

**Don Farquharson Memorial 4K - 2017-10-15**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M29&U 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
Finals				
1 Alexander Farquharson	M28 Farquharson Family	22:54.94	22:54.95 43.49%	8

**M30 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Nick Croker	M32 Black Lungs Toronto	13:55.62	13:55.63 71.56%	1
2 Cameron MacDonald	M30 Black Lungs Toronto	14:42.56	14:42.57 67.76%	2

**W30 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Caitlin Foisy	W33 Newmarket HU	17:03.44	17:03.45 66.74%	5
2 Laura McLean	W30 Longboat Roa	17:14.15	17:14.16 66.04%	5
3 Jessica Sheppard	W33 Muskoka Algo	19:36.59	19:36.60 58.05%	7

**M35 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Ross Bain	M37 Black Lungs Toronto	14:14.59	13:56.48 71.49%	1
2 Eoin O'Flynn	M36 Unattached -	14:16.59	13:58.44 71.32%	1
3 Andrew Lockwood	M37 Black Lungs Toronto	14:37.56	14:18.96 69.62%	2
4 Ben Nelson	M36 Longboat Roa	15:16.25	14:56.83 66.68%	2
5 Bernardo Majano	M35 Longboat Roa	15:17.28	14:57.84 66.60%	2
6 Michael Doyle	M37 Black Lungs Toronto	15:18.62	14:59.15 66.51%	3
7 Steve Jackson	M37 MB Performance	17:11.03	16:49.18 59.26%	5
8 Jérôme Louvel	M39 Lions Valley	17:54.34	17:31.57 56.87%	6

**W35 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Carrie Byer	W38 Newmarket HU	16:21.66	16:09.30 70.46%	4
2 Tiia Scott	W35 Newmarket HU	16:28.47	16:16.02 69.98%	4
3 Kelly Senk	W36 Newmarket HU	16:43.53	16:30.89 68.93%	4
4 Krista Allen	W37 Newmarket HU	17:35.53	17:22.24 65.53%	5
5 Darla Coles	W38 Muskoka Algo	19:10.97	18:56.47 60.10%	7

**M40 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Michael Gill	M40 Lions Valley	13:28.84	12:44.44 78.23%	1
2 Dave Tepper	M42 Newmarket HU	14:00.75	13:14.60 75.26%	1
3 Paul Felix	M42 Dundas Valle	14:36.50	13:48.39 72.19%	2
4 Bill Wells	M43 UTTC	15:05.28	14:15.59 69.89%	2
5 Paul Dunsford	M40 Dundas Valle	15:06.72	14:16.95 69.78%	2
6 David Koivuranta	M44 Unattached -	15:22.44	14:31.80 68.59%	3
7 Steve Watson	M44 Newmarket HU	16:44.40	15:49.26 63.00%	4
8 Jean-Emile Paraiso	M44 Longboat Roa	16:54.22	15:58.54 62.39%	5

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**W40 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Sarah Nagy	W44 Newmarket HU	15:26.66	14:48.21 76.90%	3
2 Michelle Clarke	W43 Longboat Roa	15:55.22	15:15.58 74.60%	3
3 Karen Davies	W43 Newmarket HU	21:00.88	20:08.56 56.51%	8

**M45 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Chris Jocelyn	M47 Dundas Valle	14:35.72	13:16.82 75.05%	1
2 David Moore	M49 Unattached -	14:45.00	13:25.27 74.26%	2
3 Dave Cooper	M45 Unattached -	15:24.56	14:01.26 71.08%	3
4 Mirco Graenert	M48 Newmarket HU	15:39.28	14:14.66 69.97%	3
5 Steve Boston	M47 Newmarket HU	15:44.03	14:18.98 69.62%	3
6 Tony Marra	M49 Muskoka Algo	15:47.50	14:22.14 69.36%	3
7 Patrick Macdonell	M48 MB Performance	15:51.44	14:25.72 69.08%	3
8 Pat McLean	M47 Newmarket HU	16:55.53	15:24.04 64.72%	5
9 Pierre Mikhail	M49 Muskoka Algo	17:48.18	16:11.94 61.53%	6
10 Michael Mandel	M48 UTTC	17:57.97	16:20.85 60.97%	6
11 Giorgio Raso	M47 Newmarket HU	18:09.72	16:31.54 60.31%	6
12 Akeel Ghaib	M48 Lions Valley	18:13.15	16:34.66 60.12%	6

**W45 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Helen Dempster	W46 Muskoka Algo	16:07.75	14:43.37 77.32%	3
2 Sandra Tam	W46 Longboat Roa	22:23.62	20:26.46 55.69%	8

**M50 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Jim Dyck	M52 MB Performance	14:20.28	12:32.49 79.47%	1
2 Geoff Peat	M54 Newmarket HU	14:24.91	12:36.54 79.04%	1
3 Simon Rayner	M53 UTTC	15:02.66	13:09.56 75.74%	2
4 Vince Friel	M54 Newmarket HU	15:11.22	13:17.05 75.03%	2
5 Peter Millican	M52 Longboat Roa	16:09.12	14:07.69 70.54%	4
6 Robert Blair	M53 Newmarket HU	16:37.93	14:32.89 68.51%	4
7 Darryl Rowan	M51 Lions Valley Ath	16:40.41	14:35.06 68.34%	4
8 John Ellis	M52 Central Toronto AC	17:12.88	15:03.47 66.19%	5

**W50 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Elaine Mota	W51 Newmarket HU	16:25.12	14:05.34 80.80%	4
2 Anne Byrne	W51 Black Lungs Toronto	16:37.25	14:15.75 79.81%	4
3 Cynthia O'Halloran	W54 Toronto Olym	18:16.25	15:40.70 72.61%	6
4 Ginette Jones	W51 Newmarket HU	19:23.00	16:37.98 68.44%	7
5 Aura Reynoso	W51 Newmarket HU	19:47.21	16:58.75 67.04%	7
6 Anke Graenert	W50 Newmarket HU	19:52.31	17:03.13 66.76%	7
7 Catherine Smith	W50 Muskoka Algo	22:11.41	19:02.49 59.78%	8
8 Liza Parry	W51 Longboat Roa	22:32.81	19:20.85 58.84%	8

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**M55 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Chris Deighan	M57 Newmarket HU	14:28.09	12:08.77 82.06%	1
2 Daniel Fiorini	M55 Newmarket HU	14:30.72	12:10.97 81.81%	1
3 Grant Williams	M58 MB Performance	16:46.94	14:05.33 70.74%	4
4 Trevor Kobe	M56 Longboat Roa	17:20.56	14:33.56 68.46%	5
5 Peter Gordon	M57 UTTC	17:32.25	14:43.37 67.70%	5
6 James Freemantle	M59 Newmarket HU	17:33.78	14:44.65 67.60%	5
7 Walter Faion	M57 UTTC	18:02.50	15:08.76 65.80%	6
8 William Woods	M56 MB Performance	18:25.28	15:27.89 64.45%	7
9 Armand D'Oliveira	M57 UTTC	19:27.25	16:19.91 61.03%	7
10 John Farquharson	M56 Farquharson Family	25:47.02	21:38.73 46.05%	9

**W55 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Christine Loch	W55 Longboat Roa	18:04.56	14:31.23 78.39%	6

**M60 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Anthony Farr	M62 UTTC	17:36.52	14:09.76 70.37%	6
2 Jim Rawling	M62 Longboat Roa	19:34.18	15:44.40 63.32%	7

**W60 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Clara Northcott	W63 UTTC	20:12.12	15:07.28 75.28%	7

**M65 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Richard Bailey	M69 Longboat Roa	18:12.25	14:00.05 71.19%	6
2 Les Rowley	M66 Unattached	20:25.15	15:42.27 63.46%	8
3 Don Farquharson	M67 Farquharson Family	25:46.47	19:49.40 50.28%	9

**M70 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Hugh Connolly	M72 Longboat Roa	19:46.69	14:28.54 68.85%	7
2 Mike Bedley	M70 Longboat Roa	20:17.91	14:51.39 67.09%	8
3 Tony Teddy	M71 Longboat Roa	21:21.84	15:38.18 63.74%	8
4 Bert De Vries	M71 Longboat Roa	23:30.88	17:12.63 57.91%	9

**W70 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Claire Prest	W72 Longboat Roa	23:56.15	15:17.56 74.44%	9

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**M75 4000 Meter Run**

Name	Age Team	Finals	Age-Grading	H#
1 Vern Christensen	M76 UTTC	21:58.62	14:57.72 66.61%	8
2 Robert Moore	M76 Toronto Olym	23:11.25	15:47.17 63.14%	8
3 Gary McColeman	M75 UTTC	27:03.91	18:25.56 54.09%	9
4 Michael Goodstadt	M77 UTTC	28:36.47	19:28.58 51.17%	9