



2015 BC 5K Road Running Championships

The provincial 5K Road Running championship were incorporated into the Blueshore Financial Longest Day 5K hosted by the Vancouver Thunderbirds, and was open to any 2015 Junior, Senior, Masters or Road & Trail member of BC Athletics. The Championship winners were Kevin Friesen and Natasha Wodak. Lenore Montgomery ran a Canadian F8589 age best.

Championship Results

Men

1. Kevin Friesen	14:48	1/3	M2529
2. Jeremiah Ziak	15:22	1/4	M3539
3. Kevin O'Connor	15:54	1/5	M4549
4. Craig Odermatt	16:00	2/5	M4549
5. Mark Bennett	16:51	1/4	M5054
6. Jan Heuinck	16:52	2/3	M2529
7. Chris Napier	16:58	2/4	M3539
8. Drew Nicholson	17:13	1/1	M3034
9. Anthony Skuce	17:29	2/4	M5054
10. Stephen Ptucha	17:33	1/3	M4044
11. Carey Nelson	17:34	3/4	M5054
12. Barry Young	18:04	2/3	M4044
13. Larry Lorette	18:06	3/5	M4549
14. Ben Lui	18:25	3/4	M3539
15. Darrell Lahey	18:56	4/4	M3539
16. Chris Imai	18:59	4/5	M4549
17. Kevin Zakreski	19:09	5/5	M4549
18. Gordon Carscadden	19:49	1/2	M5559
19. Roly Muller	19:50	1/4	M6064
20. Leo Lam	20:55	2/4	M6064
21. Edwin Liu	21:17	2/2	M5559
22. Terry Riggins	21:27	1/3	M6569
23. Doug Grimes	21:43	4/4	M5054
24. Chris Raeside	22:07	3/3	M2529
25. Diego Arellano	22:24	1/1	M2024
26. Robert Haines	22:35	3/4	M6064
27. Neil Wakelin	23:11	2/3	M6569
28. Ian Morrison	24:23	3/3	M4044
29. William Goldstein	24:29	4/4	M6064
30. Jess Brewer	24:50	3/3	M6569
31. Rob Daniel	38:58	1/1	M7579



Women

1. Natasha Wodak	16:16	1/2	F3034
2. Catherine Watkins	17:04	1/2	F4044
3. Shauna Gersbach	17:56	1/3	F2529
4. Kristyn Webster	18:33	2/3	F2529
5. Katherine Moore	18:44	1/2	F3539
6. Rachael Gardner	19:14	3/3	F2529
7. Helen Ritchie	19:39	1/4	F4549
8. Susan Gelinias	21:11	2/2	F3539
9. Jane de Lemos	21:39	2/4	F4549
10. Jill Delane	21:46	3/4	F4549
11. Lisa Pearlman	22:15	2/2	F3034
12. Junko Kosugi	22:34	4/4	F4549
13. Julia Hodanic	23:08	1/1	F1819
14. Lynne Dueck	23:10	1/4	F5559
15. Beverli Barnes	23:36	2/4	F5559
16. Susan Jones	24:00	2/2	F4044
17. Patricia Kearney	24:12	3/4	F5559
18. Lynette Baldock	27:00	1/1	F6569
19. Judy Westacott	29:17	4/4	F5559
20. Lenore Montgomery	36:11	1/1	F8589

Congratulations,

Maurice Wilson

BC Athletics, Technical Manager Road & XC Running

