

*2018 HARRIERS AWARDS DINNER  
PRESENTED MARCH 15, 2019  
CEDAR HILL GOLF CLUB*

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Comical Awards

1. Wounded Warrior Award

We begin the awards ceremony this evening with a few comical awards. Our first goes to the Harrier with the most mishaps during races. Our successful warrior managed to fall during the Gunner Shaw Classic in 2015 and break his ankle. Knowing that he couldn't get help on the bouldery race course, he hopped to the Bellamy Gate on his good leg to an awaiting vehicle. In December he took another tumble at the Dog Beach while finishing the Stewart Mountain Challenge and cracked two ribs. He is a self-healing, hard-assed, old-school runner. Tonight we are pleased to present Walter Cantwell with the Wounded Warrior Award

2. Better Late Than Never Award

Tonight's Better Late than Never Award winner is notorious for showing up 5 minutes late for everything, running related that is. He is a regular participant at the 8:00 am Thetis Lake Saturday morning runs where the group uses the 5-minute rule of, "We wait 5 minutes for everyone, but 6 minutes for no one." Most Saturdays he arrives at 8:06 to find a parking lot full of cars but no people. He dashes off in a hurry trying to guess whether the group started on the West Trail, the East Trail or the Trillium Trail between the lakes. Most often he runs solo. At Gunner Shaw last year he registered on race day at 1:01 pm ... the starting gun goes at 1:00 pm. Our Better Late Than Never runner shoved his race number down his

shorts and darted off looking for the last runner. Thank god the safety pins were closed. For Stewart Mountain, it was a noon start and our man arrived at 12:02 pm. He ran bibless. At Pioneer, he arrived at 11:25 am to register not realizing it was an 8 minute walk to the start line and the race started in 5 minutes. Sprinting across the highway overpass he arrived at the back of the field just as the air horn went. In his haste, he ran with his bib number in his hand and when he finished the bar code didn't register over the timing mats. The winner of this award is getting a brand new model of Timex watch. It is permanently programmed to run 15 minutes fast and on its face it says, "I'll Never be Late Again". Tonight's Better Late Than Never winner is John Catterall.

## 2. Never Too Cold to Wear Shorts

No matter how low the thermometer plummets, this runner never gets cold feet. He has 3 chill-dren but makes the effort to show up at Thetis every Saturday morning in shorts, no doubt after fuelling up with a big bowl of Frosted Flakes. In sleet and snow and icy rain he remains cheerful, never giving a fellow runner the cold shoulder. No doubt he likes the cool tunes of Axel Froze and his favorite Mexican food is brrrr-itos. Put your hands together for Franke Germain.

**\*\*\*break for draw prizes\*\*\***

## Non-Perpetual Awards

Description: These awards are intended to recognize Harriers for service to the club, individual athletic performances, heroic achievements and multi-sport accomplishments during the year.

### 5. Harriers Fittest Couple

The club has recognized many Harriers Fittest Couples in the past and this year we are very pleased to add another outstanding twosome who love to race and train together, on and off road. In 2018 they both raced hard at Sooke River, Bazan Bay, Cumby 25, Oak Bay Half, Finlayson Arm 50K, Victoria Marathon, MEC Elk Beaver 10. They both competed in the fall at Stewart Mountain and Gunner Shaw trail races where she won her division in both. Running is not enough as they also competed well in various Orienteering events. This couple are regulars at our Tuesday Night Workout, often putting in another five plus km running to and from their home, yet still push themselves, and others, hard during the intervals. The winners of this year's fittest couple award are Adrian Low and Tamara van Lieshout.

### 6. Excellence in Club Leadership

This year we honour 3 people whose formed the PIH Reunion Organizing Committee and whose leadership has made a huge difference to local running over several decades. Together they successfully tracked down and reached out to invite members from the past, encouraging their stories and helping organize the clubs 40 year bbq/picnic. Thank you Susan Norrington, Bob Reid and John McKay.

### 7. Excellence in Park Runs

This athlete was a regular runner at the Victoria ParkRuns, running in 22 of these events held at Clover Point and volunteering at many more. In 2018, he finished first in the event numerous times, with a PB of 19:05 for the Clover Point Course. Please welcome me in congratulating John Atkinson for the Excellence in Park Runs Award.

### 8. Excellence in Photography

Our club is lucky to have a member that not only loves to run, but also loves to capture images of those running around him. He can be seen at pretty much every harriers race, park run, and running related event in and around town so make sure you smile the next time you are out there! He has also put together the lovely slideshow that you have been enjoying tonight. Please join me in congratulating, and thanking our award recipient, Joseph Camilleri.

### 9. Excellence in International Competition

Our next award is for Excellence in International Competition and we have a club member who has had an absolutely brilliant year on the world stage. At the 2016 Para-Olympics in Rio De Jenriro, Brazil, he won a silver medal in the 1,500 metre race. At the Canadian Track and Field Championships in Ottawa, he set a U20 Canadian 1,500 metre record of 4:06.20 and is currently ranked #1 in the world for his class. Throughout the year he established 5 National Track and Field Records at various distances. Locally he raced in the 2018 Hatley Castle 8K, where he won the M20 division by finishing 6<sup>th</sup> overall of 321 finishers. He started in 2015 with the Harriers Youth Team and we are delighted to present a special award for Excellence in International Competition to Liam Stanley.

**\*\* break for draw prizes and dessert\*\*\***

## PERPETUAL AWARDS

### 10. 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 2018, six dogs ran in the eleventh annual event with all of them recording very fast times. Two-year-old sisters from Sooke claimed first and second place reversing their finishing order from the previous year. Their blazingly quick times of 4.59 and 5.01 seconds were less than half of a second apart as they hit the finish line. Most of you don't know that the Harriers are the only running club in Canada with a canine membership, their own dog race and several Hounds Hikes scheduled throughout the year. It is a pleasure to award the Molly Reid Top Dog of the Year to this year's 4-legged winner, Katie Hamilton.

### 11. Island Race Series Runner of the Year

The Island Race Series Runner of the Year award recognizes our top performers in — surprise, surprise — the Vancouver Island Road Race Series. This year we are honouring three fine athletes. Our first recipient likely had her best series race in the very competitive Pioneer 8K where she triumphed. She went on to win her next three races to easily capture her division in the series with an incredible 150 point advantage over second. She also finished as the top female junior athlete, 8th female overall, and as the top declared female Harrier.

Our second recipient won his division in 3 of his 5 series appearances, but likely had his best race in the Bazan Bay 5K with a performance about 30 points better than those wins. He handily won his division in the series,

and also finished as the top male junior, 9th male overall, and top male Harrier.

Our third recipient had some close back & forth division contests throughout the series with 3 wins, including an exciting 2 second gender overall victory at Cedar, before it all came down to the final Bazan Bay 5K race. Putting in a performance 40 points better than her other races, she managed to finish atop the series with a 12 point performance advantage over her rival, and all other series finishers, male or female. While running unattached and not officially joining the club until just after the 2018 series we honour her Harrier spirit.

Please applaud our three winners Maddie Perry, Jonah Brost, and Catrin Jones.

## 12. John Thipthorpe Durability Award

The harrier receiving this award is well known for his ability to run multiple races in a weekend, and even a day. He can be found racing something on most weekends and his fellow runners are often surprised when he doesn't have a race. 2018 wasn't quite what he had hoped for he was "only" able to manage 39 races due to some "un-durable" months off. Nevertheless he had a double race day at the MEC Thetis Lake 10K with Sooke River 10K with only an hour between. He had three double race weekends and one triple race weekend. He was top of his division in the Island Road Series, Island Trail Series, and MEC 10k series. He won division medals at the competitive St Patricks Day 5K, Sun Run 10K, Times Colonist 10K, Victoria 8K, and BC Cross Country. Join me in congratulating, our perpetual winner of this award, Gary Duncan.

### 13 Dave Reed Trail Runner of the Year

Initiated in 2008, this perpetual award is presented annually to the top male and female trail runners in the club

The first of these 2 women absolutely dominated Vancouver Island trail races in 2018 finishing second overall at the X Terra 15K Trail Run, and in four mountain races on four consecutive weekends recording four consecutive female victories, a second place overall, two third place overall finishes, and one seventh place overall finish. Simply an outstanding performance and perhaps the highlight of the year for any club member!

Our other female winner had first place finishes in the VI Trail Series race at Westwood Lake, and second place finishes in the Royal Roads VI Trail Race and the Cumby Ultra 25km.

Our male award recipient won the Gunner Shaw, the Cobble Hill 10k of the Vancouver Island trail series, the Stewart Mountain and other trail races. Congratulations Patricia Roney, Aoibhe Glynn, and Andrew Russell.

### 14 Bob Reid Bright Shining Light Award

The Bob Reid Bright Shining Light is given to a first year male and female Harrier. This year we are recognizing one male and two females. Our male Bright Shining Light excelled at mountain and cross country runs where he won several of them outright including Gunner Shaw, Stewart Mountain, Cobble Hill, Royal Roads and Ladysmith Trail Series races. Perhaps the highlight of the year was his first place finish at the Kusam Klimb where he finished first in 2 hours 16 minutes, a 7-minute margin of victory. Our two female Bright Shining Lights took different paths to their success in 2018. The first winner ran the fastest time in the Harriers Boxing Day 10 Miler, she was third master in the MEC Trail Series and finished seventh overall in the Cowichan Autumn Classic by running the 5K race,

then 5 minutes later she ran the 10K race to complete the double where finish times are added together. Our second female winner was the Island Series Race Champion, she won the BC Marathon Championship in Vancouver in May, then 3 weeks later placed second and was the top Canadian female at the Calgary Marathon. She is a model of consistency by running 2:49 at the Victoria Marathon, 2:50 at Vancouver and 2:52 at Calgary. The three Bob Reid Bright Shining Light Award winners are Andrew Russell, Lindsey Fraser and Catrin Jones.

#### 15. Susan Reid Most Consistent Harrier

The Susan Reid Most Consistent Harrier Award is presented annually to members that represent the club regularly and consistently throughout the year whether they are training, racing or volunteering. This year we are honouring two members. Our first recipient is a regular at Tuesday Night Workouts and Saturday mornings and plays a vital role in setting up courses for our events including Gunner Shaw, Stewart Mountain, Thetis Relay and Pioneer 8K. He was one of only three club members to attend all six 40<sup>th</sup> Anniversary Harriers. Our second recipient has done tremendous work in collecting and posting race results on the RaceStats.org website. His knowledge and talent for website interface and development is a huge benefit to all runners within the club and beyond. His 2018 racing highlights include first place finishes in the Run Through Time 5K with a new course P.B. of 17:55 and victories at the MEC 5K at Beaver Lake and the Another Brick in Nepal 5K at East Sooke Park. His finest race of the year was winning the North Discovery Half Marathon from Sequim to Port Angeles where he topped the field of 918 finishers with a time of 1:22:14. Please congratulate our two Susan Reid Most Consistent Harriers for 2018, Jeff Beddoes and Chris Callendar.

#### 16. Mike Emerson Volunteer of the Year

Last year we introduced a new service award called the Mike Emerson Volunteer of the Year. Volunteers are the main reason for success at all of our events and the winners tonight are always the first ones to show up willing to help. They played a major role in staging of the Magical Mile, Thetis Relay, Gunner Shaw, Stewart Mountain, Elk/Beaver and Pioneer 8K races last year. They are experienced, dependable and reliable and they carry out their duties efficiently with very little instruction. They are the backbone and key components when staging annual Harriers events. A very special thanks goes to our three winners: Elaine Galbraith, Leigh Sunderland and Randy Jones.

#### 17. Stewart Fall Under 20 Junior of the Year

Our first recipient delivered big throughout the year. She defended her BC High School Senior Girls 800m title with a thrilling win over the favored Madison Heisterman. A week later, she won her heat at the Portland Track Festival, defeating talented university aged athletes. This set helped qualify her for Team BC for the National Junior Championships where she placed 6th in the final. Her success continued into the fall with a 4th place finish at both the BC High School Cross Country Championships and the BC Clubs Championships. It was a great year for an amazing athlete!

The second recipient had been plagued by injuries during 2017, and entered his grade 12 spring season with something to prove. He exceeded all expectations with stunning runs in the steeplechase, 3000m and 5000m. He won the Island High School Championships at both the 2000m Steeplechase and 3000m. This was just a warm up for the BC High School Champs where he placed 4th and 2nd at these two distances. His 3000m featured an impressive kick to the finish and a dramatic close to grab

silver. A week later he ran his first track 5000m race ever, breaking 15:00 and qualifying for Team BC. Racing at the National Juniors, he placed an impressive 5th at the 5000m and 4th in his first 3000m Steeplechase. He now attends the University of Guelph and will be returning to race for the Harriers this summer.

Please join me in congratulating Kalum Delaney and Alisa Lyesina

#### 18. Bruce Deacon Under 16 Junior of the Year

Our first recipient had her first year running with the Harriers in 2018 and she demonstrated great promise for the years ahead. She raced to a third place at the BC Games trials over 2000m and a solid 21st place at the BC Club XC Championships.

The second recipient had an impressive year with a big breakthrough at the BC Summer Games. He finished 5th in a tight race to the line, missing a medal by 2 seconds. He came back with a vengeance in cross country, winning a bronze medal at the BC Club Cross Country Championships and placing 6th at the BC High School Cross Country Championships. An amazing year for a talented young athlete!

Congratulations to Olivia Hopkins and Liam Kirkendale

#### 19. Robin Pearson Most Improved Runner

The Robin Pearson Most Improved Runner award has been presented annually since 1986 and is named for one of the three founding members of the club. This year we are recognizing three individuals.

Our first recipient, a regular at our Tuesday Night Workouts, improved in every race in 2018. For example the Victoria 8K went from 40 minutes to 39 to 38 and the Gunner Shaw from 59 to 54 minutes. She ran at least 15 races in 2018, topping her division in almost all. Often besting those in the

next younger division too she had her best ever performing year since joining the Harriers back in ... 1992.

Our second recipient improved his Gunner Shaw time from 38 minutes in 2016 to 35 in 2018 moving from 8th overall to 3rd, and may have won if not for a mis-turn. He did though, win our Stewart Mountain short course, the Magical Mile, and ran the fastest long lap of everyone at our Thetis Lake Relay. He also set new course records at the Fathers Day, Seaside and Cowichan Classic 5K races. His Victoria 8K looks to be his best age-graded performance on the island since before he first ran for the Harriers back in 2006.

Our third recipient, who first joined the Harriers in 2009, is also a regular at our Tuesday Night Workouts, and the poster-boy success story of our trail running clinic. After an 8 year absence and a dedicated return to training Tuesdays, Perseverance Thursdays & Thetis Saturdays, he's moved from mid-pack to challenging the leaders. This resulted in great successes in his first forays off road, including top master performances at the Transfer Beach and Westwood Lake short courses, the latter being 2nd overall.

Please salute this year's winners of the Robin Pearson Most Improved Runner award — Dawn Wilson, Aaron Holmgren and Kevin Spahn.

## 20. Maurice Tarrant and Rosamund Dashwood Veterans of the Year

**Description:** Initiated in 2004, this perpetual award honours the top male, 60 years and older, and is named after a great veteran club runner, Maurice Tarrant.

This year there are 3 recipients for this award.

Our first recipient can still run 5km in a hair over 19 min and became the oldest person to win a Park Run worldwide by topping the field as a 60-year-old. His age-graded performance of 84.95% was ranked as 10th

best M60 worldwide of 1,576 Park Runs held in 20 countries and one of his Park Runs was the 4th fastest M60 time globally of 1,292 veteran men finishers. He also won his age group at the Hatley Park run of the VI Trail Series.

Our second recipient ran well in the Navy 10K by claiming a gold medal in the M65 division in 42:27 and in results in the BC X Country Championships.

Our female recipient had a great year that included a first place finish in the F60 division in the VI Trail Cobble Hill and Westwood Lake races. She won the F60 Division at several Clover Point 5K Park Runs and the Harriers Magical Mile, MEC Beaver Lake 5K and the Hare 'n Hounds Adventure Run where she was crowned the "Top Oldest Bitch" at Thetis Lake Park on Labour Day in September. She had a 3rd place finish in her age group at the Pioneer, 1st F60 in the Island Road Series and at Westwood.

Congratulations Michael Lax, Joseph Camilleri, and Wendy Davies.

### 21 Sandy Auburn High Achievement Award

This individual had a vision and ran with it. Pun intended. He is endeavouring to bring the World Cross Country Championships to Victoria in 2023, a prestigious event that has never been held in Canada before. In order to have the slimmest chance of attracting what many consider as the most competitive race in the world, he needed to prove that our city and our volunteers could manage an international cross country event. Victoria was successful in winning the bid to host the Pan American Cross Country Championships at Bear Mountain February 2020. With the help of club members Cathy Noel, Bruce Deacon, Gary Duncan, Ulla Hansen, Tom Michell, Ron Bowker, Bob Reid and Lori Bowden he achieved Step 1 by staging the Pan Ams, an international cross country championship. Step 2 is bringing the World's to Victoria and he has

complete support, encouragement and generous funding for both events from the Mayor of Langford, Stew Young, and from Bear Mountain. What a spectacular venue to host a top-level cross country race. Please join me in congratulating this year's Sandy Auburn High Achievement Award winner, Chris Kelsall.

## 22. Alex Marshall Master of the Year

There are 2 recipients for the Alex Marshall Master of the Year for 2018. The female winner had an outstanding year on the trails, placing first in her category in each of the trail races in which she competed, including each of the Thetis Lake Series, the MEC Series, and the Vancouver Island Trail Running Series. She also competed on the road, and was first in her category at the Seaside 8 km, top master at 4 of her MEC 5km races and managed a 2nd female overall in one of those races.

The male winner had another strong year in 2018, placing first in his category in almost every race he entered, including placing top master in the Goodlife Fitness Victoria 8 km, and winning the 15 km race at the Maui Oceanfront Marathon weekend. Plus, he ran his fastest 10 km race in 3 years in a time of 33:34 at the Edmonton 10km, part of the Edmonton Marathon weekend.

Congratulations to Dawn Wilson and Craig Odermatt on their performances in 2018.

## 23. 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 two individuals who unselfishly give their time to Harriers events. Their dedicated performance includes race direction, volunteering, managing event tasks, racing, helping at social events,

leading club runs and training sessions. The two award recipients are dependable, reliable and carry out their duties efficiently and effectively. They alternate managing the Tuesday Night Workouts throughout the year and race regularly, flying the club's colours. We thank them for their continuous and valuable contributions to the club. Our two winners of the Ken Smythe Dedicated Performance Award for 2018 are Shane Ruljancich and Gary Duncan.

#### 24. Gunner Shaw Most Valuable Runner

The Gunner Shaw Most Valuable Runner award has been presented annually since 1986 and is named for another of the three founding members of the club. This year we are recognizing three individuals.

Our first recipient has won this award several times before, and continues to achieve new heights each year. While living on the mainland she proudly competes as a Harrier whenever possible.. In 2018 she blazed to provincial championship crowns in the 5K, with the fastest ever time in Canada, the Half Marathon, the Marathon, with a new course record here in Victoria, and cross country. Other highlights include wins at many other high profile races such as the Canadian 5K championships, the BC Super Series, the 10,000m at the Commonwealth Games, and various provincial and national accolades.

Our second recipient, a frequenter of our Tuesday Night Workouts, has gone straight from bright shining light to here. While strong on the roads with two age group wins and 3rd female overall finishes in the Island Series including at her first ever half marathon, she was almost unbeatable off road. She handily won the Vancouver Island Trail Series, and also came tops at Another Brick in Nepal, Fletcher's Challenge, XTerra 15, Cumby 25, Sun Mountain 25, and Stewart Mountain.

Our third recipient has been an amazingly consistent strong competitor since he started at UVic almost 30 years ago. He joined the Harriers in 2013, and has received several performance awards since. In 2018 he raced all across the province, Alberta, Ontario and even Hawaii where he won the Maui 15K outright. He won his age group at many highly competitive races including St. Patricks Day 5K, Bazan Bay, Sun Run, and the national 10K championships in Ottawa. He was top master in his 3 Island Series races, and in the Seaside 5K, Nautical Days 4 Miler, Victoria 8K, and the Edmonton 10K where he ran his fastest time in 3 years. He was also the age-grade champion in the BC Super Series.

Congratulations to this year's winners of the Gunner Shaw Most Valuable Runner award — Natasha Wodak, Patricia Roney, and Craig Odermatt