

RCLDS Meet #1: The London 10,000m
TD Waterhouse Stadium - 15/05/2010

Results

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: ! 4:22.86 09/07/2008 Tarah McKay, Tri-City Track Club

Name	Year	Team	Seed	Finals	Points
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Finals

1	Jillian Wyman	89	UNATTACHED	4:26.00	4:32.12
2	Jennie Biewald	88	SPEED RIVER	4:40.00	4:36.79
3	Nadine Frost		SPEED RIVER	4:40.00	4:39.16
4	Jenn Dowling-Medley	91	SPEED RIVER	4:45.00	4:41.29
5	Lindsay Furtado	89	SPEED RIVER	4:40.00	4:43.27
6	Lydia Frost		SPEED RIVER	4:40.00	4:45.62
7	Victoria Coates	91	NEWMARKET HU	4:50.00	4:48.75
8	Erin Fox		TRI CITY TRACK CLUB	4:50.00	4:53.44
9	Cozette Collin	95	BRANTFORD T.F.C.	4:55.00	4:54.61
10	Erika Houde-Pearce	91	LONDON RUNNE	5:00.00	4:56.08
11	Jennifer Vanos	86	SPEED RIVER	4:45.00	4:59.80
12	Dina Taqualia	91	SPEED RIVER	5:02.00	5:05.13
13	Dalia Taqualia	91	SPEED RIVER	5:02.00	5:06.97

Event 72 Men Open 1500 Meter Open

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
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1	Taylor Milne	81	SPEED RIVER	3:36.00	3:40.71!
2	Ryan Finn	87	PHOENIX ATHL	3:48.00	3:48.62
3	Saheed Khan	84	TORONTO OLYM	3:48.00	3:49.87
4	Robert Jackson	90	SPEED RIVER	3:47.00	3:51.11
5	Ross Proudfoot	92	TRACK NORTH	3:51.00	3:52.36
6	Kyle Boorsma	88	SPEED RIVER	3:40.50	3:53.44
7	Merid Seleshi	92	PHOENIX ATHL	3:53.00	3:54.24
8	Benoit Boulay	91	SPEED RIVER	3:59.00	3:59.75
9	Eduardo Paolini		UNATTACHED	3:59.00	4:00.82
10	Ryan Huff	88	LONDON RUNNE	3:58.00	4:01.15
11	Adrian Lehmann		UNATTACHED	3:58.00	4:02.84
12	Shoaib Ikram	90	TRI CITY TRACK CLUB	3:57.00	4:03.88
13	Jeremy Walsh	90	LONDON RUNNE	4:04.04	4:04.68
14	Jay Brecher	74	UNIVERSITY O	4:08.00	4:08.78
15	Cody Murray	87	SPEED RIVER	4:02.00	4:11.55
16	Patrick Mackinnon	90	RUNNERS EDGE	4:10.00	4:13.14
17	Ben Procter	90	LONDON RUNNE	4:15.00	4:14.58
18	Daniel Mireault		University of Wa	4:10.00	4:15.70
19	Tim Hain	81	LONDON RUNNE	4:12.00	4:16.51
20	Kyle Mackie		UNATTACHED	4:02.00	4:17.33
21	Juan Arango		UNATTACHED	4:12.00	4:18.28
22	Matthew Melnick		UPPER WATERL	4:15.00	4:18.32
23	Spencer McGillicuddy	90	UNATTACHED	4:06.00	4:18.62
24	Sean Bowen	90	HARBOUR TRACK	4:10.00	4:23.82
25	Gabriel Maureen-Batista		TRI CITY TRACK CLUB	4:26.00	4:30.03
26	David Marquez	93	LONDON RUNNE	4:40.00	4:32.05
27	Luke Rachar	93	LONDON RUNNE	4:45.00	4:34.23
28	Sean Coleshill		UNATTACHED	4:35.00	4:39.71

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29 Sam Mallory	LONDON RUNNE	4:59.00	5:08.31
-- Matt Suda	86 LONDON RUNNE	4:06.00	DNF
-- Dustin Gamble	85 SPEED RIVER	3:36.99	DNF

Event 141 Women Open 10000 Meter Open

Canadian: * 31:44.74 02/05/2003 Courtney Babcock
 Ontario: R 32:14.05 30/09/1988 Nancy Tinari (59), Canada (New Balance Op.
 RCLDS: ! 36:33.70 05/05/2007 Kirsty Smith, (Brooks Canada MP trial)

Name	Year Team	Seed	Finals	Points
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1 Leslie Sexton	87 UNATTACHED	36:30.00	35:17.71!
2 Courtney Laurie	88 SPEED RIVER	35:00.00	36:25.60!

Event 142 Men Open 10000 Meter Open

Canadian: * 27:36.01 04/05/2001 Jeff Schiebler
 Ontario: R 27:56.93 29/04/2007 Reid Coolsaet (79), Speed River
 RCLDS: ! 29:53.40 09/05/2009 Derek Naklusk, Toronto Olympic Club

Name	Year Team	Seed	Finals	Points
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1 Andrew Nixon	91 SPEED RIVER	30:50.00	30:26.43
2 Robert Kitz	85 UNIVERSITY O		30:48.03
3 John Parrott	86 SPEED RIVER	30:50.00	31:14.60
4 John Mason	UNATTACHED	32:00.00	32:27.44
5 Matthew Druken	94 SOUTH SIMCOE		32:47.39
6 Kevin Blackney	UNATTACHED	34:30.00	32:53.50
-- Kyle O'Neill	89 LONDON RUNNE		DNF
-- Cleve Thorson	81 SPEED RIVER	30:50.00	DNF

Event 365 Women Open 4x400 Meter Relay Open

Canadian: * 3:21.21 11/08/1984 National Team?
 (C. Crooks, J. Richardson, M Killingbeck, M Payne)
 Ontario: R 3:42.90 21/07/1979 Guelph Oaks TC
 (M. Stride, L. Thur, Y. Mondesire, R. Campbell)
 RCLDS: ! 4:19.34 23/07/2008 Laurel Creek

Team	Seed	Finals
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1 SPEED RIVER TRACK & FIELD 'A'	4:00.00	4:09.49!
2 SPEED RIVER TRACK & FIELD 'B'	4:00.00	4:15.41!

Event 366 Men Open 4x400 Meter Relay Open

Canadian: * 3:02.64 31/07/1976 National Team
 (I. Seale, D. Domansky, L. Hope, B. Saunders)
 Ontario: R 3:02.64 31/07/1976 National Team
 (I. Seale, D. Domansky, L. Hope, B. Saunders)
 RCLDS: ! 3:46.30 11/06/2008 London Runner DC

Team	Seed	Finals
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1 UPPER WATERLOO TRACK CLUB 'A'	3:24.00	3:32.51!
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Event 571 Mixed Open 4x400 Meter Relay Open

Team	Seed	Finals	Points
1 LONDON RUNNER DISTANCE CL 'C'		4:39.31	
2 LONDON RUNNER DISTANCE CL 'B'		4:41.26	
3 LONDON RUNNER DISTANCE CL 'A'		4:47.43	
4 LONDON RUNNER DISTANCE CL 'D'		4:50.00	

Event 572 Mixed Open 1500 Meter Open

Name	Year Team	Seed	Finals	Points
1 Devon Nelson	M95 LONDON RUNNE	5:40.00	5:11.20	
2 Taite Demelo	M96 LONDON RUNNE	5:30.00	5:26.69	
3 Remco Scheele	M LONDON RUNNE		5:27.57	
4 Amy Froome	M LONDON RUNNE		5:34.34	
5 Maleah Marquis	W LONDON RUNNE	6:00.00	5:46.75	
6 Derek Steenbergen	M LONDON RUNNE		5:48.98	
7 Robyn Gruninger	M LONDON RUNNE	5:55.55	5:51.74	
8 Leah Young	W96 LONDON RUNNE		5:58.46	
9 Romy Scheele	W93 LONDON RUNNE	5:40.00	6:04.68	
10 Monika Arsenault	W LONDON RUNNE	6:00.00	6:14.03	