

# Athletics Yukon's Weekly Intersport 5 km Run & Walk

**Tuesday, July 15, 2008**

The running gods were smiling on Tuesday night at the weekly Intersport 5 km run and race walk. Not only was the weather ideal, but a number of runners set personal bests (PBs) for the season. With 36 competitors, sunny conditions, no wind and a temperature of 17 the stage was set for something of near-Olympic proportions to happen.

One of Yukon's A-list male runners, Rodney Hulstein of Brock University, was once again the fastest man. He posted a PB with an incredible time of 15:46. UBC track team member Shane Carlos finished in second place (17:01) a mere second ahead of third place finisher Ray Sabo (17:02) of the University of Alaska X-C ski team. Behind Sabo were three runners who all finished in the much sought after 18:00 minute range. This group included Luke Carlos (18:04) and Nathan Doering (18:29). The third member of this group was Keith Thaxter, one of Yukon's most accomplished marathon runners having run four marathons in the past month. He ran a PB for the season with a time of 18:59. Thaxter was the target for a pack of "sub-19 minute" wannabees consisting of Fred Vandenot (19:17), Tom Ullyett (19:22) and Don White (19:23).

There was a surprise on the female side of the race. With Sue Bogle, Melissa O'Brien, Josianne Markley and Colleen Laitham not in the race, the female crown was up for grabs. Kathryn Dingle, a McGill University student working in Whitehorse for the summer, took first place with a time of 23:45. The amazing multi-sport athlete Lena Nielsen, who many consider to be the eminence grise of female running in Whitehorse, powered her way to second place on the strength of a PB (26:22). Within 90 seconds of Nielsen there was a group of six strong female runners who had a race within the race. That group featured Veronique Henry (26:58), Christine Paradis (27:22), Barbara Scheck (27:29), Jean Planderleith (27:30), Jennifer Whipple (27:31) and Cynthia Matichak (27:31).

Tom Ullyett for Athletics Yukon