

Bytown Walkers Club de marche

Preliminary Results of the 19th Annual "One Hour" Race Walks – Sunday, May 03, 2026 Terry Fox Stadium, Mooney's Bay, Ottawa. 400m track

Light SW breeze; clear and sunny, but cool, 10 rising to 13 degrees
Judges: Dave Archibald, Diane Coulterman, Joanne Gage (Chief), Lily Whalen, Stafford Whalen,

One Hour 12h00 ** Common Sense Judging

1	Diane Guignard	88-W38	ON-BYT	12 337
2	Jean-François Tellier	89-M36	QC-VAI+	11 617
3	Brian O'Donnell	77-M48	ON-ORW	11 041
4	Gabrielle Ménard	01-W24	QC-CAA	9 657
5	Ian Lamplough	61-M65	AB-EMA	9 014 >
6	Kim Lachance	84-W41	QC-VAI+	8 853
7	**Paul Newman	64-M62	ON-TRW	8 756
8	**Nancy Bourgeois	69-W67	QC-VAI+	8 750
9	Anne-Marie Joannis	75-W50	ON-BYT	8 420
10	Sandy Archibald	67-W59	ON-BYT	8 330
11	Anne de Thy	53-W72	ON-ORW	8 305
12	John Gardam	56-M69	ON-BYT	8 272 >>
13	Carol Wilkinson	49-W76	US-	8 205 >>
14	Penny Roy	12-W13	ON-OTTL	8 160
15	**Jennifer Logan	64-W61	ON-ORW	7 984
16	Claire de Visme	63-W62	ON-ORW	7 943
17	Annie Cormier	72-W53	ON-BYT	7 832
18	**Elaine Stott	65-W60	ON-BYT	7 739
19	**Béatrice Hajjar	00-W26	QC-VAI+	7 682
20	Sharon Wright	49-W76	ON-	7 486
21	Linda O'Mara	49-W76	ON-BYT	6 611
22	**Carl Lampron	78-M48	QC-VAI+	6 586
23	**Dolly Murray	51-W75	ON-ORW	5 780
	**Heather Driscoll	69-W56	ON-ORW	dnf

Quarter Hour 12h00

1	Logan Vezina	10-M16	QC-GAT	2 601
2	Noémie Bouchard	09-W16	QC-GAT	2 283
3	Charlie Lampron	11-W14	QC-VAI+	1 901

Guest performance (virtual)

***Darrell Menard* 54-M72 ON-BYT 8 482

By special request, Darrell raced a One Hour on the High School track in Russell, ON. The "Frequent Racers" list shows that he has done the One Hour many times. But a professional commitment meant that he could not join us in person this year.

Preliminary Results of the 19th Annual “One Hour” Race Walks – Sunday, May 03, 2026

Splits for “even” kilometers taken from lap-counting sheets. All 5km times were calculated from the 4800m and 5200m splits. All 10km distances were timed by three watches: the official time is **in bold**.

	2km	4km	(5km)	6km	8km	10km	12km	Finish
Diane Guignard	9:22	19:01	(23:52)	28:43	38:30	48:17.9	58:10	12 337
Jean-François Tellier	10:07.	20:32	(25:48)	31:00	41:23	51:44.1		11 617
Brian O’Donnell	10:16	21:15	(26:43)	32:18	43:27	54:34.1		11 041
Gabrielle Ménard	12:17	25:11	(30:57)	---	49:11			9 657
Ian Lamplough	12:55	26:05	(32:45)	39:33	53:14			9 014
Kim Lachance	13:33	27:13	(34:06)	40:58	54:31			8 853
**Paul Newman	13:51	27:50	(34:41)	41:30	55:01			8 756
**Nancy Bourgeois	13:55	27:54	(34:39)	41:29	54:55			8 750
Anne-Marie Joannis	14:15	28:39	(35:50)	42:51	57:05			8 420
Sandy Archibald	14:11	28:32	(35:48)	43:08	57:36			8 330
Anne de Thy	13:59	28:29	(35:45)	43:01	57:47			8 305
John Gardam	13:53	28:12	(35:26)	42:48	57:57			8 272
Carol Wilkinson	14:13	28:59	(36:36)	44:07	58:49			8 205
Penny Roy	14:23	29:42	(37:21)	44:50	59:03			8 160
**Jennifer Logan	14:52	29:44	(37:17)	44:51				7 984
Claire De Visme	14:54	30:09	(37:47)	45:27				7 943
Annie Cormier	14:55	30:24	(38:08)	45:51				7 832
**Elaine Stott	15:30	30:46	(38:29)	46:07				7 739
**Béatrice Hajjar	15:51	31:47	(39:43)	47:34				7 682
Sharon Wright	15:35	31:37	(39:43)	47:55				7 486
Linda O’Mara	17:47	36:11	(45:33)	54:36				6 611
**Carl Lampron	17:23	35:57	(45:18)	54:39				6 586
**Dolly Murray	21:28	41:44	(52:00)					5 780
**Heather Driscoll	17:06							dnf

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