



Next race: Sunday, March 15
The River's Spring Run-Off 10k
10am – Arthur Stevenson School, Kamloops
www.interiorrunningassociation.com/riverrunoff.html

WOMEN'S RANKINGS AFTER RACE #5: BMO ST. PATRICK'S DAY 5K

OVERALL PTS. RACES

ERIN BURRETT	3532	4
KATHERINE MOORE	3238	4
SABRINA WILKIE	2922	4
DAYNA PIDHORESKY	2659	3
NANCY BAXENDALE	2358	3
HEATHER CHRISTIE	2125	3
LISA KACHAN	2121	3
SARAH CUFF	2040	3
CHRISTINA STOEHR	1960	3
LISA PEARLMAN	1945	3
KATHY GUTHRIE	1886	3
MARILYN ARSENAULT	1719	2
LUCY SMITH	1696	2
LISSA ZIMMER	1677	2
SHAUNA GERSBACH	1677	2
MELISSA ROSS	1659	2
DANELLE KABUSH	1654	2
CLAIRE MORGAN	1646	2
JEN MOROZ	1641	2
CHERYL ORLOVSKY	1623	2
JILL RAMSTEAD	1610	2
TINA CONNELLY	1604	2
CARE NELSON	1600	2
EMMA BIBAULT	1599	2
TARA KLASSEN	1587	2

19 & U

AMY MORRIS	1494	2
OLIVIA WILLETT	1493	2
BRIDGET CAMERON	1420	2
MYA ROSSER	869	2
CHLOE HEGLUND	847	1
HANNAH HENRY	837	1
RHIAN PATERSON	791	1
HOLLY HENRY	757	1
MIKAELA SMART	753	1
COLETTE REIMER	730	1
MANON PLOUVIER	701	1
JAMIE MODESTE	688	2
HANNAH ARCHDEKIN	682	1
BRIDGET MATEYKO	670	1
CASSIDY HINSBERGER	653	1
TORI KALYNIUK	649	1
SELIN TASDEMIR	640	1
MAYA BAECHLER	624	1
JULIA HODANIC	621	1
TEAGAN HUNT	619	1
SAVANNAH PULFER	614	1
EVE TAYLOR	612	1
JACQUILINE GABY	609	1
PAIGE PUREWAL-MACLACHLAN	602	1
AMANDEEP SAGOO	602	1

20-24

LISSA ZIMMER	1677	2
EMMA BIBAULT	1599	2
SARAH HUBER	1530	2
ERIN READY	1519	2
ALYSSA DE SCHIFFART	1323	2
NICHOLA KENNEL	1283	2
ROXANNE FOURNIER	1091	2
ALISON HOOPER	897	1
HALEY LONSDALE	884	2
RHIANNON EVANS	849	1
AMELIE DE FENOYL	836	1
LYDIA YOUNG	773	1
CARLY OVERMAN	741	1
ANNE-MARI NANO	708	1
CHELSEA BERGMAN	705	1
JANE NOONAN	692	1
LERLY LUO	654	1
LAURA HOLMES	643	1
BAILEY TOUPIN	633	1
CEDAR MCMECHAN	633	1
ERIN WARKMAN	628	1
ANDRAYA WALTERS	625	1
ELLEN HANCOCK	623	1
NICOLE LEIMAN	620	1
LAUREN WALTON	619	1

25-29 PTS. RACES

DAYNA PIDHORESKY	2659	3
SHAUNA GERSBACH	1677	2
CHERYL ORLOVSKY	1623	2
CHLOE PETERS	1510	2
YANA HEMPLER	1489	2
SARAH-MAE ADAM	1488	2
VANESSA MARTIN	1471	2
ALEX HAGGIS	1401	2
JULIET GRUNDMANIS	1305	2
JANE KIM	1229	2
ANGELA PUSZKA	1208	2
LISA MITCHELL	1204	2
SOPHIE DELISLE	1185	2
MARIANNE DAWSON	1101	2
CHELSEA RICHARDS	1038	2
TINA LU	977	2
LAURA BELLIS	971	2
SCARLET MUEHLBAUER	965	2
RACHEL CLIFF	917	1
ERICA DIGBY	870	1
LEMLEM OGBASILASSIE	865	1
REBECCA SHEFFIELD	828	1
REBECCA NORMAN	816	2
MADDY MACDONALD	795	1
VICTORIA GILBERT	777	1

30-34

ERIN BURRETT	3532	4
SABRINA WILKIE	2922	4
LISA PEARLMAN	1945	3
MELISSA ROSS	1659	2
JEN MOROZ	1641	2
JILL RAMSTEAD	1610	2
CARE NELSON	1600	2
ALLISON TAI	1557	2
KRISTIN SMART	1555	2
SHANNON DALE	1510	2
MEGAN WILLIAMS	1458	2
LEONA WADE	1445	2
CHRISTINE GEISREITER	1384	2
LAUREN WELGUSH	1361	2
CHRISTIE MACINTYRE	1359	2
SARA KELLY	1355	2
LIANA MCORMOND	1354	2
LANA GUTHRIE	1353	2
EMMA ROSS	1324	2
MICHELLE STROULGER	1320	2
COLENA GRAHAM	1315	2
SARAH LINDSTEIN	1293	2
LUCY CHI	1293	2
JENNIFER SWITZER	1292	2
CYNTHIA GILLIS	1239	2

35-39

KATHERINE MOORE	3238	4
SARAH CUFF	2040	3
TARA KLASSEN	1587	2
SUSAN GELINAS	1409	2
STEPHANIE WOODSWORTH	1314	2
ROBIN DUNKLEY	1311	2
PAM KALAS	1269	2
JAYMIE MCGOWAN	1263	2
COLETTE HOPKINS	1177	2
RUBINA MACDONALD	1173	2
EMILY SETO	1172	2
LISA WILLOTT	1157	2
SOPHIE BIRD	1147	2
JENNIFER HALL	1116	2
RAYNA CORNER	1105	2
KIRSTY SHELDON	1083	2
DAWN LEFEBVRE	1071	2
LISA EAMES	1035	2
SIMONE WALKER	1032	2
CHANTAL LOW	1023	2
JO-ANN EASTMAN	995	2
WENDY MCELROY	969	2
BONNIE DHAMI	953	2
ANGELA RICE	951	2
CLAIRE ZANATTA	884	2

40-44 PTS. RACES

HEATHER CHRISTIE	2125	3
DANELLE KABUSH	1654	2
CLAIRE MORGAN	1646	2
MELANIE KASSEL	1574	2
MARION BRYAN	1416	2
SANDY WILSON	1352	2
MARCIA JANSEN	1341	2
STEPHANIE CROFT	1307	2
MAKI PFEIFFER	1283	2
JESSICA MICHALOFSKY	1282	2
KARLA LEIGHTON	1268	2
SUSAN JONES	1243	2
DARALEE HANTON	1230	2
COLLEEN WOODWARD	1223	2
TAMARA SNELL	1192	2
SONIA WOODMAN	1149	2
CASEY BRANT	1117	2
NICOLE COUTTS	1110	2
KAREN WIGHTON	1079	2
SURETRA SWART	1058	2
WENDY WILLIS	1044	2
SKYE OVERALL	1039	2
KEELY PEGG	1031	2
MICHELLE BRESSAN	1013	2
DAPHNE WOOD	1002	2

45-49

LISA KACHAN	2121	3
MARILYN ARSENAULT	1719	2
LUCY SMITH	1696	2
TINA CONNELLY	1604	2
HELEN RITCHIE	1476	2
CATHY NGAI	1404	2
JANE DE LEMOS	1382	2
ROSEMARY DEACON	1330	2
DEANNA DONOVAN	1327	2
JANICE DICKIE	1299	2
CHRISTINE MASSEY	1258	2
KAREN CURTIN	1218	2
KATJA TINNEMANN	1213	2
SHELLEY DYSON	1211	2
MAUREEN RAMSAY	1153	2
ANNE-MARIE MCGINN	1140	2
CARLA GARTON	1073	2
BRIGITA VERBANIC	1048	2
LISA TROTTER	1033	2
MARY MOLTMAN	998	2
CJ RITCHIE	995	2
LISA JEMMETT	980	2
PRATIBHA BHATNAGAR	961	2
IRENE COELL	952	2
SISI HALLAM	775	1

50-54

NANCY BAXENDALE	2358	3
CHRISTINA STOEHR	1960	3
JANE CAMPBELL	1465	2
BARBARA SPENCER	1370	2
JOCELYNE LEBLANC	1321	2
NADINE PADUR-ROSE	1284	2
SHELLEY WEBSTER	1238	2
JUDI SIGURDSON	1186	2
CATHY NOEL	1139	2
CYNTHIA DURAND-SMITH	1134	2
ALISON DICKSON	1121	2
SELINA LEW	1105	2
SELINA LOCHEAD	1104	2
WENDY WILLIAMS	1096	2
KATHIE BLACK	1077	2
TERESA LAIRD	1047	2
SUSAN ATKINSON	982	2
EVA STROULGER	978	2
CONNIE DUNWOODY	919	2
TRACEY MACNEIL	917	2
ANNE CONDON	706	1
KARYN MITCHELL	705	1
SUSAN MACRAE	688	1
ARDITH WATSON	682	1
DIANA THAXTER	677	1

55-59 PTS. RACES

SUSAN GORDON	1467	2
DONNA MORRISSEY	1401	2
KAREN ETCHES	1265	2
LYLA STEWART	1254	2
LORI NIELSEN	1250	2
LISE FRASER	1247	2
MARION YOUNG	1242	2
LINDA RYALL	1225	2
LAURA WYATT	1221	2
GILLIAN MCCONNELL	1203	2
DENISE BONIN	1190	2
SIOBHAN MCCORMICK	1131	2
JUDY WESTACOTT	1094	2
LYNDA AGAR	1064	2
KELLY LITTLEWOOD	1047	2
DANNA HADDEN	1016	2
CATHIE LYALL	1005	2
CINDY BLACKMORE	979	2
JANE KIRWAN	936	2

60-64

KATHY GUTHRIE	1886	3
LOIS KLINGBEIL	1336	2
COLLEEN VANDERHEIDE	1149	2
BRENDA NIZIOL	1138	2
CATHERINE BENNETT	1107	2
TERRY JOSCHKO	1082	2
SANDRA PEEBLES	1027	2
JULIE VAN SOEREN	1026	2
SUSAN JONES	991	2
SANDRA FAWCETT	917	2
NOLA HENDRIE	842	2
MARY-JOY DEROUIN	825	2
DARLENE SMITH	771	2
CATHERINE MARSON	768	2
RITA RINGDAHL	613	1
JANET GREEN	602	1
ANGELA HUXHAM	599	1
PAULINE CONDON STYNES	592	1
DARCY BILLINKOFF	581	1

65-69

HEATHER JOHNS	1506	3
BEV GRUHN	1223	2
VALERIE GONZALES	1152	2
LYNETTE BALDOCK	1089	2
SUE HURN	1044	2
ELAINE MILLER	965	2
BRENDA SIMEONI	962	2
JEAN SORENSEN	848	2
EDNA COOPER	821	2
PEGGY SHERWOOD	805	2
SYLVIA JONES	765	2
ROSLYN SMITH	658	1
NORMA FUJIKAWA	604	1
MARCIA STROMSMOE	594	1
JANE WINTEMUTE	588	1
ANGELA JAMES	570	1
CAROL CAMPBELL	567	1
LUCILLE PELLEW	553	1
MARIE KAPLAN	547	1

70+

JILL DAVIES	1066	2
MAREE KENNEL	987	2
MEI-SHENG SHANKS	925	2
GLORIA SHERWOOD	859	2
JOANN GUIGUET-MILES	813	2
SANDRA DAVIES	703	2
JAN SELMAN	581	1
NANCY NAPIER	487	1
SUE HALSEY-BRANDT	439	1
JEANNIE MURA	439	1
CAROL JUDD	431	1
PHYLLIS D'ENTREMONT	421	1
BETTYJEAN MCHUGH	409	1
CAROL LANE	407	1
MARILYN BULLOCK	402	1
VIOLET HOLMES	393	1
DOLORES BUCKLEY	380	1