

**9th Annual Forest City 5,000m**  
**TD Stadium, London, ON - 2019-06-22**  
**Meet Program - Forest City 5,000m**

**Event 571 Mixed Open 5000 Meter Run Open (7)****Saturday 2019-06-22 - 7:30 PM****RCLDS-Male: 13:50.34 2006-06-28 Reid Coolsaet****RCLDS-Female: 15:49.91 2012-05-23 Tarah Korir**

Lane	Name	Yr	Team	Seed Time
<b>Section 1 of 1 Finals</b>				
1	19 Stephen Robinson	M00	London Runner Di	20:59.99
2	82 Simon Rose	M80	Unattached	21:00.00
3	81 Jen Libis	W84	Unattached	22:00.00
4	84 Rob Vitols	M65	Unattached	23:00.00
5	17 Teresa Novick	W59	London Runner Di	24:59.99
6	80 Lynn Larocque	W81	Unattached	25:00.00
7	83 Lorri Vitols	W68	Unattached	25:00.00

**Event 43 Women Open 800 Meter Run Open (14)****Saturday 2019-06-22 - 8:05 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
<b>Section 1 of 2 Finals</b>				
2	22 Madeleine Wood	06	London Runner Di	2:55.00
3	18 Tegan Parry	04	London Runner Di	2:32.00
4	79 Megan Koski	00	Unattached	2:29.00
5	11 Philippa Aukett	84	London Runner Di	2:31.89
6	41 Ainsley Vasarhelyi	06	London Western T	2:40.00
7	14 Tristan Larocque	09	London Runner Di	3:27.08
<b>Section 2 of 2 Finals</b>				
1	27 Alison Hansen	01	London Western T	2:22.79
2	75 Lauren Perkins	00	U OF Windsor	2:17.00
3	68 Nicole Rich	96	Track North AC	2:14.34
4	43 Marissa Codispodi	95	Monte Cristo	2:13.00
5	39 Emma Tallman	91	London Western T	2:13.00
6	89 Mya Vialva	99	Unattached Ontar	2:16.00
7	25 Andrea Barker	96	London Western T	2:20.00
8	30 Kaitlyn Koyanagi	06	London Western T	2:24.39

**Event 44 Men Open 800 Meter Run Open (29)****Saturday 2019-06-22 - 8:20 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
<b>Section 1 of 4 Finals</b>				
2	16 Ian McAllister	05	London Runner Di	2:22.00
3	40 Harpuneet Tiwana	03	London Western T	2:09.33
4	87 Alex Mason	00	Unattached Ontar	2:04.00
5	15 Heath McAllister	04	London Runner Di	2:05.50
6	33 Xavier Muller	04	London Western T	2:16.00
7	21 Griffin Wick	07	London Runner Di	3:27.60

**Section 2 of 4 Finals**

1	32 Matthew Mason	02	London Western T	1:59.99
2	78 Mitch Heyink	98	Unattached	1:58.91
3	63 Tennessee Tremain	03	Speed River Tfc	1:58.50
4	66 Brendan Costello	98	Track North AC	1:58.00
5	73 Tyler Jones	99	U OF Windsor	1:58.00
6	55 Nicholas Forbes	00	Sarnia Athle	1:58.73
7	37 Justin Sanders	02	London Western T	1:59.72

**Section 3 of 4 Finals**

1	85 Justin Bellemore	94	Unattached Ontar	1:57.80
2	29 Eric Klassen	01	London Western T	1:57.50
3	9 Ryan Tyrrell	98	Harbour Track	1:56.00
4	88 Ricky Nepomuceno	97	Unattached Ontar	1:55.88
5	28 Eric Hill	01	London Western T	1:55.96
6	56 Matthew Donnelly	01	Saugeen Tfc	1:57.50
7	26 Aaron Canfield	01	London Western T	1:57.62
8	44 Ciaran Callaghan	95	Newmarker Huskie	1:57.90

**Section 4 of 4 Finals**

1	7 Matthew Napier	96	Harbour Track	1:54.00
2	74 Joseph Kagumba	94	U OF Windsor	1:52.96
3	71 Nicholas D'Alessandro	98	U OF Windsor	1:50.00
4	34 Ruach Padhal	99	London Western T	1:49.50
5	5 Ryan Korol	97	Harbour Track	1:50.00
6	24 Hunter Andrin	93	London Western T	1:52.00
7	31 Kyle Koyanagi	01	London Western T	1:53.11
8	76 Brendan Simone	99	U OF Windsor	1:55.00

**Event 128 Men Open 5000 Meter Run Open (34)****Saturday 2019-06-22 - 8:40 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
<b>Section 1 of 2 Finals</b>				
1	49 Brett Crowley	94	Physi-Kult Kings	14:50.00
2	2 Daniel Fournier	93	Dundas Valle	14:55.00
3	8 Sam Nusselder	99	Harbour Track	15:00.00
4	57 Ethan Loucks	99	South Simcoe Duf	15:10.00
5	86 Mitch Cauchi	97	Unattached Ontar	15:10.00
6	91 Ronan Tunney	97	Waterloo Track C	15:30.00
7	4 Aaron De Jong	97	Harbour Track	15:35.55
8	23 Jacob Yeomans	98	London Runner Di	15:37.77
9	13 Joey Hardy	99	London Runner Di	15:38.21
10	12 Paul Cochrane	89	London Runner Di	15:38.55
11	45 Eric Macpherson	93	Newmarker Huskie	15:45.00
12	69 Jacques Tiessen	99	Track North AC	15:50.00
13	90 Liyang Wang	93	Unattached Ontar	15:50.00
14	77 Nathaniel Abell	01	Unattached	16:00.00
15	36 Mark Royce	02	London Western T	16:10.00
16	92 Andrew Davies	00	Windsor Legion T	NT

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

1	35 Phil Parrot-Migas	93	London Western T	14:00.00
2	62 Mike Tate	95	Speed River Tfc	14:03.67
3	64 Mitchell Ubene	98	Speed River Tfc	14:13.06
4	52 Alex Drover	99	Physi-Kult Kings	14:20.00
5	6 Joshua McGillivray	98	Harbour Track	14:20.00
6	38 Jack Sheffar	96	London Western T	14:21.23
7	60 John Mason	87	Speed River Tfc	14:25.71
8	59 Brady Graves	98	Speed River Tfc	14:27.76
9	47 Campbell Lee	00	Niagara Olym	14:30.00
10	61 Michael Mather	99	Speed River Tfc	14:30.00
11	50 Mitch De Lange	99	Physi-Kult Kings	14:36.00
12	46 Joey Stel	96	Newmarker Huski	14:39.00
13	3 Dylan Alick	98	Harbour Track	14:40.00
14	58 Nicholas Bannon	00	Speed River Tfc	14:40.00
15	70 Robert Lawand	97	U of Toronto TC	14:40.00
16	42 Joshua Zelek	01	London Western T	14:40.00
17	72 Nicholas Falk	91	U OF Windsor	NT
18	1 Kyle Boorsma	88	Crimps Cycli	NT

**Event 127 Women Open 5000 Meter Run Open (8)****Saturday 2019-06-22 - 9:00 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**

<b>Lane</b>	<b>Name</b>	<b>Yr</b>	<b>Team</b>	<b>Seed Time</b>
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**Section 1 of 1 Finals**

1	54 Brogan MacDougall	00	Physi-Kult Kings	15:50.00
2	53 Branna MacDougall	98	Physi-Kult Kings	15:50.00
3	65 Hannah Woodhouse	97	Speed River Tfc	16:30.00
4	67 Megan Crocker	95	Track North AC	16:45.00
5	51 Laura Desjardins	88	Physi-Kult Kings	16:45.00
6	10 Rebekkah Pyle	99	Lakehead Run	17:20.00
7	48 Amanda Wilkins	91	Pearlgate TR	18:36.00
8	20 Leslie Sexton	87	London Runner Di	NT