

Stampede Road Race – 1986

Pat and Guy – 10 km in 45:28 (was sick and coughing) – 4:32 per km



Banff to Calgary relay race – leg 7? – 1986

16.7 km in 1:12:36 – 4:21 per km







Jasper Banff – leg 4 – 1987

15.9 km in 1:10:51 – 4:27 per km







Running room 5 km clinic – 2015 Calgary Marathon weekend

5 km in 26:10 – 5:14 per km

