

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Award Results

## TOP 3 In Category

## 5K/3.11 Miles

## 117 Finishers

## 5K15&amp;UF (Female) - 16 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/16	YEE, CARMELLA	5082	22:45.156	04:33	07:18	+00:00:00	9/117	3/70	CALGARY
2/16	O'CALLAGHAN, CAMY	5119	22:48.836	04:33	07:20	+00:00:03	10/117	4/70	FOOTHILLS
3/16	EASTON, ABBEY	5026	23:00.110	04:36	07:23	+00:00:14	13/117	5/70	OKOTOKS

## 5K15&amp;UM (Male) - 11 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/11	HEUVER, NOAH	5090	18:28.187	03:41	05:56	+00:00:00	1/117	1/47	OKOTOKS
2/11	MCKERNAN, KAELAN	5047	20:13.842	04:02	06:30	+00:01:45	2/117	2/47	OKOTOKS
3/11	BARLOW, ELIJAH	5084	21:43.304	04:20	06:59	+00:03:15	4/117	4/47	OKOTOKS

## 5K16-19F (Female) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/3	HALBERT, JENNY	5030	22:19.492	04:27	07:10	+00:00:00	7/117	1/70	FOOTHILLS
2/3	BROWN, KAITLYN	5016	24:41.432	04:56	07:56	+00:02:21	21/117	9/70	OKOTOKS
3/3	MAKSYMICH, MADISON	5092	25:26.923	05:05	08:10	+00:03:07	24/117	11/70	DIAMOND VALLEY

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

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/2	BARLOW, LUCAS	5086	20:56.569	04:11	06:44	+00:00:00	3/117	3/47	OKOTOKS
2/2	GUTIERREZ SANTARRIAGA, CARLO	5027	34:00.584	06:48	10:56	+00:13:04	53/117	25/47	CALGARY

## 5K20-29F (Female) - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/5	CORNET, JORDYN	5024	27:24.440	05:28	08:48	+00:00:00	28/117	14/70	BRANT
2/5	HAGEL, ASHLEY	5028	34:07.094	06:49	10:58	+00:06:42	54/117	29/70	VULCAN
3/5	SUTHERLAND, GRACE	5074	34:10.663	06:50	10:59	+00:06:46	56/117	31/70	HIGH RIVER

## 5K20-29M (Male) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/4	NESTERENKO, DANIEL	5052	22:52.281	04:34	07:21	+00:00:00	11/117	7/47	LETHBRIDGE
2/4	ROY, JONAH	5068	27:34.026	05:30	08:51	+00:04:41	29/117	15/47	HIGH RIVER
3/4	COLEMAN, SCOTT	5022	52:11.614	10:26	16:46	+00:29:19	89/117	35/47	HIGH RIVER

## 5K30-39F (Female) - 11 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/10	SCHIERMAN, MICHELLE	5125	23:59.970	04:47	07:43	+00:00:00	18/117	8/70	VULCAN
2/10	KACZMAREK, ROBIN	5106	25:38.385	05:07	08:14	+00:01:38	25/117	12/70	VULCAN
3/10	ROBINSON, JESSICA	5098	29:52.426	05:58	09:36	+00:05:52	36/117	17/70	HIGH RIVER

## 5K30-39M (Male) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/6	COMFORT, BRANDON	5107	23:41.594	04:44	07:37	+00:00:00	16/117	10/47	CALGARY
2/6	COMFORT, JUSTIN	5128	25:45.112	05:09	08:16	+00:02:03	27/117	14/47	FOOTHILLS COUNTY
3/6	TINGEY, BENJAMIN	5076	29:11.574	05:50	09:23	+00:05:29	35/117	19/47	CALGARY

## 5K40-49F (Female) - 12 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/12	HALBERT, JANELLE	5029	22:19.656	04:27	07:10	+00:00:00	8/117	2/70	FOOTHILLS
2/12	MARSHALL, CARMEN	5042	23:46.493	04:45	07:38	+00:01:26	17/117	7/70	OKOTOKS
3/12	PETERSON, LEEZA	5062	30:43.942	06:08	09:52	+00:08:24	39/117	19/70	CALGARY

## 5K40-49M (Male) - 10 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/10	HEUVER, TODD	5091	24:38.737	04:55	07:55	+00:00:00	20/117	12/47	OKOTOKS
2/10	MCKERNAN, SEAN	5048	27:58.495	05:35	08:59	+00:03:19	31/117	16/47	OKOTOKS
3/10	SPARKS, GRAEME	5117	35:21.117	07:04	11:22	+00:10:42	60/117	26/47	OKOTOKS

## 5K50-59F (Female) - 9 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/9	ABRAMSON, DONNA	5001	25:40.729	05:08	08:15	+00:00:00	26/117	13/70	HIGH RIVER
2/9	WILSON, NICOLE	5081	28:54.207	05:46	09:17	+00:03:13	34/117	16/70	CALGARY
3/9	NICKERSON, MANDY	5115	34:20.014	06:52	11:02	+00:08:39	57/117	32/70	OKOTOKS

## 5K50-59M (Male) - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/5	MISMAS, DAVID	5049	28:53.972	05:46	09:17	+00:00:00	33/117	18/47	CALGARY
2/5	ANGELES, SALOMON	5003	31:01.568	06:12	09:58	+00:02:07	40/117	21/47	HIGH RIVER
3/5	COLEMAN, JOHN	5020	53:39.409	10:43	17:15	+00:24:45	91/117	36/47	NANTON

**2023 AIMS High River Half, 10K, 5K  
Category Award Results  
TOP 3 In Category**

OA/PI = Overall Placing  
Cat/PI = Category Placing  
Gen/PI = Overall Gender Placing

**5K/3.11 Miles  
117 Finishers**

<b>5K60+F (Female) - 15 Competitors</b>									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/15	REHAK, LILLIAN	5067	32:08.693	06:25	10:20	+00:00:00	45/117	24/70	HIGH RIVER
2/15	MCINTOSH, ANN	5045	32:12.914	06:26	10:21	+00:00:04	48/117	25/70	HIGH RIVER
3/15	WESTON, ANN	5080	33:14.155	06:38	10:41	+00:01:05	50/117	27/70	HIGH RIVER
<b>5K60+M (Male) - 9 Competitors</b>									
Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/9	CROWELL, GORD	5087	23:00.672	04:36	07:23	+00:00:00	14/117	9/47	CALGARY
2/9	FINDLATER, ROSS	5109	28:25.685	05:41	09:08	+00:05:25	32/117	17/47	PARKSVILLE
3/9	KIRKBY, BOB	5037	30:29.153	06:05	09:48	+00:07:28	38/117	20/47	ROCKY VIEW COUNTY