

## Category Results

**10K - 6.21 Miles****10K11&UF - 1 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	YOUNG, ARIANA	3643	01:12:39.70	11:42	522/567	CALGARY, AB, CANADA

**10K12-15F - 4 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/4	KOOPMANS, MACKENZIE	3293	00:50:20.60	08:06	133/567	MED. HAT, AB, CANADA
2/4	DIXON, TAYLOR	3130	00:55:26.10	08:55	245/567	LETH, AB, CANADA
3/4	HANDSAEME, CARLY	3217	01:14:23.85	11:58	529/567	LETH, AB, CANADA
4/4	JONES, JESSICA	3273	01:15:18.40	12:07	536/567	SPARWOOD, BC, CANADA

**10K12-15M - 6 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/6	GAGNON, MATTHEW	3175	00:46:03.00	07:24	75/567	MED. HAT, AB, CANADA
2/6	HOSANEE, MICHAEL	3246	00:48:17.70	07:46	103/567	MED. HAT, AB, CANADA
3/6	YOUNG, RYAN	3647	00:54:02.40	08:42	198/567	CALGARY, AB, CANADA
4/6	LYBBERT, DALLIN	3331	01:00:44.60	09:46	374/567	LETH, AB, CANADA
5/6	CLAASSEN, ERWIN	3091	01:02:29.15	10:03	404/567	VAUXHALL, AB, CANADA
6/6	VAN HIERDEN, DAVID	3593	01:04:28.25	10:22	434/567	FT. MACLEOD, AB, CANADA

**10K16-19F - 15 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/15	BODELL, KRISTIN	3055	00:43:46.25	07:02	45/567	LETH, AB, CANADA
2/15	LAMB, SHANNON	3308	00:48:21.50	07:47	104/567	LETH, AB, CANADA
3/15	HENRICKS, COURTNEY	3230	00:50:51.35	08:11	142/567	DUNMORE, AB, CANADA
4/15	HOLT, TIANNA	3241	00:50:51.75	08:11	144/567	MED. HAT, AB, CANADA
5/15	ENGLISH, LUELLA	3149	00:52:18.10	08:25	162/567	BROCKET, AB, CANADA
6/15	GARCIA, BRENDA	3178	00:54:57.05	08:50	225/567	CALGARY, AB, CANADA
7/15	MALMBERG, BRITNEY	3345	00:55:15.65	08:53	232/567	LETH, AB, CANADA
8/15	BALOG, WHITNEY	3038	00:55:16.35	08:53	233/567	LETH, AB, CANADA
9/15	HOUGEN, MICHELLE	3248	00:55:37.20	08:57	251/567	FOREMOST, AB, CANADA
10/15	RACZ, ALLYSON	3463	00:57:26.20	09:14	294/567	LETH, AB, CANADA
11/15	PERKS, JENNA	3428	00:57:59.20	09:20	309/567	MAGRATH, AB, CANADA
12/15	VAN HIERDEN, BRITTNEY	3591	00:59:21.60	09:33	337/567	FT. MACLEOD, AB, CANADA
13/15	TOTH, JEN	3581	01:04:00.95	10:18	422/567	LETH., AB., CANADA
14/15	ADAMS, BRITNEY	3008	01:04:01.20	10:18	423/567	LETH, AB, CANADA
15/15	YOUNG, REBECCA	3644	01:07:23.95	10:51	473/567	CALGARY, AB, CANADA

**10K16-19M - 16 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/16	YOUNG, SEAN	3648	00:35:30.75	05:43	7/567	LETH, AB, CANADA
2/16	ONTKEAN, NICK	3411	00:40:12.55	06:28	20/567	LETH, AB, CANADA
3/16	MOURIK, CHRISTIAAN	3389	00:40:37.15	06:32	25/567	COULHURST, AB, CANADA
4/16	HUGHES, BENJAMIN	3251	00:42:07.40	06:46	31/567	MED. HAT, AB, CANADA
5/16	POYTRESS, JORDAN	3458	00:42:59.45	06:55	38/567	FT. MACLEOD, AB, CANADA
6/16	ELIASON, BRENDON	3144	00:44:30.25	07:09	52/567	.LETH, AB, CANADA
7/16	KEARL, STEVEN	3263	00:46:28.30	07:28	78/567	LETH, AB, CANADA
8/16	WALLACE, JAMES	3609	00:47:03.55	07:34	83/567	, , CANADA
9/16	CHATTERTON, MATTHEW	3085	00:49:17.30	07:56	115/567	LETH, AB, CANADA
10/16	MCKILLOP, DAVID	3250	00:50:50.00	08:11	140/567	, ,
11/16	HENINGER, MATTHEW	3228	00:50:50.55	08:11	141/567	MED. HAT, AB, CANADA
12/16	BECK, HAYDEN	3588	00:55:02.35	08:51	229/567	MED. HAT, AB, CANADA
13/16	WALICKI, JAN	3606	00:57:27.30	09:15	296/567	LETH, AB, CANADA
14/16	SMALL LEGS, MICHAEL	3537	00:58:32.80	09:25	323/567	BROCKET, AB, CANADA
15/16	TURCATO, CLAY	3582	00:59:28.15	09:34	341/567	TABER, AB, CANADA
16/16	ACKERMAN, AARON	3005	01:01:50.25	09:57	395/567	LETH, AB, CANADA

## Category Results

**10K - 6.21 Miles****10K20-24F - 40 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/40	JOHNSTON, HILARY	3656	00:38:40.80	06:13	14/567	CALGARY, AB, CANADA
2/40	QUERENGESSER, DEBBY	3417	00:40:32.45	06:31	23/567	CALGARY, AB, CANADA
3/40	HARTSHORN, REBECCA	3223	00:43:59.15	07:04	46/567	SASK, AB, CANADA
4/40	HILL, CAMELLIA	3233	00:45:01.95	07:15	63/567	LETH, AB, CANADA
5/40	GIBB, KRISTEN	3182	00:47:47.65	07:41	96/567	LETH, AB, CANADA
6/40	WARSHAWSKY, AMANDA	3612	00:49:00.10	07:53	109/567	LETH, AB, CANADA
7/40	LEFEBVRE, SUZANNE	3317	00:52:33.15	08:27	170/567	AIRDRIE, AB, CANADA
8/40	OLIVIERI, SARINA	3405	00:54:05.85	08:42	200/567	COLEMAN, AB, CANADA
9/40	GOUGH, MELISSA	3189	00:54:54.70	08:50	220/567	TABER, AB, CANADA
10/40	MAINZER, KIMBERLY	3344	00:55:27.30	08:55	247/567	LETH, AB, CANADA
11/40	MARCINKOWSKI, KAYLA	3350	00:56:15.70	09:03	265/567	LETH, AB, CANADA
12/40	FORAI, TARRYN	3169	00:56:29.15	09:05	270/567	LETH, AB, CANADA
13/40	BAIRD, MEGAN	3034	00:56:49.70	09:09	281/567	MED. HAT, AB, CANADA
14/40	OHLMANN, NIKKI	3403	00:57:03.75	09:11	285/567	LETH, AB, CANADA
15/40	KUBIK, JEANINE	3301	00:57:17.50	09:13	287/567	LETH, AB, CANADA
16/40	JOHNSON, ROBYNN	3270	00:57:22.15	09:14	291/567	LETH, AB, CANADA
17/40	LODERMEIER, MARINA	3328	00:58:14.15	09:22	317/567	MILK RIVER, AB, CANADA
18/40	TURCATO, WHITNEY	3583	00:58:17.90	09:23	318/567	LETH, AB, CANADA
19/40	MCINTYRE, KRISTEN	3358	00:58:19.95	09:23	320/567	CALGARY, AB, CANADA
20/40	PARISEAU, JESSICA	3418	00:59:00.05	09:30	327/567	LETH, AB, CANADA
21/40	LINN, DANIELLE	3325	00:59:05.85	09:31	330/567	LETH, AB, CANADA
22/40	FRANKLIN, JULIA	3171	00:59:31.75	09:35	343/567	CALGARY, AB, CANADA
23/40	SCHWEITZER, JADE	3510	00:59:39.50	09:36	346/567	LETH, AB, CANADA
24/40	HRABI, SARAH	3249	01:01:08.00	09:50	380/567	CALGARY, AB, CANADA
25/40	WATKINS, ANNA	3615	01:01:32.40	09:54	387/567	CALGARY, AB, CANADA
26/40	HAMILTON, TESSA	3212	01:01:45.50	09:56	392/567	LETH, AB, CANADA
27/40	WILLMS, JANICE	3631	01:02:11.40	10:00	400/567	LETH, AB, CANADA
28/40	LATHAN, TANYS	3312	01:02:49.40	10:06	409/567	CALGARY, AB, CANADA
29/40	KERR, GINA	3286	01:04:58.20	10:27	442/567	CALGARY, AB, CANADA
30/40	RASMUSSEN, LINDSAY	3466	01:05:33.55	10:33	448/567	OGDEN, UTAH, U.S.A.
31/40	POMERLEAU, DESIREE	3452	01:06:04.35	10:38	453/567	LEDUC, AB, CANADA
32/40	WASYLENKO, MELANIE	3613	01:06:57.70	10:47	463/567	COALDALE, AB, CANADA
33/40	EAGLE BEAR, CANDACE COBY	3141	01:09:40.85	11:13	492/567	LETH, AB, CANADA
34/40	LEAVITT, KARA	3314	01:10:30.35	11:21	504/567	LETH, AB, CANADA
35/40	YOUNG, ALIDA	3642	01:13:56.35	11:54	526/567	CALGARY, AB, CANADA
36/40	SCHNEIDER, THERESA	3503	01:14:12.65	11:56	528/567	LETH, AB, CANADA
37/40	LAW, MICHELLE	3313	01:17:02.45	12:24	549/567	LETH, AB, CANADA
38/40	DONALDSON, CATHERINE	3134	01:21:05.85	13:03	556/567	LETH, AB, CANADA
39/40	KENNEDY, GILLIAN	3282	01:23:12.40	13:23	559/567	LETH, AB, CANADA
40/40	MCKENDRY, MEGHAN	3363	01:25:34.05	13:46	563/567	MED. HAT, AB, CANADA

## Category Results

**10K - 6.21 Miles****10K20-24M - 36 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/36	SCHAERZ, SIMON	3494	00:33:14.75	05:21	3/567	LETH, AB, CANADA
2/36	YEGON, SHADRACK	3641	00:36:00.20	05:47	9/567	LETH, AB, CANADA
3/36	WALKER, MIKE	3608	00:37:59.15	06:06	10/567	CALGARY, AB, CANADA
4/36	EVANS, BLAIR	3151	00:38:39.05	06:13	13/567	LETH, AB, CANADA
5/36	BARR, AL	3039	00:38:54.75	06:16	15/567	LETH, AB, CANADA
6/36	DESANDOLI, ROBERTO	3127	00:39:22.75	06:20	17/567	LETH, AB, CANADA
7/36	KING, JASON	3287	00:39:58.15	06:26	19/567	LETH, AB, CANADA
8/36	LYBBERT, ROBIN	3332	00:42:58.65	06:55	37/567	RAYMOND, AB, CANADA
9/36	SHELLENBERG, JOSHUA	3497	00:44:40.50	07:11	55/567	LETH, AB, CANADA
10/36	YOUNG, REG	3645	00:44:43.60	07:12	56/567	CALGARY, AB, CANADA
11/36	HARRISON, BRIAN	3221	00:44:59.90	07:14	61/567	LETH, AB, CANADA
12/36	PRIMAVERA, ANDREW	3462	00:45:29.00	07:19	71/567	LETH, AB, CANADA
13/36	MISSUD, BASTIEN	3380	00:45:45.35	07:22	73/567	LETH, AB, CANADA
14/36	SCHMALE, JORDAN	3501	00:45:50.20	07:22	74/567	LETH, AB, CANADA
15/36	LACANILAO, BRIAN	3304	00:46:37.95	07:30	80/567	LETH, AB, CANADA
16/36	SHELLENBERG, JORDAN	3496	00:46:57.35	07:33	82/567	LETH, AB, CANADA
17/36	LARABEE, JOSH	3311	00:48:42.05	07:50	108/567	LETH, AB, CANADA
18/36	POLLARD, NICHOLAS	3448	00:49:44.25	08:00	121/567	PICTURE BUTTE, AB, CANADA
19/36	LESSARD, MAX	3320	00:50:00.80	08:03	126/567	BROOKS, AB, CANADA
20/36	ALI, MUSA	3012	00:50:09.15	08:04	128/567	LETH, AB, CANADA
21/36	MARCINKOWSKI, GAVIN	3349	00:51:16.90	08:15	148/567	LETH, AB, CANADA
22/36	VANEE, JASON	3600	00:51:19.65	08:15	149/567	FT. MACLEOD, AB, CANADA
23/36	BOUMA, PETER	3059	00:53:21.70	08:35	184/567	BARNWELL, AB, CANADA
24/36	KEMPSTER, CODY	3281	00:54:33.60	08:47	208/567	LETH, AB, CANADA
25/36	REMINGTON, TIMOTHY	3474	00:54:38.15	08:47	212/567	EDMONTON, AB, CANADA
26/36	LOOTENS, MARK	3329	00:55:02.05	08:51	228/567	LETH, AB, CANADA
27/36	BALOG, COLE	3037	00:55:17.00	08:54	234/567	LETH, AB, CANADA
28/36	GUENTER, TIMOTHY	3203	00:56:16.15	09:03	266/567	CHAMPION, AB, CANADA
29/36	HILL, JOEL	3235	00:57:59.35	09:20	310/567	MAGRATH, AB, CANADA
30/36	ARGUE, KYLE	3025	00:58:18.35	09:23	319/567	LETH, AB, CANADA
31/36	BEVAN, TRAVIS	3049	00:59:16.05	09:32	332/567	LETH, AB, CANADA
32/36	KREMER, CORY	3297	00:59:31.65	09:35	342/567	CALGARY, AB, CANADA
33/36	MACKAY, MATT	3338	01:00:30.75	09:44	369/567	CALGARY, AB, CANADA
34/36	VAN NISTELROOY, BRADEN	3595	01:01:24.25	09:53	384/567	ENCHANT, AB, CANADA
35/36	FINDLAY, BLAINE	3160	01:11:34.05	11:31	512/567	LETH, AB, CANADA
36/36	GAUDRY, BEN	3181	01:14:12.55	11:56	527/567	LETH, AB, CANADA

## Category Results

## 10K - 6.21 Miles

## 10K25-29F - 69 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/69	BAKER, KRISTIN	3035	00:40:15.35	06:28	21/567	EDMONTON, AB, CANADA
2/69	HARRIS, ERIN	3220	00:44:18.70	07:08	50/567	MONARCH, AB, CANADA
3/69	SLEIK, JOANNA	3534	00:45:24.70	07:18	69/567	CRANBROOK, BC, CANADA
4/69	VIOLA, JULIA	3603	00:46:09.05	07:25	77/567	CALGARY, AB, CANADA
5/69	FEHR, ABE	3158	00:46:28.90	07:29	79/567	TABER, AB, CANADA
6/69	LILLEY, ROBYN	3323	00:48:23.65	07:47	105/567	LETH, AB, CANADA
7/69	RANSOM, LAURA	3465	00:49:27.05	07:57	116/567	LETH, AB, CANADA
8/69	MACKAY, LYNDSAY	3337	00:49:29.60	07:58	117/567	CALGARY, AB, CANADA
9/69	POMERLEAU, JENNIFER	3453	00:49:33.75	07:58	118/567	LETH, AB, CANADA
10/69	PEEBLES, JODY	3426	00:49:36.95	07:59	120/567	BAIRMORE, AB, CANADA
11/69	VAN DIEMEN, JOSE	3589	00:50:51.60	08:11	143/567	IRON SPRINGS, AB, CANADA
12/69	MOHR, JONI	3382	00:51:43.45	08:19	153/567	STIRLING, AB, CANADA
13/69	PLOURDE, AMILIE	3441	00:52:13.10	08:24	160/567	LETH, AB, CANADA
14/69	BATTERSHILL, JAYME	3040	00:52:17.00	08:25	161/567	LETH, AB, CANADA
15/69	RUDD, LESLIE	3488	00:52:18.35	08:25	163/567	CALGARY, AB, CANADA
16/69	HILKEWICH, LESLEE	3232	00:52:31.95	08:27	169/567	LETH, AB, CANADA
17/69	BRAUN, LORI	3063	00:52:52.15	08:30	173/567	LETH, AB, CANADA
18/69	OTTO, SHAUNA	3415	00:52:54.40	08:31	174/567	LETH, AB, CANADA
19/69	MACK, BRODIE	3336	00:53:40.70	08:38	188/567	REDCLIFF, AB, CANADA
20/69	WOODRUFF-HUGHES, MARIA	3636	00:53:46.85	08:39	191/567	MED. HAT, AB, CANADA
21/69	KROSSA, LEXI	3300	00:54:15.50	08:44	206/567	PONOKA, AB, CANADA
22/69	KELMAN, SARAH	3280	00:55:07.55	08:52	230/567	LETH, AB, CANADA
23/69	COOPER, STEPHANIE	3101	00:55:24.85	08:55	243/567	COALDALE, AB, CANADA
24/69	KAWANAMI, LENA	3279	00:55:24.95	08:55	244/567	LETH, AB, CANADA
25/69	CLAWSON, AIMEE	3094	00:55:29.45	08:56	248/567	LETH, AB, CANADA
26/69	SHENTON, LESLEE	3524	00:55:34.35	08:56	250/567	LETH, AB, CANADA
27/69	HARMS, JILL	3219	00:55:49.45	08:59	257/567	LETH, AB, CANADA
28/69	GRIFFITH, SHEELAH	3198	00:55:52.20	08:59	260/567	EDMONTON, AB, CANADA
29/69	BEATTIE, CANDICE	3041	00:56:26.05	09:05	268/567	LETH, AB, CANADA
30/69	PRATT, LINDSAY	3459	00:56:31.20	09:06	271/567	FT. MCMURRAY, AB, CANADA
31/69	LAPORTE, MARCY	3310	00:56:43.15	09:07	277/567	LETH, AB, CANADA
32/69	PATTERSON, ERIN	3423	00:56:44.20	09:08	278/567	LETH, AB, CANADA
33/69	EMERY, AMANDA	3148	00:57:24.45	09:14	292/567	LETH, AB, CANADA
34/69	FOREMAN, LILA	3170	00:57:35.65	09:16	298/567	LETH, AB, CANADA
35/69	GARNER, KRISTY	3179	00:57:51.25	09:18	306/567	LETH, AB, CANADA
36/69	GAMMON, STACEY	3177	00:59:03.15	09:30	328/567	LETH, AB, CANADA
37/69	SCHMALE, CALLIE	3500	00:59:27.95	09:34	340/567	LETH, AB, CANADA
38/69	MONTGOMERY, JENNA	3385	00:59:37.25	09:36	345/567	LETH, AB, CANADA
39/69	PALMER, KIRA	3069	00:59:42.95	09:36	348/567	CALGARY, AB, CANADA
40/69	DREGER, JENNY	3135	00:59:43.10	09:36	349/567	MED. HAT, AB, CANADA
41/69	LYPOWY, JAIME	3333	01:00:17.15	09:42	360/567	EDMONTON, AB, CANADA
42/69	SCHWARZER, ANGELA	3509	01:00:17.40	09:42	361/567	LETH, AB, CANADA
43/69	LESLIE, MELISSA	3319	01:00:24.65	09:43	363/567	CALGARY, AB, CANADA
44/69	HAMILTON, MELISSA	3211	01:00:47.40	09:47	375/567	LETH, AB, CANADA
45/69	STREET, ADINA	3561	01:01:19.05	09:52	382/567	LETH, AB, CANADA
46/69	POLLARD, BOBBI JO	3445	01:01:24.85	09:53	385/567	PICTURE BUTTE, AB, CANADA
47/69	FRIESEN, ERIN	3173	01:02:06.70	10:00	398/567	LETH, AB, CANADA
48/69	VOLK, VICKEY	3604	01:02:30.60	10:03	405/567	LETH, AB, CANADA
49/69	DYKSTRA, KRISTEN	3140	01:03:10.40	10:10	412/567	MED. HAT, AB, CANADA
50/69	MILLER, LANA	3378	01:03:12.65	10:10	413/567	LETH, AB, CANADA
51/69	GRUNINGER, JENNIFER	3202	01:04:35.50	10:24	435/567	LETH, AB, CANADA
52/69	BOYLAN, JEANNIE	3061	01:04:36.75	10:24	436/567	MED. HAT, AB, CANADA
53/69	KREUGER, WENDY	3298	01:04:45.10	10:25	439/567	CALGARY, AB, CANADA
54/69	ROBINSON, JONI	3484	01:04:45.70	10:25	440/567	LETH, AB, CANADA
55/69	STINN, ABBY	3145	01:05:20.15	10:31	446/567	LETH, AB, CANADA
56/69	STIGANT, MAUREEN	3557	01:06:11.50	10:39	455/567	MED. HAT, AB, CANADA
57/69	HJELMELAND, AMANDA	3237	01:06:33.20	10:42	461/567	LETH, AB, CANADA
58/69	CROOK, OLA	3108	01:06:58.05	10:47	464/567	LETH, AB, CANADA
59/69	BROWN, JENNIFER	3065	01:07:11.10	10:49	467/567	MED. HAT, AB, CANADA
60/69	SCHROEDER, DANIELLE	3506	01:08:25.85	11:01	483/567	SPARWOOD, BC, CANADA
61/69	POLLARD, LESLIE	3446	01:08:33.15	11:02	485/567	LETH, AB, CANADA
62/69	MERKEL, MICHELLE	3371	01:09:26.75	11:11	491/567	CALGARY, AB, CANADA
63/69	HAMILTON, HEATHER	3210	01:10:12.50	11:18	501/567	CALGARY, AB, CANADA

## Category Results

**10K - 6.21 Miles****10K25-29F - 69 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
64/69	BENNETT, LYNDASAY	3047	01:10:45.70	11:23	508/567	CARDSTON, AB, CANADA
65/69	NIVEN, JACQUI	3398	01:11:47.55	11:33	514/567	LETH, AB, CANADA
66/69	PICKARD, HANNAH	3435	01:11:53.10	11:34	516/567	CALGARY, AB, CANADA
67/69	CRAIG, TESS	3107	01:11:54.05	11:34	517/567	PINCHER CREEK, AB, CANADA
68/69	POWELL, LISA	3456	01:18:09.35	12:35	551/567	COALDALE, AB, CANADA
69/69	HODGKINSON, PAM	3239	01:25:33.20	13:46	562/567	TABER, AB, CANADA

**10K25-29M - 42 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/42	KANGOGO, KIP	3278	00:32:13.90	05:11	1/567	LETH, AB, CANADA
2/42	RAUDEBAUGH, DALLAS	3467	00:33:11.70	05:20	2/567	EDMONTON, AB, CANADA
3/42	CHESIRE, CHRISTIAN	3087	00:33:55.20	05:27	4/567	LETH, AB, CANADA
4/42	BELL, DARCY	3655	00:34:22.10	05:32	5/567	CALGARY, AB, CANADA
5/42	COOPER, NATHAN	3100	00:35:13.95	05:40	6/567	LETH, AB, CANADA
6/42	HUGHES, JEFFREY	3252	00:39:11.20	06:18	16/567	MED. HAT, AB, CANADA
7/42	EVANS, DAVID	3152	00:41:22.75	06:39	29/567	CALGARY, AB, CANADA
8/42	SHELLENBERG, RYAN	3498	00:42:40.00	06:50	35/567	CALGARY, AB, CANADA
9/42	SJODEN, TRISTAN	3533	00:44:11.40	07:06	48/567	LETH, AB, CANADA
10/42	PEEBLES, RYAN	3427	00:44:39.75	07:11	53/567	BAIRMORE, AB, CANADA
11/42	MCWILLIAMS, BEN	3368	00:44:58.05	07:14	60/567	REDCLIFF, AB, CANADA
12/42	CONDON, GARRY	3098	00:46:05.55	07:25	76/567	LETH, AB, CANADA
13/42	KRAMPS, JESSE	3296	00:47:13.55	07:36	88/567	LETH, AB, CANADA
14/42	SMITH, RYAN	3550	00:47:35.20	07:39	90/567	CALGARY, AB, CANADA
15/42	DAY, GEORGE	3121	00:47:35.50	07:39	91/567	LETH, AB, CANADA
16/42	BAKER, SCOTT	3036	00:47:47.30	07:41	95/567	LETH, AB, CANADA
17/42	HALAS, MARC	3206	00:47:47.85	07:41	97/567	CALGARY, AB, CANADA
18/42	SCHOOTEN, JOE	3504	00:49:16.65	07:56	114/567	LETH, AB, CANADA
19/42	EBREY, JAMES	3142	00:50:17.60	08:05	130/567	LETH, AB, CANADA
20/42	MOHR, RYAN	3383	00:50:18.90	08:06	132/567	STIRLING, AB, CANADA
21/42	SCHRAGE, JASON	3505	00:50:31.30	08:08	136/567	DIAMOND CITY, AB, CANADA
22/42	STEWART, JON	3556	00:50:44.70	08:10	139/567	LETH, AB, CANADA
23/42	BEAUCHAMP, ANDREW	3042	00:51:30.75	08:17	151/567	CALGARY, AB, CANADA
24/42	WARNER, DAVID	3611	00:51:54.45	08:21	156/567	LETH, AB, CANADA
25/42	STOVEL, MARK	3560	00:52:08.70	08:23	159/567	CALGARY, AB, CANADA
26/42	COLES, MICHAEL	3097	00:53:39.70	08:38	187/567	COALDALE, AB, CANADA
27/42	IBBOTSON, JOSEPH	3257	00:54:10.00	08:43	203/567	MED. HAT, AB, CANADA
28/42	IRWIN, SAM	3258	00:54:53.00	08:50	219/567	LETH, AB, CANADA
29/42	CUTFORTH, CHRISTOPHER	3111	00:55:20.30	08:54	236/567	LETH, AB, CANADA
30/42	COURAGE, CYRIL	3104	00:55:22.65	08:54	239/567	LETH, AB, CANADA
31/42	FALCONER, KEN	3156	00:56:42.25	09:07	275/567	LETH, AB, CANADA
32/42	KERAFF, TYLER	3285	00:57:21.35	09:14	290/567	LETH, AB, CANADA
33/42	FIRTH, DEVON	3164	00:57:35.95	09:16	299/567	LETH, AB, CANADA
34/42	SENKIW, DEAN	3515	00:58:36.20	09:26	324/567	MED. HAT, AB, CANADA
35/42	SHELLENBERG, DEVAN	3495	00:59:20.40	09:33	336/567	LETH, AB, CANADA
36/42	DAVIDSON, REAGAN	3117	01:00:08.45	09:41	357/567	LETH, AB, CANADA
37/42	REACH, NICK	3468	01:01:54.35	09:58	396/567	LETH, AB, CANADA
38/42	SIMMIL, STEVEN	3531	01:03:53.10	10:17	418/567	COALDALE, AB, CANADA
39/42	SCHWAB, ED	3508	01:04:16.95	10:21	428/567	LETH, AB, CANADA
40/42	KRAMER, JEREMY	3295	01:11:08.70	11:27	510/567	TABER, AB, CANADA
41/42	SMIGEL, NATHAN	3539	01:12:08.25	11:36	519/567	LETH, AB, CANADA
42/42	POLLARD, MICHAEL	3447	01:13:37.45	11:51	523/567	LETH, AB, CANADA

## Category Results

**10K - 6.21 Miles****10K30-34F - 40 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/40	OLSON, DAWN	3409	00:44:59.95	07:14	62/567	MED. HAT, AB, CANADA
2/40	MANSON, GILLIAN	3347	00:47:08.90	07:35	87/567	CRANBROOK, AB, CANADA
3/40	RUGGLES, KATIE	3489	00:49:07.00	07:54	113/567	CARDSTON, AB, CANADA
4/40	RIOPEL, LOUISE	3481	00:50:18.25	08:05	131/567	LETH, AB, CANADA
5/40	HENINGER, SHANNON	3229	00:50:30.40	08:07	135/567	AETNA, AB, CANADA
6/40	MCKEE, ALLISON	3361	00:52:30.55	08:27	168/567	CLARESHOLM, AB, CANADA
7/40	PHILIP, JENNY	3433	00:53:07.75	08:33	179/567	COALHURST, AB, CANADA
8/40	NELSON, STACIA	3394	00:53:45.65	08:39	190/567	LETH, AB, CANADA
9/40	NIELSEN, JULIE	3396	00:54:07.70	08:43	202/567	LETH, AB, CANADA
10/40	TAMS, CATHERINE	3569	00:54:37.55	08:47	210/567	TABER, AB, CANADA
11/40	VANDER VEEN, NAOMI	3597	00:54:38.85	08:48	213/567	PICTURE BUTTE, AB, CANADA
12/40	APPELT, TONIA	3023	00:54:41.35	08:48	215/567	CALGARY, AB, CANADA
13/40	GOUGH, SARAH	3190	00:55:21.75	08:54	237/567	CALGARY, AB, CANADA
14/40	SMITH, JACQUELINE	3547	00:56:20.20	09:04	267/567	CARDSTON, AB, CANADA
15/40	MCWILLIAMS, TARA	3369	00:56:42.60	09:07	276/567	REDCLIFF, AB, CANADA
16/40	DAVIS, JENNIFER	3120	00:56:46.05	09:08	280/567	LETH, AB, CANADA
17/40	FERGUSON, BILLIE-JO	3159	00:57:20.65	09:13	288/567	TABER, AB, CANADA
18/40	VAN LEEUWEN, AUDREY	3594	00:57:20.90	09:14	289/567	COALDALE, AB, CANADA
19/40	SCOTT, TRICIA	3514	00:57:48.15	09:18	303/567	COALDALE, AB, CANADA
20/40	LEUSINK, ALISON	3322	00:58:06.55	09:21	313/567	LETH, AB, CANADA
21/40	ANDERSON, NANCY	3017	00:59:31.85	09:35	344/567	CALGARY, AB, CANADA
22/40	IWAASA, JAIME	3259	00:59:59.00	09:39	354/567	LETH, AB, CANADA
23/40	CHURKO, LISA	3090	01:00:26.30	09:43	365/567	LETH, AB, CANADA
24/40	FINNERTY, COLLEEN	3162	01:00:48.35	09:47	376/567	MED. HAT, AB, CANADA
25/40	VALK, LIANNE	3585	01:02:01.75	09:59	397/567	MED. HAT, AB, CANADA
26/40	MUSHUMANSKI, RAYLENE	3391	01:03:55.15	10:17	419/567	CALGARY, AB, CANADA
27/40	FLAMAND, JODIE	3166	01:04:09.35	10:19	426/567	LETH, AB, CANADA
28/40	ARTHUR, JENNIFER	3028	01:04:14.05	10:20	427/567	LETH, AB, CANADA
29/40	PICKLES, TAMMY	3438	01:04:18.25	10:21	430/567	LETH, AB, CANADA
30/40	DOERKSEN, JENNY	3132	01:04:25.65	10:22	433/567	COALDALE, AB, CANADA
31/40	SIEWERT, SALLI	3530	01:04:37.00	10:24	438/567	MED. HAT, AB, CANADA
32/40	PINNOW, ALISON	3439	01:04:58.20	10:27	443/567	CALGARY, AB, CANADA
33/40	GIESBRECHT, AILEEN	3183	01:05:34.00	10:33	449/567	EDMONTON, AB, CANADA
34/40	THOMPSON, NAOMI	3654	01:06:33.05	10:42	460/567	COALHURST, AB, CANADA
35/40	SMITH, JENN	3548	01:06:58.90	10:47	465/567	SUNDRE, AB, CANADA
36/40	RICHARDS, RENEE	3476	01:07:13.55	10:49	468/567	LETH, AB, CANADA
37/40	SCOTT, JENNIFER	3512	01:07:17.75	10:50	472/567	COALDALE, AB, CANADA
38/40	ANDRE, ANNA	3018	01:07:55.65	10:56	475/567	LETH, AB, CANADA
39/40	TYMENSEN, HEATHER	3584	01:12:03.55	11:36	518/567	SYLVAN LAKE, AB, CANADA
40/40	MOLINE, LAURA	3384	01:15:48.30	12:12	540/567	OKOTOKS, AB, CANADA

## Category Results

**10K - 6.21 Miles****10K30-34M - 30 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/30	REID, CHAD	3472	00:35:38.75	05:44	8/567	LETH, AB, CANADA
2/30	FAIRHURST, ANDREW	3155	00:38:08.45	06:08	11/567	BLAIRMORE, AB, CANADA
3/30	ALBRECHT, TYLER	3010	00:42:29.20	06:50	34/567	MED. HAT, AB, CANADA
4/30	NIEUWENHUIS, JASON	3397	00:42:50.05	06:53	36/567	LETH, AB, CANADA
5/30	SLEIK, RYAN	3535	00:43:30.70	07:00	41/567	CRANBROOK, BC, CANADA
6/30	PRENDERGAST, NEIL	3461	00:44:25.65	07:09	51/567	CALGARY, AB, CANADA
7/30	ASUCHAK, JIM	3029	00:44:56.40	07:14	59/567	LETH, AB, CANADA
8/30	SLOMP, WILLIAM	3536	00:45:42.90	07:21	72/567	PICTURE BUTTE, AB, CANADA
9/30	BOWEN, BRIAN	3060	00:47:54.90	07:42	99/567	EDMONTON, AB, CANADA
10/30	SEXTON, BRIAN	3516	00:48:07.70	07:45	102/567	LETH, AB, CANADA
11/30	BILLAUT, FRANCOIS	3050	00:48:25.35	07:47	106/567	LETH, AB, CANADA
12/30	MACPHERSON, DEVAN	3343	00:48:27.25	07:48	107/567	LETH, AB, CANADA
13/30	ANDERSON, JASON	3324	00:52:20.00	08:25	164/567	LETH, AB, CANADA
14/30	MOORE, RICHARD	3386	00:52:23.10	08:26	166/567	MED. HAT, AB, CANADA
15/30	PHILIP, MIKE	3434	00:53:54.00	08:40	195/567	COALHURST, AB, CANADA
16/30	MISURA, PATRICK	3381	00:54:19.25	08:44	207/567	LETH, AB, CANADA
17/30	SALMON, TERRY	3491	00:54:56.85	08:50	224/567	SPARWOOD, BC, CANADA
18/30	DAHL, REGAN	3113	00:54:58.25	08:51	226/567	LETH, AB, CANADA
19/30	GINTHER, DREW	3185	00:55:10.45	08:53	231/567	LETH, AB, CANADA
20/30	CAMERON, JAKE	3073	00:56:15.10	09:03	263/567	LETH, AB, CANADA
21/30	SPENCER, LOCKE	3552	00:57:50.65	09:18	305/567	LETH, AB, CANADA
22/30	IWAASA, KEVIN	3260	00:58:03.85	09:21	311/567	LETH, AB, CANADA
23/30	LETOURNEAU, ADAM	3321	00:59:17.05	09:32	333/567	RAYMOND, AB, CANADA
24/30	WILLIAMSON, ROB	3629	01:00:37.05	09:45	371/567	LETH, AB, CANADA
25/30	JOHNSTONE, JESSE	3271	01:00:40.40	09:46	372/567	LETH, AB, CANADA
26/30	WRIGHT, WILL	3638	01:01:00.45	09:49	379/567	LETH, AB, CANADA
27/30	JOHANSEN, PHILIP	3267	01:01:43.55	09:56	391/567	TABER, AB, CANADA
28/30	RICHARDS, SAM	3477	01:07:13.75	10:49	469/567	LETH, AB, CANADA
29/30	HECK, RANDY	3657	01:09:12.40	11:08	488/567	LETH, AB, CANADA
30/30	GIESBRECHT, SCOTT	3184	01:09:23.95	11:10	490/567	EDMONTON, AB, CANADA

## Category Results

**10K - 6.21 Miles****10K35-39F - 46 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/46	BOYLE, SHARI	3062	00:38:25.55	06:11	12/567	CALGARY, AB, CANADA
2/46	VANDERZEE, PAULA	3599	00:47:57.45	07:43	100/567	LETH, AB, CANADA
3/46	SCHMIDT, JOANNE	3502	00:49:01.60	07:53	110/567	CALGARY, AB, CANADA
4/46	JISKOOT, HESTER	3266	00:51:31.20	08:17	152/567	LETH, AB, CANADA
5/46	COPELAND, JENNIFER	3102	00:52:56.40	08:31	175/567	LETH, AB, CANADA
6/46	HILL, CATRONIA	3234	00:53:08.35	08:33	180/567	CALGARY, AB, CANADA
7/46	WALKER, KELCEY	3607	00:53:08.75	08:33	181/567	COALHURST, AB, CANADA
8/46	METZLER, CATHY	3373	00:53:26.75	08:36	185/567	LETH, AB, CANADA
9/46	SMITH, CRYSTAL	3544	00:54:07.25	08:42	201/567	LETH, AB, CANADA
10/46	GREEN, DONNA	3195	00:54:37.55	08:47	211/567	CLARESHOLM, AB, CANADA
11/46	WICHERS, STACEY	3625	00:54:46.45	08:49	217/567	LETH, AB, CANADA
12/46	LECUYER, DANETTE	3315	00:54:51.35	08:49	218/567	MED. HAT, AB, CANADA
13/46	OGONOSKI, SHAWNA	3402	00:55:23.25	08:55	241/567	LETH, AB, CANADA
14/46	BELLVEHI, NURIA	3046	00:55:32.35	08:56	249/567	CALGARY, AB, CANADA
15/46	ACKERMAN, CATHERINE	3006	00:55:38.90	08:57	252/567	LETH, AB, CANADA
16/46	TAMS, MARILYN	3570	00:56:58.05	09:10	283/567	TABER, AB, CANADA
17/46	ROSENTERER, GWEN	3487	00:57:43.00	09:17	300/567	LETH, AB, CANADA
18/46	HAAPA-AHO, PAMELA	3204	00:58:06.30	09:21	312/567	LETH, AB, CANADA
19/46	VAYRO, ANGIE	3601	00:58:09.95	09:21	314/567	MAGRATH, AB, CANADA
20/46	HUVENAARS, MONIQUE	3256	00:58:22.75	09:24	322/567	HAYS, AB, CANADA
21/46	WOO, TANYA	3634	01:00:00.95	09:39	355/567	LETH, AB, CANADA
22/46	BAINBRIDGE, YVONNE	3033	01:00:20.30	09:42	362/567	LETH, AB, CANADA
23/46	POLLOCK, MICHELE	3451	01:01:32.60	09:54	388/567	LETH, AB, CANADA
24/46	WATT, MICHELLE	3618	01:01:43.15	09:56	390/567	CLARESHOLM, AB, CANADA
25/46	STIGTER, MICHELLE KAY	3558	01:02:11.65	10:00	401/567	REDCLIFF, AB, CANADA
26/46	WOLSEY, KELLI	3633	01:02:25.00	10:03	402/567	LETH, AB, CANADA
27/46	OLSEN, KRIS	3406	01:02:58.85	10:08	410/567	CARDSTON, AB, CANADA
28/46	BACH, NICOLE	3032	01:03:00.75	10:08	411/567	LETH, AB, CANADA
29/46	BEAZER, PATRICIA	3043	01:04:17.50	10:21	429/567	CARDSTON, AB, CANADA
30/46	WYNDER, RAELENE	3640	01:05:38.95	10:34	450/567	CARDSTON, AB, CANADA
31/46	MCRAE, TOBI	3367	01:06:24.05	10:41	457/567	LETH, AB, CANADA
32/46	MERONIUK, DANA	3372	01:06:25.80	10:41	458/567	LETH, AB, CANADA
33/46	MCLEOD, TOBI	3366	01:06:28.45	10:42	459/567	LETH, AB, CANADA
34/46	EVANS, TARA	3154	01:07:15.15	10:49	470/567	LETH, AB, CANADA
35/46	MIKADO, KAREN	3377	01:07:15.45	10:49	471/567	LETH, AB, CANADA
36/46	FLESCHE, JULIE	3167	01:08:06.95	10:58	479/567	ULM, MONT, U.S.A.
37/46	TIBBLE, KIM	3053	01:08:38.50	11:03	487/567	, , CANADA
38/46	GRAHAM, CATHERINE	3192	01:09:42.25	11:13	493/567	LETH, AB, CANADA
39/46	BLACKWELL, DEB	3052	01:10:06.45	11:17	499/567	CALGARY, AB, CANADA
40/46	PONECH, HEATHER	3454	01:14:24.00	11:58	530/567	LETH, AB, CANADA
41/46	SHIGEHIRO, MAGGIE	3527	01:14:49.35	12:02	531/567	LETH, AB, CANADA
42/46	ANDRE-HEPPEL, TINA	3020	01:15:41.90	12:11	539/567	LETH, AB, CANADA
43/46	LAMB, JENNIFER	3307	01:16:01.95	12:14	542/567	CALGARY, AB, CANADA
44/46	SAWCHUK, CINDY	3493	01:16:02.05	12:14	543/567	LETH, AB, CANADA
45/46	TIENKAMP, MINDY	3577	01:19:21.25	12:46	554/567	LETH, AB, CANADA
46/46	MILNER, KIMBERLIE	3379	01:21:18.00	13:05	557/567	RAYMOND, AB, CANADA



## Category Results

**10K - 6.21 Miles****10K35-39M - 33 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/33	GRUNDLER, JASON	3201	00:43:01.90	06:55	39/567	AIRDRIE, AB, CANADA
2/33	SCHULER, TRENT	3507	00:43:17.95	06:58	40/567	PINCHER CREEK, AB, CANADA
3/33	SHRINER, JASON	3528	00:43:45.75	07:02	44/567	LETH, AB, CANADA
4/33	CURLY RIDER, MARTIN	3110	00:44:46.00	07:12	57/567	CARDSTON, AB, CANADA
5/33	GRAY, RICHARD	3194	00:45:03.00	07:15	64/567	LETH, AB, CANADA
6/33	HEBERT, MARC	3224	00:45:23.35	07:18	68/567	JASPER, AB, CANADA
7/33	CRAIG, STEVEN	3106	00:47:06.85	07:35	84/567	LETH, AB, CANADA
8/33	CHAVES, ALEX	3086	00:47:08.35	07:35	85/567	LETH, AB, CANADA
9/33	MALMBERG, ROB	3346	00:47:08.65	07:35	86/567	LETH, AB, CANADA
10/33	MATSON, TRENT	3354	00:48:01.45	07:43	101/567	LETH, AB, CANADA
11/33	NIXEY, SHAYNE	3399	00:49:50.55	08:01	122/567	LETH, AB, CANADA
12/33	WATT, KIRBY	3617	00:52:28.75	08:27	167/567	CLARESHOLM, AB, CANADA
13/33	SABO, MARK	3490	00:53:00.80	08:32	176/567	LETH, AB, CANADA
14/33	KROSCHER, JAMIE	3299	00:53:52.00	08:40	192/567	CRANBROOK, BC, CANADA
15/33	SMITH, BRENT	3543	00:53:53.90	08:40	194/567	LETH, AB, CANADA
16/33	WEST, JOE	3621	00:53:59.60	08:41	196/567	MED. HAT, AB, CANADA
17/33	ALTAMIRANO, ALVARO	3015	00:54:46.05	08:49	216/567	LETH, AB, CANADA
18/33	JANSSENS, BLAYNE	3262	00:54:56.80	08:50	223/567	LETH, AB, CANADA
19/33	WIELENGA, CHRIS	3626	00:56:14.75	09:03	262/567	BARNWELL, AB, CANADA
20/33	SHANKLAND, CAMERON	3517	00:56:28.60	09:05	269/567	WAINWRIGHT, AB, CANADA
21/33	CHALMET, WIM	3083	00:56:55.60	09:09	282/567	LETH, AB, CANADA
22/33	JORGENSEN, SHAUN	3275	00:57:10.35	09:12	286/567	LETH, AB, CANADA
23/33	HAMMERSTEDT, EDEN	3214	00:57:31.15	09:15	297/567	TABER, AB, CANADA
24/33	EVANS, MICHAEL	3153	00:57:46.70	09:18	301/567	LETH, AB, CANADA
25/33	SMIT, DICK	3540	00:59:27.30	09:34	339/567	CALGARY, AB, CANADA
26/33	HANDLEY, BRAD	3216	00:59:43.95	09:37	351/567	MED. HAT, AB, CANADA
27/33	MACKAY, SHANE	3339	01:00:31.85	09:44	370/567	CRANBROOK, BC, CANADA
28/33	JESSUP, RON	3265	01:02:28.45	10:03	403/567	LETH, AB, CANADA
29/33	DAVIS, BRAD	3118	01:06:45.10	10:44	462/567	LETH, AB, CANADA
30/33	ANDRE, MARCEL	3019	01:09:53.60	11:15	494/567	LETH, AB, CANADA
31/33	BLACKWELL, BILL	3051	01:10:06.40	11:17	498/567	CALGARY, AB, CANADA
32/33	WATT, JEFF	3616	01:10:15.55	11:18	502/567	LETH, AB, CANADA
33/33	OVERES, DARREN	3416	01:15:48.60	12:12	541/567	OKOTOKS, AB, CANADA

**10K40-44F - 26 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/26	HOSANEE, MONIQUE	3247	00:45:15.20	07:17	67/567	MED. HAT, AB, CANADA
2/26	YPMA, CAROL	3650	00:49:05.30	07:54	112/567	LACOMBE, AB, CANADA
3/26	DECKER, PATSY	3123	00:49:52.35	08:01	124/567	SPARWOOD, BC, CANADA
4/26	BROWN, LESLEY	3067	00:51:11.10	08:14	146/567	LETH, AB, CANADA
5/26	BRUCE, BEVERLY	3068	00:51:54.75	08:21	157/567	SPARWOOD, BC, CANADA
6/26	LENZ, EMMA	3318	00:55:47.35	08:58	256/567	COALHURST, AB, CANADA
7/26	TAKEYASU, CARRIE	3568	00:56:31.95	09:06	272/567	LETH, AB, CANADA
8/26	WOLFE, HELEN	3632	00:57:48.60	09:18	304/567	LETH, AB, CANADA
9/26	HAGLUND, JACINTA	3205	00:57:57.45	09:19	307/567	MED. HAT, AB, CANADA
10/26	LAMB, DEIDRE	3306	00:57:57.45	09:19	308/567	CLARESHOLM, AB, CANADA
11/26	NORN, BRENDA	3401	00:58:49.60	09:28	326/567	LETH, AB, CANADA
12/26	MACKINNON, BOBBIE	3341	00:59:17.40	09:32	334/567	LETH, AB, CANADA
13/26	DYER, FIONA	3139	01:00:11.60	09:41	358/567	LETH, AB, CANADA
14/26	VAN DAM, MANDY	3586	01:00:50.00	09:47	378/567	REDCLIFF, AB, CANADA
15/26	GOODFELLOW, PIPPA	3188	01:01:42.30	09:56	389/567	DIAMOND CITY, AB, CANADA
16/26	DIXON, SANDI	3129	01:03:13.25	10:10	414/567	LETH, AB, CANADA
17/26	STERN, LISE	3555	01:03:43.50	10:15	417/567	LETH, AB, CANADA
18/26	ALFORD, TRINA	3011	01:03:56.75	10:17	420/567	LETH, AB, CANADA
19/26	WOOD, DONNA	3635	01:04:21.60	10:21	431/567	MED. HAT, AB, CANADA
20/26	JONES, SHELLY	3274	01:04:25.10	10:22	432/567	SPARWOOD, BC, CANADA
21/26	MARASCO, JEANETTE	3348	01:06:08.25	10:38	454/567	SPARWOOD, BC, CANADA
22/26	WASYLYSHYN, SHEILA	3614	01:06:12.95	10:39	456/567	CALGARY, AB, CANADA
23/26	DUPLESSIS, JULIANNA	3136	01:08:30.05	11:01	484/567	LETH, AB, CANADA
24/26	KLASSEN, KAREN	3288	01:10:55.50	11:25	509/567	TABER, AB, CANADA
25/26	COUSINS, MARY	3105	01:12:28.25	11:40	521/567	LETH, AB, CANADA
26/26	LACEY, TESSA	3305	01:17:01.00	12:24	548/567	CARDSTON, AB, CANADA

## Category Results

**10K - 6.21 Miles****10K40-44M - 25 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/25	REMESZ, VERNON	3473	00:40:17.10	06:29	22/567	LETH, AB, CANADA
2/25	ANDERSEN, SHANE	3016	00:40:37.85	06:32	26/567	EDMONTON, AB, CANADA
3/25	ELDER, KEVIN	3143	00:41:33.85	06:41	30/567	LETH, AB, CANADA
4/25	SCHOLTEN, RICK	3387	00:42:24.95	06:49	33/567	IRVINE, CALIF, U.S.A.
5/25	HOBLEY, RICHARD	3238	00:43:37.55	07:01	42/567	MED. HAT, AB, CANADA
6/25	VANDEN DOOL, GLENN	3596	00:43:40.65	07:01	43/567	LETH, AB, CANADA
7/25	DIXON, BRIAN	3128	00:46:50.15	07:32	81/567	LETH, AB, CANADA
8/25	HOLMES, LONNY	3240	00:47:45.90	07:41	94/567	MOOSE JAW, SASK, CANADA
9/25	THOMPSON, MATTHEW	3576	00:49:36.65	07:59	119/567	WYNNDELL, B.C., CANADA
10/25	CAMERON, JAMES	3074	00:49:53.95	08:02	125/567	LETH, AB, CANADA
11/25	JOHNSON, DEAN	3268	00:50:25.20	08:07	134/567	LETH, AB, CANADA
12/25	FRIESEN, BERT	3172	00:51:06.80	08:13	145/567	TABER, AB, CANADA
13/25	MCLEOD, SEAN	3365	00:52:50.35	08:30	172/567	LETH, AB, CANADA
14/25	JALBERT, TODD	3261	00:53:41.75	08:38	189/567	MED. HAT, AB, CANADA
15/25	RITCHOT, GILLES	3483	00:54:56.55	08:50	222/567	LETH, AB, CANADA
16/25	ALLEN, LEE	3013	00:55:22.95	08:55	240/567	COALDALE, AB, CANADA
17/25	CARTER, MARTIN	3080	00:57:47.55	09:18	302/567	LETH, AB, CANADA
18/25	GRIER, BLAIR	3197	00:58:11.20	09:22	315/567	LETH, AB, CANADA
19/25	WHITE, PETER	3622	00:59:19.85	09:33	335/567	LETH, AB, CANADA
20/25	PEDERSEN, PAW	3425	00:59:43.55	09:36	350/567	TABER, AB, CANADA
21/25	OLSEN, RICK	3407	01:01:25.55	09:53	386/567	CARDSTON, AB, CANADA
22/25	HEPPLE, JEFF	3231	01:02:32.00	10:04	407/567	LETH, AB, CANADA
23/25	OLTON, KEVIN	3410	01:08:25.50	11:01	482/567	LETH, AB, CANADA
24/25	SMITH, LLOYD	3549	01:08:37.85	11:03	486/567	CANMORE, AB, CANADA
25/25	SHIGEHIRO, KELLY	3526	01:14:50.15	12:03	532/567	LETH, AB, CANADA

**10K45-49F - 29 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/29	RAMSEY, TASMA	3464	00:44:15.35	07:07	49/567	LETH, AB, CANADA
2/29	KOENIG, KAREN	3290	00:50:13.35	08:05	129/567	LETH, AB, CANADA
3/29	BOE, TERESA	3056	00:53:11.00	08:33	182/567	LETH, AB, CANADA
4/29	GLEN-GRAHAM, LAURIE	3186	00:54:39.95	08:48	214/567	RAINIER, AB, CANADA
5/29	CARLSON, COLETTE	3077	00:54:56.15	08:50	221/567	CALGARY, AB, CANADA
6/29	ZOETEMAN, JANA	3652	00:55:00.95	08:51	227/567	LETH, AB, CANADA
7/29	HUTTON, FRAN	3255	00:55:23.85	08:55	242/567	LETH, AB, CANADA
8/29	ORR, JULIE	3412	00:55:40.10	08:57	253/567	LETH, AB, CANADA
9/29	HANDFORD, KIZZY	3215	00:55:49.65	08:59	258/567	PINCHER CREEK, AB, CANADA
10/29	SHERWOOD, LINDA	3525	00:56:01.00	09:01	261/567	RAYMOND, AB, CANADA
11/29	BLUE, LISA	3054	00:59:53.75	09:38	353/567	LETH, AB, CANADA
12/29	KRAMER, CHRIS	3294	01:00:49.30	09:47	377/567	GRASSY LAKE, AB, CANADA
13/29	CHARLEBOIS, ROBIN	3084	01:01:46.15	09:56	393/567	LETH, AB, CANADA
14/29	CLAASSEN, MARJOLEIN	3092	01:02:30.60	10:03	406/567	VAUXHALL, AB, CANADA
15/29	SHAW, JULIE	3520	01:04:07.30	10:19	425/567	MED. HAT, AB, CANADA
16/29	MIDDEL, FREDA	3375	01:05:28.55	10:32	447/567	LETH, AB, CANADA
17/29	FINNIE, LAURIE	3163	01:06:03.40	10:38	452/567	LETH, AB, CANADA
18/29	ANDRES, CHERYL	3022	01:07:37.25	10:53	474/567	LETH, AB, CANADA
19/29	SMITH, GLORIA	3546	01:08:06.70	10:58	478/567	STIRLING, AB, CANADA
20/29	ABBOTT, EILEEN	3002	01:09:21.70	11:10	489/567	LETH, AB, CANADA
21/29	WHITE QUILLS, GERALDINE	3624	01:10:44.05	11:23	507/567	FT. MACLEOD, AB, CANADA
22/29	BECK, SHELLEY	3045	01:11:50.50	11:34	515/567	MED. HAT, AB, CANADA
23/29	PASOLLI, LORNA	3420	01:13:44.45	11:52	524/567	CHAMPION, AB, CANADA
24/29	BORG, BRENDA	3058	01:15:17.50	12:07	535/567	LETH, AB, CANADA
25/29	POLLETT, ROSEMARY	3450	01:16:30.55	12:19	545/567	HIGH RIVER, AB, CANADA
26/29	BEAZER, SANDY	3044	01:16:38.05	12:20	546/567	CARDSTON, AB, CANADA
27/29	PATTERSON, SANDY	3424	01:18:07.15	12:34	550/567	LETH, AB, CANADA
28/29	SHAW, DIANNE	3518	01:18:32.95	12:38	553/567	LETH, AB, CANADA
29/29	ROSENFELT, DANA	3486	02:02:01.55	19:38	565/567	LETH, AB, CANADA

## Category Results

**10K - 6.21 Miles****10K45-49M - 25 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/25	CAMERON, ROB	3075	00:39:38.85	06:23	18/567	PINCHER CREEK, AB, CANADA
2/25	CASSIDY, KEVIN	3081	00:40:41.25	06:33	27/567	EDMONTON, AB, CANADA
3/25	WEBER, STEPHEN	3620	00:42:14.65	06:48	32/567	CALGARY, AB, CANADA
4/25	YOUNG, RICHARD	3646	00:44:01.35	07:05	47/567	CALGARY, AB, CANADA
5/25	SWITZER, JOHN	3564	00:44:50.10	07:13	58/567	LETH, AB, CANADA
6/25	SAMOISSETTE, RICHARD	3492	00:45:10.45	07:16	66/567	LETH, AB, CANADA
7/25	CARLSON, MARK	3078	00:45:26.25	07:18	70/567	CALGARY, AB, CANADA
8/25	LOCKHART, KIRBEY	3327	00:47:42.90	07:41	93/567	LETH, AB, CANADA
9/25	THIESSEN, ERNIE	3574	00:47:54.25	07:42	98/567	LETH, AB, CANADA
10/25	HARTSHORN, KENT	3222	00:49:51.75	08:01	123/567	SASK, AB, CANADA
11/25	CROOKS, IAN	3109	00:50:37.40	08:09	137/567	LETH, AB, CANADA
12/25	MACINTOSH, RON	3335	00:52:22.45	08:25	165/567	HIGH RIVER, AB, CANADA
13/25	KLASSEN, KEN	3289	00:52:36.95	08:28	171/567	CALGARY, AB, CANADA
14/25	HORON, KELLY	3245	00:53:06.40	08:33	178/567	LETH, AB, CANADA
15/25	KOOPMANS, GEORGE	3292	00:53:17.75	08:34	183/567	MED. HAT, AB, CANADA
16/25	SHAW, GORDON	3519	00:54:02.40	08:42	199/567	LETH, AB, CANADA
17/25	MACKINNON, BRUCE	3342	00:54:33.95	08:47	209/567	LETH, AB, CANADA
18/25	PERRON, GIL	3429	00:55:22.55	08:54	238/567	LETH, AB, CANADA
19/25	NOLTE, KIRK	3400	00:56:35.85	09:06	274/567	MED. HAT, AB, CANADA
20/25	HANSON, WES	3218	00:56:45.15	09:08	279/567	LETH, AB, CANADA
21/25	SMEATON, CHRIS	3538	01:01:21.35	09:52	383/567	LETH, AB, CANADA
22/25	MORRISON, DAVID	3388	01:04:47.45	10:25	441/567	NEW YORK, NY, U.S.A.
23/25	PICKARD, TONY	3436	01:10:42.65	11:23	505/567	PICTURE BUTTE, AB, CANADA
24/25	POLLETT, CLYDE	3449	01:16:53.55	12:22	547/567	HIGH RIVER, AB, CANADA
25/25	VAN HIERDEN, CONRAD	3592	01:24:13.30	13:33	560/567	FT. MACLEOD, AB, CANADA

**10K50-54F - 24 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/24	GALLELLI, RHONDA	3176	00:47:36.10	07:39	92/567	CALGARY, AB, CANADA
2/24	MASSE, BRENDA	3352	00:51:11.30	08:14	147/567	LETH, AB, CANADA
3/24	GRISAK, DONNA	3199	00:54:10.25	08:43	204/567	CALGARY, AB, CANADA
4/24	CLELAND, CYNTHIA	3096	00:56:15.10	09:03	264/567	BOW ISLAND, AB, CANADA
5/24	TAKEDA, JUNE	3567	00:56:35.00	09:06	273/567	LETH, AB, CANADA
6/24	MACDONALD, MARI	3334	00:58:11.55	09:22	316/567	MED. HAT, AB, CANADA
7/24	EMERSON, TRISH	3147	00:59:04.15	09:30	329/567	LETH, AB, CANADA
8/24	MCKILLOP, MARGARET	3364	00:59:07.30	09:31	331/567	LETH, AB, CANADA
9/24	LAARMAN, MARTHA	3303	01:00:13.10	09:41	359/567	LETH, AB, CANADA
10/24	KENNES, MARY	3284	01:00:25.65	09:43	364/567	LETH, AB, CANADA
11/24	RIES, DENISE	3479	01:00:27.65	09:44	366/567	MED. HAT, AB, CANADA
12/24	PETERSON, SUSAN	3431	01:00:30.50	09:44	368/567	RAYMOND, AB, CANADA
13/24	BABIN, CAROLLE	3031	01:05:08.45	10:29	444/567	LETH, AB, CANADA
14/24	DEMERS, MICHELLE	3126	01:05:11.65	10:29	445/567	LETH, AB, CANADA
15/24	CHRISTENSEN, SHERRY	3089	01:07:03.80	10:47	466/567	COALHURST, AB, CANADA
16/24	DEMARCHI, SUSAN	3125	01:08:05.85	10:57	476/567	FERNIE, BC, CANADA
17/24	REEKIE, FRANKIE	3470	01:08:06.10	10:57	477/567	CRANBROOK, BC, CANADA
18/24	MICHEL, DEE DEE	3374	01:10:11.60	11:18	500/567	WELLING, AB, CANADA
19/24	POHL, JOANNE	3444	01:10:17.80	11:19	503/567	LETH, AB, CANADA
20/24	DE KREEK, YOLANDA	3122	01:10:43.15	11:23	506/567	PICTURE BUTTE, AB, CANADA
21/24	HALTON, LORRAINE	3207	01:15:03.30	12:05	533/567	HILLCREST, AB, CANADA
22/24	CAUGHELL, DEBRA	3082	01:18:24.00	12:37	552/567	LETH, AB, CANADA
23/24	WOOLFORD, TRUDY	3637	01:23:09.75	13:23	558/567	CARDSTON, AB, CANADA
24/24	SHELSON, DOROTHY	3522	01:24:23.50	13:35	561/567	LETH, AB, CANADA

## Category Results

**10K - 6.21 Miles****10K50-54M - 25 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/25	EMERSON, BARRY	3146	00:40:36.30	06:32	24/567	LETH, AB, CANADA
2/25	OLSON, BARRY	3408	00:45:07.95	07:16	65/567	LETH, AB, CANADA
3/25	ARMSTRONG, DWAYNE	3026	00:47:15.95	07:36	89/567	LETH, AB, CANADA
4/25	KENNES, LEON	3283	00:49:04.35	07:54	111/567	LETH, AB, CANADA
5/25	THOMAS, NOEL	3575	00:50:08.75	08:04	127/567	LETH, AB, CANADA
6/25	PICKENS, ED	3437	00:51:46.45	08:20	154/567	CLARESHOLM, AB, CANADA
7/25	LOWINGS, MALCOLM	3330	00:51:57.45	08:21	158/567	LETH, AB, CANADA
8/25	DAVIDSON, KIM	3115	00:53:53.15	08:40	193/567	PINCHER CREEK, AB, CANADA
9/25	MYSHYNUIK, GARRY	3393	00:54:10.55	08:43	205/567	CALGARY, AB, CANADA
10/25	TILLMANNS, FELIX	3578	00:55:26.55	08:55	246/567	LETH, AB, CANADA
11/25	GARNETT, RON	3180	00:55:46.45	08:58	255/567	LETH, AB, CANADA
12/25	ZIELINSKI, WALTER	3651	00:55:50.70	08:59	259/567	COALDALE, AB, CANADA
13/25	WEASEL MOCCASIN, PETER	3619	00:59:24.75	09:34	338/567	STANDOFF, AB, CANADA
14/25	VERHAGEN, JOHN	3602	00:59:42.80	09:36	347/567	PINCHER CREEK, AB, CANADA
15/25	POYTRESS, ALAN	3457	00:59:46.50	09:37	352/567	FT. MACLEOD, AB, CANADA
16/25	BURR, GARY	3070	01:00:27.75	09:44	367/567	MED. HAT, AB, CANADA
17/25	MIHALIK, TOM	3376	01:00:43.85	09:46	373/567	LETH, AB, CANADA
18/25	ACKERMAN, THOMAS	3007	01:01:50.15	09:57	394/567	LETH, AB, CANADA
19/25	PASOLLI, ALAN	3419	01:04:36.85	10:24	437/567	CHAMPION, AB, CANADA
20/25	ARNOLD, JOHN	3027	01:05:59.60	10:37	451/567	LETH, AB, CANADA
21/25	DEMARCHI, LARRY	3124	01:08:08.65	10:58	480/567	FERNIE, BC, CANADA
22/25	PHARO, PAUL	3432	01:10:00.75	11:16	497/567	LETH, AB, CANADA
23/25	DOERKSEN, DAN	3131	01:13:56.05	11:54	525/567	PICTURE BUTTE, AB, CANADA
24/25	JONES, BRIAN	3272	01:16:03.85	12:14	544/567	SPARWOOD, BC, CANADA
25/25	HAMILTON, BOB	3208	01:26:55.30	13:59	564/567	SPRUCE GROVE, AB, CANADA

**10K55-59F - 7 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/7	THIBERT, CAROL	3573	00:53:35.05	08:37	186/567	LETH, AB, CANADA
2/7	OLFERT, DOREEN	3404	00:57:25.85	09:14	293/567	HAYS, AB, CANADA
3/7	SMITH, BONNIE	3542	01:02:39.90	10:05	408/567	CARDSTON, AB, CANADA
4/7	MEGAW, CAROL	3370	01:03:22.35	10:12	415/567	LETH, AB, CANADA
5/7	NICOL-PHARO, PATTI	3395	01:09:58.85	11:16	495/567	LETH, AB, CANADA
6/7	WYNDER, MARLA	3639	01:11:34.95	11:31	513/567	CARDSTON, AB, CANADA
7/7	REPHIN, CATHY	3475	01:12:15.10	11:38	520/567	CRANBROOK, BC, CANADA

**10K55-59M - 15 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/15	CLACK, JACK	3093	00:41:08.20	06:37	28/567	LETH, AB, CANADA
2/15	DAHL, ALLAN	3112	00:44:39.90	07:11	54/567	MAGRATH, AB, CANADA
3/15	VANDERVEEN, KLAAS	3598	00:50:41.55	08:09	138/567	PICTURE BUTTE, AB, CANADA
4/15	LAMB, WAYNE	3309	00:51:27.25	08:17	150/567	LETH, AB, CANADA
5/15	ORR, LAURRY	3413	00:55:18.00	08:54	235/567	FT. MACLEOD, AB, CANADA
6/15	HEGGIE, MARC	3225	00:55:42.00	08:58	254/567	LETH, AB, CANADA
7/15	FLAIG, DON	3165	00:57:02.60	09:11	284/567	LETH, AB, CANADA
8/15	POTE, JAMES	3455	00:58:21.85	09:23	321/567	LETH, AB, CANADA
9/15	BROWN, JERRY	3066	01:00:04.00	09:40	356/567	LETH, AB, CANADA
10/15	STREET, WAYNE	3562	01:01:18.85	09:52	381/567	COALDALE, AB, CANADA
11/15	WILLMS, HENRY	3630	01:02:08.25	10:00	399/567	LETH, AB, CANADA
12/15	REEKIE, KELLY	3471	01:08:08.70	10:58	481/567	CRANBROOK, BC, CANADA
13/15	SHELSON, RICHARD	3523	01:20:35.25	12:58	555/567	LETH, AB, CANADA
14/15	ROSENFELT, BRYAN	3485	02:02:02.90	19:39	566/567	LETH, AB, CANADA
15/15	ARCHIBALD, DEXTER	3024	02:27:08.20	23:41	567/567	LETH, AB, CANADA

**10K60-64F - 3 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/3	STEED, JOAN	3553	01:04:05.60	10:19	424/567	CALGARY, AB, CANADA
2/3	AARSEN, MARIAN	3001	01:10:00.00	11:16	496/567	LETH, AB, CANADA
3/3	VAN DYK, JANNIE	3590	01:11:14.20	11:28	511/567	LETH, AB, CANADA

## Category Results

**10K - 6.21 Miles****10K60-64M - 6 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/6	MCDONALD, BILL	3653	00:53:03.20	08:32	177/567	LETH, AB, CANADA
2/6	WHITE, STUART	3623	00:54:00.45	08:41	197/567	GREAT FALLS, MONT., U.S.A.
3/6	VAN DAMME, JAKE	3587	00:58:44.40	09:27	325/567	TABER, AB, CANADA
4/6	SCOTT, JIM	3513	01:03:37.75	10:14	416/567	LETH, AB, CANADA
5/6	FINDLAY, HOWARD	3161	01:15:16.60	12:07	534/567	CARMANGAY, AB, CANADA
6/6	DOLAN, ROBERT	3133	01:15:30.85	12:09	537/567	LETH, AB, CANADA

**10K65-69M - 2 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	COOKE, JOHN R.	3099	00:51:53.45	08:21	155/567	LETH, AB, CANADA
2/2	SIMS, ROBERT	3532	00:57:26.75	09:15	295/567	GREAT FALLS, MONT., U.S.A.

**10K70-74M - 1 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	BURT, NOEL	3071	01:04:00.35	10:18	421/567	CARDSTON, AB, CANADA

**10K80+M - 1 Competitors**

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	GRAF, WILBERT	3191	01:15:35.80	12:10	538/567	GREAT FALLS, MONT, U.S.A.