

Starting Block 10km 07-Feb-2010

Overall	In Cat	Name	Home Town	Age Cat	Time	Mile Pace	Points
1	1	JEFF SYMONDS	PENTICTON	M 20-29	0:32:11	5:11	30
2	1	AARON HEIDT	VERNON	M 30-34	0:32:26	5:13	30
3	1	MARK BOMBA	COQUITLAM	M 40-44	0:33:55	5:27	30
4	1	JOEL JOHNSON	VERNON	M 16-19	0:34:49	5:36	30
5	2	GLENN LEAR	KELOWNA	M 30-34	0:36:28	5:52	25
6	1	SERGIO PIO	PENTICTON	M 45-49	0:36:41	5:54	30
7	2	ANDREW SELLARS	VERNON	M 40-44	0:37:41	6:04	25
8	2	GREG FINCH	VERNON	M 20-29	0:38:06	6:08	25
9	3	TREVOR WALLENSTEEN	SALMON ARM	M 20-29	0:38:07	6:08	22
10	2	MATTHEW HIDASI	VERNON	M 16-19	0:38:49	6:15	25
11	3	BEN BRUCH	KELOWNA	M 40-44	0:38:59	6:16	22
12	1	SCOTT MCMILLAN	PENTICTON	M 35-39	0:39:01	6:17	30
13	1	PERRY GRUNENBERG	KAMLOOPS	M 50-54	0:39:21	6:20	30
14	4	WADE CARLSON	UNKNOWN	M 20-29	0:39:27	6:21	20
15	2	JOE WESSEL	KELOWNA	M 35-39	0:39:36	6:22	25
16	1	BRUCE WARK	MERRITT	M 55-59	0:39:40	6:23	30
17	4	SIMON CRAIG	108 MILE RANCH	M 40-44	0:39:46	6:24	20
18	1	SARAH CLARK	VERNON	F 40-44	0:39:50	6:25	30
19	3	PASCAL SUTHERLAND	KELOWNA	M 30-34	0:40:27	6:31	22
20	2	KEN POMMIER	KELOWNA	M 45-49	0:40:31	6:31	25
21	2	IVAN MCKNIGHT	KELOWNA	M 50-54	0:40:32	6:31	25
22	3	NEIL MACDONALD	PENTICTON	M 45-49	0:40:34	6:32	22
23	4	ERIC JEWELL	COLDSTREAM	M 30-34	0:40:45	6:33	20
24	5	PATRICK EGAN	COLDSTREAM	M 20-29	0:41:11	6:38	19
25	1	SARAH BAILEY	VERNON	F 16-19	0:41:20	6:39	30
26	4	PAT GABLE	KELOWNA	M 45-49	0:41:26	6:40	20
27	1	CINDY RHODES	KELOWNA	F 50-54	0:41:33	6:41	30
28	2	JOHN WICKENHEISER	KELOWNA	M 55-59	0:41:42	6:43	25
29	3	KEN PANKEWICH	KAMLOOPS	M 50-54	0:41:45	6:43	22
30	4	JORDAN SIM	KAMLOOPS	M 50-54	0:41:48	6:44	20
31	5	JIM SIMMS	VERNON	M 45-49	0:42:47	6:53	19
32	3	CHRIS WILLETT	KELOWNA	M 35-39	0:42:53	6:54	22
33	6	IAN ROBERTSON	KAMLOOPS	M 45-49	0:43:00	6:55	18
34	6	CLAYTON LANQUE	COLDSTREAM	M 20-29	0:43:02	6:55	18
35	5	JOHN KOGA	KELOWNA	M 40-44	0:43:06	6:56	19
36	7	MIKE BERRISFORD	SUMMERLAND	M 45-49	0:43:07	6:56	17

37	8	CLINT RENDER	KAMLOOPS	M 45-49	0:43:14	6:57	16
38	3	PETER BAUMEISTER	VERNON	M 16-19	0:43:32	7:00	22
38	7	MATT BAUMEISTER	VERNON	M 20-29	0:43:32	7:00	17
40	4	JOSHUA ADRIAN	VERNON	M 16-19	0:43:37	7:01	20
41	1	GLYNIS SIM	SALMON ARM	F 00-15	0:43:44	7:02	30
42	2	MELINDA WILLIAMSON	KAMLOOPS	F 50-54	0:44:01	7:05	25
43	2	CHANTELLE DEACON	VERNON	F 16-19	0:44:22	7:08	25
43	8	JASON RODINE	KELOWNA	M 20-29	0:44:22	7:08	16
45	1	DAN CROCKETT	KELOWNA	M 60-64	0:44:23	7:08	30
46	9	MARTIN COURTENAY	KELOWNA	M 45-49	0:44:33	7:10	15
47	1	COURTNEY MARTIN	VERNON	F 20-29	0:44:34	7:10	30
48	1	JENNIFER BOND	VERNON	F 30-34	0:44:36	7:11	30
48	6	SEAN WILLIAMS	VERNON	M 40-44	0:44:36	7:11	18
50	9	LIAM DOYLE	OLIVER	M 20-29	0:44:48	7:12	15
51	5	ROBIN CARDEN	VERNON	M 30-34	0:45:02	7:15	19
52	1	LAURELEE WELDER	KELOWNA	F 55-59	0:45:06	7:15	30
53	2	BRIAN ROURKE	KELOWNA	M 60-64	0:45:13	7:17	25
54	2	ROBYN IZARD	VERNON	F 20-29	0:45:14	7:17	25
55	4	MICHAEL JODOIN	VERNON	M 35-39	0:45:16	7:17	20
56	10	DIETMAR PENKERT	SALMON ARM	M 45-49	0:45:19	7:17	14
57	1	CAROLINE RAINE	KELOWNA	F 45-49	0:45:22	7:18	30
58	2	CORRINE GABLE	KELOWNA	F 45-49	0:45:27	7:19	25
59	1	JENNIFER KOGA	KELOWNA	F 35-39	0:45:29	7:19	30
60	3	BRIAN DAVID	CHASE	M 55-59	0:45:38	7:21	22
61	3	SUE RICHARDSON-SMITH	SALMON ARM	F 45-49	0:45:46	7:22	22
62	5	MATTHEW JACKSON	PENTICTON	M 50-54	0:45:49	7:22	19
63	4	CHRIS GREENWAY	KELOWNA	M 55-59	0:45:50	7:22	20
64	5	MIKE BRAID	SUMMERLAND	M 55-59	0:45:58	7:24	19
65	7	JOHN DAVIES	COLDSTREAM	M 40-44	0:46:07	7:25	17
66	4	GLORIA WOOLNER	PENTICTON	F 45-49	0:46:10	7:26	20
67	11	RAY CRAMPTON	VERNON	M 45-49	0:46:10	7:26	13
68	2	AUDREY KILMARTIN	ENDERBY	F 30-34	0:46:21	7:27	25
69	10	MICHAEL ZWARDON	KELOWNA	M 20-29	0:46:22	7:28	14
70	8	JOHN ARIH	VERNON	M 40-44	0:46:42	7:31	16
71	6	LANCE ZABLOTNEY	PENTICTON	M 50-54	0:46:46	7:31	18
72	11	RYAN MAHAFFY	PENTICTON	M 20-29	0:46:50	7:32	13
73	2	SANDRA THOMSON	KELOWNA	F 55-59	0:46:52	7:32	25
74	6	DON DEBIENNE	KELOWNA	M 55-59	0:47:07	7:35	18
75	7	BILL HEAD	PENTICTON	M 55-59	0:47:16	7:36	17

76	9	COLIN HAMILTON	VERNON	M 40-44	0:47:20	7:37	15
77	12	ERIK ABILDGAARD	KELOWNA	M 45-49	0:47:28	7:38	12
78	3	JACK WESSEL	OLIVER	M 60-64	0:47:43	7:41	22
79	7	SEAN HAMILTON	VERNON	M 50-54	0:47:54	7:42	17
80	13	FRED VAN DER GAAG	KELOWNA	M 45-49	0:48:02	7:44	11
81	6	CHAD ISAAC	ENDERBY	M 30-34	0:48:03	7:44	18
82	14	TRENT DANSEREAU	COLDSTREAM	M 45-49	0:48:16	7:46	10
83	10	RICK RHYNOLDS	KAMLOOPS	M 40-44	0:48:19	7:46	14
84	8	DOUG EGAN	COLDSTREAM	M 55-59	0:48:37	7:49	16
85	3	LINDA IRVINE	SALMON ARM	F 55-59	0:48:55	7:52	22
86	8	PAUL ANDERSON	VERNON	M 50-54	0:49:02	7:53	16
87	9	TONY ZANOTTO	VERNON	M 50-54	0:49:15	7:55	15
87	10	DAVID WALLENSTEEN	SALMON ARM	M 50-54	0:49:15	7:55	14
89	9	RICK CAMERON	KAMLOOPS	M 55-59	0:49:22	7:57	15
90	4	PETER MOLNAR	SALMON ARM	M 60-64	0:49:34	7:56	20
91	5	BENIM BOTHA	VERNON	M 35-39	0:49:37	7:59	19
92	11	NATHEN LARENT	KELOWNA	M 50-54	0:49:38	7:56	13
93	6	COBUS BESTER	COLDSTREAM	M 35-39	0:49:40	7:57	18
94	5	TEDDY BOYKO	KELOWNA	M 60-64	0:49:45	7:59	19
95	3	MERYN SIM	SALMON ARM	F 16-19	0:49:49	8:01	22
96	3	AMBER TEW	COLDSTREAM	F 30-34	0:50:14	7:59	22
97	4	JANICE IRWIN	VERNON	F 55-59	0:50:16	8:05	20
98	6	MELVIN DOHERTY	KAMLOOPS	M 60-64	0:50:28	8:07	18
99	3	IRENA MCDONALD	VERNON	F 50-54	0:50:38	7:59	22
100	10	MILTON GUIGNION	KALEDEN	M 55-59	0:50:49	8:11	14
101	12	KIM YOUNG	COLDSTREAM	M 50-54	0:50:51	8:00	12
102	3	SHANDA HILL	VERNON	F 20-29	0:50:53	8:05	22
103	7	MIKE EVERETT	VERNON	M 60-64	0:50:55	8:09	17
104	2	ALANNA SIMMS	VERNON	F 35-39	0:50:58	8:12	25
104	7	KENNY SIMMS	VERNON	M 35-39	0:50:58	8:11	17
106	4	MISTY PALM	NORTH VAN	F 30-34	0:51:03	8:11	20
106	4	DIANE VANDERSTAR	LUMBY	F 50-54	0:51:03	8:13	20
108	5	LYNDA PROCE	VERNON	F 55-59	0:51:09	8:14	19
109	15	KIM FEHR	GRAND FORKS	M 45-49	0:51:11	8:14	9
110	3	ANDREA BRYGIN	KELOWNA	F 35-39	0:51:15	8:12	22
111	11	MIKE CONCANNON	COLDSTREAM	M 40-44	0:51:25	8:12	13
112	4	ALLYSON BOWER	VERNON	F 35-39	0:51:28	8:17	20
113	13	CHUCK ABNEY	KELOWNA	M 50-54	0:51:28	8:17	11
114	5	TAWNECIA TAI	WEST KELOWNA	F 30-34	0:51:29	8:17	19

115	7	WILLIAM TAI	WEST KELOWNA	M 30-34	0:51:30	8:13	17
116	12	MATT VANDERHORST	VERNON	M 20-29	0:51:31	8:17	12
117	11	ALAN CLARKE	PENTICTON	M 55-59	0:51:35	8:15	13
118	6	KRYS PICK	COLDSTREAM	F 30-34	0:51:36	8:18	18
119	7	KATE MELVIN	ARMSTRONG	F 30-34	0:51:38	8:16	17
120	12	BRIAN BURNET	COLDSTREAM	M 55-59	0:51:44	8:19	12
121	5	COLE LANGLOIS	UNKNOWN	M 16-19	0:51:51	8:21	19
122	5	LISA SPALDING	PENTICTON	F 45-49	0:51:57	8:22	19
123	14	DAVE LANGLOIS	VERNON	M 50-54	0:51:58	8:17	10
124	1	SHIRLEY GRAY	SUMMERLAND	F 65-69	0:52:01	8:22	30
125	2	DIANE LEONARD	KELOWNA	F 65-69	0:52:03	8:18	25
126	8	JENIFER LINDSTEIN	VERNON	F 30-34	0:52:04	8:18	16
127	16	DAN KUNZELMAN	COLDSTREAM	M 45-49	0:52:05	8:23	8
128	15	TOM WILLIAMSON	KAMLOOPS	M 50-54	0:52:20	8:25	9
129	17	BILL RAINE	KELOWNA	M 45-49	0:52:42	8:22	7
130	6	KATHY LEAHY	PENTICTON	F 45-49	0:52:45	8:29	18
131	1	JILL DEVENISH	VERNON	F 60-64	0:53:01	8:22	30
132	1	PETER O'BRIEN	KELOWNA	M 70-74	0:53:19	8:23	30
133	12	RORY BASS	KELOWNA	M 40-44	0:53:21	8:29	12
134	5	TRUDI BESTER	COLDSTREAM	F 35-39	0:53:29	8:36	19
135	6	CARLEY SAWKA	VERNON	F 35-39	0:53:30	8:32	18
136	8	MELVYN HUNT	KELOWNA	M 60-64	0:53:34	8:37	16
137	7	SYNNEVA TAYLOR	VERNON	F 35-39	0:53:49	8:40	17
138	4	CARLY DESNOYER	VERNON	F 20-29	0:53:52	8:40	20
139	2	ASTRID VARGA	WEST KELOWNA	F 60-64	0:54:00	8:35	25
140	9	KEN RIEGEL	VERNON	M 60-64	0:54:06	8:42	15
141	8	BRENT GAREB	VERNON	M 35-39	0:54:07	8:35	16
142	16	DAVID SZABO	PENTICTON	M 50-54	0:54:19	8:44	8
143	6	MARIA MCCOMB	PENTICTON	F 55-59	0:54:21	8:45	18
144	1	BRYCE TURNER	KAMLOOPS	M 00-15	0:54:26	8:36	30
145	8	BRANT JONES	UNKNOWN	M 30-34	0:54:27	8:41	16
146	2	ALISHA MCMAHON	KELOWNA	F 00-15	0:54:29	8:46	25
147	10	BILL GLOVER	VERNON	M 60-64	0:54:30	8:46	14
148	17	REESE STENSRUDE	VERNON	M 50-54	0:54:48	8:42	7
149	18	TERRY ZERR	VERNON	M 45-49	0:54:49	8:49	6
150	13	GORDON SHANNON	KELOWNA	M 55-59	0:54:54	8:50	11
151	5	ADRIENNE LEWIS	VERNON	F 50-54	0:54:55	8:45	19
152	6	COLLEEN STENSRUDE	VERNON	F 50-54	0:54:58	8:46	18
153	18	GORDON GARRIOTT	PENTICTON	M 50-54	0:55:04	8:52	6

154	7	SANDY WIKE	KELOWNA	F 55-59	0:55:09	8:49	17
155	7	BARB VAN HOOF	VERNON	F 50-54	0:55:13	8:50	17
156	3	HELLA VERSFELD	VERNON	F 60-64	0:55:16	8:54	22
157	7	DORY DUECK	KELOWNA	F 45-49	0:55:48	8:51	17
158	8	MARIA BROWN	PENTICTON	F 50-54	0:55:49	8:52	16
159	9	KATHLEEN RENAUD	VERNON	F 50-54	0:55:51	8:59	15
160	19	DONALD TAYLOR	KAMLOOPS	M 45-49	0:55:53	8:59	5
161	8	MARIJA KOZIC	OLIVER	F 55-59	0:55:57	8:53	16
162	10	JILL GILLINGHAM	PENTICTON	F 50-54	0:55:59	9:00	14
163	13	BILL MILLJOUR	VERNON	M 40-44	0:56:00	9:01	11
164	4	JANET RHODDY	PENTICTON	F 60-64	0:56:02	8:59	20
165	2	SYLVIA MCMAHON	KELOWNA	F 40-44	0:56:10	8:59	25
166	11	REGINA BLACK	KAMLOOPS	F 50-54	0:56:12	9:00	13
167	12	SHERRY SIM	KAMLOOPS	F 50-54	0:56:15	9:03	12
168	13	TOMO AKIYOSHI	VERNON	M 20-29	0:56:20	9:04	11
169	8	TAMARA DANTZER	VERNON	F 45-49	0:56:28	9:01	16
170	20	MARKUS HEINRICHS	KELOWNA	M 45-49	0:56:35	9:06	4
171	5	SUSAN TEMPLIN	SUMMERLAND	F 60-64	0:56:45	9:08	19
172	9	LINDA FERGUSON	PENTICTON	F 55-59	0:56:56	9:02	15
173	5	GLORIA FOX		F 20-29	0:57:11		19
174	13	ELIZABETH ROOKS	PENTICTON	F 50-54	0:57:20	9:03	11
175	9	DAGMAR KOLAJA	FALKLAND	M 35-39	0:57:32	9:05	15
176	14	RICHARD SIM	SALMON ARM	M 55-59	0:57:38	9:16	10
177	3	DEBBIE TAYLOR	KAMLOOPS	F 40-44	0:57:51	9:18	22
178	14	JEAN FOTHERGILL	ARMSTRONG	F 50-54	0:57:59	9:07	10
179	6	JACKIE MAEERS	KELOWNA	F 60-64	0:58:02	9:10	18
180	19	BILL SPILL	KELOWNA	M 50-54	0:58:09	9:21	5
181	15	CLAIRE PARKER	UNKNOWN	F 50-54	0:58:11	9:13	9
182	15	DOUG HUNTER	VERNON	M 55-59	0:58:26	9:24	9
183	8	MARIE BOTHA	VERNON	F 35-39	0:58:28	9:15	16
184	21	MIKE SAWKA	VERNON	M 45-49	0:58:29	9:20	3
185	11	JOHN DEVENISH	VERNON	M 60-64	0:58:42	9:20	13
186	20	PETER FRANCIS	VERNON	M 50-54	0:58:44	9:27	4
187	4	PATTI BENJAMIN	KELOWNA	F 40-44	0:58:47	9:27	20
188	21	MIKE REILEY	COLDSTREAM	M 50-54	0:58:48	9:22	3
189	9	ONNA STOLL	VERNON	F 45-49	0:58:51	9:28	15
190	10	RHONDA HAGA	VERNON	F 45-49	0:59:00	9:30	14
191	16	TOM CHAMBERLAIN	VERNON	M 55-59	0:59:11	9:31	8
192	11	GAYLE WILSON	VERNON	F 45-49	0:59:15	9:24	13

193	9	RANDI DELISIMONOVIC	VERNON	F 35-39	0:59:24	9:33	15
194	22	DAVID MONTPETIT	KAMLOOPS	M 50-54	0:59:27	9:25	2
195	1	RAY HERMANSON	LUMBY	M 65-69	0:59:41	9:36	30
196	10	BECKY ALEXANDER	VERNON	F 35-39	0:59:52	9:27	14
196	16	NANCY VENDITELLO	VERNON	F 50-54	0:59:52	9:38	8
198	2	TOM REED	VERNON	M 65-69	1:00:20	9:42	25
199	11	DANA PELAT	VERNON	F 35-39	1:00:36	9:45	13
200	9	NIKI KNIGHT	VERNON	F 30-34	1:00:41	9:28	15
201	12	PATTI WOOD	ARMSTRONG	F 45-49	1:01:00	9:49	12
201	3	KATHLEEN YANKE	SALMON ARM	F 65-69	1:01:00	9:32	22
203	12	PETER DEMOSKOFF	LAVINGTON	M 60-64	1:01:14	9:51	12
204	10	DEBBIE KINNEAR	VERNON	F 55-59	1:01:24	9:34	14
205	11	MARIE ESAU	VERNON	F 55-59	1:01:30	9:54	13
206	12	MARLENE EVERETT	VERNON	F 55-59	1:02:10	10:00	12
207	13	WAYNE PEHOWICH	KAMLOOPS	M 60-64	1:02:34	9:38	11
208	12	HEATHER CAMPBELL	KELOWNA	F 35-39	1:02:50	10:07	12
209	10	ROGER TURNER	KAMLOOPS	M 35-39	1:03:00	9:46	14
210	5	ALLANA BUHL	KELOWNA	F 40-44	1:04:10	9:49	19
211	3	GARY FRETENBURG	SORRENTO	M 65-69	1:04:10	10:19	22
212	6	SARAH BOSMA	KELOWNA	F 20-29	1:04:44	10:25	18
213	10	CATHERINE CHRISTY	SALMON ARM	F 30-34	1:05:18	9:53	14
214	7	LINDA WOODBURY	KAMLOOPS	F 60-64	1:05:26	10:04	17
214	4	KAREN WILLIES	KAMLOOPS	F 65-69	1:05:26	10:32	20
216	8	VAL JANZEN	ARMSTRONG	F 60-64	1:06:15	10:40	16
217	5	SUE ABBOTT	VERNON	F 65-69	1:06:37	10:08	19
218	17	KATHRYNE FLANNERY	KAMLOOPS	F 50-54	1:06:42	10:19	7
219	6	BETTY DASCHUK	VERNON	F 40-44	1:06:44	10:44	18
220	11	AMANDA CRUIKSHANK	VERNON	F 30-34	1:06:52	10:46	13
221	7	LEANNE HOLOWACH	KELOWNA	F 20-29	1:08:15	10:21	17
222	17	NIHAL MALIGASPE	KAMLOOPS	M 55-59	1:08:26	11:01	7
223	18	KIM FROOM	KELOWNA	F 50-54	1:08:48	10:30	6
224	13	CHARLOTTE KUSHNER	KELOWNA	F 55-59	1:08:50	11:05	11
225	14	CAROL CHISHOLM	VERNON	F 55-59	1:09:13	10:32	10
226	6	GLORIA LARRATT	ARMSTRONG	F 65-69	1:09:45	11:13	18
227	4	DOUG HURD	PENTICTON	M 65-69	1:10:25	11:20	20
228	13	SUSAN FALKENHOLT	KELOWNA	F 45-49	1:10:50	10:43	11
229	19	SUZANNE CHAVARIE	PENTICTON	F 50-54	1:14:19	11:57	5
230	7	DONNA RHYNOLDS	KAMLOOPS	F 40-44	1:15:45	12:11	17
230	20	SHERRY MALIGASPE	KAMLOOPS	F 50-54	1:15:45	12:11	4

230	21	MARTHA BELICKA	KAMLOOPS	F 50-54	1:15:45	12:11	3
230	15	JENNIFER ROBERTSON	KELOWNA	F 55-59	1:15:45	12:11	9
230	14	BILL WHITE	KAMLOOPS	M 40-44	1:15:45	12:11	10
235	22	DONNA CAIN	VERNON	F 50-54	1:17:14	12:26	2
235	16	GLENYS SCHORN	VERNON	F 55-59	1:17:14	12:26	8