

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Award Results

TOP 3 In Category

10K/6.21 Miles

70 Finishers

10K15&UF (Female) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/2	BEEKMAN, FRANKIE	1183	48:30.919	04:51	07:48	+00:00:00	4/70	2/38	STRATHMORE
2/2	LAW, CLARA	1251	1:03:29.856	06:20	10:13	+00:14:58	40/70	19/38	CALGARY

10K16-19M (Male) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/1	LAW, ISAAC	1252	50:18.613	05:01	08:06	+00:00:00	9/70	6/32	CALGARY

10K20-29F (Female) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/3	THROCKMORTON, HANNAH	1240	47:30.428	04:45	07:39	+00:00:00	3/70	1/38	CALGARY
2/3	UFFELMAN, HOPE	1241	1:01:29.507	06:08	09:54	+00:13:59	33/70	15/38	CALGARY
3/3	ROWLAND, ABBY	1228	1:02:19.170	06:13	10:02	+00:14:48	34/70	16/38	OKOTOKS

10K20-29M (Male) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/1	NEALON, KELSEY	1248	1:03:25.615	06:20	10:12	+00:00:00	39/70	21/32	CALGARY

10K30-39F (Female) - 18 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/18	DUKE, ASHLEY	1195	49:57.941	04:59	08:02	+00:00:00	8/70	3/38	OKOTOKS
2/18	SORG, KERENSA	1249	54:48.142	05:28	08:49	+00:04:50	15/70	4/38	OKOTOKS
3/18	BYSKAL, GABRIELLE	1187	57:31.056	05:45	09:15	+00:07:33	18/70	5/38	CALGARY

10K30-39M (Male) - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/5	BEEKHUIZEN, JASON	1182	55:22.220	05:32	08:54	+00:00:00	16/70	12/32	CALGARY
2/5	OLSON, TRAVIS	1222	1:05:19.824	06:31	10:31	+00:09:57	43/70	22/32	BROOKS
3/5	SPRAGG, JOSHUA	1234	1:10:56.382	07:05	11:25	+00:15:34	56/70	28/32	CALGARY

10K40-49F (Female) - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/8	RONALD, ASHLEIGH	1226	58:25.900	05:50	09:24	+00:00:00	21/70	7/38	CALGARY
2/8	SHAW, BRENDA	1258	1:00:39.609	06:03	09:46	+00:02:13	29/70	11/38	HIGH RIVER
3/8	INKSTER, SARAH	1205	1:00:55.782	06:05	09:48	+00:02:29	31/70	13/38	CALGARY

10K40-49M (Male) - 14 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/14	DUKE, JAY	1196	44:25.133	04:26	07:09	+00:00:00	1/70	1/32	OKOTOKS
2/14	HARPER, DAVID	1198	47:07.600	04:42	07:35	+00:02:42	2/70	2/32	OKOTOKS
3/14	KRAUSE, JAYSON	1255	49:31.340	04:57	07:58	+00:05:06	6/70	4/32	OKOTOKS

10K50-59F (Female) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/3	NELSON, MICHELLE	1219	58:46.197	05:52	09:27	+00:00:00	22/70	8/38	CALGARY
2/3	WIEBE, LINDA	1246	1:02:45.327	06:16	10:06	+00:03:59	37/70	17/38	HERITAGE POINTE
3/3	MULHOLLAND, SYLVIA	1217	1:20:29.870	08:02	12:57	+00:21:43	69/70	37/38	CLARESHOLM

10K50-59M (Male) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/4	JAUDINES, LEOSANDY	2237	59:21.526	05:56	09:33	+00:00:00	26/70	16/32	HIGH RIVER
2/4	ROWLAND, TODD	1230	1:02:21.448	06:14	10:02	+00:02:59	36/70	20/32	OKOTOKS
3/4	BESENSKI, CHRIS	1184	1:05:21.982	06:32	10:31	+00:06:00	44/70	23/32	CALGARY

10K60-69F (Female) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/3	DION, MARYSE	1194	1:00:53.180	06:05	09:48	+00:00:00	30/70	12/38	OKOTOKS
2/3	MCDUGALL, MELODY	1257	1:08:01.823	06:48	10:57	+00:07:08	50/70	25/38	CALGARY
3/3	MAKISHI, DAWN	1215	1:14:41.827	07:28	12:01	+00:13:48	66/70	34/38	CALGARY

10K60-69M (Male) - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/5	LESSARD, CHRISTIAN	1212	49:29.563	04:56	07:58	+00:00:00	5/70	3/32	OKOTOKS
2/5	STOBART, ROBIN	1238	53:14.978	05:19	08:34	+00:03:45	13/70	10/32	MOUNTAIN VIEW COU
3/5	STEMPFLE, MIKE	1253	59:18.681	05:55	09:33	+00:09:49	25/70	15/32	HIGH RIVER

10K70+F (Female) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/1	HIDER, CHRIS	1199	1:09:04.587	06:54	11:07	+00:00:00	54/70	27/38	OKOTOKS

**2025 AIMS High River Half, 10K, 5K
Category Award Results
TOP 3 In Category**

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

**10K/6.21 Miles
70 Finishers**

10K70+M (Male) - 2 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/2	LIM, SU-CHONG	1213	52:18.424	05:13	08:25	+00:00:00	11/70	8/32	CALGARY
2/2	HIDER, JON	1200	1:11:24.109	07:08	11:29	+00:19:05	60/70	30/32	OKOTOKS