

Saucony Run Alberta Cross Country Series Race #4 Calgary Womens 5k Individual Results

<u>Place</u>	<u>Time</u>	<u>Last Name</u>	<u>First Name</u>	<u>Age Group</u>	<u>Team</u>
1	18:23.51	1 Findlay,	Paula	W00-19	U of Alberta
2	18:31.9	Harvey,	Lisa	W30-39	Calgary Spartans
3	18:47.46	2 Sim,	Heather	W20-29	U of Calgary
4	19:17.31	3 Widney,	Chantell	W20-29	Edmonton Thunder
5	19:26.83	4 Bruckschwaiger,	Katrina	W20-29	U of Manitoba
6	19:31.98	5 Souter,	Jodi	W20-29	U of Saskatchewan
7	19:40.48	6 Querengesser,	Debby	W00-19	U of Calgary
8	19:42.41	7 Acheson,	Lindsay	W20-29	U of Alberta
9	19:48.50	8 Warkentin,	Caitlin	W20-29	U of Saskatchewan
10	19:48.9	Kemp,	Jennifer	W20-29	Running Room-Alb
11	19:49.40	9 Johnston,	Hilary	W20-29	U of Calgary
12	19:58.7	Dressler,	Tara	W20-29	Caltaf Athletic
13	19:59.94	10 McQueen,	Riley	W20-29	U of Calgary
14	20:07.2	souter,	Jennifer	W20-29	Saskatoon T&F Club
15	20:11.86	11 McNicoll,	Lindsay	W20-29	U of Calgary
16	20:12.20	11 Sask,	Erin	W20-29	U of Calgary
17	20:17.6	Anderson,	Evelyn	W00-19	Calgary Spartans
18	20:24.85	13 Gregoire,	Melanie	W00-19	U of Manitoba
19	20:26.39	14 Patterson,	Janice	W40-49	Calgary Roadrunners
20	20:28.54	15 Stenning,	Faye	W00-19	U of Calgary
21	20:35.2	Thiel,	Danielle	W00-19	Excel Athletika X
22	20:37.78	16 McOnie,	Rebecca	W00-19	U of Calgary
23	20:40.3	Miller,	Abby	W00-19	Riversdale Athle
24	20:42.1	Serpico,	Maddie	W00-19	Calgary Spartans
25	20:42.85	17 Richards,	Marcia	W20-29	U of Saskatchewan
26	20:44.95	18 Bell,	Alex	W00-19	U of Manitoba
27	20:45.19	19 Soderberg,	Alana	W00-19	U of Alberta
28	20:50.3	Edwards,	Gabrielle	W00-19	Riversdale Athle
29	20:55.46	20 Mediinski,	Danika	W00-19	U of Alberta
30	20:56.79	21 Degaust,	Hayley	W00-19	U of Alberta
31	20:57.67	22 Smith,	Kailey	W20-29	U of Saskatchewan
32	21:07.2	Kaharo,	Gladys	W20-29	Running Room-Alb
33	21:12.57	23 Dooling,	Krissy	W20-29	Edmonton Thunder
34	21:16.72	24 LaPage,	Karissa	W20-29	U of Regina
35	21:19.51	25 Foth,	Christine	W20-29	U of Saskatchewan
36	21:26.00	26 Ginter,	Lacey	W20-29	U of Manitoba
37	21:27.29	27 Ball,	Kim	W20-29	U of Calgary
38	21:31.8	Edwards,	Rachael	W00-19	Riversdale Athle
39	21:32.74	28 Clark,	Rhonda	W40-49	Calgary Roadrunners
40	21:36.99	29 Altomare,	Alyssa	W20-29	U of Manitoba
41	21:41.76	30 Van Soest,	Jessica	W20-29	U of Alberta
42	21:42.69	31 Anderson,	Amy	W40-49	Calgary Roadrunners
43	21:45.23	32 Hurdle,	Valerie	W20-29	U of Calgary
44	21:48.36	33 MacArthur,	Sarah	W00-19	U of Calgary
45	21:49.25	34 Mercier,	Barb	W40-49	Calgary Roadrunners

46	21:50.19	35	Maier,	Cassandra	W20-29	U of Calgary
47	21:51.1		Friesen,	Rachel	W20-29	Unattached Alberta
48	21:52.00	36	Humphreys,	Erin	W20-29	U of Saskatchewan
49	21:54.6		Webber,	Talia	W00-19	U of Calgary
50	21:58.83	37	Brenault,	Nadine	W20-29	U of Saskatchewan
51	21:59.76	38	Criddle,	Katlyn	W20-29	U of Regina
52	22:02.53	39	Hunter,	Barb	W20-29	Edmonton Thunder
53	22:12.73	40	Hockin,	Jenny	W20-29	U of Alberta
54	22:14.5		Bonk,	Allison	W00-19	Queen City Striders
55	22:18.3		Barrett,	Nicole	W20-29	Bison Track
56	22:21.17	41	McKee,	Kyran	W20-29	U of Alberta
57	22:21.73	42	Hultman,	Tina	W20-29	U of Saskatchewan
58	22:27.63	43	Peterson,	Melissa	W20-29	U of Regina
59	22:30.7		Murphy,	Sarah	W20-29	Rocky Mountain R
60	22:32.2		Turmel,	Nicole	W00-19	Excel Athletika X
61	22:38.21	44	Lawson,	Karen	W20-29	U of Regina
62	22:44.5		Crawford,	Chandra	W20-29	National Cross C X
63	22:44.90	45	Booyens,	Mariska	W20-29	U of Alberta
64	22:50.79	46	McMaster,	Sarah	W20-29	U of Alberta
65	22:51.16	47	Armstrong,	Andrea	W20-29	U of Saskatchewan
66	22:58.37	48	Dixon,	Donna	W40-49	Calgary Roadrunners
67	23:09.18	49	Barker,	Portia	W20-29	U of Regina
68	23:10.5		Walsh,	Meghan	W00-19	U of Calgary
69	23:23.70	50	Yaworski,	Sandra	W40-49	Calgary Roadrunners
70	23:28.46	51	Bukeida,	Katelyn	W20-29	U of Alberta
71	23:35.82	52	Young,	Emily	W20-29	Edmonton Thunder
72	23:38.1		Dupont,	Andrea	W20-29	Rocky Mountain R
73	23:38.9		Leung,	Christina	W20-29	Running Room-Alb
74	23:45.0		Dagenhardt,	Carlee	W20-29	U of Alberta
75	23:49.9		Ammar,	Amanda	W20-29	National Cross C X
76	23:50.3		Seifert,	Michelle	W20-29	U of Calgary
77	23:52.14	54	Flanigan,	Teresa	W30-39	Edmonton Thunder
78	24:13.7		Zwicker,	Katherine	W20-29	U of Alberta
79	24:30.13	55	Glover,	Margot	W40-49	Calgary Roadrunners
80	24:44.2		Vigna,	Carina	W20-29	U of Calgary
81	25:45.9		Prins,	Jessica	W00-19	Unattached Alberta



Time Points

<u>Place</u>	<u>Last Name</u>	<u>First Name</u>	<u>Team</u>
19	Patterson,	Janice	Calgary Roadrunners
39	Clark,	Rhonda	Calgary Roadrunners
42	Anderson,	Amy	Calgary Roadrunners
45	Mercier,	Barb	Calgary Roadrunners
145			Calgary Roadrunners
2	Harvey,	Lisa	Calgary Spartans
17	Anderson,	Evelyn	Calgary Spartans
24	Serpico,	Maddie	Calgary Spartans
82	Last place +1		
125			Calgary Spartans
4	Widney,	Chantell	Edmonton Thunder
33	Dooling,	Krissy	Edmonton Thunder
52	Hunter,	Barb	Edmonton Thunder
71	Young,	Emily	Edmonton Thunder
160			Edmonton Thunder
23	Miller,	Abby	Riversdale Athle
28	Edwards,	Gabrielle	Riversdale Athle
38	Edwards,	Rachael	Riversdale Athle
82	Last place +1		
171			Riversdale Athle
10	Kemp,	Jennifer	Running Room-Alb
32	Kaharo,	Gladys	Running Room-Alb
73	Leung,	Christina	Running Room-Alb
82	Last place +1		
197			Running Room
1	Findlay,	Paula	U of Alberta
8	Acheson,	Lindsay	U of Alberta
27	Soderberg,	Alana	U of Alberta
29	Mediinski,	Danika	U of Alberta
65			U of Alberta
3	Sim,	Heather	U of Calgary
7	Querengesser,	Debby	U of Calgary
11	Johnston,	Hilary	U of Calgary
13	McQueen,	Riley	U of Calgary

34		U of Calgary
5 Bruckschwaiger,	Katrina	U of Manitoba
18 Gregoire,	Melanie	U of Manitoba
26 Bell,	Alex	U of Manitoba
36 Ginter,	Lacey	U of Manitoba
85		U of Manitoba
34 LaPage,	Karissa	U of Regina
51 Criddle,	Katlyn	U of Regina
58 Peterson,	Melissa	U of Regina
61 Lawson,	Karen	U of Regina
204		U of Regina
6 Souter,	Jodi	U of Saskatchewan
9 Warkentin,	Caitlin	U of Saskatchewan
25 Richards,	Marcia	U of Saskatchewan
31 Smith,	Kailey	U of Saskatchewan
71		U of Saskatchewan

Time Points

Saucony Run Alberta Cross Country Series Race #4 Calgary Mens 10k Individual Results

<u>Place</u>	<u>Time</u>	<u>First Name</u>	<u>Last Name</u>	<u>Age Group</u>	<u>Team</u>
1	32:41.2	Kelly	Weibe,	M00-19	U of Regina
2	33:03.6	Nyial	Majock,	M00-19	U of Calgary
3	33:06.4	Matthew	Norminton,	M30-39	Running Room
4	33:33.1	Jeremy	Deere,	M30-39	U of C Alumni
5	33:34.2	Jamie	Epp,	M20-29	Team Sask
6	34:03.7	Jamie	Weikum,	M00-19	U of Alberta
7	34:04.8	Desire	Budigoma,	M20-29	U of Manitoba
8	34:09.8	Mark	Furlong,	M20-29	Calgary Spartans
9	34:15.2	Gavin	Hamilton,	M20-29	U of Calgary
10	34:17.7	Ian	Fyfe,	M20-29	U of Regina
11	34:23.8	Travis	Cummings,	M20-29	U of Calgary
12	34:28.2	Dale	Wig,	M20-29	U of Regina
13	34:30.6	Scott	Mitchell,	M20-29	U of Regina
14	34:36.2	Matt	Mazurik,	M20-29	U of Saskatchewan
15	34:39.6	Cody	Carver,	M20-29	U of Alberta
16	34:40.1	Spencer	Pootz,	M00-19	U of Calgary
17	34:48.8	Nathan	Kendrick,	M20-29	U of C Alumni
18	34:50.4	Kurt	Woytiuk,	M20-29	Edmonton Thunder
19	34:54.9	Dallas	Raudebaugh,	M20-29	U of A Alumni
20	35:01.7	Samir	Marin,	M00-19	Team Sask
21	35:02.3	Chris	Belof,	M20-29	U of Manitoba
22	35:03.1	Paul	Carr,	M20-29	U of Manitoba
23	35:03.4	Eric	Benjamin,	M20-29	U of Regina
24	35:08.1	Mitchell	Man,	M00-19	U of Manitoba
25	35:13.0	Dylan	Hackenbrook,	M20-29	U of Alberta
26	35:13.4	Keir	Pittman,	M20-29	U of Calgary
27	35:15.8	Robbie	Nissen,	M20-29	U of A Alumni
28	35:21.5	Owen	deLange,	M20-29	U of Calgary
29	35:23.4	Iain	McCormick,	M20-29	Team Sask
30	35:24.7	Graeme	Law,	M00-19	U of Alberta
31	35:25.6	Brian	Roppelt,	M20-29	U of A Alumni
32	35:26.0	Harry	Moore,	M20-29	U of Alberta
33	35:26.3	Matthew	Spendiff,	M00-19	U of Calgary
34	35:26.7	Scott	Nicol,	M20-29	U of Calgary
35	35:33.3	Darcy	Bell,	M20-29	U of C Alumni
36	35:34.3	Adam	Penner,	M20-29	U of Manitoba
37	35:35.7	Madison	Theriault,	M20-29	U of Calgary
38	35:45.0	Dave	Nighbor,	M20-29	National Cross CX
39	35:57.4	Joel	Lauzon,	M20-29	U of Alberta
40	35:58.8	Chris	Simair,	M20-29	Team Sask
41	36:07.5	David	Corbett	M30-39	Running Room
42	36:20.7	Erik	Carleton,	M30-39	Rocky Mountain R
43	36:30.3	Steve	Griffith-Cochrane,	M20-29	U of Alberta
44	36:30.6	Sam	Dorosz,	M00-19	U of Calgary
45	36:36.8	Jon	Bird,	M20-29	U of C Alumni

46	36:43.5	Jamie	Eddy,	M20-29	U of Calgary
47	36:44.1	Geoff	Kerr,	M20-29	U of C Alumni
48	36:45.0	Stephane	Gerard,	M20-29	U of Saskatchewan
49	36:54.2	Rory	Carroll,	M20-29	U of Alberta
50	36:54.6	Josh	Chow,	M20-29	Team Sask
51	37:05.6	Kris	Frisk,	M20-29	U of Regina
52	37:06.1	Riley	Magee,	M20-29	U of Saskatchewan
53	37:07.4	Sean	Crooks,	M20-29	National Cross CX
54	37:08.1	Adam	Elford,	M20-29	U of Calgary
55	37:10.9	Neal	Austin,	M20-29	U of Calgary
56	37:11.3	David	Brown,	M20-29	Unattached
57	37:13.6	Roman	Storoshchuk,	M20-29	U of Calgary
58	37:20.6	Graham	Diehl,	M20-29	U of C Athletics
59	37:36.5	Marcus	Ivey,	M20-29	U of Alberta
60	37:40.5	Stefan	Kuhn,	M20-29	National Cross CX
61	37:51.2	Adam	Wasylyshyn,	M00-19	Norwesters T&F
62	37:58.8	David	Falk,	M20-29	U of Alberta
63	38:07.7	Miguel	Potosme,	M20-29	U of Regina
64	38:08.0	Luke	McGarth,	M20-29	Rocky Mountain R
65	38:26.1	Mike	Argue,	M20-29	Rocky Mountain R
66	38:32.3	Phil	Widmer,	M20-29	National Cross CX
67	38:32.8	Alyosha	Boldt,	M20-29	U of Saskatchewan
68	38:34.4	Marc	Beaton,	M20-29	U of Regina
69	38:42.6	Neil	Brett,	M20-29	U of Alberta
70	38:48.5	Jonathan	Ell,	M20-29	U of Saskatchewan
71	38:53.1	Matt	Dean,	M20-29	U of Alberta
72	38:56.3	Brett	Paulisch,	M00-19	U of Alberta
73	38:59.0	Logan	Lawrence,	M20-29	U of Alberta
74	39:13.1	Pete	Dean,	M20-29	U of Alberta
75	39:17.9	Julian	deCrutiis,	M20-29	U of Saskatchewan
76	39:25.2	Travis	Brown,	M00-19	U of Calgary
77	39:33.2	Alec	Chisholm,	M20-29	U of Calgary
78	40:43.2	Ryan	Prins,	M00-19	Alberta
79	40:52.6	Jonathan	Behnke,	M20-29	U of Alberta
80	40:53.6	Michael	Young,	M20-29	U of Calgary
81	40:59.7	Jordan	Sykes,	M20-29	U of Alberta
82	41:00.0	Bob	Holmes	M50-59	Edmonton Thunder
83	42:40.6	Greg	Rafter,	M20-29	U of Alberta
84	43:18.0	Stefan	Fekner,	M50-59	Running Room
85	43:58.9	Charles	Prins,	M50-59	Unattached
86	44:28.3	Omid	Taheri,	M20-29	U of Alberta
87	45:49.4	Michael	Prins,	M00-19	Alberta

<u>Place</u>	<u>Time</u>	<u>First Name</u>	<u>Last Name</u>	<u>Team</u>
38	35:45.0	Dave	Nighbor,	National Cross CX
53	37:07.4	Sean	Crooks,	National Cross CX
60	37:40.5	Stefan	Kuhn,	National Cross CX
66	38:32.3	Phil	Widmer,	National Cross CX
217				National Cross CX
42	36:20.7	Erik	Carleton,	Rocky Mountain R
64	38:08.0	Luke	McGarth,	Rocky Mountain R
65	38:26.1	Mike	Argue,	Rocky Mountain R
88		Last place	+ 1	
259				Rocky Mountain Royals
3	33:06.4	Matthew	Norminton,	Running Room
41	36:07.5	David	Corbett	Running Room
84	43:18.0	Stefan	Fekner,	Running Room
88		Last place	+ 1	Running Room
216				Running Room
5	33:34.2	Jamie	Epp,	Team Sask
20	35:01.7	Samir	Marin,	Team Sask
29	35:23.4	Iain	McCormick,	Team Sask
40	35:58.8	Chris	Simair,	Team Sask
94				Team Sask
19	34:54.9	Dallas	Raudebaugh,	U of A Alumni
27	35:15.8	Robbie	Nissen,	U of A Alumni
31	35:25.6	Brian	Roppelt,	U of A Alumni
88		Last place	+1	
165				UofA Alumni
6	34:03.7	Jamie	Weikum,	U of Alberta
15	34:39.6	Cody	Carver,	U of Alberta
25	35:13.0	Dylan	Hackenbrook,	U of Alberta
30	35:24.7	Graeme	Law,	U of Alberta
76				U of Alberta
4	33:33.1	Jeremy	Deere,	U of C Alumni
17	34:48.8	Nathan	Kendrick,	U of C Alumni
35	35:33.3	Darcy	Bell,	U of C Alumni
45	36:36.8	Jon	Bird,	U of C Alumni

101			U of C Alumni
2	33:03.6 Nyial	Majock,	U of Calgary
9	34:15.2 Gavin	Hamilton,	U of Calgary
11	34:23.8 Travis	Cummings,	U of Calgary
16	34:40.1 Spencer	Pootz,	U of Calgary
38			U of Calgary
7	34:04.8 Desire	Budigoma,	U of Manitoba
21	35:02.3 Chris	Belof,	U of Manitoba
22	35:03.1 Paul	Carr,	U of Manitoba
24	35:08.1 Mitchell	Man,	U of Manitoba
74			U of Manitoba
1	32:41.2 Kelly	Weibe,	U of Regina
10	34:17.7 Ian	Fyfe,	U of Regina
12	34:28.2 Dale	Wig,	U of Regina
13	34:30.6 Scott	Mitchell,	U of Regina
36			U of Regina
14	34:36.2 Matt	Mazurik,	U of Saskatchewan
48	36:45.0 Stephane	Gerard,	U of Saskatchewan
52	37:06.1 Riley	Magee,	U of Saskatchewan
67	38:32.8 Alyosha	Boldt,	U of Saskatchewan
181			U of Saskatchewan