

2018 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

Time	Member	Place	Type	Event	Location	Date
5:44	Sarah Zahab	1	i,csj	Speedy Sunday	Ottawa-Dome	Jan 7
5:47	Darrell Menard	1	i,csj	Speedy Sunday	Ottawa-Dome	Dec 9
6:04	John Gardam	1	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 6
6:08	Joanne Gage	1	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 20
6:13	Sandy Archibald	2	i,csj	Speedy Sunday	Ottawa-Dome	Dec 9
6:14	Sandy	2	i,csj	Speedy Sunday	Ottawa-Dome	Jan 21
6:17	Joanne	2	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 6
6:20	Sandy	1	i,csj	Speedy Sunday	Ottawa-Dome	Feb 4
6:25	Joanne	1	t,csj	Speedy Thursday	Ottawa-Terry Fox	Oct 4
6:26	Sandy	2	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 20
6:28	John Gardam	3	i,csj	Speedy Sunday	Ottawa-Dome	Jan 21
6:29	Sandy	3	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 6
6:34	Sarah	4	i,csj	Speedy Sunday	Ottawa-Dome	Jan 21
6:40	Debra Denault	5	i,csj	Speedy Sunday	Ottawa-Dome	Jan 21
6:51	Sandy	2	t,csj	Speedy Thursday	Ottawa-Terry Fox	Oct 4
6:51	Lalitha Tella	4	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 6
6:59	Karen Marks	7	i,csj	Speedy Sunday	Ottawa-Dome	Jan 21
7:06	Pierre St-Onge	9	i,csj	Speedy Sunday	Ottawa-Dome	Jan 21
7:07	Pierre	3	i,csj	Speedy Sunday	Ottawa-Dome	Jan 7
7:16	Susan McIntyre	5	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 6
7:42	Pierre	4	i,csj	Speedy Sunday	Ottawa-Dome	Feb 4
7:46	Karen	4	i,csj	Speedy Sunday	Ottawa-Dome	Feb 4
8:35	Sharon Chisholm	6	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 6

1500m

Time	Member	Place	Type	Event	Location	Date
8:23	Darrell Menard	1	i,csj	Speedy Sunday	Ottawa-Dome	Dec 9
9:15	John Gardam	1	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 6
9:22	Sandy Archibald	2	i,csj	Speedy Sunday	Ottawa-Dome	Dec 9
9:33	Joanne Gage	2	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 6
9:41	Sandy	3	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 6
10:08	Lalitha Tella	4	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 6
11:26	Susan McIntyre	5	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 6
12:44	Sharon Chisholm	6	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 6

2018 Bytown Record of Achievement

1 mile

Time	Member	Place	Type	Event	Location	Date
10:15	John Gardam	2	r	Bytown Country Mile	Kemptville	Sep 29
10:19	Sandy Archibald	3	r	Bytown Country Mile	Kemptville	Sep 29
10:54	Annie Cormier	4	r	Bytown Country Mile	Kemptville	Sep 29
11:46	Karen Marks	6	r	Bytown Country Mile	Kemptville	Sep 29
11:53	Anne MacDonald	7	r	Bytown Country Mile	Kemptville	Sep 29
12:00	Diane Coulterman	8	r	Bytown Country Mile	Kemptville	Sep 29
12:09	Angela Quinlan	9	r	Bytown Country Mile	Kemptville	Sep 29
14:01	Sharon Chisholm	12	r	Bytown Country Mile	Kemptville	Sep 29

2000m

Time	Member	Place	Type	Event	Location	Date
12:00	Sarah Zahab	2	i,csj	Speedy Sunday	Ottawa-Dome	Jan 7
12:41	Joanne Gage	1	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 20
12:56	Sandy Archibald	2	t,csj	Speedy Thursday	Ottawa-Terry Fox	Sep 20
14:20	Pierre St-Onge	4	i,csj	Speedy Sunday	Ottawa-Dome	Jan 7

3000m

Time	Member	Place	Type	Event	Location	Date
17:47	Sarah Zahab	1	ij	Speedy Sunday	Ottawa-Dome	Jan 21
18:29	John Gardam	3	ij	Speedy Sunday	Ottawa-Dome	Jan 21
18:48	Sandy Archibald	5	ij	Speedy Sunday	Ottawa-Dome	Jan 21
19:12	Sandy	2	ij	Speedy Sunday	Ottawa-Dome	Feb 4
19:47	Joanne Gage	1	t,csj	Speedy Thursday	Ottawa-Terry Fox	Oct 4
20:25	Debra Denault	6	ij	Speedy Sunday	Ottawa-Dome	Jan 21
20:31	Sandy	2	t,csj	Speedy Thursday	Ottawa-Terry Fox	Oct 4
22:23	Pierre St-Onge	8	i,csj	Speedy Sunday	Ottawa-Dome	Jan 21
22:29	Karen Marks	9	i,csj	Speedy Sunday	Ottawa-Dome	Jan 21

5km

Time	Member	Place	Type	Event	Location	Date
31:37	Joanne Gage	113ru	r	Richmond Road Race	Richmond	Jan 14
31:49	John Gardam	120ru	r	Richmond Road Race	Richmond	Jan 14
32:02	John	140ru	r	Limestone City Race Weekend	Kingston	Apr 29
32:19	Joanne	144ru	r	Limestone City Race Weekend	Kingston	Apr 29
32:26	Joanne	4831ru **	r	Army Run (Ortona Challenge)	Ottawa	Sep 23
32:35	Joanne	62ru	r	Merrickville Heritage Classic	Merrickville	Apr 28
32:36	Sandy Archibald	2	rj	Rose City Race Walks	Welland	Oct 13
32:52	Joanne	141ru	r	Émilie's Run 5K for Women	Ottawa	Apr 21
32:53	Sandy	4	rj	Art Keay Memorial Race Walk	Toronto	May 27
33:01	Sandy	129ru	r	Richmond Road Race	Richmond	Jan 14
33:09	Annie Cormier	142ru	r	Richmond Road Race	Richmond	Jan 14
33:10	Sandy	5264ru **	r	Army Run (Ortona Challenge)	Ottawa	Sep 23
33:11	Joanne	357ru	r	Cookie Run	Ottawa	Nov 3
33:40	Annie	155ru	r	Limestone City Race Weekend	Kingston	Apr 29
33:45	Sandy	373ru	r	Cookie Run	Ottawa	Nov 3
33:53	Joanne	191ru	r	La Course des Patriotes	Stittsville	Oct 27
33:54	John	67ru	r	Merrickville Heritage Classic	Merrickville	Apr 28
34:04	Sandy	156ru	r	Émilie's Run 5K for Women	Ottawa	Apr 21
34:06	Joanne	102ru	r	Great Raisin River Footrace	Williamstown	Aug 12
34:18	Sandy	103ru	r	Great Raisin River Footrace	Williamstown	Aug 12
35:02	Lalitha Tella	6211ru **	r	Army Run (Ortona Challenge)	Ottawa	Sep 23
35:16	Annie	77ru	r	Merrickville Heritage Classic	Merrickville	Apr 28
36:11	Karen Marks	4118ru **	r	Ottawa Race Weekend	Ottawa	May 26
36:32	Anne MacDonald	163ru	r	Richmond Road Race	Richmond	Jan 14
37:16	Anne	95ru	r	Merrickville Heritage Classic	Merrickville	Apr 28
37:22	Karen	133ru	r	Great Raisin River Footrace	Williamstown	Aug 12
37:25	Angela Quinlan	177ru	r	Limestone City Race Weekend	Kingston	Apr 29

2018 Bytown Record of Achievement

5km						
Time	Member	Place	Type	Event	Location	Date
37:32	Lalitha	448ru	r	Canada Day Road Races	Kanata	Jul 1
37:36	Karen	174ru	r	Richmond Road Race	Richmond	Jan 14
37:37	Anne	447ru	r	Canada Day Road Races	Kanata	Jul 1
37:37	Karen	180ru	r	Limestone City Race Weekend	Kingston	Apr 29
37:59	Angela	99ru	r	Merrickville Heritage Classic	Merrickville	Apr 28
38:04	Susan McIntyre	456ru	r	Canada Day Road Races	Kanata	Jul 1
38:22	Karen	102ru	r	Merrickville Heritage Classic	Merrickville	Apr 28
38:32	Roger Burrows	103ru	r	Merrickville Heritage Classic	Merrickville	Apr 28
38:46	Anne	191ru	r	Limestone City Race Weekend	Kingston	Apr 29
38:57	Mary-Ellen Maybee	107ru	r	Merrickville Heritage Classic	Merrickville	Apr 28
38:57	Roger	192ru	r	Limestone City Race Weekend	Kingston	Apr 29
39:06	Mary-Ellen	203ru	r	Émilie's Run 5K for Women	Ottawa	Apr 21
39:07	Diane Coulterman	484ru	r	Canada Day Road Races	Kanata	Jul 1
39:09	Lalitha	108ru	r	Merrickville Heritage Classic	Merrickville	Apr 28
39:15	Karen	2	i,csj	Speedy Sunday	Ottawa-Dome	Feb 4
39:20	Mary-Ellen	188ru	r	Richmond Road Race	Richmond	Jan 14
39:23	Angela	137ru	r	Great Raisin River Footrace	Williamstown	Aug 12
39:28	Susan Wall	189ru	r	Richmond Road Race	Richmond	Jan 14
39:35	Angela	496ru	r	Canada Day Road Races	Kanata	Jul 1
39:58	Susan W	505ru	r	Canada Day Road Races	Kanata	Jul 1
39:59	Mary-Ellen	198ru	r	Limestone City Race Weekend	Kingston	Apr 29
40:02	Sharon Chisholm	197ru	r	Richmond Road Race	Richmond	Jan 14
40:04	Pierre St-Onge	3	i,csj	Speedy Sunday	Ottawa-Dome	Feb 4
41:10	Mary-Ellen	144ru	r	Great Raisin River Footrace	Williamstown	Aug 12
41:27	Pierre	107ru	r	Cranberry Crawl	Washington, DC USA	Nov 17
42:08	Pierre	45ru	r	Veterans Fredericksburg 5k/10k	Fredericksburg, VA USA	Nov 11
42:09	Pierre	611ru	r	Cookie Run	Ottawa	Nov 3
43:52	Sharon	575ru	r	Canada Day Road Races	Kanata	Jul 1
44:46	Sharon	151ru	r	Great Raisin River Footrace	Williamstown	Aug 12
48:52	Lalitha	158ru	r	Great Raisin River Footrace	Williamstown	Aug 12
49:14	Linda Johnston	132ru	r	Merrickville Heritage Classic	Merrickville	Apr 28
52:50	Linda	164ru	r	Great Raisin River Footrace	Williamstown	Aug 12
54:14	Linda	656ru	r	Canada Day Road Races	Kanata	Jul 1

5-miles						
Time	Member	Place	Type	Event	Location	Date
53:15	John Gardam	655ru **	r	Perth Kilt Run	Perth	Jun 23

10km						
Time	Member	Place	Type	Event	Location	Date
1h08:50	Joanne Gage	570ru	r	Nine Run Run	Stittsville	Oct 13
1h09:33	Sandy Archibald	3615ru **	r	Army Run (Ortona Challenge)	Ottawa	Sep 23
1h11:10	Lalitha Tella	610ru	r	Nine Run Run	Stittsville	Oct 13
1h13:49	John Gardam	496ru	r	Valley Harvest Races	Wolfville, NS	Oct 7
1h14:40	Joanne	4198ru **	r	Army Run (Ortona Challenge)	Ottawa	Sep 23
1h15:18	Lalitha	4248ru **	r	Army Run (Ortona Challenge)	Ottawa	Sep 23
1h16:44	Karen Marks	686ru	r	Nine Run Run	Stittsville	Oct 13

Half Marathon						
Time	Member	Place	Type	Event	Location	Date
2h28:33	John Gardam	1	r	PEI Marathon Race Weekend	Charlottetown, PEI	Oct 14
2h29:05	John	520ru**	r	Fredericton Half Marathon	Fredericton, NB	May 13
2h44:52	John (Bunny)	3998ru **	r	Army Run	Ottawa	Sep 23
2h45:09	John (Bunny)	6950ru **	r	Ottawa Race Weekend	Ottawa	May 27
3h03:22	John (Bunny)	7269ru **	r	Ottawa Race Weekend	Ottawa	May 27
3h14:23	Mary-Ellen Maybee	7364ru **	r	Ottawa Race Weekend	Ottawa	May 27
3h14:28	Carlotta Collins	7366ru **	r	Ottawa Race Weekend	Ottawa	May 27
3h14:33	Ellie Kanigsberg	7369ru **	r	Ottawa Race Weekend	Ottawa	May 27

distance	One Hour					
	Member	Place	Type	Event	Location	Date
1 788m	Rayne Zahab	1	i,csj	One Hour Race Walk - Quarter Hour	Ottawa-Dome	Apr 15
1 643m	Georgia Zahab	2	i,csj	One Hour Race Walk - Quarter Hour	Ottawa-Dome	Apr 15
8 843m	Sandy Archibald	5/8m	ij	One Hour Race Walk	Ottawa-Dome	Apr 15
8 205m	Anne MacDonald	8/11m	ij	One Hour Race Walk	Ottawa-Dome	Apr 15
7 632m	Angela Quinlan	11/14m	i,csj	One Hour Race Walk	Ottawa-Dome	Apr 15
7 500m	Pierre St-Onge	4/15m	i,csj	One Hour Race Walk	Ottawa-Dome	Apr 15
7 478m	Karen Marks	12/16m	ij	One Hour Race Walk	Ottawa-Dome	Apr 15

distance	And Beyond !					
	Member	Place	Type	Event	Location	Date
155km	Anne MacDonald	n/a		West Highland Way Hike	Milngavie to Fort William, Scotland	Sep 10-17
155km	Mary-Ellen Maybee	n/a		West Highland Way Hike	Milngavie to Fort William, Scotland	Sep 10-17