



Running Room Shaughnessy 8K - 26 May 2013

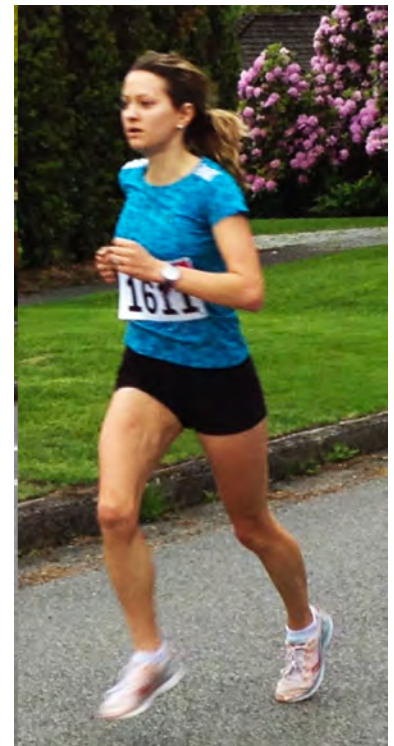
Under ideal running conditions Nicholas Browne of Vancouver, BC and Shauna Skinner of Vancouver BC claimed victories at the 31st Running Room Shaughnessy 8K that was held in Vancouver on Sunday May 26th.

Both Nicholas and Shauna also claimed the 2013 BCA 8K Championship titles.



Nicholas Browne ran a time of 26:53 for the 8K distance.

Following in second place was master's runner **Mark Bennett** of Vancouver in 27:21. The 3rd place male went to young **Evan Elder** of Vancouver. (27:26).



Shauna Skinner

Shauna ran a great race winning in a time of 30:28, followed by **Tracy Wakaluk** of North Vancouver, who finished in a time of 30:52. Third place went to Vancouver runner **Amy Schneeberg** in 30:59.

Age-Graded Winners



Female-
Lenore Montgomery
F82- 91.66%
Actual Time 49:43
Age graded Time 26:17



Male-
Mark Bennett
M52 – 90.02%
Actual Time 27:22
Age graded Time 23:48

Cindy's 5K Poker Walk

Charity walkers took part in Cindy's 5K Poker Walk in support of the BC Epilepsy Society. All 5K walkers collected a poker card at the end of each kilometre. The top 10 poker hands all received prizes. Special guest this year was BC Lieutenant Governor, the honourable **Judith Guichon**.



Cindy Devlin is the spokesperson for the BC Epilepsy Society and addressed the runners and walkers at the awards ceremony. Top Poker hand this year was 4 of a kind.