

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Award Results

## TOP 3 In Category

## 5K Run - 3.1 Miles

## 358 Finishers

**5K14&UF (Female) - 17 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/17	BANTLE, MIA	1982	00:25:55.35	05:11	+00:00:00	66/358	20/213	CALGARY
2/17	MERCER, SARAH	1784	00:26:36.30	05:19	+00:00:40	71/358	23/213	CALGARY
3/17	RODBERG, CASSANDRA	1851	00:26:39.45	05:19	+00:00:44	72/358	24/213	CALGARY

**5K14&UM (Male) - 32 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/32	FORMAN, MATTHEW	1944	00:18:45.65	03:45	+00:00:00	5/358	4/145	CALGARY
2/32	KEDDIE, TYSON	1963	00:19:23.35	03:52	+00:00:37	11/358	10/145	CALGARY
3/32	LECLAIR, ROSS	1753	00:20:06.70	04:01	+00:01:21	16/358	14/145	CALGARY

**5K15-19F (Female) - 17 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/17	EMERY, JAMIE	1942	00:20:45.20	04:09	+00:00:00	23/358	4/213	CALGARY
2/17	KEDDIE, DANAE	1962	00:20:45.25	04:09	+00:00:00	25/358	5/213	CALGARY
3/17	STEWART, JILLIAN	1887	00:21:10.35	04:14	+00:00:25	28/358	7/213	RED DEER

**5K15-19M (Male) - 11 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/11	ROBERTS, ANDREW	1968	00:20:38.65	04:07	+00:00:00	22/358	19/145	CALGARY
2/11	KING, QUENTIN	1726	00:21:15.30	04:15	+00:00:36	29/358	22/145	CALGARY
3/11	PANT, NIRAB	1830	00:24:39.50	04:55	+00:04:00	48/358	36/145	CALGARY

**5K20-29F (Female) - 34 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/34	NESBITT, JODI	1807	00:17:59.25	03:35	+00:00:00	4/358	1/213	RED DEER
2/34	VINEY, KENDRA	1909	00:20:26.30	04:05	+00:02:27	19/358	3/213	CALGARY
3/34	SCHILLER, ASHLEY	1969	00:21:10.25	04:14	+00:03:11	27/358	6/213	CALGARY

**5K20-29M (Male) - 14 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/14	VINEY, KEENAN	1908	00:15:51.05	03:10	+00:00:00	1/358	1/145	CALGARY
2/14	RUSSELL, RYAN	1859	00:16:53.85	03:22	+00:01:02	2/358	2/145	CALGARY
3/14	CORMIER, RYAN	111	00:19:29.00	03:53	+00:03:37	12/358	11/145	CALGARY

**5K30-39F (Female) - 65 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/65	LADDS-BOND, DAWN	1740	00:19:42.20	03:56	+00:00:00	13/358	2/213	CALGARY
2/65	QUIRION, MYNDI	1846	00:21:35.35	04:19	+00:01:53	34/358	9/213	CALGARY
3/65	STAPLETON, MELANIE	1882	00:24:46.85	04:57	+00:05:04	49/358	13/213	CALGARY

**5K30-39M (Male) - 26 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/26	DOWLING, SHAWN	1582	00:17:43.60	03:32	+00:00:00	3/358	3/145	CALGARY
2/26	SUFFIELD, BEN	1557	00:19:00.95	03:48	+00:01:17	6/358	5/145	CALGARY
3/26	BEDEAU, BRENDON	1618	00:19:21.60	03:52	+00:01:38	10/358	9/145	CALGARY

**5K40-49F (Female) - 46 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/46	HAMILTON, PAIGE	1690	00:24:15.70	04:51	+00:00:00	46/358	12/213	CALGARY
2/46	STANFORD, ROXANNE	1881	00:25:35.65	05:07	+00:01:19	59/358	16/213	CALGARY
3/46	GILL, RANI	1679	00:26:11.55	05:14	+00:01:55	68/358	21/213	CALGARY

**5K40-49M (Male) - 32 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/32	BOURGEAULT, PAUL	1630	00:19:06.65	03:49	+00:00:00	7/358	6/145	CALGARY
2/32	MOORE, ADRIAN	1791	00:19:12.25	03:50	+00:00:05	8/358	7/145	CALGARY
3/32	PAQUET, MARC	1866	00:21:03.95	04:12	+00:01:57	26/358	21/145	CALGARY

**5K50-59F (Female) - 29 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/29	DIXON, DONNA	1656	00:21:33.20	04:18	+00:00:00	33/358	8/213	CALGARY
2/29	YELLIN, MICHELLE	1931	00:29:02.35	05:48	+00:07:29	110/358	38/213	CALGARY
3/29	SUDEYKO, DONNA	1893	00:29:05.05	05:49	+00:07:31	111/358	39/213	CALGARY

**5K50-59M (Male) - 21 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/21	EVANS, DOUGLAS	1668	00:19:16.25	03:51	+00:00:00	9/358	8/145	CANMORE
2/21	PLAYFAIR, STACY	1843	00:20:33.95	04:06	+00:01:17	21/358	18/145	CARSTAIRS
3/21	CONEYBEARE, STEPHEN	1642	00:22:42.55	04:32	+00:03:26	37/358	27/145	CALGARY

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Award Results

## TOP 3 In Category

## 5K Run - 3.1 Miles

358 Finishers

**5K60-69F (Female) - 5 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/5	METCALF, LYNN	1787	00:30:03.20	06:00	+00:00:00	125/358	47/213	CALGARY
2/5	STAPLETON, PATRICIA	1883	00:30:53.20	06:10	+00:00:50	141/358	55/213	RICHMOND
3/5	KING, SANDRA	1727	00:30:54.75	06:10	+00:00:51	142/358	56/213	BRAGG CREEK

**5K60-69M (Male) - 5 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/5	SKEA, KEN	1875	00:20:02.55	04:00	+00:00:00	15/358	13/145	CALGARY
2/5	PIERRE, JEAN-MARC	1840	00:26:17.60	05:15	+00:06:15	69/358	48/145	CALGARY
3/5	KIRKBY, BOB	1728	00:27:13.90	05:26	+00:07:11	82/358	54/145	CALGARY

**5K70+F (Female) - 1 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/1	WHITE, MARY MADELINE	1556	00:35:59.80	07:11	+00:00:00	228/358	115/213	CALGARY

**5K70+M (Male) - 3 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/3	MERCER, WAYNE	1786	00:26:45.85	05:21	+00:00:00	75/358	51/145	CALGARY
2/3	ZADEN, NICK	1935	00:28:33.00	05:42	+00:01:47	98/358	65/145	LETHBRIDGE
3/3	GRIFFITHS, BARRIE	1686	00:38:25.25	07:41	+00:11:39	265/358	123/145	CALGARY