



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 5K, hosted by the Vancouver Falcons, and was open to any 2011 Junior, Senior, Masters or Road & Trail member of BC Athletics. The Championship winners were Matt Clout and Natasha Wodak.

### Championship Results

#### Men

1. Matt Clout	15:02	1/4	25-29
2. David Palermo	15:39	2/4	25-29
3. Rowan Forseth	15:44	1/2	20-24
4. Thomas Nipen	16:14	3/4	25-29
5. Drew Nicholson	16:25	4/4	25-29
6. Mike Murphy	16:39	1/2	35-39
7. Brandon Jones	17:07	2/2	20-24
8. Jeremy Hopwood	17:14	1/2	30-34
9. Paul Reimer	17:31	1/6	55-59
10. Mark Pinckard	17:43	1/9	50-54
11. Gordon Christie	17:45	1/3	45-49
12. Art Boileau	18:13	2/9	50-54
13. Robert Uebbing	18:19	1/1	40-44
14. Dave Frilund	18:23	2/6	55-59
15. Justin Lam	18:24	1/1	18-19
16. Gary Duncan	18:36	3/9	50-54
17. Tim Smith	18:43	4/9	50-54
18. David Huxley	19:06	3/6	55-59
19. Andy Bienefeld	20:22	2/2	35-39
20. Scott Stewart	20:25	1/5	60-64
21. Kevin Melanson	20:31	5/9	50-54
22. Richard Armstrong	20:46	6/9	50-54
23. Charles MacKey	20:58	2/3	45-49
24. Rick Jenkner	20:59	4/6	55-59
25. Gordon Flett	21:16	7/9	50-54
26. Bill Chang	21:29	8/9	50-54
27. John Pickering	22:00	1/4	65-69
28. Arthur Beadle	22:15	2/4	65-69
29. William Goldstein	22:46	5/6	55-59
30. Dennis Krochak	23:01	2/5	60-64
31. Jake Madderom	23:03	3/4	65-69
32. Bernie Steininger	24:42	3/5	60-64
33. Pat Cheung	24:53	4/5	60-64
34. Nigel Barrett	25:32	9/9	50-54
35. Gerald Joe	25:33	6/6	55-59
36. Dan Murphy	25:51	1/2	70-74
37. Greg Rose	26:13	3/3	45-49
38. Colin Beadle	28:13	2/2	30-34
39. Ben Seghers	28:55	4/4	65-69
40. David Dick	30:27	5/5	60-64
41. Rob Daniel	32:58	2/2	70-74

**Women**

1. Natasha Wodak	16:53	1/5	25-29
2. Shauna Skinner	17:38	2/5	25-29
3. Amy Schneeberg	17:54	3/5	25-29
4. Melissa Ross	17:59	4/5	25-29
5. Gillian Clayton	18:04	1/1	30-34
6. Juliette Christie	18:54	1/3	45-49
7. Teresa Nighingale	18:55	2/3	45-49
8. Kristin Smart	19:01	5/5	25-29
9. Cindy Rhodes	19:34	1/4	50-54
10. Karyn Mitchell	19:35	3/3	45-49
11. Susan Gordon	21:25	2/4	50-54
12. Lynne Dueck	23:25	3/4	50-54
13. Irene Wingate	23:59	1/4	60-64
14. Lillian Wong	24:23	1/1	55-59
15. Cathy Morton	24:39	4/4	50-54
16. Natsuko Kamikawara	26:04	1/1	40-44
17. Lynette Baldock	26:17	2/4	60-64
18. Valerie Jenkinson	27:03	3/4	60-64
19. Cara Smith	29:52	4/4	60-64
20. Phyllis D'Entremont	34:21	1/1	65-69

Congratulations,

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