

Ontario Cross Country Championships

Woodstock - Sunday, November 20, 2005
Hosted by the Woodstock Legion Track Club

Masters 5K Race at 3:45pm

W30			<u>A/G%</u>
Boulton, April	Longboat RR	19:43	73.01%
Boulton, Melanie	Longboat RR	20:32	70.10%
Swift, Ember	Unattached	27:11	52.95%
Tam, Sandra	Longboat RR	29:04	49.57%

W35			
House, Kim	Achillies RC	20:03	74.76%
Lee, Shirley	Longboat RR	23:59	62.00%

W40			
Hopkins, Colleen	Toronto Olym	21:18	71.54%
Allaire, Trish	Achillies RC	23:12	66.23%
Borke, Lynn	Longboat RR	24:14	62.88%
Schmidt, Gail	London Pacers	24:42	61.69%
Windsor, Jackie	London Pacers	25:37	61.01%

W45			
DeBoer, Lynda	Etobicoke H	20:21	78.14%
MitchinsonBaily, Lori	South Simco	22:04	73.35%
Willis, Katherine	Etobicoke H	24:17	66.06%
Stajkowski, Kathy	Achillies RC	24:21	64.73%

W50			
Kobayashi, Lynn	Longboat RR	21:39	76.13%
Hamel, Dawn	OAC	22:46	72.39%
Northcott, Clara	Etobicoke H	23:10	71.82%
McLean, Christine	Unattached	24:12	70.76%
SweazeyNanciPatten	Etobicoke H	24:38	66.91%
Robson, Christine	Unattached	24:46	66.55%
Del Grande, Karla	Etobicoke H	24:55	67.41%
Dirks, Christine	London Pacers	25:28	67.24%
Marrow, Diane	Longboat RR	27:53	61.41%
Cranmer, Kathleen	Longboat RR	29:46	56.97%

W55			
Findley, Linda	Etobicoke H	24:09	73.10%
Coburn, Beverley	Longboat RR	25:26	67.99%
Wells, Nancy	Longboat RR	25:38	70.35%
Cassel, Brenda	Cambridge Harr	31:58	54.66%

W60			
Prest, Claire	Longboat RR	26:51	67.88%
De Geus, Tina	Longboat RR	32:10	57.31%

W65			
Doench, Jean	Longboat RR	28:56	68.54%
Christensen, Joan	Scarborough Mast	29:13	66.13%
Hanger, Wendi	Longboat RR	33:54	59.27%

M30			
Grepe, Rob	Toronto Olym	17:30	74.13%
Weldrick, Darren	Marathon Dyna	17:32	73.99%
Denommee, Marc	Unattached	18:48	69.01%
Kay, Doug	Ottawa Track	21:03	61.63%
Name	Unattached	22:04	58.79%
Boyd, Jason	Longboat RR	24:16	53.46%
Chou, John	Longboat RR	25:51	50.19%

M35			
Hackshaw, Derek	Newmarket Husk	17:09	76.45%
Barrett, Jeff	Saugeen Track	17:47	73.73%
Smith, Kevin	Marathon Dyna	17:54	73.24%
Gosleigh, Ken	Saugeen Track	18:00	73.85%
Bauman, Marvin	Saugeen Track	18:14	71.41%
Freeland, Keith	Tri-Cities TC	18:39	71.27%
Jackson, Greg	Toronto Olym	18:43	70.53%
Van Nest, Trevor	Newmarket Huskies	18:49	70.64%
McLaughlin, Craig	Newmarket Huskies	19:20	68.28%
Hilbers, Brian	Saugeen Track	19:21	68.69%
O'Hare, Ron	Newmarket Huskies	19:25	67.06%
Gilligan, Chris	Newmarket Huskies	19:31	67.64%
Hinnen, John	Lakeshore Masters	19:49	67.50%
Tweed, Dean	Longboat RR	20:36	64.98%
McLaughlin, Troy	Brantford Track	22:40	58.24%

M40			
Boyd, Steve	Physio-KULT	16:31	82.79%
Shields, Kevin	Tri-Cities TC	17:26	77.32%
Peat, Geoff	Newmarket Huskies	17:28	78.29%
Friel, Vince	South Simco	17:30	78.14%
Reid, Dave	Newmarket Huskies	17:34	77.84%
Lamont, Dave	Toronto Olym	17:34	77.29%
Burrows, Jim	London Pacers	17:52	77.66%
Loney, John	Unattached	18:05	75.08%
Osland, Paul	Toronto Olym	18:15	74.40%
McDermott, Pat	Physio-KULT	18:25	74.80%
DaSilvaJardine, Ron	East Toronto	18:26	75.27%
Kaandorp, John	Saugeen Track	18:35	74.12%
Jones, Andrew	London Pacers	18:45	71.89%
Whittaker, Andy	Brantford Track	19:10	71.35%
Moss, Roger	Longboat RR	19:25	70.39%
Calhoun, John	Tri-Cities TC	19:30	69.63%
Gonos, John	East Toronto	19:39	68.60%
Blostein, Steve	Physio-KULT	19:49	70.02%
Hammers, Rob	Lakeshore Masters	19:58	69.49%
Veneruz, Ken	Achillies RC	20:26	66.45%
Grodanis, Nick	Toronto Olym	20:38	65.80%
Cho, Mike	Longboat RR	24:50	54.28%

M45			
Holliday, John	Newmarket Huskies	17:44	78.82%
Earl, James	East Toronto	18:19	76.89%
Earl, Rob	East Toronto	18:32	76.00%
Trudeau, Stan	Longboat RR	18:37	75.66%

M45 (con't)

Archibald, Michael	Tri-Cities TC	18:46	76.21%
Raaflaub, Richard	Physio-KULT	18:47	74.98%
Andrew, Tim	Unattached	18:51	74.15%
Deighan, Chris	Newmarket Huskies	19:00	73.57%
Cunliffe, Bill	Brantford Track	19:16	73.10%
Fox, Dana	Tri-Cities TC	19:16	73.10%
Hutchinson, Brent	Brantford Track	19:17	74.17%
Murphy, Steve	Newmarket Huskies	19:27	71.87%
Moloney, Desmond	East Toronto	19:28	71.81%
McDonald, Chris	Brantford Track	19:41	71.56%
Longo, Larry	Toronto Olym	19:50	71.56%
Hubbard, George	Longboat RR	20:11	70.32%
McGee, Graham	London Pacers	20:30	68.70%
Hutchinson, Gary	Brantford Track	20:34	69.01%
Champion, Dave	Tri-Cities TC	20:44	67.93%
Baxter, Peter	Unattached	20:48	68.23%
Doerrbecker, Konrad	Longboat RR	21:11	68.04%
Langridge, Robb	Quinte	21:17	66.18%
Keeting, Alex	Etobicoke H	22:12	64.42%
Jalonen, Mike	Lakeshore Masters	22:17	63.21%

M50

Kooymans, Jerry	Toronto Olym	17:58	80.85%
Wheeler, Bill	London Pacers	18:38	78.59%
Aitkin, George	Cambridge Harriers	18:52	78.91%
Mossman, Gary	Unattached	20:06	73.45%
Harper, Ken	Longboat RR	20:09	72.09%
Melecca, Joe	Newmarket Huskies	20:22	71.90%
Smith, Doug	President	22:34	66.52%
Campbell, Bruce	Lakeshore Masters	22:38	64.18%
Creighton, Denny	Lakeshore Masters	22:39	64.13%
Kuczkowski, Greg	Toronto Olym	22:49	64.71%
Durocher, Mike	Longboat RR	24:03	60.40%
Dykman, Fred	Hamilton AC	24:23	59.57%
Nightingale, Bill	London Pacers	26:18	55.68%
Quiron, Roger	Achillies RC	26:22	56.46%

M55

Hale, Murray	Etobicoke H	20:22	74.94%
Payne, Tim	Cambridge Harriers	20:41	73.19%
Tucker, Ray	Brantford Track	20:50	74.63%
Buckley, Jim	Cambridge Harriers	20:54	73.73%
Bedley, Mike	Longboat RR	21:37	71.93%
de Vries, Bert	Longboat RR	21:54	71.65%
De Plancke, Roger	Cambridge Harriers	22:00	68.81%
Guardiani, Francesco	Longboat RR	22:21	68.33%
Lyng, John	Longboat RR	24:36	61.54%
Groome, Allen	Longboat RR	27:12	56.15%

M60

Cassel, Gary	Cambridge Harriers	21:32	73.53%
Christensen, Vern	Scarborough Masters	22:25	73.50%
Connolly, Hugh	Longboat RR	23:06	68.55%
Sheridan, David	Cambridge Harriers	23:36	67.76%
Wilson, Reg	Scarborough Masters	24:24	66.19%

M65

Moore, Robert	Toronto Olym	21:19	78.08%
Goodstadt, Michael	Scarborough Masters	24:23	68.26%
Kehoe, Lloyd	Unattached	24:26	69.65%
Nagle, Bob	Longboat RR	28:17	60.17%

M70

Wild, Bob	Unattached	26:39	68.69%
Milligan, Jim	Longboat RR	29:40	60.13%

M80

Cameron, Bill	Metro Fitness	38:51	52.27%
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**M40 Steve Boyd** led the race from the start.**1st M50 Jerry Kooymans** (3rd from left)**M50 George Aitkin** (3rd from left) ran his 29th Ontario Championships, starting when he was 17!

Team Results

4 to run, 3 to score

3 to run, 2 to score W50, W60, M70

W30				6	Longboat	69:42
1	Longboat RR		64:14		Tweed, Dean	39 20:36
	Boulton, April	33	19:43		Boyd, Jason	34 24:16
	Boulton, Melanie	33	20:32		Cho, Mike	40 24:50
	Lee, Shirley	38	23:59		Chou, John	31 25:51
	Tam, Sandra	34	29:04			
W40				M40		
1	Etobicoke Huskies Striders		67:48	1	Newmarket Huskies	52:14
	DeBoer, Lynda	46	20:21		Peat, Geoff	42 17:28
	Northcott, Clara	51	23:10		Reid, Dave	42 17:34
	Willis, Katherine	47	24:17		Holliday, John	45 17:44
2	London Pacers		75:47	2	Deighan, Chris	45 19:00
	Schmidt, Gail	41	24:42		Physi-Kult	53:43
	Dirks, Christine	54	25:28		Boyd, Steve	42 16:31
	Windsor, Jackie	44	25:37		McDermott, Pat	43 18:25
W50					Raaflaub, Richard	46 18:47
1	Longboat RR		47:05		Blostein, Steve	44 19:49
	Kobayashi, Lynn	50	21:39	3	Toronto Olympic Club	53:47
	Coburn, Beverley	55	25:26		Lamont, Dave	41 17:34
	Wells, Nancy	59	25:38		Kooymans, Jerry	50 17:58
2	Etobicoke Huskies Strider		48:47		Osland, Paul	41 18:15
	Findley, Linda	57	24:09	4	Longo, Larry	47 19:50
	Sweazey, Nanci Patten	50	24:38		East Toronto	55:17
	Del Grande, Karla	52	24:55		Earl, James	46 18:19
3	Longboat		57:39		DaSilva-Jardine, Ron	44 18:26
	Marrow, Diane	54	27:53		Earl, Rob	46 18:32
	Cranmer, Kathleen	53	29:46		Moloney, Desmond	45 19:28
W60					Gonos, John	40 19:39
1	Longboat Roadrunners		55:47	5	Longboat	58:13
	Doench, Jean	67	28:56		Trudeau, Stan	46 18:37
	Prest, Claire	60	26:51		Moss, Roger	42 19:25
2	Longboat Roadrunners		66:04		Hubbard, George	47 20:11
	De Geus, Tina	61	32:10		Doerrbecker, Konrad	49 21:11
	Hanger, Wendi	68	33:54	6	Toronto Olympic	63:14
M30					Grodanis, Nick	41 20:38
1	Saugeen		54:01		Hopkins, Colleen	41 21:18
	Barrett, Jeff	36	17:47		Moore, Robert	65 21:19
	Gosleigh, Ken	38	18:00		Kuczkowski, Greg	52 22:49
	Bauman, Marvin	35	18:14	M50		
	Kaandorp, John	43	18:35	1	Longboat RR	63:40
2	London Pacers		55:15		Harper, Ken	50 20:09
	Burrows, Jim	44	17:52		Bedley, Mike	58 21:37
	Wheeler, Bill	51	18:38		de Vries, Bert	59 21:54
	Jones, Andrew	39	18:45		Guardiani, Francesco	56 22:21
	McGee, Graham	46	20:30	2	Longboat RR	75:51
3	Newmarket Huskies		55:18		Durocher, Mike	50 24:03
	Hackshaw, Derek	36	17:09		Lyng, John	55 24:36
	Van Nest, Trevor	38	18:49		Groome, Allen	56 27:12
	McLaughlin, Craig	37	19:20	M60		
	Gilligan, Chris	37	19:31	1	Scarborough Masters	71:12
4	Newmarket Huskies		59:14		Christensen, Vern	64 22:25
	O'Hare, Ron	35	19:25		Goodstadt, Michael	65 24:23
	Murphy, Steve	45	19:27		Wilson, Reg	61 24:24
	Melecca, Joe	51	20:22		Christensen, Joan	65 29:13
5	Lakeshore		62:04	2	Longboat	81:03
	Hinnen, John	39	19:49		Connolly, Hugh	60 23:06
	Hammers, Rob	44	19:58		Nagle, Bob	67 28:17
	Jalonen, Mike	46	22:17		Milligan, Jim	71 29:40
	Campbell, Bruce	50	22:38			

Photos by Jack Castle