

Licensed to London Runner Distance Club

HY-TEK's Meet Manager 2018-05-14 12:27 AM

RCLDS #1: The London 10,000m (inc. AO & OMA 10,000m Championships)
TD Stadium, London, ON - 2018-05-13

Results

Women Open 800 Meter Run Open

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Canadian: * 1:57.01 2017-07-21 Melissa Bishop, Canada
Ontario: R 1:57.01 2017-07-21 Melissa Bishop (88), Ottawa Lions
RCLDS: ! 2:05.74 2011-05-24 Melissa Bishop, Ottawa Lions TFC
Name Year Team Seed Finals Points
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Section 1

1	Tegan Parry	04	London Runner Di	2:50.00	2:43.58
2	Ainsley Vasarhelyi	06	London Western T	3:30.00	2:50.94
3	Emma Wolfe	05	London Western T	3:30.00	2:55.06
4	Sarah Sobko	05	London Western T	3:30.00	2:55.07
5	Lauren Groppler	07	London Runner Di	2:50.00	2:55.65
6	Laine Barnfield	04	London Runner Di	2:55.00	3:11.38
7	Lauren Coome	07	London Runner Di	3:00.00	3:17.11
8	Whitney Coome	08	London Runner Di	3:00.00	3:19.93

Section 2

1	Olivia Romaniw	95	Unattached Ontar	2:12.00	2:15.04
2	Janelle Hanna	95		2:12.00	2:16.65
3	Hannah McIntyre	05	London Legion TF	2:25.00	2:21.61
4	Samara Quanz	02	Saugeen Tfc	2:28.00	2:23.18
5	Lorelai Phinnemore	05	Unattached Ontar	2:27.00	2:24.67
6	Emily Gilhuly	03	London Legion TF	2:26.00	2:32.89
7	Ana Morariu	03	Saugeen Tfc	2:31.00	2:37.22
8	Grace Wheeler	05	Saugeen Tfc	2:34.00	2:44.12

Women Open 1500 Meter Run Open

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Canadian: * 4:00.27 1985-09-30 Lynn Williams, Canada
Ontario: R 4:02.29 2005-08-28 Carmen Douma-Hussar (77)
RCLDS: ! 4:06.82 2015-06-21 Nicole Sifuentes, Unattached
Name Year Team Seed Finals Points
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Section 1

1	Emma Tallman	91	London Western T	4:30.00	4:42.30
2	Kaitlyn Pansegrau	94	Harbour Track	4:48.00	4:48.17
3	Jasmina Brar	01	Durham Drago	4:45.00	4:53.25
4	Mikayla Hewitt	98	Harbour Track	4:52.00	4:55.71
5	Brooklyn Quanz	05	Saugeen Tfc	5:25.00	5:11.13
6	Arielle Aitken-Guignard	03		5:25.00	5:30.38
7	Cerena Aitken-Guignard	05		5:29.00	5:45.09

Women Open 10000 Meter Run Open

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Canadian: * 31:41.59 2015-05-02 Natasha Wodak
Ontario: R 31:44.74 2003-05-02 Courtney Babcock (72)
RCLDS: ! 33:10.47 2011-05-08 Megan Brown, Athletics Toronto
Name Year Team Seed Finals Points
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1	Branna MacDougall	98	Physi-Kult Kings	33:00.00	33:14.21
2	Claire Sumner	95	Physi-Kult Kings	33:47.00	34:38.51
3	Leslie Sexton	87	London Runner Di	33:14.91	35:51.00
4	Tanis Bolton	91	Grand River	35:40.00	36:45.23
5	Molly Steer	95		37:23.00	37:44.48

Men Open 800 Meter Run Open

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Canadian: * 1:43.68 2008-07-29 Gary Reed, Canada
 Ontario: R 1:43.95 2016-07-22 Brandon McBride (94), Windsor Legion
 RCLDS: ! 1:47.23 2015-06-28 Anthony Romaniw, Speed River TFC

Name	Year	Team	Seed	Finals	Points
=====					
1 Rhys Parry	06	London Runner Di	2:45.00	2:47.28	
2 William Taylor	07	London Western T	3:00.00	2:57.56	
3 Abeti Botterell	07	London Western T	3:00.00	3:01.53	
4 Leo Wiebe	01	London Runner Di		3:06.49	
5 Dylan Brookes	06	London Western T	3:00.00	3:14.39	
6 Keegan McBurney	09	London Runner Di	3:10.00	3:23.95	
7 Griffin Wick	07	London Runner Di	3:20.00	3:27.60	
8 Jackson Cairns	09	London Runner Di	3:10.00	3:31.58	
Section 2					
1 Remy Binns	91	Unattached Ontar	1:53.44	1:54.05	
2 Jake Clarke	99	Saugeen Tfc	2:02.00	1:59.17	
3 Matthew Donnelly	01	Saugeen Tfc	2:02.00	1:59.73	
4 Brock Martin	95	Unattached Ontar	1:59.00	2:00.21	
5 Joshua Ching	94	York University	1:59.00	2:01.79	
6 Daniel Khan	02	Saugeen Tfc	2:02.00	2:03.08	
7 Asad Bari	98	Phoenix Athletic	1:58.50	2:04.04	
8 Ian Aseltine	81	Unattached Ontar	2:07.00	2:07.33	

Men Open 1500 Meter Run Open

Canadian: * 3:31.71 2000-06-30 Kevin Sullivan (74), Windsor Legion
 Ontario: R 3:31.71 2000-06-30 Kevin Sullivan (74), Windsor Legion
 RCLDS: ! 3:37.51 2012-06-22 Taylor Milne, Speed Rivert Track Club

Name	Year	Team	Seed	Finals	Points
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Section 1					
1 Seth Sommerfreund	05	London Runner Di	5:30.00	5:13.92	
2 Ian McAllister	05	London Runner Di	5:36.77	5:17.07	
3 Hayden Agar	04	London Runner Di	5:31.02	5:19.24	
4 Simon Veitch	06	London Runner Di	5:30.04	5:22.58	
5 Luke Feltham	06	London Western T	6:00.00	5:31.05	
6 Connor Gibson	07	London Western T	6:30.00	5:45.95	
7 Lucas Sharman	06	London Western T	6:00.00	5:59.51	
Section 2					
1 Marcus Kemp	00	Speed River Tfc	3:52.47	3:53.42	
2 Hunter Andrin	93	London Western T	3:52.37	3:56.88	
3 Campbell Lee	00	Niagara Olym	3:52.83	3:58.00	
4 Ryan Tyrrell	98	Harbour Track	4:01.47	4:00.81	
5 Dilan Brar	98	Durham Drago	4:00.00	4:03.05	
6 Mitchell Heyink	98	London Western T	4:05.00	4:08.44	
7 Derek Hick	95	Unattached Ontar	4:05.00	4:10.42	
8 Paul Cochrane	89	London Runner Di	4:15.00	4:18.24	
9 Liam Fitzgerald	02	Saugeen Tfc	4:22.09	4:19.50	
10 Muad Issa	93	York University	4:12.00	4:23.61	
-- Sacha Smart		U of Toronto TC		DNF	

Men Open 10000 Meter Run Open

Canadian: * 27:02.35 2017-08-04 Mohammed Ahmed
 Ontario: R 27:02.35 2017-08-04 Mohammed Ahmed (91), Niagara Olympic Club
 RCLDS: ! 28:58.90 2015-05-10 Kelly Wiebe, Saskatchewan

Name	Year	Team	Seed	Finals	Points
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Section 1					
1 Chris Balestrini	92		30:00.00	29:47.22	
2 Kevin Blackney	91	London Western T	29:55.00	29:48.57	
3 Sergio Ráez Villanueva	97	Harbour Track	30:00.01	29:51.93	
4 Blair Morgan	93	Harbour Track	29:58.20	30:03.09	

5 Max Turek	99 Durham Drago	30:48.00	30:48.14
6 Rob Kanko	96	30:39.00	31:04.26
7 Phil Parrot-Migas	93	30:15.00	31:08.01
8 Adam Hortian	84 Newmarker Huskie	31:30.00	31:09.20
9 Brett Crowley	94 Unattached Ontar	31:00.00	31:41.99
10 Paul Rochus	94 Harbour Track	30:34.18	31:53.83
11 Matt Flood	97	31:15.00	32:12.21
12 Esteban Clavijo	91 Newmarker Huskie	32:30.00	32:56.44
13 Graeme Law	90	31:00.00	33:03.02
Section 2			
1 Walter Faion	60 U of Toronto TC	40:00.00	44:39.94
2 Chuck Edwards	45 London Pacer	55:20.10	57:35.05
3 Steffen Kampe	36 Unattached Ontar	22:22.22	1:30:07.64