



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

BC 8K Championships

The provincial 8K road running championship were incorporated into the Prairie Inn Pioneer 8K, hosted by the Prairie Inn Harriers, and was open to any 2010 competitive member of BC Athletics. The Championship winners were Steve Osaduik and Natasha Wodak.

Championship Results

Men

1. Steve Osaduik	23:35	1/14	Senior
2. Richard Mosley	23:39	2/14	Senior
3. Scott Simpson	24:02	3/14	Senior
4. Kyle Jones	24:17	4/14	Senior
5. Jim Finlayson	24:31	5/14	Senior
6. Jason Loutitt	25:02	6/14	Senior
7. Sean Chester	25:18	7/14	Senior
8. Dylan Haight	25:22	1/1	Junior
9. Jeff Phillips	25:26	8/14	Senior
10. Adam Campbell	25:44	9/14	Senior
11. Craig Odermatt	26:00	10/14	Senior
12. Shane Ruljancich	26:35	11/14	Senior
13. Aaron Thomas	26:42	12/14	Senior
14. Keith Mills	27:04	13/14	Senior
15. Trevor Feeney	27:22	14/14	Senior
16. Gordon Christie	27:41	1/3	45-49
17. Paul O'Callaghan	28:13	2/3	45-49
18. Phil Nicholls	28:35	1/3	50-54
19. Walter Cantwell	28:44	1/2	40-44
20. Kevin Searle	29:36	3/3	45-49
21. Gary Duncan	29:55	2/3	50-54
22. David Hoskins	31:23	1/1	60-64
23. Herb Phillips	32:34	1/1	65-69
24. Peter Freeman	34:49	1/1	55-59
25. Garfield Saunders	36:46	1/1	70-74
26. Lorne Morrow	36:51	3/3	50-54
27. Maurice Tarrant	38:15	1/1	80-84
28. John Woodall	42:09	1/1	75-79
29. George Gates	47:31	2/2	40-44
30. Jim Sargent	1:03:17	1/1	85-89

Masters Women

1. Natasha Wodak	27:51	1/5	Senior
2. Lucy Smith	27:54	1/3	40-44
3. Cheryl Murphy	29:11	2/3	40-44
4. Melissa Ross	29:46	2/5	Senior
5. Chessa Adsit-Morris	30:20	3/5	Senior
6. Juliette Christie	30:36	1/1	45-49
7. Melanie McQuaid	30:46	4/5	Senior
8. Julie vanVeelan	33:32	5/5	Senior
9. Sue Sanders	48:55	3/3	40-44