

1984 RUNNING.

MAY	27	4 km	19 min	20	3.2	?	MELISSA'S
	28	6.4 km	34	OCT	6	6.0	?
	30	5.0	26:30.		8	7.0	8 ²
JUNE	4	5.0	23:30.		11	5.2	22:30.
	6	7.4	37: 15		13	6.0	?
	→ 9 (AIRRIE)	10.3	50:19.8 (7.86)		18	4.0	17:40. ?
	11	4	20:15	DEC	2	5.0	22:20. *
	25	4	21:15		4	5.0	22:20. *
	28	6.4	29:30. 8		24	5.0	24:45.
	30	5.7	27:30		27	5.0	23:00
JULY	2	13.3	66:30.	JAN	6	5.0	22:15* ↗
	4	6.0	?		3	5.0	23:30 ↘
	6	7.4	34:00. *		8	5.0	23:00
	8 (STAMPEDE)	12.0	54:39.57 (7.33)	MAR	5	5.0	23:40 (7.62)
AVG	15	4.0	20:00.		7	5.0	23:00 22:55 (7.39)
	17	4.0	19:30		9	5.0	22:48. * (7.34)
	19	5.0	24:30.		12	5.0	22:40. * (7.30)
	23	6.0	?		14	5.0	22:35. * (7.27)
	24	6.4	29:00 *		16	6.4	27:50 (7.00)
	26	5.0	23:40.		19	6.4	28:30. (7.17)
	29	6.4	?		21	6.4	30:00 SOME KNEE (7.54)
	31	6.4	29:40. *		24 24	7.4 7.4	33:45 (7.34) (SUIT)
SEPT	2	5.0	24:05		24	7.4	33:45 (7.34)
	7 (SHEEP RIVER)	3.2	45:40.52 (7.35)		26	7.4	34:00 (7.39)
	11	5.0	?		28	7.4	33:30. (7.29)
	13	5.0	?		31 (KEWY'S)	10.0	42:46.8 (6.88)
	13	5.0	22:30. *	APR.	1	4.2	? PRINCE'S ISLAND
	15	5.0	24:30.		2	7.4	33:55 (7.38)
	16	5.0	24:30.		4	~3.0	? PART OF 6.4.
	18	5.0	23:05.		7	6.4	29:45 (7.48)
					8	5.0	23:25 (7.54)

PRINCES & BACK

4.2 km

PATH TO WLP/RTN 1985

1.6 km.

PRINCES ISLAND

87/100 MILE

1.4 km.

43:40

Month	Date	Start	End	Time	Notes	Date	Start	End	Time	Notes
MAR	5	5.0	23:40	7.62	EDM BRIDGE PRINCES (1)	28	7	(19:15)	6	LANG BRIDGE EAST. SHIT 7:29 AT SYLVAN
	7	5.0	22:55	7.38	5 km LOOP TO DAYCARE POOL	30	6.4	29:00		
	9	5.0	22:48	7.34	7.10. FORZANI'S PARTI PARTI.	JULY 2	10.0	HOT.		
	12	5.0	22:40	7.30	LANG. BRIDGE TO ZOO.	3	3.5			AT SYLVAN SHIT. HPT 28°C
	14	5.0	22:35	7.27	14 10.0 38:20(8.4)	4	8.5 (7.4)	26:05		7.24.
	16	6.4	27:50	7:00	16 15.4 1:13:55	5	6.4 (27:22)			6.88
	19	6.4	28:30	7:17	* 18 10.0 42:52.91	* 7	10.0	41:55		6.75
	21	6.4	30:00	7:54	(SOME KNEE) LANG BRIDGE PRINCES (1)	9	7.0	(6.0) ?		10 laps lang bridge
	24	7.4	33:45	7:34	22 10.0 ?	11	8.0	?		AT WOOD 10 laps
	26	7.4	34:00	7.39	23 7.4 34:20	16	7.0	?		10 laps
	28	7.4	33:30	7:29	24 7.4 29:00	18	8.0	26:10		5 laps. 7.26
	* 31	10.0	42:46.18	6.88	* 26 10.0 42:29.56	19	8.5	?		10 LAP CROWDING. 6.44 FISH CREEK
APR	1	4.2	?	?	27 7.4 29:30	20	10	?		WITH GUY 10 ST CENTRE
	2	7.4	33:55	7.38	28 7.4 ?	29	6.5	?		5 laps.
	4	~3.0	?	?	29 7.0 ?	30	6.4	28:24		7.14.
	7	6.4	29:45	7.48	30 10.0 37:50	1	7.4	?		10 ST + PRINCES.
	8	5.0	23:25	7.54	JUNE 1 16.5 1:18:00	2	5.0	?		CREEK HTS. VIA 10 ST BLEW HAMSTRUNG
	9	7.4	33:45	7.34	3 7.5 28:00?	4	6.0	?		LAKE.
	11	7.4	33:05	7.19	4 10.0 37:00	5	6.0	?		LAKE.
	12	5.0	?	?	5 6.0 19:00	6	6.8	?		CREEK HTS VIA CENTRE ST.
	13	9.0	~52?	?	6 10.0 36:30	7	6.8	26:15		CA HTS VIA CENT ST. 8.1
	15	7.4	35:25	7.70	7 6.0 ?	9	6.8	23:50		CA HTS VIA CENT ST 7.38
	17	7.4	33:18	7:25	9 16.0 ?	10	8.0	?		GREAT FALLS.
	22	6.0	?	?	10 6.0 20:00	12	6.8	24:50		CA HTS VIA CENT ST WIND 7.69
	24	8.8	?	?	11 10.0 36:10	13	6.0	24:00		CA HTS VIA CENT ST WALK LAST 8 SHIT.
	26	5.0	?	?	12 6.4 27:40	14	6.8	24:10		7.47
	27	10.6	?	?	14 5.0 ?	15	6.8	24:10		7.47
	29	7.4	32:48	7.13	* 16 20.3 1:31:06	16	6.4	26:50		Home 6.75
MAY	1	10.0	?	?	19 6 ?	19	8.0	?		10 ST LANG PRINCES WITH DAVE & BEOFF
	3	5.0	?	?	26 7 19:40(6)	20	6.8	24:15		7.57

SOME THROAT.

51

31.25
13.08.

00

eeee

1985
RUNNING

AUG. 22	5.2	?	10 laps PRINCE	29	2.2	9:10	670 20 laps of the stairs
23	6.4 ^(H)	27:30?	6.40 28:42 -TALK CAR ~30 sec	29	4.0	?	6.4 loop home BREASTING WALK 2.4
24	13.0	1.00:01	RUN WITH DUV.	30	6.0	18:55	6.90
26	7.0 6.8	23:20	7.22 CR HTS. +2laps	3	9.5	23:20	5km loop + FISH CREEK RCY, HOME.
27	8.0	?	lost → lms	5	6.4	28:30	7.17.
28	6.0	?	lost → cut H&C.	7	5.0	20:56	45 laps 6.79
29	10.0	36:19	200. 6.96	26	5.0	19:50?	45 laps.
30	6.0	?	lost → cut HELEN.	Dec 26	5.0	?	5km at home.
31	13.0	1.01.00	WITH DUV.	<p>131 days (not all running days total'd here.</p>			
SEPT 2	5.0 ^(H)	22:55	START SLOW WIND				
3	10.0 ^(9.4)	36:25	slow start, wind at 6.98				
4	6.0 ^(4.4)	18:40	6.83.				
8 *	10.0	41:42.95	6.71				
10	10.0 ^(8.4)	35:35	6.82				
13	6.0 ^(4.4)	18:15	6.68.				
15 *	10.0	39:58.75	6.43				
19	6.6	28:05	6.83 60 laps				
20	7.0	?	CR HTS +2 LAPS				
25	6.0	?	loop.				
09 2	11.0	48	6.040 7.02				
4	8.0	?	RUN WITH KAME				
6	6.0	-30	EDMONTON w/ DUV.				
8	5.0	20:40	45 laps 6.65				
10	4.0	16:40	36 laps 6.78				
11	6.0	19:09	loop 7.00				
15	3.4	15:00?	30 laps 7.06				
17	6.0	19:15	loop 7.048				
21	6.0	19:00	loop 6.95				
22	5.0 ^(4.2)	10:30	PRINCE 6.50				
24	6.0?	19:40	14th PRINCE				

DEPARTMENT		CHARGE NO.	
DATE (Y-M-D):	FILE	PAGE	OF
PROJECT 1986 RUNNING.			
SUBJECT			
PREPARED BY	CHECKED BY	DATE	

DATE	TIME	LOCATION	TIME	TIME	LOCATION	TIME	TIME	TIME	LOCATION	TIME	TIME	TIME	LOCATION	
JAN 10	6.5	CN HTS	26	7.0	CN HTS	18	7.0	?	KEITH/POOP GLENNIE	1	6.0	-	LANG	
13	6.5	CN HTS	27	8.0	Crow	21	10.5	42:20	N. Crow	11	6.0	-	LANG	
14	6.5	CN HTS	28	6.4	Home	23	6.0	18:10	LANG. CROW	12	7.0	-	RADIUM. DANK	
15	6.5	CN HTS	30	13.0	1:01:00	Home	25	10.0	41.59.40	MANATION 10 km	14	6.0	21:15	LANG
18	6.4	Home	31	6.0	18:20	LANG	26	6.0	? 28°C	LANG ROB.	15	7.0	?	CN HTS.
20	7.0	CN HTS	1	9.0	APML	FOOT. ZOO	27	9.0	?	ST PK ROB + DANK	18	7.0	-	CN HTS.
21	7.0	CN HTS	2	14.0	1:02	EDWERT	28	6.0	?	LANG MIKE	19	6.0	19:26	LANG
22	7.0	CN HTS	3	7.0		CN HTS	29	2.0		ST PK FOOT.	20	7.0	-	CN HTS. UP ROAD.
23	7.0	CN HTS	4	5.6		PRINCE	3	6.0	19:20	LANG.	21	6.0	-	CN HTS
FEB 9	6.4	29:50	6	10.0	42:08.50	KEWY	4	6.0		NOB LANG	22	8.0	-	ST PANK
22	6.4	29:15	7	6.0		LANG	5	10.0	37:50	5 LAPS PRINCES	23	9.0	~45:00	FISH CREEK DANK/DANK
24	7.0	CN HTS	8	9.3	33:10	FOOT ZOO	6	6.0	18:15	JOHN LANG	25	6.8	-	CN HTS DANK/LINNE
25	7.0	CN HTS	9	7.0		CN HTS	8	10.0	42:47	COUGH WINNAC	26	6.0	19:00	LANG
26	7.0	CN HTS	10	9.3	34:40	FOOT ZOO	9	7.0	-	CN HTS	27	8.0	-	ST PK
27	7.0	CN HTS	11	6.0		LANG	10	6.0	19:05	LANG	28	8.0	-	ST PK
28	7.0	CN HTS	12	16.5	1:15	ISD CAPI	11	7.0	-	CN HTS	30	9.0	~45:00	FISH CREEK JOHN.
Mar 3	8.0 7.0	CN HTS	14	10.0	38:10	ZOO	12	6.0	19:00	LANG	2	7.0	-	CN HTS. TAMM
4	7.0	CN HTS	15	10.0		SOBTH DOUG	13	6.0	-	DEORGE LANG	3	8.0	-	ZOO FOOT
5	8.0	CROW	16	7.0		CN HTS	17	7.0	-	CN HTS	4	6.0	18:42	LANG.
7	6.0	LOWER CN HTS	17	10.0	36:40	ZOO	20	7.0	-	TAN CN HTS	5	6.0	-	14 ST KEES.
8	10.6	6.4 + 37 ST.	18	6.4	27:40	Home	23	8.0	-	ZOO FOOT SWITZ, KARL	7	10.0	45:31	SLEEP RING LIGHTING
11	7.0	CN HTS	23	6.0	23:40	LANG	24	7.0	-	CN HTS	10	6.4	-	HOME WIND.
12	4.2	11:30	27	21.8	1:34:23.08	POWELL DULT	2	6.0	-	FRANK. LANG	11	6.4	-	HOME
14	6.4	19:30	28	7.0		CN HTS	3	7.0	-	CN HTS	15	4.4	-	40 LAPS
17	6.0	19:55	30	7.0		CN HTS FRANK	6	10.0	45:25	SICK STAMP	16	5.8	26:30.	52 LAPS
18	8.4	CROW	1	6.0	20:50	LANG	7	6.0	-	LANG	17	6.6	30:00	60 LAPS
19	7.0	CN HTS	3	16.7	1:12:36	B-C NEWY	8	2.0	-	COUGH	18	8.0	-	14 ST 10 ST PRINCES
20	8.0	ZOO SWING	7	6.0	18:30	LANG	9	6.0	-	LANG	19	6.0	-	TAMM LANG
21	6.0	18:40	9	7.0		CN HTS	10	4.5	-	CN HTS COUGH	22	6.0	-	14 ST PRINCES.
22	16.5	1:22:38	12	6.0	18:12	LANG	29	6.0	-	LANG.	23	7.0	-	CN HTS DANK
24	6.0	LANG	13	10.0	37:22	ZOO	29	6.0	-	LANG	24	7.0	-	CN HTS
25	8.0	CROW	16	6.0	20:50	TAMM LANG	30	6.0	-	LANG	25	5.0	-	46 LAPS CLEAN.
							31	7.0	-	CN HTS	130			

DESIGN SHEET

DEPARTMENT		CHARGE NO.
DATE (Y-M-D)	FILE	PAGE OF
PROJECT 1986 RUNNING.		
SUBJECT		
PREPARED BY	CHECKED BY	DATE

	27	10.0	46:16.28	MELISSA	3	6.0		14 → PINE	
	29	6.0	-	LANG	5	8.5		14 → LANG	
OCT	1	6.0	-	LANG	7	11.0	53:45	14 →	
	2	8.0	-	200 FOOT	8	6.0	-	14 → PINE	
	3	7.0	-	CHATS	10	6.0	-	14 → PINE	
	5	13.0	-	WYATT ST. PAUL	11	8.5	-	TAMMIE 14 → LANG	
	6	6.0	-	LANG	12	6.0	-	14 → PINE	
	7	10.0	-	200	13	11.0	50:37	HOME	
	8	6.5	-	CHATS	15	8.5	39:47	14 → LANG	
	11	15.0	68:33	RUNT RACE	17	8.5	?	14 → LANG	
	14	6.0	-	LANG	19	8.5	46:12	14 → LANG	
	15	6.8	-	CHATS	20	11.0	50:37	HOME	
	16	6.0	-	FRANK 14 → PINE	23	8.5	45:06	14 → LANG	
	17	6.8	-	TAMMIE CHATS	26	7.4	34:31	7.4 loop	
	20	6.0	-	ROB LANG	28	6.0	30:29	6.0 loop	
	21	6.8	-	DAVID CHATS	31	6.0	?	14 → PINE	
	22	8.0	-	NEW DUNN CROW					
	24	6.0	-	TAMMIE 14 → PINE					
	28	6.0	20:02	LANG					178 days
	29	6.8	34:52 (w)	CHATS					new runners 166.9 km in 1986.
NOV	3	6.0	-	ROB 14 → PINE					
	5	5.0	-	ROB 14 → POST					
	6	6.0	-	NEAL 14 → PINE					
	13	6.0	-	14 → PINE					
	20	6.0	-	14 → PINE					
	21	6.0	-	14 → PINE					
	24	6.0	-	?					
NEW RUNNERS	26	8.0	-	14 → CENT					
	27	6.0	-	PINE → 14					
	28	8.5	-	14 → LANG					
	30	11.0	~55	HOME					
DEC	2	6.0	19:13	LANG					

1987 RUNNING.

FEB 22 TIME FOR 4th time return unless noted (LANG ZOO PART TIME).

JW	TIME	FROM	TO	TIME	ACT	ACT	ACT	ACT	ACT	ACT	ACT	ACT	ACT	ACT	ACT	ACT	ACT	ACT	ACT	
2	8.5	45:47	TAMMIE 14→LANG	16	6.0	25:48	14→Pine	29	10.0	42:15.36	KEYE POST.	16	16.5	1:15:31	GLENN PAST PINE					
4	11.0	52:31	HOME	17	7.0	-	14→Cent	30	7.2	?	CROW	19	10.0	?	->CROW					
5	6.0	28:12	14→Pine	18	7.0	-	TAMMIE 14→Cent	31	10.0	?	PART TAMMIE ZOO	20	7.0	?	CR HTS					
6	6.0	31:?	TAMMIE 14→Pine	19	8.0	1/2 way	18:56 CROW	1	7.2	?	POST CROW	21	10.0	35:27	(17?) ZOO					
7	8.5	41:36	PART W/TAMMIE 14→LANG	21	16.5	1:18-?	JOHN OLEMON	2	10.0	36:23	ZOO	22	7.0	?	CR HTS					
8	7.0	34:24	PART W/TAMMIE 14→Cent	23	6.0	26:57	14→Pine	3	9.0	?	CROW NAUCY	24	10.0	41:02.46	10km MANAGED					
9	8.5	40:19	PART W/TAMMIE 14→LANG	24	7.0	?	14→Cent	5	20.0	1:29.14	FISH CREEK LIES.	25	13.0	?	NOSE HILL					
11	11.0	53:39	HOME	25	7.0	?	14→Cent	14	7.2	?	TAMMIE CROW	26	6.0	?	FRANK 14-PINE					
12	6.0	?	NEW LANG	27	10.0	38:09	ZOO	15	7.0	windy.	SCOTTY CR HTS	27	14.0	1:02 ↑ 56 ↓	WOOSE MIV					
13	7.0	?	TAMMIE 14→CENT.	1	16.5	1:21:05	John - shirt OLEMON	16	9.0	windy	CROW	28	7.0	?	GRAND CR HTS					
14	7.0	?	TAMMIE PINE 14→CENT	2	6.0	?	TAMMIE 14-PINE	18	6.4	27:50	HOME	29	7.0	?	TAMMIE 14-CENT					
15	8.5	39:50	14→LANG	3	10.0	38:15	ZOO	19	16.0	1:15:14	HOME	31	16.5	1:15:37	Abraham DANCE					
17	11.0	50:37	HOME	4	6.0	18:26	+ back to CROW LANG	20	7.2	?	CROW	1	6.0	?	14-PINE					
19	7.5	33:50	+ 5 laps 14→Cent	5	8.5	33:21	P→P. CROW	21	10.0	?	ZOO	2	10.0	?	SOUTH SP DUG					
20	6.0	?	PINE 14→CENT	6	7.2	26:36	TO POST CROW	22	7.0	?	CR HTS TAMMIE	4	6.4	27:05	HOME LEG 4.					
21	8.5	?	14→LANG	9	6.6	60 laps	60 laps	26	21.4	1:30:28.34	1/2 manna CROW	6	15.9	1:10:51	J-B REWY					
26	6.0	?	← SICK 14→PINE	10	7.2	?	65 laps	28	7.2	?	TAMMIE 14→CENT	9	7.0	?	CR HTS					
27	7.0	?	14→Cent	11	5.0	TOUGH	45 laps	29	7.0	?	ROB. ROB.	10	3.0	?	OLYMPIC					
28	7.0	?	14→Cent	12	8.5	?	TAMMIE CR HTS - PINE	1	7.0	?	CR HTS ROB.	11	10.0	?	DANCE SOUTH SP					
29	8.0	?	TAMMIE PAST CROW	13	9.0	20:37 (9th)	on way (snow). CROW	3	16.5	1:15:21	GLENN	12	7.25	?	DANCE CROW					
30	6.0	30:13	14→PINE	15	16.5	1:22:16	SELF-SOUND GLENN	4	7.2	?	CROW	14	16.5	1:17:08	NEW HEELS 8mm 7" +27°C OLEMON					
2	6.0	?	14→PINE	16	6.0	?	self. 14-PINE	5	10.0	?	ZOO	15	7.0	25:50	27 CR HTS					
3	7.0	?	14→Cent	17	9.0	19:38	(to self care) CROW	7	7.7	?	windy	16	9.0	?	CR HTS PINE					
4	7.0	?	14→Cent	18	6.0	18:24	LANG	8	10.0	?	ZOO	17	8.0	?	CR HTS LANG					
5	8.0	?	10km CROW	19	10.0	44:53	91 laps	10	10.0	46:24	FORZANI	18	10.0	?	ROB SOUTH SP					
6	8.0	1/2 21:42	10km CROW	20	7.0	?	CR HTS STARS	11	7.2	?	DANCE CROW	19	7.5	27:53	PINE → CR HTS BOTTOM HILL					
9	6.0	25:09	14→PINE	23	9.0	18:20	Pine → PINE	12	10.0	18:23	PUMP →	21	16.5	1:13:55	GLENN					
10	7.0	-	TAMMIE 14→Cent	24	6.0	18:20	windy. lang	13	6.0	16:59	HANSTING LANG	22	6.0	18:49	LANG					
11	8.0	-	TAMMIE 14→Cent	25	13.0	1:00:01	TO GOVERNMENT PAST CROW	14	10.0	?	50 + 311 BDD HOME	23	12.0	?	WEST TRAIL					
12	8.0	1/2 19:36	DANCE CROW	26	7.0	?	slow. CROW	15	6.4	27:09	HOME	24	10.0	?	ST PR					

low numbers.

1987 RUNNING.

27	14.6	1:10:44	LEG 4 K-100	1	6.0	?	14→Panc	29	6.0	14→Panc	11	6.0	?	To AB FISH CR JUT
29	6.0	?	14-Panc	2	7.0		CUT HTS BROWN HUNTER NEW	30	6.0	14-Panc WAVE	13	13.0	1:05	JUT
1	7.0		BAUFF	3	9.0		ST PK	2	6.0	14-Panc	14	6.0	19:47	LANG TAMMIE CA HTS max. NONE
3	10.0		BEV PANCE WAVE	4	6.0		14-Panc	4	6.0	Tammie Tammie	15	7.0	?	Tammie CA HTS max. NONE
5	6.0		FROM PANC PANCE DEO POS DAVIL	8	6.0		14→Panc	5	7.2	Chow	17	6.4	?	Tammie 14-Cent
13	6.0		14→Panc	9	7.0		CUT HTS	6	6.0	WAVE 14→ CUT	18	7.0	?	Tammie JUT FISH CR
15	8.0		TAMMIE DAVIL ROB ST PANC	10	7.2		TAMMIE Chow	7	12.0	56.00 FISH CR	20	14.0	1:10	FISH CR TAMMIE Cent→14
17	7.25		Tammie Chow	11	6.0		14-Panc	9	6.0	14→Panc	21	6.0	?	Cent→14
20	6.0	21:08	LAB & DAVIL LANG	14	6.0		14-Panc	10	6.0	14→Panc LANG	23	6.0	?	Tammie
27	7.0	-	300 ROB CA HTS	16	6.0	19:38	LANG	12	6.0	14-Panc	24	6.4	31:29	HOME SELF FISH CR
28	6.0	19:28	330 LANG	18	6.0		14-Panc	13	7.2	KANE Chow	26	13.0	1:05	FISH CR
29	6.0	?	14-Panc	20	6.4	31:18	HOME	15	12.0	58:35 FISH CR	29	6.0	?	Cut→14 65 laps 33 sec laps Tammie 14-Panc
31	6.0	18:58	LANG	22	7.0		CUT HTS Tammie DAVIL Chow	16	6.0	14-Panc	30	7.0	36:07	
6	6.0	?	14→Panc	24	7.2		Chow	17	6.0	14-Panc	31	6.0	?	
7	8.0	?	ST PANC	27	6.4	32:34	HOME	18	6.0	20:12 LANG	3822 new runners in 87			
10	6.0		14-Panc	29	6.0		TAMMIE 14-Panc	19	7.0	Tammie 14-Cent JUT				
11	7.2		Chow DAVIL	1	6.0		ROB, DAVIL LANG	21	12.0	1:00.00 27:37-FO				
13	7.5		Chow KANE	4	6.4	31:06	HOME	23	6.0	14-Panc	87			
14	7.2	29:43	65 TOTAL 61 laps	5	6.0		14→P	24	6.0	14→Panc	KNEE - END OF AUGUST.			
16	16.5	1:17:16	GLENNORE	7	6.0		14→Panc	25	6.0	LANG PANC	(BAD BREAKIN OF RUNNERS)			
17	6.0	slow	14-Panc ROB.	8	6.0		14-Panc	26	6.0	14-Panc FL HOME				
18	7.0	-	CUT HTS	13	6.0		14-Panc	29	12.0	1:00.13 self				
20	8.0	-	DAVIL ROB. ST PANC	14	6.0		14-Panc	30	6.0	14-Panc Tammie				
21	6.0	slow	14→Panc	16	6.0		14-Panc	3	6.0	14→Panc				
23	16.5	1:15:22	GLENNORE	18	6.4	32:02	HOME	4	6.0	14→Panc PANC				
24	6.0	slow	14→Panc	20	6.0		14-Panc	5	14.0	1:18 37-146				
25	7.0	-	CUT HTS DAVIL	22	6.0		14-Panc	6	6.4	25:44 HOME				
27	8.0	-	ST PANC	23	6.0		LANG	7	6.0	14-Panc self				
28	6.0	slow	14→Panc KNEE	26	6.0		14→P	8	7.0	Tammie 14→Cent				
30	16.5	1:15:33	GLENNORE	27	7.2		TAMMIE Chow	9	6.0	Tammie Cent→14				

RACING Summary 1985 → 1987.

1985		min/mile
MAR 31	10 Km	42:46.18 6.88.
MAY 12	10 Km	44:06. ? SICK PRIOR 7.10
MAY 18	10 Km	42:52.91 6.90
MAY 26	10 Km	42:29.56 6.84.
JUNE 16	20.3 Km	1:31:06. ? 7.22
JULY 7	10 km	41:55. ? 6.75
SEPT 8	10 Km	41:42.95. 6.71
SEPT 15	10 Km	39:58.75 6.43.

7 10km
1 20 km

86.	
APRIL 6	10 Km 42:08.50 6.78.
APRIL 27	21 km 1:34:23.08 7:20.
MAY 3	10.4 mi 1:12:36. 6.98.
	16.7 Km
MAY 25	10 Km 41:59.40 6.76.
JUNE 8	10 Km 42:42 6.89. Coubl.
JULY 6	10 Km 45:25 7.31 SICK
SEPT 7	10 Km 45:31 7.33 10 lbs.
SEPT 26	10 Km 46:16.28 7.45 1 min slow start
OCT 11	15 Km 1:08:33 7.35.

87.

MARCH 29	10 Km 42:15.36 6.80
April 26	21.1 1:30:28.34 6.90
May 10	10 Km 46:24. 7.47 WITH SUAN
MAY 24	10 Km 41:02.46 6.60
JUNE 6	15.9 1:10:51 7.17 J-B RELAY
JUNE 27	14.6 1:10.44 7.80 K-100 RELAY

DAYS

J-21	J-11
F-18	A-17
M-24	S-16 INJURY. TRIP TO KNEE
A-15	O-16
M-24	N-21
J-20	D-21

224.

DESIGN SHEET

DEPARTMENT		CHARGE NO.	
DATE (Y-M-D)	FILE	PAGE	OF
PROJECT 1988 RUNNING G.			
SUBJECT			
PREPARED BY		CHECKED BY	DATE

JAN 4 6.0 - 11 Home	18 6.0 - 14 Pm	11 6.0 - 14 Pm	27 6.0 - 14 Pm
6 6.0 - 14 Pm	19 8.9 - 14 Pm	12 7.2 - 14 Pm	29 16.0 1:20 FISH CR
7 7.0 - 14 Pm	21 16.5 1:25:55	13 8.0 - 14 Pm	31 7.2 - 14 Pm
8 6.0 - 14 Pm	23 10.8 3 880 440	14 7.0 - 14 Pm	1 6.0 18:13 LAUG
11 6.0 - 14 Pm	24 6.0 - 14 Pm	15 7.2 - 14 Pm	2 7.2 - 14 Pm
12 6.0 - 14 Pm	4 8.5 - 14 Pm	17 16.5 - 14 Pm	3 10.0 - 14 Pm
13 7.0 - 14 Pm	6 16.0 1:20.9	19 7.2 - 14 Pm	6 10.0 36:50
15 7.2 - 14 Pm	8 9.0 20:36	20 7.2 - 14 Pm	8 7.2 32:27
17 14.0 1:13:20	9 6.0 - 14 Pm	21 6.0 - 14 Pm	9 10.0 - 14 Pm
18 6.4 7	11 9.0 21:00	26 6.0 - 14 Pm	10 6.0 - 14 Pm
19 6.0 2	12 6.4 31:29	27 7.2 - 14 Pm	12 16.5 1:21:41
20 7.2 - 14 Pm	13 16.5 1:24:27	28 5.0 - 14 Pm	14 7.0 - 14 Pm
21 6.0 - 14 Pm	15 10.8 3 880 440	29 7.2 - 14 Pm	16 10.0 - 14 Pm
22 8.5 31:55	16 6.0 - 14 Pm	2 7.2 - 14 Pm	18 10.0 - 14 Pm
24 15.0 1:16:10	18 9.0 - 14 Pm	3 7.0 - 14 Pm	19 14.0 - 14 Pm
26 7.2 - 14 Pm	19 6.4 31:08	4 6.0 - 14 Pm	21 6.8 - 14 Pm
27 7.0 - 14 Pm	20 17.8 1:21:37	6 7.2 - 14 Pm	22 10.0 - 14 Pm
28 8.9 33:39	22 8.5 - 14 Pm	8 12.0 1:00	25 13.25 57:00:74
29 6.0 - 14 Pm	23 7.0 - 14 Pm	9 7.2 - 14 Pm	27 6.0 - 14 Pm
31 17.0 1:25:36	25 10.0 - 14 Pm	10 7.2 - 14 Pm	28 7.2 - 14 Pm
FEB 1 6.6 1:46	26 6.4 28:08	11 8.9 - 14 Pm	29 6.0 - 14 Pm
3 8.9 - 14 Pm	28 7.0 14:25	12 8.0 - 14 Pm	30 10.0 - 14 Pm
4 6.3 - 14 Pm	29 10.0 - 14 Pm	13 6.0 - 14 Pm	6 7.2 - 14 Pm
5 5.0 - 14 Pm	30 8.0 - 14 Pm	15 10.0 42:06	7 8.0 - 14 Pm
7 17.0 1:26:22	31 11.0 54:17	16 6.0 - 14 Pm	9 12.0 59:02
8 6.0 - 14 Pm	2 6.4 28:21	17 7.2 - 14 Pm	11 7.2 - 14 Pm
9 6.0 - 14 Pm	3 18.5 1:31:25	18 8.5 - 14 Pm	12 8.0 - 14 Pm
11 7.2 - 14 Pm	5 9.0 - 14 Pm	20 10.0 - 14 Pm	13 7.2 - 14 Pm
12 8.5 - 14 Pm	6 8.5 - 14 Pm	22 16.0 - 14 Pm	15 8.0 - 14 Pm
14 17.4 1:30:03	7 7.2 - 14 Pm	24 6.0 - 14 Pm	17 15.0 - 14 Pm
15 6.0 - 14 Pm	8 6.0 - 14 Pm	25 8.9 - 14 Pm	19 7.2 - 14 Pm
17 10.4 6 220, 220	10 10.0 41:49	26 8.9 - 14 Pm	20 10.0 - 14 Pm
278.7 8.	352.8	258	173.2 / (117.8 new)

88 RUNNING.

21	8.0	-	ST PK	17	7.0	-	BRAW	11	12.0	57:43	FISH CR
24	14.0	-	JYLAWKANE	19	6.0	-	14-Pink TAM	12	6.0	-	14 → Pink TAM ELOW
26	6.0	-	LANG	20	6.0	-	14 → Pink	13	7.2	-	ELOW
27	6.0	-	TAM LANG	21	7.2	-	TAM CROW	16	7.2	-	CROW
28	7.2	-	TAM CROW	23	6.0	-	SILAWON HEATXSE	18	17.0	58:30	FISH CR
29	7.0	-	14 → CENT	24	7.2	-	BRAW CROW	20	8.0	40:17	FISH CR
30	6.0	-	AUBAN PASS	25	6.0	-	TAM LANG	23	8.0	39:18	FISH CR
AUG 3	8.0	-	PLATEAU	26	3.0	-	8 km BIK INSIDE	24	17.0	1:02	FISH CR
4	5.0	-	?	27	8.0	-	Crow TAMME	28	7.0	-	14 → CENT
10	7.2	-	TAM CROW	28	6.0	-	TAM LANG	29	6.0	-	TAMME 14 → Pink
29	4.0	-	CTR ST SOME	31	7.2	-	CROW	30	9.0	46:02	FISH CR
SEPT 7	4.0	-	CTR ST	2	7.2	-	CROW BRAW 14 → PINK	31	10.0	49:28	FISH CR
9	4.0	-	CTR ST	3	6.0	-				(104.4 new)	
12	4.0	-	CTR ST	4	6.0	20:01	LANG			① RUNNERS	
13	4.0	-	CTR ST	7	6.8	-	BRAW CTR ST don't			586.8 km	
15	4.0	-	CTR ST	8	7.2	-	CROW				
16	4.0	-	CTR ST	9	6.8	-	VAD CTR ST				
19	7.0	SOME	LOW CR	12	7.0	-	SILAWON PINK → 20:01 BRAW CO.				
20	4.0	-	CTR ST	14	7.0	-	LOW CTR ST				
23	5.0	-	CTR ST	20	8.0	-	SICK SILAWON & AUBAN EDWARDS				
26	5.0	-	CTR ST	22	6.4	30:54	HOME				
27	4.0	-	CTR ST	23	6.4	31:07	HOME				
30	4.0	-	CTR ST	28	6.8	-	BRAW CTR ST				
3	4.0	-	CTR ST	29	7.0	-	TAM CROW				
5	4.0	-	CTR ST	30	7.0	-	BRAW WU BRAW				
6	7.0	-	SATI CTR ST	2	7.0	-	CTR ST → EOM HUP.				
7	6.0	21:07	LANG	4	8.0	-	FISH CR				
10	5.0	-	WOODBINE	5	7.0	-	BRAW CTR ST				
11	5.0	-	?	8	6.5	-	BRAW LANG TRACK				
12	4.0	-	CTR	8	4.0	(203.2 new)	SPEED				
13	7.0	(161.4 new)	CROW	9	6.0	19:20	LANG				

28

APRIL 10	10 km	41:49	6.73
MAY 15	10 km	42:06	6.78
JUNE 25	13.25	57:00	M. 6.92

PLATEAU'S FACIA

JAN.	21
FEB.	16
MAR.	20
APRIL.	21
MAY.	22
JUNE.	19
JULY	17
AUG	4
SEPT	12
OCT	19
NOV	14
DEC	18

PLATEAU FACIA
207 DAYS

Design Sheet

DEPARTMENT		* NEW		CHARGE NO.
DATE (Y-M-D)	FILE	WINNERS		PAGE OF
PROJECT: 89 RUNNING.				
SUBJECT				
PREPARED BY		CHECKED BY		DATE

JAN	2	6.4	36.49	HOME	20	6.0	-	14 → Pm NC.	18	10.0	-	CAROL 100 ST PK	15	7.0	*	-	CURTIS
	4	6.0	-	14 → Pm NC	21	8.5	-	LAWG → 14 → Pm NC	20	10.0	-	HUNTER ST PK	17	7.8	*	32.25	LEG 6 LESS 1 MILE
	5	3.0	-	INDOOR	23	6.0	-	LAWG → Pm NC	21	6.0	-	LAWG	19	7.0	*	-	CR HTS
	6	2.0	-	INDOOR	24	8.5	-	14 → LAWG	23	16.5	1:18:15	WED	20	10.0	*	-	ZOO
	9	7.0	-	14 → cut	26	13.0	1:05	WOODLAND	25	10.0	-	FISH CR	21	7.0	-	-	CHOW
	10	7.0	-	14 → cut	27	6.0	-	14 → Pm NC	26	6.0	20:15	BREAST LAWG LUNES	24	9.4	37:58	-	K-100 LEGG
	11	8.5	-	Centering	28	8.0	36:26	73 Laps 40 TIMES	27	4.0	-	FISH CR	1	6.0	-	-	SYWAN
	12	2.0	-	INSIDE	1	6.0	18:44	60 LAPS	28	10.0	39:16	LUNES ZOO	3	7.0	-	-	FISH CR
	13	6.0	-	14 → Pm NC	3	8.5	-	TAMMIE ST PK	1	7.0	-	NOT BDD. CHOW	4	7.0	-	-	LOW BROW
	15	12.0	1.01	37 AND	5	10.0	53:06	HWT 22X	2	10.0	-	LUNES ST PK	5	8.0	-	-	ST PAK
	16	7.0	-	14 → cut	6	6.0	-	14 → Pm NC	4	6.0	19:49	LAWG	6	10.0	-	-	ST PK
	17	2.0	-	TRACK	7	8.5	40:44	14 → Pm NC	6	16.4	1:24:47	BAFF-CA	7	6.0	-	-	LAWG
	18	6.5	-	CR-LAWG	8	7.0	-	CR HTS	12	7.0	-	MALE LAWG → HTS	9	10.0	44:36	-	STAMPEDE
	19	6.0	-	LAWG	10	8.5	-	14 → LAWG	15	7.2	-	BR22 → HAWK	10	4.0	-	-	Laps
	20	8.5	-	LAWG → 14	12	16.0	1:20	HWT 22X	16	6.0	-	14 → Pm NC	11	7.2	-	-	CHOW
	22	12.0	59:14	JUST+FC	13	6.0	-	14 → Pm NC	17	6.0	-	LAWG	12	10.0	-	-	ST PK
	23	6.0	-	14 → Pm NC	14	8.5	-	14 → cut	19	10.0	-	PASTOR	13	8.0	-	-	?
	24	7.0	-	14 → cut	15	7.0	-	14 → cut	23	6.6	-	60 Laps	14	10.0	-	-	?
	26	6.0	-	14 → Pm NC	16	6.0	-	LAWG	24	7.0	-	63 Laps	31	7.0	-	-	CR → LAWG
	27	8.5	-	14 → LAWG	28	6.0	-	14 → cut	26	10.0	-	ZOO	1	6.0	-	-	LAWG
	29	14.0	1:10	DAYANDE	29	7.0	-	CR HTS	28	16.5	1:22:08	WEDMORE	2	6.0	-	-	14 → Pm NC
	30	6.0	-	14 → Pm NC	30	6.0	-	LAWG	30	10.0	38:38	ZOO	3	8.0	-	-	HOW
	31	8.8	44:01?	80 Laps	5	7.0	-	LOW PAK CR ST.	3	6.0*	-	14 → Pm NC	6	10.0	47:00	-	AMONT
FEB	1	7.0	49:2	WT	6	6.0	20:16	LAWG	2	10.0	-	ST PK	8	7.0	-	-	BRAW GOOD
	2	5.0	TRACK	CLASS FITNESS	7	7.2	-	CHOW	3	10.0	47:22	LITTLE	9	8.0	-	-	73 LAPS
	6	7.0	-	14 → cut	10	7.0	-	BRAW CR HTS	5	6.0	-	LAWG	10	8.0	-	-	ST PK
	7	6.0	-	14 → Pm NC	11	7.2	-	CHOW	6	10.0	-	CR HTS	11	8.0	-	-	CHOW
	8	7.0	-	14 → cut	12	8.0	25.4	BRAW	7	7.25*	-	CHOW	13	17.5	1:26:11	-	Bentley to Cuban
	10	8.5	-	LAWG → 14	15	8.0	-	ST PK	8	7.0*	-	CR HTS	15	7.2	-	-	Tammie
	13	7.0	-	14 → cut	14	10.0	-	PASTOR	10	8.0	NOT GOOD	WEDMORE	16	8.5	-	-	Centering
	15	7.0	-	TRACK	16	14.0	1:13	FISH CR	12	7.0*	-	CR HTS	17	6.0	-	-	14 → Pm NC
	16	6.0	19:15	TRACK	17	6.0	-	14 → Pm NC	14	10.0	-	LAWG CRHT	18	8.5	-	-	WED + TOM CRON 30, MUR ST PK

218.7

259.4.

252.2 OLD (1311.10)

27.25 NEW.

257.01 new.

Design Sheet

DEPARTMENT		CHARGE NO.
DATE (Y-M-D)	FILE	PAGE OF
PROJECT 89 WINNING		
SUBJECT		
PREPARED BY	CHECKED BY	DATE

AUG 20	16.0	1.11.49	10 MILE.	23	6.0	-	LAWG.
22	7.0	-	Dinner NE-Cent.	24	7.0	-	BRIDGE MANC
23	8.5	-	ST PK.	25	7.0	-	LAWG+GIFT BRIDGE
24	9.0	-	Cent → NEEL SALT	27	10.0	-	ST PK
25	8.0	22:38	LAWG	30	8.5	-	School 200
28	10.0	-	FIRST PAST ZOO	31	7.0	-	14-Cent PATE TAMM
29	6.0	-	TAMM E	1	7.5	-	CENT
SEP 1	10.0	-	cut BIKE RIDE	3	10.0	-	ST PK LAWG → TAMM LEFT CANTON
3	18.0	-	FISH CR	7	7.0	-	
5	10.0	-	Cent → NI LPT	8	10.0	-	ST PK
6	7.0	-	LAWG →	10	7.7	35.21	LAPS
7	10.0	-	ST PK	14	7.0	-	low → cut
10	10.0	43:30:71	SHEEP RIVER	15	8.0	-	low → LAWG
12	10.0	-	know +	18	6.4	30.10	NONE
13	9.0	-	BEAR → TAMM	20	8.5	-	SCHOOL 200 PATE
14	5.0	-	14 → CRT ROCKING HEEL	22	7.0	-	14-Cent
16	15.0	1:07:58		24	8.5	-	SCHOOL 200 TAMM PATE
18	7.0	-	CR HTS	26	14.0	-	FISH CREEK
19	7.0	-	CR HTS	27	7.0	-	14-cent.
20	6.0	-	LAWG	29	7.0	-	TAMM E
23	10.0	43:49	MEUSSA) LAWG PATE	11	7.0	-	CR HTS
25	6.0	-	?	12	7.0	-	TAMM E
26	6.0	-	?	13	7.0	-	MANC
27	8.5	-	ST PK	19	7.0	-	65 laps
28	6.0	-	14-P	20	6.0	-	60 laps
3	6.0	18:56	LAWG BRIDGE	27	7.0	-	BRIAN
4	8.5	-	ST PK	29	7.0	-	TAMM E.
10	8.0	-	ST PK				
10	6.0	19:08	FUN AND LAWG				
17	6.0	26:57	BIANCA				
18	8.0	-	low BRIDGE				
20	8.5	-	ST PK				

JUNE	24	9.4	37:58	6.50
JULY	9	10.0	44:36.	7.18
AUG	20	16.1	1.11.49	7.18.
SEPT	10	10.0	43:30.71	7.00
SEPT	16	15.0	1:07:58	7.29
SEPT	23	10.0	43:49.	7.05

89 RACING.

JAN	23
FEB	16
MAR	15
APR	18
MAY	15
JUNE	15
JULY	13
AUG	20
SEPT	17
OCT	14
NOV	13.
DEC	7

186.

Design Sheet

DEPARTMENT		CHARGE NO.
DATE (Y-M-D)	FILE	PAGE OF
PROJECT 90 RUNNING.		
SUBJECT		
PREPARED BY	CHECKED BY	DATE

LINE NO.	TIME	ACTIVITY	TIME	TIME	ACTIVITY	TIME	TIME	ACTIVITY	TIME	ACTIVITY	TIME	ACTIVITY		
2	7.0	14-cut	7	10.0	37.45.06 Zoo	6	16.5	1:21.24 J-B TEM CLEVER	10	8.0	-	BROAD HORN ST PK		
3	6.0	LANG	8	7.0	Low brow	8	10.0	38:57 Zoo	13	6.0	-	BROAD HORN LANG.		
5	7.0	14 cut	11	14.0	50m/km WILSEY. man.	9	6.0	18:21 LANG	14	7.0	-	CR HTS		
8	8.0	14-lh.	12	6.0	14-Pm	10	10.0	-	15	7.25	-	CROW		
9	8.0	Cut lay	13	8.0	CUT HTS	15	8.0	-	17	6.4	33:20	HOF		
10	7.0	14-lhy	14	10.0	36.42 Zoo	15	11.0	-	20	6.0	-	LANG.		
12	8.0	LANG-14	17	10.0	43.15.75 S-PADDY	16	6.0	18.04 LANG	21	7.2	-	Crow		
15	7.0	Cut-14	19	7.0	CR HTS	17	10.0	-	22	7.2	-	Crow.		
16	6.0	60 laps	21	10.0	ZOO	20	16.0	1:21 FISH CR	24	7.2	6.0	BOYS run		
17	8.5	14-LANG	22	2.2	20 LAPS	22	7.0	-	26	10.0	-	FISH		
23	7.25	Crow	24	16.0	1:20 FISH CR	24	8.5	-	14-Edm	27	6.0	-	LANG	
24	8.0	TRACK + LANG	26	10.0	110.2 (1113.3) Zoo	25	9.0	-	14-CUTS	28	8.0	-	SH ZOO	
26	10.0	N. CROW	27	6.0	14-Pm	27	16.0	1:31 HEAVIER. EDW → GR	30	8.0	-	ST PR		
28	12.0	1.01 FISH CR	28	10.0	38.31 Slow BACK Zoo	29	10.0	-	ZOO	31	12.0	-	FISH	
29	6.0	1/2 TRAC	30	8.0	-	30	7.25	-	DEAD MAN	5	10.0	-	PAST LOOP. CROW	
30	8.5	14-lhy	1	16.0	1:22 FISH CR	2	16.4	1:15.37 J-B REAM	7	7.0	HUNT QUAD	LANG → 10st		
31	6.0	1/2 TRAC	3	9.0	-	4	7.0	-	10 Low BROW → CUT	9	9.0	-	slow IN FISH	
2	7.0	?	4	8.0	-	5	7.0	-	Cut-10	10	6.0	-	LANG	
6	7.0	?	5	10.0	-	6	9.0	-	TAMMIE ADD. SHOW ZOO	11	7.0	-	LANG → 10st TAMMIE	
7	7.0	?	6	6.0	-	8	11.0	-	ST PR	12	10	-	RINCE-CROW	
9	8.0	?	8	16.0	1:20 FISH CR	11	9.0	-	RAMP	13	7.2	99:14	CROW.	
13	7.0	?	9	9.0	-	12	7.2	-	CROW.	14	7.0	-	CR HTS	
14	8.0	?	10	10.0	-	13	7.0	-	STAIRS (3x)	16	12.0	-	FISH CR	
20	8.0	?	22*	12.0	1:03 FISH CR	15	8.0	-	FISH CR	17	6.0	-	LANG	
21	8.0	?	23*	6.0	-	14-Pm	19	10.0	-	ZOO.	18	7.0	-	14-cut
26	7.0	Low brow	25*	8.0	-	ST PR	26	7.0	-	CR HTS.	19	8.0	-	TAMMIE SHANT ZOO
27	8.5	Edm → 14h	26*	8.0	-	CR HTS	29	10.0	-	? Zoo	21	8.0	-	FISH CR
28	9.0	N. CROW	29	12.0	1:22 WOODLANDS FISH CR.	3	7.0	-	?	23	13.0	-	FISH CR	
1	6.0	14-Pm	30*	6.0	14-Pm	11	8.0	-	KIT FMAI	25	7.0	-	14-Cent	
3	6.0	FISH CR. HOME	1*	7.2	-	CROW	7	6.0	-	LANG	26	9.0	-	SHANT ZOO
5	10.0	ZOO	3*	10.0	-	ST PR	8	6.0	-	14-Pm	28	8.0	-	FISH CR
6	7.0	14-C	4*	8.5	-	ST PR	9	6.0	-	?	29	15.0	-	FISH CR

Design Sheet

DEPARTMENT		CHARGE NO.
DATE (Y-M-D)	FILE	PAGE OF
PROJECT 1990 RUNNING		
SUBJECT		
PREPARED BY	CHECKED BY	DATE

OCT	1	6.0	-	LANG	7	9.0	-	Sit 200 Tamm
	2	7.0	-	lang- ^{UT} 14	11	8.5	-	Tamm LANG 14 B. HW
	3	7.0	-	14-Cent	12	7.0	-	14-Cent
	5	7.0	-	lang-UT	14	7.0	-	14-Cent
	10	8.0	-	lang → LANG	17	8.5	-	Sit 200
*	12	7.2	-	chow	19	7.0	-	INDOOR
*	13	10.0	-	EDMONTON	31	6.0	-	14-PRINC
	15	8.0	-	Sit 200 Tamm LANG → 14		53.0		
	16	8.0	-	SAIT → Sit				
	17	8.0	-	SAIT → Sit				
	19	6.0	-	LANG				
	22	8.0	-	SAIT				
	23	7.0	-	?				
	24	8.0	-	ST PA				
	26	6.0	-	LANG				
	29	8.0	-	chow				
	30	6.0	19.07	LANG				
	31	8.0	-	TAM				
NOV	2	8.0	-	BRIAN				
	6	6.0	-					
	7	7.0	-	BRIAN HT				
	8	8.0	-	TAMME				
	9	6.0	-	BRIAN HT				
	13	7.0	-	BRIAN HT				
	14	9.0	-	ST 200				
	19	6.0?	-	?				
	20	8.0	-	BRIAN				
	26	6.0	-	INDOOR				
	28	5.0	-	INDOOR				
DEC	3	6.0	-	SELF				
	4	7.0	-	BRIAN				
	5	8.5	-	HUNTER				

ST PAT 1st mil 6:38.88
 SKA 14.44.99 21.23.87
 LAST MILE 15.04.44 36.28.31
 10km 6.47.44 43.15.75

JB RELAY.

RACES. 1990
 MAR 17 10.0 43.15.45 6:58 6.96
 JUNE 2 16.4 1:15.37 7:25. 7.42

1375.7km

1377.0

BOOK

0 NEAR STAB 652 km older.

248.7 on NEW RUNNERS.

JAN 17
 FEB 11
 MAR 19
 APRIL 14.
 MAY 18
 JUNE 12
 JULY 2
 AUGUST 17
 SEPT 18
 OCT 18
 NOV 11 157.
 DEC 10 167.
 DAYS RUNNING

Design Sheet

DEPARTMENT		CHARGE NO.	
DATE (Y-M-D)	FILE	PAGE	OF
PROJECT 1991 RUNNING			
SUBJECT			
PREPARED BY	CHECKED BY	DATE	

2	6.0	-	14-PINAC	3	16.0	1:20	FISHER SLAVE BUN	30	8.0	-	SH ZOO	24	6.0	-	14-PINAC
4	7.0	-	Bn HA cut L. BROW	5	10.0	-	JIM SKIP ZOO	1	7.0	-	CH HTS	25	8.0	-	SH ZOO
7	7.0	-	MIKE cut L. BROW	6	7.0	-	LOW BROW CH ST	2	8.0	-	ST PK	26	12.0	-	WOTON VEHICLE
8	7.0	-	LAPS ND	7	10.0	37.37	ZOO	4	9.2	39.41	PAFF CAL	28	8.0	-	SH ZOO
9	7.0	-	L. BROW cut	8	8.0	-	TAMME SH ZOO SNOW	6	7.2	-	CROW	1	5.0	-	KASLO
14	8.5	-	SH ZOO	10	16.0	1:22	FISH CR.	7	8.0	-	ST PK	7	10.0	44:32	STAMPEDE
18	8.0	-	SH ZOO TAMME	12	10.0	-	ZOO HA	8	8.0	-	ST ZOO	9	8.0	-	SH ZOO
21	8.0	-	14-LAW	13	8.0	-	N CROW	9	8.0	-	LANG.	7	10.0	-	ST PK
23	7.0	-	L. BROW C.	14	6.0	18:30	LANG.	12	16.0	-	FISH CR	12	5.0	-	BEU SUPVAN
24	7.0	-	TAMME LOW BROW	16	10.0	43:23.75	ST. PATTY	13	7.2	-	CROW	10	8.0	-	BEU FISH CR
28	7.0	-	LOW BROW cut JIM	19	6.0	-	PICK UP CROW LANG	15	8.0	-	HUNT HAM SH ZOO	15	8.0	-	SH ZOO
29	7.0	-	LOW BROW B. HUNT.	20	8.0	-	SH ZOO	16	6.0	-	SLOW	16	8.0	-	CH HTS + HUS
30	8.5	-	BROW → BROW MIKE	21	10.0	-	ZOO	17	6.0	-	SLOW	17	8.0	-	SH ZOO
1	8.0	-	S. ZOO	27	8.0	-	SH ZOO	21	8.0	-	OKAY	18	8.0	-	14-cut
3	18.0	1:01	WOODMAN	28	10.0	-	TAMME ZOO	22	7.2	-	FAST	19	8.0	-	SH ZOO
4	6.0	-	14-PINAC	1	8.0	-	N CROW	23	10.0	-	ZOO	22	7.0	-	CH HTS.
5	8.0	-	SH ZOO OKAY	2	8.0	-	MIKE KID ZOO	24	6.0	-	EAST LANG	24	8.0	-	LANG
6	7.0	-	CROW	4	10.0	-	BUNAN ZOO HU	26	8.0	34.36	(710.8) HEATING	25	8.0	-	SH ZOO
10	13.0	1:05	CAMBRIST	5	7.0	-	BUNAN HU CROW	28	10.0	-	CROW +	26	8.0	-	ST PK
11	6.0	-	14-PINAC	7	10.0	44:15	MIKE ICE BROW	29	12.0	-	PETE'S	28	7.0	-	BAUVIEW
12	8.0	-	ST ZOO	8	8.0	-	ST ZOO	31	10.0	52.00	FISH CR	4	8.0	-	CRAWBROOK
14	8.0	-	ST ZOO	10	7.0	-	MIKE CROW	2	16.0	1:20	FISH CR	7	8.0	-	MT KIDD.
15	7.0	-		11	7.0	-	CROW	4	8.0	-	SH ZOO TAMME	9	9.0	-	SILVAN LK
18	14.0	1:10	FISHER WOODMAN	12	10.0	-	TAMME ZOO	5	10.0	-	CROW	13	8.0	-	SH ZOO
19	8.0	-	SH ZOO	14	16.0	1:22:50	MIKE FISH CR	9	16.0	1:20	FISH CR	14	8.0	-	SH ZOO
20	10.0	-	ZOO	16	8.0	-	WANDA	11	10.0	-	ZOO	15	8.0	-	SH ZOO
21	7.0	-	CROW	18	10.0	-	ZOO	12	9.0	-	TAMME + CROW	21	8.0	-	ST PK
24	15.0	1:15	FISH CR SANDMAN	21	16.0	1:18:50	VENIMON BAFF	14	10.0	-	ST PK	22	8.0	-	SH ZOO
26	10.0	-	TAMME ZOO	22	8.0	40:00	CROW BAFF	16	16.0	1:24	FISH CR	23	6.0	-	LANG
27	7.0	-	BE HU CH HTS	25	8.0	-	ST ZOO	18	10.0	36.16	ZOO	26	6.0	-	14-PINAC
28	10.0	-	MIKE LAPS	26	10.0	-	ST PK	20	9.0	-	CH HTS	27	10.0	-	ST PK
29	6.0	-	6 CROW	29	8.0	-	CROW	22	16.57	1:11:49	LEG KIDD.	28	6.0	-	14-PINAC

DEPARTMENT	CHARGE CODE	DATE (Y-M-D)	PAGE	OF
PROJECT	FILE			
SUBJECT 1991 RUNNING				
COMMENTS				
PREPARED BY	CHECKED BY	DATE (Y-M-D)		

29	8.0 - SH 200	23	8.0 - SH 200	30	8.0 - N Chow
30	8.0 - LANG	24	6.0 - LANG	31	6.0 - LANG
1	120 58.00 FISH	25	3.0 - ANCEA		
3	8.0 - ST 200	27	12.0 - 1.03.18 FISH CR		1594.8
4	6.0 - 14-Pine	29	8.0 - SH 200		
5	8.0 - LANG	30	6.0 - 14-PINE		
6	8.0 - ST 200	31	7.0 - LOW BR		
9	8.0 - ST 200	1	8.0 - TRACK		
10	6.0 - CENT	5	8.0 - SH 200		
11	8.0 - ST 200	7	6.0 - LANG		
13	8.0 - FISH	11	10.0 55.0 FISH CR		
16	8.0 - SH 200	12	7.0 - CHOW		
17	8.0 - 14-Low	13	6.0 - LANG		
18	8.0 - ?	15	6.0 - LOW BR		
19	6.0 - 14-Pine	18	8.0 - N Chow		
23	8.0 - ST PK	19	6.0 - LANG		
24	7.0 - 14-Pine	20	8.0 - SH 200		
25	8.0 - ST PK	21	7.0 - Cent		
27	8.0 - ST PK	25	6.0 - LANG		
1	8.0 - SH 200	26	7.0 - LANG		
2	6.0 - LANG	28	8.0 - SH 200		
3	8.0 - SH 200	2	7.0 - LOW BR		
7	7.0 - CHOW	3	6.0 - LANG		
8	8.0 - SH 200	6	7.5 - N Chow		
9	7.0 - LANG	9	6.0 - LANG		
10	6.0 - LANG	10	7.0 - Cent		
11	10.0 - SH 200	12	6.0 - LANG		
16	7.0 - LANG	13	7.0 - TAMME		
17	6.0 - LANG	16	6.0 - LANG		
20	8.0 - FISH CR	19	7.0 - Cent		
21	6.0 - LANG	20	6.0 - LANG		
22	6.0 - LANG	24	8.0 - SH 200		

STAMPEDE 1st 7:45.07
 5km 15:10.20 22:55.27
 1mi 14:48.85 37:44.12
 Fin 6:47.8 44:32.92

Month	Day	Time	MISC	N.M
JAN	13			
FEB	18			
MAR	16	10.0 43:23.75	6:55	6.98
APR	18			
MAY	19	118 out 398		
JUN	16	APRIL 7 10.0 44:15.20	7:07	7.12
JULY	16	MAY 4 9.2 39:41	6:57	6.54
AUG	14	MAY 26 8.0 34:36.76	6:55	6.92
SEPT	17	JUNE 22 16.51 1:11:49	6:59	6.99
OCT	20	JULY 7 10.0 44:32	7:10	7.17
NOV	14			
DEC	13			
TOTAL	194			

ST PAT 1st 6:47.93
 5km 14:37.33 21:25.26
 1 mile LEF 15:02.15 36:27.41
 10km 6:56.34 43:23.75

ICEBREAKER 1st 6:55
 5km -22:15
 10km 44:15.20

BAJF 1 mile left 32:40
 9.2km 39:41

HERITAGE 1 mile 6:18.20 ?
 TWISSONE 2.5 mile 17:51.16
 5 mile 34:36.76

K-100 1 mile 5:54 ?
 7.95 32:52.16
 10km 42:53.02
 14.90 1:04:48
 16.57 1:11:49 1 mile to go.

1992 RUNNING.

* 8 1/2 NIKE AIR MAX.

JAN															
2	7.2	-	Brian Dave	25	8.0	-	SH ZOO BH	26	10.0	-	ST PK	27	8.0	-	SH ZOO
3	4.0	-	14-LRT	30	7.2	-	CHOW	27	6.0	-	14-Princ	28	6.0	-	14-Princ
7	4.0	-	14-LRT	1	8.0	-	SH ZOO	28	4.0	-	WDAWABT	30	10.0	-	ST PK
8	4.0	-	14-LRT	2	7.0	-	LANG + Princ	29	10.0	-	ZOO.	17	8.0	-	ST PK
10	4.0	-	14-LRT	4	9.0	45:00	FISH CRK	31	16.5	1:18.56	GLENDON	18	6.0	-	LANG
12	4.0	-	FISH CRK	6	8.0	-	SH ZOO	2	10.0	-	ZOO	20	7.0	-	ST PK
14	5.0	-	LOW ON	7	6.0	-	LANG	3*	6.0	18:47	LANG	21	7.5	-	FISH CRK
15	6.0	-	LANG	9	8.0	-	SH ZOO	5	10.0	-	CHOW	22	7.0	-	FISH CRK
17	6.0	-	LANG	10	4.0	-	WOODON	7	16.0	1:20	FISH CRK	31	6.0	-	LANG
20	6.0	-	LANG	13	8.0	-	SH ZOO	9	10.0	-	STANLEY	1	8.0	-	SH ZOO
21	6.0	-	14-Princ	14	7.2	-	CHOW	10*	6.0	18:01	LANG	3	7.2	-	CHOW
27	6.0	-	LANG	16	8.0	-	STANLEY	12	10.0	-	ZOO.	4	8.0	-	SH ZOO
29	6.0	-	14-Princ	17	6.0	30:07	FISH CRK	14	12.0	57:28	7.4 + 37th	7	6.0	-	FISH CRK
31	7.0	-	CHOW	20	8.0	-	SH ZOO	15*	6.0	-	14-Princ	8	7.0	-	LANG
FEB.															
3	6.0	-	LANG	21	7.0	-	CHOW	17	8.0	-	SH ZOO.	9	7.0	-	CHOW
6	7.0	-	CHOW	23	6.0	-	REGINA	20	18.0	1:23.51	K100	10	8.0	-	SH ZOO
8	6.0	29:50	FISH CRK	26	9.0	4*	FISH CRK	22*	6.0	-	14-Princ	15	8.0	-	SH ZOO
11	6.0	-	INSIDE	28	8.0	-	SH ZOO	23	8.0	-	SH ZOO	16	7.0	-	CHOW
12	6.0	-	INSIDE	29	8.0	-	ST PK	24*	7.0	-	CHOW	17	7.0	-	LOW -> CHOW
17	6.0	-	LANG	1	7.0	-	LANG ->	30*	6.0	-	WOODON	21	8.0	-	SH ZOO
19	6.0	-	14-Princ	4	10.0	-	ZOO	2*	8.0	-	SH ZOO	22	6.0	-	UP CHOW
2	6.0	-	LANG	5	7.0	-	CHOW	5*	10.0	42:54	STAMPEDE	23	6.0	-	CHOW
4	6.0	-	14-Princ	10	12.0	1:02	FISH CRK	7†	8.0	-	SH ZOO	25	7.0	-	CHOW
7	6.0	32:30	LOW	12	10.0	-	ZOO	8	6.0	-	14-Princ	26	8.0	40:00	FISH CRK
9	6.0	-	LANG	13	7.0	-	CHOW	9	8.0	-	WOODON	28	8.0	-	LANG -> 14-Princ
11	8.0	-	SH ZOO	15	10.0	-	ZOO	12	12.0	1:00	FISH CRK	29	8.0	-	SH ZOO.
16	7.0	-	CHOW	18	14.0	1:08	FISH CRK	13	8.0	?	ST PK	30	6.0	-	CHOW
18	8.5	-	SH ZOO -> 10	20	10.0	39:28	ZOO	16	8.0	-	SH ZOO.	1	6.0	-	LANG
20	7.5	->	WOODON	21	6.0	-	14-Princ	19	14.0	-	FISH CRK	3	5.0	20:41.95	RMH
23	7.0	->	LOW -> CHOW	22	10.0	-	ZOO	24	10.0	-	FISH CRK	5	6.0	-	LANG
	180.2			24	16.5	11:20.29	GLENDON	29	7.0	-					

1992 RUNNING COUNT

6	7.0	-	crow	7	6.0	-	14 → PINE DAVE
7	6.0	-	cut → CR	9	8.0	-	SIL ZOO BRIAN
9	6.0	-	14 → PINE CROSS COUNTRY	10	8.0	-	SIL ZOO
13	3.0	-	WESTEND BRIAN HAND	14	6.0	-	LANG
14	6.0	→	14 → PINE DAVE	15	8.0	-	SIL ZOO
15	6.0 957.3	→	LOW BROW PINE	17	4.0	-	INSIDE
19	7.0	→	14 → CH MTS	21	4.0	-	14 → LT
20	7.0	→	LANG → LES	22	6.0	-	LANG
21	7.0	→	ZRT LANG →	29	4.0	-	INSIDE
23	6.0	→	LANG	30	4.0 1185.3	-	INSIDE
24	10.0	50:02	FISH CR ASPIRINA	134 on new runners.			
26	5.0 999.3	→	14 → LAT				
27	7.0	→	CH MTS				
28	6.0	-	LANG				
30	6.0	→	LANG				
31	11.0	56:33	FISH CR				
1	8.0	-	SIL ZOO BRIAN HAND	JAN	14		
3	8.0	-	ST PK	FEB	7		
4	6.0	-	LANG	MAR	11		
6	10.0	-	ZOO. # new runners.	APR	17		
10	8.0	-	SIL ZOO	MAY	17		
12	7.0	-	14 → cut	JUN	15		
13	8.0	-	ST PK	JUL	13		
16	7.0	-	CNS LANG	AUG	5		
17	6.0	-	LANG	SEPT	18		
18	4.0	-	INSIDE	OCT	19		
23	8.0	-	SIL ZOO	NOV	13		
24	6.0	-	14 → PINE	DEC	17		
25	6.0 1121.3	-	LANG SICK	TOTAL	161		
3	6.0	-	LANG				

LEG 1 K100
18.0 km 1:23 = 51
7.5 m/mile

JTAMPEDE
10.0 42:54. 6:40
6:54/mile

ROCKY MTC HIGH
5.0 20:42 2:5 20:04
1 MILE 6:54. 2:5 10:38
MARK 23:54.

~~11226.3~~
1185.3

1993 RUNNING

				NEW RUNNER AIR ST									
JAN	4	6.0	- LANGT	23	6.0	20.08	LANGT	26	6.0	- LANGT	21	6.0	- 14-Punc
	5	6.0	- LANGT 14-Punc	24	8.0	-	SH ZOO	27	8.0	- SH ZOO BRAND HAND	22	8.0	- SH ZOO
	6	6.0	- LANGT	26	6.0	-	14-Punc ST STEPAES	28	7.0	- CHOW	23	6.0	- WOODS
	8	7.0	- 14-Low	27	14.0	1:10	HENT → 24th MAN	30	8.0	- ST PK	25	8.0	- LANGT LAT
	9	7.5	- HOME	1	8.0	-	SH ZOO SHAS.	3	8.0	- ST PK	27	12.0	1:00 FISH CR SOME ACHIEVE TESSON
	11	7.0	- 14-Low	2	7.0	-	N. CHOW	4	7.0	- LANG LET	30	6.0	- LANGT
	12	6.0	- LANGT	3	10.0	-	ZOO	5	8.0	- SH ZOO	1	8.0	- FISH CR
	13	6.0	- ?	5	6.0	-	BRAND HAND 14-Punc	7	6.0	- 14 → Punc	2	6.0	- FISH CR
	15	8.0	- SH ZOO	6	15.0	-	FISH CR. 6K + 146 +	10	9.0	- FISH CREEK	5	7.0	- LANG 10th
	18	8.0	- SH ZOO	8	10.0	~38.00	ZOO.	11	7.0	- FISH CREEK	6	6.0	- LANG?
	19	7.5	- LAT → LANG	9	6.0	-	lost shoe LANG → BRAND HAND ZOO 8.0	13	7.0	- FISH CREEK	7	8.0	- ?
	20	8.0	- ?	10	10.0	-	ZOO 8.0	14	6.0	- 14 → Punc FOOT SOME	12	6.0	- ?
	25	7.5	- LAT → LANG	12	6.0	-	HOME	15	12.0	1.00 FISH CREEK	17	8.0	- ST PK
	26	7.0	- ?	13	16.0	1:21	SCENIC RATE VICTORIA	17	8.0	39.07 FISH CR	14	6.0	- ?
	28	7.5	- 14-cent	15	10.0	:50	INDOOR	18	6.0	- LANGT	16	8.0	- ST PK
	29	7.0	- LANG LET	16	6.0	:30	INDOOR	19	8.0	- SH ZOO	19	8.0	- ST PK
	31	10.0	54.20 OAKMOSE	17	10.0	-	ZOO.	20	7.0	- CHOW	21	6.0	- LANGT
FEB.	2	8.0	- cent LAT-CENT	19	6.0	-	14-Punc	25	8.0	617 - SH ZOO	22	7.0	- LANG → CR
	3	6.0	- LANGT	22	6.0	-	14-Punc	26	6.0	- CH NT	23	8.0	- ST PK
	4	8.0	- SH ZOO	23	10.0	-	TUNED ZOO	27	8.0	- ST PK	25	10.0	- FISH CRK
	7	12.0	(3) 1.00.03 ZYZ.	25	6.0	-	?	28	6.0	- 14-Punc JUNE DISNEYLAND	27	6.0	- LANGT
	9	6.0	- LANGT	26	16.0	18.9	HOME → OFFICE	7	8.0	- SH ZOO CR ST	29	8.0	877.7 - ST PK
	10	8.0	- SH ZOO HAND SH ZOO HAND	APRIL 6.0	-	-	-	8	6.0	- CA HTS	30	6.0	- LANGT
	12	8.0	- LANGT	13	6.0	-	-	9	8.0	- ST PK	3	8.0	- ST PK
	15	12.0	1:03 FISH CRK WOODLAND	15	6.0	-	-	11	8.0	- LANGT	4	10.0	- PETER'S
	16	6.0	- INSIDE	16	6.0	-	-	13	10.0	41.30.77 42.48 NEW PEGASUS.	5	6.0	- 14-Punc
	17	8.0	- TAMMIE SH ZOO	19	7.0	-	WALK SH ZOO	14	6.0	- LANGT	6	6.0	- ?
	18	7.0	- B. WINTER 10th → cent	20	8.0	-	ST PK	15	9.0	43:00 INSIDE	23	6.0	- LANGT
	20	12.0	1.08 FISH CRK WOODLAND BEFORE SUP	21	6.0	-	LANGT	16	6.0	- 14-Punc	30	6.0	- LANGT
	22	8.5	- HOME	23	6.5	-	INSIDE	19	14.7	1:16 WINDY 200g KMS 2150	31	6.0	- 14-Punc
		231.5			481.0				710.7			926.7	

Design Sheet

DEPARTMENT		CHARGE NO.
DATE (Y-M-D)	FILE	PAGE OF
PROJECT G3 RUNNING 1258		
SUBJECT		
PREPARED BY	CHECKED BY	DATE

2	7	-	Crew	27	6	-	14-Princ
3	8	-	Sr PK	29	8	-	Sr 200
4	9	45	FISH	1	7	-	LANG-LR
7	6	-	?	2	8	-	LANG
8	6	-	LANG	3	8	-	Crow
10	8	-	Sr PK	5	8	-	Sr 200
12	9	45	FISH	8	6	-	LANG
14	7	-	?	9	6	-	14-Princ
15	6	-	?	10	8	-	Sr 200
16	8	-	Sr 200	15	4	-	LANG-Princ
18	6	-	FISH CRK	16	7	-	Crow
20	6	-	LANG	17	8	-	Simple
22	6	-	14-Princ	19	6	-	LANG
23	6	-	LANG	26	6	-	LANG
27	6	-	LANG	29	6	-	LANG
29	6	-	LANG	30	6	-	14-Princ
30	4	-	14-LR	1	6	-	LANG
1	6	-	LANG	6	4	-	14-200
34	6	-	FISH CRK	7	6	-	LANG
45	23	9:43	WESTERN	8	6	-	14 Princ
53	6	-	LANG	10	6	-	LANG
78	6	-	14-Princ	13	6	-	LANG
8	8	-	LANG-LR	14	8	-	Sr 200
10	8	-	FISH CRK	15	4	-	14-LR
12	6	-	LANG	17	6	-	-
14	8	-	Sr PK				1282
18	6	-	14-Princ				
19	7	-	LANG-LR				
21	6	-	LANG				
22	5	-	14-LR				
25	8	-	Sr 200				
26	6	-	LANG				

WOODS' HOME
 1st MILE 6:39
 5km 21:40
 1 MILE TO GO 36:08.06
 10km 41:30.77.
 300m SLOW (5-22 LAST MILE).
 9.7 FINAL WONG
 ~ 42:48 10km.

Design Sheet

DEPARTMENT		CHARGE NO.	
DATE (Y-M-D)	FILE	PAGE	OF
PROJECT 94 RUNNING.			
SUBJECT			
PREPARED BY		CHECKED BY	DATE

JAN	3	6	-	LAUG	29	7.0	-	LAUG LRT	20	7.0	-	CH HTS	4	6.0	-	LAUG.
	4	5	-	INSIDE	30	8.0	-	SIL ZOO	22	8.0	-	THING BLOW ST PK	7	7.0	-	LOW BLOW
	6	4	-	INSIDE	31	7.0	-	LAUG	23	6.0	-	HUNT QUAD (LEFT)	9	6.0	-	LAUG.
	7	6	-	LAUG	7	7.0	-	LAUG LRT	27	8.0	-	SIL ZOO	15	6.0	-	LAUG
	10	6	-	14-PHW	8	8.0	-	SIL ZOO	28	6.0	-	?	16	6.0	-	LAUG
	11	6	-	LAUG	12	6.0	-	LAUG	30	8.0	-	SIL PK	18	4.0	-	14th.
	13	5	-	LOW BLOW	13	6.0	-	LAUG	4	8.0	-	SIL ZOO	21	6.0	-	LAUG-LRT
	14	6	-	LAUG	15	6.0	-	LAUG.	6	7.0	-	?	22	6.0	-	14-PHW
	17	5	-	INSIDE	19	8.0	-	CROW	12	4.0	-	CAMP 14-PHW	24	7.0	-	CROW
	18	6	-	LAUG	20	6.0	-	LAUG	13	7.0	-	14-LAUG	28	6.0	-	LAUG
	20	6	-	14-PH	22	6.0	-	LAUG	15	10.0	-	SIL PK	29	6.0	-	14-PHW
	21	6	-	LAUG	26	6.0	-	14-P	18	7.0	-	CH HTS	2	6.0	-	LAUG
FEB	3	4	-	INSIDE	27	6.0	-	LAUG.	19	7.0	-	LAUG-LRT	5	6.0	-	14-PH
	4	6	-	LAUG	2	7.0	-	CROW	21	8.0	-	MULEY etc	6	6.0	-	LAUG
	23	4	-	INSIDE	3	6.0	-	LAUG.	9	6.0	-	LAUG	12	6.0	-	LAUG
	24	5	-	INSIDE	5	6.0	-	LAUG	10	7.0	-	14-PHW	13	6.0	-	14-PHW
	26	6.4	33.25	HOME	10	6.0	-	LAUG.	11	7.0	-	LAUG-LRT	16	6.0	-	LAUG
	27	6.0	-	LAUG	16	8.0	-	CROW	23	6.0	-	LAUG	20	6.0	-	LAUG.
	28	5.0	-	14-PHW	17	6.0	-	LAUG	24	7.0	-	14-CENT LAUG-LRT	21	6.0	-	LAUG
	4	6.0	-	LAUG	29	10.0	-	SIL ZOO GLENNON	26	6.0	-	14-PHW	23	6.0	-	LAUG
	5	6.0	31.36	HOME	24	8.0	-	14 CH HTS.	30	6.0	-	14-PHW				
	8	6.0	-	LAUG	26	8.0	-	SIL ZOO	31	7.0	-	CROW.				
	9	7.0	-	CH HTS	27	5.0	-	BIKE BACK	2	6.0	-	LAUG				
	11	6.0	-	14-CH	29	12.0	1:01	FISH CTR	8	6.0	-	LAUG				
	15	6.0	-		1	6.0	-	BLOW.	9	6.0	-	LAUG.				
	16	6.0	-		2	10.0	-	ZOO.	14	4.0	-	14-LRT				
	18	6.0	-		6	8.0	-	SIL PK	16	6.0	-	LAUG				
	20	8.0	40:01	FISH CTR	8	6.0	-	LAUG	19	6.0	-	LAUG				
	22	6.0	-		9	13.0	1:05	FISH CTR	22	8.0	-	SIL ZOO				
	23	6.0	-		13	7.0	-	CROW	20	6.0	-	LAUG.				
	25	7.0	-	14-LRT	15	10.0	37.4924	ZOO	28	6.0	-	LAUG.				
	27	8.0	40:10	FISH CTR	18	16.5	1:23:30	KIDD	2	6.0	-	LAUG				

DESIGN SHEET

DEPARTMENT		CHARGE NO.	
DATE (Y-M-D)	FILE	PAGE	OF
PROJECT 95 RUNNING.			
SUBJECT			
PREPARED BY		CHECKED BY	DATE

JAN			APRIL			MAY			JUNE		
3	6	- LANG	2	14	1:18 FISH CRK RPT'S.	23	6.0	- LANG	JUNE 26 TO OCT 25 ASTHMA PROBLEMS		
5	6	- 14-PR	4	8	- RMP CHAN	26	6.0	- LANG			
6	6	- LANG	5	6	- LANG	28	5.0	24:19 NADIAS RW			
SICK 23	6	- LANG	6	8	- SH ZOO	OCT: 25	6.0	- LANG			
25	7	- CH+HB	10	10	- ZOO	30	6.0	- LANG			
27	6	- LANG	12	6	- LANG	31	6.0	- LANG			
30	6	- 14-PR	14	10	- FISH CR	NOV 1	8.0	- SH ZOO			
FEB 1	6	- LANG	17	10	- ZOO	3	6.0	- LANG			
3	6	- 14-PR	18	6	- LANG	6	6.0	- LANG			
6	6	- LANG	20	10	- ZOO	7	6.0	- LANG			
8	6	- LANG	22	8	- EDM EVER	9	7.0	- LANG			
9	6	- LANG	25	9	- SH ZOO CRT	10	6.0	- LANG			
14	6	- ?	26	6	- LANG	14	6.0	- LANG			
16	6	- ?	28	10	- ZOO	16	6.0	- LANG			
21	6	- ?	MAY 4	6	- LANG	20	6.0	- LANG			
MAN 1	6	- LANG	5	10	- ZOO	21	5.0	- TREAD			
2	6	- LANG	7	13	1:05 FISH CRK	23	6.0	- LANG			
7	6	- LANG	9	11	- CHOW+	24	7.0	- ?			
8	6	- LOW BR	10	6	- LANG	27	6.0	- LANG			
10	6	- LANG	13	6	FISH CRK	28	6.0	- LANG			
12	9	48.25 OARBOBE	14	12.5	1:00 FISH CRK	28	6.0	- LANG			
14	6	- LANG	16	8	- SH ZOO	30	6.0	- LANG			
16	6	- LANG	17	6	- LANG	NOV 1	6.0	- NONE			
17	6	- LANG	23	7.25	- CHOW	4	5.0	- TRACK			
19	6	- LANG	24	8.0	- SH ZOO	5	6.0	- TRACK			
19	11	1:02 FISH CR	26	10.0	- ZOO	7	6.0	- TREAD			
21	8	- SH ZOO	MAY 5	6.0	- LANG	8	7.0	- TREAD			
23	8	- SH ZOO	7	6.0	- 14-line	11	6.0	- LANG			
24	6	- LANG	9	6.0	- LANG	12	6.0	- LANG			
26	13	1:05 (LOVE ROW) NEX ROW	12	7.0	- LANG CRT	15	7.0	- CHOW CRT			
28	8	- ST PK	14	6.0	- LANG	18	6.0	- LANG			
30	8	- SH ZOO	14	6.0	- ?	19	6.0	- 14-line			
31	6	- LANG	21	6.0	- LANG	21	6.0	- LANG			

72 24+6. (210)

183.75 44+6. (155.75)

51 24+6.

TOTAL 678.75

DEPARTMENT	CHARGE CODE	DATE (Y-M-D)	PAGE OF
PROJECT	FILE		
SUBJECT 96 RUNNING.			
COMMENTS			
PREPARED BY	CHECKED BY	DATE (Y-M-D)	

Jan										
2	6	-	LANG	29	6.	-	LANG	2	6.0	30:00 OVAL USE
4	6	-	LANG	1	6	-	LANG	4	6.0	- LANG
8	6	-	LANG	9	6	-	LANG	6	6.0	- LANG
10	7	-	LANG LRT	2	6	-	LANG AT PG.			
11	6	-	LANG	14	4	-	14-LRT			NOT MARKED IN BOOK
23	6	-	LANG	21	4	-	14-LRT			
25	6	-	14-PRUC	26	6	-	ST PRUC			
30	6	-	LANG	28	6	-	?			
1	6	-	14-PRUC	4	6	-	Brian's work			
2	6	-	LANG	6	6	-	?			
5	6	-	LANG	9	6	-	?			
6	6	-	LANG	11	6	-	?			
8	6	-	14-D	13	6	-	?			
9	6	-	LANG	16	6	-	?			
12	6	-	14-P	18	6	-	?			
13	6	-	14-P	20	6	-	?			
15	6	-	LANG	23	6	-	?			
20	6	-	14-P	25	6	-	?			
21	6	-	LANG	27	6	-	?			
23	7	-	LANG LRT	3	6	-	?			
26	6	-	LANG	4	6	-	?			
27	6	-	LANG	6	10	-	1.00 Fish ca			
29	7	-	LANG LRT	8	6	-	?			
1	6	-	LANG	10	6	-	Brian			
8	6	-	LANG	14	9	-	0:45 Fish ca			
11	6	-	LANG	15	6	-	?			
14	6	-	14-PRUC	17	6	-	?			
15	6	-	LANG	20	9	-	0:50 Fish ca			
18	6	-	LANG	22	6	-	-			
20	6	-	"	24	6	-	-			
22	6	-	"	30	6	-	Brian			
25	6	-	"	31	6	-	-			

DEPARTMENT	CHARGE CODE	DATE (Y-M-D)	PAGE	OF
PROJECT	FILE			
SUBJECT 97 RUNNING				
COMMENTS				
PREPARED BY	CHECKED BY	DATE (Y-M-D)		

29 6 - ?
30 6 - ?
31 6 - ?

HEAVY
NO RUNNING
TO SPEAK OFF

DEPARTMENT	CHARGE CODE	DATE (Y-M-D)	PAGE OF
PROJECT	FILE		
SUBJECT 98 RUNNING			
COMMENTS			
PREPARED BY	CHECKED BY	DATE (Y-M-D)	

JAN 5	6	-	?	9	9	-	CHART	4	8	-	DAVE
7	6	-	?	12	15	1:25	SHOW	7	6	-	?
13	6	-	?	14	7.5	-	SIL 200				
14	6	-	?	15	4	-	M-LRT				
15	6	-	?	17	8	-	N. CHOW				
16	6	-	?	19	15	1:17	L 200 CHOW				
19	6	-	?	21	6	-	?				
20	6	-	?	23	6	-	?				
21	6	-	?	27	6	-	?				
23	6	-	?	29	8	-	KEELY				
26	6	-	?	MAY 2	8	43.19	BAFF CAL				
27	6	-	?	4	6	-	?				
28	6	-	?	11	6	-	? PAIR				
30	6	-	?	13	6	-	?				
FEB 5	5	-	TAFAD	19	6	-	?				
6	6	-	?	21	6	-	? BEACH INC				
11	6	-	?	25	6	-	?				
13	6	-	?	27	8	-	DAVE				
17	6	-	?	JUNE 2	6	-	?				
18	6	-	?	5	6	-	?				
19	6	-	?	10	6	-	?				
MARCH * 15	10	54:03	ST PAIR	12	8	-	SIL 200				
16	6	-	?	JULY 8	6	-	?				
19	6	-	?	27	6	-	?				
22	10	1:50	LIANSEY	SEPT 3	6	-	?				
24	6	-	?	14	6	-	?				
27	6	-	?	28	6	-	?				
29	11	1:10	?	29	6	-	?				
APRIL 2	6	-	?	NOV 30	6	-	?				
5	15	1:15	PAV EXAM	DEC 1	6	-	?				
7	7	-	?	3	6	-	?				
8	7	-	?								

DEPARTMENT	CHARGE CODE	DATE (Y-M-D)	PAGE	OF
PROJECT	FILE			
SUBJECT 99 RUNNING.				
COMMENTS				
PREPARED BY	CHECKED BY	DATE (Y-M-D)		

JAN	15	6	-	?	21	12	1:15	BASS, SIZEL RING	16	6	-	?	27	6	-	?
	15	5	-	?	23	8:0	-	SIL ZOO	17	6	-	?	29	6	-	?
	29	6	-	?	25	5:0	-	?	18	6	-	?	1	6	-	HUNTER.
	31	4	320	Y TREAD	30	6:0	-	?	19	5	-	Kim	*3	5:0	22:26	new for CORE
FEB	2	6	-	?	APRIL 1	8:0	-	Chow	21	8	-	Chow.	4	4	-	SHAWT.
	3	6	-	?	6	6:0	-	?	23	6	-	?	7	6	-	LANG.
	4	6	-	?	7	5:0	-	SHAWT	25	7	1:40	TREAD	12	6	-	?
	6	8	SH	SIL ZOO	9	6:0	-	HUNTER	26	5	-	NO Kim	13	6	-	?
	7	10	1:00	FISHCE	PROSTATE 19	5:0	-	?	28	6	-	?	15	7	-	HUNTER
	9	6	-	?	20	5:0	-	?	JULY 29	8	-	?	16	5	5	HOME
	10	6	-	?	21	6:0	-	?	3	5	-	Kim	17	6	-	MONSIEUR LK ROAD.
	11	6	-	?	26	6:0	-	?	5	6	-	?	18	6	-	?
	13	6	1:35	FISHCE	27	6:0	-	?	7	10	-	ZOO.	19	6	-	?
	14	11	1:05	FISHCE	28	7:0	-	?	12	7	-	CUTTIS	20	6	-	?
	16	6	-	?	29	6:0	-	?	AUG 2	6	-	PETER'S ISLAND	22	6	-	?
	17	6	-	?	MAX 1	5:0	-	37/	24	6	-	?	25	6	-	?
	18	8	-	SIL ZOO	2	10:0	1:03	FISHCE	25	8	-	?	26	8	-	Chow.
	23	6	-	?	4	6:0	2	?	26	6	-	?	NOV 2	8	-	SIL ZOO QUAD RUL
	24	6	-	?	5	6:0	-	?	30	6	-	?	5	6	-	?
	25	8	-	Chow	6	6:0	-	?	31	6	-	?	6	5	1:25	HOME
	28	11	1:00	NEW HOME	*9	10:0	50:29	MOTHER DART.	SEPT 1	6	-	?	8	6	-	LOWEN RAS
MAY	2	6	-	?	11	6	-	?	3	6	-	?	9	5	-	?
	4	6	-	?	12	6	-	?	7	6	-	?	13	5	-	HOME.
	6	6	1:32	?	13	6	-	?	9	6	-	?	15	6	-	?
	7	10	1:55	ALAN'S HOME	18	6	-	?	10	6	-	HUNTER	18	6	-	NEW HUNTER.
	9	8	-	SIL ZOO	19	6	-	?	13	6	-	?	19	6	-	?
	10	6	-	?	20	8	-	SIL ZOO	15	5	-	PETER'S MAN	20	5	-	HOME
	11	8	-	Chow.	22	4	-	Kim.	17	6	-	HUNTER	21	5	1:30	THEO. TREAD.
	*14	10	1:50:24	SIL PAST	23	10	1:05	FISH EN.	20	6	-	?	25	6	-	HUNTER
	16	8	-	SIL ZOO	25	6	-	?	21	6	-	?	27	5	1:10	HOME
	17	6	-	?	JUNE 9	6	-	HUNTER	22	6	-	?	28	10	1:55	HOME
	18	10	-	ZOO.	*13	8:0	40:31	BETTY'S MAN ALS	*25	10	1:4	MELISSA	30	8	?	SIL ZOO

DEPARTMENT	CHARGE CODE	DATE (Y-M-D)	PAGE	OF
PROJECT	FILE			
SUBJECT GG RUNNING				
COMMENTS				
PREPARED BY	CHECKED BY	DATE (Y-M-D)		

Doc	1	6.0	-	DARWIN
	3	8.0	-	SH 200 HANDER
	4	6.0	30:00	HOME
	5	10.0	1:51	HOME
GLUE	7	8.0	40	HOME
	8	6.0	-	LANG.
	10	8.0	-	CHOW
	11	6.0	30	HOME
	12	11.0	:58	HOME
	14	8.0	-	SH 200
	15	6.0	-	LANG.
	17	8.0	-	CHOW
	18	6.0	30	HOME
GLUE	19	11.0	58	HOME
	21	8.0	-	SH 200 ICY
	22	6.0	-	LANG. ICY
	24	8.0	-	HOME
	25	6.0	30	HOME
	26	11.0	1.01	HOME
	28	8.0	-	SH 200
	29	6.0	30	HOME
	31	8.0	40	HOME

DEPARTMENT	CHARGE CODE	DATE (Y-M-D)	PAGE	OF
PROJECT	FILE			
SUBJECT				
COMMENTS				
2000 WANNING				
PREPARED BY	CHECKED BY	DATE (Y-M-D)		

JAN	DATE	FALL ICE	FISH CATCH										
1	6.0	1:30	FISH CATCH	25	7.0	-	9.0	crow	12	8.0	-	SH ZOO	
2	~12.0	1:00	PARK LINDSEY	26	6.0	30	39.5	HOME	16	18.0	1:45	ZOO, CH. HRS	
4	8.0	-	SH ZOO	27	12.0	1:00	37.5	AEWME	18	7.0	-	crow	
5	6.0	-	CAC-XL	29	8.0	-	SH ZOO	19	6.0	-	LANG		
7	8.0	-	HUNTER	7	6.0	-	LANG	21	8.0	1:40	HOME		
8	6.0	-	LANG	3	8.0	-	crow	23	12.0	1:01	LANG ROAD		
9	12.0	1:05	SH ZOO	4	6.0	30	HOME	25	7.0	-	crow		
11	8.0	1:40	THREAD	5	15.0	1:21	200	crow	26	7.0	-	LANG	
12	6.0	1:30	THREAD	7	8.0	1:40	THREAD	27	7.0	-	crow		
14	8.0	1:40	THREAD	8	6.0	-	LANG	30	21.1	1:43:23	POLICE		
15	6.0	1:30	THREAD	10	7.0	-	crow	2	4.0	1:14	LANG		
16	13.0	1:10	LINDSEY PARK	*12	10.0	47:43	RACE				FALL IN PG.		
18	8.0	-	SH ZOO	14	8.0	1:40	THREAD				HUNT NECK		
19	6.0	-	P. HANDEL	15	6.0	1:30	THREAD				DO NOT MON		
21	8.0	-	HUNTER	17	8.0	-	crow				UNTIL FALL		
22	6.0	-	LANG	18	6.4	36:15	HOME						
23	14	1:15	SH ZOO	19	17.0	1:36	DART						
25	8.0	-	SH ZOO	21	7.0	-	crow						
26	8.0	-	HANDEL	22	6.0	-	LANG						
28	8.0	-	HUNTER	24	7.0	-	crow						
29	6.0	-	37.5	25	6.4	-	HOME						
30	14.0	1:15	SH ZOO	26	15.0	1:28	200	crow					
1	8.0	-	SH ZOO	28	8.0	-	SH ZOO						
2	6.0	-	LANG	31	7.0	-	crow						
4	8.0	-	crow	01	6.4	36:30	HOME						
5	6.0	-	LANG	2	16.0	1:30	CH. HRS						
6	15	1:20	SH ZOO	4	8.0	-	SH ZOO						
8	8.0	-	SH ZOO	5	6.0	-	LANG						
9	6.0	-	LANG	7	7.0	-	crow						
16	6.0	1:30	THREAD	8	8.0	-	HOME						
18	8.0	1:40	SH ZOO	9	12.0	1:00	BLACK						
24	6.0	-	LANG	11	8.0	-	SH ZOO						

2001 APRIL 22 EARTH DAY

1st SK 27:10.84
2nd SK 27:56.17.
10K 55:07.01

APRIL 29 POLICE HALF

1 mile 9:38.
5K ?

10K 56:09.02

15K 1:24.25 (28:16.72)

1 mile to job 1:51.50

21.1 2:00:15 8.25 last mile.

Sept 22 MEUSSA'S

5K ~27.

10K 55:13.

JUNE 10 BETTY'S MN FOR AUS.

4K 20:59.33

8K 41:38.64.

2002 march 17 St PATY'S DAY -25°C.

1st mile 8:54.

5K 24:56.

10K 50:13.

APRIL 21 EARTH DAY STRAINED ACL

10K 50:30.

APRIL 28 POLICE HALF.

10K 52:22.75.

15K 1:19:10. KNEE. QUIT.

JUNE 1st JULIAN TH

Swim 13.19 soon

Ther 4:34.

BIKE 35:30 15K

Ther 1:42

MN 22:59 SK.

TOTAL 1:18:05.

JUNE 9 BETTY MW FOR AUS.
4K 20:16.
8K 39:54.

2003. MAY 11 MOTHERS DAY
1st mile 8:39.
10K 51:23.

JUNE 7 VULCAN
Swim 12:38 500-
Trail 4:45
BIICE 37:41 15K
T.A 6:52
MW 23:17
T.M 1:19:23.

JUNE 8 BETTY'S MW FOR AUS.
4K 20:30.
8K 40:10.

2004 JUN 13 BETTY'S MW FOR AUS
4K 24:24.
8K 48:00:87.

2005 ~~2005~~ ²⁰⁰⁵ POLICE HALF.
1st mile 9:08.
5K 27:57.
10K 57:35
hill top 1:55:12.
FINISH 2:04:10.

2006 JUN 11 BETTY MW FOR AUS.
4K 27:43.
8K 45:04.

2007 JUN 10 BETTY MW FOR AUS.
4K 21:50
8K 44:55.

5K 21:33
1st mile 37:42
8K 42:49.

2008 ~~CALL OF~~
~~JULY~~
~~NOTE~~

2009 ST PATTY'S

2009 RUNNING

NOV 26	6.0	24:41	TEST LAUG	manuel 1	7:14	1:20	37→CER WOODLAND SAFERWAY	10	?	1:20	DOWN FISIL CREEK + BACK UP	8	5.0	-	14th loop.
JAN 4	12.0	1:07	WOODSINE, WOODBLVD 24 HOME	3	?	35	2+ 8m/mk TREAD	12	7.6	-	Crow.	21	6.0	-	14→Pruces
6	6.0	22:23	TEST LAUG	4	?	40	HOOD PACE CTR→14ST	16	?	:47	ISLAND LAKE ROAD	22	6.0	-	LAUG
7	~7.0	?	GRAD 14ST	8	?	1:00	5/14W YACCA TRACK	17	~11	1:30	ANDERSON CUDSUMP BACK	23	6.0	-	LAUG +33°C W/T
9	~8.0	?	14→EDM TR	10	?	30min	10m/mk TREAD	19	8.0?		14→EDM FAST BACK	24	5.0	-	14→Pruce
11	~11.0	1:00	CERBER OAK, PACE, PACE, RUGENROAD	11	?	40-	11m/mk TREAD	21	8.0	-	14→LAUG	28	5.0	-	14→Pruce
13	6.0	?	LAUG	13	6.0	?	EDM TR	25	8.0	-	14-LAUG	29	6.0	-	LAUG
14	?	:40	TREADMILL	*15	10.0	52:04.96	ST PATT DAY	26	6.0	20:50	SPEEDRUN	OCT 1	6.0	-	Pruce-14ST
16	~8.0	?	w/11m/k 14→EDM TR	17	6.0	?	LAUG	29	7.0	-	LAUG RT	3	5.0	-	30m FENIE
18	~12	1:15	37→90th PUMP/SAFERWAY	18	?	:40min	TREAD	*31	10.0	50:34.60	CAL WOODLAND	*4	7.1	37min	FENIE HALF 3miles 2:05
20	6.0	?	LAUG	20	7.0	?	Crow	JUNE 1	5.0	-	14→Pruce	5	6.0	-	14-Pruce
21	?	?	on 11B. CTR 5m	26	?	:30	FENIE	4	7.0	-	LAUG-RT	6	6.0	-	LAUG.
23	?	:40	TREADMILL	27	?	:40	FENIE	8	10.0	-	Crow-LAUG	7	6.0	-	?
25	~12	1:05	37→Pruce SAFERWAY	29	?	1:07	FENIE	9	6.0	-	LAUG	8	6.0	-	LAUG
27	?	?	Crow WOOD HANSHIRE	31	6.0	?	EDM TR	12	6.0	-	LAUG	10	8.0	-	SOUTHLAND LOOP
28	6.0	?	LAUG HANSHIRE	APRIL 1	8.0	?	SHOW 200	*14	8.0	40:53.69	BETT PACE	15	5.0	-	14-LAUG
30	?	20min	TREADMILL	2	?	?	LOW 300	15	6.0	-	LAUG	16	7.6	-	Crow
FEB 1	?	40min	TREADMILL	5	?	1:30	SPT 1→JUNE→57ST	16	7.0	-	Crow	18	9.0	55m	SOUTHLAND 24ST
3	?	?	EDM TR SLOW	7	6.0	?	LAUG	18	6.0	-	LAUG	20	6.0	-	LAUG
4	?	?	CTR ST TO 14th SLOW	8	?	?	CUTAS	22	7.0	-	Crow	21	6.0	-	LAUG
7	?	33min	HOME EASY	10	?	:40	27ST PACE SOUTHLAND	24	?	25m	TREAD	22	6.0	-	LAUG
8	?	1:07	37→90th PACE SASS	13	?	1:30	DEEP WOODSINE	26	6.0	-	LAUG	27	6.0	-	LAUG SENE BACK
11	?	?	EDM TR TRAIL	15	7.0	?	EDM TR LAST.	29	?	55	BIKE TRAIL CANTON	28	6.0	-	LAUG TRIP W/EE ROCK
14	?	33min	HOME EASY	16	7.6	Fast	HUGH K. SANDSTON	*1st JUNE 9.0	39:37.42		CANTON PACE				
15	10.0	1:00	CANTON 10K	21	?	:45	TREAD 9:13 PACE	19	5.0	-	CLOSE LOOP W/DM				
17	?	6.0	EDM TRAIL	22	?	1:00	10:00 PACE TREAD	21	5.0	-	"				
18	?	?	CTR ST TO 14th	*26	21.1	1:59:47	1/2 PACE	23	7.0	40m	FARMON WEST ROAD				
20	?	:40	TREADMILL	29	?	30min	HOME	26	7.0	40m	ZUESINE ROAD				
22	12	1:10	37→EDM WOODLAND	MAY 1	7.0	-	COP TO CTR	28	7.0	40m	COLUMBIA RIVER				
24	?	30	2+ 8m/mk TREAD	4	6.0	-	LAUG	31	8.0	45m	FENIE ANNEY (FAM)				
25	?	40	TREAD	6	7.0	-	EDM→CTR	SEPT 5	8.0	55m	TO ISLAND LAKE ROAD				
28	?	33	HOME SLOW	8	7.6	-	Crow STEADY	*7	10.0	53:52	SHEEP W/EE ROAD PACE				