

28th Sunnybrook 8K Cross Country Championship

Sunday, November 9, 2003

Hosting the CanAm East Challenge

W30

1	Sherwood, Kathryn	Marathon Dynamics	32:57
2	Sagun, Celina	Unattached	44:59

W35

1	O'Neill, Cecilia	Peterborough Legion	32:27
2	Hopkins, Colleen	Unattached	33:57
3	Kay, Kristin	Longboat Road Runners	41:19

W40

1	Salter, Gillian	MM Oakville Runners	37:09
2	MacRea, Anne	Lakeshore Masters	37:54
3	Dumais, Jocelyne	Sherbrooke Athletic	42:43

W45

1	Lavellee, Christine	Peterborough Legion	35:26 CR
	(old CR 36:49 Nanci Patten Sweazey '01)		
2	Hamel, Dawn	Unattached	37:37
3	Sweazey, Nanci Patten	Etobicoke Huskies Strider	38:53
4	Northcott, Clara	University Of Toronto	39:23
5	Marino, Chris	MM Oakville Runners	42:07
6	Newman, Deidre	Unattached	42:18
7	Watson, Pauline	MM Oakville Runners	42:45
8	Hatton, Patricia	Scarborough Masters	49:19

W50

1	Guy, Christine	Etobicoke Huskies Strider	46:01
2	Meyer, Angela	Georgetown Road Runners	50:40

W55

1	de Geus, Tina	Longboat Road Runners	52:54
2	Juvecka, Joanne	Unattached	52:58

W60

1	Rowswell, Adri	Scarborough Masters	46:38 CR
	(old CR 47:16 Joan Christensen '02)		
2	Christensen, Joan	Scarborough Masters	47:21



W45 Christine Lavellee

W65

1	Hanger, Wendi	Longboat Road Runners	57:50
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M30

1	Bedley, Charlie	Longboat Road Runners	28:23 CR
	(old CR 30:18 Ian Sinclair '02)		
2	Kapral, Mikal	Longboat Road Runners	29:08
3	Sinclair, Ian	Toronto Olympic Club	30:19
4	Lovshin, Brian	Toronto Olympic Club	32:33

M35

1	Donato, Peter	Unattached	30:17
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2	Gonos, John	East Toronto Striders	31:15
3	Hinnen, John	Lakeshore Masters	34:15
4	Binning, Craig	Longboat Road Runners	36:24

M40

1	O'Keeffe, David	Syracuse Chargers USA	27:51
2	DaSilva-Jardine, Ron	East Toronto Striders	28:52
3	Kelly, Paul	Unattached	28:56
4	Christie, Gord	Longboat Road Runners	29:02
5	Friel, Vince	Unattached	29:18
6	Black, Jamie	Marathon Dynamics	29:20
7	Kaandorp, John	Owen Sound Runners	29:52
8	Lachance, Yvan	Sherbrooke Athletic	30:25
9	Deubelbeiss, Dave	Longboat Road Runners	30:28
10	Whitlock, Neil	Unattached	30:30
11	Earl, James	East Toronto Striders	30:37
12	Meijer, John	Lakeshore Masters	30:55
13	Meloche, Nick	Owen Sound Runners	32:50
14	Berry, Rob	Toronto Olympic Club	33:51
15	Gardner, Scott	Georgetown Road Runners	33:56
16	Bowen, Peter	Lakeshore Masters	33:58
17	Scott, Jim	Owen Sound Runners	34:07
18	Dixon, Terry	Georgetown Road Runners	34:11
19	Creswicke, Chris	Georgetown Road Runners	34:22
20	Hammers, Rob	Lakeshore Masters	35:02
21	Wallace, James	Unattached	35:54

M45

1	Kooymans, Jerry	Toronto Olympic Club	28:48
2	Black, Jonathan	Unattached	31:23
3	Van Burskirk, Jim	Mississauga Track Club	31:46
4	Roberts, Paul	London Pacers	32:13

**M50 Bill Shaw & M35 John Gonos**

5	Steel, Philip	Hamilton Olympic Club	32:18
6	Hubbard, George	Longboat Road Runners	32:43
7	Sellon, Mike	Unattached	32:54
8	Cook, Bill	Unattached	34:16
9	Rawling, Jim	Longboat Road Runners	34:22
10	Dykman, Fred	Hamilton Athletic Club	34:43
11	Gillis, Dave	Longboat Road Runners	34:46

**Overall winner M40 David O'Keeffe** Photo by Doug

12	Spielvogel, David	Scarborough Masters	35:17
13	Lengridge, R	Quinte Legion Track Club	36:03
14	Creighton, Denton	Lakeshore Masters	36:04
15	Keeting, Alex	Etobicoke Huskies Strider	36:11
16	Foscarini, David	Unattached	36:13
17	Campbell, Bruce	Lakeshore Masters	36:17
18	Davis, Alan	Lakeshore Masters	37:29
19	Haas, Norman	Unattached	39:42
20	Campbell, Alex	Georgetown Road Runners	41:59
21	Pietrangelo, Tony	Etobicoke Huskies Strider	42:24

M50

1	Aitkin, George	Cambridge Harriers	30:20 CR tie
	(CR 30:20 Peter Haase '98)		
2	Shaw, Bill	Unattached	30:37
3	McMullen, Tim	Genesee Valley Harriers	30:41
4	Robinson, Jim	Genesee Valley Harriers	30:59
5	Grace, John	Georgetown Road Runners	32:07
6	Morley, Brad	Owen Sound Runners	33: 05
7	Payne, Tim	Cambridge Harriers	33:18
8	Hale, Murray	Etobicoke Huskies Strider	33:23
9	De Plancke, Roger	Cambridge Harriers	35:31
10	Guardiani, Frances	Longboat Road Runners	35:51
11	Smith, Doug	President	38:12
12	Krueger, Don	Unattached	38:41
13	Lyng, John	Longboat Road Runners	39:03
14	Groome, Allen	Unattached	45:56
15	Prest, Bill	Longboat Road Runners	49:32

M55

1	Haase, Peter	London Pacers	32:11
2	Bedley, Mike	Longboat Road Runners	32:59
3	Horwich, Bill	Unattached	33:20
4	Clarke, Jim	Georgetown Road Runners	34:28
5	Breton, Gaetan	Sherbrooke Athletic	35:04

6	de Vries, Bert	Longboat Road Runners	35:11
7	Sheridan, David	Cambridge Harriers	35:59
8	Mostyn, Murray	Rouge River RR	36:13
9	Thibideau, Dale	Georgetown Road Runners	36:49
10	Connolly, Hugh	Longboat Road Runners	37:21
11	Sheridan, Michael	Hamilton Athletic Club	37:26
12	Story, Brian	Metro Toronto Fitness	38:36
13	Booth, David	Georgetown Road Runners	39:34
14	Beer, Adrian	Georgetown Road Runners	40:49
15	Mashinter, Don	Georgetown Road Runners	41:06
16	Hoff, Tory	Unattached	43:12
17	Singleton, Terry	Unattached	43:51
18	Palladino, Julius	Etobicoke Huskies Strider	44:44

M60

1	Moore, Bob	Toronto Olympic Club	34:20
2	Mackie, Chris	Unattached	35:28
3	Yerich, Paul	StCatharines RoadRunners	36:56
4	Christensen, Vern	Scarborough Masters	37:46
5	Drewett, Brian	StCatharines RoadRunners	38:15
6	Shriner, Dennis	StCatharines RoadRunners	38:27
7	Royce, Colin	Georgetown Road Runners	39:06
8	Kavanagh, Dermot	Unattached	40:17
9	Goodstadt, Michael	Scarborough Masters	40:39
10	Fenske, Wally	Unattached	42:55
11	Parker, Bob	Georgetown Road Runners	48:38

M65

1	Geddes, Jack	Scarborough Masters	35:12 CR
	(old CR 37:02 Jack in '02)		
2	Crichton, Ron	Etobicoke Huskies Strider	38:48
3	Krolow, Gerhard	Metro Toronto Fitness	42:05
4	Mounsey, Duncan	Georgetown Road Runners	42:09
5	Jones, Don	Etobicoke Huskies Strider	43:30
6	Milligan, Jim	Longboat Road Runners	44:06
7	Nagle, Bob	Longboat Road Runners	46:27

M70

1	Wild, Bob	Unattached	42:39
2	Graves, Richard	Etobicoke Huskies Strider	42:41

Team Results**W30**

Longboat Road Runners	2:32:03
Kay, Kristin W39	41:19
de Geus, Tina W59	52:54
Hanger, Wendi W66	57:50

W40

Merry Moms of Oakville Runners	2:02:01
Salter, Gillian W42	37:09
Marino, Chris W48	42:07
Watson, Pauline W49	42:45

W60

Scarborough Masters	1:33:59	??????
Rowswell, Adri W63	46:38	
Christensen, Joan W63	47:21	

M30

1	East Toronto Striders	1:30:44 CR
	DaSilva-Jardine, R M42	28:52
	Earl, James M44	30:37
	Gonos, John M38	31:15
	(old CR 1:32:19 East Toronto J Earl, R Earl, Moloney '99)	

2	Toronto Olympic Club	1:31:40
	Kooymans, Jerry M48	28:48
	Sinclair, Ian M33	30:19
	Lovshin, Brian M34	32:33
	Berry, Rob M42	33:51

3	Longboat	1:32:17
	Bedley, Charlie M30	28:23
	Kapral, Mikal M31	29:08
	Gillis, Dave M46	34:46
	Binning, Craig M38	36:24

4	Marathon Dynamics	1:32:34
	Black, Jamie M40	29:20
	Donato, Peter M37	30:17
	Sherwood, Kathryn W31	32:57

5	Lakeshore Masters	1:45:21
	Hinnen, John M37	34:15
	Hammers, Rob M42	35:02
	Creighton, Denton M48	36:04
	Campbell, Bruce M47	36:17



Merry Moms Of Oakville
Gillian Salter, Pauline Watson, Chris Marino Photo by Doug

M40

1	Longboat Road Runners	1:32:11
	Christie, Gord M42	29:02
	Deubelbeiss, Dave M41	30:28
	Hubbard, George M45	32:43
	Rawling, Jim M48	34:22

2	Owen Sound		1:35:47
	Kaandorp, John	M41	29:52
	Meloche, Nick	M42	32:50
	Morley, Brad	M50	33:05
	Scott, Jim	M40	34:07
3	Lakeshore Masters		102:22
	Meijer, John	M42	30:55
	Bowen, Peter	M41	33:58
	Davis, Alan	M47	37:29
	MacRea, Anne	W42	37:54
4	Georgetown		1:42:29
	Gardner, Scott	M44	33:56
	Dixon, Terry	M44	34:11
	Creswicke, Chris	M40	34:22
	Campbell, Alex	M48	41:59
5	Sherbrooke		1:48:12
	Lachance, Yvan	M40	30:25
	Breton, Gaetan	M55	35:04
	Dumais, Jocelyne	W44	42:43
6	Etobicoke H.S		2:03:19
	Keeting, Alex	M46	36:11
	Pietrangelo, Tony	M45	42:24
	Palladino, Julius	M56	44:44

M50**1 Cambridge Harriers 1:39:09 CR**

	Aitkin, George	M51	30:20
	Payne, Tim	M53	33:18
	De Plancke, Roger	M53	35:31
	Sheridan, David	M59	35:59
	(old CR 1:39:27 Rouge River - Mostyn, Payne, Simser, Pickard '00)		

2	Georgetown		1:43:24
	Grace, John	M51	32:07
	Clarke, Jim	M59	34:28
	Thibideau, Dale	M56	36:49
	Beer, Adrian	M59	40:49

3	Longboat RR		1:44:01
	Bedley, Mike	M56	32:59
	de Vries, Bert	M57	35:11
	Guardiani, Frances	M54	35:51
	Connolly, Hugh	M58	37:21

4	Longboat RR		2:09:05
	Lyng, John	M53	39:03
	Milligan, Jim	M69	44:06
	Groome, Allen	M54	45:56

5	Georgetown		2:11:20
	Booth, David	M58	39:34
	Mashinter, Don	M55	41:06
	Meyer, Angela	W53	50:40

6	Longboat RR		2:19:11
	Prest, Bill	M54	49:32
	Hoff, Tory	M55	43:12
	Nagle, Bob	M65	46:27

M60

1	Scarborough Masters		1:53:37
	Geddes, Jack	M66	35:12
	Christensen, Vern	M62	37:46
	Goodstadt, Michael	M63	40:39

2	St. Catherines		1:53:38
	Yerich, Paul	M64	36:56
	Drewett, Brian	M62	38:15
	Shriner, Dennis	M60	38:27

3	Georgetown		2:04:10
	Royce, Colin	M60	39:06
	Mounsey, Duncan	M65	42:09
	Fenske, Wally	M62	42:55
	Parker, Bob	M60	48:38

4	Etobicoke Huskie Striders		2:04:59
	Crichton, Ron	M67	38:48
	Graves, Richard	M70	42:41
	Jones, Don	M67	43:30
	Guy, Christine	W50	46:01

**Georgetown Runners**

Photos by Ralph Cilevitz

Ralph Cilevitz photos at....

<http://www.imagestation.com/album/?id=4288630063>

Toni Lyng's Photos at....

<http://www.imagestation.com/album/?id=4288630351>



Wendi Hanger enjoys a plate of *Beacher Cafe* chili served up by **Riny Geddes** (L) and **Doreen Carmichael**
Vern Christensen and **Reg Wilson** man the buffet in the background - provided by the *Scarborough Masters*
 (The Beacher Café 2162 Queen St. East)

Age Group	Women - USA		Women - Canada		Men - USA		Men - Canada	
	Placings	Points	Placings	Points	Placings	Points	Placings	Points
30	3, 4	= 7	1, 2	= 3	5, 6	= 11	1, 2	= 3
35	4, 5	= 9	1, 2	= 3	5, 6	= 11	1, 2	= 3
40	4, 5	= 9	1, 2	= 3	1	= 1	2	= 2
45	9, 10	= 19	1, 2	= 3	22, 23	= 45	1, 2	= 3
50	3, 4	= 7	1, 2	= 3	3, 4	= 7	1, 2	= 3
55	3, 4	= 7	1, 2	= 3	19, 20	= 39	1, 2	= 3
60	3, 4	= 7	1, 2	= 3	12, 13	= 25	1, 2	= 3
65	2	= 2	1	= 1	8, 9	= 17	1, 2	= 3
70					3, 4	= 7	1, 2	= 3
Totals		67		22		163		26
Grand Totals		USA	67 + 163 = 230		Canada 22 + 26 =		48	