

## Roots and Ruts Run 5K/10K Sept. 26/2014

## Alpha Overall Results

## 5K Run - 3.1 Miles

## 149 Finishers

| O/A     | Name                    | Bib# | Time        | Pace/m | Category  | Cat/Pl | Gender | Gen/Pl  | Chip Time   |
|---------|-------------------------|------|-------------|--------|-----------|--------|--------|---------|-------------|
| 17/149  | AMBROS, HEIDI           | 1299 | 00:30:58.25 | 06:11  | 5KR30-39F | 2/39   | F      | 7/111   | 00:30:33.95 |
| 57/149  | ANDERSON, JADYN         | 1003 | 00:39:43.00 | 07:56  | 5KR19&UF  | 9/19   | F      | 40/111  | 00:39:21.70 |
| 58/149  | ANDERSON, MIKE          | 1004 | 00:39:43.65 | 07:56  | 5KR30-39M | 6/13   | M      | 18/38   | 00:39:21.70 |
| 65/149  | ANTAYA, GALE            | 1005 | 00:40:15.35 | 08:03  | 5KR50-59F | 2/8    | F      | 47/111  | 00:40:04.60 |
| 55/149  | ARMSTRONG, ANGELA       | 1006 | 00:39:11.35 | 07:50  | 5KR30-39F | 14/39  | F      | 38/111  | 00:38:56.00 |
| 64/149  | BALL, LARA              | 1010 | 00:40:05.65 | 08:01  | 5KR19&UF  | 10/19  | F      | 46/111  | 00:39:47.05 |
| 75/149  | BATT, TONI              | 1305 | 00:41:30.00 | 08:18  | 5KR40-49F | 10/27  | F      | 56/111  | 00:41:03.40 |
| 113/149 | BELL, MELODY            | 1013 | 00:48:42.35 | 09:44  | 5KR40-49F | 20/27  | F      | 85/111  | 00:48:16.85 |
| 8/149   | BIRNBAUM, ANNA          | 1019 | 00:25:06.80 | 05:01  | 5KR19&UF  | 1/19   | F      | 2/111   | 00:25:03.35 |
| 6/149   | BIRNBAUM, SIMEON        | 1021 | 00:24:37.00 | 04:55  | 5KR19&UM  | 1/16   | M      | 5/38    | 00:24:32.45 |
| 67/149  | BJORNSON, DEBBIE        | 1023 | 00:40:18.50 | 08:03  | 5KR50-59F | 3/8    | F      | 49/111  | 00:40:01.30 |
| 30/149  | BRAKE, CHRIS            | 1026 | 00:34:37.60 | 06:55  | 5KR30-39M | 5/13   | M      | 16/38   | 00:34:17.85 |
| 136/149 | BRAKE, KELLY            | 1150 | 00:53:09.95 | 10:37  | 5KR30-39F | 36/39  | F      | 102/111 | 00:52:51.75 |
| 2/149   | BROCK, JEFFREY          | 1028 | 00:22:31.15 | 04:30  | 5KR40-49M | 1/5    | M      | 2/38    | 00:22:31.10 |
| 11/149  | BROCK, KIMBERLY         | 1029 | 00:26:44.70 | 05:20  | 5KR30-39F | 1/39   | F      | 3/111   | 00:26:43.75 |
| 131/149 | BROMLING, AL            | 1030 | 00:52:42.85 | 10:32  | 5KR60+M   | 2/3    | M      | 33/38   | 00:52:19.60 |
| 148/149 | BROMLING, ALEXANDAR     | 1031 | 01:05:16.50 | 13:03  | 5KR19&UF  | 19/19  | F      | 111/111 | 01:04:46.90 |
| 130/149 | BROMLING, CORBYN        | 1032 | 00:52:42.25 | 10:32  | 5KR19&UM  | 15/16  | M      | 32/38   | 00:52:24.60 |
| 147/149 | BROMLING, DARCY         | 1033 | 01:05:16.15 | 13:03  | 5KR30-39M | 13/13  | M      | 37/38   | 01:04:48.20 |
| 93/149  | BROWN, LOIS             | 1035 | 00:44:49.80 | 08:57  | 5KR60+F   | 2/3    | F      | 71/111  | 00:44:30.05 |
| 21/149  | BROWN, TIM              | 1036 | 00:33:27.80 | 06:41  | 5KR60+M   | 1/3    | M      | 12/38   | 00:33:09.85 |
| 99/149  | BUDDE, JODI             | 1037 | 00:45:22.30 | 09:04  | 5KR30-39F | 27/39  | F      | 75/111  | 00:44:51.05 |
| 89/149  | BUDDE, KAYDEN           | 1038 | 00:44:00.65 | 08:48  | 5KR19&UM  | 9/16   | M      | 21/38   | 00:43:29.85 |
| 76/149  | CALDWELL, LYN           | 1041 | 00:41:54.85 | 08:22  | 5KR50-59F | 5/8    | F      | 57/111  | 00:41:42.95 |
| 144/149 | CAOUCETTE, LISE         | 1043 | 00:56:55.70 | 11:23  | 5KR40-49F | 27/27  | F      | 108/111 | 00:56:39.75 |
| 94/149  | CARRIER, TYKAYAH        | 1044 | 00:44:49.95 | 08:57  | 5KR19&UF  | 13/19  | F      | 72/111  | 00:44:21.35 |
| 134/149 | CARROLL, KIM            | 1045 | 00:53:04.40 | 10:36  | 5KR30-39F | 34/39  | F      | 100/111 | 00:52:50.15 |
| 85/149  | CHRENEK, DEBRA          | 1048 | 00:43:17.50 | 08:39  | 5KR40-49F | 13/27  | F      | 65/111  | 00:43:12.20 |
| 142/149 | COBURN, KAYLI           | 1055 | 00:55:56.50 | 11:11  | 5KR19&UF  | 18/19  | F      | 106/111 | 00:55:43.45 |
| 56/149  | COLLINS, SARAH          | 1057 | 00:39:30.30 | 07:54  | 5KR30-39F | 15/39  | F      | 39/111  | 00:39:24.50 |
| 40/149  | CORCORAN, GRACIE        | 1059 | 00:36:05.25 | 07:13  | 5KR19&UF  | 5/19   | F      | 24/111  | 00:35:50.75 |
| 96/149  | CORCORAN, KAYDEN        | 1060 | 00:44:56.85 | 08:59  | 5KR19&UM  | 10/16  | M      | 23/38   | 00:44:39.30 |
| 120/149 | DAVIS, JACE             | 1065 | 00:49:46.40 | 09:57  | 5KR19&UM  | 14/16  | M      | 30/38   | 00:49:23.45 |
| 121/149 | DAVIS, MICHELLE         | 1068 | 00:50:04.50 | 10:00  | 5KR30-39F | 30/39  | F      | 91/111  | 00:49:40.90 |
| 39/149  | DESMET, BELINDA         | 1071 | 00:36:03.70 | 07:12  | 5KR30-39F | 7/39   | F      | 23/111  | 00:36:02.45 |
| 27/149  | DODGE, AVERY            | 1073 | 00:33:44.55 | 06:44  | 5KR19&UM  | 6/16   | M      | 14/38   | 00:33:22.60 |
| 124/149 | DODGE, KATHY            | 1074 | 00:51:04.30 | 10:12  | 5KR40-49F | 22/27  | F      | 94/111  | 00:50:38.45 |
| 102/149 | DONOVAN, CHRISTINE      | 1076 | 00:45:23.80 | 09:04  | 5KR40-49F | 17/27  | F      | 78/111  | 00:45:01.20 |
| 61/149  | DUBE, PAULINE           | 1307 | 00:39:58.75 | 07:59  | 5KR20-29F | 9/15   | F      | 43/111  | 00:39:57.05 |
| 146/149 | DUNCAN, LIZ             | 1288 | 00:59:31.65 | 11:54  | 5KR60+F   | 3/3    | F      | 110/111 | 00:59:04.75 |
| 84/149  | ELLINGSON, KAREN        | 1079 | 00:43:06.35 | 08:37  | 5KR60+F   | 1/3    | F      | 64/111  | 00:42:55.75 |
| 52/149  | EWASIUK, CARMEN         | 1080 | 00:38:17.30 | 07:39  | 5KR30-39F | 13/39  | F      | 36/111  | 00:37:52.65 |
| 92/149  | FARTHING, SHAWN         | 1081 | 00:44:37.20 | 08:55  | 5KR30-39M | 8/13   | M      | 22/38   | 00:44:20.60 |
| 33/149  | FLEWELL, AMBER          | 1085 | 00:35:17.15 | 07:03  | 5KR20-29F | 5/15   | F      | 17/111  | 00:35:10.70 |
| 16/149  | FORBES-SHEPHERD, GLORIA | 1106 | 00:30:46.90 | 06:09  | 5KR50-59F | 1/8    | F      | 6/111   | 00:30:39.65 |
| 7/149   | FOURNIER, TAIRAS        | 1089 | 00:24:43.10 | 04:56  | 5KR19&UM  | 2/16   | M      | 6/38    | 00:24:40.30 |
| 49/149  | FOURNIER, TEEVIN        | 1090 | 00:37:44.80 | 07:32  | 5KR19&UF  | 8/19   | F      | 33/111  | 00:37:34.55 |
| 115/149 | FROELICK, CARLEY        | 1095 | 00:49:24.15 | 09:52  | 5KR20-29F | 14/15  | F      | 87/111  | 00:48:52.75 |
| 88/149  | FROST, MALIKA           | 1097 | 00:43:56.35 | 08:47  | 5KR20-29F | 12/15  | F      | 68/111  | 00:43:32.95 |
| 103/149 | GAIRDNER, MICHELLE      | 1098 | 00:45:28.75 | 09:05  | 5KR50-59F | 7/8    | F      | 79/111  | 00:45:12.55 |
| 129/149 | GAMACHE, KAREN          | 1100 | 00:52:31.30 | 10:30  | 5KR40-49F | 26/27  | F      | 98/111  | 00:52:01.45 |
| 100/149 | GERMAN, DAWN            | 1102 | 00:45:23.35 | 09:04  | 5KR40-49F | 16/27  | F      | 76/111  | 00:45:01.10 |
| 42/149  | GIBSON, KARA            | 1105 | 00:36:23.05 | 07:16  | 5KR30-39F | 8/39   | F      | 26/111  | 00:36:14.60 |
| 137/149 | GIRVAN, DAVE            | 1286 | 00:53:15.90 | 10:39  | 5KR60+M   | 3/3    | M      | 35/38   | 00:52:41.35 |
| 1/149   | GOOSNEY, SCOTT          | 1290 | 00:21:14.75 | 04:14  | 5KR30-39M | 1/13   | M      | 1/38    | 00:21:13.60 |
| 105/149 | GREENLAW, DENISE        | 1109 | 00:46:16.15 | 09:15  | 5KR40-49F | 18/27  | F      | 81/111  | 00:45:58.05 |
| 98/149  | GUNN, JAMIE             | 1113 | 00:44:58.60 | 08:59  | 5KR30-39F | 26/39  | F      | 74/111  | 00:44:39.55 |
| 97/149  | GUNN, SHAYNE            | 1243 | 00:44:58.35 | 08:59  | 5KR30-39M | 9/13   | M      | 24/38   | 00:44:39.40 |
| 20/149  | HALLS, MERISSA          | 1067 | 00:33:09.10 | 06:37  | 5KR20-29F | 2/15   | F      | 9/111   | 00:33:04.00 |
| 77/149  | HANDFIELD, HOLLY        | 1114 | 00:41:57.25 | 08:23  | 5KR40-49F | 11/27  | F      | 58/111  | 00:41:45.40 |
| 31/149  | HANSEN, JONI            | 1115 | 00:34:56.30 | 06:59  | 5KR20-29F | 4/15   | F      | 15/111  | 00:34:39.85 |
| 87/149  | HARRIS, ADRIENNE        | 1117 | 00:43:33.35 | 08:42  | 5KR40-49F | 14/27  | F      | 67/111  | 00:43:28.55 |
| 62/149  | HENDERSON, BARBARA      | 1120 | 00:40:05.25 | 08:01  | 5KR30-39F | 18/39  | F      | 44/111  | 00:39:38.35 |
| 79/149  | HERBERT, KARA           | 1121 | 00:42:09.25 | 08:25  | 5KR30-39F | 22/39  | F      | 60/111  | 00:41:47.55 |
| 28/149  | HEWLETT, DEKLAN         | 1123 | 00:34:12.25 | 06:50  | 5KR19&UM  | 7/16   | M      | 15/38   | 00:33:50.80 |
| 104/149 | HILDEBRANDT, JESSICA    | 1124 | 00:45:30.25 | 09:06  | 5KR20-29F | 13/15  | F      | 80/111  | 00:45:05.35 |

## Roots and Ruts Run 5K/10K Sept. 26/2014

## Alpha Overall Results

## 5K Run - 3.1 Miles

## 149 Finishers

| O/A     | Name                 | Bib# | Time        | Pace/m | Category  | Cat/Pl | Gender | Gen/Pl  | Chip Time   |
|---------|----------------------|------|-------------|--------|-----------|--------|--------|---------|-------------|
| 78/149  | HOATH, SARA          | 1125 | 00:42:06.20 | 08:25  | 5KR30-39F | 21/39  | F      | 59/111  | 00:41:44.65 |
| 128/149 | HODDER, MICHELLE     | 1127 | 00:52:04.85 | 10:24  | 5KR40-49F | 25/27  | F      | 97/111  | 00:51:39.85 |
| 138/149 | HOWLETT, APRILLE     | 1131 | 00:54:18.35 | 10:51  | 5KR30-39F | 37/39  | F      | 103/111 | 00:53:55.25 |
| 69/149  | HUNT, DARCY          | 1135 | 00:40:27.00 | 08:05  | 5KR30-39M | 7/13   | M      | 19/38   | 00:39:53.55 |
| 101/149 | HUNT, DECKLYN        | 1136 | 00:45:23.55 | 09:04  | 5KR19&UF  | 14/19  | F      | 77/111  | 00:44:50.05 |
| 22/149  | JOHANNSEN, MEGAN     | 1140 | 00:33:32.35 | 06:42  | 5KR30-39F | 4/39   | F      | 10/111  | 00:33:18.30 |
| 29/149  | JOHNSTON, JODY       | 1144 | 00:34:25.45 | 06:53  | 5KR40-49F | 3/27   | F      | 14/111  | 00:34:15.15 |
| 23/149  | KACZMAREK, JULIE     | 1146 | 00:33:37.40 | 06:43  | 5KR20-29F | 3/15   | F      | 11/111  | 00:33:32.45 |
| 63/149  | KENIG, JENNIFER      | 1151 | 00:40:05.40 | 08:01  | 5KR30-39F | 19/39  | F      | 45/111  | 00:39:38.50 |
| 141/149 | LANSDOWNE, ELIZABETH | 1157 | 00:55:56.30 | 11:11  | 5KR19&UF  | 17/19  | F      | 105/111 | 00:55:43.40 |
| 9/149   | LAWSON, CARL         | 1161 | 00:25:13.55 | 05:02  | 5KR40-49M | 2/5    | M      | 7/38    | 00:25:11.75 |
| 13/149  | LAWSON, MAIREN       | 1162 | 00:28:49.60 | 05:45  | 5KR19&UF  | 2/19   | F      | 4/111   | 00:28:49.25 |
| 15/149  | LEBRUN, KIM          | 1165 | 00:30:19.85 | 06:03  | 5KR40-49F | 1/27   | F      | 5/111   | 00:30:18.45 |
| 90/149  | LEMAIRE, SHEFALI     | 1167 | 00:44:12.10 | 08:50  | 5KR30-39F | 24/39  | F      | 69/111  | 00:43:53.90 |
| 135/149 | LINDEN, JOSEPHINE    | 1168 | 00:53:04.70 | 10:36  | 5KR30-39F | 35/39  | F      | 101/111 | 00:52:50.10 |
| 111/149 | LJUDEN, HOLLY        | 1170 | 00:46:41.75 | 09:20  | 5KR40-49F | 19/27  | F      | 83/111  | 00:46:25.60 |
| 110/149 | LJUDEN, MATTHEW      | 1171 | 00:46:41.45 | 09:20  | 5KR19&UM  | 13/16  | M      | 28/38   | 00:46:24.70 |
| 149/149 | LOOKER, TRACY        | 1289 | 01:06:42.60 | 13:20  | 5KR40-49M | 5/5    | M      | 38/38   | 01:06:17.10 |
| 112/149 | MACH, NORINE         | 1172 | 00:48:42.05 | 09:44  | 5KR50-59F | 8/8    | F      | 84/111  | 00:48:16.45 |
| 37/149  | MASON, JANYLLE       | 1174 | 00:35:41.30 | 07:08  | 5KR20-29F | 6/15   | F      | 21/111  | 00:35:24.85 |
| 70/149  | MASON, NIKKI         | 1175 | 00:40:27.95 | 08:05  | 5KR20-29F | 10/15  | F      | 51/111  | 00:39:53.80 |
| 3/149   | MASSONG, SHAYNE      | 1291 | 00:23:42.00 | 04:44  | 5KR30-39M | 2/13   | M      | 3/38    | 00:23:40.55 |
| 34/149  | MATLOCK, BERNIE      | 1177 | 00:35:17.35 | 07:03  | 5KR40-49F | 4/27   | F      | 18/111  | 00:35:11.50 |
| 117/149 | MCCURDY, JENN        | 1180 | 00:49:33.45 | 09:54  | 5KR30-39F | 29/39  | F      | 89/111  | 00:49:03.20 |
| 116/149 | MCCURDY, MASON       | 1181 | 00:49:32.95 | 09:54  | 5KR19&UF  | 15/19  | F      | 88/111  | 00:49:02.05 |
| 145/149 | MCDONALD, ASHLEY     | 1182 | 00:59:11.05 | 11:50  | 5KR30-39F | 39/39  | F      | 109/111 | 00:58:42.30 |
| 125/149 | MCGUIRE, ARIEL       | 1294 | 00:51:45.35 | 10:21  | 5KR40-49F | 23/27  | F      | 95/111  | 00:51:30.65 |
| 47/149  | MICHAUD, MADELAINE   | 1188 | 00:37:33.55 | 07:30  | 5KR30-39F | 10/39  | F      | 31/111  | 00:37:29.40 |
| 82/149  | MOFFATT, JAMES       | 1297 | 00:42:48.00 | 08:33  | 5KR19&UM  | 8/16   | M      | 20/38   | 00:42:37.70 |
| 83/149  | MOFFATT, LOIS        | 1295 | 00:42:54.20 | 08:34  | 5KR50-59F | 6/8    | F      | 63/111  | 00:42:44.40 |
| 140/149 | MOULUN, CAREY        | 1192 | 00:54:23.10 | 10:52  | 5KR30-39F | 38/39  | F      | 104/111 | 00:53:59.15 |
| 36/149  | NAGGE, KATRINA       | 1196 | 00:35:37.95 | 07:07  | 5KR19&UF  | 4/19   | F      | 20/111  | 00:35:29.15 |
| 44/149  | NAGGE, LINDA         | 1197 | 00:36:37.00 | 07:19  | 5KR40-49F | 5/27   | F      | 28/111  | 00:36:28.45 |
| 43/149  | PALAMARCHUK, SARAH   | 1202 | 00:36:35.90 | 07:19  | 5KR20-29F | 8/15   | F      | 27/111  | 00:36:26.30 |
| 41/149  | PARKS, ALYSSA        | 1203 | 00:36:08.50 | 07:13  | 5KR19&UF  | 6/19   | F      | 25/111  | 00:35:53.60 |
| 54/149  | PAWLIW, QUINN        | 1206 | 00:38:59.65 | 07:47  | 5KR40-49M | 3/5    | M      | 17/38   | 00:38:08.50 |
| 35/149  | PERNAL, KATHERINE    | 1207 | 00:35:27.40 | 07:05  | 5KR19&UF  | 3/19   | F      | 19/111  | 00:35:16.80 |
| 95/149  | PETERSON, TRACEY     | 1208 | 00:44:49.95 | 08:57  | 5KR40-49F | 15/27  | F      | 73/111  | 00:44:21.50 |
| 73/149  | PONTO, KIM           | 1211 | 00:41:11.00 | 08:14  | 5KR30-39F | 20/39  | F      | 54/111  | 00:41:04.20 |
| 114/149 | POTTER, VIKKI        | 1212 | 00:49:18.70 | 09:51  | 5KR40-49F | 21/27  | F      | 86/111  | 00:49:01.90 |
| 122/149 | PRICHARD, KARI       | 1304 | 00:50:38.65 | 10:07  | 5KR30-39F | 31/39  | F      | 92/111  | 00:50:11.95 |
| 14/149  | RAMTEEMAL, COLE      | 1214 | 00:30:02.15 | 06:00  | 5KR19&UM  | 4/16   | M      | 10/38   | 00:29:49.55 |
| 53/149  | RAMTEEMAL, CONNIE    | 1215 | 00:38:29.80 | 07:41  | 5KR40-49F | 7/27   | F      | 37/111  | 00:38:15.55 |
| 66/149  | REDDING, ABBIGAYLE   | 1218 | 00:40:18.30 | 08:03  | 5KR19&UF  | 11/19  | F      | 48/111  | 00:40:11.55 |
| 68/149  | REDDING, ANGELA      | 1219 | 00:40:21.80 | 08:04  | 5KR40-49F | 8/27   | F      | 50/111  | 00:40:15.00 |
| 45/149  | REDDING, KAYDENCE    | 1220 | 00:36:49.70 | 07:21  | 5KR19&UF  | 7/19   | F      | 29/111  | 00:36:42.90 |
| 4/149   | REDDING, PAX         | 1221 | 00:23:42.10 | 04:44  | 5KR30-39M | 3/13   | M      | 4/38    | 00:23:40.60 |
| 91/149  | RINALDI, NICOLE      | 1224 | 00:44:36.20 | 08:55  | 5KR30-39F | 25/39  | F      | 70/111  | 00:44:19.75 |
| 108/149 | ROESSLER, AMANDA     | 1226 | 00:46:24.15 | 09:16  | 5KR30-39F | 28/39  | F      | 82/111  | 00:45:57.35 |
| 107/149 | ROESSLER, JESSE      | 1227 | 00:46:17.55 | 09:15  | 5KR19&UM  | 11/16  | M      | 26/38   | 00:45:50.05 |
| 109/149 | ROESSLER, JORDAN     | 1228 | 00:46:24.35 | 09:16  | 5KR19&UM  | 12/16  | M      | 27/38   | 00:45:57.55 |
| 106/149 | ROESSLER, SCOTT      | 1229 | 00:46:17.10 | 09:15  | 5KR30-39M | 10/13  | M      | 25/38   | 00:45:48.55 |
| 51/149  | RUSSELL, DANA        | 1231 | 00:37:59.95 | 07:35  | 5KR40-49F | 6/27   | F      | 35/111  | 00:37:55.50 |
| 19/149  | RYCROFT, KRISTIN     | 1232 | 00:32:52.95 | 06:34  | 5KR30-39F | 3/39   | F      | 8/111   | 00:32:47.70 |
| 127/149 | SANDERSON, DANIEL    | 1234 | 00:51:46.65 | 10:21  | 5KR40-49M | 4/5    | M      | 31/38   | 00:51:27.70 |
| 38/149  | SANDERSON, HELEN     | 1235 | 00:35:44.30 | 07:08  | 5KR20-29F | 7/15   | F      | 22/111  | 00:35:39.60 |
| 48/149  | SANDUL, ERINN        | 1236 | 00:37:42.20 | 07:32  | 5KR30-39F | 11/39  | F      | 32/111  | 00:37:24.40 |
| 59/149  | SARCENO, CARLA       | 1237 | 00:39:51.60 | 07:58  | 5KR30-39F | 16/39  | F      | 41/111  | 00:39:44.70 |
| 71/149  | SCARTH, SANDY        | 1238 | 00:40:40.05 | 08:08  | 5KR50-59F | 4/8    | F      | 52/111  | 00:40:33.15 |
| 25/149  | SCHAEFER, BONNIE     | 1239 | 00:33:39.40 | 06:43  | 5KR40-49F | 2/27   | F      | 12/111  | 00:33:37.80 |
| 126/149 | SCHAFFER, LINZI      | 1169 | 00:51:45.50 | 10:21  | 5KR40-49F | 24/27  | F      | 96/111  | 00:51:25.95 |
| 5/149   | SHEPHERD, CHRISTIE   | 1308 | 00:23:50.85 | 04:46  | 5KR20-29F | 1/15   | F      | 1/111   | 00:23:49.35 |
| 80/149  | SHORT, CHARLENE      | 1244 | 00:42:17.45 | 08:27  | 5KR40-49F | 12/27  | F      | 61/111  | 00:41:46.20 |
| 119/149 | SHORT, EMILY         | 1245 | 00:49:43.20 | 09:56  | 5KR19&UF  | 16/19  | F      | 90/111  | 00:49:19.30 |
| 118/149 | SHORT, MATTHEW       | 1246 | 00:49:42.75 | 09:56  | 5KR30-39M | 11/13  | M      | 29/38   | 00:49:17.80 |
| 81/149  | SHORT, NATALIE       | 1247 | 00:42:18.65 | 08:27  | 5KR19&UF  | 12/19  | F      | 62/111  | 00:41:47.55 |

## Alpha Overall Results

## 5K Run - 3.1 Miles

## 149 Finishers

| O/A     | Name                | Bib# | Time        | Pace/m | Category  | Cat/PI | Gender | Gen/PI  | Chip Time   |
|---------|---------------------|------|-------------|--------|-----------|--------|--------|---------|-------------|
| 50/149  | SPERLING, MELANIE   | 1252 | 00:37:55.40 | 07:35  | 5KR30-39F | 12/39  | F      | 34/111  | 00:37:49.05 |
| 132/149 | STINSON, JENNIFER   | 1254 | 00:52:46.15 | 10:33  | 5KR30-39F | 33/39  | F      | 99/111  | 00:52:31.85 |
| 133/149 | STINSON, JOSHUA     | 1300 | 00:52:46.15 | 10:33  | 5KR19&UM  | 16/16  | M      | 34/38   | 00:52:32.95 |
| 139/149 | THOMPSON, ASH       | 1257 | 00:54:20.15 | 10:52  | 5KR30-39M | 12/13  | M      | 36/38   | 00:54:04.20 |
| 74/149  | VALEN, HEATHER      | 1264 | 00:41:17.05 | 08:15  | 5KR40-49F | 9/27   | F      | 55/111  | 00:40:58.90 |
| 46/149  | VALIQUETTE, CRYSTAL | 1265 | 00:37:26.65 | 07:29  | 5KR30-39F | 9/39   | F      | 30/111  | 00:37:21.95 |
| 18/149  | VEITCH, BRIAN       | 1268 | 00:31:33.60 | 06:18  | 5KR50-59M | 1/1    | M      | 11/38   | 00:31:28.05 |
| 32/149  | VIKSE, PAM          | 1270 | 00:35:11.60 | 07:02  | 5KR30-39F | 6/39   | F      | 16/111  | 00:35:07.05 |
| 123/149 | VOTH, TANIS         | 1303 | 00:50:38.85 | 10:07  | 5KR30-39F | 32/39  | F      | 93/111  | 00:50:11.55 |
| 10/149  | WAAYENBERG, BRIAN   | 1271 | 00:25:30.15 | 05:06  | 5KR30-39M | 4/13   | M      | 8/38    | 00:25:23.40 |
| 143/149 | WALKER, MARANDA     | 1273 | 00:55:56.90 | 11:11  | 5KR20-29F | 15/15  | F      | 107/111 | 00:55:43.10 |
| 72/149  | WARTENA, DANA       | 1275 | 00:41:01.35 | 08:12  | 5KR20-29F | 11/15  | F      | 53/111  | 00:40:49.70 |
| 24/149  | WEBSTER, ASHTON     | 1276 | 00:33:37.45 | 06:43  | 5KR19&UM  | 5/16   | M      | 13/38   | 00:33:31.10 |
| 12/149  | WEBSTER, AUSTIN     | 1277 | 00:28:41.30 | 05:44  | 5KR19&UM  | 3/16   | M      | 9/38    | 00:28:35.90 |
| 60/149  | WIEBE, KANDIS       | 1278 | 00:39:55.95 | 07:59  | 5KR30-39F | 17/39  | F      | 42/111  | 00:39:43.80 |
| 26/149  | YOUNG, JENN         | 1284 | 00:33:39.95 | 06:43  | 5KR30-39F | 5/39   | F      | 13/111  | 00:33:27.50 |
| 86/149  | ZACHARIAS, LISA     | 1285 | 00:43:24.55 | 08:40  | 5KR30-39F | 23/39  | F      | 66/111  | 00:43:04.00 |