

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**  
**46 Finishers**

**10K13-18M (Male) - 3 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	GARCIA CARIPA, JUAN ANDRES	845	43:33.811	04:21	07:00	+00:00:00	3/46	3/24	MEDICINE HAT
2/3	KNIGHT, JONATHAN	702	51:07.370	05:06	08:13	+00:07:33	14/46	10/24	MEDICINE HAT
3/3	HENNES, DOMINIC	676	51:27.411	05:08	08:17	+00:07:53	16/46	12/24	MEDICINE HAT

**10K19-29F (Female) - 3 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	BLANCHET, JESSIE	630	49:21.739	04:56	07:56	+00:00:00	10/46	2/22	MEDICINE HAT
2/3	MATTHEWS, ALEENA	832	51:47.238	05:10	08:20	+00:02:25	17/46	5/22	CALGARY
3/3	WECKEND, KYLIE	808	57:50.305	05:47	09:18	+00:08:28	28/46	12/22	MEDICINE HAT

**10K19-29M (Male) - 4 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/4	SCHMEICHEL, NOAH	839	43:31.491	04:21	07:00	+00:00:00	2/46	2/24	MEDICINE HAT
2/4	GIESBRECHT, SILAS	846	45:17.005	04:31	07:17	+00:01:45	4/46	4/24	MEDICINE HAT
3/4	LONGMUIR, VAUGHN	721	46:38.660	04:39	07:30	+00:03:07	6/46	6/24	MEDICINE HAT

**10K30-39F (Female) - 5 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/5	JASPERS, KARA	692	49:26.309	04:56	07:57	+00:00:00	11/46	3/22	REDCLIFF
2/5	DESHARNAIS, ANECA	644	54:26.633	05:26	08:46	+00:05:00	23/46	8/22	MEDICINE HAT
3/5	HEINRICKS, KELSRY	675	56:16.391	05:37	09:03	+00:06:50	24/46	9/22	MEDICINE HAT

**10K30-39M (Male) - 3 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/3	UNRAU, JEFF	792	51:52.535	05:11	08:21	+00:00:00	18/46	13/24	MEDICINE HAT
2/3	CHARLES, RICHARDSON	819	59:25.274	05:56	09:34	+00:07:32	33/46	19/24	MEDICINE HAT
3/3	DIEC, VICTOR	645	1:01:25.529	06:08	09:53	+00:09:32	37/46	21/24	MEDICINE HAT

**10K40-49F (Female) - 9 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/9	SLETTEN, LEASA	770	47:58.037	04:47	07:43	+00:00:00	8/46	1/22	MEDICINE HAT
2/9	HOWES, ROCHEAL	682	49:52.722	04:59	08:01	+00:01:54	12/46	4/22	DUNMORE
3/9	KOLODZIEJ, JUSTYNA	705	53:57.689	05:23	08:41	+00:05:59	22/46	7/22	MEDICINE HAT

**10K40-49M (Male) - 7 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/7	PIERZCHALA, MARK	747	43:02.497	04:18	06:55	+00:00:00	1/46	1/24	MEDICINE HAT
2/7	MCMAHON, DANA	727	46:24.879	04:38	07:28	+00:03:22	5/46	5/24	MEDICINE HAT
3/7	CARLSON, DERIK	639	46:47.258	04:40	07:32	+00:03:44	7/46	7/24	MEDICINE HAT

**10K50+F (Female) - 5 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/5	MAIER, LEANNE	724	53:44.517	05:22	08:39	+00:00:00	21/46	6/22	MEDICINE HAT
2/5	JOHNSTON, NICKI	696	57:57.148	05:47	09:19	+00:04:12	30/46	13/22	MEDICINE HAT
3/5	SUMNERS, LORI	780	59:21.031	05:56	09:33	+00:05:36	32/46	14/22	CYPRESS COUNT

**10K50+M (Male) - 7 Competitors**

Cat/PI	Name	Bib #	Time	Pace/K	Pace/M	Offset	OA/PI	Gen/PI	City
1/7	MAIER, ROD	725	52:03.363	05:12	08:22	+00:00:00	19/46	14/24	MEDICINE HAT
2/7	OUGH, EDWARD	837	52:22.135	05:14	08:25	+00:00:18	20/46	15/24	MEDICINE HAT
3/7	PAHL, STEVEN	743	57:33.050	05:45	09:16	+00:05:29	27/46	16/24	MEDICINE HAT