

Active Physioworks Presents  
 St. Albert Road Race  
 St. Albert, AB  
 April 21st, 2024

Overall 10KM Results

Over All Rank	Rank In AgeGroup	Sex	Bib Num	Competitor Name	Official Time	Pace Min/Km
1	1/4	M	384	Ben Workman	34:10	3:25
2	1/4	M	313	Gregory Cruickshank	36:55	3:42
3	1/8	M	351	Declan McCallion	37:07	3:43
4	2/4	M	347	Aryou Manousi	37:27	3:45
5	1/5	M	385	Brent Workman	38:19	3:50
6	2/8	M	321	Jett Fenton	39:13	3:56
7	3/8	M	388	Alexander Morisbak	40:02	4:01
8	4/8	M	314	Max Davidow	40:36	4:04
9	1/8	F	361	Jennifer Norminton	41:51	4:12
10	1/8	F	365	Heather Ostic	42:23	4:15
11	5/8	M	330	Ryan Gonda	43:06	4:19
12	1/10	M	329	Cody Gonda	43:27	4:21
13	2/5	M	350	Kevin Mau	43:33	4:22
14	6/8	M	343	Henry MacKay	43:43	4:23
15	2/10	M	301	Chris Anderson	44:25	4:27
16	1/23	F	337	Rebecca Johnson	44:33	4:28
17	3/10	M	377	Devin Taylor	44:57	4:30
18	2/4	M	300	Rodney Al	45:20	4:32
19	1/2	F	312	Bethany Crisp	46:18	4:38
20	4/10	M	344	Douglas MacKellar	47:41	4:47
21	2/2	F	311	Kylar Cornelissen	48:07	4:49
22	5/10	M	356	Liam McNamara	48:54	4:54
23	6/10	M	302	Aaron Andres	49:08	4:55
24	7/8	M	381	Tristan White	49:38	4:58
25	2/23	F	376	Shelby Sundt	49:56	5:00
26	3/23	F	341	Dominique Leonard	51:11	5:08
27	4/23	F	307	Kyle Bosch	51:39	5:10
28	7/10	M	374	Brad Steinbring	52:10	5:13
29	5/23	F	331	Jessica Grudzinski	52:46	5:17
30	8/10	M	386	Daniel Zenko	53:11	5:20
31	1/9	F	336	Jacki Jewitt	53:33	5:22
32	1/2	M	6	Gerry Belanger	53:42	5:23
33	2/9	F	355	Alyssa McNamara	54:00	5:24
34	6/23	F	360	Cindy Nguyen	54:02	5:25
35	2/2	M	310	Andrew Comstock	54:39	5:28
36	3/9	F	309	Allie Capstick	54:46	5:29
37	3/4	M	359	Nicholas Moen	55:00	5:30
38	2/8	F	332	Adele Hoflin	55:07	5:31
39	4/9	F	372	Jamie Shaigec	55:22	5:33
40	7/23	F	373	Ashlee Shepansky	55:22	5:33
41	1/1	F	304	Jeannette Atkinson	55:38	5:34
42	8/23	F	324	Brittany Forsyth	55:45	5:35
43	2/8	F	389	Wendy Weseen	55:46	5:35

44	9/23	F	387	Suzannah Nesbitt	56:10	5:37
45	8/8	M	333	Caleb Hoflin	57:26	5:45
46	10/23	F	362	Kirsten Nowak	58:01	5:49
47	3/8	F	340	Erika Leblanc	59:01	5:55
48	11/23	F	335	Yolanda Jamil	59:28	5:57
49	3/5	M	325	Elgan Gallant	1:00:04	6:01
50	3/8	F	363	Nisa Odthson	1:00:05	6:01

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51	4/8	F	375	Rhonda Stoik	1:00:18	6:02
52	4/8	F	366	Jennifer Parker	1:00:19	6:02
53	12/23	F	369	Ana Potzkai	1:01:15	6:08
54	4/4	M	358	Christopher Moen	1:01:24	6:09
55	13/23	F	327	Megan George	1:01:52	6:12
56	5/9	F	334	Amanda Jamil	1:02:48	6:17
57	6/9	F	371	Presley Ruller	1:03:07	6:19
58	4/5	M	391	Shawn Reynolds	1:03:59	6:24
59	14/23	F	322	Kim Field	1:04:21	6:27
60	15/23	F	320	Suzie Edgecombe	1:04:21	6:27
61	9/10	M	368	Doug Phillips	1:05:02	6:31
62	5/8	F	328	Raquel Glasow	1:05:21	6:33
63	16/23	F	380	Sarah Vanderwolf	1:05:59	6:36
64	7/9	F	382	Megan Whitmore	1:06:19	6:38
65	17/23	F	370	Courteney Robinson	1:06:57	6:42
66	3/4	M	342	Clayton Logan	1:07:05	6:43
67	5/5	M	390	Salah Balaya	1:07:05	6:43
68	5/8	F	379	Trish Van De Ligt	1:07:08	6:43
69	6/8	F	364	Catherine Oevering	1:07:08	6:43
70	10/10	M	346	Tyler Manning	1:07:12	6:44
71	18/23	F	338	Ashley Kirk	1:07:40	6:46
72	19/23	F	326	Stephanie Gazzola	1:09:07	6:55
73	7/8	F	357	Lindsay McNutt	1:10:15	7:02
74	4/4	M	303	Bernard Asquin	1:10:35	7:04
75	20/23	F	383	Lennae Wiens	1:10:51	7:06
76	21/23	F	306	Jessica Bender	1:12:03	7:13
77	6/8	F	339	Kathleen Korner	1:13:45	7:23
78	22/23	F	317	Audra Denny	1:16:20	7:38
79	1/2	M	348	Brian Mark	1:17:01	7:43
80	23/23	F	352	Dakota McCallum	1:20:40	8:04
81	8/8	F	367	Adelle Peters	1:21:26	8:09
82	7/8	F	319	Celina Edeogu	1:21:26	8:09
83	8/9	F	378	Sabrina Taylor	1:22:50	8:17

84	9/9	F	353 Hope McInnes	1:22:51	8:18
85	2/2	M	349 Ken Mark	1:25:28	8:33
86	8/8	F	89 Wendy Phillips-Berard	1:51:29	11:09

