

Don's Harriers 4K - 2015-10-04
Results - Age Grading: 1 Yr Indiv & 5 yr Multi

M29&U 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 29 & Under			
43 Brett Farquharson	M22 Farquharson Family	23:34.00	23:33.44 42.31%

M30 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 30			
1 Peter Lovisek	M31 Black Lungs Toronto	13:17.00	13:13.18 75.39%
2 Nick Croker	M30 Black Lungs Toronto	13:25.00	13:22.99 74.47%
18 Steve Elliot	M31 Black Lungs Toronto	15:30.00	15:25.54 64.61%

W30 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 30			
3 Kelly Smith	W32 Black Lungs Toronto	15:59.00	15:55.84 71.46%
6 Tanya Sakharov	W34 Boardwalk Runnin	16:31.00	16:22.28 69.53%

M35 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 35			
6 Mike Doyle	M35 Black Lungs Toronto	13:52.00	13:34.37 73.43%
14 Justin Pozin	M35 Xsnrg	14:39.00	14:20.37 69.51%
20 Shawn Davies	M36 Black Lungs Toronto	15:52.00	15:26.21 64.57%
38 Jonathan Colford	M37 Unattached	21:19.00	20:35.78 48.39%

M40 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 40			
5 Dave Tepper	M40 Newmarket Huskies	13:46.00	13:00.66 76.60%
11 Bill Wells	M40 UTTC	14:20.00	13:32.79 73.57%
21 Dan Rishworth	M42 Unattached	15:58.00	14:51.90 67.05%
23 Jean-Emile Paraiso	M42 Longboat RR	16:12.00	15:04.94 66.08%
32 Blair Nicolle	M43 UTTC	17:43.00	16:22.22 60.88%

W40 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 40			
1 Heather Pady	W41 Unattached	15:43.75	14:57.23 76.12%
7 Amy Ballon	W44 UTTC	16:40.00	15:23.31 73.97%
12 Elaine Lavalee	W43 Xsnrg	18:05.00	16:52.42 67.46%
23 Sandra Tam	W44 Longboat RR	21:28.00	19:49.22 57.43%

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M45 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 45			
3 Derek Hackshaw	M46 Newmarket Huskies	13:34.00	12:14.88 81.37%
10 David Moore	M47 Unattached	14:17.00	12:47.71 77.89%
16 Mirco Graenert	M46 Newmarket Huskies	15:01.00	13:33.43 73.52%

W45 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 45			
2 Leanne Shafir	W45 MB Performance	15:50.00	14:27.17 78.76%
4 Anne Byrne	W49 Black Lungs Toronto	16:22.00	14:13.36 80.04%
5 Elaine Mota	W49 Newmarket Huskies	16:27.00	14:17.71 79.63%
9 Nancy Catton	W47 UTTC	17:30.00	15:35.45 73.01%
10 Veronica Biggar	W46 Newmarket Huskies	17:36.00	15:52.41 71.71%
13 Kate Cochrane-Brink	W48 UTTC	18:08.00	15:57.45 71.34%
17 Anke Graenert	W48 Newmarket Huskies	19:19.00	16:59.93 66.97%
19 Aura Reynoso	W49 Newmarket Huskies	19:55.00	17:18.46 65.77%
22 Luci Crawford	W47 Unattached	21:06.00	18:47.88 60.56%

M50 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 50			
4 Stuart Galloway	M54 UTTC	13:37.00	11:31.60 86.47%
7 Geoff Peat	M52 Newmarket Huskies	13:54.00	11:57.75 83.32%
8 Anthony MacIsaac	M50 UTTC	14:06.00	12:20.00 80.81%
9 Jim Dyck	M50 MB Performance	14:09.00	12:22.63 80.53%
13 Vince Friel	M52 Newmarket Huskies	14:36.00	12:33.89 79.32%
15 Michael Sherar	M51 UTTC	14:52.00	12:53.90 77.27%
17 John Meijer	M54 Black Lungs Toronto	15:14.00	12:53.71 77.29%
19 Roger Moss	M52 Longboat RR	15:41.00	13:29.83 73.84%
22 Rob Blair	M51 Newmarket Huskies	16:05.00	13:57.24 71.43%
25 Mark Duff	M53 Boardwalk Runnin	16:21.00	13:57.39 71.41%
30 Trevor Kobe	M54 Longboat RR	17:15.00	14:36.13 68.26%
42 John Farquharson	M54 Farquharson Family	23:33.00	19:56.11 50.00%

W50 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 50			
8 Annie Bunting	W51 UTTC	17:16.00	14:37.60 77.83%
14 Nancy Chong	W53 Unattached	18:14.00	15:02.77 75.66%
20 Wilma Ward	W51 Unattached	20:10.00	17:05.00 66.63%
25 Christine Farquharson	W52 Farquharson Family	27:45.00	23:12.11 49.06%

M55 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 55			
12 Chris Deighan	M55 Newmarket Huskies	14:21.00	12:02.81 82.73%

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24 Armand D'Oliveira	M55 UTTC	16:15.00	13:38.52	73.06%
26 Jim Freemantle	M57 Newmarket Huskies	16:29.00	13:36.33	73.26%
27 Peter Gordon	M55 UTTC	16:33.00	13:53.63	71.74%
28 Walter Faion	M55 UTTC	16:56.00	14:12.94	70.11%
34 Jon Comerford	M58 UTTC	18:39.00	15:15.79	65.30%

W55 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 55			
15 Lynn Kobayashi	W59 UTTC	18:55.00	14:21.92 79.24%
16 Rita Botelho	W55 UTTC	19:01.00	15:16.57 74.52%
24 Katherine Willis	W56 UTTC	23:19.00	18:28.43 61.62%

M60 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 60			
31 Tony Farr	M60 UTTC	17:28.00	14:02.91 70.94%
33 Jim Rawling	M60 Longboat RR	17:56.00	14:25.43 69.10%
36 Calvin Little	M60 Windsor Legion	20:08.00	16:11.60 61.55%
39 Doug Smith	M64 UTTC	21:36.00	16:45.83 59.45%

W60 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 60			
11 Dawn Hamel	W60 Unattached	17:46.00	13:17.91 85.60%
18 Clara Northcott	W61 UTTC	19:38.00	14:28.78 78.62%
26 Cathy Tedford	W62 Unattached	34:02.00	24:43.72 46.03%

M65 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 65			
29 Richard Bailey	M67 Longboat RR	17:01.00	12:50.86 77.58%
40 Duncan Greenshields	M66 UTTC	21:54.00	16:41.27 59.72%

W65 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 65			
21 Nancy Wells	W69 Longboat RR	21:05.00	13:42.13 83.08%

M70 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 70			
35 Vern Christensen	M74 UTTC	19:46.00	13:41.07 72.83%
37 Robert Moore	M74 Toronto Olym	20:36.00	14:15.69 69.89%

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41 Gary McColeman	M73 UTTC	22:58.00	16:08.88	61.72%
44 John Powell	M71 EtobicokeTC	30:29.00	22:02.37	45.22%

M85 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 85			
45 Ralph Lang	M87 Unattached	31:31.00	15:32.84 64.11%