

## 2022 Woody's Full/Half Marathons, 10K, 5K- Red Deer

## Alpha Overall Results

## 5.53K Run - 3.44 Miles

69 Finishers

| O/A   | Name                 | Bib# | Time      | Pace/k | Pace/m | Category | Cat/PI | Gender | Gen/PI | Chip Time |
|-------|----------------------|------|-----------|--------|--------|----------|--------|--------|--------|-----------|
| 44/69 | ALLEN, JUANITA       | 5001 | 39:32.500 | 07:09  | 11:29  | 5K50-59F | 2/2    | F      | 31/49  | 38:56.379 |
| 69/69 | BALE, TINA           | 5002 | 51:45.122 | 09:21  | 15:02  | 5K40-49F | 10/10  | F      | 49/49  | 51:01.479 |
| 59/69 | BALL, TANNIS         | 5003 | 42:53.308 | 07:45  | 12:28  | 5K60-69F | 2/4    | F      | 41/49  | 42:26.656 |
| 67/69 | BLAHUT, DARYL        | 5004 | 48:35.257 | 08:47  | 14:07  | 5K60-69M | 1/1    | M      | 20/20  | 48:14.205 |
| 64/69 | BOLKOWY, SYLVIA      | 5005 | 46:42.690 | 08:26  | 13:34  | 5K60-69F | 4/4    | F      | 46/49  | 45:55.602 |
| 36/69 | CONRAD, CHAYSE       | 5007 | 37:43.656 | 06:49  | 10:58  | 5K15&UF  | 6/11   | F      | 25/49  | 37:16.513 |
| 2/69  | CORNELSEN, KYLAR     | 5077 | 24:56.158 | 04:30  | 07:14  | 5K15&UF  | 1/11   | F      | 1/49   | 24:54.562 |
| 61/69 | COULTHARD, LYNDSY    | 5008 | 44:19.558 | 08:00  | 12:53  | 5K40-49F | 8/10   | F      | 43/49  | 43:41.985 |
| 49/69 | DEACON, AVA          | 5010 | 40:19.749 | 07:17  | 11:43  | 5K16-19F | 4/4    | F      | 35/49  | 39:57.644 |
| 25/69 | DEACON, EMMA         | 5011 | 34:31.261 | 06:14  | 10:02  | 5K16-19F | 3/4    | F      | 16/49  | 34:11.384 |
| 3/69  | DEACON, JOHN         | 5012 | 26:55.759 | 04:52  | 07:49  | 5K15&UM  | 2/8    | M      | 2/20   | 26:32.061 |
| 19/69 | DEACON, MOLLIE       | 5013 | 31:56.154 | 05:46  | 09:17  | 5K16-19F | 1/4    | F      | 11/49  | 31:35.667 |
| 23/69 | DIES, RAYLEI         | 5014 | 32:57.699 | 05:57  | 09:34  | 5K16-19F | 2/4    | F      | 14/49  | 32:32.718 |
| 24/69 | DISSEN, HANNAH       | 5084 | 34:04.941 | 06:09  | 09:54  | 5K40-49F | 4/10   | F      | 15/49  | 33:48.459 |
| 18/69 | FEDORUK, HAILEY      | 5015 | 31:55.145 | 05:46  | 09:16  | 5K20-29F | 1/5    | F      | 10/49  | 31:33.064 |
| 20/69 | FEDORUK, KAYLA       | 5016 | 31:59.248 | 05:47  | 09:17  | 5K20-29F | 2/5    | F      | 12/49  | 31:36.995 |
| 48/69 | FOKKEMA, KIM         | 5018 | 40:08.686 | 07:15  | 11:40  | 5K40-49F | 5/10   | F      | 34/49  | 39:51.761 |
| 60/69 | GALLANT, GAIL        | 5019 | 43:38.029 | 07:53  | 12:41  | 5K60-69F | 3/4    | F      | 42/49  | 42:58.323 |
| 6/69  | GIBSON, ELIZABETH    | 5020 | 27:27.776 | 04:57  | 07:59  | 5K15&UF  | 2/11   | F      | 3/49   | 27:26.718 |
| 11/69 | GRAY, MYLES          | 5021 | 30:18.326 | 05:28  | 08:48  | 5K15&UM  | 4/8    | M      | 5/20   | 30:13.613 |
| 26/69 | HALE, EMMA           | 5022 | 34:51.604 | 06:18  | 10:08  | 5K15&UF  | 5/11   | F      | 17/49  | 34:25.350 |
| 27/69 | HALE, MIKE           | 5023 | 34:51.885 | 06:18  | 10:08  | 5K30-39M | 3/4    | M      | 10/20  | 34:25.141 |
| 58/69 | HAMILTON, BRENDA     | 5067 | 41:44.474 | 07:32  | 12:08  | 5K40-49F | 7/10   | F      | 40/49  | 41:17.986 |
| 5/69  | HAZLETT, TERRA       | 5085 | 27:12.682 | 04:55  | 07:54  | 5K40-49F | 1/10   | F      | 2/49   | 26:33.586 |
| 15/69 | HEGBERG, SARA        | 1117 | 31:24.091 | 05:40  | 09:07  | 5K40-49F | 3/10   | F      | 9/49   | 31:14.524 |
| 14/69 | HILDRETH, AMANDA     | 5078 | 31:08.317 | 05:37  | 09:03  | 5K30-39F | 2/13   | F      | 8/49   | 30:42.464 |
| 66/69 | JONES, CHRISTIAN     | 5029 | 48:34.860 | 08:47  | 14:07  | 5K15&UM  | 8/8    | M      | 19/20  | 48:15.074 |
| 47/69 | KAUR, PREET          | 5068 | 40:04.912 | 07:14  | 11:39  | 5K30-39F | 10/13  | F      | 33/49  | 39:55.132 |
| 22/69 | KOSTER, BEREND       | 5087 | 32:27.114 | 05:52  | 09:26  | 5K50-59M | 2/3    | M      | 9/20   | 32:02.570 |
| 63/69 | KRUGER, KELLY        | 5069 | 44:44.705 | 08:05  | 13:00  | 5K40-49F | 9/10   | F      | 45/49  | 44:07.436 |
| 35/69 | LECERF, ALICE        | 5070 | 37:33.110 | 06:47  | 10:54  | 5K60-69F | 1/4    | F      | 24/49  | 37:29.053 |
| 56/69 | LEMIEUX, CANDACE     | 5032 | 41:38.590 | 07:31  | 12:06  | 5K30-39F | 12/13  | F      | 38/49  | 41:27.594 |
| 21/69 | LOUGHEED, LEANNE     | 5065 | 32:05.434 | 05:48  | 09:19  | 5K30-39F | 3/13   | F      | 13/49  | 31:40.001 |
| 42/69 | MACKAY, EMMA         | 5071 | 39:03.413 | 07:03  | 11:21  | 5K20-29F | 5/5    | F      | 29/49  | 38:21.950 |
| 34/69 | MARTENS, AMI         | 5082 | 37:10.352 | 06:43  | 10:48  | 5K30-39F | 7/13   | F      | 23/49  | 36:54.247 |
| 7/69  | MATTHIES, CHANTAL    | 5034 | 28:54.142 | 05:13  | 08:24  | 5K30-39F | 1/13   | F      | 4/49   | 28:11.529 |
| 8/69  | MATTHIES, JOSH       | 5035 | 28:54.423 | 05:13  | 08:24  | 5K30-39M | 1/4    | M      | 4/20   | 28:11.810 |
| 57/69 | MAXSON, MELISSA      | 5036 | 41:38.661 | 07:31  | 12:06  | 5K30-39F | 13/13  | F      | 39/49  | 41:27.540 |
| 33/69 | MAXWELL, CARLY       | 5037 | 37:09.692 | 06:43  | 10:48  | 5K30-39F | 6/13   | F      | 22/49  | 36:51.151 |
| 12/69 | MCARTHUR, CONNIE     | 5079 | 30:19.990 | 05:29  | 08:49  | 5K40-49F | 2/10   | F      | 7/49   | 29:58.287 |
| 55/69 | MILBURN, DEBRA       | 5038 | 41:31.372 | 07:30  | 12:04  | 5K30-39F | 11/13  | F      | 37/49  | 41:01.463 |
| 65/69 | MYBURGH, ANJA        | 5089 | 48:33.688 | 08:46  | 14:07  | 5K15&UF  | 10/11  | F      | 47/49  | 48:22.036 |
| 62/69 | MYBURGH, MIA         | 5088 | 44:39.362 | 08:04  | 12:58  | 5K15&UF  | 9/11   | F      | 44/49  | 44:27.711 |
| 40/69 | OLVER, ADDIE         | 5040 | 38:45.086 | 07:00  | 11:15  | 5K15&UF  | 7/11   | F      | 28/49  | 38:30.036 |
| 9/69  | OSHALVA, ZOE         | 5086 | 29:33.493 | 05:20  | 08:35  | 5K15&UF  | 3/11   | F      | 5/49   | 29:20.084 |
| 68/69 | PANGMAN, ATHENA      | 5066 | 49:25.683 | 08:56  | 14:22  | 5K15&UF  | 11/11  | F      | 48/49  | 49:09.812 |
| 37/69 | PENNEY, BRAD         | 5072 | 37:59.383 | 06:52  | 11:02  | 5K20-29M | 1/1    | M      | 12/20  | 37:17.870 |
| 41/69 | PENNEY, KEITH        | 5073 | 39:03.226 | 07:03  | 11:21  | 5K40-49M | 1/2    | M      | 13/20  | 38:21.176 |
| 4/69  | PERRAULT, LUC        | 5080 | 27:02.838 | 04:53  | 07:51  | 5K15&UM  | 3/8    | M      | 3/20   | 27:01.569 |
| 53/69 | POIER, CURTIS        | 5074 | 41:13.349 | 07:27  | 11:58  | 5K30-39M | 4/4    | M      | 17/20  | 40:40.720 |
| 54/69 | POIER, KIEFER        | 5075 | 41:13.560 | 07:27  | 11:59  | 5K15&UM  | 7/8    | M      | 18/20  | 40:40.511 |
| 31/69 | PRONOVOST, CHERYL    | 5043 | 36:52.165 | 06:40  | 10:43  | 5K50-59F | 1/2    | F      | 20/49  | 36:36.108 |
| 13/69 | REED, ALLEN          | 5044 | 30:39.139 | 05:32  | 08:54  | 5K50-59M | 1/3    | M      | 6/20   | 30:26.832 |
| 43/69 | RETZLEFF, JESSICA    | 5083 | 39:11.429 | 07:05  | 11:23  | 5K30-39F | 9/13   | F      | 30/49  | 38:30.083 |
| 1/69  | RICE, WALKER         | 5081 | 24:44.862 | 04:28  | 07:11  | 5K15&UM  | 1/8    | M      | 1/20   | 24:43.827 |
| 52/69 | ROGERS, JADE         | 5046 | 40:51.249 | 07:23  | 11:52  | 5K40-49F | 6/10   | F      | 36/49  | 40:21.557 |
| 51/69 | ROGERS, TERRY        | 5047 | 40:50.733 | 07:23  | 11:52  | 5K70+M   | 1/1    | M      | 16/20  | 40:21.035 |
| 38/69 | ROITBERG, HELEN      | 5048 | 38:04.118 | 06:53  | 11:03  | 5K20-29F | 4/5    | F      | 26/49  | 36:37.890 |
| 46/69 | SANDHU, JAS          | 5076 | 40:04.279 | 07:14  | 11:38  | 5K40-49M | 2/2    | M      | 14/20  | 39:54.290 |
| 50/69 | STAHL, ANDY          | 5055 | 40:31.632 | 07:19  | 11:46  | 5K50-59M | 3/3    | M      | 15/20  | 40:06.763 |
| 45/69 | SUSHYNSKI, BROOKLYNN | 5090 | 39:32.897 | 07:09  | 11:29  | 5K15&UF  | 8/11   | F      | 32/49  | 39:15.996 |

## Alpha Overall Results

## 5.53K Run - 3.44 Miles

## 69 Finishers

| O/A   | Name              | Bib# | Time      | Pace/k | Pace/m | Category | Cat/PI | Gender | Gen/PI | Chip Time |
|-------|-------------------|------|-----------|--------|--------|----------|--------|--------|--------|-----------|
| 10/69 | SUSHYNSKI, DANICA | 5091 | 29:43.664 | 05:22  | 08:38  | 5K15&UF  | 4/11   | F      | 6/49   | 29:29.879 |
| 30/69 | TAYLOR, BENNETT   | 5058 | 36:44.290 | 06:38  | 10:40  | 5K15&UM  | 6/8    | M      | 11/20  | 36:27.741 |
| 32/69 | TAYLOR, ERIN      | 5059 | 36:52.166 | 06:40  | 10:43  | 5K30-39F | 5/13   | F      | 21/49  | 36:36.226 |
| 17/69 | TORWALT, BENJAMIN | 5060 | 31:53.926 | 05:46  | 09:16  | 5K15&UM  | 5/8    | M      | 8/20   | 31:30.228 |
| 16/69 | TORWALT, DEVI     | 5061 | 31:53.717 | 05:46  | 09:16  | 5K30-39M | 2/4    | M      | 7/20   | 31:30.723 |
| 29/69 | WATSON, JENNA     | 1280 | 35:56.877 | 06:30  | 10:26  | 5K20-29F | 3/5    | F      | 19/49  | 35:47.568 |
| 28/69 | WILD, JOHANNA     | 5064 | 34:59.338 | 06:19  | 10:10  | 5K30-39F | 4/13   | F      | 18/49  | 34:54.389 |
| 39/69 | ZATYLNLY, ERIN    | 5092 | 38:14.617 | 06:54  | 11:07  | 5K30-39F | 8/13   | F      | 27/49  | 37:33.908 |