



18th Annual

The
Springbank International
and
Canadian Road Race
Championships
London, Canada
1985



Canadian Track and Field
Association
Canadienne d'Athlétisme

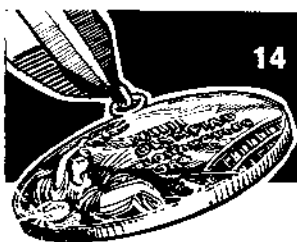
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September 22, 1985
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On behalf of the City of London, it is a pleasure to extend greetings to all those who will be competing in the Annual Springbank Road Races.

We are very proud to be the site of this major sports event. An event which will challenge the ability, and the will, of each of you.

It is therefore with respect that we wish all competitors satisfaction in their efforts.

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**We are pleased to support
and congratulate the organizers
and welcome all participants to the**

18th Annual

**SPRINGBANK INTERNATIONAL
ROAD RACES**

Open 12 mile



Concentration and determination are evident on the faces of the competitors at the start of the Open 12 mi. race.

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Paul Baldwin of the Racquets Unlimited racing team in Michigan takes a drink as he passes the water station. Paul ran the 12 mi. race in a winning time of 58:06.1.

Open 12 mile



On the podium, Paul holds the City of London Cup as the Open 12 mi. race champion. Top five finishers include Andy Jones (2nd), Brian Martin (3rd), John Loney (4th) and Peter Baxter (5th).

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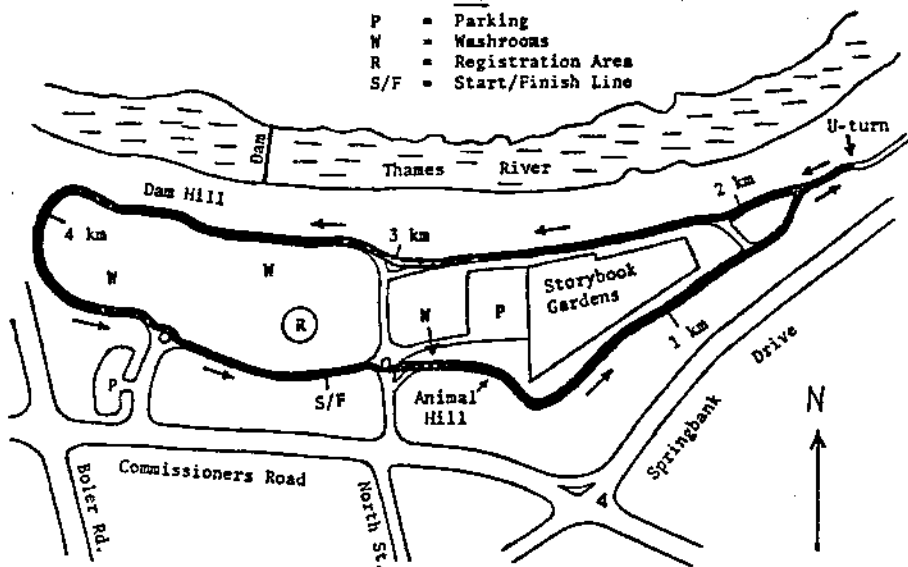
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- P = Parking
- W = Washrooms
- R = Registration Area
- S/F = Start/Finish Line



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THE SPRINGBANK INTERNATIONAL

Road Races

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Ladies' 4½ mile



Women of all ages line up at the start of Ladies' 4½ mi. race. The front row shows the 1983 winner, Liz Natale (# 1501) anxiously awaiting the start.

Ladies' 4½ mile



Sue French crosses the finish line with a time of 22:47.6 to win the Ladies' 4½ mi. event. Sue finished third in 1983 but was not denied victory in 1984.

Open Ladies 4½ mile



The final standings showed Sue French as the champion with second, third, fourth and fifth place finishers as follows: Nicola Will, Nan Doak, Liz Natale and Colleen Snyder.

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Elementary School 1½ mile

START

SPRINGBANK INTERNATIONAL ROAD RACES

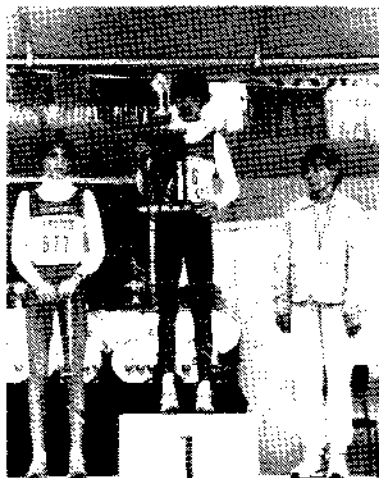


Over 100 elementary school students of all ages line up to run the 1½ mi. race.

Elementary School 1½ mile



M. McFarlane of Windsor sprints to the finish line to capture a time of 11:46. Although she did not finish first, she still finished...a much more important feat.



2

3

The Armstrong twins (Jennifer and Julie) of the Tillsonburg Track Club placed first and second in the Elementary School Girls' race. Third place went to Krissy Lockyer.



2

3

Nate Ford of the Ann Arbor Track Club ran a tough race to win the Elementary School Boys' division after placing second in 1983. Second and third places went to Jason Sawyer and Jason Colvin.

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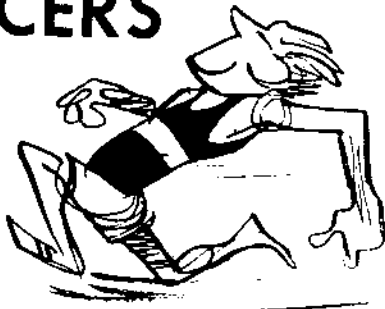
Distance Running Club

We extend our good wishes to the Springbank International Road Race Association.

ATTENTION RUNNERS!

Join our Fun Runs each Sunday, June-September in the park at 9:30 a.m. Certificates to all finishers.

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Springbank International's OFFICIAL COMMUNICATIONS EXPERTS, providing two-way radio reports on the progress of the leaders of each race as it happens.

A community program to provide organized citizens two-way radio communications in local emergencies.

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The High School Boys' 3 mi. winner, John Castellano, runs side-by-side with second place finisher, Bob Rice.



Castellano broke loose from the pack at the dam and ran easily to defend this title and shave 13 seconds off his time.



The victory stand shows Castellano holding the Murray McNie Trophy while second, third, fourth and fifth place finishers, Bob Rice, Paul Self, Richard Charette and Peter Chiowa look on.

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| | | 1715 | JUTZI, WANDA | NORTHWESTERN S S |
| | | 1716 | COOPER, ROBIN | UNATT |
| | | 1717 | HAGGITH, BRENEE | DEAL CROSS COUNTRY TEA |
| | | 1718 | LEVIS, ANN | CENTRAL S S |
| | | 1719 | MCDONNIGH, LIZANNE | CENTRAL S S |
| | | 1720 | GARBLE, CHRIS | CENTRAL S S |
| | | 1721 | TURNBULL, SHERI | FORSTER S.S. |
| | | 1722 | YOUNG, CAROL | FORSTER S.S. |
| | | 1723 | SIMPSON, SADIE | FORSTER S.S. |
| | | 1724 | GARVEY, CRYSTAL | FORSTER S.S. |
| | | 1725 | CAUTHIER, VICKY | WINDSOR WEST STRIDERS |
| | | 1726 | JONES, SAROY | WINDSOR WEST STRIDERS |
| | | 1727 | RITCHIE, SANDY | WINDSOR WEST STRIDERS |
| | | 1728 | MCCULLOCH, PAM | UNATT |
| | | 1729 | HUNTER, LISA | SCIPY |
| | | 1730 | ROBERTSON, KATHLEEN | SARNIA COLLEGIATE |
| | | 1731 | FUFARO, CATHY | W. ROSS MACDONALD |
| | | 1732 | TOLDOUSE, KIM | W. ROSS MACDONALD |
| | | 1734 | DORION, NATALIE | W. ROSS MACDONALD |

MASTERS MEN'S 10 km

| | | | | |
|-------------------------|------------------------|------|--|--|
| 1201 HEANEY, ART | UNATT | | | |
| 1202 SHAW, JOHN H | UNATT | | | |
| 1203 VANKOUCHNETT, RON | ATHLETE'S FOOT Y C | | | |
| 1204 SALMONI, THOMAS M | UNATT | | | |
| 1205 SHIRLEY, ROBERT D. | UNATT | | | |
| 1206 LESSARD, BRAD | LONDON-WESTERN | 1712 | | |
| 1207 KAIJONEN, GERLDF | PACERS | 1713 | | |
| 1208 GRANT, JIM | LONDON PACERS | 1714 | | |
| 1209 JENSEN, ALTON H | LONDON PACERS | 1715 | | |
| 1210 KNIGHT, RUSSELL | UNATT | 1716 | | |
| 1211 STUART, JOHN M | UNATT | 1717 | | |
| 1212 POCOCK, LOUIS | UNATT | 1718 | | |
| 1213 BRENNON, ELMORE | UNATT | 1719 | | |
| 1214 BARTON, PETER G | UNATT | 1720 | | |
| 1215 GAULT, JOHN C | RIVERBEND STRIDERS | 1721 | | |
| 1216 SULLIVAN, DALE | UNATT | 1722 | | |
| 1217 MARCOU, DON | UNATT | 1723 | | |
| 1218 PARKER, BARRY D | CHATHAM MILERS | 1724 | | |
| 1219 FATTIS, ALLAN | UNATT | 1725 | | |
| 1221 PICKIN, HOWARD | LONDON PACERS | 1726 | | |
| 1222 MACON, ARTHUR | UNATT | 1727 | | |
| 1223 MCKIMLEY, TONY | UNATT | 1728 | | |
| 1224 TODD, JOHN | UNATT | 1729 | | |
| 1225 GUICHELAAR, JOHN | UNATT | 1730 | | |
| 1226 CALBRATH, JACK M | UNATT | 1731 | | |
| 1227 SCOTT, LARRY | MOTOR CITY STRIDERS | 1732 | | |
| 1228 RANALLI, GARY | UNATT | 1734 | | |
| 1229 WEBER, GUSTEL | UNATT | | | |
| 1230 GOARLEY, WILLIAM | UNATT | | | |
| 1231 RANDALL, DAVID H | UNATT | | | |
| 1232 DRAGLAND, STAN | UNATT | | | |
| 1233 KIFF, LARRY | UNATT | | | |
| 1234 DE SALAZAR, DES | LONDON PACERS | 1801 | | |
| 1235 RAYNER, FRED | BURLINGTON RUNNERS | 1802 | | |
| 1236 CORNISH, ALAN | MEMORIAL TRACK CLUB | 1803 | | |
| 1237 ROY, MOEL | MEMORIAL TRACK CLUB | 1804 | | |
| 1238 BOAK, TERRY | MEMORIAL TRACK CLUB | 1805 | | |
| 1239 TUSHINGAM, TOM | TORONTO OLYMPIC CLUB | 1806 | | |
| 1240 MORCILIFFE, GLEN | TORONTO OLYMPIC CLUB | 1807 | | |
| 1241 MOORE, BOB | TORONTO OLYMPIC CLUB | 1808 | | |
| 1242 NONAHAN, PAT | TORONTO OLYMPIC CLUB | 1809 | | |
| 1243 NICHOL, PETER | LONDON PACERS | 1810 | | |
| 1244 BOWER, RICK | LONDON PACERS | 1811 | | |
| 1245 CONWAY, BERNARD D | LONDON PACERS | 1812 | | |
| 1246 HOWE, JOHN | W. ROSS MACDONALD SCHD | 1813 | | |

OPEN LADIES' 5 km

| | | |
|------|----------------------|-------------------------|
| 1801 | MILL, NICOLA | MEMORIAL TRACK CLUB |
| 1802 | DICK, JANEI | RUNNERS CHOICE |
| 1803 | DEWILD, MARIANNE | UNATT |
| 1804 | WILLIAMS, JOSETTE | UNATT |
| 1805 | FRENCH, KIM | MEMORIAL TRACK CLUB |
| 1806 | CRIB, FIONA | MEMORIAL TRACK CLUB |
| 1807 | NARRIS, JENNIFER | MEMORIAL TRACK CLUB |
| 1808 | HANNA, GUBANNE | MEMORIAL TRACK CLUB |
| 1809 | SULLIVAN, KATHY | UNATT |
| 1810 | GULLTUN, SHARON | SARONIA COLLEGIATE |
| 1811 | DIXON, DONNA | W. ROSS MACDONALD |
| 1812 | VANDEWATERING, TRISH | W. ROSS MACDONALD |
| 1813 | GRUBBECKER, LYNNE | UNATT |
| 1814 | LEWIS, ILTA | NORTHWESTERN TRACK CLUB |

| | | |
|------|--------------------|-------------------------|
| 1876 | MACAULAY, CONNIE | UNATT |
| 1877 | BEHNE, LYNNE | ANN ARBOR TRACK CLUB |
| 1878 | HENDERSHOTT, MARG | SAUCEEN TRACK CLUB |
| 1879 | HADDISON, MONIQUE | SARNIA ROADRUNNERS |
| 1880 | HARVEY, ELIZABETH | UNATT |
| 1881 | HEALE, JO ANN | UNATT |
| 1882 | BOOCK, DIANE | UNATT |
| 1883 | WHITEHEAD, CAROL | UNATT |
| 1884 | QUINN, LYNN | UNATT |
| 1885 | CARNICHAEL, LESLEY | UNATT |
| 1924 | FOUNTNER, SHIRLEY | NORTHLAND ATHLETIC CLUB |
| 1927 | BOYER, LYDIA | LONDON PACERS |
| 1976 | FULFORD, BETTY | LONDON PACERS |
| 1977 | MARCOU, RUTH | UNATT |
| 1978 | GARC, LOIS | UNATT |
| 1979 | CHEMNIKAR, CLAUDE | UNATT |
| 1980 | DE VRIES, LUDLENNE | SARNIA ROADRUNNERS |

PROGRAM LISTING

| RUNNER'S NAME | AFFILIATION |
|---------------------------|----------------------|
| 1981 LENHANN, LOIS | LONGBOAT ROADRUNNERS |
| 1982 NEEDHAM, PATRICIA | UNATT. |
| 1983 MCCORMICK, LIZE | UNATT. |
| 1984 MAYNE, GILLIAN | UNATT. |
| 1985 MACCALLUM, ELIZABETH | UNATT. |

PROGRAM LISTING

| RUNNER'S NAME | AFFILIATION |
|------------------------|---------------------------|
| 24 RHEUDE, ANDY | RIVERBEND STRIDERS |
| 25 GILDER, DAVE | UNATT. |
| 26 PAGE, ROB | UNATT. |
| 27 CRANDELL, RALPH R | PACERS |
| 28 HARRIS, BILL | UNATT. |
| 29 YASCHESHTN, JOHN R | UNATT. |
| 30 REED, ROBERT F | LONDON PACERS |
| 31 ELLIS, PHILLIP | KELOONA RUNNING CLUB |
| 32 HOLLINGSWORTH, CARY | UNATT. |
| 33 HOLLINGSWORTH, KEAT | UNATT. |
| 34 GOSSO, LOU | LONDON PACERS |
| 35 JOHNSTON, DON G | UNATT. |
| 36 BURKHART, DAN | WCAA |
| 37 GRODEN, MICHAEL | UNATT. |
| 38 HARRIS, JAMES D F. | LONDON PACERS |
| 39 NUTCHINSON, GARY | OTTAWA ATHLETIC CLUB |
| 40 HOWARD, DAVID | UNATT. |
| 41 SARCENT, WAYNE | FJ BRENNAN |
| 42 GROUE, JOHN | LONDON PACERS |
| 43 MITTAL, KEVIN | UNATT. |
| 44 MCILL, DOUG | LONDON PACERS |
| 45 DUNCAN, BILL | UNATT. |
| 46 WIRTAMEN, BILL | DELTA GROUND POUNDERS |
| 47 HULSHOF, HERMAN | SARNIA ROADRUNNERS |
| 48 BAUMAN, MARK | UNATT. |
| 49 CHALLENGER, GORDON | BURLINGTON RUNNERS |
| 50 O'LEARY, JOHN | BRANTFORD T & F CLUB |
| 51 MCCULLOCH, STEWART | LONDON PACERS |
| 52 GRIFFITH, RICHARD | TORONTO OLYMPIC CLUB |
| 53 BAIGENT, AL | TORONTO OLYMPIC CLUB |
| 54 KUCZKOWSKI, GREG | TORONTO OLYMPIC CLUB |
| 55 HAMILTON, KEN | TORONTO OLYMPIC CLUB |
| 56 SELICK, ANTHONY | UNATT. |
| 57 MAURINNEY, SCOTT | UNATT. |
| 58 PORTCOUS, JIM W | LONGBOAT ROADRUNNERS |
| 59 LOHET, JOHN | TRACK WEST |
| 60 SASSO, RANDALL R | S I S CLUB |
| 61 BROWN, JEFF | BURLINGTON RUNNERS |
| 62 MCDONALD, KEN | ST CATHARINES ROADRUNNERS |
| 63 FOX, TIMOTHY | UNATT. |
| 64 PAION, WALTER | UNATT. |

OPEN 20 km CHAMPIONSHIP

OPEN MEN'S 10 km

| | |
|-------------------------|------------------------|
| 256 ALLISON, BRUCE | TRACK WEST |
| 257 BOTS, STEVE | TRACK WEST |
| 258 HYNES, JERENIAH | TRACK WEST |
| 259 NELSON, BARRY | TRACK WEST |
| 260 JONES, ERIC R | UNATT. |
| 261 GREECH, DAVID | UNATT. |
| 262 PFAFF, STEVEN B | UNATT. |
| 263 COHEN, BENNETT | LONDON PACERS |
| 264 SHRUMH, JOHN | UNATT. |
| 265 MCMAULEY, MIKE | UNATT. |
| 266 MERUCCI, MIKE | LONDON PACERS |
| 267 LORIMER, IAN | UNATT. |
| 268 MARCOUX, ROBERT | UNATT. |
| 269 MOOREHOUSE, DAN | UNATT. |
| 270 NACAULAY, SCOTT | UNATT. |
| 271 ALBIN, JACK | LONDON PACERS |
| 272 BOURAN, PHILIP W | UNATT. |
| 273 PELLETIER, CARL | UNATT. |
| 274 GLOVER, LARRY W | UNATT. |
| 275 MCKEON, GERRY | ICFC |
| 276 GOSSO, DANA | UNATT. |
| 277 BOYS, RONALD | UNATT. |
| 278 JOHNSTON, TOM | JOHN PAUL T & H S |
| 279 SIDDEBOTTOM, P J | UNATT. |
| 280 RYTHAS, DON | UNATT. |
| 281 WINSLOW, MIKE | UNATT. |
| 282 LAIDLAW, H A | CND ARMED FORCES |
| 283 COONBS, G D | CND ARMED FORCES |
| 284 STEVENS, L P | CND ARMED FORCES |
| 285 TUBA, C S | CND ARMED FORCES |
| 286 WOOD, TIM | UNATT. |
| 287 EMERY, JAMES | UNATT. |
| 288 JONES, DONALD | UNATT. |
| 289 DALE, KEN | UNATT. |
| 290 MCPARLANE, DAVID | UNATT. |
| 291 TIMNEY, BRIAN | UNATT. |
| 292 WADDISON, ELEN | SARNIA ROADRUNNERS |
| 293 CUNNINGHAM, JOHN | UNATT. |
| 294 CHAPMAN, FRED | UNATT. |
| 295 ASKEY, PETER | UNATT. |
| 296 CHAMBERS, ROBERT | UNATT. |
| 297 LUTZ, ALEX | UNATT. |
| 298 HUGHES, TOM | SAUSKEN TRACK CLUB |
| 299 YUCKER, RAY | BRANTFORD T & F C |
| 300 ENGELHART, PAT | BRANTFORD T F C |
| 301 WALRAVEN, TED | UNATT. |
| 302 CAMPBELL, IAN | UNATT. |
| 303 OCOLISAN, WAYNE | UNATT. |
| 304 BRENNAN, BILL | UNATT. |
| 305 RIKER, JOHN | CHATHAM MAPLE CITY HIL |
| 306 WASHINGTON, MICHAEL | UNATT. |
| 307 ROONEY, RICK | LONDON PACERS |
| 308 SNELL, STEVE | UNATT. |
| 309 THORPE, MIKE | UNATT. |
| 310 JONES, ANDREW | UNATT. |
| 311 TOMALTY, RICHARD | ST CLAIR COLLEGE |
| 312 HALL, DAVID A | UNATT. |
| 313 DURIE, DENNIS | UNATT. |
| 314 WAREING, PAUL | UNATT. |
| 315 LEWIS, PETER | MEMORIAL TRACK CLUB |
| 316 WHITTLE, DAVID | MEMORIAL TRACK CLUB |
| 317 BRUNNE, PETER | MEMORIAL TRACK CLUB |
| 318 WILL, STEPHEN | MEMORIAL TRACK CLUB |
| 319 COOKE, TED | MEMORIAL TRACK CLUB |
| 320 MYRON, PAUL | MEMORIAL TRACK CLUB |
| 321 RYE, KEN | UNATT. |
| 322 STEINER, NANC | LONDON WESTERN TRACK |
| 323 ROBINS, JIM | UNATT. |
| 324 COX, BILL | THAMES HALL HARRIERS |
| 325 MACALPINE, KENNETH | UNATT. |
| 326 BLACK, GUS | UNATT. |
| 327 IRWIN, GREGORY D | U W O |
| 328 BOAZ, THOMAS A | UNATT. |
| 329 DOLPHY, DOMINIK | U W O |
| 330 FURLONG, BILL | UNATT. |
| 331 MURTY, SHAWN | UNATT. |
| 332 ZELTKANS, ANDY | TORONTO OLYMPIC CLUB |
| 333 GOUD, SHANNON | UNATT. |
| 334 HAMILTON, CLIVE | ATHLETE'S FOOT T.C |
| 335 BODNER, MIKE | ATHLETE'S FOOT T.C. |
| 336 EMERY, STEVE | MURON COLLEGE THEOLOGY |
| 337 FILON, JACQUES | U ROSS MACDONALD SCHD |
| 338 MAINVILLE, GREG | U ROSS MACDONALD SCHD |
| 339 BROWN, WILLIAM | UNATT. |
| 340 SASSO, THOMAS | S I S CLUB |
| 341 BIRZIE, ARIS | UNATT. |
| 342 HART, MIKE | UNATT. |
| 343 MURRAY, DON | UNATT. |
| 344 SHIELDS, ROBERT | LONDON PACERS |

the
Athlete's
Foot 

Mgr. - Paul Roberts

Headquarters for runners of
Lambton and Middlesex Counties



242 Dundas St.
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Open Mon. - Fri. 9:30 a.m. - 9:00 p.m.
Sat. - 9:30 a.m. - 6:00 p.m.



Masters 6 mile



Ray Will, of the Memorial Track Club in Newfoundland won the Masters' 6 mi. with a time of 31:20.6. Ray's daughter, Nicola, placed second in the Open Ladies' 4½ mi. race.



Ray stands victorious on the podium holding the Byron Cup as the other top finishers look on. (L-R: Terry Boak, Jim Gildchrist, Ray Will, Fred Rayner and Bernard Conway).

CANADA  PACKERS

**Welcome to all the
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Springbank International
Road Races**



Grocery Division / Canada Packers Limited
Toronto, Canada



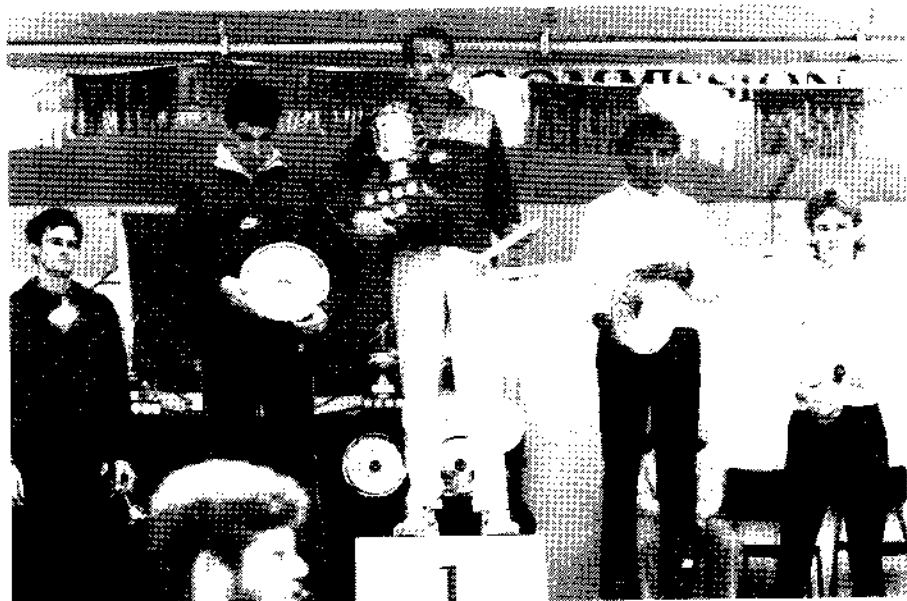
The race takes its toll on Paul Sliger of Saginaw State Valley College in Michigan. Paul finished in 43rd spot with a time of 22:16.

Men's 4½ mile



An exuberant Ray Paulins crosses the finish line to win the Mens' Open 4½ mi. race. Ray, as usual, went out strong but unlike previous years, held on to win the event.

Men's 4½ mile



Second place finisher, Paul McCloy, is a member of the Canadian Cross-country team. Third through fifth finishers are as follows: Randy Cox, Jamie Stafford and Richard Lee.

PROFESSIONAL HEALTH SERVICES

SUPPLIERS FOR HOME HEALTH CARE AND ATHLETES

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- Coldhot Pacs
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- Insoles and Arch supports by Spenco
- Knee Braces and Immobilizers
- Trainers Kits
- Trainers Taping Supplies by Nova Seal
- Wrist and Ankle weight belts

TAPES AND DRESSINGS

- Decubitus Care Products by 3M
- Elastic Supports by Coban, Elastoplast, and Futuro
- Tegaderm Dressings
- 3M Tapes
- Trainers Tape
- Tubegauze

ORTHOPEDIC SOFTWARE

- Abdominal Supports
- Cervical Collars
- Health Supports for knee, wrist, elbow and ankle by Futuro
- Lumbosacral Supports
- Rib Belts
- Sacro Supports

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439-0133

449 Wharncliffe Rd. S.
434-6059

305 Boler Rd.
(Boler Medical Centre)
472-6333



PREVIOUS SPRINGBANK CHAMPIONS

OPEN 12 MILE

| | |
|--------------------------------------|---------|
| 1976 Lionel Ortega, New Mexico | 55:47.6 |
| 1977 Bill Rodgers, Boston T.C. | 54:31* |
| 1978 Ric Rojas, Colorado | 56:28 |
| 1979 Kirk Pfeffer, California | 54:91.1 |
| 1980 Bruce Bickford, Athletics West | 55:09.9 |
| 1981 Mike McQuire, Unattached | 55:36.2 |
| 1982 Mark Mesler, Mt. Adidas Team | 55:49.1 |
| 1983 John Weidenbach, Ann Arbor T.C. | 56:49.5 |
| 1984 Paul Baldwin, Michigan | 58:06.1 |

MASTER'S 6 MILE

| | |
|--|---------|
| 1978 Brian Harris, Detroit | 29:46* |
| (over 50) Cliff Hall, Metro Toronto | 32:48 |
| (over 60) Reg Rollason, Strathroy | 37:34 |
| 1979 Brian Harris, Detroit | 29:52 |
| (over 50) Douglas Beattie, Toronto | 32:02 |
| (over 60) Stanley Smith, Toronto | 37:51 |
| 1980 Dereck Fernee, U.T.T.C. | 29:12* |
| (over 50) Richard Kendall, Belle Warring | 32:49 |
| (over 60) Stanley Smith, Metro Fitness | 37:04 |
| 1981 Terry Manners, New Zealand | 28:35.5 |
| 1982 Terry Manners, New Zealand | 28:21.4 |
| 1983 Gary Baker, Etobicoke Huskies | 30:37.1 |
| 1984 Ray Will, Newfoundland | 31:20.6 |

OPEN MEN'S 4½ MILE

| | |
|---|----------|
| 1976 Nick Rose, England | 19:31.5 |
| 1977 Duncan MacDonald, Mid Pacific | 19:28 |
| 1978 John Treacy, Ire. & Prov. Coll. | 19:31 |
| 1979 Steve Crane, Ohio State U. | 19:42.8 |
| 1980 Mark Scrutton, U. of Colorado | 19:07.1* |
| 1981 Mark Scrutton, England | 19:45.3 |
| 1982 Chris Brewster | 19:51.2 |
| 1983 Paul McCloy, St. Johns Regional T.C. | 19:48.4 |
| 1984 Ray Paulins, Northland A.C. | 19:36.1 |

OPEN LADIES' 4½ MILE

| | |
|-------------------------------------|---------|
| 1976 Donna Valaitis, Mt. Brydges | 22:45 |
| 1977 Brenda Webb, U. of Tennessee | 22:43.1 |
| 1978 Brenda Webb, U. of Tennessee | 22:59 |
| 1979 Brenda Webb, U. of Tennessee | 22:55.4 |
| 1980 Carol Schenk, unatt. | 22:49.1 |
| 1981 Nancy Rooks, York University | 23:22.1 |
| 1982 Nancy Rooks, York University | 23:39 |
| 1983 Liz Natale, U. of Tennessee | 23:02.7 |
| 1984 Sue French, Brooks Racing Team | 22:47.6 |

HIGH SCHOOL BOY'S 3 MILE

| | |
|---|----------|
| 1976 Tom Lobsinger, Kitchener | 13:26 |
| 1977 Rob Earl, Track West | 13:27 |
| 1978 Ray Paulins, Northland A.C. | 13:30 |
| 1979 Ian Clark, Scarboro | 13:25 |
| 1980 David Reid, Etobicoke Huskies | 13:21.6* |
| 1981 David Reid, Etobicoke Huskies | 13:15 |
| 1982 Mark Oleson | 13:25 |
| 1983 John Castellano, Etobicoke Huskies | 13:19.6 |
| 1984 John Castellano, Etobicoke Huskies | 13:06.5 |

ELEMENTARY SCHOOL 1½ MILE

| | |
|---|--------|
| 1981 Tim Hoyland, Ingersoll | 7:20 |
| 1982 Mark Jellous, London | 7:24.6 |
| 1983 Robert McGarry | 7:13.0 |
| Jennifer Armstrong, London Western T.C. | 7:40 |
| 1984 Nate Ford, Ann Arbour T.C. | 6:53.2 |
| Jennifer Armstrong, London Western | 7:21 |

1984 Results

ELEMENTARY SCHOOL RACE RESULTS - 1984

CODE: * Female
+ 12 years and over

| PLACE | NO. | NAME | CLUB or SCHOOL | TIME |
|-------|--------|---------------------|----------------------|--------|
| 1 | 510 | Ford, Nate | Ann Arbor T.C. | 8:52.2 |
| 2 | + 586 | Sawyer, Jason | Cambridge Colts | 7:13.7 |
| 3 | *+ 576 | Armstrong, Jennifer | Tilsonburg T.C. | 7:21 |
| 4 | + 632 | Colton, Jason | Ann Arbor T.C. | 7:22 |
| 5 | + 584 | Stewart, Chris | London Western T.C. | 7:26 |
| 6 | + 596 | Radovich, Steve | Windsor | 7:27 |
| 7 | *+ 577 | Armstrong, Julie | Tilsonburg T.C. | 7:29 |
| 8 | + 513 | Sleeman, Mike | Ann Arbor T.C. | 7:33 |
| 9 | + 604 | Kong, Andre | Sarnia | 7:33 |
| 10 | + 582 | Forayth, Ian | Orchard Park, London | 7:34 |
| 11 | + 604 | Pirie, Clifton | Thamesford | 8:03 |
| 12 | *+ 583 | Lockyer, Kristy | St. Pauls | 8:25 |
| 13 | + 611 | Moffatt, Bill | Milton | 8:09 |
| 14 | + 589 | Finlayson, Jim | London | 8:09 |
| 15 | + 611 | Auscin, James | Ann Arbor T.C. | 8:17 |
| 16 | + 590 | Biernacki, Dave | East Williams | 8:17 |
| 17 | + 624 | Stubbs, Geoff | Stoneybrook, London | 8:24 |
| 18 | + 578 | Mitchell, Jeff | London | 8:25 |
| 19 | + 624 | Tyndall, Robert | London | 8:26 |
| 20 | + 621 | Ellis, David | Orchard Park, London | 8:31 |
| 21 | *+ 627 | Hahn, Carolyn | Stoneybrook, London | 8:32 |
| 22 | + 602 | Weir, Richard | Thamesford | 8:34 |
| 23 | *+ 597 | Bruce, Seth | London | 8:37 |
| 24 | + 629 | Sutherland, J. | Kumoka | 8:38 |
| 25 | + 579 | Yoner, Shane | River Heights | 8:40 |
| 26 | *+ 393 | McFarlane, Shawna | Windsor | 8:42 |
| 27 | + 585 | Kara, Steven | Stoneybrook, London | 8:44 |
| 28 | + 623 | Beehill, John | Stoneybrook, London | 8:44 |
| 29 | + 618 | Smith, Craig | Stoneybrook, London | 8:45 |
| 30 | + 517 | Nicholson, Spencer | Stoneybrook, London | 8:47 |
| 31 | + 587 | Seth, Stephan | Ann Arbor T.C. | 8:47 |
| 32 | + 510 | La Rocque, Ed | Emily Carr, London | 8:47 |
| 33 | + 419 | Oswenel, Chris | Windsor | 8:53 |
| 34 | * 423 | Bastein, Tommy | Windsor | 8:51 |
| 35 | + 59 | Sanderson, M. | valleyview | 8:53 |
| 36 | + 626 | Huffman, Javid | Stoneybrook, London | 8:54 |
| 37 | + 513 | Candelora, Wally | Woodview | 8:55 |
| 38 | + 625 | Rutt, Todd | Windsor | 8:55 |
| 39 | + 621 | Miller, Rob | Stoneybrook, London | 8:56 |
| 40 | + 591 | Marcou, John | St. Thomas | 9:00 |

BOYS HIGH SCHOOL 3 MILE RACE RESULTS - 1984

| PLACE | NO. | NAME | SCHOOL / CLUB | TIME |
|-------|-----|-------------------|-----------------------------|---------|
| 1 | 845 | Costellano, John | Etobicoke Huskies | 13:06.5 |
| 2 | 867 | Rice, Bob | York Univ. Optimists | 13:22.0 |
| 3 | 853 | Seif, Paul | Kitchener-Waterloo T.C. | 13:48.6 |
| 4 | 868 | Charette, Richard | North Bay Legion | 14:01 |
| 5 | 846 | Chow, Peter | Etobicoke Huskies | 14:05 |
| 6 | 942 | Teixeira, John | Lucas | 14:05 |
| 7 | 847 | Keen, Doug | Etobicoke Huskies | 14:09 |
| 8 | 784 | Clarke, Dave | Memorial T.C., Nfld. | 14:10 |
| 9 | 798 | Reaume, Dean | Windsor Legion | 14:14 |
| 10 | 838 | Rowan, Darryl | York Univ. Optimists | 14:19 |
| 11 | 913 | Hooper, Bob | Owen Sound Coll. | 14:21 |
| 12 | 805 | Buesler, Brian | Saugen T.C. | 14:30 |
| 13 | 808 | Reidiro, Duarte | Etobicoke Huskies | 14:31 |
| 14 | 756 | Hood, Mike | Gov. Simcoo, St. Catharines | 14:34 |
| 15 | 759 | Myer, Patrick | Lord Dorchester | 14:38 |
| 16 | 928 | Hunt, Jon | Centennial, Guelph | 14:38 |
| 17 | 922 | Ross, Mark | St. Jerome, Kitchener | 14:39 |
| 18 | 923 | Ross, Steve | St. Jerome, Kitchener | 14:40 |
| 19 | 869 | Balo, Mike | Walker S.S., Windsor | 14:43 |
| 20 | 785 | Forster, Alan | Memorial T.C., Nfld. | 14:43 |
| 21 | 779 | Lessard, Bill | Maple City Millers, Chatham | 14:43 |
| 22 | 799 | Hilbers, Brian | Windsor Legion | 14:45 |
| 23 | 849 | Kebone, Ken | Etobicoke Huskies | 14:49 |
| 24 | 839 | Ferguson, Chris | York Univ. Optimists | 14:51 |
| 25 | 760 | Steiner, Marc | London Western | 14:59 |
| 26 | 813 | Tremblay, Paul | St. Patrick's, Sarnia | 15:03 |
| 27 | 840 | Pimentel, Silvano | York Univ. Optimists | 15:05 |
| 28 | 850 | Serafin, Mike | Northland A.C., Sudbury | 15:08 |
| 29 | 854 | Jellous, Mark | London Western | 15:10 |
| 30 | 851 | Hoggins, Andrew | Northland A.C. | 15:12 |
| 31 | 789 | Laframboise, Lea | Sandwich S.S., Windsor | 15:15 |
| 32 | 878 | Walle, Dave | Forster S.S., Windsor | 15:16 |
| 33 | 843 | Neufeld, Peter | York Univ. Optimists | 15:18 |
| 34 | 762 | Radcliffe, David | London Western | 15:19 |
| 35 | 941 | Harvey, Robert | H.B. Beal S.S., London | 15:19 |
| 36 | 929 | Muir, Rich | Centennial, Guelph | 15:20 |
| 37 | 927 | Gehl, Terry | St. Jerome, Kitchener | 15:21 |
| 38 | 904 | Gooding, Robert | Catholic Central, London | 15:23 |
| 39 | 800 | Scarrow, David | Saugen T.C. | 15:26 |
| 40 | 807 | Scarrow, Chris | Saugen T.C. | 15:26 |

LADIES 4-1/2 MILE RESULTS - 1984

CODE: High school
 * Under 40
 ** Over 40

| PLACE | NO. | NAME | CLUB | TIME |
|-------|------|---------------------|----------------------|---------|
| 1 | 1510 | * French, Sue | Brooks Racing Team | 22:47.6 |
| 2 | 1503 | * Hill, Nicola | Memorial T.C., Wfld. | 22:55.2 |
| 3 | 1506 | * Dook, Nan | Iowa City | 23:01.3 |
| 4 | 1501 | * Natale, Lis | Team Adidas, Texas | 23:03 |
| 5 | 1504 | * Snyder, Colleen | Edinboro Univ. | 23:31 |
| 6 | 1503 | * Orr, Nellie | Edinboro Univ. | 23:53 |
| 7 | 1509 | * Trussler, Martha | Unatt. | 24:09 |
| 8 | 1532 | * Venchak, Kerrie | Edinboro Univ. | 24:19 |
| 9 | 1482 | Harpel, Danielle | Ann Arbor T.C. | 25:12 |
| 10 | 1477 | McPeck, Jennifer | South S.S. | 25:20 |
| 11 | 1480 | Thibert, Donna | Windsor Legion | 25:25 |
| 12 | 1419 | Perschoor, Donna | Brantford T & F | 25:40 |
| 13 | 1533 | * Watson, Tracy | Edinboro Univ. | 25:41 |
| 14 | 1561 | * Dudack, Christine | Allegheny Coll. | 26:05 |
| 15 | 1481 | Hatuszak, Mera | Ann Arbor T.C. | 26:11 |
| 16 | 1478 | McCrank, Colleen | South S.S. | 26:22 |
| 17 | 1433 | Burns, Susan | St. Patrick's | 26:29 |
| 18 | 1411 | Tarusuk, Beth | London Western | 26:40 |
| 19 | 1566 | * Meyers, Sue | Allegheny Coll. | 26:50 |
| 20 | 1555 | * Pommer, S. | Northland A.C. | 26:57 |
| 21 | 1484 | Beukeboom, Connie | Catholic Central | 26:59 |
| 22 | 1415 | Taggart, Suzette | Kingson | 26:59 |
| 23 | 1563 | * Thornhill, Karen | Allegheny Coll. | 27:03 |
| 24 | 1535 | * Hollister, Sue | Edinboro Univ. | 27:09 |
| 25 | 1541 | * Harris, Jenny | Memorial T.C., Wfld. | 27:18 |
| 26 | 1461 | Newill, Cathy | Tillsonburg Legion | 27:30 |
| 27 | 1465 | Day, Nancy | Catholic Central | 27:35 |
| 28 | 1553 | * Acheson, Andrea | Northland A.C. | 27:48 |
| 29 | 1627 | ** Cherniak, C. | London | 27:54 |
| 30 | 1564 | * Donovan, Annie | Allegheny Coll. | 27:57 |
| 31 | 1567 | * Bradley, Lynn | Allegheny Coll. | 27:58 |
| 32 | 1534 | * Sauman, Denise | Edinboro Univ. | 28:04 |
| 33 | 1565 | * McKenna, Regina | Allegheny Coll. | 28:15 |
| 34 | 1536 | * Kingshot, Jenni | Edinboro Univ. | 28:26 |
| 35 | 1551 | * Van Ebroeck, D. | London | 28:34 |
| 36 | 1552 | * Hroz, Barbara | Brantford | 28:39 |
| 37 | 1479 | Teixeira, C. | Lucas S.S. | 28:40 |
| 38 | 1429 | Bielby, Tanya | Saugeen T.C. | 28:50 |
| 39 | 1421 | Radovich, Paula | Windsor Legion | 28:52 |
| 40 | 1508 | ** Willcott, Judy | Unatt. | 28:53 |

MENS 4-1/2 MILE RESULTS - 1984

| PLACE | NO. | NAME | CLUB | TIME |
|-------|-----|------------------|-------------------------|---------|
| 1 | 118 | Paulins, Ray | Northland A.C. | 19:36.1 |
| 2 | 1 | McCloy, Paul | Memorial T.C. | 19:56.7 |
| 3 | 2 | Cox, Randy | Univ. of Victoria T.C. | 20:01.2 |
| 4 | 122 | Stafford, Jamie | Track West | 20:02 |
| 5 | 37 | Law, Richard | New Balance T.C. | 20:10 |
| 6 | 58 | Graham, Lull | Edinboro Univ. | 20:17 |
| 7 | 89 | Shorter, Adrian | Tillsonburg Legion | 20:21 |
| 8 | 90 | Rinne, Claus | Tillsonburg Legion | 20:24 |
| 9 | 59 | Stahl, Steve | Edinboro Univ. | 20:26 |
| 10 | 181 | Labsir, Ed. | Saginaw Valley | 20:31 |
| 11 | 119 | Wainman, Bruce | Northland A.C. | 20:36 |
| 12 | 60 | Burns, Scott | Edinboro Univ. | 20:39 |
| 13 | 57 | Hulme, Mike | Edinboro Univ. | 20:40 |
| 14 | 61 | Maloney, William | Edinboro Univ. | 20:40 |
| 15 | 129 | Schmidt, Lloyd | Kitchener-Waterloo T.C. | 20:42 |
| 16 | 76 | Cloutier, Denis | Unatt. | 20:49 |
| 17 | 127 | Hamilton, Clive | Kitchener-Waterloo T.C. | 20:52 |
| 18 | 4 | Campbell, Dave | Univ. of Victoria T.C. | 20:55 |
| 19 | 66 | Borawski, Tom | Edinboro Univ. | 20:56 |
| 20 | 3 | Brohman, Brad | Unatt. | 20:58 |
| 21 | 135 | Ortina, Paul | Toronto Olympics | 21:02 |
| 22 | 64 | Scott, Ken | Edinboro Univ. | 21:05 |
| 23 | 85 | Whittle, Dave | Memorial T.C. | 21:11 |
| 24 | 67 | Cunningham, Greg | Edinboro Univ. | 21:12 |
| 25 | 120 | Black, Jamie | Northland A.C. | 21:16 |
| 26 | 65 | Balk, Ron | Edinboro Univ. | 21:17 |
| 27 | 179 | Genson, Rich | Saginaw Valley | 21:19 |
| 28 | 175 | Bink, John | Saginaw Valley | 21:20 |
| 29 | 151 | Withers, John | Track West | 21:21 |
| 30 | 128 | Cipp, Nick | Kitchener-Waterloo T.C. | 21:24 |
| 31 | 176 | Bishop, Tom | Saginaw Valley | 21:28 |
| 32 | 83 | Lewis, Peter | Memorial T.C. | 21:29 |
| 33 | 167 | Brewer, Tom | Allegheny Coll. | 21:31 |
| 34 | 163 | Wood, Tim | Unatt. | 21:34 |
| 35 | 91 | Verschoor, Dan | Brantford T & F | 21:37 |
| 36 | 123 | Ralston, Benny | Track West | 21:49 |
| 37 | 69 | Dudra, Greg | Edinboro Univ. | 21:49 |
| 38 | 170 | Dowdall, Mark | Allegheny Coll. | 21:55 |
| 39 | 134 | Eby, Murray | Toronto Olympics | 22:00 |
| 40 | 171 | Egbert, Paul | Allegheny Coll. | 22:10 |

MASTER'S 6 MILE RACE RESULTS - 1984

CODE: * Masters
 * * Masters II
 * * * Masters III

| PLACE | NO. | NAME | CLUB | TIME |
|-------|------|---------------------|-----------------------------|---------|
| 1 | 1737 | Wall, Ray | Memorial T.C., Mfld. | 31:20:6 |
| 2 | 1714 | Gilchrist, Jim | London Pacers | 32:07:1 |
| 3 | 1724 | Rayner, Fred | Burlington Runners | 32:16:9 |
| 4 | 1735 | Soak, Terry | Memorial T.C., Mfld. | 32:30 |
| 5 | 1750 | Conway, Bernard | London Pacers | 32:52 |
| 6 | 1742 | Tremblay, Barry | Sarnia Road Runners | 33:19 |
| 7 | 1793 | * Bowman, Robert | Woodstock | 33:57 |
| 8 | 1739 | Marcou, Donald | St. Thomas | 34:04 |
| 9 | 1736 | Grassner, Mark | Memorial T.C., Mfld. | 34:15 |
| 10 | 1747 | Lessard, Brad | London Western T.C. | 34:43 |
| 11 | 1762 | McKinley, Jim | St. Catharines Road Runners | 34:56 |
| 12 | 1758 | Wilding, Leonard | London Pacers | 35:01 |
| 13 | 1795 | * Reeves, John | Unatt. | 35:29 |
| 14 | 1715 | Jenson, Alton | London Pacers | 35:34 |
| 15 | 1719 | Coronado, Richard | Windsor | 35:38 |
| 16 | 1796 | * Tondoro, Manuel | London Pacers | 35:39 |
| 17 | 1704 | Craddock, Trevor | London Pacers | 35:58 |
| 18 | 1754 | Sargent, Wayne | Windsor | 36:17 |
| 19 | 1799 | * Van Leeuwen, Bill | London Pacers | 36:21 |
| 20 | 1784 | * Milne, David | Metro Toronto Fitness | 36:32 |
| 21 | 1709 | Shirley, Robert | London | 36:49 |
| 22 | 1743 | VanDenNeuvel, Bert | Sarnia Road Runners | 37:09 |
| 23 | 1749 | Shaw, John | Eatonville, Michigan | 37:14 |
| 24 | 1733 | Anderson, Marty | London | 37:18 |
| 25 | 1713 | Rawlings, John | London | 37:20 |
| 26 | 1702 | Grant, James | London | 37:22 |
| 27 | 1760 | Elze, Horst | London | 37:23 |
| 28 | 1842 | ** Blanche, Charlie | London Pacers | 37:24 |
| 29 | 1729 | Blain, Joseph | London | 37:33 |
| 30 | 1711 | Stuart, John | London | 37:37 |
| 31 | 1970 | * Lang, Ralph | Rexdale | 37:38 |
| 32 | 1720 | Ezed, Robert | London Pacers | 37:43 |
| 33 | 1741 | Plockin, Howard | London Pacers | 37:45 |
| 34 | 1732 | Savage, Bruce | Woodbridge | 38:13 |
| 35 | 1757 | Kiff, Larry | Talbotville | 38:30 |
| 36 | 1723 | Orphan, John | London | 38:36 |
| 37 | 1708 | King, Ed | Komoka | 38:43 |
| 38 | 1716 | Freeman, William | C.F.B., Toronto | 38:46 |
| 39 | 1861 | ** Aikenhead, Dave | London Pacers | 38:47 |
| 40 | 1722 | Clarke, Jim | Maple City Milers, Chatham | 38:50 |

OPEN 12 MILE RACE RESULTS - 1984

CODE: * Female

| PLACE | NO. | NAME | CLUB | TIME |
|-------|--------|-----------------------|---------------------------|---------|
| 1 | 1153 | Baldwin, Paul | Raquets Unlimited, Mich. | 58:06:1 |
| 2 | 1215 | Jones, Andy | Track West, Toronto | 60:16:9 |
| 3 | 68 | Martin, Brian | Edinboro T.C. | 61:31:4 |
| 4 | 1195 | Loney, John | Track West, Dundas | 61:43 |
| 5 | 1218 | Baxter, Peter | Alberta Track, Calgary | 61:56 |
| 6 | 1185 | Kalmets, David | Track Niagars | 62:05 |
| 7 | 1217 | Leemex, John | Track West, Toronto | 62:31 |
| 8 | 1211 | Willis, Bud | Sarnia "Y" | 62:44 |
| 9 | 1229 | Foster, Dean | Kitchener W.C.A.A.A. | 62:55 |
| 10 | 1243 | Carter, Jim | Mid-Michigan T.C. | 63:12 |
| 11 | 1231 | Hollingsworth, K. | Kitchener | 63:13 |
| 12 | 1152 | Wolfram, Gary | Raquets Unlimited, Mich. | 63:38 |
| 13 | 1176 | Rosa, Karl | London | 65:29 |
| 14 | 1227 | Kvckonski, Greg | Toronto Olympic | 65:57 |
| 15 | 1236 | Chapman, Fred | London | 66:45 |
| 16 | 1209 | Nightingale, Wm. | Sarnia "Y" | 68:36 |
| 17 | 1223 | McCulloch, R.S. | London Pacers | 68:49 |
| 18 | 1206 | Feeley, John | Hamilton Athletic | 69:44 |
| 19 | 1228 | Gerstoft, Peter | London | 70:38 |
| 20 | 1224 | Bickerton, Bill | Fanshawe Coll., London | 70:54 |
| 21 | 1222 | Jones, Eric | Flint, Mich. | 72:00 |
| 22 | 1170 | Bruckschwaiger, Chris | London Pacers | 72:18 |
| 23 | 1242 | Fearce, Dan | Sarnia "Y" | 72:22 |
| 24 | 1193 | Pond, Alex | Toronto | 72:35 |
| 25 | 1196 | Read, Tim | Toronto | 72:36 |
| 26 | 1235 | Sasso, Randall | Windsor S & S | 73:02 |
| 27 | 1205 | Doyle, Patrick | W.C.A.A.A. | 73:10 |
| 28 | 1187 | Whitmore, Steve | London | 73:37 |
| 29 | 1216 | Boyd, Ronald J. | London | 73:45 |
| 30 | 1238 | Black, Angus | Sarnia "Y" | 73:51 |
| 31 | 1208 | Crowe, John | London Pacers | 73:55 |
| 32 | 1189 | Merse, Jerome | London | 74:00 |
| 33 | 1220 | Garnett, Brian | London Pacers | 74:06 |
| 34 | 1189 | Cunningham, S. | Strathroy | 74:13 |
| 35 | 1240 | Radic, Carlos | Kitchener W.C.A.A.A. | 74:35 |
| 36 | 1239 | Graham, Rick | S.C.I.T.S. | 74:41 |
| 37 | 1197 | Durke, Dennis | Strathroy | 74:29 |
| 38 | * 1166 | Thompson, Brenda | London | 77:52 |
| 39 | 1230 | Hollingsworth, C. | Sarnia | 78:23 |
| 40 | 1207 | Rhelise, Andy | Riverbend Striders, Mich. | 78:36 |

NOTES

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competitors and
visitors**

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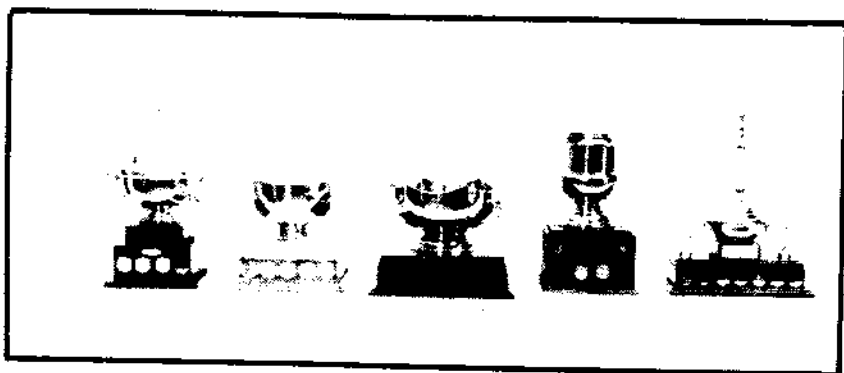
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| The Byron Cup, awarded to the winner of the Master's Men's | 10 km |
| The City of London Cup, awarded to the winner of the Open Men's | 20 km |
| The Springbank Trophy, awarded to the winner of the Ladies' | 5 km |
| The Murray McNie Trophy, awarded to winner of Highschool Boys' | 5 km |

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