



THE 21ST ANNUAL
TC10K
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MEDIA RELEASE

TC10K to host the 2010 BC 10K Road Running Championships

(Victoria, BC – Monday, December 14, 2009). The 21st Annual TC10K has been chosen by BC Athletics to host the 2010 BC 10K Road Running Championships for junior, senior and masters runners, for both men and women. The TC10K will take place on Sunday, April 25, 2010.

“The TC10K has a proven record of attracting the best road runners in BC, and producing some of the quickest 10K times in Canada, for all age groups,” said Maurice Wilson, Technical Manager, Road and Cross Country Running at BC Athletics. “For twenty years the Victoria International Running Society, organizers of the TC10K, has staged a first class event, making it a natural partner to host the provincial championship. The Championship is open to all junior, senior and masters members of BC Athletics.”

The TC10K consistently attracts an elite field of runners – during the last five years Steve Osaduik, Ryan Hayden, Lucy Smith and Lisa Harvey have competed. In 2009 the men’s race was won by Willy Kimosop in 29:29, with Kathy Butler winning the women’s race in 34:01. The course records, however, still stand from the last decade – Simon Chenowya (1995) in 28:47, and Angela Chalmers (1994) in 33:03.

“We are honoured to have been granted the hosting rights to 2010 BC 10K Road Running Championship,” said Jacqui Sanderson, Race Director. “We are excited to host this special group of athletes and expect a strong elite field. We fully expect some course records to be broken next year.”

The TC10K is Canada’s second largest 10-kilometre race. 12,600 registered for the event in 2009 and it is predicted that over 14,000 will register this year for the run/walk and the Thrifty Foods Family Fun Run. To register go to www.tc10k.ca. For more information call: 250-744-5538. For further information regarding the BC 10K Road Running Championship, visit www.bcathletics.org.

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