

## 2015 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.

### 1000m

4:57	Darrell Menard	1	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 4
5:05	Darrell	1	it,csj	Speedy Sunday	Ottawa-Dome	Dec. 20
5:16	Darrell	1	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
5:20	Sarah Zahab	1	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
5:22	Darrell	2	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
5:25	Sarah	2	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
5:25	Joanne Markle Lamontagne	3	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
5:31	John Gardam	4	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
5:33	Annie Cormier	5	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
5:38	Annie	3	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
5:42	Annie	1	t,csj	Speedy Thursday	Ottawa-TF	July 23
5:48	Sandy Archibald	7	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
5:55	Sandy	5	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
5:58	John	2	t,csj	Speedy Thursday	Ottawa-TF	July 23
5:59	Coreen Rosenberger	3	t,csj	Speedy Thursday	Ottawa-TF	July 23
5:59	John	2	it,csj	Speedy Sunday	Ottawa-Dome	Dec.20
6:00	Kim White	6	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
6:08	Lalitha Tella	7	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
6:11	Kim	8	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
6:15	Debra Denault	8	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
6:21	Debra	2	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 4
6:25	Anne MacDonald	10	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
6:38	Anne	4	t,csj	Speedy Thursday	Ottawa-TF	July 23
6:41	Susan McIntyre	5	t,csj	Speedy Thursday	Ottawa-TF	July 23
6:44	Lalitha	11	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
6:44	Mary-Ellen Maybee	12	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
6:45	Lalitha	3	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 4
6:46	Mary-Ellen	11	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
6:49	Mary-Ellen	6	t,csj	Speedy Thursday	Ottawa-TF	July 23
6:57	Lalitha	7	t,csj	Speedy Thursday	Ottawa-TF	July 23

6:59	Lynn Arif	12	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
7:04	Angela Quinlan	3	it,csj	Speedy Sunday	Ottawa-Dome	Dec. 20
7:21	Angela	4	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 4
7:29	Paulette Roberge	5	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 4
7:30	Paulette	13	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18

#### 1500m

7:41	Darrell Menard	1	it,csj	Speedy Sunday	Ottawa-Dome	Dec. 20
8:45	John Gardam	5/7m	itj	CMA Indoor Champs	York U-Toronto	Mar. 14
8:46	Sandy Archibald	3/8m	itj	CMA Indoor Champs	York U-Toronto	Mar. 14
9:26	Debra Denault		tj	CMA Outdoor Champs	St. Catherines	July 17
9:45	Debra Denault	6/12m	itj	CMA Indoor Champs	York U-Toronto	Mar. 14
9:58	Lalitha Tella		tj	CMA Outdoor Champs	St. Catherines	July 17
9:55	John Gardam	2	it,csj	Speedy Sunday	Ottawa-Dome	Dec. 20
10:25	Lalitha Tella	6/12m	itj	CMA Indoor Champs	York U-Toronto	Mar. 14
10:36	Angela Quinlan	3	it,csj	Speedy Sunday	Ottawa-Dome	Dec. 20

#### 2000m

10:32	Darrell Menard	1	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 4
13:33	Debra Denault	2	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 4
13:42	Lalitha Tella	3	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 4
14:35	Angela Quinlan	4	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 4
15:26	Paulette Roberge	5	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 4

#### 3000m

16:19	Joanne Markle Lamontagne	2	itj	AC Indoor Open	Montreal	Feb. 22
16:31	Sarah Zahab	3	itj	AC Indoor Open	Montreal	Feb. 22
17:15	Sarah	2	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
17:15.	Sarah	4	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
17:45	Annie Cormier	4	itj	AC Indoor Open	Montreal	Feb. 22
17:56	Sandy Archibald	6	itj	AC Indoor Open	Montreal	Feb. 22
18:02	Annie	3	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
18:05	Sandy	4	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
18:05	Joanne Markle Lamontagne	5	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
18:09	Sandy	2/6m	itj	CMA Indoor Champs	York U-Toronto	Mar. 15
18:14	Annie	5	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
18:30	John Gardam	1	t,csj	Speedy Thursday	Ottawa-TF	July 23
18:38	Annie	2	t,csj	Speedy Thursday	Ottawa-TF	July 23
18:39	Sandy	7	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
19:17	John	6/11m	itj	CMA Indoor Champs	York U-Toronto	Mar. 15
19:19	Kim White	12	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
19:20	Coreen Rosenberger	3	t,csj	Speedy Thursday	Ottawa-TF	July 23
20:35	Debra Denault	6/12m	itj	CMA Indoor Champs	York U-Toronto	Mar. 15

20:36	Debra	13	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
21:01	Lalitha Tella	14	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
21:11	Lalitha	7/13m	itj	CMA Indoor Champs	York U-Toronto	Mar. 15
21:23	Lalitha	4	t,csj	Speedy Thursday	Ottawa-TF	July 23
21:33	Anne MacDonald	5	t,csj	Speedy Thursday	Ottawa-TF	July 23
21:43	Susan McIntyre	6	t,csj	Speedy Thursday	Ottawa-TF	July 23
21:45	Mary-Ellen Maybee	15	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
21:55	Lynn Arif	16	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
21:58	Paulette Roberge	17	it,csj	Speedy Sunday	Ottawa-Dome	Jan. 18
22:06	Mary-Ellen	7	t,csj	Speedy Thursday	Ottawa-TF	July 23

### 5km

25:44	Darrell Menard		it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
29:36	Annie Cormier	1	rj	Ontario Road Champs	Welland	Sept. 27
30:01	Annie	2/3m	tj	USATF Niagara Champ	Owego, NY	June 13
30:19	John Gardam	329ru	r	Canada Day	Kanata	July 1
30:31*	Joanne Gage	3297ru	r	Ottawa Race Weekend	Ottawa	May 23
30:44	Annie	46ru	r	Great Raisin River Run	Williamstown	Aug. 9
31:02	Sandy Archibald	3/5m	rj	Art Keay	Toronto Is	May 31
31:02	John Gardam	4	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
31:04	John	142ru	r	Limestone	Kingston	April 26
31:04	Sandy	143ru	r	Limestone	Kingston	April 26
31:07	Joanne Gage	144ru	r	Limestone	Kingston	April 26
31:27	Joanne G.	365ru	r	Canada Day	Kanata	July 1
31:46	Sandy	41ru	r	Richmond Road Race	Richmond	Jan. 11
31:49	Joanne G.	42ru	r	Richmond Road Race	Richmond	Jan. 11
31:49	Sandy	3	rj	Ontario Road Champs	Welland	Sept. 27
31:50	Coreen Rosenberger	4	rj	Ontario Road Champs	Welland	Sept. 27
31:52	Sandy	62ru	r	Great Raisin River Run	Williamstown	Aug. 9
31:53	Sandy	3/5m	tj	USATF Niagara Champ	Owego, NY	June 13
31:56*	Joanne G.	3424ru	r	Army Run	Ottawa	Sept. 20
32:14	Joanne G.	65ru	r	Great Raisin River Run	Williamstown	Aug. 9
32:18	Coreen	405ru	r	Canada Day	Kanata	July 1
32:26*	Sandy	3559ru	r	Army Run	Ottawa	Sept. 27
32:54	Kim White	5	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
33:07	Lalitha Tella	49ru	r	Richmond Road Race	Richmond	Jan. 11
33:11	Kim	159ru	r	Limestone	Kingston	April 26
33:14	Coreen	6/8m	rj	Art Keay	Toronto Is	May 31
33:25	John	3/6m	tj	USATF Niagara Champ	Owego, NY	June 13
33:58	Kim	458ru	r	Canada Day	Kanata	July 1
33:47	Anne MacDonald	6	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
34:05	Anne	162ru	r	Limestone	Kingston	April 26
34:11	Anne	53ru	r	Richmond Road Race	Richmond	Jan. 11
34:14*	Kim	2559ru	r	Ottawa Race Weekend	Ottawa	May 23
34:30*	Kim	6179ru	r	Army Run	Ottawa	Sept. 20
34:47	Susan McIntyre	163ru	r	Limestone	Kingston	April 26

34:51	Debra Denault	56ru	r	Richmond Road Race	Richmond	Jan. 11
34:53	Lalitha	8	rj	Ontario Road Champs	Welland	Sept. 27
34:53	Mary-Ellen Maybee	8	rj	Ontario Road Champs	Welland	Sept. 27
35:02	Mary-Ellen	7	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
35:05	Lalitha	8	it,csj	Speedy Sunday	Ottawa-Dome	Feb. 8
35:10	Debra	4/7m	tj	USATF Niagara Champ	Owego, NY	June 13
35:14	Mary-Ellen Maybee	170ru	r	Limestone	Kingston	April 26
35:26	Lalitha	134ru	r	Cookie Run	Ottawa	Nov. 7
35:31	Lalitha	12	tj	WMA	Lyon, France	Aug. 7
35:36	Mary-Ellen	9/11m	rj	Art Keay	Toronto Is	May 31
35:40	Lalitha	1	tj	CMA Outdoor Champs	St. Catherines	July 18
35:51	Mary-Ellen	140ru	r	Cookie Run	Ottawa	Nov. 7
35:54	Debra		tj	CMA Outdoor Champs	St. Catherines	July 18
36:24	Angela Quinlan	63ru	r	Richmond Road Race	Richmond	Jan. 11
36:31	Debra		tj	WMA	Lyon, France	Aug. 7
36:33	Debra	177ru	r	Limestone	Kingston	April 26
37:27	Mary-Ellen	90ru	r	Great Raisin River Run	Williamstown	Aug. 9
37:32	Angela Quinlan	520ru	r	Canada Day	Kanata	July 1
37:46	Susan Wall	72ru	r	Richmond Road Race	Richmond	Jan. 11
38:04	Angela	92ru	r	Great Raisin River Run	Williamstown	Aug. 9
39:22	Sharon Chisholm	182ru	r	Limestone	Kingston	April 26
39:32	Sharon	180ru	r	Cookie Run	Ottawa	Nov. 7
40:10	Sharon	80ru	r	Richmond Road Race	Richmond	Jan. 11
40:47	Sharon	641ru	r	Rattle Me Bones	Ottawa	Oct. 25
42:04	Pierre St.Onge		r	Cranberry Crawl	Washington,DC	Nov. 22
43:25	Eileen Sarkar	561ru	r	Canada Day	Kanata	July 1
45:29	Linda Johnston	569ru	r	Canada Day	Kanata	July 1
46:10	Linda J	107ru	r	Great Raisin River Run	Williamstown	Aug. 9
47:11	Linda J	679ru	r	Miami 5K	Miami, Florida	Jan. 25
47:47	Linda J.		r	Boston M. Weekend	Boston, MA	April 19

### 8km

51:49*	John Gardam		r	Perth Kilt Run	Perth	June 20
55:38*	Joanne Gage		r	Perth Kilt Run	Perth	June 20
59:46*	Anne MacDonald		r	Perth Kilt Run	Perth	June 20
1h04:55*	Angela Quinlan		r	Perth Kilt Run	Perth	June 20
1h06:19*	Sharon Chisholm		r	Perth Kilt Run	Perth	June 20
1h20:36*	Linda Johnston		r	Perth Kilt Run	Perth	June 20

### 10km

1h02:28	Annie Cormier	2/5m	rj	Art Keay	Toront Is	May 31
1h03:03	Annie	4	rj	Weinacker Cup	Fort Gratiot,MI	July 12
1h04:07*	Sandy Archibald	6894ru	r	Ottawa Race Weekend	Ottawa	May 23
1h10:53*	Debra Denault	8993ru	r	Ottawa Race Weekend	Ottawa	May 23
1h11:05	Lalitha Tella	7/13m	rj	Art Keay	Toronto Is	May 31
1h11:09	Debra Denault	423	r	Canada Day	Kanata	July 1
1h11:20	Debra Denault	8/14m	rj	Art Keay	Toronto Is	May 31
1h12:27	Lalitha Tella	12	rj	WMA	Lyon, France	Aug. 10
1h12:37	Lalitha	430	r	Canada Day	Kanata	July 1
1h13:01*	Susan McIntyre	9452	r	Ottawa Race Weekend	Ottawa	May 23
1h16:24*	Mary-Ellen Maybee	9901	r	Ottawa Race Weekend	Ottawa	May 23

### Half Marathon

2h18:06*	John Gardam	103ru	r	Fort Lauderdale Half	Ft.Lauderdale,FL	Feb. 22
2h25:37*	John	3121ru	r	SSQ Quebec City Half	Quebec City	Aug. 30
2h26:36*	John	12202ru	r	London Royal Parks H	London, UK	Oct. 11
2h36*	Debra Denault	6334ru	r	Army Run	Ottawa	Sept. 20
2h44*	Angela Quinlan	6567ru	r	Army Run	Ottawa	Sept. 20
2h44:47*	John (bunny)	6688ru	r	Army Run	Ottawa	Sept. 20
2h45:08*	John (bunny)	10649ru	r	Ottawa Race Weekend	Ottawa	May 24
2h45:22*	Angela	3673ru	r	Plymouth Half	Plymouth, UK	April 19
2h47:40*	Susan Wall	10763ru	r	Ottawa Race Weekend	Ottawa	May 24
2h51:02	Roger Burrows	17walk	r	Niagara Falls Intl Half	Niagara Falls,On	Oct. 25
2h58:24*	Kim White (bunny)	11041ru	r	Ottawa Race Weekend	Ottawa	May 24
3h00:21*	Kim (bunny)	6981ru	r	Army Run	Ottawa	Sept. 20
3h05:37*	Carlotta	11160ru	r	Ottawa Race Weekend	Ottawa	May 24

distance m

### One Hour

10213	Darrell Menard	6	it,csj	One Hour Race Walk	Ottawa-Dome	Mar. 29
9907	Sarah Zahab	7	it,csj	One Hour Race Walk	Ottawa-Dome	Mar. 29
9737	Annie Cormier	8	it,csj	One Hour Race Walk	Ottawa-Dome	Mar. 29
9340	John Gardam	10	it,csj	One Hour Race Walk	Ottawa-Dome	Mar. 29
8508	Anne MacDonald	15	it,csj	One Hour Race Walk	Ottawa-Dome	Mar. 29
8304	Debra Denault	17	it,csj	One Hour Race Walk	Ottawa-Dome	Mar. 29
7463	Paulette Roberge	27	it,csj	One Hour Race Walk	Ottawa-Dome	Mar. 29
6800	Kim White	28	it,csj	One Hour Race Walk	Ottawa-Dome	Mar. 29

### And Beyond

800kms	Pat LeSaux		r	Camino Trail	Spain	Oct-Nov
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