

Cedar 12K - February 6, 2011

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Position				Comox Valley Road Runners Results - 32 Finishers							
Club	OA	Group	Name	Club/Sponsor	Time	Pace		Points		Club	
						KM	Mile	New	Old		
1	28	7/41	M4549 Terry Nielsen	Comox Valley Road Runners	45:19 *	3:47	6:05	728	739	14	
2	29	8/41	M4549 Vince Brotherston	Comox Valley Road Runners	45:27 *	3:47	6:06	726	737	13	
3	35	4/15	M3034 Brad Crowe	Comox Valley Road Runners	46:17	3:51	6:12	713	724	17	
4	36	2/41	M5054 Keith Wakelin	Comox Valley Road Runners	46:20 *	3:52	6:13	712	723	19	
5	45	4/41	M5054 Roger Plamondon	Comox Valley Road Runners	47:19	3:57	6:21	697	708	17	
6	53	4/24	M5559 Wayne C Crowe	Comox Valley Road Runners Extreme Runners/Asics	48:02 *	4:00	6:27	687	697	17	
7	65	12/41	M4549 Eric Martinat	Comox Valley Road Runners	49:43	4:09	6:40	664	674	9	
	82	1/28	F4549 Angela Plamondon	Comox Valley Road Runners	51:14 *	4:16	6:52	725	654	20	
8	87	2/23	F3539 Kathy Rung	Comox Valley Road Runners	51:49 *	4:19	6:57	716	646	19	
9	103	15/27	M4044 Chris Perry	Comox Valley Road Runners	53:02	4:25	7:07	622	632	6	
10	120	20/41	M4549 Jamie Kantor	Comox Valley Road Runners	54:02	4:30	7:15	610	620	1	
11	133	5/17	M6569 Ken Richardson	Comox Valley Road Runners	54:45 *	4:34	7:21	603	612	16	
12	138	15/41	M5054 Hans Gane	Comox Valley Road Runners	54:53	4:34	7:22	601	610	6	
13	145	24/41	M4549 Mark Arsenault	Comox Valley Road Runners	55:11	4:36	7:24	598	607	1	
14	165	8/21	F3034 Vee Dion	Comox Valley Road Runners	56:42	4:43	7:36	655	591	13	
15	166	14/22	M3539 Chris Lamothe	Comox Valley Road Runners	56:42	4:43	7:36	582	591	7	
16	169	8/28	F4549 Robyn Dicesare	Comox Valley Road Runners	56:50 *	4:44	7:37	653	589	13	
17	212	30/41	M4549 Gordon Delaval	Comox Valley Road Runners	59:33	4:58	7:59	554	562	1	
18	222	1/1	F0115 Emily Keyes	Comox Valley Road Runners Riverside Nissan	59:59	5:00	8:03	619	558	20	
19	224	10/36	F5054 Karen Weller	Comox Valley Road Runners	1:00:04 *	5:00	8:03	618	558	11	
20	227	12/28	F4549 Korky Richardson	Comox Valley Road Runners	1:00:22	5:02	8:06	615	555	9	
21	232	3/22	F5559 Mary Ann Rolfe	Comox Valley Road Runners	1:00:30 *	5:03	8:07	614	554	18	
22	234	8/23	F3539 Joanne Stanger	Comox Valley Road Runners	1:00:31	5:03	8:07	613	553	13	
23	254	8/17	M6569 Jack Penfold	Comox Valley Road Runners	1:01:30 *	5:08	8:15	536	545	13	
24	269	12/36	F5054 Karen Tobacca	Comox Valley Road Runners	1:02:35 *	5:13	8:24	593	535	9	
25	321	18/24	M5559 Leo Rolfe	Comox Valley Road Runners	1:07:12	5:36	9:01	491	498	3	
26	330	17/36	F5054 Debra Rigler	Comox Valley Road Runners	1:07:50	5:39	9:06	547	494	4	
27	335	6/12	F2024 Lindsay Wakelin	Comox Valley Road Runners	1:08:10	5:41	9:09	545	491	15	
28	339	36/41	M5054 Danny Keyes	Comox Valley Road Runners Riverside Nissan	1:08:27	5:42	9:11	482	489	1	

29	386	21/24	M5559	Chris Robinson	Comox Valley Road Runners	1:12:28	6:02	9:43	455	462	1
30	389	39/41	M5054	Brian Balfe	Comox Valley Road Runners	1:12:35	6:03	9:44	454	461	1
31	410	1/4	F7074	Diane Palmason	Comox Valley Road Runners	1:14:53 *	6:14	10:03	496	447	20
32	412	8/9	M7074	Tom Munro	Comox Valley Road Runners	1:15:02	6:15	10:04	440	446	13

2011 Club Points (Unofficial)

Pos	Club	Total Club Points	Jan 9	Jan 23	Feb 6	Feb 20	Mar 6	Mar 20	Apr 3	Apr 17
			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 (174 Finishers)	2297	974 (75)	657 (52)	666 (47)	-	-	-	-	-
2	Bastion Running Club (105 Finishers)	1217	268 (27)	397 (32)	552 (46)	-	-	-	-	-
3	Comox Valley Road Runners (78 Finishers)	810	231 (23)	239 (23)	340 (32)	-	-	-	-	-
4	Frontrunners Westshore (55 Finishers)	642	235 (21)	198 (16)	209 (18)	-	-	-	-	-
5	CeeVacs Road Runners (69 Finishers)	573	169 (24)	218 (25)	186 (20)	-	-	-	-	-
6	Team West Coast (51 Finishers)	385	144 (23)	126 (16)	115 (12)	-	-	-	-	-
7	Victoria Flatliners (30 Finishers)	316	107 (11)	115 (10)	94 (9)	-	-	-	-	-
8	Island Road Racers (27 Finishers)	294	123 (11)	91 (9)	80 (7)	-	-	-	-	-
9	Ladysmith Striders (33 Finishers)	281	63 (9)	105 (12)	113 (12)	-	-	-	-	-
10	Apex Runners (20 Finishers)	258	72 (6)	62 (5)	124 (9)	-	-	-	-	-