

FIVE Course Records fall at the 34th Annual Sunnybrook Cross Country



M40 Bruce Raymer (L) duked it out with **M30 Mario Iozzo** for most of the 8K course



Bruce put the hammer down with 1K to go finishing in 26:38. Mario finished in 26:42

They pushed each other to both break **Course Records** - The M40 was 27:34 by Troy Cox in 2008, and the M30 was Charlie Bedford's 26:53 in 2004.



W45 Beth Primrose was 1st overall woman, and led the Toronto Olympic Club's winning W30 team. Beth holds the W35, W40, and W45 Course Records



M50 Jerry Kooymans' 28:33 scored a 87.7% - the highest Age Graded score in the race

Jerry's M40 TOC Team, with Mike Sherar and Bruce Raymer finished in 1:24:16 - just missing the 1:24:04 Course Record held by Jerry's 2004 TOC team with Paul Osland, Dave Lamont, and Ally McKenzie



Geoff Peat (L) won the very competitive M45 division in 27:45 with a AG 84.6%. Geoff has scored very high points for the Newmarket Huskies in all five of the races in the Ontario Masters Cross Country Series for the Jim Breslin Cup. That's M35 Jay Brecher and M40 Laszlo Orosz (R) at the 4K mark

There was a **TIE** in the W40 Team category.....



W40 Newmarket Huskies Team - Ginette Jones, Tracey Snarr, Katherine Sullivan



W40 London Pacers Team - Gerta Zonruiter, Sharon Barry, Lori Mortimer



The M50 London Pacers Team - Graham McGee, Jennifer Ditchfield, and Peter Haase beat the Newmarket Huskies by ONE point - 147 to 148. (one woman can run on a men's team)

Jennifer's 33:29 broke Dawn Hamel's 34:29 **W50 Course Record** from 2007.



The Newmarket Huskies M50 Team - Ken Hamilton, Tim Payne, and Murray Hale



M70 Keijo Taivassalo's 37:22 broke Jack Geddes 38:45 Course Record from 2008



M80 Ralph Lang broke his own 50:38 Course Record that he ran last year....this was after showing up at 9:30am to rake the leaves off the course!



New member **M30 Wes Dearborn** led the 7 Systems Team. 7 Systems is the newest Club registered with the Ontario Masters

Many thanks to Paul Osland, Brian Keaveney, Lily Whalen, Karla Del Grande, Wendy Lee, John Gonos, and all the volunteers for all their efforts.

Special thanks to Al LePage (Big Al's Catering) for the great buffet

M30 8 km

Performance	Athlete Name	Age-Rated Performance
31:14.02	Michael Medeiros	68.6%
29:22.59	Wes Dearborn	72.3%
28:42.27	Dave Tepper	75.0%
28:25.64	Mike Gill	75.1%
28:21.55	Ivann Dube	75.3%
27:17.53	Jeff Enfield	78.0%
26:42.19	Mario Iozzo	80.3%

W30 8 km

Performance	Athlete Name	Age-Rated Performance
39:13.60	Jennifer Castle	61.4%
34:44.15	Carrie Byer	69.3%

M35 8 km

Performance	Athlete Name	Age-Rated Performance
37:24.43	Laurent Saugrin	59.5%
34:23.92	Alan DeVillers	63.3%
31:28.38	Michael Midmer	68.8%
31:11.94	Rob Tolman	71.3%
30:27.96	Dan Rishworth	72.0%
30:05.97	Mike Coughlin	72.3%
30:02.12	Martin Rydlo	73.5%
29:39.23	Ian Sinclair	75.0%
29:07.90	Greg McNab	75.3%
27:48.47	Jay Brecher	77.9%

W35 8 km

Performance	Athlete Name	Age-Rated Performance
41:57.87	Christina Watson	59.1%
39:07.95	Hellaina Rothenburg	63.3%
32:48.48	April Boulton	75.1%
32:34.22	Melanie Boulton	75.6%
31:42.45	Becky Patten	76.7%

M40 8 km

Performance	Athlete Name	Age-Rated Performance
37:07.13	Troy McLauchlin	60.8%
36:36.34	Lawrence Lippold	61.2%
34:54.94	Rob Welsh	64.2%
34:12.64	Mark Hamel	67.5%
32:56.04	Jeff Orchard	70.1%
31:47.66	Brian Lovshin	70.5%
30:46.13	Christian Gundlack	73.9%
29:59.94	Andrew Jones	76.5%
29:32.20	David Moore	76.5%
28:00.11	Laszlo Orosz	80.7%
26:38.25	Bruce Raymer	84.2%

W40 8 km

Performance	Athlete Name	Age-Rated Performance
43:36.84	Barbara Lindegger	59.0%
38:14.94	Sheryl Potter	66.1%
36:51.08	Ginette Jones	69.2%
34:28.46	Kathryn Sullivan	74.0%
33:00.23	Christy Barber	76.1%

M45 8 km

Performance	Athlete Name	Age-Rated Performance
35:21.96	Rob Blair	65.8%
34:17.36	Craig Steley	69.5%
32:43.98	Eric Jackson	72.3%
31:52.12	Tony Stokes	73.6%
31:50.86	Simon Rayner	73.1%
31:48.37	David Bialkowski	73.2%
31:32.31	Jamie Black	74.4%
31:09.43	Desmond Moloney	77.1%
31:02.84	Jason Shaw	76.2%
30:04.05	Don Gallagher	79.3%
29:35.94	Jim Burrows	80.5%
29:05.67	Mike Sherar	80.7%
28:59.74	Vince Friel	80.9%
27:45.42	Geoff Peat	84.6%

W45 8 km

Performance	Athlete Name	Age-Rated Performance
39:27.80	Nancy Chong	67.2%
38:25.21	Lori Whitmore	68.3%
38:04.70	Bernadette Quemerais	69.7%
36:48.55	Annie Bunting	70.5%
35:23.82	Tracey Snarr	73.4%
34:39.90	Christine Ross	74.9%
34:31.78	Sharon Barry	76.0%
34:19.76	Gerda Zonruiter	77.3%
31:06.12	Elizabeth Primrose	86.3%

M50 8 km

Performance	Athlete Name	Age-Rated Performance
43:01.61	Felice Passarelli	58.2%
37:39.71	Alex Keeting	65.4%
35:15.37	Jim Rawling	71.0%
33:02.66	Graham McGee	73.3%
32:14.43	John Cappelletti	75.1%
31:38.13	Joseph Allegretti	77.2%
31:04.24	James Earl	77.9%
30:11.40	Ken Hawthorn	80.2%
28:33.39	Jerry Kooymans	87.7%

W50 8 km

Performance	Athlete Name	Age-Rated Performance
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44:08.28	Christina Marino	65.6%
43:03.47	Adrienne Stewart	64.7%
35:00.94	Dawn Hamel	82.7%
33:29.85	Jennifer Ditchfield	82.2%

M55 8 km

Performance	Athlete Name	Age-Rated Performance
43:55.70	Aziz Mohamed	57.4%
40:15.31	Jiri Kopka	63.8%
36:04.99	Wayne Chee	69.9%
35:41.98	Tim Payne	73.2%
33:43.88	George Aitkin	76.1%
33:10.20	Fred Robbins	76.1%
31:58.63	Ken Hamilton	81.7%

W55 8 km

Performance	Athlete Name	Age-Rated Performance
1:00:21.83	Cathy Tedford	49.2%
45:40.63	Mary Jacobs	65.1%
44:00.05	Pauline Watson	66.7%
38:30.00	Clara Northcott	76.2%

M60 8 km

Performance	Athlete Name	Age-Rated Performance
44:07.71	Bill Prest	60.2%
43:43.71	George Painvin	61.3%
38:09.78	Hugh Connolly	71.5%
36:06.07	Bert de Vries	74.9%
34:45.28	Murray Hale	75.8%
33:49.50	Peter Haase	80.0%

W60 8 km

Performance	Athlete Name	Age-Rated Performance
45:45.78	Claire Prest	72.8%

M65 8 km

Performance	Athlete Name	Age-Rated Performance
52:04.70	John Powell	52.9%
44:40.19	Michael Goodstadt	64.1%
39:38.60	Vern Christensen	71.5%
37:00.39	Glen Norcliffe	75.1%
36:50.83	Robert Moore	77.7%

W65 8 km

Performance	Athlete Name	Age-Rated Performance
52:56.31	Tina de Geus	63.9%

M70 8 km

Performance	Athlete Name	Age-Rated Performance
47:19.78	Robert Nagle	61.9%
46:22.29	Gerhard Krolow	66.0%
45:49.90	Jim Pascoe	63.9%
39:17.73	Bob Glazier	74.6%
37:27.84	Jack Geddes	79.3%

37:22.46	Keijo Taivassalo	77.5%
W70 8 km		
Performance	Athlete Name	Age-Rated Performance
59:29.17	Wendi Hanger	63.7%
M80 8 km		
Performance	Athlete Name	Age-Rated Performance
1:03:26.28	Felix Charles	55.8%
49:57.62	Ralph Lang	70.8%