



## 2014 BC 5K Road Running Championships

The provincial 5K Road Running championship were incorporated into the BlueShore Financial Longest Day 5K Road Race hosted by the Vancouver Thunderbirds Track & Field Club, and was open to any 2014 Junior, Senior, Masters or Road & Trail member of BC Athletics. The Championship winners were Geoff Martinson and Catherine Watkins.

### Championship Results

#### Men

1. Geoff Martinson	14:33	1/3	M2529
2. Christian Gravel	15:30	1/3	M2024
3. Kevin O'Connor	15:32	1/6	M4549
4. Craig Odermatt	15:59	1/2	M4044
5. Tristan Simpson	16:04	2/3	M2529
6. Sean Miller	16:11	1/1	MJnr
7. Nick Hastie	16:14	1/2	M3034
8. Mark Bennett	16:19	1/9	M5054
9. Anthony Bourdel	16:50	3/3	M2529
10. John Machuga	16:56	1/4	M3539
11. Chris Napier	16:58	2/4	M3539
12. Anthony Skuce	17:00	2/9	M5054
13. Carey Nelson	17:16	3/9	M5054
14. Larry Lorette	17:52	2/6	M4549
15. Damian Allen	18:03	2/2	M3034
16. Robert Watt	18:14	4/9	M5054
17. Tim Nixon	18:25	3/6	M4549
18. Chris Imai	18:43	2/2	M4044
19. Gordon Christie	18:44	5/9	M5054
20. Darrell Lahey	18:51	3/4	M3539
21. Jordan Quitzau	19:22	2/3	M2024
22. Matthew Battocchio	19:39	3/3	M2024
23. Marco Beghin	20:07	4/6	M4549
24. Gordon Carscadden	20:39	1/3	M5559
25. Terry Riggins	20:46	1/6	M6569
26. Gordon Flett	21:07	6/9	M5054
27. Andrew Lai	21:25	7/9	M5054
28. Edwin Liu	21:34	2/3	M5559
29. Bill Chang	22:03	8/9	M5054
30. Frank Towler	22:10	2/6	M6569
31. Steve Merrick	22:41	5/6	M4549
32. William Goldstein	22:53	1/5	M6064
33. Neil Wakelin	22:58	3/6	M6569
34. Kenny McInally	23:28	2/5	M6064



35. Robert Haines	23:45	3/5	M6064
36. Rob Dubois	24:14	6/6	M4549
37. Gary Eyre	24:15	4/5	M6064
38. Jake Madderom	24:21	4/6	M6569
39. Arnold Sikhakhane	24:42	9/9	M5054
40. Bob Brough	26:26	5/6	M6569
41. Dan Murphy	27:10	1/2	M7074
42. Murray Fox	27:57	3/3	M5559
43. Giuseppe Tozzi	29:08	4/4	M3539
44. Pat Cheung	29:34	5/5	M6064
45. Ben Seghers	30:56	6/6	M6569
46. Rob Daniel	35:29	2/2	M7074

## Women

1. Catherine Watkins	17:03	1/4	F4044
2. Sabrina Wilkie	17:14	1/3	F2529
3. Melissa Ross	17:33	1/1	F3034
4. Jen Moroz	17:49	2/3	F2529
5. Kristin Smart	18:30	3/3	F2529
6. Tracy Wakaluk	19:03	2/4	F4044
7. Kristyn Webster	19:04	1/5	F2024
8. Brittany Therrien	19:18	2/5	F2024
9. Helen Ritchie	19:30	1/3	F4549
10. Kimberley Gagliano	19:37	1/3	F5054
11. Kendra Viney	19:42	3/5	F2024
12. Maureen Curtin	21:11	2/3	F4549
13. Susan Gelinas	21:24	1/1	F3539
14. Jane De Lemos	21:42	3/3	F4549
15. Susan Macrae	21:51	2/3	F5054
16. Kathleen Bird	22:09	4/5	F2024
17. Danielle Bradley	22:47	3/4	F4044
18. Irene Wingate	23:31	1/3	F6569
19. Susan Jones	23:35	4/4	F4044
20. Suzette Narbonne	24:10	3/3	F5054
21. Elizabeth Wong	25:30	5/5	F2024
22. Lynette Baldock	25:33	2/3	F6569
23. Nancy Napier	28:20	1/1	F7074
24. Phyllis D'entremont	32:29	3/3	F6569
25. Kristie Congram	45:20	1/1	F5559

Congratulations,

**Maurice Wilson**

BC Athletics, Technical Manager Road & XC Running

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