

January 2004 to August 2004

| Name | Time | Place | Division | Overall | | | | | | |
|---|---------|-------|----------|---------|-----------------|--------------|--|--|--|--|
| HATLEY CASTLE 8K, 22 Feb 2004, Vancouver Island (455 fin) | | | | | | | | | | |
| Larry McMahon | 0:36:26 | 9th | 55-59 | 140th | | | | | | |
| BAZAN BAY 5K, 7 March 2004, Vancouver Isl. (761 fin) | | | | | | Masters Std. | | | | |
| Larry McMahon | 0:20:51 | 7th | 55-59 | 167th | Bronze | | | | | |
| SPRING RUN-OFF 10K, 14 March 2004, Kamloops (198 finishers) | | | | | | | | | | |
| Jack Miller | 0:36:47 | 1st | 55-59 | 19th | Gold | | | | | |
| Nick Stark | 0:37:39 | 1st | 50-54 | 25th | Silver | | | | | |
| St. Patricks Day 6K, 14 March 2004, Vancouver (67 finishers) | | | | | | | | | | |
| Christine Blanchette | 0:25:01 | 1st | 30-39 | 8th | | | | | | |
| DIVA ON THE RUN 8K, 21 March 2004, Vancouver (198 finishers) | | | | | | | | | | |
| Sara Bucovaz | 0:34:19 | 1st | 19-29 | 3rd | | | | | | |
| DEERFOOT 5K, 27 March 2004, (60 finishers) | | | | | | Masters Std. | | | | |
| Hans Fenz | 0:22:04 | 1st | 65-59 | 31st | Silver | | | | | |
| APRIL FOOL'S 1/2 MARATHON, 28 March 2004, Sechart (392 fin) | | | | | | | | | | |
| Rene McKibbin | 1:27:44 | 1st | 30-39 | 13th | | | | | | |
| Neil Wakelin | 1:29:17 | 1st | 55-59 | 16th | | | | | | |
| Al Thompson | 1:32:03 | 4th | 55-59 | 28th | | | | | | |
| STANLEY PARK 5K, 3 April 2004, Vancouver (298 fin) | | | | | | Masters Std | | | | |
| Nick Stark | 0:18:47 | 1st | 50-54 | 49th | Silver | | | | | |
| Phil Bell | 0:19:04 | 6th | 50-54 | 62nd | Bronze | | | | | |
| Paul Fenz | 0:20:04 | 23rd | 20-34 | 80th | | | | | | |
| Hans Fenz | 0:22:14 | 2nd | 65+ | 122nd | Silver | | | | | |
| Daniel Ribi | 0:23:31 | 9th | under 20 | 143rd | | | | | | |
| Marcus Ribi | 0:23:42 | 10th | under 20 | 147th | | | | | | |
| John Sullivan | 0:32:07 | 9th | 65+ | 264th | | | | | | |
| YAKIMA MARATHON, 3 April 2004, Yakima WA (330 finishers) | | | | | | | | | | |
| Mark Shorter | 2:53:24 | 2nd | 45-49 | 4th | Silver | | | | | |
| Neil Wakelin | 3:15:36 | 1st | 55-59 | 21st | Silver | | | | | |
| WHIDBEY ISL. MARATHON, 4 April 04, Whidbey Isl. WA (124 finishers) | | | | | | | | | | |
| Neil Wakelin | 3:50:55 | 3rd | 55-59 | 29th | | | | | | |
| SOOKE 10K, 4 April 2004, Vancouver Island (403 finishers) | | | | | | | | | | |
| Larry McMahon | 0:43:46 | 7th | 55-59 | 119th | Bronze | | | | | |
| EASTER RUN-OFF MARATHON, 4 April 04, Olympial. WA (20 fin) | | | | | | | | | | |
| Neil Wakelin | 3:24:07 | 1st | 55-59 | 1st | | | | | | |
| TIMES COLONIST 10K, 25 April 2004, Victoria (8319 finishers) | | | | | | | | | | |
| Phil Bell | 0:40:22 | 5th | 50-54 | 163rd | Bronze | | | | | |
| Willi Ribi | 0:42:12 | 13th | 50-54 | 271st | missed by 5 sec | | | | | |

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| SUN RUN 10K, 18 April 2004, Vancouver (38,000+/- fin.) | | | | | | Masters Std. | | | | |
| Mark Francis | 0:34:48 | 8th | 40-44 | 72nd | Silver | | | | | |
| Jack Miller | 0:36:50 | 1st | 55-59 | 154th | Gold | | | | | |
| Nick Stark | 0:36:46 | 2nd | 50-54 | 148th | Silver | | | | | |
| John Moe | 0:37:18 | 10th | 45-49 | 168th | Silver | | | | | |
| Mark Shorter | 0:37:18 | 11th | 45-49 | 169th | Silver | | | | | |
| Murray Stevens | 0:38:29 | 7th | 50-54 | 249th | Silver | | | | | |
| Gary Stevens | 0:39:08 | 18th | 45-49 | 307th | Bronze | | | | | |
| Frank Stebner | 0:45:21 | 63rd | 50-54 | 1536th | | | | | | |
| Tom Redden | 0:55:10 | 362nd | 50-54 | 7189th | | | | | | |
| John Sullivan | 1:08:44 | 23rd | 70-74 | 18797th | | | | | | |
| BIG SUR MARATHON, 25 April 2004, Big Sur Ca.(2863 finishers) | | | | | | | | | | |
| Mark Shorter | 2:55:52 | 2nd | 45-49 | 14th | Silver | | | | | |
| VANCOUVER INT'L MARATHON, 2 May 04, (4411 finishers) | | | | | | Mast. Std | | | | |
| Jack Miller | 2:56:51 | 1st | 55-59 | 47th | Gold | | | | | |
| Mark Shorter | 2:58:03 | 7th | 45-49 | 56th | Silver | | | | | |
| Joan McGrath | 3:04:54 | 1st | 40-44 | 88th | Gold | | | | | |
| Neil Wakelin #100 | 3:22:53 | 4th | 55-59 | 302nd | Bronze | | | | | |
| Christine Blanchette | 3:28:40 | 14th | 35-39 | 438th | Silver | | | | | |
| Al Thompson | 3:32:53 | 14th | 55-59 | 536th | Bronze | | | | | |
| ADIDAS VANCOUVER INT'L 1/2 MARATHON, 2 May 04, (6252 fin) | | | | | | | | | | |
| Rene McKibbin | 1:26:25 | 3rd | 35-39 | 66th | | | | | | |
| Lara Duke | 1:32:21 | 7th | 25-29 | 56th | | | | | | |
| VANCOUVER 10K Racewalk, Vancouver 2 May 04, (6 fin) | | | | | | | | | | |
| Blair Miller | 0:50:01 | 1st | Men | 1st | | | | | | |
| OCEANSIDE 10K, 4 May 2004, Vancouver Isl(471 fin) | | | | | | Masters Std | | | | |
| Larry McMahon | 0:42:29 | 4th | 55-59 | 74th | Bronze | | | | | |
| MOTHER'S DAY 8K, 8 May 04, Port Moody (174 fin) | | | | | | Masters Stf. | | | | |
| Mark Francis | 0:27:40 | 2nd | 40-44 | 8th | Silver | | | | | |
| Nick Stark | 0:30:26 | 1st | 50-54 | 24th | Silver | | | | | |
| Paul Fenz | 0:32:26 | 6th | 30-34 | 37th | | | | | | |
| Sara Bucovaz | 0:32:55 | 1st | 20-29 | 40th | | | | | | |
| Hans Fenz | 0:34:56 | 3rd | 65-69 | 57th | Silver | | | | | |
| Frank Stebner | 0:36:11 | 8th | 50-54 | 68th | | | | | | |
| John Sullivan | 0:54:38 | 1st | 70+ | 152nd | | | | | | |
| BLOSSOM 10 MILER, 9 May 04, Penticton (169 fin) | | | | | | | | | | |
| Mark Shorter | 1:04:35 | 1st | 45-49 | 9th | | | | | | |

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| 5 PEAKS SERIES GOLDEN EARS14K, 15 May 04, (203 finishers) | | | | | | | | | | |
| Sean Wolfe | 1:03:25 | 1st | 40-49 | 6th | | | | | | |
| Willi Ribl | 1:16:20 | 2nd | 50+ | 34th | | | | | | |
| 5 PEAKS SERIES GOLDEN EARS 5.8K, 15 May 04, (50 fin.) | | | | | | | | | | |
| Lisa Polizzi | 0:25:14 | 1st | 20-39 | 2nd | Paul's Wife | | | | | |
| MILL LAKE 8.4K, 29 May 04, Abbotsford(34 finishers) | | | | | | | | | | |
| Mark Hyder | 1:04:35 | 3rd | 50-59 | 9th | | | | | | |
| BLUE NOSE HALF MARATHON, 23 May 04, Halifax (1256 fin) | | | | | | | | | | |
| Alan Thompson | 1:38:16 | 9th | 55-59 | 96th | | | | | | |
| NORTH SHORE TRIATHLON, 24 May 2004 Squamish (416 finishers) | | | | | | | | | | |
| Cheryl Steele | 1:13:25 | 1st | 40-44 | 121st | | | | | | |
| .74K Swim | 0:13:46 | | | 140th | | | | | | |
| 20K Bike | 0:36:03 | | | 114th | | | | | | |
| 5K Run | 0:23:37 | | | 151st | | | | | | |
| PMC SIERRA SCIENCE FAIR 5K, 30 May 04, Vanc.(671 fin) | | | | | Masters Std. | | | | | |
| Christine Blanchette | 0:20:37 | 4th | 20-39 | 38th | Silver | | | | | |
| RUNNING ROOM SHAUGHNESSY 8K, 30 May 04,(374 fin) | | | | | Masters Std | | | | | |
| Mark Francis | 0:28:00 | 3rd | 40-44 | 12th | Silver | | | | | |
| Mark Shorter | 0:30:31 | 5th | 45-49 | 27th | Bronze | | | | | |
| Nick Stark | 0:30:40 | 1st | 50-54 | 29th | Silver | | | | | |
| Willi Ribl | 0:33:24 | 7th | 50-54 | 64th | Bronze | | | | | |
| Neil Wakelin | 0:33:28 | 3rd | 55-59 | 65th | Bronze | | | | | |
| Robert Haines | 0:33:45 | 8th | 50-54 | 67th | | | | | | |
| Han Fenz | 0:34:44 | 3rd | 65-59 | 82nd | Silver | | | | | |
| Bob Gardner | 0:36:05 | 9th | 55-59 | 101th | | | | | | |
| Daniel Ribl | 0:40:07 | 7th | 0-20 | 166th | | | | | | |
| John Sullivan | 0:56:00 | 2nd | 70+ | 351st | | | | | | |
| SANDCASTLE 10K, 6 June 04, White Rock (294 finishers) | | | | | Masters Std. | | | | | |
| John Moe | 0:36:20 | 3rd | 45-49 | 20th | Silver | | | | | |
| Nick Stark | 0:37:23 | 2nd | 50-54 | 23rd | Silver | | | | | |
| John Sullivan | 1:07:46 | 3rd | 70+ | 264th | | | | | | |
| LONGEST DAY 10K, 11 June 04, Vancouver UBC (172 fin) | | | | | Masters Std. | | | | | |
| John Moe | 0:35:35 | 1st | Mast M | 8th | Silver | | | | | |
| Sean Wolfe | 0:35:46 | 2nd | Mast M | 9th | Silver | | | | | |
| Christine Blanchette | 0:42:14 | 3rd | Open W | 34th | Silver | | | | | |
| LONGEST DAY 5K, 11 June 04, Vancouver UBC (88 finishers) | | | | | | | | | | |
| Kristina Wirtanen | 0:23:45 | 2nd | Open W | 24th | Bill's daughter | | | | | |
| Bill Wirtanen | 0:25:09 | 8th | Mast M | 27th | | | | | | |

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| SQUAMISH TRIATHLON, 11 July 2004, Victoria (398 finishers) | | | | | | | | | | |
| Mark Shorter | 2:13:40 | 2nd | 45-49 | 29th | | | | | | |
| 1.5K Swim | 0:25:34 | | 45-49 | 64th | | | | | | |
| 40K Bike | 1:07:30 | | 45-49 | 25th | | | | | | |
| 10K Run | 0:40:37 | | 45-49 | 26th | | | | | | |
| Cheryl Steele | 2:34:29 | 2nd | 40-44 | 162nd | | | | | | |
| 1.5K Swim | 0:28:42 | | 40-44 | 165th | | | | | | |
| 40K Bike | 1:15:40 | | 40-44 | 193rd | | | | | | |
| 10K Run | 0:50:08 | | 40-44 | 159th | | | | | | |
| 5 PEAKS SERIES WHISTLER 6K, 17 July 04, (40 finishers) | | | | | | | | | | |
| Lisa Polizzi | 0:41:53 | 1st | 20-39 | 2nd | (Paul's wife) | | | | | |
| 5 PEAKS SERIES WHISTLER 10K, 17 July 04, Vanc. (180 finishers) | | | | | | | | | | |
| Sean Wolfe | 1:03:22 | 1st | 40-49 | 12th | | | | | | |
| Willi Ribl | 1:15:11 | 4th | 50-59 | 49th | | | | | | |
| Paul Polizzi | 1:25:04 | 43rd | 20-39 | 86th | | | | | | |
| GIBSON SEA CAVALCADE MILE, 24 July 2004, Vancouver (24 finishers) | | | | | | | | | | |
| Phil Bell | 0:05:25 | 1st | 50-59 | 6th | | | | | | |
| SUMMERFAST 10K, 24 July 2004, VAncover (269 finishers) | | | | | | | | | | |
| John Moe | 0:36:19 | 1st | 50-54 | 13th | Silver | | | | | |
| Al Thompson | 0:44:11 | 1st | 55-54 | 83rd | Bronze | | | | | |
| Christine Blanchette | 0:44:44 | 4th | 35-39 | 91st | Bronze | | | | | |
| Hans Fenz | 0:44:54 | 3rd | 65-69 | 95th | Silver | | | | | |
| Cathy Morton | 0:49:05 | 5th | 45-49 | 141st | Bronze | | | | | |
| John Sullivan | 1:20:27 | 5th | 70-99 | 269th | | | | | | |
| SQUAMISH DAYS 10K, 1 Aug 2004, Squamish. (171 finishers) | | | | | | | | | | |
| John Moe | 0:35:59 | 1st | 50-54 | 18th | Silver | | | | | |
| Carlos Gaspar | 0:36:41 | 4th | 40-44 | 21st | Silver | | | | | |
| Paul Fenz | 0:41:56 | 22nd | 20-34 | 56th | | | | | | |
| Willi Ribl | 0:42:55 | 10th | 50-54 | 69th | | | | | | |
| Hans Fenz | 0:43:27 | 1st | 60+ | 73rd | Silver | | | | | |
| Daniel Ribl | 0:54:17 | 2nd | under 20 | 139th | | | | | | |
| John Sullivan | 1:09:58 | 6th | 60+ | 170th | | | | | | |
| DELTA HALF MARATHON, 8 Aug 2004, Delta (354 finishers) | | | | | | | | | | |
| John Moe | 1:18:41 | 1st | 50-54 | 5th | | | | | | |
| Rene McKibbin | 1:26:32 | 4th | 35-39 | 23rd | | | | | | |
| DIVAS ONLY TRIATHLON, 2 Aug 2004 (114 finishers) | | | | | | | | | | |
| Cheryl Steele | 1:15:36 | 1st | 40-44 | 9th | | | | | | |
| .74K Swim | 0:14:02 | | 40-44 | 15th | | | | | | |
| 17.6K Bike | 0:37:00 | | 40-44 | 8th | | | | | | |
| 5K Run | 0:24:35 | | 40-44 | 15th | | | | | | |

January 2004 to August 2004

| MASTERS ROAD RACE STANDARDS | | | | | | | |
|------------------------------|---------|---------|---------|----------------------------|---------|---------|---------|
| Women's 5K Road Run | | | | Men's 5K Road Run | | | |
| Women | Gold | Silver | Bronze | Men | Gold | Silver | Bronze |
| W35 | 19:05 | 20:49 | 22:33 | M35 | 15:40 | 17:05 | 18:31 |
| W40 | 19:32 | 21:19 | 23:05 | M40 | 16:16 | 17:44 | 19:13 |
| W45 | 20:00 | 21:49 | 23:38 | M45 | 16:53 | 18:25 | 19:57 |
| W50 | 21:01 | 23:03 | 24:58 | M50 | 17:16 | 18:50 | 20:24 |
| W55 | 22:28 | 24:31 | 26:34 | M55 | 18:24 | 20:04 | 21:45 |
| W60 | 23:46 | 25:55 | 28:05 | M60 | 18:49 | 20:32 | 22:14 |
| W65 | 25:42 | 28:02 | 30:22 | M65 | 20:32 | 22:24 | 24:16 |
| W70 | 28:57 | 31:35 | 34:13 | M70 | 21:46 | 23:45 | 25:43 |
| W75 | 32:42 | 35:40 | 38:39 | M75 | 24:36 | 26:50 | 29:04 |
| W80 | 36:56 | 40:17 | 43:39 | M80 | 28:02 | 30:35 | 33:08 |
| Women's 8K Road Run | | | | Men's 8K Road Run | | | |
| Women | Gold | Silver | Bronze | Men | Gold | Silver | Bronze |
| W40 | 32:33 | 35:30 | 38:28 | M40 | 26:50 | 29:16 | 31:43 |
| W45 | 33:22 | 36:24 | 39:25 | M45 | 27:32 | 30:02 | 32:32 |
| W50 | 34:23 | 37:34 | 40:42 | M50 | 28:17 | 30:51 | 33:26 |
| W55 | 36:35 | 39:54 | 43:14 | M55 | 29:50 | 32:32 | 35:16 |
| W60 | 38:41 | 42:12 | 45:43 | M60 | 30:47 | 33:34 | 36:22 |
| W65 | 42:05 | 45:55 | 49:45 | M65 | 34:13 | 37:19 | 40:26 |
| W70 | 48:31 | 52:56 | 57:21 | M70 | 35:41 | 38:55 | 42:09 |
| W75 | 54:44 | 59:42 | 1:04:41 | M75 | 40:12 | 43:52 | 47:31 |
| W80 | 58:30 | 1:03:49 | 1:09:08 | M80 | 45:23 | 49:31 | 53:39 |
| Women's 10km Road Run | | | | Men's 10km Road Run | | | |
| Women | Gold | Silver | Bronze | Men | Gold | Silver | Bronze |
| W35 | 40:11 | 43:51 | 47:30 | M35 | 33:17 | 36:18 | 39:20 |
| W40 | 41:13 | 44:58 | 48:43 | M40 | 34:15 | 37:22 | 40:29 |
| W45 | 42:16 | 46:06 | 49:57 | M45 | 35:15 | 38:28 | 41:40 |
| W50 | 43:18 | 47:15 | 51:11 | M50 | 35:34 | 38:49 | 42:03 |
| W55 | 45:59 | 50:10 | 54:20 | M55 | 37:12 | 40:35 | 43:58 |
| W60 | 48:37 | 53:03 | 57:28 | M60 | 38:54 | 42:27 | 45:59 |
| W65 | 53:01 | 57:50 | 2:40 | M65 | 42:36 | 46:29 | 50:21 |
| W70 | 1:01:34 | 1:07:10 | 1:12:46 | M70 | 45:23 | 49:31 | 53:39 |
| W75 | 1:09:25 | 1:15:44 | 1:22:02 | M75 | 52:02 | 56:46 | 1:01:30 |
| W80 | 1:12:53 | 1:19:31 | 1:26:08 | M80 | 59:27 | 1:04:51 | 1:10:16 |
| Women's Marathon | | | | Men's Marathon | | | |
| Women | Gold | Silver | Bronze | Men | Gold | Silver | Bronze |
| W35 | 3:16:35 | 3:34:27 | 3:52:19 | M35 | 2:36:44 | 2:50:59 | 3:05:14 |
| W40 | 3:24:30 | 3:43:06 | 4:01:41 | M40 | 2:43:55 | 2:58:49 | 3:13:43 |
| W45 | 3:32:45 | 3:52:06 | 4:11:26 | M45 | 2:51:26 | 3:07:01 | 3:22:36 |
| W50 | 3:33:05 | 3:52:27 | 4:11:49 | M50 | 2:53:37 | 3:09:24 | 3:25:11 |
| W55 | 3:54:11 | 4:15:28 | 4:36:45 | M55 | 3:02:19 | 3:18:53 | 3:35:28 |
| W60 | 4:18:13 | 4:41:42 | 5:05:10 | M60 | 3:09:41 | 3:26:56 | 3:44:11 |
| W65 | 5:01:13 | 5:28:36 | 5:55:58 | M65 | 3:30:43 | 3:49:53 | 4:09:02 |
| W70 | 5:19:18 | 5:48:20 | 6:17:21 | M70 | 3:56:08 | 4:17:35 | 4:39:03 |
| W75 | 5:35:16 | 6:05:44 | 6:36:13 | M75 | 4:34:36 | 4:59:34 | 5:24:31 |
| W80 | 5:52:02 | 6:24:02 | 6:56:02 | M80 | 6:04:30 | 6:37:38 | 7:10:47 |