



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 Vancouver Sun Run, and was open to any 2011 Junior, Senior, Masters or Road & Trail member of BC Athletics. The Championship winners were Dylan Wykes and Natasha Wodak.

### Championship Results

#### Men

1. Dylan Wykes	29:15	1/7	25-29
2. David Jackson	30:27	1/7	30-34
3. Jim Finlayson	30:28	1/9	35-39
4. Jeremiah Ziak	30:28	2/7	30-34
5. Kristopher Swanson	31:24	2/7	25-29
6. Kevin Friesen	31:29	1/3	20-24
7. Dylan Gant	31:30	3/7	25-29
8. Trevor O'Brien	31:45	3/7	30-34
9. Kevin O'Connor	31:52	1/12	40-44
10. Bruce Deacon	32:00	2/12	40-44
11. Graeme Wilson	32:07	3/12	40-44
12. Craig Odermatt	32:12	4/12	40-44
13. Timothy Smith	32:21	2/3	20-24
14. David Palermo	32:35	4/7	25-29
15. Colin Dignum	32:47	1/9	45-49
16. Thomas Nipen	32:49	5/7	25-29
17. Geoff Reid	33:10	6/7	25-29
18. Drew Nicholson	33:16	7/7	25-29
19. Mark Bennett	33:35	1/12	50-54
20. Michael Hughes	34:06	5/12	40-44
21. Stan Jang	34:07	6/12	40-44
22. Brandon Jones	34:29	3/3	20-24
23. Norm Tinkham	34:35	2/9	45-49
24. Ian Druce	34:51	2/9	35-39
25. Greg Hockley	34:57	3/9	35-39
26. Tyler Ginther	34:57	3/9	45-49
27. Kevin Searle	35:44	4/9	45-49
28. Mike Palichuk	35:52	7/12	40-44
29. Paul Reimer	36:02	1/7	55-59
30. Yannick Le Carre	36:14	4/9	35-39
31. Art Boileau	36:45	2/12	50-54
32. John Atkinson	36:55	5/9	35-39
33. Mark Pinckard	37:10	3/12	50-54
34. Will McKechnie	37:20	8/12	40-44
35. Jo Astoria	37:25	5/9	45-49
36. Tim Smith	37:30	4/12	50-54
37. Robert Durrant	37:39	6/9	45-49
38. Brian Nemethy	37:42	7/9	45-49
39. Amiel Logan	37:48	4/7	30-34
40. Bob Wade	38:03	5/12	50-54
41. Shubhayan Sanatani	38:20	9/12	40-44
42. Gordon Doerksen	38:42	6/12	50-54
43. Ray Barrett	39:15	6/9	35-39

44. Jim Peacock	40:00	7/12	50-54
45. James Clarke	40:21	4/7	30-34
46. Trefor Smith	40:32	10/12	40-44
47. Scott Stewart	40:59	1/7	60-64
48. Steve Hosford	41:02	2/7	60-64
49. Steve Jackson	41:46	8/12	50-54
50. Charles McKey	42:05	8/9	45-49
51. Gordon Flett	42:28	9/12	50-54
52. Gihan Wickremasuriya	43:08	7/9	35-39
53. Ron Wichmann	43:57	2/7	55-59
54. Jeff Bannard	45:02	10/12	50-54
55. Gunther Bauer	45:30	1/2	70-74
56. Gordon Chow	46:00	11/12	40-44
57. Jake Madderom	46:11	1/2	65-69
58. Jason Loutitt	46:18	8/9	35-39
59. Bill Wilson	47:03	3/7	55-59
60. Ray Miller	47:21	5/7	30-34
61. Werner Schulz	47:41	3/7	60-64
62. Jan Grude	48:23	4/7	55-59
63. Pat Cheung	50:30	4/7	60-64
64. Paul Brar	50:55	6/7	30-34
65. Chris Chan	51:13	11/12	50-54
66. Mark Emperador	51:32	9/9	35-39
67. Frank Hui	53:45	12/12	40-44
68. Murray Fox	54:20	5/7	55-59
69. Rick Horne	56:11	5/7	60-64
70. Markus Heinrichs	56:22	9/9	45-49
71. Bob Cheng	56:50	12/12	50-54
72. Gerald Joe	56:57	6/7	55-59
73. John de Kleer	59:44	7/7	55-59
74. Brian McCalder	1:00:18	6/7	60-64
75. Ben Seghers	1:01:48	2/2	65-69
76. Rob Daniel	1:09:44	2/2	70-74
77. Dave Dick	1:10:34	7/7	60-64

### Women

1. Natasha Wodak	34:01	1/9	25-29
2. Gillian Gook	35:21	2/9	25-29
3. Lucy Smith	35:26	1/9	40-44
4. Shauna Skinner	35:52	3/9	25-29
5. Rachel Ruus	36:10	1/4	35-39
6. Keddi-Anne Sherbino	36:23	1/3	20-24
7. Amy Schneeberg	36:30	4/9	25-29
8. Katherine Moore	36:34	1/4	30-34
9. Melissa Ross	36:39	5/9	25-29
10. Catherine Watkins	36:56	2/4	35-39
11. Carol Montgomery	36:58	1/5	45-49
12. Gillian Clayton	37:23	2/4	30-34
13. Claire Morgan	37:47	3/4	35-39
14. Lisa Egami	38:15	2/3	20-24
15. Teresa Nightingale	38:28	2/5	45-49
16. Helen Ritchie	38:32	2/9	40-44
17. Cindy Rhodes	38:59	1/4	50-54
18. Alison Farkash	39:14	3/3	20-24
19. Rachel Romero	39:16	6/9	25-29
20. Karyn Mitchell	39:22	3/5	45-49
21. Kristin Smart	39:36	7/9	25-29
22. Nancy Fedoruk	39:49	8/9	25-29
23. Sheila Mullins	39:56	3/9	40-44
24. Claudia Edwards	40:05	4/9	40-44
25. Angela D'Elia	41:19	3/4	30-34
26. Mary Walsh	41:45	5/9	40-44

27. Paula Tannert	42:06	1/1	18-19
28. Kate Dilworth	43:14	4/5	45-49
29. Lois Klingbeil	44:25	1/2	55-59
30. Jen Moroz	44:31	9/9	25-29
31. Bonnie Kramer	44:48	6/9	40-44
32. Sabrina Wong	45:11	7/9	40-44
33. Jane Wintemute	49:28	1/1	65-69
34. Lilian Wong	49:36	2/2	55-59
35. Nancy McLaren	51:30	1/6	60-64
36. Julie Iverson	53:05	8/9	40-44
37. Lynette Baldock	53:16	2/6	60-64
38. Elizabeth Rollins	57:57	3/6	60-64
39. Lenore Montgomery	59:32	1/1	80-84
40. Betty Barrett	1:00:46	4/4	35-39
41. Cara Smith	1:02:44	4/6	60-64
42. Louisa Winn	1:03:13	9/9	40-44
43. Jean Sorensen	1:04:00	5/6	60-64
44. Marilyn Richardson	1:06:05	2/4	50-54
45. Laurel Wichmann	1:06:43	3/4	50-54
46. Frances Steinfeld	1:06:54	1/1	70-74
47. Elizabeth Boghean	1:07:14	5/5	45-49
48. Yoko Beriault	1:07:58	4/4	50-54
49. Harmony Watts	1:13:43	4/4	30-34
50. Faune Johnson	1:20:47	6/6	60-64
51. Klazina Noort	1:50:14	1/1	75-79

Congratulations,

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