

Cobble Hill 10K - January 24, 2010

Comox Valley Road Runners Results - 14 Finishers												
Position				Name	Club/Sponsor	Time	Pace		Points		Club	
Club	OA	Group					Individual	New	Old	KM		Mile
1	42	7/42	M4044	Steven Royer	Comox Valley Road Runners Fitness Excellence	38:14	3:49	6:09	711	721	14	
2	44	1/36	M5559	Wayne Crowe	Comox Valley Road Runners Extreme Runners/Asics	38:25 *	3:51	6:11	707	717	20	
3	47	2/41	M5054	Frank Graham	Comox Valley Road Runners Extreme Runners/Saucony	38:54	3:53	6:16	699	709	19	
4	53	8/14	M2024	Jeff Crowe	Comox Valley Road Runners	39:22	3:56	6:20	690	700	13	
5	85	2/40	F4549	Angela Plamondon	Comox Valley Road Runners	40:53 *	4:05	6:35	751	674	19	
6	159	19/41	M5054	Danny Keyes	Comox Valley Road Runners Riverside Nissan	44:32	4:27	7:10	610	619	2	
7	164	1/13	F6064	Roslyn Smith	Comox Valley Road Runners	44:47 *	4:29	7:12	685	615	20	
8	165	2/31	F4044	Shannon Lebeuf	Comox Valley Road Runners	44:48	4:29	7:13	685	615	19	
9	186	23/45	M4549	Mark Arsenault	Comox Valley Road Runners	45:40	4:34	7:21	595	604	1	
10	220	10/40	F4549	Robyn Dicesare	Comox Valley Road Runners	47:06	4:43	7:35	652	585	11	
11	240	6/31	F4044	Anna Diedricksen	Comox Valley Road Runners	47:48	4:47	7:42	642	577	15	
12	378	16/26	M6064	Jack Penfold	Comox Valley Road Runners	53:56	5:24	8:41	504	511	5	
13	451	14/19	M6569	Tom Munro	Comox Valley Road Runners	58:02	5:48	9:20	468	475	7	
14	535	13/14	M7074	Ray Owens	Comox Valley Road Runners	1:08:12	6:49	10:59	398	404	8	

2010 Club Points (Unofficial)

Pos	Club	Total Club Points	Jan 10	Jan 24	Feb 7	Feb 21	Mar 7	Mar 21	Apr 4	Apr 18
			Prairie Inn Pioneer 8K	Cobble Hill 10K	Cedar 12K	Hatley Castle 8K	Bazan Bay 5K	Comox Valley Half Marathon	Merville 15K	Sooke River 10K
1	Prairie Inn Harriers (145 Finishers)	1843	1207 (94)	636 (51)	-	-	-	-	-	-
2	Frontrunners Westshore (56 Finishers)	484	212 (29)	272 (27)	-	-	-	-	-	-
3	Oceanside Running Club (26 Finishers)	331	167 (14)	164 (12)	-	-	-	-	-	-
4	Comox Valley Road Runners (29 Finishers)	319	146 (15)	173 (14)	-	-	-	-	-	-