

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

## Category Results

5K - 3.1 Miles  
127 Finishers

## 5K09&amp;U - 4 Competitors

| Cat/PI | Name             | Bib # | Time      | Pace/K | Pace/M | OA/PI   | Offset    | City    |
|--------|------------------|-------|-----------|--------|--------|---------|-----------|---------|
| 1/4    | ROBINSON, POPPY  | 496   | 37:25.158 | 07:29  | 12:01  | 74/127  | +00:00:00 | CALGARY |
| 2/4    | GROENLAND, ELLE  | 438   | 39:06.382 | 07:49  | 12:34  | 88/127  | +00:01:41 | CALGARY |
| 3/4    | STEBBING, ELIZE  | 548   | 47:00.962 | 09:24  | 15:07  | 105/127 | +00:09:35 | CALGARY |
| 4/4    | DULMAGE, EMMYLOU | 424   | 47:26.112 | 09:29  | 15:15  | 109/127 | +00:10:00 | CALGARY |

## 5K10-14 - 6 Competitors

| Cat/PI | Name              | Bib # | Time      | Pace/K | Pace/M | OA/PI   | Offset    | City    |
|--------|-------------------|-------|-----------|--------|--------|---------|-----------|---------|
| 1/6    | LY, GIA           | 460   | 26:50.067 | 05:22  | 08:37  | 23/127  | +00:00:00 | CALGARY |
| 2/6    | SUTHERLAND, NORAH | 511   | 36:08.423 | 07:13  | 11:37  | 68/127  | +00:09:18 | CALGARY |
| 3/6    | FOWLER, TALIA     | 431   | 36:31.882 | 07:18  | 11:44  | 71/127  | +00:09:41 | CALGARY |
| 4/6    | POOLE, KEIRA      | 492   | 45:34.340 | 09:06  | 14:39  | 103/127 | +00:18:44 | CALGARY |
| 5/6    | DULMAGE, SAIRSE   | 425   | 47:22.056 | 09:28  | 15:13  | 108/127 | +00:20:31 | CALGARY |
| 6/6    | HASS, EMILY       | 444   | 58:34.920 | 11:42  | 18:50  | 120/127 | +00:31:44 | CALGARY |

## 5K15-19 - 13 Competitors

| Cat/PI | Name                  | Bib # | Time      | Pace/K | Pace/M | OA/PI  | Offset    | City     |
|--------|-----------------------|-------|-----------|--------|--------|--------|-----------|----------|
| 1/13   | ASTRIDGE, ROBYN       | 403   | 19:19.261 | 03:51  | 06:12  | 1/127  | +00:00:00 | CALGARY  |
| 2/13   | BEACH, GRACE          | 543   | 19:27.561 | 03:53  | 06:15  | 2/127  | +00:00:08 | COCHRANE |
| 3/13   | LEISHMAN, SUNNIE      | 458   | 19:44.622 | 03:56  | 06:20  | 3/127  | +00:00:25 | CALGARY  |
| 4/13   | PADRON MILES, LOURDES | 485   | 21:35.058 | 04:19  | 06:56  | 6/127  | +00:02:15 | CALGARY  |
| 5/13   | MACMILLAN, CATRIONA   | 461   | 22:58.213 | 04:35  | 07:23  | 8/127  | +00:03:38 | CALGARY  |
| 6/13   | TARASOFF, SUMMER      | 512   | 24:05.288 | 04:49  | 07:44  | 11/127 | +00:04:46 | CALGARY  |
| 7/13   | ZUNIGA, MARIANA       | 528   | 24:53.640 | 04:58  | 08:00  | 12/127 | +00:05:34 | CALGARY  |
| 8/13   | XIA, WENDY            | 524   | 25:41.336 | 05:08  | 08:15  | 17/127 | +00:06:22 | CALGARY  |
| 9/13   | COUTTS, CHELSEA       | 416   | 26:28.326 | 05:17  | 08:30  | 22/127 | +00:07:09 | CALGARY  |
| 10/13  | KOE, AVA              | 542   | 27:01.115 | 05:24  | 08:41  | 27/127 | +00:07:41 | CALGARY  |
| 11/13  | YU, GRACE             | 526   | 32:02.449 | 06:24  | 10:18  | 49/127 | +00:12:43 | CALGARY  |
| 12/13  | TAYLOR, CAITLIN       | 514   | 33:32.866 | 06:42  | 10:47  | 55/127 | +00:14:13 | CALGARY  |
| 13/13  | KALASHNIKOVA, OLGA    | 452   | 36:09.102 | 07:13  | 11:37  | 69/127 | +00:16:49 | CALGARY  |

## 5K20-29 - 18 Competitors

| Cat/PI | Name                   | Bib # | Time      | Pace/K | Pace/M | OA/PI   | Offset    | City       |
|--------|------------------------|-------|-----------|--------|--------|---------|-----------|------------|
| 1/18   | MOLNAR, CHELDYNN       | 544   | 21:17.057 | 04:15  | 06:50  | 5/127   | +00:00:00 | STRATHMORE |
| 2/18   | MOLNAR, SYDNEE         | 473   | 26:00.345 | 05:12  | 08:21  | 19/127  | +00:04:43 | STRATHMORE |
| 3/18   | SHAW, VICTORIA         | 501   | 27:32.709 | 05:30  | 08:51  | 30/127  | +00:06:15 | CALGARY    |
| 4/18   | ELLISON, KAYLA         | 427   | 29:48.832 | 05:57  | 09:35  | 38/127  | +00:08:31 | CALGARY    |
| 5/18   | PERORAMAS, KANDACE     | 488   | 30:25.651 | 06:05  | 09:47  | 40/127  | +00:09:08 | CALGARY    |
| 6/18   | BRANDT, NATASHA        | 411   | 31:03.667 | 06:12  | 09:59  | 42/127  | +00:09:46 | CALGARY    |
| 7/18   | GUIMET, ISABELLA       | 441   | 31:29.494 | 06:17  | 10:07  | 45/127  | +00:10:12 | CALGARY    |
| 8/18   | HUSEYNOV, IRANA        | 449   | 31:31.161 | 06:18  | 10:08  | 46/127  | +00:10:14 | CALGARY    |
| 9/18   | NIEVES, LEE            | 481   | 31:47.237 | 06:21  | 10:13  | 47/127  | +00:10:30 | CALGARY    |
| 10/18  | VITO, ZARA             | 518   | 32:15.338 | 06:27  | 10:22  | 50/127  | +00:10:58 | CALGARY    |
| 11/18  | LEWINGTON, REAGAN      | 459   | 32:25.721 | 06:29  | 10:25  | 51/127  | +00:11:08 | CALGARY    |
| 12/18  | EWING, SYDNEY          | 428   | 32:29.305 | 06:29  | 10:26  | 52/127  | +00:11:12 | CALGARY    |
| 13/18  | CORDEIRO, ASHLEY       | 415   | 36:05.426 | 07:13  | 11:36  | 66/127  | +00:14:48 | CALGARY    |
| 14/18  | CAMPOS, LORENA         | 412   | 38:25.672 | 07:41  | 12:21  | 83/127  | +00:17:08 | CALGARY    |
| 15/18  | MIGRINO, LAUREN        | 469   | 38:27.638 | 07:41  | 12:22  | 84/127  | +00:17:10 | CALGARY    |
| 16/18  | NEYEDLY, JULIA         | 479   | 38:46.037 | 07:45  | 12:27  | 86/127  | +00:17:28 | EDMONTON   |
| 17/18  | BRABBINS, EMILY        | 410   | 39:26.262 | 07:53  | 12:40  | 90/127  | +00:18:09 | CALGARY    |
| 18/18  | YOUNG-MACNEILL, KEYARA | 525   | 43:15.730 | 08:39  | 13:54  | 100/127 | +00:21:58 | RED DEER   |

## 5K30-39 - 27 Competitors

| Cat/PI | Name                     | Bib # | Time      | Pace/K | Pace/M | OA/PI  | Offset    | City        |
|--------|--------------------------|-------|-----------|--------|--------|--------|-----------|-------------|
| 1/27   | TAYLOR, MELANIE          | 531   | 23:48.628 | 04:45  | 07:39  | 10/127 | +00:00:00 | CALGARY     |
| 2/27   | VERBONAC, KIERA          | 516   | 25:15.224 | 05:03  | 08:07  | 14/127 | +00:01:26 | CALGARY     |
| 3/27   | ZEMLIANAIA, ALINA        | 527   | 26:10.327 | 05:14  | 08:24  | 21/127 | +00:02:21 | CALGARY     |
| 4/27   | LEE, CAMILLE             | 457   | 26:50.124 | 05:22  | 08:37  | 24/127 | +00:03:01 | CALGARY     |
| 5/27   | CHAN, EVE                | 414   | 26:53.099 | 05:22  | 08:38  | 25/127 | +00:03:04 | CALGARY     |
| 6/27   | SHILLETTO, EMILY         | 503   | 26:56.053 | 05:23  | 08:39  | 26/127 | +00:03:07 | CALGARY     |
| 7/27   | MORALES SILVA, BERENICE  | 474   | 27:16.021 | 05:27  | 08:46  | 29/127 | +00:03:27 | MÉXICO D.F. |
| 8/27   | ROOKS, JULIA             | 537   | 28:22.301 | 05:40  | 09:07  | 31/127 | +00:04:33 | CALGARY     |
| 9/27   | HONOROSKI, KYLIE         | 448   | 28:23.053 | 05:40  | 09:07  | 32/127 | +00:04:34 | CALGARY     |
| 10/27  | RICHARDSON-PRAGER, JENNA | 529   | 28:47.946 | 05:45  | 09:15  | 33/127 | +00:04:59 | CALGARY     |
| 11/27  | GRANT, VALERIE           | 437   | 29:15.059 | 05:51  | 09:24  | 35/127 | +00:05:26 | CALGARY     |
| 12/27  | SCHMIDT, ERIN            | 499   | 29:20.473 | 05:52  | 09:26  | 36/127 | +00:05:31 | CALGARY     |
| 13/27  | MESLER, RHIANNON         | 468   | 30:00.597 | 06:00  | 09:38  | 39/127 | +00:06:11 | CALGARY     |
| 14/27  | JOHNSON, HILARY          | 451   | 31:20.682 | 06:16  | 10:04  | 44/127 | +00:07:32 | CALGARY     |
| 15/27  | KU, ARIEL                | 455   | 33:14.912 | 06:38  | 10:41  | 53/127 | +00:09:26 | CALGARY     |

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

## Category Results

5K - 3.1 Miles  
127 Finishers

## 5K30-39 - 27 Competitors

| Cat/PI | Name              | Bib # | Time      | Pace/K | Pace/M | OA/PI   | Offset    | City       |
|--------|-------------------|-------|-----------|--------|--------|---------|-----------|------------|
| 16/27  | JOSEPHY, TATIANA  | 540   | 33:27.571 | 06:41  | 10:45  | 54/127  | +00:09:38 | CALGARY    |
| 17/27  | OSORIO, LUZ ELENA | 484   | 35:22.437 | 07:04  | 11:22  | 62/127  | +00:11:33 | CALGARY    |
| 18/27  | HARIDAS, SHARON   | 442   | 37:02.375 | 07:24  | 11:54  | 72/127  | +00:13:13 | CALGARY    |
| 19/27  | ROBINSON, KESA    | 495   | 37:27.216 | 07:29  | 12:02  | 76/127  | +00:13:38 | CALGARY    |
| 20/27  | ZHANG, HAN        | 536   | 38:24.828 | 07:40  | 12:21  | 82/127  | +00:14:36 | CALGARY    |
| 21/27  | SMITH, STACY      | 506   | 41:35.957 | 08:19  | 13:22  | 96/127  | +00:17:47 | CALGARY    |
| 22/27  | BENT, LAURA       | 408   | 42:11.114 | 08:26  | 13:33  | 98/127  | +00:18:22 | CALGARY    |
| 23/27  | LANE, ERIN        | 456   | 45:34.762 | 09:06  | 14:39  | 104/127 | +00:21:46 | CALGARY    |
| 24/27  | SPRAGUE, LINDSEY  | 508   | 48:43.876 | 09:44  | 15:40  | 111/127 | +00:24:55 | EDMONTON   |
| 25/27  | ROWSSELL, KYLA    | 498   | 48:43.925 | 09:44  | 15:40  | 112/127 | +00:24:55 | COCHRANE   |
| 26/27  | SOKUL, NIKKI      | 507   | 51:56.812 | 10:23  | 16:42  | 116/127 | +00:28:08 | CALGARY    |
| 27/27  | NICE, CHANTAL     | 487   | 59:10.686 | 11:50  | 19:01  | 121/127 | +00:35:22 | ROCKY VIEW |

## 5K40-49 - 30 Competitors

| Cat/PI | Name                | Bib # | Time        | Pace/K | Pace/M | OA/PI   | Offset    | City    |
|--------|---------------------|-------|-------------|--------|--------|---------|-----------|---------|
| 1/30   | GILLIES, BROOKE     | 539   | 22:34.800   | 04:30  | 07:15  | 7/127   | +00:00:00 | CALGARY |
| 2/30   | MIRANDA, ROSSE      | 471   | 23:17.268   | 04:39  | 07:29  | 9/127   | +00:00:42 | CALGARY |
| 3/30   | GARRETSON, JILL     | 433   | 25:35.570   | 05:07  | 08:13  | 16/127  | +00:03:00 | CALGARY |
| 4/30   | AUGUSTIN, ADRIENNE  | 404   | 25:42.131   | 05:08  | 08:15  | 18/127  | +00:03:07 | CALGARY |
| 5/30   | SHEEHAN, SONIA      | 502   | 26:02.170   | 05:12  | 08:22  | 20/127  | +00:03:27 | CALGARY |
| 6/30   | DILLABOUGH, JESSICA | 421   | 29:10.724   | 05:50  | 09:22  | 34/127  | +00:06:35 | CALGARY |
| 7/30   | WILCZEK, LISA       | 522   | 33:35.750   | 06:43  | 10:48  | 56/127  | +00:11:00 | CALGARY |
| 8/30   | TAYLOR, ALICIA      | 513   | 33:48.382   | 06:45  | 10:52  | 57/127  | +00:11:13 | CALGARY |
| 9/30   | CARMONA, TANYA      | 413   | 34:08.890   | 06:49  | 10:58  | 58/127  | +00:11:34 | CALGARY |
| 10/30  | BLACK, JENNIFER     | 409   | 34:09.337   | 06:49  | 10:58  | 59/127  | +00:11:34 | CALGARY |
| 11/30  | MAK, CHRISTINE      | 464   | 34:45.106   | 06:57  | 11:10  | 60/127  | +00:12:10 | CALGARY |
| 12/30  | COWIE, HEATHER      | 418   | 35:39.757   | 07:07  | 11:28  | 65/127  | +00:13:04 | CALGARY |
| 13/30  | SUTHERLAND, CARRIE  | 510   | 36:08.374   | 07:13  | 11:37  | 67/127  | +00:13:33 | CALGARY |
| 14/30  | FOWLER, LESLIE      | 430   | 36:31.836   | 07:18  | 11:44  | 70/127  | +00:13:57 | CALGARY |
| 15/30  | ROE, AMY            | 497   | 37:07.228   | 07:25  | 11:56  | 73/127  | +00:14:32 | CALGARY |
| 16/30  | EIKE, PAM           | 426   | 37:48.866   | 07:33  | 12:09  | 78/127  | +00:15:14 | CALGARY |
| 17/30  | MAHANEY, MARGARET   | 462   | 38:07.177   | 07:37  | 12:15  | 80/127  | +00:15:32 | CALGARY |
| 18/30  | MURPHY, LEIGH       | 475   | 38:14.564   | 07:38  | 12:17  | 81/127  | +00:15:39 | CALGARY |
| 19/30  | OBRYCKI, MELINDA    | 483   | 38:46.717   | 07:45  | 12:28  | 87/127  | +00:16:11 | CALGARY |
| 20/30  | GROENLAND, RENEE    | 439   | 39:06.568   | 07:49  | 12:34  | 89/127  | +00:16:31 | CALGARY |
| 21/30  | WICKHAM, MICHELLE   | 521   | 40:58.412   | 08:11  | 13:10  | 94/127  | +00:18:23 | CALGARY |
| 22/30  | HAWKER, JILL        | 445   | 43:49.738   | 08:45  | 14:05  | 101/127 | +00:21:14 | CALGARY |
| 23/30  | STEBBING, NATALIE   | 509   | 47:03.002   | 09:24  | 15:07  | 106/127 | +00:24:28 | CALGARY |
| 24/30  | MCLEAN, KATHERINE   | 467   | 47:06.566   | 09:25  | 15:08  | 107/127 | +00:24:31 | CALGARY |
| 25/30  | DULMAGE, ALLISON    | 423   | 47:27.590   | 09:29  | 15:15  | 110/127 | +00:24:52 | CALGARY |
| 26/30  | WONG, WAN LING      | 532   | 49:38.368   | 09:55  | 15:57  | 114/127 | +00:27:03 | CALGARY |
| 27/30  | WYLIE, DEANNA       | 523   | 51:15.303   | 10:15  | 16:28  | 115/127 | +00:28:40 | CALGARY |
| 28/30  | BARICH, JESSICA     | 406   | 52:57.493   | 10:35  | 17:01  | 117/127 | +00:30:22 | AIRDRIE |
| 29/30  | MANTEN, CATHY       | 519   | 59:11.224   | 11:50  | 19:01  | 122/127 | +00:36:36 | CALGARY |
| 30/30  | HIGGINS, LINDA MAE  | 446   | 1:01:02.317 | 12:12  | 19:37  | 124/127 | +00:38:27 | CALGARY |

## 5K50-59 - 17 Competitors

| Cat/PI | Name                 | Bib # | Time        | Pace/K | Pace/M | OA/PI   | Offset    | City        |
|--------|----------------------|-------|-------------|--------|--------|---------|-----------|-------------|
| 1/17   | PATTERSON, JANICE    | 486   | 20:51.136   | 04:10  | 06:42  | 4/127   | +00:00:00 | CALGARY     |
| 2/17   | VERBONAC, MARIA      | 517   | 27:05.357   | 05:25  | 08:42  | 28/127  | +00:06:14 | CALGARY     |
| 3/17   | TOOTH, CAROLYNN      | 515   | 30:55.863   | 06:11  | 09:56  | 41/127  | +00:10:04 | CALGARY     |
| 4/17   | DART, KIMBERLEY      | 419   | 31:20.190   | 06:16  | 10:04  | 43/127  | +00:10:29 | CALGARY     |
| 5/17   | GU, ZHONG            | 440   | 31:53.891   | 06:22  | 10:15  | 48/127  | +00:11:02 | CALGARY     |
| 6/17   | KOE, CARLA           | 534   | 34:55.647   | 06:59  | 11:13  | 61/127  | +00:14:04 | CALGARY     |
| 7/17   | DITTMER-KLAUS, ANGIE | 422   | 35:38.282   | 07:07  | 11:27  | 63/127  | +00:14:47 | CALGARY     |
| 8/17   | MCDONALD, SHAWNA     | 466   | 38:04.998   | 07:37  | 12:14  | 79/127  | +00:17:13 | CHESTERMERE |
| 9/17   | NEYEDLY, JACQUELINE  | 478   | 38:45.849   | 07:45  | 12:27  | 85/127  | +00:17:54 | CALGARY     |
| 10/17  | COWARD, JOANNA       | 417   | 39:31.435   | 07:54  | 12:42  | 91/127  | +00:18:40 | CALGARY     |
| 11/17  | JIMENEZ, JENNIFER    | 450   | 40:04.906   | 08:00  | 12:53  | 93/127  | +00:19:13 | CALGARY     |
| 12/17  | GIBNEY, HOLLY        | 435   | 40:58.835   | 08:11  | 13:10  | 95/127  | +00:20:07 | CALGARY     |
| 13/17  | MILLARD, DIDI        | 546   | 43:00.918   | 08:36  | 13:49  | 99/127  | +00:22:09 | CALGARY     |
| 14/17  | PIGOTT-HASS, PENNY   | 490   | 58:34.850   | 11:42  | 18:50  | 119/127 | +00:37:43 | CALGARY     |
| 15/17  | SHADE, LOUISE        | 500   | 1:00:02.245 | 12:00  | 19:18  | 123/127 | +00:39:11 | CALGARY     |
| 16/17  | GERVAIS, CHRISTINA   | 434   | 1:04:42.019 | 12:56  | 20:48  | 126/127 | +00:43:50 | CALGARY     |
| 17/17  | BURNETT, DEBBRA      | 541   | 1:04:43.805 | 12:56  | 20:48  | 127/127 | +00:43:52 | CALGARY     |

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

## Category Results

5K - 3.1 Miles  
127 Finishers

## 5K60-69 - 9 Competitors

| Cat/PI | Name                    | Bib # | Time        | Pace/K | Pace/M | OA/PI   | Offset    | City    |
|--------|-------------------------|-------|-------------|--------|--------|---------|-----------|---------|
| 1/9    | KATCHMAR, DOREEN        | 453   | 24:58.701   | 04:59  | 08:01  | 13/127  | +00:00:00 | CALGARY |
| 2/9    | MCCAFFREY, JANICE       | 465   | 25:32.899   | 05:06  | 08:12  | 15/127  | +00:00:34 | CALGARY |
| 3/9    | NOWORYTA-FRIDMAN, KASIA | 482   | 29:42.858   | 05:56  | 09:33  | 37/127  | +00:04:44 | CALGARY |
| 4/9    | SKENE, CATHERINE        | 505   | 35:39.100   | 07:07  | 11:27  | 64/127  | +00:10:40 | CALGARY |
| 5/9    | MURPHY, SUSAN           | 476   | 37:26.490   | 07:29  | 12:02  | 75/127  | +00:12:27 | CALGARY |
| 6/9    | SINCLAIR, SARAH         | 504   | 37:34.086   | 07:30  | 12:04  | 77/127  | +00:12:35 | CALGARY |
| 7/9    | PODGORSKI, MARY-ANN     | 545   | 44:04.884   | 08:48  | 14:10  | 102/127 | +00:19:06 | CALGARY |
| 8/9    | MIGRINO, RAQUEL         | 470   | 56:32.693   | 11:18  | 18:10  | 118/127 | +00:31:33 | CALGARY |
| 9/9    | HIGGINS, RUBINA         | 447   | 1:01:03.770 | 12:12  | 19:38  | 125/127 | +00:36:05 | CALGARY |

## 5K70-79 - 2 Competitors

| Cat/PI | Name             | Bib # | Time      | Pace/K | Pace/M | OA/PI   | Offset    | City    |
|--------|------------------|-------|-----------|--------|--------|---------|-----------|---------|
| 1/2    | KENT, ADELE      | 454   | 39:32.864 | 07:54  | 12:42  | 92/127  | +00:00:00 | CALGARY |
| 2/2    | MURPHY, MARIANNE | 547   | 49:29.930 | 09:53  | 15:54  | 113/127 | +00:09:57 | CALGARY |

## 5K80+ - 1 Competitors

| Cat/PI | Name                 | Bib # | Time      | Pace/K | Pace/M | OA/PI  | Offset    | City    |
|--------|----------------------|-------|-----------|--------|--------|--------|-----------|---------|
| 1/1    | WHITE, MARY MADELINE | 520   | 42:07.247 | 08:25  | 13:32  | 97/127 | +00:00:00 | CALGARY |