



Interior Running Association

2009 Race Series

Canadian Tire Interior Road Race Series

Sponsored by Canadian Tire Stores:

Kamloops • Kelowna • Penticton •

Vernon • Westbank

The Starting Block X-Country Race Series

FRESH AIR



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VERNON, BC

3017B 30th Ave, Vernon, V1T 2C1 - Phone: 558-1088 - Fax: 558-1048



#18 – 2070 Harvey Avenue
Kelowna, B.C. V1Y 8P8
Phone: (250) 763-9544
Fax: (250) 76307120
info@freshair.bc.ca



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



Cool-Running Walking Fitness
No.5 1050 10th SW
Salmon Arm, BC, V1E 1T2
www.cool-running.ca
Phone: 250-832-1381



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

INTERIOR RUNNING ASSOCIATION

2009 EXECUTIVE

President	Sherry Maligaspe (Kamloops).....374-8492 (maligaspe@shaw.ca)
Vice President	Ron Sherk (Summerland).....328-8282 (ronsherk@yahoo.ca)
2 nd Vice President	Peter Pollhammer (Kelowna).....491-9414 (ppollham@pmp-software.com)
Secretary	Ian Robertson (Kamloops).....377-8507 (irrobertson@shaw.ca)
Treasurer	Currently Vacant (Please Volunteer)

Club Reps

Kal R.A.T.S. (Vernon).....	Randy Wilson
Kelowna Running Club	Norm Drake
Kamloops Ridge Runners.....	Jud Thompson
Penticton Pounders	Neil MacDonald
Revelstoke Alpine Runners.....	Jarrett Spanner
Shuswap Hill Runners (Salmon Arm)	Calvin VanBuskirk
Tulameen Sports Club.....	Leslie Hassell
Vernon Pacers Running Club.....	Paul Filippi

Dear Runners;

As I assumed the role of the IRA presidency for 2009, so did I inherit “the box” which apparently comes with the job. For the first month “the box” lay untouched in the corner of my office – perhaps as a symbol of “what have I done??” The other day I finally opened it ...

In “the Box” I found a binder and file folder, which contained the most amazing patch work of the IRA’s history. How many of us knew that this organization has been around for over a quarter of a century? It appears the first planning meeting took place in the Kamloops Sportsplex on May 1982. A dozen representatives from Kamloops, Kelowna, Penticton, Princeton, Prince George, and Revelstoke attended and really the rest is history.

As we enter our 26th race season in the Interior, I have to be thankful for the vision, the dedication and the determination of those IRA volunteers before me. It’s one thing to have an idea, but to see it to fruition and to carry it on for 25 years – amazing! We in 2009 cannot thank these people enough. They cared enough to volunteer their time for the whole running community.

As I continue to read through “the binder”, I notice that every race season differs a wee bit – sponsorship changes, race distances vary, new ones are added, old ones are dropped, and membership clubs grow and decline. The one constant is the runner, and it is for that runner that the IRA exists. As long as runners continue to assemble at the start lines, the IRA will oversee a new race season.

Run to the future.
Sherry Maligaspe
President

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 I.R.A. 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 2008 runners of the year are

Female: **Kathryne Flannery** (Kamloops)-Kathryne has been a strong runner all year and has been an active member of the Kamloops Ridge runners Club. She has also been on the executive of the KRR and helps out when asked. Kathryne has continued to run through some personal difficulties this year which running has aided in healing.

Male: **Ellis Andrews** (Penticton) - Ellis continues to dazzle runners with his speed and commitment to the sport. He has been very active with the Penticton Pounders helping out the club in more ways than one.

Congratulations to you both on your success

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 honors the runner who best personified courage in the face of physical adversity.

Most don't know that this lady is a cancer survivor, undergoing 6 months of chemotherapy and radiation treatments. Shortly after she became a runner, a recurrence of the cancer did not prevent her from training for the Victoria marathon. She postponed her surgery and was within 3 minutes of running a personal best in the race. The Tuesday after the marathon she was advised that the cancer was more aggressive than at first thought. We know her love of running will not wane through this time and she will be out competing soon after she wins this new battle. She is strong and silent but her friends will there to support her as she continues her battle. This award of courage is presented to **Toni Crockett** of Kelowna.

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.R.S. 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
70-79, 80+

- 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 31st, 2009.
- 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.
- 6 At the Race Director's discretion, races will have a Day of Race late entry fee.
- 7 Host clubs must submit a copy of race results to ronsherk@yahoo.ca as soon after their race as possible.
- 8 Host clubs must pay \$0.75 for each race finisher in both the I.R.A. road and cross country series. This money goes towards advertising, administration, and awards for the series.
- 9 All races must use the Canadian Tire/Starting Block custom-printed race numbers with tear-off tags. Contact Sherry Maligaspe (374-8492) (maligaspe@shaw.ca) for the quantity you require for your event. Clubs must pay 50 cents for each number ordered.
- 10 All series results will be done using the computer program purchased by the I.R.A. The computer is pre-loaded with the race results program and the results of all previous races. Race organizers are expected to have the expertise to run the race program and complete their own results. This also applies to the Cross-country race series. Questions or concerns about the computer, or its use, should be directed to

Ron Sherk. (250-328-8282 (ronsherk@yahoo.ca) or
Peter Pollhammer 250-491-9414 (ppollham@pmp-software.com)
- 11 Please consult web-page (www.interiorrunning.ca) for updated changes that may occur after the printing of this booklet.
- 12 Age graded results will be calculated using 2006 age-graded tables for the Road Series events only. Race Directors will receive a year end average for races they directed.

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

14 The I.R.A. requests that Racers refrain from wearing iPods and MP3s during the race for your own safety.

2009 CANADIAN TIRE INTERIOR ROAD RACE SERIES Age Graded Award Information

The road race series has both age category and age-graded scoring.

In the age category series, runners compete within their five year increment age group for series ranking. End of year awards are presented to the top ten in each category. Age category scoring points are awarded after each race as follows: 1st - 30, 2nd - 25, 3rd - 22, 4th 20, and then they decrease by one point to 23rd place. All placing below 23 receive one point.

Age-grading is simply a handicap system that levels the playing field so that performance comparisons can be made between runners of any age. A factor is assigned for each age and event length. Multiply the race time by that number and the age-graded race time results. The age-grade tables have been compiled by WAVA, the 'World Association of Veteran Athletes' (now World Masters Athletics WMA), and these table were revised in 2006. For example, at the 10k distance men 23 to 27, and women 19 to 27 are assigned a factor of one and their age-graded time equals their clock time. All other age groups receive a factor, (determined by their age), less than one resulting in an age-graded time faster than their actual finish time.

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. With age-grading we end up with one overall male and one overall female winner. 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 those overall winners. These trophies were awarded for the first time in 2007; however, age-grading was first done as a trial in 2005. Winners to date are

Age-Graded Road Series Winners		
Year	Female	Male
2005	Lynda Proce	Roy Dagneau
2006	Lynda Proce	Peter Pollhammer
2007	Cindy Rhodes	Roy Dagneau
2008	Cindy Rhodes	Ellis Andrews



2009 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. Results are usually posted to the I.R.A. website the same day. Website address is: www.interiorrunning.ca

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.

IMPORTANT: Day of race registration normally closes one half hour before race start. Race start times may be subject to change. Please confirm with race director, or check the website: www.interiorrunning.ca for latest updates and results.

ROAD RACE SCHEDULE

#1 February 15th VERNON THE STARTING BLOCK 10 km

Reebok AND 3 KM FUN RUN

Lavington Elementary School, 14 km east of Vernon on Hwy 6, turn south on School Rd in Lavington, 10:00 a.m.

Contact: Ginney Sellers, ginneysellers@mac.com

Course: Flat or gently rolling, combination of out-and-back and loop through rural-residential and agricultural countryside.

**#2 March 8th PENTICTON LAKESIDE RESORT 5 km
(A TIMEX SERIES RACE)**

Penticton Lakeside Resort, Penticton 10:00 a.m.

Contact: Don Clark 250-770-1984

donzoalonzo@hotmail.com Course: Flat and fast

**#3 March 15th 'THE RIVER'S SPRING RUN-OFF 10km'
KAMLOOPS (A TIMEX SERIES RACE)**

Arthur Stevenson School (Westsyde) 2890 Bank Rd.
10:00 a.m.

Contact: Rick Cameron 851-8605 rlcameron@shaw.ca

Course: Flat, good P.B. course.

#4 April 5th OLIVER WINE CAPITAL OF CANADA 10 km

Oliver Community Centre, Oliver 10:00 a.m.

Contact: Jack Wessel 250-498- 2030

jackwessel295@hotmail.com

Course: Flat, some gravel path, 3K fun run. Awards; wine from Gehringer Bros, Hester Creek and Tinhorn Creek.

- #5 May 10th Penticton**
PEACH CITY RUNNERS BLOSSOM 10 MILER
Chute Lake Road, Naramata, 9:00 a.m. There is transportation to the start, (2 buses) leaving the S.S. Sicamous at 7:45a.m.
Contact: Deb Dunham 250-492-3905 (drdunham@shaw.ca)
Course: Point to point. Rolling hills, last 2 miles downhill & flat - Great scenery overlooking Okanagan Lake.
- #6 May 24th Kamloops BLACKWELL DAIRY 15 Km**
RL Clemitson Elementary School,
Barnhartvale (District of Kamloops) 9:00 a.m.
Contact: Rick Cameron 250-851-8605
(ricameron@shaw.ca)
Course: Hilly, scenic, tough, great food! 3km Fun Run.
- #7 June 7th Tulameen Sports Club, Princeton**
COALMONT TO PRINCETON 18.5 km
Meet at Princeton Arena 8:00 a.m. Race starts in Coalmont at 9:00 a.m. There will be bus transportation to the start.
Contact: Shauna Hassell (hassells@telus.net)
Course: Tough and hilly country roads, point to point with breathtaking scenery.
- #8 July 5th KELOWNA MIDSUMMER 8 km**
(A TIMEX SERIES RACE).
Capital News Center, Gordon Drive, Kelowna, 8:00a.m.
Contact: Richard Bugslag 250-863-8577
(papabugs@hotmail.com) Flat, fast, certified course through Kelowna's Mission area.
- #9 July 19th GRIZZLY BEAR RUN 12 km**
Revelstoke Arrow Heights Elementary School,
1950 Park Drive, 9:00 a.m.
Contact: Jarrett Spannier 250-837-5303 (spanny1@telus.net)
Course: Flat start, one large climb, and then rolling hills to a downhill fast finish. 4 km fun run. Great Prizes and food!
(Course subject to change due to ski-hill development)
- #10 August 2nd CENTENNIAL HALF (21.1 km)**
IOOF Hall Main St. Summerland. 10:00 AM
Contact: ronsherk@yahoo.ca
Course: Certified, challenging, and scenic. Finisher's medal, great food and draw prizes.
- #11 August 16th Salmon Arm, RAVEN RUN 10K**
Salmon Arm Senior Secondary 1641 30th Street NE
Salmon Arm Start: 9:00 A. M. Contact: Tiffany Lombaert
250-832-0998 (tiffany@offthecouchevents.com)
Course: Scenic course, some challenging hills, awesome fast finish.
- #12 September 13th BIKE BARN 10K**
Penticton 9:00 a.m. Contact: Deb Lougheed
250-490-3334 deblougheed@shaw.ca
Course: A flat and fast 10km loop course starting at Loco Landing on Riverside Drive. Good PB course.
- #13 September 20th PEAK TO BEAK RUN 18K**
Kelowna, 9:00 am
Contact: Mel Bos 250-762-3472 mkbos@shaw.ca
Course: Lots of hills. Cell 250-863-1473

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RUNNING & FITNESS GEAR

VERNON, BC



THE STARTING BLOCK CROSS-COUNTRY SERIES - 2009

Please send cross-country results to Ron Sherk at ronsherk@yahoo.ca

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.

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

**A pair of Brooks shoes will be awarded as a door prize
at each Cross Country Event**

CROSS-COUNTRY RACE SCHEDULE

- #1 August 23rd "That Goofy XC Run" 10 km, Kamloops
Cartwright Park Kamloops (Main Entrance to park)
Contact: Sherry Maligaspe 250-374-8492 maligaspe@shaw.ca
Course: A challenging XC race on trails**
- #2 September 27th REINO KESKI-SALMI MEMORIAL 10 km
Larch Hills Ski Area, Salmon Arm, 10:00 a.m.
Contact: Dave Wallenstein 250-832-7740
dwallens@telus.net
Course: Tough, hilly, cross country course.**
- #3 OCT 4th CAMPBELL MOUNTAIN TRAIL RUN 6.5 km
Greyback Lake Road, Penticton, 10:00 a.m.
Contact: Bill Head (250-492-6107) billhead@shaw.ca
Course: Very hilly, challenging course on trails and dirt roads.**
- #4 OCT 18th LARRY NICHOLAS MEMORIAL XC RUN 9 km
Mission Creek Park – 2363 Springfield Rd.
Kelowna, 10:00 a.m.
Contact: Bernice Lightfoot 250-717-6142.
Bernicelightfoot@shaw.ca
Course: A 3 loop course on trails and hills.**
- #5 OCT 25th SUMMERLAND CROSS COUNTRY RUN 8.4 km
Cartwright Mountain, 10:00 AM
Contact: ronsherk@yahoo.ca
Course: Very scenic, challenging single track, minimal roads.**
- #6 NOV 1st KAL PARK CROSS COUNTRY RUN 9.5 km
Kal Park, Vernon, 10:00 a.m.
Contact: Myra Mattila. myramattila@telus.net
Course: Gorgeous scenery and challenging terrain.
More info: www.kalrats.com**

2008 Canadian Tire Interior Road Race Series standings

(Point totals based on top seven races)
(All qualifiers listed- Races scored in {brackets})

Women U 16, 16-19

0 No qualifiers

Women 20-29

1	Shannon Thompson {7} Kelowna	205
2	Krystyna Dunham {5} Penticton	109
3	Stacey Porter {7} Kelowna	103
4	Dawn Curtis {5} Salmon Arm	82

Women 30-34

1	Stacey Butterfield {7} Penticton	200
2	Tracie Green {7} Kelowna	187

Women 35-39

1	Mandy Sellars {7} Kamloops	173
2	Yuliya Yastrebova {5} Penticton	150
3	Robin Levant {6} Oliver	127
4	Tammy Craig {5} Kelowna	110
5	Nell Elders {6} Coldstream	102

Women 40-44

1	Debbie Taylor {7} Kamloops	149
2	Leslie Hassell {5} Tulameen	93
3	Lisa Spalding {5} Penticton	87
4	Linda Hansen {5} Lake Country	79

Women 45-49

1	Sherry Sim {7} Kamloops	159
2	Regina Black {7} Kamloops	140
3	Sherry Maligaspe {7} Kamloops	119
4	Debra Dunham {5} Penticton	108
5	Kathleen Renaud {6} Vernon	106
6	Cindy Gosselin {5} Vernon	88

Women 50-54

1	Cindy Rhodes {7} Kelowna	210
2	Lauralee Welder {7} Kelowna	185
3	Lynda Proce {7} Vernon	166
4	Donna Mazurkewich {7} Penticton	161
5	Joanne Montgomery {7} Penticton	159
6	Sandy Wike {7} Kelowna	143
7	Kathryne Flannery {7} Kamloops	124
8	Wendy Henly {5} Kelowna	84
9	Pauline Ulatowski {5} Vernon	63

Women 55-59

1	Astrid Varga {7} Westbank	210
2	Janet Rhoddy {7} Penticton	185
3	Linda Ferguson {7} Penticton	161
4	Bonnie Anderson {7} Kamloops	147

Women 60-64

1	Diane Leonard {7}	Kelowna	210
2	Kathleen Yanke {7}	Salmon Arm	187
3	Toni Crockett {7}	Kelowna	172
4	Linda Woodbury {7}	Kamloops	158
5	KAREN WILLIES {5}	Kamloops	98

Women 65-69

1	Min Rayson {7}	Kelowna	205
2	Myrna Bosomworth {6}	Princeton	152

Women 70-74

1	Doreen Mayne {5}	Penticton	150
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Men U 16,16-19

0	No qualifiers		0
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Men 20-29

1	Ramon Gemperle {6}	Kelowna	159
2	Jason Rodine {6}	Kelowna	125

Men 30-34

1	Glenn Lear {7}	Kelowna	187
2	Joe Wessel {6}	Kelowna	167

Men 35-39

1	Jarrett Spannier {7}	Revelstoke	177
2	Rick Papineau {7}	Peachland	141
3	Mike Stoll {5}	Vernon	137
4	Trevor Macdonald {5}	Penticton	92
5	Roger Turner {5}	Kamloops	71

Men 40-44

1	Dirk Handke {7}	Kelowna	185
2	Neil Macdonald {6}	Penticton	146
3	Sergio Pio {5}	Penticton	140
5	Don Taylor {7}	Kamloops	118

Men 45-49

1	Rory Switzer {7}	Kelowna	210
2	Ivan McKnight {7}	Kelowna	176
3	Jordan Sim {7}	Kamloops	161
4	Michael Kascak {7}	Penticton	149
5	Steve Briggeman {7}	Vernon	144
6	Clint Rashke {7}	Kelowna	123
7	Rod Lawson {5}	Kelowna	44

Men 50-54

1	Gerry Naito {7}	Vernon	166
2	Lance Zabloutney {7}	Penticton	157
3	John Wickenheiser {5}	Kelowna	145
4	John Chisholm {7}	Vernon	133
5	Kim Young {6}	Coldstream	128
6	Chuck Abney {7}	Kelowna	125
7	Bill Spill {7}	Kelowna	112
8	Bill Head {5}	Penticton	102
9	Patrick Amundsen {6}	Summerland	94

Men 55-59

1	Leo Rankin {7}	Williams Lake	200
2	Melvin Doherty {7}	Kamloops	153
3	Brian David {6}	()	139
4	Ron Sherk {7}	Summerland	137
5	Mike Braid {5}	Summerland	132
6	Chris Charbonneau {5}	Kelowna	127
7	Gordon Shannon {7}	Kelowna	126
8	Rick Cameron {6}	Kamloops	113
9	David Graham {5}	Kamloops	86
10	Wayne Pehowich {6}	Kamloops	84

Men 60-64

1	Dan Crockett {7}	Kelowna	200
2	Ellis Andrews {7}	Penticton	195
3	Bill Faulkner {7}	Penticton	157
4	Jack Wessel {6}	Oliver	144
5	Bill Glover {5}	Vernon	87
6	Karl Martin {5}	Naramata	87

Men 65-69

1	John Bosomworth {7}	Princeton	210
2	Garry Bell {7}	Kelowna	195
3	Gary Fretenburg {7}	Siccamous	162
4	Tom Reed {7}	Vernon	145
5	Robert Mayne {6}	Penticton	116
6	Jud Thompson {5}	Kamloops	116
7	Blaine Macpherson {5}	Vernon	95

Men 70-79

1	Fred Van Seters {7}	Penticton	179
2	Bill Fuhrmeister {7}	Osoyoos	175
3	Bruce Butcher {5}	Kamloops	134

2008 Starting Block Cross Country Series standings

(Point totals based on top four races)
(All qualifiers listed- Races scored in {brackets})

Women 16-19

1	Kait Barclay {3}	Kamloops	75
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Women 20-29

1	Shannon Thompson {3}	Kelowna	90
2	Martina Zamecnik {3}	Penticton	77
3	Jen Mullally {3}	Kamloops	57
4	Sarah Purslow {3}	Vernon	57
5	Amanda Sumption {3}	Kamloops	52

Women 30-34

1	Jocelyn Baker {4}	Enderby	115
2	Audrey Kilmartin {4}	Armstrong	102
3	Michelle Austin {3}	Vernon	66

Women 35-39

1	Abbigail May {3}	Salmon Arm	90
2	Dawna Jodoin {4}	Vernon	90

3	Melissa Spooner {3}	Vernon	74
4	Kerry Vankooy {3}	Penticton	72
Women 40-44			
1	Linda Hansen {3}	Kelowna	68
Women 45-49			
1	Jenny Ayers {3}	Penticton	90
2	Sherry Maligaspe {3}	Kamloops	64
Women 50-54			
1	KATHRYNE FLANNERY {4}	Kamloops	102
2	JANICE MAKAREWICZ {3}	Kelowna	90
Women 60-64			
1	Karen Willies {4}	Kamloops	105
2	Linda Woodbury {3}	Kamloops	77
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Men < 16			
1	Steven Spicer {4}	Peachland	102
Men 20-29			
1	Trevor Wallenstein {3}	Salmon Arm	80
2	John Machuga {3}	Kelowna	62
3	Bryce Barry {3}	Kamloops	58
Men 30-34			
1	David Sumption {3}	Kamloops	60
Men 35-39			
1	Trevor Haaheim {3}	Kelowna	90
Men 40-44			
1	Art Vankooy {4}	Peachland	107
2	Dirk Handke {4}	Kelowna	91
Men 45-49			
1	Ivan McKnight {4}	Kelowna	99
2	Phillip Sigalet {4}	Kamloops	90
3	Erik Abildgaard {4}	Kelowna	71
4	Vance Potter {4}	OK Falls	69
5	Steve Briggeman {3}	Vernon	66
Men 50-54			
1	John Wickenheiser {4}	Kelowna	115
2	Chuck Abney {4}	Kelowna	99
Men 55-59			
1	Gerry Breneman {4}	Vernon	99
2	Melvin Doherty {4}	Kamloops	91
3	John O'Brien {4}	Penticton	82
4	Chris Charbonneau {3}	Kelowna	80
Men 60-64			
1	Mel Hunt {4}	Kelowna	115
Men 65-69			
1	Bill Stephens {3}	Kelowna	90
MEN 70-79			
1	Bruce Butcher {4}	Kamloops	120

2008 IRON LEGS AWARDS

Runners who completed all 13 Canadian Tire Interior Road Race Series events

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

Kathryne Flannery	Kamloops
Melvin Doherty	Kamloops
Dirk Handke	Kelowna
Kathleen Yanke	Salmon Arm
Garry Bell	Kelowna

Runners who completed all 5 Starting Block X-Country Series events

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

Kathryne Flannery	Kamloops
Melvin Doherty	Kamloops
Dirk Handke	Kelowna
Vance Potter	OK Falls
Chuck Abney	Kelowna
Mel Hunt	Kelowna
Audrey Kilmartin	Armstrong

2008 LEGS OF STEEL AWARDS

Runners who completed all 18 IRA road and cross-country series events

MEL DOHERTY	Kamloops
KATHRYNE FLANNERY.....	Kamloops
DIRK HANDKE	Kelowna

2008 AGE-GRADED AWARDS

Willis Greenaway Cup.....	ELLIS ANDREWS
Heidi Muckle-Gader Cup.....	CINDY RHODES

I.R.A. RUNNERS OF THE YEAR

Congratulations to the 2008 Runners of the Year !!

Women: Kathryne Flannery (Kamloops)

Men: Ellis Andrews (Penticton)

AWARDS CEREMONY and BANQUET

November 14, 2009 in Vernon

Watch for details on the website later in the season.

Previous IRA “Runner of the Year” Winners

1983	Men:	Alan Berry	Kelowna
1984	Men:	Phil Ellis	Kelowna
1985	Men:	Peter Findlay	Kamloops
	Women:	Heidi Muckle	Vernon
1986	Men:	Dave Adams	Salmon Arm
	Women:	Judy Stephens	Kelowna
1987		Nancy Ludtke	Kamloops
	Men:	Don Busch	Kamloops
		Lorne Siemens	Vernon
	Women:	Linda Stenseth	Summerland
1988	Men:	Steve King	Penticton
	Women:	Helene Guillemette	Kamloops
1989	Men:	Rob Breathet	Penticton
	Women:	Cindy Davy	Kelowna
1990	Men:	George Geldart	Vernon
	Women:	Simone Koller	Penticton
1991	Men:	Allan Kerr	Penticton
	Women:	Laurelee Welder	Kelowna
1992	Men:	Ron Allen	Kelowna
	Women:	Teresa Schofield	Penticton
1993	Men:	Terry Dowhaniuk	Kamloops
		Willis Greenaway	Summerland
	Women:	Cindy Davy	Kelowna
1994	Men:	Dave Ellis	Penticton
	Women:	Sue Guest	Kelowna
1995	Men:	Alan Price	Vernon
	Women:	Carol Campbell	100 Mile
1996	Men:	Frank Cunsolo	Penticton
	Women:	Linda Woodbury	Kamloops
1997	Men:	Dan Kunzelman	Vernon
	Women:	Natalie Butler	Kelowna
1998	Men:	Greg Tellier	Penticton
	Women:	Sarah Clark	Vernon
1999	Men:	Neil Macdonald	Penticton
	Women:	Donna Nicholas	Kelowna
2000	Men:	Jud Thompson	Kamloops
	Women:	Susan Croskery	Salmon Arm
2001	Men:	Mel Doherty	Kamloops
		Bill Stephens	Kelowna
	Women:	Jeanie Whittingham	Kamloops
2002	Men:	Neil Macdonald	Penticton
	Women	Sarah Clark	Vernon
2003	Men:	Ken Manning	Vernon
	Women	Cornelia Cappus	Kelowna
2004	Men:	Dan Kunzelman	Vernon
	Women	Pauline Hill	Vernon
2005	Men:	Ron Sherk	Summerland
	Women	Sherry Maligaspe	Kamloops
2006	Men:	Jarrett Spannier	Revelstoke
	Women	Wendy Schroeder	Coldstream
2007	Men:	Dirke Handke	Kelowna
	Women	Linda Woodbury	Kamloops
2008	Women	Kathryne Flannery	Kamloops
	Men:	Ellis Andrews	Penticton



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