

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
286 Finishers

5K19&UF (Female) - 27 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/27	BOUCHARD, ROSIE	656	00:19:40.16	03:56	+00:00:00	6/286	1/167	OKOTOKS
2/27	BERES, SYDNEY	654	00:21:39.56	04:19	+00:01:59	18/286	3/167	CALGARY
3/27	LAYCOCK RAYANNE,	782	00:21:53.54	04:22	+00:02:13	20/286	4/167	STARTHMORE

5K19&UM (Male) - 30 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/30	FALKENBERG, KEVIN	507	00:19:34.12	03:54	+00:00:00	5/286	5/119	CALGARY
2/30	ROSENEGGER, NOLAN	753	00:21:46.93	04:21	+00:02:12	19/286	16/119	CALGARY
3/30	MILNER, PATRICK	686	00:21:58.20	04:23	+00:02:24	21/286	17/119	CALGARY

5K20-29F (Female) - 26 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/26	SHORT, CARLY	621	00:21:12.04	04:14	+00:00:00	15/286	2/167	AIRDRIE
2/26	LEWIS, TARA	561	00:22:21.01	04:28	+00:01:08	24/286	5/167	CALGARY
3/26	AVERY, LAUREN	651	00:26:32.97	05:18	+00:05:20	64/286	19/167	CALGARY

5K20-29M (Male) - 14 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/14	RYNN, ISAAC	734	00:18:07.49	03:37	+00:00:00	1/286	1/119	CALGARY
2/14	CORMIER, RYAN	492	00:18:20.64	03:40	+00:00:13	2/286	2/119	CALGARY
3/14	WOOD, OLIVER	710	00:19:47.38	03:57	+00:01:39	7/286	6/119	NORTH VANCOUV

5K30-39F (Female) - 38 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/38	LEYDON, SHANNON	562	00:23:20.42	04:40	+00:00:00	31/286	6/167	CALGARY
2/38	BLY, MEREDITH	662	00:23:59.02	04:47	+00:00:38	39/286	8/167	CALGARY
3/38	SIT, GRACE	699	00:24:56.11	04:59	+00:01:35	50/286	13/167	CALGARY

5K30-39M (Male) - 18 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/18	TSUYUHARA, KUNIO	757	00:19:52.10	03:58	+00:00:00	8/286	7/119	CALGARY
2/18	STOCKDALE, JON	624	00:20:11.02	04:02	+00:00:18	10/286	9/119	CALGARY
3/18	O'GRADY, PAUL	588	00:22:34.48	04:30	+00:02:42	26/286	21/119	CALGARY

5K40-49F (Female) - 41 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/41	DONATO, ADRIANNA	497	00:24:01.09	04:48	+00:00:00	40/286	9/167	CALGARY
2/41	INGHAM, RACHAEL	540	00:24:27.14	04:53	+00:00:26	46/286	10/167	CALGARY.
3/41	BERES, ANDREA	653	00:24:41.98	04:56	+00:00:40	48/286	11/167	CALGARY

5K40-49M (Male) - 27 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/27	SARANTIS, ARI	754	00:19:31.86	03:54	+00:00:00	4/286	4/119	CALGARY
2/27	PARKER, PHILIP	591	00:19:57.26	03:59	+00:00:25	9/286	8/119	CALGARY
3/27	CLARKSON, CHRISTOPHER	741	00:20:53.30	04:10	+00:01:21	12/286	11/119	CALGARY

5K50-59F (Female) - 14 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/14	WONG, TINA	647	00:29:08.43	05:49	+00:00:00	89/286	33/167	CALGARY
2/14	AUSTERMAN, CORRINE	467	00:30:30.45	06:06	+00:01:22	103/286	44/167	OKOTOKS
3/14	MACDONALD, MAUREEN	774	00:32:37.20	06:31	+00:03:28	122/286	59/167	CALGARY

5K50-59M (Male) - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/10	MCDONNELL, MICHAEL	573	00:26:26.74	05:17	+00:00:00	63/286	45/119	CALGARY
2/10	CHATTEN, PAUL	484	00:29:28.59	05:53	+00:03:01	93/286	58/119	CALGARY
3/10	COWLARD, DEN	661	00:33:18.54	06:39	+00:06:51	126/286	65/119	CALGARY

5K60-69F (Female) - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/9	FREIBURGER, FRAN	512	00:33:27.11	06:41	+00:00:00	131/286	62/167	CALGARY
2/9	DUKE, GRACE	743	00:35:07.06	07:01	+00:01:39	152/286	77/167	AIRDRIE
3/9	MILLER, ROSEMARIE	578	00:37:11.00	07:26	+00:03:43	178/286	98/167	CALGARY

5K60-69M (Male) - 12 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/12	VAN GRONINGEN, JOHN	632	00:21:28.46	04:17	+00:00:00	17/286	15/119	CALGARY
2/12	MCKINNON, ROBERT	575	00:24:01.69	04:48	+00:02:33	41/286	32/119	CALGARY
3/12	PERLOW, RICHARD	752	00:24:29.16	04:53	+00:03:00	47/286	37/119	LETHBRIDGE

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Category Award Results

TOP 3 In Category

5K Run - 3.1 Miles

286 Finishers

5K70+F (Female) - 5 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/5	WHITE, MARYMADELINE	644	00:36:30.90	07:18	+00:00:00	167/286	88/167	CALGARY
2/5	PEGG, SHARON	594	00:39:25.60	07:53	+00:02:54	205/286	113/167	REDWOOD MEAD
3/5	GMAINER, DOROTHEA	760	00:50:22.39	10:04	+00:13:51	267/286	155/167	CALGARY
5K70+M (Male) - 3 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/3	LEGROW, BRUCE	557	00:25:56.67	05:11	+00:00:00	54/286	41/119	STEPHENVILLE
2/3	MCINTOSH, BOB	574	00:37:22.59	07:28	+00:11:25	180/286	81/119	CALGARY
3/3	NELSON, CHARLES	585	01:00:03.69	12:00	+00:34:07	284/286	118/119	CALGARY
5KSTROLLERF (Female) - 7 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/7	KING, SARAH	746	00:26:11.76	05:14	+00:00:00	57/286	15/167	CALGARY
2/7	HOLLAND, JENNIFER	674	00:32:10.63	06:26	+00:05:58	118/286	55/167	CALGARY
3/7	LOGAN, ANDRIA	726	00:32:55.66	06:35	+00:06:43	124/286	60/167	COCHRANE
5KSTROLLERM (Male) - 5 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/5	JANUSC, HERKYMANN	675	00:19:19.31	03:51	+00:00:00	3/286	3/119	OKOTOKS
2/5	COLBERT, GEORGE	719	00:27:11.76	05:26	+00:07:52	71/286	49/119	CALGARY
3/5	HOLLAND, ELLIOT	673	00:32:10.50	06:26	+00:12:51	117/286	63/119	CALGARY