

### 5 km Women 2007-2023

|    |            |                |       |       |                |      |
|----|------------|----------------|-------|-------|----------------|------|
| 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 | Jaala      | Van Dongen     | 19:43 | 40-44 | Kleefeld       | 2023 |
| 25 | Stevie     | Moore          | 19:45 | 20-24 | Puma-3         | 2010 |
| 26 | Andrea     | Paci           | 19:51 | 40-44 | Headingley     | 2008 |
| 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 | Renata     | Doerksen       | 20:06 | 30-34 | Kleefeld       | 2023 |
| 33 | Jessica    | Schofield      | 20:07 | 25-29 | Headingley     | 2012 |
| 34 | Janine     | Zajac          | 20:07 | 20-24 | April Series-2 | 2017 |
| 35 | Natalie    | Fournier       | 20:07 | 10-14 | Riddell-2      | 2019 |
| 36 | Lindsey    | Green          | 20:08 | 30-34 | Headingley     | 2019 |
| 37 | Marina     | Gross          | 20:12 | 15-19 | Riddell-1      | 2019 |
| 38 | Carmen     | Crouch         | 20:13 | 25-29 | Kleefeld       | 2023 |
| 39 | Ami        | Samuel         | 20:18 | 40-44 | Puma           | 2012 |
| 40 | Caitlyn    | Roy            | 20:19 | 1014  | Pure Life-3    | 2015 |
| 41 | Rebecca    | Cunnane        | 20:21 | 35-39 | Apr Series     | 2018 |

|    |         |               |       |       |                |      |
|----|---------|---------------|-------|-------|----------------|------|
| 42 | Becky   | Hryniuk       | 20:24 | 35-39 | MEC-1          | 2019 |
| 43 | Sandra  | Stephen       | 20:25 | 30-34 | Pure-1         | 2014 |
| 44 | Taylor  | Sprague       | 20:28 | 20-24 | Pure-3         | 2014 |
| 45 | Reagan  | Ricard        | 20:29 | 10-14 | April Series-2 | 2017 |
| 46 | Chantal | Denholm       | 20:33 | 25-29 | Puma-2         | 2008 |
| 47 | Danika  | Passler Bates | 20:38 | 10-14 | Puma-3         | 2012 |
| 48 | Belinda | Guerra        | 20:39 | 15-19 | Haiti Relay    | 2015 |
| 49 | Nicola  | Odaisky       | 20:40 | 15-19 | Windburn-1     | 2015 |
| 50 | Melanie | Morris        | 20:40 | 40-44 | Riddell-1      | 2019 |

|    |          |               |       |      |                |      |
|----|----------|---------------|-------|------|----------------|------|
| 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 |
|---|---------|--------|-------|-------|--------|------|

|    |           |                |       |       |             |      |
|----|-----------|----------------|-------|-------|-------------|------|
| 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  | Renata    | Doerksen       | 20:06 | 30-34 | Kleefeld    | 2023 |
| 9  | Lindsey   | Green          | 20:08 | 30-34 | Headingley  | 2019 |
| 10 | Sandra    | Stephen        | 20:25 | 30-34 | Pure-1      | 2014 |
| 1  | Brigitte  | Girouard       | 18:17 | 35-39 | Nationals   | 2018 |
| 2  | Amanda    | Younka         | 19:33 | 35-39 | Puma        | 2008 |
| 3  | Alice     | Sherwin        | 19:39 | 35-39 | Riddell-1   | 2023 |
| 4  | Darolyn   | Walker         | 19:46 | 35-39 | Apr Series  | 2018 |
| 5  | Gina      | Tranquada      | 19:52 | 35-39 | Riddell-1   | 2022 |
| 6  | Rebecca   | Cunnane        | 20:21 | 35-39 | Apr Series  | 2018 |
| 7  | Becky     | Hryniuk        | 20:24 | 35-39 | MEC-1       | 2019 |
| 8  | Lindsey   | Green          | 20:47 | 35-39 | Kleefeld    | 2023 |
| 9  | Fiona     | Garrioch       | 20:54 | 35-39 | Run-Cause   | 2017 |
| 10 | Karly     | Tardiff        | 21:00 | 35-39 | MEC-3       | 2019 |
| 1  | Darolyn   | Walker         | 19:22 | 40-44 | Headingley  | 2023 |
| 2  | Jaala     | Van Dongen     | 19:43 | 40-44 | Kleefeld    | 2023 |
| 3  | Andrea    | Paci           | 19:51 | 40-44 | Headingley  | 2008 |
| 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  | Dayna     | Graham      | 22:02 | 45-49 | Lindenwoods | 2023 |
| 10 | Andrea    | Paci        | 22:06 | 45-49 | R Mountain  | 2011 |
| 1  | Kathy     | Wiens       | 21:31 | 50-54 | Puma        | 2010 |
| 2  | Jaymi     | Derrett     | 21:37 | 50-54 | Headingley  | 2010 |
| 3  | Amanda    | Younka      | 21:54 | 50-54 | Lindenwoods | 2023 |
| 4  | Ami       | Samuel      | 21:56 | 50-54 | Riddell-1   | 2019 |
| 5  | Janie     | Parson      | 22:59 | 50-54 | Headingley  | 2023 |
| 6  | Mingdi    | Zhao        | 23:24 | 50-54 | Kleefeld    | 2023 |
| 7  | Gloria    | Juvonen     | 23:26 | 50-54 | G Beach     | 2011 |
| 8  | Shelley   | Masson      | 23:36 | 50-54 | Puma        | 2012 |
| 9  | Nancy     | Pallett     | 23:49 | 50-54 | Com-Fit     | 2009 |
| 10 | Robyn     | Dicesare    | 23:49 | 50-54 | Haiti       | 2014 |
| 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  | Kathleen  | Caithness   | 24:30 | 55-59 | Riddell-1   | 2023 |
| 8  | Kerri     | Drosdowich  | 24:36 | 55-59 | Police      | 2023 |
| 9  | Kathy     | Maher       | 24:38 | 55-59 | Police      | 2018 |
| 10 | Kathy     | Wiens       | 25:11 | 55-59 | Windburn-2  | 2015 |
| 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  | Janet     | Kastellanos | 26:25 | 60-64 | Police      | 2023 |
| 9  | Nancy     | Doern-White | 26:35 | 60-64 | Headingley  | 2018 |
| 10 | Patricia  | Konantz     | 26:38 | 60-64 | Pure-2      | 2014 |
| 1  | Kathy     | Wiens       | 26:28 | 65-69 | Kleefeld    | 2022 |
| 2  | Shelley   | Borschawa   | 26:42 | 65-69 | Kleefeld    | 2022 |
| 3  | Brenda    | Kreuger     | 26:46 | 65-69 | Kleefeld    | 2023 |

|    |          |            |       |       |             |      |
|----|----------|------------|-------|-------|-------------|------|
| 4  | Gail     | Johnston   | 26:49 | 65-69 | Ted's       | 2022 |
| 5  | Georgine | Cook       | 27:23 | 65-69 | Headingley  | 2011 |
| 6  | Clemus   | Laurila    | 28:22 | 65-69 | Kleefeld    | 2021 |
| 7  | Maria    | Donahue    | 29:04 | 65-69 | Riddell-1   | 2023 |
| 8  | Vicki    | Stevens    | 29:28 | 65-69 | Kleefeld    | 2023 |
| 9  | Joanne   | King       | 29:36 | 65-69 | History     | 2013 |
| 10 | Lorraine | Delorme    | 31:21 | 65-69 | RCAF        | 2017 |
| 1  | Teddi    | Sweatman   | 24:53 | 70-74 | Police      | 2018 |
| 2  | Lorraine | 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   | Duhamé     | 32:53 | 70-74 | Supéene     | 2009 |
| 6  | Irene    | Ling       | 33:08 | 70-74 | Lindenwoods | 2023 |
| 7  | Megane   | Paquet     | 34:37 | 70-74 | RCAF        | 2019 |
| 8  | Saba     | Harding    | 35:22 | 70-74 | RCAF        | 2014 |
| 9  | Beverly  | Eert       | 35:48 | 70-74 | Prediction  | 2023 |
| 10 | June     | Bell       | 36:47 | 70-74 | Police      | 2023 |
| 1  | Dreena   | Duhamé     | 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   | Duhamé     | 37:25 | 80-84 | Headingley  | 2016 |
| 2  | Carol    | Dubnicoff  | 47:54 | 80-84 | Ted's       | 2022 |
| 3  | Marie    | Montsion   | 51:29 | 80-84 | R Mountain  | 2011 |