

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

## Alpha Overall Results

## 5K Run - 3.1 Miles

## 103 Finishers

| O/A     | Name                 | Bib# | Time        | Pace/m | Category  | Cat/PI | Gender | Gen/PI | Chip Time   |
|---------|----------------------|------|-------------|--------|-----------|--------|--------|--------|-------------|
| 15/103  | ASHWORTH, NEIL       | 5079 | 00:34:29.95 | 06:53  | 5KR50-59M | 1/2    | M      | 10/20  | 00:34:23.45 |
| 66/103  | ASKOTY, JACOB        | 5144 | 00:45:00.63 | 09:00  | 5KR20-29M | 2/2    | M      | 18/20  | 00:44:56.14 |
| 63/103  | BARR, NATASHA        | 5153 | 00:44:04.05 | 08:48  | 5KR30-39F | 18/27  | F      | 46/83  | 00:43:59.21 |
| 3/103   | BERG, LAYTON         | 5123 | 00:26:00.73 | 05:12  | 5KR12-15M | 1/2    | M      | 3/20   | 00:26:00.39 |
| 4/103   | BERG, THALES         | 5124 | 00:26:46.88 | 05:21  | 5KR08-11M | 1/3    | M      | 4/20   | 00:26:46.42 |
| 79/103  | BEZOVIE, CHERI       | 5152 | 00:48:08.60 | 09:37  | 5KR40-49F | 11/15  | F      | 61/83  | 00:47:56.27 |
| 1/103   | BOAKE, CODY          | 5125 | 00:22:37.27 | 04:31  | 5KR40-49M | 1/2    | M      | 1/20   | 00:22:35.45 |
| 62/103  | BOULET, ROBERTA      | 5146 | 00:43:18.37 | 08:39  | 5KR60-69F | 2/7    | F      | 45/83  | 00:43:11.46 |
| 40/103  | BROWN, ALYSSA        | 5083 | 00:40:32.46 | 08:06  | 5KR12-15F | 2/4    | F      | 25/83  | 00:40:19.77 |
| 41/103  | BROWN, JORDAN        | 5084 | 00:40:32.65 | 08:06  | 5KR08-11F | 4/8    | F      | 26/83  | 00:40:19.84 |
| 97/103  | BROWN, LOIS          | 5085 | 00:54:41.15 | 10:56  | 5KR60-69F | 6/7    | F      | 77/83  | 00:54:33.85 |
| 13/103  | BROWN, TIMOTHY       | 5005 | 00:33:58.31 | 06:47  | 5KR60-69M | 1/2    | M      | 9/20   | 00:33:53.49 |
| 11/103  | BULLOCK, BRAYDEN     | 5087 | 00:32:11.56 | 06:26  | 5KR30-39M | 2/5    | M      | 7/20   | 00:32:07.28 |
| 73/103  | BURNSIDE, CONNIE     | 5006 | 00:46:23.83 | 09:16  | 5KR60-69F | 4/7    | F      | 55/83  | 00:46:09.19 |
| 59/103  | CAIN, AMBER          | 5007 | 00:42:41.41 | 08:32  | 5KR30-39F | 17/27  | F      | 43/83  | 00:42:35.12 |
| 37/103  | CAMPBELL, STACEY     | 5008 | 00:39:33.75 | 07:54  | 5KR40-49F | 1/15   | F      | 22/83  | 00:39:21.88 |
| 64/103  | CLARKE, VERONICA     | 5088 | 00:44:06.44 | 08:49  | 5KR50-59F | 5/10   | F      | 47/83  | 00:43:56.54 |
| 12/103  | CROCKER, JASON       | 5009 | 00:33:20.77 | 06:40  | 5KR40-49M | 2/2    | M      | 8/20   | 00:33:08.01 |
| 36/103  | CROCKER, JENNIFER    | 5010 | 00:39:24.47 | 07:52  | 5KR30-39F | 10/27  | F      | 21/83  | 00:39:10.61 |
| 89/103  | CRONK, MACKENZIE     | 5011 | 00:49:54.44 | 09:58  | 5KR20-29F | 7/7    | F      | 70/83  | 00:49:48.96 |
| 70/103  | CURTIS, BRENDA       | 5089 | 00:46:04.03 | 09:12  | 5KR60-69F | 3/7    | F      | 52/83  | 00:45:59.00 |
| 75/103  | DEERING, JODI        | 5012 | 00:46:25.07 | 09:17  | 5KR30-39F | 21/27  | F      | 57/83  | 00:46:15.00 |
| 60/103  | DEERING, SHAUN       | 5013 | 00:42:45.75 | 08:33  | 5KR30-39M | 4/5    | M      | 17/20  | 00:42:35.49 |
| 9/103   | DERKSEN, KRISTEN     | 5151 | 00:31:31.92 | 06:18  | 5KR20-29F | 2/7    | F      | 3/83   | 00:31:28.66 |
| 74/103  | DIXON, LEONA         | 5014 | 00:46:23.85 | 09:16  | 5KR60-69F | 5/7    | F      | 56/83  | 00:46:08.70 |
| 42/103  | DIXON, MELISSA       | 5015 | 00:41:05.18 | 08:13  | 5KR30-39F | 12/27  | F      | 27/83  | 00:40:57.34 |
| 84/103  | DUCKLOW, NAOMI       | 5091 | 00:49:21.51 | 09:52  | 5KR40-49F | 12/15  | F      | 65/83  | 00:49:14.16 |
| 33/103  | DUSTERHOFT, BRANDY   | 5016 | 00:38:46.99 | 07:45  | 5KR30-39F | 8/27   | F      | 18/83  | 00:38:32.59 |
| 76/103  | FLETCHER, BONNIE     | 5093 | 00:46:42.20 | 09:20  | 5KR40-49F | 8/15   | F      | 58/83  | 00:46:28.52 |
| 103/103 | FOX, ANJA            | 5017 | 00:58:03.72 | 11:36  | 5KR40-49F | 15/15  | F      | 83/83  | 00:57:53.70 |
| 30/103  | FUNK, LLOYD          | 5095 | 00:38:11.97 | 07:38  | 5KR50-59M | 2/2    | M      | 14/20  | 00:38:08.71 |
| 102/103 | FUNK, LORI           | 5019 | 00:57:32.36 | 11:30  | 5KR40-49F | 14/15  | F      | 82/83  | 00:57:29.58 |
| 58/103  | GABERT, AYYVAH       | 5020 | 00:42:40.68 | 08:32  | 5KR08-11F | 7/8    | F      | 42/83  | 00:42:34.85 |
| 38/103  | GIESBRECHT, RHONDA   | 5021 | 00:39:33.96 | 07:54  | 5KR40-49F | 2/15   | F      | 23/83  | 00:39:22.04 |
| 35/103  | GILJE, ANNABELLA     | 5127 | 00:39:10.59 | 07:50  | 5KR08-11F | 3/8    | F      | 20/83  | 00:39:06.62 |
| 14/103  | GOULD, HOLLY         | 5097 | 00:34:29.69 | 06:53  | 5KR50-59F | 1/10   | F      | 5/83   | 00:34:23.33 |
| 93/103  | HAMILTON, CASSANDRA  | 5022 | 00:52:43.07 | 10:32  | 5KR30-39F | 25/27  | F      | 74/83  | 00:52:33.92 |
| 29/103  | HEITRICH, DELONA     | 5024 | 00:37:48.98 | 07:33  | 5KR20-29F | 3/7    | F      | 16/83  | 00:37:35.00 |
| 25/103  | ISAAC, ELIZABETH     | 5025 | 00:37:08.48 | 07:25  | 5KR30-39F | 7/27   | F      | 14/83  | 00:36:59.80 |
| 39/103  | JESPERSEN, BRIANNE   | 5128 | 00:39:45.84 | 07:57  | 5KR30-39F | 11/27  | F      | 24/83  | 00:39:38.89 |
| 65/103  | KELSIE, JUSTINE      | 5129 | 00:44:27.44 | 08:53  | 5KR20-29F | 5/7    | F      | 48/83  | 00:44:18.71 |
| 55/103  | LARSEN, ADRIANNE     | 5147 | 00:42:22.17 | 08:28  | 5KR30-39F | 16/27  | F      | 39/83  | 00:42:20.94 |
| 24/103  | LAWRENCE, JEANNE     | 5028 | 00:37:01.10 | 07:24  | 5KR30-39F | 6/27   | F      | 13/83  | 00:36:59.78 |
| 19/103  | LETHBRIDGE, VALERIE  | 5029 | 00:35:23.67 | 07:04  | 5KR30-39F | 3/27   | F      | 8/83   | 00:35:19.32 |
| 91/103  | MAKSYMCHUK, LAURISSA | 5030 | 00:50:42.65 | 10:08  | 5KR50-59F | 8/10   | F      | 72/83  | 00:50:36.45 |
| 101/103 | MCGONIGAL, CONSTANCE | 5031 | 00:57:01.00 | 11:24  | 5KR50-59F | 10/10  | F      | 81/83  | 00:56:52.15 |
| 17/103  | MOORE, EMME          | 5101 | 00:35:15.63 | 07:03  | 5KR08-11F | 2/8    | F      | 6/83   | 00:35:14.23 |
| 16/103  | MOORE, MATTHEW       | 5037 | 00:34:36.91 | 06:55  | 5KR30-39M | 3/5    | M      | 11/20  | 00:34:34.51 |
| 94/103  | MOORE, OAKLEY        | 5102 | 00:52:56.50 | 10:35  | 5KR08-11M | 3/3    | M      | 20/20  | 00:52:55.32 |
| 21/103  | MOORE, PAIGE         | 5103 | 00:36:27.02 | 07:17  | 5KR12-15F | 1/4    | F      | 10/83  | 00:36:19.27 |
| 99/103  | MORRISON, SHELLEY    | 5131 | 00:56:56.38 | 11:23  | 5KR60-69F | 7/7    | F      | 79/83  | 00:56:36.70 |
| 90/103  | MROCZEK, KAREN       | 5038 | 00:50:30.48 | 10:06  | 5KR50-59F | 7/10   | F      | 71/83  | 00:50:18.84 |
| 6/103   | MURPHY, STEPHANIE    | 5039 | 00:27:05.21 | 05:25  | 5KR20-29F | 1/7    | F      | 1/83   | 00:27:04.30 |
| 56/103  | NOULLETT, ANGELA     | 5132 | 00:42:35.83 | 08:31  | 5KR08-11F | 6/8    | F      | 40/83  | 00:42:27.15 |
| 57/103  | NOULLETT, ANNA       | 5133 | 00:42:35.88 | 08:31  | 5KR40-49F | 5/15   | F      | 41/83  | 00:42:26.91 |
| 80/103  | OCHOGA, HEATHER      | 5040 | 00:48:11.53 | 09:38  | 5KR30-39F | 22/27  | F      | 62/83  | 00:47:55.53 |
| 67/103  | PEARCEY, LINDA       | 5044 | 00:45:33.79 | 09:06  | 5KR30-39F | 19/27  | F      | 49/83  | 00:45:25.48 |
| 34/103  | PENNER, SARAH        | 5045 | 00:38:57.35 | 07:47  | 5KR30-39F | 9/27   | F      | 19/83  | 00:38:49.74 |
| 54/103  | PETERS, AMBER        | 5136 | 00:42:16.54 | 08:27  | 5KR30-39F | 15/27  | F      | 38/83  | 00:42:07.97 |
| 98/103  | PETERS, JOANNE       | 5026 | 00:55:56.90 | 11:11  | 5KR50-59F | 9/10   | F      | 78/83  | 00:55:43.66 |
| 50/103  | PETERSON, BRYANNA    | 5046 | 00:42:00.04 | 08:24  | 5KR16-19F | 2/2    | F      | 34/83  | 00:41:53.21 |
| 51/103  | PETERSON, TRACY      | 5047 | 00:42:00.23 | 08:24  | 5KR40-49F | 3/15   | F      | 35/83  | 00:41:53.30 |
| 69/103  | PRIMMER, SHIRLEY     | 5049 | 00:45:34.78 | 09:06  | 5KR40-49F | 7/15   | F      | 51/83  | 00:45:25.53 |
| 71/103  | RADOUX, MARLENE      | 5150 | 00:46:14.69 | 09:14  | 5KR50-59F | 6/10   | F      | 53/83  | 00:46:07.41 |
| 68/103  | RANDELL, CAVILL      | 5050 | 00:45:34.66 | 09:06  | 5KR40-49F | 6/15   | F      | 50/83  | 00:45:26.07 |
| 87/103  | REDDEN, CAILIN       | 5051 | 00:49:44.22 | 09:56  | 5KR08-11F | 8/8    | F      | 68/83  | 00:49:31.88 |

## Alpha Overall Results

## 5K Run - 3.1 Miles

## 103 Finishers

| O/A     | Name                 | Bib# | Time        | Pace/m | Category  | Cat/PI | Gender | Gen/PI | Chip Time   |
|---------|----------------------|------|-------------|--------|-----------|--------|--------|--------|-------------|
| 96/103  | REDDEN, KRYSTAL      | 5052 | 00:54:24.53 | 10:52  | 5KR30-39F | 27/27  | F      | 76/83  | 00:54:13.26 |
| 27/103  | REID, GWYNNE         | 5055 | 00:37:46.71 | 07:33  | 5KR50-59F | 2/10   | F      | 15/83  | 00:37:32.14 |
| 28/103  | REID, PAT            | 5056 | 00:37:46.78 | 07:33  | 5KR60-69M | 2/2    | M      | 13/20  | 00:37:31.51 |
| 10/103  | REIMER, MADDY        | 5107 | 00:32:10.16 | 06:26  | 5KR08-11F | 1/8    | F      | 4/83   | 00:32:08.90 |
| 82/103  | ROBERTSON, CAMERON   | 5105 | 00:48:44.95 | 09:44  | 5KR30-39M | 5/5    | M      | 19/20  | 00:48:42.90 |
| 88/103  | ROBINSON, KAITLYNN   | 5057 | 00:49:54.25 | 09:58  | 5KR20-29F | 6/7    | F      | 69/83  | 00:49:49.48 |
| 26/103  | ROSS, ALEX           | 5059 | 00:37:11.79 | 07:26  | 5KR07&UM  | 1/2    | M      | 12/20  | 00:37:11.52 |
| 83/103  | ROY, ZANNA           | 5109 | 00:48:45.12 | 09:45  | 5KR12-15F | 4/4    | F      | 64/83  | 00:48:44.15 |
| 20/103  | SANDERSON, HELEN     | 5062 | 00:35:43.57 | 07:08  | 5KR30-39F | 4/27   | F      | 9/83   | 00:35:36.47 |
| 53/103  | SHORT, CHARLENE      | 5112 | 00:42:15.70 | 08:27  | 5KR40-49F | 4/15   | F      | 37/83  | 00:42:11.63 |
| 52/103  | SHORT, EMILY         | 5113 | 00:42:08.90 | 08:25  | 5KR12-15F | 3/4    | F      | 36/83  | 00:42:08.03 |
| 23/103  | SHORT, NATALIE       | 5114 | 00:36:45.73 | 07:21  | 5KR16-19F | 1/2    | F      | 12/83  | 00:36:42.27 |
| 8/103   | SILLJER, JOHANNA     | 5115 | 00:29:19.45 | 05:51  | 5KR30-39F | 1/27   | F      | 2/83   | 00:29:14.07 |
| 5/103   | SMITH, IAN           | 5066 | 00:26:52.59 | 05:22  | 5KR30-39M | 1/5    | M      | 5/20   | 00:26:49.33 |
| 31/103  | SMITH, JANET         | 5116 | 00:38:36.19 | 07:43  | 5KR50-59F | 3/10   | F      | 17/83  | 00:38:29.73 |
| 49/103  | SODERQUIST, CINDY    | 5117 | 00:41:56.36 | 08:23  | 5KR50-59F | 4/10   | F      | 33/83  | 00:41:49.01 |
| 48/103  | SODERQUIST, MADISON  | 5148 | 00:41:56.06 | 08:23  | 5KR20-29F | 4/7    | F      | 32/83  | 00:41:49.39 |
| 92/103  | STANG, STACY         | 5067 | 00:51:56.41 | 10:23  | 5KR40-49F | 13/15  | F      | 73/83  | 00:51:40.48 |
| 7/103   | STANG, TYLAN         | 5068 | 00:29:01.34 | 05:48  | 5KR12-15M | 2/2    | M      | 6/20   | 00:28:59.40 |
| 2/103   | TENNENT, CAM         | 5155 | 00:22:56.25 | 04:35  | 5KR20-29M | 1/2    | M      | 2/20   | 00:22:53.66 |
| 22/103  | TENNENT, KATIE       | 5138 | 00:36:34.38 | 07:18  | 5KR30-39F | 5/27   | F      | 11/83  | 00:36:27.59 |
| 81/103  | TOEWS, BETH          | 5071 | 00:48:16.73 | 09:39  | 5KR30-39F | 23/27  | F      | 63/83  | 00:48:10.34 |
| 78/103  | VOTH, TANIS          | 5119 | 00:48:08.36 | 09:37  | 5KR40-49F | 10/15  | F      | 60/83  | 00:47:56.46 |
| 47/103  | WHICKBERG, CORY      | 5154 | 00:41:32.13 | 08:18  | 5KR30-39F | 14/27  | F      | 31/83  | 00:41:26.63 |
| 46/103  | WICKBERG, KYLE       | 5140 | 00:41:31.64 | 08:18  | 5KR07&UM  | 2/2    | M      | 16/20  | 00:41:25.20 |
| 61/103  | WIEBE, VALERIE       | 5121 | 00:43:05.97 | 08:37  | 5KR60-69F | 1/7    | F      | 44/83  | 00:42:56.28 |
| 95/103  | WILLIS, NIKI         | 5122 | 00:53:01.40 | 10:36  | 5KR30-39F | 26/27  | F      | 75/83  | 00:52:53.15 |
| 72/103  | WITTY, ERIN          | 5073 | 00:46:21.93 | 09:16  | 5KR30-39F | 20/27  | F      | 54/83  | 00:46:05.96 |
| 32/103  | WITTY, MASON         | 5074 | 00:38:39.40 | 07:43  | 5KR08-11M | 2/3    | M      | 15/20  | 00:38:24.93 |
| 44/103  | WITTY, PAYTON        | 5075 | 00:41:22.69 | 08:16  | 5KR08-11F | 5/8    | F      | 29/83  | 00:41:08.22 |
| 18/103  | WOLFF, VANESSA       | 5076 | 00:35:23.53 | 07:04  | 5KR30-39F | 2/27   | F      | 7/83   | 00:35:18.97 |
| 100/103 | ZACHARIAS, JAYCE-LEE | 5141 | 00:56:57.95 | 11:23  | 5KR07&UF  | 3/3    | F      | 80/83  | 00:56:37.29 |
| 85/103  | ZACHARIAS, LAILA     | 5142 | 00:49:29.20 | 09:53  | 5KR07&UF  | 2/3    | F      | 66/83  | 00:49:09.83 |
| 86/103  | ZACHARIAS, LISA      | 5143 | 00:49:30.63 | 09:54  | 5KR30-39F | 24/27  | F      | 67/83  | 00:49:10.16 |
| 43/103  | ZAICHKOWSKY, ALEX    | 5077 | 00:41:22.50 | 08:16  | 5KR07&UF  | 1/3    | F      | 28/83  | 00:41:07.84 |
| 45/103  | ZAICHKOWSKY, MELONIE | 5078 | 00:41:23.08 | 08:16  | 5KR30-39F | 13/27  | F      | 30/83  | 00:41:07.55 |
| 77/103  | ZELKO, JODI          | 5149 | 00:46:42.35 | 09:20  | 5KR40-49F | 9/15   | F      | 59/83  | 00:46:28.84 |