

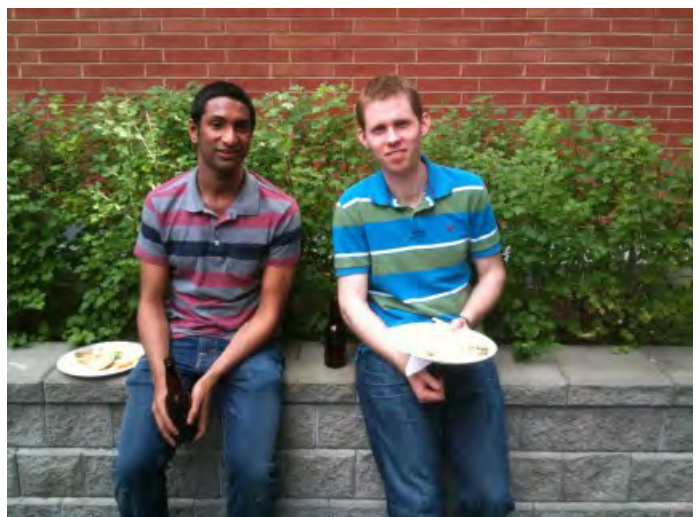


# National Capital Marathon Race Weekend (29–30 May 2010)





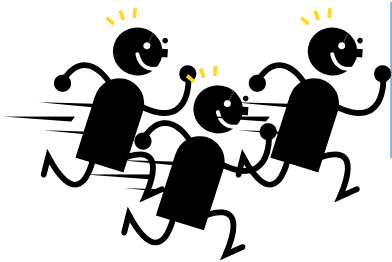
National Capital Marathon Race  
Weekend BBQ  
(29-30 May 2010)



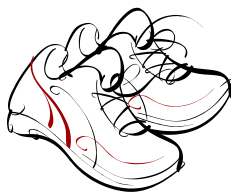
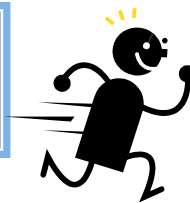


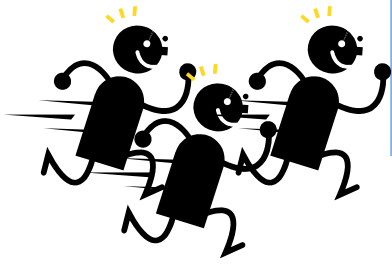
# Speed workouts (spring and summer 2011)



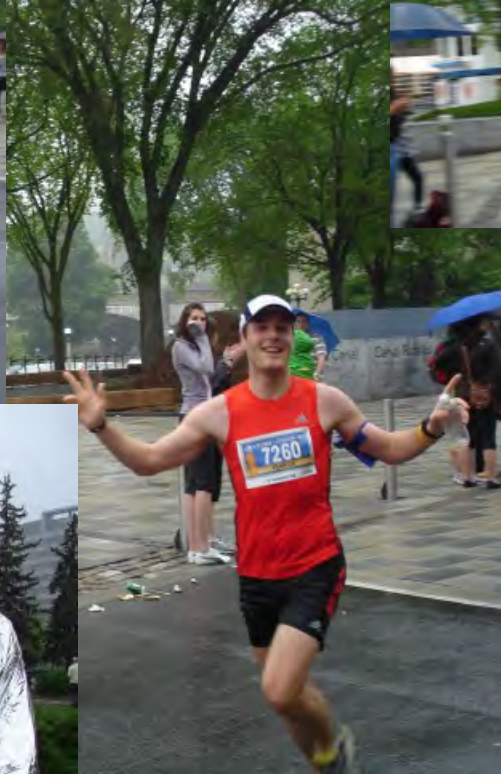


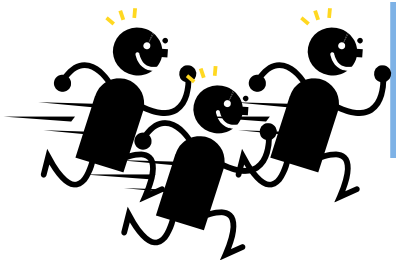
# National Capital Marathon Race Weekend (28 and 29 May 2011)



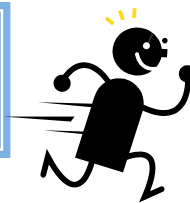


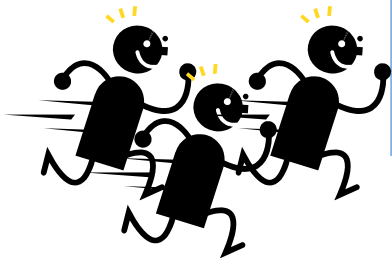
National Capital Marathon Race  
Weekend (28 and 29 May 2011)



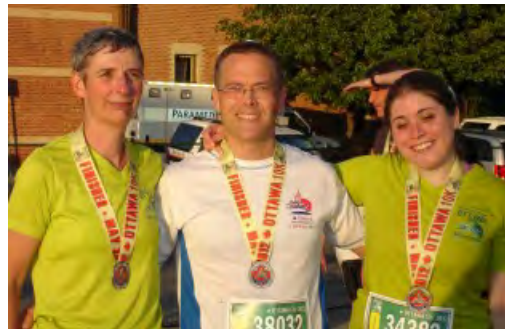
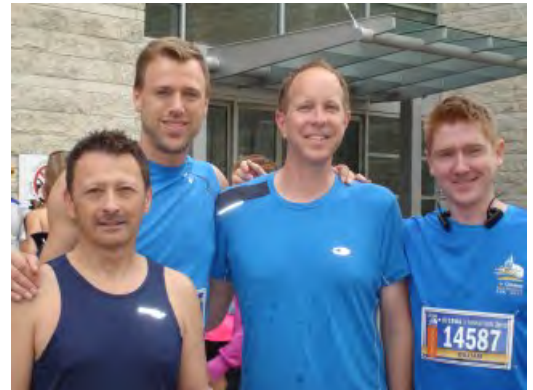
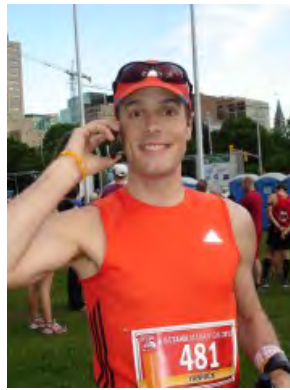
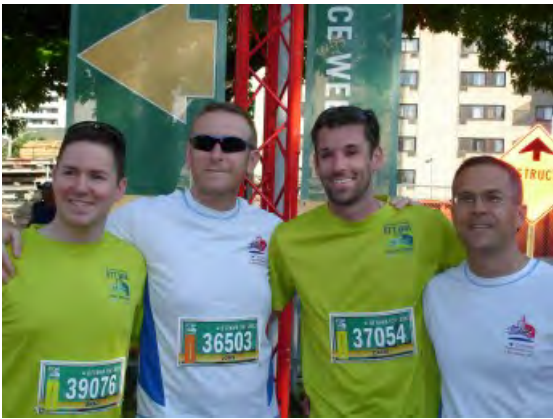


# National Capital Marathon Race Weekend (28 and 29 May 2011)



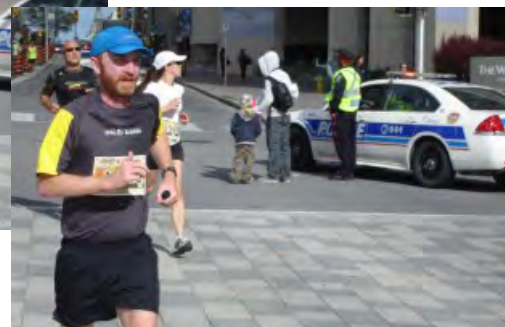
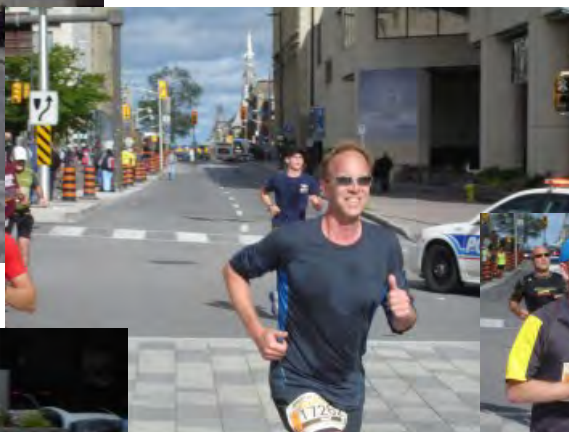
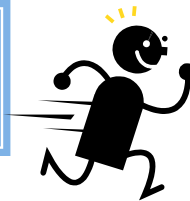


# National Capital Marathon Race Weekend (26 and 27 May 2012)

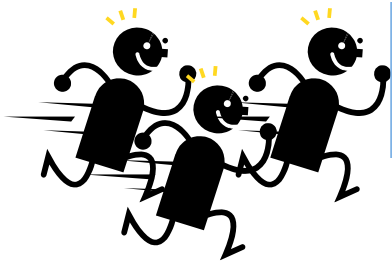




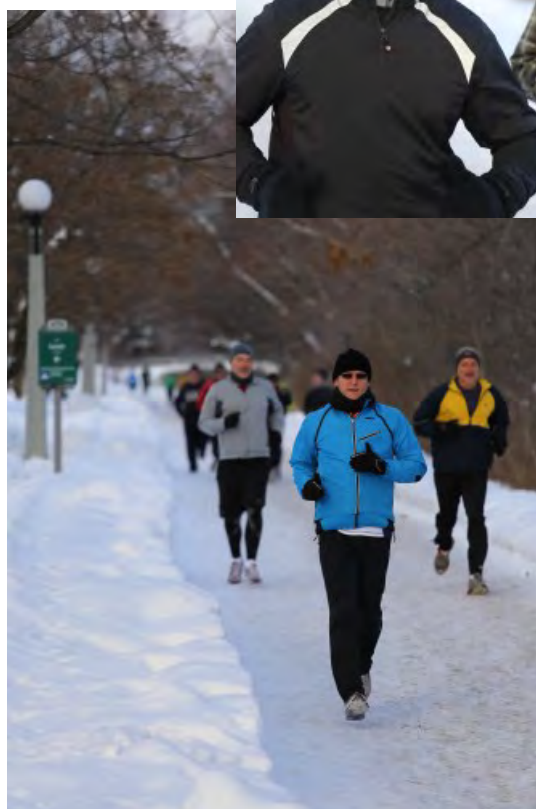
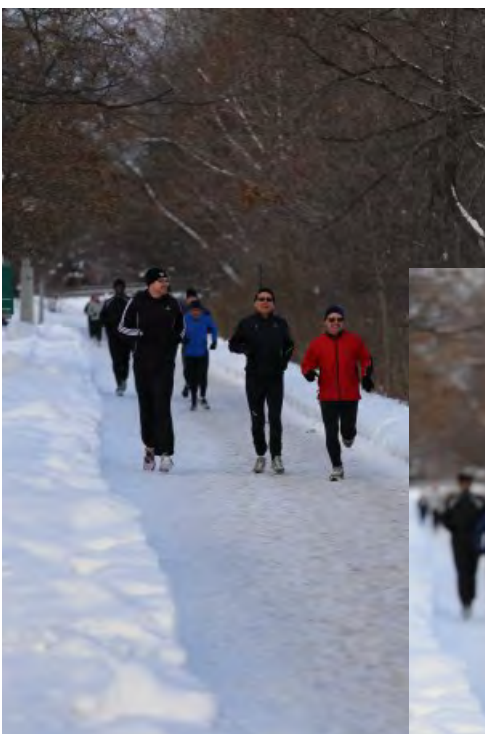
# Army Half-marathon and 5 km (23 September 2012)

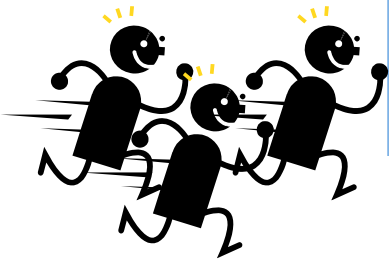






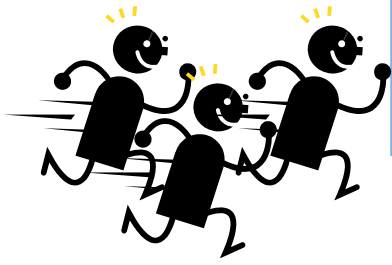
Winter running (5 January 2013)





# Winterman (17 February 2013)





# National Capital Marathon Race Weekend (25 and 26 May 2013)





# Capital Pride / Fierté dans la capitale (25 August 2013)

