



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

BC 5K Championships

The provincial 5K road running championship were incorporated into the Dave Reed Spring Classic 5K, hosted by the Vancouver Falcons Athletics Club, and was open to any 2010 competitive (Junior, Senior, or Masters) member of BC Athletics. The Championship winners were Matt Clout and Catherine Watkins.

Championship Results

Men

1. Matt Clout	15:06	1/4	Senior
2. Jay Macdonald	15:21	2/4	Senior
3. Mark Bomba	15:39	1/5	M4044
4. Jordan Maynard	15:58	3/4	Senior
5. Colin Dignum	15:59	2/5	M4044
6. Azar Chatur	17:03	1/1	Junior
7. Paul Reimer	17:17	1/4	M5559
8. Russell Busche	17:20	3/5	M4044
9. Michael Butler	17:33	4/4	Senior
10. Gordon Christie	17:36	1/1	M4549
11. Art Boileau	17:58	1/6	M5054
12. Larry Lorette	18:40	4/5	M4044
13. David Huxley	18:55	2/4	M5559
14. Robert Uebbing	18:59	5/5	M4044
15. Dave Frilund	18:59	2/6	M5054
16. Steve Hosford	19:19	3/4	M5559
17. Herb Phillips	19:50	1/4	M6569
18. Steve Jackson	20:09	3/6	M5054
19. Dominic Gerelle	20:36	4/4	M5559
20. Bill Chang	20:57	4/6	M5054
21. Peter Pollhammer	21:05	2/4	M6569
22. Lorne Morrow	21:35	5/6	M5054
23. Arthur Beadle	21:51	1/2	M6064
24. Nigel Barrett	23:40	6/6	M5054
25. Bernie Steininger	25:19	2/2	M6064
26. Dan Murphy	26:08	3/4	M6569
27. Ben Seghers	27:39	4/4	M6569
28. Rob Daniel	32:41	1/1	M7074

Women

1. Catherine Watkins	18:34	1/3	Senior
2. Natalie Closs	19:42	2/3	Senior
3. Lisa Morrow	20:19	1/2	F4044
4. Maureen Curtin	21:28	2/2	F4044
5. Michelle Buckley	21:37	3/3	Senior
6. Elizabeth Wong	22:23	1/1	Junior
7. Lynette Baldock	25:44	1/2	F6064
8. Bari-Elyn Wise	26:07	1/1	F4549
9. Cara Smith	26:53	2/2	F6064