

Don Farquharson Harriers XC
Results - Age Grading: 1 Yr Indiv & 5 yr Multi

M19-29 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 19-29			
26 Jeremy Farquharson	M19 Farquharson Family	16:10.00	15:49.63 62.97%
37 Davin Lamsa	M25 Farquharson Family	17:38.00	17:38.01 56.52%
41 Alexander Farquharson	M24 Farquharson Family	18:09.00	18:09.01 54.91%
54 Ian Farquharson	M22 Farquharson Family	21:36.00	21:35.49 46.16%
57 Kirk Farquharson	M19 Farquharson Family	22:23.00	21:54.80 45.48%

W19-29 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 19-29			
18 Kathleen Farquharson	W29 Farquharson Family	21:01.00	21:01.01 54.16%
27 Karen Farquharson	W26 Farquharson Family	42:26.00	42:26.01 26.83%

M30 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 30			
1 Mario Iozzo	M34 Newmarket Huskies	13:10.00	12:57.36 76.93%
6 Michael Bianchi	M31 Harbour Track	14:08.00	14:03.93 70.86%
7 Michael Doyle	M30 Longboat RR	14:22.00	14:19.85 69.55%

W30 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 30			
2 Chantal Warriner	W30 Newmarket Huskies	15:30.00	15:29.63 73.47%
5 Carrie Byer	W31 Newmarket Huskies	17:03.00	17:01.47 66.87%
14 Wendy Lee	W34 East Toronto	19:45.00	19:34.58 58.15%

M35 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 35			
2 Dave Tepper	M35 Newmarket Huskies	13:42.00	13:24.58 74.32%
5 Paul Felix	M35 Harbour Track	14:01.00	13:43.18 72.65%
15 Gary Pluim	M39 UTTC	14:44.00	14:01.66 71.05%
18 Kevin Tearle	M35 Harbour Track	15:01.00	14:41.90 67.81%
20 Ming Tsai	M37 UTTC	15:14.00	14:43.11 67.72%
22 Mike Brown	M39 Harbour Track	15:37.00	14:52.12 67.03%
23 Gerardo Reyes	M35 Longboat RR	15:39.00	15:19.10 65.06%
34 Greg Purkis	M38 Toronto Olym	16:53.00	16:11.67 61.54%
52 Saleem Baksh	M39 Mississauga Tra	20:38.00	19:38.71 50.73%

W35 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 35			
1 Sarah Nagy	W37 Newmarket Huskies	14:57.00	14:37.18 77.86%

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...W35 4000 Meter Run

3	Becky Patten	W36	Toronto Olym	15:36.00	15:20.09	74.23%
21	Jodi Ostroff	W39	Longboat RR	24:23.00	23:32.68	48.35%

M40 4000 Meter Run

Name	Age	Team	Finals	Age-Grading	Points
Results - Men 40					
8	Paul Trebilcock	M44	Harbour Track	14:29.00	13:16.79 75.05%
9	Trevor Van Nest	M43	Newmarket Huskies	14:33.00	13:26.66 74.13%
10	Kevin Farr	M40	UTTC	14:35.00	13:46.97 72.31%
11	Chris Madsen	M42	UTTC	14:36.00	13:35.56 73.32%
14	Chris Jocelyn	M40	Harbour Track	14:40.00	13:51.69 71.90%
17	Ian Sinclair	M40	Toronto Olym	14:56.00	14:06.81 70.62%
19	Derek Hackshaw	M41	Newmarket Huskies	15:05.00	14:08.89 70.45%
24	Craig McLaughlin	M41	Newmarket Huskies	15:46.00	14:47.35 67.39%
28	Brian Lovshin	M41	Toronto Olym	16:19.00	15:18.31 65.12%
33	Mark Luxton	M44	Unattached	16:48.00	15:24.24 64.70%
36	John Gonos	M44	East Toronto	17:30.00	16:02.75 62.11%
40	Greg Bonhomme	M41	Longboat RR	18:07.00	16:59.61 58.65%
48	Ewan Geddes	M43	Scarborough Masters	19:04.00	17:37.06 56.57%

W40 4000 Meter Run

Name	Age	Team	Finals	Age-Grading	Points
Results - Women 40					
4	Kathy Cameron	W44	Unattached	16:55.00	15:37.15 72.88%
7	Wendy Chen	W41	Longboat RR	18:18.00	17:23.87 65.43%
9	Kathryn Sullivan	W44	Newmarket Huskies	18:33.00	17:07.64 66.46%
10	Sheryl Potter	W43	Newmarket Huskies	18:42.00	17:26.94 65.24%
11	Sabrina Young	W40	Longboat RR	18:46.00	17:59.28 63.28%
17	Aura Reynoso	W44	Newmarket Huskies	20:50.00	19:14.13 59.18%

M45 4000 Meter Run

Name	Age	Team	Finals	Age-Grading	Points
Results - Men 45					
3	Geoff Peat	M47	Newmarket Huskies	13:43.00	12:17.25 81.11%
12	Simon Rayner	M46	Unattached	14:37.00	13:11.76 75.53%
13	Jim Dyck	M45	Newmarket Huskies	14:38.00	13:18.90 74.85%
21	Roger Moss	M47	Longboat RR	15:22.00	13:45.93 72.40%
25	Peter Drake	M49	Harbour Track	15:58.00	14:04.67 70.80%
26	David Pedliham	M46	Longboat RR	16:10.00	14:35.72 68.29%
29	James Wallace	M48	Unattached	16:26.00	14:36.36 68.24%
32	Rob Blair	M46	Newmarket Huskies	16:36.00	14:59.19 66.50%
47	Ron Rogers	M49	Unattached	18:58.00	16:43.38 59.60%
51	John Farquharson	M49	Farquharson Family	20:35.00	18:08.90 54.92%
55	Drew Stewart	M45	Unattached	21:50.00	19:51.97 50.17%

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W45 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 45			
6 Tracey Snarr	W46 Newmarket Huskies	17:18.00	15:36.18 72.96%
8 Heather O'Hagan	W49 Newmarket Huskies	18:23.00	15:58.51 71.26%
25 Christine Farquharson	W47 Farquharson Family	37:26.00	33:20.97 34.13%

M50 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 50			
4 Chris Deighan	M50 Newmarket Huskies	13:53.00	12:08.63 82.07%
16 Robert Campbell	M50 Longboat RR	14:50.00	12:58.49 76.82%
30 George Hubbard	M51 Longboat RR	16:29.00	14:18.06 69.69%
46 Alex Keeting	M53 EtobicokeTC	18:54.00	16:07.99 61.78%
49 Pat Munson	M51 Unattached	19:18.00	16:44.69 59.52%
53 Scott Woroch	M50 Unattached	21:20.00	18:39.62 53.41%
66 Neil Farquharson	M54 Farquharson Family	32:33.00	27:33.22 36.17%

W50 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 50			
19 Julie Denonan	W51 EtobicokeTC	21:04.00	17:50.74 63.79%

M55 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 55			
44 Jim Rawling	M55 Longboat RR	18:17.00	15:20.94 64.93%

W55 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 55			
12 Clara Northcott	W56 Mississauga Tra	19:20.00	15:19.07 74.31%
15 Karla Del Grande	W57 Mississauga Tra	20:38.00	16:07.38 70.60%
20 Jacqueline Bostock	W56 Metro Fitnes	23:03.00	18:15.76 62.33%
23 Nancy Konyu	W55 Unattached	25:45.00	20:41.10 55.03%
24 Cathy Tedford	W57 Runner's Life	30:58.00	24:11.85 47.04%

M60 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 60			
31 Bob Knuckey	M62 Newmarket Huskies	16:32.00	13:03.88 76.29%
35 Tim Payne	M60 Newmarket Huskies	17:09.00	13:47.63 72.25%
38 Murray Hale	M60 Newmarket Huskies	17:40.00	14:12.56 70.14%
45 Bert de Vries	M64 Longboat RR	18:38.00	14:27.68 68.92%
61 Don Farquharson	M60 Farquharson Family	23:40.00	19:02.11 52.36%

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

W60 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 60			
13 Linda Findley	W62 London Legion T&	19:32.00	14:11.58 80.20%
16 Nancy Wells	W64 Longboat RR	20:48.00	14:39.47 77.66%

M65 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 65			
39 Robert Moore	M69 Toronto Olym	17:44.00	13:07.58 75.93%
42 Hugh Connolly	M65 Longboat RR	18:11.00	13:59.09 71.27%
50 Vern Christensen	M69 Scarborough Masters	19:52.00	14:42.32 67.78%

M70 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 70			
42 Jack Geddes	M73 Scarborough Masters	18:11.00	12:47.09 77.96%
56 Ron Crichton	M74 EtobicokeTC	22:19.00	15:26.99 64.51%
58 Jim Pascoe	M72 Rouge River RR	22:48.00	16:15.94 61.27%
59 Charles Bostock	M71 Metro Fitnes	23:06.00	16:42.08 59.68%
63 Bob Nagle	M72 Longboat RR	24:18.00	17:20.14 57.49%

W70 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 70			
22 Joan Christensen	W70 Scarborough Masters	25:20.00	16:11.13 70.33%

M75 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 75			
60 Gerhard Krolow	M75 Metro Fitnes	23:13.00	15:48.36 63.06%
62 Richard Graves	M77 EtobicokeTC	24:06.00	15:48.44 63.05%

M80 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Men 80			
64 Ralph Lang	M82 Metro Fitnes	24:59.00	14:33.17 68.49%
65 Felix Charles	M82 EtobicokeTC	30:58.00	18:02.29 55.25%

W80 4000 Meter Run

Name	Age Team	Finals	Age-Grading Points
Results - Women 80			
26 Sheila Barnett	W84 Metro Fitnes	39:28.00	18:31.31 61.46%