

CF National Running Championship

Five of our runners were there

| Yves Bélanger, Servir

Five military runners, Lieutenant (Navy) Simon Bullock (5 km), His Majesty's Canadian Ship Donnacona, Lieutenant (Navy) Marie-Chantal Lechasseur (5 km), Naval Reserve, Captain Nancy Harnois (21.1 km), Canadian Forces Recruiting Centre, Major David Simpkin (5 km), Royal Military College Saint-Jean, and Major Valentin Caciula (21.1 km), 2nd Canadian Division Support Group Corporate Services, were among the Montreal-area representatives at the Canadian Forces National Running Championship held in Ottawa on May 25 and 26.

Like every year, this championship is held during the Ottawa Marathon, which attracts thousands of participants. This year, Capt Harnois took part in the half-marathon (21.1 km). She stood out from the rest of the CAF members by finishing first in her category (women 50-54 years). This performance ranked her 6th out of 258 runners in her category registered for the Ottawa Marathon.

In addition to the five runners, Corporal Patricia St-Laurent-Sills, of the 41st Canadian Forces Health Services Centre - Montreal, was present in Ottawa as a sport trainer.

Please note that at the time of posting the article, the final rankings for the CF National Championship were not available.

Captain Nancy Harnois

Running for 8 years
4th participation in the CF National Running Championship
Time: 1:47:28
Category: 21.1 km - women 50-54 years old

How was your experience this year?

Once again, a great experience. The weather was perfect, unlike other years when we've had heat waves. It's a great pleasure to meet colleagues who share the same passion.

What were the biggest obstacles during this competition?

Keeping up the pace despite the heat.

How many hours a week do you devote to running?

Eight hours a week, sometimes more.

What upcoming military and civilian competitions will you be taking part in this summer?

I've registered for the Quebec Mega Trail in July (80 km), the Montreal Marathon in September (42.2 km), and the Bromont Ultra in October (55 km).



Captain Nancy Harnois and Lieutenant (Navy) Marie-Chantal Lechasseur.

Photos: courtesy

Lieutenant (Navy) Simon Bullock

Running for 5 years
3rd participation in the CF National Running Championship
Time: 17:22 minutes
Category: 5 km – men 30-34

What was your experience like this year?

I had a wonderful experience! The weather was the best we've had in several years. It enabled the athletes to set very fast times. Taking part for the third time gave me a lot of confidence and reduced the stress level of the competition.

What were the biggest obstacles during this competition?

My biggest challenge this year was to make sure I stayed focused on training in the months leading up to the competition. They were very hectic. Still, I was able to keep up the training, even if it meant running a marathon in the Arctic while deployed there for a few days.

How many hours a week do you devote to running?

Over the course of a week, I try to run a minimum of seven to eight hours and do strength training once or twice.

What upcoming military and civilian competitions will you be taking part in this summer?

Due to my busy spring schedule, I haven't yet had a chance to register for an upcoming competition. However, I hope to be able to do so this summer and in the fall.

Lieutenant (Navy) Marie-Chantal Lechasseur

Running for 20 years
2nd participation in the CF National Running Championship
Time: 25:57 minutes
Category: 5 km – women aged 50-54

How was your experience this year?

It's always a pleasure to take part in the championship. It's a great organization, and it's nice to rub shoulders with military personnel in a different context and meet new people.

What were the biggest obstacles during this competition?

The lack of training in my case, due to my late decision to take part. This had an impact on my result.

How many hours a week do you spend training for running?

About eight to ten hours, but in the summer I do more road biking.

What upcoming military and civilian competitions will you be taking part in this summer?

None, as I'll soon be leaving the country for a year. I'm deployed on Operation CALUMET in the Sinai Peninsula. However, I'd like to increase the number of hours I spend training for running.



Lieutenant (Navy) Simon Bullock.



Major Valentin Caciula.

Major Valentin Caciula

Running for 8 years
5th participation in the CF National Running Championship
Time: 1:29:45
Category: 21.1 km – men aged 50-54

How was your experience this year?

The weather was ideal. It was really pleasant.

What were the biggest obstacles during this competition?

The most difficult part was the difference in altitude between the 13th and 17th km of the course.

How many hours a week do you spend training for running?

Between two and five hours, depending on the preparation cycle.

What upcoming military and civilian competitions will you be taking part in this summer?

On July 13, I'll be taking part in Forest Run Predeal (38 km), in Romania. In September, I'll be taking part in the Army Run (5 km and 10 km) in Ottawa. If my schedule permits, I'd also like to run the Waterfront Toronto Marathon (42.2 km).