

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
 336 Finishers

5K19&UF (Female) - 27 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/27	SANGHA, MANDEEP	516	00:21:52.78	04:22	+00:00:00	21/336	5/206	CALGARY
2/27	BERES, SYDNEY	54	00:24:05.27	04:49	+00:02:12	35/336	11/206	CALGARY
3/27	HEPPLE, ROWAN	260	00:26:26.77	05:17	+00:04:33	59/336	22/206	CALGARY

5K19&UM (Male) - 41 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/41	HEUVER, JACOB	263	00:19:04.48	03:48	+00:00:00	5/336	5/130	OKOTOKS
2/41	AMELINCKX, ERIK	17	00:19:56.58	03:59	+00:00:52	8/336	7/130	LETHBRIDGE
3/41	BARNOUW, GRAHAM	39	00:20:48.48	04:09	+00:01:44	10/336	9/130	CALGARY

5K20-29F (Female) - 26 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/26	VARTY, ALEXANDRIA	616	00:21:24.96	04:16	+00:00:00	17/336	3/206	CALGARY
2/26	GOULD, BECCA	230	00:21:26.04	04:17	+00:00:01	18/336	4/206	CALGARY
3/26	PRICE, SARAH	475	00:22:01.38	04:24	+00:00:36	23/336	6/206	CANMORE

5K20-29M (Male) - 19 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/19	LIBRE, NACHO	353	00:14:37.83	02:55	+00:00:00	1/336	1/130	CALGARY
2/19	VINEY, KEENAN	772	00:15:49.85	03:09	+00:01:12	2/336	2/130	CALGARY
3/19	CORMIER, RYAN	131	00:18:25.82	03:41	+00:03:47	3/336	3/130	CALGARY

5K30-39F (Female) - 57 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/57	SEVERS, STACEY	534	00:23:30.44	04:42	+00:00:00	31/336	8/206	CALGARY
2/57	HAMILTON INGLIS, JENNIFER	244	00:25:27.51	05:05	+00:01:57	43/336	15/206	CALGARY
3/57	HENDERSON, LAURA	257	00:25:37.51	05:07	+00:02:07	47/336	17/206	CALGARY

5K30-39M (Male) - 26 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/26	ADMUSSEN, RYAN	6	00:21:07.04	04:13	+00:00:00	13/336	11/130	CALGARY
2/26	WEI, CHENG	777	00:21:12.84	04:14	+00:00:05	16/336	14/130	CALGARY
3/26	MORTSON, DEREK	411	00:21:56.40	04:23	+00:00:49	22/336	17/130	CHESTERMERE

5K40-49F (Female) - 44 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/44	BOYLE, SHARI	71	00:19:23.02	03:52	+00:00:00	6/336	1/206	CALGARY
2/44	CAMBALIZA, KAREN	95	00:25:03.21	05:00	+00:05:40	41/336	13/206	CALGARY
3/44	WETHERELL, DAWNA	641	00:25:33.65	05:06	+00:06:10	45/336	16/206	CALGARY

5K40-49M (Male) - 16 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/16	IRONSIDE, TIM	286	00:20:14.09	04:02	+00:00:00	9/336	8/130	CALGARY
2/16	CAMPBELL, JOEL	99	00:21:11.63	04:14	+00:00:57	14/336	12/130	CALGARY
3/16	TRZOK, MLADEN	606	00:21:12.24	04:14	+00:00:58	15/336	13/130	CALGARY

5K50-59F (Female) - 28 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/28	BERES, ANDREA	53	00:24:35.67	04:55	+00:00:00	38/336	12/206	CALGARY
2/28	VERBONAC, MARIA	618	00:26:21.73	05:16	+00:01:46	57/336	21/206	CALGARY
3/28	ANDERSON, TRACY	685	00:26:44.54	05:20	+00:02:08	62/336	25/206	OKOTOKS

5K50-59M (Male) - 12 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/12	LUCIANO, JIMMY	361	00:23:22.87	04:40	+00:00:00	29/336	22/130	COCHRANE
2/12	CONSTABLE, BRUCE	125	00:23:38.64	04:43	+00:00:15	33/336	24/130	CALGARY
3/12	KARPIAK, DAVID	304	00:25:00.11	05:00	+00:01:37	40/336	28/130	COCHRANE

5K60-69F (Female) - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/8	PRICE, HEATHER	474	00:23:17.43	04:39	+00:00:00	28/336	7/206	CANMORE
2/8	ROONEY, BARBARA	758	00:25:11.60	05:02	+00:01:54	42/336	14/206	CALGARY
3/8	AITCHISON, SANDY	12	00:26:57.14	05:23	+00:03:39	63/336	26/206	CALGARY

5K60-69M (Male) - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/7	MCKINNON, ROBERT	388	00:24:39.98	04:55	+00:00:00	39/336	27/130	CALGARY
2/7	LAMONT, DOUG	331	00:26:24.83	05:16	+00:01:44	58/336	37/130	CALGARY
3/7	VANTYGHEM, JOHN	613	00:28:16.13	05:39	+00:03:36	70/336	40/130	CALGARY

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Category Award Results

TOP 3 In Category

5K Run - 3.1 Miles

336 Finishers

5K70+F (Female) - 5 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/5	WHITE, MARY MADELINE	643	00:38:49.91	07:45	+00:00:00	214/336	126/206	CALGARY
2/5	PEGG, SHARON	449	00:39:59.52	07:59	+00:01:09	234/336	139/206	REDWOOD MEAD
3/5	HAMILTON, JANET	243	00:50:28.89	10:05	+00:11:38	308/336	183/206	CALGARY

5K70+M (Male) - 5 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/5	LEGROW, BRUCE	339	00:25:35.46	05:07	+00:00:00	46/336	30/130	STEPHENVILLE
2/5	LINDSAY, STU	356	00:31:10.39	06:14	+00:05:34	109/336	58/130	CALGARY
3/5	ARDLEY, BILL	23	00:40:54.30	08:10	+00:15:18	243/336	99/130	REDWOOD MEAD

5KSTROLLERF (Female) - 11 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/11	ATKINS, DASHA	27	00:21:03.12	04:12	+00:00:00	11/336	2/206	CALGARY
2/11	RONKSLEY, VANESSA	757	00:27:50.95	05:34	+00:06:47	67/336	28/206	CALGARY
3/11	BROWN, LACEY	794	00:28:30.25	05:42	+00:07:27	71/336	31/206	CALGARY

5KSTROLLERM (Male) - 4 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/4	CURLEY, AARON	795	00:29:25.27	05:53	+00:00:00	90/336	52/130	AIRDRIE
2/4	HIGGINS, KEVIN	268	00:29:36.44	05:55	+00:00:11	95/336	56/130	CALGARY
3/4	BOYD, EARL KODY	70	00:51:52.70	10:22	+00:22:27	318/336	126/130	LA RONGE