

Thunder Bay Time Trial-Course Records-Female

Course	Junior	Time	Senior	Time	Veteran	Time	Masters	Time
Mt.McKay 3.5km	Katie Spittlehouse 2006	-9:26	Allison Carroll-Coutts 2006	-7:56	Nikki Wilberforce 2006	-9:00	Laurie Leslie 2004	-9:34
			Allison Carroll-Coutts 2006	-8:03	Nikki Wilberforce 2006	-9:03	Laurie Leslie 2004	-9:40
			Allison Carroll-Coutts 2005	-8:14	Laurie Leslie 2003	-9:22		
			Allison Carroll-Coutts 2004	-8:27	Liz Salmon 2005	-10:47		
Hwy.130 5km	Katie Spittlehouse 2007	-7:30	Allison Carroll-Coutts 2004	-6:46	Sue Hay 2007	-7:30	Janet Sillman 2006	-7:06
	Katie Spittlehouse 2008	-7:40	Marilyn Ailey 2007	-7:08	Sue Hay 2009	-7:44	Laurie Leslie 2006	-7:24
	Katie Spittlehouse 2006	-7:53	Jodi Kendrick 2004	-7:12	Lynn Crookham 2004	-7:49	Laurie Leslie 2007	-7:49
	Kaitlyn Pavlik 2004	-8:03	Joanne Lacourciere 2004	-7:48	Laurie Leslie 2009	-7:50	Laurie Leslie 2009	-7:50
Broadway 10km	Kerrie Fabius 1998	-17:33	Allison Carroll-Coutts 2005	-15:05	Laurie Leslie 1998	-15:29	Janet Sillman 2005	-15:47
	Katie Spittlehouse 2006	-18:25	Allison Carroll-Coutts 2004	-15:11	Laurie Leslie 1999	-16:09	Laurie Leslie 2004	-17:29
	Jessica Makinga 2002	-19:49	Allison Carroll-Coutts 2000	-15:18	Heidi Strobi 1998	-16:20		
	Leanne Winn 1998	-20:34	Allison Carroll-Coutts 2004	-15:22	Laurie Leslie 1999	-16:24		
River rd. 10km	Katie Spittlehouse 2008	-16:31	Allison Carroll-Coutts 2008	-15:21	Marilyn Ailey 2009	-16:21	Janet Sillman 2009	-16:14
	Katie Spittlehouse 2008	-16:31	Allison Carroll-Coutts 2007	-15:42	Karen Rosehart 2009	-16:35	Janet Sillman 2009	-16:55

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	Katie Spittlehouse 2007	-16:35	Allison Carroll-Coutts 2008	-16:01	Sue Hay 2009	-17:07	Laurie Leslie 2007	-16:57
	Katie Spittlehouse 2007	-17:24	Marilyn Ailey 2007	-16:24	Nikki Wilberforce 2007	-17:25	Laurie Leslie 2009	-17:12
Hwy.130 10km	Katie Spittlehouse 2008	-17:12	Allison Carroll-Coutts 2009	-14:31	Marilyn Ailey 2009	-15:40	Janet Sillman 2009	-15:51
	Krista Luckai 2009	-18:09	Allison Carroll-Coutts 2008	-15:13	Marilyn Ailey 2009	-16:09	Janet Sillman 2009	-15:57
	Krista Luckai 2009	-18:23	Karen Rosehart 2009	-15:41	Sue Hay 2009	-17:10	Laurie Leslie 2009	-16:58
	Alison Bortolon 2009	-18:53	Karen Rosehart 2008	-16:30	Sue Hay 2008	-17:16	Laurie Leslie 2008	-17:31
Murillo 15km	Katie Spittlehouse 2009	-24:46	Allison Carroll-Coutts 2008	-22:10	Marilyn Ailey 2009	-24:27	Janet Sillman 2008	-23:53
	Katie Spittlehouse 2008	-25:28	Allison Carroll-Coutts 2009	-22:58	Marilyn Ailey 2009	-24:38	Janet Sillman 2008	-24:39
	Katie Spittlehouse 2008	-27:15	Allison Carroll-Coutts 2008	-23:54	Marilyn Ailey 2009	-25:12	Laurie Leslie 2008	-25:28
	Alison Bortolon 2009	-28:28	Karen Rosehart 2009	-24:41	Sue Hay 2008	-25:54	Laurie Leslie 2009	-26:27
Lakeshore 15km	Katie Spittlehouse 2007	-24:47	Allison Carroll-Coutts 2007	-22:18	Marilyn Ailey 2009	-24:38	Janet Sillman 2007	-23:39
	Katie Spittlehouse 2007	-25:52	Allison Carroll-Coutts 2009	-23:03	Sue Hay 2007	-25:56	Janet Sillman 2009	-24:01
	Mia Serratore 2009	-31:57	Marilyn Ailey 2007	-24:10	Nikki Wilberforce 2007	-26:12	Laurie Leslie 2007	-26:18
			Marilyn Ailey 2007	-25:46	Sue Hay 2007	-26:43	Laurie Leslie 2007	-27:08

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Hwy.130 20km	Katie Spittlehouse 2008	-31:29	Allison Carroll-Coutts 2008	-29:32	Sue Hay 2008	-34:47	Janet Sillman 2008	-31:11
	Katie Spittlehouse 2009	-33:11	Allison Carroll-Coutts 2005	-30:12	Liz Salmon 2008	-34:50	Janet Sillman 2005	-31:33
	Katie Spittlehouse 2008	-33:57	Allison Carroll-Coutts 2009	-30:24	Nikki Wilberforce 2008	-35:03	Janet Sillman 2009	-31:59
	Katie Spittlehouse 2007	-34:29	Karen Rosehart 2008	-31:44	Marilyn Ailey 2009	-35:12	Janet Sillman 2009	-33:13
Lakeshore 20km	Katie Spittlehouse 2007	-36:51	Karen Rosehart 2009	-30:24	Marilyn Ailey 2009	-32:13	Janet Sillman 2009	-31:30
	Alison Bortolon 2009	-41:17	Marilyn Ailey 2007	-34:16	Maureen Page 2007	-34:08	Laurie Leslie 2009	-33:37
			Lyndsay Sawchyn 2007	-34:56	Sue Hay 2009	-34:53	Laurie Leslie 2007	-35:49
			Jessica Kantymir 2009	-35:40	Liz Salmon 2007	-35:14	Maureen Page 2009	-37:48
Hwy. 61 40km	Katie Spittlehouse 2008	-64:19	Allison Carroll-Coutts 2009	-60:38	Jodie Kendrick 2006	-64:58	Janet Sillman 2008	-63:04
	Katie Spittlehouse 2007	-74:04	Allison Carroll-Coutts 2005	-61:11	Laurie Leslie 1999	-66:58	Janet Sillman 2006	-66:10
			Allison Carroll-Coutts 2004	-61:26	Janet Sillman 2004	-67:48	Susan Fabius 2008	-67:43
			Allison Carroll-Coutts 2007	-61:41	Laurie Leslie 1998	-67:53	Laurie Leslie 2004	-68:46
Moose Hill 4km	Katie Spittlehouse 2008	-9:36	Allison Carroll-Coutts 2008	-8:15	Marilyn Ailey 2009	-9:32	Laurie Leslie 2008	-10:03
	Katie Spittlehouse 2008	-9:41	Marilyn Ailey 2008	-8:50	Nikki Wilberforce 2008	-9:40	Laurie Leslie 2008	-10:08

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			Marilyn Ailey 2008	-8:56	Nikki Wilberforce 2008	-10:02	Laurie Leslie 2009	-10:16
			Karen Rosehart 2009	-9:16	Beth Shipston 2008	-10:12	Maureen Page 2009	-11:44
Mile Hill 3.5km	Stephane Drost 2008	-11:39	Karen Rosehart 2009	-9:20	Marilyn Ailey 2009	-10:02	Laurie Leslie 2009	-10:52
	Barbara Gunka 2008	-13:25	Marilyn Ailey 2008	-9:41	Nikki Wilberforce 2008	-10:55	Nancy Viljakainen 2009	-11:34
					Lynn Crookham 2009	-12:35	Laurie Leslie 2008	-11:34
					Anne Elkie 2009	-12:49	Maureen Page 2009	-11:53