

Local Runners Excel at Cedar 12km Road Race

Perfect running weather greeted the competitors at last Sunday's Cedar 12km Road Race, just south of Nanaimo. The hilly course is one of the most challenging in the 8 race Island Running Series but local Comox Valley runner were up to the challenge and posted some impressive results. Overall 484 runners toed the start line as part of a running series that has enjoyed a bit of a "running boom" of late. Sixteen Comox Valley Road Runners made the trip to compete and were led home by Steve Royer (CVRR/Fitness Excellence) who finished 27th overall and 4th in his age group in 45:34min. Angela Plamondon led home the Valley women finishing 6th woman overall in 50:31min. Wayne Crowe (CVRR/Extreme Runners/Asics) and Roslyn Smith both continued their winning ways by each winning their age divisions. Smith has won in the women's 60-65yrs age division in every Island Series race so far this year.

The Comox Valley Road Runners currently stand in 5th place amongst the 83 identified clubs in the Island Running series and hope to climb in the standings as several more CVRR runners join the fray. The next race in the series is the hilly Hatley Castle 8km in Victoria on Feb 21st. The big event here in the Comox Valley will be the Comox Valley ½ Marathon to be run on March 21st. Check out www.CVRR.ca for full results and upcoming club events.