

**Sunnybrook 8K - 2017-11-05**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M30 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 30					
1 Nick Croker	M32 Black Lungs Toronto	28:19.00	28:18.33 74.93%	1	
2 Dan Way	M30 Black Lungs Toronto	28:29.00	28:28.32 74.49%	1	
3 Cameron MacDonald	M30 Black Lungs Toronto	29:41.00	29:40.29 71.48%	1	
4 Fraser Clift	M32 Black Lungs Toronto	31:05.00	31:04.26 68.26%	2	
5 Francois Girard	M31 Toronto Olym	31:12.00	31:11.26 68.00%	3	
6 Ryan Krook	M34 MB Performance	35:32.00	35:31.15 59.71%	4	

**M35 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 35					
1 Chris Van De Water	M35 MB Performance	28:37.00	28:15.37 75.01%	1	
2 Marco Li	M35 MB Performance	28:43.00	28:21.30 74.75%	1	
3 Leo Papail	M38 Newmarket HU	29:46.00	29:23.50 72.12%	1	
4 Andrew Lockwood	M37 Black Lungs Toronto	30:17.00	29:54.11 70.89%	2	
5 Eoin O'Flynn	M36 Unattached -	30:18.00	29:55.10 70.85%	2	
6 Michael Logue	M35 Newmarket HU	30:51.00	30:27.68 69.58%	2	
7 Ben Nelson	M36 Longboat Roa	32:10.00	31:45.69 66.74%	3	
8 Steve Jackson	M37 MB Performance	35:22.00	34:55.27 60.70%	4	

**W35 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 35					
1 Carrie Byer	W38 Newmarket HU	33:52.00	33:37.98 71.46%	4	

**M40 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 40					
1 Dave Tepper	M42 Newmarket HU	28:56.00	27:43.27 76.50%	1	
2 Ian Reid	M44 UTTC	30:12.00	28:56.08 73.29%	2	
3 Paul Felix	M42 Dundas Valle	30:14.00	28:58.00 73.21%	2	
4 Jay Brecher	M43 UTTC	30:58.00	29:40.16 71.47%	2	
5 Paul Dunsford	M40 Dundas Valle	32:18.00	30:56.80 68.52%	3	
6 Gerardo Reyes	M42 Longboat Roa	33:43.00	32:18.24 65.65%	4	

**W40 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 40					
1 Sarah Nagy	W44 Newmarket HU	31:53.00	30:59.44 77.57%	3	
2 Seanna Robinson	W42 MB Performance	34:32.00	33:33.99 71.62%	4	

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**M45 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 45					
1 David Moore	M49 Unattached -	30:56.00	28:31.24 74.35%	2	
2 Adam Yurkiw	M46 Unattached	31:43.00	29:14.57 72.52%	3	
3 Ian Sinclair	M47 Toronto Olym	32:02.00	29:32.09 71.80%	3	
4 Steve Boston	M47 Newmarket HU	32:44.00	30:10.81 70.26%	3	
5 Tony Marra	M49 Muskoka Algo	33:34.00	30:56.91 68.52%	3	
6 Patrick Macdonell	M48 MB Performance	33:47.00	31:08.90 68.08%	4	
7 Pat McLean	M47 Newmarket HU	37:20.00	34:25.29 61.61%	5	
8 Michael Mandel	M48 UTTC	38:26.00	35:26.14 59.84%	6	

**W45 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 45					
1 Leanne Shafir	W48 MB Performance	33:50.00	31:41.10 75.86%	4	
2 Zoe Webster	W45 Black Lungs Toronto	35:51.00	33:34.42 71.59%	5	
3 Sandra Tam	W46 Longboat Roa	45:50.00	42:55.38 56.00%	7	

**M50 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 50					
1 Geoff Peat	M54 Newmarket HU	29:32.00	26:09.64 81.04%	1	
2 Alistair Munro	M51 MB Performance	29:43.00	26:19.39 80.54%	1	
3 Simon Rayner	M53 UTTC	30:25.00	26:56.59 78.68%	2	
4 Jim Dyck	M52 MB Performance	30:37.00	27:07.22 78.17%	2	
5 Vince Friel	M54 Newmarket HU	32:08.00	28:27.83 74.48%	3	
6 John Ellis	M52 Central Toronto AC	35:40.00	31:35.62 67.10%	5	
7 Damian Dupuy	M53 UTTC	36:00.00	31:53.33 66.48%	5	

**W50 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 50					
1 Elaine Mota	W52 Newmarket HU	34:41.00	30:47.52 78.04%	4	
2 Anne Byrne	W51 Black Lungs Toronto	35:48.00	31:47.00 75.61%	5	
3 Gwen Bailey-Mason	W51 UTTC	40:12.00	35:41.38 67.33%	6	
4 Liza Parry	W51 Longboat Roa	49:00.00	43:30.14 55.24%	7	

**M55 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 55					
1 Daniel Fiorini	M55 Newmarket HU	30:10.00	25:37.96 82.71%	1	
2 Chris Deighan	M57 Newmarket HU	31:18.00	26:35.74 79.71%	3	
3 Grant Williams	M58 MB Performance	34:58.00	29:42.68 71.35%	4	
4 Bob Murray	M55 Unattached -	35:05.00	29:48.62 71.12%	4	
5 Trevor Kobe	M56 Longboat Roa	36:17.00	30:49.80 68.76%	5	
6 Peter Gordon	M57 UTTC	36:21.00	30:53.20 68.64%	5	
7 James Freemantle	M59 Newmarket HU	36:28.00	30:59.15 68.42%	5	

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8	Walter Faion	M57 UTTC	38:01.00	32:18.17	65.63%	6
9	William Woods	M56 MB Performance	38:20.00	32:34.32	65.09%	6

**W55 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points	
Results - Women 55						
1	Susan Stone	W57 Longboat Roa	37:55.00	31:43.27	75.78%	5
2	Andrea Cameron	W57 UTTC	41:08.00	34:24.73	69.85%	6

**M60 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points	
Results - Men 60						
1	Anthony Farr	M62 UTTC	37:31.00	30:31.19	69.48%	5
2	Larry Carter	M60 Newmarket HU	37:58.00	30:53.16	68.66%	6
3	Calvin Little	M62 Unattached -	45:02.00	36:38.08	57.88%	7

**W60 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points	
Results - Women 60						
1	Clara Northcott	W63 UTTC	42:27.00	33:20.42	72.08%	7
2	Pauline Watson	W63 UTTC	52:20.00	41:06.16	58.47%	8

**M65 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points	
Results - Men 65						
1	Richard Bailey	M69 Longboat Roa	40:45.00	31:40.75	66.91%	6
2	Tim Payne	M67 Newmarket HU	42:06.00	32:43.72	64.77%	6
3	Les Rowley	M66 Unattached	43:24.00	33:44.36	62.83%	7

**M70 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points	
Results - Men 70						
1	Mike Bedley	M70 Longboat Roa	41:20.00	30:35.45	69.31%	6
2	Hugh Connolly	M72 Longboat Roa	42:21.00	31:20.60	67.65%	7
3	Tony Teddy	M71 Longboat Roa	44:53.00	33:13.09	63.83%	7
4	Bert De Vries	M71 Longboat Roa	49:56.00	36:57.35	57.38%	7
5	Pritam Sekhon	M73 Unattached -	1:26:15.00	1:03:50.02	33.22%	8

**W70 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points	
Results - Women 70						
1	Nancy Wells	W71 Longboat Roa	44:55.00	30:40.42	78.37%	7
2	Claire Prest	W72 Longboat Roa	50:07.00	34:13.49	70.24%	8

**Sunnybrook 8K - 2017-11-05**

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

**M75 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 75					
1 Chris Mackie	M77 Unattached -	41:05.00	28:20.61 74.81%	6	
2 Vern Christensen	M76 UTTC	48:32.00	33:28.99 63.32%	7	
3 Gary McColeman	M75 UTTC	55:28.00	38:15.99 55.41%	8	
4 Michael Goodstadt	M77 UTTC	1:02:40.00	43:14.03 49.04%	8	