

2009 RCLDS #
The London Series Finale
TD Waterhouse Stadium, London, ON - 10/07/2009
Results

Event 43 Women Open 800 Meter Open

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 Canadian: * 1:58.39 02/09/2001 Diane Cummins, Canada
 Ontario: R 2:00.14 03/07/1975 Yvonne Saunders (51), Canada
 RCLDS: ! 2:06.84 29/07/2005 Jennie Biewald, Ottawa Lions TFC

Name	Year	Team	Seed	Finals	Points
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Finals

1	Nadine Frost	SPEED RIVER	2:12.00	2:12.04	
2	Katie Anderson	90 LONDON RUNNE	2:12.28	2:12.69	
3	SOPHIA CHOW	81 SPEED RIVER	2:12.00	2:13.29	
4	Lydia Frost	SPEED RIVER	2:14.00	2:15.34	
5	Sarah McCuaig	90 LAUREL CREEK	2:16.00	2:15.97	
6	Holly Benson	91 WINDSOR LEGI	2:14.00	2:16.47	
7	JAMIE PHELAN	95 LAUREL CREEK	2:16.00	2:19.54	
8	Megan Rempel	96 NIAGARA OLYM	2:18.00	2:19.61	
9	COZETTE COLLIN	95 BRANTFORD T.F.C.	2:26.00	2:22.73	
10	JENNA LEASK	93 NIAGARA OLYM	2:30.00	2:26.97	
11	Kaleisha Hilborn	LONDON WESTE	2:25.30	2:27.49	
12	JESSICA WHITE	92 LONDON WESTE	2:29.00	2:28.40	
13	MAGGIE MACDONALD	94 SPEED RIVER	2:32.00	2:32.38	
14	Sarah Kleemola	94 NIAGARA OLYM	2:30.00	2:33.78	
15	Victoria Jones	94 LAUREL CREEK	2:32.00	2:33.81	
16	Simonne Tomasovic	92 LAUREL CREEK	2:20.00	2:34.84	
17	Rachael Cahill	94 NIAGARA OLYM	2:27.00	2:34.98	

Event 44 Men Open 800 Meter Open

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 Canadian: * 1:43.93 27/09/2006 Gary Reed, Canada
 Ontario: R 1:45.13 15/08/1993 Fred Williams (62), Toronto Olympic Club
 RCLDS: ! 1:50.01 28/06/2006 Phil Sakala, U.S. Military

Name	Year	Team	Seed	Finals	Points
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1	ANTHONY ROMANIW	91 RUNNERS EDGE	1:50.82	1:51.71	
2	Robert Jackson	90 SPEED RIVER	1:53.00	1:52.88	
3	Andrew Cruickshank	90 UNIVERSITY O	1:53.00	1:54.66	
4	Trevor Salmon	91 LAUREL CREEK	1:55.80	1:56.23	
5	Connor Outhit	92 LAUREL CREEK	1:56.00	1:56.31	
6	JEREMY WALSH	90 LONDON RUNNE	1:58.00	1:58.08	
7	Shoaib Ikram	90 TRI CITY TRACK CLUB	1:55.00	1:58.24	
8	Travis Anderson	76 BRANTFORD T.F.C.	1:54.91	1:58.48	
9	Doug Easterbrook	91 NIAGARA OLYM	1:54.90	1:58.91	
10	MCKAY WILSON	93 TRI CITY TRACK CLUB	2:01.00	1:59.55	
11	James Gunn	LONDON LEGIO	1:59.00	1:59.77	
12	Matthew MACDONALD	90 NIAGARA OLYM	1:56.80	1:59.79	
13	Stuart McGregor	79 OTTAWA LIONS T.F.C.	1:57.00	1:59.93	
14	Tim Hain	81 LONDON RUNNE	1:59.00	2:00.13	
15	Colin McLean	UNATTACHED	1:58.00	2:00.27	
16	SEAN BOWEN	90 HARBOUR TRACK	1:58.00	2:00.69	
17	SHANE FERTH	81 UPPER WATERL	1:58.00	2:00.77	
18	Eric Barry	92 LONDON RUNNE	2:00.00	2:01.05	
19	Soaib Ikram	90 TRI CITY TRACK CLUB	1:55.00	2:02.68	
20	Scott Buttinger	94 LAUREL CREEK	2:02.00	2:03.74	
21	Drew Anderson	SPEED RIVER	2:04.00	2:05.55	
22	Usama Ikram	TRI CITY TRACK CLUB	2:06.00	2:09.13	
23	Liam Wilson	95 LONDON LEGIO	2:06.00	2:09.47	

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Results

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24	JORDAN DEBOER	90	LONDON WESTE	2:07.00	2:10.90
25	BEN SAVOY	93	NIAGARA OLYM	2:05.00	2:12.03
26	Jason Drummond	92	LONDON RUNNE	2:06.00	2:14.59
27	Brad Jennings		LONDON WESTE	2:11.50	2:21.72
28	Dylan Dowling		LONDON RUNNE	2:20.00	2:23.25
29	STEPHEN KELLY	94	LONDON RUNNE	2:21.00	2:24.70
30	Jacob Chouinard		LONDON RUNNE	2:27.00	2:26.77
31	SHANE ROBERTS	94	LONDON RUNNE	2:23.00	2:26.79
32	Ian McCreery		WOODSTOCK LE	2:20.50	2:27.14
--	BEN PROCTER	90	LONDON RUNNE	1:51.99	DNF

Event 71 Women Open 1500 Meter Open

Canadian: * 4:00.27 30/09/1985 Lynn Williams, Canada
Ontario: R 4:04.80 06/08/1992 Paula Schnurr (64), Canada (EG)
RCLDS: ! 4:22.22 23/07/2008 Tarah McKay, Tri-City Track Club

Name	Year	Team	Seed	Finals	Points
1	ALYSSA GIULIANI	88 TORONTO OLYM	4:43.00	4:39.74	
2	EMILY DRIEDGER	92 SPEED RIVER	4:42.00	4:43.46	
3	Sarah Weir	TRI CITY TRACK CLUB	4:42.00	4:44.95	
4	ROBYN MILDREN	90 SPEED RIVER	4:42.00	4:45.28	
5	Lauren Doherty	91 SPEED RIVER	4:42.00	4:47.36	
6	DEBORAH BUHLERS	74 LONDON WESTE	4:50.00	4:47.57	
7	SAMANTHA ROBBINS	91 LONDON WESTE	4:50.00	4:49.21	
8	Justine Horne	TRI CITY TRACK CLUB	4:50.00	4:49.44	
9	Katie Housley	91 PHOENIX ATHL	4:48.00	4:50.55	
10	Laura Walker	91 LONDON RUNNE	4:50.00	4:53.11	
11	Erin Fox	TRI CITY TRACK CLUB	4:50.00	4:54.35	
12	BETHANY MCCHESENEY	85 LONDON RUNNE	4:50.00	4:54.88	
13	Leslie Walker	91 LONDON RUNNE	4:50.00	4:55.53	
14	Krisinda Alexander	92 SAUGEEN TRAC	4:59.28	4:57.12	
15	Rachel Lamb	90 LONDON WESTE	5:00.00	4:57.81	
16	Alicia Knox	91 MISSISSAUGA T.F.C.	4:52.00	4:58.27	
17	Kaitlyn Komarnicky	93 LONDON RUNNE	4:50.00	5:02.72	
18	Lindsay Thompson	TRI CITY TRACK CLUB	4:52.00	5:03.12	
19	Jaclyn White	LONDON WESTE	5:00.00	5:04.00	
20	Emily Yungblut	91 LONDON RUNNE	5:09.00	5:06.33	
21	Grace Hartman	LONDON RUNNE	5:15.00	5:09.12	
22	Kortney Watson	94 SAUGEEN TRAC	5:10.56	5:12.13	
23	TASHA RAE	94 LONDON RUNNE	5:20.00	5:16.00	
24	Jennifer Roberts	93 LONDON RUNNE	5:10.00	5:20.16	
25	Madalyn Ruby	95 WOODSTOCK LE	5:04.50	5:22.14	
26	BRONWYN STEVENS	93 LAUREL CREEK	5:10.00	5:22.35	
27	AMANDA SHEPPARD	94 MISSISSAUGA T.F.C.	5:15.00	5:23.15	
28	ERIN YUNGBLUT	93 LONDON RUNNE	5:27.00	5:23.54	
29	Veronica Allan	90 SAUGEEN TRAC	5:30.00	5:23.85	
30	Cynthia Hill	93 LONDON RUNNE	5:16.00	5:24.61	
31	Melissa Linker	Fanshawe College	5:20.00	5:29.71	
32	KAITLYN HAWKINS	94 SPEED RIVER	5:25.00	5:30.13	
33	Holly Viane	LONDON WESTE	5:10.00	5:30.77	

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TD Waterhouse Stadium, London, ON - 10/07/2009
Results

....Event 71 Women Open 1500 Meter Open

34	Brittney Kidd	94	SPEED RIVER	5:32.00	5:45.55
35	ERICA ZEN	94	SPEED RIVER	5:32.00	6:00.15
36	Daniele Sanvido		SPEED RIVER		6:13.13
--	LAUREN FLEISLIG	96	LAUREL CREEK	5:20.00	DNF

Event 72 Men Open 1500 Meter Open

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Canadian: * 3:31.71 30/06/2000 Kevin Sullivan (74), Windsor Legion
Ontario: R 3:31.71 30/06/2000 Kevin Sullivan (74), Windsor Legion
RCLDS: ! 3:44.28 09/07/2008 Ryan McKenzie, Unattached

Name	Year	Team	Seed	Finals	Points
1	ALLAN BRETT	88	SPEED RIVER	3:45.00	3:46.96
2	Josh Roundell	86	SPEED RIVER	3:48.00	3:50.90
3	Maxime Paquette	84	SPEED RIVER	3:53.00	3:52.49
4	Sean Sweeney	89	PHOENIX ATHL	3:52.00	3:52.93
5	Brandon Laan	83	LONDON RUNNE	3:56.00	3:53.02
6	Cleve Thorson	81	SPEED RIVER	3:50.00	3:55.41
7	Jordan Collison	91	SAUGEEN TRAC	4:03.00	4:00.35
8	Wes Alkin		TRI CITY TRACK CLUB	3:57.00	4:02.71
9	Chris Nagle	82	LONDON RUNNE	4:05.00	4:04.40
10	Jay Slowik		UNATTACHED	4:01.92	4:04.80
11	Max Holden	92	LONDON RUNNE	4:05.00	4:05.42
12	ARJAY BRECHER	74	UNIVERSITY O	4:05.00	4:05.94
13	Aaron Hendrikx	93	LONDON RUNNE	4:05.00	4:05.96
14	Kevin Wright	90	MISSISSAUGA T.F.C.	4:02.00	4:06.14
15	Abdu Zaghlol		TRI CITY TRACK CLUB	4:09.00	4:06.27
16	Stephen Pitman		UNATTACHED	4:00.00	4:06.95
17	GAVIN OSBORNE	90	SPEED RIVER	4:10.00	4:07.47
18	PATRICK HARTMAN	93	LONDON RUNNE	4:05.00	4:09.52
19	Jason Dunkerley	77	OTTAWA LIONS T.F.C.	4:05.00	4:11.15
20	Greg Dailey		OTTAWA LIONS T.F.C.	4:05.00	4:11.36
21	FORD THOMPSON	89	SAUGEEN TRAC	4:09.00	4:14.17
22	AUSTIN TRAPP	92	LAUREL CREEK	4:12.00	4:15.37
23	Abdul-Azeem Baraksy		TRI CITY TRACK CLUB	4:15.00	4:16.83
24	PAUL COCHRANE	89	SARNIA ATHLE	4:10.00	4:17.20
25	Christopher Karley	91	LAUREL CREEK	4:15.00	4:20.76
26	JEREMY HICK	93	LONDON WESTE	4:25.30	4:21.12
27	Cameron Giles	93	NIAGARA OLYM	4:15.00	4:22.23
28	Trevor Janssen	93	NIAGARA OLYM	4:12.00	4:22.41
29	Ibrahim Ahmed		NIAGARA OLYM	4:20.00	4:26.05
30	Jason Smith		UNATTACHED	4:26.00	4:29.43
31	JAMES MILTON	94	LAUREL CREEK	4:25.00	4:29.94
32	Justin Smith		UNATTACHED	4:26.00	4:30.02
33	DAVID MARQUEZ	93	LONDON RUNNE	4:34.00	4:30.50
34	Sameem Javeed	95	LONDON RUNNE	5:00.00	4:30.71
35	ANDREW SCOTLAND	92	NIAGARA OLYM	4:20.00	4:31.14
36	Nicholas Smith	93	YORK UNIVERS	4:25.00	4:33.46
37	Luke Rachar	93	LONDON RUNNE	4:40.00	4:37.08
38	JAVIER FUENTES MARTINEZ	94	LAUREL CREEK	4:30.00	4:38.18
39	ANEEL MAWJI	94	LONDON RUNNE	4:34.00	4:38.89

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TD Waterhouse Stadium, London, ON - 10/07/2009
Results

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40 Sean Coleshill	Fanshawe College	4:48.00	4:39.14
41 DYLAN KIESLER	92 LONDON WESTE	4:33.00	4:43.62
42 COLETON SHULAR	93 SAUGEEN TRAC	4:40.00	4:44.98
43 NICHOLASH BEDI	96 LAUREL CREEK	4:55.00	4:47.71
44 Gabriel Moreno-Bautista	TRI CITY TRACK CLUB	4:28.00	4:49.11
45 RAMZI JIBRIL	91 MISSISSAUGA T.F.C.	4:30.00	4:52.47
46 Grant Wignal	NIAGARA OLYM	4:50.00	4:53.13
47 Stephen Krall	SARNIA ATHLE	4:45.00	5:11.52
-- Dustin Gamble	85 SPEED RIVER	3:44.99	DNF

Event 396 Men Open 4x1500 Meter Relay Senior

RCLDS: ! 15:25.38 22/06/2006 Speed River TC

(G. Hutchinson, E. Gillis, R. Coolsaet, T. Milne)

Team	Seed	Finals
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1 LONDON RUNNER DISTANCE CL 'A'		17:21.41
1) Max Holden 92	2) Nathan DE Witt 85	
3) Tim Hain 81	4) Chris Nagle 82	

Event 571 Mixed Open 800 Meter Open

Name	Year Team	Seed	Finals	Points
1 Vanessa Linton	W94 SPEED RIVER	2:35.00	2:36.37	
2 TIANNA BEHARRIELL	W94 LONDON WESTE	2:34.50	2:40.69	
3 DANIEL ALLEN	M97 LONDON RUNNE	2:34.00	2:43.10	
4 Vanessa Towers	W92 MISSISSAUGA T.F.C.	2:40.00	2:43.66	
5 Joshua Card	M LONDON RUNNE		2:51.10	
6 Robyn Gruninger	W LONDON RUNNE	2:52.00	2:51.13	
7 Monika Arsenault	W LONDON RUNNE	3:07.00	2:57.32	
8 SHELBY KOMARNICKY	W96 LONDON RUNNE	3:20.00	3:19.85	

Event 572 Mixed Open 5000 Meter Open

Name	Year Team	Seed	Finals	Points
1 Adrian Walton	M84 LONDON RUNNE	14:25.00	14:18.81	
2 KYLE O'NEILL	M89 LONDON RUNNE	14:29.00	14:54.60	
3 SAMI JIBRIL	M89 MISSISSAUGA T.F.C.	15:25.00	15:37.62	
4 MATT SUDA	M86 LONDON RUNNE	15:35.00	15:38.92	
5 Kevin Medeiros	M90 CAMBRIDGE HARRIERS	16:20.00	16:01.17	
6 Jonathan Little	M82 HARBOUR TRACK	15:25.00	16:15.75	
7 Chris Madsen	M68 UNIVERSITY O	16:30.00	17:32.48	
8 Dorelle Hinton	W UNATTACHED	18:30.00	17:59.85	
9 STEPHANIE SMITH	W90 YORK UNIVERS	19:02.00	19:12.73	

**2009 RCLDS #
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Results**

Event 573 Women Open 4x1500 Meter Relay Junior

Team	Seed	Finals	Points
1 LONDON RUNNER DISTANCE CL 'A'		21:08.89	
1) Kaitlyn Komarnicky 93	2) Laura Walker 91		
3) Leslie Walker 91	4) Katie Anderson 90		
2 LONDON RUNNER DISTANCE CL 'B'		22:20.59	
1) Emily Yungblut 91	2) Jennifer Roberts 93		
3) Grace Hartman	4) Cynthia Hill 93		

Event 574 Men Open 4x1500 Meter Relay Junior

Team	Seed	Finals	Points
1 LONDON RUNNER DISTANCE CL 'A'		17:35.40	
1) Aaron Hendrikx 93	2) BEN PROCTER 90		
3) JEREMY WALSH 90	4) Eric Barry 92		
2 LONDON RUNNER DISTANCE CL 'B'		19:41.98	
1) PATRICK HARTMAN 93	2) Jason Drummond 92		
3) Luke Rachar 93	4) DAVID MARQUEZ 93		