

2009 Road Running Records

<i>Name</i>	<i>Category</i>	<i>Distance</i>	<i>Time</i>	<i>Race</i>	<i>AgeRating</i>
Brenda Baker	F55-59	Marathon	3:08:10	Royal Victoria Mar.	0.864
Catherine Irons	F5054	5K	0:18:47	BazenBay	0.877
Cheryl Murphy	F40-44	Marathon	2:44:01	Royal Victoria Mar.	0.869
Cindy Rhodes	F50-54	Marathon	3:06:45	Royal Victoria Mar.	0.831
Gwen McFarlan	F75	10K	0:52:23	Senior Games	0.877
Gwen McFarlan	F75	Half Maratho	1:50:00	Kelowna	0.910
Gwen McFarlan	F75-79	Marathon	3:57:30	Vanc Mar	0.877
Hans Sandberg	M85+	10K	1:14:33	Times Colonist	0.620
Jan Selman	F65-69	Marathon	3:49:30	Royal Victoria Mar.	0.790
Jim Sargent	M8699	5K	0:36:16	BazenBay	0.631
Nancy Tinari	F50-54	8K	0:31:22	Royal Victoria	0.860
Roslyn Smith	F60-64	Marathon	3:33:24	Royal Victoria Mar.	0.802
Roslyn Smith	F6064	Half Maratho	1:38:23	Comox Valley Half	0.834