

# Ottawa Lions Track & Field Club

Established in 1973

## National Champions & Medalists

Notes & Historical References at the end of the List

### 2010

#### Senior

##### Sultana Frizell

1<sup>st</sup> - Hammer

Brian Chibdu  
Patrick Arbour  
Melissa Bishop

2<sup>nd</sup> - Long Jump  
3<sup>rd</sup> - Decathlon  
3<sup>rd</sup> - 800m

Oluwasegun Makinde  
Michael Robertson  
Fiona Callender  
Cameron Smithers

4<sup>th</sup> - 200m  
4<sup>th</sup> - 400m  
7<sup>th</sup> - 400m  
8<sup>th</sup> - 400m Hurdles

#### Junior

(U20)

##### National Club Junior Team Champions

(Club "5 – peat" of this National Title also won in 06, 07, 08, 09)

Ashlea Maddex  
Oluwasegun Makinde

1<sup>st</sup> – 100m Hurdles  
1<sup>st</sup> – 110m Hurdles  
1<sup>st</sup> – 200m

Men – 4 x 100m Relay

1<sup>st</sup> Devin Biocchi, Oluwasegun Makinde,  
Chase Gregorie, Matt Basler  
\*\* Can. Jr. Championships Rec. 42.29

Men - 4 x 400m Relay

1<sup>st</sup> Matt Basler, Cameron Smithers,  
Devin Biocchi, Mohammed Souleiman  
(50.1, 49.2, 47.4, 50.4)  
\*\* Can. Jr. Championships Rec. 3:17.40

## Women - 4 x 400m Relay

**1<sup>st</sup>** Evelyn Scott, Fiona Callender,  
Samantha Murphy, Ashlea Maddex  
(58.2, 55.3, 56.4, 56.3)  
**\*\* Can. Jr. Championship Rec. 3:46.33)**

Ashlea Maddex  
Samantha Murphy  
Julia Stille  
Women - 4 x 100m Relay

**2<sup>nd</sup>** - 400m Hurdles  
**3<sup>rd</sup>** - 800m  
**3<sup>rd</sup>** - Triple Jump  
**2<sup>nd</sup>** Devyani Biswal, Ashlea Maddex,  
Fiona Callender, Evelyn Scott

Krista Dillon  
Johanna Dobransky  
Devin Biocchi  
Eilish MacDonald  
Eilish MacDonald  
Cameron Smithers  
Spencer Bell  
Devyani Biswal

**4<sup>th</sup>** - Triple Jump  
**5<sup>th</sup>** - Heptathlon  
**5<sup>th</sup>** - 400m  
**6<sup>th</sup>** - Shot Put  
**7<sup>th</sup>** - Hammer  
**7<sup>th</sup>** - 400m Hurdles  
**8<sup>th</sup>** - 400m Hurdles  
**8<sup>th</sup>** - 100m Hurdles

## Youth

(U18)

### National Club Youth Club Team Champions U18 (Club "3 – peat" of this National Title also won in 08, 09)

Tolwalope Makinde  
David Nsabua  
Emma Norman  
Julia Stille

**1<sup>st</sup>** - 200m  
**1<sup>st</sup>** - Triple Jump  
**1<sup>st</sup>** - 3000m  
**1<sup>st</sup>** - Triple Jump (Team Ontario)

### Youth Boys 4 x 100m Relay

**1<sup>st</sup>** - Shawn Mills, Toluwalope Makinde,  
Denray Jean-Jacques, David Cotton

### Youth Boys 4 x 400m Relay

**1<sup>st</sup>** - Toluwalope Makinde, Denray Jean-  
Jacques, Isaiah Moses, Kevin Nault

Emma Galbraith  
Denray Jean-Jacques  
Eilish MacDonald  
David Nsabua

**2<sup>nd</sup>** - 1500m  
**2<sup>nd</sup>** - 400m  
**3<sup>rd</sup>** - Hammer  
**2<sup>nd</sup>** - Long Jump

### Youth Girls 4 x 400m Relay

**2<sup>nd</sup>** - Evelyn Scott, Amanda McKinnon, Charlotte  
Gardner, Emma Galbraith

Isaiah Moses  
Christine Ausman  
David Cotton  
Eilish MacDonald  
Dennis Brianski  
Denray Jean-Jacques  
Toluwalope Makinde  
Isaiah Moses  
Kevin Chung  
Eilish MacDonald  
Evelyn Scott

**4<sup>th</sup>** - 400m  
**5<sup>th</sup>** - Javelin  
**5<sup>th</sup>** - Triple Jump  
**5<sup>th</sup>** - Discus  
**6<sup>th</sup>** - Shot Put  
**6<sup>th</sup>** - 200m  
**6<sup>th</sup>** - 100m  
**7<sup>th</sup>** - 300m Hurdles  
**8<sup>th</sup>** - Triple Jump  
**8<sup>th</sup>** - Shot Put  
**8<sup>th</sup>** - 400m

**Midget**  
(U16)

**National Club Midget Team Champions U16**  
**(1<sup>st</sup> National Title - 1<sup>st</sup> Time for the Open National Championship)**

**Darby Charkavi** **1<sup>st</sup> - Discus (Team Ontario)**

**Charifa Labarang** **3<sup>rd</sup> - 100m**  
**Midget Girls Sprint Medley Relay** **3<sup>rd</sup>**

Mickey Day 4<sup>th</sup> - 800m  
Mickey Day 4<sup>th</sup> - 1200m  
Leanna Garcia 4<sup>th</sup> - Shot Put  
Charifa Labarang 4<sup>th</sup> - Long Jump  
Darby Charkavi 7<sup>th</sup> - Shot Put  
Clara Phillips 8<sup>th</sup> - Long Jump

**U of Ottawa**  
**CIS Track & Field**

**Christopher Greenaway** **1<sup>st</sup> - Long Jump**

**Cross Country**

Senior Men's Team 4<sup>th</sup> / 153 points - Yves Sikubwabo (8), Maya Aden (36), Patrick Marion (44), Russell Christie (66)

Junior Women's Team 5<sup>th</sup> / 190 points - Emma Galbraith (24), Julia Nikonorova (32), Emma Norman (66), Kathryn Tuck (68), Erin O'Higgins (96), Clara Moore (113), Ruth Burrows (117)

**Paralympic**

**Jason Dunkerley** **1<sup>st</sup> – 800m / T11**

Guide – Greg Dailey

**Jon Dunkerley** **1<sup>st</sup> – 100m / T11**

Guide – Sean Young

**Noella Klawitter** **1<sup>st</sup> - 200m / T12**

Guide - Mia St-Aubin

**Noella Klawitter** **1<sup>st</sup> – 400m / T12**

Guide - Kate MacNaughton

**Noella Klawitter** **1<sup>st</sup> – 800m / T12**

Guide - Codie Boast

Jon Dunkerley **2<sup>nd</sup> - 800m / T11**

Guide – Sean Young

**Masters**

(30 yrs +)

**Joyce Acton** **1<sup>st</sup> - 800m / W50**

**Wendy Alexis** **1<sup>st</sup> – 100m / W55**

**Wendy Alexis** **1<sup>st</sup> – 200m / W55**

<b>Sherry Carson</b>	<b>1<sup>st</sup> - 10,000m / W50</b>
<b>Dave Kary</b>	<b>1<sup>st</sup> - 1500m / M50</b>
<b>Rob Lindsay</b>	<b>1<sup>st</sup> - Pole Vault / M40</b>
<b>Geoff Outerbridge</b>	<b>1<sup>st</sup> - Pole Vault / M45</b>
<b>Judy MacDonald</b>	<b>1<sup>st</sup> - Shot Put / W40</b>
<b>Judy MacDonald</b>	<b>1<sup>st</sup> - Javelin / W40</b>
<b>Judy MacDonald</b>	<b>1<sup>st</sup> - Hammer / W40</b>
<b>Judy MacDonald</b>	<b>1<sup>st</sup> - Weight / W40</b>
<b>Tom Pincombe</b>	<b>1<sup>st</sup> - Discus / M30</b>
<b>Lawrence Williams</b>	<b>1<sup>st</sup> - 200m / M35</b>
<b>Lawrence Williams</b>	<b>1<sup>st</sup> - 400m / M35</b>
<b>Ray Wardle</b>	<b>1<sup>st</sup> - 400m / M75</b>

<b>Dave Kary</b>	<b>2<sup>nd</sup> - 400m / M50</b>
<b>Dave Kary</b>	<b>2<sup>nd</sup> - 800m / M50</b>
<b>Judy MacDonald</b>	<b>2<sup>nd</sup> - Discus / W40</b>
<b>Dan Percival</b>	<b>3<sup>rd</sup> - Pole Vault / M35</b>
<b>Roger Tremblay</b>	<b>2<sup>nd</sup> - 800m / M55</b>
<b>Roger Tremblay</b>	<b>3<sup>rd</sup> - 1500m / M55</b>
<b>Ray Wardle</b>	<b>2<sup>nd</sup> - 100m / M75</b>
<b>Ray Wardle</b>	<b>2<sup>nd</sup> - 200m / M75</b>

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## 2009

### Senior

<b>Esther Akinsulie</b>	<b>1<sup>st</sup> - 400m</b>
<b>Brian Chibudu</b>	<b>1<sup>st</sup> - Long Jump</b>
<b>Esther Akinsulie</b>	<b>2<sup>nd</sup> - 200m</b>
<b>Dana Buchanan</b>	<b>2<sup>nd</sup> - 3000m Steeplechase</b>
<b>Sultana Frizell</b>	<b>2<sup>nd</sup> - Hammer</b>
<b>Josh Karanja</b>	<b>3<sup>rd</sup> - 3000m Steeplechase</b>
<b>Ashlea Maddex</b>	<b>3<sup>rd</sup> - 400m Hurdles</b>
<b>Stuart Pearson</b>	<b>3<sup>rd</sup> - 400m Hurdles</b>
<b>Patrick Arbour</b>	<b>4<sup>th</sup> - Decathlon</b>
<b>Emilie Halle</b>	<b>4<sup>th</sup> - 400m Hurdles</b>
<b>Oluseyi Smith</b>	<b>4<sup>th</sup> - 200m</b>
<b>Melissa Bishop</b>	<b>5<sup>th</sup> - 800m</b>

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

## Junior

(U20)

### National Club Junior Team Champions

(Club "4 – peat" of this National Title also won in 06 & 07, 08)

**Taylor Corney**

**1<sup>st</sup> – Decathlon**

**Ashlea Maddex**

**1<sup>st</sup> - 400m Hurdles**

**Men – 4 x 400m Relay**

**1<sup>st</sup> Oluwasegun Makinde, Devin Biocchi,  
Michal Warchol, Gordon Cave**

**Women - 4 x 400m Relay**

**1<sup>st</sup> Alicia Brown, Fiona Callender,  
Rachel Aubry, Emilie Halle**

**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**

**Women – 4 x 100m Relay**

**2<sup>nd</sup> Gift Okankwu, Alicia Brown  
Emilie Halle, Ashley Wilson**

**Men – 4 x 100m Relay**

**3<sup>rd</sup> Devin Biocchi, Oluwasegun Makinde  
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

## Youth

(U18)

### National Club Youth Club Team Champions U18

(Club repeat" of this National Title also won in 2008)

#### 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 (Ontario Team)**

**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

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#### Julia Tousaw

**1<sup>st</sup> - 600m**

**Tyler Fawcett**

**2<sup>nd</sup> - 60m Hurdles**

**Jacqueline Mallette**

**2<sup>nd</sup> - 1500m**

**Women – 4 x 800m Relay**

**2<sup>nd</sup> – Emilie Halle, Jacqueline Mallette,  
Jennie Biewald, Julia Tousaw**

Christianne Lela

5<sup>th</sup> - 60m

Christianne Lela

6<sup>th</sup> - 300m

Women's 4 x 400m Relay

6<sup>th</sup> Jennie Biewald, Christianne Lela,  
Julia Tousaw, Emilie Halle

## Cross Country

**Alain Boucher**

**1<sup>st</sup> - M45 Age Division**

## Canada Games

Charlottetown, PEI

<b>Patrick Arbour</b>	<b>SP, DT, JT, Decathlon</b>	<b>(7<sup>th</sup>, 3<sup>rd</sup>, 11<sup>th</sup>, 4<sup>th</sup>)</b>
<b>Rachel Aubry</b>	<b>800m</b>	<b>(5<sup>th</sup>)</b>
<b>Melissa Bishop</b>	<b>800m, 4 x 400m</b>	<b>(4<sup>th</sup>, 3<sup>rd</sup>)</b>
<b>Tyler Fawcett</b>	<b>110mH, 4 x 400m</b>	<b>(6<sup>th</sup>, 1<sup>st</sup>)</b>
<b>Emilie Halle</b>	<b>200m, 400m, 400mH, Relays</b>	<b>(x, 5<sup>th</sup>, 1<sup>st</sup>, 5<sup>th</sup>, 3<sup>rd</sup>)</b>
<b>Stuart Pearson</b>	<b>110mH, 400mH, Relays</b>	<b>(5<sup>th</sup>, 2<sup>nd</sup>, x, 1<sup>st</sup>)</b>

## Paralympic

**Jason Dunkerley**

**1<sup>st</sup> – 800m / T11**

Guide – Greg Dailey

**Jon Dunkerley**

**1<sup>st</sup> – 200m / T11**

Guide – Sean Young

**Jon Dunkerley**

**1<sup>st</sup> – 400m / T11**

Guide – Sean Young

**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**

**1<sup>st</sup> - 800m / T13**

Joe Radmore

**2<sup>nd</sup> – 400m Wheelchair / T52**

Joe Radmore

**3<sup>rd</sup> - 100m Wheelchair / T52**

Joe Radmore

**3<sup>rd</sup> - 200m Wheelchair / T52**

## Masters

(30 yrs +)

**Wendy Alexis**

**1<sup>st</sup> – 100m / W50**

**Bob Staveley**

**1<sup>st</sup> - Javelin / M75**

**Wendy Alexis**

**2<sup>nd</sup> - 200m / W50**

**Roger Cobbledick**

**2<sup>nd</sup> – 400m / M60**

**Roger Cobbledick**

**2<sup>nd</sup> – 800m / M60**

# 2008

## Senior

(Open)

### National Club Senior Team Champions - Repeating 2007 Win First Senior Club Championship awarded in 2007

**Sultana Frizell**

**1<sup>st</sup> - Hammer**

**Men - 4 x 100m Relay**

**1<sup>st</sup> Charles Allen, Richard Adu-Bobie  
Antoine Despres-Bedward,  
Jon Dunkerley (Paralympian)  
(Stuart Pearson as Guide Runner)  
1<sup>st</sup> Integrated Relay in Can. History**

**Women - 4 x 100m Relay**

**1<sup>st</sup> Christiane Lela, Esther Akinsulie,  
Lauren Seibel, Rachel Aubry**

Esther Akinsulie

2<sup>nd</sup> – 200m

Esther Akinsulie

2<sup>nd</sup> – 400m

Charles Allen

3<sup>rd</sup> – 110m Hurdles

Patricia Gauthier

3<sup>rd</sup> – Pole Vault

## Junior

(U20)

### National Club Junior Team Champions (Club “3 – peat” of this National Title also won in 06 & 07)

**Karelle Edwards**

**1<sup>st</sup> – 100m Hurdles**

**Sekou Kaba**

**1<sup>st</sup> – 110m Hurdles**

**Tim Nedow**

**1<sup>st</sup> – Shot Put**

**Men – 4 x 400m Relay**

**1<sup>st</sup> Michael Robertson, Stuart Pearson,  
Oluwasegun Makinde, Philip Wheeler**

Leah Larocque

2<sup>nd</sup> – 2000m Steeplechase

Stuart Pearson

2<sup>nd</sup> – 400m Hurdles

Michael Robertson

2<sup>nd</sup> – 400m

Oluwasegun Makinde

3<sup>rd</sup> – 100m

Michael Robertson

3<sup>rd</sup> – 200m

Women – 4 x 100m Relay

2<sup>nd</sup> Jordan Skeete-Wilson, Ashlea Maddex

Karelle Edwards, Emilie Halle

Men – 4 x 100m Relay

2<sup>nd</sup> Stuart Pearson, Oluwasegun Makinde  
Michael Robertson, Adrian Huynh

Women - 4 x 400m Relay

2<sup>nd</sup> Emilie Halle, Julia Tousaw,  
Fiona Callender, Rachel Aubry

## Youth (U18)

### Oluwasegun Makinde

**1<sup>st</sup> – 200m**

Spencer Bell

3<sup>rd</sup> – 400m Hurdles

Fiona Callender

3<sup>rd</sup> – 400m

Gordon Cave

2<sup>nd</sup> – 400m

Oluwasegun Makinde

2<sup>nd</sup> – 100m

Oluwasegun Makinde

2<sup>nd</sup> – 110m Hurdles

Corey Wingate

3<sup>rd</sup> – Shot Put

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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

Men – 4 x 400m Relay

2<sup>nd</sup> – Michael Robertson, Brian Cummings,  
Tyler Fawcett, Marc-Philippe Taillon

## Cross Country

### Senior Women

**1<sup>st</sup> (16 pts) - Dana Buchanan, Robyn Erickson,  
Julia Hicks, Kristin Marvin (1-2-3-10)**

Alain Boucher

2<sup>nd</sup> - Overall Masters

2<sup>nd</sup> - M45 Age Class

## Paralympic

**Jason Dunkerley**

**1<sup>st</sup> – 800m / T11**

**Guide – Greg Dailey**

**Jon Dunkerley**

**1<sup>st</sup> – 100m / T11**

**Guide – Sean Young**

**Jon Dunkerley**

**1<sup>st</sup> – 200m / T11**

## Guide – Sean Young

**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

Guide – Greg Dailey

Jon Dunkerley

3<sup>rd</sup> - 400m / T11

Guide – Sean Young

Joe Radmore

2<sup>nd</sup> – 100m Wheelchair / T52

## Masters

(30 yrs +)

**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

2<sup>nd</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

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## 2007

### Senior

(Open)

#### **National Club Senior Team Champions** \* First time official Awarded

**Akinsulie, Esther**

**1<sup>st</sup> - 200m**

**Akinsulie, Esther**

**1<sup>st</sup> - 400m**

**Allen, Charles**

**1<sup>st</sup> - 110m Hurdles**

**Frizell, Sultana**

**1<sup>st</sup> - Hammer**

**Woods, Danelle**

**1<sup>st</sup> - 3000m Steeple Chase**

**Men - 4 x 100m Relay**

**1<sup>st</sup> Tyler Fawcett, Oluseyi Smith  
Todd Pyper, Michael Robertson**

**Women - 4 x 100m Relay****1<sup>st</sup> Christiane Lela, Andrea White,  
Lauren Seibel, Kelly Young**Bilodeau, Dominique  
Fortin, Veronique  
Le Jour, Marie-Josée  
Le Jour, Marie-Josée  
White, Andrea3<sup>rd</sup> - Javelin  
2<sup>nd</sup> - Heptathlon  
2<sup>nd</sup> - Discus  
3<sup>rd</sup> - Shot Put  
2<sup>nd</sup> - 400m Hurdles**National Club Junior Team Champions****Junior**  
(U20)**Bishop, Melissa****1<sup>st</sup> - 800m****Fawcett, Tyler****1<sup>st</sup> - 110m Hurdles****Fawcett, Tyler****1<sup>st</sup> - 400m Hurdles****Woods, Danelle****1<sup>st</sup> - 2000m Steeple Chase****Men - 4 x 100m Relay****1<sup>st</sup> Tony Risling, Michael Robertson,  
Michael Prime, Ramon Monsour****Men - 4 x 400m Relay****1<sup>st</sup> Tyler Fawcett, Michael Robertson,  
Michael Prime, Reda Benazzouz****Women - 4 x 100m Relay****1<sup>st</sup> Christiane Lela, Catherine Lalonde,  
Karelle Edwards, Emilie Halle****Women - 4 x 400m Relay****1<sup>st</sup> Emilie Halle, Christiane Lela,  
Catherine Lalonde, Melissa Bishop**Edwards, Karelle  
Lela, Christiane  
Nedow, Tim  
Nedow, Tim  
Thibault, Dominique  
Woods, Danelle2<sup>nd</sup> - Long Jump  
2<sup>nd</sup> - 400m  
2<sup>nd</sup> - Shot Put  
3<sup>rd</sup> - Discus  
2<sup>nd</sup> - Shot Put  
2<sup>nd</sup> - 1500m**Men - 4 x 400m Relay****3<sup>rd</sup> Jack Ohlsen, Iain Valliere,  
Kevin Boczar, Stuart Pearson****Canadian Legion**

(U16 / U18)

**Dobson, Emma****1<sup>st</sup> - Triple Jump / U18****Nedow, Tim****1<sup>st</sup> - Shot Put / U18**

Nedow, Tim 3<sup>rd</sup> - Discus / U18  
Nedow, Tim 3<sup>rd</sup> - Hammer / U18

## Cross Country

**Junior Women** 1<sup>st</sup> Danelle Woods, Leah Larocque,  
Tiffany Locke, Lindsay Anderson,  
Bridget Ellacott

**Alain Boucher** 1<sup>st</sup> - **Masters Division**

Danelle Woods 3<sup>rd</sup> - Jr. Women

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## 2006

### Senior

(Open)

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

### Junior

(U20)

#### National Club Junior Team Champions

**Fawcett, Tyler** 1<sup>st</sup> - **110m Hurdles**

**Men - 4 x 100m Relay** 1<sup>st</sup> **Antoine Despres-Bedward,**  
**Oluseyi Smith, Michael Robertson,**  
**Jordan Alexis**

**Men - 4 x 400m Relay** 1<sup>st</sup> **Tyler Fawcett, Daniel Moreland,**  
**Todd Pyper, Michael Robertson**

Biewald, Jenni 2<sup>nd</sup> - 1500m  
Edwards, Karelle 2<sup>nd</sup> - Long Jump  
Fawcett, Tyler 3<sup>rd</sup> - 400m Hurdles  
Pyper, Todd 2<sup>nd</sup> - 200m  
Pyper, Todd 3<sup>rd</sup> - 400m  
Smith, Oluseyi 2<sup>nd</sup> - 100m  
Thibault, Dominique 2<sup>nd</sup> - Shot Put  
Woods, Danelle 2<sup>nd</sup> - 3000m Steeple Chase

Junior Women  
3<sup>rd</sup> - 4 x 100m Relay  
Jordan Skeete-Wilson, Caitlin Fortier,  
Emilie Halle, Catherine Lalonde

Junior Women  
3<sup>rd</sup> - 4 x 400m Relay  
Caitlin Fortier, Jennie Biewald,  
Christiane Lela, Rachel Aubry

## Canadian Legion

(U16 / U18)

**Makinde, Oluwasegun**  
**Nedow, Tim**  
**Robertson, Michael**  
**Robertson, Michael**  
**VanDodewaard, Caitlin**  
Makinde, Oluwasegun  
Nedow, Tim  
Williams, Evan

**1<sup>st</sup> - 200m / U16**  
**1<sup>st</sup> - Shot Put / U18**  
**1<sup>st</sup> - 200m / U18**  
**1<sup>st</sup> - 400m / U18**  
**1<sup>st</sup> - Discus / U18**  
2<sup>nd</sup> - 100m / U16  
3<sup>rd</sup> - High Jump / U18  
3<sup>rd</sup> - Octathlon / U18

## Cross Country

(Senior / Junior)

**Woods, Danelle**

**1<sup>st</sup> - Junior Women**

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# 2005

## Senior

**Akinsulie, Esther**  
**Bilodeau, Dominique**  
**Larose, Caroline**  
Akinsulie, Esther  
Frizell, Sultana

**1<sup>st</sup> - 400m**  
**1<sup>st</sup> - Javelin**  
**1<sup>st</sup> - Shot Put**  
3<sup>rd</sup> - 200m  
2<sup>nd</sup> - Hammer

## Junior

**Cummings, Brian**  
**Piquette, Samantha**  
**Woods, Michael**  
**Woods, Michael**  
**Junior Men**

**1<sup>st</sup> - 400m**  
**1<sup>st</sup> - Javelin**  
**1<sup>st</sup> - 1500m**  
**1<sup>st</sup> - 5000m**  
**1<sup>st</sup> - 4 x 400m Relay**  
**Todd Pyper, Antoine Despres-Bedward,**  
**Brian Cummings, Brent Savard**  
2<sup>nd</sup> - Javelin  
2<sup>nd</sup> - Long Jump

Bernard, Alex  
Smith, Oluseyi

## Canadian Legion

**Fawcett, Tyler**

**1<sup>st</sup> - 110m Hurdles / U18**

Fawcett, Tyler 2<sup>nd</sup> - 400m Hurdles / U18

## Cross Country

Brett, Allan 3<sup>rd</sup> - Junior Men

## Canada Games

(U23)

**Akinsulie, Esther** 1<sup>st</sup> - 100m

**Akinsulie, Esther** 1<sup>st</sup> - 200m

**Akinsulie, Esther** 1<sup>st</sup> - 400m

**Akinsulie, Esther** 1<sup>st</sup> - 4x400m Relay

**White, Andrea** 1<sup>st</sup> - 4x400m Relay

Biewald, Jenni 2<sup>nd</sup> - 800m

Buchanan, Dana 3<sup>rd</sup> - 2000m Steeplechase

Cummings, Brian 3<sup>rd</sup> - 4x400m Relay

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# 2004

## Senior

**Bilodeau, Dominique** 1<sup>st</sup> - Javelin

**Larose, Caroline** 1<sup>st</sup> - Shot Put

Frizell, Sultana 3<sup>rd</sup> - Hammer

## Junior

**Adu-Bobie, Richard** 1<sup>st</sup> - 100m

**Smith, Oluseyi** 1<sup>st</sup> - Long Jump

**Woods, Michael** 1<sup>st</sup> - 1500m

**Woods, Michael** 1<sup>st</sup> - 5000m

**Junior Women** 1<sup>st</sup> - 4 x 400m Relay

**Melissa Bishop, Andrea White**

**Jaclyn Shields, Bailey Lewis**

Adu-Bobie, Richard 2<sup>nd</sup> - 200m

Bishop, Melissa 2<sup>nd</sup> - 800m

Brett, Alan 2<sup>nd</sup> - 1500m

Lewis, Bailey 2<sup>nd</sup> - 400m

Lewis, Bailey 2<sup>nd</sup> - 400m Hurdles

Piquette, Samantha 2<sup>nd</sup> - Javelin

## Canadian Legion

Bishop, Melissa 2<sup>nd</sup> - 400m / U18

Bishop, Melissa 3<sup>rd</sup> - 800m / U18

Doucette, Trevor 3<sup>rd</sup> - 300m Hurdles / U16

Pyper, Todd 2<sup>nd</sup> - 200m / U18

## Cross Country

X

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## 2003

<b>Senior</b>	<b>Bilodeau, Dominique</b>	<b>1<sup>st</sup> - Javelin</b>
	<b>Kaley, Sean</b> Larose, Caroline	<b>1<sup>st</sup> - 5000m</b> 2 <sup>nd</sup> - Shot Put
<b>Junior</b>	<b>Buchanan, Dana</b>	<b>1<sup>st</sup> - 800m</b>
	<b>Frizell, Sultana</b>	<b>1<sup>st</sup> - Shot Put</b>
	<b>Frizell, Sultana</b> Aden, Maya	<b>1<sup>st</sup> - Hammer</b> 2 <sup>nd</sup> - 5000m
	Frizell, Sultana	2 <sup>nd</sup> - Discus
	Karanja, Joshua	2 <sup>nd</sup> - 10,000m
	Lewis, Bailey	2 <sup>nd</sup> - 400m
	Woods, Michael	2 <sup>nd</sup> - 1500m
<b>Canadian Legion</b>	<b>Bishop, Melissa</b>	<b>1<sup>st</sup> - 800m / U16</b>
	<b>Engel, Katie</b> Bishop, Melissa	<b>1<sup>st</sup> - 800m / U18</b> 2 <sup>nd</sup> - 400m / U16
	Engel, Katie	3 <sup>rd</sup> - 1500m / U18
	Sorensen, Cody	2 <sup>nd</sup> - 110m Hurdles / U18

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## 2002

<b>Senior</b>	<b>Bilodeau, Dominique</b>	<b>1<sup>st</sup> - Javelin</b>
	<b>Kaley, Sean</b> Kaley, Sean	<b>1<sup>st</sup> - 5000m</b> 2 <sup>nd</sup> - 10,000m
	Larose, Caroline	3 <sup>rd</sup> - Shot Put
	Purnell, Ashley	3 <sup>rd</sup> - 200m
	Ringwald, Lawrence	3 <sup>rd</sup> - 400m
<b>Junior</b>	<b>Frizell, Sultana</b>	<b>1<sup>st</sup> - Shot Put</b>
	<b>Frizell, Sultana</b> Adu-Bobie, Richard	<b>1<sup>st</sup> - Hammer</b> 2 <sup>nd</sup> - 100m
	Buchanan, Dana	3 <sup>rd</sup> - 800m
	Bucknor, Jermaine	3 <sup>rd</sup> - 110m Hurdles
	Frizell, Sultana	2 <sup>nd</sup> - Discus

Junior Women

3<sup>rd</sup> - 4 x 400m Relay

Danielle Riendeau, Julia Hicks,  
Kate Henderson, Dana Buchanan

## Canaidan Legion

**Sarah Collins**

**1<sup>st</sup> - Javelin / U16**

**Seyi Smith**

**1<sup>st</sup> - 100m / U16**

**Seyi Smith**

**1<sup>st</sup> - 200m / U16**

Katie Engel

2<sup>nd</sup> - 800m / U16

## Cross Country

### Junor Women

**1<sup>st</sup> - Katie Engel (7), Julia Hicks (9), Jackie Bonisteel (21), Hilary Egan (25)**

Joshua Nsengiyumva

3<sup>rd</sup> - Senior Men

Junior Men

3<sup>rd</sup> - Maya Aden (22), Josh Karanja (24),  
Pat Marion (38), Michael Woods (47)

# 2001

## Senior

### **Bilodeau, Dominique**

**1<sup>st</sup> - Javelin**

Gervais, Isabelle

2<sup>nd</sup> - 400m Hurdles

Larose, Caroline

2<sup>nd</sup> - Shot Put

Tashlin, Lesley

3<sup>rd</sup> - 100m Hurdes

## Junior

### **Frizell, Sultana**

**1<sup>st</sup> - Shot Put**

### **Frizell, Sultana**

**1<sup>st</sup> - Discus**

### **Purnell, Ashley**

**1<sup>st</sup> - 100m**

### **Purnell, Ashley**

**1<sup>st</sup> - 200m**

### **Purnell, Ashley**

**1<sup>st</sup> - 100m Hurdles**

### **Therrien, Ryan**

**1<sup>st</sup> - 400m**

Fraser, Curtis

3<sup>rd</sup> - 100m

Frizell, Sultana

2<sup>nd</sup> - Hammer

## Canadian Legion

**Frizell, Sultana**

**1<sup>st</sup> - Shot Put / U18**

**Frizell, Sultana**

**1<sup>st</sup> - Discus / U18**

**Lewis, Bailey**

**1<sup>st</sup> - 400m / U16**

Frizell, Sultana

2<sup>nd</sup> - Hammer / U18

Lewis, Bailey

2<sup>nd</sup> - 300m Hurdles / U16

## Cross Country

Kaley, Sean

2<sup>nd</sup> - Senior Men

## Canada Games

Watkins, Derek

3<sup>rd</sup> - High Jump

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## 2000

### Senior

Gervais, Isabelle

2<sup>nd</sup> - 400m Hurdles

Kaley, Sean

2<sup>nd</sup> - 10,000m

McGregor, Chris

3<sup>rd</sup> - 3000m Steeplechase

Tashlin, Lesley

2<sup>nd</sup> - 100m Hurdles

### Junior

**Frizell, Sultana**

**1<sup>st</sup> - Shot Put**

**Murdock, Matt**

**1<sup>st</sup> - Javelin**

Cheesbrough, Peter

3<sup>rd</sup> - Javelin

Fraser, Curtis

3<sup>rd</sup> - 100m

McPhee, Brian

2<sup>nd</sup> - Discus

Watkins, Derek

2<sup>nd</sup> - High Jump

### Canadian Legion

?

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## 1999

### Senior

**Kaley, Sean**

**1<sup>st</sup> - 10,000m**

Dillabaugh, Sarah

2<sup>nd</sup> - 5000m

Gervais, Isabelle

2<sup>nd</sup> - 400m Hurdles

Larose, Caroline

3<sup>rd</sup> - Shot Put

Nicolini, Michael

2<sup>nd</sup> - 200m

Tashlin, Lesley

2<sup>nd</sup> - 100m Hurdles

Weber, Christian

2<sup>nd</sup> - 10,000m

### Canadian Legion

?

### Cross Country

Dillabaugh, Sarah

2<sup>nd</sup> - Senior Women

Cote, Nathalie

3<sup>rd</sup> - Senior Women

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## 1998

<b>Senior</b>	Agar, Steve	2 <sup>nd</sup> - 1500m
	Gervais, Isabelle	2 <sup>nd</sup> - 400m Hurdles
	Jones, Tania	3 <sup>rd</sup> - 5000m
	Larose, Caroline	2 <sup>nd</sup> - Shot Put
	Nicolini, Michale	2 <sup>nd</sup> - 200m
	Tashlin, Lesley	2 <sup>nd</sup> - 100m Hurdles

**Junior** ?

**Canadian Legion** ?

<b>Cross Country</b>	<b>Junior Women</b>	<b>1<sup>st</sup> - Susie Egar (9), Katie Jeffrey (14), Julia Kirby (21), Robin McRobbie (25), Catherine Fortin-Major (33)</b>
	Kaley, Sean	2 <sup>nd</sup> - Senior Men
	Weber, Chris	3 <sup>rd</sup> - Senior Men
	Senior Men	2 <sup>nd</sup> - Sean Kaley (2), Chris Weber (3), Chris McGregor (7), Scott MacDonald (15), Jason Gregoire (56)

## 1997

<b>Senior</b>	<b>Taylor, Sandy</b>	<b>1<sup>st</sup> - Javelin</b>
	George, Lyndon	2 <sup>nd</sup> - 400m

**Junior** ?

**Canadian Legion** ?

<b>Canada Games</b>	<b>Caroline Larose</b>	<b>1<sup>st</sup> - Shot Put</b>
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## 1996

<b>Senior</b>	<b>Estwick, Leslie</b>	<b>1<sup>st</sup> - Long Jump</b>
	<b>Wilcox, Shawn</b>	<b>1<sup>st</sup> - 110m Hurdles</b>
	Estwick, Leslie	2 <sup>nd</sup> - High Jump
	Gilbert, Glenroy	3 <sup>rd</sup> - 100m (Olympic Trials)
Jones, Tania	3 <sup>rd</sup> - 5000m	

Phillips, Wendy

3<sup>rd</sup> - Discus (Olympic Trials)

## Junior

**Heubner, Greg**

**1<sup>st</sup> - Discus**

**Keays, Jeff**

**1<sup>st</sup> - 110m Hurdles**

**Link, Murray**

**1<sup>st</sup> - 1500m**

**Junior Men**

**1<sup>st</sup> - 4 x 400m Relay**

**Sasha Cesaratto, Jeff Keays,**

**Greg Macdougall, Charles Ross**

Cesaratto, Sasha

2<sup>nd</sup> - 400m Hurdles

Gervais, Isabelle

2<sup>nd</sup> - 400m Hurdles

Heubner, Greg

3<sup>rd</sup> - Shot Put

Jean-Pierre, Jonathan

3<sup>rd</sup> - Triple Jump

LeBel, Anne

2<sup>nd</sup> - 100m Hurdles

Link, Murray

3<sup>rd</sup> - 800m

Nicolini, Michael

2<sup>nd</sup> - 200m

Robertson, Tracy

3<sup>rd</sup> - 1500m

Ross, Charles

3<sup>rd</sup> - 400m Hurdles

## Canadian Legion

Cross, Alison

2<sup>nd</sup> - High Jump / U16

## Cross Country

**Junior Women**

**1<sup>st</sup> - Tracy Robertson (13), Katie Jeffrey (14), Hilary Burn (24), Tina Lamoureux (47), Jenny Carkner (50), Lauren Clobridge**

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# 1995

## Senior

**Fahie, Jame**

**1<sup>st</sup> - Hammer**

**Siermachesky, Cory**

**1<sup>st</sup> - High Jump**

**Tashlin, Lesley**

**1<sup>st</sup> - 100m Hurdles**

Estwick, Leslie

2<sup>nd</sup> - High Jump

Robichaud, Rachel

3<sup>rd</sup> - 10km Walk

## Junior

**McQuinn, David**

**1<sup>st</sup> - 400m Hurdles**

Huebner, Greg

3<sup>rd</sup> - Shot Put

Huebner, Greg

3<sup>rd</sup> - Discus

Kim, Isabelle

2<sup>nd</sup> - 5000m Walk

Link, Murray

2<sup>nd</sup> - 1500m

Robertson, Tracy

3<sup>rd</sup> - 1500m

Junior Men

2<sup>nd</sup> - 4 x 400m Relay

Sasha Cesaratto, Jeff Keays,

Junior Women  
David McQuinn, Charles Ross  
3<sup>rd</sup> - 4 x 400m Relay  
Hilary Burn, Isabelle Gervais,  
Anne LeBel, Tracy Robertson

## Canadian Legion

**Keays, Jeff** 1<sup>st</sup> - 110m Hurdles / U18  
**Keays, Jeff** 1<sup>st</sup> - 400m Hurdles / U18  
**LeBel, Anne** 1<sup>st</sup> - 80m Hurdles / U18  
Keays, Jeff 3<sup>rd</sup> - Pentathlon  
LeBel, Anne 3<sup>rd</sup> - Pentathlon

## Cross Country

**Senior Men** 1<sup>st</sup> - **Richard Charette (8), Alain Boucher (12), John Halvorsen (16), Matt Lamourie (35), Ian Potter (45)**  
Junior Women 2<sup>nd</sup> - (Not Finish Order) Hilary Burn, Renee Embree, Lauren Clobridge, Katie Jeffrey, Tina Lamoureux, Tracy Robertson  
Senior Women 2<sup>nd</sup> - (Not Finish Order) Nathalie Cote, Maureen de St. Croix, Anna Gunasekera, Tania Jones, Mary Jane Richards, Noeleen Wadden, Cheryl Youldon

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# 1994

## Senior

**Gilbert, Glenroy** 1<sup>st</sup> - 100m  
Estwick, Leslie 2<sup>nd</sup> - High Jump  
Estwick, Leslie 3<sup>rd</sup> - Long Jump  
Estwick, Leslie 3<sup>rd</sup> - 100m Hurdles  
Griffin, Cathy 2<sup>nd</sup> - Discus  
Tashlin, Lesley 2<sup>nd</sup> - 100m Hurdles

## Junior

**Kaley, Sean** 1<sup>st</sup> - 1500m  
**Richards, Mary Jane** 1<sup>st</sup> - 3000m  
Jack, Greg 2<sup>nd</sup> - Discus  
Link, Murray 3<sup>rd</sup> - 1500m

## Canadian Legion

**LeBel, Anne** 1<sup>st</sup> - 80m Hurdles / U16  
**LeBel, Anne** 1<sup>st</sup> - 300m Hurdles / U16  
**Link, Murray** 1<sup>st</sup> - 1500m / U18  
**Stenson, Matt** 1<sup>st</sup> - 100m / U16  
**Stenson, Matt** 1<sup>st</sup> - 200m / U16  
Link, Murray 2<sup>nd</sup> - 800m / U18

Link, Murray

2<sup>nd</sup> - 1500m Walk / U18

McGregor, Stuart

2<sup>nd</sup> - 800m / U16

Ross, Charles

2<sup>nd</sup> - 300m Hurdles / U16

## Cross Country

### Richards, Mary Jane

Senior Men

### 1<sup>st</sup> - Junior Women

3<sup>rd</sup> - (not Finish order) Alain Boucher, Richard Charette, Rob Cunningham, John Halvorsen, Dan Kimmerer, Matt Lamourie, Scott MacDonald

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# 1993

## Senior

### Gilbert, Glenroy

Fahie, James

### 1<sup>st</sup> - 200m

2<sup>nd</sup> - Hammer

Greenidge, Ricardo

3<sup>rd</sup> - 200m

Griffin, Cathy

2<sup>nd</sup> - Discus

Siermachesky, Cory

2<sup>nd</sup> - High Jump

Tashlin, Lesley

3<sup>rd</sup> - 100m Hurdles

## Junior

### Kaley, Sean

### 1<sup>st</sup> - 5000m

### Marvin, Kristin

### 1<sup>st</sup> - 3000m

McGregor, Chris

3<sup>rd</sup> - 3000m Steeplechase

Richards, Mary Jane

2<sup>nd</sup> - 3000m

Surerus, Sean

3<sup>rd</sup> - 800m

## Canadian Legion

McQuinn, David

1<sup>st</sup> - 400m / U18

McQuinn, David

1<sup>st</sup> - 400m Hurdles / U18

Embree, Renee

2<sup>nd</sup> - 3000m / U18

## Cross Country

### Richards, Mary Jane

### 1<sup>st</sup> - Junior Women

### Junior Women

1<sup>st</sup> - Mary Jane Richards (1), Lauren Aldwinkle (9), Renee Embree (10), Kristin Marvin (14), Imogen Murphy (20)

Kaley, Sean

2<sup>nd</sup> - Junior Men

Junior Men

2<sup>nd</sup> - Sean Kaley (2), Murray Link (6), Chris McGregor (11), Eric Lascelles (49), Harold Price (52)

Senior Men

3<sup>rd</sup> - Richard Charette, Albert Dell'Apa, Alan Forster, Kevin Lee, Marc Olesen

## Canada Games

Robichaud, Rachel

1<sup>st</sup> - 5000m Walk

Leonard, Sarah

3<sup>rd</sup> - Javelin

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# 1992

## Senior

<b>Gilbert, Glenroy</b>	<b>1<sup>st</sup> - 100m</b>
<b>Greenidge, Ricardo</b>	<b>1<sup>st</sup> - 200m</b>
<b>Griffin, Cathy</b>	<b>1<sup>st</sup> - Hammer</b>
<b>Siermachesky, Cory</b>	<b>1<sup>st</sup> - High Jump</b>
Boucher, Alain	3 <sup>rd</sup> - Steeplechase / Olympic Trials
Bowden, John	2 <sup>nd</sup> - 1500m / Olympic Trials
Charette, Richard	2 <sup>nd</sup> - 10,000m / Road
Coker, Cheryl	2 <sup>nd</sup> - Javelin / Olympic Trials
Estwick, Leslie	2 <sup>nd</sup> - High Jump / Olympic Trials
Fahie, James	3 <sup>rd</sup> - Hammer / Olympic Trials
Fahie, James	3 <sup>rd</sup> - Hammer
Greenidge, Ricardo	3 <sup>rd</sup> - 200m / Olympic Trials
Griffin, Cathy	2 <sup>nd</sup> - Shot Put
Olesen, Marc	3 <sup>rd</sup> - 5000m
Perreault, Louise	3 <sup>rd</sup> - Javelin / Olympic Trials
Siermachesky, Cory	2 <sup>nd</sup> - High Jump / Olympic Trials

## Junior

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

## Canadian Legion

<b>Kaley, Sean</b>	<b>1<sup>st</sup> - 3000m / U18</b>
<b>Link, Murray</b>	<b>1<sup>st</sup> - 1500m / U16</b>
<b>Link, Murray</b>	<b>1<sup>st</sup> - 3000m / U16</b>

## Cross Country

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

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# 1991

<b>Senior</b>	<b>Estwick, Leslie</b> <b>Torcolacci, Melody</b> Charette, Richard Coker, Cheryl Estwick, Leslie Fahie, James Griffin, Cathy Presedo, Lisa Soga, Cyril Verbeek, Grace	<b>1<sup>st</sup> - High Jump</b> <b>1<sup>st</sup> - Shot Put</b> 3 <sup>rd</sup> - 1500m 2 <sup>nd</sup> - Javelin 2 <sup>nd</sup> - 100m Hurdles 2 <sup>nd</sup> - Hammer 3 <sup>rd</sup> - Hammer 2 <sup>nd</sup> - 10,000m 3 <sup>rd</sup> - Triple Jump 2 <sup>nd</sup> - 800m
<b>Junior</b>	Burges, Sean	3 <sup>rd</sup> - Triple Jump
<b>Cross Country</b>	<b>Charette, Richard</b> <b>Junior Men</b>	<b>1<sup>st</sup> - Senior Men</b> <b>1<sup>st</sup> - Matt Lamourie, Kevin Lee, Scott MacDonald, Ian Potter, Lewis Theobald</b>

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# 1990

<b>Senior</b>	<b>Hutton, Craig</b> <b>LaRowe, Lorri</b> Coker, Cheryl Estwick, Leslie Estwick, Leslie Torcolacci, Melody Verbeek, Grace	<b>1<sup>st</sup> - 400m Hurdles</b> <b>1<sup>st</sup> - Javelin</b> 2 <sup>nd</sup> - Javelin 3 <sup>rd</sup> - 100m Hurdles 3 <sup>rd</sup> - High Jump 2 <sup>nd</sup> - Shot Put 2 <sup>nd</sup> - 800m
<b>Junior</b>	<b>Burges, Sean</b> <b>Greenidge, Ricardo</b> Cunningham, Robert Greenidge, Ricardo Reichert, Mike Reichert, Mike	<b>1<sup>st</sup> - Triple Jump</b> <b>1<sup>st</sup> - 200m</b> 3 <sup>rd</sup> - 1500m 3 <sup>rd</sup> - 100m 2 <sup>nd</sup> - Shot Put 2 <sup>nd</sup> - Discus
<b>Canadian Legion</b>	<b>Dejardin, Chantale</b>	<b>1<sup>st</sup> - 300m Hurdles / U16</b>

<b>Lamourie, Matt</b>	<b>1<sup>st</sup> - 3000m / U18</b>
Bundle, Matt	3 <sup>rd</sup> - 1500m / U18
Cote, Nathalie	3 <sup>rd</sup> - 1500m / U18
Dejardin, Chantale	2 <sup>nd</sup> - 80m Hurdles / U16

## Cross Country

Junior Men	3 <sup>rd</sup> - Matt Bundle, Matt Lamourie, Scott MacDonald, other team members?
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# 1989

## Senior

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

## Junior

<b>Reichert, Mike</b>	<b>1<sup>st</sup> - Shot Put</b>
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## Canadian Legion

?

## Cross Country

?

## Canada Games

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

# 1988

## Senior

<b>Peel, Ann</b>	<b>1<sup>st</sup> - 10km Walk</b>
Estwick, Leslie	2 <sup>nd</sup> - High Jump
Estwick, Leslie	3 <sup>rd</sup> - 100m Hurdles

Olesen, Marc 2<sup>nd</sup> - 1500m  
Verbeek, Grace 2<sup>nd</sup> - 800m

**Junior** Reichert, Michael 2<sup>nd</sup> - Shot Put

**Canadian Legion** ?

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## 1987

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

**Junior** **Perreault, Louise** 1<sup>st</sup> - Javelin  
Gillan, Jeff 2<sup>nd</sup> - Discus  
Muir, Rob 2<sup>nd</sup> - 1500m

**Canadian Legion** Wilson, Charmaine 3<sup>rd</sup> - 400m / U16

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## 1986

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

**Junior** **Brant, Rick** 1<sup>st</sup> - 800m  
**Hughes, Phillip** 1<sup>st</sup> - 400m Hurdles  
**Perreault, Louise** 1<sup>st</sup> - Javelin  
**Junior Men** 1<sup>st</sup> - 4 x 400m Relay  
Team ?  
LeBlanc, Ken 3<sup>rd</sup> - 200m

LeBlanc, Ken

3<sup>rd</sup> - 400m

## Cross Country

### Junior Men

1<sup>st</sup> - Rick Brant ... other members?

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## 1985

### Senior

**Armstrong, Alison**

Slipp, Bob

1<sup>st</sup> - Heptathlon

3<sup>rd</sup> - Marathon

### Junior

**Perreault, Louise**

**Junior Men**

Cleghorn, Graham

Gould, Sylvia

Lindsay, Rob

1<sup>st</sup> - Javelin

1<sup>st</sup> - 4 x 400m Relay

**Colin Timm, Pete Peters,  
Ken Leblanc, Phillip Hughes**

3<sup>rd</sup> - Pole Vault

2<sup>nd</sup> - Javelin

2<sup>nd</sup> - Pole Vault

### Canada Games

**Hughes, Phillip**

**Lindsay, Rob**

1<sup>st</sup> - 400m Hurdles

1<sup>st</sup> - Pole Vault

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## 1984

### Senior

**Peel, Ann**

1<sup>st</sup> - 5000m Walk

### Junior

**Coker, Cheryl**

**Lindsay, Rob**

**Marshall, Brian**

1<sup>st</sup> - Javelin

1<sup>st</sup> - Pole Vault

1<sup>st</sup> - High Jump

### Cross Country

Halvorsen, John

Junior Men

3<sup>rd</sup> - Jr. Men

3<sup>rd</sup> - John Halvorsen & Team Unknown

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## 1983

<b>Senior</b>	<b>Peel, Ann</b> Armstrong, Alison	<b>1<sup>st</sup> - 5000m Walk</b> 3 <sup>rd</sup> - Heptathlon
<b>Junior</b>	<b>Coker, Cheryl</b> <b>Marshall, Brian</b> <b>Waller, Kevin</b> Broderick, Dan Munro, Kerry Waller, Kevin	<b>1<sup>st</sup> - Javelin</b> <b>1<sup>st</sup> - High Jump</b> <b>1<sup>st</sup> - 800m</b> 3 <sup>rd</sup> - 10km Walk 2 <sup>nd</sup> - Triple Jump 2 <sup>nd</sup> - 1500m
<b>Canadian Legion</b>	<b>Muir, Rob</b> <b>Muir, Rob</b> <b>Perreault, Louise</b> Deacon, Bruce Gilbert, Glenroy	<b>1<sup>st</sup> - 800m / 15&amp;U</b> <b>1<sup>st</sup> - 1500m / 15&amp;U</b> <b>1<sup>st</sup> - Javelin / 15&amp;U</b> 2 <sup>nd</sup> - 3000m / 17&U 2 <sup>nd</sup> - Long Jump / 15&U
<b>Cross Country</b>	Junior Men	2 <sup>nd</sup> - Bruce Deacon, Kevin Waller, Others? Educated guess - Owen Caves, Rob Muir

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## 1982

<b>Senior</b>	<b>Peel, Ann</b> Armstrong, Alison	<b>1<sup>st</sup> - 5000m Walk</b> 3 <sup>rd</sup> - Heptathlon
<b>Junior</b>	Broderick, Dan Hansen, Trevor Thexton, Kent Waller, Kevin	3 <sup>rd</sup> - 10km Walk 3 <sup>rd</sup> - Pole Vault 3 <sup>rd</sup> - 1500m 3 <sup>rd</sup> - 800m
<b>Canadian Legion</b>	<b>Fitzgerald, Sean</b> Marshall, Brian Marshall, Brian Marshall, Brian	<b>1<sup>st</sup> - 800m / U18</b> 2 <sup>nd</sup> - 100m Hurdles / U18 2 <sup>nd</sup> - High Jump / U18 2 <sup>nd</sup> - Long Jump / U18
<b>Cross Country</b>	Junior Women  Junior Men	2 <sup>nd</sup> - Jackie Pelot (11), Christine Whiteside (17), Karen Gordon (26), Tina Subliere (34) 2 <sup>nd</sup> - Kent Thexton (5), Adrian Baird (15), Kevin Waller (29), Scott Hanna (44) , Paul Fournier (49), Andy Moss (60)

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## 1981

<b>Senior</b>	<b>Gibson, Sue</b> <b>Peel, Ann</b> <b>Peel, Ann</b> Armstrong, Alison	<b>1<sup>st</sup> - Javelin</b> <b>1<sup>st</sup> - 5000m Walk</b> <b>1<sup>st</sup> - 10,000m Walk (road)</b> 2 <sup>nd</sup> - Heptathlon
<b>Legion</b>	<b>Lavoie, Marc</b> <b>Munro, Kerry</b> Marshall, Brian	<b>1<sup>st</sup> - 1500m Steeple / U18</b> <b>1<sup>st</sup> - Triple Jump / U18</b> 2 <sup>nd</sup> - High Jump / U18
<b>Canada Games</b>	Armstrong, Alison	3 <sup>rd</sup> - Heptathlon

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## 1980

<b>Senior</b>	<b>Peel, Ann</b>	<b>1<sup>st</sup> - 5000m Walk</b>
<b>Junior</b>	<b>Peel, Ann</b> Armstrong, Alison	<b>1<sup>st</sup> - 3000m Walk</b> 3 <sup>rd</sup> - Heptathlon

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## 1979

<b>Senior</b>	Gibson, Sue	3 <sup>rd</sup> - Javelin
<b>Junior</b>	<b>Dickson, Chris</b> <b>Peel, Ann</b>	<b>1<sup>st</sup> - 2000m Steeplechase</b> <b>1<sup>st</sup> - 3000m Walk</b>
<b>Canadian Legion</b>	<b>Marshall, Brian</b> Marshall, Brian Wardlaw, Laura	<b>1<sup>st</sup> - High Jump / U16</b> 2 <sup>nd</sup> - Triple Jump / U16 3 <sup>rd</sup> - 1500m / U18

Waldlaw, Laura

3<sup>rd</sup> - 3000m / U18

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## 1978

### Canadian Legion

Bethune, Andy

2<sup>nd</sup> - 3000m / U18

Bethune, Andy

3<sup>rd</sup> - 1500m Steeplechase / U18

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## 1977

### Senior

**Gibson, Sue**

**1<sup>st</sup> - Javelin**

### Junior

**Lambros, Steve**

**1<sup>st</sup> - Discus**

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## 1976

### Senior

Gibson, Sue

3<sup>rd</sup> - Javelin

### Cross Country

Livingston, Rob

2<sup>nd</sup> - Juvenile Boys

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## 1975

### Junior

Cote, Corinne

3<sup>rd</sup> - Discus

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## 1974

**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 championship 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 it's 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

(October 2006)