

STFC Distance Top Ten Lists – Updated August 7, 2011

For track results, if tenths/hundredths not given, assumed to be .99 for ranking purposes.

MEN

800

Tim Middelkoop	1:48.06	Vancouver	1993
Kurt Benninger	1:48.80	Georgia	2006
Andrew McKessock	1:52.25	Sarnia	1998
Greg Jackson	1:53.82	Etobicoke	1988
Evan Porter	1:54.37	Windsor	2010
Mark MacDonald	1:54.54	Etobicoke	1988
Mike Thorson	1:55.27	Sarnia	1999
Al Herron	1:57.12	Saguenay Valley	1992
Will McComb	1:57.3	Sarnia	1999
Bob McGill	1:57.35	Sudbury	1997

1500

Kurt Benninger	3:38.03	Switzerland	2008
Andrew McKessock	3:41.39	California	2000
Mike Thorson	3:50.89	Toronto	2007
Will McComb	3:53.02		2001
Mark MacDonald	3:54.45	Etobicoke	1988
George Condry	3:55.21	OFSAA	1991
Jason Wepler	3:55.30	Alabama	1998
Bob McGill	3:56.86	Sudbury	1997
Greg Jackson	3:57.53	Toledo	1989
Mark Dalgarno	3:58.20	Hamilton	2003

Mile

Kurt Benninger	3:56.99	Falmouth	2008
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3000

Kurt Benninger	7:52.28	Notre Dame	2005
Will McComb	8:07.60	Iowa	2002
Andrew McKessock	8:14		2000
Sjaan Gerth	8:16	Pennsylvania	2003
Jason Wepler	8:21.66	S. Carolina	1997
Mike Thorson	8:22.35	Notre Dame	2002
Will McComb	8:24.80	Hamilton	1998
Bob McGill	8:30.00	Hamilton	1997
Bruce Wright	8:31	Oklahoma	1999
George Condry	8:32	Sudbury	1990

5000

Kurt Benninger	13:30.27	California	2009
Will McComb	14:17.87	California	2001
Jason Wepler	14:26.24	N. Carolina	1997
Mike Thorson	14:29	Victoria	2007
Andrew McKessock	14:35	Sarina	1999
Bruce Wright	14:41	Oklahoma	
Neil Gowan	14:59	Alabama	1997
Bob McGill	15:01.4	York	1997
George Condry	15:02.53	NB	1990
Max Johnston	15:12		

10 000

Jason Wepler	30:22.00	California	1999
Bruce Wright	31.15		
Bob McGill	31:51	Kitchener	1996
Neil Gowan	31:54	Alabama	1997
Max Johnston	32:23		
George Condry	32:30.5	New Brunswick	1990
David Scarrow	32:55	Sudbury	1988
Mike Gowan	34:24	Sudbury	1997
Chris Clayton	35:15	Kitchener	1986
Marvin Bauman	35:46	Kitchener	1990

Disabled

800 Jonathon King	2:37	England	1997
1500 Jonathon King	5:20	England	1997

1500ms/c

C. Scarrow	4:34.64	Peterborough	1986
C. Clayton	4:37.87	Burlington	1986
Steve Fischer	4:46.7	Kincardine	2001
D. Scarrow	4:47.1	Kitchener	1986
Ian Vigars	5:02.1	London	1984

2000ms/c

Jordan Collison	5:51.01	London	2010
Sjaan Gerth	6:01	Windsor	2000
Steve Fisher	6:15.88	St. Catherines	2003
C. Scarrow	6:22		1986

3000ms/c

Sjaan Gerth	8:53	Ohio	2003
Mike Thorson	9:15.13	Stanford	2002
Jordan Collison	9:47.19	Abbotsford	2008
Steve Fischer	10:09.67	Saskatoon	2003

Masters

30-34

5k

Jason Wepler	16:00	Meaford	2006
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35-39

800

John Kaandorp	2:19	York	2005
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1500

Jeff Barrett	4:16.87	York	2006
John Kaandorp	4:26.23	York	2007
Ken Gosleigh	4:38.34		2007

3000

Ken Gosleigh	9:25.22	Toronto	2007
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5000

Ken Gosleigh	16:52.51	London	2005
John Kaandorp	17:10.	London	2007

5K

Jeff Barrett	16:16	Meaford	2006
Maarvin Bauman	17:09	Guelph	2006
Ken Gosleigh	17:16	London	2006
Brian Hilbers	17:39	Hamilton	2005

10K

Ken Gosleigh	35:49	Ottawa	2005
Jeff Barrett	34:51	Hamilton	2004
Marvin Bauman	35:52	Fergus	2005
Brian Hilbers	36:19.9	Ottawa	2006

½ Marathon

B. Hilbers	1:20.21	Toronto	2004
K. Gosleigh	1:21.37	Toronto	2006

Marathon

Brian Hilbers	3:09.48	Toronto	2005
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40-44

800

John Kaandorp	2:19.70	York	2006
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1500

J. Kaandorp	4:24.59	London	2006
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3000

John Kaandorp	10:14		2005
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5k Road

John Kaandorp	16:48	Meaford	2006
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10k Road

John Kaandorp	35:59		2005
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WOMEN

800

Jeanette Wood	2:03	Ottawa	1989
Shannon Gribbons	2:13.30	Sarnia	2007
Laine Misch	2:14.26	Windsor	2000
Donalda Duprey	2:14		
M.J. Middelkoop	2:16.8		
Cheyenne Hunter	2:16.90	London	2010
Julie Martin	2:16	Hamilton	1996
Patrice Kuntz	2:17	York	1992
Nicole Simmie	2:18.73	Hamilton	2000
Tanya Bielby	2:19.4	Etobicoke	1988

Geordie Farrell	39:09R	Toronto	1996
Kim McCormack	43:56R	Toronto	1995
Leslie Andrews	45:46R	Waterloo	1983

2000ms/c

Laine Misch	7.44.88	Sudbury	1998
Kim McCormack	8:04	Sudbury	1997

1500ms/c

Lizz Hodgson	5:28.25	Toronto	2008
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1500

Shannon Gribbons	4:30.51	Sherbrooke	2006
Julie Martin	4:33.96	Sudbury	1996
Laine Misch	4:34.67	Montreal	2000
Cheyenne Hunter	4:37.42	London	2010
Heather Stroeder	4:39.30	Windsor	2004
Patrice Kuntz	4:35	Florida	1995
M.J. Middelkoop	4:39		1995
Kyla Vanderzwet	4.45.67	Hamilton	2004
Cathy White	4:48.5	London	1995
Sarah Champion	4:49.9	Hamilton	1999

Mile

Shannon Gribbons	5:01.77	New York	2007
Heather Stroeder	5:12.60	Cambridge	2004
Kyla Vanderzwet	5:30.39	Cambridge	2004
Veronica Allan	5:32.41	Toronto	2008
Cheyenne Hunter	5:35.0	Brampton	2007

3000

Patrice Kuntz	9:33	Alabama	1995
Laura Martin	9:43.79	Arkansas	1998
Julie Martin	9:50.89	Kitchener	1996
M.J. Middelkoop	9:54.60		1994
Jessie Bastian	10:06.39	Ottawa	2001
Heather Stroeder	10:15.49	London	2004
Shannon Gribbons	10:17.19	Windsor	2004
Laine Misch	10:22	London	2000
Melanie Reid	10:24	York	1993
Cathy White	10:28.3	Kincardine	1995

5000

Patrice Kuntz	16:33	Alabama	1995
M.J. Middelkoop	17:24		1995
Laura Martin	17:49	Louisiana	1998
Heather Stroeder	18:08 T	Toronto	2004
Shannon Gribbons	18.22 R	London	2004
Cheyenne Hunter	18:39.6R	London	2009
Shelly Price	19:02	Ottawa	2001
Cathy White	19:02R	Toronto	1995
Audrey Fyke	19:04	Flesherton	1989
Baillie Locke	19:06	Meaford	2005

10 000

Patrice Kuntz	35:38	Mississippi	1997
Shelly Price	37:40 R	London (conv)	2001
MJ Middelkoop	38:00.06	Ottawa	1994