

Copps Indoor

Joe Sax (1952-2004)



It is with deep regret that we report the passing of Joe Sax a distinguished runner, coach and administrator. Mr. Sax started his career as a young phenom at Danforth Tech and the Toronto Olympic Club in the late 60's and was the OFSAA mile champion in 1971. Attending U. of T. and Western, he was twice named first team all-Canadian in Cross Country.

He medalled at the Canadian Track and Field Championships 6 times, winning the 3000m steeple chase twice and setting the Canadian Record in 1977. He was also a member of the 1978 Commonwealth Games team.

In 1981, he demonstrated his versatility by winning Hamilton's 19km Around the Bay Race.

Later as a teacher and coach he helped to develop many outstanding high school and club athletes.

Mr. Sax's conection with this web site was as meet director of the Iona CSS High School Cross Country Meet, the largest high school meet in Ontario (2800 entries most recently) which he managed for several years and which was an integral part of the Golden Horseshoe Series. He will be sorely missed.