



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

2012 BC 8K Road Running Championships

The provincial 8K road running championship were incorporated into the Running Room Shaughnessy 8K hosted by the Lions Gate Road Runners, and was open to any 2012 Junior, Senior, Masters or Road & Trail member of BC Athletics. The Championship winners were David Palermo and Catrin Jones.

Championship Results

Men

1. David Palermo	26:36	1/2	M2529
2. Drew Nicholson	27:17	2/2	M2529
3. Mark Bennett	27:22	1/3	M5054
4. Carey Nelson	27:36	1/6	M4549
5. Brian Wynhoven	29:25	1/4	M4044
6. Larry Lorette	29:26	2/4	M4044
7. Larry Nightingale	29:29	2/6	M4549
8. Steve Mattina	29:35	3/4	M4044
9. Jo Astoria	30:26	3/6	M4549
10. Gordon Carscadden	30:32	1/3	M5559
11. Phil Green	30:37	2/3	M5054
12. Tim Nixon	31:07	4/6	M4549
13. Amiel Logan	31:24	1/2	M3539
14. Dave Frilund	31:26	2/3	M5559
15. Kevin Zakreski	31:33	4/4	M4044
16. Robert Uebbing	31:38	5/6	M4549
17. Rick Woods	32:05	1/5	M6064
18. Kenneth Tynan	32:59	1/1	M1819
19. Robin Lindsay	33:29	3/3	M5559
20. Bill Chang	35:46	3/3	M5054
21. George Sojka	36:18	2/5	M6064
22. William Goldstein	37:11	3/5	M6064
23. Steven Lowe	37:52	4/5	M6064
24. Jake Madderom	38:08	1/2	M6569
25. Dickson Choy	39:18	2/2	M3539
26. Akram Khan	39:54	1/3	M7074
27. Orlando Naranjo	41:52	5/5	M6064
28. Arnold Sikhakhane	42:18	6/6	M4549
29. Dan Murphy	45:13	2/3	M7074
30. Ben Seghers	48:50	2/2	M6569
31. Rob Daniel	53:06	3/3	M7074

Women

1. Catrin Jones	29:23	1/2	F3034
2. Care Nelson	29:58	1/2	F2529
3. Kristin Smart	30:28	2/2	F2529
4. Amy Schneeberg	30:50	2/2	F3034
5. Karen Warrendorf	31:41	1/2	F3539
6. Susie Lang-Gould	31:50	1/3	F4044

7. Teresa Nightingale	32:54	1/3	F4549
8. Niki Jacques	33:32	2/2	F3539
9. Jane de Lemos	34:41	2/3	F4549
10. Maureen Curtin	35:13	3/3	F4549
11. Sabrina Wong	36:04	2/3	F4044
12. Lynne Dueck	37:16	1/1	F5559
13. Janice Leung	38:21	1/1	F1819
14. Carie Moran	38:27	3/3	F4044
15. Irene Wingate	38:50	1/3	F6569
16. Cathy Morton	40:24	1/1	F5054
17. Lilian Wong	41:30	1/1	F6064
18. Lynette Baldock	43:07	2/3	F6569
19. Helen Sabourin	44:14	1/1	F7074
20. Lenore Montgomery	49:34	1/1	F8084
21. Cara Smith	51:35	3/3	F6569

Congratulations,

Maurice Wilson

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