

Distance	Gender	Category	First Name	Last Name	Venue	Event Name		Date	Aided	Time	Pending
1 Mile	F	55-59	Carol	Montgomery	Kelowna	Fast Days of Summer		04-Sep-2022		5:51	p
1 Mile	F	65-69	Cindy	Rhodes	Kelowna	Fast Days of Summer		04-Sep-2022		6:55	p
1 Mile	F	75-79	Diane	Leonard	Kelowna	Fast Days of Summer		04-Sep-2022		8:12	p
1 Mile	F	80-84	Liz	Borrett	Kelowna	Fast Days of Summer		04-Sep-2022		9:37	p
5 K	M	60-64	David	Guss	Kelowna	Fast Days of Summer		04-Sep-2022		17:08	p
Mar	F	40-44	Natasha	Wodak	Berlin	Berlin Marathon		25-Sep-2022		2:23:12	p
10K	F	40-44	Natasha	Wodak	Vancouver	VFAC Summerfast 10K		16-Jul-2022		32:19	p
5K	F	70-74	Roslyn	Smith	Victoria	Bazen Bay 5K		10-Apr-2022		22:50	p
Mar	F	70-74	Roslyn	Smith	London UK	London Marathon		02-Oct-2022		3:50:46	p
8k	F	40-45	Natasha	Wodak	Saanich	Pioneer 8K		08-Jan-2023		26:20	p
1/2 Mar	F	40-45	Natasha	Wodak	Vancouver	First Half		12-Feb-2023		1:10:17	p
1/2 Mar	F	70-74	Roslyn	Smith	Courtenay	Comox Valley Half		19-Mar-2023		1:44:31	p