



# Interior Running Association 2010 Race Series

## Canadian Tire Interior

### Road Race Series

Kamloops • Vernon • Kelowna

Westbank • Penticton



new balance **NB**



**TIMEX**<sup>®</sup>  
NATIONAL  
ROAD RACE  
SERIES

## The Starting Block X-Country Race Series

 **STARTING BLOCK**  
RUNNING & FITNESS GEAR  
VERNON, BC





Cool Running  
No 5 1050 10<sup>th</sup> SW 1T2  
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#18 2070 Harvey Ave,  
Kelowna, BC V1Y 8P8  
5B2  
(250) 763-9544  
[info@freshair.bc.ca](mailto:info@freshair.bc.ca)



214 Main St.  
Penticton, BC V2A  
(250) 490-3334  
[www.peachcityrunners.com](http://www.peachcityrunners.com)



#74-1395 Hillside Dr.  
Kamloops, BC, V2E 2R7  
(250)377-4055  
[www.runnerssole.com](http://www.runnerssole.com)

## **STARTING BLOCK**

RUNNING & FITNESS GEAR  
VERNON, BC

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



# INTERIOR RUNNING ASSOCIATION

## 2010 EXECUTIVE

President	Sherry Maligaspe (Kamloops).....374-8492
	<a href="mailto:maligaspe@shaw.ca">(maligaspe@shaw.ca)</a>
Vice President (Summerland).....	Ron Sherk 328-8282
	<a href="mailto:ronsherk@yahoo.ca">(ronsherk@yahoo.ca)</a>
2 <sup>nd</sup> Vice President	Peter Pollhammer (Kelowna).....491-9414
	<a href="mailto:ppollham@pmp-software.com">(ppollham@pmp-software.com)</a>
Secretary	Kim Young (Coldstream).....542-3180
	<a href="mailto:coach_5@telus.net">(coach_5@telus.net)</a>
Treasurer	Lynda Proce (Coldstream).....558-3504
	<a href="mailto:lyndaproce@hotmail.com">(lyndaproce@hotmail.com)</a>

## Club Reps

Kal R.A.T.S. (Vernon).....	Randy Wilson
Kelowna Running Club .....	Randy Werger
Kamloops Ridge Runners.....	Ian Robertson
Lake Country Running Club.....	Dan Middleton
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.....	Bill Mah

Dear Runners;

As we head into the IRA's 27<sup>th</sup> season I look back at a very "interesting" year. I can say 2009 was a challenge, but as Kim Young said "it's like a long race, we just keep going".

The loss of "Coalmont to Princeton 18.5 km" was a harsh blow, and the near miss of losing The "Raven Run" due to a shortage of volunteers had the heart stopping. Working without a full complement of executive members was an issue but we managed. And lastly to end this tricky year was the mad dash to the finish line for our awards supplier ... but we did it, and we finished.

2010 on the other hand, is going to be great! We are extremely lucky in BC to have two excellent events in our back yard - The Winter Olympics in Vancouver and the World's Master Indoor Championships in Kamloops. The Olympics is a celebration elite athletes only open to those who qualify. The World Masters on the other hand is open to any mere mortal over the age of 35. Hopefully many of the interior runners will take this opportunity to run with the world.

Although maybe not quite the same caliber, the IRA is able to offer some great events of their own. Hosted by the six member clubs with the assistance of our sponsors and an army of volunteers, we are able to offer eighteen races in ½ as many months. Not a small feat at any time, but consider that it's been

happening for the 27 consecutive years! Eat your heart out VANOC!

So as we head out onto the race courses this year, look around and see how lucky we are to be able participate. Thank a volunteer, support our sponsors and most importantly according to Kathy Wilson "remember to have fun!!"

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 2009 Runners of the year are Rory Switzer and Sherry Maligaspe.

Rory has been actively involved in the Kelowna Running Club since 1996. He has been on the KRC executive for many years and currently holds the position of VP. In the past year, he has helped with many races and events. His running accomplishments for 2009 include two overall first place finishes in the Spring Run Off and the Blossom 10 Miler and a 2<sup>nd</sup> place finish in the Midsummer. He won his age category in all seven of the series races he entered – this year and last. In 2009 he was also awarded the Willis Greenaway Cup in the men's age-graded road series scoring. He was a very close second for this same award in 2008. Rory trains with passion, races with determination and shows support and encouragement to new runners participating in the sport he loves.

Sherry is a bigger threat off the race course than on. An active participant in the IRA series and numerous other races from 5 kms to ultras, she tends to be a "back of the packer". A ready volunteer in the running world - she is KRR president, a X-C race director, IRA president & treasurer and is also the coordinator of the Sun Run Clinic in Kamloops. Sherry shares her passion and enthusiasm for running with everyone!

### **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. In 2009, this award was presented to: Astrid Varga

Astrid has been running the road series since 2007, winning her age category both that year and the next, as well as achieving a third and fourth overall in the women's age-graded standings. Her running prowess goes well beyond our series though, as amazingly the number of her marathon and greater distance finishes equals her age. In January 2009 Astrid underwent surgery for thyroid cancer. Despite that and the subsequent radiation treatments, she continued entering races, which included her twelfth Boston marathon and seven series races. Congratulations Astrid for your inspiring determination and courage.

## **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  
70-79, 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 31<sup>st</sup>, 2010.
- 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](mailto: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](mailto: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. Questions or concerns about the computer, or its use, should be directed to Ron Sherk. (250) 328-8282 ([ronsherk@yahoo.ca](mailto:ronsherk@yahoo.ca)) or Peter Pollhammer (250) 491-9414 ([ppollham@pmp-software.com](mailto:ppollham@pmp-software.com))  
11 Please consult web-page ([www.interiorrunning.ca](http://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 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.



## 2010 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](http://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.

**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-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

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

**DAY OF RACE REGISTRATIONS:** 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](http://www.interiorrunning.ca) for latest updates and results.

## ROAD RACE SCHEDULE

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

- #1 February 7<sup>th</sup> THE STARTING BLOCK 10 km**  
Lavington Elementary School, 14 km east of Vernon on Hwy 6, turn south on School Rd in Lavington, 10:00 a.m.  
Contact: [ginnysellars@mac.com](mailto:ginnysellars@mac.com)  
Course: All paved, flat or gently rolling through rural-residential countryside. Re-certified in 2008. 3K fun run.
- #2 March 7<sup>th</sup> PENTICTON LAKESIDE RESORT 5 k**  
# 3 TIMEX SERIES RACE  
Penticton Lakeside Resort, Penticton 10:00 a.m.  
Contact: Don Clark 250-770-1945  
[donzzo@hotmail.com](mailto:donzzo@hotmail.com)  
Course: Flat, fast, and certified.
- #3 March 21<sup>th</sup> THE RIVER'S SPRING RUN-OFF 10 k**  
#5 TIMEX SERIES RACE  
Arthur Stevenson School, 2890 Bank Rd. Kamloops (Westsyde) 10:00 a.m.  
Contact: Karen King 250-851-8605  
[king\\_ak@telus.net](mailto:king_ak@telus.net)  
Course: Flat, good P.B. course, alternate route will be used if the dyke is icy.
- #4 April 11<sup>th</sup> OLIVER "WINE CAPITAL OF CANADA" 10 k**  
Oliver Community Centre, Oliver 10:00 a.m.  
Contact: Jack Wessel 250-498-2030  
[jackwessel295@hotmail.com](mailto:jackwessel295@hotmail.com)  
**Course:** Flat, some gravel path, 3K fun run.  
Wines from local wineries to be awarded
- #5 May 16<sup>th</sup> 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 7:45 a.m. Day of Race  
Registration at finish line only, not at the start area. Contact: Deb Dunham 250-492-3905  
[drdunham@shaw.ca](mailto:drdunham@shaw.ca)  
Course: Point to point. Rolling hills, last 2 miles downhill & flat - Great scenery overlooking Okanagan Lake.
- #6 May 30<sup>th</sup> BLACKWELL DAIRY 15 K – 25<sup>th</sup> Anniversary**  
RL Clemitson Elementary School, Barnhartvale (district of Kamloops) 9:00 a.m.  
Contact: Karen King 250-851-8605  
[king\\_ak@telus.net](mailto:king_ak@telus.net) Course: Hilly, scenic, tough. Fantastic food and of course great ice cream!  
3km Fun Run.

- #7 June 27<sup>th</sup> GRIZZLY BEAR RUN 12 k**  
Arrow Heights Elementary School, 1950 Park Dr,  
Revelstoke, 9:00 a.m.  
Contact: Jarrett Spannier 250-837-5303  
[spanny1@telus.net](mailto:spanny1@telus.net)  
Course: Flat start, one large climb, then rolling  
hills, downhill fast finish. Great Prizes and food!  
4 km fun run.
- #8 July 11<sup>th</sup> KELOWNA MIDSUMMER 8 km**  
#13 TIMEX SERIES RACE  
Capital News Center, Gordon Drive, Kelowna,  
8:00a.m.  
Contact: Richard Bugslag, 250-863-8577  
[papabugs@hotmail.com](mailto:papabugs@hotmail.com)  
Course: Flat, fast, certified course through  
Kelowna's mission area.
- #9 August 1<sup>st</sup> WILLIS GREENAWAY HALF (21.1 km)**  
IOOF Hall Main St. Summerland. 8:00 AM  
Contact: Ron Sherk [ronsherk@yahoo.ca](mailto:ronsherk@yahoo.ca)  
Course: Certified, challenging, and scenic.  
Finisher's medal, great food and draw prizes.
- #10 August 15<sup>th</sup> RAVEN RUN 10K**  
Salmon Arm Senior Secondary 1641 30<sup>th</sup> St NE  
Salmon Arm Start: 9:00 A. M.  
Contact: Dietmar Penkert [penkert@sunwave.net](mailto:penkert@sunwave.net)  
Course: Scenic course, some challenging hills,  
awesome fast finish.
- #11 September 12<sup>th</sup> BIKE BARN 10K**  
Penticton 9:00 a.m.  
Contact: Deb Lougheed 250-490-3334  
[deblougheed@shaw.ca](mailto:deblougheed@shaw.ca)  
Course: A flat and fast 10km loop course starting  
at Loco Landing on Riverside Drive. Good PB  
course.
- #12 September 26<sup>th</sup> PEAK TO BEAK RUN 18K**  
Kelowna, 9:00 a.m  
Contact: Bernice May 250- 868-5535  
[capozzi@shawbiz.ca](mailto:capozzi@shawbiz.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.





## THE STARTING BLOCK'S 2010 INTERIOR CROSS COUNTRY SERIES

Race Directors : Please send cross-country results to Ron Sherk  
at [ronsherk@yahoo.ca](mailto: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.

### CROSS-COUNTRY RACE SCHEDULE

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

- #1 August 22<sup>rd</sup> "THAT GOOFY TRAIL RUN" 10 k**  
Cartwright Park Kamloops (Main Entrance to park)  
Contact: Sherry Maligaspe 250-374-8492  
[maligaspe@shaw.ca](mailto:maligaspe@shaw.ca)  
Course: A challenging XC race on trails
- #2 Sept 19<sup>th</sup> REINO KESKI-SALMI MEMORIAL 10 k**  
Larch Hills Ski Area, Salmon Arm, 10:00 a.m.  
Contact: Dave Wallensteen 250-832-7740  
[dwallens@telus.net](mailto:dwallens@telus.net)  
Course: Tough, hilly, cross country course.
- #3 Oct 3<sup>rd</sup> SUMMERLAND CROSS COUNTRY RUN 8.4 k**  
Cartwright Mountain, 10:00 AM  
Contact: [ronsherk@yahoo.ca](mailto:ronsherk@yahoo.ca)  
Course: Very scenic, challenging single track, minimal roads only at start and finish. Awards, refreshments.
- #4 OCT 17<sup>th</sup> LARRY NICHOLAS MEMORIAL XC RUN 9 k**  
Mission Creek Park – 2363 Springfield Rd.  
Kelowna, 10:00 a.m.  
Contact: Norm Drake 250-763-5535.  
[normdrake@gov.bc.ca](mailto:normdrake@gov.bc.ca)  
Course: A 3 loop course on trails and hills.

**#5 OCT 24<sup>th</sup> CAMPBELL MOUNTAIN TRAIL RUN 6.5 k**

Greyback Lake Road, Penticton, 10:00 a.m.

Contact: [ronsherk@yahoo.ca](mailto:ronsherk@yahoo.ca)

Course: Very hilly, challenging course on trails and dirt roads.

**#6 OCT 31<sup>st</sup> KAL PARK CROSS COUNTRY RUN 9.5 k**

Kal Park, Vernon, 10:00 a.m. □

Contact: Myra Mattila. [myramattila@telus.net](mailto:myramattila@telus.net)

Course: Gorgeous scenery and challenging terrain.

More info: [www.kalrats.com](http://www.kalrats.com)

**2009 CANADIAN TIRE  
INTERIOR ROAD RACE SERIES  
STANDINGS**

*(Point totals based on top seven races)*

**FEMALE**

**(no qualifiers in U 16, 16-19)**

**F 20-29**

GENEVIEVE DUNBAR	VERNON	129
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**F35-39**

MANDY SELLARS	KAMLOOPS	205
TAMMY CRAIG	KELOWNA	177
ROBIN LEVANT	OLIVER	163

**F 40-44**

ANDREA REICHL	KEREMEOS	165
DARLENE WOOD	VERNON	132

**F 45-49**

SALLY HEINRICK	KELOWNA	205
JANICE MCQUILKIN	KELOWNA	159
REGINA BLACK	KAMLOOPS	100
LISA SPALDING	PENTICTON	93
KATHY LEAHY	PENTICTON	92
SHERRY MALIGASPE	KAMLOOPS	90
GAYLE WILSON	VERNON	77

**F 50-54**

CINDY RHODES	KELOWNA	210
LYNDA PROCE	VERNON	184
GWEN MEADS	KELOWNA	164
LINDA IRVINE	SALMON ARM	127
BARB VAN HOOF	VERNON	126
DONNA MAZURKEWICH	PENTICTON	100

**F55-59**

LAURELEE WELDER	KELOWNA	210
JOANNE MONTGOMERY	PENTICTON	185
ASTRID VARGA	KELOWNA	166

**F55-59 CON'T**

CHARLOTTE HEIDT	KELOWNA	154
LINDA CONRAD	VERNON	138
SANDY WIKE	KELOWNA	127
SUSAN TEMPLIN	SUMMERLAND	124

**F60-64**

JILL DEVENISH	VERNON	210
PATRICIA RIEGEL	VERNON	174
LINDA WOODBURY	KAMLOOPS	149

**F65-69**

KATHLEEN YANKE	SALMON ARM	210
KAREN WILLIES	KAMLOOPS	117

**F 70-74**

AGNES HANSEL	PENTICTON	150
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**MALE****M 00-15**

BRYCE TURNER	KAMLOOPS	185
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**M 20-29**

JASON RODINE	KELOWNA	158
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**M 30-34**

GLENN LEAR	KELOWNA	205
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**M 35-39**

KENNY SIMMS	VERNON	152
MIKE STOLL	VERNON	122
JARRETT SPANNIER	REVELSTOKE	119
ROGER TURNER	KAMLOOPS	10

**M 40-44**

DIRK HANDKE	KELOWNA	185
TREVOR JORDAN	VERNON	150
DARIN JOHANESON	VERNON	139
MIKE BERRISFORD	SUMMERLAND	128
SEAN FINUCANE	KAMLOOPS	90
BILL MILJOUR	VERNON	70

**M 45-49**

RORY SWITZER	KELOWNA	210
CLINT RASHKE	KELOWNA	168
DAN KUNZELMAN	COLDSTREAM	153
GARY REICHL	KELOWNA	101
ERIK ABILDGAARD	KELOWNA	85
DOUG PRYDE	PENTICTON	64

**M 50-54**

IVAN MCKNIGHT	KELOWNA	197
STEVE BRIGGEMAN	VERNON	171
BILL MAH	VERNON	164
JOHN WICKENHEISER	KELOWNA	135
LANCE ZABLOTNEY	PENTICTON	133
GERRY NAITO	VERNON	126

<b>M 50-54 CON'T</b>		
CHUCK ABNEY	KELOWNA	118
KIM YOUNG	COLDSTREAM	107
JOHN CHISHOLM	KELOWNA	69
ALAN CLARKE	PENTICTON	63

<b>M 55-59</b>		
LEO RANKIN	WILLIAMS LAKE	187
BRIAN DAVID	CHASE	169
MIKE BRAID	SUMMERLAND	141
BILL HEAD	PENTICTON	129
PATRICK AMUNDSEN	SUMMERLAND	124
PAUL FILIPPI	VERNON	116
DON DEBIENNE	KELOWNA	92

<b>M 60-64</b>		
BRIAN ROURKE	KELOWNA	210
MELVIN DOHERTY	KAMLOOPS	182
RON SHERK	SUMMERLAND	139
KEN RIEGEL	VERNON	131
MELVYN HUNT	KELOWNA	121
BILL FAULKNER	OK FALLS	118
WAYNE PEHOWICH	KAMLOOPS	74

<b>M 65-69</b>		
PETER POLLHAMMER	KELOWNA	192
GARRY BELL	KELOWNA	185
ELLIS ANDREWS	PENTICTON	150
TOM REED	VERNON	139

<b>M 70-74</b>		
JUD THOMPSON	KAMLOOPS	180
FRED VAN SETERS	PENTICTON	152

<b>M 75-79</b>		
GUENTER NAUMANN	OK FALLS	210
BILL FUHRMEISTER	OSOYOOS	165
BRUCE BUTCHER	KAMLOOPS	157

## 2009 STARTING BLOCK CROSS COUNTRY SERIES STANDINGS

*(Point totals based on top four races)  
(All qualifiers listed)*

### FEMALE

<b>F &lt; 16</b>		
EMMY SIM	SALMON ARM	90
GLYNNIS SIM	SALMON ARM	75
MERYN SIM	SALMON ARM	64

<b>F 20-29</b>		
MARTINA ZAMEKNIK	PENTICTON	90
MARY EDGAR	VERNON	85

<b>F 30-34</b>		
SARA MITCHELL	BLIND BAY	82
<b>F 40-44</b>		
DAWNA JODOIN	VERNON	113
ONNA STOLL	VERNON	78
DARLENE WOOD	VERNON	67
JULIETTE SICOTTE	KELOWNA	62
<b>F 45-49</b>		
MYRA MATTILA	VERNON	116
SHERRY MALIGASPE	KAMLOOPS	
59		
<b>F 50-54</b>		
WENDY SCHROEDER	COLDSTREAM	102
LINDA IRVINE	ARMSTRONG	85
KATHRYNE FLANNERY	KAMLOOPS	78
SUZANNE CORNA	KELOWNA	77
<b>F 55-59</b>		
JOANNE MONTGOMERY	PENTICTON	90
<b>F 60-64</b>		
LINDA WOODBURY	KAMLOOPS	85
<b>F 65-69</b>		
SHIRLEY GRAY	SUMMERLAND	120
MIN RAYSON	KELOWNA	100
<b><u>MALE</u></b>		
<b>M &lt; 16</b>		
MATTHEW HIDASI	VERNON	85
JONATHON BEHNKE	KAMLOOPS	60
<b>M 20-29</b>		
CAMERON EGAN	VERNON	85
SKEETS MOREL	VERNON	80
<b>M 30-34</b>		
ROBIN CARDEW	VERNON	102
DAVID SUMPTION	KAMLOOPS	85
<b>M 35-39</b>		
TREVOR HAAHEIM	KELOWNA	90
JASON LADYMAN	KAMLOOPS	50
<b>M 40-44</b>		
GARY WADE	KELOWNA	120
DIRK HANKE	KELOWNA	105
DANNY KERMODE	VERNON	93
TOM CUMMING	PENTICTON	64
<b>M 45-49</b>		
IAN ROBERTSON	KAMLOOPS	110
DUANE SEIBEL	KAMLOOPS	73

<b>M 45-49 CON'T</b>		
CLINT RASKE	KELOWNA	70
<b>M 50-54</b>		
IVAN MCKNIGHT	KELOWNA	120
JOHN WICKENHEISER	KELOWNA	100
<b>M 55-59</b>		
JOHN O'BRIEN	PENTICTON	120
PATRICK AMUNDSON	SUMMERLAND	88
BILL HEAD	PENTICTON	80
RICHARD SIM	SALMON ARM	70
<b>M 60-64</b>		
JACK MILLER	KAMLOOPS	120
GERRY BRENEMAN	VERNON	99
MELVYN DOHERTY	KAMLOOPS	97
STAN GRAY	SUMMERLAND	84
KNEALE QUAYLE	KELOWNA	80
MEL HUNT	KELOWNA	59
<b>M 65-69</b>		
GARY BELL	KELOWNA	105
<b>M 70-79</b>		
BRUCE BUTCHER	KAMLOOPS	120

## **2009 IRON LEGS AWARDS**

**Runners who completed all 12 Canadian Tire  
Interior Road Race Series events**  
(Or was a race director for missed race(s))

Melvin Doherty	Kamloops
Linda Conrad	Vernon
Darin Johaneson	Vernon
Kenny Sims	Vernon

**Runners who completed all 6 Starting Block  
X-Country Series events**  
(Or was a race director for missed race(s))

Melvin Doherty	Kamloops
Dirk Handke	Kelowna
Robin Cardew	Vernon
Shirley Gray	Summerland
Stan Gray	Summerland
Wendy Schroeder	Coldstream

## 2009 LEGS OF STEEL AWARDS

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

Melvin Doherty

Kamloops

## 2009 AGE-GRADED AWARDS

Willis Greenaway Cup Rory Switzer Kelowna

Heidi Muckle-Gader Cup Cindy Rhodes, Kelowna

## 2009 I.R.A. RUNNERS OF THE YEAR

Male Rory Switzer, Kelowna  
Female Sherry Maligaspe Kamloops

## PREVIOUS IRA RUNNERS OF THE YEAR

1983	Male:	Alan Berry	Kelowna
1984	Male:	Phil Ellis	Kelowna
1985	Male:	Peter Findlay	Kamloops
	Female:	Heidi Muckle	Vernon
1986	Male:	Dave Adams	Salmon Arm
	Female:	Judy Stephens	Kelowna
		Nancy Ludtke	Kamloops
1987	Male:	Don Busch	Kamloops
		Lorne Siemens	Vernon
	Female:	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	<b>Male:</b>	Greg Tellier	Penticton
	<b>Female:</b>	Sarah Clark	Vernon
1999	<b>Male:</b>	Neil Macdonald	Penticton
	<b>Female:</b>	Donna Nicholas	Kelowna
2000	<b>Male:</b>	Jud Thompson	Kamloops
	<b>Female:</b>	Susan Croskery	Salmon Arm
2001	<b>Male:</b>	Mel Doherty	Kamloops
		Bill Stephens	Kelowna
	<b>Female:</b>	Jeanie Whittingham	Kamloops
2002	<b>Male:</b>	Neil Macdonald	Penticton
	<b>Female:</b>	Sarah Clark	Vernon
2003	<b>Male:</b>	Ken Manning	Vernon
	<b>Female:</b>	Cornelia Cappus	Kelowna
2004	<b>Male:</b>	Dan Kunzelman	Vernon
	<b>Female:</b>	Pauline Ulatowski	Vernon
2005	<b>Male:</b>	Ron Sherk	Summerland
	<b>Female:</b>	Sherry Maligaspe	Kamloops
2006	<b>Male:</b>	Jarrett Spanner	Revelstoke
	<b>Female:</b>	Wendy Schroeder	Coldstream
2007	<b>Male:</b>	Dirke Handke	Kelowna
	<b>Female:</b>	Linda Woodbury	Kamloops
2008	<b>Male:</b>	Ellis Andrews	Penticton
	<b>Female:</b>	Kathryne Flannery	Kamloops

### PREVIOUS IRA AGE-GRADED AWARDS

#### Willis Greenaway Cup

2007	Roy Dagneau	Salmon Arm
2008	Ellis Andrews	Penticton

#### Heidi Muckle-Gader Cup

2007	Cindy Rhodes	Kelowna
2008	Cindy Rhodes	Kelowna



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Penticton, BC V2A 5B2  
(250) 490-3334  
[www.peachcityrunners.com](http://www.peachcityrunners.com)



**INTERESTED IN OTHER  
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[www.bcathletics.org](http://www.bcathletics.org)



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[info@freshair.bc.ca](mailto:info@freshair.bc.ca)

**AGM, AWARDS CEREMONY &  
BANQUET  
November 13, 2010  
Vernon**

## IRA MEMBER RUNNING CLUBS

### **KAL R.A.T.S.**

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### **KELOWNA RUNNING CLUB**

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### **PENTICTON POUNDERS**

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### **TULAMEEN SPORTS CLUB**

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Website - [www.tulameen.com](http://www.tulameen.com)

### **VERNON PACERS RUNNING CLUB**

**Contact :** Paul Filippi (545-4367) Vernon, B.C.

email: [titan.paul@shaw.ca](mailto:titan.paul@shaw.ca)

Website: [www.members.shaw.ca/vernonpacers](http://www.members.shaw.ca/vernonpacers)

### **Interior Running Association**

[www.interiorrunning.ca](http://www.interiorrunning.ca)

Check our website for schedules, scores, last minute changes and more.