



## Athletics Ontario Cross Country Championships

Event Date : 13-11-2016

Event Location : Niagara Falls, Ontario

Type : Cross Country

Description : Senior Men 10K

Total Entrants : 40

Total Finishers : 34

Overall Place	Bib	Name	Guntime	City	Pace	Pace Units
1	540	Sami Jibril	30:45	Newmarket Huskies SM1	3:05	/Km
2	771	Hajin Tola	31:08	TORONTO OLYMPIC CLUB	3:07	/Km
3	749	Berhanu Degefa	31:33	TORONTO OLYMPIC CLUB	3:10	/Km
4	756	Bonsa Gonfa	31:44	TORONTO OLYMPIC CLUB	3:11	/Km
5	410	Kevin Blackney	31:54	LONDON WESTERN T.F.C.	3:12	/Km
6	743	Kindi Asefa	32:03	TORONTO OLYMPIC CLUB	3:13	/Km
7	773	Abreham Wagaye	32:09	TORONTO OLYMPIC CLUB	3:13	/Km
8	334	Sergio Ráez Villanueva	32:48	HARBOUR TRACK	3:17	/Km
9	683	Liam Stiles	33:02	SPEED RIVER TRACK & FIELD CLUB	3:19	/Km
10	408	Hunter Andrin	33:17	LONDON WESTERN T.F.C.	3:20	/Km
11	333	Andrew Beardsall	33:21	HARBOUR TRACK	3:21	/Km
12	400	Rob Whitmill	33:58	LONDON RUNNER DISTANCE CLUB	3:24	/Km
13	522	Esteban Clavijo	34:00	Newmarket Huskies SM1	3:24	/Km
14	362	Michael Gill	34:06	Lions Valley Athletics	3:25	/Km
15	993	Kyle Smith	34:12	Blue Devils Athletics Club	3:26	/Km
16	363	Eric Labelle	34:17	Lions Valley Athletics	3:26	/Km
17	545	Eric Macpherson	34:27	Newmarket Huskies SM1	3:27	/Km
18	546	Andrew McColl	34:31	Newmarket Huskies SM1	3:28	/Km
19	412	Elliot De Lange	34:49	LONDON WESTERN T.F.C.	3:29	/Km
20	533	Ali Ghadghoni	34:57	Newmarket Huskies SM2	3:30	/Km



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21	419	Jake Woloshyn	35:09	LONDON WESTERN T.F.C.	3:31	/Km
22	279	Zack Jones	35:18	DURHAM DRAGONS ATHLETICS	3:32	/Km
23	393	Paul Cochrane	35:26	LONDON RUNNER DISTANCE CLUB	3:33	/Km
24	392	Leslie Sexton	35:32	LONDON RUNNER DISTANCE CLUB	3:34	/Km
25	365	Sean Patterson	36:15	Lions Valley Athletics	3:38	/Km
26	549	Aaron McQuaid	36:15	Newmarket Huskies SM2	3:38	/Km
27	770	Daniello Tetangco	36:22	TORONTO OLYMPIC CLUB	3:39	/Km
28	364	Chad Patterson	36:22	Lions Valley Athletics	3:39	/Km
29	561	Chun Cheung Yuen	36:45	Newmarket Huskies SM1	3:41	/Km
30	764	Abreham Mergiya	36:56	TORONTO OLYMPIC CLUB	3:42	/Km
31	301	Christopher Pietrangelo	37:02	ETOBICOKE TRACK & FIELD CLUB	3:43	/Km
32	526	Luke Deighan	37:09	Newmarket Huskies SM2	3:43	/Km
33	366	Matthew Reeve	37:48	Lions Valley Athletics	3:47	/Km
34	543	Michael Logue	39:08	Newmarket Huskies SM2	3:55	/Km



## Athletics Ontario Cross Country Championships

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Total Entrants : 24

Total Finishers : 22

Overall Place	Bib	Name	Guntime	City	Pace	Pace Units
1	873	Sasha Gollish	20:26	UNIVERSITY OF TORONTO T.C	3:25	/Km
2	877	Rachel Hannah	20:33	UNIVERSITY OF TORONTO T.C	3:26	/Km
3	628	Victoria Coates	20:45	PHYSI-KULT KINGSTON	3:28	/Km
4	630	Brogan MacDougall	20:51	PHYSI-KULT KINGSTON	3:29	/Km
5	871	Mary Claire Geneau	21:07	UNIVERSITY OF TORONTO T.C	3:32	/Km
6	482	Laura Desjardins	21:12	NEWMARKET HUSKIES TRACK CLUB	3:32	/Km
7	728	Dehininet Jara	21:16	TORONTO OLYMPIC CLUB	3:33	/Km
8	663	Sarah Wismer	21:25	SPEED RIVER TRACK & FIELD CLUB	3:35	/Km
9	405	Emma Tallman	21:53	LONDON WESTERN T.F.C.	3:39	/Km
10	403	Rebecca Pieteron	22:07	LONDON WESTERN T.F.C.	3:42	/Km
11	717	Yeabsira Abera	22:34	TORONTO OLYMPIC CLUB	3:46	/Km
12	722	Sentayehu Gebremedhin	23:16	TORONTO OLYMPIC CLUB	3:53	/Km
13	330	Gabrielle Foran	23:26	HARBOUR TRACK	3:55	/Km
14	727	Liza Howard	23:40	TORONTO OLYMPIC CLUB	3:57	/Km
15	481	Carrie Byer	23:50	NEWMARKET HUSKIES TRACK CLUB	3:59	/Km
16	332	Lauren Locco	24:15	HARBOUR TRACK	4:03	/Km
17	513	Jessica Shaw	25:16	NEWMARKET HUSKIES TRACK CLUB	4:13	/Km
18	484	Nicole Fiorini	25:40	NEWMARKET HUSKIES TRACK CLUB	4:17	/Km
19	716	Hana Abdullahi	26:45	TORONTO OLYMPIC CLUB	4:28	/Km
20	304	Vanessa Cotter	27:00	GREATER UXBRIDGE ROAD RUNNERS	4:30	/Km



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21	475	Mary Affleck	28:02	NEWMARKET HUSKIES TRACK CLUB	4:41	/Km
22	655	Jillian Jaworski	28:15	SPEED RIVER TRACK & FIELD CLUB	4:43	/Km



## Athletics Ontario Cross Country Championships

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Description : Master 5K

Total Entrants : 149

Total Finishers : 139

Overall Place	Bib	Name	Guntime	City	Pace	Pace Units
1	853	Predrag Mladenovic	17:06		3:26	/Km
2	538	Derek Hackshaw	17:28	NEWMARKET HUSKIES TRACK CLUB	3:30	/Km
3	109	Nick Croker	17:34	Black Lungs Toronto	3:31	/Km
4	558	Dave Tepper	17:50	NEWMARKET HUSKIES TRACK CLUB	3:34	/Km
5	745	Charles Bedley	17:57	TORONTO OLYMPIC CLUB	3:36	/Km
6	359	Jim Seeds	18:02	LAUREL CREEK TRACK & FIELD CLUB	3:37	/Km
7	812	Warren Ringler	18:06	Toronto West Athletics	3:38	/Km
8	553	Geoff Peat	18:07	NEWMARKET HUSKIES TRACK CLUB	3:38	/Km
9	850	Chris Jocelyn	18:14		3:39	/Km
10	994	Michael Doyle	18:15		3:39	/Km
11	110	Andrew Lockwood	18:29	Black Lungs Toronto	3:42	/Km
12	473	Jeramie Carbonaro	18:31	Muskoka Algonquin Runners	3:43	/Km
13	525	Chris Deighan	18:32	NEWMARKET HUSKIES TRACK CLUB	3:43	/Km
14	436	Alistair Munro	18:36	MB Performance	3:44	/Km
15	838	Ross Bain	18:38		3:44	/Km
16	529	Daniel Fiorini	18:42	NEWMARKET HUSKIES TRACK CLUB	3:45	/Km
17	385	Andrew Jones	18:45	LONDON PACERS	3:45	/Km
18	856	Mark Sinnige	18:46	Muskoka Algonquin Runners	3:46	/Km
19	991	Moore David	18:55		3:47	/Km
20	433	Jennifer Faraone	18:56	MB Performance	3:48	/Km



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21	544	Pedro Lopez-Bravo	19:05	NEWMARKET HUSKIES TRACK CLUB	3:49	/Km
22	631	Jeffery Lapierre	19:05	PHYSI-KULT KINGSTON	3:49	/Km
23	937	Simon Rayner	19:09	UNIVERSITY OF TORONTO T.C	3:50	/Km
24	939	Michael Sherar	19:13	UNIVERSITY OF TORONTO T.C	3:51	/Km
25	108	Joel Clarke-Ames	19:19	Black Lungs Toronto	3:52	/Km
26	501	Sarah Nagy	19:20	NEWMARKET HUSKIES TRACK CLUB	3:52	/Km
27	532	Vince Friel	19:22	NEWMARKET HUSKIES TRACK CLUB	3:53	/Km
28	431	Gerardo Reyes	19:32	Longboat Roadrunners	3:55	/Km
29	926	Anthony Maclsaac	19:33	UNIVERSITY OF TORONTO T.C	3:55	/Km
30	521	Steve Boston	19:36	NEWMARKET HUSKIES TRACK CLUB	3:56	/Km
31	111	John Meijer	19:40	Black Lungs Toronto	3:56	/Km
32	846	Paul Felix	19:48		3:58	/Km
33	537	Mirco Graenert	20:12	NEWMARKET HUSKIES TRACK CLUB	4:03	/Km
34	474	Tony Marra	20:12	Muskoka Algonquin Runners	4:03	/Km
35	272	Bill Cunliffe	20:18	DURHAM DRAGONS ATHLETICS	4:04	/Km
36	204	John Ellis	20:19	Central Toronto Athletic Club	4:04	/Km
37	613	Donna Mae Robins	20:20	ONTARIO MASTERS ATHLETICS	4:04	/Km
38	940	Mark Sterling	20:23	UNIVERSITY OF TORONTO T.C	4:05	/Km
39	434	Seanna Robinson	20:26	MB Performance	4:06	/Km
40	387	Jeff Orchard	20:37	LONDON PACERS	4:08	/Km
41	230	Frank Tralli	20:39	Central Toronto Athletic Club	4:08	/Km



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42	470	Mary Unsworth	20:44	Muskoka Algonquin Runners	4:09	/Km
43	339	Michael MacDonald	20:46	Iron Stride	4:10	/Km
44	127	Jimmy Semes	20:50	Boardwalk RC	4:10	/Km
45	500	Elaine Mota	20:53	NEWMARKET HUSKIES TRACK CLUB	4:11	/Km
46	519	Robert Blair	21:16	NEWMARKET HUSKIES TRACK CLUB	4:16	/Km
47	428	Trevor Kobe	21:19	Longboat Roadrunners	4:16	/Km
48	919	Peter Gordon	21:28	UNIVERSITY OF TORONTO T.C	4:18	/Km
49	622	Michael Ferguson	21:31	OTTAWA LIONS T.F.C.	4:19	/Km
50	615	Paul Carter	21:34	Nomads	4:19	/Km
51	429	Jean-Emile Paraiso	21:42	Longboat Roadrunners	4:21	/Km
52	288	Desmond Moloney	21:42	East Toronto Striders	4:21	/Km
53	913	Walter Faion	21:45	UNIVERSITY OF TORONTO T.C	4:21	/Km
54	183	Sue Pribaz	21:45	Central Toronto Athletic Club	4:21	/Km
55	590	Jim Van Buskirk	21:48	Nomads	4:22	/Km
56	435	Leanne Shafir	21:50	MB Performance	4:22	/Km
57	531	James Freemantle	21:58	NEWMARKET HUSKIES TRACK CLUB	4:24	/Km
58	131	Brent Hutchinson	22:00	BRANTFORD T.F.C.	4:24	/Km
59	125	Mark Duff	22:02	Boardwalk RC	4:25	/Km
60	834	Jennifer Nicholson	22:03	Muskoka Algonquin Runners	4:25	/Km
61	437	William Woods	22:05	MB Performance	4:25	/Km
62	608	Debbie Bell	22:05	Nomads	4:25	/Km



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63	600	Jason Michaud	22:09	NORTH BAY LEGION	4:26	/Km
64	467	Kirsten Jewell	22:19	Muskoka Algonquin Runners	4:28	/Km
65	914	Anthony Farr	22:22	UNIVERSITY OF TORONTO T.C	4:29	/Km
66	225	Seth Rudin	22:25	Central Toronto Athletic Club	4:29	/Km
67	211	David Hopkins	22:27	Central Toronto Athletic Club	4:30	/Km
68	831	Nancy Catton	22:30		4:30	/Km
69	989	Greg King	22:31	ONTARIO MASTERS ATHLETICS	4:31	/Km
70	421	Christine Loch	22:37	Longboat Roadrunners	4:32	/Km
71	209	Eric Goddard	22:39	Central Toronto Athletic Club	4:32	/Km
72	548	Pat McLean	22:45	NEWMARKET HUSKIES TRACK CLUB	4:33	/Km
73	618	Gord Nelson	22:47	Nomads	4:34	/Km
74	735	Marija Radivojevic	22:51	TORONTO OLYMPIC CLUB	4:35	/Km
75	617	Dermot Holwell	22:53	Nomads	4:35	/Km
76	996	Wendy Turner	22:57	Nomads	4:36	/Km
77	605	Michael Stemp	22:58	NORTH BAY LEGION	4:36	/Km
78	430	Jim Rawling	23:01	Longboat Roadrunners	4:37	/Km
79	619	Jean Ferguson	23:05	OTTAWA LIONS T.F.C.	4:37	/Km
80	611	Elaine Marchese	23:09	Nomads	4:38	/Km
81	468	Jessica Sheppard	23:16	Muskoka Algonquin Runners	4:40	/Km
82	998	Sheryl Preston	23:17		4:40	/Km
83	427	Wayne Ferron	23:29	Longboat Roadrunners	4:42	/Km





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84	720	Carol Bedley	23:37	TORONTO OLYMPIC CLUB	4:44	/Km
85	472	Chris Bennett	23:45	Muskoka Algonquin Runners	4:45	/Km
86	485	Anke Graenert	23:48	NEWMARKET HUSKIES TRACK CLUB	4:46	/Km
87	219	Pawel Pralat	23:55	Central Toronto Athletic Club	4:47	/Km
88	781	Jill Cameron	23:57	Toronto West Athletics	4:48	/Km
89	859	Nathalie Auger	24:09	UNIVERSITY OF TORONTO T.C	4:50	/Km
90	465	Sharon Bennett	24:12	Muskoka Algonquin Runners	4:51	/Km
91	884	Lynn Kobayashi	24:16	UNIVERSITY OF TORONTO T.C	4:52	/Km
92	367	Darryl Rowan	24:18	Lions Valley Athletics	4:52	/Km
93	714	Marcel Boudreau	24:22	TIMMINS PORCUPINE TRACK & FIELD CLUB	4:53	/Km
94	609	Zarah Dehnashi	24:29	Nomads	4:54	/Km
95	229	Lori Track	24:34	Central Toronto Athletic Club	4:55	/Km
96	420	Lynn Bourque	24:42	Longboat Roadrunners	4:57	/Km
97	123	Joanna Kotsopoulos	24:48	Boardwalk RC	4:58	/Km
98	259	Lynda Turner	24:54	DURHAM DRAGONS ATHLETICS	4:59	/Km
99	927	Michael Mandel	25:00	UNIVERSITY OF TORONTO T.C	5:00	/Km
100	715	Daniel Bourdeau	25:03	TIMMINS PORCUPINE TRACK & FIELD CLUB	5:01	/Km
101	892	Clara Northcott	25:06	UNIVERSITY OF TORONTO T.C	5:02	/Km
102	841	Hugh Connolly	25:14		5:03	/Km
103	423	Juliana Tobon	25:17	Longboat Roadrunners	5:04	/Km
104	287	Michael Geraghty	25:23	East Toronto Striders	5:05	/Km



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105	509	Aura Reynoso	25:24	NEWMARKET HUSKIES TRACK CLUB	5:05	/Km
106	575	Roy Collins	25:37	NIAGARA OLYMPIC CLUB	5:08	/Km
107	384	Kevin Garlick	25:43	LONDON PACERS	5:09	/Km
108	466	Nancy Edson	25:51	Muskoka Algonquin Runners	5:11	/Km
109	160	Anne Francis	25:57	Central Toronto Athletic Club	5:12	/Km
110	515	Wilma Ward	26:03	NEWMARKET HUSKIES TRACK CLUB	5:13	/Km
111	480	Chantelle Bourdages	26:13	NEWMARKET HUSKIES TRACK CLUB	5:15	/Km
112	432	Tony Teddy	26:14	Longboat Roadrunners	5:15	/Km
113	552	Tim Payne	26:15	NEWMARKET HUSKIES TRACK CLUB	5:15	/Km
114	612	Nancy Nieuweboer	26:28	ONTARIO MASTERS ATHLETICS	5:18	/Km
115	759	Brian Lovshin	26:30	TORONTO OLYMPIC CLUB	5:18	/Km
116	614	Laura Wall	26:32	ONTARIO MASTERS ATHLETICS	5:19	/Km
117	383	Chuck Edwards	26:37	LONDON PACERS	5:20	/Km
118	909	Vern Christensen	26:43	UNIVERSITY OF TORONTO T.C	5:21	/Km
119	941	Keijo Taivassalo	26:50	UNIVERSITY OF TORONTO T.C	5:22	/Km
120	843	Matthew Dechellis	26:52		5:23	/Km
121	469	Kirstin Thomas	26:55	Muskoka Algonquin Runners	5:23	/Km
122	765	Robert Moore	26:58	TORONTO OLYMPIC CLUB	5:24	/Km
123	422	Liza Parry	27:16	Longboat Roadrunners	5:28	/Km
124	382	Maureen Dow	27:35	LONDON PACERS	5:31	/Km
125	386	Eric Magni	27:43	LONDON PACERS	5:33	/Km



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126	860	Dawn Balmer	27:43	UNIVERSITY OF TORONTO T.C	5:33	/Km
127	999	Bert De Vries	27:47	Longboat Roadrunners	5:34	/Km
128	471	Tannis Wettlaufer	27:52	Muskoka Algonquin Runners	5:35	/Km
129	997	David Robinson	28:57		5:48	/Km
130	424	Nancy Wells	29:21	Longboat Roadrunners	5:53	/Km
131	990	Claire Prest	29:43	Longboat Roadrunners	5:57	/Km
132	616	Marco De Chellis	30:10	ONTARIO MASTERS ATHLETICS	6:02	/Km
133	836	Pauline Watson	30:29		6:06	/Km
134	610	Susan Guarino	30:35	ONTARIO MASTERS ATHLETICS	6:07	/Km
135	848	Brent Hall	32:46		6:34	/Km
136	491	Nancy Konyu	33:08	NEWMARKET HUSKIES TRACK CLUB	6:38	/Km
137	340	Ben Kong	34:03	JAMCAN International Athletics Club	6:49	/Km
138	302	John Powell	40:07	ETOBICOKE TRACK & FIELD CLUB	8:02	/Km
139	847	Michael Goodstadt	41:55		8:23	/Km