| | Trainin | ng | | Races | | | | | | | | | | | | | | | Medal Progress | | | | | | | | | |
|--------------------------|---------------|-----------------|----------------------|---------------------------------|---------------------------------|---------------------------------|-----------------|----------------|-----------------------|--|----------------|-------------------|---|------------------------------|-----------------------------|---------------------------------|-------------------|---|--------------------|---------------------|----------------------------|------------------------|-----------------------|-----|----------------------------------|--|-----------------------|----------------|
| Participant | Training Runs | Training Points | Frost Bite River Run | Patrick Riddell April Series #1 | Patrick Riddell April Series #2 | Patrick Riddell April Series #3 | Go for the Burn | Physio Fit Run | Boyne Book It Fun Run | Headingley Fire Dept Run for Wishes | Run Sage Creek | Manitoba Marathon | Beausejour Fun Run MRA Family Ice Cream Run #1 | Islendingadagurinn Road Race | MRA Family Ice Cream Run #2 | Abas Auto Stony Mountain Run | Point Douglas Run | | Kleefeld Honey Run | Riding Mountain Run | Treherne Run for the Hills | Ted's Run for Literacy | Thanks for Giving Run | | Pinawa iyiaratnon Race Points | Total Point (Training + Race Points | Points (Minin require | |
| Don Bevington | 43 | 86 | 2 | 3 | 3 | 2 | 2 | 3 | | 4 | | 2 | 4 | 4 | | 4 | 2 | _ | 4 | | | 3 | 3 | 3 | 4: | | 3 Qualified | Race Qualified |
| Clemus Laurila | 43 | 86 | 2 | 3 | 2 | 2 | 2 | 3 | | 4 | 3 | 2 | | 2 | | 4 | | _ | 4 3 | | | 2 | | | 4: | | 7 Qualified | Race Qualified |
| Debbie Felgate-Stone | 43 | 86 | 2 | 3 | 2 | 2 | 2 | 3 | | 4 | | 2 | | 2 | | 4 | | 3 | 4 3 | 3 | | 2 | 3 | | 4: | 1 12 | 7 Qualified | Race Qualified |
| Bill Gamache | 43 | 86 | | 3 | 3 | 2 | 2 | 3 | | 4 | | | 4 | | | 4 | | 3 | 4 | | | 3 | 3 | 3 | 38 | | 4 Qualified | Race Qualified |
| Bryanne Deroo | 43 | 86 | 2 | 2 | 2 | 2 | 2 | 2 | | 3 | | 3 | | 2 | | | | 2 | | 4 | | 2 | 3 | 3 4 | 4 3! | 5 12 | 1 Qualified | Race Qualified |
| Jack Dubnicoff | 43 | 86 | 2 | 2 | 2 | 2 | 3 | 2 | | 3 | | | | | | 4 | | | 4 | | | 3 | | | 4 3: | 1 11 | 7 Qualified | Race Qualified |
| Phillip Pawluk | 40 | 80 | | 3 | 3 | 3 | 2 | 3 | | 2 | | | | 4 | | 4 | | 3 | 4 3 | 3 | | 3 | | | 3 | 7 11 | 7 Qualified | Race Qualified |
| Shelley Borschawa | 39 | 78 | 2 | 2 | 2 | 2 | 2 | 2 | | 4 | | | | 4 | | 4 | | 2 | 4 3 | 3 | | 2 | 3 | 3 | 38 | 8 11 | 6 Qualified | Race Qualified |
| Darius Konotopetz | 43 | 86 | | 3 | 3 | 3 | | | | | | 2 | | | | 4 | | | | | | | | | 1! | 5 10 | 1 Qualified | Race Qualified |
| Walter Yuen | 43 | 86 | | | | | | | | | | 3 | | | | | | 3 | 3 | 3 | | 3 | 3 | 3 | 1! | 5 10 | 1 Qualified | Race Qualified |
| Christy Rogowski | 37 | 74 | 2 | 2 | 2 | 2 | 2 | 2 | | 2 | | | | 2 | | | | 2 | | | | 2 | 3 | 3 | 23 | 9 | 7 Qualified | Race Qualified |
| Bryan Ezako | 35 | 70 | | 2 | 2 | 2 | 2 | 2 | | 2 | | | | 2 | | | | | 4 3 | 3 | | | | | 2: | 1 9 | 1 Qualified | Race Qualified |
| Frederica Emery | 37 | 74 | | 2 | 2 | 2 | 2 | 2 | | | | | | | | | | | | | | | 3 | 3 | 13 | 3 8 | 7 Qualified | Race Qualified |
| Bryan Mintenko | 41 | 82 | | | | | 2 | | | | | | | | | | | | | | | | | | | 2 8 | 4 Qualified | 33.33% |
| Gale Walker | 34 | 68 | 2 | 2 | 2 | 2 | | 2 | | | | | | | | | | | | | | 2 | | | 12 | 2 8 | 0 Qualified | Race Qualified |
| Tiana Baskin | 35 | 70 | | | | | | | | | | | | | | | 2 | 3 | | | | | 3 | 3 | | | 8 Qualified | Race Qualified |
| Jessica Drakul | 31 | 62 | 2 | | | | | | | | 3 | 3 | | | | | | 3 | | | | | 3 | 3 | 14 | | 6 Qualified | Race Qualified |
| Lisa Witt | 26 | 52 | 2 | 3 | | 2 | 2 | 3 | | | | | | 2 | | | | 3 | | | | 2 | 3 | 3 | 2 | | 4 Qualified | Race Qualified |
| Brenda Krueger | 23 | 46 | | 2 | 2 | 2 | 2 | 2 | | 2 | | 2 | | | | | | | 4 | | | 2 | 3 | | 2! | | 1 Qualified | Race Qualified |
| Scott Schoonbaert | 25 | 50 | 2 | _ | _ | _ | | 3 | | | | 2 | | 2 | | | | 2 | | 4 | | _ | 3 | | 18 | | 8 Qualified | Race Qualified |
| Anita Wrubleski | 26 | 52 | _ | 2 | 3 | 2 | 2 | 2 | | 2 | | _ | | _ | | | 2 | _ | | | | | | | 1! | | 7 Qualified | Race Qualified |
| Corinna Grenier | 29 | 58 | | _ | J | _ | _ | _ | | _ | | 3 | | | | | _ | | | | 4 | | 2 | | - | | 7 Qualified | Race Qualified |
| Aldo Furlan | 14 | 28 | | 3 | 3 | 3 | | | | 4 | | 3 | | Δ | | Δ | | 3 | 4 3 | 2 | | 3 | | | 3 | | 5 Qualified | Race Qualified |
| Logan Boyd Miller | 17 | 34 | | 3 | 3 | 3 | 2 | 3 | | | | J | 4 | 4 | | 1 | | J | | | | 3 | | | 29 | | 3 Qualified | Race Qualified |
| Louise Stuart | 17 | 34 | | 2 | 2 | 2 | | 3 | | | | | 7 | 4 | | 4 | | 3 | 4 3 | 2 | | J | | | 2 | | 8 Qualified | Race Qualified |
| Derek Boutang | 24 | 48 | 2 | | | 2 | | | | | | | | 7 | | 7 | | J | 7 3 | , | | 3 | | | | | 7 Qualified | Race Qualified |
| Jeff Vince | 18 | 36 | | | | | | 3 | | 4 | | | | | | 4 | | | 3 | , | 4 | 3 | 3 | | † 2 | | 7 Qualified | Race Qualified |
| Dev Ryner | 21 | 42 | | 3 | 3 | 2 | | 3 | | 4 | 3 | 3 | | | | 4 | | | - | , | 4 | | • | , | 14 | | 6 Qualified | Race Qualified |
| • | 20 | | 2 | 3 | 3 | 2 | | 3 | | | 3 | 3 | | | | | | | | | | | | | | | | |
| Reg Brown | | 40 | 2 | | 3 | 3 | _ | 3 2 | 2 | | _ | 3 | 2 | _ | | | _ | | | | | _ | | , | 10 | | 6 Qualified | Race Qualified |
| Tejas Bertrand-Meadows | 13 | 26 | | 3 | 3 | 3 | 2 | | 2 | 4 | 3 | | 3 | 2 | | | 2 | | _ | | | 2 | 3 | | 30 | | 6 Qualified | Race Qualified |
| Judy Quistberg | 19 | 38 | | 2 | 3 | 2 | 2 | 3 | | 4 | | | | 2 | | | | | 3 | , | | | | 5 | 11 | | 5 Qualified | Race Qualified |
| Kirk Cook | 20 | 40 | | 3 | 3 | 3 | _ | 3 | | | | | | _ | | | _ | | | | | _ | | | 13 | | 2 Qualified | Race Qualified |
| Shelley Bertrand-Meadows | 22 | 44 | | | | | 2 | | | | | | | 2 | | | 2 | | | | | 2 | | | | | 2 Qualified | Race Qualified |
| Tiernan Bertrand-Meadows | 14 | 28 | | 2 | 2 | 2 | 2 | 2 | 2 | | 2 | | 3 | 2 | | | 2 | | | | | 2 | | | 23 | | 1 Qualified | Race Qualified |
| Bruce Bertrand-Meadows | 21 | 42 | | | | | 2 | | | | | | | 2 | | | 2 | | | | | 2 | | | | | 0 Qualified | Race Qualified |
| Chris Dick | 10 | 20 | | 3 | | | 2 | 3 | 4 | | | 3 | | 4 | | | | | | | 4 | | 4 3 | | 30 | | 0 Qualified | Race Qualified |
| Jennifer Zacharias | 21 | 42 | | | | | 2 | | | | | 3 | | | | | | | | | | | 3 | 3 | 8 | | 0 Qualified | Race Qualified |
| Talia Bertrand-Meadows | 15 | 30 | | 3 | 2 | 2 | 2 | 2 | | 3 | | | | 2 | | | | 2 | | | | 2 | | | 20 | O 5 | 0 Qualified | Race Qualified |

| | Trainin | ng | | | | | | | | | | | Races | | | | | | | | | | | | | | | Medal Progress | | | |
|-------------------------|---------------|-----------------|----------------------|---------------------------------|---------------------------------|---------------------------------|-----------------|----------------|-----------------------|-------------------------------------|----------------|-------|---|------------------------------|-----------------------------|--------------------------|-------------------|----------------|--------------------|----------------------------|----------------------------|------------------------|-----------------------|----------|----------------------------------|--|-------------|--------------------------|---|----------------------------------|--|
| Participant | Training Runs | Training Points | Frost Bite River Run | Patrick Riddell April Series #1 | Patrick Riddell April Series #2 | Patrick Riddell April Series #3 | Go for the Burn | Physio Fit Run | Boyne Book It Fun Run | Headingley Fire Dept Run for Wishes | Run Sage Creek | ara . | beausejour Fun Kun MRA Family Ice Cream Run #1 | Islendingadagurinn Road Race | MRA Family Ice Cream Run #2 | Abas Auto Stony Mountain | Point Douglas Run | Winnipeg 10&10 | Kleefeld Honey Run | Fort Garry Rotary Club Run | Treherne Run for the Hills | Ted's Run for Literacy | Thanks for Giving Run | WFPS Run | Pinawa iyiaratnon Race Points | Total Point (Training + Race Points | Points (N | linimum of 50 quired) | | ınt (Minimum required) | |
| Tane Bertrand-Meadows | 13 | 26 | | 2 | 2 | 2 | 2 | 2 | 2 | | 3 | | 3 | 2 | | | 2 | | | | | 2 | | | 24 | 5 | 0 Qualified | | R | Race Qualified | |
| Teague Bertrand-Meadows | 13 | 26 | | 2 | 2 | 2 | 2 | 2 | 2 | | 3 | | 3 | 2 | | | 2 | | | | | 2 | | | 24 | 5 | 0 Qualified | | R | Race Qualified | |
| Meaghan Houlbrook | 19 | 38 | | | | | | | | | | 3 | | | | | | 3 | | | | | | | 6 | 4 | | 88.00% | | 66.67% | |
| Colin Reed | 15 | 30 | | | | | 2 | 3 | | 4 | | | | | | 4 | | | | | | | | | 13 | 4 | 3 | 86.00% | R | Race Qualified | |
| Brenna Dixon | 9 | 18 | | 2 | 2 | 2 | | | | | | | | | | 4 | | 3 | 4 | | | | | | 17 | 3 | 5 | 70.00% | R | Race Qualified | |
| Jason Oltrop | 13 | 26 | | 3 | | | | | | | | 3 | | | | | | | | 3 | | | | | 9 | 3 | 5 | 70.00% | R | Race Qualified | |
| Shawn Bjornsson | 0 | 0 | | 3 | 3 | 2 | | 3 | | 4 | | 2 | | 4 | | | | 2 | 4 | | | 2 | | 3 | 32 | . 3 | 2 | 64.00% | | Race Qualified | |
| Kingsley Jamieson | 3 | 6 | | | | | | | 4 | | 3 | | 4 3 | | 3 | | | | | | | | | 3 | 20 | 2 | 6 | 52.00% | R | Race Qualified | |
| Scotia Jamieson | 3 | 6 | | | | | | | 4 | | 3 | | 4 3 | | 3 | | | | | | | | | | 17 | 2 | 3 | 46.00% | R | Race Qualified | |
| Alicia Looker | 0 | 0 | | 3 | 3 | | 2 | 2 | | 4 | | | | | | 4 | | | | | | | | 3 | 21 | . 2 | 1 | 42.00% | R | Race Qualified | |
| Katheryn Chic | 9 | 18 | | | | | | | | | | | | | | | | | | | | | | 3 | 3 | 2 | 1 | 42.00% | | 33.33% | |
| Camille Daly | 0 | 0 | | | | | | 3 | 4 | | | 3 | | 4 | | | | 3 | | | | | | 3 | 20 | 2 | 0 | 40.00% | R | Race Qualified | |
| Darla Armstrong | 7 | 14 | 2 | | | | | | | | | | | | | | | | | | | | | | 2 | 1 | 6 | 32.00% | | 33.33% | |
| Greg Crisanti | 7 | 14 | 2 | | | | | | | | | | | | | | | | | | | | | | 2 | 1 | 6 | 32.00% | | 33.33% | |
| Jack Witt | 0 | 0 | | | | | | 2 | | | 3 | | 3 | 2 | 3 | | 3 | | | | | | | | 16 | 1 | 6 | 32.00% | R | Race Qualified | |
| Kathy Wiens | 0 | 0 | | | | | | | 4 | | | 3 | | | | | | | 4 | | | | | 3 | 14 | 1 | 4 | 28.00% | R | Race Qualified | |
| Sean Ticsay | 0 | 0 | 2 | 2 | | | | | | | | 2 | | 2 | | | | 2 | | | | 2 | | | 12 | 1 | 2 | 24.00% | R | Race Qualified | |
| Sherry Seymour | 4 | 8 | | 2 | 2 | | | | | | | | | | | | | | | | | | | | 4 | 1 | 2 | 24.00% | | 66.67% | |
| Noel Beckel | 0 | 0 | | 2 | 2 | 2 | 2 | 2 | | | | | | | | | | | | | | | | | 10 | 1 | 0 | 20.00% | R | Race Qualified | |
| Sandra Bains | 0 | 0 | | | | | | | | | 3 | 3 | | | | | | | | | | | | 3 | 9 | | 9 | 18.00% | R | Race Qualified | |
| Eastyn Beach | 0 | 0 | | | 3 | 3 | | | | | | | | | | | | | | | | | | | 6 | | 6 | 12.00% | | 66.67% | |
| Eymard Del Rosario | 0 | 0 | | | | | | | | | | 3 | | | | | | | | | | | | 3 | 6 | | 6 | 12.00% | | 66.67% | |
| Mingdi Zhao | 0 | 0 | | | | | | | | | | | | | | | | 3 | | 3 | | | | | 6 | | 6 | 12.00% | | 66.67% | |
| Rielle Beach | 0 | 0 | | | 3 | 3 | | | | | | | | | | | | | | | | | | | 6 | 5 | 6 🔲 | 12.00% | | 66.67% | |
| Wendy Singleton | 0 | 0 | | 2 | 2 | | | | | | | | | | | | | 2 | | | | | | | 6 | 5 | 6 🔲 | 12.00% | R | Race Qualified | |
| Agnes Wawrzynczak | 0 | 0 | | | | | | | | | | 3 | | | | | | | | | | | | | 3 | 3 | 3 🔲 | 6.00% | | 33.33% | |
| Bo Huang | 0 | 0 | | | | | | | | | | | | | | | | | | 3 | | | | | 3 | 3 | 3 🗓 | 6.00% | | 33.33% | |
| Carl Eusebio | 0 | 0 | | | | | | | | | | | | | | | | | | | | | : | 3 | 3 | 3 | 3 🗓 | 6.00% | | 33.33% | |
| Fern Saurette | 0 | 0 | | | | | | | | | | 3 | | | | | | | | | | | | | 3 | | 3 🗓 | 6.00% | | 33.33% | |