

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

80 Finishers

5K13&UF (Female) - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/5	PRINS, ELIANA	5176	27:34.785	05:30	08:52	+00:00:00	18/80	3/41	EDMONTON
2/5	PORTERFIELD, JESSIE	5174	28:14.838	05:38	09:04	+00:00:40	23/80	5/41	PONOKA
3/5	SMITH, MIYAH	5185	36:00.911	07:12	11:34	+00:08:26	55/80	22/41	PONOKA

5K13&UM (Male) - 13 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/13	PRINS, JACOB	5177	23:25.106	04:41	07:31	+00:00:00	5/80	5/39	EDMONTON
2/13	DEREGT, RYDER	5205	23:39.191	04:43	07:36	+00:00:14	7/80	7/39	LACOMBE COUNT
3/13	LOVESETH, GUS	5157	24:39.073	04:55	07:55	+00:01:13	9/80	9/39	PONOKA

5K14-19F (Female) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/2	CUTTS, TERESA	5138	27:44.684	05:32	08:55	+00:00:00	19/80	4/41	LACOMBE
2/2	SCHUT, JANELLE	5183	33:05.366	06:37	10:38	+00:05:20	43/80	16/41	PONOKA

5K14-19M (Male) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/6	DEREGT, OWEN	5139	22:21.357	04:28	07:11	+00:00:00	2/80	2/39	LACOMBE COUNT
2/6	GALLAGHER, AUSTIN	5142	22:45.778	04:33	07:19	+00:00:24	3/80	3/39	LACOMBE
3/6	STEEVES, JOSIAH	5187	22:47.652	04:33	07:19	+00:00:26	4/80	4/39	LACOMBE

5K20-29F (Female) - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/8	CUTTS, CHARLOTTE	5136	24:42.895	04:56	07:56	+00:00:00	10/80	1/41	LACOMBE
2/8	BUTCHER, JULIA	5196	31:28.244	06:17	10:07	+00:06:45	36/80	10/41	LACOMBE
3/8	BONNETT, GRACYN	5130	32:55.921	06:35	10:35	+00:08:13	40/80	13/41	PONOKA

5K20-29M (Male) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/1	ABADILLA, MICHAEL	5122	34:25.029	06:53	11:03	+00:00:00	47/80	31/39	PONOKA

5K30-39F (Female) - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/8	NEF, CATHY	5169	30:31.314	06:06	09:48	+00:00:00	33/80	7/41	PONOKA
2/8	LEWIS, ELIZA	5156	30:46.454	06:09	09:53	+00:00:15	34/80	8/41	LACOMBE
3/8	UFFELMAN, TEELA	5193	31:50.510	06:22	10:14	+00:01:19	38/80	12/41	STETTLER

5K30-39M (Male) - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/8	TOPHAM, TREVOR	5192	24:24.238	04:52	07:50	+00:00:00	8/80	8/39	PONOKA
2/8	LAROCQUE, JOSHUA	5153	25:24.941	05:04	08:10	+00:01:00	12/80	11/39	MASKWACIS
3/8	SMITH, ADAM	5184	27:06.119	05:25	08:42	+00:02:41	16/80	15/39	PONOKA

5K40-49F (Female) - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/9	SALVATERRA, NADIA	5182	27:34.736	05:30	08:52	+00:00:00	17/80	2/41	EDMONTON
2/9	NEWTON, LINDSEY	5171	29:57.304	05:59	09:37	+00:02:22	30/80	6/41	CALGARY
3/9	MCKELVIE, TAMARA	5165	30:51.422	06:10	09:55	+00:03:16	35/80	9/41	PONOKA

5K40-49M (Male) - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/8	PRINS, MARK	5178	25:42.005	05:08	08:15	+00:00:00	13/80	12/39	EDMONTON
2/8	STEEVES, BRAD	5186	27:57.869	05:35	08:59	+00:02:15	20/80	16/39	LACOMBE
3/8	KISKOTAGAN, CYRIL	5152	29:08.135	05:49	09:22	+00:03:26	26/80	21/39	MASKWACIS

5K50-59F (Female) - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/7	CURRIE, POKEY	5200	32:56.508	06:35	10:35	+00:00:00	42/80	15/41	WETASKIWIN
2/7	MAKUS, TAMARA	5162	34:28.589	06:53	11:05	+00:01:32	48/80	17/41	PONOKA
3/7	HAINES, JACKIE	5147	34:28.642	06:53	11:05	+00:01:32	49/80	18/41	PONOKA

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

80 Finishers

5K50-59M (Male) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	CUTTS, MARK	5137	22:18.612	04:27	07:10	+00:00:00	1/80	1/39	LACOMBE
2/3	GOODKEY, MURRAY	5146	28:21.634	05:40	09:07	+00:06:03	24/80	19/39	RED DEER
3/3	WELLS, CARY	5204	31:51.563	06:22	10:14	+00:09:32	39/80	27/39	PONOKA

5K60+F (Female) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/2	STEWART, DONNA	5189	46:33.069	09:18	14:58	+00:00:00	75/80	37/41	PONOKA
2/2	CURRIE, JOAN	5199	52:16.073	10:27	16:48	+00:05:43	80/80	41/41	PONOKA