

M55 Bert de Vries & W45 Dawn Hamel
running together at the half.



M45 Alex Keeting 34:55
edges **M50 Roger De Plancke 34:56**
coming into the finish line.



M50 Fred Robbins nicks M55 Ray Tucker at the finish.



M45 Joe Allegretti and M55 Ray Tucker lead
this pack near the end of the first of two of the
Don Farquharson Loops of the course.

Photos by *Jack Castle*

OMTFA 8K Cross Country Championships

Sunnybrook Park

Sunday, November 7, 2004

W30

1 McKenzie, Ally	Unattached	30:58
2 Boulton, April	Longboat Roadrunners	32:37
3 Boulton, Melanie	Longboat Roadrunners	33:03
4 Rothenburg, Hellaina	Unattached	36:47

W35

1 Greenidge, Natalie	Unattached	36:20
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W40

1 Chong, Nancy	Unattached	35:02
2 Salter, Gillian	Merry Moms of Oak	36:05
3 Vandenberger, Catherine	Merry Moms of Oak	40:25
4 Torretto, Cheryl	Merry Moms of Oakville	49:41

W45

1 Hamel, Dawn	Orillia Athletic Club	35:56
2 Marino, Chris	Lakeshore Masters	39:40
3 Newman, Deidre	Longboat Road Runners	43:17
4 Roblin, Lynn	Merry Moms of Oakville	43:30
5 Butlin, Carole	Lakeshore Masters	45:21

W50

1 Northcott, Clara	Etobicoke Huskies Strider	38:02
2 Watson, Pauline	Merry Moms of Oakville	42:27
3 Guy, Christine	Etobicoke Huskies Strider	48:39
4 Naidu, Janet	Unattached	51:36
5 Tedford, Cathy	Scarborough Masters	65:53

W55

1 Findley, Linda	Etobicoke Huskies Strider	36:40
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W60

1 Christensen, Joan	Scarborough Masters	46:44
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W65

1 Doench, Jean	Longboat Road Runners	49:47
2 Hanger, Wendi	Longboat Road Runners	53:41

M30

1 Bedley, Charlie	Longboat Road Runners	26:53
2 Weldrick, Darren	Unattached	29:16

M35

1 Lovshin, Brian	Toronto Olympic Club	29:57
2 Gonos, John	East Toronto Striders	30:12
3 Collins, Tim	Lakeshore Masters	32:42
4 Hinnen, John	Lakeshore Masters	34:31
5 Ormsby, David	Longboat Road Runners	37:33

M40

1 Lamont, Dave	Toronto Olympic Club	27:41
2 Rendeiro, John	Etobicoke Huskies Strider	28:23
3 Osland, Paul	Toronto Olympic Club	28:36
4 Friel, Vince	South Simcoe Dufferin TC	29:52
5 Meijer, John	Lakeshore Masters	30:06
6 Moloney, Desmond	East Toronto Striders	30:42
7 Hammers, Rob	Lakeshore Masters	32:31
8 Bowen, Peter	Lakeshore Masters	32:54
9 Chin Yut, James	Unattached	34:05
10 Deubelbeiss, David	Longboat Road Runners	34:20
11 Keast, Greg	Longboat Road Runners	37:18

M45

1 Kooymans, Jerry	Toronto Olympic Club	27:47
2 Earl, Rob	East Toronto Striders	28:05
3 Wallace, Peter	Unattached	30:17
4 Hutchinson, Brent	Brantford Track & Field C	30:26
5 Van Burskirk, Jim	Unattached	30:46
6 McDonald, Chris	Brantford Track & Field C	31:07
7 Steel, Philip	Hamilton Olympic Club	31:52
8 Farr, Anthony	Unattached	31:59
9 Allegretti, Joseph	Unattached	32:03
10 Hubbard, George	Longboat Road Runners	32:09
11 Butlin, Richard	Lakeshore Masters	32:34
12 Cook, Bill	Toronto Olympic Club	32:48
13 Rawling, Jim	Longboat Road Runners	34:08
14 Dykman, Fred	Hamilton Athletic Club	34:43
15 Keeting, Alex	Etobicoke Huskies Strider	34:55
16 Campbell, Bruce	Lakeshore Masters	35:20
17 Spielvogel, David	Scarborough Masters	35:44
18 Creighton, Denny	Lakeshore Masters	37:58
19 Edwards, Jeremy	Unattached	41:20

M50

1 Aitkin, George	Cambridge Harriers	31:29
2 Mossman, Gary	Unattached	31:58
3 Robbins, Fred	Stouffville Track Club	32:17
4 Payne, Tim	Cambridge Harriers	32:23
5 De Plancke, Roger	Cambridge Harriers	34:56
6 Kuczkowski, Greg	Toronto Olympic Club	36:00
7 Smith, Doug	President	37:50
8 Lyng, John	Longboat Road Runners	39:40

M55

1 Tucker, Ray	Brantford Track & Field C	32:19
2 Hale, Murray	Etobicoke Huskies Strider	32:29
3 Pickard, John	Etobicoke Huskies Strider	32:41
4 Mostyn, Murray	Longboat Road Runners	33:24
5 Bedley, Mike	Longboat Road Runners	33:35
6 Cassel, Gary	Cambridge Harriers	34:13
7 de Vries, Bert	Longboat Road Runners	34:49
8 Sheridan, Michael	Hamilton Athletic Club	35:16
9 Connolly, Hugh	Longboat Road Runners	35:38
10 Hoff, Tory	Longboat Road Runners	39:58
11 Drooker, Stephen	Unattached	52:12

M60

1 Moore, Robert	Toronto Olympic Club	34:12
2 Mackie, Chris	Unattached	35:05
3 Christensen, Vern	Scarborough Masters	36:52
4 Wilson, Reg	Scarborough Masters	38:09
5 Goodstadt, Michael	Scarborough Masters	39:12
6 Kavanagh, Dermot	Unattached	39:24
7 Singleton, Terry	Unattached	44:42

M65

1 Geddes, Jack	Scarborough Masters	34:34
2 Crichton, Ron	Etobicoke Huskies Strider	37:55
3 Krolow, Gerhard	Metro Toronto Fitness	39:28
5 Nagle, Bob	Longboat Road Runners	45:13

M70

1 Graves, Richard	Etobicoke Huskies Strider	42:49
2 Milligan, Jim	Longboat Road Runners	43:56

M75

1 Charles, Felix	Etobicoke Huskies Strider	57:01
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Team Results

W30

Longboat Roadrunners		97:57
Boulton, April	W33	32:37
Boulton, Melanie	W33	33:03
Newman, Deidre	W48	43:17

W40

Merry Moms of Oakville		116:10
Salter, Gillian	W43	36:05
Marino, Chris	W49	39:40
Vandenberger, Catherine	W43	40:25

Merry Moms of Oakville B		135:38
Watson, Pauline	W50	42:27
Roblin, Lynn	W47	43:30
Torretto, Cheryl	W43	49:41

W50

Etobicoke Huskies Striders		74:42
Findley, Linda	W56	36:40
Northcott, Clara	W50	38:02

Scarborough Masters		112:43
Tedford, Cathy	W51	1:05:53
Christensen, Joan	W64	46:44

W60

Longboat Roadrunners		102:57
Doench, Jean	W66	49:47
Hanger, Wendi	W67	53:41

M30

East Toronto Striders		88:59
Earl, Rob	M45	28:05
Gonos, John	M39	30:12
Moloney, Desmond	M44	30:42

Lakeshore Masters		100:07
Collins, Tim	M39	32:42
Bowen, Peter	M42	32:54
Hinnen, John	M38	34:31

Longboat Roadrunners		101:44
Bedley, Charlie	M31	26:53
Ormsby, David	M37	37:33
Keast, Greg	M42	37:18

M40

Toronto Olympic Club		84:04
Lamont, Dave	M40	27:41
Kooymans, Jerry	M49	27:47
Osland, Paul	M40	28:36
McKenzie, Ally	W32	30:58

Brantford Track & Field Club		93:52
Hutchinson, Brent	M47	30:26
McDonald, Chris	M45	31:07
Tucker, Ray	M57	32:19

Lakeshore Masters		95:11
Meijer, John	M43	30:06
Hammers, Rob	M43	32:31
Butlin, Richard	M48	32:34

Longboat Roadrunners		100:32
Hubbard, George	M46	32:09
Rawling, Jim	M49	34:08
Deubelbeiss, David	M42	34:20

Toronto Olympic Club B		103:00
Cook, Bill	M49	32:48
Moore, Robert	M63	34:12
Kuczkowski, Greg	M51	36:00

Lakeshore Masters C		118:38
Campbell, Bruce	M48	35:20
Creighton, Denny	M49	37:58
Butlin, Carole	W48	45:21

M50

Cambridge Harriers		96:09
Aitkin, George	M52	31:29
Robbins, Fred	M50	32:17
Payne, Tim	M54	32:23
Cassel, Gary	M59	34:13

Longboat Roadrunners		101:48
Mostyn, Murray	M58	33:24
Bedley, Mike	M57	33:35
de Vries, Bert	M58	34:49
Connolly, Hugh	M59	35:38

Etobicoke Huskies Striders		103:05
Hale, Murray	M55	32:29
Pickard, John	M56	32:41
Crichton, Ron	M68	37:55

Longboat Roadrunners B		123:34
Lyng, John	M54	39:40
Hoff, Tory	M56	39:58
Milligan, Jim	M70	43:56
Nagle, Bob	M66	45:13

M60

Scarborough Masters		109:35
Geddes, Jack	M67	34:34
Christensen, Vern	M63	36:52
Wilson, Reg	M61	38:09
Goodstadt, Michael	M64	39:12

M70

Etobicoke Huskies Striders		99:50
Graves, Richard	M71	42:49
Charles, Felix	M76	57:01

Refreshments courtesy of

Scarborough Masters