

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
1 Hart, Milton (MR 7.75 Kerry Smith 2011)	M55 Unattached Ontario	7.75	6.74 94.84%	MR Tie
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
1	Beckles, Khama	W44 Variety Village	8.43	8.05	86.12%	5 MR
	(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
1 Del Grande, Karla	W66 Variety Village	8.91	6.94 99.89%	CAN MR
(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
1 Garfunkel, Violeta (old MR 28.34 Violeta 2019)	W46 Uni. Toronto TC	27.89	25.06 85.19%	5	MR
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
1 Del Grande, Karla (old MR 34.65 Diane Palmason 2007)	W66 Variety Village	29.93	22.58 94.52%	2	29.929 MR
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	

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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	H#	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
1 Van Den Bulk, Jeannette (old MR 1:04.6 Kathleen Shook 2006)	W42 Unattached	X1:03.69	59.82 79.59%	2	MR
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
1 Del Grande, Karla (old MR 1:14.5 Jean Horne 1998)	W66 Variety Village	1:09.30	49.91 95.38%	MR
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
1 Jessop, Aimee	W40 Unattached Ontario	2:22.91	2:16.30	83.12%
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
3 Oreopoulos, Philip	M47 Uni. Toronto TC	4:46.20	4:21.16	78.88%	3

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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
1 Fuentes, Jose (old MR 4:45.2 Ed Whitlock 1987)	M55 Dundas Valley	4:32.98	3:47.59 90.52%	2	MR
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 (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 (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
1 Chung, Joan	W36 Dundas Valley	10:54.02	10:44.93	77.75%

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

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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
1 Van Den Bulk, Jeannette	W42 Unattached	X10.51	9.53 80.78%	MR
(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
2 Muir, Robert	M52 Ottawa Lions T.F.C.	12.79	11.42	63.96%	2

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W50 60 Meter Hurdles Masters

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

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
1 Hazen, Ward (old CAN and MR 10.84 Richard Lech 2013)	M65 Laurel Creek T.F.C.	10.49	8.33 87.61%	CAN MR
2 Cilevitz, Ralph	M66 Jamcan	13.70	10.88 67.08%	

M70 60 Meter Hurdles Masters

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

M45 Mile Steeplechase Masters

Name	Age Team	Finals	Age-Grading	H#	Alternate
1 Plum, Gary (old MR 6:27.88 Ekholm Whyte 2016)	M49 Newmarket Huskie	5:56.30		2 0.914m	MR

W50 Mile Steeplechase Masters

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

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
1 Chee, Wayne (no previous record)	M65 Uni. Toronto TC	7:18.84	0.762m	MR

M75 Mile Steeplechase Masters

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

M30 4x200 Meter Relay Masters

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

W35 4x200 Meter Relay Masters

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

M40 4x200 Meter Relay Masters

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

X35 4x400 Meter Relay Masters - Mixed

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

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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
1 Unattached Ontario 'A'	4:05.85	World Record
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 1.30 1.35 1.40 O XXO XXX	M52 Ottawa Lions T.F.C.	1.35m	1.56m	63.98%
-- Folkes, Shawn 1.50 XXX	M51 Unattached Ontario	NH		

M55 High Jump Masters

Name	Age Team	Finals	Age-Grading	Alternate
1 Ritchie, Don 1.35 1.45 1.50 1.55 1.60 XO O O O XXX	M58 Unattached Ontario	1.55m	1.90m	77.50%
2 Chapman, Michael 1.15 1.20 1.25 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 1.10 1.15 O XXX	M60 Jamcan	1.10m	1.43m	58.51%

M65 High Jump Masters

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

M80 High Jump Masters

Name	Age Team	Finals	Age-Grading	Alternate
1 Tams, Peter 0.95 1.00 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 0.90 0.95 1.00 1.05 1.10 1.15 1.20 1.25 1.30 O O O O O O XO XXO XXX	W38 Jamcan	1.25m	1.31m	62.81%

W45 High Jump Masters

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

W50 High Jump Masters

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

W55 High Jump Masters

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

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
1 Duranona Garcia, Yordany M31 Mexico (old 7.13 Clayton Latham 2012)		X7.41m	7.41m 82.79%	MR

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
1 John, Nigel (old MR 6.06 Vladimir Kostic 1981)	M47 Jamcan	6.10m	7.04m 78.71%	MR
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%	

M70 Long 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 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 2.53m 3.19m	M75 Unattached Ontario	3.20m	5.76m	64.39%
2 Sekhon, Pritam 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 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
1 Pedrero, Ana Claudia 4.56m 4.42m 4.37m FOUL 4.38m 4.30m (old MR 4.46 Lorena Reyes 2018)	W31 Uni. Toronto TC	4.56m	4.56m	60.64% MR

W35 Long Jump Masters

Name	Age Team	Finals	Age-Grading	Alternate
1 Reyes, Lorena 5.14m 5.30m 5.33m 5.15m FOUL 5.27m (old MR 5.2 Linda Carty USA 2004)	W36 Jamcan	5.33m	5.59m	74.44% MR
2 Gordon, Novelette 3.90m 3.79m 3.64m 3.50m FOUL FOUL	W37 Hamilton Olympic	3.90m	4.09m	54.47%
3 Caesar, Latasha 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 4.32m 4.20m 4.46m FOUL 4.26m 4.08m	W48 Unattached Ontario	4.46m	5.25m	69.80%
2 Garfunkel, Violeta 2.76m 3.39m PASS PASS PASS PASS	W46 Uni. Toronto TC	3.39m	3.99m	53.05%
-- Wynhofen, Julie FOUL PASS PASS PASS PASS PASS	W45 Unattached	XFOUL		

W50 Long Jump Masters

Name	Age Team	Finals	Age-Grading	Alternate
1 Loucks, Kairy 3.73m 3.88m 3.47m 3.59m 3.75m 3.93m	W53 Unattached Ontario	3.93m	4.92m	65.50%
2 Duarte, Maria 3.00m 3.05m 2.90m 2.64m 3.01m 2.82m	W51 Jamcan	3.05m	3.82m	50.83%

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Toronto Track and Field Centre
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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

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

1	Gariffe, Tanya	W42 Unattached Ontario	7.53m	8.11m	52.36%
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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
1 Chedore, Janice	W63 Thames Athletics	6.32m	8.88m	57.35% MR
(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
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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
1 Viggers, Tracy (old CAN and MR 10.12 Elizabeth Hill 2010)	W48 Unattached Ontario	10.20m	13.21m	55.98% CAN MR

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

1 Mazhar, Ayman	M60 Uni. Toronto TC	17.64m	18.38m	71.10%	CAN MR
(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	
1 Green, Lucille	W71 Throwers Club	6.38m	9.35m	39.65%	MR
(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

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

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
1 Kozell, Kris	W67 Ontario Racewalk	17:46.49	13:30.96 85.70%	CAN MR
(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%