

CEEVACS ROADRUNNERS RESULTS 2011 FRONTRUNNERS VANCOUVER ISLAND RACE SERIES



Ceevacs Roadrunner Results in the 2011 Frontrunners Island Race Series

Apr 17 Sooke 10k

<http://pih.bc.ca/results/Series.php?club=CeeVacs+Road+Runners&race=185&resultstype=club>

Apr 3 Merville 15k

<http://pih.bc.ca/results/Series.php?club=CeeVacs+Road+Runners&race=184&resultstype=club>

Mar 20 Comox ½ Mar

<http://pih.bc.ca/results/Series.php?club=CeeVacs+Road+Runners&race=183&resultstype=club>

Mar 6 Bazan 5k

<http://pih.bc.ca/results/Series.php?club=CeeVacs+Road+Runners&race=182&resultstype=club>

Feb 20 Hatley 8k

<http://pih.bc.ca/results/Series.php?club=CeeVacs+Road+Runners&race=181&resultstype=club>

Feb 6 Cedar 12k

<http://pih.bc.ca/results/Series.php?club=CeeVacs+Road+Runners&race=180&resultstype=club>

Jan 12- Cobble Hill 10k

<http://pih.bc.ca/results/Series.php?club=CeeVacs+Road+Runners&race=179&resultstype=club>

Jan 11- Pioneer 8k

[:http://pih.bc.ca/results/Series.php?resultstype=club&race=178&club=CeeVacs+Road+Runners](http://pih.bc.ca/results/Series.php?resultstype=club&race=178&club=CeeVacs+Road+Runners)

This year there were eight races in the series: Pioneer 8k, Cobble Hill 10k, Cedar 12k, Hatley 8k, Bazan 5k, Comox ½, Merville 15k and the Sooke 10k. Three Ceevacs Roadrunners placed 2nd in their respective age divisions at this year's Frontrunners Island Race Series. Josh Williams (2/8 -M0-15), Richard Light (2/16 -M40-44), and Hazura Sangha (2/2 - M75079). John Downing made the top three in his age div with a third in M70-74. Every Ceevacs Roadrunner that completes a series race gives the Ceevacs team at least one point towards the overall series team standings. The Ceevacs Roadrunners placed a solid 5th place overall in the Frontrunners Island Race Series. Full team series results: <http://pih.bc.ca/results/IslandSeriesClubPoints.php> Listed below are the CeeVacs Roadrunner club members that completed enough series races to qualify for overall awards & prizes.

CeeVacs Roadrunners 2011 Overall Placing in the Frontrunners Island Race Series		
9 th /12 - W40-44	Continued top 10 placing > Great!	Belinda Kissack
6 th /18 - W45-49	First time competing in the Island Series. Super results in a tough age div!	Lisa De Lusignan
8 th /18 - W45-49	A return to racing and improved race performance throughout the Series!	Rebecca Day Reynolds
13 th /18 - W45-49	Many personal bests this year!	Mylisa Edison
14 th /18 - W45-49	Consistent race times!	Wendy Williams
6 th /14 - W55-59	Huge improvement! First time competing in the Series and a 6 th in your div!	Gretchen Hartley
12 th /14 - W55-59	Motivated and determined great Series Laura!	Laura Griffin
2 nd /2 - M75-79	Youngsters cannot keep up to Hazura – Always fit! Incredibly talented!	Hazura Sangha
3 rd /8 - M70-74	Talent, great training! A top runner!	John Downing
15 th /15 - M60-64	Running with his wife Laura, James ran a memorable Series. Now, he's onto running ultras!	James Griffin
9 th /28 - M50-59	Keeps getting faster! A tough age div & super result!	Peter Langelo
2 nd /16 - M40-44	Speedy! Top placing in a competitive age div.	Richard Light
2 nd /8 - M0 to 15	A young star on the rise! Josh set personal best times in every race distance this year!	Josh Williams

Special mention: Susan Marshall ran a superb Island Series and would have placed 2nd W65-69 had she completed the Sooke 10k. To qualify for final series awards runners 16 yrs & older require 5 races. Sooke was going to be Susan's 5th race. Unfortunately, Susan was held-up due to the accident on the Malahat. Susan turned back to Duncan at 10:45. (usual race start is 11 am). Many series participants missed the final race in Sooke deciding not to chance the Malahat hold-up.