

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

75 Finishers

5K06&UF (Female) - 1 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/1	MCKENNA, RUNA	566	47:07.790	09:25	15:09	+00:00:00	54/75	37/54	HIGH RIVER
5K15&UF (Female) - 7 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/7	MEIKLE, DANIKA	568	31:47.011	06:21	10:13	+00:00:00	24/75	13/54	BLACK DIAMOND
2/7	MOSSING, CLAIRE	572	32:10.213	06:26	10:20	+00:00:23	28/75	17/54	FOOTHILLS
3/7	BEHLKE, CORDELIA	537	37:07.726	07:25	11:56	+00:05:20	38/75	24/54	HIGH RIVER
5K15&UM (Male) - 5 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/5	ROMMENS, HARPER	609	24:56.528	04:59	08:01	+00:00:00	4/75	2/21	HIGH RIVER
2/5	MOSSING, REID	573	25:15.418	05:03	08:07	+00:00:18	6/75	3/21	FOOTHILLS
3/5	BLAIS, MICAH	602	25:25.098	05:05	08:10	+00:00:28	8/75	4/21	FOOTHILLS
5K16-19F (Female) - 2 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/2	SANDOVAL, RUBI	581	24:45.653	04:57	07:57	+00:00:00	3/75	2/54	HIGH RIVER
2/2	COLEMAN, CATHLIN	541	50:10.086	10:02	16:07	+00:25:24	56/75	39/54	HIGH RIVER
5K20-29F (Female) - 4 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/4	MARTIN, HEATHER	595	31:20.176	06:16	10:04	+00:00:00	21/75	11/54	CALGARY
2/4	VALGARDSON, MIKAELA	588	37:42.154	07:32	12:07	+00:06:21	39/75	25/54	HIGH RIVER
3/4	DE GRANO, ALLIA	546	39:07.140	07:49	12:34	+00:07:46	41/75	27/54	VEGREVILLE
5K20-29M (Male) - 2 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/2	SCHOEN, ANDREW	583	29:54.676	05:58	09:37	+00:00:00	17/75	10/21	RED DEER
2/2	COLEMAN, SCOTT	545	46:57.220	09:23	15:05	+00:17:02	53/75	17/21	HIGH RIVER
5K30-39F (Female) - 17 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/17	THOMSON, NICOLE	586	23:37.766	04:43	07:35	+00:00:00	1/75	1/54	CALGARY
2/17	ROBINSON, JESSICA	580	29:10.590	05:50	09:22	+00:05:32	14/75	6/54	HIGH RIVER
3/17	MACMILLAN, SHEILA	605	30:11.903	06:02	09:42	+00:06:34	18/75	8/54	EDMONTON
5K30-39M (Male) - 2 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/2	ROMMENS, ADAM	610	24:30.560	04:54	07:52	+00:00:00	2/75	1/21	HIGH RIVER
2/2	JACOBUS, DEREK	553	28:39.887	05:43	09:13	+00:04:09	13/75	8/21	CALGARY
5K40-49F (Female) - 8 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/8	BLAIS, KARA-LEE	601	25:25.052	05:05	08:10	+00:00:00	7/75	4/54	FOOTHILLS
2/8	MOSSING, AMANDA	571	26:42.981	05:20	08:35	+00:01:17	12/75	5/54	FOOTHILLS
3/8	POWELL, SANDI	596	31:20.668	06:16	10:04	+00:05:55	22/75	12/54	HIGH RIVER
5K40-49M (Male) - 3 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/3	WARNER, CHRISTOPHER	607	26:18.444	05:15	08:27	+00:00:00	10/75	6/21	OKOTOKS
2/3	KUECHLER, DEREK	559	26:18.606	05:15	08:27	+00:00:00	11/75	7/21	OKOTOKS
3/3	HANULIK, STEVEN	551	36:26.077	07:17	11:42	+00:10:07	37/75	14/21	HIGH RIVER
5K50-59F (Female) - 5 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/5	ABRAMSON, DONNA	531	24:58.779	04:59	08:01	+00:00:00	5/75	3/54	HIGH RIVER
2/5	KOLK, LAURA	557	41:18.456	08:15	13:16	+00:16:19	47/75	32/54	PICTURE BUTTE
3/5	COLEMAN, LEE-ANNE	544	50:09.591	10:01	16:07	+00:25:10	55/75	38/54	HIGH RIVER
5K50-59M (Male) - 4 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/4	WALSH, KEVIN	589	26:18.395	05:15	08:27	+00:00:00	9/75	5/21	CALGARY
2/4	JANTZEN, KYLE	555	34:46.189	06:57	11:10	+00:08:27	33/75	13/21	HIGH RIVER
3/4	COLEMAN, JOHN	543	46:57.197	09:23	15:05	+00:20:38	52/75	16/21	HIGH RIVER
5K60+F (Female) - 10 Competitors									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/10	MCINTOSH, ANN	564	29:46.403	05:57	09:34	+00:00:00	15/75	7/54	HIGH RIVER
2/10	JANTZEN, COLLEEN	554	30:37.425	06:07	09:50	+00:00:51	19/75	9/54	HIGH RIVER
3/10	REHAK, LILLIAN	579	31:00.067	06:12	09:58	+00:01:13	20/75	10/54	HIGH RIVER

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Category Award Results

TOP 3 In Category

5K Run - 3.1 Miles

75 Finishers

5K60+M (Male) - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Cat Offset	OA/PI	Gen/PI	City
1/5	MCINTOSH, RON	565	29:46.473	05:57	09:34	+00:00:00	16/75	9/21	HIGH RIVER
2/5	PASOLLI, ALAN	576	33:54.204	06:46	10:54	+00:04:07	32/75	12/21	HIGH RIVER
3/5	MCCALLUM, GERRY	611	40:56.238	08:11	13:09	+00:11:09	45/75	15/21	HIGH RIVER