

Runners' Choice London Distance Series
Meet #6
TD Waterhouse Stadium, London, ON - 23/07/2008
Results

Women Open 800 Meter Open

Name	Year	Team	Seed	Finals	Points
Section 1					
1 Jennifer Vanos	86	SPEED RIVER	2:12.51	2:14.60	
2 Mariah Kelly	91	NIAGARA REGI	2:13.00	2:15.53	
3 Natalia Hawthorn	95	NEWMARKET HU	2:18.00	2:16.59	
4 Tara MACDONALD	88	SPEED RIVER	2:16.50	2:18.34	
5 Cheyenne Hunter	94	SAUGEEN TRAC	2:19.00	2:18.63	
6 Sarah McCuaig	90	LAUREL CREEK	2:19.00	2:19.79	
7 Adrienne Wilson		LAUREL CREEK	2:19.00	2:21.20	
Section 2					
1 Danielle Mason	90	LAUREL CREEK	2:21.00	2:21.14	
2 Samantha Robbins	91	LONDON RUNNE	2:24.00	2:24.05	
3 Julia Kosterman	90	GUELPH TRACK	2:21.70	2:24.42	
4 Natasha Dicienzo	93	NIAGARA REGI	2:25.00	2:31.28	
Section 3					
1 Madalyn Ruby	95	WOODSTOCK LE	2:31.42	2:28.85	
2 Emily Yungblut	91	LONDON RUNNE	2:31.00	2:31.45	
3 Romy Scheele		LONDON RUNNE	2:35.00	2:34.86	
4 Ashley Bracci		WINDSOR LEGI	2:38.00	2:42.54	

Women Open 1500 Meter Open

Name	Year	Team	Seed	Finals	Points
Section 1					
1 Jaclyn Rollins	91	BRANTFORD T.F.C.	4:48.20	4:47.10	
2 Gabrielle Foran	90	LONDON WESTE	4:54.00	4:52.22	
3 Erin Fox		TRI CITY TRACK CLUB	4:46.00	4:53.78	
4 Laura Verschuren	91	GUELPH TRACK	4:50.20	4:57.31	
5 Laura Sardone		UNIVERSITY O	4:49.00	5:04.58	
6 Krisinda Alexander	92	SAUGEEN TRAC	4:59.21	5:06.94	
Section 2					
1 Lizz Hodgson	91	SAUGEEN TRAC	4:59.26	4:57.44	
2 Katie Housley	91	PHOENIX ATHL	5:00.00	5:02.02	
3 Heather Law		UNATTACHED	5:08.00	5:08.62	
4 Veronica Allan	90	SAUGEEN TRAC	5:07.99	5:09.71	
5 Hayley Green	91	SAUGEEN TRAC	5:02.83	5:12.63	
6 Alexandra Parker	92	SAUGEEN TRAC	5:15.40	5:24.21	
Section 3					
1 Cynthia Hill	93	LONDON RUNNE	5:25.00	5:22.74	
2 Kortney Watson	94	SAUGEEN TRAC	5:19.67	5:23.57	
3 Josolyn Weir	94	SAUGEEN TRAC	5:45.00	5:44.79	

Women Open 3000 Meter Open

Name	Year	Team	Seed	Finals	Points
Section 1					
1 Deborah Buhlers		UNATTACHED	10:00.00	10:26.72	
2 Bethany McChesney		LONDON RUNNE	10:40.00	10:46.63	
3 Laura Walker	91	LONDON RUNNE	10:50.00	11:16.07	
4 Kaitlyn Komarnicky	93	LONDON RUNNE	11:00.00	11:17.85	

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Women Open 4x400 Meter Relay Open

Team	Seed	Finals
1 LAUREL CREEK TRACK & FIEL 'A'	4:14.00	4:19.34
2 LONDON WESTERN T.F.C. 'A'		4:26.32
1) Jessica Warecki	2) Kristen Malkiewich	
3) Shannon Graham	4) Lauren Jespersen 92	
3 LONDON RUNNER DISTANCE CL 'A'		4:39.69
4 London Pacers 'A'		5:46.95
1) Maeve Armstrong	2) Julia McDonald	
3) Rita Melville	4) Debbie Obokata	

Men Open 400 Meter Open

Name	Year Team	Seed	Finals	Points
1 Adam Johnson	88 I BE FAST TR	46.55	47.14	
2 Mark Harris	83 PHOENIX ATHL	47.69	47.73	
3 Andrew Heaney	88 PHOENIX ATHL	48.20	48.86	
4 Andrew Young	81 NIAGARA REGI	48.06	48.96	
5 Kyle Smith	85 PHOENIX ATHL	47.80	49.07	

Men Open 800 Meter Open

Name	Year Team	Seed	Finals	Points
1 Lee Mori	90 NIAGARA REGI	1:53.00	1:55.64	
2 Travis Anderson	76 BRANTFORD T.F.C.	1:53.71	1:56.25	
3 Christopher Miedema	91 NIAGARA REGI	1:54.00	1:57.53	
4 Evan Porter	91 SAUGEEN TRAC	1:57.55	1:58.48	
5 Nick Belanger	LONDON LEGIO	1:59.00	2:00.50	
6 Jerry Hill	91 BRANTFORD T.F.C.	1:58.00	2:01.23	
7 Zac Tars	91 UNIVERSITY O	1:59.00	2:01.46	
8 Trevor Salmon	91 LAUREL CREEK	1:57.00	2:01.95	
-- Dustin Gamble	85 SPEED RIVER	1:50.75	DNF	
Section 2				
1 Ben Procter	LONDON RUNNE	2:02.00	2:01.13	
2 Adam Sawatzky	92 SARNIA ATHLE	2:01.50	2:02.63	
3 Patrick Fortune	WINDSOR LEGI	2:01.00	2:03.02	
4 Eric Barry	92 LONDON RUNNE	2:05.00	2:04.70	
5 Duncan Macaulay	UNATTACHED	2:00.00	2:05.02	
6 Nicholas Helmuth	89 CAMBRIDGE HARRIERS	2:04.00	2:05.92	
7 Christopher Karley	91 LAUREL CREEK	2:05.00	2:14.39	
Section 3				
1 Justin Laing	92 LONDON RUNNE	2:08.00	2:08.20	
2 Alex Hugli	GUELPH TRACK	2:15.30	2:08.69	
3 Christian Gundlack	London Pacers	2:07.00	2:10.79	
4 Daniel Gonser	91 LONDON WESTE	2:07.50	2:14.40	
5 Dylan Kielsler	LONDON WESTE	2:08.50	2:14.72	
6 Nick Grosdanis	UNATTACHED	2:18.00	2:19.06	

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Men Open 1500 Meter Open

Name	Year	Team	Seed	Finals	Points
Section 1					
1 Scott Arnald	82	SPEED RIVER	3:46.00	3:47.84	
2 Scott Emberley	87	TORONTO OLYM	3:48.00	3:48.20	
3 Ryan Finn	87	PHOENIX ATHL	3:47.76	3:49.37	
4 Jeffrey McCabe	83	UNIVERSITY O	3:52.00	3:53.56	
5 Jeremy Rae	91	NIAGARA REGI	3:47.00	3:55.64	
6 Andrew Belanger	91	TRI CITY TRACK CLUB	3:58.00	3:55.94	
7 Rob Watson	87	LONDON RUNNE	3:54.00	4:02.10	
8 Jay Slowik		UNATTACHED	3:56.00	4:03.21	
9 Tyler Pettes	89	NEWMARKET HU	3:58.00	4:07.85	
-- Andrew Heaney	88	PHOENIX ATHL	3:44.99	DNF	

Section 2

1 Tim Hain	81	LONDON RUNNE	4:06.00	4:06.55	
2 David Quinn		UNATTACHED	4:05.00	4:08.99	
3 Thomas Faulkner		UNATTACHED	4:10.00	4:12.33	
4 Thomas DE Vries	92	LONDON WESTE	4:15.00	4:12.89	
5 Jeff Skufca		LONDON WESTE	4:10.50	4:15.02	
6 Derek Pamukoff		UNATTACHED	4:07.00	4:15.26	
7 Nick Thomas		BROCKVILLE L	4:15.00	4:15.28	
8 Curtis Semple		UNATTACHED	4:13.00	4:15.91	
9 Gavin Osborne		SPEED RIVER	4:08.00	4:19.77	
10 Johannes Lamoureux		UNATTACHED	4:14.00	4:21.38	
11 Thomas McRae	92	NIAGARA REGI	4:12.00	4:22.20	
12 Tarah McKay		TRI CITY TRACK CLUB	4:20.00	4:22.22	
13 Ryan Albanese		NIAGARA REGI	4:22.00	4:31.62	

Section 3

1 Jan Louis Henning	92	SAUGEEN TRAC	4:25.42	4:23.71	
2 Julian Rhebergen		UNATTACHED	4:30.00	4:24.56	
3 Austin Trapp		UNATTACHED	4:25.00	4:24.99	
4 Ian Turnbull	93	LONDON RUNNE	4:30.00	4:29.43	
5 Joe Lemmermeyer		UNATTACHED	4:45.00	4:33.97	
6 Jordan deBoer		LONDON WESTE	4:33.00	4:34.26	
7 Rachel Cliff		Vancouver Thunde	4:36.00	4:37.08	
8 Jimmy Phillips	92	LONDON WESTE	4:39.20	4:47.81	
9 Jeremy Hick		LONDON WESTE	4:40.00	4:57.12	
10 Coleton Shular		SAUGEEN TRAC	4:57.67	5:02.12	
11 Kennie MacQueen-Baltare		LONDON WESTE	4:55.00	5:10.73	

Men Open 3000 Meter Open

Name	Year	Team	Seed	Finals	Points
Section 1					
1 Ahmed Khalif	87	HAMILTON OLY	8:55.00	9:02.11	
2 Svein Piene		UNATTACHED	8:51.00	9:16.05	
3 Max Holden	92	LONDON RUNNE	9:30.00	9:20.60	
4 Kevin Medeiros	90	CAMBRIDGE HARRIERS	9:15.00	9:29.50	
5 Aaron Hendrikx	93	LONDON RUNNE	9:31.00	9:37.87	

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Results

Men Open 3000 Meter Steeplechase Open

Name	Year	Team	Seed	Finals
1 Maxime Paquette	84	SPEED RIVER	9:10.00	9:39.56
-- Max Holden	92	LONDON RUNNE		DNF
-- Aaron Hendrikx	93	LONDON RUNNE		DNF

Men Open 4x400 Meter Relay Open

Team	Seed	Finals
1 LONDON WESTERN T.F.C. 'A'	3:44.00	3:46.49
2 LONDON RUNNER DISTANCE CL 'A'		3:47.13