

5 Km women

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| 1 | Caitlyn | Hollywood | 24:27 | 5-9 | East St Paul |
| 2 | Madison | Lyburn | 24:41 | 5-9 | Headingley |
| 3 | Justina | Finch | 27:57 | 5-9 | Headingley |
| 4 | Aryssa | Seymour | 30:37 | 5-9 | Headingley |
| 5 | Gracie | Bell | 30:45 | 5-9 | Headingley |
| 6 | Neya | Solmundson | 31:07 | 5-9 | Headingley |
| 7 | Cassie | Hallson | 31:46 | 5-9 | Headingley |
| 8 | Anyieth | Michael | 32:46 | 5-9 | Headingley |
| 9 | Maggie | Sirrell | 33:08 | 5-9 | Police |
| 10 | Ella | Muth | 35:06 | 5-9 | Headingley |
| 10 | Neve | Parkinson | 35:06 | 5-9 | Headingley |
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| 1 | Annika | Niblock | 21:08 | 10-14 | Haiti |
| 2 | Margrett | Watt | 21:41 | 10-14 | East St Paul |
| 3 | Megan | Van Heyst | 22:00 | 10-14 | Haiti |
| 4 | Bridget | Smith | 22:16 | 10-14 | RCAF |
| 5 | Courtney | Tosh | 22:55 | 10-14 | Police |
| 6 | Natalie | Fournier | 23:13 | 10-14 | Headingley |
| 7 | Hunter | Fedak | 23:54 | 10-14 | RCAF |
| 8 | Mikaela | Boyle | 22:09 | 10-14 | MEC-5 |
| 9 | Jenna | Martin | 22:09 | 10-14 | MEC-5 |
| 10 | Nina | Laberge | 24:35 | 10-14 | MEC-1 |
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| 1 | Payton | Ryz | 20:24 | 15-19 | April Run-1 |
| 2 | Caitlyn | Roy | 20:52 | 15-19 | April Run-3 |
| 3 | Alyssa | Braun | 22:30 | 15-19 | Police |
| 4 | Quinn | Derksen | 23:23 | 15-19 | MEC-5 |
| 5 | Barbara | Farpelha | 23:24 | 15-19 | MEC-5 |
| 6 | Karanbir | Sidhu | 23:35 | 15-19 | MEC-5 |
| 7 | Morgan | Ott | 23:58 | 15-19 | April Run-3 |
| 8 | Annie | Daudet | 24:15 | 15-19 | MEC-1 |
| 9 | Symantha | Civlla | 24:57 | 15-19 | MEC-5 |
| 10 | Kaeten | Wadwa | 25:41 | 15-19 | RCAF |
| | | | | | |
| 1 | Lindsey | McKenty | 19:32 | 20-24 | Haiti |
| 2 | Tamara | Toews | 21:56 | 20-24 | MEC-3 |
| 3 | Megan | Stefanson | 24:06 | 20-24 | Headingley |
| 4 | Taya | Palmeruk | 24:06 | 20-24 | Headingley |
| 5 | Kaitlyn | Wiens | 25:56 | 20-24 | East St Paul |
| 6 | Breanne | Plett | 26:06 | 20-24 | MEC-3 |
| 7 | Leah | Inglis | 26:31 | 20-24 | Headingley |
| 8 | Andrea | Mandzuk | 26:34 | 20-24 | Haiti |

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| 9 | Ashley | Agoli-Agbo | 27:23 | 20-24 | Haiti |
| 10 | Ilana | Naiman | 27:34 | 20-24 | April Run-1 |
| 1 | Ariane | Morissette | 23:02 | 25-29 | April Run-1 |
| 2 | Jessica | Garneau | 23:35 | 25-29 | RCAF |
| 3 | Stefany | Morrison | 23:40 | 25-29 | April Run-1 |
| 4 | Ava | Thompson | 24:04 | 25-29 | MEC-1 |
| 5 | Kathryn | Smith | 25:34 | 25-29 | Headingley |
| 6 | McKenzie | Hill | 25:41 | 25-29 | Haiti |
| 7 | Rebecca | Hugill | 25:54 | 25-29 | Police |
| 8 | Heather | Dayholos | 26:03 | 25-29 | Police |
| 9 | Ashley | Marcinyk | 26:40 | 25-29 | Police |
| 10 | Montana | Brisbin | 26:43 | 25-29 | MEC-1 |
| 1 | Lindsey | Green | 21:04 | 30-34 | Headingley |
| 2 | Alicia | Slade | 21:09 | 30-34 | MEC-3 |
| 3 | Jennifer | Finateri | 21:46 | 30-34 | RCAF |
| 4 | Katrina | Froese | 22:25 | 30-34 | MEC-1 |
| 5 | Cassie | Guarino | 23:26 | 30-34 | MEC-5 |
| 6 | Celia | Mclean | 23:54 | 30-34 | MEC-1 |
| 7 | Leila | Mostaco-Guidolin | 24:13 | 30-34 | MEC-1 |
| 8 | Veronique | Gagne | 24:45 | 30-34 | RCAF |
| 9 | Angie | Wiebe | 24:47 | 30-34 | East St Paul |
| 10 | Sarah | Semmler | 25:50 | 30-34 | Haiti |
| 1 | Cheryl | Adam | 21:28 | 35-39 | Haiti |
| 2 | Dayna | Graham | 21:30 | 35-39 | MEC-1 |
| 3 | Heather | McDonell | 21:53 | 35-39 | April Run-1 |
| 4 | Brandi | Smith | 22:47 | 35-39 | MEC-5 |
| 5 | Megan | Banman | 24:06 | 35-39 | April Run-1 |
| 6 | Nicole | Hazen | 25:40 | 35-39 | Haiti |
| 7 | Rebecca | Tardiff | 26:17 | 35-39 | Headingley |
| 8 | Sarah | Macaurther | 26:39 | 35-39 | MEC-1 |
| 9 | Katherine | Barnes | 26:40 | 35-39 | Headingley |
| 10 | Marniet | Tardiff | 27:06 | 35-39 | Headingley |
| 1 | Janie | Parson | 20:52 | 40-44 | Headingley |
| 2 | Melanie | Morris | 23:24 | 40-44 | MEC-5 |
| 3 | Christa | Rusk | 23:41 | 40-44 | April Run-2 |
| 4 | Tressa | Alexiuk | 24:21 | 40-44 | Haiti |
| 5 | Leah | Schroeder | 24:25 | 40-44 | Haiti |
| 6 | Kelly | Moon | 24:33 | 40-44 | Headingley |
| 7 | Marie | Roberts | 24:56 | 40-44 | Police |
| 8 | Caslyn | Bonnefoy | 25:41 | 40-44 | Headingley |
| 9 | Jennifer | Gilbert | 25:48 | 40-44 | RCAF |

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| 10 | Kerri | Guralbick | 26:08 | 40-44 | April Run-3 |
| 1 | Ami | Samuel | 21:24 | 45-49 | Headingley |
| 2 | Amanda | Younka | 22:08 | 45-49 | East St Paul |
| 3 | Jamie | Bednarz | 23:41 | 45-49 | RCAF |
| 4 | Laura | Toews | 24:38 | 45-49 | April Run-1 |
| 5 | Kerri | Drosdowech | 25:48 | 45-49 | R4R |
| 6 | Tima | Faria | 25:51 | 45-49 | Headingley |
| 7 | Dagmar | Svecova | 26:14 | 45-49 | Police |
| 8 | Alterry | Lavit | 26:28 | 45-49 | MEC-1 |
| 9 | Martina | Resler | 26:49 | 45-49 | Haiti |
| 10 | Catherine | Moltzan | 27:11 | 45-49 | Haiti |
| 1 | Robyn | Dicesare | 24:32 | 50-54 | Headingley |
| 2 | Catherine | McKay | 26:08 | 50-54 | Headingley |
| 3 | Dagmar | Svecova | 26:18 | 50-54 | MEC-3 |
| 4 | Debbie | Bennett | 26:28 | 50-54 | Haiti |
| 5 | Bonnie | Odaisky | 26:08 | 50-64 | Haiti |
| 6 | Patricia | Leung | 27:24 | 50-54 | Haiti |
| 7 | Lidia | Kurek | 27:38 | 50-54 | Police |
| 8 | Tamar | Freeman | 28:10 | 50-54 | RCAF |
| 9 | Louise | Stuart | 28:22 | 50-54 | Headingley |
| 10 | Ai | Bugden | 28:50 | 50-54 | RCAF |
| 1 | Jaymi | Derrett | 22:36 | 55-59 | Headingley |
| 2 | Janet | Kastellanos | 25:19 | 55-59 | Haiti |
| 3 | Lynn | Glowach | 25:23 | 55-59 | Haiti |
| 4 | Kathy | Wiens | 25:59 | 55-59 | MEC-5 |
| 5 | Shelley | Borschawa | 26:38 | 55-59 | Haiti |
| 6 | Nancy | Doern-White | 26:40 | 55-59 | Headingley |
| 7 | Dorothy | Wheeler | 28:22 | 55-59 | RCAF |
| 8 | Dorothy | McColl | 28:53 | 55-59 | Haiti |
| 9 | Colleen | Semmler | 29:38 | 55-59 | Headingley |
| 10 | Cindy | Unger | 30:31 | 55-59 | East St Paul |
| 1 | Danielle | Papin | 22:58 | 60-64 | Haiti |
| 2 | Maria | Donahue | 25:49 | 60-64 | April Run-1 |
| 3 | Gwen | Bonneville | 28:45 | 60-64 | Headingley |
| 4 | Viola | Labun | 29:53 | 60-64 | East St Paul |
| 5 | Kimberley | McCallum | 30:04 | 60-64 | Haiti |
| 6 | June | Horsburgh | 30:59 | 60-64 | Headingley |
| 7 | Linda | Rubell | 35:33 | 60-64 | MEC-1 |
| 8 | Heather | Welch | 35:00 | 60-64 | Police |
| 9 | Helga | Klassen | 35:14 | 60-64 | Police |
| 10 | Erin | Burns-Flett | 35:26 | 60-64 | Haiti |

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| 1 | Joanne | King | 35:19 | 65-69 | Headingley |
| 2 | Ruth | Lindquist | 35:22 | 65-69 | Police |
| 3 | Sandy | Bellew | 38:57 | 65-69 | Police |
| 4 | June | Bell | 45:47 | 65-69 | Police |
| 5 | Georgette | Saltel | 57:17 | 65-69 | Police |
| 6 | Susan | Murray | 59:08 | 65-69 | Police |
| 7 | Bernice | Jurkowski | 1:00:50 | 65-69 | Police |
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| 1 | Carol | Lacey | 47:36 | 70-74 | Police |
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| 1 | Helen | Peters | 46:14 | 75-79 | Haiti |
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| 1 | Dreena | Duhamel | 37:25 | 80-84 | Headingley |