

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

67 Finishers

**10K19&UF (Female) - 1 Competitors**

| Cat/PI | Name            | Bib # | Time      | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City       |
|--------|-----------------|-------|-----------|--------|--------|-----------|-------|--------|------------|
| 1/1    | BURGESS, NICOLE | 103   | 48:54.995 | 04:53  | 07:52  | +00:00:00 | 8/67  | 2/37   | LETHBRIDGE |

**10K19&UM (Male) - 3 Competitors**

| Cat/PI | Name            | Bib # | Time        | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City       |
|--------|-----------------|-------|-------------|--------|--------|-----------|-------|--------|------------|
| 1/3    | BLACK, ROBBIE   | 181   | 42:26.068   | 04:14  | 06:49  | +00:00:00 | 3/67  | 3/30   | LETHBRIDGE |
| 2/3    | NEIL, KALEB     | 150   | 50:53.040   | 05:05  | 08:11  | +00:08:26 | 12/67 | 9/30   | LETHBRIDGE |
| 3/3    | DENBOK, TRISTAN | 107   | 1:08:21.484 | 06:50  | 11:00  | +00:25:55 | 56/67 | 29/30  | LETHBRIDGE |

**10K20-29F (Female) - 6 Competitors**

| Cat/PI | Name              | Bib # | Time        | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City          |
|--------|-------------------|-------|-------------|--------|--------|-----------|-------|--------|---------------|
| 1/6    | MAYER, BERNADETTE | 141   | 57:58.893   | 05:47  | 09:20  | +00:00:00 | 30/67 | 12/37  | LETHBRIDGE    |
| 2/6    | DE LEEUW, BECKY   | 105   | 1:04:42.887 | 06:28  | 10:25  | +00:06:43 | 44/67 | 21/37  | PICTURE BUTTE |
| 3/6    | ROUT, DANIKA      | 158   | 1:08:36.223 | 06:51  | 11:02  | +00:10:37 | 57/67 | 28/37  | LETHBRIDGE    |

**10K20-29M (Male) - 2 Competitors**

| Cat/PI | Name            | Bib # | Time        | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City       |
|--------|-----------------|-------|-------------|--------|--------|-----------|-------|--------|------------|
| 1/2    | DEWACHT, KARSON | 109   | 54:37.729   | 05:27  | 08:47  | +00:00:00 | 21/67 | 13/30  | LETHBRIDGE |
| 2/2    | RODGERS, TANNER | 157   | 1:08:02.729 | 06:48  | 10:57  | +00:13:25 | 54/67 | 27/30  | LETHBRIDGE |

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

| Cat/PI | Name                 | Bib # | Time      | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City          |
|--------|----------------------|-------|-----------|--------|--------|-----------|-------|--------|---------------|
| 1/10   | VANDER HEYDEN, MANDY | 176   | 49:23.739 | 04:56  | 07:57  | +00:00:00 | 9/67  | 3/37   | LETHBRIDGE    |
| 2/10   | TROTTER, DARLA       | 172   | 51:03.710 | 05:06  | 08:13  | +00:01:39 | 13/67 | 4/37   | PINCHER CREEK |
| 3/10   | KEITH, TAYLOR        | 131   | 51:57.358 | 05:11  | 08:21  | +00:02:33 | 14/67 | 5/37   | LETHBRIDGE    |

**10K30-39M (Male) - 9 Competitors**

| Cat/PI | Name              | Bib # | Time      | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City       |
|--------|-------------------|-------|-----------|--------|--------|-----------|-------|--------|------------|
| 1/9    | CASPER, ROB       | 183   | 41:07.289 | 04:06  | 06:37  | +00:00:00 | 1/67  | 1/30   | COALDALE   |
| 2/9    | SHURGELO, SHELDON | 162   | 42:11.718 | 04:13  | 06:47  | +00:01:04 | 2/67  | 2/30   | CRESTON    |
| 3/9    | MCDONALD, JASON   | 143   | 48:40.527 | 04:52  | 07:50  | +00:07:33 | 7/67  | 6/30   | LETHBRIDGE |

**10K40-49F (Female) - 13 Competitors**

| Cat/PI | Name           | Bib # | Time      | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City       |
|--------|----------------|-------|-----------|--------|--------|-----------|-------|--------|------------|
| 1/13   | HALOWSKI, JENI | 122   | 42:50.210 | 04:17  | 06:53  | +00:00:00 | 4/67  | 1/37   | LETHBRIDGE |
| 2/13   | DOTY, KAELLA   | 111   | 52:12.887 | 05:13  | 08:24  | +00:09:22 | 15/67 | 6/37   | LETHBRIDGE |
| 3/13   | MOHR, JONI     | 147   | 52:14.032 | 05:13  | 08:24  | +00:09:23 | 16/67 | 7/37   | MAGRATH    |

**10K40-49M (Male) - 6 Competitors**

| Cat/PI | Name            | Bib # | Time      | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City       |
|--------|-----------------|-------|-----------|--------|--------|-----------|-------|--------|------------|
| 1/6    | MOSER, BRAD     | 149   | 46:58.802 | 04:41  | 07:33  | +00:00:00 | 6/67  | 5/30   | LETHBRIDGE |
| 2/6    | DONOVAN, ANDREW | 110   | 56:02.377 | 05:36  | 09:01  | +00:09:03 | 25/67 | 16/30  | LETHBRIDGE |
| 3/6    | WOLDEN, MARK    | 179   | 58:00.768 | 05:48  | 09:20  | +00:11:01 | 31/67 | 19/30  | LEHTBRIDGE |

**10K50-59F (Female) - 4 Competitors**

| Cat/PI | Name             | Bib # | Time        | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City       |
|--------|------------------|-------|-------------|--------|--------|-----------|-------|--------|------------|
| 1/4    | TAKEYASU, CARRIE | 169   | 56:37.005   | 05:39  | 09:07  | +00:00:00 | 29/67 | 11/37  | LETHBRIDGE |
| 2/4    | KNAPP, JODY      | 132   | 1:04:29.328 | 06:26  | 10:23  | +00:07:52 | 41/67 | 18/37  | COALDALE   |
| 3/4    | WICHERS, STACEY  | 178   | 1:05:17.199 | 06:31  | 10:30  | +00:08:40 | 47/67 | 23/37  | LETHBRIDGE |

**10K50-59M (Male) - 4 Competitors**

| Cat/PI | Name            | Bib # | Time        | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City       |
|--------|-----------------|-------|-------------|--------|--------|-----------|-------|--------|------------|
| 1/4    | JOHNSON, DEAN   | 126   | 50:14.175   | 05:01  | 08:05  | +00:00:00 | 11/67 | 8/30   | LETHBRIDGE |
| 2/4    | BECHTEL, ROBERT | 100   | 54:08.666   | 05:24  | 08:43  | +00:03:54 | 18/67 | 11/30  | LETHBRIDGE |
| 3/4    | JONES, PAUL     | 127   | 1:04:27.396 | 06:26  | 10:22  | +00:14:13 | 40/67 | 23/30  | NOBLEFORD  |

**10K60-69F (Female) - 2 Competitors**

| Cat/PI | Name          | Bib # | Time        | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City        |
|--------|---------------|-------|-------------|--------|--------|-----------|-------|--------|-------------|
| 1/2    | SUNDE, BRENDA | 167   | 1:00:20.352 | 06:02  | 09:42  | +00:00:00 | 35/67 | 14/37  | MAPLE CREEK |
| 2/2    | GLEN, LAURIE  | 117   | 1:10:08.180 | 07:00  | 11:17  | +00:09:47 | 59/67 | 30/37  | LUNDBRECK   |

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**  
**67 Finishers**

**10K60-69M (Male) - 5 Competitors**

| Cat/PI | Name             | Bib # | Time      | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City         |
|--------|------------------|-------|-----------|--------|--------|-----------|-------|--------|--------------|
| 1/5    | HELWIG, JOSEPH   | 124   | 46:33.770 | 04:39  | 07:29  | +00:00:00 | 5/67  | 4/30   | LETHBRIDGE   |
| 2/5    | GROTEN, JOSH     | 121   | 55:45.138 | 05:34  | 08:58  | +00:09:11 | 24/67 | 15/30  | DIAMOND CITY |
| 3/5    | MACKINNON, BRUCE | 138   | 56:26.459 | 05:38  | 09:05  | +00:09:52 | 28/67 | 18/30  | LETHBRIDGE   |

**10K70+F (Female) - 1 Competitors**

| Cat/PI | Name         | Bib # | Time        | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City       |
|--------|--------------|-------|-------------|--------|--------|-----------|-------|--------|------------|
| 1/1    | MEGAW, CAROL | 144   | 1:13:21.725 | 07:20  | 11:48  | +00:00:00 | 61/67 | 32/37  | LETHBRIDGE |

**10K70+M (Male) - 1 Competitors**

| Cat/PI | Name          | Bib # | Time      | Pace/K | Pace/M | Offset    | OA/PI | Gen/PI | City       |
|--------|---------------|-------|-----------|--------|--------|-----------|-------|--------|------------|
| 1/1    | RIBAR, HAROLD | 156   | 56:06.282 | 05:36  | 09:02  | +00:00:00 | 27/67 | 17/30  | LETHBRIDGE |