45	F	99/220	LETHBRIDGE, AB
273/307	CHEUNG, MAGGIE	5297	59:40.278	11:56		5K16-19F	2/2	F	196/220	LETHBRIDGE, AB
166/307	CHEUNG, MEIKA	5047	42:21.239	08:28		5K10&UF	4/14	F	106/220	LETHBRIDGE, AB
148/307	CHISHOLM, TRINIE	5048	40:01.447	08:00		5K30-39F	32/68	F	92/220	LETHBRIDGE, AB
50/307	CHMILAR, SARAH	5049	29:23.448	05:52		5K20-29F	7/30	F	18/220	LETHBRIDGE, AB
165/307	CHONG, KATE	5050	42:04.461	08:24		5K30-39F	37/68	F	105/220	COQUITLAM, BC
175/307	CHRISTENSEN, SHERRY	5051	43:40.634	08:44		5K60-69F	7/18	F	113/220	COALHURST, AB
214/307	CHUDOBIAK, APRIL	5052	51:00.890	10:12		5K40-49F	33/45	F	148/220	COALDALE, AB
207/307	CLAMP, KIERA	5347	50:04.048	10:00		5K10&UF	9/14	F	142/220	LETHBRIDGE, AB
139/307	COADY, DANIELLE	5055	38:56.854	07:47		5K30-39F	30/68	F	87/220	LETHBRIDGE, AB
250/307	COLLETT, ERIN	5056	57:07.009	11:25		5K20-29F	25/30	F	175/220	LETHBRIDGE, AB
119/307	CONARD, OLIVIER	5058	37:01.647	07:24		5K40-49M	13/20	M	50/87	LETHBRIDGE, AB

Alpha Overall Results

5K - 3.1 Miles

307 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
120/307	CONARD, SUSAN	5059	37:09.472	07:25		5K40-49F	11/45	F	70/220	LETHBRIDGE, AB
76/307	CONRAD, TANYA	5060	32:46.191	06:33		5K40-49F	5/45	F	37/220	COALDALE, AB
259/307	COOK, TRISH	5062	57:55.556	11:35		5K50-59F	20/30	F	183/220	LETHBRIDGE, AB
151/307	COX, ANDREA	5339	41:12.587	08:14		5K50-59F	9/30	F	94/220	LETHBRIDGE, AB
174/307	DARROCH, ANGIE	5063	43:39.975	08:43		5K40-49F	23/45	F	112/220	LETHBRIDGE, AB
182/307	DE GRAAF, BRYANNE	5064	45:05.741	09:01		5K30-39F	40/68	F	118/220	LETHBRIDGE COUNTY, AB
219/307	DE GROOT, KIM	5065	51:45.697	10:21		5K30-39F	49/68	F	153/220	LETHBRIDGE, AB
79/307	DEGROOT, DAVIN	5349	33:12.285	06:38		5K10&UM	2/10	M	40/87	LETHBRIDGE, AB
33/307	DEGROOT, KADEN	5348	27:45.374	05:33		5K11-15M	7/14	M	26/87	LETHBRIDGE, AB
97/307	DEGROOT, SUZANNE	5345	34:49.270	06:57		5K40-49F	7/45	F	50/220	LETHBRIDGE, AB
143/307	DENECKY, NICHOLAS	5066	39:16.180	07:51		5K11-15M	12/14	M	54/87	LETHBRIDGE, AB
21/307	DERRY, CONNOR	5067	26:37.516	05:19		5K30-39M	3/15	M	18/87	LETHBRIDGE, AB
65/307	DIBBEN, KELLY	5068	31:09.925	06:13		5K30-39F	8/68	F	28/220	LETHBRIDGE, AB
288/307	DIVINS, HALEY	5069	1:02:48.696	12:33		5K30-39F	62/68	F	206/220	LETHBRIDGE, AB
290/307	DIVINS, SHERRY	5070	1:03:44.236	12:44		5K60-69F	16/18	F	208/220	LETHBRIDGE, AB
269/307	DIXON, VICKI	5071	58:52.147	11:46		5K50-59F	25/30	F	192/220	LETHBRIDGE, AB
124/307	DJOKOTO-ASEM, EDNA	5072	37:33.877	07:30		5K50-59F	6/30	F	74/220	LETHBRIDGE, AB
54/307	DOIRON, KAITY	5244	29:37.025	05:55		5K20-29F	8/30	F	20/220	CALGARY, AB
266/307	DONAHUE, STASHA	5073	58:14.034	11:38		5K50-59F	24/30	F	190/220	FORT MACLEOD, AB
26/307	DONOVAN, ANDREW	5074	27:14.942	05:26		5K40-49M	7/20	M	21/87	LETHBRIDGE, AB
184/307	DOUVILLE, SUSANNE	5075	45:32.500	09:06		5K40-49F	27/45	F	119/220	LETHBRIDGE, AB
96/307	DUCHARME, LINDSEY	5076	34:44.175	06:56		5K20-29F	16/30	F	49/220	FORT MACLEOD, AB
268/307	DUECK, MONA	5077	58:51.600	11:46		5K60-69F	14/18	F	191/220	LETHBRIDGE, AB
206/307	DUECK, ROBYN	5078	49:53.046	09:58		5K30-39F	48/68	F	141/220	LETHBRIDGE, AB
122/307	DUERKSEN, HEATHER	5079	37:29.392	07:29		5K30-39F	25/68	F	72/220	LETHBRIDGE, AB
15/307	DUFRESNE, MARC	5181	25:48.427	05:09		5K50-59M	2/10	M	12/87	LETHBRIDGE, AB
102/307	DUNSMORE, MIKAYLA	5298	35:08.590	07:01		5K11-15F	4/6	F	55/220	COALDALE, AB
136/307	ENTZ, TENNILLE	5081	38:46.675	07:45		5K40-49F	15/45	F	85/220	LETHBRIDGE, AB
261/307	EPP, COURTNEY	5299	58:03.650	11:36		5K40-49F	41/45	F	185/220	LETHBRIDGE, AB
243/307	EWASIW, DENISE	5082	55:59.098	11:11		5K40-49F	40/45	F	169/220	LETHBRIDGE, AB
226/307	FERGUSON, BILLIE-JO	5325	52:28.666	10:29		5K40-49F	38/45	F	158/220	TABER, AB
16/307	FEYTER, DWAYNE	5083	25:59.699	05:11		5K30-39M	2/15	M	13/87	MONARCH, AB
147/307	FEYTER, MELISSA	5084	40:00.507	08:00		5K40-49F	19/45	F	91/220	MONARCH, AB
181/307	FITZPATRICK, ALLISON	5085	44:56.591	08:59		5K40-49F	26/45	F	117/220	BLACK DIAMOND, AB
19/307	FITZPATRICK, JESSE	5086	26:21.611	05:16		5K40-49M	6/20	M	16/87	BLACK DIAMOND, AB
28/307	FLEMING, MIKE	5340	27:33.505	05:30		5K40-49M	8/20	M	23/87	LETHBRIDGE, AB
3/307	FRIESEN, CHARLES	5089	20:17.593	04:03		5K40-49M	2/20	M	3/87	LETHBRIDGE, AB
171/307	FRIESEN, WAIYOLA	5300	42:49.691	08:33		5K30-39F	38/68	F	109/220	LETHBRIDGE, AB
114/307	FRY, KATLYN	5090	36:29.872	07:17		5K30-39F	22/68	F	65/220	LETHBRIDGE COUNTY, AB
209/307	FRY, PAM	5091	50:12.211	10:02		5K60-69F	11/18	F	144/220	LETHBRIDGE COUNTY, AB
8/307	FULWILER, LOGAN	5092	24:00.140	04:48		5K40-49M	4/20	M	7/87	LETHBRIDGE, AB
27/307	GALLANT, BRAD	5093	27:29.006	05:29		5K50-59M	3/10	M	22/87	LETHBRIDGE, AB
17/307	GALLANT, DYLAN	5094	26:07.429	05:13		5K16-19M	2/5	M	14/87	LETHBRIDGE, AB
44/307	GALLANT, NOLAN	5095	28:52.326	05:46		5K11-15M	8/14	M	30/87	LETHBRIDGE, AB
24/307	GAUTHIER, HEATHER	5096	26:55.053	05:23		5K50-59F	1/30	F	5/220	LETHBRIDGE, AB
127/307	GEERAERT, ARLENE	5097	37:50.618	07:34		5K50-59F	7/30	F	76/220	TABER, AB
74/307	GEERAERT, MITCHELL	5098	32:39.595	06:31		5K20-29M	5/12	M	39/87	TABER, AB
301/307	GELLENY, KAREN	5099	1:09:05.106	13:49		5K60-69F	18/18	F	215/220	LETHBRIDGE, AB
193/307	GOERZEN SINE, EMMA	5101	48:30.111	09:42		5K60-69F	9/18	F	128/220	LETHBRIDGE, AB
178/307	GOLDHAWK, CINDY	5102	44:21.384	08:52		5K40-49F	25/45	F	116/220	LETHBRIDGE, AB
99/307	GONZALEZ RODRIGUES, MARIA	5103	34:58.853	06:59		5K30-39F	16/68	F	52/220	LETHBRIDGE, AB
51/307	GRAUMANN, WESTON	5104	29:23.964	05:52		5K20-29M	2/12	M	33/87	LETHBRIDGE, AB
186/307	GUKERT, KAREN	5105	45:41.679	09:08		5K60-69F	8/18	F	121/220	LETHBRIDGE, AB
101/307	HAASE, WILLOW	5312	35:08.365	07:01		5K11-15F	3/6	F	54/220	COALDALE, AB
228/307	HAKKARAINEN, JESSY	5343	53:11.707	10:38		5K30-39M	12/15	M	69/87	LETHBRIDGE, AB
149/307	HANEY, KEVIN	5106	40:43.458	08:08		5K40-49M	15/20	M	57/87	LETHBRIDGE, AB
61/307	HARDING, RYLEE	5108	30:52.256	06:10		5K10&UF	1/14	F	24/220	RAYMOND, AB

2023 Ritas Run 5K/10K May 13/2023

Alpha Overall Results

5K - 3.1 Miles

307 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
47/307	HARKER, MELISSA	5109	28:57.966	05:47		5K30-39F	3/68	F	16/220	COALDALE, AB
244/307	HAYNES, JULIE	5111	56:17.207	11:15		5K30-39F	54/68	F	170/220	LETHBRIDGE, AB
262/307	HAYWARD, ANGELICA	5112	58:04.629	11:36		5K50-59F	22/30	F	186/220	LETHBRIDGE, AB
200/307	HEEBNER, JODY	5113	48:48.942	09:45		5K40-49F	28/45	F	135/220	LETHBRIDGE, AB
199/307	HEEBNER, SAWYER	5114	48:48.301	09:45		5K10&UF	8/14	F	134/220	LETHBRIDGE, AB
264/307	HEFFERNAN, CHANTAL	5115	58:10.874	11:38		5K40-49F	43/45	F	188/220	LETHBRIDGE, AB
146/307	HEIDINGER, LEAH	5116	39:56.042	07:59		5K40-49F	18/45	F	90/220	LETHBRIDGE, AB
130/307	HENGEVELD, JENN	5302	37:58.133	07:35		5K40-49F	13/45	F	79/220	LETHBRIDGE, AB
117/307	HOLTHE, RACHEL	5119	36:51.435	07:22		5K30-39F	24/68	F	68/220	RAYMOND, AB
113/307	HOLTHE, RYDER	5120	36:25.022	07:17		5K16-19M	5/5	M	49/87	RAYMOND, AB
40/307	HONESS, STEPHANIE	5121	28:36.118	05:43		5K30-39F	2/68	F	13/220	LETHBRIDGE, AB
168/307	HOOVER, REXTON	5342	42:28.293	08:29		5K10&UM	7/10	M	62/87	LETHBRIDGE, AB
164/307	HUFFMAN, SUE	5123	42:04.186	08:24		5K60-69F	6/18	F	104/220	LETHBRIDGE, AB
224/307	IBRAHIM, HALA	5124	52:05.271	10:25		5K40-49F	37/45	F	157/220	LETHBRIDGE, AB
38/307	JAFFRAY, STEPHANIE	5125	28:30.999	05:42		5K40-49F	1/45	F	11/220	LETHBRIDGE, AB
302/307	JAKOBSSON, PASCALE	5126	1:10:06.472	14:01		5K50-59F	30/30	F	216/220	LETHBRIDGE, AB
11/307	JANZEN, JENNA	5127	24:34.893	04:54		5K20-29F	1/30	F	2/220	COALDALE, AB
134/307	JENSEN, CANDICE	5128	38:34.946	07:42		5K30-39F	29/68	F	83/220	LETHBRIDGE, AB
125/307	JENSEN, DAVID	5129	37:44.393	07:32		5K30-39M	9/15	M	51/87	LETHBRIDGE, AB
126/307	JENSEN, NATALIE	5130	37:44.514	07:32		5K30-39F	26/68	F	75/220	LETHBRIDGE, AB
265/307	JETTEN, KELLY	5132	58:11.191	11:38		5K50-59F	23/30	F	189/220	LETHBRIDGE, AB
108/307	JOHNSON, JESSICA	5133	35:46.040	07:09		5K30-39F	20/68	F	61/220	LETHBRIDGE, AB
237/307	KAMSTRA, HAYLEE	5134	54:56.876	10:59		5K20-29F	24/30	F	167/220	LETHBRIDGE, AB
1/307	KANGOGO, KIP	5336	17:35.446	03:31		5K40-49M	1/20	M	1/87	LETHBRIDGE, AB
42/307	KANTRUD, KRIS	5135	28:44.230	05:44		5K30-39M	5/15	M	29/87	LETHBRIDGE, AB
198/307	KANTRUD, MAISEY	5136	48:47.380	09:45		5K10&UF	7/14	F	133/220	LETHBRIDGE, AB
245/307	KARL, NICOLE	5137	56:17.278	11:15		5K30-39F	55/68	F	171/220	COALDALE, AB
255/307	KENNY, KORYNN	5139	57:42.303	11:32		5K20-29F	27/30	F	179/220	COALHURST, AB
280/307	KIRKPATRICK, KELLI	5140	1:00:48.792	12:09		5K30-39F	60/68	F	200/220	LETHBRIDGE, AB
278/307	KIRKPATRICK, LELAND	5326	1:00:44.378	12:08		5K10&UM	9/10	M	79/87	LETHBRIDGE, AB
279/307	KIRKPATRICK, STEPHEN	5141	1:00:44.931	12:08		5K30-39M	14/15	M	80/87	LETHBRIDGE, AB
277/307	KIRKPATRICK, THEA	5327	1:00:43.026	12:08		5K10&UF	13/14	F	199/220	LETHBRIDGE, AB
92/307	KNAPP, BARRY	5142	34:26.094	06:53		5K50-59M	6/10	M	47/87	COALDALE, AB
93/307	KNAPP, JODY	5143	34:26.802	06:53		5K50-59F	5/30	F	46/220	COALDALE, AB
53/307	KOLLIAS, ARI	5144	29:27.588	05:53		5K11-15M	9/14	M	34/87	LETHBRIDGE, AB
98/307	KOLLIAS, DONELL	5145	34:52.258	06:58		5K40-49F	8/45	F	51/220	LETHBRIDGE, AB
152/307	KUCEY, JACKIE	5335	41:12.711	08:14		5K20-29F	21/30	F	95/220	LETHBRIDGE, AB
215/307	KUCEY, LEANNE	5146	51:17.583	10:15		5K40-49F	34/45	F	149/220	LETHBRIDGE, AB
240/307	KWASNY, JASON	5148	55:15.012	11:03		5K40-49M	17/20	M	73/87	LETHBRIDGE, AB
239/307	KWASNY, LIAM	5149	55:10.463	11:02		5K11-15M	14/14	M	72/87	LETHBRIDGE, AB
18/307	KWASNY, SIMON	5150	26:08.544	05:13		5K11-15M	4/14	M	15/87	LETHBRIDGE, AB
64/307	KWASNY, TRACY	5151	31:09.867	06:13		5K40-49F	3/45	F	27/220	LETHBRIDGE, AB
251/307	LABRIE, CHLOE	5010	57:08.310	11:25		5K20-29F	26/30	F	176/220	LETHBRIDGE, AB
103/307	LADOUCEUR, KAYLA	5152	35:09.836	07:01		5K30-39F	18/68	F	56/220	LETHBRIDGE, AB
274/307	LAMB, DEE	5153	59:48.816	11:57		5K50-59F	26/30	F	197/220	LETHBRIDGE, AB
231/307	LANDRY-DEBOER, JULIE	5154	53:23.408	10:40		5K50-59F	17/30	F	162/220	COALDALE, AB
203/307	LAPORTE, MARCY	5155	49:27.829	09:53		5K40-49F	29/45	F	138/220	LETHBRIDGE, AB
75/307	LARSEN, HANNAH	5156	32:41.670	06:32		5K20-29F	10/30	F	36/220	LETHBRIDGE, AB
297/307	LATHAM, JENNIFER	5313	1:04:58.268	12:59		5K50-59F	29/30	F	213/220	LETHBRIDGE, AB
292/307	LATHAM, KINLEY	5314	1:04:31.716	12:54		5K20-29M	9/12	M	83/87	LETHBRIDGE, AB
293/307	LATHAM, RICK	5315	1:04:33.689	12:54		5K50-59M	10/10	M	84/87	LETHBRIDGE, AB
208/307	LEAVITT, KIM	5157	50:04.511	10:00		5K40-49F	31/45	F	143/220	LETHBRIDGE, AB
235/307	LEAVITT, LAURA	5333	54:20.879	10:52		5K60-69F	12/18	F	166/220	LETHBRIDGE, AB
236/307	LEAVITT, ZEALAND	5158	54:20.978	10:52		5K50-59M	9/10	M	70/87	LETHBRIDGE, AB
140/307	LEWICKI, LYNKYN	5303	39:13.677	07:50		5K11-15M	11/14	M	53/87	LETHBRIDGE, AB
271/307	LOWE, TANYA	5159	59:22.731	11:52		5K40-49F	44/45	F	194/220	COALDALE, AB
45/307	LYNCH, BROOKLYN	5160	28:55.217	05:47		5K11-15F	2/6	F	15/220	LETHBRIDGE, AB

2023 Ritas Run 5K/10K May 13/2023

Alpha Overall Results

5K - 3.1 Miles

307 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
155/307	LYSTER, ERIN	5161	41:31.279	08:18		5K30-39F	35/68	F	98/220	LETHBRIDGE, AB
67/307	MACKINNON, BOBBIE	5162	31:29.265	06:17		5K50-59F	3/30	F	30/220	LETHBRIDGE, AB
78/307	MACKINNON, JORDAN	5163	33:10.478	06:38		5K20-29F	12/30	F	39/220	LETHBRIDGE, AB
36/307	MAINZER, PATRICIA	5164	28:26.574	05:41		5K60-69F	1/18	F	9/220	LETHBRIDGE, AB
4/307	MALINOWSKI, MATT	5346	21:17.581	04:15		5K40-49M	3/20	M	4/87	LETHBRIDGE, AB
39/307	MARTINEZ, JOCELYN	5165	28:32.002	05:42		5K20-29F	6/30	F	12/220	LETHBRIDGE, AB
56/307	MARTINEZ, JOSEPH	5166	29:39.904	05:55		5K20-29M	3/12	M	35/87	LETHBRIDGE, AB
213/307	MATIS-VADNAIS, JENNIFER	5337	50:30.922	10:06		5K50-59F	13/30	F	147/220	LETHBRIDGE, AB
142/307	MCCONNELL, SHANDA	5309	39:14.372	07:50		5K30-39F	31/68	F	89/220	LETHBRIDGE, AB
83/307	MCCONNELL, TAYLOR	5310	33:27.884	06:41		5K10&UF	2/14	F	42/220	LETHBRIDGE, AB
110/307	MCDONALD, ASHLEIGH	5167	35:52.314	07:10		5K30-39F	21/68	F	62/220	LETHBRIDGE, AB
270/307	MCDONALD, HELEN	5168	58:52.681	11:46		5K70+F	5/7	F	193/220	LETHBRIDGE, AB
41/307	MCDONALD, JASON	5169	28:36.446	05:43		5K30-39M	4/15	M	28/87	LETHBRIDGE, AB
253/307	MCDONALD, JENNA	5170	57:37.480	11:31		5K30-39F	58/68	F	178/220	LETHBRIDGE, AB
254/307	MCDONALD, TYLER	5171	57:38.883	11:31		5K30-39M	13/15	M	76/87	LETHBRIDGE, AB
12/307	MCINTYRE, CORIGAN	5172	24:57.325	04:59		5K11-15M	2/14	M	10/87	LETHBRIDGE, AB
59/307	MCINTYRE, DAN	5173	29:50.837	05:58		5K40-49M	10/20	M	36/87	LETHBRIDGE, AB
58/307	MCINTYRE, JESSICA	5174	29:50.639	05:58		5K30-39F	5/68	F	23/220	LETHBRIDGE, AB
275/307	MCKEE, ALLISON	5175	59:49.448	11:57		5K40-49F	45/45	F	198/220	CLARESHOLM, AB
133/307	MCKINNON, TERRI	5041	38:14.561	07:38		5K40-49F	14/45	F	82/220	LETHBRIDGE, AB
46/307	MEGYES, KEVIN	5177	28:55.257	05:47		5K40-49M	9/20	M	31/87	LETHBRIDGE, AB
222/307	MEIER, TAMMY	5178	52:03.853	10:24		5K50-59F	14/30	F	155/220	LETHBRIDGE, AB
161/307	MILLER, GILLIAN	5179	42:02.892	08:24		5K20-29F	22/30	F	102/220	LETHBRIDGE, AB
163/307	MILLER, JACINTA	5180	42:03.557	08:24		5K50-59F	10/30	F	103/220	LETHBRIDGE COUNTY, AB
210/307	MOORE, DARLENE	5182	50:14.432	10:02		5K50-59F	12/30	F	145/220	LETHBRIDGE, AB
22/307	MULHALL, KRISTINE	5183	26:39.068	05:19		5K30-39F	1/68	F	4/220	LETHBRIDGE, AB
121/307	MURPHY, DEBRA	5184	37:28.641	07:29		5K60-69F	4/18	F	71/220	LETHBRIDGE, AB
109/307	OBRIEN, OLIVIER	5185	35:50.339	07:10		5K30-39M	8/15	M	48/87	LETHBRIDGE, AB
91/307	OHENE, GERALDINE	5186	34:17.408	06:51		5K30-39F	14/68	F	45/220	LETHBRIDGE, AB
90/307	OHENE, JOSIAH	5334	34:17.185	06:51		5K10&UM	3/10	M	46/87	LETHBRIDGE, AB
177/307	OLIVIERI, DANIELLE	5187	44:21.258	08:52		5K40-49F	24/45	F	115/220	COALDALE, AB
115/307	ORSTEN, AMANDA	5317	36:41.497	07:20		5K30-39F	23/68	F	66/220	COALDALE, AB
5/307	ORSTEN, RYKER	5318	23:14.704	04:38		5K11-15M	1/14	M	5/87	COALDALE, AB
169/307	OSMOND HOOVER, HEATHER	5341	42:30.678	08:30		5K40-49F	21/45	F	107/220	LETHBRIDGE, AB
257/307	OSTEPCHUK, CATHERINE	5188	57:52.067	11:34		5K50-59F	19/30	F	181/220	LETHBRIDGE, AB
258/307	OSTEPCHUK, SELAH	5189	57:54.872	11:34		5K20-29F	28/30	F	182/220	LETHBRIDGE, AB
252/307	OVERES, KATHY	5190	57:12.661	11:26		5K50-59F	18/30	F	177/220	LETHBRIDGE, AB
249/307	OVERES, LEANNE	5191	57:00.242	11:24		5K30-39F	57/68	F	174/220	LETHBRIDGE, AB
260/307	PAOLETTI, JODI	5192	58:03.471	11:36		5K50-59F	21/30	F	184/220	LETHBRIDGE, AB
234/307	PAPWORTH, KARA	5193	53:43.022	10:44		5K30-39F	53/68	F	165/220	LETHBRIDGE, AB
81/307	PARDIAC, KATRINA	5194	33:25.492	06:41		5K20-29F	13/30	F	40/220	LETHBRIDGE, AB
291/307	PARISEAU, CAMMY	5195	1:03:46.626	12:45		5K50-59F	28/30	F	209/220	LETHBRIDGE, AB
233/307	PASKAL, LEXI	5196	53:40.094	10:44		5K30-39F	52/68	F	164/220	IRON SPRINGS, AB
230/307	PAULS, SHAUNA	5198	53:23.004	10:40		5K50-59F	16/30	F	161/220	COALDALE, AB
20/307	PEARSON, JARED	5199	26:22.540	05:16		5K16-19M	3/5	M	17/87	LETHBRIDGE, AB
272/307	PELLETIER, ROSE	5201	59:39.103	11:55		5K60-69F	15/18	F	195/220	, AB
225/307	PERIN, MATT	5202	52:17.967	10:27		5K20-29M	7/12	M	68/87	LETHBRIDGE, AB
227/307	PETEK, BRYNLEE	5328	52:29.481	10:29		5K10&UF	11/14	F	159/220	TABER, AB
37/307	PETTY, SARAH	5203	28:30.848	05:42		5K20-29F	5/30	F	10/220	LETHBRIDGE, AB
105/307	PICKLES, JENNA	5205	35:17.081	07:03		5K20-29F	17/30	F	58/220	LETHBRIDGE, AB
287/307	PLOMP, CHERYL	5206	1:02:47.406	12:33		5K50-59F	27/30	F	205/220	LETHBRIDGE, AB
162/307	PONICH, MITCHELL	5207	42:03.347	08:24		5K50-59M	7/10	M	60/87	LETHBRIDGE, AB
189/307	RANGER, TANESSA	5209	46:40.711	09:20		5K30-39F	42/68	F	124/220	LETHBRIDGE, AB
135/307	RED CROW, MIRANDA	5210	38:43.410	07:44		5K50-59F	8/30	F	84/220	STANDOFF, AB
289/307	RESSLER, JESSICA	5211	1:02:49.260	12:33		5K30-39F	63/68	F	207/220	LETHBRIDGE, AB
194/307	ROCHE, LEAH	5213	48:32.180	09:42		5K60-69F	10/18	F	129/220	LETHBRIDGE, AB
276/307	ROCHELEAU, GERALD	5214	1:00:32.432	12:06		5K60-69M	1/1	M	78/87	LETHBRIDGE, AB

Alpha Overall Results

5K - 3.1 Miles

307 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
241/307	ROCHELEAU, WENDY	5215	55:49.714	11:09		5K60-69F	13/18	F	168/220	LETHBRIDGE, AB
29/307	ROLLINGSON, JONAH	5216	27:38.238	05:31		5K11-15M	6/14	M	24/87	LETHBRIDGE, AB
282/307	SAKAMOTO HAKKARAINEN, LIS	5221	1:01:59.321	12:23		5K20-29F	29/30	F	202/220	LETHBRIDGE, AB
201/307	SANDHAM, SHARON	5222	49:14.831	09:50		5K70+F	3/7	F	136/220	COALHURST, AB
211/307	SATURLEY, ADAM	5223	50:23.538	10:04		5K50-59M	8/10	M	66/87	LETHBRIDGE, AB
212/307	SATURLEY, KRISTEN	5224	50:24.137	10:04		5K40-49F	32/45	F	146/220	LETHBRIDGE, AB
129/307	SCHROYEN, LAINE	5304	37:57.995	07:35		5K40-49F	12/45	F	78/220	LETHBRIDGE, AB
242/307	SELSKI, CRAIG	5226	55:57.828	11:11		5K40-49M	18/20	M	74/87	LETHBRIDGE, AB
285/307	SENNEKER, ALEX	5227	1:02:12.187	12:26		5K30-39M	15/15	M	81/87	LETHBRIDGE, AB
298/307	SENNEKER, ALEXA	5228	1:07:56.842	13:35		5K20-29F	30/30	F	214/220	LETHBRIDGE, AB
286/307	SENNEKER, KASSIAN	5229	1:02:16.167	12:27		5K10&UM	10/10	M	82/87	LETHBRIDGE, AB
35/307	SENNEKER, LIZ	5230	28:24.567	05:40		5K20-29F	4/30	F	8/220	LETHBRIDGE, AB
299/307	SENNEKER, RYAN	5232	1:07:59.346	13:35		5K20-29M	10/12	M	85/87	LETHBRIDGE, AB
132/307	SEXTON, TAKEENA	5233	38:02.858	07:36		5K30-39F	28/68	F	81/220	STIRLING, AB
32/307	SHAE, ALEX	5305	27:44.211	05:32		5K20-29F	3/30	F	7/220	LETHBRIDGE, AB
192/307	SHARP, OLIVIA	5234	47:28.812	09:29		5K10&UF	6/14	F	127/220	LETHBRIDGE, AB
191/307	SHARP, ROSANNE	5235	47:28.768	09:29		5K30-39F	43/68	F	126/220	LETHBRIDGE, AB
111/307	SKEITH, CHRISTINA	5238	35:54.822	07:10		5K40-49F	10/45	F	63/220	LETHBRIDGE, AB
160/307	SMITH-MYLES, KAREN	5239	41:57.260	08:23		5K60-69F	5/18	F	101/220	LETHBRIDGE, AB
205/307	SPACKMAN, KRISTA	5240	49:50.310	09:58		5K30-39F	47/68	F	140/220	LETHBRIDGE, AB
256/307	SPRINKLE, JAIMEE	5241	57:43.716	11:32		5K30-39F	59/68	F	180/220	LETHBRIDGE, AB
138/307	STADTMULLER, LEO	5329	38:51.411	07:46		5K10&UM	4/10	M	52/87	LETHBRIDGE, AB
63/307	STINSON, MELISSA	5242	31:08.411	06:13		5K30-39F	7/68	F	26/220	LETHBRIDGE, AB
100/307	STRAUTS, KATHERINE	5243	35:04.820	07:00		5K30-39F	17/68	F	53/220	LETHBRIDGE, AB
202/307	STREET, ERIKA	5330	49:27.540	09:53		5K70+F	4/7	F	137/220	COALDALE, AB
88/307	SUDUWELI, SENURA	5306	34:08.393	06:49		5K30-39M	7/15	M	45/87	LETHBRIDGE, AB
30/307	SUTTORP, VIVIEN	5307	27:41.782	05:32		5K50-59F	2/30	F	6/220	LETHBRIDGE, AB
305/307	TAIT, DANIELLE	5245	1:10:18.944	14:03		5K30-39F	67/68	F	219/220	LETHBRIDGE, AB
52/307	TASKER, KELSEY	5246	29:24.434	05:52		5K30-39F	4/68	F	19/220	LETHBRIDGE, AB
43/307	TATEBE, FRAN	5247	28:51.280	05:46		5K60-69F	2/18	F	14/220	LETHBRIDGE, AB
86/307	TAVERNINI, BRITTANY	5344	33:49.459	06:45		5K30-39F	13/68	F	43/220	LETHBRIDGE, AB
185/307	TAYLOR, VALERIE	5248	45:39.669	09:07		5K70+F	2/7	F	120/220	LETHBRIDGE, AB
95/307	THAI-BAIRD, LYNDA	184	34:42.686	06:56		5K40-49F	6/45	F	48/220	LETHBRIDGE, AB
73/307	THURSTON, KASHA	5249	32:36.409	06:31		5K30-39F	12/68	F	35/220	LETHBRIDGE, AB
306/307	TRADEWELL, BRENT	5250	1:15:19.359	15:03		5K20-29M	12/12	M	87/87	LETHBRIDGE, AB
307/307	TRADEWELL, XAVIERA	5251	1:15:20.069	15:04		5K30-39F	68/68	F	220/220	LETHBRIDGE, AB
89/307	UGLEM, SEANNA	5252	34:14.479	06:50		5K20-29F	15/30	F	44/220	LETHBRIDGE, AB
60/307	ULLY, BRETT	5253	30:24.072	06:04		5K20-29M	4/12	M	37/87	LETHBRIDGE, AB
176/307	VAN DYK, JANNIE	5254	43:40.694	08:44		5K70+F	1/7	F	114/220	LETHBRIDGE, AB
216/307	VAN EGMOND, JULIE	5255	51:18.791	10:15		5K40-49F	35/45	F	150/220	LETHBRIDGE, AB
14/307	VAN HIERDEN, ALEISHA	5256	25:23.895	05:04		5K20-29F	2/30	F	3/220	COALDALE, AB
77/307	VAN HIERDEN, CHELSIA	5257	33:07.363	06:37		5K20-29F	11/30	F	38/220	COALDALE, AB
80/307	VAN HIERDEN, EDWARD	5258	33:16.842	06:39		5K50-59M	4/10	M	41/87	COALDALE, AB
141/307	VAN LEUKEN, DESIREE	5259	39:13.725	07:50		5K40-49F	17/45	F	88/220	LETHBRIDGE, AB
112/307	VELDBOOM, OLIVIA	5260	35:59.801	07:11		5K20-29F	18/30	F	64/220	GRANUM, AB
7/307	WALKER, PETER	5319	23:42.494	04:44		5K50-59M	1/10	M	6/87	MEDICINE HAT, AB
25/307	WARD, DECLAN	5264	26:55.641	05:23		5K10&UM	1/10	M	20/87	LETHBRIDGE, AB
66/307	WARD, JANENE	5265	31:19.133	06:15		5K30-39F	9/68	F	29/220	LETHBRIDGE, AB
9/307	WARREN, KOLIN	5266	24:04.447	04:48		5K30-39M	1/15	M	8/87	CALGARY, AB
31/307	WATT, JENS	5267	27:42.478	05:32		5K20-29M	1/12	M	25/87	LETHBRIDGE, AB
170/307	WEIR, TEYAH	5268	42:38.440	08:31		5K20-29F	23/30	F	108/220	LETHBRIDGE, AB
2/307	WEST, SETH	5269	18:54.104	03:46		5K16-19M	1/5	M	2/87	WELLING, AB
221/307	WHITE, MATT	5271	51:51.434	10:22		5K30-39M	11/15	M	67/87	LETHBRIDGE, AB
220/307	WHITE, STEPHANIE	5272	51:51.392	10:22		5K30-39F	50/68	F	154/220	LETHBRIDGE, AB
154/307	WICKERSHAM, AIMEE	5273	41:30.536	08:18		5K30-39F	34/68	F	97/220	LETHBRIDGE, AB
153/307	WICKERSHAM, AVALYN	5274	41:21.260	08:16		5K10&UF	3/14	F	96/220	LETHBRIDGE, AB
304/307	WIERL, STEPHANIE	5277	1:10:18.536	14:03		5K30-39F	66/68	F	218/220	LETHBRIDGE, AB

2023 Ritas Run 5K/10K May 13/2023

Alpha Overall Results

5K - 3.1 Miles

307 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
131/307	WILLIAMSON, ERIN	5278	38:00.323	07:36		5K20-29F	20/30	F	80/220	LETHBRIDGE, AB
246/307	WILLMS, ABBEY	5280	56:43.697	11:20		5K10&UF	12/14	F	172/220	LETHBRIDGE, AB
248/307	WILLMS, MICHELLE	5281	56:44.987	11:20		5K30-39F	56/68	F	173/220	LETHBRIDGE, AB
247/307	WILLMS, MIKE	5282	56:44.414	11:20		5K40-49M	19/20	M	75/87	LETHBRIDGE, AB
71/307	WOLCOTT, RAQUEL	5284	32:25.699	06:29		5K40-49F	4/45	F	33/220	LETHBRIDGE, AB
57/307	WOOD, CAROLYN	5285	29:46.565	05:57		5K40-49F	2/45	F	22/220	LETHBRIDGE, AB
197/307	WOYNAROWSKY, PAULA	5286	48:46.764	09:45		5K30-39F	46/68	F	132/220	LETHBRIDGE, AB
296/307	WURZER, BRENDA	5320	1:04:55.417	12:59		5K60-69F	17/18	F	212/220	LETHBRIDGE, AB
294/307	WURZER, KAYLA	5321	1:04:50.665	12:58		5K30-39F	64/68	F	210/220	LETHBRIDGE, AB
295/307	WURZER FIX, ELLIEB	5322	1:04:54.778	12:58		5K10&UF	14/14	F	211/220	LETHBRIDGE, AB
188/307	YASINSKI, CADEN	5287	46:31.362	09:18		5K10&UF	5/14	F	123/220	LETHBRIDGE, AB
187/307	YASINSKI, CHARIS	5288	46:30.449	09:18		5K30-39F	41/68	F	122/220	LETHBRIDGE, AB
13/307	YELLOW WINGS, JACOB	5308	25:13.002	05:02		5K11-15M	3/14	M	11/87	FORT MACLEOD, AB
281/307	YOSHIHARA, MEGAN	5289	1:01:58.662	12:23		5K30-39F	61/68	F	201/220	LETHBRIDGE, AB
85/307	YOUNG, CARSON	5290	33:43.653	06:44		5K11-15M	10/14	M	43/87	CLARESHOLM, AB
179/307	YOUNGER, FINLAY	5331	44:47.174	08:57		5K10&UM	8/10	M	63/87	LETHBRIDGE, AB
180/307	YOUNGER, JOHN	5332	44:47.670	08:57		5K40-49M	16/20	M	64/87	LETHBRIDGE, AB
190/307	ZECK, DEB	5291	47:24.363	09:28		5K50-59F	11/30	F	125/220	LETHBRIDGE, AB
183/307	ZECK, JAMES	5292	45:05.878	09:01		5K20-29M	6/12	M	65/87	LETHBRIDGE, AB
82/307	ZOETEMAN, JENN	5293	33:26.055	06:41		5K20-29F	14/30	F	41/220	FORT MACLEOD, AB
167/307	ZUEHLKE, LANDON	5294	42:22.051	08:28		5K30-39M	10/15	M	61/87	LETHBRIDGE, AB
116/307	ZUEHLKE, NATALIE	5295	36:44.767	07:20		5K20-29F	19/30	F	67/220	LETHBRIDGE, AB