

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Award Results

TOP 5 In Category

10K/6.21 Miles

615 Finishers

10K11&UF (Female) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/1	VARRO, MAXINE	609	1:13:48.172	07:22	11:53	+00:00:00	549/615	238/289	LETHBRIDGE

10K11&UM (Male) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/6	POTTAGE, ANDY	472	1:00:23.385	06:02	09:43	+00:00:00	329/615	222/325	LETHBRIDGE
2/6	CHATTERTON, THOMAS	173	1:00:39.182	06:03	09:46	+00:00:15	334/615	225/325	LETHBRIDGE
3/6	SPENCER, LEANDER	555	1:01:07.494	06:06	09:50	+00:00:44	346/615	230/325	LETHBRIDGE
4/6	FROGLEY, HUDSON	714	1:09:44.962	06:58	11:13	+00:09:21	495/615	292/325	MAGRATH
5/6	HERDER, CHIP	300	1:13:48.170	07:22	11:53	+00:13:24	547/615	309/325	LETHBRIDGE

10K12-15F (Female) - 6 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/6	KIRKNESS, KENZIE	333	52:08.932	05:12	08:23	+00:00:00	156/615	34/289	CALGARY
2/6	RIANY, LILIA	495	55:30.489	05:33	08:56	+00:03:21	223/615	61/289	LETHBRIDGE
3/6	FOURNIER, AUDREY	243	58:30.445	05:51	09:25	+00:06:21	286/615	87/289	LETHBRIDGE
4/6	KLASSEN, BRIANCA	337	1:01:39.603	06:09	09:55	+00:09:30	362/615	124/289	LETHBRIDGE
5/6	JONKER, ASTER	790	1:04:54.685	06:29	10:27	+00:12:45	422/615	156/289	LETHBRIDGE

10K12-15M (Male) - 17 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/17	MONAHAN, GAVIN	413	45:25.649	04:32	07:18	+00:00:00	36/615	32/325	LETHBRIDGE
2/17	CRAIG, NATHAN	514	45:39.664	04:33	07:21	+00:00:14	41/615	36/325	LETHBRIDGE
3/17	BENNETT, ELIJAH	672	45:47.353	04:34	07:22	+00:00:21	42/615	37/325	LETHBRIDGE
4/17	KWASNY, SIMON	351	47:11.351	04:43	07:35	+00:01:45	67/615	56/325	LETHBRIDGE
5/17	VAN MAANEN, CODY	597	48:09.663	04:48	07:45	+00:02:44	80/615	65/325	DIAMOND CITY

10K16-19F (Female) - 7 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/7	HARKER, CADRIEN	289	52:16.219	05:13	08:25	+00:00:00	159/615	36/289	HIGH RIVER
2/7	LAING, OLIVIA	354	52:40.150	05:16	08:28	+00:00:23	167/615	40/289	LETHBRIDGE
3/7	CAMPMANS, KYLEE	166	52:42.166	05:16	08:29	+00:00:25	169/615	42/289	LETHBRIDGE
4/7	ZGURSKI, TAIYA	656	53:14.814	05:19	08:34	+00:00:58	178/615	46/289	LETHBRIDGE
5/7	WORTHINGTON, ABBY	776	1:10:26.164	07:02	11:20	+00:18:09	502/615	208/289	LETHBRIDGE

10K16-19M (Male) - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/14	SOLLITT, RAIMO	546	34:37.003	03:27	05:34	+00:00:00	1/615	1/325	COCHRANE
2/14	HASLAM, KADE	678	38:17.126	03:49	06:09	+00:03:40	10/615	8/325	BARNWELL
3/14	ZIEBER, BENNETT	659	40:26.029	04:02	06:30	+00:05:49	16/615	13/325	LETHBRIDGE
4/14	BLINKIN, EMRY	143	49:52.767	04:59	08:01	+00:15:15	110/615	85/325	LETHBRIDGE
5/14	NELSON, MARSHALL	429	50:56.511	05:05	08:12	+00:16:19	130/615	102/325	RAYMOND

10K16-19U (Unspecified) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/1	MCINTYRE, GAVIN	395	49:06.707	04:54	07:54	+00:00:00	93/615	1/1	LETHBRIDGE

10K20-24F (Female) - 52 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/52	PIZARRO, LAURA	462	45:36.125	04:33	07:20	+00:00:00	39/615	5/289	LETHBRIDGE
2/52	KISH, JELENA	334	48:31.576	04:51	07:48	+00:02:55	87/615	18/289	LETHBRIDGE
3/52	HOPPINS, EMMA	311	52:36.283	05:15	08:28	+00:07:00	165/615	38/289	LETHBRIDGE
4/52	SINCLAIR, JASMINE	532	53:18.211	05:19	08:35	+00:07:42	179/615	47/289	LETHBRIDGE
5/52	MAZIDI, JASMINE	389	54:58.429	05:29	08:51	+00:09:22	206/615	53/289	LETHBRIDGE

10K20-24M (Male) - 47 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/47	GRASMEYER, ETHAN	691	36:21.017	03:38	05:51	+00:00:00	6/615	5/325	SMITHERS
2/47	MOHAMED, KAYSAN	412	38:44.171	03:52	06:14	+00:02:23	11/615	9/325	PICTURE BUTTE
3/47	SANDHU, ARPAN	785	44:06.831	04:24	07:06	+00:07:45	28/615	24/325	LETHBRIDGE
4/47	DELANEY, DARYON	209	46:44.211	04:40	07:31	+00:10:23	54/615	45/325	STAND OFF
5/47	GRAUMANN, WILL	756	47:06.640	04:42	07:35	+00:10:45	65/615	54/325	LETHBRIDGE

OA/PI = Overall Placing

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Category Award Results

TOP 5 In Category

10K/6.21 Miles
615 Finishers

10K25-29F (Female) - 54 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/54	NOWICKI, SOPHIA	436	37:29.335	03:44	06:02	+00:00:00	8/615	2/289	OKOTOKS
2/54	BYKOWSKI, JANELLE	161	40:04.232	04:00	06:27	+00:02:34	14/615	3/289	LETHBRIDGE
3/54	CHRAPKO, MACKENZIE	176	45:48.524	04:34	07:22	+00:08:19	43/615	6/289	STIRLING
4/54	WASYLOWICH, ANGELA	623	47:32.560	04:45	07:39	+00:10:03	70/615	13/289	CALGARY
5/54	HUNT, FLORA	679	48:01.811	04:48	07:44	+00:10:32	75/615	15/289	PINCHER CREEK

10K25-29M (Male) - 45 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/45	FINDLAY, CAM	238	38:16.492	03:49	06:09	+00:00:00	9/615	7/325	LETHBRIDGE
2/45	SNETHUN, CARTER	544	39:06.225	03:54	06:17	+00:00:49	13/615	11/325	CLIVE
3/45	GIESBRECHT, SILAS	265	41:51.457	04:11	06:44	+00:03:34	19/615	16/325	CALGARY
4/45	ROMPAIN, SAM	749	45:28.180	04:32	07:19	+00:07:11	37/615	33/325	LETHBRIDGE
5/45	VEENSTRA, MARCEL	610	45:58.884	04:35	07:24	+00:07:42	45/615	38/325	LETHBRIDGE

10K30-34F (Female) - 51 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/51	DE WINTER, CASSANDRA	780	35:26.924	03:32	05:42	+00:00:00	5/615	1/289	LETHBRIDGE
2/51	LAYDEN, ARDELLE	360	45:58.859	04:35	07:24	+00:10:31	44/615	7/289	INNISFAIL
3/51	TKACH, RACHEL	578	46:46.789	04:40	07:31	+00:11:19	56/615	10/289	LETHBRIDGE
4/51	PRINS, ERICA	478	46:51.898	04:41	07:32	+00:11:24	58/615	11/289	LETHBRIDGE
5/51	WYTON, MIRIAM	648	47:54.193	04:47	07:42	+00:12:27	74/615	14/289	MEDICINE HAT

10K30-34M (Male) - 58 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/58	BROWN, DYLAN	762	35:12.463	03:31	05:40	+00:00:00	4/615	4/325	LETHBRIDGE
2/58	SEDGWICK, AUSTIN	518	39:03.577	03:54	06:17	+00:03:51	12/615	10/325	LETHBRIDGE
3/58	MCLEOD, KEEGAN	398	40:16.068	04:01	06:29	+00:05:03	15/615	12/325	PONOKA
4/58	GRANT, RYAN	272	41:14.754	04:07	06:38	+00:06:02	18/615	15/325	LETHBRIDGE
5/58	PROSPER, ZACHARY	479	42:00.763	04:12	06:45	+00:06:48	21/615	18/325	COALDALE

10K35-39F (Female) - 51 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/50	JAROKOSKY, HEATHER	321	46:16.906	04:37	07:27	+00:00:00	48/615	8/289	LETHBRIDGE
2/50	FOISY, JENNIFER	240	49:02.913	04:54	07:53	+00:02:46	90/615	20/289	MONARCH
3/50	VANDERWEKKEN, MICHELLE	606	52:12.869	05:13	08:24	+00:05:55	157/615	35/289	TABER
4/50	ZEPEDA, NUBIA	777	53:30.939	05:21	08:37	+00:07:14	183/615	48/289	CALGARY
5/50	GILLESPIE, TRIA	697	53:30.963	05:21	08:37	+00:07:14	184/615	49/289	LETHBRIDGE

10K35-39M (Male) - 45 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/45	RASMUSSEN, DONALD	783	35:01.004	03:30	05:38	+00:00:00	3/615	3/325	ANTIGONISH
2/45	THIBAUT, KEITH	761	41:54.410	04:11	06:44	+00:06:53	20/615	17/325	WATERTON PARK
3/45	WHITE COW, JUSTIN	634	42:10.114	04:13	06:47	+00:07:09	22/615	19/325	LETHBRIDGE
4/45	KANGOGO, ED	758	42:29.426	04:14	06:50	+00:07:28	23/615	20/325	LETHBRIDGE
5/45	ZHOU, YUE	657	43:37.464	04:21	07:01	+00:08:36	25/615	21/325	CALGARY

10K40-44F (Female) - 25 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/25	HASLAM, JANA E	677	46:19.818	04:37	07:27	+00:00:00	49/615	9/289	BARNWELL
2/25	THUSI, MARTHA	576	47:11.983	04:43	07:36	+00:00:52	68/615	12/289	LETHBRIDGE
3/25	VANDER HEYDEN, MANDY	705	51:39.424	05:09	08:19	+00:05:19	139/615	28/289	LETHBRIDGE
4/25	SOLLITT, MARI	545	52:16.220	05:13	08:25	+00:05:56	160/615	37/289	COCHRANE
5/25	SHEETS, SARAH	528	53:46.923	05:22	08:39	+00:07:27	189/615	51/289	LETHBRIDGE

10K40-44M (Male) - 36 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/36	BOMHOF, MARC	145	36:31.938	03:39	05:52	+00:00:00	7/615	6/325	LETHBRIDGE
2/36	CASPER, ROB	171	41:14.452	04:07	06:38	+00:04:42	17/615	14/325	COALDALE
3/36	STOLK, JORDY	558	44:36.877	04:27	07:11	+00:08:04	29/615	25/325	PURPLE SPRINGS
4/36	WOLDEN, MARK	708	46:21.734	04:38	07:27	+00:09:49	50/615	41/325	LETHBRIDGE
5/36	MCMULLIN, RORY	399	46:38.000	04:39	07:30	+00:10:06	53/615	44/325	LETHBRIDGE

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

Category Award Results

TOP 5 In Category

10K/6.21 Miles

615 Finishers

10K45-49F (Female) - 15 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/15	CROSS CHILD, CELESTE	724	42:40.301	04:16	06:52	+00:00:00	24/615	4/289	SASKATOON
2/15	BEKEOVA, MARTA	778	50:53.910	05:05	08:11	+00:08:13	129/615	27/289	LETHBRIDGE
3/15	TILBURN, MELISSA	738	55:08.390	05:30	08:52	+00:12:28	215/615	56/289	EDMONTON
4/15	VAN HERK, KATHLEEN	595	59:46.049	05:58	09:37	+00:17:05	317/615	101/289	FORT MACLEOD
5/15	SINKE, JULIA	534	59:50.597	05:59	09:38	+00:17:10	318/615	102/289	PICTURE BUTTE

10K45-49M (Male) - 23 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/23	KANGOGO, KIP	759	34:58.893	03:29	05:37	+00:00:00	2/615	2/325	LETHBRIDGE
2/23	GUNDERSON, DAVID	676	44:54.079	04:29	07:13	+00:09:55	31/615	27/325	LETHBRIDGE
3/23	PERCY, WILLIAM	454	45:20.400	04:32	07:18	+00:10:21	33/615	29/325	MEDICINE HAT
4/23	BEHLKE, ERIC	129	45:33.125	04:33	07:20	+00:10:34	38/615	34/325	HIGH RIVER
5/23	PHILLIPS, ANDY	457	47:02.141	04:42	07:34	+00:12:03	64/615	53/325	BOW ISLAND

10K50-54F (Female) - 13 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/13	REIMER, SUSAN	492	48:25.626	04:50	07:47	+00:00:00	83/615	17/289	TABER
2/13	TUCKOVA, HEATHER	583	49:24.285	04:56	07:57	+00:00:58	95/615	22/289	LETHBRIDGE
3/13	EMERSON, SHERI	225	51:51.987	05:11	08:21	+00:03:26	147/615	30/289	MEDICINE HAT
4/13	SIKKENS, HEIDI	529	51:55.549	05:11	08:21	+00:03:29	150/615	32/289	TURIN
5/13	GALLAGHER, DIANE	249	52:39.025	05:15	08:28	+00:04:13	166/615	39/289	LETHBRIDGE

10K50-54M (Male) - 11 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/11	PIERZCHALA, MARK	459	46:47.400	04:40	07:32	+00:00:00	57/615	47/325	MEDICINE HAT
2/11	REID, CHAD	490	46:56.679	04:41	07:33	+00:00:09	61/615	50/325	CALGARY
3/11	PIZARRO, JOE	461	53:28.923	05:20	08:36	+00:06:41	182/615	134/325	LETHBRIDGE
4/11	LEGGAT, SCOTT	365	53:38.531	05:21	08:38	+00:06:51	186/615	135/325	LETHBRIDGE
5/11	VANDEN ELZEN, CORY	603	57:38.270	05:45	09:16	+00:10:50	265/615	184/325	COALDALE

10K55-59F (Female) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/4	SUTTORP, VIVIEN	563	55:29.905	05:32	08:56	+00:00:00	221/615	60/289	LETHBRIDGE
2/4	DYCK, DIANE	725	1:10:24.197	07:02	11:20	+00:14:54	501/615	207/289	LETHBRIDGE
3/4	NIELSEN, HEATHER	432	1:12:49.811	07:16	11:43	+00:17:19	532/615	229/289	PILOT BUTTE
4/4	ENSGN, LISA	227	1:16:52.270	07:41	12:22	+00:21:22	570/615	256/289	COALDALE

10K55-59M (Male) - 12 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/12	STONE, JASON	559	51:21.097	05:08	08:16	+00:00:00	133/615	105/325	LETHBRIDGE
2/12	MISTAKEN CHIEF, CHARLES	411	52:28.432	05:14	08:26	+00:01:07	162/615	124/325	STAND OFF
3/12	VAN EWIK, MAARTEN	591	58:50.995	05:53	09:28	+00:07:29	293/615	200/325	MEDICINE HAT
4/12	BECHTEL, ROBERT	128	59:52.870	05:59	09:38	+00:08:31	320/615	217/325	LETHBRIDGE
5/12	BURTON, KELVIN	763	1:00:46.986	06:04	09:47	+00:09:25	336/615	226/325	RAYMOND

10K60-64F (Female) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/4	CLAASSEN, MARJOLEIN	179	52:03.940	05:12	08:23	+00:00:00	153/615	33/289	TABER
2/4	GAUTHIER, HEATHER	260	59:40.401	05:58	09:36	+00:07:36	313/615	100/289	LETHBRIDGE
3/4	PAQUIN, NATHALIE	449	1:06:22.067	06:38	10:41	+00:14:18	446/615	174/289	CALGARY
4/4	POMERLEAU, ENN	470	1:17:30.427	07:45	12:28	+00:25:26	575/615	260/289	AIRDRIE

10K60-64M (Male) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/4	HELWIG, JOSEPH	298	49:29.324	04:56	07:58	+00:00:00	99/615	75/325	LETHBRIDGE
2/4	MCCRAY, GLENN	390	55:02.812	05:30	08:51	+00:05:33	213/615	157/325	LETHBRIDGE
3/4	GROTEN, JOSH	276	56:10.895	05:37	09:02	+00:06:41	230/615	166/325	LETHBRIDGE
4/4	MUSK, MARK	422	1:04:45.623	06:28	10:25	+00:15:16	419/615	264/325	LETHBRIDGE

10K65-69F (Female) - 4 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/4	WHITE QUILLS, GERALDINE	720	1:04:29.216	06:26	10:23	+00:00:00	414/615	152/289	FORT MACLEOD
2/4	CHRISTENSEN, SHERRY	177	1:10:00.150	07:00	11:16	+00:05:30	497/615	204/289	COALHURST
3/4	APPELT, SHARON	114	1:15:23.116	07:32	12:08	+00:10:53	562/615	249/289	LETHBRIDGE
4/4	BUREK, JUDY	158	1:17:17.888	07:43	12:26	+00:12:48	573/615	258/289	LETHBRIDGE

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Gen/PI = Overall Gender Placing

Category Award Results

TOP 5 In Category

10K/6.21 Miles

615 Finishers

10K65-69M (Male) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/3	SWITZER, JOHN	719	51:52.338	05:11	08:21	+00:00:00	148/615	117/325	LETHBRIDGE
2/3	THIESSEN, ERNIE	571	54:52.855	05:29	08:50	+00:03:00	204/615	151/325	LETHBRIDGE
3/3	MATHEW, JOSE	385	1:08:13.112	06:49	10:59	+00:16:20	472/615	281/325	LETHBRIDGE

10K70-74F (Female) - 3 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/3	THIBERT, CAROL	10	1:09:28.486	06:56	11:11	+00:00:00	488/615	200/289	LETHBRIDGE
2/3	KENNEDY, DEE	330	1:11:27.969	07:08	11:30	+00:01:59	518/615	218/289	LETHBRIDGE
3/3	MEGAW, CAROL	403	1:16:24.802	07:38	12:18	+00:06:56	566/615	252/289	LETHBRIDGE

10K70-74M (Male) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/2	CARTER, JIM	764	54:51.162	05:29	08:49	+00:00:00	203/615	150/325	LETHBRIDGE
2/2	LOWINGS, MALCOLM	791	1:07:39.362	06:45	10:53	+00:12:48	462/615	278/325	LETHBRIDGE

10K75-79M (Male) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/2	ARVIDSON, ROBERT	117	1:15:58.810	07:35	12:14	+00:00:00	564/615	313/325	LETHBRIDGE COUNTY
2/2	CLEMMER, C. EDWARD	181	1:23:07.829	08:18	13:23	+00:07:09	601/615	320/325	MAPLE CREEK