

## Starting Block 10K - February 12, 2006

Overall	Age Placing	Name	Home Town	Age Cat.	Time	Mile Pace
1	1	STEVEN MURENBEELD	OLIVER	M 20-29	0:34:46	5:36
2	2	NATHAN CHAMPNESS	COLDSTREAM	M 20-29	0:35:00	5:38
2	2	TOM MICHIE	KELOWNA	M 20-29	0:35:00	5:38
4	1	GREG JOHNSON	VERNON	M 30-34	0:36:00	5:48
5	2	BRENT HELLAND	VERNON	M 30-34	0:36:28	5:52
6	3	CHRIS TORRIE	VERNON	M 30-34	0:37:43	6:04
7	1	JESSICA SOLYMOSI	VERNON	F 20-29	0:38:34	6:12
8	1	PAUL MACKLEM	KELOWNA	M 50-54	0:38:52	6:15
9	1	JACK MILLER	KAMLOOPS	M 60-64	0:38:57	6:16
10	1	CONNOR CLERKE	KELOWNA	M 00-15	0:39:03	6:17
11	4	MARK CLIFFE-PHILLIPS	KAMLOOPS	M 30-34	0:39:09	6:18
12	1	CLINT RENDER	KAMLOOPS	M 40-44	0:39:38	6:23
13	2	MIKE BRUCH	KAMLOOPS	M 40-44	0:40:13	6:28
14	4	MIKE CHAMPIGNY	VERNON	M 20-29	0:40:15	6:29
15	1	YVONNE TIMEWELL	KAMLOOPS	F 35-39	0:40:20	6:29
16	5	JEREMY WILSON	VERNON	M 20-29	0:40:28	6:31
17	6	JOHN MACHUGA	KELOWNA	M 20-29	0:40:45	6:33
18	3	PHILIP CARRUTHERS	VERNON	M 40-44	0:40:53	6:35
19	1	GORDON HAMMOND	KAMLOOPS	M 45-49	0:40:58	6:35
20	2	BILL MAH	VERNON	M 50-54	0:41:02	6:36
21	4	JOHN WIEBE	ARMSTRONG	M 40-44	0:41:06	6:37
22	2	MICHAEL GENN	EAGLE BAY	M 45-49	0:42:12	6:47
23	2	PETER POLLHAMMER	KELOWNA	M 60-64	0:42:17	6:48
24	1	TODD MERENICK	KELOWNA	M 35-39	0:42:22	6:49
25	5	JOHN KOGA	KELOWNA	M 40-44	0:42:24	6:49
26	3	MIKE BRAID	SUMMERLAND	M 50-54	0:42:27	6:50
27	3	FRANK BALLAUF	VERNON	M 45-49	0:42:31	6:50
28	4	GAR CHASE	KELOWNA	M 50-54	0:42:36	6:51
29	6	JIM SIMMS	VERNON	M 40-44	0:42:41	6:52
30	1	RON SHERK	SUMMERLAND	M 55-59	0:42:54	6:54
31	1	CAROLINE RAINE	KELOWNA	F 40-44	0:43:09	6:57
32	4	JORDAN SIM	KAMLOOPS	M 45-49	0:43:13	6:57
33	2	DAN CROCKETT	KELOWNA	M 55-59	0:43:16	6:58
34	7	CLIVE ASPLEN	SUMMERLAND	M 20-29	0:43:45	7:02
35	7	DAN KUNZELMAN	COLDSTREAM	M 40-44	0:43:55	7:04
36	5	JARRETT SPANNIER	REVELSTOKE	M 30-34	0:43:56	7:04
37	5	ERNIE CARSON	KAMLOOPS	M 50-54	0:44:08	7:06
38	8	JENS JACOBSEN	PEACHLAND	M 40-44	0:44:09	7:06
39	6	KENNY SIMMS	VERNON	M 30-34	0:44:31	7:10
40	6	IAN HAMILTON	108 MILE RANCH	M 50-54	0:44:35	7:10
41	7	RICK JENKNER	VERNON	M 50-54	0:45:19	7:17
42	3	BILL FAULKNER	KALEDEN	M 60-64	0:45:35	7:20
43	9	DOUG MILLER	KAMLOOPS	M 40-44	0:45:43	7:21
44	10	MIKE BERRISFORD	SUMMERLAND	M 40-44	0:45:52	7:23
45	1	DONNA MAZURKEWICH	PENTICTON	F 45-49	0:45:58	7:24
46	5	DALE FORNER	KAMLOOPS	M 45-49	0:46:16	7:27
47	2	JENNIFER COOK	KAMLOOPS	F 35-39	0:46:22	7:28
48	8	EVAN VIKE	KAMLOOPS	M 50-54	0:46:24	7:28
49	9	RICK CAMERON	KAMLOOPS	M 50-54	0:46:31	7:29
50	1	LYNDA PROCE	VERNON	F 50-54	0:46:36	7:30
51	1	CHANTELLE DEACON	VERNON	F 00-15	0:46:37	7:30

52	11	NEIL MACDONALD	PENTICTON	M 40-44	0:46:46	7:31
53	12	RAY CRAMPTON	VERNON	M 40-44	0:46:49	7:32
54	1	HAYLEY BENNETT	KAMLOOPS	F 16-19	0:46:52	7:32
55	2	LINDSAY WILLIAMSON	KAMLOOPS	F 20-29	0:46:53	7:33
56	6	KIM YOUNG	COLDSTREAM	M 45-49	0:46:56	7:33
57	3	WYN WEST	KELOWNA	M 55-59	0:46:57	7:33
58	4	MIKE EVERETT	VERNON	M 55-59	0:46:59	7:34
59	3	MICHELE ANDREWS	VERNON	F 35-39	0:47:12	7:36
60	4	GARY HOFFMAN	OSOYOOS	M 60-64	0:47:15	7:36
61	1	DAWN LASBY	VERNON	F 30-34	0:47:18	7:37
62	10	BOB ANNAND	VERNON	M 50-54	0:47:20	7:37
63	13	DAVID HANSEN	LAKE COUNTRY	M 40-44	0:47:23	7:37
64	2	MELINDA WILLIAMSON	KAMLOOPS	F 45-49	0:47:25	7:38
65	7	TONY ZANOTTO	VERNON	M 45-49	0:47:31	7:39
66	2	MANDY SELLARS	KAMLOOPS	F 30-34	0:47:39	7:40
66	8	LAUREL FISHER	WILLIAMS LAKE	M 45-49	0:47:39	7:40
68	5	KEITH BURTON	VERNON	M 55-59	0:47:49	7:42
69	2	TRISH MARSHALL	COLDSTREAM	F 40-44	0:47:51	7:42
70	9	BILL RAINE	KELOWNA	M 45-49	0:48:12	7:45
71	3	PAT DANFORTH	SALMON ARM	F 45-49	0:48:20	7:47
72	10	TOM WILLIAMSON	KAMLOOPS	M 45-49	0:48:25	7:47
73	3	KERI PARISH	OYAMA	F 30-34	0:48:35	7:49
74	2	GREG YANKE	VANCOUVER	M 35-39	0:48:38	7:50
75	3	ALISON CARRUTHERS	VERNON	F 40-44	0:48:43	7:50
76	3	MISTY PALM	NORTH VAN	F 20-29	0:49:02	7:53
77	11	LUKE GOSSELIN	VERNON	M 45-49	0:49:32	7:58
78	4	AMBER TEW	COLDSTREAM	F 20-29	0:49:37	7:59
79	5	MELISSA FINLEY	LAKE COUNTRY	F 20-29	0:49:47	8:01
80	12	VANCE POTTER	OK FALLS	M 45-49	0:50:06	8:04
81	13	LEE OSWALD	VERNON	M 45-49	0:50:17	8:05
82	11	DAVID HARRIS	VERNON	M 50-54	0:50:18	8:06
83	4	SHERRY WILLE	VERNON	F 40-44	0:50:32	8:08
84	12	JON MAHONEY	VERNON	M 50-54	0:50:33	8:08
85	5	LESA HAMILTON	108 MILE RANCH	F 40-44	0:50:45	8:10
86	7	BRAD VAILLANCOURT	KELOWNA	M 30-34	0:50:55	8:12
87	4	JENNIFER WORK	KELOWNA	F 30-34	0:50:58	8:12
88	14	ANDREW SMITH	REVELSTOKE	M 40-44	0:51:22	8:16
89	4	LAUREL AIKIN	ARMSTRONG	F 45-49	0:51:30	8:17
90	6	AMY DONLEY	VERNON	F 20-29	0:51:33	8:18
91	6	MELVIN DOHERTY	KAMLOOPS	M 55-59	0:51:44	8:19
92	6	DORIE BURNHAM	WINFIELD	F 40-44	0:51:59	8:22
93	5	NIKLAUS FUX	VERNON	M 60-64	0:52:03	8:22
94	7	ERIC SPENCE	VERNON	M 55-59	0:52:04	8:23
95	5	KIMBERLEY CONNORS	SALMON ARM	F 45-49	0:52:08	8:23
96	6	JO-ANNE CARDINAL	PENTI CTON	F 45-49	0:52:11	8:24
97	7	HEIDI MADDESS	VANCOUVER	F 20-29	0:52:32	8:27
98	15	TREVOR JORDAN	VERNON	M 40-44	0:52:34	8:27
99	4	PEGGY MITCHELL	SALMON ARM	F 35-39	0:52:44	8:29
100	5	ALANNA SIMMS	VERNON	F 30-34	0:52:45	8:29
101	7	BRENDA TURGEON	KAMLOOPS	F 40-44	0:52:52	8:30
101	8	DAVID GRAHAM	KAMLOOPS	M 55-59	0:52:52	8:30
103	13	JOHN CHISHOLM	VERNON	M 50-54	0:53:09	8:33
104	5	CATHRINE BECK	VERNON	F 35-39	0:53:10	8:33
105	14	PETER FRANCIS	VERNON	M 45-49	0:53:13	8:34
106	2	SANDY CASWELL	KAMLOOPS	F 50-54	0:53:18	8:35

107	9	RON SEDGE	VERNON	M 55-59	0:53:26	8:36
107	6	CINDY GAMMIE	VERNON	F 35-39	0:53:26	8:36
109	10	JOHN GUILD	CHERRYVILLE	M 55-59	0:53:39	8:38
110	6	PAUL GRINDER	NANOOSE BAY	M 60-64	0:53:48	8:39
111	16	KELVIN SMITH	KAMLOOPS	M 40-44	0:53:56	8:41
112	17	DUANE SEIBEL	KAMLOOPS	M 40-44	0:53:59	8:41
113	14	ED KINNEAR	COLDSTREAM	M 50-54	0:54:08	8:43
114	3	PAULINE HILL	VERNON	F 50-54	0:54:09	8:43
115	7	DEBRA HALDANE	COLDSTREAM	F 35-39	0:54:12	8:43
116	7	NICOLA SHANKS	VERNON	F 45-49	0:54:25	8:45
117	15	BILL KIRKLAND	COLDSTREAM	M 50-54	0:54:31	8:46
117	8	HEATHER MCALPINE	KAMLOOPS	F 35-39	0:54:31	8:46
119	15	ROD LAWSON	KELOWNA	M 45-49	0:54:39	8:48
120	4	PAT COUCH	VERNON	F 50-54	0:54:43	8:48
121	16	BILL SPILL	KELOWNA	M 45-49	0:54:49	8:49
122	8	KERRY BOKENFOHR	VERNON	F 40-44	0:54:51	8:50
123	1	JACQUIE BIRD	PENTICTON	F 55-59	0:55:08	8:52
124	9	ERNA STASSEN	KAMLOOPS	F 40-44	0:55:27	8:55
125	9	DARLENE WOOD	VERNON	F 35-39	0:55:41	8:58
126	10	VEERLE RAASCH	VERNON	F 40-44	0:55:47	8:59
127	2	JUDY WESTBROOK	KAMLOOPS	F 55-59	0:55:48	8:59
128	10	TRACY GARNEAU	VERNON	F 35-39	0:55:51	8:59
129	1	BLAINE MACPHERSON	VERNON	M 65-69	0:55:58	9:00
130	7	DOUG EVERETT	BLIND BAY	M 60-64	0:56:19	9:04
131	11	ANGI SAVENYE	VANCOUVER	F 35-39	0:56:28	9:05
132	18	KERRY CORREIA	VERNON	M 40-44	0:56:39	9:07
133	12	THERESE WEBER	COLDSTREAM	F 35-39	0:56:41	9:07
133	11	ONNA STOLL	VERNON	F 40-44	0:56:41	9:07
135	3	MIKE CONCANNON	COLDSTREAM	M 35-39	0:56:42	9:07
136	4	DEREK LEA	COLDSTREAM	M 35-39	0:56:50	9:09
137	8	KATHY RENAUD	VERNON	F 45-49	0:56:53	9:09
138	8	TOM REED	VERNON	M 60-64	0:57:35	9:16
139	3	TONI CROCKETT	KELOWNA	F 55-59	0:57:44	9:17
139	5	DEBBIE KINNEAR	VERNON	F 50-54	0:57:44	9:17
141	9	CINDY GOSSELIN	VERNON	F 45-49	0:57:55	9:19
142	1	KATHLEEN YANKE	SALMON ARM	F 60-64	0:58:09	9:21
143	6	NICOLE OSWALD	VERNON	F 30-34	0:58:33	9:25
144	10	SHERRY BRADBURY	COLDSTREAM	F 45-49	0:58:40	9:26
145	11	TRACEY GRIFFIN	ARMSTRONG	F 45-49	0:58:41	9:27
146	12	ELAINE SAGER	WILLIAMS LAKE	F 45-49	0:58:46	9:27
147	13	SHERRY SIM	KAMLOOPS	F 45-49	0:58:47	9:27
148	6	CAROL CHISHOLM	VERNON	F 50-54	0:59:17	9:32
149	11	TOM CHAMBERLAIN	VERNON	M 55-59	0:59:24	9:33
150	12	PETER DEMOSKOFF	LAVINGTON	M 55-59	0:59:31	9:35
151	13	NIHAL MALIGASPE	KAMLOOPS	M 55-59	0:59:52	9:38
152	1	MARGARET DELF	KELOWNA	F 65-69	0:59:57	9:39
153	2	KAREN WILLIES	KAMLOOPS	F 60-64	1:00:05	9:40
154	12	HEATHER LUISON	KAMLOOPS	F 40-44	1:00:16	9:42
155	7	GAIL KIPP	KAMLOOPS	F 50-54	1:00:39	9:46
156	7	CONNIE FLOYD	VERNON	F 30-34	1:00:41	9:46
156	14	LAURA TRAVELBEA	VERNON	F 45-49	1:00:41	9:46
158	19	DAVE WILKINS	KELOWNA	M 40-44	1:00:42	9:46
159	15	MARTHA BELICKA	KAMLOOPS	F 45-49	1:01:11	9:51
160	3	LINDA WOODBURY	KAMLOOPS	F 60-64	1:01:13	9:51
161	4	MARGARET SCOTT	VERNON	F 60-64	1:01:34	9:54

162	8	ERIKA DABNER	KAMLOOPS	F 30-34	1:01:35	9:55
162	8	NATALIE RENDE	KAMLOOPS	F 30-34	1:01:35	9:55
164	14	BRIAN TRAVELBEA	VERNON	M 55-59	1:01:40	9:55
165	13	TRISH VAN VIANEN	VERNON	F 40-44	1:01:58	9:58
166	5	JONATHAN ROBINSON	VERNON	M 35-39	1:02:14	10:01
167	9	ALAN MACLEOD	REVELSTOKE	M 60-64	1:02:55	10:07
167	4	DONNA MACLEOD	REVELSTOKE	F 55-59	1:02:55	10:07
169	8	KATHRYNE FLANNERY	KAMLOOPS	F 50-54	1:03:41	10:15
170	8	ANGELA STEWART	KAMLOOPS	F 20-29	1:04:08	10:19
171	13	HEIDI DUBLAND	VERNON	F 35-39	1:04:18	10:21
172	9	MARLENE EVERETT	VERNON	F 50-54	1:05:36	10:33
173	16	JUDY CONACHER	LAVINGTON	F 45-49	1:05:53	10:36
174	14	DEBBIE MYHRE	LUMBY	F 40-44	1:05:54	10:36
175	10	NANCY AGASSIZ	VERNON	F 50-54	1:06:10	10:39
176	5	JUDY SEDGE	VERNON	F 55-59	1:06:11	10:39
177	5	SUE ABBOTT	VERNON	F 60-64	1:06:16	10:40
178	17	ANITA KUIPERS	VERNON	F 45-49	1:06:58	10:46
179	10	GENNIE FERNLEY	VERNON	F 30-34	1:06:59	10:47
180	20	STEVE MOORMAN	KELOWNA	M 40-44	1:07:02	10:47
181	1	RICHARD SMALE	VERNON	M 16-19	1:07:12	10:49
182	15	ROBERT KING	VERNON	M 55-59	1:07:13	10:49
183	17	DALE WARD	PENTICTON	M 45-49	1:08:00	10:56
184	9	MANDY VENTRESCA	VERNON	F 20-29	1:08:19	11:00
185	18	CINDY WIERINGA	ARMSTRONG	F 45-49	1:08:20	11:00
186	10	ASIA-JOANNA BALTAKIS	VERNON	F 20-29	1:08:22	11:00
187	15	LINDA CEPERKOVIC	VERNON	F 40-44	1:09:51	11:14
188	16	LINDA HANSEN	LAKE COUNTRY	F 40-44	1:10:39	11:22
189	17	DARLA SUDERMAN	KAMLOOPS	F 40-44	1:10:40	11:22
189	2	MIKE MANNING	VERNON	M 16-19	1:10:40	11:22
191	16	KEN MANNING	VERNON	M 55-59	1:11:05	11:26
192	21	DARREN SEIBEL	BLIND BAY	M 40-44	1:12:15	11:38
193	19	SHERRY MALIGASPE	KAMLOOPS	F 45-49	1:12:37	11:41
194	6	TREVOR HONIGMAN	VERNON	M 35-39	1:16:08	12:15
195	22	JAKE WIEBE	COLDSTREAM	M 40-44	1:16:09	12:15
196	14	TAMARA CHAPMAN	PEACHLAND	F 35-39	1:20:36	12:58
197	18	DAWN KING	VERNON	F 40-44	1:20:53	13:01
198	15	TRACEY WIEBE	COLDSTREAM	F 35-39	1:20:54	13:01
199	11	MELISSA VOSE	LANGLEY	F 20-29	1:22:54	13:20
199	11	NANCY SMITH	VERNON	F 50-54	1:22:54	13:20
201	1	LORNE SMITH	OK FALLS	M 70-79	1:35:04	15:18

KmPace	Pts
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