

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M35 5000 Meter Run**

Name	Age	Team	Finals	H#	Points
				H#	
				H#	

Results - Men 35

2	Gary Pluim	M39	University of Toronto TC	17:35.00
8	Michael Mendis	M35	University of Toronto TC	20:14.00
16	Simon Francis	M35	Unattached	23:19.00

M40 5000 Meter Run**Results - Men 40**

6	Michael Chang	M43	University of Toronto TC	18:31.00
7	Jordan Rosenberg	M41	University of Toronto TC	20:07.00
9	Rob Welsh	M41	University of Toronto TC	20:26.00

W40 5000 Meter Run**Results - Women 40**

1	Kimberley Black	W40	Unattached	22:27.00
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M45 5000 Meter Run**Results - Men 45**

1	Michael Sherar	M46	University of Toronto TC	17:25.00
3	Paul Osland	M46	University of Toronto TC	18:02.00
5	Simon Rayner	M46	Unattached	18:24.00

M50 5000 Meter Run**Results - Men 50**

4	James Earl	M51	East Toronto Striders	18:07.00
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M55 5000 Meter Run**Results - Men 55**

11	Henry Cirocki	M57	Unattached	21:03.00
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W55 5000 Meter Run**Results - Women 55**

2	Mary Jacobs	W57	University of Toronto TC	28:23.00
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M60 5000 Meter Run**Results - Men 60**

10	Richard Bailey	M62	Longboat Road Runners	20:30.00
13	Murray Hale	M60	Unattached	21:58.00
17	Yannis Fragiadakis	M62	Unattached	24:46.00

M65 5000 Meter Run**Results - Men 65**

14	Robert Moore	M69	Toronto Olympic Club	22:00.00
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M70 5000 Meter Run**Results - Men 70**

12	Jack Geddes	M73	Scarborough Masters	21:33.00
15	Bob Glazier	M72	Toronto Running Club	22:44.00
18	Jim Pascoe	M72	Rouge River RR	28:05.00