

**Results - 5K road race - Age Grading: 1 Yr Indiv & 5 yr Multi****M30 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Men 30			
1 Jimmy Semes	M31 Village People R	19:02.00	18:56.52 68.13%

**W30 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Women 30			
1 Bronwen Moore	W32 Unattached	22:43.00	22:39.46 65.30%

**M35 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Men 35			
1 Simon Francis	M35 Unattached	22:38.00	22:09.22 58.25%

**M40 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Men 40			
1 David Moore	M42 UTTC	17:44.00	16:30.59 78.10%
2 Jordan Rosenberg	M40 UTTC	18:52.00	17:49.86 72.35%

**M45 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Men 45			
1 Doug Leclair	M49 Unattached	19:22.00	17:04.54 75.56%
2 Christian Schweter	M46 Unattached	21:43.00	19:36.35 65.77%

**W45 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Women 45			
1 Barbara Lindegger	W45 Unattached	25:41.00	23:47.90 62.17%

**W50 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Women 50			
-- Dawn Hamel	W54 South Simco	DNF	

**W55 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Women 55			
1 Maureen Mancuso	W56 Longboat RR	22:12.00	17:57.99 82.36%
2 Mary Jacobs	W56 UTTC	25:27.00	20:35.81 71.84%

**Results - 5K road race - Age Grading: 1 Yr Indiv & 5 yr Multi****M65 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Men 65			
1 Robert Moore	M69 Toronto Olym	22:08.00	16:22.99 78.77%
2 Jim Prince	M67 Unattached	22:50.00	17:14.36 74.82%

**M70 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Men 70			
1 Bob Glazier	M71 Toronto Running	22:13.00	16:03.76 80.35%
2 Jim Pascoe	M72 Rouge River RR	26:38.00	19:00.02 67.90%