



Track and Field  
Road Running  
Marathons/Ultras  
Cross Country Running  
Race Walking

## 2013 BC 8K Road Running Championships

The provincial 8K road running championship were incorporated into the Running Room Shaughnessy 8K hosted by Lions Gate Road Runners, and was open to any 2013 Junior, Senior, Masters or Road & Trail member of BC Athletics. The Championship winners were Nicholas Browne and Shauna Skinner.

### Championship Results

#### Men

1. Nicholas Browne	26:54	1/2	M3034
2. Mark Bennett	27:22	1/7	M5054
3. Evan Elder	27:27	1/2	M2024
4. Carey Nelson	28:08	1/5	M4549
5. Yubai Liu	28:12	2/2	M2024
6. Larry Lorette	29:25	2/5	M4549
7. Mike Fertuck	29:37	1/1	M3539
8. Nelson Ip	29:41	1/2	M1819
9. Tim Smith	29:56	2/7	M5054
10. Robert Uebbing	30:22	3/5	M4549
11. Larry Nightingale	30:43	3/7	M5054
12. Alan Li	30:44	2/2	M1819
13. Robert Watt	31:13	4/7	M5054
14. Kevin Zakreski	31:17	1/1	M4044
15. Gordon Carscadden	31:32	1/2	M5559
16. Mark Fields	33:40	2/2	M5559
17. Ed Ansems	34:15	1/6	M6569
18. Terry Riggins	35:01	2/6	M6569
19. Jared Hulme	35:06	2/2	M3034
20. Gordon Flett	35:11	5/7	M5054
21. Bill Chang	35:25	6/7	M5054
22. Neil Wakelin	36:12	3/6	M6569
23. William Goldstein	37:19	1/5	M6064
24. Robert Haines	37:26	2/5	M6064
25. Steven Lowe	38:24	3/5	M6064
26. Jake Madderom	38:39	4/6	M6569
27. Vaclav Sladek	39:26	4/5	M4549
28. Rod Waterlow	40:33	1/1	M7579
29. Akram Khan	41:01	1/3	M7074
30. Arnold Sikhakhane	41:57	7/7	M5054
31. Bob Brough	43:17	5/6	M6569
32. Rick Horne	43:38	4/5	M6064
33. Patrick Johnson	43:46	5/5	M4549
34. Pat Cheung	45:39	5/5	M6064
35. Dan Murphy	46:02	2/3	M7074
36. Ben Seghers	48:52	6/6	M6569
37. Rob Daniel	49:26	3/3	M7074

**Women**

1. Shauna Skinner	30:29	1/1	F2529
2. Tracy Wakaluk	30:53	1/3	F4044
3. Helen Ritchie	31:18	1/2	F4549
4. Susan Gordon	34:58	1/3	F5054
5. Junko Kosugi	37:01	2/3	F4044
6. Sabrina Wong	37:03	3/3	F4044
7. Janice Leung	38:59	1/2	F2024
8. Irene Wingate	39:15	1/3	F6569
9. Linda Ordowski	40:08	2/3	F5054
10. Elizabeth Wong	40:34	2/2	F2024
11. Cathy Morton	41:05	3/3	F5054
12. Laurie Brookbank	42:36	1/1	F5559
13. Lynette Baldock	44:30	2/3	F6569
14. Kim Nguyen	45:11	1/1	F3034
15. Bari-Elyn Wise	47:46	2/2	F4549
16. Lenore Montgomery	49:43	1/1	F8084
17. Phyllis d'Entremont	57:52	3/3	F6569

Congratulations,

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