

2017 BYTOWN RECORD OF ACHIEVEMENT

r-road race

i-indoor track race

t- outdoor track race

j-IAAF Judging

csj-common sense judging

ru - overall place in a race including runners

@ - 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)

We do not separate genders for Bytown's unsanctioned "Speedy" races.

*CMA-Placement at Canadian Masters Athletics in 5 year age groups

*WMG-Placement at World Masters Games in 5 year age groups

** denotes "chip time " for large events when it is not reasonable to start with the official "gun time"

1000m

5:19	Darrell Menard	1	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
5:30	John Gardam	2	i,csj	Speedy Sunday	Ottawa-Dome	Feb 5
5:31	John	1	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sept 7
5:32	John	1	i,csj	Speedy Sunday	Ottawa-Dome	Feb 19
5:33	Darrell	2	i,csj	Speedy Sunday	Ottawa-Dome	Feb 19
5:44	John	2	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
5:55	Joanne Gage	2	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sept 7
6:04	Sandy Archibald	3	i,csj	Speedy Sunday	Ottawa-Dome	Feb 5
6:15	Sandy	1	t,csj	Speedy Thursday	Ottawa-Terry Fox	Oct 5
6:23	Debra Denault	3	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
6:30	Debra	3	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sept 7
6:32	Anne MacDonald	4	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
6:33	Pierre St-Onge	5	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
7:07	Laura Houston	4	i,csj	Speedy Sunday	Ottawa-Dome	Feb 5
7:09	Laura	3	i,csj	Speedy Sunday	Ottawa-Dome	Feb 19
7:11	Angela Quinlan	5	i,csj	Speedy Sunday	Ottawa-Dome	Feb 5
7:15	Mary-Ellen Maybee	4	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sept 7
7:17	Diane Coulterman	8	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
7:21	Angela	9	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
7:23	Karen Marks	5	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sept 7
7:29	Angela	6	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sept 7
7:40	Angela	2	t,csj	Speedy Thursday	Ottawa-Terry Fox	Oct 5
7:36	Mary-Ellen	4	i,csj	Speedy Sunday	Ottawa-Dome	Feb 19
7:43	Sharon Chisholm	5	i,csj	Speedy Sunday	Ottawa-Dome	Feb 19
7:45	Wanda MacDonald	10	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
8:00	Sharon	6	i,csj	Speedy Sunday	Ottawa-Dome	Feb 5

1500m

7:56	Darrell Menard	1	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
8:40.86	John Gardam	2*	ij	CMA Indoor Champs	York U	Mar 11
8:44	John	3	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
8:46	John	1	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sept 7
8:58.96	Sandy Archibald	2*	ij	CMA Indoor Champs	York U	Mar 11
9:17.10	Sandy	3*	tj	WMG World Masters Games	Auckland, NZL	Apr 24
9:56	Debra Denault	2	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sept 7
9:57	Debra	4	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
10:14	Anne MacDonald	6	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
10:34.42	Lalitha Tella	4*	tj	WMG World Masters Games	Auckland, NZL	Apr 24
10:35.68	Mary-Ellen Maybee	3*	ij	CMA Indoor Champs	York U	Mar 11
10:36.66	Sharon Chisholm	4*	tj	WMG World Masters Games	Auckland, NZL	Apr 24
10:49	Angela Quinlan	7	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
10:52	Mary-Ellen	3	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sept 7
11:00	Angela	4	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sept 7
11:07.35	Mary-Ellen	8*	tj	WMG World Masters Games	Auckland, NZL	Apr 24
11:07	Karen Marks	5	t,csj	Speedy Sunday	Ottawa-Terry Fox	Sept 7
11:07.92	Sharon	1*	ij	CMA Indoor Champs	York U	Mar 11
11:09	Diane Coulterman	8	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
11:12	Pierre St-Onge	9	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17
11:33	Wanda MacDonald	10	i,csj	Speedy Sunday	Ottawa-Dome	Dec 17

1 mile

10:17	Annie Cormier	1	r	Bytown Country Mile - Section A	Kemptville	Sep 30
10:26	Lalitha Tella	2	r	Bytown Country Mile - Section A	Kemptville	Sep 30
10:30	Sandy Archibald	1	r	Bytown Country Mile - Section B	Kemptville	Sep 30
10:30	Joanne Gage	1	r	Bytown Country Mile - Section B	Kemptville	Sep 30
11:13	Mélanie Soustelle	3	r	Bytown Country Mile - Section A	Kemptville	Sep 30
11:34	Susan McIntyre	4	r	Bytown Country Mile - Section A	Kemptville	Sep 30
11:37	Mary-Ellen Maybee	5	r	Bytown Country Mile - Section A	Kemptville	Sep 30
11:55	Laura Houston	6	r	Bytown Country Mile - Section A	Kemptville	Sep 30
13:17	Sharon Chisholm	7	r	Bytown Country Mile - Section A	Kemptville	Sep 30
15:25	Linda Johnston	8	r	Bytown Country Mile - Section A	Kemptville	Sep 30

2000m

12:40	Joanne Gage	1	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sept 21
14:45	Anne MacDonald	2	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sept 21

3000m

17:32	Darrell Menard	@	i,csj	Speedy Sunday	Ottawa-Dome	Feb 19
18:01	Sarah Zahab	@	ij	Speedy Sunday	Ottawa-Dome	Feb 5
18:05	John Gardam	@	ij	Speedy Sunday	Ottawa-Dome	Feb 5
18:29	John	1m	ij	Speedy Sunday	Ottawa-Dome	Feb 19
18:41.37	Sandy Archibald	2*	ij	CMA Indoor Champs	York U	Mar 12
18:43.61	John	1*	ij	CMA Indoor Champs	York U	Mar 12
19:00.32	Sandy	2*	tj	WMG World Masters Games	Auckland, NZL	Apr 26
19:09	Sandy	2m	ij	Speedy Sunday	Ottawa-Dome	Feb 5
19:10	Sandy	1	t,csj	Speedy Thursday	Ottawa-Terry Fox	Oct 5
21:29.29	Mary-Ellen Maybee	3*	ij	CMA Indoor Champs	York U	Mar 12
21:43.06	Lalitha Tella	4*	tj	WMG World Masters Games	Auckland, NZL	Apr 26
22:08	Laura Houston	2/3m	ij	Speedy Sunday	Ottawa-Dome	Feb 19
22:18	Mary-Ellen	3/4m	ij	Speedy Sunday	Ottawa-Dome	Feb 19
22:22.18	Sharon Chisholm	3*	tj	WMG World Masters Games	Auckland, NZL	Apr 26
22:30	Laura	5m	ij	Speedy Sunday	Ottawa-Dome	Feb 5
22:47	Angela Quinlan	2	t,csj	Speedy Thursday	Ottawa-Terry Fox	Oct 5
22:49	Sharon	4/5m	ij	Speedy Sunday	Ottawa-Dome	Feb 19
22:51.36	Mary-Ellen	5*	tj	WMG World Masters Games	Auckland, NZL	Apr 26
22:57.73	Sharon	1*	ij	CMA Indoor Champs	York U	Mar 12
23:48	Sharon	6m	ij	Speedy Sunday	Ottawa-Dome	Feb 5

@ = enroute to 5000m

3-miles

29:03	John Gardam	105ru	r	Manotick Miler	Manotick	May 7
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5km

28:39	Darrell Menard	1m	i,csj	Speedy Sunday	Ottawa-Dome	Feb 19
29:35	John Gardam	102ru	r	Limestone 5k	Kingston	Apr 30
29:41	Sarah Zahab	1/2m	ij	Speedy Sunday	Ottawa-Dome	Feb 5
30:12	John	79ru	r	Richmond Road Race	Richmond	Jan 17
30:32	John	2/3m	ij	Speedy Sunday	Ottawa-Dome	Feb 5
31:30	Joanne Gage	97ru	r	Richmond Road Race	Richmond	Jan 17
31:43	Sandy Archibald	101ru	r	Richmond Road Race	Richmond	Jan 17
31:43	John	60ru	r	Merrickville Heritage Classic	Merrickville	Apr 29
31:48	Joanne	267ru	r	Cookie Run	Ottawa	Nov 4
32:27.69	Sandy	2*	tj	WMG World Masters Games	Auckland, NZL	Apr 28
32:44	Joanne	137ru	r	Limestone 5k	Kingston	Apr 30
32:50	Lalitha Tella	316ru	r	Cookie Run	Ottawa	Nov 4
33:10	Joanne	72ru	r	Merrickville Heritage Classic	Merrickville	Apr 29
33:12	Sandy	441ru	r	Canada Day	Kanata	July 1
33:16	Joanne	5595ru**	r	Army Run	Ottawa	Sept 18
33:30	Joanne	453ru	r	Canada Day	Kanata	July 1
33:35	Joanne	3380ru**	r	Ottawa Race Weekend	Ottawa	May 27
33:38	Joanne	116ru	r	Great Raisin River	Williamstown	Aug 13
33:45	Sandy	117ru	r	Great Raisin River	Williamstown	Aug 13

5km

34:01	Joanne	83ru	r	Émilie's Run 5K for Women	Ottawa	Sept 24
34:05	Lalitha	6099ru**	r	Army Run	Ottawa	Sept 18
34:12	Sandy	2/4m	rj	Ontario Road 10k/20k Championships	Welland	Sept 24
34:31	Debra Denault	132ru	r	Richmond Road Race	Richmond	Jan 17
34:33	Joanne	188ru	r	La Course des Patriotes	Stittsville	Oct 28
34:50	Annie Cormier	130ru	r	Great Raisin River	Williamstown	Aug 13
34:59	Susan McIntyre	80ru	r	Merrickville Heritage Classic	Merrickville	Apr 29
34:59	Anne MacDonald	81ru	r	Merrickville Heritage Classic	Merrickville	Apr 29
35:01	Susan M	521ru	r	Harpoon Brewsfest	Hampton Falls, NH	Sep 10
35:06	Lalitha	131ru	r	Great Raisin River	Williamstown	Aug 13
35:24	Debra	82ru	r	Merrickville Heritage Classic	Merrickville	Apr 29
35:36	Anne	147ru	r	Richmond Road Race	Richmond	Jan 17
36:23	Ariana Tamas	92ru	r	Merrickville Heritage Classic	Merrickville	Apr 29
36:50.41	Lalitha	4*	tj	WMG World Masters Games	Auckland, NZL	Apr 28
36:52	Anne	163ru	r	Limestone 5k	Kingston	Apr 30
36:53	Pierre St. Onge	43ru	r	Vienna 5k & 10k	Vienna, VA	Nov 25
36:54	Anne	946ru	r	Turkey Trot	Sarasota, FL	Nov 23
36:55	Laura Houston	94ru	r	Merrickville Heritage Classic	Merrickville	Apr 29
37:03	Angela Quinlan	165ru	r	Limestone 5k	Kingston	Apr 30
37:09	Debra	576ru	r	Canada Day	Kanata	July 1
37:15	Laura	168ru	r	Limestone 5k	Kingston	Apr 30
37:40	Angela	99ru	r	Merrickville Heritage Classic	Merrickville	Apr 29
37:41	Roger Burrows	100ru	r	Merrickville Heritage Classic	Merrickville	Apr 29
37:44.64	Sharon Chisholm	3*	tj	WMG World Masters Games	Auckland, NZL	Apr 28
37:49	Tamara Rozina	160ru	r	Richmond Road Race	Richmond	Jan 17
37:50	Angela	8086ru**	r	Army Run	Ottawa	Sept 18
37:59	Susan Wall	161ru	r	Richmond Road Race	Richmond	Jan 17
38:04	Anne	606ru	r	Canada Day	Kanata	July 1
38:10	Roger	173ru	r	Limestone 5k	Kingston	Apr 30
38:36	Angela	163ru	r	Richmond Road Race	Richmond	Jan 17
38:37	Mary-Ellen Maybee	98ru	r	Émilie's Run 5K for Women	Ottawa	Sept 24
38:44.24	Mary-Ellen	6*	tj	WMG World Masters Games	Auckland, NZL	Apr 28
38:50	Pierre	34ru	r	Cranberry Crawl	Washington, DC	Nov 18
39:19	Tamara	8660ru**	r	Army Run	Ottawa	Sept 18
39:49	Sharon	502ru	r	Cookie Run	Ottawa	Nov 4
39:58	Mary-Ellen	141ru	r	Great Raisin River	Williamstown	Aug 13
40:40	Sharon	367ru	r	Rattle Me Bones	Ottawa	Oct 29
41:01	Sharon	174ru	r	Richmond Road Race	Richmond	Jan 17
41:22	Sharon	101ru	r	Émilie's Run 5K for Women	Ottawa	Sept 24
42:26	Pierre	253ru	r	La Course des Patriotes	Stittsville	Oct 28
42:36	Sharon	143ru	r	Great Raisin River	Williamstown	Aug 13
43:46	Anne	not listed	r	Gator Grind	Sarasota, FL	Nov 18
46:56	Sharon	723ru	r	Canada Day	Kanata	July 1
48:52	Linda Johnston	129ru	r	Merrickville Heritage Classic	Merrickville	Apr 29
49:03	Linda	741ru	r	Canada Day	Kanata	July 1
49:32	Linda	185ru	r	Limestone 5k	Kingston	Apr 30
50:17	Linda	147ru	r	Great Raisin River	Williamstown	Aug 13
51:33	Linda	8793ru**	r	Boston Marathon Weekend	Boston, MA	Apr 15

8km						
53:15	John Gardam	541ru**	r	Perth Kilt Run	Perth	June 24
1h02:56	Anne MacDonald	1004ru**	r	Perth Kilt Run	Perth	June 24

10km						
1h06:24	Sandy Archibald	472ru	r	9 Run Run	Stittsville	Oct 14
1h08:48	Joanne Gage	527ru	r	9 Run Run	Stittsville	Oct 15
1h10:16	Lalitha Tella	555ru	r	9 Run Run	Stittsville	Oct 15
1h12:26	Debra Denault	599ru	r	9 Run Run	Stittsville	Oct 15
1h12:31	Anne MacDonald	604ru	r	9 Run Run	Stittsville	Oct 15
1h14:23	Anne	4384ru**	r	Army Run	Ottawa	Sep 17
1h15:43	Anne	7568ru**	r	Ottawa Race Weekend	Ottawa	May 27
1h17:58	Lalitha	4750ru**	r	Army Run	Ottawa	Sep 17
1h18:33	Debra	7980ru**	r	Ottawa Race Weekend	Ottawa	May 27
1h21:08	Angela Quinlan	5038ru**	r	Army Run	Ottawa	Sep 17
1h22:49	Sharon Chisholm	751ru	r	9 Run Run	Stittsville	Oct 15
1h25:08	Pierre St-Onge	81ru	r	Demi-Marathon Marcel Jobin	St-Boniface, PQ	Aug 13
1h25:12	Pierre	65ru	r	Mississippi Mills River Walk and Run	Almonte	Sep 9

Half Marathon						
2h19:43	John Gardam	426ru**	r	Fredericton Half	Fredericton, NB	May 14
2h43:56	John (Bunny)	9820ru**	r	Ottawa Race Weekend	Ottawa	May 28
2h44:17	John (Bunny)	4327ru**	r	Army Run	Ottawa	Sept 16
2h57:44	Susan Wall	10569ru**	r	Ottawa Race Weekend	Ottawa	May 28
3h21:57	Carlotta Collins	11124ru**	r	Ottawa Race Weekend	Ottawa	May 28

distance	One Hour					
1 579m	Rayne Zahab	1	i,csj	One Hour Race Walk - Quarter Hour	Ottawa-Dome	Mar 26
9 168m	Sandy Archibald	5/7m	ij	One Hour Race Walk	Ottawa-Dome	Mar 26
9 087m	John Gardam	3/8m	ij	One Hour Race Walk	Ottawa-Dome	Mar 26
8 562m	Darrell Menard	4/10m	i,csj	One Hour Race Walk	Ottawa-Dome	Mar 26
8 149m	Anne MacDonald	8/12m	ij	One Hour Race Walk	Ottawa-Dome	Mar 26
8 112m	Mélanie Soustelle	9/13m	ij	One Hour Race Walk	Ottawa-Dome	Mar 26
7 979m	Sharon Chisholm	10/14m	ij	One Hour Race Walk	Ottawa-Dome	Mar 26
7 945m	Lalitha Tella	11/15m	ij	One Hour Race Walk	Ottawa-Dome	Mar 26
7 847m	Angela Quinlan	12/16m	i,csj	One Hour Race Walk	Ottawa-Dome	Mar 26
7 641m	Mary-Ellen Maybee	15/19m	ij	One Hour Race Walk	Ottawa-Dome	Mar 26
7 494m	Karissa Fletcher	17/21m	i,csj	One Hour Race Walk	Ottawa-Dome	Mar 26
7 422m	Pierre St-Onge	5/22m	i,csj	One Hour Race Walk	Ottawa-Dome	Mar 26