

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

Category Results

5K Run - 3.1 Miles
307 Finishers

5K10&UF - 14 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|--------------------|-------|-------------|--------|--------|---------|---------|-----------|---------------|
| 1/14 | HARDING, RYLEE | 5108 | 30:52.256 | 06:10 | | 61/307 | 24/220 | +00:00:00 | RAYMOND |
| 2/14 | MCCONNELL, TAYLOR | 5310 | 33:27.884 | 06:41 | | 83/307 | 42/220 | +00:02:35 | LETHBRIDGE |
| 3/14 | WICKERSHAM, AVALYN | 5274 | 41:21.260 | 08:16 | | 153/307 | 96/220 | +00:10:29 | LETHBRIDGE |
| 4/14 | CHEUNG, MEIKA | 5047 | 42:21.239 | 08:28 | | 166/307 | 106/220 | +00:11:28 | LETHBRIDGE |
| 5/14 | YASINSKI, CADEN | 5287 | 46:31.362 | 09:18 | | 188/307 | 123/220 | +00:15:39 | LETHBRIDGE |
| 6/14 | SHARP, OLIVIA | 5234 | 47:28.812 | 09:29 | | 192/307 | 127/220 | +00:16:36 | LETHBRIDGE |
| 7/14 | KANTRUD, MAISEY | 5136 | 48:47.380 | 09:45 | | 198/307 | 133/220 | +00:17:55 | LETHBRIDGE |
| 8/14 | HEEBNER, SAWYER | 5114 | 48:48.301 | 09:45 | | 199/307 | 134/220 | +00:17:56 | LETHBRIDGE |
| 9/14 | CLAMP, KIERA | 5347 | 50:04.048 | 10:00 | | 207/307 | 142/220 | +00:19:11 | LETHBRIDGE |
| 10/14 | BARNES, CHARLOTTE | 5008 | 51:28.299 | 10:17 | | 217/307 | 151/220 | +00:20:36 | PICTURE BUTTE |
| 11/14 | PETEK, BRYNLEE | 5328 | 52:29.481 | 10:29 | | 227/307 | 159/220 | +00:21:37 | TABER |
| 12/14 | WILLMS, ABBEY | 5280 | 56:43.697 | 11:20 | | 246/307 | 172/220 | +00:25:51 | LETHBRIDGE |
| 13/14 | KIRKPATRICK, THEA | 5327 | 1:00:43.026 | 12:08 | | 277/307 | 199/220 | +00:29:50 | LETHBRIDGE |
| 14/14 | WURZER FIX, ELLIEB | 5322 | 1:04:54.778 | 12:58 | | 295/307 | 211/220 | +00:34:02 | LETHBRIDGE |

5K10&UM - 10 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|---------------------|-------|-------------|--------|--------|---------|--------|-----------|------------|
| 1/10 | WARD, DECLAN | 5264 | 26:55.641 | 05:23 | | 25/307 | 20/87 | +00:00:00 | LETHBRIDGE |
| 2/10 | DEGROOT, DAVIN | 5349 | 33:12.285 | 06:38 | | 79/307 | 40/87 | +00:06:16 | LETHBRIDGE |
| 3/10 | OHENE, JOSIAH | 5334 | 34:17.185 | 06:51 | | 90/307 | 46/87 | +00:07:21 | LETHBRIDGE |
| 4/10 | STADTMULLER, LEO | 5329 | 38:51.411 | 07:46 | | 138/307 | 52/87 | +00:11:55 | LETHBRIDGE |
| 5/10 | BOND, ADAM | 5023 | 39:37.768 | 07:55 | | 145/307 | 56/87 | +00:12:42 | LETHBRIDGE |
| 6/10 | BOND, LUKE | 5025 | 41:44.536 | 08:20 | | 157/307 | 58/87 | +00:14:48 | LETHBRIDGE |
| 7/10 | HOOVER, REXTON | 5342 | 42:28.293 | 08:29 | | 168/307 | 62/87 | +00:15:32 | LETHBRIDGE |
| 8/10 | YOUNGER, FINLAY | 5331 | 44:47.174 | 08:57 | | 179/307 | 63/87 | +00:17:51 | LETHBRIDGE |
| 9/10 | KIRKPATRICK, LELAND | 5326 | 1:00:44.378 | 12:08 | | 278/307 | 79/87 | +00:33:48 | LETHBRIDGE |
| 10/10 | SENNEKER, KASSIAN | 5229 | 1:02:16.167 | 12:27 | | 286/307 | 82/87 | +00:35:20 | LETHBRIDGE |

5K11-15F - 6 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|-------------------|-------|-----------|--------|--------|---------|--------|-----------|------------|
| 1/6 | CHATTERTON, ANNA | 5045 | 23:15.674 | 04:39 | | 6/307 | 1/220 | +00:00:00 | LETHBRIDGE |
| 2/6 | LYNCH, BROOKLYN | 5160 | 28:55.217 | 05:47 | | 45/307 | 15/220 | +00:05:39 | LETHBRIDGE |
| 3/6 | HAASE, WILLOW | 5312 | 35:08.365 | 07:01 | | 101/307 | 54/220 | +00:11:52 | COALDALE |
| 4/6 | DUNSMORE, MIKAYLA | 5298 | 35:08.590 | 07:01 | | 102/307 | 55/220 | +00:11:52 | COALDALE |
| 5/6 | CHAREST, SOPHIE | 5324 | 35:31.944 | 07:06 | | 107/307 | 60/220 | +00:12:16 | LETHBRIDGE |
| 6/6 | CHATTERS, ISLA | 5043 | 37:29.649 | 07:29 | | 123/307 | 73/220 | +00:14:13 | LETHBRIDGE |

5K11-15M - 14 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|---------------------|-------|-----------|--------|--------|---------|--------|-----------|--------------|
| 1/14 | ORSTEN, RYKER | 5318 | 23:14.704 | 04:38 | | 5/307 | 5/87 | +00:00:00 | COALDALE |
| 2/14 | MCINTYRE, CORIGAN | 5172 | 24:57.325 | 04:59 | | 12/307 | 10/87 | +00:01:42 | LETHBRIDGE |
| 3/14 | YELLOW WINGS, JACOB | 5308 | 25:13.002 | 05:02 | | 13/307 | 11/87 | +00:01:58 | FORT MACLEOD |
| 4/14 | KWASNY, SIMON | 5150 | 26:08.544 | 05:13 | | 18/307 | 15/87 | +00:02:53 | LETHBRIDGE |
| 5/14 | CHATTERS, OLIVER | 5044 | 26:46.533 | 05:21 | | 23/307 | 19/87 | +00:03:31 | LETHBRIDGE |
| 6/14 | ROLLINGSON, JONAH | 5216 | 27:38.238 | 05:31 | | 29/307 | 24/87 | +00:04:23 | LETHBRIDGE |
| 7/14 | DEGROOT, KADEN | 5348 | 27:45.374 | 05:33 | | 33/307 | 26/87 | +00:04:30 | LETHBRIDGE |
| 8/14 | GALLANT, NOLAN | 5095 | 28:52.326 | 05:46 | | 44/307 | 30/87 | +00:05:37 | LETHBRIDGE |
| 9/14 | KOLLIAS, ARI | 5144 | 29:27.588 | 05:53 | | 53/307 | 34/87 | +00:06:12 | LETHBRIDGE |
| 10/14 | YOUNG, CARSON | 5290 | 33:43.653 | 06:44 | | 85/307 | 43/87 | +00:10:28 | CLARESHOLM |
| 11/14 | LEWICKI, LYNKYN | 5303 | 39:13.677 | 07:50 | | 140/307 | 53/87 | +00:15:58 | LETHBRIDGE |
| 12/14 | DENECKY, NICHOLAS | 5066 | 39:16.180 | 07:51 | | 143/307 | 54/87 | +00:16:01 | LETHBRIDGE |
| 13/14 | BOND, JAKE | 5024 | 41:50.800 | 08:22 | | 159/307 | 59/87 | +00:18:36 | LETHBRIDGE |
| 14/14 | KWASNY, LIAM | 5149 | 55:10.463 | 11:02 | | 239/307 | 72/87 | +00:31:55 | LETHBRIDGE |

5K16-19F - 2 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|------------------|-------|-----------|--------|--------|---------|---------|-----------|------------|
| 1/2 | BURNDRED, KARMYN | 5036 | 29:06.348 | 05:49 | | 49/307 | 17/220 | +00:00:00 | LETHBRIDGE |
| 2/2 | CHEUNG, MAGGIE | 5297 | 59:40.278 | 11:56 | | 273/307 | 196/220 | +00:30:33 | LETHBRIDGE |

5K16-19M - 5 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|-----------------|-------|-----------|--------|--------|---------|--------|-----------|------------|
| 1/5 | WEST, SETH | 5269 | 18:54.104 | 03:46 | | 2/307 | 2/87 | +00:00:00 | WELLING |
| 2/5 | GALLANT, DYLAN | 5094 | 26:07.429 | 05:13 | | 17/307 | 14/87 | +00:07:13 | LETHBRIDGE |
| 3/5 | PEARSON, JARED | 5199 | 26:22.540 | 05:16 | | 20/307 | 17/87 | +00:07:28 | LETHBRIDGE |
| 4/5 | CAMPBELL, RILEY | 5038 | 28:09.619 | 05:37 | | 34/307 | 27/87 | +00:09:15 | LETHBRIDGE |
| 5/5 | HOLTHE, RYDER | 5120 | 36:25.022 | 07:17 | | 113/307 | 49/87 | +00:17:30 | RAYMOND |

5K20-29F - 30 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|------|-------|------|--------|--------|-------|--------|--------|------|
|--------|------|-------|------|--------|--------|-------|--------|--------|------|

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

Category Results

5K Run - 3.1 Miles
307 Finishers

5K20-29F - 30 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|----------------------------|-------|-------------|--------|--------|---------|---------|-----------|--------------|
| 1/30 | JANZEN, JENNA | 5127 | 24:34.893 | 04:54 | | 11/307 | 2/220 | +00:00:00 | COALDALE |
| 2/30 | VAN HIERDEN, ALEISHA | 5256 | 25:23.895 | 05:04 | | 14/307 | 3/220 | +00:00:49 | COALDALE |
| 3/30 | SHAE, ALEX | 5305 | 27:44.211 | 05:32 | | 32/307 | 7/220 | +00:03:09 | LETHBRIDGE |
| 4/30 | SENNEKER, LIZ | 5230 | 28:24.567 | 05:40 | | 35/307 | 8/220 | +00:03:49 | LETHBRIDGE |
| 5/30 | PETTY, SARAH | 5203 | 28:30.848 | 05:42 | | 37/307 | 10/220 | +00:03:55 | LETHBRIDGE |
| 6/30 | MARTINEZ, JOCELYN | 5165 | 28:32.002 | 05:42 | | 39/307 | 12/220 | +00:03:57 | LETHBRIDGE |
| 7/30 | CHMILAR, SARAH | 5049 | 29:23.448 | 05:52 | | 50/307 | 18/220 | +00:04:48 | LETHBRIDGE |
| 8/30 | DOIRON, KAITY | 5244 | 29:37.025 | 05:55 | | 54/307 | 20/220 | +00:05:02 | CALGARY |
| 9/30 | BLACQUIERE, KAYLA | 5323 | 29:37.342 | 05:55 | | 55/307 | 21/220 | +00:05:02 | LETHBRIDGE |
| 10/30 | LARSEN, HANNAH | 5156 | 32:41.670 | 06:32 | | 75/307 | 36/220 | +00:08:06 | LETHBRIDGE |
| 11/30 | VAN HIERDEN, CHELSIA | 5257 | 33:07.363 | 06:37 | | 77/307 | 38/220 | +00:08:32 | COALDALE |
| 12/30 | MACKINNON, JORDAN | 5163 | 33:10.478 | 06:38 | | 78/307 | 39/220 | +00:08:35 | LETHBRIDGE |
| 13/30 | PARDIAC, KATRINA | 5194 | 33:25.492 | 06:41 | | 81/307 | 40/220 | +00:08:50 | LETHBRIDGE |
| 14/30 | ZOETEMAN, JENN | 5293 | 33:26.055 | 06:41 | | 82/307 | 41/220 | +00:08:51 | FORT MACLEOD |
| 15/30 | UGLEM, SEANNA | 5252 | 34:14.479 | 06:50 | | 89/307 | 44/220 | +00:09:39 | LETHBRIDGE |
| 16/30 | DUCHARME, LINDSEY | 5076 | 34:44.175 | 06:56 | | 96/307 | 49/220 | +00:10:09 | FORT MACLEOD |
| 17/30 | PICKLES, JENNA | 5205 | 35:17.081 | 07:03 | | 105/307 | 58/220 | +00:10:42 | LETHBRIDGE |
| 18/30 | VELDBOOM, OLIVIA | 5260 | 35:59.801 | 07:11 | | 112/307 | 64/220 | +00:11:24 | GRANUM |
| 19/30 | ZUEHLKE, NATALIE | 5295 | 36:44.767 | 07:20 | | 116/307 | 67/220 | +00:12:09 | LETHBRIDGE |
| 20/30 | WILLIAMSON, ERIN | 5278 | 38:00.323 | 07:36 | | 131/307 | 80/220 | +00:13:25 | LETHBRIDGE |
| 21/30 | KUCEY, JACKIE | 5335 | 41:12.711 | 08:14 | | 152/307 | 95/220 | +00:16:37 | LETHBRIDGE |
| 22/30 | MILLER, GILLIAN | 5179 | 42:02.892 | 08:24 | | 161/307 | 102/220 | +00:17:28 | LETHBRIDGE |
| 23/30 | WEIR, TEYAH | 5268 | 42:38.440 | 08:31 | | 170/307 | 108/220 | +00:18:03 | LETHBRIDGE |
| 24/30 | KAMSTRA, HAYLEE | 5134 | 54:56.876 | 10:59 | | 237/307 | 167/220 | +00:30:21 | LETHBRIDGE |
| 25/30 | COLLETT, ERIN | 5056 | 57:07.009 | 11:25 | | 250/307 | 175/220 | +00:32:32 | LETHBRIDGE |
| 26/30 | LABRIE, CHLOE | 5010 | 57:08.310 | 11:25 | | 251/307 | 176/220 | +00:32:33 | LETHBRIDGE |
| 27/30 | KENNY, KORYNN | 5139 | 57:42.303 | 11:32 | | 255/307 | 179/220 | +00:33:07 | COALHURST |
| 28/30 | OSTEPCHUK, SELAH | 5189 | 57:54.872 | 11:34 | | 258/307 | 182/220 | +00:33:19 | LETHBRIDGE |
| 29/30 | SAKAMOTO HAKKARAINEN, LISA | 5221 | 1:01:59.321 | 12:23 | | 282/307 | 202/220 | +00:37:24 | LETHBRIDGE |
| 30/30 | SENNEKER, ALEXA | 5228 | 1:07:56.842 | 13:35 | | 298/307 | 214/220 | +00:43:21 | LETHBRIDGE |

5K20-29M - 12 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|--------------------|-------|-------------|--------|--------|---------|--------|-----------|------------|
| 1/12 | WATT, JENS | 5267 | 27:42.478 | 05:32 | | 31/307 | 25/87 | +00:00:00 | LETHBRIDGE |
| 2/12 | GRAUMANN, WESTON | 5104 | 29:23.964 | 05:52 | | 51/307 | 33/87 | +00:01:41 | LETHBRIDGE |
| 3/12 | MARTINEZ, JOSEPH | 5166 | 29:39.904 | 05:55 | | 56/307 | 35/87 | +00:01:57 | LETHBRIDGE |
| 4/12 | ULLY, BRETT | 5253 | 30:24.072 | 06:04 | | 60/307 | 37/87 | +00:02:41 | LETHBRIDGE |
| 5/12 | GEERAERT, MITCHELL | 5098 | 32:39.595 | 06:31 | | 74/307 | 39/87 | +00:04:57 | TABER |
| 6/12 | ZECK, JAMES | 5292 | 45:05.878 | 09:01 | | 183/307 | 65/87 | +00:17:23 | LETHBRIDGE |
| 7/12 | PERIN, MATT | 5202 | 52:17.967 | 10:27 | | 225/307 | 68/87 | +00:24:35 | LETHBRIDGE |
| 8/12 | ANDERSON, AUSTIN | 5002 | 54:57.020 | 10:59 | | 238/307 | 71/87 | +00:27:14 | LETHBRIDGE |
| 9/12 | LATHAM, KINLEY | 5314 | 1:04:31.716 | 12:54 | | 292/307 | 83/87 | +00:36:49 | LETHBRIDGE |
| 10/12 | SENNEKER, RYAN | 5232 | 1:07:59.346 | 13:35 | | 299/307 | 85/87 | +00:40:16 | LETHBRIDGE |
| 11/12 | BEERS, CARSON | 5015 | 1:09:02.997 | 13:48 | | 300/307 | 86/87 | +00:41:20 | LETHBRIDGE |
| 12/12 | TRADEWELL, BRENT | 5250 | 1:15:19.359 | 15:03 | | 306/307 | 87/87 | +00:47:36 | LETHBRIDGE |

5K30-39F - 68 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|-----------------------------|-------|-----------|--------|--------|---------|--------|-----------|------------|
| 1/68 | MULHALL, KRISTINE | 5183 | 26:39.068 | 05:19 | | 22/307 | 4/220 | +00:00:00 | LETHBRIDGE |
| 2/68 | HONESS, STEPHANIE | 5121 | 28:36.118 | 05:43 | | 40/307 | 13/220 | +00:01:57 | LETHBRIDGE |
| 3/68 | HARKER, MELISSA | 5109 | 28:57.966 | 05:47 | | 47/307 | 16/220 | +00:02:18 | COALDALE |
| 4/68 | TASKER, KELSEY | 5246 | 29:24.434 | 05:52 | | 52/307 | 19/220 | +00:02:45 | LETHBRIDGE |
| 5/68 | MCINTYRE, JESSICA | 5174 | 29:50.639 | 05:58 | | 58/307 | 23/220 | +00:03:11 | LETHBRIDGE |
| 6/68 | ANDERSON, BRITTANY | 5311 | 31:02.657 | 06:12 | | 62/307 | 25/220 | +00:04:23 | LETHBRIDGE |
| 7/68 | STINSON, MELISSA | 5242 | 31:08.411 | 06:13 | | 63/307 | 26/220 | +00:04:29 | LETHBRIDGE |
| 8/68 | DIBBEN, KELLY | 5068 | 31:09.925 | 06:13 | | 65/307 | 28/220 | +00:04:30 | LETHBRIDGE |
| 9/68 | WARD, JANENE | 5265 | 31:19.133 | 06:15 | | 66/307 | 29/220 | +00:04:40 | LETHBRIDGE |
| 10/68 | BRAUN, ROSE | 5030 | 31:42.990 | 06:20 | | 69/307 | 32/220 | +00:05:03 | LETHBRIDGE |
| 11/68 | ANDERSON, KARISSA | 5338 | 32:30.413 | 06:30 | | 72/307 | 34/220 | +00:05:51 | LETHBRIDGE |
| 12/68 | THURSTON, KASHA | 5249 | 32:36.409 | 06:31 | | 73/307 | 35/220 | +00:05:57 | LETHBRIDGE |
| 13/68 | TAVERNINI, BRITTANY | 5344 | 33:49.459 | 06:45 | | 86/307 | 43/220 | +00:07:10 | LETHBRIDGE |
| 14/68 | OHENE, GERALDINE | 5186 | 34:17.408 | 06:51 | | 91/307 | 45/220 | +00:07:38 | LETHBRIDGE |
| 15/68 | BROWN, EMILY | 5032 | 34:39.977 | 06:55 | | 94/307 | 47/220 | +00:08:00 | LETHBRIDGE |
| 16/68 | GONZALEZ RODRIGUES, MARIANA | 5103 | 34:58.853 | 06:59 | | 99/307 | 52/220 | +00:08:19 | LETHBRIDGE |
| 17/68 | STRAUTS, KATHERINE | 5243 | 35:04.820 | 07:00 | | 100/307 | 53/220 | +00:08:25 | LETHBRIDGE |
| 18/68 | LADOUCEUR, KAYLA | 5152 | 35:09.836 | 07:01 | | 103/307 | 56/220 | +00:08:30 | LETHBRIDGE |
| 19/68 | BULLOCK, ALANNA | 5034 | 35:20.899 | 07:04 | | 106/307 | 59/220 | +00:08:41 | LETHBRIDGE |

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

Category Results

5K Run - 3.1 Miles
307 Finishers

5K30-39F - 68 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|-------------------------|-------|-------------|--------|--------|---------|---------|-----------|----------------|
| 20/68 | JOHNSON, JESSICA | 5133 | 35:46.040 | 07:09 | | 108/307 | 61/220 | +00:09:06 | LETHBRIDGE |
| 21/68 | MCDONALD, ASHLEIGH | 5167 | 35:52.314 | 07:10 | | 110/307 | 62/220 | +00:09:13 | LETHBRIDGE |
| 22/68 | FRY, KATLYN | 5090 | 36:29.872 | 07:17 | | 114/307 | 65/220 | +00:09:50 | LETHBRIDGE COL |
| 23/68 | ORSTEN, AMANDA | 5317 | 36:41.497 | 07:20 | | 115/307 | 66/220 | +00:10:02 | COALDALE |
| 24/68 | HOLTHE, RACHEL | 5119 | 36:51.435 | 07:22 | | 117/307 | 68/220 | +00:10:12 | RAYMOND |
| 25/68 | DUERKSEN, HEATHER | 5079 | 37:29.392 | 07:29 | | 122/307 | 72/220 | +00:10:50 | LETHBRIDGE |
| 26/68 | JENSEN, NATALIE | 5130 | 37:44.514 | 07:32 | | 126/307 | 75/220 | +00:11:05 | LETHBRIDGE |
| 27/68 | BARANYAY, KIERA | 5007 | 37:52.919 | 07:34 | | 128/307 | 77/220 | +00:11:13 | LETHBRIDGE |
| 28/68 | SEXTON, TAKEENA | 5233 | 38:02.858 | 07:36 | | 132/307 | 81/220 | +00:11:23 | STIRLING |
| 29/68 | JENSEN, CANDICE | 5128 | 38:34.946 | 07:42 | | 134/307 | 83/220 | +00:11:55 | LETHBRIDGE |
| 30/68 | COADY, DANIELLE | 5055 | 38:56.854 | 07:47 | | 139/307 | 87/220 | +00:12:17 | LETHBRIDGE |
| 31/68 | MCCONNELL, SHANDA | 5309 | 39:14.372 | 07:50 | | 142/307 | 89/220 | +00:12:35 | LETHBRIDGE |
| 32/68 | CHISHOLM, TRINIE | 5048 | 40:01.447 | 08:00 | | 148/307 | 92/220 | +00:13:22 | LETHBRIDGE |
| 33/68 | BOOTH, DANI | 5028 | 41:08.500 | 08:13 | | 150/307 | 93/220 | +00:14:29 | LETHBRIDGE |
| 34/68 | WICKERSHAM, AIMEE | 5273 | 41:30.536 | 08:18 | | 154/307 | 97/220 | +00:14:51 | LETHBRIDGE |
| 35/68 | LYSTER, ERIN | 5161 | 41:31.279 | 08:18 | | 155/307 | 98/220 | +00:14:52 | LETHBRIDGE |
| 36/68 | BOND, SARA | 5027 | 41:48.150 | 08:21 | | 158/307 | 100/220 | +00:15:09 | LETHBRIDGE |
| 37/68 | CHONG, KATE | 5050 | 42:04.461 | 08:24 | | 165/307 | 105/220 | +00:15:25 | COQUITLAM |
| 38/68 | FRIESEN, WAIYOLA | 5300 | 42:49.691 | 08:33 | | 171/307 | 109/220 | +00:16:10 | LETHBRIDGE |
| 39/68 | BRAUN, JENNA | 5029 | 42:49.825 | 08:33 | | 172/307 | 110/220 | +00:16:10 | LETHBRIDGE |
| 40/68 | DE GRAAF, BRYANNE | 5064 | 45:05.741 | 09:01 | | 182/307 | 118/220 | +00:18:26 | LETHBRIDGE COL |
| 41/68 | YASINSKI, CHARIS | 5288 | 46:30.449 | 09:18 | | 187/307 | 122/220 | +00:19:51 | LETHBRIDGE |
| 42/68 | RANGER, TANESSA | 5209 | 46:40.711 | 09:20 | | 189/307 | 124/220 | +00:20:01 | LETHBRIDGE |
| 43/68 | SHARP, ROSANNE | 5235 | 47:28.768 | 09:29 | | 191/307 | 126/220 | +00:20:49 | LETHBRIDGE |
| 44/68 | BEGOVIC-WEBBER, MADISON | 5016 | 48:39.274 | 09:43 | | 195/307 | 130/220 | +00:22:00 | LETHBRIDGE |
| 45/68 | BOEHR, AUBREY | 5022 | 48:40.525 | 09:44 | | 196/307 | 131/220 | +00:22:01 | LETHBRIDGE |
| 46/68 | WOYNAROWSKY, PAULA | 5286 | 48:46.764 | 09:45 | | 197/307 | 132/220 | +00:22:07 | LETHBRIDGE |
| 47/68 | SPACKMAN, KRISTA | 5240 | 49:50.310 | 09:58 | | 205/307 | 140/220 | +00:23:11 | LETHBRIDGE |
| 48/68 | DUECK, ROBYN | 5078 | 49:53.046 | 09:58 | | 206/307 | 141/220 | +00:23:13 | LETHBRIDGE |
| 49/68 | DE GROOT, KIM | 5065 | 51:45.697 | 10:21 | | 219/307 | 153/220 | +00:25:06 | LETHBRIDGE |
| 50/68 | WHITE, STEPHANIE | 5272 | 51:51.392 | 10:22 | | 220/307 | 154/220 | +00:25:12 | LETHBRIDGE |
| 51/68 | CARBERT, KAYLA | 5039 | 53:21.779 | 10:40 | | 229/307 | 160/220 | +00:26:42 | LETHBRIDGE |
| 52/68 | PASKAL, LEXI | 5196 | 53:40.094 | 10:44 | | 233/307 | 164/220 | +00:27:01 | IRON SPRINGS |
| 53/68 | PAPWORTH, KARA | 5193 | 53:43.022 | 10:44 | | 234/307 | 165/220 | +00:27:03 | LETHBRIDGE |
| 54/68 | HAYNES, JULIE | 5111 | 56:17.207 | 11:15 | | 244/307 | 170/220 | +00:29:38 | LETHBRIDGE |
| 55/68 | KARL, NICOLE | 5137 | 56:17.278 | 11:15 | | 245/307 | 171/220 | +00:29:38 | COALDALE |
| 56/68 | WILLMS, MICHELLE | 5281 | 56:44.987 | 11:20 | | 248/307 | 173/220 | +00:30:05 | LETHBRIDGE |
| 57/68 | OVERES, LEANNE | 5191 | 57:00.242 | 11:24 | | 249/307 | 174/220 | +00:30:21 | LETHBRIDGE |
| 58/68 | MCDONALD, JENNA | 5170 | 57:37.480 | 11:31 | | 253/307 | 178/220 | +00:30:58 | LETHBRIDGE |
| 59/68 | SPRINKLE, JAIMEE | 5241 | 57:43.716 | 11:32 | | 256/307 | 180/220 | +00:31:04 | LETHBRIDGE |
| 60/68 | KIRKPATRICK, KELLI | 5140 | 1:00:48.792 | 12:09 | | 280/307 | 200/220 | +00:34:09 | LETHBRIDGE |
| 61/68 | YOSHIHARA, MEGAN | 5289 | 1:01:58.662 | 12:23 | | 281/307 | 201/220 | +00:35:19 | LETHBRIDGE |
| 62/68 | DIVINS, HALEY | 5069 | 1:02:48.696 | 12:33 | | 288/307 | 206/220 | +00:36:09 | LETHBRIDGE |
| 63/68 | RESSLER, JESSICA | 5211 | 1:02:49.260 | 12:33 | | 289/307 | 207/220 | +00:36:10 | LETHBRIDGE |
| 64/68 | WURZER, KAYLA | 5321 | 1:04:50.665 | 12:58 | | 294/307 | 210/220 | +00:38:11 | LETHBRIDGE |
| 65/68 | BECK, JESSICA | 5013 | 1:10:18.089 | 14:03 | | 303/307 | 217/220 | +00:43:39 | LETHBRIDGE |
| 66/68 | WIERL, STEPHANIE | 5277 | 1:10:18.536 | 14:03 | | 304/307 | 218/220 | +00:43:39 | LETHBRIDGE |
| 67/68 | TAIT, DANIELLE | 5245 | 1:10:18.944 | 14:03 | | 305/307 | 219/220 | +00:43:39 | LETHBRIDGE |
| 68/68 | TRADEWELL, XAVIERA | 5251 | 1:15:20.069 | 15:04 | | 307/307 | 220/220 | +00:48:41 | LETHBRIDGE |

5K30-39M - 15 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|----------------------|-------|-------------|--------|--------|---------|--------|-----------|------------|
| 1/15 | WARREN, KOLIN | 5266 | 24:04.447 | 04:48 | | 9/307 | 8/87 | +00:00:00 | CALGARY |
| 2/15 | FEYTER, DWAYNE | 5083 | 25:59.699 | 05:11 | | 16/307 | 13/87 | +00:01:55 | MONARCH |
| 3/15 | DERRY, CONNOR | 5067 | 26:37.516 | 05:19 | | 21/307 | 18/87 | +00:02:33 | LETHBRIDGE |
| 4/15 | MCDONALD, JASON | 5169 | 28:36.446 | 05:43 | | 41/307 | 28/87 | +00:04:32 | LETHBRIDGE |
| 5/15 | KANTRUD, KRIS | 5135 | 28:44.230 | 05:44 | | 42/307 | 29/87 | +00:04:39 | LETHBRIDGE |
| 6/15 | BECKING, AARON | 5014 | 29:01.972 | 05:48 | | 48/307 | 32/87 | +00:04:57 | LETHBRIDGE |
| 7/15 | SUDUWELI, SENURA | 5306 | 34:08.393 | 06:49 | | 88/307 | 45/87 | +00:10:03 | LETHBRIDGE |
| 8/15 | OBRIEN, OLIVIER | 5185 | 35:50.339 | 07:10 | | 109/307 | 48/87 | +00:11:45 | LETHBRIDGE |
| 9/15 | JENSEN, DAVID | 5129 | 37:44.393 | 07:32 | | 125/307 | 51/87 | +00:13:39 | LETHBRIDGE |
| 10/15 | ZUEHLKE, LONDON | 5294 | 42:22.051 | 08:28 | | 167/307 | 61/87 | +00:18:17 | LETHBRIDGE |
| 11/15 | WHITE, MATT | 5271 | 51:51.434 | 10:22 | | 221/307 | 67/87 | +00:27:46 | LETHBRIDGE |
| 12/15 | HAKKARAINEN, JESSY | 5343 | 53:11.707 | 10:38 | | 228/307 | 69/87 | +00:29:07 | LETHBRIDGE |
| 13/15 | MCDONALD, TYLER | 5171 | 57:38.883 | 11:31 | | 254/307 | 76/87 | +00:33:34 | LETHBRIDGE |
| 14/15 | KIRKPATRICK, STEPHEN | 5141 | 1:00:44.931 | 12:08 | | 279/307 | 80/87 | +00:36:40 | LETHBRIDGE |

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

Category Results

5K Run - 3.1 Miles
307 Finishers

5K30-39M - 15 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|----------------|-------|-------------|--------|--------|---------|--------|-----------|------------|
| 15/15 | SENNEKER, ALEX | 5227 | 1:02:12.187 | 12:26 | | 285/307 | 81/87 | +00:38:07 | LETHBRIDGE |

5K40-49F - 45 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|------------------------|-------|-----------|--------|--------|---------|---------|-----------|---------------|
| 1/45 | JAFFRAY, STEPHANIE | 5125 | 28:30.999 | 05:42 | | 38/307 | 11/220 | +00:00:00 | LETHBRIDGE |
| 2/45 | WOOD, CAROLYN | 5285 | 29:46.565 | 05:57 | | 57/307 | 22/220 | +00:01:15 | LETHBRIDGE |
| 3/45 | KWASNY, TRACY | 5151 | 31:09.867 | 06:13 | | 64/307 | 27/220 | +00:02:38 | LETHBRIDGE |
| 4/45 | WOLCOTT, RAQUEL | 5284 | 32:25.699 | 06:29 | | 71/307 | 33/220 | +00:03:54 | LETHBRIDGE |
| 5/45 | CONRAD, TANYA | 5060 | 32:46.191 | 06:33 | | 76/307 | 37/220 | +00:04:15 | COALDALE |
| 6/45 | THAI-BAIRD, LYNDA | 184 | 34:42.686 | 06:56 | | 95/307 | 48/220 | +00:06:11 | LETHBRIDGE |
| 7/45 | DEGROOT, SUZANNE | 5345 | 34:49.270 | 06:57 | | 97/307 | 50/220 | +00:06:18 | LETHBRIDGE |
| 8/45 | KOLLIAS, DONELL | 5145 | 34:52.258 | 06:58 | | 98/307 | 51/220 | +00:06:21 | LETHBRIDGE |
| 9/45 | BURSAW, HEATHER | 5296 | 35:17.053 | 07:03 | | 104/307 | 57/220 | +00:06:46 | COALDALE |
| 10/45 | SKEITH, CHRISTINA | 5238 | 35:54.822 | 07:10 | | 111/307 | 63/220 | +00:07:23 | LETHBRIDGE |
| 11/45 | CONARD, SUSAN | 5059 | 37:09.472 | 07:25 | | 120/307 | 70/220 | +00:08:38 | LETHBRIDGE |
| 12/45 | SCHROYEN, LAINE | 5304 | 37:57.995 | 07:35 | | 129/307 | 78/220 | +00:09:27 | LETHBRIDGE |
| 13/45 | HENGEVELD, JENN | 5302 | 37:58.133 | 07:35 | | 130/307 | 79/220 | +00:09:27 | LETHBRIDGE |
| 14/45 | MCKINNON, TERRI | 5041 | 38:14.561 | 07:38 | | 133/307 | 82/220 | +00:09:43 | LETHBRIDGE |
| 15/45 | ENTZ, TENNILLE | 5081 | 38:46.675 | 07:45 | | 136/307 | 85/220 | +00:10:15 | LETHBRIDGE |
| 16/45 | ARNAUD, EMILIE | 5003 | 38:50.316 | 07:46 | | 137/307 | 86/220 | +00:10:19 | LETHBRIDGE |
| 17/45 | VAN LEUKEN, DESIREE | 5259 | 39:13.725 | 07:50 | | 141/307 | 88/220 | +00:10:42 | LETHBRIDGE |
| 18/45 | HEIDINGER, LEAH | 5116 | 39:56.042 | 07:59 | | 146/307 | 90/220 | +00:11:25 | LETHBRIDGE |
| 19/45 | FEYTER, MELISSA | 5084 | 40:00.507 | 08:00 | | 147/307 | 91/220 | +00:11:29 | MONARCH |
| 20/45 | CHEUNG, ANDREA | 5046 | 41:42.866 | 08:20 | | 156/307 | 99/220 | +00:13:11 | LETHBRIDGE |
| 21/45 | OSMOND HOOVER, HEATHER | 5341 | 42:30.678 | 08:30 | | 169/307 | 107/220 | +00:13:59 | LETHBRIDGE |
| 22/45 | BROWN, LINDSAY | 5033 | 43:07.415 | 08:37 | | 173/307 | 111/220 | +00:14:36 | LETHBRIDGE |
| 23/45 | DARROCH, ANGIE | 5063 | 43:39.975 | 08:43 | | 174/307 | 112/220 | +00:15:08 | LETHBRIDGE |
| 24/45 | OLIVIERI, DANIELLE | 5187 | 44:21.258 | 08:52 | | 177/307 | 115/220 | +00:15:50 | COALDALE |
| 25/45 | GOLDHAWK, CINDY | 5102 | 44:21.384 | 08:52 | | 178/307 | 116/220 | +00:15:50 | LETHBRIDGE |
| 26/45 | FITZPATRICK, ALLISON | 5085 | 44:56.591 | 08:59 | | 181/307 | 117/220 | +00:16:25 | BLACK DIAMOND |
| 27/45 | DOUVILLE, SUSANNE | 5075 | 45:32.500 | 09:06 | | 184/307 | 119/220 | +00:17:01 | LETHBRIDGE |
| 28/45 | HEEBNER, JODY | 5113 | 48:48.942 | 09:45 | | 200/307 | 135/220 | +00:20:17 | LETHBRIDGE |
| 29/45 | LAPORTE, MARCY | 5155 | 49:27.829 | 09:53 | | 203/307 | 138/220 | +00:20:56 | LETHBRIDGE |
| 30/45 | BIALOBZYSKI, ALEXIS | 5019 | 49:35.185 | 09:55 | | 204/307 | 139/220 | +00:21:04 | LETHBRIDGE |
| 31/45 | LEAVITT, KIM | 5157 | 50:04.511 | 10:00 | | 208/307 | 143/220 | +00:21:33 | LETHBRIDGE |
| 32/45 | SATURLEY, KRISTEN | 5224 | 50:24.137 | 10:04 | | 212/307 | 146/220 | +00:21:53 | LETHBRIDGE |
| 33/45 | CHUDOBIAK, APRIL | 5052 | 51:00.890 | 10:12 | | 214/307 | 148/220 | +00:22:29 | COALDALE |
| 34/45 | KUCEY, LEANNE | 5146 | 51:17.583 | 10:15 | | 215/307 | 149/220 | +00:22:46 | LETHBRIDGE |
| 35/45 | VAN EGMOND, JULIE | 5255 | 51:18.791 | 10:15 | | 216/307 | 150/220 | +00:22:47 | LETHBRIDGE |
| 36/45 | BARNES, KRISTY | 5009 | 51:28.683 | 10:17 | | 218/307 | 152/220 | +00:22:57 | PICTURE BUTTE |
| 37/45 | IBRAHIM, HALA | 5124 | 52:05.271 | 10:25 | | 224/307 | 157/220 | +00:23:34 | LETHBRIDGE |
| 38/45 | FERGUSON, BILLIE-JO | 5325 | 52:28.666 | 10:29 | | 226/307 | 158/220 | +00:23:57 | TABER |
| 39/45 | BALDERSTON, NICOLE | 5005 | 53:25.141 | 10:41 | | 232/307 | 163/220 | +00:24:54 | LETHBRIDGE |
| 40/45 | EWASIW, DENISE | 5082 | 55:59.098 | 11:11 | | 243/307 | 169/220 | +00:27:28 | LETHBRIDGE |
| 41/45 | EPP, COURTNEY | 5299 | 58:03.650 | 11:36 | | 261/307 | 185/220 | +00:29:32 | LETHBRIDGE |
| 42/45 | BEBEK, BRYNNE | 5012 | 58:04.707 | 11:36 | | 263/307 | 187/220 | +00:29:33 | LETHBRIDGE |
| 43/45 | HEFFERNAN, CHANTAL | 5115 | 58:10.874 | 11:38 | | 264/307 | 188/220 | +00:29:39 | LETHBRIDGE |
| 44/45 | LOWE, TANYA | 5159 | 59:22.731 | 11:52 | | 271/307 | 194/220 | +00:30:51 | COALDALE |
| 45/45 | MCKEE, ALLISON | 5175 | 59:49.448 | 11:57 | | 275/307 | 198/220 | +00:31:18 | CLARESHOLM |

5K40-49M - 20 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|--------------------|-------|-----------|--------|--------|---------|--------|-----------|---------------|
| 1/20 | KANGOGO, KIP | 5336 | 17:35.446 | 03:31 | | 1/307 | 1/87 | +00:00:00 | LETHBRIDGE |
| 2/20 | FRIESE, CHARLES | 5089 | 20:17.593 | 04:03 | | 3/307 | 3/87 | +00:02:42 | LETHBRIDGE |
| 3/20 | MALINOWSKI, MATT | 5346 | 21:17.581 | 04:15 | | 4/307 | 4/87 | +00:03:42 | LETHBRIDGE |
| 4/20 | FULWILER, LOGAN | 5092 | 24:00.140 | 04:48 | | 8/307 | 7/87 | +00:06:24 | LETHBRIDGE |
| 5/20 | BULLOCK, BRYAN | 5035 | 24:20.887 | 04:52 | | 10/307 | 9/87 | +00:06:45 | LETHBRIDGE |
| 6/20 | FITZPATRICK, JESSE | 5086 | 26:21.611 | 05:16 | | 19/307 | 16/87 | +00:08:46 | BLACK DIAMOND |
| 7/20 | DONOVAN, ANDREW | 5074 | 27:14.942 | 05:26 | | 26/307 | 21/87 | +00:09:39 | LETHBRIDGE |
| 8/20 | FLEMING, MIKE | 5340 | 27:33.505 | 05:30 | | 28/307 | 23/87 | +00:09:58 | LETHBRIDGE |
| 9/20 | MEGYES, KEVIN | 5177 | 28:55.257 | 05:47 | | 46/307 | 31/87 | +00:11:19 | LETHBRIDGE |
| 10/20 | MCINTYRE, DAN | 5173 | 29:50.837 | 05:58 | | 59/307 | 36/87 | +00:12:15 | LETHBRIDGE |
| 11/20 | BAULKARAN, VISHAAL | 5011 | 32:24.534 | 06:28 | | 70/307 | 38/87 | +00:14:49 | LETHBRIDGE |
| 12/20 | CHATTERS, BYRON | 5042 | 34:03.769 | 06:48 | | 87/307 | 44/87 | +00:16:28 | LETHBRIDGE |
| 13/20 | CONARD, OLIVIER | 5058 | 37:01.647 | 07:24 | | 119/307 | 50/87 | +00:19:26 | LETHBRIDGE |
| 14/20 | BOND, MIKE | 5026 | 39:35.511 | 07:55 | | 144/307 | 55/87 | +00:22:00 | LETHBRIDGE |
| 15/20 | HANEY, KEVIN | 5106 | 40:43.458 | 08:08 | | 149/307 | 57/87 | +00:23:08 | LETHBRIDGE |

OA/PI = Overall Placing

Category Results

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

5K Run - 3.1 Miles
307 Finishers

5K40-49M - 20 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|---------------|-------|-----------|--------|--------|---------|--------|-----------|------------|
| 16/20 | YOUNGER, JOHN | 5332 | 44:47.670 | 08:57 | | 180/307 | 64/87 | +00:27:12 | LETHBRIDGE |
| 17/20 | KWASNY, JASON | 5148 | 55:15.012 | 11:03 | | 240/307 | 73/87 | +00:37:39 | LETHBRIDGE |
| 18/20 | SELSKI, CRAIG | 5226 | 55:57.828 | 11:11 | | 242/307 | 74/87 | +00:38:22 | LETHBRIDGE |
| 19/20 | WILLMS, MIKE | 5282 | 56:44.414 | 11:20 | | 247/307 | 75/87 | +00:39:08 | LETHBRIDGE |
| 20/20 | AUTHIER, BEN | 5004 | 58:30.368 | 11:42 | | 267/307 | 77/87 | +00:40:54 | LETHBRIDGE |

5K50-59F - 30 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|-------------------------|-------|-------------|--------|--------|---------|---------|-----------|----------------|
| 1/30 | GAUTHIER, HEATHER | 5096 | 26:55.053 | 05:23 | | 24/307 | 5/220 | +00:00:00 | LETHBRIDGE |
| 2/30 | SUTTROP, VIVIEN | 5307 | 27:41.782 | 05:32 | | 30/307 | 6/220 | +00:00:46 | LETHBRIDGE |
| 3/30 | MACKINNON, BOBBIE | 5162 | 31:29.265 | 06:17 | | 67/307 | 30/220 | +00:04:34 | LETHBRIDGE |
| 4/30 | ALDCORN, LESLIE | 5001 | 31:38.927 | 06:19 | | 68/307 | 31/220 | +00:04:43 | LETHBRIDGE |
| 5/30 | KNAPP, JODY | 5143 | 34:26.802 | 06:53 | | 93/307 | 46/220 | +00:07:31 | COALDALE |
| 6/30 | DJOKOTO-ASEM, EDNA | 5072 | 37:33.877 | 07:30 | | 124/307 | 74/220 | +00:10:38 | LETHBRIDGE |
| 7/30 | GEERAERT, ARLENE | 5097 | 37:50.618 | 07:34 | | 127/307 | 76/220 | +00:10:55 | TABER |
| 8/30 | RED CROW, MIRANDA | 5210 | 38:43.410 | 07:44 | | 135/307 | 84/220 | +00:11:48 | STANDOFF |
| 9/30 | COX, ANDREA | 5339 | 41:12.587 | 08:14 | | 151/307 | 94/220 | +00:14:17 | LETHBRIDGE |
| 10/30 | MILLER, JACINTA | 5180 | 42:03.557 | 08:24 | | 163/307 | 103/220 | +00:15:08 | LETHBRIDGE COL |
| 11/30 | ZECK, DEB | 5291 | 47:24.363 | 09:28 | | 190/307 | 125/220 | +00:20:29 | LETHBRIDGE |
| 12/30 | MOORE, DARLENE | 5182 | 50:14.432 | 10:02 | | 210/307 | 145/220 | +00:23:19 | LETHBRIDGE |
| 13/30 | MATIS-VADNAIS, JENNIFER | 5337 | 50:30.922 | 10:06 | | 213/307 | 147/220 | +00:23:35 | LETHBRIDGE |
| 14/30 | MEIER, TAMMY | 5178 | 52:03.853 | 10:24 | | 222/307 | 155/220 | +00:25:08 | LETHBRIDGE |
| 15/30 | BELCASTRO, VALERIE | 5017 | 52:04.652 | 10:24 | | 223/307 | 156/220 | +00:25:09 | LETHBRIDGE |
| 16/30 | PAULS, SHAUNA | 5198 | 53:23.004 | 10:40 | | 230/307 | 161/220 | +00:26:27 | COALDALE |
| 17/30 | LANDRY-DEBOER, JULIE | 5154 | 53:23.408 | 10:40 | | 231/307 | 162/220 | +00:26:28 | COALDALE |
| 18/30 | OVERES, KATHY | 5190 | 57:12.661 | 11:26 | | 252/307 | 177/220 | +00:30:17 | LETHBRIDGE |
| 19/30 | OSTEPCHUK, CATHERINE | 5188 | 57:52.067 | 11:34 | | 257/307 | 181/220 | +00:30:57 | LETHBRIDGE |
| 20/30 | COOK, TRISH | 5062 | 57:55.556 | 11:35 | | 259/307 | 183/220 | +00:31:00 | LETHBRIDGE |
| 21/30 | PAOLETTI, JODI | 5192 | 58:03.471 | 11:36 | | 260/307 | 184/220 | +00:31:08 | LETHBRIDGE |
| 22/30 | HAYWARD, ANGELICA | 5112 | 58:04.629 | 11:36 | | 262/307 | 186/220 | +00:31:09 | LETHBRIDGE |
| 23/30 | JETTEN, KELLY | 5132 | 58:11.191 | 11:38 | | 265/307 | 189/220 | +00:31:16 | LETHBRIDGE |
| 24/30 | DONAHUE, STASHA | 5073 | 58:14.034 | 11:38 | | 266/307 | 190/220 | +00:31:18 | FORT MACLEOD |
| 25/30 | DIXON, VICKI | 5071 | 58:52.147 | 11:46 | | 269/307 | 192/220 | +00:31:57 | LETHBRIDGE |
| 26/30 | LAMB, DEE | 5153 | 59:48.816 | 11:57 | | 274/307 | 197/220 | +00:32:53 | LETHBRIDGE |
| 27/30 | PLOMP, CHERYL | 5206 | 1:02:47.406 | 12:33 | | 287/307 | 205/220 | +00:35:52 | LETHBRIDGE |
| 28/30 | PARISEAU, CAMMY | 5195 | 1:03:46.626 | 12:45 | | 291/307 | 209/220 | +00:36:51 | LETHBRIDGE |
| 29/30 | LATHAM, JENNIFER | 5313 | 1:04:58.268 | 12:59 | | 297/307 | 213/220 | +00:38:03 | LETHBRIDGE |
| 30/30 | JAKOBSSON, PASCALE | 5126 | 1:10:06.472 | 14:01 | | 302/307 | 216/220 | +00:43:11 | LETHBRIDGE |

5K50-59M - 10 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|---------------------|-------|-------------|--------|--------|---------|--------|-----------|--------------|
| 1/10 | WALKER, PETER | 5319 | 23:42.494 | 04:44 | | 7/307 | 6/87 | +00:00:00 | MEDICINE HAT |
| 2/10 | DUFRESNE, MARC | 5181 | 25:48.427 | 05:09 | | 15/307 | 12/87 | +00:02:05 | LETHBRIDGE |
| 3/10 | GALLANT, BRAD | 5093 | 27:29.006 | 05:29 | | 27/307 | 22/87 | +00:03:46 | LETHBRIDGE |
| 4/10 | VAN HIERDEN, EDWARD | 5258 | 33:16.842 | 06:39 | | 80/307 | 41/87 | +00:09:34 | COALDALE |
| 5/10 | BRODIE, MICHAEL | 5031 | 33:28.629 | 06:41 | | 84/307 | 42/87 | +00:09:46 | COALDALE |
| 6/10 | KNAPP, BARRY | 5142 | 34:26.094 | 06:53 | | 92/307 | 47/87 | +00:10:43 | COALDALE |
| 7/10 | PONICH, MITCHELL | 5207 | 42:03.347 | 08:24 | | 162/307 | 60/87 | +00:18:20 | LETHBRIDGE |
| 8/10 | SATURLEY, ADAM | 5223 | 50:23.538 | 10:04 | | 211/307 | 66/87 | +00:26:41 | LETHBRIDGE |
| 9/10 | LEAVITT, ZEALAND | 5158 | 54:20.978 | 10:52 | | 236/307 | 70/87 | +00:30:38 | LETHBRIDGE |
| 10/10 | LATHAM, RICK | 5315 | 1:04:33.689 | 12:54 | | 293/307 | 84/87 | +00:40:51 | LETHBRIDGE |

5K60-69F - 18 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|---------------------|-------|-----------|--------|--------|---------|---------|-----------|----------------|
| 1/18 | MAINZER, PATRICIA | 5164 | 28:26.574 | 05:41 | | 36/307 | 9/220 | +00:00:00 | LETHBRIDGE |
| 2/18 | TATEBE, FRAN | 5247 | 28:51.280 | 05:46 | | 43/307 | 14/220 | +00:00:24 | LETHBRIDGE |
| 3/18 | BLANKENSTYN, MATTY | 5021 | 37:00.374 | 07:24 | | 118/307 | 69/220 | +00:08:33 | LETHBRIDGE |
| 4/18 | MURPHY, DEBRA | 5184 | 37:28.641 | 07:29 | | 121/307 | 71/220 | +00:09:02 | LETHBRIDGE |
| 5/18 | SMITH-MYLES, KAREN | 5239 | 41:57.260 | 08:23 | | 160/307 | 101/220 | +00:13:30 | LETHBRIDGE |
| 6/18 | HUFFMAN, SUE | 5123 | 42:04.186 | 08:24 | | 164/307 | 104/220 | +00:13:37 | LETHBRIDGE |
| 7/18 | CHRISTENSEN, SHERRY | 5051 | 43:40.634 | 08:44 | | 175/307 | 113/220 | +00:15:14 | COALHURST |
| 8/18 | GUKERT, KAREN | 5105 | 45:41.679 | 09:08 | | 186/307 | 121/220 | +00:17:15 | LETHBRIDGE |
| 9/18 | GOERZEN SINE, EMMA | 5101 | 48:30.111 | 09:42 | | 193/307 | 128/220 | +00:20:03 | LETHBRIDGE |
| 10/18 | ROCHE, LEAH | 5213 | 48:32.180 | 09:42 | | 194/307 | 129/220 | +00:20:05 | LETHBRIDGE |
| 11/18 | FRY, PAM | 5091 | 50:12.211 | 10:02 | | 209/307 | 144/220 | +00:21:45 | LETHBRIDGE COL |
| 12/18 | LEAVITT, LAURA | 5333 | 54:20.879 | 10:52 | | 235/307 | 166/220 | +00:25:54 | LETHBRIDGE |
| 13/18 | ROCHELEAU, WENDY | 5215 | 55:49.714 | 11:09 | | 241/307 | 168/220 | +00:27:23 | LETHBRIDGE |

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Offset = Diff from Category win time hh:mm:ss

Category Results

5K Run - 3.1 Miles
307 Finishers

5K60-69F - 18 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|-----------------|-------|-------------|--------|--------|---------|---------|-----------|------------|
| 14/18 | DUECK, MONA | 5077 | 58:51.600 | 11:46 | | 268/307 | 191/220 | +00:30:25 | LETHBRIDGE |
| 15/18 | PELLETIER, ROSE | 5201 | 59:39.103 | 11:55 | | 272/307 | 195/220 | +00:31:12 | |
| 16/18 | DIVINS, SHERRY | 5070 | 1:03:44.236 | 12:44 | | 290/307 | 208/220 | +00:35:17 | LETHBRIDGE |
| 17/18 | WURZER, BRENDA | 5320 | 1:04:55.417 | 12:59 | | 296/307 | 212/220 | +00:36:28 | LETHBRIDGE |
| 18/18 | GELLENY, KAREN | 5099 | 1:09:05.106 | 13:49 | | 301/307 | 215/220 | +00:40:38 | LETHBRIDGE |

5K60-69M - 1 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|-------------------|-------|-------------|--------|--------|---------|--------|-----------|------------|
| 1/1 | ROCHELEAU, GERALD | 5214 | 1:00:32.432 | 12:06 | | 276/307 | 78/87 | +00:00:00 | LETHBRIDGE |

5K70+F - 7 Competitors

| Cat/PI | Name | Bib # | Time | Pace/K | Pace/M | OA/PI | Gen/PI | Offset | City |
|--------|-------------------|-------|-------------|--------|--------|---------|---------|-----------|------------|
| 1/7 | VAN DYK, JANNIE | 5254 | 43:40.694 | 08:44 | | 176/307 | 114/220 | +00:00:00 | LETHBRIDGE |
| 2/7 | TAYLOR, VALERIE | 5248 | 45:39.669 | 09:07 | | 185/307 | 120/220 | +00:01:58 | LETHBRIDGE |
| 3/7 | SANDHAM, SHARON | 5222 | 49:14.831 | 09:50 | | 201/307 | 136/220 | +00:05:34 | COALHURST |
| 4/7 | STREET, ERIKA | 5330 | 49:27.540 | 09:53 | | 202/307 | 137/220 | +00:05:46 | COALDALE |
| 5/7 | MCDONALD, HELEN | 5168 | 58:52.681 | 11:46 | | 270/307 | 193/220 | +00:15:11 | LETHBRIDGE |
| 6/7 | BYRTUS, JEANNETTE | 5037 | 1:01:59.898 | 12:23 | | 283/307 | 203/220 | +00:18:19 | LETHBRIDGE |
| 7/7 | BENNETT, MARIBETH | 5018 | 1:02:02.436 | 12:24 | | 284/307 | 204/220 | +00:18:21 | LETHBRIDGE |