

Melfort Multi-K
5K, 10K and 21K
Melfort, SK
September 21st, 2013

Chronotrack timing by "Results Canada" www.resultscanada.com
email mark@resultscanada.com

Overall Half Marathon Results

| Over All Rank | Rank In AgeGroup | Gender | Bib Num | Competitor Name | City | Official Time | Pace Min/Km | Net Time |
|---------------------|------------------------|--------|------------|-----------------------|------------------------|------------------|----------------|-------------|
| 1 | 1/5 | M | 5215 | Johannes Raath | Plexus Durbanville Ac. | 1:27:07 | 4:08 | 1:27:07 |
| 2 | 1/5 | F | 5219 | Karen Strukoff | St. Brieux | 1:28:14 | 4:11 | 1:28:12 |
| 3 | 2/5 | M | 5232 | Sebastian Kaltenbach | Archerwill | 1:29:29 | 4:15 | 1:29:29 |
| 4 | 1/5 | M | 5224 | Scott Egger | Canmore | 1:35:25 | 4:32 | 1:35:23 |
| 5 | 3/5 | M | 5229 | Troy Gullacher | Englefeld | 1:36:52 | 4:36 | 1:36:48 |
| 6 | 1/8 | F | 5234 | Melissa Koroll | Melfort | 1:37:41 | 4:38 | 1:37:39 |
| 7 | 2/8 | F | 5247 | Jeannelle Isberg | Melfort | 1:39:21 | 4:43 | 1:39:19 |
| 8 | 4/5 | M | 5235 | Alis Larson | Melfort | 1:41:16 | 4:48 | 1:41:14 |
| 9 | 2/5 | M | 5201 | Spencer Abbs | Tisdale | 1:44:41 | 4:58 | 1:44:36 |
| 10 | 1/5 | M | 5246 | Michael Wilk | Yorkton | 1:47:57 | 5:07 | 1:47:57 |
| 11 | 2/5 | M | 5213 | Jake Prybylski | Willowbrook | 1:48:11 | 5:08 | 1:48:09 |
| 12 | 3/5 | M | 5214 | Matt Prybylski | Melfort | 1:48:36 | 5:09 | 1:48:36 |
| 13 | 3/8 | F | 5210 | Nadia Mori | Watrous | 1:48:38 | 5:09 | 1:48:34 |
| 14 | 3/5 | M | 5241 | Alan Ruder | Birch Hills | 1:48:45 | 5:10 | 1:48:42 |
| 15 | 1/1 | M | 5203 | Tony Caissie | Melfort | 1:50:31 | 5:15 | 1:50:28 |
| 16 | 4/5 | M | 5245 | Matthew Wiens | Saskatoon | 1:52:01 | 5:19 | 1:51:59 |
| 17 | 5/5 | M | 5228 | Craig Friesen | Osler | 1:52:23 | 5:20 | 1:52:21 |
| 18 | 1/1 | M | 5216 | Charlie Russell | Melfort | 1:52:23 | 5:20 | 1:52:18 |
| 19 | 4/5 | M | 5230 | Pierre Hanekom | Melfort | 1:52:49 | 5:21 | 1:52:47 |
| 20 | 2/5 | F | 5208 | Karen Hedin | Tisdale | 1:52:54 | 5:22 | 1:52:53 |
| 21 | 1/3 | F | 5221 | Ramona Assie | St. Brieux | 1:54:19 | 5:26 | 1:54:15 |
| 22 | 1/3 | F | 5204 | Elise Coleman | Melfort | 1:55:28 | 5:29 | 1:55:25 |
| 23 | 2/3 | F | 5209 | Amber Kotzer | North Battleford | 1:55:29 | 5:29 | 1:55:26 |
| 24 | 3/5 | F | 5244 | Mary Jane Wehrkamp | Melfort | 1:55:52 | 5:30 | 1:55:49 |
| 25 | 2/3 | F | 5227 | Janice Fong | Canmore | 1:56:13 | 5:31 | 1:56:12 |
| 26 | 4/5 | F | 5222 | Beverley Beskorovayny | Melfort | 1:56:42 | 5:32 | 1:56:37 |
| 27 | 1/2 | M | 5206 | Mike Edwards | Melfort | 1:56:48 | 5:33 | 1:56:44 |
| 28 | 5/5 | M | 5233 | Andrew Kolbeck | Spalding | 2:01:15 | 5:45 | 2:01:12 |
| 29 | 5/5 | M | 5212 | Shon Penner | Saskatoon | 2:04:04 | 5:53 | 2:04:00 |
| 30 | 3/3 | F | 5220 | Penny Anderson | Melfort | 2:04:59 | 5:56 | 2:04:56 |
| 31 | 4/8 | F | 5223 | Tracy Dickie | Melfort | 2:06:50 | 6:01 | 2:06:46 |
| 32 | 5/8 | F | 5217 | Laura Scheidl | Kinistino | 2:12:28 | 6:17 | 2:12:23 |
| 33 | 6/8 | F | 5202 | Jennifer Begin | Melfort | 2:14:34 | 6:23 | 2:14:31 |
| 34 | 7/8 | F | 5226 | Terrilynn Ferguson | Star City | 2:18:54 | 6:35 | 2:18:50 |
| 35 | 1/1 | M | 5207 | Glenn Galloway | Melfort | 2:22:25 | 6:45 | 2:22:21 |
| 36 | 2/2 | M | 5243 | Richard Van Der Ross | Melfort | 2:24:23 | 6:51 | 2:24:20 |
| 37 | 3/3 | F | 5237 | Chelle Matthews | Saskatoon | 2:24:24 | 6:51 | 2:24:21 |
| 38 | 5/5 | F | 5238 | Colleen McCallum | Prince Albert | 2:36:33 | 7:26 | 2:36:28 |
| 39 | 8/8 | F | 5211 | Andrea Banadadyga | Melfort | 2:36:34 | 7:26 | 2:36:31 |

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Melfort Multi-K
5K, 10K and 21K
Melfort, SK
September 21st, 2013

Chronotrack timing by "Results Canada" www.resultsCanada.com
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Overall 10KM Results

| Over All Rank | Rank In AgeGroup | Gender | Bib Num | Competitor Name | City | Official Time | Pace Min/Km | Net Time |
|---------------------|------------------------|--------|------------|-----------------------|--------------|------------------|----------------|-------------|
| 1 | 1/11 | M | 4149 | Marc Riendeau | Saskatoon | 42:41 | 4:17 | 42:38 |
| 2 | 1/8 | M | 4163 | Jim Sinclair | Vancouver | 43:25 | 4:21 | 43:22 |
| 3 | 1/7 | M | 4159 | Mike Serhan | Melfort | 44:59 | 4:30 | 44:57 |
| 4 | 2/8 | M | 4166 | Mike Taylor | Tisdale | 45:03 | 4:31 | 44:59 |
| 5 | 2/11 | M | 4094 | Bill Glanville | Melfort | 45:45 | 4:35 | 45:41 |
| 6 | 1/1 | M | 4142 | Neil Playford | Arborfield | 45:59 | 4:36 | 45:53 |
| 7 | 1/4 | F | 4145 | Lisa Prodahl | Lake Lenore | 46:37 | 4:40 | 46:23 |
| 8 | 2/7 | M | 4127 | Robin Meyer | Archerwill | 47:02 | 4:43 | 46:54 |
| 9 | 1/6 | F | 4087 | Jesse Flaman | Lake Lenore | 47:21 | 4:45 | 47:10 |
| 10 | 2/4 | F | 4080 | Emily Erhardt | Regina | 47:56 | 4:48 | 47:52 |
| 11 | 1/26 | F | 4074 | Kaja Coleman | Tisdale | 47:56 | 4:48 | 47:31 |
| 12 | 1/7 | M | 4023 | Jason Hood | Carrot River | 48:46 | 4:53 | 48:43 |
| 13 | 2/7 | M | 4001 | Dean Armstrong | Carrot River | 48:46 | 4:53 | 48:42 |
| 14 | 1/31 | F | 4130 | Amanda Mueller | St. Brieux | 49:23 | 4:57 | 49:21 |
| 15 | 3/7 | M | 4125 | Daniel Meiselbach | Archerwill | 50:34 | 5:04 | 50:25 |
| 16 | 2/31 | F | 4076 | Pam Cummings | Nipawin | 50:38 | 5:04 | 50:30 |
| 17 | 1/12 | F | 4146 | Naomi Prodahl | Lake Lenore | 50:44 | 5:05 | 50:28 |
| 18 | 3/4 | F | 4096 | Marissa Glanville | Melfort | 51:24 | 5:09 | 51:21 |
| 19 | 2/26 | F | 4114 | Louise Kosokowsky | St. Brieux | 52:07 | 5:13 | 52:05 |
| 20 | 3/11 | M | 4045 | Rey Taylor | Melfort | 52:08 | 5:13 | 51:42 |
| 21 | 1/5 | M | 4013 | Connor Fellman | Melfort | 52:25 | 5:15 | 52:23 |
| 22 | 4/11 | M | 4154 | Gerard Samson | Melfort | 52:51 | 5:18 | 52:39 |
| 23 | 2/5 | M | 4131 | Zack Mueller | St. Brieux | 53:30 | 5:21 | 53:28 |
| 24 | 3/26 | F | 4052 | Gayle Anson | Melfort | 53:32 | 5:22 | 53:05 |
| 25 | 3/31 | F | 4079 | Allison Enns | Melfort | 53:36 | 5:22 | 53:33 |
| 26 | 4/26 | F | 4105 | Carey Hydamaacka | Saskatoon | 53:39 | 5:22 | 53:08 |
| 27 | 5/11 | M | 4006 | Sean Cocks | Saskatoon | 53:39 | 5:22 | 53:08 |
| 28 | 3/7 | M | 4113 | Jayson Koroll | Melfort | 53:43 | 5:23 | 53:05 |
| 29 | 4/31 | F | 4078 | Patricia Durand | Humboldt | 53:43 | 5:23 | 53:29 |
| 30 | 5/31 | F | 4020 | Jamie Guttormson | Naicam | 53:45 | 5:23 | 53:38 |
| 31 | 5/26 | F | 4038 | Denise Seidle | Humboldt | 53:50 | 5:23 | 53:34 |
| 32 | 6/11 | M | 4165 | Denis Sunderland | Naicam | 54:09 | 5:25 | 53:55 |
| 33 | 6/31 | F | 4088 | Pamela Fraser | Melfort | 54:25 | 5:27 | 54:22 |
| 34 | 1/1 | M | 4033 | Albert Orban | Tisdale | 55:09 | 5:31 | 55:04 |
| 35 | 3/8 | M | 4026 | Tim Kuffert | Spiritwood | 55:11 | 5:32 | 54:37 |
| 36 | 3/5 | M | 4128 | Garrett Miller | St. Brieux | 55:25 | 5:33 | 55:23 |
| 37 | 7/31 | F | 4027 | Dawn Larson | Carrot River | 55:29 | 5:33 | 55:23 |
| 38 | 1/17 | F | 4115 | Jessica Kwochka | Clavet | 55:44 | 5:35 | 55:24 |
| 39 | 4/4 | F | 4147 | Theresa Prodahl | Lake Lenore | 55:53 | 5:36 | 55:37 |
| 40 | 4/7 | M | 4099 | Kevin Graham | Melfort | 55:55 | 5:36 | 55:49 |
| 41 | 5/7 | M | 4044 | Michael Stoll | Melfort | 56:28 | 5:39 | 56:16 |
| 42 | 2/6 | F | 4008 | Clare Daubenfeld | St. Brieux | 56:28 | 5:39 | 56:26 |
| 43 | 4/8 | M | 4129 | Jonathan Moore-Wright | Saskatoon | 56:30 | 5:39 | 56:14 |
| 44 | 7/11 | M | 4077 | Rick Dering | Kinistino | 56:47 | 5:41 | 56:38 |
| 45 | 8/11 | M | 4047 | Brian Unger | Spalding | 57:03 | 5:43 | 56:57 |
| 46 | 5/8 | M | 4104 | Michael Hotsko | Melfort | 57:05 | 5:43 | 56:54 |
| 47 | 6/7 | M | 4066 | Jason Boucher | Big River | 57:06 | 5:43 | 56:57 |
| 48 | 6/8 | M | 4073 | David Clark | Melfort | 57:33 | 5:46 | 57:11 |
| 49 | 2/12 | F | 4164 | Valerie Stanger | Carrot River | 58:07 | 5:49 | 58:01 |
| 50 | 6/26 | F | 4119 | Henriette Lloyd | Melfort | 58:09 | 5:49 | 58:04 |
| 51 | 8/31 | F | 4032 | Stacey Mutimer | Arborfield | 58:49 | 5:53 | 58:42 |
| 52 | 2/17 | F | 4124 | Sarah Madden | Chestermere | 58:53 | 5:54 | 58:27 |
| 53 | 3/12 | F | 4025 | Suzanne Krieger | Saskatoon | 59:12 | 5:56 | 58:36 |
| 54 | 7/26 | F | 4109 | Sherrie Kirkland | Melfort | 59:57 | 6:00 | 59:26 |
| 55 | 9/31 | F | 4050 | Jen Wilkinson | Yellow Grass | 1:00:14 | 6:02 | 59:26 |
| 56 | 9/11 | M | 4160 | Murray Shivak | Melfort | 1:00:17 | 6:02 | 59:40 |
| 57 | 4/7 | M | 4117 | Ben Lewis | Melfort | 1:00:20 | 6:02 | 1:00:13 |
| 58 | 10/11 | M | 4053 | Tim Anson | Melfort | 1:00:25 | 6:03 | 59:56 |
| 59 | 3/17 | F | 4126 | Caitlin Melnyk | Saskatoon | 1:00:29 | 6:03 | 1:00:15 |
| 60 | 4/17 | F | 4118 | Jackie Lindsay | Delisle | 1:00:31 | 6:04 | 1:00:21 |
| 61 | 10/31 | F | 4019 | Barbie Govan | Naicam | 1:00:39 | 6:04 | 59:51 |

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|-----|-------|---|--------------------------|-----------------|---------|-------|---------|
| 62 | 3/6 | F | 4086 Grace Flaman | Lake Lenore | 1:00:57 | 6:06 | 1:00:42 |
| 63 | 4/6 | F | 4156 Tori Schemenauer | Lake Lenore | 1:00:58 | 6:06 | 1:00:44 |
| 64 | 11/31 | F | 4107 Lindsay Johnstone | Melfort | 1:01:00 | 6:06 | 59:57 |
| 65 | 1/1 | M | 4091 Reigan Gallais | St.Brioux | 1:01:17 | 6:08 | 1:00:44 |
| 66 | 5/17 | F | 4048 Courtney Walsh | Saskatoon | 1:01:21 | 6:09 | 1:01:07 |
| 67 | 6/17 | F | 4007 Lindsay Copeland | Melfort | 1:01:40 | 6:10 | 1:01:19 |
| 68 | 5/7 | M | 4031 Matt Mesenchuk | Melfort | 1:01:40 | 6:10 | 1:01:19 |
| 69 | 7/8 | M | 4093 Gerald Gilmore | Melfort | 1:01:45 | 6:11 | 1:01:34 |
| 70 | 5/6 | F | 4014 Sydney Fellman | Melfort | 1:01:45 | 6:11 | 1:01:41 |
| 71 | 12/31 | F | 4098 Jodi Graham | Melfort | 1:01:54 | 6:12 | 1:01:50 |
| 72 | 8/26 | F | 4174 Cindy Westfield | Tisdale | 1:01:55 | 6:12 | 1:01:21 |
| 73 | 9/26 | F | 4162 Sharolyn Simoneau | Tisdale | 1:02:09 | 6:13 | 1:01:39 |
| 74 | 6/6 | F | 4069 Karlene Brinkman | Lake Lenore | 1:02:28 | 6:15 | 1:02:12 |
| 75 | 11/11 | M | 4051 James Winkel | Saskatoon | 1:02:58 | 6:18 | 1:02:33 |
| 76 | 10/26 | F | 4850 Tracy Faber | Tisdale | 1:03:22 | 6:21 | 1:02:50 |
| 77 | 7/17 | F | 4135 April Olynick | Wadena | 1:03:47 | 6:23 | 1:03:31 |
| 78 | 11/26 | F | 4037 Rachelle Samson | Naicam | 1:04:07 | 6:25 | 1:03:31 |
| 79 | 6/7 | M | 4123 Vincent Mack | Saskatoon | 1:04:09 | 6:25 | 1:03:54 |
| 80 | 1/1 | F | 4170 Joanne Thomson | Nipawin | 1:04:12 | 6:26 | 1:03:34 |
| 81 | 1/6 | F | 4036 Terry Rogers | Melfort | 1:04:26 | 6:27 | 1:03:37 |
| 82 | 12/26 | F | 4024 Corrine Kolody | Fort Qu'appelle | 1:04:43 | 6:29 | 1:04:36 |
| 83 | 13/31 | F | 4157 Crystal Schmidt | Tisdale | 1:04:45 | 6:29 | 1:04:34 |
| 84 | 14/31 | F | 4005 Melani Blandin | St. Brioux | 1:04:52 | 6:30 | 1:04:21 |
| 85 | 8/17 | F | 4141 Rebecca Peters | Nipawin | 1:04:57 | 6:30 | 1:04:23 |
| 86 | 4/12 | F | 4035 Jennifer Quick | Prince Albert | 1:05:23 | 6:33 | 1:04:54 |
| 87 | 15/31 | F | 4055 Kara Annand | Codette | 1:05:30 | 6:33 | 1:05:19 |
| 88 | 13/26 | F | 4003 Donna Becker | Naicam | 1:05:31 | 6:34 | 1:05:18 |
| 89 | 14/26 | F | 4090 Karen Gallais | St.Brioux | 1:05:48 | 6:35 | 1:05:15 |
| 90 | 9/17 | F | 4046 Maryann Toews | Melfort | 1:05:48 | 6:35 | 1:05:19 |
| 91 | 10/17 | F | 4136 Andrea Ottenbreit | Melfort | 1:05:49 | 6:35 | 1:05:23 |
| 92 | 16/31 | F | 4067 Erin Boughen | Melfort | 1:05:57 | 6:36 | 1:05:40 |
| 93 | 17/31 | F | 4171 Justine Tinker | Prince Albert | 1:05:57 | 6:36 | 1:05:18 |
| 94 | 18/31 | F | 4075 Michelle Corbett | Tisdale | 1:06:04 | 6:37 | 1:05:29 |
| 95 | 15/26 | F | 4095 Dawne Glanville | Melfort | 1:06:07 | 6:37 | 1:05:58 |
| 96 | 7/7 | M | 4112 Jarod Koroll | Melfort | 1:07:24 | 6:45 | 1:07:10 |
| 97 | 19/31 | F | 4175 Selena Wood | Melfort | 1:07:32 | 6:46 | 1:07:23 |
| 98 | 11/17 | F | 4132 Kendall Munkler | Saskatoon | 1:07:39 | 6:46 | 1:07:34 |
| 99 | 7/7 | M | 4155 Ryley Sather | Saskatoon | 1:07:40 | 6:46 | 1:07:34 |
| 100 | 20/31 | F | 4100 Amanda Hecht | Prince Albert | 1:07:42 | 6:47 | 1:07:24 |
| 101 | 16/26 | F | 4061 Tracy Bedard | St Brioux | 1:07:49 | 6:47 | 1:07:30 |
| 102 | 17/26 | F | 4034 Crystal Peverett | Carrot River | 1:08:33 | 6:52 | 1:08:28 |
| 103 | 5/12 | F | 4029 Jackie Marshall | Melfort | 1:10:30 | 7:03 | 1:09:44 |
| 104 | 6/12 | F | 4133 Cindy Neilsen | Melfort | 1:10:47 | 7:05 | 1:10:17 |
| 105 | 21/31 | F | 4134 Robin Neilsen | Melfort | 1:10:47 | 7:05 | 1:10:17 |
| 106 | 22/31 | F | 4002 Lea Anne Beauchesne | Regina | 1:11:18 | 7:08 | 1:10:41 |
| 107 | 2/6 | F | 4042 Renee Stephan | Regina | 1:11:18 | 7:08 | 1:10:41 |
| 108 | 23/31 | F | 4022 Kari Hiebert | Melfort | 1:12:01 | 7:13 | 1:11:48 |
| 109 | 12/17 | F | 4018 Kerilee Fouillard | Melfort | 1:12:03 | 7:13 | 1:11:34 |
| 110 | 7/12 | F | 4173 Judi Wearing | Bjorkdale | 1:12:12 | 7:14 | 1:11:40 |
| 111 | 18/26 | F | 4158 Jean Senecal | Melfort | 1:12:36 | 7:16 | 1:11:56 |
| 112 | 13/17 | F | 4030 Lisa Mercier | Saskatoon | 1:12:49 | 7:17 | 1:12:11 |
| 113 | 14/17 | F | 4101 Brenna Hirsch | Melfort | 1:12:52 | 7:18 | 1:12:31 |
| 114 | 19/26 | F | 4010 Cindy Ellacott | Naicam | 1:14:11 | 7:26 | 1:13:30 |
| 115 | 24/31 | F | 4092 Jill Gidluck | Saskatoon | 1:14:51 | 7:30 | 1:14:21 |
| 116 | 15/17 | F | 4137 Chelsea Pederson | Saskatoon | 1:14:52 | 7:30 | 1:14:22 |
| 117 | 20/26 | F | 4017 Donna Fouillard | Melfort | 1:15:00 | 7:30 | 1:14:30 |
| 118 | 21/26 | F | 4169 Rhonda Thomsen | Kamsack | 1:15:07 | 7:31 | 1:14:41 |
| 119 | 22/26 | F | 4056 Geri Arn | Kinistino | 1:17:25 | 7:45 | 1:17:19 |
| 120 | 25/31 | F | 4103 Christina Honeyman | Tisdale | 1:18:01 | 7:49 | 1:17:27 |
| 121 | 26/31 | F | 4168 Heather Thompson | Melfort | 1:18:44 | 7:53 | 1:18:15 |
| 122 | 27/31 | F | 4108 Pam Kellington | Melfort | 1:18:45 | 7:53 | 1:18:17 |
| 123 | 28/31 | F | 4028 Estelle Leichert | Porcupine Plain | 1:18:51 | 7:54 | 1:18:09 |
| 124 | 29/31 | F | 4015 Lori Fettes | Melfort | 1:19:01 | 7:55 | 1:18:45 |
| 125 | 23/26 | F | 4161 Tami Simms | Melfort | 1:20:12 | 8:02 | 1:19:24 |
| 126 | 16/17 | F | 4049 Amber Wigley | Melfort | 1:21:22 | 8:09 | 1:20:53 |
| 127 | 3/6 | F | 4072 Carola Churchill | Birch Hills | 1:25:16 | 8:32 | 1:25:05 |
| 128 | 4/6 | F | 4041 Lois Spagrud | Melfort | 1:25:16 | 8:32 | 1:25:06 |
| 129 | 17/17 | F | 4062 Amanda Bednarz | Melfort | 1:28:02 | 8:49 | 1:27:41 |
| 130 | 30/31 | F | 4116 Rheann Laclare | Tisdale | 1:28:10 | 8:49 | 1:27:26 |
| 131 | 24/26 | F | 4039 Nicole Skiftun | Strathmore | 1:31:11 | 9:08 | 1:30:29 |
| 132 | 31/31 | F | 4040 Roberta Skiftun | Melfort | 1:31:12 | 9:08 | 1:30:30 |
| 133 | 25/26 | F | 4143 Treena Porter | Kinistino | 1:36:18 | 9:38 | 1:36:09 |
| 134 | 4/5 | M | 4151 Noah Ruhland | Asquith | 1:36:46 | 9:41 | 1:35:58 |
| 135 | 5/6 | F | 4083 Faye Fawcett | Asquith | 1:37:22 | 9:45 | 1:36:34 |
| 136 | 6/6 | F | 4057 Diane Avison | Melfort | 1:37:22 | 9:45 | 1:36:35 |
| 137 | 8/12 | F | 4121 Linda Lueken | Melfort | 1:41:30 | 10:09 | 1:40:48 |

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|-----|-------|---|-----------------------|---------|---------|-------|---------|
| 138 | 9/12 | F | 4152 Pat Rumberger | Melfort | 1:41:30 | 10:09 | 1:40:48 |
| 139 | 10/12 | F | 4043 Yvonne Stevenson | Melfort | 1:41:31 | 10:10 | 1:40:49 |
| 140 | 11/12 | F | 4054 Laurie Anderson | Melfort | 1:41:31 | 10:10 | 1:40:50 |
| 141 | 12/12 | F | 4102 Jana Hirsch | Melfort | 1:41:33 | 10:10 | 1:40:51 |
| 142 | 5/5 | M | 4150 Jacob Ruhland | Asquith | 1:47:41 | 10:47 | 1:46:54 |
| 143 | 8/8 | M | 4148 Alvin Rhodes | Asquith | 1:47:41 | 10:47 | 1:46:55 |
| 144 | 26/26 | F | 4082 Audra Fawcett | Asquith | 1:53:03 | 11:19 | 1:52:18 |

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5K, 10K and 21K
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Overall 5KM Results

| Over All Rank | Rank In AgeGroup | Gender | Bib Num | Competitor Name | City | Official Time | Pace Min/Km | Net Time |
|---------------------|------------------------|--------|------------|--------------------------|------------------|------------------|----------------|-------------|
| 1 | 1/31 | M | 3515 | Liam Trawin | Melfort | 20:44 | 4:09 | 20:43 |
| 2 | 1/7 | M | 3389 | Jesse Drayton | Pathlow | 20:55 | 4:11 | 20:52 |
| 3 | 2/7 | M | 3312 | Eli Crooks | Saskatoon | 21:01 | 4:13 | 21:00 |
| 4 | 3/7 | M | 3454 | Jordan Koroll | Melfort | 21:25 | 4:17 | 21:25 |
| 5 | 1/24 | F | 3395 | Leslie Erhardt | Regina | 22:31 | 4:31 | 22:29 |
| 6 | 2/31 | M | 3489 | Alex Riendeau | Saskatoon | 22:44 | 4:33 | 22:41 |
| 7 | 3/31 | M | 3361 | Brad Taylor | Melfort | 23:06 | 4:38 | 22:36 |
| 8 | 1/23 | F | 3474 | Andrea Nazarevich | Melfort | 23:20 | 4:40 | 23:19 |
| 9 | 4/31 | M | 3386 | Basil Crooks | Saskatoon | 23:32 | 4:43 | 23:30 |
| 10 | 2/23 | F | 3485 | Crislana Rafael | Surrey | 23:52 | 4:47 | 23:45 |
| 11 | 1/13 | M | 3466 | Gerry Miller | St. Brieux | 24:19 | 4:52 | 24:14 |
| 12 | 5/31 | M | 3337 | Graham Moulton | Melfort | 24:41 | 4:57 | 24:37 |
| 13 | 1/30 | F | 3355 | Shae-Lynn Sieben | Tisdale | 24:44 | 4:57 | 24:34 |
| 14 | 1/13 | M | 3382 | Gary Christopher | Yorkton | 24:46 | 4:58 | 24:39 |
| 15 | 1/4 | M | 3396 | Perry Erhardt | Regina | 24:58 | 5:00 | 24:56 |
| 16 | 2/13 | M | 3327 | Jeffrey Hunt | St. Brieux | 25:02 | 5:01 | 24:36 |
| 17 | 6/31 | M | 3424 | Nathan Goudy | Melfort | 25:02 | 5:01 | 24:42 |
| 18 | 7/31 | M | 3488 | Sean Renouf | Melfort | 25:03 | 5:01 | 24:43 |
| 19 | 2/4 | M | 3384 | Jerry Corbett | Melfort | 25:15 | 5:03 | 25:13 |
| 20 | 8/31 | M | 3542 | Dylan Yeadon | Melfort | 25:20 | 5:04 | 25:04 |
| 21 | 9/31 | M | 3402 | Dilan Fidyk | Melfort | 25:48 | 5:10 | 25:29 |
| 22 | 10/31 | M | 3401 | Cody Fettes | Melfort | 25:50 | 5:10 | 25:31 |
| 23 | 4/7 | M | 3304 | Unknown Runner | Unknown | 25:54 | 5:11 | 25:46 |
| 24 | 1/40 | F | 3349 | Richelle Penner | Star City | 25:56 | 5:12 | 25:55 |
| 25 | 11/31 | M | 3425 | Peter Goudy | Melfort | 26:25 | 5:17 | 26:14 |
| 26 | 12/31 | M | 3423 | Mark Goudy | Melfort | 26:25 | 5:17 | 26:15 |
| 27 | 2/13 | M | 3421 | Brad Goudy | Melfort | 26:25 | 5:17 | 26:14 |
| 28 | 2/40 | F | 3475 | Sunshine Neill-St. Clair | Melfort | 26:26 | 5:18 | 26:08 |
| 29 | 3/23 | F | 3323 | Naomi Hartl | Naicam | 26:37 | 5:20 | 26:35 |
| 30 | 3/13 | M | 3510 | Linsey Thornton | Melfort | 26:53 | 5:23 | 26:14 |
| 31 | 4/23 | F | 3302 | Kendra Baraniski | Melfort | 27:04 | 5:25 | 27:01 |
| 32 | 2/30 | F | 3468 | Kyla Missler | Naicam | 27:06 | 5:26 | 26:34 |
| 33 | 2/24 | F | 3490 | Chelene Riendeau | Saskatoon | 27:28 | 5:30 | 27:19 |
| 34 | 4/13 | M | 3467 | Darcy Missler | Naicam | 27:31 | 5:31 | 26:59 |
| 35 | 3/40 | F | 3511 | Natasha Thornton | Melfort | 27:33 | 5:31 | 26:55 |
| 36 | 13/31 | M | 3483 | Austin Placsko | Melfort | 27:42 | 5:33 | 27:22 |
| 37 | 3/13 | M | 3449 | Tony Kolkman | Annaheim | 27:49 | 5:34 | 27:17 |
| 38 | 14/31 | M | 3537 | Thomas Wingate | Melfort | 27:50 | 5:34 | 27:30 |
| 39 | 4/40 | F | 3360 | Erinn Stoll | Melfort | 27:54 | 5:35 | 27:46 |
| 40 | 15/31 | M | 3448 | Theo Kolkman | Annaheim | 27:54 | 5:35 | 27:21 |
| 41 | 3/30 | F | 3438 | Michaela Jensen | Melfort | 27:57 | 5:36 | 27:53 |
| 42 | 4/13 | M | 3437 | Mark Jensen | Melfort | 28:00 | 5:36 | 27:56 |
| 43 | 16/31 | M | 3521 | Orrin Voldeng | Naicam | 28:06 | 5:38 | 27:34 |
| 44 | 5/13 | M | 3460 | Troy Leicht | Naicam | 28:06 | 5:38 | 27:35 |
| 45 | 5/40 | F | 3457 | Sandra Larsen | Shellbrook | 28:09 | 5:38 | 27:36 |
| 46 | 5/23 | F | 3463 | Shaye Mansiere | Meskanaw | 28:15 | 5:39 | 27:58 |
| 47 | 1/26 | F | 3306 | Judy Charney | Yorkton | 28:25 | 5:41 | 28:06 |
| 48 | 6/13 | M | 3350 | Shaun Penner | Star City | 28:31 | 5:43 | 28:26 |
| 49 | 3/24 | F | 3543 | Marla Yeadon | Melfort | 29:12 | 5:51 | 28:56 |
| 50 | 5/7 | M | 3802 | Zach Moskal | Melfort | 29:21 | 5:53 | 29:06 |
| 51 | 4/30 | F | 3442 | Madelyn Kaban | Regina | 29:24 | 5:53 | 29:05 |
| 52 | 7/13 | M | 3344 | Trevor Norum | Tisdale | 29:25 | 5:53 | 29:10 |
| 53 | 6/40 | F | 3326 | Jackie Hood | Naicam | 29:26 | 5:54 | 29:17 |
| 54 | 5/30 | F | 3503 | Heidi Svenson | Tisdale | 29:30 | 5:54 | 28:54 |
| 55 | 5/13 | M | 3481 | Steven Pederson | North Battleford | 29:34 | 5:55 | 29:06 |
| 56 | 2/26 | F | 3514 | Julie Trawin | Melfort | 29:55 | 5:59 | 29:34 |
| 57 | 7/40 | F | 3313 | Leslie Dagg | Tisdale | 29:57 | 6:00 | 29:24 |
| 58 | 8/40 | F | 3464 | Christy Martin | Melfort | 29:59 | 6:00 | 29:51 |
| 59 | 6/30 | F | 3374 | Emily Bittman | Melfort | 30:12 | 6:03 | 30:00 |
| 60 | 7/30 | F | 3419 | Bailey Gerski | Melfort | 30:31 | 6:07 | 30:06 |
| 61 | 1/3 | M | 3430 | Dan Hatton | Nipawin | 30:37 | 6:08 | 30:20 |

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|-----|-------|---|------------------------------|------------------|-------|------|-------|
| 62 | 8/30 | F | 3530 Olivia White | Melfort | 30:40 | 6:08 | 30:32 |
| 63 | 9/30 | F | 3398 Kasmira Evtenier | Gronlid | 30:43 | 6:09 | 30:29 |
| 64 | 10/30 | F | 3403 Devin Flodell | Melfort | 30:44 | 6:09 | 30:31 |
| 65 | 6/23 | F | 3335 Courtney McFarlane | Melfort | 30:54 | 6:11 | 30:49 |
| 66 | 6/7 | M | 3397 Kris Evans | Melfort | 30:54 | 6:11 | 30:49 |
| 67 | 11/30 | F | 3343 Alix Norum | Tisdale | 31:11 | 6:15 | 30:59 |
| 68 | 17/31 | M | 3443 Harris Kellington | Melfort | 31:18 | 6:16 | 31:05 |
| 69 | 18/31 | M | 3441 Logan Kaban | Regina | 31:20 | 6:16 | 31:01 |
| 70 | 12/30 | F | 3439 Gabrielle Kaban | Regina | 31:21 | 6:17 | 31:02 |
| 71 | 4/24 | F | 3440 Glenda Kaban | Regina | 31:24 | 6:17 | 31:04 |
| 72 | 19/31 | M | 3519 James Van Der Ross | Melfort | 31:25 | 6:17 | 31:04 |
| 73 | 20/31 | M | 3414 Ewan Gendall | Melfort | 31:26 | 6:18 | 31:09 |
| 74 | 21/31 | M | 3317 Carter Fettes | Melfort | 31:31 | 6:19 | 31:22 |
| 75 | 22/31 | M | 3357 Lukas Steffen | Melfort | 31:31 | 6:19 | 31:20 |
| 76 | 7/23 | F | 3513 Amanda Traill | Saskatoon | 31:32 | 6:19 | 31:25 |
| 77 | 13/30 | F | 3491 Emma Riendeau | Saskatoon | 31:41 | 6:21 | 31:32 |
| 78 | 14/30 | F | 3428 Keely Hadwen | Melfort | 31:43 | 6:21 | 31:27 |
| 79 | 23/31 | M | 3356 Warner Solsten | Melfort | 31:47 | 6:22 | 31:14 |
| 80 | 8/13 | M | 3990 Murray Yeadon | Melfort | 31:49 | 6:22 | 31:15 |
| 81 | 15/30 | F | 3991 Sarah Yeadon | Melfort | 31:49 | 6:22 | 31:15 |
| 82 | 9/40 | F | 3427 Karen Hadwen | Melfort | 31:58 | 6:24 | 31:41 |
| 83 | 10/40 | F | 3358 Lydia Steffen | Melfort | 32:04 | 6:25 | 31:51 |
| 84 | 16/30 | F | 3332 Monique Lacroix | Beatty | 32:05 | 6:25 | 31:52 |
| 85 | 17/30 | F | 3535 Holly Wingate | Melfort | 32:05 | 6:25 | 31:50 |
| 86 | 5/24 | F | 3364 Patricia Valois | Holboin | 32:06 | 6:26 | 31:53 |
| 87 | 24/31 | M | 3309 Alex Colyn | Naicam | 32:12 | 6:27 | 31:39 |
| 88 | 6/24 | F | 3310 Lynn Colyn | Naicam | 32:13 | 6:27 | 31:40 |
| 89 | 8/23 | F | 3914 Dionne Koroll | Melfort | 32:17 | 6:28 | 32:03 |
| 90 | 11/40 | F | 3314 Michelle Daubenfeld | St. Brieux | 32:21 | 6:29 | 31:51 |
| 91 | 18/30 | F | 3502 Hayley Svenson | Tisdale | 32:22 | 6:29 | 31:44 |
| 92 | 9/13 | M | 3429 Michael Hadwen | Melfort | 32:29 | 6:30 | 32:12 |
| 93 | 19/30 | F | 3318 Cassidy Fettes | Melfort | 32:33 | 6:31 | 32:17 |
| 94 | 7/24 | F | 3339 Tanya Moulton | Melfort | 32:37 | 6:32 | 32:01 |
| 95 | 8/24 | F | 3455 Polly Kovach | Spalding | 32:38 | 6:32 | 32:02 |
| 96 | 12/40 | F | 3495 Erin Small | Tisdale | 32:39 | 6:32 | 32:04 |
| 97 | 13/40 | F | 3325 Rachelle Heavin | Melfort | 32:45 | 6:33 | 32:18 |
| 98 | 9/24 | F | 3324 Heather Heavin | Saskatoon | 32:46 | 6:34 | 32:19 |
| 99 | 20/30 | F | 3450 Hailey Kolody | Fort Qu'appelle | 32:51 | 6:35 | 32:49 |
| 100 | 14/40 | F | 3305 April Charko | Carrot River | 32:57 | 6:36 | 32:48 |
| 101 | 15/40 | F | 3322 Kendra Gray | St. Brieux | 33:00 | 6:36 | 32:28 |
| 102 | 16/40 | F | 3383 Glen-Mary Christopher | Yorkton | 33:09 | 6:38 | 32:30 |
| 103 | 3/26 | F | 3482 Leanna Pickering | Melfort | 33:13 | 6:39 | 32:40 |
| 104 | 17/40 | F | 3538 Jeannine Wood | Melfort | 33:35 | 6:43 | 33:07 |
| 105 | 18/40 | F | 3408 Penny Friesen | Melfort | 33:37 | 6:44 | 32:31 |
| 106 | 6/13 | M | 3407 Dustin Friesen | Melfort | 33:37 | 6:44 | 32:32 |
| 107 | 4/26 | F | 3926 Elaine Kuffert | Spiritwood | 34:09 | 6:50 | 33:36 |
| 108 | 10/13 | M | 3531 Rodney White | Melfort | 34:12 | 6:51 | 34:03 |
| 109 | 7/7 | M | 3388 Daniel Drapak | Melfort | 34:14 | 6:51 | 33:31 |
| 110 | 19/40 | F | 3307 Renee Claypool | Melfort | 34:20 | 6:52 | 33:37 |
| 111 | 5/26 | F | 3336 Denise Moskal | Melfort | 34:30 | 6:54 | 34:10 |
| 112 | 20/40 | F | 3477 Tyla Olenchuk | Melfort | 34:30 | 6:54 | 33:53 |
| 113 | 21/40 | F | 3494 Michelle Seykora | Naicam | 34:50 | 6:58 | 34:17 |
| 114 | 21/30 | F | 3446 Hannah Kolkman | Annaheim | 34:53 | 6:59 | 34:12 |
| 115 | 22/30 | F | 3528 Erin White | Melfort | 35:08 | 7:02 | 35:00 |
| 116 | 9/23 | F | 3391 Kimberley Earl | Melfort | 35:14 | 7:03 | 34:38 |
| 117 | 6/26 | F | 3525 Maureen Walsh | Melfort | 35:38 | 7:08 | 34:49 |
| 118 | 10/23 | F | 3480 Molly Pederson | North Battleford | 35:40 | 7:08 | 35:12 |
| 119 | 22/40 | F | 3417 Jill Gendall | Melfort | 35:41 | 7:09 | 35:24 |
| 120 | 25/31 | M | 3415 Hayden Gendall | Melfort | 35:42 | 7:09 | 35:27 |
| 121 | 23/40 | F | 3524 Alisha Walker-Pickering | Prince Albert | 35:56 | 7:12 | 34:58 |
| 122 | 24/40 | F | 3346 Brenda Olson | Tisdale | 36:02 | 7:13 | 35:18 |
| 123 | 7/13 | M | 3371 Pierre Beauchesne | Regina | 36:02 | 7:13 | 35:25 |
| 124 | 23/30 | F | 3372 Toveah Beauchesne | Regina | 36:03 | 7:13 | 35:26 |
| 125 | 26/31 | M | 3354 Lewis Rogers | Melfort | 36:10 | 7:14 | 35:58 |
| 126 | 8/13 | M | 3416 Jeff Gendall | Melfort | 36:10 | 7:14 | 35:52 |
| 127 | 10/24 | F | 3393 Shelly Edwards | Melfort | 36:13 | 7:15 | 35:39 |
| 128 | 9/13 | M | 3894 Robert Steffen | Melfort | 36:14 | 7:15 | 36:03 |
| 129 | 27/31 | M | 3362 Toby Taylor | Melfort | 36:15 | 7:15 | 36:02 |
| 130 | 25/40 | F | 3905 Jennifer Fedorychka | Melfort | 36:17 | 7:16 | 35:26 |
| 131 | 1/9 | F | 3348 Sharon Pelletier | Carrot River | 36:24 | 7:17 | 36:07 |
| 132 | 11/13 | M | 3303 Lyle Bittman | Melfort | 36:28 | 7:18 | 34:33 |
| 133 | 7/26 | F | 3329 Kathy Kehrig | Tisdale | 36:29 | 7:18 | 35:46 |
| 134 | 2/9 | F | 4172 Sharon Walker | Melfort | 36:32 | 7:19 | 35:31 |
| 135 | 26/40 | F | 3523 Lindsay Walker | Elrose | 36:32 | 7:19 | 35:31 |
| 136 | 11/23 | F | 3522 Lacey Walker | Melfort | 36:32 | 7:19 | 35:34 |
| 137 | 11/24 | F | 3390 Yvette Dudar | Melfort | 36:46 | 7:22 | 36:19 |

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|-----|-------|---|------------------------------|---------------|-------|-------|-------|
| 138 | 28/31 | M | 3405 Oakland Flodell | Saskatoon | 36:49 | 7:22 | 36:35 |
| 139 | 27/40 | F | 3406 Tanya Flodell | Saskatoon | 36:49 | 7:22 | 36:34 |
| 140 | 24/30 | F | 3422 Elizabeth Goudy | Melfort | 37:16 | 7:28 | 37:09 |
| 141 | 28/40 | F | 3369 Jacqui Arneson | Tisdale | 37:24 | 7:29 | 36:48 |
| 142 | 25/30 | F | 3533 Gabriella Will-Anderson | Tisdale | 37:28 | 7:30 | 37:03 |
| 143 | 29/40 | F | 3365 Rebecca Will | Tisdale | 37:29 | 7:30 | 37:04 |
| 144 | 12/24 | F | 3321 Joanne Gray | Prince Albert | 37:31 | 7:31 | 36:49 |
| 145 | 12/23 | F | 3351 Megan Peters | Melfort | 37:57 | 7:36 | 37:25 |
| 146 | 8/26 | F | 3473 Colleen Naber | Melfort | 38:06 | 7:38 | 37:26 |
| 147 | 9/26 | F | 3453 Georgette Koroll | Melfort | 38:23 | 7:41 | 37:30 |
| 148 | 13/24 | F | 3499 Brenda Sunderland | Naicam | 38:33 | 7:43 | 37:58 |
| 149 | 10/26 | F | 3380 Debra Carson | Naicam | 38:49 | 7:46 | 38:31 |
| 150 | 3/4 | M | 3381 Frank Carson | Naicam | 38:50 | 7:46 | 38:32 |
| 151 | 30/40 | F | 3359 Sabrina Stensrud | Melfort | 38:56 | 7:48 | 38:13 |
| 152 | 29/31 | M | 3504 Brodi Taylor | Melfort | 39:30 | 7:54 | 39:18 |
| 153 | 14/24 | F | 3328 Tekla Kadachuk | Melfort | 39:31 | 7:55 | 39:03 |
| 154 | 31/40 | F | 3376 Beverley Blake | Melfort | 39:39 | 7:56 | 38:54 |
| 155 | 13/23 | F | 3487 Arlynn Redekopp | Melfort | 39:43 | 7:57 | 39:00 |
| 156 | 14/23 | F | 3340 Wendy Ferguson | Naicam | 40:11 | 8:03 | 39:27 |
| 157 | 26/30 | F | 3379 Tori Carlson | Gronlid | 40:37 | 8:08 | 40:24 |
| 158 | 27/30 | F | 3404 Elliot Flodell | Melfort | 40:37 | 8:08 | 40:24 |
| 159 | 32/40 | F | 3315 Shelly Farrell | Naicam | 40:41 | 8:09 | 40:04 |
| 160 | 33/40 | F | 3478 Jenn Pasioka | Melfort | 41:14 | 8:15 | 40:48 |
| 161 | 11/26 | F | 3479 Susan Pasioka | Melfort | 41:14 | 8:15 | 40:49 |
| 162 | 15/23 | F | 3469 Brandi Moskal | Melfort | 41:15 | 8:15 | 40:58 |
| 163 | 15/24 | F | 3333 Carla Mann | Pleasantdale | 41:15 | 8:15 | 40:46 |
| 164 | 3/9 | F | 3385 Karin Corbett | Saskatoon | 41:17 | 8:16 | 40:42 |
| 165 | 10/13 | M | 3320 Darren Flaata | Melfort | 41:23 | 8:17 | 40:33 |
| 166 | 16/24 | F | 3501 Glenda Svenson | Tisdale | 41:27 | 8:18 | 40:49 |
| 167 | 16/23 | F | 3352 Raquel Richardson | Spalding | 41:28 | 8:18 | 40:52 |
| 168 | 11/13 | M | 3342 Kent Njaa | Melfort | 41:48 | 8:22 | 41:30 |
| 169 | 17/23 | F | 3426 Amber Govan | Englefeld | 41:48 | 8:22 | 41:04 |
| 170 | 30/31 | M | 3509 Triston Taylor | Melfort | 41:51 | 8:23 | 41:37 |
| 171 | 34/40 | F | 3507 Stephanie Taylor | Melfort | 41:51 | 8:23 | 41:39 |
| 172 | 12/26 | F | 3319 Kathy Fidyk | Melfort | 42:05 | 8:25 | 41:44 |
| 173 | 35/40 | F | 3433 Angela Hicks | Melfort | 42:25 | 8:29 | 41:35 |
| 174 | 31/31 | M | 3412 Lydell Gamble | Melfort | 42:31 | 8:31 | 41:41 |
| 175 | 17/24 | F | 3529 Katie White | Melfort | 42:51 | 8:35 | 42:21 |
| 176 | 12/13 | M | 3456 James Lalla | Melfort | 43:00 | 8:36 | 42:10 |
| 177 | 13/26 | F | 3471 Gayle Mullay | Melfort | 43:00 | 8:36 | 42:42 |
| 178 | 18/24 | F | 3520 Leanne Veinot | Melfort | 43:04 | 8:37 | 42:12 |
| 179 | 19/24 | F | 3447 Karen Kolkman | Annaheim | 43:42 | 8:45 | 43:02 |
| 180 | 28/30 | F | 3330 Adrienne Kolkman | Annaheim | 43:44 | 8:45 | 43:03 |
| 181 | 18/23 | F | 3498 Katherine Stoll | Melfort | 43:49 | 8:46 | 39:37 |
| 182 | 14/26 | F | 3367 Tammy Aasen | Melfort | 43:59 | 8:48 | 43:20 |
| 183 | 19/23 | F | 3366 Jill Aasen | Saskatoon | 44:00 | 8:48 | 43:23 |
| 184 | 36/40 | F | 3518 Gwynneth Van Der Ross | Melfort | 44:41 | 8:57 | 44:07 |
| 185 | 13/13 | M | 3536 Jordan Wingate | Melfort | 44:41 | 8:57 | 44:04 |
| 186 | 20/24 | F | 3534 Amy Wingate | Melfort | 44:41 | 8:57 | 44:05 |
| 187 | 4/9 | F | 3465 Linda McDonald | Melfort | 44:54 | 8:59 | 44:44 |
| 188 | 2/3 | M | 3451 Barry Koroll | Melfort | 46:29 | 9:18 | 45:35 |
| 189 | 21/24 | F | 3505 Dione Taylor | Melfort | 46:30 | 9:18 | 46:01 |
| 190 | 4/4 | M | 3316 George Fellman | Melfort | 47:25 | 9:29 | 47:18 |
| 191 | 15/26 | F | 3341 Rosanne Newman | Melfort | 47:57 | 9:36 | 47:12 |
| 192 | 16/26 | F | 3334 Shelly Martens | Lloydminster | 47:58 | 9:36 | 47:13 |
| 193 | 37/40 | F | 3496 Megan Smith | Melfort | 48:13 | 9:39 | 47:27 |
| 194 | 22/24 | F | 3434 Laurelyn Hoess | Melfort | 48:14 | 9:39 | 47:54 |
| 195 | 38/40 | F | 3444 Carla Klan | Melfort | 49:05 | 9:49 | 48:40 |
| 196 | 20/23 | F | 3370 Laura Basaraba | Prince Albert | 49:06 | 9:50 | 48:42 |
| 197 | 12/13 | M | 3445 Jeff Klan | Melfort | 49:06 | 9:50 | 48:42 |
| 198 | 5/9 | F | 3418 Peggy George | Melfort | 49:22 | 9:53 | 48:55 |
| 199 | 21/23 | F | 3392 Ashton Edwards | Melfort | 49:58 | 10:00 | 49:24 |
| 200 | 23/24 | F | 3375 Val Bittman | Melfort | 50:13 | 10:03 | 49:25 |
| 201 | 13/13 | M | 3461 Linsey Levendall | Melfort | 50:21 | 10:05 | 49:19 |
| 202 | 22/23 | F | 3462 Tamzyn Levendall | Melfort | 50:40 | 10:08 | 49:37 |
| 203 | 6/9 | F | 3436 Georgia Jardine | Melfort | 50:56 | 10:12 | 50:07 |
| 204 | 7/9 | F | 3394 Terry Enge | Melfort | 51:40 | 10:20 | 51:15 |
| 205 | 8/9 | F | 3517 Lorraine Tyckon | Melfort | 51:41 | 10:21 | 51:17 |
| 206 | 17/26 | F | 3378 Margaret Bradley | Melfort | 51:42 | 10:21 | 51:17 |
| 207 | 18/26 | F | 3539 Wanda Wood | Melfort | 52:04 | 10:25 | 51:13 |
| 208 | 29/30 | F | 3540 Cassidy Yaganiski | Melfort | 52:05 | 10:25 | 51:12 |
| 209 | 30/30 | F | 3541 Delany Yaganiski | Melfort | 52:06 | 10:26 | 51:12 |
| 210 | 19/26 | F | 3527 Terry Weise | Melfort | 52:31 | 10:31 | 52:05 |
| 211 | 9/9 | F | 3492 Patricia Roberts | Melfort | 52:32 | 10:31 | 52:07 |
| 212 | 39/40 | F | 3387 Donna Degerness | Melfort | 52:44 | 10:33 | 51:52 |
| 213 | 40/40 | F | 3420 Laurie Gerski | Melfort | 52:44 | 10:33 | 51:52 |

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| 214 | 3/3 | M | 3493 Robin Roberts | Melfort | 53:19 | 10:40 | 52:57 |
| 215 | 20/26 | F | 3484 Jenny Praski | Melfort | 53:22 | 10:41 | 52:42 |
| 216 | 21/26 | F | 3311 Tracy Copeland | Melfort | 53:27 | 10:42 | 52:39 |
| 217 | 24/24 | F | 3476 Lisa Nunweiler | Melfort | 53:28 | 10:42 | 52:38 |
| 218 | 22/26 | F | 3435 Karen Ingram | Melfort | 53:30 | 10:42 | 52:42 |
| 219 | 23/23 | F | 3373 Heather Bell | Saskatoon | 55:56 | 11:12 | 55:02 |
| 220 | 23/26 | F | 3347 Linda Paulson-Lee | Saskatoon | 56:56 | 11:24 | 56:11 |
| 221 | 24/26 | F | 3301 Karen Anderson | Archerwill | 56:56 | 11:24 | 56:09 |
| 222 | 25/26 | F | 3353 Jackie Rogers | Melfort | 58:16 | 11:40 | 57:37 |
| 223 | 26/26 | F | 3532 Lorraine Wilk | Melfort | 58:17 | 11:40 | 57:38 |

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