

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M30 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading
Finals			
1 Jason Melhado	M31 Unattached	7.80	7.81 81.92%

**W35 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading
Finals			
1 Khama Beckles	W37 UTTC	8.13	8.13 85.12%

**M35 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading
1 Andre Mitchell	M36 UTTC	7.66	7.53 84.99%
2 Dave Kervin	M35 Unattached	7.86	7.78 82.19%

**W40 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading
Finals			
1 Lisa Pot	W43 Saugeen Track Club	9.27	8.65 80.04%

**M40 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading	H#
1 Jason Foubert	M43 UTTC	7.77	7.24 88.42%	1
2 Dale Samuel	M41 Unattached	7.85	7.42 86.11%	1
3 Ovidiu Negoita	M41 Unattached	8.05	7.61 83.98%	1
4 Tyler Atkinson	M41 Unattached	8.78	8.30 76.99%	1

**M45 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading	H#
Finals				
1 Chris Lemassif	M46 UTTC	7.79	7.10 90.12%	1
2 Rick Reynolds	M46 Unattached	7.89	7.19 88.97%	1
3 Paul Dowhos	M45 Unattached	8.01	7.35 87.02%	1
4 Tim Taschereau	M47 Unattached	8.14	7.36 86.86%	1
5 Eddy Renelique	M49 Viva Zumba	8.17	7.29 87.76%	1
6 Anthony Simpson	M49 Unattached	8.96	7.99 80.02%	1

**M50 60 Meter Dash 10:30am**

Name	Age Team	Prelims	Age-Grading	H#
Semi Final				
1 Robert Nasato	M52 Unattached	8.02q	7.00 91.27%	5
2 Ken Kudo	M50 Unattached	8.07q	7.14 89.47%	4
3 Les Neufeld	M52 Unattached	8.14q	7.11 89.93%	4
4 Leo Da Silva	M50 Unattached	8.15q	7.21 88.59%	4
5 Andrew Bass	M51 Unattached	8.21q	7.22 88.55%	5

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

6 Paul Zelmanski	M53 United State	8.26q	7.16	89.23%	4
7 John Varone	M54 Unattached	8.37q	7.21	88.77%	5
8 Hamid Bakhtiyari	M54 UTTC	8.65q	7.45	85.90%	4

**M50 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading	H#
<b>Finals</b>				
1 Ken Kudo	M50 Unattached	7.76	6.87	93.04% 1
2 Robert Nasato	M52 Unattached	7.96	6.95	91.96% 1
3 Leo Da Silva	M50 Unattached	8.20	7.26	88.05% 1
4 Les Neufeld	M52 Unattached	8.20	7.16	89.27% 1
5 Paul Zelmanski	M53 United State	8.22	7.13	89.66% 1
6 Andrew Bass	M51 Unattached	8.25	7.25	88.12% 1
7 John Varone	M54 Unattached	8.32	7.16	89.30% 1
8 Hamid Bakhtiyari	M54 UTTC	8.88	7.65	83.67% 1

**W50 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading
1 Wendy Melvin	W52 Unattached	10.49	8.90 77.88%

**M55 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading	H#
<b>Finals</b>				
1 Bennie James	M56 United State	8.11	6.89	92.85% 1
2 Bryan Baldsing	M55 Unattached	8.77	7.50	85.29% 1
3 Mark Jakubowski	M55 United State	8.81	7.53	84.90% 1
4 Ralph Cilevitz	M59 Throwers Club	8.88	7.39	86.49% 1

**M60 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading	H#
<b>Finals</b>				
1 Peter Zowkewych	M62 Unattached	17.49	14.27	44.77% 1

**M65 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading	H#
<b>Finals</b>				
1 Tony Powell	M69 Unattached	8.61	6.72	95.12% 1
2 Richard Lech	M65 Unattached	8.66	6.93	92.26% 1

**M80 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading	H#
<b>Finals</b>				
1 Ray Wardle	M80 Ottawa Track	10.66	7.57	84.43% 1
2 Bill E. Thompson	M83 Hamilton Oly	11.02	7.54	84.85% 1

**M35 200 Meter Dash 11:30am**

Name	Age Team	Finals	Age-Grading	H#
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**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

1	Andre Mitchell	M36	UTTC	25.30	24.21	79.80%	8
2	Dave Kervin	M35	Unattached	25.50	24.59	78.59%	8

**W35 200 Meter Dash 11:30am**

Name	Age	Team	Finals	Age-Grading	H#	
1	Khama Beckles	W37	UTTC	27.43	26.92 79.29%	3

**M40 200 Meter Dash 11:30am**

Name	Age	Team	Finals	Age-Grading	H#	
1	Jason Foubert	M43	UTTC	25.20	22.86 84.52%	7
2	Dale Samuel	M41	Unattached	26.33	24.24 79.72%	6
3	Sean Kapitain	M42	Unattached	26.67	24.38 79.27%	6
4	Scott Smyth	M42	Parry Sound Lege	26.84	24.53 78.76%	7
5	Matt Beechey	M42	Unattached	28.75	26.28 73.53%	6

**W40 200 Meter Dash 11:30am**

Name	Age	Team	Finals	Age-Grading
1	Lisa Pot	W43	Saugeen Track Club	31.58 28.74 74.26%

**M45 200 Meter Dash 11:30am**

Name	Age	Team	Finals	Age-Grading	H#	
1	Chris Lemassif	M46	UTTC	25.31	22.46 86.05%	5
2	Eddy Renelique	M49	Viva Zumba	26.20	22.75 84.92%	5
3	Rick Reynolds	M46	Unattached	26.34	23.37 82.69%	5
4	Ira Irving	M45	Unattached	26.94	24.08 80.25%	5
5	Paul Dowhos	M45	Unattached	27.00	24.13 80.07%	5

**M50 200 Meter Dash 11:30am**

Name	Age	Team	Finals	Age-Grading	H#	
1	Ken Kudo	M50	Unattached	25.14	21.67 89.18%	4
2	Les Neufeld	M52	Unattached	27.67	23.53 82.15%	4
3	Leo Da Silva	M50	Unattached	27.68	23.86 81.00%	4

**M55 200 Meter Dash 11:30am**

Name	Age	Team	Finals	Age-Grading	H#	
1	Steve Millward	M57	Unattached	29.33	24.10 80.19%	3
2	Bryan Baldsing	M55	Unattached	30.08	25.05 77.16%	3

**M65 200 Meter Dash 11:30am**

Name	Age	Team	Finals	Age-Grading	H#	
1	Tony Powell	M69	Unattached	28.55	21.56 89.63%	2
2	John Powell	M68	EtobicokeTC	38.91	29.62 65.25%	2

**M75 200 Meter Dash 11:30am**

Name	Age	Team	Finals	Age-Grading
1	Jim Pascoe	M75	Rouge River RR	36.95 25.59 75.51%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M80 200 Meter Dash 11:30am**

Name	Age Team	Finals	Age-Grading
1 Ray Wardle	M80 Ottawa Track	37.33	23.73 81.44%
2 Bill E. Thompson	M83 Hamilton Oly	40.56	24.14 80.05%

**M35 400 Meter Dash 11:30am**

Name	Age Team	Finals	Age-Grading	H#
1 Jayesh D'Souza	M39 Unattached	64.42	60.69 71.16%	5
2 Jonathan Colford	M35 Unattached	1:22.24	79.79 54.12%	5

**M40 400 Meter Dash 11:30am**

Name	Age Team	Finals	Age-Grading	H#
1 Lenroy Munro	M42 Unattached	56.20	51.82 83.35%	4
2 Mirco Graenert	M44 Newmarket Huskies	56.46	51.32 84.15%	4
3 Louis Byrne	M41 Toronto Olym	62.50	58.04 74.42%	4

**M45 400 Meter Dash 11:30am**

Name	Age Team	Finals	Age-Grading	H#
1 Eddy Renelique	M49 Viva Zumba	61.59	54.07 79.87%	3
-- Jianping Xu	M47 Don't Get Lost A	DQ		3

**M55 400 Meter Dash 11:30am**

Name	Age Team	Finals	Age-Grading	H#
1 Anthony Baker	M59 United State	70.45	57.91 74.58%	3

**M60 400 Meter Dash 11:30am**

Name	Age Team	Finals	Age-Grading	H#
1 Duncan Greenshields	M64 UTTC	72.49	57.75 74.78%	2

**M65 400 Meter Dash 11:30am**

Name	Age Team	Finals	Age-Grading	H#
1 John Faulkner	M65 Burlington Runners	72.85	57.67 74.88%	2
-- John Powell	M68 EtobicokeTC	DNF		2

**M70 400 Meter Dash 11:30am**

Name	Age Team	Finals	Age-Grading
1 Vern Christensen	M72 Scarborough Masters	1:26.30	60.84 70.98%

**M75 400 Meter Dash 11:30am**

Name	Age Team	Finals	Age-Grading
1 Jim Pascoe	M75 Rouge River RR	1:25.11	56.54 76.37%

**M80 400 Meter Dash 11:30am**

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

Name	Age Team	Finals	Age-Grading
1 Ray Wardle	M80 Ottawa Track	1:34.60	57.54 75.05%
2 Bill E. Thompson	M83 Hamilton Oly	1:42.65	57.41 75.23%

**M30 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 Michael Schwandt	M32 UTTC	2:11.15	2:11.16 77.09%	3
2 Jimmy Semes	M34 Boardwalk Runnin	2:17.09	2:17.10 73.75%	3

**W30 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading
1 Tanya Sakharov	W32 Boardwalk Runnin	2:35.68	2:35.69 72.76%

**M35 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 Jay Brecher	M39 UTTC	2:02.81	1:57.88 85.77%	2
2 Jamie Halla	M37 South Simco	2:28.70	2:25.51 69.49%	2
3 Jonathan Colford	M35 Unattached	3:11.28	3:10.73 53.01%	2

**M40 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 Michal Kapral	M40 UTTC	2:08.71	2:02.34 82.65%	3
2 Kevin Farr	M42 Brantford Track	2:16.07	2:07.03 79.60%	3
3 Mirco Graenert	M44 Newmarket Huskies	2:18.51	2:06.96 79.64%	3

**M45 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 Michael Sherar	M49 UTTC	2:02.16	1:47.15 94.37%	2
2 Ken Gosleigh	M45 Saugeen Track Club	2:20.64	2:07.72 79.17%	2
3 Jianping Xu	M47 Don't Get Lost A	2:24.23	2:08.74 78.54%	2
4 Rob Blair	M49 Newmarket Huskies	2:26.69	2:08.67 78.59%	2
-- Paul Osland	M49 UTTC	DNF		2

**M50 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 Desmond Moloney	M52 East Toronto	2:30.57	2:08.74 78.54%	3
2 Mark Duff	M51 Boardwalk Runnin	2:30.81	2:10.03 77.76%	3

**W50 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading
1 Heather O'Hagan	W51 Newmarket Huskies	2:38.57	2:19.64 81.13%

**M60 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading
1 Ted Paget	M61 Newmarket Huskies	2:38.78	2:06.19 80.13%
-- Duncan Greenshields	M64 UTTC	DNF	

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M30 1500 Meter Run 11:00am**

Name	Age Team	Finals	Age-Grading	H#
1 Michael Schwandt	M32 UTTC	4:31.04	4:31.05 76.00%	3
2 Jimmy Semes	M34 Boardwalk Runnin	4:55.22	4:54.63 69.92%	3

**W30 1500 Meter Run 11:00am**

Name	Age Team	Finals	Age-Grading	H#
1 Tanya Sakharov	W32 Boardwalk Runnin	5:24.93	5:23.18 71.93%	

**M35 1500 Meter Run 11:00am**

Name	Age Team	Finals	Age-Grading	H#
1 Jamie Halla	M37 South Simco	5:14.37	5:04.25 67.71%	3
2 Jonathan Colford	M35 Unattached	6:26.36	6:21.42 54.01%	3

**M40 1500 Meter Run 11:00am**

Name	Age Team	Finals	Age-Grading	H#
1 Kevin Farr	M42 Brantford Track	4:36.54	4:14.73 80.87%	3
2 Steve Boston	M42 Newmarket Huskies	5:15.39	4:50.51 70.91%	3

**M45 1500 Meter Run 11:00am**

Name	Age Team	Finals	Age-Grading	H#
1 Ken Gosleigh	M45 Saugeen Track Club	4:43.01	4:13.21 81.35%	3
2 Gary Jr Cassel	M45 Cambridge Harriers	5:09.35	4:36.78 74.43%	3
3 Christopher Webb	M47 Unattached	5:15.93	4:37.61 74.21%	3

**M50 1500 Meter Run 11:00am**

Name	Age Team	Finals	Age-Grading	H#
1 Vince Friel	M50 South Simco	4:39.56	3:58.94 86.21%	2
2 Bruce Grierson	M51 Newmarket Huskies	4:52.75	4:08.08 83.04%	2
3 James Wallace	M50 UTTC	4:53.56	4:10.91 82.10%	2
4 Desmond Moloney	M52 East Toronto	4:55.87	4:08.57 82.88%	2
5 Mark Duff	M51 Boardwalk Runnin	5:02.14	4:16.04 80.46%	2
6 James Earl	M54 East Toronto	5:02.31	4:09.53 82.56%	2
7 Rob Hanks	M50 Longboat RR	5:15.06	4:29.29 76.50%	2

**M55 1500 Meter Run 11:00am**

Name	Age Team	Finals	Age-Grading	H#
1 John Albert	M57 Unattached	5:07.09	4:07.12 83.36%	

**M60 1500 Meter Run 11:00am**

Name	Age Team	Finals	Age-Grading	H#
1 John Helliker	M61 UTTC	5:08.64	4:00.22 85.76%	
2 Ted Paget	M61 Newmarket Huskies	5:16.44	4:06.29 83.64%	

**M70 1500 Meter Run 11:00am**

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

Name	Age Team	Finals	Age-Grading
1 Chris Mackie	M72 Unattached	5:48.88	4:04.64 84.21%

**W29&U 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading	H#
1 Leanna Lee	W27 UTTC	11:24.32	11:24.33 73.27%	2

**M30 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading	H#
1 Nikolay Ryabkov	M33 Toronto Olym	10:07.08	10:00.10 73.32%	2

**W30 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading
1 Myndi Quirion	W33 Megan Brown Perf	12:24.15	12:19.32 67.82%

**M35 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading	H#
1 Mike Greenberg	M39 UTTC	10:24.44	9:54.53 74.01%	2

**M45 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading	H#
1 Andrew Jones	M47 London Pacers	9:39.63	8:39.24 84.74%	2
2 Michael Chang	M46 UTTC	10:24.83	9:24.10 78.00%	2
3 Christopher Webb	M47 Unattached	11:11.77	10:01.78 73.12%	2
4 Gary Jr Cassel	M45 Cambridge Harriers	11:12.16	10:11.60 71.94%	2

**W45 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading
1 Tracey Snarr	W48 Newmarket Huskies	12:12.74	10:40.79 78.25%
2 Sheryl Potter	W45 Newmarket Huskies	13:38.70	12:22.65 67.52%

**M50 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading	H#
1 Dan Fiorini	M50 Newmarket Huskies	10:31.15	9:12.07 79.70%	2
2 Bruce Grierson	M51 Newmarket Huskies	10:44.70	9:19.35 78.66%	2

**W55 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading
1 Lynn Kobayashi	W57 UTTC	12:38.56	9:49.10 85.12%
2 Cathy Tedford	W59 Runner's Life	20:35.04	15:32.34 53.78%

**M55 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading	H#
<b>1 Jerry Kooymans</b>	<b>M57 Toronto Olym</b>	<b>9:53.16</b>	<b>8:09.60 89.87%</b>	<b>CAN MR</b>

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

(old CAN 9:55.00 Francois Martel PQ 2010,  
old MR Jerry's 10:02 in 2011)

**M65 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading
1 Bert de Vries	M66 Longboat RR	12:55.90	9:51.24 74.42%

**M70 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading
1 Vern Christensen	M72 Scarborough Masters	14:12.11	10:07.90 72.38%
2 Gary McColeman	M71 Unattached	16:01.71	11:35.32 63.28%

**M80 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading
1 Ed Whitlock	M82 Milton RR	13:58.83	8:08.62 90.05% MR
(old MR 15:50 Robert Comber 2007)			

**M35 60 Meter Hurdles 9:30am**

Name	Age Team	Finals	Age-Grading
1 David Valenzuela	M36 Unattached	8.85	8.53 85.65% MR
(old MR 8.86 Andrew Yap 1999)			

**M40 60 Meter Hurdles 9:30am**

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M41 Unattached	9.84	9.09 80.39%

**M50 60 Meter Hurdles 9:30am**

Name	Age Team	Finals	Age-Grading
1 Paul Zelmanski	M53 United State	10.16	8.68 84.15%

**M55 60 Meter Hurdles 9:30am**

Name	Age Team	Finals	Age-Grading
1 Mark Jakubowski	M55 United State	10.85	9.18 79.54%
2 Ralph Cilevitz	M59 Throwers Club	11.87	9.71 75.23%

**M60 60 Meter Hurdles 9:30am**

Name	Age Team	Finals	Age-Grading
-- Steve Caws	M60 Mississauga Tra	DNF	

**M65 60 Meter Hurdles 9:30am**

Name	Age Team	Finals	Age-Grading
1 Richard Lech	M65 Unattached	10.84	8.25 88.56% ONT MR
(old ONT & MR 10.97 Andy Thompson 1991)			



**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M35 High Jump 10:30am**

Name	Age Team	Finals	Age-Grading
<b>1 Zoltan Sara</b> (old MR 1.88 by Zoltan in 2011)	<b>M37 Unattached</b>	<b>1.90m</b>	<b>2.04m 83.33% MR</b>
2 David Valenzuela	M36 Unattached	1.85m	1.96m 80.43%

**M40 High Jump 10:30am**

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M41 Unattached	1.70m	1.89m 77.63%

**M45 High Jump 10:30am**

Name	Age Team	Finals	Age-Grading
1 Paul Osland	M49 UTTC	1.35m	1.63m 66.83%

**M50 High Jump 10:30am**

Name	Age Team	Finals	Age-Grading
1 Paul Zelmanski	M53 United State	1.35m	1.70m 69.59%

**M55 High Jump 10:30am**

Name	Age Team	Finals	Age-Grading
1 Ralph Cilevitz	M59 Throwers Club	1.30m	1.76m 71.82%
2 Alexandr Senkevich	M58 Unattached	1.15m	1.54m 62.84%

**W55 High Jump 10:30am**

Name	Age Team	Finals	Age-Grading
1 Maria Mallia	W58 Unattached	1.25m	1.74m 83.33%

**M60 High Jump 10:30am**

Name	Age Team	Finals	Age-Grading
1 Steve Caws	M60 Mississauga Tra	1.35m	1.85m 75.84%
2 Peter Zowkewych	M62 Unattached	1.00m	1.40m 57.47%

**M65 High Jump 10:30am**

Name	Age Team	Finals	Age-Grading
<b>1 Stan Seitz</b>	<b>M65 Ottawa Track</b>	<b>1.35m</b>	<b>1.97m 80.36% ONT</b>

**M75 High Jump 10:30am**

Name	Age Team	Finals	Age-Grading
1 Bob Land	M76 Unattached	1.05m	1.78m 72.92%

**M35 Pole Vault 9:30am**

Name	Age Team	Finals	Age-Grading
1 Marcus Popp	M39 Unattached	4.20m	4.58m 74.60%

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

2 Jeff Hayhoe

M39 York UniversityT

4.00m

4.36m 71.05%

**M40 Pole Vault 9:30am**

Name	Age Team	Finals	Age-Grading		
1 Kevin Lake	M43 Ottawa Track	4.40m	5.05m 82.24%	ONT	MR
(old MR 4.15 Tom Rauscher USA in 1990)					

**M50 Pole Vault 9:30am**

Name	Age Team	Finals	Age-Grading
1 Mark Schaber	M54 Unattached	3.40m	4.56m 74.24%
2 Brian Magerkurth	M54 Unattached	3.15m	4.22m 68.78%

**M65 Pole Vault 9:30am**

Name	Age Team	Finals	Age-Grading
1 Stan Seitz	M65 Ottawa Track	3.00m	4.84m 78.95%
2 Hugh Miller	M66 Unattached	2.70m	4.44m 72.39%

**M35 Long Jump 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Jasbir Singh Hundal	M39 Unattached	4.48m	4.92m 54.97%

**M40 Long Jump 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Matt Beechey	M42 Unattached	4.72m	5.36m 59.97%
2 Ovidiu Negoita	M41 Unattached	3.36m	3.77m 42.21%

**M45 Long Jump 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Anthony Simpson	M49 Unattached	3.84m	4.75m 53.19%

**M50 Long Jump 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Robert Nasato	M52 Unattached	5.12m	6.59m 73.67%
2 Andrew Bass	M51 Unattached	5.07m	6.44m 72.02%
3 Leo Da Silva	M50 Unattached	4.75m	5.96m 66.62%
4 Paul Zelmanski	M53 United State	4.58m	5.97m 66.76%

**M55 Long Jump 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Ralph Cilevitz	M59 Throwers Club	4.48m	6.36m 71.11%
2 Mark Jakubowski	M55 United State	4.20m	5.63m 62.97%
3 Bryan Baldsing	M55 Unattached	3.97m	5.32m 59.52%

**W55 Long Jump 1:00pm**

Name	Age Team	Finals	Age-Grading
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**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

1 Maria Mallia W58 Unattached 3.32m 4.69m 62.41%

**M65 Long Jump 1:00pm**

Name	Age Team	Finals	Age-Grading	
<b>1 Richard Lech</b>	<b>M65 Unattached</b>	<b>4.11m</b>	<b>6.39m 71.48%</b>	<b>ONT</b>

**M35 Triple Jump - after LJ**

Name	Age Team	Finals	Age-Grading
1 Jasbir Singh Hundal	M39 Unattached	9.59m	10.16m 55.56%

**M40 Triple Jump - after LJ**

Name	Age Team	Finals	Age-Grading
1 Lenroy Munro	M42 Unattached	11.36m	12.47m 68.19%
2 Ovidiu Negoita	M41 Unattached	6.92m	7.50m 41.04%

**M50 Triple Jump - after LJ**

Name	Age Team	Finals	Age-Grading
1 Robert Nasato	M52 Unattached	10.11m	12.61m 68.96%

**M55 Triple Jump - after LJ**

Name	Age Team	Finals	Age-Grading
1 Thevarajan Sinnathurai	M59 United T.S.C.	9.95m	13.73m 75.09%
2 Ralph Cilevitz	M59 Throwers Club	9.03m	12.46m 68.15%

**M40 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M41 Unattached	9.18m	9.57m 41.43%

**M45 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading
1 Paul Osland	M49 UTTC	5.29m	6.40m 27.70%

**M50 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading
1 Paul Zelmanski	M53 United State	9.44m	11.51m 49.82%
2 Muraleetharan Arulpiraga	M53 Unattached	8.61m	10.50m 45.44%

**M55 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading
1 Ralph Cilevitz	M59 Throwers Club	7.70m	10.75m 46.53%

**W55 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading
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**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

**1 Debbie Murfitt** **W56 Unattached** **10.78m** **16.69m** **73.79%** **ONT MR**  
 (old MR 9.09 Kathy Wettenhall USA 2009)

**M60 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading
1 Bill Pearson	M60 Throwers Club	12.56m	15.95m 69.01%
2 Peter Zowkewych	M62 Unattached	11.11m	14.93m 64.59%
3 Jerzy Wyroba	M63 York UniversityT	10.65m	14.74m 63.77%
4 Brock Pullen	M63 Unattached	10.15m	14.04m 60.78%
5 Doug Smith	M61 UTTC	8.10m	10.57m 45.76%

**W60 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading
1 Rhona Trott	W64 Hamilton Oly	7.54m	13.80m 61.00%

**M70 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading
1 James Sumner	M74 Unattached	8.99m	13.11m 56.72%
2 David Morris	M74 Throwers Club	8.74m	12.75m 55.14%
3 Enrico Toscano	M72 Centro Scuola	6.22m	8.55m 37.02%

**W70 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading
1 Adri Rowswell	W72 Scarborough Masters	6.60m	14.78m 65.35%

**M85 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading
1 Evalds Viskers	M86 Throwers Club	7.34m	14.75m 63.83%

**W85 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading
<b>1 Velta Tomsons</b> (no previous MR)	<b>W85 Throwers Club</b>	<b>6.14m</b>	<b>21.62m 95.64%</b> <b>MR</b>

**M50 Weight Throw - after SP**

Name	Age Team	Finals	Age-Grading
1 Ayman Mazhar	M53 Unattached	15.84m	18.52m 71.61%

**M55 Weight Throw - after SP**

Name	Age Team	Finals	Age-Grading
1 Jim Wettenhall	M58 United State	18.79m	24.02m 92.88%
2 Ralph Cilevitz	M59 Throwers Club	9.43m	12.28m 47.51%

**W55 Weight Throw - after SP**

Name	Age Team	Finals	Age-Grading
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**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

1 Kathy Wetenhall W59 United State 10.62m 15.64m 66.29%

**M60 Weight Throw - after SP**

Name	Age Team	Finals	Age-Grading
<b>1 Jan Graczyk</b> (old CAN 16.81 Emil Muller PQ 2000, MR 17.62 Emil Muller 1997)	<b>M60 York UniversityT</b>	<b>17.62m</b>	<b>20.07m 77.62%</b> CAN MRtie
2 Bill Pearson	M60 Throwers Club	13.79m	15.70m 60.75%
3 Brock Pullen	M63 Unattached	12.42m	15.02m 58.09%

**W60 Weight Throw - after SP**

Name	Age Team	Finals	Age-Grading
1 Rhona Trott	W64 Hamilton Oly	10.17m	14.20m 60.18%

**M70 Weight Throw - after SP**

Name	Age Team	Finals	Age-Grading
1 David Morris	M74 Throwers Club	12.00m	17.20m 66.52%
2 Enrico Toscano	M72 Centro Scuola	6.66m	9.06m 35.03%

**M35 3000 Meter Race Walk 9:30am**

Name	Age Team	Finals	Age-Grading
-- Jean Pierre Fortin	M37 Ontario RaceWalkers	DNF	

**W40 3000 Meter Race Walk 9:30am**

Name	Age Team	Finals	Age-Grading
1 Catherine McCormack	W40 Ontario RaceWalkers	18:15.30	17:34.23 65.93%

**M45 3000 Meter Race Walk 9:30am**

Name	Age Team	Finals	Age-Grading
1 Jianping Xu	M47 Don't Get Lost A	14:09.25	12:40.68 83.01%

**M55 3000 Meter Race Walk 9:30am**

Name	Age Team	Finals	Age-Grading
1 Ken Atkins	M57 Ontario RaceWalkers	18:20.01	15:03.44 69.89%

**W55 3000 Meter Race Walk 9:30am**

Name	Age Team	Finals	Age-Grading
1 Anne de Thy	W59 Ontario RaceWalkers	18:20.57	14:56.53 77.52%

**W60 3000 Meter Race Walk 9:30am**

Name	Age Team	Finals	Age-Grading
1 Kris Kozell	W60 Ontario RaceWalkers	DQ	