

TOC The first 50 years. 1st draft

Preface.

This booklet is written for the Toronto Olympic Club's 50th anniversary celebrations. The intention is to remind us of those who were members of Toronto Olympic Club and what they achieved. Thanks are due to all who helped with their own stories. In particular we recognize Bob Finlay, chair of the 50th anniversary committee, Poce, DiCorpo, Moore and Coburn, keepers of more TOC archival material than anyone else we know of.

It is inevitable that some achievements will be missed so we need your help. When you note errors and omissions please contact the editor so that the corrections and additions may be made. The record of Toronto Olympic Club is part of Canadian athletics' history so help us to get the story right and preserve and update it for however long the club may last.

Each section has a list of the coaches, the executive, helpers and competitors of record. Next comes a list of international events that TOC athletes competed in. After that is a list of some achievements of note. The Round the Bay races are mentioned first then marathons in alphabetical order. To be included the TOC runner has to be in the top three or to run a fast time. This is usually faster than 2:30 for men and 3 hours for women in the marathon. After that is a list of fast track times achieved during the years or personal best times and finally the National Cross Country Championships results, a top ten placing and the TOC team result, where known. In the achievement list some runners appear in italic. This means that they were club members during the time period but were not members when the race time was achieved. Noteworthy events during the five-year period are added and finally stories, written by members, about the period under review.

The appendix contains the training advice of our most accomplished marathon runner, Jerome Drayton.

Finally there are the club rankings at various distances found from the records or submitted by the athlete. The lifetime best time achieved only is included.

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The 50th year Celebration Committee which sanctioned this booklet was led by Bob Finlay and made up of Nick DiCorpo, Paul Pearson, Bob Ferguson, Caroline Crabtree and Robert Moore.

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1. Toronto Olympic Club, on your mark!

Paul Poce was born in Toronto in 1924 to Italian parents. He attended Central Technical School. At school he played football and boxed. In World War II he was based in Guelph whilst serving in the Royal Canadian Air Force. He was middleweight boxing champion of # 4 wireless school. In 1942 a Bermudan at the school persuaded him to try running and he won several championships whilst a serviceman.

After the War Paul went to the West End YMCA as runner and coach. The problem with the YMCA was that the runner used their facilities for just 2 months of the year. After three years, when the YMCA insisted on year round memberships, the group moved on to the Toronto Track and Field Club. Paul and the group eventually joined the Toronto Red Devils' Track Club. Lloyd Percival was the coach/organizer of this group. Lloyd was quite controversial, you loved him or hated him and he made enemies. Though he coached excellent athletes he was not, at first, included as a team coach at the National level. When he was passed over he quit the club and the sport for a while. When later on he was accepted as British Empire Games Team coach in 1954 others refused to work with him. This put Lloyd's athletes in a difficult position as when Lloyd staged a walk out should they go out with him or not?

On January 7th 1954 Paul helped found the Toronto Olympic Club in an effort to avoid this turmoil. The Club began with no budget as an all events athletic club. The initial membership was twenty. It evolved by choice and reputation into a distance running club. Paul Poce was the president in 1955 and retained that position to 1964 when he stepped down to spend more time coaching.

In competitions Paul was the Eastern Canadian 6 mile track champion in 1953, the Canadian Cross Country Champion in 1950 and 1952 and an Ontario and Eastern Canadian Champion over middle and long distances several times between 1946 and 1956. He competed in the United States as an individual and on various Teams.

2. 1954-59 Off and running.

Coaches: Joe Taylor, Paul Poce,

Executive/helpers: Joan Barnicott (secretary), Sam Hoffman, Peter Pirie (treasurer), Paul Poce (president), Gordon Ferguson, Schofield.

Competitors: Steve Ball, Joan McLean (nee Barnicott), Louise Ramer Borthwick, Don Brown, Dick Carmichael, Mel Cheskin, Murray Cockburn, Brian Cornwell, Eric Crump, Reg Darley, Jeff Engel, Rich Ferguson, Art Flynn, Chuck Hardy, Paul Hoffman, Jim Irons, Selly Jones, Isabel Johnston, Crawford Kennedy, Henry Kennedy, Stan Levenson, Randy Mason, Wes McLeod, Jack McRoberts, Bob Meldrum, Brian Michez, Eugene Ouziack, John Passmore, Peter Pirie, Paul Poce, Ain Roost, Murray Ruffell, Bonnie Russell, Bob Taylor, Chuck Tobias, Mike Turk, Bill Varey, John Vamplew, Ron Wallingford, Paul Wynn.

Achievements:

Championships 1955 Saskatoon:

Jim Irons Juvenile mile 1st 4:32.9

Chuck Hardy Junior 1st 100 yards 9.9, 220 yards 22.00, 440 yards 49.9. All Canadian Records/best times on record.

Canadian Championships 1958: 60 yards and 100 yards Louise Borthwick 2nd.

100 yards: Jeff Engels 9.7 (1956); Paul Wynn 9.9 (1957); Chuck Hardy 9.9 (1955).

220 yards: Chuck Hardy 22 (1955); Brian Michez 22.5 (1956),

440 yards: Bob Taylor 48 (1956); Brian Michez 49 (1956); Mark Ruffell 49 (1957);

Chuck Hardy 49.9 (1955); Bonnie Russell 56 (1956).

880 yards: Reg Darley 1:52 (1956); Bob Taylor 1:53 (1956).

1 mile: Steve Ball 4:06 (1957); Randy Mason 4:06 (1956); Wes McLeod 4:07; Reg Darley 4:10 (1956); Jim Irons 4:20.2 Canadian Junior Record 1957, 4:20.5 Canadian Junior Indoor record.

6 miles: Jim Irons 32:40 (1959) John Vamplew 36:00 (1957).

Canadian Relay Championships 1956: 4 x 1 mile: 8:20 Canadian record 1st Paul Poce, Jim Irons, Reg Darley, Wes McLeod.

4 x 880 yards: 7:49 Canadian Record 1st Bill

Varey, Reg Darley, Wes McLeod.

4 x 110 yards relay: 1st Jim Irons, Paul Poce, Doug

Kells, Brian Michez.

1957: 4 x 1 mile and the 4 x 880 yards: 1st Paul Poce, Jim Irons, Bill Varey, Dick Carmichael

Cross Country: 1955 2nd John Vamplew, 3rd team.

1957 Hamilton: TOC won team race: 3rd Dick Carmichael, Reg Darley, Randy Mason, Jim Irons, Crawford Kennedy.

1959 Hamilton: 2nd Dick Carmichael.

Noteworthy:

1957 Silver Relay starts as 10 times 3 miles, TOC wins in course record of 2:58:51.

1959 AGM debated the issue if women should be allowed to join TOC. The separatists lost.

In 1955 newly arrived immigrant Ed Whitlock trained at Varsity stadium and High Park and considered joining the Toronto Olympic Club. After poor results in a race he decided to give up running and so he did, for the next twenty years or so.

Three pole-vaulters were club members and Paul coached them. They lived on the Toronto Islands and had exciting times transported their poles on the ferry and the street cars.

Jim Irons, TOC's Ironman

In the summer of 1954 I was asked by Joe Taylor to go to Varsity Stadium to train with local athletes of the Toronto Red Devils Club. The Red Devils was a good track club having all types of athletes – sprinters, hurdlers, high jumpers, milers and so on. At that

time Lloyd Percival was head coach, Joe Taylor was assistant to Lloyd and Paul Poce was one of the athletes. As the summer went on Lloyd backed off and Joe took charge with Paul Poce doing the paper work. Lloyd Percival was a very good coach having great knowledge of the human body and was a master at training athletes to maintain positive thoughts. Once he backed off all but a few of the field athletes went their own way and some of the runners remained. Lloyd, after a couple of years, started another club.

The distance medley team of Taylor, Ruffell, Irons and Smith was the best under rated team that I ever was on. They never gave in. Twice, not once, they beat the much more favoured East York Club squad.

I ran the International Silver Relay 14 times for TOC and was on the winning team 11 times.

From 1958 to 1967 I was the only club member who ran the mile.

I helped pace Roberta Picco to a world record 1-hour run at the Canadian National Exhibition. Lloyd Percival coached this effort and also helping me with pacing was Charlie Francis. The photograph that proves this was in the papers at the time.

Silver Relays

Jim Irons and Donal Smith mention the Silver Relays in their accounts. Recent members of Toronto Olympic Club may not understand what these were. Toronto Olympic Club ran this event for more than thirty years and usually won the main event, sometimes against some excellent competition. It was one of the high points of the athletic year in Southern Ontario. Jim Flowers of the Canadian Masters' Athletic Association remembers the relays as a pre World War II event. He ran in them for the first time in 1946 when they were held in Hamilton and then the next year in Georgetown. He remembers the Silver Relays as one of the biggest athletic events of the year with hundreds of athletes from all over the Province competing. They were a major competition for the schools.

When TOC took them over the races became three laps of the loop in High Park and for a long time was well attended with teams from the USA and British Columbia making the effort to come.

The relays stopped being held when local clubs became weaker and were unable or unwilling to field teams and there were so many other races to compete in for the elite and the jogger athlete.

Editor.

Ron Wallingford joins TOC

Ron Wallingford joined the Toronto Olympic Club in 1959 and left in 1964 when he moved to Hamilton. Ron began running in High School. When he made the football team he decided not to run in the school championships but a team-mate told him that the coach would be angry if he did not show up at the races. He ran, won and kept on racing.

Before joining TOC Ron placed 3rd in the 1952 5 km Olympic Trials in his last year of High School. He was first at the 1956 5 km Olympic Trials in a Canadian Record and was 2nd in the 1500 metres. As a TOC member he was first in the 1960 Olympic Trials at

the Steeplechase in a Canadian record and 2nd in the Olympic marathon trials in 1964 and 1968 and 3rd at Boston in 1964.

Ron's first attempt at a long road race was at the Around the Bay, Hamilton. He was unsure whether to drink during the race. The official had several paper cups at the start of the table. Ron passed these but changed his mind and snatched the cup in front of the official and gulped it down. It was whiskey!

Ron is now professor emeritus at Laurentian University. He started writing novels about running in 1980. Three have been published so far. (If you would like to read these contact the editor or Ron Wallingford himself).

3. 1960-64 Picking up the pace.

Coaches: Paul Poce, Harvey Singleton (high jump).

Executive/helpers: Steve Ball (newsletter), Joan Barnicott (secretary), M. Cockburn, E. Bridger, Sam Hoffman, Harry Howe, Derrick Milner (secretary), Paul Poce (president), Peter Pirie (treasurer), Ed Ridsdill (newsletter), Peter Robertson, William Ruffell, D. Smith, Pat Smith (president), Cedric Wedemire (newsletter), Garth Wedemire (newsletter).

Competitors of record: Steve Ball, Joan Barnicott (McLean), D. Boettcher, Laurie Bridger, D. Campbell, M. Campbell, Dick Carmichael, Evan Carkner, R. Carter, Marg Cheskin, Mal Chesler, Mike Chvaleyevich, Don Clark, Dave Coward, S. Craig, Gurston Dacks, Tim Daniels, Wayne Darch, Reg Darley, Bruce Dempster, Nancy Dodd, Brenda Edmiston, Brian Edwards, Dave Ellis, Jim Ellerton, Bruce Ettman, Bob Finlay, John Finlay, Bob Fisher-Smith, J. Ferguson, John Gerbeke, Kevin Gilligan, Len Goodman, Ronald Hardy, P. Hambly, Lis Hesp, Dean Hodgkins, Abigail Golda Hoffman, Paul Hoffman, Gord Homer, Ken How, John Hunter, Bob Hudson, Don Innes, Jim Irons, Lafferty, John Loaring, Randy Mason, Richard Mathews, A. Malinuk, Terry MacDonald, John McLean, W. MacLeod, Bruce McKague, Brian Michez, Brian Michez, Derek Milner, Ron Moeser, Jim Moore, Tom Mulvenna, Chris Murray, Terry Neale, G. Norris, C. Oglivie, Dave Patterson, Victor Paisley, Dave Peddie, Paul Pearson, Charles Pell, John Passmore, W. Paul, Charlie Pell, Peter Pirie, Bruce Pittman, Paul Poce, Richard Pyne, Wayne Remenda, Ivor Roberts, Dave Robertson, Ain Roost, Brian Richards, Ed Ridsdill, Fred Ross, Murray Ruffell, Art Sanders, Dave Savage, Scott Sones, Dan Shaugnessy, B. Shields, Dave Smith, Donal Smith, David Speck, Alan Sproule, Mike Steed, Bob Taylor, Ray Thompson, John Vamplew, L. Vaughan, Ann Verboom, Ron Wallingford, Cedric Wedemire, Jeff Wedemire, Bill Whealey, Alan Wither, Dave Whitson, Mike Wotten.

International events:

British Empire Games 1962 in Perth, Australia:

Abigail Hoffman: 880 yards 7th in 2:21.6.

Jim Irons mile: 8th 4:17.4. Heat 3rd 4 :10.

Pan American Games 1963 Sao Paulo:

Abigail Hoffman: 800m 1st 2:10.2

Randy Mason ?

Olympic Games 1964 Tokyo:

Abby Hoffman:

University Games:

John Finlay was chosen but did not go because of injury.

Achievements of note:

Round the Bay, Hamilton 1960: leaders ran extra mile, 2nd Ron Wallingford 1:55:32.

1961: 8th Ron Wallingford 2:01:26.

1963: 1st Dave Ellis 1:42:29; 3rd Charles Pell 1:47:53; 4th

Cedric Wedemire 1:49:37

Boston marathon 1964: 3rd Ron Wallingford 2:20:51; 6th Dave Ellis 2:22:49; 9th Paul Hoffman 2:28:07; 12th Charlie Pell 2:29:53

Harold Webster 10 mile race: 1963 1st Charles Pell 53:25

1964: 1st Ron Wallingford,

Track:

220 yards: Joan Barnicott 26.4 (1960)

440 yards: Joan Barnicott 59.1 (1964)

400m: Abby Hoffman 54.4 (1963, Ontario Juvenile record)

880 yards: Abby Hoffman at age 15 years Canadian National Champion 2:10.8 (1962),

Joan Barnicott 2:17.2, 3rd in Pan American Games trial 1962. Donal Smith 1:53 (1963 Canadian Open indoor record)

800m: Jim Irons 1:51.8 (1962); Steve Ball 1:54.9.

1500m: Jim Irons 3:51.6 (1960).

Mile: *Ergas Leps* 4:01.8 (1964); Jim Irons 4:01.9 (1963); Richard Pyne 4:16 (University mile champion 1964, 2nd to Dave Bailey); Ron Wallingford 4:17 (1962)

2 miles: Ron Wallingford 9:18 (1962).

3000m steeplechase: Jim Irons 9:31 (1964); *Ron Wallingford* ??:?? *Canadian record.*

Canadian Relay Champions distance medley 1963: 9:55 Bob Taylor, Murray Ruffell, Donal Smith, Jim Irons.

American Relay Championships Buffalo distance medley 1963: 9:53 Bob Taylor 1:54, Murray Ruffell 51, Donal Smith 3:01, Jim Irons 4:07, Canadian Record.

Canadian Cross Country Championships, 1960 Hamilton: 2nd J. Vamplew; 3rd Dick Carmichael; 4th Jim Moore; 7th Ron Wallingford; 9th Jim Irons; 18th Paul Poce.

AAU Michigan: TOC 1st team

1961 Hamilton: 2nd Ron Wallingford; 3rd Jim

Irons; 7th Donal Smith; 9th Randy Mason. TOC won three of the team races.

Jim Irons was 2nd in both the US Junior 10 km cross country Championships at Pittsburgh and the Niagara District Championships 10 km in Buffalo the next day.

1962 Hamilton: 1st Dave Ellis; 2nd Randy Mason; 4th Ron Wallingford; 8th Ed Ridsdill. TOC 1st in senior, 2nd in junior male team races.

1963 Hamilton, McMaster University: 2nd Dave Ellis; 3rd Jim Irons; 7th Cedric Wedemire, 11th Charles Pell, 12th John Finlay. TOC won senior, junior and midget male team races.

Women 1½ miles 1st Abbie Hoffman, 2nd Joan Barnicott.

US National Senior Cross Country Championships at van Courtland Park New York: 6th Dave Ellis; 12th Dan Shaugnessy; 20th Jim Irons; 33rd Charlie Pell; 39th Cedric Wedemire. Third team

1964, Manitoba: 1st Bob Finlay; 3rd John Finlay.

Women 1½ miles 1st Abby Hoffman; 2nd Joan McLean.

US National Senior Cross Country at Washington Park, Chicago: 1st Dave Ellis; 24th Bob Finlay; 32nd Jim Irons.

Noteworthy:

Paul Poce selected to manage the Forest Hill Recreational Track.

Jim Irons says that he has to forgo career as golf professional so as to race on the running track.

John Vamplew retired from racing in 1960. In 1962 John was appointed assistant crown attorney for the County of York and Metro Toronto. After a while John was promoted to be in charge of the General Sessions of the Peace and conducted and/or controlled all jury trials except for the Supreme Court of Ontario. Finally John was appointed Crown Attorney for Leeds and Grenville until his retirement in 1992.

Inn on the Park proposal in 1963 was to include a sports centre headed by Lloyd Percival. Ergas Leps and Donal Smith, not then in TOC, competed in the 1960 Rome Olympics. Royal Canadian Legion supported TOC, starting in 1969 to the present.

Donal Smith's Story.

I arrived in Toronto in September 1960 with my wife to take up a position lecturing in English at University College, University of Toronto. Earlier in the year I had run for New Zealand in the 800 metres at the Rome Olympics and in 1958 I had run the 880 yards race at the Cardiff Empire Games (as they were then known). The UC post was my first permanent job and I thought that I would probably stop competing once that significant point had been reached. I had, after all, been running competitively since 1951 – my last year at school- and people generally gave it up in their mid twenties in those days. I kept running from our diminutive attic flat at 320 Indian Road (conveniently close to High Park) with the vague idea of keeping fit however, on the 15th of November, was utterly amazed on one of those leisurely circuits of autumnally beautiful High Park to see Kevin Gilligan – a fellow team member of the 1960 Oxford University Athletic Club. I had last seen Kevin winning the three miles in the University match against Cambridge and I did not expect to see him casually jogging round Grenadier Pond! We stopped, we talked, he insisted that I join Toronto Olympic Club, and retirement was (almost) indefinitely postponed. I met Paul Poce, became a member of TOC and commenced

those splendid epic runs from High Park. Kevin continued to run for TOC winning some of the big local races (he was after all a British International).

The club when I joined was run almost totally by Paul Poce –coach, manager, promoter, arranger, and a useful runner as well. He was assisted most notably by Sam Hoffman. Sam was the loveliest man- kind, good natured, hard working, the rock that steadied the club. He was the one who would roll the Forest Hill track when it became usable in the later spring. He would drive the van on the long trips to New York and Chicago, see that you got safely on the track or the cross country course, give you encouragement or sympathy, get you back to the hotel and finally back to Toronto. In hundred of ways he and Paul made it possible for us to run and race. Other stalwarts in the necessary functioning of the club were Peter Pirie (Gordon's older brother) and Harry Howe. These selfless men made it easy for the runners. Sam was also the father of Paul and the redoubtable Abby, winner of the 880 yards at the Jamaica 1966 Commonwealth Games and holder of numerous Canadian National open and native records for 880 and 440 yards from juvenile to senior. When I joined the club she was causing some red faces by playing ice hockey in a junior boys league and showing them up. Her brother Paul was a fine distance runner – I had a number of battles with him over ten miles – with a stand out 9th in the Boston Marathon the year that Dave Ellis finished 2nd. What a club we had then! In the 1960s the top runners in the club as I recall were Randy Mason (who had represented Canada at the Pan American Games) a superb, smooth cross country and road runner. Ron Wallingford former middle and long distance star for the University of Michigan and Canadian representative in the marathon, Jim Irons who represented Canada at the steeplechase at the 1962 Perth Commonwealth games – one of the most gifted if not the most hard working athlete I have known, John VamPlew, later a judge and doubtless long retired, and Steve Ball, small, feisty and talented who died young and never realized his considerable potential. Also a tiger on the road over the longer distances was Ed Ridsill and a little later the very talented and tough Canadian representative Danny Shaugnessy.

I started competing for TOC in 1961 commencing training in January in Fort York Armouries – a vast barn of a place with a glossy concrete floor. There we churned out our 150s, 220s and 330s amazingly without too many leg problems. I think my first race was on Hart House's claustrophobically tiny indoor track where the track record for the 440 yards was held by the big Jamaican 400m gold medallist at the '52 Olympics, George Rhodes, in a time of just over 50 seconds. I am amazed that he was able to stay on the track! I managed to complete a 600 yards in 78.3 and that was hard work! A week later I was introduced to the North American Indoor circuit, racing at Winnipeg in the 1,000 yards. It was an altogether strange experience- the odd distance, the 150 yards wooden track, tight bends, short straights, the crowd almost within touching distance, and an incredible clatter of short spikes on the spruce planks. April saw us move outdoors with the Gladstone Spring Road races and TOC's own cross country race – 2 laps of High park with a killing final slog up the western side of the park to Bloor street and a finish on the football field. Summer brought numerous races. There was a distance medley relay between halves of a soccer match at Varsity stadium that was my first introduction to an event that became a great favourite of mine with TOC, representing the club at it from 1961 to 1971. We had our usual battle with East York. Their team included Bruce Kidd and Bill Crothers, probably Canada's two finest athletes of the decade. I think they beat

us – I simply tried to hang on to Bill Crothers, which I just managed and recorded the same time 1:53. After that I was violently ill in view of all. Perhaps the yearly high point for TOC was the International Silver Relay in High Park. The relay was “international” as teams came up from the US but the name derived from the enormous trophy donated by International Silver. I managed to make the A team and we won after a terrific battle with East York. Other team members were Ron Wallingford, Jim Irons, Steve Ball and Randy Mason. In the years that followed I ran in the B team and then the C team.

In 1962 I raced a lot indoors, Jim Irons was our best at this point, later Dave Ellis negotiated the boards with distinction. The Canadian Cross Country that year was in Hamilton in deep snow. Dave Ellis won brilliantly after being directed off course and losing at least 200 yards.

In the time trial for the Silver relay team in 1963 I was second to Jim Irons just edging out a most promising schoolboy, Peter Buniak (Jerome Drayton). In the years that followed I raced with TOC in Canada and the US on the track, road and cross country and spent time in England on sabbatical.

In 1967 I was back training indoors at the Colosseum in the Canadian National Exhibition (now the Ricoh Ice Hockey Arena). We had an approximately 300m concrete track high up behind the seats in the Horse Show Arena. It was an amazingly effective training track and Dave Ellis and I clocked off the laps in what seemed to me an impressive fashion. By then I was 33 years of age. I was not running as well as before but still enjoying racing and TOC was a wonderful club to belong to. There were fantastic runners in the Club: Abby Hoffman, Dave Ellis, the Finlay twins, Andy Boychuk and Peter Buniak. 1967 was Centennial Year and all Canadians had to have a “project”. Jill and I proposed to drive across to Vancouver, down to Seattle and across to Winnipeg to see some of the Pam Am Games. TOC was represented with Andy Boychuk, Dave Ellis, Bob Finlay and Paul Poce was the Canadian Distance coach. We saw Dave place in the 10,000m and then we went out on the marathon course and waited at about two thirds of the distance. A figure came into view and to my amazed delight it was Andy Boychuk, way out in front. I urged him on and he nearly stopped –“Don, what are you doing here?” This was not the best place for conversation and explanation and Andy powered away to a decisive victory.

In October of 1967 the chief activity was making wine with Paul, Sam and Peter Pirie. Paul had ordered a few boxes of Zinfandel grapes from California. We crushed them and put them in barrels to ferment. We had a big barrel in our basement that caused the house to nearly lift off its foundations and fed the fruit flies which drove Jill to distraction. We racked it off into smaller barrels and eventually bottled our extraordinarily fine (very potent) wine. This was forty six gallons of the most exquisite vintage

1968 was the year of the Mexico Olympics. Ergas Leps joined the club. Ergas had been one of Canada’s top middle distance runners for years. He had captained the University of Michigan Track team and represented Canada at the 1960 and 1964 Olympics. For me it was a wonderful opportunity to get another middle distance runner as a training partner. It had been excellent training with Dave Ellis earlier in the 60s but training with Ergas meant quick repetitive sessions rather than long hard road runs. With Ergas’ help I managed to get down to the low 1:50s for 800m again, close behind Ergas, Bill Crothers and Dave Bailey. In the rankings for 800m that year Ergas was 2nd in 1:48.4, I was 4th in 1:50.5, Taimo Leps was 9th in 1:52 and Dave Ellis 10th in 1:52.3! In the 5,000m, TOC

was totally dominant: 1st Bob Finlay 13:42, 2nd Dave Ellis 13:44.2, 4th Ian Wainwright 14:19.6, 5th Peter Buniak equal with Andy Boychuk in 14:20.2, 6th John Finlay 14:21.6, 7th Dan Shaugnessy 14:23 and 9th Bob Moore in 14:41. The dominance was almost as great in the 10 km and in the marathon where Wayne Yetman and Bob Fahy also appeared on the rankings lists. Big Bob was a fine cross-country runner, winner of the National Championships in Vancouver and always up there. He powered through everything, mud, snow, hills and even small shrubs! Wainwright and Wedemire were ranked 2nd and 3rd in the steeplechase. In 1968 TOC members held 15 National Open, native and age class records, including an amazing 6 by Abby Hoffman.

My high point of 1969 was our win in the Ontario Distance Medley Relay Championships. Ergas came and urged me to give it a try as it was probably my last chance for a win in open competition –yes indeed! The team was notable for being made up of four Olympic representatives. We broke the Open Canadian record by over ten seconds clocking 9:47. Our approximate times: 440 me 51, 880 Ergas Leps 1:51.5, 1320 Dave Bailey 3:0.5 and mile Bob Finlay 4:03.5. (This record is still unbeaten - editor). 1969 was also the year I was elected Club President- an honour I had to pay for by making a fund raising speech to the Legion. We got a fantastic response from them as I described Peter Buniak's wonderful win in the Fukuoka marathon.

My last race of note for TOC was in 1971 in the Ontario Relays at Waterloo, yet again in my favourite race, the Distance Medley Relay. I held the team in second with 2 minutes in the 880 then the lads really poured it on and raced away to win by 50 yards!

Jill and I with our three children then returned to New Zealand after 13 wonderful years.

Abigail Hoffman's story.

Abbie Hoffman joined the club in 1961 after flirting with swimming as an outlet for her athletic talent. Like most who have written in this book she turned up at High Park and was dismayed by being left standing by the pack on her first workout with the club. They assured her that she would get better each day and would be able to handle their pace and so she did.

Early days were primitive. Once the track at Forest Hill was resurfaced by those ignorant of what surface athletes need to run on best. They dumped and spread loads of ankle twisting large cinders. Paul Poce and other club stalwarts raked off the cinder balls so that the athletes could use the surface without fear of injury.

4. 1965-69 Getting high in Mexico City.

Coaches: Paul Poce.

Executive/helpers: Steve Ball (newsletter), Sam Hoffman, Harry Howe, Joan McLean, Derrick Milner (secretary-bulletin), Peter Pirie (treasurer), Peter Robinson (president), Pat Smith (president), Dave Smith, Don Smith.

Competitors: Brian Armstrong, Steve Ball, Dave Bailey, Harry Bilof, Helmut Boeck, Andy Boychuk, Laurie Bridger, Peter Buniak (Jerome Drayton), Bob Cairns, Francis

Carkner, Margaret Cheskin, Mal Chesler, Don Clark, Jim Craine, Jerry Crist, Gurston Dacks, James Derhousoff, Nick DiCorpo, Randy Dixon, John Crysedale, Gurston Dacks, Mike Davey, Don de Savigny, Tony Desousa, Nancy Dodd, Jim Ellerton, Dave Ellis, Russ Evans, Bob Fahy, Leslie Field, Bob Finlay, John Finlay, Bruce Fraser, Rudi Gisler, Mike Goerke, Reesa Gringort, Don Haire, Ken Hambly, Ken Hamilton, Mick Hamlin, Chris Henty, Elizabeth Hesp, Abby Hoffman, Paul Hoffman, Bret Holt, Dietmar Holzmeuller, Gord Homer, Ken How, Don Howe, Jim Irons, Vic Jazenas, Shane Kearney, Doug Kells, Rudy Kirst, Dave Knox, Bob Knuckey, Bob Legge, Ergas Leps, Taimo Lepps, Peter Lever, Keith Linton, John Loaring, Joan McLean, John MacLean, Dave Maluniak, Paul Manley, Gerry Marois, Randy Mason, Steve Mitchell, Jim Moore, Robert Moore, Doug Morris, John Mowatt, Terry Neal, Walter Nichiporik, Wally Noroski, Vic Paisley, Paul Pearson, Kent Palmer, Dave Patterson, Dave Peddie, Bill Peel, Paul Poce, Roger Pratt, Jim Prince, Richard Pyne, Jim Rea, Sverre Reid, Wayne Remenda, Brian Richards, Dave Savage, Jack Savage, Joe Sax, Charlie Saxon, Dan Shaugnessy, Dave Smith, Donal Smith, Malcolm Smith, Pat Smith, Chris Steer, A. Switzer, Bob Taylor, Dennis Vallianatos, John Vanduyvenbode, John Vamplew, Alan Vyse, Ian Wainwright, Cedric Wedemire, Neil Whelan, Steve Wyndham.

International competition:

World Student Games 1966:

Abby Hoffman: 800m 3rd 2:07.8.

World University Games, Tokyo 1967:

Abby Hoffman: 800m 2nd in 2:08.5.

British Empire Games in Jamaica 1966:

Paul Poce coach.

Abigail Hoffman: 880 yards 1st 2:04.3.

Ergas Leps: 1 mile 7th 4:01.0.

Dave Bailey: 1 mile 4:12.2 6th in semi final.

Dave Ellis: 6 miles 6th 28:55.4, 4th in marathon 2:31:46.

Andy Boychuk: 6 miles 8th 29:54.

Ron Wallingford: marathon 6th in 2:35:13.

Andy Boychuk: marathon 9th in 2:58:45.

Pan American Games in Winnipeg 1967:

Abigail Hoffman: 800m 2nd.

Dave Ellis: 6 miles 2nd.

Bob Finlay: 5km 4th.

Andy Boychuk: marathon 1st.

Sao Paulo, Brazil, New Year's Eve race: 1967-68 3rd Dave Ellis.

1969-70 6th Robert Moore.

European Tour 1968:

Dave Ellis 10 km 29:18 (Canadian record)

Olympic Games in Mexico City 1968:

Abigail Hoffman: 800m.

Andy Boychuk: marathon 10th

Bob Finlay: 5 km finals

Dave Ellis: 5 km
Dave Bailey: 1.5 km
Peter Buniak (Jerome Drayton): marathon did not finish.
Pacific Games 1969:
Gayle Olinek: 400m 3rd
Detroit Marathon, Belle Isle, 1969: 1st Peter Buniak 2:12:00.
Fukuoka Marathon 1969: 1st Peter Buniak 2:11:12.8; 11th Robert Moore 2:16:53.6.

Achievements:

Round the Bay, Hamilton (19 miles 168 yards) 1965: 1st Dave Ellis 1:39:38 (record); 2nd Ron Wallingford; 3rd Peter Buniak 1:41:09; 4th Andy Boychuk 1:42.52; 12th Jim Irons 1:55.

1966: 1st Andy Boychuk 1:37:29
(record); 2nd Dave Ellis 1:37:29; 8th John Mowatt 1:48:58; 19th Charlie Saxon 2:10:40.
1967: 2nd Andy Boychuk 1:36:16; 4th Bob Fahy; 7th Robert Moore.

1969: 2nd Robert Moore 1:38.49.4; 5th Mike Goerke 1:44:47.

Antwerp International marathon 1969: (World record set by Derek Clayton 2:08:33.6):
10th Wayne Yetman 2:22:13; 11th Robert Moore 2:22:35.

Boston marathon 1965: Paul Hoffman 2:43:46.

1966: 6th Dave Ellis 2:19:47; 13th Andy Boychuk 2:27:20.

1967: 6th Andy Boychuk 2:18:17.

1969: 5th Robert Moore 2:21:28.

CNE international marathon 1969: 2nd Robert Moore 2:18:55; 6th Ron Wallingford 2:23:30.

Cherry Tree marathon 1966: 2nd Paul Hoffman 2:32:28.

Canadian Marathon Championships 1966: Andy Boychuk 2:35:24.

Detroit marathon (Belle Isle) 1968: Peter Buniak 2:23:57.

1969: Peter Buniak 2:12:00.

Guelph to Dundas marathon 1968 (downhill): 1st Andy Boychuk 2:17:50.

Guelph to Dundas marathon # 2 1968: 1st and only finisher Peter Buniak 2:16:11.

Philadelphia Marathon 1966: Paul Hoffman 2:25:47.

St. Hyacinthe Marathon 1966: Ron Wallingford 2:19:24.

Canadian 10 mile Championships, 1969 Ottawa: 1st Robert Moore 50:07.

Harold Webster 1968: 1st Peter Buniak 47:29.8 (record); 2nd Robert Moore 47:31.2.

1969: 1st Robert Moore 47:26.1 (record); 2nd Mike Goerke 47:26.3; 3rd

Bob Finlay.

Track:

100 yards: Joan Barnicott (McLean) 11.2 (1965)

200m: Victor Paisley 22.9 (1965).

400m: Gayle Olinek 55.3 (1969)

880 yards: Jim Irons 1:53.4 indoors (1966); Abby Hoffman 2:07.8 (3rd World Student Games)

800m: from the 1968 rankings: Ergas Leps 1:48.4; Donal Smith 1:50.5; Taimo Leps 1:52; Dave Ellis 1:52.3.

1 mile: Dave Bailey 3:57.7 (1967); Jim Irons 4:04 (1966) [4:11.7 indoors 1965]; Ergas Leps 4:07.5; Ian Wainwright 4:13.

1500m: Dave Bailey 3:41.1 (1968); Bob Finlay 3:48.4(1968); Ergas Leps 3:55.7 (1968); Ian Wainwright 3:55 (1989); Donal Smith 3:57 (1968); Taimo Leps 4:00 (1968).

2 miles: Dave Ellis 8:52.2.

3 km: Bob Finlay 7:59.14 (indoor 1969).

3 km steeplechase: Ian Wainwright 9:03.4 (1968); Cedric Wedemire 9:07.4 (1968); Jim Irons 9:13 (1966).

3 miles: Dave Ellis 13:26.4; Ian Wainwright 13:45; Peter Buniak 13:48; Bob Finlay 13:50.8 (indoors); Robert Moore 14:03.

5 km: Bob Finlay 13:42.24 (1968); Dave Ellis 13:44.44 (1968); Robert Moore 13:49.6 (1969); Ian Wainwright 14:19.6 (1968); Peter Buniak, Andy Boychuk 14:20.2 (1968); John Finlay 14:21.6 (1968); Dan Shaugnessy 14:23 (1968).

6 miles: Peter Buniak 27:41.8 (1969); Robert Moore 29:11.6; Ian Wainwright 29:18; Dave Ellis 29:47.8

10 km: Jerome Drayton 29:08 (1969); Dave Ellis 29:18 (1968); Robert Moore 29:49.2 (1969); Dan Shaugnessy 30:03 (1968); Andy Boychuk 30:09.6 (1968); Ian Wainwright 30:12; Wayne Yetman 33:06 (1968).

10 miles, track: Jerome Drayton 48:48.0 (1968); Ian Wainwright 50:38.

Distance medley relay 9:47.4 (1969) Ontario record: Ergas Leps, Donal Smith, David Bailey, Bob Finlay.

Canadian Cross Country Championships 1966, Lakehead: 1st Dave Ellis.

AAU championships 1965 New York: 2nd Dave Ellis; 4th Peter Buniak; 8th Andy Boychuk.

Canadian Cross Country Championships 1967, Calgary: 1st Bob Fahy; 7th Dave Smith; 9th Andy Boychuk; 11th Ian Wainwright; 16th Robert Moore; 24th Rudi Gisler. TOC senior men 1st team.

Juvenile boys 1st Ken Hamilton.

AAU championships 1967 Chicago: 4th Andy Boychuk, 7th Bob Finlay, 19th Robert Moore, 21st Bob Fahy.

1968, Montreal: senior men 4th Robert Moore, 5th Ian Wainwright, 7th Bob Fahy; 8th John Mowatt, 9th Dave Smith. TOC 1st and 4th teams.

AAU championships 1968 New York: 11th Robert Moore, 18th Ian Wainwright.

1969 at Vancouver: 1st Jerome Drayton; 5th Mike Goerke, 6th Bob Fahy; 7th Robert Moore. TOC first team senior men.

AAU championships 1969 Detroit: 7th Robert Moore; 8th Dave Ellis; TOC first team.

Noteworthy:

The IOC rules that it is cheating for athletes to train at altitude for more than 28 days.

Lloyd Percival is accused by Bill Crothers of drugging his athletes. The libel case brought by Percival against the Track and Field organizations is settled out of court. In 1969 Peter Buniak changed his name to Jerome Drayton.

“Miles to go” by Dave Bailey.

Initially I joined the East York Track Club and met Fred Foot through my high school physical education teacher in 1961. I was a member of EYTC until 1968. During that interim, we always had great competitive contests with members of TOC. I will digress for a moment and tell about one of the many monumental races that we had against TOC. It occurred at the Canadian Relay Championships over the 4 x 1 mile distance in 1962. I was given the responsibility of running the third leg for EYTC and then handing the baton to Bruce Kidd who would do battle with Jim Irons on the final leg. Bruce wanted the lead in order to be effective. However, I received the baton a substantial distance behind the TOC runner, Randy Mason. Nevertheless, I set about cutting down the distance and threw caution to the wind. I went through the half mile in 2:05. It is strange but I clearly remember on the subsequent backstretch of Bill Crothers warning me about my excessive pace and Fred Foot telling Bill just to be quiet. This happened in a split second but it is a clear image, a snap shot in time that I will always remember. I eventually caught the leader on the final turn, improved my personal best by 5 seconds and ran 4:13, a good time for a 17 year old. I recall that even Steve Ball, the top junior, acknowledged the effort. Bruce needed the lead because Jim Irons was the best miler in Canada and would win this event later in the year at the Canadian and Commonwealth Games Trial Championships. Since Bruce was better at the longer distances (he won the 6 miles and finished third in the 3 miles at the 1962 Commonwealth Games), his plan was to make the pace hot and run Jim into the ground. Bruce was also an astute observer of other runners and could detect when they were vulnerable. However, he was running from the front, which put him at a disadvantage in this situation. Nevertheless, Bruce knew that when Jim Irons started to show fatigue that he would raise his hands to his nose and blow. He told us this before the race and said that when he heard it he would turn on the heat. We watched from the in field in anticipation waiting for the moment. Sure enough, on the back stretch of the third lap it happened. Jim snorted, Bruce sprinted and the race was essentially over. EYTC set a Canadian record for this distance. I don't remember the time. It did not seem important, However, I still chuckle when I remember that day. What great fun it was to run, race and compete against such worthy opponents!

I am grateful for what EYTC did for me during the time I was a member. Significant achievements include a mile time of 4:07.5 at 17 years of age (world best time for this age in 1962, which lasted until another 17 year old by the name of Jim Ryun ran 3:59), first Canadian to run a sub 4 minute mile (3:59.1 in 1966), first Canadian to run a sub 4 minute mile in Canada (3:57.7 in 1967), 1500 m Canadian record (3:41.7 at USA versus British Commonwealth Meet, Los Angeles in 1967), 1500m bronze medal at the Pan American games (Winnipeg, 1967), 1500m silver medal at the World University Games (Tokyo 1967) and 1500m fourth place at the pre-Olympic Meet (Mexico City, 1967). During the period of 1961 to 1967, my training evolved. By trial and error, I found what worked best for me very much on my own. Since I was often at odds with the workouts that were outlined by Fred Foot, I pretty much worked out on my own during the latter

period that I was a member of the EYTC. Although successful competitively, the workouts became a drudgery without camaraderie. By the end of 1967, I felt that I needed a change. What committed me to TOC came as a result of the 2-week period that I spent with them as a member of the Canadian Pan American Team in 1967. The good spirit support and friendship that I received from such as Bob Finlay, Dave Ellis, Andy Boychuk and Paul Poce (National Coach for the Track and Field Team) were much needed and appreciated. There was also much dedication to the task at hand. For example, the rule in our room at the Games was that you had to win a medal; otherwise your bed was moved and you slept in the hall. I was thankful for getting the bronze medal, largely because it meant that I did not have to be humiliated by sleeping in the hall!

I officially joined TOC in 1968, the Olympic year. A change of this significance is not normally recommended at such a critical time in an athletic career. However, I never regretted the decision, although it did cause some hard feelings with certain members of EYTC. This was never intended. Under the guidance and opportunities provided by Paul Poce and encouragement by members of TOC, I achieved a new National record for the 1500 m (3:41.1) and made my first Olympic Team. Although my performance at the Games was less than hoped, this is often the case on initial exposure to such an overwhelming event. Following marriage to Barbara in 1970, I recommitted myself to the challenge of making the 1972 Olympic Games Team. My form started to return and I had a number of good races over 1 mile and 1500m in 1971. My training was going well. However, my hopes were dashed on Valentine's Day in the winter of 1972 when I fell during a training run and suffered a dislocation fracture of my right ankle that required surgery and insertion of a metal plate and screws for proper alignment. This essentially ended my running career at this level of competition. However the break provided me with much needed time to complete my PhD in Pharmacology at the University of Toronto.

Although I have moved around since completing my graduate training, I have always felt an attachment with TOC. Moreover, I always feel accepted and appreciated whenever I have had the privilege to participate in events conducted by the club. Unfortunately, my location in London (Ontario), commitments to family and responsibilities at work (London Health Sciences Centre and University of Western Ontario) often prevent me from being visible at club functions. However, it is important for members of this very special club to remember that I am very much there in spirit. I know that TOC has stood the test of time because it is a club for all the right reasons. I can pay no higher compliment than to have my son and other individuals that I have the good fortune to coach to run for TOC.

“Jerome Drayton’s Story, the early years”.

I began competitive running quite by accident in 1963 at the annual Mimico High School track and field meet at 18 years of age. We didn't really have a track – just a grass field with a chalk line around it and one corner had almost at a 50-degree angle. I entered the half mile, one mile and two miles events.

My reason for entering was that I'd been asked by a friend to do it, in order to divert the amorous attentions of his dream girl from the reigning high school distance champion.

Without any knowledge of training methods and very little preparation, I won all three races. However, my friend failed to get the girl. So did I! But the excitement of victory left its mark on me.

By winning the three races, I managed to advance to the regional WTDIAA high school track and field championships. I didn't win any of the races, but did well enough to be spotted by a Toronto Olympic Club scout who invited me to join the club. Most of the runners who finished ahead of me were members of Toronto Olympic Club.

When I arrived at TOC, I had run three miles, two or three times per week. I recall my first introduction to training when Paul Poce, Head coach of TOC, pointed a finger towards one of the more seasoned runners and asked him to take me on an eight mile run. I hated every mile of it. I completed the eight miles but drifted away from running. I did not have the self discipline to run every day and particularly more than three miles.

Running only occasionally, I became involved in box lacrosse and played for a year for the Mimico Mountaineers. Had it not been for a tragedy that befell another member of the lacrosse team, a fellow Mimico High School student, during a routine game – a heavy cross check into the boards by an opposing player, resulting in permanent injury and risk of paralysis- I might not have returned to the sport of distance running – I rejoined Toronto Olympic Club in 1965 and, with Paul Poce's guidance, resolved to make the 1968 Canadian Olympic team in the 10,000 metres.

I was competing at the shorter distances then – 5,000 metres, 10,000 metres. I thought those were long enough for me. I had no idea that I'd ever run a marathon. It was both out of necessity to secure a place on the 1968 Olympic team and in response to a friendly personal challenge from a fellow TOC runner, Andy Boychuk, that I got involved with the marathon. He was the current Canadian marathon record holder and 1967 Pan American Games marathon gold medallist. His casual, half meant remark to me "You're not a Man until you have run a Marathon" began to grate gently on my mind.

I had planned to compete in the 10,000 metres with the Canadian track and field team in Europe in July to make the Olympic qualifying standard. The Olympic marathon trial was also scheduled in July, in Calgary. The marathon qualifying standard was 2:24:00. However it was not necessary to actually run the marathon trial in Calgary to be named to the Olympic team. If a runner performed well enough elsewhere and met the qualifying standard, he could be selected on that basis alone.

I chose to run my first marathon in the Motor City Marathon at Detroit in June 2nd 1968. If I could meet the standard there I could secure a spot on the Olympic Team. Then I could concentrate on the 10,000 metres in Europe, hopefully make the 10,000 metre Olympic standard and pass on the marathon. The weather at race time was sunny and hot. Being unfamiliar with the physiological aspects of the marathon, I ran the race as a classic novice, starting too fast, and actually slowing down to a walk in the late miles. I met the dreaded marathon "wall" at around 22 miles. It was pure hell! However, I managed to win the race in 2:23:57 and better the Olympic standard by three seconds. Second place, twenty-two seconds later, went to Andy Boychuk.

Confident that I would be named to the Olympic marathon team, I went to Europe and ran in two 10,000 metres track races. However, I ran poorly as a result of the fatigue from the marathon. In the meantime, Boychuk had run and won another marathon in Canada with a time nearly five minutes faster than mine in Detroit earlier. As a result, Boychuk displaced me as the selection committee's first choice for the Olympic marathon.

Returning to Canada I managed to regain my strength and competed in the Canadian Olympic track and field trials on August 10-11. I won the 10,000 metres missing the Canadian record of 29:19.4 by one second. Although I bettered the Olympic standard of 29:30, I was not selected to the Olympic Team because I hadn't run very well in Europe. A second 10,000 metre trial was arranged for me, then days later. I practically ran alone against the clock to break the Canadian record. To my dismay, I learnt later that the track has been mismeasured. It was twenty-seven feet short. Again the selection committee refused to name me to the team,

In desperation, five days later, a marathon trial was set up for me by Paul Poce on the same Guelph to Dundas marathon course that Boychuk ran his Olympic qualifying standard. To make the race legal, under amateur rules, a minimum of three runners had to start the race. The other two dropped out well before the five mile mark, I was on my own against the clock. I completed the marathon in 2:16:11, which beat Boychuk's qualifying time of 2:17:51. My time also established a new Canadian record. I was added to the Olympic marathon team with Boychuk. However, the Olympics in Mexico City were a disaster to me. Slowed by the high altitude' rarified air and stricken by dysentery, I lasted only fifteen miles. Boychuk finished tenth with a time of 2:28:40.

I had been deeply affected by the spectacle of the Olympic Games and felt that maybe the marathon was my best race. My goal was to become the best marathoner in the world.

If I were to place one memory above all others, it would have to be my first Olympics in Mexico City, in 1968. The Olympics were a United Nations on a smaller scale. It provided not only a chance to compete against the best in the world but also a chance to meet different people in one place. It was an opportunity to learn about them and from them. The opportunity for that kind of education does not come often in one's life-time.

1969 Fukuoka International Open Marathon Championship, Japan December 7th

1969 was the year that I broke into the ranks of the world's top marathoners. I had read about the Fukuoka marathon in Japan, which usually attracted the world's best marathoners every December and also served as the Japanese National Championship. It was considered to be the unofficial world championship as World Cups or World Championships did not exist in those years. The promise of a high quality field, a fast marathon time and a possible #1 ranking in the world was alluring. However, in order to secure an invitation to Fukuoka, I had to possess worthy marathon credentials. In late fall of 1969, I was searching for a marathon where I could achieve the time necessary to secure an invitation.

On October 18, 1969, a few members of TOC drove to Belle Isle in Detroit, USA to run in the Motor City marathon, the following day. This was the same race I had won a year earlier in 2:23:57. The marathon field was small. The weather conditions were ideal for a marathon – overcast and cool.

The race turned out to be a personal time trial for me. I won it in 2:12:00, a new Canadian and North American record. It was also the seventh fastest marathon in the world on the all-time list. The second runner finished more than fifteen minutes behind. More importantly, my performance secured an invitation from Fukuoka for December 7th.

Ten days before the race, I left for Fukuoka and stayed in Vancouver for three days. A local running club set up a six-mile track time trial for me as a final tune up for the marathon. I covered the six miles in 27:41.8, a new Canadian record.

The international field at Fukuoka included the Olympic, Boston, European, British and Czechoslovakian marathon champions. Ron Hill of England, the 1969 marathon champion was the heavy favourite. The Japanese organizers wanted to see the international marathoners congregate in the hotel lobby, during the days leading up to the race, to engage in marathon “trash talk”. I had no interest in becoming involved in psychological one-up-man-ship and avoided the lobby by getting off the hotel elevator on the second floor, taking the stairs, sneaking through the side door and vanishing into the street crowds.

The race started in cold weather and driving rain. Once we left the stadium, I moved to the front and never looked back. At twenty miles, I had a lead of two and a half minutes. I thought about the dreaded marathon “wall” and decided to relax and just go for the win. I finished the race in 2:11:13. A new Canadian record, it was also the third fastest marathon on the all-time list. Ron Hill finished second in 2:11:54. Bob Moore, also of TOC, finished eleventh in 2:16:54. Due to the wet and windy conditions, the Japanese newspapers decided to label me “Rainy Drayton”. 1969 saw me ranked as the # 1 marathoner in the world. I had accomplished my goal!

Bob Finlay at the Games

I started running in 1959 when I was in High school and joined TOC in 1960. My twin brother joined at that time. We started to excel in distance running although we never won a high school championship we were always near to the top in one and two miles event. John got a scholarship at Wyoming University while I continued my running at the University of Waterloo. I won a number of University championships and in 1967 I made my first team the Pan American games in Winnipeg. I placed fourth in the 5000 metres. The following year I set my first Canadian record, 5000 metres in 13:42.00 in London, England while on a two week European tour with the Canadian team. The same year I made the Canadian Olympic Team in the 5000 metres for Mexico City. Ten members of the Canadian team, along with the team track coach, went to Flagstaff, Arizona for some high altitude training in preparation for the 7,000 feet altitude of Mexico City. Of the ten, seven were TOC members – Jerome Drayton (10,000), Don Domansky (400), Dave Ellis (5,000 and 10,000), Andy Boychuk (Marathon), Abby Hoffman (800) and myself (5,000). We spent two weeks in Flagstaff before going on to Mexico City where we had another two weeks to train before the games began.

Mexico City was an interesting place and it became obvious very quickly that there was a great disparity between the rich and the poor of this country with very little in the middle. The people were very friendly and even the poorer shack were colourful. We were told that the government had some spare paint left over from some project and gave it away. The shack dwellers did not worry about the colour, they painted until one can was finished then continued with the next can, what ever the colour was. This gave a startling rainbow effect to the slums.

Before my heat I remember talking to one of the trainers about recovery after the race. He suggested that the best way was to walk about but, if that was not possible, to lay down flat on your back. The worst thing to do he said was to stand bent over with your

hands on your knees as this would restrict your oxygen intake as you were compressing your lungs by bending over. After my race I remember what I had been told so I found a place on the infield and lay down. Within seconds there was someone at my side with oxygen who placed a mask over my mouth. I recovered very quickly and felt much better for this.

During the first race I was either in the lead or on the shoulder of the leader, usually Kipchoge Keino. I was in the lead with 300 metres to go then three runners went by me in the next 100. I was getting concerned as only five made it to the final so I worked harder at staying in contact with the runner ahead of me. With 20 metres to go I looked back and saw I was well clear. The first three in my heat were all gold medal winners at these games – Kipchoge Keino in the 1,500, Mohamed Gamoudi in the 5,000 and Mamo Walde in the marathon. Right behind me was Emil Puttemans from Belgium, a famous runner of that time. It was the first time a Canadian had made the final of the 5,000 metres and I think no one has done so since then. In the final I was eleventh of fifteen.

The Track and Field events were held on the first week of the Games so Jay Dahlgren (javelin), Norman Trerise (1,500) and I decided to go to Acapulco. We set off early one morning hitch hiking. We had nowhere to stay in Acapulco and planned to sleep on the beach but found a cheap room with one room vacant. The next few days we stayed at one of the hotels set aside for the Canadian sailing team. Their events finished after one week so space was available. We had a memorable time and the sailing team members gave us a ride back to Mexico City.

5. 1970-74 Munich massacre and much more.

Coaches: Paul Poce, Dave Ellis, Brian Richards, Nick DiCorpo.

Executive/helpers: Gerry Clarke, John Clark, Sandra Clayton (publicity), Luciano DelMonte (bulletin), Don De Savigny (secretary, bulletin), Nancy Dodd, Bob Fahy, Bob Finlay, John Finlay (treasurer), Evelyn Finlay (secretary), Michael Goerke (treasurer), Pamela Henty (secretary), Sam Hoffman, Doug Laister (treasurer), Peter Lever (president), Bob Legge, Bob Madeley (publicity), Terry Maguire, Bill Marcotte, Irving Marcus (RCL), Robert Moore (president), Peter Pirie (treasurer), Fred Pogson, Paul Pearson (bulletin), Apul Poce (president), Richard Pyne (president), Joe Sax (bulletin), Don Smith (president), Jack Stenhouse (RCL).

Competitors: Anderson, Brian Armstrong, Brian Arthur, Al Baigent, Dave Bailey, G. Baranyi, Paul Barron, Paul Barry, Harry Biloff, Helmut Boeck, Max Boeck, Chris Bolter, Andy Boychuk, Debbie Boylan, Randy Brill, Laurie Bridger, Douglas Brown, Robert Cairns, Jed Chinnick, Peter Chorzepa, John Clark, Gerry Clarke, Karen Clarke, Jim Clayton, Sharon Clayton, John Cook, David Coles, Peter Corolis, Christine Culver, Marg Cumming, John Curtin, Luciano Delmonte, Steven Dos Santos, Don de Savigny, Nick DiCorpo, Nancy Dodd, Don Domanski, Jerome Drayton, Dave Ellis, Gary Ellis, Bob Fahy, Derek Fernee, Bob Finlay, John Finlay, Alpheus Finlayson, Claudette Finlayson, Bob Fitzsimmons, Alan Flancman, Stephen Fleck, Mike Freeman, Rudy Gisler, Paul Glynn, Mike Goerke, Michael Gow, Tony

Griffen, Murray Hale, Ken Hamilton, Nancy Hamilton, Neil Hendry, John Hiley, Larry Hill, Abigail Hoffman, Paul Hoffman, Mike Housley, Richard Hughson, Jim Irons, Dan Katz, M. Kimmerle, Fred Klassen, Harry Kohn, Bob Knuckey, Doug Laister, Dave Laure, Tom Lavery, Bob Legge, Ergas Leps, Peter Lever, Dave Lowe, Nick Maandag, Bob Madeley, Mike McCann, Dave MacCaskill, John McCarthy, Kevin McCormick, Paul McCullough, Roger McEwan, Terry McGuire, Hugh McHaffie, Grant McLaren, Bob Mandl, Paul Manley, Bill Marcotte, Wayne Martinez, Randy Mason, Jackie Massie, Phil Meaney, Debbie Mitchell, Debbie Molina, Gail Moore, John Moore, Robert Moore, Claire Morgan, John Mowatt, S. Neal, Dave Northey, Bobby Ng, Cindy Nixon, Gayle Olinek, Park, Paul Pearson, Sam Pearson, Bill Peel, Brian Peters, Peter Pimm, Art Polyzios, Rich Pyne, John Quinn, Paul Rawlinson, Dave Reed, Larry Reynolds, Ron Robertson, Alex Romaschin, Howard Royal, Derek Samaroo, John Savage, Joe Sax, Bill Schell, Richard Scott, Larry Sedran, Dan Shaugnessy, Janet Sillman, Jerry Silverberg, Dave Smith, Don Smith, Malcolm Smith, Mike Snell, Adrienne Stewart, Peter St George, Tom Sutcliffe, G. St John, Phil Stubbs, Terry Taylor, Don Thompson, Liz Todd, Ray Tom, Brian Turner, Pat Unger, Ray Unger, Dennis Vallianatos, Donna Valaitis, Ron Vanderkraats, Tom Weeman, Stephen Weston, Ray Will, Dave Yeager, Wayne Yetman.

International events:

World Cross Country Championships 1970 Vichy, France:

23rd Grant McLaren, 33rd Dave Ellis, 41st Robert Moore, 101st Mike Goerke.

Commonwealth Games 1970 in Edinburgh, Scotland:

Ergas Leps: 800m 6th 1:50.2

Ergas Leps: 1500m 12th 3:54.0

Bob Finlay: 5 km 9th 14:00.4

Dave Ellis: 5 km 9th in heat 14:14.8.

Grant McLaren: 3000m steeplechase 9th 8:55.4.

Dave Ellis: 10km 29:53.

Jerome Drayton: 10 km 10th 29:11, marathon did not finish.

Andy Boychuk: marathon 10th 2:18:44.

Robert Moore: marathon 14th 2:20:47.

Pan American Games 1971 Cali, Columbia:

Abby Hoffman: 800m 1st

Bob Legge: 10 km finalist.

Commonwealth Games 1974 in Christchurch, New Zealand:

Dan Shaugnessy: 10 km 5th in 28:14.8 (Canadian record)

Brian Armstrong: marathon 11th 2:20:52.6

Jerome Drayton: marathon 17th 2:29:20.0

Olympic Games 1972 in Munich: Paul Poce Canadian Team Coach.

Don Domanski: 400m

Abby Hoffman: 800m 7th in 2:00.2 (Canadian Record)

Bob Finlay: 5 km

Grant McLaren: 5 km

Pacific Conference Games 1973, Toronto:

Grant McLaren: 5 km 1st 13:38.4 and 1500m 5th in 3:44.8.

Dan Shaugnessy: 10 km 2nd 29:23.
 Abigail Hoffman: 800m, failed to qualify for final.
 Canada versus Norway, Winnipeg (track) 1970:
 10 km: 1st Jerome Drayton 30:08.6; 4th Robert Moore 30:22.8.
 Fukuoka marathon 1973:
 2nd Brian Armstrong 2:13:43.4; Jerome Drayton did not finish.
 1974 15th Brian Armstrong 2:17:52.
 Canada versus France 1974:
 1,500m 2nd Bill Peel 3:52.5
 3 km 1st Grant McLaren 7:56.7; 2nd Dan Shaugnessy 8:05.8.
 Race walk in Mexico, Canada versus Mexico:
 20 km 11th Helmut Boeck 1:51:12.6.
 Puerto Rico 1974:
 10 km 2nd Debbie Mitchell; 4th Claire Morgan. 1st team Canada.

Achievements:

Round the Bay 1970, marathon distance, 1st Andy Boychuk 2:32:21; 2nd Robert Moore.
 1971, at former distance 19 miles 169 yards, 1st Peter Lever 1:41:47.
 1972 1st Peter Pimm 1:40:18;
 1973 1st Jerome Drayton 1:37:53; 2nd Robert Moore 1:38:08.
 1974 1st Jerome Drayton 1:39:40; 2nd Robert Moore 1:43:00; 4th Peter
 Lever 1:44:30; 5th Paul Pearson 1:45:15.
 Boston Marathon 1970 7th Robert Moore 2:20:07, 8th Andy Boychuk 2:21:06.
 1971 9th Ron Wallingford 2:25:21,

Track:

800m John Craig 1:49.7 (1973), Gayle Olinek 2:06.2 (1974)
1500m Grant McLaren 3:41.5 1974
1500m Bill Peel Canadian Champion 1974.
1 mile Grant McLaren 3:59.0 (1972).
3km Grant McLaren 7:56.74 (indoor 1974), Dan Shaugnessy 8:02.2 Robert Moore 8:09.0. Sharon Clayton, Ontario Summer Games 1st 9:46.8 (1974), 2nd Canadian Junior Olympics (1974), 2nd Canadian Senior Championships 9:48.6 (1974).
3000m steeplechase Joe Sax 8:37.02 (1974, Canadian record).
3 miles Grant McLaren 13:12.4 (1974).
5 km Bob Finlay 13:42 (Canadian record 1970), Grant McLaren 13:25 (record 1973 indoor), Jerome Drayton 13:34.92.
6 miles Jerome Drayton 27:40.0 (1970).
10 km Dan Shaugnessy 28:05.4 (Canadian record 1974), Jerome Drayton 28:25.8, Robert Moore 29:59.4 (1970), Bob Finlay 30:22 (1970)
10 miles Toronto CNE track 1970 1st Jerome Drayton 46:37.6 (world record), 2nd Robert Moore 48:49.6; 5th Andy Boychuk 50:22.6; 6th Mike Goerke 50:43.7.
1 hour on the track Brian Armstrong 19,203m (1973). Ontario record.
2 mile relay: Peel 1:55.8, Irons 1:55, Reynolds 1:54.8, Leps 1:53 for 7:38 Canadian native record (1972).

Canadian Cross Country Championships 1970 Edmonton 1200m 1st Bob Finlay; 3rd John Finlay.

1971 Halifax 2nd Dave Ellis; 3rd Dave Northey.
1972 Mississauga 1200m 1st Grant McLaren; 3rd

Dan Shaugnessy.

Women 4000m 2nd Claire Morgan; 3rd Abby Hoffman.

1973 Beaver Lake, Victoria:

Senior men 1st Grant McLaren; 2nd Dan Shaugnessy; 6th Robert Moore; 11th Bob Legge; 18th Bill Peel.

Senior women 2nd Claire Morgan; 3rd Abby Hoffman.

Junior men 2nd Paul Craig; 4th Bill Marcotte; 11th John Craig; 16th John Curtin.

Juvenile boys 3rd Jerry Kooymans; 5th Peter Quance.

1974 St Catharines: Senior men 1200m 5th Grant McLaren, 8th Andy Boychuk, 11th Neil Hendry, 12th Joe Sax.
Women 4000m 3rd Abby Hoffman.

Noteworthy:

“Pig Palace” Indoor track installed at the CNE in 1973. Sam Hoffman makes it work after initial failures.

Dave Ellis started the “Runners’ Shop” in Port Credit. This moved to Bloor and Avenue Road 4 years later.

Grant McLaren studied for a Ph D in reproductive habits of the Lapland Larkspur. 5th at Munich 5 km in 13:43.8. Grant McLaren married Jan Manley in 1974. Jan has run 440 yards in 60 seconds.

Abigail Hoffman joins faculty of political science department at Guelph University.

Paul Poce was named coach of the year by Sport and Fitness Instructors' magazine in 1974.

Paul Poce appointed as National Coach in November 1974 and has to sever relationship with TOC. Brian Richards became head coach for TOC.

Metro Toronto Road Running Association started in 1971 by Lorne Buck, Bob Moore and Bill Allen to promote non profit road races to give runners experience on safe, runner friendly and accurate courses. This organization also started recognition of older age groups and women competitors years before others did. The last race run by the MTRRA was in 1991.

Olympic Disappointment, 1972.

From notes by Jerome Drayton

I have lived in Toronto since 1956. Born to Ukrainian and Russian parents on January 10th, 1945, in Germany, during the closing months of the Second World War, I lived in Munich until the age of eleven. My mother eventually emigrated to Canada in 1955 and sent for me in 1956 when financially able to do so. Originally, she had wanted to move to the United States, but changed her mind when informed of the USA's policy of compulsory enlistment for military service for its young men. Having survived the Second World War and particularly as a teenaged mother, she had no intention of living with the risk of seeing me go off to war.

One of my least favourite memories is of the Canadian marathon trials for the 1972 Olympics. The race route was in Montreal and was to be used for the 1976 Montreal Olympics. The qualifying standard had been set at 2:17:00. I led the race from the start and planned to set a steady pace that would allow me to finish comfortably within the standard.

At 30 km, I was a full minute ahead of schedule. However, when I reached the 35 km mark, I was a minute and a half off the pace. At first I thought that the timers were wrong. As we were running out in open farm country, I was unable to gauge my speed. My pace had felt as fast as ever. I became discouraged. There was not enough distance left in the marathon to make up the time. I reduced my speed even more and just went for the win. My time was 2:23:13. Brian Armstrong came second about thirty seconds behind.

All the runners seemed to post unusually slow times. Days later the truth came out. The course had been mismeasured. It was a full kilometer long. The embarrassed selection committee announced a second trial, which Armstrong ran and again failed to meet the standard. I had declined to run. There wasn't enough time to recover from the first marathon. Nobody was named to the Olympic marathon. I had lost a chance to see my father, who lived in Munich, for the first time in sixteen years and, also a chance for him to see me run in an Olympic marathon.

"Olympic Tragedy" by Robert Finlay

I have often been asked over the years, what it was like to be at the Munich Olympics. How did it feel to be an athlete in the Olympic Village when the drama of the dreadful massacre of the Israeli team took place? That these young men, who proudly

represented their country as top sportsmen and coaches in their fields, were used as pawns in a game of terrorism was bad enough. That their lives were cut off so violently was the cruel price they and their families paid for the honour of representing their country – in sport.

It happened and I was there – and yet I could not grasp the extent of the tragedy at the time. Truth to tell, we, the athletes in the village knew far less about what was going on, than did our families and the rest of the world at home. As the events played out, watched by the world media, we were aware of a serious crisis involving Arabs and Israelis. But we did not have the informed step-by-step commentary of the press, nor the exact details of the nature of the demands by the terrorists. I remember waking up on the morning that it happened and being told by one of my roommates that “the Palestinians have taken a number of the Israeli athletes hostage”. I was still half asleep and thought it was a far-fetched story and that it could not have happened. I soon learned the truth of the matter as from the balcony of the apartment building we were staying in we could see through the building next to ours and into the one next to it, which housed the Israelis’ team. We could faintly see masked men holding what we assumed to be semiautomatic guns.

The tragedy will forever be entwined in Olympic history. The events are well known. Two coaches shot and killed when the commandos broke into the Israeli residence. Nine other members of the team were taken hostage. As the world watched and waited, negotiations took place between the West German officials, the Israeli government and the Arabs commandos. Their demands for the release of political prisoners were rejected. With two Israelis dead already the world was stunned, but now given the time to talk, surely no one expected the disastrous outcome for the remaining hostages. After hours of negotiations, arrangements were agreed upon to transport the captors and hostages to a military airport. Hindsight is of course wonderful, and whether the situation was mismanaged or not will always be the subject of debate. A dreadful shootout took place at the airport, and the remaining nine hostages were killed, some by gunfire, and some by a grenade thrown into their small aircraft.

For me, immersed in my own concerns of performance, the biggest disruption was that my race was delayed by one day. I, like other competitors, had to readjust my final training plans. Security was tightened dramatically and understandably. My twin brother, although not a member of the Canadian team, was in Munich at the time and had on occasion, gained entrance to the Olympic Village using my photo ID. This was totally innocent, a curiosity on his part, and a willingness to share on mine.

On that morning I remember that we are told to leave our residence taking everything that we would need for that day, including training equipment, etc. We had to sneak out of the residence and edge along the fence behind our building. To leave our residence we normally would have taken a path leading through the centre of the village. As the day wore on the security went lax at times and then tighter at other times. Some of the other athletes were able to get back to our residence (by sneaking along the fence, the same way that we had left that morning). I never did get back to the village until late that evening and the only news was generally in German and so I did not really hear what was going on. The next day security was again tight and I remember seeing my twin brother on the other side of the fence and calling to him. As we each approached the fence from either side of it we were quickly rushed by police and told not to go any closer to the fence and to vacate the area immediately.

Before all this happened my twin brother would get into the village almost at will. He was also one of my training partners and therefore when we came back from a training run he would just run in through the gates with us and not get stopped. After this all happened it became a little harder for him to use my identification, although at times we were still able to do it.

I have often wondered if I lined up for food behind one of the murdered athletes the day before it happened. Did we pass in a hallway, just united by a passion for a particular sport, having trained for months to exhaustion, scarcely daring to dream of competing at this level? They were strong and fit, just like me, with an agenda just like mine. The excitements, the thrill of being there at the Olympics, were probably foremost on their minds. As a team they wanted to achieve, to perform well, to make their country and families proud. They had walked in the Opening Ceremonies, fully expecting to participate in the Closing of the Games two weeks later. This was the fun stuff. Had they lived they would be in their fifties now, with grown children, maybe even grandchildren.

6. 1975-79 Montreal gave a gala, the guests got the gold.

Coaches: Paul Poce, Jim Clayton, Nick DiCorpo, Dave Ellis, Bob Finlay, Bert Jamieson (sprint coach).

Executive/helpers: Jim Clayton, Sharon Clayton, John Craig, Paul Craig, Brian Dewling, Steve Fleck, Kathy Ferrero (bulletin), Terry Goodenough, Virginia Hume (secretary), Mike Housley (bulletin), Rich Hughson, Bob Legge, Doug Laister (treasurer), Bob Marcotte, Debbie Mitchell, Robert Moore (president), Bob Madeley (president, secretary), Paul Pearson (bulletin), Bill Peel, Peter Pimm (bulletin), Rich Pyne, Larry Reynolds, Don deSavigny, Joe Sax (bulletin), Malcolm Smith, Jack Stenhouse (RCL), Donna Valaitis.

Competitors of record: (list incomplete) Imtiaz Ahmed, John Albert, Alya Al Sharif, Romeo Aragona, Brian Armstrong, Al Baigent, John Bannon, Paul Bannon, Jamie Bishop, Fay Blackwood, Andy Boychuk, Mark Broebel, Doug Brown, Robert Campbell, Scott Clark, Mike Carr, Sharon Clayton, Fred Clemmer, Caroline Crabtree, John Craig, Paul Craig, Steve Copley, John Curtin, Mark Davis, Luci Delmonte, Dave Dermont, Don deSavigny, Brian Dewling, Kevin Dillon, Janet Dillion, Tami Doll, Steve Dos Santos, Barbara Douglas, Jerome Drayton, P. Drtina, S. Easton, Dave Ellis, Paul Elliott, Bob Fahy, Chris Ferrero, Kathy Ferrero, Tony Ferreira, Stephen Fleck, Mike Freeman, Bob Finlay, Bob Fitzsimmons, Stephen Fleck, Bob Flynn, Yoeman Fong, Mike Froebel, Janice Fuller, Doug Glover, Paul Glynn, Cathy Good, Terry Goodenough, John Lancaster, Kathy Leeder, Bob Legge, Michael Long, Greg Hare, Jeanne Harris, Ken Hamilton, Brian Head, Vic Hegan, Neil Hendry, Gerhard Hildebrandt, Barbara Hill, Abigail Hoffman, Paul Hoffman, John Holliday, Mike Housley, Jim Howe, Richard Hughson, Virginia Hume, Gary Hutchinson, Bill Irons,

Siegfried Isaac, M. Jagla, Steve Karpik, Eddie Kavanagh, John Kennedy, Gordon Kerr, Bob Knuckey, Richard Kuszpit, Doug Laister, Peter Lever, Bill Maandag, Bob Madeley, Bob Mandl, Bill Marcotte, Bob Marcotte, John Martin, Jackie Massey, Sandy McAuley, Gerry McBride, Scott McCullough, James MacDonald, Sue McKillop, Grant McLaren, John McNab, Roger Martindill, Maureen Meek, Debbie Mitchell, Robert Moore, Wayne Morris, Doug Mundell, Ken Murray, Terry Neal, Glen Norcliffe, Gail Olinek(ova), Cameron Ower, Paul Pearson, Bill Peel, Rod Perry, Terry Phelan, Mario Pietrangelo, Tony Pietrangelo, Peter Pimm, Rich Pyne, Steve Quinn, Eddie Raposo, Andrew Reed, Phil Reed, Brian Richards, Larry Reynolds, Derek Samaroo, Rich Samaroo, Joe Sax, Dan Shaugnessy, Irving Silver, Jackie Simonsen, Dave Smith, Malcolm Smith, James Smith, Mike Snell, Steve Snell, Bill Spence, J. Stalker, Adrienne Stewart, Phil Stubbs, Ed Takacs, Bruce Trigg, Tony Tronrud, Brian Turner, P. Tymkow, Donna Valaitis, Jean Paul Vermeulen, John Vicario, Andy Voura, Lorraine Watt, Mike Weiss, Steve Weston, Arthur Whitney, Ernie Wilkins, S. Williams, Stephen Worotyneec, K. Yamaji, Dave Yeager, Wayne Yetman, Dave Zapparoli.

International:

Olympic Games, Montreal 1976:

Flag bearer Abigail Hoffman.

800m Abigail Hoffman

1500m Paul Craig

5 km Grant McLaren

Marathon 6th Jerome Drayton 2:13:30.

Pan American Games 1979 Puerto Rico Marathon;

Rich Hughson marathon 3rd

Commonwealth Games 1978 Edmonton:

1500m Paul Craig 11th 3:34.42

1500m John Craig 6th in heat 3:42.66

3000m steeplechase Joe Sax 12th 9:15.27

Marathon 2nd Jerome Drayton 2:16:13; 3rd Paul Bannon 2:16:51.

Fukuoka marathon 1975 1st Jerome Drayton 2:10:08.4.

1976 1st Jerome Drayton 2:12:35.

1977 40th Robert Moore 2:30:10.

1978 10th Rich Hughson 2:13:21.

World Cup 1979:

1500m 7th Paul Craig 3:47.84.

Achievements:

Round the Bay 1975 1st Andy Boychuk 1:41:16; 2nd Robert Moore; 3rd Richard Hughson.

1976 1st Richard Hughson 1:42:04; 2nd Robert Moore 1:44:25.

1977 1st *Dave Northey* 1:36:54; 3rd *Dean Foster*.

1978 2nd Richard Hughson 1:40:16 ; 3rd Paul Bannon 1:41:22.

1979 3rd Roger Martindill 1:37:07, 6th Bob Moore 1:40:05.

10 km Dan Shaugnessy 28:04.5 (1975), Jerome Drayton 28:13.74 (1975), Grant McLaren 28:49.44 (1975), Paul Craig 29:15.6, Joe Sax 30:04.

National Cross County 1976 Halifax: senior men 5th Joe Sax. Women 1st Donna Valaitis

1977 Ottawa: senior men 3rd Paul Craig, 6th Paul Bannon.

1979 senior men 8th Paul Craig; 12th John Craig TOC 2nd team

Noteworthy:

Paul Poce returns after the Olympic Games as head coach for TOC.

In 1977 Jerome Drayton publicly blasted the Boston marathon organizers for running a substandard race. At the time this was resented but this tirade started the changes which restored prestige to this and similar events, see following story.

1975 Fukuoka International Marathon Championships, Japan December 17th

by Jerome Drayton

In 1975 I had set personal bests at 3,000 metres (7:57 – indoors), 3 miles (13:06.0 indoors; missing the world record by one second) 5,000 metres (13:34.8) and 10,000 metres (28:13.7).

The Fukuoka organizers sent me another invitation. On the morning of the day before the marathon, “Asics” Tiger Shoe company representatives came to my hotel room and presented me with their latest models of road racing shoes. I declined to run in them, as the soles were too thin and provided very little support for my style of running. However, they took measurements of my feet from every angle and offered to send me a pair to Canada. To my surprise, they came back later in the evening and showed me a pair of racing flats that were made that day and to my specifications. They felt very comfortable and the proper support I needed. Foolishly, I accepted them and wore them the next day in the race.

I was well on my way to running a sub-2:10 marathon, having reached the halfway point in 1:04:22. I felt very relaxed and thought I was in complete control of the race. However, with about twelve kilometers to go, the arch supporting padding in my right shoe came completely loose and started to move under my foot towards my toes, the shoe had lost its support. I was frantically trying to work the padding back into its original place with my toes, while attempting to concentrate on the race. Instead, I lost control of my pace and my ankle started to stiffen rapidly.

With five kilometers to go, Dave Chettle of Australia shot past me with authority. I thought the race was not only lost but I would have to drop out of the race. However with about sixteen hundred metres to go, I noticed Chettle was coming back to me and seem to be in trouble. He was then about eighty metres in front of me. To my surprise, at my reduced speed, I was gaining on him slowly. I decided to pull out all stops and, ignoring the loose arch-support padding and my stiff and sore ankle, I made a desperate rush after Chettle. I managed to regain the lead with about five hundred meters to go. Upon entering the stadium, my ankle was almost completely immobile and I slipped on the muddy track a few times, I must have looked like Charlie Chaplin. As we had to cover a lap and a half on the track, I tried to avoid revealing to Chettle that I was in trouble myself.

I managed to hang on to win in 2:10:09, the sixth fastest marathon on the world all-time list. Chettle ended up in second place with a personal best of 2:10:20.0. Bill Rodgers of the USA finished third in 2:11:26. Needless to say, I threw away the shoes and swore never to wear a pair of new racing shoes on race day. As the race was run under similar wet and windy conditions when I won in 1969, the Japanese newspapers confirmed my label as “Rainy Drayton”. I ended 1975 as the # 2 marathoner in the world.

“Wayne Yetman’s Olympic story – getting there and after”.

Tim Uuksulainen and Wayne Yetman.

Right from the beginning in gym class it became evident that I had great natural endurance. This was affirmed by two individual Ontario High School Championship titles in cross-country and the mile on the track.

Rich Pyne got me to come down to High Park and run with TOC a few times but I found that they simply worked too hard for me. I was a wreck after every workout so I joined other clubs.

As I continued to compete it soon became evident that I was not a speed merchant as my best mile time was 4:28, 3 mile was 14:28 and I never broke 30:00 for 10 kilometres. The marathon seemed to be my natural calling as I had great endurance and good pace judgment, both crucial components for successful marathoners. I ran my first marathon in 1967 at St. Hyacinthe, Quebec in 2:50 as a member of the North York Achilles Club and lowered that to 2:30 a year later at the Detroit marathon. It was at that point I realized that I was capable of running a much faster time.

My big breakthrough came in 1969, in Antwerp, Belgium where I finished 10th in a time of 2:22:32. A guy by the name of Derek Clayton set the long standing world record of 2:08:33 the same day. I was one place ahead of the relentless Bob Moore, who was beginning to emerge as a major Canadian Competitor. In 1970 I rejoined TOC and had another 10th place finish at Boston in 2:22 behind Andy Boychuk and Bob Moore.

However this would be my last race of any noteworthiness as I struggled to establish my career. The Toronto Olympic Club work outs were ferocious and competitive as talented athletes pushed each other to the limit under coach Paul Poce. While some athletes thrived under these conditions, in retrospect, it was counter productive to my needs.

It was early in 1975, when I was discouraged by everything in my life, that I went away for a few days to a retreat in Kentucky. I stayed alone for two days and reflected on my life and where I was headed. I realized that the only innate talent I had was my running and if I was going to achieve anything I had to get focused. It was at that time I made the decision to pursue every runner’s dream- the Olympic Games.

The next key pinnacle in my preparation was getting Peter Pimm to become my coach. While our coach-athlete relationship grew out of friendship, as we had known each other as teammates, Peter proved to be a brilliant coach for my needs. He quickly realized that I was training too hard and consistently leaving my best races on the track. Secondly, he realized that I always tried to get fit too quickly. Within a

relatively short time I won the Police Games marathon in Toronto in a time of 2:22:19 with relatively little work – my best time in years.

My program became very simple as we carefully orchestrated my training to make the Olympic team. A typical week consisted of ten miles a day, 20 miles on Sunday and two interval sessions a week with 5 miles of intervals at 5:00 pace with a short rest. While simple it was made for me. In the fall of 1975 I finished second in the Skylon marathon, despite leading for 23 miles on an atrocious day, in a time of 2:23. I knew that I was in great shape and that it had been the weather that had defeated me on that day. In February 1976, a tune up marathon in Seattle, Oregon proved to be as disastrous as the trip there had exhausted me and I ran 2:50, yet my confidence remained unshaken.

Two 10 km races in Toronto in March and April reaffirmed my fitness as I was able to beat Bob Moore for the only time in my life in a close finish in the one race, while I won the other race, finishing four seconds off the course record held by one of the premier marathoners of the day, Jerome Drayton. The Olympic Trials proved to be a surprisingly easy victory and my goal to make the Olympic team had been realized.

But I wanted more. To make the Olympic team is fantastic, but to run to your potential or surpass it in the Olympic Games is the ultimate achievement for me. Therefore, reflecting back on the experience brings mixed feelings. On the one hand, the Olympic experience was great, being in the village, meeting all the other athletes, the excitement. I met the Queen and Prime Minister Trudeau.

The race itself for me, proved to be disastrous. I knew I was in superlative shape. The initial pace was slow and it was raining, my type of conditions, yet I felt flat and was the last runner out of the stadium. I just was not mentally up for it, strange as it may sound. Looking back, I suspect a slight cold a week before the race in combination with an over exuberant last 20 mile training run, may have contributed to my mood.

When I finished the race I was not even tired and I thought that I had run 2:50. I was shocked to find out that I had run 2:23 and finished 33rd. The experience left me frustrated for years, for in my own estimation, I had failed. It took me many years to get over the bitterness and disappointment, to where I could even talk about my experience in the Olympics.

While I never expected to win a medal, I was confident that I could finish in the top ten in whatever time that would take to achieve. This bitterness at the time was exacerbated by watching other Olympic athletes around me who had met their goals by simply making it there, without really worrying about their performance. Instead, I felt that I had performed at the same second rate level.

In the year following the Olympic Games I never really got it together again. I attribute it to the stress of the Olympic year and subsequent injuries that produced a string of sub par performances. Also, I made an error in drifting away from Pimm's coaching as I fell back into old training habits. I finally realized by 1984 that I had run my best race and did not wish to invest any more time due to other interests.

However, in 1996 I won my age class at the California International marathon in 2:54, several weeks after turning 50. Having proved that I could still do it I promptly

re retired and run only for recreation now. At 58 years of age I weigh the same as I did fifteen years ago so I must be doing something right!

My happiest memories are of twenty miles runs with Dennis Vallianatos and John Mowatt in the early 1970s. We would go out after work on snowy nights and simply run all over the city. We used to finish around 7:30 pm, change and go home. Life was so simple then.

I also remember the famous Sunday morning runs where guys like Bob Fahy, Bob Moore, Mick Goerke, Ian Wainwright, Brian Armstrong and others reran the races they had completed the day before. The story was that the Sunday runs were sometimes faster than the races. TOC was Canada's absolute powerhouse in road running in those days. It was a heady atmosphere training with such magnificent athletes.

I remember one December Sunday we were beating our way back from Mississauga, struggling through the icy cold. Paul Poce stopped in his car to yell at us that Peter Buniak (Drayton) had won the Fukuoka Marathon. Up to then Buniak was little more to me than a guy who said little and communicated mainly through grunts and other odd noises. I think a lot of us realized that morning that it was indeed possible for a hard working Canadian runner to make a big mark on the world scene.

Running with Drayton was always a thrill because he was famous and ran beautifully. His stride was low and his arms so controlled that he seemed to glide along the ground effortlessly. As he became more successful he grew more communicative, the grunts became sentences.

Bob Fahy used to love running three laps of High Park on crisp fall evenings after work. The first lap I could keep up, the second he would accelerate and I would struggle to stay with him as long as I could. The third lap he was gone and I would wander in long after he had finished. I never felt hard done by however. Bob was like a great hulking machine. It was a miracle that someone his size could run so well. He would put his head down and charge down the trails like a man possessed.

Nick DiCorpo was another member for whom I always felt great respect. Nick did not have natural talent but he was an incredibly hard worker who truly loved the sport and kept working at it until he enjoyed considerable success. His attitude was so positive and he was always going out of his way to encourage other people. To me he was a great human being as well as a fine runner.

Brian Armstrong was a man who did not seem to get the recognition he deserved. In one year he ran three 2:13 marathons and was ranked second in the world. Brian was studying law at the time. He was a bright unassuming fellow who made friends wherever he went and never let his accomplishments go to his head. Brian was always his own person.

Paul Poce amused me when he used to start the twenty miles runs with us on Sunday mornings running like an old man, all creaky and tired. Now I am the age he was then I finally understand as I too am creaky and tired. Paul was always there for the Club. We have been fortunate to have the commitment of him and other helpers who supported the efforts of the TOC athletes for so many years.

While I won a decent number of races over the years I must admit that I really left my greatest races on the training track. I loved training, especially the times when my body seemed to turn into a well-oiled machine and that is a blissful memory beyond price. I was in awe of how Bob Moore and others could go out week after week and blast themselves into submission in races. I couldn't do it and perhaps you have to if you want to be a champion distance running athlete for several years.

Adapted from article in Roadrunner 1991 July, with permission, and notes from Wayne Yetman.

1976 Montreal Olympic Marathon July 31st

by Jerome Drayton

Having finished 1975 with personal bests at various long distance events including the marathon, I appeared ready for the 1976 Montreal Olympic marathon to fulfill my dream of winning the gold medal. All I had to do was design a proper training program, follow it and avoid injuries. However, it was not to be. My near disastrous experience in the 1975 Fukuoka marathon had its after effects. It took me two weeks to regain full mobility of my right ankle and I was able to jog only during this period. By mid January, I tried to resume my normal training workload. On January 31st, 1976, I ran in the "Toronto Star Indoor Games" 3-mile trial and finished in 13:22, my second fastest time ever. I was satisfied with my time and fitness level. Then another problem started. The 3-mile race, including my resumption of speed work, caused my left leg to develop a severe case of shin splints. It took me two months to get rid of them. While desperately trying to maintain a somewhat normal training load, I ended up with spin-off injuries in my lower back.

By the end of May, I was completely injury-free. However, my fitness level had dropped dramatically. Time was becoming critical. The Olympic marathon was only two months away. Fortunately, my performance in the 1975 Fukuoka marathon enabled me to be named to the Olympic marathon team without having to run in the Olympic marathon trial. By June, I managed to resume speed work and ran up to thirty miles on a couple of Sundays to regain my stamina. I also ran a 5,000m race for sharpening purposes and the 10,000m at the Olympic track and field trials to prove my fitness to the Olympic selection committee. I was convinced I had managed to regain sufficient fitness to end up in the medals in the Olympic marathon.

Then disaster struck again. Four days before the Olympic marathon, I came down with a heavy cold. My dream had died! While being able to stay with the lead pack, my race was marked with waves of feeling good and then lethargic. We reached 20 km in 1:01:24. At 25 km, the group of nine runners split open. I was unable to respond to the surges and finished in 6th place with a time of 2:13:30. East Germany's Waldemar Cierpinski won the gold in 2:09:55. At this point, I became totally dejected and was ready to retire from the sport.

1976 Fukuoka International Open marathon Championship, Japan - December 5th

Having fully recovered from my Montreal Olympic marathon experience, I resolved to continue in the sport with a deliberate aim at the 1980 Moscow Olympic marathon in Russia, the birth country of my mother. After a brief break, I resumed training with a view to return to the Fukuoka marathon in December.

As this marathon always attracted the world's best, I was hoping that the 1976 Olympic marathon champion, Waldemar Cierpinski, would be there. He was and so was Ian Thompson of England, the 1974 Commonwealth Games marathon champion in Christchurch, New Zealand, where I had finished a miserable seventeenth. Arriving in Fukuoka, I noticed that Cierpinski and Thompson were both favoured to beat me, the defending champion. Both had better marathon times of under 2:10:00.

Under sunny and warm conditions, I broke away from the front pack at 30 km and won in 2:12:35. Cierpinski was second for most of the way, about one hundred meters behind me. But, at about 35 km, he was passed by Thompson. Thompson then briefly closed the gap on me, but was unable to maintain a steady pace and fell back. He finished second in 2:12:54. Third went to Cierpinski in 2:14:56. I also managed to confuse the Japanese media and, happily, lost my "Rainy Drayton" label, 1976 saw me ranked # 5 in the world.

1977 Boston marathon April 19th

Early 1977 saw my return to normal training loads at both speed work and long runs. I was satisfied with my fitness level – 5,000 meters track speed combined with marathon distance endurance. I was also more relaxed with the mental pressure of preparing for the Olympics gone. In addition, there were no major international competitions in 1977 to aim for. I decide to try the Boston marathon again. I failed to finish in 1970 against Ron Hill with about 5 miles to go, came third in 1974, and failed to finish again in my duel with Bill Rodgers in 1975. Boston seemed too difficult for me to nail down. Most of the time, it was too cold and windy for me. My body seemed to prefer a minimum temperature of 60 F with low humidity.

When I arrived in Boston the day before the race, I noted that the media forecast Bill Rodgers to win the race. I was more interested in the weather forecast. This time, the weatherman appeared to be on my side. The forecast was sunny and warm.

With a noon marathon start, the weather turned out to be much warmer than predicted. The temperature rose quickly to 77 F. Once the race started, Rodgers and I quickly broke from the front pack. I began to look for the water stations, as we were going to need them badly. When I didn't find any by the ten-mile mark, I was stunned to learn from Rodgers that there were none. The runners had to depend on the spectators. In the meantime I noticed that Rodgers, who lived in Boston, had friends located at various points on the marathon route with his water bottles and special drinks. Rodgers and I duelled throughout most of the race, with him, thankfully, being kind enough to share some of his drinks with me. After a while I declined his offer. He seemed to need it more than I did. Ironically it was Rodgers who succumbed to the heat and eventually dropped out at about eighteen miles on infamous Heartbreak Hill. The temperature had reached over 80 F by then.

By now, I didn't care about the finishing time. I was more concerned about my health. Noting that I was out in front well ahead of the second place runner, I slowed

down and maintained a pace that I thought was enough to win. I was never so relieved to see a marathon finish line. I finally managed to cross it in 2:14:46, completely exhausted and dehydrated. As soon as I crossed the finish line, two police officers grabbed me by my arms to help me to the “winner’s circle”. I pushed them away, as every muscle in my legs was about to cramp. I needed to be in control of my own movement. I finally managed to sit down beside a fountain, totally wasted. There was no joy on my face or in me! This had been the most difficult marathon of my life. Second place went to V. Bally of Turkey in 2:15:44, while fellow Canadian Brian Maxwell finished third in 2:17:11.

Needless to say at the press conference I berated the race directors, Jock Semple and his partner Bill Cloney, who had directed the Boston marathon for decades, for their amateurish administration of the race. I told them through the press that this was the 1970s and not the 1930s. Water stations were essential, particularly when the number of marathon entries had increased from a few hundred to the thousands. There was no need on their part to set up special drinks for me. Plain water would have been sufficient. Under the very hot conditions, the race could have turned into a disaster, particularly for the novice marathoner. The person they should have been concerned with was not the leader, but the last person who would cross the line, six or eight hours later. By looking after the last runner, the front runners would have been taken care of automatically. Relying on the thousands of spectators was not a viable option.

It was my understanding that the Boston Athletic Association set about to make improvements in preparation for the next year’s race. Five year’s later Joe Concannon of the Boston Globe wrote, “When Drayton was brash enough to suggest that the race could ‘turn into disaster’ if its administration remained amateurish he was saying what people didn’t want to hear but what had to be said”. Aid stations became conspicuous in future Boston marathons and were looked after by Boy Scouts.

1977 New York City Marathon October 23rd.

Bill Rodgers and I met again in the New York City Marathon. Having spent most of the summer fighting a nagging knee injury, I was not able to return to my normal training load and to racing until September. By the time I went to New York, I was still somewhat rusty from lack of speed training. Once the race started, I was never able to stay with the front runners. It was as if my legs were stuck in low gear, strong but no speed. They finally managed to “wake up” in the final eight kilometers and I charged from seventh to second place, nabbing the third place finisher with less than fifty meters to go. My time was 2:13:52, behind Rodger’s winning time of 2:11:28. Third place went to Great Britain’s Chris Stewart.

I had hoped to meet Bill Rodgers again at the 1977 Fukuoka marathon on December 6th. The # 1 ranking in the world was at stake. Unfortunately, a few weeks before the race, I sprained my ankle, slipping off a sidewalk curb while on a long training run. I had to cancel my trip to Fukuoka. Rodgers won the marathon and ended 1977 with the # 1 ranking in the world and I was ranked # 2.

1978 Commonwealth Games Marathon, Edmonton, Canada August 11th.

Following my unsuccessful attempt on the 1978 Boston marathon, I experienced leg problems continuously throughout the year, mostly with my right hamstring muscle just below the hip. I started to perform poorly in races by either having to drop out or by easing up in them. The leg seemed fine at the outset but tightened in the later stages of the races. I tried all types of physical therapy, but nothing seemed to help. It didn't matter how careful I was in my training. The movement of my leg was very limited due to the scar tissue that had built up from repetitive tearing. I was also unable to pinpoint the cause of the problem.

The most frustrating experience came in the 1978 Commonwealth Games. I was named to both the 10,000 meters and the marathon. I pulled out of the 10,000 meters, as the hamstring problem had resurfaced, and returned to Toronto for more physiotherapy treatments. Running the 10,000 meters at a fast pace would have ripped my hamstring open and possibly cause permanent damage. Risking my health was never an option with me.

I returned to Edmonton two days before the marathon. I was hoping that I could get a medal in the marathon by running a conservative pace, staying within range of the front runners and relying on the Alberta prairie heat and the high altitude of Edmonton to do its work on them. Winning the Boston marathon in 1977, under hot conditions and without the aid of water stations, convinced me that I had a good chance here providing my leg stayed in one piece. It was touch and go whether it would survive the distance.

The marathon followed an out and back course from Commonwealth Stadium. At race time, the sun was blazing and the temperature was 22 C. Once the race began I was able to stay with or near the front runners for about 15 kilometers. Another Canadian and fellow TOC runner, Paul Bannon, broke away at the half way point. There was no way I could respond. The others followed Bannon's lead. At the turn-around-point, I counted the number of runners who were ahead of me. I thought that they were too many and that I was out of medal contention. I could only hope that the heat would take its toll in the later stages and bring most of them back to me. Increasing my pace or sprinting was out of the question.

Bannon had led the race from the 27th to the 39th kilometer. At 30 km, his time was 1:35:42. I got to the 30 km mark in 1:36:23. Incredibly, my pre race plan worked. They started to come back to me, one at a time. I caught Bannon at 39 km. He was still in the lead but visibly struggling. Only 3.2 km to go! At 41 km, I turned around to check whether Bannon was attempting to make a last charge at me. I didn't see him. I saw someone else and he was moving towards me like an express train! It was Gidemas Shahanga of Tanzania, a 21 year old "unknown" before the Commonwealth Games. He tore past me before the 42 km mark. My injured leg made it not possible to respond. Shahanga darted into the Stadium and won in 2:15:39, a personal best for him. I finished second in 2:16:13, very relieved that it was over! Bannon came third in 2:16:51 and collapsed after crossing the finish line. I managed to grab him before he hit the track. Canada had won two medals in the marathon. I was happy that "I got away with it".

Aftermath

After I returned to Toronto, I visited a physiotherapist at the University of Toronto Athletic Centre. He had a Cybex machine that measured the strength of muscles. I discovered the cause of my hamstring problem. There was an imbalance in the strength between my quadriceps and hamstring muscles in both legs. I was advised that the normal strength ratio was 60% quadriceps to 40% hamstrings. The muscle strength ratio of my problem leg, the right one, was 90% to 10%. The strength ratio in my left leg was also out of balance at 75% to 25%.

1979 proved to be a mediocre year because of my chronic leg problem. In order to prepare properly for the 1980 Moscow Olympics, I started a careful weight lifting program to correct the strength imbalances in my legs. In late 1979, I managed to resume my normal training habits. However, the news that Russia had invaded Afghanistan in January of 1980 and the resulting announcement of a boycott of the Moscow Olympics by Canada and most of the western nations effectively ended my running career. Despite occasional training and racing, the spirit was evaporating fast. I had no interest in becoming the world's best marathoner at the master's level. It was time to walk away from the sport and concentrate on other areas of my life.

Sunday morning running by Sharon Clayton (Foster).

One of the Sunday morning sessions was the first time that I had run 10 miles. I started to fade from the group after 6 miles. Paul Craig dropped back to stay with me followed shortly after by Joe Sax, Dave Yeagar and John Craig. With their support and encouragement I was able to catch up to the lead group and we finished the 10 mile run together. This support meant a lot at the time and still does.

On another similar run I started to fade from the lead group. Ergas Leps came from behind and said "It doesn't hurt any less to slow down, you just prolong the agony"!

7. 1980-84. Moscow missed and Los Angeles glitz.

Coaches: Paul Poce, Nick DiCorpo, Eddie Raposo, Brian Richards.

Executive/helpers: Alia Al Sharif (secretary), Al Baigent, John Craig, Paul Craig (bulletin, clinics), Larry Corrigan, Brian Cupit, Lynn Curnew, Don de Savigny, Nick DiCorpo, Paul Drtina, Kathy Ferrero, Paul Flint, Cathy Good, Maureen Griffith (secretary), Rick Griffith (president, bulletin), Geoff Holliday, Mike Housley, Dan Howat, Bill Howarth, Brett Knowles, Jennifer Knowles (treasurer), Jerry Kooymans, Greg Kuczkowski, Avril Lewis, Bob Madeley (president, bingo, bulletin), Ted McKeighan (publicity), Dan Mowers, Glen Norcliffe, Rod Perry, Leticia Phillips, Eva Poxon, Lorraine Poce, Malcolm Smith, Virginia Pearson, Paul Pearson (bulletin, treasurer), Joe Sax, Jack Stenhouse (RCL), Jennifer Stahelin, Sue Sinclair, Bruce Trigg, Donna Valaitis, Andy Voura, Evan Weaver, Ernie Wilkens (bulletin), Dave Yeagar (president, bulletin), Dave Zaporelli (bulletin),

Competitors: Mark Adams, John Albert, Brian Armstrong, Al Baigent, Donna Baines, Paul Bannon, Andrew Bayley, Karl Bernhardt, Marc Beaudoin, John Bolan, Peter Boross, Jonathan Bliss, Gerry Boose, Lori Bowden, Gerry Bracey, Robert Bracey, Bryant Brown, Marnee Buckles, Ken Buckley, Joaquin Carneiro, Ruth Carrier, Joe Carriera, Robert Catiana, Margaret Cawkwell, George Cawkwell, Richard Caukwell, Peter Clark, Sharon Clayton, Fred Clemmer, Caroline Crabtree, John Craig, Paul Craig, Jack Cook, Steve Cropley, Brian Cupit, Lynn Curnew, Bob Curran, Chris Currie, John Curtin, Caroline Crabtree, Bob Curran, Fred Dane, Mark Davis, Don DeSavigny, John Diaz, Paul DiBiasi, Chris Duble, Jerome Drayton, Paul Drtina, Alan Edwards, Rob Earl, Murray Eby, Paul Elliott, Mark England, Chris Ferrero, Cathy Ferrero, Don Fergusson, Tony Ferriera, Sheilagh Findlay, Bob Finlay, Stephen Fleck, Steve Fletcher, Paul Flint, Peter Fonseca, Dean Foster, Alan Edwards, Mark England, Peter Fonseca, Dean Foster, Dave Gladish, Maureen Griffith, Rick Griffith, Dorothy Goertzen, Cathy Good, Terry Goodenough, Dan Green, Maureen Griffith, Rick Griffith, Ken Hamilton, Ken Hawthorne, Greg Hare, Corinna Haye, Jeff Heaslip, Kathy Heslin, Tom Hodgson, John Holliday, Andrea Hope, Mike Housley, Dan Howat, Jim Howe, Bill Howarth, Don Howieson, Steve Housley, Rich Hughson, John Hyttinen, Graeme Isdale, Ihor Iwanusiw, Gary Jackson, Ed Kavanagh, Robbie Keating, Darcy Kennedy, Gord Kerr, Tom Kilburn, William Kilburn, Jerry Kooymans, Claire (Morgan) Kroshus, Greg Kuskowski, Doug Laister, Bob Legge, Avril Lewis, Peter Lewis, David Lowe, Mark Luxton, Greg Lockhart, Bob Madeley, Graeme Magor, Augy Marmello, Roger Martindill, Bob Marcotte, Gord Marnie, Nichole McGill, Mike McGowan, Tony McIsaac, Ted McKeigan, Patrick MacKenzie, Jenny McPhail, Keith McWatters, Louis Medieros, Robert Moore, Pat Monahan, David Montgomery, Nat Morlando, Bruce Morrison, Eric Motyl, Jim O'Brien, Sarah Ondaatje, Cameron Ower, Lisa Poulton, David Neal, Kathy Needham, Jeremy Needs, Glen Norcliffe, Peter Quance, Orane Patterson, Paul Pearson, Bill Peel, Dave Peers, Rod Perry, Joel Peters, Tim Phelan, Leticia Phillips, Mario Pietrangelo, Eva. Poxon, Larry Poxon, Eddie Raposo, Mario Raposo, Brian Roberts, Paul Roberts, Edward Roddy, Murray Rogers, Joe Rosado, Maria Rosonina, Kevin Ross, Jason Rudemeir, Donna Sawchyn, Joe Sax, Susan Sinclair, Fraser Smith, Chris Snell, Steve Snell, Roy Soares, Paul Spiegel, Jenny Stahelin, Alistair Stewart, Richard Strazds, Kip Sumner, Kathryn Tanner, Charles Taylor, Ed Takacs, Neil Tait, Chris Tieber, Bruce Trigg, Tory Tronrud, Francis Turner, Tom Tushingham, Jenny Vantoff, Donna Valaitis, Sabine Van den Berg, John Vicario, Tony Vooren, Andy Voura, Mike Vidito, John Vicario, Lorraine Watt, Evan Weaver, Phil Welsh, Arthur Whitney, Ernie Wilkens, Angus Wilkinson, Gary Westgate, Stephen Worotynech, Dave Zapporelli, Dave Yaeger, Wayne Yetman, Andy Zeltkans, Michael Young, Ingrid Zuck,

International:

Olympics 1984 in Los Angeles.

World Cross Country Championships 1980 Rome: 76th Terry Goodenough.

World Cross Country Championships 1982: Roger Cawkwell

World Cup 1981, Rome

John Craig 1500m 3:39.86.

World Championships, 1983 Helsinki

Peter Quance marathon did not finish.
Fukuoka marathon 1983 Peter Quance.

Achievements:

Round the Bay 1980 2nd Joe Sax; 3rd Peter Quance.
1981 1st Joe Sax 1:34:12 3rd John Craig.
1982 Course certified to 30 km from now on
3rd Roger Martindill 1:36:59, 4th Jerome Drayton 1:37:09, 5th John
Craig 1:37:43, 6th Rich Hughson 1:38:09, 7th Al Baigent 1:38:23, 9th Dave Yaeger
1:39:08
1983 2nd Paul Bannon 1:35:02; 3rd Al Baigent 1:37:02; 7th Bob Moore
1:39:34. women 1st Dorothy Goertzen 1:53:45; 3rd Kathe Tanner 1:58:43..
1984 1st Roger Martindill 1:33:53.

Detroit marathon 1981: 1st Maureen Griffith 2:48:40.
Halifax Marathon 1983: 2nd Rich Hughson 2:27:47.
Hamilton Marathon 1983: 1st Roger Martindill 2:24:06.
Kyoto Marathon 1980: 12th Jerome Drayton 2:24:34.
New Orleans Mardi Gras Marathon 1980 1st woman Gayle Olinek 2:35:09 (3rd fastest in
the world that year).
New York marathon 1983: 51st woman Maureen Griffith 2:51:16.
Ottawa, National Capital marathon 1984 8th Paul Bannon 2:18:51; 11th Rich Hughson
2:21:19; 14th Peter Quance 2:23:59; 20th Graeme Magor 2:25:42.
Pennsylvania, Jim Thorpe Marathon, 1983 Peter Lever 2:24:50.
Saskatoon marathon 1982: 1st Robert Moore 2:26:10.
Sudbury, Voyageur marathon,: 1st Tony Vooren 2:23:23.
Toronto marathon 1981 2nd Peter Quance 2:16:31; 5th Jerry Kooymans 2:22:04; 7th Bob
Moore 2:23:39; 9th John Curtin 2:27:45.
1982 1st Peter Quance 2:14:50
1983 6th Al Baigent 2:21:23; 8th Ed Raposo 2:23:55; 12th Robert
Moore 2:28:27 (1st master). 7th woman Sharon Crawford 2:56:10.
1984 3rd Roger Cawkwell 2:17:09; 13th Robert Moore 2:26:46 (1st
master)
Vancouver Marathon 1980: 10th John Curtin 2:23:51; 12th Dave Yeager 2:25:01.
1981: 7th Robert Moore 2:24:44.
1983: 1st Paul Bannon 2:17:57.
Winnipeg, Manitoba marathon 1980: 16th Dave Yaeger 2:25:18; 17th Bob Moore 2:25:26.
1983: 6th Peter Quance 2:24:03; 13th Robert Moore
2:26:30; 17th Wayne Yetman 2:28:48; 2nd woman Dorothy Goertzen 2:41:41.
World Championship, IGAL, (Masters) Kawaguchi, Japan 1982:
Marathon 3rd Robert Moore 2:24:51.

Jaspar to Banff Road Relay 1982: 1st Team in order: S. Snell, J. Holliday, D. Zaporelli, R.
Moore, P. Pearson, A. Voura, C. Ower, J. Sax, J. Hyttinen, G. Jackson, R. Cawkwell, T.
Tushingham, J. Craig, D. Yeager, P. Bannon. Pace/mile 5:36. 9 runners were the fastest
on their stage, 3 were second fastest and 5 were 3rd fastest.

1984: 1st team. This included Rob Earl, Eddie Raposo, Robert Moore, Greg Kuczkowski, Dave Yeager, Gary Westgate, Peter Quance, John Bolger, Andy Zeltkals, Brian Armstrong, Al Baigent, John Hyttinen, Brian Cupit, Mike McGowan, Joe Sax, Richard Cawkwell, Jerry Kooymans.

Track:

1500m: John Craig 3:38.56 (1981).

1 mile: Paul Craig 3:57.21 (1980); John Craig 3:58.05 (1980).

3000m: Paul Craig 7:49.32 (1980 – still Ontario record).

5 km: John Craig 13:47.47 (1983), 14:02.12 (indoor 1984).

Canadian National Cross Country Championships 1980 Halifax:
senior men 2nd Paul Craig. TOC 1st team.

1981 Vancouver:

senior men 4th Terry Goodenough, TOC 2nd team, junior women 2nd Susan Sinclair.

1982 Sherbrooke:

senior men 10th John Craig, 13th Rob Earl, TOC 2nd team, junior men TOC 9th and 14th teams, senior women 8th team.

1984 Fredricton men 12000m 3rd Steve

Boyd.

Noteworthy:

No Moscow Olympics in 1980 but the Craig brothers would have made the team.
Abby Hoffman appointed Sports Canada Director in 1981.

In it for the Long Run By Robert Moore.

In 1980 I turned 40 years of age and so became a “Master” athlete. If you have read thus far you will be aware that to compete in age group races holds no attraction for some of my former rivals. Why I race and they do not depends on why they raced in the first place. I run because I like it and I find training and racing infinitely variable and interesting. However to get satisfaction from it I do not have to win. My critics would point to my six times second place finish at the Round the Bay Race, Hamilton as evidence of this “loser attitude”.

For me the most important part of running and racing are the memories that they cause. I have had some astonishing even bizarre experiences and one day will write some of them down. But, for now, I recall the sheer joy of running flat out the last leg of an Ontario Masters team in the Jasper to Banff relay in 1989. There were no competitors in sight ahead or behind, no spectators, race officials or even passers by. I was on a little used road by the Vermillion Lakes as the sun came up over the Rockies. It was a glorious experience – beyond price – may you all have such moments.

As a Master I have raced in World Championships in Brugges (Belgium), Brisbane (Australia), Melbourne (Australia), Newcastle (England), Turku (Finland) and at the foot of Mount Fuji in Japan. Each event introduced me to a part of the world that I had not known before and made me new friends. Why should I stop now?

I have what I hoped for when I started racing, it has been an absorbing game that complemented life's other activities. I hope that the other members of TOC got or get their wishes, but not their deserts, too.

Staging Point 13

By John Craig

John Craig ran two legs for TOC's winning team at the 1982 Jasper to Banff Relay. Here is his view of "Staging point 13"

The night air in the mountains was much colder than we had anticipated and extra clothing was hard to find. I rummaged through a bag for a sweat top I'd hoped I'd packed, discovered it, then pushed the door of the station wagon shut and jogged slowly back toward the light, tugging the jacket over my head.

The roadside was black except for a pair of lanterns, which hissed and spat on the opposite side of the highway. In its glow stood two figures; a third crouched over a clipboard nearer the light. One of the silhouettes, taller and leaner than the others, belonged to our team manager Don De Savigny. Always calm and quiet, Don was speaking so that the other man, a course marshal, was leaning forward, his head turned to one side in order to hear Don above the noise of the lanterns.

"Last we heard" Don whispered, "we had a seven or eight minute lead, but that is hard to verify. The reports have been pretty scattered and misleading."

"Well you fellas are certainly doin' a job." The marshal said setting his beer down. "You're way ahead of last year's schedule. Guess you guys must be pretty serious about this running stuff. Must train just about every day I guess, do ya?"

"Just about" Don said. He had had a similar conversation at most of the other exchange zones that day and he looked as though he was not prepared to offer the same explanation again. "We worked pretty hard at this and we're all pretty excited."

Hoping that more was to come, the marshal turned to look at Don, disturbing the light mist that hung in the lifeless air between the two men. "Actually" Don continued, accepting the inevitable, "we have some Olympic athletes on our team and most of our guys are national caliber runners. I'm afraid we had to leave some of our best athletes at home, but the guys we brought out here are taking this seriously. I think we've got a good chance of winning."

"I see" the marshal said, picking up his beer again. "Olympics eh? Just as well I suppose" he mumbled, more to himself than to anyone else, "They'll need to be fast to stay ahead of the bears."

A dozen cars were parked across the road, hugging the strip of gravel that separated the forest from our foothold on civilization. Small groups of men and women were scattered among them talking spiritedly, their excitement held at bay only by the enormity of the mountains that loomed as specters in a moonless sky.

Roger Cawkwell, the next runner for our team, was the only person in constant motion, jogging continually past the light in an effort to warm up. The slapping of his feet against the pavement would fade in the distance, resurface, then disappear again in the opposite direction. A lighter runner would have gone unnoticed, but Roger has an awkward gait and his noisy style provided a direct link between us and the race which raged just a mile or two down the road through an eternity of night.

“About five minutes, Roger,” shouted Bruce Trigg looking at his watch. Bruce had been our fourth runner, completing his leg in the early afternoon heat, and had been acting as one of our drivers since. The assumption was that Gary Jackson, who was currently carrying the baton for our team, would be coming into the exchange zone very shortly. Roger slowed to a walk, took the racing flats that Don was holding out to him, and sat down in the light. His hands shook as he fumbled with the laces.

Standing near-by was Andy Voura. Earlier that day Voura, originally slated as our seventh runner, had been off in the woods making final preparations for his effort when Bob Moore had crested the hill and brought the baton into the exchange zone. Paul Pearson, eighth man on our list, had been cl

“Here they come,” someone yelled. “Runner coming in,” bellowed a marshal. “Roger, Where’s Roger. Somebody take his sweats from him.”

We turned and looked down the long stretch of road that snaked along the lake, seeing nothing but the two headlights of our camper as they slowly rounded the far turn and headed toward us. There was no sight of the runner, but we knew he was there, intent on speed now that he could see the lanterns that marked the end of his leg.

The lights of the camper seemed to hang in the air motionless and quiet, as they guided Gary down that last half mile. At the wheel was our other manager, Rick Griffith, who had driven beside each runner since the race began some twelve hours earlier. Inside, faces pressed to open windows, were six other team members trying hard to stretch cramps out of weary muscles.

Another light, as someone scampered from the moving vehicle to work with the runner over the last quarter mile. And still Gary was hidden from our view, covered by night’s blanket.

Roger had his sweats off by now and, anxious to start, had moved well ahead of the exchange zone, jogging loosely on the spot. De Savigny directed him back to the lanterns giving him some final instructions and a last taste of water.

The camper loomed into sight, a flare of light catching the Toronto Olympic Club and New Balance banners that hung from the cabin. We could hear faint calls of encouragement coming from the runners inside.

Then, long before we could make out his form against the black road, we heard Gary coming. He was groaning, an involuntary high-pitched gasp that escaped with each breath, and his feet were uncharacteristically heavy on the road. We saw the florescent green baton he was carrying waving exaggeratedly in the dark, and then, shadowed by two team members who had paced him throughout most of his run, he slipped into our circle of light.

The night exploded.

Camera flashes pounded the darkness, pushing it back to the forest’s edge. People screamed encouragement, others cautioned the marshals to stay out of the way. Car doors slammed, motors raced, hands clapped, whistles echoed across the lake.

Onward Gary strained, grunting with each stride, struggling to keep his legs beneath him. Bathed in the excitement he pushed again, fighting the slight grade that measured his last few yards.

The camper veered to the right and stopped, its doors swinging open, releasing a host of runners who scrambled around the back. Roger stood, outlined against the light, with both arms raised high above his head, giving Gary as big a target as possible. Then he

lowered his arms and stared for the first time, not at the incoming runner, but at Gary Jackson, his team-mate and friend, face rolled in agony, as he battled the last few metres. He remembered the training sessions they had endured together. He considered the long nights of intervals in the winter, and the twenty mile runs on Sunday mornings. And he looked back at Gary and the mountains from which he had emerged, and he understood for the first time the enormity of the task ahead.

Then, as fast as it had begun, it was over. Roger turned, grabbed the baton out of Gary's outstretched hand, and disappeared into the night. A few calls followed the unseen runner and someone trailed after him to offer some company until the support vehicles could catch up. The rest of the runners gathered up their belongings and headed back to the cars, ready to move on to the next staging point.

Rick Griffith checked his watch against the watches of the officials, then jogged back to the camper, put it in gear, and drove off in pursuit of Roger who was already nearing the end of his first mile. As the vehicle skidded off the gravel, the cabin door opened to receive two more of our team who had retrieved discarded water bottles. And someone stuffed Roger's warm-ups through the passenger seat window.

Gary seemed to have become lost in the confusion and the darkness. I scooped up his sweat suit and jogged past the exchange zone, hoping he was still moving fast enough to be warm and comfortable.

I found him lying face down in the gravel. "Can you help me?" he said as I approached. "I don't think I can walk".

Joe Sax appeared at my side and together we pulled Gary to his feet, draping his arms over our shoulders so that we carried most of his weight. "I tried so hard," he said. "I hope they didn't gain too much on me."

I peered down the road as the tail lights of the camper flickered behind a growing number of trees, then rose a bit and disappeared, swallowed up a pool of blackness. "That's O.K.", I said as we steered Gary back toward one of the cars. "Roger has the baton now, and he's running like a madman."

Teeth, Dreams, and Psychology

by Paul Craig.

The ability to go beyond the limit, to push your body where it hasn't gone before, to dig so deep you surprise even yourself, is a special talent. It is sometimes dangerous, almost always awe-inspiring. It is what makes the good effort, mundane, the great effort, routine, and sometimes, every once in a while, it makes the impossible dream attainable.

I can't remember many of the details, but some time ago, somewhere, somebody did a study on the psychological difference between boxers and distance runners. The study was based on the assumption that boxers, who stand toe-to-toe in the ring slugging away at each other, are psychologically geared to see how much pain they can inflict on their opponent, whereas runners, who race stride-for-stride for the finish line, are focused on how hard they can push themselves, how much pain they, themselves, can take.

It seems that the researchers were wrong in their hypothesis. The results showed that boxers punch away, jab after left uppercut, ultimately to see how much punishment they can take. Distance runners, on the other hand, keep upping the pace in an effort to see how fast their competition can go, how much pain the other guys are willing to fight through. This is a significant finding, and a significant difference.

When I was at the point in my life when I could run a really tough workout, (now when I run my body usually breaks down before I can push myself to the limit of exhaustion), I would sometimes get light-headed afterwards. This was because most of the blood in my body was going to my oxygen-starved legs, leaving less blood for my head. I usually didn't want to do a lot of thinking after a really hard workout, and when I got light-headed, I couldn't.

But sometimes, when I had an exceptionally tough workout, a once-a-year workout when I was totally exhausted, when I'd run hills or intervals until there was nothing left inside, and the well was empty, my teeth would hurt. Maybe hurt isn't the right word. I guess it is more like "tingle". You know you have given it everything when you don't even have enough blood for your teeth.

For several reasons 1983 was a good year for me. I was starting a come back from chronic-fatigue syndrome, my first child was born, and I helped officiate and watched that year's edition of the Silver Relays, a race that involved my brother John, and most of the best distance runners in the country. You probably aren't very interested in the birth of my son or in my recovery from a still unexplained disease, so I'll tell you about the race instead. That year the Silver Relays proved to be one of the best races ever run in this country.

The Silver Relays, (an event not contested any more), put on and often won by the Toronto Olympic Club, was steeped in tradition. It was usually raced in late October, or early November, and all member of the winning team won a set of silverware. Each of the five legs of the relay was three laps of the inside loop in High Park, a distance of about 5 400 m, with a few rolling hills along the way. The race often attracted thirty to forty teams, mostly local, but occasionally teams came from a long way away.

Even before I was a member of TOC I had participated in the Silver Relays a couple of times, and I knew about Bill Marcotte, (who ran for TOC), and his record time of 15:41 over the three lap course. To me this was one of those records, like the four minute mile, which was almost untouchable. It was faster than Grant McLaren, Bob Finley, Jerome

Drayton and Dan Shaugnessy had run. It was faster than I thought possible to go. It put me in awe of Marcotte. It was one of those impossible dreams.

Anybody who ran the race anywhere close to sixteen minutes knew that they were in great shape, that they had a good race. Some years the best time on any team was around 16:05, with the top 5 guys under the 16:20 mark. A couple of years, on cool, windless days, a few runners would sneak under the 16:00 mark. In 1979, when I was in about the best shape of my life, I ran 15:46, close, but still so far away from Marcotte's magical record.

That's why the 1983 edition of the Silver Relays was so special.

A team from Vancouver, the Valley Royals, came to Toronto to win the Relays and take the silverware home. Their team was a list of who's who in Canadian distance running. Dean Childs, Paul Williams, Greg Duhaime, Art Boileau and Peter Butler had collectively won 13 Canadian championships, held 2 Canadian records, and all of them had run 29:30 or faster for the 10 km.

TOC fashioned a team to run against the Valley Royals of Greg Lockhart, Jerry Kooymans, Rob Earl, Terry Goodenough, and John Craig. Other great runners on the day included Dave Northey from Waterloo and Dave Reed from Longboat. Realistically, though, there were only two teams with a real chance at victory, the Valley Royals, and the Toronto Olympic Club.

In the 35 years I have been running and racing I have had the privilege of being a participant in and a spectator at some memorable events. Sometimes a runner or two does something unexpected, runs over their head, puts in an effort that will make them rise above the crowd. But sometimes you know it is going to happen even before the start. You can feel it in the air, you can taste it on your lips, and you can smell it in the wind. There's a feeling you can't shake, that on this day, in this race, at this time, there will be a race, a performance, which will be long remembered by all who watch it.

I had this feeling before I listened on the radio to the Ali/Forman fight in Africa, one of the greatest fights of all time. I had the feeling when Canada beat Russia in the '84 World Cup of hockey. I had the feeling when Simon Whitfield won the gold medal in the 2000 Olympic Triathlon. And I had the feeling at the '83 Silver Relays.

The day was cool but sunny, little wind, not quite an Indian summer. Picnic tables had been turned on their ends, making a type of instant bulletin board for the results to be nailed to. There was a supply of water and cups, ropes set up for the finish line and exchange zones, and more stop watches and clip boards than necessary. There were still some leaves on some of the trees, but most of them had dropped, blown away. Someone had taken a broom and swept away the small pile of leaves in the gutter at the last corner, making sure the runners would have a clear path.

And there was an anticipation in the air you could squeeze in your fingers.

Not all of the details need to be mentioned, although I remember every metre of the race, every leg, every split, every face. What should be said is that they went at each other, these two teams, for what seemed like an eternity. They clawed and scratched for every inch, every second, every breath. It was a battle, not of hatred, for there were friends on both teams, and certainly there was respect. It was perhaps a battle of pride. It was certainly a race filled with magic.

Runner after runner, lap after lap, the team from the east and the team from the west ran shoulder to shoulder, side by side. Williams, Kooymans, Duhaime, Earl, Northey, all ran at a pace that only days before seemed impossible. Timers stopped timing, marshals stopped marshalling, and everybody just watched. After four legs the teams were even at the hand off.

The final runner for each team, Peter Butler for the Valley Royals and John Craig for TOC set off together, as if one was the shadow of the other.

Two laps later Butler led Craig by a metre. Then, with maybe 900 m to go, out of sight of the finish line, Peter Butler faltered. He didn't slow down, he didn't stumble, he didn't pull up. But one stride wasn't as smooth as the last one had been. It was almost imperceptible, but it was there. It was something you would never have seen if you weren't watching for it, never have noticed unless it was the only thing in the world at that time that mattered. I don't know if Peter even noticed it.

But John did. And then he did what any runner would do at a time like that. What every runner had to do. He upped the pace. John got a metre on Peter, then two, then three. With about 400 metres to go John was down to his kneecaps, three seconds up on Butler, and sprinting all out. He held off Butler down the chute, and TOC walked away with the silverware.

Part of the excitement of the day was that the Toronto Olympic Club won the race, and set the record. Part of the excitement was that they had beaten the "dream team" from British Columbia. But more than anything else, it was watching the best do what they do. Though the race is won by the team that crosses the finish line first, it is remembered for the strength of the competition.

It was an epic battle, one of excellence, one of excitement, certainly one of courage, fought long and hard by both sides. That day no less than 9 runners beat the "unbeatable" and magic time of 15:41, with the record dropping to 15:23. That day distance running in Canada was redefined.

Just thinking about that race makes my teeth tingle.

8. 1985-89. Seoul, dopes and cheetahs.

Coaches: Paul Poce, R. Ballantyne, Nick DiCorpo, G. Lempka, Bernie Phillips, Eddie Raposo, Timo Uuksulainen.

Executive/helpers: May Allison, Ann Atkins, Paul Barron, Dawna Brewster (secretary), Ruth Carrier (newsletter), Lynn Curnew (newsletter), Kevin Dillon, Paul Drtina, Mark England, Maureen Griffith (secretary), Rick Griffith (president), Danny Howat, Graham Isdale (newsletter) Brett Knowles, Jennifer Knowles (treasurer), Jerry Kooymans (president), Greg Kuczkowski, Scott Lewis, Bob Madeley (Bingo, bulletin), Keith McWatters, Ted McKeighan, Glen Norcliffe, Lorraine Poce, Bernie Phillips, Leticia Phillips, Eva Poxon (secretary), Donna Sawchyn (secretary), Joe Sax (president), Kathy Sullivan. Bruce Trigg, Tom Tushingam, Timo Uuksulainen.

Competitors: Hussein Adani, Marcie Aitken, Mark Allison, May Allison, Louis Arbour, Adrian Armanini, Michael Arruda, Mike Atkin, Ann Atkins Al Baigent, Kent Bailey, Ross Ballantyne, Ed Ballinger, Janet Banister, Paul Barron, Paul Barry, Paul Behan, Lawrence Bendandi, Teresa Bendo, Christian Berndt, Henry Bickford, Jonathan Bliss, Gerry Boose, Lori Bowden, Alain Boucher, Robert Bracey, Dawna Brewster, Alan Broadbent, Bryant Brown, Sharon Turner Brown, Victoria Brown, Norman Bruce, Ken Buckley, Joe Budarkiewicz, Anton Tony Brunner, Roger Brunner, Michael Burroughs, Colin Campbell, Anne Marie Carey, Joaquin Carneiro, Ruth Carrier, Kevin Christiani, Tove Christiansen, Peter Clark, Sharon Clayton, Fred Clemmer, Natalie Closs, David Corlett, Bruce Mark Correa, Steve Cowley, John Craig, Paul Craig, Jeff Collingwood, Jack Cook, Bruce Mark Correa, Ben Correira, Dave Corlett, Brian Cupit, Sharon Crawford, Lynn Curnew, Chris Currie, Fred Dane, Mark Davis, Angelo D'Amico, Don deSavigny, Natalie DeSousa, Sanjay Dhebar, Nick DiCorpo, Barbara Dillon, Kevin Dillon, Paul Dollemont, Pedro Domingues, Jerome Drayton, Paul Drtina, James Dunda, Rob Earl, Mark England, Anne Emmett, Terry Emmett, Bob Ferguson, Don Fergusson, Ulises Fernandez, Dave Ferrari, Gary Fitzpatrick, Peter Fonseca, Christine Ford, Mark Foster, Sharon Clayton Foster, Allyson Fox, Joe Fox, Ian Gallagher, John Gardner, Glen Gillis, Terry Goodenough, Danny Grassi, Maureen Griffith, Rick Griffith, Dan Green, Geoff Greaves, Simon Gron, Dan Grossi, Gail Groulx, John Guglielmo, Jennifer Haston, Ken Hamilton, Ken Hawthorne, Josef Hermann, Jack Hibbit, Murray Hicks, Erin Hogan, John Holliday, Dan Howat, Chris Howell, Darrin Hughes, Ahmed Hussein, John Hyttinen, Graeme Isdale, Vojin Jaksic, Sandy Johnson, Peter Kacsandi, Phil Kane, George Kandelas, Peter Kamandi, Cliff Keane, Merren Kennedy, Gord Kettyle, Heather King, Brett Knowles, Jennifer Knowles, Laura Konantz, Jerry Kooymans, Greg Kuczkowski, Greg Lafontaine, Meegan Larsen, Dale Lawr, Jeff Lavallee, Carolyn Lee, John Lee, Johnny Lee, Bob Legge, Lois Lehmann, Gregory Lempka, Fred Lesage, Jennifer Lewin, Avril Lewis, Peter Lewis, Scott Lewis, Norm Livingston, John Lofranco, David Lorne, Nuno Lopes, David Lowe, Brian Lucas, Norm Lum, Bob Madeley, Mike McElhinney, Dean Manning, Danny Magnifico, Peter Maher, Mike Manna, Dean Manning, Graeme Magor, Cathy Marjerrison, Roger Martindill, Vivien Maurou, V. McConnell, Peter McConnon, Don MacCorquodale, Paul MacArthur, Paul McAtamney, Nicole McGill, Mike McGowan, Ted McKeighan, Stephanie McKeown, Jennifer McInlay, Bruce MacLeod, Keith McWatters, Gil Medeiros, Charles Molina, Pat Monahan, Wayne Moncrieffe, Bill Moffat, David Montgomery, Robert Moore, Dan

Mowers, James Murby, Tim Murphy, Don Nadeau, John Neal, Kathryn Needham-Ballenger, Chris Newell, Andrew Nomikos, Glen Norcliffe, Bruce Norman, Sarah Ondaatje, Anna Palermo, Michelle Pampin, Duncan Payne, Gillian Pereira, Bill Peel, Rod Perry, Joel Peters, Jason Peters, Bruno Piche, Silvino Pimentel, Bernie Phillips, Leticia Phillips, Beth Primrose -Carmichael, Paul Portelance, Eva Poxon, Laurence Poxon, Alan Pribaz, Elizabeth Primrose, Peter Quance, Terry Radchenko, Ed Raposo, Mario Raposo, Mark Recchia, Jim Rego, Jay Reid, Pat Rich, Joe Rizzi, Allan Richards, Jason Reitemeier, Jose Rodriguez, Maria Rosonina, Murray Rogers, Francis Roy, Daniel Rutto, Jorge Santos, Mohamud Samatar, Mike Sarafin, Joe Sax, Donna Sawchyn (Isdale), Ziv Schierau, Jason Skillicorn, Katherine Sodek, Brian Stride, Phil St Louis, Kathy Sullivan, Neil Tait, Chris Tieber, Jeff Tomlin, Bruce Trigg, Tom Tushingham, Richar Urquhart, Timo Uuksulainen, Donna Valaitis, Mike Vidito, Jose Villarroel, Steve Wallace, Chris Waasenaar, John Waasenaar, Michael Watkin, Pauline Watson, Evan Weaver, Andrew Webster, Gary Westgate, Andrew Whicher, Dana White, Frank Wolf, Barbara Williams, Foster Williams, Freddy Williams, Dave Wolowiec, Dave Yeager, Timothy Ziegler, Andy Zelkalns.

International:

Commonwealth Games in Edinburgh 1986:

World Championships 1987 Rome:

Peter Maher led marathon to 17 miles.

Pan American Games:

Paul Osland 800m 7th 1:48.99.

Olympics Seoul 1988:

Peter Maher in marathon.

Achievements:

Round the Bay 1985 1st Roger Martindill 1:34:22; 4th Richard Hughson 1:40:06; 6th Kevin Dillon 1:41:40. 6th woman Maureen Griffith 2:06:13.

1986 Joaquin Carniero 1:49:48; Glen Norcliffe 1:52:37.

1988 4th Ken Hamilton 1:41:58; 12th Graeme Magor 1:45:27; 16th Phil St Louis 1:47:18. 1st woman Laura Konantz 1:58:40; 4th Dorothy Goertzen 2:01:53; 5th Pauline Watson 2:05:13.

Barbados marathon 1986: 1st Peter Maher 2:24:54.

1988: 1st woman Laura Konantz 2:44:40.

1989: 1st woman Laura Konantz 2:50:21.

Chicago marathon 1986: 9th Dorothy Goertzen 2:40:34.

Hamilton, Amstel Light Marathon 1988: 1st Peter Maher 2:20:25; 4th Ken Hamilton 2:24:10.

Houston marathon 1985 Paul Craig 2:21:41.

Ottawa marathon 1987: 1st Peter Maher 2:12:58; Dorothy Goetzen 2:40:59

Scottsdale, Fiesta Bowl 1985 1st Maureen Griffith 2:48:28.

Stamford marathon 1987 John Craig 2:22:49.

Toronto marathon 1985: 2nd Eddie Raposo 2:20:37; 5th Dave Yeager 2:27:56; 7th Ted McKeighan 2:32:07.

1986: 2nd Laura Konantz 2:50:20, 3rd Dorothy Goertzen 2:51:22.
Virginia Beach, Shamrock Marathon 1984: 2nd Graeme Magor 2:27:14.

World Masters Games, Toronto 1985:

Ruth Carrier 50-54 1st 800m, 2nd discus.

Robert Moore 40-44 1st cross country, 4th marathon, 4th 10 km, 4th 5 km

World Veterans Championships, Rome, Italy 1985:

1,500m 40-44 6th Tom Tushingham 4:03.87; 800m 4th in 1:58.

World Veteran Championships, Melbourne, Australia 1987:

10 km 45-49 Robert Moore 7th in 32:49, 4th in cross country.

Track:

400m Ian Sinclair 54.3 (1988).

800m Tom Tushingham 2:01.5 indoor World Masters record 40-44.

1500m Harvey Mitro 3:39.9 (1988).

5 km Caroline Crabtree 16:32.44 (1985).

3000m Steeplechase Alain Boucher 8:40.56 (1986).

Canadian Cross Country Championships 1986 Halifax: senior men 10th Jerry Kooymans;
12th John Craig. Senior men 3rd team, junior men 2nd team

1988 Vancouver: senior men 5th Gary Westgate;

10th Hussein Adani; 15th Brian Stride.

Senior women 5th May Allison.

1989 Victoria:

senior men 5th Gary Westgate; 7th Ahmed Hussein; 8th Daniel Rutto.

junior men 4th Hussein Adani; 6th Geoff Greaves.

TOC won the junior women, junior men and senior men team's races.

Noteworthy:

In 1986 Nightcrawler race started by Bruce Trigg, Dave Yaeger and friends.

Dave Ellis inducted into NAIA Hall of Fame Eastern Michigan.

In 1987 Bob Moore runs his 1,000 career race of record.

In 1988 Gayle Olinek(ova), ex TOC now living in California, published a book entitled
"Winning without steroids".

Alain Boucher hit by car whilst racing in 1988.

Robert Moore and Rich Hughson were drafted onto Athletics Canada's Doping solutions
committee in the wake of the Ben Johnson doping scandal 1988.

Weekly Bingo Games that helped to finance the Club started in 1989, thanks to Bob
Madeley and his team.

9. 1990-94 Barcelona, the running of the bulls.

Coaches: Paul Poce, Ross Ballantyne, Al Baigent, Gregory Lempka, Frank Mann, Eddie
Raposo, Dan Mowers, Joy Moon, Pat Monahan, Glenn Sweazey.

Executives: May Allison, Peter Boross (newsletter), Fred Dane (treasurer), Leslie Francis, Bob Ferguson (president), Murray Hicks (secretary), Graham Isdale (newsletter), Donna Isdale (newsletter), Dave Jagger (secretary), Sandy Johnson, Sean Keane (newsletter), Jerry Kooymans (treasurer, editor and publisher of newsletters 1991-96), Bob Madeley (Bingo), Peter Maher, Imelda March, Keith McWatters, Harvey Mitro, Sandy McWatters (newsletter), Joy Moon (newsletter), George Muenz (newsletter), Rod Perry (president), Joe Sax, Lon Shepherd, Kathy Westgate, Kim Webb.

Competitors: Norman Abbott, Abukar Adani, Hussein Adani, Amer Aditia, Desta Agenes, Farouk Ahmadazi, Ludmilla Alexeeff, May Allison, Mark Allison, Rayton Archer, Guillerma Areco, Scott Back, James Bachelor, Al Baigent, Henry Bickford, Wendwesen Biru, Amanda Baker, Paul Barron, Paul Barry, Joan Barton, John Barton, James Batchelor, Danuta Bartosek, Dalton Bedford, Negussie Bekele, Rob Berry, Wendwesen Biru, Steve Bohan, Peter Boross, Alain Boucher, Marie Claude, Boucher, Lori Bowden, Steve Boyd, Alex Bozikovic, Rob Bracey, Becky Brooke-Campbell, Norma Bruce, July Brown, Tony Brunner, Connie Beukeboom, Nick Caduc, Geoff Cameron, Jill Cameron, Colin Campbell, Elizabeth Carmichael, Anne-Marie Carey, Heather Cassells, Lee Anne Chisholm, Kevin Christiani, Paul Churchward, Marcelo Cipriani, Sarah Cliff, Elaine Coburn, Bill Cody, John Colosimo, John Craig, Brian Cupit, Stuart Currie, Luke Dakstra, Daniel Davis, Chris Downs, Joe Debreczeni, Negussie Debela, Ena de Bruyn, Eric Deemer, Philip Del Grande, Samya Dorri, Sepanta Dorri, Kevin Dillon, Patrick Domagalia, Sarah Dryden, Allison Drynan, Tom Drynan, Kristina Duck, Judy Elfassey, Johnnie Ellis, Adele Emo, Alison Evanoff, Bob Ferguson, Jason Ferguson, Jason Fernandez, Ulises Fernandez, Gary Fitzpatrick, Joel Filliol, Liz Fletcher, Pter Fonseca, Dominic Fontana, Dean Foster, Sharon Foster, Chris Fortier, Michael Fortier, Allyson Fox, Barnard Francis, Leslie Francis, Jill Francis, Ken Frenette, Paola Frescura, Cesare Fuoco, Andrew Gardner, John Gardner, Derek Gelber, Dorothy Goertzen, Liza Goldberg, Angie Graham, Geoff Greaves, Kate Greaves, Mark Greenhough, Joseph Grieco, Maureen Griffith, Rick Griffith, Simon Gron, Paul Haberer, Omar Hafez, Al Hamir, Ken Hamilton, Chris Hansen, Kate Hachigian, Murray Hicks, Don Hill, Erin Hogan, Derek Holland, Bob Hooper, Dan Howat, Carol Howe, Darrin Hughes, Rich Hughson, Georgia Inglis, Mario Iozzo, Graeme Isdale, David Jagger, Tim Jarsky, Kimberley Jelly-Webb, Olanzo Jarrett, Dave Jagger, Karel Jircik, Katerina Jircik, Elizabeth Jones, Sandy Johnson, Chris Keane, Siobhan Keenan, Sean Kelly, Heather King, Orlando Klass, Jerry Kooymans, Laura Konantz, Andy Kore, Greg Kuczkowski, David Lamont, Meegan Larsen, John Lee, Sheldon Lee, Paul Leduc, Bob Legge, Fred Lesage, Brian Levine, Jenny Lewin, Clifford Lettman, Lucy Libera, Dave Lorne, Brian Lovshin, Brian Lucas, Norma Lum, Laura Lynn, Bob Madeley, Robert Major, Mike Manna, Peter Maher, Dean Manning, Curtis Manswell, Alistair Marum, Imelda March, Steve Marcks, Nicole Masil, Stephen Masterson, David Mather, Maurizio Mazzola, Paul McArthur, Alison McConnell, Peter McConnon, Vincent McCurley, Errol McDonald, Mike McGowan, Luke McGuinness, Mike McElhinney, Kyle McLean, Keith McWatters, Sandy McWatters, Lois Medal, Zeleke Metafaria, Joseph Michaels, Kathy Michaluk, Harvey Mitro, Pat Monahan, David Monk, Paul Moore, Robert Moore, Dawn Moncrieffe, Dave Montgomery, Donna Moon, George Muenz, Andrea Murphy, Ian

Neville, Glen Norcliffe, Clara Northcott, Bruce Norman, Brian O'Sullivan, Jacek Oraczewski, Brian Palmer, Michelle Pampin, Bill Peel, Andrew Pickup, Kim Pinska, Paul Portelance, Eva Poxon, Melissa Pratt, Paola Prescura, Grant Proctor, Brad Protocky, Tammy Purdy, Melissa Putt, Jeff Richards, Ed Raposo, Bruce Raymer, Leticia Read, Yves Rebetez, Duarte Rendiero, Greg Rogers, Mike Rodrigues, Gerald Romme, Anna Rueben, Daniel Rutto, Vikki Saga, Mahamoud Samantar, Ricardo Santos, Ziv Schierau, Margaret Schotte, Paula Schwan, Gail Scott, Neil Scott, Hakim Shallabi, Mike Sherar, Cerian Shepherd, Deryn Shepherd, Ursula Shonieczyn, Jason Skillicorn, Greg Smith, Richard Sousa, Harold St Croix, Brian Stewart, Bryan Stride, Andrew Stronach, Krestena Sullivan, Brian Stewart, Maura Sullivan, Trish Sullivan, Marlon Sutherland, Glenn Sweasey, Nancy Sweazey, Binh Tang, Tim Thomas, Mokhtar Touil, Bruce Trigg, Sarah Trought, Mark Troy, Tom Tushingham, Richard Urquhart, Tim Uuksulainen, Pieter van Dijk, Mike Vidito, Chris Waasenaar, John Waasenaar, Laura Walsh, Adrienne Webb, Kim Webb, Kathy Westgate, Robert Weagle, Nancy Wells, Biru Wendwesen, Gary Westgate, Barry Westhead, Richard Whiteman, Fred Williams, Dave Woloviec, James Wole, Jason Wood, Dianne Woodend, Dave Yaeger, Brad Young, Mike Yu, Roy Zent.

International:

Commonwealth games Auckland New Zealand 1990:

800m semi final Paul Osland 7th 1:48.59.

Peter Maher nominated to marathon team but did not go.

Goodwill Games, Seattle 1990:

Peter Maher marathon 3rd 2:17:15

Alain Boucher 3000m steeplechase 1st 8:53.2

World Cross Country Championships, Aix-les-Bains 1990: Jerry Kooymans
1993: Angela Graham

Olympics, Barcelona 1992:

Freddie Williams 800m heat 1 Freddie Williams 1:48.20, did not advance.

Commonwealth Games, Victoria, BC 1994:

10 km women 9th Lioudmila Alexeef 33:33.59.

Marathon 11th Danuta Bartosek 2:40:44.

5 km 11th Jason Bunston 13:50.65.

10 km 5th Peter Fonseca 29:14.85.

Marathon Peter Maher did not finish.

Pan American Games, Cuba 1991:

Ken Frennette 6th.

Laura Konantz, marathon did not start.

Pan American Junior Games, Winnipeg 1993:

Angie Graham 3rd 4:32.19.

World Championships, Tokyo 1991:

Peter Maher marathon 13th 2:20:31.

World Cross Country Championships 1991: Gary Westgate and May Allison selected.

1993: Amorebieta, Spain.

Junior women Angie Graham 80th. Senior men Steve Boyd did not finish.

1994: Budapest, Hungary.

junior women 86th Angie Graham, 116th Cerian Shepherd.

World Championships 1993 Stuttgart, Germany:
800m Freddie Williams 6th 1:45.79.
Pan American Junior Championships, Winnipeg 1993:
1500m Angela Graham 3rd 4:32.19.
10 km Katarina Jircik 39:23.63.
Jeux de la Francophonie, Paris, France 1994:
5 km Liz Jones 9:46.73.
10 km Kim Webb 35:12.36.

Achievements:

Round the Bay 1990 1st Peter Maher 1:35:34.5; 7th Henry Bickford 1:40:44. 1st woman
Laura Konantz 1:54:16; 2nd Maureen Griffith 1:57:03.
1991 1st Peter Maher 1:33:00; 5th Eddie Raposo 1:40:15; 7th Ted
McKeighan 1:40:48. 2nd woman Danuta Bartosek 1:51:58; 3rd Laura Konantz 1:53:56.
1993 6th Ed Raposo 1:42:26, 2nd woman Laura Konantz 1:53:30.
1994 3rd Peter Fonseca 1:35:19; 1st woman May Allison 1:50:54; 3rd Kim
Webb 1:53:14; 5th Lois Medal 1:57:44; 6th Melissa Putt 1:58:44; 9th Laura Lynn 2:00:37.

Barbados marathon 1990 1st woman Laura Konantz 5th victory.
1991 Laura Konantz 3rd 3:08:28.
Boston marathon 1990 13th Peter Maher 2:15:25. 24th woman Maureen Griffith 2:50:40.
1994 21st woman Kim Webb 2:41:22.
Capri, Italy 1993 6th Peter Fonseca 2:13:28.
California International marathon 1992; 3rd woman Kim Webb 2:38:49.
1993: 3rd Peter Maher 2:13:16.
Columbus marathon 1990: 5th Laura Konantz 2:40:27.2.
1994: 1st Danuta Bartosek 2:41:13.
Cleveland marathon 1993: 3rd Peter Maher 2:12:50.
Chicago marathon 1993: 4th Danuta Bartosek 2:38:15.
Dallas 1994: Kim Webb 2:43:05.
Detroit marathon 1994: 1st woman May Allison 2:34:55.
Houston marathon 1992: 1st Kim Webb 2:50:17.
1993: 5th Danuta Bartosek 2:34:33.
1994: 2nd Peter Fonseca 2:13:53.
London World Cup Marathon 1991: 8th Peter Maher 2:11:46.
Los Angeles marathon 1990: 3rd Peter Fonseca 2:12:07.
Montreal marathon 1993: 2nd woman Laura Konantz 2:46:20.
New York marathon 1990: 6th Peter Maher 2:15:05.
1991: 4th Peter Maher 2:11:55.
1993: 13th Peter Maher 2:16:29.
Ottawa, National Capital marathon 1991: 1st woman Laura Konantz 2:51:00.
Pittsburgh marathon 1990: 14th woman Laura Konantz 2:41:45.
1993: 9th Laura Konantz 2:49:22.
Saskatchewan marathon: 1st Bruce Raymer 2:25:03.
Toronto Marathon 1990: 2nd Peter Fonseca 2:16:03; 5th Eddie Raposo 2:22:34; 8th Henry
Bickford 2:27:30. 2nd woman Laura Konantz 2:40:18.

1992: 2nd woman Danuta Bartosek 2:34:41.
1994: 1st Peter Maher 2:16:07; 2nd Peter Fonseca 2:17:16; 8th Bruce Raymer 2:24:18. 2nd woman Danuta Bartosek 2:33:56; 5th May Allison 2:42:00; 6th Lois Medal 2:47:54.
Winnipeg, Manitoba marathon 1990: 1st woman Laura Konantz 2:43:28
1991: 1st Peter Maher 2:22:04
1994 1st Peter Maher 2:23:17. 1st woman Maureen Griffith 2:50:55.

Half marathon: Peter Maher 1:02:30 (1990, Ontario record)
5 km road Ontario record Ludmila Alexeef 15:54 (1994)

World Veterans Championships 1991 Turku, Finland:
10 km 50-54 Robert Moore 9th in 34:05, 5 km 9th 16:33.
World Veterans Championships, Toronto 1994:
25 km road race 1st Henry Bickford.

Track:
800m: Fred Williams 1:45.13 (1993 – Ontario open record), Patrick Domagala 2:00 (1990), Ian Sinclair 2:05 (1990).
1500m: Harvey Mitro 3:44.46 (indoor 1992): Gary Westgate 3:54.91i (1990): Patrick Domagala 4:08 (1990).
3 km: Gary Westgate 8:12 (1990)
5 km: Gary Westgate 13:55.73 (1991)
10 km: Gary Westgate 28:33.66 (1991); Steve Boyd 28:41.99 (1990); Ken Frenette 29:45.7; Peter Fonseca 29:34.45; Mike McGowan 30:17.89.
May Allison 33:35.93; Heather King 2nd Junior Nationals (1992); Elaine Coburn 1st Junior Nationals (1994).
4 times 800m relay juvenile 9:19.01 (1991-Ontario record) Siobhan Keenan; Cerian Shepherd; Elaine Coburn; Angie Graham.

Canadian Cross Country Championships 1990, Halifax:
Senior men 5th Gary Westgate, 2nd team
Senior women 5th May Allison.
TOC won the men's junior team championships and was second in the men's senior team championship.
1991, Victoria:
Senior men 5th Alain Boucher. Bryan Stride won the Master's competition. Junior women Elaine Coburn 10th.
Junior and senior men teams finished 2nd.
1992, Etobicoke:
Senior men 3rd Steve Boyd. 1st and 3rd, senior women 1st, junior men 2nd, junior women 2nd teams.
1993, Vancouver:
Senior men 2nd, junior men 3rd, junior women 3rd team. (Elaine Coburn 6th in the World Cross Country Championships Team trials in Victoria).

1994, Etobicoke:

Margaret Schotte 4th in junior women's race. Ricardo Santos 7th in junior men.
Senior men 5th, junior women 1st, junior men 2nd teams.

Noteworthy:

Abby Hoffman in 1991 became no longer director general of Sport Canada. She was moved to be executive director of strategic planning with the policy, planning and information branch of the Federal Ministry of Health and Welfare.

Lori Bowden moved to triathlon and eventually won many races including the Ironman in Hawaii a few times.

Jerome Drayton, Paul Poce and Robert Moore inducted into the Canadian Road Runners Hall of Fame.

Stephen Fleck moved on from running to triathlon in 1982, moved up to the Ironman distance in 1989 and has been a nine time Ironman finisher. Best place was 9:04 for Ironman Canada in 1992, 10th place overall and 2nd Canadian.

10. 1995-99 Atlanta, the Coca Cola Games.

Coaches: Paul Poce, Al Baigent, Ross Ballantyne, Dave Christiani, Ed Raposo, Joy Moon,

Executive/helpers: Dalton Bedford, Mara Busca, Dave Carmichael (development projects), Michelle Coburn (secretary), John Craig (newsletter), Bob Ferguson (president, treasurer), Bob Finlay, Rick Griffith, Terry Goodenough, Murray Hicks (president, secretary, David Jagger (treasurer), Liz Jones, newsletter), Jerry Kooymans (newsletter editor 95-96), Bob Madeley (Bingo), Mike McGowan, Keith McWatters, Loraine Poce, Mike Sherar (newsletter), Kim Webb (newsletter), Gary Westgate (newsletter).

Competitors: Abukar Adani, James Akinwale, Thelma Akyea, May Allison, Tim Ambler, Steve Anthony, Marion Appiah-Yubi, Guillerma Areco, Claudia Arevalo, Marshall Armitage, Desta Ayenew, Al Baigent, Jane Baldwin, Juliet Baldwin, Danuta Bartosek, Paul Barron, Dalton Bedford, Negusse Bebele, Rob Berry, Henry Bickford, Anthony Biggar, Dominique Binnette, Talia Blaney, Steve Bohan, Christine Boeck, Luke Boland, Peter Boross-Harmer, Marie-Claude Boucher, Steve Boyd, David Boyle, Peter Bramer, Kevin Brandreth, Alec Brookes, Tony Brunner, Jason Bunston, Louis Byrne, Elizabeth Carmichael, Zenith Chance, Jonathan Chenier, Lee Ann Chisholm, Dave Christiani, Paul Churchward, Sarah Cliff, Mayanna Clugson, Elaine Coburn, John Colisimo, Steve Cowley, John Craig, Paul Craig, Brian Cupit, Daniel David, Kira Daube, Ian da Silva, Negusse Debele, Joe Debreczeni, Ena de Bryun, Eric Deemer, Cornelia Dinkel, Joe Dionne, Sam Dorri, David Doyle, Luke Dragstra, Samira Drapeau, Paul Drtina, Allison Drynan, Kristina Duck, James Earl, Gwen Edamura, Phillip Edamura, Johnnie Ellis, Julie Ely, Alison Evanoff, Claudia Fagan, Bob Ferguson, Jason Ferreria, Jason Fernandes, C. Folkes, Peter Fonseca, Domenico Fontana, Sharon Foster, Mark Foster, Jeff Fyfe, Andrew Gardner, Terry Goodenough, Ivan Gomez, Angie Graham, Mark Greenhough, Maureen Griffith, Dave Lamont, Rob Legge, Paul Haberer, Cate Hachigian, Miron

Hagos, Jennifer Handley, Denisha Harriott-Hamilton, Marsha Hamilton, Kay Hawkins, Erin Hogan, Derek Holland, Dan Howat, Omar Hafez, Murray Hicks, Don Hill, Bobby Hooper, Chuck Howard, Carol Howe, Sarah Hunter, Ahmed Hussein, Meaghan Hyckie, John Hyttinen, Mario Iozzo, Robert Isabelle, David Jagger, Jason James, Wole James, Wayne James, Daniel Jasilewicz, Jennifer Jew, Karol Jircik, Katerina Jircik, Liz Jones, Siobhan Keenan, Marian Kabi, Steve Kocsis, Brett Knowles, Jennifer Knowles, Laura Konantz, Jerry Kooymans, Marian Kubi, Greg Kuczkowski, Dave Lamont, Nicole Leaver, Bob Legge, Danny Lennox, Brian Levine, Aaron Levy, Thieu Lieu, Derek Lincoln, Matt Lincoln, Ryan Liteouement, John Lofranco, Dave Lorne, Brian Lovshin, Andre Lucas, James Lynch, Laura Lynn, Bob Madeley, Peter Maher, Christina Malette, Jeff Martin, Roger Martindill, Nicole Masil, Andrei Mateev, Boris Mateev, Harvey Mitro, Pat McDermott, Ariel McAlister, Jeff McCabe, Craig McFarquhar, Mike McGowan, Kyle McLean, Sandy McWatters, Lois Medal, Zeleke Metafaria, Janine Moffat, Pat Monahan, David Monk, Donna Moon, Paul Moore, Robert Moore, Steve Moore, Chris Mudry, Andrew Murray, George Muenz, Laura Mykytok, Negusi, Ian Neville, Glen Norcliffe, Paul Olweny, Paul Osland, Paolo Pacione, Adrian Pankiw, Jasek Pawlus, Bill Peel, Rod Perry, Holly Phoenix, T. Piercey, Kim Thomas Pinska, Alan Pribaz, Aaron Prieur, Eva Poxon, Tammy Purdy, Melissa Putt, Jon Pyatt, Eddie Raposo, Jocelyn Ray, Bruce Raymer, Fred Robbins, Danielle Rowlands, Anna Rubin, Tim Ryan, Zelko Sabol, Mahamoud Samantar, Genevieve Sang-Webster, Ricardo Santos, Donna Sawchyn, Neil Scott, Phil Scott, Margaret Schotte, Gerrard Sealy, Gerald Sehzey, Hakim Shallabi, Cerian Shepherd, Deryn Shepherd, Mike Sherar, Jason Skillicorn, Andrew Smith, Kasia Spaczynska, Philip Stadler, Brian Stewart, Harold St Croix, Julia Stonkus, Mark Striowski, Andrew Stronach, Trish Sullivan, Rudy Sylvan, Binh Tang, Andy Taylor, Derek Thomas, Ryan Thomas, Bruce Trigg, Sarah Trought, Tom Tushingham, Peter van Dijk, Frank Vandenbosch, Mike Vidito, Laura Walsh, Leslie Walters, Kim Webb, Kathy Westgate, Gary Westgate, Barry Westhead, Bev Whelan, Freddie Williams, James Wole, Jason Wood, Nigel Wray, Olivia Wu, Les Yatabe, Jennifer Yee, Roy Zent.

International:

World Cross Country Championships, Durham, UK 1995:

Margaret Schotte 53rd junior women, Ricardo Santos 116th junior men,

World University Games, Fukuoka 1995:

Bruce Raymer, marathon, did not finish.

World Championships Goteborg, Sweden:

Peter Maher, marathon, did not finish.

Olympics, Atlanta 1996:

World Championships indoor, Paris 1996:

Jason Bunston

Achievements:

Around the Bay 1995: 1st Mike McGowan 1:36:09; 5th Bruce Raymer 1:39:41. 1st woman Kim Webb 1:49:17; 6th Alison Evanoff 1:56:59; 9th Laura Konantz 2:03:17.

Albany, HMRRC marathon NY 1995: 1st Desta Ayenew 2:49:23.8.

Detroit marathon 1995: 1st Mike McGowan 2:18:11.

Houston marathon 1995: 1st Peter Fonseca 2:11:52.
Pittsburgh Marathon 1995: 5th Danuta Bartosek 2:39:57.
Toronto marathon 1995: 1st Peter Fonseca 2:11:34; 13th Mike McGowan 2:27:23. 3rd woman Kim Webb 2:38:00; 7th Alison Evanoff 3:05:25.
Toronto, Canadian International marathon 1995: 2nd Peter Maher 2:26:50. 2nd woman Maureen Griffith 2:52:06, 4th Laura Konantz 3:01:27.
1997: 1st Peter Fonseca 2:28:26.

Half marathon Danuta Bartosek 1:12.27 (1995) Ontario record.

Track:

400m: Paul Olweny 52.57 (1996); Marian Kabi 59.66 (1996)
800m: Kevin Christiani 1:50.18 (1996); Anthony Biggar 1:52.77 (1996); Harvey Mitro 1:52.77 (1996); Freddie Williams 1:47.34 (1996); Mike Sherar 1:55.41 (1996); Paul Osland 1:53.19 (1996); Derek Holland 1:56.67 (1995); Nicole Masil 2:08.31 (1996).
1,500m: Jason Bunston 3:42.19 (1996); Kevin Christiani 3:44.13 (1996); Derek Holland 3:53.14 (1998); Harvey Mitro 3:53.58; Sam Dorri 4:02.70 (1996).
1 mile: Jason Bunston 3:59.34 (1995), on road 3:51.0 (1996); Derek Holland 4:10.38i (1998); Angela Graham 4:37.52 (1997).
3 km: Jason Bunston 7:45.58 (Canadian record indoor 1996); Marshal Armitage 8:30.06 (1996); Gary Westgate 8:51.50 (1996)
3 km steeplechase: Derek Holland 9:04.10 (1999).
5 km: Jason Bunston 13:22.08 (1996 –Ontario record); Dave Lamont 14:32.10; John Lofranco 14:14 (1999); Michelle King 16:23.34 (1997)
10 km: Peter Fonseca 29:01.7; Jason Bunston 29:13.30 (1996); Ivan Gomez 29:38.75 (1996); Mike McGowan 29:52.59; Steve Boyd 30:12.28 (1996); Steve Bohan 32:15.33 (1996); John Lofranco 34:06 (1999).
Kim Webb 34:18.85 (1996); Katerina Jircik 37:16.99; Elaine Coburn 3rd Canada Summer games 1997.

Canadian National Cross Country Championships. Montreal 1995:

Senior men 1st Jason Bunston; Junior men 3rd Steve Bohan; senior women 3rd L Alexeeff; 6th Kim Webb; 6th Margaret Schotte. Junior men 4th team.

Montreal 1996:

senior men 12000m 1st Jason Bunston; 7th Kevin Christiani; 11th Gary Westgate; 13th Ivan Gomez. 1st team TOC. Junior men 1st Steve Bohan; 3rd Marshall Armitage; 12th M. Striowski; 14th Paul Moore. TOC 1st team.

Vancouver, Stanley Park 1997:

Etobicoke 1999: senior men 3rd Steve

Bohan

junior women 1st Carol Henry.

Noteworthy:

Karel Jircik badly injured by hit and run driver in 1995 whilst training.
Silver Relays cancelled after decades of competition in 1995.

11. 2000-2004. Sydney, down under.

Coaches: Paul Poce, Dave Christiani, Kevin Dillon, Joy Moon, Ed Raposo, Douglas Whistance.

Executive: Shari Boyle (secretary), Louis Byrne, Dave Carmichael (Youth on the Run), Joelle Carmichael, Michelle Coburn (secretary), Bob Ferguson (treasurer), Bob Finlay (Bingo), Murray Hicks (president), Michelle King, Jennifer Knowles, Larry Longo (president), Bob Madeley (Bingo), Robert Moore (newsletter 2000-04), Kim Webb, [Brian Keaveney and Liese Smart helped with the Canadian National Cross Country events in 2003 and 2004].

Competitors: Lauren Ackley, Scott Ackley, Carla Agnew, Mohamed Ali, Steve Anthony, Marshall Armitage, Stanley Anthonipill, Charlotte Aust, Josh Babbin, Alan Baigent, Andre Baillargeon-Smith, Chris Bakal, Scott Bailey, Sue Banks, Hassan Barrio, Rob Berry, Danielle Binns, Steven Bohan, Steve Boyd, Shari Boyle, Michael Breech, Brendan Brooks, Robert Brown, Matt Bruce, Jason Bunston, Jimmy Buchanan, Louis Byrne, Joseph Campanelli, Beth Carmichael, Joelle Carmichael, Chris Carrick, Joe Carvalho, Ivan Celic, Jessica Clark, Elaine Coburn, Michael Colbert, Bill Cook, Jennifer Cooper, Paul Cooper, John Craig, Joshua Craig, Noah Craig, Paul Craig, Ena De Bruyn, Greg Dailey, Eric Deemer, Nadia De Giorgio, Natalie Desimini, Alessandro Di Giacomo, Kevin Dillon, Marcus Dillon, Joe Dionne, Patrick Domagala, Laurence Dinnigan, Pat Doyle, Jason Dunkerley, James Elliott, Fazial Emmanuellee, Missy Fiorino, Rick Foley, Mark Foster, Sharon Foster, Marty Fox, Nigel Francis, Kelly French, Mark Gardiner, Will Gibbons, Rory Gilfillan, Alyssa Giuliani, Ivan Gomez, Natalie Greenidge, Rob Grebe, Carol Henry, Kristie Henry, Murray Hicks, Don Hill, Derek Holland, John Holliday, Colleen Hopkins, Brendan Horn, Andrew Hudson, Meaghan Hyckie, John Hyttinen, Lisa Ibuki, Greg Jackson, Jake Jamieson, Michelle King, Saheed Khan, Shawn Khan, Brett Knowles, Jennifer Knowles, Steven Kocsis, Rachel Kohl, Laura Konantz, Jerry Kooymans, Henry Krasny, Greg Kuczkowski, Kelly Laing, Biniyum Lechebo, Henok Lechebo, Michael Logue, Larry Longo, Peter Lovisek, Brian Lovshin, Christina Malette, Andrew Maloney, Drew Masterson, Kelly Masterson, Mandy McBean, Jeff McCabe, Martha McCabe, Allison McKenzie, Kyle McLean, Lois Medal, Gareth Miller, Harvey Mitro, Robert Moore, Balise Morin, Karolina Nanowski, Glen Norcliffe, Philip Oreopoulos, Paul Osland, Mathew Paplyk, Charlotte Plummer, John Powell, Sarah Proctor, Tara Quinn, Natalie Ray, Bruce Raymer, Christopher Rengifo, Lauren Rivard, Christine Robinson, Mary Ross, Lindsay Rowland, Kieran Ryan, Meg Sanders, Ricardo Santos, Anthony Seidel, Michael Sherar, Mark Anthony Silvestre, Lauren Simeson, Sean Simeson, Ian Sinclair, Lydia Slyfield, Andrew Smith, Dan Snider, Brandon Steele, Crispin Steele, Angela Strange, Thomas Ryan, Smartex Tambala, Sara Thompson, Bruce Trigg, Stan Trudeau, Tom Tushingham, Kim Webb, Bev Whelan, Gary Westgate, Mary Wilton, Geneva Winterink, Dan Wojcik, Nigel Wray, Dylan Wykes, David Yaeger, Agnes Zbroinski, Suzanne Zelazo.

International:

Olympics, Sydney 2000 – No TOC members at this event.
 Francophonie Games, Ottawa 2001:
 Marathon 5th Elaine Coburn 3:02:52 extremely hot conditions.
 World championships Edmonton 2001:
 Marathon Steve Bohan 42nd 2:29:22.
 Fukuoka Marathon 2002:
 Bruce Raymer 2:24:13.
 World Cross Country Championships 2001: selected Steven Boyd, Nigel Wray, Joe Dionne.
 2002: junior men 52nd Joe Dionne; 78th Dylan Wykes,
 2004: Belgium Junior men 22nd Henok Lechebo.
 Junior women 78th Mandy McBean.

Achievements:

Austin, Texas, Motorola marathon 2000: 3rd Kim Webb 2:37:58.
 Columbus marathon 2000: 11th Laura Konantz 2:54:44.
 Detroit Marathon 2001: 2nd woman Angela Strange 2:53:50.
 2002: Angela Strange 2:43:22.
 London marathon 2001: 37th Bruce Raymer 2:25:56.
 Niagara Falls 2000: 1st Danuta Bartosek 2:38:30.
 Ottawa Marathon Canadian Championships 2000: 2nd Steve Boyd 2:17:28. May Allison 2:52:10.
 Ottawa, Alcatel Marathon 2001: *1st woman Danuta Bartosek 2:37:27* 3rd Elaine Coburn 2:44:25.8.
 2002: *Danuta Bartosek 2:39:35.*
 Sacramento Marathon 2000: Steve Bohan 2:23:43.
 Thornhill Marathon 2000: 1st Bruce Raymer 2:25:31.
 Tokyo Marathon 2002: Bruce Raymer 2:24:13.
 Vancouver Marathon 2000: 5th *Smartex Tambala 2:25:54*
 2002: 1st woman Angela Strange 2:45:46.
 World Masters Games, Brisbane 2002: Robert Moore 4th in 10 km 60-64, 7th in 5 km and 8th in cross country.

Track:

400m: Andrew Maloney 49.78 (2001); M. Colbert 52.32 (2003)
 800m: Andrew Maloney 1:50.92 (2003); Mike Sherar 1:51.80; Paul Osland 1:54.44.3;
 Ivan Celic 1:56.09 (2001); Hassan Bariso 1:59.17 (2001); Steven Kocsis 1:58 (2002); M. Colbert 2:03.62 (2003).
 1500m: Thomas Ryan 3:46.56 (2000); Andrew Maloney 3:56.5 (2002); Steven Kocsis 3:57 (2002); M. Colbert 4:29.24 (2003).
 3 km: Derek Holland 8:08.47i (2003); Ricardo Santos 8:14.15 (2000); Steven Kocsis 8:26 (2003); Michelle King 9:26.38 (2000).

5 km: Ryan Thomas 14:05.64 (2001); Steve Bohan 14:13.43 (2000); Marshall Armitage 14:21.87 (2000); Derek Holland 14:34 (2002); Steven Kocsis 14:52 (2002); Michelle King 15:39.19 (2000); Elaine Coburn 16:51 (2000).

10 km: Tara Quinn 33:37.24 (2002); Elaine Coburn 35:00.14 (2000); Steve Bohan 28:55.86 (2001); Ricardo Santos 29:37.57 (2000); Faizal Emmanuellee 30:00.23 (2000).

National Cross Country Championships, Etobicoke 2000: senior men 12000m 3rd Steve Boyd

junior women 1st Carol Henry

Moncton 2001:

Senior men 2nd team, junior men 2nd team, 2nd Dylan Wykes; 4th Joe Dionne; 10th Saheed Khan. junior women 5th team.

Moncton 2002:

Senior men 4th team, senior women 1st team, junior men 1st Dylan Wykes. 2nd team.

Toronto 2003, organized by TOC:

Senior men 3rd team, senior women 1st team, 4th Carol Henry, junior men 1st Henok Lechebo; 8th Saheed Khan 1st team. Junior women 11th Mandy McBean, 7th and 16th teams.

Noteworthy:

Peter Fonseca elected to the Provincial Parliament 2004.

Abby Hoffman was inducted into the Canadian Sports Hall of Fame on 2004 November 1st. This exhibition is based at the CNE, Toronto.

Robert Moore runs his 1,500 race of record in 2004.

Heather King (1989-93) qualifies r aWoi

Getting the Games is not without risk. Toronto does not have a record of being able to stage such massive competitions as the Olympics and for credibility's sake should get some practice at it. Hamilton, Edmonton, Vancouver, Victoria and Winnipeg have much more experience at staging international events at the World Championships and Commonwealth Games level than Toronto. We have much to learn from them about the politics of getting Games it seems.

There is also a problem with Canada's one attempt at staging the summer Olympic Games. The events in Montreal in 1976 were a shambles in both the administration and the athletic aspects. The mayor of Montreal, Jean Drapeau, said publicly that the Games could no more have a deficit than he could get pregnant but the money management was extremely poor. The civic debt took thirty years to pay off. The stadium alone cost about ten times the first estimate and is unloved, barely used and falling apart. The velodrome has become a zoo.

Apart from a silver medal in the high jump Canada won no medals at track and field at the Montreal event. The Africans boycotted the Games, which should have made distance medals easier to win, but it seems likely that performance enhancing drug use was common even in the distance events and this lessened our chances of getting a medal. Also a problem was the lack of international experience of some of our athletes. Athletes must be recognized, encouraged, coached, given experience and financial support from their teen years onwards. Medal winners tend to be in their late twenties.

In spite of this I still believe that getting the summer Olympic Games to Toronto is worth doing for the Games themselves, the infrastructure and cash influx to make them happen are not the only good aspects. Making Olympians has many social benefits that go beyond the sport itself. Just consider what our members have achieved in running and in the rest of life's activities over the last fifty years.

Distance runners are born and then made. To achieve excellence takes health and inspiration, followed by opportunities. The Toronto Olympic club did its part with coaching, company and cash. That is our primary mission.

We have had an exceptional past and the future could be even better. The good that TOC does is shared with all who participate and the society at large. TOC is more than marathon maniacs – long may it run!

Editor

Appendix:

Jerome Drayton's training.

TRAINING PARTNERS:

Most of the time, I trained alone, particularly on Mondays to Saturdays. I wanted to get the training over with as fast as possible in order to get on with

my personal life. Most Sundays, I joined the club members at High Park where I would join the main group for a “social run”.

TYPICAL TRAINING SCHEDULE:

For a major competition, like the Olympic Marathon or Fukuoka International Open Marathon Championship, Japan, I had a plan that took 26 weeks. It was divided into four phases.

The first phase consisted of a general build up of strength and aerobic capacity. It meant a lot of slow steady running with lots of miles – up to 150 miles per week in the later stages of this phase, which usually lasted for ten weeks.

In the second phase, I concentrated on the development of speed. It consisted of a lot of interval running on the track about two or three times per week – for example 12 to 16 x 400 metres, each at maximum aerobic capacity, with a short break between each interval. The rest of the week would be the same as in the first phase – casually running, twice a day, up to 20 miles a day. Near the end of this phase, I introduced anaerobic running – for example 8 x 200 or 4 x 400 metres, sprinting flat out. Each was followed by two to five minutes of jogging. The total weekly mileage was also less than in the first phase. This phase lasted for nine weeks.

In the third phase, I tried to combine strength and speed. That is when I started heading towards my seasonal peak. The weekly mileage and the number of speed sessions went down, but the ones I did were faster than in the second phase – for example 6 x 400 metres at maximum aerobic capacity; followed by 4 x 200 metres at maximum anaerobic capacity. This meant that the reserves I had depleted in the heavy mileage training stage of the first phase and the aerobic and anaerobic speed training stage of the second phase began to return. This phase lasted for four weeks.

The fourth and final phase consisted of continued reduced overall mileage, a continuation of the third phase but with further reduced quantity and an introduction of short distance races for peaking purposes. This phase lasted two weeks. The final phase culminated with THE RACE, usually the Olympic, Boston, New York or Fukuoka Marathon.

The best way to start training is to understand the vital processes of the body – at least those that relate directly to running. If the runner understands some of the body’s inner workings and is sensitive to its needs and states of tiredness, it can perform magnificently for the runner. Without such sensitivity, the runner can too easily push him/herself into pain, injury or fatigue. With a little fine tuning, this knowledge can make training safe and more productive. A sound knowledge and practice of good nutrition is also of benefit.

The best training program is one that meets the distance runner’s particular needs. This applies equally to novice and to world-class distance runners. Do not adopt the successful program of your friends and competitors. Although they may be succeeding they may be improving IN SPITE of their program. It is fine to try new training ideas, but experiment with only one at a time. Then blend the successful ones into your program to fit your own demands, rest needs and current level

of performance. However, never experiment in the year of an Olympic Games or World Championship! By that time you should be set with a program in mind.

Some of the training principles that must be understood by the distance runner are:

- RECOVERY – introducing days of easy runs after a day of a long run, hard run or competition.
- OVERLOAD – introducing long runs or speed/hill training sessions to encourage the body to adapt and improve performance capacity.
- PROGRESSION – increasing workloads gradually as the runner’s body adapts to previous loadings.
- SPECIFICITY – relating training loads to the runner’s present level of fitness and his or her competitive event – 5,000m or 10,000m or marathon.
- PEAKING – careful scheduling of key workouts at the end of the speed training phase that can raise the runner’s performance potential to its highest level.
- REVERSIBILITY – understanding that the rate at which performance capacity is lost, due to injury or rest from a previous competitive period, will be similar to the rate at which it was gained.

The training program should be divided into four distinct periods:

1. TRANSITION – a period of recuperation, during which the runner recovers from the fatigue of the previous competitive period.
2. GENERAL PREPARATION – foundation training where aerobic fitness, mobility, strength and local muscular endurance are developed. These allow the runner to prepare for specific forms of training.
3. SPECIAL PREPARATION – training to develop specific fitness required to meet the demands of the runner’s event – aerobic and anaerobic speed/hill training and long runs arranged in the proper order.
4. COMPETITION TAPERING – training aimed at preparing the runner for an important race (Olympic Games or World Championships) or a series of races that lead to **THE RACE** (Boston, New York or Fukuoka Marathon), in non Olympic or World Championships years.

Finally, and particularly for the marathoner, there are certain prerequisites or internal characteristics that the runner must possess in order to undertake the necessary training that a marathon requires. Of all the distance running events, the marathon presents the greatest challenge both physically and mentally. Even after completing all the required training and making it to the race site rested and healthy, arriving at the marathon starting line in less than an ideal physical or mental state can have a devastating effect on the runner’s performance.

The prerequisites or internal characteristics are **motivation, self-discipline and effective time-management**. While a coach can provide interest and enthusiasm regarding the training program he or she designs and presents, motivation and self-discipline must be primarily developed from within. It requires a great deal of motivation and self discipline to complete the long training runs while at the

same time cope with the other daily distractions and manage all the personal responsibilities daily living provides such as school, professional career, personal life, etc. This is why it is so crucial that the runner who wishes to train for the marathon be an effective manager of time

Jerome Drayton's awards:

- 1965 Mimico athlete of the year.
- 1969 Lakeshore (Etobicoke) Athlete of the year.
- 1975 Ontario Amateur Athlete of the Year.
- 1975 Canadian runner of the year.
- 1977 Sports Federation of Canada- male athlete of the year.
- 1978 inducted into CANADA'S SPORTS HALL OF FAME.
- 1991 inducted into CANADIAN ROAD RUNNING HALL OF FAME.
- 1994 inducted into ETOBICOKE SPORTS HALL OF FAME.
- 1999 named Canada's top male marathon runner of the 20th century

World rankings at the marathon distance from Track and Field News, USA:

1969 1st
1975 2nd
1976 5th
1977 2nd