



2009 CANADIAN ROAD RACE RANKINGS
CLASSEMENT CANADIEN DE COURSE SUR ROUTE 2009
WOMEN / FEMMES

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Andrew Cameron (results@athletics.ca)

corrections gratefully received / Les corrections sont toujours bienvenues

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5km (< 19:00)

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	16:07	Malindi Elmore	AB	Carlsbad 5000	Carlsbad, CA	Apr 05
2	16:54	Cheryl Murphy	BC	St. Patrick's Day 5k	Vancouver, BC	Mar 14
	17:06.1	Cheryl Murphy	BC	2009 Dave Reed Spring Classic	Vancouver, BC	Mar 28
3	17:41	Anne-Marie Madden	BC	St. Patrick's Day 5k	Vancouver, BC	Mar 14
4	17:43	Ellie Greenwood	BC	St. Patrick's Day 5k	Vancouver, BC	Mar 14
5	17:54.6	Caroline Pfister	QC	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
6	17:57	Rachel Ruus	BC	St. Patrick's Day 5k	Vancouver, BC	Mar 14
7	18:04	Sarah Bouchard	BC	Bazan Bay 5k	Sidney, BC	Mar 08
	18:08.3	Anne-Marie Madden	BC	2009 Dave Reed Spring Classic	Vancouver, BC	Mar 28
8	18:09	Meaghan McCollum	BC	St. Patrick's Day 5k	Vancouver, BC	Mar 14
9	18:11	Rita Ivanauskas	BC	St. Patrick's Day 5k	Vancouver, BC	Mar 14
10	18:16	Kyla Coates	BC	Bazan Bay 5k	Sidney, BC	Mar 08
	18:36.6	Rita Ivanauskas	BC	2009 Dave Reed Spring Classic	Vancouver, BC	Mar 28
11	18:39.60	Cheyenne Hunter	ON	Downtown 5k	London, ON	Apr 10
12	18:42.2	Jaclyn Rollins	ON	Jordan 5K	Jordan, ON	Apr 11
13	18:46	Alexandra Coates	BC	Bazan Bay 5k	Sidney, BC	Mar 08
14	18:51	Joan McGrath	BC	St. Patrick's Day 5k	Vancouver, BC	Mar 14
15	18:53	Nancy Fedoruk	BC	Bazan Bay 5k	Sidney, BC	Mar 08
16	18:56	Care Wakely	BC	Bazan Bay 5k	Sidney, BC	Mar 08

5km Race Walk / Marche

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	26:06	Heather Warwick	BC	Can-USA Dual Walks	Minneapolis, MN	Aug 16
2	27:53	Anne Voyer	QC	Can-USA Dual Walks	Minneapolis, MN	Aug 16
	28:43	Anne Voyer	QC	2009 Art Keay Memorial Race Walks	Toronto, ON	May 31
3	29:12	Rachel Inglis	BC	Can-USA Dual Walks	Minneapolis, MN	Aug 16

8km (< 30:00)

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	28:00.4	Lucy Smith	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
2	28:02.3	Lisa Harvey	AB	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
3	28:04.1	Cheryl Murphy	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
	28:04.3	Cheryl Murphy	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
4	28:21.8	Kristina Rody	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
	28:31.7	Lisa Harvey	AB	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
5	28:42.9	Rachel Ruus	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
	28:59	Rachel Ruus	BC	2009 Steveston Ice-Breaker	Steveston, BC	Feb 01
6	29:10.6	Nancy Tinari	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
7	29:11.5	Lisa Mensink	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
8	29:14.8	Suzanne Evans	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
	29:15	Rachel Russ	BC	Running Room Shaughnessy	Vancouver, BC	May 31
9	29:20	Ellie Greenwood	BC	2009 Steveston Ice-Breaker	Steveston, BC	Feb 01
	29:27.8	Rachel Ruus	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
10	29:29.5	Meaghan McCollum	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
	29:38	Nancy Tinari	BC	2009 Steveston Ice-Breaker	Steveston, BC	Feb 01
	29:38.3	Ellie Greenwood	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
11	29:39	Rita Ivanauskas	BC	2009 Steveston Ice-Breaker	Steveston, BC	Feb 01
12	29:40.4	Joan McGrath	BC	Prairie Inn Pioneer 8K	Saanichton, BC	Jan 11
	29:53.3	Rita Ivanauskas	BC	Harry's 8k Spring Run-Off Vancouver	Vancouver, BC	Mar 08
13	29:56	Annie-Marie Madden	BC	Running Room Shaughnessy	Vancouver, BC	May 31
14	29:59.3	Paula Wiltse	ON	Harry's 8k Spring Run-Off Toronto	Toronto, ON	Apr 05

10km Race Walk / Marche (< 57:00)

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	47:30	Rachel Lavallee	ON	2009 Art Keay Memorial RaceWalk	Toronto, ON	May 31
2	53:11	Marina Crivello	QC	2009 Art Keay Memorial RaceWalk	Toronto, ON	May 31
3	56:09.0h	Heather Warwick	BC	Canadian National Champs	Toronto, ON	Jun 28

10 km (< 38:00)

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	33:38.3	Tara Quinn-Smith	ON	MDS Nordion 10k	Ottawa, ON	May 23
2	34:23	Chantell Widney	AB	Vancouver Sun Run	Vancouver, BC	Apr 19
3	34:27	Kristina Rody	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
4	34:28	Lisa Harvey	AB	Times-Colonist 10k	Victoria, BC	Apr 26
5	34:29	Cheryl Murphy	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
6	34:33	Lucy Smith	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
	34:35	Lucy Smith	BC	Times-Colonist 10k	Victoria, BC	Apr 26
	34:36	Lisa Harvey	AB	Vancouver Sun Run	Vancouver, BC	Apr 19
7	34:45	Lisa Mensink	AB	Vancouver Sun Run	Vancouver, BC	Apr 19
	34:56	Cheryl Murphy	BC	Times-Colonist 10k	Victoria, BC	Apr 26
	35:11.2	Lucy Smith	BC	MDS Nordion 10k	Ottawa, ON	May 23
8	35:28	Kristina Rody	BC	Times-Colonist 10k	Victoria, BC	Apr 26
9	35:48	Rachel Ruus	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
	35:56.6	Lisa Harvey	AB	MDS Nordion 10k	Ottawa, ON	May 23
10	36:03	Cari Kuzyk	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
	36:26	Rachel Ruus	BC	Times-Colonist 10k	Victoria, BC	Apr 26
11	36:27	Katherine Moore	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
12	37:16	Joan McGrath	BC	Vancouver Sun Run	Vancouver, BC	Apr 19
13	37:23.3	Paula Wiltse	ON	MDS Nordion 10k	Ottawa, ON	May 23
14	37:29	Anne-Marie Madden	BC	Times-Colonist 10k	Victoria, BC	Apr 26
15	37:29	Maggie Woodward	BC	Times-Colonist 10k	Victoria, BC	Apr 26
16	37:29.2	Andree Paquet	QC	MDS Nordion 10k	Ottawa, ON	May 23
17	38:00	Alicia Roske	SK	Times-Colonist 10k	Victoria, BC	Apr 26

20km Race Walk / Marche

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	1:37.22	Rachel Lavallee	ON	Universiade	Belgrade, SER	Jul 08
	1:38.30	Rachel Lavallee	ON	USA 50km Racewalk Championships	Santee, CA	Feb 15
	1:39.49	Rachel Lavallee	ON	IAAF Race Walk Challenge	Sesto San Giovanni, IT	May 01
2	1:43:28.0h	Rachel Lavallee	ON	Canadian National Champs	Toronto, ON	Jun 28
	1:44:47.0h	Megan Huzzey	BC	Canadian National Champs	Toronto, ON	Jun 28
	1:45:45	Rachel Lavallee	ON	World Championships	Berlin, GER	Aug 16
	1:49:37	Megan Huzzey	BC	America's Race Walk Champs	San Salvador, ELS	May 02
	1:49:41.0h	Marina Crivello	QC	Canadian National Champs	Toronto, ON	Jun 28
3	1:52:17	Megan Huzzey	BC	USA Master 20k Champ	Huntington Beach, CA	Mar 15
	1:52:18.0h	Nicola Evangelista	BC	Canadian National Champs	Toronto, ON	Jun 28
4	1:59.45	Nicola Evangelista	BC	USA Master 20k Champ	Huntington Beach, CA	Mar 15

Half-Marathon (< 1:25:00)

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	1:12:08.6	Tara Quinn Smith	ON	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
2	1:15:49.1	Lioudmila Kortchaguina	ON	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
3	1:16:05.9	Cheryl Murphy	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
	1:16.:10	Loudmila Kortchaguina	ON	Vancouver Half-Marathon	Vancouver, BC	Jun 28
	1:17:11	Lioudmila Kortchaguina	ON	BMO Vancouver Marathon	Vancouver, BC	May 03
4	1:18:05	Lisa Harvey	AB	Vancouver Half-Marathon	Vancouver, BC	Jun 28
5	1:18:12	Kristina Rody	BC	BMO Vancouver Marathon	Vancouver, BC	May 03
	1:18:27.4	Lisa Harvey	AB	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
	1:19:30	Cheryl Murphy	BC	BMO Vancouver Marathon	Vancouver, BC	May 03
6	1:19:46.6	Paula Wiltse	ON	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
7	1:20:01.9	Myriam Grenon	QC	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
8	1:20:13.6	Suzanne Evans	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
9	1:20:45.2	Andree Paquet	QC	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
10	1:21:12	Katherine Moore	BC	Vancouver Half-Marathon	Vancouver, BC	Jun 28
11	1:21:31	Rachel Ruus	BC	BMO Vancouver Marathon	Vancouver, BC	May 03
12	1:21:32.7	Nancy Tinari	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
13	1:22:17.2	Isabelle Ledroit	QC	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
14	1:22:20	Nathalie Goyer	QC	Vancouver Half-Marathon	Vancouver, BC	Jun 28
	1:22:59.9	Katherine Moore	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
15	1:23:03.1	Rita Ivanauskas	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
	1:23:22	Rita Ivanauskas	BC	BMO Vancouver Marathon	Vancouver, BC	May 03
16	1:23:27	Cari Kuzyk	BC	Vancouver Half-Marathon	Vancouver, BC	Jun 28
17	1:24:24	Anne-Marie Madden	BC	BMO Vancouver Marathon	Vancouver, BC	May 03
	1:23:33.6	Rita Ivanauskas	BC	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19
18	1:24:08.6	Joan McGrath	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
	1:24:46.9	Anne-Marie Madden	BC	Pacific Road Runners "First Half" Half Marathon	Vancouver, BC	Feb 15
19	1:24:56.7	Natasha Yaremczuk	ON	Canadian Half Marathon Champs / Banque Scotia 21k de Montreal et 5k	Montreal, QC	Apr 19

Marathon (< 3:10:00)

Rank	Perf	Name	Prov	Meet Name	Location	Date
1	2:30:43	Lioudmila Kortchaguina	ON	Chevron Houston Marathon	Houston, TX	Jan 18
	2:32:09.0	Lioudmila Kortchaguina	ON	Canadian Marathon Championships	Ottawa, ON	May 24
2	2:39.19	Tara Quinn-Smith	ON	World Championships	Berlin, GER	Aug 23
3	2:48:09	Cheryl Murphy	BC	Rock & Roll Arizona Marathon	Phoenix, AZ	Jan 18
4	2:48:15	Denise Robson	NS	113 th Boston Marathon	Boston, MA	Apr 20
5	2:51:05.8	Myriam Grenon	QC	Canadian Marathon Championships	Ottawa, ON	May 24
6	2:55:25.2	Natalie Goyer	QC	Toronto Waterfront Marathon	Toronto, ON	Sep 26
7	2:56:00	Joan McGrath	BC	BMO Vancouver Marathon	Vancouver, BC	May 03
8	2:59:57.0	Tara Struyk	AB	Canadian Marathon Championships	Ottawa, ON	May 24
9	3:06.51	Zosia Brown	BC	113 th Boston Marathon	Boston, MA	Apr 20
10	3:07:20.2	Suzanne Munger	QC	Canadian Marathon Championships	Ottawa, ON	May 24
11	3:08:10.9	Valerie St-Martin	QC	Canadian Marathon Championships	Ottawa, ON	May 24