

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M29&U 4000 Meter**

| Name                     | Age Team               | Finals   | Age-Grading Points |
|--------------------------|------------------------|----------|--------------------|
| Results - Men 29 & Under |                        |          |                    |
| 1 Colin Campbell         | M26 Unattached         | 14:20.00 | 14:20.01 69.53%    |
| 2 Francois Girard        | M27 Unattached         | 15:11.00 | 15:11.01 65.64%    |
| 3 Itamar Zilberman       | M17 Unattached         | 15:12.00 | 14:30.97 68.66%    |
| 4 Jeremy Farquharson     | M21 Farquharson Family | 17:24.00 | 17:19.93 57.50%    |
| 5 Alexander Farquharson  | M26 Farquharson Family | 19:39.00 | 19:39.01 50.72%    |
| 6 Brett Farquharson      | M21 Farquharson Family | 21:22.00 | 21:17.01 46.83%    |
| 7 Aaron Farquharson      | M21 Farquharson Family | 21:23.00 | 21:18.00 46.79%    |

**M30 4000 Meter**

| Name             | Age Team        | Finals   | Age-Grading Points |
|------------------|-----------------|----------|--------------------|
| Results - Men 30 |                 |          |                    |
| 1 Michael Doyle  | M32 Longboat RR | 13:52.00 | 13:45.52 72.44%    |
| 2 Mike Manongdo  | M30 Longboat RR | 15:24.00 | 15:21.70 64.88%    |

**W30 4000 Meter**

| Name                 | Age Team               | Finals   | Age-Grading Points |
|----------------------|------------------------|----------|--------------------|
| Results - Women 30   |                        |          |                    |
| 1 Chantal Warriner   | W32 Newmarket Huskies  | 15:24.00 | 15:20.96 74.16%    |
| 2 Carrie Byer        | W33 Newmarket Huskies  | 16:31.00 | 16:25.36 69.32%    |
| 3 Heather Wicken     | W32 UTTC               | 17:58.00 | 17:54.45 63.57%    |
| 4 Tanya Sakharov     | W31 Boardwalk Runnin   | 18:14.00 | 18:12.36 62.53%    |
| 5 Carrie Farquharson | W30 Farquharson Family | 37:16.00 | 37:15.11 30.56%    |

**M35 4000 Meter**

| Name             | Age Team              | Finals   | Age-Grading Points |
|------------------|-----------------------|----------|--------------------|
| Results - Men 35 |                       |          |                    |
| 1 Jay Brecher    | M38 UTTC              | 14:05.00 | 13:30.53 73.78%    |
| 2 Bill Wells     | M38 Unattached        | 14:24.00 | 13:48.75 72.16%    |
| 3 Mario Iozzo    | M36 Newmarket Huskies | 14:27.00 | 14:03.51 70.90%    |
| 4 Gregor Kranjc  | M38 Longboat RR       | 14:56.00 | 14:19.45 69.58%    |
| 5 Steve Metzger  | M36 Longboat RR       | 15:10.00 | 14:45.34 67.55%    |
| 6 Ming Tsai      | M39 UTTC              | 15:19.00 | 14:34.98 68.34%    |
| 7 Michael Mendis | M37 UTTC              | 16:17.00 | 15:43.98 63.35%    |
| 8 Jason Wood     | M35 Boardwalk Runnin  | 16:35.00 | 16:13.91 61.40%    |

**W35 4000 Meter**

| Name               | Age Team              | Finals   | Age-Grading Points |
|--------------------|-----------------------|----------|--------------------|
| Results - Women 35 |                       |          |                    |
| 1 Sarah Nagy       | W39 Newmarket Huskies | 15:20.00 | 14:48.36 76.88%    |
| 2 Becky Patten     | W38 Toronto Olym      | 16:42.00 | 16:14.05 70.12%    |

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M40 4000 Meter**

| Name               | Age Team                | Finals   | Age-Grading Points |
|--------------------|-------------------------|----------|--------------------|
| Results - Men 40   |                         |          |                    |
| 1 Rodney Loeppky   | M43 Physi-kult Kingston | 13:58.00 | 12:54.32 77.23%    |
| 2 Greg McNab       | M40 Don't Get Lost A    | 14:04.00 | 13:17.67 74.97%    |
| 3 Chris Jocelyn    | M42 Don't Get Lost A    | 14:16.00 | 13:16.94 75.04%    |
| 4 Phil Oreopoulos  | M40 Toronto Olym        | 14:18.00 | 13:30.90 73.75%    |
| 5 Kevin Farr       | M42 UTTC                | 14:37.00 | 13:36.49 73.24%    |
| 6 Derek Hackshaw   | M43 Newmarket Huskies   | 15:14.00 | 14:04.54 70.81%    |
| 7 Mirco Graenert   | M43 Newmarket Huskies   | 15:59.00 | 14:46.12 67.49%    |
| 8 Dan Rishworth    | M40 Unattached          | 16:21.00 | 15:27.15 64.50%    |
| 9 Scott Lampard    | M42 Toronto Olym        | 16:44.00 | 15:34.73 63.98%    |
| 10 Greg Bonhomme   | M43 Longboat RR         | 19:21.00 | 17:52.77 55.74%    |
| 11 Paul Kavanagh   | M44 Unattached          | 20:22.00 | 18:40.46 53.37%    |
| 12 Tamsin Atherton | M44 Unattached          | 23:57.00 | 21:57.59 45.39%    |

**W40 4000 Meter**

| Name               | Age Team        | Finals   | Age-Grading Points |
|--------------------|-----------------|----------|--------------------|
| Results - Women 40 |                 |          |                    |
| 1 Leanne Shafir    | W43 UTTC        | 16:30.00 | 15:23.77 73.94%    |
| 2 Sandra Tam       | W41 Longboat RR | 19:56.00 | 18:57.04 60.07%    |

**M45 4000 Meter**

| Name             | Age Team              | Finals   | Age-Grading Points |
|------------------|-----------------------|----------|--------------------|
| Results - Men 45 |                       |          |                    |
| 1 Geoff Peat     | M49 Newmarket Huskies | 14:12.00 | 12:31.21 79.61%    |
| 2 Michael Chang  | M45 UTTC              | 15:00.00 | 13:38.92 73.02%    |
| 3 Simon Rayner   | M48 Unattached        | 15:10.00 | 13:28.81 73.94%    |
| 4 Rob Blair      | M48 Newmarket Huskies | 16:03.00 | 14:15.92 69.87%    |
| 5 Steve Pimentel | M48 Xsnrg             | 16:09.00 | 14:21.25 69.43%    |
| 6 Rob Hanks      | M49 Longboat RR       | 16:37.00 | 14:39.06 68.03%    |
| 7 Eric Rogers    | M49 Toronto Olym      | 17:50.00 | 15:43.42 63.39%    |

**W45 4000 Meter**

| Name                  | Age Team              | Finals   | Age-Grading Points |
|-----------------------|-----------------------|----------|--------------------|
| Results - Women 45    |                       |          |                    |
| 1 Kathryn Sullivan    | W46 Newmarket Huskies | 17:05.00 | 15:24.45 73.88%    |
| 2 Tracey Snarr        | W48 Newmarket Huskies | 17:35.00 | 15:28.41 73.57%    |
| 3 Ginette Jones       | W46 Newmarket Huskies | 18:00.00 | 16:14.06 70.12%    |
| 4 Nathalie Auger      | W46 UTTC              | 18:02.00 | 16:15.86 69.99%    |
| 5 Gwen Bailey-Mason   | W46 UTTC              | 18:34.00 | 16:44.72 67.98%    |
| 6 Kate Cochrane-Brink | W45 UTTC              | 18:52.00 | 17:13.30 66.10%    |
| 7 Jennifer Rout       | W47 Newmarket Huskies | 19:07.00 | 17:01.87 66.84%    |
| 8 Aura Reynoso        | W46 Newmarket Huskies | 20:41.00 | 18:39.26 61.02%    |
| 9 Anke Graenert       | W45 Newmarket Huskies | 21:00.00 | 19:10.13 59.38%    |

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M50 4000 Meter**

| Name                | Age Team               | Finals   | Age-Grading Points |
|---------------------|------------------------|----------|--------------------|
| Results - Men 50    |                        |          |                    |
| 1 Chris Deighan     | M52 Newmarket Huskies  | 13:57.00 | 12:00.33 83.02%    |
| 2 Desmond Moloney   | M51 East Toronto       | 15:25.00 | 13:22.54 74.51%    |
| 3 Robert Campbell   | M52 Longboat RR        | 15:26.00 | 13:16.92 75.04%    |
| 4 Bruce Grierson    | M51 Newmarket Huskies  | 15:43.00 | 13:38.15 73.09%    |
| 5 James Wallace     | M50 UTTC               | 15:54.00 | 13:54.47 71.66%    |
| 6 John Willett      | M50 UTTC               | 15:56.00 | 13:56.22 71.51%    |
| 7 Chris McDonald    | M53 Unattached         | 15:57.00 | 13:36.90 73.20%    |
| 8 Tom Callaghan     | M52 Newmarket Huskies  | 16:13.00 | 13:57.37 71.41%    |
| 9 Mark Duff         | M50 Boardwalk Runnin   | 16:16.00 | 14:13.71 70.05%    |
| 10 Jay Yakabowich   | M50 UTTC               | 16:23.00 | 14:19.84 69.55%    |
| 11 Jim Freemantle   | M54 Newmarket Huskies  | 16:47.00 | 14:12.43 70.15%    |
| 12 Peter Gordon     | M52 UTTC               | 17:07.00 | 14:43.84 67.66%    |
| 13 John Farquharson | M51 Farquharson Family | 19:50.00 | 17:12.45 57.92%    |

**W50 4000 Meter**

| Name                 | Age Team              | Finals   | Age-Grading Points |
|----------------------|-----------------------|----------|--------------------|
| Results - Women 50   |                       |          |                    |
| 1 Elizabeth Primrose | W51 Toronto Olym      | 15:47.00 | 13:22.21 85.14%    |
| 2 Heather O'Hagan    | W51 Newmarket Huskies | 18:23.00 | 15:34.36 73.10%    |
| 3 Lynda de Boer      | W53 UTTC              | 18:32.00 | 15:17.63 74.43%    |
| 4 Rita Botelho       | W52 UTTC              | 18:41.00 | 15:37.27 72.87%    |
| 5 Nicky Slovitt      | W52 UTTC              | 24:04.00 | 20:07.33 56.57%    |

**M55 4000 Meter**

| Name               | Age Team               | Finals   | Age-Grading Points |
|--------------------|------------------------|----------|--------------------|
| Results - Men 55   |                        |          |                    |
| 1 Jerry Kooymans   | M57 Toronto Olym       | 14:12.00 | 11:43.25 85.04%    |
| 2 Wayne Chee       | M58 UTTC               | 17:10.00 | 14:02.96 70.94%    |
| 3 Jim Rawling      | M57 Longboat RR        | 17:38.00 | 14:33.28 68.48%    |
| 4 Alex Keeting     | M55 EtobicokeTC        | 20:31.00 | 17:13.43 57.87%    |
| 5 Dave Farquharson | M56 Farquharson Family | 32:33.00 | 27:05.68 36.78%    |
| 6 Eric Farquharson | M56 Farquharson Family | 44:46.00 | 37:15.83 26.75%    |
| 7 Neil Farquharson | M56 Farquharson Family | 45:02.00 | 37:29.15 26.59%    |

**W55 4000 Meter**

| Name               | Age Team            | Finals   | Age-Grading Points |
|--------------------|---------------------|----------|--------------------|
| Results - Women 55 |                     |          |                    |
| 1 Clara Northcott  | W58 Mississauga Tra | 19:53.00 | 15:19.09 74.31%    |
| 2 Cathy Tedford    | W59 Runner's Life   | 33:31.00 | 25:27.16 44.72%    |

**M60 4000 Meter**

| Name             | Age Team              | Finals   | Age-Grading Points |
|------------------|-----------------------|----------|--------------------|
| Results - Men 60 |                       |          |                    |
| 1 John Helliker  | M61 UTTC              | 16:26.00 | 13:06.04 76.08%    |
| 2 Ken Hamilton   | M62 Newmarket Huskies | 17:00.00 | 13:26.01 74.19%    |
| 3 Richard Bailey | M64 Longboat RR       | 17:25.00 | 13:31.03 73.73%    |

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****....M60 4000 Meter**

|                    |                        |          |          |        |
|--------------------|------------------------|----------|----------|--------|
| 4 Murray Hale      | M62 Newmarket Huskies  | 18:24.00 | 14:32.39 | 68.55% |
| 5 Tim Payne        | M62 Newmarket Huskies  | 18:57.00 | 14:58.46 | 66.56% |
| 6 John Lyng        | M62 Longboat RR        | 20:59.00 | 16:34.87 | 60.11% |
| 7 Russell Bilodeau | M60 Burlington Runners | 21:44.00 | 17:28.81 | 57.02% |
| 8 John Faulkner    | M64 Burlington Runners | 22:19.00 | 17:19.20 | 57.54% |
| 9 George McMenemy  | M63 Burlington Runners | 28:15.00 | 22:07.53 | 45.05% |

**W60 4000 Meter**

| Name               | Age Team               | Finals   | Age-Grading Points |
|--------------------|------------------------|----------|--------------------|
| Results - Women 60 |                        |          |                    |
| 1 Christine McLean | W61 Unattached         | 21:31.00 | 15:52.12 71.74%    |
| 2 Ginny Megin      | W62 Burlington Runners | 27:20.00 | 19:51.63 57.32%    |

**M65 4000 Meter**

| Name             | Age Team              | Finals   | Age-Grading Points |
|------------------|-----------------------|----------|--------------------|
| Results - Men 65 |                       |          |                    |
| 1 Tony Teddy     | M66 Longboat RR       | 18:38.00 | 14:11.92 70.19%    |
| 2 Hugh Connolly  | M67 Longboat RR       | 18:45.00 | 14:09.38 70.40%    |
| 3 Bert de Vries  | M66 Longboat RR       | 19:10.00 | 14:36.31 68.24%    |
| 4 Larry Bobbett  | M67 Newmarket Huskies | 19:30.00 | 14:43.36 67.70%    |
| 5 John Powell    | M68 EtobicokeTC       | 27:01.00 | 20:12.35 49.33%    |

**W65 4000 Meter**

| Name               | Age Team        | Finals   | Age-Grading Points |
|--------------------|-----------------|----------|--------------------|
| Results - Women 65 |                 |          |                    |
| 1 Nancy Wells      | W66 Longboat RR | 20:41.00 | 14:07.24 80.62%    |
| 2 Claire Prest     | W67 Longboat RR | 21:40.00 | 14:33.35 78.21%    |
| 3 Jennifer Penney  | W65 Longboat RR | 23:00.00 | 15:57.31 71.35%    |

**M70 4000 Meter**

| Name               | Age Team                | Finals   | Age-Grading Points |
|--------------------|-------------------------|----------|--------------------|
| Results - Men 70   |                         |          |                    |
| 1 Robert Moore     | M71 Toronto Olym        | 19:17.00 | 13:56.52 71.49%    |
| 2 Vern Christensen | M71 Scarborough Masters | 19:28.00 | 14:04.47 70.81%    |
| 3 Jim Pascoe       | M74 Rouge River RR      | 24:41.00 | 17:05.30 58.32%    |

**M75 4000 Meter**

| Name             | Age Team                | Finals   | Age-Grading Points |
|------------------|-------------------------|----------|--------------------|
| Results - Men 75 |                         |          |                    |
| 1 Jack Geddes    | M75 Scarborough Masters | 19:03.00 | 12:58.16 76.85%    |
| 2 Donald Banks   | M78 Longboat RR         | 23:49.00 | 15:18.14 65.13%    |
| 3 Richard Graves | M79 EtobicokeTC         | 25:03.00 | 15:44.64 63.30%    |

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M80 4000 Meter**

| Name             | Age Team         | Finals   | Age-Grading Points |
|------------------|------------------|----------|--------------------|
| Results - Men 80 |                  |          |                    |
| 1 Ralph Lang     | M84 Metro Fitnes | 28:42.00 | 15:45.04 63.28%    |