

26th Annual Harriers Thetis Lake Relay
 Friday 2022 November 11, 13:00
 Race Director - Gary Duncan

OA	Time	Place	Division	Club/Affiliation	Team Name	Team Members
1	1:04:27	1/19	Open Men	Speedfarm	The Franchise	Brandon V, Chris B, Martin O, Mike M
2	1:04:48	1/9	Solo Man	Esprit RC	No Shame, Just Regret	Logan R, Logan R, Logan R, Logan R
3	1:06:04	2/19	Open Men		Tri-Hards	Brennen S, Misha Y, Codie S, Brodie M
4	1:10:03	1/4	U20 Men	PIH:YT	Young Guns	Max M, Luc D, Miles P, Charlie M
5	1:10:25	3/19	Open Men	Esprit RC	RUNNERS of Esprit Running Club	Mike A, Jonathan W, Stuart W, Jonathan W
6	1:10:31	4/19	Open Men	Esprit RC	Esprit Run Club Tri Squad	Evan G, Matt C, Lauren B, Robert J
7	1:12:44	5/19	Open Men		Rivals United	Jord M, Andrew S, Jord M, Andrew S
8	1:12:48	6/19	Open Men	GCE SIR	Durun Durun	Charles P, Simon W, Chris W, Morgan L
9	1:15:29	2/9	Solo Man	PIH	NoFriend	Charles P, Charles P, Charles P, Charles P
10	1:15:57	1/8	Family	PIH	Hunting down the competition	Jeff H, Teagan H, Cooper H, Griffin H
11	1:16:16	1/14	Open Women	Speedfarm	Girl Squad	Halley M, Andie W, Sofia, Lia
12	1:16:22	7/19	Open Men	Speedfarm	The Wolfpack	Noah F, Chad J, Phillip H, Noah F
13	1:18:16	3/9	Solo Man		Why I am running Thetis 4 times?	Paul A, Paul A, Paul A, Paul A
14	1:18:44	1/2	50+ Men	PIH/LifeSport	Lifesport Circumnavigators	Andrew P, Dan S, Randy H, William B
15	1:18:45	8/19	Open Men	Frontrunners:TC	The Real TI	Enrico M, Thomas W, Reuben B, Alex A
16	1:18:59	2/4	U20 Men	Pen T&F	PenTrack Fresh Freshmen	Egan F, Emilian H, Coen H, Levi V
17	1:19:04	1/1	U20 Women	PIH:YT	Young, Fast and Female	Ella B, Tessa S, Saige P, Ella B
18	1:19:51	1/2	Solo Woman	BadAss CRT	Queen p	Natasha P, Natasha P, Natasha P, Natasha P
19	1:20:02	1/4	40+ Men	Frontrunners	Lucky hot pockets	Dan H, Scott D, Simon B, Mike B
20	1:20:15	1/8	Open Mixed	PIH:TNW	Just Registered	Jeff H, Katja v, Mark S, Shane R
21	1:20:40	1/2	U20 Mixed		The Unicorn Fairy Princesses	Olivia L, Nicholas S, Ryland B, Olivia L
22	1:21:20	4/9	Solo Man	PIH:TNW	Between a walk and a hard pace	Brandon W, Brandon W, Brandon W, Brandon W
23	1:21:38	9/19	Open Men	Frontrunners:AC	Beers at Six Mile?	Derek B, Calum F, Dan S, Dustin T
24	1:21:38	9/19	Open Men		Halfsters	Stuart C, James W, Robert B, Emily G
25	1:21:49	2/8	Open Mixed	UBC MED	g0 uNTIL y0u RhAbDo	Nikki M, Alison W, Megan K, Konrad S
26	1:22:02	3/4	U20 Men		Parkland Panthers	Ignacio B, Nele B, Marti F, Hector V
27	1:22:07	11/19	Open Men		OCR	Scott H, Brad A, Josh C, Adam G
28	1:22:11	1/6	40+ Mixed	GCE SIR	Running on Empty	Robin H, Geoff P, Jonathan D, Natasha L
29	1:22:28	12/19	Open Men	GCE SIR	Conrad's third leg	Allister M, Cory B, Conrad P, Rich T
30	1:22:40	5/9	Solo Man	PIH:TNW	Old Grumpy Huntsman	Jeff H, Jeff H, Jeff H, Jeff H
31	1:22:46	2/6	40+ Mixed	BadAss CRT	GAST (GregAndraSarahTanya)	Greg C, Andrea M, Sarah T, Tanya S
32	1:23:45	13/19	Open Men		The Pretty Good Friends Running Club	Peter S, Riley K, Toni L, Joshua L
33	1:24:48	3/6	40+ Mixed		Run To Beer - Comox Valley	Leif B, Laine B, Natalie W, Leif B
34	1:24:50	6/9	Solo Man		Sam the Man	Sam H, Sam H, Sam H, Sam H
35	1:27:03	2/2	U20 Mixed	Pen T&F	Pentrack MiddleSchool Meddlers	Ryder S, Sophie V, Grayson S, Rosie H
36	1:28:06	7/9	Solo Man	PIH:TNLW	PIH Keith MF'n Mills	Keith M, Keith M, Keith M, Keith M
37	1:28:52	14/19	Open Men		Powered By Pilsner	Tyler, Joe B, Antoine F, Chris M
38	1:28:54	4/4	U20 Men	Pen T&F	Pentrack MiddleSchool Marauders	Gray K, Kai W, Evan S, Chris P
39	1:28:57	2/8	Family		Gene Queens	Alison M, Shelby C, Abby S, Tina C
40	1:29:01	3/8	Family		Regret Spaghet	Leah C, Owen F, Frances C, Richard R
41	1:29:45	3/8	Open Mixed		Team Team	Leila F, Elizabeth V, Rosanna A, Daniel G
42	1:30:30	4/8	Open Mixed		we love IPAs	Jennifer C, Miles D, Jason, Jessica C
43	1:30:31	5/8	Open Mixed		Between a Walk and a Hard Pace	Paul L, Bridie J, Sean J, Sarah E
44	1:30:35	1/3	50+ Mixed	PIH	Team NP Vic	Alyssa L, Charlene W, Chris W, Paul S
45	1:30:38	2/4	40+ Men	PIH:TNLW	Old Farts and Beer Farts	Sean M, Gary D, Steve H, Tim G
46	1:31:15	2/14	Open Women		Moms Don't Do Dishes	Alex S, Kim S, Kristin A, Kristin A
47	1:31:20	3/14	Open Women	Speedfarm	Rolling Thunder	Jen M, Simone S, Sonya H, Alexa J
48	1:31:22	4/14	Open Women		GIRLAB	Aleya S, Lisa L, Vanessa R, Ilona H
49	1:32:28	15/19	Open Men		System Toast	Mike V, Max V, Seth V, Mike V
50	1:32:42	5/14	Open Women		Alcoholchicks	Catherine K, Sadie C, Megan W, Jamie A
51	1:32:53	3/4	40+ Men		Tater Trotters	Kevin J, Laura, Fergus M, Byron
52	1:33:22	16/19	Open Men		HEL Raisers	David B, Zack M, Daniel B, James R
53	1:33:23	1/2	60+ Men	STARR	Thetis Therapy	Greg B, Jim B, Claude L, Andrew S
54	1:34:02	17/19	Open Men		Raise a little HEL	Matt Z, Logan A, Marlon C, Matt Z
55	1:34:36	4/6	40+ Mixed	VCR	CHONGDONG	Yan S, Alice M, Pengrong Z, Wencheng S
56	1:34:43	5/6	40+ Mixed	Pen T&F	PenTrack Parents	Kim B, Jay K, Kim R, Bryan F
57	1:34:58	6/8	Open Mixed	GCE SIR	Scrambled Legs	Nicole D, Gord S, Nicole D, Gord S
58	1:35:50	8/9	Solo Man	PIH	Just Puffing Along	Jeff B, Jeff B, Jeff B, Jeff B
59	1:36:00	6/14	Open Women	GCE SIR	Cheaper than Therapy	Kate B, Sarah M, Sheryl Z, Erin D
59	1:36:00	2/3	50+ Mixed	CeeVacs	Let's be Frank we Art Marrs	Pete L, Janine F, Teresa L, Art M
61	1:36:10	18/19	Open Men		Sooke Exercise Therapy	Jonathan R, Christopher F, Jonathan R, Christopher F
62	1:36:22	7/8	Open Mixed		Buttcat Trail Running	Kostas Z, Katy W, Elaine C, Corey M
63	1:36:45	8/8	Open Mixed		Island Realm	Dane S, Eryn W, Allie S, Tony Z
64	1:37:05	7/14	Open Women	BadAss CRT	Badass Chicks Run Trails	Natasha P, Lisa B, Nikki J, Alison G
65	1:37:59	6/6	40+ Mixed	CeeVacs	Delusions of Speed	Rob G, Brian Z, Linda Z, Trish L
65	1:37:59	4/8	Family		Hayden Family	Renee H, India H, Pasley H, Janine H
67	1:41:25	19/19	Open Men		Team First Place*	Cole F, Addie C, John S, Daniel M
68	1:41:52	2/2	50+ Men	CeeVacs	GRATEFUL we're not DEAD	Ross a, David P, Trent G, Woody R
69	1:46:03	1/1	40+ Women	CVR	Danger Cats	Laura S, Robin M, Karyn A, Kirsten T
70	1:46:04	1/2	50+ Women	PIH	PIH - Harriets on Fire	Valerie B, Colleen A, Dawn W, Elaine G
71	1:50:15	5/8	Family	Pinnacle	Runs in the Family	Joy S, Linden S, Jane S, Leslie M
72	1:50:30	8/14	Open Women		Crotch Rockets	Jasmine M, Haley C, Stephanie B, Zoe B
73	1:50:47	9/14	Open Women	STARR	A Fleet of Feet	Karla S, Alex H, Brianna F, Jackie E
74	1:50:57	6/8	Family	CeeVacs	Mueller Leg-acy Two	Martin H, Lisa H, Chris S, Chloe H
75	1:53:33	3/3	50+ Mixed	Pinnacle	Speedy Turtles	Tina R, Jennifer H, Phil R, Lori M
76	1:53:55	4/4	40+ Men	CeeVacs	Big Blure Crew	David D, Rajneesh K, Bill A, Richard D
77	1:56:53	2/2	50+ Women	CeeVacs	Skirt the Lake	Wendy M, Sheilia B, Belinda K, Michelle P
78	1:59:43	10/14	Open Women	STARR	Don't Call Us Shirley	Valerie C, Marika N, Leslie A, Stephanie C
79	2:00:30	1/1	60+ Women	CeeVacs	Over the Hill but still running over them	Gretchen H, Brenda N, Lauren R, Danna L
80	2:00:55	2/2	Solo Woman	PIH	Hot Cross Run	Jessica C, Jessica C, Jessica C, Jessica C
81	2:01:02	11/14	Open Women		Worst Pace Scenario	Marisa A, Marika M, Stefanie H, Anna-Maria H
82	2:01:56	9/9	Solo Man	PIH	Almost Expired	Kevin J, Kevin J, Kevin J, Kevin J
83	2:03:34	12/14	Open Women		Young Conifers	Liz F, Karen M, Lynn W, Amanda N
84	2:05:18	13/14	Open Women		Got the Runs	Akina K, Elena M, Kate N, Natalie B
85	2:08:38	14/14	Open Women	CeeVacs	Puddle Jumpers	Janale D, Renee S, Jane M, Sharon H
86	2:12:08	2/2	60+ Men	STARR	Slugs in Motion	Paul A, Steve K, Mark Z, Bruce H
87	2:15:53	7/8	Family	CeeVacs	Mueller Leg-acy One	Gretchen H, Heidi H, Kirsten M, Dan S
88	2:24:36	8/8	Family	STARR	Quads of Fury	Sarah M, Lisa L, MacKenzie A, Melanie C
	DNF		Solo Woman		Shine	?, ?, ?
	DNF		U20 Mixed	Club Rapide	La Jeune Bande	Chyvonne B, Aaron P, Owen H, Tessa C
	DNF		Open Men	Pen T&F	We were on a break!	Matthew W, Matthew W, Matthew W, Matthew W
	DNF		Open Mixed	Frontrunners:AC	Bed, Bath & Bèyonce	Andie W, Jesse S, Hannah K, Nevan Y
	DNF		Open Mixed		NJCZLC	Natasha C, Andy Z, Natasha C, Andy Z
	DNF		Open Women	Frontrunners	FOMO Friends	Laura H, Cyd P, Laura H, Cyd P
	DNF		Family		Dukes of Van Isle	Darren D, Ingrid D, Jesse D, Caleb D
	DNF		Family	CeeVacs	Team Ramstead	Cory R, Liam R, Jill R, Zac R
	DNF		40+ Men		Desk jockies	David L, Michelle B, Matthew F, Brent S
SCRATCH			60+ Men	PIH	Too Old To Know Better	Michael L, Michael L, Michael L, Michael L
SCRATCH			Family	SNSC	Jelen-Moore's from Comox	Michaela J, Ella M, Amelia M, Sean M
SCRATCH			Family	PIH	MayaWapa	Maya S, Mark S, Mark S, Mark S

Count	Abbreviation	Club or affiliation
17	PIH	Prairie Inn Harriers
10	CeeVacs	Ceevacs Roadrunners
5	GCE SIR	GCE South Island Runners
5	STARR	Sooke Trail and Road Runners
5	Pen T&F	Peninsula Track and Field Club
5	Fronrunners	Fronrunners
4	Speedfarm	Speedfarm
3	BadAss CRT	BadAss Chicks (and guys) Run Trails
3	Esprit RC	Esprit RC
2	Pinnacle	Pinnacle Fitness
0	Buttcat TR	Buttcat Trail Running
1	CVR	Cowichan Valley Running
0	GIRLAB	GIRLAB
0	Parkland	Parkland Secondary XC Team
1	Club Rapide	Club Rapide
0	RTB CV	Run to Beer - Comox Valley
1	SNSC	Strathcona Nordic Ski Club
1	UBC MED	UBC MED
1	VCR	VC Runners
3	:TNW	Tuesday Night Workout
2	:TNLW	Tuesday Night Late Workout
2	:YT	Youth Team
2	:AC	Athletics Club
1	:TC	Trail Clinic
1	/LifeSport	LifeSport Coaching

2022 Notes:

Best Team Name: Over the Hill but still running over them

Team Categories

- Family (at least 3 laps from the same family or 2 laps from each of 2 families)
- Junior (All under 20) - Women, Men and Mixed
- Open (Any age) - Women, Men and Mixed
- Master (All 40+) - Women, Men and Mixed
- Veteran (All 50+) - Women, Men and Mixed
- Super Veteran (All 60+) - Women, Men and Mixed
- Solo - Women and Men
- Walk

- * Family teams must complete three laps from the same family, or two from each of two families
- * Women teams must be all women
- * Mixed teams must complete at least two laps by women
- * Junior team members must be all under 20 years old
- * Other age groups are determined by the youngest runner, with Open if under 40

* Runners may run more than one leg, and for different teams

Fastest Opening Leg (slightly shorter & more road)

14:39	M23	Brandon Vail	Open Men	Speedfarm	The Franchise
15:03	M25	Brennen Smith	Open Men		Tri-Hards
16:05	M29	Logan Roots	Solo Man	Esprit RC	No Shame, Just Regret
17:10	F17	Ella Ballard	U20 Women	PIH:YT	Young, Fast and Female
19:08	F19	Olivia Lundman	U20 Mixed		The Unicorn Fairy Princesses
19:10	F36	Natasha Parsons	Solo Woman	BadAss CRT	Queen p

Fastest Subsequent Leg (slightly longer & less road)

15:16	M14	Charlie Mlotshwa	U20 Men	PIH:YT	Young Guns
15:16	M25	Brodie Marshal	Open Men		Tri-Hards
15:52	M29	Logan Roots	Solo Man	Esprit RC	No Shame, Just Regret
17:31	F17	Ella Ballard	U20 Women	PIH:YT	Young, Fast and Female
18:11	F26	Sofia	Open Women	Speedfarm	Girl Squad
19:00	F3x	Alexa Johnston	Open Women	Speedfarm	Rolling Thunder

Best Age-graded Performances (over 75%) with equivalent male adjusted time (based on WMA 2020 5K factors and a 1% time penalty for the opening leg)

AG%	MAGTime	Lap	GA	Name
88.77%	14:29	4	M14	Charlie Mlotshwa
86.84%	14:48	1	M23	Brandon Vail
86.36%	14:53	1	F17	Ella Ballard
85.48%	15:02	4	F17	Ella Ballard
84.54%	15:12	1	M25	Brennen Smith
84.17%	15:16	4	M24	Brodie Marshal
82.79%	15:31	1	M49	Mike Vine
81.52%	15:46	4	M40	Robert Johnson
81.03%	15:52	3	F26	Sofia
80.99%	15:52	4	M29	Logan Roots
80.37%	15:59	4	M46	Shane Ruljancich
79.93%	16:05	3	M38	Martin Odendaal
79.60%	16:09	2	M40	Matt Carlson
79.45%	16:10	1	M53	Andrew Pape-Salmon
79.24%	16:13	3	M29	Logan Roots
79.16%	16:14	2	M15	Luc Denux
79.15%	16:14	1	F42	Natasha Parsons
79.08%	16:15	4	M25	Mike Mitchell
78.94%	16:17	1	M29	Logan Roots
78.67%	16:20	4	M56	William Boothman
78.49%	16:22	2	M37	Chris Bueley
78.44%	16:23	1	M38	Charles Perin
78.44%	16:23	1	M38	Charles Perin
78.36%	16:24	2	F63	Janine Frank
78.22%	16:26	2	M59	Dan Smith
77.97%	16:29	2	F15	Tessa Siebert
77.78%	16:31	3	M17	Miles Powell
77.64%	16:33	1	F53	Alyssa Lesort
77.57%	16:34	4	M31	Jonathan Walker
77.54%	16:34	4	F3x	Alexa Johnston
77.41%	16:36	2	M29	Logan Roots

77.38%	16:36	3	F33 Lauren Babineau
77.31%	16:37	1	M48 Jeff Hunt
77.31%	16:37	1	M48 Jeff Hunt
77.11%	16:40	4	F12 Rosie Haynes
77.11%	16:40	4	M60 Andrew Smith
76.96%	16:42	1	M48 Jeff Hunt
76.94%	16:42	4	F25 Lia
76.83%	16:44	1	F36 Natasha Parsons
76.62%	16:46	1	M41 Leif Baradoy
76.57%	16:47	2	M31 Jonathan Walker
76.33%	16:50	2	M65 Gary Duncan
76.23%	16:51	3	F47 Sarah Thornber
76.24%	16:51	1	F19 Olivia Lundman
76.11%	16:53	1	F29 Halley Mackay
76.04%	16:54	3	M28 Chris Walsh
76.04%	16:54	1	F2x Nikki Mattocks
75.77%	16:58	2	M38 Andrew Snook
75.71%	16:58	1	M64 Greg Balchin
75.63%	16:59	4	F62 Lori Morgan
75.62%	17:00	4	F52 Tina Connelly
75.63%	17:00	1	M63 Ross Armour
75.59%	17:00	1	M14 Egan Franey
75.37%	17:03	1	M46 Dan Hancock
75.32%	17:04	4	M41 Leif Baradoy
75.30%	17:04	2	M30 Simon Widmann
75.30%	17:04	4	F19 Olivia Lundman
75.13%	17:06	2	F45 Andrea Minter
75.13%	17:06	4	M38 Andrew Snook

Stats

156 laps by women, 196 by men

Results compiled by Gary Duncan from (73) returned timing sheets, (71) master timing board entries, and participant updates.
Please send updates and corrections to gary@pih.bc.ca