

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			
7 Jimmy Semes	M31 Village People R	20:19.00	20:13.15 63.82%

M35 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 35			
1 Michal Kapral	M37 Unattached	16:51.00	16:16.83 79.23%
13 Simon Francis	M35 Unattached	24:10.00	23:39.27 54.55%

M40 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 40			
2 Kevin Farr	M40 UTTC	17:30.00	16:32.36 78.00%

W40 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 40			
2 Edel Ebbs	W40 UTTC	22:26.00	21:39.30 68.35%

M45 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 45			
4 Paul Osland	M46 UTTC	17:45.00	16:01.49 80.47%
5 John Willett	M48 Unattached	18:27.00	16:23.91 78.68%
6 Simon Rayner	M46 Unattached	18:38.00	16:49.34 76.65%
10 Christian Schweter	M46 Unattached	21:50.00	19:42.67 65.42%

W45 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 45			
1 Tracey Snarr	W45 Newmarket Huskies	21:07.00	19:34.01 75.61%
3 Barbara Lindegger	W45 Unattached	24:56.00	23:06.20 64.04%

M50 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 50			
3 Paul Huyer	M51 The Runway	17:34.00	15:14.46 84.63%
9 David Downer	M50 Unattached	21:37.00	18:54.49 68.23%

Results - 5K road race - Age Grading: 1 Yr Indiv & 5 yr Multi**M55 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Men 55			
8 Henry Cirocki	M57 Unattached	21:08.00	17:26.61 73.97%

M55 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 55			
4 Mary Jacobs	W56 UTTC	26:18.00	21:17.08 69.52%

M60 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 60			
14 Duncan Greenshields	M61 UTTC	24:38.00	19:38.27 65.70%

M65 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 65			
12 Robert Moore	M69 Toronto Olym	22:44.00	16:49.64 76.69%

M70 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 70			
11 Bob Glazier	M71 Toronto Running	22:13.00	16:03.76 80.35%