

U of A Couch to 5K 2024

| Place | Name | Hometown | Gender | Type | Bib # | Time | Pace | Speed | Division Rank |
|-------|--------------------|----------|--------|--------|-------|-------------|-------|--------|---------------------------|
| 1 | MARK TICKLE | | M: 1 | Runner | 93 | 00:18:44.54 | 06:01 | 9.9mph | Overall Male Runner: 1 |
| 2 | KEVIN MILLS | | M: 2 | Runner | 94 | 00:19:15.85 | 06:12 | 9.7mph | Overall Male Runner: 2 |
| 3 | ROBERT LAIRD | | M: 3 | Runner | 25 | 00:19:17.02 | 06:12 | 9.7mph | Overall Male Runner: 3 |
| 4 | BAKIR ZAMORA | | M: 4 | Runner | 38 | 00:20:15.11 | 06:31 | 9.2mph | Overall Male Runner: 4 |
| 5 | J.C. PERRY | | M: 5 | Runner | 387 | 00:20:18.82 | 06:32 | 9.2mph | Overall Male Runner: 5 |
| 6 | BRADEN HALL | | M: 6 | Runner | 460 | 00:20:40.14 | 06:39 | 9.0mph | Overall Male Runner: 6 |
| 7 | HALEY AGEE | | F: 1 | Runner | 354 | 00:20:49.71 | 06:42 | 8.9mph | Overall Female Runner: 1 |
| 8 | BLAKE JOHNSON | | M: 7 | Runner | 22 | 00:21:53.43 | 07:02 | 8.5mph | Overall Male Runner: 7 |
| 9 | SETH PANITCH | | M: 8 | Runner | 345 | 00:21:56.77 | 07:03 | 8.5mph | Overall Male Runner: 8 |
| 10 | JAY SKIPWORTH | | M: 9 | Runner | 428 | 00:22:34.94 | 07:16 | 8.3mph | Overall Male Runner: 9 |
| 11 | WILLIAM MARTIN | | M: 10 | Runner | 358 | 00:23:17.48 | 07:29 | 8.0mph | Overall Male Runner: 10 |
| 12 | JAKE PETERSON | | M: 11 | Runner | 352 | 00:23:54.84 | 07:41 | 7.8mph | Overall Male Runner: 11 |
| 13 | JASON BARA | | M: 12 | Runner | 110 | 00:23:55.91 | 07:42 | 7.8mph | Overall Male Runner: 12 |
| 14 | JACOB TICKLE | | M: 13 | Runner | 472 | 00:24:04.47 | 07:44 | 7.7mph | Overall Male Runner: 13 |
| 15 | CALEB GREENE | | M: 14 | Runner | 477 | 00:24:10.66 | 07:46 | 7.7mph | Overall Male Runner: 14 |
| 16 | DREW PEARL | | M: 15 | Runner | 337 | 00:24:27.20 | 07:52 | 7.6mph | Overall Male Runner: 15 |
| 17 | MIKE LYNSKEY | | M: 16 | Runner | 53 | 00:24:36.56 | 07:55 | 7.6mph | Overall Male Runner: 16 |
| 18 | COLLIN PATTON | | M: 17 | Runner | 348 | 00:24:48.85 | 07:59 | 7.5mph | Overall Male Runner: 17 |
| 19 | AMAGEE SIMS | | M: 18 | Runner | 73 | 00:24:55.69 | 08:01 | 7.5mph | Overall Male Runner: 18 |
| 20 | DAWSON SCONYERS | | M: 19 | Runner | 87 | 00:25:04.23 | 08:04 | 7.4mph | Overall Male Runner: 19 |
| 21 | MATT MCLENDON | | M: 20 | Runner | 342 | 00:25:06.14 | 08:04 | 7.4mph | Overall Male Runner: 20 |
| 22 | REBECCA PAYNE | | F: 2 | Runner | 50 | 00:25:23.70 | 08:10 | 7.3mph | Overall Female Runner: 2 |
| 23 | TOM NORTON | | M: 21 | Runner | 388 | 00:25:38.02 | 08:15 | 7.3mph | Overall Male Runner: 21 |
| 24 | STEVEN MCKINNEY | | M: 22 | Runner | 179 | 00:26:00.86 | 08:22 | 7.2mph | Overall Male Runner: 22 |
| 25 | ELISABETTA ZENGARO | | F: 3 | Runner | 341 | 00:27:12.55 | 08:45 | 6.9mph | Overall Female Runner: 3 |
| 26 | ERIC GUMZ | | M: 23 | Runner | 41 | 00:27:21.98 | 08:48 | 6.8mph | Overall Male Runner: 23 |
| 27 | SUSAN NORTON | | F: 4 | Runner | 368 | 00:27:24.71 | 08:49 | 6.8mph | Overall Female Runner: 4 |
| 28 | HARRISON POWELL | | M: 24 | Runner | 1 | 00:27:35.05 | 08:52 | 6.8mph | Overall Male Runner: 24 |
| 29 | JEFF POWELL | | M: 25 | Runner | 18 | 00:27:37.80 | 08:53 | 6.7mph | Overall Male Runner: 25 |
| 30 | NATE WYRSCH | | M: 26 | Runner | 84 | 00:27:57.24 | 08:59 | 6.7mph | Overall Male Runner: 26 |
| 31 | ANN MARIE LISKO | | F: 5 | Runner | 96 | 00:28:11.66 | 09:04 | 6.6mph | Overall Female Runner: 5 |
| 32 | JAMES DUBUISSON | | M: 27 | Runner | 504 | 00:28:39.03 | 09:13 | 6.5mph | Overall Male Runner: 27 |
| 33 | ELAINE WALKER | | F: 6 | Runner | 447 | 00:28:44.44 | 09:15 | 6.5mph | Overall Female Runner: 6 |
| 34 | ASHLYNN MCMAHAN | | F: 7 | Runner | 74 | 00:29:09.11 | 09:22 | 6.4mph | Overall Female Runner: 7 |
| 35 | ALI ZAMORA | | M: 28 | Runner | 35 | 00:29:52.86 | 09:37 | 6.2mph | Overall Male Runner: 28 |
| 36 | AMANDA ROSS | | F: 8 | Runner | 97 | 00:30:10.94 | 09:42 | 6.2mph | Overall Female Runner: 8 |
| 37 | PHILLIP MCGILTON | | M: 29 | Runner | 98 | 00:30:11.52 | 09:43 | 6.2mph | Overall Male Runner: 29 |
| 38 | PRESTON MCGEE | | M: 30 | Runner | 347 | 00:30:13.09 | 09:43 | 6.2mph | Overall Male Runner: 30 |
| 39 | KYLA COLLINS | | F: 9 | Runner | 27 | 00:30:18.45 | 09:45 | 6.2mph | Overall Female Runner: 9 |
| 40 | MADDY DISSINGER | | F: 10 | Runner | 20 | 00:30:18.82 | 09:45 | 6.1mph | Overall Female Runner: 10 |
| 41 | KRISTINA PATRIDGE | | F: 11 | Runner | 369 | 00:30:44.92 | 09:53 | 6.1mph | Overall Female Runner: 11 |
| 42 | MICHELLE BOTELER | | F: 12 | Runner | 464 | 00:30:48.11 | 09:54 | 6.1mph | Overall Female Runner: 12 |
| 43 | LILY PORTER | | F: 13 | Runner | 250 | 00:31:03.95 | 09:59 | 6.0mph | Overall Female Runner: 13 |
| 44 | GLORIA YI | | F: 14 | Runner | 409 | 00:31:04.65 | 10:00 | 6.0mph | Overall Female Runner: 14 |
| 45 | GAVIN SUMMERS | | M: 31 | Runner | 256 | 00:31:05.15 | 10:00 | 6.0mph | Overall Male Runner: 31 |
| 46 | MEGAN SLEEP | | F: 15 | Runner | 28 | 00:31:09.40 | 10:01 | 6.0mph | Overall Female Runner: 15 |
| 47 | SARAH COSNER | | F: 16 | Runner | 31 | 00:31:12.15 | 10:02 | 6.0mph | Overall Female Runner: 16 |
| 48 | MARISA BOOTH | | F: 17 | Runner | 374 | 00:31:29.59 | 10:08 | 5.9mph | Overall Female Runner: 17 |
| 49 | MICHAEL GRAY | | M: 32 | Runner | 385 | 00:31:39.33 | 10:11 | 5.9mph | Overall Male Runner: 32 |
| 50 | RION MARTIN | | M: 33 | Runner | 394 | 00:32:10.19 | 10:21 | 5.8mph | Overall Male Runner: 33 |
| 51 | ANASTACIA ROGERS | | F: 18 | Runner | 366 | 00:32:14.18 | 10:22 | 5.8mph | Overall Female Runner: 18 |
| 52 | THEJESH (TJ) BANDI | | M: 34 | Runner | 393 | 00:32:15.09 | 10:22 | 5.8mph | Overall Male Runner: 34 |
| 53 | OLIVIA DAIDONE | | F: 19 | Runner | 365 | 00:32:28.05 | 10:27 | 5.7mph | Overall Female Runner: 19 |
| 54 | FRANCESC MORALES | | M: 35 | Runner | 9 | 00:32:32.09 | 10:28 | 5.7mph | Overall Male Runner: 35 |
| 55 | CADEN MURPHY | | M: 36 | Runner | 503 | 00:32:50.19 | 10:34 | 5.7mph | Overall Male Runner: 36 |
| 56 | ARRIYANNA BROOKS | | F: 20 | Runner | 235 | 00:33:07.70 | 10:39 | 5.6mph | Overall Female Runner: 20 |
| 57 | AMBER SUMMERS | | F: 21 | Runner | 413 | 00:33:20.58 | 10:43 | 5.6mph | Overall Female Runner: 21 |
| 58 | DALTON GOODSON | | M: 37 | Runner | 436 | 00:33:55.54 | 10:55 | 5.5mph | Overall Male Runner: 37 |
| 59 | PETER LUDOVIC | | M: 38 | Runner | 85 | 00:34:03.00 | 10:57 | 5.5mph | Overall Male Runner: 38 |
| 60 | SHANNON DRUEN | | F: 22 | Runner | 49 | 00:34:04.27 | 10:57 | 5.5mph | Overall Female Runner: 22 |
| 61 | CHASE GRADY | | M: 39 | Runner | 2 | 00:34:06.21 | 10:58 | 5.5mph | Overall Male Runner: 39 |
| 62 | BRANDEE TICKLE | | F: 23 | Runner | 373 | 00:34:27.72 | 11:05 | 5.4mph | Overall Female Runner: 23 |

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| Place | Name | Hometown | Gender | Type | Bib # | Time | Pace | Speed | Division Rank |
|-------|--------------------------|----------|--------|--------|-------|-------------|-------|--------|---------------------------|
| 63 | QWUAN BARRON | | M: 40 | Runner | 3 | 00:34:49.85 | 11:12 | 5.4mph | Overall Male Runner: 40 |
| 64 | CAROLINA GOYENECHÉ GOMEZ | | F: 24 | Runner | 343 | 00:35:09.21 | 11:18 | 5.3mph | Overall Female Runner: 24 |
| 65 | JON CORSON | | M: 41 | Runner | 62 | 00:35:20.44 | 11:22 | 5.3mph | Overall Male Runner: 41 |
| 66 | VIVIAN THOMPSON | | F: 25 | Runner | 480 | 00:35:27.31 | 11:24 | 5.3mph | Overall Female Runner: 25 |
| 67 | VANESSA GOEPEL | | F: 26 | Runner | 404 | 00:35:32.86 | 11:26 | 5.2mph | Overall Female Runner: 26 |
| 68 | PARKER THOMPSON | | M: 42 | Runner | 479 | 00:35:33.65 | 11:26 | 5.2mph | Overall Male Runner: 42 |
| 69 | CHRISTOPHER CERRINA | | M: 43 | Runner | 379 | 00:36:31.07 | 11:45 | 5.1mph | Overall Male Runner: 43 |
| 70 | ADY PITTS | | F: 27 | Runner | 21 | 00:36:41.35 | 11:48 | 5.1mph | Overall Female Runner: 27 |
| 71 | TRISTAN GRAMMER | | M: 44 | Runner | 51 | 00:36:45.39 | 11:49 | 5.1mph | Overall Male Runner: 44 |
| 72 | KAITLYN HOMAN | | F: 28 | Runner | 23 | 00:36:46.18 | 11:50 | 5.1mph | Overall Female Runner: 28 |
| 73 | HEIDI RAMEY | | F: 29 | Runner | 12 | 00:36:48.96 | 11:50 | 5.1mph | Overall Female Runner: 29 |
| 74 | FORD PATRONAS | | M: 45 | Runner | 100 | 00:36:50.03 | 11:51 | 5.1mph | Overall Male Runner: 45 |
| 75 | TAYLOR EPPLER | | F: 30 | Runner | 99 | 00:36:50.53 | 11:51 | 5.1mph | Overall Female Runner: 30 |
| 76 | RACHEL CRAWFORD | | F: 31 | Runner | 401 | 00:37:02.18 | 11:55 | 5.0mph | Overall Female Runner: 31 |
| 77 | ROBERT DANCY | | M: 46 | Runner | 24 | 00:37:07.81 | 11:57 | 5.0mph | Overall Male Runner: 46 |
| 78 | BRANDY MARTINEZ | | F: 32 | Runner | 201 | 00:38:01.32 | 12:14 | 4.9mph | Overall Female Runner: 32 |
| 79 | VIVIAN LONGINO | | F: 33 | Runner | 29 | 00:38:27.99 | 12:22 | 4.8mph | Overall Female Runner: 33 |
| 80 | EDNA KAMPE | | F: 34 | Runner | 109 | 00:39:09.24 | 12:36 | 4.8mph | Overall Female Runner: 34 |
| 81 | DONNA GAST | | F: 35 | Runner | 192 | 00:39:24.54 | 12:41 | 4.7mph | Overall Female Runner: 35 |
| 82 | KENDRA POWELL | | F: 36 | Runner | 19 | 00:39:34.00 | 12:44 | 4.7mph | Overall Female Runner: 36 |
| 83 | ELIZABETH LARY | | F: 37 | Runner | 86 | 00:39:48.25 | 12:48 | 4.7mph | Overall Female Runner: 37 |
| 84 | MONICA WATTS | | F: 38 | Runner | 54 | 00:39:57.78 | 12:51 | 4.7mph | Overall Female Runner: 38 |
| 85 | KIANA KENNAMORE | | F: 39 | Runner | 426 | 00:40:01.01 | 12:52 | 4.7mph | Overall Female Runner: 39 |
| 86 | LILLIA LIVINGSTON | | F: 40 | Runner | 90 | 00:40:08.45 | 12:55 | 4.6mph | Overall Female Runner: 40 |
| 87 | BRITTNEY PORTER | | F: 41 | Runner | 270 | 00:40:11.36 | 12:56 | 4.6mph | Overall Female Runner: 41 |
| 88 | CHRIS SNELL | | M: 47 | Runner | 52 | 00:40:49.95 | 13:08 | 4.6mph | Overall Male Runner: 47 |
| 89 | DAVID WALKER | | M: 48 | Runner | 60 | 00:41:17.18 | 13:17 | 4.5mph | Overall Male Runner: 48 |
| 90 | MADISON SHIVELY | | F: 42 | Runner | 39 | 00:41:20.07 | 13:18 | 4.5mph | Overall Female Runner: 42 |
| 91 | MELANIE WALKER | | F: 43 | Runner | 61 | 00:41:22.18 | 13:18 | 4.5mph | Overall Female Runner: 43 |
| 92 | ANUKI WICKRAMANAYAKE | | F: 44 | Runner | 30 | 00:41:25.07 | 13:19 | 4.5mph | Overall Female Runner: 44 |
| 93 | SARAH REECE | | F: 45 | Runner | 336 | 00:41:53.17 | 13:28 | 4.5mph | Overall Female Runner: 45 |
| 94 | DEE COOK | | F: 46 | Runner | 353 | 00:41:55.93 | 13:29 | 4.4mph | Overall Female Runner: 46 |
| 95 | LEAH BREEDING | | F: 47 | Runner | 441 | 00:42:49.84 | 13:47 | 4.4mph | Overall Female Runner: 47 |
| 96 | KAYLEIGH BARLOW | | F: 48 | Runner | 79 | 00:42:54.29 | 13:48 | 4.3mph | Overall Female Runner: 48 |
| 97 | JAMES MITCHELL | | M: 49 | Runner | 16 | 00:42:57.65 | 13:49 | 4.3mph | Overall Male Runner: 49 |
| 98 | LUKE MITCHELL | | M: 50 | Runner | 489 | 00:43:00.30 | 13:50 | 4.3mph | Overall Male Runner: 50 |
| 99 | CATHERINE SMITH | | F: 49 | Runner | 454 | 00:43:05.86 | 13:52 | 4.3mph | Overall Female Runner: 49 |
| 100 | MELINDA FIELDS | | F: 50 | Runner | 448 | 00:43:11.43 | 13:54 | 4.3mph | Overall Female Runner: 50 |
| 101 | ELISA CERRINA | | F: 51 | Runner | 380 | 00:43:59.90 | 14:09 | 4.2mph | Overall Female Runner: 51 |
| 102 | RAY BREEDING | | M: 51 | Runner | 440 | 00:44:00.67 | 14:09 | 4.2mph | Overall Male Runner: 51 |
| 103 | HEATHER FAIR | | F: 52 | Runner | 378 | 00:44:52.32 | 14:26 | 4.2mph | Overall Female Runner: 52 |
| 104 | GRETA WAGES | | F: 53 | Runner | 406 | 00:45:11.65 | 14:32 | 4.1mph | Overall Female Runner: 53 |
| 105 | ROB LIVINGSTON | | M: 52 | Runner | 88 | 00:45:50.39 | 14:45 | 4.1mph | Overall Male Runner: 52 |
| 106 | USHA MIDKIFF | | F: 54 | Runner | 77 | 00:46:08.90 | 14:51 | 4.0mph | Overall Female Runner: 54 |
| 107 | CAROL AGOMO | | F: 55 | Runner | 439 | 00:46:29.67 | 14:57 | 4.0mph | Overall Female Runner: 55 |
| 108 | SHERRI SELLERS | | F: 56 | Runner | 458 | 00:46:44.46 | 15:02 | 4.0mph | Overall Female Runner: 56 |
| 109 | DELANA HARBISON | | F: 57 | Runner | 429 | 00:46:44.63 | 15:02 | 4.0mph | Overall Female Runner: 57 |
| 110 | ABBI OLLIFF | | F: 58 | Runner | 95 | 00:46:50.78 | 15:04 | 4.0mph | Overall Female Runner: 58 |
| 111 | HANNAH HOMAN | | F: 59 | Runner | 178 | 00:46:51.69 | 15:04 | 4.0mph | Overall Female Runner: 59 |
| 112 | TOCHI AGOMO | | M: 53 | Runner | 438 | 00:46:52.98 | 15:05 | 4.0mph | Overall Male Runner: 53 |
| 113 | LUKE MANGHAM | | M: 54 | Runner | 410 | 00:47:04.25 | 15:09 | 4.0mph | Overall Male Runner: 54 |
| 114 | MANDY MANGHAM | | F: 60 | Runner | 411 | 00:47:05.71 | 15:09 | 4.0mph | Overall Female Runner: 60 |
| 115 | ADDIE ZIEGLER | | F: 61 | Runner | 57 | 00:47:08.04 | 15:10 | 4.0mph | Overall Female Runner: 61 |
| 116 | ANDREA ZIEGLER | | F: 62 | Runner | 346 | 00:47:08.50 | 15:10 | 4.0mph | Overall Female Runner: 62 |
| 117 | ERICA LIVINGSTON | | F: 63 | Runner | 89 | 00:47:15.59 | 15:12 | 3.9mph | Overall Female Runner: 63 |
| 118 | MEREDITH BOTELEL | | F: 64 | Runner | 463 | 00:48:10.15 | 15:30 | 3.9mph | Overall Female Runner: 64 |
| 119 | WES BOWEN | | M: 55 | Runner | 68 | 00:48:26.39 | 15:35 | 3.8mph | Overall Male Runner: 55 |
| 120 | JAMES RENSHAW | | M: 56 | Runner | 349 | 00:48:36.60 | 15:38 | 3.8mph | Overall Male Runner: 56 |
| 121 | CHARLIE BOWEN | | M: 57 | Runner | 81 | 00:48:38.03 | 15:39 | 3.8mph | Overall Male Runner: 57 |
| 122 | KARYN BOWEN | | F: 65 | Runner | 69 | 00:48:40.53 | 15:40 | 3.8mph | Overall Female Runner: 65 |
| 123 | LEVI MITCHELL | | M: 58 | Runner | 488 | 00:49:04.44 | 15:47 | 3.8mph | Overall Male Runner: 58 |

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| Place | Name | Hometown | Gender | Type | Bib # | Time | Pace | Speed | Division Rank |
|-------|------------------------|----------|--------|--------|-------|-------------|-------|--------|----------------------------|
| 124 | JESS MITCHELL | | F: 66 | Runner | 17 | 00:49:10.39 | 15:49 | 3.8mph | Overall Female Runner: 66 |
| 125 | SHANE AUTRY | | M: 59 | Runner | 78 | 00:49:26.20 | 15:54 | 3.8mph | Overall Male Runner: 59 |
| 126 | SHIRLEY HARRISON | | F: 67 | Runner | 461 | 00:51:34.13 | 16:35 | 3.6mph | Overall Female Runner: 67 |
| 127 | SHERELL MCVAY | | F: 68 | Runner | 462 | 00:51:34.20 | 16:35 | 3.6mph | Overall Female Runner: 68 |
| 128 | ALYSSA WATROUS-HENDRIX | | F: 69 | Runner | 360 | 00:52:08.17 | 16:46 | 3.6mph | Overall Female Runner: 69 |
| 129 | JAI'LEN MILNER | | M: 60 | Runner | 469 | 00:52:45.55 | 16:58 | 3.5mph | Overall Male Runner: 60 |
| 130 | LATOYA MILNER | | F: 70 | Runner | 122 | 00:52:46.03 | 16:59 | 3.5mph | Overall Female Runner: 70 |
| 131 | LAILA MARKER | | F: 71 | Runner | 6 | 00:53:10.72 | 17:06 | 3.5mph | Overall Female Runner: 71 |
| 132 | MARK MARKER | | M: 61 | Runner | 5 | 00:53:16.03 | 17:08 | 3.5mph | Overall Male Runner: 61 |
| 133 | MELANI HARRELL | | F: 72 | Runner | 390 | 00:53:23.95 | 17:11 | 3.5mph | Overall Female Runner: 72 |
| 134 | JEFF HARRELL | | M: 62 | Runner | 389 | 00:53:26.65 | 17:12 | 3.5mph | Overall Male Runner: 62 |
| 135 | MICHELLE WHITE | | F: 73 | Runner | 11 | 00:54:45.55 | 17:37 | 3.4mph | Overall Female Runner: 73 |
| 136 | RITA RAY | | F: 74 | Runner | 47 | 00:55:19.44 | 17:48 | 3.4mph | Overall Female Runner: 74 |
| 137 | KRISTEN HALKIAS | | F: 75 | Runner | 376 | 00:55:47.32 | 17:57 | 3.3mph | Overall Female Runner: 75 |
| 138 | ANNA BROOKS | | F: 76 | Runner | 375 | 00:55:54.79 | 17:59 | 3.3mph | Overall Female Runner: 76 |
| 139 | SONIA CUMMINS | | F: 77 | Runner | 377 | 00:55:58.98 | 18:01 | 3.3mph | Overall Female Runner: 77 |
| 140 | LORI GREENE | | F: 78 | Runner | 402 | 00:56:32.88 | 18:12 | 3.3mph | Overall Female Runner: 78 |
| 141 | MARCIA BLACK | | F: 79 | Runner | 430 | 00:56:40.17 | 18:14 | 3.3mph | Overall Female Runner: 79 |
| 142 | REBEKAH BLACK | | F: 80 | Runner | 427 | 00:56:41.10 | 18:14 | 3.3mph | Overall Female Runner: 80 |
| 143 | ALANA NORRIS | | F: 81 | Runner | 26 | 00:56:42.90 | 18:15 | 3.3mph | Overall Female Runner: 81 |
| 144 | JAMIE FOWLER | | F: 82 | Runner | 147 | 00:56:47.53 | 18:16 | 3.3mph | Overall Female Runner: 82 |
| 145 | TRACY BARTON | | F: 83 | Runner | 400 | 00:56:52.78 | 18:18 | 3.3mph | Overall Female Runner: 83 |
| 146 | JESSIKA WHITE | | F: 84 | Runner | 445 | 00:57:04.17 | 18:22 | 3.3mph | Overall Female Runner: 84 |
| 147 | RUSS BARTON | | M: 63 | Runner | 399 | 00:57:06.39 | 18:22 | 3.3mph | Overall Male Runner: 63 |
| 148 | RYKER ALLEN | | M: 64 | Runner | 407 | 00:57:29.02 | 18:30 | 3.2mph | Overall Male Runner: 64 |
| 149 | KELSY WILSON | | F: 85 | Runner | 431 | 00:57:48.12 | 18:36 | 3.2mph | Overall Female Runner: 85 |
| 150 | CASEY WILSON | | M: 65 | Runner | 432 | 00:57:50.65 | 18:37 | 3.2mph | Overall Male Runner: 65 |
| 151 | ASHLEY BURNS | | F: 86 | Runner | 67 | 00:57:58.50 | 18:39 | 3.2mph | Overall Female Runner: 86 |
| 152 | KARIN BRYSON | | F: 87 | Runner | 351 | 00:58:01.73 | 18:40 | 3.2mph | Overall Female Runner: 87 |
| 153 | DIANA WINCHESTER | | F: 88 | Runner | 335 | 00:58:04.83 | 18:41 | 3.2mph | Overall Female Runner: 88 |
| 154 | NORA HUGHES | | F: 89 | Runner | 478 | 00:58:20.88 | 18:46 | 3.2mph | Overall Female Runner: 89 |
| 155 | NICOLE HUGHES | | F: 90 | Runner | 403 | 00:58:24.78 | 18:48 | 3.2mph | Overall Female Runner: 90 |
| 156 | FREDERICK MACKEY | | M: 66 | Runner | 425 | 00:59:39.73 | 19:12 | 3.1mph | Overall Male Runner: 66 |
| 157 | VERONICA WEST | | F: 91 | Runner | 46 | 00:59:46.46 | 19:14 | 3.1mph | Overall Female Runner: 91 |
| 158 | SAMUEL WEST | | M: 67 | Runner | 45 | 00:59:48.37 | 19:14 | 3.1mph | Overall Male Runner: 67 |
| 159 | JAMIE PARKER | | F: 92 | Runner | 502 | 00:59:51.10 | 19:15 | 3.1mph | Overall Female Runner: 92 |
| 160 | GAYLA ABERNATHY | | F: 93 | Runner | 340 | 00:59:51.51 | 19:15 | 3.1mph | Overall Female Runner: 93 |
| 161 | WENDY MICHALSKI | | F: 94 | Runner | 359 | 00:59:52.82 | 19:16 | 3.1mph | Overall Female Runner: 94 |
| 162 | PAULA PRICE | | F: 95 | Runner | 236 | 00:59:55.24 | 19:17 | 3.1mph | Overall Female Runner: 95 |
| 163 | ISAAK HARDIE | | M: 68 | Runner | 34 | 01:00:22.10 | 19:25 | 3.1mph | Overall Male Runner: 68 |
| 164 | RYAN HARDIE | | M: 69 | Runner | 36 | 01:00:24.60 | 19:26 | 3.1mph | Overall Male Runner: 69 |
| 165 | HILLARY HARDIE | | F: 96 | Runner | 37 | 01:00:52.78 | 19:35 | 3.1mph | Overall Female Runner: 96 |
| 166 | DANI HERNANDEZ | | F: 97 | Runner | 58 | 01:00:53.20 | 19:35 | 3.1mph | Overall Female Runner: 97 |
| 167 | HALEY FRENCH | | F: 98 | Runner | 66 | 01:00:54.09 | 19:36 | 3.1mph | Overall Female Runner: 98 |
| 168 | KATHY TIBBETTS | | F: 99 | Runner | 59 | 01:01:46.19 | 19:52 | 3.0mph | Overall Female Runner: 99 |
| 169 | KATHY CHASTINE | | F: 100 | Runner | 437 | 01:01:48.92 | 19:53 | 3.0mph | Overall Female Runner: 100 |
| 170 | VICTORIA PEI | | F: 101 | Runner | 92 | 01:02:00.21 | 19:57 | 3.0mph | Overall Female Runner: 101 |
| 171 | JEFFREY CAPILI | | M: 70 | Runner | 91 | 01:02:02.32 | 19:58 | 3.0mph | Overall Male Runner: 70 |
| 172 | LAUREN WILSON | | F: 102 | Runner | 363 | 01:02:06.20 | 19:59 | 3.0mph | Overall Female Runner: 102 |
| 173 | JENNIFER HENRY | | F: 103 | Runner | 240 | 01:02:09.14 | 20:00 | 3.0mph | Overall Female Runner: 103 |
| 174 | BRUCE HENRY | | M: 71 | Runner | 238 | 01:02:25.18 | 20:05 | 3.0mph | Overall Male Runner: 71 |
| 175 | SHANNON WELCH | | F: 104 | Runner | 44 | 01:02:37.25 | 20:09 | 3.0mph | Overall Female Runner: 104 |
| 176 | BRIANA ROYSTER | | F: 105 | Runner | 48 | 01:02:39.61 | 20:10 | 3.0mph | Overall Female Runner: 105 |
| 177 | BENTLEE WILSON | | M: 72 | Runner | 82 | 01:04:09.04 | 20:38 | 2.9mph | Overall Male Runner: 72 |
| 178 | AMARA GURGANUS | | F: 106 | Runner | 83 | 01:04:22.37 | 20:43 | 2.9mph | Overall Female Runner: 106 |
| 179 | ROBYN LAVINSKY | | F: 107 | Runner | 357 | 01:04:23.81 | 20:43 | 2.9mph | Overall Female Runner: 107 |
| 180 | KATTIE WILSON | | F: 108 | Runner | 70 | 01:04:24.28 | 20:43 | 2.9mph | Overall Female Runner: 108 |
| 181 | TORI GURGANUS | | F: 109 | Runner | 71 | 01:04:32.08 | 20:46 | 2.9mph | Overall Female Runner: 109 |
| 182 | BROOKE MATHIS | | F: 110 | Runner | 471 | 01:04:32.40 | 20:46 | 2.9mph | Overall Female Runner: 110 |
| 183 | JANET DUNLAP | | F: 111 | Runner | 459 | 01:04:57.27 | 20:54 | 2.9mph | Overall Female Runner: 111 |
| 184 | SCOOTER BROWN | | M: 73 | Runner | 420 | 01:05:07.41 | 20:57 | 2.9mph | Overall Male Runner: 73 |

U of A Couch to 5K 2024

| Place | Name | Hometown | Gender | Type | Bib # | Time | Pace | Speed | Division Rank |
|-------|---------------------|----------|--------|--------|-------|-------------|-------|--------|----------------------------|
| 185 | MARGARET GREEN | | F: 112 | Runner | 457 | 01:05:07.60 | 20:57 | 2.9mph | Overall Female Runner: 112 |
| 186 | PAULA BAILEY | | F: 113 | Runner | 408 | 01:05:42.09 | 21:08 | 2.8mph | Overall Female Runner: 113 |
| 187 | KERI BARRON | | F: 114 | Runner | 4 | 01:06:27.25 | 21:23 | 2.8mph | Overall Female Runner: 114 |
| 188 | CHARLOTTE BARRON | | F: 115 | Runner | 485 | 01:06:27.33 | 21:23 | 2.8mph | Overall Female Runner: 115 |
| 189 | JON SIN | | M: 74 | Runner | 63 | 01:07:00.09 | 21:33 | 2.8mph | Overall Male Runner: 74 |
| 190 | MICHAEL CHAVERS | | M: 75 | Runner | 8 | 01:07:00.81 | 21:34 | 2.8mph | Overall Male Runner: 75 |
| 191 | EMBER SIN | | F: 116 | Runner | 80 | 01:07:01.45 | 21:34 | 2.8mph | Overall Female Runner: 116 |
| 192 | SARAH HEMPHILL | | F: 117 | Runner | 7 | 01:07:07.85 | 21:36 | 2.8mph | Overall Female Runner: 117 |
| 193 | JOSEPH KELLEY | | M: 76 | Runner | 43 | 01:07:14.28 | 21:38 | 2.8mph | Overall Male Runner: 76 |
| 194 | MISHA VIEHOUSER | | M: 77 | Runner | 42 | 01:07:14.74 | 21:38 | 2.8mph | Overall Male Runner: 77 |
| 195 | KELLEE MURAYAMA-SIN | | F: 118 | Runner | 64 | 01:07:23.60 | 21:41 | 2.8mph | Overall Female Runner: 118 |
| 196 | DARYL LAM | | M: 78 | Runner | 65 | 01:07:26.27 | 21:42 | 2.8mph | Overall Male Runner: 78 |
| 197 | DANIEL PIERCE | | M: 79 | Runner | 443 | 01:07:32.72 | 21:44 | 2.8mph | Overall Male Runner: 79 |
| 198 | TRACY SUTTON | | F: 119 | Runner | 444 | 01:07:33.23 | 21:44 | 2.8mph | Overall Female Runner: 119 |
| 199 | HAYLEY SIDES | | F: 120 | Runner | 482 | 01:10:29.12 | 22:41 | 2.6mph | Overall Female Runner: 120 |
| 200 | JENNIFER MARICLE | | F: 121 | Runner | 362 | 01:10:29.46 | 22:41 | 2.6mph | Overall Female Runner: 121 |
| 201 | SARAH SIDES | | F: 122 | Runner | 419 | 01:10:35.65 | 22:43 | 2.6mph | Overall Female Runner: 122 |
| 202 | JEFF SIDES | | M: 80 | Runner | 418 | 01:10:38.17 | 22:44 | 2.6mph | Overall Male Runner: 80 |
| 203 | TERESA FAULKNER | | M: 81 | Runner | 72 | 01:10:42.34 | 22:45 | 2.6mph | Overall Male Runner: 81 |
| 204 | MAUREEN WOHLFROM | | F: 123 | Runner | 189 | 01:10:43.08 | 22:45 | 2.6mph | Overall Female Runner: 123 |
| 205 | TAWNIA MARTIN | | F: 124 | Runner | 395 | 01:12:32.36 | 23:20 | 2.6mph | Overall Female Runner: 124 |
| 206 | DIANA HUGHES | | F: 125 | Runner | 396 | 01:12:38.55 | 23:22 | 2.6mph | Overall Female Runner: 125 |
| 207 | TAFFY HINKLE ALLEN | | F: 126 | Runner | 361 | 01:13:15.18 | 23:34 | 2.5mph | Overall Female Runner: 126 |
| 208 | STEPHANIE HAGLER | | F: 127 | Runner | 397 | 01:13:25.45 | 23:37 | 2.5mph | Overall Female Runner: 127 |