

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 502 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
384/502	ABRAHAM, SALLY	1000	01:06:31.10	06:39	10K40-49F	51/72	F	215/306	01:06:02.57
473/502	ACKERMAN, JO-ANN	1001	01:20:29.54	08:02	10K30-39F	109/114	F	282/306	01:20:02.91
485/502	ADAMS, FATIN	1002	01:23:40.32	08:22	10K50-59F	37/44	F	292/306	01:23:29.75
407/502	ADOLPHE, LAUREL	1003	01:08:48.97	06:52	10K40-49F	55/72	F	234/306	01:08:42.11
319/502	AHENDA, ALLOYS	1004	01:02:29.50	06:14	10K50-59M	27/37	M	155/196	01:02:21.76
334/502	AHENDA, KATHLEEN	1005	01:03:29.73	06:20	10K20-29F	34/48	F	174/306	01:03:25.96
198/502	AHENDA, LADONA	1534	00:57:08.59	05:42	10K50-59F	10/44	F	81/306	00:57:01.53
88/502	AHENDA, MARK	1006	00:50:25.06	05:02	10K20-29M	9/25	M	66/196	00:50:20.99
365/502	ALVAREZ, ROXANNE	1545	01:05:22.54	06:32	10K20-29F	40/48	F	201/306	01:05:18.77
33/502	ANDERSON, JOHN	1546	00:44:38.71	04:27	10K19&UM	5/12	M	29/196	00:44:37.12
409/502	ANDERSON, REUBEN	1011	01:09:17.94	06:55	10K40-49M	47/49	M	174/196	01:08:49.82
249/502	ARDELIAN, BLAINE	1012	00:59:11.50	05:55	10K60-69M	15/24	M	134/196	00:58:45.56
123/502	ARDELIAN, CHLOE	1013	00:52:59.30	05:17	10K19&UF	2/14	F	42/306	00:52:33.82
149/502	ARNOTT, JILL	1400	00:54:24.50	05:26	10K30-39F	22/114	F	58/306	00:54:18.10
59/502	ARPIN, CHERYL	1014	00:48:02.59	04:48	10K30-39F	6/114	F	12/306	00:47:55.93
277/502	ARTEAGA, MAURICIO	1015	01:00:45.68	06:04	10K20-29M	19/25	M	141/196	01:00:34.05
456/502	BAFFA, MELISSA	1019	01:15:20.98	07:32	10K30-39F	104/114	F	271/306	01:14:49.48
196/502	BAGNALL, PATRICK	1020	00:57:00.35	05:42	10K60-69M	12/24	M	117/196	00:56:50.90
206/502	BAKALIK, JAN	1021	00:57:33.26	05:45	10K60-69M	13/24	M	118/196	00:57:24.20
276/502	BAKALIK, JUDY	1022	01:00:40.24	06:04	10K50-59F	18/44	F	136/306	01:00:30.88
97/502	BAKX, KYLE	1547	00:51:06.61	05:06	10K30-39M	19/48	M	72/196	00:50:52.94
4/502	BALEZANTIS, REID	1023	00:36:01.60	03:36	10K20-29M	2/25	M	4/196	00:36:01.43
435/502	BALLEM, ANNE	1024	01:11:39.72	07:09	10K60-69F	7/11	F	255/306	01:11:15.52
260/502	BARBAS, MARIA	1539	00:59:50.45	05:59	10K40-49F	25/72	F	122/306	00:59:28.82
443/502	BARSCHEL, CHRIS	1025	01:12:59.92	07:17	10K50-59M	35/37	M	181/196	01:12:39.79
308/502	BEAMISH, KAILEY	1026	01:01:50.69	06:11	10K20-29F	32/48	F	157/306	01:01:38.00
13/502	BEATTIE, SEAN	1027	00:39:59.52	03:59	10K40-49M	3/49	M	12/196	00:39:57.70
375/502	BEAUCHESNE, REBECCA	1028	01:05:57.51	06:35	10K40-49F	50/72	F	207/306	01:05:28.18
256/502	BELANGER, COREY	1016	00:59:40.60	05:58	10K40-49M	40/49	M	138/196	00:59:05.92
246/502	BELANGER, JEFF	1017	00:59:04.47	05:54	10K30-39M	32/48	M	132/196	00:58:29.89
225/502	BENKE, AMANDA	1030	00:58:26.76	05:50	10K30-39F	42/114	F	102/306	00:58:15.19
151/502	BENNETT, LACHLAN	1401	00:54:31.25	05:27	10K19&UM	8/12	M	93/196	00:54:21.16
142/502	BENNETT, STUART	1402	00:54:00.30	05:24	10K40-49M	30/49	M	89/196	00:53:50.34
150/502	BENOIT, OLIVIER	1502	00:54:31.25	05:27	10K30-39M	22/48	M	92/196	00:54:08.03
317/502	BERGERMAN, LISA	1403	01:02:22.41	06:14	10K30-39F	64/114	F	163/306	01:02:03.03
417/502	BIGORAJ, KENDRA	1032	01:10:11.93	07:01	10K30-39F	94/114	F	240/306	01:09:42.42
217/502	BIRD, ALEXANDRA	1404	00:58:04.81	05:48	10K19&UF	8/14	F	96/306	00:57:36.93
192/502	BIRD, NATHAN	1405	00:56:46.98	05:40	10K19&UM	11/12	M	114/196	00:56:20.20
462/502	BIRD, NICOLETTE	1504	01:16:27.84	07:38	10K19&UF	12/14	F	276/306	01:16:01.21
466/502	BISCHKE, DANIEL	1033	01:16:29.20	07:38	10K30-39M	46/48	M	188/196	01:13:30.30
464/502	BISCHKE, KRISTIN	1034	01:16:28.59	07:38	10K30-39F	106/114	F	277/306	01:13:29.69
258/502	BLASETTI, AIMEE	1505	00:59:48.66	05:58	10K30-39F	46/114	F	120/306	00:59:31.31
441/502	BLASKEN, JODIE	1406	01:12:56.05	07:17	10K40-49F	64/72	F	261/306	01:12:31.79
428/502	BLOUIN, MICHELLE	1580	01:11:20.70	07:08	10K30-39F	97/114	F	250/306	01:11:03.36
63/502	BONAR, DARREN	1035	00:48:17.05	04:49	10K30-39M	16/48	M	50/196	00:48:14.18
55/502	BONAR, JENNIFER	1036	00:47:46.03	04:46	10K30-39F	5/114	F	10/306	00:47:43.24
129/502	BOTELHO, JILL	1541	00:53:25.05	05:20	10K30-39F	17/114	F	47/306	00:53:17.20
161/502	BOWEN, VAUGHAN	1560	00:55:00.70	05:30	10K60-69M	7/24	M	98/196	00:54:56.92
181/502	BRADLEY, RYAN	1037	00:55:59.90	05:35	10K30-39M	28/48	M	108/196	00:55:35.84
438/502	BRAGER, NANCY	1596	01:12:29.37	07:14	10K60-69F	8/11	F	258/306	01:12:08.10
346/502	BRAUNBERGER, DANA	1038	01:04:12.32	06:25	10K40-49F	42/72	F	184/306	01:04:01.76
164/502	BRAZENDALE, ALAN	1039	00:55:10.40	05:31	10K30-39M	25/48	M	100/196	00:54:55.84
366/502	BRAZENDALE, SONJA	1040	01:05:27.44	06:32	10K30-39F	76/114	F	202/306	01:05:13.11
282/502	BRILL, PHOENIX	1605	01:00:48.79	06:04	10K30-39F	51/114	F	140/306	01:00:36.18
391/502	BRISEBOIS, ROBIN	1043	01:07:09.60	06:42	10K50-59M	32/37	M	170/196	01:06:56.25
241/502	BRITTON, TREVOR	1044	00:58:56.86	05:53	10K20-29M	17/25	M	129/196	00:58:42.61
357/502	BROCHU, MARIANNE	1045	01:04:47.79	06:28	10K30-39F	74/114	F	195/306	01:04:29.00
90/502	BROOKSON, TRAVIS	1506	00:50:26.55	05:02	10K40-49M	23/49	M	68/196	00:50:20.57
186/502	BRYDLE, GRANT	1046	00:56:22.51	05:38	10K60-69M	9/24	M	111/196	00:55:56.19
230/502	BULITZ, WAYNE	1407	00:58:36.36	05:51	10K50-59M	21/37	M	125/196	00:58:18.71
477/502	BURNS, CAIDENCE	1048	01:21:29.28	08:08	10K19&UF	13/14	F	286/306	01:20:53.76
280/502	BURNS, HANNAH	1049	01:00:47.45	06:04	10K19&UF	9/14	F	138/306	01:00:13.65
478/502	BURNS, LORALEE	1050	01:21:30.24	08:09	10K40-49F	69/72	F	287/306	01:20:54.80
476/502	CABRERA, JOANNE	1408	01:21:25.57	08:08	10K50-59F	36/44	F	285/306	01:21:12.56
398/502	CAIRNS, BEAU	1051	01:07:27.37	06:44	10K30-39M	41/48	M	171/196	01:07:05.15
134/502	CALLANDER, ELAINE	1507	00:53:36.19	05:21	10K50-59F	5/44	F	49/306	00:53:15.82

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O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
96/502	CAMPBELL, MICHAEL	1054	00:50:53.23	05:05	10K50-59M	10/37	M	71/196	00:50:44.13
35/502	CANN, BRAD	1055	00:44:58.81	04:29	10K40-49M	8/49	M	31/196	00:44:56.02
356/502	CARDINALE, LEAH	1056	01:04:43.54	06:28	10K20-29F	38/48	F	194/306	01:04:20.12
145/502	CARRIER-ROBB, DOMINIQUE	1508	00:54:11.45	05:25	10K30-39F	19/114	F	55/306	00:54:00.51
160/502	CARTERI, PAM	1059	00:54:58.19	05:29	10K30-39F	25/114	F	63/306	00:54:40.76
422/502	CASSIDY, IVADELLE	1060	01:10:42.95	07:04	10K60-69F	6/11	F	245/306	01:10:26.84
183/502	CASTRO, MARIA	1061	00:56:09.09	05:36	10K20-29F	14/48	F	75/306	00:55:57.97
354/502	CHANT, SHELLYLYNN	1062	01:04:33.48	06:27	10K40-49F	44/72	F	192/306	01:03:56.86
252/502	CHANT, WADE	1063	00:59:14.19	05:55	10K40-49M	39/49	M	136/196	00:58:37.90
271/502	CHASSE, LUC	1064	01:00:30.76	06:03	10K50-59M	23/37	M	140/196	01:00:05.80
52/502	CHAU, JASON	1585	00:47:34.71	04:45	10K30-39M	14/48	M	43/196	00:47:32.12
82/502	CHERRY, TRENT	1509	00:49:34.93	04:57	10K40-49M	22/49	M	64/196	00:49:33.56
351/502	CHEVRIER, TANIA	1065	01:04:22.46	06:26	10K40-49F	43/72	F	189/306	01:04:05.50
188/502	CHISHOLM, CORRINE	1510	00:56:29.96	05:39	10K30-39F	31/114	F	77/306	00:56:17.41
259/502	CHOW, MELISSA	1066	00:59:49.81	05:58	10K30-39F	47/114	F	121/306	00:59:29.20
24/502	CHRISTIE, KEVIN	1067	00:43:27.50	04:20	10K40-49M	6/49	M	21/196	00:43:21.90
436/502	CHUNG, LORRANE	1409	01:11:45.47	07:10	10K40-49F	61/72	F	256/306	01:11:41.58
368/502	CLAMP, AIA	1540	01:05:41.30	06:34	10K30-39F	77/114	F	204/306	01:05:17.13
32/502	CLARKSON, BOB	1572	00:44:37.60	04:27	10K50-59M	4/37	M	28/196	00:44:26.60
314/502	CLINGMAN, PETRINA	1068	01:02:12.72	06:13	10K30-39F	61/114	F	160/306	01:01:55.64
170/502	CLOWSER, CHRISTINE	1069	00:55:31.00	05:33	10K30-39F	28/114	F	69/306	00:55:18.05
420/502	COLLIN, JOCELYNE	1601	01:10:35.28	07:03	10K50-59F	30/44	F	243/306	01:09:55.26
340/502	COLLIS, JENNIFER	1071	01:03:44.12	06:22	10K30-39F	68/114	F	180/306	01:03:15.88
251/502	COOPER, DWAYNE	1073	00:59:13.73	05:55	10K40-49M	38/49	M	135/196	00:59:00.96
197/502	COOPER, NATHALIE	1411	00:57:07.52	05:42	10K30-39F	33/114	F	80/306	00:57:05.56
64/502	CORCORAN, ERIN	1075	00:48:17.31	04:49	10K20-29F	5/48	F	14/306	00:48:14.84
109/502	COTE, ELAINE	1076	00:52:07.35	05:12	10K30-39F	13/114	F	35/306	00:51:47.47
106/502	COUPAL, BREANN	1412	00:52:02.78	05:12	10K20-29F	10/48	F	32/306	00:51:54.82
397/502	COUZENS, LYLA	1077	01:07:27.05	06:44	10K60-69F	4/11	F	227/306	01:07:11.25
419/502	COYNE, CAROL	1078	01:10:17.42	07:01	10K40-49F	57/72	F	242/306	01:10:01.55
318/502	CRAIG, KAREN	1079	01:02:23.18	06:14	10K50-59F	21/44	F	164/306	01:02:05.05
403/502	CRERAR, ERIN	1081	01:08:09.47	06:48	10K30-39F	90/114	F	232/306	01:07:48.39
185/502	CRUZ, PEDRO	1610	00:56:19.10	05:37	10K40-49M	32/49	M	110/196	00:56:13.51
451/502	CUDMORE, JESSICA	1413	01:14:49.38	07:28	10K30-39F	101/114	F	268/306	01:14:37.15
261/502	CULLINGHAM, CAROL	1414	00:59:51.39	05:59	10K40-49F	26/72	F	123/306	00:59:27.91
95/502	CYR, VERA	1083	00:50:52.61	05:05	10K30-39F	11/114	F	25/306	00:50:48.04
159/502	DA COSTA GOMEZ, FELIX	1084	00:54:57.61	05:29	10K50-59M	14/37	M	97/196	00:54:55.85
250/502	DAWE, ANDREA	1088	00:59:13.40	05:55	10K30-39F	45/114	F	116/306	00:58:46.76
307/502	DE LA PAZ, ADELLE	1416	01:01:43.35	06:10	10K30-39F	59/114	F	156/306	01:01:39.37
475/502	DEANS, LYNETTE	1089	01:21:09.53	08:06	10K50-59F	35/44	F	284/306	01:19:54.41
380/502	DEBERT, CHANTEL	1090	01:06:20.68	06:38	10K30-39F	81/114	F	212/306	01:05:44.54
411/502	DECECCO-KOLEBABA, MANDY	1417	01:09:33.83	06:57	10K30-39F	92/114	F	237/306	01:09:23.18
226/502	DELONG, WILLIAM	1092	00:58:28.47	05:50	10K20-29M	16/25	M	124/196	00:58:00.90
203/502	DEMETRICK, ALESSANDRA	1093	00:57:25.53	05:44	10K19&UM	7/14	F	86/306	00:57:22.30
173/502	DEMETRICK, SELINA	1094	00:55:34.30	05:33	10K19&UF	6/14	F	71/306	00:55:30.63
284/502	DERBECKER, SUZANNE	1095	01:00:56.21	06:05	10K50-59F	19/44	F	141/306	01:00:48.44
498/502	DESHPONDE, SHASHIKANT	1096	01:47:39.40	10:45	10K30-39M	47/48	M	194/196	01:47:03.86
204/502	DEVEREUX, MELISSA	1511	00:57:29.62	05:44	10K30-39F	34/114	F	87/306	00:57:11.35
364/502	DICKINSON, LINDA	1097	01:05:22.34	06:32	10K40-49F	47/72	F	200/306	01:05:03.92
352/502	DINNIE, PAIGE	1098	01:04:29.09	06:26	10K20-29F	36/48	F	190/306	01:04:05.98
40/502	DLUGAN, MIKE	1597	00:45:51.49	04:35	10K30-39M	12/48	M	35/196	00:45:43.35
350/502	DOLGOY, NAOMI	1099	01:04:22.40	06:26	10K30-39F	73/114	F	188/306	01:04:05.26
297/502	DOUGLAS, KIM	1101	01:01:23.65	06:08	10K50-59M	25/37	M	147/196	01:01:16.87
330/502	DOWELL, JONATHAN	1102	01:03:10.29	06:19	10K40-49M	44/49	M	159/196	01:02:49.16
310/502	DOWELL, LIAM	1103	01:01:53.75	06:11	10K19&UM	12/12	M	152/196	01:01:32.82
494/502	DUMBA, BRENDA	1418	01:37:23.31	09:44	10K50-59F	43/44	F	301/306	01:36:56.74
449/502	DUNN, SOLANGE	1105	01:14:03.57	07:24	10K40-49F	67/72	F	266/306	01:12:47.77
69/502	DUNSMORE, STEVE	1106	00:48:36.47	04:51	10K40-49M	17/49	M	53/196	00:48:18.05
28/502	DURUSSEL, RYAN	1107	00:43:54.31	04:23	10K40-49M	7/49	M	25/196	00:43:49.74
287/502	DWYER, DAWN	1513	01:00:59.44	06:05	10K40-49F	32/72	F	143/306	01:00:50.51
128/502	EDISON, ABBY	1514	00:53:21.73	05:20	10K19&UF	4/14	F	46/306	00:53:08.00
141/502	EDISON, JILL	1515	00:54:00.22	05:24	10K40-49F	11/72	F	53/306	00:53:46.07
180/502	EDWARDS, JONAH	1108	00:55:56.35	05:35	10K30-39M	27/48	M	107/196	00:55:39.99
18/502	EDWARDS, KEN	1109	00:42:23.50	04:14	10K40-49M	4/49	M	16/196	00:42:21.74
278/502	EDWARDS, MARK	1110	01:00:46.43	06:04	10K30-39M	33/48	M	142/196	01:00:17.66
415/502	EIRIKSON, ROBERTA	1419	01:09:53.29	06:59	10K30-39F	93/114	F	238/306	01:09:37.02

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O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
255/502	ELLIOTT, ALBERT	1420	00:59:22.20	05:56	10K60-69M	16/24	M	137/196	00:58:59.58
202/502	ELLIOTT, JUDITH	1112	00:57:25.35	05:44	10K60-69F	1/11	F	85/306	00:57:02.92
437/502	ENGELBRACHT, CYNTHIA	1421	01:11:55.48	07:11	10K40-49F	62/72	F	257/306	01:11:40.64
332/502	EPP, KIMIKO	1422	01:03:21.34	06:20	10K30-39F	66/114	F	173/306	01:03:06.63
166/502	ERIKSEN, TORGYN	1113	00:55:15.52	05:31	10K40-49F	13/72	F	66/306	00:54:52.91
98/502	EVANS, JEANETTE	1423	00:51:18.96	05:07	10K20-29F	7/48	F	26/306	00:51:11.22
221/502	EVANS, WILLIAM	1594	00:58:16.36	05:49	10K50-59M	20/37	M	123/196	00:58:02.70
486/502	EWANCHUK, MICHELLE	1424	01:24:05.75	08:24	10K50-59F	38/44	F	293/306	01:23:41.38
75/502	EWART, PHIL	1114	00:48:47.42	04:52	10K50-59M	7/37	M	58/196	00:48:23.51
355/502	FAIRBOURN, LILLIAN	1425	01:04:41.88	06:28	10K60-69F	3/11	F	193/306	01:01:41.88
16/502	FALKE, GUNNAR	1115	00:41:30.30	04:09	10K30-39M	7/48	M	14/196	00:41:29.08
404/502	FARAGO, MIKE	1579	01:08:18.46	06:49	10K30-39M	42/48	M	172/196	01:07:42.94
101/502	FAULKNER, VICKI	1116	00:51:43.07	05:10	10K40-49F	8/72	F	29/306	00:51:40.27
130/502	FAVOT, ENOS	1117	00:53:25.34	05:20	10K60-69M	6/24	M	83/196	00:53:20.60
140/502	FAVOT, KRISTA	1536	00:53:57.17	05:23	10K30-39F	18/114	F	52/306	00:53:52.18
427/502	FELDBERG, BARBARA	1428	01:11:15.29	07:07	10K50-59F	31/44	F	249/306	01:10:41.32
468/502	FERREIRA, ANNELIES	1118	01:16:38.27	07:39	10K60-69F	10/11	F	280/306	01:13:39.37
454/502	FERRO, CARLEY	1119	01:15:12.23	07:31	10K30-39F	102/114	F	269/306	01:14:49.92
328/502	FIELD, STEVE	1120	01:03:07.29	06:18	10K50-59M	28/37	M	158/196	01:03:06.35
487/502	FISHER, CHRISTINE	1573	01:24:29.31	08:26	10K50-59F	39/44	F	294/306	01:24:03.89
172/502	FISHER, GREG	1121	00:55:33.60	05:33	10K50-59M	16/37	M	102/196	00:55:20.21
296/502	FISHER, STEPHANIE	1122	01:01:20.76	06:08	10K30-39F	55/114	F	150/306	01:01:00.98
488/502	FOCKLER, MERIDEE	1429	01:25:12.53	08:31	10K50-59F	40/44	F	295/306	01:24:48.27
408/502	FORTIER, ABBY	1430	01:08:59.86	06:53	10K20-29F	45/48	F	235/306	01:08:43.17
418/502	FOSTER, STACEY	1124	01:10:12.17	07:01	10K40-49F	56/72	F	241/306	01:09:42.71
338/502	FRANKOW, JOCELYN	1548	01:03:42.62	06:22	10K50-59F	25/44	F	178/306	01:03:17.08
452/502	FRASER, ADAM	1125	01:15:09.30	07:30	10K20-29M	23/25	M	184/196	01:14:48.13
453/502	FRASER, BRENT	1126	01:15:09.70	07:30	10K60-69M	21/24	M	185/196	01:14:48.24
194/502	FREIBURGER, RON	1127	00:56:53.60	05:41	10K60-69M	11/24	M	115/196	00:56:32.66
153/502	FRIEDT, COLETTE	1431	00:54:41.14	05:28	10K50-59F	8/44	F	60/306	00:54:25.89
41/502	FUNK, RON	1128	00:46:17.13	04:37	10K40-49M	10/49	M	36/196	00:46:12.91
229/502	GAGATEK, BARB	1432	00:58:33.57	05:51	10K50-59F	13/44	F	105/306	00:58:14.39
228/502	GAGATEK, LAUREN	1433	00:58:33.39	05:51	10K20-29F	18/48	F	104/306	00:58:13.96
44/502	GALLAGHER, KATHLEEN	1434	00:46:28.16	04:38	10K30-39F	3/114	F	7/306	00:46:25.74
222/502	GARNER, AMANDA	1129	00:58:19.40	05:49	10K30-39F	41/114	F	99/306	00:58:10.71
77/502	GAUDREAU, FRANCOIS	1130	00:48:53.84	04:53	10K40-49M	19/49	M	60/196	00:48:45.50
107/502	GEFLE, JORDAN	1435	00:52:02.78	05:12	10K20-29F	11/48	F	33/306	00:51:55.28
45/502	GHERAN, CHRISTOPHER	1131	00:46:32.12	04:39	10K30-39M	13/48	M	38/196	00:46:27.47
412/502	GHERAN, JOE	1132	01:09:35.46	06:57	10K60-69M	19/24	M	175/196	01:09:04.28
39/502	GHERAN, PAUL	1133	00:45:05.98	04:30	10K30-39M	11/48	M	34/196	00:45:01.55
27/502	GILL, JEFF	1136	00:43:52.27	04:23	10K50-59M	3/37	M	24/196	00:43:50.12
219/502	GLAZE, SARAH	1139	00:58:13.72	05:49	10K30-39F	40/114	F	98/306	00:57:46.25
43/502	GLOVER, MARGOT	1549	00:46:27.49	04:38	10K50-59F	1/44	F	6/306	00:46:25.45
316/502	GLOWASKY, RIO	1436	01:02:13.77	06:13	10K30-39F	63/114	F	162/306	01:01:53.82
272/502	GODBOUT, NATHALIE	1140	01:00:31.94	06:03	10K50-59F	17/44	F	132/306	01:00:06.66
10/502	GOMES, ADRIENNE	1561	00:39:00.75	03:54	10K20-29F	1/48	F	1/306	00:39:00.68
265/502	GRANT, AMANDA	1142	00:59:58.99	05:59	10K30-39F	48/114	F	126/306	00:59:30.75
372/502	GRAY, CHERI	1144	01:05:55.15	06:35	10K40-49F	49/72	F	206/306	01:05:39.16
137/502	GREER, CONRAD	1437	00:53:40.45	05:22	10K50-59M	12/37	M	87/196	00:53:33.38
244/502	GREGSON, KATIE	1145	00:59:00.76	05:54	10K20-29F	22/48	F	113/306	00:58:32.58
275/502	GRIGOROVA, DIANA	1438	01:00:37.25	06:03	10K40-49F	30/72	F	135/306	01:00:35.38
382/502	GUIRY, KATRINA	1146	01:06:24.85	06:38	10K30-39F	83/114	F	214/306	01:06:06.06
119/502	HAFICHUK, DOUG	1562	00:52:40.09	05:16	10K30-39M	21/48	M	80/196	00:52:28.85
410/502	HAIGHT-SHERRY, KRISTA	1147	01:09:30.62	06:57	10K30-39F	91/114	F	236/306	01:09:00.78
187/502	HALASZ, JENNIFER	1148	00:56:27.14	05:38	10K20-29F	15/48	F	76/306	00:56:16.03
288/502	HALPENNY, CURT	1550	01:01:03.00	06:06	10K50-59M	24/37	M	145/196	01:00:35.61
47/502	HALPRIN, DANYAEL	1149	00:46:45.89	04:40	10K40-49F	2/72	F	8/306	00:46:41.31
286/502	HANLON, BETH	1153	01:00:59.38	06:05	10K40-49F	31/72	F	142/306	01:00:30.06
446/502	HARROW, KATE	1155	01:13:11.28	07:19	10K30-39F	99/114	F	264/306	01:12:42.83
169/502	HARVIE, ALLISON	1156	00:55:29.54	05:32	10K40-49F	14/72	F	68/306	00:55:18.36
162/502	HASHEMIAN, ALI	1439	00:55:04.07	05:30	10K30-39M	24/48	M	99/196	00:55:01.97
112/502	HATCHER, DION	1157	00:52:19.63	05:13	10K40-49M	24/49	M	76/196	00:51:43.49
48/502	HAWKINGS, JACK	1563	00:46:47.02	04:40	10K60-69M	3/24	M	40/196	00:46:41.20
374/502	HAWKINS, DAN	1158	01:05:57.43	06:35	10K40-49M	46/49	M	168/196	01:05:25.84
378/502	HEBRON, MILROSE	1441	01:06:08.61	06:36	10K30-39F	79/114	F	210/306	01:06:02.34
99/502	HEDGES, HAYLEY	1159	00:51:20.89	05:08	10K40-49F	7/72	F	27/306	00:51:13.75

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 502 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
168/502	HEINRICH, EUGENE	1160	00:55:27.75	05:32	10K50-59M	15/37	M	101/196	00:55:16.24
400/502	HEINRICH, JOSETTE	1161	01:07:44.52	06:46	10K60-69F	5/11	F	229/306	01:07:32.54
430/502	HENDERSON, COLLEEN	1162	01:11:27.89	07:08	10K40-49F	60/72	F	251/306	01:11:23.53
426/502	HEWITT, LISA	1609	01:11:12.00	07:07	10K40-49F	59/72	F	248/306	01:11:12.00
34/502	HICKEY, MICHAEL	1163	00:44:49.61	04:28	10K50-59M	5/37	M	30/196	00:44:47.58
175/502	HILDEBRANDT, DALE	1164	00:55:42.19	05:34	10K60-69M	8/24	M	104/196	00:55:25.24
348/502	HINCKS, CRYSTAL	1166	01:04:15.28	06:25	10K30-39F	71/114	F	186/306	01:04:05.92
176/502	HINTON, THOM	1167	00:55:44.52	05:34	10K30-39M	26/48	M	105/196	00:55:27.96
46/502	HODGSON, SCOTT	1564	00:46:33.47	04:39	10K60-69M	2/24	M	39/196	00:46:25.97
139/502	HOLT, JASON	1170	00:53:55.97	05:23	10K40-49M	29/49	M	88/196	00:53:31.28
2/502	HOPFNER, GEOFF	1171	00:34:37.54	03:27	10K30-39M	2/48	M	2/196	00:34:37.22
455/502	HOPKINS, STEPHANIE	1172	01:15:12.24	07:31	10K30-39F	103/114	F	270/306	01:14:50.72
214/502	HOPWOOD, BRIAN	1442	00:57:53.32	05:47	10K40-49M	34/49	M	120/196	00:57:43.83
213/502	HOPWOOD, CHARLOTTE	1443	00:57:53.12	05:47	10K40-49F	18/72	F	94/306	00:57:43.67
22/502	HORNER, OLIVER	1444	00:42:50.93	04:17	10K20-29M	3/25	M	20/196	00:42:34.12
191/502	HOWLAND-LANGI, CLARE	1410	00:56:45.95	05:40	10K30-39F	32/114	F	78/306	00:56:32.30
390/502	HRUSKA, PAM	1173	01:07:07.24	06:42	10K30-39F	87/114	F	221/306	01:06:40.06
394/502	HUARTE, THERESA	1174	01:07:26.02	06:44	10K50-59F	27/44	F	224/306	01:07:12.86
51/502	HUGHES, JENNIFER	1176	00:47:31.94	04:45	10K30-39F	4/114	F	9/306	00:47:24.76
326/502	HUGHES, KENNY	1177	01:03:05.55	06:18	10K20-29M	22/25	M	157/196	01:02:41.97
79/502	IRWIN, WADE	1180	00:49:03.02	04:54	10K40-49M	20/49	M	62/196	00:48:55.00
360/502	JACKSON, TAMMY	1516	01:05:03.18	06:30	10K40-49F	46/72	F	198/306	01:04:30.90
302/502	JANUSC, ANGELA	1543	01:01:33.63	06:09	10K30-39F	57/114	F	153/306	01:01:13.25
303/502	JANUSC, TRISTAN	1182	01:01:33.72	06:09	10K30-39M	36/48	M	150/196	01:01:13.09
268/502	JOHNSON, EM	1574	01:00:20.46	06:02	10K20-29F	28/48	F	129/306	00:55:20.46
236/502	JOHNSON, JEFFREY	1183	00:58:47.15	05:52	10K30-39M	30/48	M	127/196	00:58:12.85
497/502	JOHNSON, KAREN	1184	01:39:57.60	09:59	10K30-39F	113/114	F	304/306	01:39:53.38
117/502	JONES, GREG	1185	00:52:36.58	05:15	10K40-49M	25/49	M	79/196	00:52:15.80
144/502	KALHS, KRISTOPHER	1445	00:54:05.43	05:24	10K20-29M	14/25	M	90/196	00:53:57.32
313/502	KANJI, YASMIN	1187	01:02:07.42	06:12	10K60-69F	2/11	F	159/306	01:01:57.08
290/502	KARVINEN, TRISHA	1188	01:01:05.13	06:06	10K40-49F	34/72	F	145/306	01:00:41.91
94/502	KASHLAK, ADAM	1189	00:50:50.13	05:05	10K20-29M	10/25	M	70/196	00:50:37.36
108/502	KEARL, CAROL	1517	00:52:06.32	05:12	10K40-49F	9/72	F	34/306	00:51:59.99
447/502	KEITH, DOREEN	1191	01:13:18.88	07:19	10K70+F	3/3	F	265/306	01:12:57.61
501/502	KEOGH, RACHEL	1192	01:47:50.50	10:47	10K30-39F	114/114	F	305/306	01:47:15.50
1/502	KERR, GEOFF	1446	00:34:26.40	03:26	10K30-39M	1/48	M	1/196	00:34:26.09
406/502	KERSWILL, WENDY	1193	01:08:48.97	06:52	10K40-49F	54/72	F	233/306	01:08:42.10
309/502	KETCHEN, COURTNEY	1194	01:01:52.96	06:11	10K30-39F	60/114	F	158/306	01:01:37.43
102/502	KIEFER, KRISTINA	1195	00:51:43.11	05:10	10K30-39F	12/114	F	30/306	00:51:33.08
470/502	KIEFER, PAUL	1196	01:18:23.47	07:50	10K20-29M	24/25	M	189/196	01:18:08.90
392/502	KING, ANNALISE	1447	01:07:13.54	06:43	10K50-59F	26/44	F	222/306	01:06:40.81
331/502	KING, JENNIFER	1197	01:03:16.27	06:19	10K50-59F	24/44	F	172/306	01:02:55.55
179/502	KITTLITZ, KEN	1198	00:55:53.81	05:35	10K50-59M	17/37	M	106/196	00:55:45.47
17/502	KLASSEN, LEVI	1448	00:42:18.40	04:13	10K19&UM	1/12	M	15/196	00:42:16.37
377/502	KNUDSEN, BECKIE	1199	01:06:03.64	06:36	10K30-39F	78/114	F	209/306	01:05:57.44
215/502	KOKOTT, RYAN	1200	00:57:56.46	05:47	10K40-49M	35/49	M	121/196	00:57:45.73
131/502	KREBS, EMMA	1201	00:53:27.89	05:20	10K19&UF	5/14	F	48/306	00:53:19.79
495/502	KRENTZ, VALARIE	1449	01:37:23.79	09:44	10K50-59F	44/44	F	302/306	01:36:57.47
126/502	KRUSE, JENN	1202	00:53:13.41	05:19	10K20-29F	12/48	F	45/306	00:52:57.60
459/502	KUBE, SARAH	1450	01:16:02.34	07:36	10K30-39F	105/114	F	273/306	01:15:57.99
471/502	KUHL, GREG	1581	01:18:48.89	07:52	10K60-69M	23/24	M	190/196	01:18:31.46
359/502	KUJAWA, STEF	1451	01:04:57.00	06:29	10K20-29F	39/48	F	197/306	01:04:54.09
269/502	KWASNITZA, JOLENE	1203	01:00:28.74	06:02	10K30-39F	50/114	F	130/306	01:00:10.94
385/502	LABELLA, CHRISTINE	1204	01:06:39.77	06:39	10K30-39F	84/114	F	216/306	01:06:04.63
274/502	LABERGE, MARLENE	1538	01:00:36.09	06:03	10K40-49F	29/72	F	134/306	01:00:13.77
56/502	LACHAPPELLE, KRISTY	1205	00:47:46.94	04:46	10K20-29F	3/48	F	11/306	00:47:41.24
133/502	LAIRSON, JADEN	1206	00:53:28.60	05:20	10K40-49M	27/49	M	85/196	00:53:20.18
132/502	LAIRSON, XAVIER	1207	00:53:28.39	05:20	10K19&UM	7/12	M	84/196	00:53:19.89
195/502	LAMBERT, SEAN	1209	00:56:58.92	05:41	10K40-49M	33/49	M	116/196	00:56:45.84
14/502	LEARMONTH, DAVID	1566	00:40:07.58	04:00	10K30-39M	6/48	M	13/196	00:40:06.25
431/502	LENZIN, AMBER	1584	01:11:34.64	07:09	10K30-39F	98/114	F	252/306	01:10:34.51
414/502	LENZIN, CHRIS	1551	01:09:45.41	06:58	10K30-39M	43/48	M	177/196	01:08:45.43
500/502	LERNER, SHAUN	1211	01:47:42.66	10:46	10K20-29M	25/25	M	196/196	01:47:07.80
105/502	LESLIE, JORDAN	1212	00:51:59.09	05:11	10K20-29M	11/25	M	74/196	00:51:50.37
329/502	LEWIS, ALISON	1213	01:03:09.25	06:18	10K40-49F	37/72	F	171/306	01:02:35.65
220/502	LEWIS, JONATHAN	1593	00:58:14.72	05:49	10K40-49M	36/49	M	122/196	00:57:41.49

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 502 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
19/502	LEWIS, MARK	1598	00:42:31.02	04:15	10K40-49M	5/49	M	17/196	00:42:22.51
322/502	LIANG, BRIAN	1214	01:03:01.54	06:18	10K20-29M	21/25	M	156/196	01:02:31.41
433/502	LING, SABRINA	1567	01:11:38.97	07:09	10K50-59F	33/44	F	254/306	01:11:16.35
238/502	LINTERMAN, RHONDA	1217	00:58:50.78	05:53	10K40-49F	23/72	F	111/306	00:58:26.52
177/502	LOKANC, SABINA	1218	00:55:50.44	05:35	10K40-49F	15/72	F	72/306	00:55:44.30
421/502	LONG, JILL	1453	01:10:41.36	07:04	10K30-39F	95/114	F	244/306	01:10:13.24
481/502	LOUIE, WILLIAM	1220	01:22:12.85	08:13	10K70+M	1/1	M	192/196	01:21:35.76
386/502	LUCAS, AMY	1455	01:06:47.02	06:40	10K30-39F	85/114	F	217/306	01:06:29.38
118/502	LUDBROOK, EMMA	1222	00:52:37.01	05:15	10K19&UF	1/14	F	39/306	00:52:24.20
61/502	LUDBROOK, KEVIN	1223	00:48:06.15	04:48	10K50-59M	6/37	M	49/196	00:47:35.03
143/502	LUDBROOK, MICHELLE	1224	00:54:03.31	05:24	10K40-49F	12/72	F	54/306	00:53:49.92
210/502	LUM, SHIRLEY	1552	00:57:37.02	05:45	10K30-39F	37/114	F	91/306	00:57:24.32
200/502	LUMI, VALEZ	1607	00:57:19.50	05:43	10K20-29F	17/48	F	83/306	00:57:00.19
472/502	LYNN, HOWARD	1226	01:19:39.13	07:57	10K60-69M	24/24	M	191/196	01:19:30.12
154/502	MA, JOSEPH	1456	00:54:43.06	05:28	10K19&UM	9/12	M	94/196	00:54:36.58
267/502	MACDONALD, GABY	1575	01:00:20.32	06:02	10K20-29F	27/48	F	128/306	00:55:20.32
393/502	MACEACHERN, MEAGHEN	1227	01:07:13.90	06:43	10K30-39F	88/114	F	223/306	01:06:59.83
373/502	MACKENZIE, MARC	1228	01:05:57.37	06:35	10K40-49M	45/49	M	167/196	01:05:28.04
281/502	MACNEIL, SHEENA	1229	01:00:48.42	06:04	10K20-29F	30/48	F	139/306	01:00:36.44
138/502	MACPHAIL, CARLA	1230	00:53:45.27	05:22	10K40-49F	10/72	F	51/306	00:53:42.47
73/502	MAJCHER, TYLER	1518	00:48:45.52	04:52	10K30-39M	18/48	M	56/196	00:48:37.56
353/502	MAJOR, SARAH	1231	01:04:29.17	06:26	10K20-29F	37/48	F	191/306	01:04:06.06
490/502	MALTBY, KRISTI	1232	01:25:49.36	08:34	10K30-39F	111/114	F	297/306	01:25:19.80
333/502	MANFRO, WESLEY	1233	01:03:26.31	06:20	10K30-39M	37/48	M	160/196	01:03:12.48
339/502	MANNING, LINDA	1553	01:03:42.94	06:22	10K40-49F	39/72	F	179/306	01:03:17.21
493/502	MARCIN, APRIL	1234	01:36:33.49	09:39	10K30-39F	112/114	F	300/306	01:36:04.83
184/502	MARJERRISON, DOUGLAS	1519	00:56:15.87	05:37	10K50-59M	18/37	M	109/196	00:56:09.85
325/502	MARJERRISON, MICHEALA	1520	01:03:05.42	06:18	10K19&UF	10/14	F	169/306	01:03:00.42
30/502	MARJERRISON, SIMON	1521	00:44:11.71	04:25	10K19&UM	4/12	M	27/196	00:44:06.64
178/502	MARSHALL, SUSAN	1582	00:55:52.03	05:35	10K40-49F	16/72	F	73/306	00:55:21.52
474/502	MARTIN, ALISON	1235	01:21:04.36	08:06	10K30-39F	110/114	F	283/306	01:20:41.15
293/502	MARTIN, CLAYTON	1236	01:01:13.24	06:07	10K30-39M	35/48	M	146/196	01:00:50.31
85/502	MASTALIC, ANNABELLE	1237	00:50:08.89	05:00	10K30-39F	9/114	F	20/306	00:49:46.21
405/502	MASTALIC, MUHAREM	1238	01:08:18.64	06:49	10K50-59M	33/37	M	173/196	01:07:55.91
227/502	MASTERSON, AMELIA	1239	00:58:30.59	05:51	10K40-49F	22/72	F	103/306	00:58:27.62
376/502	MATTIE, MORGAN	1544	01:05:57.83	06:35	10K20-29F	42/48	F	208/306	01:05:54.48
491/502	MCAVOY-DOUGALL, LINDA	1240	01:27:52.47	08:47	10K50-59F	41/44	F	298/306	01:27:19.34
7/502	MCBETH, MICHAEL	1241	00:37:08.17	03:42	10K50-59M	1/37	M	7/196	00:37:07.92
358/502	MCCOLLISTER, HEATHER	1576	01:04:56.81	06:29	10K40-49F	45/72	F	196/306	01:04:38.29
489/502	MCDONALD, CHERYL	1242	01:25:48.90	08:34	10K60-69F	11/11	F	296/306	01:25:25.19
81/502	MCGOVERN, KERRI	1244	00:49:30.04	04:57	10K40-49F	3/72	F	18/306	00:49:23.47
349/502	MCGREGOR, LAURA	1245	01:04:18.02	06:25	10K30-39F	72/114	F	187/306	01:04:14.24
480/502	MCKENZIE, SARAH	1458	01:21:52.03	08:11	10K40-49F	71/72	F	289/306	01:21:24.16
146/502	MCLEAN, BARBARA	1535	00:54:13.67	05:25	10K30-39F	20/114	F	56/306	00:54:04.09
15/502	MCLEAN, PAULINE	1459	00:40:09.41	04:00	10K30-39F	1/114	F	2/306	00:40:08.49
42/502	MCLEOD, GEOFF	1249	00:46:27.03	04:38	10K20-29M	4/25	M	37/196	00:46:23.36
89/502	MCLEOD, RICK	1250	00:50:25.60	05:02	10K60-69M	4/24	M	67/196	00:50:15.37
37/502	MCLEOD, SEAN	1252	00:45:04.33	04:30	10K30-39M	10/48	M	33/196	00:45:00.97
174/502	MCNALLY, SEAN	1555	00:55:34.87	05:33	10K40-49M	31/49	M	103/196	00:55:31.80
116/502	MCNEIL, SARAH	1253	00:52:36.57	05:15	10K30-39F	15/114	F	38/306	00:52:14.13
279/502	MELIA, LOUISE	1460	01:00:47.26	06:04	10K20-29F	29/48	F	137/306	01:00:30.99
67/502	MEYER, BRIGITTE	1255	00:48:31.21	04:51	10K20-29F	6/48	F	16/306	00:48:03.66
167/502	MEYER, JULIE	1256	00:55:21.85	05:32	10K30-39F	27/114	F	67/306	00:55:01.48
147/502	MEYERS, ANNALISE	1522	00:54:20.94	05:26	10K30-39F	21/114	F	57/306	00:54:01.41
257/502	MIDDLETON, ERICA	1533	00:59:42.60	05:58	10K20-29F	26/48	F	119/306	00:59:24.08
337/502	MILLER, JENNIFER	1258	01:03:38.47	06:21	10K40-49F	38/72	F	177/306	01:03:16.45
208/502	MOCH, DARCY	1259	00:57:34.46	05:45	10K50-59M	19/37	M	119/196	00:57:18.93
49/502	MOORE, ADRIAN	1461	00:46:47.11	04:40	10K40-49M	11/49	M	41/196	00:46:42.18
26/502	MOORE, BRENDAN	1261	00:43:44.47	04:22	10K19&UM	3/12	M	23/196	00:43:41.23
36/502	MOORE, NICK	1462	00:45:02.17	04:30	10K40-49M	9/49	M	32/196	00:44:58.87
57/502	MOORE, RYAN	1556	00:47:56.34	04:47	10K20-29M	5/25	M	46/196	00:47:37.04
124/502	MOORE, SARAH	1523	00:53:00.67	05:18	10K19&UF	3/14	F	43/306	00:52:41.73
347/502	MORABITO, CRYSTAL	1262	01:04:15.06	06:25	10K30-39F	70/114	F	185/306	01:04:05.56
93/502	MORGAN, DARCY	1608	00:50:39.02	05:03	10K50-59M	9/37	M	69/196	00:50:26.61
424/502	MORRIS, CARLA	1263	01:10:56.36	07:05	10K30-39F	96/114	F	246/306	01:10:16.93
84/502	MORRIS, CHUCK	1264	00:50:07.54	05:00	10K50-59M	8/37	M	65/196	00:50:06.44

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 502 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
31/502	MORRIS, KRISTA	1265	00:44:22.21	04:26	10K20-29F	2/48	F	4/306	00:44:21.54
432/502	MUELLER, MARIANNE	1268	01:11:37.95	07:09	10K50-59F	32/44	F	253/306	01:11:17.54
91/502	MUNDT, MIRJA	1269	00:50:32.31	05:03	10K40-49F	6/72	F	23/306	00:50:27.00
54/502	MUNDT, STEFAN	1270	00:47:42.59	04:46	10K40-49M	14/49	M	45/196	00:47:37.07
396/502	MURASAN, ELENA	1271	01:07:27.02	06:44	10K40-49F	52/72	F	226/306	01:07:11.03
295/502	MURPHY, NICOLE	1272	01:01:13.56	06:07	10K30-39F	54/114	F	149/306	01:00:54.46
237/502	MURRAY, LORNA	1273	00:58:50.42	05:53	10K50-59F	14/44	F	110/306	00:58:35.14
6/502	MURRAY, RYAN	1463	00:36:33.03	03:39	10K30-39M	4/48	M	6/196	00:36:32.96
127/502	MYERS, CHRIS	1274	00:53:18.49	05:19	10K20-29M	13/25	M	82/196	00:53:07.31
389/502	NEAVES, JOCELYN	1275	01:07:04.72	06:42	10K20-29F	44/48	F	220/306	01:06:46.60
342/502	NEWMAN, CANDACE	1276	01:04:00.25	06:24	10K40-49F	40/72	F	181/306	01:03:49.52
245/502	NG, NATALIA	1277	00:59:03.51	05:54	10K20-29F	23/48	F	114/306	00:58:56.64
247/502	NGUYEN, BONNIE	319	00:59:05.11	05:54	10K20-29F	24/48	F	115/306	00:58:46.49
370/502	NIELSON, STACEY	1280	01:05:43.00	06:34	10K40-49F	48/72	F	205/306	01:05:27.14
283/502	NIXON, JARRETT	1281	01:00:50.32	06:05	10K30-39M	34/48	M	143/196	01:00:31.13
335/502	NOH, MICHELLE	1282	01:03:30.39	06:21	10K20-29F	35/48	F	175/306	01:03:24.79
58/502	NORDSTROM-YOUNG, TANNER	1465	00:47:57.81	04:47	10K20-29M	6/25	M	47/196	00:47:55.50
253/502	NOVAK, KERRI	1284	00:59:14.57	05:55	10K40-49F	24/72	F	117/306	00:58:46.33
502/502	O ROURKE, EDEL	1285	01:47:50.66	10:47	10K20-29F	48/48	F	306/306	01:47:15.60
341/502	O'NEILL, ROB	1286	01:03:52.99	06:23	10K30-39M	38/48	M	161/196	01:03:15.87
301/502	OLTHUIS, STEPHANIE	1287	01:01:30.49	06:09	10K30-39F	56/114	F	152/306	01:01:01.56
71/502	OOSTHUIZEN, SHAUN	1525	00:48:38.83	04:51	10K30-39M	17/48	M	54/196	00:48:36.41
423/502	OR, FRANKI	1466	01:10:51.51	07:05	10K60-69M	20/24	M	178/196	01:10:19.18
467/502	OWENS, CLAIRE	1289	01:16:30.72	07:39	10K40-49F	68/72	F	279/306	01:16:04.72
460/502	OWENS, JENNIFER	1290	01:16:10.60	07:37	10K50-59F	34/44	F	274/306	01:15:45.12
401/502	PACKHAM, JOANNE	1291	01:07:54.39	06:47	10K50-59F	29/44	F	230/306	01:07:29.64
492/502	PALICHUK, WENDY	1292	01:28:49.03	08:52	10K50-59F	42/44	F	299/306	01:28:31.80
298/502	PANDILA, AMAR	1293	01:01:23.79	06:08	10K50-59M	26/37	M	148/196	01:00:57.42
289/502	PANDILA, CATHY	1467	01:01:03.77	06:06	10K40-49F	33/72	F	144/306	01:00:36.87
263/502	PANNETT, TRACY	1294	00:59:57.50	05:59	10K50-59F	15/44	F	124/306	00:59:47.34
379/502	PARKER, ASHLEY	1295	01:06:12.47	06:37	10K30-39F	80/114	F	211/306	01:05:54.05
29/502	PARKER, GILES	1296	00:43:55.37	04:23	10K60-69M	1/24	M	26/196	00:43:51.22
469/502	PARKS, JENNIFER	1297	01:17:20.97	07:44	10K30-39F	108/114	F	281/306	01:17:01.19
445/502	PARKS, NICOLE	1468	01:13:11.16	07:19	10K40-49F	66/72	F	263/306	01:13:03.72
158/502	PARTRIDGE, STEPHANIE	1299	00:54:54.25	05:29	10K30-39F	24/114	F	62/306	00:54:52.88
193/502	PASIEKA, JANICE	1469	00:56:49.27	05:40	10K50-59F	9/44	F	79/306	00:56:38.80
74/502	PATUSCHKA, SVEN	1300	00:48:47.17	04:52	10K40-49M	18/49	M	57/196	00:48:42.06
68/502	PEARSON, MATTHEW	1470	00:48:31.87	04:51	10K40-49M	16/49	M	52/196	00:48:20.81
440/502	PEDERSEN, SIDSEL	1471	01:12:55.38	07:17	10K40-49F	63/72	F	260/306	01:12:31.09
207/502	PENNY, ANN-MARIE	1472	00:57:33.66	05:45	10K30-39F	35/114	F	89/306	00:57:06.76
463/502	PENNY, JOHN	1473	01:16:27.86	07:38	10K60-69M	22/24	M	187/196	01:16:01.81
201/502	PERRY, CAROL	1303	00:57:24.30	05:44	10K40-49F	17/72	F	84/306	00:57:02.75
312/502	PETERS, REBECCA	1577	01:01:57.21	06:11	10K40-49M	43/49	M	154/196	01:01:38.97
465/502	PINDER, MICHELLE	1304	01:16:28.72	07:38	10K30-39F	107/114	F	278/306	01:13:29.82
457/502	PIPER, GORD	1305	01:15:53.56	07:35	10K50-59M	36/37	M	186/196	01:15:25.38
155/502	PLAYFAIR, CRYSTAL	1306	00:54:44.43	05:28	10K30-39F	23/114	F	61/306	00:54:22.33
482/502	POWELL, JULIE	1308	01:22:30.55	08:15	10K40-49F	72/72	F	290/306	01:21:58.01
231/502	PYKE, SHANNON	1557	00:58:39.14	05:51	10K20-29F	19/48	F	106/306	00:58:27.24
429/502	QUINN, KRIS	1310	01:11:27.89	07:08	10K40-49M	48/49	M	179/196	01:11:23.53
148/502	RAFF, TIM	1311	00:54:23.62	05:26	10K50-59M	13/37	M	91/196	00:53:56.84
53/502	RAMSEY, JASON	1312	00:47:36.05	04:45	10K40-49M	13/49	M	44/196	00:47:24.81
402/502	REA, FRANCESCA	1474	01:08:07.30	06:48	10K40-49F	53/72	F	231/306	01:07:57.64
285/502	REA, PAUL	1475	01:00:58.19	06:05	10K40-49M	41/49	M	144/196	01:00:48.42
165/502	RENTON, CHRISTY	1314	00:55:15.41	05:31	10K30-39F	26/114	F	65/306	00:54:53.10
254/502	RIGBY, LEEANNE	1315	00:59:20.05	05:56	10K20-29F	25/48	F	118/306	00:59:00.95
304/502	RIOPELLE, STEPHANIE	1316	01:01:34.81	06:09	10K30-39F	58/114	F	154/306	01:01:33.35
320/502	ROBERTS, CATHY	1477	01:02:42.79	06:16	10K50-59F	22/44	F	165/306	01:02:23.57
344/502	ROBERTS, JOHN	1478	01:04:04.29	06:24	10K30-39M	39/48	M	162/196	01:03:45.06
336/502	ROBSON, GABRIELLE	1583	01:03:36.74	06:21	10K30-39F	67/114	F	176/306	01:03:30.54
135/502	RODGER, ANNE	1318	00:53:38.41	05:21	10K50-59F	6/44	F	50/306	00:53:25.06
248/502	ROMANO, ALBERTO	1319	00:59:10.44	05:55	10K40-49M	37/49	M	133/196	00:58:51.46
80/502	RONALDS, BILL	1479	00:49:12.77	04:55	10K40-49M	21/49	M	63/196	00:48:55.42
434/502	ROSA RODRIGUEZ, ANA LIDIA	1321	01:11:39.65	07:09	10K30-39M	44/48	M	180/196	01:11:15.27
362/502	ROSS, JAMIE	1322	01:05:16.00	06:31	10K30-39F	75/114	F	199/306	01:04:36.82
361/502	ROSS, MICHAEL	1323	01:05:15.58	06:31	10K30-39M	40/48	M	163/196	01:04:35.05
234/502	ROSS, STEVE	1324	00:58:45.53	05:52	10K30-39M	29/48	M	126/196	00:58:06.45

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 502 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
425/502	ROTTLER, NICOLE	1325	01:11:07.39	07:06	10K40-49F	58/72	F	247/306	01:10:52.10
100/502	ROUSE, MEGAN	1326	00:51:33.31	05:09	10K20-29F	8/48	F	28/306	00:51:21.92
266/502	SADLER, HOLLIE	1327	01:00:14.56	06:01	10K30-39F	49/114	F	127/306	00:59:54.61
388/502	SANDERS, KERRI	1537	01:06:47.86	06:40	10K30-39F	86/114	F	219/306	01:06:23.95
299/502	SAVAGE, JEFF	1328	01:01:24.05	06:08	10K20-29M	20/25	M	149/196	01:01:12.53
199/502	SCHIMMEL, JANESEA	1482	00:57:11.80	05:43	10K20-29F	16/48	F	82/306	00:57:06.61
171/502	SCHLAUCH, JENNY	1330	00:55:32.17	05:33	10K30-39F	29/114	F	70/306	00:55:17.84
114/502	SCHMIDT, NORM	1483	00:52:26.59	05:14	10K50-59M	11/37	M	77/196	00:52:14.96
113/502	SCHMIDT, RINKY	1484	00:52:26.13	05:14	10K50-59F	3/44	F	37/306	00:52:14.62
50/502	SCHULZ, DAVE	1332	00:47:25.25	04:44	10K40-49M	12/49	M	42/196	00:47:20.13
300/502	SEKULICH, DANA	1333	01:01:24.35	06:08	10K20-29F	31/48	F	151/306	01:01:12.37
345/502	SELANDERS, LAURA	1334	01:04:10.77	06:25	10K40-49F	41/72	F	183/306	01:03:38.23
367/502	SEMENIUK, CAROLYN	1335	01:05:41.30	06:34	10K20-29F	41/48	F	203/306	01:04:52.76
369/502	SEMENIUK, GARY	1336	01:05:41.42	06:34	10K50-59M	30/37	M	165/196	01:04:52.65
264/502	SEVERN, KRISTEN	1586	00:59:58.52	05:59	10K40-49F	27/72	F	125/306	00:59:40.45
212/502	SEYMOUR, STACEY	1337	00:57:50.40	05:47	10K30-39F	39/114	F	93/306	00:57:33.14
291/502	SINGLETON, JUNE	1338	01:01:07.52	06:06	10K40-49F	35/72	F	146/306	01:00:54.44
21/502	SINGLETON, REILLY	1339	00:42:36.48	04:15	10K19&UM	2/12	M	19/196	00:42:34.89
413/502	SIQUEIRA, TERRY	1485	01:09:43.62	06:58	10K50-59M	34/37	M	176/196	01:09:27.72
121/502	SKOV, BONNIE	1340	00:52:51.89	05:17	10K70+F	1/3	F	41/306	00:52:45.11
292/502	SKOWORODKO, CASSANDRA	1341	01:01:07.86	06:06	10K30-39F	52/114	F	147/306	01:00:43.89
321/502	SMITH, JOANNE	1343	01:02:54.29	06:17	10K40-49F	36/72	F	166/306	01:02:24.28
103/502	SMITH, KEVIN	1526	00:51:46.46	05:10	10K60-69M	5/24	M	73/196	00:51:33.76
442/502	SMITH, KIRSTIE	1344	01:12:59.87	07:17	10K40-49F	65/72	F	262/306	01:12:40.36
311/502	SMITH, LEE	1345	01:01:55.37	06:11	10K40-49M	42/49	M	153/196	01:01:25.66
104/502	SMITH, SARAH	1527	00:51:50.36	05:11	10K20-29F	9/48	F	31/306	00:51:33.34
60/502	SMITH, SCOTT	1347	00:48:04.23	04:48	10K30-39M	15/48	M	48/196	00:47:27.03
235/502	SNAZEL, AIME	1486	00:58:45.58	05:52	10K30-39F	44/114	F	109/306	00:58:39.08
306/502	SNELL, FRED	1348	01:01:42.03	06:10	10K60-69M	17/24	M	151/196	01:01:37.38
136/502	SNOW, PETER	1349	00:53:38.47	05:21	10K40-49M	28/49	M	86/196	00:53:23.23
12/502	SPANOS, GEORGE	1588	00:39:24.26	03:56	10K40-49M	2/49	M	11/196	00:39:21.85
479/502	STALLARD, TANYA	1542	01:21:30.30	08:09	10K40-49F	70/72	F	288/306	01:20:54.47
461/502	STAMMER, INGRID	1350	01:16:21.35	07:38	10K60-69F	9/11	F	275/306	01:16:15.15
371/502	STAVELEY, IAN	1351	01:05:53.16	06:35	10K60-69M	18/24	M	166/196	01:05:26.32
216/502	STAVELEY, PAT	1604	00:58:00.65	05:48	10K50-59F	12/44	F	95/306	00:57:43.50
224/502	STEIDL, MICHELLE	1352	00:58:25.97	05:50	10K40-49F	21/72	F	101/306	00:58:02.40
444/502	STEVENSON, ROGER	1353	01:13:08.16	07:18	10K40-49M	49/49	M	182/196	01:12:43.50
232/502	STOLEY, ANDREA	1558	00:58:39.22	05:51	10K20-29F	20/48	F	107/306	00:58:27.32
11/502	STORCK, ARIC	1354	00:39:12.31	03:55	10K40-49M	1/49	M	10/196	00:39:11.39
223/502	STRANSKY, LISE	1355	00:58:21.35	05:50	10K40-49F	20/72	F	100/306	00:57:59.22
70/502	SVEKLA, LARISSA	1356	00:48:37.69	04:51	10K30-39F	8/114	F	17/306	00:48:33.72
450/502	SWAN, DARIA	1357	01:14:44.00	07:28	10K30-39F	100/114	F	267/306	01:14:16.91
125/502	SWIFT, NATALIE	1487	00:53:13.21	05:19	10K50-59F	4/44	F	44/306	00:53:05.18
343/502	SWITZER, SAREDE	1592	01:04:01.35	06:24	10K30-39F	69/114	F	182/306	01:03:58.05
92/502	SYMBORSKI, JOCELYN	1589	00:50:33.05	05:03	10K30-39F	10/114	F	24/306	00:50:25.54
209/502	TALBOT, ERIN	1528	00:57:34.94	05:45	10K30-39F	36/114	F	90/306	00:48:27.04
23/502	TAYLOR, MARILYN	1488	00:43:10.38	04:19	10K40-49F	1/72	F	3/306	00:43:09.23
83/502	TELANG, KRISTIN	1358	00:49:46.59	04:58	10K40-49F	4/72	F	19/306	00:49:35.08
324/502	THOMSON, ERIN	1359	01:03:02.55	06:18	10K30-39F	65/114	F	168/306	01:02:39.81
9/502	THORPE, BRUCE	1360	00:38:34.09	03:51	10K50-59M	2/37	M	9/196	00:38:33.27
499/502	TOBIA, FAUSTINO	1361	01:47:39.86	10:45	10K30-39M	48/48	M	195/196	01:47:04.25
190/502	TOMECEK, PETER	1362	00:56:44.69	05:40	10K20-29M	15/25	M	113/196	00:56:30.12
239/502	TONKIN, CHRISTOPHER	1569	00:58:51.80	05:53	10K30-39M	31/48	M	128/196	00:58:36.55
163/502	TROTTIER, CHANTAL	1363	00:55:09.92	05:30	10K20-29F	13/48	F	64/306	00:55:03.84
218/502	TUESDAY, ANNETTE	1489	00:58:10.81	05:49	10K40-49F	19/72	F	97/306	00:57:57.08
65/502	TULK, RACHEL	1590	00:48:25.08	04:50	10K30-39F	7/114	F	15/306	00:48:23.20
305/502	UMPHERVILLE, SANDY	1490	01:01:36.42	06:09	10K50-59F	20/44	F	155/306	01:01:22.89
115/502	UONG, DARREN	1364	00:52:27.41	05:14	10K20-29M	12/25	M	78/196	00:52:20.23
78/502	URYUMTSEV, SLAVA	1606	00:48:55.00	04:53	10K19&UM	6/12	M	61/196	00:48:51.56
270/502	VALLERAND, HELENE	1365	01:00:29.12	06:02	10K50-59F	16/44	F	131/306	01:00:04.08
5/502	VAN BESOUW, JORDAN	1570	00:36:19.84	03:37	10K30-39M	3/48	M	5/196	00:36:19.47
233/502	VAN DEN BRINK, TARA	1366	00:58:44.86	05:52	10K30-39F	43/114	F	108/306	00:58:06.68
387/502	VAN GEEL, KAITLIN	1367	01:06:47.60	06:40	10K20-29F	43/48	F	218/306	01:06:17.53
111/502	VAN KAMPEN, KAREN	1559	00:52:17.81	05:13	10K30-39F	14/114	F	36/306	00:51:55.68
323/502	VAN RYN, BROOKLYNN	1368	01:03:01.68	06:18	10K20-29F	33/48	F	167/306	01:02:32.04
327/502	VAN RYN, INGRID	1369	01:03:06.77	06:18	10K50-59F	23/44	F	170/306	01:02:36.85

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 502 Finishers

O/A	Name	Bib#	Time	Pace/m	Category	Cat/PI	Gender	Gen/PI	Chip Time
25/502	VARGAS LAZCANO, ERICK	1530	00:43:43.50	04:22	10K30-39M	9/48	M	22/196	00:43:26.82
152/502	VERBONAC, MARIA	1372	00:54:38.60	05:27	10K50-59F	7/44	F	59/306	00:54:23.36
20/502	VERSCHOOTE, PETER	1591	00:42:31.08	04:15	10K30-39M	8/48	M	18/196	00:42:30.14
38/502	VRATARIC, AMBER	1373	00:45:04.69	04:30	10K30-39F	2/114	F	5/306	00:44:52.80
205/502	WAITE, ERIN	1491	00:57:31.50	05:45	10K50-59F	11/44	F	88/306	00:57:11.72
72/502	WALKER, MATHEW	1531	00:48:45.27	04:52	10K20-29M	7/25	M	55/196	00:48:31.70
120/502	WALLACE, ERIN	1374	00:52:45.52	05:16	10K30-39F	16/114	F	40/306	00:52:33.40
363/502	WALLACE, KERRY	1375	01:05:16.18	06:31	10K50-59M	29/37	M	164/196	01:04:37.43
76/502	WALSH, MAC	1492	00:48:51.26	04:53	10K20-29M	8/25	M	59/196	00:48:48.79
157/502	WARD, COLIN	1493	00:54:51.09	05:29	10K30-39M	23/48	M	96/196	00:54:23.74
122/502	WARD, PHILIP	1378	00:52:55.43	05:17	10K40-49M	26/49	M	81/196	00:52:18.62
315/502	WASCHUK, MELISSA	1494	01:02:13.72	06:13	10K30-39F	62/114	F	161/306	01:01:54.10
496/502	WELLS, ASHLEY	1380	01:39:57.39	09:59	10K19&UF	14/14	F	303/306	01:39:53.34
87/502	WELLS, STEPHANIE	1495	00:50:19.59	05:01	10K40-49F	5/72	F	22/306	00:50:07.09
416/502	WHITE, KENDRA	1496	01:10:11.61	07:01	10K20-29F	46/48	F	239/306	01:10:08.70
381/502	WHITE, LYNSEY	1381	01:06:21.45	06:38	10K30-39F	82/114	F	213/306	01:06:02.35
439/502	WHITE, MARY MADELINE	1382	01:12:43.68	07:16	10K70+F	2/3	F	259/306	01:12:36.54
62/502	WHITING, VENETIA	1602	00:48:06.71	04:48	10K20-29F	4/48	F	13/306	00:47:58.43
3/502	WICKWARE, DOUG	1603	00:35:35.75	03:33	10K20-29M	1/25	M	3/196	00:35:35.61
294/502	WILLIAMS, ANGELA	1385	01:01:13.32	06:07	10K30-39F	53/114	F	148/306	01:00:55.51
483/502	WILLS, AMELIA	1497	01:23:20.28	08:20	10K20-29F	47/48	F	291/306	01:22:44.25
484/502	WILLS, ROBERT	1498	01:23:21.71	08:20	10K50-59M	37/37	M	193/196	01:22:45.20
448/502	WILSON, MATTHEW	1388	01:13:25.48	07:20	10K30-39M	45/48	M	183/196	01:12:52.29
273/502	WITTAL, BRANDI	1389	01:00:34.21	06:03	10K40-49F	28/72	F	133/306	01:00:15.23
156/502	WITTAL, JOHN	1390	00:54:49.59	05:28	10K19&UM	10/12	M	95/196	00:54:28.08
182/502	WOODS, KATIE	1391	00:56:05.78	05:36	10K30-39F	30/114	F	74/306	00:55:54.38
395/502	WRAY, DONNA	1499	01:07:26.60	06:44	10K50-59F	28/44	F	225/306	01:07:10.33
86/502	WREFORD, KELLI	1611	00:50:13.80	05:01	10K50-59F	2/44	F	21/306	00:47:14.97
383/502	WRIGHT, JOHN	1571	01:06:29.65	06:38	10K50-59M	31/37	M	169/196	01:06:06.82
240/502	WYLIE, ALEXANDRA	1392	00:58:56.78	05:53	10K20-29F	21/48	F	112/306	00:58:41.56
243/502	WYLIE, IAN	1600	00:58:57.06	05:53	10K20-29M	18/25	M	131/196	00:58:41.75
242/502	WYLIE, MIKE	1599	00:58:56.92	05:53	10K60-69M	14/24	M	130/196	00:58:41.51
189/502	YELLIN, ALLAN	1393	00:56:32.02	05:39	10K60-69M	10/24	M	112/196	00:56:24.58
66/502	YEO, RYAN	1500	00:48:30.37	04:51	10K40-49M	15/49	M	51/196	00:48:20.60
458/502	YIP, MAXINE	1394	01:16:02.28	07:36	10K19&UF	11/14	F	272/306	01:15:46.41
8/502	ZAHYNACZ, RYAN	1395	00:37:27.16	03:44	10K30-39M	5/48	M	8/196	00:37:26.22
110/502	ZALMANOWITZ, JASON	1396	00:52:14.95	05:13	10K30-39M	20/48	M	75/196	00:52:07.80
399/502	ZJALIC, MEGAN	1397	01:07:29.91	06:44	10K30-39F	89/114	F	228/306	01:07:03.13
262/502	ZUMBRUNN, STEVE	1501	00:59:52.33	05:59	10K50-59M	22/37	M	139/196	00:59:31.26
211/502	ZUNTI, VENESA	1399	00:57:50.30	05:47	10K30-39F	38/114	F	92/306	00:57:32.88