

Harry's Spring Run Off 8K/5K

April 5 2014

High Park, Toronto, ON

8 km OMA Championship Results

Place	Time	Pace /km	#	Name	City	Gender Plc/Tot	Category Plc/Tot	Cat.	Split One Mile	Split 4 km	Guntime
1	26:56.8	3:23	15	Mladenovic, Predrag	Etobicoke	1/23	1/4	M40-44	00:05:10	00:13:19	00:26:58
2	27:43.8	3:28	25	Duchene, Krista	Brantford	1/7	1/2	F35-39	00:05:13	00:13:37	00:27:45
3	27:56.7	3:30	16	Smith, Kevin	Mississauga	2/23	2/4	M40-44	00:05:17		00:27:59
4	28:00.3	3:31	1118	Kings, Matt	Brantford	3/23	1/1	M35-39	00:05:19	00:13:47	00:28:03
5	28:16.0	3:32	965	Hogan, Bernie	Bancroft	4/23	1/2	M30-34	00:05:04	00:13:40	00:28:18
6	29:17.9	3:40	2353	Dearborn, Wes	Toronto	5/23	1/1	M25-29	00:05:45	00:14:42	00:29:22
7	29:36.7	3:43	27	Avery, Lisa	Orillia	2/7	2/2	F35-39	00:05:40	00:14:43	00:29:39
8	29:45.4	3:44	1981	Sinclair, Ian	Toronto	6/23	3/4	M40-44	00:05:36	00:14:36	00:29:47
9	30:43.6	3:51	1873	Ryabkov, Nikolay	Oakville	7/23	2/2	M30-34	00:05:34	00:15:01	00:30:47
10	31:17.5	3:55	1473	Meijer, John	Toronto	8/23	1/1	M50-54	00:06:12	00:15:37	00:31:27
11	31:48.2	3:59	1957	Shields, Michael	Toronto	9/23	4/4	M40-44	00:06:03	00:15:47	00:31:51
12	31:56.0	4:00	447	Clarke, John	Orangeville	10/23	1/4	M60-64	00:06:06	00:15:53	00:31:59
13	34:11.8	4:17	926	Harvey, Michael	Toronto	11/23	1/3	M45-49	00:06:35	00:16:55	00:34:16
14	35:10.3	4:24	1200	Langstaff, Paul	Ajax	12/23	2/3	M45-49	00:06:52	00:17:34	00:35:20
15	35:31.9	4:27	1619	O'Halloran, Cynthia	Oakville	3/7	1/2	F50-54	00:06:48	00:17:37	00:35:38
16	36:10.4	4:32	1502	Minor, Charles	Aurora	13/23	3/3	M45-49	00:06:56	00:18:00	00:36:22
17	36:13.6	4:32	787	Freemantle, James	Newmarket	14/23	1/5	M55-59	00:07:05	00:18:03	00:36:27
18	36:42.9	4:36	363	Catton, Nancy	Toronto	4/7	1/2	F45-49	00:07:09	00:18:14	00:36:51
19	37:20.2	4:41	2232	Vilone, Sam	Brampton	15/23	2/5	M55-59	00:07:12	00:18:28	00:37:24
20	37:46.3	4:44	1546	Morris, Tom	Ottawa	16/23	3/5	M55-59	00:07:33	00:19:11	00:38:01
21	39:12.7	4:55	1428	McCready, Sharon	Milton	5/7	2/2	F45-49	00:07:44	00:19:28	00:39:55
22	39:24.5	4:56	365	Caws, Steve	Mississauga	17/23	2/4	M60-64	00:07:19	00:19:16	00:39:28
23	39:38.1	4:58	1430	McDavid, Donald	Pickering	18/23	3/4	M60-64	00:07:16	00:19:08	00:39:44
24	41:08.0	5:09	838	Glazier, Robert	Toronto	19/23	1/2	M70-74	00:07:49	00:20:29	00:41:23
25	41:42.9	5:13	1605	Norcliffe, Glen	Kincardine	20/23	2/2	M70-74	00:07:50	00:20:19	00:41:58
26	43:49.2	5:29	2098	Swanson, Stuart	Kanata	21/23	4/4	M60-64	00:08:23	00:21:45	00:44:27
27	46:20.3	5:48	2231	Vilone, Patricia	Brampton	6/7	2/2	F50-54	00:08:24	00:22:49	00:46:24
28	47:33.3	5:57	2005	Smith, Doug	Toronto	22/23	4/5	M55-59	00:09:10	00:23:29	00:49:01
29	47:43.5	5:58	1406	Maughan, Livingstone	Ajax	23/23	5/5	M55-59	00:08:09	00:22:14	00:48:14
30	1:00:11.4	7:32	1143	Kozak, Marylouise	Oakville	7/7	1/1	F60-64	00:12:03	00:30:24	01:01:41