Frontrunners Island Race Series

Comox Valley Half Marathon – 21 March, 2010

Comox Valley Road Runners Results - 29 Finishers								
OA	Group		Name	Club/Sponsor	Time		Pace	
							KM	Mile
20	3/18	M2529	Brad Crowe	Comox Valley Road Runners	1:22:06		3:53	6:16
21	5/36	M4549	Terry Nielsen	Comox Valley Road Runners	1:22:44		3:55	6:19
23	2/29	M5054	Frank Graham	CVRR Extreme Runners/Saucony	1:23:01		3:56	6:20
26	1/34	M5559	Wayne Crowe	CVRR Extreme Runners/Asics	1:23:58	*	3:59	6:24
29	4/29	M5054	Keith Wakelin	Comox Valley Road Runners	1:24:15		4:00	6:26
35	5/29	M5054	Roger Plamondon	Comox Valley Road Runners	1:25:40		4:04	6:32
68	2/61	F4549	Angela Plamondon	Comox Valley Road Runners	1:31:17	*	4:20	6:58
100	3/47	F3539	Kathy Rung	Comox Valley Road Runners	1:36:04		4:33	7:20
112	12/36	M4549	Russ Petersen	Comox Valley Road Runners	1:37:07		4:36	7:24
113	13/36	M4549	Jamie Kantor	Comox Valley Road Runners	1:37:08		4:36	7:25
130	2/52	F4044	Shannon Lebeuf	Comox Valley Road Runners	1:39:23		4:43	7:35
156	8/34	F3034	Genevieve Burdett	Comox Valley Road Runners	1:42:32		4:52	7:52
164	22/39	M4044	Chris Perry	Comox Valley Road Runners	1:43:21		4:54	7:53
166	1/10	F6064	Roslyn Smith	Comox Valley Road Runners	1:43:27	*	4:54	7:53
173	20/36	M4549	Mark Arsenault	Comox Valley Road Runners	1:43:46		4:55	7:55
212	8/47	F5054	Zina Richmond	Comox Valley Road Runners	1:47:01		5:04	8:10
227	11/61	F4549	Robyn Dicesare	Comox Valley Road Runners	1:48:03		5:07	8:15
230	4/28	F5559	Janet Green	Comox Valley Road Runners	1:48:16		5:08	8:16
235	17/29	M5054	Danny Keyes	CVRR Riverside Nissan	1:48:38		5:09	8:17
248	11/47	F5054	Karen Weller	Comox Valley Road Runners	1:49:31		5:11	8:21
266	24/27	M3034	Julian White	Comox Valley Road Runners	1:51:17		5:16	8:29
287	12/52	F4044	Raida Bolton	Comox Valley Road Runners	1:52:53		5:21	8:37
337	17/52	F4044	Anna Diedricksen	Comox Valley Road Runners	1:57:05		5:33	8:56
340	22/47	F5054	Karen Sibley	Comox Valley Road Runners	1:57:31		5:34	8:58
344	14/22	M6064	Jack Penfold	Comox Valley Road Runners	1:57:45		5:35	8:59
382	29/61	F4549	Sandra Rowland	Comox Valley Road Runners	2:02:25		5:48	9:20
425	3/8	M6569	Tom Munro	Comox Valley Road Runners	2:06:40		6:00	9:40
469	7/11	M7074	Adam Simpson	Comox Valley Road Runners	2:12:04		6:16	10:04
586	2/2	M7579	Peter Redfern	Comox Valley Road Runners	2:46:53		7:55	12:44

589	11/11	M7074	Ray Owens	Comox Valley Road Runners	2:48:57		8:00	12:53

2010 Club Points (Unofficial)

Pos	Club	Total Club Points	Jan 10 Prairie Inn Pioneer 8K	Jan 24 Cobble Hill 10K	Feb 7 Cedar 12K	Feb 21 Hatley Castle 8K	Mar 7 Bazan Bay 5K	Mar 21 Comox Valley Half Marathon
1	**Prairie Inn Harriers (332 Finishers)**	**4406**	1194 (93)	663 (54)	686 (49)	667 (49)	821 (61)	375 (26)
2	**Frontrunners Westshore (143 Finishers)**	**1419**	213 (30)	280 (28)	258 (22)	227 (21)	222 (25)	219 (17)
3	**Comox Valley Road Runners (105 Finishers)**	**1308**	146 (15)	173 (14)	213 (16)	201 (14)	188 (13)	387 (29)
4	**Bastion Running Club (96 Finishers)**	**957**	139 (13)	174 (16)	246 (25)	146 (14)	65 (5)	187 (23)
5	**Westwood Running Club (89 Finishers)**	**856**	119 (18)	168 (16)	194 (17)	129 (11)	65 (12)	181 (15)