



## 2006 Rose City Ontario 20km Road Walk Championships (plus non-championship races)

Welland, Ontario      October 1, 2006

1651m loop (certified – certificate available on request)

Mild temperatures throughout, slight breeze, mostly sunny, 24 starters from 26 entries

**Judges:** Elaine Lake (Chief), Paul Guimond, Jacquie Downing, Joan Sutherland, Miki Kalm.

**Finish Line:** John Caulfield, Wynn Downing, Ken Lake (Starter as well), Enrico Toscano, David Boone, Roman Olszewski. **Medical Officer:** Dr. Jaan Roos.

### RESULTS

#### *Women's 20km – Championship*

			<i>Official 5km splits</i>
1. Marina CRIVELLO (1979) 26	QU-MO	1:42:01*	25:07, 50:22*, 1:16:21
* course record			
2. Kitty CASHMAN (1960) 46	ON-ORW	1:59:49 pb	29:47, 59:02, 1:28:58
3. Joanne LAMONTAGNE (1982) 24	ON-BYT	2:03:20 pb	30:31, 61:25, 1:32:05
Sarah RAETSON (1976) 30	ON-ORW	DNF	

CRIVELLO – GOLD, CASHMAN – GOLD, LAMONTAGNE - SILVER

#### *Women's 5km – Non-Championship*

1. Rachel ROBICHAUD (1971) 35	ON-*	26:49	
2. Meylina KANDOY (1964) 42	ON-*	27:31	
3. Lily WHALEN (1951) 54	ON-ORW	30:59	
4. Marie-Hélène RATEL (1989) 17	QU-PN	32:06	
5. Laura HOUSTON (1965) 40	ON-BYT	32:15	
6. Sandy ARCHIBALD (1959) 47	ON-BYT	33:18 pb	

#### *Women's 10km – Non-Championship*

1. Rachel LAVALLEE (1986) 20	ON-PL	52:20	27:04
2. Nathalie LALONDE (1970) 36	ON-BYT	59:57 pb	30:30
3. Sharon WRIGHT (1949) 57	ON-BYT	66:17	32:32

4. June-Marie PROVOST (1933) 73	ON-LPAC	69:40	34:37
Kathy COLLINS (1950) 55	ON-*	DISQ	

### ***Men's 20km - Championship***

1. Allen JAMES (1964) 42	NY-NW	1:33:43*	22:56, 45:51*, 1:08:53
* course record			
2. Nil LAVALLEE (1956) 50	ON-PL	1:40:11 pb	24:40, 48:47, 1:13:40
3. Patrick KING (1946) 58	ON-ORW	2:08:39 pb	29:59, 60:32, 1:33:49

JAMES – GOLD    LAVALLEE – GOLD    KING – SILVER

### ***Men's 5km – Non-Championship***

1. David SIM (1951) 55	ON-ORW	33:47 pb
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### ***Men's 10km – Non-Championship***

1. Olivier DUGUAY-BOUCHER ('88) 18	QU-CADL	50:02	24:42
2. Hugo DUGUAY-BOUCHER (1989) 16	QU-CADL	52:07	25:12
3. Gerald DROGOMIR (1951) 55	BC-RW	52:13	25:46
4. Evan DUNFEE (1990) 16	BC-KA	53:49	27:04
5. Donald COTE (1982) 24	QU-MO	57:54	28:08

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### **Top Performers:**

Best Masters Performance: June-Marie Provost 90.08% (10km) 2006 Age Graded Tables  
 Best Junior Performance: Olivier Duguay-Boucher 570 IAAF points (10km)  
 Best Open Performance: Marina Crivello 818 IAAF points (20km)

Age-Graded Honourable Mentions:

Allen James	86.74% (20km)
Nil Lavallée	86.43% (10km)
Gerald Dragomir	84.24% (10km)
Marina Crivello	83.14% (20km)
Kitty Cashman	77.64% (20km)
Olivier Duguay-Boucher	77.09% (10km)
Hugo Duguay-Boucher	75.99% (10km)
Melina Kandoy	75.88% (5km)
Patrick King	75.36% (10km)

### **Course Records (after 5th year)    @ = en route to longer distance**

5km	24:53@	Marina Crivello	Oct. 18, 2003
10km	50:22@	Marina Crivello	Oct. 1, 2006
20km	1:42:01	Marina Crivello	Oct. 1, 2006
5km	22:42@	Jocelyn Ruest	Oct. 1, 2005

	22:42@	Pierre-Luc Menard	Oct. 1, 2005
10km	45:51@	Allen James	Oct. 1, 2006
20km	1:33:43	Allen James	Oct. 1, 2006

**Top 10 (2002-2006) Merritt Island Course** @ = en route to longer distance

**Womens' 5km**

24:53@	Marina Crivello	QU	2003
25:10@	Holly Gerke	AB	2004
25:24@	Rachel Lavallée	ON	2004
26:04	Nanci Sweazey	ON	2005
26:06	Chelsea Rodriguez	ON	2002
26:49	Rachel Robichaud	ON	2006
27:31	Meylina Kandoy	ON	2006
27:44	Lauren van Leeuwen	ON	2005
28:35@	Martine Rainville	QU	2003
28:36@	Kitty Cashman	ON	2005

**Women's 10km**

50:22@	Marina Crivello	QU	2006
50:47	Rachel Lavallée	ON	2004
51:15	Holly Gerke	AB	2004
54:43	Chelsea Rodriguez	ON	2003
56:26@	Nanci Sweazey	ON	2003
57:52	Kitty Cashman	ON	2005
57:53	Rachel Vanderzwet	ON	2004
58:15	Joanne Markle	ON	2005
58:27	Martine Rainville	QU	2003
59:57	Nathalie Lalonde	ON	2006

**Women's 20km**

1:42:01	Marina Crivello	QU	2006
1:47:40	Rachel Lavallée	ON	2005
1:54:12	Nanci Sweazey	ON	2002
1:59:49	Kitty Cashman	ON	2006
2:01:11	Chelsea Rodriguez	ON	2004
2:03:20	Joanne Lamontagne	ON	2006
2:03:30	Lily Whalen	ON	2002
2:05:39	Sherry Watts	ON	2002

**Men's 5km**

22:42@	Jocelyn Ruest	NB	2005
22:42@	Pierre-Luc Menard	QU	2005
22:56@	Allen James	NY	2006
24:40@	Nil Lavallée	ON	2006

24:42@	Olivier Duguay-Boucher	QU	2006
24:53@	Gord Mosher	ON	2003
24:54@	Michael Haine	ON	2003
25:01@	Arturo Huerta	ON	2002
25:12@	Hugo Duguay-Boucher	QU	2006
25:46@	Gerald Dragomir	BC	2006

### Men's 10km

45:51@	Allen James	NY	2006
46:13@	Jocelyn Ruest	QU/NB	2004
46:52@	Pierre-Luc Menard	QU	2005
48:47@	Nil Lavallée	ON	2006
49:29@	Gord Mosher	ON	2003
50:02	Olivier Duguay-Boucher	QU	2006
50:11	Arturo Huerta	ON	2002
50:17	Michael Haine	ON	2003
51:30@	Rod Craig	MI	2002
51:38@	Dan O'Brien	MI	2002

### Men's 20km

1:33:43	Allen James	NY	2006
1:34:35	Jocelyn Ruest	QU/NB	2004
1:37:40	Pierre-Luc Menard	QU	2005
1:40:11	Nil Lavallée	ON	2006
1:43:20	Rod Craig	MI	2002
1:44:48	Dan O'Brien	MI	2002
1:46:05	Gord Mosher	ON	2003
1:54:04	Bill Reed	MI	2002
2:08:39	Patrick King	ON	2006
2:10:38	Stuart Summerhayes	ON	2003

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