

Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W29&U 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
Finals					
1 Pedrero, Andrea	W27 Uni. Toronto TC	15.25	-1.5	15.26 68.79%	4

W30 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Pedrero, Claudia	W30 Uni. Toronto TC	13.41	-1.5	13.42 78.23%	4

W35 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Reyes, Lorena	W36 Ultimate Body	13.30	-1.5	13.17 79.70%	4
2 Reyes, Carmela	W36 Ultimate Body	13.58	-1.5	13.45 78.06%	4
3 Caesar, Latasha	W35 Variety Village	13.96	-1.5	13.83 75.93%	4
4 Mullings, Sheree	W37 Jamcan Int.	14.22	-1.5	14.08 74.54%	4

W40 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Blessing, Kyra	W43 Unattached Ontario	14.63	-2.4	13.97 75.12%	3
2 King, Debbie	W43 Jamcan Int.	14.75	-2.4	14.09 74.51%	3
3 Armstrong, Nicole	W43 Unattached Ontario	16.33	-2.4	15.60 67.30%	3

W45 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Garfunkel, Violeta	W46 Uni. Toronto TC	13.97	-1.9	12.85 81.68%	2
2 Zinman, Debbie	W49 Uni. Toronto TC	14.13	-1.9	13.00 80.75%	2
3 Reid, Linda	W48 Jamcan Int.	14.13	-1.9	13.00 80.75%	2
4 Powell, Jennifer	W48 Jamcan Int.	14.66	-1.9	13.49 77.83%	2
5 Thompson, Marsha	W47 Jamcan Int.	14.74	-1.9	13.56 77.41%	2
6 Viggers, Tracy	W47 Unattached Ontario	15.47	-1.9	14.23 73.76%	2

W50 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Rozario, Theresa	W54 Variety Village	15.52	-2.4	13.73 76.42%
2 Harvey, Lesa	W52 Unattached Ontario	16.27	-2.4	14.39 72.89%
3 Rossos, Kim	W50 Uni. Toronto TC	18.92	-2.4	16.74 62.68%

W55 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Lee, Faith	W59 Ontario Racewalkers	19.58	-2.4	16.63 63.07%

W60 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
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1 Alexis, Wendy	W64 Ottawa Lions T.F.C.	14.43	-2.4	11.75	89.33%
2 Chedore, Janice	W63 Thames Athletics	17.48	-2.4	14.23	73.74%
3 Hannon, Sue	W63 Unattached Ontario	19.33	-2.4	15.74	66.68%

W65 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Del Grande, Karla	W66 Variety Village	14.47	-2.4	11.27 93.09%

W29&U 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Pedrero, Andrea	W27 Uni. Toronto TC	31.72	1.9	31.73 67.28%	3

W35 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Reyes, Lorena	W36 Ultimate Body	26.97	1.9	26.17 81.57%	3
2 Reyes, Carmela	W36 Ultimate Body	27.66	1.9	26.84 79.54%	3
3 Caesar, Latasha	W35 Variety Village	28.94	1.9	28.08 76.02%	3
4 Mullings, Sheree	W37 Jamcan Int.	29.59	1.9	28.71 74.35%	3

W40 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 King, Debbie	W43 Jamcan Int.	29.58	1.6	27.64 77.21%	2
2 Armstrong, Nicole	W43 Unattached Ontario	34.67	1.6	32.39 65.88%	2

W45 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Garfunkel, Violeta	W46 Uni. Toronto TC	27.72	1.6	24.90 85.71%	2
2 Zinman, Debbie	W49 Uni. Toronto TC	28.93	1.6	25.99 82.13%	2
3 Powell, Jennifer	W48 Jamcan Int.	30.53	1.6	27.43 77.83%	2
4 Thompson, Marsha	W47 Jamcan Int.	32.43	1.6	29.13 73.27%	2
5 Santarossa, Sonia	W47 Uni. Toronto TC	34.48	1.6	30.97 68.91%	2

W50 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Rozario, Theresa	W54 Variety Village	31.75	2.1	27.38 77.95%

W60 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Alexis, Wendy	W64 Ottawa Lions T.F.C.	29.27	2.1	23.13 92.28%
2 Chedore, Janice	W63 Thames Athletics	39.57	2.1	31.27 68.26%

W65 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	MR
1 Del Grande, Karla	W66 Variety Village	29.11	2.1	21.96 97.18%	MR

(Meet record remains Karla's 29.21 WR from last Year - with a legal wind)

Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W35 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Sakharov, Tanya	W38 Variety Village	1:05.75	1:04.43 73.89%

W40 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Armstrong, Nicole	W43 Unattached Ontario	1:23.63	1:18.54 60.61%

W55 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 O'Hagan, Heather	W57 Uni. Toronto TC	1:13.53	1:00.06 79.26%

W60 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Chedore, Janice	W63 Thames Athletics	1:26.39	1:06.65 71.42%

W65 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Del Grande, Karla	W66 Variety Village	1:09.12	49.78 95.63%
(old MR 1:09.80 Karla last year)			

MR**W35 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading
1 Schindler, Jennifer	W36 Unattached Ontario	2:29.53	2:28.80 76.13%
		1:10.5407 (1:10.5407)	
2 Sakharov, Tanya	W38 Variety Village	2:31.40	2:30.66 75.19%
		1:11.2852 (1:11.2852)	

W40 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Boisclair, Jamie	W41 Physi-Kult Kingston	2:38.40	2:31.07 74.99%
		1:15.0070 (1:15.0070)	

W55 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 O'Hagan, Heather	W57 Uni. Toronto TC	2:50.22	2:21.20 80.23%
		1:21.3798 (1:21.3798)	
2 Botelho, Rita	W58 Uni. Toronto TC	2:56.66	2:26.54 77.30%
		1:26.7907 (1:26.7907)	

W60 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
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Ontario Master Athletics Outdoor Championships**Varsity Stadium - 2019-06-22 to 2019-06-23****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Northcott, Clara W64 Uni. Toronto TC 3:12.82 2:31.33 74.86%
 1:32.1398 (1:32.1398)

W35 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Weber, Maria	W39 Longboat RR	5:21.62	5:17.51 73.22%
1:00.6868 (1:00.6868)	2:25.9076 (1:25.2208)	3:55.2026 (1:29.2950)	

W40 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Boisclair, Jamie	W41 Physi-Kult Kingston	5:24.46	5:06.85 75.76%
1:01.2493 (1:01.2493)	2:28.8743 (1:27.6250)	4:01.2018 (1:32.3275)	

W45 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Clarke, Michelle	W45 Longboat RR	5:18.14	4:47.67 80.81%
57.9393 (57.9393)	2:21.4926 (1:23.5533)	3:49.2209 (1:27.7283)	
2 Weber, Catherine	W49 Etobicoke Track	6:49.12	6:09.93 62.84%
1:11.9176 (1:11.9176)	3:00.3009 (1:48.3833)	4:55.1301 (1:54.8292)	

W50 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
-- Graenert, Anke	W52 Newmarket	DQ	Rule 144.3
1:05.6559 (1:05.6559)	2:39.9309 (1:34.2750)	4:18.3376 (1:38.4067)	

W55 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Botelho, Rita	W58 Uni. Toronto TC	6:05.02	4:59.76 77.55%
1:07.0034 (1:07.0034)	2:46.2476 (1:39.2442)	4:29.1484 (1:42.9008)	

W50 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
-- Catton, Nancy	W51 Physi-Kult Kingston	DNF	

W55 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Lee, Faith	W59 Ontario Racewalkers	25:36.06	21:14.94 67.82%

W60 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Northcott, Clara	W64 Uni. Toronto TC	23:52.44	18:44.18 76.92%
2 Willis, Katherine	W60 Uni. Toronto TC	26:24.61	20:43.61 69.53%

W65 5000 Meter Run Masters

Ontario Master Athletics Outdoor Championships**Varsity Stadium - 2019-06-22 to 2019-06-23****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading
1 Tedford, Cathy	W66 Unattached Ontario	40:09.58	29:31.77 48.80%

W45 2000 Meter Steeplechase Masters

Name	Age Team	Finals	Age-Grading
1 Weber, Catherine	W49 Etobicoke Track	10:34.23	13:32.83 66.63%

W50 2000 Meter Steeplechase Masters

Name	Age Team	Finals	Age-Grading	
1 Cochrane-Brink, Kate	W51 Uni. Toronto TC	8:36.69	10:37.91 84.90%	CAN MR
(old CAN 8:41.67 Leslie Stevens 2016, no previous MR)				

W45 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Viggers, Tracy	W47 Unattached Ontario	1.30m	1.50m 72.22%
2 Thompson, Marsha	W47 Jamcan Int.	1.25m	1.45m 69.44%

W60 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Hannon, Sue	W63 Unattached Ontario	1.20m	1.65m 78.95%

W30 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	
1 Pedrero, Claudia	W30 Uni. Toronto TC	5.06m	+0.0	5.06m 67.29%	MR
(old MR 4.94 Sheree Mullings 2012)					

W35 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	
1 Reyes, Lorena	W36 Ultimate Body	5.56m	+0.0	5.83m 77.65%	MR
(old MR 4.83 Marg Hendershot 1990)					

W45 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Viggers, Tracy	W47 Unattached Ontario	4.35m	1.9	5.12m 68.08%

W50 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Harvey, Lesa	W52 Unattached Ontario	3.16m	1.0	3.96m 52.67%

W60 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
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1 Hannon, Sue	W63 Unattached Ontario	3.04m	1.5	4.37m	58.24%
2 Blacker-Thomson, Patrici	W63 Unattached Ontario	2.43m	+0.0	3.49m	46.55%

W35 Triple Jump Masters

Name	Age Team	Finals	Wind	Age-Grading		
1 Kodo Ella, Valerie	W35 Unattached Ontario	11.19m	-1.2	11.39m	73.52%	CAN MR
(old CAN 10.16 Liz McBlain AB 1987, old MR 10.05 Helena Petrechova 2013)						

W45 Triple Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Viggers, Tracy	W47 Unattached Ontario	8.79m	+0.0	10.06m 64.92%

W60 Triple Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Hannon, Sue	W63 Unattached Ontario	6.55m	-1.8	9.20m 59.44%
2 Blacker-Thomson, Patrici	W63 Unattached Ontario	5.50m	+0.0	7.73m 49.91%

W35 Shot Put Masters

Name	Age Team	Finals	Age-Grading
3 Mullings, Sheree	W37 Jamcan Int.	J9.03m	9.36m 41.37% 4.00kg
8 Norman, Chantell	W36 Jamcan Int.	J7.33m	7.59m 33.58% 4.00kg

W45 Shot Put Masters

Name	Age Team	Finals	Age-Grading
2 Viggers, Tracy	W47 Unattached Ontario	J9.20m	10.98m 48.55% 4.00kg
5 Thompson, Marsha	W47 Jamcan Int.	J8.10m	9.67m 42.74% 4.00kg
9 Friday, Alicia	W45 Unattached Ontario	J7.26m	8.67m 38.31% 4.00kg

W50 Shot Put Masters

Name	Age Team	Finals	Age-Grading
4 Easton, Leah	W54 Throwers Club	J8.81m	11.10m 49.08% 3.00kg

W60 Shot Put Masters

Name	Age Team	Finals	Age-Grading
6 Jardine, Ellen	W63 Throwers Club	J7.70m	11.56m 51.09% 3.00kg
10 Brady, Janet	W64 Unattached Ontario	J6.83m	10.25m 45.32% 3.00kg

W65 Shot Put Masters

Name	Age Team	Finals	Age-Grading		
1 Garner, Doreen	W65 Throwers Club	9.94m	16.50m	72.93%	3.00kg MR
(old MR 7.93 Helgi Pedal 1989)					

W70 Shot Put Masters

Name	Age Team	Finals	Age-Grading
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 11 Miklos Den Iseger, Joann W73 Unattached Ontario J6.60m 12.24m 54.14% 3.00kg
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W75 Shot Put Masters

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Name	Age Team	Finals	Age-Grading
7 Rowswell, Adri	W78 Throwers Club	J7.46m	13.66m 60.40% 2.00kg

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W45 Discus Throw Masters

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Name	Age Team	Finals	Age-Grading
1 Viggers, Tracy	W47 Unattached Ontario	28.05m	33.82m 44.04% 1.00kg

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W50 Discus Throw Masters

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Name	Age Team	Finals	Age-Grading
3 Easton, Leah	W54 Throwers Club	J21.54m	28.27m 36.82% 1.00kg

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W60 Discus Throw Masters

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Name	Age Team	Finals	Age-Grading
4 Jardine, Ellen	W63 Throwers Club	J20.26m	32.33m 42.10% 1.00kg
6 Brady, Janet	W64 Unattached Ontario	J16.27m	25.96m 33.81% 1.00kg

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W65 Discus Throw Masters

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Name	Age Team	Finals	Age-Grading
2 Garner, Doreen (old MR 22.73 Cheryl Closky BC 2017)	W65 Throwers Club	J27.47m	49.24m 64.12% 1.00kg MR

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W70 Discus Throw Masters

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Name	Age Team	Finals	Age-Grading
7 Miklos Den Iseger, Joann W73 Unattached Ontario		J15.44m	31.71m 41.29% 1.00kg

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W75 Discus Throw Masters

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Name	Age Team	Finals	Age-Grading
5 Rowswell, Adri	W78 Throwers Club	J17.39m	37.46m 48.79% 0.75kg

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W50 Hammer Throw Masters

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Name	Age Team	Finals	Age-Grading
3 Easton, Leah	W54 Throwers Club	J21.53m	27.64m 35.90% 3.00kg

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W60 Hammer Throw Masters

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Name	Age Team	Finals	Age-Grading
2 Jardine, Ellen	W63 Throwers Club	J22.02m	33.80m 43.91% 3.00kg

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W65 Hammer Throw Masters

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Name	Age Team	Finals	Age-Grading
1 Garner, Doreen	W65 Throwers Club	22.60m	38.50m 50.01% 3.00kg

W70 Hammer Throw Masters

Name	Age Team	Finals	Age-Grading
4 Green, Lucille	W70 Throwers Club	J13.21m	25.31m 32.87% 3.00kg

W35 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Mullings, Sheree	W37 Jamcan Int.	19.67m	20.89m 28.62% 600g
2 Norman, Chantell	W36 Jamcan Int.	18.02m	19.13m 26.22% 600g

W45 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Friday, Alicia	W45 Unattached Ontario	16.64m	20.76m 28.44% 600g

W50 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Easton, Leah	W54 Throwers Club	15.62m	20.53m 28.13% 500g

W55 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Neilson, Ana Maria	W57 Unattached Ontario	29.84m	43.21m 59.19% 500g

W60 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Dabrowski, Barbara	W62 Throwers Club	30.95m	49.88m 68.34% 500g
2 Brady, Janet	W64 Unattached Ontario	16.40m	26.43m 36.21% 500g
3 Jardine, Ellen	W63 Throwers Club	15.12m	24.37m 33.38% 500g
-- Blacker-Thomson, Patrici	W63 Unattached Ontario	FOUL	500g

W70 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Miklos Den Iseger, Joann	W73 Unattached Ontario	14.77m	31.00m 42.47% 500g

W35 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Norman, Chantell	W36 Jamcan Int.	6.37m	6.95m 29.48% 9.08kg

W50 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Easton, Leah	W54 Throwers Club	8.33m	9.84m 41.73% 7.26kg

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2 Baptie, Michelle W52 Athletiques Int. 7.93m 9.37m 39.73% 7.26kg

W60 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Jardine, Ellen	W63 Throwers Club	9.04m	10.94m 46.38% 5.45kg

W65 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Garner, Doreen (old MR 10.77 Cheryl Closkey BC 2013)	W65 Throwers Club	10.78m	14.29m 60.56% 5.45kg MR

W70 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Green, Lucille	W70 Throwers Club	7.09m	10.39m 44.06% 5.45kg

W30 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Schneider, Amanda	W30 Ontario Racewalkers	31:08.79	31:08.80 63.52%

W40 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Smetana, Blanka	W44 Toronto RW	30:48.78	29:39.46 66.71%
2 Francis, Nadine	W43 Ontario Racewalkers	36:57.43	35:34.28 55.62%

W55 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Cashman, Kitty	W58 Toronto RW	32:05.46	27:07.21 72.95%
2 Slovitt, Nicky	W59 Ontario Racewalkers	33:26.04	28:15.31 70.02%

W65 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Kozell, Kris	W66 Ontario Racewalkers	30:55.49	23:16.82 84.98%
2 Melville, Rita	W69 Thames Athletics	35:00.92	26:21.58 75.05%

W85 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Horne, Jean (no previous MR)	W86 Ontario Racewalkers	45:10.90	23:59.76 82.44% MR

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M30 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Lau, Manly	M30 Uni. Toronto TC	12.16	-2.9	12.17 80.51%	9
2 Ignacio, Kevin	M32 Unattached Ontario	12.17	-2.9	12.18 80.44%	9
3 Kerebel, Nicolas	M34 Uni. Toronto TC	12.19	-2.9	12.20 80.31%	9
4 Davidescu, Paul	M30 Uni. Toronto TC	12.62	-2.9	12.63 77.58%	9
5 Uppal, Shaurya	M32 Unattached Ontario	12.88	-2.9	12.89 76.01%	9

M35 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Silla, Jay	M36 Unattached Ontario	12.32	-1.9	12.16 80.52%	8
2 Ogata, Kensaku	M37 Unattached	12.57	-1.9	12.41 78.92%	8
3 Primeau, David	M36 A.T.P. Athlétisme	12.69	-1.9	12.53 78.17%	8
4 Wrobel, Chris	M38 The Gazelles	12.87	-1.9	12.71 77.08%	8
5 Parkes, Dustin	M38 Unattached Ontario	14.20	-1.9	14.02 69.86%	8

M40 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Mitchell, Andre	M42 Unattached Ontario	12.42	-1.7	11.90 82.29%	7
2 Eniojukan, Sunday	M44 The Gazelles	12.99	-1.7	12.45 78.68%	7
3 O'Connell, Stephen	M44 Uni. Toronto TC	13.14	-1.7	12.59 77.78%	7
4 Uda, Thomas	M40 Uni. Toronto TC	13.74	-1.7	13.17 74.38%	7
5 Maclachlan, Joel	M43 Unattached Ontario	14.35	-1.7	13.75 71.22%	7
6 Colford, Jonathan	M41 Unattached Ontario	15.80	-1.7	15.14 64.68%	7

M45 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 John, Nigel	M46 Jamcan Int.	12.23	-3.2	11.36 86.18%	6
2 Gibbons, Obrian	M48 Uni. Windsor AC	12.32	-3.2	11.45 85.55%	6
3 Foubert, Jason	M49 Unattached Ontario	12.45	-3.2	11.57 84.66%	6
4 Samuel, Dale	M47 Jamcan Int.	13.01	-3.2	12.09 81.01%	6
5 Beechey, Matt	M48 Jamcan Int.	13.33	-3.2	12.38 79.07%	6
6 Perna, Giovanni	M45 Unattached Ontario	13.47	-3.2	12.51 78.25%	6
7 Banga, Kris	M46 Unattached Ontario	14.00	-3.2	13.01 75.29%	6

M50 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Warburton, Christopher	M53 Variety Village	11.93	-2.1	10.74 91.20%	5
2 Williams, David	M53 Etobicoke Track	12.30	-2.1	11.07 88.46%	5
3 Hinds, Kasper	M50 Unattached Ontario	12.91	-2.1	11.62 84.28%	5

M55 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Kudo, Ken	M56 Jamcan Int.	12.85	-2.1	11.19 87.55%	5
2 Lee Foon, Mike	M58 Jamcan Int.	12.89	-2.1	11.23 87.28%	5
3 Nasato, Robert	M58 Jamcan Int.	13.35	-2.1	11.63 84.27%	5
4 Baptiste, Joseph	M58 Jamcan Int.	13.65	-2.1	11.89 82.42%	5

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5 Lee, Paul	M59 Unattached Ontario	14.97	-2.1	13.04	75.15%	5
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M60 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Blenman, Grantley	M62 The Gazelles	13.27	-1.1	11.17 87.72%	2
2 Varone, John	M60 Jamcan Int.	13.77	-1.0	11.59 84.53%	1
3 Hazen, Ward	M64 Laurel Creek T.F.C.	13.97	-1.1	11.76 83.32%	2
4 Gagne, Wayne	M64 Muskoka	14.25	-1.0	11.99 81.68%	1
5 Arnfield, Spencer	M60 Jamcan Int.	14.31	-1.1	12.05 81.34%	2
6 Urch, Bruce	M64 Throwers Club	15.12	-1.1	12.73 76.98%	2
7 Sye, Glen	M60 Unattached Ontario	18.54	-1.0	15.60 62.78%	1

M65 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Hehar, Manmohan	M69 Unattached Ontario	14.31	0.1	11.61 84.35%	4
2 Cilevitz, Ralph	M65 Jamcan Int.	15.39	0.1	12.49 78.43%	4
3 Deputter, John	M66 Unattached Ontario	16.06	0.1	13.03 75.16%	4

M70 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Lech, Ryszard	M71 Jamcan Int.	14.25	0.1	11.09 88.28%	4
2 Patterson, Darrell	M73 Unattached Ontario	16.55	0.1	12.88 76.01%	4

M75 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Morris, Mike	M78 Unattached Ontario	15.97	-0.9	11.84 82.72%	3
2 Evans, Peter	M77 Unattached Ontario	16.09	-0.9	11.93 82.10%	3
3 Makkar, Sardar	M76 Unattached Ontario	17.50	-0.9	12.97 75.49%	3
4 Tams, Peter	M79 Unattached Ontario	19.04	-0.9	14.11 69.38%	3

M80 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Cassidy, Bob	M80 Unattached Ontario	23.82	-0.9	16.60 58.98%	3

M90 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Gill, Vattan	M92 Unattached Ontario	31.09	-0.9	17.84 54.91%	3

M30 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Lau, Manly	M30 Uni. Toronto TC	24.17	1.4	24.18 79.93%	8
2 Davidescu, Paul	M30 Uni. Toronto TC	24.68	1.4	24.69 78.28%	8
3 Uppal, Shaurya	M32 Unattached Ontario	26.19	1.4	26.20 73.77%	8

M35 200 Meter Dash Masters

Ontario Master Athletics Outdoor Championships**Varsity Stadium - 2019-06-22 to 2019-06-23****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Primeau, David	M36	A.T.P. Athlétisme	25.65	1.4	25.24 76.57%	8
2 Wrobel, Chris	M38	The Gazelles	25.90	1.4	25.48 75.83%	8
3 Debono, Allan	M35	Unattached Ontario	26.95	1.4	26.52 72.88%	8

M40 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Morgan, Otis	M43	Jamcan Int.	23.73	3.1	22.63 85.38%	7
2 Mitchell, Andre	M42	Unattached Ontario	24.73	3.1	23.59 81.92%	7
3 Eniojukan, Sunday	M44	The Gazelles	26.10	3.1	24.89 77.62%	7
4 O'Connell, Stephen	M44	Uni. Toronto TC	26.35	3.1	25.13 76.89%	7
5 Meikle, Supa D.A.	M42	Jamcan Int.	27.11	3.1	25.86 74.73%	7
6 Colford, Jonathan	M41	Unattached Ontario	31.74	3.1	30.27 63.83%	7

M45 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 John, Nigel	M46	Jamcan Int.	23.96	1.6	22.13 87.31%	6
2 Gibbons, Obrian	M48	Uni. Windsor AC	24.43	1.6	22.57 85.63%	6
3 Burnside, Andy	M47	Unattached Ontario	25.22	1.6	23.30 82.95%	6
4 Farr, Kevin	M49	Uni. Windsor AC	25.55	1.6	23.60 81.88%	6
5 Mason, Alex-Bobbie	M47	Uni. Toronto TC	25.60	1.6	23.65 81.72%	6
6 Samuel, Dale	M47	Jamcan Int.	26.64	1.6	24.61 78.53%	6

M50 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Warburton, Christopher	M53	Variety Village	24.32	1.1	21.73 88.94%	5
2 Reid, Richard	M50	Jamcan Int.	25.48	1.1	22.77 84.89%	5
3 Kerr, Steve	M54	Jamcan Int.	26.70	1.1	23.86 81.01%	5
4 Simoes, Magno Ronan	M50	Unattached Ontario	26.78	1.1	23.93 80.77%	5
5 De Chellis, Marco	M54	Unattached Ontario	31.43	1.1	28.08 68.82%	5

M55 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Lee Foon, Mike	M58	Jamcan Int.	26.92	2.5	23.25 83.14%	4
2 Baptiste, Joseph	M58	Jamcan Int.	28.03	2.5	24.20 79.84%	4
3 Payne, Scott	M59	Unattached Ontario	28.29	2.5	24.43 79.11%	4

M60 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Lam, Tom	M60	Unattached Ontario	36.12	1.0	30.10 64.20%	3

M65 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Hehar, Manmohan	M69	Unattached Ontario	29.56	2.2	23.67 81.63%	2
2 Cilevitz, Ralph	M65	Jamcan Int.	36.72	2.2	29.41 65.71%	2
3 Wolf, Celso	M69	Unattached	56.41	2.2	45.17 42.78%	2

M70 200 Meter Dash Masters

Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Lech, Ryszard	M71 Jamcan Int.	30.88	2.2	23.60 81.87%	2

M75 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Morris, Mike	M78 Unattached Ontario	33.51	2.2	24.18 79.92%	2
2 Evans, Peter	M77 Unattached Ontario	34.75	2.2	25.08 77.06%	2
3 Makkar, Sardar	M76 Unattached Ontario	37.15	1.1	26.81 72.09%	5
4 Goodstadt, Michael	M79 Uni. Toronto TC	44.36	2.2	32.01 60.37%	2

M90 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Gill, Vattan (no previous MR0)	M92 Unattached Ontario	1:05.09	0.5	34.05 56.74%	MR

M29&U 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Berson, Matan	M29 Unattached Ontario	55.15	55.16 78.30%	5

M30 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Kerebel, Nicolas	M34 Uni. Toronto TC	53.62	53.63 80.53%	5
2 Davidescu, Paul	M30 Uni. Toronto TC	54.11	54.12 79.80%	5

M35 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
-- Miller, Ainsley	M37 Unattached Ontario	DQ		5 163.3

M40 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Mitchell, Andre	M42 Unattached Ontario	56.02	52.41 82.40%	4
2 Costa, Chris	M40 Unattached Ontario	57.60	53.88 80.14%	4

M45 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Farr, Kevin	M49 Uni. Windsor AC	57.11	51.71 83.51%	4
2 Kapitain, Sean	M49 Unattached Ontario	1:00.86	55.11 78.36%	4
3 Byrne, Louis	M47 Toronto Olympic	1:03.85	57.81 74.69%	4

M50 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
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Ontario Master Athletics Outdoor Championships**Varsity Stadium - 2019-06-22 to 2019-06-23****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Graenert, Mirco	M50 Newmarket	56.79	49.72	86.86%	3
2	Simoese, Magno Ronan	M50 Unattached Ontario	59.84	52.39	82.44%	3

M55 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Williams, Freddie	M57 Toronto Olympic	1:03.71	53.87 80.18%	3
2 Payne, Scott	M59 Unattached Ontario	1:04.39	54.44 79.33%	3
-- Chapman, Ric	M58 Unattached Ontario	DNF		3

M60 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Millward, Steven	M63 Niagara Olympic	1:05.22	53.19 81.20%	2
2 Gagne, Wayne	M64 Muskoka	1:05.80	53.66 80.49%	2
3 Mohamed, Rafeek	M64 Unattached Ontario	1:10.68	57.64 74.93%	2

M65 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Stoyan, Tom	M68 York Uni. T.F.C.	1:30.49	1:10.91 60.89%	2
-- Wolf, Celso	M69 Unattached	DNF		2

M75 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Mackie, Chris	M78 Unattached Ontario	1:24.53	59.04 73.15%
2 Goodstadt, Michael	M79 Uni. Toronto TC	1:44.55	1:13.02 59.14%
3 Sekhon, Pritam	M75 Unattached Ontario	2:47.16	1:56.75 36.99%

M90 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Gill, Vattan	M92 Unattached Ontario	2:48.25	1:15.47 57.22%

M30 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Mannozi, Michael	M33 Unattached Ontario	2:41.00	2:41.01 62.80%	4

M35 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Hammond, Adam	M38 Uni. Toronto TC	2:05.84	2:04.80 81.02%	4
		1:02.0229 (1:02.0229)		
2 Debono, Allan	M35 Unattached Ontario	2:24.23	2:23.04 70.69%	4
		1:04.9693 (1:04.9693)		

Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M40 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Mirco, Sheldon 1:02.0020 (1:02.0020)	M43 Unattached Ontario	2:06.50	2:00.94 83.60%	4
2 Tepper, Dave 1:02.3984 (1:02.3984)	M44 Newmarket	2:07.83	2:02.21 82.73%	4
3 Chalabi, Youb 1:04.3874 (1:04.3874)	M43 Unattached Ontario	2:23.61	2:17.30 73.64%	4
4 Morgan, Otis 1:15.0320 (1:15.0320)	M43 Jamcan Int.	2:29.09	2:22.54 70.94%	4
5 Colford, Jonathan 1:26.8211 (1:26.8211)	M41 Unattached Ontario	2:59.20	2:51.32 59.02%	4
6 Kong, Ben 1:36.0765 (1:36.0765)	M43 Jamcan Int.	3:29.60	3:20.38 50.46%	4
-- Costa, Chris 1:03.1302 (1:03.1302)	M40 Unattached Ontario	DNF		4

M45 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Brecher, Jay 1:10.5055 (1:10.5055)	M45 Uni. Toronto TC	2:08.44	1:58.21 85.54%	3
2 Paraiso, Jean-Emile 1:10.5055 (1:10.5055)	M46 Longboat RR	2:22.50	2:11.15 77.10%	3
3 Koppel, Aivar	M49 Unattached	2:22.86	2:11.48 76.91%	3
4 Banga, Kris	M46 Unattached Ontario	2:59.81	2:45.48 61.10%	3

M50 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Dyck, Jim 1:02.8527 (1:02.8527)	M53 Toronto Harriers	2:07.13	1:52.48 89.90%	3
2 Graenert, Mirco 1:03.7909 (1:03.7909)	M50 Newmarket	2:08.41	1:53.61 89.00%	3
3 Desroche, Curtis 1:08.8018 (1:08.8018)	M51 Unattached Ontario	2:22.55	2:06.12 80.18%	3
4 Xu, Jianping 1:22.4236 (1:22.4236)	M53 Dundas Valley	2:41.79	2:23.14 70.64%	3

M55 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Peat, Geoffrey 1:04.3070 (1:04.3070)	M55 Newmarket	2:14.84	1:54.48 88.32%	2
2 Deighan, Chris 1:07.2897 (1:07.2897)	M59 Newmarket	2:17.44	1:56.69 86.65%	2
3 Cunliffe, Bill 1:18.0588 (1:18.0588)	M59 Durham Dragons	2:38.15	2:14.27 75.30%	2

M60 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Mohamed, Rafeek 1:21.2833 (1:21.2833)	M64 Unattached Ontario	2:41.62	2:11.45 76.92%	2

Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
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2	Hutchinson, Brent	M62 Brantford T.F.C.	2:44.12	2:13.48	75.75%	2
	1:20.7888 (1:20.7888)					
3	Walsh, Patrick	M63 Uni. Toronto TC	2:49.16	2:17.58	73.49%	2
	1:22.0570 (1:22.0570)					
4	Farr, Anthony	M64 Uni. Toronto TC	2:55.85	2:23.02	70.70%	2
	1:25.2979 (1:25.2979)					

M65 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Clarke, John	M67 Unattached Ontario	2:48.41	2:10.96 77.21%
	1:23.1204 (1:23.1204)		
2 Williams, David	M68 Unattached	2:57.61	2:18.11 73.21%
	1:27.9895 (1:27.9895)		
3 Stoyan, Tom	M68 York Uni. T.F.C.	3:34.53	2:46.82 60.61%
	1:45.6749 (1:45.6749)		

M75 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Mackie, Chris	M78 Unattached Ontario	3:03.95	2:07.37 79.39%
	1:27.5740 (1:27.5740)		
2 Goodstadt, Michael	M79 Uni. Toronto TC	4:34.20	3:09.86 53.26%
	2:14.0940 (2:14.0940)		

M80 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Taivassalo, Keijo	M80 Uni. Toronto TC	3:24.06	2:08.18 78.89%
	1:43.1468 (1:43.1468)		

M90 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Fee, Earl	M90 Unattached Ontario	3:34.93	1:36.68104.59% WR
	1:45.6468 (1:45.6468)	2:56.2477 (1:10.6009)	
	(old WR 3:39.07 Toshio Kamehama JPN 2015, old CAN 5:07.40 Harry Thompson BC 2013)		
2 Gill, Vattan	M92 Unattached Ontario	6:00.26	2:42.05 62.40%

M40 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Tepper, Dave	M44 Newmarket	4:31.19	4:18.15 79.80% 2
	54.9338 (54.9338)	2:06.5838 (1:11.6500)	3:20.1754 (1:13.5916)

M45 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Koppel, Aivar	M49 Unattached	4:50.79	4:25.35 77.63% 2
	59.7704 (59.7704)	2:18.5013 (1:18.7309)	3:36.7804 (1:18.2791)

Ontario Master Athletics Outdoor Championships
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...M45 1500 Meter Run Masters

2	Lopez-Bravo, Pedro	M49	Newmarket	4:58.44	4:32.33	75.64%	2
	1:00.5104 (1:00.5104)		2:20.1546 (1:19.6442)		3:39.7671 (1:19.6125)		
3	Byrne, Louis	M47	Toronto Olympic	5:18.60	4:50.73	70.86%	2
	1:00.1754 (1:00.1754)		2:20.4663 (1:20.2909)		3:47.5296 (1:27.0633)		
4	McLean, John (patrick)	M48	Newmarket	5:21.02	4:52.94	70.32%	2
	1:02.9496 (1:02.9496)		2:29.4788 (1:26.5292)		3:57.6246 (1:28.1458)		

M55 1500 Meter Run Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Cunliffe, Bill	M59	Durham Dragons	5:14.17	4:21.93	78.65% 2
	1:03.2696 (1:03.2696)		2:28.3863 (1:25.1167)		3:52.4513 (1:24.0650)
2 Blair, Robert	M55	Newmarket	5:20.45	4:27.16	77.11% 2
	1:03.9354 (1:03.9354)		2:30.2079 (1:26.2725)		3:58.0054 (1:27.7975)
3 Forner, Lino	M58	Unattached	5:34.59	4:38.95	73.85% 2
	1:03.7079 (1:03.7079)		2:30.0213 (1:26.3134)		4:00.7996 (1:30.7783)

M60 1500 Meter Run Masters

Name	Age	Team	Finals	Age-Grading
1 Hutchinson, Brent	M62	Brantford T.F.C.	5:42.96	4:32.28 75.66%
	1:06.5076 (1:06.5076)		2:40.1776 (1:33.6700)	4:15.0476 (1:34.8700)
2 Freemantle, James	M60	Newmarket	5:48.39	4:36.59 74.48%
	1:09.3018 (1:09.3018)		2:44.8443 (1:35.5425)	4:17.7160 (1:32.8717)
3 Mohamed, Rafeek	M64	Unattached Ontario	5:48.58	4:36.74 74.44%
	1:08.3385 (1:08.3385)		2:44.8368 (1:36.4983)	4:22.1985 (1:37.3617)
4 Walsh, Patrick	M63	Uni. Toronto TC	5:50.62	4:38.36 74.01%
	1:04.6501 (1:04.6501)		2:38.1126 (1:33.4625)	4:17.0785 (1:38.9659)
5 Farr, Anthony	M64	Uni. Toronto TC	5:53.58	4:40.71 73.39%
	1:07.8518 (1:07.8518)		2:44.3768 (1:36.5250)	4:21.4885 (1:37.1117)

M65 1500 Meter Run Masters

Name	Age	Team	Finals	Age-Grading
1 Clarke, John	M67	Unattached Ontario	5:32.03	4:09.99 82.41%
	1:03.6460 (1:03.6460)		2:33.4718 (1:29.8258)	4:03.7393 (1:30.2675)
2 Hamilton, Ken	M69	Newmarket	5:47.01	4:21.27 78.85%
	1:04.1743 (1:04.1743)		2:33.8393 (1:29.6650)	4:08.8568 (1:35.0175)
3 Williams, David	M68	Unattached	6:01.61	4:32.26 75.66%
	1:08.7643 (1:08.7643)		2:45.2710 (1:36.5067)	4:23.0185 (1:37.7475)

M75 1500 Meter Run Masters

Name	Age	Team	Finals	Age-Grading
1 Mackie, Chris	M78	Unattached Ontario	6:14.24	4:05.36 83.96%
	1:10.4460 (1:10.4460)		2:51.3493 (1:40.9033)	4:33.2310 (1:41.8817)
2 Pannu, Gurbachan	M78	Unattached Ontario	11:51.14	7:46.23 44.19%
	1:51.5901 (1:51.5901)		5:08.6926 (3:17.1025)	8:43.3426 (3:34.6500)

M80 1500 Meter Run Masters

Name	Age	Team	Finals	Age-Grading
1 Taivassalo, Keijo	M80	Uni. Toronto TC	6:57.64	4:07.25 83.32%
	1:17.7785 (1:17.7785)		3:10.4793 (1:52.7008)	5:06.5643 (1:56.0850)

Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
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M30 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Throop, Brandon	M32 Unattached Ontario	17:34.79	17:34.80 71.77% 2
36.7519 (36.7519)	1:56.6169 (1:19.8650)	3:20.0889 (1:23.4720)	
4:43.4339 (1:23.3450)	6:06.9269 (1:23.4930)	7:31.3899 (1:24.4630)	
8:56.8999 (1:25.5100)	10:23.0519 (1:26.1520)	11:49.5769 (1:26.5250)	
13:16.5739 (1:26.9970)	14:44.5879 (1:28.0140)	16:12.4859 (1:27.8980)	

M40 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Diaz, Brenton	M43 Unattached Ontario	19:22.73	18:42.16 67.46% 2
46.1069 (46.1069)	2:19.7879 (1:33.6810)	3:53.6579 (1:33.8700)	
5:26.5569 (1:32.8990)	6:58.6969 (1:32.1400)	8:32.2319 (1:33.5350)	
10:05.8129 (1:33.5810)	11:40.0099 (1:34.1970)	13:14.4659 (1:34.4560)	
14:49.6379 (1:35.1720)	16:25.0929 (1:35.4550)	17:58.3989 (1:33.3060)	
2 Kong, Ben	M43 Jamcan Int.	28:30.74	27:31.04 45.85% 2
1:07.2369 (1:07.2369)	3:19.9959 (2:12.7590)	5:29.4909 (2:09.4950)	
7:41.6339 (2:12.1430)	9:55.9609 (2:14.3270)	12:10.6229 (2:14.6620)	
14:30.4169 (2:19.7940)	16:50.4229 (2:20.0060)	19:09.7039 (2:19.2810)	
21:30.4359 (2:20.7320)	23:53.5319 (2:23.0960)	26:17.3789 (2:23.8470)	

M45 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Lopez-Bravo, Pedro	M49 Newmarket	17:31.73	16:18.32 77.38% 2
40.6499 (40.6499)	2:05.0369 (1:24.3870)	3:29.3389 (1:24.3020)	
4:52.6109 (1:23.2720)	6:16.7349 (1:24.1240)	7:40.6389 (1:23.9040)	
9:05.2459 (1:24.6070)	10:31.3499 (1:26.1040)	11:56.5759 (1:25.2260)	
13:21.9659 (1:25.3900)	14:47.4069 (1:25.4410)	16:12.0199 (1:24.6130)	
2 Mawani, Zohrab	M48 Longboat RR	18:52.47	17:33.43 71.86% 2
43.0429 (43.0429)	2:11.3229 (1:28.2800)	3:40.0149 (1:28.6920)	
5:09.0969 (1:29.0820)	6:39.2199 (1:30.1230)	8:08.0169 (1:28.7970)	
9:38.9559 (1:30.9390)	11:10.9259 (1:31.9700)	12:45.3389 (1:34.4130)	
14:19.4969 (1:34.1580)	15:53.2199 (1:33.7230)	17:25.9659 (1:32.7460)	

M50 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Orosz, Laszlo	M51 Unattached Ontario	17:22.34	15:33.21 81.12% 2
36.4239 (36.4239)	1:53.0149 (1:16.5910)	3:13.8209 (1:20.8060)	
4:37.0979 (1:23.2770)	6:01.1969 (1:24.0990)	7:27.3469 (1:26.1500)	
8:52.6969 (1:25.3500)	10:17.7979 (1:25.1010)	11:43.5259 (1:25.7280)	
13:08.7509 (1:25.2250)	14:35.1029 (1:26.3520)	16:00.8749 (1:25.7720)	

M55 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Madott, Anthony	M58 Unattached Ontario	20:45.42	17:51.56 70.64% 2
51.0219 (51.0219)	2:29.4469 (1:38.4250)	4:05.4469 (1:36.0000)	
5:43.3279 (1:37.8810)	7:24.2979 (1:40.9700)	9:03.4629 (1:39.1650)	
10:43.1129 (1:39.6500)	12:22.8239 (1:39.7110)	14:02.5429 (1:39.7190)	
15:44.6699 (1:42.1270)	17:24.4359 (1:39.7660)	19:06.5269 (1:42.0910)	

Ontario Master Athletics Outdoor Championships**Varsity Stadium - 2019-06-22 to 2019-06-23****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

2	Yakabowich, Jay	M57 Unattached Ontario	23:50.97	20:31.21	61.48%	2
	58.7129 (58.7129)		3:00.6879 (2:01.9750)	4:59.2579 (1:58.5700)		
	6:54.1389 (1:54.8810)		8:48.6889 (1:54.5500)	10:44.0299 (1:55.3410)		
	12:39.6279 (1:55.5980)		14:34.0869 (1:54.4590)	16:27.5039 (1:53.4170)		
	18:21.2529 (1:53.7490)		20:14.6249 (1:53.3720)	22:06.0709 (1:51.4460)		
3	Kooistra, Edward	M58 Unattached Ontario	26:40.24	22:56.85	54.98%	2
	1:06.6059 (1:06.6059)		3:19.1819 (2:12.5760)	5:28.2659 (2:09.0840)		
	7:35.1759 (2:06.9100)		9:42.3739 (2:07.1980)	11:48.4049 (2:06.0310)		
	13:53.8399 (2:05.4350)		16:00.8189 (2:06.9790)	18:07.4709 (2:06.6520)		
	20:16.0649 (2:08.5940)		22:25.0449 (2:08.9800)	24:33.4849 (2:08.4400)		
--	Berresford, Brian	M55 Unattached Ontario	DNF			2
	55.4999 (55.4999)		2:50.3399 (1:54.8400)	4:46.3369 (1:55.9970)		
	6:45.7529 (1:59.4160)		8:48.1449 (2:02.3920)	10:45.9609 (1:57.8160)		
	12:45.6179 (1:59.6570)					

M60 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Kagan, Ryszard	M60 Unattached Ontario	19:03.71	15:44.14 80.18%
2 Freemantle, James	M60 Newmarket	21:14.15	17:31.82 71.97%
3 Farr, Anthony	M64 Uni. Toronto TC	22:26.30	18:31.38 68.11%

M65 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Clarke, John	M67 Unattached Ontario	20:31.94	16:12.25 77.86%
2 Hamilton, Ken	M69 Newmarket	21:38.17	17:04.52 73.89%

M80 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Taivassalo, Keijo	M80 Uni. Toronto TC	22:53.27	14:30.38 86.97%
2 Geddes, Jack	M81 Unattached Ontario	28:16.14	17:55.02 70.42%

M45 100 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Negoita, Ovidiu 0.991m	M47 Jamcan Int.	21.94	-0.5	21.95 58.84%	4 110m

M50 100 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Folkes, Shawn 0.914m	M50 Jamcan Int.	17.88	-2.4	17.18 75.17%	2

M55 100 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ritchie, Donald 0.914m	M57 Jamcan Int.	22.86	-2.4	21.10 61.20%	2

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M60 100 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Hazen, Ward 0.840m	M64 Laurel Creek T.F.C.	18.41	-0.7	16.60 77.84%	3
2 Urch, Bruce 0.840m	M64 Throwers Club	22.00	-0.7	19.83 65.14%	3

M65 100 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Cilevitz, Ralph 0.840m	M65 Jamcan Int.	24.02	-0.7	20.75 62.24%	3

M70 100 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Lech, Ryszard 0.762m	M71 Jamcan Int.	14.79	-2.7	14.80 87.29%	80m

M60 300 Long Hurdles Masters

Name	Age Team	Finals	Age-Grading
1 Urch, Bruce	M64 Throwers Club	1:00.23	1:00.24 77.67% 0.762m

M70 300 Long Hurdles Masters

Name	Age Team	Finals	Age-Grading
1 Lech, Ryszard	M71 Jamcan Int.	54.49	54.50 85.85% 0.686m

M30 400 Long Hurdles Masters

Name	Age Team	Finals	Age-Grading
1 Kerebel, Nicolas (old MR 1:04.91 Bryan Lambert 2003)	M34 Uni. Toronto TC	1:01.89	1:01.90 75.59% 0.914m MR

M55 400 Long Hurdles Masters

Name	Age Team	Finals	Age-Grading
1 Baldamus, Steve	M58 Unattached Ontario	2:48.71	2:19.83 33.45% 0.840m

M60 2000 Meter Steeplechase Masters

Name	Age Team	Finals	Age-Grading
1 Kleinosky, Matthew	M61 Unattached Ontario	9:11.88	11:09.93 70.70%

M75 2000 Meter Steeplechase Masters

Name	Age Team	Finals	Age-Grading
-- Sekhon, Pritam	M75 Unattached Ontario	DQ	169.7a

Ontario Master Athletics Outdoor Championships
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M50 3000 Meter Steeplechase Masters

Name	Age Team	Finals	Age-Grading
1 Geohagen, Niegel	M51 Jamcan Int.	15:10.45	12:41.96 62.16%

M55 3000 Meter Steeplechase Masters

Name	Age Team	Finals	Age-Grading
1 Baldamus, Steve	M58 Unattached Ontario	19:54.17	15:58.33 49.42%

M30 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Nishida, Raphael	M30 The Gazelles	1.30m	1.30m 53.06%

M45 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Negoita, Ovidiu	M47 Jamcan Int.	1.60m	1.76m 72.07%
2 Beechey, Matt	M48 Jamcan Int.	1.40m	1.54m 63.06%

M50 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Folkes, Shawn	M50 Jamcan Int.	1.55m	1.80m 73.46%
2 Hinds, Kasper	M50 Unattached Ontario	1.50m	1.74m 71.09%

M55 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Ritchie, Donald	M57 Jamcan Int.	1.55m	1.90m 77.50%

M60 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Urch, Bruce	M64 Throwers Club	1.28m	1.66m 68.09%

M65 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Cilevitz, Ralph	M65 Jamcan Int.	1.25m	1.73m 70.62%
2 Wright, Paul	M65 Unattached Ontario	1.20m	1.66m 67.80%
3 Williams, David	M68 Unattached	1.05m	1.45m 59.32%

M70 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Mayer, Jean-Pierre	M71 Throwers Club	1.30m	1.92m 78.79%

M75 High Jump Masters

Name	Age Team	Finals	Age-Grading
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Ontario Master Athletics Outdoor Championships
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1 Tams, Peter	M79 Unattached Ontario	1.00m	1.59m	64.94%
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M50 Pole Vault Masters

Name	Age Team	Finals	Age-Grading
1 White, Paul	M52 Dorchester PV	3.05m	3.74m 61.00%

M55 Pole Vault Masters

Name	Age Team	Finals	Age-Grading
1 Ritchie, Donald	M57 Jamcan Int.	2.75m	3.62m 59.01%

M60 Pole Vault Masters

Name	Age Team	Finals	Age-Grading
1 Magerkurth, Brian	M61 Unattached	3.32m	4.72m 77.03%
2 Urch, Bruce	M64 Throwers Club	2.45m	3.48m 56.84%

M65 Pole Vault Masters

Name	Age Team	Finals	Age-Grading
1 Simpson, Bruce (old MR 2.90 Stan Egerton 1995)	M69 Bolton Pole Vault	3.05m	4.71m 76.83% MR

M30 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Kerebel, Nicolas	M34 Uni. Toronto TC	5.32m	2.0	5.32m 59.44%	2

M35 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ogata, Kensaku	M37 Unattached	5.66m	0.2	5.83m 65.21%	2

M40 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 O'Connell, Stephen	M44 Uni. Toronto TC	4.75m	+0.0	5.17m 57.86%	2
2 Uda, Thomas	M40 Uni. Toronto TC	4.71m	1.1	5.13m 57.37%	2

M45 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 John, Nigel (old CAN 6.25 Jason Robinson ON 2016, old MR 6.18 George Pachovsky 1990)	M46 Jamcan Int.	6.35m	+0.0	7.33m 81.94%	2 CAN MR
2 Negoita, Ovidiu	M47 Jamcan Int.	5.33m	-1.1	6.15m 68.77%	2
3 Munro, Lenroy	M49 Unattached Ontario	5.07m	+0.0	5.85m 65.42%	2
4 Pontes, Jack	M47 Jamcan Int.	5.01m	1.8	5.78m 64.65%	2
5 Beechey, Matt	M48 Jamcan Int.	4.31m	0.7	4.97m 55.61%	2

Ontario Master Athletics Outdoor Championships
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M50 Long Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Hinds, Kasper	M50	Unattached Ontario	4.68m	0.2	5.74m 64.29%	2

M55 Long Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 McWhinney, Dennis	M57	Unattached Ontario	5.41m	+0.0	7.09m 79.33%
2 Nasato, Robert	M58	Jamcan Int.	4.65m	+0.0	6.10m 68.18%
3 Ritchie, Donald	M57	Jamcan Int.	3.99m	+0.0	5.23m 58.50%

M60 Long Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 Urch, Bruce	M64	Throwers Club	4.22m	+0.0	5.94m 66.35%
2 Baldsing, Bryan	M61	Jamcan Int.	3.86m	2.3	5.43m 60.69%
3 Arnfield, Spencer	M60	Jamcan Int.	3.70m	1.1	5.20m 58.18%

M65 Long Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 Cilevitz, Ralph	M65	Jamcan Int.	4.16m	0.7	6.31m 70.63%

M70 Long Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 Mayer, Jean-Pierre	M71	Throwers Club	4.13m	0.7	6.80m 76.06%

M75 Long Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 Makkar, Sardar	M76	Unattached Ontario	3.47m	1.6	6.25m 69.82%
2 Tams, Peter	M79	Unattached Ontario	2.35m	1.7	4.23m 47.28%

M35 Triple Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 Wrobel, Chris	M38	The Gazelles	10.42m	NWI	10.49m 57.38%

M40 Triple Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 Younker, Jonathan	M44	Unattached Ontario	11.74m	NWI	12.48m 68.26%

M45 Triple Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 Munro, Lenroy	M49	Unattached Ontario	10.96m	NWI	12.35m 67.53%
2 Negoita, Ovidiu	M47	Jamcan Int.	10.81m	NWI	12.18m 66.61%

Ontario Master Athletics Outdoor Championships**Varsity Stadium - 2019-06-22 to 2019-06-23****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

3 Pontes, Jack M47 Jamcan Int. 10.40m NWI 11.72m 64.08%

M55 Triple Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 McWhinney, Dennis	M57	Unattached Ontario	10.56m	NWI	13.51m 73.90%
2 Nasato, Robert	M58	Jamcan Int.	9.83m	NWI	12.57m 68.79%
3 Ritchie, Donald	M57	Jamcan Int.	7.78m	NWI	9.95m 54.44%

M65 Triple Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 Cilevitz, Ralph	M65	Jamcan Int.	7.49m	NWI	11.08m 60.60%
2 Spleit, Oswin	M66	Unattached Ontario	7.31m	NWI	10.81m 59.14%

M70 Triple Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 Mayer, Jean-Pierre	M71	Throwers Club	8.17m	NWI	13.11m 71.73%

M75 Triple Jump Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 Makkar, Sardar	M76	Unattached Ontario	5.94m	NWI	10.42m 57.01%
2 Pannu, Gurbachan	M78	Unattached Ontario	3.12m	NWI	5.47m 29.94%
-- Sekhon, Pritam	M75	Unattached Ontario	ND	NWI	

M30 Shot Put Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Nishida, Raphael	M30	The Gazelles	7.44m	7.44m 32.18%	2 7.26kg
2 Ashmeade, Milton	M33	Jamcan Int.	7.13m	7.13m 30.84%	2 7.26kg

M35 Shot Put Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Norman, Jermaine	M35	Jamcan Int.	7.95m	8.24m 35.67%	2 7.26kg

M40 Shot Put Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Evans, Russ	M41	Unattached Ontario	9.43m	10.50m 45.42%	2 7.26kg
2 Clark, Kyle	M41	Unattached Ontario	7.90m	8.79m 38.05%	2 7.26kg

M45 Shot Put Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Negoita, Ovidiu	M47	Jamcan Int.	9.13m	10.97m 47.48%	2 7.26kg

M50 Shot Put Masters

Name	Age	Team	Finals	Age-Grading	H#
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1	Czekajlo, Rafal	M53	Unattached	10.76m	12.61m	54.54%	2	6.00kg
2	Folkes, Shawn	M50	Jamcan Int.	10.36m	12.14m	52.51%	2	6.00kg
3	Sethukavalar, Manoharan	M54	Unattached Ontario	9.10m	10.66m	46.12%	2	6.00kg
4	McNaughton, Desmond	M51	Jamcan Int.	8.24m	9.65m	41.76%	2	6.00kg
5	Delyea, Tim	M54	Throwers Club	7.33m	8.59m	37.15%	2	6.00kg

M55 Shot Put Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Yoisten, Danny	M59	Unattached Ontario	12.25m	15.56m 67.31%	2 6.00kg
2 Ritchie, Donald	M57	Jamcan Int.	10.01m	12.71m 55.00%	2 6.00kg

M60 Shot Put Masters

Name	Age	Team	Finals	Age-Grading
1 Virk, Sukhwinder	M61	Unattached Ontario	10.74m	13.40m 57.99% 5.00kg
2 Dabrowa, Jerzy	M61	Unattached Ontario	9.67m	12.07m 52.21% 5.00kg
3 Shervington Iv, W Jeffrey	M63	Unattached Ontario	9.43m	11.77m 50.92% 5.00kg
4 Cheema, Harbans	M64	Unattached Ontario	9.42m	11.75m 50.86% 5.00kg

M65 Shot Put Masters

Name	Age	Team	Finals	Age-Grading
1 Wyroba, Jerzy	M69	Unattached Ontario	10.08m	13.71m 59.33% 5.00kg
2 Zowkewych, Peter	M68	Uni. Toronto TC	10.06m	13.68m 59.21% 5.00kg

M70 Shot Put Masters

Name	Age	Team	Finals	Age-Grading
1 Mayer, Jean-Pierre	M71	Throwers Club	12.65m	16.19m 70.08% 4.00kg
2 Pullen, Brock	M70	Throwers Club	9.75m	12.48m 54.02% 4.00kg
3 Johnston, Frank	M71	Brockville	8.74m	11.19m 48.42% 4.00kg
4 Mischler, Robert	M72	Unattached Ontario	8.27m	10.59m 45.82% 4.00kg
5 Wilson, Bruce	M70	Athletics Niagara	7.38m	9.45m 40.89% 4.00kg

M75 Shot Put Masters

Name	Age	Team	Finals	Age-Grading
1 Jacobs, Moe	M75	Throwers Club	9.03m	12.63m 54.66% 4.00kg
2 McColeman, Gary	M77	Throwers Club	6.58m	9.20m 39.83% 4.00kg
3 Sekhon, Pritam	M75	Unattached Ontario	5.36m	7.50m 32.45% 4.00kg
4 Pannu, Gurbachan	M78	Unattached Ontario	5.21m	7.29m 31.54% 4.00kg

M80 Shot Put Masters

Name	Age	Team	Finals	Age-Grading
1 Sumner, James	M80	Unattached Ontario	8.24m	12.40m 53.65% 3.00kg

M30 Discus Throw Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Nishida, Raphael	M30	The Gazelles	20.12m	20.12m 27.16%	3 2.00kg

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M40 Discus Throw Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Evans, Russ	M41	Unattached Ontario	29.47m	32.45m 43.82%	3 2.00kg

M45 Discus Throw Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Beechey, Matt	M48	Jamcan Int.	25.16m	30.31m 40.92%	3 2.00kg
2 Negoita, Ovidiu	M47	Jamcan Int.	22.34m	26.91m 36.34%	3 2.00kg

M50 Discus Throw Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Forshaw, Eric	M50	Unattached Ontario	51.02m	52.13m 70.37%	3 CAN MR
(old CAN 50.01 Dan Parsons AB 2018, old MR 48.21 Don Bailey USA 2010)					
2 Czekajlo, Rafal	M53	Unattached	34.03m	34.77m 46.94%	3 1.50kg
3 Sethukavalar, Manoharan	M54	Unattached Ontario	31.70m	32.39m 43.72%	3 1.50kg
4 Burggraf, Scott	M51	Kingston Track	29.06m	29.69m 40.08%	3 1.50kg
5 Delyea, Tim	M54	Throwers Club	17.91m	18.30m 24.70%	3 1.50kg

M55 Discus Throw Masterst

Name	Age	Team	Finals	Age-Grading	H#
1 Yoisten, Danny	M59	Unattached Ontario	35.12m	38.99m 52.64%	3 1.50kg
2 Ritchie, Donald	M57	Jamcan Int.	32.02m	35.55m 47.99%	3 1.50kg
3 Baldamus, Steve	M58	Unattached Ontario	14.49m	16.08m 21.72%	3 1.50kg

M60 Discus Throw Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Shervington Iv, W Jeffre	M63	Unattached Ontario	33.34m	35.43m 47.83%	2 1.00kg
2 Arnfield, Spencer	M60	Jamcan Int.	29.62m	31.48m 42.50%	2 1.00kg
3 Dabrowa, Jerzy	M61	Unattached Ontario	28.86m	30.67m 41.41%	2 1.00kg
4 Cheema, Harbans	M64	Unattached Ontario	28.82m	30.62m 41.35%	2 1.00kg
5 St-Pierre, Peter	M60	Throwers Club	27.07m	28.77m 38.84%	2 1.00kg
6 Urch, Bruce	M64	Throwers Club	26.56m	28.22m 38.11%	2 1.00kg
7 Virk, Sukhwinder	M61	Unattached Ontario	26.10m	27.73m 37.45%	2 1.00kg

M65 Discus Throw Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Pearson, William	M66	Throwers Club	33.43m	38.90m 52.51%	2 1.00kg
2 Cilevitz, Ralph	M65	Jamcan Int.	27.72m	32.25m 43.54%	2 1.00kg
3 Wright, Paul	M65	Unattached Ontario	27.60m	32.11m 43.36%	2 1.00kg

M70 Discus Throw Masters

Name	Age	Team	Finals	Age-Grading	H#
1 Mayer, Jean-Pierre	M71	Throwers Club	40.37m	51.59m 69.65%	2 1.00kg
2 Pullen, Brock	M70	Throwers Club	32.79m	41.90m 56.57%	2 1.00kg
3 Wilson, Bruce	M70	Athletics Niagara	18.86m	24.10m 32.54%	2 1.00kg

M75 Discus Throw Masters

Ontario Master Athletics Outdoor Championships
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Name	Age Team	Finals	Age-Grading
1 Jacobs, Moe	M75 Throwers Club	27.01m	38.71m 52.25% 1.00kg
2 Tams, Peter	M79 Unattached Ontario	19.60m	28.09m 37.92% 1.00kg
3 Sekhon, Pritam	M75 Unattached Ontario	12.56m	18.00m 24.30% 1.00kg

M80 Discus Throw Masters

Name	Age Team	Finals	Age-Grading
1 Sumner, James	M80 Unattached Ontario	18.78m	30.87m 41.68% 1.00kg

M30 Hammer Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Nishida, Raphael (no previous MR)	M30 The Gazelles	11.30m	11.30m 13.03%	2 7.26kg MR

M45 Hammer Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Pontes, Jack	M47 Jamcan Int.	11.80m	14.62m 16.86%	2 7.26kg

M50 Hammer Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Sethukavalar, Manoharan	M54 Unattached Ontario	30.19m	35.81m 41.29%	2 6.00kg
2 Sumner, Dave	M50 Unattached Ontario	20.35m	24.14m 27.83%	2 6.00kg
3 Delyea, Tim	M54 Throwers Club	18.72m	22.20m 25.61%	2 6.00kg

M55 Hammer Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Rohonczy, Imre	M55 Unattached Ontario	31.72m	41.69m 48.07%	2 6.00kg

M60 Hammer Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Dabrowa, Jerzy	M61 Unattached Ontario	23.40m	30.61m 35.29%	2 5.00kg

M65 Hammer Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Pearson, William	M66 Throwers Club	27.38m	40.12m 46.27%	2 5.00kg
2 Cilevitz, Ralph	M65 Jamcan Int.	18.22m	26.70m 30.79%	2 5.00kg

M70 Hammer Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Zaitchouk, Boris (old MR 45.48 Emil Muller 2006)	M71 Unattached Ontario	47.83m	69.46m 80.09%	4.00kg MR
2 Pullen, Brock	M70 Throwers Club	32.00m	46.47m 53.58%	4.00kg
3 Wilson, Bruce	M70 Athletics Niagara	21.96m	31.89m 36.77%	4.00kg

Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M80 Hammer Throw Masters

Name	Age Team	Finals	Age-Grading
1 Sumner, James	M80 Unattached Ontario	23.81m	44.41m 51.20% 3.00kg

M35 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading H#
1 Norman, Jermaine	M35 Jamcan Int.	21.16m	21.42m 21.76% 3 800g

M40 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading H#
1 Evans, Russ	M41 Unattached Ontario	34.01m	36.94m 37.51% 3 800g

M45 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading H#
1 Shaikh, Sharaz	M47 Athletiques Int.	48.85m	57.23m 58.11% 3 800g
2 Negoita, Ovidiu	M47 Jamcan Int.	21.77m	25.50m 25.90% 3 800g

M50 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading H#
1 Burggraf, Scott	M51 Kingston Track	34.91m	42.86m 43.52% 3 700g
2 Folkes, Shawn	M50 Jamcan Int.	33.19m	40.75m 41.38% 3 700g
3 Muir, Robert	M51 Ottawa Lions T.F.C.	28.30m	34.74m 35.28% 3 700g
4 White, Paul	M52 Dorchester PV	24.49m	30.06m 30.53% 3 700g
5 Geohagen, Niegel	M51 Jamcan Int.	20.97m	25.74m 26.14% 3 700g

M55 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading H#
1 Ritchie, Donald	M57 Jamcan Int.	31.87m	42.64m 43.30% 2 700g
2 Baldamus, Steve	M58 Unattached Ontario	19.09m	25.54m 25.94% 2 700g

M60 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading H#
1 St-Pierre, Peter	M60 Throwers Club	35.87m	50.72m 51.50% 2 600g
2 Arnfield, Spencer	M60 Jamcan Int.	26.76m	37.83m 38.42% 2 600g
3 Shervington Iv, W Jeffre	M63 Unattached Ontario	26.70m	37.75m 38.33% 2 600g
4 Urch, Bruce	M64 Throwers Club	24.99m	35.33m 35.88% 2 600g

M65 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading H#
1 Finkbeiner, Michael	M65 Sisu Throws Club	31.61m	49.37m 50.13% 2 600g
2 Cilevitz, Ralph	M65 Jamcan Int.	24.98m	39.01m 39.62% 2 600g
3 Spleit, Oswin	M66 Unattached Ontario	24.87m	38.84m 39.44% 2 600g
4 Wright, Paul	M65 Unattached Ontario	22.99m	35.91m 36.46% 2 600g

Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M70 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Pullen, Brock (old MR 35.10 Ian Hume 1987)	M70 Throwers Club	37.55m	63.08m 64.06% 500g MR
2 Peters, James	M71 Unattached Ontario	27.35m	45.95m 46.66% 500g
3 Mayer, Jean-Pierre	M71 Throwers Club	27.20m	45.69m 46.40% 500g
4 Mischler, Robert	M72 Unattached Ontario	21.56m	36.22m 36.78% 500g
5 Wilson, Bruce	M70 Athletics Niagara	18.85m	31.66m 32.16% 500g

M75 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Makkar, Sardar	M76 Unattached Ontario	14.64m	27.71m 28.14% 500g
2 McColeman, Gary	M77 Throwers Club	13.95m	26.41m 26.82% 500g
-- Sekhon, Pritam	M75 Unattached Ontario	FOUL	500g

M80 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Sumner, James	M80 Unattached Ontario	19.44m	40.73m 41.36% 400g
2 Staveley, Bob	M84 Ottawa Lions T.F.C.	17.51m	36.68m 37.26% 400g

M30 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Ashmeade, Milton (old MR 5.48 Jermaine Norman 2018)	M33 Jamcan Int.	7.18m	7.18m 27.76% 15.88kg MR
2 Nishida, Raphael	M30 The Gazelles	6.58m	6.58m 25.44% 15.88kg

M35 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Norman, Jermaine	M35 Jamcan Int.	6.54m	6.67m 25.80% 15.88kg

M40 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Clark, Kyle	M41 Unattached Ontario	7.74m	8.43m 32.62% 15.88kg

M45 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Negoita, Ovidiu	M47 Jamcan Int.	6.55m	7.66m 29.62% 15.88kg
2 Pontes, Jack	M47 Jamcan Int.	5.63m	6.58m 25.46% 15.88kg

M50 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Sethukavalar, Manoharan	M54 Unattached Ontario	11.78m	12.35m 47.77% 11.34kg

Ontario Master Athletics Outdoor Championships**Varsity Stadium - 2019-06-22 to 2019-06-23****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

2 Delyea, Tim M54 Throwers Club 7.13m 7.47m 28.91% 11.34kg

M60 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Dabrowa, Jerzy	M61 Unattached Ontario	9.04m	9.42m 36.44% 9.08kg

M65 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Cilevitz, Ralph	M65 Jamcan Int.	9.29m	10.36m 40.06% 9.08kg

M70 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Pullen, Brock	M70 Throwers Club	12.11m	13.81m 53.42% 7.26kg
2 Wilson, Bruce	M70 Athletics Niagara	7.13m	8.13m 31.45% 7.26kg

M75 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Pannu, Gurbachan	M78 Unattached Ontario	5.95m	7.31m 28.27% 7.26kg
2 Sekhon, Pritam	M75 Unattached Ontario	5.78m	7.10m 27.46% 7.26kg

M80 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Sumner, James	M80 Unattached Ontario	9.44m	12.31m 47.60% 5.45kg

The Pentathlon was held on June 15th as part of the AO Combined Events Championships**M45 200 Meter Dash Masters Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Beechey, Matt	M48 Jamcan Int.	26.97	-0.8	24.91 77.57%	614
2 Plum, Gary	M49 Newmarket	27.93	-0.8	25.80 74.90%	540

M50 200 Meter Dash Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Dechellis, Matthew	M51 Unattached Ontario	28.24	-0.8	25.23 76.59%	587
2 De Chellis, Marco	M54 Unattached Ontario	30.67	-0.8	27.41 70.52%	418

M55 200 Meter Dash Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Ritchie, Donald	M57 Jamcan Int.	29.61	-0.8	25.57 75.58%	559

M60 200 Meter Dash Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
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Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

1 Urch, Bruce	M64 Throwers Club	31.53	-0.8	26.28	73.55%	502
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M65 200 Meter Dash Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points	
1 Cilevitz, Ralph	M65 Jamcan Int.	36.04	-0.8	28.86	66.95% 320

M45 1500 Meter Run Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading Points		
1 Pluim, Gary	M49 Newmarket	5:03.15	4:36.63	74.47%	702
2 Beechey, Matt	M48 Jamcan Int.	6:00.96	5:29.38	62.54%	402

M50 1500 Meter Run Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading Points		
1 Dechellis, Matthew	M51 Unattached Ontario	6:34.23	5:44.21	59.85%	332
2 De Chellis, Marco	M54 Unattached Ontario	7:58.98	6:58.20	49.26%	77

M55 1500 Meter Run Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading Points		
1 Ritchie, Donald	M57 Jamcan Int.	7:05.01	5:54.34	58.14%	288

M60 1500 Meter Run Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading Points		
1 Urch, Bruce	M64 Throwers Club	6:32.75	5:11.81	66.07%	494

M65 1500 Meter Run Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading Points		
-- Cilevitz, Ralph	M65 Jamcan Int.	DNF			

M45 Long Jump Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points	
1 Beechey, Matt	M48 Jamcan Int.	4.77m	-1.4	5.50m	61.55% 481
2 Pluim, Gary	M49 Newmarket	4.14m	-3.4	4.78m	53.42% 341

M50 Long Jump Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points	
1 Dechellis, Matthew	M51 Unattached Ontario	4.45m	-2.6	5.46m	61.13% 473
2 De Chellis, Marco	M54 Unattached Ontario	3.64m	-2.4	4.47m	50.00% 285

M55 Long Jump Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points	
1 Ritchie, Donald	M57 Jamcan Int.	4.41m	-1.9	5.78m	64.66% 540

Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M60 Long Jump Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Urch, Bruce	M64 Throwers Club	3.94m	-2.5	5.54m 61.95%	490

M65 Long Jump Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Cilevitz, Ralph	M65 Jamcan Int.	3.63m	-0.5	5.51m 61.63%	483

M45 Discus Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Beechey, Matt	M48 Jamcan Int.	23.98m	28.89m 39.00%	443
2 Plum, Gary	M49 Newmarket	16.62m	20.02m 27.03%	272

M50 Discus Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Dechellis, Matthew	M51 Unattached Ontario	20.67m	21.12m 28.51%	293
2 De Chellis, Marco	M54 Unattached Ontario	19.59m	20.01m 27.02%	272

M55 Discus Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Ritchie, Donald	M57 Jamcan Int.	29.80m	33.08m 44.66%	525

M60 Discus Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Urch, Bruce	M64 Throwers Club	25.25m	26.83m 36.23%	402

M65 Discus Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Cilevitz, Ralph	M65 Jamcan Int.	25.16m	29.27m 39.52%	450

M45 Javelin Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Beechey, Matt	M48 Jamcan Int.	28.40m	33.27m 33.79%	345
2 Plum, Gary	M49 Newmarket	23.61m	27.66m 28.09%	266

M50 Javelin Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 De Chellis, Marco	M54 Unattached Ontario	27.63m	33.92m 34.45%	355
2 Dechellis, Matthew	M51 Unattached Ontario	19.73m	24.22m 24.60%	219

M55 Javelin Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

1 Ritchie, Donald	M57 Jamcan Int.	37.33m	49.94m	50.72%	588
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M60 Javelin Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Urch, Bruce	M64 Throwers Club	24.65m	34.85m 35.39%	368

M65 Javelin Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Cilevitz, Ralph	M65 Jamcan Int.	20.64m	32.23m 32.74%	331

M45 Outdoor Pentathlon Masters

Name	Age Team	Finals	H#
1 Beechey, Matt	M48 Jamcan Int.	2285	
2 Plum, Gary	M49 Newmarket	2121	

M50 Outdoor Pentathlon Masters

Name	Age Team	Finals	H#
1 Dechellis, Matthew	M51 Unattached Ontario	1904	
2 De Chellis, Marco	M54 Unattached Ontario	1407	

M55 Outdoor Pentathlon Masters

Name	Age Team	Finals	H#
1 Ritchie, Donald	M57 Jamcan Int.	2500	

M60 Outdoor Pentathlon Masters

Name	Age Team	Finals	H#
1 Urch, Bruce	M64 Throwers Club	2256	

M65 Outdoor Pentathlon Masters

Name	Age Team	Finals	H#
1 Cilevitz, Ralph	M65 Jamcan Int.	1584	

Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M30 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Mannozzi, Michael	M33 Unattached Ontario	25:14.68	25:14.69 71.14%

M50 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Xu, Jianping	M53 Dundas Valley	25:42.00	22:30.64 79.78%
-- Geohagen, Niegel	M51 Jamcan Int.	DQ	230.7a

M55 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
-- Tarnawski, Janusz	M59 Unattached Ontario	DQ	230.7a

M70 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Genik-Sas-Berezowski, Mi	M70 Ontario Racewalkers	38:08.40	27:20.79 65.68%

M75 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
-- Sekhon, Pritam	M75 Unattached Ontario	DQ	230.7a

W35 4x100 Meter Relay Masters

Team	Finals
1 Jamcan International Athletics 'A'	58.76
1) King, Debbie 43	2) Powell, Jennifer 48
3) Thompson, Marsha 47	4) Mullings, Sheree 37

M45 4x100 Meter Relay Masters

Team	Finals
1 Jamcan International Athletics 'A'	52.27
1) Nasato, Robert 58	2) Lee Foon, Mike 58
3) Baptiste, Joseph 58	4) Kudo, Ken 56

M55 4x100 Meter Relay Masters

Team	Finals
1 Jamcan International Athletics 'A'	50.87
1) Samuel, Dale 47	2) Beechey, Matt 48
3) Pontes, Jack 47	4) John, Nigel 46

M60 4x100 Meter Relay Masters

Team	Finals
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Ontario Master Athletics Outdoor Championships
Varsity Stadium - 2019-06-22 to 2019-06-23
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

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=====
1 Jamcan International Athletics 'A' 57.83
  1) Baldsing, Bryan 61          2) Arnfield, Spencer 60
  3) Cilevitz, Ralph 65         4) Varone, John 60
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M40 4x400 Meter Relay Masters

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=====
Team                                     Finals
=====
1 Jamcan International Athletics 'A' 4:28.99
  1) Pontes, Jack 47                2) Folkes, Shawn 50
  3) Samuel, Dale 47              4) Morgan, Otis 43
  1:07.5319 (1:07.5319)          2:12.9301 (1:05.3982)          3:26.2819 (1:13.3518)
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M45 4x400 Meter Relay Masters

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Team                                     Finals
=====
1 Jamcan International Athletics 'A' 4:29.01
  1) Baptiste, Joseph 58           2) John, Nigel 46
  3) Kerr, Steve 54               4) Reid, Richard 50
  1:06.4401 (1:06.4401)          2:05.0301 (58.5900)          3:24.5428 (1:19.5127)
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Combined Team Scores - Masters - 40 Events Scored

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1) JAMCAN International Athle 860      2) Throwers Club 475
3) University of Toronto T.C. 410      4) Newmarket Huskies Track C 136
5) The Gazelles 106                   6) Variety Village Athletic 102
7) Ontario Racewalkers 76             8) Ultimate Body Sprint Club 46
9) Longboat Roadrunners 36            9) Ottawa Lions T.F.C. 36
11) Thames Athletics Club 34           12) Athletics Niagara 33
13) U Windsor Athletic Club 32        14) Toronto Olympic Club 26
14) Etobicoke Track & Field Cl 26     16) Brantford T.F.C. 20
16) Kingston Track & Field Clu 20     16) Toronto Race Walkers 20
16) Physi-Kult Kingston 20           16) York University T.F.C. 20
21) Athletiques International 18      22) Laurel Creek T.F.C. 16
22) Durham Dragons Athletics 16       22) Dundas Valley Track Club 16
25) Dorchester Pole Vault Club 15     26) Muskoka Algonquin Runners 13
27) SISU Throws Club 10               27) Toronto Harriers 10
27) Niagara Olympic Club 10           27) Bolton Pole Vault 10
31) Brockville Legion Track Cl 6
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