



June 3, 2006

Mt. Douglas, Victoria, BC

Sunny and warm; 20 C

Co-Hosts: Prairie Inn Harriers -- www.pih.bc.ca

Course Designer: Bob Reid

COHOST CLUB:



11km Course

Overall	Time	Bib	First	Last	Home	M/F	Age on Mar 25	Cat	Running Club	Category
1/101	0:47:50	155	Graham	Cocksedge	Powell River	M	32	Open		1/46
2/101	0:50:39	214	Shaun	Stephens-Whale	Roberts Creek	M	16	Open		2/46
3/101	0:52:56	158	Brad	Cunningham	Victoria	M	31	Open	Fronrunners	3/46
4/101	0:53:17	209	Shane	Ruljancich	Victoria	M	29	Open	Prairie Inn Harriers	4/46
5/101	0:53:28	187	Michael	Liedtke	Victoria	M	31	Open		5/46
6/101	0:54:03	226	Kim	Webb	Victoria	M	34	Open	Prairie Inn Harriers	6/46
7/101	0:55:20	236	Rob	Fontaine	Campbell River	M	37	Open	CR River Runners	7/46
8/101	0:56:35	163	Gary	Duncan	Victoria	M	48	40-49	Prairie Inn Harriers	1/36
9/101	0:56:59	190	bruce	martell	Victoria	M	36	Open		8/46
10/101	0:57:05	185	Benjamin	Kingstone	Shawnigan Lake	M	15	Open	Prairie Inn Harriers	9/46
11/101	0:57:28	234	Mark	Klan	Nanaimo	M	24	Open		10/46
12/101	0:57:46	201	Andrew	Pape-Salmon	Victoria	M	36	Open	Prairie Inn Harriers	11/46
13/101	0:58:03	244	Drew	MacKinnon	Sooke	M	40	40-49	Prairie Inn Harriers	2/36
14/101	0:58:17	166	Jamie	Falk	Victoria	M	31	Open		12/46
15/101	0:59:17	181	Cory	Horner	Victoria	M	24	Open	Prairie Inn Harriers	13/46
16/101	0:59:18	143	Nick	Best	Victoria	M	17	Open		14/46
17/101	0:59:26	199	Cara	Obee	Victoria	F	28	Open	Prarie Inn Harriers	1/22
18/101	0:59:43	180	Jeff	Horeth	Victoria	M	40	40-49	Prairie Inn Harriers	3/36
19/101	1:00:10	241	Garth	Campbell	Victoria	M	47	40-49		4/36
20/101	1:00:23	204	Ian	Perriman	Victoria	M	30	Open		15/46
21/101	1:00:33	218	Taylor	Termes	Shawnigan Lake	M	17	Open		16/46
22/101	1:01:32	188	Rob	Mackay	Victoria	M	35	Open	Team Gobi Canada	17/46
23/101	1:02:01	196	Erica	Milligan	Vancouver	F	26	Open		2/22
24/101	1:02:04	237	Sandy	Stewart	North Saanich	M	44	40-49	Prarie Inn Harriers	5/36
25/101	1:02:32	150	Rumon	Carter	Victoria	M	30	Open	PIH/adidas	18/46
26/101	1:02:59	231	Craig	Payne	Victoria	M	37	Open		19/46
27/101	1:03:09	242	John	Thompson	Duncan	M	46	40-49	CeeVacs	6/36
28/101	1:03:26	182	John	Ingram	Courtenay	M	58	50+	CVRR	1/11
29/101	1:04:33	167	David	Garrison	Victoria	M	34	Open		20/46
30/101	1:04:40	217	Josh	Switnicki	Shawnigan Lake	M	17	Open		21/46
31/101	1:04:48	230	James	Shearer	Sidney	M	40	40-49		7/36
32/101	1:05:35	162	Tasha	Dilay	Victoria	F	28	Open		3/22
33/101	1:05:47	173	Jed	Grieve	Victoria	M	32	Open		22/46
34/101	1:05:48	206	Donald	Peterson	Victoria	M	37	Open	Team Gobi Canada / IRR	23/46
35/101	1:05:57	210	BILL	SCRIVEN	Victoria	M	61	50+	Prairie Inn Harriers	2/11
36/101	1:06:06	225	Lara	Wear	Victoria	F	33	Open	Prairie Inn Harriers	4/22
37/101	1:06:58	246	Chris	Kelsall	Victoria	M	36	Open	Prarie Inn Harriers	24/46
38/101	1:07:14	212	Robert	Smith	Victoria	M	52	50+	Fronrunners	3/11
39/101	1:07:52	233	Paul	Hawksworth	Victoria	M	28	Open		25/46
40/101	1:08:03	144	Chris	Bowly	Victoria	F	46	40-49		1/7
41/101	1:08:59	159	Andrew	Deane	Cowichan Bay	M	38	Open	SLAC	26/46
42/101	1:09:04	216	Stewart	Story	Victoria	M	30	Open		27/46
43/101	1:09:21	235	Caroline	Bernard	Nanaimo	F	25	Open		5/22
44/101	1:09:26	195	Yannick	Michaud	Victoria	M	31	Open		28/46
45/101	1:09:57	184	Ken	Jamieson	Victoria	M	43	40-49		8/36
47/101	1:10:01	168	Chloe	Gendron	Victoria	F	36	Open		6/22
46/101	1:10:01	147	aaron	bruce	nanaimo	M	22	Open		29/46
48/101	1:10:02	172	Keith	Grey	Duncan	M	53	50+		4/11
49/101	1:10:08	165	Kim	Ebbs-Canavan	sooke	F	34	Open		7/22
50/101	1:10:16	239	Marcy	Bennett	Victoria	F	26	Open	Prairie Inn Harriers	8/22
51/101	1:10:39	228	Nicole	Barrett	Campbell River	F	18	Open	CR River Runners	9/22
52/101	1:10:48	148	Teslin	Bruhn	Shawnigan Lake	M	17	Open		30/46
53/101	1:11:19	200	Robert	O'Dwyer	Shawnigan Lake	M	17	Open		31/46
54/101	1:11:32	193	Dave	Metcalfe	Nanaimo	M	53	50+	ROC Nanaimo	5/11
55/101	1:11:34	203	Lindsay	Pellow	Victoria	F	31	Open	Prairie Inn Harriers	10/22
56/101	1:11:38	152	Sheron	Chrysler	Duncan	F	46	40-49	CeeVacs	2/7
57/101	1:11:56	177	Sandi	Heal	Victoria	F	32	Open	Prairie Inn Harriers	11/22
58/101	1:12:03	221	Pete	Veasey	Victoria	M	30	Open		32/46
59/101	1:12:38	198	Rob	Nelson	Victoria	M	28	Open	Fitness World	33/46
60/101	1:12:44	151	Shannon	Christmas	Victoria	F	30	Open	Fronrunners	12/22
61/101	1:12:47	170	James	Gordon	Victoria	M	22	Open		34/46

62/101	1:14:04	176	Janine	Hartley	Victoria	F	38	Open		13/22
63/101	1:14:18	154	Jon	Clarke	Victoria	M	27	Open		35/46
64/101	1:14:28	211	wade	simmons	Duncan	M	41	40-49		9/36
65/101	1:14:39	192	Jennifer	McLean	Victoria	F	26	Open		14/22
66/101	1:15:18	232	Renata	Troc	Victoria	F	39	Open		15/22
67/101	1:16:08	202	David	Paruk	Port Alberni	M	41	40-49	Arrowsmith Radical Runners	10/36
68/101	1:16:32	178	Matthew	Henderson	Victoria	M	26	Open		36/46
69/101	1:16:34	245	Dian	MacKinnon	Sooke	F	42	40-49	Prairie Inn Harriers	3/7
70/101	1:17:19	205	Erik	Peterson	Nanaimo	M	20	Open		37/46
71/101	1:17:20	220	Jeffrey	van den Driesen	Victoria	M	56	50+	TWC	6/11
72/101	1:17:22	174	David	Guyader	Victoria	M	42	40-49		11/36
73/101	1:17:23	238	Wayne	Tribe	Duncan	M	54	50+		7/11
74/101	1:17:43	145	Henry	Brabander	Shawnigan Lake	M	43	40-49		12/36
75/101	1:17:59	213	Desmond	Stephens	Richmond	M	38	Open		38/46
76/101	1:19:03	175	Jacqueline	Guyader	Victoria	F	37	Open		16/22
77/101	1:19:44	194	Jannus	Meyburg	Shawnigan Lake	M	17	Open		39/46
78/101	1:19:54	183	The	Jackal	Victoria	M	54	50+	Prairie Inn Harriers	8/11
79/101	1:21:19	240	Erwin	Walters	Black Creek	M	41	40-49		13/36
80/101	1:22:00	219	Nicolle	Underwood	Victoria	F	32	Open		17/22
81/101	1:22:52	223	George	Walford	Nanaimo	M	34	Open		40/46
82/101	1:23:07	247	James	Strickland	Victoria	M	37	Open		41/46
83/101	1:23:40	160	Bruce	Denny	Victoria	M	37	Open		42/46
84/101	1:24:18	179	Lori	Hitchcox	Victoria	F	39	Open		18/22
85/101	1:25:41	189	Florette	Maclean	Hornby Island	F	43	40-49		4/7
86/101	1:27:12	171	Lisa	Greig	Sooke	F	43	40-49	STARR	5/7
87/101	1:28:27	243	Mark	Termes	Qualicum Beach	M	50	50+		9/11
88/101	1:28:48	146	Gary	Brooks	Salt Spring Island	M	54	50+		10/11
89/101	1:29:12	169	Trevor	Gilbertson	Victoria	M	28	Open		43/46
90/101	1:29:13	224	Cara	Walker	Victoria	F	27	Open		19/22
91/101	1:29:29	248	Lesley	Jones	Parksville	F	52	50+		1/1
92/101	1:30:42	149	Donna	Carrigan	Victoria	F	25	Open	Team Gobi Canada	20/22
93/101	1:30:57	227	Rick	Wilton	Victoria	M	52	50+		11/11
94/101	1:31:50	186	Jim	Kingstone	Shawnigan Lake	M	49	40-49		14/36
95/101	1:32:57	156	Sharon	Cormier	Sooke	F	47	40-49	STARR	6/7
96/101	1:37:29	229	Jocelyn	Honeyman	Vancouver	F	38	Open	Running Room	21/22
97/101	1:41:43	249	Ramon	Ruffy		M	28	Open		44/46
98/101	1:41:44	251	Jasmin	Dhaliwal	Surrey	F	17	Open		22/22
100/101	1:49:32	161	Heather	Devereaux	Sooke	F	46	40-49	STARR	7/7
99/101	1:49:32	250	Quang	Le	Surrey	M	22	Open		45/46
101/101	DQ	164	Sean	Ebbs-Canavan	Sooke	M	33	Open		46/46

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| Cohort Clubs



5km Course

Overall	Time	Bib	First	Last	Home	M/F	Age on Mar 25	Cat	Running Club	Category
1/81	0:20:15	1125	Robert	Thibodeau	Victoria	M	40	40-49	Peninsula Runners	1/8
2/81	0:20:18	1160	C.Sean	Cunningham	Victoria	M	43	40-49	TWC	2/8
3/81	0:20:22	1127	Basil	Veerman	Victoria	M	20	Open		1/18
4/81	0:20:42	1155	Neil	Taylor	Victoria	M	27	Open		2/18
5/81	0:21:54	1131	Allen	Wootton	Victoria	M	22	Open		3/18
5/81	0:22:14	1159	Hicham	Elamiri	Victoria	M	36	Open		3/18
7/81	0:22:14	1136	Grahan	Reed	Victoria	M	34	Open		5/18
8/81	0:22:18	1117	Aaron	Ritchie	Parksville	M	15	Open	ORCA	6/18
9/81	0:22:53	1078	Camie	Bentham	Victoria	F	34	Open		1/32
10/81	0:22:56	1145	Jim	Morton	Duncan	M	47	40-49	CeeVacs	3/8
11/81	0:22:57	1102	Matt	Jensen	Victoria	M	23	Open		7/18
12/81	0:23:04	1146	Dan	O'Connor	Victoria	M	28	Open		8/18
13/81	0:23:15	1142	Laura	Wyatt	Courtenay	F	46	40-49	CVRR	1/14
14/81	0:23:19	1081	Leo	Blanchard	Victoria	M	50	50+		1/7
15/81	0:23:33	1139	Wendy	Davies	Victoria	F	47	40-49	Prairie Inn Harriers	2/14
16/81	0:23:41	1082	Jean-christophe	Boucher	Victoria	M	22	Open		9/18
17/81	0:23:47	1087	Calvin	Cormier	Sooke	M	14	Open	STARR	10/18
18/81	0:23:53	1143	Dee	Ogden	Victoria	F	39	Open	Prairie Inn Harriers	2/32
19/81	0:24:07	1153	Carolyn	Goluzza	Victoria	F	36	Open		3/32
20/81	0:24:10	1144	Mark	Stokes	Victoria	M	50	50+		2/7
21/81	0:24:16	1129	Mike	Warnhoff	Sooke	M	14	Open	STARR	11/18
22/81	0:24:52	1093	David	Dennis	Victoria	M	48	40-49	Prairie Inn Harriers	4/8
23/81	0:25:01	1105	Stephen	Livingstone	Victoria	M	24	Open		12/18
24/81	0:25:08	1098	James	Griffin	Duncan	M	58	50+	CeeVacs	3/7
25/81	0:25:09	1089	John	Craig	Victoria	M	43	40-49	JDF Funrunners	5/8
26/81	0:25:27	1079	Eric	Blake	Victoria	M	27	Open		13/18
27/81	0:25:37	1076	Katherine	Ahokas	Victoria	F	22	Open		4/32
28/81	0:25:47	1094	Faye	d'Eon-Eggertson	Victoria	F	19	Open		5/32
29/81	0:25:56	1119	Hannah	Roots	Victoria	F	46	40-49		3/14
30/81	0:26:02	1106	Judith	Markvoort	Nanaimo	F	42	40-49		4/14
31/81	0:26:04	1083	Patrick	Brown	Victoria	M	54	50+	Team West Coast	4/7
32/81	0:26:08	1123	Suzy	Taylor	Kamloops	F	34	Open	Prairie Inn Harriers	6/32
33/81	0:26:11	1113	David	Nataf	Cote-St-Luc	M	22	Open		14/18
34/81	0:26:22	1088	Martina	Craig	Victoria	F	44	40-49	Prairie Inn Harriers	5/14
35/81	0:26:27	1141	Ben	Walters	Black Creek	M	13	Open		15/18
36/81	0:26:48	1092	Dianne	Dennis	Victoria	F	44	40-49	Prairie Inn Harriers	6/14
37/81	0:26:52	1122	Helen	Scott	Victoria	F	35	Open		7/32
38/81	0:26:53	1152	Vince	Trahan	Sooke	M	59	50+	STARR	5/7
39/81	0:26:55	1135	Harry	Barrett	Campbell River	M	52	50+	CR River Runners	6/7
40/81	0:27:21	1100	Mike	Hucal	Victoria	M	42	40-49		6/8
41/81	0:27:32	1109	Kimberly	Mclvor	Victoria	F	26	Open		8/32
42/81	0:27:37	1156	Cindy	Radford	Victoria	F	36	Open		9/32
43/81	0:27:40	1097	Regan	Grieve	Victoria	F	30	Open		10/32
44/81	0:27:41	1130	Leslie	Woodman	Shawnigan Lake	F	45	40-49	ceevacs	7/14
45/81	0:28:12	1128	Linda	Walker	Brentwood Bay	F	38	Open	BodyDynamics Bootcamp	11/32
46/81	0:28:34	1120	Michelle	Rowell	Victoria	F	36	Open	Frontrunners Laker Girls	12/32
47/81	0:28:36	1110	Martha	McNeely	Victoria	F	56	50+		1/2
48/81	0:29:06	1077	MICHELLE	ARDIEL	Victoria	F	33	Open		13/32
49/81	0:29:14	1124	Lisa	Teschke	Victoria	F	25	Open		14/32
50/81	0:29:15	1096	Misha	Gibson	Victoria	F	24	Open		15/32
51/81	0:29:20	1115	Vanessa	Nicholson	Victoria	F	25	Open	Teas n' Beans	16/32
52/81	0:29:40	1137	Kyle	Nelson	Victoria	M	20	Open		16/18
53/81	0:29:41	1138	Ginny	McLane	Victoria	F	20	Open		17/32
54/81	0:29:55	1134	Duane	Seibel	Kamloops	M	41	40-49	Runners Soul	7/8
55/81	0:30:12	1095	Arlene	Deptuck	Nanaimo	F	35	Open		18/32
56/81	0:30:35	1154	Donna	Rudman	Victoria	F	38	Open		19/32
57/81	0:30:37	1114	Melissa	Ngawati	Victoria	F	34	Open		20/32
58/81	0:30:47	1118	Chris	Robinson	Campbell River	M	52	50+		7/7
59/81	0:31:07	1104	Halliwell	Lisa	Saanichton	F	37	Open		21/32
60/81	0:31:15	1107	Sheri	Martin	Victoria	F	42	40-49	Teas n' Beans	8/14
61/81	0:31:20	1151	Alexandra	Haggis	Victoria	F	17	Open		22/32
62/81	0:31:30	1150	Jane	Haggis	Victoria	F	49	40-49		9/14
63/81	0:31:31	1149	Melanie	Cunningham	Victoria	F	53	50+	Frontrunners Westshore	2/2
64/81	0:31:35	1148	Dawn	Boake	Victoria	F	27	Open		23/32
65/81	0:31:50	1140	Connie	Walters	Black Creek	F	41	40-49		10/14
66/81	0:31:51	1157	Nicola	Wright	Langley	F	21	Open		24/32
67/81	0:31:53	1111	Kate	Morrison	Victoria	F	23	Open		25/32
68/81	0:31:54	1147	Nicole	Porteous	Victoria	F	23	Open		26/32
69/81	0:31:55	1116	Melissa	Quintero	Victoria	F	19	Open		27/32
70/81	0:34:39	1132	Terri	Wright	Victoria	F	43	40-49	JDF Funrunners	11/14
71/81	0:35:11	1085	Becca	Carroll	London	F	32	Open		28/32

72/81	0:35:47	1112	Tara	Morrissey	Victoria	F	27	Open		29/32
73/81	0:36:16	1126	Catherine	Tully	Victoria	F	45	40-49		12/14
74/81	0:37:21	1103	Alisha	Kelly	Victoria	F	21	Open		30/32
75/81	0:37:21	1091	Anne-Marie	DeLorey	Victoria	F	44	40-49	Y Tri	13/14
76/81	0:37:38	1086	Liz	Clemis	Victoria	F	23	Open		31/32
77/81	0:40:32	1108	Jill	Maysmith	Victoria	F	26	Open		32/32
78/81	0:41:43	1099	Jackie	Hucal	Victoria	F	40	40-49		14/14
79/81	0:44:54	1101	James	Hunter	Saanichton	M	41	40-49		8/8
80/81	0:47:15	1158	Armit	Parmar	Surrey	M	27	Open		17/18
81/81	1:09:36	1133	Andrew	Yaworski	Victoria	M	22	Open		18/18

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