

IRRA 2009

VERNON STARTING BLOCK 10K

RaceDate: 15-Feb-09

Distance (km): 10

Place		Name	Home Town	Bib #	Age Cat.	Time	Pace	Points
overall	group							
1	1	JEFF SYMONDS	PENTICTON	1090	M 20-29	0:33:56	05:28	30
2	1	CONNOR CLERKE	KELOWNA	1082	M 16-19	0:37:08	05:58	30
3	2	NATHAN CHAMPNESS	VERNON	1051	M 20-29	0:37:16	06:00	25
4	1	GREG JOHNSON	KAMLOOPS	2695	M 35-39	0:37:21	06:01	30
5	1	RORY SWITZER	KELOWNA	955	M 45-49	0:37:27	06:02	30
6	2	JOEL JOHNSON	VERNON	1066	M 16-19	0:37:31	06:02	25
7	2	JOHN KRISTIAN	VERNON	2729	M 35-39	0:38:55	06:16	25
8	3	CHAD ULANSKY	KELOWNA	2717	M 35-39	0:39:14	06:19	22
9	1	GLENN LEAR	KELOWNA	1072	M 30-34	0:39:42	06:23	30
10	4	CHRIS TORRIE	VERNON	2688	M 35-39	0:40:05	06:27	20
11	5	KEVIN LANE	VERNON	961	M 35-39	0:40:28	06:31	19
12	6	SCOTT MCMILLAN	PENTICTON	987	M 35-39	0:40:31	06:31	18
13	1	BRUCE WARK	MERRIT	1024	M 55-59	0:40:32	06:31	30
14	7	MIKE STOLL	VERNON	1059	M 35-39	0:40:52	06:35	17
15	1	RANDY WERGER	KELOWNA	2683	M 50-54	0:40:57	06:35	30
16	2	JASON KILMARTIN	ENDERBY	981	M 30-34	0:40:59	06:36	25
17	1	DIRK HANDKE	KELOWNA	1095	M 40-44	0:41:17	06:39	30
18	3	ERIC JEWELL	COLDSTREAM	1002	M 30-34	0:41:48	06:44	22
19	1	JACK MILLER	KAMLOOPS	1096	M 60-64	0:42:01	06:46	30
20	8	CURTIS JOHNSON-MORRISON	VANCOUVER	2714	M 35-39	0:42:23	06:49	16
21	2	PAT GABLE	KELOWNA	989	M 45-49	0:42:47	06:53	25
22	2	JOHN WICKENHEISER	KELOWNA	983	M 50-54	0:42:49	06:53	25
23	4	SEAN ORB	KELOWNA	1083	M 30-34	0:43:09	06:57	20
24	3	IVAN MCKNIGHT	KELOWNA	2684	M 50-54	0:43:11	06:57	22
25	1	ABBEY MIEDEMA	KELOWNA	2716	F 30-34	0:43:22	06:59	30
26	2	SIMON CRAIG	108 MILE RANCH	1046	M 40-44	0:43:34	07:01	25
27	3	VINCENT DENIS	KELOWNA	1029	M 40-44	0:43:35	07:01	22
28	1	MANDY SELLARS	KAMLOOPS	2689	F 35-39	0:43:40	07:02	30
29	4	BILL MAH	VERNON	1073	M 50-54	0:43:53	07:04	20
30	1	CINDY RHODES	KELOWNA	2696	F 50-54	0:43:56	07:04	30
31	1	SARAH BAILEY	VERNON	2694	F 16-19	0:44:05	07:06	30
32	3	CLINT RASHKE	KELOWNA	1060	M 45-49	0:44:18	07:08	22
33	5	CHRIS WILLETT	KELOWNA	2707	M 30-34	0:44:40	07:11	19
34	6	DAVID SUMPTION	KAMLOOPS	1098	M 30-34	0:45:06	07:15	18
35	5	LANCE ZABLOTNEY	PENTICTON	1089	M 50-54	0:45:19	07:17	19
36	2	ROY UZELMAN	KELOWNA	1012	M 60-64	0:45:21	07:18	25
37	2	CHRIS CHARBONNEAU	KELOWNA	953	M 55-59	0:45:26	07:19	25
38	4	MIKE BERRISFORD	SUMMERLAND	1078	M 40-44	0:45:28	07:19	20
39	3	BRIAN ROURKE	KELOWNA	1043	M 60-64	0:45:42	07:21	22
40	1	GENEVIEVE DUNBAR	VERNON	1011	F 20-29	0:45:47	07:22	30
41	3	PAUL FILIPPI	VERNON	1056	M 55-59	0:45:49	07:22	22

42	5	WADE CANTALOPE	VERNON	1079	M 40-44	0:46:01	07:24	19
43	4	MIKE BRAID	SUMMERLAND	1070	M 55-59	0:46:16	07:27	20
44	1	PETER POLLHAMMER	KELOWNA	968	M 65-69	0:46:38	07:30	30
45	6	GERRY NAITO	KELOWNA	969	M 50-54	0:46:45	07:31	18
46	1	LAURELEE WELDER	KELOWNA	2691	F 55-59	0:46:49	07:32	30
47	1	CORRINE GABLE	KELOWNA	988	F 45-49	0:46:57	07:33	30
48	7	GLENN NOBLE-HEARLE	PENTICTON	958	M 50-54	0:47:08	07:35	17
49	4	MATTHEW JACKSON	PENTICTON	1010	M 45-49	0:47:09	07:35	20
50	3	JASON RODINE	KELOWNA	997	M 20-29	0:47:28	07:38	22
51	6	SEAN FINUCANE	KAMLOOPS	1038	M 40-44	0:47:37	07:40	18
52	8	KIM YOUNG	COLDSTREAM	1055	M 50-54	0:47:56	07:43	16
53	2	KRYSTYNA DUNHAM	PENTICTON	1085	F 20-29	0:48:01	07:44	25
54	5	DAN KUNZELMAN	COLDSTREAM	1094	M 45-49	0:48:04	07:44	19
55	4	RAY HARKNESS	PRITCHARD	1035	M 60-64	0:48:15	07:46	20
56	2	SALLY HEINRICK	KELOWNA	954	F 45-49	0:48:17	07:46	25
57	3	MATT BAUMEISTER	VERNON	980	M 16-19	0:48:22	07:47	22
58	2	NATALEE PEETERS	KAMLOOPS	985	F 35-39	0:48:34	07:49	25
59	7	YUICHI TAKASAKA	LUMBY	2698	M 40-44	0:48:46	07:51	17
60	2	JENNIFER KOGA	KELOWNA	1003	F 30-34	0:48:49	07:51	25
61	5	MELVIN DOHERTY	KAMLOOPS	951	M 60-64	0:48:53	07:52	19
62	8	DARIN JOHANESON	VERNON	973	M 40-44	0:48:58	07:53	16
63	2	JOANNE MONTGOMERY	PENTICTON	952	F 55-59	0:49:08	07:54	25
64	9	CHUCK ABNEY	KELOWNA	1004	M 50-54	0:49:12	07:55	15
65	3	JOCELYN BAKER	ENDERBY	1016	F 30-34	0:49:15	07:55	22
66	9	KENNY SIMMS	VERNON	2687	M 35-39	0:49:21	07:56	15
67	9	JOHN ARIH	VERNON	1047	M 40-44	0:49:28	07:58	15
68	3	TAMMY CRAIG	KELOWNA	975	F 35-39	0:49:39	07:59	22
69	6	TONY ZANOTTO	VERNON	2728	M 45-49	0:49:43	08:00	18
70	2	LYNDA PROCE	VERNON	1077	F 50-54	0:49:44	08:00	25
71	3	DEB LOUGHEED	PENTICTON	960	F 45-49	0:49:48	08:01	22
72	3	LAURA MEDCALF	SUMMERLAND	991	F 20-29	0:50:13	08:05	22
73	10	BOB VAT	VERNON	2711	M 50-54	0:50:18	08:06	14
73	7	MIKE THOMAS	KAMLOOPS	965	M 45-49	0:50:18	08:06	17
75	5	BILL HEAD	PENTICTON	1100	M 55-59	0:50:24	08:07	19
75	10	ROSS BLANKLEY	VERNON	2731	M 40-44	0:50:24	08:07	14
77	4	JANICE MCQUILKIN	KELOWNA	1086	F 45-49	0:50:29	08:07	20
78	6	KEN RIEGEL	VERNON	1018	M 60-64	0:50:40	08:09	18
79	7	BILL FAULKNER	KALEDEN	966	M 60-64	0:50:45	08:10	17
80	6	DON DEBIENNE	KELOWNA	2690	M 55-59	0:51:15	08:15	18
81	5	MARDI LEMSKI	VERNON	2741	F 45-49	0:51:26	08:17	19
82	11	RICK LATTA	VERNON	2732	M 40-44	0:51:35	08:18	13
83	10	MICHAEL JODOIN	VERNON	1041	M 35-39	0:51:41	08:19	14
84	12	BRUCE WALDIE	COLDSTREAM	1040	M 40-44	0:52:08	08:23	12
85	4	AUDREY KILMARTIN	ENDERBY	1054	F 30-34	0:52:10	08:24	20
86	1	JUDY FULLERTON	COLDSTREAM	1039	F 40-44	0:52:14	08:24	30
87	7	JOEL MILNE	KELOWNA	1032	M 30-34	0:52:25	08:26	17
88	7	ED KINNEAR	VERNON	2724	M 55-59	0:52:31	08:27	17

89	11	GORDON GARRIOTT	PENTICTON	1013	M 50-54	0:52:54	08:31	13
90	1	GREYSEN VANDIEST	VERNON	1052	M 00-15	0:52:56	08:31	30
91	4	ERIC JAMIESON	KELOWNA	2706	M 20-29	0:53:07	08:33	20
92	8	LARRY SHANNON	OLIVER	994	M 55-59	0:53:11	08:33	16
93	4	ALLYSON BOWER	VERNON	1028	F 35-39	0:53:17	08:34	20
94	3	DONNA MAZURKEWICH	PENTICTON	963	F 50-54	0:53:18	08:35	22
95	8	RON SHERK	SUMMERLAND	962	M 60-64	0:53:29	08:36	16
95	13	CARL STENE	VERNON	1001	M 40-44	0:53:29	08:36	11
97	1	JUD THOMPSON	KAMLOOPS	1065	M 70-74	0:53:59	08:41	30
98	14	GORDON CHEYNE	VERNON	984	M 40-44	0:54:21	08:45	10
99	4	ELLEN DYCK	ARMSTRONG	1091	F 20-29	0:54:32	08:46	20
100	9	BRIAN BURNET	COLDSTREAM	1093	M 55-59	0:54:38	08:47	15
101	6	LISA SPALDING	PENTICTON	992	F 45-49	0:54:42	08:48	18
102	15	MIKE CONCANNON	COLDSTREAM	2720	M 40-44	0:54:49	08:49	9
103	5	AMANDA SUMPTION	KAMLOOPS	1097	F 20-29	0:54:57	08:50	19
103	12	JOHN CHISHOLM	VERNON	972	M 50-54	0:54:57	08:50	12
105	10	PATRICK AMUNDSEN	SUMMERLAND	986	M 55-59	0:54:58	08:51	14
106	7	KATHY LEAHY	PENTICTON	2685	F 45-49	0:55:02	08:51	17
107	11	DAVID GRAHAM	KAMLOOPS	2715	M 55-59	0:55:12	08:53	13
108	9	MELVYN HUNT	KELOWNA	1000	M 60-64	0:55:19	08:54	15
109	2	GARRY BELL	KELOWNA	993	M 65-69	0:55:40	08:57	25
110	10	NIKLAUS FUX	VERNON	2682	M 60-64	0:55:52	08:59	14
111	13	ALAN CLARKE	PENTICTON	974	M 50-54	0:55:53	08:59	11
112	8	DAVID NASH	PENTICTON	999	M 45-49	0:55:54	09:00	16
113	16	GRANT BURCHNALL	VERNON	2733	M 40-44	0:55:59	09:00	8
114	4	CAMILLE DE MONTREUIL	KELOWNA	1020	F 50-54	0:56:08	09:02	20
115	6	NADIA STANDEVEN	ARMSTRONG	1021	F 20-29	0:56:14	09:03	18
115	11	BILL GLOVER	VERNON	1087	M 60-64	0:56:14	09:03	13
117	5	PAUL LEFEBVRE	SALMON ARM	2704	M 20-29	0:56:22	09:04	19
118	17	BILL MILLJOUR	VERNON	1031	M 40-44	0:56:35	09:06	7
119	6	NEIL RYBAK	PENTICTON	990	M 20-29	0:57:05	09:11	18
120	12	TOM CHAMBERLAIN	VERNON	1099	M 55-59	0:57:09	09:12	12
121	5	WENDY HENLY	KELOWNA	1062	F 50-54	0:57:12	09:12	19
122	3	CHARLOTTE HEIDT	KELOWNA	996	F 55-59	0:57:16	09:13	22
123	13	BRIAN BOECHLER	KELOWNA	1071	M 55-59	0:57:18	09:13	11
123	4	ASTRID VARGA	WESTBANK	1075	F 55-59	0:57:18	09:13	20
123	6	PAULINE ULATOWSKI	VERNON	1076	F 50-54	0:57:18	09:13	18
126	11	CALVIN REICH	VERNON	1061	M 35-39	0:57:19	09:13	13
127	12	MIKE MCWHINNEY	COLDSTREAM	2739	M 35-39	0:57:23	09:14	12
128	8	KATHLEEN RENAUD	VERNON	2725	F 45-49	0:57:24	09:14	16
128	8	DORY DUECK	KELOWNA	2738	F 45-49	0:57:24	09:14	16
130	7	DAWN CURTIS	SALMON ARM	2705	F 20-29	0:57:25	09:14	17
131	1	PATRICIA RIEGEL	VERNON	1017	F 60-64	0:57:26	09:14	30
132	3	TOM REED	VERNON	1067	M 65-69	0:57:34	09:16	22
133	5	HEATHER SWETNAM	LAKE COUNTRY	1022	F 35-39	0:57:38	09:16	19
134	6	CARRI FOLK	KELOWNA	1015	F 35-39	0:57:39	09:17	18
135	10	SHERRY SIM	KAMLOOPS	2699	F 45-49	0:57:55	09:19	14

136	5	MORGAN HIGGINS	VERNON	2701	F 30-34	0:58:01	09:20	19
136	11	REGINA BLACK	KAMLOOPS	2702	F 45-49	0:58:01	09:20	13
136	13	RICK STONE	VERNON	2700	M 35-39	0:58:01	09:20	11
139	7	EDWINA FLANAGAN	KELOWNA	2686	F 50-54	0:58:21	09:23	17
140	2	JILL DEVENISH	VERNON	995	F 60-64	0:58:22	09:23	25
140	8	BARB VAN HOOF	VERNON	1005	F 50-54	0:58:22	09:23	16
142	2	BRYCE TURNER	KAMLOOPS	1008	M 00-15	0:58:39	09:26	25
143	8	NINA SMITH	KELOWNA	1023	F 20-29	0:59:04	09:30	16
144	14	ROGER TURNER	KAMLOOPS	978	M 35-39	0:59:16	09:32	10
145	9	AMANDA HENZIE	KELOWNA	1068	F 20-29	0:59:21	09:33	15
146	14	RICK MCISAAC	REVELSTOKE	1064	M 50-54	0:59:29	09:34	10
147	5	LINDA FERGUSON	PENTICTON	1007	F 55-59	0:59:45	09:37	19
148	6	RANDI DELISIMONOVIC	VERNON	2708	F 30-34	0:59:46	09:37	18
149	2	NELL ELDERS	COLDSTREAM	2727	F 40-44	0:59:48	09:37	25
149	7	MATT VANDERHORST	VERNON	1027	M 20-29	0:59:48	09:37	17
151	12	COLLEEN STENSRUDE	VERNON	1044	F 45-49	0:59:49	09:37	12
152	10	CARLY DESNOYER	VERNON	1030	F 20-29	1:00:01	09:39	14
153	12	WAYNE PEHOWICH	KAMLOOPS	979	M 60-64	1:00:02	09:40	12
154	3	LESLIE HASSELL	TULAMEEN	2730	F 40-44	1:00:07	09:40	22
155	14	GORDON SHANNON	KELOWNA	959	M 55-59	1:00:11	09:41	10
156	15	MANFRED GRAEF	KELOWNA	2697	M 55-59	1:00:22	09:43	9
157	4	ADRIENNE KEHL	SALMON ARM	1088	F 40-44	1:00:35	09:45	20
158	5	THERESE WEBER	COLDSTREAM	2721	F 40-44	1:00:38	09:45	19
159	8	MIKE KNIGHTS	VERNON	2726	M 30-34	1:00:40	09:46	16
160	6	JACKIE MAEERS	KELOWNA	976	F 55-59	1:00:45	09:46	18
161	7	JENN THIESSEN	ENDERBY	1058	F 30-34	1:01:00	09:49	17
162	18	JAN KEHL	SALMON ARM	1092	M 40-44	1:01:12	09:51	6
163	13	PETER DEMOSKOFF	LAVINGTON	1069	M 60-64	1:01:45	09:56	11
164	6	DARLENE WOOD	VERNON	2710	F 40-44	1:02:22	10:02	18
165	16	GARY BODEUX	FORT SASKATCHEWAN	998	M 55-59	1:02:27	10:03	8
166	17	BOB CLARKE	VERNON	2722	M 55-59	1:02:34	10:04	7
167	8	TERRYN THACHUK	VERNON	1034	F 30-34	1:02:36	10:04	16
168	9	CARLA THACHUK	VERNON	1033	F 30-34	1:02:37	10:05	15
169	7	CHERYL RENTZ-BENNETT	KAMLOOPS	2703	F 40-44	1:02:39	10:05	17
170	13	GAYLE WILSON	VERNON	1019	F 45-49	1:02:55	10:07	11
171	8	JANINE COLLINSON	VERNON	2736	F 40-44	1:03:39	10:14	16
172	15	DEREK LEA	COLDSTREAM	2735	M 35-39	1:03:59	10:18	9
173	14	LEANNE BOWEN	VERNON	1074	F 45-49	1:04:15	10:20	10
174	9	MURRAY COUGHTREY	VERNON	1049	M 45-49	1:04:22	10:21	15
175	11	NOELLE IRVING	VERNON	2718	F 20-29	1:04:24	10:22	13
176	1	KATHLEEN YANKE	SALMON ARM	971	F 65-69	1:04:57	10:27	30
177	15	PATTI WOOD	ARMSTRONG	2740	F 45-49	1:05:03	10:28	9
178	7	BECKY ALEXANDER	VERNON	1084	F 35-39	1:05:27	10:32	17
179	7	DEBBIE KINNEAR	VERNON	2723	F 55-59	1:05:38	10:34	17
180	12	ASHLEY PARSONS	KELOWNA	1063	F 20-29	1:05:45	10:35	12
181	8	KARI DAOUST	CLEARWATER	964	F 35-39	1:06:13	10:39	16
181	13	BONNIE HUHN	VERNON	1057	F 20-29	1:06:13	10:39	11

183	16	KAREN BROWN	COLDSTREAM	1053	F 45-49	1:06:14	10:39	8
184	3	LINDA WOODBURY	KAMLOOPS	957	F 60-64	1:06:29	10:42	22
185	2	KAREN WILLIES	KAMLOOPS	1080	F 65-69	1:06:33	10:42	25
186	1	BILL FUHRMEISTER	OSOYOOS	977	M 75-79	1:06:34	10:43	30
187	8	LINDA CONRAD	VERNON	970	F 55-59	1:06:40	10:44	16
188	14	AMANDA WIENS	VERNON	2719	F 20-29	1:07:08	10:48	10
189	9	BETTY DASCHUK	VERNON	1050	F 40-44	1:07:21	10:50	15
190	9	CHARLOTTE KUSHNER	KELOWNA	2737	F 55-59	1:09:39	11:12	15
191	17	KIM FROOM	KELOWNA	2734	F 45-49	1:09:40	11:13	7
192	9	DIANE MCFAUL	CALGARY	1025	F 50-54	1:13:46	11:52	15
192	18	HEATHER BURNETT	SALMON ARM	1026	F 45-49	1:13:46	11:52	6
194	9	GENNIE FERNLEY	VERNON	1048	F 35-39	1:14:42	12:01	15
195	15	CHRISTY MAYGARD	SALMON ARM	2712	F 20-29	1:15:42	12:11	9
195	14	RON SEDGE	VERNON	2713	M 60-64	1:15:42	12:11	10
197	10	AMY DONLEY	VERNON	2692	F 30-34	1:17:31	12:28	14
197	16	SKYE PETER	VERNON	2693	F 20-29	1:17:31	12:28	8
199	19	LINDA HANSEN	WINFIELD	2709	F 45-49	1:22:03	13:12	5
200	2	FRED VAN SETERS	PENTICTON	967	M 70-74	1:27:04	14:01	25