

HARRIERS AWARDS NIGHT 2018
MARCH 9th, 2018
SCRIPT

Mike Emerson Volunteer of the Year

We are going to start this evenings awards with a new perpetual award this year, we are happy to introduce a service award called the Mike Emerson Volunteer of the Year and I ask that Mike to join me in presenting this award. Mike has been acknowledged for **Excellence in Volunteering** for the past eight consecutive years to the point that we have introduced a trophy in his honour. Volunteers are the reason for success at the eight Harriers-hosted events and our winners tonight are always the first one to show up willing to help. They played a major role in staging of the Magical Mile, Thetis Relay, Gunner Shaw, Stewart Mountain, and Pioneer races last year. Frequently they provided excellent service with registration, package pick-up, equipment pick-up and delivery, course marshalling, set-up and take-down of the finish line equipment and signage. They are experienced, dependable and reliable and they carry out their duties efficiently with very little instruction.

The winners of the Mike Emerson Volunteers of the Year are Dawn Wilson, Colleen Auringer and Jeff Beddoes.

Fittest Couple:

This couple exemplified fantastic racing on the trails, specializing in rugged, challenging trail races in 2017. The most challenging event they competed in was the 3 event Ultras in Golden in September, which included a hill climb on day 1 with either 1,000 or 600 metres of climbing; a 30 or 60 km run on day 2, and day 3 finished with either a 10km run or a 22km run. She competed in the longer events, while he competed in the shorter events finishing first in the M40 category in the 30km event.

She also competed well at the Mt Tzouhalem trail race short course, placing second in the M50 category; 3rd in the F50-59 category at the Transfer Beach Long Course trail race, and was in the top 10 in the F50 category at the Gunner Shaw 10km. In addition to these races, she also competed in the challenging Cumby 23km trail race and the Kusam Klimb 21 km.

He placed first at the Navy 5km in the M45-54 category; and placed 4th at the Mt Tzouhalem and Cumby 23 km. He also competed in the Gunner Shaw and Stewart Mountain trail races, placing in the top 10 in the M40-49 category.

The winners of this years fittest couple award are Lisa and Walter Cantwell.

Excellence in Club Leadership

The member receiving the award for Excellence in Club Leadership took on a major role with the club. She rose to the occasion and has proven that she has some great new ideas for moving the club forward. Her role came along when our previous, and wonderful, president Susan decided to pass on her torch in pursuit of other endeavours. One of our members graciously, and enthusiastically, accepted the position. After years helping behind the scenes at races, leading a group on Saturday mornings and helping organize and run our summer wilderness runs this member was well versed in the runnings of the club. Pun intended. Right away she took on a large role in helping our club remain 'within the law' and has contributed many innovative and wonderful ideas to help the club maintain its support within the running community. We can't say enough about what this member has already, and is sure to do in the future, for our club.

The Excellence in Club Leadership award goes to Kathleen Birney

Excellence in Multi-Sport Performance

Many harriers in our club not only run consistently, but also enjoy and even compete in other sports. The harrier being recognized tonight has had success in mountain biking and trail running. She is a semi-regular at Saturdays and always heads out with the fast group, showing the 'men' how it is done. Her greatest accomplishment this year came at the annual CrossFondo 40K trail cycling challenge which took participants through the trails of the highlands, hartland mountain bike park, camosun college, francis kin and thetis lake parks. With over 200 riders heading out for this epic event there was lots of competition, mud, and grins all around. Aoibhe managed a 4th overall and 1st in her age category with a time of 2:44:13 beating out a huge contingent of fantastic riders.

Please put your hands together to congratulate this years winner of Excellence in Multi-Sport Performance - Aoibhe Glynn

Enrichment in the Running Community

Our next award recognizes two club members who in addition to running well also enrich the local running scene through their individual volunteer initiatives and efforts. Our first recipient battled injuries during the first half of 2017, but still managed to complete 6 *Island Road Series* races collecting a couple age group medals by the end. After experiencing in his world travels the *parkrun* phenomenon he began the process of setting up Victoria's 1st and Canada's 10th location. For those who don't know, *parkrun* is a weekly free timed 5K that occurs every Saturday morning at over 1300 locations around the world. In our case, it occurs at 8am along an out & back waterfront course from Clover Point. Launched in August with 47 runners and attracting Harriers, locals and world visitors each week since, it should continue to grow through the coming warmer brighter spring and summer, so come out and experience it!

Our second recipient battled illness throughout the year, but still managed several age group golds and some 2nd overalls throughout the year. Besides generating some of the maps for our *Tuesday Night Workouts*, and with a love for statistics and a talent for web and interface development he was a natural to take over collecting results and continue enhancement of the local RaceStats.org website. The countless hours required to keep the site current and engaging are much appreciated by many throughout the local running community who frequent this valued resource, including those of us charged with selecting tonight's winners and compiling their write-ups.

Please join us in congratulating our winners of the *Enrichment in the Running Community* award: Michael Angrove and Chris Callendar.

Excellence in Photography

If you have raced at a Harriers event or participated in a parkrun you will have seen a friendly man with a large camera running around snapping shots. The recipient of this years award is consistently at most, if not all, events and loves to take photographs of runners doing what they love. He captures images at the start, finish, and in between. Somehow he manages to place himself at the perfect spot to capture that 'in-run' stance and also generates some great reactions from racers. Thank you for all the work you do capturing our joyful, and sometimes painful moments on the trails and on the road.

Please join me in congratulating this years award winner for Excellence in Photography - Joseph Camilleri

Excellence in International Competition

Recognizing a club member for Excellence in International Competition is presented to a member who has performed well in International Competition, and typically has also performed well in local competition as well. Tonight's recipient had a marvelous year by being selected to Team Canada at the Summer Olympics in Rio de Janeiro, Brazil, at the IAAF World Track and Field Championships in London, England and the Commonwealth Games in Queensland, Australia. Last year she also had outstanding performances at the Monterey Bay Half Marathon in California, the Houston Half Marathon in Texas and the Portland Track Festival in Oregon.

The winner of the Excellence in International Competition Award for the second time is Natasha Wodak.

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PERPETUAL AWARDS

Molly Reid Top Dog of the Year

The Molly Reid Top Dog of the Year Award goes to the canine member who has shown dedication to his or her master and is the champion of the annual Harriers Hounds 40 Metre Sand Sprint held at Thetis Lake Park in October. In 2017, seven dogs ran in the tenth annual event with all recording very fast times. One-year-old sisters from Sooke, Maisie Proulx and Katie Hamilton finished first and second in a strong field of fast dogs. Maisie won the race in 3.73 seconds and narrowly missed the course record of 3.44 seconds. Bebe Reid was presented with a Ten-Year Gold Medal for Most Harriers Hounds Races by finishing all 10 of them. The Harriers are the only running club in Canada with a canine membership and our very own annual dog race.

The winner of the Molly Reid Top Dog of the Year Award is Maisie Proulx. Her master, Louise, will accept on Maisie's behalf.

Island Race Series Runner:

The first recipient of this award ended the Island Race Series fifth overall in Series standings, and as the second in the M40-44 category. He placed either first or second in the M40-44 category in each of the Island Race Series races he competed in. He placed first in the M40-44 category at the Bazan Bay 5km, Cobble Hill 10km, and Pioneer 8km.

The second recipient of this award competed in 3 of the Island Race Series races in 2017, placing really well in each of these races. She was first in the 0-15 age category at the Pioneer 8km, Hatley Castle 8km and Cedar 12 km races. At the Pioneer 8km, she raced a PB in a time of 35:22.

The third recipient of this award finished as 3rd in the M30 category in the Island Race Series standings - competing well over the series. He was fifth in the M30-34 category at the Pioneer 8km; fourth in the M30-34 at the Cobble Hill 10km; 7th in his category at the Bazan Bay 5km race, 3rd in the M30 category at Sooke River, placing 8th overall; and was second in the M30-34 category at the Comox Valley half marathon in a time of 1:22:13.

Our three winners of the Island Race Series Runner of the Year are: Shane Ruljancich, Aimee Perry, and Michael Angrove.

John Thipthorpe Durability Award

For the 12th year in a row this member has done it once again. He has race in more events throughout the year than any other Harrier, and arguably most runners in general. Despite only doing 1 event in the summer and reluctantly missing several favourites due to holidays and health he still managed 55 races in 2017. Not only does this member compete in the most events over the course of the year, he also managed to place 1st in his age category in 25 of these.

In addition to running all these races He also serves on several boards and committees within the running community and works with many of the local race directors helping design, measure, mark and certify race courses.

Please join me in congratulating this years recipient, once again, Gary Duncan

Dave Reed Trail Runner of the Year

The first recipient of this award had a great year. She started off at Cobble Hill coming 1st in the 21.1k, and then took top spot in the F50 category in the Cumby 23k, Royal Roads, Ladysmith, the Golden Ultra 3km and 30km, and was top female master and top team at the Thetis Lake Relay. Her favourite race of the year was the Golden Ultra which in her own words was because she "enjoyed the different challenges that each race offered, especially the high altitude; and the opportunity to race with some really great trails runners from over BC and Alberta. Best of all I loved hanging out and cheering on my running buddies. Great event, that I will always remember, and grateful to be part of."

The male recipient has proven himself time and again on the trails. He is a perennial Canadian Team mountain-runner and the 18 time winner of the Emperor's Challenge, a 20Km event that leads runners over the summit of Mt. Babcock just south of Tumbler Ridge. In 2017 he won it outright in a time of 1:29:24 which was 3 minutes ahead of the 2nd place finisher. There is no comparable feat in Canadian running or athletics history of an athlete winning a single event so many times. On top of winning this event he competed at BC Cross Country Championships and was top M35 in 24:21. He was the 3rd Canadian at the NACAC Mountain Running Championships and at the Grouse Grind, a 2.9k climb featuring 2,8000 feet in elevation gain he was 4th overall in a time of 29:38.

The winners of this year's Trail Runner of the Year award go to Valerie Bell and Kristopher Swanson

Bob Reid Bright Shining Light Award

The Bob Reid Bright Shining Light is given to a first year male and female Harrier. Our male Bright Shining Light excelled at Clover Point Park Runs where he won two of them outright. He provided some excitement as he sprinted to the finish line to claim victory by one second over the Magical Mile Race Champion, Matthew Winkler, while smiling and waving his bright orange gloves to the throngs of spectators awaiting the winner on a cold and blustery day by the ocean at Clover Point.

Our female Bright Shining Light was a model of consistency and 10 seemed to be her lucky number for she finished 10th overall at the Vancouver Gunner Shaw Memorial 10K, the MEC Grand Banana 10K, and at both of the Mount Washington and Mount Tzhouhalem Gutbuster Long Courses. In all four events she topped her F30 age category and was the second female finisher overall. Perhaps her highlight of the year was finishing as the second female at the Kusam Klimb, a 13.8 mile extreme mountain race near Sayward and, once again, winning her age category.

The Bob Reid Bright Shining Light Award winners are John Atkinson and Patricia Roney.

Susan Reid Most Consistent Harrier

Our first recipient has a definite love of racing that goes beyond placement, proudly wearing the club singlet at 5 *Island Road Series* races, all 5 *MEC* races, 6 *Victoria Track Series* races, and an additional 10 others, and is especially proud of collecting a category 3rd for the *MEC* series, and bouncing back after 2 months off recovering from injuries in a bus accident while vacationing in Cuba. She also volunteered at many Harrier races and the *Victoria Marathon*.

Our second recipient, a regular at both Saturday and Tuesday, has a strong competitive spirit that sprints to the line (and sometimes belatedly to the start), consistently placing near the top of his age group. Races include 5 *Island Road Series* races, 2 *MEC* races, *St. Patrick's Day 5K*, *Victoria 8K*, *Gunner Shaw*, *Boxing Day Handicap*, and their 19th finish at the *TC10K* spanning back to the inaugural event in 1990. Leaving at the beer tent some of the \$50 cash prize for finishing 2nd overall at the *Kilted Mile* helped ease the sting of being overtaken by a young laddie with 75m to go.

Congratulations to this year's winners of the *Susan Reid Most Consistent Harrier* award, Christine Thate and John Catterall.

Stewart Fall Under-20 Junior

Last fall, Justine stormed to a second-place overall finish at the GoodLife Fitness Victoria 8k in a record time of 27:39. This was foreshadowing of her victory at the BC Athletics Junior Cross-Country Championships and a runaway win at the BC High School Championships. These successes not only won her this year's Prairie Inn Harriers Female U20 Award, but they have earned her a full scholarship next fall at _____ State University. Congratulations Justine!

Tyler relocated from Terrace, BC in 2015 to run with the Harriers. Based on his performances in 2017, his gamble paid off in spades. Coming off a victory at the BC High School Cross-Country Championships in 2016, he won two silver medals at the BC High School Track & Field Championships this past spring. Included in this was a stunning run from the front to smash the 40-year-old 3,000m record, losing gold by 0.2 seconds. He followed this up with a sprint from behind silver at the National Junior 5,000m Championships. Tyler received academic and athletic scholarships to study at UBC and was a scorer on their NAIA Championship team. In his first National Team appearance, he recently won a silver at the Pan Am Cross-Country Championships in El Salvador. The

demands of his engineering program unfortunately have kept him from joining us this evening.

Bruce Deacon Under-16 Junior

Ella Ballard is a grade 7 student who has been running with Harrier's young athlete team for the past three years. Her coach, Gary Barber, immediately identified Ella as a runner with not only exceptional talent, but someone who brings a joyful attitude to every practise. She never stops smiling when she is running! Ella has enjoyed a most impressive 2017. In the cross country season she won every school race - often by considerable margins. She won the City Championships with ease and finished off the season with a 3rd place medal at the BC championships. Ella's track season was equally impressive - she was undefeated in every race. Ella's successes this season, and her infectious love of running has been inspirational - she is looked upon as a role model for large group of upcoming young athletes.

Trevor Neil or "Trevy" punches above his weight and fits in well among his high school aged training partners. He had a truly impressive 2017. He was victorious at all his school track meets, setting a grade 6 record at 2,000m. At the age of 12, he convincingly won his division at the Pioneer 8k and the GoodLife Fitness Victoria 8k. His 29:48 put a scare into the older athletes and coined a new term for our group of being "Treved" (or beaten by an incredible 12-year-old). He finished the year with a bronze medal at the U13 BC Athletics Cross-Country Championships. Well done Trevor!

Harriers Cyclist of the Year

This year we have 3 Harriers receiving the Cyclist of the Year award. Our first female's highlight was placing second at the Tripleshot Cross Fondo, a 45K hilly, mountain bike course through Thetis Lake Park, Francis King Park and Hartland Mountain Bike Park. Her best cycling adventure was 7-day BC Bike Race which takes riders through Cumberland, Powell River, Sechelt, Langdale, North Vancouver, Squamish and Whistler. She placed 8th of 22 Solo Master Women after a grueling 7 days of riding over very difficult, technical trails.

Our second female and the male winner formed a Harriers team and took a different road to success at the Okanagan Intrepid, a three day road riding event starting and finishing in Osoyoos, BC. Participants rode between 120 and 170 kilometres each day covering a total of 400 kilometres with an elevation gain of over 7,000 metres. On the first day, our Harriers Team finished 11th overall, the second day they were 10th and the third day they achieved their best performance finishing 5th. Their total time of 14 hours, 53 minutes and 8 seconds earned them the top mixed team, top female, and top

male and female master. They also completed an 8-day cycling adventure ride in Mallorca, a small island in the Mediterranean off of the coast of Spain.

The three Harriers Cyclists of the Year are Shannon Coutts, Louise Proulx and Chris Hamilton.

Robin Pearson Most Improved Runner

Our next award recognizes two members, both in the 55 division, who strive and are seeing age defying improvements to their running times, pace, and performance.

Our first recipient is a frequent attendee on both Saturday and Tuesday. She was twice 6th female overall in her 5 MEC 5K races and won her age group in four. She also won her division at the *Lion's Gate Gunner Shaw* race in Vancouver. She improved by almost a minute at the *Victoria 8K*, moving from 5th to 2nd in her division, and by almost 2 minutes at the first MEC 5K race this year. Highlights for her were placing 3rd female overall in the MEC 5K series, and having her son in many of the same races.

Our second recipient is also a regular at both Saturday and Tuesdays and Perseverance Thursdays "enjoying the simple camaraderie of like minded individuals who value looking after" their all-round health. He "really enjoys the physical challenge of trying to get just a little bit faster as he ages", and race results at the *Island Road Series, MEC, TC10K, Thetis Lake Fall* races and the *Boxing Day Handicap* show success with improvements in pace of up to 15 seconds per kilometer over comparable races from the year before defying the expected several second slowdown.

Please join in applauding our winners of the Robin Pearson Most improved Runner award — Dawn Wilson and Jeff Beddoes.

Maurice Tarrant and Rosamund Dashwood Veteran of the Year

Our first Harrier in the 85-89 age group is still going strong and set a record in 7 races in the Island. He enjoys running with long-time friends and acquaintances and finds the running community is friendly, supportive and good to be with. He's looking forward to the 90 - 95 age group - if he can just hang in there..."

Our second award winner improved race over race during the island race series and finished 3rd in her age group. She's very humble and says "If you live long enough, they have to give you something, ha ha".

Our third veteran set an new age group record in 7 of the 8 races she ran in 2017.

Congratulations John Woodall, Marcia Stromsmoe, Maree Kennell

Sandy Auburn High Achievement Award

This Harrier led 4 others in a rugged wilderness run around the Mt Blanc massif through France, Italy and Switzerland, covering 180+kms, at 8,500 m. in 6 days. After the first day our Harrier's comment was "Exhausted but content, with eyes full of wonder, this was life as it should be lived..." One of his photos is the switchback trail titled - "Oh Shit". No less successful was his return to racing, winning his age category at Hatley Castle and Port Alberni, the Cumby 23K Trail Race in Cumberland and placing 2nd of 503 finishers in his age group at the massive Vancouver [Sun Run](#) with almost 33,000 finishers.

Please join me in congratulating this year's winner - Michael Lax

Alex Marshall Master of the Year:

The first recipient performed well as a Masters runner in 2017. He was the first master in the 8km Royal Victoria Marathon, 10km MEC Sooke race. He placed either first or second in the M40 category in each of the Island Race series races he competed in and placed second in the M40 group with 34:45 at the TC 10km. On the trails he placed first master in each of the races in which he competed including: Mt. Tzouhalem, Royal Roads 8km, Gunner Shaw, and Stewart Mountain.

The second recipient of this award finished first in his category in each of the road races in which he competed over 2017. He competed well at the Pioneer 8km, and the Cobble Hill 10km. His times improved over his subsequent 10km races, racing faster at the Vancouver Sun Run, even faster at the TC 10km race in April, and topped off his performances at the Summerfast 10Km in Stanley Park in a time of 33:28. He won the Seaside 5km and was top master at the Royal Victoria 8km.

The third recipient of this award had an outstanding year racing in the F50 category in 2017. In June, she broke the Canadian 5000m record on the track in a time of 17:32.97. She set a course record at the Bazan Bay 5km in a time of 18:24 and was the top master at the TC 10km. At the GoodLife Fitness Victoria Half Marathon she won her age category and set a F50 Canadian Half Marathon Record in a time of 1:19:53. She also competed well on the trails, finishing 4th overall and as top female at the rugged Mt Finlayson 28km race and was the top female at the Gunner Shaw Cross Country Classic.

The three recipients of the Master of the Year award are: Shane Ruljancich, Craig Odermatt, and Lucy Smith.

Ken Smythe Dedicated Performance Award

The Ken Smythe Dedicated Performance Award goes to the person or persons who have contributed much more than running to our club. It is a pleasure to recognize a couple who unselfishly give their time to our Harriers events. Their dedicated performance includes race direction, volunteering, managing event tasks, racing, helping at social events, and leading club runs.

The two award recipients are dependable, reliable and carry out their duties efficiently and effectively. Frequently you'll find them at a remote trail junction at the northern end of the Gunner Shaw course standing in the pouring rain or on the summit of Stewart Mountain directing runners over the snow-covered peak. We thank them for their continuous and valuable contributions to the club.

The two winners of the Ken Smythe Dedicated Performance Award are Elaine and Andrew Galbraith.

Gunner Shaw Most Valuable Runner

Our first recipient missed the first quarter recovering from injuries, but was soon back in fine form winning many races and the *BC Super Series*. She was top female at the *BMO Vancouver Half* in 1:12:58, 2nd at the *Tamarack Ottawa Canadian 10K* championship, and 1st at the *Toronto Waterfront 10K* and the *Summerfast 10K* which she won by 2 minutes in 32:52. She set a new 5000m personal best time of 15:42, and had an impressive win at the *BC Cross Country* championship.

Our second recipient continues to run because she loves it and the community, and is especially proud of "starting the *Up and Running Girls* club and seeing these amazing kids thrive through running". She competed in many races handily winning her age division at all, and finishing top master if not top woman at many; setting numerous records along the way including new Canadian F50 records in the 5000m and in the Half Marathon. Her personal highlight though was the *Finlayson Arm 28K*, which was a new challenge for her. She "really loved the flow and serenity and grass roots feel of this race" and finished 4th overall smashing the old female record by 22 minutes.

Our third recipient had yet another impressive year winning many races and the *BC Super Series*. Highlights include finishing 2nd overall at the *Vancouver Sun Run* and at the *Canadian Half Marathon* Championship in Calgary; setting new personal best times in the

10,000m of 28:48 and half marathon in 1:03:38; being selected to compete at the *World Half Marathon Championship* in Valencia, Spain, and being awarded *BC Senior Male Road Running* athlete of the year.

Congratulations to this year's winners of the *Gunner Shaw Most Valuable Runner* award — Natasha Wodak, Lucy Smith and Geoff Martinson.

HARRIERS HALL OF FAME

We are pleased to finish off the Annual Awards Program with a first-time tribute to six exceptional athletes as tonight we officially induct them into the brand new Prairie Inn Harriers Hall of Fame. They include Bruce "Gunner" Shaw, Simon Whitfield, Lucy Smith, Maurice Tarrant, Ulla Hansen and Herb Phillips. It may be hard to believe but in 2017 five club members were inducted into five different Sports Hall of Fames in five different cities at five different times of the year for five different high achievements, all related to running or triathlon racing.

Gunner Shaw was the founding father of our running club and, along with Alex Marshall and Robin Pearson, they formed the Prairie Inn Harriers in 1978. Had it not been for their vision, you wouldn't be sitting next to the friend you have met over the past 40 years of running. Gunner was tragically killed in a car accident in 1984 and the following year we initiated a cross country race at Thetis Lake Park in his honour. Gun was an avid long distance and cross country runner winning marathons in Seaside, Portland and Seattle. During the past 33 years, the Gunner Shaw Classic Cross Country race and other club events have contributed over \$350,000 to Harriers Foundation projects to support our athletes and, more importantly, to support eight major scholarships at UVic and Camosun College by donating a quarter of a million dollars since 1986 towards post-secondary education in Victoria.

In November, ***Simon Whitfield*** was inducted into the Canadian Sports Hall of Fame which is based in Calgary and features 536 athletes. He joins the likes of Wayne Gretzky, Rick Hanson, Harry Jerome and Terry Fox. Simon is a gold and silver medalist in triathlon at the Summer Olympic Games in Australia and China and he anchored our Harriers Senior Men's Team to a gold medal performance at the BC Cross Country Championships hosted by the Harriers in 2006 and 2007. His thrilling victory at Lambrick Park is chronicled as the most exciting finish in the history of cross country championship racing as he beat team mates Steve Osaduik and Mark Bomba by less than one second after 10 grueling kilometres of shoulder-to-shoulder competition. The Harriers Hall of Fame is Simon's fifth honour as he is also a member of the Greater Victoria Sports Hall of Fame, the

British Columbia Sports Hall of Fame, the ITU Triathlon Hall of Fame and the Canadian Sports Hall of Fame.

Also in November, **Lucy Smith** was inducted into the Nova Scotia Sport Hall of Fame which is based in Halifax and features 520 athletes. She joins the likes of Sidney Crosby, Johnny Miles, Al McInnis and Colleen Jones. Lucy has had a brilliant running career on both sides of the country with her first 22 years in Halifax and her second 28 years in Victoria. Besides her 18 Canadian Records in road running, cross country, track and field, triathlon and duathlon, she set National and Provincial age category records in almost every distance and every race she ran in 2017, the year she turned 50. Her two highlights were a setting new course record and finishing as the top female in the Mount Finlayson 28K Mountain Run and almost winning a race outright at the new Sidney Seaside 10K where she placed second overall in a field of 409 finishers; she was a mere 10 seconds behind race champion, Chris Beuley.

In October, **Maurice Tarrant** was inducted into the Greater Victoria Sports Hall of Fame which is located in the Save On Foods Memorial Arena and features 220 athletes in 38 different sports. He joins the likes of Bruce Deacon, Lori Bowden, Al Howie and Silken Laumann. Maurice has had a tremendous four decades of racing with his Harriers uniform since he joined the club in 1983 at the young age of 52. He has completed over 150 Island Series races in his 37 active years and has finished FIRST in his age category and incredible 300 consecutive times while competing on Vancouver Island. He has never been beaten. Along the way he set 65 Canadian age class records in every distance from 400 metres on the track to a full marathon on the roads. Currently his name is in the book for nine Canadian Road Records, two Canadian Track Records and eight single age WORLD Records. He initiated the Harriers Thursday Morning Gang Runs and Hikes and is a mentor, motivator and leader for the group of 30 to 40 club members that meet every week of the year to enjoy friendship and fitness they always have a lively discussion following at breakfast.

In February, **Ulla Hansen** was inducted into the University of Victoria Sports Hall of Fame which is based in the CARSA Gymnasium at UVic and the Hall of Fame features 52 athletes and teams comprising 8 different sports. She joins the likes of Debbie Scott, Ken and Cathy Shields, Gareth Rees and Carey Nelson. Ulla has turned 60 in June and she has achieved more than 40 years of high performance running in Victoria. Beyond her excellent race performances on the roads, track and trails, Ulla is instrumental in managing the High Performance Athlete component for the Victoria International Track Classic, the Times Colonist 10K and the GoodLife Fitness Victoria Marathon. Her vast experience and knowledge of running at the highest level is a valuable asset to each of

the planning committees for the largest three races held annually in Victoria. On a summer day, Ulla can be found on the golf course with triathlon great, Lori Bowden.

In June, **Herb Phillips** was inducted into the Canadian Masters Sports Hall of Fame which is based in Toronto and features 51 Canadian athletes all of which are 40 years old or older. He joins the likes of Thelma Wright, Maurice Tarrant, Arthur Taylor and Ed Whitlock. Herb has been a master's runner for 35 years, winning road races from one mile to 100 kilometres, track events from 800 metres to 10,000 metres, and many championship cross country events. His highlights include 11 age group gold medals in Canadian Cross Country Championships, 12 Canadian age group records on the Track and the Roads, including two M55 records set in 1995 for a 10K Road Race and a Marathon which remain as records today 22 years later. In 2000 he was the gold medal winner in three 100 Kilometre events including Canadian and World Championships, and he has run an estimated total in his career of more than 1,040 races, totaling over 102,000 miles or over 163,200 kilometres.

Also, just a month ago, both Herb and Maurice were inducted into the BC Athletics Hall of Fame at the BCA Annual Awards Banquet held in Richmond, an honour bestowed on two terrific master athletes.