

**2024 Coaldale 5K Family Fun Run**  
**Category Award Results**  
**TOP 3 In Category**

**5K Run - 3.1 Miles**  
**565 Finishers**

**5K06&UF (Female) - 18 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/18	HEYLAND, TENLEE	5190	30:36.494	06:07	09:50	+00:00:00	163/571	39/306	LETHBRIDGE
2/18	WRIGHT, MADISON	5412	34:05.001	06:49	10:57	+00:03:28	225/571	70/306	LETHBRIDGE
3/18	CAPPER, ELIZABETH	5065	35:15.081	07:03	11:20	+00:04:38	240/571	79/306	COALDALE

**5K06&UM (Male) - 21 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/21	POTTAGE, ANDY	5314	33:27.338	06:41	10:45	+00:00:00	217/571	151/265	LETHBRIDGE
2/21	CORKUM, NATHANIEL	5097	40:06.532	08:01	12:53	+00:06:39	326/571	192/265	COALDALE
3/21	VEURINK, COLE	5604	40:24.438	08:04	12:59	+00:06:57	329/571	193/265	COALDALE

**5K07-10F (Female) - 36 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/36	HARTHOORN, CHELSEA	5173	24:26.303	04:53	07:51	+00:00:00	64/571	6/306	COALDALE
2/36	SPENCER, LAUREN	5553	25:52.514	05:10	08:19	+00:01:26	89/571	12/306	LETHBRIDGE
3/36	VANKAMMEN, JAMIE-LYNN	5505	27:19.195	05:27	08:47	+00:02:52	108/571	22/306	CRANFORD

**5K07-10M (Male) - 44 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/44	HUNSPERGER, WADE	5203	22:28.808	04:29	07:13	+00:00:00	26/571	25/265	MAGRATH
2/44	MARCINKOWSKI, LUKAS	5252	24:08.763	04:49	07:45	+00:01:39	54/571	49/265	LETHBRIDGE
3/44	WARD, DECLAN	5401	24:20.986	04:52	07:49	+00:01:52	58/571	53/265	LETHBRIDGE

**5K11-14F (Female) - 44 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/44	CHATTERTON, ANNA	5068	22:11.080	04:26	07:08	+00:00:00	22/571	1/306	LETHBRIDGE
2/44	BROWN, ALIZA	5578	22:46.048	04:33	07:19	+00:00:34	33/571	2/306	MAGRATH AB
3/44	VEURINK, PEYTON	5600	23:52.660	04:46	07:40	+00:01:41	48/571	3/306	COALDALE

**5K11-14M (Male) - 45 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/45	HARTHOORN, DYLAN	5490	20:19.263	04:03	06:32	+00:00:00	10/571	10/265	COALDALE
2/45	VANDER HEIDE, ISAIAH	5540	20:26.311	04:05	06:34	+00:00:07	11/571	11/265	COALDALE
3/45	SENNEKER, DAWSON	5435	21:38.055	04:19	06:57	+00:01:18	18/571	18/265	COALDALE

**5K15-19F (Female) - 13 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/13	VANKAMMEN, LEAH	5507	23:56.665	04:47	07:41	+00:00:00	49/571	4/306	CRANFORD
2/13	HARTHOORN, SIMONE	5570	25:54.781	05:10	08:19	+00:01:58	90/571	13/306	COALDALE
3/13	SPENCER, KAY	5552	31:12.723	06:14	10:02	+00:07:16	179/571	47/306	LETHBRIDGE

**5K15-19M (Male) - 16 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/16	LEFFERS, ANDREW	5231	16:39.792	03:19	05:21	+00:00:00	2/571	2/265	SPRUCE GROVE
2/16	BEAR HAT, KESSLER	5019	19:37.327	03:55	06:18	+00:02:57	5/571	5/265	LETHBRIDGE
3/16	NEUFELD, MATTHEW	5291	19:45.437	03:57	06:21	+00:03:05	8/571	8/265	TABER

**5K20-29F (Female) - 29 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/29	TESKE, WHITNEY	5437	24:46.741	04:57	07:58	+00:00:00	70/571	7/306	LETHBRIDGE
2/29	BOHNET, MARIA	5043	26:06.443	05:13	08:23	+00:01:19	95/571	15/306	BOW ISLAND
3/29	LIVINGSTONE, TAMARIN	5239	29:31.434	05:54	09:29	+00:04:44	141/571	32/306	LETHBRIDGE

**5K20-29M (Male) - 28 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/28	KIMUTAI, RUTTO	5548	16:38.554	03:19	05:21	+00:00:00	1/571	1/265	LETHBRIDGE
2/28	MOHAMED, KAYSAN	5285	18:50.515	03:46	06:03	+00:02:11	3/571	3/265	PICTURE BUTTE
3/28	VAN DIJK, DAVID	5378	19:44.234	03:56	06:20	+00:03:05	7/571	7/265	COALHURST

**5K30-39F (Female) - 57 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/57	DE LEEUW, ARIETTE	5108	25:23.709	05:04	08:09	+00:00:00	79/571	10/306	COALHURST
2/57	ANDERSON, BRITTANY	5414	25:36.264	05:07	08:13	+00:00:12	85/571	11/306	LETHBRIDGE
3/57	CROWDER, NICOLE	5101	25:59.677	05:11	08:21	+00:00:35	91/571	14/306	LETHBRIDGE

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**5K30-39M (Male) - 48 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/48	LJA, ROB	5240	19:25.927	03:53	06:14	+00:00:00	4/571	4/265	COALDALE
2/48	KEMEI, MANASSES	5582	21:09.562	04:13	06:48	+00:01:43	14/571	14/265	LETHBRIDGE
3/48	OLESEN, TRENT	5299	21:22.580	04:16	06:52	+00:01:56	16/571	16/265	LETHBRIDGE

**5K40-49F (Female) - 55 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/55	SMITH, TRACY	5352	25:15.601	05:03	08:07	+00:00:00	77/571	9/306	LETHBRIDGE
2/55	VEURINK, TINA	5599	26:26.949	05:17	08:30	+00:01:11	97/571	16/306	COALDALE
3/55	PLAUSTEINER, LISA	5313	26:38.999	05:19	08:34	+00:01:23	100/571	19/306	LETHBRIDGE

**5K40-49M (Male) - 34 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/34	FRIESEN, CHARLES	5143	19:43.379	03:56	06:20	+00:00:00	6/571	6/265	LETHBRIDGE
2/34	GUNDERSON, DAVID	5171	20:57.737	04:11	06:44	+00:01:14	13/571	13/265	LETHBRIDGE
3/34	DIBBEN, MITCHEL	5117	21:13.447	04:14	06:49	+00:01:30	15/571	15/265	LETHBRIDGE

**5K50-59F (Female) - 24 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/24	GARDEN, DANA	5165	26:33.170	05:18	08:32	+00:00:00	99/571	18/306	LETHBRIDGE
2/24	SPATE, GENA	5354	27:03.341	05:24	08:41	+00:00:30	104/571	20/306	TABER
3/24	GAUTHIER, HEATHER	5152	27:13.048	05:26	08:45	+00:00:39	105/571	21/306	LETHBRIDGE

**5K50-59M (Male) - 9 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/9	LUKINUK, BRENDT	5531	22:48.725	04:33	07:20	+00:00:00	36/571	34/265	LETHBRIDGE
2/9	WALTER, GREG	5400	25:28.120	05:05	08:11	+00:02:39	80/571	70/265	COALDALE
3/9	KASKO, RYAN	5211	26:56.831	05:23	08:39	+00:04:08	102/571	83/265	COALDALE

**5K60-69F (Female) - 24 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/24	WAGENAAR, JANE	5467	28:03.487	05:36	09:01	+00:00:00	119/571	26/306	COALDALE
2/24	DE WEERD, RITA	5113	32:09.362	06:25	10:20	+00:04:05	200/571	58/306	COALDALE
3/24	CHOW, PHYLLIS	5070	33:07.777	06:37	10:39	+00:05:04	212/571	65/306	MEDICINE HAT

**5K60-69M (Male) - 15 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/15	HELWIG, JOSEPH	5185	22:53.013	04:34	07:21	+00:00:00	37/571	35/265	LETHBRIDGE
2/15	LOW, STEVEN	5246	23:09.527	04:37	07:26	+00:00:16	42/571	40/265	COALDALE
3/15	ARGYLE, GRAHAM	5006	24:22.632	04:52	07:50	+00:01:29	62/571	57/265	LETHBRIDGE

**5K70+F (Female) - 6 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/6	PASICIEL, RITA	5305	31:45.027	06:21	10:12	+00:00:00	191/571	53/306	MEDICINE HAT
2/6	NORRIS, JOAN	5294	35:52.881	07:10	11:32	+00:04:07	258/571	88/306	LETHBRIDGE
3/6	VANSPRONSEN, JOHNNANNA	5510	44:32.512	08:54	14:19	+00:12:47	388/571	180/306	COALDALE

**5K70+M (Male) - 5 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/5	CUNNINGHAM, BARNEY	5102	31:34.129	06:18	10:09	+00:00:00	185/571	136/265	MEDICINE HAT
2/5	SCOTT, JIM	5581	33:18.417	06:39	10:42	+00:01:44	214/571	148/265	COALDALE
3/5	ARVIDSON, ROB	5415	33:44.741	06:44	10:51	+00:02:10	223/571	155/265	LETHBRIDGE