

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

96 Finishers

5K12&UF (Female) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/6	HEAL, STEVIE	796	26:03.176	05:12	08:22	+00:00:00	26/96	4/52	CANMORE
2/6	CAMIRE, EMILIE	712	26:03.925	05:12	08:22	+00:00:00	27/96	5/52	CANMORE
3/6	CAMIRE, LIANNE	714	26:04.122	05:12	08:22	+00:00:00	28/96	6/52	CANMORE

5K12&UM (Male) - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/9	HEAL, PARKS	797	24:31.485	04:54	07:53	+00:00:00	19/96	18/44	CANMORE
2/9	GUNN, TY	732	24:35.922	04:55	07:54	+00:00:04	20/96	19/44	CANMORE
3/9	WIENS, VINCENT	776	25:00.022	05:00	08:02	+00:00:28	22/96	21/44	ROSEMARY

5K13-19F (Female) - 11 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/11	MAXWELL-LYST, SARAYE	744	26:13.861	05:14	08:26	+00:00:00	30/96	7/52	LAKE NEWELL RE
2/11	KIBSEY, NADIA	738	26:57.823	05:23	08:40	+00:00:43	32/96	8/52	BROOKS
3/11	HEAL, VERA	795	27:09.297	05:25	08:43	+00:00:55	34/96	9/52	CANMORE

5K13-19M (Male) - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/10	MESHEN, GAVIN	749	21:37.145	04:19	06:57	+00:00:00	8/96	8/44	MEDICINE HAT
2/10	SARGEANT, REID	769	21:38.918	04:19	06:57	+00:00:01	9/96	9/44	CALGARY
3/10	FRIESEN, RYLEN	723	22:16.339	04:27	07:09	+00:00:39	10/96	10/44	BROOKS

5K20-29F (Female) - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/7	KEARLEY, MEGHAN	743	25:00.503	05:00	08:02	+00:00:00	23/96	2/52	BROOKS
2/7	GUBBINS, KELSEY	806	32:39.954	06:31	10:30	+00:07:39	61/96	23/52	RAINIER
3/7	BRUDER, DAKODA	805	32:40.070	06:32	10:30	+00:07:39	62/96	24/52	RAINIER

5K20-29M (Male) - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/10	BLACKMORE, ABE	710	19:32.417	03:54	06:16	+00:00:00	2/96	2/44	CALGARY
2/10	LAWRENCE, JACK	740	20:19.329	04:03	06:32	+00:00:46	5/96	5/44	CALGARY
3/10	BECKER, WAYLON	707	20:32.366	04:06	06:36	+00:00:59	6/96	6/44	CALGARY

5K30-39F (Female) - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/8	MCMEEKEN, SHEVAUN	748	24:21.665	04:52	07:49	+00:00:00	18/96	1/52	BROOKS
2/8	KRUEGER, SYDNEY	739	27:40.404	05:32	08:53	+00:03:18	36/96	11/52	BROOKS
3/8	PIHRAG, RACHEL	762	32:45.950	06:33	10:32	+00:08:24	63/96	25/52	BROOKS

5K30-39M (Male) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	ROMMENS, SCOTT	789	21:34.884	04:18	06:56	+00:00:00	7/96	7/44	DUCHESS
2/4	CUTTER, KYLE	715	29:41.456	05:56	09:32	+00:08:06	50/96	33/44	BROOKS
3/4	MCMEEKEN, CRAIG	747	34:07.678	06:49	10:58	+00:12:32	68/96	39/44	BROOKS

5K40-49F (Female) - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/10	MAXWELL-LYST, TERECE	745	25:48.393	05:09	08:17	+00:00:00	24/96	3/52	LAKE NEWELL RE
2/10	BECKER, KELTY	706	30:15.957	06:03	09:43	+00:04:27	52/96	18/52	BROOKS
3/10	ANDERSON, SHARLENE	703	32:31.634	06:30	10:27	+00:06:43	60/96	22/52	MEDICINE HAT

5K40-49M (Male) - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/8	MOSSING, TYRON	754	18:13.146	03:38	05:51	+00:00:00	1/96	1/44	FOOTHILLS
2/8	CAMIRE, FELIX	713	19:37.637	03:55	06:18	+00:01:24	3/96	3/44	CANMORE
3/8	MESHEN, ROBBIE	750	19:50.458	03:58	06:22	+00:01:37	4/96	4/44	MEDICINE HAT

5K50-59F (Female) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/6	SLORSTAD, TERESA	770	29:31.867	05:54	09:29	+00:00:00	48/96	16/52	SUNNYNOOK
2/6	PHELPS, KRISTA	761	30:26.065	06:05	09:47	+00:00:54	53/96	19/52	CALGARY
3/6	MACDONALD, CATHY	742	31:03.269	06:12	09:59	+00:01:31	56/96	21/52	BROOKS

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

96 Finishers

5K50-59M (Male) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/1	GROVE, JOE	729	30:49.360	06:09	09:54	+00:00:00	55/96	35/44	MEDICINE HAT

5K60-69F (Female) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	EGGER, JANICE	720	28:43.251	05:44	09:14	+00:00:00	41/96	15/52	CANMORE
2/3	ROMMENS, JANET	765	29:35.778	05:55	09:30	+00:00:52	49/96	17/52	BROOKS
3/3	LIBOIRON, LORRAINE	741	33:04.961	06:36	10:38	+00:04:21	65/96	27/52	MEDICINE HAT

5K60-69M (Male) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/2	EGGER, SCOTT	721	26:10.384	05:14	08:24	+00:00:00	29/96	23/44	CANMORE
2/2	ROMMENS, WENDELL	767	29:23.776	05:52	09:27	+00:03:13	45/96	30/44	BROOKS

5K70+F (Female) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/1	HEAL, TRUDI	794	43:05.890	08:37	13:51	+00:00:00	82/96	39/52	LAKE NEWELL RE