

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Award Results

## TOP 3 In Category

## 10.15K - 6.31 Miles

## 50 Finishers

**10K13&UM (Male) - 3 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	GRIFFITHS, SAWYER	203	1:03:50.816	06:17	10:07	+00:00:00	35/50	23/29	PONOKA
2/3	MCCLURE, JACKSON	218	1:03:51.612	06:17	10:07	+00:00:00	36/50	24/29	PONOKA
3/3	BOYES, PIETER	183	1:04:58.130	06:24	10:17	+00:01:07	37/50	25/29	PONOKA

**10K14-19M (Male) - 2 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/2	STEEVES, JACK	228	42:30.151	04:11	06:44	+00:00:00	2/50	2/29	LACOMBE
2/2	BOYKO, JUDAH	184	55:01.030	05:25	08:43	+00:12:30	16/50	11/29	PONOKA

**10K20-29F (Female) - 3 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	VON GUNTEN, SYLVIA	236	53:51.614	05:18	08:32	+00:00:00	15/50	5/21	BLUFFTON
2/3	KUZYK, AMANDA	211	58:55.358	05:48	09:20	+00:05:03	30/50	11/21	PONOKA
3/3	WIESE-MCLEOD, MORGAN	234	1:02:01.246	06:06	09:49	+00:08:09	34/50	12/21	PONOKA

**10K20-29M (Male) - 4 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	MILLER, SPENCER	222	50:16.576	04:57	07:58	+00:00:00	8/50	8/29	EDMONTON
2/4	CAMPBELL, DENNIS	188	55:42.189	05:29	08:49	+00:05:25	20/50	14/29	EDMONTON
3/4	GRANT, NICK	200	58:23.461	05:45	09:15	+00:08:06	29/50	19/29	PONOKA

**10K30-39F (Female) - 9 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/9	VELDHUISEN, DEBORAH	232	51:10.857	05:02	08:06	+00:00:00	9/50	1/21	LACOMBE COUNT
2/9	HETZE, SHARELLE	206	51:21.774	05:03	08:08	+00:00:10	10/50	2/21	PONOKA
3/9	LOPES, THAIS	215	57:10.476	05:37	09:03	+00:05:59	26/50	9/21	PONOKA

**10K30-39M (Male) - 8 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/8	MCLEOD, KEEGAN	220	45:06.689	04:26	07:08	+00:00:00	3/50	3/29	PONOKA
2/8	HETZE, LUCAS	205	45:10.579	04:27	07:09	+00:00:03	4/50	4/29	PONOKA
3/8	OPSTEEN, WOUTER	225	45:42.196	04:30	07:14	+00:00:35	5/50	5/29	PONOKA

**10K40-49F (Female) - 9 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/9	TOPHAM, KRISTA	230	51:53.886	05:06	08:13	+00:00:00	11/50	3/21	PONOKA
2/9	MCLAREN, CINDY	219	53:04.432	05:13	08:24	+00:01:10	12/50	4/21	RIMBEY
3/9	HALLWORTH, DAWN	204	55:05.933	05:25	08:43	+00:03:12	17/50	6/21	PONOKA

**10K40-49M (Male) - 9 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/9	KELLY, DIARMUID	209	39:08.567	03:51	06:12	+00:00:00	1/50	1/29	RIMBEY
2/9	LAUGHY, CHAD	213	46:24.547	04:34	07:21	+00:07:15	6/50	6/29	RED DEER
3/9	PAYNE, JAMES	226	48:42.076	04:47	07:43	+00:09:33	7/50	7/29	STRATHMORE

**10K50-59M (Male) - 3 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	PREFONTAINE, MARK	227	56:38.767	05:34	08:58	+00:00:00	24/50	17/29	PONOKA
2/3	MCCHEYNE, KELLY	217	1:07:15.472	06:37	10:39	+00:10:36	42/50	27/29	PONOKA
3/3	KRAMER, KENT	210	1:16:04.027	07:29	12:03	+00:19:25	48/50	29/29	PONOKA