

10 Km Women (2007-2017)

1	Darolyn	Walker	36:35	30-34	Empower	2012
2	Katrina	Bruckschwaiger	37:08	25-29	Puma	2009
3	Brigitte	Girouard	37:44	30-34	Physio	2014
4	Gina	Tranquada	37:47	25-29	Empower	2012
5	Dayna	Graham	38:04	30-34	Empower	2010
6	Emma	Kusch Dahle	38:13	15-19	Empower	2013
7	Cathy	Cullen	38:15	25-29	Champ	2009
8	Nicole	Walker	38:38	25-29	Windburn-2	2015
9	Jacqueline	Di Muro	38:55	25-29	10+10	2013
10	Becky	Carr	39:03	20-24	Puma	2011
11	Georgette	Mink	39:06	30-34	Physio	2007
12	Alice	Sherwin	39:22	20-24	Puma	2011
13	Lacey	Ginter	39:29	20-24	Puma	2011
14	Stephanie	Minuk	39:32	35-39	Diabetes	2012
15	Melissa	Armstrong	39:50	30-34	Champ	2009
16	Reesa	Simmonds	40:13	25-29	Diabetes	2010
17	Kristie	Pearson	40:31	40-44	10+10	2014
18	Sonia	Clark	40:32	25-29	Physio	2011
19	Rebecca	Cunnane	40:33	35-39	MEC-1	2015
20	Melanie	Gregoire	40:34	20-24	Puma	2009
21	Lisa	Winters	40:42	25-29	10+10	2012
22	Lacey	Ginter	40:45	20-24	Puma	2009
23	Carolyn	Rempel	40:51	40-44	Lindenwoods	2013
24	Jaclyn	Adamson	41:03	25-29	Physio	2016
25	Marianela	Lopez	41:10	45-49	Physio	2012
26	Amanda	Younka	41:14	35-39	HBC	2008
27	Payton	Ryz	41:17	15-19	April Run	2016
28	Lindsey	McKenty	41:19	20-24	RCAF	2016
29	Erica	Stechesen	41:24	40-44	Physio	2011
30	Marie	Sinnock	41:24	30-34	10+10	2012
31	Stephanie	Gerbrand	41:26	30-34	Lindenwoods	2015
32	Talia	Webber	41:29	15-19	Brandon	2009
33	Andrea	Paci	41:31	40-44	Physio	2008
34	Cosette	Taylor	41:31	40-44	Lindenwoods	2015
35	Tamara	Toews	41:40	20-24	10+10	2015
36	Ktistjana	Britton	41:42	15-19	Physio	2010
37	Nicole	Barrett	41:43	20-24	Tracks	2008
38	Sandra	Stephen	41:43	30-34	Pure Life	2014
39	Krista	Stepa	41:45	20-24	Diabetes	2011
40	Monica	Young	41:54	40-44	Tracks	2008
41	Vanessa	Mulhern	41:59	25-29	Puma	2008

42	Eva	Yablecki	42:01	20-24	WFPS	2016
43	Audrey	Goertzen	42:03	40-44	Tracks	2008
44	Blair	Motluk	42:07	20-24	Lindenwoods	2010
45	Ami	Samuel	42:07	45-49	Pure Life	2014
46	Jessica	Carswell	42:16	20-24	WFPS	2017
47	Mary	Stewart	42:29	20-24	Physio	2011
48	Kathryn	Maslanka	42:32	30-34	Com-Fit	2015
49	Janie	Parson	42:38	40-44	Com-Fit	2016
50	Alyssa	Altomare	42:55	20-24	Puma	2009
1	Ashlyn	Cortvriendt	43:03	1-14	Physio	2011
2	Allison	Baergen	44:49	1-14	Puma	2008
3	Nikki	Bell	46:02	1-14	Physio	2007
4	Shayna	Giesbrecht	46:31	1-14	MEC-4	2013
5	Ann Grace	Ramos	46:54	1-14	Physio	2015
6	Lryarah	Serapio	47:23	1-14	Physio	2012
7	Aspen	Shier	48:57	1-14	Physio	2014
8	Sarah	Lawton	49:17	1-14	Physio	2014
9	Emma	Kusch Dahle	49:23	1-14	Lindenwoods	2011
10	Renee	Normandeau	49:34	1-14	Run for Mom	2013
1	Emma	Kusch Dahle	38:13	15-19	Empower	2013
2	Payton	Ryz	41:17	15-19	April Run	2016
3	Kristjana	Britton	41:42	15-19	Physio	2010
4	Alice	Sherwin	41:47	15-19	Puma	2007
5	Richelle	Ready	43:16	15-19	Puma	2009
6	Shayne	Giesbracht	43:31	15-19	Mb	2017
7	Amelia	Smandych	45:00	15-19	HBC	2008
8	Kirsten	Hooper	45:17	15-19	MEC-3	2015
9	Nicola	Odaisky	45:21	15-19	Lindenwoods	2013
10	Annika	Niblock	45:50	15-19	Mb	2017
1	Gina	Tessmann	38:44	20-24	Puma	2009
2	Becky	Carr	39:03	20-24	Puma	2011
3	Nicole	Walker	39:15	20-24	Physio	2014
4	Alice	Sherwin	39:22	20-24	Puma	2011
5	Lacey	Ginter	39:29	20-24	Puma	2011
6	Melanie	Gregoire	40:34	20-24	Puma	2009
7	Lindsey	McKenty	41:19	20-24	RCAF	2016
8	Tamara	Toews	41:40	20-24	10+10	2015
9	Nicole	Barrett	41:43	20-24	Tracks	2008
10	Krista	Stepa	41:45	20-24	Diabetes	2011
1	Darolyn	Walker	36:36	25-29	Empower	2010
2	Katrina	Bruckschwaiger	37:08	25-29	Puma	2009

3	Gina	Tessmann	37:47	25-29	Empower	2012
4	Cathy	Cullen	38:15	25-29	Puma	2009
5	Nicole	Walker	38:38	25-29	Windburn-2	2015
6	Jacqueline	Di Muro	38:55	25-29	10+10	2013
7	Lacey	De Jong	39:33	25-29	10+10	2013
8	Alice	Sherwin	40:00	25-29	MEC-4	2017
9	Reesa	Simmonda	40:13	25-29	Diabetes	2010
10	Sonia	Clark	40:32	25-29	Physio	2011
1	Darolyn	Walker	36:35	30-34	Empower	2012
2	Brigitte	Girouard	37:44	30-34	Physio	2014
3	Dayna	Graham	38:04	30-34	Empower	2010
4	Georgette	Mink	39:06	30-34	Physio	2007
5	Gina	Tranquada	39:25	30-34	Steinbach	2016
6	Melissa	Armstrong	39:50	30-34	Champ	2009
7	Marie	Sinnock	41:24	30-34	10+10	2012
8	Stephanie	Gerbrand	41:26	30-34	Lindenwoods	2015
9	Sandra	Stephen	41:43	30-34	Pure Life	2014
10	Kathryn	Maslanka	42:32	30-34	Com-Fit	2015
1	Dayna	Graham	39:18	35-39	Empower	2013
2	Stephanie	Minuk	39:35	35-39	Diabetes	2012
3	Rebecca	Cunnane	40:33	35-39	MEC-1	2015
4	Amanda	Younka	41:14	35-39	HBC	2008
5	Kristie	Pearson	42:28	35-39	MEC-1	2013
6	Wendy	Dyck	43:16	35-39	Diabetes	2010
7	Kim	Witges	43:50	35-39	Puma	2010
8	Robyn	Pohrebniuk	43:58	35-39	WFPS	2017
9	Carina	Kirk	44:08	35-39	Empower	2011
10	Mairead	Drain	44:33	35-39	Ted'sRun	2017
1	Kristie	Pearson	40:31	40-44	10+10	2014
2	Carolyn	Rempel	40:51	40-44	Lindenwoods	2013
3	Erica	Stechesen	41:24	40-44	Physio	2011
4	Amanda	Younka	41:27	40-44	Physio	2009
5	Andrea	Paci	41:31	40-44	Physio	2008
6	Cosette	Taylor	41:31	40-44	Lindenwoods	2015
7	Monica	Young	41:54	40-44	Tracks	2008
8	Audrey	Goertzen	42:03	40-44	Tracks	2008
9	Janie	Parson	42:38	40-44	Com-Fit	2016
10	Ami	Samuel	43:12	40-44	Puma	2011
1	Marianela	Lopez	41:10	45-49	Physio	2012
2	Ami	Samuel	42:07	45-49	Pure Life	2014
3	Amanda	Younka	44:37	45-49	Physio	2015

4	Kelly	Hunter	44:44	45-49	Ted's Run	2017
5	Diane	Watt	44:53	45-49	G Beach	2013
6	Dawn	Clark	45:02	45-49	Empower	2010
7	Fiona	Green	45:10	45-49	Tracks	2008
8	Andrea	Paci	45:19	45-49	Empower	2011
9	Kathleen	Caithness	46:13	45-49	Puma	2012
10	Mingdi	Zhao	46:39	45-49	Physio	2017
1	Dale	Thacher	44:18	50-54	Lindenwoods	2010
2	Kathy	Wiens	44:44	50-54	Physio	2010
3	Jaymi	Derrett	44:56	50-54	Physio	2012
4	Fiona	Green	46:56	50-54	10+10	2011
5	Dianne	Pettitt	47:18	50-54	Diabetes	2011
6	Jo-Anne	Haas	47:28	50-54	ESP	2017
7	Shelley	Masson	47:47	50-54	Puma	2012
8	Jackie	Higham	48:06	50-54	WFPS	2012
9	Maria	Cuda-Trunzo	48:13	50-54	Lindenwoods	2012
10	Carey	McGregor	48:16	50-54	Tracks	2008
1	Lori	De Pauw	46:36	55-59	Physio	2012
2	Edwina	Keats	47:06	55-59	MEC-1	2016
3	Betty	Hazeu	47:13	55-59	G Beach	2011
4	Jaymi	Derrett	47:46	55-59	Mb	2017
5	Danielle	Papin	47:48	55-59	MEC-5	2015
6	Darlene	Warner	48:17	55-59	Physio	2008
7	Jan	Pickell	48:59	55-59	Champ	2009
8	Maria	Cuda-Trunzo	49:44	55-59	Lindenwoods	2016
9	Lynn	Glowach	49:52	55-59	RCAF	2015
10	Rhonda	Harms	49:52	55-59	RCAF	2017
1	Danielle	Papin	47:32	60-64	MEC-5	2016
2	Joanne	Hartney	49:45	60-64	Com-Fit	2015
3	Maria	Donahue	50:11	60-64	Pure Life	2013
4	Carol	Bohn	50:39	60-64	RCAF	2015
5	Georgine	Cook	53:06	60-64	Puma	2007
6	Betty	Hazeu	53:07	60-64	MEC-1	2015
7	Gloria	Kirouac	53:43	60-64	Physio	2015
8	Shelly	Borschawa	54:21	60-64	Run-Cause	2017
9	Gail	Johnstone	54:53	60-64	Run-Cause	2017
10	Joanne	Griffith-Parker	55:24	60-64	WFPS	2012
1	Ruth	Lindquist	54:58	65-69	WFPS	2016
2	Georgine	Cook	55:55	65-69	Puma	2008
3	Lorraine	Walton	56:44	65-69	MEC-2	2013
4	Sarbit	Warraich	57:05	65-69	Mb	2017

5	Sally	Papso	58:31	65-69	Tracks	2007
6	Val	Cutts	58:38	65-69	WFPS	2016
7	Susan	Hocken-Atwell	58:45	65-69	Physio	2007
8	Joan	Griffith-Parker	59:24	65-69	WFPS	2017
9	Cheryl	Dann	59:25	65-69	Com-Fit	2014
10	Joanne	King	59:55	65-69	Empower	2013
1	Georgine	Cook	57:11	70-74	Empower	2014
2	Marsha	Brown	1:02:15	70-74	Physio	2016
3	Dreena	Duham	1:05:32	70-74	Com-Fir	2008
4	Helen	Peters	1:08:40	70-74	Physio	2010
5	Loraine	Delorme	1:09:37	70-74	WFPS	2017
6	Bonnie	Gordon	1:13:23	70-74	MEC-2	2017
7	Wendy	Sutton	1:16:10	70-74	MEC-1	2016
8	Lynda	Tunny	1:17:03	70-74	Mb	2017
9	Cheryl	Dann	1:20:12	70-74	Mb	2017
10	Dorothy	Sadler	1:25:29	70-74	Lindenwoods	2009
1	Dreena	Duham	1:09:03	75-79	10+10	2011
2	Ada	Letinski	1:09:14	75-79	East St Paul	2016
3	Helen	Peters	1:23:02	75-79	Ted's Run	2014
4	Gloria	Boychuk	1:36:47	75-79	Mb	2017
5	Bernice	Newediuk	1:54:19	75-79	Mb	2016
1	Hortense	Lamoreux	1:01:58	80-84	Tracks	2008
2	Dreena	Duham	1:21:49	80-84	Physio	2016
3	Anne	Zelensky	1:29:25	80-84	WFPS	2014