

Active Physioworks Presents  
St. Albert Road Race  
St. Albert, AB  
April 23rd, 2023

5KM Age Group Results

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AGE GROUP: Women 15 & Under

Place	Name	City	Finish	Pace
1	Linnea MORISBAK	Edmonton	23:28	4:42
2	Aubrey KENNEDY	St. Albert	26:26	5:18
3	Akari MCLEOD	St. Albert	26:28	5:18
4	Jillian ARTHURS	St. Albert	26:52	5:23
5	Sophie RICHMOND	St Albert	27:07	5:26
6	Josée CASAVANT	St Albert	28:15	5:39
7	Taylor WOOD	St. Albert	28:21	5:41
8	Brechan KENNEDY	St. Albert	29:05	5:49
9	Isabelle DEAN	St. Albert	29:54	5:59
10	Zoe DEAN	St. Albert	30:24	6:05
11	Kamryn ARTHURS	St. Albert	37:32	7:31

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AGE GROUP: Women 16-19

Place	Name	City	Finish	Pace
1	Ella KERN	Edmonton	21:01	4:13
2	Sam YOUNG	Edmonton	23:46	4:46

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AGE GROUP: Women 20-24

Place	Name	City	Finish	Pace
1	Fiona CONNOLLY	Edmonton	20:26	4:05
2	Amanda GNENZ	St. Albert	24:09	4:50
3	Ciara JENKINS	Edmonton	30:44	6:09

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AGE GROUP: Women 25-29

Place	Name	City	Finish	Pace
1	Brynn BLUMHAGEN	Edmonton	26:18	5:16

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AGE GROUP: Women 30-34

Place	Name	City	Finish	Pace
1	Sam WATAMANIUK	St. Albert	27:14	5:27

2 Lennae WIENS

Morinville

36:16 7:16

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AGE GROUP: Women 35-39

Place	Name	City	Finish	Pace
1	Courtney SPILLER	Edmonton	28:33	5:43
2	Ariane GRENIER	St. Albert	29:18	5:52
3	Catherine OEVERING	St Albert	33:14	6:39
4	Jennifer VATERS	Beaver County	34:13	6:51
5	Michelle STOWE	Fort Saskatchewan	44:01	8:49
6	Teri Lynn STOWE	Edmonton	44:01	8:49
7	Maria Ana Ce RODRIGUEZ	Edmonton	56:52	11:23

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AGE GROUP: Women 40-44

Place	Name	City	Finish	Pace
1	Shauna PRINGLE-ORR	Edmonton	27:11	5:27
2	Andrea THOMSON	St. Albert	30:26	6:06
3	April EDWARDS	Edmonton	34:15	6:51
4	Stephanie SMITH	Beaumont	34:52	6:59
5	Lindsay VAN BOOM	Edmonton	35:01	7:01
6	Sarah MURRANT	St. Albert	35:56	7:12
7	Veronica CENIZA	Sprucegrove	56:58	11:24

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AGE GROUP: Women 45-49

Place	Name	City	Finish	Pace
1	Celine GANNON-DEAN	St Albert	30:24	6:05
2	Christa CORNELSSEN	Stettler	32:08	6:26
3	Heather PALMER	Morinville	32:41	6:33
4	Terri GRANT	St. Albert	32:58	6:36
5	Sarah PRESTON	St. Albert	33:37	6:44
6	Pennie BELLIVEAU	St. Albert	38:12	7:39

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AGE GROUP: Women 50-54

Place	Name	City	Finish	Pace
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AGE GROUP: Women 55-59

Place	Name	City	Finish	Pace
1	Wendy GNENZ	St. Albert	29:09	5:50
2	Karen BLUMHAGEN	Forestburg	40:28	8:06
3	Lori VALERIO	St. Albert	41:59	8:24

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AGE GROUP: Women 60-64

Place Name	City	Finish	Pace
1 Eileen KLINGBEIL	St. Albert	37:42	7:33
2 Ingrid THOMPSON	Edmonton	39:34	7:55

AGE GROUP: Women 65-69

Place Name	City	Finish	Pace
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AGE GROUP: Women 70-74

Place Name	City	Finish	Pace
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AGE GROUP: Women 75-79

Place Name	City	Finish	Pace
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AGE GROUP: Women 80-84

Place Name	City	Finish	Pace
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AGE GROUP: Women 85-89

Place Name	City	Finish	Pace
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AGE GROUP: Women 90-94

Place Name	City	Finish	Pace
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AGE GROUP: Women 95-99

Place Name	City	Finish	Pace
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AGE GROUP: Men 15 & Under

Place	Name	City	Finish	Pace
1	Oliver TOWNELL	Edmonton	19:21	3:53
2	Jett FENTON	Spruce Grove	19:44	3:57
3	Oliver GOODALE	Edmonton	26:23	5:17
4	Benjamin BRAHIM	St Albert	26:35	5:19
5	Tristan EDWARDS	Edmonton	28:59	5:48
6	Anthony D'AMOUR	St. Albert	31:50	6:22
7	Jacob PRESTON	St. Albert	33:37	6:44

AGE GROUP: Men 16-19

Place	Name	City	Finish	Pace
1	Declan MCCALLION	Edmonton	18:41	3:45
2	Max DAVIDOW	Edmonton	18:56	3:48
3	Ben TOWNELL	Edmonton	22:33	4:31
4	Liam GRANT	St. Albert	32:38	6:32

AGE GROUP: Men 20-24

Place	Name	City	Finish	Pace
1	Jason USHKO	Edmonton	16:50	3:22
2	Kaitao HAN	Warman	18:34	3:43
3	Elmar SALAMANCA	Edmonton	22:12	4:27

AGE GROUP: Men 25-29

Place	Name	City	Finish	Pace
1	Michael VERVEDA	Sherwood Park	19:18	3:52
2	Benjamin DUPERRON	Edmonton	21:13	4:15
3	Logan HOYLAND	Edmonton	26:19	5:16

AGE GROUP: Men 30-34

Place	Name	City	Finish	Pace
1	Robert HETMANSKI	St. Albert	30:56	6:12

AGE GROUP: Men 35-39

Place	Name	City	Finish	Pace
1	Patrick KIERNAN	Edmonton	18:46	3:46
2	Malcolm TOYAD	Edmonton	19:32	3:55

AGE GROUP: Men 40-44

Place Name	City	Finish	Pace
1 Scott HORTON	St. Albert	28:17	5:40
2 Jay Pee CAPOTE	Sprucegrove	56:53	11:23

AGE GROUP: Men 45-49

Place Name	City	Finish	Pace
1 Justin TOWNELL	Edmonton	24:42	4:57

AGE GROUP: Men 50-54

Place Name	City	Finish	Pace
1 Luis BARATA	Edmonton	27:36	5:32
2 Robert UNGERER	St. Albert	43:03	8:37

AGE GROUP: Men 55-59

Place Name	City	Finish	Pace
1 Kenneth RIESS	Edmonton	19:23	3:53
2 Curtis STEWART	St. Albert	24:48	4:58
3 Pat MCNAMARA	St Albert	46:29	9:18

AGE GROUP: Men 60-64

Place Name	City	Finish	Pace
1 Gerry BELANGER	St.Albert	26:42	5:21
2 Les THOMPSON	Edmonton	52:13	10:27

AGE GROUP: Men 65-69

Place Name	City	Finish	Pace
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AGE GROUP: Men 70-74

Place Name	City	Finish	Pace
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AGE GROUP: Men 75-79

Place Name	City	Finish	Pace
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1 Edwin PITTS Leduc 42:52 8:35  
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AGE GROUP: Men 80-84

Place Name City Finish Pace  
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AGE GROUP: Men 85-89

Place Name City Finish Pace  
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AGE GROUP: Men 90-94

Place Name City Finish Pace  
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AGE GROUP: Men 95-99

Place Name City Finish Pace  
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