

Chip Times With Five-Mile Splits By Female Age-Class

Female Under 20

Sponsored by - DeeDee Merritt Celebration of Life Awards

Record - 59:01 Sue Kainulainen 1981

<u>PLACE</u>	<u>NAME</u>	<u>BIB</u>	<u>5 MILE</u>		<u>10 MILE</u>	
		<u>NO.</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	Kayla Kjellman, Nipigon	773	32:36.60	6:32	1:06:52.25	6:42
2	Victoria Alexander, Atikokan	23	33:10.70	6:39	1:09:25.20	6:57
3	Kara Jaspers	305	35:34.15	7:07	1:11:17.60	7:08
4	Brittany Pennock	105	37:34.65	7:31	1:14:43.60	7:29
5	Alexandra Naroski	743	41:57.35	8:24	1:24:57.70	8:30
6	Tiffany Schebesch	831	45:22.70	9:05	1:29:11.90	8:56
7	Maria Marchese	657	43:26.65	8:42	1:29:28.20	8:57
8	Ivana Vidjen	338	43:07.35	8:38	1:30:02.20	9:01
9	Elena Soulias	333	45:52.05	9:11	1:34:44.45	9:29
10	Leanne Johnson	553	47:30.30	9:31	1:35:35.20	9:34
11	Abigail Tabachak	853	49:29.20	9:54	1:39:08.40	9:55
12	Becky Kuzmich	895	49:11.15	9:51	1:39:12.55	9:56
13	Haley Carruthers	188	49:55.30	10:00	1:45:53.70	10:36
14	Hanna Rajaniemi	827	53:07.00	10:38	1:49:35.55	10:58

Female 20 to 24

Sponsored by - Lakehead Athletics Club

Record - 58:30 Sue Kainulainen 1984

<u>PLACE</u>	<u>NAME</u>	<u>BIB</u>	<u>5 MILE</u>		<u>10 MILE</u>	
		<u>NO.</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	Hilary Quirion	528	31:27.65	6:18	1:03:18.80	6:20
2	Alice Sherwin, Winnipeg MB	668	32:10.20	6:27	1:04:29.80	6:27
3	Lacey Ginter, Winnipeg MB	867	32:14.85	6:27	1:05:46.90	6:35
4	Rebecca Carr	675	32:12.20	6:27	1:05:52.15	6:36
5	Lindsay Baraskewich	309	36:03.95	7:13	1:13:36.10	7:22
6	Miranda Bolt	551	36:16.10	7:16	1:13:46.90	7:23
7	Liz Ratterman	315	38:35.15	7:44	1:17:38.40	7:46
8	Samantha Junttola	786	38:43.40	7:45	1:18:09.10	7:49
9	Tessa Zachary	766	38:45.95	7:46	1:18:54.65	7:54
10	Caterina Valente	390	39:52.25	7:59	1:19:37.40	7:58
11	Hillary Bernosky, Neebing	735	41:23.50	8:17	1:20:27.50	8:03
12	Jessica Kantymir	448	41:26.05	8:18	1:20:41.50	8:05
13	Kristen Ibey	182	39:49.40	7:58	1:20:44.40	8:05
14	Amie Mathews	791	40:22.65	8:05	1:20:44.95	8:05
15	Kelsey Hamilton	660	42:31.05	8:31	1:24:36.55	8:28
16	Hannah Naroski	742	41:57.10	8:24	1:24:57.35	8:30
17	Courtney Wright	538	43:44.50	8:45	1:26:30.55	8:40
18	Malorie Mezei	179	41:53.80	8:23	1:27:11.70	8:44
19	Rosemarie Bava	429	43:23.50	8:41	1:27:45.20	8:47
20	Madeleine Lay	360	44:54.20	8:59	1:29:10.85	8:56
21	Jasmine Rosevear	285	43:14.05	8:39	1:29:34.65	8:58
22	Adrienne McKercher	321	42:33.50	8:31	1:29:40.05	8:59
23	Kayla Zirk	682	44:44.75	8:57	1:31:13.30	9:08
24	Judy Bolt	643	44:33.70	8:55	1:32:08.05	9:13
25	Kathleen Naroski	741	47:05.30	9:26	1:33:09.90	9:19
26	Seija Grant	836	47:05.80	9:26	1:33:11.30	9:20
27	Jenny Porter	192	46:04.55	9:13	1:33:26.05	9:21
28	Ashley Fowler, Stoney Creek	277	45:53.70	9:11	1:34:56.30	9:30
29	Lisa Styles	671	48:37.60	9:44	1:37:51.80	9:48
30	Courtney O'Connor	176	49:49.65	9:58	1:38:17.75	9:50

31	Elizabeth Furtado	389	49:50.95	9:59	1:38:24.65	9:51
32	Ashleigh Heckley, Kakabeka Falls	410	48:18.25	9:40	1:39:04.95	9:55
33	Kayla Berst	679	46:35.85	9:20	1:39:13.50	9:56
34	Emma Loud	834	47:49.75	9:34	1:40:19.10	10:02
35	Lainey Bannon	449	49:37.65	9:56	1:41:27.50	10:09
36	Erica Chezick	211	52:25.15	10:30	1:42:50.20	10:18
37	Amy Beaucage	832	49:06.35	9:50	1:43:47.60	10:23
38	Kristina Salomon	209	50:22.45	10:05	1:48:30.30	10:52
39	Sam Finelli	208	53:41.10	10:45	1:52:08.80	11:13
40	Jenna Hill	478	54:31.05	10:55	1:53:06.10	11:19

Female 25 to 29

Sponsored by - Shawn Donohue

Record - 57:50 Katie Koski - Duluth MN 1999

<u>PLACE</u>	<u>NAME</u>	<u>BIB NO.</u>	<u>5 MILE</u>		<u>10 MILE</u>	
			<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	Leslie Semler, Hermantown MN	20	31:35.80	6:20	1:03:31.70	6:22
2	Jill Stapleton, Ottawa	164	32:38.95	6:32	1:06:42.50	6:41
3	Sarah Strickland	813	34:34.40	6:55	1:07:37.50	6:46
4	Alisha Mills	758	34:54.10	6:59	1:10:14.95	7:02
5	Kristen Vidlak	505	36:40.80	7:21	1:13:03.10	7:19
6	Ashley Goodlad	825	36:05.10	7:14	1:13:20.35	7:21
7	Tiana D'Angelo	903	37:07.35	7:26	1:15:48.30	7:35
8	Danielle O'Connor	849	38:24.35	7:41	1:15:53.45	7:36
9	Natalie Lehto	669	40:19.70	8:04	1:18:45.70	7:53
10	Karling Zaporzan	614	39:28.40	7:54	1:18:55.70	7:54
11	Amanda Seed, Kapuskasing	651	38:42.35	7:45	1:19:59.55	8:00
12	Cortney Powell, Neebing	247	39:38.15	7:56	1:20:47.45	8:05
13	Lindsay Bannon	589	39:53.90	7:59	1:21:07.45	8:07
14	Heather Bragnalo	777	41:18.30	8:16	1:22:17.00	8:14
15	Sabrina Clavet	122	43:07.85	8:38	1:22:32.55	8:16
16	Chantal Kompon	575	40:15.45	8:04	1:22:41.30	8:17
17	Alex Brazeau	427	42:47.05	8:34	1:23:11.55	8:20
18	Sara Chow	339	42:48.80	8:34	1:24:11.30	8:26
19	Allison Luther	381	42:00.70	8:25	1:24:20.80	8:27
20	Lesley Moulson	378	42:02.40	8:25	1:24:47.35	8:29
21	Elysia Petrone	747	42:07.80	8:26	1:24:49.50	8:29
22	Connor Pratt	688	42:51.60	8:35	1:25:27.15	8:33
23	Jonelle Armitage	311	43:30.00	8:42	1:25:36.00	8:34
24	Laura Dennis	310	42:11.95	8:27	1:26:07.95	8:37
25	Heather Maat, Calgary AB	102	43:59.70	8:48	1:27:02.15	8:43
26	Gabrielle Zawacki, Kakabeka Falls	631	43:11.30	8:39	1:27:13.40	8:44
27	Casey Ruberto	656	44:35.75	8:56	1:27:36.75	8:46
28	Anya Scheibmayr	854	46:41.95	9:21	1:30:02.75	9:01
29	Moirra O'Neill	907	46:41.70	9:21	1:30:02.80	9:01
30	Danielle Kasstan	118	45:34.45	9:07	1:30:25.40	9:03
31	Lauryn Krawec	904	45:33.55	9:07	1:30:25.50	9:03
32	Kristy Posselwhite	604	45:28.75	9:06	1:31:25.70	9:09
33	Shannon Gibson	290	44:36.00	8:56	1:32:02.60	9:13
34	Marcie Thole, Duluth MN	172	46:02.60	9:13	1:32:53.30	9:18
35	Alexa Haberer	757	47:24.20	9:29	1:33:02.60	9:19
36	Carly Ray Nipigon	178	44:23.60	8:53	1:34:33.05	9:28
37	Laura Morden	664	47:30.85	9:31	1:35:01.30	9:31
38	Lauren Ischkin	774	45:46.20	9:10	1:35:05.15	9:31
39	Tasha Coughlan-Mandryk	737	48:14.20	9:39	1:35:16.65	9:32
40	Stacie Erickson, Calgary AB	185	48:22.90	9:41	1:35:25.65	9:33
41	Meagan Doyle	288	46:35.35	9:20	1:37:05.75	9:43
42	Leah Payne	451	48:41.80	9:45	1:37:35.20	9:46
43	Ashley Sandberg	685	47:41.25	9:33	1:37:41.00	9:47
44	Tara Ruberto	257	49:05.30	9:50	1:38:42.90	9:53
45	Jessica Wyatt	218	47:39.45	9:32	1:39:44.10	9:59

46	Kimberly Rozon	332	50:33.85	10:07	1:40:53.95	10:06
47	Jenna Levesque	683	49:40.10	9:57	1:42:22.90	10:15
48	Kimberly Traverse	794	49:40.95	9:57	1:42:23.55	10:15
49	Meg Sheepway	914	50:25.25	10:06	1:43:00.30	10:19
50	Raiili Dillon	576	50:06.95	10:02	1:43:12.45	10:20
51	Amie Walcott, Winnipeg MB	760	50:20.25	10:05	1:43:16.90	10:20
52	Jackie Allan	314	52:18.65	10:28	1:44:01.30	10:25
53	Jasmine Gabrijelcic	527	52:18.55	10:28	1:45:08.60	10:31
54	Chelsea Heath	375	50:09.15	10:02	1:46:09.30	10:37
55	Jacqui Czaczkowski	635	54:07.00	10:50	1:46:58.60	10:42
56	Shannon Surcess	702	54:14.90	10:51	1:48:51.25	10:54
57	Lisa Brisson	391	53:12.85	10:39	1:49:11.20	10:56
58	Michelle Bak, Pass Lake	838	53:14.70	10:39	1:49:12.55	10:56
59	Alyssa Morrison	776	60:16.20	12:04	1:52:46.65	11:17
60	Andrea Vanvliet	411	54:57.75	11:00	1:55:15.80	11:32
61	Kim Kresack Wilson	456	58:52.50	11:47	1:57:30.30	11:46
62	Jill Skogberg	153	54:53.65	10:59	1:57:46.50	11:47
63	Valerie Davies	475	61:49.55	12:22	2:02:42.15	12:17
64	Kristina Miousse, Geraldton	803	59:21.70	11:53	2:02:53.45	12:18

Female 30 to 34

Sponsored by - Lakehead Printing

Record - 57:16 Erja Ervonen - Finland 1994

<u>PLACE</u>	<u>NAME</u>	<u>BIB NO.</u>	<u>5 MILE</u>		<u>10 MILE</u>	
			<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	Josiane Aboungono, North York	731	30:39.05	6:08	1:01:57.90	6:12
2	Kirsten Addison	769	36:21.90	7:17	1:12:30.35	7:16
3	Amanda Campaner	135	36:16.05	7:16	1:13:56.25	7:24
4	Becky Puiras	279	36:07.10	7:14	1:14:08.25	7:25
5	Stephanie Chow	705	37:14.20	7:27	1:14:08.35	7:25
6	Rebeccah Boban	906	37:57.30	7:36	1:17:16.70	7:44
7	Adrienne Shippam	678	41:19.00	8:16	1:20:39.65	8:04
8	Tanis Palko	507	40:25.80	8:06	1:22:35.20	8:16
9	Candace Litwinenko	814	41:20.45	8:17	1:22:51.05	8:18
10	Lisa Verardo	611	42:44.00	8:33	1:24:05.10	8:25
11	Melinda Norhaugen	567	43:22.10	8:41	1:25:17.95	8:32
12	Maggie Barnes	174	43:59.85	8:48	1:25:57.80	8:36
13	Dawn Francis	394	44:43.05	8:57	1:27:58.35	8:48
14	Melanie Biesenthal	778	44:07.85	8:50	1:29:23.80	8:57
15	Laura Morrison	320	42:24.15	8:29	1:29:28.20	8:57
16	Jill Logan	263	43:57.55	8:48	1:30:49.35	9:05
17	Taryn Boswell	564	44:28.90	8:54	1:31:26.45	9:09
18	Kirsten Pradal	506	44:24.50	8:53	1:32:23.05	9:15
19	Camille Zawacki	630	45:01.35	9:01	1:32:23.70	9:15
20	Lee-Ann Bertrand, Hackensack MN	692	47:02.40	9:25	1:32:26.90	9:15
21	Jessica Dubinsky	245	47:46.20	9:34	1:32:38.90	9:16
22	Robin Clinker	357	47:40.50	9:33	1:34:42.80	9:29
23	Renee Siciliano	454	49:35.90	9:56	1:36:05.30	9:37
24	Sarah Morrison	251	49:37.05	9:56	1:36:59.50	9:42
25	Melissa Kastern	284	47:29.25	9:30	1:37:08.20	9:43
26	Lisa Arpin	376	49:30.45	9:55	1:37:34.00	9:46
27	Marcia Wehrstedt	377	49:30.10	9:55	1:37:34.75	9:46
28	Kathleen Murphy	515	48:07.75	9:38	1:38:15.55	9:50
29	Bobbie Blundon	255	49:36.95	9:56	1:38:21.30	9:51
30	Dani Garon	254	49:37.55	9:56	1:39:17.70	9:56
31	Jennifer Williamson	597	50:30.90	10:07	1:40:23.70	10:03
32	Pamela Cain	345	52:12.25	10:27	1:41:34.10	10:10
33	Lindsay Smith, Duluth MN	114	49:09.10	9:50	1:41:47.50	10:11
34	Janine Pintar, Pass Lake	830	49:52.55	9:59	1:41:54.75	10:12
35	Erin Couture	483	49:48.50	9:58	1:42:15.70	10:14
36	Christine Botsford	728	48:34.60	9:43	1:42:28.70	10:15

37	Jennifer Lawson	180	51:25.95	10:18	1:42:59.30	10:18
38	Socorro Woodman	750	50:26.15	10:06	1:43:00.55	10:19
39	Stacy Roberts	799	51:18.70	10:16	1:45:11.90	10:32
40	Lucy Rajnovich	244	52:07.25	10:26	1:45:22.15	10:33
41	April Thorvaldson	806	49:48.85	9:58	1:45:46.70	10:35
42	Jessica MacRae	455	52:28.90	10:30	1:46:42.10	10:41
43	Bonnie Kennedy, Longlac	795	55:03.55	11:01	1:46:53.20	10:42
44	Crystal Ottley	291	51:39.90	10:20	1:47:18.60	10:44
45	Miranda Tait-Martens	243	52:26.25	10:30	1:47:33.20	10:46
46	Lindsey Edwards	326	54:06.90	10:50	1:47:44.25	10:47
47	Robin Sandberg	593	52:35.60	10:32	1:49:19.75	10:56
48	Kerri Davis, Atikokan	229	58:21.30	11:41	1:49:23.90	10:57
49	Krista Bates	364	53:52.20	10:47	1:49:57.60	11:00
50	Suzanne Ventrudo	485	53:33.60	10:43	1:50:12.30	11:02
51	Jennifer Kresack	900	54:55.85	11:00	1:50:28.00	11:03
52	Rebecca Ann Wheeler	267	57:30.85	11:31	1:57:50.70	11:48
53	Heather McKirdy	461	59:13.85	11:51	1:59:49.55	11:59
54	Vanessa Kennedy, Longlac	761	59:12.75	11:51	2:02:52.80	12:18
55	Laura Ortgiese	231	58:22.50	11:41	2:04:04.70	12:25

Female 35 to 39

Sponsored by - Il Pomodoro Restaurant

Record - 59:03 Janette Stoot - Colorado 1996

<u>PLACE</u>	<u>NAME</u>	<u>BIB NO.</u>	<u>5 MILE</u>		<u>10 MILE</u>	
			<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	Marianne Stewart	700	34:15.05	6:52	1:08:32.95	6:52
2	Karen Rosehart	555	33:36.75	6:44	1:08:35.00	6:52
3	Carole Cameron	298	34:05.55	6:50	1:08:36.90	6:52
4	Sara Hollingsworth, Duluth MN	727	36:03.50	7:13	1:13:22.60	7:21
5	Keli Cristofaro	249	38:15.75	7:40	1:16:07.75	7:37
6	Christine Vita	749	38:14.15	7:39	1:17:11.40	7:44
7	Cara Petrone, Schreiber	713	38:20.75	7:41	1:17:45.50	7:47
8	Janice Melchiorre	240	38:21.40	7:41	1:17:45.70	7:47
9	Monique Welbourne	324	40:20.90	8:05	1:20:01.40	8:01
10	Megan Pace, Plymouth MN	239	39:18.35	7:52	1:20:28.90	8:03
11	Andrea Stach	513	41:46.80	8:22	1:22:48.10	8:17
12	Hilary Lockyer	659	40:34.35	8:07	1:22:57.65	8:18
13	Joanna Power	893	42:40.50	8:33	1:23:33.55	8:22
14	Carrie Vita	877	42:34.55	8:31	1:25:42.75	8:35
15	Michelle Addison	536	42:15.70	8:28	1:26:08.50	8:37
16	Julijana Prpic	519	44:14.30	8:51	1:26:48.20	8:41
17	Joyce Crawford	846	42:20.65	8:29	1:26:58.80	8:42
18	Jennifer Oussoren, Marathon	771	41:56.20	8:24	1:27:26.15	8:45
19	Michelle McGrath	578	44:31.00	8:55	1:28:03.35	8:49
20	Christy McCracken-Mann	686	43:51.40	8:47	1:29:16.80	8:56
21	Carrie Gibbons	653	44:20.60	8:53	1:29:23.90	8:57
22	Katie Ostrom	352	45:19.45	9:04	1:30:04.60	9:01
23	Jennifer Kreczmer	473	45:04.30	9:01	1:30:20.20	9:03
24	Josie Baggetta	711	45:41.10	9:09	1:31:41.50	9:11
25	Lorna Anderson	195	46:12.80	9:15	1:32:08.15	9:13
26	Inga Anderson-Foster	637	45:17.00	9:04	1:32:18.25	9:14
27	Jennifer Bell	843	43:20.40	8:41	1:32:35.10	9:16
28	Sue Hoffman	472	46:08.35	9:14	1:32:42.10	9:17
29	Carolyn Weiss	767	49:56.95	10:00	1:34:04.25	9:25
30	Jodi Martinsen	215	46:41.40	9:21	1:34:32.05	9:28
31	Shannon Reynolds	739	47:04.90	9:25	1:35:33.60	9:34
32	Manon Richer	401	49:38.60	9:56	1:35:43.20	9:35
33	Cynthia Cline	436	47:59.80	9:36	1:36:18.75	9:38
34	Nicole Blenkinsop	141	49:05.25	9:50	1:36:43.65	9:41
35	Daniella Pellegrino, Sioux Lookout	157	48:18.50	9:40	1:38:16.95	9:50
36	Colette Proulx	633	49:37.10	9:56	1:38:21.65	9:51

37	Nancy Dow, Kakabeka Falls	380	46:54.90	9:23	1:38:55.80	9:54
38	Charlene Chapman, Red Lake	246	50:30.80	10:07	1:41:00.65	10:07
39	Grace Baxter	466	50:38.45	10:08	1:41:47.70	10:11
40	Tracey Maki	622	49:58.95	10:00	1:43:29.95	10:21
41	Isabelle Fortin	453	50:33.90	10:07	1:44:12.75	10:26
42	Amanda Benincasa	191	51:58.55	10:24	1:45:20.20	10:33
43	Shelley Kemppainen	510	52:32.25	10:31	1:45:43.05	10:35
44	Kerri Bernardi	406	52:28.35	10:30	1:46:41.45	10:41
45	Kim Strickland	358	52:47.65	10:34	1:47:01.00	10:43
46	Amy Boucher	351	54:31.00	10:55	1:49:26.35	10:57
47	Rachelle Boone	662	54:43.30	10:57	1:53:16.75	11:20
48	Carolyn Tysoski	891	54:10.25	10:51	1:53:50.10	11:24
49	Mary Favot	892	54:10.40	10:51	1:53:50.10	11:24
50	Kathy Oakley	460	56:10.95	11:15	1:55:32.95	11:34
51	Debbie Popien	398	58:52.10	11:47	1:57:30.70	11:46
52	Tammy Stamler, Atikokan	297	57:27.15	11:30	2:01:46.50	12:11

Female 40 to 44

**Sponsored by - Bruno's Contracting
Record - 61:19 Nicki Wilberforce 2009**

<u>PLACE</u>	<u>NAME</u>	<u>BIB NO.</u>	<u>5 MILE</u>		<u>10 MILE</u>	
			<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	Nicki Wilberforce	21	31:28.20	6:18	1:03:54.00	6:24
2	Sharon Komar	823	35:26.15	7:06	1:11:53.65	7:12
3	Betty Annala	341	36:56.00	7:24	1:15:03.10	7:31
4	Kim House	306	36:26.10	7:18	1:15:28.05	7:33
5	Linda Evans	511	38:33.60	7:43	1:18:27.80	7:51
6	Ginette Roy	574	38:58.95	7:48	1:18:54.75	7:54
7	Maureen Page	565	38:57.20	7:48	1:18:57.25	7:54
8	Beth Ponka	568	39:08.40	7:50	1:19:45.70	7:59
9	Judy Barton	213	39:37.30	7:56	1:20:02.45	8:01
10	Heather McLean	304	39:00.25	7:49	1:20:05.55	8:01
11	Marla Keene	765	40:30.25	8:07	1:20:08.40	8:01
12	Michelle Gernat	810	40:30.70	8:07	1:20:43.40	8:05
13	Helena Billard	784	40:19.75	8:04	1:20:44.60	8:05
14	Kim Moore Neebing	184	39:08.70	7:50	1:21:20.95	8:09
15	Leslie Hynnes	887	41:06.20	8:14	1:21:37.45	8:10
16	Michele Fotheringham, Atikokan	841	40:33.70	8:07	1:22:24.00	8:15
17	Cordie Stark	330	42:51.40	8:35	1:23:46.65	8:23
18	Janine Chiasson	696	41:53.30	8:23	1:23:50.55	8:24
19	Rose Darosa	641	41:39.20	8:20	1:23:54.25	8:24
20	Paula Nordlund	301	41:55.15	8:24	1:24:04.05	8:25
21	Sharon Lovis	603	41:54.45	8:23	1:24:06.70	8:25
22	Adena Hicklin	161	41:47.50	8:22	1:24:12.10	8:26
23	Cyndy MacKenzie	648	41:53.90	8:23	1:24:29.50	8:27
24	Jodi Scott	432	42:46.45	8:34	1:24:31.40	8:28
25	Belinda Beres	850	42:59.85	8:36	1:25:01.60	8:31
26	Karen Gannon, Atikokan	149	42:28.90	8:30	1:25:13.95	8:32
27	Jen Lailey, Neebing	101	42:37.10	8:32	1:25:51.45	8:36
28	Bonnie Tittaferante	227	43:13.75	8:39	1:26:58.00	8:42
29	Maxine Wiersema	468	43:12.45	8:39	1:27:19.20	8:44
30	Nathalie Bedard	601	43:44.10	8:45	1:27:36.80	8:46
31	Stacy Morton	554	44:30.90	8:55	1:28:02.75	8:49
32	Judy Martinsen	909	43:48.10	8:46	1:28:15.05	8:50
33	Debbie Macarthur	709	44:04.90	8:49	1:31:51.10	9:12
34	Trina Diner	875	47:22.40	9:29	1:33:24.55	9:21
35	Lynn Hurrell	426	46:09.25	9:14	1:33:29.50	9:21
36	Bj Mercier, Red Rock	103	47:22.50	9:29	1:33:41.40	9:23
37	Robin Cooper	430	46:37.60	9:20	1:34:02.75	9:25
38	Vikki Tougas	371	47:27.65	9:30	1:34:17.60	9:26
39	Lisa Tabor	421	46:34.90	9:19	1:35:02.60	9:31

40	Sara Elvish, Hoyt Lake MN	113	47:37.35	9:32	1:35:51.60	9:36
41	Janet Hensrud	861	47:03.25	9:25	1:35:53.65	9:36
42	Joan Robinson	428	48:02.60	9:37	1:36:28.00	9:39
43	Beverly Cooper	219	49:29.85	9:54	1:36:41.95	9:41
44	Cathy Jelaca Bolton	189	47:35.05	9:32	1:37:15.50	9:44
45	Janice Cross	362	49:30.25	9:55	1:37:37.70	9:46
46	Michelle Hargreaves	214	49:04.80	9:49	1:37:56.55	9:48
47	Joann Scott	329	49:29.75	9:54	1:37:58.05	9:48
48	Gillian Hamilton	499	48:19.85	9:40	1:39:00.90	9:55
49	Stephanie Block	646	50:14.55	10:03	1:40:18.15	10:02
50	Linda Kuizenga, Kakabeka Falls	625	49:09.85	9:50	1:41:10.05	10:08
51	Carrienne Agawa	572	49:41.00	9:57	1:42:39.85	10:16
52	Angie Dupuis	236	51:04.80	10:13	1:43:44.95	10:23
53	Kim Spivak	445	52:42.95	10:33	1:45:37.35	10:34
54	Alana Morrison	897	51:10.50	10:15	1:46:11.75	10:38
55	Juanita Lawson	859	52:00.75	10:25	1:46:40.90	10:41
56	Cheri Stanfield	190	52:31.25	10:31	1:49:37.25	10:58
57	Nicole Deschamps	353	54:18.15	10:52	1:52:07.85	11:13
58	Barbara Eccles	620	55:40.15	11:09	1:53:04.50	11:19
59	Tammy Sale-Rosa, Alliston	260	55:25.35	11:06	1:53:07.95	11:19
60	Glenda Desaulniers	368	55:54.30	11:11	1:54:33.85	11:28
61	Susan Ongaro	365	61:49.70	12:22	2:03:45.00	12:23

Female 45 to 49

Sponsored by - Thunder Bay Professional Firefighters Association

Record - 68:24 Kelly Rogers 2004

<u>PLACE</u>	<u>NAME</u>	<u>BIB NO.</u>	<u>5 MILE</u>		<u>10 MILE</u>	
			<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	Sue Kainulainen	22	34:24.25	6:53	1:09:31.80	6:58
2	Kathy Harris	809	35:15.75	7:04	1:10:42.35	7:05
3	Sandra Albertson	857	35:56.55	7:12	1:12:08.25	7:13
4	Heidi McGee, Neebing	266	36:15.20	7:16	1:13:46.85	7:23
5	Claudia Tropea	563	38:39.25	7:44	1:16:35.80	7:40
6	Diana Mellerup	216	38:57.40	7:48	1:19:15.40	7:56
7	Christine Bociurko	862	39:56.20	8:00	1:19:27.90	7:57
8	Mona Chaisson	911	41:52.05	8:23	1:23:42.80	8:23
9	Angela Saunders	609	42:19.85	8:28	1:25:12.10	8:32
10	Heather Neilson-Clayton	730	43:53.55	8:47	1:25:52.80	8:36
11	Elisabeth Salmon	241	44:23.80	8:53	1:26:29.40	8:39
12	Rose Bortolon	000	43:38.00	8:44	1:27:05.60	8:43
13	Susan Whatley-Halverson	350	44:17.35	8:52	1:27:38.35	8:46
14	Barb Tabachak	852	43:48.55	8:46	1:27:49.45	8:47
15	Trudy McKinnon	317	43:14.95	8:39	1:27:53.30	8:48
16	Trish Carangi	272	45:15.80	9:04	1:29:40.15	8:59
17	Laura Zuliani	744	43:57.95	8:48	1:30:33.55	9:04
18	Sherri Johnson	748	43:36.40	8:44	1:31:02.05	9:07
19	Lynda Dacosta	488	45:15.40	9:04	1:31:09.40	9:07
20	Sheila Chiodo	282	44:16.40	8:52	1:31:39.25	9:10
21	Nancy Shine	524	46:46.85	9:22	1:33:00.40	9:19
22	Kathy Simpson	672	46:18.35	9:16	1:34:34.65	9:28
23	Ellen MacKenzie	363	47:27.35	9:30	1:35:18.70	9:32
24	Adele Vaillant	890	49:36.30	9:56	1:35:25.45	9:33
25	Norina Sopotiuick, Pinewood	158	47:37.20	9:32	1:35:47.45	9:35
26	Sarah Loponen	581	47:04.15	9:25	1:36:11.30	9:38
27	Heather Hyslop	125	46:54.35	9:23	1:37:42.90	9:47
28	Karen Maki	459	49:50.40	9:59	1:38:21.75	9:51
29	Colleen Levesque	680	49:38.40	9:56	1:38:26.50	9:51
30	Charmaine Cades	607	50:13.10	10:03	1:38:39.40	9:52
31	Antonia Vidjen	447	50:42.35	10:09	1:39:51.95	10:00
32	Joanne Atwood	340	49:43.25	9:57	1:40:05.05	10:01
33	Jane Mayer	783	49:42.15	9:57	1:41:51.45	10:12

34	Cathy Michaliuk	295	52:32.30	10:31	1:44:31.20	10:28
35	Laurie Henderson	435	51:27.40	10:18	1:44:50.95	10:30
36	Marilee Chase	420	52:43.45	10:33	1:45:47.50	10:35
37	Nicole Sutherland	670	50:01.05	10:01	1:45:57.45	10:36
38	Susan Stromberg	212	52:37.30	10:32	1:45:58.45	10:36
39	Kathy Ball	424	52:45.50	10:34	1:47:35.30	10:46
40	Cheryl Ready	417	54:21.55	10:53	1:48:50.55	10:54
41	Doris Colosimo	384	56:13.55	11:15	1:51:10.10	11:08
42	Rosa Maselj	484	56:14.05	11:15	1:51:12.45	11:08
43	Jackie Carroll	344	61:36.25	12:20	2:04:24.40	12:27
44	Deborah Watt	248	68:31.50	13:43	2:26:20.40	14:39

Female 50 to 54

Sponsored by - Kim Karioja

Record - 71:04 Carol Bannon 2007

<u>PLACE</u>	<u>NAME</u>	<u>BIB NO.</u>	<u>5 MILE</u>		<u>10 MILE</u>	
			<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	Kelly Rogers, Esko MN	752	36:25.15	7:18	1:13:17.95	7:20
2	Carol Bannon	588	35:58.65	7:12	1:13:39.15	7:22
3	Janice Watson-Ryan	871	36:24.50	7:17	1:13:39.35	7:22
4	Cindy Zanni	548	38:22.15	7:41	1:17:04.65	7:43
5	Donna Ostrom	755	40:36.50	8:08	1:20:05.10	8:01
6	Kathleen Lynch	520	40:28.65	8:06	1:20:14.60	8:02
7	Barb McGill, Marathon	128	39:25.60	7:54	1:20:20.40	8:03
8	Alison McMullen	235	40:28.60	8:06	1:21:32.60	8:10
9	Cathy McGuire	788	41:00.05	8:13	1:22:13.75	8:14
10	Maureen Belluz, Murillo	200	40:46.10	8:10	1:22:29.90	8:15
11	Rosemary Hartley, Nipigon	259	41:08.70	8:14	1:23:50.85	8:24
12	Maryanne Rooney, Sault Ste. Marie	655	43:48.40	8:46	1:24:56.65	8:30
13	Sherrylynn Hill	392	43:09.75	8:38	1:26:31.45	8:40
14	Janice Piper	395	43:45.90	8:46	1:27:52.00	8:48
15	Siobhan Farrell	281	42:59.95	8:36	1:29:38.55	8:58
16	Sherri Budner	396	44:59.55	9:00	1:30:25.85	9:03
17	Deenna Penner	571	45:53.15	9:11	1:30:41.95	9:05
18	Rosemary Bostrom	196	45:33.20	9:07	1:32:09.85	9:13
19	Angela Gillis, Dryden	168	46:07.05	9:14	1:33:38.55	9:22
20	Carolyn Bowie	142	48:56.50	9:48	1:36:43.75	9:41
21	Kate Fraser	820	49:39.10	9:56	1:37:24.15	9:45
22	Deb Rosnow	397	49:01.60	9:49	1:38:22.50	9:51
23	Catherine Arnold	522	48:18.55	9:40	1:39:11.45	9:56
24	Janet Chiupka	366	50:41.35	10:09	1:39:50.60	10:00
25	Karen O'Connor	175	50:05.20	10:02	1:40:19.45	10:02
26	Therese Dechene	385	49:52.15	9:59	1:41:38.50	10:10
27	Colleen Gibson	462	51:24.35	10:17	1:42:48.60	10:17
28	Colleen Snelgrove	413	50:36.30	10:08	1:43:06.35	10:19
29	Laureen Cordeiro	434	50:43.35	10:09	1:44:54.70	10:30
30	Linda Trevisanutto	422	52:44.55	10:33	1:45:47.25	10:35
31	Valerie Kennedy, Geraldton	762	51:15.40	10:16	1:46:20.15	10:39
32	Caroline Heringer	441	54:27.35	10:54	1:51:25.95	11:09
33	Jacqui Soulias	334	54:52.65	10:59	1:52:30.65	11:16
34	Terry Martin, Pass Lake	431	54:55.65	11:00	1:52:39.15	11:16
35	Mary Jane Lewandowski	912	53:33.50	10:43	1:52:39.85	11:16
36	Maria Foreman	885	57:26.50	11:30	1:57:41.15	11:47
37	Cheryl Nisula	418	59:21.15	11:53	2:06:41.05	12:41
38	Maureen Parkes	409	63:02.30	12:37	2:06:41.75	12:41
39	Wendy Kresack	476	66:58.85	13:24	2:18:14.30	13:50

Female 55 to 59

Sponsored by - Wanson Lumber Co Ltd.

Record - 76:49 Gael Jones 2003

<u>PLACE</u>	<u>NAME</u>	<u>BIB NO.</u>	<u>5 MILE</u>		<u>10 MILE</u>	
			<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	Deborah Frederickson	600	40:38.95	8:08	1:22:21.90	8:15
2	Susan McDonald	264	42:33.10	8:31	1:26:09.00	8:37
3	Tarja Trochimchuk	197	45:48.20	9:10	1:35:05.55	9:31
4	Laurie Barabash	608	48:22.55	9:41	1:37:39.90	9:46
5	Gina Sutton	487	50:03.55	10:01	1:40:00.95	10:01
6	Karen Dahl	405	50:04.50	10:01	1:40:23.60	10:03
7	Beatrice Vernier-Larochette	115	49:10.70	9:51	1:41:21.35	10:09
8	Deborah Ventrudo	369	53:23.30	10:41	1:46:57.60	10:42
9	Betty Oldale	137	54:08.95	10:50	1:50:46.05	11:05
10	Sherry Baerg	489	55:04.90	11:01	1:53:25.40	11:21
11	Karen Carlucci	336	56:17.15	11:16	1:54:18.80	11:26
12	Carol Daniher	477	59:21.20	11:53	2:02:39.90	12:16
13	Sandra Guthrie	415	49:41.60	9:57	2:07:18.70	12:44

Female 60 to 64

Sponsored by - Stride Orthopaedics & Footware
Record - 77:06 Marilyn Schnobrich - Duluth 2004

<u>PLACE</u>	<u>NAME</u>	<u>BIB NO.</u>	<u>5 MILE</u>		<u>10 MILE</u>	
			<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	Sally Kukko	126	41:51.30	8:23	1:25:34.20	8:34
2	Mary Pat Bernoski, Neebing	734	42:13.15	8:27	1:27:06.00	8:43
3	Bev Chambers Francis	481	46:35.05	9:20	1:35:52.35	9:36
4	Jackie Otway	529	47:28.80	9:30	1:36:45.80	9:41
5	Marlene Pawluk	559	49:19.85	9:52	1:39:50.90	10:00
6	Jacqueline Long	393	50:32.60	10:07	1:43:06.70	10:19
7	Marilyn Seitz	423	50:38.70	10:08	1:44:55.85	10:30
8	Dee Tuyl	138	53:00.90	10:37	1:47:06.45	10:43
9	Colleen Tiboni	470	58:39.55	11:44	2:02:55.80	12:18

Female 65 to 69

Sponsored by - Phoenix
New Record - 87:14 Gael Jones 2011

<u>PLACE</u>	<u>NAME</u>	<u>BIB NO.</u>	<u>5 MILE</u>		<u>10 MILE</u>	
			<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	Gael Jones	552	44:19.55	8:52	1:27:14.80	8:44

Female 70 to 79

Sponsored by - Atwood Labine Arnone McCarney LLP
Record - 94:44 Vi Turner 2003

<u>PLACE</u>	<u>NAME</u>	<u>BIB NO.</u>	<u>5 MILE</u>		<u>10 MILE</u>	
			<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1	Jan Inkster	70	54:13.45	10:51	1:55:06.45	11:31
2	Vi Turner	78	56:50.10	11:23	1:58:07.25	11:49