

## 2019 BYTOWN RECORD OF ACHIEVEMENT

r-road race

i-indoor track race

t- outdoor track race

j-IAAF (now WA) 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
5:35	John Gardam	2	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
5:42	Darrell Menard	1	i,csj	Speedy Sunday	Ottawa-Dome	Jan 20
5:45	Darrell	3	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
6:02	John G	2	i,csj	Speedy Sunday	Ottawa-Dome	Jan 20
6:08	John G	1	i,csj	Speedy Sunday	Ottawa-Dome	Feb 3
6:14	Sandy Archibald	1	i,csj	Speedy Sunday	Ottawa-Dome	Nov 24
6:21	Sandy	2	i,csj	Speedy Sunday	Ottawa-Dome	Feb 3
6:22	Sandy	3	i,csj	Speedy Sunday	Ottawa-Dome	Jan 20
6:23	Lynn Jaffray	2	i,csj	Speedy Sunday	Ottawa-Dome	Nov 24
6:26	Debra Denault	4	i,csj	Speedy Sunday	Ottawa-Dome	Jan 20
6:29	Debra	3	i,csj	Speedy Sunday	Ottawa-Dome	Nov 24
6:31	Anne MacDonald	4	i,csj	Speedy Sunday	Ottawa-Dome	Nov 24
6:48	Debra	4	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
7:01	Susan McIntyre	5	t,csj	Speedy Sunday	Ottawa-Dome	Jan 6
7:09	Diane Coulterman	6	t,csj	Speedy Sunday	Ottawa-Dome	Jan 6
7:14	Linda Minnelli	5	i,csj	Speedy Sunday	Ottawa-Dome	Nov 24
7:16	Diane	3	i,csj	Speedy Sunday	Ottawa-Dome	Feb 3
7:30	Karen Marks	7	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
7:31	Peter Minnelli	6	i,csj	Speedy Sunday	Ottawa-Dome	Nov 24
7:34	Ellie Kanigsberg	7	i,csj	Speedy Sunday	Ottawa-Dome	Nov 24
7:38	Angela Quinlan	8	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
7:57	Susan	4	i,csj	Speedy Sunday	Ottawa-Dome	Feb 3
8:04	Pierre St-Onge	10	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
8:17	Sharon Chisholm	8	i,csj	Speedy Sunday	Ottawa-Dome	Nov 24
8:17	Karen	5	i,csj	Speedy Sunday	Ottawa-Dome	Feb 3
8:21	Pierre	6	i,csj	Speedy Sunday	Ottawa-Dome	Feb 3
8:29	Pierre	9	i,csj	Speedy Sunday	Ottawa-Dome	Nov 24
8:30	Pierre	5	i,csj	Speedy Sunday	Ottawa-Dome	Jan 20

1500m						
Time	Member	Place	Type	Event	Location	Date
8:16.70 *	John Storms	2	i,j	CMA Indoor Championships	Edmonton, AB (Butterdome)	Mar 10
8:38.6	John S	1m	i,j	BC Masters Indoor Track and Field Champ	Kamloops, BC	Mar 31
8:47.04	John S	1	t,j	55+ Seniors Games	Kelowna, BC	Sept 13
9:37	Sandy Archibald	1m	i,j	Speedy Sunday	Ottawa-Dome	Nov 24
9:46.04 *	Sandy	2	i,j	CMA Indoor Championships	Edmonton, AB (Butterdome)	Mar 10
9:51	Lynn Jaffray	2m	i,j	Speedy Sunday	Ottawa-Dome	Nov 24
9:52.27	Bonnie Love	1	t,j	55+ Seniors Games	Kelowna, BC	Sept 13
10:05.50 *	Bonnie	1m	i,j	CMA Indoor Championships	Edmonton, AB (Butterdome)	Mar 10
10:27	Anne MacDonald	3m	i,j	Speedy Sunday	Ottawa-Dome	Nov 24
10:30	Debra Denault	4m	i,j	Speedy Sunday	Ottawa-Dome	Nov 24
10:52.35	Bonnie	2/3m	i,j	BC Masters Indoor Track and Field Champ	Kamloops, BC	Mar 31
11:15	Linda Minnelli	5/5m	i,j	Speedy Sunday	Ottawa-Dome	Nov 24
12:11	Peter Minnelli	1/6m	i,csj	Speedy Sunday	Ottawa-Dome	Nov 24
12:39	Sharon Chisholm	6/7m	i,j	Speedy Sunday	Ottawa-Dome	Nov 24
13:06	Pierre Ste-Onge	2/8m	i,csj	Speedy Sunday	Ottawa-Dome	Nov 24

2019 Bytown Record of Achievement

2000m						
Time	Member	Place	Type	Event	Location	Date
10:48	Darrell Menard	2	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
12:28	John Gardam	4	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
14:01	Debra Denault	5	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
14:32	Susan McIntyre	6	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
14:56	Diane Coulterman	7	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
15:10	Karen Marks	8	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
15:15	Angela Quinlan	9	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6
16:20	Pierre St-Onge	10	i,csj	Speedy Sunday	Ottawa-Dome	Jan 6

3000m						
Time	Member	Place	Type	Event	Location	Date
17:29.58 *	John Storms	2	i,j	CMA Indoor Championships	Edmonton, AB (Butterdome)	Mar 9
18:17.51	John S	1	i,j	BC Masters Indoor Track and Field Champ	Kamloops, BC	Mar 30
18:57	John Gardam	1m	i,j	Speedy Sunday	Ottawa-Dome	Jan 20
19:21	Sandy Archibald	1/2m	i,j	Speedy Sunday	Ottawa-Dome	Jan 20
19:37	Sandy	1	i,j	Speedy Sunday	Ottawa-Dome	Feb 3
19:43	John G	@	i,j	Speedy Sunday	Ottawa-Dome	Feb 3
19:51.90 *	Sandy	2	i,j	CMA Indoor Championships	Edmonton, AB (Butterdome)	Mar 9
20:08	Darrell Menard	2/3m	i,csj	Speedy Sunday	Ottawa-Dome	Jan 20
21:19.27 *	Bonnie Love	2	i,j	CMA Indoor Championships	Edmonton, AB (Butterdome)	Mar 9
21:41	Debra Denault	2/4m	i,j	Speedy Sunday	Ottawa-Dome	Jan 20
22:04	Susan McIntyre	@	i,csj	Speedy Sunday	Ottawa-Dome	Feb 3
23:01	Diane Coulterman	2	i,j	Speedy Sunday	Ottawa-Dome	Feb 3
25:13	Pierre St-Onge	@	i,csj	Speedy Sunday	Ottawa-Dome	Feb 3
25:28	Pierre	3/5m	i,csj	Speedy Sunday	Ottawa-Dome	Jan 20
28:24	Karen Marks	3	i,j	Speedy Sunday	Ottawa-Dome	Feb 3

@ enroute to 5000m

5km						
Time	Member	Place	Type	Event	Location	Date
27:28	John Storms	94ru	r	Limestone City Races	Kingston	Apr 28
27:37	John S	27ru	r	Merrickville Heritage Classic	Merrickville	Apr 27
31:25	Joanne Gage	71ru	r	Great Raisin River Footrace	Williamstown	Aug 11
31:38	Sandy Archibald	75ru	r	Great Raisin River Footrace	Williamstown	Aug 11
32:06	Joanne	134ru	r	Richmond Road Race	Richmond	Jan 13
32:15.64	John S	1	t,csj	55+ Seniors Games	Kelowna, BC	Sept 12
32:43	Annie Cormier	79ru	r	Great Raisin River Footrace	Williamstown	Aug 11
32:56	John Gardam	1m	i,j	Speedy Sunday	Ottawa-Dome	Feb 3
33:11	Joanne	215ru	r	La Course des Patriotes	Stittsville	Oct 26
33:15	John G	144ru	r	Richmond Road Race	Richmond	Jan 13
33:52	Sandy	156ru	r	Richmond Road Race	Richmond	Jan 13
34:01	Joanne	170ru	r	Limestone City Races	Kingston	Apr 28
34:14	Bonnie Love	171ru	r	Limestone City Races	Kingston	Apr 28
34:14	Sandy	172ru	r	Limestone City Races	Kingston	Apr 28
34:21.46	Bonnie	1	t,csj	55+ Seniors Games	Kelowna, BC	Sept 12
34:34	Debra Denault	81ru	r	Great Raisin River Footrace	Williamstown	Aug 11
34:38	Joanne	353ru	r	Canada Day Road Races	Kanata	Jul 1
34:43\$	Joanne	4653ru	r	Canada Army Run	Ottawa	Sep 22
34:44	Sandy	54ru	r	Merrickville Heritage Classic	Merrickville	Apr 27
34:50	Joanne	55ru	r	Merrickville Heritage Classic	Merrickville	Apr 27
34:52	Joanne	22ru	r	Woolly Bully Races	Amherst Island	Aug 18
34:54	Bonnie	56ru	r	Merrickville Heritage Classic	Merrickville	Apr 27
35:11	Sandy	155ru	r	5k and 15k Farm Run	Ottawa	Jul 17
35:17	Susan McIntyre	174ru	r	Limestone City Races	Kingston	Apr 28
35:50	Diane Coulterman	85ru	r	Great Raisin River Footrace	Williamstown	Aug 11
36:01	Debra	177ru	r	Limestone City Races	Kingston	Apr 28
36:11	Anne MacDonald	72ru	r	Merrickville Heritage Classic	Merrickville	Apr 27
36:29	Debra	398ru	r	Canada Day Road Races	Kanata	Jul 1
36:34	Susan	1/2m	i,csj	Speedy Sunday	Ottawa-Dome	Feb 3
36:39	Susan	78ru	r	Merrickville Heritage Classic	Merrickville	Apr 27
36:53	Anne	401ru	r	Canada Day Road Races	Kanata	Jul 1

2019 Bytown Record of Achievement

5km						
Time	Member	Place	Type	Event	Location	Date
36:56	Debra	181ru	r	Richmond Road Race	Richmond	Jan 13
37:01	Debra	84ru	r	Merrickville Heritage Classic	Merrickville	Apr 27
37:27	Anne	186ru	r	Richmond Road Race	Richmond	Jan 13
37:54	Mary-Ellen Maybee	89ru	r	Great Raisin River Footrace	Williamstown	Aug 11
38:01	Diane	193ru	r	Richmond Road Race	Richmond	Jan 13
38:07	Diane	96ru	r	Merrickville Heritage Classic	Merrickville	Apr 27
38:28	Angela Quinlan	189ru	r	Limestone City Races	Kingston	Apr 28
38:36	Angela	101ru	r	Merrickville Heritage Classic	Merrickville	Apr 27
38:43	Lalitha Tella	91ru	r	Great Raisin River Footrace	Williamstown	Aug 11
39:32	Angela	451ru	r	Canada Day Road Races	Kanata	Jul 1
39:46	Karissa Fletcher	106ru	r	Merrickville Heritage Classic	Merrickville	Apr 27
39:54	Angela	219ru	r	Richmond Road Race	Richmond	Jan 13
40:02	Angela	290ru	r	La Course des Patriotes	Stittsville	Oct 26
40:11	Karen Marks	784ru	r	Great Big Cookie Run	Ottawa	Nov 2
40:40	Mary-Ellen	25ru	r	Wooly Bully Races	Amherst Island	Aug 18
40:52	Mary-Ellen	196ru	r	Limestone City Races	Kingston	Apr 28
41:05	Sharon Chisholm	477ru	r	Canada Day Road Races	Kanata	Aug 11
40:08	Angela	4	r	Diefenbooker Classic	Carp	May 4
41:22	Sharon	814ru	r	Great Big Cookie Run	Ottawa	Nov 2
41:22	Lalitha	484ru	r	Canada Day Road Races	Kanata	Jul 1
41:26	Mary-Ellen	486ru	r	Canada Day Road Races	Kanata	Jul 1
41:42	Diane	222ru	r	5k and 15k Farm Run	Ottawa	Jul 17
41:52	Mary-Ellen	120ru	r	Merrickville Heritage Classic	Merrickville	Apr 27
41:53	Pierre St-Onge	2/3m	i,csj	Speedy Sunday	Ottawa-Dome	Feb 3
42:11	Sharon	201ru	r	Limestone City Races	Kingston	Apr 28
42:39	Sharon	231ru	r	5k and 15k Farm Run	Ottawa	Jul 17
42:40	Sharon	125ru	r	Merrickville Heritage Classic	Merrickville	Apr 27
43:04	Pierre	576ru	r	Veteran's Day 5k	Fairfax, VA USA	Nov 10
43:05	Sharon	238ru	r	Richmond Road Race	Richmond	Jan 13
43:24	Pierre	97ru	r	Cranberry Crawl	Washington, DC USA	Nov 16
47:27	Linda Johnston	104ru	r	Great Raisin River Footrace	Williamstown	Aug 11
52:37	Linda	569ru	r	Canada Day Road Races	Kanata	Jul 1

§ Sportstats "predicted" finish time

5-miles						
Time	Member	Place	Type	Event	Location	Date
57:51 **	John Gardam	531ru	r	Perth Kilt Run	Perth	Aug 17

6-miles						
Time	Member	Place	Type	Event	Location	Date
1h20:33 **	Sharon Chisholm	340ru	r	Dartmouth Natal Day Road Races	Dartmouth, NS	Aug 5

10km						
Time	Member	Place	Type	Event	Location	Date
1h08:59	Sandy Archibald	3	rj	Ontario Road Championships	Welland	Oct 6
1h09:39	Joanne Gage	606ru	r	9 Run Run	Stittsville	Oct 19
1h16:38 **	Debra Denault	6098ru	r	Ottawa Race Weekend	Ottawa	May 25
1h18:54	Diane Coulterman	758ru	r	9 Run Run	Stittsville	Oct 19
1h20:29 **	Diane	4328ru	r	Canada Army Run	Ottawa	Sep 22
1h21:03	Angela Quinlan	782ru	r	9 Run Run	Stittsville	Oct 19
1h27:13 **	Mary-Ellen Maybee	6610ru	r	Ottawa Race Weekend	Ottawa	May 25

10-Miles						
Time	Member	Place	Type	Event	Location	Date
1h54	John Gardam	521r	r	Firefighters 10-Mile Road Race	Thunder Bay	May 20

Half Marathon						
Time	Member	Place	Type	Event	Location	Date
2h18:40 **	John Storms	1973ru	r	Goodlife Fitness Victoria Half Marathon	Victoria, BC	Oct 13
2h29:28 **	Bonnie Love	2275ru	r	Goodlife Fitness Victoria Half Marathon	Victoria, BC	Oct 13
2h34:40 **	John Gardam	120ru	r	Dinosaur Valley Half Marathon	Drumheller, AB	Sept 8
2h33:48 **	Sandy Archibald	690ru	r	P'tit Train Du Nord	Ste-Jerome, PQ	Oct 20
2h42:52 **	Susan McIntyre	6601ru	r	Ottawa Race Weekend	Ottawa	May 26
2h44:43 **	John (Bunny) G	6673ru	r	Ottawa Race Weekend	Ottawa	May 26
2h45:44 **	John (Bunny) G	3513ru	r	Canada Army Run	Ottawa	Sep 22
3h21:48 **	Carlotta Collins	7276ru	r	Ottawa Race Weekend	Ottawa	May 26

2019 Bytown Record of Achievement

One Hour						
distance	Member	Place	Type	Event	Location	Date
1771m	Rayne Zahab	1	i,csj	One Hour Race Walk - Quarter Hour	Ottawa Dome	Apr 14
1770m	Georgia Zahab	2	i,csj	One Hour Race Walk - Quarter Hour	Ottawa Dome	Apr 14
8971m	John Gardam	3/8m	i,j	One Hour Race Walk	Ottawa Dome	Apr 14
8746m	Sandy Archibald	8/11m	i,j	One Hour Race Walk	Ottawa Dome	Apr 14
8331m	Darrell Menard	4/12m	i,csj	One Hour Race Walk	Ottawa Dome	Apr 14
8224m	Susan McIntyre	10/14m	i,csj	One Hour Race Walk	Ottawa Dome	Apr 14
7916m	Angela Quinlan	13/18m	i,csj	One Hour Race Walk	Ottawa Dome	Apr 14
7825m	Karissa Fletcher	14/19m	i,csj	One Hour Race Walk	Ottawa Dome	Apr 14
7780m	Debra Denault	15/20m	i,j	One Hour Race Walk	Ottawa Dome	Apr 14
7634m	Diane Coulterman	16/21m	i,csj	One Hour Race Walk	Ottawa Dome	Apr 14
7165m	Pierre St-Onge	7/25m	i,csj	One Hour Race Walk	Ottawa Dome	Apr 14
7078m	Sharon Chisholm	20/27m	i,j	One Hour Race Walk	Ottawa Dome	Apr 14

Marathon						
Time	Member	Place	Type	Event	Location	Date
5h39:40 #	Susan McIntyre		r	P'tit Train du Nord	Ste-Jerome, PQ	Oct 20

# unofficial time - includes stop for discussion at 32.2k

And Beyond !						
Distance	Member	Place	Type	Event	Location	Date
155km	John Gardam	n/a		West Highland Way Hike	Milngavie to Fort William, Scotland	Apr 30 - May 8

Time	Member	Place	Type	Event	Location	Date
2h04:18	Roger Burrows	4th Team	r	Klondike Trail of 98 Relay - 14.0km	Whitehorse, YK	Sep 7
2h09:46	Douglas Rothwell	2nd Team	r	Klondike Trail of 98 Relay - 14.0km	Whitehorse, YK	Sep 7
2h23:24 !	Linda Minnelli	4th Team	r	Klondike Trail of 98 Relay - 17.6km	Whitehorse, YK	Sep 7
2h37:03	Sharon Chisholm	2nd Team	r	Klondike Trail of 98 Relay- 17.6km	Whitehorse, YK	Sep 7
2h10:19 !	John Storms	1st Team	r	Klondike Trail of 98 Relay - 19.3km	Whitehorse, YK	Sep 7
2h22:10	Sandy Archibald	2nd Team	r	Klondike Trail of 98 Relay - 19.3km	Whitehorse, YK	Sep 7
2h50:17	Joanne Gage	4th Team	r	Klondike Trail of 98 Relay - 19.3km	Whitehorse, YK	Sep 7
2h27:38 !	Bonnie Love	1st Team	r	Klondike Trail of 98 Relay - 19.8km	Whitehorse, YK	Sep 7
2h37:35	Susan McIntyre	2nd Team	r	Klondike Trail of 98 Relay - 19.8km	Whitehorse, YK	Sep 7
2h45:00	Angela Quinlan	4th Team	r	Klondike Trail of 98 Relay - 19.8km	Whitehorse, YK	Sep 7

! fastest walker in their leg overall