

Jean Doench



Jean at the Ottawa Marathon

When she was a young woman in the UK, Jean was butterfly swimmer ranked in the top 10 of the world. She came to Canada to pursue a swimming career, but was soon sidetracked by a working career and running. She became a radiology technician, and later an elementary school Physical Education teacher. She is a terrific singer-guitarist; who can forget her performance at the wedding of Longboat members Josette Cornelius and Byron Kangelis? Jean has been an active Longboat member since the 1980's and has been really good at a variety of distances as one can see by her PB's:

5km	19:28
10 km	41:07
10 miles	1:11:00
Half Marathon	1:39:27
25km	1:59:15 CR W45-9
30 km	2:21:38 1st W45-9
Marathon	3:33:00
1500m	5:28
2000m	7:43 CR W45-9

But it's on the track that Jean has dominated Longboat history. She is the Queen of the 800m, holding no fewer than 5 age group records. In all she holds 10 Longboat Club Records ranging from her 40's to today when she is busy setting new records in the W85-9 category. She has competed internationally for Canada as a Masters athlete and has often raced in the Buffalo area. One year she ran so many races there that she was named Runner of the Year.

By Bert de Vries



Jean Today as fun loving as ever

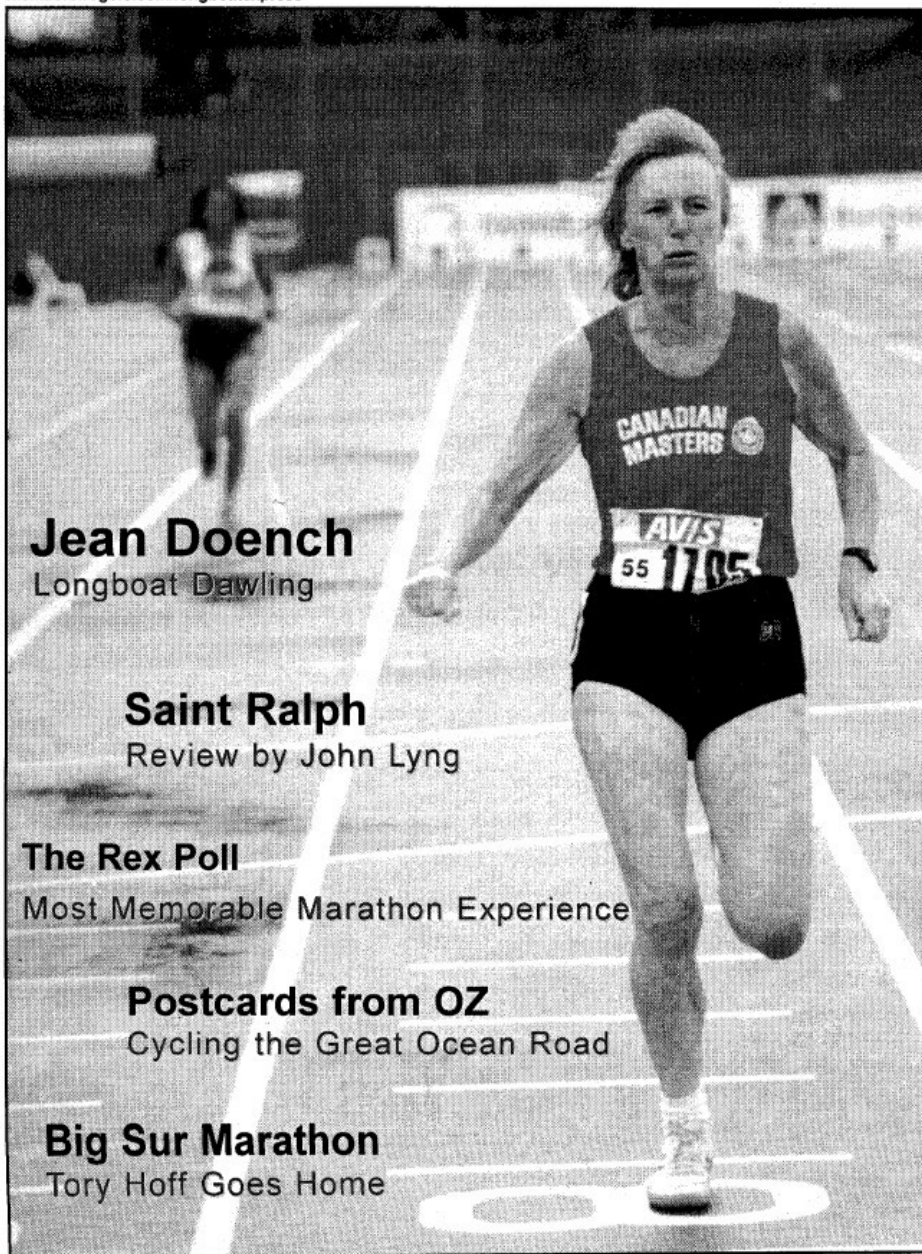
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Jean Doench
Longboat Dawling

Saint Ralph
Review by John Lyng

The Rex Poll
Most Memorable Marathon Experience

Postcards from OZ
Cycling the Great Ocean Road

Big Sur Marathon
Tory Hoff Goes Home

Photo of Jean racing in World Masters Games in Durban