

## 43 Celebrate 25th Spring Runoff

43 hardy runners faced cold winds and sunny skies in the 25th running of the Sub Zero Running Clubs Spring Runoff Road Race and Walk for Diabetes. The cool temperatures slowed times slightly with Dawson Creek's Sean Hawryluk winning the featured 10 km event in a time of 37:18.85. Grande Prairie's Penny Thompson teamed up with GP's Bill Corcoran to be the only other runners to break the magical 40 minute barrier for 10 km. Thompson won the Masters Womens category in 39:15.91 while Corcoran took the Masters Mens race in 39:14.39. Runners enjoyed celebratory anniversary cake after the prizes were presented. Organizers would like to thank all the volunteers who braved the cold to make the race happen. They would also like to thank Moose FM, Mark Josephs, and Ritchie Brothers for donating many of the prizes.

### FULL RESULTS

#### 1 km event

Boys

Girls

1. Benjamin Blackmon - 4:03.9
2. Ben Maxfield - 4:50.3
3. Dayton Barrow - 8:45.8
4. Graeme Neto - 9:59.2

1. Erin Maxfield - 4:52.3

All 1 km runners were from Fort St. John.

#### 3 km Moose FM Fun Run

Donated prizes were won by Dillon Popkes with a time of 12:24.5, Brandon Watt with a time of 12:46.7, Amy Popkes with a time of 17:14.2 and Megan Abbott with a time of 18:41.1. All 3 km runners were from Fort St. John.

#### 5 km Estimated Time Race

Winners are determined by who came closest to their predicted time.

1. Nancy Maxfield who missed her guess by 4.29 sec. (FSJ)
2. Martin Palibroday who missed his guess by 4.94 sec. (FSJ)
3. Rick Scott who missed his guess by 42.42 sec. (GP)

#### 10 km Race

17-19 Years of Age

Male

1. Sean Hawryluk - DC - 37:18.8

Female

1. Kathryn Stone - GP - 43:16.5
2. Emily Palibroda - FSJ - 45:41
3. Lara Gibson - FSJ - 55:49.

20-34 Years of Age

Male

1. Luke Rounds - DC - 40:26.1
2. Mark Bruneau - GP - 54:31.8
3. Mike Eling - HH - 57:58.4

Female

1. Lisa Boda - FSJ - 48:26.5
2. Kathryn Fairweather - FSJ - 57:58.4

35-49 Years of Age

Male

1. Bill Corcoran - GP - 39:14.3
2. Eric Wolf - DC - 40:30.79
3. Dave Sloan - FSJ - 45:49.5

Female

1. Penny Thompson - FSJ - 39:15.9
2. Marlene Corcoran - GP - 42:59.2
3. Stacey Schmidt - Grimshaw - 51:24.6

50 + Years of Age

Male

1. Gord Harris - FSJ - 43:19.6
2. Patrick Coppens - GP - 48:09.1
3. Cal White - Grimshaw - 49:27.7