

**London Distance Series Finale**  
**TD Stadium, London, ON - 2019-07-07**  
**Meet Program - London Series Finale**

**Event 43 Women Open 800 Meter Run Open (18)****Sunday 2019-07-07 - 7:30 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> |                        |    |                  |           |
| 1                            | 45 Kyla Vording        | 09 | London Legion TF | 2:55.00   |
| 2                            | 88 Niah Land           | 02 | Sarnia Athle     | 2:46.00   |
| 3                            | 46 Philippa Aukett     | 84 | London Runner Di | 2:29.44   |
| 4                            | 339 Katya Vanderberg   | 04 | Speed River Tfc  | 2:25.00   |
| 5                            | 29 Sarah MacGillivray  | 04 | Laurel Creek Tfc | 2:28.00   |
| 6                            | 75 Ainsley Vasarhelyi  | 06 | London Western T | 2:35.00   |
| 7                            | 40 Kate Cameron        | 09 | London Legion TF | 2:54.00   |
| 8                            | 463 Charlotte Bothwell | 09 | London Legion TF | 3:00.00   |

**Section 2 of 2 Finals**

|    |                       |    |                  |         |
|----|-----------------------|----|------------------|---------|
| 1  | 96 Amber Champagne    | 01 | Speed River Tfc  | 2:20.00 |
| 2  | 99 Amelia Matthews    | 02 | Speed River Tfc  | 2:19.00 |
| 3  | 77 Jenna Freeman      | 93 | Monarch Athl     | 2:15.00 |
| 4  | 133 Nicole Larue      | 01 | Windsor Legion T | 2:14.00 |
| 5  | 32 Mackenzie Morgan   | 00 | Laurel Creek Tfc | 2:09.00 |
| 6  | 97 Haley Davis        | 02 | Speed River Tfc  | 2:14.00 |
| 7  | 79 Sarah Katz         | 78 | Monarch Athl     | 2:15.00 |
| 8  | 44 Lorelai Phinnemore | 05 | London Legion TF | 2:18.65 |
| 9  | 95 Claire Rands       | 05 | Saugeen Tfc      | 2:19.00 |
| 10 | 7 Isabella Bauman     | 03 | Hamilton Olympic | 2:20.00 |

**Event 44 Men Open 800 Meter Run Open (25)****Sunday 2019-07-07 - 7:38 PM**

**Canadian: 1:43.20 2018-07-20 Brandon McBride**  
**Ontario: 1:43.20 2018-07-20 Brandon McBride (94)**  
**RCLDS: 1:47.23 2015-06-28 Anthony Romaniw**

| Lane                         | Name                  | Yr | Team             | Seed Time |
|------------------------------|-----------------------|----|------------------|-----------|
| <b>Section 1 of 3 Finals</b> |                       |    |                  |           |
| 1                            | 54 Liam Biesinger     | 07 | London Western T | 2:50.00   |
| 2                            | 446 Cavan Evans       | 04 | U OF Windsor     | 2:23.00   |
| 3                            | 441 Vincent Moore     | 04 | St Thomas Legion | 2:08.48   |
| 4                            | 439 Harrison Belanger | 04 | St Thomas Legion | 2:05.20   |
| 5                            | 26 Will Leather       | 04 | Laurel Creek Tfc | 2:04.00   |
| 6                            | 91 Tristan Bouius     | 04 | Saugeen Tfc      | 2:04.50   |
| 7                            | 41 Aiden Coles        | 04 | London Legion TF | 2:06.03   |
| 8                            | 67 Xavier Muller      | 04 | London Western T | 2:16.00   |
| 9                            | 90 Eli Bouius         | 08 | Saugeen Tfc      | 2:30.00   |
| 10                           | 57 Connor Gibson      | 07 | London Western T | 2:50.00   |
| <b>Section 2 of 3 Finals</b> |                       |    |                  |           |
| 1                            | 146 Liam Ogilvie      | 00 | Speed River Tfc  | 1:59.50   |
| 2                            | 452 Justin Bellemore  | 94 | Unattached Ontar | 1:58.00   |
| 3                            | 86 Nicholas Forbes    | 00 | Sarnia Athle     | 1:58.00   |
| 4                            | 34 Ruairi Tiernan     | 01 | Laurel Creek Tfc | 1:57.00   |
| 5                            | 461 Paul Popescu      | 02 | Windsor Legion T | 1:57.00   |
| 6                            | 89 Owen Norland       | 01 | Sarnia Athle     | 1:58.00   |
| 7                            | 17 David Marchant     | 00 | Harbour Track    | 1:59.00   |

**Section 3 of 3 Finals**

|   |                    |    |                  |         |
|---|--------------------|----|------------------|---------|
| 1 | 19 Ryan Tyrrell    | 98 | Harbour Track    | 1:55.00 |
| 2 | 444 Jd MacLellan   | 01 | U of Toronto TC  | 1:53.40 |
| 3 | 16 Ryan Korol      | 97 | Harbour Track    | 1:51.00 |
| 4 | 4 Will McBride     | 99 | Border City      | 1:51.00 |
| 5 | 3 Nicholas Young   | 01 | Athletics Ni     | 1:51.00 |
| 6 | 78 Kyle Grieve     | 93 | Monarch Athl     | 1:51.31 |
| 7 | 329 Adam Schmidt   | 00 | Speed River Tfc  | 1:53.50 |
| 8 | 464 Akiva Goldberg | 97 | Waterloo Track C | NT      |

**Event 71 Women Open 1500 Meter Run Open (29)****Sunday 2019-07-07 - 7:53 PM**

**Canadian: 4:00.27 1985-09-30 Lynn Williams**  
**Ontario: 4:00.46 2019-06-16 Gabriela Debues-Stafford (95)**  
**RCLDS: 4:06.82 2015-06-21 Nicole Sifuentes**

| Lane                         | Name                      | Yr | Team             | Seed Time |
|------------------------------|---------------------------|----|------------------|-----------|
| <b>Section 1 of 2 Finals</b> |                           |    |                  |           |
| 1                            | 59 Kaitlyn Koyanagi       | 06 | London Western T | 4:52.90   |
| 2                            | 94 Brooklyn Quanz         | 05 | Saugeen Tfc      | 4:54.00   |
| 3                            | 53 Andrea Barker          | 96 | London Western T | 4:54.91   |
| 4                            | 8 Sofia Beraldo           | 00 | Hamilton Olympic | 4:55.00   |
| 5                            | 18 Allison Sippel         | 99 | Harbour Track    | 4:59.00   |
| 6                            | 333 Clover Stempski Kelly | 01 | Speed River Tfc  | 5:09.00   |
| 7                            | 39 Hannah Cameron         | 04 | London Legion TF | 5:10.00   |
| 8                            | 357 Arielle Aitken        | 03 | St Thomas Legion | 5:20.00   |
| 9                            | 37 Katie Boyd             | 05 | London Legion TF | 5:20.03   |
| 10                           | 62 Brooke Lawlor          | 03 | London Western T | 5:20.48   |
| 11                           | 66 Freyja Moser           | 02 | London Western T | 5:49.00   |
| 12                           | 48 Rebecca Gutteridge     | 06 | London Runner Di | 5:50.13   |
| 13                           | 450 Jessy Deroneth        | 84 | Unattached       | 5:55.00   |
| 14                           | 52 Madeleine Wood         | 06 | London Runner Di | 6:03.52   |
| 15                           | 38 Sarah Boyd             | 07 | London Legion TF | 6:04.00   |
| <b>Section 2 of 2 Finals</b> |                           |    |                  |           |
| 1                            | 454 Becky Pieteron        | 90 | Unattached Ontar | 4:29.25   |
| 2                            | 21 Sydney Collins         | 98 | Laurel Creek Tfc | 4:30.00   |
| 3                            | 73 Emma Tallman           | 91 | London Western T | 4:32.31   |
| 4                            | 80 Marissa Codispodi      | 95 | Monte Cristo     | 4:36.00   |
| 5                            | 6 Paige Nock              | 95 | Durham Drago     | 4:36.00   |
| 6                            | 440 Hallee Knelsen        | 03 | St Thomas Legion | 4:38.00   |
| 7                            | 1 Sarah-Rose Sullivan     | 02 | 310 Running      | 4:38.00   |
| 8                            | 92 Emily Bryce            | 03 | Saugeen Tfc      | 4:40.00   |
| 9                            | 9 Sarah Cushnie           | 02 | Hamilton Olympic | 4:43.00   |
| 10                           | 13 Chloe Thomas           | 03 | Hamilton Olympic | 4:43.00   |
| 11                           | 72 Clarissa Sladek        | 02 | London Western T | 4:44.44   |
| 12                           | 55 Zoe Burke              | 00 | London Western T | 4:45.00   |
| 13                           | 22 Alexandra Hankins      | 03 | Laurel Creek Tfc | 4:50.00   |
| 14                           | 20 Lola Bater             | 03 | Laurel Creek Tfc | 4:50.00   |

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**Event 72 Men Open 1500 Meter Run Open (22)****Sunday 2019-07-07 - 8:08 PM****Canadian: 3:31.71 2000-06-30 Kevin Sullivan (74)****Ontario: 3:31.71 2000-06-30 Kevin Sullivan (74)****RCLDS: 3:37.51 2012-06-22 Taylor Milne**

| Lane | Name | Yr | Team | Seed Time |
|------|------|----|------|-----------|
|------|------|----|------|-----------|

**Section 1 of 2 Finals**

|   |                     |    |                  |         |
|---|---------------------|----|------------------|---------|
| 1 | 11 Lachlan Perigord | 03 | Hamilton Olympic | 4:15.00 |
| 2 | 423 Mason Basson    | 04 | St Thomas Legion | 4:17.30 |
| 3 | 121 Ken Crawford    | 84 | Unattached       | 4:20.00 |
| 4 | 337 Drew Vanderberg | 03 | Speed River Tfc  | 4:20.00 |
| 5 | 447 Matt Lafleur    | 03 | U OF Windsor     | 4:24.00 |
| 6 | 100 Matteo Mauro    | 03 | Speed River Tfc  | 4:39.00 |
| 7 | 154 Ben Potter      | 02 | Speed River Tfc  | 5:17.00 |
| 8 | 87 Liam Goetz       | 04 | Sarnia Athle     | 5:25.00 |
| 9 | 68 Daniel Ogilvie   | 06 | London Western T | 5:25.00 |

**Section 2 of 2 Finals**

|    |                          |    |                  |         |
|----|--------------------------|----|------------------|---------|
| 1  | 71 Jack Sheffar          | 96 | London Western T | 3:47.23 |
| 2  | 60 Kyle Koyanagi         | 01 | London Western T | 3:53.78 |
| 3  | 82 Brett Crowley         | 94 | Physi-Kult Kings | 3:57.00 |
| 4  | 455 Josh Zilles          | 97 | Unattached Ontar | 3:58.00 |
| 5  | 74 Tyrone Traher         | 00 | London Western T | 3:58.19 |
| 6  | 98 Nathan Kemp           | 02 | Speed River Tfc  | 4:00.50 |
| 7  | 58 Eric Hill             | 01 | London Western T | 4:00.61 |
| 8  | 65 Zachary McPhee        | 02 | London Western T | 4:04.80 |
| 9  | 24 Daniel Khan           | 02 | Laurel Creek Tfc | 4:08.00 |
| 10 | 23 Ried Henderson        | 03 | Laurel Creek Tfc | 4:08.00 |
| 11 | 443 Shaan Hooley         | 02 | U of Toronto TC  | 4:10.00 |
| 12 | 10 Nathaniel Leighninger | 01 | Hamilton Olympic | 4:10.00 |
| 13 | 464 Akiva Goldberg       | 97 | Waterloo Track C | NT      |

**Event 114 Men Open 3000 Meter Run Open (33)****Sunday 2019-07-07 - 8:25 PM****Canadian: 7:40.49 2017-08-29 Mohammed Ahmed****Ontario: 7:40.49 2017-08-29 Mohammed Ahmed****RCLDS: 8:09.82 2012-06-10 Aaron Hendriks**

| Lane | Name | Yr | Team | Seed Time |
|------|------|----|------|-----------|
|------|------|----|------|-----------|

**Section 1 of 2 Finals**

|    |                            |    |                  |          |
|----|----------------------------|----|------------------|----------|
| 1  | 85 Jelmer Van Den Hadelkam | 96 | Physi-Kult Kings | 8:45.00  |
| 2  | 456 Ronan Tunney           | 97 | Waterloo Track C | 8:45.00  |
| 3  | 27 Jason Lowrie            | 01 | Laurel Creek Tfc | 8:50.00  |
| 4  | 459 Max Fazecash           | 02 | Windsor Legion T | 8:52.00  |
| 5  | 49 Joey Hardy              | 99 | London Runner Di | 8:55.00  |
| 6  | 93 Liam Fitzgerald         | 02 | Saugeen Tfc      | 8:59.00  |
| 7  | 449 Nathaniel Abell        | 01 | Unattached       | 9:00.00  |
| 8  | 453 Alex Mason             | 00 | Unattached Ontar | 9:10.00  |
| 9  | 462 Stevan Stajic          | 03 | Windsor Legion T | 9:20.00  |
| 10 | 31 Derek Milroy            | 03 | Laurel Creek Tfc | 9:30.00  |
| 11 | 5 Aaron Fabi               | 03 | Brantford Tfc    | 9:36.00  |
| 12 | 42 Tristan Coles           | 04 | London Legion TF | 9:40.00  |
| 13 | 12 David Rule              | 03 | Hamilton Olympic | 9:40.00  |
| 14 | 47 Liam Easton             | 02 | London Runner Di | 9:48.09  |
| 15 | 87 Liam Goetz              | 04 | Sarnia Athle     | 11:00.00 |
| 16 | 78 Kyle Grieve             | 93 | Monarch Athl     | NT       |

**Section 2 of 2 Finals**

|    |                      |    |                  |         |
|----|----------------------|----|------------------|---------|
| 1  | 2 Santiago Gaitan    | 01 | Athletics Ni     | 8:15.00 |
| 2  | 30 Foster Malleck    | 01 | Laurel Creek Tfc | 8:15.00 |
| 3  | 69 Phil Parrot-Migas | 93 | London Western T | 8:23.00 |
| 4  | 131 Andrew Davies    | 00 | Windsor Legion T | 8:25.00 |
| 5  | 448 Brendan Simone   | 99 | U OF Windsor     | 8:25.00 |
| 6  | 36 David Cashin      | 93 | Les Coureurs     | 8:25.00 |
| 7  | 76 Joshua Zelek      | 01 | London Western T | 8:25.00 |
| 8  | 14 Dylan Alick       | 98 | Harbour Track    | 8:25.21 |
| 9  | 457 Chase Canty      | 01 | Windsor Legion T | 8:29.00 |
| 10 | 445 John Perrier     | 00 | U of Toronto TC  | 8:29.00 |
| 11 | 458 Noah Costa       | 01 | Windsor Legion T | 8:29.00 |
| 12 | 64 Shawn Master      | 94 | London Western T | 8:30.00 |
| 13 | 63 Matthew Mason     | 02 | London Western T | 8:38.71 |
| 14 | 56 Aaron Canfield    | 01 | London Western T | 8:38.72 |
| 15 | 451 Ben Fox          | 01 | Unattached       | 8:40.00 |
| 16 | 33 Marcus Noble      | 95 | Laurel Creek Tfc | 8:42.00 |
| 17 | 71 Jack Sheffar      | 96 | London Western T | NT      |

**Event 113 Women Open 3000 Meter Run Open (15)****Sunday 2019-07-07 - 8:37 PM****Canadian: 8:32.17 1994-09-23 Angela Chalmers****Ontario: 8:44.02 2013-07-26 Sheila Reid (89)****RCLDS: 9:23.62 2010-06-02 Nicole Bush**

| Lane | Name | Yr | Team | Seed Time |
|------|------|----|------|-----------|
|------|------|----|------|-----------|

**Section 1 of 1 Finals**

|    |                       |    |                  |          |
|----|-----------------------|----|------------------|----------|
| 1  | 84 Julie-Anne Staehli | 93 | Physi-Kult Kings | 9:07.79  |
| 2  | 83 Brogan MacDougall  | 00 | Physi-Kult Kings | 9:13.00  |
| 3  | 81 Cleo Boyd          | 93 | Physi-Kult Kings | 9:15.00  |
| 4  | 442 Alexandra Lucki   | 96 | Toronto West     | 9:20.00  |
| 5  | 70 Kristina Popadich  | 96 | London Western T | 9:25.43  |
| 6  | 25 Christine Laurie   | 99 | Laurel Creek Tfc | 9:45.00  |
| 7  | 35 Abbey Yuhasz       | 02 | Laurel Creek Tfc | 9:45.00  |
| 8  | 460 Ashley Maguire    | 02 | Windsor Legion T | 9:55.00  |
| 9  | 15 Caroline Forbes    | 00 | Harbour Track    | 10:15.00 |
| 10 | 28 Holly MacGillivray | 02 | Laurel Creek Tfc | 10:20.00 |
| 11 | 61 Victoria Lamb      | 03 | London Western T | 10:29.70 |
| 12 | 43 Jalen Marcil       | 03 | London Legion TF | 10:50.00 |
| 13 | 363 Cerena Aitken     | 05 | St Thomas Legion | 11:37.24 |
| 14 | 50 Tegan Parry        | 04 | London Runner Di | 11:49.99 |
| 15 | 32 Mackenzie Morgan   | 00 | Laurel Creek Tfc | NT       |