

OA/PI = Overall Placing  
 Cat/PI = Category Placing  
 Gen/PI = Overall Gender Placing

Category Award Results  
**TOP 3 In Category**

**10K Run - 6.21 Miles**  
**257 Finishers**

**10K19&UF (Female) - 2 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/2	WOU, MEGAN	302	01:03:03.91	06:18	+00:00:00	161/257	52/119	CALGARY
2/2	KARPIAK, SHELBY	102	01:12:15.43	07:13	+00:09:11	207/257	80/119	CALGARY

**10K19&UM (Male) - 8 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/8	PEREZ, PATRICK	324	00:44:33.22	04:27	+00:00:00	30/257	27/138	CALGARY
2/8	BALARAMAN, KOWSHIK	8	00:55:41.86	05:34	+00:11:08	107/257	79/138	CALGARY
3/8	KENNEDY, JOSH	104	00:59:45.70	05:58	+00:15:12	140/257	100/138	STRATHMORE

**10K20-29F (Female) - 13 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/13	LAM, CHRISTINA	118	00:51:11.64	05:07	+00:00:00	63/257	12/119	CALGARY
2/13	DITTRICH, ALEX	49	00:52:21.14	05:14	+00:01:09	72/257	14/119	CALGARY
3/13	WILSON, LAURA	246	00:53:19.16	05:19	+00:02:07	81/257	17/119	FORT MCMURRAY

**10K20-29M (Male) - 21 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/21	BRETT, ALLAN	23	00:33:14.76	03:19	+00:00:00	1/257	1/138	CALGARY
2/21	ROSS, KYLE	209	00:38:12.82	03:49	+00:04:58	8/257	8/138	CALGARY
3/21	ONG, SIMON (WENG)	183	00:40:00.67	04:00	+00:06:45	13/257	12/138	CALGARY

**10K30-39F (Female) - 48 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/48	FAHME, MANUELA	58	00:43:27.23	04:20	+00:00:00	28/257	3/119	CALGARY
2/48	JONES, RACHEL	314	00:46:46.15	04:40	+00:03:18	36/257	4/119	CALGARY
3/48	BENSON, STACEY	305	00:49:45.55	04:58	+00:06:18	55/257	8/119	CALGARY

**10K30-39M (Male) - 34 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/34	ONSARE, BERNARD	182	00:34:12.06	03:25	+00:00:00	2/257	2/138	CALGARY
2/34	CHAFE, DAVID	306	00:34:43.67	03:28	+00:00:31	4/257	4/138	CALGARY
3/34	MCILROY, TREVOR	345	00:36:14.16	03:37	+00:02:02	6/257	6/138	LETHBRIDGE

**10K40-49F (Female) - 30 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/30	BUHLERS, DEBORAH	27	00:39:20.61	03:56	+00:00:00	11/257	1/119	CALGARY
2/30	SUTHERLAND, ANDRIA	328	00:42:40.59	04:16	+00:03:19	24/257	2/119	CALGARY
3/30	HALPRIN, DANYAEL	264	00:47:32.21	04:45	+00:08:11	42/257	5/119	CALGARY

**10K40-49M (Male) - 34 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/34	BRADFORD, KEITH	254	00:34:27.74	03:26	+00:00:00	3/257	3/138	CALGARY
2/34	KRAR, JEFF	108	00:35:10.14	03:31	+00:00:42	5/257	5/138	CALGARY
3/34	HEHR, NEIL	90	00:40:51.83	04:05	+00:06:24	14/257	13/138	COCHRANE

**10K50-59F (Female) - 18 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/18	PLAVA, LILIANA	278	00:48:04.87	04:48	+00:00:00	45/257	6/119	CALGARY
2/18	ARMOUR, NANCY	6	00:53:11.22	05:19	+00:05:06	80/257	16/119	CALGARY
3/18	MOORE, DONNA	164	00:53:40.42	05:22	+00:05:35	85/257	20/119	AIRDRIE

**10K50-59M (Male) - 26 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/26	LINDLAND, KEVIN	133	00:38:24.99	03:50	+00:00:00	9/257	9/138	CALGARY
2/26	EVANS, DOUG	56	00:41:07.19	04:06	+00:02:42	16/257	15/138	CANMORE
3/26	SPAKOWSKI, GEORGE	342	00:42:08.73	04:12	+00:03:43	21/257	20/138	COCHRANE

**10K60-69F (Female) - 5 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/5	RABY, JODY	300	00:55:58.04	05:35	+00:00:00	109/257	29/119	CALGARY
2/5	STRETCH, BETTI	226	01:06:55.21	06:41	+00:10:57	186/257	65/119	CALGARY
3/5	KLASSEN, KIMBERLEY	269	01:07:04.68	06:42	+00:11:06	188/257	67/119	CALGARY

**10K60-69M (Male) - 12 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/12	LEE, DON	125	00:48:43.53	04:52	+00:00:00	47/257	41/138	CALGARY
2/12	KRAUS, HERM	294	00:54:17.35	05:25	+00:05:33	89/257	69/138	CALGARY
3/12	MANN, DON	145	00:54:43.37	05:28	+00:05:59	95/257	72/138	CALGARY

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Award Results

## TOP 3 In Category

## 10K Run - 6.21 Miles

## 257 Finishers

**10K70+F (Female) - 1 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/1	SAMUELSON, MARLENE	211	01:22:50.77	08:17	+00:00:00	241/257	107/119	CALGARY

**10K70+M (Male) - 1 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/1	COLLIVER, RAYMOND	307	01:15:09.97	07:30	+00:00:00	220/257	128/138	CALGARY

**10KSTROLLERF (Female) - 2 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/2	WHITNEY, NATALIE	707	00:54:34.22	05:27	+00:00:00	94/257	23/119	CALGARY
2/2	BROWN, LACEY	24	00:55:23.77	05:32	+00:00:49	104/257	27/119	CALGARY

**10KSTROLLERM (Male) - 2 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/2	MACDONALD, RICHARD	319	00:36:22.46	03:38	+00:00:00	7/257	7/138	CALGARY
2/2	MASSINA, SEAN	151	00:51:29.17	05:08	+00:15:06	68/257	56/138	CALGARY