

EERKES-DOVE AND PAUL CRAIG OVERALL WINNERS IN NATIONAL CROSS COUNTRY CHAMPIONSHIPS

ONTARIO WINNERS OF BLUENOSE PROVINCIAL CHAMPIONSHIP

British Columbia's Debbie Eerkes-Dove (W40) and Ontario's Paul Craig (M45) were the overall winners in this years National Masters Cross-Country Championships. The eight kilometre event was run over a two kilometre course in Vancouver's Jericho Beach Park on November 28 and as has become the custom was held in conjunction with Athletics Canada junior and senior championships.

Although wet and muddy the course was much faster and not nearly as muddy as was last year's Stanley Park course. Conditions were almost ideal for cross-country running. Congratulations and thanks to the organizers and volunteers who helped make the event a success.

A strong contingent from Ontario helped that province win back the Bluenose Trophy for the Provincial Championship with British Columbia the runner up and Alberta third.

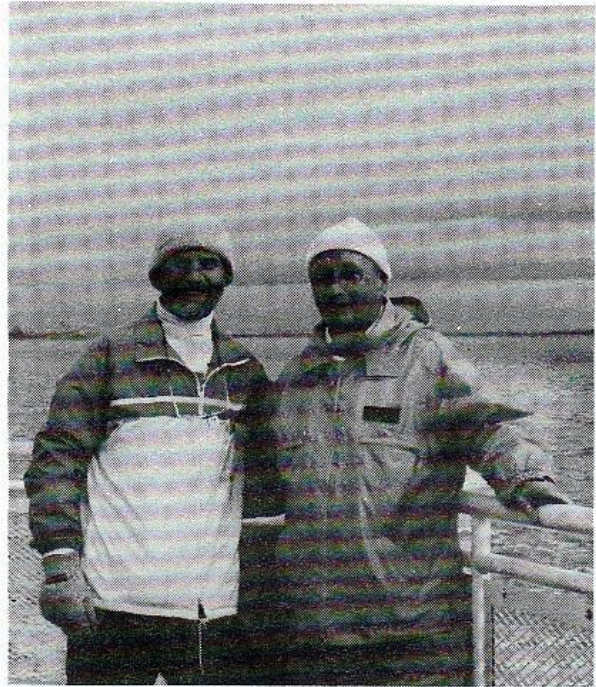
The Etobicoke Huskies/Striders will be hosting next year's championships in Centennial Park.

Results by age group with each runners name followed by province, time and pace per mile.

Women

W35: - 1. Donna Dixon (AB) 31:42 (6:23); 2. Jennifer Ditchfield (ON) 32:03 (6:27); 3. Leslie Black (BC) 32:27 (6:32); 4. Louise Soucy-Fraser (ON) 34:34 (6:57).

W40: - 1. Debbie Eerkes-Dove (BC) 31:30 (6:20); 2. Alison Douglas (AB) 32:33 (6:33); 3. Jackie Holloway (BC) 34:29 (6:56); 4. Hillerie Smith (BC) 35:03 (7:03); 5. Cheryl Hernberg (BC) 42:10 (8:29); 6. Laurie Goettl (ON) 45:43 (9:12).



The two Ronnies - The day before the cross-country championships Ron Crichton (left) and Ron Carroll along with other members of the Etobicoke Husky/Striders took the ferry for a to Victoria

Photo by Louise Soucey-Fraser

W45: - 1. Gwyn Woodson (BC) 32:01 (6:26); 2. Linda Edmunds (AB) 32:04 (6:27); 3. Debbie Collum (BC) 32:09 (6:28); 4. Thelma Wright (BC) 32:25 (6:31); 5. Barb Rankin (AB) 33:11 (6:41); 6. Ilze Rupners (BC) 33:35 (6:45); 7. Bonni Walker (BC) 34:14 (6:53); 8. Christine Guy (ON) 38:08 (7:40); 9. Maureen Simpson (BC) 42:16 (8:30).

W50: - 1. Linda Findley (ON) 33:39 (6:46); 2. Avril Douglas (BC) 37:30 (7:33).

W55: - 1. Joan Christensen (ON) 38:33 (7:45); 2. Sherry Wilkes (BC) 44:09 (8:53); 3. Angela Kelso (BC) 44:18 (8:55).

W60: - 1. Helly Visser (AB) 42:25 (8:32); 2. Louise Reed (BC) 50:04 (10:04).

W70: - 1. Dorly Brechbuehl (ON) 37:20 (10:01); 2. Hazel Cameron (BC) 37:22 (10:01).



Jake Madderom (603) leads a pack of runners from the start of the National cross-country championships in Vancouver

Photo Fred Brooks and Louise Soucey-Fraser

Men

M35: - 1. Rick Cornelissen (ON) 27:47 (5:35); 2. Vladislav Jevremovic (ON) 36:30 (7:21).

M40: - 1. Jerry Kooymans (ON) 26:23 (5:18); 2. Art Boileau (BC) 26:34 (5:21); 3. Kevin Titus (BC) 26:41 (5:22); 4. Tim Wood (ON) 26:43 (5:22); 5. Tom Michell (BC) 26:52 (5:24); 6. Michael Vidito (ON) 27:14 (5:29); 7. Ed Raposo (ON) 27:31 (5:32); 8. Joe Lehmann (ON) 28:05 (5:39); 9. Bill Dymond (MB) 28:25 (5:43); 10. Mark Shorter (BC) 29:04 (5:51); 11. Ron Wichmann (BC) 29:16 (5:53); 12. Keith Robinson (BC) 29:30 (5:56); 13. Rob Lang (BC) 29:30 (5:56); 14. Charles Desjardins (BC) 29:52 (6:00); 15. Len Brownlie (BC) 30:19 (6:06); 16. Claude Lamoureux (BC) 32:50 (6:36); 17. Alex Keeting (ON) 33:11 (6:41).

M45: - 1. Paul Craig (ON) 26:07 (5:15); 2. John Craig (ON) 26:37 (5:21); 3. George

Aitkin (ON) 27:27 (5:31); 4. Michael Secker (AB) 27:48 (5:36); 5. Brad Morley (ON) 28:56 (5:49); 6. Mark Lawrence (BC) 29:38 (5:58); 7. Derek Crowder (BC) 31:22 (6:19); 8. Steven Holmes (BC) 31:29 (6:20); 9. Ingo Jackisch (BC) 31:29 (6:20); 10. Jim Cappan (BC) 31:57 (6:26); 11. Peter Allen (ON) 36:12 (7:17); 12. Gerald Dragomir (BC) 36:18 (7:18); 13. David Dolsen (BC) 39:01 (7:51); 14. Mike Harrison (BC) 39:34 (7:58).

M50: - 1. Jim Swadling (BC) 28:24 (5:43); 2. Iain Fisher (BC) 29:35 (5:57); 3. Larry McMahon 30:42 (6:11); 4. Rick Larush (AB) 30:46 (6:11); 5. Wayne Richardson (ON) 31:09 (6:16); 6. Gaetan Breton (QU) 31:26 (6:19); 7. Peter O'neil (USA) 31:28 (6:20); 8. Tom Hastie (BC) 31:49 (6:24); 9. Craig Runyan (BC) 31:54 (6:25); 10. Alex Jamieson (BC) 32:51 (6:36); 11. August Albrecher (BC) 32:59 (6:38); 12. Jake Madderom (BC) 33:00 (6:38); 13. Dennis Akey (BC) 33:04 (6:39); 14. Bernie Steinenger (BC) 36:55 (7:26); 15. David



Don Jones (596) and another pack of runners at the start of the National cross-country championships in Vancouver.

Photo by Fred Brooks and Louise Soucey-Fraser

Wilkins (BC) 37:01 (7:27); 16. Francisco Machado (ON) 37:02 (7:27); 17. Bill Bowness (BC) 37:48 (7:36); 18. John Powell (ON) 39:33 (7:57).

M55: - 1. Herb Phillips (BC) 29:54 (6:01); 2. Vern Christensen (ON) 32:54 (6:37); 3. Brian Parkinson (BC) 34:46 (7:00); 4. Bruce Mitchell (ON) 39:00 (7:51); 5. Rob Daniel (BC) 40:49 (8:13); 6. Grant Lamothe (BC) 41:00 (8:15).

M60: - 1. Steve Odwin (BC) 32:04 (6:27); 2. Roger Davies (AB) 32:22 (6:31); 3. Gary Baker (BC) 33:27 (6:44); 4. Ron Crichton (ON) 33:53 (6:49); 5. Lloyd Kehoe (ON) 33:55 (6:49); 6. Ray Will (NF) 35:19 (7:06); 7. Don Jones (ON) 35:25 (7:07); 8. Bill Mcilwaine (ON) 35:41 (7:11); 9. James Pascoe (ON) 36:18 (7:18).

M65: - 1. Frank Kurucz (BC) 35:30 (7:08); 2. Morgyn Paterson (ON) 37:18 (7:30); 3. Richard Graves (ON) 38:00 (7:39); 4. Harvey Nelsen (BC) 38:45 (7:48); 5. James Sinclair

(BC) 45:08 (9:05); 6. Jack Castle (ON) 1:00:59 (12:16).

M70:- 1 Felix Charles (ON) 35:31 (9:32); 2. Micky Sherker (BC) 38:23 (10:18); 3. Ron Carroll (ON) 49:35 (13:18).

CLUB CHAMPIONSHIP RESULTS:

M40: - 1. **Toronto Olympic Club** - 1, 2, 4, 7 = 14, (Craig Paul, Kooymans Jerry, Craig John, Raposo Ed); 2. **River Valley Track Club** - 6, 8, 9, 14 = 37, (Wood Tim, Lehmann Joe, Morley Brad, Richardson Wayne); 3. **West Vancouver** 5, 10, 12, 13, (15), (18) = 40, (Titus Kevin, Shorter Mark, Lawrence Mark, Brownlie Len, Holmes Steven, Walker Bonni); 4 **Etobicoke Huskies/Striders "A"** - 17, 19, 20, 21, (22), (23) = 77, (Keeting Alex, Allen Peter, Machado Francisco, Guy Christine, Mitchell Bruce, Powell John)

M50: - 1. **Semiahmoo "A"** - 1, 4, 6, 7 = 18, (Hastie Tom, Albrecher August, Akey Dennis, Parkinson Brian); 2. **Kajaks "C"** - 2, 3, 5, 10 = 20, (Runyan Craig, Jamieson Alex, Madderom Jake, Sherker Micky); 3.

Semiahmoo "B" - 8, 9, 11, 12 = 40,
(Wilkins David, Bowness Bill, Nelsen
Harvey, Lamothe Grant)

M60: - 1. Etobicoke Huskies/Striders "B" -
1, 2, 3, (4), (5) = 6 - (Crichton Ron, Jones
Don, McIlwaine Bill, Paterson Morgyn,
Graves Richard)

M70: - Etobicoke Huskies/Striders "C" - 1,
2 = 3 - (Charles Felix, Carroll Ron)

F35: - 1. Calgary Road Runners - 2, 3, 7, 8
(15) = 20 - (Dixon Donna, Edmunds Linda,
Douglas Alison, Rankin Barb, Visser Helly);
2. Vancouver Falcons Athletics Club - 4,
6, 9, 11 = 30 - (Collum Debbie, Black Leslie,
Rupners Ilze, Smith Hillerie); **3. Kajaks "A"**
12, 13, 14, 16 = 55 - (Douglas Avril,

Hernberg Cheryl, Simpson Maureen, Wilkes
Sherry).

W55: - 1. Kajaks "B" - 1, 2, 3 = 6 - (Kelso
Angela, Reed Louise, Cameron Hazel).

Bluenose Trophy

Top 4 Age Graded Results By Province

1. Ontario - 1, 2, 3, 6 = 12 - (Craig Paul,
Craig John, Kooymans Jerry, Aitkin George);
2. British Columbia - 4, 5, 7, 8 = 24 -
(Phillips Herb, Swadling Jim, Titus Kevin,
Boileau Art); **3. Alberta** - 9, 12, 16, 30 = 67 -
(Secker Michael, Davies Roger, Edmunds
Linda, Larush Rick).

