

Canadian Masters 8K Cross Country Championship

Saturday, November 25, 2000

Centennial Park, Etobicoke, ON

Hosted by the Etobicoke Huskies Striders



Photo - Jack Castle

BC takes it out fast after the first 1K loop.

PLACE	RUNNER'S NAME	AGE	CLUB	TIME
F30				
1	ALEXANDRA BABCOCK	32	UNATTACHED	30:23
2	TANJA DEGEN	31	EAST TORONTO STRIDERS	33:41
3	KIM HOUSE	34	ACHILLES RUNNING CLUB	34:48
4	BARB EMERY	30	ROUGE RIVER RR	38:19
M35				
1	GORDON CHRISTIE	39	UNATTACHED	27:25
2	DAN MAJOR	38	UNATTACHED	27:28
3	KEVIN HOOPER	37	OWEN SOUND RUNNERS	28:10
4	DALE LAPHAM	35	XL'S TRACK CLUB	28:57
5	IAN LAM	37	LONGBOAT ROAD RUNNERS	35:54
F35				
1	COLLEEN HOPKINS	36	UNATTACHED	32:41
2	SANDRA OMAND	37	UNATTACHED	33:24
3	ANGELA BARKER	35	LONGBOAT ROAD RUNNERS	36:36
4	CATHERINE VANDENBERG	39	UNATTACHED	37:37
5	LOUISE SOUCY-FRASER	39	ETOBICOKE HS	39:34
6	ALEMKA DOPUDA	38	LONGBOAT ROAD RUNNERS	40:29
7	TERRY GIGNAC	37	UNATTACHED	40:41
M40				
1	KEVIN TITUS	44	BC ATHLETICS	26:47
2	ROB LONERGAN	41	BC ATHLETICS	27:08
3	ART BOILEAU	43	BC ATHLETICS	27:20
4	ROB EARL	41	EAST TORONTO STRIDERS	28:07
5	JAMES EARL	41	EAST TORONTO STRIDERS	28:12
6	JONATHAN BLACK	42	UNATTACHED	28:51
7	TED KENNEDY	44	UNATTACHED	28:53
8	KEN HAWTHORN	41	UNATTACHED	29:01
9	PAUL ROOT	42	EAST TORONTO STRIDERS	29:24
10	DOUG KENNEDY	41	UNATTACHED	29:38
11	LOUIS CARRY	44	ENDURANCE	29:44
12	RAY PAULINS	40	UNATTACHED	29:46
13	JIM VAN BUSKIRK	44	GEORGETOWN RUNNERS	29:59
14	TIM ANDREW	40	UNATTACHED	30:07
15	PHILIP STEEL	43	HAMILTON HARRIERS	30:11
16	WINSTON STAIRS	43	UNATTACHED	30:12



Photo - Jack Castle

M40 Kevin Titus led from the start.

17 GRAHAM HATT	40	GEORGETOWN RUNNERS	30:21
18 DES MOLONEY	40	EAST TORONTO STRIDERS	30:31
19 DAVID TOOKE	43	UNATTACHED	30:33
20 AL BAIGENT	44	T.O.C.	30:53
21 DERRICK WHITE	40	NORTH YORK TFC	31:05
22 GEORGE HUBBARD	42	LONGBOAT ROAD RUNNERS	31:13
23 ALAN DAVIS	44	LAKESHORE MASTERS	31:32
24 CHUCK DUROCHER	43	UNATTACHED	31:43
25 JAMES MORRISON	41	LAKESHORE MASTERS	32:22
26 GIUSEPPE ALLEGRETTI	42	UNATTACHED	32:26
27 GRAHAM MCGEE	41	MARATHON DYNAMICS RC	32:50
28 WAYNE MORRIS	44	LAKESHORE MASTERS	32:58
29 ALEX KEETING	43	ETOBICOKE HS	33:46
30 CLIFF RENFREW	42	OWEN SOUND RUNNERS	34:04
31 PAUL EWING	41	LONGBOAT ROAD RUNNERS	40:42

F40

1 PATTY BLANCHARD	43	BLEU ET OR	30:05
2 JACKIE HOLLOWAY	43	BC ATHLETICS	31:18
3 BERNIE DUFFY	42	BC ATHLETICS	32:13
4 MICHELLE CARR	40	BC ATHLETICS	32:20
5 CHRISTINE LAVALEE	43	PETERBOROUGH LEGION TC	32:33
6 KAREN MACKENZIE	42	UNATTACHED	32:58
7 PEARL ING	44	LONGBOAT ROAD RUNNERS	35:48
8 KATHERINE WILLIS	42	ETOBICOKE HS	37:24
9 LYNN ROBLIN	43	UNATTACHED	41:41
10 JANE TRYON	43	UNATTACHED	46:39

M45

1 MIKE DYON	45	ETOBICOKE HS	27:05
2 JERRY KOOYMANS	45	T.O.C.	27:42
3 JOHN CRAIG	47	T.O.C.	28:19



Photo - Jack Castle

M45 Mike Dyon - 2nd overall.



4 MIKE SECKER	49	RAMS	28:43
5 GEORGE AITKIN	48	CAMBRIDGE HARRIERS	29:04
6 JOE LEHMANN	45	OWEN SOUND RUNNERS	29:29
7 JOHN GRACE	49	GEORGETOWN RUNNERS	29:55
8 ANTHONY FARR	45	UNATTACHED	30:18
9 JOHN CLARKE	49	GEORGETOWN RUNNERS	30:41
10 TED MCKEIGAN	48	T.O.C.	30:45
11 KEITH RODRIGUES	47	UNATTACHED	31:17
12 MIKE SELLO	46	UNATTACHED	31:27
13 LARRY HOO	47	UNATTACHED	31:56
14 KEN HARPER	45	LONGBOAT ROAD RUNNERS	32:27
15 JIM RAWLING	45	LONGBOAT ROAD RUNNERS	32:31
16 MICHAEL BRENNAN	46	MARATHON DYNAMICS RC	32:40
17 BRAD MORLEY	47	OWEN SOUND RUNNERS	32:48
18 TIM UUKSULAINEN	49	LONGBOAT ROAD RUNNERS	32:59
19 WAYNE CHEE	46	MARATHON DYNAMICS RC	33:28
20 DAVID IRVINE	46	UNATTACHED	33:29
21 GREG KUCZKOWSKI	47	T.O.C.	33:36
22 PETER ALLEN	47	ETOBICOKE HS	34:51
23 ROBERT GLAZIER	49	MARATHON DYNAMICS RC	34:57
24 MIKE TURNER	45	LONGBOAT ROAD RUNNERS	35:54
25 ROGER STEIN	49	UNATTACHED	35:55
26 CLAUDE DAVID	45	ENDURANCE	36:13
27 DAVID GRANT	49	FRONTENAC COUNTY TC	36:14
28 DOUG SMITH	49	UNATTACHED	36:22
29 FRANK DIRIENZO	46	ETOBICOKE HS	36:24
30 JIRI KOPKA	48	LONGBOAT ROAD RUNNERS	36:49



Photo - Jack Castle

M50 Brad Simser, W40 Bernie Duffy, W40 Christine Lavalee

31 KEVIN HAYES	47	LONGBOAT ROAD RUNNERS	38:40
F45			
1 GWYN WOODSON	49	BC ATHLETICS	33:19
2 LYNN KOBAYASHI	45	LONGBOAT ROAD RUNNERS	34:02
3 ADELE EMO	49	LONGBOAT ROAD RUNNERS	38:54
4 PAULINE WATSON	46	UNATTACHED	39:35
5 CHRISTINE GUY	47	ETOBICOKE HS	39:47
6 LAURIE DE GRACE	47	UNATTACHED	41:37
7 DIANNE MARROW	45	LONGBOAT ROAD RUNNERS	41:38
8 JACKIE MANDZIAK	45	ETOBICOKE HS	42:51
9 JUDY LEAHY	45	LONGBOAT ROAD RUNNERS	49:45
10 CATHY TEDFORD	47	UNATTACHED	53:46
11 ROBIN BUTTON	47	LONGBOAT ROAD RUNNERS	54:35

M50			
1 JOHN DEFINNEY	50	CENTAURS	29:36
2 PETER HAASE	54	LONDON PACERS	30:13
3 BILL HORWICK	53	UNATTACHED	30:32
4 MURRAY HALE	51	NBLTC	30:52
5 MIKE BEDLEY	53	LONGBOAT ROAD RUNNERS	31:24
6 TIM PAYNE	50	ROUGE RIVER RR	31:58
7 BRADFORD SIMSER	52	ROUGE RIVER RR	32:15
8 MURRAY MOSTYN	54	ROUGE RIVER RR	32:51
9 ROGER DE PLANCKE	50	ROUGE RIVER RR	33:00
10 BOB KNUCKEY	52	GEORGETOWN RUNNERS	33:10
11 BARRY SNIDER	53	UNATTACHED	33:27
12 BERT DE VRIES	54	LONGBOAT ROAD RUNNERS	34:05
13 GAËTAN BRETON	52	SHERBROOKE	34:10



M45 John Grace, M50 John DeFinney, M40 Tim Andrew, M40 Doug Kennedy



14 MICHAEL CARTER	51	SCARBOROUGH MASTERS	35:09
15 TONY FLETCHER	50	LONGBOAT ROAD RUNNERS	35:27
16 TREVOR STOKES	50	CAMBRIDGE HARRIERS	35:28
17 DON KRUEGER	52	ETOBICOKE HS	35:46
18 DICK WILKS	52	UNATTACHED	35:52
19 SIMON LITTLE	50	ORILLIA ATHLETIC CLUB	36:02
20 HANS ENGELHARDT	51	CAMBRIDGE HARRIERS	36:03
21 DAVID BOOTH	53	GEORGETOWN RUNNERS	36:26
22 JOHN LYNG	50	LONGBOAT ROAD RUNNERS	36:32
23 RON ROWE	54	CAMBRIDGE HARRIERS	36:42
24 HOWARD PARKER	51	ROUGE RIVER RR	37:37
25 JIM O'HANDLEY	52	GEORGETOWN RUNNERS	39:36
26 BILL FAWCETT	50	ORILLIA ATHLETIC CLUB	41:22
27 KEN GLANCE	51	NORTH YORK	46:49

F50			
1 LINDA FINDLEY	52	ETOBICOKE HS	35:30
2 PATRICIA HINTON	51	UNATTACHED	38:43
3 NANCY WELLS	54	LONGBOAT ROAD RUNNERS	38:52
4 ANGELLA MEYER	50	GEORGETOWN RUNNERS	47:16



M50 Murray Hale, M40 Des Moloney, M50 Jim Clarke, M45 John Clarke

5 BRENDA CASSEL	51	CAMBRIDGE HARRIERS	49:50
M55			
1 JIM CLARKE	56	GEORGETOWN RUNNERS	32:03
2 CHARLIE UPSHALL	56	GEORGETOWN RUNNERS	33:17
3 DAVID SHERIDAN	56	H.A.C.	33:37
4 GARY CASSEL	55	CAMBRIDGE HARRIERS	33:40
5 GLEN NORCLIFFE	57	T.O.C.	33:52
6 ALLAN QUARTEMAIN	59	LONGBOAT ROAD RUNNERS	34:00
7 HUGH CONNOLLY	55	LONGBOAT ROAD RUNNERS	34:15
8 VERN CHRISTENSEN	59	SCARBOROUGH MASTERS	34:17
9 JIM WILSON	55	GEORGETOWN RUNNERS	34:48
10 PHIL PYATT	55	SCARBOROUGH MASTERS	35:09
11 REG WILSON	57	SCARBOROUGH MASTERS	36:06
12 BOB CASTLE	57	ETOBICOKE HS	36:57
13 COLIN ROYCE	57	GEORGETOWN RUNNERS	38:10
14 BERNARD CONWAY	59	LONDON PACERS	39:55
15 JOHN POWELL	56	ETOBICOKE HS	41:14
16 ADRIAN BEER	56	GEORGETOWN RUNNERS	43:15
17 BOB KIDNEY	55	LONGBOAT ROAD RUNNERS	43:46
18 PAUL COLLIER	57	LONGBOAT ROAD RUNNERS	47:11

F55			
1 CLAIRE OGER	56	LONGBOAT ROAD RUNNERS	41:30
2 SUZANNE QUARTERMAIN	57	LONGBOAT ROAD RUNNERS	45:10
3 TINA DE GEUS	56	LONGBOAT ROAD RUNNERS	47:39

M60			
1 HERB PHILLIPS	60	BC ATHLETICS	30:56
2 ROBERT MOORE	60	T.O.C.	31:41
3 JACK GEDDES	63	SCARBOROUGH MASTERS	32:40
4 RON CRICHTON	64	ETOBICOKE HS	37:09
5 JIM IRONS	64	T.O.C.	37:24
6 DONALD JONES	64	ETOBICOKE HS	37:39
7 DUNCAN MOUNSEY	62	GEORGETOWN RUNNERS	38:23
8 BARRY GRIST	60	CAMBRIDGE HARRIERS	39:23
9 MIKE WEARING	63	LONGBOAT ROAD RUNNERS	40:31
10 PAUL BURROUGHS	62	GEORGETOWN RUNNERS	41:00

F60			
1 ADRI ROWSWELL	60	SCARBOROUGH MASTERS	45:17

M65			
1 BILL BRYSON	66	SCARBOROUGH MASTERS	37:58
2 GERHARD KROLOW	65	M.T.F.C.	38:44
3 JIM MILLIGAN	65	LONGBOAT ROAD RUNNERS	38:49
4 BOB WILD	68	MUSKOKA	40:15
5 RICHARD GRAVES	67	ETOBICOKE HS	40:30
6 MORGYN PATERSON	68	ETOBICOKE HS	42:03
7 STEVE MENTE	68	ETOBICOKE HS	53:55

M70			
1 EARL FEE	71	UNATTACHED	37:35
2 RALPH LANG	72	M.T.F.C.	42:22
3 FELIX CHARLES	72	ETOBICOKE HS	46:23
4 KEN MORRIS	70	MASTERS SPRINT CLUB	51:36

M75			
1 BILL CAMERON	75	M.T.F.C.	48:09
2 ODINO SOLIGO	79	UNATTACHED	49:53

CLUB TEAM RESULTS - M40 (TEAM NAME - PLACES AND RUNNERS' NAMES IN ORDER OF FINISH)

1. EAST TORONTO STRIDERS 8 10 18 34 = 70
 ROB EARL M40, JAMES EARL M40, PAUL ROOT M40, DES MOLONEY M40



M40 Wayne Morris, W40 Karen Mackenzie, M50 Roger DePlanke, M45 Tim Uuksulainen
 Photos - Jack Castle



M55 Jim Wilson just edges W30 Kim House M45 Peter Allen and M55 Bob Glazier are just behind them.

*Next Year's Championship
 will be in
 Moncton, New Brunswick*



1st M40 Team - East Toronto Striders
Rob, Des, Paul, James



1st M60 Team - Scarborough Masters
Jack, Adri, Bill
Note...one woman may run on a Men's team

2. TORONTO OLYMPIC CLUB 7 11 38 40 (49) (79) = 96
JERRY KOOYMANS M45, JOHN CRAIG M45, TED MCKEIGAN M45, AL BAIGENT M40,
ROBERT MOORE M60, GREG KUCZKOWSKI M45
3. GEORGETOWN RUNNERS 24 25 32 37 = 118
JOHN GRACE M45, JIM VAN BUSKIRK M40, GRAHAM HATT M40, JOHN CLARKE M45
4. LONGBOAT D 43 59 60 70 = 232
GEORGE HUBBARD M40, KEN HARPER M45, JIM RAWLING M45, TIM UUKSULAINEN M45
5. ETOBICOKE HUSKIES A 2 83 94 113 = 292
MIKE DYON M45, ALEX KEETING M40, PETER ALLEN M45, FRANK DIRIENZO M45
6. MARATHON DYNAMICS RC 62 66 77 95 = 300
MICHAEL BRENNAN M45, GRAHAM MCGEE M40, WAYNE CHEE M45, ROBERT GLAZIER M45
7. LONGBOAT E 104 118 131 148 = 501
MIKE TURNER M45, JIRI KOPKA M45, KEVIN HAYES M45, PAUL EWING M40

CLUB TEAM RESULTS - M50

1. GEORGETOWN RUNNERS B 53 72 73 92 = 290
JIM CLARKE M55, BOB KNUCKEY M50, CHARLIE UPSHALL M55, JIM WILSON M55
2. LONGBOAT F 46 85 88 90 (98) = 309
MIKE BEDLEY M50, ALLAN QUARTEMAIN M55, BERT DE VRIES M50, HUGH CONNOLLY M55,
TONY FLETCHER M50
3. SCARBOROUGH MASTERS 91 96 97 109 (174) = 393
VERN CHRISTENSEN M55, PHIL PYATT M55, MICHAEL CARTER M50, REG WILSON M55, CATHY TEDFORD W45



1st M70 Team - Metro Fitness Club
Ralph & Bill



1st W45 Team - Longboat
Adele, Diane, Lynn, Nancy



1st W35 Team - Merry Moms Of Oakville

- 4. CAMBRIDGE HARRIERS 81 99 108 117 (137) = 405
GARY CASSEL M55, TREVOR STOKES M50, HANS ENGELHARDT M50, RON ROWE M50, BARRY GRIST M60
- 5. ETOBICOKE HUSKIES D 101 119 150 163 = 533
DON KRUEGER M50, BOB CASTLE M55, JOHN POWELL M55, FELIX CHARLES M70
- 6. GEORGETOWN RUNNERS A 114 128 140 159 = 541
DAVID BOOTH M50, COLIN ROYCE M55, JIM O'HANDLEY M50, ADRIAN BEER M55

CLUB TEAM RESULTS - M60

- 1. SCARBOROUGH MASTERS 63 127 162 = 352
JACK GEDDES M60, BILL BRYSON M65, ADRI ROWSWELL W60
- 2. ETOBICOKE HUSKIES C 120 126 145 (156) (175) = 391
RON CRICHTON M60, DON JONES M60, RICHARD GRAVES M65, MORGYN PATERSON M65, STEVE MENTE M65
- 3. GEORGETOWN RUNNERS 130 149 167 = 446
DUNCAN MOUNSEY M60, PAUL BURROUGHS M60, ANGELLA MEYER W50

CLUB TEAM RESULTS - M70

- 1. METRO TORONTO FITNESS 157 169 = 326
RALPH LANG M70, BILL CAMERON M75

CLUB TEAM RESULTS - W35

- 1. MERRY MOMS OF OAKVILLE 75 124 139 153 (155) (164) = 491
SANDRA OMAND W35, CATHERINE VANDEN BERG W35, PAULINE WATSON W45, LAURIE DE GRACE W45, LYNN ROBLIN W40, JANE TRYON W40
- 2. ETOBICOKE HUSKIES B 100 121 138 141 (158) = 500
LINDA FINDLEY W50, KATHERINE WILLIS W40, LOUISE SOUCY-FRASER W35, CHRISTINE GUY W45, JACKIE MANDZIAK W45
- 3. LONGBOAT A 102 116 144 170 = 532
PEARL ING W40, ANGELA BARKER W35, ALEMKA DOPUDA W35, JUDY LEAHY W45

CLUB TEAM RESULTS - W45

- 1. LONGBOAT B 86 135 136 154 (176) = 511
LYNN KOBAYASHI W45, NANCY WELLS W50, ADELE EMO W45, DIANNE MARROW W45, ROBIN BUTTON W45

CLUB TEAM RESULTS - W55

- 1. LONGBOAT C 152 161 168 = 481
CLAIRE OGER W55, SUZANNE QUARTERMAIN W55, TINA DE GEUS W55

Results courtesy *RRResults*

Blue Nose Trophy Results.....

1st - **British Columbia**

1	KEVIN TITUS	M 44	26:47	84.84
3	HERB PHILLIPS	M 60	30:56	83.84
6	ART BOILEAU	M 43	27:20	82.52
9	ROB LONERGAN	M 41	27:08	81.92

Average Age Grade = **83.28**

2nd - **Ontario**

2	MIKE DYON	M 45	27:05	84.51
5	JERRY KOOYMANS	M 45	27:42	82.63
8	JOHN CRAIG	M 47	28:19	82.08
10	BOB MOORE	M 60	31:41	81.86

Average Age Grade = **82.77**



M40 Jonathan Black leads **M40 Ted Kennedy** and **M35 Dale Lapham** 10m from the finish line.



M50's 1st John DeFinney, 2nd Peter Haase

Below...W40 Patty Blanchard, M40 Tim Andrew, M40 Phillip Steel
 Patty was the 1st woman overall. Her husband Marc Beaudoin will be the meet director at next year's championships in Moncton.

Below Right... M45 Michael Brennan just edges
M60 Jack Geddes and **W35 Colleen Hopkins**

