



2025 Athletics Ontario 5k Provincial Championships

Overall Results Based on Gun Time

Age Group Results and 30+ Age Gradings Based on Chip Time

Overall Results						
Result	Name	Age Group	City	Chip Time	Gun Time	Age Grade %

Overall Top Male

1	Mitchell Ubene	M25-29	Hamilton	14:10	14:10	
2	Nicholas Bannon	M25-29	Guelph	14:31	14:31	
3	Kyle Grieve	M30-34	Toronto	14:43	14:43	

Overall Top Female

1	Sawyer Nicholson	F14-	Stouffville	16:47	16:47	
2	Kara Blair	F25-29	Westport	17:00	17:00	
3	Stephanie Nevison	F30-34	Mississauga	17:08	17:08	

Overall Non-Binary

1	Cameron Dean	X20-24	Mississauga	18:42	18:44	
2	Julia Carrie	X25-29	Toronto	24:32	25:50	
3	Heidy Zunn	X45-49	Toronto	25:56	27:13	

Male Age Results						
Result	Name	Age Group	City	Chip Time	Gun Time	Age Grade %

M14-19

1	Kenneth Champ	M15-19	Barrie	14:43	14:43	
2	Van Clarkson	M15-19	Barrie	14:59	14:59	
3	Parker MacDonald	M15-19	Peterborough	15:28	15:29	

M20-29

1	Aidan Goslett	M20-24	Toronto	14:47	14:47	
2	Miles Brackenbury	M20-24	Kingston	15:11	15:11	
3	Bosona Leta	M25-29	Toronto	15:12	15:12	

M30-39

1	Soudi Hamadjam	M30-34	Toronto	15:04	15:04	86.4
2	Linden Head	M35-39	Kingston	16:24	16:25	80.8
3	Kyle Stolys	M30-34	Toronto	16:44	16:46	77.6

M40-49

1	Dylan Wykes	M40-44	Ottawa	15:32	15:33	88.2
2	Maxim Zotov	M45-49	Toronto	16:56	16:58	84.0
3	Kevin Beatty	M45-49	Frankford	17:25	17:25	78.8

M50-59

1	Charles Bedley	M50-54	Toronto	17:14	17:14	85.6
2	Andrew Taylor	M50-54	Milton	17:34	17:35	84.0
3	Laszlo Orosz	M55-59	Oakville	17:35	17:37	87.2

M60-69

1	Brian Murphy	M60-64	London	17:40	17:43	90.4
2	Rick Ball	M60-64	Severn	19:37	19:42	81.4
3	Armand D'oliveira	M65-69	Toronto	20:39	20:42	80.6

M70-79

1	Ian Carter	M70-74	Toronto	21:36	21:39	80.9
2	Duncan McCallum	M70-74	Etobicoke	22:58	23:01	76.1
3	Michael Gross	M70-74	Toronto	24:57	25:02	70.0

M80+

1	Denis Mckee	M80+	Toronto	40:08	1:09:03	51.7
2	Jim Montgomery	M80+	Toronto	44:11	1:11:54	46.9
3	John C. Fanaras	M80+	Toronto	52:36	52:58	39.4

Female Age Results

Result	Name	Age Group	City	Chip Time	Gun Time	Age Grade %
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F14-19

1	Selma Nordigarden	F14	Toronto	18:32	18:36	
2	Lily Salvagio	F15-19	Toronto	21:26	21:43	
3	Natalie Chau	F15-19	Richmond Hill	22:06	22:07	

F20-29

1	Christina Esposito	F20-24	Toronto	17:19	17:19	
2	Jessica Kellar	F25-29	Toronto	17:25	17:26	
3	Madison Trevena	F20-24	Toronto	17:29	17:30	

F30-39

1	Victoria Jacobs	F30-34	Oakville	18:08	18:11	81.4
2	Caela Fenton	F30-34	Mississauga	18:34	18:35	79.5
3	Aimee Ware	F30-34	Barrie	19:52	19:54	74.3

F40-49

1	Monica Black	F40-44	Toronto	19:15	19:16	78.8
2	Laura Sardone	F40-44	Toronto	19:33	19:34	77.6

3	Anne Cavanagh	F45-49	Peterborough	19:46	19:48	79.5
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F50-59

1	Tiffany Newell	F50-54	Welland	18:57	19:04	87.2
2	Shawna Darou	F50-54	Etobicoke	20:10	20:14	81.9
3	Wendy Britton	F50-54	Erin	21:14	21:19	77.8

F60-69

1	Jennifer P MacDonell	F65-69	Ottawa	21:22	21:23	93.5
2	Makie Ohler	F60-64	Huntsville	21:29	21:32	86.3
3	Anne Francis	F60-64	Toronto	23:36	23:43	78.5

F70-79

1	Clara Northcott	F70-74	Mississauga	26:20	26:23	80.2
2	Jackie Silverberg	F70-74	Toronto	27:43	30:04	76.2
3	Frances Enchin	F70-74	Toronto	30:17	32:38	69.7

F80+

1	Frances Williams	F80+	Toronto	51:05	1:21:35	48.1
2	Mary Hynes	F80+	Toronto	54:01	1:23:59	45.5
3	Margaret Stubbs	F80+	Etobicoke	53:53	1:24:28	45.6