

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M29&U 4000 Meter**

Name	Age Team	Finals	Age-Grading Points
Results - Men 29 & Under			
1 Jeremy Farquharson	M20 Farquharson Family	16:46.00	16:35.24 77.73%
2 Brett Farquharson	M20 Farquharson Family	17:32.00	17:20.75 74.33%
3 Alexander Farquharson	M25 Farquharson Family	19:58.00	19:58.01 64.61%

W29&U 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Women 29 & Under			
1 Charlotte Farquharson	W22 Farquharson Family	21:17.00	21:17.01 69.54%

M30 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Men 30			
1 Mike Bianchi	M32 Dontgetlost	13:57.00	13:50.48 93.19%
2 Patrick Saile	M32 Dontgetlost	14:36.00	14:29.17 89.04%
3 Lee Hooper	M34 Dontgetlost	15:15.00	15:00.36 86.01%

W30 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Women 30			
1 Carrie Byer	W32 Newmarket Huskies	17:23.00	17:20.29 85.33%
2 Erin Churchill	W32 Dontgetlost	18:47.00	18:44.08 78.97%
3 Wendy Lopez	W33 UTTC	20:58.00	20:52.22 70.91%
4 Kathleen Karpenchuk	W30 Farquharson Family	21:18.00	21:17.62 69.48%

M35 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Men 35			
1 Mario Iozzo	M35 Newmarket Huskies	14:09.00	13:51.01 93.17%
2 Paul Felix	M36 Dontgetlost	14:13.00	13:49.89 93.32%
3 Greg McNab	M39 Dontgetlost	14:32.00	13:50.24 93.23%
4 Steve Metzger	M35 Longboat RR	15:28.00	15:08.33 85.24%
5 Jonathon Feasby	M38 Unattached	17:10.00	16:27.98 78.35%

W35 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Women 35			
1 Sarah Nagy	W38 Newmarket Huskies	15:19.00	14:57.68 98.91%
2 Nicole Clarkson	W35 Dontgetlost	17:20.00	17:09.29 86.25%
3 Marlene Line	W39 Dontgetlost	17:41.00	17:10.55 86.15%

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

Name	Age Team	Finals	Age-Grading Points
Results - Men 40			
1 Trevor Van Nest	M44 Newmarket Huskies	14:07.00	12:56.62 99.65%
2 Chris Jocelyn	M41 Dontgetlost	14:15.00	13:21.99 96.49%
3 Gary Pluim	M40 UTTC	14:40.00	13:51.69 93.07%
4 Kevin Farr	M41 UTTC	14:53.00	13:57.64 92.39%
5 Michael Chang	M44 UTTC	15:02.00	13:47.05 93.57%
6 Craig McLaughlin	M42 Newmarket Huskies	15:47.00	14:41.66 87.75%
7 Pierre Mikhail	M43 Unattached	16:23.00	15:08.30 85.25%
8 Brent Armstrong	M44 Unattached	17:37.00	16:09.17 79.85%
9 Rob Welsh	M42 UTTC	18:53.00	17:34.83 73.35%

W40 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Women 40			
1 Christy Barber	W43 Physikult	15:55.00	15:01.33 98.53%
2 Helen Dempster	W40 Rocky Island S&T	16:34.00	15:59.51 92.56%
3 Caroline Van Den Bulk	W44 Rocky Island S&T	17:35.00	16:26.96 89.95%
4 Susan Snow	W41 Unattached	18:31.00	17:45.12 83.35%
5 Sheryl Potter	W44 Newmarket Huskies	18:58.00	17:44.60 83.39%
6 Catherine Smith	W44 Unattached	21:22.00	19:59.32 74.02%

M45 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Men 45			
1 Geoff Peat	M48 Newmarket Huskies	13:46.00	12:14.15105.45%
2 Michael Sherar	M47 UTTC	14:23.00	12:53.08100.12%
3 James Wallace	M49 Unattached	16:27.00	14:30.24 88.96%
4 Rob Blair	M47 Newmarket Huskies	16:30.00	14:46.85 87.27%
5 Fred Van Dan Burlk	M47 Unattached	16:50.00	15:04.76 85.54%

W45 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Women 45			
1 Sharon Barry	W48 Unattached	17:10.00	15:23.40 96.21%
2 Kathryn Sullivan	W45 Newmarket Huskies	17:16.00	15:59.96 92.47%
3 Tracey Snarr	W47 Newmarket Huskies	17:31.00	15:53.37 93.15%
4 Ginette Jones	W45 Newmarket Huskies	17:54.00	16:35.17 89.20%
5 Nancy Chong	W49 Newmarket Huskies	17:55.00	15:52.02 93.30%
6 Kathy Cameron	W45 Georgetown Rockets	18:36.00	17:14.09 85.84%
7 Aura Reynoso	W45 Newmarket Huskies	20:06.00	18:37.49 79.44%

M50 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Men 50			
1 Chris Deighan	M51 Newmarket Huskies	14:04.00	12:12.26105.69%
2 Ron Da Silva Jardine	M50 East Toronto	14:47.00	12:55.86 99.77%
3 Mark Tamminga	M53 Dontgetlost	14:58.00	12:46.54101.00%

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

4	James Earl	M52 East Toronto	15:08.00	13:01.43	99.01%
5	Desmond Moloney	M50 East Toronto	15:15.00	13:20.36	96.72%
6	Tom Callaghan	M51 Newmarket Huskies	15:52.00	13:45.96	93.70%
7	Bruce Grierson	M50 Newmarket Huskies	16:03.00	14:02.34	91.90%
8	Jim O'Meara	M53 Burlington Runners	16:29.00	14:04.22	91.71%
9	Jim Freemantle	M53 Newmarket Huskies	17:20.00	14:47.75	87.21%
10	Peter Gordon	M51 Unattached	18:20.00	15:54.36	81.09%
11	Art Wanuch	M53 EtobicokeTC	18:48.00	16:02.87	80.41%
12	Alex Keeting	M54 EtobicokeTC	19:04.00	16:08.40	79.90%
13	John Farquharson	M50 Farquharson Family	20:27.00	17:53.26	72.13%

W50 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Women 50			
1	Elizabeth Primrose	W50 Rocky Island S&T	15:42.00 13:43.97107.75%
2	Lynda DeBoer	W52 UTTC	17:06.00 14:35.08101.46%
3	Rita Botelho	W51 UTTC	18:23.00 15:52.78 93.20%
4	Heather O'Hagan	W50 Newmarket Huskies	18:27.00 16:08.30 91.69%
5	Katherine Willis	W52 UTTC	20:43.00 17:40.16 83.75%
6	Catherine Graham	W54 Longboat RR	21:47.00 18:06.25 81.71%
7	Joan Wanuch	W52 EtobicokeTC	22:12.00 18:56.07 78.15%

M55 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Men 55			
1	Jim Rawling	M56 Longboat RR	17:18.00 14:24.04 89.60%
2	Mike Durocher	M55 Longboat RR	19:02.00 15:58.71 80.74%

W55 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Women 55			
1	Clara Northcott	W57 Mississauga Tra	19:13.00 15:20.56 96.44%
2	Karla Del Grande	W58 Mississauga Tra	20:07.00 15:50.52 93.45%
3	Cathy Tedford	W58 Runner's Life	32:00.00 25:12.01 58.75%

M60 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Men 60			
1	Ken Hamilton	M61 Newmarket Huskies	16:57.00 13:30.76 95.48%
2	Mike Bedley	M64 Longboat RR	17:09.00 13:18.61 96.89%
3	George McMenemy	M62 Burlington Runners	18:58.00 14:59.25 86.12%
4	Doug Smith	M60 UTTC	19:37.00 15:46.67 81.73%
5	Duncan Greenshields	M62 UTTC	20:21.00 16:04.84 80.26%
6	Timo Uuksulainen	M60 Longboat RR	21:02.00 16:55.03 76.23%
7	Bill Prest	M62 Longboat RR	23:09.00 18:17.59 70.55%
8	Don Farquharson	M61 Farquharson Family	25:52.00 20:37.26 62.56%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W60 4000 Meter**

Name	Age Team	Finals	Age-Grading Points
Results - Women 60			
1 Diane Marrow	W60 Longboat RR	21:07.00	16:10.15 91.55%

M65 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Men 65			
1 Tony Teddy	M65 Longboat RR	17:47.00	13:40.63 94.28%
2 Bert de Vries	M65 Longboat RR	18:19.00	14:05.25 91.54%
3 John Powell	M67 EtobicokeTC	26:40.00	20:08.01 64.06%

W65 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Women 65			
1 Claire Prest	W66 Longboat RR	22:31.00	15:46.11 93.86%

M70 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Men 70			
1 Vern Christensen	M70 Scarborough Masters	19:16.00	14:06.08 91.52%

W70 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Women 70			
1 Joan Christensen	W71 Scarborough Masters	23:12.00	14:58.96 98.78%

M75 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Men 75			
1 Ron Crichton	M75 EtobicokeTC	21:31.00	14:38.92 88.07%
2 Gerhard Krolow	M76 Metro Fitnes	23:26.00	15:40.20 82.29%
3 Richard Graves	M78 EtobicokeTC	24:19.00	15:37.41 82.59%

M80 4000 Meter

Name	Age Team	Finals	Age-Grading Points
Results - Men 80			
1 Ralph Lang	M83 Metro Fitnes	27:30.00	15:33.90 82.85%