

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M35 100 Meter**

Name	Age Team	Finals	Wind	Age-Grading
Finals				
1 Manjit Singh	M37 Sikhs In The City	13.97	+0.0	13.63 71.87%

M40 100 Meter

Name	Age Team	Finals	Wind	Age-Grading
1 Ghanaya Talevar	M40 Sisu AC	15.44	+0.0	14.74 66.45%
2 Nirmal Lotay	M41 Sikhs In The City	17.37	+0.0	16.47 59.47%

W40 100 Meter

Name	Age Team	Finals	Wind	Age-Grading
1 Shilpa Sunderji	W42 Sikhs In The City	16.89	+0.0	15.77 66.55%

M50 100 Meter

Name	Age Team	Finals	Wind	Age-Grading
1 Lakwinder Singh	M53 Sikhs In The City	16.04	+0.0	14.04 69.76%
2 Harmander Singh	M52 Sikhs In The City	21.51	+0.0	18.94 51.70%

W55 100 Meter

Name	Age Team	Finals	Wind	Age-Grading
1 Nacchatar Kaur-Singh	W57 Unattached	31.59	+0.0	25.19 41.66%

M100 100 Meter

Name	Age Team	Finals	Wind	Age-Grading
1 Fauja Singh	M100 Sisu AC	23.40	+0.0	5.66173.08%

M35 200 Meter

Name	Age Team	Finals	Wind	Age-Grading
1 Manjit Singh	M37 Sikhs In The City	28.77	1.2	27.32 70.73%

M40 200 Meter

Name	Age Team	Finals	Wind	Age-Grading
1 Ghanaya Talevar	M40 Sisu AC	35.39	1.2	32.83 58.86%
2 Nirmal Lotay	M41 Sikhs In The City	38.10	1.2	35.08 55.09%

M50 200 Meter

Name	Age Team	Finals	Wind	Age-Grading
1 Lakwinder Singh	M53 Sikhs In The City	35.91	1.2	30.32 63.71%
2 Harmander Singh	M52 Sikhs In The City	44.90	1.2	38.17 50.62%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W55 200 Meter**

Name	Age Team	Finals	Wind	Age-Grading
1 Karla Del Grande	W58 Mississauga Tra	29.98	1.2	23.09 92.43%

M60 200 Meter

Name	Age Team	Finals	Wind	Age-Grading
1 Duncan Greenshields	M62 UTTC	34.56	1.2	27.47 70.34%

M100 200 Meter

Name	Age Team	Finals	Wind	Age-Grading
1 Fauja Singh	M100 Sisu AC	52.23	1.2	12.63153.03%

M35 400 Meter

Name	Age Team	Finals	Age-Grading
1 Manjit Singh	M37 Sikhs In The City	69.89	66.83 64.62%

M40 400 Meter

Name	Age Team	Finals	Age-Grading
1 Nirmal Lotay	M41 Sikhs In The City	1:34.72	1:27.95 49.10%

M50 400 Meter

Name	Age Team	Finals	Age-Grading
1 Lakwinder Singh	M53 Sikhs In The City	1:29.36	76.38 56.54%
2 Harmander Singh	M52 Sikhs In The City	1:48.52	1:33.38 46.25%

W55 400 Meter

Name	Age Team	Finals	Age-Grading
1 Nacchar Kaur-Singh	W57 Unattached	2:37.22	2:00.55 39.49%

M60 400 Meter

Name	Age Team	Finals	Age-Grading
1 Duncan Greenshields	M62 UTTC	75.55	60.94 70.85%

M100 400 Meter

Name	Age Team	Finals	Age-Grading
1 Fauja Singh	M100 Sisu AC	2:13.48	32.27133.84%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M35 800 Meter**

Name	Age Team	Finals	Age-Grading
1 Manjit Singh	M37 Sikhs In The City	2:42.76	2:39.27 63.49%

W35 800 Meter

Name	Age Team	Finals	Age-Grading
1 Raj Shinhmar	W39 Sikhs In The City	4:45.00	4:39.70 40.50%

M40 800 Meter

Name	Age Team	Finals	Age-Grading
1 Nirmal Lotay	M41 Sikhs In The City	4:05.11	3:50.90 43.79%

W40 800 Meter

Name	Age Team	Finals	Age-Grading
1 Shilpa Sunderji	W42 Sikhs In The City	3:28.49	3:19.20 56.87%

M50 800 Meter

Name	Age Team	Finals	Age-Grading
1 Lakwinder Singh	M53 Sikhs In The City	3:41.94	3:08.19 53.73%
2 Harmander Singh	M52 Sikhs In The City	4:17.60	3:40.25 45.91%

W50 800 Meter

Name	Age Team	Finals	Age-Grading
1 Sandy Jobanputra	W51 Sikhs In The City	4:25.61	3:53.90 48.43%

W55 800 Meter

Name	Age Team	Finals	Age-Grading
1 Nacchatar Kaur-Singh	W57 Unattached	5:35.07	4:32.12 41.63%

M70 800 Meter

Name	Age Team	Finals	Age-Grading
1 Sadhu Singh	M71 Sikhs In The City	3:33.35	2:33.42 65.91%

M100 800 Meter

Name	Age Team	Finals	Age-Grading
1 Fauja Singh	M100 Sisu AC	5:32.18	1:20.29125.93%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M30 1500 Meter**

Name	Age Team	Finals	Age-Grading
1 Sunny Gill	M30 Sikhs In The City	6:25.49	6:25.49 53.44%

M35 1500 Meter

Name	Age Team	Finals	Age-Grading
1 Manjit Singh	M37 Sikhs In The City	5:26.21	5:15.71 65.25%

M40 1500 Meter

Name	Age Team	Finals	Age-Grading
1 Nirmal Lotay	M41 Sikhs In The City	8:36.14	7:59.96 42.92%

M50 1500 Meter

Name	Age Team	Finals	Age-Grading
1 Lakwinder Singh	M53 Sikhs In The City	7:36.61	6:20.22 54.18%
2 Harmander Singh	M52 Sikhs In The City	8:55.52	7:29.90 45.79%

M55 1500 Meter

Name	Age Team	Finals	Age-Grading
1 Harkinder Singh	M58 Sikhs In The City	8:02.12	6:24.69 53.55%

M65 1500 Meter

Name	Age Team	Finals	Age-Grading
1 Harbhag Singh	M68 Sikhs In The City	8:17.40	6:05.69 56.33%

M70 1500 Meter

Name	Age Team	Finals	Age-Grading
1 Sadhu Singh	M71 Sikhs In The City	6:44.46	4:48.02 71.53%

M100 1500 Meter

Name	Age Team	Finals	Age-Grading
1 Fauja Singh	M100 Sisu AC	11:27.81	2:46.25123.92%

M35 1 Mile Run

Name	Age Team	Finals	Age-Grading
1 Manjit Singh	M37 Sikhs In The City	5:54.68	5:42.70 64.96%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 1 Mile Run**

Name	Age Team	Finals	Age-Grading
1 Nirmal Lotay	M41 Sikhs In The City	9:34.13	8:58.54 41.33%

M50 1 Mile Run

Name	Age Team	Finals	Age-Grading
1 Lakwinder Singh	M53 Sikhs In The City	8:06.79	6:55.53 53.57%
2 Harmander Singh	M52 Sikhs In The City	9:23.50	8:04.95 45.90%

M55 1 Mile Run

Name	Age Team	Finals	Age-Grading
1 Harkinder Singh	M58 Sikhs In The City	9:02.49	7:23.98 50.14%

M65 1 Mile Run

Name	Age Team	Finals	Age-Grading
1 Harbhag Singh	M68 Sikhs In The City	8:19.24	6:13.39 59.62%

M100 1 Mile Run

Name	Age Team	Finals	Age-Grading
1 Fauja Singh	M100 Sisu AC	11:53.45	2:13.28167.03%

M35 3000 Meter

Name	Age Team	Finals	Age-Grading
1 Manjit Singh	M37 Sikhs In The City	11:54.38	11:30.24 63.75%

M40 3000 Meter

Name	Age Team	Finals	Age-Grading
1 Ghanaya Talevar	M40 Sisu AC	15:02.98	14:13.41 51.56%
2 Nirmal Lotay	M41 Sikhs In The City	19:21.20	18:09.21 40.40%

W40 3000 Meter

Name	Age Team	Finals	Age-Grading
1 Shilpa Sunderji	W42 Sikhs In The City	15:03.80	14:07.77 59.15%

M50 3000 Meter

Name	Age Team	Finals	Age-Grading
1 Lakwinder Singh	M53 Sikhs In The City	16:32.66	14:07.34 51.93%
2 Harmander Singh	M52 Sikhs In The City	19:02.29	16:23.06 44.76%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M55 3000 Meter**

Name	Age Team	Finals	Age-Grading
1 Harkinder Singh	M58 Sikhs In The City	18:01.46	14:45.07 49.71%

M100 3000 Meter

Name	Age Team	Finals	Age-Grading
1 Fauja Singh	M100 Sisu AC	24:52.47	4:38.80157.82%

M29&U 5000 Meter

Name	Age Team	Finals	Age-Grading
1 Harjot Bains	M29 Unattached	22:53.23	22:52.00 55.18%

M30 5000 Meter

Name	Age Team	Finals	Age-Grading
1 Sunny Gill	M30 Sikhs In The City	23:14.96	23:11.48 54.40%

M35 5000 Meter

Name	Age Team	Finals	Age-Grading
1 Manjit Singh	M37 Sikhs In The City	21:05.81	20:23.03 61.90%

W35 5000 Meter

Name	Age Team	Finals	Age-Grading
1 Raj Shinhmar	W39 Sikhs In The City	34:32.44	33:25.30 43.12%

M40 5000 Meter

Name	Age Team	Finals	Age-Grading
1 Nikole Malakovski	M44 Unattached	26:19.04	24:07.83 52.29%
2 Nirmal Lotay	M41 Sikhs In The City	35:57.60	33:43.83 37.40%

M50 5000 Meter

Name	Age Team	Finals	Age-Grading
1 Lakwinder Singh	M53 Sikhs In The City	32:06.15	27:24.17 46.04%
2 Harmander Singh	M52 Sikhs In The City	33:35.69	28:54.71 43.64%

W50 5000 Meter

Name	Age Team	Finals	Age-Grading
1 Sandy Jobanputra	W51 Sikhs In The City	33:42.44	28:41.51 50.23%

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

M55 5000 Meter

Name	Age Team	Finals	Age-Grading
1 Harkinder Singh	M58 Sikhs In The City	32:44.31	26:47.60 47.09%

M70 5000 Meter

Name	Age Team	Finals	Age-Grading
1 Sadhu Singh	M71 Sikhs In The City	24:17.26	17:33.60 71.85%

M100 5000 Meter

Name	Age Team	Finals	Age-Grading
1 Fauja Singh	M100 Sisu AC	49:57.39	9:19.92135.20%