

## Shamrock Running Club – 2008 Winter Race Results

Despite the long winter, members of the Shamrock Running Club battled many brutally cold and windy days to train for races over the past three months. We are quite sure that many of those driving by us were wondering what would possess a person to go outside for a 10, 20 or 30 kilometre run when a “normal” person wouldn’t stay out longer than it takes to brush off the windshield. Well, the short answer is, “Because it feels so good when we stop.”

Here’s a rundown of the results of that training:

**January 12, 2008: Disney Half Marathon (21.1 kilometres), Orlando Florida:** The **Lamb** family of North Middlesex made the flight to Orlando to actually get a bit of warm weather running in. For **Karen** (age 17) and **Tori** (age 15), the 21.1 kilometres was the furthest they’d ever run. By completing the run in 2 hours, 49 minutes and 17 seconds and 2:24:49, respectively, they both set personal records (PR). **Jennifer** paced daughter Tori for 21 kilometers and felt good enough at the finish to do a cartwheel (on purpose) over the finish line! **Bruce** had a respectable chip time of 1:45:04 for 455<sup>th</sup> place (out of 12,296 total finishers), putting him in the top 4% of finishers.



Karen, Tori, Jennifer and Bruce Lamb approach the finish of the 2008 Disney Half Marathon



Coach Brian Watson chases Bruce Lamb towards the finish of the 2008 Shamrock Marathon in Virginia Beach.

**February 17, 2008: Really Chilly Road Races 10 Kilometre Run, Fanshawe College, London, Ontario:** It was a slushy run with periods of freezing rain, but Lucan and area runners did very well despite the fact that it was the really hard-core running competition that came out for this race. **Brian Watson** of North Middlesex was the top Shamrock, finishing 11<sup>th</sup> overall and 3<sup>rd</sup> in his age category with a time of 41:37. **Bruce Lamb** had a time of 48:04. **Bob** and **Wendy Fraser** of Ilderton finished with times of 53:53 and 56:43, respectively – and Wendy was 1<sup>st</sup> in her age group. A special congratulation goes out to Shamrock **Paula Muxlow** of Ailsa Craig who was the Race Director for the Really Chilly Road Races this year, and whose team did a phenomenal job of organizing the race and the pre- and post-race logistics.

**March 16, 2008: Shamrock Marathon (42.2 kilometres), Virginia Beach, Virginia:** Coach **Brian Watson** paced **Bruce Lamb** while **Jennifer Lamb** was the one-person support crew to help Bruce qualify for the 2009 **Boston Marathon**. The weather was windy but the course provided adequate shelter. The fact that one didn’t have to run in a blizzard, as we’ve been used to, was an added bonus. Bruce and Brian crossed the finish line in 3 hours, 29 minutes and 1 second – a PR for Bruce by over 5 minutes, and almost 2 minutes below the maximum allowed in order to qualify for Boston in April 2009 for his age category.