

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Results

5K Run - 3.1 Miles
125 Finishers

5K10-19 - 20 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	City
1/20	LAURIN, MADISON	118	00:20:27.05	04:05	5K10-19	3/125	3/125	
2/20	GIRGULIS, JANE	190	00:24:25.40	04:53	5K10-19	9/125	9/125	
3/20	SULLIVAN, MADELEINE	267	00:26:54.75	05:22	5K10-19	15/125	15/125	
4/20	LAYCOCK, EMILY	218	00:28:04.85	05:36	5K10-19	20/125	20/125	
5/20	DAFOE, ALYSSA	173	00:29:01.25	05:48	5K10-19	23/125	23/125	
6/20	HERZOG, RONA	197	00:31:25.40	06:17	5K10-19	36/125	36/125	
7/20	BRESCIA, KAITLYN	159	00:31:37.15	06:19	5K10-19	39/125	39/125	
8/20	RUSH, GRACE	252	00:31:43.85	06:20	5K10-19	41/125	41/125	
9/20	PELLETIER, SHAUNA	236	00:32:44.20	06:32	5K10-19	46/125	46/125	
10/20	CLINE, TATYANA	168	00:35:00.80	07:00	5K10-19	59/125	59/125	
11/20	BARBER, GABRIELLE	155	00:36:02.30	07:12	5K10-19	69/125	69/125	
12/20	DUQUETTE, DEVAN	182	00:38:02.55	07:36	5K10-19	77/125	77/125	
13/20	SPARKS, KATIE	261	00:40:28.00	08:05	5K10-19	82/125	82/125	
14/20	SPARKS, SARAH	263	00:41:28.60	08:17	5K10-19	84/125	84/125	
15/20	THACKER, SYDNEY	271	00:41:58.65	08:23	5K10-19	86/125	86/125	
16/20	WELSH, KYLIE	284	00:44:25.45	08:53	5K10-19	90/125	90/125	
17/20	SPARKS, MANDY	262	00:47:48.00	09:33	5K10-19	96/125	96/125	
18/20	DE LA MARRE, ISABELLA	176	00:48:08.80	09:37	5K10-19	97/125	97/125	
19/20	JACOBSON, JADEN	206	00:58:00.70	11:36	5K10-19	111/125	111/125	
20/20	COFFMAN, ELISE	292	01:24:09.75	16:49	5K10-19	122/125	122/125	

5K20-29 - 33 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	City
1/33	ROBERTSON, MHAIRI	249	00:22:33.65	04:30	5K20-29	4/125	4/125	
2/33	IRVINE, TANIS	205	00:26:26.65	05:17	5K20-29	12/125	12/125	
3/33	ZAREMBA, ERICA	288	00:26:41.75	05:20	5K20-29	13/125	13/125	
4/33	FORTIER, BREANNE	188	00:27:30.05	05:30	5K20-29	19/125	19/125	
5/33	THREESUNS, LYNDSEY	272	00:28:15.60	05:39	5K20-29	21/125	21/125	
6/33	BROCK, LINDSEY	161	00:29:25.95	05:53	5K20-29	27/125	27/125	
7/33	MCWHIRTER, STEPHANIE	229	00:29:56.35	05:59	5K20-29	29/125	29/125	
8/33	TUPLIN, STEPHANIE	275	00:30:01.50	06:00	5K20-29	30/125	30/125	
9/33	POHLMAN, ADRIENNE	238	00:31:09.60	06:13	5K20-29	35/125	35/125	
10/33	BOWORS, REAGAN	157	00:33:08.20	06:37	5K20-29	47/125	47/125	
11/33	AL-YAFI, NABILA	152	00:33:35.20	06:43	5K20-29	50/125	50/125	
12/33	ATKINSON, JENNIFER	154	00:33:44.35	06:44	5K20-29	52/125	52/125	
13/33	HARRINGTON, JOY	49	00:34:02.25	06:48	5K20-29	53/125	53/125	
14/33	WIEBE, KRISTI	285	00:34:11.05	06:50	5K20-29	54/125	54/125	
15/33	EL-MAGHWRY, SALWA	183	00:35:19.45	07:03	5K20-29	63/125	63/125	
16/33	LITKE, JOCELYN	220	00:35:19.45	07:03	5K20-29	62/125	62/125	
17/33	ELVIDGE, ASHLEY	186	00:35:20.45	07:04	5K20-29	64/125	64/125	
18/33	GREEN, ADELE	194	00:35:32.25	07:06	5K20-29	65/125	65/125	
19/33	RAWLINSON, TEDDI	244	00:35:33.55	07:06	5K20-29	67/125	67/125	
20/33	THACKER, RANDALL	270	00:36:07.65	07:13	5K20-29	70/125	70/125	
21/33	REDMOND, KRISTEN	247	00:38:01.70	07:36	5K20-29	74/125	74/125	
22/33	RADOMSKI, ASHLEY	242	00:38:21.15	07:40	5K20-29	79/125	79/125	
23/33	TSAI, AMANDA	273	00:39:08.35	07:49	5K20-29	80/125	80/125	
24/33	IRONSIDE, CHARMAINE	204	00:45:11.50	09:02	5K20-29	93/125	93/125	
25/33	ELEY, DANIELLE	184	00:45:12.45	09:02	5K20-29	94/125	94/125	
26/33	HRYNUIK, JODY	203	00:49:21.70	09:52	5K20-29	101/125	101/125	
27/33	LIVELY, RACHELLE	221	00:49:21.90	09:52	5K20-29	103/125	103/125	
28/33	KIRKVOLD, AARON	214	00:49:21.95	09:52	5K20-29	104/125	104/125	
29/33	PUSZTAY, VANESSA	241	00:49:35.50	09:55	5K20-29	107/125	107/125	
30/33	SHELLON, JACKIE	256	00:50:41.50	10:08	5K20-29	110/125	110/125	
31/33	DAVIDSON, AMY	175	00:58:41.60	11:44	5K20-29	117/125	117/125	
32/33	JACOBSON, JENN	207	00:59:13.20	11:50	5K20-29	118/125	118/125	
33/33	DIDECK, MELISSA	178	01:43:11.45	20:38	5K20-29	123/125	123/125	

5K30-39 - 43 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	City
1/43	BOYLE, SHARI	158	00:18:49.85	03:45	5K30-39	1/125	1/125	
2/43	MARKO, ARLENE	227	00:22:47.80	04:33	5K30-39	5/125	5/125	
3/43	LUNTY, LORI	223	00:22:52.15	04:34	5K30-39	6/125	6/125	
4/43	MACKEY, ALLISON	226	00:22:57.80	04:35	5K30-39	7/125	7/125	

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Category Results

5K Run - 3.1 Miles

125 Finishers

5K30-39 - 43 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	City
5/43	STAPLETON, MELANIE	264	00:23:01.05	04:36	5K30-39	8/125	8/125	
6/43	JARDINE, JENNIFER	208	00:26:47.55	05:21	5K30-39	14/125	14/125	
7/43	POCSIK, AMANDA	108	00:27:02.50	05:24	5K30-39	16/125	16/125	
8/43	KESSLER, KATHY	212	00:27:14.70	05:26	5K30-39	18/125	18/125	
9/43	REABURN, TARA	246	00:30:09.00	06:01	5K30-39	32/125	32/125	
10/43	GRAVEL, MARIA	193	00:30:28.40	06:05	5K30-39	33/125	33/125	
11/43	WATTERS, TAMMY	282	00:30:45.90	06:09	5K30-39	34/125	34/125	
12/43	FERGUSON, SHAUNA	187	00:31:26.10	06:17	5K30-39	37/125	37/125	
13/43	CASWELL, BARB	165	00:31:29.10	06:17	5K30-39	38/125	38/125	
14/43	BRESCIA, LAURA	160	00:31:37.15	06:19	5K30-39	40/125	40/125	
15/43	RING ADAMS, LESLIE	248	00:32:03.30	06:24	5K30-39	43/125	43/125	
16/43	HONOUR, MEGAN	290	00:32:30.00	06:30	5K30-39	44/125	44/125	
17/43	SCHLEITER, ANNELIES	253	00:32:30.05	06:30	5K30-39	45/125	45/125	
18/43	TYCHOLAZ, JENNIFER	276	00:33:10.10	06:38	5K30-39	48/125	48/125	
19/43	CASTILLO, JEANNETTE	164	00:33:14.20	06:38	5K30-39	49/125	49/125	
20/43	CRAIG, KRISTINA	172	00:33:42.05	06:44	5K30-39	51/125	51/125	
21/43	WOYTKIW, ERIKA	286	00:34:11.50	06:50	5K30-39	55/125	55/125	
22/43	GODLONTON, DAWN	192	00:34:56.95	06:59	5K30-39	57/125	57/125	
23/43	PARSONS, CHRISTINE	235	00:34:58.70	06:59	5K30-39	58/125	58/125	
24/43	CLINE, CHRYSYAL	167	00:35:02.05	07:00	5K30-39	60/125	60/125	
25/43	ELLENOR, TONYA	185	00:35:19.40	07:03	5K30-39	61/125	61/125	
26/43	GREEN, NATALIE	195	00:35:33.25	07:06	5K30-39	66/125	66/125	
27/43	BARBER, SHAUNNA	156	00:36:02.10	07:12	5K30-39	68/125	68/125	
28/43	TATOMIR, CARLY	268	00:36:07.95	07:13	5K30-39	71/125	71/125	
29/43	RAMSUNDARSINGH, SUSAN	243	00:36:27.15	07:17	5K30-39	72/125	72/125	
30/43	BYRNE, MARY	162	00:37:24.05	07:28	5K30-39	73/125	73/125	
31/43	LUCAS, JESSICA	222	00:38:02.40	07:36	5K30-39	76/125	76/125	
32/43	ALBERT, MELISSA	153	00:39:27.50	07:53	5K30-39	81/125	81/125	
33/43	OLTHOF, CHERRA-LYNNE	234	00:40:57.15	08:11	5K30-39	83/125	83/125	
34/43	ABAJUE, IFUEKO	150	00:41:33.25	08:18	5K30-39	85/125	85/125	
35/43	DUBOIS NISHIYAMA, CHANTELE	179	00:45:56.95	09:11	5K30-39	95/125	95/125	
36/43	DE LA MARRE, MARIA	177	00:48:10.85	09:38	5K30-39	98/125	98/125	
37/43	HILCHEY, KATIE	199	00:48:38.80	09:43	5K30-39	99/125	99/125	
38/43	OLIVER, KARI	233	00:49:21.70	09:52	5K30-39	102/125	102/125	
39/43	KANE, NICOLE	211	00:49:22.40	09:52	5K30-39	106/125	106/125	
40/43	PROCTOR, SHANTELE	239	00:58:34.20	11:42	5K30-39	115/125	115/125	
41/43	KROETSCH, MARIANNE	215	00:58:37.50	11:43	5K30-39	116/125	116/125	
42/43	DUECK, KIM	180	00:59:13.90	11:50	5K30-39	119/125	119/125	
43/43	COFFMAN, SHARONANNE	170	01:24:07.20	16:49	5K30-39	120/125	120/125	

5K40-49 - 13 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	City
1/13	LAYCOCK, KENDRA	76	00:19:57.80	03:59	5K40-49	2/125	2/125	
2/13	SULLIVAN, KAREN	266	00:25:01.25	05:00	5K40-49	11/125	11/125	
3/13	TUPLIN, LISA	274	00:27:09.90	05:25	5K40-49	17/125	17/125	
4/13	GETZ, ARIN	189	00:29:12.60	05:50	5K40-49	26/125	26/125	
5/13	MCDERMITT, JEAN	228	00:29:53.55	05:58	5K40-49	28/125	28/125	
6/13	DAFOE, SHERI	174	00:30:05.90	06:01	5K40-49	31/125	31/125	
7/13	RUSH, COLLEEN	251	00:31:45.00	06:21	5K40-49	42/125	42/125	
8/13	JIN, AZALEA	209	00:38:02.25	07:36	5K40-49	75/125	75/125	
9/13	MACGREGOR, LAURA	225	00:43:22.95	08:40	5K40-49	87/125	87/125	
10/13	SCHMIDT, JOANNE	255	00:43:31.70	08:42	5K40-49	89/125	89/125	
11/13	WELSH, KERRY	283	00:44:25.80	08:53	5K40-49	91/125	91/125	
12/13	HORT, PATRICIA	291	00:49:22.35	09:52	5K40-49	105/125	105/125	
13/13	LAWSON, CARRIE	217	01:43:11.50	20:38	5K40-49	124/125	124/125	

5K50-59 - 12 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	City
1/12	GIRGULIS, SALLY	191	00:24:28.80	04:53	5K50-59	10/125	10/125	
2/12	MURPHY, SUE	231	00:28:56.40	05:47	5K50-59	22/125	22/125	
3/12	YOUZWISHEN, BARB	287	00:38:20.65	07:40	5K50-59	78/125	78/125	
4/12	THACKER, LISE	269	00:44:31.05	08:54	5K50-59	92/125	92/125	
5/12	VU, LISA	279	00:48:40.75	09:44	5K50-59	100/125	100/125	

OA/PI = Overall Placing

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Category Results

5K Run - 3.1 Miles
125 Finishers

5K50-59 - 12 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	City
6/12	PUSZTAY, MAGGIE	240	00:49:36.20	09:55	5K50-59	108/125	108/125	
7/12	MACCUAIG, FRAN	224	00:50:38.85	10:07	5K50-59	109/125	109/125	
8/12	RAYMORE POHLMAN, LAUREN	245	00:58:31.20	11:42	5K50-59	112/125	112/125	
9/12	CASHIN, DONNA	163	00:58:32.80	11:42	5K50-59	113/125	113/125	
10/12	WAROWAY, DONNA	280	00:58:33.40	11:42	5K50-59	114/125	114/125	
11/12	COFFMAN, CHRISTENA	169	01:24:09.50	16:49	5K50-59	121/125	121/125	
12/12	CORBETT, PAT	171	01:46:20.35	21:16	5K50-59	125/125	125/125	

5K60-69 - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	City
1/3	STAPLETON, PATRICIA	265	00:29:06.45	05:49	5K60-69	24/125	24/125	
2/3	KING, SANDRA	213	00:29:06.50	05:49	5K60-69	25/125	25/125	
3/3	PLESUK, SUSAN	237	00:34:20.80	06:52	5K60-69	56/125	56/125	

5K70-79 - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace	Category	OA/PI	Gen/PI	City
1/1	SCHMIDT, GAIL	254	00:43:31.20	08:42	5K70-79	88/125	88/125	