

Sooke River 10K - April 17, 2011

Comox Valley Road Runners Results - 30 Finishers											
Position			Name	Club/Sponsor	Time	Pace		Points		Club	
Club	OA	Group				KM	Mile	New	Old		
1	12	2/23	<a href="#">M4549</a>	<a href="#">Vince Brotherston</a>	<a href="#">Comox Valley Road Runners</a>	36:34	3:39	5:53	743	754	19
2	25	2/33	<a href="#">M5054</a>	<a href="#">Roger Plamondon</a>	<a href="#">Comox Valley Road Runners</a>	38:29	3:51	6:12	706	716	19
3	28	4/23	<a href="#">M4549</a>	<a href="#">Terry Nielsen</a>	<a href="#">Comox Valley Road Runners</a>	38:37	3:52	6:13	704	714	17
4	36	4/33	<a href="#">M5054</a>	<a href="#">Frank Graham</a>	<a href="#">Comox Valley Road Runners</a>	39:08	3:55	6:18	694	704	17
5	43	6/33	<a href="#">M5054</a>	<a href="#">Keith Wakelin</a>	<a href="#">Comox Valley Road Runners</a>	39:30	3:57	6:21	688	698	15
6	73	12/19	<a href="#">M2529</a>	<a href="#">Tim Croft</a>	<a href="#">Comox Valley Road Runners</a>	42:12	4:13	6:47	644	653	9
7	80	8/15	<a href="#">M3034</a>	<a href="#">Aaron Kaiser</a>	<a href="#">Comox Valley Road Runners</a>	42:45	4:17	6:53	636	645	13
8	86	2/20	<a href="#">F4549</a>	<a href="#">Angela Plamondon</a>	<a href="#">Comox Valley Road Runners</a>	43:00	4:18	6:55	714	641	19
9	87	5/10	<a href="#">M1619</a>	<a href="#">Dominick Nadeau</a>	<a href="#">Comox Valley Road Runners</a>	43:19	4:20	6:58	627	636	16
10	88	1/15	<a href="#">F4044</a>	<a href="#">Mary Bridges</a>	<a href="#">Comox Valley Road Runners</a>	43:22	4:20	6:59	708	636	20
11	92	9/23	<a href="#">M4549</a>	<a href="#">Jamie Kantor</a>	<a href="#">Comox Valley Road Runners</a>	43:41	4:22	7:02	622	631	12
12	132	2/15	<a href="#">F3539</a>	<a href="#">Marion Bryan</a>	<a href="#">Comox Valley Road Runners</a>	46:51	4:41	7:32	655	588	19
13	166	5/24	<a href="#">F5054</a>	<a href="#">Laura Wyatt</a>	<a href="#">Comox Valley Road Runners</a>	48:58	4:54	7:53	627	563	16
14	183	6/24	<a href="#">F5054</a>	<a href="#">Karen Weller</a>	<a href="#">Comox Valley Road Runners</a>	49:51	4:59	8:01	616	553	15
15	190	2/14	<a href="#">F5559</a>	<a href="#">Mary Ann Rolfe</a>	<a href="#">Comox Valley Road Runners</a>	50:27	5:03	8:07	608	546	19
16	230	14/16	<a href="#">M6064</a>	<a href="#">Robert Lundine</a>	<a href="#">Comox Valley Road Runners</a>	53:12	5:19	8:34	511	518	7
17	232	7/9	<a href="#">F2024</a>	<a href="#">Lindsay Wakelin</a>	<a href="#">Comox Valley Road Runners</a>	53:15	5:20	8:34	576	518	14
18	235	14/15	<a href="#">M3034</a>	<a href="#">Brad Crowe</a>	<a href="#">Comox Valley Road Runners</a>	53:21	5:20	8:35	509	517	7
19	242	8/16	<a href="#">M6569</a>	<a href="#">Jack Penfold</a>	<a href="#">Comox Valley Road Runners</a>	53:43	5:22	8:39	506	513	13
20	254	5/10	<a href="#">M7074</a>	<a href="#">Adam Simpson</a>	<a href="#">Comox Valley Road Runners</a>	54:33	5:27	8:47	498	505	16
21	256	21/23	<a href="#">M4549</a>	<a href="#">Louis Nadeau</a>	<a href="#">Comox Valley Road Runners</a>	54:44	5:28	8:49	496	504	1
22	257	12/15	<a href="#">M5559</a>	<a href="#">Leo Rolfe</a>	<a href="#">Comox Valley Road Runners</a>	54:47	5:29	8:49	496	503	9
23	308	15/16	<a href="#">F3034</a>	<a href="#">Staci Crosbie</a>	<a href="#">Comox Valley Road Runners</a>	59:39	5:58	9:36	515	462	6
24	319	2/3	<a href="#">F7074</a>	<a href="#">Diane Palmason</a>	<a href="#">Comox Valley Road Runners</a>	1:01:01	6:06	9:49	503	452	19
25	329	15/16	<a href="#">M6569</a>	<a href="#">Don Blacklock</a>	<a href="#">Comox Valley Road Runners</a>	1:03:57	6:24	10:18	425	431	6
26	337	4/4	<a href="#">F1619</a>	<a href="#">Ashley Close</a>	<a href="#">Comox Valley Road Runners</a>	1:07:36	6:46	10:53	454	408	17
27	340	11/14	<a href="#">F5559</a>	<a href="#">Janice McCarthy</a>	<a href="#">Comox Valley Road Runners</a>	1:08:04	6:48	10:57	451	405	10
28	352	9/10	<a href="#">M7074</a>	<a href="#">Ray Owens</a>	<a href="#">Comox Valley Road Runners</a>	1:26:14	8:37	13:53	315	320	12
29	358	7/7	<a href="#">F6569</a>	<a href="#">Linda Munro</a>	<a href="#">Comox Valley Road Runners</a>	1:47:24	10:44	17:17	286	257	14
30	359	10/10	<a href="#">M7074</a>	<a href="#">Tom Munro</a>	<a href="#">Comox Valley Road Runners</a>	1:59:23	11:56	19:13	228	231	11
31		2/2	<a href="#">M8099</a>	<a href="#">Ernie Black</a>	<a href="#">Comox Valley Road Runners</a>	2:06:19					19

## 2011 Club Points

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	<b>Prairie Inn Harriers</b> (384 Finishers)	<b>5126</b>	954 (74)	637 (51)	646 (46)	751 (53)	766 (64)	406 (30)	353 (25)	613 (41)
2	<b>Comox Valley Road Runners</b> (237 Finishers)	<b>2811</b>	251 (24)	259 (24)	360 (33)	221 (17)	231 (20)	521 (51)	542 (38)	426 (31)
3	<b>Bastion Running Club</b> (225 Finishers)	<b>2731</b>	268 (27)	483 (38)	555 (47)	267 (16)	229 (22)	413 (37)	252 (18)	264 (20)
4	<b>Frontrunners Westshore</b> (149 Finishers)	<b>1800</b>	235 (21)	219 (19)	210 (19)	261 (21)	233 (24)	202 (15)	210 (13)	230 (17)
5	<b>CeeVacs Road Runners</b> (150 Finishers)	<b>1481</b>	169 (24)	224 (25)	186 (20)	261 (23)	167 (19)	138 (13)	171 (14)	165 (12)
6	<b>Team West Coast</b> (110 Finishers)	<b>964</b>	144 (23)	126 (16)	115 (12)	193 (16)	105 (16)	107 (9)	59 (6)	115 (12)
7	<b>River Runners</b> (61 Finishers)	<b>787</b>	71 (5)	56 (4)	81 (6)	-	33 (2)	121 (11)	333 (28)	92 (5)
8	<b>Victoria Flatliners</b> (74 Finishers)	<b>764</b>	117 (13)	119 (11)	100 (10)	74 (8)	170 (18)	97 (8)	17 (1)	70 (5)
9	<b>Ladysmith Striders</b> (80 Finishers)	<b>727</b>	63 (9)	105 (12)	113 (12)	108 (12)	98 (13)	38 (7)	110 (7)	92 (8)
10	<b>Sooke Trail and Road</b> (74 Finishers)	<b>680</b>	79 (10)	67 (8)	60 (8)	119 (11)	74 (9)	106 (11)	36 (4)	139 (13)