

Roots and Ruts Run 10K/5K/3K Sept. 20/2019

Alpha Overall Results

10K Run - 6.21 Miles

119 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
16/119	AMIRAULT, MICHAEL	1077	00:56:02.51	05:36	10K40-49M	4/14	M	12/45	00:56:00.75
3/119	ANDERSON, MICHAEL	1127	00:49:01.65	04:54	10K30-39M	3/18	M	3/45	00:49:00.85
96/119	BAYAPANENI, SAILAJA	1001	01:20:05.46	08:00	10K40-49F	15/19	F	55/74	01:19:54.32
46/119	BEASLEY, HOWARD	1002	01:03:46.57	06:22	10K30-39M	12/18	M	29/45	01:03:42.72
109/119	BEASLEY, JACLYN	1003	01:28:32.22	08:51	10K30-39F	32/34	F	64/74	01:28:20.67
72/119	BEVERIDGE, MIRANDA	1078	01:11:10.92	07:07	10K20-29F	4/9	F	38/74	01:11:01.02
58/119	BOON, MADISON	1079	01:06:29.58	06:38	10K20-29F	3/9	F	25/74	01:06:22.59
54/119	BRATLAND, LISA	1004	01:05:22.41	06:32	10K40-49F	5/19	F	22/74	01:05:17.67
108/119	BROWN, ARLEN	1005	01:28:00.74	08:48	10K40-49M	14/14	M	45/45	01:27:48.08
39/119	BRUCE, BARRIE	1006	01:02:26.56	06:14	10K50-59M	4/5	M	25/45	01:02:17.91
40/119	BRUCKS, EDEN	1080	01:02:29.53	06:14	10K30-39F	10/34	F	15/74	01:02:26.52
86/119	CALLIHO, TINA	1007	01:15:44.39	07:34	10K40-49F	12/19	F	49/74	01:15:33.49
69/119	CARROLL, KIM	1115	01:09:29.84	06:56	10K30-39F	20/34	F	35/74	01:09:17.86
62/119	CLARKSON, CINDY	1081	01:07:07.50	06:42	10K40-49F	7/19	F	28/74	01:06:59.83
107/119	CONEY, JENNIFER	1008	01:27:02.62	08:42	10K40-49F	16/19	F	63/74	01:26:48.74
100/119	COPPENS, PATRICK	1009	01:21:05.39	08:06	10K60-69M	4/4	M	42/45	01:20:54.46
5/119	CROWE, CAROLINE	1011	00:49:51.41	04:59	10K20-29F	1/9	F	1/74	00:49:51.19
90/119	DAVIS, SARA	1012	01:18:15.17	07:49	10K50-59F	5/10	F	51/74	01:18:03.62
113/119	DOUGHERTY, VERONICA	1013	01:31:20.73	09:08	10K30-39F	34/34	F	68/74	01:31:06.75
116/119	DRYSDALE, STEPHANIE	1014	01:38:15.43	09:49	10K20-29F	8/9	F	71/74	01:38:06.31
2/119	DUNBAR, LONDON	1116	00:42:50.17	04:17	10K30-39M	2/18	M	2/45	00:42:50.16
92/119	DWERNYCHUK, ERIN	1015	01:19:19.05	07:55	10K40-49F	13/19	F	52/74	01:19:11.71
29/119	FEHR, SIGNED	1117	00:59:42.99	05:58	10K15&UF	1/1	F	10/74	00:59:39.26
119/119	FIMRITE, GRETE	1016	01:44:18.15	10:25	10K50-59F	10/10	F	74/74	01:44:04.57
49/119	FORD, JESSICA	1118	01:04:27.92	06:26	10K30-39F	12/34	F	19/74	01:04:25.36
87/119	FORGIE, STEVEN	1017	01:16:48.84	07:40	10K40-49M	11/14	M	38/45	01:16:36.39
115/119	FRIESEN, ROSINA	1018	01:34:52.25	09:29	10K60-69F	1/1	F	70/74	01:34:42.68
56/119	FULMEK, BRETT	1019	01:06:16.17	06:37	10K30-39F	14/34	F	23/74	01:06:08.69
80/119	GALENZA, BRUCE	1083	01:13:03.98	07:18	10K60-69M	3/4	M	37/45	01:12:51.46
50/119	GENOVESE, HALEY	1020	01:04:29.91	06:26	10K40-49F	4/19	F	20/74	01:04:22.52
105/119	GIBBS, ASHLEE	1021	01:25:03.09	08:30	10K30-39F	30/34	F	61/74	01:25:00.55
73/119	GIBBS, BRENT	1022	01:11:13.78	07:07	10K30-39M	17/18	M	35/45	01:11:10.77
30/119	GILJE, GLENN	1119	00:59:53.68	05:59	10K40-49M	7/14	M	20/45	00:59:48.89
88/119	GILLIATT, DEREK	1084	01:17:10.71	07:43	10K40-49M	12/14	M	39/45	01:16:56.62
61/119	GOLDEN, ALEANA	1082	01:07:02.93	06:42	10K40-49F	6/19	F	27/74	01:06:55.40
64/119	GREAVETT, JASMIN	1023	01:07:31.88	06:45	10K30-39F	17/34	F	30/74	01:07:24.07
75/119	GRIER, ERIN	1085	01:11:26.93	07:08	10K40-49F	11/19	F	40/74	01:11:16.50
18/119	GRITCHEN, MELISSA	1086	00:56:56.21	05:41	10K30-39F	4/34	F	5/74	00:56:53.79
89/119	HANCOCK, MARISSA	1088	01:17:17.65	07:43	10K20-29F	5/9	F	50/74	01:17:06.49
76/119	HARDING, VERONICA	1120	01:11:34.92	07:09	10K30-39F	22/34	F	41/74	01:11:27.16
79/119	HAYSEY, KRISTY	1024	01:12:36.47	07:15	10K30-39F	24/34	F	43/74	01:12:27.44
99/119	HULL, PAT	1089	01:21:02.06	08:06	10K50-59F	7/10	F	58/74	01:20:52.12
97/119	ISITO, KEZIAH EDA	1025	01:20:13.87	08:01	10K20-29F	7/9	F	56/74	01:20:02.64
83/119	JOHNSON, VALERIE	1027	01:14:42.73	07:28	10K30-39F	27/34	F	46/74	01:14:32.17
82/119	JONKER, LEAH	1028	01:14:37.15	07:27	10K30-39F	26/34	F	45/74	01:14:22.12
10/119	KAEMPF, AMY	1029	00:54:33.10	05:27	10K30-39F	2/34	F	3/74	00:54:32.65
45/119	KRALL, COLBY	1128	01:03:46.29	06:22	10K20-29M	1/1	M	28/45	01:03:39.75
43/119	LANGLOIS, CHARITY	1090	01:03:03.82	06:18	10K40-49F	3/19	F	16/74	01:02:57.81
118/119	LANGLOIS, LISA	1091	01:38:15.81	09:49	10K40-49F	19/19	F	73/74	01:38:05.70
24/119	LAUZON, LISA	1092	00:58:43.71	05:52	10K40-49F	2/19	F	8/74	00:58:39.25
59/119	LAZINCHUK, KRISTY	1121	01:06:41.88	06:40	10K30-39F	16/34	F	26/74	01:06:30.58
60/119	LAZINCHUK, MIKE	1122	01:06:42.56	06:40	10K30-39M	16/18	M	34/45	01:06:32.08
35/119	LEGGE, ASHLEE	1031	01:01:29.89	06:08	10K30-39F	8/34	F	13/74	01:01:28.13
74/119	MACKENZIE, NANCY	1032	01:11:19.22	07:07	10K30-39F	21/34	F	39/74	01:11:12.65
12/119	MAGRUM, WARREN	1093	00:55:09.26	05:30	10K60-69M	1/4	M	9/45	00:55:04.60
28/119	MARCOTTE, NICOLE	1033	00:59:33.17	05:57	10K30-39F	5/34	F	9/74	00:59:28.73
112/119	MARTENS, HELENA	1034	01:30:15.53	09:01	10K50-59F	9/10	F	67/74	01:30:00.17
84/119	MARTIN, DENISE	1035	01:14:48.77	07:28	10K50-59F	4/10	F	47/74	01:14:40.42
71/119	MARTIN, KIM	1036	01:10:49.88	07:04	10K40-49F	10/19	F	37/74	01:10:44.39
22/119	MATHESON, MELANIE	1037	00:58:27.33	05:50	10K50-59F	1/10	F	6/74	00:58:23.90
104/119	MCCULLOCH, RENITA	1038	01:24:46.12	08:28	10K50-59F	8/10	F	60/74	01:24:40.25
37/119	MCGUINNESS, JULIE	1094	01:01:49.29	06:10	10K30-39F	9/34	F	14/74	01:01:46.38
31/119	MCGUINNESS, MIKE	1095	01:00:23.16	06:02	10K40-49M	8/14	M	21/45	01:00:19.82
93/119	MCMULLAN, BILL	1039	01:19:23.46	07:56	10K50-59M	5/5	M	41/45	01:19:13.63
11/119	MEISE, DAVE	1040	00:54:57.38	05:29	10K40-49M	2/14	M	8/45	00:54:56.25
47/119	MERRIAM, LISA	1041	01:03:58.48	06:23	10K30-39F	11/34	F	18/74	01:03:54.05

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O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
17/119	MINOGUE, TOM	1096	00:56:55.29	05:41	10K30-39M	6/18	M	13/45	00:56:54.07
27/119	MOON, TERRY	1042	00:59:17.70	05:55	10K50-59M	3/5	M	19/45	00:59:14.34
41/119	MURRIN, CHRIS	1043	01:02:29.56	06:14	10K30-39M	10/18	M	26/45	01:02:25.50
8/119	NAYLOR, LONNIE	1123	00:53:18.22	05:19	10K30-39M	4/18	M	6/45	00:53:17.02
66/119	NELSON, DEBBIE	1044	01:08:01.34	06:48	10K40-49F	8/19	F	32/74	01:07:53.32
65/119	NELSON, DIANE	1045	01:08:01.29	06:48	10K50-59F	3/10	F	31/74	01:07:53.25
95/119	NICOLAISEN, MELISSA	1046	01:19:50.25	07:59	10K20-29F	6/9	F	54/74	01:19:37.09
110/119	NICOLAISEN, MICHELLE	1047	01:28:43.45	08:52	10K30-39F	33/34	F	65/74	01:28:30.41
6/119	OCHOGA, KEITH	1049	00:52:22.41	05:14	10K40-49M	1/14	M	5/45	00:52:16.24
94/119	PADLEY, CINDY	1050	01:19:47.57	07:58	10K40-49F	14/19	F	53/74	01:19:40.49
9/119	PELLERIN, JOHNATHAN	1098	00:54:23.75	05:26	10K30-39M	5/18	M	7/45	00:54:15.54
13/119	PENNER, SHAYLENE	1099	00:55:24.71	05:32	10K30-39F	3/34	F	4/74	00:55:21.21
53/119	PETRY, ADAM	1100	01:04:48.82	06:28	10K30-39M	14/18	M	32/45	01:04:42.09
19/119	PHILLIPS, TIM	1101	00:56:56.23	05:41	10K40-49M	5/14	M	14/45	00:56:54.37
32/119	PIEPGRASS-GANDER, SARAH	1102	01:00:24.26	06:02	10K30-39F	6/34	F	11/74	01:00:14.20
48/119	PODMORE, ANDREW	1131	01:04:17.70	06:25	10K30-39M	13/18	M	30/45	01:04:06.79
14/119	PROUDFOOT, JAMES	1052	00:55:51.38	05:35	10K60-69M	2/4	M	10/45	00:55:46.27
77/119	REDLICK, JESSICA	1054	01:11:58.95	07:11	10K30-39F	23/34	F	42/74	01:11:55.40
81/119	REIMER, STACEY	1104	01:14:26.39	07:26	10K30-39F	25/34	F	44/74	01:14:14.29
42/119	RIPLEY, GRAHAM	1055	01:03:02.16	06:18	10K30-39M	11/18	M	27/45	01:02:49.19
78/119	ROBBARD, DALLAS	1105	01:12:25.78	07:14	10K30-39M	18/18	M	36/45	01:12:20.36
102/119	ROBERTSON, CALUM	1106	01:22:42.04	08:16	10K15&UM	3/3	M	44/45	01:07:25.66
57/119	RODRÍGUEZ, MÓNICA	1056	01:06:26.79	06:38	10K30-39F	15/34	F	24/74	01:06:21.04
51/119	RUTTAN, DALTON	1107	01:04:36.85	06:27	10K15&UM	1/3	M	31/45	01:04:31.36
103/119	RUTTAN, LISA	1108	01:24:10.77	08:25	10K30-39F	29/34	F	59/74	01:24:04.93
4/119	SCHARBACH, LEONARD	1132	00:49:09.78	04:54	10K50-59M	1/5	M	4/45	00:49:09.54
117/119	SIMMS, TONYA	1124	01:38:15.52	09:49	10K20-29F	9/9	F	72/74	01:38:07.05
20/119	SMITH, JASON	1058	00:57:15.10	05:43	10K30-39M	7/18	M	15/45	00:57:12.75
98/119	SMITH, MARLENE	1059	01:21:01.59	08:06	10K50-59F	6/10	F	57/74	01:20:51.64
7/119	SMITH, NAOMI	1060	00:53:17.82	05:19	10K30-39F	1/34	F	2/74	00:53:17.11
1/119	SMITH, NATHAN	1125	00:40:12.15	04:01	10K30-39M	1/18	M	1/45	00:40:11.91
111/119	SMITH, SARAH	1061	01:29:27.13	08:56	10K40-49F	17/19	F	66/74	01:29:15.27
33/119	SOUTHWELL, NATHAN	1129	01:00:24.29	06:02	10K30-39M	9/18	M	22/45	01:00:19.79
25/119	SPEAGER, DWAYNE	1109	00:58:52.30	05:53	10K50-59M	2/5	M	17/45	00:58:47.75
106/119	STEWART, ANNA	1062	01:25:49.07	08:34	10K30-39F	31/34	F	62/74	01:25:35.96
101/119	STEWART, CARTER	1063	01:22:21.44	08:14	10K15&UM	2/3	M	43/45	01:22:07.82
38/119	STEWART, MICHAEL	1110	01:02:03.82	06:12	10K40-49M	10/14	M	24/45	01:02:02.12
36/119	STOCKLEY, GUY	1065	01:01:32.84	06:09	10K40-49M	9/14	M	23/45	01:01:24.26
114/119	SULLIVAN, SHARLA	1066	01:32:43.37	09:16	10K40-49F	18/19	F	69/74	01:32:29.30
52/119	SUTHERLAND, ASHLEY	1111	01:04:40.01	06:28	10K30-39F	13/34	F	21/74	01:04:37.35
23/119	SUTHERLAND, TRACI	1112	00:58:39.59	05:51	10K40-49F	1/19	F	7/74	00:58:38.30
26/119	SYMON, JASON	1067	00:59:04.13	05:54	10K40-49M	6/14	M	18/45	00:58:58.50
15/119	TANSEM, KRIS	1068	00:55:53.35	05:35	10K40-49M	3/14	M	11/45	00:55:49.45
34/119	TASKER, CAITLIN	1130	01:01:11.53	06:07	10K30-39F	7/34	F	12/74	01:01:10.24
68/119	TENNANT, AMANDA	1069	01:08:46.52	06:52	10K30-39F	19/34	F	34/74	01:08:39.62
44/119	THIESSEN, BREANN	1113	01:03:23.32	06:20	10K20-29F	2/9	F	17/74	01:03:19.63
21/119	THOMAS, DARREN	1070	00:58:01.20	05:48	10K30-39M	8/18	M	16/45	00:57:54.86
63/119	TOEWS, OLIVE	1071	01:07:30.84	06:45	10K50-59F	2/10	F	29/74	01:07:23.71
91/119	TRUDEAU, TREVOR	1126	01:18:26.20	07:50	10K40-49M	13/14	M	40/45	01:18:23.24
70/119	VISSER, CASSIE	1073	01:10:33.82	07:03	10K40-49F	9/19	F	36/74	01:10:28.14
55/119	WIEBE, MARSHALL	1074	01:05:48.68	06:34	10K30-39M	15/18	M	33/45	01:05:40.00
85/119	WOOD, JODI	1075	01:15:12.23	07:31	10K30-39F	28/34	F	48/74	01:15:07.02
67/119	WOYTUIK, ASHLEY	1076	01:08:08.72	06:48	10K30-39F	18/34	F	33/74	01:08:05.95