

# 2022 IRA Road Race Series - The Starting Block 10K

## Overall Results

Sunday, February 13, 2022

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<u>Placing</u>			<u>Time</u>	<u>Bib</u>	<u>Name</u>	<u>Category</u>	<u>City</u>	<u>Pace</u>
<u>All</u>	<u>Sex</u>	<u>Cat</u>						
1	1	1	37:51	92	Dustin Quigley	M35-39	Kelowna	3:47/km
2	2	2	40:20	70	Ian McKechnie	M35-39	Armstrong	4:02/km
3	3	1	40:28	19	Eric Densmore	M45-49	Coldstream	4:02/km
4	4	1	40:41	114	Charles Swart	M20-24	Kelowna	4:04/km
5	5	3	40:42	128	Adam Zelenka	M35-39	Kelowna	4:04/km
6	6	1	40:48	137	Sergio Pio	M55-59	Penticton	4:04/km
7	7	1	41:15	141	Keegan Heidt	M16-19	North Okanagan	4:07/km
8	8	1	41:43	112	Aaron Stark	M30-34	West kelowna	4:10/km
9	1	1	41:57	51	Vanessa Kennedy	F30-34	Kelowna	4:11/km
10	9	1	42:29	30	Paul Galloway	M25-29	Newcastle	4:14/km
11	2	1	42:44	13	Tracy Clark	F40-44	Penticton	4:16/km
12	3	2	43:16	135	Chelsey Giffin	F30-34	Vernon	4:19/km
13	10	4	43:18	83	Michael Pedersen	M35-39	Kelowna	4:19/km
14	4	1	43:18	71	Siobhan McManus	F35-39	Kelowna	4:19/km
15	11	1	43:35	111	Rhys Spencer	M50-54	penticton	4:21/km
16	12	2	43:37	11	Ken Byl	M55-59	Kelowna	4:21/km
17	13	1	44:11	74	Chad Miller	M40-44	Kelowna	4:25/km
18	14	2	44:16	116	Tyler Thomson	M25-29	bracebridge	4:25/km
19	5	2	44:23	24	Krystyna Dunham	F40-44	Penticton	4:26/km
20	15	2	44:56	90	Zachariah Pruden	M40-44	Coldstream	4:29/km
21	16	2	45:02	66	Kristian Martin	M16-19	vernon	4:30/km
22	6	1	45:24	138	Mandy Sellars	F50-54	Kamloops	4:32/km
23	7	3	45:53	46	Heather Johnson	F40-44	Fruitvale	4:35/km
24	17	1	46:21	132	John Wickenheiser	M65-69	Kelowna	4:38/km
25	18	3	46:29	57	Chris Lauder	M55-59	Coldstream	4:38/km
26	8	1	46:37	75	Tracy Moore	F55-59	Vernon	4:39/km
27	19	1	46:45	31	Doug Geller	M60-64	Vernon	4:40/km
28	20	3	46:49	130	Jesse Zeman	M40-44	West Kelowna	4:40/km
29	9	2	46:54	15	Stacey Cover	F50-54	Vernon	4:41/km
30	21	2	47:02	91	Tim Purcer	M65-69	Kelowna	4:42/km
31	22	3	47:24	64	Bill Mah	M65-69	Vernon	4:44/km
32	10	1	47:26	35	judith goplen	F60-64	coldstream	4:44/km
33	23	4	47:26	140	Bruce Petch	M65-69	Kamloops	4:44/km
34	11	4	47:27	107	Lindsay Siedmann	F40-44	Vernon	4:44/km
35	24	2	47:33	28	Montgomery Friesen	M45-49	Penticton	4:45/km
36	12	1	47:48	94	Cindy Rhodes	F65-69	Kelowna	4:46/km
37	25	3	47:57	105	Jon Shephard	M45-49	Kamloops	4:47/km
38	13	1	48:10	41	Kristin Huisman	F16-19	Lake Country	4:49/km
39	14	1	48:18	106	Kate Shivers	F45-49	West Kelowna	4:49/km

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40	26	2	48:21	34	craig goplen	M60-64	Vernon	4:50/km
41	15	2	48:28	20	Joedine Desjarlais	F45-49	Slammin' Arm	4:50/km
42	27	3	49:02	68	Jim McEwan	M60-64	Salmon Arm	4:54/km
43	16	3	49:23	8	Cathy Brown	F50-54	Coldstream	4:56/km
44	17	2	49:41	129	Chelsea Zeman	F35-39	West Kelowna	4:58/km
45	18	5	49:50	98	Rossi Wiltse	F40-44	Coldstream	4:59/km
46	28	2	49:57	42	Tom Huisman	M50-54	Lake Country	4:59/km
47	29	4	50:03	122	Rick Vaughan	M60-64	Vernon	5:00/km
48	19	2	50:07	115	Rosalie Swart	F55-59	Kelowna	5:00/km
49	20	4	50:21	38	Nicole Heffner	F50-54	Vernon	5:02/km
50	21	3	50:32	84	Jodie Pereira	F45-49	Vernon	5:03/km
51	22	2	51:05	78	Laurelee Nelson	F65-69	Kelowna	5:06/km
52	23	3	51:10	96	Sue Richardson-Smith	F55-59	Salmon Arm	5:07/km
53	30	5	51:16	123	Curtis Wallace	M35-39	Vernon	5:07/km
54	24	3	51:23	124	Timaree Wallace	F35-39	Vernon	5:08/km
55	25	4	51:36	14	Lydia Copland	F45-49	Vernon	5:09/km
56	31	3	51:51	117	David Tilley	M50-54	Kelowna	5:11/km
57	26	5	51:52	100	Myranda Sabourin	F45-49	Penticton	5:11/km
58	27	4	52:04	48	Crystal Jones	F35-39	Vernon	5:12/km
59	28	4	52:15	89	casey prigge	F55-59	Summerland	5:13/km
60	32	4	52:21	102	Alex Seal	M55-59	Salmon Arm	5:14/km
61	29	5	52:48	47	Katrina Johnson	F35-39	Vernon	5:16/km
62	33	5	53:27	79	Mike Nichols	M55-59	Oliver	5:20/km
63	34	5	54:25	61	Tom MacDonald	M60-64	Summerland	5:26/km
64	35	4	54:33	17	Tim DeFoor	M45-49	Coldstream	5:27/km
65	36	3	54:53	52	Chris Kersey	M16-19	Vernon	5:29/km
66	37	1	54:56	85	Carl Peterson	M70-74	Summerland	5:29/km
67	30	1	55:05	127	Janice Wright	F70-74	Coldstream	5:30/km
68	38	5	55:14	72	Bradley Meikle	M45-49	West Kelowna	5:31/km
69	39	6	55:34	113	David Stirling	M55-59	Kelowna	5:33/km
70	31	6	55:38	44	Erin Jackson	F40-44	Salmon Arm	5:33/km
71	40	6	55:44	82	Jason Paas	M45-49	Vernon	5:34/km
72	32	7	56:16	27	Terra Finlayson	F40-44	Vernon	5:37/km
73	33	6	56:23	58	Teri Lauder	F45-49	Coldstream	5:38/km
74	34	1	56:30	50	Seraina Keller	F25-29	Kelowna	5:39/km
75	35	1	56:59	60	Diane Leonard	F75-79	Kelowna	5:41/km
76	36	8	57:26	3	Megan Banman	F40-44	Kamloops	5:44/km
77	37	3	57:59	53	Marija Kozic	F65-69	Penticton	5:47/km
78	38	5	58:05	6	Janice Bradshaw	F55-59	West Kelowna	5:48/km
79	39	3	58:19	29	Tawnya Froese	F30-34	Osoyoos	5:49/km
80	40	6	58:27	110	Lisa Spalding	F55-59	Penticton	5:50/km

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81	41	4	58:29	37	Cassandra Gouschuk	F30-34	Kelowna	5:50/km
82	42	2	58:53	121	Astrid Varga	F70-74	Kelowna	5:53/km
83	43	2	59:02	22	Lisa DiFrancesco	F60-64	Coldstream	5:54/km
84	41	7	59:13	4	Rory Bass	M55-59	Vernon	5:55/km
85	44	6	59:15	36	Katie Goulet	F35-39	Coldstream	5:55/km
86	45	9	59:15	103	Jessica Shalovelo	F40-44	Vernon	5:55/km
87	46	10	59:17	43	Angela Ivany	F40-44	Kelowna	5:55/km
88	47	7	59:33	65	Carrey Martin	F55-59	Penticton	5:57/km
89	48	8	59:51	49	MITSUYO KANEDA	F55-59	Vernon	5:59/km
90	49	11	1:00:02	59	Dawn Lefebvre	F40-44	Salmon Arm	6:00/km
91	42	1	1:00:21	77	Ron Neden	M75-79	Armstrong	6:02/km
92	43	6	1:00:47	133	Dan Kunzelman	M60-64	Coldstream	6:04/km
93	44	4	1:02:04	120	Matthew Turmaine	M40-44	Kelowna	6:12/km
94	50	7	1:02:25	99	Marie-Pascale Rousseau	F45-49	Vernon	6:14/km
95	51	9	1:02:25	125	Donna White	F55-59	Lake Country	6:14/km
96	52	7	1:02:26	136	Paula Leboe	F35-39	West Kelowna	6:14/km
97	53	3	1:02:38	87	Barb Picken	F60-64	Vernon	6:15/km
98	45	4	1:02:54	134	Emilio Martinez	M50-54	Rock Creek	6:17/km
99	54	12	1:03:01	56	Lauren Larson	F40-44	Kelowna	6:18/km
100	46	2	1:03:50	88	Peter Pollhammer	M75-79	Kelowna	6:23/km
101	47	7	1:03:52	119	Scott Tregilges	M45-49	Vernon	6:23/km
102	55	5	1:03:53	7	Sarah Bradshaw	F30-34	West Kelowna	6:23/km
103	56	8	1:04:39	131	Cassandra Blackwell	F35-39	Coldstream	6:27/km
104	48	8	1:05:48	33	Michael Gilliland	M45-49	Vernon	6:34/km
105	57	10	1:06:15	86	Joy Peterson	F55-59	Summerland	6:37/km
106	58	4	1:06:17	21	Brenda Dickson	F65-69	Kelowna	6:37/km
107	49	5	1:06:18	81	Petri NIEMINEN	M50-54	Kelowna	6:37/km
108	59	11	1:06:26	69	Maureen McEwan	F55-59	Salmon Arm	6:38/km
109	60	12	1:06:35	95	Rachel Richardson	F55-59	Salmon Arm	6:39/km
110	61	5	1:07:03	62	Kim MacLeod	F50-54	Kelowna	6:42/km
111	62	13	1:07:19	80	Lenora Nielsen	F55-59	Vernon	6:43/km
112	63	13	1:07:24	16	MARIANNE DEFOOR	F40-44	Coldstream	6:44/km
113	50	8	1:09:56	108	Andrew Smith	M55-59	Kelowna	6:59/km
114	64	4	1:09:59	26	Diana Eacrett	F60-64	West Kelowna	6:59/km
115	65	14	1:10:04	142	Angela Heidt	F40-44	North Okanagan	7:00/km
116	51	6	1:10:26	118	Wes Tonn	M50-54	Kelowna	7:02/km
117	66	5	1:10:30	126	Sandra Wike	F65-69	Kelowna	7:03/km
118	67	15	1:12:29	97	Alison Rose	F40-44	Kelowna	7:14/km
119	68	6	1:12:35	39	Charlotte Heidt	F65-69	Kelowna	7:15/km
120	69	6	1:12:43	101	Ashley Schreiber	F30-34	Vernon	7:16/km
121	52	9	1:14:20	40	Markus Heinrichs	M55-59	Kelowna	7:26/km

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122	70	1	1:14:30	5	Liz Borrett	F80-84	Kelowna	7:27/km
123	71	9	1:16:48	54	Lee Ann Labonte	F35-39	Kelowna	7:40/km
124	72	3	1:17:28	55	chris lapshinoff	F70-74	vernon	7:44/km
125	73	10	1:17:32	73	Carlee Melenko	F35-39	Vernon	7:45/km
126	53	3	1:17:44	93	Tom Reed	M75-79	Penticton	7:46/km
127	54	2	1:18:08	23	Melvin Doherty	M70-74	Kamloops	7:48/km
128	55	7	1:21:57	63	Mark MacMillan	M50-54	Lymby	8:11/km
129	74	7	1:23:25	12	Joy Cawley	F65-69	Vernon	8:20/km
130	56	5	1:30:44	1	Patrick Amundsen	M65-69	Summerland	9:04/km