

## Overall Gender Results

## 10K - 6.21 Miles

## Female

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
1/377	BOYLE, SHARI	3735	00:38:10.75	06:08	10K35-39F	1/55	7/630	CALGARY, AB, CANADA
2/377	NYKWIST, SHEILA	3454	00:40:09.20	06:27	10K35-39F	2/55	14/630	LETH, AB, CANADA
3/377	KANDIE, PURITY	3740	00:42:18.20	06:48	10K20-24F	1/64	15/630	LETH, AB, CANADA
4/377	RIOPEL, LOUISE	3526	00:43:06.40	06:56	10K30-34F	1/54	23/630	LETH, AB, CANADA
5/377	YAWORSKI, SANDRA	3725	00:45:53.65	07:23	10K45-49F	1/31	48/630	CALGARY, AB, CANADA
6/377	TRAN, ARYNNE	3657	00:46:06.25	07:25	10K25-29F	1/69	50/630	LETH, AB, CANADA
7/377	HOSANEE, MONIQUE	3292	00:46:07.45	07:25	10K40-44F	1/41	52/630	MED. HAT, AB, CANADA
8/377	MOSAICO, TIFFANY	3425	00:46:11.60	07:26	10K25-29F	2/69	53/630	EDMONTON, AB, CANADA
9/377	GALLELLI, RHONDA	3188	00:46:25.45	07:28	10K50-54F	1/25	57/630	CALGARY, AB, CANADA
10/377	WALKER, KELCEY	3687	00:46:36.20	07:30	10K35-39F	3/55	60/630	COALHURST, AB, CANADA
11/377	HILL, CAMELLIA	3267	00:46:53.15	07:32	10K20-24F	2/64	62/630	MAGRATH, AB, CANADA
12/377	SCHMIDT, JOANNE	3559	00:46:53.65	07:32	10K35-39F	4/55	63/630	CALGARY, AB, CANADA
13/377	MCKEE, ALLISON	3393	00:46:58.75	07:33	10K35-39F	5/55	64/630	CLARESHOLM, AB, CANADA
14/377	SCHINDELER, SUSAN	3557	00:47:09.85	07:35	10K35-39F	6/55	65/630	LETH, AB, CANADA
15/377	NELSON, STACIA	3441	00:47:14.65	07:36	10K30-34F	2/54	67/630	LETH, AB, CANADA
16/377	VANDERZEE, PAULA	3676	00:47:25.55	07:38	10K40-44F	2/41	70/630	LETH, AB, CANADA
17/377	ASUCHAK, SANDRA	3025	00:47:25.60	07:38	10K35-39F	7/55	71/630	LETH, AB, CANADA
18/377	ROEMMELE, TRACEY	3533	00:47:33.30	07:39	10K35-39F	8/55	74/630	LETH, AB, CANADA
19/377	METZLER, CATHY	3403	00:47:41.95	07:40	10K40-44F	3/41	77/630	LETH, AB, CANADA
20/377	KOENIG, KAREN	3331	00:47:51.00	07:42	10K45-49F	2/31	80/630	LETH, AB, CANADA
21/377	BRAUN, LORI	3062	00:47:53.15	07:42	10K25-29F	3/69	81/630	LETH, AB, CANADA
22/377	ANDERSON, ANGELA	3013	00:47:57.75	07:43	10K35-39F	9/55	84/630	EDMONTON, AB, CANADA
23/377	HONESS, FAREN	3283	00:47:58.55	07:43	10K20-24F	3/64	85/630	LOMOND, AB, CANADA
24/377	HOLT, TIANNA	3282	00:48:01.25	07:43	10K20-24F	4/64	86/630	MED. HAT, AB, CANADA
25/377	HEINRICKS, COURTNEY	3258	00:48:01.35	07:43	10K16-19F	1/9	87/630	LETH, AB, CANADA
26/377	COOK, JULIE	3101	00:48:05.35	07:44	10K25-29F	4/69	88/630	EDMONTON, AB, CANADA
27/377	METZLER, MEGAN	3404	00:48:28.90	07:48	10K30-34F	3/54	93/630	LETH, AB, CANADA
28/377	HILKEWICH, LESLEE	3266	00:48:40.60	07:50	10K25-29F	5/69	97/630	LETH, AB, CANADA
29/377	HEINE, LAURA	3256	00:48:42.85	07:50	10K25-29F	6/69	99/630	FT. MACLEOD, AB, CANADA
30/377	AVISON, AMANDA	3029	00:48:55.35	07:52	10K25-29F	7/69	104/630	LETH, AB, CANADA
31/377	APPELT, TONIA	3018	00:48:56.60	07:52	10K30-34F	4/54	105/630	CALGARY, AB, Canada
32/377	DE ROOSE, JAMIE	3133	00:49:14.35	07:55	10K25-29F	8/69	111/630	LETH, AB, CANADA
33/377	HEYLAND, REBECCA	3264	00:49:41.95	08:00	10K45-49F	3/31	118/630	LETH, AB, CANADA
34/377	WORTLEY, LEANNE	3721	00:49:44.15	08:00	10K30-34F	5/54	120/630	FERNIE, BC, CANADA
35/377	SEITZ, DESIRAE	3569	00:49:50.10	08:01	10K25-29F	9/69	123/630	MANYBERRIES, AB, CANADA
36/377	SMITH, VANESSA	3605	00:49:55.55	08:02	10K25-29F	10/69	125/630	ELKFORD, BC, CANADA
37/377	GLENGRAHAM, LAURIE	3205	00:49:59.25	08:02	10K50-54F	2/25	127/630	RAINIER, AB, CANADA
38/377	WATSON, CHRISTAL	3697	00:49:59.60	08:02	10K25-29F	11/69	128/630	MED. HAT, AB, CANADA
39/377	MACKAY, BROOKE	3370	00:50:10.15	08:04	10K16-19F	2/9	131/630	LETH, AB, CANADA
40/377	BEBEK, JACEY	3041	00:50:27.05	08:07	10K20-24F	5/64	135/630	PICTURE BUTTE, AB, CANADA
41/377	GIBB, KRISTEN	3194	00:50:33.25	08:08	10K20-24F	6/64	139/630	RAYMOND, AB, CANADA
42/377	KUCHARSKI, STEPHANIE	3344	00:50:39.55	08:09	10K35-39F	10/55	142/630	CANMORE, AB, CANADA
43/377	FLEMING, AMY	3174	00:50:40.40	08:09	10K20-24F	7/64	144/630	LETH, AB, CANADA
44/377	BURGE, KODI	3069	00:50:40.70	08:09	10K20-24F	8/64	145/630	LETH, AB, CANADA
45/377	OLSEN, JOCELYN	3461	00:50:55.00	08:11	10K30-34F	6/54	147/630	BELLEVUE, AB, CANADA
46/377	PLOURDE, AMLIE	3149	00:51:16.60	08:15	10K25-29F	12/69	155/630	LETH, AB, CANADA
47/377	SCRIVNER, KATHY	3496	00:51:24.40	08:16	10K35-39F	11/55	157/630	MED.HAT, AB, CANADA
48/377	DANN, ANDREA	3120	00:51:26.10	08:16	10K25-29F	13/69	158/630	LETH, AB, CANADA
49/377	BEZOOYEN, ANDREA	3044	00:51:35.50	08:18	10K25-29F	14/69	159/630	LETH, AB, CANADA
50/377	VANHERK, KATHLEEN	3677	00:51:35.70	08:18	10K30-34F	7/54	160/630	FT. MACLEOD, AB, CANADA
51/377	MOHR, JONI	3418	00:51:40.10	08:19	10K25-29F	15/69	163/630	STIRLING, AB, CANADA
52/377	LEFEBVRE, SUZANNE	3355	00:51:42.15	08:19	10K20-24F	9/64	164/630	AIRDRIE, AB, CANADA
53/377	VANCE, ROBYN	3670	00:51:50.60	08:20	10K20-24F	10/64	166/630	MED. HAT, AB, CANADA
54/377	OGONOSKI, SHAWNA	3456	00:51:56.05	08:21	10K35-39F	12/55	170/630	LETH, AB, CANADA
55/377	VANDELLEN, TARA	3671	00:52:07.10	08:23	10K30-34F	8/54	171/630	CLARESHOLM, AB, CANADA

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## 10K - 6.21 Miles

## Female

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
56/377	HARMS, JILL	3238	00:52:27.55	08:26	10K30-34F	9/54	177/630	LETH, AB, CANADA
57/377	COUSINS, KATHRYN	3105	00:52:40.60	08:28	10K30-34F	10/54	180/630	CALGARY, AB, CANADA
58/377	NEVIL, KERRI-LEE	3444	00:52:52.25	08:30	10K35-39F	13/55	183/630	MED. HAT, AB, CANADA
59/377	WARSHAWSKY, AMANDA	3693	00:52:56.90	08:31	10K20-24F	11/64	184/630	FERNIE, B.C., CANADA
60/377	ASTLEY, TESS	3734	00:53:15.50	08:34	10K20-24F	12/64	188/630	LETH, AB, CANADA
61/377	VALK, LIANE	3662	00:53:18.40	08:34	10K30-34F	11/54	189/630	MED. HAT, AB, CANADA
62/377	OLIVIERI, SARINA	3460	00:53:20.05	08:35	10K20-24F	13/64	190/630	BELLEVUE, AB, CANADA
63/377	VAN DIEMEN, JOSE	3666	00:53:27.55	08:36	10K25-29F	16/69	194/630	IRON SPRINGS, AB, CANADA
64/377	WESSELS, HENRIETTE	3701	00:53:27.70	08:36	10K25-29F	17/69	195/630	FT. MACLEOD, AB, CANADA
65/377	ZORATTI, SUZANNE	3733	00:53:31.45	08:37	10K35-39F	14/55	196/630	PINCHER CREEK, AB, CANADA
66/377	HARTLEY, KYIRA	3246	00:53:32.40	08:37	10K12-15F	1/4	197/630	RAYMOND, AB, CANADA
67/377	SCHWEITZER, JOLENE	3563	00:53:41.55	08:38	10K25-29F	18/69	198/630	LETH, AB, CANADA
68/377	TAMS, CATHERINE	3635	00:53:53.00	08:40	10K30-34F	12/54	202/630	TABER, AB, CANADA
69/377	ARNESON, MEGAN	3020	00:53:54.75	08:40	10K20-24F	14/64	203/630	DEWINTON, AB, CANADA
70/377	MCCOWAN, KENDALL	3384	00:53:54.85	08:40	10K20-24F	15/64	204/630	LETH, AB, CANADA
71/377	SINKE, JULIA	3582	00:53:56.20	08:41	10K30-34F	13/54	205/630	COALHURST, AB, CANADA
72/377	THIBERT, CAROL	3643	00:54:01.60	08:41	10K55-59F	1/15	207/630	LETH, AB, CANADA
73/377	THOM, NORIE	3646	00:54:02.65	08:42	10K50-54F	3/25	208/630	LETH, AB, CANADA
74/377	LECUYER, DANETTE	3354	00:54:05.10	08:42	10K35-39F	15/55	209/630	MED. HAT, AB, CANADA
75/377	SOMERVILLE, CARLY	3606	00:54:12.30	08:43	10K25-29F	19/69	212/630	LETH, AB, CANADA
76/377	MCWILLIAMS, TARA	3399	00:54:13.35	08:43	10K30-34F	14/54	213/630	REDCLIFF, AB, CANADA
77/377	HAGG, GILLIAN	3229	00:54:14.50	08:44	10K25-29F	20/69	214/630	CHAMPION, AB, CANADA
78/377	COPELAND, JENNIFER	3103	00:54:14.60	08:44	10K35-39F	16/55	215/630	LETH, AB, CANADA
79/377	BAIRD, MEGAN	3032	00:54:24.35	08:45	10K25-29F	21/69	216/630	MED. HAT, AB, CANADA
80/377	BRYANT, KEVAN	3068	00:54:28.85	08:46	10K20-24F	16/64	217/630	COALDALE, AB, CANADA
81/377	COOPER, STEPHANIE	3102	00:54:30.05	08:46	10K25-29F	22/69	218/630	LETH, AB, CANADA
82/377	DAVIS, JENN	3129	00:54:32.05	08:46	10K30-34F	15/54	220/630	LETH, AB, CANADA
83/377	MARCOTTE, DENISE	3380	00:54:33.85	08:47	10K40-44F	4/41	221/630	LETH, AB, CANADA
84/377	RAST, KATHY	3517	00:54:35.60	08:47	10K40-44F	5/41	222/630	LUNDBRECK, ALBERTA, CANADA
85/377	STEWART, RAMONA	3620	00:54:36.05	08:47	10K60-64F	1/4	223/630	LETH, AB, CANADA
86/377	CAPRON, ALLISON	3079	00:54:44.35	08:48	10K40-44F	6/41	226/630	BELLEVUE, AB, CANADA
87/377	DIXON, TAYLOR	3139	00:54:46.35	08:49	10K12-15F	2/4	228/630	LETH, AB, CANADA
88/377	HINMAN, PATTY	3271	00:54:54.20	08:50	10K20-24F	17/64	230/630	LETH, AB, CANADA
89/377	BLACKWELL, DEB	3048	00:54:57.35	08:50	10K35-39F	17/55	232/630	CALGARY, AB, CANADA
90/377	GOLLINGER, LAURA	3207	00:55:03.75	08:51	10K16-19F	3/9	233/630	LETH, AB, CANADA
91/377	PARISEAU, JESSICA	3475	00:55:08.85	08:52	10K20-24F	18/64	234/630	BARONS, AB, CANADA
92/377	DAY, TAMARA	3130	00:55:12.55	08:53	10K35-39F	18/55	235/630	CALGARY, AB, CANADA
93/377	GUGYELKA, SARAH	3224	00:55:17.20	08:54	10K20-24F	19/64	236/630	EDMONTON, AB, CANADA
94/377	JOHNSTON, KAREN	3315	00:55:18.35	08:54	10K25-29F	23/69	237/630	LETH, AB, CANADA
95/377	ANDERSON, NANCY	3016	00:55:23.65	08:55	10K35-39F	19/55	239/630	CALGARY, AB, CANADA
96/377	SEAGRAVE, SONJA	3567	00:55:40.75	08:57	10K25-29F	24/69	246/630	CALGARY, AB, CANADA
97/377	FLOWITT, TANNIS	3178	00:55:42.75	08:58	10K30-34M	27/40	248/630	INVERMERE, B.C., CANADA
98/377	GALESLOOT, SARAH	3187	00:55:43.10	08:58	10K20-24F	20/64	249/630	LETH, AB, CANADA
99/377	TAKEDA, JUNE	3633	00:55:44.55	08:58	10K50-54F	4/25	250/630	LETH, AB, CANADA
100/377	HAAPA-AHO, PAMELA	3227	00:55:49.35	08:59	10K35-39F	20/55	251/630	LETH, AB, CANADA
101/377	SMITH, BEV	3589	00:55:51.75	08:59	10K55-59F	2/15	253/630	HILLCREST, AB, CANADA
102/377	BARNES, MONICA	3035	00:55:51.95	08:59	10K40-44F	7/41	254/630	CHESTERMERE, AB, CANADA
103/377	PACK, COLLEEN	3471	00:55:57.90	09:00	10K35-39F	21/55	255/630	TABER, AB, CANADA
104/377	HUGHES, RAEGAN	3296	00:55:58.40	09:00	10K25-29F	25/69	256/630	MED. HAT, AB, CANADA
105/377	LENZ, EMMA	3356	00:56:06.85	09:02	10K40-44F	8/41	257/630	COALHURST, AB, CANADA
106/377	GUSA, TARA	3226	00:56:08.65	09:02	10K20-24F	21/64	258/630	BEAUMONT, AB, CANADA
107/377	PRENDERGAST, LYNDI	3512	00:56:13.90	09:03	10K35-39F	22/55	260/630	CALGARY, AB, CANADA
108/377	IWAASA, JAIME	3302	00:56:18.35	09:03	10K30-34F	16/54	261/630	LETH, AB, CANADA
109/377	MACDONALD, MARI	3369	00:56:20.25	09:04	10K50-54F	5/25	262/630	LETH, AB, CANADA
110/377	RACZ, ALLYSON	3516	00:56:20.55	09:04	10K20-24F	22/64	263/630	LETH, AB, CANADA

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## Female

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
111/377	POMERLEAU, DESIREE	3505	00:56:26.25	09:05	10K20-24F	23/64	265/630	LEDUC, AB, CANADA
112/377	OHLMANN, NIKKI	3457	00:56:29.45	09:05	10K20-24F	24/64	268/630	COALDALE, AB, CANADA
113/377	DE JONG, KARIN	3131	00:56:32.35	09:06	10K40-44F	9/41	269/630	LETH, AB, CANADA
114/377	LAMB, DEE	3348	00:56:36.90	09:07	10K40-44F	10/41	270/630	LETH, AB, CANADA
115/377	HANDFORD, KIZZY	3233	00:56:41.20	09:07	10K50-54F	6/25	271/630	PINCHER CREEK, AB, CANADA
116/377	HUVENAARS, MONIQUE	3297	00:56:41.65	09:07	10K35-39F	23/55	272/630	HAYS, AB, CANADA
117/377	SMITH, CRYSTAL	3592	00:56:48.55	09:08	10K35-39F	24/55	274/630	LETH, AB, CANADA
118/377	FRY, PAM	3186	00:56:51.90	09:09	10K45-49F	4/31	275/630	LETH, AB, CANADA
119/377	TAKEYASU, CARRIE	3634	00:56:55.85	09:10	10K40-44F	11/41	277/630	LETH, AB, CANADA
120/377	CLAASSEN, MARJOLEIN	3095	00:57:03.20	09:11	10K45-49F	5/31	280/630	VAUXHALL, AB, CANADA
121/377	BAUER, KATY	3038	00:57:06.50	09:11	10K35-39F	25/55	281/630	CALGARY, AB, CANADA
122/377	POLLOCK, SUSAN	3504	00:57:07.40	09:11	10K40-44F	12/41	282/630	LETH, AB, CANADA
123/377	GRIFFIN, LINDSEY	3219	00:57:07.45	09:11	10K25-29F	26/69	283/630	PINCHER CREEK, AB, CANADA
124/377	DOUCETTE, ANGELICA	3145	00:57:11.25	09:12	10K20-24F	25/64	284/630	LETH, AB, CANADA
125/377	MARCINKOWSKI, KAYLA	3379	00:57:11.85	09:12	10K20-24F	26/64	285/630	LETH, AB, CANADA
126/377	LOGAN, HELEN	3359	00:57:14.70	09:12	10K25-29F	27/69	287/630	COALDALE, AB, CANADA
127/377	EMERSON, TRISH	3156	00:57:17.20	09:13	10K50-54F	7/25	289/630	LETH, AB, CANADA
128/377	NORRIS, JOAN	3451	00:57:21.95	09:14	10K65-69F	1/2	291/630	LETH, AB, CANADA
129/377	GROVER, LENA	3222	00:57:27.00	09:15	10K25-29F	28/69	293/630	LETH, AB, CANADA
130/377	KAWANAMI, KARA	3325	00:57:27.10	09:15	10K20-24F	27/64	294/630	LEDUC, AB, CANADA
131/377	WILLIAMS, ALDEA	3707	00:57:28.30	09:15	10K25-29F	29/69	295/630	LETH, AB, CANADA
132/377	SCOTT, TRICIA	3566	00:57:36.25	09:16	10K30-34F	17/54	296/630	COALDALE, AB, CANADA
133/377	SALMON, STEPHANIE	3546	00:57:39.75	09:17	10K25-29F	30/69	300/630	RAYMOND, AB, CANADA
134/377	MCLEAN, TAMARA	3396	00:57:46.35	09:18	10K25-29F	31/69	304/630	SPARWOOD, BC, CANADA
135/377	VAN DAM, TRACEY	3665	00:57:47.80	09:18	10K30-34F	18/54	305/630	REDCLIFF, AB, CANADA
136/377	MEYER, SARAH	3405	00:57:49.55	09:18	10K20-24F	28/64	307/630	EDMONTON, AB, CANADA
137/377	KUNTZ, APRIL	3345	00:57:51.05	09:18	10K30-34F	19/54	309/630	CLARESHOLM, AB, CANADA
138/377	TEMPLIN, MARJORIE	3642	00:57:55.75	09:19	10K50-54F	8/25	312/630	SPARWOOD, BC, CANADA
139/377	TAYLOR, TARA	3641	00:57:57.75	09:19	10K35-39F	26/55	313/630	LETH, AB, CANADA
140/377	VAN DAM, MANDY	3663	00:57:58.20	09:20	10K40-44F	13/41	314/630	REDCLIFF, AB, CANADA
141/377	CASTELLI, LYN	3085	00:57:59.15	09:20	10K40-44F	14/41	316/630	LETH, AB, CANADA
142/377	VOLK, VICKEY	3683	00:57:59.70	09:20	10K25-29F	32/69	317/630	LETH, AB, CANADA
143/377	URASAKI, CINDY	3661	00:57:59.95	09:20	10K35-39F	27/55	318/630	LETH, AB, CANADA
144/377	RIES, DENISE	3524	00:58:06.20	09:21	10K55-59F	3/15	320/630	MED. HAT, AB, CANADA
145/377	NEUFELD, LISA	3443	00:58:07.50	09:21	10K35-39F	28/55	321/630	COALDALE, AB, CANADA
146/377	WOLFE, HELEN	3716	00:58:14.15	09:22	10K40-44F	15/41	324/630	LETH, AB, CANADA
147/377	PALMER, KIRA	3473	00:58:20.75	09:23	10K25-29F	33/69	326/630	CALGARY, AB, CANADA
148/377	BEAZER, PATRICIA	3040	00:58:22.05	09:23	10K35-39F	29/55	327/630	CARDSTON, AB, CANADA
149/377	HUDAK, JORDANA	3294	00:58:22.45	09:23	10K20-24F	29/64	328/630	LETH, AB, CANADA
150/377	HANSAEME, SHERRY	3235	00:58:28.70	09:24	10K40-44F	16/41	331/630	LETH, AB, CANADA
151/377	CUTHBERTSON, CHRISTINA	3113	00:58:29.85	09:25	10K25-29F	34/69	332/630	LETH, AB, CANADA
152/377	QUICK, AMY	3515	00:58:30.40	09:25	10K25-29F	35/69	333/630	SPARWOOD, BC, CANADA
153/377	GINGRAS, SANDY	3204	00:58:32.40	09:25	10K40-44F	17/41	335/630	LETH, AB, CANADA
154/377	LYPOWY, JAIME	3367	00:58:43.55	09:27	10K30-34F	20/54	339/630	EDMONTON, AB, CANADA
155/377	STAFFORD, JASNA	3612	00:58:46.10	09:27	10K30-34F	21/54	340/630	LETH, AB, CANADA
156/377	HARRIS, HEIDI	3243	00:58:50.75	09:28	10K35-39F	30/55	341/630	CRANBROOK, BC, CANADA
157/377	NELSON, JEN	3440	00:58:50.95	09:28	10K25-29F	36/69	342/630	CRANBROOK, BC, CANADA
158/377	SCHAFFER, ASHLEY	3553	00:58:51.30	09:28	10K20-24F	30/64	343/630	COALDALE, AB, CANADA
159/377	SPENCE, NICOLE	3609	00:58:53.35	09:28	10K35-39F	31/55	345/630	LETH, AB, CANADA
160/377	KRISTENSEN, SUSAN	3338	00:58:53.60	09:28	10K45-49F	6/31	346/630	LETH, AB, CANADA
161/377	TARZWELL, LEEA	3639	00:58:55.00	09:29	10K20-24F	31/64	347/630	LETH, AB, CANADA
162/377	MATTSON, HEATHER	3382	00:59:00.05	09:30	10K20-24F	32/64	349/630	LETH, AB, CANADA
163/377	MACKINNON, BOBBIE	3372	00:59:05.05	09:30	10K40-44F	18/41	351/630	LETH, AB, CANADA
164/377	FLEWELL, STACEY	3177	00:59:08.10	09:31	10K25-29F	37/69	353/630	LLOYDMINSTER, SASK, CANADA
165/377	DYCK, SHERRY	3150	00:59:11.15	09:31	10K40-44F	19/41	354/630	MED. HAT, AB, CANADA

## Overall Gender Results

## 10K - 6.21 Miles

## Female

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
166/377	KUBOS, AMBER	3343	00:59:16.95	09:32	10K20-24F	33/64	355/630	LETH, AB, CANADA
167/377	HANDLEY, JANE	3234	00:59:18.90	09:33	10K55-59F	4/15	356/630	MOOSE JAW, SASK, CANADA
168/377	GARCIA, BRENDA	3189	00:59:27.65	09:34	10K20-24F	34/64	358/630	CALGARY, AB, CANADA
169/377	CHURKO, LISA	3094	00:59:37.25	09:36	10K30-34F	22/54	360/630	LETH, AB, CANADA
170/377	WYNIA, KANDICE	3723	00:59:51.85	09:38	10K35-39F	32/55	362/630	WINFIELD, AB, CANADA
171/377	PENNER, CAROLYN	3482	00:59:55.60	09:38	10K40-44F	20/41	363/630	COALDALE, AB, CANADA
172/377	BLOW, JOANNE	3053	01:00:04.25	09:40	10K45-49F	7/31	364/630	LETH, AB, CANADA
173/377	FERRIER, DAINA	3167	01:00:04.80	09:40	10K25-29F	38/69	365/630	LETH, AB, CANADA
174/377	GILL, KAREN	3199	01:00:11.35	09:41	10K30-34F	23/54	366/630	LETH, AB, CANADA
175/377	DREGER, JENNY	3146	01:00:20.75	09:42	10K25-29F	39/69	368/630	MED. HAT, AB, CANADA
176/377	PETERS, CORRINE	3484	01:00:22.20	09:43	10K30-34F	24/54	369/630	MED. HAT, AB, CANADA
177/377	MEGAW, CAROL	3400	01:00:26.20	09:43	10K55-59F	5/15	370/630	LETH, AB, CANADA
178/377	MUSHUMANSKI, RAYLENE	3433	01:00:33.20	09:45	10K30-34F	25/54	372/630	FT. SASK., AB, CANADA
179/377	WALLS, PATRICIA	3689	01:00:34.95	09:45	10K35-39F	33/55	373/630	LETH, AB, CANADA
180/377	FRASER, KELLY	3181	01:00:35.15	09:45	10K35-39F	34/55	374/630	CALGARY, AB, CANADA
181/377	MILNER, LARA	3739	01:00:38.15	09:45	10K16-19F	4/9	375/630	EDMONTON, AB, CANADA
182/377	LANGHOFER, CAITLIN	3349	01:00:40.35	09:46	10K12-15F	3/4	377/630	LETH, AB, CANADA
183/377	HAGG, ALEXIS	3228	01:00:44.70	09:46	10K20-24F	35/64	379/630	CHAMPION, AB, CANADA
184/377	LIGHT, ZOE	3357	01:00:44.75	09:46	10K25-29F	40/69	380/630	VICTORIA, BC, CANADA
185/377	GOODFELLOW, PIPPA	3210	01:00:48.20	09:47	10K45-49F	8/31	381/630	DIAMOND CITY, AB, CANADA
186/377	BONISH, KELSIE	3054	01:00:48.40	09:47	10K20-24F	36/64	382/630	LETH, AB, CANADA
187/377	NISKALA, AMANDA	3448	01:00:49.65	09:47	10K20-24F	37/64	384/630	LETH, AB, CANADA
188/377	BURYM, ASHTIN	3073	01:00:51.45	09:47	10K20-24F	38/64	385/630	LETH, AB, CANADA
189/377	MURRAY, SHARA	3431	01:00:52.50	09:48	10K35-39F	35/55	386/630	CALGARY, AB, CANADA
190/377	PATTERSON, ERIN	3479	01:01:03.30	09:49	10K25-29F	41/69	388/630	LETH, AB, CANADA
191/377	SMITH, BONNIE	3590	01:01:04.10	09:50	10K55-59F	6/15	389/630	CARDSTON, AB, CANADA
192/377	MUSIL, MICHELE	3436	01:01:10.25	09:50	10K45-49F	9/31	391/630	SPARWOOD, BC, CANADA
193/377	PETERSON, SUSAN	3488	01:01:14.20	09:51	10K50-54F	9/25	392/630	RAYMOND, AB, CANADA
194/377	GARNER, KRISTY	3190	01:01:24.55	09:53	10K25-29F	42/69	394/630	LETH, AB, CANADA
195/377	GRISAK, DONNA	3220	01:01:29.55	09:54	10K50-54F	10/25	397/630	CALGARY, AB, CANADA
196/377	MCRAE, TOBI	3398	01:01:31.80	09:54	10K35-39F	36/55	398/630	LETH, AB, CANADA
197/377	DEPEW, DEBBIE	3136	01:01:31.85	09:54	10K50-54F	11/25	399/630	RAYMOND, AB, CANADA
198/377	MANKEE, LARISSA	3377	01:01:33.50	09:54	10K20-24F	39/64	400/630	LETH, AB, CANADA
199/377	HEGGIE, DIXIE	3252	01:01:34.65	09:54	10K45-49F	10/31	401/630	RAYMOND, AB, CANADA
200/377	CLELAND, CYNTHIA	3099	01:01:34.95	09:55	10K55-59F	7/15	402/630	BOW ISLAND, AB, CANADA
201/377	SAMIS, CRYSTAL	3547	01:01:41.60	09:55	10K30-34F	26/54	403/630	MED. HAT, AB, CANADA
202/377	PRENEVOST, TAMMY	3514	01:01:51.55	09:57	10K35-39F	37/55	404/630	LETH, AB, CANADA
203/377	DAVIS, CHLOE	3127	01:01:53.00	09:57	10K11&UF	1/3	406/630	LETH, AB, CANADA
204/377	WOLFE, LISA	3717	01:02:02.00	09:59	10K30-34F	27/54	407/630	VALLEYVIEW, AB, CANADA
205/377	LUNDQUIST, ANGELA	3364	01:02:04.05	09:59	10K30-34F	28/54	408/630	LETH, AB, CANADA
206/377	OVIATT, CHRISTINE	3470	01:02:09.65	10:00	10K30-34F	29/54	409/630	LETH, AB, CANADA
207/377	STRUTHERS, ELLEN	3626	01:02:17.20	10:01	10K40-44F	21/41	410/630	CLARESHOLM, AB, CANADA
208/377	ULRICH, LARA	3660	01:02:19.80	10:02	10K20-24F	40/64	411/630	FORT MCMURRAY, AB, CANADA
209/377	SCHMIDT, BETHANY	3558	01:02:19.95	10:02	10K20-24F	41/64	412/630	LETH, AB, CANADA
210/377	HOWARD, KYMBERLEI	3293	01:02:42.95	10:05	10K25-29F	43/69	413/630	LETH, AB, CANADA
211/377	BURNARD, SHANNON	3070	01:02:43.75	10:05	10K45-49F	11/31	414/630	BROOKS, AB, CANADA
212/377	PATTERSON, ELIZABETH	3478	01:02:44.05	10:06	10K20-24F	42/64	415/630	CALGARY, AB, CANADA
213/377	RIVIERE, MARY LOU	3528	01:02:44.70	10:06	10K55-59F	8/15	416/630	BLAIRMORE, AB, CANADA
214/377	MORGAN, JEN	3424	01:02:45.15	10:06	10K30-34F	30/54	417/630	CALGARY, AB, CANADA
215/377	IUTZI, KIM	3300	01:02:49.85	10:07	10K40-44F	22/41	418/630	LETH, AB, CANADA
216/377	WARREN, BRITTANY	3691	01:03:05.90	10:09	10K20-24F	43/64	421/630	PRIDDIS, AB, CANADA
217/377	HAYZELDEN, ERIN	3250	01:03:09.25	10:10	10K20-24F	44/64	422/630	CALGARY, AB, CANADA
218/377	RUPP, ANN	3537	01:03:11.75	10:10	10K45-49F	12/31	423/630	CHAMPION, AB, CANADA
219/377	WOOD, GRACE	3720	01:03:12.85	10:10	10K25-29F	44/69	424/630	LETH, AB, CANADA
220/377	POLLOCK, ELAINE	3502	01:03:13.60	10:10	10K16-19F	5/9	428/630	MILLARVILLE, AB, CANADA

## Overall Gender Results

## 10K - 6.21 Miles

## Female

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
221/377	IWAASA, DAWN	3301	01:03:13.65	10:10	10K30-34F	31/54	429/630	LETH, AB, CANADA
222/377	TIBBLE, KIM	3649	01:03:23.05	10:12	10K35-39F	38/55	431/630	INNISFAIL, AB, CANADA
223/377	MOLAND, ERIN	3420	01:03:35.25	10:14	10K40-44F	23/41	434/630	LETH, AB, CANADA
224/377	MIDDEL, FRED A	3408	01:03:37.35	10:14	10K45-49F	13/31	436/630	LETH, AB, CANADA
225/377	POLLOCK, JOANNA	3503	01:03:57.95	10:18	10K20-24F	45/64	437/630	MILLARVILLE, AB, CANADA
226/377	YAWNEY, DEB	3724	01:04:02.95	10:18	10K40-44F	24/41	438/630	LETH, AB, CANADA
227/377	WIKTORSKI, JO	3706	01:04:03.20	10:18	10K55-59F	9/15	439/630	LETH, AB, CANADA
228/377	SZABO, MADELINE	3631	01:04:09.30	10:19	10K11&UF	2/3	440/630	LETH, AB, CANADA
229/377	SPRIDDL E, JENNIFER	3611	01:04:11.60	10:20	10K40-44F	25/41	441/630	LETH, AB, CANADA
230/377	HODGKINSON, PAM	3275	01:04:15.45	10:20	10K25-29F	45/69	442/630	TABER, AB, CANADA
231/377	HOOD, SHAWNA	3286	01:04:23.45	10:22	10K40-44F	26/41	445/630	LETH, AB, CANADA
232/377	SHAW, LYNN	3573	01:04:26.80	10:22	10K55-59F	10/15	446/630	LETH, AB, CANADA
233/377	BATTERSHILL, JAYME	3037	01:04:29.70	10:23	10K25-29F	46/69	447/630	LETH, AB, CANADA
234/377	HARRINGTON, ROBYN	3242	01:04:32.50	10:23	10K30-34F	32/54	448/630	MED. HAT, AB, CANADA
235/377	CARLSON, JADE	3081	01:04:32.85	10:23	10K20-24F	46/64	449/630	MED. HAT, AB, CANADA
236/377	MIDDLETON, JESSICA	3410	01:04:38.60	10:24	10K30-34F	33/54	451/630	VULCAN, AB, CANADA
237/377	YOUNG, ANGELA	3727	01:04:52.55	10:26	10K30-34F	34/54	452/630	RED DEER, AB, CANADA
238/377	MIDDLETON, CINDY	3409	01:04:55.30	10:27	10K45-49F	14/31	454/630	CHAMPION, AB, CANADA
239/377	SMITH, DEBBIE	3594	01:04:55.50	10:27	10K35-39F	39/55	455/630	CHAMPION, AB, CANADA
240/377	COCKERILL, LINDSEY RAE	3100	01:04:58.80	10:27	10K20-24F	47/64	457/630	LETH, AB, CANADA
241/377	AFFLECK, HELENA	3003	01:05:02.00	10:28	10K20-24F	48/64	458/630	LETH, AB, CANADA
242/377	SMITH, GLORIA	3595	01:05:06.60	10:28	10K45-49F	15/31	461/630	STIRLING, AB, CANADA
243/377	OMAN, KRISTA	3463	01:05:07.25	10:29	10K20-24F	49/64	462/630	LETH, AB, CANADA
244/377	FITTON, CHANTELLE	3171	01:05:07.95	10:29	10K25-29F	47/69	463/630	LETH, AB, CANADA
245/377	BUSBY, CINDY	3074	01:05:09.40	10:29	10K40-44F	27/41	465/630	CLARESHOLM, AB, CANADA
246/377	MIKADO, KAREN	3411	01:05:19.00	10:31	10K35-39F	40/55	467/630	LETH, AB, CANADA
247/377	MOWAT, CATHY	3427	01:05:19.05	10:31	10K40-44F	28/41	468/630	NEW NORWAY, AB, CANADA
248/377	GILES, JANICE	3198	01:05:31.20	10:33	10K50-54F	12/25	470/630	HIGH RIVER, AB, CANADA
249/377	LYLE, CYNDI	3366	01:05:31.80	10:33	10K45-49F	16/31	471/630	SPARWOOD, BC, CANADA
250/377	VANDERVEEN, NAOMI	3675	01:05:36.25	10:33	10K30-34F	35/54	472/630	PICTURE BUTTE, AB, CANADA
251/377	SCHROEDER, DANIELLE	3561	01:05:36.90	10:33	10K25-29F	48/69	473/630	FERNIE, BC, CANADA
252/377	BARTON, LAUREL	3036	01:05:39.50	10:34	10K30-34F	36/54	474/630	BENTLEY, AB, CANADA
253/377	MARASCO, JEANETTE	3378	01:05:42.95	10:34	10K40-44F	29/41	476/630	SPARWOOD, BC, CANADA
254/377	MUSIL, DARCIE	3434	01:05:49.70	10:35	10K35-39F	41/55	478/630	SPARWOOD, B.C., CANADA
255/377	HARRINGTON, CORETTE	3240	01:05:52.20	10:36	10K30-34F	37/54	479/630	SPARWOOD, BC, CANADA
256/377	JOHNSON, NIKOLA	3313	01:05:52.30	10:36	10K35-39F	42/55	480/630	STRATHMORE, AB, CANADA
257/377	HOLT, KINSEY	3280	01:05:59.55	10:37	10K20-24F	50/64	483/630	RAYMOND, AB, CANADA
258/377	MACLEAN, PADDY	3376	01:06:03.90	10:38	10K45-49F	17/31	484/630	LETH, AB, CANADA
259/377	STEED, JOAN	3614	01:06:17.80	10:40	10K60-64F	2/4	486/630	CALGARY, AB, CANADA
260/377	DEMERS, MICHELLE	3135	01:06:18.65	10:40	10K55-59F	11/15	488/630	LETH, AB, CANADA
261/377	FINNIE, LAURIE	3169	01:06:18.75	10:40	10K45-49F	18/31	489/630	LETH, AB, CANADA
262/377	WATKINS, ANNA	3696	01:06:19.80	10:40	10K20-24F	51/64	491/630	CALGARY, A, CANADA
263/377	CRUTCHER, SARAH	3110	01:06:24.30	10:41	10K25-29F	49/69	492/630	CALGARY, AB, CANADA
264/377	HEGGIE, TINA	3255	01:06:30.70	10:42	10K20-24F	52/64	493/630	RAYMOND, AB, CANADA
265/377	NIEBERGALL, TRICIA	3446	01:06:33.55	10:43	10K30-34F	38/54	494/630	FT MACLEOD, AB, CANADA
266/377	SMITH, KRISTIN	3598	01:06:44.15	10:44	10K25-29F	50/69	495/630	RAYMOND, AB, CANADA
267/377	RAUSCH, STEFANIE	3519	01:06:46.55	10:45	10K20-24F	53/64	496/630	LETH, AB, CANADA
268/377	BRADLEY, BOBBI	3059	01:06:46.85	10:45	10K30-34F	39/54	497/630	LETH, AB, CANADA
269/377	KREUGER, WENDY	3336	01:06:47.20	10:45	10K25-29F	51/69	498/630	CALGARY, AB, CANADA
270/377	FLAMAND, JODIE	3173	01:06:53.85	10:46	10K30-34F	40/54	499/630	LETH, AB, CANADA
271/377	TAYLOR, JESSICA	3640	01:06:59.55	10:47	10K25-29F	52/69	500/630	LETH, AB, CANADA
272/377	COUSINS, MARY	3107	01:07:01.20	10:47	10K40-44F	30/41	501/630	LETH, AB, CANADA
273/377	GOUCHIE, REBECCA	3212	01:07:01.60	10:47	10K25-29F	53/69	502/630	FT. MACLEOD, AB, CANADA
274/377	GRAHAM, CATHERINE	3215	01:07:06.40	10:48	10K35-39F	43/55	503/630	LETH, AB, CANADA
275/377	REIMER, NORMA	3521	01:07:09.65	10:48	10K45-49F	19/31	504/630	CALGARY, AB, CANADA

## Overall Gender Results

## 10K - 6.21 Miles

## Female

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
276/377	WINKLER, LORI	3713	01:07:10.00	10:48	10K45-49F	20/31	505/630	CALGARY, AB, CANADA
277/377	DYKSTRA, KRISTEN	3152	01:07:19.55	10:50	10K25-29F	54/69	506/630	MED. HAT, AB, CANADA
278/377	DAVIS, JACKIE	3128	01:07:31.70	10:52	10K50-54F	13/25	507/630	CARDSTON, AB, CANADA
279/377	FLEMING, ERIN	3175	01:07:33.05	10:52	10K25-29F	55/69	508/630	LETH, AB, CANADA
280/377	DUMESNIL, MICKEY	3148	01:07:35.75	10:52	10K35-39F	44/55	510/630	MED. HAT, AB, CANADA
281/377	CHRISTENSEN, SHERRY	3090	01:07:47.55	10:54	10K50-54F	14/25	511/630	COALHURST, AB, CANADA
282/377	HALTON, LORRAINE	3230	01:08:01.10	10:57	10K55-59F	12/15	512/630	HILLCREST, AB, CANADA
283/377	PORTER, JUDY	3506	01:08:04.85	10:57	10K45-49F	21/31	513/630	LETH, AB, CANADA
284/377	HOLLINGSWORTH, ROBYN	3279	01:08:07.05	10:58	10K35-39F	45/55	514/630	LETH, AB, CANADA
285/377	JOHANSEN, LEAH	3311	01:08:07.20	10:58	10K30-34F	41/54	515/630	LETH, AB, CANADA
286/377	MCKAY, VANESSA	3392	01:08:09.40	10:58	10K35-39F	46/55	516/630	LETH, AB, CANADA
287/377	LOSEY, MEAGAN	3361	01:08:10.35	10:58	10K25-29F	56/69	517/630	CALGARY, AB, CANADA
288/377	SEIFRIDT, KRISTA	3568	01:08:19.80	11:00	10K40-44F	31/41	518/630	LETH, AB, CANADA
289/377	ROOSEN, DENISE	3534	01:08:20.75	11:00	10K40-44F	32/41	519/630	COALDALE, AB, CANADA
290/377	DAVIES, CATHY	3123	01:08:24.75	11:00	10K35-39F	47/55	522/630	SPARWOOD, BC, CANADA
291/377	HAYWARD, ANGELICA	3248	01:08:24.80	11:00	10K45-49F	22/31	523/630	LETH, AB, CANADA
292/377	ABBOTT, EILEEN	3002	01:08:29.20	11:01	10K50-54F	15/25	524/630	LETH, AB, CANADA
293/377	MOORE, CATHY	3422	01:08:38.40	11:03	10K35-39F	48/55	527/630	LETH, AB, CANADA
294/377	NICOL-PHARO, PATTI	3445	01:08:46.25	11:04	10K55-59F	13/15	529/630	LETH, AB, CANADA
295/377	IKA-HEIMONEN, LEANNE	3298	01:08:50.05	11:05	10K30-34F	42/54	530/630	CALGARY, AB, CANADA
296/377	CROSS, NICOLE	3108	01:08:58.25	11:06	10K20-24F	54/64	533/630	LETH, AB, CANADA
297/377	MILNER, KIMBERLIE	3416	01:09:16.95	11:09	10K40-44F	33/41	535/630	RAYMOND, AB, CANADA
298/377	MIKO, KLOE	3412	01:09:41.30	11:13	10K30-34F	43/54	536/630	LETH, AB, CANADA
299/377	WEDER, TANYA	3700	01:09:41.50	11:13	10K30-34F	44/54	537/630	LETH, AB, CANADA
300/377	BERTEOTTI, JASMINN	3042	01:09:45.30	11:13	10K35-39F	49/55	538/630	RAYMOND, AB, CANADA
301/377	YOUNG, ARIANA	3728	01:09:46.80	11:14	10K11&UF	3/3	539/630	CALGARY, AB, CANADA
302/377	GAUDETTE-SHARP, STACEY	3191	01:09:48.00	11:14	10K25-29F	57/69	540/630	LETH, AB, CANADA
303/377	RYDER, ANITA	3542	01:09:58.75	11:16	10K40-44F	34/41	542/630	LETH, AB, CANADA
304/377	JONES, JESSICA	3319	01:09:59.95	11:16	10K12-15F	4/4	543/630	SPARWOOD, BC, CANADA
305/377	THOMPSON, IRENE	3648	01:10:13.80	11:18	10K40-44F	35/41	544/630	SPARWOOD, BC, Canada
306/377	PREACHUK, TENNILLE	3510	01:10:14.95	11:18	10K30-34F	45/54	545/630	COALDALE, AB, CANADA
307/377	JONES, SHELLY	3320	01:10:19.10	11:19	10K40-44F	36/41	546/630	SPARWOOD, BC, CANADA
308/377	FAWCETT, KENDALL	3165	01:10:26.90	11:20	10K20-24F	55/64	547/630	LETH, AB, CANADA
309/377	BRUCE, SHANNON	3067	01:10:27.15	11:20	10K20-24F	56/64	548/630	LETH, AB, CANADA
310/377	YOUNG, REBECCA	3729	01:10:27.40	11:20	10K16-19F	6/9	549/630	CALGARY, AB, CANADA
311/377	VON HEYKING, SONYA	3685	01:10:31.95	11:21	10K35-39F	50/55	550/630	LETH, AB, CANADA
312/377	HORBUL, JAIME	3289	01:10:42.50	11:23	10K30-34F	46/54	551/630	CALGARY, AB, CANADA
313/377	O'NEILL, CORINNE	3455	01:10:43.45	11:23	10K30-34F	47/54	552/630	LETH, AB, CANADA
314/377	LUDVIGSON, CANDICE	3363	01:10:43.85	11:23	10K25-29F	58/69	553/630	CALGARY, AB, CANADA
315/377	TANK, MEGAN	3637	01:10:45.15	11:23	10K20-24F	57/64	554/630	CRANBROOK, BC, CANADA
316/377	CHIPPETT, RHIANNON	3089	01:10:45.25	11:23	10K30-34F	48/54	555/630	CRANBROOK, B.C., CANADA
317/377	GIESBRECHT, AILEEN	3195	01:10:51.45	11:24	10K35-39F	51/55	557/630	EDMONTON, AB, CANADA
318/377	WARREN, MARISSA	3692	01:11:01.40	11:26	10K25-29F	59/69	558/630	PRIDDIS, AB, CANADA
319/377	PICKLES, TAMMY	3491	01:11:01.75	11:26	10K35-39F	52/55	560/630	LETH, AB, CANADA
320/377	KLASSEN, KAREN	3328	01:11:18.00	11:28	10K40-44F	37/41	562/630	TABER, AB, CA
321/377	CUMMINS, SARAH	3111	01:11:23.50	11:29	10K20-24F	58/64	563/630	LAS VEGAS, NEVADA, U.S.A.
322/377	AARSEN, MARIAN	3001	01:11:23.95	11:29	10K60-64F	3/4	564/630	LETH, AB, CANADA
323/377	ANDERSON, CHRIS	3014	01:11:26.25	11:30	10K45-49F	23/31	565/630	CALGARY, AB, CANADA
324/377	WIECHNIK, STEPHANIE	3705	01:11:26.90	11:30	10K20-24F	59/64	566/630	LETH, AB, CANADA
325/377	KENNEDY, WENDY	3327	01:11:31.65	11:30	10K40-44F	38/41	567/630	BOW ISLAND, AB, CANADA
326/377	GOSS, GINA	3211	01:11:46.85	11:33	10K20-24F	60/64	568/630	LETH, AB, CANADA
327/377	LODERMEIER, VANESSA	3358	01:12:00.85	11:35	10K20-24F	61/64	569/630	LETH, AB, CANADA
328/377	KOLEYAK, LIZ	3333	01:12:02.10	11:35	10K25-29F	60/69	570/630	LACOMBE, AB, CANADA
329/377	KROSSA, LEXI	3339	01:12:02.20	11:35	10K25-29F	61/69	571/630	PONOKA, AB, CANADA
330/377	HAMILTON, HEATHER	3231	01:12:17.05	11:38	10K25-29F	62/69	572/630	CALGARY, AB, CANADA

## Overall Gender Results

## 10K - 6.21 Miles

## Female

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
331/377	PASOLLI, LORNA	3477	01:12:17.20	11:38	10K45-49F	24/31	573/630	CHAMPION, AB, CANADA
332/377	ANDERSON, JO-ANN	3015	01:12:27.85	11:40	10K40-44F	39/41	574/630	CALGARY, AB, CANADA
333/377	CASTELLANO, KERRI	3084	01:12:30.70	11:40	10K16-19F	7/9	575/630	LETH, AB, CANADA
334/377	MICHEL, DEE DEE	3407	01:12:38.20	11:41	10K50-54F	16/25	576/630	WELLING, AB, CANADA
335/377	NOBLE, NATALIE	3450	01:13:18.00	11:48	10K30-34F	49/54	577/630	RED DEER, AB, CANADA
336/377	CAMPBELL, JACKIE	3078	01:13:32.65	11:50	10K25-29F	63/69	578/630	COALDALE, AB, CANADA
337/377	SCHOLTEN, JACKIE	3560	01:13:49.35	11:53	10K30-34F	50/54	579/630	PICTURE BUTTE, AB, CANADA
338/377	VAN DYK, JANNIE	3667	01:13:54.75	11:54	10K60-64F	4/4	580/630	LETH, AB, CANADA
339/377	HOPKINS, JANELLE	3288	01:14:01.25	11:55	10K40-44F	40/41	581/630	CALGARY, AB, CANADA
340/377	OSBORN, WENDY	3466	01:14:02.60	11:55	10K35-39F	53/55	582/630	LETH, AB, CANADA
341/377	OSTRUP, JODY	3469	01:14:21.40	11:58	10K30-34F	51/54	583/630	COALDALE, AB, CANADA
342/377	AUSTIN, MIRIAM	3028	01:14:35.15	12:00	10K50-54F	17/25	584/630	LETH, AB, CANADA
343/377	DALE, KELSIE	3118	01:14:38.70	12:01	10K25-29F	64/69	585/630	KINDERSLEY, SASK, CANADA
344/377	NORTHCOTT, TERRI	3453	01:14:48.25	12:02	10K45-49F	25/31	586/630	OKOTOKS, AB, CANADA
345/377	MCCALLUM-CAMPBELL, JANICE	3383	01:14:56.35	12:03	10K50-54F	18/25	589/630	VULCAN, AB, CANADA
346/377	MCKENZIE, DIANE	3395	01:14:56.55	12:04	10K50-54F	19/25	590/630	WARNER, AB, CANADA
347/377	RUSSELL, ALANNA	3538	01:15:00.85	12:04	10K40-44F	41/41	591/630	MED. HAT, AB, CANADA
348/377	REPHIN, CATHERINE	3522	01:15:09.85	12:06	10K55-59F	14/15	593/630	CRANBROOK, BC, CANADA
349/377	HEINRICH, SHEILA	3257	01:16:05.45	12:15	10K50-54F	20/25	595/630	LETH, AB, CANADA
350/377	DE KREEK, YOLANDA	3132	01:16:05.60	12:15	10K50-54F	21/25	596/630	PICTURE BUTTE, AB, CANADA
351/377	BLAHUT, TANYA	3052	01:16:06.65	12:15	10K25-29F	65/69	598/630	LETH, AB, CANADA
352/377	BLAHUT, ORYSIA	3051	01:17:09.40	12:25	10K50-54F	22/25	600/630	CALGARY, ALBERTA, CANADA
353/377	JONES, ADRIENNE	3317	01:17:24.90	12:27	10K25-29F	66/69	601/630	CALGARY, AB, CANADA
354/377	POLLETT, ROSEMARY	3501	01:17:32.85	12:29	10K45-49F	26/31	602/630	HIGH RIVER, AB, CANADA
355/377	CYCA, WHITNEY	3114	01:17:48.70	12:31	10K20-24F	62/64	604/630	LETH, AB, CANADA
356/377	EWANCHUK, SARAH	3160	01:17:53.45	12:32	10K20-24F	63/64	605/630	FT MACLEOD, AB, CANADA
357/377	CORMACK, KERRI	3104	01:17:55.25	12:32	10K16-19F	8/9	606/630	LETH, AB, CANADA
358/377	POLLARD, LESLIE	3498	01:17:58.15	12:33	10K25-29F	67/69	607/630	LETH, AB, CANADA
359/377	LAWRENCE, LEAH	3352	01:19:20.95	12:46	10K45-49F	27/31	609/630	LETH, AB, CANADA
360/377	PINSENT, SHERRY	3492	01:19:21.15	12:46	10K45-49F	28/31	610/630	SPARWOOD, B.C., CANADA
361/377	HEGGIE, PAM	3254	01:19:41.20	12:49	10K25-29F	68/69	611/630	LETH, AB, CANADA
362/377	BLAHUT, ANDREA	3050	01:20:27.05	12:57	10K16-19F	9/9	613/630	CALGARY, AB, CANADA
363/377	PETERSON, CARMEN	3486	01:20:40.20	12:59	10K30-34F	52/54	615/630	LETH, AB, CANADA
364/377	WILLIAMS, JENNIFER	3708	01:21:17.40	13:05	10K35-39F	54/55	616/630	AIRDRIE, AB, CANADA
365/377	RUSSELL, LISA	3539	01:21:22.85	13:06	10K20-24F	64/64	617/630	DIAMOND CITY, AB, CANADA
366/377	HOLLADAY, KERRI-ANN	3278	01:21:24.45	13:06	10K50-54F	23/25	618/630	CROSSFIELD, AB, CANADA
367/377	VOLK, DAWN	3680	01:22:37.10	13:18	10K25-29F	69/69	620/630	LETH, AB, CANADA
368/377	GILL, TINA	3200	01:22:52.95	13:20	10K65-69F	2/2	621/630	NORTH VANCOUVER, BC, CANADA
369/377	GUNNESS, SHEENA	3225	01:23:23.95	13:25	10K30-34F	53/54	622/630	LETH, AB, CANADA
370/377	ANTOCHOW, JOBINA	3017	01:23:24.20	13:25	10K30-34F	54/54	623/630	LETH, AB, CANADA
371/377	SINE, EMMA	3581	01:23:24.45	13:25	10K50-54F	24/25	624/630	LETH, AB, CANADA
372/377	RHODES, BARB	3523	01:24:14.15	13:33	10K35-39F	55/55	625/630	CALGARY, AB, CANADA
373/377	HILL, YVONNE	3270	01:24:42.30	13:38	10K55-59F	15/15	626/630	LETH, AB, CANADA
374/377	FAULKNER, NAOMI	3164	01:25:23.60	13:44	10K45-49F	29/31	627/630	FT. MACLEOD, AB, CANADA
375/377	SCOTT, BONNIE	3564	01:25:32.45	13:46	10K45-49F	30/31	628/630	PINCHER CREEK, AB, CANADA
376/377	VOLK, HELEN	3681	01:28:30.45	14:15	10K50-54F	25/25	629/630	LETH, AB, CANADA
377/377	ROTH, TRUDI	3536	01:35:05.70	15:18	10K45-49F	31/31	630/630	PINCHER CREEK, AB, CANADA

## Overall Gender Results

## 10K - 6.21 Miles

## Male

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
1/253	KANGOGO, KIP	3323	00:32:57.35	05:18	10K30-34M	1/40	1/630	LETH, AB, CANADA
2/253	KANGOGO, ED	3322	00:32:58.00	05:18	10K20-24M	1/24	2/630	LETH, AB, CANADA
3/253	SCHAERZ, SIMON	3552	00:33:37.00	05:24	10K20-24M	2/24	3/630	LETH, AB, CANADA
4/253	REID, CHAD	3520	00:35:19.40	05:41	10K35-39M	1/23	4/630	LETH, AB, CANADA
5/253	YOUNG, SEAN	3737	00:37:39.35	06:03	10K16-19M	1/12	5/630	LETH, AB, CANADA
6/253	CAMERON, ROB	3076	00:37:54.25	06:06	10K45-49M	1/26	6/630	PINCHER CREEK, AB, CANADA
7/253	HAYWARD, MARC	3249	00:38:33.25	06:12	10K45-49M	2/26	8/630	LETH, AB, CANADA
8/253	ALLEN, CHAD	3009	00:39:06.00	06:17	10K16-19M	2/12	9/630	MED. HAT, AB, CANADA
9/253	SHELLENBERG, RYAN	3555	00:39:10.75	06:18	10K30-34M	2/40	10/630	CALGARY, AB, CANADA
10/253	UJACK, BART	3659	00:39:16.00	06:19	10K30-34M	3/40	11/630	CALGARY, AB, CANADA
11/253	ANDERSEN, SHANE	3012	00:39:25.10	06:20	10K40-44M	1/30	12/630	EDMONTON, AB, CANADA
12/253	ONTKEAN, NICK	3464	00:39:37.25	06:22	10K20-24M	3/24	13/630	LETH, AB, CANADA
13/253	DEMAERE, PAUL	3134	00:42:34.10	06:51	10K35-39M	2/23	16/630	LETH, AB, CANADA
14/253	MCIVER, JORDAN	3391	00:42:34.65	06:51	10K25-29M	1/35	17/630	EDMONTON, AB, CANADA
15/253	ASUCHAK, JIM	3024	00:42:41.50	06:52	10K30-34M	4/40	18/630	LETH, AB, CANADA
16/253	ALBRECHT, TYLER	3004	00:42:51.45	06:54	10K30-34M	5/40	19/630	MED. HAT, AB, CANADA
17/253	ARNOLD, RALPH	3022	00:42:55.20	06:54	10K45-49M	3/26	20/630	LETH, AB, CANADA
18/253	VANDEN DOOL, GLENN	3673	00:43:00.30	06:55	10K40-44M	2/30	21/630	LETH, AB, CANADA
19/253	CLACK, JACK	3096	00:43:05.60	06:56	10K60-64M	1/8	22/630	LETH, AB, CANADA
20/253	SLEIK, RYAN	3585	00:43:06.45	06:56	10K30-34M	6/40	24/630	CRANBROOK, BC, CANADA
21/253	HILL, JOEL	3268	00:43:07.10	06:56	10K20-24M	4/24	25/630	MAGRATH, AB, CANADA
22/253	ELDER, KEVIN	3153	00:43:08.50	06:56	10K45-49M	4/26	26/630	LETH, AB, CANADA
23/253	CURLY RIDER, MARTIN	3112	00:43:11.90	06:57	10K40-44M	3/30	27/630	CARDSTON, AB, CANADA
24/253	CLARK, TIM	3098	00:43:17.65	06:58	10K25-29M	2/35	28/630	NEW NORWAY, AB, CANADA
25/253	PRENDERGAST, NEIL	3513	00:43:29.25	07:00	10K35-39M	3/23	29/630	CALGARY, AB, CANADA
26/253	SHRINER, JASON	3576	00:43:30.80	07:00	10K35-39M	4/23	30/630	LETH, AB, CANADA
27/253	GILLIS, BRIAN	3202	00:43:32.20	07:00	10K40-44M	4/30	31/630	CALGARY, AB, CANADA
28/253	BAYLY, KEITH	3039	00:43:40.20	07:01	10K40-44M	5/30	32/630	CALGARY, AB, CANADA
29/253	ROBDRUP, DANNY	3529	00:43:58.05	07:04	10K25-29M	3/35	33/630	LETH, AB, CANADA
30/253	RITCHOT, GILLES	3527	00:44:04.75	07:05	10K45-49M	5/26	34/630	LETH, AB, CANADA
31/253	RIOPEL, DANNY	3525	00:44:34.75	07:10	10K30-34M	7/40	35/630	LETH, AB, CANADA
32/253	JOHNSON, DEAN	3312	00:44:43.65	07:12	10K45-49M	6/26	36/630	LETH, AB, CANADA
33/253	SHARP, ROB	3572	00:44:49.25	07:13	10K30-34M	8/40	37/630	LETH, AB, CANADA
34/253	SJODEN, TRISTAN	3584	00:44:52.15	07:13	10K25-29M	4/35	38/630	LETH, AB, CANADA
35/253	PENNER, KEN	3483	00:44:53.60	07:13	10K45-49M	7/26	39/630	LETH, AB, CANADA
36/253	NIGHTINGALE, MIKE	3447	00:44:55.20	07:13	10K35-39M	5/23	40/630	LETH, AB, CANADA
37/253	KRUSHEL, ROBERT	3342	00:44:55.50	07:13	10K40-44M	6/30	41/630	YELLOWKNIFE, NT, CANADA
38/253	HOBLEY, RICHARD	3274	00:45:02.60	07:15	10K40-44M	7/30	42/630	MED. HAT, AB, CANADA
39/253	PARADIS, PATRICK	3474	00:45:06.75	07:15	10K35-39M	6/23	43/630	LETH, AB, CANADA
40/253	SLOMP, WILLIAM	3586	00:45:16.65	07:17	10K35-39M	7/23	44/630	PICTURE BUTTE, AB, CANADA
41/253	SWITZER, JOHN	3628	00:45:19.75	07:17	10K45-49M	8/26	45/630	LETH, AB, CANADA
42/253	JACKSON, JASON	3304	00:45:20.75	07:18	10K30-34M	9/40	46/630	BROOKS, AB, CANADA
43/253	ALI, MUSA	3008	00:45:31.90	07:19	10K20-24M	5/24	47/630	LETH, AB, CANADA
44/253	WIRZBA, BRENT	3714	00:45:58.40	07:24	10K20-24M	6/24	49/630	LETH, AB, CANADA
45/253	WIRZBA, MATTHEW	3715	00:46:06.70	07:25	10K25-29M	5/35	51/630	LETH, AB, CANADA
46/253	YELLOWHORN, BLAKE	3632	00:46:11.75	07:26	10K16-19M	3/12	54/630	FT. MACLEOD, AB, CANADA
47/253	THIESSEN, ERNIE	3645	00:46:15.40	07:26	10K45-49M	9/26	55/630	LETH, AB, CANADA
48/253	JOHNSON, PAYDEN	3314	00:46:16.90	07:27	10K12-15M	1/10	56/630	LETHBRIDGE, AB, CANADA
49/253	MCIVER, GRANT	3390	00:46:26.75	07:28	10K25-29M	6/35	58/630	SHERWOOD PARK, AB, CANADA
50/253	BAKER, SCOTT	3033	00:46:29.90	07:29	10K25-29M	7/35	59/630	COALDALE, AB, CANADA
51/253	AVISON, CAMERON	3030	00:46:50.75	07:32	10K30-34M	10/40	61/630	LETH, AB, CANADA
52/253	HUGHES, JEFFREY	3295	00:47:11.40	07:35	10K30-34M	11/40	66/630	MED. HAT, AB, CANADA
53/253	HARRIS, ZACH	3245	00:47:23.05	07:37	10K20-24M	7/24	68/630	MONARCH, AB, CANADA
54/253	SMITH, NATHAN	3600	00:47:23.75	07:37	10K30-34M	12/40	69/630	CARDSTON, AB, CANADA
55/253	HOSANEE, MICHAEL	3291	00:47:27.20	07:38	10K16-19M	4/12	72/630	MED. HAT, AB, CANADA



## Overall Gender Results

## 10K - 6.21 Miles

## Male

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
56/253	CARLSON, MARK	3082	00:47:30.85	07:39	10K45-49M	10/26	73/630	CALGARY, AB, CANADA
57/253	NIXEY, SHAYNE	3449	00:47:33.55	07:39	10K40-44M	8/30	75/630	LETH, AB, CANADA
58/253	JENSEN, CHAD	3309	00:47:35.60	07:39	10K25-29M	8/35	76/630	LETH, AB, CANADA
59/253	CHATTERTON, MATTHEW	3088	00:47:42.60	07:40	10K16-19M	5/12	78/630	LETH, AB, CANADA
60/253	MOHR, RYAN	3419	00:47:44.75	07:41	10K30-34M	13/40	79/630	STIRLING, AB, CANADA
61/253	BOWEN, BRIAN	3055	00:47:54.65	07:42	10K30-34M	14/40	82/630	EDMONTON, AB, CANADA
62/253	MACLEAN, IAN	3375	00:47:55.95	07:43	10K20-24M	8/24	83/630	LETH, AB, CANADA
63/253	ALSTON, JONATHAN	3011	00:48:13.20	07:45	10K40-44M	9/30	89/630	LETH, AB, CANADA
64/253	OLSON, BARRY	3462	00:48:15.75	07:46	10K50-54M	1/23	90/630	LETH, AB, CANADA
65/253	SEXTON, BRIAN	3571	00:48:26.45	07:47	10K30-34M	15/40	91/630	LETH, AB, CANADA
66/253	SMITH, RYAN	3603	00:48:28.75	07:48	10K25-29M	9/35	92/630	CALGARY, AB, CANADA
67/253	DIXON, BRIAN	3137	00:48:33.00	07:49	10K40-44M	10/30	94/630	LETH, AB, CANADA
68/253	COUSINS, LYNDON	3106	00:48:33.50	07:49	10K25-29M	10/35	95/630	CALGARY, AB, CANADA
69/253	LESSARD, MAXIME	3119	00:48:34.15	07:49	10K25-29M	11/35	96/630	LETH, AB, CANADA
70/253	SCHILLING, JASON	3556	00:48:42.15	07:50	10K35-39M	8/23	98/630	LETH, AB, CANADA
71/253	GOOD STRIKER, TYSON	3209	00:48:46.00	07:51	10K12-15M	2/10	100/630	STANDOFF, AB, CANADA
72/253	GOOD STRIKER, CLAY	3208	00:48:47.30	07:51	10K12-15M	3/10	101/630	STANDOFF, AB, CANADA
73/253	SMITH, BRENT	3591	00:48:50.15	07:51	10K35-39M	9/23	102/630	LETH, AB, CANADA
74/253	FRIESEN, COREY	3183	00:48:52.40	07:52	10K30-34M	16/40	103/630	BURNABY, B.C., CANADA
75/253	EVES, BLAKE	3159	00:48:58.10	07:53	10K50-54M	2/23	106/630	COALHURST, AB, CANADA
76/253	SABO, MARK	3544	00:48:58.40	07:53	10K40-44M	11/30	107/630	LETH, AB, CANADA
77/253	MCKEE, KEN	3394	00:49:02.30	07:53	10K40-44M	12/30	108/630	CLARESHOLM, AB, CANADA
78/253	MILNER, KOLE	3417	00:49:12.45	07:55	10K16-19M	6/12	109/630	RAYMOND, AB, CANADA
79/253	MURRAY, CHRIS	3430	00:49:13.25	07:55	10K45-49M	11/26	110/630	LETH, AB, CANADA
80/253	LACANILAO, BRIAN	3347	00:49:30.45	07:58	10K25-29M	12/35	112/630	LETH, AB, CANADA
81/253	FLINDALL, JASON	3064	00:49:30.60	07:58	10K20-24M	9/24	113/630	LETH, AB, CANADA
82/253	GENTEK, KENNETH	3192	00:49:31.55	07:58	10K40-44M	13/30	114/630	LETH, AB, CANADA
83/253	ROBERTS, NATHAN	3531	00:49:33.05	07:58	10K35-39M	10/23	115/630	CALGARY, AB, CANADA
84/253	PATERSON, KYLE	3738	00:49:37.20	07:59	10K30-34M	17/40	116/630	LEYH, AB, CANADA
85/253	TURNER, SHAUN	3658	00:49:39.40	07:59	10K20-24M	10/24	117/630	LETH, AB, CANADA
86/253	HINTON, DAREN	3272	00:49:42.05	08:00	10K40-44M	14/30	119/630	CALGARY, AB, CANADA
87/253	GILLIS, ANDREW	3201	00:49:46.05	08:00	10K12-15M	4/10	121/630	LETHBRIDGE, AB, CANADA
88/253	GROVES, BRAD	3223	00:49:49.20	08:01	10K40-44M	15/30	122/630	LETH, AB, CANADA
89/253	BURT, GREGORY	3072	00:49:50.75	08:01	10K55-59M	1/14	124/630	CARDSTON, AB, CANADA
90/253	CHUBB, RICH	3092	00:49:55.95	08:02	10K55-59M	2/14	126/630	LETH, AB, CANADA
91/253	YOUNG, RICHARD	3730	00:50:01.70	08:03	10K45-49M	12/26	129/630	CALGARY, AB, CANADA
92/253	MURPHY, GREG	3429	00:50:05.80	08:03	10K40-44M	16/30	130/630	Port Coquitlam, BC, Canada
93/253	MACLEAN, DAVIS	3374	00:50:13.10	08:05	10K12-15M	5/10	132/630	LETH, AB, CANADA
94/253	SMITH, NORMAN	3601	00:50:15.85	08:05	10K30-34M	18/40	133/630	FORT MACLEOD, AB, CANADA
95/253	HORON, KELLY	3290	00:50:16.80	08:05	10K45-49M	13/26	134/630	LETH, AB, CANADA
96/253	MACKAY, CRAIG	3371	00:50:27.55	08:07	10K45-49M	14/26	136/630	LETH, AB, CANADA
97/253	YOUNG, RYAN	3731	00:50:28.65	08:07	10K12-15M	6/10	137/630	CALGARY, AB, CANADA
98/253	BOYD, PATRICK	3056	00:50:30.05	08:07	10K25-29M	13/35	138/630	MED. HAT, AB, CANADA
99/253	SCHAAF, EVAN	3550	00:50:36.15	08:08	10K25-29M	14/35	140/630	LETH, AB, CANADA
100/253	HERBERT, JORDAN	3262	00:50:38.95	08:09	10K25-29M	15/35	141/630	LETH, AB, CANADA
101/253	POYTRESS, JORDAN	3509	00:50:39.65	08:09	10K16-19M	7/12	143/630	FORT MACLEOD, AB, CDN
102/253	SOMMERFELDT, DREW	3607	00:50:44.85	08:10	10K55-59M	3/14	146/630	LETH, AB, CANADA
103/253	VANDELLEN, TROY	3672	00:50:58.20	08:12	10K35-39M	11/23	148/630	CLARESHOLM, AB, CANADA
104/253	FRIESEN, BERT	3182	00:51:00.80	08:12	10K40-44M	17/30	149/630	TABER, AB, CANADA
105/253	TILLMANN, CURTIS	3650	00:51:02.20	08:13	10K25-29M	16/35	150/630	LETH, AB, CANADA
106/253	STREIFEL, SEAN	3624	00:51:05.25	08:13	10K35-39M	12/23	151/630	MED. HAT, AB, CANADA
107/253	POIRIER RICHER, GREGOIRE	3497	00:51:08.10	08:14	10K25-29M	17/35	152/630	MED. HAT, AB, CANADA
108/253	THOMAS, NOEL	3647	00:51:14.65	08:15	10K55-59M	4/14	153/630	LETH, AB, CANADA
109/253	BASHFORTH, KELLY	3736	00:51:16.15	08:15	10K30-34M	19/40	154/630	CALGARY, AB, CANADA
110/253	HOLLADAY, JUSTIN	3277	00:51:20.25	08:15	10K25-29M	18/35	156/630	LETH, AB, CANADA

## Overall Gender Results

## 10K - 6.21 Miles

## Male

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
111/253	IRWIN, SAM	3299	00:51:36.05	08:18	10K25-29M	19/35	161/630	LETH, AB, CANADA
112/253	GILES, CHRIS	3197	00:51:40.10	08:19	10K20-24M	11/24	162/630	LETH, AB, CANADA
113/253	KLEISINGER, ANDY	3329	00:51:47.60	08:20	10K25-29M	20/35	165/630	LETH, AB, CANADA
114/253	RUSSELL, TYLER	3540	00:51:52.30	08:21	10K20-24M	12/24	167/630	DIAMOND CITY, AB, CANADA
115/253	WATCHEL, ELIJAH	3695	00:51:55.25	08:21	10K25-29M	21/35	168/630	INVERMERE, BC, CANADA
116/253	ALLEN, LEE	3010	00:51:55.85	08:21	10K40-44M	18/30	169/630	COALDALE, AB, CANADA
117/253	STOUT, AARON	3623	00:52:07.75	08:23	10K30-34M	20/40	172/630	LETH, AB, CANADA
118/253	FOX, DAVE	3180	00:52:18.50	08:25	10K50-54M	3/23	173/630	MOOSE JAW, SASK, CANADA
119/253	CYR, JASON	3115	00:52:21.75	08:25	10K35-39M	13/23	174/630	OKOTOKS, AB, CANADA
120/253	FLAIG, DON	3172	00:52:25.10	08:26	10K55-59M	5/14	175/630	LETH, AB, CANADA
121/253	BALOG, COLE	3034	00:52:27.25	08:26	10K20-24M	13/24	176/630	LETH, AB, CANADA
122/253	CASWELL, STEVEN	3086	00:52:30.85	08:27	10K20-24M	14/24	178/630	LETH, AB, CANADA
123/253	DOERKSEN, BRIAN	3141	00:52:34.75	08:27	10K40-44M	19/30	179/630	COALDALE, AB, CANADA
124/253	THIBERT, CORY	3644	00:52:45.15	08:29	10K30-34M	21/40	181/630	LETH, AB, CANADA
125/253	SHERIFF, JOHN	3574	00:52:47.45	08:29	10K40-44M	20/30	182/630	LETH, AB, CANADA
126/253	WARING, PATRICK	3690	00:53:06.75	08:33	10K20-24M	15/24	185/630	LETH, AB, CANADA
127/253	TILLMANNS, FELIX	3651	00:53:07.00	08:33	10K55-59M	6/14	186/630	LETH, AB, CANADA
128/253	ORR, LAURRY	3465	00:53:12.30	08:34	10K55-59M	7/14	187/630	FT. MACLEOD, AB, CANADA
129/253	KASKO, RYAN	3324	00:53:20.85	08:35	10K35-39M	14/23	191/630	COALDALE, AB, CANADA
130/253	BAIN, MICHAEL	3031	00:53:21.85	08:35	10K25-29M	22/35	192/630	LETH, AB, CANADA
131/253	HENLEY, ANDREW	3261	00:53:25.45	08:36	10K30-34M	22/40	193/630	REGINA, SASK, CANADA
132/253	TARZWELL, CURTIS	3638	00:53:43.35	08:39	10K25-29M	23/35	199/630	LETH, AB, CANADA
133/253	VANDERVEEN, KLAAS	3674	00:53:44.30	08:39	10K55-59M	8/14	200/630	PICTURE BUTTE, AB, CANADA
134/253	LOWINGS, MALCOLM	3362	00:53:46.90	08:39	10K50-54M	4/23	201/630	LETH, AB, CANADA
135/253	SCHAAF, NOLAN	3551	00:53:58.05	08:41	10K30-34M	23/40	206/630	LETH, AB, CANADA
136/253	TAMS, STUART	3636	00:54:05.35	08:42	10K12-15M	7/10	210/630	TABER, AB, CANADA
137/253	SOUTHALL, NORM	3608	00:54:11.45	08:43	10K45-49M	15/26	211/630	LETH, AB, CANADA
138/253	MILNE, DARREN	3415	00:54:31.35	08:46	10K35-39M	15/23	219/630	LETH, AB, CANADA
139/253	PETERSON, BRENT	3485	00:54:37.00	08:47	10K16-19M	8/12	224/630	RAYMOND, AB, CANADA
140/253	SENIKI, DEAN	3570	00:54:41.75	08:48	10K25-29M	24/35	225/630	MED. HAT, AB, CANADA
141/253	KUTA, DALE	3346	00:54:46.25	08:49	10K50-54M	5/23	227/630	BLAIRMORE, AB, CANADA
142/253	DAVIDSON, KIM	3121	00:54:46.40	08:49	10K50-54M	6/23	229/630	PINCHER CREEK, AB, CANADA
143/253	HILL, JONATHAN	3269	00:54:55.30	08:50	10K20-24M	16/24	231/630	LETH, AB, CANADA
144/253	FEHR, CAMERON	3166	00:55:19.70	08:54	10K30-34M	24/40	238/630	LETH, AB, CANADA
145/253	HARRINGTON, MICHAEL	3241	00:55:24.70	08:55	10K35-39M	16/23	240/630	SPARWOOD, BC, CANADA
146/253	SHELLENBERG, DEVAN	3554	00:55:25.35	08:55	10K25-29M	25/35	241/630	LETH, AB, CANADA
147/253	BRADLEY, BRIAN	3060	00:55:25.80	08:55	10K35-39M	17/23	242/630	LETH, AB, CANADA
148/253	FRIESEN, SHELDON	3184	00:55:33.80	08:56	10K25-29M	26/35	243/630	LETH, AB, CANADA
149/253	BLACKMORE, JON	3046	00:55:36.85	08:57	10K30-34M	25/40	244/630	MAGRATH, AB, CANADA
150/253	IWAASA, KEVIN	3303	00:55:37.95	08:57	10K30-34M	26/40	245/630	LETH, AB, CANADA
151/253	MACKINNON, BRUCE	3373	00:55:41.45	08:58	10K45-49M	16/26	247/630	LETH, AB, CANADA
152/253	SYDIAHA, BRIAN	3629	00:55:50.05	08:59	10K20-24M	17/24	252/630	COALDALE, AB, CANADA
153/253	PELLERIN, CRAIG	3481	00:56:09.80	09:02	10K20-24M	18/24	259/630	LETH, AB, CANADA
154/253	SALMON, MAX	3545	00:56:21.75	09:04	10K65-69M	1/5	264/630	LETH, AB, CANADA
155/253	GRANSON, ERNEST	3216	00:56:26.45	09:05	10K55-59M	9/14	266/630	CALGARY, AB, CANADA
156/253	EVANS, JOHN	3158	00:56:29.05	09:05	10K40-44M	21/30	267/630	MAGRATH, AB, CANADA
157/253	HANSON, WES	3236	00:56:48.05	09:08	10K45-49M	17/26	273/630	LETH, AB, CANADA
158/253	HEGGIE, MARC	3253	00:56:54.05	09:09	10K60-64M	2/8	276/630	LETH, AB, CANADA
159/253	SYDIAHA, LES	3630	00:56:56.40	09:10	10K50-54M	7/23	278/630	MOOSE JAW, SASK, CANADA
160/253	KLEIN, KURT	3426	00:57:03.00	09:11	10K65-69M	2/5	279/630	LETH, AB, CANADA
161/253	VAN DAM, RALPH	3664	00:57:11.95	09:12	10K40-44M	22/30	286/630	REDCLIFF, AB, CANADA
162/253	DAVIDSON, KYLE	3122	00:57:16.10	09:13	10K20-24M	19/24	288/630	PINCHER CREEK, AB, CANADA
163/253	HARMS, SCOTT	3239	00:57:19.80	09:13	10K30-34M	28/40	290/630	LETH, AB, CANADA
164/253	HARVIE, JORDAN	3247	00:57:26.20	09:14	10K16-19M	9/12	292/630	LETH, AB, CANADA
165/253	RODGER, KENT	3532	00:57:37.90	09:16	10K55-59M	10/14	297/630	COLEMAN, AB, CANADA

## Overall Gender Results

## 10K - 6.21 Miles

## Male

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
166/253	SINE, DAVID	3580	00:57:38.65	09:16	10K50-54M	8/23	298/630	LETH, AB, CANADA
167/253	FOSTER, DAVID	3179	00:57:38.70	09:16	10K25-29M	27/35	299/630	LETH, AB, CANADA
168/253	PITCHER, RILEY	3495	00:57:39.95	09:17	10K12-15M	8/10	301/630	LETH, AB, CANADA
169/253	STEPHENSON, SEAN	3616	00:57:43.25	09:17	10K12-15M	9/10	302/630	FERNIE, BC, CANADA
170/253	HIGGINS, BOB	3265	00:57:43.70	09:17	10K40-44M	23/30	303/630	LETH, AB, CANADA
171/253	ELLIS, MICHAEL	3154	00:57:49.45	09:18	10K20-24M	20/24	306/630	EDMONTON, AB, CANADA
172/253	POTE, JAMES	3507	00:57:50.45	09:18	10K55-59M	11/14	308/630	LETH, AB, CANADA
173/253	DUECK, EDGAR	3147	00:57:51.15	09:18	10K55-59M	12/14	310/630	COALDALE, AB, CANADA
174/253	WRIGHT, WILL	3722	00:57:51.35	09:18	10K35-39M	18/23	311/630	LETH, AB, CANADA
175/253	HAMMERSTEDT, EDEN	3232	00:57:58.35	09:20	10K35-39M	19/23	315/630	TABER, AB, CANADA
176/253	BURR, GARY	3071	00:58:06.05	09:21	10K50-54M	9/23	319/630	MED. HAT, AB, CANADA
177/253	FARKAS, CRAIG	3162	00:58:08.10	09:21	10K45-49M	18/26	322/630	LETH, AB, CANADA
178/253	SITWELL, GEOFF	3583	00:58:08.35	09:21	10K16-19M	10/12	323/630	LETH, AB, CANADA
179/253	WEASEL MOCCASIN, PETER	3698	00:58:18.70	09:23	10K50-54M	10/23	325/630	STANDOFF, AB, CANADA
180/253	SMART, CLIVE	3587	00:58:25.55	09:24	10K65-69M	3/5	329/630	LETH, AB, CANADA
181/253	SCOTT, JIM	3565	00:58:27.35	09:24	10K60-64M	3/8	330/630	LETH, AB, CANADA
182/253	SIGURDSON, THOR	3577	00:58:30.50	09:25	10K30-34M	29/40	334/630	SPARWOOD, BC, CANADA
183/253	BUTLER, PETER	3075	00:58:32.90	09:25	10K65-69M	4/5	336/630	ELKWATER, AB, CANADA
184/253	TOMEI, LEANDRO	3655	00:58:33.05	09:25	10K50-54M	11/23	337/630	LETH, AB, CANADA
185/253	VAN NISTELROOY, BRADEN	3668	00:58:39.95	09:26	10K25-29M	28/35	338/630	ENCHANT, AB, CANADA
186/253	WILLIAMSON, ROB	3710	00:58:52.55	09:28	10K30-34M	30/40	344/630	LETH, AB, CANADA
187/253	ARMSTRONG, DWAYNE	3019	00:58:57.05	09:29	10K50-54M	12/23	348/630	LETH, AB, CANADA
188/253	BROWN, MITCHEL	3065	00:59:02.30	09:30	10K50-54M	13/23	350/630	FT. MACLEOD, AB, CANADA
189/253	HOLT, REGAN	3281	00:59:05.20	09:30	10K30-34M	31/40	352/630	LETH, AB, CANADA
190/253	POYTRESS, ALAN	3508	00:59:25.25	09:34	10K50-54M	14/23	357/630	FORT MACLEOD, AB, CDN
191/253	SAWATZKY, PETER	3548	00:59:30.50	09:34	10K25-29M	29/35	359/630	COALHURST, AB, CANADA
192/253	CROW, HARLIN	3109	00:59:40.55	09:36	10K12-15M	10/10	361/630	STANDOFF, AB, CANADA
193/253	WOLFE, TONY	3718	01:00:16.20	09:42	10K30-34M	32/40	367/630	VALLEYVIEW, AB, CANADA
194/253	MUCCIARONE, GEORGE	3428	01:00:29.30	09:44	10K45-49M	19/26	371/630	MED. HAT, AB, CANADA
195/253	HAMILTON, WILLIAM	3402	01:00:38.35	09:45	10K20-24M	21/24	376/630	SPRUCE GROVE, AB, CANADA
196/253	JANS, GLENDA	3308	01:00:41.00	09:46	10K40-44M	24/30	378/630	NEW NORWAY, AB, CANADA
197/253	ZIELINSKI, WALTER	3732	01:00:48.80	09:47	10K50-54M	15/23	383/630	COALDALE, AB, CANADA
198/253	DAVIES, RICK	3125	01:00:55.15	09:48	10K50-54M	16/23	387/630	LETH, AB, CANADA
199/253	SMITH, TYLER	3604	01:01:04.45	09:50	10K25-29M	30/35	390/630	RAYMOND, AB, CANADA
200/253	BLACKWOOD, JONATHAN	3049	01:01:16.75	09:51	10K30-34M	33/40	393/630	LETH, AB, CANADA
201/253	ALDOUS, OWEN	3006	01:01:25.10	09:53	10K50-54M	17/23	395/630	MED. HAT, AB, CANADA
202/253	MYSHYNUIK, GARRY	3437	01:01:29.50	09:54	10K50-54M	18/23	396/630	CALGARY, AB, CANADA
203/253	SAWCHUK, GRANT	3549	01:01:52.00	09:57	10K50-54M	19/23	405/630	CLARESHOLM, AB, CANADA
204/253	WILLIAMS, JIM	3709	01:02:53.45	10:07	10K50-54M	20/23	419/630	HIGH RIVER, AB, CANADA
205/253	SMITH, PARLEY	3602	01:03:00.40	10:08	10K60-64M	4/8	420/630	CARDSTON, AB, CANADA
206/253	SIMS, ROBERT	3579	01:03:13.15	10:10	10K65-69M	5/5	426/630	GREAT FALLS, MT, U.S.A.
207/253	SMITH, LLOYD	3599	01:03:13.15	10:10	10K45-49M	20/26	425/630	CANMORE, AB, CANADA
208/253	FIRTH, DEVON	3170	01:03:13.20	10:10	10K30-34M	34/40	427/630	LETH, AB, CANADA
209/253	KRUSE, BRAD	3340	01:03:20.85	10:12	10K20-24M	22/24	430/630	NEW NORWAY, AB, CANADA
210/253	STRIKES WITH A GUN, MICHAEL EDWARD	3065	01:03:23.50	10:12	10K16-19M	11/12	432/630	BROCKET, AB, CANADA
211/253	DAVIES, DWIGHT	3124	01:03:23.90	10:12	10K50-54M	21/23	433/630	RAYMOND, AB, CANADA
212/253	SCHWAB, ED	3562	01:03:37.00	10:14	10K30-34M	35/40	435/630	LETH, AB, CANADA
213/253	HOOD, ROBIN	3285	01:04:23.05	10:22	10K60-64M	5/8	443/630	LETH, AB, CANADA
214/253	PEDERSEN, WAYNE	3480	01:04:23.20	10:22	10K45-49M	21/26	444/630	CLARESHOLM, AB, CANADA
215/253	MURRAY, TRAVIS	3432	01:04:32.95	10:23	10K25-29M	31/35	450/630	AIRDRIE, AB, CANADA
216/253	PASOLLI, ALAN	3476	01:04:52.65	10:26	10K50-54M	22/23	453/630	CHAMPION, AB, CANADA
217/253	KRAMER, JEREMY	3335	01:04:57.55	10:27	10K25-29M	32/35	456/630	TABER, AB, CANADA
218/253	CHUDLEIGH, BART	3093	01:05:03.60	10:28	10K35-39M	20/23	459/630	LETH, AB, CANADA
219/253	BROWN, JERRY	3063	01:05:05.40	10:28	10K60-64M	6/8	460/630	LETH, AB, CANADA
220/253	PICKARD, TONY	3490	01:05:08.90	10:29	10K45-49M	22/26	464/630	PICTURE BUTTE, AB, CANADA

## Overall Gender Results

## 10K - 6.21 Miles

## Male

Gender	Name	Bib#	Time	Pace	Category	Cat	O/A	City
221/253	SMIT, DICK	3588	01:05:11.65	10:29	10K35-39M	21/23	466/630	CALGARY, AB, CANADA
222/253	JESSUP, RON	3310	01:05:23.40	10:31	10K35-39M	22/23	469/630	LETH, AB, CANADA
223/253	SMITH, JASON	3596	01:05:42.55	10:34	10K30-34M	36/40	475/630	ELKFORD, BC, CANADA
224/253	SPRIDDLER, DEAN	3610	01:05:45.25	10:35	10K45-49M	23/26	477/630	LETH, AB, CANADA
225/253	DAVIS, BRAD	3126	01:05:52.65	10:36	10K40-44M	25/30	481/630	LETH, AB, CANADA
226/253	VON HEYKING, JOHN	3684	01:05:58.75	10:37	10K40-44M	26/30	482/630	LETH, AB, CANADA
227/253	WIEBE, TIM	3704	01:06:08.75	10:38	10K35-39M	23/23	485/630	LETH, AB, CANADA
228/253	STEED, RICHARD	3615	01:06:18.40	10:40	10K20-24M	23/24	487/630	CALGARY, AB, CANADA
229/253	DOLAN, ROBERT	3142	01:06:19.65	10:40	10K60-64M	7/8	490/630	LETH, AB, CANADA
230/253	VAN RAAK, COR	3669	01:07:34.50	10:52	10K70-74M	1/3	509/630	LETH, AB, CANADA
231/253	GODOY, DUDLEY	3206	01:08:22.35	11:00	10K60-64M	8/8	520/630	RAYMOND, AB, CANADA
232/253	BEVAN, TRAVIS	3043	01:08:24.05	11:00	10K20-24M	24/24	521/630	LETH, AB, CANADA
233/253	CLARK, CARL	3097	01:08:37.35	11:02	10K70-74M	2/3	525/630	GREAT FALLS, MONT., U.S.A.
234/253	MOORE, DAVID	3423	01:08:37.85	11:03	10K40-44M	27/30	526/630	LETH, AB, CANADA
235/253	PALMER, JUSTIN	3472	01:08:41.05	11:03	10K30-34M	37/40	528/630	CALGARY, AB, CANADA
236/253	STEWART, TROY	3621	01:08:53.45	11:05	10K40-44M	28/30	531/630	CARDSTON, AB, CANADA
237/253	PREACHUK, TREVOR	3511	01:08:56.65	11:06	10K30-34M	38/40	532/630	COALDALE, AB, CANADA
238/253	HOLLADAY, JOHN	3276	01:09:14.55	11:08	10K55-59M	13/14	534/630	CROSSFIELD, AB, CANADA
239/253	RYDER, DAN	3543	01:09:58.40	11:16	10K45-49M	24/26	541/630	LETH, AB, CANADA
240/253	GIESBRECHT, SCOTT	3196	01:10:49.60	11:24	10K30-34M	39/40	556/630	EDMONTON, AB, CANADA
241/253	KNOPP, MATHEW	3330	01:11:01.55	11:26	10K25-29M	33/35	559/630	CALGARY, AB, CANADA
242/253	KAATZ, MARTIN	3321	01:11:01.75	11:26	10K30-34M	40/40	561/630	LETH, AB, CANADA
243/253	NORTHCOTT, TAYLOR	3452	01:14:49.45	12:02	10K16-19M	12/12	587/630	OKOTOKS, AB, CANADA
244/253	MCCULLOCH, CAL	3385	01:14:49.95	12:03	10K40-44M	29/30	588/630	LETH, AB, CANADA
245/253	KOROL, GREG	3334	01:15:01.90	12:04	10K45-49M	25/26	592/630	MED. HAT, AB, CANADA
246/253	POLLARD, MICHAEL	3499	01:15:21.55	12:08	10K25-29M	34/35	594/630	LETH, AB, CANADA
247/253	VOLK, STAN	3682	01:16:05.75	12:15	10K55-59M	14/14	597/630	LETH, AB, CANADA
248/253	KOHLMETZ, TED	3332	01:16:26.60	12:18	10K70-74M	3/3	599/630	MED. HAT, AB, CANADA
249/253	POLLETT, CLYDE	3500	01:17:32.85	12:29	10K50-54M	23/23	603/630	HIGH RIVER, AB, CANADA
250/253	TRAHAN, ROB	3656	01:19:11.00	12:45	10K40-44M	30/30	608/630	LETH, AB, CANADA
251/253	GRAF, WILBERT	3214	01:20:06.70	12:53	10K80+M	1/1	612/630	GREAT FALLS, MONT, U.S.A.
252/253	PETERSON, KEN	3487	01:20:34.50	12:58	10K25-29M	35/35	614/630	LETH, AB, CANADA
253/253	ROTH, ALAN	3535	01:22:33.65	13:17	10K45-49M	26/26	619/630	PINCHER CREEK, AB, CANADA