

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				
14 Itamar Zilberman	M18 Unattached	14:45.00	14:15.80 69.88%	
33 Ryan McCallum	M14 Unattached	16:45.00	15:13.65 65.45%	
35 Daniel Colbert	M27 Unattached	16:50.00	16:50.01 59.21%	
40 Jeremy Farquharson	M22 Farquharson Family	17:16.00	17:15.59 57.75%	23
52 Alex Farquharson	M28 Farquharson Family	19:30.00	19:29.89 51.12%	28

W29&U 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Women 29 & Under				
17 Anna Pietrangelo	W29 Unattached	19:34.00	19:34.01 58.18%	

M30 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 30				
9 Pete Dilworth	M32 MB Performance	14:32.00	14:25.20 69.12%	
12 Kevin Smith	M32 Toronto Olym	14:40.00	14:33.14 68.49%	10
22 Nikolay Ryabkov	M34 Toronto Olym	15:50.00	15:34.81 63.97%	16
30 Brian Leonard	M33 Unattached	16:20.00	16:08.74 61.73%	

W30 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Women 30				
1 Chantal Warriner	W33 Newmarket Huskies	15:43.00	15:37.63 72.84%	1
6 Tanya Sakharov	W32 Boardwalk Runnin	17:13.00	17:09.60 66.34%	
15 Juliana Tobon	W31 Longboat RR	19:11.00	19:09.28 59.43%	9

M35 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 35				
2 Jason Matthews	M39 UTTC	13:57.00	13:16.91 75.04%	2
3 Paul Felix	M38 Don't Get Lost A	14:11.00	13:36.28 73.26%	3
6 Dave Tepper	M38 Newmarket Huskies	14:21.00	13:45.88 72.41%	5
8 Larry Bradley	M39 Toronto Olym	14:27.00	13:45.48 72.44%	7

M40 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 40				
5 Michal Kapral	M41 UTTC	14:19.00	13:25.75 74.22%	4
7 Chris Jocelyn	M43 Don't Get Lost A	14:24.00	13:18.34 74.91%	6
10 Ian Sinclair	M43 Toronto Olym	14:33.00	13:26.66 74.13%	8
11 Derek Hackshaw	M44 Newmarket Huskies	14:38.00	13:25.04 74.28%	9
18 Mirco Graenert	M44 Newmarket Huskies	15:31.00	14:13.64 70.05%	12
23 Scott Lampard	M43 Central Toronto AC	15:51.00	14:38.73 68.05%	17
27 Ron O'Hare	M43 Newmarket Huskies	16:07.00	14:53.51 66.93%	

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

29 Jonathon Feasby	M40 Unattached	16:14.00	15:20.53	64.96%	
39 Louis Byrne	M41 Toronto Olym	17:12.00	16:08.02	61.78%	22

W40 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Women 40				
2 Leanne Shafir	W43 UTTC	15:46.00	14:42.72	77.38% 2
3 Kathryn Sherwood	W41 Stevenson Perfor	15:53.00	15:06.02	75.39%
7 Marlene Line	W41 Unattached	17:20.00	16:28.73	69.08%
8 Amy Ballon	W42 UTTC	17:30.00	16:29.32	69.04% 4
19 Heather Lowe	W43 Unattached	20:14.00	18:52.79	60.29%
20 Melinda Bayliss	W43 Unattached	20:28.00	19:05.85	59.61%

M45 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 45				
13 David Moore	M45 Toronto Purs	14:42.00	13:22.54	74.51%
15 Darryl Rowan	M47 Toronto Olym	14:47.00	13:14.58	75.26%
21 Rob Blair	M49 Newmarket Huskies	15:48.00	13:55.86	71.54% 15
24 Gary Cassel	M45 Cambridge Harriers	16:02.00	14:35.33	68.32%
26 Michael Chang	M46 UTTC	16:06.00	14:32.11	68.57% 19
37 Kirk Lynn	M47 Longboat RR	17:05.00	15:18.20	65.13% 21
41 Jamie Stafford	M49 UTTC	17:18.00	15:15.21	65.34%
46 Charles Minor	M45 Longboat RR	18:20.00	16:40.90	59.75% 27

W45 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Women 45				
4 Christy Barber	W45 Unattached	16:18.00	14:52.72	76.51%
5 Kathryn Sullivan	W47 Newmarket Huskies	16:27.00	14:39.32	77.67% 3
10 Tracey Snarr	W49 Newmarket Huskies	17:43.00	15:23.75	73.94% 5
11 Ginette Jones	W47 Newmarket Huskies	17:53.00	15:55.94	71.45% 6
12 Gwen Bailey-Mason	W47 UTTC	17:55.00	15:57.72	71.32% 7
13 Aura Reynoso	W47 Newmarket Huskies	19:08.00	17:02.76	66.78% 8
14 Anke Graenert	W46 Newmarket Huskies	19:10.00	17:17.19	65.85%

M50 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 50				
1 Geoff Peat	M50 Newmarket Huskies	13:52.00	12:07.76	82.17% 1
4 Vince Friel	M50 South Simco	14:17.00	12:29.62	79.77%
16 Roger Moss	M50 Longboat RR	15:22.00	13:26.48	74.15% 11
17 Mark Duff	M51 Boardwalk Rc	15:30.00	13:26.87	74.11%
19 Rob Earl	M54 East Toronto	15:36.00	13:12.33	75.47% 13
25 James Earl	M54 East Toronto	16:05.00	13:36.88	73.21% 18
28 Bruce Grierson	M52 Newmarket Huskies	16:09.00	13:53.93	71.71%
34 Armand D'Oliveira	M53 UTTC	16:46.00	14:18.73	69.64%
36 Chris McDonald	M54 Unattached	16:58.00	14:21.74	69.39%
45 Kevin Garlick	M51 London Pacers	17:51.00	15:29.20	64.36%

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

53 Eric Rogers	M50 Central Toronto AC	19:31.00	17:04.28	58.38%	29
54 Ron Rogers	M52 Unattached	19:32.00	16:48.63	59.29%	
63 John Farquharson	M52 Farquharson Family	29:10.00	25:06.06	39.71%	34

W50 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 50			
9 Cynthia O'Halloran	W50 Toronto Olym	17:32.00	15:02.73 75.66%
26 Christine Farquharson	W50 Farquharson Family	30:59.00	26:35.21 42.82%

M55 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 55			
20 Peter Wallace	M55 UTTC	15:47.00	13:15.01 75.22% 14
32 Jim Freemantle	M55 Newmarket Huskies	16:37.00	13:56.99 71.45%
38 Tony Farr	M58 UTTC	17:09.00	14:02.14 71.01%
44 Jim Rawling	M58 Longboat RR	17:44.00	14:30.78 68.67% 26
56 Alex Keeting	M56 EtobicokeTC	19:41.00	16:23.07 60.83% 30
60 Dave Farquharson	M59 Farquharson Family	28:31.00	23:08.14 43.08% 32
64 Neil Farquharson	M57 Farquharson Family	29:54.00	24:40.77 40.38%

W55 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 55			
16 Lynn Kobayashi	W57 UTTC	19:23.00	15:08.77 75.16% 10
18 Clara Northcott	W59 UTTC	19:38.00	14:54.58 76.35% 11
24 Grace D'Avella	W56 Unattached	23:03.00	18:15.76 62.33%

M60 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 60			
31 John Helliker	M62 UTTC	16:23.00	12:56.77 76.99% 20
42 John De Finney	M63 East Toronto	17:19.00	13:33.75 73.49% 24
47 David Colbert	M61 Unattached	18:29.00	14:44.10 67.64%
48 Tim Payne	M63 Newmarket Huskies	18:32.00	14:30.92 68.66%
50 Murray Hale	M63 Newmarket Huskies	18:51.00	14:45.80 67.51%
61 Don Farquharson	M62 Farquharson Family	28:50.00	22:47.05 43.74% 33

W60 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 60			
21 Christine McLean	W62 Unattached	20:53.00	15:10.43 75.02%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M65 4000 Meter Run**

Name	Age Team	Finals	Age-Grading Points
Results - Men 65			
43 Richard Bailey	M65 Longboat RR	17:21.00	13:20.64 74.69% 25
49 Mike Bedley	M66 Longboat RR	18:33.00	14:08.11 70.51%
51 Hugh Connolly	M68 Longboat RR	19:01.00	14:13.36 70.08%
57 Bert de Vries	M67 Longboat RR	19:46.00	14:55.44 66.78%

M65 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 65			
22 Nancy Wells	W67 Longboat RR	21:16.00	14:17.22 79.68% 12
23 Claire Prest	W68 Longboat RR	22:49.00	15:04.64 75.50% 13

M70 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 70			
55 Robert Moore	M72 Toronto Olym	19:40.00	14:01.82 71.04%

M75 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 75			
58 Jack Geddes	M76 Scarborough Masters	19:54.00	13:18.43 74.90%

M75 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 75			
25 Jean Doench	W75 Longboat RR	29:46.00	17:23.21 65.47% 14

M80 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 80			
59 Richard Graves	M80 EtobicokeTC	27:36.00	16:56.46 58.83% 31

M85 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 85			
62 Ralph Lang	M85 Metro Fitnes	29:02.00	15:24.83 64.66%