

Ontario Cross Country Championships

Brockville - Sunday, November 19th

Hosted by Bob Tucker and the Brockville Legion Athletic Club

5000m Masters Race

M30	Weppler, Jason	SAG	16:52.84	76.6%	W40	Hopkins, Colleen	TOC	20:56.54	74.2%
	Iozzo, Mario	NWH	17:09.86	75.3%		Lamontagne, Anne	TPT	21:51.34	70.6%
	Tepper, David	NWH	17:36.17	73.6%		Knowles, Kelly	OTW	21:54.32	70.4%
	Kay, Doug	OTW	22:22.45	58.1%		Gauthier, Nathalie	UNA	23:04.77	66.8%
W30	Nagy, Sarah	NWH	19:58.99	74.4%		Lepage, Michele	TPT	25:39.24	60.6%
M35	Barrett, Jeff	SAG	17:42.04	75.4%	M45	Da Silva-Jardin, Ron	ETS	18:10.97	78.0%
	Hackshaw, Derek	NWH	18:08.06	73.6%		Raaflaub, Richard	PKC	18:12.86	79.0%
	Gosleigh, Ken	SAG	18:21.06	73.8%		Deighan, Chris	NWH	18:21.44	77.8%
	Van Nest, Trevor	NWH	18:47.50	72.1%		Earl, Rob	ETS	18:31.35	77.7%
	Melancon, Bernard	TPT	21:19.65	63.5%		Archibald, Michael	TCTC	18:53.30	77.4%
	McLaughlin, Troy	BTF	21:45.83	61.8%		Cunliffe, Bill	UNA	19:04.64	75.4%
W35	Boultbee, April	UNA	20:15.35	73.8%		Fox, Dana	TCTC	19:07.89	75.8%
	Boultbee, Melanie	UNA	20:44.22	72.0%		Murphy, Steve	NWH	19:36.02	72.8%
	Drummond, Crystal	NWH	21:25.00	70.4%		MacDonald, Bill	NOC	19:41.67	72.5%
	Sviajina, Margarita	UNA	21:45.25	69.0%		Moloney, Desmond	ETS	20:01.91	71.3%
	Potter, Sheryl	NWH	23:30.13	64.8%		Norman, Tim	BVL	20:05.08	72.8%
	Lessard, Anca-Julie	OTW	23:56.77	62.4%		Blostein, Steven	PKC	20:25.52	69.4%
	Maisoneuve, Julie	TPT	24:18.31	62.0%		Hutchinson, Brent	BTF	20:45.34	70.5%
	McCready, Sharon	EHS	24:30.38	61.8%		Luttjeboer, Ben	QLT	21:13.26	68.4%
	Phelps, Paula	TOC	27:59.34	53.6%		Powers, Patrick	BVL	21:27.15	66.5%
M40	Shields, Kevin	TCTC	17:19.16	78.8%		Royce, Rick	PKC	21:32.25	66.8%
	Fiorini, Dan	NWH	17:28.85	80.4%		Langridge, Robb	QLT	21:35.95	66.6%
	Peat, Geoff	NWH	17:52.84	78.1%	W45	Morin, Pierre	VD	22:28.03	64.6%
	McDermott, Pat	PKC	17:59.70	78.1%		DeBoer, Lynda	EHS	21:47.37	74.8%
	Kaandorp, John	SAG	18:19.34	76.7%		Nicholson, Agathe	PKC	22:02.35	72.4%
	Hellard, Rick	OTW	18:20.02	74.4%		Norman, Nancy	BVL	22:18.84	71.5%
	Black, Jamie	MAD	18:39.15	74.8%		Willis, Katherine	EHS	24:50.60	66.4%
	Fullerton, Jim	UNA	18:43.31	73.4%		Acton, Joyce	OTW	25:28.70	63.3%
	Brisson, Jeffrey	PKC	18:45.42	73.8%	M50	Aitkin, George	CAM	19:33.16	77.9%
	Pegrum, Scott	UNA	19:18.34	70.7%		Robbins, Fred	CAM	19:50.01	75.5%
	Mazur, Allan	TCTC	19:55.00	69.0%		Marshall, Tom	BVL	20:13.87	73.4%
	Gonos, John	ETS	20:13.57	67.9%		Meleca, Joe	NWH	20:50.56	71.8%
	Nadon, Jean Pierre	TPT	21:33.01	64.8%		Penney, Dave	QLT	21:23.52	68.9%
	Foran, Tom	WLT	22:11.89	62.9%		Wynands, Ed	BVL	21:25.30	69.9%
	Doxtator, Russell	QLT	25:46.67	54.5%		Yeager, Dave	TOC	21:26.84	70.4%
	Gallagher, Rob	UNA	26:56.09	51.4%		Campbell, Bruce	LSM	22:00.71	67.5%
						Creighton, Denny	LSM	22:23.71	66.3%



	David, Claude	VD	24:29.55	60.7%		Mitchell, Ted	UNA	25:58.32	63.9%
	Del Monte, Luciano	UNA	25:16.29	59.8%		Steady, Wil	BRR	27:57.06	57.9%
	Fitzsimmons, Randy	LSM	30:01.70	49.5%		Powell, John	EHS	30:25.66	53.6%
W50	Northcott, Clara	EHS	23:42.48	73.1%		Cullen, Liam	BRR	32:07.24	
	Egan, Suzanne	OTW	24:05.84	72.0%	M65	Christensen, Vern	SMC	22:50.64	73.4%
	Sweazey, Nanci Patt	EHS	25:18.50	67.7%		Pascoe, Jim	UNA	26:56.73	64.0%
	Lambert-Belanger, L	TPT	29:23.46	59.0%		Raiswell, John	BRR	27:09.20	61.7%
M55	Tucker, Ray	BTF	20:41.46	76.8%	W65	Christensen, Joan	SMC	28:20.31	74.5%
	Payne, Tim	CAM	20:59.77	73.8%	M70	Crichton, Ron	EHS	25:01.84	70.4%
	Swift, Rick	BRR	21:40.74	73.3%	M75	Wilson, Dave	KRR	27:57.00	68.6%
	De Plancke, Roger	CAM	22:35.19	68.6%					
	Smith, Doug	PRS	23:21.70	65.7%					
	Frith, Randy	BRR	23:38.33	67.2%					
W55	Dunbar, Eithne	BRR	32:17.25	58.2%					
M60	Cobbledick, Roger	OTW	23:12.61	70.3%					
	Dunbar, Tony	BRR	24:02.18	67.9%					

Unfortunately, some of the back-of-the-pack runners took the wrong turn or got lost on the course.

Photos by *Jack Castle*



M30 Jason Weppler



M30 Mario Iozzo



M35 Jeff Barrett

Team Results

W30

1	Newmarket Huskies		64:54
	Nagy, Sarah	33	19:59
	Drummond, Crystal	37	21:25
	Potter, Sheryl	39	23:30
2	Timmins Porcupine Track		79:21
	Maisoneuve, Julie	37	24:18
	Lepage, Michele	42	25:39
	Lambert-Belanger, Lucie	52	30:01

W40

1	Etobicoke Huskies		69:20
	DeBoer, Lynda	47	21:47
	Northcott, Clara	52	23:42
	Willis, Katherine	48	24:50
	Sweazey, Nanci Patten	51	25:18
2	Ottawa Lions		71:29
	Knowles, Kelly	41	21:54
	Egan, Suzanne	52	24:05
	Acton, Joyce	46	25:28

M30

1	Newmarket Huskies		52:54
	Iozzo, Mario	30	17:10
	Tepper, David	31	17:36
	Hackshaw, Derek	37	18:08
	Van Nest, Trevor	39	18:47
2	Saugeen Track		52:54
	Weppler, Jason	30	16:52
	Barrett, Jeff	37	17:42
	Kaandorp, John	44	18:19
	Gosleigh, Ken	39	18:21
3	Brantford Track		63:13
	Tucker, Ray	59	20:41
	Hutchinson, Brent	49	20:45
	McLaughlin, Troy	38	21:45
4	Timmins Porcupine		64:44
	Lamontagne, Anne	41	21:51
	Melancon, Bernard	39	21:19
	Nadon, Jean Pierre	43	21:33

M40

1	Newmarket Huskies		53:43
	Fiorini, Dan	44	17:28
	Peat, Geoff	43	17:52
	Deighan, Chris	46	18:21
	Murphy, Steve	46	19:36
2	Physi-Kult		54:58
	McDermott, Pat	44	17:59
	Raaflaub, Richard	47	18:12
	Brison, Jeffrey	42	18:45
	Blostein, Steven	45	20:25
3	Tri-Cities		55:20
	Shields, Kevin	40	17:19
	Archibald, Michael	49	18:53
	Fox, Dana	48	19:07
	Mazur, Allan	41	19:55
4	East Toronto		56:44
	Da Silva-Jardin, Ron	45	18:10
	Earl, Rob	47	18:31
	Moloney, Desmond	46	20:01
	Gonos, John	41	20:13
5	Quinte Legion		64:13
	Luttjeboer, Ben	48	21:13
	Penney, Dave	50	21:23
	Langridge, Robb	47	21:35
	Doxtator, Russell	44	25:46
6	Physi-Kult		65:02
	Powers, Patrick	46	21:27
	Royce, Rick	47	21:32
	Nicholson, Agathe	45	22:02
7	Ottawa Lions		65:29
	Hellard, Rick	40	18:20
	Cobbledick, Roger	62	23:12
	Lessard, Anca-Julie	35	23:56
8	Etobicoke HS		79:58
	McCready, Sharon	38	24:30
	Crichton, Ron	70	25:01
	Powell, John	62	32:17

**W30 Sarah Nagy****M45 Robb Langridge****M50**

1	Cambridge Harriers		60:23
	Aitkin, George	54	19:33
	Robbins, Fred	52	19:50
	Payne, Tim	56	20:59
2	Brockville Legion		63:58
	Marshall, Tom	51	20:13
	Wynands, Ed	52	21:25
	Norman, Nancy	45	22:18
3	Brockville RR		69:21
	Swift, Rick	59	21:40
	Frith, Randy	59	23:38
	Dunbar, Tony	62	24:02
4	Lakeshore Masters		74:26
	Campbell, Bruce	50	22:01
	Creighton, Denny	51	22:24
	Fitzsimmons, Randy	51	30:25

**W35 Sheryl Potter****M60**

1	Brockville RR		76:36
	Cullen, Liam	64	24:07
	Steady, Wil	61	27:59
	Raiswell, John	65	27:09