



April 15, 2006

Mt. Tzouhalem / Providence Farm, Duncan, BC

Rainy and Cool, 5 degrees

Co-Hosts: CeeVacs Running Club

Course Designer: Sheron Chryslers



11km Course

Overall	Time	Bib	First	Last	Home	M/F	Age on Mar 25	Cat	Running Club	Cat Rank
1/127	1:00:43	112	Graham	Cocksedge	Powell River	M	32	Open	UNATT	1/45
2/127	1:00:54	81	Shaun	Stephens-Whale	Roberts Creek	M	16	Open	Elphinstone	2/45
3/127	1:03:12	73	Shane	Ruljancich	Victoria	M	29	Open	Prairie Inn Harriers	3/45
4/127	1:03:25	127	Zeke	Campbell	Victoria	M	27	Open	Peninsula Runners	4/45
5/127	1:03:58	47	Michael	Liedtke	Victoria	M	31	Open		5/45
6/127	1:04:24	12	Brad	Cunningham	Victoria	M	34	Open	Fronrunners	6/45
7/127	1:04:41	117	Sean	Clark	Maple Ridge	M	37	Open	Adidas	7/45
8/127	1:05:24	113	Paul	Purin	North Vancouver	M	30	Open	North Shore Athletics	8/45
9/127	1:05:53	120	Darren	Mealing	Surrey	M	34	Open	Adidas	9/45
10/127	1:06:09	74	Jason	Sandquist	Duncan	M	36	Open	Fronrunners	10/45
11/127	1:07:47	1	Michael	Abbott	Duncan	M	18	Open	Sagmyra Skid Klubb	11/45
12/127	1:08:26	129	Mark	Klan	Nanaimo	M	24	Open		12/45
13/127	1:08:41	67	Ian	Perriman	Victoria	M	30	Open		13/45
14/127	1:08:46	18	Gary	Duncan	Victoria	M	48	40-49	Prairie Inn Harriers	1/22
15/127	1:09:09	99	Dave	Harvey	Shawnigan Lake	M	28	Open		14/45
16/127	1:09:12	101	Sandy	Stewart	North Sanich	M	44	40-49	Prairie Inn Harriers	2/22
17/127	1:09:30	108	Brian	Scott	Duncan	M	27	Open		15/45
18/127	1:09:36	58	Trevor	Millar	Victoria	M	29	Open	Fronrunners/Adidas	16/45
19/127	1:09:49	141	Billy	Hives	Nanaimo	M	37	Open	Fronrunners	17/45
20/127	1:10:24	6	Mathieu	Charest	Victoria	M	27	Open		18/45
21/127	1:10:56	119	John	Thompson	Duncan	M	46	40-49	Ceevacs	3/22
22/127	1:10:58	134	Tara-Lee	Marshall	Maple Ridge	F	36	Open	Adidas	1/28
23/127	1:11:00	138	Wendy	Simms	Nanaimo	F	33	Open	Fronrunners	2/28
24/127	1:11:02	62	Cara	Obee	Victoria	F	28	Open		3/28
25/127	1:11:24	51	Drew	Mackinnon	sooke	M	40	40-49		4/22
26/127	1:11:57	45	Benjamin	Kingstone	Shawnigan Lake	M	15	Open	PIH	19/45
27/127	1:12:08	137	Myron	Knippshild	Duncan	M	46	40-49	CeeVacs	5/22
28/127	1:12:23	35	Jeff	Horeth	Victoria	M	40	40-49	Prairie Inn Harriers	6/22
29/127	1:12:52	16	Julia	Desramaux	Victoria	F	28	Open	Fronrunners/Aviawest-Vega	4/28
30/127	1:13:32	41	John	Ingram	Courtenay	M	58	50+	CVRR	1/12
31/127	1:13:52	102	Doug	Doyle	Victoria	M	47	40-49	PIH//Fronrunners	7/22
32/127	1:14:43	107	Peter	Schuttinga	Victoria	M	42	40-49	H3	8/22
33/127	1:14:57	24	David	Garrison	Victoria	M	34	Open		20/45
34/127	1:16:13	87	Martin	Tessier	Lazo	M	29	Open		21/45
35/127	1:17:07	86	Brian	Tassell	Lantzville	M	47	40-49	ROC Nanaimo	9/22
36/127	1:17:31	115	Russell	Watson	Nanaimo	M	36	Open	ROC Nanaimo	22/45
37/127	1:17:32	36	Cory	Horner	Victoria	M	24	Open	Prairie Inn Harriers	23/45
38/127	1:17:50	103	Patrick	Bundon	Victoria	M	26	Open		24/45
39/127	1:18:13	80	Adrienne	Stedford	Victoria	F	20	Open		5/28
40/127	1:18:42	130	Caroline	Bernard	Nanaimo	F	25	Open		6/28
41/127	1:18:45	124	Suzan	Bruggs	Nanaimo	F	43	40-49	ROC Nanaimo	1/15
42/127	1:19:10	28	Jed	Grieve	Victoria	M	32	Open		25/45
43/127	1:19:24	52	Eric	Matheson	Nanaimo	M	32	Open	ROC	26/45
44/127	1:19:56	57	Dave	Metcalfe	Nanaimo	M	53	50+	ROC Nanaimo	2/12
45/127	1:20:01	109	James	Shearer	Vancouver	M	40	40-49		10/22
46/127	1:20:27	140	Dave	Nowack	Nanaimo	M	34	Open	Fronrunners	27/45
47/127	1:20:35	55	Jesse	McClinton	Ladysmith	M	25	Open		28/45
48/127	1:20:48	61	Rob	Nelson	Victoria	M	28	Open	Fitness World	29/45
49/127	1:21:00	125	Randy	Sousa	Duncan	M	31	Open		30/45
50/127	1:21:07	95	Lara	Wear	Victoria	F	33	Open	Prairie Inn Harriers	7/28
51/127	1:21:13	76	Bill	Scriven	VICTORIA	M	61	50+	Prairie Inn Harriers	3/12
52/127	1:21:16	63	David	Paetkau	Nelson	M	39	Open		31/45
53/127	1:21:20	42	Leigh Anne	Isaac	Victoria	F	32	Open	Fronrunners	8/28
54/127	1:21:24	94	Jason	Ware	Mill Bay	M	29	Open		32/45
55/127	1:21:42	78	Robert	Smith	Victoria	M	52	50+	Fronrunners	4/12
56/127	1:21:52	110	Angie	Sharpe	Duncan	F	27	Open		9/28
57/127	1:23:02	116	Paul	Smith	Victoria	M	45	40-49		11/22

58/127	1:23:34	23	Jasmin	Fredette	Victoria	M	30	Open		33/45
59/127	1:24:46	66	Lindsay	Pellow	Victoria	F	31	Open	Prairie Inn Harriers	10/28
60/127	1:24:53	75	Doug	Schneider	Victoria	M	34	Open	Frontrunners	34/45
61/127	1:25:06	126	Nikki	Pichert	Victoria	F	23	Open	Peninsula Runners	11/28
62/127	1:26:06	69	Erik	Peterson	Nanaimo	M	20	Open		35/45
63/127	1:27:00	123	Alison	Shirley	Victoria	F	29	Open	Peninsula Runners	12/28
64/127	1:27:10	133	Sheila	Campbell	Victoria	F	28	Open	Avia West	13/28
65/127	1:27:28	8	Sheron	Chrysler	Duncan	F	46	40-49	CeeVacs	2/15
66/127	1:27:29	27	Keith	Grey	Duncan	M	53	50+		5/12
67/127	1:27:30	7	Shannon	Christmas	Victoria	F	30	Open	Frontrunners	14/28
68/127	1:28:20	44	Ken	Jamieson	Victoria	M	43	40-49		12/22
69/127	1:28:27	5	Andrew	Burden	Victoria	M	36	Open		36/45
71/127	1:28:31	106	Mary Ann	Hartley	Duncan	F	56	50+		1/5
70/127	1:28:31	77	wade	simmons	Duncan	M	41	40-49		13/22
72/127	1:28:32	21	Grant	Finnighan	Vancouver	M	43	40-49	Pacific Road Runners	14/22
73/127	1:28:33	111	Jenny	Taylor	Shawnigan Lake	F	46	40-49	CeeVaccs	3/15
74/127	1:28:33	139	Aynsley	O'Carroll	Shawnigan Lake	F	27	Open		15/28
75/127	1:28:34	20	Jill	Fikowski	Nanaimo	F	26	Open		16/28
76/127	1:29:48	118	Stephanie	Dempsey		F	25	Open		17/28
77/127	1:29:52	29	Aileen	Hale	Surrey	F	37	Open	Penninsula Runners	18/28
78/127	1:29:56	59	Daniel	Munsell	Quesnel	M	15	Open		37/45
79/127	1:30:07	98	John	Edwards	Ladysmith	M	60	50+		6/12
80/127	1:30:11	89	Joanne	Tumbull	Saanichton	F	41	40-49	Frontrunners	4/15
81/127	1:30:39	38	Mike	Hucal	Victoria	M	41	40-49		15/22
82/127	1:31:09	131	Denis	Frey	Nanaimo	M	54	50+	ROC Nanaimo	7/12
83/127	1:31:17	72	Hugh	Proctor	Lantzville	M	51	50+	ROC Nanaimo	8/12
84/127	1:31:25	11	Andrew	Crowe	Victoria	M	39	Open	Frontrunners	38/45
85/127	1:33:08	56	Patti	McMullen	Duncan	F	43	40-49		5/15
86/127	1:33:25	104	Stephen	Cook	Victoria	M	48	40-49	Royal Roads Running Club	16/22
87/127	1:33:47	49	James	Mackay	Duncan	M	37	Open		39/45
89/127	1:34:03	10	Line	Couture	Lantzville	F	50	50+	ROC Nanaimo	2/5
88/127	1:34:03	3	Henry	Brabander	Shawnigan Lake	M	43	40-49	Frontrunners	17/22
90/127	1:34:07	100	Ritchie	Morrison	Victoria	M	46	40-49		18/22
91/127	1:34:18	105	Mark	Allison	Victoria	M	47	40-49	Royal Roads Running Club	19/22
92/127	1:34:27	31	Ken	Harper	victoria	M	40	40-49		20/22
93/127	1:34:37	90	Nicolle	Underwood	Victoria	F	32	Open		19/28
94/127	1:34:43	50	Dian	MacKinnon	Sooke	F	42	40-49		6/15
95/127	1:34:54	83	Audrey	Stibbe	Victoria	F	43	40-49	Team West Coast	7/15
96/127	1:35:34	15	Bruce	Denny	Victoria	M	37	Open		40/45
97/127	1:35:49	14	Wendy	Davies	Victoria	F	47	40-49	Prairie Inn Harriers	8/15
98/127	1:35:58	136	Laura	Brown	Duncan	F	21	Open	Ceevacs	20/28
99/127	1:36:11	71	Jeanne	Posey	Duncan	F	25	Open		21/28
100/127	1:36:56	132	Suzanne	Watson	Nanaimo	F	43	40-49	ROC Nanaimo	9/15
101/127	1:37:31	92	George	Walford	Nanaimo	M	34	Open		41/45
102/127	1:38:47	22	Kari	Frazer	Brentwood Bay	F	45	40-49		10/15
103/127	1:38:52	122	Andrea	Kardos	Vancouver	F	32	Open	Peninsula Runners	22/28
104/127	1:39:00	33	Lori	Hitchcox	Victoria	F	39	Open		23/28
105/127	1:39:18	85	Tanya	Sutcliffe	duncan	F	31	Open		24/28
106/127	1:40:13	97	Rick	McDougall	Cobble Hill	M	46	40-49	Royal Ceni	21/22
107/127	1:40:45	91	Jeff	Van den Driesen	Victoria	M	55	50+	Team West Coast	9/12
108/127	1:40:48	60	Don	Munsell	Quesnel	M	48	40-49		22/22
109/127	1:40:52	121	Linda	Taylor-Jack	Nanaimo	F	46	40-49	ROC Nanaimo	11/15
110/127	1:41:18	114	martin	Harley	Vancouver	M	33	Open		42/45
111/127	1:41:55	128	Cam	Campbell	Vancouver	M	52	50+		10/12
112/127	1:42:10	142	Nancy	Chave	Victoria	F	53	50+		3/5
113/127	1:42:38	43	Debbie	Jackson	Victoria	F	45	40-49		12/15
115/127	1:43:45	93	Patti	Walsh	Victoria	F	41	40-49		13/15
114/127	1:43:45	19	Jen	Erlendson	Victoria	F	28	Open		25/28
116/127	1:43:49	39	Ben	Hutchins	Vancouver	M	22	Open		43/45
118/127	1:45:43	53	Shauna	Matkovich	Duncan	F	25	Open		26/28
117/127	1:45:43	4	Gary	Brooks	Salt Spring Island	M	54	50+		11/12
119/127	1:46:00	40	Rozee	Hyder	Victoria	F	28	Open	Frontrunners	27/28
120/127	1:46:37	88	Brian	Thornburn	Surrey	M	33	Open		44/45
121/127	1:46:55	135	lesley	Jones	Parksville	F	52	50+		4/5
122/127	1:46:58	13	Melanie	Cunningham	Victoria	F	53	50+	Frontrunners Westshore	5/5
123/127	1:47:08	37	Thomas	Howard	Burnaby	M	35	Open		45/45
124/127	1:53:11	30	Lisa	Halliwell	Saanichton	F	37	Open	Frontrunners	28/28
125/127	1:53:16	9	Sharon	Cormier	Sooke	F	47	40-49	STARR	14/15
126/127	1:53:18	48	Dennis	Light	Parksville	M	50	50+	ORCA	12/12
127/127	DNF	2	Diane	Blanchard	Victoria	F	45	40-49	JDF FunRunners	15/15

6km Course

Overall	Time	Bib	First	Last	Home	M/F	Age on Mar 25	Cat	Running Club	Cat Rank
1/66	0:35:56	1014	Tim	Dewailly	Victoria	M	25	Open	Frontrunners	1/20
2/66	0:37:58	1028	David	Norton	Cobblehill	M	34	Open		2/20
3/66	0:42:00	1008	Jonathan	Chesley	Victoria	M	22	Open	UVic Triathlon Club	3/20
4/66	0:42:23	1066	Bill	Bothman	Saanichton	M	39	Open		4/20
5/66	0:42:46	1006	Rhodes	Brown	Victoria	M	29	Open	UVic Triathlon Club	5/20
6/66	0:43:30	1018	David	Evanoff	Victoria	M	30	Open	Frontrunners	6/20
7/66	0:45:11	1061	Sean	McBurney	Victoria	M	31	Open	Peninsula Runners	7/20
8/66	0:45:23	1058	Mark	Stokes	Victoria	M	50	50+		1/4
9/66	0:45:28	1031	Aaron	Ritchie	Parksville	M	15	Open	ORCA	8/20
10/66	0:45:32	1065	Laura	Wyatt	Courtney	F	46	40-49	CVRR	1/12
11/66	0:46:07	1048	Adam	Scheuer	Victoria	M	26	Open		9/20
12/66	0:46:14	1075	Sean	Cunningham	Victoria	M	42	40-49		1/3
13/66	0:46:16	1020	Sean	Grant	Victoria	M	40	40-49		2/3
14/66	0:46:31	1019	Carolyn	Goluza	Victoria	F	36	Open		1/27
15/66	0:47:23	1074	Dave	Gardiner	Sooke	M	36	Open		10/20
16/66	0:49:19	1040	Geoff	Steel	Nanaimo	M	37	Open		11/20
17/66	0:49:27	1024	Kim	Laughton	Courtenay	F	29	Open		2/27
18/66	0:49:45	1026	Karla	Mellson	Victoria	F	28	Open	JDF FunRunners	3/27
19/66	0:50:09	1022	Pascale	Houde	Lazo	F	33	Open		4/27
20/66	0:50:10	1037	Yan	Senechal	Lazo	M	23	Open		12/20
21/66	0:51:02	1044	Vince	Trahan	Sooke	M	59	50+	STARR	2/4
22/66	0:52:24	1011	Calvin	Cormier	Sooke	M	14	Open	STARR	13/20
23/66	0:53:01	1042	Mike	Warnhoff	Sooke	M	14	Open	STARR	14/20
24/66	0:53:02	1025	Judith	Markvoort	Nanaimo	F	42	40-49		2/12
25/66	0:53:35	1059	Hannah	Roots	Victoria	F	46	40-49		3/12
26/66	0:53:45	1030	Nola	Ries	Victoria	F	33	Open		5/27
27/66	0:54:10	1017	Nicole	Drysdale	duncan	F	31	Open		6/27
28/66	0:54:20	1005	Patrick	Brown	Victoria	M	54	50+	Team West Coast	3/4
29/66	0:54:40	1036	Kelly	Schellenberg	Duncan	F	47	40-49	CeeVacs	4/12
30/66	0:55:11	1068	Norman	Thibault	Nanaimo	M	37	Open	Frontrunners	15/20
31/66	0:55:24	1032	Michelle	Rowell	Victoria	F	36	Open	Frontrunners Laker Girls	7/27
32/66	0:55:32	1069	Mia	Stalberg	Campbell River	F	39	Open		8/27
33/66	0:56:19	1054	Jesse	Bundon	Victoria	F	29	Open		9/27
34/66	0:56:45	1055	Robert K	Wright	Duncan	M	36	Open		16/20
35/66	0:56:51	1073	Andrea	Buchan	Sooke	F	30	Open		10/27
36/66	0:57:17	1033	Donna	Rudman	Victoria	F	38	Open		11/27
37/66	0:59:06	1015	Laura	Di Cicco	Vancouver	F	39	Open	PRR	12/27
38/66	0:59:17	1010	Keltie	Conover	Victoria	F	29	Open	JDF Fun Runners	13/27
39/66	0:59:18	1071	Andraya	Walters	Black Creek	F	11	Open		14/27
40/66	0:59:21	1007	Andrea	Carey	Victoria	F	29	Open	Frontrunners	15/27
41/66	0:59:21	1070	Kaylee	Thompson	Campbell River	F	11	Open		16/27
42/66	0:59:36	1067	Rick	Wilton	Victoria	M	52	50+		4/4
43/66	0:59:48	1016	Lisa	Doucette	Victoria	F	29	Open		17/27
44/66	1:00:43	1041	Melissa	Townsend	Victoria	F	27	Open		18/27
45/66	1:00:52	1027	Melissa	Ngawati	Victoria	F	34	Open		19/27
46/66	1:01:14	1045	Joelle	Pattern	Nanaimo	F	39	Open		20/27
47/66	1:01:16	1051	Jo	Kingstone	Shawnigan Lake	F	44	40-49		5/12
48/66	1:02:26	1034	Pam	Ryan	Nanaimo	F	39	Open		21/27
49/66	1:03:28	1013	Arlene	Deptuck	Nanaimo	F	35	Open		22/27
50/66	1:03:40	1072	Connie	Walters	Black Creek	F	41	40-49		6/12
51/66	1:06:27	1056	Joshua	Kulhawy	Ladysmith	M	13	Open	Ladysmith Stryders	17/20
52/66	1:07:32	1057	David	Kullary	Ladysmith	M	42	40-49	Ladysmith Stryders	3/3
53/66	1:07:33	1060	Laura	Trax	Victoria	F	29	Open	BodyDynamics/LuluLemon	23/27
54/66	1:07:38	1063	Sean	Napier	Duncan	M	33	Open		18/20
55/66	1:08:33	1043	Terri	Wright	Victoria	F	43	40-49	JDF FunRunners	7/12
56/66	1:11:14	1001	Terisa	Bilton	Nanaimo	F	45	40-49		8/12
57/66	1:11:53	1064	Rachele	Napier	Duncan	F	40	40-49		9/12
58/66	1:12:28	1062	Karen	Jarvis	Duncan	F	45	40-49		10/12
59/66	1:17:51	1046	Alix	Polywkan	Nanaimo	F	35	Open		24/27
60/66	1:18:34	1023	Jackie	Hucal	Victoria	F	40	40-49		11/12
61/66	1:19:29	1047	Eugene	Harry	Cobble Hill	M	15	Open		19/20
62/66	1:25:13	1004	Lisa	Bronson	Duncan	F	44	40-49	CeeVacs	12/12
63/66	1:26:11	1053	Alison	Liebel	Burnaby	F	35	Open		25/27
64/66	1:26:59	1052	Lovena	Morton	Dewdney	F	15	Open		26/27
65/66	1:30:44	1049	Tori	Peterson	Victoria	F	10	Open	IRR	27/27
66/66	1:31:08	1050	Donald	Peterson	Victoria	M	37	Open	IRR	20/20

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