

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  
 279 Finishers

5K14&UF (Female) - 19 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/19	SKRYNYK, PAITYN	2162	00:24:24.49	04:52	+00:00:00	39/279	13/170	CHESTERMERE
2/19	DEERE, MEGAN	2254	00:24:27.07	04:53	+00:00:02	40/279	14/170	CALGARY
3/19	ALTILIA, NATALIE	2195	00:27:03.47	05:24	+00:02:38	58/279	26/170	MARKHAM
5K14&UM (Male) - 18 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/18	AMELINCKX, ERIK	2004	00:20:55.48	04:11	+00:00:00	12/279	10/109	LETHBRIDGE
2/18	PRELUSKY, COLE	2148	00:23:06.33	04:37	+00:02:10	24/279	18/109	CALGARY
3/18	CHURSINOFF, JACOB	2032	00:23:07.49	04:37	+00:02:12	25/279	19/109	CALGARY
5K15-19F (Female) - 5 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/5	BOUCHARD, ROSIE	2199	00:18:50.32	03:46	+00:00:00	6/279	2/170	OKOTOKS
2/5	HALE BOYES, GEMMA	1117	00:24:28.11	04:53	+00:05:37	41/279	15/170	CALGARY
3/5	MERCER, SARAH	2128	00:25:32.18	05:06	+00:06:41	47/279	19/170	CALGARY
5K15-19M (Male) - 1 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/1	KOLODY, GREG	2103	00:21:12.63	04:14	+00:00:00	13/279	11/109	CALGARY
5K20-29F (Female) - 34 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/34	STRUTHERS, NICOLE	2291	00:21:19.89	04:15	+00:00:00	14/279	3/170	CALGARY
2/34	PYKE, SHANNON	2235	00:22:33.93	04:30	+00:01:14	19/279	5/170	CALGARY
3/34	HEDMAN, MORGAN	2084	00:23:24.98	04:40	+00:02:05	29/279	9/170	TISDALE
5K20-29M (Male) - 17 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/17	GALEA, MATT	2240	00:17:30.13	03:30	+00:00:00	2/279	2/109	CALGARY
2/17	GAJARDO, MARTIN	2203	00:18:00.07	03:36	+00:00:29	3/279	3/109	CALGARY
3/17	CORRIGAN, KIERAN	2044	00:19:07.02	03:49	+00:01:36	7/279	5/109	CALGARY
5K30-39F (Female) - 41 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/41	SCANGA, TANYA	2156	00:22:23.39	04:28	+00:00:00	18/279	4/170	CALGARY
2/41	FOURNIER, SARAH	2296	00:22:52.22	04:34	+00:00:28	21/279	6/170	CALGARY
3/41	WARD, KRISTY	2226	00:23:49.11	04:45	+00:01:25	30/279	10/170	CALGARY
5K30-39M (Male) - 19 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/19	ONSARE, BENARD	2301	00:16:02.16	03:12	+00:00:00	1/279	1/109	CALGARY
2/19	MCAULIFFE, MICHAEL	2264	00:18:43.65	03:44	+00:02:41	5/279	4/109	CALGARY
3/19	SCHOMMER, CLARK	2269	00:20:25.13	04:05	+00:04:22	9/279	7/109	CALGARY
5K40-49F (Female) - 42 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/42	BOYLE, SHARI	2252	00:18:17.95	03:39	+00:00:00	4/279	1/170	CALGARY
2/42	DREWE, MELINDA	2202	00:23:09.31	04:37	+00:04:51	26/279	7/170	CALGARY
3/42	WILSON, ANDREE	2187	00:23:13.13	04:38	+00:04:55	28/279	8/170	CALGARY
5K40-49M (Male) - 20 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/20	COLEMAN, MARK	2253	00:20:09.73	04:01	+00:00:00	8/279	6/109	CALGARY
2/20	MERCER, TROY	2129	00:23:04.53	04:36	+00:02:54	23/279	17/109	CALGARY
3/20	FLOYD, JEFF	2061	00:26:14.07	05:14	+00:06:04	52/279	29/109	CALGARY
5K50-59F (Female) - 19 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/19	GARDEN, DANA	2204	00:26:23.98	05:16	+00:00:00	53/279	24/170	LETHBRIDGE
2/19	ANDERSON, TRACY	2231	00:27:08.43	05:25	+00:00:44	59/279	27/170	OKOTOKS
3/19	SAEGER, SIMONE	2153	00:28:09.32	05:37	+00:01:45	72/279	34/170	CALGARY
5K50-59M (Male) - 20 Competitors								
Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/20	ADAMSON, NEIL	2000	00:21:31.55	04:18	+00:00:00	16/279	13/109	WHITBURN
2/20	CODD, LAURENCE	2038	00:24:12.89	04:50	+00:02:41	36/279	25/109	CALGARY
3/20	CLARKSON, BOB	2036	00:25:23.13	05:04	+00:03:51	45/279	28/109	CALGARY

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## Category Award Results

## TOP 3 In Category

## 5K Run - 3.1 Miles

279 Finishers

**5K60-69F (Female) - 10 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/10	KELLY, DEBORAH	2098	00:31:14.65	06:14	+00:00:00	108/279	58/170	CALGARY
2/10	METCALF, LYNN	2130	00:31:56.27	06:23	+00:00:41	123/279	66/170	CALGARY
3/10	YELLIN, MICHELLE	2192	00:32:30.32	06:30	+00:01:15	134/279	73/170	CALGARY

**5K60-69M (Male) - 11 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/11	VAN GRONINGEN, JOHN	2175	00:21:46.43	04:21	+00:00:00	17/279	14/109	CALGARY
2/11	LEE, DON	2110	00:22:50.08	04:34	+00:01:03	20/279	15/109	CALGARY
3/11	BENZ, WAYNE	2018	00:22:57.83	04:35	+00:01:11	22/279	16/109	COCHRANE

**5K70-79M (Male) - 2 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/2	MAKWANA, MANU	2117	00:41:08.97	08:13	+00:00:00	223/279	89/109	CALGARY
2/2	SAWDON, TOM	2155	00:44:15.80	08:51	+00:03:06	234/279	94/109	CALGARY

**5K80+M (Male) - 1 Competitors**

Cat/PI	Name	Bib #	Time	Pace	Offset	OA/PI	Gen/PI	City
1/1	LOUIE, WILLIAM	2284	00:45:43.61	09:08	+00:00:00	239/279	96/109	CALGARY