

Personal Best Performances at the Cobble Hill 10km Road Race

For the second successive time this year, runners from the Comox Valley launched an all out assault on their record of personal bests. The event this time was the Cobble Hill 10k road race. This, the second of eight Vancouver Island Race Series races, is where several of the Comox Valley Road Runners (CVRR) in the 563 strong field destroyed their previous best times.

Perennial age-group champion, Roslyn Smith continued her winning ways by capturing the Women's 60-64 division in personal best (PB) time of 44:47. In her first 10km race on the road, Shannon Lebeuf ran an impressive PB, one second behind Smith, and grabbing second in the Women's 40-44 division. Congratulations also to Danny Keys, who lowered his PB to 44:32 and to Mark Arseneault, who ran a PB time of 45:40.

Steven Royer continued to run strong posting the fasted CVRR time of 38:14 and finishing 7th in his category. Wayne Crowe placed 1st in the Men's 50-59 group in 38:25 followed by Frank Graham with a 2nd in his group in 38:54. Angela Plamondon, the first female CVRR athlete placed 2nd in her division with a solid time of 40:53. In the points standings the CVRR is currently in 4th place amongst the larger running clubs on Vancouver Island.

The next race in the Island Road Race Series is the Cedar 12k, a tough course with many energy-draining hills. The CVRR runners are now working hard and getting race-fit for the Annual Comox Valley ½ Marathon slated to go on March 21st in Courtenay. If you would like information on any of these great running races (that are open to the public) or the Learn to Run Clinic (which has just started) please go to www.cvrr.ca for information about the club and upcoming running events.

[Photos](#)