

CVRR Runners hit their stride at 1st Island Series Race

Comox Valley was well represented at the first road race of the Island Race Series held this past Sunday in Saanich. The Pioneer 8km is part of the popular Timex Race Series and the first of 7 running races held throughout the Island. Above normal temperatures and cloudy skies made the conditions ideal for this fast course, that saw over 650 participants and some of the fastest west coast runners in attendance. Steve Royer turned in the fastest club time with a 29:32 clocking followed by Brad Crowe, Frank Graham and Angela Plamondon (see below for full club results). In all 15 Comox Valley Road Runners made the trip to Saanich and collected valuable points towards the overall club standings. Rosyln Smith also collected a 1st place in her age group, Angela Plamondon collected a 2nd place and Frank Graham a 3rd in his group. The next race in the Island Race Series is January 24th with the Cobble Hill 10k. Club members are keeping an eye towards the Comox Valley ½ Marathon, one of the biggest Island races held right here on March 21st .