

**Sunnybrook 8K - 2015-11-01**  
**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M30 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 30					
1 Thomas Kipkosgei	M33 Toronto Olym	26:30.00	26:11.72 80.94%	1	
2 Gilbert Kiptoo	M33 Toronto Olym	26:58.00	26:39.40 79.54%	1	
3 Kennedy Ronoh	M32 Toronto Olym	27:16.00	27:03.24 78.36%	1	
4 Nick Croker	M30 Black Lungs Toronto	28:03.00	27:58.80 75.76%	1	
5 Peter Lovisek	M31 Black Lungs Toronto	28:36.00	28:27.77 74.48%	1	
6 Raymond Mendoza	M33 Unattached	30:10.00	29:49.19 71.10%	2	
7 Pete Dilworth	M34 MB Performance	32:05.00	31:34.21 67.17%	3	
8 Steve Elliot	M31 Black Lungs Toronto	32:30.00	32:20.65 65.54%	4	
9 Larbi Benhabib	M33 Unattached	33:54.00	33:30.61 63.27%	4	

**W30 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 30					
1 Joan Chung	W32 UTTC	34:30.00	34:24.62 70.00%	5	
2 Kelly Fitzsimmons	W30 UTTC	38:15.00	38:14.32 62.96%	7	
3 Ashley Aimone	W34 Mackatak	40:27.00	40:09.53 59.95%	9	

**M35 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 35					
1 Mike Gill	M38 Lions Valley Ath	26:40.00	25:34.73 82.88%	1	
2 Michael Doyle	M35 Black Lungs Toronto	29:18.00	28:40.74 73.95%	2	
3 Daniel Quigg	M35 Muskoka Algonqui	32:53.00	32:11.18 65.89%	4	

**W35 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 35					
1 Lyndsay Tessier	W37 Black Lungs Toronto	30:34.00	30:00.26 80.26%	2	
2 Carrie Byer	W36 Newmarket Huskies	34:01.00	33:32.23 71.83%	5	
3 Mary Unsworth	W37 Muskoka Algonqui	36:08.00	35:28.11 67.90%	6	
4 Darla Coles	W36 Muskoka Algonqui	39:42.00	39:08.42 61.54%	8	

**M40 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 40					
1 Dave Tepper	M40 Newmarket Huskies	28:25.00	26:51.40 78.94%	1	
2 Chris Watson	M41 Muskoka Algonqui	29:22.00	27:32.76 76.96%	2	
3 Phil Oreopoulos	M43 UTTC	29:54.00	27:37.66 76.76%	2	
4 Bill Wells	M41 UTTC	31:18.00	29:21.57 72.20%	3	
5 Simion Candrea	M40 Black Lungs Toronto	31:26.00	29:42.46 71.37%	3	
6 Ming Tsai	M42 UTTC	32:11.00	29:57.77 70.74%	3	
7 Rob Sidhu	M42 UTTC	33:23.00	31:04.80 68.20%	4	
8 Shane Dolgin	M44 MB Performance	36:41.00	33:38.10 63.02%	7	
9 Blair Nicolle	M43 UTTC	39:54.00	36:52.06 57.52%	8	

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

**W40 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 40					
1 Sarah Nagy	W42 Newmarket Huskies	30:45.00	29:15.52 82.33%	3	
2 Leslie Black	W41 MB Performance	31:06.00	29:48.94 80.76%	3	
3 Helen Dempster	W44 Muskoka Algonqui	32:53.00	30:45.75 78.31%	4	
4 Heather Pady	W41 Unattached	33:16.00	31:53.57 75.50%	4	
5 Michelle Clarke	W41 Longboat RR	34:17.00	32:52.05 73.26%	5	
6 Amy Ballon	W44 UTTC	35:21.00	33:04.20 72.84%	6	
7 Jennifer Nicholson	W41 Muskoka Algonqui	36:04.00	34:34.63 69.64%	6	
8 Cora Yin	W40 Unattached	37:20.00	36:02.28 66.83%	7	
9 Elaine Lavalee	W43 Xsnrg	38:10.00	36:01.31 66.86%	7	
10 Sandra Tam	W44 Longboat RR	43:51.00	41:01.31 58.72%	10	

**M45 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 45					
1 Derek Hackshaw	M46 Newmarket Huskies	28:10.00	25:25.74 83.37%	1	
2 Troy Cox	M47 Muskoka Algonqui	28:44.00	25:44.36 82.37%	1	
3 David Moore	M47 Unattached	29:40.00	26:34.53 79.78%	2	
4 Pierre Mikhail	M47 Muskoka Algonqui	30:59.00	27:45.30 76.39%	3	
5 Tony Marra	M47 Muskoka Algonqui	34:12.00	30:38.19 69.20%	5	
6 Michael Mandel	M46 UTTC	35:33.00	32:05.68 66.06%	6	
7 Brian Williams	M48 Unattached	37:54.00	33:41.14 62.93%	7	

**W45 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 45					
1 Christy Barber	W47 MB Performance	32:41.00	29:38.83 81.23%	4	
2 Leanne Shafir	W46 MB Performance	33:21.00	30:35.12 78.76%	4	
3 Veronica Biggar	W46 Newmarket Huskies	36:18.00	33:17.45 72.36%	6	
4 Anke Graenert	W48 Newmarket Huskies	42:07.00	37:45.46 63.79%	9	
5 Catherine Smith	W48 Muskoka Algonqui	43:48.00	39:16.01 61.34%	10	

**M50 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 50					
1 Geoff Peat	M52 Newmarket Huskies	28:20.00	24:23.03 86.94%	1	
2 Jim Dyck	M50 MB Performance	29:27.00	25:45.60 82.29%	2	
3 Anthony MacIsaac	M51 UTTC	29:35.00	25:40.00 82.59%	2	
4 Dan Fiorini	M53 Newmarket Huskies	29:50.00	25:27.95 83.24%	2	
5 Michael Sherar	M52 UTTC	31:19.00	26:57.07 78.66%	3	
6 John Meijer	M54 Black Lungs Toronto	31:50.00	26:56.82 78.69%	3	
7 William Woods	M54 MB Performance	33:20.00	28:13.01 75.15%	4	
8 Roger Moss	M52 Longboat RR	33:43.00	29:01.00 73.06%	4	
9 John Ellis	M50 Central Toronto AC	34:11.00	29:54.02 70.89%	5	
10 James Wallace	M53 UTTC	35:15.00	30:05.37 70.45%	5	
11 Trevor Kobe	M54 Longboat RR	36:15.00	30:41.14 69.10%	6	
12 Damien Dupuy	M51 UTTC	36:27.00	31:37.45 67.03%	7	
13 John Gonos	M50 East Toronto	38:23.00	33:34.44 63.14%	8	

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**...M50 8000 Meter Run**

14 Kevin Garlick M53 London Pacers 38:45.00 33:04.63 64.09% 8

**W50 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 50					
1 Elaine Mota	W50 Newmarket Huskies	34:40.00	30:19.38 79.42%	5	
2 Sarah Wiley	W50 Unattached	34:43.00	30:22.01 79.31%	5	
3 Julia Holland	W50 MB Performance	35:27.00	31:00.49 77.67%	6	
4 Judie Thom	W53 MB Performance	36:09.00	30:26.30 79.11%	6	
5 Annie Bunting	W51 UTTC	36:55.00	31:53.32 75.53%	7	
6 Nancy Chong	W53 Unattached	38:26.00	32:21.66 74.41%	8	
7 Lucia Mahoney	W51 MB Performance	39:00.00	33:41.30 71.50%	8	
8 Margaret Webb	W53 Unattached	40:43.00	34:17.01 70.24%	9	
9 Gail Tusz	W54 Muskoka Algonqui	43:17.00	35:58.37 66.96%	10	
10 Monique Charlton	W53 Muskoka Algonqui	46:35.00	39:13.40 61.40%	10	

**M55 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 55					
1 Chris Deighan	M55 Newmarket Huskies	29:57.00	25:08.59 84.31%	2	
2 Robert Campbell	M55 Black Lungs Toronto	31:50.00	26:43.45 79.32%	3	
3 Jim Freemantle	M57 Newmarket Huskies	34:03.00	28:06.30 75.43%	5	
4 Peter Gordon	M55 UTTC	34:29.00	28:56.93 73.22%	5	
5 Jon Comerford	M58 UTTC	40:16.00	32:57.26 64.32%	9	

**W55 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 55					
1 Rita Botelho	W55 UTTC	39:31.00	32:24.70 74.31%	8	
2 Kim Russel-Brooks	W58 Muskoka Algonqui	40:44.00	32:04.66 75.08%	9	
3 Nancy Edson	W57 Muskoka Algonqui	41:05.00	32:48.06 73.43%	9	
4 Barb Hesk	W55 Muskoka Algonqui	46:34.00	38:11.64 63.06%	10	
5 Katherine Willis	W57 UTTC	46:42.00	37:17.12 64.60%	10	

**M60 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 60					
1 Tony Farr	M60 UTTC	35:25.00	28:29.14 74.45%	6	
2 Jim Rawling	M60 Longboat RR	36:24.00	29:16.60 72.44%	7	
3 Alex Campbell	M60 Unattached	38:16.00	30:46.68 68.90%	8	

**W60 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 60					
1 Dawn Hamel	W60 Unattached	36:46.00	28:09.14 85.54%	7	
2 Lynn Kobayashi	W60 UTTC	38:44.00	29:39.49 81.20%	8	

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**...W60 8000 Meter Run**

3 Clara Northcott	W61 UTTC	40:56.00	30:53.79	77.93%	9
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**M65 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 65					
1 Richard Bailey	M67 Longboat RR	35:49.00	27:02.50	78.41%	6
2 Bob Knuckey	M67 Newmarket Huskies	37:09.00	28:02.90	75.59%	7
3 Murray Hale	M66 Newmarket Huskies	40:12.00	30:37.95	69.20%	8
4 Tony Teddy	M69 Longboat RR	40:56.00	30:17.94	69.95%	9
5 Bert de Vries	M69 Longboat RR	42:35.00	31:31.22	67.24%	10

**M70 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 70					
1 Vern Christensen	M74 UTTC	40:12.00	27:49.83	76.16%	9
2 Robert Moore	M74 Toronto Olym	42:21.00	29:19.14	72.29%	9
3 Gary McColeman	M73 UTTC	46:42.00	32:50.09	64.56%	10
4 John Powell	M71 EtobicokeTC	1:04:02.00	46:17.77	45.78%	11

**M80 8000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 80					
1 Bob Wild	M83 Muskoka Algonqui	1:02:06.00	35:08.92	60.31%	10
2 Gerhard Krolow	M80 Unattached	1:02:50.00	38:34.03	54.96%	10