

London Pacers Club Championships

The 3-looper is approximately 13.8K

1973

3-looper Dave Wise 48:45

1974

3-looper Dave Wise 48:16

1975

3-looper Morrison Reid 44:46

1976

3-looper Bud Willis 48:20

1977

3-looper Bill Beattie 48:22

Linda Findley 1st Dianne van Leeuwen 2nd

1978

3-looper Bill Beattie 49:13

1979

3-looper Bill Beattie 48:21

1980

3-looper Marc Roberts 46:18

1981

3-looper Marc Roberts 46:44

Janette van Leeuwen 58:18

1982

3-looper Steve Sullivan 46:36

Janette van Leeuwen

1983

3-looper Steve Sullivan 45:51

Elfriede Munroe 57:26

1984

3-looper Ron Falck 44:49

Kathy Roberts 53:37

Predictor Run Jack Albin

1985

3-looper Peter Haase 48:42

1986

3-looper Ron Falck 47:51

Linda Roberts 63:40

5K Dennis Kalichuk 16:55

Lynda Bower 21:06

London Pacers Club Championships - Nov. 10, 1996

5K Run

Dennis Kalichuk	40M	18:51
Chris Pigen	20M	19:02 *
Joe Calhoun	20M	19:25*
Pat Connor	30M	19:35
Jim Rea	40M	22:12
Simon Lutz	<20M	22:50*
Alex Lutz	40M	22:51
Kathy Roberts	30F	23:02
Harold Mitchell	40M	23:22
Bill Van Leeuwen	60M	23:43
Mark Hamilton	30M	23:46
Bruce Anderson	40M	23:48
Marge Potter	50F	23:55
Karen Gooder	30F	24:49
Dave Aitkenhead	70M	25:09
Geoff Sutherland	30M	25:34
Paul McCallum	40M	25:54
Tom Needham	50M	26:07
Andre Fox	20M	26:12*
Jan Brooks	40F	26:36
Murray Diner	50M	27:35
Denny Radlein	40M	28:19*
June Bugler	50F	28:39
Dianne Van Leeuwen	50F	29:01
Wendy Gardner	40F	29:19
Art Whitfield	60M	29:20
Willy Gortworst	50F	29:35
Grace Dungavell	<20F	30:17
Ken Dungavell	40M	30:18
Jan Graves	30F	30:44
Lynne Weaver	50F	30:45
Canio Polosa	60M	30:46
Bill Rainford Sr.	50M	37:37
Sara Dungavell	<20F	??
Jennifer Dungavell	30F	??

3 Looper - 13.8K

Peter Haase	50M	51:45
Mary Rodney	40F	59:24
Bob Gardner	40M	59:41
Jon Krafchek	40M	59:52
Jim Gilchrist	50M	1:01:32
Chuck Edwards	50M	1:02:16
Greg McGugan	30M	1:02:40
Bruce Pellow	40M	1:02:42
Erica Dornbusch	30F	1:05:05
Sonya Slaven	30F	1:05:25
Bill Lafferty	40M	1:05:39
Beverly Gribbons	30F	1:08:10
Jack Albin	40M	1:08:30
Brian Vaughan	60M	1:09:55*
Jennifer Folger	30F	1:10:04*
Larry Gooder	40M	1:10:49
Ed King	50M	1:15:11
Sharron Poole	30F	1:20:46
Trudie McKenzie	30F	1:21:10

5K Walk

Paul Tucknott	30M	26:40
Sherry Watts	40F	28:50
Gail Pellow	40F	42:45

Predictor 2.3K

Karen Gooder	29 sec
Beverly Gribbons	38 sec
John Ferguson	39 sec

* Not a Pacer

London Pacers Club Championships, 1997

Predictor Run

A last minute course change was made necessary by the ice and snow. About 20 intrepid people made their fearless predictions, turned in their watches and ventured out. The most fearless prediction of all came from our newest Boston qualifier, Beverly Gribbons who was only 7 seconds off her prognosticated time.

Black ice and fresh snow made the course slippery and led to a number of spectacular crashes. Pat Connor was doing a magnificent job of pointing out the really slippy bits on the dog-leg hill to runners prone on the ground. Times were rather slower than you might expect.

5K Run

1	Mark Faust	21:33	1st M 30-39
2	Bill Lafferty	22:33	1st M 50-59
3	Cal Neely	23:17	1st M 40-49
4	Canio Polosa	23:52	1st M 60-69
5	Joyce Mullin	24:33	1st F 40-49
6	Scott Slaven	25:04	2nd M 30-39
7	Jim Rea	25:12	*
8	Cheryl Steckel	26:08	1st F 30-39
9	Nancy Johnston	26:34	2nd F 40-49
10	Arrlynn Lafferty	27:06	1st F 20-29
11	Ian Johnston	27:24	*
12	Gossette Radlein	32:58	3rd F 40-49
13	Lynne Weaver	33:43	1st F 50-59
14	Jennifer Pellow	34:33	2nd F 20-29 (Pushing the youngest Pacer, Ian in his 3 rd race)
15	Brent Pellow	34:34	1st M 20-29 (accompanied by his baying hound)
16	Grace Dungavell	41:29	1st F < 20
17	Jennifer Dungavell	41:33	4th F 40-49

5K Walk

1	Sherry Watts	31:32	1st F
2	Paul Tucknott	31:32	1st M (this tie was apparently broken by "a nose")
3	Patty Stark	41:33	2nd F
4	Aggie Ramsden	41:45	3rd F
5	Lorne Duquette	42:02	2nd M (see we're converting everyone)
6	Laura Weiler	44:05	4th F
7	Judy Gilson	56:40	5th F (accompanied by a not-so-cooperative dog)

3 Looper - the classic Pacer Championship distance

1	John Ferguson	50:18	1st M 30-39
2	Aaron Ramlal	51:12	1st M 40-49
3	Mark Steckel	55:57	1st M 20-29
4	Greg McGugan	1:00:44	2nd M 40-49
5	Jim Gilchrist	1:01:59	1st M 50-59
6	Brian David	1:02:32	2nd M 50-59
7	Steve Hillman	1:02:41	2nd M 30-39
8	Bruce Pellow	1:04:28	3rd M 50-59
9	Chuck Edwards	1:07:15	4th M 50-59
10	Bill Nightingale	1:07:44	3rd M 40-49
11	Bernie Conway	1:07:58	5th M 50-59
12	Bob Hamade	1:07:59	*
13	Sonya Slaven	1:08:29	1st F 30-39
14	Phill Rikley	1:09:34	4th M 40-49
15	Manuel Teodoro	1:09:49	1st M 60-69
16	Bill Van Leeuwen	1:12:10	2nd M 60-69
17	Sharron Poole	1:14:55	2nd F 30-39
18	Val Giles	1:15:16	*
19	Beverley Gribbons	1:16:46	3rd F 30-39
20	Denny Radlein	1:18:18	5th M 40-49
21	Liz Cramer	1:19:42	1st F 40-49
22	Tom Massel	1:19:54	6th M 50-59

23	Don Ramsden	1:20:06	7th M 50-59
24	Paul McCallum	1:20:51	6th M 40-49
25	Larry Gooder	1:20:52	7th M 40-49
26	Karen Gooder	1:21:06	2nd F 40-49
27	Tom Needham	1:28:06	8th M 50-59
28	Willy Gortworst	1:28:57	1st F 50-59
29	Ted Durrant	1:32:45	8th M 40-49
30	Dianne Van Leeuwen	1:35:12	2nd F 50-59
31	Teresa Novick	1:35:13	*

* guest runners

Pacer Club Championship, London, November 2, 2003

3-looper

Place	Name	Age	Time	AG%
1	Jim Burrows	42	53:01	75.1
2	Tomas Dobransky	43	1:07:39	59.4
3	Teresa Rutten	48	1:11:19	65.8
4	Debbie Obokata	50	1:12:29	65.9
5	Paul Roberts	45	1:12:30	56.1
6	Paul McCallum	48	1:16:08	54.6
7	Eric Magni	57	1:16:51	58.4
8	Amanda Topham	38	1:19:26	54.3
9	Ted Durrant	51	1:23:34	51.0
10	Willy Gortworst	64	1:19:11	62.0

5K Run

1	Andrew Jones	37	17:00	77.7
2	Rob Johnston	17	19:30	67.5
3	Pat Connor	44	19:35	70.9
4	Les Jones	58	20:26	76.1
5	Darren Raoux	31	21:17	61.0
6	Ray Wilkinson	57	21:24	72.0
7	Paul Cappa	40	21:41	62.2
8	Denise Raoux	29	21:45	66.2
9	Tammy Whitehead	39	23:19	64.3
10	Canio Polosa	75	25:56	72.5
11	Bill van Leeuwen	69	26:13	66.4
12	Bernie Conway	62	26:58	59.9
13	Chuck Edwards	57	27:17	56.5
14	Cathy Quinlan	43	27:22	56.6
15	June Lucas	63	31:50	59.3
16	Dave Aikenhead	79	32:17	61.9
17	Lynne Weaver	58	34:13	52.1

5K Walk

1	Don Ramsden	56	32:29	67.6
2	Sherry Watts	50	33:00	71.0
3	Linda Pimentel-Knott	38	33:16	64.1
4	Aggie Ramsden	54	34:03	71.3
5	June-Marie Provost	70	36:08	79.7
6	Linda Rempel	44	37:20	59.7
7	Mary Magni	55	38:34	63.6

Predictor

An approximately 2.2K loop past Storybook Gardens. Members predicted their finish times and ran or walked without their watches.

Name	Predicted	Actual time	Difference
Cathy Quinlan	13:10	12:58	:12

Amanda Topham	12:10	12:26	:16
Chuck Edwards	12:03	11:45	:18
June Lucas	15:25	15:07	:18
Bruce Pellow	10:15	10:35	:20
Tammy Whitehead	12:02	12:24	:22
Debbie Obokata	11:15	11:41	:26
Don Ramsden	15:00	14:33	:27
Angelo D'Ascanio	10:15	9:45	:30
Canio Polosa	12:00	11:30	:30
Aggie Ramsden	15:00	14:23	:37
Nancy Johnston	11:50	12:46	:56
Rob Johnston	11:40	12:44	1:04
Lynne Weaver	14:00	15:05	1:05
Tomas Dobransky	12:40	11:29	1:11
Paul McCallum	9:58	12:14	2:16
Eric Magni	15:00	12:20	2:40

Pacer Club Championship, London, November , 2006

3-Looper

Jim Burrows	45	50:25	1st M overall
Rod Henning	42	50:26	1st M40-49
Graham McGee	48	56:31	2nd M40-49
Richard Kelch	36	59:00	1st M30-39
Fred Chapman	55	1:00:16	1stM 50-59
Leslie Jones	61	1:03:27	1st M60-69
Gail Schmidt	42	1:03:35	1st F overall
Rob McNeill	47	1:05:51	3rd M40-49
Ray Wilkinson	61	1:09:19	4th M40-49
Tomas Dobransky	46	1:09:19	4th M40-49
James Milliken	39	1:11:20	2nd M30-39
Donna Kraft	47	1:11:21	1st F40-49
Nancy Johnston	52	1:14:18	1st F50-59
Richard Hamm	61	1:14:19	3rd M60-69
Karen Gooder	50	1:18:59	2ndF 40-49
Shannon Belfry	30	1:18:59	1st F20-29

5K Run

Gerda Zonruiter	45	20:30	1st F overall
Phil Waller	57	21:21	1st M overall
Bruce Anderson	53	23:48	1st M50-59
Robert Fraser	53	24:23	2nd M50-59
Alita Milliken	39	25:08	1st F30-39
Teresa Rutten	52		1st F50-59
Johanna Dobransky	16	26:39	1st F under 20
Eric Magni	60	26:48	1st M60-69
Bernie Conway	65	26:48	2nd M60-69
Wendy Fraser	53	26:50	2nd F50-59
Gwyn Hayman	52	27:37	3rd F50-59
Gossette Radlein	55	28:41	4th F50-59
Dianne van Leeuwen	66	29:26	1st F60-69
Isabel Lynch	57	34:00	1st M70-79
Bill van Leeuwen	73	34:00	1st M70-79
Judy Evans	56	39:14	6th F50-59
Val Giles	57	42:05	7th F50-59

5K Walk

Sherry Watts	54	33:45	1st F overall
Dave Gale	48	34:33	1st M overall
Mary Magni	57	37:19	1st F50-59

Cathy Dashford	52	37:21	2nd F50-59
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London Pacers Club Championship, London, Nov 11, 2007

5K run

1 Stephen Connor	19:08	1st overall male
2 Graham McGee	19:42	1st M 40-49 (the week after his ironman!)
3 Pat Connor	20:18	2nd M 40-49
4 Chuck Edwards	24:39	1st M 60-69
5 Louise Moriarity	25:03	1st overall female
6 Johanna Dobransky	25:09	1st F under 20
7 Fred Nimz	27:05	2nd M 60-69
8 Dianne van Leeuwen	28:58	1st F 60-69

5K Walk

1 Sherry Watts	29:31	1st overall female
2 Cathy Dashford	35:41	1st W50-59

3 looper (approximately 13.8K)

1 Jim Burrows	50:15	1st overall male
2 Rod Henning	51:34	1st M 40-49
3 James Madden	56:08	1st M 50-59
4 Nick D'Ascanio	1:03:43	1st M 60-69
5 Sanjay Mehta	1:04:53	2nd M 40-49
6 Scott Slaven	1:05:29	3rd M 40-49
7 Brian Martell	1:05:54	4th M 40-49
8 Sonja Slaven	1:07:05	1st overall female
9 Bruce Anderson	1:08:32	2nd M 50-59
10 Bill Burdick	1:08:44	3rd M 50-59
11 Debbie Obokata	1:10:52	1st F 50-59
12 Steve McGuffin	1:11:17	4th M 50-59
13 Gord Melville	1:13:36	5th M 50-59
14 Donna Kraft	1:15:34	1st F 40-49
15 Rita Melville	1:16:40	2nd F 50-59
16 Nancy Johnston	1:16:41	3rd F 50-59
17 Paul McCallum	1:16:42	6th M 50-59
18 Simona Dobransky	1:20:43	2nd F 40-49

Pacer Club Championship, London, November 9, 2008

5K Walk

1 Betty Timmons	58	31:37	1st Female
2 Sharon O'Leary	39		1st 40 - 49
3 Lisa Thomson	45		2nd 40 - 49
4 Lorne Duquette	70		1st Male

5K Run

1 Bill Wheeler	54	18:33	1st Male
2 Stephen Connor	49	18:47	1st M40-49
3 Joerge Dietz	43	19:09	2nd M40-49
4 Fred Chapman	57	19:58	1st M50-59
5 Chuck Edwards	63	23:30	1st M60-69
6 Louise Moriarity	54	23:31	1st Female
7 Tammy Whitehead	44	23:48	1st F40-49
8 Bruce Anderson	55	24:49	2nd M50-59
9 Frank Littell	61		2nd M60-69

10	Paul McCallum	53		3rd M50-59
11	Dianne van Leeuwen	68	29:26	1st F60-69
12	Susan Neely	61		2nd F60-69
13	Bill van Leeuwen	75		1st M70-79

3-Looper

1	Christian Gundlack	41	50:28	1st Male
2	Jim Burrows	47	50:31	1st M40-49
3	Gord Melville	59		1st M50-59
4	Scott Slaven	50		2nd M50-59
5	Cal Neely	58		3rd M50-59
6	Jamie Harris	62	72:30	1st M60-69
7	Paul White	54		4th M50-59
8	Phill Rickley	58		5th M50-59

Pacer Club Championship, London, November 8, 2009

3-Looper

1	Jim Burrows	48	49:47	1st male
2	Andrew Jones	44	50:11	1st male 40-49
3	Meg Walker	28	57:39	1st female
4	Mark Faust	50	1:02:52	1st male 50-59
5	Scott Slaven	51	1:08:40	2nd male 50-59
6	Dave Gale	51	1:08:44	3rd male 50-59
9	Kyle Menta	18	1:09:03	1st male under 20
7	Sanjay Menta	47	1:09:03	2nd male 40-49
8	Gerda Zonruiter	48	1:09:05	1st female 40-49
10	Donna Kraft	50	1:12:26	1st female 50-59
11	Christine Watson	39	1:13:19	1st female 30-39
12	Rita Melville	60	1:14:34	2nd female 50-59
13	Frank Littell	63	1:14:34	1st male 60-69
14	Paul White	55	1:15:02	4th male 50-59
15	Jamie Harris	63	1:15:46	2nd male 60-69
16	Sonya Slaven	50	1:15:46	3rd female 50-59
17	Lori Whitmore	47	1:15:48	2nd female 40-49

5K Run

1	Bill Wheeler	55	18:36	1st male
2	Fred Chapman	58	20:11	1st male 50-59
3	Robert Panter	44	23:10	1st male 40-49
4	Bob Fraser	56	23:26	2nd male 50-59
5	Ray Wilkinson	64	23:46	1st male 60-69
6	Steve Kielt	42	23:46	2nd male 40-49
7	Wendy Fraser	56	24:51	1st female
8	Nancy Miller	47	26:04	1st female 40-49
9	Susan Kielt	42	28:39	2nd female 40-49
10	Ray Lloyd	71	29:12	1st male 70-79
11	Jim Rea	63	31:31	2nd male 60-69
12	Richard Darling	72	31:49	2nd male 70-79
13	Beverly Gribbons	49	32:22	3rd female 40-49
14	Bill van Leeuwen	76	35:08	3rd male 70-79

5K Walk

1	Betty Timmons	53	31:30	1st female
2	Sherry Watts	57	32:09	1st female 50-59
3	Chuck Edwards	64	36:01	1st male
4	Lorne Duquette	72	41:12	1st male 70-79

Pacer Club Championship, London, November 7, 2010

			Age-graded %
3-looper			
1 Jim Burrows	54:45	1st Male	78.16
2 Chuck Edwards	66:16	1st M 60-69	74.33
3 Nick D'Ascanio	68:10	1st M70+	75.95
4 Debbie Obokata	73:11	1st Female	72.74
5 Nitish Dass	74:12	1st M30-39	51.27
6 Jim Jones	74:55	2nd M60-69	63.47
7 Gord Melville	76:49	3rd M60-69	61.9
8 Larry Gooder	83:27	1st M50-59	54.59
9 Tom Massel	90:02	4th M60-69	54.5

5K

1 Bill Wheeler	18:44	1st male	83.01
2 Stephen Connor	19:45	1st M50-59	75.59
3 Pat Connor	20:49	2nd M50-59	71.72
4 Tracy Hillman	24:49	1st Female	62.63
5 Leslie Kelley	25:52	1st F10-19	64.19
6 Steve Coad	25:59	1st M60-69	62.39
7 Eric Magni	26:22	2nd M60-69	63.15
8 Louise Moriarity	26:42	1st F50-59	67.9
9 Julia McDonald	28:19	1st F60-69	69.5
10 Rita Melville	28:25	2nd F60-69	68.17
11 Greta Welsh	29:21	2nd F50-59	59.17
12 Jim Rea	29:30	3rd M60-69	56.34
13 Beverly Gribbons	31:42	3rd F50-59	53.21
14 Brenda Sharpe	32:16	1st F40-49	50.91
15 Leanne Borho	37:57	1st F30-39	53.52

5K Walk

1 Sherry Watts	31:54	1st Female	75.42
2 Sharon O'Leary	32:15	1st F40-49	64.69
3 Dianne van Leeuwen	37:57	1st F70+	74.26
4 Bill van Leeuwen	39:14	1st Male	69.89
5 Lorne Duquette	46:32	1st M70+	55.63

Club Championships, Nov. 6, 2011, Springbank Park

5 Km Run

Pos	Name	Time	age	gender	AG place	age grading %
1	Phillip Waller	22:05	62	m	1st male	73.92
2	Steve Coad	25:56	62	m	2nd 60-69	62.95
3	Bruce Anderson	27:02	58	m	1st 50-59	58.31
4	Kennedy Finch*	28:57	9	f	1st female	60.61
5	Scott Finch*	28:59	37	m	1st 30-39	46.07
6	Gwyn Hayman	30:43	56	f	1st 50-59	58.95
7	Leanne Borho	39:01	39	f	1st 30-39	38.97

5 Km Walk

1	Dianne Van Leeuwen	39:02	70	f	1st female	72.2
2	Bill Van Leeuwen	40:23	77	m	1st male	68.1
3	Mary Magni	45:19	62	f	1st 60-69	55.84
4	Dan Hilborn*	45:26	49	m	1st 40-49	44.75
5	Nancy Hilborn*	45:29	49	f	1st 40-49	48.63
6	Cathy Dashford	45:29	56	f	1st 50-59	52
7	Lorne Duquette	45:42	73	m	2nd 70-79	56.94

8	Peter Benson	48:27	58	m	1st 50-59	45.42
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3 Looper

1	Andrew Jones	50:33	45	m	1st male	81.91
2	Jim Burrows	53:50	50	m	1st 50-59	80.08
3	Richard Bird	1:04:00	57	m	2nd 50-59	71.05
4	Brian Burke	1:04:16	56	m	3rd 50-59	70.58
5	Tomas Dobransky	1:13:22	51	m	4th 50-59	59.25
6	Nancy Johnston	1:19:23	57	f	1st female	66.52
7	Cal Neely	1:19:24	61	m	1st 60-69	59.73
8	Paul White	1:19:25	56	m	5th 50-59	57.12
9	Doris Benson	1:19:52	57	f	2nd 50-59	66.12
10	Eric Magni	1:19:53	65	m	2nd 60-69	61.6
11	Eric Manuel	1:30:18	16	m	1st 10-19	44.55
12	Richard Manuel	1:34:31	42	m	2nd 40-49	42.79

*Not a member

London Pacers Club Championship, Nov 11, 2012

3 Looper Run

Name	Age	Gender	Time	Age Graded
Andrew Jones	46	M	49:41	84.00%
Rod Henning	48	M	51:18	82.68%
Jim Burrows	51	M	58:36	74.18%
David Gale	54	M	1:05:22	68.21%
Simona Dobransky	50	F	1:18:07	61.75%
Tomas Dobransky	52	M	1:18:07	56.12%
Cal Neely	62	M	1:18:26	61.02%
Paul White	57	M	1:18:26	58.34%
Jamie Harris	64	M	1:31:39	53.19%

5 km Run

Name	Age	Gender	Time	Age Graded
Steve Connor	53	M	19:30	77.50%
Kevin Garlick	50	M	22:41	65.02%
Donna Kraft	53	F	23:26	74.29%
Kennedy Finch	10	F	26:32	guest
Scott Finch	38	M	26:33	guest
Gwyn Hayman	57	F	27:12	67.47%

5 km Walk

Name	Age	Gender	Time	Age Graded
Don Ramsden	65	M	34:54	67.71%
Susan Young	57	F	37:00	53.42%
Dianne Van Leeuwen	71	F	38:06	75.09%
Bill Van Leeuwen	78	M	40:59	68.09%
Peter Benson	59	M	44:45	49.64%