

**2024 Calgary Police Half/10/5K  
Category Award Results  
TOP 3 In Category**

**5K Run/Walk - 3.1 Miles  
482 Finishers**

**5K11&UF (Female) - 13 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/13	LIM, ADELYNN	5406	25:38.793	05:07	08:14	+00:00:00	72/482	18/290	CALGARY
2/13	SAWCHYN, TAYLOR	5247	28:28.309	05:41	09:09	+00:02:49	125/482	41/290	CALGARY
3/13	FEHR, HAILEY	5083	31:15.370	06:15	10:03	+00:05:36	181/482	76/290	CALGARY

**5K11&UM (Male) - 14 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/14	KINGSCOTE, QUINN	5153	26:15.840	05:15	08:26	+00:00:00	86/482	62/192	CALGARY
2/14	WONG, IAN	5314	27:15.304	05:27	08:45	+00:00:59	108/482	77/192	STRATHMORE
3/14	WEIS, CHRISTIAN	5306	29:12.439	05:50	09:23	+00:02:56	139/482	91/192	CALGARY

**5K12-15F (Female) - 15 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/15	LY, GIA	5410	21:22.923	04:16	06:52	+00:00:00	18/482	3/290	CALGARY
2/15	RAMOS, ZOE VERONICA	5228	21:35.649	04:19	06:56	+00:00:12	19/482	4/290	CALGARY
3/15	WILLRODT, LEXI	5533	24:40.899	04:56	07:56	+00:03:17	54/482	10/290	CALGARY

**5K12-15M (Male) - 12 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/12	GILLAN, LEO	5563	18:54.872	03:46	06:04	+00:00:00	8/482	7/192	CALGARY
2/12	SZTABZYB, LEO	5334	19:15.003	03:51	06:11	+00:00:20	11/482	10/192	CALGARY
3/12	BALABAN, ADAM	5480	20:26.673	04:05	06:34	+00:01:31	15/482	14/192	CALGARY

**5K16-19F (Female) - 6 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/6	GADD, EVIE	5373	25:27.372	05:05	08:11	+00:00:00	69/482	16/290	FERNIE
2/6	HENSEL, TALEEN	5391	40:49.886	08:09	13:07	+00:15:22	335/482	177/290	CALGARY
3/6	GUDMUNDSON, ELLA	5384	40:57.819	08:11	13:10	+00:15:30	338/482	179/290	CALGARY

**5K16-19M (Male) - 2 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/2	NEIL, KALEB	5203	24:23.131	04:52	07:50	+00:00:00	47/482	39/192	LETHBRIDGE
2/2	SEITZ, MARLON	5450	41:24.316	08:16	13:18	+00:17:01	349/482	161/192	OKOTOKS

**5K20-29F (Female) - 54 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/54	NAHAL, PREANKA	5200	24:34.383	04:54	07:54	+00:00:00	52/482	9/290	ROCKY VIEW COL
2/54	COVEART, BAILEY	5055	25:46.309	05:09	08:17	+00:01:11	75/482	19/290	CALGARY
3/54	FINNEY, JULIANA	5090	26:09.841	05:13	08:24	+00:01:35	83/482	22/290	CALGARY

**5K20-29M (Male) - 27 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/27	FITZOWICH, MARK	5093	18:38.182	03:43	05:59	+00:00:00	4/482	4/192	CALGARY
2/27	MCGILLIVRAY, CHRISTOPHER	5528	22:15.248	04:27	07:09	+00:03:37	23/482	19/192	CALGARY
3/27	MANGAT, HARMAN	5418	22:28.243	04:29	07:13	+00:03:50	28/482	24/192	CALGARY

**5K30-39F (Female) - 71 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/71	FITZSIMMONS, KELLY	5488	18:46.904	03:45	06:02	+00:00:00	5/482	1/290	CALGARY
2/71	KU, ARIEL	5159	22:32.790	04:30	07:14	+00:03:45	29/482	5/290	CALGARY
3/71	POTREBENKO, OLHA	5219	23:45.890	04:45	07:38	+00:04:58	38/482	6/290	CALGARY

**5K30-39M (Male) - 51 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/51	NEUMANN, JOEL	5497	16:11.982	03:14	05:12	+00:00:00	1/482	1/192	CALGARY
2/51	DROVER, CONRAD	5366	17:21.965	03:28	05:35	+00:01:09	2/482	2/192	CALGARY
3/51	LEON, JOSE	5404	18:47.092	03:45	06:02	+00:02:35	6/482	5/192	CALGARY

**5K40-49F (Female) - 71 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/71	ATKINS, DASHA	5015	20:44.509	04:08	06:40	+00:00:00	16/482	2/290	CALGARY
2/71	MONAGHAN, NADIA	5427	24:03.655	04:48	07:44	+00:03:19	42/482	8/290	CALGARY
3/71	THOMSON, NICOLE	5460	25:18.077	05:03	08:08	+00:04:33	62/482	12/290	CALGARY

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482 Finishers**

**5K40-49M (Male) - 46 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/46	LY, GORDON	5411	18:06.519	03:37	05:49	+00:00:00	3/482	3/192	CALGARY
2/46	TOMEI, LUCAS	5291	18:54.120	03:46	06:04	+00:00:47	7/482	6/192	CALGARY
3/46	BECK, DAN	5342	18:55.293	03:47	06:05	+00:00:48	9/482	8/192	CALGARY

**5K50-59F (Female) - 40 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/40	NEUFELD, JILL	5204	26:38.950	05:19	08:34	+00:00:00	92/482	26/290	CALGARY
2/40	DALLAIRE, JACKIE	5524	27:07.355	05:25	08:43	+00:00:28	103/482	29/290	CALGARY
3/40	WIEBE, PATTY	5311	29:04.425	05:48	09:20	+00:02:25	134/482	47/290	CALGARY

**5K50-59M (Male) - 21 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/21	GUREVITCH, JASON	5388	19:13.549	03:50	06:10	+00:00:00	10/482	9/192	CALGARY
2/21	YOUNG, DAVID	5473	21:42.963	04:20	06:58	+00:02:29	20/482	16/192	AIRDRIE
3/21	GADD, PHIL	5374	22:17.204	04:27	07:09	+00:03:03	26/482	22/192	FERNIE

**5K60-69F (Female) - 12 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/12	WILSON, NICOLE	5470	28:29.542	05:41	09:09	+00:00:00	127/482	42/290	CALGARY
2/12	GREGG, BARB	5538	33:37.071	06:43	10:48	+00:05:07	235/482	105/290	CALGARY
3/12	GREEN, LINDA	5113	42:00.144	08:24	13:30	+00:13:30	358/482	196/290	CALGARY

**5K60-69M (Male) - 13 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/13	MORRIS, CHUCK	5546	23:11.179	04:38	07:27	+00:00:00	32/482	27/192	CALGARY
2/13	SANDHU, PARAMJIT	5446	23:51.983	04:46	07:40	+00:00:40	40/482	33/192	BRAMPTON
3/13	REBETEZ, YVES	5539	24:58.429	04:59	08:01	+00:01:47	57/482	47/192	CALGARY

**5K70-79F (Female) - 8 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/8	GALE, JANET	5375	34:19.188	06:51	11:02	+00:00:00	246/482	112/290	CALGARY
2/8	BROWN, RACHEL	5035	41:07.418	08:13	13:13	+00:06:48	343/482	183/290	THREE HILLS
3/8	FOLTINEK, SUSAN	5095	45:04.574	09:00	14:29	+00:10:45	379/482	214/290	CALGARY

**5K70-79M (Male) - 6 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/6	MACEACHERN, ALEX	5326	26:42.449	05:20	08:35	+00:00:00	95/482	69/192	CALGARY
2/6	GOSS, ROB	5111	31:57.861	06:23	10:16	+00:05:15	198/482	115/192	CALGARY
3/6	ERIKSEN, TOM	5079	35:40.233	07:08	11:28	+00:08:57	263/482	138/192	CALGARY