

RECORDS

OASIS SHAUGHNESSY 8K

8K COURSE RECORDS

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

AGE GROUP COURSE RECORD HOLDERS

	Time
19 & under	
M-Spencer Morrison	26:04 (2003)
F- Alecia Kallos	31:26 (2010)
20-24	
M-David Wambui	24:50 (2004)
F- Cari Rampersad	27:45 (1999)
25-29	
M-Kevin Friesen	24:17 (2016)
F- Dayna Pidhoresky	27:33 (2015)
30-34	
M- Ryan McKenzie	24:12 (2009)
F- Sabrina Wilkie	29:06 (2017)
35-39	
M-Paul Kimugul	24:18 (2017)
F- Nancy Tinari	27:31 (1999)
40-44	
M- Norm Tinkham	25:36 (2006)
F- Nancy Tinari	27:28 (2000)
45-49	
M- Kevin O'Connor	25:52 (2014)
F- Nancy Tinari	28:15 (2005)
50-54	
M- Kevin O'Connor	26:58 (2017)
F- Annette O'Brien	31:34 (2011)
55-59	
M- Jim Swadling	28:16 (2003)
F- Rita Ringdehl	36:25 (2008)
60-64	
M- Herb Phillips	29:48 (2004)
F- Irene Wingate	38:20 (2011)
65-69	
M- Herb Phillips	31:41 (2009)
F- Irene Wingate	38:50 (2012)
70-74	
M- Herb Phillips	32:03 (2011)
F- Betty Jean McHugh	40:13 (1999)
75-79 (Since 2005)	
M- Maurice Tarrant	38:34 (2009)
F- Lenore Montgomery	42:18 (2005)
80+ (since 2013)	
M- Frank McKenna	47:52 (2014)
F- Lenore Montgomery	49:43 (2013)

AGE-GRADED COURSE RECORDS

Men: **HERB PHILLIPS** (age 70) 2011
32:03 actual (**23:30** age-graded) 90.43%
Women: **GWEN MCFARLAN** (age 76) 2011
44:26 actual (**26:09** age-graded) 92.11%