



Running Room Shaughnessy 8K - 29 May 2011

Under clear blue skies Steve Osaduik of Langley, BC and Louisa Lobigs of Montreal, Quebec claimed victories at the 29th Running Room Shaughnessy 8K that was held in Vancouver, on Sunday May 29th.

Steve Osaduik of Langley ran a very fast 24:55 for the 8K distance falling short of Ryan Mckenzie's course record of 24:12 that was established in 2009. Following in second place was young Kevin Friesen of Coquitlam in 25:25. The 3rd place male was Nicolas Jiot of Vancouver (25:47).



Louisa Lobigs of Montreal ran a great race winning in a time of 28:53, followed by Care Wakely of Victoria who finishing in a time of 29:10. Third place went to Vancouver runner Catherine Watkins 29:18.

Age Group course records were broken in the following categories:

F50-54	Annette O'Brien	31:34	(previous 33:47)
F60-64	Irene Wingate	38:20	(previous 38:55)
M70-74	Herb Phillips	32:03	(previous 34:21)



Age Graded Winners

Female

Gwen McFarlan

F75 92.11%

Age graded time 26:09

Male

Herb Phillips

M70 90.43%

Age graded time 23:30



Cindy's 5K Poker Walk

Over 110 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.

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 a full house.

