

BYTOWN 2013 RECORD OF ACHIEVEMENT

NOTES

CMA Championship St John NB -placement is within each 5 year age group

* denotes chip time for large events where it isn't reasonable to expect to be up front at the start.

r road

l indoor

t track

j IAAF judging

ru includes runners

m mixed

@ en route to longer distance

1000m						
4:19	Darrell Menard	it,csj	1	Speedy Sunday	Ottawa-Dome	10-Feb
5:17	Darrell	it,csj	1	Speedy Sunday	Ottawa-Dome	22-Dec
5:20	Linda Wilson	it,csj	2	Speedy Sunday	Ottawa-Dome	22-Dec
5:21	Joanne Markle LaMon	it,csj	3	Speedy Sunday	Ottawa-Dome	22-Dec
5:22	Linda W	it,csj	1	Speedy Sunday	Ottawa-Dome	24-Feb
5:30	John Gardam	it,csj	2	Speedy Sunday	Ottawa-Dome	24-Feb
5:42	Sandy Archibald	it,csj	2	Speedy Sunday	Ottawa-Dome	10-Feb
5:47	Annie Cormier	it,csj	4	Speedy Sunday	Ottawa-Dome	22-Dec
6:02	John	it,csj	3	Speedy Sunday	Ottawa-Dome	10-Feb
6:22	Sharon Wright	it,csj	3	Speedy Sunday	Ottawa-Dome	24-Feb
6:25	Laura Houston	it,csj	4	Speedy Sunday	Ottawa-Dome	24-Feb
6:39	Lalitha Tella	it,csj	4	Speedy Sunday	Ottawa-Dome	10-Feb
6:39	Lalitha	it,csj	5	Speedy Sunday	Ottawa-Dome	24-Feb
7:09	Mary Ellen Maybee	it,csj	5	Speedy Sunday	Ottawa-Dome	22-Dec
7:16	Eileen Sarkar	it,csj	6	Speedy Sunday	Ottawa-Dome	22-Dec

1500m						
08:04.9	Linda Wilson	itj	1/3m	CMA Indoor Champs	Toronto-York U	16-Mar
8:06	Linda W.	it,csj	1	Speedy Sunday	Ottawa-Dome	22-Dec
8:06	Joanne Markle LaMon	it,csj	1	Speedy Sunday	Ottawa-Dome	22-Dec
08:09.9	Linda W.	itj	1/3m	Fleur de Lys	Montreal	02-Mar
08:38.6	Sandy Archibald	itj	2/4m	Fleur de Lys	Montreal	02-Mar
08:42.8	John Gardam	itj	7/11m	CMA Indoor Champs	Toronto-York U	16-Mar
08:44.5	John	itj	3/5m	Fleur de Lys	Montreal	02-Mar
9:11	Annie Cormier	it,csj	2	Speedy Sunday	Ottawa-Dome	22-Dec
09:29.3	Sharon Wright	itj	3/6m	Fleur de Lys	Montreal	02-Mar
09:34.1	Sharon W.	itj	5/12m	CMA Indoor Champs	Toronto-York U	16-Mar
09:50.0	Laura Houston	itj	4/7m	Fleur de Lys	Montreal	02-Mar
09:59.2	Lalitha Tella	itj	5/8m	Fleur de Lys	Montreal	02-Mar
10:24.9	Lalitha	itj	6/13m	CMA Indoor Champs	Toronto-York U	16-Mar
11:03	Mary Ellen Maybee	it,csj	3	Speedy Sunday	Ottawa-Dome	22-Dec

2000m						
8:56	Darrell Menard	it,csj	1	Speedy Sunday	Ottawa-Dome	10-Feb
11:42	John Gardam	it,csj	2=	Speedy Sunday	Ottawa-Dome	10-Feb
11:42	Sandy Archibald	it,csj	2=	Speedy Sunday	Ottawa-Dome	10-Feb
13:32	Lalitha Tella	it,csj	4	Speedy Sunday	Ottawa-Dome	10-Feb

2500m						
14:05	Linda Wilson	it,csj	1	Speedy Sunday	Ottawa-Dome	24-Feb
15:00	John Gardam	it,csj	2	Speedy Sunday	Ottawa-Dome	24-Feb
16:20	Sharon Wright	it,csj	3	Speedy Sunday	Ottawa-Dome	24-Feb
17:00	Laura Houston	it,csj	4	Speedy Sunday	Ottawa-Dome	24-Feb
17:06	Lalitha Tella	it,csj	5	Speedy Sunday	Ottawa-Dome	24-Feb

3000m						
16:13.9	Lauren Van Leeuwen	tj	1/8m	Amsterdam Open 3000	Amsterdam, Neth	31-Aug
16:59.6	Linda Wilson	itj	1/4m	Fleur de Lys	Montreal	02-Mar
17:01.2	Linda W.	itj	1/3m	CMA Indoor Champs	Toronto-York U	17-Mar
17:59.3	John Gardam	itj	5/7m	Fleur de Lys	Montreal	02-Mar
18:10.1	Sandy Archibald	itj	3/8m	Fleur de Lys	Montreal	02-Mar
19:35.6	Sharon Wright	itj	4/9m	Fleur de Lys	Montreal	02-Mar
19:54.2	Sharon W.	itj	5/11m	CMA Indoor Champs	Toronto-York U	17-Mar
20:14.4	John	itj	6/12m	CMA Indoor Champs	Toronto-York U	17-Mar
20:36.2	Lalitha Tella	itj	5/10m	Fleur de Lys	Montreal	02-Mar
21:13.8	Lalitha	itj	6/13m	CMA Indoor Champs	Toronto-York U	17-Mar

5000m						
27:08:00	Lauren Van Leeuwen	r	50ru	Richmond Road Race	Richmond	13-Jan
27:29.6	Lauren	tj	2m	Provincial Champs	Toronto, York U	21-Jul
27:54:00	Lauren	rj	@	Art Keay	Toronto Island	02-Jun
29:18:00	Sarah Zahab	r	292ru	Canada Day	Kanata	01-Jul
29:47:00	Linda Wilson	rj	@	Art Keay	Toronto Island	June 2
29:52.5	Linda W.	tj	3	WMG*	Torino, Italy	12-Aug
30:18:00	Sandy Archibald	r	154ru	Limestone	Kingston	28-Apr
30:20:00	Linda W.	r	88ru	Richmond Road Race	Richmond	13-Jan
30:38:00	Sandy	rj	2/3m	Huntington Beach	Huntington B. CA	17-Mar
30:59:00	Sandy	r	193ru	Emilie's Run	Ottawa	22-Jun
31:14.2	Sandy	tj	3	WMG*	Torino, Italy	12-Aug
31:29:00	Sandy	rj	2/3m	Art Keay	Toronto Island	02-Jun
31:31:00	Sandy	r	100ru	Richmond Road Race	Richmond	13-Jan
31:36:00	Jenny Brown	r	168ru	Limestone	Kingston	28-Apr
31:58:00	John Gardam	rj	@	Welland	Welland	29-Sep
32:18.6	Sandy	itj	10/17m	USATF Indoor Champs	Rochester, NY	28-Dec

32:23:00	Sandy	rj	3/4m	Welland	Welland	29-Sep
33:14:00	Sharon Wright	tj	4	WMG*	Torino, Italy	12-Aug
33:14:00	John	rj	@	Art Keay	Toronto Island	02-Jun
33:18:00	Nathalie Arseneault	r		Run Like Hell-th	Orleans	29-Sep
33:18:00	Lalitha Tella	r	111ru	Richmond Road Race	Richmond	13-Jan
33:23:00	Sharon W.	rj	@	Art Keay	Toronto Island	02-Jun
33:24:00	Coreen Rosenberger	rj	4/5m	Art Keay	Toronto Island	02-Jun
33:28:00	Sharon W.	r	403ru	Canada Day	Kanata	01-Jul
33:35:00	Joanne Gage	r	235ru	Emilie's Run	Ottawa	22-Jun
33:37:00	Sharon W.	r	181ru	Limestone	Kingston	28-Apr
33:51:00	Joanne G.	r	408ru	Canada Day	Kanata	01-Jul
33:57:00	Joanne G.	r	185ru	Limestone	Kingston	28-Apr
34:19:00	Eric Fournier	r	114ru	Cookie Run	Ottawa	02-Nov
34:22:00	Anne MacDonald	r	4907ru	NCRW	Ottawa	25-May
34:26:00	Susan McIntyre	r	252ru	Emilie's Run	Ottawa	22-Jun
34:36:00	Annie Cormier	rj	4/5m	Welland	Welland	29-Sep
34:50:00	Joanne G.	rj	5/6m	Art Keay	Toronto Island	02-Jun
34:55*	Eric	r	5798ru	Army Run	Ottawa	22-Sep
35:04:00	Sharon W.	r	126ru	Richmond Road Race	Richmond	13-Jan
35:08:00	Eric	r	770ru	Rattle Me Bones	Ottawa	27-Oct
35:14:00	Susan McIntyre	rj	@	Art Keay	Toronto Island	02-Jun
35:28:00	Joanne G.	r	128ru	Richmond Road Race	Richmond	13-Jan
35:30.9	Susan M.	tj	9	WMG*	Torino, Italy	12-Aug
35:36:00	Angela Quinlan	r	129ru	Richmond Road Race	Richmond	13-Jan
35:42:00	Lalitha Tella	rj	@	Art Keay	Toronto Island	02-Jun
36:00:00	Angela	r	445ru	Canada Day	Kanata	01-Jul
36:15*	Felice Pleet	r	5304ru	Army Run	Ottawa	22-Sep
36:18:00	Angela	r	195ru	Limestone	Kingston	28-Apr
36:19.2	Lalitha Tella	tj	6	WMG*	Torino, Italy	12-Aug
36:41:00	Linda Minelli	r	135ru	Richmond Road Race	Richmond	13-Jan
37:00:00	Sharon Chisholm	r	203ru	Limestone	Kingston	28-Apr
37:07:00	Sharon C.	rj	6/7m	Art Keay	Toronto Island	02-Jun
37:26:00	Eileen Sarkar	rj	7/8m	Art Keay	Toronto Island	02-Jun
37:27:00	Sharon C.	r	140ru	Richmond Road Race	Richmond	13-Jan
37:33:00	Kim White	r	141ru	Richmond Road Race	Richmond	13-Jan
37:35:00	Susan Wall	r	142ru	Richmond Road Race	Richmond	13-Jan
37:59:00	Eileen	rj	7/8m	Welland	Welland	29-Sep
38:10:00	Eileen	rj	5/11m	Huntington Beach	Huntington	17-Mar
38:28.6	Sharon C.	tj	6	WMG*	Torino, Italy	12-Aug
38:39:00	Nathalie	r	910	Rattle Me Bones	Ottawa	27-Oct
39:44:00	Pat Le Saux	r	152ru	Richmond Road Race	Richmond	13-Jan
38:45.5	Eileen	tj	5/6m	Provincial Champs	York U, Toronto	21-Jul
39:46:00	Nathalie	r	7877ru	Army Run	Ottawa	22-Sep
43:09:00	Linda Johnston	r	216ru	Limestone	Kingston	28-Apr
44:14:00	Linda J.	r	518ru	Canada Day	Kanata	01-Jul
44:33:00	Linda J.	r	1656ru	Around the Bay	Hamilton	24-Mar

8 km						
53:12*	John Gardam	r	875ru	Perth Kilt Run	Perth	22-Jun
55:00*	Sharon Wright	r	982ru	Perth Kilt Run	Perth	22-Jun
56:24*	Anne MacDonald	r	1039ru	Perth Kilt Run	Perth	22-Jun
56:27*	Gerry Blathwayt	r	955ru	Perth Kilt Run	Perth	22-Jun
59:54*	Sharon Chisholm	r	1236ru	Perth Kilt Run	Perth	22-Jun
1h01:13*	Angela Quinlan	r	1295ru	Perth Kilt Run	Perth	22-Jun
1h03:57*	Felice Pleet	r	1370ru	Perth Kilt Run	Perth	22-Jun

10 km						
57:07:00	Lauren Van Leeuwen	rj	2m	Canadian Champs	Moncton, NB	22-Jun
58:42:00	Sarah Zahab	itj	@	One Hour	Ottawa/Dome	14-Apr
1h00:56	Linda W.	rj	3/6m	Art Keay	Toronto Island	June 2
1h04:06	John Gardam	rj	1m	Welland	Welland	29-Sep
1h05:32	John	r	162ru	Manotick Road Race	Manotick	28-Apr
1h05:34	John	rj	8/9m	Weinacker Cup	Fort Gratiot, Mich	11-Aug
1h06:17	Sandy Archibald	rj	3	WMG*	Torino, Italy	14-Aug
1h07:56	John	rj	6/10m	Art Keay	Toronto Island	02-Jun
1h08:09	Sharon Wright	rj	5/11m	Art Keay	Toronto Island	02-Jun
1h08:30	Sharon W.	rj	3	WMG*	Torino, Italy	14-Aug
1h08:52	Sharon W.	rj	1/3m	Welland	Welland	29-Sep
1h09:26	Lalitha Tella	rj	377ru	Canada Day	Kanata	01-Jul
1h11:12	Susan McIntyre	rj	6/12m	Art Keay	Toronto Island	02-Jun
1h11:24	Lalitha	rj	7/13m	Art Keay	Toronto Island	02-Jun
1h13:10	Susan	rj	8	WMG*	Torino, Italy	14-Aug
1h14:09	Sharon Chisholm	rj	387ru	Canada Day	Kanata	01-Jul
1h14:26	Lalitha	rj	4	WMG*	Torino, Italy	14-Aug
1h15:10	Gerry Blathwayt	r	195ru	Manotick Road Race	Manotick	28-Apr
1h17:00	Kim White	r	392ru	Canada Day	Kanata	01-Jul
1h21	John	r	not listed	Dumbo Double Dare	Disney, CA	31-Aug
1h21	Gerry	r	not listed	Dumbo Double Dare	Disney, CA	31-Aug
1h23:38	Eileen Sarkar	rj	3	WMG*	Torino, Italy	14-Aug

One Hour						
10718	Lauren Van Leeuwen	it, csj	1/2m	One Hour	Ottawa/Dome	14-Apr
10312	Linda Wilson	it, csj	4/2m	One Hour	Ottawa/Dome	14-Apr
10235	Sarah Zahab	it, csj	5/3m	One Hour	Ottawa/Dome	14-Apr
9213	Sandy Archibald	it, csj	4/9m	One Hour	Ottawa/Dome	14-Apr
9094	John Gardam	it, csj	5/13m	One Hour	Ottawa/Dome	14-Apr
8771	Sharon Wright	it, csj	11/17m	One Hour	Ottawa/Dome	14-Apr
8464	Lalitha Tella	it, csj	15/21m	One Hour	Ottawa/Dome	14-Apr
8460	Joanne Gage	it, csj	16/22m	One Hour	Ottawa/Dome	14-Apr
8391	Susan McIntyre	it, csj	17/24m	One Hour	Ottawa/Dome	14-Apr
8214	Coreen Rosenberger	it, csj	18/25m	One Hour	Ottawa/Dome	14-Apr
8080	Kim White	it, csj	8/26m	One Hour	Ottawa/Dome	14-Apr
8060	Angela Quinlan	it, csj	19/27m	One Hour	Ottawa/Dome	14-Apr

7887	Sharon Chisholm	it, csj	20/28m	One Hour	Ottawa/Dome	14-Apr
7673	Eileen Sarkar	it, csj	21/29m	One Hour	Ottawa/Dome	14-Apr
7452	Pat Le Saux	it, csj	25/33m	One Hour	Ottawa/Dome	14-Apr

Half Marathon

2h03:15	Lauren Van Leeuwen	r	166ru	Limestone Half	Kingston	28-Apr
2h23:49*	John Gardam	r	6782ru	Army Run	Ottawa	22-Sep
2h25:35	John	r	2870ru	Manitoba Half	Winnipeg	16-Jun
2h29:15*	Anne MacDonald	r	7214ru	Army Run	Ottawa	22-Sep
2h32:31*	Felice Pleet	r	7	NCRW	Ottawa	27-May
2h37:53*	Felice	r	11	Scotia Waterfront Half	Toronto	20-Oct
2h38:58*	Brendan Hennigan	r	7627ru	Army Run	Ottawa	22-Sep
2h41:52*	Angela Quinlan	r	9439ru	NCRW	Ottawa	27-May
2h45:32*	Susan Wall	r	9545ru	NCRW	Ottawa	27-May
2h45:33*	Kim White	r	256ru	Limestone	Kingston	28-Apr
2h46:44*	John	r	not listed	Goofy	Disney, Florida	12-Jan
2h54:39*	Pat LeSaux	r	62	NCRW	Ottawa	27-May
2h54:39*	Ellie Kanigsberg	r	61	NCRW	Ottawa	27-May
2h55:42*	Gerry	r	not listed	Dumbo Double Dare	Disney, CA	01-Sep
2h55:42*	John	r	not listed	Dumbo Double Dare	Disney, CA	01-Sep
3h14:12	Kim White	r	9823ru	NCRW	Ottawa	27-May

Marathon

5h17:17*	Gerry Blathwayt	r	1504ru	Good Life Marathon	Toronto	05-May
6h03:05*	John Gardam	r	not listed	Goofy	Disney, Florida	13-Jan