

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Award Results

TOP 3 In Category

5K Run - 3.1 Miles

99 Finishers

5K13&UF (Female) - 14 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/14	SCHULTZ, BRIGITTE	5282	23:48.529	04:45	07:39	+00:00:00	10/99	2/67	BASHAW
2/14	SIMPSON, EMILY	5284	25:23.016	05:04	08:09	+00:01:34	15/99	5/67	PONOKA
3/14	CORNELSSSEN, BRIENNA	5227	25:23.260	05:04	08:09	+00:01:34	16/99	6/67	PONOKA

5K13&UM (Male) - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/7	LOVESETH, GUS	5260	21:50.266	04:22	07:01	+00:00:00	3/99	3/32	PONOKA
2/7	LYNN, HUDSON	5261	23:38.874	04:43	07:36	+00:01:48	8/99	7/32	STETTLER
3/7	MCCLURE, MAVERICK	5264	28:41.564	05:44	09:13	+00:06:51	26/99	13/32	PONOKA

5K14-19F (Female) - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/15	VESSEY, LUCY	5300	24:24.340	04:52	07:50	+00:00:00	12/99	3/67	ALIX
2/15	ARCHIBALD, DANIELLE	5213	24:44.637	04:56	07:57	+00:00:20	14/99	4/67	CLIVE
3/15	MCKNIGHT, KHLOE	5310	27:54.694	05:34	08:58	+00:03:30	20/99	9/67	PONOKA

5K14-19M (Male) - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/7	LAROCQUE, LANE	5258	20:35.626	04:07	06:37	+00:00:00	1/99	1/32	MASKWACIS
2/7	STEEVES, JOSIAH	5290	21:06.530	04:13	06:47	+00:00:30	2/99	2/32	LACOMBE
3/7	SORENSEN, EASTON	5287	22:39.551	04:31	07:17	+00:02:03	4/99	4/32	PONOKA

5K20-29F (Female) - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/5	MCMILLAN, EMILY	5269	27:13.371	05:26	08:45	+00:00:00	18/99	7/67	PONOKA
2/5	VAN VLAANDEREN, JORDIN	5298	29:43.181	05:56	09:33	+00:02:29	34/99	19/67	OLDS
3/5	HUMMEL, MEGAN	5250	40:16.477	08:03	12:57	+00:13:03	63/99	40/67	DRUMHELLER

5K20-29M (Male) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/2	CINQ-MARS, CONNOR	5224	33:59.046	06:47	10:55	+00:00:00	49/99	18/32	EDMONTON
2/2	VAN PELT, DEREK	5297	44:10.076	08:50	14:12	+00:10:11	74/99	26/32	PONOKA

5K30-39F (Female) - 12 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/12	SCHIMMEL, JESS	5280	22:52.455	04:34	07:21	+00:00:00	5/99	1/67	LACOMBE
2/12	COLE, CRYSTAL	5225	27:35.634	05:31	08:52	+00:04:43	19/99	8/67	LACOMBE
3/12	BIELNY, JENNIFER	5217	28:31.580	05:42	09:10	+00:05:39	25/99	13/67	LACOMBE

5K30-39M (Male) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	LAROCQUE, JOSHUA	5257	23:42.831	04:44	07:37	+00:00:00	9/99	8/32	MASKWACIS
2/3	DEMULA, SAI	5299	29:40.743	05:56	09:32	+00:05:57	32/99	15/32	PONOKA
3/3	SIENNICKI, NICHOLAS	5319	36:06.849	07:13	11:36	+00:12:24	57/99	22/32	CALGARY

5K40-49F (Female) - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/10	KOLEYAK, SARAH-LEE	5255	29:55.277	05:59	09:37	+00:00:00	37/99	21/67	LACOMBE
2/10	STEVENS, TERSHA	5313	34:19.745	06:51	11:02	+00:04:24	50/99	32/67	STETTLER
3/10	BROOM, SARAH	5220	34:58.588	06:59	11:14	+00:05:03	56/99	35/67	BENTLEY

5K40-49M (Male) - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/8	TOPHAM, TREVOR	5295	24:40.347	04:56	07:55	+00:00:00	13/99	10/32	PONOKA
2/8	FOOT, GRAHAM	5240	26:43.769	05:20	08:35	+00:02:03	17/99	11/32	PONOKA
3/8	STEEVES, BRAD	5289	28:20.775	05:40	09:06	+00:03:40	23/99	12/32	LACOMBE

5K50-59F (Female) - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/7	AMDAM, LIANE	5212	34:50.466	06:58	11:12	+00:00:00	54/99	34/67	PONOKA
2/7	BLACKBIRD, GABRIELLE	5323	45:01.497	09:00	14:28	+00:10:11	80/99	53/67	PONOKA
3/7	WIERZBA, JANE	5301	50:18.673	10:03	16:10	+00:15:28	84/99	57/67	PONOKA

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Award Results

TOP 3 In Category

5K Run - 3.1 Miles

99 Finishers

5K50-59M (Male) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/1	KRAMER, KENT	5321	34:21.288	06:52	11:02	+00:00:00	51/99	19/32	PONOKA

5K60+F (Female) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	MA-HEMINGSON, TINA	5262	44:11.508	08:50	14:12	+00:00:00	76/99	50/67	PONOKA
2/4	ARENDZ, ANN	5214	44:59.156	08:59	14:27	+00:00:47	78/99	52/67	PONOKA
3/4	STEWART, DONNA	5326	48:05.983	09:37	15:27	+00:03:54	82/99	55/67	PONOKA

5K60+M (Male) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	FERGUSON, KEVIN	5238	52:27.694	10:29	16:52	+00:00:00	88/99	28/32	PONOKA
2/4	WILLIAMS, DON	5305	55:13.232	11:02	17:45	+00:02:45	92/99	30/32	PONOKA
3/4	WIESE, JODY	5303	57:43.137	11:32	18:33	+00:05:15	96/99	31/32	PONOKA