

# Canadian Cross Country Championships

Jericho Beach, Vancouver BC

8K Saturday, December 3rd

Hosted by British Columbia Athletics

## W30

1 McLaren, Lindsay	Calgary Roadrunners	29:21	80.58%
2 Cobain, Sharlene	Marathon Dynamics	32:50	72.03%
3 Rung, Kathy	Comox Valley Roa	33:12	71.23%
4 Billiard, Sonya	Unattached	33:55	69.73%

## W35

1 Clarke, Rhona	Calgary Roadrunners	32:40	75.08%
2 House, Kim	Achilles Running	33:41	72.81%
3 Godley, Jenny	Calgary Roadrunners	34:17	70.41%

## W40

1 Patterson, Janice	Calgary Roadrunners	31:41	78.69%
2 Hopkins, Colleen	Toronto Olym	32:09	77.55%
3 Nightingale, Teresa	Sunshine Coast A	32:58	75.00%
4 Jones, Liz	Kajaks Tfc	33:32	73.73%
5 Bunting, Annie	Marathon Dynamics	33:41	74.02%
6 Dixon, Donna	Calgary Roadrunners	34:00	74.56%
7 de Lomos, Jane	Kajaks Tfc	35:02	70.58%
8 Plouvier, Jill	Hershey Harriers	35:26	70.36%
9 Soucy-Fraser, Louise	Etobicoke H	40:27	63.20%

## W45

1 DeBoer, Lynda	Etobicoke H	31:45	81.93%
2 MitchinsonBailey, Lori	South Simcoe	33:10	79.83%
3 Holloway, Jackie	Hershey Harriers	33:16	79.59%
4 Willis, Katherine	Etobicoke H	37:47	69.46%

## W50

1 de St Croix, Maureen	Kajaks Tfc	31:52	86.22%
2 Klause, Doreen	Unattached	34:51	78.09%
3 Northcott, Clara	Etobicoke H	36:02	75.53%
4 Sweazey, Nanci Patten	Etobicoke H	38:43	69.64%

## W55

1 Stromsmoe, Marcia	Prairie Inn Harr	37:31	75.40%
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## W65

1 Visser, Helly	Calgary Roadrunners	45:12	71.73%
2 Christensen, Joan	Scarborough Masters	45:36	69.29%
3 Saunders, Barbara	Unattached	46:13	69.25%

## M30

1 Kay, Doug	Ottawa Track	34:33	61.69%
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## M35

1 Barrett, Jeff	Saugeen Track &	28:16	75.91%
2 Bauman, Margin	Saugeen Track &	29:07	73.20%
3 Freeland, Keith	Tri-City Track Club	29:44	73.17%
4 Hibers, Brian	Saugeen Track &	29:53	72.80%

## M40

1 McCloy, Paul	Calgary Roadrunners	26:55	83.15%
2 Bachop, Steve	Prairie Inn Harr	26:59	81.76%
3 Healy, Todd	Prairie Inn Harr	27:28	80.32%
4 Lee, Richard	Prairie Inn Harr	28:02	81.01%
5 Becklumb, Adrian	Calgary Roadrunners	28:30	77.41%
6 Moon, Michael	Road and Runners	28:45	79.00%
7 Pardy, Bruce	Unattached	28:46	77.25%



**M40 (con't)**

8 Olson, Kevin	Unattached	28:48	78.28%
9 Christie, Gord	Prairie Inn Harr	28:52	78.68%
10 Kaandorp, John	Saugeen Track &	29:04	77.56%
11 Durrant, Robert	Unattached	29:30	74.79%
12 Huerta, Arturo	Nanaimo & Distri	29:40	74.90%
13 Gill, Michael	Unattached	30:44	73.90%
14 Vining, Scott	Owen Sound Runners	31:42	71.64%
15 Roy, Fraser	Owen Sound Runners	31:49	69.84%
16 Corson, Robert	Calgary Roadrunners	32:48	67.26%
16 Corcoran, Bill	Wapiti Striders	32:48	69.24%
18 Meloche, Nick	Owen Sound Runners	32:53	69.07%
19 Nemethy, Mark	Unattached	33:31	66.30%

**M45**

1 Longergan, Rob	Hershey Harriers	26:55	85.64%
2 Holliday, John	Newmarket Huskies	27:46	82.40%
3 Boileau, Art	Hershey Harriers	28:42	81.57%
4 Wood, Tim	Owen Sound Runners	29:10	80.26%
5 Sigalet, Philllip	Kamloops Ridge R	29:25	77.78%
6 Martinson, Brian	Prince George Ro	29:33	78.62%
7 Findlay, Max	Unattached	30:18	77.26%
8 Gus, David	Calgary Roadrunners	30:25	75.22%
9 Wade, Bob	Hershey Harriers	30:47	74.89%
10 Longo, Larry	Toronto Olym	30:52	75.26%
11 Dooley, Chuck	Unattached	31:19	75.34%
12 Lang, Robert	Unattached	31:26	75.06%
13 Lambert, Tony	Unattached	31:40	74.51%
14 Theriault, Dave	Caltaf	34:09	69.09%
15 Amer, Jeff	Owen Sound Runners	34:21	66.61%
16 Hopkins, Eric	Calgary Roadrunners	34:29	66.35%
17 Watson, Peter	Unattached	35:15	66.41%
18 Keeting, Alex	Etobicoke H	35:56	65.15%

**M50**

1 Reimer, Paul	Deerfoot Athleti	28:34	83.24%
2 Secker, Mike	Calgary Roadrunners	29:21	83.72%
3 Russell, Cliff	Edmonton Masters	30:13	79.99%
4 Lehmann, Joe	Owen Sound Runners	30:22	78.30%
5 Holmes, Bob	Edmonton Thunder	30:43	78.05%
6 Wichmann, Ron	Chilliwack Track	33:07	71.80%

**M55**

1 Swalding, Jim	Lions Gare Road	30:48	82.64%
2 Hale, Murray	Etobicoke H	32:06	77.89%
3 Pauluk, Fred	Kajaks Tfc	34:40	73.42%

**M60**

1 Madderom, Jake	Kajaks Tfc	35:31	73.71%
2 Jamieson, Alex	Kajaks Tfc	35:40	72.68%
3 Christensen, Vern	Scarborough Masters	36:21	74.21%
4 Wilson, Reginald	Scarborough Masters	39:14	67.39%

**M65**

1 Phillips, Herb	Prairie Inn Harr	31:19	87.02%
2 Bauer, Gunther	Phoenix AA	36:46	75.79%
3 Kavanaugh, Ed	Hershey Harriers	37:30	72.67%
4 Fenz, Hanz	Unattached	37:44	73.85%
5 Goodstadt, Michael	Scarborough Masters	38:35	70.63%

**M70**

1 Davies, Roger	Calgary Roadrunners	36:45	78.47%
2 Chisholm, Tom	Unattached	40:47	71.61%

**M75**

1 Kurucz, Frank	Nomads	41:31	75.27%
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# Club Team Results

## W30-39

### **Calgary Roadrunners - Alberta**

Lindsay McLaren	29:21
Janice Patterson	31:41
Rhonda Clark	32:40
Donna Dixon	<u>34:00</u>
<b>Total</b>	<b>2:07:42</b>

## W40-49

### **1. Etobicoke Huskies Striders - Ontario**

Lynda Deboer	31:45
Clara Northcott	36:02
Katherine Willis	37:47
Nanci Patten Sweazey	<u>38:43</u>
<b>Total</b>	<b>2:24:17</b>

## M30-39

### **1. Saugeen Track & Field Club - Ontario**

Jeff Barrett	28:16
John Kaandorp	29:04
Marvin Bauman	29:07
Brian Hilbers	<u>29:53</u>
<b>Total</b>	<b>1:56:20</b>

## M40-49

### **1. Prairie Inn Harriers - British Columbia**

Steve Bachop	26:59
Todd Healy	27:28
Richard Lee	28:02
Gord Christie	<u>28:52</u>
<b>Total</b>	<b>1:51:21</b>

### **2. Calgary Roadrunners - Alberta**

Paul McCloy	26:55
Adrian Becklumb	28:30
Mike Secker	29:21
David Guss	<u>30:25</u>
<b>Total</b>	<b>1:55:11</b>

### **3. Owen Sound Runners - Ontario**

Tim Wood	29:10
Joe Lehmann	30:22
Scott Vining	31:42
Fraser Roy	<u>31:49</u>
<b>Total</b>	<b>2:03:03</b>

## M50-59

### **1. Kajaks Track & Field Club - British Columbia**

Maureen de St. Croix	31:52
Fred Pawluk	34:40
Jake Madderom	35:31
Alex Jamieson	<u>35:40</u>
<b>Total</b>	<b>2:17:43</b>

## M60-69

### **1. Scarborough Masters - Ontario**

Vern Christensen	36:21
Michael Goodstadt	38:35
Reginald Wilson	<u>39:14</u>
<b>Total</b>	<b>1:54:10</b>

## M70-79

### **1. Calgary Roadrunners - Alberta**

Roger Davies	36:45
Helly Visser	<u>45:12</u>
<b>Total</b>	<b>1:21:57</b>

**First Place M30 Team**  
 Saugeen Track and Field Club  
**Marvin Bauman, John Kaandorp,**  
**Jeff Barrett, Brian Hilbers**  
 Photo by Joan Christensen



## *The Bluenose Trophy*

### Provincial Age-graded Award

#### Team British Columbia

Herb Philips	87.02%
Maureen de St Croix	86.22%
Rob Lonergan	85.64%
Paul Reimer	<u>83.24%</u>
Average	85.53%

#### Team Alberta

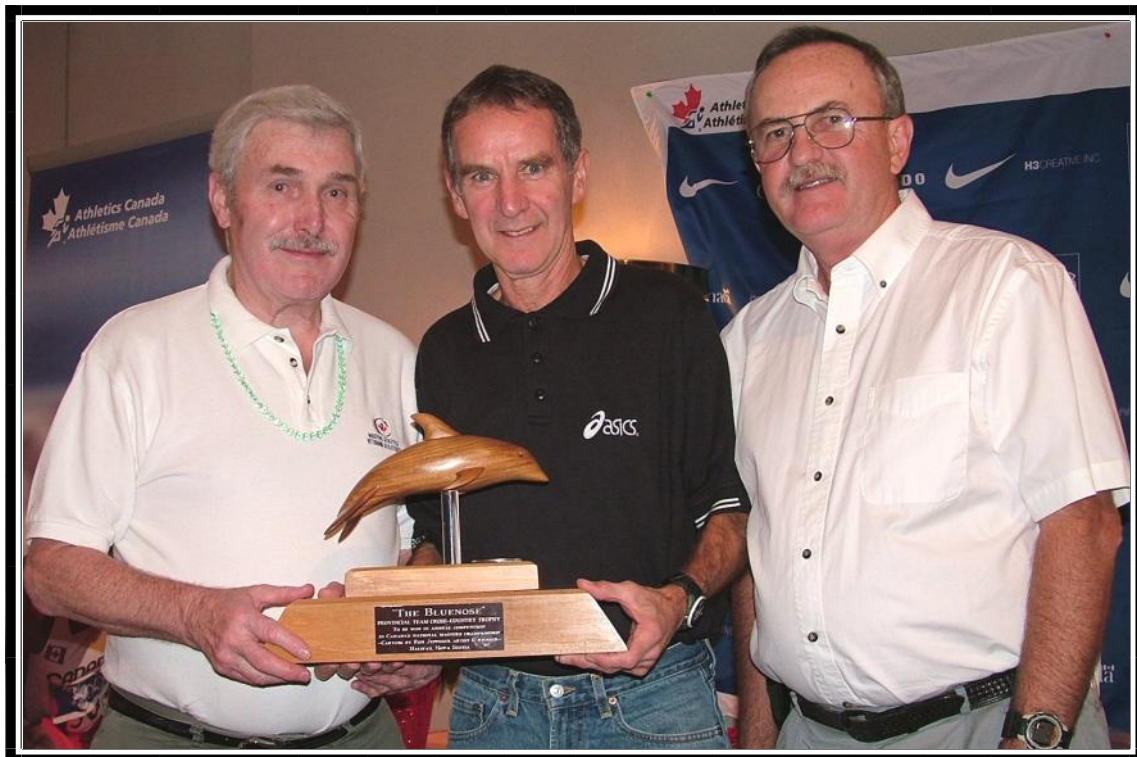
Mike Secker	83.72%
Paul McCloy	83.15%
Cliff Russell	79.99%
Janice Patterson	<u>78.69%</u>
Average	81.39%

#### Team Ontario

John Holliday	82.40%
Lynda DeBoer	81.93%
Tim Wood	80.26%
Lori Mitchenson-Bailey	<u>79.83%</u>
Average	81.11%



**W45 Lynda DeBoer (L) and W50 Maureen de St Croix**  
both were in the top four AG for their provincial teams - scoring towards the *Bluenose*



**Herb Phillips** accepts the *Bluenose Trophy*  
from CMAA Treasurer Jack Castle and CMAA President Brian Keaveney  
Herb's 87.05 AG% was the highest overall score

Photo by Joan Christensen