

Overall Gender Results

10.15K - 6.31 Miles

Female

| Gender | Name | Bib# | Time | Pace/K | Pace/M | Category | Cat | O/A | City |
|--------|---------------------------|------|-------------|--------|--------|-----------|-----|-------|--------------------|
| 1/29 | BERTHOLET, PAULE | 107 | 43:39.833 | 04:18 | 06:55 | 10K30-39F | 1/9 | 5/66 | EDMONTON, AB |
| 2/29 | VELDHUISEN, DEBORAH ALIDA | 163 | 51:02.962 | 05:01 | 08:05 | 10K30-39F | 2/9 | 17/66 | LACOMBE COUNTY, AB |
| 3/29 | HETZE, SHARELLE | 123 | 53:04.459 | 05:13 | 08:24 | 10K30-39F | 3/9 | 23/66 | PONOKA, AB |
| 4/29 | MCLAREN, CINDY | 136 | 53:30.218 | 05:16 | 08:28 | 10K40-49F | 1/9 | 24/66 | RIMBEY, AB |
| 5/29 | KLOOSTER, ANDREA | 128 | 54:05.478 | 05:19 | 08:34 | 10K40-49F | 2/9 | 26/66 | PONOKA, AB |
| 6/29 | DAVIDSON, KARI | 111 | 54:09.053 | 05:20 | 08:34 | 10K40-49F | 3/9 | 27/66 | PONOKA, AB |
| 7/29 | TOPHAM, KRISTA | 160 | 54:18.521 | 05:21 | 08:36 | 10K40-49F | 4/9 | 29/66 | PONOKA, AB |
| 8/29 | KOLEYAK, SARAH-LEE | 130 | 54:27.263 | 05:21 | 08:37 | 10K40-49F | 5/9 | 30/66 | LACOMBE, AB |
| 9/29 | VON GUNTEN, SYLVIA | 164 | 55:20.488 | 05:27 | 08:46 | 10K20-29F | 1/8 | 31/66 | BLUFFTON, AB |
| 10/29 | SCHUMACHER, JODIE | 156 | 55:50.349 | 05:30 | 08:50 | 10K40-49F | 6/9 | 32/66 | PONOKA, AB |
| 11/29 | HANSEN, JORDYN | 174 | 55:54.284 | 05:30 | 08:51 | 10K30-39F | 4/9 | 33/66 | RED DEER, AB |
| 12/29 | HAYDUK, DIANE | 121 | 56:23.534 | 05:33 | 08:56 | 10K50-59F | 1/2 | 34/66 | LACOMBE, AB |
| 13/29 | VAN DER TOORN, LACIE | 170 | 56:24.002 | 05:33 | 08:56 | 10K30-39F | 5/9 | 35/66 | PONOKA, AB |
| 14/29 | ROWLAND, STEPHANIE | 154 | 56:24.048 | 05:33 | 08:56 | 10K20-29F | 2/8 | 36/66 | PONOKA, AB |
| 15/29 | KOLEYAK, JAYLA | 129 | 56:29.342 | 05:33 | 08:57 | 10K13&UF | 1/1 | 37/66 | LACOMBE, AB |
| 16/29 | COTE, SARAH | 110 | 56:45.236 | 05:35 | 08:59 | 10K30-39F | 6/9 | 38/66 | SPRUCE GROVE, AB |
| 17/29 | BURTON, CONNIE | 109 | 59:15.749 | 05:50 | 09:23 | 10K30-39F | 7/9 | 43/66 | SYLVAN LAKE, AB |
| 18/29 | SPENCER, SHEILA | 158 | 59:20.134 | 05:50 | 09:24 | 10K40-49F | 7/9 | 44/66 | PONOKA, AB |
| 19/29 | DELEEuw, CARMEN | 112 | 59:20.273 | 05:50 | 09:24 | 10K30-39F | 8/9 | 45/66 | PONOKA, AB |
| 20/29 | WIESE, MORGAN | 167 | 1:00:15.444 | 05:56 | 09:32 | 10K20-29F | 3/8 | 46/66 | PONOKA, AB |
| 21/29 | MOTLEY, KELCIE | 143 | 1:01:27.326 | 06:03 | 09:44 | 10K20-29F | 4/8 | 47/66 | PONOKA, AB |
| 22/29 | MCNINCH, DANA | 138 | 1:02:34.591 | 06:09 | 09:55 | 10K30-39F | 9/9 | 49/66 | PONOKA, AB |
| 23/29 | MCTAGGART, KATHY | 140 | 1:04:35.733 | 06:21 | 10:14 | 10K40-49F | 8/9 | 53/66 | RIMBEY, AB |
| 24/29 | ROMERIL, CASSIDY | 151 | 1:05:15.533 | 06:25 | 10:20 | 10K20-29F | 5/8 | 54/66 | CARDSTON, AB |
| 25/29 | JOHNSON, EMILY | 126 | 1:07:02.860 | 06:36 | 10:37 | 10K20-29F | 6/8 | 56/66 | PONOKA, AB |
| 26/29 | GRUNWALD, JAMIE | 119 | 1:07:51.275 | 06:41 | 10:45 | 10K20-29F | 7/8 | 57/66 | LEDUC COUNTY, AB |
| 27/29 | ST-CYR, ERIN | 172 | 1:10:48.601 | 06:58 | 11:13 | 10K40-49F | 9/9 | 60/66 | SYLVAN LAKE, AB |
| 28/29 | GOODKEY, LADONN | 177 | 1:19:18.667 | 07:48 | 12:34 | 10K50-59F | 2/2 | 65/66 | RED DEER, AB |
| 29/29 | SUGGETT, MACKENZIE | 159 | 1:24:47.138 | 08:21 | 13:26 | 10K20-29F | 8/8 | 66/66 | BLACKFALDS, AB |

Overall Gender Results

10.15K - 6.31 Miles

Male

| Gender | Name | Bib# | Time | Pace/K | Pace/M | Category | Cat | O/A | City |
|--------|---------------------|------|-------------|--------|--------|-----------|-------|-------|--------------------|
| 1/37 | SCHERMERS, ADRIAN | 155 | 35:22.745 | 03:29 | 05:36 | 10K30-39M | 1/12 | 1/66 | LACOMBE, AB |
| 2/37 | MACNARNIA, IAN | 169 | 39:58.625 | 03:56 | 06:20 | 10K30-39M | 2/12 | 2/66 | RED DEER, AB |
| 3/37 | RONNIE, NASH | 152 | 40:43.893 | 04:00 | 06:27 | 10K14-19M | 1/1 | 3/66 | PONOKA, AB |
| 4/37 | VANDE BUNTE, SKYLER | 162 | 42:02.054 | 04:08 | 06:39 | 10K20-29M | 1/12 | 4/66 | PONOKA, AB |
| 5/37 | VALDEZ, JOLLY | 161 | 44:15.669 | 04:21 | 07:00 | 10K30-39M | 3/12 | 6/66 | RED DEER, AB |
| 6/37 | BELL, TYLER | 106 | 44:37.604 | 04:23 | 07:04 | 10K20-29M | 2/12 | 7/66 | CALGARY, AB |
| 7/37 | OPSTEEN, WOUTER | 144 | 45:07.206 | 04:26 | 07:09 | 10K20-29M | 3/12 | 8/66 | PONOKA, AB |
| 8/37 | GREYLING, SCHALK | 118 | 45:48.103 | 04:30 | 07:15 | 10K40-49M | 1/7 | 9/66 | PONOKA, AB |
| 9/37 | PFEIFER, RICK | 145 | 45:51.551 | 04:31 | 07:16 | 10K30-39M | 4/12 | 10/66 | LACOMBE, AB |
| 10/37 | MCLEOD, KEEGAN | 137 | 46:18.575 | 04:33 | 07:20 | 10K20-29M | 4/12 | 11/66 | PONOKA, AB |
| 11/37 | VANDENHOVEN, TANNER | 175 | 49:02.315 | 04:49 | 07:46 | 10K20-29M | 5/12 | 12/66 | DRAYTON VALLEY, AB |
| 12/37 | MOORCROFT, JORDAN | 142 | 50:25.298 | 04:58 | 07:59 | 10K20-29M | 6/12 | 13/66 | PONOKA, AB |
| 13/37 | RAUGUST, RYAN | 148 | 50:44.190 | 04:59 | 08:02 | 10K20-29M | 7/12 | 14/66 | BLACKFALDS, AB |
| 14/37 | SCHUMACHER, JOSHUA | 157 | 50:45.501 | 05:00 | 08:02 | 10K40-49M | 2/7 | 15/66 | PONOKA, AB |
| 15/37 | MCTAGGART, TODD | 141 | 50:51.572 | 05:00 | 08:03 | 10K40-49M | 3/7 | 16/66 | RIMBEY, AB |
| 16/37 | LAROCQUE, JOSHUA | 132 | 51:06.502 | 05:02 | 08:05 | 10K30-39M | 5/12 | 18/66 | MASKWACIS, AB |
| 17/37 | GOODKEY, MURRAY | 176 | 52:09.239 | 05:08 | 08:15 | 10K50-59M | 1/3 | 19/66 | RED DEER, AB |
| 18/37 | ATHERLEY, CHRIS | 103 | 52:23.023 | 05:09 | 08:18 | 10K40-49M | 4/7 | 20/66 | PONOKA, AB |
| 19/37 | BOLTON, DARCY | 108 | 52:24.849 | 05:09 | 08:18 | 10K40-49M | 5/7 | 21/66 | PONOKA, AB |
| 20/37 | LONGJOHN, CURTIS | 134 | 52:51.804 | 05:12 | 08:22 | 10K30-39M | 6/12 | 22/66 | BLACKFALDS, AB |
| 21/37 | FOFANAH, AMARA | 115 | 53:54.545 | 05:18 | 08:32 | 10K30-39M | 7/12 | 25/66 | PONOKA, AB |
| 22/37 | GRANT, NICK | 116 | 54:13.294 | 05:20 | 08:35 | 10K20-29M | 8/12 | 28/66 | PONOKA, AB |
| 23/37 | KAEGI, TIM | 127 | 57:13.901 | 05:38 | 09:04 | 10K40-49M | 6/7 | 39/66 | RED DEER, AB |
| 24/37 | RAYCRAFT, JUSTIN | 149 | 57:49.946 | 05:41 | 09:09 | 10K30-39M | 8/12 | 40/66 | LETHBRIDGE, AB |
| 25/37 | HETZE, LUCAS | 122 | 58:44.952 | 05:47 | 09:18 | 10K30-39M | 9/12 | 41/66 | PONOKA, AB |
| 26/37 | ADAMSON, SHAUN | 101 | 58:53.532 | 05:48 | 09:19 | 10K30-39M | 10/12 | 42/66 | PONOKA, AB |
| 27/37 | DEN OUDSTEN, CASE | 113 | 1:02:05.059 | 06:07 | 09:50 | 10K60+M | 1/1 | 48/66 | LACOMBE, AB |
| 28/37 | LASELL, VAUGHN | 133 | 1:02:57.535 | 06:12 | 09:58 | 10K40-49M | 7/7 | 50/66 | EDMONTON, AB |
| 29/37 | BELL, DUSTIN | 104 | 1:03:06.183 | 06:13 | 10:00 | 10K20-29M | 9/12 | 51/66 | PONOKA, AB |
| 30/37 | MCCLURE, JACKSON | 135 | 1:04:35.293 | 06:21 | 10:14 | 10K13&UM | 1/1 | 52/66 | PONOKA, AB |
| 31/37 | MCTAGGART, AIDEN | 139 | 1:05:46.822 | 06:28 | 10:25 | 10K20-29M | 10/12 | 55/66 | RIMBEY, AB |
| 32/37 | JACKSON, LAWRENCE | 125 | 1:08:57.111 | 06:47 | 10:55 | 10K30-39M | 11/12 | 58/66 | PONOKA, AB |
| 33/37 | SMITH, CHRISTOPHER | 173 | 1:10:07.633 | 06:54 | 11:06 | 10K20-29M | 11/12 | 59/66 | LEDUC, AB |
| 34/37 | WELLS, CARY | 166 | 1:13:06.642 | 07:12 | 11:35 | 10K50-59M | 2/3 | 61/66 | PONOKA, AB |
| 35/37 | HILL, LOGAN | 124 | 1:14:13.983 | 07:18 | 11:45 | 10K20-29M | 12/12 | 62/66 | PONOKA, AB |
| 36/37 | RAUGUST, RODNEY | 147 | 1:14:33.200 | 07:20 | 11:48 | 10K30-39M | 12/12 | 63/66 | PONOKA, AB |
| 37/37 | DONISON, ORION | 114 | 1:17:54.276 | 07:40 | 12:20 | 10K50-59M | 3/3 | 64/66 | PONOKA, AB |