

Cobble Hill 10K - January 23, 2011											
Position				Comox Valley Road Runners Results - 23 Finishers							
Club	OA	Group	Name	Club/Sponsor	Time	Pace		Points		Club	
						KM	Mile	New	Old		
											Individual
1	24	5/45	M4549 Vince Brotherston	Comox Valley Road Runners	37:01	3:42	5:57	734	745	16	
2	30	6/45	M4549 Terry Nielsen	Comox Valley Road Runners	37:33	3:45	6:03	724	734	15	
3	41	4/49	M5054 Keith Wakelin	Comox Valley Road Runners	38:28	3:51	6:11	706	717	17	
4	50	5/21	M3034 Brad Crowe	Comox Valley Road Runners	39:15	3:55	6:19	692	702	16	
5	86	15/45	M4549 Eric Martinat	Comox Valley Road Runners	41:18	4:08	6:39	658	667	6	
6	164	1/10	F6064 Roslyn Smith	Comox Valley Road Runners	44:51 *	4:29	7:13	684	615	20	
7	170	25/45	M4549 Mark Arsenault	Comox Valley Road Runners	45:11	4:31	7:16	601	610	1	
8	189	21/49	M5054 Hans Gane	Comox Valley Road Runners	45:56	4:36	7:24	592	600	1	
9	202	5/15	M6569 Ken Richardson	Comox Valley Road Runners	46:36	4:40	7:30	583	591	16	
10	204	23/49	M5054 Danny Keyes	Comox Valley Road Runners Riverside Nissan	46:37	4:40	7:30	583	591	1	
11	225	10/34	F4549 Robyn Dicesare	Comox Valley Road Runners	47:23	4:44	7:38	648	582	11	
12	244	19/29	M3539 Brian Rose	Comox Valley Road Runners	48:05	4:49	7:44	565	573	2	
13	259	30/45	M4549 Gordon Delaval	Comox Valley Road Runners	48:45	4:53	7:51	557	565	1	
14	273	11/42	F5054 Karen Weller	Comox Valley Road Runners	49:12	4:55	7:55	624	560	10	
15	275	3/24	F5559 Mary Ann Rolfe	Comox Valley Road Runners	49:24	4:56	7:57	621	558	18	
16	316	12/15	M6569 Jack Penfold	Comox Valley Road Runners	51:02	5:06	8:13	532	540	9	
17	330	2/5	F0115 Emily Keyes	Comox Valley Road Runners Riverside Nissan	51:45	5:10	8:20	593	533	19	
18	373	6/10	M7074 Adam Simpson	Comox Valley Road Runners	54:12	5:25	8:43	501	509	15	
19	405	10/13	F2024 Lindsay Wakelin	Comox Valley Road Runners	56:02	5:36	9:01	548	492	11	
20	415	23/42	F5054 Debra Rigler	Comox Valley Road Runners	56:14	5:37	9:03	546	490	1	
21	419	9/10	M7074 Tom Munro	Comox Valley Road Runners	56:34	5:39	9:06	480	487	12	
22	477	48/49	M5054 Brian Balfe	Comox Valley Road Runners	1:00:28	6:03	9:44	449	456	1	
23	478	1/4	F7074 Diane Palmason	Comox Valley Road Runners	1:00:30	6:03	9:44	507	456	20	

Also,

108	1/34	F4549	Angela Plamondon	Prairie Inn Harriers	42:19	4:14	6:49	725	651	20
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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 (127 Finishers)	1631	974 <u>(75)</u>	657 <u>(52)</u>	-	-	-	-	-	-
2	Bastion Running Club (59 Finishers)	665	268 <u>(27)</u>	397 <u>(32)</u>	-	-	-	-	-	-
3	Comox Valley Road Runners (46 Finishers)	470	231 <u>(23)</u>	239 <u>(23)</u>	-	-	-	-	-	-
4	Frontrunners Westshore (37 Finishers)	433	235 <u>(21)</u>	198 <u>(16)</u>	-	-	-	-	-	-
5	CeeVacs Road Runners (49 Finishers)	387	169 <u>(24)</u>	218 <u>(25)</u>	-	-	-	-	-	-
6	Team West Coast (39 Finishers)	270	144 <u>(23)</u>	126 <u>(16)</u>	-	-	-	-	-	-
7	Victoria Flatliners (21 Finishers)	222	107 <u>(11)</u>	115 <u>(10)</u>	-	-	-	-	-	-
8	Island Road Racers (20 Finishers)	214	123 <u>(11)</u>	91 <u>(9)</u>	-	-	-	-	-	-
9	Ladysmith Striders (21 Finishers)	168	63 <u>(9)</u>	105 <u>(12)</u>	-	-	-	-	-	-
10	Sooke Trail and Road (18 Finishers)	146	79 <u>(10)</u>	67 <u>(8)</u>	-	-	-	-	-	-