

10th Annual
Ontario Masters 5K Team Cross Country Championships
Taylor Creek Park - Toronto
Sunday, September 19, 2004

W40			M40			M50		
Merry Moms of Oakville		69:13	East Toronto Striders		50:58	Longboat Road Runners		60:51
Salter, Gillian	W43	20:52	DaSilva-Jardine, Ron	M43	16:31	Bedley, Mike	M57	19:53
Marino, Chris	W49	23:36	Earl, Rob	M45	16:36	Kobayashi, Lynn	W48	20:22
Roblin, Lynn	W47	24:45	Earl, James	M45	17:51	de Vries, Bert	M57	20:36
			Moloney, Des	M43	18:05	Lyng, John	M54	22:58
Etobicoke Huskies Striders			Longboat Road Runners			M60		
Sweazey, Nanci P.	W49	22:04	Deubelbeiss, David	M42	17:31	Scarborough Masters		66:07
Del Grande, Karla	W51	24:53	Rawling, Jim	M49	20:30	Geddes, Jack	M67	20:23
Guy, Christine	W51	27:47	Durocher, Mike	M48	21:27	Christensen, Vern	M63	21:35
W50			Lakeshore Masters			Goodstadt, Michael	M64	24:09
Merry Moms of Oakville		50:20	Bowen, Peter	M42	19:45	Waller, Gary	M70	30:19
Watson, Pauline	W50	25:06	Jalonen, Mike	M45	20:02	Etobicoke Huskie Striders		
de Grace, Laurie	W51	25:14	Butlin, Carole	W48	27:16	Mitchell, Bruce	M61	25:29
W60			Scarborough Masters			Powell, John	M60	26:35
Longboat Road Runners		61:41	D'Oliveira, Armand	M44	20:27	Charles, Felix	M76	32:49
de Geus, Tina	W60	31:04	Seon, Scott	M46	22:26			
Hanger, Wendi	W67	30:37	Wilson, Reg	M61	24:18			

W30				5 Butlin, Carole	Lakeshore Masters	27:16.56	59.34%
1 Boyle, Shari	Unattached	18:58.14	75.89%	W50			
W35				1 Del Grande, Karla	Etobicoke H	24:53.59	66.84%
1 Hopkins, Colleen	Toronto Olym	19:09.15	78.27%	2 Watson, Pauline	Merry Moms	25:06.79	65.63%
2 Greenidge, Natalie	Toronto Olym	20:21.03	73.07%	3 deGrace, Laurie	Merry Moms	25:14.51	65.91%
3 Barker, Angela	Longboat RR	22:12.48	67.50%	4 Guy, Christine	Etobicoke H	27:47.59	59.86%
W40				W55			
1 Salter, Gillian	Merry Moms	20:52.83	74.21%	1 Cassel, Brenda	Cambridge Harrier	28:55.55	59.78%
W45				W60			
1 Kobayashi, Lynn	Longboat RR	20:22.27	79.45%	1 De Geus, Tina	Longboat RR	31:04.05	58.67%
2 Sweazey, Nanci P	Etobicoke H	22:04.49	73.98%	W65			
3 Marino, Chris	Lakeshore Masters	23:36.55	69.18%	1 Hanger, Wendi	Longboat RR	30:37.29	64.76%
4 Roblin, Lynn	Merry Moms	24:45.22	64.81%				



Photo by Bob Fenwick

MEN**M30**

1 Bedley, Charlie	Longboat RR	15:40.00	82.81%
2 Lovshin, Brian	Toronto Olym	17:41.00	73.36%
3 Greco, Rob	Unattached	20:21.43	63.73%

M35

1 Gonos, John	East Toronto	18:33.25	71.64%
2 Hinnen, John	Lakeshore Masters	19:48.09	67.13%
3 Ormsby, David	Longboat RR	20:33.53	63.77%

M40

1 DaSilva-Jardine, Ron	East Toronto	16:31.00	83.40%
2 Rendeiro, John	Etobicoke H	17:07.00	79.32%
3 Black, Jamie	Marathon Dynamic	17:13.00	78.86%
4 Deubelbeiss, David	Longboat RR	17:31.00	78.07%
5 Moloney, Desmond	East Toronto	18:05.31	76.15%
6 Meijer, John	Lakeshore Masters	18:11.29	75.74%
7 Bowen, Peter	Lakeshore Masters	19:45.69	69.20%
8 Wallace, James	Unattached	19:50.14	68.45%
9 Rodgers, Jim	Unattached	20:20.60	68.20%
10 D'Oliveira, Armand	Scarborough Master	20:27.95	67.80%

M45

1 Earl, Rob	East Toronto	16:36.00	84.21%
2 Earl, James	East Toronto	17:51.00	78.31%
3 Allegretti, Joseph	Unattached	19:11.52	73.39%
4 Jalonen, Mike	Lakeshore Masters	20:02.90	69.72%
5 Rawling, Jim	Longboat RR	20:30.83	70.26%
6 Davis, Ken	Toronto Pursuit	21:05.29	68.35%
7 Campbell, Bruce	Lakeshore Masters	21:08.95	67.62%
8 Durocher, Mike	Longboat RR	21:27.56	66.65%
9 Seon, Scott	Scarborough Master	22:26.31	62.77%

M50

1 Lyng, John	Longboat RR	22:58.63	64.26%
2 Smith, Doug	President	26:18.48	56.12%

M55

1 Cassel, Gary	Cambridge Harrier	19:49.05	79.18%
2 Bedley, Mike	Longboat RR	19:53.66	77.46%
3 de Vries, Bert	Longboat RR	20:36.52	74.77%

M60

1 Christensen, Vern	Scarborough Master	21:35.35	75.55%
2 Goodstadt, Michael	Scarborough Master	24:09.56	68.20%
3 Wilson, Reg	Scarborough Master	24:18.94	65.76%



Photo by Bob Fenwick

Merry Moms Of Oakville
Laurie, Gillian, Pauline, Lynn, Chris

4 Mitchell, Bruce	Etobicoke H	25:29.16	62.74%
5 Powell, John	Etobicoke H	26:35.55	59.54%

M65

1 Geddes, Jack	Scarborough Master	20:23.50	83.46%
2 Pascoe, James	Rouge River RR	25:39.48	65.60%
3 Nagle, Bob	Longboat RR	26:00.39	64.72%

M70

1 Waller, Gary	Scarborough Master	30:19.10	58.09%
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M75

1 Charles, Felix	Etobicoke H	32:49.56	58.14%
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Photo by Bill Smith

We couldn't use our beloved 'West' course through the Hydro trail and the swamp since it was torn up during last winter's construction by Hydro. We chose an easier trail heading East, that proved to be quite popular. It's faster and much safer for our older runners. - Doug

It was great to get out on Sunday and thanks for all the work you guys do in keeping these races going. Mike Bedley and I checked out the course on Friday to determine the ankle wrenching risk. With peak marathon training happening for me doing cross country is risky. So in that regard I'd have to say I prefer the easier 'East' course.

Lynn Kobayashi
 Toronto