

AO Cross Country Championships
November 17, 2003
Belvoir Farms, Delaware
Results - Age Grading: 1 Yr Indiv & 5 yr Multi

M30 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 30					
1 Kevin Smith	M32 Toronto Olympic	19:07.5	18:58.48 67.98%	1	
2 Joshua Wilson	M31 Dontgetlost Running	20:41.1	20:35.08 62.69%	3	
3 Greg King	M32 Ontario Masters	21:00.1	20:50.20 61.90%	4	
4 Nikolay Ryabkov	M34 Toronto Olympic	21:33.1	21:12.39 60.86%	5	

W30 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 30					
1 Chantal Warriner	W33 Newmarket Huskie	20:59.6	20:53.74 70.82%	4	
2 Katherine Ahokas	W30 Muskoka Algonqui	21:17.5	21:17.03 69.52%	4	
3 Jessica Sheppard	W30 Muskoka Algonqui	23:29.1	23:28.61 63.02%	8	
4 Marijana Primorac	W34 U of Toronto TC	25:24.2	25:13.15 58.66%	10	

M35 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 35					
1 Matt Kings	M35 Brantford TFC	18:35.8	18:12.13 70.89%	1	
2 Jason Matthews	M39 U of Toronto TC	18:38.7	17:45.12 72.67%	1	
3 Paul Felix	M38 Dontgetlost Running	18:56.9	18:10.50 70.98%	1	
4 Dave Tepper	M38 Newmarket Huskie	19:01.0	18:14.43 70.73%	1	
5 Larry Bradley	M39 Toronto Olympic	19:43.3	18:46.54 68.71%	2	
6 Marc Philippon	M39 London Pacers	19:53.8	18:56.55 68.11%	2	
7 David Purcell	M38 Ottawa Lions TFC	20:31.1	19:40.86 65.55%	3	
8 Chris Bennett	M35 Brantford TFC	20:51.6	20:25.00 63.20%	3	
9 Jimmy Semes	M35 Boardwalk RC	21:14.1	20:47.08 62.08%	4	
10 Lowell Greib	M39 Muskoka Algonqui	21:46.1	20:43.54 62.25%	5	

W35 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 35					
1 Donna Mae Robins	W37 Ontario Masters	20:30.3	20:07.67 73.56%	3	
2 Leigh Anne Jacques	W38 Beaches Blue Devils	26:56.7	26:19.12 56.23%	11	

M40 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 40					
1 Derek Hackshaw	M44 Newmarket Huskie	18:14.6	16:43.60 77.11%	1	
2 Chris Jocelyn	M43 Dontgetlost Running	19:17.0	17:48.99 72.43%	2	
3 Ian Sinclair	M43 Toronto Olympic	19:32.5	18:03.39 71.47%	2	
4 Mark Sinnige	M43 Muskoka Algonqui	20:05.3	18:33.68 69.53%	2	
5 Kevin Farr	M43 Brantford TFC	20:27.7	18:54.34 68.26%	3	
6 Allan Pribaz	M42 Central Toronto AC	20:30.1	19:05.19 67.56%	3	1
7 Jeffery Lapierre	M41 Physi-Kult Kingston	20:31.6	19:15.22 66.99%	3	

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8	Mirco Graenert	M44	Newmarket Huskie	20:45.6	19:02.10	67.76%	3	
9	Ron O'Hare	M43	Newmarket Huskie	21:32.9	19:54.60	64.82%	5	
10	Scott Lampart	M44	Central Toronto AC	21:39.2	19:51.19	64.97%	5	2
11	Sean Peicheff	M43	London Pacers	21:51.1	20:11.44	63.92%	6	
12	Jason MacFarlane	M42	Central Toronto AC	21:56.9	20:26.04	63.10%	6	3
13	Steve Boston	M43	Newmarket Huskie	21:58.0	20:17.83	63.58%	6	
14	Chris Henricks	M42	London Runner Di	22:24.5	20:51.73	61.81%	7	
15	Richard Rivard	M42	Central Toronto AC	23:14.4	21:38.15	59.60%	8	4
16	Frank Jacques	M44	Beaches Blue Devils	23:35.4	21:37.77	59.63%	8	
17	David Hopkins	M44	Central Toronto AC	25:00.8	22:56.07	56.24%	10	5

W40 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Women 40						
1	Sarah Nagy	W40	Newmarket Huskie	20:30.6	19:47.88	74.76% 3
2	Helen Dempster	W42	Muskoka Algonqui	21:24.7	20:22.34	72.63% 5
3	Leanne Shafir	W44	U of Toronto TC	21:25.6	20:02.62	73.82% 5
4	Sue Pribaz	W43	Central Toronto AC	22:18.9	21:03.63	70.28% 7
5	Marlene Line	W41	Dontgetlost Running	23:33.9	22:35.43	65.50% 8
6	Astrid Daigle	W43	Central Toronto AC	23:37.3	22:17.59	66.40% 8
7	Tina Steele	W43	Muskoka Algonqui	25:20.9	23:55.42	61.87% 10

M45 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Men 45						
1	Laszlo Orosz	M45	Ontario Masters	18:30.5	16:50.38	76.64% 1
2	Troy Cox	M45	Muskoka Algonqui	19:05.9	17:22.60	74.27% 1
3	Paul Osland	M49	U of Toronto TC	19:28.7	17:10.40	75.13% 2
4	Darryl Rowan	M47	Toronto Olympic	20:00.0	17:54.95	72.00% 2
5	Pierre Mikhail	M45	Muskoka Algonqui	20:15.0	18:25.45	70.05% 2
6	Rob Blair	M49	Newmarket Huskie	21:17.2	18:46.06	68.75% 4
7	John Ellis	M48	Central Toronto AC	22:03.2	19:36.02	65.83% 6
8	Gary G Cassel	M45	Cambridge Harriers	22:06.0	20:06.47	64.18% 6
9	Michael Ferguson	M49	Ottawa Lions TFC	22:20.0	19:41.41	65.53% 7
10	Jamie Stafford	M49	Ontario Masters	22:50.1	20:08.00	64.08% 7
11	Andy Blackwell	M48	Central Toronto AC	23:14.8	20:39.67	62.45% 8

W45 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Women 45						
1	Kathryn Sullivan	W47	Newmarket Huskie	22:07.2	20:03.90	73.76% 6 1
2	Anne Byrne	W48	Longboat Runners	22:52.9	20:30.73	72.19% 8
3	Ginette Jones	W47	Newmarket Huskie	23:22.4	21:12.08	69.81% 8 2
4	Beth Locco	W46	GHAC/ Mackatak	23:51.4	21:52.72	67.63% 9
5	Tracey Snarr	W49	Newmarket Huskie	24:03.2	21:18.06	69.50% 9 3
6	Annette Barry	W47	London Runner Di	24:09.1	21:54.47	67.56% 9
7	Gwen Bailey-Mason	W47	U of Toronto TC	24:21.5	22:05.72	66.99% 9
8	Nancy Catton	W45	U of Toronto TC	25:03.1	23:12.70	63.74% 10

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9	Jean Ferguson	W49	Ottawa Lions TFC	25:34.3	22:38.70	65.38%	10	
10	Paula Driedger	W46	Muskoka Algonqui	26:01.4	23:51.89	62.00%	10	
11	Aura Reynoso	W47	Newmarket Huskie	26:05.9	23:40.43	62.52%	11	4
12	Anke Graenert	W46	Newmarket Huskie	26:08.8	23:58.74	61.70%	11	5
13	Sheryl Potter	W46	Newmarket Huskie	26:40.8	24:28.06	60.47%	11	
14	Catherine Smith	W46	Muskoka Algonqui	27:41.4	25:23.60	58.27%	11	
15	Jocelyn Denomme	W46	Central Toronto AC	28:12.1	25:51.82	57.21%	12	
16	Gillian Riley	W45	Central Toronto AC	31:31.6	29:12.68	50.65%	12	

M50 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Men 50						
1	Daniel Fiorini	M51	Newmarket Huskie	18:25.6	15:59.15	80.69% 1
2	Geoff Peat	M50	Newmarket Huskie	18:32.7	16:13.22	79.54% 1
3	Ron Da Silva Jardine	M52	East Toronto	19:58.5	17:11.37	75.01% 2
4	Michael Day	M50	Ottawa Lions TFC	20:25.6	17:52.03	72.21% 2
5	Robert Campbell	M53	Black Lungs Toronto	20:42.2	17:40.31	73.02% 3
6	Clive Morgan	M54	Physi-Kult Kingston	20:52.8	17:40.48	72.96% 4
7	Chris Deighan	M53	Newmarket Huskie	20:55.7	17:51.80	72.24% 4
8	Mark Duff	M51	Boardwalk RC	20:59.9	18:13.03	70.80% 4
9	James Earl	M54	East Toronto	21:02.3	17:48.50	72.41% 4
10	Rob Earl	M54	East Toronto	21:12.7	17:57.27	71.82% 4
11	Chris McDonald	M54	Ontario Masters	21:29.8	18:11.82	70.86% 5
12	James Wallace	M51	U of Toronto TC	21:48.6	18:55.34	68.16% 5
13	Desmond Moloney	M53	East Toronto	21:55.5	18:42.92	68.95% 6
14	Bruce Grierson	M52	Newmarket Huskie	22:03.0	18:58.51	67.96% 6
15	Joe Raftis	M53	Central Toronto AC	22:12.2	18:57.13	68.09% 7
16	Dermot Stephens	M53	Ontario Masters	22:13.6	18:58.34	68.01% 7
17	Graham Anderson	M52	Central Toronto AC	24:00.4	20:39.61	62.41% 9
18	Kevin Garlick	M51	London Pacers	24:34.0	21:18.83	60.52% 9
19	John McKendrick	M54	Central Toronto AC	24:51.1	21:02.20	61.30% 9
20	Paul Marsh	M52	Ontario Masters	31:44.0	27:18.51	47.22% 12

W50 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Women 50						
1	Janet Wynands	W53	Brockville Legio	21:50.4	18:23.33	80.51% 6
2	Cynthia O'Halloran	W50	Toronto Olympic	23:25.9	20:29.74	72.20% 8
3	Rita Botelho	W53	U of Toronto TC	24:01.4	20:13.62	73.20% 9
4	Joyce Acton	W53	Ottawa Lions TFC	25:21.2	21:20.81	69.36% 10
5	Karen Leslie	W52	Central Toronto AC	28:50.5	24:35.91	60.16% 12

M55 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Men 55						
1	Peter Wallace	M55	U of Toronto TC	21:41.9	18:12.94	70.82% 5
2	Paul Roberts	M55	London Runner Di	22:01.6	18:29.42	69.77% 6
3	James Freemantle	M55	Newmarket Huskie	22:14.9	18:40.65	69.07% 7

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4	Jim Rawling	M58	Longboat Runners	22:34.2	18:28.27	69.86%	7
5	Anthony Farr	M58	U of Toronto TC	22:41.3	18:34.09	69.49%	7
6	Marcel Boudreau	M55	Timmins Porcupin	22:57.0	19:15.95	66.96%	8
7	Brent Hutchinson	M56	Brantford TFC	23:42.0	19:43.62	65.40%	9
8	Brian Burke	M58	London Pacers	26:08.7	21:23.76	60.31%	11

W55 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Women 55						
1	Lynn Kobayashi	W58	U of Toronto TC	24:58.2	19:39.84	75.29% 10
2	Clara Northcott	W59	U of Toronto TC	25:28.5	19:46.98	74.78% 10

M60 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Men 60						
1	John Clarke	M62	East Toronto	21:24.0	16:54.61	76.33% 5
2	George Aitkin	M61	Cambridge Harriers	22:27.2	17:53.96	72.08% 7
3	Murray Hale	M64	Newmarket Huskie	24:57.7	19:22.35	66.57% 9
4	Morrison Reid	M62	London Pacers	25:10.7	19:53.75	64.87% 10
5	Doug Smith	M62	U of Toronto TC	29:13.8	23:05.83	55.88% 12

W60 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Women 60						
1	Linda Jones	W64	London Pacers	27:29.6	19:51.17	74.56% 11

M65 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Men 65						
1	Bert De Vries	M67	Longboat Runners	26:06.9	19:42.98	65.42% 11
2	Chuck Edwards	M68	London Pacers	27:16.6	20:24.00	63.24% 11

W65 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Women 65						
1	Nancy Wells	W67	Longboat Runners	28:03.1	19:20.33	76.53% 12
2	Claire Prest	W69	Longboat Runners	29:29.2	19:41.12	75.18% 12
3	Julia McDonald	W65	London Pacers	29:47.0	21:10.90	69.89% 12

AO Cross Country Championships**November 17, 2003****Belvoir Farms, Delaware****Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M70 5000 Meter Run**

Name	Age Team	Finals	Age-Grading H#	Points
Results - Men 70				
1 Robert Moore	M73 Toronto Olympic	26:15.4	18:27.66 69.89%	11

M75 5000 Meter Run

Name	Age Team	Finals	Age-Grading H#	Points
Results - Men 75				
1 Mike Day	M79 Ottawa Lions TFC	30:30.9	19:10.67 67.29%	12