

GoodLife Fitness Victoria Marathon  
Box 675, 185 - 911 Yates Street  
Victoria BC V8V 4Y9  
Phone: 250.658.4520  
Fax: 250.658.4280



Email: [info@runvictoriamarathon.com](mailto:info@runvictoriamarathon.com)  
Web: [www.runvictoriamarathon.com](http://www.runvictoriamarathon.com)

October 9, 2011

October 7, 2012

## MEDIA RELEASE

### Three New Course Records for the GoodLife Fitness Victoria Marathon 11 Age Group Records Set

(Victoria, BC – October 9, 2011) Records were shattered today at the 32<sup>nd</sup> Annual GoodLife Fitness Victoria Marathon. New course records were set in both the Men's and Women's Marathon, as well as in the Women's Half Marathon. In addition, 11 age group records were set on a day that saw perfect running conditions for all 11,424 registrants.

Thomas Omwenga from Kenya dominated the Men's Marathon and broke Steve Osadiuk's 2006 record by finishing in 2:14:33. He was 11 minutes ahead of second place finisher, and last year's champion, Philip Samoei who finished in 2:25:41. Third was Victoria's Ryan Day in a time of 2:26:42. Omwenga was never really threatened, dominating from the 15km mark and running a negative split. The three-time winner of the Vancouver Marathon, ran 2:14:35 in Montreal, just two weeks before Victoria. "The conditions were very good and no wind," he said. "I won't race another marathon until Victoria next year, as I want to do a 2:12." Fourth place and top Master was Vancouver's Graeme Wilson in 2:29:34.

The Women's race saw Toronto's Lucy Njeri break the 22-year record set in 1989 by Val Chowaniek. Her time of 2:37:56 was 12 minutes ahead of Chelsea VanDeBrake from Yakima, WA. The 23-year-old ran in only her third marathon in 2:49:51. Third place was the dark horse Nadyia Fry from Fairmont Hot Springs, BC in 2:55:43. Njeri has won the Around the Bay 30km three times, and once she becomes a Canadian citizen, has set a goal of running for Canada in the 2016 Olympics. "I would like to come back next year and do a sub 2:35," she said. Top Master was eighth place Margaret Dietz, from Squamish, BC in 3:06:10.

The BC Marathon Championships were won by Ryan Day of Victoria in 2:26:42 and Suzanne Evans of New Westminster in 2:57:58.

The Women's Half Marathon field was competitive with Port Moody's Natasha Wodak breaking Marilyn Arsenault's 2009 course record by just 12 seconds in a time of 1:15:27. Second was British Olympian Kathy Butler in 1:18:00, with Victoria's Arsenault just three seconds behind her in 1:18:03. Arsenault also won the Masters title. For Wodak this result was two minutes faster than her previous best time, and the fourth fastest by a Canadian this year.

The Men's race was won by John Ricardi from Bloomington, IN, in 1:07:30. Second was the 2010 Victoria Marathon runner-up, James Lander in 1:08:17; and third was Mission, BC's Jeremiah Johnston in 1:09:15. Master's winner was Victoria's Craig Odermatt, who is

Presented by  
 new balance

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recording some fast times this year and recently ran a 1:11:22. Today he bettered that and finished fifth in a personal best 1:10:43.

Both of the Men's and Women's 8K fields were particularly strong with BC athletes taking the top placings with some close times. BC triathlete Kyle Jones proved that he can run as well as swim and bike by finishing in 24:12. This was the second fastest 8K time by a Canadian this year. Top seed Jeremiah Ziak from Vancouver finished second in 24:31, closely followed by Victoria's Matt Clout in 24:40. Fourth place Kevin O'Connor was the top Master in 25:11.

Hilary Stellingwerff, who recently moved back to Victoria from Switzerland, proved her top ranking by finishing first in 28:01. She recorded the fifth fastest Canadian Women's 8K time this year. Vancouver's Gillian Gook was second in 28:46, and third was Melissa Ross from Errington, BC in 28:55. Masters winner was Sisi Hallam from Victoria in 31:20.

Eleven age group records were set, three in the Marathon, five in the Half Marathon, and three in the 8K Road Race. Notable results included a 5:03:50 for Frank McKenna in the Marathon in the M80+ category. He beat the previous time set by Bob Dolphin's by 20 minutes. In the 8K, Maurice Tarrant once again set a record in his age category M80+ with a finish time of 41:05 and Lenore Montgomery in the W80+ in 47:22. This shattered the previous record of 1:10:02.

The event saw 1,968 register for the Marathon, 5,918 for the Half Marathon, 2,699 in the 8K, and 839 in the Thrifty Foods Kids Run & Marathon for a total of 11,424. There were 10,042 finishers including Kids Run participants – 1,635 in the Marathon, 5,130 in the Half Marathon and 2,438 in the 8K Road Race.

The 33<sup>rd</sup> Annual GoodLife Fitness Victoria Marathon will take place on October 7<sup>th</sup>, 2012.

For full results from the 32<sup>nd</sup> GoodLife Fitness Victoria Marathon go to:

<http://www.raceheadquarters.com>

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For more information contact:

Louise Hodgson-Jones  
Media Liaison  
GoodLife Fitness Victoria Marathon  
250-812-2518  
[media@runvictoriamarathon.com](mailto:media@runvictoriamarathon.com)

Jonathan Foweraker  
Coordinator Dairyland Elite Athlete Program  
GoodLife Fitness Victoria Marathon  
250-812-2518  
[elite@runvictoriamarathon.com](mailto:elite@runvictoriamarathon.com)