

Frontrunners Island Race Series

Sooke River 10k – 18 April, 2010

OA	Group	Name	Club/Sponsor	Time	Pace	
					KM	Mile
16	1/22	M5559 Wayne Crowe	CVRR Extreme Runners/Asics	37:15 *	3:44	6:00
20	1/26	M5054 Keith Wakelin	Comox Valley Road Runners	37:42	3:46	6:04
26	7/16	M2529 Brad Crowe	Comox Valley Road Runners	38:11	3:49	6:09
33	3/26	M5054 Roger Plamondon	Comox Valley Road Runners	38:56	3:54	6:16
40	4/20	M4044 Steven Royer	CVRR Fitness Excellence	39:55	4:00	6:25
57	1/24	F4549 Angela Plamondon	Comox Valley Road Runners	41:34	4:09	6:41
108	2/26	F4044 Shannon Lebeuf	Comox Valley Road Runners	45:14	4:31	7:17
135	1/6	F6064 Roslyn Smith	Comox Valley Road Runners	46:59 *	4:42	7:34
162	7/24	F4549 Robyn Dicesare	Comox Valley Road Runners	48:16	4:50	7:46
176	6/26	F4044 Karin Holm	Comox Valley Road Runners	48:55	4:54	7:52
207	7/27	F5054 Karen Weller	Comox Valley Road Runners	50:40	5:04	8:09
249	7/12	F2529 Caroline McGaw	CVRR Fitness Excellence	53:27	5:21	8:36
327	11/13	M6569 Tom Munro	Comox Valley Road Runners	59:08	5:55	9:31

2010 Club Points

Pos	Club	Total Club Points	Jan 10	Jan 24	Feb 7	Feb 21	Mar 7	Mar 21	Apr 4	Apr 18
			Pioneer 8K	Cobble Hill 10K	Cedar 12K	Hatley Castle 8K	Bazan Bay 5K	Comox Valley Half	Merville 15K	Sooke River 10K
1	Prairie Inn Harriers (388 Finishers)	5198	1186 (92)	651 (53)	686 (49)	652 (48)	802 (60)	374 (26)	353 (23)	494 (37)
2	Frontrunners Westshore (174 Finishers)	1841	213 (30)	280 (28)	258 (22)	227 (21)	222 (25)	218 (16)	158 (11)	265 (21)
3	Comox Valley Road Runners (138 Finishers)	1817	146 (15)	173 (14)	213 (16)	201 (14)	188 (13)	387 (33)	294 (20)	215 (13)
4	Westwood Running Club (124 Finishers)	1367	119 (18)	168 (16)	194 (17)	129 (11)	65 (12)	181 (15)	226 (15)	285 (20)
5	Bastion Running Club (133 Finishers)	1342	139 (13)	174 (16)	246 (25)	146 (14)	65 (5)	187 (23)	216 (20)	169 (17)