

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Results

## 5K Run/3.1 Miles

56 Competitors Total

## 5K06-10F - 3 Competitors

| Cat/PI | Name                | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City        |
|--------|---------------------|-------|-------------|-------|----------|-------|--------|-------------|
| 1/3    | WAGENSVELD, HOLLAND | 5391  | 00:29:59.90 | 05:59 | 5K06-10F | 20/56 | 11/40  | LACOMBE     |
| 2/3    | MOFFETT, SOPHIE     | 5382  | 00:41:20.60 | 08:16 | 5K06-10F | 49/56 | 35/40  | SYLVAN LAKE |
| 3/3    | MOFFETT, JORJA      | 5381  | 00:41:22.15 | 08:16 | 5K06-10F | 50/56 | 36/40  | SYLVAN LAKE |

## 5K06-10M - 2 Competitors

| Cat/PI | Name          | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City     |
|--------|---------------|-------|-------------|-------|----------|-------|--------|----------|
| 1/2    | PETERS, AYDEN | 5385  | 00:29:45.25 | 05:57 | 5K06-10M | 19/56 | 9/16   | PONOKA   |
| 2/2    | MCCABE, RILEY | 5378  | 00:53:40.60 | 10:44 | 5K06-10M | 56/56 | 16/16  | RED DEER |

## 5K11-15F - 6 Competitors

| Cat/PI | Name               | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City        |
|--------|--------------------|-------|-------------|-------|----------|-------|--------|-------------|
| 1/6    | BOURNE, ALLEYA     | 5416  | 00:24:41.35 | 04:56 | 5K11-15F | 8/56  | 2/40   | LACOMBE     |
| 2/6    | FRANK, REECE       | 5403  | 00:24:57.10 | 04:59 | 5K11-15F | 9/56  | 3/40   | STETTTLER   |
| 3/6    | BOURNE, ELLISHA    | 5415  | 00:25:49.80 | 05:09 | 5K11-15F | 11/56 | 4/40   | LACOMBA     |
| 4/6    | MOFFETT, TAYLOR    | 5383  | 00:31:02.95 | 06:12 | 5K11-15F | 30/56 | 17/40  | SYLVAN LAKE |
| 5/6    | HAMILTON, EMILY    | 5417  | 00:31:16.10 | 06:15 | 5K11-15F | 31/56 | 18/40  | LACOMBE     |
| 6/6    | SHACKLETON, ALYSSA | 5401  | 00:35:23.40 | 07:04 | 5K11-15F | 40/56 | 26/40  | LACOMBE     |

## 5K11-15M - 4 Competitors

| Cat/PI | Name              | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City     |
|--------|-------------------|-------|-------------|-------|----------|-------|--------|----------|
| 1/4    | LUSH, IAN         | 5373  | 00:21:52.00 | 04:22 | 5K11-15M | 2/56  | 2/16   | BENTLEY  |
| 2/4    | DEWIT, MARK       | 5419  | 00:22:55.75 | 04:35 | 5K11-15M | 3/56  | 3/16   | LACOMBE  |
| 3/4    | BEIERBACH, KEVIN  | 5361  | 00:24:02.80 | 04:48 | 5K11-15M | 7/56  | 6/16   | LACOMBE  |
| 4/4    | VAN HECKE, HUNTER | 5410  | 00:29:42.30 | 05:56 | 5K11-15M | 18/56 | 8/16   | RED DEER |

## 5K16-19F - 1 Competitors

| Cat/PI | Name         | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City    |
|--------|--------------|-------|-------------|-------|----------|-------|--------|---------|
| 1/1    | PRINS, TAVIA | 5397  | 00:30:24.35 | 06:04 | 5K16-19F | 26/56 | 15/40  | LACOMBE |

## 5K20-29F - 8 Competitors

| Cat/PI | Name               | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City       |
|--------|--------------------|-------|-------------|-------|----------|-------|--------|------------|
| 1/8    | GROVET, KAITLIN    | 5396  | 00:28:25.00 | 05:41 | 5K20-29F | 15/56 | 8/40   | LACOMBE    |
| 2/8    | CAMPOS, NATHALIA   | 5363  | 00:28:26.90 | 05:41 | 5K20-29F | 16/56 | 9/40   | LACOMBE    |
| 3/8    | HOGAN, CHEYNEY     | 5368  | 00:30:04.80 | 06:00 | 5K20-29F | 21/56 | 12/40  | RED DEER   |
| 4/8    | KNUDTSON, AMBER    | 5392  | 00:30:05.45 | 06:01 | 5K20-29F | 22/56 | 13/40  | RED DEER   |
| 5/8    | MAYNER, ANGELA     | 5376  | 00:31:26.35 | 06:17 | 5K20-29F | 32/56 | 19/40  | BLACKFALDS |
| 6/8    | ROOLKER, ASHLEY    | 5405  | 00:33:35.45 | 06:43 | 5K20-29F | 38/56 | 24/40  | LACOMBE    |
| 7/8    | SEMENYNA, SHERILYN | 5402  | 00:35:36.30 | 07:07 | 5K20-29F | 42/56 | 28/40  | RIMBEY     |
| 8/8    | CHRISTIE, LISA     | 5364  | 00:41:55.50 | 08:23 | 5K20-29F | 51/56 | 37/40  | RED DEER   |

## 5K20-29M - 1 Competitors

| Cat/PI | Name            | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City    |
|--------|-----------------|-------|-------------|-------|----------|-------|--------|---------|
| 1/1    | STEWART, STEVEN | 5399  | 00:30:07.90 | 06:01 | 5K20-29M | 23/56 | 10/16  | LACOMBE |

## 5K30-39F - 12 Competitors

| Cat/PI | Name                  | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City         |
|--------|-----------------------|-------|-------------|-------|----------|-------|--------|--------------|
| 1/12   | LUSH, MARSHA          | 5374  | 00:23:41.35 | 04:44 | 5K30-39F | 5/56  | 1/40   | BENTLEY      |
| 2/12   | JOHNSON, LA REINA     | 5369  | 00:28:00.75 | 05:36 | 5K30-39F | 14/56 | 7/40   | RED DEER     |
| 3/12   | WILSON, SARAH         | 5389  | 00:29:04.20 | 05:48 | 5K30-39F | 17/56 | 10/40  | LACOMBE      |
| 4/12   | SIEBENGA, JANINE      | 5387  | 00:30:21.10 | 06:04 | 5K30-39F | 25/56 | 14/40  | LACOMBE      |
| 5/12   | SHACKLETON, DAPHNE    | 5400  | 00:31:30.50 | 06:18 | 5K30-39F | 33/56 | 20/40  | LACOMBE      |
| 6/12   | WYSE, CHRISTY         | 5390  | 00:32:34.15 | 06:30 | 5K30-39F | 35/56 | 21/40  | LACOMBE      |
| 7/12   | SCOTT-MONCRIEFF, LANA | 5386  | 00:32:34.85 | 06:30 | 5K30-39F | 36/56 | 22/40  | FORT ST JOHN |
| 8/12   | NEWTON, TRACI         | 5395  | 00:35:33.25 | 07:06 | 5K30-39F | 41/56 | 27/40  | CHILLIWACK   |
| 9/12   | LAMY, JENNIFER        | 5370  | 00:35:37.05 | 07:07 | 5K30-39F | 43/56 | 29/40  | LACOMBE      |
| 10/12  | SHULAR, ANTIONNETTE   | 5345  | 00:38:38.30 | 07:43 | 5K30-39F | 48/56 | 34/40  | RED DEER     |
| 11/12  | MCNUTT, HEATHER       | 5380  | 00:41:56.05 | 08:23 | 5K30-39F | 52/56 | 38/40  | RED DEER     |
| 12/12  | MCCABE, MICHELLE      | 5377  | 00:53:39.05 | 10:43 | 5K30-39F | 55/56 | 40/40  | RED DEER     |

## 5K30-39M - 4 Competitors

| Cat/PI | Name             | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City      |
|--------|------------------|-------|-------------|-------|----------|-------|--------|-----------|
| 1/4    | FRANK, ADAM      | 5404  | 00:24:58.25 | 04:59 | 5K30-39M | 10/56 | 7/16   | STETTTLER |
| 2/4    | WHITE, SKYLAR    | 5414  | 00:30:16.30 | 06:03 | 5K30-39M | 24/56 | 11/16  | LACOMBE   |
| 3/4    | WILSON, MICHAEL  | 5413  | 00:30:33.35 | 06:06 | 5K30-39M | 28/56 | 12/16  | LACOMBE   |
| 4/4    | MINCHIN, MICHAEL | 5407  | 00:32:12.10 | 06:26 | 5K30-39M | 34/56 | 14/16  | LACOMBE   |

## 5K40-49F - 6 Competitors

| Cat/PI | Name               | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City |
|--------|--------------------|-------|-------------|-------|----------|-------|--------|------|
| 1/6    | MONTEGARY, MAUREEN | 5393  | 00:27:13.60 | 05:26 | 5K40-49F | 12/56 | 5/40   |      |

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Results

## 5K Run/3.1 Miles

56 Competitors Total

## 5K40-49F - 6 Competitors

| Cat/PI | Name              | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City          |
|--------|-------------------|-------|-------------|-------|----------|-------|--------|---------------|
|        |                   |       |             |       |          |       |        | LACOMBE       |
| 2/6    | TOMUSIAK, LIA     | 5409  | 00:27:44.70 | 05:32 | 5K40-49F | 13/56 | 6/40   | BEAUMONT      |
| 3/6    | SAYLER, CANDACE   | 5394  | 00:32:39.60 | 06:31 | 5K40-49F | 37/56 | 23/40  | LACOMBE       |
| 4/6    | WILLICK, SVETLANA | 5406  | 00:36:41.90 | 07:20 | 5K40-49F | 45/56 | 31/40  | RED DEER COUN |
| 5/6    | WELCH, JANET      | 5388  | 00:37:58.65 | 07:35 | 5K40-49F | 46/56 | 32/40  | EDMONTON      |
| 6/6    | MOORE, KAREN      | 5310  | 00:38:36.55 | 07:43 | 5K40-49F | 47/56 | 33/40  | RED DEER      |

## 5K40-49M - 3 Competitors

| Cat/PI | Name            | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City    |
|--------|-----------------|-------|-------------|-------|----------|-------|--------|---------|
| 1/3    | MUELLER, TRAVIS | 5398  | 00:21:21.35 | 04:16 | 5K40-49M | 1/56  | 1/16   | PONOKA  |
| 2/3    | WEGNER, KEITH   | 5412  | 00:23:06.45 | 04:37 | 5K40-49M | 4/56  | 4/16   | LACOMBE |
| 3/3    | LUSH, STEPHEN   | 5375  | 00:23:56.75 | 04:47 | 5K40-49M | 6/56  | 5/16   | BENTLEY |

## 5K50-59F - 2 Competitors

| Cat/PI | Name          | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City     |
|--------|---------------|-------|-------------|-------|----------|-------|--------|----------|
| 1/2    | ORIEN, MARSHA | 5384  | 00:30:32.75 | 06:06 | 5K50-59F | 27/56 | 16/40  | RED DEER |
| 2/2    | HILL, SHEILA  | 5367  | 00:35:55.15 | 07:11 | 5K50-59F | 44/56 | 30/40  | LACOMBE  |

## 5K50-59M - 1 Competitors

| Cat/PI | Name          | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City  |
|--------|---------------|-------|-------------|-------|----------|-------|--------|-------|
| 1/1    | KROCHAK, GARY | 5418  | 00:30:36.55 | 06:07 | 5K50-59M | 29/56 | 13/16  | CLIVE |

## 5K60+F - 2 Competitors

| Cat/PI | Name              | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City          |
|--------|-------------------|-------|-------------|-------|----------|-------|--------|---------------|
| 1/2    | LOEPPKY, PATRICIA | 5408  | 00:34:01.30 | 06:48 | 5K60+F   | 39/56 | 25/40  | YELLOWKNIFE   |
| 2/2    | LANGE, SANDI      | 5372  | 00:48:09.80 | 09:37 | 5K60+F   | 54/56 | 39/40  | SHERWOOD PARK |

## 5K60+M - 1 Competitors

| Cat/PI | Name       | Bib # | Time        | Pace  | Category | OA/PI | Gen/PI | City          |
|--------|------------|-------|-------------|-------|----------|-------|--------|---------------|
| 1/1    | LANGE, ART | 5371  | 00:48:09.75 | 09:37 | 5K60+M   | 53/56 | 15/16  | SHERWOOD PARK |