

INTERIOR

RUNNING

ASSOCIATION

Canadian Tire Interior
Road Race Series

Kamloops Vernon Kelowna Westbank
Penticton



The Starting Block
X-Country Race Series

 **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

2012 EXECUTIVE

| | |
|----------------|--|
| President | Rick Jenkner (Kamloops) 250- 374-1652 (ultramanrick@yahoo.ca) |
| Vice President | Peter Pollhammer (Kelowna) 250- 491-9414 (ppollham@pmp-software.com) |
| Promotions | Bill Stephens (Kelowna) 250-869-4989 (wgstephens@shaw.ca) |
| Secretary | Kim Young (Coldstream) 250- 542-3180 (coach_5@telus.net) |
| Treasurer | Lynda Proce (Coldstream) 250- 558-3504 (lyndaproce@hotmail.com) |

Club Reps

| | |
|----------------------------|--|
| Kal R.A.T.S. (Vernon) | Chris Brown (chris.brown.tri@shaw.ca) |
| Kelowna Running Club | Ray Snitynsky (rsnitynsky@telus.net) |
| Kamloops Ridge Runners | Mel Doherty (dohertym@telus.net) |
| Penticton Pounders | Bill Head (theheadband@live.com) |
| Revelstoke Alpine Runners | Jarrett Spannier (jspannier@sd19.bc.ca) |
| Vernon Pacers Running Club | Paul Filippi (pfilippi@shaw.ca) |

President's Message

It is sad for me to report that our running clubs continue to struggle, and that we have lost five races since the start of last year. It's a big responsibility to be on a club executive or to direct a race, but unless we as individual runners step forward, the era of the nonprofit run club and the IRA is limited. It is time for all of us who race, to take a look in the mirror and ask ourselves honestly "Have I given back to the sport , as much as I have taken out" and then resolve to do more.

One person who has stepped up is our webmaster John Wilson, who has updated our webpage, under the same URL www.interiorrunning.ca. Each race will have a subpage of its own, and everything will be easier to navigate. Please check it out, and comments are welcome.

Our races are low-key affairs that 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 longer distance.

Congratulations to all of the champions and especially to our award winners: Runners of the Year Bill Stephens and Liz Borrett, Greenaway Cup: Ellis Andrews, Muckle-Gader Cup: Cindy Rhodes.

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).

Race participation has remained relatively stable over the past ten years, but many faces have come and gone. One constant has been Mel Doherty, whose streak of consecutive road races run has now exceeded 210. We salute you, Mel.

We also salute seventy-seven year old Guenter Naumann, who has won his group in 12 out of 13 races over the past two years and has scored the greatest number of age-graded points over that span.

The Interior Running Association is now a registered non-profit society formed by the interior running clubs. All members of the clubs are automatically members of the society. There are no additional dues, and the IRA will continue to administer the Canadian Tire Road Race Series and the Starting Block Cross Country Series. Please support running in your area by joining and becoming active in your local club.

As the new race software easily downloads online race entries and reduces volunteer time, we have eliminated the additional charge for online entries. All races (road and XC) can now be entered online, and we encourage everyone to do so through our secure server Zone4 Events. The links will be on our website: www.interiorrunning.ca The day of race fee was increased and standardized for all races in 2011.

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 2011 recipients were Liz Borrett (Kelowna Running Club) and Bill Stephens (Kelowna Running Club)

Female – Liz Borrett

Liz is the classic example of a person who began running late in life and discovered that she had both a passion and a talent for it. A team sport player for much of her life, (volleyball, basketball, etc.), she started running in her early 60s, and like many of us, slowly began to fall in love with it. Her first race was the Hawaii Marathon followed by the Vancouver Marathon the next year. She ran her first Canadian Tire Series races in 2010, the Summerland Half and the Penticton 5K and 10Ks, winning her class in each of them. 2011 was the year she got serious about racing; she ran 7 Canadian Tire events, winning her age class with ease. She also ran the Victoria Half-marathon, the Palm Springs Half and the Las Vegas Half, winning her age class in all of them.

Male – Bill Stephens

Bill was one of the founders of the Interior Running Association in 1984, and was its president for most of its first 22 years. He finished 4th in his class in 1984, and in the intervening 27 years has run over 198 series races with 3 series age class wins and several top threes. He also was a founder of the Kelowna Running club and one of its early presidents. In 1983 he came up with the idea of a race from the top of Knox Mountain to the top of Boucherie Mountain and so organized the first Peak To Peak race. He remained as race director for the next 15 years. 2011 saw him turn 70 and he decided that he would go for the Iron Legs award as no one of his age had ever done it. He ran all 11 races and won his age class in all of them, something that had never been accomplished before by anyone, in any age class.

2011 AGE-GRADED AWARDS

| | | |
|-------------------------|---------------|-----------|
| Willis Greenaway Cup: | Ellis Andrews | Penticton |
| Heidi Muckle-Gader Cup: | Cindy Rhodes | Kelowna |

Heidi Muckle-Gader Cup - Cindy Rhodes

Cindy has been the dominant force in woman's running in the Interior for many years. Although she and her first husband owned a fitness centre, she was only a casual runner when she first started racing our series in 1987. She finished 3rd in the 30-34 age class that year, and first in the XC series. This was just a warm-up for Cindy, as she got faster and faster every year. She won her age class in 1988 and every year after that, except for a couple of years when she was concentrating on marathons and didn't run enough races in the series to qualify. Altogether she has won the series in her age classes about 20 times. Cindy's major wins have been at the Victoria Marathon, in which she was first woman overall a record 6 times. Her fastest time there was an impressive 2:48! She ran her personal best 10K time, 35:10, at the Richmond Flat Lands in 1993, and, almost 20 years later ran 38:57 to win her age class at the ultra-competitive Vancouver Sun Run. Cindy has won the Muckle-Gader Cup all five years it has been awarded.

Willis Greenaway Cup - Ellis Andrews

That Ellis is a naturally gifted athlete becomes obvious when you know just a little about his accomplishments. In his youth he was a nationally ranked Squash player, and enjoyed competing with some of the best in the world. He also flew jet fighters in the Canadian Air Force. Ellis had done quite a bit of running to be in shape for squash, but it wasn't until his move to Penticton, some ten years ago, that he began running again. He soon joined the Pounders and was the president of that club until his retirement from sales management. Ellis is one of those rare athletes with the combination of terrific hand-eye coordination, speed, and incredible endurance. At age 60 he completed Ultraman Canada and at 65 became only the second man of that age to complete Ultraman Worlds. This year he dominated his class in the Canadian Tire Series winning every race he entered and taking his second Greenaway Cup.

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 2011, eligible runners declined, and the award was 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 \$0.75 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 50 cents 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.interiorrunning.ca**) 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.)

**AGM, AWARDS CEREMONY & BANQUET**  
**November 17, 2012**  
**Kamloops**

Host club: Kamloops Ridge Runners



**2012 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.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-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 5 races and a maximum of 6 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.interiorrunning.ca](http://www.interiorrunning.ca) for latest updates and results.



## 2012 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 12 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: Ginny Sellars 250 545-6972  
ginnysellars@mac.com  
Course: All paved; flat and gently rolling through rural-residential countryside. Re-certified in 2008.  
3K fun run.
  
- #2 March 4 PENTICTON LAKESIDE RESORT 5K  
# 6 TIMEX SERIES RACE  
Penticton Lakeside Resort, Penticton 10:00 a.m.  
Contact: Paul Smith/Neil Macdonald  
250-490-3334 pounders@vip.net  
Course: Flat, fast, and certified.
  
- #3 March 18 THE RIVERS SPRING RUN-OFF 10K  
#8 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 Wes Kibble 250-682-7771  
(weskibble@offroadaction.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 15 OLIVER WINE CAPITAL OF CANADA 10K  
Oliver Community Centre, Oliver 10:00 a.m.  
Contact: Tracy Harrington 250- 498-6882  
tmcmillan@sd53.bc.ca  
Course: Flat, some gravel path, 3K fun run.  
Wines from local wineries to be awarded

#5 May 13 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  
registration at finish line only, not at the start  
area.

Contact: Deb Dunham 250-492-3905  
dunham41@telus.net

Course: Point to point. Rolling hills, last 2 miles  
downhill & flat - Great scenery overlooking  
Okanagan Lake.

#6 May 27 BLACKWELL DAIRY 15K  
RL Clemitson Elementary School,  
Barnhartvale 9:00 a.m.

Contact: Reggie Black 250-376-4102  
(regina\_black@telus.net)  
or Wes Kibble 250-682-7771  
(weskibble@offroadaction.ca)

Course: Hilly, scenic, tough. Fantastic food and  
of course great ice cream! 3km Fun Run.

#7 July 15 KELOWNA MIDSUMMER 8K  
#15 TIMEX SERIES RACE

Capital News Center, Gordon Drive, Kelowna,  
8:00a.m.

Contact: Ray Snitynsky 250-769-2277  
rsnitynsky@telus.net

Course: Flat, fast, certified course through  
Kelowna's mission area.

#8 September 9 PEAK TO BEAK RUN 18K  
Kelowna, 9:00 am

Contact: Kelowna Running Club  
kelownarunningclub@gmail.com

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.

## **2012 YMCA Strong Kids Series**

Bill Stephens is working on a series for under-16s in  
coordination with the YMCA and Jim Bates of Fresh  
Air Experience in Kelowna. Stay tuned. More  
information will be posted at  
**[www.interiorrunning.ca](http://www.interiorrunning.ca)**

## THE STARTING BLOCK 2012 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 Sept. 30 KENNA QUARTER 10.55K**

Kenna Cartwright Park, Kamloops 10 a.m.

Contact: Sherry Maligaspe 250-374-8492  
maligaspe@shaw.ca

Course: Hilly, challenging, mostly single track.

**#2 Oct. 14 CAMPBELL MOUNTAIN TRAIL RUN 6.5K**

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

Contact: Neil Macdonald 250-490-3334  
oktrailrunner@shaw.ca

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

**#3 Oct 21 LARRY NICHOLAS MEMORIAL RUN 9K**

Mission Creek Park - 2363 Springfield Rd.

Kelowna, 10:00 a.m.

Contact: Cindy Rhodes 250-870-2906  
crhodes@sd23.bc.ca

Course: A hilly, 3 loop course on trails.

**#4 Oct. 28 KAL PARK CROSS COUNTRY RUN 9K**

Kal Park, Vernon, 10:00 a.m.

Contact: Myra Mattila. 250-549-4368  
myramattila@telus.net

Course: Gorgeous scenery and challenging terrain.

**#5 Nov.4 SUMMERLAND X-COUNTRY RUN**

Contact: Bill Head

theheadband@live.com

Course TBA

# 2011 CANADIAN TIRE INTERIOR ROAD RACE SERIES STANDINGS

*(Point totals based on top seven races)*

## FEMALE

|        |                      |            |     |
|--------|----------------------|------------|-----|
| F20-29 | JENNIFER SPENCER     | KELOWNA    | 88  |
|        | MEGGI CLARKE         | KALEDEN    | 80  |
|        | JOANNA WITTKÉ        | PENTICTON  | 74  |
| F30-34 | MARIA MARTAKOVA      | PENTICTON  | 88  |
|        | CATHERINE CHRISTY    | KELOWNA    | 79  |
| F40-44 | MICHELLE SINCLAIR    | KELOWNA    | 185 |
|        | E. MOSER-RESCHREITER | VERNON     | 142 |
|        | ROBIN LEVANT         | OLIVER     | 122 |
|        | NELL ELDERS          | COLDSTREAM | 100 |
|        | DARLENE WOOD         | VERNON     | 83  |
| F45-49 | JANICE MCQUILKIN     | KELOWNA    | 169 |
|        | SIMONE SAEGER        | WKELOWNA   | 136 |
|        | LISA SPALDING        | PENTICTON  | 110 |
|        | DEB LOUGHEED         | PENTICTON  | 94  |
|        | ONNA STOLL           | VERNON     | 91  |
|        | SUSAN FALKENHOLT     | VERNON     | 50  |
| F50-54 | CINDY RHODES         | KELOWNA    | 205 |
|        | SHERRY SIM           | KAMLOOPS   | 158 |
|        | REGINA BLACK         | KAMLOOPS   | 136 |
|        | CLAIRE PARKER        | KAMLOOPS   | 85  |
| F55-59 | LAURELEE WELDER      | KELOWNA    | 210 |
|        | LYNDA PROCE          | COLDSTREAM | 185 |
|        | SANDRA WIKE          | KELOWNA    | 153 |
|        | CAROL CHISHOLM       | VERNON     | 139 |
|        | KATHRYNE FLANNERY    | KAMLOOPS   | 125 |
|        | MARIA BROWN          | PENTICTON  | 91  |
|        | SYLVIA THOMPSON      | SUMMERLAND | 63  |
| F60-64 | ASTRID VARGA         | KELOWNA    | 189 |
|        | PATRICIA RIEGEL      | VERNON     | 179 |
|        | JANET RHODDY         | PENTICTON  | 115 |
|        | DONNA MACLEOD        | REVELSTOKE | 82  |
| F65-69 | DIANE LEONARD        | KELOWNA    | 210 |
|        | KATHLEEN YANKE       | SALMON ARM | 177 |
|        | LINDA WOODBURY       | KAMLOOPS   | 159 |
|        | KAREN WILLIES        | KAMLOOPS   | 101 |
| F70-74 | LIZ BORRETT          | KELOWNA    | 210 |

**MALE**

|        |                  |               |     |
|--------|------------------|---------------|-----|
| M20-29 | TIMOTHY MUNDALL  | SALMON ARM    | 134 |
|        | JAMES MUNDALL    | SALMON ARM    | 111 |
| M30-34 | JASON RODINE     | KELOWNA       | 195 |
|        | NEIL RYBAK       | KELOWNA       | 84  |
| M35-39 | TREVOR HAAHEIM   | KELOWNA       | 105 |
|        | KEN HILVERDA     | KELOWNA       | 105 |
|        | LUKE CAMPBELL    | KELOWNA       | 97  |
| M40-44 | RICK STONE       | VERNON        | 156 |
|        | RICHARD DUECK    | KELOWNA       | 141 |
|        | BRIAN ROSTEK     | KAMLOOPS      | 140 |
|        | GARY WADE        | KELOWNA       | 107 |
|        | ROGER TURNER     | KAMLOOPS      | 68  |
| M45-49 | DAN KUNZELMAN    | COLDSTREAM    | 157 |
|        | MARKUS HEINRICHS | KELOWNA       | 126 |
|        | SERGIO PIO       | PENTICTON     | 120 |
|        | JOHN ARIH        | COLDSTREAM    | 101 |
|        | KIRBEY LOCKHART  | COLDSTREAM    | 76  |
| M50-54 | STEVE BRIGGEMAN  | COLDSTREAM    | 185 |
|        | JORDAN SIM       | KAMLOOPS      | 165 |
|        | LANCE ZABLOTNEY  | PENTICTON     | 157 |
|        | RORY SWITZER     | KELOWNA       | 150 |
|        | LARRY GREEN      | SUMMERLAND    | 91  |
|        | RODNEY LAWSON    | KELOWNA       | 65  |
| M55-59 | RICK JENKNER     | VERNON        | 197 |
|        | BILL HEAD        | PENTICTON     | 177 |
|        | JOHN CHISHOLM    | VERNON        | 128 |
|        | MIKE BRAID       | SUMMERLAND    | 123 |
|        | HENRY PROCE      | COLDSTREAM    | 117 |
|        | PATRICK AMUNDSEN | SUMMERLAND    | 116 |
|        | BILL SPILL       | KELOWNA       | 94  |
|        | ALAN CLARKE      | PENTICTON     | 75  |
|        | AL MCCAIG        | PENTICTON     | 53  |
| M60-64 | ROY UZELMAN      | KELOWNA       | 200 |
|        | LEO RANKIN       | WILLIAMS LAKE | 187 |
|        | MELVIN DOHERTY   | KAMLOOPS      | 157 |
|        | KEN RIEGEL       | VERNON        | 145 |
|        | FRASER STEWART   | KAMLOOPS      | 89  |
|        | TEDDY BOYKO      | KELOWNA       | 78  |
|        | MIKE EVERETT     | VERNON        | 71  |
|        | ROLAND LAPLANTE  | PENTICTON     | 61  |
| M65-69 | ELLIS ANDREWS    | PENTICTON     | 210 |
|        | SHAWN BAENZIGER  | KELOWNA       | 169 |
|        | ALAN MACLEOD     | REVELSTOKE    | 160 |
|        | TOM REED         | VERNON        | 96  |
|        | ROBERT MAYNE     | PENTICTON     | 88  |
|        | AL SMITH         | OSOYOOS       | 79  |



|        |                 |          |     |
|--------|-----------------|----------|-----|
|        | KARL MARTIN     | NARAMATA | 75  |
| M70-74 | BILL STEPHENS   | KELOWNA  | 210 |
| M75-79 | GUENTER NAUMANN | OK FALLS | 210 |
|        | BRUCE BUTCHER   | KAMLOOPS | 177 |

## 2011 STARTING BLOCK CROSS COUNTRY SERIES STANDINGS

*(Point totals based on top four races)*

### FEMALE

|        |                   |            |     |
|--------|-------------------|------------|-----|
| F20-29 | ALANNAH STEWART   | KAMLOOPS   | 62  |
| F30-34 | JOANNA BALL       | KELOWNA    | 64  |
| F35-39 | DANNICA WADE      | KELOWNA    | 95  |
|        | JULIA GUBBELS     | KELOWNA    | 81  |
|        | SAL HAYWARD       | KELOWNA    | 52  |
| F40-44 | KARI BAILEY       | KELOWNA    | 80  |
|        | DONNA RHYNOLDS    | KAMLOOPS   | 62  |
| F45-49 | CORRINE GABLE     | KELOWNA    | 99  |
|        | CHERYL CORBETT    | PENTICTON  | 85  |
| F50-54 | SHERRY MALIGASPE  | KAMLOOPS   | 73  |
|        | CLAIRE PARKER     | KAMLOOPS   | 66  |
| F55-59 | CAROL CHISHOLM    | VERNON     | 102 |
|        | KATHRYNE FLANNERY | KAMLOOPS   | 97  |
|        | SYLVIA THOMPSON   | SUMMERLAND | 63  |
| F65-69 | KATHLEEN YANKE    | SALMON ARM | 115 |
|        | KAREN WILLIES     | KAMLOOPS   | 75  |

### MALE

|        |                  |          |     |
|--------|------------------|----------|-----|
| M20-29 | CHRIS CURL       | KAMLOOPS | 110 |
|        | OBED MASEGE      | KAMLOOPS | 60  |
|        | TIMOTHY ROUTTU   | KAMLOOPS | 57  |
|        | ADRIAN BALLAM    | KAMLOOPS | 50  |
|        | ERIC GOLDIE      | KAMLOOPS | 38  |
| M30-34 | JOHN MACHUGA     | KELOWNA  | 120 |
|        | DREW LEJBAK      | KELOWNA  | 75  |
| M35-39 | TREVOR HAAHEIM   | KELOWNA  | 90  |
|        | CHAD REID        | KELOWNA  | 80  |
|        | JASON OVERTON    | KELOWNA  | 67  |
|        | WES-PANSY KIBBLE | KAMLOOPS | 64  |

|        |                  |              |     |
|--------|------------------|--------------|-----|
|        | CHRIS WILLET     | LAKE COUNTRY | 58  |
|        | ROBIN CARDEW     | VERNON       | 58  |
|        | KEVIN WEBB       | PENTICTON    | 54  |
|        | KEN HILVERDA     | KELOWNA      | 49  |
| M40-44 | GARY WADE        | KELOWNA      | 90  |
|        | MIKE SNEDDEN     | KELOWNA      | 86  |
|        | TOM CUMMING      | PENTICTON    | 75  |
|        | HAKAN ROSEN      | COLDSTREAM   | 57  |
| M45-49 | PATRICK GABLE    | KELOWNA      | 110 |
|        | CLINT RASHKE     | KELOWNA      | 62  |
|        | NEIL MACDONALD   | PENTICTON    | 61  |
|        | PETER RUDD       | KELOWNA      | 58  |
|        | MARKUS HEINRICHS | KELOWNA      | 49  |
| M50-54 | ROB YOUNG        | PENTICTON    | 90  |
| M55-59 | BILL HEAD        | PENTICTON    | 95  |
|        | PATRICK AMUNDSEN | SUMMERLAND   | 83  |
|        | PAUL SMITH       | PENTICTON    | 77  |
| M60-64 | MELVIN DOHERTY   | KAMLOOPS     | 107 |
| M65-69 | JACK MILLER      | KAMLOOPS     | 120 |
|        | GARRY BELL       | KELOWNA      | 91  |
|        | ROBERT MAYNE     | PENTICTON    | 60  |
| M75-79 | BRUCE BUTCHER    | KAMLOOPS     | 120 |

## **2011 IRON LEGS AWARDS**

### **Runners who completed all 11 Canadian Tire Interior Road Race Series events**

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

|                   |            |
|-------------------|------------|
| Carol Chisholm    | Vernon     |
| Melvin Doherty    | Kamloops   |
| Kathryne Flannery | Kamloops   |
| Bill Head         | Penticton  |
| Markus Heinrichs  | Kelowna    |
| Dan Kunzelman     | Coldstream |
| Ken Riegel        | Vernon     |
| Patricia Riegel   | Vernon     |
| Jason Rodine      | Kelowna    |
| Michelle Sinclair | Kelowna    |
| Bill Stephens     | Kelowna    |
| Kathleen Yanke    | Salmon Arm |

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

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

|                  |            |
|------------------|------------|
| Patrick Amundsen | Summerland |
| Bruce Butcher    | Kamloops   |
| Carol Chisholm   | Vernon     |
| Melvin Doherty   | Kamloops   |
| Wes Kibble       | Kamloops   |
| Jack Miller      | Kamloops   |
| Kathleen Yanke.  | Salmon Arm |

## 2011 LEGS OF STEEL AWARDS

Runners who completed all 16 IRA road and cross-country series events

|                |            |
|----------------|------------|
| Carol Chisholm | Vernon     |
| Melvin Doherty | Kamloops   |
| Kathleen Yanke | Salmon Arm |

## 2011 AGE-GRADED AWARDS

|                        |               |           |
|------------------------|---------------|-----------|
| Willis Greenaway Cup   | Ellis Andrews | Penticton |
| Heidi Muckle-Gader Cup | Cindy Rhodes  | Kelowna   |

## 2011 IRA RUNNERS OF THE YEAR

|        |               |         |
|--------|---------------|---------|
| Male   | Bill Stephens | Kelowna |
| Female | Liz Borrett   | Kelowna |

## 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  |

|             |                |                    |            |
|-------------|----------------|--------------------|------------|
| <b>1993</b> | <b>Male:</b>   | Terry Dowhaniuk    | Kamloops   |
|             |                | Willis Greenaway   | Summerland |
|             | <b>Female:</b> | Cindy Davy(Rhodes) | Kelowna    |
| <b>1994</b> | <b>Male:</b>   | Dave Ellis         | Penticton  |
|             | <b>Female:</b> | Sue Guest          | Kelowna    |
| <b>1995</b> | <b>Male:</b>   | Alan Price         | Vernon     |
|             | <b>Female:</b> | Carol Campbell     | 100 Mile   |
| <b>1996</b> | <b>Male:</b>   | Frank Cunsolo      | Penticton  |
|             | <b>Female:</b> | Linda Woodbury     | Kamloops   |
| <b>1997</b> | <b>Male:</b>   | Dan Kunzelman      | Vernon     |
|             | <b>Female:</b> | Natalie Butler     | Kelowna    |
| <b>1998</b> | <b>Male:</b>   | Greg Tellier       | Penticton  |
|             | <b>Female:</b> | Sarah Clark        | Vernon     |
| <b>1999</b> | <b>Male:</b>   | Neil Macdonald     | Penticton  |
|             | <b>Female:</b> | Donna Nicholas     | Kelowna    |
| <b>2000</b> | <b>Male:</b>   | Jud Thompson       | Kamloops   |
|             | <b>Female:</b> | Susan Croskery     | Salmon Arm |
| <b>2001</b> | <b>Male:</b>   | Mel Doherty        | Kamloops   |
|             |                | Bill Stephens      | Kelowna    |
|             | <b>Female:</b> | Jeanie Whittingham | Kamloops   |
| <b>2002</b> | <b>Male:</b>   | Neil Macdonald     | Penticton  |
|             | <b>Female:</b> | Sarah Clark        | Vernon     |
| <b>2003</b> | <b>Male:</b>   | Ken Manning        | Vernon     |
|             | <b>Female:</b> | Cornelia Cappus    | Kelowna    |
| <b>2004</b> | <b>Male:</b>   | Dan Kunzelman      | Vernon     |
|             | <b>Female:</b> | Pauline Hill       | Vernon     |
| <b>2005</b> | <b>Male:</b>   | Ron Sherk          | Summerland |
|             | <b>Female:</b> | Sherry Maligaspe   | Kamloops   |
| <b>2006</b> | <b>Male:</b>   | Jarrett Spannier   | Revelstoke |
|             | <b>Female:</b> | Wendy Schroeder    | Coldstream |
| <b>2007</b> | <b>Male:</b>   | Dirk Handke        | Kelowna    |
|             | <b>Female:</b> | Linda Woodbury     | Kamloops   |
| <b>2008</b> | <b>Male:</b>   | Ellis Andrews      | Penticton  |
|             | <b>Female:</b> | Kathryne Flannery  | Kamloops   |
| <b>2009</b> | <b>Male:</b>   | Rory Switzer       | Kelowna    |
|             | <b>Female:</b> | Sherry Maligaspe   | Kamloops   |
| <b>2010</b> | <b>Male:</b>   | Bruce Butcher      | Kamloops   |
|             | <b>Female:</b> | Laurelee Welder    | 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  |

### Heidi Muckle-Gader Cup

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

**AGM, AWARDS CEREMONY &  
BANQUET  
November 17, 2012  
Kamloops**



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BANQUET  
November 17, 2012  
Kamloops**

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