

Cedar 12K - February 7, 2010

| Comox Valley Road Runners Results - 16 Finishers | | | | | | | | | | | |
|--|-----|-------|-------|------------------|--|-----------|------|-------|------------|-----|------|
| Position | | | | Name | Club/Sponsor | Time | Pace | | Points | | Club |
| Club | OA | Group | Group | | | | KM | Mile | Individual | | |
| | | | | | | | | | New | Old | |
| 1 | 27 | 4/37 | M4044 | Steven Royer | Comox Valley Road Runners Fitness Excellence | 45:34 | 3:48 | 6:07 | 724 | 735 | 17 |
| 2 | 31 | 2/30 | M5054 | Keith Wakelin | Comox Valley Road Runners | 45:56 * | 3:50 | 6:10 | 718 | 729 | 19 |
| 3 | 33 | 1/35 | M5559 | Wayne Crowe | Comox Valley Road Runners Extreme Runners/Aisics | 46:06 * | 3:51 | 6:11 | 716 | 727 | 20 |
| 4 | 34 | 4/33 | M4549 | Terry Nielsen | Comox Valley Road Runners | 46:17 | 3:51 | 6:12 | 713 | 724 | 17 |
| 5 | 46 | 3/30 | M5054 | Frank Graham | Comox Valley Road Runners Extreme Runners/Saucony | 47:19 | 3:57 | 6:21 | 697 | 708 | 18 |
| 6 | 81 | 2/39 | F4549 | Angela Plamondon | Comox Valley Road Runners | 50:31 * | 4:13 | 6:46 | 735 | 663 | 19 |
| 7 | 84 | 3/35 | M5559 | Duncan Stewart | Comox Valley Road Runners | 50:46 * | 4:14 | 6:49 | 650 | 660 | 18 |
| 8 | 97 | 9/33 | M4549 | Jamie Kantor | Comox Valley Road Runners | 51:32 | 4:18 | 6:55 | 640 | 650 | 12 |
| 9 | 122 | 4/18 | F3539 | Kathy Rung | Comox Valley Road Runners | 53:07 | 4:26 | 7:07 | 699 | 631 | 17 |
| 10 | 126 | 20/37 | M4044 | Chris Perry | Comox Valley Road Runners | 53:15 | 4:26 | 7:08 | 619 | 629 | 1 |
| 11 | 151 | 1/8 | F6064 | Roslyn Smith | Comox Valley Road Runners | 55:36 * | 4:38 | 7:27 | 668 | 602 | 20 |
| 12 | 197 | 9/39 | F4549 | Robyn Dicesare | Comox Valley Road Runners | 58:08 | 4:51 | 7:48 | 639 | 576 | 12 |
| 13 | 264 | 10/34 | F5054 | Karen Weller | Comox Valley Road Runners | 1:02:02 * | 5:10 | 8:19 | 598 | 540 | 11 |
| 14 | 402 | 34/35 | M5559 | Chris Robinson | Comox Valley Road Runners | 1:13:15 | 6:06 | 9:49 | 450 | 457 | 1 |
| 15 | 474 | 32/32 | F4044 | Jean Munro | Comox Valley Road Runners | 1:28:03 | 7:20 | 11:49 | 422 | 380 | 1 |
| 16 | 475 | 11/11 | M6569 | Tom Munro | Comox Valley Road Runners | 1:28:04 | 7:20 | 11:49 | 375 | 380 | 10 |

Frontrunners Island Race Series

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 (196 Finishers) | 2545 | 1194 (93) | 663 (54) | 688 (49) | - | - | - | - | - |
| 2 | Frontrunners Westshore (79 Finishers) | 750 | 212 (29) | 280 (28) | 258 (22) | - | - | - | - | - |
| 3 | Bastion Running Club (54 Finishers) | 559 | 139 (13) | 174 (16) | 246 (25) | - | - | - | - | - |
| 4 | Oceanside Running Club (41 Finishers) | 542 | 167 (14) | 183 (13) | 192 (14) | - | - | - | - | - |
| 5 | Comox Valley Road Runners (45 Finishers) | 532 | 146 (15) | 173 (14) | 213 (16) | - | - | - | - | - |
| 6 | Westwood Running Club (51 Finishers) | 481 | 119 (18) | 168 (16) | 194 (17) | - | - | - | - | - |
| 7 | Ladysmith Striders (42 Finishers) | 403 | 115 (16) | 150 (14) | 138 (12) | - | - | - | - | - |
| 8 | CeeVacs Road Runners (55 Finishers) | 337 | 77 (17) | 147 (23) | 113 (15) | - | - | - | - | - |
| 9 | Team West Coast (42 Finishers) | 323 | 112 (16) | 121 (15) | 90 (11) | - | - | - | - | - |
| 10 | Island Road Racers (21 Finishers) | 291 | 65 (6) | 140 (10) | 86 (5) | - | - | - | - | - |