

Results - 5K road race - Age Grading: 1 Yr Indiv & 5 yr Multi**W29&U 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Women 29 & Under			
3 Bronwen Moore	W26 Unattached	23:21.00	23:21.01 63.38%

M30 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 30			
1 Jimmy Semes	M31 Village People R	19:00.00	18:54.53 68.25%

M35 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 35			
1 Kevin Farr	M39 UTTC	17:02.00	16:13.05 79.55%
2 Gary Pluim	M39 UTTC	17:43.00	16:52.09 76.48%

W35 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 35			
4 Sandra Tam	W39 Longboat RR	24:06.00	23:24.51 63.21%

M40 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 40			
1 David Moore	M42 UTTC	17:05.00	15:54.28 81.07%

M45 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 45			
1 Vince Friel	M47 South Simco	16:58.00	15:11.93 84.87%
1 Doug Leclair	M49 Unattached	19:15.00	16:58.37 76.02%
2 John Loney	M45 Unattached	17:08.00	15:35.38 82.78%
3 Kevin Hooper	M47 Unattached	17:54.00	16:02.09 80.45%
4 Simon Rayner	M46 Unattached	18:02.00	16:16.83 79.21%
8 Christian Schweter	M46 Unattached	22:29.00	20:17.88 63.53%

W45 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 45			
1 Annie Bunting	W45 UTTC	19:09.00	17:44.67 83.38%
6 Barbara Lindegger	W45 Unattached	26:48.00	24:49.98 59.58%

Results - 5K road race - Age Grading: 1 Yr Indiv & 5 yr Multi**W50 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Women 50			
2 Dawn Hamel	W54 South Simco	20:52.00	17:20.54 85.30%

M55 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 55			
3 Henry Cirocki	M57 Unattached	21:09.00	17:27.44 73.92%

W55 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 55			
5 Mary Jacobs	W56 UTTC	26:30.00	21:26.79 68.99%
8 Cathy Tedford	W56 Runner's Life	32:58.00	26:40.80 55.46%

M60 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 60			
2 Richard Bailey	M62 Longboat RR	20:51.00	16:28.55 78.34%
4 Dave McGill	M64 Track North	21:32.00	16:42.73 77.17%
9 Duncan Greenshields	M61 UTTC	24:47.00	19:45.44 65.30%

M65 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 65			
7 Robert Moore	M69 Toronto Olym	22:13.00	16:26.69 78.47%
11 John Powell	M66 EtobicokeTC	32:01.00	24:23.81 52.89%

W65 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 65			
7 Tina de Geus	W66 Longboat RR	29:56.00	20:57.74 70.60%

M70 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 70			
5 Jack Geddes	M72 Scarborough Masters	22:04.00	15:44.55 81.95%
6 Bob Glazier	M71 Toronto Running	22:12.00	16:03.04 80.41%
10 Jim Pascoe	M72 Rouge River RR	26:39.00	19:00.73 67.85%