

**RCLDS #4: Forest City 5,000m**  
**TD Stadium, London, ON - 2018-07-16**  
**Meet Program - RCLDS #4: Forest City 5,000m**

**Event 43 Women Open 800 Meter Run Open (13)****Monday 2018-07-16 - 8:00 PM**

**Canadian: 1:57.01 2017-07-21 Melissa Bishop**  
**Ontario: 1:57.01 2017-07-21 Melissa Bishop (88)**  
**RCLDS: 2:05.74 2011-05-24 Melissa Bishop**

Lane	Name	Yr	Team	Seed Time
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**Section 1 of 2 Finals**

1	460 Marissa Codispodi	95	Unattached Ontar	2:17.90
2	446 Hope Harnack	00	Speed River Tfc	2:18.00
3	429 Clarissa Sladek	02	London Western T	2:18.62
4	164 Hannah Cameron	04	London Legion TF	2:34.00
5	165 Lauren Cameron	06	London Legion TF	2:34.00
6	314 Tegan Parry	04	London Runner Di	2:43.58

**Section 2 of 2 Finals**

1	465 Olivia Romaniw	95	Unattached Ontar	2:09.90
2	430 Emma Tallman	91	London Western T	2:13.00
3	431 Natalie Topp	98	London Western T	2:13.00
4	434 Sarah Katz	78	Monarch Athl	2:14.00
5	14 Mikayla Hewitt	98	Harbour Track	2:15.00
6	31 Emily Nowak	95	Harbour Track	2:15.00
7	435 Chelsea Mackinnon	93	Monarch Athl	2:16.00

**Event 44 Men Open 800 Meter Run Open (28)****Monday 2018-07-16 - 8:11 PM**

**Canadian: 1:43.68 2008-07-29 Gary Reed**  
**Ontario: 1:43.95 2016-07-22 Brandon McBride (94)**  
**RCLDS: 1:47.23 2015-06-28 Anthony Romaniw**

Lane	Name	Yr	Team	Seed Time
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**Section 1 of 3 Finals**

1	423 Xavier Muller	04	London Western T	2:19.70
2	406 Owen Hardy	02	London Western T	2:20.00
3	312 Max Morton	04	London Runner Di	2:25.00
4	458 Mitchell Brant	95	Unattached	2:28.34
5	226 Hayden Agar	04	London Runner Di	2:32.00
6	348 Seth Sommerfreund	05	London Runner Di	2:32.00
7	303 Ian McAllister	05	London Runner Di	2:35.00

**Section 2 of 3 Finals**

1	400 Aidan Attema	97	London Western T	2:01.50
2	427 Justin Sanders	02	London Western T	2:04.00
3	459 Ian Aseltine	81	Unattached Ontar	2:05.00
4	299 Heath McAllister	04	London Runner Di	2:10.00
5	324 Owen Peters	03	London Runner Di	2:10.00
6	173 Aiden Coles	04	London Legion TF	2:13.11
7	290 Liam Easton	02	London Runner Di	2:14.00
8	456 Kevin Farr	70	U OF Windsor	2:14.54
9	176 Tristan Coles	04	London Legion TF	2:14.54
10	464 Simon Meades	04	Unattached Ontar	2:15.38

**Section 3 of 3 Finals**

1	469 Remy Binns	91	Ottawa Lions Tfc	1:52.14
2	417 Kyle Koyanagi	01	London Western T	1:52.90
3	438 Nicholas Young	01	Niagara Regional	1:53.00
4	461 Sandy Freeland	98	Unattached Ontar	1:53.00
5	432 Tyrone Traher	00	London Western T	1:55.05
6	437 Santiago Gaitan	01	Niagara Regional	1:56.00
7	124 Ryan Were	99	Harbour Track	1:57.00
8	399 Jack Adams	00	London Western T	1:57.00
9	449 Asad Bari	98	Toronto West	1:58.00
10	410 Mitchell Heyink	98	London Western T	1:58.00
11	433 Sebastian Danson	01	Monarch Athl	1:59.00

**Event 127 Women Open 5000 Meter Run Open (5)****Monday 2018-07-16 - 8:30 PM**

**Canadian: 14:54.98 2003-08-30 Courtney Babcock**  
**Ontario: 14:54.98 2003-08-30 Courtney Babcock (72)**  
**RCLDS: 15:49.91 2012-05-23 Tarah Korir**

Lane	Name	Yr	Team	Seed Time
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**Section 1 of 1 Finals**

1	441 Julie-Anne Staehli	93	Physi-Kult Kings	16:06.00
2	452 Alexandra Lucki	96	Toronto West	16:15.00
3	457 Stefanie Smith	94	U OF Windsor	16:21.00
4	443 Claire Sumner	95	Physi-Kult Kings	16:26.00
5	442 Amy Stephenson	95	Physi-Kult Kings	16:45.00

**Event 128 Men Open 5000 Meter Run Open (33)****Monday 2018-07-16 - 8:55 PM**

**Canadian: 13:01.74 2016-05-28 Mohammed Ahmed**  
**Ontario: 13:01.74 2016-05-28 Mohammed Ahmed (91)**  
**RCLDS: 13:50.34 2006-06-28 Reid Coolsaet**

Lane	Name	Yr	Team	Seed Time
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**Section 1 of 2 Finals**

1	136 Brendan Masters	97	Laurel Creek Tfc	15:50.00
2	288 Paul Cochrane	89	London Runner Di	15:55.00
3	294 Joey Hardy	99	London Runner Di	16:10.00
4	398 Jacob Yeomans	98	London Runner Di	16:10.00
5	329 Stephen Robinson	00	London Runner Di	16:10.00
6	454 Marc Sicova	97	Toronto West	16:30.00
7	388 Zach Staffell	99	London Runner Di	16:40.00
8	160 Sean Patterson	92	Lions Valley	16:55.00
9	157 Chad Patterson	92	Lions Valley	16:55.99
10	210 Samuel Gregg	00	London Legion TF	18:00.00

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**Section 2 of 2 Finals...(Event 128 Men Open 5000 Meter Run Open (3**

1	453 Joshua McGillivray	98 Toronto West	14:18.00
2	451 Ben Carson	96 Toronto West	14:18.00
3	401 Chris Balestrini	92 London Western T	14:19.00
4	426 Phil Parrot-Migas	93 London Western T	14:21.34
5	445 Connor Black	96 Speed River Tfc	14:24.00
6	444 Isaiah Frielink	99 South Simcoe Duf	14:26.00
7	450 Jake Carroll	96 Toronto West	14:35.00
8	448 Miles Avalos	97 Toronto West	14:35.00
9	447 Logan Martineau	99 Speed River Tfc	14:41.00
10	466 Jacob Smith	90 Unattached Ontar	14:45.00
11	428 Matt Sheeler	96 London Western T	14:50.00
12	439 Mitch De Lange	99 Physi-Kult Kings	14:50.00
13	127 Joshua Zelek	01 Huron-Perth	14:55.00
14	455 Carter Wood	97 Toronto West	14:55.00
15	467 Brendan Heikkinen	98 Windsor Legion T	14:59.00
16	139 Michael Gill	77 Lions Valley	14:59.00
17	440 Matt Flood	97 Physi-Kult Kings	14:59.00
18	463 Alan Hetherington	95 Unattached Ontar	15:00.00
19	462 Duncan Hartwick	91 Unattached Ontar	15:05.00
20	154 Eric Labelle	91 Lions Valley	15:10.00
21	436 Joey Stel	96 Newmarker Huski	15:10.20
22	55 Justyn Tyrrell	97 Harbour Track	15:11.00
23	461 Sandy Freeland	98 Unattached Ontar	NT