

Bytown Walkers Club de marche

“Speedy Sunday” Race Walk Results

Sunday, February 03, 2019

The Dome, Louis Riel High School, Ottawa, ON

(All athletes, Bytown Walkers, or Bytown-adjacent)

<u>1000m</u>	Unjudged		<u>(500m)</u>	<u>1000m</u>
1	John Gardam	(56)	(2:59)	6:08
2	Sandy Archibald	(59)	(3:07)	6:21
3	Diane Coulterman	(56)	(3:33)	7:16
4	Susan McIntyre	(56)	(3:54)	7:57
5	Karen Marks	(86)	(4:07)	8:17
6	Pierre St-Onge	(43)	(4:08)	8:21

400m (restricted to athletes with illuminated shoes)

1	Wesley Rawlinson	(aged six and a half)	5:18/19-ish
1	Arlo Rawlinson	(aged three and three quarters)	5:18/19-ish

3000m/5000m (common start) Athletics Ontario Sanctioned

(IAAF Judging except where marked “csj”: Common Sense Judging)

Judges: Dave Archibald (Chief), Roger Burrows, Joanne Gage, Ariana Tamas

<u>3000m</u>			<u>(1000m)</u>	<u>(2000m)</u>	<u>3000m</u>	
1	Sandy Archibald	(59)	(6:35)	(13:14)	19:37	
2	Diane Coulterman	(56)	(7:23)	(15:08)	23:01	
3	Karen Marks	(86)	(9:22)	(19:07)	28:24	
<u>5000m</u>			<u>(1000m)</u>	<u>(2000m)</u>	<u>(3000m)</u>	<u>5000m</u>
1	John Gardam	(56)	(6:15)	(13:01)	(19:43)	32:56 >
2	Susan McIntyre	csj (56)	(7:15)	(14:38)	(22:04)	36:34
3	Pierre St-Onge	csj (43)	(8:25)	(16:51)	(25:13)	41:53