

July 2003 to Jan 2004

Name	Time	Place	Division	Overall			
TWO OCEANS 56K MARATHON, 12 April 2003, S Africa (7000+ fin.)							
Tom Redden	6:30:50						
Tom's name was missed in the last newsletter							
PEACH CITY MARATHON, 18 May 2003 Penticton (212 finishers)							
Neil Wakelin	3:28:21	1st	55-59	28th	Silver		
NORTH SHORE SPRING TRIATHLON, 19 May 2003 (337 finishers)							
Cheryl Steele	1:14:57	1st	40-44	25th	112th		
.74K Swim	0:14:22			153rd			
20K Bike	0:36:44			96th			
5K Run	0:23:52			145th			
RUNNING ROOM SHAUGHNESSY 8K, 25 May,2003, Vanc. (436 fin.)							
Paul Wong	0:35:17	7th	50-54	102nd	71.70%		
Paul's result was missed in the last newsletter							
5 PEAKS-WHISTLER 10K, 17 July 2003, Whistler (195 finishers)							
Sean Wolfe	0:50:13	1st	Masters men	8th			
Lisa Polizzi	0:55:00	3rd	Open Women	29th	Paul's wife		
Paul Polizzi	0:58:53	28th	Open Men	43rd			
GIANTS HEAD 10K, July 2003, Summerland							
Rene McKibbin	0:41:17	1st	35-39	1st Lady	Gold		
SUMMERFAST 10K, 26 July 2003, Vancouver (239 finishers)							
Joan McGrath	0:36:48	1st	40-44	25th	Gold		
Nick Stark	0:38:42	2nd	50-54	36th	Silver		
Lisa Polizzi	0:39:55	5th	20-34	42nd	Paul's wife		
Sara Bucovaz	0:42:07	11th	20-34	70th			
Robert Haines	0:42:33	6th	50-54	78th			
Hans Fenz	0:43:13	1st	65-69	83rd	Gold		
SQUAMISH 10K, 2 August 2003, Vancouver (184 finishers)							
Carlos Gaspar	0:36:45	7th	40-44	27th	Silver		
Nick Stark	0:37:56	1st	50-54	31st	Silver		
Lisa Polizzi	0:38:17	3rd	20-34	34th	Paul's wife		
Joan McGrath	0:38:46	1st	40-44	36th	Gold		
Robert Haines	0:40:51	2nd	50-54	54th	Bronze		
Sara Bucovaz	0:40:59	7th	20-34	57th			
Paul Fenz	0:42:43	16th	20-34	76th			
Hans Fenz	0:43:30	4th	60+	82nd	Silver		
Neil Wakelin	0:44:07	2nd	55-59	91st	Bronze		
Greg Brown	0:46:15	23rd	40-44	106th			
Daniel Ribbi (Willi's son)	0:54:50	9th	under 20	160th			
BOUNDARY BAY 5K, 2 August 2003, (98 finishers)							
Mark Lawrence	0:18:47	2nd	50-54	8th			
Rene McKibbin	0:18:57	1st	35-39	10th	Women's record		
DELTA HALF MARATHON, 10 August 2003, Delta (457 finishers)							
Sara Bucovaz	1:31:23	2nd	20-24	48th			

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Name	Time	Place	Division	Overall			
LOG TRAIN MARATHON, 10 August 2003, Port Alberni							
Neil Wakelin	3:44:59	1st	55-59				
5 PEAKS-CYPRESS 10K, 16 Aug. 2003, Whistler (223 finishers)							
Sean Wolfe	0:46:25	1st	Masters men	4th			
Lisa Polizzi	0:52:29	1st	Open Women	27th			
Paul Polizzi	0:56:05	30th	Open Men	42nd			
Neil Wakelin	1:01:22	17th	Masters Men	75th			
KELOWNA APPLE TRIATHLON, 17 Aug. 2003 (552 finishers)							
Mark Shorter	2:18:12	7th	45-49	40th			
1.5K Swim	0:26:52		45-49	87th			
80K Bike	1:39:19		45-49	67th			
10K Run	0:38:54		45-49	16th			
Brent McMahon(Elite)	1:38:16	1st	elite men	1st	Larry's son		
1.5K Swim	0:18:05	1st	elite men	1st			
80K Bike	1:04:19	1st	elite men	1st			
10K Run	0:33:55	1st	elite men	1st			
RUN FOR THE FERRY 10K, 23 Aug 2003, Bowen Island (135+ finishers)							
Carlos Gaspar	0:36:39	4th	40-49	18th	Silver		
Joan McGrath	0:38:23	2nd	40-49	23rd	Gold		
Lisa Polizzi	0:39:41	1st	30-39	27th			
Roger Brownsey	0:40:56	2nd	50-59	35th	Bronze		
Robert Haines	0:42:10	4th	50-59	41st			
Duff Waddell	0:43:28	1st	60+	45th	Bronze		
Sara Bucovaz	0:43:42	3rd	20-29	48th			
IRONMAN CANADA, 24 AUG 2003 Penticton,BC (1871 finishers)							
Mark Shorter	10:37:59	15th	M45-49	237th			
2.4M SWIM	1:08:01	50th	M45-49	712th			
112 M BIKE	5:45:53	39th	M45-49	472nd			
26.2M RUN	3:23:28	5th	M45-49	59th			
Cory Cullen	12:19:56	11th	F45-49	938th			
2.4M SWIM	1:09:02	8th	F45-49	787th			
112 M BIKE	7:01:00	33rd	F45-49	1597th			
26.2M RUN	3:57:57	3rd	F45-49	374th			
(DAY BEFORE) LABOUR DAY 8K, Aug 31, 2003, Steveston (133 finishers)							
Joan McGrath	0:29:28	1st	40-49	21st			
Nick Stark	0:30:28	1st	50-59	26th			
Lisa Polizzi	0:31:08	1st	30-39	29th			
Roger Brownsey	0:31:48	2nd	50-59	33rd			
Robert Haines	0:32:15	4th	50-59	42nd	Bronze		
Sara Bucovaz	0:32:57	1st	20-29	48th			
Paul Polizzi	0:33:30	15th	30-39	53rd			
Al Thompson	0:34:42	7th	50-59	62nd			
Hans Fenz	0:37:59	5th	65+	82nd			
Daniel Ribí	0:43:47	3rd	under 15	117th			
COUNTRY ROADS MARATHON, Aug 31, 2003, Comox							
Neil Wakelin	3:33:44	3rd	50-59	21st	Bronze		

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Name	Time	Place	Division	Overall			
VICTORIA HALF MARATHON, 12 OCT, 2003, Victoria (3679 finishers)							
Ken Bell	1:18:08	3rd	45-49	19th			
Lisa Polizzi	1:25:39	3rd	30-34	61st	5th female		
GRANVILLE ISLAND TURKEY TROT, 13 OCT, 2003, Vancouver (1307 finishers)							
Martha Sirdevan	0:40:14	8th	20-29	48th			
Robert Haines	0:40:39	2nd	50-59	51st	Bronze		
RICHMOND FLATLANDS 10K, 19 Oct, 2003, Richmond (527 finishers)							
Brent McMahon	0:32:16	1st	20-24	1st	Larry's son		
Mark Francis	0:35:07	3rd	40-44	9th	Silver		
Rene McKibbin	0:38:44	1st	35-39	35th	Gold		
Robert Haines	0:40:41	3rd	50-54	68th	Bronze		
Russell Stephens	0:41:49	12th	45-49	87th	Bronze		
BC MASTERS X-COUNTRY CHAMPS (8.7K) 25 Oct 03 Coquitlam (32 fin.)							
Mark Francis	0:30:33	6th	40-44				
Ingo Jackisch	0:37:32	2nd	50-54				
Neil Wakelin	0:37:18	4th	55-59				
CUNNINGHAM SEAWALL RACE 5.9 M, 26 Oct, 2003, Richmond (1255 finishers)							
Joan McGrath	0:34:49	2nd	40-44	21th			
Paul Polizzi	0:39:47	7th	30-34	87th			
HANEY TO HARRISON 100K RELAY- Nov. 8, 2003, Haney (338 Teams)							
	Time	Cat. place	Categ.	overall			
LGRR Masters Men 40+A	6:17:29	2nd	mm40+A	8th			
LGRR Masters Men 50+A	7:07:05	1st	mm50+	24th			
LGRR Open Men	7:14:56	15th	open men	29th			
LGRR Open Women	7:16:15	3rd	Open wom.	31st			
LGRR Masters Men 50+B	7:55:14	5th	mm50+	87th			
STAGE 1- 9.48K (5.89 M)							
		Cat. place	Categ.	overall	Team place OA		
Kevin Titus	0:32:48	1st	mm40+A	4th	4th (1stMM)		
Willi Ribl	0:41:14	1st	mm50+A	34th	34th		
Paul Fenz	0:42:06	4th	OM	43rd	43rd		
Hans Fenz	0:45:18	4th	mm50+B	87th	87th		
Cory Cullen	0:46:31	9th	OW	97th	97th		
STAGE 2- 13.54K (8.41 M)							
		Cat. place	Categ.	overall	Team place OA		
Kevin Titus	0:50:34	2nd	mm40+A	10th	5th (3rd MM)		
Roger Brownsey	0:57:26	2nd	mm50+A	35th	28th		
Mark Hyder	1:00:50	3rd	mm50+B	71st	64th		
Ehan Wong	1:01:29	17th	OM	80th	43rd		
Lara Duke	1:02:20	7th	OW	90th	81st		
STAGE 3- 15.12K (9.40 M)							
		Cat. place	Categ.	overall	Team place OA		
Mark Francis	0:56:38	2nd	mm40+A	13th	6th (3rd MM)		
Joan McGrath	0:59:14	1st	OW	22nd	36th (2nd OW)		
Gary Stevens	1:03:09	13th	OM	42nd	33rd		
Neil Wakelin	1:09:52	5th	mm50+A	128th	38th		
Peter Jensen	1:13:04	6th	mm50+B	184th	91st		

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Name	Time	Place	Division	Overall			
HANEY TO HARRISON 100K RELAY continued							
STAGE 4-12.51K (7.77 M)		Cat. place	Categ.	overall	Team place	OA	
Mark Shorter	0:48:02	2nd	mm40+A	13th	7th (4th MM)		
Robert Haines	0:52:28	1st	mm50+A	26th	31st		
Robert Gardner	0:58:47	4th	mm50+B	76th	73rd		
Cheryl Steele	0:59:36	8th	OW	82nd	41st		
Greg Brown	1:01:35	18th	OM	108th	43rd		
STAGE 5-14.89K (9.25 M)							
		Cat. place	Categ.	overall	Team place		
Ken Bell	0:56:32	1st	mm40+A	8th	8th(1st MM)		
Jack Miller	0:58:48	1st	mm50+A	20th	27th (4th MM)		
Mark Williams	1:03:35	12th	OM	39th	43rd		
Christine Blanchette	1:04:40	4th	OW	42nd	44th		
Paul Wong	1:09:58	4th	mm50+B	85th	71st		
STAGE 6-13.03K (8.10 M)							
		Cat. place	Categ.	overall	Team place	OA	
Carlos Gaspar	0:49:32	7th	OM	9th	30th (4th MM)		
Neil Prior	0:52:10	2nd	mm40+A	15th	8th		
Rene McKibbin	0:54:02	2nd	OW	19th	34th (2nd OW)		
Phil Bell	0:56:54	1st	mm50+A	34th	26th		
Frank Stebner	1:03:03	5th	mm50+B	107th	68th		
STAGE 7-13.42K (8.34 M)							
		Cat. place	Categ.	overall	Team place	OA	
Sean Wolfe	0:50:07	1st	mm40+A	7th	8th (2nd MM)		
Nick Stark	0:54:53	1st	mm50+A	20th	24th		
Melanie Lomagli	0:56:10	2nd	OW	33rd	32nd (3rd OW)		
Russell Stephens	0:58:45	17th	OM	54th	28th		
Gerhard Ronner	1:05:21	6th	mm50+B	172nd	78th		
STAGE 8- 8K (4.97 M)							
		Cat. place	Categ.	overall	Team place	OA	
John Moe	0:30:41	2nd	mm40+A	12th	8th (3rd MM)		
Christina Struik	0:33:46	4th	OW	27th	29th		
Leo Lam	0:34:47	15th	OM	39th	30th		
Al Thompson	0:35:33	4th	mm50+A	50th	24th		
Bill Wirtanen	0:38:56	4th	mm50+B	100th	72nd		
MASTERS 8K X-COUNTRY, 11 Nov. 2003, Stanley Park (95 finishers)							
Carlos Gaspar	0:29:28	2nd	40-44	6th	19th age graded		
Robert Haines	0:33:42	2nd	50-54	24th	23rd age graded		
Neil Wakelin	0:35:11	5th	55-59	31st	30th age graded		
Peter Jensen	0:36:26	7th	55-59	36th	32nd age graded		
Robert Gardner	0:37:05	9th	55-59	40th	42nd age graded		
John Sullivan	0:58:55	5th	70-74	90th	83rd age graded		
Bob Paul	1:07:17	7th	70-74	93rd	92nd age graded		
AARC FOREST X-COUNTRY 10K, 15 Nov. 2003, Maple Ridge (56 fin.)							
Carlos Gaspar	0:42:42	1st	40-44	5th			
Mark Hyder	0:52:32	3rd	50-54	20th			
Cathy Morton	1:02:05	7th	40-44				
John Sullivan	1:30:31	6th	60+	56th			
SURREY CLASSIC 10K, 16 Nov 2003, UBC (144 finishers)							
Rene McKibbin	0:39:20	1st	30-39	8th (1st F)	Gold		
Nick Stark	0:39:25	1st	50-59	9th	Silver		

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Name	Time	Place	Division	Overall			
CRESCENT PARK X-COUNTRY 8.25K, 22 Nov 03, White Rock (82 fin.)							
Mark Hyder	0:35:15	1st	50-59	15th			
John Sullivan	0:59:35	3rd	60+	82nd			
GO WIRELESS 10K, 23 Nov 2002, UBC (1155 finishers)							
Sean Wolfe	0:35:36	6th	40-49	25	Silver		
GO WIRELESS Short Half Marathon, 23 Nov 2002, UBC (463 finishers)							
Rene McKibbin	1:18:16	1st	30-39	11th	3rd Fem.		
Russell Stephens	1:24:32	13th	40-49	41st			
GO WIRELESS Reg Half Marathon, 23 Nov 2002, UBC (10 finishers)							
Joan McGrath	1:21:05	1st	40-49	4th	Fem Winner		
SEATTLE MARATHON, 30 November 03, Seattle (1984 finishers)							
Joan McGrath	3:01:27	1st	40-49	3rd female	Gold		
Neil Wakelin	3:29:19	14th	55-59	226th Male	Bronze		
SEATTLE HALF MARATHON, 30 November 03, Seattle (4850 finishers)							
Jack Miller	1:23:10	1st	55-59	48th			
GUNNER SHAW 10K, 06 Dec. 03, Vancouver (90 finishers)							
John Moe	0:38:43	2nd	45-49	14th			
Willi Ribl	0:43:10	2nd	50-54	31st			
Paul Fenz	0:43:14	3rd	30-34	32nd			
Mark Hyder	0:44:03	4th	50-54	37th			
Kelly Duke	0:45:38	4th	30-34	47th			
Lara Duke	0:45:53	1st	25-29	50th			
Hans Fenz	0:46:12	3rd	65-69	54th			
Robert Gardner	0:48:36	6th	55-59	66th			
John Sullivan	1:24:33	1st	70+	90th			
Team LGRR		3rd					
GUNNER SHAW 5K, 06 Dec. 03, Vancouver (20 finishers)							
Daniel Ribl	0:24:39	2nd	11-Oct	31st			
HONOLULU MARATHON, 14 Dec 2003, (25,283 finishers)							
Mark Shorter	3:01:38	8th	45-49	110th	Silver		
PRR Cross Country 10K, 14 Dec 2003, N.Vancouver (60 finishers)							
Ingo Jackisch	0:48:29	4th	50-59	16th			
Mark Hyder	0:53:10	10th	50-59	29th			
Christine Blanchette	0:42:57	1st	30-39	42nd			
2003 CROSS COUNTRY SERIES STANDINGS (final)							
Mark Hyder	4 races	4th	50-59	19 pts.			
John Sullivan	5 races	1st	70+	38 pts.			
LAS VEGAS 5K, 24 Jan 2004, (376 finishers)							
Frank Stebner	0:22:59	5th	50-54	42nd			
LAS VEGAS MARATHON, 25 Jan 2004, (3000+/- finishers)							
Neil Wakelin	3:16:24	1st	55-59	113th	Silver		