

Category Results

10K/6.21 Miles

10K19&UF - 8 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/8	COTA, JORDANNA	3150	00:45:45.00	04:34	10/271	00:45:43.50	RED DEER, AB
2/8	RENMAN, KARLY	3321	00:46:02.75	04:36	11/271	00:46:01.65	CAMROSE, AB
3/8	GLADUE, MACKENZIE	3244	00:47:47.05	04:46	15/271	00:47:45.40	COCHRANE, AB
4/8	SMITH, REBECCA	3361	00:53:29.05	05:20	33/271	00:53:22.80	RED DEER, AB
5/8	MILLER, LOGAN	3278	00:54:47.80	05:28	42/271	00:54:33.70	OKOTOKS, AB
6/8	SMITH, MADALYN	3360	00:57:32.80	05:45	65/271	00:57:26.60	RED DEER, AB
7/8	CAPICIO, JHOANNA	3137	01:00:03.85	06:00	87/271	01:00:02.30	RED DEER, AB
8/8	BUSWELL, SIERRA	3134	01:18:02.75	07:48	243/271	01:17:54.60	RED DEER, AB

10K19&UM - 8 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/8	MESTON, CASSIDY	3276	00:41:59.45	04:11	3/271	00:41:46.60	ALIX, AB
2/8	HENRY, DANNY	3209	00:45:44.05	04:34	9/271	00:45:43.55	RED DEER, AB
3/8	AIMOE, REECE	3105	00:52:07.30	05:12	26/271	00:51:58.20	RED DEER, AB
4/8	SMITH, STEVEN	3364	00:53:29.10	05:20	34/271	00:53:23.35	RED DEER, AB
5/8	WESSNER, LUCAS	3392	00:54:44.00	05:28	40/271	00:54:39.60	LACOMBE, AB
6/8	ROWLAND, MATTHEW	3337	00:54:47.00	05:28	41/271	00:54:34.50	PONOKA, AB
7/8	GONZALES, KYLE	3197	01:06:11.05	06:37	169/271	01:05:59.95	RED DEER, AB
8/8	PETERS-BROSINKY, WYATT	3310	01:10:01.40	07:00	206/271	01:09:58.70	BASHAW, AB

10K20-29F - 38 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/38	CONWAY, SARA	3146	00:44:39.35	04:27	7/271	00:44:38.60	RED DEER, AB
2/38	ZMETANA, MEGAN	3400	00:47:30.70	04:45	14/271	00:47:29.30	REGINA, SK
3/38	DOETZEL, JENNIFER	3170	00:51:59.90	05:11	25/271	00:51:57.80	EDMONTON, AB
4/38	TREVOR, MICHELLE	3212	00:53:17.15	05:19	30/271	00:53:06.15	RED DEER, AB
5/38	PERSSON, TRICIA	3307	00:54:01.50	05:24	37/271	00:53:48.30	RED DEER, AB
6/38	ROBERGE, AMIEE	3329	00:54:02.05	05:24	38/271	00:53:48.55	RED DEER, AB
7/38	KOOTS, KATY	3238	00:54:13.55	05:25	39/271	00:54:05.35	RED DEER, AB
8/38	EMES, ERICKA	3177	00:55:00.50	05:30	44/271	00:54:47.20	PONOKA, AB
9/38	SPIES, SHARYN	3349	00:55:05.35	05:30	47/271	00:55:01.65	RED DEER, AB
10/38	POLSON, HEATHER	3312	00:55:47.35	05:34	53/271	00:55:34.45	LACOMBE, AB
11/38	SMITH, AMY	3358	00:57:22.75	05:44	64/271	00:57:06.15	LACOMBE, AB
12/38	WEDLUND, ANGELA	3322	00:58:15.05	05:49	71/271	00:58:06.55	BLACKFELDS, AB
13/38	SNAPE, LAURA	3250	00:58:42.85	05:52	74/271	00:58:34.85	RED DEER, AB
14/38	MATTSON, HEATHER	3267	00:59:31.30	05:57	82/271	00:59:13.20	SYLVAN LAKE, AB
15/38	LEE, RENA	3249	01:00:31.70	06:03	92/271	01:00:26.00	RED DEER, AB
16/38	FESER, TIFFANY	3181	01:00:43.60	06:04	93/271	01:00:41.65	EDMONTON, AB
17/38	LAROCQUE, LAURA	3242	01:01:46.70	06:10	104/271	01:01:23.20	RED DEER, AB
18/38	HUTTON, AMIE	3221	01:03:33.40	06:21	126/271	01:03:17.60	RED DEER COUNTY, AB
19/38	SHEPPARD, CHANDRA	3350	01:03:36.15	06:21	127/271	01:03:18.45	PONOKA, AB
20/38	KAPLER, ROBIN	3231	01:03:57.35	06:23	131/271	01:03:51.80	CAMP CREEK, AB
21/38	ANDERSON, MARCI	3110	01:04:56.85	06:29	148/271	01:04:36.35	RUMSEY, AB
22/38	SLIPP, KATHERINE	3357	01:05:05.65	06:30	151/271	01:04:51.45	RED DEER, AB
23/38	BROWN, NORMA	3291	01:05:54.00	06:35	164/271	01:05:47.30	STRATHMORE, AB
24/38	COZENS, LINDSEY	3154	01:06:13.80	06:37	171/271	01:06:02.30	RED DEER, AB
25/38	STEPANIK, KLARA	3371	01:06:26.70	06:38	177/271	01:06:15.00	RED DEER, AB
26/38	KRUGER, KELLY	3239	01:09:35.45	06:57	200/271	01:09:17.95	STETTLER, AB
27/38	ANDERSON, HEATHER	3109	01:10:45.25	07:04	210/271	01:10:24.85	LETHBRIDGE, AB
28/38	GRYMALOSKI, MIRANDA	3200	01:12:16.25	07:13	219/271	01:11:55.20	RED DEER, AB
29/38	TYRER, CHARITY	3383	01:12:16.45	07:13	220/271	01:11:54.15	RED DEER, AB
30/38	NICKLUM, LAURA	3289	01:12:36.25	07:15	223/271	01:12:18.05	CALGARY, AB
31/38	WETTLAUFRER, KRISTIN	3395	01:12:51.25	07:17	224/271	01:12:47.05	RED DEER, AB
32/38	BUCHWITZ, ROBERTA	302	01:13:23.45	07:20	228/271	01:13:14.15	HANNA, AB
33/38	WILLIAMS, ALLISON	3397	01:16:48.45	07:40	238/271	01:16:37.50	RED DEER COUNTY, AB
34/38	SAFRONOVICH, JESSICA	3341	01:19:00.70	07:54	247/271	01:18:40.20	DRAYTON VALLEY, AB
35/38	FAWCETT, ERIN	3179	01:23:07.95	08:18	254/271	01:22:53.95	RED DEER, AB
36/38	VICKERS, ASHLEY	3384	01:23:18.55	08:19	255/271	01:23:14.40	SYLVAN LAKE, AB
37/38	GIESBRECHT, TRISHA	3194	01:29:11.75	08:55	265/271	01:29:03.60	BENTLEY, AB
38/38	MARTIN, ANNA-MARIE	3385	01:40:04.90	10:00	271/271	01:39:44.75	RED DEER, AB

10K20-29M - 11 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/11	SISSONS, JOSHUA	3356	00:35:58.95	03:35	1/271	00:35:58.90	BLACKFALDS, AB
2/11	PASMAN, MIKE	3301	00:49:16.20	04:55	19/271	00:49:15.75	RED DEER, AB

Category Results

10K/6.21 Miles

10K20-29M - 11 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
3/11	PASMAN, SPENSER	3302	00:51:25.45	05:08	23/271	00:51:25.10	RED DEER, AB
4/11	PRITCHARD, KODY	3314	00:53:53.25	05:23	36/271	00:53:38.25	ROCKY MOUNTAIN H, AB
5/11	CONNOLLY, BENJAMIN	3144	00:58:35.55	05:51	73/271	00:58:18.00	RED DEER, AB
6/11	FULLARTON, CRAIG	3185	01:00:05.15	06:00	88/271	00:59:46.60	RED DEER, AB
7/11	MATTSON, CRAIG	3265	01:00:55.40	06:05	94/271	01:00:36.50	SYLVAN LAKE, AB
8/11	LAROCQUE, MICHAEL	3243	01:01:46.75	06:10	105/271	01:01:23.35	RED DEER, AB
9/11	MAUTHE, BRETT	3268	01:04:04.40	06:24	132/271	01:03:44.50	RED DEER, AB
10/11	ANDERSON, MIKE	3111	01:04:08.15	06:24	133/271	01:03:47.90	LETHBRIDGE, AB
11/11	NEWMAN, CONOR	3288	01:29:11.70	08:55	264/271	01:29:03.00	AIRDRIE, AB

10K30-39F - 90 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/90	JOHNSON, JENNY	3225	00:46:50.90	04:41	12/271	00:46:49.70	CARSTAIRS, AB
2/90	LUSH, MARSHA	3258	00:48:17.05	04:49	17/271	00:48:16.30	BENTLEY, AB
3/90	CASTILLO, KIM	3138	00:48:34.70	04:51	18/271	00:48:33.70	CALGARY, AB
4/90	PARADIS, LISE	3298	00:49:58.60	04:59	20/271	00:49:54.75	SYLVAN LAKE, AB
5/90	DECELLES, CATHERINE	3165	00:51:09.15	05:06	21/271	00:51:06.85	RED DEER, AB
6/90	GRANDY-TURCO, SHANDA	3199	00:55:05.35	05:30	46/271	00:55:01.45	RED DEER, AB
7/90	RUDGE, KEIRA	3339	00:55:36.95	05:33	50/271	00:55:33.55	RED DEER, AB
8/90	SMITH, JANIS	3359	00:55:44.30	05:34	52/271	00:55:40.20	SYLVAN LAKE, AB
9/90	SIMPSON, ANDREA	3354	00:56:21.15	05:38	55/271	00:56:18.50	RED DEER, AB
10/90	BOSTEDER, KELLI	3223	00:56:21.45	05:38	56/271	00:56:18.70	BLACKFALDS, AB
11/90	MADDEX, HOLLY	3286	00:56:22.35	05:38	58/271	00:56:15.85	RED DEER, AB
12/90	SNOW, ALISON	3366	00:56:28.60	05:38	59/271	00:56:23.10	RED DEER, AB
13/90	HORROCKS, KRISTINE	3215	00:56:34.80	05:39	60/271	00:56:28.30	RED DEER COUNTY, AB
14/90	WESSNER, MONIKA	3393	00:56:35.95	05:39	61/271	00:56:31.45	MEDICINE HAT, AB
15/90	KIDD, PAULA	3234	00:56:58.05	05:41	63/271	00:56:49.25	CALGARY, AB
16/90	BARTON, LAUREL	3120	00:57:34.00	05:45	66/271	00:57:27.45	BENTLEY, AB
17/90	SMITH, SANDI	3362	00:57:35.95	05:45	67/271	00:57:29.20	RED DEER, AB
18/90	LADD, REBECCA	3241	00:57:39.85	05:45	68/271	00:57:33.35	CALGARY, AB
19/90	BALANESKI, TRACY	305	00:57:56.05	05:47	69/271	00:57:43.95	RED DEER, AB
20/90	FUSHTEY, TAMARA	3187	00:59:07.20	05:54	77/271	00:59:03.90	RED DEER, AB
21/90	JORGENSEN, JESSICA	3230	00:59:10.55	05:55	78/271	00:59:04.45	RED DEER, AB
22/90	LUNTY, LORI	3257	00:59:16.75	05:55	79/271	00:59:11.75	CAMROSE, AB
23/90	FUNNELL, JOLEENA	3125	00:59:30.40	05:57	81/271	00:59:22.80	SHERWOOD PARK, AB
24/90	REDEKOPP, MARINA	3320	00:59:44.25	05:58	84/271	00:59:41.60	RED DEER, AB
25/90	SENIO, SUSAN	3347	00:59:58.30	05:59	86/271	00:59:50.70	RED DEER, AB
26/90	TIPTON, LORI	3376	01:00:31.25	06:03	91/271	01:00:21.50	THREE HILLS, AB
27/90	MAYZES, DEIRDRE	3269	01:01:03.85	06:06	95/271	01:00:47.10	MEDICINE HAT, AB
28/90	BARR, LEAH	3119	01:01:03.95	06:06	96/271	01:00:46.85	MEDICINE HAT, AB
29/90	FOX, CARMEN	3183	01:01:18.75	06:07	99/271	01:01:02.85	STETTLER, AB
30/90	HEPPLER, LORI	3211	01:02:03.45	06:12	107/271	01:01:58.15	RED DEER, AB
31/90	STEPHANSSON, STACEY	3372	01:02:12.35	06:13	110/271	01:02:04.75	RED DEER, AB
32/90	WARTHE, SHAUNALEA	3388	01:02:15.20	06:13	112/271	01:02:05.90	RED DEER, AB
33/90	PANAYIDES, KRISTA	3297	01:02:15.35	06:13	113/271	01:02:06.95	RED DEER, AB
34/90	RADCHENKO, PAMELA	3318	01:02:16.00	06:13	114/271	01:01:56.70	LACOMBE, AB
35/90	BOYER, JACKIE	3188	01:02:33.80	06:15	115/271	01:02:26.75	RED DEER, AB
36/90	HULYK, SHAUNA	3219	01:02:34.10	06:15	116/271	01:02:27.75	RED DEER, AB
37/90	MEARNS, LORI	3273	01:02:45.85	06:16	117/271	01:02:44.55	BLACKFALDS, AB
38/90	ROBINSON, NATASHA	3332	01:03:08.05	06:18	120/271	01:03:01.30	BENTLEY, AB
39/90	BOOS, CHANTAL	3130	01:03:19.25	06:19	122/271	01:03:11.30	RED DEER, AB
40/90	NORMAN, LAURA	3292	01:03:26.55	06:20	125/271	01:03:09.55	STETTLER, AB
41/90	CORBETT, MELISSA	3149	01:03:52.60	06:23	128/271	01:03:40.40	BLACKFALDS, AB
42/90	COULTHARD, LYNDESEY	3151	01:03:52.65	06:23	129/271	01:03:34.85	STETTLER, AB
43/90	FROM, CINDY	3184	01:04:11.05	06:25	136/271	01:04:09.25	RED DEER, AB
44/90	COOPER, TRISH	3148	01:04:12.85	06:25	137/271	01:04:04.35	MIRROR, AB
45/90	SILVERNAGLE, ELOISE	3353	01:04:13.30	06:25	138/271	01:04:05.10	RED DEER COUNTY, AB
46/90	KOOPMANS, SUZANNE	3237	01:04:24.00	06:26	140/271	01:04:16.85	RED DEER, AB
47/90	CURRIE, GAYLE	3157	01:04:28.40	06:26	141/271	01:04:21.25	RED DEER, AB
48/90	CONNOLLY, JENNIFER	3145	01:04:34.75	06:27	142/271	01:04:20.65	LACOMBE, AB
49/90	THYGESEN, STACY	3375	01:04:49.90	06:28	147/271	01:04:43.65	RED DEER COUNTY, AB
50/90	BRAUN, LYNETTE	3131	01:05:06.70	06:30	152/271	01:05:06.35	RED DEER, AB
51/90	POSTI, TARA	3313	01:05:18.20	06:31	158/271	01:05:06.25	RED DEER, AB
52/90	TONI, GINA	3377	01:05:51.65	06:35	161/271	01:05:40.20	RED DEER, AB

Category Results

10K/6.21 Miles

10K30-39F - 90 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
53/90	KLOSS, KAREEN	3236	01:05:51.90	06:35	162/271	01:05:49.95	BLACKFALDS, AB
54/90	SIEMENS, KRISTINE	3352	01:05:53.00	06:35	163/271	01:05:43.70	SYLVAN LAKE, AB
55/90	RAES, DALLAS	3319	01:05:55.75	06:35	165/271	01:05:46.00	SYLVAN LAKE, AB
56/90	ALLARD, JENNIFER	3106	01:05:56.20	06:35	166/271	01:05:42.55	RED DEER, AB
57/90	ARCHIBALD, MICHELLE	3277	01:06:08.30	06:36	168/271	01:05:56.00	PONOKA, AB
58/90	JORDAN, ANNE	3229	01:06:19.75	06:37	174/271	01:06:15.90	EDMONTON, AB
59/90	TOPLEY-LEECE, MELISSA	3378	01:06:21.40	06:38	175/271	01:06:10.15	BLACKFALDS, AB
60/90	LEYTON, PATRICIA	3252	01:06:24.25	06:38	176/271	01:06:03.15	RED DEER, AB
61/90	DEACON, MELISSA	3163	01:07:00.15	06:42	180/271	01:06:45.70	RED DEER, AB
62/90	SHARKEY, DANETTE	3348	01:07:23.65	06:44	184/271	01:07:00.45	CAMROSE, AB
63/90	MALFAIR, SANDRA	3262	01:08:25.35	06:50	190/271	01:08:21.95	RED DEER, AB
64/90	PAGE, RANIA	3296	01:08:35.55	06:51	191/271	01:08:19.05	RED DEER, AB
65/90	BOIVIN, JULIE	3127	01:08:57.95	06:53	193/271	01:08:37.05	RED DEER, AB
66/90	BOLLINGER, MANDI	3128	01:09:08.20	06:54	194/271	01:09:05.30	RED DEER, AB
67/90	HAMILTON, PAIGE	1333	01:09:22.95	06:56	196/271	01:09:13.10	CALGARY, AB
68/90	PAANANEN, NORMA-JEAN	3295	01:09:36.25	06:57	201/271	01:09:17.70	STONEY PLAIN, AB
69/90	GOOD, DEANNE	3192	01:09:57.85	06:59	204/271	01:09:47.80	RED DEER, AB
70/90	PEDDE, COLETTE	3305	01:09:59.50	06:59	205/271	01:09:49.30	RED DEER, AB
71/90	DALUEG, SHELLEY	3159	01:10:32.45	07:03	208/271	01:10:28.30	RED DEER, AB
72/90	WONG, SARAH	3399	01:11:14.40	07:07	213/271	01:10:52.55	RED DEER, AB
73/90	MACHTANS, SHANNON	3260	01:12:12.60	07:13	217/271	01:12:07.70	RED DEER, AB
74/90	HOWEY, TEANN	3216	01:12:13.50	07:13	218/271	01:12:08.55	RED DEER, AB
75/90	HAMMOND, MARRIANN	3205	01:12:21.55	07:14	221/271	01:12:12.20	RED DEER, AB
76/90	JUNK, KARA	3115	01:12:29.15	07:14	222/271	01:12:19.10	SYLVAN LAKE, AB
77/90	SMYTHE, MINDY	3365	01:12:51.35	07:17	225/271	01:12:47.05	CLIVE, AB
78/90	BAUMLE, KIM	3121	01:13:08.15	07:18	226/271	01:12:44.75	KELSEY, AB
79/90	HANSON, SHARON	3206	01:13:38.85	07:21	229/271	01:13:17.75	RED DEER, AB
80/90	OSICKI, CARRIE	3294	01:15:08.65	07:30	231/271	01:14:55.60	RED DEER, AB
81/90	KELLY, ALISON	3233	01:15:33.85	07:33	233/271	01:15:21.05	RED DEER, AB
82/90	EISON, KIM	3175	01:16:07.45	07:36	237/271	01:15:56.80	BLACKFALDS, AB
83/90	PENA, CARMELITA	3306	01:16:56.55	07:41	239/271	01:16:34.60	RED DEER, AB
84/90	LAVERICK, JENN	3245	01:17:06.35	07:42	241/271	01:16:50.35	CALGARY, AB
85/90	TRUDEL, BRENDA	3381	01:19:37.00	07:57	249/271	01:19:17.40	SYLVAN LAKE, AB
86/90	CROSBY, HEATHER	3155	01:20:23.15	08:02	251/271	01:20:20.05	RED DEER, AB
87/90	ENGLER, STEPHANIE	3178	01:23:19.75	08:19	256/271	01:23:09.85	SYLVAN LAKE, AB
88/90	FLETCHER, SANNAH	3182	01:23:23.15	08:20	257/271	01:23:19.30	RED DEER, AB
89/90	GAUTHIER, GINA	3190	01:24:25.80	08:26	258/271	01:24:07.40	RED DEER, AB
90/90	PLETT, LEAH	3311	01:31:35.75	09:09	268/271	01:31:21.85	NANAIMO, BC

10K30-39M - 10 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/10	LECLERC, DENIS	3246	00:41:51.80	04:11	2/271	00:41:50.70	SYLVAN LAKE, AB
2/10	BENNETT, JEREMY	3123	00:51:12.50	05:07	22/271	00:51:07.80	RED DEER, AB
3/10	RICHTER, MARK	3325	00:55:37.30	05:33	51/271	00:55:30.90	PONOKA, AB
4/10	WARTHE, MIKE	3387	00:56:55.75	05:41	62/271	00:56:53.30	RED DEER, AB
5/10	TYMENSEN, ED	3382	01:02:03.95	06:12	108/271	01:01:55.70	SYLVAN LAKE, AB
6/10	DEACON, DUSTIN	3162	01:03:19.25	06:19	123/271	01:03:05.15	RED DEER, AB
7/10	MINCHIN, MICHAEL	3280	01:08:03.10	06:48	188/271	01:07:42.55	LACOMBE, AB
8/10	MARLEAU, JUSTIN	3263	01:09:45.65	06:58	202/271	01:09:31.10	SHERWOOD PARK, AB
9/10	LAVERICK, JAY	3224	01:17:06.40	07:42	242/271	01:16:50.60	CALGARY, AB
10/10	GAUTHIER, CRAIG	3189	01:24:26.30	08:26	259/271	01:24:07.20	RED DEER, AB

10K40-49F - 52 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/52	JACKSHAW, KAREN	3222	00:52:39.25	05:15	27/271	00:52:34.35	RED DEER, AB
2/52	CHAN, SABRINA	3140	00:53:08.80	05:18	29/271	00:53:08.80	NEW WESTMINSTER, BC
3/52	ANDREW, CHAR	3112	00:53:20.90	05:20	31/271	00:53:06.50	RED DEER, AB
4/52	PRUSS, EDITH	3315	00:55:04.20	05:30	45/271	00:55:00.80	RED DEER, AB
5/52	RICHARDS, SIAN	3324	00:55:32.70	05:33	48/271	00:55:22.95	BOWDEN, AB
6/52	TROMBLEY, GINA	3379	00:58:12.80	05:49	70/271	00:58:08.00	OLDS, AB
7/52	WESSNER, SHAUNA	3394	00:58:19.40	05:49	72/271	00:58:14.80	LACOMBE, AB
8/52	ROBLEY, KELLI	3333	00:58:56.40	05:53	76/271	00:58:46.20	SYLVAN LAKE, AB
9/52	MILLER, NADINE	3279	00:59:32.85	05:57	83/271	00:59:18.10	OKOTOKS, AB
10/52	NIELSEN, NANCY	3290	00:59:57.45	05:59	85/271	00:59:41.10	RED DEER, AB

Category Results

10K/6.21 Miles

10K40-49F - 52 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
11/52	GEDDES, SONYA	3191	01:00:07.75	06:00	89/271	00:59:51.70	STETTLER, AB
12/52	STEWART, LISA	3373	01:01:07.80	06:06	97/271	01:00:52.60	LACOMBE, AB
13/52	STARLING, CINDY	3368	01:01:28.90	06:08	102/271	01:01:12.75	BOTHA, AB
14/52	HAINES, JACKIE	3203	01:01:42.65	06:10	103/271	01:01:30.55	PONOKA, AB
15/52	MUIRHEAD, STEPHANIE	3283	01:01:50.00	06:11	106/271	01:01:41.70	RED DEER, AB
16/52	DE WOLFE, KATHERINE	3161	01:02:08.15	06:12	109/271	01:01:54.15	LESLIEVILLE, AB
17/52	SAYLER, CANDACE	3389	01:02:49.70	06:16	119/271	01:02:34.50	LACOMBE, AB
18/52	MARTENS, DIANNA	3374	01:04:09.00	06:24	134/271	01:03:51.25	RED DEER, AB
19/52	PARKER, CINDY	3300	01:04:14.15	06:25	139/271	01:03:58.15	RED DEER, AB
20/52	HENRY, TRUDY	3210	01:04:46.45	06:28	145/271	01:04:35.45	RED DEER, AB
21/52	DELL, NAN	3166	01:04:48.90	06:28	146/271	01:04:35.15	RED DEER, AB
22/52	LLOYD-JONES, ELIZABETH	3254	01:05:03.55	06:30	150/271	01:04:56.20	ISLAND VIEW, NB
23/52	CHAMBERLAIN, JILL	3139	01:05:08.80	06:30	154/271	01:04:55.40	ROCKY MTN HOUSE, AB
24/52	ROBART, MICHELLE	3328	01:05:09.30	06:30	155/271	01:04:53.70	LEDUC, AB
25/52	COUTURIER, CHRISTINE	3153	01:05:16.50	06:31	157/271	01:05:07.30	RED DEER, AB
26/52	LEPOIDEVIN, PATTI	3251	01:06:15.10	06:37	172/271	01:06:04.30	RED DEER, AB
27/52	EMES, DEBBIE	3176	01:06:17.25	06:37	173/271	01:06:04.05	PONOKA, AB
28/52	WEBER, DANINE	3390	01:06:40.85	06:40	178/271	01:06:20.60	RED DEER, AB
29/52	NOWOCHIN, NICOLE	3293	01:07:00.30	06:42	181/271	01:06:46.80	RED DEER, AB
30/52	SCHMUCKER, STEPHANIE	3346	01:07:04.20	06:42	182/271	01:06:48.00	RED DEER, AB
31/52	HENDERSON, DARLA	3207	01:07:04.65	06:42	183/271	01:06:48.50	RED DEER, AB
32/52	SNIDER, LORI	3304	01:07:55.85	06:47	187/271	01:07:48.80	RED DEER, AB
33/52	SHOLDICE, NICOLE	3351	01:08:07.90	06:48	189/271	01:07:56.35	RED DEER, AB
34/52	KELLGREN, EMMA	3232	01:08:55.05	06:53	192/271	01:08:46.50	ALDER FLATS, AB
35/52	KUGELMASS, CAROLINE	3240	01:09:23.15	06:56	197/271	01:09:12.50	CALGARY, AB
36/52	LOTAN, JENNIFER	3255	01:09:50.05	06:59	203/271	01:09:36.85	ROCKY MTN HOUSE, AB
37/52	AUCOIN, KIM	3116	01:10:21.90	07:02	207/271	01:10:08.25	RED DEER, AB
38/52	DIXON, CHRISTINA	3169	01:11:18.55	07:07	214/271	01:10:58.45	DIDSBURY, AB
39/52	BUSWELL, REBECA	3135	01:13:19.00	07:19	227/271	01:13:11.30	RED DEER, AB
40/52	GIESBRECHT, THERESA	3193	01:13:58.75	07:23	230/271	01:13:43.95	RIMBEY, AB
41/52	HUDDLESTON, BETNA	3217	01:15:19.60	07:31	232/271	01:15:08.10	RED DEER, AB
42/52	RUTH-IRVINE, CORRINE	3340	01:15:55.30	07:35	235/271	01:15:48.10	RED DEER, AB
43/52	MOUSSEAU, PAULINE	3282	01:17:03.00	07:42	240/271	01:16:49.35	RED DEER, AB
44/52	LOEPPKY, LISA	3228	01:18:29.25	07:50	244/271	01:18:15.95	RED DEER, AB
45/52	PARTRIDGE, LAURA	3323	01:18:29.85	07:50	245/271	01:18:17.50	RED DEER, AB
46/52	STEBANUK, KRISTINE	3369	01:19:36.55	07:57	248/271	01:19:16.95	SYLVAN LAKE, AB
47/52	GOLCZYK, LAURA	3196	01:20:26.75	08:02	252/271	01:20:17.25	RED DEER, AB
48/52	MORCOM, CAROLE	3281	01:24:45.75	08:28	260/271	01:24:34.35	RED DEER, AB
49/52	BENSON, LINDA	3124	01:25:22.25	08:32	261/271	01:25:07.15	RED DEER, AB
50/52	DUFORT, JUDY	3172	01:26:05.00	08:36	262/271	01:25:48.70	AIRDRIE, AB
51/52	DEPTA, CATHRYN	3167	01:27:29.95	08:45	263/271	01:27:18.40	RED DEER, AB
52/52	BROSINSKY, CHARLENE	3133	01:31:48.85	09:10	269/271	01:31:46.20	BASHAW, AB

10K40-49M - 19 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/19	EBERTS, RON	3173	00:43:10.00	04:19	4/271	00:43:09.10	LACOMBE, AB
2/19	DARCY, MARQUART	3160	00:45:30.20	04:33	8/271	00:45:27.45	RED DEER COUNTY, AB
3/19	LUSH, STEPHEN	3259	00:47:22.40	04:44	13/271	00:47:21.85	BENTLEY, AB
4/19	LACHANCE, ADRIAN	3370	00:53:06.60	05:18	28/271	00:53:03.35	RED DEER, AB
5/19	ANDREW, CHRIS	3113	00:53:20.95	05:20	32/271	00:53:06.50	RED DEER, AB
6/19	LEE, MARK	3248	00:53:34.85	05:21	35/271	00:53:24.45	RED DEER, AB
7/19	SMITH, SCOTT	3363	00:54:54.90	05:29	43/271	00:54:48.95	RED DEER, AB
8/19	CHAPMAN, GUY	3141	00:56:21.75	05:38	57/271	00:56:15.15	STETTLER, AB
9/19	WALZ, JASON	3386	00:58:45.65	05:52	75/271	00:58:42.40	RED DEER, AB
10/19	MEARNS, TIM	3274	01:02:45.85	06:16	118/271	01:02:44.65	BLACKFALDS, AB
11/19	SIMPSON, LES	3355	01:04:09.25	06:24	135/271	01:03:52.45	BLACKFALDS, AB
12/19	SODERQUIST, CRAIG	3367	01:05:00.10	06:30	149/271	01:04:45.40	RED DEER, AB
13/19	FULLARTON, STEVE	3186	01:05:07.20	06:30	153/271	01:04:49.90	RED DEER, AB
14/19	ROBART, GUY	3327	01:05:09.75	06:30	156/271	01:04:54.05	LEDUC, AB
15/19	MCKINNON, TRACEY	3271	01:05:51.65	06:35	160/271	01:05:42.95	RED DEER, AB
16/19	MCLAREN, IAN	3272	01:05:58.50	06:35	167/271	01:05:50.40	BENTLEY, AB
17/19	GONZALES, RHOEL	3198	01:06:11.55	06:37	170/271	01:06:00.70	RED DEER, AB
18/19	ROWLAND, TIM	3338	01:06:50.05	06:41	179/271	01:06:36.40	PONOKA, AB
19/19	MARTIN, GLENN	306	01:09:34.35	06:57	199/271	01:09:21.05	ISLAND LAKE, AB

Category Results

10K/6.21 Miles

10K50-59F - 13 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/13	GOODWIN, DIANE	3227	01:01:10.35	06:07	98/271	01:01:02.95	RED DEER, AB
2/13	MALEY, BARB	3261	01:01:20.75	06:08	100/271	01:01:17.50	RED DEER, AB
3/13	AIMOE, CINDY	3103	01:02:13.80	06:13	111/271	01:02:05.05	RED DEER, AB
4/13	ROBINSON, MYRNA	3331	01:03:08.05	06:18	121/271	01:03:01.20	BENTLEY, AB
5/13	MUNRO, BRENDA	3284	01:04:39.90	06:27	143/271	01:04:20.20	RED DEER, AB
6/13	CHARRON, JUDY	3142	01:09:18.50	06:55	195/271	01:09:17.40	INNISFAIL, AB
7/13	WESSEL, PATRICIA	3391	01:10:35.70	07:03	209/271	01:10:19.00	RED DEER, AB
8/13	MATTSON, DEANNA	3266	01:10:52.30	07:05	212/271	01:10:32.35	SYLVAN LAKE, AB
9/13	COURNOYER, DEBBIE	3152	01:11:44.05	07:10	215/271	01:11:40.05	RED DEER, AB
10/13	BONIN-SANDFORD, LORIE	3129	01:11:52.35	07:11	216/271	01:11:41.90	MEDICINE HAT, AB
11/13	HAGEN, BEVERLY	3202	01:16:02.80	07:36	236/271	01:15:45.40	LACOMBE, AB
12/13	LINDSAY, PURNIMA	3253	01:20:29.65	08:02	253/271	01:20:20.40	RED DEER, AB
13/13	MARTIN, PAMELA	3213	01:40:04.65	10:00	270/271	01:39:43.85	RED DEER, AB

10K50-59M - 11 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/11	LEE, DON	3247	00:44:28.60	04:26	5/271	00:44:27.75	CALGARY, AB
2/11	CHRIST, ALBERT	3143	00:51:36.90	05:09	24/271	00:51:32.90	RED DEER, AB
3/11	NEILL, GREG	3287	00:56:12.00	05:37	54/271	00:55:56.60	RED DEER, AB
4/11	DUFORT, JEAN-CLAUDE	3171	00:59:25.30	05:56	80/271	00:59:11.10	AIRDRIE, AB
5/11	GOLCZYK, HENRI	3195	01:03:22.35	06:20	124/271	01:03:13.35	RED DEER, AB
6/11	AIMOE, LAWRENCE	3104	01:03:57.20	06:23	130/271	01:03:48.75	RED DEER, AB
7/11	MUNRO, RAY	3285	01:04:40.05	06:28	144/271	01:04:21.00	BROOKS, AB
8/11	SNIDER, BRIAN	3303	01:07:55.35	06:47	186/271	01:07:48.25	RED DEER, AB
9/11	FENC, DALE	3180	01:09:33.65	06:57	198/271	01:09:12.35	ROCKY MTN HOUSE, AB
10/11	KIT, BRUCE	3235	01:10:50.85	07:05	211/271	01:10:29.35	SYLVAN LAKE, AB
11/11	BANKS, DAYLE	3118	01:19:49.20	07:58	250/271	01:19:38.60	MEDICINE HAT, AB

10K60-69F - 4 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/4	ZUKIWSKY, GLORIA	301	01:00:25.15	06:02	90/271	01:00:22.90	RED DEER, AB
2/4	JOHNSON, LINDA	3226	01:01:23.15	06:08	101/271	01:01:19.65	CARSTAIRS, AB
3/4	CULHAM, MYRNA	3156	01:18:30.65	07:51	246/271	01:18:08.35	RED DEER, AB
4/4	QUIGG, MICHELLE	3317	01:29:39.05	08:57	266/271	01:29:18.25	RED DEER, AB

10K60-69M - 6 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/6	BEAUCHAMP, LEONARD	3122	00:44:37.25	04:27	6/271	00:44:36.40	RED DEER, AB
2/6	MERKEL, RICHARD	3275	00:48:06.10	04:48	16/271	00:48:05.00	CALGARY, AB
3/6	HUFF, GORDON	3218	00:55:32.90	05:33	49/271	00:55:28.60	RED DEER, AB
4/6	RIES, PATRICK	3326	01:05:48.05	06:34	159/271	01:05:37.90	MEDICINE HAT, AB
5/6	PARENT, KEN	3299	01:07:31.60	06:45	185/271	01:07:28.65	CALGARY, AB
6/6	QUIGG, BRIAN	3316	01:30:21.35	09:02	267/271	01:30:01.25	RED DEER, AB

10K70+M - 1 Competitors

Cat	Name	Bib #	Time	Pace/K	O/A	Chiptime	City
1/1	CAMERON, WALLY	3136	01:15:41.80	07:34	234/271	01:15:28.70	ALIX, AB