

## Overall Gender Results

## 5K - 3.1 Miles

## Female

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/41	CUTTS, CHARLOTTE	5136	24:42.895	04:56	07:56	5K20-29F	1/8	10/80	LACOMBE, AB
2/41	SALVATERRA, NADIA	5182	27:34.736	05:30	08:52	5K40-49F	1/9	17/80	EDMONTON, AB
3/41	PRINS, ELIANA	5176	27:34.785	05:30	08:52	5K13&UF	1/5	18/80	EDMONTON, AB
4/41	CUTTS, TERESA	5138	27:44.684	05:32	08:55	5K14-19F	1/2	19/80	LACOMBE, AB
5/41	PORTERFIELD, JESSIE	5174	28:14.838	05:38	09:04	5K13&UF	2/5	23/80	PONOKA, AB
6/41	NEWTON, LINDSEY	5171	29:57.304	05:59	09:37	5K40-49F	2/9	30/80	CALGARY, AB
7/41	NEF, CATHY	5169	30:31.314	06:06	09:48	5K30-39F	1/8	33/80	PONOKA, AB
8/41	LEWIS, ELIZA	5156	30:46.454	06:09	09:53	5K30-39F	2/8	34/80	LACOMBE, AB
9/41	MCKELVIE, TAMARA	5165	30:51.422	06:10	09:55	5K40-49F	3/9	35/80	PONOKA, AB
10/41	MUTCHER, JULIA	5196	31:28.244	06:17	10:07	5K20-29F	2/8	36/80	LACOMBE, AB
11/41	BAILEY, ADRIENNE	5127	31:36.165	06:19	10:09	5K40-49F	4/9	37/80	PONOKA, AB
12/41	UFFELMAN, TEELA	5193	31:50.510	06:22	10:14	5K30-39F	3/8	38/80	STETTLER, AB
13/41	BONNETT, GRACYN	5130	32:55.921	06:35	10:35	5K20-29F	3/8	40/80	PONOKA, AB
14/41	COSTARD, CHANTIL	5135	32:55.969	06:35	10:35	5K20-29F	4/8	41/80	PONOKA, AB
15/41	CURRIE, POKEY	5200	32:56.508	06:35	10:35	5K50-59F	1/7	42/80	WETASKIWIN, AB
16/41	SCHUT, JANELLE	5183	33:05.366	06:37	10:38	5K14-19F	2/2	43/80	PONOKA, AB
17/41	MAKUS, TAMARA	5162	34:28.589	06:53	11:05	5K50-59F	2/7	48/80	PONOKA, AB
18/41	HAINES, JACKIE	5147	34:28.642	06:53	11:05	5K50-59F	3/7	49/80	PONOKA, AB
19/41	JENNINGS, STACY	5151	34:45.654	06:57	11:10	5K30-39F	4/8	50/80	PONOKA, AB
20/41	LASELL, JODI	5155	35:25.285	07:05	11:23	5K40-49F	5/9	53/80	EDMONTON, AB
21/41	ADCOCK, KRYSTAL	5125	35:29.340	07:05	11:24	5K30-39F	5/8	54/80	PONOKA, AB
22/41	SMITH, MIYAH	5185	36:00.911	07:12	11:34	5K13&UF	3/5	55/80	PONOKA, AB
23/41	PORTERFIELD, HOLLY	5173	36:02.268	07:12	11:35	5K40-49F	6/9	56/80	PONOKA, AB
24/41	PORTERFIELD, KORY	5175	36:02.714	07:12	11:35	5K13&UF	4/5	57/80	PONOKA, AB
25/41	MOTLEY, KELCIE	5168	37:32.620	07:30	12:04	5K20-29F	5/8	58/80	RIMBEY, AB
26/41	GOODKEY, LADONN	5144	37:53.127	07:34	12:10	5K50-59F	4/7	60/80	RED DEER, AB
27/41	STILES, KARIE	5190	38:35.432	07:43	12:24	5K40-49F	7/9	61/80	PONOKA, AB
28/41	CURRIE, PATTI	5198	39:11.479	07:50	12:36	5K50-59F	5/7	63/80	LEDUC, AB
29/41	BUTCHER, MORIAH	5134	40:22.308	08:04	12:58	5K13&UF	5/5	64/80	PONOKA, AB
30/41	MACNEILL, CHRISTINE	5159	40:47.338	08:09	13:06	5K40-49F	8/9	67/80	PONOKA, AB
31/41	HARMATIUK, LISA	5148	40:47.363	08:09	13:06	5K50-59F	6/7	68/80	PONOKA, AB
32/41	ABADILLA, VIVIEN	5123	41:11.875	08:14	13:14	5K50-59F	7/7	69/80	PONOKA, AB
33/41	HAWIUK, DAV	5203	42:14.218	08:26	13:34	5K20-29F	6/8	70/80	PONOKA, AB
34/41	GOODKEY, DARLA	5143	42:19.890	08:27	13:36	5K30-39F	6/8	71/80	GADSBY, AB
35/41	HEISTAD, BRENNA	5150	46:22.218	09:16	14:54	5K20-29F	7/8	73/80	PONOKA, AB
36/41	ROBINSON, MACKENZIE	5181	46:22.592	09:16	14:54	5K20-29F	8/8	74/80	PONOKA, AB
37/41	STEWART, DONNA	5189	46:33.069	09:18	14:58	5K60+F	1/2	75/80	PONOKA, AB
38/41	GOODKEY, LISA	5145	48:32.294	09:42	15:36	5K40-49F	9/9	76/80	STETTLER, AB
39/41	RAINES, CLAIRE	5180	50:09.418	10:01	16:07	5K30-39F	7/8	77/80	MEETING CREEK, AB
40/41	MCMASTER, BRITTANY	5201	52:16.071	10:27	16:48	5K30-39F	8/8	79/80	PONOKA, AB
41/41	CURRIE, JOAN	5199	52:16.073	10:27	16:48	5K60+F	2/2	80/80	PONOKA, AB

## Overall Gender Results

## 5K - 3.1 Miles

## Male

Gender	Name	Bib#	Time	Pace/K	Pace/M	Category	Cat	O/A	City
1/39	CUTTS, MARK	5137	22:18.612	04:27	07:10	5K50-59M	1/3	1/80	LACOMBE, AB
2/39	DEREGT, OWEN	5139	22:21.357	04:28	07:11	5K14-19M	1/6	2/80	LACOMBE COUNTY, AB
3/39	GALLAGHER, AUSTIN	5142	22:45.778	04:33	07:19	5K14-19M	2/6	3/80	LACOMBE, AB
4/39	STEEVES, JOSIAH	5187	22:47.652	04:33	07:19	5K14-19M	3/6	4/80	LACOMBE, AB
5/39	PRINS, JACOB	5177	23:25.106	04:41	07:31	5K13&UM	1/13	5/80	EDMONTON, AB
6/39	LAROCQUE, LANE	5154	23:27.049	04:41	07:32	5K14-19M	4/6	6/80	MASKWACIS, AB
7/39	DEREGT, RYDER	5205	23:39.191	04:43	07:36	5K13&UM	2/13	7/80	LACOMBE COUNTY, AB
8/39	TOPHAM, TREVOR	5192	24:24.238	04:52	07:50	5K30-39M	1/8	8/80	PONOKA, AB
9/39	LOVESETH, GUS	5157	24:39.073	04:55	07:55	5K13&UM	3/13	9/80	PONOKA, AB
10/39	TOPHAM, AUSTIN	5191	24:52.597	04:58	07:59	5K13&UM	4/13	11/80	PONOKA, AB
11/39	LAROCQUE, JOSHUA	5153	25:24.941	05:04	08:10	5K30-39M	2/8	12/80	MASKWACIS, AB
12/39	PRINS, MARK	5178	25:42.005	05:08	08:15	5K40-49M	1/8	13/80	EDMONTON, AB
13/39	PRINS, SIMON	5179	25:43.012	05:08	08:16	5K13&UM	5/13	14/80	EDMONTON, AB
14/39	DEREGT, COLBY	5206	25:46.434	05:09	08:17	5K13&UM	6/13	15/80	LACOMBE COUNTY, `
15/39	SMITH, ADAM	5184	27:06.119	05:25	08:42	5K30-39M	3/8	16/80	PONOKA, AB
16/39	STEEVES, BRAD	5186	27:57.869	05:35	08:59	5K40-49M	2/8	20/80	LACOMBE, AB
17/39	HOGG, CONNOR	5208	28:09.435	05:37	09:03	5K13&UM	7/13	21/80	ELNORA, `
18/39	HOGG, ELIJAH	5207	28:09.493	05:37	09:03	5K13&UM	8/13	22/80	LACOMBE COUNTY, `
19/39	GOODKEY, MURRAY	5146	28:21.634	05:40	09:07	5K50-59M	2/3	24/80	RED DEER, AB
20/39	CRANER, COLTON	5197	28:41.743	05:44	09:13	5K30-39M	4/8	25/80	LACOMBE, AB
21/39	KISKOTAGAN, CYRIL	5152	29:08.135	05:49	09:22	5K40-49M	3/8	26/80	MASKWACIS, AB
22/39	HAWIUK, JESSE	5202	29:13.736	05:50	09:23	5K30-39M	5/8	27/80	PONOKA, AB
23/39	FOOT, GRAHAM	5141	29:15.049	05:51	09:24	5K40-49M	4/8	28/80	PONOKA, AB
24/39	LYNN, HUDSON	5158	29:41.321	05:56	09:32	5K13&UM	9/13	29/80	STETTLER, AB
25/39	BOYKO, JOSHUA	5131	30:03.541	06:00	09:39	5K40-49M	5/8	31/80	PONOKA, AB
26/39	NEF, TOM	5170	30:31.197	06:06	09:48	5K40-49M	6/8	32/80	PONOKA, AB
27/39	WELLS, CARY	5204	31:51.563	06:22	10:14	5K50-59M	3/3	39/80	PONOKA, AB
28/39	BILLIG, STEVEN	5129	33:14.203	06:38	10:41	5K30-39M	6/8	44/80	LACOMBE, AB
29/39	MCENTEE, NATHAN	5164	33:57.982	06:47	10:55	5K40-49M	7/8	45/80	PONOKA, AB
30/39	ADCOCK, DAVIS	5124	34:10.462	06:50	10:59	5K13&UM	10/13	46/80	PONOKA, AB
31/39	ABADILLA, MICHAEL	5122	34:25.029	06:53	11:03	5K20-29M	1/1	47/80	PONOKA, AB
32/39	ADCOCK, PARKER	5126	34:45.936	06:57	11:10	5K13&UM	11/13	51/80	PONOKA, AB
33/39	BOYKO, REUBEN	5132	35:13.075	07:02	11:19	5K13&UM	12/13	52/80	PONOKA, AB
34/39	MOTLEY, CLINTON	5167	37:33.184	07:30	12:04	5K30-39M	7/8	59/80	RIMBEY, AB
35/39	MAXIM, RICHARD	5163	38:38.456	07:43	12:25	5K40-49M	8/8	62/80	MEETING CREEK, AB
36/39	BUTCHER, JOSHUA	5209	40:22.916	08:04	12:59	5K30-39M	8/8	65/80	PONOKA, AB
37/39	MACNEILL, TAVIS	5161	40:46.494	08:09	13:06	5K14-19M	5/6	66/80	PONOKA, AB
38/39	MACNEILL, RONEN	5160	45:29.131	09:05	14:37	5K13&UM	13/13	72/80	PONOKA, AB
39/39	MELSOM, SIMON	5166	50:19.667	10:03	16:10	5K14-19M	6/6	78/80	MEETING CREEK, AB