

Overall Gender Results

5K - 3.1 Miles

Female

| Gender | Name | Bib# | Time | Pace/K | Pace/M | Category | Cat | O/A | City |
|--------|------------------------|------|-----------|--------|--------|----------|-------|-------|-----------------|
| 1/67 | SCHIMMEL, JESS | 5280 | 22:52.455 | 04:34 | 07:21 | 5K30-39F | 1/12 | 5/99 | LACOMBE, AB |
| 2/67 | SCHULTZ, BRIGITTE | 5282 | 23:48.529 | 04:45 | 07:39 | 5K13&UF | 1/14 | 10/99 | BASHAW, AB |
| 3/67 | VESSEY, LUCY | 5300 | 24:24.340 | 04:52 | 07:50 | 5K14-19F | 1/15 | 12/99 | ALIX, AB |
| 4/67 | ARCHIBALD, DANIELLE | 5213 | 24:44.637 | 04:56 | 07:57 | 5K14-19F | 2/15 | 14/99 | CLIVE, AB |
| 5/67 | SIMPSON, EMILY | 5284 | 25:23.016 | 05:04 | 08:09 | 5K13&UF | 2/14 | 15/99 | PONOKA, AB |
| 6/67 | CORNELSSSEN, BRIENNA | 5227 | 25:23.260 | 05:04 | 08:09 | 5K13&UF | 3/14 | 16/99 | PONOKA, AB |
| 7/67 | MCMILLAN, EMILY | 5269 | 27:13.371 | 05:26 | 08:45 | 5K20-29F | 1/5 | 18/99 | PONOKA, AB |
| 8/67 | COLE, CRYSTAL | 5225 | 27:35.634 | 05:31 | 08:52 | 5K30-39F | 2/12 | 19/99 | LACOMBE, AB |
| 9/67 | MCKNIGHT, KHLOE | 5310 | 27:54.694 | 05:34 | 08:58 | 5K14-19F | 3/15 | 20/99 | PONOKA, AB |
| 10/67 | CASEY, SERENITY | 5317 | 28:03.479 | 05:36 | 09:01 | 5K14-19F | 4/15 | 21/99 | PONOKA, AB |
| 11/67 | TOPHAM, BRAELYN | 5294 | 28:14.167 | 05:38 | 09:04 | 5K13&UF | 4/14 | 22/99 | PONOKA, AB |
| 12/67 | SCHUMACHER, AVA | 5283 | 28:30.994 | 05:42 | 09:10 | 5K13&UF | 5/14 | 24/99 | PONOKA, AB |
| 13/67 | BIELNY, JENNIFER | 5217 | 28:31.580 | 05:42 | 09:10 | 5K30-39F | 3/12 | 25/99 | LACOMBE, AB |
| 14/67 | DITTMAR, LIVIA | 5232 | 29:17.963 | 05:51 | 09:25 | 5K13&UF | 6/14 | 28/99 | PONOKA, AB |
| 15/67 | YADLOS, CHLOE | 5308 | 29:19.042 | 05:51 | 09:25 | 5K14-19F | 5/15 | 29/99 | PONOKA, AB |
| 16/67 | CORDEL, JULES | 5226 | 29:29.356 | 05:53 | 09:28 | 5K13&UF | 7/14 | 30/99 | PONOKA, AB |
| 17/67 | CRIPPS, HARPER | 5229 | 29:29.846 | 05:53 | 09:29 | 5K13&UF | 8/14 | 31/99 | PONOKA, AB |
| 18/67 | PRITCHARD, REESE | 5277 | 29:42.853 | 05:56 | 09:33 | 5K13&UF | 9/14 | 33/99 | PONOKA, AB |
| 19/67 | VAN VLAANDEREN, JORDIN | 5298 | 29:43.181 | 05:56 | 09:33 | 5K20-29F | 2/5 | 34/99 | OLDS, AB |
| 20/67 | KOLEYAK, AUTUMN | 5253 | 29:50.424 | 05:58 | 09:35 | 5K13&UF | 10/14 | 36/99 | LACOMBE, AB |
| 21/67 | KOLEYAK, SARAH-LEE | 5255 | 29:55.277 | 05:59 | 09:37 | 5K40-49F | 1/10 | 37/99 | LACOMBE, AB |
| 22/67 | KNUTSON, DANICA | 5252 | 29:56.071 | 05:59 | 09:37 | 5K13&UF | 11/14 | 38/99 | PONOKA, AB |
| 23/67 | PORTERFIELD, JESSIE | 5316 | 29:57.899 | 05:59 | 09:38 | 5K13&UF | 12/14 | 39/99 | PONOKA, AB |
| 24/67 | GRAZIANO, NICOLE | 5320 | 30:18.713 | 06:03 | 09:44 | 5K30-39F | 4/12 | 40/99 | CALGARY, AB |
| 25/67 | NISEVIC, PAIGE | 5273 | 31:04.626 | 06:12 | 09:59 | 5K30-39F | 5/12 | 41/99 | LACOMBE, AB |
| 26/67 | DUVAL, WHITNEY | 5235 | 32:17.561 | 06:27 | 10:23 | 5K14-19F | 6/15 | 42/99 | TEES, AB |
| 27/67 | BEHM, KAYLEIGH | 5215 | 32:18.289 | 06:27 | 10:23 | 5K14-19F | 7/15 | 43/99 | PONOKA, AB |
| 28/67 | SIMPSON, CHLOE | 5223 | 32:18.478 | 06:27 | 10:23 | 5K14-19F | 8/15 | 44/99 | PONOKA, AB |
| 29/67 | BURKE, KENADIE | 5221 | 32:36.780 | 06:31 | 10:29 | 5K14-19F | 9/15 | 45/99 | PONOKA, AB |
| 30/67 | UFFELMAN, TEELA | 5296 | 32:46.977 | 06:33 | 10:32 | 5K30-39F | 6/12 | 46/99 | STETTLER, AB |
| 31/67 | SMITH, MIYAH | 5285 | 32:54.992 | 06:34 | 10:35 | 5K14-19F | 10/15 | 47/99 | PONOKA, AB |
| 32/67 | STEVENS, TERSHA | 5313 | 34:19.745 | 06:51 | 11:02 | 5K40-49F | 2/10 | 50/99 | STETTLER, AB |
| 33/67 | MCKINNEY, ADDISON | 5268 | 34:47.678 | 06:57 | 11:11 | 5K14-19F | 11/15 | 53/99 | PONOKA, AB |
| 34/67 | AMDAM, LIANE | 5212 | 34:50.466 | 06:58 | 11:12 | 5K50-59F | 1/7 | 54/99 | PONOKA, AB |
| 35/67 | BROOM, SARAH | 5220 | 34:58.588 | 06:59 | 11:14 | 5K40-49F | 3/10 | 56/99 | BENTLEY, AB |
| 36/67 | MERCER, JENNIFER | 5270 | 37:29.957 | 07:29 | 12:03 | 5K40-49F | 4/10 | 59/99 | LEDUC, AB |
| 37/67 | HARVEY-KEEPING, ROSINA | 5247 | 38:23.909 | 07:40 | 12:20 | 5K40-49F | 5/10 | 60/99 | WETASKIWIN, AB |
| 38/67 | ALBERS, ABBY | 5211 | 40:01.668 | 08:00 | 12:52 | 5K14-19F | 12/15 | 61/99 | WETASKIWIN, AB |
| 39/67 | ABT, JENNA | 5210 | 40:01.735 | 08:00 | 12:52 | 5K14-19F | 13/15 | 62/99 | PONOKA, AB |
| 40/67 | HUMMEL, MEGAN | 5250 | 40:16.477 | 08:03 | 12:57 | 5K20-29F | 3/5 | 63/99 | DRUMHELLER, AB |
| 41/67 | MILLAR, MONTANA | 5271 | 40:16.852 | 08:03 | 12:57 | 5K20-29F | 4/5 | 64/99 | SYLVAN LAKE, AB |
| 42/67 | GRIFFITHS, ELISHA | 5245 | 41:41.556 | 08:20 | 13:24 | 5K40-49F | 6/10 | 65/99 | PONOKA, AB |
| 43/67 | DITTMAR, TALINA | 5233 | 41:55.032 | 08:23 | 13:28 | 5K14-19F | 14/15 | 66/99 | PONOKA, AB |
| 44/67 | KOLEYAK, JAYLA | 5254 | 41:55.151 | 08:23 | 13:28 | 5K14-19F | 15/15 | 67/99 | LACOMBE, AB |
| 45/67 | GOODKEY, DARLA | 5244 | 42:16.242 | 08:27 | 13:35 | 5K30-39F | 7/12 | 68/99 | GADSBY, AB |
| 46/67 | DENNY, AUDRA | 5231 | 42:49.031 | 08:33 | 13:46 | 5K30-39F | 8/12 | 69/99 | BLACKFALDS, AB |
| 47/67 | MCKNIGHT, KYLEE | 5311 | 43:32.273 | 08:42 | 13:59 | 5K13&UF | 13/14 | 70/99 | PONOKA, AB |
| 48/67 | MCENTEE, HAZEL | 5266 | 44:09.773 | 08:49 | 14:12 | 5K13&UF | 14/14 | 73/99 | PONOKA, AB |
| 49/67 | MCENTEE, COLLEEN | 5325 | 44:10.382 | 08:50 | 14:12 | 5K30-39F | 9/12 | 75/99 | PONOKA, AB |
| 50/67 | MA-HEMINGSON, TINA | 5262 | 44:11.508 | 08:50 | 14:12 | 5K60+F | 1/4 | 76/99 | PONOKA, AB |
| 51/67 | CUTKNIFE, COURTENEY | 5230 | 44:36.798 | 08:55 | 14:20 | 5K30-39F | 10/12 | 77/99 | WETASKIWIN, AB |
| 52/67 | ARENDZ, ANN | 5214 | 44:59.156 | 08:59 | 14:27 | 5K60+F | 2/4 | 78/99 | PONOKA, AB |
| 53/67 | BLACKBIRD, GABRIELLE | 5323 | 45:01.497 | 09:00 | 14:28 | 5K50-59F | 2/7 | 80/99 | PONOKA, AB |
| 54/67 | SCHMIDT, KIM | 5281 | 47:12.934 | 09:26 | 15:10 | 5K40-49F | 7/10 | 81/99 | BENTLEY, AB |
| 55/67 | STEWART, DONNA | 5326 | 48:05.983 | 09:37 | 15:27 | 5K60+F | 3/4 | 82/99 | PONOKA, AB |

Overall Gender Results

5K - 3.1 Miles

Female

| Gender | Name | Bib# | Time | Pace/K | Pace/M | Category | Cat | O/A | City |
|--------|---------------------|------|-------------|--------|--------|----------|-------|-------|------------|
| 56/67 | TOMA, TIFFANY | 5318 | 48:54.791 | 09:46 | 15:43 | 5K30-39F | 11/12 | 83/99 | PONOKA, AB |
| 57/67 | WIERZBA, JANE | 5301 | 50:18.673 | 10:03 | 16:10 | 5K50-59F | 3/7 | 84/99 | PONOKA, AB |
| 58/67 | LOUIS, JADE | 5314 | 50:19.142 | 10:03 | 16:10 | 5K30-39F | 12/12 | 85/99 | PONOKA, AB |
| 59/67 | FERGUSON, HEATHER | 5237 | 52:26.383 | 10:29 | 16:51 | 5K50-59F | 4/7 | 86/99 | PONOKA, AB |
| 60/67 | CABAY, HEIDI | 5222 | 52:26.759 | 10:29 | 16:51 | 5K40-49F | 8/10 | 87/99 | PONOKA, AB |
| 61/67 | DELA CRUZ, LILIBETH | 5328 | 53:09.062 | 10:37 | 17:05 | 5K50-59F | 5/7 | 89/99 | PONOKA, AB |
| 62/67 | ESCUDERO, CELESTE | 5236 | 53:19.794 | 10:39 | 17:08 | 5K40-49F | 9/10 | 91/99 | PONOKA, AB |
| 63/67 | WILLIAMS, PRANORM | 5306 | 55:44.451 | 11:08 | 17:55 | 5K40-49F | 10/10 | 93/99 | PONOKA, AB |
| 64/67 | WIESE, MORGAN | 5304 | 57:42.271 | 11:32 | 18:33 | 5K20-29F | 5/5 | 94/99 | PONOKA, AB |
| 65/67 | WIESE, BRENDA | 5302 | 57:43.114 | 11:32 | 18:33 | 5K60+F | 4/4 | 95/99 | PONOKA, AB |
| 66/67 | ROWLAND, MARGARET | 5263 | 58:30.388 | 11:42 | 18:48 | 5K50-59F | 6/7 | 97/99 | RIMBEY, AB |
| 67/67 | HIRSCHKORN, AUDREY | 5249 | 1:11:30.450 | 14:18 | 22:59 | 5K50-59F | 7/7 | 99/99 | PONOKA, AB |

Male

| Gender | Name | Bib# | Time | Pace/K | Pace/M | Category | Cat | O/A | City |
|--------|-------------------------|------|-------------|--------|--------|----------|-----|-------|---------------|
| 1/32 | LAROCQUE, LANE | 5258 | 20:35.626 | 04:07 | 06:37 | 5K14-19M | 1/7 | 1/99 | MASKWACIS, AB |
| 2/32 | STEEVES, JOSIAH | 5290 | 21:06.530 | 04:13 | 06:47 | 5K14-19M | 2/7 | 2/99 | LACOMBE, AB |
| 3/32 | LOVESETH, GUS | 5260 | 21:50.266 | 04:22 | 07:01 | 5K13&UM | 1/7 | 3/99 | PONOKA, AB |
| 4/32 | SORENSEN, EASTON | 5287 | 22:39.551 | 04:31 | 07:17 | 5K14-19M | 3/7 | 4/99 | PONOKA, AB |
| 5/32 | WILLIAMS, RYEN | 5307 | 23:04.066 | 04:36 | 07:25 | 5K14-19M | 4/7 | 6/99 | PONOKA, AB |
| 6/32 | HINTON, ZACHARY | 5248 | 23:04.842 | 04:36 | 07:25 | 5K14-19M | 5/7 | 7/99 | RIMBEY, AB |
| 7/32 | LYNN, HUDSON | 5261 | 23:38.874 | 04:43 | 07:36 | 5K13&UM | 2/7 | 8/99 | STETTLER, AB |
| 8/32 | LAROCQUE, JOSHUA | 5257 | 23:42.831 | 04:44 | 07:37 | 5K30-39M | 1/3 | 9/99 | MASKWACIS, AB |
| 9/32 | TOPHAM, AUSTIN | 5293 | 24:19.232 | 04:51 | 07:49 | 5K14-19M | 6/7 | 11/99 | PONOKA, AB |
| 10/32 | TOPHAM, TREVOR | 5295 | 24:40.347 | 04:56 | 07:55 | 5K40-49M | 1/8 | 13/99 | PONOKA, AB |
| 11/32 | FOOT, GRAHAM | 5240 | 26:43.769 | 05:20 | 08:35 | 5K40-49M | 2/8 | 17/99 | PONOKA, AB |
| 12/32 | STEEVES, BRAD | 5289 | 28:20.775 | 05:40 | 09:06 | 5K40-49M | 3/8 | 23/99 | LACOMBE, AB |
| 13/32 | MCCLURE, MAVERICK | 5264 | 28:41.564 | 05:44 | 09:13 | 5K13&UM | 3/7 | 26/99 | PONOKA, AB |
| 14/32 | STEVENS, QUINN | 5291 | 29:01.605 | 05:48 | 09:20 | 5K13&UM | 4/7 | 27/99 | STETTLER, AB |
| 15/32 | VEMULA, SAI | 5299 | 29:40.743 | 05:56 | 09:32 | 5K30-39M | 2/3 | 32/99 | PONOKA, AB |
| 16/32 | BOYKO, JOSHUA | 5218 | 29:45.009 | 05:57 | 09:33 | 5K40-49M | 4/8 | 35/99 | PONOKA, AB |
| 17/32 | GRIFFITHS, STEVE | 5246 | 32:57.688 | 06:35 | 10:35 | 5K40-49M | 5/8 | 48/99 | PONOKA, AB |
| 18/32 | CINQ-MARS, CONNOR | 5224 | 33:59.046 | 06:47 | 10:55 | 5K20-29M | 1/2 | 49/99 | EDMONTON, AB |
| 19/32 | KRAMER, KENT | 5321 | 34:21.288 | 06:52 | 11:02 | 5K50-59M | 1/1 | 51/99 | PONOKA, AB |
| 20/32 | LANDRY, GRAEDY | 5256 | 34:45.348 | 06:57 | 11:10 | 5K14-19M | 7/7 | 52/99 | PONOKA, AB |
| 21/32 | BOYKO, REUBEN | 5219 | 34:54.287 | 06:58 | 11:13 | 5K13&UM | 5/7 | 55/99 | PONOKA, AB |
| 22/32 | SIENNICKI, NICHOLAS | 5319 | 36:06.849 | 07:13 | 11:36 | 5K30-39M | 3/3 | 57/99 | CALGARY, AB |
| 23/32 | FOOT, GRAYSON | 5241 | 36:41.559 | 07:20 | 11:47 | 5K13&UM | 6/7 | 58/99 | PONOKA, AB |
| 24/32 | MCKNIGHT, MIKE | 5312 | 43:34.218 | 08:42 | 14:00 | 5K40-49M | 6/8 | 71/99 | PONOKA, AB |
| 25/32 | MCENTEE, NATHAN | 5267 | 44:09.582 | 08:49 | 14:11 | 5K40-49M | 7/8 | 72/99 | PONOKA, AB |
| 26/32 | VAN PELT, DEREK | 5297 | 44:10.076 | 08:50 | 14:12 | 5K20-29M | 2/2 | 74/99 | PONOKA, AB |
| 27/32 | SARRAZIN, MARK | 5324 | 45:00.561 | 09:00 | 14:28 | 5K40-49M | 8/8 | 79/99 | PONOKA, AB |
| 28/32 | FERGUSON, KEVIN | 5238 | 52:27.694 | 10:29 | 16:52 | 5K60+M | 1/4 | 88/99 | PONOKA, AB |
| 29/32 | ESCUDERO, MARCUS MIGUEL | 5315 | 53:19.703 | 10:39 | 17:08 | 5K13&UM | 7/7 | 90/99 | PONOKA, AB |
| 30/32 | WILLIAMS, DON | 5305 | 55:13.232 | 11:02 | 17:45 | 5K60+M | 2/4 | 92/99 | PONOKA, AB |
| 31/32 | WIESE, JODY | 5303 | 57:43.137 | 11:32 | 18:33 | 5K60+M | 3/4 | 96/99 | PONOKA, AB |
| 32/32 | COWAN, RON | 5228 | 1:11:28.339 | 14:17 | 22:58 | 5K60+M | 4/4 | 98/99 | PONOKA, AB |