

## Overall Gender Results

## 10.38K - 6.45 Miles

## Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/40	TUCKOVA, HEATHER	1306	51:08.035	04:55	07:55	10K40-49F	1/16	9/76	LETHBRIDGE, ALBERTA
2/40	EMERSON, SHERI	1263	52:25.162	05:03	08:07	10K40-49F	2/16	12/76	MEDICINE HAT, ALBERTA
3/40	SCRIVENER, KATHY	1324	54:31.316	05:15	08:27	10K40-49F	3/16	14/76	MEDICINE HAT, ALBERTA
4/40	GEIGER, KRISTEN	1268	56:32.755	05:26	08:46	10K30-39F	1/10	16/76	BROOKS, ALBERTA
5/40	CHOI, RENY	1259	56:54.898	05:28	08:49	10K13-19F	1/1	17/76	BROOKS, ALBERTA
6/40	PHARAND, KARINE	1293	59:10.268	05:42	09:10	10K40-49F	4/16	21/76	CANMORE, ALBERTA
7/40	WEAVER, KARA-LYNE	1313	59:24.048	05:43	09:12	10K30-39F	2/10	25/76	CANMORE, ALBERTA
8/40	WAGNER, DALLAS	1309	1:00:57.021	05:52	09:26	10K40-49F	5/16	26/76	BROOKS, ALBERTA
9/40	MC MILLAN, KAREN	1305	1:00:59.178	05:52	09:27	10K60-69F	1/4	27/76	DRUMHELLER, AB
10/40	GABRIELLE, CONNIE	1267	1:01:15.766	05:54	09:29	10K30-39F	3/10	28/76	LAKE NEWELL RESORT, A
11/40	WALKER, EMMA	1310	1:02:02.598	05:58	09:37	10K40-49F	6/16	32/76	MEDICINE HAT, ALBERTA
12/40	ANDERSON, SIAN	1247	1:02:27.200	06:01	09:40	10K30-39F	4/10	34/76	OKOTOKS, ALBERTA
13/40	SHEA, JENNIFER	1300	1:02:28.153	06:01	09:41	10K40-49F	7/16	35/76	CANMORE, ALBERTA
14/40	CYR, NIKKI	1326	1:02:57.464	06:03	09:45	10K20-29F	1/5	36/76	BROOKS, AB
15/40	SUNDE, BRENDA	1303	1:02:58.204	06:03	09:45	10K60-69F	2/4	37/76	MAPLE CREEK, SASKATCH
16/40	ROSS, MORGAN	1297	1:03:41.880	06:08	09:52	10K30-39F	5/10	38/76	BROOKS, ALBERTA
17/40	GREENSTEIN, TWYLA	1271	1:05:54.384	06:20	10:13	10K40-49F	8/16	39/76	REDCLIFF, ALBERTA
18/40	SEKERA, ALISON	1298	1:06:28.244	06:24	10:18	10K30-39F	6/10	40/76	CALGARY, ALBERTA
19/40	WOLF, RACHEL	1316	1:06:36.620	06:25	10:19	10K20-29F	2/5	41/76	BROOKS, ALBERTA
20/40	JORDET, MELANIE	1280	1:06:45.135	06:25	10:20	10K40-49F	9/16	42/76	CYPRESS COUNTY, ALBE
21/40	BOEKEL, RACHEL	1254	1:07:37.983	06:30	10:29	10K40-49F	10/16	44/76	CANMORE, ALBERTA
22/40	VON KROGH, ERIKA	1308	1:07:38.582	06:31	10:29	10K40-49F	11/16	45/76	CANMORE, ALBERTA
23/40	BEATON, LAUREL	1252	1:08:00.427	06:33	10:32	10K40-49F	12/16	46/76	LAKE NEWELL RESORT, A
24/40	FROESE, ANNA	1266	1:09:34.585	06:42	10:47	10K40-49F	13/16	47/76	DUCHESS, ALBERTA
25/40	ENNS, ANNA	1264	1:09:36.277	06:42	10:47	10K40-49F	14/16	48/76	DUCHESS, ALBERTA
26/40	WIEBE, KIM	1314	1:11:49.588	06:55	11:08	10K30-39F	7/10	50/76	MEDICINE HAT, ALBERTA
27/40	JACKSON, ANNE	1277	1:12:15.997	06:57	11:12	10K60-69F	3/4	53/76	BROOKS, ALBERTA
28/40	OHLMANN, NIKKI	1320	1:12:25.521	06:58	11:13	10K30-39F	8/10	54/76	COALDALE, ALBERTA
29/40	SENGER, BARB	1299	1:14:55.920	07:13	11:37	10K50-59F	1/3	57/76	CALGARY, ALBERTA
30/40	RICHARDS, LAUREL	1295	1:16:27.160	07:21	11:51	10K50-59F	2/3	58/76	REDWOOD MEADOWS, AL
31/40	HOLLAND, TAMMY	1276	1:17:32.514	07:28	12:01	10K40-49F	15/16	60/76	CALGARY, ALBERTA
32/40	JOHNSON, LISA	1278	1:18:37.234	07:34	12:11	10K40-49F	16/16	61/76	ATMORE, ALBERTA
33/40	SAINAS, DEMETRA	1330	1:18:59.731	07:36	12:14	10K20-29F	3/5	63/76	CALGARY, AB
34/40	BROWN, CYNTHIA	1328	1:19:03.053	07:36	12:15	10K50-59F	3/3	64/76	EDMONTON, AB
35/40	BROWN, MIRANDA	1255	1:19:23.933	07:38	12:18	10K30-39F	9/10	65/76	CALGARY, ALBERTA
36/40	NIELSEN, KATIE	1288	1:31:11.817	08:47	14:08	10K30-39F	10/10	67/76	CALGARY, ALBERTA
37/40	FRENG, ALISON	1265	1:52:21.611	10:49	17:25	10K60-69F	4/4	71/76	LETHBRIDGE, ALBERTA
38/40	WHITNACK, LESLIE	1262	1:52:47.353	10:51	17:29	10K70+F	1/1	72/76	LETHBRIDGE, AB
39/40	ROBERTS, ANDREA	1321	2:03:40.256	11:54	19:10	10K20-29F	4/5	73/76	LETHBRIDGE, ALBERTA
40/40	YEE, KATELYN	1323	2:03:42.461	11:55	19:10	10K20-29F	5/5	75/76	LETHBRIDGE, ALBERTA

## Overall Gender Results

## 10.38K - 6.45 Miles

## Male

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/36	LJA, ROB	1318	46:11.942	04:27	07:09	10K30-39M	1/9	1/76	COALDALE, ALBERTA
2/36	PAUL, DENNIS	1291	47:02.868	04:31	07:17	10K30-39M	2/9	2/76	BROOKS, ALBERTA
3/36	PIERZCHALA, MARK	1294	47:15.031	04:33	07:19	10K40-49M	1/6	3/76	MEDICINE HAT, ALBERTA
4/36	CRAIG, MICHAEL	1260	47:21.445	04:33	07:20	10K13-19M	1/2	4/76	BROOKS, ALBERTA
5/36	ROMMENS, BRIAN	1296	48:55.034	04:42	07:35	10K50-59M	1/11	5/76	CALGARY, ALBERTA
6/36	CYR, TYSON	1327	50:11.366	04:50	07:46	10K20-29M	1/6	6/76	BROOKS, AB
7/36	MCCLELLAND, ETHAN	1319	50:15.049	04:50	07:47	10K13-19M	2/2	7/76	LAKE NEWELL RESORT, ALBERTA
8/36	YOUNG, GREG	1325	50:39.379	04:52	07:51	10K30-39M	3/9	8/76	CALGARY, ALBERTA
9/36	LEOPOLDINO, NILSON	1283	51:38.315	04:58	08:00	10K40-49M	2/6	10/76	BROOKS, ALBERTA
10/36	INNES, GRAEME	1329	51:43.547	04:58	08:01	10K20-29M	2/6	11/76	EDMONTON, AB
11/36	GROVE, SHERIFF	1272	52:25.333	05:03	08:07	10K20-29M	3/6	13/76	DUCHESS, ALBERTA
12/36	APOLLONIN, DMYTRO	1249	55:55.188	05:23	08:40	10K30-39M	4/9	15/76	CALGARY, ALBERTA
13/36	LOHMANN, CHRISTIAN	1285	58:41.338	05:39	09:05	10K30-39M	5/9	18/76	BROOKS, ALBERTA
14/36	WILLIAMS, PAUL	1315	59:01.903	05:41	09:09	10K40-49M	3/6	19/76	REDCLIFF, ALBERTA
15/36	WATSON, JAMES	1312	59:02.729	05:41	09:09	10K50-59M	2/11	20/76	MEDICINE HAT, ALBERTA
16/36	CAMIRÉ, FÉLIX	1257	59:11.115	05:42	09:10	10K40-49M	4/6	22/76	CANMORE, ALBERTA
17/36	HOBLEY, RICHARD	1275	59:21.412	05:43	09:12	10K50-59M	3/11	23/76	MEDICINE HAT, ALBERTA
18/36	SNIDER, GIDEON	1302	59:21.995	05:43	09:12	10K12&UM	1/1	24/76	DUCHESS, ALBERTA
19/36	KISS, MIKE	1282	1:01:24.048	05:54	09:31	10K50-59M	4/11	29/76	CALGARY, ALBERTA
20/36	CALVERO, JUNEER	1256	1:01:56.569	05:58	09:36	10K50-59M	5/11	30/76	CALGARY, ALBERTA
21/36	WALKER, PETER	1311	1:02:02.380	05:58	09:37	10K50-59M	6/11	31/76	MEDICINE HAT, ALBERTA
22/36	ADAMS, ZACH	1246	1:02:26.712	06:00	09:40	10K30-39M	6/9	33/76	AIRDRIE, ALBERTA
23/36	CHOI, DOHAN	1258	1:07:30.689	06:30	10:28	10K50-59M	7/11	43/76	BROOKS, ALBERTA
24/36	BALLS, DAVID	1250	1:09:55.621	06:44	10:50	10K40-49M	5/6	49/76	BROOKS, ALBERTA
25/36	VOLSCKENK, HAROLD	1307	1:11:50.511	06:55	11:08	10K20-29M	4/6	51/76	NEWELL COUNTY, ALBERTA
26/36	LIZAMORE, MARTIN	1284	1:11:50.857	06:55	11:08	10K30-39M	7/9	52/76	NEWELL COUNTY, ALBERTA
27/36	MARTIREZ, SERAFIN	1286	1:12:32.819	06:59	11:14	10K50-59M	8/11	55/76	BROOKS, ALBERTA
28/36	SUNDE, MELVIN	1304	1:13:48.056	07:06	11:26	10K60-69M	1/1	56/76	MAPLE CREEK, SASKATCHEWAN
29/36	HAGGERTY, CHAD	1273	1:16:42.826	07:23	11:53	10K40-49M	6/6	59/76	CALGARY, ALBERTA
30/36	JOHNSON, STEVEN	1279	1:18:38.893	07:34	12:11	10K50-59M	9/11	62/76	ATMORE, ALBERTA
31/36	GIBSON, HEATH	1269	1:21:21.333	07:50	12:36	10K30-39M	8/9	66/76	CALGARY, ALBERTA
32/36	SIMPSON, BRADY	1301	1:36:14.338	09:16	14:55	10K20-29M	5/6	68/76	LETHBRIDGE, ALBERTA
33/36	PARISH, ADAM	1290	1:39:18.278	09:34	15:23	10K30-39M	9/9	69/76	EADS, TENNESSEE
34/36	BLOCK, LAWRENCE	1253	1:45:37.927	10:10	16:22	10K50-59M	10/11	70/76	BROOKS, ALBERTA
35/36	IVAN, ALEX	1317	2:03:41.686	11:54	19:10	10K20-29M	6/6	74/76	LETHBRIDGE, ALBERTA
36/36	UCHIKURA, GARY	1322	2:03:43.243	11:55	19:10	10K50-59M	11/11	76/76	LETHBRIDGE, ALBERTA