

RECORDS

RUNNING ROOM SHAUGHNESSY 8K

8K COURSE RECORDS

Men: RYAN McKENZIE (Victoria) - 24:12 (2009)
Women: NANCY TINARI (Coquitlam) - 27:28 (2000)

AGE GROUP COURSE RECORD HOLDERS

19 & under	Time
M- Spencer Morrison	26:04 (2003)
F- Christina Struik	31:43 (2002)
20-24	
M- David Wambui	24:50 (2004)
F- Cari Rampersad	27:45 (1999)
25-29	
M- Abraham Kosgei	25:05 (2005)
F- Margaret Butler	28:53 (2005)
30-34	
M- Ryan McKenzie	24:12 (2009)
F- Rachel Ruus	29:48 (2008)
35-39	
M- Colin Dignum	25:28 (2004)
F- Nancy Tinari	27:31 (1999)
40-44	
M- Norm Tinkham	25:36 (2006)
F- Nancy Tinari	27:28 (2000)
45-49	
M- Dave Reed	26:56 (2000)
F- Nancy Tinari	28:15 (2005)
50-54	
M- Dave Reed	27:41 (2006)
F- Bonnie Walker	33:47 (2002)
55-59	
M- Jim Swadling	28:16 (2003)
F- Rita Ringdehl	36:25 (2008)
60-64	
M- Herb Phillips	29:48 (2004)
F- Heidi Alberti	38:55 (2001)
65-69	
M- Herb Phillips	31:41 (2009)
F- Gwen McFarlan	40:09 (2000)
70-74	
M- Steve Odwin	34:21 (2007)
F- Betty Jean McHugh	40:13 (1999)
75+ (Since 2005)	
M- Maurice Tarrant	38:34 (2009)
F- Lenore Montgomery	42:18 (2005)

AGE-GRADED COURSE RECORDS

Men: **HERB PHILLIPS** (age 63) 2004
28:16 actual (**23:14** age-graded) 89.16%
Women: **NANCY TINARI** (age 41) 2001
27:41 actual (**26:15** age-graded) 90.06%