

TIMEX BC ROAD RUNNING SERIES

2010

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



THE VANCOUVER SUN

Next race:

North Shore Credit Union Longest Day 5k
Friday, June 18, 7:45pm, Thunderbird Stadium, UBC, Vancouver
www.thunderbirdstrack.org

WOMEN'S RANKINGS AFTER RACE #11: SANDCASTLE 10K

OVERALL	PTS.	RACES	25-29	PTS.	RACES	40-44	PTS.	RACES	55-59	PTS.	RACES
CARE WAKELY.....	4053	5	CARE WAKELY.....	4053	5	LUCY SMITH.....	3485	4	JACKIE EDDY.....	3330	5
CLAIRE MORGAN.....	3906	5	NATASHA WODAK.....	3489	4	CHARLENE WALDNER.....	2844	4	MICHELLE GOROSH.....	2386	4
NATALIE CLOSS.....	3817	5	SHANNON THOMPSON.....	3125	4	JUNKO POLEY.....	2554	4	JANET WRIGHT.....	1862	3
SONJA YLI-KAHILA.....	3663	5	DANIELLE MASON.....	2537	4	BELINDA KISSACK.....	2342	4	SHEILA WHITE.....	1545	3
NATASHA WODAK.....	3489	4	MELISSA ROSS.....	2478	3	SHANNON PECK.....	2210	4	MARY WILLIAMS.....	1503	3
LUCY SMITH.....	3485	4	SARAH ROBERTSON.....	2439	4	ANGELA PLAMONDON.....	2209	3	LAURA GRIFFIN.....	1439	3
JACKIE EDDY.....	3330	5	JANET NIELSEN.....	2359	3	DENISE DIXON.....	2137	4	MELANIE CUNNINGHAM.....	1412	3
KATHERINE MOORE.....	3269	4	KATE RICHARDS.....	2167	3	MAUREEN CURTIN.....	2071	3	LAURELEE WELDER.....	1404	2
CATHERINE WATKINS.....	3207	4	KRISTIN SMART.....	2155	3	MELINDA BRAKE.....	1973	3	HEATHER BEATTY.....	1394	2
SHANNON THOMPSON.....	3125	4	NICOLE KOENIG.....	2051	3	SANDY PRZADA.....	1805	3	SANDRA FAWCETT.....	1377	3
JULIE VAN VEELEN.....	2889	4	KATE LINDSAY.....	1824	3	ALAYNE CARTWRIGHT.....	1797	3	AGNES STANSFIELD.....	1363	2
CHARLENE WALDNER.....	2844	4	MAGALI TISSEYRE.....	1701	2	JOANNE COSBY.....	1714	3	LORI ALLIN.....	1329	2
SARA GANS.....	2806	4	ANNE-MARIE MADDEN.....	1641	2	CHERYL MURPHY.....	1656	2	DONNA DE BELLEFEUILLE.....	1274	2
BARI-ELYN WISE.....	2773	5	MARTINA WAN.....	1618	2	BARB COTTINGHAM.....	1647	3	DENISE AUCOIN.....	1248	2
SUZANNE MANDY.....	2727	4	ERIN BURRETT.....	1614	2	GINA COUTTS.....	1547	3	SHAVAUW SEDLOCK.....	1223	2
MICHELLE BUCKLEY.....	2712	4	CHESSA ADSIT-MORRIS.....	1602	2	SUE SANDERS.....	1533	3	MICHELE VON BECKMANN.....	1221	2
CARA SMITH.....	2662	5	NANCY FEDORUK.....	1567	2	TERESA NIGHTINGALE.....	1526	2	MARY FREEMAN.....	1186	2
KARMEN JONGEWAARD.....	2561	4	CHARLOTTA REHNBERG.....	1499	2	DONNA ANDERSON.....	1484	3	PAULINE CONDON STYNES.....	1179	2
JUNKO POLEY.....	2554	4	LOUISE ORAM.....	1491	2	BEV KEMP.....	1460	2	CHARLOTTE HEIDT.....	1169	2
DANIELLE MASON.....	2537	4	SEANNA MARTIN.....	1438	2	STEPHANIE KIEFFER.....	1456	2	HELEN MARTIN.....	1161	2
MEAGHAN MCCOLLUM.....	2511	3	ADRIENNE STEDFORD.....	1429	2	LISA MORROW.....	1433	2	MARY ELLEN HEIDT.....	1159	2
RACHEL RUUS.....	2496	3	MELISSA RUSSELL.....	1388	2	RENATA TROC.....	1372	2	TRICIA BOURASSA.....	1140	2
MELISSA ROSS.....	2478	3	KATIE CROSS.....	1381	2	SABRINA WONG.....	1329	2	LIZ DYSON.....	1113	2
SARAH ROBERTSON.....	2439	4	TERESA BERKHOLTZ.....	1374	2	PENNY DAVIS.....	1327	2	BARBARA LOW.....	1094	2
JESSICA SEDLOCK.....	2428	3	PAMELA DINN.....	1346	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.....	2773	5	CARA SMITH.....	2662	5
CHRISTINE RIDENOUR.....	1640	2	KATHERINE MOORE.....	3269	4	SUZANNE MANDY.....	2727	4	FELICITY PARKER.....	1798	3
ALECIA KALLOS.....	1501	2	JULIE VAN VEELEN.....	2889	4	NANCY BAXENDALE.....	2355	3	BETH HAYSOM.....	1617	3
CARYS PINCHES.....	1470	2	SARA GANS.....	2806	4	JEANETTE CARLSON.....	2324	4	HEATHER JOHNS.....	1614	3
GABRIELA BOLANOS.....	1459	2	MICHELLE BUCKLEY.....	2712	4	KAREN IRVINE.....	2307	4	ROSLYN SMITH.....	1319	2
REBECCA STAYNOR.....	1435	2	KARMEN JONGEWAARD.....	2561	4	AUDREY STIBBE.....	2275	4	PEGGY SHERWOOD.....	1313	3
KIMBERLEY DOERKSEN.....	1419	2	MEAGHAN MCCOLLUM.....	2511	3	JUDI SIGURDSON.....	2255	4	MARCIA STROMSMOE.....	1303	2
KATRINA DUTKIEWICZ.....	1369	2	LARA DUKE.....	2107	3	WENDY WILLIAMS.....	2170	4	DIANE LEONARD.....	1159	2
FARISHA ARENSEN.....	1368	2	KIM EVERETT.....	2082	3	SUE THORNE.....	1951	3	MARIAN PATERSON.....	1093	2
SHERRY GU.....	1281	2	MARIE-CLAUDE MAGNAN.....	2078	3	GERALDINE HUTCHINGS.....	1924	3	PATRICIA RIEGEL.....	1084	2
MICHELLE KO.....	1241	2	LEAH PAINTER.....	2013	3	NADINE PADUR-ROSE.....	1886	3	ELAINE MILLER.....	1005	2
MATTIE BAKKER.....	1228	2	KRISTA KITSON.....	1888	3	NATALIE NOBERT.....	1831	3	CHERYL HAYES.....	985	2
JADE DELZBERG.....	1226	2	MALINDI ELMORE.....	1827	2	SELINA LEW.....	1648	3	LINDA WOODBURY.....	979	2
ROBYN NOEL.....	1107	2	KRISTINA RODY.....	1769	2	COLLEEN BARNATT.....	1634	3	VAL JANZEN.....	950	2
TAYLOR NOEL.....	888	2	KIRSTY SHELDON.....	1754	3	CAROLE PHEE.....	1624	3	ANNE WARREN.....	900	2
20-24			MARY DILLON.....	1615	3	JULIETTE CHRISTIE.....	1592	2	65-69		
JESSICA SEDLOCK.....	2428	3	ANDREA MINTER.....	1612	3	SHANNON GROENEWEGEN.....	1581	3	PAULINE NAIDOO.....	1709	3
TARA BERRY.....	2079	3	JENNIFER HALL.....	1578	3	SUSAN SCHIPHORST.....	1537	3	MEI-SHENG SHANKS.....	1464	3
ANDREA BACHAND.....	2077	3	EMILIE NADEAU.....	1490	3	SHEILA MCKEE.....	1523	3	CAROL JUDD.....	980	2
SHAUNA SKINNER.....	1667	2	KRISTAL ANDERSON.....	1470	2	VALERIE BELL.....	1490	2	KAREN WILLIES.....	955	2
SARAH BOSMA.....	1642	3	DEBRA HOPKINS.....	1460	3	SANDRA MULLEN.....	1470	2	GLORIA LARRATT.....	909	2
LISA ADAMS.....	1331	2	REBEKAH JOHNSON.....	1449	2	CATHY NOEL.....	1466	3	PHYLLIS D'ENTREMONT.....	861	2
KATIE BRITTON.....	1324	2	JENNA LOCK.....	1445	3	CAROLINE RAINE.....	1368	2	70+		
HEATHER AFFORD.....	1323	2	LEANNE BLACKWOOD.....	1441	2	JOANELL STORM.....	1362	2	SANDRA DAVIES.....	1214	3
KAYLEE BEALES.....	1316	2	DEVON EDMUNDSON.....	1434	3	LOIS FEARON.....	1341	2	CORINNA GILLILAND.....	800	2
COURTNEY SWARTZ.....	1284	2	35-39			50-54			GEORGIE CLAPHAM.....	786	2
HILARY SPIRES.....	1243	2	CLAIRE MORGAN.....	3906	5	DANNA FRASER.....	2101	4			
LIBBY MACHATTIE.....	1233	2	NATALIE CLOSS.....	3817	5	ROBERTA FERGUSON.....	1998	3			
LISANNE PRINCE.....	1198	2	CATHERINE WATKINS.....	3207	4	DIANA CONNER.....	1832	3			
DIANA DUBE.....	1161	2	RACHEL RUUS.....	2496	3	SYLVIA GRANT.....	1803	3			
CLAIRE MAYTOM.....	1152	2	WENDY NAVAS.....	2254	4	CATHY MORTON.....	1762	3			
SANAZ FOTOOHI.....	1145	2	KIRSTEN ARENSEN.....	2194	3	LORI STENSON.....	1734	3			
ANGELA PUSZKA.....	1138	2	HEATHER CHRISTIE.....	2062	3	BEV BAIN.....	1674	3			
MELANIE TREPANIER.....	1129	2	KATHLYN MCHUGH.....	1967	3	LESLIE EWART.....	1617	3			
KATLIN BAMFORD.....	1121	2	CINDY TODD.....	1893	3	JANICE TUBA.....	1554	3			
KATE BEATON.....	1114	2	NIKKI VAN HORNE.....	1868	3	CINDY RHODES.....	1498	2			
BRITTANY HARSHEY.....	1096	2	TIFFANY SMITH.....	1786	3	ELAINE AHARON.....	1448	3			
LINDSAY GOLDTHORPE.....	1064	2	APRIL DEYAEGER.....	1744	3	CHRIS BROWER.....	1410	2			
JENNIFER JONES.....	1049	2	BERNICE SMITH.....	1685	3	JANE MCDONALD.....	1394	3			
MERCEDES MACKIE.....	1027	2	TRISHA KAPLAN.....	1535	3	DONNA MORRISSEY.....	1330	2			
TARYN KLATT.....	976	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			