

AO Cross Country Championships
November 17, 2003
Belvoir Farms, Delaware
Results - Age Grading: 1 Yr Indiv & 5 yr Multi

W30 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 30					
4 Marijana Primorac	W34 U of Toronto TC	25:24.2	25:13.15	58.66%	10

M35 5000 Meter Run

Name	Age Team	Finals	Age-Grading	Points
Results - Men 35				
2 Jason Matthews	M39 U of Toronto TC	18:38.7	17:45.12	72.67%

W40 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 40					
3 Leanne Shafir	W44 U of Toronto TC	21:25.6	20:02.62	73.82%	5

M45 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 45					
3 Paul Osland	M49 U of Toronto TC	19:28.7	17:10.40	75.13%	2

W45 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 45					
7 Gwen Bailey-Mason	W47 U of Toronto TC	24:21.5	22:05.72	66.99%	9
8 Nancy Catton	W45 U of Toronto TC	25:03.1	23:12.70	63.74%	10

M50 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 50					
12 James Wallace	M51 U of Toronto TC	21:48.6	18:55.34	68.16%	5

W50 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 50					
3 Rita Botelho	W53 U of Toronto TC	24:01.4	20:13.62	73.20%	9

M55 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 55					
1 Peter Wallace	M55 U of Toronto TC	21:41.9	18:12.94	70.82%	5

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....M55 5000 Meter Run

5 Anthony Farr	M58 U of Toronto TC	22:41.3	18:34.09	69.49%	7
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W55 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Women 55					
1 Lynn Kobayashi	W58 U of Toronto TC	24:58.2	19:39.84	75.29%	10
2 Clara Northcott	W59 U of Toronto TC	25:28.5	19:46.98	74.78%	10

M60 5000 Meter Run

Name	Age Team	Finals	Age-Grading	H#	Points
Results - Men 60					
5 Doug Smith	M62 U of Toronto TC	29:13.8	23:05.83	55.88%	12