

Don Farquharson Harriers 4K - 2014-10-05
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			
49 Sandy Farquharson	M28 Farquharson Family	19:39.00	19:38.89 50.73%
51 Brett Farquharson	M23 Farquharson Family	20:27.00	20:27.01 48.74%
54 Aaron Farquharson	M23 Farquharson Family	20:49.00	20:49.01 47.88%

M30 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 30			
6 Mike Doyle	M34 Unattached	14:03.00	13:49.52 72.09%
13 Nicholas Jardeleza	M33 Xsnrg	14:37.00	14:26.92 68.98%
14 Justin Pozin	M34 Xsnrg	14:39.00	14:24.94 69.14%
61 Steven Farquharson	M33 Farquharson Family	22:48.00	22:32.27 44.22%

W30 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 30			
3 Kelly Smith	W31 Unattached	15:54.00	15:52.57 71.70%
39 Elizabeth Farquharson	W32 Farquharson Family	31:27.00	31:20.78 36.31%

M35 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 35			
4 Dave Tepper	M39 Newmarket Huskies	13:52.00	13:12.15 75.49%
11 Bill Wells	M39 UTTC	14:31.00	13:49.28 72.11%
17 Mario Iozzo	M38 Newmarket Huskies	14:51.00	14:14.65 69.97%
56 Jonathan Colford	M36 Unattached	21:50.00	21:14.50 46.92%

W35 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 35			
16 Marijana Primorac	W35 UTTC	18:41.00	18:26.88 61.71%
17 Deanne McDoom	W36 The Runway	18:46.00	18:26.86 61.71%
27 Leigh Ann Jacques	W39 Blue Devils AC	20:30.00	19:47.69 57.51%

M40 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 40			
2 Darren Weldrick	M42 The Runway	13:46.00	12:49.01 77.76%
7 Michal Kapral	M42 UTTC	14:11.00	13:12.29 75.48%
8 Jay Brecher	M40 UTTC	14:17.00	13:29.96 73.83%
16 Ian Sinclair	M44 Toronto Olym	14:45.00	13:31.46 73.69%
23 Steve Boston	M44 Newmarket Huskies	15:28.00	14:10.89 70.28%
26 Rob Scheifley	M40 The Runway	15:46.00	14:54.07 66.89%
27 Glenn Duncan	M42 Boardwalk Rc	15:51.00	14:45.39 67.54%

....M40 4000 Meter Run

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

46 Mikael Dam M41 Blue Devils AC 19:27.00 18:14.65 54.63%

W40 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 40			
1 Sarah Nagy	W41 Newmarket Huskies	15:29.00	14:43.21 77.33%
2 Leanne Shafir	W44 Unattached	15:43.00	14:30.68 78.45%
5 Amy Ballon	W43 UTTC	16:43.00	15:35.90 72.98%
9 Michelle Clarke	W40 Longboat RR	17:13.00	16:30.14 68.98%
15 Maria Pesce	W43 The Runway	18:35.00	17:20.41 65.65%
25 Wendy Chen	W44 Longboat RR	19:50.00	18:18.73 62.16%

M45 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 45			
1 Derek Hackshaw	M45 Newmarket Huskies	13:39.00	12:25.21 80.25%
3 Rodney Loeppky	M45 Physi-kult Kingston	13:48.00	12:33.40 79.37%
9 Anthony MacIsaac	M49 Longboat RR	14:25.00	12:42.68 78.41%
20 Mirco Graenert	M45 Newmarket Huskies	14:58.00	13:37.10 73.19%
22 Alexandre Tchervov	M45 Newmarket Huskies	15:27.00	14:03.48 70.90%
24 Matthew Seftel	M45 Longboat RR	15:30.00	14:06.21 70.67%
41 David Wood	M48 Blue Devils AC	18:40.00	16:35.46 60.07%
45 Ian Wood	M45 Blue Devils AC	19:12.00	17:28.21 57.05%

W45 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 45			
6 Veronica Biggar	W45 Newmarket Huskies	16:44.00	15:16.46 74.53%
7 Elaine Mota	W48 Newmarket Huskies	16:47.00	14:46.17 77.07%
8 Kathryn Sullivan	W48 Newmarket Huskies	16:55.00	14:53.21 76.47%
10 Nancy Catton	W46 UTTC	17:27.00	15:44.29 72.33%
11 Jill Leonard	W45 Unattached	17:43.00	16:10.31 70.39%
18 Ginette Jones	W48 Newmarket Huskies	19:00.00	16:43.21 68.08%
21 Anke Graenert	W47 Newmarket Huskies	19:24.00	17:17.01 65.86%
26 Aura Reynoso	W48 Newmarket Huskies	19:59.00	17:35.13 64.73%
30 Amanda Mathieson	W46 Blue Devils AC	21:05.00	19:00.91 59.86%

M50 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 50			
5 Geoff Peat	M51 Newmarket Huskies	13:54.00	12:03.58 82.65%
10 Chris Deighan	M54 Newmarket Huskies	14:28.00	12:14.77 81.39%
12 Vince Friel	M51 South Simco	14:34.00	12:38.29 78.86%
15 Anthony Davey	M52 Unattached	14:42.00	12:39.05 78.78%
18 Simon Rayner	M50 Unattached	14:56.00	13:03.74 76.30%
19 Dan Fiorini	M52 Newmarket Huskies	14:57.00	12:51.96 77.46%
21 Roger Moss	M51 Longboat RR	15:08.00	13:07.79 75.91%
29 Armand D'Oliveira	M54 UTTC	16:04.00	13:36.03 73.28%

...M50 4000 Meter Run

32 Rob Blair	M50 Newmarket Huskies	16:13.00	14:11.09 70.26%
33 James Wallace	M51 UTTC	16:18.00	14:08.52 70.48%
34 Mark Duff	M52 Boardwalk Runnin	16:23.00	14:05.97 70.69%

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36 Jay Yakabowich	M52 UTTC	16:45.00	14:24.91	69.14%
43 Kevin French	M52 The Runway	18:53.00	16:15.06	61.33%
58 Ron Rogers Farquharson	M53 Farquharson Family	22:14.00	18:58.71	52.52%
62 John Farquharson	M53 Farquharson Family	22:55.00	19:33.71	50.95%

W50 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Women 50				
4 Annie Bunting	W50 UTTC	16:39.00	14:17.25	79.67%
12 Christine Loch	W52 Longboat RR	17:50.00	14:54.63	76.34%
13 Linda Locke	W51 Unattached	18:03.00	15:17.41	74.45%
14 Heidi Hoffman Farquharso	W50 Farquharson Family	18:31.00	15:53.35	71.64%
20 Petrina Dolby	W51 Unattached	19:14.00	16:17.56	69.87%
22 Wilma Ward	W50 Unattached	19:37.00	16:49.99	67.62%
31 Maria Moreau	W53 Newmarket Huskies	21:14.00	17:31.31	64.97%
33 Nicky Slovitt	W54 UTTC	22:43.00	18:29.76	61.55%
34 Carolyn Hicks	W52 The Runway	23:12.00	19:23.86	58.68%
35 Sharon Tobin	W50 Blue Devils AC	25:48.00	22:08.34	51.42%
37 Patricia Ann Adams	W53 Blue Devils AC	27:42.00	22:51.49	49.80%
38 Christine Farquharson	W51 Farquharson Family	28:49.00	24:24.64	46.63%

M55 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 55				
25 Rob Earl	M55 East Toronto	15:32.00	13:02.42	76.43%
31 Jim Freemantle	M56 Newmarket Huskies	16:10.00	13:27.43	74.06%
35 Chris Newton	M55 Longboat RR	16:32.00	13:52.79	71.81%
38 Tony Farr	M59 UTTC	17:24.00	14:07.00	70.60%
39 Jeremy Griffiths	M58 The Runway	18:11.00	14:52.88	66.97%
52 Michael Geraghty	M59 East Toronto	20:34.00	16:41.15	59.73%
57 Jon Comerford	M57 UTTC	22:00.00	18:09.53	54.89%

W55 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Women 55				
19 Lynn Kobayashi	W58 UTTC	19:02.00	14:39.80	77.63%

M60 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 60				
28 John Clarke	M63 East Toronto	15:55.00	12:27.96	79.95%
30 John Helliker	M63 UTTC	16:08.00	12:38.14	78.88%
44 Wayne Chee	M60 UTTC	18:55.00	15:12.89	65.51%
53 Timo Uuksulainen	M63 Longboat RR	20:47.00	16:16.66	61.23%
55 Doug Smith	M63 UTTC	21:02.00	16:28.40	60.50%

...M60 4000 Meter Run

64 Dave Farquharson	M60 Farquharson Family	26:25.00	21:14.82	46.91%
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W60 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
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Don Farquharson Harriers 4K - 2014-10-05
Results - Age Grading: 1 Yr Indiv & 5 yr Multi

Results - Women 60

23 Clara Northcott	W60 UTTC	19:40.00	14:43.24	77.33%
24 Karla Del Grande	W61 Mississauga Tra	19:47.00	14:35.42	78.02%
28 Diane Marrow	W63 Longboat RR	20:44.00	14:50.21	76.72%
36 Ginny Megin	W64 Unattached	27:25.00	19:19.24	58.92%

M65 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 65				
37 Richard Bailey	M66 Longboat RR	17:21.00	13:13.25	75.39%
40 Hugh Connolly	M69 Longboat RR	18:25.00	13:37.93	73.11%
42 Mike Bedley	M67 Longboat RR	18:52.00	14:14.67	69.97%
59 John Faulkner	M66 Burlington Runners	22:19.00	17:00.32	58.61%
60 Duncan Greenshields	M65 UTTC	22:36.00	17:22.91	57.34%

W65 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Women 65				
29 Nancy Wells	W68 Longboat RR	20:48.00	13:44.68	82.82%
32 Claire Prest	W69 Longboat RR	22:34.00	14:39.97	77.62%

M70 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 70				
48 Vern Christensen	M73 UTTC	19:30.00	13:42.63	72.69%
50 Robert Moore	M73 Toronto Olym	19:44.00	13:52.48	71.83%
63 Gary McColeman	M72 UTTC	23:10.00	16:31.63	60.31%

M75 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 75				
47 Keijo Taivassalo	M75 UTTC	19:29.00	13:15.86	75.14%
65 Gerhard Krolow	M79 Unattached	27:00.00	16:58.18	58.73%

M80 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 80				
66 Richard Graves	M81 EtobicokeTC	27:10.00	16:15.56	61.30%
67 Bob Wild	M82 Muskoka Algonqui	27:48.00	16:11.62	61.55%

M85 4000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 85				
68 Ralph Lang	M86 Unattached	30:17.00	15:31.04	64.23%