

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W29&U 5000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Women 29 & Under			
1 Megan Lewis-Schneider	W19 Unattached	19:35.00	19:30.42 75.83%
2 Anna Pietrangelo	W28 U OF T	24:53.00	24:53.01 59.48%

M30 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 30			
1 Mike Doyle	M33 Black Lungs Toronto	17:15.00	17:03.10 75.65% CR

W30 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 30			
1 Katherine Ahokas	W30 Muskoka Algonqui	19:29.00	19:28.65 75.96%
2 Joan Chung	W30 UTTC	20:49.00	20:48.63 71.10%
3 Myndi Quirion	W33 Megan Brown Perf	21:52.00	21:45.97 67.99%
4 Juliana Tobon	W31 Longboat RR	24:22.00	24:20.40 60.81%

M35 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 35			
1 Jason Matthews	M39 UTTC	17:04.00	16:14.96 79.39% 1 CR
(ols CR 17:05 Jay Brecher 2012)			
2 Larry Bradley	M39 Toronto Olym	17:54.00	17:02.56 75.70%
3 Mike Greenberg	M39 UTTC	18:09.00	17:16.84 74.66% 2
4 Dave Tepper	M38 Newmarket Huskies	18:15.00	17:30.33 73.70%
5 Lowell Grieb	M39 Muskoka Algonqui	19:11.00	18:15.87 70.63%
6 Todd Darling	M35 Unattached	24:27.00	23:55.91 53.92%

M40 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 40			
1 Michal Kapral	M41 UTTC	17:36.00	16:30.53 78.13% 1
2 Derek Hackshaw	M44 Newmarket Huskies	17:48.00	16:19.25 79.03% 2
3 Darren Weldrick	M41 The Runway	17:56.00	16:49.29 76.67%
4 Ian Sinclair	M43 Toronto Olym	18:03.00	16:40.70 77.38% 3
5 Ming Tsai	M40 UTTC	18:44.00	17:42.30 72.86% 4
6 Mirco Graenert	M44 Newmarket Huskies	18:58.00	17:23.44 74.17% 5
7 Roger Penney	M43 Muskoka Algonqui	19:05.00	17:37.99 73.19%
8 Scott Lampard	M43 Central Toronto AC	19:37.00	18:07.55 71.20%
9 Jonathon Feasby	M40 Unattached	19:54.00	18:48.45 68.59%
10 Ron O'Hare	M43 Newmarket Huskies	20:16.00	18:43.59 68.91% 6
11 Louis Byrne	M41 Toronto Olym	20:43.00	19:25.94 66.37% 7
12 Steve Boston	M43 Newmarket Huskies	20:44.00	19:09.46 67.36% 8

W40 5000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 40			
1 Leanne Shafir	W43 UTTC	19:22.00	18:16.70 80.98% 1

Results - Age Grading: 1 Yr Indiv & 5 yr Multi

2	Helen Dempster	W42	Muskoka Algonqui	19:44.00	18:46.58	78.80%	
3	Kathryn Sherwood	W41	Unattached	20:00.00	19:10.45	77.17%	
4	Amy Ballon	W42	UTTC	21:33.00	20:30.30	72.16%	2
5	Heather Lowe	W43	Unattached	25:10.00	23:45.14	62.32%	
6	Melinda Bayliss	W43	Unattached	25:22.00	23:56.47	61.83%	

M45 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Points
Results - Men 45					
1	Troy Cox	M45	Muskoka Algonqui	17:43.00	16:07.23 80.06% 1
2	Darryl Rowan	M47	Toronto Olym	18:39.00	16:42.41 77.21%
3	Pierre Mikhail	M45	Muskoka Algonqui	18:47.00	17:05.46 75.51% 2
4	Michael Chang	M46	UTTC	19:24.00	17:30.86 73.63% 3
5	Kirk Lynn	M47	Longboat RR	20:42.00	18:32.59 69.57% 4
6	Jamie Stafford	M49	UTTC	21:10.00	18:39.76 69.13% 5
7	Charles Minor	M45	Longboat RR	21:40.00	19:42.88 65.46% 6

W45 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Points
Results - Women 45					
1	Kathryn Sullivan	W47	Newmarket Huskies	20:17.00	18:23.95 80.44% 1
2	Tracey Snarr	W49	Newmarket Huskies	21:35.00	19:06.86 77.45% 2
3	Ginette Jones	W47	Newmarket Huskies	21:51.00	19:49.21 74.68% 3
4	Nathalie Auger	W47	UTTC	22:09.00	20:05.54 73.66%
5	Sheryl Potter	W46	Newmarket Huskies	24:17.00	22:16.22 66.44% 4
6	Anke Graenert	W46	Newmarket Huskies	24:25.00	22:23.56 66.08% 5
7	Irene Irwin	W47	Unattached	25:10.00	22:49.73 64.83%
8	Wilma Ward	W49	Unattached	25:18.00	22:24.35 66.07%
9	Vinita Chitte	W47	Unattached	26:32.00	24:04.11 61.49%

M50 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Points
Results - Men 50					
1	Geoff Peat	M50	Newmarket Huskies	17:21.00	15:10.57 85.01% 1
2	Chris Deighan	M53	Newmarket Hu	18:34.00	15:50.92 81.42%
3	Robert Campbell	M53	Black Lungs Toronto	18:50.00	16:04.57 80.27% 2
4	John Meijer	M52	Black Lungs Toronto	19:18.00	16:36.58 77.63% 3
5	Mark Duff	M51	Boardwalk Rc	19:23.00	16:49.02 76.70%
6	Rob Earl	M54	East Toronto	19:28.00	16:28.72 78.25% 4
7	James Wallace	M50	UTTC	19:30.00	17:03.40 75.64% 5
8	James Earl	M54	East Toronto	19:41.00	16:39.72 77.39% 6
9	Chris Newton	M54	Longboat RR	19:50.00	16:47.34 76.81% 7
10	Rob Hanks	M50	Longboat RR	19:52.00	17:22.65 74.24% 8
11	Bruce Grierson	M52	Newmarket Huskies	20:01.00	17:13.59 74.85% 9
12	Jay Yakobowich	M51	Unattached	20:02.00	17:22.86 74.21%
13	Armand D'Oliveira	M53	UTTC	20:34.00	17:33.35 73.50% 10
14	Peter Gordon	M53	UTTC	24:20.00	20:46.26 62.12% 11
15	Eric Rogers	M50	Unattached	24:43.00	21:37.19 59.68%

W50 5000 Meter Run

Name	Age	Team	Finals	Age-Grading	Points
Results - Women 50					
1	Cynthia O'Halloran	W50	Toronto Olym	21:54.00	19:09.36 77.25%
2	Heather O'Hagan	W52	Newmarket Huskies	24:29.00	20:52.92 70.86%
3	Carolyn Hicks	W51	The Runway	27:09.00	23:27.14 63.11%

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

Name	Age Team	Finals	Age-Grading	Points
Results - Men 55				
1 James Freemantle	M55 Newmarket Hu	20:14.00	16:59.16	75.95%
2 Jim Rawling	M58 Longboat RR	20:38.00	16:53.18	76.41%
3 Anthony Farr	M58 UTTC	20:51.00	17:03.82	75.62%
4 Alex Keeting	M56 EtobicokeTC	24:55.00	20:44.44	62.21%

W55 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Women 55				
1 Lynn Kobayashi	W57 UTTC	24:30.00	19:33.65	75.65% 1
2 Clara Northcott	W59 UTTC	24:48.00	19:15.59	76.81% 2
-- Catherine Burak	W55 Unattached	DQ		

M60 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 60				
1 John Helliker	M62 UTTC	20:18.00	16:02.47	80.46% 1
2 Doug Smith	M61 UTTC	27:04.00	21:34.66	59.79% 2

M65 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 65				
1 Richard Bailey	M65 Longboat RR	21:15.00	16:20.61	78.90% 1
2 Hugh Connolly	M67 Longboat RR	24:28.00	18:28.35	69.82% 2
3 Bert de Vries	M66 Longboat RR	24:35.00	18:43.96	68.88% 3

W65 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Women 65				
1 Nancy Wells	W67 Longboat RR	26:03.00	17:57.54	82.41% 1
2 Claire Prest	W68 Longboat RR	27:14.00	18:28.67	80.11% 2

M70 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 70				
1 Robert Moore	M72 Toronto Olym	25:04.00	17:52.96	72.14%

M75 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 75				
1 Jack Geddes	M76 Scarborough Masters	24:30.00	16:22.99	78.71%
2 Donald Banks	M79 Longboat RR	24:38.00	15:28.93	83.36%

M85 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
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Results - Age Grading: 1 Yr Indiv & 5 yr Multi

Results - Men 85

1 **Ralph Lang**

M85 Metro Fitnes

34:52.00

18:30.65 69.69%

CR