

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
 208 Finishers

5K11&UF (Female) - 6 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
|--------|-------------------|-------|-------------|-------|-----------|--------|--------|----------|
| 1/6 | MANNAS, REBECCA | 5150 | 00:28:20.62 | 05:40 | +00:00:00 | 31/208 | 8/134 | CALGARY |
| 2/6 | LEBLANC, ANNE | 5140 | 00:30:11.11 | 06:02 | +00:01:50 | 44/208 | 17/134 | OKOTOKS |
| 3/6 | KINDREE, RICHELLE | 5120 | 00:35:40.14 | 07:08 | +00:07:19 | 93/208 | 43/134 | COCHRANE |

5K11&UM (Male) - 6 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
|--------|-----------------|-------|-------------|-------|-----------|--------|--------|---------|
| 1/6 | MCCORMACK, ALEX | 5154 | 00:23:10.72 | 04:38 | +00:00:00 | 8/208 | 8/74 | CALGARY |
| 2/6 | ANAND, KRIS | 5002 | 00:26:46.36 | 05:21 | +00:03:35 | 25/208 | 20/74 | CALGARY |
| 3/6 | SAVILLE, DADE | 5217 | 00:27:03.22 | 05:24 | +00:03:52 | 28/208 | 22/74 | CALGARY |

5K12-15F (Female) - 4 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
|--------|-----------------|-------|-------------|-------|-----------|---------|---------|---------|
| 1/4 | MILLER, SOPHIA | 5164 | 00:34:38.25 | 06:55 | +00:00:00 | 84/208 | 38/134 | CALGARY |
| 2/4 | BANDOLA, SUMMER | 5008 | 00:37:08.96 | 07:25 | +00:02:30 | 104/208 | 53/134 | CALGARY |
| 3/4 | CRAIG, MARLOWE | 5043 | 00:51:13.98 | 10:14 | +00:16:35 | 179/208 | 114/134 | BANFF |

5K12-15M (Male) - 6 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
|--------|----------------------|-------|-------------|-------|-----------|--------|--------|---------|
| 1/6 | MCCORMACK, LUKE | 5157 | 00:21:39.18 | 04:19 | +00:00:00 | 6/208 | 6/74 | CALGARY |
| 2/6 | MCCORMACK, CHRISTIAN | 5156 | 00:22:51.85 | 04:34 | +00:01:12 | 7/208 | 7/74 | CALGARY |
| 3/6 | MANNAS, CLINT | 5149 | 00:34:31.55 | 06:54 | +00:12:52 | 82/208 | 45/74 | CALGARY |

5K16-19F (Female) - 5 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
|--------|--------------------|-------|-------------|-------|-----------|---------|--------|----------|
| 1/5 | PAYNE, EMMA | 5179 | 00:37:22.05 | 07:28 | +00:00:00 | 109/208 | 57/134 | CALGARY |
| 2/5 | JACQUES, GENEVIEVE | 5110 | 00:37:45.47 | 07:33 | +00:00:23 | 111/208 | 59/134 | COCHRANE |
| 3/5 | PATTERSON, ALYSSA | 5178 | 00:37:46.80 | 07:33 | +00:00:24 | 112/208 | 60/134 | COCHRANE |

5K20-29F (Female) - 30 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
|--------|-------------------|-------|-------------|-------|-----------|--------|--------|---------|
| 1/30 | FEX, CYNTHIA | 5169 | 00:28:24.09 | 05:40 | +00:00:00 | 32/208 | 9/134 | CALGARY |
| 2/30 | ANDERSON, CARALEE | 5003 | 00:28:40.83 | 05:44 | +00:00:16 | 33/208 | 10/134 | CALGARY |
| 3/30 | JACK, MICHELLE | 5109 | 00:28:43.03 | 05:44 | +00:00:18 | 35/208 | 11/134 | CALGARY |

5K20-29M (Male) - 14 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
|--------|--------------|-------|-------------|-------|-----------|--------|--------|---------|
| 1/14 | GRANT, ZANE | 5087 | 00:17:37.13 | 03:31 | +00:00:00 | 1/208 | 1/74 | CALGARY |
| 2/14 | LAW, TREVOR | 5138 | 00:23:31.56 | 04:42 | +00:05:54 | 9/208 | 9/74 | CALGARY |
| 3/14 | SIMKESH, SAB | 5230 | 00:26:08.63 | 05:13 | +00:08:31 | 21/208 | 17/74 | CALGARY |

5K30-39F (Female) - 39 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
|--------|-----------------|-------|-------------|-------|-----------|--------|--------|----------|
| 1/39 | WANG, JAYA | 5263 | 00:24:50.61 | 04:58 | +00:00:00 | 14/208 | 1/134 | CALGARY |
| 2/39 | DUNLOP, KENDRA | 5065 | 00:25:15.17 | 05:03 | +00:00:24 | 16/208 | 3/134 | COCHRANE |
| 3/39 | ANAND, JENNIFER | 5001 | 00:26:46.27 | 05:21 | +00:01:55 | 24/208 | 5/134 | CALGARY |

5K30-39M (Male) - 21 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
|--------|------------------|-------|-------------|-------|-----------|--------|--------|---------|
| 1/21 | GAULARD, ANTHONY | 5082 | 00:18:08.10 | 03:37 | +00:00:00 | 2/208 | 2/74 | CALGARY |
| 2/21 | ZIMMERMAN, DAVID | 5275 | 00:20:59.26 | 04:11 | +00:02:51 | 4/208 | 4/74 | CALGARY |
| 3/21 | ROBINSON, SCOTT | 5197 | 00:24:13.95 | 04:50 | +00:06:05 | 11/208 | 11/74 | CALGARY |

5K40-49F (Female) - 23 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
|--------|-------------------|-------|-------------|-------|-----------|--------|--------|------------|
| 1/23 | GROULX, GENEVIEVE | 5090 | 00:25:12.35 | 05:02 | +00:00:00 | 15/208 | 2/134 | CALGARY |
| 2/23 | BUCHINSKI, RHONDA | 5023 | 00:25:57.61 | 05:11 | +00:00:45 | 20/208 | 4/134 | CALGARY |
| 3/23 | RUSSELL, HEATHER | 5208 | 00:27:58.88 | 05:35 | +00:02:46 | 29/208 | 7/134 | STRATHMORE |

5K40-49M (Male) - 14 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
|--------|-----------------|-------|-------------|-------|-----------|--------|--------|---------|
| 1/14 | QUINN, STEVE | 5193 | 00:20:16.00 | 04:03 | +00:00:00 | 3/208 | 3/74 | CALGARY |
| 2/14 | MCCORMACK, MATT | 5158 | 00:21:04.89 | 04:12 | +00:00:48 | 5/208 | 5/74 | CALGARY |
| 3/14 | HARTLEY, SEAN | 5096 | 00:24:08.63 | 04:49 | +00:03:52 | 10/208 | 10/74 | CALGARY |

5K50-59F (Female) - 19 Competitors

| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
|--------|-------------------|-------|-------------|-------|-----------|--------|--------|---------|
| 1/19 | ROLLEFSTAD, STACI | 5200 | 00:26:49.83 | 05:21 | +00:00:00 | 26/208 | 6/134 | CALGARY |
| 2/19 | TOOVEY, DIANE | 5257 | 00:30:30.63 | 06:06 | +00:03:40 | 45/208 | 18/134 | CALGARY |
| 3/19 | LACKIE, YOLANDA | 1123 | 00:30:37.92 | 06:07 | +00:03:48 | 47/208 | 19/134 | CALGARY |

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

208 Finishers

| 5K50-59M (Male) - 6 Competitors | | | | | | | | |
|--|------------------|-------|-------------|-------|-----------|---------|---------|----------------|
| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
| 1/6 | BERNER, LORENZ | 5013 | 00:24:18.41 | 04:51 | +00:00:00 | 12/208 | 12/74 | CALGARY |
| 2/6 | CROAL, LONNIE | 5046 | 00:30:31.19 | 06:06 | +00:06:12 | 46/208 | 28/74 | CALGARY |
| 3/6 | DENSCOMBE, KEVIN | 5058 | 00:30:55.12 | 06:11 | +00:06:36 | 49/208 | 29/74 | CALGARY |
| 5K60-69F (Female) - 6 Competitors | | | | | | | | |
| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
| 1/6 | PENNER, STELLA | 5186 | 00:39:05.15 | 07:49 | +00:00:00 | 122/208 | 67/134 | CALGARY |
| 2/6 | CHOW, PHYLLIS | 2021 | 00:39:28.71 | 07:53 | +00:00:23 | 125/208 | 70/134 | MEDICINE HAT |
| 3/6 | COWLEY, BARBARA | 5041 | 00:50:40.96 | 10:08 | +00:11:35 | 178/208 | 113/134 | CALGARY |
| 5K60-69M (Male) - 5 Competitors | | | | | | | | |
| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
| 1/5 | HILL, STEVEN | 5101 | 00:29:19.01 | 05:51 | +00:00:00 | 37/208 | 25/74 | CALGARY |
| 2/5 | STARCHUK, MIKE | 5238 | 00:33:36.65 | 06:43 | +00:04:17 | 71/208 | 41/74 | CALGARY |
| 3/5 | EIRICH, WES | 5067 | 00:34:33.85 | 06:54 | +00:05:14 | 83/208 | 46/74 | CALGARY |
| 5K70-79F (Female) - 2 Competitors | | | | | | | | |
| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
| 1/2 | DOWLER, ELLEN | 5063 | 00:47:47.19 | 09:33 | +00:00:00 | 166/208 | 103/134 | CALGARY |
| 2/2 | CUPIT, JACKIE | 5047 | 00:50:40.49 | 10:08 | +00:02:53 | 177/208 | 112/134 | CALGARY |
| 5K70-79M (Male) - 1 Competitors | | | | | | | | |
| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
| 1/1 | KIRKBY, BOB | 5123 | 00:28:42.80 | 05:44 | +00:00:00 | 34/208 | 24/74 | ROCKY VIEW COL |
| 5K80+M (Male) - 1 Competitors | | | | | | | | |
| Cat/PI | Name | Bib # | Time | Pace | Offset | OA/PI | Gen/PI | City |
| 1/1 | ROSS, GRANT | 5204 | 00:58:30.37 | 11:42 | +00:00:00 | 197/208 | 68/74 | CRANBROOK |