

2014 BYTOWN RECORD OF ACHIEVEMENT

r-road race

t-track race

i-indoor

j-IAAF Judging

csj-common sense judging

@ - official split en route to a longer distance

m - result in mixed race. The first number indicates placing within gender, the second number indicates overall placing. One number only indicates that no athletes of the other gender were ahead. (ie 1/4m = gender winner, fourth overall; 1m = overall winner)

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

** Bytown Runner

1000m						
4:44	Darrell Menard	it,csj	1	Speedy Sunday	Ottawa-Dome	Feb 2
4:57	Darrell	it,csj	1	Speedy Sunday	Ottawa-Dome	Dec 21
5:04	Sarah Zahab	it,csj	2	Speedy Sunday	Ottawa-Dome	Feb 2
5:14	Linda Wilson	it,csj	3	Speedy Sunday	Ottawa-Dome	Feb 2
5:21	John Gardam	it,csj	4	Speedy Sunday	Ottawa-Dome	Feb 2
5:21	John	it,csj	2	Speedy Sunday	Ottawa-Dome	Dec 21
5:25	Linda W.	it,csj	1	Speedy Sunday	Ottawa-Dome	Jan 5
5:28	Annie Cormier	it,csj	1	Speedy Sunday	Ottawa-Dome	Feb 23
5:34	Joanne Gage	it,csj	3	Speedy Sunday	Ottawa-Dome	Dec 21
5:37	Annie	it,csj	5	Speedy Sunday	Ottawa-Dome	Feb 2
5:45	Eric Fournier	it,csj	2	Speedy Sunday	Ottawa-Dome	Feb 23
5:51	Eric	it,csj	6	Speedy Sunday	Ottawa-Dome	Feb 2
6:02	Anne MacDonald	it,csj	4	Speedy Sunday	Ottawa-Dome	Dec 21
6:04	Kim White	it,csj	5	Speedy Sunday	Ottawa-Dome	Dec 21
6:04	Lalitha Tella	it,csj	6	Speedy Sunday	Ottawa-Dome	Dec 21
6:10	Joanne G.	it,csj	2	Speedy Sunday	Ottawa-Dome	Feb 23
6:13	Joanne G.	it,csj	2	Speedy Sunday	Ottawa-Dome	Jan 5
6:18	Debra Denault	it,csj	7	Speedy Sunday	Ottawa-Dome	Dec 21
6:19	Joanne G.	it,csj	7	Speedy Sunday	Ottawa-Dome	Feb 2
6:22	Debra	it,csj	3	Speedy Sunday	Ottawa-Dome	Feb 23
6:26	Debra	it,csj	3	Speedy Sunday	Ottawa-Dome	Jan 5
6:32	Lalitha	it,csj	8	Speedy Sunday	Ottawa-Dome	Feb 2
6:36	Mary-Ellen Maybee	it,csj	8	Speedy Sunday	Ottawa-Dome	Dec 21
6:50	Angela Quinlan	it,csj	6	Speedy Sunday	Ottawa-Dome	Feb 23
6:50	Lynn Arif	it,csj	8	Speedy Sunday	Ottawa-Dome	Dec 21
7:08	Angela	it,csj	9	Speedy Sunday	Ottawa-Dome	Feb 2
7:16	Eileen Sarkar	it,csj	10	Speedy Sunday	Ottawa-Dome	Feb 2
7:23	Mary Moreland	it,csj	11	Speedy Sunday	Ottawa-Dome	Feb 2
7:55	Mary-Ellen	it,csj	12	Speedy Sunday	Ottawa-Dome	Feb 2
7:57	Jo-Anne Karys	it,csj	13	Speedy Sunday	Ottawa-Dome	Feb 2

1500m

7:14	Darrell Menard	it,csj	1	Speedy Sunday	Ottawa-Dome	Feb 2
7:41	Darrell	it,csj	1	Speedy Sunday	Ottawa-Dome	Dec 21
8:04	Sarah Zahab	it,csj	2	Speedy Sunday	Ottawa-Dome	Feb 2
8:07	Linda Wilson	it,csj	3	Speedy Sunday	Ottawa-Dome	Feb 2
8:17	John Gardam	it,csj	4	Speedy Sunday	Ottawa-Dome	Feb 2
8:31	John	it,csj	2	Speedy Sunday	Ottawa-Dome	Dec 21
8:42	Annie Cormier	it,csj	5	Speedy Sunday	Ottawa-Dome	Feb 2
9:24	Eric Fournier	it,csj	6	Speedy Sunday	Ottawa-Dome	Feb 2
9:34	Kim White	it,csj	3	Speedy Sunday	Ottawa-Dome	Dec 21
9:41	Joanne Gage	it,csj	7	Speedy Sunday	Ottawa-Dome	Feb 2
9:43	Jo-Anne Karys	it,csj	8	Speedy Sunday	Ottawa-Dome	Feb 2
9:44	Anne MacDonald	it,csj	4	Speedy Sunday	Ottawa-Dome	Dec 21
10:02	Debra Denault	it,csj	5	Speedy Sunday	Ottawa-Dome	Dec 21
10:03	Lalitha Tella	it,csj	9	Speedy Sunday	Ottawa-Dome	Feb 2
10:06	Mary-Ellen Maybee	it,csj	6	Speedy Sunday	Ottawa-Dome	Dec 21
10:08	Lalitha	it,csj	7	Speedy Sunday	Ottawa-Dome	Dec 21
10:30	Lynn Arif	it,csj	8	Speedy Sunday	Ottawa-Dome	Dec 21
10:38	Angela Quinlan	it,csj	10	Speedy Sunday	Ottawa-Dome	Feb 2
11:11	Eileen Sarkar	it,csj	11	Speedy Sunday	Ottawa-Dome	Feb 2
11:12	Mary Moreland	it,csj	12	Speedy Sunday	Ottawa-Dome	Feb 2

1 Mile

11:49	Eileen Sarkar	r		Encinitas Mile	Encinata, California	Mar 16
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2000m

11:23	Linda Wilson	it,csj	1	Speedy Sunday	Ottawa-Dome	Jan 5
13:39	Debra Denault	it,csj	2	Speedy Sunday	Ottawa-Dome	Jan 5

3000m

16:58.68	Sarah Zahab	itj	1/2m	AC Open	Montreal	Mar 16
17:05	Sarah	it,csj	1m	Speedy Sunday	Ottawa-Dome	Feb 23
17:27.58	Annie Cormier	itj	3/4m	AC Open	Montreal	Mar 16
17:46	Annie	it,csj	3m	Speedy Sunday	Ottawa-Dome	Feb 23
18:03.08	Annie	tj	2	Fleur-de-Lys	Montreal	May 10
18:23	Sandy Archibald	it,csj	4m	Speedy Sunday	Ottawa-Dome	Feb 23
18:31	Eric Fournier	it,csj	1/5m	Speedy Sunday	Ottawa-Dome	Feb 23
18:39	John Gardam	it,csj	2/6m	Speedy Sunday	Ottawa-Dome	Feb 23
19:09.26	Sandy	tj	3	Fleur-de-Lys	Montreal	May 10
19:09.26	Coreen Rosenburger	tj	4	Fleur-de-Lys	Montreal	May 10
19:53	Sharon Wright	itj	2	AO Indoor Champs	Toronto-York	Feb 15
20:39	Laura Houston	r		Emocion Departiva	Mexico City	Oct 19
20:42	Anne MacDonald	it,csj	5/7m	Speedy Sunday	Ottawa-Dome	Feb 23
21:47	Debra Denault	it,csj	6/8m	Speedy Sunday	Ottawa-Dome	Feb 23
21:54.50	Debra	tj	5	Fleur-de-Lys	Montreal	May 10

5 KM

25:58	Darrell Menard	it,csj	1	Speedy Sunday	Ottawa-Dome	Jan 19
28:51	Linda Wilson	it,csj	2	Speedy Sunday	Ottawa-Dome	Jan 19
29:19**	Ariana Tamas	r	2362ru	NCRW	Ottawa	May 25
29:59	Sarah Zahab	tj	1m	AO Provincial Champs	Ottawa	Jul 20
30:25	Annie Cormier	rj	1	Ontario Road Champs	Welland	Sep 28
30:39	John Gardam	r	266ru	Canada Day	Kanata	Jul 1
30:52	John	r	138ru	Limestone	Kingston	Apr 27
30:56	Annie	rj	2/4m	Art Keay	Toronto Is	Jun 1
31:01	Annie	tj	2m	AO Provincial Champs	Ottawa	Jul 20
31:25	Sandy Archibald	rj	4/6m	Art Keay	Toronto Is	Jun 1
31:28	Coreen	rj	5/7m	Art Keay	Toronto Is	Jun 1
31:33	Annie	it,csj	3	Speedy Sunday	Ottawa-Dome	Jan 19
31:37	Sandy	r	150ru	Limestone	Kingston	Apr 27
31:41	Sandy	rj	2	Ontario Road Champs	Welland	Sep 28
31:52	Sandy	r	3963ru	Army Run	Ottawa	Sep 21
31:53	Sandy	r	137ru	Great Raisin River Run	Williamstown	Aug 10
31:58:16	John	tj	3	Fleur-de-Lys	Montreal	May 10
32:04	Sandy	tj	3m	AO Provincial Champs	Ottawa	Jul 20
32:07	Sandy	r	94ru	Richmond Road Rd	Richmond	Jan 12
32:46	Sandy	r	325ru	Canada Day	Kanata	Jul 1
32:49	Joanne Gage	r	150ru	Great Raisin River Run	Williamstown	Aug 10
33:16	Lalitha Tella	r	267ru	Cookie Run	Ottawa	Nov 1
33:44	Anne MacDonald	it,csj	4	Speedy Sunday	Ottawa-Dome	Jan 19
33:58	Anne	r	131ru	Richmond Road Race	Richmond	Jan 12
34:07	Anne	rj	6/8m	Art Keay	Toronto Is	Jun 1
34:08*	Jim Johnston	r	5322ru	Army Run	Ottawa	Sep 21
34:15	Eric Fournier	it,csj	5	Speedy Sunday	Ottawa-Dome	Jan 19
34:29	Sharon Wright	r	111ru	Richmond Road Race	Richmond	Jan 12
34:41	Kim White	r	4140ru	Army Run	Ottawa	Sep 21
34:41	Eric	r	282ru	Cookie Run	Ottawa	Nov 1
34:41	Sharon W.	rj	@	Art Keay	Toronto Is	Jun 1
34:44	Sharon W.	r	176ru	Limestone	Kingston	Apr 27
34:57	Kim White	r	384ru	Canada Day	Kanata	Jul 1
34:59	Debra Denault	r	285ru	Cookie Run	Ottawa	Nov 1
35:00	Anne	r	5023ru	NCRW	Ottawa	May 25
35:11	Eric	r	179ru	Limestone	Kingston	Apr 27
35:21	Joanne G.	it,csj	6	Speedy Sunday	Ottawa-Dome	Jan 19
35:29	Lalitha	rj	3	Ontario Road Champs	Welland	Sep 28
35:33	Susan McIntyre	r	395ru	Canada Day	Kanata	Jul 1
35:38	Roger Burrows	it,csj	7	Speedy Sunday	Ottawa-Dome	Jan 19
35:54	Debra	r	118ru	Richmond Road Race	Richmond	Jan 12
35:57	Lalitha	r	404ru	Canada Day	Kanata	Jul 1

36:17	Angela Quinlan	r	120ru	Richmond Road Race	Richmond	Jan 12
36:18	Debra	r	189ru	Limestone	Kingston	Apr 27
36:27	Lalitha	r	165ru	Great Raisin River Run	Williamstown	Aug 10
36:33	Sharon Chisholm	it,csj	8	Speedy Sunday	Ottawa-Dome	Jan 19
36:35	Angela	r	2/4m	Art Keay	Toronto Is	Jun 1
36:40	Nathalie Arseneault	r	707	GCWCC Wellness	Ottawa	Oct 9
37:02	Lalitha	tj	4m	AO Provincial Champs	Ottawa	Jul 20
37:04	Sharon C.	r	122ru	Richmond Road Race	Richmond	Jan 12
37:08	Angela	r	170ru	Great Raisin River Run	Williamstown	Aug 10
37:18	Laura Houston	r	421ru	Canada Day	Kanata	Jul 1
37:20	Susan Wall	r	123ru	Richmond Road Race	Richmond	Jan 12
37:24	Nathalie	r	7896	Army Run	Ottawa	Sep 21
37:48	John	r	1358ru	Tartan Twosome	Halifax, NS	Sep 12
37:59	Mary-Ellen Maybee	rj	7/9m	Art Keay	Toronto Is	Jun 1
38:04	Sharon C.	r	435ru	Canada Day	Kanata	Jul 1
38:04	Mary-Ellen	r	7325ru	Army Run	Ottawa	Sep 21
38:07	Angela	r	437ru	Canada Day	Kanata	Jul 1
38:13	Sharon C.	r	200	Limestone	Kingston	Apr 27
38:20	Paulette Roberge	r	439ru	Canada Day	Kanata	Jul 1
38:23	Mary-Ellen	r	178ru	Great Raisin River Run	Williamstown	Aug 10
38:35	Mary-Ellen	tj	5m	AO Provincial Champs	Ottawa	Jul 20
38:40	Jim Johnston	r	131ru	Richmond Road Race	Richmond	Jan 12
39:08	Sharon C.	r	180ru	Great Raisin River Run	Williamstown	Aug 10
39:25	Mary-Ellen	r	211ru	Limestone	Kingston	Apr 27
39:50	Jim	r	466ru	Canada Day	Kanata	Jul 1
39:55	Jim	r	185ru	Great Raisin River Run	Williamstown	Aug 10
44:50	John	r		DOPEY	Disney Florida	Jan 9
45:24	Linda Johnston	r	195ru	Great Raisin River Run	Williamstown	Aug 10
46:43	Linda J.	r	532ru	Canada Day	Kanata	Jul 1
33:05:11	Eric (at 4600m)	tj		Fleur-de-Lys	Montreal	10-May
34:07	Lalitha (at 4600m)	tj		Fleur-de-Lys	Montreal	May 10

8 Km

53:49*	John Gardam	r	930ru	Perth Kilt Run	Perth	Jun 21
57:39*	Anne MacDonald	r	1365ru	Perth Kilt Run	Perth	Jun 21
1h01:14*	Sharon Chisholm	r	1586ru	Perth Kilt Run	Perth	Jun 21

10 KM

59:26	Sarah Zahab	itj	@	One Hour	Ottawa-Dome	Mar 23
1h03:36	Annie Cormier	rj	3/6m	Weinacker Cup	Port Huron, Michigan	Jul 27
1h04:18	John Gardam	r	455ru	9 Run Run	Stittsville	Oct 18
1h:06:50	Sandy Archibald	rj	4/10m	Huntington Beach	Huntington Beach, CA	Mar 9
1h15:52*	Angela Quinlan	r	8655ru	NCRW	Ottawa	May 24
1h18:16*	Christine Appelle	r	8983ru	NCRW	Ottawa	May 24
1h20:31	John	r	835ru	Tartan Twosome	Halifax, NS	Sep 13
1h20:48*	John	r	4917ru	DOPEY	Disney Florida	Jan 10
1h21:35*	Nathalie Arsenaault	r	9334	NCRW	Otawa	May 24
1h28:33	Christine	r	212ru	Around The Bay	Hamilton	Mar 30

15k

2h14:47	Pat LeSaux	r	219ru	Around The Bay	Hamilton	Mar 30
2h20:27	Ellie Kanigsberg	r	219ru	Around The Bay	Hamilton	Mar 30

Half Marathon

2h22:27*	John Gardam	r	8065ru	NCRW	Ottawa	May 25
2h34:34*	Anne MacDonald	r	7972ru	Army Run	Ottawa	Sep 21
2h35:13*	Joanne Gage	r	7955ru	Army Run	Ottawa	Sep 21
2h37:54	Susan McIntyre	r	669ru	Wicked Half Marathon	Salem, MA	Sep 20
2h38:01*	Joanne G.	r	9703ru	NCRW	Ottawa	May 25
2h41:31	Kim White	r	239ru	Limestone	Kingston	Apr 27
2h44:51*	Kim (Bunny)	r	10115ru	NCRW	Ottawa	May 25
2h45:17*	John (Bunny)	r	8621ru	Army Run	Ottawa	Sep 21
2h46:14*	Susan Wall	r	10170ru	NCRW	Ottawa	May 25
3h11:09*	John	r	14699ru	DOPEY	Disney Florida	Jan 11
3h13:48*	Kim (Bunny)	r	9218ru	Army Run	Ottawa	Sep 21
3h17:13*	Debra Denault	r	160walk	Niagra Falls W HalfM	Niagara Falls	Jun 1

30k

4h30:54*	Laura Houston	r	6578ru	Around The Bay	Hamilton	Mar 30
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Marathon

6h28:02*	John Gardam	r	15362ru	DOPEY	Disney Florida	Jan 12
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distance**One Hour**

10066	Sarah Zahab	it, csj	2/4m	One Hour Race Walk	Ottawa-Dome	Mar 23
9481	Annie Cormier	it, csj	3/5m	One Hour Race Walk	Ottawa-Dome	Mar 23
9052	John Gardam	it, csj	3/7m	One Hour Race Walk	Ottawa-Dome	Mar 23
8911	Eric Fournier	it, csj	4/9m	One Hour Race Walk	Ottawa-Dome	Mar 23
8736	Coreen Rosenberger	it, csj	6/10m	One Hour Race Walk	Ottawa-Dome	Mar 23
8682	Joanne Gage	it, csj	7/11m	One Hour Race Walk	Ottawa-Dome	Mar 23
8623	Darrell Menard	it, csj	5/13m	One Hour Race Walk	Ottawa-Dome	Mar 23
8323	Anne MacDonald	it, csj	11/16m	One Hour Race Walk	Ottawa-Dome	Mar 23
7765	Christine Appelle	it, csj	13/18m	One Hour Race Walk	Ottawa-Dome	Mar 23
7568	Mary-Ellen Maybee	it, csj	14/19m	One Hour Race Walk	Ottawa-Dome	Mar 23