



# Ottawa Lions Track & Field Club All-Time National Medalists

(updated December 11, 2018)

**2018**

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**Athletics Canada – Able body**

|   |                                |
|---|--------------------------------|
| Tim Nedow   | 1 <sup>st</sup> – Shot Put     |
| Stephanie Gould, Devyani Biswal, Sophia Skorenky, Emmanuelle Keogh  | 1 <sup>st</sup> – 4x100m       |
| Stephanie Gould, Mary Ollier, Madison Clarke, Svetlana Martynova    | 1 <sup>st</sup> – 4x400m       |
| Bertwin Ben-Smith, Stephen Evans, Saj Alhaddad, Sebastian Saville   | 1 <sup>st</sup> – 4x400m       |
| Saj Alhaddad  | 2 <sup>nd</sup> – 400m Hurdles |
| Marie-Eve Dahms, Sophia Skorenky, Emmanuelle Keogh, Rebecca Brennan | 2 <sup>nd</sup> – 4x400m       |
| Marie-Eve Dahms, Mary Ollier, Claudine Nafaa, Svetlana Martynova    | 3 <sup>rd</sup> – 4x100m       |
| Farah Jacques   | 3 <sup>rd</sup> – 100m Hurdles |
| Divya Biswal  | 3 <sup>rd</sup> – Triple Jump  |
| Sultana Frizell   | 3 <sup>rd</sup> – Hammer Throw |
| Telvin Tavernier  | 3 <sup>rd</sup> – Decathlon    |
| Sebastian Saville   | 4 <sup>th</sup> – 800m         |
| Divya Biswal  | 4 <sup>th</sup> – Long Jump    |
| Devyani Biswal  | 4 <sup>th</sup> – 100m Hurdles |
| Thomas Nedow  | 4 <sup>th</sup> – Discus       |
| Kevin Nault   | 4 <sup>th</sup> – Decathlon    |
| James Fahie   | 5 <sup>th</sup> – Hammer Throw |
| Raphael Choquette   | 5 <sup>th</sup> – Javelin      |
| Matthew Johnson   | 5 <sup>th</sup> – Decathlon    |
| Christina Hertner   | 5 <sup>th</sup> – Shot Put     |
| Oluwasegun Makinde  | 6 <sup>th</sup> – 200m         |
| Thomas Nedow  | 7 <sup>th</sup> – Shot Put     |
| Farah Jacques   | 7 <sup>th</sup> – 100m         |

### **Athletics Canada – Athletes with a disability**

|                   |   |
|-------------------|---|
| Keegan Gaunt      | 1 <sup>st</sup> – 400m Para Ambulatory  |
| Shanna Boutillier | 2 <sup>nd</sup> – 400m Para Ambulatory  |
| Joshua Cassidy    | 2 <sup>nd</sup> – 1500m Para Wheelchair |
| Thomas Des Brisay | 4 <sup>th</sup> – 1500m Para Ambulatory |
| Rachael Burrows   | 5 <sup>th</sup> – 100m Para Wheelchair  |
| Rachael Burrows   | 5 <sup>th</sup> – 200m Para Wheelchair  |
| Rachael Burrows   | 6 <sup>th</sup> – 400m Para Wheelchair  |
| Shanna Boutillier | 6 <sup>th</sup> – 200m Para Ambulatory  |
| Shanna Boutillier | 6 <sup>th</sup> – 100m Para Ambulatory  |

### **Athletics Canada – Junior (U20)**

|  |                                      |
|--|--------------------------------------|
| Caroline Poirier, Annabelle Gagne,<br>Julia Maine, Eleni Pantieras | 2 <sup>nd</sup> – 4x100m             |
| Jonathan Rioux   | 2 <sup>nd</sup> – 3000m Steeplechase |
| Caroline Poirier   | 2 <sup>nd</sup> – Pole Vault         |
| Brandon Ovington   | 3 <sup>rd</sup> – Shot Put           |
| Andre Alie-Lamarche  | 3 <sup>rd</sup> – 3000m Steeplechase |
| Phillip Frank  | 3 <sup>rd</sup> – 110m Hurdles       |
| Philip Frank   | 3 <sup>rd</sup> – High Jump          |
| Joe Fast, Matthew Hebert,<br>Quinn Lyness, Zachary Meredith        | 3 <sup>rd</sup> – 4x400m             |
| David Adeleye, Cornelius Liburd,<br>Quinn Lyness, Shea McHale      | 4 <sup>th</sup> – 4x100m             |
| Anesi Anyia, Doyin Ogunremi,<br>Nina Whitford, Julia Maine         | 4 <sup>th</sup> – 4x400m             |
| Wariso Dullo   | 4 <sup>th</sup> – Javelin            |
| Brandon Ovington   | 5 <sup>th</sup> – Shot Put           |
| Stephanie Leask, Keili Shepherd,<br>Skye Pellerin, Keegan Gaunt    | 5 <sup>th</sup> – 4x400m             |
| Jackson Roy, Lucas Zanetti,<br>Cornelius Liburd, Jonathan Rioux    | 5 <sup>th</sup> – 4x400m             |
| Matthew Hebert   | 5 <sup>th</sup> – 800m               |
| Quinn Lyness   | 6 <sup>th</sup> – 400m Hurdles       |
| Anesi Anyia  | 7 <sup>th</sup> – 100m               |
| Erin Sweeney   | 8 <sup>th</sup> – Discus             |
| Skye Pellerin  | 8 <sup>th</sup> – 3000m              |
| Nico Pedersen  | 8 <sup>th</sup> – 5000m              |

### **Athletics Canada Indoor– Youth (U18)**

|               |                         |
|---------------|-------------------------|
| Katie Newlove | 4 <sup>th</sup> – 3000m |
| Katie Newlove | 8 <sup>th</sup> – 1500m |

## Athletics Canada XC

Rosalyn Barrett, Skye Pellerin, Cara MacDonald, Zoe Gardiner, Isabelle Honegger, Olivia Mackasill, Pippa Norman, Elana Tyman

3<sup>rd</sup> – Youth Girls Team

## Canadian Masters Championships

Did not participate

## Canadian Masters Indoor Championships

|                   |                                  |
|-------------------|----------------------------------|
| Wendy Alexis      | 1 <sup>st</sup> – 50m/W60        |
| Wendy Alexis      | 1 <sup>st</sup> – 60m/W60        |
| Natacha Dupuis    | 1 <sup>st</sup> – 60m/W35        |
| Natacha Dupuis    | 1 <sup>st</sup> – 200m/W35       |
| Natacha Dupuis    | 1 <sup>st</sup> – 400m/W35       |
| Lawrence Williams | 1 <sup>st</sup> – 400m/M45       |
| Stan Seitz        | 1 <sup>st</sup> – Pole Vault/M70 |
| Stan Seitz        | 1 <sup>st</sup> – Pentathlon/M70 |
| Serge Faucher     | 1 <sup>st</sup> – 400m/M50       |
| Lawrence Williams | 2 <sup>nd</sup> – 200m/M45       |
| Serge Faucher     | 2 <sup>nd</sup> – 200m/M50       |
| Wendy Alexis      | 2 <sup>nd</sup> – 200m/W60       |
| Robert Muir       | 2 <sup>nd</sup> – 3000m/ M50     |
| Lawrence Williams | 3 <sup>rd</sup> – 50m/M45        |
| Hazel Harding     | 3 <sup>rd</sup> – 400m/W40       |

## USPORTS Track and Field Championships

|                                  |  |
|----------------------------------|--|
| Thomas Nedow                     | 2 <sup>nd</sup> – Shot Put (Guelph)      |
| Stephen Evans                    | 2 <sup>nd</sup> – 600m (uOttawa)         |
| Sebastian Saville                | 4 <sup>th</sup> – 600m (Carleton)        |
| Keira Christie-Galloway          | 4 <sup>th</sup> – 60m Hurdles (uOttawa)  |
| Sophia Skorenky, Madison Clarke, | 4 <sup>th</sup> – 4x800m (uOttawa)       |
| Maeliss Trapeau, Keili Shepherd  |  |
| Stephanie Gould, Madison Clarke, | 5 <sup>th</sup> – 4x400m (uOttawa)       |
| Maeliss Trapeau, Sophia Skorenky |  |
| Leanna Garcia                    | 6 <sup>th</sup> – Shot Put (Windsor)     |
| Leanna Garcia                    | 6 <sup>th</sup> – Weight Throw (Windsor) |
| Ty Coulter                       | 7 <sup>th</sup> – Weight Throw (uOttawa) |

### **Athletics Canada – Able body**

|  |                                |
|--|--------------------------------|
| Melissa Bishop   | 1 <sup>st</sup> – 800m         |
| Sultana Frizell  | 1 <sup>st</sup> – Hammer Throw |
| Tim Nedow  | 1 <sup>st</sup> – Shot Put     |
| Madison Clarke, Erinn Stenman-Fahey,<br>Alexia Lamothe, Kaleigh Hole           | 1 <sup>st</sup> – 4x400m Relay |
| Sekou Kaba   | 2 <sup>nd</sup> – 110m Hurdles |
| Toluwalope Makinde, Oluwasegun<br>Makinde, Brandyn Martineau, Scott<br>Hancock | 2 <sup>nd</sup> – 4x100m Relay |
| Tim Nedow  | 2 <sup>nd</sup> – Discus       |
| Ashlea Maddex  | 3 <sup>rd</sup> – 100m Hurdles |
| Charifa Labarang, Ashlea Maddex,<br>Rinila Haridas, Larissa Brown              | 3 <sup>rd</sup> – 4x100m Relay |
| Barbara Bitchoka   | 3 <sup>rd</sup> – High Jump    |
| Divya Biswal   | 3 <sup>rd</sup> – Triple Jump  |
| Divya Biswal   | 4 <sup>th</sup> – Long Jump    |
| Kaleigh Hole   | 5 <sup>th</sup> – Heptathlon   |
| Telvin Tavernier   | 6 <sup>th</sup> – Decathlon    |
| Devyani Biswal   | 7 <sup>th</sup> – 100m Hurdles |
| Charifa Labarang   | 8 <sup>th</sup> – 100m         |
| Sebastian Saville  | 8 <sup>th</sup> – 800m         |
| Matthew Johnson  | 8 <sup>th</sup> – Decathlon    |

### **Athletics Canada – Athletes with a disability**

|                   |   |
|-------------------|---|
| Shanna Boutillier | 1 <sup>st</sup> – Para Ambulatory 400m  |
| Larissa Brown     | 2 <sup>nd</sup> – Para Ambulatory 100m  |
| Joshua Cassidy    | 2 <sup>nd</sup> – Para Wheelchair 1500m |
| Jason Dunkerley   | 3 <sup>rd</sup> – Para Ambulatory 1500m |
| Larissa Brown     | 3 <sup>rd</sup> – Para Ambulatory 200m  |
| Shanna Boutillier | 5 <sup>th</sup> – Para Ambulatory 100m  |
| Shanna Boutillier | 5 <sup>th</sup> – Para Ambulatory 200m  |
| Tommy Des Brisay  | 7 <sup>th</sup> – Para Ambulatory 1500m |
| Rachael Burrows   | 7 <sup>th</sup> – Para Wheelchair 100m  |
| Rachael Burrows   | 7 <sup>th</sup> – Para Wheelchair 200m  |
| Rachael Burrows   | 8 <sup>th</sup> – Para Wheelchair 400m  |

### **Athletics Canada – Junior (U20)**

|   |                                |
|---|--------------------------------|
| Roan Allen  | 1 <sup>st</sup> – Javelin      |
| Lauren Gale, Maeliss Trapeau,<br>Helena Jovic, Sharelle Samuel        | 1 <sup>st</sup> – 4x400m Relay |
| Austin White  | 2 <sup>nd</sup> – 400m Hurdles |
| Anessa Anya, Keira Christie-Galloway,<br>Lauren Gale, Sharelle Samuel | 2 <sup>nd</sup> – 4x100m Relay |

|  |                                |
|--|--------------------------------|
| Sharelle Samuel  | 3 <sup>rd</sup> – 400m         |
| Sharelle Samuel  | 3 <sup>rd</sup> – 400m Hurdles |
| Ben Robinson, Cornelius Liburd,<br>Tyler Dacosta, Kyle Sprague | 3 <sup>rd</sup> – 4x100m Relay |
| Thomas Nedow   | 3 <sup>rd</sup> – Discus       |
| Thomas Nedow   | 3 <sup>rd</sup> – Shot Put     |
| Keira Christie-Galloway  | 4 <sup>th</sup> – 100m Hurdles |
| Thomas Saville, Austin White,<br>Joe Fast, Cornelius Liburd    | 4 <sup>th</sup> – 4x400m       |
| Maeliss Trapeau  | 5 <sup>th</sup> – 800m         |
| Ty Coulter   | 5 <sup>th</sup> – Hammer Throw |
| Jordan Thomsen   | 6 <sup>th</sup> – Decathlon    |
| Caroline Poirier   | 6 <sup>th</sup> – Pole Vault   |
| Michael Mather   | 7 <sup>th</sup> – 1500m        |
| Lauren Gale  | 7 <sup>th</sup> – 400m         |
| Helena Jovic   | 7 <sup>th</sup> – 400m Hurdles |
| Thomas Saville   | 7 <sup>th</sup> – 400m Hurdles |
| Ryan Thomsen   | 7 <sup>th</sup> – Decathlon    |

#### **Athletics Canada – Youth (U18)**

|                |                         |
|----------------|-------------------------|
| Matthew Hebert | 8 <sup>th</sup> – 1500m |
|----------------|-------------------------|

#### **Athletics Canada – Midget (U16)**

|          |                         |
|----------|-------------------------|
| Joe Fast | 2 <sup>nd</sup> – 2000m |
| Joe Fast | 4 <sup>th</sup> – 800m  |

#### **Athletics Canada XC**

|  |                                   |
|--|-----------------------------------|
| Jonathan Rioux, Adrian Fournier, Nico<br>Pedersen, Wiliam Cox, Adam Sanger,<br>Lucas Zanetti | 3 <sup>rd</sup> – Youth Boys Team |
|--|-----------------------------------|

#### **Canadian Masters Championships**

|              |                                   |
|--------------|-----------------------------------|
| Liz Maguire  | 1 <sup>st</sup> – 1500m/W50       |
| Liz Maguire  | 1 <sup>st</sup> – 800m/W50        |
| Kim Ethier   | 1 <sup>st</sup> – 80m Hurdles/W45 |
| Kim Ethier   | 1 <sup>st</sup> – High Jump/W45   |
| Kim Ethier   | 1 <sup>st</sup> – Long Jump/W45   |
| Stan Seitz   | 1 <sup>st</sup> – Pole Vault/M65  |
| Wendy Alexis | 2 <sup>nd</sup> – 100m/W60        |
| Wendy Alexis | 2 <sup>nd</sup> – 200m/W60        |
| Robert Muir  | 3 <sup>rd</sup> – 1500m/M45       |
| Stan Seitz   | 3 <sup>rd</sup> – High Jump/M65   |

## Canadian Masters Indoor Championships

|                   |                                  |
|-------------------|----------------------------------|
| Liz Maguire       | 1 <sup>st</sup> – 1500m/W50      |
| Lawrence Williams | 1 <sup>st</sup> – 200m/M45       |
| Wendy Alexis      | 1 <sup>st</sup> – 200m/W60       |
| Lawrence Williams | 1 <sup>st</sup> – 400m/M45       |
| Lawrence Williams | 1 <sup>st</sup> – 50m/M45        |
| Wendy Alexis      | 1 <sup>st</sup> – 50m/W60        |
| Liz Maguire       | 1 <sup>st</sup> – 800m/W50       |
| Stan Seitz        | 1 <sup>st</sup> – Pole Vault/M65 |
| Dave Kary         | 2 <sup>nd</sup> – 1500m/M55      |
| Serge Faucher     | 2 <sup>nd</sup> – 200m/M50       |
| Wendy Alexis      | 2 <sup>nd</sup> – 60m/W60        |
| Dave Kary         | 2 <sup>nd</sup> – 800m/M55       |
| Stan Seitz        | 2 <sup>nd</sup> – Long Jump/M65  |
| Serge Faucher     | 3 <sup>rd</sup> – 400m/M50       |

## University of Ottawa and Carleton University CIS Track and Field Championships

|                   |   |
|-------------------|---|
| Ashley Connell    | 1 <sup>st</sup> – Shot Put (Guelph)     |
| Ashley Connell    | 1 <sup>st</sup> – Weight Throw (Guelph) |
| Telvin Tavernier  | 2 <sup>nd</sup> – Heptathlon            |
| Tania Bambi       | 3 <sup>rd</sup> – 60m Hurdles           |
| Telvin Tavernier  | 3 <sup>rd</sup> – Pole Vault            |
| Sebastian Saville | 4 <sup>th</sup> – 600m                  |
| Devyani Biswal    | 4 <sup>th</sup> – 60m Hurdles           |
| Amelia Brohman    | 5 <sup>th</sup> – 60m                   |
| Scott Hancock     | 5 <sup>th</sup> – 60m Hurdles           |
| Scott Hancock     | 5 <sup>th</sup> – Long Jump             |
| Charlotte Gardner | 6 <sup>th</sup> – 600m                  |

## 2016

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### Athletics Canada – Able body

|                    |                                |
|--------------------|--------------------------------|
| Melissa Bishop     | 1 <sup>st</sup> – 800m *CR     |
| Tim Nedow          | 1 <sup>st</sup> – Shot Put     |
| Sultana Frizell    | 2 <sup>nd</sup> – Hammer Throw |
| Sekou Kaba         | 2 <sup>nd</sup> – 110m Hurdles |
| Patrick Arbour     | 2 <sup>nd</sup> – Decathlon    |
| Farah Jacques      | 3 <sup>rd</sup> – 200m         |
| Gabriel Tesfaye    | 5 <sup>th</sup> – 400m Hurdles |
| Oluwasegun Makinde | 5 <sup>th</sup> – 100m         |
| Ashlea Maddex      | 7 <sup>th</sup> – 100m Hurdles |

### **Athletics Canada – Athletes with a disability**

|                  |   |
|------------------|---|
| Larissa Brown    | 1 <sup>st</sup> – Para Ambulatory 200m      |
| Larissa Brown    | 1 <sup>st</sup> – Para Ambulatory Long Jump |
| Rachael Burrows  | 1 <sup>st</sup> – T33/34 400m               |
| Tommy Des Brisay | 1 <sup>st</sup> – Para Ambulatory 1500m     |
| Josh Cassidy     | 2 <sup>nd</sup> – Para Wheelchair 800m      |
| Josh Cassidy     | 2 <sup>nd</sup> – Para Wheelchair 1500m     |
| Larissa Brown    | 2 <sup>nd</sup> – Para Ambulatory 100m      |
| Tommy Des Brisay | 2 <sup>nd</sup> – Para Ambulatory 5000m     |
| Jason Dunkerley  | 3 <sup>rd</sup> – Para Ambulatory 5000m     |
| Rachael Burrows  | 4 <sup>th</sup> – Para Wheelchair 100m      |
| Rachael Burrows  | 8 <sup>th</sup> – Para Wheelchair 800m      |

### **Athletics Canada – Junior (U20)**

|                         |                                |
|-------------------------|--------------------------------|
| Shona McCulloch         | 1 <sup>st</sup> – 3000m        |
| Lauren Gale             | 2 <sup>nd</sup> – 400m         |
| Keira Christie-Galloway | 2 <sup>nd</sup> – 100m Hurdles |
| Olivia Leon             | 2 <sup>nd</sup> - Heptathlon   |
| Shyvonne Roxborough     | 3 <sup>rd</sup> – 100m         |
| Austin White            | 4 <sup>th</sup> – 400m Hurdles |
| Lauren Gale             | 4 <sup>th</sup> – 200m         |
| Jordan Weston           | 6 <sup>th</sup> – 3000m        |
| Jordan Weston           | 7 <sup>th</sup> – 1500m        |

### **Athletics Canada – Youth (U18)**

|   |                              |
|---|------------------------------|
| Lauren Gale   | 8 <sup>th</sup> – 200m       |
| Lauren Gale   | 2 <sup>nd</sup> – 400m       |
| Keegan Gaunt  | 8 <sup>th</sup> – 800m       |
| Julia Maine, Keegan Gaunt, Olivia Crewe,<br>Carlee Townsend | 8 <sup>th</sup> – 4x400m     |
| Caroline Poirier  | 8 <sup>th</sup> – Pole Vault |
| Wariso Dullo  | 5 <sup>th</sup> – Javelin    |

### **Athletics Canada – Midget (U16)**

|              |                         |
|--------------|-------------------------|
| Ben Robinson | 8 <sup>th</sup> – 100m  |
| Ben Robinson | 5 <sup>th</sup> – 200m  |
| Alex Pope    | 8 <sup>th</sup> – 300m  |
| Joe Fast     | 5 <sup>th</sup> – 800m  |
| Joe Fast     | 7 <sup>th</sup> – 1200m |

### **Athletics Canada XC**

|                                  |                            |
|----------------------------------|----------------------------|
| Richard Charette, Kevin Shields, | 3 <sup>rd</sup> – M40 Team |
|----------------------------------|----------------------------|

Dave Kary, Robert Muir  
Liz Maguire, Michael Day,  
Scott Pegrum, Michael Ferguson  
Shona McCulloch

3<sup>rd</sup> – M50 Team

7<sup>th</sup> – U20 Women

### Canadian Masters Championships

|                 |                                    |
|-----------------|------------------------------------|
| Wendy Alexis    | 1 <sup>st</sup> – 100m/W60         |
| Wendy Alexis    | 1 <sup>st</sup> – 200m/W60         |
| Wendy Alexis    | 1 <sup>st</sup> – Shot Put/W60     |
| Jason Dunkerley | 1 <sup>st</sup> – 800m/M35         |
| Jason Dunkerley | 1 <sup>st</sup> – 1500m/M35        |
| Kim Ethier      | 1 <sup>st</sup> – 100m Hurdles/W45 |
| Kim Ethier      | 1 <sup>st</sup> – Long Jump/W45    |
| Kim Ethier      | 1 <sup>st</sup> – Javelin/W45      |
| Leslie Estwick  | 1 <sup>st</sup> – High Jump/W55    |
| Stan Seitz      | 1 <sup>st</sup> – High Jump/M65    |
| Stan Seitz      | 1 <sup>st</sup> – Pole Vault/M65   |
| Leslie Estwick  | 2 <sup>nd</sup> – Long Jump/W55    |
| Serge Faucher   | 2 <sup>nd</sup> – 100m/M50         |
| Serge Faucher   | 2 <sup>nd</sup> – 200m/M50         |
| Serge Faucher   | 2 <sup>nd</sup> – 400m/M50         |
| Leslie Estwick  | 2 <sup>nd</sup> – 100m Hurdles/W55 |
| Kim Ethier      | 2 <sup>nd</sup> – High Jump/W45    |
| Robert Muir     | 3 <sup>rd</sup> – 1500m/M45        |

### Canadian Masters Indoor Championships

|               |                             |
|---------------|-----------------------------|
| Wendy Alexis  | 1 <sup>st</sup> – 50m/W60   |
| Wendy Alexis  | 1 <sup>st</sup> – 60m/W60   |
| Wendy Alexis  | 1 <sup>st</sup> – 200m/W60  |
| Serge Faucher | 1 <sup>st</sup> – 400m/M50  |
| Robert Muir   | 1 <sup>st</sup> – 3000m/M45 |
| Serge Faucher | 2 <sup>nd</sup> – 200m/M50  |
| Robert Muir   | 2 <sup>nd</sup> – 1500m/M45 |
| Mario Huard   | 3 <sup>rd</sup> – 60m/M45   |
| Robert Muir   | 3 <sup>rd</sup> – 800m/M45  |

### University of Ottawa

#### CIS Track and Field Championships

|                 |   |
|-----------------|---|
| Devyani Biswal  | 1 <sup>st</sup> – 60m Hurdles           |
| Ashley Connell  | 2 <sup>nd</sup> – Shot Put (Guelph)     |
| Steve Nkusi     | 5 <sup>th</sup> – High Jump             |
| Leanna Garcia   | 7 <sup>th</sup> – Shot Put (Windsor)    |
| Yvan Ntivumbura | 7 <sup>th</sup> – High Jump             |
| Ashley Connell  | 7 <sup>th</sup> – Weight Throw (Guelph) |

## 2015

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### Athletics Canada – Able body

|                    |                                |
|--------------------|--------------------------------|
| Sultana Frizell    | 1 <sup>st</sup> – Hammer Throw |
| Tim Nedow          | 1 <sup>st</sup> – Shot Put     |
| Tim Nedow          | 1 <sup>st</sup> – Discus       |
| Patrick Arbour     | 1 <sup>st</sup> – Decathlon    |
| Melissa Bishop     | 2 <sup>nd</sup> – 800m         |
| Sekou Kaba         | 3 <sup>rd</sup> – 110m Hurdles |
| Michael Robertson  | 5 <sup>th</sup> – 400m         |
| Divya Biswal       | 5 <sup>th</sup> – Triple Jump  |
| Oluwasegun Makinde | 5 <sup>th</sup> – 200m         |
| Sebastian Saville  | 7 <sup>th</sup> – 800m         |
| Ashlea Maddex      | 8 <sup>th</sup> – 100m Hurdles |

### Athletics Canada – Athletes with a disability

|                   |  |
|-------------------|--|
| Larissa Brown     | 1 <sup>st</sup> – T12-13-35-38 100m    |
| Shauna Boutillier | 1 <sup>st</sup> – T12-20-37-43 400m    |
| Stuart McGregor   | 1 <sup>st</sup> – T11-12-13 400m       |
| Stuart McGregor   | 1 <sup>st</sup> – T11-13-20-37 1500m   |
| Jason Dunkerley   | 1 <sup>st</sup> – T11 5000m            |
| Shauna Boutillier | 1 <sup>st</sup> – Para Ambulatory 800m |
| Shauna Boutillier | 1 <sup>st</sup> – T35-37-38-46 100m    |
| Shauna Boutillier | 1 <sup>st</sup> – T35-37-38-46 200m    |
| Josh Cassidy      | 1 <sup>st</sup> – T54 5000m            |
| Jared Broughton   | 2 <sup>nd</sup> – Para Ambulatory 800m |
| Tommy Des Brisay  | 2 <sup>nd</sup> – T11-13-20-37 1500m   |
| Josh Cassidy      | 2 <sup>nd</sup> – T54 800m             |
| Larissa Brown     | 2 <sup>nd</sup> – T12-20-37-43 400m    |
| Josh Cassidy      | 2 <sup>nd</sup> – T54 1500m            |
| Larissa Brown     | 2 <sup>nd</sup> – T12-13-43-44 200m    |
| Jon Dunkerley     | 3 <sup>rd</sup> – T11-12-13 400m       |
| Jon Dunkerley     | 3 <sup>rd</sup> – T11-12 200m          |
| Rachael Burrows   | 4 <sup>th</sup> – Wheelchair 100m      |
| Jared Broughton   | 4 <sup>th</sup> – T11-13-20-37 1500m   |

### Athletics Canada – Junior (U20)

|   |                                |
|---|--------------------------------|
| Matthew Bedard  | 1 <sup>st</sup> – 400m Hurdles |
| Claire Smith  | 1 <sup>st</sup> – 3000m        |
| Steve Nkusi   | 1 <sup>st</sup> – High Jump    |
| Erinn Stenman-Fahey   | 2 <sup>nd</sup> – 800m         |
| Matthew Bedard, Stephen Evans,<br>Geoffrey Lawson, Farah Abdulkarim | 2 <sup>nd</sup> – 4x400m       |

|  |                                |
|--|--------------------------------|
| Reilly Jones, Erinn Stenman-Fahey,<br>Hailey McKechnie, Claire Smith | 2 <sup>nd</sup> – 4x400m       |
| Lindsay Brandys  | 4 <sup>th</sup> – 100m         |
| Shyvonne Roxborough  | 8 <sup>th</sup> – 100m         |
| Curtis Foster  | 8 <sup>th</sup> – 400m Hurdles |

### **Athletics Canada – Youth (U18)**

|  |                                |
|--|--------------------------------|
| Shyvonne Roxborough  | 1 <sup>st</sup> – 100m         |
| Shona McCulloch  | 1 <sup>st</sup> – 1500m        |
| Shona McCulloch  | 1 <sup>st</sup> – 3000m        |
| Keira Christie-Galloway  | 1 <sup>st</sup> – 100m Hurdles |
| Taylor Currier   | 2 <sup>nd</sup> – Hammer Throw |
| Colle Thompson, Caitlin Fischer, Sharelle<br>Samuel, Lauren Gale | 3 <sup>rd</sup> – 4x100m       |
| Austin White   | 3 <sup>rd</sup> – 400m Hurdles |
| Shyvonne Roxborough  | 4 <sup>th</sup> – 200m         |
| Keira Christie-Galloway  | 4 <sup>th</sup> – Long Jump    |
| Tanya Coulter  | 5 <sup>th</sup> – Hammer Throw |
| Ethan Goodchild, Mathias Croney, Eric<br>Mitchell, Austin White  | 5 <sup>th</sup> – 4x100m       |
| Ethan Goodchild  | 6 <sup>th</sup> – 110m Hurdles |
| Colle Thompson   | 7 <sup>th</sup> – 100m         |
| Eric Mitchell  | 8 <sup>th</sup> – Long Jump    |
| Austin White, Jonah Hayes-Crook, Ryan<br>Salvino, Matthew Hickey | 8 <sup>th</sup> – 4x400m       |

### **Athletics Canada – Midget (U16)**

|                  |                                      |
|------------------|--------------------------------------|
| Lauren Gale      | 1 <sup>st</sup> – 200m *CR           |
| Lauren Gale      | 1 <sup>st</sup> – 300m               |
| Sharelle Samuel  | 2 <sup>nd</sup> – 300m               |
| Lauren Gale      | 2 <sup>nd</sup> – 200m Hurdles       |
| Ford Cashman     | 3 <sup>rd</sup> – Pole Vault         |
| Graeme Ferguson  | 5 <sup>th</sup> – 1500m Steeplechase |
| Adrian Fournier  | 6 <sup>th</sup> – 800m               |
| Leo Holton       | 6 <sup>th</sup> – 1500m Steeplechase |
| Jenna Rossi      | 7 <sup>th</sup> – 2000m              |
| Jonathan Rioux   | 7 <sup>th</sup> – 800m               |
| Jonathan Rioux   | 8 <sup>th</sup> – 1200m              |
| Sharelle Samuels | 8 <sup>th</sup> – 200m               |
| Wariso Dullo     | 8 <sup>th</sup> – Javelin            |

### **Athletics Canada XC**

|   |                                   |
|---|-----------------------------------|
| Farah Abdulkarim, Cameron Caughey,<br>Jonathan Favero, Jeremie Vennie | 5 <sup>th</sup> – Junior Men Team |
| Claire Smith  | 7 <sup>th</sup> – Junior Women    |

### **Athletics Canada – Indoor Open**

|                    |                               |
|--------------------|-------------------------------|
| Jeremie Venne      | 2 <sup>nd</sup> – 800m        |
| Oluwasegun Makinde | 3 <sup>rd</sup> – 400m        |
| Karelle Edwards    | 3 <sup>rd</sup> – 60m Hurdles |
| Jeremie Venne      | 5 <sup>th</sup> – 1500m       |

### **Athletics Canada – Indoor Junior (U20)**

|                   |                         |
|-------------------|-------------------------|
| Shona McCulloch   | 1 <sup>st</sup> – 3000m |
| Farah Abdulkarim  | 1 <sup>st</sup> – 3000m |
| Alexa Livingstone | 3 <sup>rd</sup> – 1500m |
| Alexa Livingstone | 3 <sup>rd</sup> – 3000m |

### **Athletics Canada – Indoor Youth (U18)**

|                         |                               |
|-------------------------|-------------------------------|
| Lauren Gale             | 1 <sup>st</sup> – 200m        |
| Lauren Gale             | 1 <sup>st</sup> – 400m        |
| Keira Christie-Galloway | 2 <sup>nd</sup> – 60m Hurdles |
| Keira Christie-Galloway | 4 <sup>th</sup> – Long Jump   |

### **Canadian Masters Championships**

|                |                                   |
|----------------|-----------------------------------|
| Linda Tauvette | 1 <sup>st</sup> – 100m/W55        |
| Linda Tauvette | 1 <sup>st</sup> – 200m/W55        |
| Wendy Alexis   | 1 <sup>st</sup> – 100m/W60        |
| Joe Paialunga  | 1 <sup>st</sup> – 200m/M55        |
| Stan Seitz     | 1 <sup>st</sup> – Pole Vault/M65  |
| Stan Seitz     | 1 <sup>st</sup> – Long Jump/M65   |
| Laura Baker    | 1 <sup>st</sup> – Long Jump/W30   |
| Laura Baker    | 1 <sup>st</sup> – Triple Jump/W30 |
| Bob Stavely    | 1 <sup>st</sup> – Javelin/M80     |
| Wendy Alexis   | 2 <sup>nd</sup> – 200m/W60        |
| Joe Paialunga  | 2 <sup>nd</sup> – 100m/M55        |
| Robert Muir    | 2 <sup>nd</sup> – 1500m/M45       |
| Jean Ferguson  | 2 <sup>nd</sup> – 5000m/W55       |
| Stan Seitz     | 2 <sup>nd</sup> – High Jump/M65   |
| Marino Sani    | 3 <sup>rd</sup> – 100m/M55        |
| Marino Sani    | 3 <sup>rd</sup> – 200m/M55        |
| Dave Kary      | 3 <sup>rd</sup> – 1500m/M55       |

### **Canadian Masters Indoor Championships**

|               |                           |
|---------------|---------------------------|
| Thomas Gale   | 3 <sup>rd</sup> – 50m/M50 |
| Joe Paialunga | 1 <sup>st</sup> – 50m/M55 |
| Wendy Alexis  | 1 <sup>st</sup> – 50m/W55 |
| Thomas Gale   | 2 <sup>nd</sup> – 60m/M50 |

|               |                                  |
|---------------|----------------------------------|
| Wendy Alexis  | 1 <sup>st</sup> – 60m/W55        |
| Joe Paialunga | 2 <sup>nd</sup> – 60m/M55        |
| Marino Sani   | 3 <sup>rd</sup> – 60m/M55        |
| Joe Paialunga | 2 <sup>nd</sup> – 200m/M55       |
| Serge Faucher | 2 <sup>nd</sup> – 200m/M50       |
| Wendy Alexis  | 1 <sup>st</sup> – 200m/W55       |
| Serge Faucher | 1 <sup>st</sup> – 400m/M50 *MR   |
| Dave Kary     | 1 <sup>st</sup> – 800m/M55 *MR   |
| Robert Muir   | 3 <sup>rd</sup> – 1500m/M45      |
| Robert Muir   | 1 <sup>st</sup> – 3000m/M45      |
| Dave Kary     | 1 <sup>st</sup> – 3000m/M55      |
| Stan Seitz    | 1 <sup>st</sup> – Pole Vault/M65 |
| Stan Seitz    | 1 <sup>st</sup> – Pentathlon/M65 |

## University of Ottawa

### CIS Track and Field Championships

|  |                                |
|--|--------------------------------|
| Ashley Connell (Guelph)  | 2 <sup>nd</sup> – Shot Put     |
| Charlotte Gardner, Chelsea Gillies, Clare McGrath, Lina Sadqi      | 5 <sup>th</sup> – 4x800m       |
| Devyani Biswal   | 5 <sup>th</sup> – 60m Hurdles  |
| Gift Okankwu, Charlotte Gardner, Chelsea Gillies, Charifa Labarang | 7 <sup>th</sup> – 4x400m       |
| Nelson Cecereu   | 7 <sup>th</sup> – Pole Vault   |
| Ashley Connell (Guelph)  | 7 <sup>th</sup> – Weight Throw |
| Charlotte Gardner  | 8 <sup>th</sup> – 600m         |

## 2014

### Athletics Canada – Able body

|                    |                                    |
|--------------------|------------------------------------|
| Melissa Bishop     | 1 <sup>st</sup> – 800m             |
| Sultana Frizell    | 1 <sup>st</sup> – Hammer Throw *CR |
| Oluwasegun Makinde | 2 <sup>nd</sup> – 200m             |
| Michael Robertson  | 2 <sup>nd</sup> – 400m             |
| Patrick Arbour     | 2 <sup>nd</sup> - Decathlon        |
| Ashlea Maddex      | 3 <sup>rd</sup> – 100m Hurdles     |
| Sekou Kaba         | 3 <sup>rd</sup> – 110m Hurdles     |
| Farah Jacques      | 4 <sup>th</sup> – 200m             |
| Gabriel Tesfaye    | 4 <sup>th</sup> – 400m Hurdles     |
| Farah Jacques      | 5 <sup>th</sup> – 100m             |
| Divya Biswal       | 5 <sup>th</sup> – Triple Jump      |
| Karelle Edwards    | 7 <sup>th</sup> – 100m Hurdles     |
| Matthew Johnson    | 8 <sup>th</sup> – Decathlon        |

### Athletics Canada – Athletes with a disability

|                 |                             |
|-----------------|-----------------------------|
| Jason Dunkerley | 1 <sup>st</sup> – T11 5000m |
| Jared Broughton | 1 <sup>st</sup> – T13 800m  |
| Josh Cassidy    | 1 <sup>st</sup> – T54 5000m |
| Jared Broughton | 2 <sup>nd</sup> – T13 1500m |
| Rachael Burrows | 2 <sup>nd</sup> – T34 100m  |
| Rachael Burrows | 2 <sup>nd</sup> – T34 200m  |
| Josh Cassidy    | 2 <sup>nd</sup> – T54 800m  |
| Jon Dunkerley   | 3 <sup>rd</sup> – T11 400m  |
| Josh Cassidy    | 6 <sup>th</sup> – T54 400m  |

### **Athletics Canada – Junior (U20)**

|   |                                      |
|---|--------------------------------------|
| Erinn Stenman-Fahey   | 2 <sup>nd</sup> – 800m               |
| Zachary Kerr  | 2 <sup>nd</sup> – Pole Vault         |
| Alexia Lamothe  | 4 <sup>th</sup> – 400m Hurdles       |
| Shyvonne Roxborough, Alexia Lamothe,<br>Alexandra Telford, Clara Phillips | 4 <sup>th</sup> – 4x100m relay       |
| Reilly Jones, Alexia Lamothe, Bridget<br>Hayes, Erinn Stenman-Fahey       | 4 <sup>th</sup> – 4x400m relay       |
| Alexia Lamothe  | 5 <sup>th</sup> – 100m Hurdles       |
| Claire Smith  | 5 <sup>th</sup> – 3000m              |
| Farah Abdulkarim  | 5 <sup>th</sup> – 3000m steeplechase |
| Kevin M’Pindou  | 6 <sup>th</sup> – 400m Hurdles       |
| Justin Lalonde, Steven Evans, Connor<br>Dobson, Matt Bedard               | 6 <sup>th</sup> – 4x400m relay       |
| Steve Nkusi   | 6 <sup>th</sup> – High Jump          |
| Leanna Garcia   | 8 <sup>th</sup> – Hammer Throw       |

### **Athletics Canada – Youth (U18)**

|  |                                |
|--|--------------------------------|
| Shyvonne Roxborough  | 2 <sup>nd</sup> – 100m         |
| Erinn Stenman-Fahey  | 2 <sup>nd</sup> – 800m         |
| Colle Thompson   | 3 <sup>rd</sup> – 200m         |
| Austin White   | 3 <sup>rd</sup> – 300m Hurdles |
| Shyvonne Roxborough, Colle Thompson,<br>Keira Christie- Galloway, Hailey McKechnie | 4 <sup>th</sup> – 4x100m relay |
| Geoffrey Lawson  | 5 <sup>th</sup> – 110m Hurdles |
| Hailey McKechnie   | 5 <sup>th</sup> – 300m Hurdles |
| Colle Thompson   | 6 <sup>th</sup> – 100m         |
| Caitlin Fischer, Gabrielle Campeau, Hailey<br>McKechnie, Erinn Stenman-Fahey       | 6 <sup>th</sup> – 4x400m relay |
| Alexa Livingstone  | 7 <sup>th</sup> – 3000m        |
| Erinn Stenman-Fahey  | 7 <sup>th</sup> – 400m         |
| Ethan Goodchild, Cameron Caughey, Austin<br>White, Mitchell Frizell                | 7 <sup>th</sup> – 4x400m relay |
| Shyvonne Roxborough  | 7 <sup>th</sup> – Long Jump    |
| Hailey McKechnie   | 8 <sup>th</sup> – 100m Hurdles |
| Geoffrey Lawson, Austin White, Ethan   | 8 <sup>th</sup> – 4x100m relay |

Goodchild, Mitchell Frizell

**Athletics Canada – Midget (U16)**

|                         |                               |
|-------------------------|-------------------------------|
| Shona McCulloch         | 1 <sup>st</sup> – 1200m       |
| Shona McCulloch         | 1 <sup>st</sup> – 2000m       |
| Keira Christie-Galloway | 2 <sup>nd</sup> – Long Jump   |
| Keira Christie-Galloway | 4 <sup>th</sup> – 80m Hurdles |
| Alexandra Ethier        | 8 <sup>th</sup> – 80m Hurdles |

**Athletics Canada XC**

|              |                                |
|--------------|--------------------------------|
| Claire Smith | 4 <sup>th</sup> – Junior Women |
|--------------|--------------------------------|

**Athletics Canada – Indoor Junior (U20)**

|               |                              |
|---------------|------------------------------|
| Bridget Hayes | 3 <sup>rd</sup> - Pentathlon |
|---------------|------------------------------|

**Canadian Masters Championships**

|                   |                                  |
|-------------------|----------------------------------|
| Jean Ferguson     | 1 <sup>st</sup> – 100m/W45       |
| Wendy Alexis      | 1 <sup>st</sup> – 100m/W55       |
| Wendy Alexis      | 1 <sup>st</sup> – 100m/W55       |
| Ray Wardle        | 1 <sup>st</sup> – 200m/M80       |
| Ray Wardle        | 1 <sup>st</sup> – 400m/M80       |
| Bob Staveley      | 1 <sup>st</sup> – Javelin/M80    |
| Stan Seitz        | 1 <sup>st</sup> – Pole Vault/M65 |
| Ray Wardle        | 2 <sup>nd</sup> – 100m/M80       |
| Robert Muir       | 2 <sup>nd</sup> – 1500m/M45      |
| Roger Cobbledick  | 2 <sup>nd</sup> – 1500m/M70      |
| Jean Ferguson     | 2 <sup>nd</sup> – 200m/W45       |
| Sani Marino       | 2 <sup>nd</sup> – 400m/M50       |
| Roger Cobbledick  | 2 <sup>nd</sup> – 400m/M70       |
| Serge Faucher     | 2 <sup>nd</sup> – 800m/M50       |
| Bernard St. Lewis | 3 <sup>rd</sup> – 100m/M45       |
| Jean Ferguson     | 3 <sup>rd</sup> – 400m/W45       |
| Robert Muir       | 3 <sup>rd</sup> – 800m/M45       |
| Roger Cobbledick  | 3 <sup>rd</sup> – 800m/M70       |

**Canadian Masters Indoor Championships**

|                   |  |
|-------------------|--|
| Bernard St. Lewis | 1 <sup>st</sup> – 50m/M45                      |
| Wendy Alexis      | 1 <sup>st</sup> – 50m/W55 *Canadian Record     |
| Wendy Alexis      | 1 <sup>st</sup> – 60m/W55 *Championship Record |
| Laura Baker       | 1 <sup>st</sup> – Long Jump/W30                |
| Brian Derby       | 1 <sup>st</sup> – Pentathlon/M40               |

|                   |   |
|-------------------|---|
| Stan Seitz        | 1 <sup>st</sup> – Pentathlon/M65 Championship<br>Record |
| Stan Seitz        | 1 <sup>st</sup> – Pole Vault/M65                        |
| Laura Baker       | 1 <sup>st</sup> – Triple Jump/W30                       |
| Bernard St. Lewis | 3 <sup>rd</sup> – 60m/M45                               |

**University of Ottawa  
CIS Track and Field Championships**

|  |                                |
|--|--------------------------------|
| Sekou Kaba   | 1 <sup>st</sup> – 60m Hurdles  |
| Olivier Gauthier-Kwan  | 2 <sup>nd</sup> – Pole Vault   |
| Mohamed Souleiman  | 3 <sup>rd</sup> – 1500m        |
| Charlotte Gardner  | 3 <sup>rd</sup> – 600m         |
| Isaiah Moses, Wade Embury,<br>Gabriel Tesfaye, Devin Biocchi | 5 <sup>th</sup> – 4x400m Relay |
| Mohamed Souleiman  | 6 <sup>th</sup> – 1000m        |

## 2013

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**Athletics Canada – Able body**

|  |                                |
|--|--------------------------------|
| Melissa Bishop   | 1 <sup>st</sup> – 800m         |
| Sultana Frizell  | 1 <sup>st</sup> – Hammer Throw |
| Devin Biocchi, Oluwasegun Makinde,<br>Michael Robertson, Gordon Frenke | 1 <sup>st</sup> – 4x100m Relay |
| Patrick Arbour   | 2 <sup>nd</sup> – Decathlon    |
| Sekou Kaba   | 2 <sup>nd</sup> – 110mH        |
| Adam Palamar   | 3 <sup>rd</sup> – 1500m        |
| Oluwasegun Makinde   | 3 <sup>rd</sup> – 200m         |
| Michael Robertson  | 3 <sup>rd</sup> – 400m         |
| Mark Chenery   | 4 <sup>th</sup> – Decathlon    |
| Ashlea Maddex  | 4 <sup>th</sup> – 100mH        |
| Devin Biocchi  | 4 <sup>th</sup> – 400m         |
| Brandon Heroux   | 4 <sup>th</sup> – Javelin      |
| Derek Watkins  | 4 <sup>th</sup> – High Jump    |
| Gordon Frenke  | 5 <sup>th</sup> – 400m         |
| Mohamed Souleiman  | 7 <sup>th</sup> – 800m         |
| Michele Krech  | 8 <sup>th</sup> – Heptathlon   |
| Patrick Arbour   | 8 <sup>th</sup> – Discus       |

**Athletics Canada – Athletes with a disability**

|                 |                            |
|-----------------|----------------------------|
| Rachael Burrows | 1 <sup>st</sup> – T34 200m |
| Rachael Burrows | 1 <sup>st</sup> – T34 100m |
| Curtis Thom     | 1 <sup>st</sup> – T54 100m |
| Curtis Thom     | 1 <sup>st</sup> – T54 200m |
| Curtis Thom     | 1 <sup>st</sup> – T54 400m |

|                   |                              |
|-------------------|------------------------------|
| Jason Dunkerley   | 1 <sup>st</sup> – T11 800m   |
| Brandon King      | 1 <sup>st</sup> – T12 100m   |
| Brandon King      | 1 <sup>st</sup> – T12 200m   |
| Josh Cassidy      | 1 <sup>st</sup> – T54 10000m |
| Jon Dunkerley     | 1 <sup>st</sup> – T11 100m   |
| Thomas Des Brisay | 1 <sup>st</sup> – T20 1500m  |
| Jon Dunkerley     | 2 <sup>nd</sup> – T11 400m   |
| Jon Dunkerley     | 2 <sup>nd</sup> – T11 800m   |
| Josh Cassidy      | 2 <sup>nd</sup> – T54 800m   |
| Josh Cassidy      | 2 <sup>nd</sup> – T54 1500m  |
| Jared Broughten   | 2 <sup>nd</sup> – T13 1500m  |
| Josh Cassidy      | 3 <sup>rd</sup> – T54 5000m  |
| Curtis Thom       | 4 <sup>th</sup> – T54 800m   |

### **Athletics Canada – Junior (U20)**

|   |                                      |
|---|--------------------------------------|
| Charifa Labarang, Victoria McIntyre,<br>Alexandra Telford, Clara Phillips | 1 <sup>st</sup> – 4x100m Relay       |
| Ashley Connell  | 1 <sup>st</sup> – Shot Put           |
| Adam Palamar  | 1 <sup>st</sup> – 1500m              |
| Victoria McIntyre, Bridget Hayes,<br>Reilly Jones, Charlotte Gardner      | 4 <sup>th</sup> – 4x400m Relay       |
| Charlotte Gardner   | 5 <sup>th</sup> – 400m               |
| Adam Palamar  | 5 <sup>th</sup> – 800m               |
| Matthew Johnson   | 6 <sup>th</sup> – Decathlon          |
| Charlene Rhead  | 6 <sup>th</sup> – 2000m Steeplechase |
| Charifa Labarang  | 7 <sup>th</sup> – 200m               |
| Reilly Jones  | 8 <sup>th</sup> – 400m               |
| Bridget Hayes   | 8 <sup>th</sup> – 400m Hurdles       |
| Ashley Connell  | 8 <sup>th</sup> – Discus             |

### **Athletics Canada – Youth (U18)**

|   |                                |
|---|--------------------------------|
| Dingran Dai, Reilly Jones,<br>Alexia Lamothe, Erinn Stenman-Fahey | 1 <sup>st</sup> – 4x400m       |
| Dingran Dai, Alexia Lamothe,<br>Ali Chiarelli, Reilly Jones       | 2 <sup>nd</sup> – 4x100m       |
| Erinn Stenman-Fahey   | 2 <sup>nd</sup> – 400m         |
| Erinn Stenman-Fahey   | 2 <sup>nd</sup> – 800m         |
| Matthew Bedard  | 2 <sup>nd</sup> – 300m Hurdles |
| Alexia Lamothe  | 4 <sup>th</sup> – 100m Hurdles |
| Austin White, Matthew Bedard,<br>Phillip Chau, Zachary Kerr       | 4 <sup>th</sup> – 4x100m       |
| Austin White, Jeremie Venne,<br>Matthew Bedard, Rhys Thomas       | 4 <sup>th</sup> – 4x400m       |
| Jonathan Favero   | 6 <sup>th</sup> – 3000m        |

|                  |                                |
|------------------|--------------------------------|
| Reilly Jones     | 6 <sup>th</sup> – 400m         |
| Lindsay Hemstock | 7 <sup>th</sup> – Triple Jump  |
| Alexia Lamothe   | 8 <sup>th</sup> – 400m Hurdles |

### **Athletics Canada – Midget (U16)**

|                |                         |
|----------------|-------------------------|
| Olivia Gaudet  | 4 <sup>th</sup> – 1200m |
| Austin White   | 5 <sup>th</sup> – 200m  |
| Colle Thompson | 7 <sup>th</sup> – 100m  |
| Olivia Gaudet  | 7 <sup>th</sup> – 800m  |
| Austin White   | 8 <sup>th</sup> – 300m  |

### **Canada Games**

|               |                          |
|---------------|--------------------------|
| Devin Biochhi | 1 <sup>st</sup> – 4x400m |
| Devin Biochhi | 3 <sup>rd</sup> – 400m   |

### **University of Ottawa**

#### **CIS Track and Field Championships**

|  |                               |
|--|-------------------------------|
| Emma Galbraith   | 1 <sup>st</sup> – 1000m       |
| Emma Galbraith   | 1 <sup>st</sup> – 1500m       |
| Devin Biocchi  | 1 <sup>st</sup> – 300m        |
| Oluwasegun Makinde, Michael Robertson,<br>Devin Biocchi, Gabriel Tesfaye | 1 <sup>st</sup> – 4x200m      |
| Toluwalope Makinde, Gabriel Tesfaye,<br>Michael Robertson, Devin Biocchi | 1 <sup>st</sup> – 4x400m      |
| Oluwasegun Makinde   | 2 <sup>nd</sup> – 300m        |
| Oluwasegun Makinde   | 3 <sup>rd</sup> – 60m         |
| Michael Robertson  | 4 <sup>th</sup> – 300m        |
| Oluwasegun Makinde   | 5 <sup>th</sup> – 60m Hurdles |
| Hubert Chevrette-Belisle   | 6 <sup>th</sup> – Pentathlon  |
| Gabriel Tesfaye  | 7 <sup>th</sup> – 60m Hurdles |
| Sarah de Carufel, Gift Okankwu, Charlotte<br>Gardner, Devyani Biswal     | 8 <sup>th</sup> – 4x200m      |

## **2012**

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### **Athletics Canada – Able body**

|                    |                                |
|--------------------|--------------------------------|
| Melissa Bishop     | 2 <sup>nd</sup> – 800m         |
| Oluwasegun Makinde | 2 <sup>nd</sup> – 200m         |
| Sultana Frizell    | 2 <sup>nd</sup> – Hammer Throw |
| Sekou Kaba         | 2 <sup>nd</sup> – 110mH        |
| Patrick Arbour     | 3 <sup>rd</sup> – Decathlon    |
| Oluseyi Smith      | 3 <sup>rd</sup> – 100m         |

|                   |                                |
|-------------------|--------------------------------|
| Mark Chenery      | 4 <sup>th</sup> – Decathlon    |
| James Fahie       | 5 <sup>th</sup> – Hammer Throw |
| Michael Robertson | 5 <sup>th</sup> – 400m         |
| Esther Akinsulie  | 5 <sup>th</sup> – 400m         |
| Gordon Frenke     | 6 <sup>th</sup> – 400m         |
| Brandon Heroux    | 6 <sup>th</sup> – Javelin      |
| Reid Gustavson    | 6 <sup>th</sup> – Decathlon    |
| Ashlea Maddex     | 6 <sup>th</sup> – 100mH        |
| Alicia Brown      | 7 <sup>th</sup> – 400m         |
| Gordon Frenke     | 8 <sup>th</sup> – 400mH        |
| Esther Akinsulie  | 8 <sup>th</sup> – 200m         |

### **Athletics Canada – Athletes with a disability**

|                    |                             |
|--------------------|-----------------------------|
| Josh Cassidy       | 1 <sup>st</sup> – 800m T54  |
| Josh Cassidy       | 1 <sup>st</sup> – 1500m T54 |
| Josh Cassidy       | 1 <sup>st</sup> – 5000m T54 |
| Curtis Thom        | 1 <sup>st</sup> – 100m T54  |
| Curtis Thom        | 1 <sup>st</sup> – 200m T54  |
| Curtis Thom        | 1 <sup>st</sup> – 400m T54  |
| Chantal Beauchesne | 1 <sup>st</sup> – 100m T42  |
| Chantal Beauchesne | 1 <sup>st</sup> – 200m T42  |
| Rachael Burrows    | 1 <sup>st</sup> – 200m T34  |
| Rachael Burrows    | 1 <sup>st</sup> – 100m T34  |
| Noella Klawitter   | 1 <sup>st</sup> – 400m T12  |
| Noella Klawitter   | 1 <sup>st</sup> – 1500m T12 |
| Leah Robinson      | 1 <sup>st</sup> – 400m T37  |
| Leah Robinson      | 1 <sup>st</sup> – 200m T37  |
| Brandon King       | 1 <sup>st</sup> – 100m T12  |
| Brandon King       | 1 <sup>st</sup> – 200m T12  |
| Stuart McGregor    | 1 <sup>st</sup> – 400m T13  |
| Stuart McGregor    | 1 <sup>st</sup> – 800m T13  |
| Stuart McGregor    | 1 <sup>st</sup> – 1500m T13 |
| Jason Dunkerley    | 1 <sup>st</sup> – 1500m T11 |
| Jason Dunkerley    | 1 <sup>st</sup> – 5000m T11 |
| Courtney Johnson   | 2 <sup>nd</sup> – 100m T12  |
| Courtney Johnson   | 2 <sup>nd</sup> – 200m T12  |
| Jon Dunkerley      | 2 <sup>nd</sup> – 400m T11  |

### **Athletics Canada – Junior (U20)**

|   |                               |
|---|-------------------------------|
| Emma Galbraith  | 1 <sup>st</sup> – 1500m       |
| Yves Sikubwabo  | 1 <sup>st</sup> – 800m        |
| Adam Palamar  | 1 <sup>st</sup> – 1500m       |
| Divyajyoti Biswal   | 2 <sup>nd</sup> – Triple Jump |
| Ahmed Al-Slaq   | 2 <sup>nd</sup> – Triple Jump |
| Isiah Moses, Alex Hutton, Denray Jean-Jaques, Kevin Chung | 2 <sup>nd</sup> – 4x400m      |

|  |                                      |
|--|--------------------------------------|
| Tania Bambi  | 3 <sup>rd</sup> – 100m Hurdles       |
| Erin O’Higgins   | 3 <sup>rd</sup> – 2000m steeplechase |
| Yves Sikubwabo   | 3 <sup>rd</sup> – 800m               |
| Emma Galbraith   | 4 <sup>th</sup> – 800m               |
| Devyani Biswal, Tania Bambi, Victoria McIntyre, Alannah McBride        | 4 <sup>th</sup> – 4x100m             |
| Alex Behre   | 5 <sup>th</sup> – 3000m steeplechase |
| Charlotte Gardner, Victoria McIntyre, Shelani Fernando, Emma Galbraith | 5 <sup>th</sup> – 4x400m             |
| Kevin Nault  | 6 <sup>th</sup> – Decathlon          |
| Kevin Chung, Ahmed Al-Slaq, Kevin Nault, Alex Hutton                   | 6 <sup>th</sup> – 4x100m             |
| Wade Embury  | 7 <sup>th</sup> – 400m               |
| Divyajyoti Biswal  | 8 <sup>th</sup> – Long Jump          |

### **Athletics Canada – Youth (U18)**

|  |                                |
|--|--------------------------------|
| Alexandra Telford, Charifa Labarang, Victoria McIntyre, Shelani Fernando | 1 <sup>st</sup> – 4x100m       |
| Zachary Kerr   | 1 <sup>st</sup> – Pole Vault   |
| Erinn Stenman-Fahey, Alexandra Telford, Annie Dai, Charifa Labarang      | 2 <sup>nd</sup> – 4x400m       |
| Charifa Labarang   | 3 <sup>rd</sup> – 100m         |
| Josh Rector  | 4 <sup>th</sup> – Javelin      |
| Victoria McIntyre  | 5 <sup>th</sup> – 100m         |
| Mickey Day   | 5 <sup>th</sup> – 800m         |
| Justin Purcell   | 6 <sup>th</sup> – Hammer Throw |

### **Athletics Canada – Midget (U16)**

|   |                                 |
|---|---------------------------------|
| Kwame Ageyi, Isaac St. Louis, Geoffrey Lawson, Joshua Capina        | 1 <sup>st</sup> – 4x100m        |
| Emily Whalen, Lia Hendricks, Colle Thompson, Regina Remadji-Francis | 2 <sup>nd</sup> – 4x100m        |
| Erinn Stenman-Fahey   | 3 <sup>rd</sup> – 800m          |
| Isaac St. Louis, Geoffrey Lawson, Joshua Capina, Owen Day           | 3 <sup>rd</sup> – Sprint Medley |
| Geoffrey Lawson   | 4 <sup>th</sup> – 100m Hurdles  |
| Erinn Stenman-Fahey   | 4 <sup>th</sup> – 300m          |
| Hannah-Kelsey Smith   | 5 <sup>th</sup> – Long Jump     |
| Hannah-Kelsey Smith   | 5 <sup>th</sup> – Triple Jump   |
| Geoffrey Lawson   | 6 <sup>th</sup> – 200m Hurdles  |
| Hannah-Kelsey Smith   | 7 <sup>th</sup> – 80m Hurdles   |
| Lia Hendricks   | 7 <sup>th</sup> – 200m          |
| Kyle Major  | 8 <sup>th</sup> – Triple Jump   |
| Regina Remadji-Francis  | 8 <sup>th</sup> – 300m          |
| Owen Day  | 8 <sup>th</sup> – 1200m         |

## University of Ottawa

### CIS Track & Field Championships

|   |                                       |
|---|---------------------------------------|
| Jennifer Perrault   | 1 <sup>st</sup> – 1000m               |
| Sekou Kaba  | 1 <sup>st</sup> – 60mH                |
| Oluwasegun Makinde, Michael Robertson,<br>Devin Biocchi, Toluwalope Makinde | 1 <sup>st</sup> – 4x200m *CIS RECORD* |
| Oluwasegun Makinde, Michael Robertson,<br>Devin Biocchi, Toluwalope Makinde | 1 <sup>st</sup> – 4x400m              |
| Michael Robertson   | 2 <sup>nd</sup> – 300m                |
| Mark Chenery  | 2 <sup>nd</sup> – Pentathlon          |
| Jennifer Perrault   | 3 <sup>rd</sup> – 600m                |
| Julia Tousaw  | 5 <sup>th</sup> – 600m                |
| Oluwasegun Makinde  | 5 <sup>th</sup> – 60m                 |
| Oluwasegun Makinde  | 5 <sup>th</sup> – 300m                |
| Gabriel Tesfaye   | 6 <sup>th</sup> – 60mH                |
| Mark Chenery  | 6 <sup>th</sup> – Long Jump           |
| Mark Chenery  | 7 <sup>th</sup> – 60mH                |

### Athletics Canada XC

|             |   |
|-------------|---|
| Michael Day | 2 <sup>nd</sup> – Men's Masters (50-54) |
|-------------|---|

## 2011

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### Athletics Canada – Able body

|  |                                |
|--|--------------------------------|
| Michael Robertson, Richard Adu-Bobie<br>Segun Makinde, Devin Biocchi | 1 <sup>st</sup> – 4x100m       |
| Esther Akinsulie   | 2 <sup>nd</sup> – 400m         |
| Sultana Frizell  | 2 <sup>nd</sup> – Hammer       |
| Esther Akinsulie   | 3 <sup>rd</sup> – 200m         |
| Mark Chenery   | 3 <sup>rd</sup> – Decathlon    |
| Oluwasegun Makinde   | 3 <sup>rd</sup> – 200m         |
| Reid Gustavson   | 4 <sup>th</sup> – Decathlon    |
| Julia Stille   | 4 <sup>th</sup> – Triple Jump  |
| Patrick Arbour   | 5 <sup>th</sup> – Decathlon    |
| Michael Robertson  | 5 <sup>th</sup> – 400m         |
| Gord Frenke  | 6 <sup>th</sup> – 400m         |
| Oluseyi Smith  | 7 <sup>th</sup> – 100m         |
| Cameron Smithers   | 7 <sup>th</sup> – 400m Hurdles |
| Melissa Bishop   | 8 <sup>th</sup> – 800m         |
| Michele Krech  | 8 <sup>th</sup> – Heptathlon   |
| Ashlea Maddex  | 8 <sup>th</sup> – 100m Hurdles |

### **Athletics Canada – Junior (U20)**

|   |                                |
|---|--------------------------------|
| Ashlea Maddex   | 1 <sup>st</sup> – 100m Hurdles |
| Shelani Fernando, Ashlea Maddex,<br>Victoria, McIntyre, Evelyn Scott    | 1 <sup>st</sup> – 4x400m       |
| Codie Primeau, Mohammed Souleiman<br>Denray Jean-Jacques, Devin Biocchi | 1 <sup>st</sup> – 4x400m       |
| Devin Biocchi   | 2 <sup>nd</sup> – 400m         |
| Julie Stille  | 2 <sup>nd</sup> – Triple Jump  |
| Tolu Makinde, Devin Biocchi,<br>Sebastien Saville, Denray Jean-Jacques  | 2 <sup>nd</sup> – 4x100m       |
| Everlyn Scott, Samantha Murphy,<br>Emma Galbraith, Victoria McIntyre    | 2 <sup>nd</sup> – 4x400m       |
| Denray Jean-Jacques   | 3 <sup>rd</sup> – 400m         |
| Mohamed Souleiman   | 3 <sup>rd</sup> – 800m         |
| Krista Dillon   | 3 <sup>rd</sup> – Triple Jump  |
| Emery Terrell   | 3 <sup>rd</sup> – Heptathlon   |
| Emma Galbraith  | 4 <sup>th</sup> – 800m         |
| Devin Biocchi   | 5 <sup>th</sup> – 200m         |
| Samantha Murphy   | 5 <sup>th</sup> – 800m         |
| Julia Nikonorova  | 5 <sup>th</sup> – 5000m        |
| Codie Primeau   | 6 <sup>th</sup> – 400m Hurdles |
| Julia Stille  | 7 <sup>th</sup> – Long Jump    |

### **Athletics Canada – Youth (U18)**

|   |                                |
|---|--------------------------------|
| Adam Palamar  | 1 <sup>st</sup> – 3000m        |
| Charifa Labarang, Tania Bambi,<br>Victoria McIntyre, Shelani Fernando             | 1 <sup>st</sup> – 4x100m       |
| Corey Burchill, Denray Jean-Jacques,<br>Daniel Desgroseilliers, Sebastien Saville | 1 <sup>st</sup> – 4x400m       |
| Adam Palamar  | 2 <sup>nd</sup> – 1500m        |
| Tania Bambi   | 2 <sup>nd</sup> – 100m Hurdles |
| Denray Jean-Jacques   | 3 <sup>rd</sup> – 400m         |
| Emma Galbraith  | 3 <sup>rd</sup> – 800m         |
| Emma Galbraith  | 3 <sup>rd</sup> – 1500m        |
| Bridget Hayes   | 3 <sup>rd</sup> – 300m Hurdles |
| Matt Johnson, Denray Jean-Jacques,<br>Corey Burchill, Justin Cameron              | 4 <sup>th</sup> – 4x100m       |
| Amanda McKinnon, Shelani Fernando,<br>Charlotte Gardner, Emma Galbraith           | 4 <sup>th</sup> – 4x400m       |
| Matt Johnson  | 4 <sup>th</sup> – Octathlon    |
| Kevin Chung   | 5 <sup>th</sup> – Triple Jump  |
| Shelani Fernando  | 6 <sup>th</sup> – 200m         |
| Katie Klatt   | 7 <sup>th</sup> – Discus       |
| Clara Phillips  | 8 <sup>th</sup> – Triple Jump  |
| Darby Charkavi  | 8 <sup>th</sup> – Discus       |
| Darby Charkavi  | 8 <sup>th</sup> – Hammer       |

### **Athletics Canada – Midget (U16)**

|   |  |
|---|--|
| Emanuel Couture-Tremblay, Isaac St.Louis,<br>Matt Bedard, Liam Moore                            | 1 <sup>st</sup> – 4x100m   |
| Alexandra Telford, Alexandra Chiarelli,<br>Lindsay Spoerri, Alanna Shearman<br>Maggie Scheunert | 1 <sup>st</sup> – Medley Relay                                   |
| Lia Hendricks, Alexandra Telford,<br>Lindsay Spoerri, Alanna Shearman                           | 2 <sup>nd</sup> – 1500m Steeplechase<br>2 <sup>nd</sup> – 4x100m |
| Matt Bedard, Isaac St. Louis,<br>Liam Moore, Justin Cuddihey                                    | 2 <sup>nd</sup> – Medley Relay                                   |
| Lia Codrington  | 4 <sup>th</sup> – 1500m Steeplechase                             |
| Nicholas Deschamps  | 4 <sup>th</sup> – High Jump                                      |
| Thomas Bogdanowicz  | 5 <sup>th</sup> – High Jump                                      |
| Lindsay Spoerri   | 8 <sup>th</sup> – 200m   |
| Matt Bedard   | 8 <sup>th</sup> – 300m   |

### **University of Ottawa**

#### **CIS Track & Field Championships**

|   |                               |
|---|-------------------------------|
| Christopher Greenaway   | 1 <sup>st</sup> – Long Jump   |
| Patrick Arbour  | 3 <sup>rd</sup> – Pentathlon  |
| Ashlea Maddex   | 3 <sup>rd</sup> – 60m Hurdles |
| Michele Krech, Christianne Lela,<br>Ashlea Maddex, Julia Tousaw   | 3 <sup>rd</sup> – 4x400m      |
| Devin Biocchi   | 4 <sup>th</sup> – 300m        |
| Christianne Lela  | 5 <sup>th</sup> – 300m        |
| Victoria Merrill  | 5 <sup>th</sup> – Pentathlon  |
| Christianne Lela, Ashlea Maddex,<br>Nadine Johnson, Michele Krech | 5 <sup>th</sup> – 4x200m      |
| Julia Tousaw  | 6 <sup>th</sup> – 600m        |
| Michele Krech   | 7 <sup>th</sup> – Pentathlon  |
| Tony Risling  | 8 <sup>th</sup> – 60m         |

### **Cross Country**

|   |  |
|---|--|
| Dave Kary, Simon Shearman, Brian<br>O’Higgins, Mike Day                                       | 1 <sup>st</sup> – Team / Masters – 40+ |
| Yves Sikubwabo  | 2 <sup>nd</sup> – Junior Men – U20     |
| Dave Kary   | 3 <sup>rd</sup> – Masters – M50        |
| 144 pts - Yves Sikubwabo, Mickey Day,<br>Scott Donald, Kieran Day, Alex Berhe, Jay<br>Sneddon | 3 <sup>rd</sup> – Team / Junior – U20  |

### **Athletics Canada – Athletes with a disability**

|               |                  |
|---------------|------------------|
| Jon Dunkerley | 1st – 800m / T11 |
|---------------|------------------|

|                      |                      |
|----------------------|----------------------|
| Courtney Johnson     | 1st - 100m / T12     |
| Noella Klawitter     | 1st - 400m / T12     |
| Noella Klawitter     | 1st - 800m / T12     |
| Brandon King         | 1st - 200m / T12     |
| Brandon King         | 1st - 400m / T12     |
| Stuart McGregor      | 1st - 400m / T13     |
| Stuart McGregor      | 1st - 800m / T13     |
| Alister McQueen      | 1st - 100m / T44     |
| Alister McQueen      | 1st - 200m / T44     |
| Alister McQueen      | 1st - Javelin / T44  |
| Jacqueline Rennebohm | 1st - 100m / T12     |
| Jacqueline Rennebohm | 1st - 200m / T12     |
| Courtney Johnson     | 2nd - 200m / T12     |
| Jonathan Brown       | 3rd - Shot Put / F37 |

### Masters

|               |                                    |
|---------------|------------------------------------|
| Joyce Acton   | 1 <sup>st</sup> – 400m / W50       |
| Sherry Carson | 1 <sup>st</sup> – 5000m / W50      |
| Kevin Lake    | 1 <sup>st</sup> – Pole Vault / M40 |
| Rob Lindsay   | 1 <sup>st</sup> – Pole Vault / M45 |
| Marino Sani   | 1 <sup>st</sup> – 400m / M50       |
| Wendy Alexis  | 2 <sup>nd</sup> – 100m / W55       |
| Wendy Alexis  | 2 <sup>nd</sup> – 200m / W55       |
| Bob Staveley  | 2 <sup>nd</sup> – Javelin / M75    |
| Ray Wardle    | 2 <sup>nd</sup> – 400m / M75       |
| Ray Wardle    | 3 <sup>rd</sup> – 100m / M75       |
| Marino Sani   | 6 <sup>th</sup> – 200m / M50       |

## 2010

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### Athletics Canada – Able body

|                    |                                |
|--------------------|--------------------------------|
| Sultana Frizell    | 1 <sup>st</sup> – Hammer       |
| Brian Chibdu       | 2 <sup>nd</sup> – Long Jump    |
| Patrick Arbour     | 3 <sup>rd</sup> – Decathlon    |
| Melissa Bishop     | 3 <sup>rd</sup> – 800m         |
| Oluwasegun Makinde | 4 <sup>th</sup> – 200m         |
| Michael Robertson  | 4 <sup>th</sup> – 400m         |
| Fiona Callender    | 7 <sup>th</sup> – 400m         |
| Cameron Smithers   | 8 <sup>th</sup> – 400m Hurdles |

### Athletics Canada – Junior (U20)

|                                    |                          |
|------------------------------------|--------------------------|
| Ashlea Maddex                      | 1st – 100m Hurdles       |
| Oluwasegun Makinde                 | 1st – 110m Hurdles       |
| Oluwasegun Makinde                 | 1 <sup>st</sup> – 200m   |
| Devin Biocchi, Oluwasegun Makinde, | 1 <sup>st</sup> – 4x100m |
| Chase Gregorie, Matt Basler        |                          |
| Matt Basler, Cameron Smithers,     | 1 <sup>st</sup> – 4x400m |

|   |                                |
|---|--------------------------------|
| Devin Biocchi, Mohammed Souleiman<br>Evelyn Scott, Fiona Callender,<br>Samantha Murphy, Ashlea Maddex | 1 <sup>st</sup> – 4x400m       |
| Ashlea Maddex   | 2 <sup>nd</sup> – 400m Hurdles |
| Samantha Murphy   | 3 <sup>rd</sup> – 800m         |
| Julia Stille  | 3 <sup>rd</sup> – Triple Jump  |
| Devyani Biswal, Ashlea Maddex,<br>Fiona Callender, Evelyn Scott                                       | 2 <sup>nd</sup> – 4x100m       |
| Krista Dillon   | 4 <sup>th</sup> – Triple Jump  |
| Johanna Dobransky   | 5 <sup>th</sup> – Heptathlon   |
| Devin Biocchi   | 5 <sup>th</sup> – 400m         |
| Eilish MacDonald  | 6 <sup>th</sup> – Shot Put     |
| Eilish MacDonald  | 7 <sup>th</sup> – Hammer Throw |
| Cameron Smithers  | 7 <sup>th</sup> – 400m Hurdles |
| Spencer Bell  | 8 <sup>th</sup> – 400m Hurdles |
| Devyani Biswal  | 8 <sup>th</sup> – 100m Hurdles |

### **Athletics Canada – Youth (U18)**

|   |  |
|---|--|
| Toluwalope Makinde  | 1 <sup>st</sup> – 200m                       |
| David Nsabua  | 1 <sup>st</sup> – Triple Jump                |
| Emma Norman   | 1 <sup>st</sup> – 3000m                      |
| Julia Stille  | 1 <sup>st</sup> – Triple Jump (Team Ontario) |
| Shawn Mills, Toluwalope Makinde, Denray<br>Jean-Jacques, David Cotton | 1 <sup>st</sup> – 4x100m                     |
| Toluwalope Makinde, Denray Jean-Jacques,<br>Isaiah Moses, Kevin Nault | 1 <sup>st</sup> – 4x400m                     |
| Emma Galbraith  | 2 <sup>nd</sup> – 1500m                      |
| Denray Jean-Jacques   | 2 <sup>nd</sup> – 400m                       |
| Eilish MacDonald  | 3 <sup>rd</sup> – Hammer Throw               |
| David Nsabua  | 2 <sup>nd</sup> – Long Jump                  |
| Evelyn Scott, Amanda McKinnon,<br>Charlotte Gardner, Emma Galbraith   | 2 <sup>nd</sup> – 4x400m                     |
| Isaiah Moses  | 4 <sup>th</sup> – 400m                       |
| Christine Ausman  | 5 <sup>th</sup> – Javelin                    |
| David Cotton  | 5 <sup>th</sup> – Triple Jump                |
| Eilish MacDonald  | 5 <sup>th</sup> – Discus                     |
| Dennis Brianski   | 6 <sup>th</sup> – Shot Put                   |
| Denray Jean-Jacques   | 6 <sup>th</sup> – 200m                       |
| Toluwalope Makinde  | 6 <sup>th</sup> – 100m                       |
| Isaiah Moses  | 7 <sup>th</sup> – 300m Hurdles               |
| Kevin Chung   | 8 <sup>th</sup> – Triple Jump                |
| Eilish MacDonald  | 8 <sup>th</sup> – Shot Put                   |
| Evelyn Scott  | 8 <sup>th</sup> – 400m                       |

### **Athletics Canada – Midget (U16)**

|                                      |                                 |
|--------------------------------------|---------------------------------|
| Darby Charkavi                       | 1st - Discus (Team Ontario)     |
| Charifa Labarang                     | 3rd - 100m                      |
| Midget Girls Sprint Medley Relay 3rd | 3 <sup>rd</sup> – Sprint Medley |
| Mickey Day                           | 4th - 800m                      |
| Mickey Day                           | 4th - 1200m                     |
| Leanna Garcia                        | 4th - Shot Put                  |
| Charifa Labarang                     | 4th - Long Jump                 |
| Darby Charkavi                       | 7th - Shot Put                  |
| Clara Phillips                       | 8th - Long Jump                 |

### University of Ottawa

#### CIS Track & Field Championships

|   |   |
|---|---|
| Christopher Greenaway   | 1 <sup>st</sup> – Long Jump *CIS Record |
| Tyler Fawcett   | 4 <sup>th</sup> – 60m Hurdles           |
| Oluwasegun Makinde  | 5 <sup>th</sup> – 60m Hurdles           |
| Julia Malleck   | 5 <sup>th</sup> – 1000m                 |
| Michael Robertson   | 5 <sup>th</sup> – 300m                  |
| Michael Robertson   | 5 <sup>th</sup> – 600m                  |
| Oluwasegun Makinde, Moussa Sissoko,<br>Tyler Fawcett, Olivier Gauthier-Kwan | 6 <sup>th</sup> – 4x200m                |
| Olivier Gauthier-Kwan   | 6 <sup>th</sup> – Long Jump             |
| Christopher Greenaway   | 6 <sup>th</sup> – Triple Jump           |
| Patrick Arbour  | 7 <sup>th</sup> - Pentathlon            |
| Julia Malleck   | 7 <sup>th</sup> – 1500m                 |

#### Cross Country

|   |  |
|---|--|
| (153 pts) - Yves Sikubwabo (8), Maya Aden (36), Patrick Marion (44), Russell Christie (66)  | 4 <sup>th</sup> – Team / Senior – Open |
| (190 pts) - Emma Galbraith (24), Julia Nikonorova (32), Emma Norman (66), Kathryn Tuck (68), Erin O’Higgins (96), Clara Moore (113), Ruth Burrows (117) | 5 <sup>th</sup> – Team / Junior – U20  |

#### Athletics Canada – Athletes with a disability

|                  |                              |
|------------------|------------------------------|
| Jason Dunkerley  | 1 <sup>st</sup> – 800m / T11 |
| Jon Dunkerley    | 1 <sup>st</sup> – 100m / T11 |
| Noella Klawitter | 1 <sup>st</sup> – 200m / T12 |
| Noella Klawitter | 1 <sup>st</sup> – 400m / T12 |
| Noella Klawitter | 1 <sup>st</sup> – 800m / T12 |
| Jon Dunkerley    | 2 <sup>nd</sup> – 800m / T11 |

#### Masters

|                   |                                    |
|-------------------|------------------------------------|
| Joyce Acton       | 1 <sup>st</sup> – 800m / W50       |
| Wendy Alexis      | 1 <sup>st</sup> – 100m / W55       |
| Wendy Alexis      | 1 <sup>st</sup> – 200m / W55       |
| Sherry Carson     | 1 <sup>st</sup> – 10,000m / W50    |
| Dave Kary         | 1 <sup>st</sup> – 1500m / M50      |
| Rob Lindsay       | 1 <sup>st</sup> – Pole Vault / M40 |
| Geoff Outerbridge | 1 <sup>st</sup> – Pole Vault / M45 |
| Judy MacDonald    | 1 <sup>st</sup> – Shot Put / W40   |
| Judy MacDonald    | 1 <sup>st</sup> – Javelin / W40    |
| Judy MacDonald    | 1 <sup>st</sup> – Hammer / W40     |
| Judy MacDonald    | 1 <sup>st</sup> – Weight / W40     |
| Tom Pincombe      | 1 <sup>st</sup> – Discus / M30     |
| Lawrence Williams | 1 <sup>st</sup> – 200m / M35       |
| Lawrence Williams | 1 <sup>st</sup> – 400m / M35       |
| Ray Wardle        | 1 <sup>st</sup> – 400m / M75       |
| Dave Kary         | 2 <sup>nd</sup> – 400m / M50       |
| Dave Kary         | 2 <sup>nd</sup> – 800m / M50       |
| Judy MacDonald    | 2 <sup>nd</sup> – Discus / W40     |
| Dan Percival      | 3 <sup>rd</sup> – Pole Vault / M35 |
| Roger Tremblay    | 2 <sup>nd</sup> – 800m / M55       |
| Roger Tremblay    | 3 <sup>rd</sup> – 1500m / M55      |
| Ray Wardle        | 2 <sup>nd</sup> – 100m / M75       |
| Ray Wardle        | 2 <sup>nd</sup> – 200m / M75       |

## 2009

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### Athletics Canada – Able body

|                  |                                      |
|------------------|--------------------------------------|
| Esther Akinsulie | 1 <sup>st</sup> – 400m               |
| Brian Chibudu    | 1 <sup>st</sup> – Long Jump          |
| Esther Akinsulie | 2 <sup>nd</sup> – 200m               |
| Dana Buchanan    | 2 <sup>nd</sup> – 3000m Steeplechase |
| Sultana Frizell  | 2 <sup>nd</sup> – Hammer Throw       |
| Josh Karanja     | 3 <sup>rd</sup> – 3000m Steeplechase |
| Ashlea Maddex    | 3 <sup>rd</sup> – 400m Hurdles       |
| Stuart Pearson   | 3 <sup>rd</sup> – 400m Hurdles       |
| Patrick Arbour   | 4 <sup>th</sup> – Decathlon          |
| Emilie Halle     | 4 <sup>th</sup> – 400m Hurdles       |
| Oluseyi Smith    | 4 <sup>th</sup> – 200m               |
| Melissa Bishop   | 5 <sup>th</sup> – 800m               |
| Oluseyi Smith    | 6 <sup>th</sup> – 100m               |
| Tyler Fawcett    | 7 <sup>th</sup> – 110m Hurdles       |
| Julia Tousaw     | 7 <sup>th</sup> – 400m               |
| Ashlea Maddex    | 8 <sup>th</sup> – 100m Hurdles       |

### Athletics Canada – Junior (U20)

|   |                                |
|---|--------------------------------|
| Taylor Corney   | 1 <sup>st</sup> – Decathlon    |
| Ashlea Maddex   | 1 <sup>st</sup> – 400m Hurdles |
| Oluwasegun Makinde, Devin Biocchi,<br>Michal Warchol, Gordon Cave | 1 <sup>st</sup> – 4x400m       |
| Alicia Brown, Fiona Callender,<br>Rachel Aubry, Emilie Halle      | 1 <sup>st</sup> – 4x400m       |
| Oluwasegun Makinde  | 2 <sup>nd</sup> – 100m         |
| Taylor Corney   | 3 <sup>rd</sup> – Javelin      |
| Ashlea Maddex   | 3 <sup>rd</sup> – 100m Hurdles |
| Tim Nedow   | 3 <sup>rd</sup> – Shot Put     |
| Mila Simulik  | 3 <sup>rd</sup> – Triple Jump  |
| Gift Okankwu, Alicia Brown  | 2 <sup>nd</sup> – 4x100m       |
| Emilie Halle, Ashley Wilson                                       |                                |
| Devin Biocchi, Oluwasegun Makinde                                 | 3 <sup>rd</sup> – 4x100m       |
| Cameron Smithers, Ramon Monsour                                   |                                |
| Rachel Aubry  | 4 <sup>th</sup> – 800m         |
| Emilie Halle  | 4 <sup>th</sup> – 400m         |
| Emilie Halle  | 4 <sup>th</sup> – 400m Hurdles |
| Oluwasegun Makinde  | 4 <sup>th</sup> – 200m         |
| Emma Dobson   | 5 <sup>th</sup> – Triple Jump  |
| Samantha Murphy   | 5 <sup>th</sup> – 800m         |
| Spencer Bell  | 6 <sup>th</sup> – 400m Hurdles |
| Bukhosi Mabaleka  | 7 <sup>th</sup> – 110m Hurdles |
| Ramon Monsour   | 7 <sup>th</sup> – 200m         |
| Paul Ausman   | 8 <sup>th</sup> – Javelin      |
| Alicia Brown  | 8 <sup>th</sup> – 200m         |
| Alicia Brown  | 8 <sup>th</sup> – 400m         |
| Gordon Cave   | 8 <sup>th</sup> – 400m         |
| Cameron Smithers  | 8 <sup>th</sup> – 400m Hurdles |

### **Athletics Canada – Youth (U18)**

|                    |   |
|--------------------|---|
| Ashlea Maddex      | 1 <sup>st</sup> – 400m Hurdles          |
| Eilish MacDonald   | 2 <sup>nd</sup> – Hammer                |
| Ashlea Maddex      | 2 <sup>nd</sup> – 100m Hurdles          |
| Brian Okeny        | 2 <sup>nd</sup> – Long Jump             |
| Brian Okeny        | 2 <sup>nd</sup> – Triple Jump           |
| Devin Biocchi      | 3 <sup>rd</sup> – 400m                  |
| Krista Dillon      | 3 <sup>rd</sup> – Triple Jump           |
| Julie Ethier       | 3 <sup>rd</sup> – High Jump             |
| Thomas Fraser      | 3 <sup>rd</sup> – Discus (Team Ontario) |
| Eilish MacDonald   | 3 <sup>rd</sup> – Shot Put              |
| Toluwalope Makinde | 3 <sup>rd</sup> – 200m                  |
| Divyajyoti Biswal  | 4 <sup>th</sup> – Triple Jump           |
| Toluwalope Makinde | 4 <sup>th</sup> – 100m                  |
| Devyani Biswal     | 5 <sup>th</sup> – 100m Hurdles          |
| Eilish MacDonald   | 5 <sup>th</sup> – Shot Put              |
| Thomas Fraser      | 6 <sup>th</sup> – Javelin               |

|                |                                |
|----------------|--------------------------------|
| Amelia Brohman | 7 <sup>th</sup> – 100m         |
| Emma Galbraith | 7 <sup>th</sup> – 1500m        |
| Isaiah Moses   | 8 <sup>th</sup> – 400m         |
| Codie Primeau  | 8 <sup>th</sup> – 400m Hurdles |

**University of Ottawa  
CIS Track & Field Championships**

|  |                               |
|--|-------------------------------|
| Julia Tousaw   | 1 <sup>st</sup> – 600m        |
| Tyler Fawcett  | 2 <sup>nd</sup> – 60m Hurdles |
| Jacqueline Mallette  | 2 <sup>nd</sup> – 1500m       |
| Emilie Halle, Jacqueline Mallette,<br>Jennie Biewald, Julia Tousaw | 2 <sup>nd</sup> – 4x800m      |
| Christianne Lela   | 5 <sup>th</sup> – 60m         |
| Christianne Lela   | 6 <sup>th</sup> – 300m        |
| Jennie Biewald, Christianne Lela,<br>Julia Tousaw, Emilie Halle    | 6 <sup>th</sup> – 4x400       |

**Athletics Canada – Cross Country**

|               |                       |
|---------------|-----------------------|
| Alain Boucher | 1 <sup>st</sup> – M45 |
|---------------|-----------------------|

**Canada Games (U24)**

|                               |                                |
|-------------------------------|--------------------------------|
| Tyler Fawcett, Stuart Pearson | 1 <sup>st</sup> – 4x400m       |
| Emilie Halle                  | 1 <sup>st</sup> – 400m Hurdles |
| Stuart Pearson                | 2 <sup>nd</sup> – 400m Hurdles |
| Melissa Bishop, Emilie Halle  | 3 <sup>rd</sup> – 4x400m       |
| Patrick Arbour                | 3 <sup>rd</sup> – Discus       |
| Melissa Bishop                | 4 <sup>th</sup> – 800m         |
| Patrick Arbour                | 4 <sup>th</sup> – Decathlon    |
| Rachel Aubry                  | 5 <sup>th</sup> – 800m         |
| Emilie Halle                  | 5 <sup>th</sup> – 400m         |
| Emilie Halle                  | 5 <sup>th</sup> – 4x100m       |
| Stuart Pearson                | 5 <sup>th</sup> – 110m Hurdles |
| Tyler Fawcett                 | 6 <sup>th</sup> – 4x100m       |
| Patrick Arbour                | 7 <sup>th</sup> – Shot Put     |

**Athletics Canada – Athletes with a disability**

|                  |                              |
|------------------|------------------------------|
| Jason Dunkerley  | 1 <sup>st</sup> – 800m / T11 |
| Jon Dunkerley    | 1 <sup>st</sup> – 200m / T11 |
| Jon Dunkerley    | 1 <sup>st</sup> – 400m / T11 |
| Noella Klawitter | 1 <sup>st</sup> – 100m / T12 |
| Noella Klawitter | 1 <sup>st</sup> – 200m / T12 |
| Noella Klawitter | 1 <sup>st</sup> - 400m / T12 |
| Stuart McGregor  | 1 <sup>st</sup> - 400m / T13 |

Stuart McGregor  
Joe Radmore  
Joe Radmore  
Joe Radmore

1<sup>st</sup> - 800m / T13  
2<sup>nd</sup> – 400m Wheelchair / T52  
3<sup>rd</sup> - 100m Wheelchair / T52  
3<sup>rd</sup> - 200m Wheelchair / T52

## Masters

Wendy Alexis  
Bob Staveley  
Wendy Alexis  
Roger Cobbledick  
Roger Cobbledick

1<sup>st</sup> – 100m / W50  
1<sup>st</sup> – Javelin / M75  
2<sup>nd</sup> – 200m / W50  
2<sup>nd</sup> – 400m / M60  
2<sup>nd</sup> – 800m / M60

## 2008

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### Athletics Canada – Abled Bodied

Sultana Frizell  
Charles Allen, Richard Adu-Bobie  
Antoine Despres-Bedward,  
Jon Dunkerley (Paralympian)  
(Stuart Pearson as Guide Runner)  
Christiane Lela, Esther Akinsulie,  
Lauren Seibel, Rachel Aubry  
Esther Akinsulie  
Esther Akinsulie  
Charles Allen  
Patricia Gauthier

1<sup>st</sup> – Hammer Throw \*Canadian Record  
1<sup>st</sup> – 4x100m \*1st Integrated Relay in  
CDN History  
  
1<sup>st</sup> – 4x100m  
  
2<sup>nd</sup> – 200m  
2<sup>nd</sup> – 400m  
3<sup>rd</sup> – 110m Hurdles  
3<sup>rd</sup> – Pole Vault

### Athletics Canada – Junior (U20)

Karelle Edwards  
Sekou Kaba  
Tim Nedow  
Michael Robertson, Stuart Pearson,  
Oluwasegun Makinde, Philip Wheeler  
Leah Larocque  
Stuart Pearson  
Michael Robertson  
Oluwasegun Makinde  
Michael Robertson  
Jordan Skeete-Wilson, Ashlea Maddex  
Karelle Edwards, Emilie Halle  
Stuart Pearson, Oluwasegun Makinde  
Michael Robertson, Adrian Huynh  
Emilie Halle, Julia Tousaw,  
Fiona Callender, Rachel Aubry

1<sup>st</sup> – 100m Hurdles  
1<sup>st</sup> – 110m Hurdles  
1<sup>st</sup> – Shot Put  
1<sup>st</sup> – 4x400m  
  
2<sup>nd</sup> – 2000m Steeplechase  
2<sup>nd</sup> – 400m Hurdles  
2<sup>nd</sup> – 400m  
3<sup>rd</sup> – 100m  
3<sup>rd</sup> – 200m  
2<sup>nd</sup> – 4x100m  
  
2<sup>nd</sup> – 4x100m  
  
2<sup>nd</sup> – 4x400m

### **Athletics Canada – Youth (U18)**

|                    |   |
|--------------------|---|
| Oluwasegun Makinde | 1 <sup>st</sup> – 200m *Canadian Record |
| Spencer Bell       | 3 <sup>rd</sup> – 400m Hurdles          |
| Fiona Callender    | 3 <sup>rd</sup> – 400m                  |
| Gordon Cave        | 2 <sup>nd</sup> – 400m (Team Ontario)   |
| Oluwasegun Makinde | 2 <sup>nd</sup> – 100m                  |
| Oluwasegun Makinde | 2 <sup>nd</sup> – 110m Hurdles          |
| Corey Wingate      | 3 <sup>rd</sup> – Shot Put              |

### **University of Ottawa**

#### **CIS Track & Field Championships**

|   |                          |
|---|--------------------------|
| Christiane Lela   | 2 <sup>nd</sup> – 60m    |
| Christiane Lela   | 3 <sup>rd</sup> – 300m   |
| Michael Robertson   | 2 <sup>nd</sup> – 300m   |
| Julia Tousaw  | 2 <sup>nd</sup> – 600m   |
| Michael Robertson, Brian Cummings, Tyler Fawcett, Marc-Phillipe Taillon | 2 <sup>nd</sup> – 4x400m |

### **Athletics Canada – Cross Country**

|  |  |
|--|--|
| (16 pts) - Dana Buchanan, Robyn Erickson, Julia Hicks, Kristin Marvin (1-2-3-10) | 1 <sup>st</sup> – Team / Senior – Open |
| Alain Boucher  | 2 <sup>nd</sup> – M45                  |

### **Athletics Canada – Athletes with a disability**

|                  |   |
|------------------|---|
| Jason Dunkerley  | 1 <sup>st</sup> – 800m / T11            |
| Jon Dunkerley    | 1 <sup>st</sup> – 100m / T11            |
| Jon Dunkerley    | 1 <sup>st</sup> – 200m / T11            |
| Noella Klawitter | 1 <sup>st</sup> – 400m / T12            |
| Noella Klawitter | 1 <sup>st</sup> – 800m / T12            |
| Joe Radmore      | 1 <sup>st</sup> – 200m Wheelchair / T52 |
| Jason Dunkerley  | 2 <sup>nd</sup> - 400m / T11            |
| Jon Dunkerley    | 3 <sup>rd</sup> - 400m / T11            |
| Joe Radmore      | 2 <sup>nd</sup> – 100m Wheelchair / T52 |

### **Masters**

|                     |                              |
|---------------------|------------------------------|
| Wendy Alexis        | 1 <sup>st</sup> – 100m / W50 |
| Wendy Alexis        | 1 <sup>st</sup> – 200m / W50 |
| Christopher Hrynkow | 1 <sup>st</sup> – 800m / M30 |
| Lawrence Williams   | 1 <sup>st</sup> – 100m / M35 |
| Lawrence Williams   | 1 <sup>st</sup> – 200m / M35 |
| Lawrence Williams   | 1 <sup>st</sup> – 400m / M35 |

|                  |                                  |
|------------------|----------------------------------|
| Roger Cobbledick | 1 <sup>st</sup> – 400m / M60     |
| Roger Cobbledick | 2 <sup>nd</sup> – 800m / M60     |
| Roger Cobbledick | 2 <sup>nd</sup> – Shot Put / M60 |
| Ray Wardle       | 2 <sup>nd</sup> – 200m / M75     |
| Ray Wardle       | 2 <sup>nd</sup> – 400m / M75     |

## 2007

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### Athletics Canada – Able Bodied

|  |  |
|--|--|
| Esther Akinsulie   | 1 <sup>st</sup> – 200m                                       |
| Esther Akinsulie   | 1 <sup>st</sup> – 400m                                       |
| Charles Allen  | 1 <sup>st</sup> – 110m Hurdles                               |
| Sultana Frizell  | 1 <sup>st</sup> – Hammer Throw                               |
| Danelle Woods  | 1 <sup>st</sup> – 3000m Steeplechase<br>*Championship Record |
| Tyler Fawcett, Oluseyi Smith                                 | 1 <sup>st</sup> – 4x100m                                     |
| Todd Pyper, Michael Robertson                                |  |
| Christiane Lela, Andrea White,<br>Lauren Seibel, Kelly Young | 1 <sup>st</sup> – 4x100m                                     |
| Dominique Bilodeau   | 3 <sup>rd</sup> – Javelin                                    |
| Veronique Fortin   | 2 <sup>nd</sup> – Heptathlon                                 |
| Marie-Josée Le Jour  | 2 <sup>nd</sup> – Discus                                     |
| Marie-Josée Le Jour  | 3 <sup>rd</sup> – Shot Put                                   |
| Andrea White   | 2 <sup>nd</sup> – 400m Hurdles                               |

### Athletics Canada – Junior (U20)

|  |                                       |
|--|---------------------------------------|
| Melissa Bishop   | 1 <sup>st</sup> – 800m                |
| Tyler Fawcett  | 1 <sup>st</sup> – 110m Hurdles        |
| Tyler Fawcett  | 1 <sup>st</sup> – 400m Hurdles        |
| Danelle Woods  | 1 <sup>st</sup> – 2000m Steeple Chase |
| Tony Risling, Michael Robertson,<br>Michael Prime, Ramon Monsour     | 1 <sup>st</sup> – 4x100m              |
| Tyler Fawcett, Michael Robertson,<br>Michael Prime, Reda Benazzouz   | 1 <sup>st</sup> – 4x400m              |
| Christiane Lela, Catherine Lalonde,<br>Karelle Edwards, Emilie Halle | 1 <sup>st</sup> – 4x100m              |
| Emilie Halle, Christiane Lela,<br>Catherine Lalonde, Melissa Bishop  | 1 <sup>st</sup> – 4x400m              |
| Karelle Edwards  | 2 <sup>nd</sup> – Long Jump           |
| Christiane Lela  | 2 <sup>nd</sup> – 400m                |
| Tim Nedow  | 2 <sup>nd</sup> – Shot Put            |
| Tim Nedow  | 3 <sup>rd</sup> – Discus              |
| Dominique Thibault   | 2 <sup>nd</sup> – Shot Put            |
| Danelle Woods  | 2 <sup>nd</sup> – 1500m               |
| Jack Ohlsen, Iain Valliere,  | 3 <sup>rd</sup> – 4x400m              |

Kevin Boczar, Stuart Pearson

### **Royal Canadian Legion**

|             |   |
|-------------|---|
| Emma Dobson | 1 <sup>st</sup> – Triple Jump / Youth – U18 |
| Tim Nedow   | 1 <sup>st</sup> – Shot Put / Youth – U18    |
| Tim Nedow   | 3 <sup>rd</sup> – Discus / Youth – U18      |
| Tim Nedow   | 3 <sup>rd</sup> – Hammer / Youth – U18      |

### **Athletics Canada – Cross Country**

|   |                                       |
|---|---------------------------------------|
| Danelle Woods, Leah Larocque,<br>Tiffany Locke, Lindsay Anderson,<br>Bridget Ellacott | 1 <sup>st</sup> – Team / Junior – U20 |
| Alain Boucher   | 1 <sup>st</sup> – Masters – 35+       |
| Danelle Woods   | 3 <sup>rd</sup> – Junior – U20        |

## **2006**

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### **Athletics Canada – Able Bodied**

|                    |                                      |
|--------------------|--------------------------------------|
| Esther Akinsulie   | 1 <sup>st</sup> – 200m               |
| Esther Akinsulie   | 1 <sup>st</sup> – 400m               |
| Charles Allen      | 1 <sup>st</sup> – 110m Hurdles       |
| Dominique Bilodeau | 2 <sup>nd</sup> – Javelin            |
| Dana Buchanan      | 3 <sup>rd</sup> – 3000m Steeplechase |
| Sultana Frizell    | 3 <sup>rd</sup> – Shot Put           |
| Sultana Frizell    | 3 <sup>rd</sup> – Hammer Throw       |
| Danelle Woods      | 2 <sup>nd</sup> – 3000m Steeplechase |

### **Athletics Canada – Junior – U20**

|  |                                |
|--|--------------------------------|
| Antoine Despres-Bedward,<br>Oluseyi Smith, Michael Robertson,<br>Jordan Alexis | 1 <sup>st</sup> – 4x100m       |
| Tyler Fawcett, Daniel Moreland,<br>Todd Pyper, Michael Robertson               | 1 <sup>st</sup> – 4x400m       |
| Jenni Biewald  | 2 <sup>nd</sup> – 1500m        |
| Karelle Edwards  | 2 <sup>nd</sup> – Long Jump    |
| Tyler Fawcett  | 3 <sup>rd</sup> – 400m Hurdles |
| Todd Pyper   | 2 <sup>nd</sup> – 200m         |
| Todd Pyper   | 3 <sup>rd</sup> – 400m         |

|   |                                      |
|---|--------------------------------------|
| Oluseyi Smith   | 2 <sup>nd</sup> – 100m               |
| Dominique Thibault  | 2 <sup>nd</sup> – Shot Put           |
| Danelle Woods   | 2 <sup>nd</sup> – 3000m Steeplechase |
| Jordan Skeete-Wilson, Caitlin Fortier,<br>Emilie Halle, Catherine Lalonde | 3 <sup>rd</sup> – 4x100m             |
| Caitlin Fortier, Jennie Biewald,<br>Christiane Lela, Rachel Aubry         | 3 <sup>rd</sup> – 4x400m             |

### Royal Canadian Legion

|                      |   |
|----------------------|---|
| Oluwasegun Makinde   | 1 <sup>st</sup> – 200m / Midget – U16     |
| Tim Nedow            | 1 <sup>st</sup> – Shot Put / Youth – U18  |
| Michael Robertson    | 1 <sup>st</sup> – 200m / Youth – U18      |
| Michael Robertson    | 1 <sup>st</sup> – 400m / Youth – U18      |
| Caitlin VanDodewaard | 1 <sup>st</sup> – Discus / Youth – U18    |
| Oluwasegun Makinde   | 2 <sup>nd</sup> – 100m / Midget – U16     |
| Tim Nedow            | 3 <sup>rd</sup> – High Jump / Youth – U18 |
| Evan Williams        | 3 <sup>rd</sup> – Octathlon / Youth – U18 |

### Athletics Canada – Cross Country

|               |                                      |
|---------------|--------------------------------------|
| Danelle Woods | 1 <sup>st</sup> – Junior Women – U20 |
|---------------|--------------------------------------|

## 2005

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### Athletics Canada – Able Bodied

|                    |                                |
|--------------------|--------------------------------|
| Esther Akinsulie   | 1 <sup>st</sup> – 400m         |
| Dominique Bilodeau | 1 <sup>st</sup> – Javelin      |
| Caroline Larose    | 1 <sup>st</sup> – Shot Put     |
| Esther Akinsulie   | 3 <sup>rd</sup> – 200m         |
| Sultana Frizell    | 2 <sup>nd</sup> – Hammer Throw |

### Athletics Canada – Junior (U20)

|  |                             |
|--|-----------------------------|
| Brian Cummings   | 1 <sup>st</sup> – 400m      |
| Samantha Piquette  | 1 <sup>st</sup> – Javelin   |
| Michael Woods  | 1 <sup>st</sup> – 1500m     |
| Michael Woods  | 1 <sup>st</sup> – 5000m     |
| Todd Pyper, Antoine Despres-Bedward,<br>Brian Cummings, Brent Savard | 1 <sup>st</sup> – 4x400m    |
| Alex Bernard   | 2 <sup>nd</sup> – Javelin   |
| Oluseyi Smith  | 2 <sup>nd</sup> – Long Jump |

### Royal Canadian Legion

Tyler Fawcett  
Tyler Fawcett

1<sup>st</sup> – 110m Hurdles / Juvenile – U18  
2<sup>nd</sup> – 400m Hurdles / Juvenile – U18

### **Athletics Canada – Cross Country**

Allan Brett

3<sup>rd</sup> – Junior Men – U20

### **Canada Games (U24)**

Esther Akinsulie  
Esther Akinsulie  
Esther Akinsulie  
Esther Akinsulie  
Andrea White  
Jenni Biewald  
Dana Buchanan  
Brian Cummings

1<sup>st</sup> – 100m  
1<sup>st</sup> – 200m  
1<sup>st</sup> – 400m  
1<sup>st</sup> – 4x400m Relay  
1<sup>st</sup> – 4x400m Relay  
2<sup>nd</sup> – 800m  
3<sup>rd</sup> – 2000m Steeplechase  
3<sup>rd</sup> – 4x400m Relay

## **2004**

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### **Athletics Canada – Able Bodied**

Dominique Bilodeau  
Caroline Larose  
Sultana Frizell

1<sup>st</sup> – Javelin  
1<sup>st</sup> – Shot Put  
3<sup>rd</sup> – Hammer Throw

### **Athletics Canada – Junior**

Richard Adu-Bobie  
Oluseyi Smith  
Michael Woods  
Michael Woods  
Melissa Bishop, Andrea White  
Jaclyn Shields, Bailey Lewis  
Richard Adu-Bobie  
Melissa Bishop  
Alan Brett  
Bailey Lewis  
Bailey Lewis  
Samantha Piquette

1<sup>st</sup> – 100m  
1<sup>st</sup> – Long Jump  
1<sup>st</sup> – 1500m  
1<sup>st</sup> – 5000m  
1<sup>st</sup> – 4x400m  
2<sup>nd</sup> – 200m  
2<sup>nd</sup> – 800m  
2<sup>nd</sup> – 1500m  
2<sup>nd</sup> – 400m  
2<sup>nd</sup> – 400m Hurdles  
2<sup>nd</sup> – Javelin

### **Royal Canadian Legion**

Melissa Bishop  
Melissa Bishop  
Trevor Doucette  
Todd Pyper

2<sup>nd</sup> – 400m / Juvenile – U18  
3<sup>rd</sup> – 800m / Juvenile – U18  
3<sup>rd</sup> – 300m Hurdles / Midget – U16  
2<sup>nd</sup> – 200m / Juvenile – U18

## 2003

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### Athletics Canada – Able Bodied

|                    |                            |
|--------------------|----------------------------|
| Dominique Bilodeau | 1 <sup>st</sup> – Javelin  |
| Sean Kaley         | 1 <sup>st</sup> – 5000m    |
| Caroline Larose    | 2 <sup>nd</sup> – Shot Put |

### Athletics Canada – Junior

|                 |                                |
|-----------------|--------------------------------|
| Dana Buchanan   | 1 <sup>st</sup> – 800m         |
| Sultana Frizell | 1 <sup>st</sup> – Shot Put     |
| Sultana Frizell | 1 <sup>st</sup> – Hammer Throw |
| Maya Aden       | 2 <sup>nd</sup> – 5000m        |
| Sultana Frizell | 2 <sup>nd</sup> – Discus       |
| Joshua Karanja  | 2 <sup>nd</sup> – 10,000m      |
| Bailey Lewis    | 2 <sup>nd</sup> – 400m         |
| Michael Woods   | 2 <sup>nd</sup> – 1500m        |

### Royal Canadian Legion

|                |   |
|----------------|---|
| Melissa Bishop | 1 <sup>st</sup> – 800m / Midget – U16           |
| Katie Engel    | 1 <sup>st</sup> – 800m / Juvenile – U18         |
| Melissa Bishop | 2 <sup>nd</sup> – 400m / Midget – U16           |
| Katie Engel    | 3 <sup>rd</sup> – 1500m / Juvenile – U18        |
| Cody Sorensen  | 2 <sup>nd</sup> – 110m Hurdles / Juvenile – U18 |

## 2002

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### Athletics Canada – Able Bodied

|                    |                            |
|--------------------|----------------------------|
| Dominique Bilodeau | 1 <sup>st</sup> – Javelin  |
| Sean Kaley         | 1 <sup>st</sup> – 5000m    |
| Sean Kaley         | 2 <sup>nd</sup> – 10,000m  |
| Caroline Larose    | 3 <sup>rd</sup> – Shot Put |
| Ashley Purnell     | 3 <sup>rd</sup> – 200m     |
| Lawrence Ringwald  | 3 <sup>rd</sup> – 400m     |

### Athletics Canada – Junior

|                   |                                |
|-------------------|--------------------------------|
| Sultana Frizell   | 1 <sup>st</sup> – Shot Put     |
| Sultana Frizell   | 1 <sup>st</sup> – Hammer       |
| Richard Adu-Bobie | 2 <sup>nd</sup> – 100m         |
| Dana Buchanan     | 3 <sup>rd</sup> – 800m         |
| Jermaine Bucknor  | 3 <sup>rd</sup> – 110m Hurdles |

Sultana Frizell  
Danielle Riendeau, Julia Hicks,  
Kate Henderson, Dana Buchanan

2<sup>nd</sup> – Discus  
3<sup>rd</sup> – 4 x 400m Relay

### Royal Canadian Legion

Collins Sarah  
Oluseyi Smith  
Oluseyi Smith  
Katie Engel

1<sup>st</sup> – Javelin / Midget – U16  
1<sup>st</sup> – 100m / Midget – U16  
1<sup>st</sup> – 200m / Midget – U16  
2<sup>nd</sup> – 800m / Midget – U16

### Athletics Canada – Cross Country

Katie Engel (7), Julia Hicks (9), Jackie  
Bonisteel (21), Hilary Egan (25)  
Joshua Nsengiyumva  
Maya Aden (22), Josh Karanja (24),  
Pat Marion (38), Michael Woods (47)

1<sup>st</sup> – Team / Junior – U20  
3<sup>rd</sup> – Senior Men – Open  
3<sup>rd</sup> – Team / Junior – U20

## 2001

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### Athletics Canada – Able Bodied

Dominique Bilodeau  
Isabelle Gervais  
Caroline Larose  
Lesley Tashlin

1<sup>st</sup> – Javelin  
2<sup>nd</sup> – 400m Hurdles  
2<sup>nd</sup> – Shot Put  
3<sup>rd</sup> – 100m Hurdes

### Athletics Canada – Junior (U20)

Sultana Frizell  
Sultana Frizell  
Ashley Purnell  
Ashley Purnell  
Ashley Purnell  
Ryan Therrien  
Curtis Fraser  
Sultana Frizell

1<sup>st</sup> – Shot Put  
1<sup>st</sup> – Discus  
1<sup>st</sup> – 100m  
1<sup>st</sup> – 200m  
1<sup>st</sup> – 100m Hurdles  
1<sup>st</sup> – 400m  
3<sup>rd</sup> – 100m  
2<sup>nd</sup> – Hammer Throw

### Royal Canadian Legion

Sultana Frizell  
Sultana Frizell  
Bailey Lewis  
Sultana Frizell  
Bailey Lewis

1<sup>st</sup> – Shot Put / Juvenile – U18  
1<sup>st</sup> – Discus / Juvenile – U18  
1<sup>st</sup> – 400m / Midget – U16  
2<sup>nd</sup> – Hammer Throw / Juvenile – U18  
2<sup>nd</sup> – 300m Hurdles / Midget – U16

### **Athletics Canada – Cross Country**

Sean Kaley

2<sup>nd</sup> – Senior Men – Open

### **Canada Games (U24)**

Ashley Purnell

1<sup>st</sup> – 100m

Ashley Purnell

1<sup>st</sup> – 200m

Ashley Purnell

1<sup>st</sup> – 4x100m

Derek Watkins

3<sup>rd</sup> – High Jump

Sultana Frizell

2<sup>nd</sup> – Shot Put

Sultana Frizell

3<sup>rd</sup> – Discus

## **2000**

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### **Athletics Canada – Able Bodied**

Isabelle Gervais

2<sup>nd</sup> – 400m Hurdles

Sean Kaley

2<sup>nd</sup> – 10,000m

Chris McGregor

3<sup>rd</sup> – 3000m Steeplechase

Lesley Tashlin

2<sup>nd</sup> – 100m Hurdles

### **Athletics Canada – Junior (U20)**

Sultana Frizell

1<sup>st</sup> – Shot Put

Peter Cheesbrough

3<sup>rd</sup> – Javelin

Curtis Fraser

3<sup>rd</sup> – 100m

Brian McPhee

2<sup>nd</sup> – Discus

Derek Watkins

2<sup>nd</sup> – High Jump

### **Royal Canadian Legion**

Sultana Frizell

1<sup>st</sup> – Shot Put

?????

## **1999**

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### **Athletics Canada – Able Bodied**

Sean Kaley

1<sup>st</sup> – 10,000m

Sarah Dillabaugh

2<sup>nd</sup> – 5000m

Isabelle Gervais

2<sup>nd</sup> – 400m Hurdles

Caroline Larose

3<sup>rd</sup> – Shot Put

Michael Nicolini

2<sup>nd</sup> – 200m

Lesley Tashlin

2<sup>nd</sup> – 100m Hurdles

Christian Weber

2<sup>nd</sup> – 10,000m

### **Athletics Canada – Junior (U20)**

????

### **Royal Canadian Legion**

?????

### **Athletics Canada – Cross Country**

Sarah Dillabaugh  
Nathalie Cote

2<sup>nd</sup> – Senior Women – Open  
3<sup>rd</sup> – Senior Women – Open

## **1998**

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### **Athletics Canada – Able Bodied**

Steve Agar  
Isabelle Gervais  
Tania Jones  
Caroline Larose  
Michale Nicolini  
Lesley Tashlin

2<sup>nd</sup> – 1500m  
2<sup>nd</sup> – 400m Hurdles  
3<sup>rd</sup> – 5000m  
2<sup>nd</sup> – Shot Put  
2<sup>nd</sup> – 200m  
2<sup>nd</sup> – 100m Hurdles

### **Athletics Canada – Junior**

????

### **Royal Canadian Legion**

?????

### **Athletics Canada – Cross Country**

Susie Egar (9), Katie Jeffrey (14),  
Julia Kirby (21), Robin McRobbie (25),  
Catherine Fortin-Major (33)  
Sean Kaley  
Chris Weber  
Sean Kaley (2), Chris Weber (3), Chris  
McGregor (7), Scott MacDonald (15), Jason  
Gregoire (56)

1<sup>st</sup> – Team / Junior – U20  
  
2<sup>nd</sup> – Senior Men – Open  
3<sup>rd</sup> – Senior Men – Open  
2<sup>nd</sup> – Team / Senior – Open

## **1997**

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### **Athletics Canada – Able Bodied**

Sandy Taylor  
Lyndon George

1<sup>st</sup> – Javelin  
2<sup>nd</sup> – 400m

### **Athletics Canada – Junior (U20)**

????

### **Royal Canadian Legion**

?????

### **Canada Games**

Caroline Larose

1<sup>st</sup> – Shot Put

## **1996**

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### **Athletics Canada – Able Bodied**

Leslie Estwick  
Shawn Wilcox  
Leslie Estwick  
Tania Jones

1<sup>st</sup> – Long Jump  
1<sup>st</sup> – 110m Hurdles  
2<sup>nd</sup> – High Jump  
3<sup>rd</sup> – 5000m

### **Olympic Trials**

Glenroy Gilbert  
Wendy Phillips

3<sup>rd</sup> – 100m  
3<sup>rd</sup> – Discus

### **Athletics Canada – Junior (U20)**

Greg Heubner  
Jeff Keays  
Murray Link  
Sasha Cesaratto, Jeff Keays,  
Greg Macdougall, Charles Ross  
Sasha Cesaratto  
Isabelle Gervais  
Greg Heubner  
Jonathan Jean-Pierre  
Anne LeBel  
Murray Link  
Michael Nicolini  
Tracy Robertson  
Charles Ross

1<sup>st</sup> – Discus  
1<sup>st</sup> – 110m Hurdles  
1<sup>st</sup> – 1500m  
1<sup>st</sup> – 4x400m  
2<sup>nd</sup> – 400m Hurdles  
2<sup>nd</sup> – 400m Hurdles  
3<sup>rd</sup> – Shot Put  
3<sup>rd</sup> – Triple Jump  
2<sup>nd</sup> – 100m Hurdles  
3<sup>rd</sup> – 800m  
2<sup>nd</sup> – 200m  
3<sup>rd</sup> – 1500m  
3<sup>rd</sup> – 400m Hurdles

## Royal Canadian Legion

Alison Cross

2<sup>nd</sup> – High Jump / Midget – U16

## Athletics Canada – Cross Country

Tracy Robertson (13), Katie Jeffrey (14), Hilary Burn (24), Tina Lamoureux (47), Jenny Carkner (50), Lauren Clobridge

1<sup>st</sup> – Team / Junior – U20

## 1995

---

### Athletics Canada – Able Bodied

Jame Fahie  
Lesley Tashlin  
Leslie Estwick  
Rachel Robichaud

1<sup>st</sup> – Hammer Throw  
1<sup>st</sup> – 100m Hurdles  
2<sup>nd</sup> – High Jump  
3<sup>rd</sup> – 10km Walk

### Athletics Canada – Junior (U20)

David McQuinn  
Greg Huebner  
Greg Huebner  
Isabelle Kim  
Murray Link  
Tracy Robertson  
Sasha Cesaratto, Jeff Keays,  
David McQuinn, Charles Ross  
Hilary Burn, Isabelle Gervais,  
Anne LeBel, Tracy Robertson

1<sup>st</sup> – 400m Hurdles  
3<sup>rd</sup> – Shot Put  
3<sup>rd</sup> – Discus  
2<sup>nd</sup> – 5000m Walk  
2<sup>nd</sup> – 1500m  
3<sup>rd</sup> – 1500m  
2<sup>nd</sup> – 4x400m  
  
3<sup>rd</sup> – 4x400m

### Royal Canadian Legion

Jeff Keays  
Jeff Keays  
Anne LeBel  
Jeff Keays  
Anne LeBel

1<sup>st</sup> – 110m Hurdles / Juvenile – U18  
1<sup>st</sup> – 400m Hurdles / Juvenile – U18  
1<sup>st</sup> – 80m Hurdles / Juvenile – U18  
3<sup>rd</sup> – Pentathlon / Juvenile – U18  
3<sup>rd</sup> – Pentathlon / Juvenile – U18

### Athletics Canada – Cross Country

Richard Charette (8), Alain Boucher

1<sup>st</sup> – Team / Senior – Open

(12), John Halvorsen (16), Matt Lamourie (35), Ian Potter (45)

Hilary Burn, Renee Embree, Lauren Clobridge, Katie Jeffrey, Tina Lamoureux, Tracy Robertson (Not Finish Order)

Nathalie Cote, Maureen de St.

Croix, Anna Gunasekera, Tania Jones, Mary Jane Richards, Noeleen Wadden, Cheryl Youldon (Not Finish Order)

2<sup>nd</sup> – Team / Junior – U20

2<sup>nd</sup> – Team / Senior – Open

## 1994

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### Athletics Canada – Able Bodied

Glenroy Gilbert  
Cory Siermachesky  
Leslie Estwick  
Leslie Estwick  
Leslie Estwick  
Cathy Griffin  
Lesley Tashlin

1<sup>st</sup> – 100m  
1<sup>st</sup> – High Jump  
2<sup>nd</sup> – High Jump  
3<sup>rd</sup> – Long Jump  
3<sup>rd</sup> – 100m Hurdles  
2<sup>nd</sup> – Discus  
2<sup>nd</sup> – 100m Hurdles

### Athletics Canada – Junior (U20)

Sean Kaley  
Mary Richards  
Greg Jack  
Murray Link

1<sup>st</sup> – 1500m  
1<sup>st</sup> – 3000m  
2<sup>nd</sup> – Discus  
3<sup>rd</sup> – 1500m

### Royal Canadian Legion

Anne LeBel  
Anne LeBel  
Murray Link  
Matt Stenson  
Matt Stenson  
Murray Link  
Murray Link  
Stuart McGregor  
Charles Ross

1<sup>st</sup> – 80m Hurdles / Midget – U16  
1<sup>st</sup> – 300m Hurdles / Midget – U16  
1<sup>st</sup> – 1500m / Juvenile – U18  
1<sup>st</sup> – 100m / Midget – U16  
1<sup>st</sup> – 200m / Midget – U16  
2<sup>nd</sup> – 800m / Juvenile – U18  
2<sup>nd</sup> – 1500m Walk / Juvenile – U18  
2<sup>nd</sup> – 800m / Midget – U16  
2<sup>nd</sup> – 300m Hurdles / Midget – U16

### Athletics Canada – Cross Country

Mary Jane Richards  
Alain Boucher, Richard Charette, Rob Cunningham, John Halvorsen, Dan Kimmerer, Matt Lamourie, Scott

1<sup>st</sup> – Junior Women – U20  
3<sup>rd</sup> – Team / Senior – Open

MacDonald (not Finish order)

## 1993

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### Athletics Canada – Able Bodied

|                   |                                |
|-------------------|--------------------------------|
| Glenroy Gilbert   | 1 <sup>st</sup> – 200m         |
| James Fahie       | 2 <sup>nd</sup> – Hammer Throw |
| Ricardo Greenidge | 3 <sup>rd</sup> – 200m         |
| Cathy Griffin     | 2 <sup>nd</sup> – Discus       |
| Cory Siermachesky | 2 <sup>nd</sup> – High Jump    |
| Lesley Tashlin    | 3 <sup>rd</sup> – 100m Hurdles |

### Athletics Canada – Junior (U20)

|                |                                      |
|----------------|--------------------------------------|
| Sean Kaley     | 1 <sup>st</sup> – 5000m              |
| Kristin Marvin | 1 <sup>st</sup> – 3000m              |
| Chris McGregor | 3 <sup>rd</sup> – 3000m Steeplechase |
| Mary Richards  | 2 <sup>nd</sup> – 3000m              |
| Sean Surerus   | 3 <sup>rd</sup> – 800m               |

### Royal Canadian Legion

|               |   |
|---------------|---|
| David McQuinn | 1 <sup>st</sup> – 400m / Juvenile – U18         |
| David McQuinn | 1 <sup>st</sup> – 400m Hurdles / Juvenile – U18 |
| Renee Embree  | 2 <sup>nd</sup> – 3000m / Juvenile – U18        |

### Athletics Canada – Cross Country

|  |  |
|--|--|
| Mary Jane Richards   | 1 <sup>st</sup> – Junior Women – U20   |
| Mary Jane Richards (1), Lauren Aldwinkle (9), Renee Embree (10), Kristin Marvin (14), Imogen Murphy (20) | 1 <sup>st</sup> – Team / Junior – U20  |
| Sean Kaley   | 2 <sup>nd</sup> – Junior Men – U20     |
| Sean Kaley (2), Murray Link (6), Chris McGregor (11), Eric Lascelles (49), Harold Price (52)             | 2 <sup>nd</sup> – Team / Junior – U20  |
| Richard Charette, Albert Dell’Apa, Alan Forster, Kevin Lee, Marc Olesen                                  | 3 <sup>rd</sup> – Team / Senior – Open |

### Canada Games

|                  |                                  |
|------------------|----------------------------------|
| Rachel Robichaud | 1 <sup>st</sup> – 5000m Racewalk |
| Sarah Leonard    | 3 <sup>rd</sup> – Javelin        |

## 1992

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### Athletics Canada – Able Bodied

|                   |                                  |
|-------------------|----------------------------------|
| Glenroy Gilbert   | 1 <sup>st</sup> – 100m           |
| Ricardo Greenidge | 1 <sup>st</sup> – 200m           |
| Cathy Griffin     | 1 <sup>st</sup> – Hammer Throw   |
| Cory Siermachesky | 1 <sup>st</sup> – High Jump      |
| Richard Charette  | 2 <sup>nd</sup> – 10,000m / Road |
| James Fahie       | 3 <sup>rd</sup> – Hammer Throw   |
| Cathy Griffin     | 2 <sup>nd</sup> – Shot Put       |
| Marc Olesen       | 3 <sup>rd</sup> – 5000m          |

### **Olympic Trials**

|                   |                                 |
|-------------------|---------------------------------|
| Alain Boucher     | 3 <sup>rd</sup> – Steeplechase  |
| John Bowden       | 2 <sup>nd</sup> – 1500m         |
| Cheryl Coker      | 2 <sup>nd</sup> – Javelin       |
| Leslie Estwick    | 2 <sup>nd</sup> – High Jump     |
| James Fahie       | 3 <sup>rd</sup> – Hammer Trials |
| Ricardo Greenidge | 3 <sup>rd</sup> – 200m          |
| Louise Perreault  | 3 <sup>rd</sup> – Javelin       |
| Cory Siermachesky | 2 <sup>nd</sup> – High Jump     |

### **Athletics Canada – Junior (U20)**

|                   |                                |
|-------------------|--------------------------------|
| Chantale Dejardin | 2 <sup>nd</sup> – 400m Hurdles |
| Brian Derby       | 3 <sup>rd</sup> – Long Jump    |
| Matt Lamourie     | 2 <sup>nd</sup> – 5000m        |
| Scott MacDonald   | 3 <sup>rd</sup> – 1500m        |

### **Royal Canadian Legion**

|             |  |
|-------------|--|
| Sean Kaley  | 1 <sup>st</sup> – 3000m / Juvenile – U18 |
| Murray Link | 1 <sup>st</sup> – 1500m / Midget – U16   |
| Murray Link | 1 <sup>st</sup> – 3000m / Midget – U16   |

### **Athletics Canada – Cross Country**

|   |  |
|---|--|
| Richard Charette  | 1 <sup>st</sup> – Senior Men – Open    |
| Mary Jane Richards  | 1 <sup>st</sup> – Junior Women – U20   |
| Mike Dickey, Sean Kaley, Kevin Lee,<br>Dan Orr, Harold Price, Lewis Theobald              | 1 <sup>st</sup> – Team / Junior– U20   |
| Richard Charette, Steve Agar, John<br>Halvorsen, Mohammed Hussein                         | 2 <sup>nd</sup> – Team / Senior – Open |
| Lauren Aldwinkle, Bonnie Hodgins, Kristin<br>Marvin, Imogen Murphy, Mary Jane<br>Richards | 3 <sup>rd</sup> – Team / Junior – U20  |

### **Athletics Canada – Able Bodied**

|                   |                                |
|-------------------|--------------------------------|
| Leslie Estwick    | 1 <sup>st</sup> – High Jump    |
| Melody Torcolacci | 1 <sup>st</sup> – Shot Put     |
| Richard Charette  | 3 <sup>rd</sup> – 1500m        |
| Cheryl Coker      | 2 <sup>nd</sup> – Javelin      |
| Leslie Estwick    | 2 <sup>nd</sup> – 100m Hurdles |
| James Fahie       | 2 <sup>nd</sup> – Hammer Throw |
| Cathy Griffin     | 2 <sup>nd</sup> – Hammer Throw |
| Lisa Presedo      | 2 <sup>nd</sup> – 10,000m      |
| Cyril Soga        | 3 <sup>rd</sup> – Triple Jump  |
| Grace Verbeek     | 2 <sup>nd</sup> – 800m         |

### **Athletics Canada – Junior (U20)**

|             |                               |
|-------------|-------------------------------|
| Sean Burges | 3 <sup>rd</sup> – Triple Jump |
|-------------|-------------------------------|

### **Royal Canadian Legion**

????

### **Athletics Canada – Cross Country**

|   |                                       |
|---|---------------------------------------|
| Richard Charette  | 1 <sup>st</sup> – Senior Men – Open   |
| Matt Lamourie, Kevin Lee, Scott MacDonald, Ian Potter, Lewis Theobald | 1 <sup>st</sup> – Team / Junior – U20 |

## **1990**

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### **Athletics Canada – Able Bodied**

|                   |                                |
|-------------------|--------------------------------|
| Craig Hutton      | 1 <sup>st</sup> – 400m Hurdles |
| Lorri LaRowe      | 1 <sup>st</sup> – Javelin      |
| Cheryl Coker      | 2 <sup>nd</sup> – Javelin      |
| Leslie Estwick    | 3 <sup>rd</sup> – 100m Hurdles |
| Leslie Estwick    | 3 <sup>rd</sup> – High Jump    |
| Melody Torcolacci | 2 <sup>nd</sup> – Shot Put     |
| Grace Verbeek     | 2 <sup>nd</sup> – 800m         |

### **Athletics Canada – Junior (U20)**

|                   |                               |
|-------------------|-------------------------------|
| Sean Burges       | 1 <sup>st</sup> – Triple Jump |
| Ricardo Greenidge | 1 <sup>st</sup> – 200m        |
| Robert Cunningham | 3 <sup>rd</sup> – 1500m       |
| Ricardo Greenidge | 3 <sup>rd</sup> – 100m        |
| Mike Reichert     | 2 <sup>nd</sup> – Shot Put    |
| Mike Reichert     | 2 <sup>nd</sup> – Discus      |

### Royal Canadian Legion

|                   |   |
|-------------------|---|
| Chantale Dejardin | 1 <sup>st</sup> – 300m Hurdles / Midget – U16 |
| Matt Lamourie     | 1 <sup>st</sup> – 3000m / Juvenile – U18      |
| Matt Bundle       | 3 <sup>rd</sup> – 1500m / Juvenile – U18      |
| Nathalie Cote     | 3 <sup>rd</sup> – 1500m / Juvenile – U18      |
| Chantale Dejardin | 2 <sup>nd</sup> – 80m Hurdles / Midget – U16  |

### Athletics Canada – Cross Country

|   |                                       |
|---|---------------------------------------|
| Matt Bundle, Matt Lamourie, Scott MacDonald, ???? | 3 <sup>rd</sup> – Team / Junior – U20 |
|---|---------------------------------------|

## 1989

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### Athletics Canada – Able Bodied

|                   |                                |
|-------------------|--------------------------------|
| Cheryl Coker      | 1 <sup>st</sup> – Javelin      |
| Rosey Edeh        | 1 <sup>st</sup> – 400m Hurdles |
| Leslie Estwick    | 1 <sup>st</sup> – High Jump    |
| Melody Torcolacci | 1 <sup>st</sup> – Shot Put     |
| Andrea Bacchiochi | 3 <sup>rd</sup> – 100m Hurdles |
| Leslie Estwick    | 2 <sup>nd</sup> – 100m Hurdles |
| Glenroy Gilbert   | 2 <sup>nd</sup> – Long Jump    |
| Craig Hutton      | 3 <sup>rd</sup> – 400m Hurdles |
| Lori Larowe       | 2 <sup>nd</sup> – Javelin      |

### Athletics Canada – Junior (U20)

|               |                            |
|---------------|----------------------------|
| Mike Reichert | 1 <sup>st</sup> – Shot Put |
|---------------|----------------------------|

### Royal Canadian Legion

?????

### Athletics Canada – Cross Country

?

### Canada Games

|                |                                |
|----------------|--------------------------------|
| Mike Reichert  | 1 <sup>st</sup> – Shot Put     |
| Phillip Hughes | 2 <sup>nd</sup> – 400m         |
| Phillip Hughes | 2 <sup>nd</sup> – 4x400m Relay |
| Steve Yorston  | 3 <sup>rd</sup> – 110m Hurdles |

## 1988

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### Athletics Canada – Able Bodied

|                |                                |
|----------------|--------------------------------|
| Ann Peel       | 1 <sup>st</sup> – 10km Walk    |
| Leslie Estwick | 2 <sup>nd</sup> – High Jump    |
| Leslie Estwick | 3 <sup>rd</sup> – 100m Hurdles |
| Marc Olesen    | 2 <sup>nd</sup> – 1500m        |
| Grace Verbeek  | 2 <sup>nd</sup> – 800m         |

### Athletics Canada – Junior (U20)

|               |                            |
|---------------|----------------------------|
| Mike Reichert | 2 <sup>nd</sup> – Shot Put |
|---------------|----------------------------|

### Royal Canadian Legion

?????

### Athletics Canada – Cross Country

??????

## 1987

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### Athletics Canada – Able Bodied

|                  |                                |
|------------------|--------------------------------|
| Leslie Estwick   | 1 <sup>st</sup> – High Jump    |
| Ann Peel         | 1 <sup>st</sup> – 5km Walk     |
| Alison Armstrong | 3 <sup>rd</sup> – Heptathlon   |
| Leslie Estwick   | 2 <sup>nd</sup> – Heptathlon   |
| Phillip Hughes   | 3 <sup>rd</sup> – 400m Hurdles |
| Louise Perreault | 3 <sup>rd</sup> – Javelin      |

### Athletics Canada – Junior (U20)

|                  |                           |
|------------------|---------------------------|
| Louise Perreault | 1 <sup>st</sup> – Javelin |
| Jeff Gillan      | 2 <sup>nd</sup> – Discus  |
| Rob Muir         | 2 <sup>nd</sup> – 1500m   |

### Royal Canadian Legion

|                  |                                       |
|------------------|---------------------------------------|
| Charmaine Wilson | 3 <sup>rd</sup> – 400m / Midget – U16 |
|------------------|---------------------------------------|

### Athletics Canada – Cross Country

??????

## 1986

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### Athletics Canada – Able Bodied

|                  |                                       |
|------------------|---------------------------------------|
| Ann Peel         | 1 <sup>st</sup> – 5000m Walk          |
| Ann Peel         | 1 <sup>st</sup> – 10,000m Walk (Road) |
| Alison Armstrong | 2 <sup>nd</sup> – Heptathlon          |
| Cheryl Coker     | 3 <sup>rd</sup> – Javelin             |

### Athletics Canada – Junior

|                          |                                |
|--------------------------|--------------------------------|
| Rick Brant               | 1 <sup>st</sup> – 800m         |
| Phillip Hughes           | 1 <sup>st</sup> – 400m Hurdles |
| Louise Perreault         | 1 <sup>st</sup> – Javelin      |
| <i>Junior Men's Team</i> | 1 <sup>st</sup> – 4x400m       |
| Ken Leblanc              | 3 <sup>rd</sup> – 200m         |
| Ken LeBlanc              | 3 <sup>rd</sup> – 400m         |

### Royal Canadian Legion

|                  |                                       |
|------------------|---------------------------------------|
| Charmaine Wilson | 3 <sup>rd</sup> – 400m / Midget – U16 |
|------------------|---------------------------------------|

### Athletics Canada – Cross Country

|                                |                                       |
|--------------------------------|---------------------------------------|
| Rick Brant..... other members? | 1 <sup>st</sup> – Team / Junior – U20 |
|--------------------------------|---------------------------------------|

## 1985

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### Athletics Canada – Able Bodied

|                  |                              |
|------------------|------------------------------|
| Alison Armstrong | 1 <sup>st</sup> – Heptathlon |
| Bob Slipp        | 3 <sup>rd</sup> – Marathon   |

### Athletics Canada – Junior (U20)

|   |                              |
|---|------------------------------|
| Louise Perreault  | 1 <sup>st</sup> – Javelin    |
| Colin Timm, Pete Peters,<br>Ken Leblanc, Phillip Hughes | 1 <sup>st</sup> – 4x400m     |
| Grahm Cleghorn  | 3 <sup>rd</sup> – Pole Vault |
| Sylvia Gould  | 2 <sup>nd</sup> – Javelin    |
| Rob Lindsay   | 2 <sup>nd</sup> – Pole Vault |

## Royal Canadian Legion

?

## Athletics Canada – Cross Country

?

## Canada Games

Phillip Hughes  
Rob Lindsay

1<sup>st</sup> – 400m Hurdles  
1<sup>st</sup> – Pole Vault

# 1984

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## Athletics Canada – Able Bodied

Ann Peel

1<sup>st</sup> – 5000m Walk

## Athletics Canada – Junior (U20)

Cheryl Coker  
Rob Lindsay  
Brian Marshall

1<sup>st</sup> – Javelin  
1<sup>st</sup> – Pole Vault  
1<sup>st</sup> – High Jump

## Royal Canadian Legion

?

## Athletics Canada – Cross Country

John Halvorsen  
John Halvorsen & Team Unknown

3<sup>rd</sup> – Junior Men – U20  
3<sup>rd</sup> – Team / Junior – U20

# 1983

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## Athletics Canada – Able Bodied

Ann Peel  
Alison Armstrong

1<sup>st</sup> – 5000m Walk  
3<sup>rd</sup> – Heptathlon

## Athletics Canada – Junior (U20)

Coker, Cheryl

1<sup>st</sup> – Javelin

|                |                               |
|----------------|-------------------------------|
| Kevin Waller   | 1 <sup>st</sup> – 800m        |
| Brian Marshall | 1 <sup>st</sup> – High Jump   |
| Dan Broderick  | 3 <sup>rd</sup> – 10km Walk   |
| Kerry Munro    | 2 <sup>nd</sup> – Triple Jump |
| Kevin Waller   | 2 <sup>nd</sup> – 1500m       |

### Royal Canadian Legion

|                  |  |
|------------------|--|
| Rob Muir         | 1 <sup>st</sup> – 800m / Midget – U16      |
| Rob Muir         | 1 <sup>st</sup> – 1500m / Midget – U16     |
| Louise Perreault | 1 <sup>st</sup> – Javelin / Midget – U16   |
| Bruce Deacon     | 2 <sup>nd</sup> – 3000m / Juvenile – U18   |
| Glenroy Gilbert  | 2 <sup>nd</sup> – Long Jump / Midget – U16 |

### Athletics Canada – Cross Country

|  |                                    |
|--|------------------------------------|
| Bruce Deacon, Kevin Waller, Others?<br>Educated guess - Owen Caves, Rob Muir | 2 <sup>nd</sup> – Junior Men – U20 |
|--|------------------------------------|

## 1982

---

### Athletics Canada – Able Bodied

|                  |                              |
|------------------|------------------------------|
| Ann Peel         | 1 <sup>st</sup> – 5000m Walk |
| Alison Armstrong | 3 <sup>rd</sup> - Heptathlon |

### Athletics Canada – Junior

|               |                              |
|---------------|------------------------------|
| Dan Broderick | 3 <sup>rd</sup> – 10km Walk  |
| Trevor Hansen | 3 <sup>rd</sup> – Pole Vault |
| Kent Thexton  | 3 <sup>rd</sup> – 15000m     |
| Kevin Waller  | 3 <sup>rd</sup> – 800m       |

### Royal Canadian Legion

|                 |   |
|-----------------|---|
| Sean Fitzgerald | 1 <sup>st</sup> – 800m / Juvenile – U18         |
| Brian Marshall  | 2 <sup>nd</sup> – 100m Hurdles / Juvenile – U18 |
| Brian Marshall  | 2 <sup>nd</sup> – High Jump / Juvenile – U18    |
| Brian Marshall  | 2 <sup>nd</sup> – Long Jump / Juvenile – U18    |

### Athletics Canada – Cross Country

|   |                                       |
|---|---------------------------------------|
| Jackie Pelot (11), Christine Whiteside (17),<br>Karen Gordon (26), Tina Subliere (34)                               | 2 <sup>nd</sup> – Team / Junior – U20 |
| Kent Thexton (5), Adrian Baird (15), Kevin<br>Waller (29), Scott Hanna (44) , Paul<br>Fournier (49), Andy Moss (60) | 2 <sup>nd</sup> – Team / Junior – U20 |

## 1981

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### Athletics Canada – Able Bodied

|                  |                                       |
|------------------|---------------------------------------|
| Sue Gibson       | 1 <sup>st</sup> – Javelin             |
| Ann Peel         | 1 <sup>st</sup> – 5000m Walk          |
| Ann Peel         | 1 <sup>st</sup> – 10,000m Walk (road) |
| Alison Armstrong | 2 <sup>nd</sup> – Heptathlon          |

### Royal Canadian Legion

|                |  |
|----------------|--|
| Marc Lavoie    | 1 <sup>st</sup> – 1500m Steeple / Juvenile – U18 |
| Kerry Munro    | 1 <sup>st</sup> – Triple Jump / Juvenile – U18   |
| Brian Marshall | 2 <sup>nd</sup> – High Jump / Juvenile – U18     |

### Canada Games

|                  |                              |
|------------------|------------------------------|
| Alison Armstrong | 3 <sup>rd</sup> – Heptathlon |
|------------------|------------------------------|

## 1980

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### Athletics Canada – Able Bodied

|          |                              |
|----------|------------------------------|
| Ann Peel | 1 <sup>st</sup> – 5000m Walk |
|----------|------------------------------|

### Athletics Canada – Junior (U20)

|                  |                              |
|------------------|------------------------------|
| Ann Peel         | 1 <sup>st</sup> – 3000m Walk |
| Alison Armstrong | 3 <sup>rd</sup> – Heptathlon |

## 1979

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### Athletics Canada – Able Bodied

|            |                           |
|------------|---------------------------|
| Sue Gibson | 3 <sup>rd</sup> – Javelin |
|------------|---------------------------|

### Athletics Canada – Junior (U20)

|               |                                      |
|---------------|--------------------------------------|
| Chris Dickson | 1 <sup>st</sup> – 2000m Steeplechase |
| Ann Peel      | 1 <sup>st</sup> – 3000m Walk         |

### Royal Canadian Legion

|                |  |
|----------------|--|
| Brian Marshall | 1 <sup>st</sup> – High Jump / Midget – U16 |
|----------------|--|

Brian Marshall  
Laura Wadlaw  
Laura Wadlaw

2<sup>nd</sup> – Triple Jump / Midget – U16  
3<sup>rd</sup> – 1500m / Juvenile – U18  
3<sup>rd</sup> – 3000m / Juvenile – U18

## 1978

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### Royal Canadian Legion

Andy Bethune  
Andy Bethune

2<sup>nd</sup> – 3000m / Juvenile – U18  
3<sup>rd</sup> – 1500m Steeplechase / Juvenile –  
U18

## 1977

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### Athletics Canada – Able Bodied

Sue Gibson

1<sup>st</sup> – Javelin

### Athletics Canada – Junior (U20)

Steve Lambrose

1<sup>st</sup> – Discus

## 1976

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### Athletics Canada – Able Bodied

Sue Gibson

3<sup>rd</sup> – Javelin

### Athletics Canada – Cross Country

Rob Livingston

2<sup>nd</sup> – Juvenile – U18

## 1975

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### Athletics Canada – Junior (U20)

Corinne Cote

3<sup>rd</sup> – Discus

## 1974

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No medalists – Lions 1<sup>st</sup> year of operation

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Notes & Historical References  
Statistical Lists

The research for this historical data was initiated in April 2006 and first published that October. "All available data" was carefully reviewed and referenced. We are however constantly looking for additional results not yet reviewed. If a "blank" or any data is missing on a performance list, it is because the performance specifics have not been finalized and we are looking for further validation. To be valid, all information of a performance must be listed.

### **International Teams, Champions & Medalist Lists**

If a national or provincial "championship category" is not listed for a particular year, this indicates the materials for those championships have been researched and no medals were awarded to club members. As a result, the championships category has been removed for that particular year. If materials for a championship category have not yet been found, the category will still remain on the list with a "question mark" for that year.

### **History**

During the 1970's and 1980's, there were many Clubs in the City of Ottawa. Prior to 1988, only athletes and coaches listed as members of the original club, the East Ottawa Lions / founded in 1973 / Bob Staveley - Head Coach, have been listed to the best of our knowledge applying existing records, national / provincial rankings and annual coaching reports.

In 1989, the amalgamation of several clubs and coaching leaders created the new "Ottawa Lions". The few clubs that chose not to be included in this structure would eventually disappear within only a few years. The City of Ottawa and its surrounding regions came to be served by one effective "all-inclusive" approach to the sport. The Ottawa Lions organization continues to be a unique within Canada, providing leadership, coaching and service to our sport from coast to coast.

It is our intent to recognize and enshrine the achievements of our both our athletes and coaches. It is their efforts and their achievements that better serve the "Lions Legacy". This history will assist current and future athletes to excel ... offering a reference of achievement, of terms of expectation and of aspiration to excellence.

These Lists and Rankings will be reviewed, updated and re-posted on a biannual basis each April and October. If you know of anyone who has any historical resources that will aid in the completion of our historical lists please contact us.

Andy McInnis - Director