

10km Women Age Group Rankings

as of Sept 30th, 2009

	First	Last	Time	Age Group	Race
1	Ashlyn	Cortvriendt	46:55	1-14	Physio
2	Sydney	Last	52:02	1-14	Physio
3	Brook	Turnbull	53:08	1-14	Physio
4	Danielle	Cayer	53:15	1-14	Physio
1	Richelle	Ready	43:16	15-19	Puma
2	Shandra	Ready	50:01	15-19	MB Champ.
3	Jackie	Dryden	51:52	15-19	Physio
4	Kacy	Wiebe	52:04	15-19	Physio
5	Melissa	Nolan	53:16	15-19	Physio
6	Rachel	Dufresne	53:36	15-19	Physio
7	Tonya	Wagner	54:15	15-19	Physio
8	Rhianne	Hargest	54:59	15-19	Physio
9	Jennifer	Bell	56:09	15-19	Physio
10	Monika	Karpowicz	56:48	15-19	Com-Fit
1	Gina	Tessmann	38:44	20-24	Puma
2	Melanie	Gregoire	40:34	20-24	Puma
3	Lacey	Ginter	40:45	20-24	Puma
4	Alice	Sherwin	41:02	20-24	Puma
5	Alyssa	Altomare	42:55	20-24	Puma
6	Jenna	Houssin	47:53	20-24	Physio
7	Ashley	Lemon	51:12	20-24	Brandon
8	Jessica	Wiebe	53:14	20-24	Brandon
9	Brittany	Dubyk	55:21	20-24	Com-Fit
10	Jennifer	Chwartacki	55:34	20-24	Com-Fit
1	Katrina	Bruckschwaiger	37:08	25-29	Puma
2	Darolyn	Walker	37:31	25-29	Puma
3	Cathy	Cullen	38:15	25-29	MB Champ.
4	Melissa	Danish	49:30	25-29	Physio
5	Elsabete	Asrat	50:14	25-29	Brandon
6	Megan	Wiebe	51:25	25-29	Physio
7	Nancy	Case	52:12	25-29	Com-Fit
8	Andrea	Kennedy	53:06	25-29	G. Beach
9	Sarah	Stetski	53:25	25-29	Com-Fit
10	Sarah	Pelland	54:05	25-29	Physio
1	Melissa	Armstrong	39:50	30-34	MB Champ.
2	Melissa	Truman	46:32	30-34	Physio
3	Deanna	Peyachew	46:54	30-34	Brandon
4	Rebecca	Rach	49:18	30-34	G. Beach
5	Susanne	Boyd	49:46	30-34	Physio
6	Kim	Bjorklund	50:57	30-34	G. Beach
7	Tara	Kenny	51:35	30-34	Physio
8	Tara	Hofer	52:40	30-34	Brandon
9	Kim	Houssin	52:57	30-34	Physio
10	Christine	Medina	53:49	30-34	Com-Fit
1	Janie	Parson	45:29	35-39	Com-Fit
2	Heather	Marks	46:31	35-39	Com-Fit
3	Michelle	Hiebert	46:59	35-39	Physio
4	Carina	Kirk	48:17	35-39	Chamo.
5	Lisa	Myall	49:45	35-39	Physio
6	Brandy	Wicklow	49:59	35-39	Com-Fit
7	Meeghan	West	50:05	35-39	Physio
8	Jennifer	Foote	50:58	35-39	G. Beach
9	Brigette	Kiazyk-Mykytyn	52:09	35-39	Physio
10	Bridget	Doiron	52:24	35-39	Physio

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1	Amanda	Younka	41:27	40-44	Physio
2	Monica	Young	42:59	40-44	Puma
3	Andrea	Paci	42:59	40-44	Physio
4	Catherine	McKay	47:55	40-44	Physio
5	Christine	Bartel	49:06	40-44	Physio
6	Deb	Pfrimmer	49:16	40-44	Physio
7	Donna	Bell	51:18	40-44	Physio
8	Brenda	Dyck	51:56	40-44	Physio
9	Donna	Maxwell	52:08	40-44	G. Beach
10	Lori	Dubinsky	52:16	40-44	Physio
1	Val	McLeod	47:25	45-49	G. Beach
2	Corinne	Norris	48:13	45-49	Com-Fit
3	Maria	Cuda-Trunzo	48:27	45-49	Physio
4	Debra	Shafransky	50:18	45-49	Physio
5	Nancy	Stinton	51:21	45-49	Brandon
6	Cheryl	Baynton	52:47	45-49	Brandon
7	Leslie	Lepp	52:56	45-49	Com-Fit
8	Dianne	Beauvais	53:01	45-49	Physio
9	Heather	Docking	53:07	45-49	Physio
10	Cathy	Gornik	54:18	45-49	Physio
1	Kathy	Wiens	45:04	50-54	MB Champ.
2	Gail	Johnstone	48:54	50-54	Puma
3	Barbara	Webber	50:15	50-54	Brandon
4	Pat	Janusz	50:54	50-54	MB Champ.
5	Carey	Mcgregor	52:08	50-54	Physio
6	Kaye	Grant	53:50	50-54	G. Beach
7	Evelyn	Mckim	55:19	50-54	Brandon
8	Linda	Markham	55:24	50-54	Physio
9	Shelley	Borschawa	55:35	50-54	MB Champ.
10	Yvonne	Konig	56:22	50-54	Physio
1	'Jan	Pickell	48:59	55-59	MB Champ.
2	Lauren	Davenport	55:55	55-59	Com-Fit
3	Marilyn	Fraser	57:17	55-59	MB Champ.
4	Cathy	Sochasky	57:27	55-59	G. Beach
5	Gwen	Bonneville	57:42	55-59	MB Champ.
6	Mayreen	Morrice	1:08:43	55-59	Physio
7	Sherrill	Wilcox-Dandonneau	1:11:19	55-59	Brandon
8	Valerie	Martin	1:11:44	55-59	Com-Fit
9	Wanda	Mathers	1:34:00	55-59	Com-Fit
1	Joanne	King	1:09:16	60-64	G. Beach
2	Irene	Romaniw	1:12:14	60-64	Com-Fit
3	Cheryl	Dann	1:21:08	60-64	Com-Fit
4	Trudy	Hemstad	1:22:24	60-64	Brandon
1	Geogine	Cook	55:59	65-69	Com-Fit
2	Margaret	Murphy	1:11:32	65-69	Com-Fit
3	Lynne	Samuel	1:34:01	65-69	Com-Fit
4	Elsie	Bagan	1:37:31	65-69	Com-Fit
1	Dreena	Duhome	1:10:23	70-74	Com-Fit