

Only Women's Fitness Fun Run

10k Run

Age Category Results

Ages 18 & Under

| Pos | No | Name | Time | O.Pos | Time Behind Categ | Time Behind Winner |
|-----|-----|----------------------|----------|-------|----------------------|-----------------------|
| 1 | 827 | Sydney Niziol | 01:02:17 | 24 | 00:00:00 | 00:14:55 |
| 2 | 451 | Tanis Wiancko | 01:10:49 | 56 | 00:08:32 | 00:23:27 |
| 3 | 819 | Britnee Zarantonello | 01:17:41 | 66 | 00:15:23 | 00:30:19 |

Ages 19-24

| Pos | No | Name | Time | O.Pos | Time Behind Categ | Time Behind Winner |
|-----|-----|------------------|----------|-------|----------------------|-----------------------|
| 1 | 480 | Amanda Robb | 00:52:38 | 8 | 00:00:00 | 00:05:16 |
| 2 | 454 | Jenna Weir | 00:53:06 | 9 | 00:00:28 | 00:05:44 |
| 3 | 802 | Lauren Goranson | 01:07:04 | 37 | 00:14:26 | 00:19:42 |
| 4 | 460 | Julia Woolnough | 01:08:39 | 46 | 00:16:01 | 00:21:18 |
| 5 | 456 | Maegan Jaworski | 01:11:44 | 61 | 00:19:06 | 00:24:22 |
| 6 | 476 | Miranda Witham | 01:20:26 | 70 | 00:27:47 | 00:33:04 |
| 7 | 825 | Marloes Thijssen | 01:46:44 | 82 | 00:54:06 | 00:59:22 |

Ages 25-29

| Pos | No | Name | Time | O.Pos | Time Behind Categ | Time Behind Winner |
|-----|-----|-----------------------|----------|-------|----------------------|-----------------------|
| 1 | 130 | Diane Lacey | 01:03:20 | 28 | 00:00:00 | 00:15:58 |
| 2 | 481 | Angela Murphy | 01:04:06 | 29 | 00:00:46 | 00:16:44 |
| 3 | 448 | Jana Mottl | 01:06:40 | 35 | 00:03:20 | 00:19:18 |
| 4 | 495 | Danielle Woods | 01:08:27 | 44 | 00:05:07 | 00:21:05 |
| 5 | 831 | Pamela Taylor | 01:11:13 | 59 | 00:07:52 | 00:23:51 |
| 6 | 466 | Rachele Ketchum | 01:12:49 | 63 | 00:09:28 | 00:25:27 |
| 7 | 809 | Tina-Louise Steyn | 01:20:25 | 68 | 00:17:04 | 00:33:03 |
| 8 | 823 | Jen Currie | 01:20:48 | 71 | 00:17:27 | 00:33:26 |
| 9 | 484 | Angela Woodcock | 01:26:03 | 74 | 00:22:43 | 00:38:41 |
| 10 | 450 | Dannielle Chaproniere | 01:36:25 | 79 | 00:33:05 | 00:49:03 |

Ages 30-34

| Pos | No | Name | Time | O.Pos | Time Behind Categ | Time Behind Winner |
|-----|-----|--------------------|----------|-------|----------------------|-----------------------|
| 1 | 445 | Sheila Cadman | 00:48:37 | 2 | 00:00:00 | 00:01:15 |
| 2 | 453 | Lauren McGowan | 00:49:43 | 4 | 00:01:05 | 00:02:21 |
| 3 | 808 | Amy Engh | 00:50:02 | 5 | 00:01:24 | 00:02:40 |
| 4 | 815 | Angela Gray | 00:57:13 | 15 | 00:08:35 | 00:09:51 |
| 5 | 813 | Jody Ellis | 01:01:01 | 21 | 00:12:23 | 00:13:39 |
| 6 | 468 | Eileen Bourne | 01:02:52 | 26 | 00:14:14 | 00:15:30 |
| 7 | 485 | Amy Richardson | 01:06:01 | 34 | 00:17:23 | 00:18:39 |
| 8 | 488 | Darcie Flanders | 01:07:30 | 38 | 00:18:52 | 00:20:08 |
| 9 | 459 | Heather Ford-Barth | 01:07:53 | 42 | 00:19:15 | 00:20:31 |
| 10 | 462 | Natalie Reid | 01:08:38 | 45 | 00:20:00 | 00:21:16 |
| 11 | 814 | Victoria Russell | 01:09:39 | 53 | 00:21:01 | 00:22:17 |
| 12 | 493 | Chelsey Anderson | 01:09:39 | 54 | 00:21:02 | 00:22:17 |
| 13 | 491 | Krista Millar | 01:19:11 | 67 | 00:30:33 | 00:31:49 |
| 14 | 807 | Ashley Johansen | 01:20:25 | 69 | 00:31:47 | 00:33:03 |
| 15 | 492 | Rachelle Andre | 01:24:45 | 72 | 00:36:07 | 00:37:23 |
| 16 | 489 | Charissa Splane | 01:28:43 | 76 | 00:40:05 | 00:41:21 |
| 17 | 478 | Tina Crozier | 01:30:38 | 78 | 00:42:00 | 00:43:16 |

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Ages 35-39

| Pos | No | Name | Time | O.Pos | Time Behind Categ | Time Behind Winner |
|-----|-----|----------------------|----------|-------|----------------------|-----------------------|
| 1 | 469 | Erin Rentas | 00:49:40 | 3 | 00:00:00 | 00:02:18 |
| 2 | 806 | Anelia Reynolds | 00:50:07 | 6 | 00:00:26 | 00:02:45 |
| 3 | 811 | Toni-Lee Johnstone | 00:51:47 | 7 | 00:02:06 | 00:04:25 |
| 4 | 829 | Lisa Apperley | 00:54:01 | 10 | 00:04:21 | 00:06:39 |
| 5 | 804 | Jennifer Stephan | 00:55:04 | 11 | 00:05:23 | 00:07:42 |
| 6 | 458 | Shauna Cingel | 00:59:01 | 18 | 00:09:20 | 00:11:39 |
| 7 | 479 | Armanda Adams | 00:59:02 | 19 | 00:09:22 | 00:11:40 |
| 8 | 477 | Shelly Tuck | 01:00:04 | 20 | 00:10:23 | 00:12:42 |
| 9 | 464 | Nancy Paquet | 01:03:01 | 27 | 00:13:21 | 00:15:40 |
| 10 | 487 | Tanya Christians | 01:04:31 | 30 | 00:14:50 | 00:17:09 |
| 11 | 486 | Sheri Christoffersen | 01:04:36 | 31 | 00:14:55 | 00:17:14 |
| 12 | 482 | Chelsi De Clerck | 01:05:17 | 32 | 00:15:36 | 00:17:55 |
| 13 | 803 | Haley Lauinger | 01:07:04 | 36 | 00:17:23 | 00:19:42 |
| 14 | 490 | Janice Ouellet | 01:07:32 | 39 | 00:17:51 | 00:20:10 |
| 15 | 463 | Luigia Munro | 01:07:43 | 40 | 00:18:02 | 00:20:21 |
| 16 | 483 | Kathryn McCarthy | 01:07:43 | 41 | 00:18:03 | 00:20:21 |
| 17 | 497 | Jessica MacDonald | 01:08:49 | 47 | 00:19:08 | 00:21:27 |
| 18 | 443 | Andrea Caraca-Hart | 01:09:21 | 49 | 00:19:40 | 00:21:59 |
| 19 | 818 | Treva Garn | 01:17:40 | 65 | 00:27:59 | 00:30:18 |

Ages 40-44

| Pos | No | Name | Time | O.Pos | Time Behind Categ | Time Behind Winner |
|-----|-----|--------------------|----------|-------|----------------------|-----------------------|
| 1 | 816 | Christine Katchur | 00:57:12 | 14 | 00:00:00 | 00:09:50 |
| 2 | 472 | Joanne Hope | 00:57:55 | 16 | 00:00:42 | 00:10:33 |
| 3 | 826 | Corrine Stranaghan | 01:01:17 | 23 | 00:04:04 | 00:13:55 |
| 4 | 475 | Wanda Bott | 01:09:27 | 50 | 00:12:14 | 00:22:05 |
| 5 | 457 | Erika Rowden | 01:14:23 | 64 | 00:17:11 | 00:27:01 |

Ages 45-49

| Pos | No | Name | Time | O.Pos | Time Behind Categ | Time Behind Winner |
|-----|-----|------------------|----------|-------|----------------------|-----------------------|
| 1 | 828 | Willa Wanke | 00:47:21 | 1 | 00:00:00 | 00:00:00 |
| 2 | 447 | Kim Desjardins | 00:58:50 | 17 | 00:11:28 | 00:11:28 |
| 3 | 446 | Kris Wicks | 01:10:03 | 55 | 00:22:41 | 00:22:41 |
| 4 | 452 | Carmen Wiancko | 01:10:50 | 57 | 00:23:28 | 00:23:28 |
| 5 | 473 | Kitrina Eberle | 01:30:37 | 77 | 00:43:15 | 00:43:15 |
| 6 | 824 | Jolande Thijssen | 01:46:43 | 81 | 00:59:21 | 00:59:21 |

Ages 50-54

| Pos | No | Name | Time | O.Pos | Time Behind Categ | Time Behind Winner |
|-----|-----|--------------------|----------|-------|----------------------|-----------------------|
| 1 | 455 | Julene Madill | 01:01:02 | 22 | 00:00:00 | 00:13:40 |
| 2 | 470 | Denise Barkemeyer | 01:08:16 | 43 | 00:07:14 | 00:20:54 |
| 3 | 801 | Katherine De Wolfe | 01:08:49 | 48 | 00:07:46 | 00:21:27 |
| 4 | 817 | Kathy Cole | 01:09:39 | 52 | 00:08:36 | 00:22:17 |
| 5 | 461 | Jan Woolnough | 01:11:12 | 58 | 00:10:09 | 00:23:50 |
| 6 | 474 | Rhonda Marshall | 01:38:31 | 80 | 00:37:28 | 00:51:09 |

Ages 55-59

| Pos | No | Name | Time | O.Pos | Time Behind Categ | Time Behind Winner |
|-----|----|------|------|-------|----------------------|-----------------------|
|-----|----|------|------|-------|----------------------|-----------------------|

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10k Run

Age Category Results

Ages 55-59

| Pos | No | Name | Time | O.Pos | Time Behind Categ | Time Behind Winner |
|-----|-----|--------------------------|----------|-------|----------------------|-----------------------|
| 1 | 471 | Veronica Pinkoski | 00:56:30 | 12 | 00:00:00 | 00:09:08 |
| 2 | 494 | Lori Curran | 00:56:54 | 13 | 00:00:24 | 00:09:32 |
| 3 | 812 | Diane Goodwin Schumacher | 01:05:34 | 33 | 00:09:03 | 00:18:12 |
| 4 | 822 | Judith McIntyre | 01:09:28 | 51 | 00:12:58 | 00:22:06 |
| 5 | 832 | Crystal McNichols | 01:11:21 | 60 | 00:14:51 | 00:23:59 |
| 6 | 496 | Nellie McGeehan | 01:11:54 | 62 | 00:15:24 | 00:24:32 |
| 7 | 444 | Barb Deschenes | 01:26:03 | 73 | 00:29:33 | 00:38:41 |
| 8 | 810 | Brenda Nichols | 01:26:14 | 75 | 00:29:44 | 00:38:52 |

Ages 60-64

| Pos | No | Name | Time | O.Pos | Time Behind Categ | Time Behind Winner |
|-----|-----|-----------|----------|-------|----------------------|-----------------------|
| 1 | 820 | Gail Hill | 01:02:28 | 25 | 00:00:00 | 00:15:06 |