

Bytown Walkers Club de marche

Results of the 16th Annual "One Hour" Race Walks – Sunday, April 16, 2023

The Dome, Louis Riel High School, Ottawa. 400m indoor track (Mondo).

Two timed sections (B-1315, A-1445)

Judges: Race B – Dave Archibald (Chief), Joanne Gage, Lily Whalen, Stafford Whalen

Race A – Lily Whalen (Chief), Dave Archibald, Joanne Gage, Stafford Whalen

1	Brian Ó Domhnaill	77-M45	ON-ORW	11 567	A	
2	Erin Talcott	78-W44	US-SHORE	10 401	A	
3	Dave Talcott	60-M63	US-SHORE	10 340	A	
4	Danaé Guérette-Lang	06-W17	ON-BYT	8 643	A	
5	John Gardam	56-M66	ON-BYT	8 580 >	A	
6	Sandy Archibald	59-W63	ON-BYT	8 576	A	
7	Anne de Thy	53-W69	ON-ORW	8 431	A	
8	**Darrell Menard	54-M68	ON-	8 313		B
9	Coreen Rosenberger	74-W49	ON-BYT	8 285	A	
10	Donald Côté	82-M41	QC-GAT	8 260		B
11	**Andrew Bouchier	62-M61	ON-BYT	8 096		B
12	**Elaine Stott	65-W57	ON-BYT	8 073		B
13	Vanessa Johnson	86-W36	ON-BYT	8 067		B
14	Nicky Slovitt	60-W62	ON-ORW	7 962	A	
15	**Heather Driscoll	69-W53	ON-ORW	7 736		B
16	Susan McIntyre	56-W66	ON-BYT	7 590		B
17	Claire De Visme	63-W59	ON-ORW	7 510		B
18	Anne-Marie Joannis	75-W47	ON-BYT	7 455		B
19	Debra Denault	64-W58	ON-BYT	7 353		B
20	Stan Guttman	51-M72	ON-ORW	7 343	A	
21	**Mary Cook	63-W59	ON-	6 741		B
22	**Linda O'Mara	49-W73	ON-BYT	6 520		B

** - "Common Sense" Judging

Quarter Hour

1	Rémi Bonneville	09-M14	QC-GAT	2 041		B
2	Penny Roy	12-W10	QC-GAT	1 896		B

Guest performance (virtual)

Jianping Xu 65-M53 ON- 10 580

By special request, JP raced a One Hour on the McMaster track in Hamilton. He is a regular One Hour participant but was unable to join us in person this year.

Preliminary Draft: 17Apr2023rsb

Publication Draft:

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Splits for “even” kilometers taken from lap-counting sheets at the start line. Times for 5km were calculated from the 4800m and 5200m splits. Times for 10km were officially recorded.

	<u>2km</u>	<u>4km</u>	<u>(5km)</u>	<u>6km</u>	<u>8km</u>	<u>10km</u>	<u>Finish</u>
Brian Ó Domnhaill	10:27	20:39	(25:41)	30:51	41:20	51:50	11 567
Erin Talcott	11:53	23:35	(29:23)	35:03	46:27	57:50	10 401
Dave Talcott	11:48	23:18	(29:07)	34:54	46:27	58:03	10 340
Danaé Guérette-Lang	13:58	28:03	(35:07)	42:08	55:49		8 643
John Gardam	13:50	27:56	(34:56)	41:49	55:57		8 580 >
Sandy Archibald	13:42	27:41	(34:44)	41:49	56:02		8 576
Anne de Thy	14:04	28:13	(35:23)	42:32	56:57		8 431
**Darrell Menard	14:33	29:10	(36:33)	43:49	57:49		8 313
Coreen Rosenberger	14:16	28:25	(35:40)	43:07	57:56		8 285
Donald Côté	14:52	29:16	(36:37)	43:49	58:12		8 260
**Andrew Bouchier	14:44	29:20	(36:45)	44:10	59:19		8 096
**Elaine Stott	14:34	29:17	(36:41)	44:10	59:27		8 073
Vanessa Johnson	14:35	29:33	(37:01)	44:28	59:34		8 067
Nicky Slovitt	14:16	28:47	(37:27)	44:14			7 962
**Heather Driscoll	15:58	30:27	(38:21)	46:21			7 736
Susan McIntyre	15:44	31:38	(39:30)	47:26			7 590
Claire De Visme	15:58	32:01	(40:01)	48:04			7 510
Anne-Marie Joanisse	16:12	32:19	(40:36)	48:41			7 455
Debra Denault	15:57	32:30	(40:45)	48:55			7 353
Stan Guttman	16:02	32:25	(40:43)	48:57			7 343
**Mary Cook	17:30	34:57	(43:59)	53:11			6 741
** Linda O’Mara	17:14	35:22	(44:54)	54:50			6 520

Guest performance (virtual)

<i>Jianping Xu</i>	<i>27:49</i>	<i>56:47</i>	<i>10 580</i>
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Athletes were provided with an individual list of 400m splits at the competition. If copies are required, please contact Roger Burrows at roger@bytownwalkers.ca or 613-745-5433