

Only Women's Fitness Fun Run

3k Run

Age Category Results

Ages 18 & Under

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	652	Selena Delahunty	00:12:44	1	00:00:00	00:00:00
2	587	Nyah McDonald	00:15:47	2	00:03:03	00:03:03
3	529	Sloan Scotvold	00:16:06	3	00:03:22	00:03:22
4	565	Loami Rautenbach	00:16:10	4	00:03:26	00:03:26
5	548	Hayley Crowe	00:16:37	6	00:03:53	00:03:53
6	545	Julia Irwin	00:17:03	9	00:04:19	00:04:19
7	629	Taedum Whitehead	00:17:09	10	00:04:25	00:04:25
8	650	Courtney Leduc	00:17:15	11	00:04:31	00:04:31
9	612	Nikki Thomas	00:17:43	13	00:04:59	00:04:59
10	504	Olivia Kowalchuk	00:17:57	14	00:05:13	00:05:13
11	595	Jacklynn Moore	00:18:04	15	00:05:20	00:05:20
12	507	Lauren Stillings	00:18:18	20	00:05:34	00:05:34
13	566	Taya Terrenzio	00:18:25	21	00:05:41	00:05:41
14	647	Ainslee Labrecque	00:18:27	23	00:05:43	00:05:43
15	636	Makenna VanMaarion	00:18:34	24	00:05:50	00:05:50
16	605	Megan Ostrihoff	00:18:41	25	00:05:57	00:05:57
17	606	Emma Jean Ostrihoff	00:18:42	26	00:05:58	00:05:58
18	513	Amy Bot	00:18:47	28	00:06:03	00:06:03
19	556	Amanda Brouwer	00:18:49	29	00:06:05	00:06:05
20	624	Julia Trueman	00:19:09	31	00:06:25	00:06:25
21	517	Taryn Fletcher	00:19:34	32	00:06:50	00:06:50
22	549	Brenna Crowe	00:19:36	33	00:06:52	00:06:52
23	523	Stephanie Brandt	00:19:57	37	00:07:13	00:07:13
24	575	Kelly Baumbach	00:20:14	39	00:07:30	00:07:30
25	576	Alex Baumbach	00:20:16	40	00:07:32	00:07:32
26	527	Chloe Norris	00:21:19	46	00:08:35	00:08:35
27	578	Greta Boettcher	00:21:54	51	00:09:10	00:09:10
28	563	Ella Mackay Griffiths	00:21:57	53	00:09:12	00:09:12
29	593	Olivia Miller	00:21:58	55	00:09:14	00:09:14
30	651	Laura Irwin	00:22:32	61	00:09:48	00:09:48
31	613	Fallon Readman	00:22:59	62	00:10:15	00:10:15
32	570	Kate Hawkins	00:23:12	64	00:10:28	00:10:28
33	558	Abbigail Bahler	00:23:23	65	00:10:39	00:10:39
34	530	Lexi Scotvold	00:23:30	66	00:10:46	00:10:46
35	617	Kindra Madsen	00:24:13	71	00:11:29	00:11:29
36	585	Natalie Julien	00:24:25	74	00:11:41	00:11:41
37	645	Abbey Birn	00:24:46	79	00:12:02	00:12:02
38	639	Ava Walker	00:25:04	80	00:12:20	00:12:20
39	502	Madison Barrow	00:25:34	84	00:12:50	00:12:50
40	603	Elizabeth McDonnell	00:25:39	86	00:12:55	00:12:55
41	541	Brianna Allen	00:25:47	88	00:13:03	00:13:03
42	620	Katie Harvey	00:26:33	89	00:13:49	00:13:49
43	543	Brianna Davis	00:26:37	90	00:13:53	00:13:53
44	553	Kate Meier	00:26:38	91	00:13:53	00:13:53
45	638	Kamryn Hamilton	00:27:49	95	00:15:05	00:15:05
46	156	Olivia Gulbransen	00:29:06	97	00:16:22	00:16:22
47	648	Sydnee Leduc	00:29:54	101	00:17:10	00:17:10
48	532	Vienna Cappis	00:29:58	102	00:17:14	00:17:14
49	601	Jaylee Williams	00:31:06	104	00:18:22	00:18:22
50	510	Bronwyn Franczak	00:31:47	106	00:19:03	00:19:03
51	521	Emma Pittendreigh	00:31:55	107	00:19:10	00:19:10
52	633	Kelsey Harmesynn	00:32:09	112	00:19:25	00:19:25
53	634	Tia Manchulenko	00:32:09	113	00:19:25	00:19:25
54	572	Annika Hawkins	00:32:16	117	00:19:32	00:19:32
55	628	Bethany Yost	00:33:10	124	00:20:25	00:20:25
56	643	Ashley Smith	00:34:23	131	00:21:39	00:21:39
57	520	Harper Pittendreigh	00:34:51	136	00:22:07	00:22:07

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Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
58	506	Rachel Stillings	00:35:11	137	00:22:27	00:22:27

Ages 19-24

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	515	Justine Fletcher	00:19:48	35	00:00:00	00:07:04
2	516	Brittany Fletcher	00:19:48	36	00:00:00	00:07:04
3	539	Nora Drechsler	00:22:19	58	00:02:31	00:09:35
4	642	Courtney Smith	00:34:23	130	00:14:34	00:21:39
5	655	Yvonne Herring-Levins	00:35:39	140	00:15:50	00:22:55

Ages 25-29

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	591	Rhonda Bourn	00:32:08	110	00:00:00	00:19:24
2	323	Jana Lacey	00:34:37	133	00:02:28	00:21:53
3	522	Melissa Pittendreigh	00:34:51	135	00:02:42	00:22:07
4	609	Kristen Kitching	00:35:38	139	00:03:29	00:22:54

Ages 30-34

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	616	Lea Frank	00:17:16	12	00:00:00	00:04:32
2	604	Michelle Ostrikoff	00:18:42	27	00:01:25	00:05:58
3	577	Sarah Boettcher	00:21:54	50	00:04:37	00:09:10
4	544	Kim Irwin	00:22:32	60	00:05:16	00:09:48
5	501	Leissa Barrow	00:25:34	83	00:08:17	00:12:50
6	602	Julie Boivin	00:25:39	85	00:08:22	00:12:55
7	540	Kourtney Allen	00:25:47	87	00:08:30	00:13:03
8	637	Brenda Hamilton	00:27:49	94	00:10:33	00:15:05
9	618	Jennifer Darby	00:29:17	99	00:12:00	00:16:33
10	600	Allison Williams	00:31:06	105	00:13:50	00:18:22
11	580	Julie Snider	00:32:08	111	00:14:52	00:19:24
12	509	Roxanne Franczak	00:32:21	118	00:15:04	00:19:36
13	644	Daina Sparling	00:32:42	121	00:15:26	00:19:58
14	519	Lisa Nord	00:33:22	126	00:16:06	00:20:38
15	599	Katy Junck	00:37:29	144	00:20:13	00:24:45

Ages 35-39

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	635	JoAnne VanMaarion	00:16:40	7	00:00:00	00:03:56
2	594	Dianna Moore	00:18:04	16	00:01:24	00:05:20
3	567	Mandy Terrenzio	00:18:25	22	00:01:45	00:05:41
4	547	Naomi Crowe	00:19:40	34	00:03:00	00:06:56
5	574	Angela Baumbach	00:20:19	41	00:03:38	00:07:35
6	630	Rania Page	00:21:37	49	00:04:56	00:08:53
7	562	Susan Mackay	00:21:56	52	00:05:16	00:09:12
8	503	Kirsten Kowalchuk	00:22:25	59	00:05:45	00:09:41
9	528	Tammy Scotvold	00:23:30	67	00:06:50	00:10:46
10	583	Nicola Julien	00:24:25	75	00:07:45	00:11:41
11	640	Lydia Walker	00:25:04	81	00:08:24	00:12:20

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3k Run

Age Category Results

Ages 35-39

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
12	607	Tammy Smart	00:28:41	96	00:12:01	00:15:57
13	155	Kristen Gulbransen	00:29:07	98	00:12:26	00:16:22
14	531	Chantelle Cappis	00:29:58	103	00:13:18	00:17:14
15	511	Kathy Bot	00:32:21	119	00:15:40	00:19:37
16	557	Jennifer Bahler	00:32:42	120	00:16:01	00:19:57
17	621	Carrie Trueman	00:33:31	128	00:16:50	00:20:47

Ages 40-44

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	559	Louise Rautenbach	00:16:10	5	00:00:00	00:03:26
2	653	Vikki Kosik	00:18:12	18	00:02:02	00:05:28
3	555	Adele Brouwer	00:19:00	30	00:02:50	00:06:16
4	646	Laura Blonski	00:20:46	43	00:04:35	00:08:02
5	631	Laurie Matechuk	00:20:53	45	00:04:42	00:08:09
6	525	Heather Brandt	00:22:06	56	00:05:55	00:09:22
7	579	Jaleen Shier	00:23:47	70	00:07:36	00:11:03
8	582	Margaret Lopetinsky	00:24:19	72	00:08:08	00:11:34
9	589	Michelle Dyck	00:24:19	73	00:08:08	00:11:35
10	588	Barbara Tblus	00:24:39	77	00:08:28	00:11:55
11	649	Lori Leduc	00:24:39	78	00:08:29	00:11:55
12	584	Melissa Judson	00:25:24	82	00:09:13	00:12:39
13	632	Jackie Harmesynn	00:32:10	114	00:15:59	00:19:26
14	573	Aimee Hawkins Phillpot	00:32:16	115	00:16:05	00:19:32
15	560	Charlene Stokowski	00:33:22	125	00:17:11	00:20:38
16	505	Kalhanie Stillings	00:35:11	138	00:19:00	00:22:27

Ages 45-49

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	535	Peggy Nishizeki	00:16:42	8	00:00:00	00:03:57
2	654	Deb Campbell	00:18:13	19	00:01:30	00:05:28
3	518	Nola Fletcher	00:23:43	68	00:07:01	00:10:59
4	552	Denell Meier	00:27:28	92	00:10:46	00:14:44
5	542	Corinne Dinnin-Davis	00:27:29	93	00:10:47	00:14:45
6	564	Jodi Brimacombe	00:31:57	108	00:15:15	00:19:13
7	526	Sarah Norris	00:36:09	141	00:19:27	00:23:25
8	596	Debbie Neal	00:37:39	145	00:20:57	00:24:55

Ages 50-54

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	610	Geri Johnstone	00:20:19	42	00:00:00	00:07:35
2	615	Linda Codd	00:20:49	44	00:00:29	00:08:05
3	592	Maureen Miller	00:21:58	54	00:01:39	00:09:14
4	538	Marie Drechsler	00:22:19	57	00:02:00	00:09:35
5	561	Monica Ouellette	00:23:43	69	00:03:24	00:10:59
6	627	Barb Yost	00:33:39	129	00:13:20	00:20:55
7	641	Sherri Smith	00:34:23	132	00:14:03	00:21:39
8	619	Susie Armstrong	00:39:12	146	00:18:52	00:26:28

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3k Run

Age Category Results

Ages 55-59

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	581	Kathy Snider	00:18:05	17	00:00:00	00:05:21
2	551	Francis Harris	00:33:00	122	00:14:55	00:20:16
3	131	Kathy Lacey	00:34:46	134	00:16:41	00:22:02

Ages 60-64

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	597	Mary Appleton-Dias	00:20:11	38	00:00:00	00:07:27
2	533	Kathy Gilbert	00:21:32	47	00:01:20	00:08:48
3	534	Brenda Beres	00:21:32	48	00:01:20	00:08:48
4	586	Susan Julien	00:24:35	76	00:04:24	00:11:51
5	625	Judy Hawkins	00:29:19	100	00:09:08	00:16:35
6	112	Chris Carr-Bourne	00:32:07	109	00:11:56	00:19:23
7	550	Rose Ziegler	00:33:00	123	00:12:49	00:20:16
8	508	Colleen Myrol	00:36:10	142	00:15:59	00:23:26
9	536	Sharon Baldwin	00:37:29	143	00:17:18	00:24:45

Ages 65-69

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	266	Lynne Kadar	00:23:05	63	00:00:00	00:10:21

Ages 70+

Pos	No	Name	Time	O.Pos	Time Behind Categ	Time Behind Winner
1	74	Beulah Phillpot	00:32:16	116	00:00:00	00:19:32
2	75	Adele Stokowski	00:33:24	127	00:01:07	00:20:39