



Track and Field
Road Running
Marathons/Ultras
Cross Country Running
Race Walking

2012 BC 10K Road Running Championships

The provincial 10K road running championship were incorporated into The Vancouver Sun Run, and was open to any 2012 Junior, Senior, Masters or Road & Trail member of BC Athletics. The Championship winners were Samuel Pawluk and Natasha Fraser.

Championship Results

Men

1. Samuel Pawluk	30:56	1/10	M2529
2. Kevin Friesen	31:00	1/9	M2024
3. Ben Thistlewood	31:01	2/9	M2024
4. Jeremiah Ziak	31:20	1/11	M3539
5. Kevin O'Connor	31:33	1/11	M4044
6. Blair Johnston	31:53	3/9	M2024
7. Kristopher Swanson	31:54	1/4	M3034
8. Bruce Deacon	32:18	1/7	M4549
9. Dylan Gant	32:24	2/10	M2529
10. Oliver Utting	32:30	2/11	M3539
11. Ian Hallam	32:31	2/11	M4044
12. Craig Odermatt	32:34	3/11	M4044
13. Timothy Smith	32:36	4/9	M2024
14. Colin Wallace	32:38	2/4	M3034
15. David Palermo	32:48	3/10	M2529
16. Jonathan Heinz	33:00	5/9	M2024
17. Paul McNamara	33:11	3/4	M3034
18. Lawrence Viola	33:11	1/5	M1819
19. Colin Dignum	33:26	2/7	M4549
20. Drew Nicholson	33:28	4/10	M2529
21. Mark Bennett	33:28	1/10	M5054
22. Bilal Shamsi	33:34	2/5	M1819
23. Carey Nelson	33:37	3/7	M4549
24. Stan Jang	33:40	4/11	M4044
25. Mike Murphy	33:43	5/11	M4044
26. Neil Holm	33:46	4/7	M4549
27. Thomas Nipen	34:29	5/10	M2529
28. Darren Lee	34:33	3/11	M3539
29. Klaus Anders	34:35	6/10	M2529
30. Travis Fraser	34:52	3/5	M1819
31. Brendan Wong	35:03	4/5	M1819
32. Geoff Reid	35:17	7/10	M2529
33. Nick Thomas	35:23	6/9	M2024
34. Gordon Christie	35:27	2/10	M5054
35. Brian Nemethy	35:57	3/10	M5054
36. Michael Hughes	36:05	6/11	M4044
37. John Atkinson	36:14	4/11	M3539
38. Yubai Lui	36:20	7/9	M2024
39. Russ Ladd	36:26	4/10	M5054
40. Richard Lee	36:30	5/10	M5054
41. Michael Ross	36:39	1/4	M5559
42. Alexander Gibson	36:44	8/9	M2024

43. Larry Lorette	36:45	7/11	M4044
44. Dave Stephens	36:49	6/10	M5054
45. David Papineau	36:55	8/11	M4044
46. Jo Astoria	37:12	5/7	M4549
47. Barry Young	37:38	5/11	M3539
48. Amiel Logan	37:41	6/11	M3539
49. Phil Green	38:05	7/10	M5054
50. Scott Stewart	38:14	1/10	M6064
51. Matt Sessions	38:37	6/7	M4549
52. Marc De Geus	38:42	8/10	M2529
53. Ben Hanemaayer	39:46	9/10	M2529
54. Matt Colpitts	40:28	7/11	M3539
55. Robin Lindsey	40:53	2/4	M5559
56. Reidar Zapf-Gilje	41:10	2/10	M6064
57. David Han	41:19	8/11	M3539
58. Ron Wichmann	41:27	3/4	M5559
59. Leo Rankin	41:52	3/10	M6064
60. Gordon Flett	41:58	8/10	M5054
61. Gihan Wickremasuriya	42:26	9/11	M3539
62. George Sojka	42:29	4/10	M6064
63. Paul Brar	43:24	4/4	M3034
64. Andrew Lai	43:42	10/11	M3539
65. Hazim Azawi	44:12	9/11	M4044
66. Terry Riggins	44:24	5/10	M6064
67. Edmond Tan	45:13	10/10	M2529
68. Christopher Monaghan	45:37	5/5	M1819
69. Everett Romain	46:27	4/4	M5559
70. Gordon Cross	46:31	10/11	M4044
71. Phillip Rockerbie	46:33	9/9	M2024
72. Jake Madderom	46:55	1/2	M6569
73. Bryan Chubb	47:34	6/10	M6064
74. Jeff Bannard	48:16	9/10	M5054
75. Pat Cheung	49:08	7/10	M6064
76. Dickson Choy	49:46	11/11	M3539
77. Marcus Madsen	50:06	11/11	M4044
78. Akram Khan	50:41	1/2	M7074
79. Orlando Naranjo	52:06	8/10	M6064
80. Tony Lopes	52:35	7/7	M4549
81. Gerald Tincher	53:24	9/10	M6064
82. Rick Horne	54:05	10/10	M6064
83. Bob Cheng	56:39	10/10	M5054
84. Ben Seghers	59:50	2/2	M6569
85. Rob Daniel	1:05:04	2/2	M7074

Women

1. Natasha Fraser	34:13	1/10	F3034
2. Marilyn Arsenault	35:04	1/9	F4044
3. Anne-Marie Madden	35:12	2/10	F3034
4. Lucy Smith	35:23	2/9	F4044
5. Catrin Jones	36:08	3/10	F3034
6. Melissa Ross	36:30	1/6	F2529
7. Sabrina Wilkie	36:32	2/6	F2529
8. Erin Burrett	36:47	4/10	F3034
9. Sarah Reimer	36:59	1/8	F2024
10. Claire Morgan	37:02	1/7	F3539
11. Amy Schneeberg	37:04	5/10	F3034
12. Lisa Brooking	37:18	2/8	F2024
13. Kristin Smart	37:26	3/6	F2529
14. Rebecca Reid	37:26	1/8	F4549
15. Katrina Bruckschwaiger	37:28	6/10	F3034

16. Cari Kuzyk	37:45	2/7	F3539
17. Gillian Clayton	37:55	7/10	F3034
18. Nancy Baxendale	38:01	1/6	F5054
19. Mary Walsh	38:58	3/9	F4044
20. Brooke Spence	39:01	4/6	F2529
21. Tanya Zarin	39:09	4/9	F4044
22. Shannon Thompson	39:17	8/10	F3034
23. Helen Ritchie	39:20	2/8	F4549
24. Alexandra Lea	39:24	5/6	F2529
25. Juliette Christie	39:27	3/8	F4549
26. Margreet Dietz	39:46	5/9	F4044
27. Allison Ezzat	39:51	9/10	F3034
28. Gill Walker	39:52	3/7	F3539
29. Karyn Mitchell	40:14	4/8	F4549
30. Karen Warrendorf	40:22	4/7	F3539
31. Alicia Woodside	41:00	3/8	F2024
32. Louise Oram	41:27	6/6	F2529
33. Teresa Nightingale	41:41	5/8	F4549
34. Janette Purdham	42:09	6/9	F4044
35. Maureen Curtin	42:15	6/8	F4549
36. Emily Weekes	42:17	4/8	F2024
37. Jane De Lemos	42:25	7/8	F4549
38. Kirsten Lee	42:25	1/1	F1819
39. Tamara Harris	42:46	5/8	F2024
40. Kate Dilworth	43:43	2/6	F5054
41. Sophie Dansereau	44:37	5/7	F3539
42. Sabrina Wong	44:42	7/9	F4044
43. Elizabeth Hammett	44:49	10/10	F3034
44. Tracy Wakaluk	46:31	8/9	F4044
45. Vicki Mann	47:48	9/9	F4044
46. Stephanie Dacre	48:59	6/8	F2024
47. Lucille Pellew	50:26	1/3	F6064
48. Jane Wintemute	52:03	1/4	F6569
49. Nancy McLaren	52:27	2/4	F6569
50. Lynette Baldock	52:33	3/4	F6569
51. Gwen McFarlan	55:42	1/1	F7579
52. Mary Simmonds	56:36	2/3	F6064
53. Amber Storey	56:42	6/7	F3539
54. DJ Rose	58:28	3/6	F5054
55. Melanie Reum	59:43	7/8	F2024
56. Amanda Schneider	1:00:00	8/8	F2024
57. Cara Smith	1:00:57	4/4	F6569
58. Marilyn Richardson	1:05:28	4/6	F5054
59. Laurel Wichmann	1:06:49	5/6	F5054
60. Frances Steinfeld	1:08:10	1/1	F7074
61. Lynne Dueck	1:10:04	6/6	F5054
62. Faune Johnson	1:19:41	3/3	F6064
63. Elizabeth Boghean	1:22:58	8/8	F4549
64. Andrea MacIntosh	2:11:11	7/7	F3539

Congratulations,

Maurice Wilson

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