

Overall Gender Results

5K - 3.1 Miles

Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/68	MCARTHUR, AINSLEY	5115	24:41.956	04:56	07:56	5K14-19F	1/13	11/112	PONOKA, AB
2/68	CLARK, CHANELE	5029	26:36.141	05:19	08:33	5K30-39F	1/14	18/112	STETTLER, AB
3/68	HALLWORTH, DAWN	5114	27:22.524	05:28	08:48	5K40-49F	1/13	22/112	PONOKA, AB
4/68	BUSS, SHELLEY	5017	27:52.361	05:34	08:57	5K50-59F	1/9	23/112	PONOKA, AB
5/68	VAN GEEST, KAYLA	5001	28:46.009	05:45	09:14	5K30-39F	2/14	28/112	LACOMBE, AB
6/68	MCMILLAN, EMILY	5062	28:48.351	05:45	09:15	5K14-19F	2/13	29/112	PONOKA, AB
7/68	BURKE, KENADIE	5015	29:31.477	05:54	09:29	5K13&UF	1/7	31/112	PONOKA, AB
8/68	SIMPSON, CHLOE	5081	29:38.790	05:55	09:31	5K13&UF	2/7	32/112	PONOKA, AB
9/68	BEHM, KAYLEIGH	5107	29:39.726	05:55	09:32	5K13&UF	3/7	33/112	PONOKA, AB
10/68	SIMPSON, EMILY	5082	29:55.265	05:59	09:37	5K13&UF	4/7	34/112	PONOKA, AB
11/68	PRINS, ELIANA	5069	30:05.531	06:01	09:40	5K13&UF	5/7	36/112	EDMONTON, AB
12/68	SALVATERRA, NADIA	5077	30:07.453	06:01	09:41	5K40-49F	2/13	37/112	EDMONTON, AB
13/68	SLOMP, CANDACE	5083	30:14.155	06:02	09:43	5K30-39F	3/14	38/112	PONOKA, AB
14/68	WHITESSELL, LORI	5098	30:16.965	06:03	09:44	5K40-49F	3/13	39/112	PONOKA, AB
15/68	ANCTIL, AMBER	5121	30:18.536	06:03	09:44	5K30-39F	4/14	40/112	WETASKWIN, AB
16/68	BOLTON, SUMMER	5010	30:41.106	06:08	09:51	5K13&UF	6/7	41/112	PONOKA, AB
17/68	GREYLING, MEGAN	5044	30:50.115	06:10	09:54	5K14-19F	3/13	42/112	PONOKA, AB
18/68	GREYLING, LEAH	5043	30:50.249	06:10	09:54	5K13&UF	7/7	43/112	PONOKA, AB
19/68	HAINES, JACKIE	5045	31:58.920	06:23	10:17	5K50-59F	2/9	44/112	PONOKA, AB
20/68	MAKUS, TAMARA	5057	31:59.039	06:23	10:17	5K50-59F	3/9	45/112	PONOKA, AB
21/68	EKKEL, MARINA	5032	32:45.983	06:33	10:32	5K30-39F	5/14	47/112	ROCHON SANDS, AB
22/68	DONISON, BAILEY	5031	33:02.132	06:36	10:37	5K20-29F	1/8	48/112	PONOKA, AB
23/68	MASON, JANEL	5058	33:15.582	06:39	10:41	5K40-49F	4/13	49/112	PONOKA, AB
24/68	MCKELVIE, TAMARA	5060	33:15.980	06:39	10:41	5K40-49F	5/13	50/112	PONOKA, AB
25/68	THOMPSON, AZALEA	5092	33:19.403	06:39	10:42	5K14-19F	4/13	51/112	PONOKA, AB
26/68	NEF, CATHY	5118	33:28.051	06:41	10:45	5K30-39F	6/14	52/112	PONOKA, AB
27/68	STRUIK, CHRIS	5091	33:38.127	06:43	10:48	5K40-49F	6/13	54/112	PONOKA, AB
28/68	WILKINS, PAULA	5099	33:48.723	06:45	10:52	5K40-49F	7/13	56/112	PONOKA, AB
29/68	GRANT, SANDRA	5042	34:14.409	06:50	11:00	5K50-59F	4/9	57/112	PONOKA, AB
30/68	WILSON, CHRISTIE	5103	34:21.299	06:52	11:02	5K30-39F	7/14	59/112	PONOKA, AB
31/68	SMITH, ERIKA	5113	34:57.160	06:59	11:14	5K20-29F	2/8	61/112	TABER, AB
32/68	SIM, ABBY	5111	35:14.481	07:02	11:19	5K20-29F	3/8	63/112	PONOKA, AB
33/68	ADCOCK, KRYSTAL	5006	35:22.923	07:04	11:22	5K30-39F	8/14	64/112	PONOKA, AB
34/68	SALVATERRA, ROSANA	5110	35:35.597	07:07	11:26	5K60+F	1/4	65/112	EDMONTON, AB
35/68	STONE, LYNN	5090	36:19.869	07:15	11:40	5K30-39F	9/14	66/112	PONOKA, AB
36/68	HOFFMAN, PAMELA	5049	36:45.041	07:21	11:49	5K50-59F	5/9	69/112	PONOKA, AB
37/68	HOFFMANN, TERESA	5051	37:08.008	07:25	11:56	5K60+F	2/4	70/112	PONOKA, AB
38/68	SCHUMACHER, NEVAEH	5079	38:24.506	07:40	12:20	5K14-19F	5/13	73/112	PONOKA, AB
39/68	SALON-TRINIDAD, ANTOINETTE	5007	38:25.023	07:41	12:21	5K14-19F	6/13	74/112	PONOKA, AB
40/68	STEWART, JENALEE	5089	38:25.212	07:41	12:21	5K14-19F	7/13	75/112	PONOKA, AB
41/68	SCOTT, KATHERINE	5080	38:25.961	07:41	12:21	5K14-19F	8/13	76/112	PONOKA, AB
42/68	CABAY, QUINN	5021	38:26.054	07:41	12:21	5K14-19F	9/13	77/112	PONOKA, AB
43/68	SMITH, MIKALAH	5084	38:26.124	07:41	12:21	5K14-19F	10/13	78/112	PONOKA, AB
44/68	BOS, JOCELYN	5108	38:26.218	07:41	12:21	5K14-19F	11/13	79/112	PONOKA, AB
45/68	CABAY, HEIDI	5020	38:27.698	07:41	12:22	5K30-39F	10/14	80/112	PONOKA, AB
46/68	MACKENZIE, ADRIENNE	5056	38:28.445	07:41	12:22	5K20-29F	4/8	81/112	LACOMBE, AB
47/68	FERRIER, HAYLEY	5034	38:29.052	07:41	12:22	5K14-19F	12/13	82/112	PONOKA, AB
48/68	GAINFORD, JULIE	5039	39:08.825	07:49	12:35	5K40-49F	8/13	83/112	WESTEROSE, AB
49/68	GAINFORD, MAKAYLA	5040	39:09.176	07:49	12:35	5K14-19F	13/13	84/112	WESTEROSE, AB
50/68	MACLEAN, CHERYL	5119	39:48.012	07:57	12:47	5K20-29F	5/8	85/112	PONOKA, AB
51/68	BAILE, SHYLA	5008	39:48.623	07:57	12:48	5K20-29F	6/8	86/112	PONOKA, AB
52/68	GILBERT, CAYLA	5041	40:35.639	08:07	13:03	5K30-39F	11/14	87/112	PONOKA, AB
53/68	MCDONALD, DARCY	5059	40:44.169	08:08	13:05	5K30-39F	12/14	88/112	ROCKY MOUNTAIN HOUSE
54/68	MACNEILL, CHRISTINE	5052	42:36.739	08:31	13:42	5K40-49F	9/13	91/112	PONOKA, AB
55/68	HARMATIUK, LISA	5046	42:36.831	08:31	13:42	5K40-49F	10/13	92/112	PONOKA, AB

Overall Gender Results

5K - 3.1 Miles

Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
56/68	ROWLAND, MARGARET	5075	45:37.814	09:07	14:40	5K50-59F	6/9	94/112	RIMBEY, AB
57/68	VORSTER, LETJE	5096	46:16.741	09:15	14:52	5K40-49F	11/13	95/112	PONOKA, AB
58/68	PRINS, PAULINE	5072	53:11.370	10:38	17:06	5K60+F	3/4	98/112	LACOMBE, AB
59/68	WEBBER, SUSANNE	5097	55:11.487	11:02	17:44	5K50-59F	7/9	100/112	WETASKIWIN, AB
60/68	NIELSEN, JULIE	5065	55:27.057	11:05	17:49	5K30-39F	13/14	101/112	TABER, AB
61/68	MCLELLAN, ETHEL	5061	58:05.942	11:37	18:40	5K60+F	4/4	102/112	PONOKA, AB
62/68	WILLIAMS, PRANORM	5101	58:06.917	11:37	18:41	5K40-49F	12/13	103/112	PONOKA, AB
63/68	PERRY, JESSICA	5068	58:27.566	11:41	18:47	5K40-49F	13/13	104/112	PONOKA, AB
64/68	MORRELL, JULIA	5063	58:28.479	11:41	18:48	5K50-59F	8/9	105/112	PONOKA, AB
65/68	ORR, MEGAN	5066	59:23.837	11:52	19:05	5K20-29F	7/8	106/112	NORTH YORK, ON
66/68	CARTER, LAURA	5028	59:29.578	11:53	19:07	5K20-29F	8/8	108/112	EDMONTON, AB
67/68	HIRSCHKORN, AUDREY	5048	1:04:35.925	12:55	20:46	5K50-59F	9/9	110/112	PONOKA, AB
68/68	ADAMSON, KIM	5003	1:05:33.392	13:06	21:04	5K30-39F	14/14	111/112	PONOKA, AB

Overall Gender Results

5K - 3.1 Miles

Male

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/44	STEEVES, JACK	5086	19:23.444	03:52	06:14	5K14-19M	1/9	1/112	LACOMBE, AB
2/44	CABAY, BLAINE	5018	20:07.554	04:01	06:28	5K14-19M	2/9	2/112	PONOKA, AB
3/44	STEEVES, JOSIAH	5088	21:55.550	04:23	07:03	5K14-19M	3/9	3/112	LACOMBE, AB
4/44	YELLOWBIRD, TYSON	5105	22:32.533	04:30	07:14	5K40-49M	1/7	4/112	MASKWACIS, AB
5/44	FALSNES, SETH	5033	22:43.175	04:32	07:18	5K14-19M	4/9	5/112	ROSEDALE VALLEY, AB
6/44	CUTTS, MARK	5109	22:48.847	04:33	07:20	5K50-59M	1/6	6/112	LACOMBE, AB
7/44	HINTON, ZACH	5047	23:09.987	04:37	07:26	5K14-19M	5/9	7/112	PONOKA, AB
8/44	OKEYMOW, KADEN	5120	23:44.463	04:44	07:38	5K14-19M	6/9	8/112	SAMPSON, AB
9/44	PRINS, JACOB	5070	23:48.096	04:45	07:39	5K13&UM	1/16	9/112	EDMONTON, AB
10/44	TOPHAM, TREVOR	5095	24:01.246	04:48	07:43	5K30-39M	1/3	10/112	PONOKA, AB
11/44	CABAY, BRANDT	5019	24:56.065	04:59	08:01	5K13&UM	2/16	12/112	PONOKA, AB
12/44	TOPHAM, AUSTIN	5094	25:34.407	05:06	08:13	5K13&UM	3/16	13/112	PONOKA, AB
13/44	BEFUS, RYLAN	5009	25:54.118	05:10	08:19	5K13&UM	4/16	14/112	RIMBEY, AB
14/44	GAINFORD, BRODY	5038	25:55.479	05:11	08:20	5K13&UM	5/16	15/112	WESTEROSE, AB
15/44	STEEVES, JESSE	5087	26:19.946	05:15	08:28	5K13&UM	6/16	16/112	LACOMBE, AB
16/44	SIM, BRADY	5112	26:29.767	05:17	08:31	5K14-19M	7/9	17/112	PONOKA, AB
17/44	WILLIAMS, RYEN	5102	26:48.494	05:21	08:37	5K13&UM	7/16	19/112	PONOKA, AB
18/44	NEF, TOM	5064	26:53.917	05:22	08:38	5K40-49M	2/7	20/112	PONOKA, AB
19/44	BOYES, WESLEY	5012	26:58.407	05:23	08:40	5K13&UM	8/16	21/112	PONOKA, AB
20/44	BUSS, BRAD	5016	27:53.930	05:34	08:58	5K60+M	1/2	24/112	PONOKA, AB
21/44	PRINS, SIMON	5074	27:55.244	05:35	08:58	5K13&UM	9/16	25/112	EDMONTON, AB
22/44	PRINS, MARK	5071	27:55.653	05:35	08:58	5K40-49M	3/7	26/112	EDMONTON, AB
23/44	SCHUMACHER, CALEB	5078	28:22.267	05:40	09:07	5K13&UM	10/16	27/112	PONOKA, AB
24/44	STEEVES, BRAD	5085	28:51.580	05:46	09:16	5K40-49M	4/7	30/112	LACOMBE, AB
25/44	BEHM, HAYDEN	5106	29:58.366	05:59	09:38	5K13&UM	11/16	35/112	PONOKA, AB
26/44	ROWLAND, TIM	5076	32:41.389	06:32	10:30	5K50-59M	2/6	46/112	RIMBEY, AB
27/44	HOFFMANN, ANTHONY	5050	33:29.479	06:41	10:46	5K50-59M	3/6	53/112	PONOKA, AB
28/44	BOYES, PIETER	5011	33:38.154	06:43	10:48	5K13&UM	12/16	55/112	PONOKA, AB
29/44	WILSON, XANDER	5104	34:14.995	06:50	11:00	5K13&UM	13/16	58/112	PONOKA, AB
30/44	KRAMER, KENT	5054	34:24.932	06:52	11:03	5K50-59M	4/6	60/112	PONOKA, AB
31/44	CAMPBELL, DARREL	5022	34:57.392	06:59	11:14	5K20-29M	1/1	62/112	TABER, AB
32/44	FOOT, GRAYSON	5036	36:36.415	07:19	11:46	5K13&UM	14/16	67/112	PONOKA, AB
33/44	FOOT, GRAHAM	5035	36:36.907	07:19	11:46	5K40-49M	5/7	68/112	PONOKA, AB
34/44	FUNNELL, NORMAN	5037	37:42.507	07:32	12:07	5K40-49M	6/7	71/112	PONOKA, AB
35/44	LINNEY, DON	5055	38:03.741	07:36	12:14	5K50-59M	5/6	72/112	WETASKIWIN, AB
36/44	CARLETON, DAVID	5026	42:04.418	08:24	13:31	5K40-49M	7/7	89/112	PONOKA, AB
37/44	CARLETON, COLIN	5025	42:04.579	08:24	13:31	5K14-19M	8/9	90/112	PONOKA, AB
38/44	JALAEIAN, ALIREZA	5053	44:28.509	08:53	14:18	5K30-39M	2/3	93/112	EDMONTON, AB
39/44	BRACKENBURY, ANDREW	5013	48:07.270	09:37	15:28	5K14-19M	9/9	96/112	PONOKA, AB
40/44	WILLIAMS, DONALD	5100	50:27.917	10:05	16:13	5K50-59M	6/6	97/112	PONOKA, AB
41/44	PRINS, RAY	5073	53:11.678	10:38	17:06	5K60+M	2/2	99/112	LACOMBE, AB
42/44	CARTER, JUSTIN	5027	59:29.367	11:53	19:07	5K30-39M	3/3	107/112	EDMONTON, AB
43/44	ADAMSON, LINCOLN	5004	1:03:53.315	12:46	20:32	5K13&UM	15/16	109/112	PONOKA, AB
44/44	ADAMSON, RILEY	5005	1:05:34.134	13:06	21:04	5K13&UM	16/16	112/112	PONOKA, AB