

# Canadian Masters Marathon Championships National Capital Marathon May 29, 2011

## Women

Note: Canadian Masters 5-Year Age Group Medals - \* - First, \*\* - Second, \*\*\* - Third

### Women 30 - 34 Awards (Submasters) - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	2:38:20.7	67	GLADYS ASIBA	Royersford		KEN	F30-34
2	2:50:33.8	202	JILL GAMBLE	Owen Sound	ON	CAN	F30-34*
3	2:59:13.2	77	LISA AVERY	Orillia	ON	CAN	F30-34 **
4	3:07:48.7	513	MELANIE PARE	Chambly	QC	CAN	F30-34 ***
5	3:24:03.2	1217	NATALIE GROVES	NDG	QC	CAN	F30-34
6	3:27:44.0	2800	MYLENE QUESNEL	Orleans	ON	CAN	F30-34
7	3:28:06.8	2818	ALEJANDRA REYNA-VALENCIA	Quebec	QC	CAN	F30-34
8	3:28:40.5	1838	MELANIE GILBERT	Sherbrooke	QC	CAN	F30-34
9	3:30:16.3	2111	MYLENE PAGE	Montreal	QC	CAN	F30-34
10	3:32:05.6	2209	TOURE MALOMBE	Montreal	QC	CAN	F30-34

### Women 35 - 39 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	3:14:23.2	864	KELLY KNOLL	Ottawa	ON	CAN	F35-39 *
2	3:19:08.5	276	MICHELLE SCHULER	Ottawa	ON	CAN	F35-39 **
3	3:22:36.7	448	JOANNE NORMAND	Levis	QC	CAN	F35-39 ***
4	3:26:02.3	1231	JEAN-PIERRE BRAGANCA	St. Jerome	QC	CAN	F35-39
5	3:26:43.4	1291	NATHALIE THIBAUT	Amos	QC	CAN	F35-39
6	3:26:49.6	1159	MONIQUE HAMELIN	Lakeshore Estate	ON	CAN	F35-39
7	3:26:52.2	700	LAURA BAYNE	Ottawa	ON	CAN	F35-39
8	3:26:53.3	525	KAREN ATKINSON	Ottawa	ON	CAN	F35-39
9	3:27:08.2	748	SUSAN ABBASS-MARTYN	St. John's	NL	CAN	F35-39
10	3:32:28.3	4930	JUDITH FINN	Orleans	ON	CAN	F35-39

### Women 40 - 44 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	2:49:38.7	80	MYRIAM GRENON	Longueuil	QC	CAN	F40-44 *
2	2:58:00.6	84	VALERIE ST-MARTIN	Quebec	QC	CAN	F40-44 **
3	3:03:59.0	76	SUZY SCHUMACHER	Phoenix	AR	USA	F40-44
4	3:15:21.8	1020	BEVERLEY WELLS	Ottawa	ON	CAN	F40-44 ***
5	3:17:35.6	450	JULIE CORMIER	Quebec	QC	CAN	F40-44
6	3:23:23.2	1130	LESLIE READE	Harrowsmith	ON	CAN	F40-44
7	3:23:32.3	732	PATTI VERNON	Toronto	ON	CAN	F40-44
8	3:28:02.0	2679	KUNIKO SODA	Ottawa	ON	CAN	F40-44
9	3:28:14.9	2717	SONYA BISSON	Ottawa	ON	CAN	F40-44
10	3:29:15.3	4944	CATHERINE GRATTON	Mont-Royal	QC	CAN	F40-44

### Women 45 - 49 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	3:07:59.5	85	SUZANNE MUNGER	Alma	QC	CAN	F45-49 *
2	3:16:31.6	1088	PIERRETTE GAUTHIER	Montreal	QC	CAN	F45-49 **
3	3:19:15.2	635	JANET ADAMS	Combermere	ON	CAN	F45-49 ***
4	3:22:40.2	4068	DONNA FISHER	Barrie	ON	CAN	F45-49
5	3:24:09.7	963	MARTINE LEGENDRE	St-Augustin-De-Desmaures, QC		CAN	F45-49
6	3:26:42.9	235	COLLEEN M. BERRY	Renfrew	ON	CAN	F45-49
7	3:29:04.8	1093	LOUISE CHERCUIITE	Breakeyville	QC	CAN	F45-49
8	3:29:19.5	446	LYNDA TALBOT	Levis	QC	CAN	F45-49
9	3:33:34.7	1448	ISABELLE VITTE-MONY	Quebec	QC	CAN	F45-49
10	3:34:56.9	622	CHRISTIAN TREMBLAY	Quebec	QC	CAN	F45-49

Women 50 - 54 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	3:02:37.2	82	LINDA DESMEULES	Shipsaw	QC	CAN	F50-54 *
2	3:30:31.6	839	LISE PROULX	Trois-Rivieres	QC	CAN	F50-54 **
3	3:34:56.7	2033	ANDREA CAMERON	Toronto	ON	CAN	F50-54 ***
4	3:38:26.6	4771	CHRISTINE PARADIS	St. Hubert	QC	CAN	F50-54
5	3:38:46.4	2972	IRENE PERRY	Ottawa	ON	CAN	F50-54
6	3:42:40.0	1871	BRIGITTE SAMSON	Quebec	QC	CAN	F50-54
7	3:44:44.1	1868	BARBARA FALARDEAU	Chelsea	QC	CAN	F50-54
8	3:45:09.2	4983	ANNE MURPHY	Kanata	ON	CAN	F50-54
9	3:45:28.4	1428	MARIE-CLAIRE DENIS	Quebec	QC	CAN	F50-54
10	3:45:55.9	2056	FRANCINE PHILIPPE	St. Bruno	QC	CAN	F50-54

Women 55 - 59 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	3:32:51.5	1044	MARILYN HUOT	St. Lambert	QC	CAN	F55-59 *
2	3:38:30.2	476	HELENE GRENON	Lac Saint Joseph	QC	CAN	F55-59 **
3	3:59:47.2	2377	MARYSE COUET	Lac Megantic	QC	CAN	F55-59 ***
4	4:01:15.7	2519	CATHY MACLEAN	Alexandria	ON	CAN	F55-59
5	4:01:30.0	2108	LISE PATTERSON	Ottawa	ON	CAN	F55-59
6	4:07:45.0	2405	DEBBIE OBAKATA	London	ON	CAN	F55-59
7	4:10:19.3	3915	BARBARA CLARKE	Woodlawn	ON	CAN	F55-59
8	4:11:26.5	3925	GILLIAN ROWAN	McLean		USA	F55-59
9	4:11:43.7	4069	ALI BERGERON	Saskatoon	SK	CAN	F55-59
10	4:19:49.4	2465	MARTINE TREMBLAY	St-Fulgence	QC	Can	F55-59

Women 60 - 64 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	3:54:00.1	2616	PATRICIA DUDAR	Montreal	QC	CAN	F60-64 *
2	3:54:29.1	2869	DEBORAH HOLTOM	Howe Island	ON	CAN	F60-64 **
3	3:56:07.3	3442	CATHERINE DALY	Toronto	ON	CAN	F60-64 ***
4	4:05:37.5	5085	NICOLE BERGERON	Dolbeau Mistassini	QC	CAN	F60-64
5	4:17:49.1	3252	DEB STONE	Coldwater	ON	CAN	F60-64
6	4:20:02.1	3658	ROSALIA ORTIZ FUENTES	Lomas de Cocoyoc Morelos		MEX	F60-64
7	4:26:01.1	3180	BILLIE LOU TINDALL	Calgary	AB	CAN	F60-64
8	4:31:46.2	4049	MARGARET WELLS	Toronto	ON	CAN	F60-64
9	4:51:14.3	4519	FRANCINE DESAULNIERS	Racine	QC	CAN	F60-64
10	4:51:38.4	139	MARIA LEVY	Beaconsfield	QC	CAN	F60-64

Women 65 - 69 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	4:30:29.6	3652	RONA ASHTON	Ridgeway	ON	CAN	F65-69 *
2	5:28:02.6	4824	CATHERINE DABEE	Stittsville	ON	CAN	F65-69 **
3	7:02:12.0	3288	JOCELYN HAY-LINCOLN	Ste. Anne de Bellevue	QC	CAN	F65-69 ***
4	7:31:11.5	5044	JANET BOADWAY	Kingston	ON	CAN	F65-69
5		4732	JUDY GILMOUR	Centreville	NB	CAN	F65-69

Women 70 & Over Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	6:00:17.3	4670	BARBARA HARTLEY	Toronto	ON	CAN	F70-74 *
2	7:02:11.5	4727	LOUISE SELBY-FISHER	Gatineau	QC	CAN	F70-74 **

## Men

Note: Canadian Masters 5-Year Age Group Medals - Top 3 Canadians - \* - First, \*\* - Second, \*\*\* - Third

### Men 30 - 34 Awards (Submasters) - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	2:10:18.8	14	DEREJE ABERA ALI	Briarcliff Manor		ETH	M30-34
2	2:10:57.5	8	SILAS SANG	Royersford		KEN	M30-34
3	2:11:46.5	1	HOSEA ROTICH	Royersford		KEN	M30-34
4	2:13:01.5	6	HILLARY KIMAI KIPCHIRCHIR			KEN	M30-34
5	2:13:27.2	43	ABDISA SORRI	West Chester		ETH	M30-34
6	2:17:35.7	18	KENNEDY KEMEI	Chapel Hill		KEN	M30-34
7	2:24:33.6	29	BAGHDAD RACHEM	Montreal	QC	CAN	M30-34 *
8	2:30:00.7	36	AARON ROBERTSON	Altamont	NY	USA	M30-34
9	2:46:13.3	284	ERIC BONNETTE	Philadelphia	PA	USA	M30-34
10	2:55:46.5	343	DENIS MICHAUD	Longueuil	QC	CAN	M30-34 **
11	2:56:47.2	264	JORDAN TRONSGARD	Montreal	QC	CAN	M30-34 ***

### Men 35 - 39 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	2:24:41.6	24	JASON WARWICK	Saskatoon	SK	CAN	M35-39 *
2	2:25:19.2	28	CHRISTIAN MERCIER	Quebec	QC	CAN	M35-39 **
3	2:34:45.1	237	BLAINE PENNY	Calgary	AB	CAN	M35-39 ***
4	2:38:32.5	200	SEBASTIEN ROULIER	Sherbrooke	QC	CAN	M35-39
5	2:44:45.2	320	JEAN-MARK LEON	Montreal	QC	CAN	M35-39
6	2:46:49.2	300	PER EKEGERD	Pierrefonds	QC	CAN	M35-39
7	2:46:55.2	181	MEHMET DANIS	Ottawa	ON	CAN	M35-39
8	2:50:41.8	337	STEPHEN ANDERSON	Ottawa	ON	CAN	M35-39
9	2:51:32.8	268	ALEXANDRE PROULX	Sherbrooke	QC	CAN	M35-39
10	2:52:33.5	301	ALBERT AJONKEU	Quebec	QC	CAN	M35-39

### Men 40 - 44 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	2:33:13.5	31	TERRY GEHL	St. Charles	ON	CAN	M40-44 *
2	2:35:48.3	32	JACQUES MONGEAU	Mont-Saint-Hilaire	QC	CAN	M40-44 **
3	2:38:37.1	35	PEPI PETERSON	Montreal	QC	CAN	M40-44 ***
4	2:47:47.6	4835	DANIEL DESHARNAIS	Fossambault	QC	CAN	M40-44
5	2:49:31.7	2347	STEPHAN PERRON	La Baie	QC	CAN	M40-44
6	2:52:00.9	262	SERGE ST-ANTOINE	Longueuil	QC	CAN	M40-44
7	2:54:34.7	225	JEAN-FREDERI FORTIN	St-Bruno	QC	CAN	M40-44
8	2:56:32.6	208	CAMILIEN BOUDREAU	Quebec	QC	CAN	M40-44
9	2:56:38.7	266	KEVIN DELANEY	Arlington	VA	USA	M40-44
10	2:57:57.8	4971	CRAIG FORCESE	Ottawa	ON	CAN	M40-44

### Men 45 - 49 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	2:35:55.7	30	LOUIS-PHILIPPE GARNIER	Montréal	QC	CAN	M45-49 *
2	2:45:10.0	1860	MARK SULLIVAN	Freeburg	PA	USA	M45-49
3	2:48:36.5	310	RENE DUFRESNE	St. Basile	QC	CAN	M45-49 **
4	2:52:20.2	265	STEPHANE LEPAGE	Vimont	QC	CAN	M45-49 ***
5	2:52:48.4	224	ETIENNE METHOT	Quebec	QC	CAN	M45-49
6	2:55:21.5	4882	FRANCIS LAUZIER	Ottawa	ON	CAN	M45-49
7	2:57:59.8	290	JAMES DOUGHERTY	Beaupre	QC	CAN	M45-49
8	2:58:02.9	318	MICHEL BIBEAU	Sainte-Julie	QC	CAN	M45-49
9	2:59:07.1	474	PIERRE LAVALEE	Blainville	QC	CAN	M45-49
10	2:59:22.9	322	DOUGLAS STEVENSON	Honolulu	HI	USA	M45-49

## Men 50 - 54 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	2:44:16.1	189	GERARD LECLERC	Quebec	QC	CAN	M50-54 *
2	2:44:38.4	33	REJEAN BOURGOUIN	St. Jerome	QC	CAN	M50-54 **
3	2:49:48.6	325	ROBERT JULIAN	Burlington	ON	CAN	M50-54 ***
4	2:53:22.4	348	STANLEY LARKIN	St. Basile le Grand	QC	CAN	M50-54
5	2:53:51.3	298	CLYDE VANCAEYZEELE	Winnipeg	MB	CAN	M50-54
6	2:58:21.7	275	J. FRANCOIS FILLION	Gatineau	QC	CAN	M50-54
7	2:59:04.1	278	ROGER WYLLIE	Ottawa	ON	CAN	M50-54
8	2:59:47.6	4996	JEAN KEARNEY	Jonquiere	QC	CAN	M50-54
9	3:05:56.8	1197	JOHN FRIZZELL	Nepean	ON	CAN	M50-54
10	3:10:36.2	1121	ABDELAZIZ SADRY	Terrebonne	QC	CAN	M50-54

## Men 55 - 59 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	3:07:08.8	302	DENIS LAFLAMME	Boucherville	QC	CAN	M55-59 *
2	3:10:47.5	679	CLAUDE DEGRACE	Moncton	NB	CAN	M55-59 **
3	3:10:52.4	4938	RICHARD BORSOS	Gatineau	QC	CAN	M55-59 ***
4	3:14:59.7	721	GERMAIN GEVRY	Ste-Cecile-de-Milton	QC	CAN	M55-59
5	3:16:11.2	1008	BRUCE GLASSPOOLE	Pointe Claire	QC	CAN	M55-59
6	3:16:14.9	330	NORMAND PLOUFFE	Quebec	QC	CAN	M55-59
7	3:18:41.4	2976	BERNARD RANCOURT	Boule	QC	CAN	M55-59
8	3:20:27.1	210	GERVAIS BOULET	Cookshire	QC	CAN	M55-59
9	3:21:22.0	986	MICHEL CHARBONNEAU	Chicoutimi	QC	CAN	M55-59
10	3:22:26.4	546	DENIS MORIN	Pointe-Claire	QC	CAN	M55-59

## Men 60 - 64 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	3:10:59.6	647	JEAN-CLAUDE ST. PIERRE	Quebec	QC	CAN	M60-64 *
2	3:26:04.3	770	LAURENT BOUCHARD	Pintendre	QC	CAN	M60-64 **
3	3:30:54.3	607	DENIS LEFEBVRE	Quebec	QC	CAN	M60-64 ***
4	3:31:05.9	1139	DANIEL LABERGE	Quebec	QC	CAN	M60-64
5	3:35:03.2	626	JIM BUCCIACHIO	Dundas	ON	CAN	M60-64
6	3:41:08.0	526	RALPH WESTGARTH	Barriefield	ON	CAN	M60-64
7	3:41:44.3	2278	RICHARD ST. JOHN	Toronto	ON	CAN	M60-64
8	3:42:03.4	2924	MIGUEL ESPINOSA	Sherbrooke	QC	CAN	M60-64
9	3:42:22.8	851	THOMAS OSIKA	Toronto	ON	CAN	M60-64
10	3:46:36.4	623	RAYMOND AUDET	Baie St-Paul	QC	CAN	M60-64

## Men 65 - 69 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	3:09:32.6	471	GILLES LACASSE	Cap-Sante	QC	CAN	M65-69 *
2	3:20:14.2	1001	IAN FETTES	North Bay	ON	CAN	M65-69 **
3	3:24:03.9	1049	JOHN ZAWADA	Alexandria	ON	CAN	M65-69 ***
4	3:27:27.6	1227	DAVID JOHNSON	Toronto	ON	CAN	M65-69
5	3:36:16.0	2784	TONY DUNBAR	Brockville	ON	CAN	M65-69
6	3:39:34.3	149	JOHN S NELSON	Neepawa	ON	CAN	M65-69
7	3:43:12.1	659	KEN LINDSAY	Orleans	ON	CAN	M65-69
8	3:44:43.5	1720	RENALD DROLET	St-Andre du Lac	QC	CAN	M65-69
9	3:48:59.8	1717	JACQUES GAGNON	Hampstead	QC	CAN	M65-69
10	3:51:29.6	2584	JIM RYAN	Ottawa	ON	CAN	M65-69

## Men 70 - 74 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	3:33:53.4	739	CHRIS JERMYN	Ottawa	ON	CAN	M70-74 *
2	3:49:16.2	2219	WOLFGANG MOHAUPT	Ottawa	ON	CAN	M70-74 **

3	3:49:37.0	4707	NAPOLEON BOIVIN	Saint Romuald	QC	CAN	M70-74 ***
4	4:08:31.0	3349	ALESSANDRO LENER	Cagliari		ITA	M70-74
5	4:22:50.3	162	ALLAN SAVAGE	Cornwall	ON	CAN	M70-74
6	4:39:09.7	2288	MICHEL CAREAU	Gatineau	QC	CAN	M70-74
7	4:42:42.4	1968	REJEAN LEGER	Quebec	QC	CAN	M70-74
8	4:53:58.0	4457	ROBERT OTIS	St. Bruno	QC	CAN	M70-74
9	5:00:19.2	3539	DAVE WHITING	North Bay	ON	CAN	M70-74
10	6:19:42.1	2078	JOHN STODDART	Ottawa	ON	CAN	M70-74

Men 75 - 79 Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	7:22:12.0	4626	DANIEL FRICKER	Waterville	QC	CAN	M75-79 *

Men 80 & over Awards - Marathon

Place	Run	No.	Last name, First name	City	Pr/St	Cnt	Category
1	7:31:43.8	4709	CHARLES DAY	Potomac Falls	VA	USC	M80-84

Results courtesy **Sportstats**.