

2022 IRA Road Race Series - The Starting Block 10K

Age Group Results

Sunday, February 13, 2022

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Female Ages 16 to 19

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	38	13	48:10	41	Kristin Huisman	Lake Country	4:49/km	30

Female Ages 25 to 29

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	74	34	56:30	50	Seraina Keller	Kelowna	5:39/km	30

Female Ages 30 to 34

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	9	1	41:57	51	Vanessa Kennedy	Kelowna	4:11/km	30
2	12	3	43:16	135	Chelsey Giffin	Vernon	4:19/km	25
3	79	39	58:19	29	Tawnya Froese	Osoyoos	5:49/km	22
4	81	41	58:29	37	Cassandra Gouschuk	Kelowna	5:50/km	20
5	102	55	1:03:53	7	Sarah Bradshaw	West Kelowna	6:23/km	19
6	120	69	1:12:43	101	Ashley Schreiber	Vernon	7:16/km	18

Female Ages 35 to 39

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	14	4	43:18	71	Siobhan McManus	Kelowna	4:19/km	30
2	44	17	49:41	129	Chelsea Zeman	West Kelowna	4:58/km	25
3	54	24	51:23	124	Timaree Wallace	Vernon	5:08/km	22
4	58	27	52:04	48	Crystal Jones	Vernon	5:12/km	20
5	61	29	52:48	47	Katrina Johnson	Vernon	5:16/km	19
6	85	44	59:15	36	Katie Goulet	Coldstream	5:55/km	18
7	96	52	1:02:26	136	Paula Leboe	West Kelowna	6:14/km	17
8	103	56	1:04:39	131	Cassandra Blackwell	Coldstream	6:27/km	16
9	123	71	1:16:48	54	Lee Ann Labonte	Kelowna	7:40/km	15
10	125	73	1:17:32	73	Carlee Melenko	Vernon	7:45/km	14

Female Ages 40 to 44

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	11	2	42:44	13	Tracy Clark	Penticton	4:16/km	30
2	19	5	44:23	24	Krystyna Dunham	Penticton	4:26/km	25
3	23	7	45:53	46	Heather Johnson	Fruitvale	4:35/km	22

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4	34	11	47:27	107	Lindsay Siedmann	Vernon	4:44/km	20
5	45	18	49:50	98	Rossi Wiltse	Coldstream	4:59/km	19
6	70	31	55:38	44	Erin Jackson	Salmon Arm	5:33/km	18
7	72	32	56:16	27	Terra Finlayson	Vernon	5:37/km	17
8	76	36	57:26	3	Megan Banman	Kamloops	5:44/km	16
9	86	45	59:15	103	Jessica Shalovelo	Vernon	5:55/km	15
10	87	46	59:17	43	Angela Ivany	Kelowna	5:55/km	14
11	90	49	1:00:02	59	Dawn Lefebvre	Salmon Arm	6:00/km	13
12	99	54	1:03:01	56	Lauren Larson	Kelowna	6:18/km	12
13	112	63	1:07:24	16	MARIANNE DEFOOR	Coldstream	6:44/km	11
14	115	65	1:10:04	142	Angela Heidt	North Okanagan	7:00/km	10
15	118	67	1:12:29	97	Alison Rose	Kelowna	7:14/km	9

Female Ages 45 to 49

Placing			Time	Bib	Name	City	Pace	Points
Age Group	All	Sex						
1	39	14	48:18	106	Kate Shivers	West Kelowna	4:49/km	30
2	41	15	48:28	20	Joedine Desjarlais	Slammin' Arm	4:50/km	25
3	50	21	50:32	84	Jodie Pereira	Vernon	5:03/km	22
4	55	25	51:36	14	Lydia Copland	Vernon	5:09/km	20
5	57	26	51:52	100	Myranda Sabourin	Penticton	5:11/km	19
6	73	33	56:23	58	Teri Lauder	Coldstream	5:38/km	18
7	94	50	1:02:25	99	Marie-Pascale Rousseau	Vernon	6:14/km	17

Female Ages 50 to 54

Placing			Time	Bib	Name	City	Pace	Points
Age Group	All	Sex						
1	22	6	45:24	138	Mandy Sellars	Kamloops	4:32/km	30
2	29	9	46:54	15	Stacey Cover	Vernon	4:41/km	25
3	43	16	49:23	8	Cathy Brown	Coldstream	4:56/km	22
4	49	20	50:21	38	Nicole Heffner	Vernon	5:02/km	20
5	110	61	1:07:03	62	Kim MacLeod	Kelowna	6:42/km	19

Female Ages 55 to 59

Placing			Time	Bib	Name	City	Pace	Points
Age Group	All	Sex						
1	26	8	46:37	75	Tracy Moore	Vernon	4:39/km	30
2	48	19	50:07	115	Rosalie Swart	Kelowna	5:00/km	25
3	52	23	51:10	96	Sue Richardson-Smith	Salmon Arm	5:07/km	22
4	59	28	52:15	89	casey prigge	Summerland	5:13/km	20
5	78	38	58:05	6	Janice Bradshaw	West Kelowna	5:48/km	19
6	80	40	58:27	110	Lisa Spalding	Penticton	5:50/km	18

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7	88	47	59:33	65	Carrey Martin	Penticton	5:57/km	17
8	89	48	59:51	49	MITSUYO KANEDA	Vernon	5:59/km	16
9	95	51	1:02:25	125	Donna White	Lake Country	6:14/km	15
10	105	57	1:06:15	86	Joy Peterson	Summerland	6:37/km	14
11	108	59	1:06:26	69	Maureen McEwan	Salmon Arm	6:38/km	13
12	109	60	1:06:35	95	Rachel Richardson	Salmon Arm	6:39/km	12
13	111	62	1:07:19	80	Lenora Nielsen	Vernon	6:43/km	11

Female Ages 60 to 64

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	32	10	47:26	35	judith goplen	coldstream	4:44/km	30
2	83	43	59:02	22	Lisa DiFrancesco	Coldstream	5:54/km	25
3	97	53	1:02:38	87	Barb Picken	Vernon	6:15/km	22
4	114	64	1:09:59	26	Diana Eacrett	West Kelowna	6:59/km	20

Female Ages 65 to 69

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	36	12	47:48	94	Cindy Rhodes	Kelowna	4:46/km	30
2	51	22	51:05	78	Laurelee Nelson	Kelowna	5:06/km	25
3	77	37	57:59	53	Marija Kozic	Penticton	5:47/km	22
4	106	58	1:06:17	21	Brenda Dickson	Kelowna	6:37/km	20
5	117	66	1:10:30	126	Sandra Wike	Kelowna	7:03/km	19
6	119	68	1:12:35	39	Charlotte Heidt	Kelowna	7:15/km	18
7	129	74	1:23:25	12	Joy Cawley	Vernon	8:20/km	17

Female Ages 70 to 74

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	67	30	55:05	127	Janice Wright	Coldstream	5:30/km	30
2	82	42	58:53	121	Astrid Varga	Kelowna	5:53/km	25
3	124	72	1:17:28	55	chris lapshinoff	vernon	7:44/km	22

Female Ages 75 to 79

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	75	35	56:59	60	Diane Leonard	Kelowna	5:41/km	30

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Female Ages 80 to 84

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	122	70	1:14:30	5	Liz Borrett	Kelowna	7:27/km	30

Male Ages 16 to 19

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	7	7	41:15	141	Keegan Heidt	North Okanagan	4:07/km	30
2	21	16	45:02	66	Kristian Martin	vernon	4:30/km	25
3	65	36	54:53	52	Chris Kersey	Vernon	5:29/km	22

Male Ages 20 to 24

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	4	4	40:41	114	Charles Swart	Kelowna	4:04/km	30

Male Ages 25 to 29

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	10	9	42:29	30	Paul Galloway	Newcastle	4:14/km	30
2	18	14	44:16	116	Tyler Thomson	bracebridge	4:25/km	25

Male Ages 30 to 34

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	8	8	41:43	112	Aaron Stark	West kelowna	4:10/km	30

Male Ages 35 to 39

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	1	1	37:51	92	Dustin Quigley	Kelowna	3:47/km	30
2	2	2	40:20	70	Ian McKechnie	Armstrong	4:02/km	25
3	5	5	40:42	128	Adam Zelenka	Kelowna	4:04/km	22
4	13	10	43:18	83	Michael Pedersen	Kelowna	4:19/km	20
5	53	30	51:16	123	Curtis Wallace	Vernon	5:07/km	19

Male Ages 40 to 44

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	17	13	44:11	74	Chad Miller	Kelowna	4:25/km	30

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2	20	15	44:56	90	Zachariah Pruden	Coldstream	4:29/km	25
3	28	20	46:49	130	Jesse Zeman	West Kelowna	4:40/km	22
4	93	44	1:02:04	120	Matthew Turmaine	Kelowna	6:12/km	20

Male Ages 45 to 49

Placing			Time	Bib	Name	City	Pace	Points
Age Group	All	Sex						
1	3	3	40:28	19	Eric Densmore	Coldstream	4:02/km	30
2	35	24	47:33	28	Montgomery Friesen	Penticton	4:45/km	25
3	37	25	47:57	105	Jon Shephard	Kamloops	4:47/km	22
4	64	35	54:33	17	Tim DeFoor	Coldstream	5:27/km	20
5	68	38	55:14	72	Bradley Meikle	West Kelowna	5:31/km	19
6	71	40	55:44	82	Jason Paas	Vernon	5:34/km	18
7	101	47	1:03:52	119	Scott Tregilges	Vernon	6:23/km	17
8	104	48	1:05:48	33	Michael Gilliland	Vernon	6:34/km	16

Male Ages 50 to 54

Placing			Time	Bib	Name	City	Pace	Points
Age Group	All	Sex						
1	15	11	43:35	111	Rhys Spencer	penticton	4:21/km	30
2	46	28	49:57	42	Tom Huisman	Lake Country	4:59/km	25
3	56	31	51:51	117	David Tilley	Kelowna	5:11/km	22
4	98	45	1:02:54	134	Emilio Martinez	Rock Creek	6:17/km	20
5	107	49	1:06:18	81	Petri NIEMINEN	Kelowna	6:37/km	19
6	116	51	1:10:26	118	Wes Tonn	Kelowna	7:02/km	18
7	128	55	1:21:57	63	Mark MacMillan	Lymby	8:11/km	17

Male Ages 55 to 59

Placing			Time	Bib	Name	City	Pace	Points
Age Group	All	Sex						
1	6	6	40:48	137	Sergio Pio	Penticton	4:04/km	30
2	16	12	43:37	11	Ken Byl	Kelowna	4:21/km	25
3	25	18	46:29	57	Chris Lauder	Coldstream	4:38/km	22
4	60	32	52:21	102	Alex Seal	Salmon Arm	5:14/km	20
5	62	33	53:27	79	Mike Nichols	Oliver	5:20/km	19
6	69	39	55:34	113	David Stirling	Kelowna	5:33/km	18
7	84	41	59:13	4	Rory Bass	Vernon	5:55/km	17
8	113	50	1:09:56	108	Andrew Smith	Kelowna	6:59/km	16
9	121	52	1:14:20	40	Markus Heinrichs	Kelowna	7:26/km	15

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Male Ages 60 to 64

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	27	19	46:45	31	Doug Geller	Vernon	4:40/km	30
2	40	26	48:21	34	craig goplen	Vernon	4:50/km	25
3	42	27	49:02	68	Jim McEwan	Salmon Arm	4:54/km	22
4	47	29	50:03	122	Rick Vaughan	Vernon	5:00/km	20
5	63	34	54:25	61	Tom MacDonald	Summerland	5:26/km	19
6	92	43	1:00:47	133	Dan Kunzelman	Coldstream	6:04/km	18

Male Ages 65 to 69

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	24	17	46:21	132	John Wickenheiser	Kelowna	4:38/km	30
2	30	21	47:02	91	Tim Purcer	Kelowna	4:42/km	25
3	31	22	47:24	64	Bill Mah	Vernon	4:44/km	22
4	33	23	47:26	140	Bruce Petch	Kamloops	4:44/km	20
5	130	56	1:30:44	1	Patrick Amundsen	Summerland	9:04/km	19

Male Ages 70 to 74

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	66	37	54:56	85	Carl Peterson	Summerland	5:29/km	30
2	127	54	1:18:08	23	Melvin Doherty	Kamloops	7:48/km	25

Male Ages 75 to 79

<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>City</u>	<u>Pace</u>	<u>Points</u>
<u>Age Group</u>	<u>All</u>	<u>Sex</u>						
1	91	42	1:00:21	77	Ron Neden	Armstrong	6:02/km	30
2	100	46	1:03:50	88	Peter Pollhammer	Kelowna	6:23/km	25
3	126	53	1:17:44	93	Tom Reed	Penticton	7:46/km	22