

LGRR RACE RESULTS March 2003 to June 2003

Name	Time	Place	Division	Overall																								
RESOLUTION RUN 8K, 01 Jan 2003, Surrey? (168 finishers)																												
Ingo Jackisch	0:32:51	2nd	40-49	5th																								
Paul Wood	0:34:06	2nd	50-54	13th																								
CAMPBELL VALLEY 10K, 26 Jan 2003, (76 finishers)																												
																			Masters Standard									
Ingo Jackisch	0:41:18	2nd	40-49	12th																								
Paul Wood	0:43:20	1st	50-59	17th																Bronze								
ALDERGROVE MUD RUN 10K, 16 Feb 2003, (79 finishers)																												
Paul Wood	0:35:46	1st	50-59	20th																Gold								
HOUSTON TRAIL RUN 10K, 2 March 2003, (76 finishers)																												
																			Masters Standard									
Paul Wood	0:42:40	1st	50-59	6th																								
NET NATION 5K, 9 March 2003, Coquitlam (169 finishers)																												
																			Age Grade %									
Mark Francis	0:17:01	8th	30-39	21st																Silver 0.787								
John Moe	0:17:44	2nd	45-49	28th																Silver 0.806								
Nick Stark	0:18:47	2nd	50-54	44th																Silver 0.786								
Gunner Rasmussen	0:20:10	1st	60-64	72nd																Silver 0.785								
Christine Blanchette	0:20:44	5th	30-39	79th																Silver 0.706								
Paul Wood	0:21:17	6th	50-54	83rd																0.705								
Robert Haines	0:22:02	8th	50-54	97th																0.670								
Bill Wirtanen	0:22:57	6th	55-59	102nd																0.677								
SPRING RUN-OFF 10K, 16 March 2003, Kamloops (232 finishers)																												
Jack Miller	0:37:07	1st	55-59	15th																Gold								
Nick Stark	0:37:21	2nd	50-54	16th																Silver								
Phil Bell	0:40:26	3rd	50-54	35th																Bronze								
Gunner Rasmussen	0:40:56	1st	60-64	42nd																Silver								
Robert Haines	0:43:37	9th	50-54	71st																								
Greg Brown	0:47:24	16th	40-44	115th																								
MASTERS 10.8K CLUB CHALLENGE, 22 MAR 03, Burnaby (27 fin)																												
Carlos Gaspar	0:38:32	1st	40-44	3rd																72.3% (11th)								
Jim Swadling	0:38:58	1st	55-59	4th																81.1% (2nd)								
Murray Stevens	0:40:52	1st	50-54	6th																73.5% (9th)								
Gary Stevens	0:43:13	3rd	45-49	10th																71.55% (16th)								
Hans Fenz	0:46:11	1st	65-69	17th																76.2% (4th)								
																			<i>(Age Graded Percentages are low because they are based on 10K distance)</i>									
TEAM LGRR-A																			2nd		Jim, Hans, Murray, Carlos		75.80%		Roger Brownsey			
DIVA WOMEN'S 8K, 23 March 2003, N Vancouver (173 finishers)																												
Sara Bucovaz	0:35:32	?	20-24	10th																								
APRIL FOOL'S RUN Half, 30 Mar 2003, Sechelt to Gibsons (224 finishers)																												
Rene McKibbin	1:27:30	1st	30-39	12th																1st female								
Neil Wakelin	1:28:00	2nd	50-59	15th																Silver								



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Name	Time	Place	Division	Overall	Masters Standard																
NORTH SHORE 2ND HALF, 5 April 2003, N Vancouver (233 finishers)																					
Jim Swadling	1:20:02	1st	55-59	3rd																	
Joan McGrath	1:23:43	1st	40-44	2nd																	
Neil Wakelin	1:28:49	2nd	55-59	17th																	
Hans Fenz	1:43:56	2nd	65+	99th																	
Paul Adams	1:56:55	3rd	55-59	168th																	
NORTH SHORE 5K, 5 April 2003, N Vancouver (197 fin.)						Masters Standard															
Ken Bell	0:17:05	2nd	45-49	25th	Silver																
John Moe	0:17:44	4th	45-49	38th	Silver																
Ingo Jackisch	0:19:25	8th	45-49	66th	Bronze																
Phil Bell	0:19:32	2nd	50-54	69th	Bronze																
Gunner Rasmussen	0:19:54	2nd	60-64	83rd	Silver																
Christine Blanchette	0:20:24	7th	35-39	93rd	Silver																
Robert Haines	0:20:41	4th	50-54	101th																	
Greg Brown	0:23:53	14th	40-44	135th																	
WHIDBEY ISLAND MARATHON, 12 April 2003, WA (150 finishers)																					
Neil Wakelin	3:25:21	1st	55-59	12th	Bronze																
TWO OCEANS 56K MARATHON, 12 April 2003, S Africa (7000+ fin.)																					
Tom Redden	6:30:50																				
SUN RUN 10K, 13 April 2003, Vancouver (40,000+/- finishers)																					
Mark Francis	0:34:33	13th	35-39	73rd	Silver																
Ken Bell	0:35:04	3rd	45-49	86th	Silver																
Joan McGrath	0:35:44	2nd	40-44	114th	Gold																
Mark Shorter	0:37:03	14th	45-49	153rd	Silver																
Roger Brownsey	0:39:26	7th	50-54	318th	Bronze																
Murray Stevens	0:39:37	8th	50-54	341st	Bronze																
Phil Bell	0:39:45	12th	50-54	364th	Bronze																
Robert Haines	0:40:47	17th	50-54	503rd	Bronze																
Christine Blanchette	0:41:45	14th	35-39	649th	Silver																
Allan Solk	0:42:47	10th	55-59	860th	Bronze																
Tom Redden	0:49:47	258th	45-49	3467th																	
Gary Stevens	0:53:52	444th	45-49	6195th																	
Janet Anderson	0:55:56	257th	40-44	7735th																	
BOSTON MARATHON, 21 April 2003, (17,030 finishers)																					
Rene McKibbin	3:04:31	30th	18-39	836 OA(37F)	Gold																
TIMES COLONIST 10K, 27 April 2002, Victoria (7507 finishers)																					
Roger Brownsey	0:39:55	6th	50-54	155th	Bronze																
Phil Bell	0:41:01	12th	50-54	192nd	Bronze																
Robert Haines	0:41:08	13th	50-54	199th	Bronze																
Al Thompson	0:43:01	8th	55-59	322nd	Bronze																



Shaughnessy Lead cars

LGRR RACE RESULTS March 2003 to June 2003

Name	Time	Place	Division	Overall	Age Grade %								
ADIDAS VANCOUVER HALF MARATHON, 4 May 2003, (5609 finishers)													
Roger Brownsey	1:29:13	4th	50-54	90th									
Al Thompson	1:39:08	5th	55-59	336th									
Paul Allen	2:05:05	59th	55-59	2549									
Bob Clibbon	2:11:08	237	40-44	3237									
ADIDAS VANCOUVER INT'L MARATHON, 4 May 2003, (4349 finishers)													
Mark Shorter	2:52:29	2nd	45-49	23rd	Silver								
Lisa Polizzi	3:04:53	2nd	30-34	88th									
Joan McGrath	3:05:18	1st	40-44	93rd	Gold								
Neil Wakelin	3:21:21	6th	55-59	280th	Bronze								
Sara Bucovaz	3:27:25	3rd	20-24	422nd									
Paul Wong	4:02:44	102nd	50-54	1693									
Greg Brown	4:19:10	275th	40-44	2309th									
BLOSSOM 10 MILER, 11 May 2003, Penticton (142 finishers)													
Mark Shorter	1:03:56	3rd	45-49	6th									
FRENCH DRESSING 8K, 11 May 2003, Vancouver (961 finishers)													
Rene McKibbin	0:31:16	2nd	35-39	2nd									
Christine Blanchette	0:33:28	6th	35-39	8th						Cheryl Steele			
Sara Bucovaz	0:34:41	1st	20-24	14th									
Cory Cullen	0:36:09	5th	45-49	19th	Silver								
Catherine Bruce	0:38:16	1st	50-54	32nd	Bronze								
Team LGRR (Above)				1st									
RUNNING ROOM SHAUGHNESSY 8K, 25 May,2003, Vanc. (436 fin.)													
Mark Francis	0:27:56	4th	35-39	17th	78.40%								
Jim Swadling*	0:28:16	1st	55-59	20th	Gold 88.4%								
Joan McGrath**	0:29:44	1st	40-49	32nd	Gold 83.9%								
Nick Stark	0:30:18	1st	50-54	37th	Silver 80.4%								
Mark Shorter	0:30:45	5th	45-49	39th	Bronze 75%								
Gunner Rasmussen	0:32:08	2nd	60-64	55th	Silver 80.7%								
Paul Fenz	0:33:11	13th	30-34	68th	64.20%								
Robert Haines	0:33:21	4th	50-54	70th	Bronze								
Lisa Polizzi	0:33:30	4th	30-34	73rd	70.60%								
Sara Bucovaz	0:34:44	3rd	20-24	91st	67.80%								
Hans Fenz	0:35:21	2nd	65-59	104th	Silver 78.5%								
Peter Jensen	0:36:07	9th	55-59	119th	71%								
Greg Brown	0:36:09	19th	40-44	120th	62.20%								
Willi Ribl	0:36:27	9th	50-54	128th	65.20%								
Robert Gardner	0:39:38	14th	55-59	184th	59.10%								
Daniel Ribl	0:41:54	13th	under 20	220th	62.90%								
* Men's age-graded record-Jim Swadling			** 3rd Age grade female-Joan McGrath										



LGRR RACE RESULTS March 2003 to June 2003

Name	Time	Place	Division	Overall	Age Grade %								
5 PEAKS-GOLDEN EARS, 24 May 2003, Maple Ridge.(319 finishers)													
Lisa Polizzi	1:17:08	3rd	Open Women	33rd									
Sean Wolfe	1:07:25	1st	Masters men	2nd									
Neil Wakelin	1:17:16	7th	Masters Men	34th									
MILL LAKE 8K, 31 May,2003, Abbotsford (42 finishers)						Age Grade %							
Sara Bucovaz	0:33:49	1st	20-29	10th	69.9%								
Hans Fenz	0:34:57	1st	60-69	12th	Silver 79.7%								
PMC SIERRA SCIENCE 5K Run, 01 June 2003, Vancouver (786 finishers)													
Mark Lawrence	0:18:17	1st	50+	13th	Silver								
Mark Shorter	0:18:34	6th	40-49	16th	Bronze								
HALF KNACKER 25K TRAIL RUN, 01 June 2003, N.Vancouver (180 fin.)													
Kevin Titus	1:40:22	1st	40-49	13th	1st Overall								
EDGE TO EDGE MARATHON, 8 June 2003, (115 finishers)													
Neil Wakelin	3:24:20	1st	55-59	5th	Bronze								
5 PEAKS-SEYMOUR, 14 June 2003, Maple Ridge.(244 finishers)													
Lisa Polizzi	0:53:37	2nd	Open Women	34th									
Paul Polizzi	0:55:55	39th	Open Men	57th									
Sean Wolfe	0:52:02	3rd	Masters Men	15th									
SANDCASTLE 10K, 17 June 2003, Vancouver (331 finishers)													
Joan McGrath	0:34:43	1st	40-49	34th	Gold								
Nick Stark	0:36:04	2nd	50-59	40th	Silver								
Roger Brownsey	0:37:20	3rd	50-59	48th	Silver								
Robert Haines	0:38:07	4th	50-59	59th	Silver								
Sara Bucovaz	0:40:51	4th	20-29	81st									
Christine Blanchette	0:41:08	10th	30-39	83rd	Silver								
Hans Fenz	0:41:48	1st	65-69	88th	Gold								
Greg Brown	0:44:19	34th	40-49	123rd									
SCOTIABANK VANC. HALF 22 June 2003, Vancouver (2441 finishers)													
Joan McGrath	1:19:48	1st	40-44	35th									
Sara Bucovaz	1:32:40	1st	20-24	165th									
Paul Allen	2:45:38	85th	55-59	2392nd									
NEW BALANCE 1/2 IRONMAN 22 June 2003, Victoria (549 finishers)													
Mark Shorter	5:00:56	6th	45-49	80th									
2K Swim	0:35:29		45-49	203rd									
91.8K Bike	2:59:32		45-49	111th									
20K Run	1:25:55		45-49	46th									



LGRR'S CELEBRATE SUCCESSFUL SHAUGHESSEY 8K

LGRR RACE RESULTS March 2003 to June 2003

Name	Time	Place	Division	Overall	
KANANASKIS RELAY, 21 June 2003, Alberta (178 teams)					Team Rank
LGRR Mountain Lions	11:42:22	2nd	50+	12th	12th
1 Mark Lawrence	1:18:34	2nd	18.6K	18th	18th
2 Phil Bell/G. Ronner	1:22:39	3rd	16.5K	47th	25th
3 Nick Stark	1:04:16	2nd	14.7K	5th	14th
4 Willi Ribl	1:09:00	2nd	14.1K	41st	17th
5 Jim Swadling	1:15:24	1st	17.6K	6th	10th
6 Gerhard Ronner	0:43:22	2nd	9.4K	45th	11th
7 Robert Haines	1:11:15	2nd	16.5K	25th	12th
8 Al Thompson	1:11:47	2nd	15.9K	31st	13th
9 Hans Fenz	1:03:58	2nd	12.5K	40th	13th
10 Roger Brownsey	1:22:07	2nd	18K	30th	12th
CANADA DAY 10K, 1 July 2003, Vancouver (796 fin.)					Masters Standard
Mark Francis	0:35:02	5th	35-39	26th	Silver
Jim Swadling	0:35:39	1st	55-59	31st	Gold
Joan McGrath	0:37:12	2nd	40-44	43rd	Gold
Nick Stark	0:37:33	2nd	50-54	45th	Bronze
Gary Stevens	0:39:09	5th	45-49	65th	Bronze
Lisa Polizzi	0:40:27	4th	30-34	89th	
Sara Bucovaz	0:42:03	4th	19-24	120th	
Gunner Rasmussen	0:42:06	2nd	60-64	122nd	Silver
Robert Haines	0:42:17	3rd	50-54	126th	
Christine Blanchette	0:42:35	6th	35-39	135th	Silver
Paul Polizzi	0:42:45	20th	30-34	138th	
Hans Fenz	0:43:46	65+	45-49	167th	Silver
Greg Brown	0:46:45	39th	40-44	215th	
Bob Clibbon	0:51:34	62nd	40-44	350th	
Paul Allen	0:54:16	16th	55-59	419th	
2003 Hershey Track Meets- Burnaby Central Track					Overall Place
Blair Miller w/Dustin)	17-Jun	200m		26.45	
Blair Miller	1-Jul	3000 Racewalk		13:26.0	1st
Carlos Gaspar	1-Jul	800m Run		02:28.1	9th
Blair Miller w/Dustin)	8-Jul	400m		55.82	
KNEE KNACKERING 30K Trail Run, 12 July 03, N. Shore.(161 fin.)					
Kevin Titus	4:42:37	1st	40-49	2nd	COURSE RECORD
Sean Wolfe	5:34:53	5th	40-49	5th	
Jim Swadling	5:59:33	1st	50+	15th	
Curn Ivanic	6:23:33	11th	under 40	29th	
Neil Wakelin	7:08:40	5th	50+	66th	
SQUAMISH TRIATHLON, 13 July 2003 Squamish (385 finishers)					
Mark Shorter	2:18:00	5th	45-49	42nd	
1.5K Swim	0:25:47			52nd	
40 Bike	1:36:36			68th	
10K Run	0:41:25			28th	



Sara Bucovaz



Cory Cullen



Sean Wolfe at the Knee Knacker