

## Starting Block 10K - February 13, 2005

Overall	Age Placing	Name	Home Town	Age Cat.	Time	Pace
1	1	JOHN MACHUGA	KELOWNA	M 20-29	0:35:56	5:47
2	2	SEAN CHESTER	KELOWNA	M 20-29	0:36:29	5:52
3	1	KEVIN LANE	VERNON	M 35-39	0:37:01	5:57
4	2	ANDREW SELLARS	VERNON	M 35-39	0:37:17	6:00
5	1	TOM MICHIE	KELOWNA	M 16-19	0:37:39	6:03
6	1	BRENT HELLAND	VERNON	M 30-34	0:38:06	6:08
7	3	IAN HAWES	VERNON	M 35-39	0:38:42	6:14
8	1	MARTIN MCMAHON	KELOWNA	M 40-44	0:38:51	6:15
9	1	AUNDREA BERTOIA	KELOWNA	F 30-34	0:39:21	6:20
10	2	CURTIS SCHREIBER	KELOWNA	M 40-44	0:39:42	6:23
11	3	CLINT RENDER	KAMLOOPS	M 40-44	0:39:50	6:25
12	1	BILL JUSTUS	KELOWNA	M 45-49	0:39:58	6:26
13	2	KEITH ROBINSON	KELOWNA	M 45-49	0:40:27	6:31
14	2	STEVE KRAETZER	KELOWNA	M 30-34	0:40:40	6:33
15	3	BILL MAH	VERNON	M 45-49	0:40:55	6:35
16	2	SAM BUOB	TERRA COTTA	M 16-19	0:41:33	6:41
17	3	WARREN BELL	VERNON	M 30-34	0:41:45	6:43
18	4	IAN ROBERTSON	KAMLOOPS	M 40-44	0:41:56	6:45
19	1	MIKE BRAID	SUMMERLAND	M 50-54	0:42:11	6:47
20	5	JIM SIMMS	VERNON	M 40-44	0:42:26	6:50
21	1	DAN ROBSON	KELOWNA	M 55-59	0:42:33	6:51
22	1	PETER POLLHAMMER	KELOWNA	M 60-64	0:42:37	6:51
23	6	CHRIS SMITH	KELOWNA	M 40-44	0:42:43	6:52
24	4	LANCE ZABLOTNEY	PENTICTON	M 45-49	0:43:10	6:57
25	4	MICHEL POULIOT	KELOWNA	M 30-34	0:43:19	6:58
26	2	RAY HARKNESS	PRITCHARD	M 55-59	0:43:29	7:00
27	7	CLINT RASHKE	KELOWNA	M 40-44	0:43:31	7:00
28	8	PHILIP CARRUTHERS	VERNON	M 40-44	0:43:39	7:01
29	9	BRIAN BUTT	VERNON	M 40-44	0:43:47	7:03
30	2	ERNIE CARSON	KAMLOOPS	M 50-54	0:43:53	7:04
31	10	KEN POMMIER	KELOWNA	M 40-44	0:43:59	7:05
32	5	GERRY NAITO	VERNON	M 45-49	0:44:19	7:08
33	4	RICK LATTA	VERNON	M 35-39	0:44:41	7:11
34	1	SUE RICHARDSON-SMITH	SALMON ARM	F 40-44	0:44:44	7:12
35	5	GREG YANKE	NORTH	M 35-39	0:44:45	7:12
36	2	JACKIE STEPHENS	WINFIELD	F 40-44	0:45:00	7:14
37	1	JAMES FOLDEN	LUMBY	M 00-15	0:45:16	7:17
38	5	DION TORHJELM	KELOWNA	M 30-34	0:45:18	7:17
39	11	JOERG HOFFMEISTER	BRIDESVILLE	M 40-44	0:45:19	7:17
40	6	NATHEN LARENT	KELOWNA	M 45-49	0:45:24	7:18
41	3	RON SHERK	SUMMERLAND	M 55-59	0:45:28	7:19
42	6	WAYNE GERMAINE	NELSON	M 35-39	0:45:48	7:22
43	12	DIETMAR PENKERT	SALMON ARM	M 40-44	0:45:50	7:22
44	6	CLARK RASMUSSEN	WESTBANK	M 30-34	0:45:59	7:24
45	7	COLIN HAMILTON	VERNON	M 35-39	0:46:05	7:25
46	13	ERIK ABILDGAARD	KELOWNA	M 40-44	0:46:10	7:26
47	3	RICK CAMERON	KAMLOOPS	M 50-54	0:46:34	7:30
48	1	LAURELEE WELDER	KELOWNA	F 50-54	0:46:51	7:32
49	1	TINKA VON KEYSERLINGK	SMITHERS	F 35-39	0:47:06	7:35
50	7	KIM YOUNG	COLDSTREAM	M 45-49	0:47:17	7:36
51	14	RAY HOLLENBERG	SMITHERS	M 40-44	0:47:21	7:37
52	4	WYN WEST	KELOWNA	M 55-59	0:47:31	7:39

53	15	DAVID HANSEN	WINFIELD	M 40-44	0:47:35	7:39
54	2	TRACY MOORE	100 MILE HOUSE	F 35-39	0:47:44	7:41
55	16	CRAIG BRODERICK	COLDSTREAM	M 40-44	0:47:55	7:43
56	8	SEAN HAMILTON	VERNON	M 45-49	0:47:59	7:43
57	17	RAY CRAMPTON	VERNON	M 40-44	0:48:10	7:45
58	4	CHRIS GREENWAY	KELOWNA	M 50-54	0:48:14	7:46
59	2	ALANNA SIMMS	VERNON	F 30-34	0:48:15	7:46
60	18	DON VANDERZWAAG	VERNON	M 40-44	0:48:16	7:46
61	5	RICK HIRTLE	SALMON ARM	M 50-54	0:48:32	7:49
62	5	KEITH BURTON	VERNON	M 55-59	0:48:44	7:50
63	1	JENNIFER AMOS	SALMON ARM	F 00-15	0:48:56	7:52
64	6	ROB SAVAGE	SALMON ARM	M 50-54	0:49:11	7:55
65	8	MICHAEL STOLL	VERNON	M 35-39	0:49:14	7:55
66	7	MANFRED GRAEF	KELOWNA	M 50-54	0:49:23	7:57
67	19	MICHAEL THOMAS	KAMLOOPS	M 40-44	0:49:34	7:59
68	9	BOB ANNAND	VERNON	M 45-49	0:49:49	8:01
69	9	MIKE CONCANNON	COLDSTREAM	M 35-39	0:49:53	8:02
70	3	TIFFANY LOMBAERT	SALMON ARM	F 30-34	0:50:03	8:03
71	6	MELVIN DOHERTY	KAMLOOPS	M 55-59	0:50:04	8:03
72	2	JOANNE MONTGOMERY	PENTICTON	F 50-54	0:50:11	8:04
73	2	CHANTELLE DEACON	VERNON	F 00-15	0:50:14	8:05
74	1	MELINDA WILLIAMSON	KAMLOOPS	F 45-49	0:50:35	8:08
75	3	RUTH MOORE	LAVINGTON	F 50-54	0:50:42	8:09
76	10	DAVID MORRICE	COLDSTREAM	M 45-49	0:51:08	8:14
77	7	DEREK LEA	VERNON	M 30-34	0:51:12	8:14
78	4	CARMEN SPARG	KELOWNA	F 30-34	0:51:27	8:17
79	2	LORIE ALEXANDER	COLDSTREAM	F 45-49	0:51:35	8:18
80	2	DAG AABYE	VERNON	M 60-64	0:51:39	8:19
81	8	BRAD VAILLANCOURT	KELOWNA	M 30-34	0:52:03	8:22
82	7	RON SEDGE	VERNON	M 55-59	0:52:11	8:24
83	5	DAWN LASBY	VERNON	F 30-34	0:52:40	8:28
84	9	DARREN MATTHEWS	KELOWNA	M 30-34	0:52:55	8:31
85	10	ROBERT RANGE	VERNON	M 35-39	0:52:59	8:32
85	6	KATHLEEN RANGE	VERNON	F 30-34	0:52:59	8:32
87	8	KEN MANNING	VERNON	M 50-54	0:53:03	8:32
88	7	MANDY SELLARS	KAMLOOPS	F 30-34	0:53:04	8:32
89	8	GARY HOFFMAN	OSOYOOS	M 55-59	0:53:08	8:33
90	3	ALISON STEWART	KAMLOOPS	F 40-44	0:53:18	8:35
91	9	JOHN MURRAY	KELOWNA	M 55-59	0:53:26	8:36
92	4	DEBBIE MYHRE	LUMBY	F 40-44	0:53:30	8:36
93	8	PAMELA KIDD	PENTICTON	F 30-34	0:53:34	8:37
94	11	TOM WILLIAMSON	KAMLOOPS	M 45-49	0:53:35	8:37
95	1	LAURA PROCE	COLDSTREAM	F 20-29	0:53:36	8:37
95	4	LYNDA PROCE	COLDSTREAM	F 50-54	0:53:36	8:37
97	10	BRYAN BOUGHTON	KELOWNA	M 55-59	0:53:48	8:39
98	11	JOHN GUILD	CHERRYVILLE	M 55-59	0:54:03	8:42
99	9	SANDRA BROCK	NORTH	F 30-34	0:54:19	8:44
99	3	RAENE FOLDEN	LUMBY	F 00-15	0:54:19	8:44
101	5	VEERLE RAASCH	VERNON	F 40-44	0:54:28	8:46
101	3	TRACY GARNEAU	VERNON	F 35-39	0:54:28	8:46
103	3	TOM REED	VERNON	M 60-64	0:54:34	8:47
104	3	KIMBERLEY CONNORS	SALMON ARM	F 45-49	0:55:13	8:53
105	4	JO-ANNE CARDINAL	PENTICTON	F 45-49	0:55:18	8:54
106	5	HELEN PORD	VERNON	F 45-49	0:55:19	8:54
106	2	CHELSEA PORD	VERNON	F 20-29	0:55:19	8:54

108	10	KERRI LANG	KELOWNA	F 30-34	0:55:51	8:59
109	9	KELLY PORD	VERNON	M 50-54	0:55:55	9:00
110	5	CATHY MORI	COLDSTREAM	F 50-54	0:56:09	9:02
111	1	JUDY WESTBROOK	KAMLOOPS	F 55-59	0:56:36	9:06
112	6	DEBBIE ROULEAU	KAMLOOPS	F 50-54	0:56:43	9:08
113	6	PAULINE HILL	VERNON	F 45-49	0:56:57	9:10
114	4	SYLVIA MCMAHON	KELOWNA	F 35-39	0:56:59	9:10
115	3	AMANDA HENZIE	KELOWNA	F 20-29	0:57:03	9:11
116	1	HEIDI MUCKLE-GADER	VERNON	F 70-79	0:57:10	9:12
117	10	ED KINNEAR	COLDSTREAM	M 50-54	0:57:56	9:19
118	7	MARGOT HOLLINGER	PENTICTON	F 45-49	0:57:57	9:19
119	2	TRAVIS POULSEN	LUMBY	M 00-15	0:58:11	9:22
120	1	KAREN WILLIES	KAMLOOPS	F 60-64	0:58:24	9:24
121	11	NICOLE OSWALD	VERNON	F 30-34	0:58:28	9:24
121	12	LEE OSWALD	VERNON	M 45-49	0:58:28	9:24
123	11	TOM CHAMBERLAIN	VERNON	M 50-54	0:58:45	9:27
124	4	STEPHANIE CARNEGIE	KELOWNA	F 20-29	0:59:06	9:31
125	5	ANNA CORREIA	VERNON	F 35-39	0:59:09	9:31
126	8	TRACEY GRIFFIN	ARMSTRONG	F 45-49	0:59:10	9:31
127	12	SHON OSTAFEW	VERNON	M 50-54	0:59:53	9:38
128	13	MIKE LAROSE	VERNON	M 50-54	1:00:00	9:39
129	12	PETER SPEERS	VERNON	M 55-59	1:00:11	9:41
130	6	ONNA STOLL	VERNON	F 35-39	1:00:16	9:42
131	6	TRACEY JACKSON	COLDSTREAM	F 40-44	1:00:17	9:42
132	20	DALE ST JEAN	VERNON	M 40-44	1:00:20	9:42
133	9	COLLEEN STENSRUDE	VERNON	F 45-49	1:00:46	9:47
134	10	ANNE CARROLL	KELOWNA	F 45-49	1:00:55	9:48
135	2	KATHLEEN YANKE	SALMON ARM	F 60-64	1:01:01	9:49
136	1	FREDERICK VAN SETERS	PENTICTON	M 65-69	1:01:22	9:52
137	11	SYDNEY ROTHENBURGER-	KAMLOOPS	F 45-49	1:01:28	9:53
138	12	SYNNEVA TAYLOR	VERNON	F 30-34	1:01:29	9:54
139	7	KATHY RENAUD	VERNON	F 40-44	1:01:37	9:55
140	13	DAYNA WOLCZUK	KELOWNA	F 30-34	1:01:49	9:57
141	13	PETER DEMOSKOFF	LAVINGTON	M 55-59	1:01:50	9:57
141	12	KATE LEEDER	VERNON	F 45-49	1:01:50	9:57
143	14	BILLIE JO BEAUDOIN	VERNON	F 30-34	1:02:17	10:01
144	2	NOREEN MASSEY	MARA	F 70-79	1:02:18	10:01
145	13	CINDY GOSSELIN	VERNON	F 45-49	1:02:21	10:02
146	7	SHELLEY RASHKE	KELOWNA	F 35-39	1:03:00	10:08
147	13	NEIL WEAR	VERNON	M 45-49	1:03:03	10:09
148	15	CONNIE FLOYD	VERNON	F 30-34	1:03:28	10:13
149	14	SHERRY BRADBURY	VERNON	F 45-49	1:03:35	10:14
150	3	SPENCER BRADBURY	VERNON	M 00-15	1:03:36	10:14
151	8	JO-ANNE GOBEIL	VERNON	F 40-44	1:03:54	10:17
152	7	DEBBIE KINNEAR	COLDSTREAM	F 50-54	1:04:18	10:21
153	14	GORD PHILLIPS	KELOWNA	M 45-49	1:04:38	10:24
154	21	LLOYD GERMAINE	SURREY	M 40-44	1:04:42	10:25
155	15	SHERRI MITCHELL	SORRENTO	F 45-49	1:04:58	10:27
156	2	NORMA MCKINNEY	VERNON	F 55-59	1:05:03	10:28
157	3	SUE ABBOTT	VERNON	F 60-64	1:05:06	10:28
158	3	LINDA WOODBURY	KAMLOOPS	F 55-59	1:05:07	10:29
159	16	KATHLEEN CARNEGIE	KELOWNA	F 45-49	1:05:09	10:29
159	14	ALAN HUBBARD	VERNON	M 55-59	1:05:09	10:29
161	16	MEGGAN GIBSON	KELOWNA	F 30-34	1:05:10	10:29
162	17	MARTHA BELICKA	KAMLOOPS	F 45-49	1:05:56	10:37

163	1	MARGARET DELF	KELOWNA	F 65-69	1:06:02	10:37
164	8	JUDY SEDGE	VERNON	F 50-54	1:06:34	10:43
165	18	SHERRY MALIGASPE	KAMLOOPS	F 45-49	1:07:44	10:54
165	9	LINDA HANSEN	WINFIELD	F 40-44	1:07:44	10:54
167	19	MARY HELTON	KAMLOOPS	F 45-49	1:08:32	11:02
168	20	VICKEY PREVOST	KELOWNA	F 45-49	1:09:06	11:07
169	1	SIONA SCHMIDT	VERNON	F 16-19	1:09:54	11:15
169	9	NANCY AGASSIZ	VERNON	F 50-54	1:09:54	11:15
171	10	ROBERTA GOURLIE	VERNON	F 50-54	1:11:17	11:28
172	22	DAL DHOOT	KELOWNA	M 40-44	1:16:29	12:18
173	23	SAM PORT	KELOWNA	M 40-44	1:16:30	12:19
174	17	TERESA SANDERS	VERNON	F 30-34	1:29:04	14:20
175	2	LARRY CAMPBELL	PENTICTON	M 65-69	1:38:20	15:49

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