

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Award Results

## TOP 3 In Category

## 10K Run - 6.21 Miles

## 41 Finishers

**10K15&UM (Male) - 1 Competitors**

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/1	GARNER, TYSON	1083	55:15.996	05:31	08:53	+00:00:00	9/41	8/16	CALGARY

**10K16-19M (Male) - 1 Competitors**

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/1	ALFON, KIM	1055	1:04:04.217	06:24	10:19	+00:00:00	22/41	15/16	HIGH RIVER

**10K20-29F (Female) - 4 Competitors**

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/4	MACKIE, SAM	1056	1:05:38.295	06:33	10:34	+00:00:00	25/41	10/25	CALGARY
2/4	THORNE, ERIN	1075	1:05:38.364	06:33	10:34	+00:00:00	26/41	11/25	CALGARY
3/4	DUECK, JASMINE	1042	1:09:39.510	06:57	11:13	+00:04:01	29/41	14/25	HIGH RIVER

**10K20-29M (Male) - 1 Competitors**

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/1	POWELL, STEPHEN	1082	52:04.787	05:12	08:23	+00:00:00	5/41	4/16	CALGARY

**10K30-39F (Female) - 12 Competitors**

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/12	PETIT, GILLIAN	1063	44:53.517	04:29	07:13	+00:00:00	3/41	1/25	OKOTOKS
2/12	ROE, CLAIRE	1065	55:48.213	05:34	08:59	+00:10:54	12/41	2/25	CALGARY
3/12	ROE, ZACH	1066	58:10.336	05:49	09:22	+00:13:16	15/41	4/25	CALGARY

**10K30-39M (Male) - 6 Competitors**

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/6	MCCREADY, COLIN	1058	42:03.783	04:12	06:46	+00:00:00	1/41	1/16	CALGARY
2/6	PETIT, NICHOLAS	1064	45:51.476	04:35	07:23	+00:03:47	4/41	3/16	OKOTOKS
3/6	KORNELSEN, DEREK	1052	54:04.317	05:24	08:42	+00:12:00	8/41	7/16	CALGARY

**10K40-49F (Female) - 5 Competitors**

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/5	SHELBY-JAMES, NATALIE	1069	56:07.620	05:36	09:02	+00:00:00	14/41	3/25	CALGARY
2/5	SHAW, BRENDA	1068	58:47.977	05:52	09:28	+00:02:40	16/41	5/25	HIGH RIVER
3/5	INKSTER, SARAH	1048	1:01:27.420	06:08	09:53	+00:05:19	20/41	7/25	CALGARY

**10K40-49M (Male) - 3 Competitors**

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/3	BEHLKE, ERIC	1041	44:41.375	04:28	07:11	+00:00:00	2/41	2/16	HIGH RIVER
2/3	OICKLE, NGAN	1062	55:53.510	05:35	09:00	+00:11:12	13/41	11/16	CALGARY
3/3	ADOLPHE, GARY	1039	1:12:43.189	07:16	11:42	+00:28:01	32/41	16/16	HIGH RIVER

**10K50-59F (Female) - 1 Competitors**

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/1	LEPP, JACQUI	1054	1:08:25.120	06:50	11:01	+00:00:00	28/41	13/25	ABBOTSFORD

**10K50-59M (Male) - 2 Competitors**

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/2	POWELL, CHRISTOPHER	1081	52:13.037	05:13	08:24	+00:00:00	6/41	5/16	HIGH RIVER
2/2	SIMMONS, PAUL	1070	52:36.287	05:15	08:28	+00:00:23	7/41	6/16	HIGH RIVER

**10K60+F (Female) - 3 Competitors**

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/3	WICKWIRE, JOAN	1078	58:51.563	05:53	09:28	+00:00:00	17/41	6/25	OKOTOKS
2/3	HIDER, CHRIS	1047	1:05:36.841	06:33	10:33	+00:06:45	24/41	9/25	OKOTOKS
3/3	ADOLPHE, DELLA	1038	1:12:43.774	07:16	11:42	+00:13:52	33/41	17/25	WINNIPEG

**10K60+M (Male) - 2 Competitors**

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/2	KORNELSEN, GARRY	1053	55:17.605	05:31	08:54	+00:00:00	10/41	9/16	CALGARY
2/2	SAWATZKY, GERHARD	1067	1:00:26.719	06:02	09:44	+00:05:09	19/41	13/16	HIGH RIVER