

## 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

<b>19 &amp; under</b>	<b>Time</b>
M-Spencer Morrison	26:04 (2003)
F- Alecia Kallos	31:26 (2010)
<b>20-24</b>	
M-David Wambui	24:50 (2004)
F- Cari Rampersad	27:45 (1999)
<b>25-29</b>	
M-Kevin Friesen	24:40 (2015)
F- Dayna Pidhoresky	27:33 (2015)
<b>30-34</b>	
M- Ryan McKenzie	24:12 (2009)
F- Catrin Jones	29:23 (2012)
<b>35-39</b>	
M-Colin Dignum	25:28 (2004)
F- Nancy Tinari	27:31 (1999)
<b>40-44</b>	
M- Norm Tinkham	25:36 (2006)
F- Nancy Tinari	27:28 (2000)
<b>45-49</b>	
M- Kevin O'Connor	25:52 (2014)
F- Nancy Tinari	28:15 (2005)
<b>50-54</b>	
M- Mark Bennett	27:22 (2012)
F- Annette O'Brien	31:34 (2011)
<b>55-59</b>	
M- Jim Swadling	28:16 (2003)
F- Rita Ringdehl	36:25 (2008)
<b>60-64</b>	
M- Herb Phillips	29:48 (2004)
F- Irene Wingate	38:20 (2011)
<b>65-69</b>	
M- Herb Phillips	31:41 (2009)
F- Irene Wingate	38:50 (2012)
<b>70-74</b>	
M- Herb Phillips	32:03 (2011)
F- Betty Jean McHugh	40:13 (1999)
<b>75-79 (Since 2005)</b>	
M- Maurice Tarrant	38:34 (2009)
F- Lenore Montgomery	42:18 (2005)
<b>80+ (since 2013)</b>	
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%