

## Roots and Ruts Run 10K/5K/3K Sept. 23/2016

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 137 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
26/137	ALEXANDER, RONI	1001	01:01:56.17	06:11	10K30-39F	4/41	F	9/99	01:01:53.12
27/137	AMBROS, HEIDI	1003	01:02:05.88	06:12	10K30-39F	5/41	F	10/99	01:01:55.80
86/137	AMIEN, NARALDA	1004	01:19:13.05	07:55	10K30-39F	22/41	F	51/99	01:19:08.18
38/137	ANDERSON, NELDA	1005	01:06:41.44	06:40	10K20-29F	6/18	F	18/99	01:06:31.67
31/137	AUBIN, JENNIFER	1006	01:04:35.51	06:27	10K20-29F	3/18	F	12/99	01:04:27.01
106/137	BARBER, BONNIE	1007	01:23:42.52	08:22	10K60-69F	1/1	F	71/99	01:23:36.63
114/137	BEAZER, KARLY	1008	01:31:27.31	09:08	10K20-29F	14/18	F	78/99	01:31:17.65
81/137	BEHNKE, TANIS	1010	01:18:19.22	07:49	10K30-39F	20/41	F	48/99	01:18:08.56
48/137	BENKE, ALISON	1011	01:08:30.00	06:51	10K30-39F	9/41	F	24/99	01:08:28.12
7/137	BENKE, DALE	1013	00:52:54.75	05:17	10K40-49M	1/7	M	7/38	00:52:53.85
132/137	BESTWARD, WENDY	1015	01:42:27.85	10:14	10K40-49F	26/29	F	94/99	01:40:53.33
51/137	BJORNSON, ALISON	1016	01:09:23.51	06:56	10K30-39F	10/41	F	27/99	01:09:08.51
12/137	BLUE, SHAYLA	1019	00:56:24.02	05:38	10K30-39F	1/41	F	2/99	00:56:24.01
100/137	BODDEZ, CAROL	1020	01:21:02.51	08:06	10K30-39F	30/41	F	65/99	01:20:52.35
118/137	BOGH, NATALIE	1021	01:32:30.69	09:15	10K40-49F	21/29	F	81/99	01:32:19.29
47/137	BONAZZO, KAREN	1022	01:08:25.44	06:50	10K50-59F	3/10	F	23/99	01:08:14.96
8/137	BOULET, RAY	1023	00:53:50.95	05:23	10K40-49M	2/7	M	8/38	00:53:48.00
134/137	BRICK, TINA	1206	01:44:24.91	10:26	10K40-49F	27/29	F	96/99	01:44:15.15
42/137	BROOKS, JEANNETTE	1026	01:07:35.92	06:45	10K50-59F	2/10	F	20/99	01:07:31.64
53/137	BROWN, HALEY	1027	01:09:53.11	06:59	10K20-29F	9/18	F	29/99	01:09:50.28
127/137	BROWN, HEATHER	1028	01:36:01.83	09:36	10K30-39F	40/41	F	90/99	01:35:49.58
79/137	BROWN, JAIME	1029	01:17:41.22	07:46	10K30-39F	19/41	F	46/99	01:17:38.59
15/137	BROWN, JOHN	1030	00:58:22.48	05:50	10K20-29M	2/3	M	12/38	00:58:19.84
32/137	BROWN, LINDA	1031	01:04:46.70	06:28	10K50-59F	1/10	F	13/99	01:04:43.99
131/137	BROWN, MATT	1032	01:36:15.00	09:37	10K30-39M	14/14	M	38/38	01:36:01.12
30/137	BROWN, RICK	1033	01:04:35.12	06:27	10K50-59M	4/6	M	19/38	01:04:31.85
68/137	BROWN, SHEA-ANNE	1034	01:14:15.08	07:25	10K30-39F	15/41	F	38/99	01:14:12.03
82/137	BROWN, TIM	1035	01:18:47.59	07:52	10K60-69M	5/6	M	34/38	01:18:40.25
97/137	CALLIHO, TINA	1037	01:20:57.95	08:05	10K40-49F	16/29	F	62/99	01:20:49.19
57/137	CLARKSON, CINDY	1207	01:10:40.05	07:04	10K40-49F	8/29	F	32/99	01:10:40.04
113/137	COUETTE, JOSEE	1044	01:31:04.15	09:06	10K50-59F	7/10	F	77/99	01:30:58.47
24/137	CRAIG, TONI	1045	01:01:30.10	06:09	10K40-49F	3/29	F	8/99	01:01:25.57
130/137	DEMERS, NIKKI	1050	01:36:14.73	09:37	10K20-29F	17/18	F	93/99	01:36:00.75
111/137	DESMET, BELINDA	1051	01:26:03.57	08:36	10K30-39F	36/41	F	76/99	01:25:50.75
133/137	DOLEN, JANCEY	1053	01:44:24.53	10:26	10K30-39F	41/41	F	95/99	01:44:24.52
92/137	DROUIN, BIBIANE	1055	01:19:47.88	07:58	10K50-59F	6/10	F	57/99	01:19:42.82
1/137	DUNBAR, LANDON	1220	00:44:51.92	04:29	10K30-39M	1/14	M	1/38	00:44:51.91
77/137	EVERTON, DARLA	1058	01:16:21.96	07:38	10K20-29F	12/18	F	44/99	01:16:12.30
78/137	FEHR, ANGELA	1059	01:16:56.31	07:41	10K30-39F	18/41	F	45/99	01:16:50.66
22/137	FIMRITE, BOBBIE-JO	1061	01:00:51.32	06:05	10K40-49F	2/29	F	7/99	01:00:45.86
36/137	FRIEBEL, CORIN	1063	01:06:20.09	06:38	10K20-29F	5/18	F	16/99	01:06:08.05
46/137	FRIXEL, TONY	1196	01:08:23.31	06:50	10K20-29M	3/3	M	24/38	01:08:23.11
55/137	GALENZA, BRUCE	1197	01:10:22.23	07:02	10K60-69M	2/6	M	25/38	01:10:06.07
70/137	GERMSHEID, KARNA	1065	01:14:48.26	07:28	10K40-49F	9/29	F	40/99	01:14:33.16
35/137	GILLESPIE, SHAY	1067	01:06:20.09	06:38	10K20-29F	4/18	F	15/99	01:06:07.95
104/137	GILLETT, SHELLEY	1068	01:22:46.78	08:16	10K30-39F	33/41	F	69/99	01:22:33.88
2/137	GOOSNEY, SCOTT	1070	00:45:48.55	04:34	10K30-39M	2/14	M	2/38	00:45:48.15
69/137	GRIER, ERIN	1073	01:14:37.78	07:27	10K30-39F	16/41	F	39/99	01:14:29.60
19/137	GUMMESEN, JULIE	1198	01:00:16.26	06:01	10K40-49F	1/29	F	6/99	01:00:12.15
89/137	HART, CAROLYN	1075	01:19:34.93	07:57	10K40-49F	13/29	F	54/99	01:19:28.51
18/137	HAWRYLUK, BRUCE	1076	00:59:45.83	05:58	10K30-39M	6/14	M	13/38	00:59:45.82
43/137	HENDSBEE, TERRI	1079	01:07:50.19	06:47	10K40-49F	6/29	F	21/99	01:07:38.63
11/137	HOUSSIAN, DRAKE	1214	00:54:54.42	05:29	10K50-59M	2/6	M	10/38	00:54:49.11
41/137	HUDSON, ALISON	1083	01:07:34.51	06:45	10K40-49F	5/29	F	19/99	01:07:29.84
21/137	HUNTER, BEN	1085	01:00:43.79	06:04	10K16-19M	1/1	M	15/38	00:59:09.33
80/137	IRVINE, LISA	1088	01:17:48.35	07:46	10K40-49F	11/29	F	47/99	01:16:14.65
121/137	JASPER, MICHELLE	1091	01:34:46.99	09:28	10K40-49F	22/29	F	84/99	01:34:43.47
64/137	JOHNSON, BILL	1092	01:12:41.08	07:16	10K50-59M	6/6	M	29/38	01:12:39.49
115/137	JOSEPH, LOUIS	1093	01:31:38.40	09:09	10K40-49M	7/7	M	37/38	01:31:38.39
16/137	KAEMPF, AMY	1094	00:58:40.75	05:52	10K30-39F	2/41	F	4/99	00:58:40.74
29/137	KARAMI, HISHAM	1199	01:04:26.47	06:26	10K30-39M	9/14	M	18/38	01:04:24.30
101/137	KING, NADINE	1097	01:22:29.35	08:14	10K30-39F	31/41	F	66/99	01:22:21.83
44/137	KLINE, CANDACE	1098	01:07:59.20	06:47	10K30-39F	8/41	F	22/99	01:07:54.33
13/137	KOBAYASHI, YUME	1099	00:56:54.13	05:41	10K20-29F	2/18	F	3/99	00:56:53.83
56/137	LEE, BRITTANY	1101	01:10:32.08	07:03	10K20-29F	10/18	F	31/99	01:10:22.94
39/137	LIVINGSTON, KENNETH	1200	01:07:10.06	06:43	10K30-39M	10/14	M	21/38	01:07:02.62

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O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
126/137	LOXAM, ELENA-ROSE	1104	01:35:47.48	09:34	10K30-39F	39/41	F	89/99	01:35:31.90
33/137	MAGRUM, WARREN	1107	01:05:24.88	06:32	10K60-69M	1/6	M	20/38	01:05:12.92
54/137	MARTENS, GERT	1108	01:10:12.05	07:01	10K40-49F	7/29	F	30/99	01:10:05.43
4/137	MASIK, BRADY	1110	00:50:12.05	05:01	10K20-29M	1/3	M	4/38	00:50:12.04
94/137	MASIK, CARLEEN	1111	01:20:16.93	08:01	10K20-29F	13/18	F	59/99	01:20:08.55
50/137	MCCONKEY-FRANKE, BREEANN	1113	01:09:20.97	06:56	10K20-29F	8/18	F	26/99	01:09:09.31
74/137	MCINTOSH, DWAYNE	1118	01:15:25.15	07:32	10K40-49M	5/7	M	32/38	01:15:21.63
58/137	MEISE, DAVE	1120	01:10:40.50	07:04	10K40-49M	3/7	M	26/38	01:02:46.50
67/137	MENZIES, DIONE	1121	01:13:17.62	07:19	10K30-39F	14/41	F	37/99	01:13:10.58
71/137	MERCEREAU, BOB	1081	01:14:58.39	07:29	10K60-69M	4/6	M	31/38	01:14:53.23
105/137	MIDDLETON, JAYNE	1122	01:23:40.17	08:22	10K40-49F	18/29	F	70/99	01:23:35.89
96/137	MITTELSTAEDT, SHARON	1124	01:20:21.62	08:02	10K30-39F	27/41	F	61/99	01:20:13.64
116/137	MOON, MARGARET	1125	01:32:02.52	09:12	10K50-59F	8/10	F	79/99	01:31:52.16
75/137	MOON, TERRY	1126	01:15:33.91	07:33	10K40-49M	6/7	M	33/38	01:15:25.61
76/137	MOORE, ASHLEY	1127	01:15:49.35	07:34	10K20-29F	11/18	F	43/99	01:15:35.13
129/137	MOORE, MELANIE	1129	01:36:13.83	09:37	10K50-59F	10/10	F	92/99	01:36:00.60
93/137	MORRIS, AMANDA	1130	01:19:51.76	07:59	10K30-39F	26/41	F	58/99	01:19:51.75
45/137	MORRIS, RALPH	1131	01:08:03.01	06:48	10K30-39M	11/14	M	23/38	01:08:01.02
90/137	MUNGALL, BRENDA	1132	01:19:40.00	07:58	10K40-49F	14/29	F	55/99	01:19:33.38
99/137	NICHOLS, ANGEL	1134	01:21:01.99	08:06	10K30-39F	29/41	F	64/99	01:20:51.59
95/137	NOEL, KALINA	1135	01:20:20.46	08:02	10K40-49F	15/29	F	60/99	01:20:12.36
72/137	NORDHAGEN, CORRIE	1136	01:15:02.87	07:30	10K30-39F	17/41	F	41/99	01:14:51.21
98/137	NOWEK, ALLISON	1137	01:21:01.94	08:06	10K30-39F	28/41	F	63/99	01:20:53.38
123/137	O'BRIEN, DARETH	1138	01:35:39.38	09:33	10K30-39F	37/41	F	86/99	01:35:32.40
65/137	OOSTRA, KAREN	1219	01:13:03.05	07:18	10K50-59F	5/10	F	36/99	01:12:57.58
5/137	OOSTRA, PAUL	1218	00:51:45.52	05:10	10K50-59M	1/6	M	5/38	00:51:40.93
73/137	OUELLET, LISA	1139	01:15:17.83	07:31	10K40-49F	10/29	F	42/99	01:15:11.76
107/137	PEAKMAN, JODY	1140	01:24:00.27	08:24	10K30-39F	34/41	F	72/99	01:23:54.89
34/137	PEEVER, MANDY	1141	01:06:10.69	06:37	10K30-39F	6/41	F	14/99	01:06:08.62
109/137	PERRY, MARCY	1142	01:24:56.08	08:29	10K40-49F	20/29	F	74/99	01:24:47.66
83/137	PHILLIPS, JONATHAN	1143	01:18:51.17	07:53	10K30-39M	13/14	M	35/38	01:18:43.75
84/137	PHILLIPS, MIRANDA	1144	01:18:51.23	07:53	10K30-39F	21/41	F	49/99	01:18:43.13
3/137	PROVOST, JONATHAN	1146	00:47:35.49	04:45	10K30-39M	3/14	M	3/38	00:47:35.48
112/137	REMPEL, ROBERT	1148	01:27:39.71	08:45	10K60-69M	6/6	M	36/38	01:27:28.53
88/137	RICHTER, CLAIRE	1150	01:19:28.55	07:56	10K30-39F	24/41	F	53/99	01:19:15.61
120/137	RITCHOT, KATHLEEN	1151	01:34:04.12	09:24	10K50-59F	9/10	F	83/99	01:33:48.93
108/137	ROBERTS, JANE	1152	01:24:56.00	08:29	10K40-49F	19/29	F	73/99	01:24:47.32
62/137	ROESSLER, AMANDA	1153	01:11:29.10	07:08	10K30-39F	13/41	F	34/99	01:11:22.18
102/137	RUECKER, GEN	1154	01:22:46.21	08:16	10K30-39F	32/41	F	67/99	01:22:32.61
117/137	SANDEMAN-ALLEN, WHITNEY	1155	01:32:30.69	09:15	10K20-29F	15/18	F	80/99	01:32:19.13
52/137	SANDERSON, HELEN	1156	01:09:31.50	06:57	10K30-39F	11/41	F	28/99	01:09:25.08
135/137	SAVAGE, STACEY	1157	02:11:20.75	13:08	10K20-29F	18/18	F	97/99	02:07:20.75
124/137	SHAVERS, HEATHER	1163	01:35:43.02	09:34	10K40-49F	24/29	F	87/99	01:35:27.57
103/137	SHILKA, KRISTY	1164	01:22:46.36	08:16	10K40-49F	17/29	F	68/99	01:22:32.64
125/137	SHMYRUK, CORRINE	1165	01:35:46.97	09:34	10K30-39F	38/41	F	88/99	01:35:31.67
136/137	SIEBEN, JENNIFER	1166	02:11:20.83	13:08	10K40-49F	28/29	F	98/99	02:07:20.83
23/137	SMITH, IAN	1167	01:01:21.92	06:08	10K30-39M	8/14	M	16/38	01:01:18.31
17/137	SMITH, NAOMI	1168	00:59:10.80	05:55	10K30-39F	3/41	F	5/99	00:59:10.30
37/137	SMITH, TANYA	1169	01:06:25.61	06:38	10K30-39F	7/41	F	17/99	01:06:20.57
6/137	SMITH-SALTER, TODD	1171	00:52:10.60	05:13	10K30-39M	4/14	M	6/38	00:52:08.73
119/137	SOUTHGATE, KIERRA	1172	01:33:00.80	09:18	10K20-29F	16/18	F	82/99	01:32:51.70
60/137	STABLES, MEGAN	1209	01:11:21.50	07:08	10K30-39F	12/41	F	33/99	01:11:17.51
110/137	STARR, JENN	1202	01:25:09.45	08:30	10K30-39F	35/41	F	75/99	01:25:00.45
14/137	STEVENSON, DUANE	1215	00:57:26.05	05:44	10K50-59M	3/6	M	11/38	00:57:21.18
128/137	STEVENSON, TANYA	1174	01:36:02.46	09:36	10K40-49F	25/29	F	91/99	01:35:50.22
137/137	TEGART, SUE	1176	02:11:21.26	13:08	10K40-49F	29/29	F	99/99	02:07:21.26
49/137	TINWORTH, KRISTINA	1213	01:08:55.20	06:53	10K20-29F	7/18	F	25/99	01:08:49.27
25/137	TINWORTH, LIAM	1212	01:01:50.13	06:11	10K10-12M	1/1	M	17/38	01:01:44.67
59/137	TROYER, PHIL	1184	01:11:15.84	07:07	10K30-39M	12/14	M	27/38	01:11:11.57
61/137	TROYER, STEVE	1210	01:11:21.90	07:08	10K40-49M	4/7	M	28/38	01:11:18.17
10/137	VALL, JACINNA	1187	00:54:22.70	05:26	10K20-29F	1/18	F	1/99	00:54:17.10
66/137	WARNER, TOM	1208	01:13:13.72	07:19	10K60-69M	3/6	M	30/38	01:05:19.72
28/137	WEBB, KERRI	1211	01:03:40.87	06:22	10K40-49F	4/29	F	11/99	01:03:36.98
85/137	WEBBER, CHRISTIE	1189	01:19:07.95	07:54	10K40-49F	12/29	F	50/99	01:17:34.20
9/137	WILD, MATT	1203	00:54:00.94	05:24	10K30-39M	5/14	M	9/38	00:53:59.57
40/137	WILLEMS, ROD	1204	01:07:23.52	06:44	10K50-59M	5/6	M	22/38	01:07:15.90

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## 137 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
122/137	WILLIAMS, VIOLET	1190	01:34:56.65	09:29	10K40-49F	23/29	F	85/99	01:34:49.91
63/137	WILLS, KELLY	1191	01:12:16.79	07:13	10K50-59F	4/10	F	35/99	01:12:10.37
87/137	WINNICKY, LIZ	1192	01:19:17.56	07:55	10K30-39F	23/41	F	52/99	01:19:08.46
20/137	WOODRUFF, JOSH	1193	01:00:28.31	06:02	10K30-39M	7/14	M	14/38	01:00:26.84
91/137	YOUNG, JENN	1194	01:19:40.07	07:58	10K30-39F	25/41	F	56/99	01:19:33.09