

4th Annual OMTFA 5K Team Cross Country Championship

Sunday, November 16
Taylor Creek Park



Photo courtesy - John Gonos

M Open

- | | |
|----------------------|-------|
| 1. Paul Holmes | 23:14 |
| 2. Michael Espigares | 31:28 |

M35

- | | |
|------------------------|-------|
| 1. James Earl | 18:45 |
| 2. Ron Dasilva-Jardine | 19:38 |
| 3. Des Moloney | 19:44 |
| 4. Joe Allegretti | 20:36 |
| 5. Peter Bowen | 21:13 |
| 6. Paul Ewing | 24:14 |
| 7. Charlie De Guara | 26:43 |

M40

- | | |
|-----------------------|-------|
| 1. Jerry Kooymans | 18:35 |
| 2. Paul Craig | 18:39 |
| 3. Joe Lehmann | 19:49 |
| 4. Alan Davis | 20:50 |
| 5. Konrad Doerrbecker | 21:16 |
| 6. Steve Nesbitt | 21:48 |
| 7. Mike Turner | 22:17 |
| 8. Bruce Campbell | 22:21 |
| 9. Ken Harper | 22:33 |
| 10. Jim Rawling | 22:46 |
| 11. David Monk | 23:53 |

M45

- | | |
|-------------------|-------|
| 1. Michael Carter | 22:44 |
| 2. Joe Lee | 22:53 |
| 3. Bill Jay | 23:42 |
| 4. Doug Smith | 23:43 |
| 5. John Lyng | 24:01 |
| 6. Allen Groome | 26:09 |
| 7. Tony Fletcher | 26:26 |

M50

- | | |
|------------------|-------|
| 1. Tony Teddy | 21:39 |
| 2. Hugh Connolly | 22:14 |
| 3. Murray Mostyn | 22:47 |
| 4. Bert de Vries | 23:14 |
| 5. Jimmy O'Brien | 24:10 |
| 6. Paul Collier | 31:05 |

M55

- | | |
|---------------------|-------|
| 1. Robert Moore | 21:03 |
| 2. Vern Christensen | 22:51 |
| 3. Paul Long | 24:54 |
| 4. Clive Randewich | 24:59 |
| 5. Jim Pascoe | 25:54 |
| 6. Bruce Savage | 27:32 |
| 7. Ken Mollineau | 29:17 |

M60

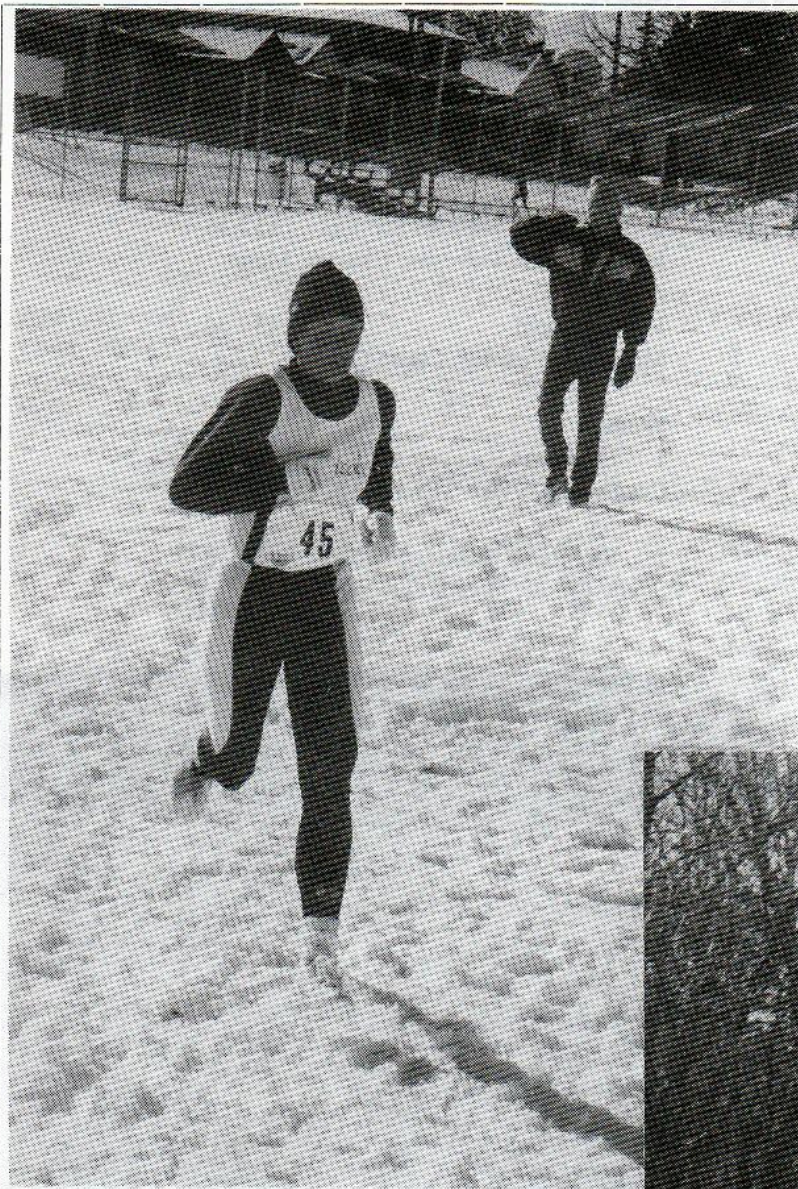
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|--------------------------------|----------|
| 1. Jack Geddes | 21:55 CR |
| (old CR Bill Bryson 23:26 '95) | |
| 2. Gerhard Krolow | 25:17 |
| 3. Dennis Foyle | 26:05 |
| 4. Jim Milligan | 26:35 |
| 5. Don Jones | 26:40 |
| 6. Eugene Scanlon | 33:18 |
| 7. Gary Waller | 36:36 |
| 8. Mike Wearing | DNF |
| 9. Bill Bryson | DNF |

M65

- | | |
|----------------|-------|
| 1. Earl Fee | 25:32 |
| 2. Art Rappich | 27:00 |
| 3. Ralph Lang | 29:16 |

M70

- | | |
|-------------------|-------|
| 1. Peter Fellowes | 32:22 |
|-------------------|-------|



W35 Louise Soucy-Fraser setting a course record with a 24:26 in the 5K Cross Country in Taylor Creek Park - with a foot of snow on the ground!

Photo - Bill Mellwaine



M40 Jerry Kooymans (R) leads **M35 James Earl** and **M40 Paul Craig** (obscured behind James) out of the swamp, with about 1K to go. Jerry held on for the overall win, with Paul passing James on the hill for second place.

Photo - John Gonos

W35

1. Louise Soucy-Fraser 24:26 CR
(old CR Maria Gal 26:18 '94)
2. Gillian Salter 24:47
3. Catherine Willis 26:35
4. Theresa Lau 31:27

W40

1. Maureen Griffith 26:23
2. Judy Leahy 35:24
3. Cathy Tedford 41:36

W45

1. Diana Spencer 23:44 CR
(old CR Anne Emmett 23:53 '94)
2. Adele Emo 25:48
3. Kathleen Walker 27:17

W50

1. Nancy Wells 26:48
2. Claire Oger 28:34
3. Monica Thomas 29:15
4. Georgie Gillis 31:17
5. Tina De Geus 34:40

W55

1. Joan Christensen 28:27
2. Adri Rowswell 30:34

W65

1. Jean Horne 31:24 CR
(no previous CR)

Course Records - Individual

M35	James Earl	17:04	96
M40	Fred Robbins	17:43	94
M45	Phil Pyatt	18:02	96
M50	Bob Moore	19:46	94
M55	Bob Moore	19:01	96
M60	Jack Geddes	21:55	97
M65	Earl Fee	23:06	95
	(Earl Fee)	23:07	94)
M70	Peter Fellowes	28:31	95
M75	Whitey	47:37	94
W35	Louise Soucy-Fraser	24:26	97
W40	Adele Emo	23:02	95
W45	Diana Spencer	23:44	97
W50	Claire Oger	25:18	96
W55	Anne Van Der Vleuten	25:17	95
W60	Anne Van Der Vleuten	24:56	96
W65	Jean Horne	31:24	97

M35-39 Teams

(4 to run, 3 to score)

1. East Toronto Striders 58:07
Moloney, Earl, Dasilva-Jardine
2. Longboat Roadrunners 71:33
Allegretti, Ewing, De Guara, Collier

M40-49 Teams

1. Toronto Olympic 58:17 CR
Craig, Kooymans, Moore

2. Adelaide Club 66:04
Davis, Campbell, Lee

3. Longboat B 66:19
Turner, Rawling, Doerrbecker

4. Longboat C 73:00
Fletcher, Harper, Lyng

5. Longboat F 74:44
Jay, Monk, Groome

6. Etobicoke Huskies S. 78:38
Savage, Jones, Soucy-Fraser

M50-59 Teams

1. Longboat 67:07
de Vries, Teddy, Connolly, Long

2. Rouge River 77:59
Mostyn, Mollineau, Pascoe

M60+ Teams

1. Metro Fitness Club 81:23
Rappich, Lang, Krolow, Fellowes

2. Scarborough Masters 84:36
Geddes, Bryson, Foyle, Waller

W40-49 Teams

1. Longboat 88:29
Walker, De Geus, Emo, Leahy

W50+ (2 to a team)

1. Longboat 55:22
Wells, Oger

2. Scarborough Masters 59:01
Christensen, Rowswell

3. Kitchener Womens RC 60:39
Horne, Thomas

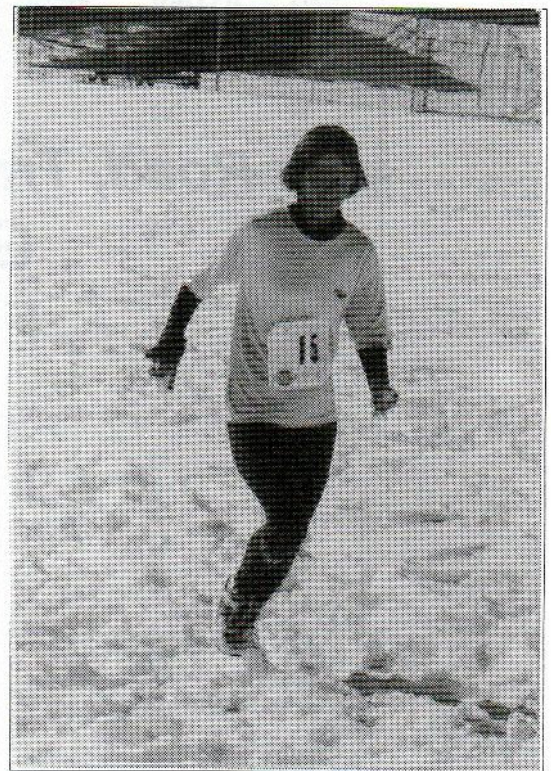
Course Records - Teams

M35	East Toronto Striders	52:56	'96
	(Ron Jardine, James Earl, Rob Earl, Des Moloney)		
M40	Toronto Olympic Club	58:17	'97
	(Paul Craig, Jerry Kooymans, Bob Moore)		
M50	Georgetown Runners	62:51	'95
	(Jim Clarke, Charlie Upshall, Adrian Beer)		
M60+	Longboat Roadrunners	77:44	'95
	(Brian Morans, Jim Milligan, E. Scanlon, Hank Hanger)		
W35	Longboat Roadrunners	73:55	'95
	Adele Emo, Kathleen Walker, Robin O'Connor, Judy Leahy)		
W40	Longboat Roadrunners	74:04	'94
	(Adele Emo, Kathleen Walker, Nancy Wells, Wendi Hanger)		
W50+	Scarborough Masters	50:30	'96
	(Joan Christensen, Janet Holmes, Adri Rowswell,		

Special thanks to the *Scarborough Masters* for providing the refreshments.



M55 winner **Bob Moore** climbing the hill was about 2 minutes off his course record - not bad considering the conditions.

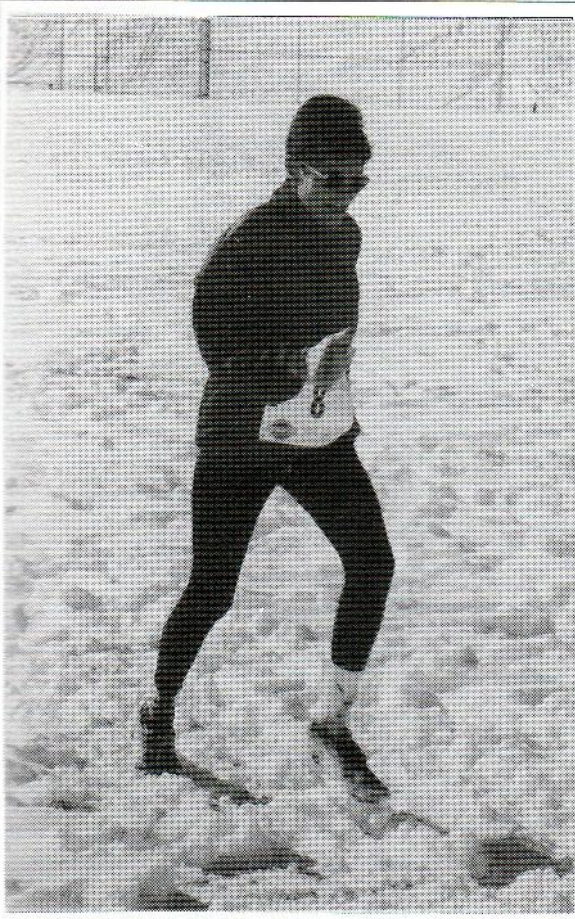


W50 **Monica Thomas** of the Kitchener Women's Running Club.

Classic or Freestyle ?

Runners were asking which mode of skiing they should use to plow through the snow at the 5K Cross Country.

All Photos - Bill McIlwaine



W50 winner **Nancy Wells (L)** looks like she's enjoying the last few meters through the snow.

W55 winner **Joan Christensen** near the finish line.

