

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Award Results

## TOP 3 In Category

## 5K/3.11 Miles

393 Finishers

## 5K14&amp;UF (Female) - 22 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/22	RAMOS, ZOE VERONICA	5474	22:27.369	04:29	07:13	+00:00:00	25/393	7/231	CALGARY
2/22	VRATARIC, MOLLY	5510	26:23.033	05:16	08:29	+00:03:55	67/393	23/231	CALGARY
3/22	AKRIGG, MAYA	5407	26:32.408	05:18	08:32	+00:04:05	73/393	26/231	CALGARY

## 5K14&amp;UM (Male) - 40 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/40	SZTABZYB, LEO	5374	21:06.722	04:13	06:47	+00:00:00	16/393	11/162	CALGARY
2/40	TYRRELL, GAVIN	5385	22:08.175	04:25	07:07	+00:01:01	22/393	16/162	CALGARY
3/40	MILLS, WARREN	5442	22:23.503	04:28	07:11	+00:01:16	24/393	18/162	CALGARY

## 5K15-19F (Female) - 13 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/13	PORTMAN, TESSA	5334	24:04.259	04:48	07:44	+00:00:00	40/393	14/231	CRANBROOK
2/13	XIA, WENDY	5540	25:33.299	05:06	08:13	+00:01:29	59/393	20/231	CALGARY
3/13	AMOR, SUSI	5556	27:42.344	05:32	08:54	+00:03:38	91/393	33/231	FORT MACLEOD

## 5K15-19M (Male) - 8 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/8	VANDENHOEK, CONNER	5517	19:19.377	03:51	06:12	+00:00:00	5/393	5/162	FORTMACLEOD
2/8	FIELD, JAMES	5424	21:23.503	04:16	06:52	+00:02:04	18/393	13/162	CALGARY
3/8	JEPP, SIMON	5551	21:50.034	04:22	07:01	+00:02:30	20/393	15/162	BRAGG CREEK

## 5K20-29F (Female) - 38 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/38	GENTILE, LILY	5542	19:28.894	03:53	06:15	+00:00:00	6/393	1/231	CALGARY
2/38	THORBURN, MORGAN	5479	19:39.955	03:55	06:19	+00:00:11	9/393	2/231	AIRDRIE
3/38	LARSON, JUSTINE	5271	20:41.549	04:08	06:39	+00:01:12	13/393	3/231	STRATHMORE

## 5K20-29M (Male) - 17 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/17	SCACE, MATTHEW	5501	16:07.379	03:13	05:11	+00:00:00	1/393	1/162	CALGARY
2/17	GAJARDO, MARTIN	5522	17:12.582	03:26	05:32	+00:01:05	2/393	2/162	CALGARY
3/17	KIYONAGA, TYLER	5261	17:57.276	03:35	05:46	+00:01:49	3/393	3/162	CALGARY

## 5K30-39F (Female) - 53 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/53	LAW, ROSALIND	5272	20:45.885	04:09	06:40	+00:00:00	14/393	4/231	CALGARY
2/53	WONG, BAILEY	5400	20:48.185	04:09	06:41	+00:00:02	15/393	5/231	CALGARY
3/53	GILES, LISA	5429	22:40.799	04:32	07:17	+00:01:54	28/393	8/231	CALGARY

## 5K30-39M (Male) - 25 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/25	YURKO, MIKE	5576	18:43.987	03:44	06:01	+00:00:00	4/393	4/162	CALGARY
2/25	DIGNUM, SHANE	5180	21:35.761	04:19	06:56	+00:02:51	19/393	14/162	CALGARY
3/25	GATHIGI, PETER	5211	22:35.666	04:31	07:15	+00:03:51	27/393	20/162	CALGARY

## 5K40-49F (Female) - 48 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/48	HENDERSON, LAURA	5233	23:50.831	04:46	07:40	+00:00:00	37/393	13/231	CALGARY
2/48	DYBENKO, EMMA	5186	25:46.447	05:09	08:17	+00:01:55	61/393	21/231	CALGARY
3/48	POLAK, JACQUELINE	5333	26:32.244	05:18	08:31	+00:02:41	71/393	25/231	CALGARY

## 5K40-49M (Male) - 31 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/30	IVANKOVIC, TOMISLAV	5244	20:40.072	04:08	06:38	+00:00:00	12/393	10/162	CALGARY
2/30	LEPRIEUR, JEREMY	5274	22:11.901	04:26	07:08	+00:01:31	23/393	17/162	CALGARY
3/30	GRADON, STUART	5220	22:56.948	04:35	07:22	+00:02:16	29/393	21/162	CALGARY

## 5K50-59F (Female) - 36 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/36	YOHEMAS, LEANNE	5565	22:01.216	04:24	07:04	+00:00:00	21/393	6/231	CALGARY
2/36	HAZLETT, TERRA	5524	26:30.743	05:18	08:31	+00:04:29	69/393	24/231	CALGARY
3/36	GIFFEN, REBECCA	5557	27:40.143	05:32	08:53	+00:05:38	89/393	31/231	CALGARY

## 5K50-59M (Male) - 21 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/21	DELONG, TERRY	5177	22:32.479	04:30	07:14	+00:00:00	26/393	19/162	CALGARY
2/21	PENGUE, MARCO	5326	23:18.018	04:39	07:29	+00:00:45	30/393	22/162	CALGARY
3/21	MORRISH, IAIN	5304	23:22.002	04:40	07:30	+00:00:49	32/393	23/162	CALGARY

OA/PI = Overall Placing

Cat/PI = Category Placing

Gen/PI = Overall Gender Placing

## Category Award Results

## TOP 3 In Category

## 5K/3.11 Miles

393 Finishers

## 5K60-69F (Female) - 18 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/18	MULLIGAN, ZITA	5564	23:35.807	04:43	07:35	+00:00:00	35/393	11/231	CALGARY
2/18	MURPHY, DEB	5443	28:23.737	05:40	09:07	+00:04:47	100/393	35/231	ROCKY VIEW COUNTY
3/18	SAEGER, SIMONE	5352	30:58.426	06:11	09:57	+00:07:22	160/393	69/231	CALGARY

## 5K60-69M (Male) - 14 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/14	LEE, MORLEY	5273	21:22.260	04:16	06:52	+00:00:00	17/393	12/162	CALGARY
2/14	DALY, LORNE	5512	24:19.566	04:51	07:49	+00:02:57	45/393	30/162	CALGARY
3/14	DEVINE, GORDON	5179	27:37.352	05:31	08:52	+00:06:15	88/393	58/162	WATERDOWN

## 5K70-79F (Female) - 1 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/1	MURPHY, SUSAN	5307	46:15.859	09:15	14:52	+00:00:00	352/393	198/231	CALGARY

## 5K70-79M (Male) - 5 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/5	KIRKBY, BOB	5260	32:19.633	06:27	10:23	+00:00:00	178/393	96/162	ROCKY VIEW COUNTY
2/5	BOWEN, VAUGHAN	5151	32:28.305	06:29	10:26	+00:00:08	179/393	97/162	CALGARY
3/5	MCMILLAN, DUNCAN	5441	33:01.586	06:36	10:37	+00:00:41	186/393	99/162	CALGARY

## 5K80+F (Female) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/2	WHITE, MARY MADELINE	5398	41:06.249	08:13	13:13	+00:00:00	297/393	163/231	CALGARY
2/2	SAMUELSON, MARLENE	5354	1:00:20.759	12:04	19:24	+00:19:14	389/393	227/231	CALGARY

## 5K80+M (Male) - 2 Competitors

Cat/PI	Name	Bib #	Time	Pace/k	Pace/m	Offset	OA/PI	Gen/PI	City
1/2	FRY, JIM	5202	29:43.634	05:56	09:33	+00:00:00	128/393	79/162	CALGARY
2/2	MAKWANA, MANU	5283	46:09.061	09:13	14:50	+00:16:25	350/393	154/162	CALGARY