

# Frontrunners Island Race Series

Bazan Bay 5k – 7 March, 2010

OA	Group		Comox Valley Road Runners Results 13 Finishers	Club/Sponsor	Time	Pace	
						KM	Mile
54	1/36	<a href="#">M5054</a>	<a href="#">Frank Graham</a>	<a href="#">Comox Valley Road Runners</a> <a href="#">Extreme Runners/Saucony</a>	17:37	3:32	5:41
59	3/43	<a href="#">M4549</a>	<a href="#">Darren Skuja</a>	<a href="#">Comox Valley Road Runners</a>	17:49	3:34	5:44
61	14/29	<a href="#">M2529</a>	<a href="#">Brad Crowe</a>	<a href="#">Comox Valley Road Runners</a>	17:52	3:34	5:45
63	3/36	<a href="#">M5054</a>	<a href="#">Roger Plamondon</a>	<a href="#">Comox Valley Road Runners</a>	17:57	3:35	5:47
69	5/43	<a href="#">M4549</a>	<a href="#">Terry Nielsen</a>	<a href="#">Comox Valley Road Runners</a>	18:04	3:39	5:53
73	7/36	<a href="#">M4044</a>	<a href="#">Steven Royer</a>	<a href="#">Comox Valley Road Runners</a> <a href="#">Fitness Excellence</a>	18:08	3:38	5:50
77	4/36	<a href="#">M5054</a>	<a href="#">Keith Wakelin</a>	<a href="#">Comox Valley Road Runners</a>	18:15	3:39	5:52
106	2/29	<a href="#">M5559</a>	<a href="#">Wayne Crowe</a>	<a href="#">Comox Valley Road Runners</a> <a href="#">Extreme Runners/Asics</a>	18:54	3:47	6:05
153	3/27	<a href="#">F3539</a>	<a href="#">Kathy Rung</a>	<a href="#">Comox Valley Road Runners</a>	20:00	4:00	6:26
241	7/40	<a href="#">F4549</a>	<a href="#">Robyn Dicesare</a>	<a href="#">Comox Valley Road Runners</a>	22:24	4:29	7:13
341	7/13	<a href="#">M6569</a>	<a href="#">Tom Munro</a>	<a href="#">Comox Valley Road Runners</a>	25:29	5:06	8:12
400	23/29	<a href="#">M5559</a>	<a href="#">Chris Robinson</a>	<a href="#">Comox Valley Road Runners</a>	27:08	5:26	8:44
515	9/10	<a href="#">M7074</a>	<a href="#">Ray Owens</a>	<a href="#">Comox Valley Road Runners</a>	31:23	6:17	10:06

## 2010 Club Points (Unofficial)

Pos	Club	Total Club Points	Jan 10	Jan 24	Feb 7	Feb 21	Mar 7
			Prairie Inn Pioneer 8K	Cobble Hill 10K	Cedar 12K	Hatley Castle 8K	Bazan Bay 5K
1	Prairie Inn Harriers (306 Finishers)	4031	1194 (93)	663 (54)	686 (49)	667 (49)	821 (61)
2	Frontrunners Westshore (124 Finishers)	1198	212 (29)	280 (28)	258 (22)	226 (20)	222 (25)
3	Comox Valley Road Runners (72 Finishers)	921	146 (15)	173 (14)	213 (16)	201 (14)	188 (13)
4	Bastion Running Club (73 Finishers)	770	139 (13)	174 (16)	246 (25)	146 (14)	65 (5)
5	Oceanside Running Club (56 Finishers)	739	167 (14)	183 (13)	192 (14)	45 (4)	152 (11)