

# The Ottawa Lions Track & Field Club

## 2011 & 2012

### Outstanding Achievement Awards

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#### “The Gilbert Awards”

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

Glenroy’s international team career spanned from 1986 to 2001. He represented Canada in four consecutive Summer Olympiads from 1988 to 2000 (Seoul - Long Jump, Barcelona - 4 x 100m Relay, Atlanta - 100m & 4 x100m Relay, Sydney - 4 x 100m Relay) and in the 1994 Lillehammer Winter Olympics Games in the 4 man and 2 man Bobsleigh. The 1996 Atlanta Men’s 4 x 100m Relay Gold Medal achievement relied heavily on his selfless character and team leadership skills. Glenroy was inducted to the Canadian Hall of Fame in November, 2008. From 1993 to 1998 the Canadian Men’s 4 x 100m Relay Team dominated the world athletics scene with one consistent factor ... Glenroy.

#### Most Outstanding Male Athletes

##### TRACK ATHLETE

**2012: OLUSEYI SMITH**

**2011: OLUWASEGUN MAKINDE**

2010: MICHAEL ROBERTSON  
2009: OLUSEYI SMITH  
2008: RICHARD ADU-BOBIE  
2007: RICHARD ADU-BOBIE  
2006: CHARLES ALLEN  
2005: MICHAEL WOODS  
2004: RICHARD ADU-BOBIE  
2003: SEAN KALEY  
2002: SEAN KALEY  
2001: LAWRENCE RINGWALD  
2000: SEAN KALEY  
1999: SEAN KALEY

##### FIELD ATHLETE

**PATRICK ARBOUR**

**PATRICK ARBOUR**

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

1998: MICHAEL NICOLINI  
 1997: LYNDON GEORGE  
 1996: GLENROY GILBERT  
 1995: GLENROY GILBERT  
 1994: GLENROY GILBERT  
 1993: GLENROY GILBERT  
 1992: GLENROY GILBERT  
 1991: GLENROY GILBERT  
 1990: CRAIG HUTTON & GLENROY GILBERT  
 1989: CRAIG HUTTON  
 1988: CRAIG HUTTON  
 1987: PHILLIP HUGHES  
 1986: PHILLIP HUGHES  
 1985: PHILLIP HUGHES  
 1984: KENT THEXTON  
 1983: BRIAN MARSHALL  
 1982: BRIAN MARSHALL  
 1981: DAVE STEWART  
 1980: ROB MILLARD  
 1979: JOHN YORGA  
 1978: ROB LOOMER  
 1977: STEVE LAMBROS  
 1976: ROB LIVINGSTON & STU FULFORD  
 1975: DON CHARRON & JOHN GRAHAM

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

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

## MOST OUTSTANDING FEMALE ATHLETES:

### TRACK ATHLETE

**2012: MELISSA BISHOP**  
**2011: ESTHER AKINSULIE**

2010: MELISSA BISHOP  
 2009: ESTHER AKINSULIE  
 2008: ESTHER AKINSULIE  
 2007: ESTHER AKINSULIE  
 2006: ESTHER AKINSULIE  
 2005: ESTHER AKINSULIE  
 2004: ESTHER AKINSULIE  
 2003: DANA BUCHANAN  
 2002: ASHLEY PURNELL  
 2001: ISABELLE GERVAIS  
 2000: SARAH DILLABAUGH  
 1999: LESLEY TASHLIN  
 1998: LESLEY TASHLIN  
 1997: NATHALIE COTE  
 1996: TANIA JONES  
 1995: LESLEY TASHLIN  
 1994: LESLEY TASHLIN  
 1993: LESLEY TASHLIN  
 1992: CHANTALE DEJARDIN  
 1991: LESLIE ESTWICK

### FIELD ATHLETE

**SULTANA FRIZELL**  
**SULTANA FRIZELL**

SULTANA FRIZELL  
 SULTANA FRIZELL  
 SULTANA FRIZELL  
 SULTANA FRIZELL  
 SULTANA FRIZELL  
 SULTANA FRIZELL  
 CAROLINE LAROSE  
 CAROLINE LAROSE  
 CAROLINE LAROSE  
 Not awarded  
 Not awarded  
 CAROLINE LAROSE  
 CAROLINE LAROSE  
 SANDY TAYLOR  
 LESLIE ESTWICK  
 LESLIE ESTWICK  
 LESLIE ESTWICK  
 CATHY GRIFFIN  
 CATHY GRIFFIN

1990: CHERYL COKER & MELODY TORCOLACCI  
 1989: LESLIE ESTWICK  
 1988: GRACE VERBEEK  
 1987: ANN PEEL  
 1986: ANN PEEL  
 1985: ANN PEEL  
 1984: ANN PEEL  
 1983: ANN PEEL  
 1982: ANN PEEL  
 1981: ANN PEEL  
 1980: ANN PEEL  
 1979: ANN PEEL  
 1978: HOLLIE DENNY  
 1977: HOLLIE DENNY & SUE GIBSON  
 1976: SUE GIBSON  
 1975: CORINNE COTE  
 1974: HOLLIE SAYGON & CORINNE COTE

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

## **The Denis Landry Memorial Award**

### **MOST OUTSTANDING ATHLETE: uOttawa X-Country / Track & Field**

Named to honour the Ottawa's three-time National University Cross Country Coach of the Year - Denis Landry (86, 87, 90) This award was initiated in 2008 with Denis's death at that age of 60 years from cancer. Coach Landry was a leader, a teacher and an administrative sport pioneer at both Athletics Ontario and Athletics Canada. The award is presented to the University of Ottawa's most outstanding male and female athletes and considers performance achievement in both the sports of Cross Country and Track as well as the qualities of team leadership and sportsmanship.

#### **MALE**

**2012: SEKOU KABA / MICHAEL ROBERTSON**  
**2011: CHRISTOPHER GREENAWAY**

2010: CHRISTOPHER GREENAWAY  
 2009: TYLER FAWCETT  
 2008: BRIAN CUMMINGS

#### **FEMALE**

**JENNIFER PERRAULT**  
**MICHELE KRECH**

JULIA MALLECK  
 JULIA TOUSAW  
 CHRISTIANNE LELA

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

#### **MALE**

**2012: ADAM PALAMAR / YVES SIKUBWABO**  
**2011: DEVIN BIOCCHI**

2010: OLUWASEGUN MAKINDE

#### **FEMALE**

**EMMA GALBRAITH**  
**ASHLEA MADDEX**

ASHLEA MADDEX

2009: OLUWASEGUN MAKINDE  
 2008: MICHAEL ROBERTSON  
 2007: TYLER FAWCETT  
 2006: OLUSEYI SMITH  
 2005: BRIAN CUMMINGS  
 2004: MICHAEL WOODS & RICHARD ADU-BOBIE  
 2003: MICHAEL WOODS  
 2002: RYAN THERRIEN  
 2001: RYAN THERRIEN  
 2000: DEREK WATKINS & BRIAN MacPHEE  
 1999: BRIAN MacPHEE  
 1998: STUART McGREGOR  
 1997: JEFFERY KEAYS & MICHAEL NICOLINI  
 1996: MURRAY LINK & GREG HEUBNER  
 1995: DAVID McQUINN  
 1994: SEAN KALEY  
 1993: SEAN KALEY  
 1992: SCOTT MacDONALD  
 1991: SEAN BURGESS  
 1990: RICARDO GREENIDGE  
 1989: MIKE REICHERT  
 1988: TREVOR PAYNE  
 1987: JEFF GILLAN  
 1986: RICK BRANT  
 1985: PHILLIP HUGHES  
 1984: BRAIN MARSHALL  
 1983: BRIAN MARSHALL  
 1982: KENT THEXTON  
 1981: KENT THEXTON  
 1980: Not awarded  
 1979: CHRIS DICKSON  
 1978: Not awarded  
 (First year awarded)

EMILIE HALLE  
 KARELLE EDWARDS  
 DANELLE WOODS  
 JENNIE BIEWALD  
 SAMANTHA PIQUETTE  
 BAILEY LEWIS  
 SULTANA FRIZELL  
 SULTANA FRIZELL  
 ASHLEY PURNELL  
 SUSIE EGAR  
 KATIE JEFFREY  
 HILARY BURN  
 CAROLINE LAROSE  
 ISABELLE GERVAIS  
 TRACY ROBERTSON  
 MARY JANE RICHARDS  
 KRISTIN MARVIN  
 LEANNE WALL  
 CHARMAINE WILSON  
 SYLVIE LAROCQUE  
 SYLVIE LAROCQUE  
 LYNN PARRINGTON  
 LOUISE PERREAULT  
 LOUISE PERREAULT  
 Not awarded  
 Not awarded  
 Not awarded  
 Not awarded  
 Not awarded  
 ANN PEEL  
 ANN PEEL  
 ANN PEEL

## **MOST OUTSTANDING ATHLETE: YOUTH (Under 18)**

### **MALE**

**2012: ZACH KERR**  
**2011: ADAM PALAMAR**

2010: DAVID NSABUA  
 2009: BRIAN OKENY  
 2008: OLUWASEGUN MAKINDE  
 2007: TIM NEDOW  
 2006: MICHAEL ROBERTSON  
 2005: ALLAN BRETT  
 2004: ALLAN BRETT  
 2003: OLUSEYI SMITH  
 2002: MICHAEL WOODS  
 2001: RICHARD ADU-BOBIE  
 2000: RYAN THERRIEN

### **FEMALE**

**CHARIFA LABARANG**  
**EMMA GALBRAITH**

JULIA STILLE  
 ASHLEA MADDEX  
 FIONA CALLENDER / ASHLEA MADDEX  
 KARELLE EDWARDS  
 DANELLE WOODS  
 JENNIE BIEWALD  
 MELISSA BISHOP  
 BAILEY LEWIS & KATIE ENGEL  
 JULIA HICKS  
 JULIA HICKS  
 ASHLEY PURNELL

1999: CURTIS FRASER  
 1998: CHRISTOPHER DONOGHUE  
 1997: QUINTON CAREW  
 1996: CHARLES (CHUCK) ROSS  
 1995: JEFFREY KEAYS  
 1994: MURRAY LINK  
 1993: DAVID McQUINN  
 1992: SEAN KALEY  
 1991: LEWIS THEOBALD  
 1990: MATT LAMOURIE  
 1989: not awarded  
 1988: MIKE REICHERT  
 1987: TREVOR PAYNE  
 1986: JAMES FAHIE  
 1985: ROB MUIR & KEN LEBLANC  
 1984: SEAN FITZGERALD  
 1983: BRUCE DEACON  
 1982: BRIAN MARSHALL  
 1981: KEVIN WALLER  
 1980: GEORGE CHIAPPA  
 1979: MARK SAIKALEY  
 1978: Not awarded  
 (First year awarded)

SUSIE EGAR  
 CATHERINE FORTIN-MAJOR  
 KATIE JEFFREY  
 ANNE LABEL  
 SHARON SPEAR  
 LIANNE BROWN  
 MARY JANE RICHARDS  
 KRISTIN MARVIN  
 ROBYN JEFFREY  
 NATHALIE COTE  
 LESLEY SHAFFER  
 STEPHANIE PLAMONDON  
 Not awarded  
 Not awarded  
 Not awarded  
 Not awarded  
 Not awarded  
 Not awarded  
 Not awarded  
 Not awarded  
 LAURA WARDLAW  
 LISA JACOBS

## **MOST OUTSTANDING ATHLETE: MIDGET (Under 16)**

### **MALE**

**2012: GEOFF LAWSON**  
**2011: MATTHEW BEDARD**

2010: DARBY CHARKAVI  
 2009: THOMAS FRASER & DIEULEVEUT MUFUTA  
 2008: TOLUWALOPE MAKINDE  
 2007: RAMAAR HALL  
 2006: OLUWASEGUN MAKINDE  
 2005: IAN DONALD  
 2004: TREVOR DOUCETTE  
 2003: DOUG O'HEARN & ALLAN BRETT  
 2002: OLUSEYI SMITH  
 2001: CHRISTOPHER EDWARDS  
 2000: ALLAN SAUCIER  
 1999: BOJAN RADOJEVIC  
 1998: BRYCE PITTICO  
 1997: Not awarded  
 1996: Not awarded  
 1995: CHARLES ROSS  
 1994: MATT STENSON  
 1993: MURRAY LINK  
 1992: MURRAY LINK  
 1991: GREG JACK  
 1990: SEAN WOODWARD  
 1989: MATT BUNDLE

### **FEMALE**

**HANNAH-KELSEY SMITH**  
**MAGGIE SCHEUNERT**

CHARIFA LABARANG  
 EILISH MACDONALD  
 DEVYANI BISWAL / EMMA NORMAN  
 FIONA CALLENDER  
 LINDSAY ANDERSON  
 JOSEPHINE SINDANI  
 DANELLE WOODS / LEAH LAROCQUE  
 MELISSA BISHOP  
 KATIE ENGEL  
 BAILEY LEWIS  
 SHANTA THOMPSON  
 JULIA HICKS  
 GLENIS NYAAMINE  
 VANESSA PIAZZA  
 ALISON CROSS  
 ANNE LABEL  
 ANNE LABEL  
 RENEE EMBREE  
 AMANDA ZAPPA  
 CHANTALE DEJARDIN  
 CHANTALE DEJARDIN  
 MEEKA HALLER

1988: MATT BUNDLE  
1987: ROB CUNNINGHAM  
1986: TREVOR PAYNE  
1985: MIKE PATTON  
1984: ROB MUIR  
1983: SEAN FITZGERALD  
1982: BRUCE DEACON  
1981: BRIAN MARSHALL  
1980: KEVIN WALLER & BRIAN MARSHALL  
1979: KEVIN WALLER  
1978: ANDY BETHUNE  
1977: BRIGITTE BELANGER  
1976: PETER THOMSON  
1975: SAM HILL  
1974: FRANCOIS COUILLARD  
(First year awarded)

LESLEY SHAFFER  
STEPHANIE PLAMONDON  
NIKKI CALLENDER

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

### **MALE**

**2012: Not awarded**  
**2011: ERIC MITCHELL**

2010: CAMERON SLUPEIKS  
2009: CAMERON SLUPEIKS  
2008: DARBY CHARKAVI  
2007: MARCUS GIANNINI  
2006: EVAN LOH  
2005: Not awarded  
2004: IAN DONALD  
2003: Not awarded  
2002: STUART PEARSON  
2001: STUART PEARSON  
2000: OLUSEYI SMITH  
1999: OBIE FRITZCH  
1998: KYLE BRADEN  
1997: BOJAN RADOJEVIC  
1996: BOJAN RADOJEVIC  
1995: AARON GLANTZ  
1994: Not awarded  
1993: MATT STENSON  
1992: MATT STENSON  
1991: Not awarded  
1990: TOM GREENBERG  
1989: CHRIS MCGREGOR  
1988: JASON TODD  
1987: MARTIN CYR-HICKS  
1986: SCOTT MACDONALD  
1985: Not awarded  
1984: Not awarded  
1983: GREG MAJOR  
1982: MIKE WALLER

### **FEMALE**

**LAUREN GALE**  
**COLLE THOMPSON**

EMILY WHALEN  
ALEXANDRIA TIERNEY  
CLARA PHILLIPS  
EMMA GALBRAITH  
Not awarded  
Not awarded  
LINDSAY ANDERSON  
Not awarded  
LEAH LAROCQUE  
TESS ACTON  
KATIE ENGEL  
HILARY EGAN  
JULIA HICKS  
GLENIS NYAAMINE  
COLETTE JONES  
ALISON CROSS  
ESTHER COALTER  
ANNE LABEL  
Not awarded  
Not awarded  
ROSYLN MCGILVERY  
CHANTALE DEJARDIN  
MEEKA HALLER  
CHARMAINE WILSON  
Not awarded  
LAURA SACCO  
RUTH PRIDDLE  
Not awarded  
Not awarded

1981: Not awarded  
1980: BRUCE DEACON  
1979: BRIAN MARSHALL  
1978: Not awarded  
1977: Not awarded  
1976: Not awarded  
(First year awarded)

LESLEY MANION  
Not awarded  
Not awarded  
PAM STEEN  
LISA JACOBS & LAURA WARDLAW  
LISA JACOBS

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

Sam Estwick was a Community volunteer who joined the East-Ottawa Lions Service Club in the early 1970's and through his involvement with their sports committee, became the driving force for the creation of the East Ottawa Lions Track & Field Club. When he served as Club President, he introduced management principles to the Club and built an administrative organization, with parents and other volunteers doing the business-type functions so the coaches could devote their time to coaching. He is one of the few lifetime members of the club. After stepping down as President, he continued to officiate at meets and promote participation in the club. Throughout his life, Sam struggled with and surmounted adversity. In 1982 an award was created in his honour presented each year to the outstanding athlete with a disability.

**2012: JASON DUNKERLEY**

**2011: JASON DUNKERLEY**

2010: JASON DUNKERLEY  
2009: NOELLA KLAWITTER  
2008: JASON DUNKERLEY & NOELLA KLAWITTER  
2007: JASON DUNKERLEY  
2006: JASON DUNKERLEY  
2005: JASON DUNKERLEY  
2004: JASON DUNKERLEY & CHELSEA LARIVIERE  
2003: JOE RADMORE & CHELSEA LARIVIERE  
2002: CAITLIN RENNESON  
2001: JOE RADMORE & CAITLIN RENNESON  
2000: JASON LACHANCE & CAITLIN RENNESON  
1999: JOE RADMORE & CAITLIN RENNESON  
1998: JASON LACHANCE & CHANTAL FOWLER  
1997: JOE RADMORE & CHANTAL FOWLER  
1996: STUART MCGREGOR  
1995: HERVE LORD  
1994: HERVE LORD  
1993: HERVE LORD  
1992: JAMES BAKER & JUDY ZELMAN  
1991: JAMES BAKER & JUDY ZELMAN  
1987 TO 1990 - Not awarded  
1986: PATRICK YORK  
1985: DAVE SMITH  
1984: NORAH GOOD  
1983: JACQUES PILON  
1982: JACQUES PILON

(First year awarded)

## **MOST OUTSTANDING ATHLETE: CROSS COUNTRY**

### **MALE**

**2012: MICKEY DAY**  
**2011: YVES SIKUBWABO**

2010: ALAIN BOUCHER  
2009: ALAIN BOUCHER  
  
2008: ALLAN BRETT  
2007: Not Awarded  
2006: \* Not Awarded  
2005: ALLAN BRETT  
2004: ALLAN BRETT  
2003: JOSHUA KARANJA  
2002: Not awarded  
2001: JEAN-PAUL NIYONSABA  
2000: Not awarded  
1999: Not awarded  
1998: CHRISTIAN WEBBER  
1997: Not awarded  
1996: Not awarded  
1995: MURRAY LINK  
1994: JOHN HALVORSEN  
1993: RICHARD CHARETTE  
1992: RICHARD CHARETTE  
1991: RICHARD CHARETTE  
1990: CHRIS MCGREGOR  
1989: MATT LAMOURIE  
(First year awarded)

### **FEMALE**

**Not awarded**  
**Not awarded**

Not awarded  
DANA BUCHANAN & 2008  
NATIONAL XC TEAM CHAMPIONS  
Dana Buchanan, Julia Hicks, Robyn Erickson,  
Kristin Marvin, Lisa Benz  
DANELLE WOODS  
DANELLE WOODS  
\* Not Awarded  
DANELLE WOODS  
DANELLE WOODS & KATIE ENGEL  
Not awarded  
SARAH DILLABAUGH  
Not awarded  
NATHALIE COTE  
SARAH DILLABAUGH  
SUSIE EGAR  
ROBIN McROBBIE  
TRACY ROBERTSON  
ANNA GUNASEKERA  
MARY JANE RICHARDS  
MARY JANE RICHARDS  
NATHALIE COTE  
NATHALIE COTE  
NATHALIE COTE  
NATHALIE COTE

\* Change made in the award period cycle to representing the previous year's season so as to include both the NACAC and World XC from September 1 to August 31

## **MOST OUTSTANDING ATHLETE: MASTERS'**

Athletes starting in Age Groups of 35+ years

**2012: WENDY ALEXIS & LAWRENCE WILLIAMS**  
**2011: WENDY ALEXIS & KEVIN LAKE**

2010: WENDY ALEXIS & LAWRENCE WILLIAMS  
2009: WENDY ALEXIS  
2008: WENDY ALEXIS & ALAIN BOUCHER  
2007: BORIS ZAITCHOUK  
2006: LAWRENCE WILLIAMS



2005: BOB STAVELEY  
2004: LESLIE ESTWICK & BORIS ZAITCHOUK  
2003: LESLIE ESTWICK  
2002: LESLIE ESTWICK  
2001: LESLIE ESTWICK  
2000: LESLIE ESTWICK  
1999: Not Awarded  
1998: Not Awarded  
1997: LESLIE ESTWICK  
1996: LESLIE ESTWICK  
1995: BORIS ZAITCHOUK & MAUREEN De St. CROIX  
1994: MAUREEN De St. CROIX  
1993: DEREK BOOSEY & MAUREEN De St. CROIX  
1992: DEBI HEIT  
1991: GEAN HEMMING  
1990: GEAN HEMMING  
1989: BOB STAVELEY  
1988: MARY SMITH & WALLY GORDON  
1987: RAY CARDINAL & MARTA PIRESFERRIERA  
1986: CECIL PAUL & MARTA PIRESFERRIERA  
1985: CECIL PAUL  
1984: WIM VAN GENNIP  
1983: WIM VAN GENNIP  
1982: DON BETHUNE  
1981: HENRY GLYDE  
1980: HENRY GLYDE  
(First year awarded)

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

**2012: JOSH CASSIDY \*WHEELCHAIR WORLD RECORD - MARATHON**

**2011: DAVE KARY**

2010: SHERRY CARSON  
2009: Not awarded  
2008: ALAIN BOUCHER  
2007: ALAIN BOUCHER  
2006: Not awarded  
2005: SUZANNE EGAN & ANDRE OKENGE  
2004: STEPHEN DREW  
2003: JOSEPH NSENGIYUMVA  
2002: JOSEPH NSENGIYUMVA  
2001: SEAN KALEY  
2000: STEPHANE GEMACHE  
1999: CHRISTIAN WEBBER  
1998: TANIA JONES  
1997: SARAH DILLABAUGH  
1996: ALAIN BOUCHER / MAUREEN De St. CROIX  
1995: ALAIN BOUCHER / TANIA JONES  
1994: ALAIN BOUCHER / MAUREEN De St. CROIX  
1993: MOHAMMED HUSSEIN / LISA PRESEDO  
1992: ANDY JONES  
1991: ANDY JONES / MAUREEN De ST. CROIX

1990: THERESA BRIDEAU  
1989: MAUREEN de ST. CROIX  
1988: L'EGGS RUNNING TEAM: Theresa Brideau, Joanna Irvine,  
Deborah Hine, Jackie Harkes, Annette Ebbinghaus  
1987: PAUL LEROUX / JACKIE HARKES  
1986: BOB SLIPP / KRIS O'SHEA  
1985: ADRIAN "PUNKY" BAIRD  
1984: BOB SLIPP  
1983: LARRY MCCLOSKEY  
1982: JACQUELINE PELOT  
1981: DOUG SCORRAR  
1980: HELEN COOPER  
(First year awarded)

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

**2012: MARK CHENERY**

**2011: MARK CHENERY**

2010: PATRICK ARBOUR & JOHANNA DOBRANSKY  
2009: TAYLOR CORNEY  
2008: Not awarded  
2007: JAMES HOLDER  
2006: EVAN WILLIAMS  
2005: Not awarded  
2004: COURTNEY CONNOR  
2003: PATRICIA GAUTHIER  
2002: STUART PEARSON & PATRICIA GAUTHIER  
2001: DAYNA BARRETT  
2000: DAYNA BARRETT  
1999: DAYNA BARRETT  
1998: MICHELLE ROMANCE  
1997: ANNE LABEL  
1996: SHARON SPEAR  
1995: Not awarded  
1994: CHANTALE DEJARDIN  
1993: SHAWN WILCOX  
1992: KIM RAPLEY  
1991: Not awarded  
1990: Not awarded  
1989: Not awarded  
1988: LESLIE ESTWICK  
1987: LESLIE ESTWICK  
1986: ALISON ARMSTRONG  
1985: ALISON ARMSTRONG  
1984: ALISON ARMSTRONG  
1983: RICHARD BERGMAN  
1982: ALISON ARMSTRONG  
1981: ALISON ARMSTRONG  
1980: ALISON ARMSTRONG  
(First year awarded)

## **DEDICATION TO CLUB SERVICE**

### **“SEAN COLE MEMORIAL AWARD”**

**Sean Cole (1956 to 1978)** This award is presented to a Club member whose qualities of volunteer presence go far beyond the boundaries of expectation and service. This award is in the memory of Sean Cole who died in March of 1978. At only 21 years of age, he was one of the Lion's top distance running prospects. Sean was also a scholar at Carleton University. This award commemorates the fine qualities and dedication to life, to all-round achievement and to good citizenship.

**2012: KAREN & PAUL BEDARD**

**2011: REBA TIMBRELL**

2010: LISE RACICOT & JULIE STEELE  
2009: RICK WATKINS  
2008: JULIE STEELE  
2007: MARLA McINNIS & ANDREW PAGE  
2006: MIKE STENSON  
2005: ANDREW PAGE  
2004: NANCY ENGEL  
2003: ANN PERRY & NANCY ENGEL  
2002: CONSTANCE CAMPBELL  
2001: Not Awarded  
2000: VINCE FAY  
1999: MARC LEBEL  
1998: SRBOLJUB RADOJEVIC  
1997: SRBOLJUB RADOJEVIC  
1996: SHERYL CROSS  
1995: JAMES HARVEY  
1994: AVIVA FURMAN  
1993: LESLIE ESTWICK  
1992: SAM ESTWICK  
1991: SEAN BURGESS & JAMES HARVEY  
1990: COLIN TIMM  
1989: COLIN TIMM & THERESA BRIDEAU  
1988: DEBRA HINE  
1987: FRANCIS KAWAM  
1986: FRANCIS KAWAM & WENDY ST GERMAIN  
1985: WENDY ST GERMAIN  
1984: KEVIN WALLER  
1983: KEVIN WALLER  
1982: MARTIN TOOKE  
1981: ANNE WARDLAW  
1980: GORD MOAT  
1979: ANNE WARDLAW  
1978: ANNE WARDLAW  
(First year awarded)

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## DISCONTINUED AWARD ....

### “THE MOST IMPROVED ATHLETE”

**Coaches could not come to agreeable terms on the concept of what the “most improved” award represented.**

**1992: DISCONTINUED**

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