



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

## BC 10K Championships

The provincial 10K road running championship were incorporated into the TC10K, hosted by the Victoria International Running Society, and was open to any 2010 competitive member of BC Athletics. The Championship winners were Scott Simpson and Kristina Rody.

### Championship Results

#### Men

1. Scott Simpson	30:00	1/17	Senior
2. Simon Whitfield	30:12	2/17	Senior
3. Steve Osaduk	30:39	3/17	Senior
4. Kris Swanson	30:39	4/17	Senior
5. Jim Finlayson	30:40	5/17	Senior
6. David Jackson	30:41	6/17	Senior
7. Jay MacDonald	30:49	7/17	Senior
8. Oliver Utting	30:54	8/17	Senior
9. Mark Bomba	31:23	1/1	40-44
10. Matt Pieterse	31:30	9/17	Senior
11. Todd Howard	31:45	10/17	Senior
12. Jason Loutitt	32:16	11/17	Senior
13. Dylan Gant	32:23	12/17	Senior
14. Craig Odermatt	32:29	13/17	Senior
15. Shawn Nelson	32:53	14/17	Senior
16. Shane Ruljancich	33:00	15/17	Senior
17. Keith Mills	33:43	16/17	Senior
18. Kevin Searle	34:33	1/3	45-49
19. Trevor Feeney	34:45	17/17	Senior
20. Paul O'Callaghan	35:36	2/3	45-49
21. Paul Reimer	35:42	1/3	55-59
22. Stuart Keenan	36:43	1/1	Junior
23. Gary Duncan	37:07	1/2	50-54
24. David Hoskins	38:46	1/1	60-64
25. Steve Hosford	38:57	2/3	55-59
26. Herb Phillips	40:11	1/3	65-69
27. Peter Freeman	43:53	3/3	55-59
28. Maurice Tarrant	47:51	1/1	80-84
29. John Woodall	52:24	1/1	75-79
30. Bruce Kennedy	58:29	2/2	50-54
31. Les East	1:02:47	1/2	70-74
32. John Davis	1:02:58	2/3	65-69
33. Keith Clamp	1:04:04	3/3	65-69
34. Rob Daniel	1:06:18	2/2	70-74
35. Kris Andersen	1:09:27	3/3	45-49

**Women**

1. Kristina Rody	34:43	1/13	Senior
2. Lucy Smith	34:58	1/7	40-44
3. Natasha Wodak	35:17	2/13	Senior
4. Rachel Ruus	36:41	3/13	Senior
5. Meaghan McCollum	36:51	4/13	Senior
6. Cheryl Murphy	37:18	2/7	40-44
7. Katherine Moore	37:46	5/13	Senior
8. Jessica Sedlock	38:10	6/13	Senior
9. Shannon Thompson	39:30	7/13	Senior
10. Nathalie Closs	39:45	8/13	Senior
11. Karen Laberee	40:21	9/13	Senior
12. Jo Rosen	40:57	1/2	50-54
13. Julie Van Veelen	42:22	10/13	Senior
14. Suzanne Mandy	44:21	3/7	40-44
15. Sue Daniel	47:49	2/2	50-54
16. Bari-Elyn Wise	53:43	1/2	45-49
17. Heidi Hackman	54:34	11/13	Senior
18. Erin Hay	56:25	4/7	40-44
19. Rosemary Barlow	56:11	5/7	40-44
20. Joanne Costas	1:02:31	12/13	Senior
21. Shannon Marshall	1:03:55	1/2	55-59
22. Nicole Alexander	1:06:55	6/7	40-44
23. Selena Roberts	1:08:37	13/13	Senior
24. Sue Sanders	1:10:00	7/7	40-44
25. Eleanor Calder	1:09:30	2/2	55-59
26. Linda Cole	1:12:13	2/2	45-49