

2022 BYTOWN RECORD OF ACHIEVEMENT

r-road race

i-indoor track race

t- outdoor track race

j-World Athletics (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

* denotes "chip time " for events with wave starts

1000m

Time	Member	Place	Type	Event	Location	Date
5:55	Danaé Guérette-Lang	1m	r,j	Fall Classic Race Walks	Kanata	Oct 2
6:21	John Gardam	1	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
6:29	John G	1	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
6:33	Sandy Archibald	1	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
6:37	Sandy	2	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
6:41	Sandy	2	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
6:42	Andrew Bouchier	3	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
6:51	Chris Bonyun	3	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
6:52	Chris	4	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
6:53	Coreen Rosenberger	5	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
6:57	Chris	2	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
6:59	Julia Fogg	3	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
7:03	Elaine Stott	3	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
7:14	Vanessa Johnson	6	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
7:18	Danaé	1	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 1
7:22	Annie Cormier	4	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
7:27	Elaine	2	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 1
7:28	Julia	3	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 1
7:33	Karen Marks	5	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
7:33	Vanessa	4	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
7:36	Karen	4	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
7:44	Anne-Marie Joannis	7	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
7:47	Vanessa	5	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
7:50	Vanessa	4	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 1
7:55	Angela Quinlan	6	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
7:57	Julia	6	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
8:03	Karen	5	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 1
8:15	Sharon Chisholm	6	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 1
8:15	Sharon	7	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
9:20	Linda O'Mara	8	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4

1500m						
Time	Member	Place	Type	Event	Location	Date
8:18.81	John Storms	1 **	t,j	Canadian Masters Outdoor Championships	Regina, SK	Jul 30
8:33.06	John S	2	i,j	Last Chance Meet	Edmonton, AB	Nov 27
8:35.17	John S	1 **	i,j	Canadian Masters Indoor Championships	Saint John, NB	Mar 27
9:38	John Gardam	1	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
9:43.44	Danaé Guérette-Lang	1	t,j	Ottawa Lions Twilight Meet #10	Ottawa - Terry Fox	Jul 27
9:44.98	Sandy Archibald	2	t,j	Ottawa Lions Twilight Meet #10	Ottawa - Terry Fox	Jul 27
9:46.41	Sandy	1 **	i,j	Canadian Masters Indoor Championships	Saint John, NB	Mar 27
9:55	Sandy	2	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
10:06	Andrew Bouchier	3	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
10:25	Chris Bonyun	4	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
10:27	Coreen Rosenberger	5	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
10:31.19	Bonnie Love	2	i,j	Last Chance Meet	Edmonton, AB	Nov 27
10:45.60	Debra Denault	2 **	i,j	Canadian Masters Indoor Championships	Saint John, NB	Mar 27
10:54	Vanessa Johnson	6	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
11:03.17	John G	1 **	i,j	Canadian Masters Indoor Championships	Saint John, NB	Mar 27
11:31	Anne-Marie Joanisse	7	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4
14:00	Linda O'Mara	8	i,csj	Speedy Sunday	Ottawa - Louis Riel Dome	Dec 4

1 Mile						
Time	Member	Place	Type	Event	Location	Date
10:23.66	Sandy Archibald	1	t,j	Ottawa Lions Twilight Meet #12	Ottawa - Terry Fox	Aug 10
12:01.86	Vanessa Johnson	2	t,j	Ottawa Lions Twilight Meet #12	Ottawa - Terry Fox	Aug 10

2000m						
Time	Member	Place	Type	Event	Location	Date
12:31	Linda Beehler	1	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Jan 30
13:12	John Gardam	1	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
13:13	Sandy Archibald	2	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
14:05	Sandy	2	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Jan 30
14:08	Julia Fogg	3	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
14:09	Chris Bonyun	4	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
14:29	Debra Denault	3	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Jan 30
14:36	John G	4	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Jan 30
14:38	Karen Marks	5	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Jan 30
14:43	Elaine Stott	2	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Feb 13
14:57	Julie Aubry	2	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Feb 13
15:17	Annie Cormier	5	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
15:41	Karen	6	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
15:44	Vanessa Johnson	7	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18
15:59	Angela Quinlan	8	t,csj	Speedy Thursday	Ottawa - Terry Fox	Aug 18

Other Distance - 1.8 mile						
Time	Member	Place	Type	Event	Location	Date
24:16	Sharon Chisholm	354ru	r	Natal Day	Dartmouth, NS	Aug 1

3000m						
Time	Member	Place	Type	Event	Location	Date
17:23.73	John Storms	1 **	i,j	Canadian Masters Indoor Championships	Saint John, NB	Mar 26
19:51.00	Sandy Archibald	1 **	i,j	Canadian Masters Indoor Championships	Saint John, NB	Mar 26
19:51	Linda Beehler	1	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Feb 13
19:58	Sandy	2	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
20:02.26	Sandy	5	i,j	Ontario Masters T & F Championships	Toronto - TTFC	Feb 27
20:03.19	Danaé Guérette-Lang	5	t,j	FQA Quebec HS Provincial Championships	Rivière-du-Loup, QC	Jun 11
20:46	Sandy	2	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Feb 13
20:58	Andrew Bouchier	3	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Feb 13
22:02	Linda B	1	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Mar 13
22:10.53	Debra Denault	2 **	i,j	Canadian Masters Indoor Championships	Saint John, NB	Mar 26
22:13	Danaé	1	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 1
22:19	Julia Fogg	2	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 1
22:20	Elaine Stott	3	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 1
22:25.03	Danaé	2	t,j	Regional HS Championships	Hull, QC	May 13
22:29	Anne MacDonald	4	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Feb 13
22:38	Karen Marks	5	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Feb 13
23:26	Vanessa Johnson	4	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 1
23:37	Karen	5	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 1
23:49	Karen	2	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
24:03	Debra	2	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Mar 13
24:31	Sharon Chisholm	6	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 1
25:35	Julie Aubry	3	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Mar 13

5km						
Time	Member	Place	Type	Event	Location	Date
29:03.83	Linda Beehler	74ru	r	Limestone City Race Weekend	Kingston	Apr 24
30:28.44	John Storms	1 **	t,j	Canadian Masters Outdoor Championships	Regina, SK	Jul 31
32:09	Linda B	332ru	r	Canada Day Road Races	Kanata	Jul 1
32:26 @	John S		r,j	Fall Classic Race Walks	Kanata	Oct 2
33:22	Sandy Archibald	269ru	r	Cookie Run	Ottawa	Sep 29
33:54	Darrell Menard	3/4m	r,csj	Fall Classic Race Walks	Kanata	Oct 2
33:54	Linda B	1	r,csj	Richmond Road Race (Bytown)	Ottawa - Experimental Farm	Jan 23
34:03.57	Sandy	97ru	r	Limestone City Race Weekend	Kingston	Apr 24
34:27	Sandy	390ru	r	Canada Day Road Races	Kanata	Jul 1
34:29	Sandy	3/4m	r,j	Art Keay Memorial Race Walks	Toronto Island	May 29
34:52 #	Sandy		r	Run Ottawa Saturday 5k Series	Ottawa - Experimental Farm	Aug 6
34:55	Sandy	155ru	r	5/15 Farm Run	Ottawa - Experimental Farm	Jul 16
35:12	Sandy	2	r,csj	Richmond Road Race (Bytown)	Ottawa - Experimental Farm	Jan 23
35:14.17	John Gardam	100ru	r	Limestone City Race Weekend	Kingston	Apr 24
35:20	Sandy	31ru	r	KRRR Woolly Bully Races	Amherst Island	Aug 14
35:33	Andrew Bouchier	402ru	r	Canada Day Road Races	Kanata	Jul 1
35:34	Andrew	1	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Mar 13
35:38	Chris Bonyun	418ru	r	Canada Day Road Races	Kanata	Jul 1
35:47	Chris	1	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
35:48	Julia Fogg	420ru	r	Canada Day Road Races	Kanata	Jul 1
36:04 #	Sandy		r	Run Ottawa Saturday 5k Series	Ottawa - Experimental Farm	Sep 3
36:04 #	Julia		r	Run Ottawa Saturday 5k Series	Ottawa - Experimental Farm	Sep 3
36:10	Elaine Stott	2	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
36:13	John G	4/8m	r,j	Fall Classic Race Walks	Kanata	Oct 2
36:15.41	Debra Denault	106ru	r	Limestone City Race Weekend	Kingston	Apr 24
36:21	Andrew	4/9m	r,csj	Fall Classic Race Walks	Kanata	Oct 2
36:23	Julia	3	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
36:45 #	Vanessa Johnson		r	Santa Shuffle	Ottawa	Dec 10
36:50	Chris	3	r,csj	Richmond Road Race (Bytown)	Ottawa - Experimental Farm	Jan 23
37:14	Anne MacDonald	4	r,csj	Richmond Road Race (Bytown)	Ottawa - Experimental Farm	Jan 23
37:16	Elaine	442ru	r	Canada Day Road Races	Kanata	Jul 1
37:16	Sandy	2	r,csj	Speedy Sunday	Ottawa - Experimental Farm	Mar 13

5km						
Time	Member	Place	Type	Event	Location	Date
37:38	Eric Archambault	440ru	r	Canada Day Road Races	Kanata	Jul 1
37:47	Elaine	5/10m	r,csj	Fall Classic Race Walks	Kanata	Oct 2
37:54	Elaine	179ru	r	5/15 Farm Run	Ottawa - Experimental Farm	Jul 16
38:23	Vanessa	6/11m	r,j	Fall Classic Race Walks	Kanata	Oct 2
38:28	Bob Simard	447ru	r	Canada Day Road Races	Kanata	Jul 1
38:35	Karen Marks	463ru	r	Canada Day Road Races	Kanata	Jul 1
39:14	Marjory Bonyun	481ru	r	Canada Day Road Races	Kanata	Jul 1
39:15	Vanessa	4	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
39:19	Jamie Lombardo	482ru	r	Canada Day Road Races	Kanata	Jul 1
39:26	Diane Coulterman	484ru	r	Canada Day Road Races	Kanata	Jul 1
39:26	Anne	483ru	r	Canada Day Road Races	Kanata	Jul 1
40:32	Susan Wall	496ru	r	Canada Day Road Races	Kanata	Jul 1
40:54	Angela Quinlan	507ru	r	Canada Day Road Races	Kanata	Jul 1
40:59	Sharon Chisholm	509ru	r	Canada Day Road Races	Kanata	Jul 1
41:04	Sharon C	7/12m	r,j	Fall Classic Race Walks	Kanata	Oct 2
41:06 #	Sharon C		r	Run Ottawa Saturday 5k Series	Ottawa - Experimental Farm	Sep 3
41:08	Sharon C	339ru	r	Cookie Run	Ottawa	Sep 29
41:18	Sharon C	5	t,csj	Speedy Thursday	Ottawa - Terry Fox	Sep 15
41:52	Sharon C	34ru	r	KRRR Woolly Bully Races	Amherst Island	Aug 14
42:07	John G	3	r,csj	Richmond Road Race (Bytown)	Ottawa - Experimental Farm	Jan 23
45:19 *	Linda O'Mara	3291ru	r	Ottawa Race Weekend	Ottawa	May 28

unofficial time

5km - VIRTUAL RESULTS						
Time	Member	Place	Type	Event	Location	Date
38:28	Julia Fogg		V	Ottawa Race Weekend	Ottawa	May 28

Other Distance - 6.5km						
Time	Member	Place	Type	Event	Location	Date
57:34	John Storms	13ru	r	Haeckel Hill Run	Whitehorse, YK	May 28
1h07:08	Bonnie Love	19ru	r	Haeckel Hill Run	Whitehorse, YK	May 28

10km						
Time	Member	Place	Type	Event	Location	Date
1h04:07 *	Linda Beehler	2651ru	r	Ottawa Race Weekend	Ottawa	May 28
1h05:59 @	John Storms		r,j	Fall Classic Race Walks	Kanata	Oct 2
1h11:36	Sandy Archibald	310ru	r	9 Run Run (Emergency Services Run)	Stittsville	Oct 14
1h11:36	John Gardam	311ru	r	9 Run Run (Emergency Services Run)	Stittsville	Oct 14
1h16:15	Bonnie Love	1	r	AY Southern Lakes 1/2 Marathon & 10k	Tagish, YK	Jun 18
1h23:14	Lalitha Tella	395ru	r	9 Run Run (Emergency Services Run)	Stittsville	Oct 14
1h24:47 *	Susan Wall	4298ru	r	Ottawa Race Weekend	Ottawa	May 28

Other Distance 17km						
Time	Member	Place	Type	Event	Location	Date
2h04:44	Bob Simard	85ru	r	Touch the Sky - Grit Race	Uxbridge	May 28

20km						
Time	Member	Place	Type	Event	Location	Date
2h24:52	John Storms	3/6m	r,j	Fall Classic Race Walks	Kanata	Oct 2

Half Marathon

Time	Member	Place	Type	Event	Location	Date
2h17:50	John Storms	1	r	Duff's Skagway Half Marathon	Skagway, AK USA	Jun 11
2h22:08 *	John S	2187ru	r	Royal Victoria Half Marathon	Victoria BC	Oct 9
2h39:33 *	Bonnie Love	2444ru	r	Royal Victoria Half Marathon	Victoria BC	Oct 9
2h45:09	Bonnie	2	r	Duff's Skagway Half Marathon	Skagway, AK USA	Jun 11
2h53:03 *	Angela Quinlan	11356ru	r	Royal Parks Half Marathon	London, UK	Oct 9
2h56:56 *	Julie Aubry	5812ru	r	Ottawa Race Weekend	Ottawa	May 29
2h56:56 *	Andrew Bouchier	5813ru	r	Ottawa Race Weekend	Ottawa	May 29
3h05:42 *	John Bunny Gardam	5977ru	r	Ottawa Race Weekend	Ottawa	May 29
3h12:04	Karen Marks	274ru	r	Fall Colours Half Marathon	Ottawa	Oct 9

Half Marathon - VIRTUAL RESULTS

Time	Member	Place	Type	Event	Location	Date
3h04:38	Jamie Lombardo		r	Army Run Half Marathon	Ottawa	Aug 24
3h14:50	John Gardam		r	Army Run Half Marathon	Ottawa	Sep 15

ONE HOUR

distance	Member	Place	Type	Event	Location	Date
9 641m	John Storms	4/4m	t,j	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
8 402m	Sandy Archibald	2/6m	t,j	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
8 325m	Andrew Bouchier	5/7m	t,csj	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
8 299m	Darrell Menard	6/8m	t,csj	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
8 278m	Bonnie Love	3/9m	t,csj	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
7 979m	Julie Aubry	5/11m	t,csj	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
7 791m	John Gardam	7/13m	t,j	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
7 716m	Elaine Stott	7/14m	t,csj	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
7 707m	Karen Marks	8/15m	t,csj	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
7 634m	Debra Denault	10/17m	t,j	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
7 286m	Julia Fogg	11/18m	t,csj	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
7 164m	Vanessa Johnson	13/20m	t,csj	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
6 924m	Linda O'Mara	14/21m	t,csj	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8
5 890m	Suzannah Lane	15/22m	t,csj	ONE HOUR RACE WALKS	Ottawa - Terry Fox	May 8

And Beyond !

Time	Member	Place	Type	Event	Location	Date
2h02:28	John S	1st team M-men	r	Klondike Trail of 98 Relay - 22.2km	Whitehorse, YK	Sep 10
5h09:40	Bob Simard	26ru	r	Forest Lea Trail Run - 25km	Pembroke	Aug 6

CHALLENGES and HIKES

Distance	Member	Place	Type	Event	Location	Date
2022km	Debra Denault	n/a		Conqueror's Challenge	Ontario	2022
327km	Debra	n/a		Rideau Trail End-to-end Hike	Ontario	Aug 20
152km	Angela Quinlan	n/a		West Highland Way	Milngavie to Fort William, Scotland	April
115km	Debra	n/a		Frontenac Challenge	Ontario	Oct 6
100km	John Gardam	n/a		Speyside Way Walk	Aviemore to Buckie, Scotland	Aug 31-Sep 8