

Hatley Castle 8-k in the Sun

Last Sunday, while most people were walking their dogs in the sunshine or glued to the TV watching the Olympics, a group of ComoxValley runners were taking on the challenging HatleyCastle 8km Road Race course in Victoria. The race marks the ½ way point in the Vancouver Island Race Series. It has tough uphills and screaming descents and, although doesn't garner the fastest times, the course tests stamina and forces competitors to push to the limit.

The Comox Valley Road Runners team came away with excellent results and the CVRR moved up one position into 4th amongst Vancouver Island running clubs in the overall points standings. Terry Neilson led the way among CVRR runners in a time of 30:18 with Roger Plamondon only 1 second behind. Wayne Crowe continued his winning ways with another 1st place in the men's 50-55yr division in 31:46. Kathy Rung was the first CVRR woman to finish in 34:31 followed by Angela Plamondon in 35:14 with a 2nd place in the women's 40-45yr group. Shannon Lebeuf also garnered a 2nd place in the women's 45-49yr group and Frank Graham came 3rd in the Men's 50-54 age group in a time of 31:16.

The 5th of 8 Island Series races is the BazanBay 5k and it promises to be a barn burner with many top-ranked runners coming from all over to compete. Two weeks after BazanBay is the running of the longest race in the series, the ComoxValley ½ Marathon on March 21st. The Comox ½ is also part of the popular Timex Road Race series and always attracts well over 500 runners. For more information on local races and the running scene go to www.cvrr.ca.