

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M30 100 Meter Dash**

Name	Age	Team	Finals	H#
				H#
				H#

Finals

1	Dree Ryan	M31 Unattached	11.23	8
2	Andre Mitchell	M33 University of Toronto TC	12.00	8
3	Kyle Muise	M33 Unattached	12.29	8
4	Chad Wigood	M32 Unattached	12.49	8
5	Bryan Griffiths	M30 Take Flight Athletics	12.65	8
6	Brent Stackhouse	M30 Unattached	13.48	8

M35 100 Meter Dash**Finals**

1	Nigel Dufeal	M39 United States of America	11.66	
2	Mark Smyth	M36 Unattached	12.00	
3	Chris Semenuk	M36 Unattached	12.50	
4	Scott Smyth	M39 Unattached	12.54	
5	Rick Carr	M38 Saugeen Track Club	12.76	
6	Tyrone Edge	M36 Unattached	12.82	
7	Blaise Ambrose	M39 Unattached	12.83	

W35 100 Meter Dash**Finals**

1	Lilliette Davidson	W37 Unattached	13.60	2
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M40 100 Meter Dash**Finals**

1	Paul White	M43 London Legion T&F Alliance	13.24	7
2	Bob Morin	M42 Temiskaming Master Track Club	15.38	7

W40 100 Meter Dash**Finals**

1	Cheryl Reimer	W43 Temiskaming Master Track Club	15.90	2
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M45 100 Meter Dash**Finals**

1	Russell Parris	M46 United States of America	11.86	6
2	Michael Lee Foon	M49 Space Age Technology	11.92	6
3	Ken Kudo	M47 Unattached	11.98	6
4	Paul Robinson	M45 Jamaica	12.50	6
5	Robb MacDonald	M45 South Simcoe Dufferin TC	12.72	6
6	Eddy Renelique	M46 viva La Salsa	12.91	6

M50 100 Meter Dash**Finals**

1	Bill Johnson	M52 Unattached	12.47	5
2	Mel White	M51 Unattached	13.17	5
3	Hamid Bakhtiyari	M51 Mississauga Track Club	14.28	5
---	Marino Sani	M50 Ottawa Lions Track Club	DNF	5

W50 100 Meter Dash**Finals**

1	Elaine Weeks	W53 Unattached	15.60	2
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M55 100 Meter Dash**Finals**

1	Ralph Cilevitz	M56 Throwers Club	14.37	5
2	Don Millar	M57 London Legion T&F Alliance	14.87	5

Finals ... (M55 100 Meter Dash)

Results - Age Grading: 1 Yr Indiv & 5 yr Multi

3	Jarmo Kokko	M59 Unattached	15.12	5
W55 100 Meter Dash				
Finals				
1	Wendy Alexis	W55 Ottawa Lions Track Club	13.85	2
M60 100 Meter Dash				
Finals				
1	NZ Bryant	M60 United States of America	13.11	4
2	Richard Lech	M62 Unattached	13.37	4
3	Roy Chubb	M60 Scarborough Masters	14.03	4
4	Alexander Jozefacki	M60 Unattached	14.04	4
5	Bernard Lachance	M60 Quebec	15.21	4
M65 100 Meter Dash				
Finals				
1	Tony Powell	M66 Unattached	13.31	4
M70 100 Meter Dash				
Finals				
1	Dev Sharma	M74 Masters Sprint Club	16.50	3
---	David Stern	M70 Mississauga Track Club	DNF	3
M75 100 Meter Dash				
Finals				
1	Charles Agnoo	M75 Scarborough Masters	15.86	3
2	Ray Wardle	M77 Ottawa Lions Track Club	16.80	3
3	Paul Williams	M75 United States of America	17.68	3
4	Kesar Singh Poonia	M76 Unattached	18.63	3
M80 100 Meter Dash				
Finals				
1	Bill E. Thompson	M80 Hamilton Olympic Club	17.09	3
M35 400 Meter Dash				
Finals				
1	Dave Tepper	M35 Newmarket Huskies	54.45	4
2	Andrew Fraser	M38 Unattached	56.58	4
M40 400 Meter Dash				
Finals				
1	Glen Williams	M42 Barbados	52.84	4
2	Lenroy Munro	M40 Unattached	53.29	4
3	Richard Reid	M41 Jamaica	55.31	4
4	Kasper Hinds	M41 Unattached	57.46	4
W40 400 Meter Dash				
Finals				
1	Sherry Sani	W42 Ottawa Lions Track Club	78.97	
M45 400 Meter Dash				
Finals				
1	Michael Sherar	M46 University of Toronto TC	51.45	4

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W45 400 Meter Dash**

Finals			
1 Heather O'Hagan	W48 Newmarket Huskies	72.37	

M50 400 Meter Dash

Finals			
1 Ben James	M53 United States of America	54.80	3
2 Chris Deighan	M50 Newmarket Huskies	59.15	3
3 John Varone	M51 Unattached	63.87	3

M55 400 Meter Dash

Finals			
1 Fred Robbins	M55 Mississauga Track Club	71.95	3

M60 400 Meter Dash

Finals			
1 NZ Bryant	M60 United States of America	65.15	2
2 Mike Carter	M60 Mississauga Track Club	67.52	2
3 Bernard Lachance	M60 Quebec	74.76	2

M75 400 Meter Dash

Finals			
1 Ray Wardle	M77 Ottawa Lions Track Club	1:29.16	
2 Gerhard Krolow	M75 Metro Toronto Fitness	1:30.28	

M80 400 Meter Dash

Finals			
1 Earl Fee	M81 Mississauga Track Club	73.64	

M30 200 Meter Run

Finals			
1 Dree Ryan	M31 Unattached	22.76	7
2 Andre Mitchell	M33 University of Toronto TC	24.32	7
3 David Valenzuela	M33 Unattached	24.97	7
4 Chad Wigood	M32 Unattached	25.24	7
5 Kyle Muise	M33 Unattached	25.49	7
6 Bryan Griffiths	M30 Take Flight Athletics	26.72	7

M35 200 Meter Run

Finals			
1 Nigel Dufeal	M39 United States of America	24.34	6
2 Mark Smyth	M36 Unattached	24.82	6
3 Scott Smyth	M39 Unattached	25.82	6
4 Andrew Fraser	M38 Unattached	25.88	6
5 Tyrone Edge	M36 Unattached	26.25	6

M40 200 Meter Run

Finals			
1 Glen Williams	M42 Barbados	24.26	5
2 Richard Reid	M41 Jamaica	25.01	5
3 Sean Kapitain	M40 Unattached	26.12	5
4 Bob Morin	M42 Temiskaming Master Track Club	32.03	5

M45 200 Meter Run

Finals			
1 Michael Lee Foon	M49 Space Age Technology	24.47	4
2 Ken Kudo	M47 Unattached	24.66	4

Finals ... (M45 200 Meter Run)

Results - Age Grading: 1 Yr Indiv & 5 yr Multi

3	Russell Parris	M46 United States of America	24.95	4
4	Paul Robinson	M45 Jamaica	25.66	4
5	Eddy Renelique	M46 viva La Salsa	26.33	4
6	Robb MacDonald	M45 South Simcoe Dufferin TC	26.40	4

M50 200 Meter Run**Finals**

1	Ben James	M53 United States of America	24.79	3
2	John Varone	M51 Unattached	26.05	3
3	Hamid Bakhtiyari	M51 Mississauga Track Club	29.52	3

M55 200 Meter Run**Finals**

1	Ralph Cilevitz	M56 Throwers Club	30.64	3
2	Don Millar	M57 London Legion T&F Alliance	30.88	3

W55 200 Meter Run**Finals**

1	Wendy Alexis	W55 Ottawa Lions Track Club	29.23	2
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M60 200 Meter Run**Finals**

1	NZ Bryant	M60 United States of America	27.53	2
2	Alexander Jozefacki	M60 Unattached	29.20	2
3	Roy Chubb	M60 Scarborough Masters	30.83	2
4	Bernard Lachance	M60 Quebec	31.72	2

W60 200 Meter Run**Finals**

1	Rhona Trott	W61 Hamilton Olympic Club	33.52	
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M65 200 Meter Run**Finals**

1	Tony Powell	M66 Unattached	27.17	2
2	John Powell	M66 Etobicoke Track & Field Club	38.56	2

M70 200 Meter Run**Finals**

1	Winston LaRose	M72 Unattached	32.92	
2	Dev Sharma	M74 Masters Sprint Club	34.12	

M75 200 Meter Run**Finals**

1	Charles Agnoo	M75 Scarborough Masters	33.56	
2	Ray Wardle	M77 Ottawa Lions Track Club	35.77	
3	Paul Williams	M75 United States of America	41.73	
4	Kesar Singh Poonia	M76 Unattached	41.94	

M35 800 Meter Run**Finals**

1	Louis Byrne	M38 Toronto Olympic Club	2:14.94	
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W35 800 Meter Run**Finals**

1	Maki Kajiura	W38 Hamilton Olympic Club	2:59.58	
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Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 800 Meter Run**

Finals			
1	Matthew Scholes	M40 Australia	2:19.36
2	Niegel Geohagen, Sr.	M42 Jamaica	2:23.38

W40 800 Meter Run

Finals			
1	Sheryl Potter	W42 Newmarket Huskies	2:50.83
2	Sherry Sani	W42 Ottawa Lions Track Club	3:15.04

M45 800 Meter Run

Finals			
1	Scott Lockhart	M47 Unattached	2:24.89

W45 800 Meter Run

Finals			
1	Annie Bunting	W45 University of Toronto TC	2:24.92
2	Heather O'Hagan	W48 Newmarket Huskies	2:41.04

M50 800 Meter Run

Finals			
1	John Albert	M54 Unattached	2:21.82

W50 800 Meter Run

Finals			
1	Katherine Willis	W51 Etobicoke Track & Field Club	2:53.00

M55 800 Meter Run

Finals			
1	Ted Paget	M59 Checkers AC	2:31.75
2	Roger Tremblay	M55 Unattached	2:34.14
3	Peter Hogan	M59 Checkers AC	2:40.68

M60 800 Meter Run

Finals			
1	Mike Carter	M60 Mississauga Track Club	2:37.55
2	Duncan Greenshields	M61 University of Toronto TC	2:40.74
3	Hugh Connolly	M64 Longboat Road Runners	2:47.16

M75 800 Meter Run

Finals			
1	Gerhard Krolow	M75 Metro Toronto Fitness	3:29.80

M80 800 Meter Run

Finals			
1	Earl Fee	M81 Mississauga Track Club	2:53.13

M35 1500 Meter Run

Finals			
1	Louis Byrne	M38 Toronto Olympic Club	4:46.95

M40 1500 Meter Run

Finals			
1	Kevin Farr	M40 University of Toronto TC	4:33.86
2	Andrew Gutzmore	M43 Jamaica	4:34.88
3	Michael Connolly	M43 Toronto Olympic Club	4:38.75
4	Jordan Rosenberg	M40 University of Toronto TC	4:46.15

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M45 1500 Meter Run**

Finals			
1	Simon Rayner	M46 Unattached	4:30.54
2	John Willett	M48 University of Toronto TC	4:31.83
3	Tim Andrew	M49 Monck Lake TC	4:39.56

W45 1500 Meter Run

Finals			
1	Annie Bunting	W45 University of Toronto TC	5:12.99

M50 1500 Meter Run

Finals			
1	John Albert	M54 Unattached	5:01.29
2	Alex Keeting	M53 Etobicoke Track & Field Club	6:15.90

M55 1500 Meter Run

Finals			
1	Ted Paget	M59 Checkers AC	5:09.41
2	Fred Robbins	M55 Mississauga Track Club	5:35.66
3	Roger Tremblay	M55 Unattached	5:57.73

W55 1500 Meter Run

Finals			
1	Mary Jacobs	W56 University of Toronto TC	7:07.50
2	Pauline Watson	W55 Joshua Creek Runners	7:12.04

M60 1500 Meter Run

Finals			
1	Duncan Greenshields	M61 University of Toronto TC	5:54.24
2	Bernard Lachance	M60 Quebec	6:11.69

M70 1500 Meter Run

Finals			
1	Jack Geddes	M72 Scarborough Masters	6:02.05

M75 1500 Meter Run

Finals			
1	Gerhard Krolow	M75 Metro Toronto Fitness	7:09.18

M35 5000 Meter Run

Finals			
1	Josh Kramer	M35 Unattached	16:48.74
2	David Levy	M37 Unattached	17:31.62
3	Darren Collins	M38 South Simcoe Dufferin TC	17:39.66

W35 5000 Meter Run

Finals			
1	Becky Patten	W36 Toronto Olympic Club	19:09.28

M40 5000 Meter Run

Finals			
1	Andrew Gutzmore	M43 Jamaica	16:47.68
2	Mike Bosch	M42 Running Free	17:18.11
3	Kevin Farr	M40 University of Toronto TC	17:26.90
4	Jamie Forget	M41 South Simcoe Dufferin TC	18:41.14

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M45 5000 Meter Run**

Finals			
1	Kevin Hooper	M47 Unattached	17:51.92

M50 5000 Meter Run

Finals			
1	Chris Deighan	M50 Newmarket Huskies	16:56.88
2	Ken Hawthorn	M51 Newmarket Huskies	17:39.91
3	Mark Ryall	M50 Unattached	17:57.94
4	Alex Keeting	M53 Etobicoke Track & Field Club	22:17.26

W55 5000 Meter Run

Finals			
1	Maureen Mancuso	W56 Longboat Road Runners	21:32.39
2	Pauline Watson	W55 Joshua Creek Runners	25:49.73
3	Cathy Tedford	W57 Runner's Life	33:41.19

M60 5000 Meter Run

Finals			
1	Mike Bedley	M63 Longboat Road Runners	20:52.61
2	Bert de Vries	M63 Longboat Road Runners	21:39.79
3	Bernard Lachance	M60 Quebec	22:13.73

M65 5000 Meter Run

Finals			
1	Robert Moore	M69 Toronto Olympic Club	21:38.45
2	Jim Prince	M67 Unattached	22:55.64

M70 5000 Meter Run

Finals			
1	Jack Geddes	M72 Scarborough Masters	21:48.58

M75 5000 Meter Run

Finals			
1	Gerhard Krolow	M75 Metro Toronto Fitness	26:26.84

W60 100 Short Hurdles

Finals			
1	Rhona Trott	W61 Hamilton Olympic Club	14.85

M40 110 Short Hurdles

Finals			
1	Jordan Rosenberg	M40 University of Toronto TC	19.44
			2

M45 110 Short Hurdles

Finals			
1	Don Ritchie	M48 Unattached	17.95
			2

M55 110 Short Hurdles

Finals			
1	Ralph Cilevitz	M56 Throwers Club	20.05

M60 110 Short Hurdles

Finals			
1	Richard Lech	M62 Unattached	19.34

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M50 3000 Meter Steeplechase**

Finals		
1 Paul Roberts	M51 London Pacers	13:23.69

M55 3000 Meter Steeplechase

Finals		
1 Fred Robbins	M55 Mississauga Track Club	13:12.33

X30 4x100 Meter Relay

Finals		
2 Lighting Masters	A	50.20

X35 4x100 Meter Relay

Finals		
3 Hi-Tech Masters	A	58.78

X40 4x100 Meter Relay

Finals		
1 Hi Stepper Masters	A	46.50

M30 High Jump

Finals		
1 David Valenzuela	M33 Unattached	1.75m

M35 High Jump

Finals		
1 Andrew Bowers	M38 Unattached	1.70m
1 Ovidiu Negoita	M38 Unattached	1.70m
3 Rick Carr	M38 Saugeen Track Club	1.50m
4 Jasbir Singh Hundal	M35 Unattached	1.40m

M40 High Jump

Finals		
1 Paul White	M43 London Legion T&F Alliance	1.55m

M45 High Jump

Finals		
1 Don Ritchie	M48 Unattached	1.75m
2 Bruce Reed	M45 Unattached	1.65m

M50 High Jump

Finals		
1 Bill Johnson	M52 Unattached	1.50m
2 Nikolai Kotikov	M52 Unattached	1.45m
3 Jerzy Dabrowa	M52 Unattached	1.35m

M55 High Jump

Finals		
1 Ralph Cilevitz	M56 Throwers Club	1.20m
2 Bill Barras	M55 Fast	1.15m

M60 High Jump

Finals		
1 Stan Seitz	M62 Ottawa Lions Track Club	1.35m
2 Roy Chubb	M60 Scarborough Masters	1.25m

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M70 High Jump**

Finals			
1	Bob Land	M73 Unattached	1.20m

M75 High Jump

Finals			
1	Kesar Singh Poonia	M76 Unattached	0.90m

M35 Pole Vault

Finals			
1	Marcus Popp	M36 Unattached	4.40m
2	James Sniatenchuk	M37 Kitchener Waterloo T&F	3.80m
3	Dan Percival	M36 Ottawa Lions Track Club	3.60m

M40 Pole Vault

Finals			
1	Bob Lindsay	M40 Ottawa Lions Track Club	4.00m
2	Paul White	M43 London Legion T&F Alliance	3.45m

M45 Pole Vault

Finals			
1	Geoff Outerbridge	M46 Ottawa Lions Track Club	4.00m

M50 Pole Vault

Finals			
1	Mark Schaber	M51 Unattached	3.30m

M60 Pole Vault

Finals			
1	Hugh Miller	M64 Scarborough Masters	2.95m
2	Stan Seitz	M62 Ottawa Lions Track Club	2.80m

M70 Pole Vault

Finals			
1	Bob Land	M73 Unattached	2.40m

M35 Long Jump

Finals			
1	Jasbir Singh Hundal	M35 Unattached	4.50m

M40 Long Jump

Finals			
1	Paul White	M43 London Legion T&F Alliance	4.98m

M45 Long Jump

Finals			
1	Todd Crawford	M46 Old Crow's Athletic Club	6.06m
2	Dennis McWhinney	M48 Unattached	5.59m
3	Andrew Bass	M48 Unattached	4.50m
4	Willie Price	M47 United States of America	3.76m

M50 Long Jump

Finals			
1	Bill Johnson	M52 Unattached	4.96m

W50 Long Jump

Finals			
1	Elaine Weeks	W53 Unattached	4.04m

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M55 Long Jump**

Finals			
1	Ralph Cilevitz	M56 Throwers Club	4.22m

M60 Long Jump

Finals			
1	Richard Lech	M62 Unattached	4.71m
2	Roy Chubb	M60 Scarborough Masters	3.33m

M70 Long Jump

Finals			
1	Dev Sharma	M74 Masters Sprint Club	3.13m

M75 Long Jump

Finals			
1	Kesar Singh Poonia	M76 Unattached	2.37m

M35 Triple Jump

Finals			
1	Andrew Bowers	M38 Unattached	11.22m
2	Jasbir Singh Hundal	M35 Unattached	10.47m

M40 Triple Jump

Finals			
1	Lenroy Munro	M40 Unattached	11.90m

M45 Triple Jump

Finals			
1	Todd Crawford	M46 Old Crow's Athletic Club	12.01m
2	Dennis McWhinney	M48 Unattached	11.12m

M50 Triple Jump

Finals			
1	Bill Johnson	M52 Unattached	10.05m
2	Nikolai Kotikov	M52 Unattached	9.04m

M55 Triple Jump

Finals			
1	Ralph Cilevitz	M56 Throwers Club	9.59m

M60 Triple Jump

Finals			
1	Roy Chubb	M60 Scarborough Masters	7.15m

M75 Triple Jump

Finals			
1	Kesar Singh Poonia	M76 Unattached	5.76m

M35 Shot Put

Finals			
1	Gintas Degutis	M39 Unattached	15.40m
2	Ken Farrelly	M35 Torcolacci	12.38m
3	Jasbir Singh Hundal	M35 Unattached	8.08m

M40 Shot Put

Finals			
1	Clint Sheehan	M43 Unattached	9.23m

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M50 Shot Put**

Finals			
1	Don Bailey	M51 United States of America	13.86m
2	Jerzy Dabrowa	M52 Unattached	10.78m

M55 Shot Put

Finals			
1	Joe Myers	M58 United States of America	13.71m
2	Bill Pearson	M58 Throwers Club	12.04m
3	Ray Bzibziak	M55 United States of America	10.38m
4	Ralph Cilevitz	M56 Throwers Club	8.25m

M60 Shot Put

Finals			
1	Gene Spanneut	M63 United States of America	10.22m
2	Brock Pullen	M61 Unattached	9.98m
3	Roy Chubb	M60 Scarborough Masters	9.60m
4	Raj Kadirgamarajayogan	M61 Unattached	7.47m

M65 Shot Put

Finals			
1	John Kasperski	M66 Throwers Club	10.22m

W40 Shot Put

Finals			
1	Diana Jaam Shahriari	W44 Unattached	10.49m
2	Olga Stalevitch	W40 Unattached	9.27m
3	Michelle Sanchez	W43 athletiques International	6.32m
4	Colleen Hill	W42 Jamaica	3.85m

W45 Shot Put

Finals			
1	Elizabeth Hill	W49 Throwers Club	9.78m

W55 Shot Put

Finals			
1	Patty Franke-Wagar	W59 Unattached	6.32m

M70 Shot Put

Finals			
1	David Morris	M72 Throwers Club	9.37m

W70 Shot Put

Finals			
1	Harbans Kaur Poonia	W74 Unattached	4.05m

M75 Shot Put

Finals			
1	Kesar Singh Poonia	M76 Unattached	8.77m
2	Max Woerle	M79 Throwers Club	6.91m

M80 Shot Put

Finals			
1	Evalds Viskers	M84 Throwers Club	8.10m

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W80 Shot Put**

Finals		
1	Velta Tomsons	W82 Throwers Club 7.15m

M35 Discus Throw

Finals		
1	Mike Ransky	M39 Unattached 53.18m
2	Ken Farrelly	M35 Torcolacci 33.78m
3	Sharaz Shaikh	M38 Unattached 31.41m

M40 Discus Throw

Finals		
1	Jordan Rosenberg	M40 University of Toronto TC 33.06m

M45 Discus Throw

Finals		
1	Don Ritchie	M48 Unattached 33.21m
2	Todd Crawford	M46 Old Crow's Athletic Club 29.03m

M50 Discus Throw

Finals		
1	Don Bailey	M51 United States of America 48.21m
2	Jack Harkness	M51 Unattached 38.58m
3	Jerzy Dabrowa	M52 Unattached 28.25m

M55 Discus Throw

Finals		
1	Ray Bzibziak	M55 United States of America 37.91m
2	Joe Myers	M58 United States of America 37.79m
3	Bill Pearson	M58 Throwers Club 37.47m
4	Ralph Cilevitz	M56 Throwers Club 25.36m
5	Peter Hogan	M59 Checkers AC 21.29m

M60 Discus Throw

Finals		
1	Brock Pullen	M61 Unattached 36.27m
2	Gene Spanneut	M63 United States of America 29.73m
3	Raj Kadirgamarajayogan	M61 Unattached 20.72m

M65 Discus Throw

Finals		
1	John Kasperski	M66 Throwers Club 33.85m

W40 Discus Throw

Finals		
1	Diana Jaam Shahriari	W44 Unattached 35.35m
2	Olga Stalevitch	W40 Unattached 32.09m
3	Michelle Sanchez	W43 athletiques International 21.05m

W45 Discus Throw

Finals		
1	Elizabeth Hill	W49 Throwers Club 28.79m

W55 Discus Throw

Finals		
1	Patty Franke-Wagar	W59 Unattached 17.46m

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W60 Discus Throw**

Finals			
1 Rhona Trott	W61 Hamilton Oympic Club		20.04m

M70 Discus Throw

Finals			
1 David Morris	M72 Throwers Club		30.04m
2 Bob Land	M73 Unattached		20.18m

W70 Discus Throw

Finals			
1 Harbans Kaur Poonia	W74 Unattached		7.65m

M75 Discus Throw

Finals			
1 Max Woerle	M79 Throwers Club		23.99m
2 Jack Boyd	M75 Throwers Club		23.02m
3 Kesar Singh Poonia	M76 Unattached		12.62m

M80 Discus Throw

Finals			
1 Evalds Viskers	M84 Throwers Club		20.50m

W80 Discus Throw

Finals			
1 Velta Tomsons	W82 Throwers Club		15.04m

M55 Hammer Throw

Finals			
1 Jan Graczyk	M57 Unattached		43.90m
2 Joe Myers	M58 United States of America		35.12m
3 Bill Pearson	M58 Throwers Club		34.17m
4 Ray Bzibziak	M55 United States of America		27.10m
5 Ralph Cilevitz	M56 Throwers Club		22.21m

M65 Hammer Throw

Finals			
1 John Kasperski	M66 Throwers Club		29.78m

W40 Hammer Throw

Finals			
1 Michelle Sanchez	W43 athletiques International		16.28m

W45 Hammer Throw

Finals			
1 Elizabeth Hill	W49 Throwers Club		24.45m

W55 Hammer Throw

Finals			
1 Patty Franke-Wagar	W59 Unattached		17.29m

W60 Hammer Throw

Finals			
1 Rhona Trott	W61 Hamilton Oympic Club		30.93m

M70 Hammer Throw

Finals			
1 David Morris	M72 Throwers Club		28.33m

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M75 Hammer Throw**

Finals		
1	Max Woerle	M79 Throwers Club 25.13m
2	Kesar Singh Poonia	M76 Unattached 14.70m

M35 Javelin Throw

Finals		
1	Sharaz Shaikh	M38 Unattached 48.50m
2	Venkat Parthasarathy	M35 Unattached 46.99m

M45 Javelin Throw

Finals		
1	Don Ritchie	M48 Unattached 41.53m

M50 Javelin Throw

Finals		
1	Dave Birnie	M50 Niagara Regional Athletics 44.89m
2	Dean Stokley	M52 Unattached 43.10m
3	Peter St.Pierre	M51 Throwers Club 41.85m
4	Jerzy Dabrowa	M52 Unattached 30.51m

M55 Javelin Throw

Finals		
1	Joe Myers	M58 United States of America 36.47m
2	Bill Pearson	M58 Throwers Club 32.08m
3	Ray Bzibziak	M55 United States of America 30.42m
4	Ralph Cilevitz	M56 Throwers Club 30.35m
5	Peter Hogan	M59 Checkers AC 21.72m
6	Bill Barras	M55 Fast 20.72m

M60 Javelin Throw

Finals		
1	Gene Spanneut	M63 United States of America 39.28m
2	Brock Pullen	M61 Unattached 36.08m
3	Raj Kadirgamarajayogan	M61 Unattached 20.74m

W45 Javelin Throw

Finals		
1	Ana Maria Neilson	W48 Throwers Club 27.07m

M70 Javelin Throw

Finals		
1	David Morris	M72 Throwers Club 23.40m

W70 Javelin Throw

Finals		
1	Harbans Kaur Poonia	W74 Unattached 6.12m

M75 Javelin Throw

Finals		
1	Bob Staveley	M76 Ottawa Lions Track Club 21.68m
2	Max Woerle	M79 Throwers Club 19.30m
3	Kesar Singh Poonia	M76 Unattached 18.39m

M55 Weight Throw

Finals		
1	Jan Graczyk	M57 Unattached 16.71m

Finals ... (M55 Weight Throw)

Results - Age Grading: 1 Yr Indiv & 5 yr Multi

2	Joe Myers	M58 United States of America	12.85m
3	Ray Bzibziak	M55 United States of America	12.31m
4	Bill Pearson	M58 Throwers Club	11.94m
5	Ralph Cilevitz	M56 Throwers Club	9.71m
M60 Weight Throw			
Finals			
1	Raj Kadirgamarajayogan	M61 Unattached	6.73m
M65 Weight Throw			
Finals			
1	John Kasperski	M66 Throwers Club	12.06m
W40 Weight Throw			
Finals			
1	Michelle Sanchez	W43 athletiques International	7.97m
W45 Weight Throw			
Finals			
1	Elizabeth Hill	W49 Throwers Club	8.71m
W55 Weight Throw			
Finals			
1	Patty Franke-Wagar	W59 Unattached	6.69m
W60 Weight Throw			
Finals			
1	Rhona Trott	W61 Hamilton Oympic Club	12.04m
M70 Weight Throw			
Finals			
1	David Morris	M72 Throwers Club	12.63m
M75 Weight Throw			
Finals			
1	Max Woerle	M79 Throwers Club	8.46m
2	Kesar Singh Poonia	M76 Unattached	6.67m
M30 5000 Meter Race Walk			
Finals			
1	Jean Pierre Fortin	M34 Ontario RaceWalkers	29:49.96
W30 5000 Meter Race Walk			
Finals			
1	Sarah Raetsen	W34 Ontario RaceWalkers	30:25.99
M40 5000 Meter Race Walk			
Finals			
1	Jianping Xu	M44 Unattached	25:40.09
W40 5000 Meter Race Walk			
Finals			
1	Sharon O'Leary	W40 London Pacers	31:38.85
M50 5000 Meter Race Walk			
Finals			
1	Lawrence Malek	M50 Metro Toronto Fitness	32:14.66

Finals ... (M50 5000 Meter Race Walk)

Results - Age Grading: 1 Yr Indiv & 5 yr Multi

2 Ken Atkins	M54 Unattached	34:31.73
W50 5000 Meter Race Walk		
Finals		
1 Wendy Santi	W52 Metro Toronto Fitness	33:06.38
--- Michelle Wang	W50 Ontario RaceWalkers	DQ
W60 5000 Meter Race Walk		
Finals		
1 Lina Liscio	W61 Metro Toronto Fitness	33:10.84
M65 5000 Meter Race Walk		
Finals		
1 John Kittredge	M65 Ontario RaceWalkers	29:49.83
W75 5000 Meter Race Walk		
Finals		
1 Jean Horne	W77 Ontario RaceWalkers	38:55.04
2 June-Marie Provost	W77 Unattached	39:20.82