

National Fitness Day OMA Mini Meet - 2016-06-04**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Mixed 100 Meter Dash 11:00am**

Name	Age	Team	Finals	Wind	Age-Grading	H#
Finals						
1 Michael James	M35	Unattached -	11.04	2.7	10.90 89.86%	3
2 Nigel John	M43	Jamaica Masters	11.70	2.7	11.21 87.35%	3
3 Jaritt Ptolemy	M34	Ontario Mast	12.10	2.7	12.11 80.91%	3
4 Tit (jonathan) Hui	M45	Guelph Track Club	12.14	2.7	11.28 86.82%	3
5 Bryce Coad	M39	Ontario Mast	12.32	2.7	12.16 80.52%	3
6 Chris Wrobel	M35	Unattached -	13.00	2.7	12.83 76.31%	3
7 Grantley Blenman	M58	Unattached -	13.21	2.3	11.50 85.16%	2
8 Kathryn Bautista	W23	UTTC	13.44	2.3	13.45 78.05%	2
9 Violeta Garfunkel	W43	UTTC	13.63	2.3	13.02 80.63%	2
10 Spencer Arnfield	M56	Extreme Velo	14.00	2.3	12.19 80.36%	2
11 Richard Lech	M68	Jamaica Masters	14.22	2.3	11.54 84.88%	2
12 Bryan Baldsing	M58	Jamaica Masters	14.39	0.7	12.53 78.18%	1
13 Claudia Francis	W43	Ontario Mast	14.78	0.7	14.12 74.36%	1
14 Doug Hayes	M62	Track North	16.32	2.3	13.74 71.32%	2
15 Denise Gordon-Mohamud	W45	Mississauga Oly	16.68	0.7	15.34 68.41%	1
16 Cindy Burt	W55	Durham Dragons A	16.92	0.7	14.37 72.99%	1

Mixed 200 Meter Dash Noon

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Akeame Mussington	M26	Ultimate Bod	23.80	0.9	23.81 81.18%	2
2 Andre Mitchell	M39	Nemean Lions	23.88	0.9	23.50 82.24%	2
3 Tit (jonathan) Hui	M45	Guelph Track Club	25.18	0.9	23.26 83.08%	2
4 Nathan Da Silva	M30	Unattached -	25.72	0.9	25.73 75.12%	2
5 Bryce Coad	M39	Ontario Mast	25.74	0.9	25.33 76.30%	2
6 Milton Omar Ashmeade	M30	Jamaica Masters	26.53	0.9	26.54 72.82%	2
7 Grantley Blenman	M58	Unattached -	27.15	1.8	23.44 82.43%	1
8 Violeta Garfunkel	W43	UTTC	28.20	1.8	26.35 80.99%	1
9 Nicole Luke	W44	Ultimate Bod	30.37	1.8	28.38 75.21%	1
10 Richard Lech	M68	Jamaica Masters	30.67	1.8	24.56 78.68%	1
11 Karla Del Grande	W63	Nemean Lions	30.90	1.8	24.42 87.41%	1
12 Doug Hayes	M62	Track North	35.86	1.8	29.88 64.67%	1

Mixed 400 Meter Dash 1:00pm

Name	Age	Team	Finals	Age-Grading	H#
1 Ramzi Abdulahi	M18	Nemean Lions	48.51	48.52 89.01%	2
2 Akeame Mussington	M26	Ultimate Bod	51.97	51.98 83.09%	3
3 Andre Mitchell	M39	Nemean Lions	53.16	51.33 84.14%	3
4 Nigel John	M43	Jamaica Masters	55.59	52.00 83.04%	3
5 Kevin Farr	M46	University of Wi	58.94	53.37 80.91%	3
6 Andrew Bass	M54	Unattached -	59.80	52.35 82.49%	2
7 Nathan Da Silva	M30	Unattached -	60.34	60.35 71.56%	2
8 Bryce Coad	M39	Ontario Mast	61.53	59.41 72.70%	1
9 Milton Omar Ashmeade	M30	Jamaica Masters	61.59	61.60 70.11%	2
10 Steven Millward	M60	Niagara Olym	64.49	52.59 82.12%	2
11 Tanya Sakharov	W35	Boardwalk RC	67.73	66.37 71.73%	1
12 Mark Duff	M54	Boardwalk RC	68.24	59.74 72.29%	1
13 Karla Del Grande	W63	Nemean Lions	71.32	55.03 86.51%	1
14 Gary McColeman	M74	UTTC	1:28.08	65.71 65.71%	1
15 James Pascoe	M78	Unattached -	1:28.98	62.15 69.49%	1

National Fitness Day OMA Mini Meet - 2016-06-04**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Mixed 800 Meter Run 11:30am**

Name	Age Team	Finals	Age-Grading
1 Mark Duff	M54 Boardwalk RC	2:28.39	2:11.29 77.02%
2 Tanya Sakharov	W35 Boardwalk RC	2:30.86	2:30.13 75.46%
3 Chris Mackie	M75 Unattached -	2:55.57	2:01.57 83.17%
4 Jonathan Colford	M38 Unattached -	3:10.75	3:09.17 53.45%
5 Ken Fair	M60 Unattached -	3:31.14	2:51.73 58.88%

Mixed 1500 Meter Run 12:30pm

Name	Age Team	Finals	Age-Grading
1 Chris Mackie	M75 Unattached -	5:56.90	3:53.99 88.04%

Mixed 3000 Meter Run 10:00am

Name	Age Team	Finals	Age-Grading	H#
1 Paul Osland	M52 UTTC	10:12.32	9:08.40 80.23%	2
2 Robert Madej	M47 Unattached -	10:14.70	9:31.92 76.93%	2
3 Robert Kay	M33 Longboat Roa	10:35.95	10:35.96 69.19%	2
4 Jerry Kooymans	M60 Toronto Olym	10:37.46	8:46.55 83.56%	2
5 Bob Murray	M54 Unattached -	10:53.57	9:45.34 75.17%	2
6 James Freemantle	M57 Newmarket HU	11:20.56	9:45.83 75.11%	2
7 Leanne Shafir	W46 Ontario Mast	11:26.10	10:22.37 80.57%	2
8 Amy Ballon	W45 UTTC	11:34.96	10:30.40 79.54%	1
9 Kate Cochrane-Brink	W48 Unattached -	12:18.70	11:10.08 74.83%	1
10 Susan Greco	W42 Ontario Mast	12:39.75	12:05.79 69.09%	1
11 Thomas Tushingam	M74 Toronto Olym	13:38.64	10:12.92 71.79%	1
12 Clara Northcott	W61 UTTC	13:50.35	10:17.79 81.16%	1
13 Robert Moore	M75 Toronto Olym	14:46.71	10:19.46 71.03%	1
14 Nancy Wells	W70 Longboat Roa	15:42.75	9:58.84 83.73%	1
-- Nancy Catton	W48 UTTC	DQ		1

Mixed High Jump 10:00am

Name	Age Team	Finals	Age-Grading
1 Peter Zowkewych	M65 UTTC	1.38m	1.91m 77.97%
2 Robert Stanclik	M60 Unattached -	1.30m	1.69m 69.15%

Mixed Long Jump 11:30am

Name	Age Team	Finals	Wind	Age-Grading
1 Andrew Bass	M54 Unattached -	5.16m	-0.4	6.33m 70.88%
2 Chris Wrobel	M35 Unattached -	4.87m	0.5	5.02m 56.11%
3 Bryan Baldsing	M58 Jamaica Masters	4.05m	-0.8	5.31m 59.38%
4 Doug Hayes	M62 Track North	3.33m	2.2	4.68m 52.36%
5 Cindy Burt	W55 Durham Dragons A	3.12m	1.3	4.18m 55.61%

Mixed Shot Put 10:00am

Name	Age Team	Finals	Age-Grading
1 Jordan Gluck	M14 Unattached -	13.20m	13.20m 57.09%
2 Fernando Cornejo	M36 Throwers Club	11.85m	12.29m 53.16%
3 Peter Zowkewych	M65 UTTC	10.92m	14.85m 64.27%
4 Bill Pearson	M63 Throwers Club	10.87m	13.56m 58.69%
5 Jerzy Wyroba	M66 Unattached -	10.58m	14.39m 62.27%

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6 Ruby Gore	W13 Unattached	8.95m	8.95m	39.55%
7 Ken Fair	M60 Unattached -	8.68m	10.83m	46.87%
8 Gary McColeman	M74 UTTC	6.31m	8.08m	34.96%

Mixed Javelin Throw 11:30am

Name	Age Team	Finals	Age-Grading
1 Barb Dabrowski	W58 Throwers Club	34.17m	49.48m 67.78%
2 Peter Zowkewych	M65 UTTC	31.01m	48.43m 49.18%
3 Bill Pearson	M63 Throwers Club	29.79m	42.12m 42.77%
4 Dianne Bedford	W43 Unattached -	22.03m	25.27m 34.63%
5 Jerzy Wyroba	M66 Unattached -	17.94m	28.02m 28.45%
6 Robert Stanclik	M60 Unattached -	14.05m	19.86m 20.17%