

The CMAA National Cross Country Championships

Halifax, Sunday 18th, November 1990. - by Don Farquharson

The 17th running of this championship was also an important 1st and hopefully the first in a long association. We ran as part of the CTFA (now Athletics Canada) Open Cross Country Championships in a spirited effort of Co-operation.

Although we looked forward to this event with anticipation during the Fall, many of the CMAA Executive were concerned as to the numbers we could field in Nova Scotia where we do not yet have large memberships. As it turned out we were delighted that a total of 63 entered of whom 57 ran. Almost half of these had travelled from across the country, six of them from British Columbia.

Everyone was welcomed warmly by our friendly Nova Scotians which was appreciated since the Maritimes also lived up to expectations in another respect. It rained heavily, the night before and all day during the race and gusty winds accentuated the grey weather.

The course consisted of a flat section around a park in the city centre and then a climb up Citadel Hill followed by a return to the park and then a repeat.

By race time (11:30AM) the flat section was waterlogged and featured sheets of water in several places with baseball diamonds turned to thick quagmire. A couple of hay bale obstacles led the way to road crossings (carpeted!) and then the hill. The drainage here provided better footing although running across the slope favoured those with longer right legs unfairly.

British Columbia was represented by the strong quartet of Craig Runyan, Kneale Quayle, (M40), Jerry Tighe (M45) and Ed Kavanaugh (M50), Ontario by Murray Hale, Bob Knuckey and John Pickard (M40's), Jim Wilson and Glen Norcliffe (M45); Ben Johns and Gary Baker (M50's); Richard Graves (M55), Earl Fee (M60) and Kurt Gelbhaar (M65) with Shirley Pommier (W40), Molly Turner (W55) and Judith Kazdan (70) contesting the women's divisions together with other back ups. For all of these however, the Maritime Provinces had an answer, especially in the M40's and W35's divisions.

The course was perfectly marked with the traditional red and white stakes providing an avenue to follow throughout. The Race Director, Ron Jeppeson, capped a great organizational effort by running well too. Bravo Ron!!

At the finish it was a much improved Murray Hale (North Bay, Ont.) who emerged from the driving rain and flying mud to win the M40 division and the race overall followed quickly by the M45 winner, Gerry Tighe (B.C.) with Bob Knuckey, this year's Can Am challenge winner, third in the race, second in M40. Ben Johns won a great race with a valiant Gary Baker in the M50 division while CMAA membership secretary Richard Graves (M55), visiting the Province of his birth, was defeated by John Smith from Bedford, N.S. Earl Fee easily won the M60's and Kurt Gelbhaar the M65's; Lawrence MacInnis of Goldboro, N.S. (M70) was unchallenged as Aaron Kazdan's injury relegated him to the cheering section.

In the Women's divisions it was mainly Nova Scotia as Holly Whitman won an impressive duel with Joan Merlin, Marie Louise Leclair and Louise Leduc to win W35 honours. Eunice Phillips, Fredericton N.B., won the W40 over Shirley Pommier (Ont) while Mary Davidson, Wolfville N.S., also impressed, winning the W50. Molly Turner, who with husband Jim had driven from Ontario, also ran a fine race, capping a great year as she won the W55's while Marjorie Daniels, wife of CMAA ~~former~~ President Danny (3rd in M60), won the W60 division, Helen Jeppeson the W65 and Judith Kazdan won the W70. I believe Judith has won each of the many races she has run this year. What an inspiration!!

The real heroes of the day however were the many Marshalls and Officials of the Nova Scotia Association. When we completed our race they were only beginning a full day's program of Open and Junior events in the unkind weather to enable Canada's Youth to qualify for the World Cross Country teams. Thank you, one and all.

After recovery, ensconced in the warm armouries near the course, Brian Oxley (CMAA Past President), Richard Graves, Chris Hollebhone (CMAA Nova Scotia Director) and I had the pleasure of awarding the championship medals and of thanking the Nova Scotians for their friendly hospitality and Athletics Canada for their cooperation. Let's make 1991 even bigger and better.

THE CANADIAN CROSS COUNTRY CHAMPIONSHIPS
 LE CHAMPIONNAT CANADIEN DE CROSS COUNTRY 1990
 HALIFAX, CANADA NOVEMBER 18th, 1990
 Masters Men & Women
 Hommes Maitres & Femmes

- Official Results -
 - Resultats Officiels -

| PLACE | OVER | TEMP | NOM | DIV | VILL | PROV |
|-------|------|---------|----------------------|------|---------------|-------|
| ----- | -ALL | TIME | NAME | ---- | CITY | ----- |
| 1 | 1 | 0:25:29 | Murray HALE | M 40 | North Bay | ON |
| 2 | 3 | 0:25:54 | Bob KNUCKEY | 40 | | ON |
| 3 | 4 | 0:26:11 | Craig RUNYAN | 40 | | BC |
| 4 | 5 | 0:26:22 | Kneale QUAYLE | 40 | | BC |
| 5 | 6 | 0:26:46 | Terry MOSHER | 40 | Dartmouth | NS |
| 6 | 7 | 0:26:46 | John PICKARD | 40 | Ashburn | ON |
| 7 | 8 | 0:26:49 | Ron JEPPESEN | 40 | Dartmouth | NS |
| 8 | 11 | 0:27:09 | Brent MACDONALD | 40 | Bedford | NS |
| 9 | 14 | 0:27:18 | Jim CLEVELAND | 40 | Hubbards | NS |
| 10 | 16 | 0:28:25 | Mike CONNOLLY | 40 | Halifax | NS |
| 11 | 17 | 0:28:28 | Abadh WHITSWAY | 40 | | NS |
| 12 | 19 | 0:29:14 | Chris ANDERSON | 40 | | NS |
| 13 | 21 | 0:29:43 | Carman KING | 40 | Halifax | NS |
| 14 | 22 | 0:30:00 | Gerald MACDONALD | 40 | Annapolis Co. | NS |
| 15 | 26 | 0:30:40 | Rich CAMERON | 40 | | NS |
| 16 | 36 | 0:32:03 | Mike HARVEY | 40 | | NS |
| 17 | 40 | 0:33:35 | John BEVAN | 40 | Halifax | NS |
| 18 | 44 | 0:34:13 | William MILLS | 40 | Dartmouth | NS |
| * Y 1 | 2 | 0:25:40 | Jerry TIGHE | M 45 | | BC |
| 2 | 12 | 0:27:09 | Jim WILSON | 45 | Toronto | ON |
| 3 | 13 | 0:27:14 | Glen NORCLIFFE | 45 | Maple | ON |
| 4 | 15 | 0:28:22 | Paul BOURGEOIS | 45 | Grande Digue | NB |
| 5 | 18 | 0:28:53 | Bill NORTON | 45 | Halifax | NS |
| 6 | 27 | 0:31:27 | Gordon WARNICA | 45 | Fall River | NS |
| 7 | 29 | 0:31:40 | Chris HOLLEBONE | 45 | Bedford | NS |
| 8 | 38 | 0:32:37 | Peter FLEMING | 45 | Halifax | NS |
| 1 | 9 | 0:26:50 | Ben JOHNS | M 50 | Ottawa | ON |
| 2 | 10 | 0:27:04 | Gary BAKER | 50 | Toronto | ON |
| 3 | 20 | 0:29:20 | Ed KAVANAUGH | 50 | | BC |
| 4 | 23 | 0:30:08 | Ray WILL | 50 | | NF |
| 5 | 34 | 0:31:59 | Rex YOUNG | 50 | Greenwood | NS |
| 6 | 52 | 0:40:08 | George CASSON | 50 | Truro | NS |
| 1 | 28 | 0:31:33 | John SMITH | 55 | Bedford | NS |
| 2 | 37 | 0:32:26 | Richard GRAVES | M 55 | Etobicoke | ON |
| 3 | 46 | 0:34:40 | Arnold ROBERTSON | 55 | Hantsport | NS |
| 4 | 50 | 0:38:10 | Brian OXLEY | 55 | Scarborough | ON |
| 1 | 33 | 0:31:53 | Earl FEE | M 60 | Mississauga | ON |
| 2 | 42 | 0:34:00 | Ralph LANG | 60 | Etobicoke | ON |
| 3 | 48 | 0:36:53 | Dan DANIELS | 60 | | YU |
| 4 | 51 | 0:38:44 | David MCBRIDE | 60 | Halifax | NS |
| 1 | 35 | 0:32:02 | Kurt GELBHAAR | M 65 | Sudbury | ON |
| 2 | 55 | 0:46:21 | Don FARQUHARSON | 65 | | ON |
| 1 | 47 | 0:36:42 | Lawrence MACINNIS | 70 | Goldboro | NS |
| 1 | 24 | 0:30:09 | Holly WHITMAN | W 35 | Halifax | NS |
| 2 | 25 | 0:30:19 | Joan MERLIN | 35 | | NS |
| 3 | 30 | 0:31:42 | Marie Louise LECLAIR | 35 | Halifax | NS |
| 4 | 32 | 0:31:43 | Louise LEDUC | 35 | Bear River | NS |
| 1 | 31 | 0:31:42 | Eunice PHILLIPS | W 40 | Fredericton | NS |
| 2 | 39 | 0:33:09 | Shirley POMMIER | 40 | Sudbury | ON |
| 1 | 43 | 0:34:08 | Mary DAVIDSON | W 50 | Wolfville | NS |
| 2 | 49 | 0:37:05 | Helen PETERS | 50 | | MB |
| 1 | 41 | 0:33:44 | Molly TURNER | W 55 | Scarborough | ON |
| 2 | 53 | 0:40:54 | Bella CASSON | 55 | Truro | NS |
| 1 | 56 | 0:47:46 | Marjorie DANIELS | W 60 | | BC |
| 1 | 57 | 0:51:00 | Helen JEPPESEN | W 65 | Truro | NS |
| 1 | 54 | 0:45:42 | Judith KAZDAN | W 70 | Willowdale | ON |
| * 19 | 45 | 0:34:17 | Mike JESSOME | M 40 | Fall River | NS |