

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

## 25 Finishers

<b>5K16-19M (Male) - 1 Competitors</b>								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/1	NIEMANS, TREYTON	521	00:20:27.66	04:05	+00:00:00	1/25	1/6	HIGH RIVER
<b>5K20-29F (Female) - 4 Competitors</b>								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/4	VALGARDSON, PAIGE	526	00:31:05.41	06:13	+00:00:00	3/25	2/19	HIGH RIVER
2/4	VALGARDSON, MIKAELA	525	00:34:43.62	06:56	+00:03:38	8/25	6/19	HIGH RIVER
3/4	FLANIGAN, AMANDA	506	00:37:37.62	07:31	+00:06:31	11/25	8/19	CALGARY
<b>5K30-39M (Male) - 2 Competitors</b>								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/2	REHAK, LEE	522	00:33:04.24	06:36	+00:00:00	7/25	2/6	HIGH RIVER
2/2	MEDD, EVAN	514	01:02:44.22	12:32	+00:29:39	21/25	5/6	CALGARY
<b>5K40-49F (Female) - 1 Competitors</b>								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/1	NICKERSON, MANDY	520	00:37:37.84	07:31	+00:00:00	12/25	9/19	OKOTOKS
<b>5K50-59F (Female) - 9 Competitors</b>								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/9	ABRAMSON, DONNA	529	00:25:30.99	05:06	+00:00:00	2/25	1/19	HIGH RIVER
2/9	JANTZEN, COLLEEN	507	00:31:24.77	06:16	+00:05:53	4/25	3/19	HIGH RIVER
3/9	MCINTOSH, ANN	528	00:31:43.47	06:20	+00:06:12	5/25	4/19	HIGH RIVER
<b>5K50-59M (Male) - 1 Competitors</b>								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/1	BENNETT, DOUG	502	00:36:06.49	07:13	+00:00:00	10/25	3/6	HIGH RIVER
<b>5K60+F (Female) - 5 Competitors</b>								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/5	REHAK, LILLIAN	523	00:33:03.62	06:36	+00:00:00	6/25	5/19	HIGH RIVER
2/5	SAWATZKY, ESTHER	524	00:58:41.20	11:44	+00:25:37	17/25	13/19	HIGH RIVER
3/5	WALLER, MARJORIE	527	00:59:49.35	11:57	+00:26:45	19/25	15/19	OKOTOKS
<b>5K60+M (Male) - 2 Competitors</b>								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/2	CAMPBELL, BRUCE	530	00:52:26.75	10:29	+00:00:00	15/25	4/6	HIGH RIVER
2/2	MORRISON, DOUG	518	01:08:08.57	13:37	+00:15:41	25/25	6/6	NANTON