

SPIRIT RUN RECORD TIMES

Males

Distance	Age Category	Name	Time	Year
5km	7 to 10	Jack Long	0:23:59	2010
5km	11 to 13	Matthew Behan	0:22:27	2010
5km	14 to 16	Troy Barnes	0:22:22	2006
5km	17 to 30	Charlie Nesbitt	0:18:08	2006
5km	31 to 50	Alston Miller	0:19:27	2010
5km	50+	Neil Wakelin	0:20:36	2006
10km	11 to 13	None	None	None
10km	14 to 16	Kyle Hutchings	0:48:41	2006
10km	17 to 30	Johnnie Harding	0:41:20	2007
10km	31 to 50	Graham Cocksedge	0:35:20	2009
10km	50+	Loren Bloom	0:43:15	2006
Half Marathon	14 to 16	Charlie Nesbitt	1:59:49	2004
Half Marathon	17 to 30	Tony Rice	1:56:08	2005
Half Marathon	31 to 50	Greg Tait	1:26:29	2009
Half Marathon	50+	Doug Lanigan	1:35:26	2010

Females

Distance	Age Category	Name	Time	Year
5km	7 to 10	Abby Head	0:31:44	2010
5km	11 to 13	Sydni Young	0:27:10	2010
5km	14 to 16	Sydney Griffiths	0:22:21	2004
5km	17 to 30	Stefanie Campbell	0:24:11	2009
5km	31 to 50	Christine Behan	0:22:30	2010
5km	50+	Terri Beck	0:29:27	2006
10km	11 to 13	Natalie Verdial	1:04:09	2010
10km	14 to 16	Annika Chambers	0:50:12	2005
10km	17 to 30	Brianna Meyer	0:51:30	2008
10km	31 to 50	Charlene Cantryn	0:46:38	2007
10km	50+	Libby McDowell	0:57:08	2007
Half Marathon	14 to 16	None	None	None
Half Marathon	17 to 30	Courtney Smith	2:05:36	2005
Half Marathon	31 to 50	Marisa Drolet	1:55:40	2010
Half Marathon	50+	None	None	None

20 km Relay

Team Name	Time	Year	Runner 1:	Runner 2:	Runner 3:	Runner 4:
Avid Fitness Gut Busters	1:00:45	2007	Loren Bloom	Steve Beck	Kevin Sigouin	Doug Prentice