

Frontrunners Island Race Series

Hatley Castle 8K
February 21, 2010

Comox Valley Road Runners Results - 14 Finishers							
OA	Group		Name	Club/Sponsor	Time	Pace	
						KM	Mile
23	4/38	M4549	Terry Nielsen	Comox Valley Road Runners	30:18	3:47	6:06
25	2/32	M5054	Roger Plamondon	Comox Valley Road Runners	30:19	3:47	6:06
27	7/24	M2529	Brad Crowe	Comox Valley Road Runners	30:40	3:50	6:10
34	3/32	M5054	Frank Graham	Comox Valley Road Runners Extreme Runners/Saucony	31:16	3:54	6:17
43	1/27	M5559	Wayne Crowe	Comox Valley Road Runners Extreme Runners/Asics	31:37	3:57	6:22
61	11/34	M4044	Steven Royer	Comox Valley Road Runners Fitness Excellence	33:03	4:08	6:39
93	5/24	F3539	Kathy Rung	Comox Valley Road Runners	34:31	4:19	6:57
107	2/32	F4549	Angela Plamondon	Comox Valley Road Runners	35:14	4:24	7:05
138	2/26	F4044	Shannon Lebeuf	Comox Valley Road Runners	36:33	4:34	7:21
223	5/16	F2529	Caroline McGaw	Comox Valley Road Runners Fitness Excellence	40:16	5:02	8:06
251	12/32	F5054	Karen Weller	Comox Valley Road Runners	41:24	5:10	8:20
276	11/17	M6064	Jack Penfold	Comox Valley Road Runners	42:24	5:18	8:32
341	8/12	M6569	Tom Munro	Comox Valley Road Runners	46:06	5:46	9:16
377	24/27	M5559	Chris Robinson	Comox Valley Road Runners	48:18	6:02	9:43

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2010 Club Points (Unofficial)

Pos	Club	Total Club Points	Jan 10	Jan 24	Feb 7	Feb 21
			Prairie Inn Pioneer 8K	Cobble Hill 10K	Cedar 12K	Hatley Castle 8K
1	Prairie Inn Harriers (245 Finishers)	3210	1194 (93)	663 (54)	686 (49)	667 (49)
2	Frontrunners Westshore (99 Finishers)	976	212 (29)	280 (28)	258 (22)	226 (20)
3	Comox Valley Road Runners (59 Finishers)	733	146 (15)	173 (14)	213 (16)	201 (14)
4	Bastion Running Club (68 Finishers)	705	139 (13)	174 (16)	246 (25)	146 (14)
5	Westwood Running Club (62 Finishers)	610	119 (18)	168 (16)	194 (17)	129 (11)