

### 5 Km Women 2007-2022

1	Sarah-Anne	Brault	17:29	15-19	Puma	2007
2	Brigitte	Girouard	17:57	30-34	Headingley	2014
3	Darolyn	Walker	18:02	25-29	Puma-3	2010
4	Melissa	Goodwin	18:26	25-29	Puma	2007
5	Dayna	Graham	18:30	30-34	Headingley	2011
6	Nicole	Walker	18:36	25-29	Windburn	2015
7	Georgette	Mink	18:42	30-34	Puma	2007
8	Cathy	Cullen	18:44	25-29	Puma	2007
9	Lacey	De Jong	18:45	20-24	Puma	2012
10	Janelle	Vincent	18:52	25-29	Headingley	2007
11	Katrina	Bruckschwaiger	18:56	25-29	Puma	2009
12	Emma	Kusch Dahle	18:56	15-19	Pure-3	2014
13	Jaclyn	Adamson	19:01	15-19	Puma	2007
14	Payton	Ryz	19:19	15-19	Pure Life-3	2015
15	Gina	Tessmann	19:23	20-24	Puma	2010
16	Kyla	Roy	19:29	15-19	Pure Life-2	2015
17	Alice	Sherwin	19:30	15-19	Puma	2007
18	Rebecca	Carr	19:30	20-24	Puma	2011
19	Cossette	Taylor-Mendes	19:32	30-34	Puma	2007
20	Lindsey	McKenty	19:32	20-24	Haiti Relay	2016
21	Amanda	Younka	19:33	35-39	Puma	2008
22	Melanie	Gregoire	19:33	20-24	Puma	2009
23	Nicole	Balzer	19:35	15-19	Pure Life-3	2015
24	Stevie	Moore	19:45	20-24	Puma-3	2010
25	Andrea	Paci	19:51	40-44	Headingley	2008
26	Jaala	Van Dongen	19:53	40-44	Kleefeld	2022
27	Robynn	Clark	19:57	40-44	Riddell-3	2019
28	Nicole	Breault	20:00	20-24	Puma	2010
29	Richelle	Ready	20:02	15-19	Puma	2007
30	Ashlyn	Cortvriendt	20:05	15-19	Puma-2	2012
31	Nicole	Dubois	20:06	20-24	Pure Life-1	2015
32	Jessica	Schofield	20:07	25-29	Headingley	2012
33	Janine	Zajac	20:07	20-24	April Series-2	2017
34	Natalie	Fournier	20:07	10-14	Riddell-2	2019
35	Lindsey	Green	20:08	30-34	Headingley	2019
36	Marina	Gross	20:12	15-19	Riddell-1	2019
37	Ami	Samuel	20:18	40-44	Puma	2012
38	Caitlyn	Roy	20:19	1014	Pure Life-3	2015
39	Rebecca	Cunnane	20:21	35-39	Apr Series	2018
40	Becky	Hryniuk	20:24	35-39	MEC-1	2019
41	Sandra	Stephen	20:25	30-34	Pure-1	2014

42	Taylor	Sprague	20:28	20-24	Pure-3	2014
43	Reagan	Ricard	20:29	10-14	April Series-2	2017
44	Chantal	Denholm	20:33	25-29	Puma-2	2008
45	Danika	Passler Bates	20:38	10-14	Puma-3	2012
46	Belinda	Guerra	20:39	15-19	Haiti Relay	2015
47	Nicola	Odaisky	20:40	15-19	Windburn-1	2015
48	Melanie	Morris	20:40	40-44	Riddell-1	2019
49	Olivia	Penner	20:41	15-19	Kleefeld	2022
50	Tyra	Dickson	20:42	20-24	Headingley	2007

1	Natalie	Fournier	20:07	1-14	Riddell-2	2019
2	Marina	Gross	20:15	1-14	Apr Series-2	2018
3	Caitlyn	Roy	20:19	1-14	Pure Life-3	2015
4	Payton	Ryz	20:21	1-14	Pure-3	2014
5	Reagan	Ricard	20:29	1-14	April Series-2	2017
6	Danika	Passler Bates	20:38	1-14	Puma-3	2012
7	Ashlyn	Cortvriendt	20:56	1-14	Puma	2010
8	Meredith	Conchatre	21:06	1-14	Headingley	2018
9	Annika	Niblock	21:08	1-14	Haiti	2016
10	Bridget	Smith	21:12	1-14	RCAF	2015

1	Sarah-Anne	Brault	17:29	15-19	Puma	2007
2	Emma	Kusch Dahle	18:56	15-19	Pure-3	2014
3	Jaclyn	Adamson	19:01	15-19	Puma	2007
4	Alice	Sherwin	19:30	15-19	Puma	2007
5	Melanie	Gegoire	19:59	15-19	Puma	2007
6	Richelle	Ready	20:02	15-19	Puma	2007
7	Ashlyn	Cortvriendt	20:05	15-19	Puma-2	2012
8	Marina	Gross	20:12	15-19	Riddell-1	2019
9	Kyla	Roy	20:21	15-19	Pure-3	2014
10	Nicole	Balzer	20:22	15-19	Pure Life-1	2015

1	Lacey	De Jong	18:45	20-24	Puma	2012
2	Nicole	Mulder	19:11	20-24	Pure Life	2013
3	Gina	Tessmann	19:23	20-24	Puma	2010
4	Rebecca	Carr	19:30	20-24	Puma	2011
5	Lindsey	McKenty	19:32	20-24	Haiti	2016
6	Melanie	Gregoire	19:33	20-24	Puma	2009
7	Alice	Sherwin	19:33	20-24	Puma	2011
8	Stevie	Moore	19:45	20-24	Puma-3	2010
9	Nicole	Breault	20:00	20-24	Puma	2010
10	Nicole	Dubois	20:06	20-24	Pure Life-1	2015

1	Darolyn	Walker	18:02	25-29	Puma-3	2010
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2	Melissa	Goodwin	18:26	25-29	Puma	2007
3	Nicole	Walker	18:36	25-29	Windburn-1	2015
4	Cathy	Cullen	18:44	25-29	Puma	2007
5	Janelle	Vincent	18:52	25-29	Headingley	2007
6	Katrina	Bruckschwaiger	18:56	25-20	Puma	2009
7	Brigitte	Girouard	18:59	25-29	Puma	2011
8	Lacey	De Jong	19:17	25-29	Pure Life-1	2015
9	Alice	Sherwin	19:37	25-29	Pure Life	2013
10	Jessica	Schofield	20:07	25-29	Headingley	2012
1	Brigitte	Girouard	17:57	30-34	Headingley	2014
2	Darolyn	Walker	18:13	30-34	Headingley	2015
3	Dayna	Graham	18:30	30-34	Headingley	2011
4	Georgette	Mink	18:42	30-34	Puma	2007
5	Melissa	Armstrong	18:49	30-34	Supene	2009
6	Cossette	Taylor-Mendes	19:32	30-34	Puma	2007
7	Alice	Sherwin	19:38	30-34	MEC-3	2019
8	Lindsey	Green	20:08	30-34	Headingley	2019
9	Sandra	Stephen	20:25	30-34	Pure-1	2014
10	Gina	Tranquada	20:36	30-34	Riddell-1	2019
1	Brigitte	Girouard	18:17	35-39	Nationals	2018
2	Amanda	Younka	19:33	35-39	Puma	2008
3	Darolyn	Walker	19:46	35-39	Apr Series	2018
4	Gina	Tranquada	19:52	35-39	Riddell-1	2022
5	Rebecca	Cunnane	20:21	35-39	Apr Series	2018
6	Becky	Hryniuk	20:24	35-39	MEC-1	2019
7	Fiona	Garrioch	20:54	35-39	Run-Cause	2017
8	Lindsey	Green	20:56	35-39	R4YC	2019
9	Karly	Tardiff	21:00	35-39	MEC-3	2019
10	Heather	McDonell	21:03	35-39	Apr Series	2018
1	Andrea	Paci	19:51	40-44	Headingley	2008
2	Darolyn	Walker	19:51	40-44	Riddell-1	2022
3	Jaala	Van Dongen	19:53	40-44	Kleefeld	2022
4	Amanda	Younka	19:57	40-44	Supenne	2009
5	Robynn	Clark	19:57	40-44	Riddell-3	2019
6	Ami	Samuel	20:18	40-44	Puma	2012
7	Melanie	Morris	20:40	40-44	Riddell-1	2019
8	Carolyn	Coffin	20:44	40-44	MEC-3	2019
9	Janie	Parson	20:52	40-44	Headingley	2016
10	Audrey	Goertzen	21:15	40-44	Puma	2008
1	Ami	Samuel	20:45	45-49	Headingley	2014
2	Amanda	Younka	20:52	45-49	Pure-3	2014

3	Dawn	Clark	21:08	45-49	Investors	2007
4	Ami	Kotler	21:13	45-49	Ted's Run	2019
5	Janie	Parson	21:32	45-49	Headingley	2018
6	Marianela	Lopez	21:41	45-49	Puma	2012
7	Velvet	Cadre	21:44	45-49	Puma	2010
8	Nancy	Goodall	21:46	45-49	Headingley	2013
9	Andrea	Paci	22:06	45-49	R Mountain	2011
10	Nancy	Buchheim	22:09	45-49	MEC-2	2018
1	Kathy	Wiens	21:31	50-54	Puma	2010
2	Jaymi	Derrett	21:37	50-54	Headingley	2010
3	Ami	Samuel	21:56	50-54	Riddell-1	2019
4	Gloria	Juvonen	23:26	50-54	G Beach	2011
5	Shelley	Masson	23:36	50-54	Puma	2012
6	Nancy	Pallett	23:49	50-54	Com-Fit	2009
7	Robyn	Dicesare	23:49	50-54	Haiti	2014
8	Lisa	Millns	23:50	50-54	Police	2018
9	Kerri	Drosdowech	24:01	50-54	RCAF	2019
10	Lisa	Haak	24:27	50-54	Police	2019
1	Jaymi	Derrett	22:36	55-59	Headingley	2016
2	Betty	Hazeu	22:50	55-59	Headingley	2011
3	Cathie	Coughlin	23:23	55-59	Headingley	2019
4	Danielle	Papin	23:27	55-59	MEC-2	2015
5	Darlene	Warner	23:29	55-59	Headingley	2008
6	Jan	Pickell	23:39	55-59	Supeene	2009
7	Kathy	Maher	24:38	55-59	Police	2018
8	Kathy	Wiens	25:11	55-59	Windburn-2	2015
9	Janet	Kastellanos	25:19	55-59	Haiti	2016
10	Lynn	Glowach	25:23	55-59	Haiti	2016
1	Danielle	Papin	22:58	60-64	Haiti	2016
2	Jackie	Terry	24:10	60-64	RCAF	2015
3	Georgine	Cook	24:59	60-64	Investors	2007
4	Gail	Johnstone	25:23	60-64	Run-Cause	2019
5	Brenda	Kreuger	25:28	60-64	Headingley	2019
6	Maria	Donahue	25:49	60-64	April Run-1	2016
7	Shelley	Borschawa	25:55	60-64	Headingley	2019
8	Nancy	Doern-White	26:35	60-64	Headingley	2018
9	Patricia	Konantz	26:38	60-64	Pure-2	2014
10	Cathie	Coughlin	26:49	60-64	Ted's	2022
1	Kathy	Wiens	26:28	65-69	Kleefeld	2022
2	Shelley	Borschawa	26:42	65-69	Kleefeld	2022
3	Gail	Johnston	26:49	65-69	Ted's	2022

4	Georgine	Cook	27:23	65-69	Headingley	2011
5	Brenda	Kreuger	28:13	65-69	Kleefeld	2022
6	Clemus	Laurila	28:22	65-69	Kleefeld	2021
7	Joanne	King	29:36	65-69	History	2013
8	Lorraine	Delorme	31:21	65-69	RCAF	2017
9	June	Horsburgh	31:47	65-69	Headingley	2017
10	June	Bell	33:43	65-69	Police	2017
1	Teddi	Sweatman	24:53	70-74	Police	2018
2	Loraine	Delorme	27:04	70-74	Police	2019
3	Georgine	Cook	27:50	70-74	Haiti	2014
4	Beverley	Scheiffert	28:41	70-74	Police	2015
5	Dreena	Duhamel	32:53	70-74	Supene	2009
6	Megane	Paquet	34:37	70-74	RCAF	2019
7	Saba	Harding	35:22	70-74	RCAF	2014
8	Nevayah	Anderson	39:17	70-74	RCAF	2015
9	Margot	Christie	39:18	70-74	Pure Life	2013
10	Abigail	Cole	40:35	70-74	RCAF	2019
1	Dreena	Duhamel	32:54	75-79	Headingley	2013
2	Ada	Letinsky	35:28	75-79	ESP	2017
3	Lynda	Tunny	36:14	75-79	Kleefeld	2022
4	Helen	Peters	45:04	75-79	Physio	2017
5	Rosemary	Haglund	50:27	75-79	Burn Fund	2018
6	Carol	Lacey	51:04	75-79	Ted's Run	2021
1	Dreena	Duhamel	37:25	80-84	Headingley	2016
2	Carlo	Dubnicoff	47:54	80-84	Ted's	2022
3	Marie	Montsion	51:29	80-84	R Mountain	2011