

10 Km Women 2007-2023

1	Darolyn	Walker	36:35	30-34	Empower	2012
2	Katrina	Bruckschwaiger	37:08	25-29	Puma	2009
3	Jessica	Wylychenko	37:26	30-34	WFPS	2023
4	Brigitte	Girouard	37:44	30-34	Physio	2014
5	Gina	Tranquada	37:47	25-29	Empower	2012
6	Dayna	Graham	38:04	30-34	Empower	2010
7	Emma	Kusch Dahle	38:13	15-19	Empower	2013
8	Cathy	Cullen	38:15	25-29	Champ	2009
9	Nicole	Walker	38:38	25-29	Windburn-2	2015
10	Jacqueline	Di Muro	38:55	25-29	10+10	2013
11	Becky	Carr	39:03	20-24	Puma	2011
12	Georgette	Mink	39:06	30-34	Physio	2007
13	Dawn	Neal	39:15	40-44	10+10	2022
14	Alice	Sherwin	39:22	20-24	Puma	2011
15	Lacey	Ginter	39:29	20-24	Puma	2011
16	Stephanie	Minuk	39:32	35-39	Diabetes	2012
17	Melissa	Armstrong	39:50	30-34	Champ	2009
18	Reesa	Simmonds	40:13	25-29	Diabetes	2010
19	Kristie	Pearson	40:31	40-44	10+10	2014
20	Sonia	Clark	40:32	25-29	Physio	2011
21	Rebecca	Cunnane	40:33	35-39	MEC-1	2015
22	Melanie	Gregoire	40:34	20-24	Puma	2009
23	Melanie	Morris	40:36	40-44	Physio	2019
24	Milka	Koop	40:38	45-49	10+10	2019
25	Lisa	Winters	40:42	25-29	10+10	2012
26	Carolyn	Rempel	40:51	40-44	Lindenwoods	2013
27	Jaclyn	Adamson	41:03	25-29	Physio	2016
28	Marianela	Lopez	41:10	45-49	Physio	2012
29	Amanda	Younka	41:14	35-39	HBC	2008
30	Payton	Ryz	41:17	15-19	April Run	2016
31	Lindsey	McKenty	41:19	20-24	RCAF	2016
32	Erica	Stechesen	41:24	40-44	Physio	2011
33	Marie	Sinnock	41:24	30-34	10+10	2012
34	Stephanie	Gerbrand	41:26	30-34	Lindenwoods	2015
35	Talia	Webber	41:29	15-19	Brandon	2009
36	Taylor	Sprague	41:30	20-24	10+10	2018
37	Andrea	Paci	41:31	40-44	Physio	2008
38	Cosette	Taylor	41:31	40-44	Lindenwoods	2015
39	Tamara	Toews	41:40	20-24	10+10	2015
40	Kristjana	Britton	41:42	15-19	Physio	2010
41	Nicole	Barrett	41:43	20-24	Tracks	2008

42	Sandra	Stephen	41:43	30-34	Pure Life	2014
43	Krista	Stepa	41:45	20-24	Diabetes	2011
44	Emily	Ratzlaff	41:51	30-34	Apr Series	2018
45	Lindsey	Green	41:51	30-34	Mb	2019
46	Monica	Young	41:54	40-44	Tracks	2008
47	Brandy	Adolphe	41:55	40-44	MEC-3	2019
48	Vanessa	Mulhern	41:59	25-29	Puma	2008
49	Eva	Yablecki	42:01	20-24	WFPS	2016
50	Audrey	Goertzen	42:03	40-44	Tracks	2008

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	Caitlyn	Hollywood	46:25	1-14	WFPS	2018
5	Shayna	Giesbrecht	46:31	1-14	MEC-4	2013
6	Ann Grace	Ramos	46:54	1-14	Physio	2015
7	Lryarah	Serapio	47:23	1-14	Physio	2012
8	Kianna	Mclvor	48:55	1-14	Mb	2018
9	Aspen	Shier	48:57	1-14	Physio	2014
10	Sarah	Lawton	49:17	1-14	Physio	2014

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	Annika	Niblock	45:00	15-19	WFPS	2018
9	Imogen	Nadlersmith	45:04	15-19	MEC-1	2019
10	N	Wiebe	45:05	15-19	Mb	2023

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	Taylor	Sprague	41:30	20-24	10+10	2018
9	Tamara	Toews	41:40	20-24	10+10	2015
10	Nicole	Barrett	41:43	20-24	Tracks	2008

1	Darolyn	Walker	36:36	25-29	Empower	2010
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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	Simmonds	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	Jessica	Wylychenko	37:26	30-34	WFPS	2023
3	Brigitte	Girouard	37:44	30-34	Physio	2014
4	Dayna	Graham	38:04	30-34	Empower	2010
5	Georgette	Mink	39:06	30-34	Physio	2007
6	Gina	Tranquada	39:25	30-34	Steinbach	2016
7	Melissa	Armstrong	39:50	30-34	Champ	2009
8	Alice	Sherwin	41:09	30-34	Ted's	2022
9	Marie	Sinnock	41:24	30-34	10+10	2012
10	Stephanie	Gerbrand	41:26	30-34	Lindenwoods	2015
1	Dayna	Graham	39:18	35-39	Empower	2013
2	Stephanie	Minuk	39:35	35-39	Diabetes	2012
3	Gina	Tranquada	40:25	35-39	Riddell-2	2022
4	Alice	Sherwin	40:28	35-39	Riddell-2	2023
5	Rebecca	Cunnane	40:33	35-39	MEC-1	2015
6	Darolyn	Walker	40:46	35-39	Apr Series	2018
7	Amanda	Younka	41:14	35-39	HBC	2008
8	Kristie	Pearson	42:28	35-39	MEC-1	2013
9	Stephanie	Gerbrand	42:37	35-39	RCAF	2019
10	Arli	Cruikshank	42:42	35-39	Ted's Run	2021
1	Dawn	Neal	39:15	40-44	10+10	2022
2	Kristie	Pearson	40:31	40-44	10+10	2014
3	Melanie	Morris	40:36	40-44	Physio	2019
4	Carolyn	Rempel	40:51	40-44	Lindenwoods	2013
5	Darolyn	Walker	40:52	40-44	Riddell-2	2022
6	Erica	Stechesen	41:24	40-44	Physio	2011
7	Amanda	Younka	41:27	40-44	Physio	2009
8	Andrea	Paci	41:31	40-44	Physio	2008
9	Cosette	Taylor	41:31	40-44	Lindenwoods	2015
10	Monica	Young	41:54	40-44	Tracks	2008
1	Milka	Kopp	40:38	45-49	10+10	2019
2	Marianela	Lopez	41:10	45-49	Physio	2012

3	Melanie	Morris	41:39	45-49	Ted's Run	2021
4	Ami	Samuel	42:07	45-49	Pure Life	2014
5	Carolyn	Coffin	42:42	45-49	Nationals	2023
6	Jenn	Sacco	43:50	45-49	Ted's Run	2023
7	Sarah	Kirby	44:21	45-49	Apr Series	2018
8	Amanda	Younka	44:37	45-49	Physio	2015
9	Kelly	Hunter	44:44	45-49	Ted's Run	2017
10	Diane	Watt	44:53	45-49	G Beach	2013
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	Amleset	Samuel	45:38	50-54	Lindenwoods	2018
5	Fiona	Green	46:56	50-54	10+10	2011
6	Mingdi	Zhao	47:12	50-54	10+10	2022
7	Dianne	Pettitt	47:18	50-54	Diabetes	2011
8	Jo-Anne	Haas	47:28	50-54	ESP	2017
9	Janie	Parson	47:39	50-54	Lindenwoods	2023
10	Kathleen	Caithness	47:42	50-54	WFPS	2018
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	Maria	Trunzo	48:27	55-59	Lindenwoods	2018
8	Kathleen	Caithness	48:56	55-59	10+10	2022
9	Jan	Pickell	48:59	55-59	Champ	2009
10	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	Edwina	Keats	47:53	60-64	Apr Series	2018
3	Joanne	Hartney	49:45	60-64	Com-Fit	2015
4	Maria	Donahue	50:11	60-64	Pure Life	2013
5	Carol	Bohn	50:39	60-64	RCAF	2015
6	Gail	Johnstone	52:46	60-64	10+10	2018
7	Chelsea	Day	52:47	60-64	Physio	2023
8	Shelley	Borschawa	52:54	60-64	10+10	2018
9	Brenda	Kreuger	53:02	60-64	Physio	2019
10	Georgine	Cook	53:06	60-64	Puma	2007
1	Janet	Kastellanos	54:44	65-69	MB	2023
2	Ruth	Lindquist	54:58	65-69	WFPS	2016

3	Georgine	Cook	55:55	65-69	Puma	2008
4	Kathy	Wiens	56:35	65-69	WFPS	2022
5	Brenda	Kreuger	56:52	65-69	Ted's	2023
6	Lorraine	Walton	56:44	65-69	MEC-2	2013
7	Sarbit	Warraich	57:05	65-69	Mb	2017
8	Maria	Donahue	57:36	65-69	10+10	2022
9	Viola	Labun	58:25	65-69	MEC-2	2018
10	Sally	Papso	58:31	65-69	Tracks	2007

1	Georgine	Cook	57:11	70-74	Empower	2014
2	Maria	Donahue	59:24	70-74	Lindenwoods	2023
3	Marsha	Brown	1:02:15	70-74	Physio	2016
4	Dreena	Duhamer	1:05:32	70-74	Com-Fir	2008
5	Marie	Buisson	1:07:01	70-74	WFPS	2023
6	Helen	Peters	1:08:40	70-74	Physio	2010
7	Jean	Hiebert	1:09:43	70-74	Mb	2022
8	Lorraine	Delorme	1:09:37	70-74	WFPS	2017
9	Lynda	Tunny	1:11:23	70-74	RCAF	2018
10	Dawn E.	Hanson	1:11:23	70-74	MEC-3	2019

1	Dreena	Duhamer	1:09:03	75-79	10+10	2011
2	Ada	Letinski	1:09:14	75-79	East St Paul	2016
3	Marsha	Brown	1:13:59	75-79	WFPS	2018
4	Val	Cutts	1:14:11	75-79	WFPS	2023
5	Lynda	Tunny	1:19:47	75-79	10+10	2022
6	Lorraine	Walton	1:21:35	75-79	Mb	2023
7	Teddi	Sweatman	1:22:59	75-79	Mb	2023
8	Helen	Peters	1:23:02	75-79	Ted's Run	2014
9	Gloria	Boychuk	1:31:33	75-79	Mb	2019
10	Marg	Graham	1:32:17	75-79	WFPS	2023

1	Hortense	Lamoreux	1:01:58	80-84	Tracks	2008
2	Dreena	Duhamer	1:21:49	80-84	Physio	2016
3	Anne	Zelensky	1:29:25	80-84	WFPS	2014
4	Gloria	Boychuk	1:44:50	80-84	Mb	2022