



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

2012 BC 5K Road Running Championships

The provincial 5K road running championship were incorporated into the BMO St Patrick's Day 5K, and was open to any 2012 Junior, Senior, Masters or Road & Trail member of BC Athletics. The Championship winners were Kevin Friesen and Gillian Gook.

Championship Results

Men

1. Kevin Friesen	15:15	1/5	M2024
2. Blair Johnston	15:27	2/5	M2024
3. Kevin O'Connor	15:35	1/6	M4044
4. Rowan Forsyth	15:53	3/5	M2024
5. David Palermo	15:53	1/9	M2529
6. Sean Chester	15:59	2/9	M2529
7. Craig Odermatt	16:08	2/6	M4044
8. Chris Voth	16:12	4/5	M2024
9. Nathan Killam	16:14	3/9	M2529
10. Tom Michie	16:15	4/9	M2529
11. Anders Klaus	16:20	5/9	M2529
12. Paul McNamara	16:34	1/2	M3034
13. Drew Nicholson	16:38	6/9	M2529
14. Mark Bennett	16:39	1/5	M5054
15. Thomas Nipen	16:40	7/9	M2529
16. Ramsey Ezzat	16:45	8/9	M2529
17. Geoff Reid	16:56	9/9	M2529
18. John Atkinson	17:31	1/4	M3539
19. Gurjit Rajput	17:39	5/5	M2024
20. Brian Wynhoven	17:42	3/6	M4044
21. Amiel Logan	18:12	2/4	M3539
22. Paul Reimer	18:14	1/5	M5559
23. Art Boileau	18:20	2/5	M5054
24. Robert Uebbing	18:33	4/6	M4044
25. Tim Nixon	18:39	1/3	M4549
26. Christopher Maika	18:40	2/3	M4549
27. Scott Stewart	18:45	1/6	M6064
28. Jo Astoria	18:54	3/3	M4549
29. Kevin Zakreski	19:15	5/6	M4044
30. Gordon Carscadden	19:18	2/5	M5559
31. Andy Bienefeld	19:19	3/4	M3539
32. Mark Shorter	19:48	3/5	M5559
33. Richard Armstrong	20:13	3/5	M5054
34. Tom Cardle	20:34	4/5	M5054
35. Robin Lindsey	20:25	4/5	M5559
36. George Sojka	20:58	2/6	M6064
37. Paul Brar	21:13	2/2	M3034
38. Dominic Gerelle	21:30	5/5	M5559
39. Bill Chang	21:49	5/5	M5054
40. William Goldstein	22:52	3/6	M6064
41. Steven Lowe	23:11	4/6	M6064
42. Jake Madderom	23:28	1/3	M6569

43. Dickson Choy	23:48	4/4	M3539
44. Akram Khan	24:58	1/4	M7074
45. Rick Horne	25:10	5/6	M6064
46. Edward Kavanagh	26:02	2/4	M7074
47. Arthur Beadle	26:25	2/3	M6569
48. Gerald Tincher	26:33	6/6	M6064
49. Ben Seghers	29:50	3/3	M6569
50. Dan Murphy	31:02	3/4	M7074
51. Rob Daniel	31:28	4/4	M7074
52. Chris Brandt	37:05	6/6	M4044

Women

1. Gillian Gook	17:50	1/4	F2529
2. Amy Schneeberg	18:01	1/11	F3034
3. Katherine Moore	18:17	2/11	F3034
4. Natasha Fraser	18:18	3/11	F3034
5. Erin Burrett	18:20	4/11	F3034
6. Gillian Clayton	18:23	5/11	F3034
7. Kristin Smart	18:25	2/4	F2529
8. Claire Morgan	18:32	1/3	F3539
9. Cari Kuzyk	18:36	2/3	F3539
10. Shannon Thompson	18:38	6/11	F3034
11. Rebecca Reid	19:01	1/3	F4549
12. Alex Lea	19:28	3/4	F2529
13. Helen Ritchie	19:33	2/3	F4549
14. Allison Tai	19:37	7/11	F3034
15. Cindy Rhodes	19:48	1/1	F5559
16. Allison Ezzat	19:49	8/11	F3034
17. Sue Kwan	19:55	9/11	F3034
18. Louise Oram	19:59	4/4	F2529
19. Angela D'Elia	20:00	10/11	F3034
20. Amanda Groves	20:10	11/11	F3034
21. Rika Hatachi	20:41	1/1	F4044
22. Teresa Nightingale	20:47	3/3	F4549
23. Lynda McCue	21:10	3/3	F3539
24. Lynne Dueck	23:01	1/2	F5054
25. Lilian Wong	24:41	1/1	F6064
26. Cathy Morton	25:39	2/2	F5054
27. Lynette Baldock	26:31	1/3	F6569
28. Lenore Montgomery	29:57	1/1	F8084
29. Cara Smith	30:11	2/3	F6569
30. Phyllis D'Entremont	31:57	3/3	F6569

Congratulations,

Maurice Wilson

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