

**OMA Indoor Championships - 2020-03-08**  
**Toronto Track and Field Centre**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M29&U 60 Meter Dash Masters**

| Name                   | Age | Team               | Finals | Age-Grading | H# | Alternate |
|------------------------|-----|--------------------|--------|-------------|----|-----------|
| 1 Whyte, Damar         | M28 | Unattached         | X7.12  | 7.13 89.75% | 9  |           |
| 2 Helman, Alex         | M26 | Centro Scuola      | X7.21  | 7.22 88.63% | 9  |           |
| 3 Jackson, Kejean      | M22 | Unattached Ontario | X7.30  | 7.31 87.53% | 9  |           |
| 4 Oubda, Jean-Philippe | M23 | Mississauga T.F.C. | X7.76  | 7.77 82.35% | 9  | 7.753     |

**M30 60 Meter Dash Masters**

| Name                  | Age | Team               | Finals | Age-Grading | H# | Alternate |
|-----------------------|-----|--------------------|--------|-------------|----|-----------|
| 1 Wagner, Christopher | M34 | Unattached Ontario | 7.80   | 7.81 81.92% | 8  | 7.797     |
| 2 Berson, Matan       | M30 | Uni. Toronto TC    | 7.80   | 7.81 81.92% | 8  | 7.800     |
| 3 Ashmeade, Milton    | M34 | Jamcan             | 8.48   | 8.49 75.35% | 8  |           |

**M35 60 Meter Dash Masters**

| Name                       | Age | Team             | Finals | Age-Grading | H# | Alternate |
|----------------------------|-----|------------------|--------|-------------|----|-----------|
| 1 Gbaguidi, Alexandre      | M38 | Perfmax-Racing   | X7.40  | 7.30 87.57% | 8  |           |
| 2 Mitchell, Franklyn       | M37 | Jamcan           | 7.67   | 7.57 84.49% | 8  |           |
| 3 Uc Estrada, Gerardo Ivan | M37 | Unattached       | X7.85  | 7.74 82.55% | 8  |           |
| 4 McDowall, Matthew        | M38 | Hamilton Olympic | 7.88   | 7.77 82.23% | 8  |           |

**M40 60 Meter Dash Masters**

| Name               | Age | Team                | Finals | Age-Grading | H# | Alternate |
|--------------------|-----|---------------------|--------|-------------|----|-----------|
| 1 Ryan, Dree       | M41 | Unattached Ontario  | 7.35   | 7.04 90.88% | 7  |           |
| 2 Mirco, Sheldon   | M43 | Unattached Ontario  | 8.01   | 7.67 83.40% | 7  |           |
| 3 Cunningham, Neil | M41 | Ottawa Lions T.F.C. | 8.04   | 7.70 83.08% | 7  |           |
| 4 Uda, Thomas      | M41 | Uni. Toronto TC     | 8.10   | 7.76 82.47% | 7  |           |
| 5 Balaban, Michael | M41 | Burlington Track    | 8.19   | 7.84 81.56% | 7  |           |
| 6 Fraser, Lucas    | M41 | Variety Village     | 8.33   | 7.98 80.19% | 7  |           |

**M45 60 Meter Dash Masters**

| Name                       | Age | Team               | Finals | Age-Grading | H# | Alternate |
|----------------------------|-----|--------------------|--------|-------------|----|-----------|
| 1 John, Nigel              | M47 | Jamcan             | 7.58   | 7.04 90.90% | 6  |           |
| 2 Scatliffe, Joseph        | M47 | National Capital   | 7.76   | 7.20 88.79% | 6  | 7.760     |
| 3 Perryman, Ellis          | M48 | Unattached         | X7.99  | 7.42 86.23% | 6  |           |
| 4 Sithamparapillai, Arulra | M46 | United Tamil       | 8.09   | 7.51 85.17% | 6  |           |
| 5 Beechey, Matt            | M49 | Invictus AC        | 8.13   | 7.55 84.75% | 6  |           |
| 6 Chartrand, Glenn         | M47 | Unattached Ontario | 8.21   | 7.62 83.92% | 6  |           |
| 7 Yap, Michael             | M49 | Unattached Ontario | 8.43   | 7.83 81.73% | 6  |           |
| 8 Brown, Geoff (joff)      | M48 | Unattached Ontario | 8.72   | 8.09 79.01% | 6  |           |

**M50 60 Meter Dash Masters**

| Name                     | Age | Team            | Finals | Age-Grading | H# | Alternate |
|--------------------------|-----|-----------------|--------|-------------|----|-----------|
| 1 Warburton, Christopher | M54 | Variety Village | 7.50   | 6.74 94.80% | 5  |           |
| 2 Palmer, Richard        | M52 | Jamcan          | 7.87   | 7.08 90.34% | 5  |           |
| 3 Robinson, Paul         | M54 | Jamcan          | 8.45   | 7.60 84.14% | 5  |           |
| 4 Popescu, Cristian      | M50 | Saint-Jean      | X9.15  | 8.23 77.70% | 5  |           |

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**M55 60 Meter Dash Masters**

| Name  | Age Team                      | Finals      | Age-Grading        | Alternate     |
|---|-------------------------------|-------------|--------------------|---------------|
| <b>1 Hart, Milton</b><br>(MR 7.75 Kerry Smith 2011) | <b>M55 Unattached Ontario</b> | <b>7.75</b> | <b>6.74 94.84%</b> | <b>MR Tie</b> |
| 2 Faucher, Serge                                    | M55 Ottawa Lions T.F.C.       | 8.00        | 6.96 91.88%        |               |
| 3 Kudo, Ken   | M57 Jamcan                    | 8.03        | 6.99 91.53%        |               |
| 4 Lee Foon, Mike                                    | M59 Jamcan                    | 8.18        | 7.12 89.85%        |               |
| 5 Nasato, Robert                                    | M59 Jamcan                    | 8.19        | 7.13 89.74%        |               |
| 6 Ubang, Jaib                                       | M59 Jamcan                    | 8.40        | 7.31 87.50%        |               |
| 7 Neufeld, Lesley                                   | M59 Unattached Ontario        | 8.49        | 7.39 86.57%        |               |

**M55 60 Meter Dash Masters - Semi**

| Name              | Age Team                | Finals | Age-Grading | H# | Alternate |
|-------------------|-------------------------|--------|-------------|----|-----------|
| 1 Hart, Milton    | M55 Unattached Ontario  | X7.93  | 6.90 92.69% | 4  |           |
| 2 Kudo, Ken       | M57 Jamcan              | X8.02  | 6.98 91.65% | 4  |           |
| 3 Faucher, Serge  | M55 Ottawa Lions T.F.C. | X8.07  | 7.02 91.08% | 4  |           |
| 4 Nasato, Robert  | M59 Jamcan              | X8.12  | 7.07 90.52% | 3  |           |
| 5 Lee Foon, Mike  | M59 Jamcan              | X8.28  | 7.20 88.77% | 4  |           |
| 6 Neufeld, Lesley | M59 Unattached Ontario  | X8.32  | 7.24 88.34% | 3  |           |
| 7 Ubang, Jaib     | M59 Jamcan              | X8.46  | 7.36 86.88% | 3  |           |
| 8 Sarjeant, Val   | M59 Unattached          | X9.85  | 8.57 74.62% | 4  |           |
| -- Yap, Andrew    | M58 Unattached          | XDNF   |             | 4  |           |

**M60 60 Meter Dash Masters**

| Name                | Age Team       | Finals | Age-Grading | H# | Alternate |
|---------------------|----------------|--------|-------------|----|-----------|
| 1 Varone, John      | M61 Jamcan     | 8.73   | 7.34 87.06% | 3  |           |
| 2 Arnfield, Spencer | M60 Jamcan     | 8.97   | 7.54 84.73% | 3  |           |
| 3 Barker, Russ      | M62 Unattached | X11.24 | 9.45 67.62% | 3  |           |

**M65 60 Meter Dash Masters**

| Name              | Age Team           | Finals | Age-Grading | H# | Alternate |
|-------------------|--------------------|--------|-------------|----|-----------|
| 1 Gagne, Wayne    | M65 Muskoka Algon. | 8.87   | 7.19 88.95% | 2  |           |
| 2 Spleit, Oswin   | M67 Unattached     | X9.33  | 7.56 84.57% | 2  |           |
| 3 Cilevitz, Ralph | M66 Jamcan         | 9.92   | 8.04 79.54% | 2  |           |
| 4 Thompson, John  | M69 Sundown AC     | 11.15  | 9.04 70.76% | 2  |           |

**M70 60 Meter Dash Masters**

| Name             | Age Team               | Finals | Age-Grading | Alternate |
|------------------|------------------------|--------|-------------|-----------|
| 1 Morley, Robert | M72 Unattached Ontario | 9.07   | 7.05 90.63% |           |
| 2 Lech, Ryszard  | M72 Jamcan             | 9.26   | 7.20 88.77% |           |

**M75 60 Meter Dash Masters**

| Name           | Age Team               | Finals | Age-Grading | Alternate |
|----------------|------------------------|--------|-------------|-----------|
| 1 Morris, Mike | M79 Unattached Ontario | 9.63   | 7.13 89.72% |           |

**M80 60 Meter Dash Masters**

| Name | Age Team | Finals | Age-Grading | Alternate |
|------|----------|--------|-------------|-----------|
|------|----------|--------|-------------|-----------|

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|   |             |     |                    |       |       |        |  |
|---|-------------|-----|--------------------|-------|-------|--------|--|
| 1 | Tams, Peter | M80 | Unattached Ontario | 11.23 | 7.82  | 81.75% |  |
| 2 | Sharma, Dev | M84 | Unattached Ontario | 11.81 | 8.22  | 77.73% |  |
| 3 | Lamb, Ted   | M84 | Unattached Ontario | 15.60 | 10.86 | 58.85% |  |

**W29&U 60 Meter Dash Masters**

| Name   | Age                | Team | Finals             | Age-Grading | H#   | Alternate      |
|--------|--------------------|------|--------------------|-------------|------|----------------|
| Finals |                    |      |                    |             |      |                |
| 1      | Williams, Jordanne | W29  | Unattached Ontario | X7.99       | 8.00 | 86.61% 6       |
| 2      | Palmer, Megan      | W26  | Burlington Track   | X8.40       | 8.41 | 82.38% 6       |
| 3      | Blom, Stephanie    | W23  | Unattached Ontario | X8.86       | 8.87 | 78.10% 6 8.860 |
| 4      | Pedrero, Ana Adrea | W28  | Uni. Toronto TC    | X9.13       | 9.14 | 75.79% 6 9.130 |

**W30 60 Meter Dash Masters**

| Name | Age                 | Team | Finals          | Age-Grading | H#   | Alternate      |
|------|---------------------|------|-----------------|-------------|------|----------------|
| 1    | Suchowiecka, Paula  | W30  | Unattached      | X8.00       | 8.01 | 86.50% 6       |
| 2    | Pedrero, AnaClaudia | W31  | Uni. Toronto TC | 8.43        | 8.44 | 82.09% 6 8.430 |

**W35 60 Meter Dash Masters**

| Name | Age              | Team | Finals          | Age-Grading | H#   | Alternate      |
|------|------------------|------|-----------------|-------------|------|----------------|
| 1    | Reyes, Lorena    | W36  | Jamcan          | 8.23        | 8.14 | 85.05% 5       |
| 2    | Caesar, Latasha  | W36  | Variety Village | 8.43        | 8.34 | 83.04% 5 8.421 |
| 3    | Mullings, Sheree | W38  | Jamcan          | 8.53        | 8.44 | 82.06% 5       |
| 4    | Blake, Keneisha  | W35  | Jamcan          | 9.42        | 9.32 | 74.31% 5       |

**W40 60 Meter Dash Masters**

| Name                             | Age            | Team                   | Finals             | Age-Grading | H#            | Alternate      |
|----------------------------------|----------------|------------------------|--------------------|-------------|---------------|----------------|
| <b>1 Beckles, Khama</b>          | <b>W44</b>     | <b>Variety Village</b> | <b>8.43</b>        | <b>8.05</b> | <b>86.12%</b> | <b>5 MR</b>    |
| (old MR 8.46 Latoya Austin 2003) |                |                        |                    |             |               |                |
| 2                                | King, Debbie   | W44                    | Jamcan             | 9.13        | 8.71          | 79.52% 5 9.121 |
| 3                                | Gariffe, Tanya | W42                    | Unattached Ontario | 9.86        | 9.41          | 73.63% 5 9.854 |

**W45 60 Meter Dash Masters**

| Name | Age                  | Team | Finals             | Age-Grading | H#   | Alternate      |
|------|----------------------|------|--------------------|-------------|------|----------------|
| 1    | Garfunkel, Violeta   | W46  | Uni. Toronto TC    | 8.62        | 7.92 | 87.35% 4       |
| 2    | Lefebvre, Marcia     | W48  | Unattached         | X8.86       | 8.14 | 84.99% 4 8.854 |
| 3    | Fontaine, Paule      | W48  | Sherbrooke         | X8.95       | 8.23 | 84.13% 4       |
| 4    | Thompson, Marsha     | W48  | Jamcan             | 9.07        | 8.34 | 83.02% 4       |
| 5    | Viggers, Tracy       | W48  | Unattached Ontario | 9.14        | 8.40 | 82.39% 4       |
| 6    | Rozendaal, Christina | W49  | Unattached Ontario | 9.69        | 8.91 | 77.71% 4       |
| 7    | Bonhomme, Diane      | W48  | Variety Village    | 9.96        | 9.15 | 75.60% 4       |
| 8    | Santarossa, Sonia    | W48  | Uni. Toronto TC    | 10.02       | 9.21 | 75.15% 4       |

**W50 60 Meter Dash Masters**

| Name | Age            | Team | Finals             | Age-Grading | H#   | Alternate |
|------|----------------|------|--------------------|-------------|------|-----------|
| 1    | Ross, Beverley | W52  | Unattached         | X9.52       | 8.41 | 82.25% 3  |
| 2    | Duarte, Maria  | W51  | Jamcan             | 9.73        | 8.60 | 80.47% 3  |
| 3    | Loucks, Kairy  | W53  | Unattached Ontario | 9.79        | 8.65 | 79.98% 3  |

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|   |                     |                        |       |      |        |   |       |
|---|---------------------|------------------------|-------|------|--------|---|-------|
| 4 | Robarts, Carolyn    | W50 Variety Village    | 9.86  | 8.72 | 79.41% | 3 | 9.855 |
| 5 | Hargreaves, Valerie | W53 Unattached         | X9.90 | 8.75 | 79.09% | 3 |       |
| 6 | Oswald, Carrie      | W52 Unattached Ontario | 9.94  | 8.79 | 78.77% | 3 |       |
| 7 | Lankin, Laura       | W51 Variety Village    | 10.96 | 9.69 | 71.44% | 3 |       |

**W55 60 Meter Dash Masters**

| Name               | Age Team               | Finals | Age-Grading | H# | Alternate |
|--------------------|------------------------|--------|-------------|----|-----------|
| 1 Rozario, Theresa | W55 Variety Village    | 9.55   | 8.11 85.45% | 2  |           |
| 2 Maxwell, Janine  | W58 Unattached Ontario | 10.70  | 9.08 76.26% | 2  |           |
| 3 Melvin, Wendy    | W59 Uni. Toronto TC    | 11.07  | 9.39 73.71% | 2  |           |
| 4 Wyatt, Cheryl    | W56 Unattached Ontario | 11.73  | 9.95 69.57% | 2  |           |

**W60 60 Meter Dash Masters**

| Name                   | Age Team                | Finals | Age-Grading | Alternate |
|------------------------|-------------------------|--------|-------------|-----------|
| 1 Alexis, Wendy        | W64 Ottawa Lions T.F.C. | 8.77   | 7.14 97.04% |           |
| 2 Macherzynska, Renata | W61 Uni. Toronto TC     | 9.51   | 7.74 89.48% |           |
| 3 Chedore, Janice      | W63 Thames Athletics    | 10.33  | 8.40 82.38% |           |
| 4 Brown, Joanne        | W63 Unattached Ontario  | 11.22  | 9.13 75.85% |           |

**W65 60 Meter Dash Masters**

| Name   | Age Team                   | Finals      | Age-Grading        | Alternate     |
|--|----------------------------|-------------|--------------------|---------------|
| <b>1 Del Grande, Karla</b>   | <b>W66 Variety Village</b> | <b>8.91</b> | <b>6.94 99.89%</b> | <b>CAN MR</b> |
| (old CAN 9.03 Carol Lafayette-Boyd 2010, old MR 10.02 Doreen Carmichael) |                            |             |                    |               |

**W80 60 Meter Dash Masters**

| Name          | Age Team               | Finals | Age-Grading  | Alternate |
|---------------|------------------------|--------|--------------|-----------|
| 1 Lamb, Agnes | W84 Unattached Ontario | 16.17  | 10.37 66.79% |           |

**M29&U 200 Meter Dash Masters**

| Name              | Age Team               | Finals | Age-Grading  | H# | Alternate |
|-------------------|------------------------|--------|--------------|----|-----------|
| 1 Jackson, Kejean | M22 Unattached Ontario | X23.41 | 23.42 82.53% | 12 |           |

**M30 200 Meter Dash Masters**

| Name            | Age Team            | Finals | Age-Grading  | H# | Alternate |
|-----------------|---------------------|--------|--------------|----|-----------|
| 1 Berson, Matan | M30 Uni. Toronto TC | 25.66  | 25.67 75.29% | 12 |           |

**M35 200 Meter Dash Masters**

| Name                  | Age Team            | Finals | Age-Grading  | H# | Alternate |
|-----------------------|---------------------|--------|--------------|----|-----------|
| 1 Gbaguidi, Alexandre | M38 Perfmax-Racing  | X24.81 | 24.41 79.16% | 12 |           |
| 2 Kerebel, Nicolas    | M35 Uni. Toronto TC | 25.08  | 24.68 78.31% | 12 |           |
| 3 Mitchell, Franklyn  | M37 Jamcan          | 26.60  | 26.17 73.83% | 12 |           |

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**M40 200 Meter Dash Masters**

| Name               | Age | Team                | Finals | Age-Grading  | H# | Alternate |
|--------------------|-----|---------------------|--------|--------------|----|-----------|
| 1 Ryan, Dree       | M41 | Unattached Ontario  | 23.77  | 22.67 85.23% | 11 |           |
| 2 Mirco, Sheldon   | M43 | Unattached Ontario  | 26.46  | 25.24 76.57% | 11 |           |
| 3 Cunningham, Neil | M41 | Ottawa Lions T.F.C. | 26.48  | 25.26 76.51% | 11 |           |
| 4 Hoppie, Rasulan  | M44 | Jamcan              | 26.97  | 25.72 75.12% | 10 |           |
| 5 Uda, Thomas      | M41 | Uni. Toronto TC     | 27.08  | 25.83 74.82% | 10 |           |
| 6 Costa, Chris     | M40 | Laurel Creek T.F.C. | 30.78  | 29.36 65.82% | 11 |           |
| 7 Kidd, Dwayne     | M43 | Unattached Ontario  | 32.19  | 30.70 62.94% | 10 |           |

**M45 200 Meter Dash Masters**

| Name                | Age | Team               | Finals | Age-Grading  | H# | Alternate |
|---------------------|-----|--------------------|--------|--------------|----|-----------|
| 1 John, Nigel       | M47 | Jamcan             | 24.60  | 22.72 85.04% | 9  |           |
| 2 Scatliffe, Joseph | M47 | National Capital   | 26.36  | 24.35 79.36% | 8  |           |
| 3 Farr, Kevin       | M49 | Uni. Windsor AC    | 26.42  | 24.40 79.18% | 9  |           |
| 4 Chartrand, Glenn  | M47 | Unattached Ontario | 27.22  | 25.14 76.86% | 8  |           |
| 5 Beechey, Matt     | M49 | Invictus AC        | 27.27  | 25.19 76.71% | 9  |           |
| 6 Smyth, Scott A.   | M49 | Unattached         | X29.55 | 27.29 70.80% | 8  |           |

**M50 200 Meter Dash Masters**

| Name                     | Age | Team            | Finals | Age-Grading  | H# | Alternate |
|--------------------------|-----|-----------------|--------|--------------|----|-----------|
| 1 Warburton, Christopher | M54 | Variety Village | 24.49  | 21.88 88.32% | 7  |           |
| 2 Reid, Richard          | M51 | Jamcan          | 25.27  | 22.58 85.60% | 7  |           |
| 3 Ferron, Wayne          | M52 | Longboat RR     | 28.75  | 25.69 75.23% | 7  |           |

**M55 200 Meter Dash Masters**

| Name             | Age | Team                | Finals | Age-Grading  | H# | Alternate |
|------------------|-----|---------------------|--------|--------------|----|-----------|
| 1 Faucher, Serge | M55 | Ottawa Lions T.F.C. | 26.06  | 22.50 85.88% | 6  |           |
| 2 Kudo, Ken      | M57 | Jamcan              | 26.35  | 22.75 84.93% | 6  |           |
| 3 Hart, Milton   | M55 | Unattached Ontario  | 26.73  | 23.08 83.73% | 5  |           |
| 4 Lee Foon, Mike | M59 | Jamcan              | 27.95  | 24.13 80.07% | 6  |           |
| 5 Ubang, Jaib    | M59 | Jamcan              | 28.54  | 24.64 78.42% | 5  |           |

**M60 200 Meter Dash Masters**

| Name                    | Age | Team               | Finals | Age-Grading  | H# | Alternate |
|-------------------------|-----|--------------------|--------|--------------|----|-----------|
| 1 Blenman, Grantley     | M62 | Unattached Ontario | 28.27  | 23.56 82.03% | 4  |           |
| 2 Chau, Pao Huang Brian | M60 | Unattached Ontario | 33.31  | 27.76 69.62% | 4  |           |
| 3 Lee, Paul             | M60 | Etobicoke Track    | 34.77  | 28.98 66.70% | 4  |           |

**M65 200 Meter Dash Masters**

| Name              | Age | Team           | Finals | Age-Grading  | H# | Alternate |
|-------------------|-----|----------------|--------|--------------|----|-----------|
| 1 Gagne, Wayne    | M65 | Muskoka Algon. | 29.26  | 23.43 82.47% | 3  |           |
| 2 Pontius, Bill   | M69 | United States  | X33.33 | 26.69 72.40% | 3  |           |
| 3 Cilevitz, Ralph | M66 | Jamcan         | 38.95  | 31.19 61.95% | 3  |           |

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**M70 200 Meter Dash Masters**

| Name             | Age Team               | Finals | Age-Grading  | H# | Alternate |
|------------------|------------------------|--------|--------------|----|-----------|
| 1 Morley, Robert | M72 Unattached Ontario | 31.98  | 24.44 79.05% | 2  |           |
| 2 Lech, Ryszard  | M72 Jamcan             | 32.33  | 24.71 78.19% | 2  |           |
| 3 Acres, Richard | M71 Unattached Ontario | 34.66  | 26.49 72.94% | 2  |           |

**M75 200 Meter Dash Masters**

| Name           | Age Team               | Finals | Age-Grading  | H# | Alternate |
|----------------|------------------------|--------|--------------|----|-----------|
| 1 Morris, Mike | M79 Unattached Ontario | 33.89  | 24.46 79.02% | 2  |           |

**M80 200 Meter Dash Masters**

| Name              | Age Team               | Finals | Age-Grading  | Alternate |
|-------------------|------------------------|--------|--------------|-----------|
| 1 Sharma, Dev     | M84 Unattached Ontario | 44.17  | 29.59 65.32% |           |
| 2 Cassidy, Bob    | M81 Unattached Ontario | 52.15  | 34.93 55.32% |           |
| -- Lamb, Ted      | M84 Unattached Ontario | DNF    |              |           |
| -- Burgin, Harold | M81 Unattached Ontario | DNF    |              |           |

**W29&U 200 Meter Dash Masters**

| Name                 | Age Team               | Finals | Age-Grading  | H# | Alternate |
|----------------------|------------------------|--------|--------------|----|-----------|
| 1 Williams, Jordanne | W29 Unattached Ontario | X26.41 | 26.42 80.80% | 6  |           |
| 2 Pedrero, Ana Adrea | W28 Uni. Toronto TC    | X31.60 | 31.61 67.53% | 6  |           |

**W35 200 Meter Dash Masters**

| Name                | Age Team             | Finals | Age-Grading  | H# | Alternate |
|---------------------|----------------------|--------|--------------|----|-----------|
| 1 Gordon, Novelette | W37 Hamilton Olympic | 33.41  | 32.42 65.85% | 6  |           |

**W40 200 Meter Dash Masters**

| Name             | Age Team            | Finals | Age-Grading  | H# | Alternate |
|------------------|---------------------|--------|--------------|----|-----------|
| 1 Beckles, Khama | W44 Variety Village | 28.20  | 26.35 80.99% | 5  |           |
| 2 King, Debbie   | W44 Jamcan          | 29.90  | 27.94 76.39% | 5  |           |

**W45 200 Meter Dash Masters**

| Name   | Age Team                   | Finals       | Age-Grading         | H#       | Alternate |
|--|----------------------------|--------------|---------------------|----------|-----------|
| <b>1 Garfunkel, Violeta</b><br>(old MR 28.34 Violeta 2019) | <b>W46 Uni. Toronto TC</b> | <b>27.89</b> | <b>25.06 85.19%</b> | <b>5</b> | <b>MR</b> |
| 2 Lefebvre, Marcia   | W48 Unattached             | X29.78       | 26.75 79.79%        | 5        |           |
| 3 Soulliere, Kelly   | W48 Unattached Ontario     | 30.43        | 27.34 78.08%        | 4        |           |
| 4 Thompson, Marsha   | W48 Jamcan                 | 31.91        | 28.67 74.46%        | 4        |           |
| 5 Harding, Hazel   | W46 Ottawa Lions T.F.C.    | 32.90        | 29.56 72.22%        | 4        |           |

**W50 200 Meter Dash Masters**

| Name              | Age Team            | Finals | Age-Grading  | H# | Alternate |
|-------------------|---------------------|--------|--------------|----|-----------|
| 1 Cesaroni, Diana | W50 Variety Village | 31.32  | 27.01 79.02% | 3  |           |

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|                       |                        |        |       |        |   |
|-----------------------|------------------------|--------|-------|--------|---|
| 2 Ross, Beverley      | W52 Unattached         | X33.11 | 28.55 | 74.75% | 3 |
| 3 Loucks, Kairy       | W53 Unattached Ontario | 33.66  | 29.03 | 73.53% | 3 |
| 4 Hargreaves, Valerie | W53 Unattached         | X34.42 | 29.68 | 71.91% | 3 |
| 5 Oswald, Carrie      | W52 Unattached Ontario | 35.25  | 30.40 | 70.21% | 3 |

**W60 200 Meter Dash Masters**

| Name                   | Age Team                | Finals | Age-Grading | H#     | Alternate |
|------------------------|-------------------------|--------|-------------|--------|-----------|
| 1 Alexis, Wendy        | W64 Ottawa Lions T.F.C. | 29.93  | 23.66       | 90.24% | 2 29.928  |
| 2 Macherzynska, Renata | W61 Uni. Toronto TC     | 32.93  | 26.03       | 82.02% | 2         |
| 3 Lee, Faith           | W60 Ontario Racewalk    | 39.70  | 31.38       | 68.04% | 1         |

**W65 200 Meter Dash Masters**

| Name   | Age Team                   | Finals       | Age-Grading  | H#            | Alternate          |
|--|----------------------------|--------------|--------------|---------------|--------------------|
| <b>1 Del Grande, Karla</b><br>(old MR 34.65 Diane Palmason 2007) | <b>W66 Variety Village</b> | <b>29.93</b> | <b>22.58</b> | <b>94.52%</b> | <b>2 29.929 MR</b> |
| 2 Rock, Linda  | W68 Unattached             | X43.07       | 32.49        | 65.68%        | 1                  |

**W80 200 Meter Dash Masters**

| Name          | Age Team               | Finals  | Age-Grading | Alternate |
|---------------|------------------------|---------|-------------|-----------|
| 1 Lamb, Agnes | W84 Unattached Ontario | 1:03.31 | 37.09       | 57.56%    |

**M29&U 400 Meter Dash Masters**

| Name            | Age Team            | Finals | Age-Grading | H#     | Alternate |
|-----------------|---------------------|--------|-------------|--------|-----------|
| 1 King, Malcolm | M24 Game Speed Int. | X55.24 | 55.25       | 78.17% | 7         |

**M30 400 Meter Dash Masters**

| Name                | Age Team   | Finals | Age-Grading | H# | Alternate |
|---------------------|------------|--------|-------------|----|-----------|
| -- Ashmeade, Milton | M34 Jamcan | DNF    |             |    | 7         |

**M35 400 Meter Dash Masters**

| Name                 | Age Team             | Finals | Age-Grading | H#     | Alternate |
|----------------------|----------------------|--------|-------------|--------|-----------|
| 1 Kerebel, Nicolas   | M35 Uni. Toronto TC  | 54.61  | 52.73       | 81.91% | 7         |
| 2 Johnson, Mark      | M38 Jamcan           | 58.68  | 56.65       | 76.23% | 7         |
| -- McDowall, Matthew | M38 Hamilton Olympic | DQ     |             |        | 7         |

**M40 400 Meter Dash Masters**

| Name                | Age Team                | Finals  | Age-Grading | H#     | Alternate |
|---------------------|-------------------------|---------|-------------|--------|-----------|
| 1 Morgan, Otis      | M44 Jamcan              | 57.43   | 53.73       | 80.38% | 6         |
| 2 Costa, Chris      | M40 Laurel Creek T.F.C. | 57.59   | 53.87       | 80.15% | 6         |
| 3 Cunningham, Neil  | M41 Ottawa Lions T.F.C. | 1:02.52 | 58.49       | 73.83% | 6         |
| 4 Wang, Ian         | M43 Newmarket Huskie    | 1:08.88 | 1:04.44     | 67.02% | 5         |
| 5 Kidd, Dwayne      | M43 Unattached Ontario  | 1:11.13 | 1:06.54     | 64.90% | 6         |
| 6 Colford, Jonathan | M42 Unattached Ontario  | 1:16.67 | 1:11.72     | 60.21% | 6         |

**OMA Indoor Championships - 2020-03-08**  
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**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**M45 400 Meter Dash Masters**

| Name             | Age | Team               | Finals  | Age-Grading  | H# | Alternate |
|------------------|-----|--------------------|---------|--------------|----|-----------|
| 1 John, Nigel    | M47 | Jamcan             | 55.28   | 50.06 86.27% | 5  |           |
| 2 Farr, Kevin    | M49 | Uni. Windsor AC    | 59.55   | 53.92 80.08% | 5  |           |
| 3 Byrne, Louis   | M48 | Toronto Olympic    | 1:05.75 | 59.54 72.53% | 5  |           |
| -- Nelson, Kwame | M47 | Unattached Ontario | DNF     |              | 5  |           |

**M50 400 Meter Dash Masters**

| Name            | Age | Team        | Finals  | Age-Grading  | H# | Alternate |
|-----------------|-----|-------------|---------|--------------|----|-----------|
| 1 Reid, Richard | M51 | Jamcan      | 56.78   | 49.71 86.88% | 4  |           |
| 2 Ferron, Wayne | M52 | Longboat RR | 1:03.69 | 55.76 77.45% | 4  |           |

**M55 400 Meter Dash Masters**

| Name              | Age | Team            | Finals  | Age-Grading  | H# | Alternate |
|-------------------|-----|-----------------|---------|--------------|----|-----------|
| 1 Rayner, Simon   | M56 | Uni. Toronto TC | 1:03.12 | 53.37 80.93% | 3  |           |
| 2 Driedger, David | M55 | Etobicoke Track | 1:03.66 | 53.82 80.24% | 3  |           |
| 3 Chapman, Ric    | M59 | Oakville Legion | 1:05.19 | 55.12 78.36% | 3  |           |

**M60 400 Meter Dash Masters**

| Name               | Age | Team            | Finals  | Age-Grading  | H# | Alternate |
|--------------------|-----|-----------------|---------|--------------|----|-----------|
| 1 Millward, Steven | M64 | Niagara Olympic | 1:04.28 | 52.42 82.39% | 2  |           |

**M65 400 Meter Dash Masters**

| Name            | Age | Team           | Finals   | Age-Grading    | H# | Alternate |
|-----------------|-----|----------------|----------|----------------|----|-----------|
| 1 Gagne, Wayne  | M65 | Muskoka Algon. | 1:05.38  | 51.24 84.28%   | 2  |           |
| 2 Pontius, Bill | M69 | United States  | X1:16.68 | 1:00.09 71.86% | 2  |           |

**M70 400 Meter Dash Masters**

| Name           | Age | Team             | Finals  | Age-Grading    | Alternate |
|----------------|-----|------------------|---------|----------------|-----------|
| 1 Tucker, Ray  | M73 | Brantford T.F.C. | 1:15.26 | 56.15 76.91%   |           |
| 2 Mills, Frank | M70 | Runner's Life    | 1:22.30 | 1:01.40 70.33% |           |

**M75 400 Meter Dash Masters**

| Name             | Age | Team               | Finals  | Age-Grading    | H# | Alternate |
|------------------|-----|--------------------|---------|----------------|----|-----------|
| 1 Mackie, Chris  | M79 | Unattached Ontario | 1:27.24 | 1:00.93 70.87% | 1  |           |
| 2 Sekhon, Pritam | M76 | Unattached Ontario | 2:49.16 | 1:58.15 36.55% | 3  |           |

**W35 400 Meter Dash Masters**

| Name              | Age | Team            | Finals  | Age-Grading    | H# | Alternate |
|-------------------|-----|-----------------|---------|----------------|----|-----------|
| 1 Sakharov, Tanya | W39 | Variety Village | 1:07.10 | 1:05.76 72.40% | 2  |           |



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**W40 400 Meter Dash Masters**

| Name  | Age Team              | Finals          | Age-Grading         | H#       | Alternate |
|---|-----------------------|-----------------|---------------------|----------|-----------|
| <b>1 Van Den Bulk, Jeannette</b><br>(old MR 1:04.6 Kathleen Shook 2006) | <b>W42 Unattached</b> | <b>X1:03.69</b> | <b>59.82 79.59%</b> | <b>2</b> | <b>MR</b> |
| 2 Armstrong, Nicole   | W44 Runner's Life     | 1:24.58         | 1:19.43 59.93%      | 2        |           |

**W45 400 Meter Dash Masters**

| Name             | Age Team                | Finals  | Age-Grading    | H# | Alternate |
|------------------|-------------------------|---------|----------------|----|-----------|
| 1 Harding, Hazel | W46 Ottawa Lions T.F.C. | 1:14.01 | 1:06.49 71.60% | 2  |           |

**W50 400 Meter Dash Masters**

| Name                  | Age Team       | Finals   | Age-Grading    | Alternate |
|-----------------------|----------------|----------|----------------|-----------|
| 1 Hargreaves, Valerie | W53 Unattached | X1:19.69 | 1:08.34 69.66% |           |

**W60 400 Meter Dash Masters**

| Name                | Age Team             | Finals  | Age-Grading    | Alternate |
|---------------------|----------------------|---------|----------------|-----------|
| 1 Chedore, Janice   | W63 Thames Athletics | 1:27.94 | 1:07.85 70.16% |           |
| 2 Willis, Katherine | W61 Uni. Toronto TC  | 1:32.84 | 1:11.63 66.46% |           |

**W65 400 Meter Dash Masters**

| Name  | Age Team                   | Finals         | Age-Grading         | Alternate |
|---|----------------------------|----------------|---------------------|-----------|
| <b>1 Del Grande, Karla</b><br>(old MR 1:14.5 Jean Horne 1998) | <b>W66 Variety Village</b> | <b>1:09.30</b> | <b>49.91 95.38%</b> | <b>MR</b> |
| 2 Rock, Linda   | W68 Unattached             | X1:36.46       | 1:09.47 68.53%      |           |

**M35 800 Meter Run Masters**

| Name            | Age Team            | Finals  | Age-Grading    | H# | Alternate |
|-----------------|---------------------|---------|----------------|----|-----------|
| 1 Hammond, Adam | M38 Uni. Toronto TC | 2:11.54 | 2:10.45 77.51% | 2  |           |
| 2 Johnson, Mark | M38 Jamcan          | 2:19.99 | 2:18.83 72.83% | 2  |           |

**M40 800 Meter Run Masters**

| Name                | Age Team                | Finals  | Age-Grading    | H# | Alternate |
|---------------------|-------------------------|---------|----------------|----|-----------|
| 1 McGill, Robert    | M43 Unattached Ontario  | 2:18.28 | 2:12.20 76.48% | 2  |           |
| 2 Wang, Ian         | M43 Newmarket Huskie    | 2:47.00 | 2:39.66 63.33% | 2  |           |
| 3 Colford, Jonathan | M42 Unattached Ontario  | 3:12.52 | 3:04.05 54.93% | 2  |           |
| -- Costa, Chris     | M40 Laurel Creek T.F.C. | DNF     |                | 2  |           |

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**M50 800 Meter Run Masters**

| Name                | Age Team                | Finals  | Age-Grading    | H# | Alternate |
|---------------------|-------------------------|---------|----------------|----|-----------|
| 1 Dyck, Jim         | M54 Toronto Harriers    | 2:11.95 | 1:56.74 86.62% | 2  |           |
| 2 Graenert, Mirco   | M51 Newmarket Huskie    | 2:13.99 | 1:58.55 85.30% | 2  |           |
| 3 Muir, Robert      | M52 Ottawa Lions T.F.C. | 2:29.31 | 2:12.10 76.55% | 2  |           |
| 4 Webb, Christopher | M54 Runner's Life       | 2:30.98 | 2:13.58 75.70% | 2  |           |

**M55 800 Meter Run Masters**

| Name                | Age Team             | Finals  | Age-Grading    | Alternate |
|---------------------|----------------------|---------|----------------|-----------|
| 1 Doliveira, Armand | M59 Uni. Toronto TC  | 2:33.10 | 2:09.99 77.79% |           |
| 2 Driedger, David   | M55 Etobicoke Track  | 2:39.48 | 2:15.40 74.67% |           |
| 3 Tries, Dan        | M59 Thames Athletics | 2:51.25 | 2:25.40 69.54% |           |
| 4 Chapman, Ric      | M59 Oakville Legion  | 2:53.80 | 2:27.56 68.52% |           |

**M60 800 Meter Run Masters**

| Name                | Age Team             | Finals  | Age-Grading    | Alternate |
|---------------------|----------------------|---------|----------------|-----------|
| 1 Hutchinson, Brent | M63 Brantford T.F.C. | 2:43.87 | 2:13.28 75.87% |           |
| 2 Walsh, Patrick    | M64 Uni. Toronto TC  | 3:04.81 | 2:30.31 67.27% |           |

**M65 800 Meter Run Masters**

| Name          | Age Team            | Finals  | Age-Grading    | Alternate |
|---------------|---------------------|---------|----------------|-----------|
| 1 Chee, Wayne | M65 Uni. Toronto TC | 3:09.39 | 2:27.27 68.66% |           |

**M70 800 Meter Run Masters**

| Name            | Age Team             | Finals  | Age-Grading    | Alternate |
|-----------------|----------------------|---------|----------------|-----------|
| 1 Hamilton, Ken | M70 Newmarket Huskie | 2:56.47 | 2:10.95 77.22% |           |
| 2 Tucker, Ray   | M73 Brantford T.F.C. | 2:59.02 | 2:12.84 76.12% |           |

**M75 800 Meter Run Masters**

| Name             | Age Team               | Finals  | Age-Grading    | Alternate |
|------------------|------------------------|---------|----------------|-----------|
| 1 Mackie, Chris  | M79 Unattached Ontario | 3:13.20 | 2:13.78 75.58% |           |
| 2 Sekhon, Pritam | M76 Unattached Ontario | 6:51.64 | 4:45.02 35.48% |           |

**W29&U 800 Meter Run Masters**

| Name             | Age Team             | Finals   | Age-Grading    | Alternate |
|------------------|----------------------|----------|----------------|-----------|
| 1 Allen, Desiree | W24 Newmarket Huskie | X2:50.73 | 2:50.74 66.35% |           |

**W35 800 Meter Run Masters**

| Name                  | Age Team            | Finals  | Age-Grading    | Alternate |
|-----------------------|---------------------|---------|----------------|-----------|
| 1 Schindler, Jennifer | W37 Monarch AC      | 2:26.55 | 2:25.84 77.68% |           |
| 2 Sakharov, Tanya     | W39 Variety Village | 2:29.74 | 2:29.01 76.03% |           |

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**W40 800 Meter Run Masters**

| Name   | Age Team                      | Finals         | Age-Grading           | Alternate |
|--|-------------------------------|----------------|-----------------------|-----------|
| <b>1 Jessop, Aimee</b><br>(old MR 2:25.4 Annie Bunting 2008) | <b>W40 Unattached Ontario</b> | <b>2:22.91</b> | <b>2:16.30 83.12%</b> | <b>MR</b> |
| 2 Castelli, Jane   | W42 Dundas Valley             | 2:34.49        | 2:27.34 76.89%        |           |

**W50 800 Meter Run Masters**

| Name               | Age Team                | Finals  | Age-Grading    | Alternate |
|--------------------|-------------------------|---------|----------------|-----------|
| 1 Maguire, Liz     | W53 Ottawa Lions T.F.C. | 2:36.77 | 2:16.54 82.97% |           |
| 2 Koch, Anne       | W54 Uni. Toronto TC     | 2:55.98 | 2:33.27 73.91% |           |
| 3 Weber, Catherine | W50 Uni. Toronto TC     | 3:28.68 | 3:01.74 62.33% |           |

**W55 800 Meter Run Masters**

| Name               | Age Team            | Finals  | Age-Grading    | Alternate |
|--------------------|---------------------|---------|----------------|-----------|
| 1 O'Hagan, Heather | W58 Uni. Toronto TC | 2:56.01 | 2:26.01 77.59% |           |

**W60 800 Meter Run Masters**

| Name                | Age Team             | Finals  | Age-Grading    | Alternate |
|---------------------|----------------------|---------|----------------|-----------|
| 1 Lee, Faith        | W60 Ontario Racewalk | 3:31.82 | 2:46.24 68.14% |           |
| 2 Willis, Katherine | W61 Uni. Toronto TC  | 3:41.50 | 2:53.84 65.16% |           |

**W65 800 Meter Run Masters**

| Name               | Age Team            | Finals  | Age-Grading    | Alternate |
|--------------------|---------------------|---------|----------------|-----------|
| 1 Northcott, Clara | W65 Uni. Toronto TC | 3:16.53 | 2:24.30 78.51% |           |

**M35 1500 Meter Run Masters**

| Name              | Age Team               | Finals  | Age-Grading    | H# | Alternate |
|-------------------|------------------------|---------|----------------|----|-----------|
| 1 Hammond, Adam   | M38 Uni. Toronto TC    | 4:44.83 | 4:42.36 72.96% | 3  |           |
| 2 Thompson, Craig | M37 Unattached Ontario | 4:56.78 | 4:54.20 70.02% | 3  |           |

**M40 1500 Meter Run Masters**

| Name             | Age Team               | Finals  | Age-Grading    | H# | Alternate |
|------------------|------------------------|---------|----------------|----|-----------|
| 1 Tepper, Dave   | M44 Newmarket Huskie   | 4:28.77 | 4:15.85 80.52% | 3  |           |
| 2 McGill, Robert | M43 Unattached Ontario | 4:35.54 | 4:22.29 78.54% | 3  |           |
| 3 Kong, Ben      | M44 Jamcan             | 7:05.21 | 6:44.76 50.89% | 3  |           |

**M45 1500 Meter Run Masters**

| Name           | Age Team            | Finals  | Age-Grading    | H# | Alternate |
|----------------|---------------------|---------|----------------|----|-----------|
| 1 Brecher, Jay | M46 Uni. Toronto TC | 4:29.37 | 4:05.81 83.81% | 3  |           |
| 2 Wells, Bill  | M45 Uni. Toronto TC | 4:33.05 | 4:09.16 82.68% | 3  |           |

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|                      |                        |         |         |        |   |
|----------------------|------------------------|---------|---------|--------|---|
| 3 Oreopoulos, Philip | M47 Uni. Toronto TC    | 4:46.20 | 4:21.16 | 78.88% | 3 |
| 4 Zabukovec, Randy   | M49 Unattached Ontario | 4:58.80 | 4:32.66 | 75.55% | 3 |
| 5 Duncan, Glenn      | M47 Boardwalk RC       | 5:54.27 | 5:23.28 | 63.72% | 3 |

**M50 1500 Meter Run Masters**

| Name                | Age Team               | Finals  | Age-Grading    | H# | Alternate |
|---------------------|------------------------|---------|----------------|----|-----------|
| 1 Graenert, Mirco   | M51 Newmarket Huskie   | 4:38.68 | 4:03.32 84.66% | 2  |           |
| 2 Webb, Christopher | M54 Runner's Life      | 5:10.35 | 4:30.97 76.02% | 2  |           |
| 3 Cassel, Gary      | M52 Jamcan             | 5:17.62 | 4:37.32 74.28% | 2  |           |
| 4 McLeod, Mark      | M50 Unattached Ontario | 5:17.93 | 4:37.59 74.21% | 2  |           |
| 5 Moriarity, Daniel | M51 Unattached Ontario | 5:39.76 | 4:56.65 69.44% | 2  |           |
| 6 Madsen, Chris     | M52 Uni. Toronto TC    | 6:12.19 | 5:24.96 63.39% | 2  |           |
| -- Dyck, Jim        | M54 Toronto Harriers   | DNF     |                | 2  |           |

**M55 1500 Meter Run Masters**

| Name   | Age Team                 | Finals         | Age-Grading           | H#       | Alternate |
|--|--------------------------|----------------|-----------------------|----------|-----------|
| <b>1 Fuentes, Jose</b><br>(old MR 4:45.2 Ed Whitlock 1987) | <b>M55 Dundas Valley</b> | <b>4:32.98</b> | <b>3:47.59 90.52%</b> | <b>2</b> | <b>MR</b> |
| 2 Rayner, Simon  | M56 Uni. Toronto TC      | 4:40.69        | 3:54.02 88.03%        | 2        | MR        |
| 3 Friel, Vince   | M57 Newmarket Huskie     | 4:55.30        | 4:06.20 83.67%        | 2        |           |
| 4 Doliveira, Armand  | M59 Uni. Toronto TC      | 5:11.78        | 4:19.94 79.25%        | 2        |           |
| 5 Greenaway, Bill  | M56 Unattached Ontario   | 5:32.84        | 4:37.49 74.24%        | 2        |           |
| 6 Tries, Dan   | M59 Thames Athletics     | 5:43.92        | 4:46.73 71.85%        | 2        |           |
| -- Osland, Paul  | M56 Uni. Toronto TC      | DNF            |                       | 2        |           |

**M60 1500 Meter Run Masters**

| Name             | Age Team            | Finals  | Age-Grading    | Alternate |
|------------------|---------------------|---------|----------------|-----------|
| 1 Walsh, Patrick | M64 Uni. Toronto TC | 6:10.44 | 4:54.10 70.05% |           |

**M65 1500 Meter Run Masters**

| Name             | Age Team               | Finals  | Age-Grading    | Alternate |
|------------------|------------------------|---------|----------------|-----------|
| 1 Helliker, John | M68 Unattached Ontario | 5:35.19 | 4:12.37 81.63% |           |
| 2 Farr, Anthony  | M65 Uni. Toronto TC    | 6:04.32 | 4:34.30 75.10% |           |

**M70 1500 Meter Run Masters**

| Name            | Age Team             | Finals  | Age-Grading    | Alternate |
|-----------------|----------------------|---------|----------------|-----------|
| 1 Hamilton, Ken | M70 Newmarket Huskie | 6:04.23 | 4:17.84 79.89% |           |
| 2 Mills, Frank  | M70 Runner's Life    | 6:14.47 | 4:25.09 77.71% |           |

**M75 1500 Meter Run Masters**

| Name             | Age Team               | Finals   | Age-Grading    | Alternate |
|------------------|------------------------|----------|----------------|-----------|
| 1 Mackie, Chris  | M79 Unattached Ontario | 6:30.78  | 4:16.20 80.41% |           |
| 2 Sekhon, Pritam | M76 Unattached Ontario | 13:34.19 | 8:53.79 38.59% |           |

**M80 1500 Meter Run Masters**

| Name           | Age Team               | Finals  | Age-Grading    | Alternate |
|----------------|------------------------|---------|----------------|-----------|
| 1 Geddes, Jack | M82 Unattached Ontario | 8:12.48 | 4:51.55 70.66% |           |

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**M85 1500 Meter Run Masters**

| Name                           | Age Team        | Finals  | Age-Grading    | Alternate |
|--------------------------------|-----------------|---------|----------------|-----------|
| 1 Banks, Donald<br>(MR 9:01.2) | M86 Longboat RR | 9:02.85 | 4:38.00 74.10% |           |

**W30 1500 Meter Run Masters**

| Name  | Age Team             | Finals  | Age-Grading    | Alternate |
|---|----------------------|---------|----------------|-----------|
| 1 Shaw, Jessica<br>(old MR 5:09.9 Suzette Taggart 2003) | W30 Newmarket Huskie | 4:58.90 | 4:58.91 77.78% | MR        |

**W35 1500 Meter Run Masters**

| Name             | Age Team             | Finals  | Age-Grading    | Alternate |
|------------------|----------------------|---------|----------------|-----------|
| 1 Foisy, Caitlin | W35 Newmarket Huskie | 5:21.97 | 5:17.85 73.14% |           |

**W40 1500 Meter Run Masters**

| Name            | Age Team             | Finals  | Age-Grading    | Alternate |
|-----------------|----------------------|---------|----------------|-----------|
| 1 Gregory, Erin | W44 Quinte Frontenac | 5:08.13 | 4:51.40 79.78% |           |

**W50 1500 Meter Run Masters**

| Name            | Age Team             | Finals  | Age-Grading    | Alternate |
|-----------------|----------------------|---------|----------------|-----------|
| 1 Mantel, Kathy | W52 Brantford T.F.C. | 5:51.74 | 5:03.45 76.61% |           |

**W65 1500 Meter Run Masters**

| Name               | Age Team            | Finals  | Age-Grading    | Alternate |
|--------------------|---------------------|---------|----------------|-----------|
| 1 Northcott, Clara | W65 Uni. Toronto TC | 6:26.43 | 4:39.86 83.07% |           |

**M35 3000 Meter Run Masters**

| Name                 | Age Team               | Finals   | Age-Grading     | H# | Alternate |
|----------------------|------------------------|----------|-----------------|----|-----------|
| 1 Hammond, Adam      | M38 Uni. Toronto TC    | 9:41.72  | 9:41.73 75.64%  | 3  |           |
| 2 Kinsella, Ian      | M38 Toronto Harriers   | 9:48.94  | 9:48.95 74.71%  | 3  |           |
| 3 Van Beurden, Chris | M37 Unattached Ontario | 10:32.32 | 10:32.33 69.59% | 3  |           |

**W35 3000 Meter Run Masters**

| Name | Age Team | Finals | Age-Grading | Alternate |
|------|----------|--------|-------------|-----------|
|------|----------|--------|-------------|-----------|

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1 Chung, Joan W36 Dundas Valley 10:54.02 10:44.93 77.75%

**M40 3000 Meter Run Masters**

| Name               | Age | Team          | Finals   | Age-Grading     | H# | Alternate |
|--------------------|-----|---------------|----------|-----------------|----|-----------|
| 1 Bianchi, Michael | M40 | Dundas Valley | 9:42.81  | 9:22.53 78.22%  | 3  |           |
| 2 Kong, Ben        | M44 | Jamcan        | 15:28.62 | 14:56.31 49.09% | 3  |           |

**W40 3000 Meter Run Masters**

| Name            | Age | Team             | Finals   | Age-Grading     | Alternate |
|-----------------|-----|------------------|----------|-----------------|-----------|
| 1 Gregory, Erin | W44 | Quinte Frontenac | 11:07.52 | 10:37.69 78.63% |           |
| 2 Byer, Carrie  | W41 | Newmarket Huskie | 11:37.61 | 11:06.43 75.24% |           |

**M45 3000 Meter Run Masters**

| Name                 | Age | Team               | Finals   | Age-Grading     | H# | Alternate |
|----------------------|-----|--------------------|----------|-----------------|----|-----------|
| 1 Oreopoulos, Philip | M47 | Uni. Toronto TC    | 9:50.72  | 9:09.61 80.06%  | 3  |           |
| 2 Eastwood, Stephen  | M49 | Unattached Ontario | 10:52.77 | 10:07.34 72.45% | 3  |           |
| 3 Zabukovec, Randy   | M49 | Unattached Ontario | 10:53.09 | 10:07.64 72.41% | 3  |           |
| 4 Boston, Steve      | M49 | Newmarket Huskie   | 11:08.77 | 10:22.23 70.71% | 3  |           |

**W45 3000 Meter Run Masters**

| Name            | Age | Team               | Finals   | Age-Grading     | Alternate |
|-----------------|-----|--------------------|----------|-----------------|-----------|
| 1 Pady, Heather | W46 | Unattached Ontario | 11:29.79 | 10:25.71 80.14% |           |

**M50 3000 Meter Run Masters**

| Name                 | Age | Team               | Finals   | Age-Grading     | H# | Alternate |
|----------------------|-----|--------------------|----------|-----------------|----|-----------|
| 1 Munro, Alistair    | M54 | Toronto Harriers   | 10:21.81 | 9:16.90 79.01%  | 2  |           |
| 2 MacDonell, Patrick | M50 | Toronto Harriers   | 10:48.73 | 9:41.01 75.73%  | 2  |           |
| 3 Rowan, Darryl      | M53 | Lions Valley       | 11:11.26 | 10:01.19 73.19% | 2  |           |
| 4 McLeod, Mark       | M50 | Unattached Ontario | 11:26.96 | 10:15.25 71.52% | 2  |           |
| 5 Xu, Jianping       | M54 | Dundas Valley      | 11:46.33 | 10:32.59 69.56% | 2  |           |
| 6 Nickoli, Wayne     | M51 | Unattached Ontario | 13:23.86 | 11:59.94 61.12% | 2  |           |

**W50 3000 Meter Run Masters**

| Name              | Age | Team             | Finals   | Age-Grading     | Alternate |
|-------------------|-----|------------------|----------|-----------------|-----------|
| 1 Wiseman, Dianne | W50 | Uni. Toronto TC  | 11:52.92 | 10:07.91 82.48% |           |
| 2 Catton, Nancy   | W52 | Physi-Kult       | 12:07.52 | 10:20.36 80.83% |           |
| 3 Mantel, Kathy   | W52 | Brantford T.F.C. | 12:29.24 | 10:38.88 78.48% |           |

**M55 3000 Meter Run Masters**

| Name                      | Age | Team               | Finals   | Age-Grading     | H# | Alternate |
|---------------------------|-----|--------------------|----------|-----------------|----|-----------|
| 1 Rayner, Simon           | M56 | Uni. Toronto TC    | 10:32.00 | 9:04.03 80.88%  | 2  |           |
| 2 Blostein, Steven        | M58 | Physi-Kult         | 10:38.66 | 9:09.76 80.03%  | 2  |           |
| 3 Hanks, Robert           | M57 | Longboat RR        | 10:49.20 | 9:18.84 78.74%  | 2  |           |
| 4 Greenaway, Bill         | M56 | Unattached Ontario | 12:30.58 | 10:46.10 68.10% | 2  |           |
| 5 Matias, Walter Fernando | M56 | Longboat RR        | 12:44.44 | 10:58.04 66.87% | 2  |           |
| 6 Wallace, James          | M57 | Unattached Ontario | 12:58.01 | 11:09.72 65.70% | 2  |           |

**OMA Indoor Championships - 2020-03-08****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

7 Kooistra, Edward M59 Unattached Ontario 15:32.75 13:22.92 54.80% 2

**M60 3000 Meter Run Masters**

| Name        | Age Team               | Finals   | Age-Grading    | Alternate |
|-------------|------------------------|----------|----------------|-----------|
| 1 Wood, Tim | M62 Unattached Ontario | 11:38.09 | 9:36.63 76.31% |           |

**M65 3000 Meter Run Masters**

| Name            | Age Team            | Finals   | Age-Grading     | Alternate |
|-----------------|---------------------|----------|-----------------|-----------|
| 1 Farr, Anthony | M65 Uni. Toronto TC | 13:00.62 | 10:16.54 71.37% |           |

**M70 3000 Meter Run Masters**

| Name             | Age Team             | Finals    | Age-Grading     | Alternate |
|------------------|----------------------|-----------|-----------------|-----------|
| 1 Hamilton, Ken  | M70 Newmarket Huskie | 13:02.46  | 9:45.83 75.11%  |           |
| 2 Denomy, Dennis | M73 Unattached       | X15:37.66 | 11:42.03 62.68% |           |

**M75 3000 Meter Run Masters**

| Name                | Age Team            | Finals   | Age-Grading     | Alternate |
|---------------------|---------------------|----------|-----------------|-----------|
| 1 Collins, Roydon   | M76 Niagara Olympic | 15:04.95 | 10:32.20 69.60% |           |
| 2 Christensen, Vern | M79 Uni. Toronto TC | 16:28.75 | 11:30.75 63.70% |           |

**M80 3000 Meter Run Masters**

| Name           | Age Team               | Finals   | Age-Grading     | Alternate |
|----------------|------------------------|----------|-----------------|-----------|
| 1 Geddes, Jack | M82 Unattached Ontario | 17:12.10 | 10:55.08 67.17% |           |

**M40 60 Meter Hurdles Masters**

| Name               | Age Team                | Finals | Age-Grading  | H# | Alternate |
|--------------------|-------------------------|--------|--------------|----|-----------|
| 1 Cunningham, Neil | M41 Ottawa Lions T.F.C. | 11.97  | 11.34 64.41% | 2  |           |

**W40 60 Meter Hurdles Masters**

| Name                             | Age Team              | Finals        | Age-Grading        | Alternate |
|----------------------------------|-----------------------|---------------|--------------------|-----------|
| <b>1 Van Den Bulk, Jeannette</b> | <b>W42 Unattached</b> | <b>X10.51</b> | <b>9.53 80.78%</b> | <b>MR</b> |
| (old MR 10.96 Nicole Luke 2017)  |                       |               |                    |           |

**M45 60 Meter Hurdles Masters**

| Name               | Age Team            | Finals | Age-Grading | H# | Alternate |
|--------------------|---------------------|--------|-------------|----|-----------|
| 1 Green, Doug      | M45 Uni. Windsor AC | 10.34  | 9.41 77.66% | 2  |           |
| -- Negoita, Ovidiu | M48 Jamcan          | DNF    |             | 2  |           |

**M50 60 Meter Hurdles Masters**

| Name            | Age Team               | Finals | Age-Grading  | H# | Alternate |
|-----------------|------------------------|--------|--------------|----|-----------|
| 1 Folkes, Shawn | M51 Unattached Ontario | 12.10  | 10.80 67.60% | 2  |           |

**OMA Indoor Championships - 2020-03-08****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

2 Muir, Robert M52 Ottawa Lions T.F.C. 12.79 11.42 63.96% 2

**W50 60 Meter Hurdles Masters**

| Name   | Age Team                   | Finals       | Age-Grading        | Alternate |
|--|----------------------------|--------------|--------------------|-----------|
| <b>1 Cesaroni, Diana</b><br>(old MR 10.82 Irene Thompson USA 2008) | <b>W50 Variety Village</b> | <b>10.24</b> | <b>8.83 87.11%</b> | <b>MR</b> |

**M55 60 Meter Hurdles Masters**

| Name              | Age Team               | Finals | Age-Grading  | H# | Alternate |
|-------------------|------------------------|--------|--------------|----|-----------|
| 1 Baldamus, Steve | M59 Unattached Ontario | 14.77  | 12.63 57.82% | 2  |           |

**M60 60 Meter Hurdles Masters**

| Name             | Age Team            | Finals | Age-Grading | Alternate |
|------------------|---------------------|--------|-------------|-----------|
| 1 Chipkar, Glenn | M60 Etobicoke Track | 10.07  | 8.38 87.19% |           |

**M65 60 Meter Hurdles Masters**

| Name   | Age Team                       | Finals       | Age-Grading        | Alternate     |
|--|--------------------------------|--------------|--------------------|---------------|
| <b>1 Hazen, Ward</b><br>(old CAN and MR 10.84 Richard Lech 2013) | <b>M65 Laurel Creek T.F.C.</b> | <b>10.49</b> | <b>8.33 87.61%</b> | <b>CAN MR</b> |
| 2 Cilevitz, Ralph  | M66 Jamcan                     | 13.70        | 10.88 67.08%       |               |

**M70 60 Meter Hurdles Masters**

| Name  | Age Team          | Finals       | Age-Grading        | Alternate     |
|---|-------------------|--------------|--------------------|---------------|
| <b>1 Lech, Ryszard</b><br>(old CAN and MR 11.11 Richard 2019) | <b>M72 Jamcan</b> | <b>10.79</b> | <b>8.33 87.67%</b> | <b>CAN MR</b> |

**M45 Mile Steeplechase Masters**

| Name   | Age Team                    | Finals         | Age-Grading | H#       | Alternate        |
|--|-----------------------------|----------------|-------------|----------|------------------|
| <b>1 Pluim, Gary</b><br>(old MR 6:27.88 Ekholm Whyte 2016) | <b>M49 Newmarket Huskie</b> | <b>5:56.30</b> |             | <b>2</b> | <b>0.914m MR</b> |

**W50 Mile Steeplechase Masters**

| Name  | Age Team                   | Finals         | Age-Grading | Alternate        |
|---|----------------------------|----------------|-------------|------------------|
| <b>1 Weber, Catherine</b><br>(no previous record) | <b>W50 Uni. Toronto TC</b> | <b>7:44.96</b> |             | <b>0.762m MR</b> |

**W55 Mile Steeplechase Masters**

| Name             | Age Team               | Finals   | Age-Grading | Alternate |
|------------------|------------------------|----------|-------------|-----------|
| 1 Kramarich, Joy | W59 Uni. Toronto TC    | 8:42.88  |             | 0.762m    |
| 2 Wyatt, Cheryl  | W56 Unattached Ontario | 11:24.55 |             | 0.762m    |



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**M55 Mile Steeplechase Masters**

| Name              | Age Team               | Finals  | Age-Grading H# | Alternate |
|-------------------|------------------------|---------|----------------|-----------|
| 1 Baldamus, Steve | M59 Unattached Ontario | 8:14.64 | 2              | 0.914m    |

**M65 Mile Steeplechase Masters**

| Name   | Age Team                   | Finals         | Age-Grading   | Alternate |
|--|----------------------------|----------------|---------------|-----------|
| <b>1 Chee, Wayne</b><br>(no previous record) | <b>M65 Uni. Toronto TC</b> | <b>7:18.84</b> | <b>0.762m</b> | <b>MR</b> |

**M75 Mile Steeplechase Masters**

| Name   | Age Team                      | Finals          | Age-Grading   | Alternate |
|--|-------------------------------|-----------------|---------------|-----------|
| <b>1 Sekhon, Pritam</b><br>(old MR 16:42.03 Pritam 2019) | <b>M76 Unattached Ontario</b> | <b>15:13.67</b> | <b>0.762m</b> | <b>MR</b> |

**M30 4x200 Meter Relay Masters**

| Team  | Finals | Alternate   |
|---|--------|---|
| -- Jamcan International Athletics 'A'<br>1) Robinson, Paul 54<br>3) Ashmeade, Milton 34 | DQ     | Rule 170<br>2) Reid, Richard 51<br>4) Pontes, Jack 48 |

**W35 4x200 Meter Relay Masters**

| Team   | Finals         | Alternate   |
|--|----------------|---|
| <b>1 Jamcan International Athletics 'A'</b><br>1) King, Debbie 44<br>3) McLean, Kem 39<br>(old CAN 2:03.23 JamCan Thompson, Luke, King, Mullings 2019) | <b>1:57.99</b> | <b>CAN</b><br>2) Reyes, Lorena 36<br>4) Mullings, Sheree 38 |

**M40 4x200 Meter Relay Masters**

| Team   | Finals  | Alternate                               |
|--|---------|---|
| 1 Jamcan International Athletics 'B'<br>1) Ubang, Jaib 59<br>3) Cilevitz, Ralph 66 | 1:57.01 | 2) Kudo, Ken 57<br>4) Lee Foon, Mike 59 |

**X35 4x400 Meter Relay Masters - Mixed**

| Team   | Finals  | Alternate                                     |
|--|---------|---|
| 2 Jamcan International Athletics 'A'<br>1) Morgan, Otis 44<br>3) King, Debbie 44 | 4:39.48 | 2) Mullings, Sheree 38<br>4) Reid, Richard 51 |

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**X40 4x400 Meter Relay Masters - Mixed**

| Team                           | Finals                 | Alternate |
|--------------------------------|------------------------|-----------|
| 3 University of Toronto TC 'A' | 5:41.85                |           |
| 1) Chee, Wayne 65              | 2) Koch, Anne 54       |           |
| 3) Walsh, Patrick 64           | 4) Weber, Catherine 50 |           |

**X55 4x400 Meter Relay Masters**

| Team  | Finals              | Alternate           |
|---|---------------------|---------------------|
| <b>1 Unattached Ontario 'A'</b>                   | <b>4:05.85</b>      | <b>World Record</b> |
| 1) Faucher, Serge 55                              | 2) Rayner, Simon 56 |                     |
| 3) Fuentes, Jose 55                               | 4) Osland, Paul 56  |                     |
| (old WR 4:24.39 USA 2019, old CAN 4:48.85 BC '16) |                     |                     |

**M30 High Jump Masters**

| Name                     | Age Team               | Finals | Age-Grading  | Alternate |
|--------------------------|------------------------|--------|--------------|-----------|
| 1 Nishida, Raphael       | M31 Unattached Ontario | 1.25m  | 1.25m 51.02% |           |
| 1.10 1.15 1.20 1.25 1.30 |                        |        |              |           |
| 0 0 0 0 XXX              |                        |        |              |           |

**M35 High Jump Masters**

| Name                     | Age Team             | Finals | Age-Grading  | Alternate |
|--------------------------|----------------------|--------|--------------|-----------|
| 1 McDowall, Matthew      | M38 Hamilton Olympic | 1.65m  | 1.69m 69.04% |           |
| 1.50 1.55 1.60 1.65 1.70 |                      |        |              |           |
| 0 0 0 0 XXX              |                      |        |              |           |

**M40 High Jump Masters**

| Name           | Age Team   | Finals | Age-Grading  | Alternate |
|----------------|------------|--------|--------------|-----------|
| 1 Morgan, Otis | M44 Jamcan | 1.25m  | 1.31m 53.42% |           |
| 1.20 1.25      |            |        |              |           |
| 0 0            |            |        |              |           |

**M45 High Jump Masters**

| Name   | Age Team             | Finals | Age-Grading  | Alternate |
|--|----------------------|--------|--------------|-----------|
| 1 Scatliffe, Joseph  | M47 National Capital | 1.60m  | 1.76m 72.07% |           |
| 1.00 1.05 1.10 1.15 1.20 1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65 |                      |        |              |           |
| 0 0 0 0 0 0 0 0 0 0 0 0 XXX                                      |                      |        |              |           |
| 2 Beechey, Matt  | M49 Invictus AC      | 1.50m  | 1.65m 67.57% |           |
| 1.30 1.35 1.40 1.45 1.50 1.55                                    |                      |        |              |           |
| 0 XO 0 0 0 XXX   |                      |        |              |           |
| 3 Negoita, Ovidiu  | M48 Jamcan           | 1.45m  | 1.59m 65.32% |           |
| 1.40 1.45 1.50   |                      |        |              |           |
| XO 0 XXX   |                      |        |              |           |

**M50 High Jump Masters**

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| Name  | Age Team                | Finals | Age-Grading Alternate |
|---|-------------------------|--------|-----------------------|
| 1 Muir, Robert<br>1.30 1.35 1.40<br>O XXO XXX | M52 Ottawa Lions T.F.C. | 1.35m  | 1.56m 63.98%          |
| -- Folkes, Shawn<br>1.50<br>XXX               | M51 Unattached Ontario  | NH     |                       |

**M55 High Jump Masters**

| Name   | Age Team               | Finals | Age-Grading Alternate |
|--|------------------------|--------|-----------------------|
| 1 Ritchie, Don<br>1.35 1.45 1.50 1.55 1.60<br>XO O O O XXX | M58 Unattached Ontario | 1.55m  | 1.90m 77.50%          |
| 2 Chapman, Michael<br>1.15 1.20 1.25<br>O O O              | M57 Jamcan             | 1.25m  | 1.53m 62.50%          |

**M60 High Jump Masters**

| Name                                      | Age Team   | Finals | Age-Grading Alternate |
|---|------------|--------|-----------------------|
| 1 Arnfield, Spencer<br>1.10 1.15<br>O XXX | M60 Jamcan | 1.10m  | 1.43m 58.51%          |

**M65 High Jump Masters**

| Name                           | Age Team   | Finals | Age-Grading Alternate |
|--------------------------------|------------|--------|-----------------------|
| 1 Cilevitz, Ralph<br>0.95<br>O | M66 Jamcan | 0.95m  | 1.31m 53.67%          |

**M80 High Jump Masters**

| Name                                | Age Team               | Finals | Age-Grading Alternate |
|-------------------------------------|------------------------|--------|-----------------------|
| 1 Tams, Peter<br>0.95 1.00<br>O XXX | M80 Unattached Ontario | 0.95m  | 1.63m 66.90%          |

**W35 High Jump Masters**

| Name   | Age Team   | Finals | Age-Grading Alternate |
|--|------------|--------|-----------------------|
| 1 Mullings, Sheree<br>0.90 0.95 1.00 1.05 1.10 1.15 1.20 1.25 1.30<br>O O O O O O XO XXO XXX | W38 Jamcan | 1.25m  | 1.31m 62.81%          |

**W45 High Jump Masters**

**OMA Indoor Championships - 2020-03-08****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name   | Age Team               | Finals | Age-Grading | Alternate |
|--|------------------------|--------|-------------|-----------|
| 1 Thompson, Marsha<br>1.10 1.15 1.20 1.25 1.30 1.32<br>O O O O XXO X | W48 Jamcan             | 1.30m  | 1.50m       | 72.22%    |
| 1 Viggers, Tracy<br>1.15 1.20 1.25 1.30<br>O XXO O XXO               | W48 Unattached Ontario | 1.30m  | 1.50m       | 72.22%    |

**W50 High Jump Masters**

| Name   | Age Team                   | Finals       | Age-Grading  | Alternate            |
|--|----------------------------|--------------|--------------|----------------------|
| <b>1 Cesaroni, Diana</b><br>1.30 1.35 1.40<br>O XO XXX (MR 1.35 Maria Mallia 2006) | <b>W50 Variety Village</b> | <b>1.35m</b> | <b>1.65m</b> | <b>78.95% MR tie</b> |
| 2 Robarts, Carolyn<br>1.00 1.05 1.10 1.15 1.20<br>O O O O XXX                      | W50 Variety Village        | 1.15m        | 1.40m        | 67.25%               |

**W55 High Jump Masters**

| Name   | Age Team               | Finals | Age-Grading | Alternate |
|--|------------------------|--------|-------------|-----------|
| 1 Rozario, Theresa<br>1.00 1.05 1.10 1.15<br>O O O XXX       | W55 Variety Village    | 1.10m  | 1.42m       | 68.32%    |
| 2 Wyatt, Cheryl<br>0.90 0.95 1.00 1.05 1.10<br>O O O XXO XXX | W56 Unattached Ontario | 1.05m  | 1.36m       | 65.22%    |

**M35 Pole Vault Masters**

| Name           | Age Team           | Finals | Age-Grading | Alternate |
|----------------|--------------------|--------|-------------|-----------|
| 1 Dorion, Josh | M35 Georgian Jumps | 4.10m  | 4.16m       | 67.88%    |

**M45 Pole Vault Masters**

| Name           | Age Team              | Finals | Age-Grading | Alternate |
|----------------|-----------------------|--------|-------------|-----------|
| 1 Hayhoe, Jeff | M46 Bolton Pole Vault | 3.70m  | 4.24m       | 69.16%    |
| -- Ayranto, Ed | M48 Bolton Pole Vault | NH     |             |           |

**M60 Pole Vault Masters**

| Name            | Age Team               | Finals | Age-Grading | Alternate |
|-----------------|------------------------|--------|-------------|-----------|
| 1 Schaber, Mark | M61 Unattached Ontario | 2.95m  | 4.19m       | 68.45%    |

**M65 Pole Vault Masters**

| Name           | Age Team            | Finals | Age-Grading | Alternate |
|----------------|---------------------|--------|-------------|-----------|
| 1 Salmon, Tony | M65 Vainqueurs Plus | X3.10m | 4.79m       | 78.09%    |

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**M29&U Long Jump Masters**

| Name           | Age Team              | Finals | Age-Grading  | Alternate |
|----------------|-----------------------|--------|--------------|-----------|
| 1 Young, Arren | M28 Phoenix Athletics | X6.74m | 6.74m 75.31% |           |

**M30 Long Jump Masters**

| Name   | Age Team | Finals        | Age-Grading         | Alternate |
|--|----------|---------------|---------------------|-----------|
| <b>1 Duranona Garcia, Yordany M31 Mexico</b><br>(old 7.13 Clayton Latham 2012) |          | <b>X7.41m</b> | <b>7.41m 82.79%</b> | <b>MR</b> |

**M35 Long Jump Masters**

| Name             | Age Team   | Finals | Age-Grading  | Alternate |
|------------------|------------|--------|--------------|-----------|
| 1 Brown, Mellard | M35 Jamcan | 3.91m  | 4.03m 45.05% |           |

**M45 Long Jump Masters**

| Name   | Age Team               | Finals       | Age-Grading         | Alternate |
|--|------------------------|--------------|---------------------|-----------|
| <b>1 John, Nigel</b><br>(old MR 6.06 Vladimir Kostic 1981) | <b>M47 Jamcan</b>      | <b>6.10m</b> | <b>7.04m 78.71%</b> | <b>MR</b> |
| 2 Sithamparapillai, Arulra                                 | M46 United Tamil       | 5.06m        | 5.84m 65.29%        |           |
| 3 Scatliffe, Joseph  | M47 National Capital   | 4.91m        | 5.67m 63.35%        |           |
| 4 Negoita, Ovidiu  | M48 Jamcan             | 4.89m        | 5.64m 63.10%        |           |
| 5 Plum, Gary   | M49 Newmarket Huskie   | 4.84m        | 5.59m 62.45%        |           |
| 6 Pontes, Jack   | M48 Jamcan             | 4.70m        | 5.42m 60.65%        |           |
| 7 Daniel, Dwayne   | M45 Unattached Ontario | 4.39m        | 5.07m 56.65%        |           |

**M50 Long Jump Masters**

| Name                | Age Team                | Finals | Age-Grading  | Alternate |
|---------------------|-------------------------|--------|--------------|-----------|
| 1 Ferron, Wayne     | M52 Longboat RR         | 4.10m  | 5.03m 56.32% |           |
| 2 Popescu, Cristian | M50 Saint-Jean          | X3.92m | 4.81m 53.85% |           |
| 3 Muir, Robert      | M52 Ottawa Lions T.F.C. | 3.87m  | 4.75m 53.16% |           |

**M55 Long Jump Masters**

| Name             | Age Team   | Finals | Age-Grading  | Alternate |
|------------------|------------|--------|--------------|-----------|
| 1 Nasato, Robert | M59 Jamcan | 4.06m  | 5.32m 59.53% |           |

**M60 Long Jump Masters**

| Name                | Age Team   | Finals | Age-Grading  | Alternate |
|---------------------|------------|--------|--------------|-----------|
| 1 Arnfield, Spencer | M60 Jamcan | 3.45m  | 4.85m 54.25% |           |

**M65 Long Jump Masters**

| Name              | Age Team                | Finals | Age-Grading  | Alternate |
|-------------------|-------------------------|--------|--------------|-----------|
| 1 Hazen, Ward     | M65 Laurel Creek T.F.C. | 4.38m  | 6.65m 74.36% |           |
| 2 Cilevitz, Ralph | M66 Jamcan              | 3.61m  | 5.48m 61.29% |           |

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**M70 Long Jump Masters**

| Name             | Age Team               | Finals | Age-Grading | Alternate |
|------------------|------------------------|--------|-------------|-----------|
| 1 Acres, Richard | M71 Unattached Ontario | 3.08m  | 5.07m       | 56.72%    |

**M75 Long Jump Masters**

| Name                                      | Age Team               | Finals | Age-Grading | Alternate |
|---|------------------------|--------|-------------|-----------|
| 1 Sanghera, Gurjinder Sing<br>2.53m 3.19m | M75 Unattached Ontario | 3.20m  | 5.76m       | 64.39%    |
| 2 Sekhon, Pritam<br>1.01m                 | M76 Unattached Ontario | 1.01m  | 1.82m       | 20.32%    |

**W29&U Long Jump Masters**

| Name   | Age Team           | Finals | Age-Grading | Alternate |
|--|--------------------|--------|-------------|-----------|
| 1 Wilson-Walker, Madison<br>3.59m FOUL 3.74m 4.06m 3.90m 3.98m | W22 London Western | X4.06m | 4.06m       | 53.99%    |

**W30 Long Jump Masters**

| Name  | Age Team                   | Finals       | Age-Grading  | Alternate        |
|---|----------------------------|--------------|--------------|------------------|
| <b>1 Pedrero, Ana Claudia</b><br>4.56m 4.42m 4.37m FOUL 4.38m 4.30m (old MR 4.46 Lorena Reyes 2018) | <b>W31 Uni. Toronto TC</b> | <b>4.56m</b> | <b>4.56m</b> | <b>60.64% MR</b> |

**W35 Long Jump Masters**

| Name   | Age Team             | Finals       | Age-Grading  | Alternate        |
|--|----------------------|--------------|--------------|------------------|
| <b>1 Reyes, Lorena</b><br>5.14m 5.30m 5.33m 5.15m FOUL 5.27m (old MR 5.2 Linda Carty USA 2004) | <b>W36 Jamcan</b>    | <b>5.33m</b> | <b>5.59m</b> | <b>74.44% MR</b> |
| 2 Gordon, Novelette<br>3.90m 3.79m 3.64m 3.50m FOUL FOUL                                       | W37 Hamilton Olympic | 3.90m        | 4.09m        | 54.47%           |
| 3 Caesar, Latasha<br>3.25m 3.57m 3.33m 3.00m 3.28m 3.28m                                       | W36 Variety Village  | 3.57m        | 3.74m        | 49.86%           |

**W45 Long Jump Masters**

| Name   | Age Team               | Finals | Age-Grading | Alternate |
|--|------------------------|--------|-------------|-----------|
| 1 Soulliere, Kelly<br>4.32m 4.20m 4.46m FOUL 4.26m 4.08m | W48 Unattached Ontario | 4.46m  | 5.25m       | 69.80%    |
| 2 Garfunkel, Violeta<br>2.76m 3.39m PASS PASS PASS PASS  | W46 Uni. Toronto TC    | 3.39m  | 3.99m       | 53.05%    |
| -- Wynhofen, Julie<br>FOUL PASS PASS PASS PASS PASS      | W45 Unattached         | XFOUL  |             |           |

**W50 Long Jump Masters**

| Name   | Age Team               | Finals | Age-Grading | Alternate |
|--|------------------------|--------|-------------|-----------|
| 1 Loucks, Kairy<br>3.73m 3.88m 3.47m 3.59m 3.75m 3.93m | W53 Unattached Ontario | 3.93m  | 4.92m       | 65.50%    |
| 2 Duarte, Maria  | W51 Jamcan             | 3.05m  | 3.82m       | 50.83%    |

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

3.00m 3.05m 2.90m 2.64m 3.01m 2.82m

**W55 Long Jump Masters**

| Name               | Age Team                           | Finals | Age-Grading | Alternate |
|--------------------|------------------------------------|--------|-------------|-----------|
| 1 Rozario, Theresa | W55 Variety Village                | 3.40m  | 4.55m       | 60.61%    |
|                    | 3.26m 3.29m 3.36m 3.16m FOUL 3.40m |        |             |           |
| 2 Wyatt, Cheryl    | W56 Unattached Ontario             | 2.48m  | 3.32m       | 44.21%    |
|                    | 1.98m 2.28m 2.48m PASS PASS PASS   |        |             |           |

**M40 Triple Jump Masters**

| Name          | Age Team      | Finals | Age-Grading | Alternate |
|---------------|---------------|--------|-------------|-----------|
| 1 Forde, Chad | M40 Kitchener | 10.20m | 10.84m      | 59.30%    |

**M45 Triple Jump Masters**

| Name                       | Age Team         | Finals | Age-Grading | Alternate |
|----------------------------|------------------|--------|-------------|-----------|
| 1 Negoita, Ovidiu          | M48 Jamcan       | 10.43m | 11.75m      | 64.26%    |
| 2 Pontes, Jack             | M48 Jamcan       | 10.39m | 11.70m      | 64.02%    |
| 3 Sithamparapillai, Arulra | M46 United Tamil | 9.81m  | 11.05m      | 60.44%    |

**M50 Triple Jump Masters**

| Name            | Age Team        | Finals | Age-Grading | Alternate |
|-----------------|-----------------|--------|-------------|-----------|
| 1 Ferron, Wayne | M52 Longboat RR | 10.02m | 12.00m      | 65.66%    |

**M55 Triple Jump Masters**

| Name              | Age Team               | Finals | Age-Grading | Alternate |
|-------------------|------------------------|--------|-------------|-----------|
| 1 Nasato, Robert  | M59 Jamcan             | 8.66m  | 11.08m      | 60.60%    |
| 2 Baldamus, Steve | M59 Unattached Ontario | 6.28m  | 8.03m       | 43.95%    |

**M65 Triple Jump Masters**

| Name                      | Age Team                | Finals | Age-Grading | Alternate |
|---------------------------|-------------------------|--------|-------------|-----------|
| 1 Sinnathurai, Thevarajan | M66 United Tamil        | 9.44m  | 13.97m      | 76.38%    |
| 2 Hazen, Ward             | M65 Laurel Creek T.F.C. | 7.86m  | 11.63m      | 63.59%    |
| 3 Cilevitz, Ralph         | M66 Jamcan              | 5.93m  | 8.77m       | 47.98%    |

**M75 Triple Jump Masters**

| Name                       | Age Team               | Finals | Age-Grading | Alternate |
|----------------------------|------------------------|--------|-------------|-----------|
| 1 Sanghera, Gurjinder Sing | M75 Unattached Ontario | 6.02m  | 10.56m      | 57.77%    |
| 2 Sekhon, Pritam           | M76 Unattached Ontario | 2.42m  | 4.24m       | 23.22%    |

**W40 Triple Jump Masters**

**OMA Indoor Championships - 2020-03-08****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name             | Age Team               | Finals | Age-Grading | Alternate |
|------------------|------------------------|--------|-------------|-----------|
| 1 Gariffe, Tanya | W42 Unattached Ontario | 7.53m  | 8.11m       | 52.36%    |

**W50 Triple Jump Masters**

| Name            | Age Team               | Finals | Age-Grading | Alternate |
|-----------------|------------------------|--------|-------------|-----------|
| 1 Loucks, Kairy | W53 Unattached Ontario | 8.17m  | 9.97m       | 64.33%    |

**W60 Triple Jump Masters**

| Name  | Age Team                    | Finals       | Age-Grading  | Alternate     |
|---|-----------------------------|--------------|--------------|---------------|
| <b>1 Chedore, Janice</b>                    | <b>W63 Thames Athletics</b> | <b>6.32m</b> | <b>8.88m</b> | <b>57.35%</b> |
| (old MR 5.90 Patricia Blacker-Thomson 2017) |                             |              |              |               |

**M30 Shot Put Masters**

| Name               | Age Team               | Finals | Age-Grading | Alternate |
|--------------------|------------------------|--------|-------------|-----------|
| 1 Ashmeade, Milton | M34 Jamcan             | 7.61m  | 7.61m       | 32.92%    |
| 2 Nishida, Raphael | M31 Unattached Ontario | 7.49m  | 7.49m       | 32.40%    |

**M35 Shot Put Masters**

| Name               | Age Team   | Finals | Age-Grading | Alternate |
|--------------------|------------|--------|-------------|-----------|
| 1 Brown, Mellard   | M35 Jamcan | 9.49m  | 9.84m       | 42.58%    |
| 2 Norman, Jermaine | M36 Jamcan | 7.85m  | 8.14m       | 35.22%    |

**M40 Shot Put Masters**

| Name          | Age Team               | Finals | Age-Grading | Alternate |
|---------------|------------------------|--------|-------------|-----------|
| 1 Clark, Kyle | M41 Unattached Ontario | 8.37m  | 9.32m       | 40.32%    |

**M45 Shot Put Masters**

| Name              | Age Team               | Finals | Age-Grading | Alternate |
|-------------------|------------------------|--------|-------------|-----------|
| 1 Singh, Gurdev   | M47 Unattached Ontario | 10.07m | 12.10m      | 52.37%    |
| 2 Negoita, Ovidiu | M48 Jamcan             | 8.99m  | 10.80m      | 46.75%    |
| 3 Rigby, Tim      | M49 Unattached Ontario | 8.40m  | 10.09m      | 43.68%    |
| 4 Morton, Ian     | M45 Sabercats Track    | 7.06m  | 8.48m       | 36.71%    |

**M50 Shot Put Masters**

| Name             | Age Team                | Finals | Age-Grading | Alternate |
|------------------|-------------------------|--------|-------------|-----------|
| 1 Folkes, Shawn  | M51 Unattached Ontario  | 10.52m | 12.33m      | 53.32%    |
| 2 Davis, Jeff    | M50 Throwers Club       | 10.51m | 12.31m      | 53.27%    |
| 3 Robinson, Paul | M54 Jamcan              | 8.59m  | 10.06m      | 43.54%    |
| 4 Muir, Robert   | M52 Ottawa Lions T.F.C. | 7.32m  | 8.57m       | 37.10%    |

**M55 Shot Put Masters**

| Name | Age Team | Finals | Age-Grading | Alternate |
|------|----------|--------|-------------|-----------|
|------|----------|--------|-------------|-----------|



**OMA Indoor Championships - 2020-03-08**  
**Toronto Track and Field Centre**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

|   |                   |                        |       |        |        |
|---|-------------------|------------------------|-------|--------|--------|
| 1 | Anderson, Michael | M59 Unattached Ontario | 8.18m | 10.39m | 44.95% |
| 2 | Nasato, Robert    | M59 Jamcan             | 7.78m | 9.88m  | 42.75% |

**M60 Shot Put Masters**

| Name                | Age Team               | Finals | Age-Grading | Alternate |
|---------------------|------------------------|--------|-------------|-----------|
| 1 Yoisten, Danny    | M60 Unattached Ontario | 12.41m | 15.49m      | 67.01%    |
| 2 Dabrowa, Jerzy    | M61 Unattached Ontario | 10.35m | 12.91m      | 55.89%    |
| 3 St. Pierre, Peter | M61 Athletiques Int.   | 9.79m  | 12.21m      | 52.86%    |
| 4 Arnfield, Spencer | M60 Jamcan             | 8.47m  | 10.57m      | 45.73%    |

**M65 Shot Put Masters**

| Name               | Age Team                                  | Finals        | Age-Grading | Alternate |
|--------------------|---|---------------|-------------|-----------|
| 1 Zowkewych, Peter | M69 Uni. Toronto TC                       | 11.17m        | 15.19m      | 65.74%    |
|                    | 10.40m 10.43m 10.77m 10.61m 10.68m 11.17m | (MR is 11.18) |             |           |
| 2 Pearson, William | M67 Throwers Club                         | 9.38m         | 12.76m      | 55.21%    |
|                    | FOUL 8.77m 9.12m 9.38m FOUL PASS          |               |             |           |
| 3 Cheema, Harbans  | M65 Unattached                            | X9.20m        | 12.51m      | 54.15%    |
|                    | 8.48m 8.72m 8.63m 8.54m 9.20m 8.62m       |               |             |           |
| 4 Cilevitz, Ralph  | M66 Jamcan                                | 7.54m         | 10.25m      | 44.38%    |
|                    | 7.54m FOUL PASS PASS PASS PASS            |               |             |           |

**M70 Shot Put Masters**

| Name            | Age Team                              | Finals | Age-Grading | Alternate |
|-----------------|---------------------------------------|--------|-------------|-----------|
| 1 Wyroba, Jerzy | M70 Unattached Ontario                | 11.12m | 14.24m      | 61.61%    |
|                 | 10.50m FOUL 11.12m 10.65m 11.06m FOUL |        |             |           |

**M75 Shot Put Masters**

| Name              | Age Team                                  | Finals | Age-Grading | Alternate |
|-------------------|---|--------|-------------|-----------|
| 1 Kasperski, John | M76 Throwers Club                         | 11.14m | 15.58m      | 67.43%    |
|                   | 10.66m 10.67m 10.99m 10.89m 10.73m 11.14m |        |             |           |
| 2 Jacobs, Moe     | M75 Throwers Club                         | 9.50m  | 13.29m      | 57.51%    |
|                   | 9.00m 9.12m 9.30m 9.14m 9.50m 9.30m       |        |             |           |
| 3 Sekhon, Pritam  | M76 Unattached Ontario                    | 5.78m  | 8.08m       | 34.99%    |
|                   | PASS PASS 5.78m 5.41m 5.36m FOUL          |        |             |           |

**M80 Shot Put Masters**

| Name             | Age Team                            | Finals | Age-Grading | Alternate |
|------------------|-------------------------------------|--------|-------------|-----------|
| 1 Burgin, Harold | M81 Unattached Ontario              | 8.07m  | 12.14m      | 52.54%    |
|                  | 7.19m 7.76m 7.98m 8.05m FOUL 8.07m  |        |             |           |
| 2 Sumner, James  | M81 Unattached Ontario              | 7.87m  | 11.84m      | 51.24%    |
|                  | 7.55m 7.62m 7.87m 7.52m 7.17m 7.63m |        |             |           |
| 3 Tams, Peter    | M80 Unattached Ontario              | 7.06m  | 10.62m      | 45.96%    |
|                  | 7.06m FOUL 6.30m                    |        |             |           |
| 4 Arculus, Paul  | M84 Throwers Club                   | 6.45m  | 9.70m       | 41.99%    |
|                  | 6.45m 6.41m 5.88m 6.32m 5.90m 5.58m |        |             |           |

**W35 Shot Put Masters**

**OMA Indoor Championships - 2020-03-08**  
**Toronto Track and Field Centre**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name                | Age Team             | Finals | Age-Grading | Alternate |
|---------------------|----------------------|--------|-------------|-----------|
| 1 Mullings, Sheree  | W38 Jamcan           | 8.50m  | 8.81m       | 38.94%    |
| 2 Gordon, Novelette | W37 Hamilton Olympic | 7.97m  | 8.26m       | 36.51%    |
| 3 McLean, Kem       | W39 Jamcan           | 7.28m  | 7.54m       | 33.35%    |
| 4 Caesar, Latasha   | W36 Variety Village  | 5.78m  | 5.99m       | 26.48%    |

**W40 Shot Put Masters**

| Name             | Age Team               | Finals | Age-Grading | Alternate |
|------------------|------------------------|--------|-------------|-----------|
| 1 Gariffe, Tanya | W42 Unattached Ontario | 8.37m  | 9.29m       | 41.05%    |
| 2 King, Debbie   | W44 Jamcan             | 7.70m  | 8.54m       | 37.76%    |

**W45 Shot Put Masters**

| Name               | Age Team               | Finals | Age-Grading | Alternate |
|--------------------|------------------------|--------|-------------|-----------|
| 1 Viggers, Tracy   | W48 Unattached Ontario | 9.68m  | 11.56m      | 51.08%    |
| 2 Thompson, Marsha | W48 Jamcan             | 7.55m  | 9.01m       | 39.84%    |

**W50 Shot Put Masters**

| Name                       | Age Team               | Finals | Age-Grading | Alternate |
|----------------------------|------------------------|--------|-------------|-----------|
| 1 McCarthy, Tracey (willow | W52 Unattached Ontario | 8.75m  | 11.03m      | 48.75%    |
| 2 Hargreaves, Valerie      | W53 Unattached         | X7.25m | 9.14m       | 40.39%    |

**W55 Shot Put Masters**

| Name               | Age Team            | Finals | Age-Grading | Alternate |
|--------------------|---------------------|--------|-------------|-----------|
| 1 Easton, Leah     | W55 Throwers Club   | 8.72m  | 11.95m      | 52.82%    |
| 2 Rozario, Theresa | W55 Variety Village | 7.71m  | 10.56m      | 46.70%    |

**W60 Shot Put Masters**

| Name                   | Age Team            | Finals | Age-Grading | Alternate |
|------------------------|---------------------|--------|-------------|-----------|
| 1 Macherzynska, Renata | W61 Uni. Toronto TC | 8.71m  | 13.07m      | 57.80%    |

**W70 Shot Put Masters**

| Name                       | Age Team               | Finals | Age-Grading | Alternate |
|----------------------------|------------------------|--------|-------------|-----------|
| 1 Miklos Den Iseger, Joann | W73 Unattached Ontario | 6.44m  | 11.95m      | 52.83%    |

**W75 Shot Put Masters**

| Name             | Age Team          | Finals | Age-Grading | Alternate |
|------------------|-------------------|--------|-------------|-----------|
| 1 Rowswell, Adri | W79 Throwers Club | 7.42m  | 13.59m      | 60.08%    |

**M30 Weight Throw Masters**

**OMA Indoor Championships - 2020-03-08**  
**Toronto Track and Field Centre**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name               | Age Team               | Finals | Age-Grading | Alternate |
|--------------------|------------------------|--------|-------------|-----------|
| 1 Nishida, Raphael | M31 Unattached Ontario | 6.10m  | 6.10m       | 23.59%    |

**M35 Weight Throw Masters**

| Name                   | Age Team            | Finals | Age-Grading | Alternate |
|------------------------|---------------------|--------|-------------|-----------|
| 1 Bichaltzis, Sotirios | M39 Etobicoke Track | 10.34m | 10.54m      | 40.79%    |
| 2 Norman, Jermaine     | M36 Jamcan          | 6.96m  | 7.10m       | 27.46%    |

**M40 Weight Throw Masters**

| Name          | Age Team               | Finals | Age-Grading | Alternate |
|---------------|------------------------|--------|-------------|-----------|
| 1 Clark, Kyle | M41 Unattached Ontario | 8.15m  | 8.88m       | 34.34%    |

**M45 Weight Throw Masters**

| Name              | Age Team               | Finals | Age-Grading | Alternate |
|-------------------|------------------------|--------|-------------|-----------|
| 1 Morton, Ian     | M45 Sabercats Track    | 8.74m  | 10.22m      | 39.53%    |
| 2 Rigby, Tim      | M49 Unattached Ontario | 6.39m  | 7.47m       | 28.90%    |
| 3 Negoita, Ovidiu | M48 Jamcan             | 5.98m  | 6.99m       | 27.05%    |

**W45 Weight Throw Masters**

| Name  | Age Team                      | Finals        | Age-Grading   | Alternate            |
|---|-------------------------------|---------------|---------------|----------------------|
| <b>1 Viggers, Tracy</b><br>(old CAN and MR 10.12 Elizabeth Hill 2010) | <b>W48 Unattached Ontario</b> | <b>10.20m</b> | <b>13.21m</b> | <b>55.98% CAN MR</b> |

**M50 Weight Throw Masters**

| Name            | Age Team               | Finals | Age-Grading | Alternate |
|-----------------|------------------------|--------|-------------|-----------|
| 1 Folkes, Shawn | M51 Unattached Ontario | 8.19m  | 8.58m       | 33.21%    |

**W50 Weight Throw Masters**

| Name                        | Age Team               | Finals | Age-Grading | Alternate |
|-----------------------------|------------------------|--------|-------------|-----------|
| 1 McCarthy, Tracey (willow) | W52 Unattached Ontario | 9.82m  | 11.60m      | 49.20%    |

**W55 Weight Throw Masters**

| Name           | Age Team          | Finals | Age-Grading | Alternate |
|----------------|-------------------|--------|-------------|-----------|
| 1 Easton, Leah | W55 Throwers Club | 9.11m  | 11.76m      | 49.86%    |

**M55 Weight Throw Masters**

| Name               | Age Team               | Finals | Age-Grading | Alternate |
|--------------------|------------------------|--------|-------------|-----------|
| 1 Chapman, Michael | M57 Jamcan             | 7.51m  | 8.42m       | 32.60%    |
| 2 Baldamus, Steve  | M59 Unattached Ontario | 6.16m  | 6.91m       | 26.74%    |

**M60 Weight Throw Masters**

| Name | Age Team | Finals | Age-Grading | Alternate |
|------|----------|--------|-------------|-----------|
|------|----------|--------|-------------|-----------|

**OMA Indoor Championships - 2020-03-08**  
**Toronto Track and Field Centre**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

|  |                            |               |               |               |               |
|--|----------------------------|---------------|---------------|---------------|---------------|
| <b>1 Mazhar, Ayman</b>   | <b>M60 Uni. Toronto TC</b> | <b>17.64m</b> | <b>18.38m</b> | <b>71.10%</b> | <b>CAN MR</b> |
| (old CAN 17.62 Jan Graczyk 2013, old MR 17.62 Jan 2013 and Emil Muller 1997) |                            |               |               |               |               |
| 2 Dabrowa, Jerzy   | M61 Unattached Ontario     | 9.53m         | 9.93m         | 38.41%        |               |

**M65 Weight Throw Masters**

| Name               | Age Team          | Finals | Age-Grading | Alternate |
|--------------------|-------------------|--------|-------------|-----------|
| 1 Pearson, William | M67 Throwers Club | 10.19m | 11.36m      | 43.94%    |
| 2 Cilevitz, Ralph  | M66 Jamcan        | 9.32m  | 10.39m      | 40.19%    |

**M70 Weight Throw Masters**

| Name            | Age Team               | Finals | Age-Grading | Alternate |
|-----------------|------------------------|--------|-------------|-----------|
| 1 Wyroba, Jerzy | M70 Unattached Ontario | 8.94m  | 10.19m      | 39.44%    |

**W70 Weight Throw Masters**

| Name                    | Age Team                 | Finals       | Age-Grading  | Alternate     |           |
|-------------------------|--------------------------|--------------|--------------|---------------|-----------|
| <b>1 Green, Lucille</b> | <b>W71 Throwers Club</b> | <b>6.38m</b> | <b>9.35m</b> | <b>39.65%</b> | <b>MR</b> |
| (no previous record)    |                          |              |              |               |           |

**M75 Weight Throw Masters**

| Name              | Age Team          | Finals | Age-Grading | Alternate |
|-------------------|-------------------|--------|-------------|-----------|
| 1 Kasperski, John | M76 Throwers Club | 13.16m | 16.16m      | 62.52%    |

**M80 Weight Throw Masters**

| Name          | Age Team               | Finals | Age-Grading | Alternate |
|---------------|------------------------|--------|-------------|-----------|
| 1 Sharma, Dev | M84 Unattached Ontario | 5.97m  | 7.78m       | 30.11%    |

**W45 3000 Meter Race Walk Masters**

| Name              | Age Team       | Finals   | Age-Grading | Alternate |
|-------------------|----------------|----------|-------------|-----------|
| 1 Smetana, Blanka | W45 Toronto RW | 18:35.68 | 17:12.01    | 67.34%    |

**M50 3000 Meter Race Walk Masters**

| Name                     | Age Team          | Finals    | Age-Grading | Alternate |
|--------------------------|-------------------|-----------|-------------|-----------|
| 1 Swarts, David          | M54 United States | X14:26.30 | 12:36.72    | 83.44%    |
| 2 Xu, Jianping           | M54 Dundas Valley | 15:27.01  | 13:29.75    | 77.98%    |
| 3 Maniatogiannis, George | M53 Toronto RW    | 19:58.59  | 17:26.97    | 60.31%    |

**M55 3000 Meter Race Walk Masters**

| Name              | Age Team       | Finals    | Age-Grading | Alternate |
|-------------------|----------------|-----------|-------------|-----------|
| 1 O'Brien, Daniel | M55 Unattached | X16:40.42 | 13:56.76    | 75.46%    |

**W55 3000 Meter Race Walk Masters**

**OMA Indoor Championships - 2020-03-08****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name                 | Age Team             | Finals   | Age-Grading | Alternate |
|----------------------|----------------------|----------|-------------|-----------|
| 1 Cashman, Katharine | W59 Toronto RW       | 18:35.32 | 15:46.02    | 73.47%    |
| 2 Slovitt, Nicky     | W59 Ontario Racewalk | 19:35.63 | 16:37.17    | 69.70%    |

**M60 3000 Meter Race Walk Masters**

| Name                 | Age Team       | Finals | Age-Grading | Alternate  |
|----------------------|----------------|--------|-------------|------------|
| -- Tarnawski, Janusz | M60 Unattached | XDQ    |             | Rule 230.2 |

**W65 3000 Meter Race Walk Masters**

| Name  | Age Team                    | Finals          | Age-Grading     | Alternate            |
|---|-----------------------------|-----------------|-----------------|----------------------|
| <b>1 Kozell, Kris</b>   | <b>W67 Ontario Racewalk</b> | <b>17:46.49</b> | <b>13:30.96</b> | <b>85.70% CAN MR</b> |
| (old CAN 18:06.32 Teresa Chiozza AB 2017, old MR 19:14.0 Ann Marie Rosenitsch 2007) |                             |                 |                 |                      |
| 2 De Thy, Anne  | W66 Ontario Racewalk        | 19:24.55        | 14:45.53        | 78.48%               |

**Indoor Pentathlon Held at Mini Meet #3 Feb 2nd****Indoor Pentathlon: #5 Women 800 Meter Run Masters Indoor Pentathlon**

| Name               | Age Team            | Finals  | Age-Grading | Points | Alternate |
|--------------------|---------------------|---------|-------------|--------|-----------|
| Finals             |                     |         |             |        |           |
| 1 Rozario, Theresa | W55 Variety Village | 4:02.94 | 3:21.52     | 56.21% | 191       |

**Indoor Pentathlon: #1 Women 60 Meter Hurdles Masters Indoor Pentathlon**

| Name               | Age Team            | Finals | Age-Grading | Points | Alternate  |
|--------------------|---------------------|--------|-------------|--------|------------|
| 1 Rozario, Theresa | W55 Variety Village | 13.81  | 11.44       | 67.27% | 466 0.762m |

**Indoor Pentathlon: #2 Women High Jump Masters Indoor Pentathlon**

| Name                     | Age Team            | Finals | Age-Grading | Points     |
|--------------------------|---------------------|--------|-------------|------------|
| Alternate                |                     |        |             |            |
| 1 Rozario, Theresa       | W55 Variety Village | 1.09m  | 1.41m       | 67.70% 523 |
| 1.00 1.03 1.06 1.09 1.12 |                     |        |             |            |
| O O P XO XXX             |                     |        |             |            |

**Indoor Pentathlon: #4 Women Long Jump Masters Indoor Pentathlon**

| Name               | Age Team            | Finals | Age-Grading | Points     |
|--------------------|---------------------|--------|-------------|------------|
| Alternate          |                     |        |             |            |
| 1 Rozario, Theresa | W55 Variety Village | 3.86m  | 5.17m       | 68.81% 606 |

**Indoor Pentathlon: #3 Women Shot Put Masters Indoor Pentathlon**

| Name      | Age Team | Finals | Age-Grading | Points |
|-----------|----------|--------|-------------|--------|
| Alternate |          |        |             |        |

**OMA Indoor Championships - 2020-03-08**  
**Toronto Track and Field Centre**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Alternate

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1 Rozario, Theresa                      W55 Variety Village                      7.45m    10.21m 45.12%                      543 3.00kg

**Women Indoor Pentathlon Masters**

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| Name               | Age Team            | Finals | Alternate |
|--------------------|---------------------|--------|-----------|
| 1 Rozario, Theresa | W55 Variety Village | 2329   |           |

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**Indoor Pentathlon: #5 Men 1000 Meter Run Masters Indoor Pentathlon**

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| Name                | Age Team                | Finals  | Age-Grading Points | Alternate |
|---------------------|-------------------------|---------|--------------------|-----------|
| 1 Muir, Robert      | M51 Ottawa Lions T.F.C. | 3:18.55 | 2:53.84 75.07%     | 726       |
| 2 Urch, Bruce       | M65 Throwers Club       | 4:12.78 | 3:11.13 68.28%     | 559       |
| 3 Baldamus, Steve   | M59 Unattached Ontario  | 4:17.65 | 3:35.50 60.56%     | 359       |
| 4 Lachance, Bernard | M69 Club D'Athlétism    | 4:34.26 | 3:27.37 62.93%     | 421       |
| 5 Nunno, Luigi      | M61 Unattached Ontario  | 4:40.70 | 3:43.67 58.35%     | 301       |

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**Indoor Pentathlon: #1 Men 60 Meter Hurdles Masters Indoor Pentathlon**

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| Name                | Age Team                | Finals | Age-Grading Points | Alternate  |
|---------------------|-------------------------|--------|--------------------|------------|
| 1 Urch, Bruce       | M65 Throwers Club       | 12.18  | 9.68 75.45%        | 603 0.840m |
| 2 Nunno, Luigi      | M61 Unattached Ontario  | 12.95  | 10.77 67.80%       | 405 0.840m |
| 3 Muir, Robert      | M51 Ottawa Lions T.F.C. | 13.25  | 11.83 61.74%       | 249 0.914m |
| 4 Lachance, Bernard | M69 Club D'Athlétism    | 14.69  | 11.67 62.56%       | 270 0.840m |
| 5 Baldamus, Steve   | M59 Unattached Ontario  | 15.21  | 13.01 56.15%       | 118 0.914m |
| -- Cilevitz, Ralph  | M65 Unattached Ontario  | NT     |                    |            |

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**Indoor Pentathlon: #4 Men High Jump Masters Indoor Pentathlon**

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| Name                | Age Team                | Finals | Age-Grading Points |
|---------------------|-------------------------|--------|--------------------|
| 1 Muir, Robert      | M51 Ottawa Lions T.F.C. | 1.37m  | 1.59m 64.93%       |
| 2 Urch, Bruce       | M65 Throwers Club       | 1.28m  | 1.77m 72.32%       |
| 3 Nunno, Luigi      | M61 Unattached Ontario  | 1.25m  | 1.62m 66.49%       |
| 4 Baldamus, Steve   | M59 Unattached Ontario  | 1.19m  | 1.46m 59.50%       |
| 4 Lachance, Bernard | M69 Club D'Athlétism    | 1.19m  | 1.65m 67.23%       |
| 6 Cilevitz, Ralph   | M65 Unattached Ontario  | 1.07m  | 1.48m 60.45%       |

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**Indoor Pentathlon: #2 Men Long Jump Masters Indoor Pentathlon**

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| Name                | Age Team                | Finals | Age-Grading Points |
|---------------------|-------------------------|--------|--------------------|
| 1 Urch, Bruce       | M65 Throwers Club       | 4.17m  | 6.33m 70.80%       |
| 2 Nunno, Luigi      | M61 Unattached Ontario  | 3.74m  | 5.26m 58.81%       |
| 3 Muir, Robert      | M51 Ottawa Lions T.F.C. | 3.56m  | 4.37m 48.90%       |
| 4 Lachance, Bernard | M69 Club D'Athlétism    | 3.14m  | 4.76m 53.31%       |
| 5 Cilevitz, Ralph   | M65 Unattached Ontario  | 3.07m  | 4.66m 52.12%       |
| 6 Baldamus, Steve   | M59 Unattached Ontario  | 2.74m  | 3.59m 40.18%       |

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**Indoor Pentathlon: #3 Men Shot Put Masters Indoor Pentathlon**

**OMA Indoor Championships - 2020-03-08**  
**Toronto Track and Field Centre**  
**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name                | Age Team                | Finals | Age-Grading Points       |
|---------------------|-------------------------|--------|--------------------------|
| 1 Urch, Bruce       | M65 Throwers Club       | 8.04m  | 10.94m 47.32% 542 5.00kg |
| 2 Cilevitz, Ralph   | M65 Unattached Ontario  | 7.64m  | 10.39m 44.97% 509 5.00kg |
| 3 Nunno, Luigi      | M61 Unattached Ontario  | 7.48m  | 9.33m 40.39% 445 5.00kg  |
| 4 Muir, Robert      | M51 Ottawa Lions T.F.C. | 7.29m  | 8.54m 36.95% 398 6.00kg  |
| 5 Lachance, Bernard | M69 Club D'Athlétism    | 6.66m  | 9.06m 39.20% 429 5.00kg  |
| 6 Baldamus, Steve   | M59 Unattached Ontario  | 6.39m  | 8.11m 35.11% 373 6.00kg  |

**Men Indoor Pentathlon Masters**

| Name                | Age Team                | Finals | Alternate |
|---------------------|-------------------------|--------|-----------|
| 1 Urch, Bruce       | M65 Throwers Club       | 2965   |           |
| 2 Muir, Robert      | M51 Ottawa Lions T.F.C. | 2097   |           |
| 3 Nunno, Luigi      | M61 Unattached Ontario  | 2064   |           |
| 4 Lachance, Bernard | M69 Club D'Athlétism    | 1961   |           |
| 5 Baldamus, Steve   | M59 Unattached Ontario  | 1353   |           |