



2005 Rose City Ontario 20km Road Walk Championships (plus non-championship races)

Welland, Ontario October 1, 2005 1651m loop (certification pending)
17 degrees at start, 18 at finish, slight wind; sunny and dry throughout, 20 starters from 22 entries

Judges: Brian Keaveny, Elaine Lake, Enrico Toscano, Paul Guimond, Dan O'Brien Finish Line: John Caulfield, Suzanne Leroux, Ken Lake (also starter), Roman Olszewski

RESULTS

Women's 20km – Championship

| | | | |
|----------------------------|-------|-------------|---|
| 1. Rachel LAVALLEE (86) 19 | ON-PL | 1:47:40* pb | <i>Official 5km splits</i> 25:31, 51:30, 1:19:07 |
|----------------------------|-------|-------------|---|

* new Ontario Espoir U23 record

Women's 5km – Non-Championship

| | | |
|---------------------------------|---------|----------|
| 1. Nanci SWEAZEY (1955) 50 | ON-ORW | 26:04 |
| 2. Lauren VAN LEEUWEN (1989) 16 | ON-PL | 27:44 pb |
| 3. Rachel VANDERZWET (1987) 17 | ON-NRA | 29:16 |
| 4. Sarah RAETSON (1976) 29 | ON-ORW | 31:16 pb |
| 5. Laura HOUSTON (1965) 39 | ON-MTFC | 31:53 pb |
| 6. Sharon WRIGHT (1949) 56 | ON-BY | 32:10 |
| 7. Eileen SARKAR (1942) 63 | ON-BY | 33:42 |
| Kathryn JACKMAN (1989) 16 | ON-PL | DNS |
| Leah WEASE (1989) 16 | ON-PL | DNS |

Women's 10km – Non-Championship

| | | | |
|---------------------------------|--------|----------|-------|
| 1. Kitty CASHMAN (1960) 45 | ON-ORW | 57:52 | 28:36 |
| 2. Joanne MARKLE (1982) 23 | ON- | 58:15 pb | 29:22 |
| 3. Juliellen ROSINSKI (1963) 42 | ON-NRA | 65:53 pb | 32:27 |
| 4. Kathy COLLINS (1950) 54 | ON- | 71:50 | 35:20 |
| 5. Janet BAUMAN (1967) 38 | ON- | 73:44 pb | 36:44 |
| Lily WHALEN (1951) 53 | ON-EHS | DNF | 31:52 |

Men's 20km - Championship

| | | | |
|--------------------------------|--------|------------|---------------------|
| 1. Pierre-Luc MENARD (1986) 19 | QU-SAG | 1:37:40 | 22:42, 46:52, 71:32 |
| 2. Jocelyn RUEST (1980) 25 | NB- | 1:39:37 | 22:42, 46:19, 71:30 |
| 3. Nil LAVALLEE (1956) 49 | ON-PL | 1:43:49 pb | 25:31, 51:28, 79:03 |
| Stuart SUMMERHAYES (1934) 71 | ON-EG | DNF | 32:08, 66:05 |

Men's 5km – Non-Championship

| | | |
|--------------------------|---------|----------|
| 1. Hans DINGER (1956) 49 | ON-INDE | 29:11 pb |
|--------------------------|---------|----------|

Men's 10km – Non-Championship

| | | | |
|---------------------------|---------|-------|-------|
| 1. Patrick KING (1946) 58 | ON-INDE | 61:17 | 30:15 |
|---------------------------|---------|-------|-------|

Merchandise Prizes:

Best Masters Performance: Nanci Sweazey 89.9 % Age Graded Tables

Best Junior & Overall Performance: Rachel Lavallee 86.2 %, 660- IAAF pts. Both for 10km.

Best Open not incl. above: Jocelyn Ruest 641 IAAF points for 10km

| | | |
|----------------------|-------------------|-------------------|
| Honourable Mentions: | Pierre-Luc Menard | 83.9 % |
| | Nil Lavallée | 83.9 % |
| | Jocelyn Ruest | 82.1 % (for 10km) |
| | Kitty Cashman | 79.1 % |
| | Eileen Sarkar | 78.8 % |

Course Records (after 4th year) @ = en route to longer distance

| | | | |
|------|---------|-------------------|---------------|
| 5km | 24:53@ | Marina Crivello | Oct. 18, 2003 |
| 10km | 50:32@ | Marina Crivello | Oct. 18, 2003 |
| 20km | 1:46:07 | Marina Crivello | Oct. 18, 2003 |
| 5km | 22:42@ | Jocelyn Ruest | Oct. 1, 2005 |
| | 22:42@ | Pierre-Luc Menard | Oct. 1, 2005 |
| 10km | 46:13@ | Jocelyn Ruest | Oct. 17, 2004 |
| 20km | 1:34:35 | Jocelyn Ruest | Oct. 17, 2004 |

Top 10 (2002-2003-2004-2005) 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 |
| 27:44 | Lauren van Leeuwen | ON | 2005 |
| 28:35@ | Martine Rainville | QU | 2003 |
| 28:36@ | Kitty Cashman | ON | 2005 |
| 28:50 | Caroline Emond | QU | 2002 |
| 28:52 | Marilyn Desmarais | QU | 2003 |

Women's 10km

| | | | |
|--------|-------------------|----|------|
| 50:32@ | Marina Crivello | QU | 2003 |
| 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 |
| 60:05@ | Lily Whalen | ON | 2002 |

Women's 20km

| | | | |
|---------|-------------------|----|------|
| 1:46:07 | Marina Crivello | QU | 2003 |
| 1:47:40 | Rachel Lavallée | ON | 2005 |
| 1:54:12 | Nanci Sweazey | ON | 2002 |
| 2:01:11 | Chelsea Rodriguez | ON | 2004 |
| 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 |
| 24:53@ | Gord Mosher | ON | 2003 |
| 24:54@ | Michael Haine | ON | 2003 |
| 25:01@ | Arturo Huerta | ON | 2002 |
| 25:31@ | Nil Lavallée | ON | 2005 |
| 25:53@ | Dan O'Brien | MI | 2003 |
| 26:38@ | Dave Keenan | AB | 2004 |
| 26:48@ | Guy Paquin | ON | 2003 |
| 27:24 | Chris Frost | ON | 2002 |

Men's 10km

| | | | |
|--------|-------------------|-------|------|
| 46:13@ | Jocelyn Ruest | QU/NB | 2004 |
| 46:52@ | Pierre-Luc Menard | QU | 2005 |
| 49:29@ | Gord Mosher | ON | 2003 |
| 50:11 | Arturo Huerta | ON | 2002 |
| 50:17 | Michael Haine | ON | 2003 |

| | | | |
|--------|--------------|----|------|
| 51:28@ | Nil Lavallée | ON | 2005 |
| 51:30@ | Rod Craig | MI | 2002 |
| 51:38@ | Dan O'Brien | MI | 2002 |
| 52:44 | Dave Keenan | AB | 2004 |
| 54:02 | Guy Paquin | ON | 2003 |

Men's 20km

| | | | |
|---------|--------------------|-------|------|
| 1:34:35 | Jocelyn Ruest | QU/NB | 2004 |
| 1:37:40 | Pierre-Luc Menard | QU | 2005 |
| 1:43:20 | Rod Craig | MI | 2002 |
| 1:43:49 | Nil Lavallée | ON | 2005 |
| 1:44:48 | Dan O'Brien | MI | 2002 |
| 1:46:05 | Gord Mosher | ON | 2003 |
| 1:54:04 | Bill Reed | MI | 2002 |
| 2:10:38 | Stuart Summerhayes | ON | 2003 |

Results and Rankings prepared by Roman Olszewski olsz@iaw.on.ca 905-732-9955