

## Alpha Overall Results

## 5K Run - 3.1 Miles

## 115 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
77/115	ACTON, NICOLE	5001	00:47:18.02	09:27	5KR30-39F	20/33	F	53/86	00:47:12.99
61/115	BACHMAN, HELENA	5002	00:43:05.61	08:37	5KR12-13F	2/2	F	40/86	00:42:58.18
93/115	BARLUND, DEBRA	5004	00:51:26.82	10:17	5KR30-39F	28/33	F	66/86	00:51:15.11
57/115	BEAZER, KARLY	1008	00:42:57.21	08:35	5KR20-29F	4/13	F	36/86	00:42:55.58
99/115	BENKE, LEVI	5006	00:54:58.24	10:59	5KR10-11M	3/3	M	28/29	00:54:50.10
22/115	BENNETT, TARA	5007	00:33:48.64	06:45	5KR40-49F	1/20	F	9/86	00:33:41.47
69/115	BIERMAN, CHARLOTTE	5008	00:45:07.35	09:01	5KR40-49F	11/20	F	45/86	00:44:57.59
59/115	BJORNSON, DEBBIE	5151	00:43:03.31	08:36	5KR50-59F	7/13	F	38/86	00:42:53.30
103/115	BLACKLOCK, MANDY	5011	00:56:07.54	11:13	5KR20-29F	11/13	F	75/86	00:55:57.37
2/115	BOULET, RAY	5012	00:25:25.46	05:05	5KR40-49M	1/5	M	2/29	00:25:22.83
39/115	BOWEN, JENNIFER	5152	00:38:27.90	07:41	5KR30-39F	10/33	F	22/86	00:38:21.82
29/115	BOTLAND, LISA	5013	00:35:30.72	07:06	5KR30-39F	6/33	F	14/86	00:35:28.50
66/115	BROMLING, AL	5165	00:44:15.49	08:51	5KR70-79M	1/1	M	24/29	00:44:08.50
65/115	BROMLING, CORBYN	5154	00:44:15.11	08:51	5KR12-13M	2/2	M	23/29	00:44:07.75
26/115	BROWN, TIM	5016	00:34:12.88	06:50	5KR60-69M	2/2	M	15/29	00:34:09.39
63/115	BURKE, ADAM	5017	00:43:11.73	08:38	5KR20-29M	3/4	M	22/29	00:42:59.78
90/115	COCKWILL, JESSIE	5018	00:49:39.06	09:55	5KR10-11M	2/3	M	26/29	00:49:38.43
44/115	COE, JENNIFER	5019	00:39:35.85	07:55	5KR30-39F	13/33	F	27/86	00:39:25.27
110/115	COONS, CHELSEA	5021	01:00:13.01	12:02	5KR30-39F	33/33	F	82/86	00:59:59.45
21/115	DIDOW, MYA	5166	00:33:36.32	06:43	5KR16-17F	1/1	F	8/86	00:33:34.26
60/115	DIXON, MELISSA	5024	00:43:04.27	08:36	5KR30-39F	15/33	F	39/86	00:43:02.34
86/115	DOLEN, JANCEY	5025	00:49:26.04	09:53	5KR30-39F	25/33	F	61/86	00:49:18.10
67/115	DUBE, GABRIELLE	5027	00:44:28.87	08:53	5KR30-39F	16/33	F	43/86	00:44:26.24
98/115	DUNCAN, LIZ	5028	00:53:48.38	10:45	5KR60-69F	2/2	F	71/86	00:53:44.21
92/115	DUVALL, BRANDON	5029	00:50:24.18	10:04	5KR20-29M	4/4	M	27/29	00:50:06.66
91/115	DUVALL, ERIKA	5030	00:50:19.20	10:03	5KR20-29F	7/13	F	65/86	00:50:02.09
94/115	DUVALL, JODY	5031	00:52:10.96	10:26	5KR40-49F	16/20	F	67/86	00:51:53.85
23/115	EVERTON, DARLA	5163	00:33:49.86	06:45	5KR20-29F	2/13	F	10/86	00:33:48.97
14/115	FARNSWORTH, BILL	5033	00:31:54.79	06:22	5KR40-49M	4/5	M	9/29	00:31:53.78
115/115	FARNSWORTH, CALEB	5168	01:07:55.58	13:35	5KR16-17M	2/2	M	29/29	01:07:54.10
1/115	FARNSWORTH, JACOB	5034	00:24:03.80	04:48	5KR12-13M	1/2	M	1/29	00:24:03.79
100/115	FIPKE, CANDICE	5035	00:55:10.10	11:02	5KR20-29F	10/13	F	72/86	00:55:05.20
83/115	FLETCHER, BONNIE	5036	00:48:15.92	09:39	5KR40-49F	13/20	F	58/86	00:48:04.03
107/115	FROELICK, CARLY	5040	00:58:34.89	11:42	5KR20-29F	12/13	F	79/86	00:58:23.00
48/115	GAIRDNER, MICHELLE	5038	00:41:11.01	08:14	5KR50-59F	5/13	F	29/86	00:41:07.95
113/115	GAMACHE, KAREN	5039	01:03:38.06	12:43	5KR40-49F	20/20	F	85/86	01:03:26.79
49/115	GERMAN, BRETTANIE	1050	00:41:24.21	08:16	5KR20-29F	3/13	F	30/86	00:41:09.62
50/115	GERMAN, DAWN	1051	00:41:24.61	08:16	5KR40-49F	7/20	F	31/86	00:41:09.99
17/115	GREENING, MELISSA	5149	00:32:29.69	06:29	5KR30-39F	5/33	F	7/86	00:32:25.89
85/115	HANDFIELD, HOLLY	5042	00:49:14.69	09:50	5KR40-49F	14/20	F	60/86	00:49:03.63
35/115	HART, CAROLYN	5043	00:37:44.25	07:32	5KR40-49F	5/20	F	19/86	00:37:35.24
40/115	HEARN, ALLISON	5046	00:39:01.55	07:48	5KR30-39F	11/33	F	23/86	00:38:53.61
114/115	HEARN, BROOKLYNN	5047	01:06:06.71	13:13	5KR14-15F	1/1	F	86/86	01:05:57.54
68/115	HEARN, KAITLIN	1064	00:45:04.37	09:00	5KR20-29F	6/13	F	44/86	00:44:55.97
95/115	HEARN, MARION	5048	00:52:22.40	10:28	5KR60-69F	1/2	F	68/86	00:52:13.23
38/115	HEITRICH, DELONA	5049	00:38:17.38	07:39	5KR30-39F	9/33	F	21/86	00:38:06.83
105/115	JACKSON, KIM	5155	00:58:07.89	11:37	5KR30-39F	31/33	F	77/86	00:57:52.85
34/115	JUDGE, LUELLA	5156	00:37:26.47	07:29	5KR50-59F	2/13	F	18/86	00:37:23.86
104/115	JUSKIW, SALLY	5157	00:58:07.48	11:37	5KR30-39F	30/33	F	76/86	00:57:51.88
89/115	KAUFFMAN, KATE	5158	00:49:35.67	09:55	5KR30-39F	27/33	F	64/86	00:49:33.06
62/115	KELLY, MEGAN	5055	00:43:10.18	08:38	5KR20-29F	5/13	F	41/86	00:42:58.05
47/115	KOLL, MITCH	5159	00:40:27.53	08:05	5KR50-59M	2/3	M	19/29	00:40:23.16
87/115	LAVALLEY, LIANNE	1093	00:49:26.44	09:53	5KR40-49F	15/20	F	62/86	00:49:17.83
84/115	LEDUC, JACQUELINE	5063	00:48:42.47	09:44	5KR30-39F	24/33	F	59/86	00:48:31.29
10/115	LIVINGSTON, AMBER	5066	00:31:02.52	06:12	5KR30-39F	2/33	F	4/86	00:30:58.67
4/115	LOGEMAN, BRIANNE	5067	00:26:33.39	05:18	5KR30-39F	1/33	F	2/86	00:26:33.34
55/115	LOVAS, TREVOR	5068	00:42:34.11	08:30	5KR30-39M	6/6	M	21/29	00:42:30.99
58/115	LYNK, KELLY	5148	00:43:02.59	08:36	5KR30-39F	14/33	F	37/86	00:42:47.30
78/115	MACLEAN, SABRINA	5069	00:47:18.16	09:27	5KR30-39F	21/33	F	54/86	00:47:12.62
24/115	MARTIN, MARISOL	5071	00:34:08.06	06:49	5KR08-9F	1/1	F	11/86	00:34:07.23
7/115	MARTIN, PORTER	5072	00:28:39.58	05:43	5KR10-11M	1/3	M	5/29	00:28:39.47
81/115	MARTIN, RENEE	5073	00:48:12.73	09:38	5KR30-39F	23/33	F	57/86	00:48:02.85
25/115	MARTIN, ROB	5074	00:34:09.40	06:49	5KR40-49M	5/5	M	14/29	00:34:08.31
75/115	MCCORMICK, MARIA DULCE	5075	00:47:11.56	09:26	5KR50-59F	11/13	F	51/86	00:47:04.28
45/115	MCDIARMID, DARYL	5080	00:40:20.51	08:04	5KR50-59M	1/3	M	18/29	00:40:17.02
46/115	MCDIARMID, LEITA	5076	00:40:20.51	08:04	5KR50-59F	4/13	F	28/86	00:40:17.55

## Roots and Ruts Run 10K/5K/3K Sept. 22/2017

## Alpha Overall Results

## 5K Run - 3.1 Miles

## 115 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
27/115	MCNEIL, LORNA	1205	00:34:35.29	06:55	5KR50-59F	1/13	F	12/86	00:34:32.61
8/115	METZ, KEVIN	5078	00:29:18.25	05:51	5KR20-29M	1/4	M	6/29	00:29:13.68
13/115	MYSKO, CRYSTAL	5082	00:31:46.48	06:21	5KR30-39F	3/33	F	5/86	00:31:43.88
18/115	NEUDORF, BRADLEY	5084	00:33:14.88	06:38	5KR14-15M	1/1	M	11/29	00:32:53.28
30/115	OUELLET, LISA	5085	00:36:14.83	07:14	5KR40-49F	3/20	F	15/86	00:36:08.73
102/115	PARKYN, STACY	5089	00:56:07.52	11:13	5KR30-39F	29/33	F	74/86	00:55:57.14
112/115	PARRISH, MELISSA	5090	01:00:55.26	12:11	5KR40-49F	19/20	F	84/86	01:00:50.16
32/115	PEAKMAN, JODY	5092	00:36:51.35	07:22	5KR30-39F	7/33	F	16/86	00:36:45.05
43/115	PELSTER, RHONDA	5172	00:39:31.91	07:54	5KR40-49F	6/20	F	26/86	00:39:28.12
101/115	PENSON, MICHELLE	1127	00:56:03.34	11:12	5KR40-49F	17/20	F	73/86	00:55:43.38
88/115	PETERS, BRYONY	5097	00:49:35.49	09:55	5KR30-39F	26/33	F	63/86	00:49:32.53
106/115	PETERS, JOANNE	5098	00:58:34.88	11:42	5KR50-59F	13/13	F	78/86	00:58:23.61
79/115	PETERSON, TRACEY	5099	00:48:10.54	09:38	5KR50-59F	12/13	F	55/86	00:48:03.69
31/115	PRANKIE, JEFF	5100	00:36:18.35	07:15	5KR30-39M	5/6	M	16/29	00:36:13.39
96/115	PRITCHARD, STACY	5144	00:52:50.43	10:34	5KR20-29F	8/13	F	69/86	00:52:33.97
37/115	RANDELL, CAVILL	5164	00:37:56.52	07:35	5KR30-39F	8/33	F	20/86	00:37:49.54
36/115	RANDELL, LOGAN	5105	00:37:55.48	07:35	5KR16-17M	1/2	M	17/29	00:37:48.24
33/115	RATTU, CLAUDIA	5161	00:37:11.75	07:26	5KR40-49F	4/20	F	17/86	00:37:08.07
111/115	REEVES, STEPHANIE	5106	01:00:13.02	12:02	5KR20-29F	13/13	F	83/86	00:59:59.19
70/115	RIEF, LEANNE	5108	00:45:11.49	09:02	5KR50-59F	9/13	F	46/86	00:45:02.49
97/115	SANDEMAN-ALLEN, WHITNEY	5115	00:53:32.21	10:42	5KR20-29F	9/13	F	70/86	00:53:20.19
16/115	SANDERSON, HELEN	5116	00:31:59.63	06:23	5KR30-39F	4/33	F	6/86	00:31:55.30
76/115	SANTOS, KARMEN	5117	00:47:11.89	09:26	5KR40-49F	12/20	F	52/86	00:47:04.07
5/115	SCULLY, GARRETT	5118	00:28:08.34	05:37	5KR30-39M	1/6	M	3/29	00:28:04.60
108/115	SIMIGAN, ASHLEY	5119	00:58:37.65	11:43	5KR30-39F	32/33	F	80/86	00:58:24.69
80/115	SIMMS, JENNIFER	5120	00:48:11.44	09:38	5KR30-39F	22/33	F	56/86	00:48:05.63
51/115	SMITH, MARLENE	5121	00:41:52.82	08:22	5KR50-59F	6/13	F	32/86	00:41:42.54
12/115	SMITH, THOMAS	5122	00:31:26.93	06:17	5KR30-39M	2/6	M	8/29	00:31:25.65
15/115	SPENCER, LEIGH	5064	00:31:56.15	06:23	5KR30-39M	3/6	M	10/29	00:31:56.11
11/115	STOCKLEY, GUY	5127	00:31:16.33	06:15	5KR40-49M	3/5	M	7/29	00:31:07.10
82/115	STREBCHUK, GARRY	5170	00:48:12.80	09:38	5KR50-59M	3/3	M	25/29	00:48:03.76
73/115	SULLIVAN, SHARLA	5128	00:46:46.72	09:21	5KR30-39F	18/33	F	49/86	00:46:38.85
74/115	SVIDDAHL, SHERRI	5129	00:46:52.80	09:22	5KR30-39F	19/33	F	50/86	00:46:52.10
9/115	TANGEN, KIRSTEN	5167	00:30:14.57	06:02	5KR12-13F	1/2	F	3/86	00:30:13.34
53/115	TANSEM, JENNIFER	1160	00:42:07.49	08:25	5KR40-49F	9/20	F	34/86	00:41:56.16
6/115	TANSEM, KRIS	5131	00:28:23.64	05:40	5KR40-49M	2/5	M	4/29	00:28:21.01
52/115	TATTRIE, CANDACE	5145	00:42:07.27	08:25	5KR40-49F	8/20	F	33/86	00:41:55.56
41/115	TAYLOR, APRIL	5132	00:39:18.51	07:51	5KR30-39F	12/33	F	24/86	00:39:15.25
72/115	TINWORTH, ELIZABETH	5133	00:46:41.74	09:20	5KR50-59F	10/13	F	48/86	00:46:32.64
42/115	TOLLENAAR, EVE	1166	00:39:18.87	07:51	5KR50-59F	3/13	F	25/86	00:39:07.37
19/115	TOLLENAAR, LEN	1167	00:33:25.21	06:41	5KR60-69M	1/2	M	12/29	00:33:20.67
56/115	TROWBRIDGE, KERRIE	1170	00:42:43.83	08:32	5KR40-49F	10/20	F	35/86	00:42:31.24
3/115	VALL, JACINNA	5134	00:26:04.20	05:12	5KR20-29F	1/13	F	1/86	00:26:03.11
71/115	VENHOLA, BRANDY	1175	00:46:19.79	09:15	5KR30-39F	17/33	F	47/86	00:46:14.07
28/115	VISSER, CASSIE	5135	00:35:07.55	07:01	5KR40-49F	2/20	F	13/86	00:35:05.85
20/115	WAAYENBERG, BRIAN	5136	00:33:36.26	06:43	5KR30-39M	4/6	M	13/29	00:33:33.54
109/115	WARDILL, WANDA	5137	00:59:05.41	11:49	5KR40-49F	18/20	F	81/86	00:58:49.09
54/115	WEYERMANN, MANUEL	1181	00:42:21.33	08:28	5KR20-29M	2/4	M	20/29	00:42:20.23
64/115	WIEBE, HELENA	5140	00:43:30.67	08:42	5KR50-59F	8/13	F	42/86	00:43:24.37