

Ontario 5K Cross Country Championships

Beverley Morgan Park - Pickering

Sunday, November 21, 2004

Hosted by the *Durham Dragons Athletics*

M30	Ovr				Course was 4875m
1	13	16:39.5	Darren	Weldrick	Reebok
2	15	17:00.2	Marvin	Bauman	Saugeen TFC
3	28	17:41.9	Ron	O'Hare	Newmarket Huskies A
M35					
1	4	16:02.3	Derek	Hackshaw	Newmarket Huskies A
2	7	16:21.0	Jeff	Barrett	Saugeen TFC
3	16	17:02.5	Dave	Scarrow	Saugeen TFC
4	19	17:12.7	Brian	Lovshin	TOC
5	22	17:37.7	Jim	Graham	
6	23	17:38.6	Patrick	MacDonell	Lakeshore Masters
7	26	17:41.4	John	Gonos	East Toronto Striders
8	32	17:48.3	Chris	Gilligan	Newmarket Huskies A
9	33	17:51.9	Alan	Herron	Saugeen TFC
10	44	18:13.8	Craig	McLaughlin	Newmarket Huskies A
11	45	18:24.8	Tim	Collins	Lakeshore Masters
12	58	19:04.2	Dean	Tweed	Longboat Roadrunners A
13	83	20:42.6	David	Ormsby	Longboat Roadrunners A
14	86	21:24.9	Malik	Crepsac	
M40					
1	1	15:11.2	Steve	Boyd	Physi Kult
2	2	15:44.3	Dave	Lamont	TOC
3	5	16:10.4	Pat	McDermott	Physi Kult
4	9	16:29.4	Manuel	Salvati	Newmarket Huskies B
5	10	16:31.6	John	Rendeiro	Etobicoke Huskies C
6	11	16:32.7	Mike	Sherar	TOC
7	12	16:36.2	Kevin	Hooper	Owen Sound Runners
8	14	16:40.7	Paul	Osland	TOC
9	17	17:11.8	John	Kaandorp	Owen Sound Runners
10	25	17:40.0	Ronald	Da Silva Jardine	
11	27	17:41.6	Don	Gallagher	East Toronto Striders
12	29	17:43.2	Desmond	Moloney	East Toronto Striders
13	36	17:55.2	Derek	Smith	Owen Sound Runners
14	37	17:56.5	Steven	Blostein	Physi Kult
15	49	18:33.1	Rob	Hammers	Lakeshore Masters
16	51	18:48.2	Andy	Whittaker	Brantford TFC
17	57	19:03.7	Peter	Bowen	Lakeshore Masters B
18	70	19:36.9	Kevin	Decaire	Newmarket Huskies B
19	75	20:09.7	Mark	Weist	Longboat Roadrunners B
20	78	20:22.5	Howie	Beattie	Cambridge Harriers
21	81	20:40.3	Greg	Keast	Longboat Roadrunners A
22	85	20:59.5	Armand	D'Oliveira	Scarborough Masters
M45					
1	3	15:48.9	Jerry	Kooymans	TOC
2	6	16:17.6	Larry	Longo	TOC
3	8	16:25.2	Rob	Earl	East Toronto Striders



4	18	17:12.3	Louis	Carry	Club Athletisme Dynamique
5	20	17:19.7	Peter	Wallace	Longboat Roadrunners
6	21	17:25.7	Richard	Raaflaub	Physi Kult
7	24	17:39.7	Chris	McDonald	Brantford TFC
8	30	17:43.7	Jim	Van Buskirk	Mississauga Track
9	35	17:54.5	Doug	Kennedy	Physi Kult
10	39	18:04.9	Philip	Steel	HOC
11	40	18:05.7	Richard	Butlin	Lakeshore Masters
12	41	18:06.2	Brent	Hutchinson	Brantford TFC
13	42	18:09.0	Jonathan	Black	
14	43	18:10.9	Joe	Lehman	Owen Sound Runners
15	46	18:26.9	Gary	Hutchinson	Brantford TFC
16	48	18:29.2	Joseph	Allegretti	
17	55	18:59.2	Tom	Marshall	Brockville Legion
18	59	19:09.8	Ben	Luttjeboer	Quinte
19	62	19:18.7	Robb	Langridge	Quinte
20	63	19:22.3	Jim	Rawling	Longboat Roadrunners B
21	66	19:27.2	Konrad	Doerrbecker	Longboat Roadrunners B
22	72	19:48.6	Alex	Keeting	Etobicoke Huskies C
23	74	20:09.3	Bruce	Campbell	Lakeshore Masters B
24	79	20:28.7	Ken	Davis	Toronto Pursuit Squad
25	82	20:41.7	Denton	Creighton	Lakeshore Masters B
26	91	22:33.5	Dave	Penney	Quinte
M50					
1	31	17:45.7	George	Aitkin	Cambridge Harriers EH
2	34	17:52.7	Fred	Robbins	Cambridge Harriers EH
3	38	17:57.6	Allen	Johnson	
4	54	18:54.3	Tim	Payne	Cambridge Harriers EH
5	56	19:01.5	Joe	Meleca	Newmarket Huskies B
6	60	19:11.0	Dave	Burt	
7	64	19:23.8	Gary	Cassel	Cambridge HarriersB
8	65	19:24.4	Glen	Fitchett	
9	67	19:31.0	Bill	Cook	TOC
10	69	19:34.4	Roger	DePlanke	Cambridge Harriers BEE
11	76	20:15.0	Greg	Kuczowski	TOC
12	87	21:31.7	Doug	Smith	President
13	94	22:59.0	John	Lyng	Longboat Roadrunners C
M55					
1	47	18:27.2	Ray	Tucker	Brantford TFC
2	50	18:45.0	John	Pickard	Etobicoke Huskies C
3	52	18:51.0	Murray	Hale	Etobicoke Huskies C
4	53	18:52.7	Jim	Buckley	Cambridge Harriers BEE
5	73	20:05.2	Hugh	Connolly	Longboat Roadrunners C
6	77	20:15.8	Bert	de Vries	Longboat Roadrunners C
7	80	20:34.5	Bill	Weir	
M60					
1	61	19:11.2	Tom	Tushingham	TOC
2	68	19:33.8	Bob	Moore	TOC
3	84	20:46.5	Vern	Christensen	Scarborough Masters
4	89	22:06.0	Reg	Wilson	Scarborough Masters
5	90	22:16.8	Clive	Randewich	
6	93	22:46.9	Michael	Goodstadt	Scarborough Masters
7	95	24:45.2	Brian	Appleby	Scarborough Masters
8	98	25:29.2	Bruce	Mitchell	Etobicoke Huskies
9	100	26:06.2	John	Powell	Etobicoke Huskies



M65	71	19:39.8	Jack	Geddes	Scarborough Masters
2	88	21:55.4	Ron	Crichton	Etobicoke Huskies
3	97	25:14.8	Donald	Jones	Etobicoke Huskies
M70					
1	96	24:48.1	Richard	Graves	Etobicoke Huskies
2	99	25:44.8	Jim	Milligan	Longboat Roadrunners C
3	101	29:56.9	Gary	Waller	Scarborough Masters
M75	92	22:35.5	Earl	Fee	Etobicoke Huskies
2	102	30:16.5	Felix	Charles	Etobicoke Huskies
W30					
1	1	16:46.7	Nicole	Stevenson	Newmarket Huskies C
2	2	17:31.2	Sarah	Nagy	Newmarket Huskies C
3	4	18:36.4	Melanie	Boulton	Longboat Roadrunners
4	5	18:51.9	April	Boulton	Longboat Roadrunners
5	8	19:20.8	Sri Ajina	Margarita	Physi Kult
W35					
1	3	18:24.5	Kim	House	Achilles Running Club
2	13	20:00.9	Suzette	Taggart	Physi Kult
3	19	21:42.2	Sheryl	Potter	Newmarket Huskies
4	23	22:20.0	Shirley	Lee	Longboat Roadrunners
5	27	23:58.9	Angela	Barker	Longboat Roadrunners
W40					
1	6	18:57.4	May	Allison	Newmarket Huskies C
2	7	19:10.4	Angie	Ferraro	Newmarket Huskies C
3	11	19:48.8	Lynn	O'Malley	Physi Kult
4	12	19:56.7	Gillian	Salter	MOM
5	16	21:11.6	Agathe	Nicholson	Physi Kult
6	18	21:33.7	Anne	MacRae	Lakeshore Masters B
7	21	21:56.6	Lynn	Bourque	Longboat Roadrunners E
8	24	22:54.1	Julie	Stewart	
9	25	23:09.3	Louise	Soucy-Fraser	Etobicoke Huskies
W45					
1	9	19:31.5	Karen	Kennedy	Physi Kult
2	10	19:44.6	Lynn	Kobayashi	Longboat Roadrunners E
3	14	20:47.0	Dawn	Hamel	OAC
4	22	21:58.9	Nanci	Patten-Sweezey	Etobicoke Huskies
5	28	24:26.3	Chris	Robson	Greater Windsor TFC
6	30	24:42.3	Deidre	Newman	Longboat Roadrunners E
7	32	26:14.9	Carole	Butlin	Lakeshore Masters
W50					
1	15	21:07.9	Suzanne	Egan	Ottawa Lions
2	20	21:51.5	Clara	Northcott	Etobicoke Huskies
3	26	23:30.9	Karla	DelGrande	Etobicoke Huskies
4	29	24:38.5	Pauline	Watson	MOM
5	34	28:19.7	Christine	Guy	Etobicoke Huskies
6	38	36:48.3	Cathy	Tedford	Scarborough Masters
W55					
1	17	21:14.2	Linda	Finley	Etobicoke Huskies
2	31	25:08.4	Nancy	Wells	Longboat Roadrunners E
3	35	28:48.5	Brenda	Cassel	Cambridge Harriers
W60	33	26:32.2	Joan	Christensen	Scarborough Masters
2	37	30:01.9	Tina	de Geus	Longboat Roadrunners F
W65	36	28:55.1	Jean	Doench	Longboat Roadrunners F



Photos by *Jack Castle*

Teams (4 to run, top 3 to score)**W30**

- 1 Newmarket Huskies C 17:45 (average)
Stevenson, Nagy, Allison, Ferraro
- 2 Longboat Roadrunners 19:56
M.Boultonbee, A.Boultonbee, Lee, Barker

W40

- 1 Physi Kult 20:10
Kennedy, O'Malley, Nicholson
- 2 Longboat Roadrunners 22:07
Kobayashi, Bourque, Newman, Wells
- 3 Etobicoke Huskies Striders 22:19
Northcott, Patten-Sweazey, Soucy-Fraser

W50 (2 to a team)

- 1 Etobicoke Huskies Striders 22:22
Findley, Del Grande

W60

- 1 Longboat Roadrunners 29:29
Doench, de Geus

M30 (4 to run, top 3 to score)

- 1 Saugeen TFC 16:47
Barrett, Bauman, Scarrow
- 2 Newmarket Huskies 17:10
Hackshaw, O'Hare, Gilligan, McLaughlin
- 3 East Toronto Striders 17:16
Earl, Gonos, Gallagher, Moloney
- 4 Lakeshore Masters 18:03
MacDonell, Butlin, Collins, Hammers
- 5 Longboat Roadrunners 20:09
Tweed, Keast, Ormsby

M40

- 1 Toronto Olympic Club 16:02
Lamont, Kooymans, Sherar, Osland
- 2 Physi Kult 16:15
Boyd, McDermott, Raaflaub, Blostein
- 3 Owen Sound Runners 17:14
Hooper, Kaandrop, Smith
- 4 Etobicoke Huskies Striders 18:02
Rendeiro, Pickard, Hale, Keeting
- 5 Brantford T&FC 18:04
McDonald, B.Hutchinson, G.Hutchinson, Tucker
- 6 Newmarket Huskies 18:22
Salvati, Meleca, Decaire
- 7 Longboat Roadrunners 19:39
Rawling, Doerrbecker, Weist, McGee
- 8 Lakeshore Masters 19:58
Bowen, Campbell, Creighton, Anne McCrae
- 9 Quinte Legion TC 20:20
Luttjeboer, Langridge, Penney

M50

- 1 Cambridge Harriers EH! 18:10
Aitkin, Robbins, Payne
- 2 Cambridge Harriers BEE 19:17
Buckley, Cassel, DePlanke
- 3 Toronto Olympic Club 19:25
Tushingham, Cook, Moore, Kuczkowski
- 4 Longboat Roadrunners 21:06
Connolly, deVries, Lyng, Milligan

M60

- 1 Scarborough Masters 20:50
Geddes, Christensen, Wilson, Goodstadt
- 2 Etobicoke Huskies Striders 24:13
Crichton, Jones, Mitchell, Powell

M70 (2 to a team)

- 1 Etobicoke Huskies Striders 23:41
Fee, Graves
- 2 Scarborough Masters 28:14
J. Christensen, Waller



Newmarket Huskies
Winning W30 team and the second place M30 team