

HAMILTON LAST CHANCE TWILIGHT & ATHLETICS ONTARIO DISTANCE MEDLEY RELAY CHAMPIONSHIPS 2026

Hamilton, ON
McMaster University's Mona Campbell Track

August 2, 2026

MEET OFFICIALS

Timing:
Sport Made Simple



OFFICIAL MEET REPORT

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RESULTS

#1 Men's 100 Meters (Open)

Finals

Pl	Name	Team	Time	Note	H(Pl)
1	Precious Mayuku	Masters Of Speed Athletics	10.70	(-0.5)	8(1)
2	Jelani Ellison	FLYA - Flying Angels Acad	10.71	(-0.5)	8(2)
3	Henry Scott	OSTL - St Thomas Legion	10.83	(-0.5)	8(3)
4	Theodore France	SAAC - Speed Academy At	10.93	(-0.5)	8(4)
5	Zayd Betty	Mississauga T.f.c.	11.04	11.033 (-0.5)	8(5)
6	Sutton Maslanyk	OHOC - Hamilton Olympic	11.04	11.034 (-0.5)	8(6)
7	Charles Smith	Unattached Ontario	11.13	11.127 (-1.1)	7(1)
8	Nahshon Hall	FLYA - Flying Angels Acad	11.13	11.129 (-0.5)	8(7)
9	Nandan Srivatsa	Golden Eagles Track Club (	11.16	(-1.1)	7(2)
10	Saad Ashraf	Unattached Ontario	11.17	(-1.1)	7(3)
11	Ethan John	Stac Hamilton	11.22	(-1.1)	7(4)
12	David Alabi	UWTC - Waterloo Track Clu	11.24	11.231 (-1.1)	7(5)
13	Peter Konney	Monte Cristo (MCTC)	11.24	11.240 (+0.1)	6(1)
14	Luca Rosa	OHOC - Hamilton Olympic	11.26	(-0.5)	8(8)
15	Jayden Laing	RCAO - Royal City Athletics	11.34	(-1.1)	7(6)
16	Tobias Bistretzan	UWTC - Waterloo Track Clu	11.36	(+0.1)	6(2)
17	Ben O'Brien	London Western Track And	11.37	(-1.1)	7(7)
18	Gursahib Singh	Brampton Track Club	11.39	(+0.1)	6(3)
19	Miles Gulas	UWTC - Waterloo Track Clu	11.43	(+0.1)	6(4)
20	Kai Knights	Mississauga T.f.c.	11.46	11.454 (+0.1)	6(5)
21	Nolan Ricketts	Flying Angels - Etobicoke (	11.46	11.457 (+0.1)	6(6)
22	Kevaun Malcolm-Gay	GETC - Golden Eagles Tra	11.49	(+0.1)	6(7)
23	Boris Davidovic	UTTC - University Of Toront	11.50	(+1.0)	4(1)
24	Joshua Barrett	BRNT - Brantford T.F.C.	11.51	11.501 (+0.5)	5(1)
25	William Walrond	QSTF - Quest Sports Track	11.51	11.505 (+0.5)	5(2)
26	Edward Takeyoshi Guerrero	Hamilton Olympic Club (OH	11.52	(+0.1)	6(8)
27	Isaac Graham	Unattached	11.53	(+0.5)	5(3)
28	Sing Li	Unattached	11.56	(+0.5)	5(4)
29	Jason Friesen	Unattached	11.57	(+0.5)	5(5)
30	Hiro Zhang	LATC - Lylestyle Athletics	11.58	(+0.5)	5(6)
31	Laughter Fawehinmi	UWTC - Waterloo Track Clu	11.63	(+1.0)	4(2)
32	Gabriel Francis	Unattached Ontario	11.68	(+0.5)	5(7)
33	Emilio Pantaleo	MOSA - Masters of Speed	11.69	(+0.5)	5(8)
34	Elias Granillo	OSTL - St Thomas Legion	11.77	(+1.0)	4(3)
35	Cohen Holm	RCAO - Royal City Athletics	11.80	(+1.0)	4(4)
36	Tristan Spaulding	OSTL - St Thomas Legion	11.82	(+1.0)	4(5)
37	Abdullah Khan	Flying Angels - Etobicoke (	11.97	(+1.0)	4(6)
38	Mason Reid	Mississauga T.f.c.	12.10	(+0.2)	3(1)
39	Boluwatife Awoyemi	Flying Angels - Etobicoke (	12.14	(+0.2)	3(2)
40	James Chatfield	Mississauga T.f.c.	12.16	(+0.2)	3(3)
41	Stephen Scragg	Unattached Ontario	12.17	(+1.0)	4(7)
42	Stephan Durston	ETOB - Etobicoke Track	12.21	(+0.2)	3(4)
43	Obinna Enyinniah	OHOC - Hamilton Olympic	12.24	(+1.0)	4(8)
44	Jan Picio	Unassigned ()	12.57	(-0.9)	2(1)
45	Chris Wagner	UWTC - Waterloo Track Clu	12.58	12.571 (+0.2)	3(5)

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Pl	Name	Team	Time	Note	H(Pl)
46	Jorgeo Francisco Gagui	ETOB - Etobicoke Track	12.58	12.576 (-0.9)	2(2)
47	Nick Mpawenimama	Unattached	12.59	(+0.2)	3(6)
48	Mencius Hicks	University Of Waterloo (WA	12.67	(-0.9)	2(3)
49	Jacques Chrysantus Sagno	MCTC - Monte Cristo Track	12.73	(-1.1)	7(8)
50	Samsong Mogekwu	Unattached Ontario (UNON	12.77	(-0.9)	2(4)
51	Yu Gui	Lyfestyle (LATC)	13.05	13.049 (-0.9)	2(5)
52	Hudson Booth	LCBD - Les Coureurs De B	13.05	13.050 (-1.1)	1(1)
53	Griffin Moon	OHOC - Hamilton Olympic	13.06	(-0.9)	2(6)
54	Kyler Yang	Lyfestyle (LATC)	13.44	(-1.1)	1(2)
55	Jzhari Caruth	Unattached	13.48	(-1.1)	1(3)
56	Nathan Onischke	LAUR - Laurel Creek T.F.C	15.41	(-1.1)	1(4)
	Michael Janicas	MCTC - Monte Cristo Track	DNS		2
	Omar Ghazi	Burlington Track & Field Clu	DNS		1
	Drit Zhubi	OHOC - Hamilton Olympic	DNS		1
	Jacob Maxwell	Unattached	DNS		1
	Koen Mackay	OSTC - Owen Sound Track	DNS		2
	Jarrell Charles	Unattached	DNS		3

Prelims

Pl	Name	Team	Time	Note	H(Pl)
1	Precious Mayuku	Masters Of Speed Athletics	10.72q	(+1.0)	9(1)
2	Jelani Ellison	FLYA - Flying Angels Acad	10.77q	(+1.0)	9(2)
3	Henry Scott	OSTL - St Thomas Legion	10.87q	(+1.0)	9(3)
4	Theodore France	SAAC - Speed Academy At	10.97q	(+1.0)	9(4)
5	Sutton Maslanyk	OHOC - Hamilton Olympic	11.02q	(+1.0)	9(5)
6	Luca Rosa	OHOC - Hamilton Olympic	11.04q	(+1.0)	9(6)
7	Nahshon Hall	FLYA - Flying Angels Acad	11.06q	(+1.0)	9(7)
8	Zayd Betty	Mississauga T.f.c.	11.07q	(+1.0)	9(8)
9	Saad Ashraf	Unattached Ontario	11.11q	(+0.7)	8(1)
10	Charles Smith	Unattached Ontario	11.12q	(+0.7)	8(2)
11	Nandan Srivatsa	Golden Eagles Track Club (	11.14q	(+0.7)	8(3)
12	Ethan John	Stac Hamilton	11.23q 11.225	(+0.1)	7(1)
13	David Alabi	UWTC - Waterloo Track Clu	11.23q 11.226	(+0.7)	8(4)
14	Jayden Laing	RCAO - Royal City Athletics	11.36q	(+0.1)	7(2)
15	Colin Authier	Stac Hamilton	11.37q 11.362	(+0.5)	4(1)
16	Ben O'Brien	London Western Track And	11.37q 11.365	(+0.1)	7(3)
17	Peter Konney	Monte Cristo (MCTC)	11.39q 11.383	(+0.5)	1(1)
18	Miles Gulas	UWTC - Waterloo Track Clu	11.39q 11.385	(+0.9)	6(1)
19	Gursahib Singh	Brampton Track Club	11.42q	(+0.7)	8(5)
20	Kevaun Malcolm-Gay	GETC - Golden Eagles Tra	11.44q	(+0.9)	6(2)
21	Kai Knights	Mississauga T.f.c.	11.45q	(+0.3)	3(1)
22	Edward Takeyoshi Guerrero	Hamilton Olympic Club (OH	11.46q	(+0.7)	8(6)
23	Tobias Bistretzan	UWTC - Waterloo Track Clu	11.47q	(+0.1)	7(4)
24	Nolan Ricketts	Flying Angels - Etobicoke (	11.50q	(+0.9)	6(3)
25	Gabriel Francis	Unattached Ontario	11.54q	(+0.1)	7(5)

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

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Pl	Name	Team	Time	Note	H(Pl)
26	Joshua Barrett	BRNT - Brantford T.F.C.	11.55q	(+0.9)	6(4)
27	William Walrond	QSTF - Quest Sports Track	11.57q	(+0.1)	7(6)
28	Jason Friesen	Unattached	11.59q	(+0.9)	6(5)
29	Isaac Graham	Unattached	11.62q	(+0.7)	8(7)
30	Sing Li	Unattached	11.63q	(+0.5)	4(2)
31	Hiro Zhang	LATC - Lylestyle Athletics	11.70q	(+0.9)	6(6)
32	Emilio Pantaleo	MOSA - Masters of Speed	11.72q	(+0.4)	5(1)
33	Boris Davidovic	UTTC - University Of Toront	11.79q	(+0.9)	6(7)
34	Tristan Spaulding	OSTL - St Thomas Legion	11.81q	(+0.4)	5(2)
35	Cohen Holm	RCAO - Royal City Athletics	11.82q	(+0.4)	5(3)
36	Laughter Fawehinmi	UWTC - Waterloo Track Clu	11.83q	(+0.1)	7(7)
37	Obinna Enyinniah	OHOC - Hamilton Olympic	11.86q	(+0.4)	5(4)
38	Elias Granillo	OSTL - St Thomas Legion	11.88q	(+0.4)	5(5)
39	Abdullah Khan	Flying Angels - Etobicoke (	11.95q	(+0.3)	3(2)
40	Stephen Scragg	Unattached Ontario	11.96q	(+0.3)	3(3)
41	Mason Reid	Mississauga T.f.c.	11.99q	(+0.5)	4(3)
42	James Chatfield	Mississauga T.f.c.	12.03q	(+0.4)	5(6)
43	Jacques Chrysantus Sagno	MCTC - Monte Cristo Track	12.08q	(+0.5)	4(4)
44	Jarrell Charles	Unattached	12.10q	(+0.3)	3(4)
45	Stephan Durston	ETOB - Etobicoke Track	12.18q	(+0.5)	4(5)
46	Boluwatife Awoyemi	Flying Angels - Etobicoke (	12.29q	(+0.5)	4(6)
47	Nick Mpawenimama	Unattached	12.50q	(+0.8)	2(1)
48	Chris Wagner	UWTC - Waterloo Track Clu	12.57q	(+0.8)	2(2)
49	Mencius Hicks	University Of Waterloo (WA	12.58q	(+0.3)	3(5)
50	Jorgeo Francisco Gagui	ETOB - Etobicoke Track	12.64q	(+0.5)	4(7)
51	Jan Picio	Unassigned ()	12.65q	(+0.8)	2(3)
52	Michael Janicas	MCTC - Monte Cristo Track	12.66q	(+0.5)	4(8)
53	Koen Mackay	OSTC - Owen Sound Track	12.68q	(+0.5)	1(2)
54	Griffin Moon	OHOC - Hamilton Olympic	12.83q	(+0.8)	2(4)
55	Yu Gui	Lyfestyle (LATC)	12.89q	(+0.8)	2(5)
56	Samsong Mogeckwu	Unattached Ontario (UNON	12.90q	(+0.3)	3(6)
57	Hudson Booth	LCBD - Les Coureurs De B	12.94q 12.936	(+0.8)	2(6)
58	Omar Ghazi	Burlington Track & Field Clu	12.94q 12.940	(+0.8)	2(7)
59	Drit Zhubi	OHOC - Hamilton Olympic	12.97q	(+0.5)	1(3)
60	Kyler Yang	Lyfestyle (LATC)	13.27q	(+0.5)	1(4)
61	Jzhari Caruth	Unattached	13.34q	(+0.3)	3(7)
62	Jacob Maxwell	Unattached	13.57q	(+0.8)	2(8)
63	Nathan Onischke	LAUR - Laurel Creek T.F.C	14.82q	(+0.5)	1(5)
	Juan Ignacio Senisterra	Unattached Ontario	DNS		3
	Kosta Nikolic	FLYA - Flying Angels Acad	DNS		5
	Storm Paulo-Taylor	Mississauga T.f.c.	DNS		5
	Ayo Akinkuolie	Stac Hamilton	DNS		6
	Steven Ajayi	Unattached Ontario	DNS		7
	Scott Banza	York University Track & Fiel	DNS		8

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RESULTS

#52 Men's 100 Meters (Wheelchair)

Finals

Wind: (+0.8)

Pl	Name	Team	Time	Note
1	Isaiah Christophe	CRUI - Cruisers Sports	16.09	

Prelims

Wind: (-0.2)

Pl	Name	Team	Time	Note
1	Isaiah Christophe	CRUI - Cruisers Sports	16.69q	

#3 Men's 200 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Henry Scott	OSTL - St Thomas Legion	21.76	(-1.1)	7(1)
2	Precious Mayuku	Masters Of Speed Athletics	22.08	(-1.1)	7(2)
3	Zayd Betty	Mississauga T.f.c.	22.39	(+1.5)	6(1)
4	Charles Smith	Unattached Ontario	22.50	(+1.5)	6(2)
5	Ethan John	Stac Hamilton	22.58	(+1.5)	6(3)
6	Jayden Laing	RCAO - Royal City Athletics	22.61	(+1.5)	6(4)
7	Miles Gulas	UWTC - Waterloo Track Clu	22.73	(-1.1)	7(3)
8	Nandan Srivatsa	Golden Eagles Track Club (	22.79	(+1.5)	6(5)
9	Tobias Bistretzan	UWTC - Waterloo Track Clu	22.87	(-0.2)	4(1)
10	Kai Knights	Mississauga T.f.c.	22.92	(+0.3)	3(1)
11	Saad Ashraf	Unattached Ontario	22.94	(+1.0)	5(1)
12	Jason Friesen	Unattached	23.01	(+1.0)	5(2)
13	David Alabi	UWTC - Waterloo Track Clu	23.11	(+1.0)	5(3)
14	Kai Jeremie	OHOC - Hamilton Olympic	23.20	(+1.0)	5(4)
15	Gabriel Haddad	LAUR - Laurel Creek T.F.C	23.22	(+1.0)	5(5)
16	Kieran Sullivan	RCAO - Royal City Athletics	23.25	(-0.2)	4(2)
17	Kevaun Malcolm-Gay	GETC - Golden Eagles Tra	23.26	(+1.0)	5(6)
18	Hiro Zhang	LATC - Lifestyle Athletics	23.32	(+1.0)	5(7)
19	Owen Goodwin	UWTC - Waterloo Track Clu	23.44	(+1.5)	6(6)
20	Eli Odolphy	SASW - Sarnia Athletics So	23.50	(+0.3)	3(2)
21	William Downing	OSTL - St Thomas Legion	23.58	(+1.5)	6(7)
22	Joshua Barrett	BRNT - Brantford T.F.C.	23.75	(-0.2)	4(3)
23	Ali Ghadghoni	LATC - Lifestyle Athletics	23.81	(+0.3)	3(3)
24	Isaac Graham	Unattached	23.99	(-0.8)	2(1)
25	Tristan Spaulding	OSTL - St Thomas Legion	24.07	(+0.3)	3(4)
26	Elias Granillo	OSTL - St Thomas Legion	24.25	(+0.3)	3(5)
27	Obinna Enyinniah	OHOC - Hamilton Olympic	24.29	(-0.8)	2(2)
28	Roger Jacobs	RCAO - Royal City Athletics	24.47	(-1.1)	7(4)
29	Jarrell Charles	Unattached	24.90	(+0.3)	3(6)
30	Brian Jiang	MOSA - Masters of Speed	25.02	(-0.8)	2(3)
31	Hudson Booth	LCBD - Les Coureurs De B	25.93	(-0.8)	2(4)
32	Chris Wagner	UWTC - Waterloo Track Clu	26.16	(-0.8)	2(5)
33	Brendon Akin	Blue Devils Athletics Club (	26.45	(-0.8)	2(6)
34	Yu Gui	Lifestyle (LATC)	26.66	(-0.8)	2(7)
35	Griffin Moon	OHOC - Hamilton Olympic	26.93	(-0.9)	1(1)
36	Omar Ghazi	Burlington Track & Field Clu	27.09	(-0.8)	2(8)
37	Glenn Kaifas	Unattached	27.95	(-0.9)	1(2)

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

Pl	Name	Team	Time	Note	H(Pl)
38	Jacob Maxwell	Unattached	28.47	(-0.9)	1(3)
39	Nathan Onischke	LAUR - Laurel Creek T.F.C	32.03	(-0.9)	1(4)
	Ayo Akinkuolie	Stac Hamilton	DNS		4
	Gabriel Francis	Unattached Ontario	DNS		3
	Ty Tran	SASW - Sarnia Athletics So	DNS		4
	Ben O'Brien	London Western Track And	DNS		4
	Storm Paulo-Taylor	Mississauga T.f.c.	DNS		4
	Henry Anigbogu	LAUR - Laurel Creek T.F.C	DNS		4
	Colin Authier	Stac Hamilton	DNS		3
	Scott Banza	York University Track & Fiel	DNS		5
	William Walrond	QSTF - Quest Sports Track	DNS		6
	Kobie Warden	Windsor Legion T.f.c (WLE	DNS		7
	Jelani Ellison	FLYA - Flying Angels Acad	DNS		7
	Nahshon Hall	FLYA - Flying Angels Acad	DNS		7

#5 Men's 400 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Kobie Warden	Windsor Legion T.f.c (WLE	46.77		4(1)
2	Mohamad Alkaaby	WLEG - Windsor Legion T.	48.32		4(2)
3	Roxroy Cato	LATC - Lifestyle Athletics	49.17		4(3)
4	Owen Babcock	UWTC - Waterloo Track Clu	49.64		4(4)
5	Liam Carvalho	SAAC - Speed Academy At	49.85		3(1)
6	Roger Jacobs	RCAO - Royal City Athletics	50.22		4(5)
7	Oliver Grant	UWTC - Waterloo Track Clu	50.38		4(6)
8	Kieran Sullivan	RCAO - Royal City Athletics	50.69		3(2)
9	Owen Goodwin	UWTC - Waterloo Track Clu	51.20		4(7)
10	Kai Jeremie	OHOC - Hamilton Olympic	51.49		3(3)
11	Jacob Wamboldt	Unattached Ontario (UNON	51.75		2(1)
12	Eli Odolphy	SASW - Sarnia Athletics So	52.07		2(2)
13	Ali Ghadghoni	LATC - Lifestyle Athletics	52.23		3(4)
14	Elijah Doctor-Jardine	York University Track & Fiel	52.54		3(5)
15	William Downing	OSTL - St Thomas Legion	53.78		2(3)
16	Tristan Edwards	York University Track & Fiel	54.12		2(4)
17	Aidan O'sullivan	Unattached Ontario	54.14		3(6)
18	Mihail Gamza	BDAC - Blue Devils Athletic	54.70		1(1)
19	Adam Kalantzakos	Mississauga T.f.c.	55.28		2(5)
20	Koen Mackay	OSTC - Owen Sound Track	55.90		1(2)
21	Atticus Bajor	BDAC - Blue Devils Athletic	56.20		2(6)
22	Justin Conlon	UWTC - Waterloo Track Clu	57.00		1(3)
23	Cedric Nicolas	Unattached Ontario (UNON	57.10		2(7)
24	Jacques Chrysantus Sagno	MCTC - Monte Cristo Track	57.96		2(8)
25	James Hennelly-Scott	BRNT - Brantford T.F.C.	59.73		4(8)
26	Glenn Kaifas	Unattached	1:00.90		1(4)
27	Jacob Maxwell	Unattached	1:02.60		1(5)
28	Payton Carter	The Gazelles Track and Fie	1:04.10		1(6)
	Matteo Leo	Unattached	DNS		3

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

Pl	Name	Team	Time	Note	H(Pl)
	Ty Tran	SASW - Sarnia Athletics So	DNS		3

#57 Men's 400 Meters (Wheelchair)

Pl	Name	Team	Time	Note
1	Isaiah Christophe	CRUI - Cruisers Sports	52.73	

#7 Men's 800 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Cyril Chapple 53.12 58.62 (1:51.74)	LAUR - Laurel Creek T.F.C	1:51.74		5(1)
2	Max Gerundin 55.54 59.23 (1:54.77)	Ottawa Lions T.f.c (OTTL)	1:54.77		5(2)
3	Nolan Legare 56.36	Ottawa Lions T.f.c (OTTL)	1:55.76		4(1)
4	Timothy Kelly-MacLean 57.52 58.92 (1:56.44)	OTTL - Ottawa Lions T.F.C	1:56.44		5(3)
5	Tsz-Chun Tse 57.46	Unattached	1:56.63		4(2)
6	Caius Bajor 56.65 1:00.03 (1:56.67)	BDAC - Blue Devils Athletic	1:56.67		5(4)
7	Brennan Lee 57.47 59.39 (1:56.85)	OTTL - Ottawa Lions T.F.C	1:56.85		5(5)
8	Alexander Mather 56.20 1:01.12 (1:57.31)	UWTC - Waterloo Track Clu	1:57.31		5(6)
9	Justin So 56.79 1:00.54 (1:57.33)	Newmarket Huskies Track	1:57.33		5(7)
10	Linden Spence 57.41	LLTA - London Legion T.F.	1:57.39		4(3)
11	Tolu Adebajo 57.30	Unattached Ontario	1:57.87		4(4)
12	William Vanhartingsveldt 56.81	LAUR - Laurel Creek T.F.C	1:58.19		4(5)
13	James Porto 57.13	LAUR - Laurel Creek T.F.C	1:58.20		4(6)
14	Mario Galbraith 57.69 1:01.17 (1:58.86)	MLG	1:58.86		5(8)
15	Shawn Patton 57.32 1:01.75 (1:59.06)	2BAC	1:59.06		5(9)
16	Joshua Ching 57.74	York University Track & Fiel	2:00.53		4(7)
17	Andrew Galloway 58.10	LWTF - London Western T.	2:00.75		4(8)
18	Charlie Bigler 59.40 1:01.89 (2:01.29)	OOAK - Oakville Renegade	2:01.29		3(1)
19	Jordan Mabbott 54.98 3.15 (58.13)	Burlington Track & Field Clu	2:01.64		4(9)

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

Pl	Name	Team	Time	Note	H(Pl)
20	Mattias Edwards	York University Track & Fiel	2:01.72		4(10)
21	Andrew Monteith	OSTL - St Thomas Legion	2:02.95		3(2)
	59.15	1:03.81 (2:02.95)			
22	Prestyn Murphy	SASW - Sarnia Athletics So	2:04.47		3(3)
	59.66	1:04.82 (2:04.47)			
23	Ethan Brown	OSTL - St Thomas Legion	2:05.76		3(4)
	1:00.76	1:05.01 (2:05.76)			
24	David Nebitko	Newmarket Huskies Track	2:05.83		3(5)
	1:00.93	1:04.90 (2:05.83)			
25	Adam Hammond	MOAC - Monarch Athletics	2:06.02		3(6)
	59.97	1:06.06 (2:06.02)			
26	Brighton Ng	Newmarket Huskies Track	2:06.84		3(7)
	1:00.46	1:06.39 (2:06.84)			
27	Zackary Douma	LAUR - Laurel Creek T.F.C	2:08.11		3(8)
	1:01.66	1:06.45 (2:08.11)			
28	Tyshawn Elgin	NOCO - Niagara Olympic C	2:14.48		2(1)
	1:07.09	1:07.40 (2:14.48)			
29	Rami Abdulrahman	Mississauga T.f.c.	2:15.63		2(2)
	1:07.52	1:08.12 (2:15.63)			
30	Cameron Zahra	NOCO - Niagara Olympic C	2:16.48		2(3)
	1:08.44	1:08.04 (2:16.48)			
31	Esteban Clavijo	Newmarket Huskies Track	2:16.79		2(4)
	1:06.70	1:10.10 (2:16.79)			
32	Aron Cuko	Niagara Olympic Club (NO	2:17.94		2(5)
	1:08.70	1:09.24 (2:17.94)			
33	Kyle Eastlake	OTTL - Ottawa Lions T.F.C	2:18.07		2(6)
	1:09.08	1:09.00 (2:18.07)			
34	Harith Sivanesar	York University Track & Fiel	2:20.45		2(7)
	1:09.30	1:11.15 (2:20.45)			
35	Joshua Lopez	Mississauga T.f.c.	2:23.34		2(8)
	1:10.29	1:13.05 (2:23.34)			
36	James Vanhartingsveldt	LAUR - Laurel Creek T.F.C	2:24.26		1(1)
	1:11.96	1:12.30 (2:24.26)			
37	Jax Hampshire	OHOC - Hamilton Olympic	2:29.14		1(2)
	1:11.73	1:17.42 (2:29.14)			
38	Carter Chrysler	OHOC - Hamilton Olympic	2:34.32		1(3)
	1:15.33	1:19.00 (2:34.32)			
39	Julian Bielecki	Niagara Olympic Club (NO	2:41.28		2(9)
	1:15.13	1:26.15 (2:41.28)			
	Owen Babcock	UWTC - Waterloo Track Clu	DNF		5
	David Tepper	Newmarket Huskies Track	DNS		2
	James Hennelly-Scott	BRNT - Brantford T.F.C.	DNS		3

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#59 Men's 800 Meters (Wheelchair)

Pl	Name	Team	Time	Note
	Isaiah Christophe	CRUI - Cruisers Sports	DNS	

#9 Men's 1500 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Peter Mburu	Northern Endurance (NORT)	3:53.42		3(1)
	46.67 1:01.88 (1:48.55)	1:02.83 (2:51.37) 1:02.06 (3:53.42)			
2	Devin Chapple	Monarch Athletics Club (M)	3:54.51		3(2)
	45.06 1:03.11 (1:48.16)	1:02.94 (2:51.09) 1:03.42 (3:54.51)			
3	Cailan McGregor	Physi-Kult (PHYS)	3:56.09		3(3)
	46.59 1:04.84 (1:51.43)	1:03.67 (2:55.09) 1:01.00 (3:56.09)			
4	Jackson Ortwein	MCTC - Monte Cristo Track	4:04.57		3(4)
	47.03 1:04.31 (1:51.34)	1:06.80 (2:58.14) 1:06.44 (4:04.57)			
5	Dan Rowland	MOAC - Monarch Athletics	4:04.58		3(5)
	47.35 1:04.96 (1:52.31)	1:06.35 (2:58.66) 1:05.93 (4:04.58)			
6	Parker MacDonald	PTBR - Peterborough Legio	4:07.27		3(6)
	47.59 1:05.75 (1:53.33)	1:07.10 (3:00.43) 1:06.84 (4:07.27)			
7	Karl Olivo	Unattached	4:08.22		2(1)
	48.01 1:09.03 (1:57.04)	1:07.30 (3:04.34) 1:03.89 (4:08.22)			
8	Kamran Brar	Unattached	4:08.49		3(7)
	47.41 1:06.14 (1:53.55)	1:06.62 (3:00.16) 1:08.33 (4:08.49)			
9	Soudi Hamadjam	MOAC - Monarch Athletics	4:11.28		3(8)
	46.09 1:05.61 (1:51.69)	1:08.89 (3:00.58) 1:10.70 (4:11.28)			
10	Garrett Wager	Top G Athletic Club (TOPG)	4:15.27		3(9)
	47.12 1:06.75 (1:53.87)	1:08.07 (3:01.93) 1:13.34 (4:15.27)			
11	Mike MacInnes	Newmarket Huskies Track	4:16.25		2(2)
	50.45 1:08.09 (1:58.54)	1:10.41 (3:08.95) 1:07.31 (4:16.25)			
12	Eamon Shipley	Mississauga T.f.c.	4:18.91		2(3)
	50.61 1:09.17 (1:59.78)	1:11.37 (3:11.14) 1:07.77 (4:18.91)			
13	Mateo Lopez	Mississauga T.f.c.	4:19.43		2(4)
	50.11 1:09.14 (1:59.24)	1:09.27 (3:08.51) 1:10.93 (4:19.43)			
14	Nathan Mesquita	LAUR - Laurel Creek T.F.C	4:22.26		2(5)
	49.79 1:10.28 (2:00.06)	1:13.08 (3:13.14) 1:09.12 (4:22.26)			
15	Marco Volpi	Newmarket Huskies Track	4:22.77		2(6)
	50.16 1:08.12 (1:58.27)	1:10.44 (3:08.70) 1:14.08 (4:22.77)			
16	Zohair Adnan	Mississauga T.f.c.	4:22.84		2(7)
	49.67 1:08.16 (1:57.83)	1:12.12 (3:09.94) 1:12.91 (4:22.84)			
17	Liam Reynolds	SASW - Sarnia Athletics So	4:25.05		1(1)
	50.37 1:13.92 (2:04.29)	1:12.82 (3:17.10) 1:07.95 (4:25.05)			
18	Jonas Bowser	South Simcoe Dufferin T.f.c	4:25.45		1(2)
	50.83 1:15.30 (2:06.12)	1:13.78 (3:19.90) 1:05.56 (4:25.45)			
19	Keegan Clark	RERC - Runners Edge Trac	4:26.40		2(8)
	49.92 1:09.66 (1:59.57)	1:13.21 (3:12.77) 1:13.63 (4:26.40)			
20	Kevin Medeiros	Unattached Ontario	4:26.65		2(9)
	50.28 1:09.83 (2:00.10)	1:14.21 (3:14.31) 1:12.35 (4:26.65)			
21	Ollie Fitzsimmons	Newmarket Huskies Track	4:32.56		1(3)
	50.67 1:15.40 (2:06.06)	1:14.25 (3:20.31) 1:12.25 (4:32.56)			

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#9 Men's 1500 Meters (Open) (cont'd)

Pl	Name	Team	Time	Note	H(Pl)
22	Robert Van Den Heuvel	Newmarket Huskies Track	4:49.59		1(4)
	53.89	1:17.46 (2:11.34)	1:19.22 (3:30.55)	1:19.05 (4:49.59)	
23	Luka Bailey-Braun	Orangeville (CWOR)	4:57.23		1(5)
	52.42	1:20.31 (2:12.72)	1:23.86 (3:36.58)	1:20.65 (4:57.23)	
24	Blake Askim	Mississauga T.f.c.	5:09.07		1(6)
	57.09	1:23.31 (2:20.40)	1:26.99 (3:47.38)	1:21.70 (5:09.07)	
25	Paulo Moreira	Unattached Ontario	5:12.33		1(7)
	1:01.53	1:23.81 (2:25.34)	1:26.04 (3:51.38)	1:20.95 (5:12.33)	
	Dan McSolla	Battle Road Track Club	DNF		3
	Ethan Klassen	OSSD - South Simcoe Duff	DNF		1
	Pj Morgan	Monte Cristo (MCTC)	DNS		3
	Linden Spence	LLTA - London Legion T.F.	DNS		2

#11 Men's 5000 Meters (Open)

Pl	Name	Team	Time	Note
1	Johnny Houlding	Unattached Ontario	15:17.64	
	37.15	1:14.00 (1:51.14)	1:13.01 (3:04.15)	1:12.83 (4:16.98)
	1:12.96 (7:57.67)	1:13.31 (9:10.98)	1:13.38 (10:24.35)	1:14.31 (11:38.66)
	1:08.69 (15:17.64)	1:15.09 (12:53.74)	1:15.22 (14:08.96)	
2	Nathan Paul	LAUR - Laurel Creek T.F.C	15:29.46	
	37.86	1:13.76 (1:51.61)	1:12.70 (3:04.31)	1:12.43 (4:16.74)
	1:13.02 (7:57.94)	1:13.70 (9:11.63)	1:14.68 (10:26.30)	1:14.67 (11:40.97)
	1:15.86 (15:29.46)	1:15.83 (12:56.79)	1:16.82 (14:13.61)	
3	Mathieu Moor	Unattached	15:33.95	
	38.23	1:13.64 (1:51.86)	1:12.68 (3:04.54)	1:13.71 (4:18.25)
	1:15.32 (8:03.45)	1:15.92 (9:19.36)	1:15.83 (10:35.19)	1:15.03 (11:50.21)
	1:12.99 (15:33.95)	1:15.24 (13:05.45)	1:15.53 (14:20.97)	
4	Ahsan Shahid	Mississauga T.f.c.	15:44.08	
	37.45	1:14.74 (1:52.18)	1:15.06 (3:07.24)	1:16.47 (4:23.70)
	1:17.76 (8:15.09)	1:16.97 (9:32.06)	1:17.21 (10:49.26)	1:15.98 (12:05.23)
	1:08.04 (15:44.08)	1:16.01 (13:21.24)	1:14.80 (14:36.04)	
5	Brendan Chapple	Unattached Ontario (UNON)	15:53.36	
	38.17	1:14.31 (1:52.47)	1:15.01 (3:07.48)	1:16.71 (4:24.18)
	1:17.81 (8:15.49)	1:16.94 (9:32.42)	1:17.14 (10:49.56)	1:15.96 (12:05.51)
	1:14.32 (15:53.36)	1:16.34 (13:21.85)	1:17.20 (14:39.04)	
6	Jack Turner	Unattached Ontario	16:46.03	
	39.31	1:20.68 (1:59.98)	1:21.07 (3:21.04)	1:21.81 (4:42.85)
	1:21.75 (8:47.04)	1:22.15 (10:09.18)	1:21.67 (11:30.85)	1:21.97 (12:52.81)
	1:12.21 (16:46.03)	1:20.99 (14:13.80)	1:20.03 (15:33.82)	
7	Matthew Gaal	York University Track & Fiel	17:53.06	
	41.13	1:22.81 (2:03.94)	1:23.73 (3:27.66)	1:22.34 (4:50.00)
	1:29.65 (9:09.76)	1:28.67 (10:38.42)	1:28.39 (12:06.81)	1:30.71 (13:37.51)
	1:19.41 (17:53.06)	1:29.73 (15:07.24)	1:26.41 (16:33.65)	
8	Rocko Townsend	RCAO - Royal City Athletics	19:03.63	

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

Pl	Name	Team				Time	Note
	38.40	1:18.61 (1:57.00)	1:23.18 (3:20.18)	1:23.00 (4:43.17)	1:28.54 (6:11.71)	1:28.91 (7:40.62)	
	1:39.63 (9:20.24)	1:35.00 (10:55.24)	1:38.99 (12:34.23)	1:43.50 (14:17.72)	1:46.95 (16:04.66)	1:36.61 (17:41.27)	
	1:22.37 (19:03.63)						
	Evan Iacobelli	SASW - Sarnia Athletics So				DNS	

#66 Men's 4000m DMR (Open)

Pl	Team	Time					Note
1	Mississauga T.f.c. (A)	12:03.88					
		1:11.72	1:16.12 (2:27.83)	1:14.33 (3:42.16)	1:03.45 (4:45.60)	1:02.06 (5:47.66)	1:11.05 (6:58.70)
		1:15.52 (8:14.22)	1:18.05 (9:32.26)	1:19.03 (10:51.29)	1:12.60 (12:03.88)		
	Ottawa Lions T.f.c (OTTL) (A)	DNS					

#2 Women's 100 Meters (Open)

Finals

Pl	Name	Team	Time	Note	H(Pl)
1	Amanda Bowrin	OHOC - Hamilton Olympic	12.71	(+0.6)	3(1)
2	Danielle Charters	OHOC - Hamilton Olympic	12.75	(+0.6)	3(2)
3	Danica Cober	OSTL - St Thomas Legion	12.83	(+0.6)	3(3)
4	Sienna Dummett	ETOB - Etobicoke Track	12.88	(+0.6)	3(4)
5	Raelynn Emanuel	MCTC - Monte Cristo Track	12.90	(+0.6)	3(5)
6	Julia Hughes	UWTC - Waterloo Track Clu	12.94	(+0.6)	3(6)
7	Eden Ward	Unattached	13.34	(+0.5)	2(1)
8	Ashley Douglas	Flying Angels - Etobicoke (	13.44	(+0.6)	3(7)
9	Brianna Scott	OSTL - St Thomas Legion	13.48	(+0.5)	2(2)
10	Maele Viterbo	Unattached Ontario (UNON	13.55	(+0.5)	2(3)
11	Claire Cassidy	University Of Waterloo (WA	13.62	(+0.5)	2(4)
12	Vanessa Rodriguez	OHOC - Hamilton Olympic	13.73	(+0.5)	2(5)
13	Mila Chelminska	OHOC - Hamilton Olympic	13.86	(+0.5)	2(6)
14	Lisa Eslamian	Unattached	13.89	(+1.2)	1(1)
15	Lauren Calbeck	MCTC - Monte Cristo Track	14.06	(+0.5)	2(7)
16	Solice Ashmeade	Flying Angels - Etobicoke (	14.10	(+1.2)	1(2)
17	Renata Macherzynska	UTTC - University Of Toront	15.01	(+1.2)	1(3)
18	Fatuma Ahmed	Unattached	16.93	(+1.2)	1(4)
19	Niki Vinepal	Stac Hamilton	17.43	(+1.2)	1(5)
	Sara Pacheco	Burlington Track & Field Clu	DNS		1
	Manuela Pacheco	Burlington Track & Field Clu	DNS		1
	Isabella Mann	Burlington Track & Field Clu	DNS		2
	Naiya Elibox	Mississauga T.f.c.	DNS		3

Prelims

Pl	Name	Team	Time	Note	H(Pl)
1	Danica Cober	OSTL - St Thomas Legion	12.61q	(+0.9)	3(1)
2	Amanda Bowrin	OHOC - Hamilton Olympic	12.78q	(+0.5)	4(1)
3	Danielle Charters	OHOC - Hamilton Olympic	12.81q	(+0.5)	4(2)
4	Raelynn Emanuel	MCTC - Monte Cristo Track	12.84q	(+0.5)	4(3)
5	Sienna Dummett	ETOB - Etobicoke Track	12.85q	(+0.5)	4(4)

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

Prelims

Pl	Name	Team	Time	Note	H(Pl)
6	Julia Hughes	UWTC - Waterloo Track Clu	12.89q	(+0.9)	3(2)
7	Naiya Elibox	Mississauga T.f.c.	13.24q	(+0.5)	4(5)
8	Ashley Douglas	Flying Angels - Etobicoke (	13.32q	(+0.9)	3(3)
9	Brianna Scott	OSTL - St Thomas Legion	13.35q	(+0.9)	3(4)
10	Vanessa Rodriguez	OHOC - Hamilton Olympic	13.43q	(+0.9)	3(5)
11	Mila Chelminska	OHOC - Hamilton Olympic	13.47q	(+0.9)	3(6)
12	Claire Cassidy	University Of Waterloo (WA	13.50q	(+0.9)	1(1)
13	Eden Ward	Unattached	13.53q	(+0.9)	3(7)
14	Maelle Viterbo	Unattached Ontario (UNON	13.54q	(+0.0)	2(1)
15	Isabella Mann	Burlington Track & Field Clu	13.79q	(+0.0)	2(2)
16	Lauren Calbeck	MCTC - Monte Cristo Track	13.81q	(+0.0)	2(3)
17	Solice Ashmeade	Flying Angels - Etobicoke (	13.89q	(+0.9)	3(8)
18	Lisa Eslamian	Unattached	13.91q	(+0.9)	1(2)
19	Manuela Pacheco	Burlington Track & Field Clu	14.37q	(+0.0)	2(4)
20	Sara Pacheco	Burlington Track & Field Clu	14.55q	(+0.0)	2(5)
21	Renata Macherzynska	UTTC - University Of Toront	15.09q	(+0.0)	2(6)
22	Fatuma Ahmed	Unattached	16.84q	(+0.9)	1(3)
23	Niki Vinepal	Stac Hamilton	17.04q	(+0.9)	1(4)
	Morayo Akinkuolie	Stac Hamilton	DNS		2
	Marwa Saleem	York University Track & Fiel	DNS		4
	Nyssa Dehaney	Mississauga T.f.c.	DNS		4

#4 Women's 200 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Sienna Dummett	ETOB - Etobicoke Track	26.19	(-1.6)	4(1)
2	Danielle Charters	OHOC - Hamilton Olympic	26.26	(+0.6)	3(1)
3	Olivia McDonald	Owen Sound (OSTC)	26.43	(+0.6)	3(2)
4	Amanda Bowrin	OHOC - Hamilton Olympic	26.66	26.652 (-1.6)	4(2)
5	Raelynn Emanuel	MCTC - Monte Cristo Track	26.66	26.653 (+0.6)	3(3)
6	Teagan Casselman	OTTL - Ottawa Lions T.F.C	26.71	(-1.6)	4(3)
7	Julia Hughes	UWTC - Waterloo Track Clu	27.01	(+0.6)	3(4)
8	Naiya Elibox	Mississauga T.f.c.	27.08	(-1.6)	4(4)
9	Danica Cober	OSTL - St Thomas Legion	27.10	(+0.6)	3(5)
10	Brianna Scott	OSTL - St Thomas Legion	27.73	(+0.6)	3(6)
11	Mayghan Paul	RCAO - Royal City Athletics	28.17	(-1.6)	4(5)
12	Ashley Douglas	Flying Angels - Etobicoke (	28.18	(-0.7)	2(1)
13	Kamryn Lorrimer	Mississauga T.f.c.	28.63	(-0.7)	2(2)
14	Maelle Viterbo	Unattached Ontario (UNON	28.66	(-0.7)	2(3)
15	Mila Chelminska	OHOC - Hamilton Olympic	28.90	(-0.7)	2(4)
16	Lisa Eslamian	Unattached	28.99	(-0.2)	1(1)
17	Lauren Calbeck	MCTC - Monte Cristo Track	29.02	(-0.7)	2(5)
18	Isabella Mann	Burlington Track & Field Clu	29.26	(+0.6)	3(7)
19	Emily Taylor	LAUR - Laurel Creek T.F.C	29.31	(-0.7)	2(6)
20	Sophia Patterson	LAUR - Laurel Creek T.F.C	30.15	(-0.7)	2(7)
21	Sierra Vasin	LAUR - Laurel Creek T.F.C	30.26	(-0.7)	2(8)

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

Pl	Name	Team	Time	Note	H(Pl)
22	Sara Pacheco	Burlington Track & Field Clu	30.61	(-0.2)	1(2)
23	Manuela Pacheco	Burlington Track & Field Clu	35.75	(-0.2)	1(3)
	Morayo Akinkuolie	Stac Hamilton	DNS		3
	Nyssa Dehaney	Mississauga T.f.c.	DNS		4
	Simone Gravesande	OHOC - Hamilton Olympic	DNS		4
	Solice Ashmeade	Flying Angels - Etobicoke (	DNS		4

#6 Women's 400 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Simone Gravesande	OHOC - Hamilton Olympic	55.74		3(1)
2	Emma List	MCTC - Monte Cristo Track	57.59		3(2)
3	Sydney Collins	LAUR - Laurel Creek T.F.C	59.21		3(3)
4	Olivia McDonald	Owen Sound (OSTC)	59.49	59.483	3(4)
5	Victoria Jacobs	Northern Endurance (NORT	59.49	59.488	3(5)
6	Claire Shambrook	BDAC - Blue Devils Athletic	59.92		3(6)
7	Nailah Grant	Mississauga T.f.c.	1:00.11		3(7)
8	Micaela Altomare	Mississauga T.f.c.	1:01.08		2(1)
9	Mayghan Paul	RCAO - Royal City Athletics	1:02.29		2(2)
10	Emma Westbrook	OSTL - St Thomas Legion	1:02.75		2(3)
11	Nicole Schindler	UWTC - Waterloo Track Clu	1:03.39		3(8)
12	Devika Thangarasa	LATC - Lifestyle Athletics	1:03.61		2(4)
13	Madeline McDonald	OSTC - Owen Sound Track	1:04.86		2(5)
14	Vaishnavy Yogarajah	LATC - Lifestyle Athletics	1:05.38		2(6)
15	Gabrielle Ajagunmo	MCTC - Monte Cristo Track	1:06.04		1(1)
16	Aimee Ware	Newmarket Huskies Track	1:06.12		2(7)
17	Sophie Dobbin	OHOC - Hamilton Olympic	1:06.67		2(8)
18	Vanessa Rodriguez	OHOC - Hamilton Olympic	1:06.87		1(2)
19	Jaylene Huynh	York University Track & Fiel	1:09.86		1(3)
20	Andrea Huerta	AVSC - Athletic Victory (Sp	1:10.89		1(4)

#8 Women's 800 Meters (Open)

Pl	Name	Team	Time	Note	H(Pl)
1	Amy Piccolo 1:03.84 1:06.55 (2:10.39)	Unattached Ontario	2:10.39		2(1)
2	Nathia Gonzalez 1:05.19 1:09.90 (2:15.08)	Unattached Ontario (UNON	2:15.08		2(2)
3	Megan Klapwyk 1:09.31 1:13.79 (2:23.09)	LAUR - Laurel Creek T.F.C	2:23.09		2(3)
4	Kristen Ashworth 1:09.78 1:15.22 (2:25.00)	UTTC - University Of Toront	2:25.00		2(4)
5	Penelope Dodds 1:07.78 1:17.38 (2:25.16)	MCTC - Monte Cristo Track	2:25.16		2(5)
6	Isabella Asheber 1:10.11 1:16.97 (2:27.08)	Northern Endurance (NORT	2:27.08		2(6)
7	Gabryela Jeremias 1:09.57 1:18.11 (2:27.68)	WLEG - Windsor Legion T.	2:27.68		2(7)

HAMILTON LAST CHANCE TWILIGHT & ATHLETICS ONTARIO DISTANCE MEDLEY RELAY CHAMPIONSHIPS 2026

Hamilton, ON
McMaster University's Mona Campbell Track

August 2, 2026

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

Pl	Name	Team	Time	Note	H(Pl)
8	Lainey Lowe	ETOB - Etobicoke Track	2:32.03		2(8)
	1:10.76 1:21.27 (2:32.03)				
9	Chloe Ingle	ETOB - Etobicoke Track	2:32.58		1(1)
	1:13.22 1:19.36 (2:32.58)				
10	Madeline McDonald	OSTC - Owen Sound Track	2:40.14		1(2)
	1:17.63 1:22.51 (2:40.14)				
11	Emma Munroe	SASW - Sarnia Athletics So	2:40.47		1(3)
	1:18.77 1:21.70 (2:40.47)				
12	Ana Maria Cruz	AVSC - Athletic Victory (Sp	2:50.04		1(4)
	1:17.02 1:33.02 (2:50.04)				
	Angela Kalopisis	LWTF - London Western T.	DNS		1
	Layla Moran	SASW - Sarnia Athletics So	DNS		1
	Hannah Przybylski	RCAO - Royal City Athletics	DNS		1

#10 Women's 1500 Meters (Open)

Pl	Name	Team	Time	Note
1	Joanna Chan	UTTC - University Of Toront	4:56.72	
	58.50 1:19.59 (2:18.08) 1:20.76 (3:38.84) 1:17.89 (4:56.72)			
2	Annie Sterenberg	Unattached	5:00.63	
	59.21 1:19.80 (2:19.00) 1:21.90 (3:40.90) 1:19.74 (5:00.63)			
3	Eva Smith	Hamilton Olympic Club (OH	5:02.12	
	59.11 1:19.44 (2:18.55) 1:20.89 (3:39.43) 1:22.69 (5:02.12)			
4	Madeline Murchland	ETOB - Etobicoke Track	5:06.74	
	58.80 1:19.16 (2:17.95) 1:23.28 (3:41.22) 1:25.52 (5:06.74)			
5	Annalia Moran	NOCO - Niagara Olympic C	5:11.20	
	59.81 1:26.32 (2:26.13) 1:26.70 (3:52.83) 1:18.37 (5:11.20)			
6	Hannah Klapwyk	LAUR - Laurel Creek T.F.C	5:16.56	
	59.41 1:27.04 (2:26.45) 1:25.41 (3:51.85) 1:24.71 (5:16.56)			
7	Emma Munroe	SASW - Sarnia Athletics So	5:32.95	
	1:00.17 1:29.96 (2:30.13) 1:34.82 (4:04.95) 1:28.01 (5:32.95)			
8	Jocelyn Field	SASW - Sarnia Athletics So	5:41.93	
	58.99 1:27.29 (2:26.28) 1:38.22 (4:04.50) 1:37.44 (5:41.93)			
9	Olivia Grafinger	Unattached	5:47.11	
	1:00.42 1:30.55 (2:30.96) 1:39.24 (4:10.20) 1:36.92 (5:47.11)			
10	Isabel De Barros	Unattached	5:54.89	
	1:02.11 1:33.48 (2:35.59) 1:39.77 (4:15.36) 1:39.54 (5:54.89)			
11	Drea Alexander	SASW - Sarnia Athletics So	6:27.78	
	1:02.85 1:42.13 (2:44.98) 1:51.78 (4:36.76) 1:51.03 (6:27.78)			
	Arleigh Waters	LAUR - Laurel Creek T.F.C	DNS	

#12 Women's 5000 Meters (Open)

Pl	Name	Team	Time	Note
1	Lauren Macsai	Kinplus	17:28.35	
	38.35 1:20.62 (1:58.97) 1:22.82 (3:21.79) 1:23.85 (4:45.63) 1:23.65 (6:09.27) 1:24.68 (7:33.95)			
	1:24.34 (8:58.29) 1:25.29 (10:23.58) 1:26.26 (11:49.83) 2:52.34 (14:42.16) 2:46.20 (17:28.35)			
2	Reese Washington	RCAO - Royal City Athletics	19:18.25	

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#12 Women's 5000 Meters (Open) (cont'd)

Pl	Name	Team					Time	Note
	39.11	1:26.39 (2:05.50)	1:30.94 (3:36.43)	1:32.69 (5:09.12)	1:35.63 (6:44.75)	1:34.17 (8:18.92)		
	1:34.50 (9:53.42)	1:35.80 (11:29.22)	1:35.60 (13:04.81)	3:11.76 (16:16.57)	1:33.45 (17:50.02)	1:28.24 (19:18.25)		
3	Zoe Alexander	SASW - Sarnia Athletics So					19:36.16	
	39.73	1:31.83 (2:11.56)	1:33.27 (3:44.82)	1:35.15 (5:19.97)	1:36.46 (6:56.42)	1:36.25 (8:32.67)		
	1:34.97 (10:07.64)	1:34.55 (11:42.18)	3:13.17 (14:55.34)	1:37.72 (16:33.06)	1:35.22 (18:08.27)	1:27.89 (19:36.16)		
4	Megan Denbak	NOCO - Niagara Olympic C					20:23.07	
	48.06	1:44.98 (2:33.04)	1:38.31 (4:11.34)	1:38.90 (5:50.24)	1:40.20 (7:30.44)	1:40.65 (9:11.08)		
	1:37.28 (10:48.36)	1:38.67 (12:27.03)	1:37.51 (14:04.54)	35.43 (14:39.96)	1:03.08 (15:43.04)	1:39.34 (17:22.37)		
	1:36.44 (18:58.81)							
5	Tiffany Newell	Unattached Ontario					20:42.10	
	48.56	1:38.00 (2:26.56)	1:35.25 (4:01.80)	1:36.53 (5:38.33)	1:37.80 (7:16.12)	1:39.50 (8:55.61)		
	1:40.52 (10:36.12)	1:39.65 (12:15.77)	1:40.64 (13:56.41)	1:42.32 (15:38.72)	1:43.24 (17:21.95)	1:42.83 (19:04.78)		
	1:37.32 (20:42.10)							