

# The Ottawa Lions Track & Field Club

## Outstanding Achievement Awards

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### “The Gilbert Awards”

In 1997 the Club award for the most outstanding male athletes in the Club for both track and field were renamed the “The Gilbert Awards”. Named after the 7 time winner of the award, Glenroy Gilbert came to exemplify the true spirit of a champion. This award now honours his achievements.

Glenroy international team career spanned from 1986 to 2001. He represented Canada in four consecutive Summer Olympiads from 1988 to 2000 (Seoul / Long Jump, Barcelona / 4 x 100m Relay, Atlanta / 100m & 4 x100m Relay, Sydney / 4 x 100m Relay) and in the 1994 Lillehammer Winter Olympics Games in the 4 man and 2 man Bobsleigh. The 1996 Atlanta Men’s 4 x 100m Relay Gold Medal achievement relied heavily on his selfless character and team leadership skills. From 1993 to 1998 the Canadian Men’s 4 x 100m Relay Team dominated the world scene with one consistent factor ... Glenroy.

### Most Outstanding Male Athletes

#### TRACK ATHLETE

**2007: RICHARD ADU-BOBIE**

2006: CHARLES ALLEN  
2005: MICHAEL WOODS  
2004: RICHARD ADU-BOBIE  
2003: SEAN KALEY  
2002: SEAN KALEY  
2001: LAWRENCE RINGWALD  
2000: SEAN KALEY

1999: SEAN KALEY  
1998: MICHAEL NICOLINI  
1997: LYNDON GEORGE  
1996: GLENROY GILBERT  
1995: GLENROY GILBERT  
1994: GLENROY GILBERT  
1993: GLENROY GILBERT  
1992: GLENROY GILBERT  
1991: GLENROY GILBERT  
1990: CRAIG HUTTON & GLENROY GILBERT

1989: CRAIG HUTTON  
1988: CRAIG HUTTON  
1987: PHILLIP HUGHES  
1986: PHILLIP HUGHES  
1985: PHILLIP HUGHES

#### FIELD ATHLETE

**Not awarded**

DEREK WATKINS  
OLUSEYI SMITH  
OLUSEYI SMITH  
DEREK WATKINS  
KEVIN GRANT  
Not awarded  
Not awarded

Not awarded  
Not awarded  
Not awarded  
CORY SIERMACHESKY  
JAMES FAHIE  
JAMES FAHIE  
CORY SIERMACHESKY  
CORY SIERMACHESKY

1984: KENT THEXTON  
 1983: BRIAN MARSHALL  
 1982: BRIAN MARSHALL  
 1981: DAVE STEWART  
 1980: ROB MILLARD

1979: JOHN YORGA  
 1978: ROB LOOMER  
 1977: STEVE LAMBROS  
 1976: ROB LIVINGSTON & STU FULFORD  
 1975: DON CHARRON & JOHN GRAHAM

\* 1992 saw the first year for separated awards to both a track & field athletes

## MOST OUTSTANDING FEMALE ATHLETES:

### TRACK ATHLETE

**2007: ESTHER AKINSULIE**

2006: ESTHER AKINSULIE  
 2005: ESTHER AKINSULIE  
 2004: ESTHER AKINSULIE  
 2003: DANA BUCHANAN  
 2002: ASHLEY PURNELL  
 2001: ISABELLE GERVAIS  
 2000: SARAH DILLABAUGH

1999: LESLEY TASHLIN  
 1998: LESLEY TASHLIN  
 1997: NATALIE COTE  
 1996: TANIA JONES  
 1995: LESLEY TASHLIN  
 1994: LESLEY TASHLIN  
 1993: LESLEY TASHLIN  
 1992: CHANTALE DEJARDIN  
 1991: LESLIE ESTWICK  
 1990: CHERYL COKER & MELODY TORCOLACCI

1989: LESLIE ESTWICK  
 1988: GRACE VERBEEK  
 1987: ANN PEEL  
 1986: ANN PEEL  
 1985: ANN PEEL  
 1984: ANN PEEL  
 1983: ANN PEEL  
 1982: ANN PEEL  
 1981: ANN PEEL  
 1980: ANN PEEL

1979: ANN PEEL  
 1978: HOLLIE DENNY  
 1977: HOLLIE DENNY & SUE GIBSON  
 1976: SUE GIBSON

### FIELD ATHLETE

**SULTANA FRIZELL**

SULTANA FRIZELL  
 SULTANA FRIZELL  
 CAROLINE LAROSE  
 CAROLINE LAROSE  
 CAROLINE LAROSE  
 Not awarded  
 Not awarded

CAROLINE LAROSE  
 CAROLINE LAROSE  
 SANDY TAYLOR  
 LESLIE ESTWICK  
 LESLIE ESTWICK  
 LESLIE ESTWICK  
 CATHY GRIFFIN  
 CATHY GRIFFIN

1975: CORINNE COTE  
1974: HOLLIE SAYGON & CORINNE COTE

\*\* 1992 was the first year for separated awards to both a track & field athletes. In the Club's beginning (1974), the Lions awarded the "Most Outstanding Athlete" Award by selecting the best from among both male and female athletes. The initial co-winners were Hollie Saygon (Denny) & Corinne Cote. In 1975 the Award was separated by gender and then again further separated in 1992 by both track & field athlete categories.

## **MOST OUTSTANDING ATHLETE: JUNIOR (Under 20)**

MALE

FEMALE

### **2007: TYLER FAWCETT**

### **DANELLE WOODS**

2006: OLUSEYI SMITH  
2005: BRIAN CUMMINGS  
2004: MICHAEL WOODS & RICHARD ADU-BOBIE  
2003: MICHAEL WOODS  
2002: RYAN THERRIEN  
2001: RYAN THERRIEN  
2000: DEREK WATKINS & BRIAN MacPHEE

JENNIE BIEWALD  
SAMANTHA PIQUETTE  
BAILEY LEWIS  
SULTANA FRIZELL  
SULTANA FRIZELL  
ASHLEY PURNELL  
SUSIE EGAR

1999: BRIAN MacPHEE  
1998: STUART McGREGOR  
1997: JEFFERY KEAYS & MICHAEL NICOLINI  
1996: MURRAY LINK & GREG HEUBNER  
1995: DAVID McQUINN  
1994: SEAN KALEY  
1993: SEAN KALEY  
1992: SCOTT MacDONALD  
1991: SEAN BURGES  
1990: RICARDO GREENIDGE

KATIE JEFFREY  
HILARY BURN  
CAROLINE LAROSE  
ISABELLE GERVAIS  
TRACY ROBERTSON  
MARY JANE RICHARDS  
KRISTIN MARVIN  
LEANNE WALL  
CHARMAINE WILSON  
SYLVIE LAROCQUE

1989: MIKE REICHERT  
1988: TREVOR PAYNE  
1987: JEFF GILLAN  
1986: RICK BRANT  
1985: PHILLIP HUGHES  
1984: BRAIN MARSHALL  
1983: BRIAN MARSHALL  
1982: KENT THEXTON  
1981: KENT THEXTON  
1980: Not awarded

SYLVIE LAROCQUE  
LYNN PARRINGTON  
LOUISE PERREAULT  
LOUISE PERREAULT  
Not awarded  
Not awarded  
Not awarded  
Not awarded  
Not awarded  
ANN PEEL

1979: CHRIS DICKSON  
1978: Not awarded  
(First year awarded)

ANN PEEL  
ANN PEEL

## MOST OUTSTANDING ATHLETE: JUVENILE (Under 18)

MALE

FEMALE

### 2007: TIM NEDOW

### KARELLE EDWARDS

2006: MICHAEL ROBERTSON  
2005: ALLAN BRETT  
2004: ALLAN BRETT  
2003: OLUSEYI SMITH  
2002: MICHAEL WOODS  
2001: RICHARD ADU-BOBIE  
2000: RYAN THERRIEN  
  
1999: CURTIS FRASER  
1998: CHRISTOPHER DONOGHUE  
1997: QUINTON CAREW  
1996: CHARLES (CHUCK) ROSS  
1995: JEFFREY KEAYS  
1994: MURRAY LINK  
1993: DAVID McQUINN  
1992: SEAN KALEY  
1991: LEWIS THEOBALD  
1990: MATT LAMOURIE  
  
1989: not awarded  
1988: MIKE REICHERT  
1987: TREVOR PAYNE  
1986: JAMES FAHIE  
1985: ROB MUIR & KEN LEBLANC  
1984: SEAN FITZGERALD  
1983: BRUCE DEACON  
1982: BRIAN MARSHALL  
1981: KEVIN WALLER  
1980: GEORGE CHIAPPA  
  
1979: MARK SAIKALEY  
1978: Not awarded  
(First year awarded)

DANELLE WOODS  
JENNIE BIEWALD  
MELISSA BISHOP  
BAILEY LEWIS & KATIE ENGEL  
JULIA HICKS  
JULIA HICKS  
ASHLEY PURNELL  
  
SUSIE EGAR  
CATHERINE FORTIN-MAJOR  
KATIE JEFFREY  
ANNE LEBEL  
SHARON SPEAR  
LIANNE BROWN  
MARY JANE RICHARDS  
KRISTIN MARVIN  
ROBYN JEFFREY  
NATHALIE COTE  
  
LESLEY SHAFFER  
STEPHANIE PLAMONDON  
Not awarded  
Not awarded  
Not awarded  
Not awarded  
Not awarded  
Not awarded  
Not awarded  
Not awarded  
Not awarded  
  
LAURA WARDLAW  
LISA JACOBS

## MOST OUTSTANDING ATHLETE: MIDGET (Under 16)

MALE

FEMALE

### 2007: RAMAAR HALL

### FIONA CALLENDER

2006: OLUWASEGUN MAKINDE  
2005: IAN DONALD  
2004: TREVOR DOUCETTE  
2003: DOUG O'HEARN & ALLAN BRETT  
2002: OLUSEYI SMITH  
2001: CHRISTOPHER EDWARDS

LINDSAY ANDERSON  
JOSEPHINE SINDANI  
DANELLE WOODS & LEAH LAROCQUE  
MELISSA BISHOP  
KATIE ENGEL  
BAILEY LEWIS

2000: ALLAN SAUCIER  
1999: BOJAN RADOJEVIC  
1998: BRYCE PITTICO  
1997: Not awarded  
1996: Not awarded  
1995: CHARLES ROSS  
1994: MATT STENSON  
1993: MURRAY LINK  
1992: MURRAY LINK  
1991: GREG JACK  
1990: SEAN WOODWARD

1989: MATT BUNDLE  
1988: MATT BUNDLE  
1987: ROB CUNNINGHAM  
1986: TREVOR PAYNE  
1985: MIKE PATTON  
1984: ROB MUIR  
1983: SEAN FITZGERALD  
1982: BRUCE DEACON  
1981: BRIAN MARSHALL  
1980: KEVIN WALLER & BRIAN MARSHALL

1979: KEVIN WALLER  
1978: ANDY BETHUNE  
1977: BRIGITTE BELANGER  
1976: PETER THOMSON  
1975: SAM HILL  
1974: FRANCOIS COUILLARD  
(First year awarded)

SHANTA THOMPSON

JULIA HICKS  
GLENIS NYAAMINE  
VANESSA PIAZZA  
ALISON CROSS  
ANNE LABEL  
ANNE LABEL  
RENEE EMBREE  
AMANDA ZAPPA  
CHANTALE DEJARDIN  
CHANTALE DEJARDIN

MEEKA HALLER  
LESLEY SHAFFER  
STEPHANIE PLAMONDON  
NIKKI CALLENDER

## **MOST OUTSTANDING ATHLETE: BANTAM (Under 14)**

MALE

**2007: MARCUS GIANNINI**

2006: EVAN LOH  
2005: Not awarded  
2004: IAN DONALD  
2003: Not awarded  
2002: STUART PEARSON  
2001: STUART PEARSON  
2000: OLUSEYI SMITH

1999: OBIE FRITZCH  
1998: KYLE BRADEN  
1997: BOJAN RADOJEVIC  
1996: BOJAN RADOJEVIC  
1995: AARON GLANTZ  
1994: Not awarded  
1993: MATT STENSON

FEMALE

**EMMA GALBRAITH**

Not awarded  
Not awarded  
LINDSAY ANDERSON  
Not awarded  
LEAH LAROCQUE  
TESS ACTON  
KATIE ENGEL

HILARY EGAN  
JULIA HICKS  
GLENIS NYAAMINE  
COLETTE JONES  
ALISON CROSS  
ESTHER COALTER  
ANNE LABEL

1992:	MATT STENSON	Not awarded
1991:	Not awarded	Not awarded
1990:	TOM GREENBERG	ROSYLN MCGILVERY
1989:	CHRIS MCGREGOR	CHANTALE DEJARDIN
1988:	JASON TODD	MEEKA HALLER
1987:	MARTIN CYR-HICKS	CHARMAINE WILSON
1986:	SCOTT MACDONALD	Not awarded
1985:	Not awarded	LAURA SACCO
1984:	Not awarded	RUTH PRIDDLE
1983:	GREG MAJOR	Not awarded
1982:	MIKE WALLER	Not awarded
1981:	Not awarded	LESLEY MANION
1980:	BRUCE DEACON	Not awarded
1979:	BRIAN MARSHALL	Not awarded
1978:	Not awarded	PAM STEEN
1977:	Not awarded	LISA JACOBS & LAURA WARDLAW
1976:	Not awarded (First year awarded)	LISA JACOBS

## **“THE SAM ESTWICK AWARD” MOST OUTSTANDING ATHLETE: PARALYMPIAN**

### **2007: JASON DUNKERLEY**

2006:	JASON DUNKERLEY
2005:	JASON DUNKERLEY
2004:	JASON DUNKERLEY & CHELSEA LARIVIERE
2003:	JOE RADMORE & CHELSEA LARIVIERE
2002:	CAITLIN RENNESON
2001:	JOE RADMORE & CAITLIN RENNESON
2000:	JASON LACHANCE & CAITLIN RENNESON
1999:	JOE RADMORE & CAITLIN RENNESON
1998:	JASON LACHANCE & CHANTAL FOWLER
1997:	JOE RADMORE & CHANTAL FOWLER
1996:	STUART MCGREGOR
1995:	HERVE LORD
1994:	HERVE LORD
1993:	HERVE LORD
1992:	JAMES BAKER & JUDY ZELMAN
1991:	JAMES BAKER & JUDY ZELMAN

1987 TO 1990 - Not awarded

1986:	PATRICK YORK
1985:	DAVE SMITH
1984:	NORAH GOOD
1983:	JACQUES PILON
1982:	JACQUES PILON (First year awarded)

## MOST OUTSTANDING ATHLETE: CROSS COUNTRY

MALE

FEMALE

**2007: Not Awarded**

**DANELLE WOODS**

2006: \* Not Awarded  
2005: ALLAN BRETT  
2004: ALLAN BRETT  
2003: JOSHUA KARANJA  
2002: Not awarded  
2001: JEAN-PAUL NIYONSABA  
2000: Not awarded

\* Not Awarded  
DANELLE WOODS  
DANELLE WOODS & KATIE ENGEL  
Not awarded  
SARAH DILLABAUGH  
Not awarded  
NATHALIE COTE

1999: Not awarded  
1998: CHRISTIAN WEBBER  
1997: Not awarded  
1996: Not awarded  
1995: MURRAY LINK  
1994: JOHN HALVORSEN  
1993: RICHARD CHARETTE  
1992: RICHARD CHARETTE  
1991: RICHARD CHARETTE  
1990: CHRIS MCGREGOR

SARAH DILLABAUGH  
SUSIE EGAR  
ROBIN McROBBIE  
TRACY ROBERTSON  
ANNA GUNASEKERA  
MARY JANE RICHARDS  
MARY JANE RICHARDS  
NATHALIE COTE  
NATHALIE COTE  
NATHALIE COTE

1989: MATT LAMOURIE  
(First year awarded)

NATHALIE COTE

\* A Change made in the award period yearly cycle from September 1 to August 31

## MOST OUTSTANDING ATHLETE: MASTERS'

Athletes starting in Age Groups of 35+ years

**2007: BORIS ZAITCHOUK**

2006: LAWRENCE WILLIAMS  
2005: BOB STAVELEY  
2004: LESLIE ESTWICK & BORIS ZAITCHOUK  
2003: LESLIE ESTWICK  
2002: LESLIE ESTWICK  
2001: LESLIE ESTWICK  
2000: LESLIE ESTWICK  
  
1999: Not Awarded  
1998: Not Awarded  
1997: LESLIE ESTWICK  
1996: LESLIE ESTWICK  
1995: BORIS ZAITCHOUK & MAUREEN De St. CROIX  
1994: MAUREEN De St. CROIX  
1993: DEREK BOOSEY & MAUREEN De St. CROIX  
1992: DEBI HEIT  
1991: GEAN HEMMING

1990: GEAN HEMMING  
1989: BOB STAVELEY  
1988: MARY SMITH & WALLY GORDON  
1987: RAY CARDINAL & MARTA PIRESFERRIERA  
1986: CECIL PAUL & MARTA PIRESFERRIERA  
1985: CECIL PAUL  
1984: WIM VAN GENNIP  
1983: WIM VAN GENNIP  
1982: DON BETHUNE  
1981: HENRY GLYDE  
1980: HENRY GLYDE  
(First year awarded)

## **MOST OUTSTANDING ATHLETE: ROAD RACER**

### **2007: ALAIN BOUCHER**

2006: Not Awarded  
2005: SUZANNE EGAN & ANDRE OKENGE  
2004: STEPHEN DREW  
2003: JOSEPH NSENGIYUMVA  
2002: JOSEPH NSENGIYUMVA  
2001: SEAN KALEY  
2000: STEPHANE GEMACHE  
  
1999: CHRISTIAN WEBBER  
1998: TANIA JONES  
1997: SARAH DILLABAUGH  
1996: ALAIN BOUCHER / MAUREEN De St. CROIX  
1995: ALAIN BOUCHER / TANIA JONES  
1994: ALAIN BOUCHER / MAUREEN De St. CROIX  
1993: MOHAMMED HUSSEIN / LISA PRESEDO  
1992: ANDY JONES  
1991: ANDY JONES / MAUREEN De ST. CROIX  
1990: THERESA BRIDEAU  
  
1989: MAUREEN de ST. CROIX  
1988: L'EGGS RUNNING TEAM: Theresa Brideau, Joanna Irvine,  
Deborah Hine, Jackie Harkes, Annette Ebbinghaus  
1987: PAUL LEROUX / JACKIE HARKES  
1986: BOB SLIPP / KRIS O'SHEA  
1985: ADRIAN "PUNKY" BAIRD  
1984: BOB SLIPP  
1983: LARRY MCCLOSKEY  
1982: JACQUELINE PELOT  
1981: DOUG SCORRAR  
1980: HELEN COOPER  
(First year awarded)

## **MOST OUTSTANDING ATHLETE:      COMBINED EVENTS**

### **2007: JAMES HOLDER**

2006: EVAN WILLIAMS  
2005: Not Awarded  
2004: COURTNEY CONNOR  
2003: PATRICIA GAUTHIER  
2002: STUART PEARSON & PATRICIA GAUTHIER  
2001: DAYNA BARRETT  
2000: DAYNA BARRETT

1999: DAYNA BARRETT  
1998: MICHELLE ROMANCE  
1997: ANNE LABEL  
1996: SHARON SPEAR  
1995: Not Awarded  
1994: CHANTALE DEJARDIN  
1993: SHAWN WILCOX  
1992: KIM RAPLEY  
1991: Not Awarded  
1990: Not Awarded

1989: Not Awarded  
1988: LESLIE ESTWICK  
1987: LESLIE ESTWICK  
1986: ALISON ARMSTRONG  
1985: ALISON ARMSTRONG  
1984: ALISON ARMSTRONG  
1983: RICHARD BERGMAN  
1982: ALISON ARMSTRONG  
1981: ALISON ARMSTRONG  
1980: ALISON ARMSTRONG  
(First year awarded)

## **SEAN COLE MEMORIAL AWARD:      Dedication to Club Service**

### **Sean Cole (1956 to 1978)**

This award is presented to a Club member who's qualities of volunteer presence go far beyond the boundaries of expectation and service. This award is in the memory of Sean Cole who died tragically in March of 1978. At only 21 years of age, he was one of the Lion's top distance running star prospects. Sean was also a scholar and a student at Carleton University. This award commemorates the fine qualities and dedication to life, all-round achievement and good citizenship.

### **2007: MARLA McINNIS & ANDREW PAGE**

2006: MIKE STENSON  
2005: ANDREW PAGE  
2004: NANCY ENGEL  
2003: ANN PERRY & NANCY ENGEL  
2002: CONSTANCE CAMPBELL  
2001: Not Awarded  
2000: VINCE FAY

1999: MARC LABEL  
1998: SRBOLJUB RADOJEVIC  
1997: SRBOLJUB RADOJEVIC  
1996: SHERYL CROSS  
1995: JAMES HARVEY  
1994: AVIVA FURMAN  
1993: LESLIE ESTWICK  
1992: SAM ESTWICK  
1991: SEAN BURGESS & JAMES HARVEY  
1990: COLIN TIMM

1989: COLIN TIMM & THERESA BRIDEAU  
1988: DEBRA HINE  
1987: FRANCIS KAWAM  
1986: FRANCIS KAWAM & WENDY ST GERMAIN  
1985: WENDY ST GERMAIN  
1984: KEVIN WALLER  
1983: KEVIN WALLER  
1982: MARTIN TOOKE  
1981: ANNE WARDLAW  
1980: GORD MOAT

1979: ANNE WARDLAW  
1978: ANNE WARDLAW  
(First year awarded)

## **DISCONTINUED AWARD .... "MOST IMPROVED ATHLETE"**

### **1992: DISCONTINUED**

1991: RICARDO GREENIDGE  
1990: ROB CUNNINGHAM / SANDRA BUCIARELLI  
1989: STEVE YORSTON / CHERYL COKER  
1988: ROB CUNNINGHAM / THERESA BRIDEAU  
1987: EOIN THEOBALD / ANNETTE EBBINGHAUS  
1986: KEN LEBLANC / THERESA BRIDEAU  
1985: GRAHAM CLEGHORN  
1984: RICK BRANT  
1983: RAY CARDINAL  
1982: DAN BRODERICK  
1981: RAY CARDINAL / KERRY MUNRO  
1980: STEVE SPALDING / BRIGETTE BELANGER  
1979: ROB LIVINGSTON / JEAN CLAUDE CAPRARA  
1978: ADRIAN "PUNKY" BAIRD / MARC ETHIER  
1977: HOLLIE DENNY / ANNE WARDLAW  
1976: PAT MURPHY / FRANCISCO TORO  
1975: TIM WEEKES / LISA JACOBS