

INTERIOR

RUNNING

ASSOCIATION

2013

Canadian Tire Interior Road Race Series



Interior Running Association



The Starting Block X-Country Race Series

 THE STARTING BLOCK

RUNNING & FITNESS GEAR
VERNON, BC



Cool Running
No 5 1050 10th SW 1T2
Salmon Arm BC V1E
(250) 832 1381
www.cool-running.ca



Fresh Air Experience
#18 2070 Harvey Ave,
Kelowna, BC V1Y 8P8
(250) 763-9544
www.freshair.bc.ca



Peach City Runners
214 Main St.
Penticton, BC V2A 5B2
(250) 490-3334
www.peachcityrunners.com



Runners Sole
#74-1395 Hillside Dr.
Kamloops, BC, V2E 2R7
(250) 377-4055
www.runnerssole.com



Starting Block
3017B 30th Ave, Vernon, V1T 2C1 - Phone: 558-1088 -
Fax: 558-1048
www.startingblock.ca

INTERIOR RUNNING ASSOCIATION

2013 EXECUTIVE

President	Rick Jenkner (Kamloops) 250- 374-1652 (ultramanrick@yahoo.ca)
Vice President	Peter Pollhammer (Kelowna) 250- 491-9414 (ppollham@pmp-software.com)
VP Promotions	Bill Stephens (Kelowna) 250-869-4989 (wgstephens@shaw.ca)
Secretary	Linda Conrad (Vernon) 250- 558-7823 (conrad@junction.net)
Treasurer	Lynda Proce (Coldstream) 250- 558-3504 (lyndaproce@hotmail.com)

Club Reps

Kal R.A.T.S. (Vernon)	Sarah Clark (sarahclarkwong@gmail.com)
Kelowna Running Club	Bill Stephens (wgstephens@shaw.ca)
Kamloops Ridge Runners	Karen King (kingak360@gmail.com)
Penticton Pounders	Neil Macdonald (oktrailrunnr@shaw.ca)
Revelstoke Alpine Runners	Jarrett Spannier (jspannier@sd19.bc.ca)
Vernon Pacers Running Club	Paul Filippi (pfilippi@shaw.ca)

President's Message

Interior Running is looking good for 2013! There is revitalization on the club front, and the Fresh Air Strong Kids Runs have been a big success, which augurs well for the future. A lot of hard work by the executive and the clubs has seen two popular non-profit races join the series, along with the revival of the Bike Barn 10K, giving us an 11 race road series and a 5 race XC series, as the revival of the Reino Keski-Salmi Run means that the Kenna Quarter will no longer be held. The increase in races will allow the return of the scoring system we used in 2011. Our no extra cost on-line registrations through Zone4 will continue, while in-person and mailed

registrations will also continue to be taken.

Our races are low-key affairs that offer great value and welcome runners of all ages and abilities, but retain a competitive aspect as well. Those not able to compete for the overall victory have age-group and age-graded awards to compete for, and as always, there is the thrill for new runners of completing their first race, or their first of a new distance. There are many reasons to race, but for me the biggest is the social aspect - there is so much positive energy in a group of people who have shared a fun physical challenge. Why not try a new race this year, and bring a friend! (or two).

Congratulations to all of the champions and especially to our award winners: Runners of the Year Rick Jenkner and Diane Leonard, Greenaway Cup: Sergio Pio, Muckle-Gader Cup: Diane Leonard.

The IRA salutes Steve King, who was named to the BC Athletics Hall of Fame in 2012.

Club running continues to face many challenges, including competition from private races, charity events, and other sports. The only way to continue to have an IRA with club race series is to have runners step up and join the local clubs. Once having joined, ask what you can do to help, and then follow through. I know there are lots of concerned people out there but the list of people taking on responsibility is small. If each of you who races is willing to join a club and actively assist in making it vibrant, the sport will remain strong.

Note that the association has a new url:
www.interiorrunningassociation.com The former address should refresh automatically.

See you at the races!
Rick Jenkner

Runner of the Year Awards

The male and female Runners of the Year are decided at the Interior Running Association's AGM. Nominations are received from the member clubs, and then a vote is taken, with each club having one vote. In order to be eligible, a person must have run in enough races to qualify for series awards, and must belong to one of the member clubs. The award is based upon a combination of running success and club or IRA involvement. Neither of these two factors is paramount. In other words, a runner could win this award with an incredibly successful year of racing, even though they were not active in their club. Conversely, a

runner could finish well down in the series standings, but win because of their tremendous contribution to the running community. Most recipients show a combination of both.

The 2012 recipients were Diane Leonard (KRC) and Rick Jenkner (KRR)

Female – Diane Leonard

Although Diane has been a runner for about 40 years, for most of that time she was purely a recreational runner. Her first taste of competition was the Vancouver Marathon in 1989, which she completed in 4:00:01! She ran the Victoria marathon that same year and took an impressive 15 minutes off her Vancouver time.

Diane remained basically a recreational runner until about six years ago when she began entering the occasional Canadian Tire series event. Gradually her competitive nature began to take over, and she entered more races, winning her age group in 2007 and 2008. In 2007 she ran the Las Vegas marathon and qualified for Boston, which she ran in 2008.

Since losing to Shirley Gray in a memorable sprint finish at the 2010 SB10K she has not lost in her age group, and has placed high in the standings for the Muckle-Gader Cup each year, winning it in 2012. Her marathon running also continued in 2012 when she ran the Calgary marathon, winning her age class (65-69) in a time of 4:12:20! She was over an hour ahead of the second place runner, and her time would have placed her second in both the 60-64 and 55-59 age classes.

Diane is the first woman to win both of the IRA awards in the same year

Male – Rick Jenkner

Rick began racing in 1996 at the Oliver 10K, and ran his first marathon in Kelowna the following year. For years, marathoning ruled Rick's life, with his quest for a sub-3 resulting in a personal best in the 1999 Okanagan Marathon of 3:00:39. He has completed 25 marathons including three at Boston, and the first 'New' Kamloops Marathon in 2012.

His best year of racing was 2001, when he ran his first ultra, finishing fourth at the Elk-Beaver 50 Miler, set personal bests in distances from one mile to half marathon, and medaled in all 7 IRA races he ran. He also suffered an injury which plagued him for years and eventually caused him to retire from racing.

While unable to run, he took up cycling and eventually was

directed by his cycling coach to chiropractor Clint Hallgrimson, whose treatment enabled him to return to racing in 2009. In the following 3 years, Rick scored the most age-graded points of anyone in the IRA and won his age group twice.

Rick has been a member of the BC Athletics Road Running Committee since 2003 and has been race director of the Bike Barn 12K as well as of several non-IRA races. For 7 years, he was course co-ordinator for the Vernon Terry Fox Run, and in 2011, Rick resumed the presidency of the IRA, a position he also held in 2003.

2012 AGE-GRADED AWARDS

Willis Greenaway Cup	Sergio Pio	Penticton
Heidi Muckle-Gader Cup:	Diane Leonard	Kelowna

Willis Greenaway Cup – Sergio Pio

Sergio also ran his first race in 1996, and always puts up a good performance. In his younger days, he often contended for the overall victory, and as he has moved well into the masters division, he still frequently remains in the top five overall finishers.

His passion is marathoning, and he won the Okanagan Marathon for three years in a row (2002-2004) and set his 2:40:07 personal best there in finishing third in 2006. He also scored a memorable victory over Doug Alward in the 2005 Peach City Marathon, with the two running side by side for many miles before Sergio edged ahead on the beach finish. He is most proud however, of qualifying for the elite field in the 2008 Canadian Marathon Championships in Ottawa.

When Sergio focuses on the IRA series, as he did in 2010 and 2012, he is not often beaten in his age group, and won the Greenaway Cup both years.

Heidi Muckle-Gader Cup – Diane Leonard

Although Diane has been a runner for about 40 years, for most of that time she was purely a recreational runner. Her first taste of competition was the Vancouver Marathon in 1989, which she completed in 4:00:01! She ran the Victoria marathon that same year and managed to take 15 minutes off her Vancouver time.

Diane remained basically a recreational runner until about six years ago when she began entering the occasional Canadian Tire series event. Gradually her competitive nature began to take over, and she entered more races,

winning her age group in 2007 and 2008. In 2007 she entered the Las Vegas marathon and qualified for Boston, which she ran in 2008.

Since losing to Shirley Gray in a memorable sprint finish at the 2010 SB10K she has not lost in her age group, and has placed high in the standings for the Muckle-Gader Cup, winning it in 2012. Her marathon running also continued in 2012 when she ran the Calgary marathon, winning her age class (65-69) in a time of 4:12:20! She was over an hour ahead of the second place runner, and her time would have placed her second in both the 60-64 and 55-59 age classes.

Diane is the first woman to win both of the IRA awards in the same year

The Heinrich Spiller Award of Courage

This award was presented for the first time in 2002. It is in memory of Heinrich, who was a top-notch age group runner in the 55-59 and 60-64 categories. Heinrich ran, and won, while battling the cancer that eventually took him from us. His widow Susan, son Rob, and Grant Turner of Canadian Tire in Vernon have donated this award to the series. The award honours the runner who best personified courage in the face of physical adversity.

Many people choose to face this sort of battle in private, and we respect your wishes, and salute all of you. In 2012, eligible runners declined, and the award was not given.

- 2002 Mel Doherty (Westbank)
- 2003 Fred Cox (Armstrong)
- 2004 not given
- 2005 Judy Westbrook (Kamloops)
- 2006 Larry Campbell (Penticton)
- 2007 Brian MacDonald (Penticton)
- 2008 Toni Crockett (Kelowna)
- 2009 Astrid Varga (Kelowna)
- 2010 Norm Drake (Kelowna)
Kathryne Flannery (Kamloops)
- 2011 not given

INTERIOR RUNNING ASSOCIATION RULES FOR X-COUNTRY AND ROAD RACES

1 Races of **standard distances** should be measured with a Jones Counter and should be certified for accuracy.

2 The race director will have the final say in any and all issues that may arise as a result of the race.

3 The I.R.A series age groups are as follows:

Road and Cross Country

Men and Women

Under 16,

16-19, 20-29

30-34, 35-39

40-44, 45-49

50-54, 55-59

60-64, 65-69

70-74, 75-79

80-84, as necessary

4 For both race series, a runner shall compete in the same age division all year. Accordingly, a runner's age group for the year shall be determined by their age on December 31 of the race year.

5 It is necessary that all entrants in each series race be covered by BCA insurance. Runners who do not have a BCA recreational or competitive card must pay an additional \$3.00 with each race entry in order to receive a Day of Race card. Two thirds of the monies collected via this must be sent to B.C. Athletics to cover liability insurance. (Races may opt out of BCA insurance by signing proof of coverage and paying a fee.)

6 All races will have a Day of Race late entry fee, of \$10 for road races and \$5 for XC races.

7 Race results must be sent to the webmaster **jfbwilson@hotmail.com**, with copy to **ppollham@pmp-software.com**) by noon of the day following the race. IRA race fees and BCA sanctioning fees are due within 30 days of the race. The treasurer must be advised when the BCA fees are paid, to avoid unnecessary following up.

8 Host clubs must pay \$0.25 for each race finisher in both the IRA road and cross country series. This money goes towards advertising, administration, and awards for the series.

9 All races must use the custom printed race numbers with tear-off tags. **Contact Lynda Proce (lyndaproce@hotmail.com)** with the quantity required for your event. Clubs must pay \$0.50 for each number ordered.

10 All series results will be done using the Runscore Program that can be run on any computer but is registered to the IRA. The IRA will prepare each race in a separate folder and make this available to the race organizers to score and produce the results. Race organizers are

expected to have or obtain the expertise to run the Runscore program and complete their own results. The complete results folder is to be emailed back to the IRA, (see rule 7). Questions or concerns about the computer, or its use, should be directed to **Peter Pollhammer (250) 491-9414 (ppollham@pmp-software.com)**

11 Age graded results will be calculated for the Road Series events only, using 2006 age-graded tables. Race Directors will receive 190 points for their races.

12 All race directors shall take all the necessary precautions to ensure the safety of volunteers and runners.

13 The IRA requests that Racers refrain from wearing iPods and MP3s during the race for your own safety.

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Please consult the web-page (**[www.interiorrunningassociation.com](http://www.interiorrunningassociation.com)**) for updated changes that may occur after the printing of this booklet.

## **RACE ETIQUETTE GUIDELINES**

Pre-register if you can. Fill out your form completely and correctly. On-line registration is encouraged. If paying online make sure that you get a confirmation of payment to verify that you are officially registered.

Read the website, entry form or other race information before contacting the race director. All of the race details you need are probably there.

Carefully check the information on your number. Before the race is the time to correct any errors. Pin your number on the FRONT of your shirt or shorts and keep it visible at all times, and most especially at the finish. The announcer and timers must be able to see it.

Do not run without a number, or if you did not register. People who do are called 'bandits', and are subject to being banned from races.

Do not allow another runner to use your number as it will affect the overall results and could prevent some runners from winning awards in their categories.

If you are part of a multi-race event, do not switch races without authorization, as you may not get an official finish, or it may prevent others from winning awards.

Seed yourself appropriately at the start. If you are walking, start at the back, and if you need to walk or slow abruptly while on course, move to the side first.

Run facing traffic unless directed differently by a race official.

The insurance policy covering BCA sanctioned races allows wheelchairs, both pushed and self-propelled, as well as baby joggers. BCA recommends that racing wheelchairs be given a separate start before the runners start, and that baby joggers and non-competitive wheelchairs start at the back of the field. Visually impaired runners accompanied by a guide are also encouraged to participate. Note that other forms of self-propulsion (rollerblades, skateboards, bicycles, etc.) and participants accompanied by animals are not allowed. Volunteers should not bring animals either. (Non-sanctioned events may have different insurance - in those events, be sure to obey instructions from the race.)

Remember cars have the right of way on the road. Only cross at intersections or when directed to do so.

Don't cut the course. If the course is open to traffic, do not cross the centre line of the road. Make sure to go around any cones or other markers on the appropriate side.

Don't block other runners at any time. At aid stations, move to the side if you slow down or stop. It is permissible to drop your cup or sponge near the tables, but be careful not to splash others. Littering anywhere else on course is not allowed.

While headphones are allowed under current insurance, their use is discouraged as users are less aware of their surroundings, and may not hear instructions. Communication devices of any sort are banned for racers.

Pacing by a non-participant is not permitted.

Aid from any person not involved in the race is not allowed except in emergencies. If you see a person in distress, give aid, or advise a race volunteer. If you receive aid, and continue, you may not be eligible for awards.

Remember there are other people in the race, be courteous and allow them to have the same experience that you expect. Think of others first if you need to spit, blow your nose, or anything else.

Respect private property. Use toilets provided by race organizers. If you must leave the course, be sure to return to it at the same point as you left it.

Stay in order in the finish chute until the volunteer takes the tag off your number, and then clear the chute.

If the race uses a timing chip, be sure to return it, even if you did not run.

Only cross the finish line once, and do not cross the line if you are not registered, or did not complete the course.

If you have to drop out after starting, make sure you or someone else informs race volunteers of your number.

Limit your consumption of post-race refreshments until you are sure everyone has been served. These are for participants only!

Be courteous to the volunteers. You have an event to run because of them. If you race, make sure you help out proportionally at other events.

If you won an award, stay to pick it up!

Smile!

(The Race Director generally has the final authority with respect to their race, subject to regulations of the sanctioning body. Some infractions may be subject to disqualification or sanctions such as being banned from other races. These include, but are not limited to: running without registering or registering incorrectly, failing to complete the full course, being paced by a non-participant, verbal or physical abuse of others, or causing danger to others.)

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**AGM, AWARDS CEREMONY & BANQUET  
November 2013**

**See [www.interiorrunningassociation.com](http://www.interiorrunningassociation.com)  
for news**

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## 2013 CANADIAN TIRE INTERIOR ROAD RACE SERIES

**SERIES SCORING:** Points are awarded for each race in each category as follows: 1st - 30; 2nd - 25; 3rd - 22; 4th 20; 5th - 19; 6th - 18; points now decrease by one for each place down to 23rd place, worth one point. All other places past 23rd are awarded one point. Race directors receive 20 points for their race. Results are usually posted to the IRA website the same day. Website address is: [www.interiorrunningassociation.com](http://www.interiorrunningassociation.com)

**AWARDS:** Competitors must complete five races to qualify for series awards and rankings. A maximum of seven races are counted towards a runner's point totals. Annual awards go ten deep in each age class.

**AGE GRADING:** Age-grading is a handicap system that levels the playing field so that performance comparisons can be made between runners of any age. The age-graded tables have been compiled by WAVA, the 'World Association of Veteran Athletes' (now World Masters Athletics WMA), and we are using the 2006 tables.

Age-graded scoring point assignments start at 200 for first place and decrease by the same amounts (200, 195, 192, 190, etc.) as the age category scoring. Age on race day is used for the calculations. Race directors receive 190 points for their race. A minimum of five races and a maximum of 7seven races will count for the award.

Thanks to donations from the Kelowna Running Club and the Penticton Pounders we have two trophies, the **Heidi Muckle-Gader Cup** and the **Willis Greenaway Cup** to present to the female and male runners scoring the most points. These trophies were awarded for the first time in 2007.

**DAY OF RACE REGISTRATION:** Normally closes one half hour before race start. Race start times may be subject to change. Please confirm with the race director, or check the website:

**[www.interiorrunningassociation.com](http://www.interiorrunningassociation.com)** for latest updates and results.



# 2013 CANADIAN TIRE INTERIOR ROAD RACE SERIES

## SCHEDULE

**A pair of New Balance shoes will be awarded as a door prize at each Road Race**

Race Directors: Please send road race results to  
Peter Pollhammer (ppollham@pmp-software.com)

- #1 February 10 THE STARTING BLOCK 10K  
Lavington Elementary School, 14 km east of  
Vernon on Hwy 6, turn south on School Rd in  
Lavington, 10:00 a.m.  
Contact: Kim Young 250-542-3180  
coach\_5@telus.net  
Course: All paved; flat and gently rolling through  
rural-residential countryside. Re-certified in 2008.  
3K fun run.
  
- #2 March 10 PENTICTON LAKESIDE RESORT 5K  
# 4 TIMEX SERIES RACE  
Penticton Lakeside Resort, Penticton, 10:00 a.m.  
Contact: Geoff Waterman  
geoff\_waterman@yahoo.ca  
Course: Flat, fast, and certified.
  
- #3 March 17 THE RIVERS SPRING RUN-OFF 10K  
#7 TIMEX SERIES RACE  
Arthur Stevenson School, 2890 Bank Rd.  
Kamloops (Westside) 10:00 a.m.  
Contact: Reggie Black 250-376-4102  
(regina\_black@telus.net)  
or Sherry Maligaspe 250-374-8492  
(maligaspe@shaw.ca)  
Course: Flat, some gravel trail, alternate route  
will be used if the dyke is icy. Great food!  
7km Nordic Walking course available
  
- #4 April 7 OKANAGAN COLLEGE HALF MARATHON  
KLO Campus, Kelowna, 8:15 a.m.  
Contact: Christine Ulmer 250-862-5616  
(culmer@okanagan.bc.ca)  
Course: Mostly flat through City Park with  
turnaround atop the first hill on Knox Mtn.  
Relay and 10K also available

- #5 April 14 OLIVER WINE CAPITAL OF CANADA 10K  
Oliver Community Centre, Oliver, 10:00 a.m.  
Contact: Tracy Harrington 250- 498-6882  
(tharring@sd53.bc.ca)  
Course: Flat, some gravel path, 3K fun run.  
Wines from local wineries to be awarded
- #6 May 12 PEACH CITY RUNNERS BLOSSOM 10 Miler  
Chute Lake Road, Naramata, 9:00 a.m.  
Transportation to the start, (2 buses) leaving the  
S.S. Sicamous at 8 a.m. Day of Race regist-  
ration at finish line only, not at the start area.  
Contact: Carrey Martin  
(carreym@shaw.ca)  
Course: Point to point. Rolling hills, last 2 miles  
downhill & flat - Great scenery overlooking  
Okanagan Lake.
- #7 May 26 BLACKWELL DAIRY 15K  
RLClemison Elementary School,  
Barnhartvale, 9:00 a.m.  
Contact: Reggie Black 250-376-4102  
(regina\_black@telus.net)  
or Sherry Maligaspe 250 374-8492  
(maligaspe@shaw.ca)  
Course: Hilly, scenic, tough. Fantastic food and  
of course great ice cream! 3K Fun Run.
- #8 July 1 PEACHLAND BEACH RUN 10K  
Heritage Park, Peachland, 8:30 a.m.  
Contact: Pelma Land 250-767-2133  
phaffend@peachland.ca  
Course: Flat with a hilly section in the middle  
Many draw prizes, 5K Fun run
- #9 July 7 KELOWNA MIDSUMMER 8K  
#14 TIMEX SERIES RACE  
Gyro Park Lakeshore Dr., Kelowna, 8:00a.m.  
Contact: Ray Snitynsky 250-769-2277  
rsnitynsky@telus.net  
Course: Flat, fast, certified course through  
Kelowna's Mission area.
- #10 September 8 BIKE BARN 10K  
Loco Landing, Riverside Dr. Penticton, 9:00 a.m.  
Contact: : Scott Buchanan  
(bikebarn10k@gmail.com)  
Course: A flat and fast 10 km loop course that  
offers a chance for a personal best time late in  
the running season.

#11 September 22 PEAK TO BEAK RUN 18K  
Kelowna, 9:00 a.m.  
Contact: Trevor Haaheim 250-762-9252  
([trevorksc@shaw.ca](mailto:trevorksc@shaw.ca))  
Course: Knox Mountain to Quail's Gate Winery.  
Tough, challenging, but a very diverse course.  
Includes trail along Okanagan Lake and the final  
500 metres through the vineyard.

## **2013 YMCA Strong Kids Series**

Bill Stephens is organizing the series for under-16s in coordination with the YMCA and Jim Bates of Fresh Air Experience. Races are planned in conjunction with the Kelowna Women's 10K, the Midsummer 10K and the Larry Nicholas Memorial Run. Stay tuned. More information will be posted at [\*\*www.interiorrunningassociation.com\*\*](http://www.interiorrunningassociation.com)

## **THE STARTING BLOCK 2013 INTERIOR CROSS COUNTRY SERIES**

Race Directors: Please send cross-country results to Peter Pollhammer (ppollham@pmp-software.com)

**Series Scoring:** points are awarded for each race, for each category as follows: 1st - 30; 2nd - 25; 3rd - 22; 4th - 20; 5th - 19; 6th - 18; points now decrease by one for each place down to 23rd place, worth one point. All other places past 23rd are awarded one point. Race directors will receive 20 points for their race.

Competitors must complete three races to qualify for series awards and rankings. A maximum of four races will be counted towards a runner's point totals. Awards are given to the top five in each division.

A pair of New Balance shoes will be awarded as a draw prize at each Cross Country Event

- #1 Sep. 29 CAMPBELL MOUNTAIN TRAIL RUN 6.5K  
Greyback Lake Road, Penticton, 10:00 a.m.  
Contact: Stacey Cleveland  
(sbutter78@gmail.com)  
Course: Scenic course on single track trails and dirt roads with challenging finish.
  
- #2 Oct. 6 SUMMERLAND X-COUNTRY RUN 7.4K  
Summerland Rodeo Grounds, 10:00 a.m.  
Contact: Bill Head: (theheadband@live.com)  
Course: Scenic course on Trans Canada Trail and single track/dirt roads
  
- #3 Oct. 20 REINO KESKI-SALMI MEMORIAL RUN 8.5K  
Larch Hills Ski Area, Salmon Arm, 10:00 a.m.  
Contact Abbigail May  
(abbimay71@yahoo.com)  
Course: Tough, hilly XC course
  
- #4 Oct. 27 KAL PARK CROSS COUNTRY RUN 9K  
Kal Park, Vernon, 10:00 a.m.  
Contact: Laura Medcalf 250-558-0886  
(lauramedcalf@yahoo.ca)  
Course: Gorgeous scenery and challenging terrain.
  
- #5 Nov. 3 LARRY NICHOLAS MEMORIAL RUN 9K  
Mission Creek Park - 2363 Springfield Rd.  
Kelowna, 10:00 a.m.  
Contact: Cindy Rhodes 250-870-2906  
(Cindy.Rhodes@sd23.bc.ca)  
Course: A hilly, 3 loop course on trails.



# 2012 CANADIAN TIRE INTERIOR ROAD RACE SERIES STANDINGS

*(Point totals based on min. of 5, max. of 6 races)*

## FEMALE

|        |                   |            |     |
|--------|-------------------|------------|-----|
| F20-29 | KIM CEDERHOLM     | KELOWNA    | 83  |
| F30-34 | SHANDA HILL       | VERNON     | 144 |
| F35-39 | MISTY PALM        | KAMLOOPS   | 135 |
|        | ERICA MALERBY     | KAMLOOPS   | 78  |
| F40-44 | TIFFANY FOWLER    | KELOWNA    | 140 |
|        | MICHELLE SINCLAIR | KELOWNA    | 133 |
|        | ROBIN LEVANT      | OLIVER     | 119 |
|        | SYLVIA SUNDERMAN  | PENTICTON  | 70  |
| F45-49 | CORRINE GABLE     | KELOWNA    | 162 |
|        | DANITA SCHREIBER  | KELOWNA    | 150 |
|        | JANIS MCQUILKIN   | KELOWNA    | 125 |
|        | SIMONE SAEGER     | CALGARY    | 104 |
|        | SUSAN FALKENHOLT  | KELOWNA    | 80  |
|        | EDIE LOWES        | KELOWNA    | 52  |
| F50-54 | SALLY HEINRICK    | KELOWNA    | 147 |
|        | KAREN LANNON      | PENTICTON  | 116 |
|        | REGINA BLACK      | KAMLOOPS   | 98  |
|        | SHERRY SIM        | KAMLOOPS   | 93  |
| F55-59 | CINDY RHODES      | KELOWNA    | 150 |
|        | LYNDA PROCE       | COLDSTREAM | 146 |
|        | LAURELEE NELSON   | KELOWNA    | 135 |
|        | KATHRYNE FLANNERY | KAMLOOPS   | 104 |
|        | LINDA CONRAD      | VERNON     | 98  |
| F60-64 | ASTRID VARGA      | KELOWNA    | 145 |
|        | ROBYN ABEAR       | REVELSTOKE | 139 |
| F65-69 | DIANE LEONARD     | KELOWNA    | 180 |
|        | ARNIE GASH        | OK FALLS   | 155 |
|        | LINDA WOODBURY    | KAMLOOPS   | 131 |
| F70-74 | LIZ BORRETT       | KELOWNA    | 150 |

## MALE

|        |               |            |     |
|--------|---------------|------------|-----|
| M<15   | BRYCE TURNER  | KAMLOOPS   | 150 |
| M20-29 | JAMES MUNDALL | SALMON ARM | 117 |
| M30-34 | JOHN MACHUGA  | KELOWNA    | 150 |
|        | JASON RODINE  | KELOWNA    | 123 |

|        |                   |            |     |
|--------|-------------------|------------|-----|
| M35-39 | HANS AABYE        | MERRITT    | 180 |
|        | BRAD MAKI         | KAMLOOPS   | 109 |
|        | JONATHON SHEPHARD | KAMLOOPS   | 94  |
| M40-44 | RICHARD DUECK     | KELOWNA    | 142 |
|        | KYLE SUNDERMAN    | PENTICTON  | 117 |
| M45-49 | SERGIO PIO        | PENTICTON  | 165 |
|        | PATRICK GABLE     | KELOWNA    | 130 |
|        | CLINT RASHKE      | KELOWNA    | 118 |
|        | RORY BASS         | KELOWNA    | 82  |
|        | MARKUS HEINRICHS  | KELOWNA    | 82  |
| M50-54 | STEVE BRIGGEMAN   | COLDSTREAM | 165 |
|        | GERRY NAITO       | VERNON     | 132 |
|        | LANCE ZABLOTNEY   | PENTICTON  | 111 |
|        | JORDAN SIM        | KAMLOOPS   | 109 |
|        | STEPHEN JOYCE     | COLDSTREAM | 92  |
| M55-59 | RICK JENKNER      | KAMLOOPS   | 162 |
|        | PATRICK AMUNDSEN  | SUMMERLAND | 108 |
|        | BILL SPILL        | KELOWNA    | 101 |
| M60-64 | ROLY MULLER       | KELOWNA    | 170 |
|        | PAUL FILIPPI      | VERNON     | 140 |
|        | KEN RIEGEL        | VERNON     | 119 |
|        | MEL DOHERTY       | KAMLOOPS   | 117 |
|        | MIKE BRAID        | SUMMERLAND | 111 |
|        | HENRY PROCE       | VERNON     | 100 |
|        | FRASER STEWART    | KAMLOOPS   | 94  |
| M65-69 | BILL FAULKNER     | KALEDEN    | 157 |
|        | SHAWN BAENZIGER   | KELOWNA    | 149 |
|        | GARRY BELL        | KELOWNA    | 121 |
|        | TOM REED          | VERNON     | 92  |
| M70-74 | BILL STEPHENS     | KELOWNA    | 180 |
| M75-79 | BRUCE BUTCHER     | KAMLOOPS   | 165 |

## 2012 STARTING BLOCK CROSS COUNTRY SERIES STANDINGS

*(Point totals based on min. of 3, max. of 4 races)*

### FEMALE

|        |                  |            |     |
|--------|------------------|------------|-----|
| F<16   | CHANTEL JEFFREY  | BLIND BAY  | 85  |
|        | SHANNON THOMPSON | SUMMERLAND | 75  |
| F30-34 | SHANDA HILL      | VERNON     | 120 |
| F35-39 | KERRY HAAHEIM    | KELOWNA    | 120 |
|        | ERICA MALERBY    | KAMLOOPS   | 64  |

|        |                                                    |                                |                 |
|--------|----------------------------------------------------|--------------------------------|-----------------|
| F45-49 | PENNY LATTA<br>SHELIE BEST                         | VERNON<br>PENTICTON            | 102<br>80       |
| F55-59 | ARLEIGH HILL<br>CLAIRE PARKER<br>KATHRYNE FLANNERY | VERNON<br>KAMLOOPS<br>KAMLOOPS | 110<br>89<br>84 |
| F65-69 | KAREN WILLIES                                      | KAMLOOPS                       | 75              |

MALE

|        |                                                                                                                                                                      |                                                                                                                  |                                                           |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|
| M16-19 | COLE PARKER                                                                                                                                                          | KAMLOOPS                                                                                                         | 82                                                        |
| M20-29 | TIMOTHY MUNDALL<br>JAMES MUNDALL<br>MARK TOVEE                                                                                                                       | SALMON ARM<br>SALMON ARM<br>KAMLOOPS                                                                             | 110<br>63<br>60                                           |
| M30-34 | JOHN MACHUGA<br>NEIL RYBACK<br>ANDREW DINGWALL                                                                                                                       | KELOWNA<br>KAMLOOPS<br>PENTICTON                                                                                 | 90<br>72<br>64                                            |
| M35-39 | DAVID LARSEN<br>SCOTT TREMBLAY<br>SAM LAZAR                                                                                                                          | PENTICTON<br>KALEDEN<br>ARMSTRONG                                                                                | 105<br>90<br>64                                           |
| M40-44 | TREVOR HAAHEIM                                                                                                                                                       | KELOWNA                                                                                                          | 120                                                       |
| M45-49 | DIRK HANDKE<br>TREVOR PATRICK<br>RICK LATTA<br>MIKE BERRISFORD<br>MARKUS HEINRICHS<br>NEIL MACDONALD<br>CLINT RASHKE<br>PETER JEFFREY<br>DANNY KERMODE<br>KEVIN DUNN | KELOWNA<br>VERNON<br>VERNON<br>SUMMERLAND<br>KELOWNA<br>PENTICTON<br>KELOWNA<br>BLIND BAY<br>VERNON<br>PENTICTON | 120<br>92<br>68<br>65<br>60<br>58<br>55<br>53<br>52<br>50 |
| M50-54 | DUNCAN MOORE                                                                                                                                                         | SALMON ARM                                                                                                       | 75                                                        |
| M55-59 | PATRICK AMUNDSEN                                                                                                                                                     | SUMMERLAND                                                                                                       | 91                                                        |
| M60-64 | GERRY BRENEMAN                                                                                                                                                       | VERNON                                                                                                           | 120                                                       |
| M65-69 | TEDDY BOYKO<br>GARRY BELL                                                                                                                                            | KELOWNA<br>KELOWNA                                                                                               | 105<br>99                                                 |
| M75-79 | GUENTER NAUMANN<br>BRUCE BUTCHER                                                                                                                                     | OK FALLS<br>KAMLOOPS                                                                                             | 120<br>105                                                |

## 2012 IRON LEGS AWARDS

### **Runners who completed all 8 Canadian Tire Interior Road Race Series events**

(Or was a race director for missed race(s))

|                |                   |
|----------------|-------------------|
| Sergio Pio     | Michelle Sinclair |
| Patrick Gable  | Kathryne Flannery |
| Clint Rashke   | Robyn Abear       |
| Hans Aabye     | Karen Lannon      |
| Jason Rodine   | Corinne Gable     |
| Kyle Sunderman | Arnie Gash.       |
| Ken Riegel     | Simone Saeger     |
| Mel Doherty    | Bill Stephens     |

### **Runners who completed all 6 Starting Block X-Country Series events**

(Or was a race director for missed race(s))

|                   |                |
|-------------------|----------------|
| Penny Latta       | Rick Latta     |
| Kathryne Flannery | David Larsen   |
| Dirk Handke       | Trevor Patrick |
| Markus Heinrichs  | Garry Bell     |

## 2012 LEGS OF STEEL AWARDS

### **Runners who completed all 14 IRA road and cross-country series events**

Kathryne Flannery (Kamloops)

## 2012 AGE-GRADED AWARDS

|                        |               |           |
|------------------------|---------------|-----------|
| Willis Greenaway Cup   | Sergio Pio    | Penticton |
| Heidi Muckle-Gader Cup | Diane Leonard | Kelowna   |

## 2012 IRA RUNNERS OF THE YEAR

|        |               |          |
|--------|---------------|----------|
| Male   | Rick Jenkner  | Kamloops |
| Female | Diane Leonard | Kelowna  |

## **PREVIOUS IRA RUNNERS OF THE YEAR**

|             |                |                |            |
|-------------|----------------|----------------|------------|
| <b>1983</b> | <b>Male:</b>   | Alan Berry     | Kelowna    |
| <b>1984</b> | <b>Male:</b>   | Phil Ellis     | Kelowna    |
| <b>1985</b> | <b>Male:</b>   | Peter Findlay  | Kamloops   |
|             | <b>Female:</b> | Heidi Muckle   | Vernon     |
| <b>1986</b> | <b>Male:</b>   | Dave Adams     | Salmon Arm |
|             | <b>Female:</b> | Judy Stephens  | Kelowna    |
|             |                | Nancy Ludtke   | Kamloops   |
| <b>1987</b> | <b>Male:</b>   | Don Busch      | Kamloops   |
|             |                | Lorne Siemens  | Vernon     |
|             | <b>Female:</b> | Linda Stenseth | Summerland |

|      |         |                    |            |
|------|---------|--------------------|------------|
| 1988 | Male:   | Steve King         | Penticton  |
|      | Female: | Helene Guillemette | Kamloops   |
| 1989 | Male:   | Rob Breathet       | Penticton  |
|      | Female: | Cindy Davy(Rhodes) | Kelowna    |
| 1990 | Male:   | George Geldart     | Vernon     |
|      | Female: | Simone Koller      | Penticton  |
| 1991 | Male:   | Allan Kerr         | Penticton  |
|      | Female: | Laurelee Welder    | Kelowna    |
| 1992 | Male:   | Ron Allen          | Kelowna    |
|      | Female: | Teresa Schofield   | Penticton  |
| 1993 | Male:   | Terry Dowhaniuk    | Kamloops   |
|      |         | Willis Greenaway   | Summerland |
|      | Female: | Cindy Davy(Rhodes) | Kelowna    |
| 1994 | Male:   | Dave Ellis         | Penticton  |
|      | Female: | Sue Guest          | Kelowna    |
| 1995 | Male:   | Alan Price         | Vernon     |
|      | Female: | Carol Campbell     | 100 Mile   |
| 1996 | Male:   | Frank Cunsolo      | Penticton  |
|      | Female: | Linda Woodbury     | Kamloops   |
| 1997 | Male:   | Dan Kunzelman      | Vernon     |
|      | Female: | Natalie Butler     | Kelowna    |
| 1998 | Male:   | Greg Tellier       | Penticton  |
|      | Female: | Sarah Clark        | Vernon     |
| 1999 | Male:   | Neil Macdonald     | Penticton  |
|      | Female: | Donna Nicholas     | Kelowna    |
| 2000 | Male:   | Jud Thompson       | Kamloops   |
|      | Female: | Susan Croskery     | Salmon Arm |
| 2001 | Male:   | Mel Doherty        | Kamloops   |
|      |         | Bill Stephens      | Kelowna    |
|      | Female: | Jeanie Whittingham | Kamloops   |
| 2002 | Male:   | Neil Macdonald     | Penticton  |
|      | Female: | Sarah Clark        | Vernon     |
| 2003 | Male:   | Ken Manning        | Vernon     |
|      | Female: | Cornelia Cappus    | Kelowna    |
| 2004 | Male:   | Dan Kunzelman      | Vernon     |
|      | Female: | Pauline Hill       | Vernon     |
| 2005 | Male:   | Ron Sherk          | Summerland |
|      | Female: | Sherry Maligaspe   | Kamloops   |
| 2006 | Male:   | Jarrett Spannier   | Revelstoke |
|      | Female: | Wendy Schroeder    | Coldstream |
| 2007 | Male:   | Dirk Handke        | Kelowna    |
|      | Female: | Linda Woodbury     | Kamloops   |
| 2008 | Male:   | Ellis Andrews      | Penticton  |
|      | Female: | Kathryne Flannery  | Kamloops   |
| 2009 | Male:   | Rory Switzer       | Kelowna    |
|      | Female: | Sherry Maligaspe   | Kamloops   |
| 2010 | Male:   | Bruce Butcher      | Kamloops   |
|      | Female: | Laurelee Welder    | Kelowna    |
| 2011 | Male:   | Bill Stephens      | Kelowna    |
|      | Female: | Liz Borrett        | Kelowna    |

## PREVIOUS IRA AGE-GRADED AWARDS

### Willis Greenaway Cup

|      |               |            |
|------|---------------|------------|
| 2007 | Roy Dagneau   | Salmon Arm |
| 2008 | Ellis Andrews | Penticton  |
| 2009 | Rory Switzer  | Kelowna    |
| 2010 | Sergio Pio    | Penticton  |
| 2011 | Ellis Andrews | Penticton  |

### Heidi Muckle-Gader Cup

|      |              |         |
|------|--------------|---------|
| 2007 | Cindy Rhodes | Kelowna |
| 2008 | Cindy Rhodes | Kelowna |
| 2009 | Cindy Rhodes | Kelowna |
| 2010 | Cindy Rhodes | Kelowna |
| 2011 | Cindy Rhodes | Kelowna |



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