

## Category Results

## 10K - 6.21 Miles

## 10K19&amp;UM - 2 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	IRONSHIRT, JOEL	1815	01:02:21.20	10:02	8/16	BROCKET, AB,
2/2	HARASEM-MITCHELL, SETH	1800	01:06:29.55	10:42	9/16	COALHURST, AB, CANADA

## 10K20-29F - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	PARKIN, NICOLE	1810	01:00:22.30	09:43	5/16	PINCHER CREEK, AB,

## 10K20-29M - 2 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	SOOP, COBIE	1812	00:42:53.20	06:54	1/16	LETH, AB,
2/2	PETLUK, DUANE	1805	00:56:28.90	09:05	3/16	COALHURST, AB, CANADA

## 10K30-39F - 2 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	KLASSEN, CHANTELE	1802	01:07:49.45	10:55	10/16	CALGARY, AB, CANADA
2/2	PROVOST, DEANNE	1817	01:22:22.00	13:15	16/16	STANDOFF, AB,

## 10K30-39M - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	PROVOST, KELLY	1811	00:57:10.20	09:12	4/16	BROCKET, AB,

## 10K40-49F - 4 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/4	PLAIN EAGLE, NOREEN	1808	01:01:24.40	09:53	6/16	BROCKET, AB, CANADA
2/4	PRONCHUK, LESLEY	1806	01:01:39.60	09:55	7/16	HIGH RIVER, ALBERTA, CANADA
3/4	WILSON, SHEILA	1814	01:13:51.50	11:53	12/16	KENORA, ONT,
4/4	HUTCHISON, MARIE	1801	01:14:21.90	11:58	14/16	TABER, ALTA, CANADA

## 10K40-49M - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	WILLIAMS, PATRICK	1813	01:10:56.20	11:25	11/16	TURLOCK, CALIF, USA

## 10K50+F - 2 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/2	LANSER, KAREN	1803	01:14:21.80	11:58	13/16	TABER, AB, CANADA
2/2	NO RUNNER, JENNIFER	1816	01:22:22.00	13:15	15/16	STANDOFF, AB,

## 10K50+M - 1 Competitors

Cat	Name	Bib #	Time	Pace	O/A	City:
1/1	ISAAC, LLYOD	1809	00:54:40.90	08:48	2/16	PINCHER CREEK, AB,