

**Don Farquharson 4K - 2016-10-02**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M30 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 30					
1 324 Don Farquharson	M33 Unattached	19:04	19:03.85 52.28%	5	
2 374 Alex Farquharson	M31 Farquharson Family	20:17	20:16.29 49.17%	6	

**W30 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 30					
1 391 Juliana Tobon	W34 Longboat Roa	19:55	19:54.39 57.18%	5	

**M35 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 35					
1 303 Michael Bianchi	M36 Ontario Mast	14:08	13:49.87 72.06%	1	
2 319 Michael Doyle	M36 Unattached -	14:29	14:10.15 70.34%	1	
3 396 Stephen Word	M36 Longboat Roa	18:16	17:52.12 55.78%	5	

**W35 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 35					
1 310 Carrie Byer	W37 Newmarket HU	16:27	16:14.13 70.11%	3	
2 307 Chantelle Bourdage	W36 Newmarket HU	21:09	20:52.12 54.55%	7	

**M40 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 40					
1 373 Dave Tepper	M41 Newmarket HU	14:06	13:18.70 74.87%	1	
2 362 Gerardo Reyes	M41 Longboat Roa	15:28	14:36.59 68.22%	2	

**W40 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 40					
1 304 Leslie Black	W42 MB Performance	15:12	14:34.13 78.14%	2	
2 353 Sarah Nagy	W43 Newmarket HU	15:19	14:40.84 77.54%	2	
3 364 Seanna Robinson	W41 MB Performance	15:23	14:44.16 77.25%	2	
4 313 Michelle Clarke	W42 Longboat Roa	16:38	15:55.84 71.46%	3	
5 321 Shannon Dyer	W41 Longboat Roa	17:09	16:25.40 69.31%	4	

**M45 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 45					
1 335 Derek Hackshaw	M47 Newmarket HU	13:57	12:40.85 78.60%	1	
2 347 David Moore	M48 Ontario Mast	14:17	12:59.59 76.71%	1	

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**...M45 4000 Meter Run**

3	342	Pedro Lopez-Bravo	M46	Newmarket HU	14:49	13:28.20	73.99%	1
4	318	Curtis Desroche	M48	MB Performance	15:02	13:40.03	72.93%	2
5	334	Mirco Graenert	M47	Newmarket HU	15:16	13:53.05	71.79%	2
6	306	Steve Boston	M46	Newmarket HU	15:30	14:05.65	70.72%	2
7	337	Beau Hatcher	M49	UTTC	16:20	14:51.36	67.09%	2
8	344	Chris Madsen	M48	UTTC	17:05	15:32.05	64.16%	3
9	346	Pat McLean	M46	Newmarket HU	17:41	16:04.75	61.99%	4
10	308	Andrew Brownbill	M45	Longboat Roa	18:06	16:27.72	60.54%	5

**W45 4000 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Women 45						
1	367	Leanne Shafir	W46	MB Performance	16:31	15:04.16 75.54% 3
2	333	Anke Graenert	W49	Newmarket HU	19:16	17:34.32 64.78% 5
3	311	Jill Cameron	W49	Toronto West	19:55	18:10.77 62.62% 6
4	341	Mitsy Layton	W49	Ontario Mast	20:05	18:19.04 62.15% 6
5	371	Sandra Tam	W45	Longboat Roa	21:48	19:53.24 57.24% 7

**M50 4000 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Men 50						
1	351	Alistair Munro	M50	Unattached -	14:08	12:21.12 80.69% 1
2	358	Geoff Peat	M53	Newmarket HU	14:09	12:21.93 80.60% 1
3	361	Simon Rayner	M52	UTTC	14:27	12:37.93 78.90% 1
4	330	Vince Friel	M53	Newmarket HU	14:53	13:00.87 76.58% 2
5	352	Bob Murray	M54	Unattached -	15:05	13:11.25 75.58% 2
6	322	John Ellis	M51	Unattached -	17:00	14:51.38 67.09% 3
7	327	Mike Ferguson	M54	MB Performance	17:34	15:21.27 64.91% 4
8	320	Mark Duff	M54	Boardwalk RC	18:03	15:46.97 63.15% 4

**W50 4000 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Women 50						
1	350	Elaine Mota	W50	Newmarket HU	16:34	14:12.28 80.14% 3
2	309	Annie Bunting	W52	UTTC	17:46	15:14.69 74.67% 4
3	301	Nathalie Auger	W50	UTTC	18:04	15:29.72 73.46% 4
4	357	Liza Parry	W50	Longboat Roa	20:35	17:39.14 64.49% 6
5	363	Aura Reynoso	W50	Newmarket HU	20:49	17:51.48 63.74% 6
6	365	Mary Rogers	W53	Unattached	28:28	24:25.64 46.60% 8
7	379	Christine Farquhar	W53	Farquharson Family	34:26	29:32.69 38.53% 8

**M55 4000 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Men 55						
1	317	Chris Deighan	M56	Newmarket HU	14:32	12:11.81 81.72% 1
2	339	Trevor Kobe	M55	Longboat Roa	16:33	13:53.18 71.77% 3
3	329	James Freemantle	M58	Newmarket HU	16:35	13:54.67 71.65% 3
4	332	Peter Gordon	M56	UTTC	17:00	14:16.21 69.84% 3

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**....M55 4000 Meter Run**

5	376	William Woods	M55 MB Performance	17:01	14:16.68	69.80%	3
6	323	Walter Faion	M56 UTTC	17:23	14:35.32	68.32%	4
7	343	Rod Macpherson	M57 Ontario Mast	18:02	15:08.34	65.83%	4
8	380	John Farquharson	M55 Farquharson Family	20:55	17:32.95	56.79%	6
9	366	Ron Rogers	M55 Unattached	22:53	19:12.24	51.90%	7

**W55 4000 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Women 55						
1	356	Heather O'Hagan	W55 UTTC	18:05	14:31.14	78.40% 5
2	369	Susan Stone	W56 Longboat Roa	18:29	14:50.18	76.73% 5

**M60 4000 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Men 60						
1	326	Anthony Farr	M61 UTTC	17:19	13:55.17	71.60% 4
2	375	Dave Farquharson	M62 Farquharson Family	25:15	20:18.21	49.09% 7
3	390	Steve Thomas	M62 Ontario Mast	27:27	22:04.21	45.16% 8
4	325	Neal Farquharson	M60 Unattached	30:14	24:19.01	40.99% 8

**W60 4000 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Women 60						
1	338	Lynn Kobayashi	W60 UTTC	19:05	14:16.75	79.72% 5
2	355	Clara Northcott	W62 UTTC	19:48	14:49.20	76.81% 5

**M65 4000 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Men 65						
1	302	Richard Bailey	M68 Longboat Roa	17:33	13:29.61	73.86% 4
2	336	Murray Hale	M66 Newmarket HU	20:25	15:42.08	63.48% 6
3	392	Tim Uuksulainen	M65 Longboat Roa	22:02	16:56.54	58.83% 7

**M70 4000 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#	Points
Results - Men 70						
1	315	Hugh Connolly	M70 Longboat Roa	19:40	14:23.40	69.26% 5
2	372	Tony Teddy	M70 Longboat Roa	20:46	15:11.61	65.60% 6
3	316	Bert De Vries	M70 Longboat Roa	21:58	16:04.47	62.00% 7
4	345	Gary McColeman	M74 UTTC	24:05	17:37.35	56.56% 7
5	349	Murray Mostyn	M70 Longboat Roa	25:16	18:28.97	53.92% 7
6	360	John Powell	M72 EtobicokeTC	33:05	24:12.64	41.17% 8

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**W70 4000 Meter Run**

Name	Age Team	Finals	Age-Grading H#	Points
Results - Women 70				
1 394 Nancy Wells	W70 Longboat Roa	22:07	14:07.56 80.58%	7

**M75 4000 Meter Run**

Name	Age Team	Finals	Age-Grading H#	Points
Results - Men 75				
1 348 Robert Moore	M75 Toronto Olym	20:55	14:14.41 69.99%	6
2 312 Vern Christensen	M75 UTTC	20:56	14:15.02 69.94%	6
3 370 Keijo Taivassalo	M77 UTTC	21:55	14:54.88 66.83%	7
4 331 Michael Goodstadt	M76 Unattached -	30:16	20:36.04 48.38%	8