

## Bytown Walkers Club de marche

### “One Hour” Results – Sunday April 05, 2009

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

Judges: Roger Burrows (Chief), Joanna Bruggink, Meylina Kandoy.

Lap Counters (gold stars to all!): Sharon Chomyn (Chief), Norma Benoit, Margaret Langill, Ros Murphy, Angela Quinlan, Raymond Samuels, David Wright, Sharon Wright

Final draft: 09 April 2009

#### One section: 1400 hrs

1	Jocelyn Ruest	80-M29	QC-FLYS	12 461 m
2	Marina Crivello	79-W29	QC-FLYS	11 005 m
3	Bruno Carrière	92-M16	QC-PN	10 967 m
4	John Kittredge	44-M64	ON-ORW	10 045 m
5	Linda Wilson	55-W52	ON-BYT	9 693 m
6	Darrell Menard**	54-M54	ON-BYT	9 148 m
7	Sandy Archibald	59-W49	ON-BYT	9 143 m
8	Dick Hanson**	46-M62	ON-BYT	9 021 m
9	Jenny Brown	82-W26	ON-BYT	8 965 m
10	Rosemary Irvine	41-W67	ON-BYT	8 523 m
11	Sharon Chisholm	70-W38	ON-BYT	8 452 m
12	Anne de Thy	53-W55	ON-ORW	8 226 m
13	Christine Appelle**	46-W62	ON-BYT	8 116 m
14	Eileen Sarkar	42-W66	ON-BYT	8 115 m
15	Susan Wall**	55-W53	ON-BYT	8 093 m
16	Laura Jane Benoit	80-W29	ON-BYT	7 534 m
17	Susan Ford**	51-W57	ON-BYT	7 218 m

\*\* “Common Sense Judging” Rules

List of 2km splits attached. Athletes were provided with an individual list of 400m splits at the competition. If copies are required, please contact the Roger Burrows at [roger@bytownwalkers.ca](mailto:roger@bytownwalkers.ca) or 613-745-5433

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All splits are taken from lap counters’ recording sheets, except the 5km, which is for information only, and calculated from the 4800 and 5200 splits. **Performances in bold are official.**

	<u>2km</u>	<u>4km</u>	<u>(5km)</u>	<u>6km</u>	<u>8km</u>	<u>10km</u>	<u>12km</u>	<u>Finish</u>
Jocelyn Ruest	9:16	18:46	(23:38)	28:32	38:16	<b>48:03.84</b>	57:51	<b>12 461 m</b>
Marina Crivello	10:35	21:31	(27:04)	32:37	43:37	<b>54:45.40</b>		<b>11 005 m</b>
Bruno Carrière	10:21	21:08	(26:27)	31:51	43:02	<b>53:44.77</b>		<b>10 967 m</b>
John Kittredge	11:18	23:17	(29:19)	35:21	47:39	59:32		<b>10 045 m</b>
Linda Wilson	11:52	24:05	(30:16)	36:27	49:10	<b>61:44.82</b>		<b>9 693 m</b>
Darrell Menard**	13:05	26:14	(32:46)	39:15	52:23			<b>9 148 m</b>
Sandy Archibald	12:30	25:39	(32:13)	38:59	52:25			<b>9 143 m</b>
Dick Hanson**	13:34	26:49	(33:24)	40:02	53:15			<b>9 021 m</b>
Jenny Brown	13:23	26:45	(33:25)	40:04	53:39			<b>8 965 m</b>
Rosemary Irvine	13:28	27:41	(34:58)	42:03	56:18			<b>8 523 m</b>
Sharon Chisholm	13:56	28:13	(35:25)	42:38	56:55			<b>8 452 m</b>
Anne de Thy	14:33	29:07	(36:28)	43:40	58:25			<b>8 226 m</b>
Christine Appelle**	14:29	29:15	(36:46)	44:18	59:08			<b>8 116 m</b>
Eileen Sarkar	14:34	29:14	(36:46)	44:17	59:11			<b>8 115 m</b>
Susan Wall**	14:33	29:18	(36:46)	44:19	59:20			<b>8 093 m</b>
Laura Jane Benoit	15:32	31:40	(40:21)	48:20				<b>7 534 m</b>
Susan Ford**	15:50	32:52	(41:24)	49:55				<b>7 218 m</b>

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### Top Ten Performances

(the 2009 “One Hour” event is the second annual)

13 036 m	Pierre-Luc Ménard	2008	Meet record, men
12 451 m	Jocelyn Ruest	2009	
11 489 m	Donald Côté	2008	
11 473 m	Marina Crivello	2008	Meet record, women
10 967 m	Bruno Carrière	2009	
10 569 m	André Marchand	2008	
10 214 m	Kitty Cashman	2008	
10 206 m	Sayward Spooner	2008	
10 045 m	John Kittredge	2009	
9 832 m	Linda Wilson	2008	