

HAMILTON SEASON OPENER TWILIGHT 2026

Hamilton, ON

Mona Campbell Track, McMaster University

May 17, 2026



OFFICIAL MEET REPORT

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RESULTS

#4 Women's 100 Meters (Wheelchair)

Prelims

Wind: (-3.0)

Pl Name	Team	Time	Note
1 Isabella Vujicic	CRUI - Cruisers Sports	23.14q	

#1 Men's 100 Meters (Wheelchair)

Prelims

Wind: (-3.1)

Pl Name	Team	Time	Note
1 Shay Parreira	CRUI - Cruisers Sports	18.94q	

#3 Women's 100 Meters (Open)

Prelims

Wind: (-3.6)

Pl Name	Team	Time	Note
1 Ja'nya Sweeney-Goulbourne	LATC - Lifestyle Athletics	13.32q	
2 Crystal Wright	Lifestyle Athletics (LATC)	13.35q	
3 Enoyaa Acheampong	Unattached	13.43q	
4 Sindhu Pillai	VVAC - Variety Village Athl	14.97q	

#2 Men's 100 Meters (Open)

Prelims

Pl Name	Team	Time	Note	H(Pl)
1 Peter Opoku	Brampton Track Club	10.83q	(-3.0)	3(1)
2 Deinma Tomlin	MXPF - Maximus Performa	10.95q	(-3.0)	3(2)
3 Seiyf Gebara	Ottawa Lions T.f.c (OTTL)	11.08q	(-3.0)	3(3)
4 Jalen Law	Scirocco (Esp) (SCIRO)	11.23q	(-3.0)	3(4)
5 Precious Mayuku	Unattached	11.31q	(-3.0)	3(5)
6 Gursahib Singh	Brampton Track Club	11.45q	(-3.0)	3(6)
7 James Chandra	Flying Angels TF Academy	11.52q	(-2.3)	2(1)
8 Zaghham Syed	Unattached	11.57q	(-2.8)	1(1)
9 Amari Hernandez	MXPF - Maximus Performa	11.61q	(-2.8)	1(2)
10 Justin Irobun	MOSA - Masters of Speed	11.75q	(-2.8)	1(3)
11 Kaiden Chu	Brampton Track Club	11.79q	(-2.3)	2(2)
12 Joshua Barrett	Brantford T.f.c. (BRNT)	11.85q	(-2.3)	2(3)
13 Hiro Zhang	LATC - Lifestyle Athletics	11.90q	(-2.3)	2(4)
14 Jelani Ellison	FLYA - Flying Angels Acad	11.98q	(-3.0)	3(7)
15 Marqus Rookwood	UNON - Unattached Ontari	12.03q	(-2.8)	1(4)
16 Nick Mancini	UNON - Unattached Ontari	12.13q	(-2.8)	1(5)
17 Lorenz Zapanta	EXTM - Extreme Velocity Tr	12.14q	(-2.3)	2(5)
18 Jacob Burt	LAUR - Laurel Creek T.F.C	12.40q	(-2.8)	1(6)
19 Mekhi Hazel	Brampton Track Club	12.63q	(-2.3)	2(6)
20 Sheldon Mirco	BRNT - Brantford T.F.C.	12.65q	(-2.3)	2(7)
21 Justin Conlon	UWTC - Waterloo Track Clu	12.72q	(-2.3)	2(8)
22 Juan Ignacio Senisterra	UNON - Unattached Ontari	13.00q	(-2.8)	1(7)
23 Yu Gui	Lifestyle Athletics (LATC)	13.15q	(-2.8)	1(8)

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RESULTS

#11 Women's 400 Meters (Wheelchair)

Pl	Name	Team	Time	Note
1	Isabella Vujicic	CRUI - Cruisers Sports	1:19.20	

#10 Men's 400 Meters (Wheelchair)

Pl	Name	Team	Time	Note
1	Shay Parreira	CRUI - Cruisers Sports	1:07.07	

#12 Women's 400 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Jolene Steunebrink	RCAO - Royal City Athletics	57.36		2(1)
2	Sydney Collins	LAUR - Laurel Creek T.F.C	57.89		2(2)
3	Kelly Mantel	Brantford T.f.c. (BRNT)	58.46		2(3)
4	Brooke Spina	Newmarket Huskies Track	59.63		2(4)
5	Kelis Daye	BRNT - Brantford T.F.C.	59.96		2(5)
6	Devika Thangarasa	LATC - Lyfestyle Athletics	1:04.25		1(1)
7	Chiagozie Robert-Maduekwe	QSTF - Quest Sports Track	1:04.43		2(6)
8	Chantel Conlon	UWTC - Waterloo Track Clu	1:05.66		1(2)
9	Violeta Garfunkel	VVAC - Variety Village Athl	1:06.19		1(3)
10	Barbara Kravchenko	Unattached Ontario (UNON)	1:09.81		1(4)

#9 Men's 400 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Felimon Henok	Extreme Velocity Track Clu	47.23		2(1)
2	David Mouloungou	OTTL - Ottawa Lions T.F.C	47.31		2(2)
3	Nathan Hehn	UWTC - Waterloo Track Clu	49.96		2(3)
4	Logan Jones	LATC - Lyfestyle Athletics	50.52		2(4)
5	Joshua Lorentz	UWTC - Waterloo Track Clu	50.75		2(5)
6	Hayden Lovaton	UNON - Unattached Ontari	52.16		2(6)
7	Noah Mulkewich	Unattached Ontario (UNON)	52.35		1(1)
8	Peter Opoku	Brampton Track Club	53.08		2(7)
9	Austin Adair	RCAO - Royal City Athletics	53.85		2(8)
10	Lawrence Xie	UWTC - Waterloo Track Clu	55.17		1(2)
11	Rishabh Joshi	Brampton Track Club	55.99		1(3)
12	Rayjaun Walker	Brampton Track Club	56.51		1(4)
13	Cedric Nicolas	Unattached Ontario (UNON)	56.68		1(5)
14	Kaidan Witley	Brampton Track Club	1:01.38		1(6)
15	Nathan Nugent	UNON - Unattached Ontari	1:04.52		1(7)
16	Erik Kuchemann	ANIA - Athletics Niagara	1:05.09		1(8)

#14 Women's 800 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Grace McCarthy	Royal City Athletics Club (R	2:12.49		2(1)
	1:05.32	1:07.17 (2:12.49)			
2	Madelyn Bullock	UTTC - University of Toront	2:13.07		2(2)
	1:05.76	1:07.32 (2:13.07)			
3	Helena Georgiou	Oakville Renegades Track	2:13.81		2(3)
	1:06.18	1:07.64 (2:13.81)			
4	Nathia Gonzalez	Unattached Ontario (UNON)	2:14.28		2(4)

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

Pl	Name		Team	Time	Note	H(Pl)
		1:04.93				
		1:09.36 (2:14.28)				
5	Mackenzie Craig		MCTC - Monte Cristo Track	2:14.29		2(5)
		1:05.53				
		1:08.77 (2:14.29)				
6	Tatiana Lattanzio		UTTC - University of Toront	2:17.93		2(6)
		1:06.30				
		1:11.63 (2:17.93)				
7	Molly Kenealy		UNON - Unattached Ontari	2:18.29		1(1)
		1:08.98				
		1:09.32 (2:18.29)				
8	Natsuki Iwano-Rivers		BDWK - Boardwalk RC	2:21.23		1(2)
		1:09.54				
		1:11.69 (2:21.23)				
9	Hannah Johnson		Waterloo Track Club (UWT	2:23.06		1(3)
		1:10.23				
		1:12.83 (2:23.06)				
10	Anne Voss		MCTC - Monte Cristo Track	2:23.82		1(4)
		1:10.32				
		1:13.51 (2:23.82)				
11	Claire Hickey		LWTF - London Western T.	2:23.99		2(7)
		1:06.41				
		1:17.58 (2:23.99)				
12	Maria Sanchez		Burlington Track & Field Clu	2:25.01		1(5)
		1:10.73				
		1:14.28 (2:25.01)				
13	Anna Ciepielewski		Unattached	2:39.72		1(6)
		1:12.45				
		1:27.28 (2:39.72)				

#13 Men's 800 Meters (Open)

Pl	Name		Team	Time	Note	H(Pl)
1	Leroy Russell Iii		Blue Devils Athletic Club (B	1:46.76		3(1)
		51.64				
		55.12 (1:46.76)				
2	Alanzo Ryan		UTTC - University of Toront	1:49.50		3(2)
		52.18				
		57.32 (1:49.50)				
3	Dean Constantine		MOCA - Motown Athletics C	1:52.40		3(3)
		53.01				
		59.39 (1:52.40)				
4	Nicolas Belan		OTTL - Ottawa Lions T.F.C	1:54.64		3(4)
		55.29				
		59.36 (1:54.64)				
5	Aaron Smith		UTTC - University of Toront	1:55.49		3(5)
		56.52				
		58.98 (1:55.49)				
6	Matteo Di Ciocco		LWTF - London Western T.	1:56.03		3(6)
		56.79				
		59.25 (1:56.03)				
7	Ian McCosham		BLEG - Brockville Legion Tr	1:56.07		2(1)
		58.07				
		58.01 (1:56.07)				
8	Owen Danby		UNON - Unattached Ontari	1:56.31		2(2)
		58.73				
		57.58 (1:56.31)				
9	Andrej Prekajski		String elite	1:56.71		3(7)
		56.99				
		59.72 (1:56.71)				
10	Jaden O'driscoll		Royal City Athletics Club (R	1:57.02		3(8)
		56.12				
		1:00.90 (1:57.02)				
11	Benjamin Casey		MCTC - Monte Cristo Track	1:57.07		2(3)
		59.14				
		57.94 (1:57.07)				
12	Ryan Johnson		LWTF - London Western T.	1:57.30		2(4)
		58.88				
		58.43 (1:57.30)				

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RESULTS

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

Pl	Name	Team	Time	Note	H(Pl)
13	Mario Galbraith	MLG Distance Project	1:57.31		2(5)
	58.38	58.94 (1:57.31)			
14	Xavier Bird	UTTC - University of Toront	1:57.68		2(6)
	58.53	59.15 (1:57.68)			
15	Logan Klomps	UNON - Unattached Ontari	2:00.76		2(7)
	58.75	1:02.01 (2:00.76)			
16	Charlie Bigler	OOAK - Oakville Renegade	2:03.97		1(1)
	1:02.25	1:01.73 (2:03.97)			
17	Andre Larocque	UNNL - Unattached Newfou	2:04.48		2(8)
	59.32	1:05.17 (2:04.48)			
18	William Bigler	Oakville Renegades Track	2:04.77		1(2)
	1:01.82	1:02.96 (2:04.77)			
19	Robert McGill	DVTC - Dundas Valley Trac	2:14.51		1(3)
	1:05.78	1:08.73 (2:14.51)			
20	Paul Felix	Dundas Valley Track Club (2:20.74		1(4)
	1:09.11	1:11.64 (2:20.74)			
	Nathan Nugent	UNON - Unattached Ontari	DNF		1

#4 Women's 100 Meters (Wheelchair)

Finals		Wind: (-3.5)		
Pl	Name	Team	Time	Note
1	Isabella Vujicic	CRUI - Cruisers Sports	22.78	

#1 Men's 100 Meters (Wheelchair)

Finals		Wind: (-2.3)		
Pl	Name	Team	Time	Note
1	Shay Parreira	CRUI - Cruisers Sports	18.92	

#3 Women's 100 Meters (Open)

Finals		Wind: (-2.4)		
Pl	Name	Team	Time	Note
1	Crystal Wright	Lyfestyle Athletics (LATC)	13.27	
2	Enoyaa Acheampong	Unattached	13.42	
3	Ja'n'ya Sweeney-Goulbourne	LATC - Lyfestyle Athletics	13.52	
4	Sindhu Pillai	VVAC - Variety Village Athl	14.99	

#2 Men's 100 Meters (Open)

Finals		Wind: (-1.6)			
Pl	Name	Team	Time	Note	H(Pl)
1	Peter Opoku	Brampton Track Club	10.85		(-1.6) 3(1)
2	Deinma Tomlin	MXPF - Maximus Performa	10.96		(-1.6) 3(2)
3	Jalen Law	Scirocco (Esp) (SCIRO)	11.01		(-1.6) 3(3)
4	Precious Mayuku	Unattached	11.07		(-1.6) 3(4)
5	James Chandra	Flying Angels TF Academy	11.30		(-1.6) 3(5)
6	Gursahib Singh	Brampton Track Club	11.33		(-1.6) 3(6)
7	Zagham Syed	Unattached	11.45		(-1.6) 3(7)

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

Finals

Pl	Name	Team	Time	Note	H(Pl)
8	Amari Hernandez	MXPF - Maximus Performa	11.46	(-1.7)	2(1)
9	Justin Irobun	MOSA - Masters of Speed	11.48	(-1.7)	2(2)
10	Joshua Barrett	Brantford T.f.c. (BRNT)	11.60	(-1.7)	2(3)
11	Kaiden Chu	Brampton Track Club	11.74	(-1.7)	2(4)
12	Marqus Rookwood	UNON - Unattached Ontari	11.78	(-1.7)	2(5)
13	Hiro Zhang	LATC - Lifestyle Athletics	11.79	(-1.7)	2(6)
14	Nick Mancini	UNON - Unattached Ontari	12.04	(-1.7)	2(7)
15	Lorenz Zapanta	EXTM - Extreme Velocity Tr	12.10	(-1.3)	1(1)
16	Jacob Burt	LAUR - Laurel Creek T.F.C	12.18	(-1.3)	1(2)
17	Mekhi Hazel	Brampton Track Club	12.57	(-1.3)	1(3)
18	Sheldon Mirco	BRNT - Brantford T.F.C.	12.59	(-1.3)	1(4)
19	Justin Conlon	UWTC - Waterloo Track Clu	12.60	(-1.3)	1(5)
20	Juan Ignacio Senisterra	UNON - Unattached Ontari	12.89	(-1.3)	1(6)
21	Yu Gui	Lifestyle Athletics (LATC)	13.39	(-1.3)	1(7)

#16 Women's 1500 Meters (Open)

Pl	Name	Team	Time	Note
1	Julia Tremeeer	Niagara Olympic Club (NO	5:01.40	
	55.92	1:17.94 (2:13.86)	1:22.65 (3:36.50)	
2	Kim Mentrek	DVTC - Dundas Valley Trac	5:14.45	
	1:00.70	1:23.82 (2:24.52)	1:27.36 (3:51.88)	1:22.58 (5:14.45)
3	Evelyn Matthews	Burlington Track & Field Clu	5:43.75	
	56.08	1:26.30 (2:22.38)	1:39.75 (4:02.13)	1:41.63 (5:43.75)

#15 Men's 1500 Meters (Open)

Pl	Name	Team	Time	Note
1	Alec Purnell	Harbour Track - Hamilton (3:48.24	
	45.58	1:00.66 (1:46.23)	1:01.22 (2:47.45)	1:00.79 (3:48.24)
2	Ethan Rashid-Cocker	UNON - Unattached Ontari	3:57.17	
	45.85	1:00.93 (1:46.78)	1:04.49 (2:51.26)	1:05.91 (3:57.17)

#7 Women's 200 Meters (Wheelchair)

Wind: (-1.9)

Pl	Name	Team	Time	Note
1	Isabella Vujicic	CRUI - Cruisers Sports	43.44	

#5 Men's 200 Meters (Wheelchair)

Wind: (-0.4)

Pl	Name	Team	Time	Note
1	Shay Parreira	CRUI - Cruisers Sports	35.17	

#8 Women's 200 Meters (Open)

Wind: (-0.8)

Pl	Name	Team	Time	Note
1	Jolene Steunebrink	RCAO - Royal City Athletics	25.49	
2	Destinee Wray	EXTM - Extreme Velocity Tr	26.21	

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#8 Women's 200 Meters (Open) (cont'd)

Wind: (-0.8)

3	Kelis Daye	BRNT - Brantford T.F.C.	26.81
4	Chiagozie Robert-Maduekwe	QSTF - Quest Sports Track	27.79
5	Crystal Wright	Lifestyle Athletics (LATC)	28.05
6	Nadia Milani	Royal City Athletics Club (R)	28.18
7	Sindhu Pillai	VVAC - Variety Village Athl	32.21
8	Ja'nya Sweeney-Goulbourne	LATC - Lifestyle Athletics	37.40

#6 Men's 200 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Deinma Tomlin	MXPF - Maximus Performa	22.08	(-1.1)	3(1)
2	Jalen Law	Scirocco (Esp) (SCIRO)	22.35	(-1.1)	3(2)
3	Roxroy Cato	LATC - Lifestyle Athletics	22.54	(-1.1)	3(3)
4	Precious Mayuku	Unattached	22.55	(-1.1)	3(4)
5	Amari Hernandez	MXPF - Maximus Performa	22.81	(-1.4)	1(1)
6	Nathan Hehn	UWTC - Waterloo Track Clu	22.85	(-1.1)	3(5)
7	Zagham Syed	Unattached	22.93	(-1.4)	1(2)
8	James Chandra	Flying Angels TF Academy	23.12	(-0.5)	2(1)
9	Kaiden Chu	Brampton Track Club	23.70	(-0.5)	2(2)
10	Jalen Pidlubny	Extreme Velocity Track Clu	23.96	(-0.5)	2(3)
11	Marqus Rookwood	UNON - Unattached Ontari	23.98	(-1.4)	1(3)
12	Joshua Barrett	Brantford T.f.c. (BRNT)	23.99	(-0.5)	2(4)
13	Nick Mancini	UNON - Unattached Ontari	24.00	(-1.4)	1(4)
14	Lorenz Zapanta	EXTM - Extreme Velocity Tr	24.26	(-0.5)	2(5)
15	Jacob Burt	LAUR - Laurel Creek T.F.C	24.64	(-0.5)	2(6)
16	Alvin Glasgow	Brampton Track Club	24.68	(-0.5)	2(7)
17	Justin Conlon	UWTC - Waterloo Track Clu	25.43	(-0.5)	2(8)
18	Juan Ignacio Senisterra	UNON - Unattached Ontari	25.77	(-1.4)	1(5)
19	Yu Gui	Lifestyle Athletics (LATC)	26.66	(-1.4)	1(6)
20	Erik Kuchemann	ANIA - Athletics Niagara	29.19	(-1.4)	1(7)

#18 Women's 3000 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)	
1	Olivia Baggley	UNON - Unattached Ontari	10:00.70		2(1)	
	38.50	1:22.94 (2:01.43)	1:18.23 (3:19.65)	1:19.76 (4:39.41)	1:20.67 (6:00.07)	1:22.15 (7:22.21)
	1:21.72 (8:43.93)	1:16.77 (10:00.70)				
2	Michelle Gray	RCAO - Royal City Athletics	10:01.78		2(2)	
	39.55	1:22.25 (2:01.79)	1:18.38 (3:20.17)	1:20.64 (4:40.80)	1:21.55 (6:02.35)	1:23.16 (7:25.51)
	1:21.44 (8:46.94)	1:14.84 (10:01.78)				
3	Sarah White	UTTC - University of Toront	10:03.30		2(3)	
	39.14	1:21.98 (2:01.11)	1:16.79 (3:17.89)	1:18.06 (4:35.94)	1:20.24 (5:56.18)	1:22.68 (7:18.86)
	1:23.38 (8:42.23)	1:21.07 (10:03.30)				
4	Jocelyn Giannotti	OTTL - Ottawa Lions T.F.C	10:04.39		2(4)	
	40.34	1:22.51 (2:02.85)	1:19.44 (3:22.29)	1:20.24 (4:42.52)	1:22.30 (6:04.81)	1:22.60 (7:27.41)
	1:23.12 (8:50.52)	1:13.87 (10:04.39)				
5	Lauren Macsai	Kinplus	10:08.14		2(5)	

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#18 Women's 3000 Meters (Open) (cont'd)

Pl	Name		Team	Time	Note	H(Pl)	
	38.33	1:23.17 (2:01.49)	1:18.48 (3:19.97)	1:21.72 (4:41.68)	1:20.93 (6:02.61)	1:22.54 (7:25.15)	
	1:23.63 (8:48.78)	1:19.37 (10:08.14)					
6	Eliza Jane Boston		UTTC - University of Toront	10:08.41		2(6)	
	39.39	1:22.65 (2:02.03)	1:20.64 (3:22.67)	1:21.47 (4:44.13)	1:23.38 (6:07.51)	1:23.56 (7:31.07)	
	1:21.91 (8:52.97)	1:15.45 (10:08.41)					
7	Caleigh Pribaz		UNON - Unattached Ontari	10:13.86		2(7)	
	38.85	1:22.89 (2:01.74)	1:18.27 (3:20.00)	1:21.39 (4:41.39)	1:22.43 (6:03.81)	1:24.02 (7:27.83)	
	1:25.30 (8:53.12)	1:20.74 (10:13.86)					
8	Erika Gordon		MCTC - Monte Cristo Track	10:18.49		2(8)	
	39.03	1:23.35 (2:02.38)	1:19.28 (3:21.65)	1:23.27 (4:44.91)	1:25.14 (6:10.04)	1:24.51 (7:34.55)	
	1:25.11 (8:59.66)	1:18.84 (10:18.50)					
9	Maeve Pestonji		RCAO - Royal City Athletics	10:23.72		2(9)	
	40.05	1:22.49 (2:02.54)	1:19.94 (3:22.47)	1:21.39 (4:43.86)	1:23.61 (6:07.47)	1:27.37 (7:34.84)	
	1:28.92 (9:03.75)	1:19.97 (10:23.72)					
10	Kara Tichbourne		Harbour Track - Hamilton (10:25.58		2(10)	
	39.36	1:23.56 (2:02.91)	1:21.21 (3:24.12)	1:22.88 (4:46.99)	1:24.58 (6:11.57)	1:26.07 (7:37.64)	
	1:27.62 (9:05.26)	1:20.35 (10:25.60)					
11	Nari Hwang		UNON - Unattached Ontari	10:27.38		2(11)	
	39.06	1:23.15 (2:02.21)	1:20.56 (3:22.76)	1:21.47 (4:44.22)	1:24.87 (6:09.08)	1:26.72 (7:35.80)	
	1:26.29 (9:02.09)	1:25.29 (10:27.38)					
12	Emma Elliott		Harbour Track - Hamilton (10:27.87		2(12)	
	39.58	1:23.17 (2:02.74)	1:20.38 (3:23.12)	1:22.15 (4:45.26)	1:24.27 (6:09.53)	1:27.13 (7:36.66)	
	1:28.79 (9:05.44)	1:22.43 (10:27.87)					
13	Elizabeth Vroom		OTTL - Ottawa Lions T.F.C	10:28.97		2(13)	
	38.10	1:23.19 (2:01.28)	1:18.48 (3:19.76)	1:22.50 (4:42.26)	1:27.20 (6:09.45)	1:27.95 (7:37.39)	
	1:28.00 (9:05.39)	1:23.58 (10:28.97)					
14	Dayna Thompson		UNON - Unattached Ontari	10:35.29		2(14)	
	40.09	1:23.14 (2:03.22)	1:21.93 (3:25.14)	1:23.65 (4:48.79)	1:24.46 (6:13.24)	1:25.73 (7:38.96)	
	1:30.11 (9:09.07)	1:26.23 (10:35.29)					
15	Zaira Chaudhry		Boardwalk Rc (BDWK)	10:36.42		1(1)	
	41.85	1:26.88 (2:08.72)	1:24.52 (3:33.24)	1:22.43 (4:55.66)	1:23.95 (6:19.61)	1:26.06 (7:45.66)	
	1:26.66 (9:12.32)	1:24.11 (10:36.42)					
16	Anastasia Kirova		Newmarket Huskies Track	10:38.55		1(2)	
	41.61	1:26.90 (2:08.51)	1:24.70 (3:33.21)	1:22.23 (4:55.44)	1:24.05 (6:19.49)	1:26.90 (7:46.38)	
	1:28.07 (9:14.45)	1:24.11 (10:38.55)					
17	Sarah Edwards		Waterloo Track Club (UWT	10:39.89		2(15)	
	38.73	1:23.38 (2:02.11)	1:22.93 (3:25.03)	1:24.19 (4:49.21)	1:25.29 (6:14.50)	1:28.72 (7:43.21)	
	1:30.71 (9:13.92)	1:25.98 (10:39.89)					
18	Charlotte Clinton		UNON - Unattached Ontari	10:42.78		1(3)	
	41.73	1:26.89 (2:08.61)	1:24.97 (3:33.58)	1:22.39 (4:55.97)	1:24.55 (6:20.51)	1:29.90 (7:50.41)	
	1:29.56 (9:19.96)	1:22.82 (10:42.78)					
19	Shelby Spencer		UTTC - University of Toront	10:44.31		2(16)	
	39.80	1:22.88 (2:02.67)	1:21.07 (3:23.74)	1:23.21 (4:46.95)	1:26.89 (6:13.84)	1:30.70 (7:44.53)	
	1:30.52 (9:15.05)	1:29.27 (10:44.31)					
20	Cori Macsai		Kinplus	10:45.05		1(4)	

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#18 Women's 3000 Meters (Open) (cont'd)

Pl	Name	Time	Note	H(Pl)			
		42.02	1:26.73 (2:08.74)	1:25.06 (3:33.79)	1:22.67 (4:56.46)	1:27.39 (6:23.84)	1:29.19 (7:53.03)
		1:29.43 (9:22.46)	1:22.60 (10:45.05)				
21	Hayley Fraser			RCAO - Royal City Athletics		10:48.21	1(5)
		42.10	1:26.78 (2:08.87)	1:24.56 (3:33.43)	1:22.39 (4:55.81)	1:24.08 (6:19.89)	1:29.96 (7:49.85)
		1:33.13 (9:22.98)	1:25.24 (10:48.21)				
22	Claire Vernon-Pope			UWTC - Waterloo Track Clu		10:57.35	1(6)
		42.74	1:26.66 (2:09.40)	1:26.93 (3:36.32)	1:28.05 (5:04.37)	1:29.73 (6:34.10)	1:29.66 (8:03.75)
		1:30.36 (9:34.11)	1:23.25 (10:57.35)				
23	Mackenzie Gallagher			UNON - Unattached Ontari		11:00.76	1(7)
		43.24	1:26.35 (2:09.59)	1:25.41 (3:34.99)	1:27.88 (5:02.87)	1:31.59 (6:34.45)	1:32.33 (8:06.77)
		1:31.61 (9:38.38)	1:22.38 (11:00.76)				
24	Cassidy Phillips			Newmarket Huskies Track		11:02.87	1(8)
		43.14	1:27.75 (2:10.88)	1:28.84 (3:39.71)	1:27.40 (5:07.11)	1:29.17 (6:36.28)	1:29.98 (8:06.25)
		1:30.79 (9:37.03)	1:25.85 (11:02.87)				
25	Grace Wheeler			SAUG - Saugeen Track & F		11:09.52	1(9)
		41.41	1:26.95 (2:08.36)	1:26.98 (3:35.33)	1:30.00 (5:05.33)	1:31.77 (6:37.09)	1:33.39 (8:10.48)
		1:35.07 (9:45.55)	1:23.97 (11:09.52)				
26	Daria Klufas			TOWA - Toronto West Athle		11:10.28	1(10)
		42.01	1:27.15 (2:09.16)	1:26.21 (3:35.36)	1:27.68 (5:03.03)	1:35.80 (6:38.83)	1:39.71 (8:18.53)
		1:32.06 (9:50.58)	1:19.70 (11:10.28)				
27	Sarah Clarke			UNON - Unattached Ontari		11:10.50	1(11)
		42.52	1:27.49 (2:10.00)	1:29.16 (3:39.16)	1:29.64 (5:08.79)	1:32.00 (6:40.79)	1:35.49 (8:16.28)
		1:34.01 (9:50.28)	1:20.22 (11:10.50)				
28	Brooke Cooper			South Simcoe Dufferin Tfc (11:10.53	1(12)
		42.89	1:26.74 (2:09.62)	1:28.16 (3:37.78)	1:29.59 (5:07.37)	1:32.04 (6:39.40)	1:33.87 (8:13.27)
		1:34.04 (9:47.31)	1:23.22 (11:10.53)				
29	Nicole Hartnell			RCAO - Royal City Athletics		11:29.64	1(13)
		41.46	1:27.00 (2:08.46)	1:27.58 (3:36.04)	1:31.62 (5:07.66)	1:33.71 (6:41.36)	1:36.39 (8:17.75)
		1:37.45 (9:55.19)	1:34.45 (11:29.64)				
30	Grace Channell			Newmarket Huskies Track		12:59.30	1(14)
		45.23	1:38.26 (2:23.48)	1:39.10 (4:02.58)	1:42.79 (5:45.37)	1:46.39 (7:31.75)	1:50.63 (9:22.38)
		1:52.03 (11:14.41)	1:44.90 (12:59.30)				

#17 Men's 3000 Meters (Open)

Pl	Name	Time	Note	H(Pl)			
1	Dakota Goguen			Newmarket Huskies Track		8:20.44	2(1)
		33.02	1:07.83 (1:40.84)	1:07.45 (2:48.29)	1:06.82 (3:55.10)	1:07.37 (5:02.46)	1:06.80 (6:09.26)
		1:07.02 (7:16.28)	1:04.17 (8:20.44)				
2	Marcus Marek Tortorella			Newmarket Huskies Track		8:23.69	2(2)
		33.43	1:08.26 (1:41.69)	1:07.17 (2:48.85)	1:06.78 (3:55.63)	1:07.07 (5:02.70)	1:07.23 (6:09.92)
		1:07.16 (7:17.08)	1:06.62 (8:23.69)				
3	Aidan Goslett			University of Toronto Track		8:24.79	2(3)
		32.92	1:07.69 (1:40.61)	1:09.78 (2:50.38)	1:04.50 (3:54.88)	1:07.38 (5:02.25)	1:07.38 (6:09.63)
		1:07.67 (7:17.30)	1:07.50 (8:24.79)				
4	Angus Skinner			UNON - Unattached Ontari		8:26.30	2(4)

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#17 Men's 3000 Meters (Open) (cont'd)

Pl	Name		Team		Time	Note	H(Pl)
		33.21		1:07.66 (2:49.24)	1:07.57 (3:56.81)	1:08.29 (5:05.09)	1:09.45 (6:14.53)
		1:07.90 (7:22.43)		1:03.88 (8:26.30)			
5	Charlie Shaw		Royal City Athletics Club (R)		8:30.04		2(5)
		33.15		1:07.34 (2:48.69)	1:07.23 (3:55.92)	1:07.03 (5:02.94)	1:07.96 (6:10.90)
		1:10.63 (7:21.52)		1:08.53 (8:30.04)			
6	Willem De Gooyer		UTTC - University of Toront		8:30.42		2(6)
		34.04		1:07.80 (2:50.62)	1:06.92 (3:57.53)	1:08.02 (5:05.55)	1:09.50 (6:15.04)
		1:08.57 (7:23.61)		1:06.82 (8:30.42)			
7	Marco Di Felice		Harbour Track - Hamilton (8:31.44		2(7)
		33.73		1:07.69 (2:49.97)	1:07.33 (3:57.30)	1:06.52 (5:03.81)	1:05.25 (6:09.06)
		1:07.76 (7:16.82)		1:14.63 (8:31.44)			
8	Brandon Cidade		UTTC - University of Toront		8:32.94		2(8)
		33.46		1:07.69 (2:49.72)	1:06.54 (3:56.26)	1:07.32 (5:03.57)	1:08.26 (6:11.83)
		1:08.64 (7:20.47)		1:12.47 (8:32.94)			
9	Will Cowling		RCAO - Royal City Athletics		8:35.24		2(9)
		33.27		1:07.68 (2:49.49)	1:07.57 (3:57.05)	1:08.30 (5:05.35)	1:09.50 (6:14.84)
		1:11.82 (7:26.66)		1:08.58 (8:35.24)			
10	Anton Mlynczyk		Newmarket Huskies Track		8:35.51		2(10)
		33.88		1:08.73 (2:52.04)	1:07.97 (4:00.01)	1:10.22 (5:10.22)	1:10.67 (6:20.89)
		1:10.09 (7:30.98)		1:04.54 (8:35.51)			
11	Eitan Garfin-Udaskin		University Of Toronto (UTT		8:38.01		2(11)
		34.59		1:07.96 (2:51.43)	1:07.23 (3:58.65)	1:08.78 (5:07.42)	1:10.03 (6:17.45)
		1:11.70 (7:29.14)		1:08.87 (8:38.01)			
12	Tristan Bouius		Harbour Track - Hamilton (8:39.71		2(12)
		34.29		1:08.07 (2:51.15)	1:07.23 (3:58.38)	1:09.43 (5:07.81)	1:13.31 (6:21.11)
		1:12.47 (7:33.58)		1:06.14 (8:39.71)			
13	Charlie Mills		Royal City Athletics Club (R)		8:40.90		2(13)
		33.65		3:24.18 (5:06.30)	1:12.44 (6:18.74)	1:13.84 (7:32.58)	1:08.33 (8:40.90)
14	Kwing Yeung Jabez Siu		UTTC - University of Toront		8:43.44		2(14)
		35.29		1:09.43 (2:53.54)	1:09.70 (4:03.23)	1:10.61 (5:13.84)	1:10.97 (6:24.81)
		1:11.31 (7:36.12)		1:07.33 (8:43.44)			
15	Alex Leinweber		LWTF - London Western T.		8:44.34		2(15)
		33.53		1:08.28 (2:50.85)	1:07.23 (3:58.07)	1:08.82 (5:06.89)	1:12.14 (6:19.02)
		1:14.94 (7:33.96)		1:10.39 (8:44.34)			
16	Skyler Grossi		Newmarket Huskies Track		8:47.14		1(1)
		34.08		1:08.79 (2:56.70)	1:10.22 (4:06.91)	1:12.14 (5:19.04)	1:11.97 (6:31.01)
		1:09.02 (7:40.02)		1:07.13 (8:47.14)			
17	Jack Sacilotto		UNON - Unattached Ontari		8:54.65		2(16)
		34.54		1:09.49 (2:53.83)	1:09.17 (4:03.00)	1:10.61 (5:13.60)	1:11.61 (6:25.20)
		1:13.77 (7:38.97)		1:15.69 (8:54.65)			
18	Owen Bailey-Braun		Harbour Track - Hamilton (8:57.12		1(2)
		34.33		1:11.45 (2:59.69)	1:11.52 (4:11.21)	1:12.56 (5:23.76)	1:12.05 (6:35.81)
		1:11.24 (7:47.04)		1:10.08 (8:57.12)			
19	Kyle Koyanagi		UNON - Unattached Ontari		8:58.10		2(17)
		34.91		1:09.01 (2:53.19)	1:09.40 (4:02.59)	1:10.64 (5:13.22)	1:12.39 (6:25.61)
		1:17.04 (7:42.64)		1:15.46 (8:58.10)			

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#17 Men's 3000 Meters (Open) (cont'd)

Pl	Name	Team	Time	Note	H(Pl)	
20	Oliver Tagalog	University Of Toronto (UTT)	8:58.29		1(3)	
	34.95	1:14.37 (1:49.32)	1:09.98 (2:59.29)	1:10.10 (4:09.39)	1:11.86 (5:21.24)	1:13.89 (6:35.13)
	1:15.10 (7:50.22)	1:08.07 (8:58.29)				
21	Noah Patterson	Blue Devils Athletics Club	8:58.32		2(18)	
	33.16	1:07.83 (1:40.99)	1:07.47 (2:48.46)	1:06.89 (3:55.34)	1:07.94 (5:03.28)	1:12.80 (6:16.07)
	1:21.05 (7:37.12)	1:21.21 (8:58.32)				
22	Nathan Morris	University Of Toronto (UTT)	8:58.65		1(4)	
	35.43	1:14.13 (1:49.56)	1:10.03 (2:59.58)	1:10.70 (4:10.27)	1:12.54 (5:22.80)	1:14.55 (6:37.35)
	1:13.93 (7:51.27)	1:07.38 (8:58.65)				
23	Benjamin Bayne	TETC - Thorold Elite Track	8:59.19		1(5)	
	35.52	1:14.76 (1:50.28)	1:10.22 (3:00.49)	1:11.04 (4:11.53)	1:12.57 (5:24.09)	1:12.09 (6:36.18)
	1:14.31 (7:50.49)	1:08.70 (8:59.19)				
24	Seth Sommerfreund	LWTF - London Western T.	8:59.88		1(6)	
	33.85	1:13.76 (1:47.60)	1:08.60 (2:56.20)	1:10.35 (4:06.55)	1:12.22 (5:18.76)	1:13.19 (6:31.95)
	1:15.72 (7:47.66)	1:12.22 (8:59.88)				
25	Noah Feltham	UNON - Unattached Ontari	9:04.53		1(7)	
	35.94	1:13.94 (1:49.87)	1:10.28 (3:00.15)	1:11.53 (4:11.67)	1:13.14 (5:24.81)	1:14.68 (6:39.49)
	1:15.32 (7:54.80)	1:09.74 (9:04.53)				
26	Gavin Bentley	UNON - Unattached Ontari	9:05.51		1(8)	
	34.53	1:14.36 (1:48.88)	1:10.97 (2:59.85)	1:11.19 (4:11.04)	1:13.66 (5:24.69)	1:15.36 (6:40.04)
	1:14.36 (7:54.40)	1:11.11 (9:05.51)				
27	Gavin Stafford	Brantford TFC	9:09.39		1(9)	
	36.10	1:13.98 (1:50.08)	1:10.14 (3:00.21)	1:10.37 (4:10.58)	1:12.52 (5:23.09)	1:14.49 (6:37.58)
	1:16.96 (7:54.54)	1:14.86 (9:09.39)				
28	Kebron Seyoum	University of Toronto Track	9:10.98		2(19)	
	1:43.56	1:08.09 (2:51.64)	1:07.33 (3:58.96)	1:12.49 (5:11.45)	1:17.75 (6:29.20)	1:21.27 (7:50.46)
	1:20.52 (9:10.98)					
29	Gregory Homa	University Of Toronto (UTT)	9:13.43		1(10)	
	36.70	1:14.65 (1:51.34)	1:11.41 (3:02.75)	1:13.12 (4:15.87)	1:13.35 (5:29.21)	1:13.45 (6:42.66)
	1:15.40 (7:58.05)	1:15.38 (9:13.43)				
30	Nathan Arsenaault	CTAC - Central Toronto Ath	9:14.66		1(11)	
	34.76	1:14.33 (1:49.08)	1:10.27 (2:59.35)	1:10.57 (4:09.92)	1:12.72 (5:22.63)	1:15.01 (6:37.64)
	1:18.07 (7:55.70)	1:18.96 (9:14.66)				
31	Thomas Beukeboom	Unattached	9:22.22		1(12)	
	34.46	1:14.18 (1:48.63)	1:10.76 (2:59.39)	1:11.23 (4:10.61)	1:15.60 (5:26.21)	1:18.48 (6:44.69)
	1:19.65 (8:04.33)	1:17.89 (9:22.22)				
32	Joshua Thomas Boston	Newmarket Huskies Track	9:29.48		1(13)	
	35.81	1:14.77 (1:50.57)	1:12.43 (3:03.00)	1:14.23 (4:17.22)	1:17.76 (5:34.97)	1:18.01 (6:52.98)
	1:17.76 (8:10.74)	1:18.75 (9:29.48)				
33	Nathan Bergman	UTTC - University of Toront	9:31.09		1(14)	
	36.66	1:14.45 (1:51.10)	1:11.52 (3:02.62)	1:13.11 (4:15.73)	1:14.39 (5:30.12)	1:19.56 (6:49.67)
	1:22.39 (8:12.06)	1:19.04 (9:31.09)				
34	Jean-Paul Violante	Newmarket Huskies Track	9:33.99		1(15)	
	37.28	1:17.08 (1:54.35)	1:17.06 (3:11.41)	1:17.85 (4:29.26)	1:18.58 (5:47.83)	1:18.70 (7:06.53)
	1:18.15 (8:24.68)	1:09.31 (9:33.99)				
35	David Nebitko	Newmarket Huskies Track	9:35.60		1(16)	

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#17 Men's 3000 Meters (Open) (cont'd)

Pl	Name		Team		Time	Note	H(Pl)	
		37.03		1:16.08 (1:53.11)	1:16.80 (3:09.90)	1:17.89 (4:27.79)	1:18.35 (5:46.14)	1:18.18 (7:04.32)
		1:18.91 (8:23.23)		1:12.37 (9:35.60)				
36	Ryan Ward		Newmarket Huskies Track		9:38.24		1(17)	
		36.46		1:15.36 (1:51.82)	1:15.91 (3:07.72)	1:17.13 (4:24.85)	1:18.16 (5:43.00)	1:18.07 (7:01.06)
		1:19.03 (8:20.09)		1:18.15 (9:38.24)				
37	Mike MacInnes		UNON - Unattached Ontari		9:41.39		1(18)	
		38.40		1:16.14 (1:54.54)	1:17.16 (3:11.69)	1:17.84 (4:29.52)	1:18.86 (5:48.37)	1:19.32 (7:07.69)
		1:20.31 (8:27.99)		1:13.40 (9:41.39)				
38	Arjan Bhambi		Toronto West Athletics (TO		9:55.15		1(19)	
		34.79		1:15.90 (1:50.68)	1:18.99 (3:09.67)	1:20.86 (4:30.52)	1:22.37 (5:52.89)	1:23.55 (7:16.43)
		1:22.53 (8:38.96)		1:16.20 (9:55.15)				
39	Esteban Clavijo		Newmarket Huskies Track		10:02.52		1(20)	
		37.07		1:16.98 (1:54.04)	1:17.31 (3:11.35)	1:17.86 (4:29.21)	1:20.65 (5:49.85)	1:22.41 (7:12.26)
		1:25.72 (8:37.97)		1:24.55 (10:02.52)				
40	Will Summers		Mohawk College (MHAWK)		10:06.93		1(21)	
		37.36		1:16.63 (1:53.99)	1:16.81 (3:10.79)	1:19.40 (4:30.19)	1:22.11 (5:52.29)	1:25.72 (7:18.01)
		1:26.95 (8:44.96)		1:21.97 (10:06.93)				
41	Marcus Modrcin		MISS - Mississauga T.F.C.		10:27.02		1(22)	
		38.59		1:19.39 (1:57.97)	1:19.64 (3:17.60)	1:23.44 (4:41.04)	1:25.62 (6:06.65)	1:31.16 (7:37.81)
		1:29.09 (9:06.90)		1:20.12 (10:27.02)				
42	Danny Grossi		Newmarket Huskies Track		10:54.52		1(23)	
		39.61		1:24.65 (2:04.26)	1:26.01 (3:30.26)	1:26.69 (4:56.95)	1:28.22 (6:25.16)	1:30.87 (7:56.02)
		1:31.59 (9:27.60)		1:26.92 (10:54.52)				
	Tom Boers		LWTF - London Western T.		DNF		2	

#20 Women's 5000 Meters (Open)

Pl	Name		Team		Time	Note		
1	Samara Quanz		WCEP - WinCity Endurance		16:57.01			
		37.09		1:19.64 (1:56.73)	1:22.52 (3:19.24)	1:22.08 (4:41.32)	1:22.38 (6:03.69)	1:20.94 (7:24.62)
		1:23.64 (8:48.25)		1:22.84 (10:11.09)	1:22.52 (11:33.61)	1:22.47 (12:56.08)	1:22.47 (14:18.54)	1:23.28 (15:41.81)
		1:15.20 (16:57.00)						
2	Kaitlyn Palmateer		UNON - Unattached Ontari		18:38.75			
		36.81		1:19.67 (1:56.48)	1:22.52 (3:19.00)	1:25.00 (4:43.99)	1:25.89 (6:09.88)	1:25.99 (7:35.87)
		1:27.71 (9:03.58)		1:30.49 (10:34.07)	1:31.22 (12:05.28)	1:42.80 (13:48.07)	1:39.68 (15:27.75)	1:40.40 (17:08.15)

#19 Men's 5000 Meters (Open)

Pl	Name		Team		Time	Note		
1	Peter Mburu		North - Northern Endurance		14:11.71			
		31.42		1:07.03 (1:38.44)	1:08.03 (2:46.47)	1:07.17 (3:53.64)	1:06.73 (5:00.37)	1:07.97 (6:08.33)
		1:07.75 (7:16.07)		1:08.70 (8:24.77)	1:10.12 (9:34.89)	1:11.32 (10:46.20)	1:08.51 (11:54.71)	1:09.89 (13:04.59)
		1:07.12 (14:11.71)						
2	Samuel Patrick		Harbour Track - Hamilton (14:15.59			
		31.76		1:08.67 (1:40.42)	1:08.19 (2:48.61)	1:08.95 (3:57.55)	1:08.58 (5:06.13)	1:08.51 (6:14.64)
		1:09.73 (7:24.36)		1:08.21 (8:32.56)	1:09.93 (9:42.48)	1:09.97 (10:52.45)	1:10.17 (12:02.62)	1:08.62 (13:11.23)
		1:04.37 (14:15.59)						
3	Jack O'Farrell		TOWA - Toronto West Athle		14:20.87			

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#19 Men's 5000 Meters (Open) (cont'd)

Pl	Name		Team		Time	Note
	31.18	1:06.99 (1:38.16)	1:08.05 (2:46.21)	1:07.12 (3:53.32)	1:07.59 (5:00.91)	1:07.14 (6:08.04)
	1:07.70 (7:15.74)	1:09.22 (8:24.95)	1:10.26 (9:35.21)	1:11.42 (10:46.62)	1:11.59 (11:58.21)	1:11.66 (13:09.87)
	1:11.01 (14:20.87)					
4	William Weist		Harbour Track - Hamilton (14:23.72	
	34.36	1:07.92 (1:42.28)	1:08.17 (2:50.44)	1:07.99 (3:58.42)	1:08.28 (5:06.70)	1:08.55 (6:15.25)
	1:09.42 (7:24.66)	1:08.97 (8:33.62)	1:09.75 (9:43.36)	1:10.23 (10:53.59)	1:10.50 (12:04.08)	1:10.52 (13:14.59)
	1:09.13 (14:23.72)					
5	Liam Smith		Unattached Ontario (UNON		14:44.96	
	32.57	1:09.07 (1:41.64)	1:09.05 (2:50.69)	1:07.97 (3:58.66)	1:08.33 (5:06.98)	1:11.24 (6:18.22)
	1:13.61 (7:31.83)	1:15.07 (8:46.89)	1:16.02 (10:02.91)	1:12.45 (11:15.35)	1:12.78 (12:28.12)	1:13.25 (13:41.37)
	1:03.59 (14:44.96)					
6	Ryan Davies		Harbour Track - Hamilton (14:46.67	
	33.80	1:10.83 (1:44.63)	1:09.89 (2:54.51)	1:09.76 (4:04.27)	1:10.97 (5:15.23)	1:10.77 (6:26.00)
	1:11.78 (7:37.77)	1:11.45 (8:49.22)	1:12.48 (10:01.70)	1:13.11 (11:14.81)	1:12.60 (12:27.41)	1:11.82 (13:39.22)
	1:07.45 (14:46.67)					
7	Matthew Lozano		Monarch Athletics Club (M		14:46.99	
	33.79	1:10.09 (1:43.88)	1:10.90 (2:54.78)	1:09.94 (4:04.71)	1:10.76 (5:15.47)	1:10.81 (6:26.28)
	1:11.75 (7:38.03)	1:11.84 (8:49.86)	1:12.85 (10:02.71)	1:12.36 (11:15.07)	1:12.61 (12:27.67)	1:11.81 (13:39.48)
	1:07.52 (14:46.99)					
8	Saed Griffith		MOAC - Monarch Athletics		14:48.41	
	34.79	1:10.36 (1:45.14)	1:09.95 (2:55.09)	1:09.90 (4:04.99)	1:10.87 (5:15.86)	1:10.67 (6:26.52)
	1:11.75 (7:38.27)	1:11.67 (8:49.94)	1:13.12 (10:03.06)	1:12.20 (11:15.25)	1:12.61 (12:27.86)	1:11.93 (13:39.79)
	1:08.63 (14:48.41)					
9	Saul Taler		OTTL - Ottawa Lions T.F.C		14:51.52	
	34.30	1:10.62 (1:44.91)	1:09.08 (2:53.99)	1:08.69 (4:02.68)	1:10.18 (5:12.85)	1:09.92 (6:22.77)
	1:13.40 (7:36.17)	1:12.96 (8:49.12)	1:13.75 (10:02.87)	1:14.25 (11:17.11)	1:16.59 (12:33.69)	1:15.27 (13:48.96)
	1:02.56 (14:51.52)					
10	Andreas Pardalis		WCEP - WinCity Endurance		14:52.71	
	35.37	1:12.18 (1:47.54)	1:14.53 (3:02.07)	1:11.90 (4:13.96)	1:13.34 (5:27.30)	1:14.31 (6:41.61)
	1:11.79 (7:53.39)	1:12.37 (9:05.76)	1:10.87 (10:16.63)	1:10.96 (11:27.59)	1:11.31 (12:38.90)	1:10.48 (13:49.37)
	1:03.35 (14:52.71)					
11	Gregory Danayan		Unattached		14:56.15	
	34.18	1:10.12 (1:44.29)	1:09.93 (2:54.21)	1:08.60 (4:02.81)	1:09.84 (5:12.65)	1:10.40 (6:23.05)
	1:12.70 (7:35.75)	1:13.94 (8:49.68)	1:12.80 (10:02.47)	1:14.12 (11:16.59)	1:15.13 (12:31.71)	1:14.77 (13:46.48)
	1:09.68 (14:56.15)					
12	Adam Schmidt		UNON - Unattached Ontari		14:59.16	
	34.03	1:09.61 (1:43.64)	1:10.12 (2:53.75)	1:09.21 (4:02.96)	1:09.92 (5:12.88)	1:10.41 (6:23.29)
	1:12.64 (7:35.92)	1:13.57 (8:49.49)	1:13.78 (10:03.27)	1:15.99 (11:19.26)	1:17.72 (12:36.97)	1:13.80 (13:50.76)
	1:08.40 (14:59.16)					
13	Joey Stel		Newmarket Huskies Track		14:59.90	
	35.57	1:12.14 (1:47.71)	1:08.97 (2:56.68)	1:10.19 (4:06.86)	1:10.62 (5:17.47)	1:12.85 (6:30.32)
	1:13.45 (7:43.76)	1:14.26 (8:58.01)	1:14.84 (10:12.85)	1:13.87 (11:26.72)	1:13.95 (12:40.67)	1:13.13 (13:53.79)
	1:06.11 (14:59.90)					
14	Noah Nagy		Harbour Track - Hamilton (15:15.80	

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RESULTS**#19 Men's 5000 Meters (Open) (cont'd)**

Pl	Name		Team	Time	Note
	35.31	1:11.99 (1:47.30)	1:14.54 (3:01.83)	1:11.71 (4:13.54)	1:13.66 (5:27.20) 1:14.23 (6:41.42)
	1:11.49 (7:52.91)	1:13.44 (9:06.34)	1:12.62 (10:18.95)	1:15.17 (11:34.12)	1:15.42 (12:49.54) 1:13.91 (14:03.44)
	1:12.37 (15:15.80)				
15	Vincent Lam		UTTC - University of Toront	15:32.41	
	33.21	1:08.88 (1:42.09)	1:10.19 (2:52.28)	1:11.33 (4:03.60)	1:12.34 (5:15.94) 1:13.28 (6:29.21)
	1:15.36 (7:44.57)	1:16.49 (9:01.05)	1:18.36 (10:19.41)	1:18.07 (11:37.47)	1:18.14 (12:55.61) 1:18.63 (14:14.23)
	1:18.18 (15:32.41)				
16	Samuel Rohr		Laur - Laurel Creek T.F.C	15:36.41	
	36.29	1:12.57 (1:48.86)	1:13.90 (3:02.75)	1:11.49 (4:14.24)	1:12.61 (5:26.84) 1:14.50 (6:41.33)
	1:11.93 (7:53.26)	1:12.99 (9:06.24)	1:13.29 (10:19.53)	1:17.75 (11:37.27)	1:20.54 (12:57.81) 1:20.05 (14:17.86)
	1:18.55 (15:36.41)				
17	Giancarlo Farruggia		Harbour Track - Hamilton (15:39.43	
	35.15	1:11.83 (1:46.98)	1:14.47 (3:01.44)	1:12.33 (4:13.77)	1:13.69 (5:27.45) 1:14.55 (6:41.99)
	1:14.14 (7:56.12)	1:17.15 (9:13.27)	1:18.16 (10:31.43)	1:20.23 (11:51.66)	1:18.19 (13:09.84) 1:19.47 (14:29.30)
	1:10.13 (15:39.43)				
18	Johnny Houlding		Rhythm Athletics (RHYT)	15:41.96	
	34.95	1:10.56 (1:45.50)	1:10.28 (2:55.78)	1:11.62 (4:07.39)	1:12.35 (5:19.74) 1:14.07 (6:33.81)
	1:14.78 (7:48.59)	1:16.03 (9:04.62)	1:16.57 (10:21.18)	1:17.95 (11:39.13)	1:20.22 (12:59.34) 1:22.20 (14:21.53)
	1:20.43 (15:41.96)				
19	Nathan Paul		Laur - Laurel Creek T.F.C	15:43.48	
	35.92	1:12.50 (1:48.42)	1:13.99 (3:02.40)	1:12.01 (4:14.40)	1:12.60 (5:26.99) 1:14.75 (6:41.74)
	1:14.61 (7:56.35)	1:16.67 (9:13.01)	1:16.75 (10:29.76)	1:18.05 (11:47.80)	1:18.52 (13:06.32) 1:18.56 (14:24.88)
	1:18.60 (15:43.48)				
20	Karl Olivo		Unattached	15:52.67	
	35.95	1:13.61 (1:49.55)	1:16.22 (3:05.77)	1:17.61 (4:23.37)	1:19.36 (5:42.73) 1:19.31 (7:02.03)
	1:17.59 (8:19.62)	1:16.25 (9:35.86)	1:18.81 (10:54.67)	1:17.45 (12:12.12)	1:15.60 (13:27.71) 1:15.44 (14:43.15)
	1:09.52 (15:52.67)				
21	Marco Volpi		Newmarket Huskies Track	16:33.16	
	37.24	1:17.30 (1:54.54)	1:16.86 (3:11.40)	1:17.62 (4:29.01)	1:18.15 (5:47.15) 1:19.75 (7:06.90)
	1:19.65 (8:26.54)	1:19.36 (9:45.90)	1:18.76 (11:04.66)	1:21.62 (12:26.27)	1:22.83 (13:49.10) 1:20.91 (15:10.00)
	1:23.17 (16:33.16)				
22	Jared Lozano		Monarch Athletics Club (M	16:47.86	
	35.82	1:13.31 (1:49.12)	1:16.33 (3:05.45)	1:17.59 (4:23.04)	1:19.52 (5:42.55) 1:21.39 (7:03.94)
	1:22.83 (8:26.76)	1:24.18 (9:50.94)	1:26.21 (11:17.14)	1:27.11 (12:44.25)	1:27.08 (14:11.32) 1:25.97 (15:37.28)
	1:10.58 (16:47.86)				
	Miles Avalos		TOWA - Toronto West Athle	DNF	
	Matt Viveiros		Toronto West Athletics (TO	DNF	