

HAMILTON LAST CHANCE TWILIGHT & ATHLETICS ONTARIO DISTANCE MEDLEY RELAY CHAMPIONSHIPS 2025

Hamilton, ON
McMaster University's Mona Campbell Track
August 4, 2025

MEET OFFICIALS

Timing:
Sport Made Simple



OFFICIAL MEET REPORT
printed: 2025-08-04 8:53 PM

RESULTS

#48 Men's 4000m DMR (Open)

Pl	Team	Time				Note
1	Hamilton Olympic Club (OHOC) (A)	10:53.44				
		3:28.89	52.25 (4:21.14)	2:06.70 (6:27.84)	4:25.61 (10:53.44)	

#25 Women's 100 Meters (Wheelchair)

Prelims		Wind: (-1.2)	
Pl	Name	Team	Time Note
1	Isabella Vujicic	CRUI - CRUISERS SPORT	23.31q

#2 Women's 100 Meters (Open)

Prelims			
Pl	Name	Team	Time Note H(Pl)
1	Raelynn Emanuel	MCTC - Monte Cristo Track	12.69q (+1.6) 4(1)
2	Brielle Fernandez	UWTC - Waterloo Track Clu	12.71q (+1.6) 4(2)
3	Aniya Asare-Clarke	University Of Toronto Tc (U	12.76q (+1.6) 4(3)
4	Olivia Bower	RCAO - Royal City Athletics	12.79q (+0.5) 3(1)
5	Amanda Bowrin	OHOC - Hamilton Olympic	12.90q (+1.6) 4(4)
6	Jenna Odriscoll	RCAO - Royal City Athletics	12.92q (+1.6) 4(5)
7	Franchise Bendje	OHOC - Hamilton Olympic	12.93q (+0.5) 3(2)
8	Chiagozie Robert-Maduekwe	UNON - Unattached Ontari	12.94q (+1.6) 4(6)
9	Ella Di Mola	UNON - Unattached Ontari	13.03q (+1.6) 4(7)
10	Danielle Charters	OHOC - Hamilton Olympic	13.09q (+0.5) 3(3)
11	Ava DuChene	UWTC - Waterloo Track Clu	13.12q (+0.5) 3(4)
12	Brianna Davis	Unattached	13.15q 13.148 (+0.5) 3(5)
12	Lia Hillman	Windsor Legion T.f.c (WLE	13.15q 13.148 (+1.6) 4(8)
14	Enoyaa Acheampong	UNON - Unattached Ontari	13.17q (+0.5) 3(6)
15	Susan Merlau	Laurel Creek T.f.c	13.26q (+0.1) 2(1)
16	Catrina Kudo	Royal City Athletics Club (R	13.43q (+0.1) 2(2)
17	Daniyah Aiyathdurai	UTSC - United Tamil Sports	13.47q (+0.5) 3(7)
18	Tunmise Sowunmi	OHOC - Hamilton Olympic	13.50q (+0.1) 2(3)
19	Ciara Underhill	Royal City Athletics Club (R	13.59q 13.584 (+0.1) 2(4)
20	Janayah Croft-Porter	Stac Hamilton	13.59q 13.587 (+0.1) 1(1)
21	Brianna Scott	OSTL - St Thomas Legion	13.61q 13.605 (+0.1) 2(5)
22	Chloe Owatta	OHOC - Hamilton Olympic	13.61q 13.610 (+0.5) 3(8)
23	Aida Peighambari	Unattached	13.75q (+0.1) 2(6)
24	Ja'nya Sweeney-Goulbourne	LATC - Lifestyle Athletics	13.86q (+0.1) 2(7)
25	Claudia Folkens	OHOC - Hamilton Olympic	13.88q (+0.1) 1(2)
26	Georgia Den Ouden	Royal City Athletics Club (R	14.05q (+0.1) 2(8)
27	Adrianna Kupis	OHOC - Hamilton Olympic	14.38q (+0.1) 1(3)
28	Isold Gudmundsdottir	RCAO - Royal City Athletics	14.61q (+0.1) 1(4)
29	Danielle Connell	Stac Hamilton	14.76q (+0.1) 1(5)
30	Debbie Zinman	UTTC - University of Toront	14.83q (+0.1) 1(6)
31	Renata Macherzynska	UTTC - University of Toront	14.92q (+0.1) 1(7)

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#1 Men's 100 Meters (Open)

Prelims

Pl	Name	Team	Time	Note	H(Pl)
1	Devonte Scarrow	RCAO - Royal City Athletics	10.94q	(-0.4)	12(1)
2	Meeko Gallion	UNON - Unattached Ontari	10.96q	(-0.4)	12(2)
3	Michael Kerr	OHOC - Hamilton Olympic	10.99q	(-0.4)	12(3)
4	Jalen Law	Scirocco (Esp) (SCIRO)	11.02q	(-0.4)	12(4)
5	Maleik Allen	MCTC - Monte Cristo Track	11.08q	(-0.4)	12(5)
6	Mark Warner	Unattached	11.16q	(-0.4)	12(6)
7	Theodore France	SAAC - Speed Academy At	11.18q	(-0.3)	10(1)
8	Naieem Foster	OHOC - Hamilton Olympic	11.20q	(+0.7)	9(1)
9	Greyson Smiarowski	OHOC - Hamilton Olympic	11.22q	(-0.4)	11(1)
10	Dominik Manouchehr	UWTC - Waterloo Track Clu	11.23q 11.226	(-0.4)	12(7)
11	Nahshon Hall	FLYA - Flying Angels Acad	11.23q 11.230	(-0.4)	11(2)
12	Jayden Laing	RCAO - Royal City Athletics	11.24q	(+0.7)	9(2)
13	James Chandra	Flying Angels TF Academy	11.26q	(+0.7)	9(3)
14	Henry Scott	OSTL - St Thomas Legion	11.27q	(+0.7)	9(4)
15	Scott Banza	York University Track & Fiel	11.28q	(-0.3)	10(2)
16	Charles Smith	UNON - Unattached Ontari	11.29q	(-0.3)	10(3)
17	Zayd Betty	Mississauga T.f.c.	11.31q	(+0.7)	9(5)
18	Miles Gulas	Laurel Creek T.f.c	11.34q	(-0.3)	10(4)
19	Precious Mayuku	Unattached	11.35q 11.342	(-0.3)	10(5)
20	David Alabi	UWTC - Waterloo Track Clu	11.35q 11.347	(-0.1)	8(1)
21	Samuel Amato	UWTC - Waterloo Track Clu	11.38q	(+0.7)	9(6)
22	Kaiden Turner	Royal City Athletics Club (R	11.41q 11.404	(+0.7)	9(7)
23	Malcolm King	ETFI - Eclipse Track & Field	11.41q 11.407	(-0.1)	8(2)
24	Isaiah Abdul	York University Track & Fiel	11.42q	(+0.7)	9(8)
25	Saad Ashraf	Athletics Niagara	11.44q 11.438	(-0.4)	11(3)
26	Joel Dike	ETOB - Etobicoke Huskies-	11.44q 11.440	(-0.4)	11(4)
27	Kyle Walters	SAAC - Speed Academy At	11.45q	(-0.4)	11(5)
28	Josiah Saldana	WLEG - Windsor Legion T.	11.52q	(-0.1)	8(3)
29	William Walrond	UNON - Unattached Ontari	11.55q 11.541	(-0.3)	10(6)
30	Aiden Parkins	Unattached	11.55q 11.542	(+0.2)	6(1)
31	Isaiah Petryk-Orr	Stac Hamilton	11.56q	(-0.5)	5(1)
32	CJ Augustus	St. Thomas Legion	11.57q	(-1.2)	7(1)
33	Ayo Akinkuolie	Stac Hamilton	11.60q	(-0.4)	11(6)
34	Hiro Zhang	LATC - Lylifestyle Athletics	11.65q 11.642	(-1.2)	7(2)
34	Raymond Siebert	Unattached	11.65q 11.642	(-0.1)	8(4)
36	Sing Li	Unattached	11.66q	(-1.2)	7(3)
37	Boris Davidovic	UTTC - University of Toront	11.67q	(-0.1)	8(5)
38	Akbar Yusif	ETOB - Etobicoke Huskies-	11.68q	(-0.5)	5(2)
39	Nathan Hajdu	OHOC - Hamilton Olympic	11.72q 11.712	(-1.2)	7(4)
40	Nathaniel Sett	Unattached	11.72q 11.715	(+0.2)	6(2)
41	Rayshaun Lewis	OHOC - Hamilton Olympic	11.73q	(-0.1)	8(6)
42	Joel Whitebridge	ETOB - Etobicoke Huskies-	11.76q	(+0.2)	6(3)
43	Miguel Aparicio	ETOB - Etobicoke Huskies-	11.80q 11.795	(-0.3)	10(7)
44	Aidan Sivongsay	WLEG - Windsor Legion T.	11.80q 11.798	(-0.3)	10(8)
45	Emmanuel Onyango	UWTC - Waterloo Track Clu	11.82q	(-0.6)	3(1)

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RESULTS

#1 Men's 100 Meters (Open) (cont'd)

Prelims

Pl	Name	Team	Time	Note	H(Pl)
46	Stefan Cua	Mississauga T.f.c.	11.84q	(-0.5)	5(3)
47	Ryan Yuan	Flying Angels - Etobicoke (	11.87q	(-0.1)	8(7)
48	Daniel Nawej	OHOC - Hamilton Olympic	11.88q	(-0.8)	4(1)
49	Steve Collin Tene	Unattached	11.90q	(+1.0)	2(1)
50	Obinna Enyinniah	OHOC - Hamilton Olympic	11.92q 11.914	(-1.2)	7(5)
51	Lorenz Zapanta	Extreme Velocity Track Clu	11.92q 11.920	(-0.5)	5(4)
52	Laughter Fawehinmi	WLEG - Windsor Legion T.	11.94q	(+0.2)	6(4)
53	Shaun Donald	ETOB - Etobicoke Huskies-	11.96q	(-0.4)	11(7)
54	William Downing	OSTL - St Thomas Legion	12.02q	(+0.2)	6(5)
55	Travis Edwards	JMAC - JAMCAN Internatio	12.04q	(-0.1)	8(8)
56	Dennis Gray	Mississauga T.f.c.	12.11q	(-0.5)	5(5)
57	Rohn Cowan	Woodstock Legion Athletic	12.14q	(-0.8)	4(2)
58	Stephen Scragg	UNON - Unattached Ontari	12.18q	(-0.8)	4(3)
59	Grant Allen	OHOC - Hamilton Olympic	12.23q	(-0.5)	5(6)
60	Nethan Thewarapperuma	Unattached	12.25q	(-0.8)	4(4)
61	Karan Joshua Praveen	OHOC - Hamilton Olympic	12.26q	(-0.8)	4(5)
62	Justin Conlon	UWTC - Waterloo Track Clu	12.28q 12.272	(-0.8)	4(6)
63	Nathan Clarke	Unattached	12.28q 12.277	(-0.6)	3(2)
64	Enzo Hu	RCAO - Royal City Athletics	12.33q	(-0.5)	5(7)
65	Emilio Pantaleo	Mississauga T.f.c.	12.36q	(-1.2)	7(6)
66	Noah Moniz	OHOC - Hamilton Olympic	12.38q	(+1.0)	2(2)
67	Ameer Bakare	Unattached	12.45q	(-0.8)	4(7)
68	Mark Nacy	Unattached	12.46q	(+0.2)	6(6)
69	Christopher Wagner	UWTC - Waterloo Track Clu	12.50q	(-0.6)	3(3)
70	Joshua Anyimadu	CRUI - CRUISERS SPORT	12.51q	(-0.8)	4(8)
71	Henry Goodman	RCAO - Royal City Athletics	12.54q	(-0.5)	5(8)
72	Juan Ignacio Senisterra	UNON - Unattached Ontari	12.80q	(-0.6)	3(4)
73	Leroy Miller	UNON - Unattached Ontari	12.82q	(-0.6)	3(5)
74	Omar Ghazi	BURL - Burlington Track &	12.84q	(-0.6)	3(6)
75	Tit (Jonathan) Hui	JMAC - JAMCAN Internatio	12.92q	(-0.6)	3(7)
76	Harri Tunncliffe	Royal City Athletics Club (R	12.94q	(-0.6)	3(8)
77	Yu Gui	The Runway (RUN)	13.04q	(+1.0)	2(3)
78	Lance Rock	Unattached	13.08q 13.077	(-0.4)	1(1)
79	Andrew Liu	OHOC - Hamilton Olympic	13.08q 13.079	(+1.0)	2(4)
80	Ken Kudo	Royal City Athletics Club (R	13.34q	(+1.0)	2(5)
81	Christopher Pietrangelo	ETOB - Etobicoke Huskies-	13.59	(+1.0)	2(6)
82	Peichen Hu	Unattached Ontario (UNON	13.86	(-0.4)	1(2)
83	Ahmed El-Hadary	Unattached	14.01	(-0.4)	1(3)
84	Avanesh Vathanakumaran	Lyfestyle Athletics Track Cl	14.13	(+1.0)	2(7)
	Ethan John	Stac Hamilton	FS		7

#40 Women's 400 Meters (Wheelchair)

Pl	Name	Team	Time	Note
1	Isabella Vujicic	CRUI - CRUISERS SPORT	1:30.40	

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#6 Women's 400 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Jazmyn Lewis	SAAC - Speed Academy At	55.37		3(1)
2	Elise Sawyer	MCTC - Monte Cristo Track	56.12		3(2)
3	Jolene Steunebrink	RCAO - Royal City Athletics	58.14		3(3)
4	Emma List	MCTC - Monte Cristo Track	58.84		3(4)
5	Madeline Verbeek	WLEG - Windsor Legion T.	59.32		3(5)
6	Mofe Esisi	OOAK - Oakville Renegade	1:00.27		3(6)
7	Alessia Ruii	OHOC - Hamilton Olympic	1:00.72		1(1)
8	Nailah Grant	Mississauga T.f.c.	1:03.47		2(1)
9	Sienna Dummett	ETOB - Etobicoke Huskies-	1:03.68		2(2)
10	Penelope Dodds	MCTC - Monte Cristo Track	1:03.77		3(7)
11	Sara Sorgini	ETOB - Etobicoke Huskies-	1:04.08		2(3)
12	Chenai McGann	UNON - Unattached Ontari	1:04.15		2(4)
13	Sofia Carnelos	OHOC - Hamilton Olympic	1:04.45		2(5)
14	Micaela Altomare	ETOB - Etobicoke Huskies-	1:04.60		3(8)
15	Vaishnavy Yogarajah	LATC - Lifestyle Athletics	1:04.95		2(6)
16	Karen Castillo	OHOC - Hamilton Olympic	1:05.24		1(2)
17	Devika Thangarasa	LATC - Lifestyle Athletics	1:06.42		1(3)
18	Gabrielle Ajagunmo	OHOC - Hamilton Olympic	1:07.13		1(4)

#5 Men's 400 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Roxroy Cato	LATC - Lifestyle Athletics	47.44		4(1)
2	Amari Clunis	Flying Angels - Etobicoke (	47.76		4(2)
3	Kailen Perry	Philippines	49.83		4(3)
4	Kieran Sullivan	RCAO - Royal City Athletics	50.08		3(1)
5	Benjamin Lemon	UWTC - Waterloo Track Clu	50.21		4(4)
6	Raymond Siebert	Unattached	50.74	50.735	3(2)
7	Joshua Ching	York University Track & Fiel	50.74	50.740	4(5)
8	Cameron Mansell	MOCA - Motown Athletics C	51.02		3(3)
9	Mark Van Dalfsen	ETOB - Etobicoke Huskies-	51.19		3(4)
10	Ali Ghadghoni	LATC - Lifestyle Athletics	51.71		4(6)
11	Cole Sheppard	Newmarket Huskies Track	51.82		2(1)
12	Elijah Doctor-Jardine	Newmarket Huskies Track	51.89		3(5)
13	Greyson Smiarowski	OHOC - Hamilton Olympic	52.57		3(6)
14	Hiro Zhang	LATC - Lifestyle Athletics	52.91		2(2)
15	Ethan Deryaw	SAAC - Speed Academy At	53.13		3(7)
16	Pascal Finan Binoko	Mississauga T.f.c.	54.15		3(8)
17	Alex Whyte	WLEG - Windsor Legion T.	54.32		2(3)
18	Jonas Rohr	Laurel Creek T.f.c	54.76		2(4)
19	Ollie Fitzsimmons	Newmarket Huskies Track	55.41		2(5)
20	Micah Witton	GETC - Golden Eagles Tra	55.65		2(6)
21	Tristan Edwards	York University Track & Fiel	57.74		2(7)
22	Tom Cibola	OHOC - Hamilton Olympic	57.86		1(1)
23	Mencius Hicks	Unattached	58.47		2(8)
24	Jacques Sagno	Unattached	1:00.84		1(2)
25	Christopher Pietrangelo	ETOB - Etobicoke Huskies-	1:01.84		1(3)

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#5 Men's 400 Meters (Open) (cont'd)

Pl	Name	Team	Time	Note	H(Pl)
26	Kevaughn Manning	Unattached	1:01.98		1(4)
27	Nathan Onischke	Laurel Creek T.f.c	1:08.65		1(5)

#25 Women's 100 Meters (Wheelchair)

Finals

Wind: (+0.7)

Pl	Name	Team	Time	Note
1	Isabella Vujicic	CRUI - CRUISERS SPORT	22.46	

#2 Women's 100 Meters (Open)

Finals

Pl	Name	Team	Time	Note	H(Pl)
1	Aniya Asare-Clarke	University Of Toronto Tc (U	12.55		(+0.5) 4(1)
2	Raelynn Emanuel	MCTC - Monte Cristo Track	12.58		(+0.5) 4(2)
3	Brielle Fernandez	UWTC - Waterloo Track Clu	12.65		(+0.5) 4(3)
4	Chiagozie Robert-Maduekwe	UNON - Unattached Ontari	12.78		(+0.5) 4(4)
5	Amanda Bowrin	OHOC - Hamilton Olympic	12.82	12.814	(+0.5) 4(5)
6	Lia Hillman	Windsor Legion T.f.c (WLE	12.82	12.816	(+0.1) 3(1)
7	Brianna Davis	Unattached	12.90		(+0.1) 3(2)
8	Danielle Charters	OHOC - Hamilton Olympic	12.91		(+0.1) 3(3)
9	Ava DuChene	UWTC - Waterloo Track Clu	12.95		(+0.1) 3(4)
10	Ella Di Mola	UNON - Unattached Ontari	12.99		(+0.1) 3(5)
11	Franchez Bendje	OHOC - Hamilton Olympic	13.02		(+0.5) 4(6)
12	Enoyaa Acheampong	UNON - Unattached Ontari	13.05		(+0.1) 3(6)
13	Susan Merlau	Laurel Creek T.f.c	13.19		(+0.1) 3(7)
14	Daniyah Aiyathdurai	UTSC - United Tamil Sports	13.38		(+0.1) 2(1)
15	Tunmise Sowunmi	OHOC - Hamilton Olympic	13.39		(+0.1) 2(2)
16	Janayah Croft-Porter	Stac Hamilton	13.50		(+0.1) 2(3)
17	Brianna Scott	OSTL - St Thomas Legion	13.56		(+0.1) 2(4)
18	Ciara Underhill	Royal City Athletics Club (R	13.67		(+0.1) 2(5)
19	Aida Peighambari	Unattached	13.68		(+0.1) 2(6)
20	Claudia Folkens	OHOC - Hamilton Olympic	13.78		(+0.2) 1(1)
21	Ja'nya Sweeney-Goulbourne	LATC - Lyfestyle Athletics	14.05		(+0.1) 2(7)
22	Adrianna Kupis	OHOC - Hamilton Olympic	14.16		(+0.2) 1(2)
23	Danielle Connell	Stac Hamilton	14.71		(+0.2) 1(3)
24	Debbie Zinman	UTTC - University of Toront	14.74		(+0.2) 1(4)
25	Isold Gudmundsdottir	RCAO - Royal City Athletics	14.76		(+0.2) 1(5)
26	Renata Macherzynska	UTTC - University of Toront	14.81		(+0.2) 1(6)

#1 Men's 100 Meters (Open)

Finals

Pl	Name	Team	Time	Note	H(Pl)
1	Devonte Sorrow	RCAO - Royal City Athletics	10.74		(+1.0) 10(1)
2	Michael Kerr	OHOC - Hamilton Olympic	10.80		(+1.0) 10(2)
3	Meeko Gallion	UNON - Unattached Ontari	10.81		(+1.0) 10(3)
4	Jalen Law	Scirocco (Esp) (SCIRO)	10.84		(+1.0) 10(4)
5	Mark Warner	Unattached	10.95		(+1.0) 10(5)

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Pl	Name	Team	Time	Note	H(Pl)
6	Theodore France	SAAC - Speed Academy At	11.04	(+1.0)	10(6)
7	Nahshon Hall	FLYA - Flying Angels Acad	11.08	(+0.1)	9(1)
8	Jayden Laing	RCAO - Royal City Athletics	11.15	11.143 (+0.1)	9(2)
9	Greyson Smiarowski	OHOC - Hamilton Olympic	11.15	11.145 (+0.1)	9(3)
10	Scott Banza	York University Track & Fiel	11.17	(+0.1)	9(4)
11	Charles Smith	UNON - Unattached Ontari	11.19	(+0.1)	9(5)
12	Naieem Foster	OHOC - Hamilton Olympic	11.20	11.199 (+1.0)	10(7)
13	Precious Mayuku	Unattached	11.20	11.200 (+1.0)	8(1)
14	Saad Ashraf	Athletics Niagara	11.25	(+0.4)	7(1)
15	Miles Gulas	Laurel Creek T.f.c	11.26	(+1.0)	8(2)
16	Zayd Betty	Mississauga T.f.c.	11.29	(+1.0)	8(3)
17	Aiden Parkins	Unattached	11.30	(+0.4)	7(2)
18	James Chandra	Flying Angels TF Academy	11.33	(+0.1)	9(6)
19	Josiah Saldana	WLEG - Windsor Legion T.	11.36	11.354 (+0.4)	7(3)
20	David Alabi	UWTC - Waterloo Track Clu	11.36	11.355 (+1.0)	8(4)
21	Joel Dike	ETOB - Etobicoke Huskies-	11.37	(+0.4)	7(4)
22	William Walrond	UNON - Unattached Ontari	11.38	11.371 (+0.4)	7(5)
23	Kaiden Turner	Royal City Athletics Club (R	11.38	11.379 (+1.0)	8(5)
24	Ethan John	Stac Hamilton	11.39	(+0.9)	1(1)
25	Rayshaun Lewis	OHOC - Hamilton Olympic	11.41	(+0.4)	5(1)
26	Malcolm King	ETFI - Eclipse Track & Field	11.43	(+1.0)	8(6)
27	Akbar Yusif	ETOB - Etobicoke Huskies-	11.44	(+0.8)	6(1)
28	Samuel Amato	UWTC - Waterloo Track Clu	11.45	11.441 (+1.0)	8(7)
29	CJ Augustus	St. Thomas Legion	11.45	11.444 (+0.4)	7(6)
30	Nathan Hajdu	OHOC - Hamilton Olympic	11.47	(+0.8)	6(2)
31	Isaiah Abdul	York University Track & Fiel	11.50	11.493 (+1.0)	8(8)
32	Ayo Akinkuolie	Stac Hamilton	11.50	11.495 (+0.8)	6(3)
33	Sing Li	Unattached	11.51	(+0.8)	6(4)
34	Boris Davidovic	UTTC - University of Toront	11.56	(+0.8)	6(5)
35	Kyle Walters	SAAC - Speed Academy At	11.58	(+0.4)	7(7)
36	Ryan Yuan	Flying Angels - Etobicoke (	11.59	(+0.4)	5(2)
37	Aidan Sivongsay	WLEG - Windsor Legion T.	11.66	(+0.4)	5(3)
38	Miguel Aparicio	ETOB - Etobicoke Huskies-	11.67	(+0.4)	5(4)
39	Nathaniel Sett	Unattached	11.73	(+0.8)	6(6)
40	Obinna Enyinniah	OHOC - Hamilton Olympic	11.74	(+0.6)	4(1)
41	Stefan Cua	Mississauga T.f.c.	11.76	(+0.4)	5(5)
42	Daniel Nawej	OHOC - Hamilton Olympic	11.79	(+0.4)	5(6)
43	Steve Collin Tene	Unattached	11.80	(+0.6)	4(2)
44	Emmanuel Onyango	UWTC - Waterloo Track Clu	11.82	(+0.4)	5(7)
45	William Downing	OSTL - St Thomas Legion	11.83	(+0.6)	4(3)
46	Lorenz Zapanta	Extreme Velocity Track Clu	11.84	11.831 (+0.6)	4(4)
46	Joel Whitebridge	ETOB - Etobicoke Huskies-	11.84	11.831 (+0.4)	5(8)
48	Shaun Donald	ETOB - Etobicoke Huskies-	11.85	(+0.6)	4(5)
49	Travis Edwards	JMAC - JAMCAN Internatio	11.90	(+0.6)	4(6)
50	Henry Scott	OSTL - St Thomas Legion	11.92	(+0.1)	9(7)

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RESULTS

#1 Men's 100 Meters (Open) (cont'd)

Finals

Pl	Name	Team	Time	Note	H(Pl)
51	Grant Allen	OHOC - Hamilton Olympic	11.96	(+0.8)	3(1)
52	Emilio Pantaleo	Mississauga T.f.c.	11.97	(+1.1)	2(1)
53	Laughter Fawehinmi	WLEG - Windsor Legion T.	12.00	(+0.6)	4(7)
54	Dennis Gray	Mississauga T.f.c.	12.01	(+0.6)	4(8)
55	Rohn Cowan	Woodstock Legion Athletic	12.04	(+0.8)	3(2)
56	Enzo Hu	RCAO - Royal City Athletics	12.11	(+0.8)	3(3)
57	Justin Conlon	UWTC - Waterloo Track Clu	12.16	(+0.8)	3(4)
58	Karan Joshua Praveen	OHOC - Hamilton Olympic	12.17	(+0.8)	3(5)
59	Stephen Scragg	UNON - Unattached Ontari	12.20	(+0.8)	3(6)
60	Nathan Clarke	Unattached	12.21	(+0.8)	3(7)
61	Christopher Wagner	UWTC - Waterloo Track Clu	12.25	(+1.1)	2(2)
62	Mark Nacy	Unattached	12.30	(+1.1)	2(3)
63	Hiro Zhang	LATC - Lylifestyle Athletics	12.32	(+0.8)	6(7)
64	Henry Goodman	RCAO - Royal City Athletics	12.37	(+1.1)	2(4)
65	Ameer Bakare	Unattached	12.38	(+1.1)	2(5)
66	Noah Moniz	OHOC - Hamilton Olympic	12.39	(+1.1)	2(6)
67	Joshua Anyimadu	CRUI - CRUISERS SPORT	12.40	12.392 (+1.1)	2(7)
68	Maleik Allen	MCTC - Monte Cristo Track	12.40	12.400 (+1.0)	10(8)
69	Juan Ignacio Senisterra	UNON - Unattached Ontari	12.54	(+1.1)	2(8)
70	Leroy Miller	UNON - Unattached Ontari	12.60	(+0.9)	1(2)
71	Lance Rock	Unattached	12.63	(+0.9)	1(3)
72	Harri Tunncliffe	Royal City Athletics Club (R	12.65	12.644 (+0.9)	1(4)
73	Tit (Jonathan) Hui	JMAC - JAMCAN Internatio	12.65	12.650 (+0.9)	1(5)
74	Andrew Liu	OHOC - Hamilton Olympic	12.84	(+0.9)	1(6)
75	Yu Gui	The Runway (RUN)	12.99	(+0.9)	1(7)
76	Ken Kudo	Royal City Athletics Club (R	13.38	(+0.9)	1(8)
77	Ahmed El-Hadary	Unattached	14.15	(+0.8)	6(8)
	Yuvansurya Anbu Anand	Tamilnadu (TN)	NT		11
	Avanesh Vathanakumaran	Lylifestyle Athletics Track Cl	NT		11
	Christopher Pietrangelo	ETOB - Etobicoke Huskies-	NT		11
	Daniels Ogunleye	Mississauga T.f.c.	NT		11
	Kosta Nikolic	Laurel Creek T.f.c	NT		11
	Peichen Hu	Unattached Ontario (UNON	NT		11
	Isaiah Chang-Wright	Mississauga T.f.c.	NT		11

#8 Women's 800 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Jade Boisvert	Athletics Niagara	2:14.01		2(1)
	1:05.42				
2	Abene Glasgow	Monarch Athletics Club (M	2:14.73		2(2)
	1:05.95				
3	Avery Norland	SASW - Sarnia Athletics So	2:20.44		2(3)
	1:09.32				
4	Alyssa Bodner	Athletics Niagara	2:22.65		2(4)
	1:09.91				

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#8 Women's 800 Meters (Open) (cont'd)

Pl	Name	Team	Time	Note	H(Pl)
5	Megan Klapwyk 1:10.15	Laurel Creek T.f.c	2:23.22		2(5)
6	Selena Loaring 1:10.01	RCAO - Royal City Athletics	2:25.06		2(6)
7	Ella Farlow 1:11.91	Athletics Niagara	2:25.50		1(1)
8	Emma Tepper 1:11.37	Newmarket Huskies Track	2:26.77		1(2)
9	Keala Pickard 1:11.61	SASW - Sarnia Athletics So	2:28.96		1(3)
10	Lainey Lowe 1:11.90	ETOB - Etobicoke Huskies-	2:37.34		1(4)
11	Chloe Ingle 1:13.04	ETOB - Etobicoke Huskies-	2:37.91		1(5)
	Mackenzie Gallagher	ETOB - Etobicoke Huskies-	DNF		2
	Wynter Lord	Athletics Niagara	DNF		1

#7 Men's 800 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Chavan Taylor 56.19	Royal City Athletics Club (R	1:57.42		4(1)
2	Pj Morgan 58.35	MCTC - Monte Cristo Track	1:57.84		4(2)
3	Charles Huang 58.55	UNON - Unattached Ontari	1:57.87		4(3)
4	Grayson Butler 58.61	Newmarket Huskies Track	1:58.55		4(4)
5	Jordan Mabbott 1:01.00	Unattached	1:58.92	57.92 (1:58.92)	2(1)
6	Alexander Mather 57.73	UWTC - Waterloo Track Clu	1:59.40		4(5)
7	Marcus Yu 58.91	Newmarket Huskies Track	1:59.77		4(6)
8	Karl Olivo 58.11	Unattached	2:00.64		4(7)
9	William Vanhartingsveldt 1:00.80	Laurel Creek T.f.c	2:01.63	1:00.83 (2:01.63)	3(1)
10	Andrew Monteith 59.82	St. Thomas Legion	2:01.69	1:01.88 (2:01.69)	3(2)
11	Finn Fitzsimmons 1:00.20	Newmarket Huskies Track	2:02.01	2:02.001 1:01.80 (2:02.00)	3(3)
12	Ilix Machado 1:00.17	BDAC - Blue Devils Athletic	2:02.01	2:02.002	4(8)
13	Lawrence Xie 1:00.06	UNON - Unattached Ontari	2:04.11	1:04.06 (2:04.11)	3(4)
14	Elijah Doctor-Jardine	Newmarket Huskies Track	2:04.53		3(5)

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#7 Men's 800 Meters (Open) (cont'd)

Pl	Name		Team	Time	Note	H(Pl)
		1:00.63				
		1:03.91 (2:04.53)				
15	Samoura Kuku		Laurel Creek T.f.c	2:04.81		3(6)
		1:01.42				
		1:03.39 (2:04.81)				
16	Tyler O'Connor		Newmarket Huskies Track	2:05.00		2(2)
		1:01.80				
		1:03.20 (2:05.00)				
17	John Centritto		MOCA - Motown Athletics C	2:05.05		2(3)
		1:01.69				
		1:03.37 (2:05.05)				
18	Devon Clarke		TOWA - Toronto West Athle	2:05.30		4(9)
		59.34				
19	Mattias Edwards		York University Track & Fiel	2:05.59		3(7)
		1:02.15				
		1:03.45 (2:05.59)				
20	Michael Huang		BURL - Burlington Track &	2:05.62		2(4)
		1:01.39				
		1:04.24 (2:05.62)				
21	Nash Okkerse		St. Thomas Legion	2:05.73		3(8)
		1:02.31				
		1:03.42 (2:05.73)				
22	David Nebitko		Newmarket Huskies Track	2:06.04		1(1)
		1:03.38				
		1:02.66 (2:06.04)				
23	Paul Shortis		Newmarket Huskies Track	2:07.13		3(9)
		1:01.77				
		1:05.37 (2:07.13)				
24	Braden Arsenaault		CTAC - Central Toronto Ath	2:07.53		2(5)
		1:02.77				
		1:04.76 (2:07.53)				
25	Adrian Brito-Villamar		York University Track & Fiel	2:07.89		2(6)
		1:03.11				
		1:04.79 (2:07.89)				
26	Bill Wells		MOAC - Monarch Athletics	2:08.95		2(7)
		1:02.93				
		1:06.03 (2:08.95)				
27	Aaryan Nair		University Of Toronto Tc (U	2:09.26		1(2)
		1:03.66				
		1:05.60 (2:09.26)				
28	Jim Dyck		UNON - Unattached Ontari	2:09.55		2(8)
		2:09.55				
29	Lucas McAneney		UNON - Unattached Ontari	2:09.63		1(3)
		1:04.66				
		1:04.97 (2:09.63)				
30	Gabriel Akerman		York University Track & Fiel	2:09.92		1(4)
		1:04.39				
		1:05.53 (2:09.92)				
31	Jay Brecher		MOAC - Monarch Athletics	2:11.21		2(9)
		1:03.26				
		1:07.96 (2:11.21)				
32	Tom Cibola		OHOC - Hamilton Olympic	2:13.48		1(5)
		1:06.62				
		1:06.87 (2:13.48)				
33	David Tepper		Newmarket Huskies Track	2:14.27		1(6)
		1:04.51				
		1:09.77 (2:14.27)				
34	Zackary Douma		Laurel Creek T.f.c	2:16.40		1(7)
		1:04.76				
		1:11.64 (2:16.40)				
35	Tayvin Young		SASW - Sarnia Athletics So	2:18.78		2(10)
		1:05.53				
		1:13.26 (2:18.78)				
36	Rhys Gupta		OHOC - Hamilton Olympic	2:24.94		1(8)
		1:07.18				
		1:17.76 (2:24.94)				

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#38 Women's 200 Meters (Wheelchair)

Wind: (+0.9)

Pl	Name	Team	Time	Note
1	Isabella Vujcic	CRUI - CRUISERS SPORT	42.35	

#4 Women's 200 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Jazmyn Lewis	SAAC - Speed Academy At	24.88	(+0.9)	5(1)
2	Jolene Steunebrink	RCAO - Royal City Athletics	25.76	(+0.9)	5(2)
3	Brielle Fernandez	UWTC - Waterloo Track Clu	26.28	(+0.9)	5(3)
4	Alessia Ruii	OHOC - Hamilton Olympic	26.30	(+0.7)	4(1)
5	Aniya Asare-Clarke	University Of Toronto Tc (U	26.32	(+0.9)	5(4)
6	Franches Bendje	OHOC - Hamilton Olympic	26.53	26.521 (+0.9)	3(1)
7	Sydney Collins	Laurel Creek T.f.c	26.53	26.522 (+0.9)	5(5)
8	Olivia Bower	RCAO - Royal City Athletics	26.62	(+0.7)	4(2)
9	Lia Hillman	Windsor Legion T.f.c (WLE	26.74	(+0.7)	4(3)
10	Raelynn Emanuel	MCTC - Monte Cristo Track	26.83	(+0.9)	5(6)
11	Ashleigh Brown	UNON - Unattached Ontari	26.84	26.833 (+0.7)	4(4)
12	Sofia Carnelos	OHOC - Hamilton Olympic	26.84	26.839 (+0.7)	4(5)
13	Amanda Bowrin	OHOC - Hamilton Olympic	26.86	(+0.9)	3(2)
14	Jenna Odriscoll	RCAO - Royal City Athletics	27.08	27.077 (+0.9)	5(7)
15	Chiagozie Robert-Maduekwe	UNON - Unattached Ontari	27.08	27.079 (+0.7)	4(6)
16	Brianna Davis	Unattached	27.11	(+0.7)	4(7)
17	Ella Di Mola	UNON - Unattached Ontari	27.17	(+0.9)	3(3)
18	Ava DuChene	UWTC - Waterloo Track Clu	27.19	(+0.9)	3(4)
19	Catrina Kudo	Royal City Athletics Club (R	27.35	(+0.9)	3(5)
20	Veronica Baier	MCTC - Monte Cristo Track	27.41	(+0.9)	3(6)
21	Tunmise Sowunmi	OHOC - Hamilton Olympic	27.92	(+0.9)	2(1)
22	Brianna Scott	OSTL - St Thomas Legion	28.13	(+0.9)	2(2)
23	Georgia Nyman	Laurel Creek T.f.c	28.15	(+0.9)	2(3)
24	Nadia Milani	RCAO - Royal City Athletics	28.25	(+0.9)	3(7)
25	Chenai McGann	UNON - Unattached Ontari	28.28	(+0.9)	2(4)
26	Elle Milani	RCAO - Royal City Athletics	28.44	(+0.9)	2(5)
27	Claudia Folkens	OHOC - Hamilton Olympic	28.81	(+0.6)	1(1)
28	Ja'nya Sweeney-Goulbourne	LATC - Lifestyle Athletics	29.56	(+0.9)	2(6)
29	Sierra Vasin	Laurel Creek T.f.c	30.54	(+0.6)	1(2)
30	Charlotte McLean	Laurel Creek T.f.c	31.18	(+0.6)	1(3)
31	Sophia Patterson	Laurel Creek T.f.c	32.14	(+0.6)	1(4)
32	Debbie Zinman	UTTC - University of Toront	32.52	(+0.6)	1(5)

#3 Men's 200 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Meeko Gallion	UNON - Unattached Ontari	21.89	(+0.8)	8(1)
2	Jalen Law	Scirocco (Esp) (SCIRO)	22.25	(+0.8)	8(2)
3	Nahshon Hall	FLYA - Flying Angels Acad	22.33	(+0.8)	8(3)
4	Miles Gulas	Laurel Creek T.f.c	22.36	(+0.6)	7(1)
5	Naieem Foster	OHOC - Hamilton Olympic	22.51	(+0.3)	5(1)
6	Kailen Perry	Philippines	22.64	(+0.8)	8(4)

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#3 Men's 200 Meters (Open) (cont'd)

Pl	Name	Team	Time	Note	H(Pl)
7	Mark Warner	Unattached	22.88	(+0.6)	7(2)
8	Charles Smith	UNON - Unattached Ontari	22.90	(+1.1)	4(1)
9	Ethan John	Stac Hamilton	23.03	(+1.1)	4(2)
10	Jayden Laing	RCAO - Royal City Athletics	23.04	(+0.6)	7(3)
11	Kaiden Turner	Royal City Athletics Club (R	23.15	(+0.1)	6(1)
12	Kieran Sullivan	RCAO - Royal City Athletics	23.20	(+0.1)	6(2)
13	Trace Fordham	ETOB - Etobicoke Huskies-	23.24	(+0.6)	7(4)
14	Ayo Akinkuolie	Stac Hamilton	23.31	(+0.1)	6(3)
15	Rayshaun Lewis	OHOC - Hamilton Olympic	23.39	(+0.1)	6(4)
16	Aidan Sivongsay	WLEG - Windsor Legion T.	23.50	(+1.1)	4(3)
17	Nathan Hajdu	OHOC - Hamilton Olympic	23.52	(+0.6)	7(5)
18	Ali Ghadghoni	LATC - Lifestyle Athletics	23.65	(+0.8)	8(5)
19	Obinna Enyinniah	OHOC - Hamilton Olympic	23.71	(+0.3)	5(2)
20	Daniel Nawej	OHOC - Hamilton Olympic	23.73	(+1.2)	3(1)
21	CJ Augustus	St. Thomas Legion	23.86	(+0.1)	6(5)
22	Nathaniel Sett	Unattached	23.95	(+0.1)	6(6)
23	Sing Li	Unattached	23.99	(+1.1)	4(4)
24	Stefan Cua	Mississauga T.f.c.	24.04	(+0.3)	5(3)
25	Joel Whitebridge	ETOB - Etobicoke Huskies-	24.07	(+1.2)	3(2)
26	Grant Allen	OHOC - Hamilton Olympic	24.10	(+0.3)	5(4)
27	Rohn Cowan	Woodstock Legion Athletic	24.12	(+1.2)	3(3)
28	Emmanuel Onyango	UWTC - Waterloo Track Clu	24.18	24.173 (+1.2)	3(4)
28	Steve Collin Tene	Unattached	24.18	24.173 (+0.3)	5(5)
30	Gift Aduwa	Jamcan International Athleti	24.22	(+1.1)	4(5)
31	Lorenz Zapanta	Extreme Velocity Track Clu	24.27	(+1.2)	3(5)
32	Struan Cua	Mississauga T.f.c.	24.31	(+1.1)	4(6)
33	Williams Adenaike	Newmarket Huskies Track	24.38	(+0.3)	5(6)
34	Nethan Thewarapperuma	Unattached	24.81	(+1.1)	2(1)
35	Alex Whyte	WLEG - Windsor Legion T.	24.82	(+1.1)	4(7)
36	Justin Conlon	UWTC - Waterloo Track Clu	24.87	(+1.2)	3(6)
37	Nathan Clarke	Unattached	25.28	(+1.1)	2(2)
38	Karan Joshua Praveen	OHOC - Hamilton Olympic	25.40	(+0.9)	1(1)
39	Ameer Bakare	Unattached	25.61	(+1.1)	2(3)
40	Kevaughn Manning	Unattached	25.63	(+1.1)	2(4)
41	Juan Ignacio Senisterra	UNON - Unattached Ontari	25.69	(+1.1)	2(5)
42	Stephen Scragg	UNON - Unattached Ontari	25.70	(+1.1)	2(6)
43	Christian Lemassif	UTTC - University of Toront	25.73	(+1.1)	2(7)
44	Adrian Brito-Villamar	York University Track & Fiel	26.35	(+1.1)	2(8)
45	Omar Ghazi	BURL - Burlington Track &	26.59	(+0.9)	1(2)
46	Andrew Liu	OHOC - Hamilton Olympic	26.74	(+0.9)	1(3)
47	Lance Rock	Unattached	27.16	(+0.9)	1(4)
48	Avanesh Vathanakumaran	Lyfestyle Athletics Track Cl	28.77	(+0.9)	1(5)
49	Peichen Hu	Unattached Ontario (UNON	29.50	(+0.9)	1(6)
50	Nathan Onischke	Laurel Creek T.f.c	30.82	(+0.9)	1(7)
51	Scott Payne	UNON - Unattached Ontari	32.16	(+0.9)	1(8)

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#10 Women's 1500 Meters (Open)

Pl	Name			Team	Time	Note	H(Pl)
1	Lily Bressette	55.39	1:16.43 (2:11.82)	SASW - Sarnia Athletics So	4:43.24		2(1)
				1:17.12 (3:28.94)	1:14.30 (4:43.24)		
2	Kylie Stapor	55.28	1:19.89 (2:15.16)	DURA - Durham Dragons A	4:50.39		2(2)
				1:20.15 (3:35.31)	1:15.09 (4:50.39)		
3	Myka Penninga	55.90	1:19.64 (2:15.54)	Laurel Creek T.f.c	4:51.39		2(3)
				1:20.26 (3:35.80)	1:15.59 (4:51.39)		
4	Raina Bocchinfuso	56.31	1:19.71 (2:16.02)	Athletics Niagara	4:51.43		2(4)
				1:20.14 (3:36.16)	1:15.28 (4:51.43)		
5	Laura Peters	56.18	1:19.70 (2:15.87)	TOWA - Toronto West Athle	4:51.58		2(5)
				1:20.12 (3:35.98)	1:15.61 (4:51.58)		
6	Tiffany Newell	58.53	1:19.15 (2:17.67)	UNON - Unattached Ontari	4:53.89		2(6)
				1:18.74 (3:36.40)	1:17.49 (4:53.89)		
7	Seanna Robinson	58.22	1:20.64 (2:18.86)	MOAC - Monarch Athletics	5:01.00		2(7)
				1:21.90 (3:40.75)	1:20.25 (5:01.00)		
8	Joelle McChesney	56.62	1:20.91 (2:17.53)	OHOC - Hamilton Olympic	5:01.31		2(8)
				1:24.36 (3:41.88)	1:19.43 (5:01.31)		
9	Jessica Shaw	1:01.28	1:21.33 (2:22.61)	Newmarket Huskies Track	5:07.12		1(1)
				1:21.68 (3:44.29)	1:22.83 (5:07.12)		
10	Ava White	1:01.63	1:24.99 (2:26.62)	SASW - Sarnia Athletics So	5:14.91		1(2)
				1:26.91 (3:53.53)	1:21.38 (5:14.91)		
11	Grace Murray	1:01.31	1:23.92 (2:25.22)	Laurel Creek T.f.c	5:19.29		1(3)
				1:27.18 (3:52.40)	1:26.89 (5:19.29)		
12	Gillian Clarke	1:01.13	1:24.16 (2:25.29)	SAUG - Saugeen Track & F	5:21.21		1(4)
				1:28.55 (3:53.83)	1:27.39 (5:21.21)		
13	Kaitlyn Masse	1:02.12	1:29.24 (2:31.36)	OHOC - Hamilton Olympic	5:26.53		1(5)
				1:31.41 (4:02.76)	1:23.77 (5:26.53)		
14	Taya Penninga	1:02.43	1:28.90 (2:31.32)	Unattached Ontario (UNON)	5:31.92		1(6)
				1:31.83 (4:03.15)	1:28.77 (5:31.92)		
15	Jesse Dutra	1:01.39	1:30.51 (2:31.89)	Hamilton Olympic Club (OH	5:47.51		1(7)
				1:38.66 (4:10.55)	1:36.97 (5:47.51)		

#9 Men's 1500 Meters (Open)

Pl	Name			Team	Time	Note	H(Pl)
1	Santiago Gaitan	44.66	57.14 (1:41.79)	UNON - Unattached Ontari	3:41.88		2(1)
				59.34 (2:41.13)	1:00.75 (3:41.88)		
2	Nicholas Bannon	45.18	59.41 (1:44.59)	RCAO - Royal City Athletics	3:47.11		2(2)
				1:01.24 (2:45.83)	1:01.29 (3:47.11)		
3	Mitchell Ubene	44.97	59.41 (1:44.37)	UNON - Unattached Ontari	3:50.71		2(3)
				1:01.23 (2:45.59)	1:05.12 (3:50.71)		
4	James Grant	46.66	1:03.20 (1:49.85)	SASW - Sarnia Athletics So	3:51.53		2(4)
				1:04.43 (2:54.28)	57.25 (3:51.53)		
5	Chase Capes	46.47	1:03.16 (1:49.63)	SASW - Sarnia Athletics So	3:52.13		2(5)
				1:04.49 (2:54.11)	58.03 (3:52.13)		
6	Dylan Bennett	46.78	1:03.67 (1:50.44)	Royal City Athletics Club (R	3:59.26		2(6)
				1:04.44 (2:54.88)	1:04.38 (3:59.26)		
7	Dan Rowland			MOAC - Monarch Athletics	4:01.04		2(7)

HAMILTON LAST CHANCE TWILIGHT & ATHLETICS
ONTARIO DISTANCE MEDLEY RELAY CHAMPIONSHIPS
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McMaster University's Mona Campbell Track
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#9 Men's 1500 Meters (Open) (cont'd)

Pl	Name			Team	Time	Note	H(Pl)
		46.92	1:03.13 (1:50.05)	1:04.52 (2:54.56)	1:06.48 (4:01.04)		
8	Andrew Chew			MOAC - Monarch Athletics	4:06.89		2(8)
		47.58	1:03.90 (1:51.48)	1:07.25 (2:58.72)	1:08.18 (4:06.89)		
9	Tyrone Traher			Unattached Ontario (UNON)	4:11.92		2(9)
		49.65	1:08.01 (1:57.66)	1:08.03 (3:05.68)	1:06.24 (4:11.92)		
10	Jeremy Walsh			DVTC - Dundas Valley Trac	4:17.36		1(1)
		52.12	1:11.28 (2:03.40)	1:07.26 (3:10.66)	1:06.70 (4:17.36)		
11	Nathan Mesquita			Laurel Creek T.f.c	4:19.01		1(2)
		52.41	1:11.31 (2:03.72)	1:08.87 (3:12.58)	1:06.43 (4:19.01)		
12	Vernon Dolmage			Laurel Creek T.f.c	4:19.93		1(3)
		53.28	1:11.71 (2:04.99)	2:14.94 (4:19.93)			
13	Ryan Ladouceur			SASW - Sarnia Athletics So	4:21.36		1(4)
		51.93	1:11.81 (2:03.74)	1:09.27 (3:13.01)	1:08.35 (4:21.36)		
14	Theodore Davenport			BURL - Burlington Track &	4:25.28		1(5)
		52.84	1:11.38 (2:04.21)	1:12.23 (3:16.44)	1:08.84 (4:25.28)		
15	Henry Zhong			BURL - Burlington Track &	4:25.97		1(6)
		53.59	1:11.26 (2:04.85)	1:12.01 (3:16.86)	1:09.12 (4:25.97)		
16	Jack Metcalf			SASW - Sarnia Athletics So	4:30.57		1(7)
		53.03	1:13.06 (2:06.09)	1:14.07 (3:20.15)	1:10.43 (4:30.57)		
17	Calvin Henry			OHOC - Hamilton Olympic	4:33.78		1(8)
		53.21	1:13.17 (2:06.38)	1:14.46 (3:20.83)	1:12.95 (4:33.78)		
18	Robert McGill			DVTC - Dundas Valley Trac	4:38.80		1(9)
		55.61	1:16.35 (2:11.96)	1:15.84 (3:27.80)	1:11.00 (4:38.80)		
19	Robert Van Den Heuvel			Newmarket Huskies Track	4:41.03		1(10)
		54.85	1:15.93 (2:10.78)	1:16.51 (3:27.28)	1:13.75 (4:41.03)		
20	Riley Domaratzki			Coop TC	4:49.00		1(11)
		56.05	1:18.28 (2:14.32)	1:18.57 (3:32.89)	1:16.12 (4:49.00)		
21	John Thomas			UTTC - University of Toront	4:53.34		1(12)
		55.17	1:17.09 (2:12.26)	1:20.75 (3:33.01)	1:20.33 (4:53.34)		

#12 Women's 5000 Meters (Open)

Pl	Name			Team	Time	Note
1	Erin Mawhinney			HARB - Harbour Track - Ha	16:13.01	
		39.58	1:15.31 (1:54.88)	1:16.38 (3:11.25)	1:17.04 (4:28.29)	1:17.72 (5:46.00)
						1:18.24 (7:04.24)
			1:17.71 (8:21.94)	1:18.72 (9:40.65)	1:19.03 (10:59.68)	1:18.37 (12:18.05)
						1:20.34 (13:38.38)
						1:18.86 (14:57.23)
			1:15.78 (16:13.01)			
2	Sophy Wood			UNON - Unattached Ontari	18:05.43	
		43.02	1:26.48 (2:09.50)	1:27.56 (3:37.06)	1:27.63 (5:04.68)	1:27.28 (6:31.95)
						1:28.68 (8:00.63)
			1:26.10 (9:26.72)	1:27.41 (10:54.13)	1:26.80 (12:20.92)	1:27.62 (13:48.54)
						1:27.65 (15:16.19)
						1:28.35 (16:44.53)
			1:20.90 (18:05.43)			
3	Zoe Alexander			SASW - Sarnia Athletics So	19:55.09	
		45.29	1:35.80 (2:21.08)	1:35.11 (3:56.19)	1:34.50 (5:30.69)	1:35.42 (7:06.11)
						1:35.98 (8:42.08)
			1:36.79 (10:18.87)	1:37.99 (11:56.85)	1:37.37 (13:34.22)	1:37.88 (15:12.10)
						1:36.97 (16:49.06)
						1:36.34 (18:25.40)
			1:29.69 (19:55.09)			

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#11 Men's 5000 Meters (Open)

Pl	Name	Team					Time	Note
1	Nathan Paul	Laurel Creek T.f.c					15:39.15	
	35.11	1:11.86 (1:46.96)	1:12.61 (2:59.56)	1:13.01 (4:12.57)	1:14.09 (5:26.66)	1:14.88 (6:41.53)		
	1:15.76 (7:57.29)	1:16.57 (9:13.86)	1:15.79 (10:29.64)	1:17.46 (11:47.10)	1:18.04 (13:05.14)	1:17.87 (14:23.00)		
	1:16.15 (15:39.15)							
2	Alex Pretty	SASW - Sarnia Athletics So					16:37.20	
	39.94	1:20.19 (2:00.12)	1:23.83 (3:23.95)	1:20.67 (4:44.61)	1:19.79 (6:04.39)	1:19.36 (7:23.75)		
	1:19.76 (8:43.51)	1:20.49 (10:03.99)	1:20.43 (11:24.42)	1:20.96 (12:45.37)	1:21.81 (14:07.18)	1:20.07 (15:27.25)		
	1:09.95 (16:37.20)							
3	Cathal Hayes	Unattached					18:04.81	
	39.75	1:20.05 (1:59.80)	1:24.69 (3:24.49)	1:23.65 (4:48.13)	1:26.74 (6:14.86)	1:28.47 (7:43.32)		
	1:29.77 (9:13.08)	1:28.64 (10:41.72)	1:29.52 (12:11.23)	1:29.97 (13:41.20)	1:30.08 (15:11.27)	1:30.39 (16:41.66)		
	1:23.15 (18:04.81)							
4	Brenton Diaz	UNON - Unattached Ontari					19:48.17	
	45.08	1:35.84 (2:20.92)	1:35.66 (3:56.57)	1:36.13 (5:32.69)	1:36.34 (7:09.03)	1:36.15 (8:45.17)		
	1:37.23 (10:22.40)	1:36.72 (11:59.11)	1:37.00 (13:36.10)	1:37.25 (15:13.35)	1:35.73 (16:49.07)	1:32.95 (18:22.02)		
	1:26.15 (19:48.17)							