

## The Water Run 3K/5K/10K Oct 11/2025

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 63 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
2/63	ASPNEY, PHEONIX	600	45:44.118	04:34	07:21	10K13-18F	1/2	F	1/33	MEDICINE HAT, AB
58/63	BERNDTSSON, LINA	611	1:19:10.500	07:55	12:44	10K19-29F	13/13	F	30/33	MAPLE CREEK, SK
53/63	BOLDUC, DANI	618	1:17:12.725	07:43	12:26	10K30-39F	5/8	F	26/33	MEDICINE HAT, AB
57/63	CULBORN, ERIN	952	1:19:09.515	07:54	12:44	10K30-39F	7/8	F	29/33	MAPLE CREEK, SK
21/63	CUMMING, NICHOLAS	643	54:37.437	05:27	08:47	10K19-29M	9/12	M	16/30	MEDICINE HAT, AB
50/63	DIEC, VICTOR	645	1:13:30.237	07:21	11:50	10K30-39M	5/6	M	27/30	MEDICINE HAT, AB
26/63	FEERE, JENNIFER	649	57:25.459	05:44	09:14	10K30-39F	2/8	F	7/33	MEDICINE HAT, AB
8/63	GERSTENBUHLER, DEVIN	655	50:20.516	05:02	08:06	10K30-39M	2/6	M	6/30	MEDICINE HAT, AB
39/63	GESSNER, LYNN	656	1:01:59.024	06:11	09:58	10K50+F	2/4	F	17/33	FOREMOST, AB
1/63	GIESBRECHT, SILAS	658	44:37.672	04:27	07:11	10K19-29M	1/12	M	1/30	MEDICINE HAT, AB
55/63	HAWTHORN, JOEL	685	1:19:06.961	07:54	12:44	10K19-29M	12/12	M	28/30	PICTURE BUTTE, AB
56/63	HAWTHORN, KATIE	686	1:19:07.219	07:54	12:44	10K13-18F	2/2	F	28/33	MEDICINE HAT, AB
13/63	HEESE, JOEL	690	51:39.314	05:09	08:19	10K40-49M	1/3	M	9/30	MEDICINE HAT, AB
37/63	HEIN, JANAY	691	1:01:21.498	06:08	09:52	10K19-29F	7/13	F	16/33	MAPLE CREEK, SK
16/63	HENNES, DOMINIC	692	53:06.992	05:18	08:33	10K13-18M	2/3	M	12/30	MEDICINE HAT, AB
38/63	HIEBERT, JAY	932	1:01:27.099	06:08	09:53	10K19-29M	10/12	M	22/30	BOW ISLAND, AB
10/63	HIEBERT, JOSH	931	50:45.337	05:04	08:10	10K19-29M	3/12	M	8/30	BOW ISLAND, AB
5/63	HODEL, ASHLEY	694	47:45.876	04:46	07:41	10K30-39F	1/8	F	2/33	WETASKIWIN, AB
22/63	HODGMAN, WADE	697	54:49.508	05:28	08:49	10K30-39M	4/6	M	17/30	MEDICINE HAT, AB
20/63	HUDEC, ETHAN	699	54:29.586	05:26	08:46	10K19-29M	8/12	M	15/30	MEDICINE HAT, AB
11/63	IWATA, AKI	700	50:57.242	05:05	08:12	10K19-29F	1/13	F	3/33	MEDICINE HAT, AB
32/63	IWATA, MIZUKI	939	58:54.903	05:53	09:29	10K19-29F	6/13	F	12/33	MEDICINE HAT, AB
17/63	IWATA, SHINTARO	701	53:13.978	05:19	08:34	10K19-29M	6/12	M	13/30	MEDICINE HAT, AB
15/63	JANGULA, JAXSON	887	52:58.000	05:17	08:31	10K19-29M	5/12	M	11/30	MEDICINE HAT, AB
41/63	JANZEN, AARON	703	1:04:00.285	06:24	10:18	10K40-49M	3/3	M	23/30	CALGARY, AB
34/63	JANZEN, TEO	709	1:00:13.857	06:01	09:41	10K12&UM	1/1	M	21/30	CALGARY, AB
31/63	JUDGE, AIME	719	58:02.890	05:48	09:20	10K40-49F	2/6	F	11/33	MEDICINE HAT, AB
12/63	KARSTEN, TAYA	722	51:08.258	05:06	08:14	10K19-29F	2/13	F	4/33	MEDICINE HAT, AB
24/63	KLASSEN, ALEENA	725	56:17.258	05:37	09:03	10K19-29F	3/13	F	6/33	CALGARY, AB
47/63	KNIBBS, LEVI	946	1:08:24.494	06:50	11:00	10K13-18M	3/3	M	26/30	MEDICINE HAT, AB
36/63	KNIBBS, MARILEE	730	1:01:18.074	06:07	09:52	10K40-49F	4/6	F	15/33	MEDICINE HAT, AB
35/63	KNIGHT, JENNIE	731	1:00:37.248	06:03	09:45	10K40-49F	3/6	F	14/33	MAPLE CREEK, SK
25/63	KOCH, JORDAN	734	57:23.328	05:44	09:14	10K40-49M	2/3	M	19/30	MEDICINE HAT, AB
49/63	KRIEL, PHOEBE	737	1:11:56.182	07:11	11:35	10K19-29F	10/13	F	23/33	MEDICINE HAT, AB
46/63	LEHMANN, SHELLEY	741	1:06:55.622	06:41	10:46	10K50+F	3/4	F	21/33	SHAUNAVON, SK
28/63	MALCOLM, TIA	751	57:34.436	05:45	09:16	10K19-29F	4/13	F	8/33	MEDICINE HAT, AB
45/63	MATTHEWS, KYLA	753	1:06:31.175	06:39	10:42	10K19-29F	8/13	F	20/33	LETHBRIDGE, AB
44/63	MATTHEWS, STAN	754	1:06:31.170	06:39	10:42	10K50+M	4/5	M	25/30	DUNMORE, AB
9/63	MCDUGALD, SHAUN	755	50:36.267	05:03	08:08	10K30-39M	3/6	M	7/30	MAPLE CREEK, SK
43/63	MOSSMAN, SHELBY	913	1:06:23.137	06:38	10:41	10K30-39F	4/8	F	19/33	MEDICINE HAT, AB
14/63	NEIL, KALEB	776	51:44.938	05:10	08:19	10K19-29M	4/12	M	10/30	LETHBRIDGE, AB
33/63	NEWTON, ERICA	777	58:57.498	05:53	09:29	10K30-39F	3/8	F	13/33	CALGARY, AB
6/63	NEWTON, TOBIAH	778	49:11.539	04:55	07:55	10K30-39M	1/6	M	4/30	CALGARY, AB
42/63	ONOFERYCHUK, JUSTIN	928	1:06:20.113	06:38	10:40	10K19-29M	11/12	M	24/30	MEDICINE HAT, AB
3/63	PIERZCHALA, MARK	788	45:57.903	04:35	07:24	10K50+M	1/5	M	2/30	MEDICINE HAT, AB
59/63	PORTER, DARYL	789	1:19:19.757	07:55	12:46	10K50+M	5/5	M	29/30	MEDICINE HAT, AB
48/63	PORTER, GRACE	790	1:09:37.363	06:57	11:12	10K19-29F	9/13	F	22/33	CALGARY, AB
60/63	QUINLAN, LINDY	791	1:34:18.505	09:25	15:11	10K30-39F	8/8	F	31/33	MEDICINE HAT, AB
61/63	QUINLAN, ZACH	940	1:34:19.775	09:25	15:11	10K30-39M	6/6	M	30/30	MEDICINE HAT, AB
29/63	RIEHELMMANN, TANIS	779	57:39.944	05:45	09:17	10K50+F	1/4	F	9/33	MEDICINE HAT, AB
51/63	SHWAGA, JESSALYN	824	1:13:56.253	07:23	11:54	10K19-29F	11/13	F	24/33	MAPLE CREEK, SK
19/63	SHWAGA, SETH	825	54:13.952	05:25	08:43	10K19-29M	7/12	M	14/30	SASKATOON, SK
27/63	SMART, PAUL	832	57:33.148	05:45	09:16	10K50+M	3/5	M	20/30	MEDICINE HAT, AB
23/63	SMITH, DARRYL	951	55:55.015	05:35	09:00	10K50+M	2/5	M	18/30	MEDICINE HAT, AB
7/63	STEHR, NATHAN	837	50:02.868	05:00	08:03	10K13-18M	1/3	M	5/30	MEDICINE HAT, AB
40/63	SULLIVAN, JENNILYNNE	839	1:03:37.669	06:21	10:14	10K40-49F	5/6	F	18/33	MEDICINE HAT, AB
54/63	SYRETTE, CAROL	840	1:18:03.328	07:48	12:34	10K30-39F	6/8	F	27/33	MEDICINE HAT, AB

## The Water Run 3K/5K/10K Oct 11/2025

## Alpha Overall Results

## 10K Run - 6.21 Miles

## 63 Finishers

O/A	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat/PI	Gender	Gen/PI	City
63/63	TAINSH, OMETERE	843	1:44:13.747	10:25	16:47	10K40-49F	6/6	F	33/33	MEDICINE HAT, AB
4/63	WAHL, CODY	867	47:04.337	04:42	07:34	10K19-29M	2/12	M	3/30	MEDICINE HAT, AB
52/63	WALKER, MACKENNA	868	1:14:02.603	07:24	11:55	10K19-29F	12/13	F	25/33	MEDICINE HAT, AB
62/63	WHEELER, SARAH	874	1:44:02.940	10:24	16:45	10K50+F	4/4	F	32/33	MEDICINE HAT, AB
18/63	WITKOWSKA, AGA	876	53:38.938	05:21	08:38	10K40-49F	1/6	F	5/33	MEDICINE HAT, AB
30/63	ZINGER, TESS	882	57:47.535	05:46	09:18	10K19-29F	5/13	F	10/33	MEDICINE HAT, AB