

**March 30, 2008: Around the Bay
(30 kilometres), Hamilton, Ontario:**

The Shamrocks were well represented at this year's race in Hamilton, which had an attendance of over 5000 runners. The top male Shamrock was **Bob Fraser** with a time of 2:47:15, and the top female was **Bonnie Martin**, who came in at 2:58:06. The two-person relay team (15k each) of **Gwyn Hayman** and **Paula Muxlow** finished in 3:05:07 and **Wendy Fraser** came through shortly thereafter at 3:05:44. **Jennifer Lamb** set a personal distance record and PR with her time of 3:06:14, followed very closely by **Rita Lewis** of Ailsa Craig and **Val McLeod** of Lucan who came in together at 3:06:45. **Mary Ondrejicka** of Exeter set a personal distance record and recorded a PR with her time of 3:21:38.



Paula Muxlow, Gwyn Hayman, Val McLeod, Jennifer Lamb, Rita Lewis and Bonnie Martin show the medals they received after finishing the 30 kilometre Around The Bay race in Hamilton on March 30.

In April and May, Shamrocks will be running a number of races including the Run for Retina in London (April 13), the **Boston Marathon** on April 21 (Good luck, **Rita Lewis!!!**), the Forest City Marathon and Half Marathon (May 11), the Mississauga Half Marathon (May 11) and the Shore-to-Shore Relay– a 300+ kilometer running adventure from Port Stanley to Grand Bend via Chatham and Sarnia (May 30-31).

There is no charge to join the Shamrocks, so if you like to run visit the club's web site at www.AvalancheSearch.com/ShamrockRunningClub.