

TIMEX BC ROAD RUNNING SERIES

2010

SEE WEBSITE FOR MORE INFO AND RANKINGS
www.bcathletics.org/RRSeries/



THE VANCOUVER SUN

Next race:

Kelowna Midsummer 8k
Sunday, July 11, 8am, Capital News Centre, Kelowna
www.bcathletics.org/RRSeries/

WOMEN'S RANKINGS AFTER RACE #12: NSCU LONGEST DAY 5K

OVERALL	PTS.	RACES	25-29	PTS.	RACES	40-44	PTS.	RACES	55-59	PTS.	RACES
NATASHA WODAK	4382	5	NATASHA WODAK	4382	5	LUCY SMITH	3485	4	JACKIE EDDY	3330	5
CARE WAKELY	4096	6	CARE WAKELY	4096	6	JUNKO POLEY	3222	5	MICHELLE GOROSH	2386	4
CATHERINE WATKINS	4041	5	SHANNON THOMPSON	3928	5	CHARLENE WALDNER	2844	4	SHEILA WHITE	2064	4
SHANNON THOMPSON	3928	5	KRISTIN SMART	2901	4	MAUREEN CURTIN	2777	4	LAURA GRIFFIN	1925	4
CLAIRE MORGAN	3906	5	DANIELLE MASON	2537	4	BELINDA KISSACK	2342	4	JANET WRIGHT	1862	3
NATALIE CLOSS	3846	6	MELISSA ROSS	2478	3	SHANNON PECK	2210	4	MARY WILLIAMS	1503	3
SONJA YLI-KAHILA	3663	5	SARAH ROBERTSON	2439	4	ANGELA PLAMONDON	2209	3	MELANIE CUNNINGHAM	1412	3
LUCY SMITH	3485	4	JANET NIELSEN	2359	3	BEV KEMP	2209	3	LAURELEE WELDER	1404	2
MICHELLE BUCKLEY	3404	5	LOUISE ORAM	2251	3	LISA MORROW	2147	3	HEATHER BEATTY	1394	2
RACHEL RUUS	3340	4	KATE RICHARDS	2167	3	DENISE DIXON	2137	4	SANDRA FAWCETT	1377	3
JACKIE EDDY	3330	5	NICOLE KOENIG	2051	3	DONNA ANDERSON	1998	4	AGNES STANSFIELD	1363	2
KATHERINE MOORE	3269	4	KATE LINDSAY	1824	3	MELINDA BRAKE	1973	3	LORI ALLIN	1329	2
JUNKO POLEY	3222	5	MAGALI TISSEYRE	1701	2	SUE SANDERS	1971	4	DONNA DE BELLEFEUILLE	1274	2
KRISTIN SMART	2901	4	ANNE-MARIE MADDEN	1641	2	ALAYNE PRZADA	1805	3	DENISE AUCOIN	1248	2
JULIE VAN VEELLEN	2889	4	MARTINA WAN	1618	2	SANDY CARTWRIGHT	1797	3	SHAVAU SEDLOCK	1223	2
CHARLENE WALDNER	2844	4	ERIN BURRETT	1614	2	JOANNE COSBY	1714	3	MICHELE VON BECKMANN	1221	2
BARI-ELYN WISE	2816	6	AMANDA COUTTS	1605	3	CHERYL MURPHY	1656	2	MARY FREEMAN	1186	2
SARA GANS	2806	4	CHESSA ADSIT-MORRIS	1602	2	BARB COTTINGHAM	1647	3	PAULINE CONDON STYNES	1179	2
MAUREEN CURTIN	2777	4	NANCY FEDORUK	1567	2	GINA COUTTS	1547	3	CHARLOTTE HEIDT	1169	2
LARA DUKE	2771	4	CHARLOTTA REHNBERG	1499	2	TERESA NIGHTINGALE	1526	2	HELEN MARTIN	1161	2
SUZANNE MANDY	2727	4	SEANNA MARTIN	1438	2	STEPHANIE KIEFFER	1456	2	MARY ELLEN HEIDT	1159	2
CARA SMITH	2689	6	RACHEL ROMERO	1434	2	RENATA TROC	1372	2	TRICIA BOURASSA	1140	2
KRISTINA RODY	2649	3	ADRIENNE STEDFORD	1429	2	SABRINA WONG	1329	2	LIZ DYSON	1113	2
KARMEN JONGEWAARD	2561	4	MELISSA RUSSELL	1388	2	PENNY DAVIS	1327	2	BARBARA LOW	1094	2
DANIELLE MASON	2537	4	KATIE CROSS	1381	2	SANDRA MILLIGAN	1326	2	FERN ESAU	1079	2
19 & U			30-34			45-49			60-64		
NICHOLA KENNEL	2046	3	SONJA YLI-KAHILA	3663	5	BARI-ELYN WISE	2816	6	CARA SMITH	2689	6
CHRISTINE RIDENOUR	1640	2	MICHELLE BUCKLEY	3404	5	SUZANNE MANDY	2727	4	FELICITY PARKER	2163	4
ALECIA KALLOS	1501	2	KATHERINE MOORE	3269	4	NANCY BAXENDALE	2355	3	BETH HAYSOM	1617	3
CARYS PINCHES	1470	2	JULIE VAN VEELLEN	2889	4	JEANETTE CARLSON	2324	4	HEATHER JOHNS	1614	3
GABRIELA BOLANOS	1459	2	SARA GANS	2806	4	KAREN IRVINE	2307	4	ROSLYN SMITH	1319	2
REBECCA STAYNOR	1435	2	LARA DUKE	2771	4	AUDREY STIBBE	2275	4	PEGGY SHERWOOD	1313	3
KIMBERLEY DOERKSEN	1419	2	KRISTINA RODY	2649	3	JUDI SIGURDSON	2255	4	MARCIA STROMSMOE	1303	2
KATRINA DUTKIEWICZ	1369	2	KARMEN JONGEWAARD	2561	4	WENDY WILLIAMS	2170	4	IRENE WINGATE	1268	2
FARISHA ARENSEN	1368	2	MEAGHAN MCCOLLUM	2511	3	CAROLE PHEE	2168	4	LYNETTE BALDOCK	1184	2
SHERRY GU	1281	2	JENNIFER HALL	2121	4	SHEILA MCKEE	2043	4	DIANE LEONARD	1159	2
MICHELLE KO	1241	2	KIM EVERETT	2082	3	SUE THORNE	1951	3	MARGARET ELLIS	1114	2
MATTIE BAKKER	1228	2	MARIE-CLAUDE MAGNAN	2078	3	GERALDINE HUTCHINGS	1924	3	MARIAN PATERSON	1093	2
JADE DELZBERG	1226	2	LEAH PAINTER	2013	3	MARY MULLANY	1887	3	PATRICIA RIEGEL	1084	2
ROBYN NOEL	1107	2	ERIN BROWES	2001	3	NADINE PADUR-ROSE	1886	3	ELAINE MILLER	1005	2
TAYLOR NOEL	888	2	DEBRA HOPKINS	1930	4	NATALIE NOBERT	1831	3	CHERYL HAYES	985	2
20-24			DEVON EDMUNDSON	1915	4	ELIZABETH ARRUDA	1699	4	LINDA WOODBURY	979	2
JESSICA SEDLOCK	2428	3	KRISTA KITSON	1888	3	SELINA LEW	1648	3	VAL JANZEN	950	2
TARA BERRY	2079	3	MALINDI ELMORE	1827	2	COLLEEN BARNATT	1634	3	ANNE WARREN	900	2
ANDREA BACHAND	2077	3	KIRSTY SHELTON	1754	3	JULIETTE CHRISTIE	1592	2	65-69		
SHAUNA SKINNER	1667	2	MARY DILLON	1615	3	SHANNON GROENEWEGEN	1581	3	PAULINE NAIDOO	1709	3
SARAH BOSMA	1642	3	ANDREA MINTER	1612	3	SUSAN SCHIPHORST	1537	3	MEI-SHENG SHANKS	1464	3
KAREN FORSMAN	1456	2	EMILY SOLSBERG	1559	2	VALERIE BELL	1490	2	PHYLLIS D'ENTREMONT	1311	3
SARAH EDMILAO	1426	2	EMILIE NADEAU	1490	3	SANDRA MULLEN	1470	2	CAROL JUDD	980	2
LISA ADAMS	1331	2	KRISTAL ANDERSON	1470	2	CATHY NOEL	1466	3	KAREN WILLIES	955	2
KATIE BRITTON	1324	2	REBEKAH JOHNSON	1449	2	CAROLINE RAINE	1368	2	GLORIA LARRATT	909	2
HEATHER AFFORD	1323	2	35-39			50-54			70+		
KAYLEE BEALES	1316	2	CATHERINE WATKINS	4041	5	CATHY MORTON	2356	4	SANDRA DAVIES	1610	4
COURTNEY SWARTZ	1284	2	CLAIRE MORGAN	3906	5	DANNA FRASER	2101	4	CORINNA GILLILAND	800	2
HILARY SPIRES	1243	2	NATALIE CLOSS	3846	6	JANICE TUBA	2098	4	GEORGIE CLAPHAM	786	2
LIBBY MACHATTIE	1233	2	RACHEL RUUS	3340	4	ROBERTA FERGUSON	1998	3			
LISANNE PRINCE	1198	2	WENDY NAVAS	2254	4	JANE MCDONALD	1850	4			
DIANA DUBE	1161	2	KIRSTEN ARENSEN	2194	3	DIANA CONNER	1832	3			
CLAIRE MAYTOM	1152	2	HEATHER CHRISTIE	2062	3	SYLVIA GRANT	1803	3			
SANAZ FOTOOHI	1145	2	KATHLYN MCHUGH	1967	3	LORI STENSON	1734	3			
ANGELA PUSZKA	1138	2	CINDY TODD	1893	3	BEV BAIN	1674	3			
MELANIE TRÉPANIÉ	1129	2	NIKKI VAN HORNE	1868	3	LESLIE EWART	1617	3			
KATLIN BAMFORD	1121	2	TIFFANY SMITH	1786	3	CINDY RHODES	1498	2			
KATE BEATON	1114	2	APRIL DEYAEGER	1744	3	ELAINE AHARON	1448	3			
BRITTANY HARSHEY	1096	2	BERNICE SMITH	1685	3	CHRIS BROWER	1410	2			
LINDSAY GOLDTHORPE	1064	2	TRISHA KAPLAN	1535	3	DONNA MORRISSEY	1330	2			
JENNIFER JONES	1049	2	KATE BAYNE	1521	2	JULIE FRYDENLUND	1260	2			
			KAREN LABEREE	1513	2	LEE ANN DIL	1256	2			
			JENNY MANZER	1480	2	TAMI BEALES	1252	2			
			MELINA THIBODEAU	1466	2	LEE WILLIAMS	1245	2			
			MANDY SELLARS	1446	2	JUDITH NEWMAN	1241	2			
			KATHY RUNG	1441	2	ANN WILK	1239	2			
			JACQUIE NELIGAN	1392	2	KAREN WELLER	1221	2			
			CRYSTAL FYFE	1354	2	LYNN ROSS	1206	2			
			STEPHANIE RENWICK	1342	2	DONNA GILBERT	1203	2			
			AUDREY ATTIA	1331	2	KAT MCGRATH	1195	2			
			CLAIRE FLEWWELLING	1287	2	TERESA RUSH	1187	2			