

5k	55-59	Gwyn	Woodson	Sidney	03/09/08	20:46
8k	80-84	BJ	McHugh	Steveston	08/31/08	43:49
10k	55-59	Brenda	Baker	Squamish	08/03/08	40:13
10k	80-84	BJ	McHugh	Sun Run	04/20/08	a 59:01
1/2M	80-84	BJ	McHugh	Vancouver	05/04/08	2:04:19
Mar	35-39	Cheryl	Murphy	Albany, Ga	03/01/08	2:40:12
Mar	50-54	Cindy	Rhodes	Victoria	10/12/08	3:09:33
Mar	80-84	BJ	McHugh	Victoria	10/12/08	4:36:52
10k	35-39	Jon	Brown	Cardiff, UK	07/27/08	29:31
1/2M	35-39	Jon	Brown	Uster, SUI	9/20/2008	1:05:54
1/2M	60-64	Jim	Swadling	Vancouver	02/10/08	1:20:26
Mar	35-39	Jon	Brown	Fukuoka, Jpn	12/07/08	2:12:27