

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W30 100 Meter Dash Sat 2:00pm**

| Name               | Age Team         | Finals | Wind | Age-Grading  |
|--------------------|------------------|--------|------|--------------|
| Finals             |                  |        |      |              |
| 1 Florence Cavalli | W30 Ontario Mast | 13.76  | 1.5  | 13.77 76.24% |

**W35 100 Meter Dash Sat 2:00pm**

| Name            | Age Team   | Finals | Wind | Age-Grading  |
|-----------------|------------|--------|------|--------------|
| 1 Khama Beckles | W38 UTTC   | 12.99  | 1.5  | 12.71 82.53% |
| 2 Yvonne Cheng  | W36 Québec | 15.84  | 1.5  | 15.85 66.22% |

**M35 100 Meter Dash Sat 2:00pm**

| Name             | Age Team         | Finals | Wind | Age-Grading  | H# |
|------------------|------------------|--------|------|--------------|----|
| 1 Howard Powell  | M37 Unattached   | 11.49  | 1.7  | 11.21 87.38% | 9  |
| 2 Andre Mitchell | M36 UTTC         | 11.89  | 1.7  | 11.68 83.85% | 9  |
| 3 Dave Kervin    | M35 Peterborough | 12.28  | 1.7  | 12.15 80.62% | 9  |
| 4 Ryan Edge      | M36 Ontario Mast | 12.33  | 1.7  | 12.12 80.86% | 9  |

**M40 100 Meter Dash Sat 2:00pm**

| Name             | Age Team         | Finals | Wind | Age-Grading  | H# |
|------------------|------------------|--------|------|--------------|----|
| 1 Jay Foubert    | M43 UTTC         | 11.87  | +0.0 | 11.10 88.21% | 8  |
| 2 Nigel John     | M40 UTTC         | 12.24  | +0.0 | 11.69 83.82% | 8  |
| 3 Dave Ma        | M41 UTTC         | 12.69  | +0.0 | 12.04 81.40% | 8  |
| 4 Brian Derby    | M40 Kanata Track | 13.02  | +0.0 | 12.43 78.80% | 8  |
| 5 Tyler Atkinson | M41 Unattached   | 14.11  | +0.0 | 13.38 73.21% | 8  |

**M45 100 Meter Dash Sat 2:00pm**

| Name                    | Age Team         | Finals | Wind | Age-Grading  | H# |
|-------------------------|------------------|--------|------|--------------|----|
| 1 Christopher Warburton | M47 UTTC         | 12.14  | 1.9  | 11.05 88.63% | 7  |
| 2 Chris Lemassif        | M46 UTTC         | 12.21  | 1.9  | 11.19 87.55% | 7  |
| 3 Rick Reynolds         | M46 Unattached   | 12.43  | 1.9  | 11.39 86.00% | 7  |
| 4 William Hudson        | M47 Ontario Mast | 12.68  | 1.9  | 11.54 84.86% | 7  |
| 5 Bernard St. Lewis     | M46 Ottawa Lions | 12.83  | 1.9  | 11.76 83.32% | 7  |

**M50 100 Meter Dash Sat 2:00pm**

| Name                | Age Team         | Finals | Wind | Age-Grading  | H# |
|---------------------|------------------|--------|------|--------------|----|
| 1 Ken Kudo          | M50 Unattached   | 12.08  | 1.0  | 10.78 90.89% | 6  |
| 2 Robert Nasato     | M52 Ontario Mast | 12.44  | 1.0  | 10.96 89.39% | 6  |
| 3 Leo Da Silva      | M51 Unattached   | 12.67  | 1.0  | 11.23 87.21% | 6  |
| 4 John Varone       | M54 Ontario Mast | 12.73  | 1.0  | 11.07 88.53% | 6  |
| 5 Tim Burgess       | M50 UTTC         | 13.47  | 1.0  | 12.02 81.51% | 6  |
| 6 John Duwyn        | M51 UTTC         | 13.68  | 1.0  | 12.13 80.77% | 6  |
| 7 Hamid Bakhtiyari  | M54 University O | 13.79  | 1.0  | 11.99 81.73% | 6  |
| 8 Francis Litzinger | M52 Unattached   | 14.62  | 1.0  | 12.87 76.06% | 6  |

**W50 100 Meter Dash Sat 2:00pm**

| Name           | Age Team       | Finals | Wind | Age-Grading  |
|----------------|----------------|--------|------|--------------|
| 1 Wendy Melvin | W52 Unattached | 16.69  | 1.5  | 13.99 75.01% |

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W55 100 Meter Dash Sat 2:00pm**

| Name           | Age Team         | Finals | Wind | Age-Grading  |
|----------------|------------------|--------|------|--------------|
| 1 Wendy Alexis | W58 Ottawa Lions | 13.75  | 1.5  | 10.86 96.58% |

**M55 100 Meter Dash Sat 2:00pm**

| Name               | Age Team             | Finals | Wind | Age-Grading  | H# |
|--------------------|----------------------|--------|------|--------------|----|
| 1 Blair Roblin     | M55 Unattached       | 13.55  | 1.4  | 11.70 83.69% | 5  |
| 2 Bryan Baldsing   | M55 Ontario Mast     | 14.05  | 1.4  | 12.13 80.71% | 5  |
| 3 Bruce Urch       | M58 The Runners Shop | 14.16  | 1.4  | 12.00 81.57% | 5  |
| 4 Ralph Cilevitz   | M59 Throwers Club    | 14.33  | 1.4  | 12.07 81.16% | 5  |
| 5 Jacek Urbanowicz | M55 Unattached       | 15.68  | 1.4  | 13.54 72.32% | 5  |

**M60 100 Meter Dash Sat 2:00pm**

| Name                  | Age Team         | Finals | Wind | Age-Grading  | H# |
|-----------------------|------------------|--------|------|--------------|----|
| 1 Alexander Jozefacki | M63 Ontario Mast | 14.16  | 1.4  | 11.64 84.11% | 4  |
| 2 Peter Zowkewych     | M62 Ontario Mast | 14.52  | 1.4  | 12.01 81.54% | 4  |
| 3 Jarmo Kokko         | M62 Unattached   | 14.66  | 1.4  | 12.12 80.76% | 4  |
| 4 Bernie Lachance     | M63 Quebec       | 14.90  | 1.4  | 12.25 79.93% | 4  |

**W60 100 Meter Dash Sat 2:00pm**

| Name  | Age Team                   | Finals       | Wind       | Age-Grading         | H#            |
|---|----------------------------|--------------|------------|---------------------|---------------|
| <b>1 Karla Del Grande</b>   | <b>W60 Mississauga Tra</b> | <b>13.88</b> | <b>1.5</b> | <b>10.75 97.62%</b> | <b>CAN MR</b> |
| (old CAN 14.31 Carol Lafayette-Boyd SK 2004 - old Meet Record 15.50 Rhona Trott 2009 old ONT 14.07 Karla in June) |                            |              |            |                     |               |

**M65 100 Meter Dash Sat 2:00pm**

| Name                | Age Team         | Finals | Wind | Age-Grading  | H# |
|---------------------|------------------|--------|------|--------------|----|
| 1 Tony Powell       | M69 Ontario Mast | 13.34  | 1.8  | 10.58 92.58% | 3  |
| 2 Richard Lech      | M65 Unattached   | 13.56  | 1.8  | 11.01 88.94% | 3  |
| 3 Darrell Patterson | M67 Unattached   | 14.55  | 1.8  | 11.68 83.85% | 3  |
| 4 Bryan Mason       | M68 Unattached   | 15.01  | 1.8  | 11.98 81.81% | 3  |

**M70 100 Meter Dash Sat 2:00pm**

| Name          | Age Team            | Finals | Wind | Age-Grading  | H# |
|---------------|---------------------|--------|------|--------------|----|
| 1 Mike Morris | M72 Unattached      | 14.29  | 1.2  | 11.00 89.01% | 2  |
| 2 Peter Evans | M71 Mississauga Tra | 14.60  | 1.2  | 11.38 86.10% | 2  |
| 3 David Stern | M73 Mississauga Tra | 15.08  | 1.2  | 11.47 85.41% | 2  |

**M80 100 Meter Dash Sat 2:00pm**

| Name            | Age Team         | Finals | Wind | Age-Grading  | H# |
|-----------------|------------------|--------|------|--------------|----|
| 1 Ray Wardle    | M80 Ottawa Lions | 17.02  | 1.2  | 11.74 83.43% | 2  |
| 2 Bill Thompson | M83 Hamilton Oly | 17.99  | 1.2  | 11.78 83.10% | 2  |

**W30 200 Meter Dash Sat 2:00pm**

| Name               | Age Team         | Finals | Wind | Age-Grading  |
|--------------------|------------------|--------|------|--------------|
| 1 Florence Cavalli | W30 Ontario Mast | 28.18  | 1.7  | 28.19 75.73% |

**M35 200 Meter Dash Sat 2:00pm**

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

| Name             | Age Team         | Finals | Wind | Age-Grading  | H# |
|------------------|------------------|--------|------|--------------|----|
| 1 Andre Mitchell | M36 UTTC         | 24.06  | NWI  | 23.03 83.92% | 8  |
| 2 Dave Kervin    | M35 Peterborough | 24.72  | NWI  | 23.84 81.07% | 8  |
| 3 Garnett Brown  | M36 Unattached   | 24.78  | NWI  | 23.71 81.48% | 8  |
| 4 Ryan Edge      | M36 Ontario Mast | 25.05  | NWI  | 23.97 80.60% | 8  |

**W35 200 Meter Dash Sat 2:00pm**

| Name   | Age Team        | Finals       | Wind | Age-Grading         | H#        |
|--|-----------------|--------------|------|---------------------|-----------|
| <b>1 Khama Beckles</b>                                       | <b>W38 UTTC</b> | <b>26.67</b> | 1.7  | <b>25.84 82.60%</b> | <b>MR</b> |
| (old MR Marg Hendershot 26.74 '91 and Maureen Rodrigue 2001) |                 |              |      |                     |           |
| 2 Yvonne Cheng   | W36 Québec      | 32.44        | 1.7  | 32.25 66.18%        |           |

**M40 200 Meter Dash Sat 2:00pm**

| Name             | Age Team         | Finals | Wind | Age-Grading  | H# |
|------------------|------------------|--------|------|--------------|----|
| 1 Jay Foubert    | M43 UTTC         | 24.34  | -0.1 | 22.08 87.51% | 7  |
| 2 Sean Kapitian  | M43 Ontario Mast | 26.10  | -0.1 | 23.68 81.61% | 7  |
| 3 Marcus Josephs | M41 Unattached   | 32.27  | -0.1 | 29.71 65.04% | 7  |

**M45 200 Meter Dash Sat 2:00pm**

| Name                | Age Team         | Finals | Wind | Age-Grading  | H# |
|---------------------|------------------|--------|------|--------------|----|
| 1 Chris Lemassif    | M46 UTTC         | 24.96  | 3.0  | 22.15 87.26% | 6  |
| 2 Marcus Skeete     | M45 UTTC         | 24.97  | 3.0  | 22.32 86.58% | 6  |
| 3 David Turkstra    | M47 Unattached   | 25.38  | 3.0  | 22.36 86.41% | 6  |
| 4 Rick Reynolds     | M46 Unattached   | 25.46  | 3.0  | 22.59 85.55% | 6  |
| 5 William Hudson    | M47 Ontario Mast | 25.62  | 3.0  | 22.57 85.60% | 6  |
| 6 Bernard St. Lewis | M46 Ottawa Lions | 26.08  | 3.0  | 23.14 83.51% | 6  |

**M50 200 Meter Dash Sat 2:00pm**

| Name                | Age Team         | Finals | Wind | Age-Grading  | H# |
|---------------------|------------------|--------|------|--------------|----|
| 1 Robert Nasato     | M52 Ontario Mast | 25.97  | 2.0  | 22.08 87.52% | 5  |
| 2 John Varone       | M54 Ontario Mast | 26.28  | 2.0  | 22.04 87.67% | 5  |
| 3 Leo Da Silva      | M51 Unattached   | 26.34  | 2.0  | 22.55 85.69% | 5  |
| 4 Hamid Bakhtiyari  | M54 University O | 28.62  | 2.0  | 24.00 80.50% | 5  |
| 5 John Duwyn        | M51 UTTC         | 30.03  | 2.0  | 25.71 75.16% | 5  |
| 6 Francis Litzinger | M52 Unattached   | 30.37  | 2.0  | 25.82 74.84% | 5  |

**M55 200 Meter Dash Sat 2:00pm**

| Name               | Age Team          | Finals | Wind | Age-Grading  | H# |
|--------------------|-------------------|--------|------|--------------|----|
| 1 Blair Roblin     | M55 Unattached    | 27.78  | 3.4  | 23.13 83.55% | 4  |
| 2 Steven Millward  | M57 Niagara Olym  | 28.30  | 3.4  | 23.25 83.11% | 4  |
| 3 Ralph Cilevitz   | M59 Throwers Club | 29.96  | 3.4  | 24.29 79.57% | 4  |
| 4 Jacek Urbanowicz | M55 Unattached    | 34.44  | 3.4  | 28.68 67.39% | 4  |

**W55 200 Meter Dash Sat 2:00pm**

| Name           | Age Team         | Finals | Wind | Age-Grading  | H# |
|----------------|------------------|--------|------|--------------|----|
| 1 Wendy Alexis | W58 Ottawa Lions | 28.58  | 1.7  | 22.01 96.96% |    |

**M60 200 Meter Dash Sat 2:00pm**

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

| Name                  | Age Team         | Finals | Wind | Age-Grading  | H# |
|-----------------------|------------------|--------|------|--------------|----|
| 1 Alexander Jozefacki | M63 Ontario Mast | 29.41  | 5.1  | 23.23 83.20% | 3  |
| 2 Bernie Lachance     | M63 Quebec       | 31.84  | 5.1  | 25.15 76.85% | 3  |
| 3 Duncan Greenshields | M64 University O | 32.41  | 5.1  | 25.43 76.00% | 3  |

**W60 200 Meter Dash Sat 2:00pm**

| Name  | Age Team                   | Finals       | Wind       | Age-Grading         | H#            |
|---|----------------------------|--------------|------------|---------------------|---------------|
| <b>1 Karla Del Grande</b>   | <b>W60 Mississauga Tra</b> | <b>28.58</b> | <b>1.7</b> | <b>21.55 99.02%</b> | <b>CAN MR</b> |
| (old CAN 29.37 Carol Lafayette-Boyd SK 2002 - old MR 32.89 Rhona Trott 2009<br>old ONT 29.28 Karla in June) |                            |              |            |                     |               |

**M65 200 Meter Dash Sat 2:00pm**

| Name           | Age Team         | Finals | Wind | Age-Grading  | H# |
|----------------|------------------|--------|------|--------------|----|
| 1 Tony Powell  | M69 Ontario Mast | 27.93  | 5.1  | 21.09 91.62% | 3  |
| 2 Richard Lech | M65 Unattached   | 29.02  | 5.1  | 22.62 85.42% | 3  |

**M70 200 Meter Dash Sat 2:00pm**

| Name          | Age Team            | Finals | Wind | Age-Grading  | H# |
|---------------|---------------------|--------|------|--------------|----|
| 1 Peter Evans | M71 Mississauga Tra | 29.82  | 1.1  | 22.00 87.86% | 2  |
| 2 Mike Morris | M72 Unattached      | 30.42  | 1.1  | 22.10 87.44% | 2  |
| 3 David Stern | M73 Mississauga Tra | 30.81  | 1.1  | 22.03 87.70% | 2  |

**W75 200 Meter Dash Sat 2:00pm**

| Name   | Age Team          | Finals       | Wind       | Age-Grading         | H#        |
|--|-------------------|--------------|------------|---------------------|-----------|
| <b>1 Alice Cole</b>                          | <b>W79 Quebec</b> | <b>40.46</b> | <b>1.7</b> | <b>24.50 87.15%</b> | <b>MR</b> |
| (old MR 41.8 Isobel Saumier Cunningham 1989) |                   |              |            |                     |           |

**M80 200 Meter Dash Sat 2:00pm**

| Name            | Age Team         | Finals | Wind | Age-Grading  | H# |
|-----------------|------------------|--------|------|--------------|----|
| 1 Ray Wardle    | M80 Ottawa Lions | 35.61  | 2.2  | 22.64 85.37% |    |
| 2 Bill Thompson | M83 Hamilton Oly | 38.71  | 2.2  | 23.04 83.88% |    |

**M35 400 Meter Dash Sat 2:00pm**

| Name             | Age Team       | Finals | Age-Grading  | H# |
|------------------|----------------|--------|--------------|----|
| 1 Jayesh D'Souza | M39 Unattached | 64.09  | 60.38 71.52% | 4  |

**M40 400 Meter Dash Sat 2:00pm**

| Name             | Age Team         | Finals | Age-Grading  | H# |
|------------------|------------------|--------|--------------|----|
| 1 Mirco Graenert | M44 Newmarket Hu | 55.66  | 50.59 85.36% | 4  |

**M45 400 Meter Dash Sat 2:00pm**

| Name                | Age Team         | Finals | Age-Grading  | H# |
|---------------------|------------------|--------|--------------|----|
| 1 Marcus Skeete     | M45 UTTC         | 55.49  | 50.07 86.25% | 4  |
| 2 Bernard St. Lewis | M46 Ottawa Lions | 61.46  | 55.09 78.39% | 4  |
| 3 Michael Ferguson  | M48 Ottawa Lions | 64.69  | 57.19 75.51% | 4  |

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W45 400 Meter Dash Sat 2:00pm**

| Name                   | Age Team         | Finals | Age-Grading  |
|------------------------|------------------|--------|--------------|
| 1 Gwyneth Bailey-Mason | W46 UTTC         | 68.73  | 58.55 81.30% |
| 2 Jennifer Rout        | W48 Newmarket Hu | 71.40  | 59.63 79.83% |

**W50 400 Meter Dash Sat 2:00pm**

| Name         | Age Team            | Finals | Age-Grading  |
|--------------|---------------------|--------|--------------|
| 1 Karen Gold | W50 Mississauga Tra | 68.23  | 55.84 85.24% |

**M50 400 Meter Dash Sat 2:00pm**

| Name               | Age Team         | Finals | Age-Grading  | H# |
|--------------------|------------------|--------|--------------|----|
| 1 Spencer Arnfield | M54 Bad Boyz AC  | 68.06  | 57.79 74.73% | 3  |
| 2 Hamid Bakhtiyari | M54 University O | 68.87  | 58.48 73.85% | 3  |

**M55 400 Meter Dash Sat 2:00pm**

| Name                | Age Team             | Finals  | Age-Grading  | H# |
|---------------------|----------------------|---------|--------------|----|
| 1 Bruce Urch        | M58 The Runners Shop | 65.95   | 54.57 79.14% | 3  |
| 2 Jacek Urbanowicz  | M55 Unattached       | 1:21.29 | 68.56 62.98% | 3  |
| -- Raymond Jonasson | M57 Unattached       | DNF     |              | 3  |

**M60 400 Meter Dash Sat 2:00pm**

| Name                  | Age Team         | Finals | Age-Grading  | H# |
|-----------------------|------------------|--------|--------------|----|
| 1 Bernie Lachance     | M63 Quebec       | 71.49  | 57.31 75.35% | 2  |
| 2 Duncan Greenshields | M64 University O | 74.76  | 59.56 72.51% | 2  |

**W60 400 Meter Dash Sat 2:00pm**

| Name  | Age Team                   | Finals       | Age-Grading         | H#            |
|---|----------------------------|--------------|---------------------|---------------|
| <b>1 Karla Del Grande</b>   | <b>W60 Mississauga Tra</b> | <b>68.03</b> | <b>50.76 93.80%</b> | <b>CAN MR</b> |
| (old CAN 1:08.34 Diane Palmason BC 2000 - old ONT and MR 1:17.22 Jean Horne 1997) |                            |              |                     |               |

**M65 400 Meter Dash Sat 2:00pm**

| Name            | Age Team         | Finals | Age-Grading  | H# |
|-----------------|------------------|--------|--------------|----|
| 1 Shane Kearney | M65 Ontario Mast | 79.40  | 62.86 68.70% | 2  |

**M30 800 Meter Run Sun 1:00pm**

| Name               | Age Team         | Finals  | Age-Grading    | H# |
|--------------------|------------------|---------|----------------|----|
| 1 Michael Schwandt | M32 UTTC         | 2:08.08 | 2:08.09 78.94% | 4  |
| 2 Jimmy Semes      | M34 Ontario Mast | 2:13.17 | 2:13.18 75.93% | 4  |
| 3 Alec Brookes     | M32 Unattached   | 2:26.04 | 2:26.05 69.23% | 4  |

**M35 800 Meter Run Sun 1:00pm**

| Name               | Age Team       | Finals  | Age-Grading    | H# |
|--------------------|----------------|---------|----------------|----|
| 1 Jonathan Colford | M35 Unattached | 2:57.74 | 2:57.23 57.05% | 4  |

**W35 800 Meter Run Sun 1:00pm**

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

| Name           | Age Team   | Finals  | Age-Grading    |
|----------------|------------|---------|----------------|
| 1 Yvonne Cheng | W36 Québec | 2:48.57 | 2:48.58 67.20% |

**M40 800 Meter Run Sun 1:00pm**

| Name             | Age Team            | Finals  | Age-Grading    | H# |
|------------------|---------------------|---------|----------------|----|
| 1 Michal Kapral  | M41 UTTC            | 2:06.14 | 1:58.83 85.10% | 4  |
| 2 Kevin Farr     | M43 Brantford Track | 2:13.20 | 2:03.23 82.06% | 4  |
| 3 Mirco Graenert | M44 Newmarket Hu    | 2:13.61 | 2:02.47 82.56% | 4  |
| 4 Derek Hackshaw | M44 Newmarket Hu    | 2:15.61 | 2:04.31 81.34% | 4  |
| 5 Louis Byrne    | M41 Toronto Olym    | 2:22.42 | 2:14.16 75.37% | 4  |
| 6 Steve Boston   | M43 Newmarket Hu    | 2:27.43 | 2:16.39 74.14% | 4  |

**W40 800 Meter Run Sun 1:00pm**

| Name         | Age Team | Finals  | Age-Grading    |
|--------------|----------|---------|----------------|
| 1 Amy Ballon | W42 UTTC | 2:45.44 | 2:38.07 71.67% |

**M45 800 Meter Run Sun 1:00pm**

| Name               | Age Team         | Finals  | Age-Grading    | H# |
|--------------------|------------------|---------|----------------|----|
| 1 Paul Osland      | M49 UTTC         | 2:07.10 | 1:51.48 90.70% | 3  |
| 2 Michael Ferguson | M48 Ottawa Lions | 2:25.15 | 2:08.43 78.73% | 3  |
| 3 Rob Blair        | M49 Newmarket Hu | 2:26.65 | 2:08.63 78.61% | 3  |

**W45 800 Meter Run Sun 1:00pm**

| Name                   | Age Team         | Finals  | Age-Grading    |
|------------------------|------------------|---------|----------------|
| 1 Gwyneth Bailey-Mason | W46 UTTC         | 2:43.00 | 2:30.39 75.33% |
| 2 Jennifer Rout        | W48 Newmarket Hu | 2:52.02 | 2:36.06 72.59% |
| 3 Aura Reynoso         | W47 Ontario Mast | 3:13.03 | 2:56.61 64.15% |

**M50 800 Meter Run Sun 1:00pm**

| Name               | Age Team         | Finals  | Age-Grading    | H# |
|--------------------|------------------|---------|----------------|----|
| 1 Chris Deighan    | M53 Newmarket Hu | 2:13.25 | 1:52.99 89.49% | 3  |
| 2 John Willett     | M51 UTTC         | 2:19.88 | 2:00.61 83.84% | 3  |
| 3 Mark Duff        | M51 Boardwalk Rc | 2:28.21 | 2:07.79 79.12% | 3  |
| 4 James Earl       | M54 East Toronto | 2:28.74 | 2:05.05 80.86% | 3  |
| 5 James Freemantle | M54 Newmarket Hu | 2:35.20 | 2:10.48 77.49% | 3  |

**W50 800 Meter Run Sun 1:00pm**

| Name              | Age Team            | Finals  | Age-Grading    |
|-------------------|---------------------|---------|----------------|
| 1 Heather O'Hagan | W51 Newmarket Hu    | 2:37.64 | 2:18.82 81.60% |
| 2 Karen Gold      | W50 Mississauga Tra | 2:38.65 | 2:21.49 80.06% |
| 3 Rita Botelho    | W53 UTTC            | 2:48.75 | 2:24.81 78.23% |

**M55 800 Meter Run Sun 1:00pm**

| Name               | Age Team            | Finals  | Age-Grading    | H# |
|--------------------|---------------------|---------|----------------|----|
| 1 Wayne Chee       | M59 UTTC            | 2:43.73 | 2:12.20 76.49% | 2  |
| 2 Brent Hutchinson | M56 Brantford Track | 2:46.98 | 2:18.10 73.22% | 2  |
| 3 Jacek Urbanowicz | M55 Unattached      | 3:29.98 | 2:55.04 57.76% | 2  |

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W55 800 Meter Run Sun 1:00pm**

| Name                       | Age Team | Finals  | Age-Grading    |
|----------------------------|----------|---------|----------------|
| 1 Lynn Deutscher Kobayashi | W57 UTTC | 3:00.99 | 2:26.99 77.07% |

**M60 800 Meter Run Sun 1:00pm**

| Name              | Age Team         | Finals  | Age-Grading    | H# |
|-------------------|------------------|---------|----------------|----|
| 1 John Helliker   | M61 UTTC         | 2:28.41 | 1:57.95 85.73% | 2  |
| 2 John Tranter    | M61 Greater Uxbr | 2:31.82 | 2:00.66 83.80% | 2  |
| 3 John Clarke     | M61 East Toronto | 2:34.70 | 2:02.95 82.24% | 2  |
| 4 Bernie Lachance | M63 Quebec       | 2:56.73 | 2:18.31 73.11% | 2  |
| 5 Tim Payne       | M63 Newmarket Hu | 2:59.56 | 2:20.53 71.95% | 2  |

**M65 800 Meter Run Sun 1:00pm**

| Name            | Age Team         | Finals  | Age-Grading    | H# |
|-----------------|------------------|---------|----------------|----|
| 1 Shane Kearney | M65 Ontario Mast | 3:15.12 | 2:30.35 67.26% | 2  |

**M70 800 Meter Run Sun 1:00pm**

| Name           | Age Team       | Finals  | Age-Grading    |
|----------------|----------------|---------|----------------|
| 1 Chris Mackie | M72 Unattached | 2:48.62 | 1:59.42 84.67% |

**W75 800 Meter Run Sun 1:00pm**

| Name   | Age Team               | Finals         | Age-Grading           |            |
|--|------------------------|----------------|-----------------------|------------|
| <b>1 Jean Doench</b><br>(no previous ONT record) | <b>W75 Longboat RR</b> | <b>4:36.58</b> | <b>2:34.97 73.10%</b> | <b>ONT</b> |

**M30 1500 Meter Run Sat 1:30pm**

| Name           | Age Team       | Finals  | Age-Grading    | H# |
|----------------|----------------|---------|----------------|----|
| 1 Alec Brookes | M32 Unattached | 4:58.26 | 4:58.27 69.07% | 4  |

**W30 1500 Meter Run Sat 1:30pm**

| Name                | Age Team         | Finals  | Age-Grading    |
|---------------------|------------------|---------|----------------|
| 1 Sasha Gollish     | W31 University O | 4:46.88 | 4:46.05 81.27% |
| 2 Marijana Primorac | W33 UTTC         | 5:37.70 | 5:34.77 69.44% |

**M35 1500 Meter Run Sat 1:30pm**

| Name               | Age Team         | Finals  | Age-Grading    | H# |
|--------------------|------------------|---------|----------------|----|
| 1 Rob Sidhu        | M39 University O | 4:56.30 | 4:41.02 73.31% | 4  |
| 2 Michael Shields  | M39 Ontario Mast | 5:25.15 | 5:08.38 66.80% | 4  |
| 3 Jonathan Colford | M35 Unattached   | 6:24.37 | 6:19.46 54.29% | 4  |

**M40 1500 Meter Run Sat 1:30pm**

| Name            | Age Team            | Finals  | Age-Grading    | H# |
|-----------------|---------------------|---------|----------------|----|
| 1 Michal Kapral | M41 UTTC            | 4:24.04 | 4:05.54 83.90% | 4  |
| 2 Kevin Farr    | M43 Brantford Track | 4:41.55 | 4:16.86 80.20% | 4  |

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

|                  |                   |         |         |        |   |
|------------------|-------------------|---------|---------|--------|---|
| 3 Darrin Heasman | M44 Quinte Legion | 4:58.99 | 4:30.14 | 76.26% | 4 |
| 4 Marcus Josephs | M41 Unattached    | 5:41.46 | 5:17.53 | 64.88% | 4 |

**W40 1500 Meter Run Sat 1:30pm**

| Name         | Age Team | Finals  | Age-Grading    |
|--------------|----------|---------|----------------|
| 1 Amy Ballon | W42 UTTC | 5:30.66 | 5:06.13 75.94% |

**M45 1500 Meter Run Sat 1:30pm**

| Name           | Age Team               | Finals  | Age-Grading    | H# |
|----------------|------------------------|---------|----------------|----|
| 1 Paul Osland  | M49 UTTC               | 4:26.69 | 3:50.08 89.54% | 3  |
| 2 Scott Faulds | M45 Quinte Legion      | 4:42.68 | 4:12.92 81.45% | 3  |
| 3 Rob Blair    | M49 Newmarket Hu       | 4:57.29 | 4:16.48 80.32% | 4  |
| 4 Gary Cassel  | M45 Cambridge Harriers | 5:13.37 | 4:40.38 73.47% | 4  |

**W45 1500 Meter Run Sat 1:30pm**

| Name               | Age Team              | Finals  | Age-Grading    |
|--------------------|-----------------------|---------|----------------|
| 1 Kathryn Sullivan | W47 Newmarket Huskies | 5:24.69 | 4:43.26 82.07% |
| 2 Ginette Jones    | W47 Newmarket Hu      | 5:27.20 | 4:45.45 81.44% |
| 3 Nancy Catton     | W45 UTTC              | 5:40.48 | 5:04.29 76.40% |
| 4 Aura Reynoso     | W47 Ontario Mast      | 6:10.66 | 5:23.37 71.89% |

**W50 1500 Meter Run Sat 1:30pm**

| Name            | Age Team       | Finals  | Age-Grading    |
|-----------------|----------------|---------|----------------|
| 1 Rita Botelho  | W53 UTTC       | 5:51.01 | 4:43.73 81.93% |
| 2 Margaret Webb | W51 Unattached | 6:16.70 | 5:12.55 74.38% |

**M50 1500 Meter Run Sat 1:30pm**

| Name                   | Age Team         | Finals  | Age-Grading    | H# |
|------------------------|------------------|---------|----------------|----|
| 1 Vince Friel          | M50 South Simcoe | 4:31.14 | 3:51.75 88.89% | 3  |
| 2 John Willett         | M51 UTTC         | 4:35.49 | 3:53.46 88.24% | 3  |
| 3 Ron Da Silva Jardine | M51 East Toronto | 4:41.01 | 3:58.13 86.51% | 3  |
| 4 Desmond Moloney      | M52 East Toronto | 5:04.12 | 4:15.50 80.63% | 3  |
| 5 Shaun Vinson         | M50 Unattached   | 5:05.69 | 4:21.28 78.84% | 3  |
| 6 James Freemantle     | M54 Newmarket Hu | 5:12.69 | 4:18.10 79.82% | 3  |

**M55 1500 Meter Run Sat 1:30pm**

| Name               | Age Team            | Finals  | Age-Grading    | H# |
|--------------------|---------------------|---------|----------------|----|
| 1 Brent Hutchinson | M56 Brantford Track | 5:21.51 | 4:20.88 78.96% | 2  |
| 2 Wayne Chee       | M59 University O    | 5:35.87 | 4:25.75 77.52% | 2  |

**W55 1500 Meter Run Sat 1:30pm**

| Name                       | Age Team | Finals  | Age-Grading    |
|----------------------------|----------|---------|----------------|
| 1 Lynn Deutscher Kobayashi | W57 UTTC | 5:53.60 | 4:30.72 85.87% |

**M60 1500 Meter Run Sat 1:30pm**

| Name            | Age Team | Finals  | Age-Grading    | H# |
|-----------------|----------|---------|----------------|----|
| 1 John Helliker | M61 UTTC | 4:55.08 | 3:49.67 89.70% | 2  |



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

|   |             |                  |         |         |        |   |
|---|-------------|------------------|---------|---------|--------|---|
| 2 | John Clarke | M61 East Toronto | 5:06.19 | 3:58.31 | 86.44% | 2 |
| 3 | Tim Payne   | M63 Newmarket Hu | 6:12.99 | 4:45.72 | 72.10% | 2 |

**M70 1500 Meter Run Sat 1:30pm**

| Name                  | Age Team         | Finals  | Age-Grading    | H# |
|-----------------------|------------------|---------|----------------|----|
| 1 Chris Mackie        | M72 Unattached   | 5:52.51 | 4:07.19 83.34% | 2  |
| 2 Dennis Featherstone | M72 Ontario Mast | 6:00.04 | 4:12.47 81.60% | 2  |

**M30 5000 Meter Run Sun 9:30am**

| Name          | Age Team         | Finals   | Age-Grading     | H# |
|---------------|------------------|----------|-----------------|----|
| 1 Jimmy Semes | M34 Ontario Mast | 18:15.42 | 17:57.90 70.23% | 2  |

**M35 5000 Meter Run Sun 9:30am**

| Name        | Age Team         | Finals   | Age-Grading     | H# |
|-------------|------------------|----------|-----------------|----|
| 1 Rob Sidhu | M39 University O | 18:37.86 | 17:44.32 71.13% | 2  |

**W40 5000 Meter Run Sun 9:30am**

| Name            | Age Team | Finals   | Age-Grading     | H# |
|-----------------|----------|----------|-----------------|----|
| 1 Leanne Shafir | W43 UTTC | 18:51.51 | 17:39.66 81.60% | 2  |

**M45 5000 Meter Run Sun 9:30am**

| Name            | Age Team         | Finals   | Age-Grading     | H# |
|-----------------|------------------|----------|-----------------|----|
| 1 Darryl Rowan  | M47 Toronto Olym | 18:20.24 | 16:25.60 76.81% | 2  |
| 2 Nathan Taback | M45 UTTC         | 21:45.03 | 19:47.45 63.75% | 2  |

**W45 5000 Meter Run Sun 9:30am**

| Name           | Age Team | Finals   | Age-Grading     |
|----------------|----------|----------|-----------------|
| 1 Nancy Catton | W45 UTTC | 22:26.76 | 20:34.98 70.02% |

**M50 5000 Meter Run Sun 9:30am**

| Name              | Age Team         | Finals   | Age-Grading     | H# |
|-------------------|------------------|----------|-----------------|----|
| 1 James Earl      | M54 East Toronto | 18:48.65 | 15:55.41 79.23% | 2  |
| 2 Desmond Moloney | M52 East Toronto | 18:55.41 | 16:17.14 77.47% | 2  |
| 3 Jay Yakabowich  | M51 UTTC         | 19:12.02 | 16:39.50 75.74% | 2  |

**W50 5000 Meter Run Sun 9:30am**

| Name               | Age Team         | Finals   | Age-Grading     |
|--------------------|------------------|----------|-----------------|
| 1 Nicky Slovitt    | W53 UTTC         | 27:54.24 | 23:08.29 62.28% |
| 2 Katherine Willis | W54 University O | 28:29.14 | 23:18.42 61.83% |

**M55 5000 Meter Run Sun 9:30am**

| Name               | Age Team            | Finals   | Age-Grading     | H# |
|--------------------|---------------------|----------|-----------------|----|
| 1 Anthony Farr     | M58 Unattached      | 20:37.29 | 16:52.60 74.76% | 2  |
| 2 Brent Hutchinson | M56 Brantford Track | 20:54.22 | 17:24.02 72.51% | 2  |

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W55 5000 Meter Run Sun 9:30am**

| Name              | Age Team                | Finals   | Age-Grading     |
|-------------------|-------------------------|----------|-----------------|
| 1 Clara Northcott | W58 UTTC                | 23:42.07 | 18:20.83 78.55% |
| 2 Paule Couet     | W56 Ottawa Lions T.F.C. | 25:04.05 | 19:57.38 72.22% |

**M60 5000 Meter Run Sun 9:30am**

| Name  | Age Team                | Finals          | Age-Grading            | H#        |
|---|-------------------------|-----------------|------------------------|-----------|
| <b>1 John Tranter</b><br>(old MR 18:14.73 Ed Whitlock 1992) | <b>M61 Greater Uxbr</b> | <b>18:12.49</b> | <b>14:30.94 86.92%</b> | <b>MR</b> |
| 2 John Clarke   | M61 East Toronto        | 18:50.43        | 15:01.18 84.00%        |           |

**W60 5000 Meter Run Sun 9:30am**

| Name            | Age Team       | Finals   | Age-Grading     |
|-----------------|----------------|----------|-----------------|
| 1 Cathy Tedford | W60 Unattached | 35:36.71 | 26:47.03 53.81% |

**M65 5000 Meter Run Sun 9:30am**

| Name            | Age Team     | Finals   | Age-Grading     |
|-----------------|--------------|----------|-----------------|
| 1 Bert De Vries | M66 Longboat | 23:01.61 | 17:32.79 71.90% |

**M70 5000 Meter Run Sun 9:30am**

| Name           | Age Team            | Finals   | Age-Grading     |
|----------------|---------------------|----------|-----------------|
| 1 Robert Moore | M72 Toronto Olympic | 24:30.65 | 17:29.17 72.15% |

**M75 5000 Meter Run Sun 9:30am**

| Name          | Age Team                | Finals   | Age-Grading     |
|---------------|-------------------------|----------|-----------------|
| 1 Jack Geddes | M76 Scarborough Masters | 24:15.12 | 16:13.04 77.80% |

**M80 5000 Meter Run Sun 9:30am**

| Name          | Age Team           | Finals   | Age-Grading     |
|---------------|--------------------|----------|-----------------|
| 1 Ed Whitlock | M82 Milton Runners | 22:10.57 | 12:55.06 97.67% |

**W40 10000 Meter Run Sat 8:30am**

| Name           | Age Team       | Finals   | Age-Grading     |
|----------------|----------------|----------|-----------------|
| 1 Anna Gregory | W43 Unattached | 50:36.69 | 47:50.59 62.74% |

**M50 10000 Meter Run Sat 8:30am**

| Name              | Age Team         | Finals   | Age-Grading     |
|-------------------|------------------|----------|-----------------|
| 1 Daniel Fiorini  | M51 Newmarket Hu | 37:10.18 | 32:14.91 81.66% |
| 2 Jim Groves      | M54 East Toronto | 38:14.59 | 32:22.38 81.34% |
| 3 Jay Yakabowich  | M51 UTTC         | 40:36.01 | 35:13.49 74.76% |
| 4 Tony Madott     | M52 Ontario Mast | 41:55.32 | 36:04.69 72.99% |
| 5 Marcel Boudreau | M54 Timmins Porc | 43:35.25 | 36:53.81 71.37% |

**M55 10000 Meter Run Sat 8:30am**

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

| Name          | Age Team     | Finals   | Age-Grading     |
|---------------|--------------|----------|-----------------|
| 1 Jim Rawling | M57 Longboat | 42:39.29 | 35:12.44 74.79% |

**W60 10000 Meter Run Sat 8:30am**

| Name            | Age Team       | Finals     | Age-Grading     |
|-----------------|----------------|------------|-----------------|
| 1 Cathy Tedford | W60 Unattached | 1:15:03.84 | 57:11.93 52.48% |

**M70 10000 Meter Run Sat 8:30am**

| Name           | Age Team            | Finals   | Age-Grading     |
|----------------|---------------------|----------|-----------------|
| 1 Robert Moore | M72 Toronto Olympic | 51:35.05 | 36:48.01 71.56% |

**M55 100 Short Hurdles Sat 1:00pm**

| Name             | Age Team          | Finals | Wind | Age-Grading  |
|------------------|-------------------|--------|------|--------------|
| 1 Ralph Cilevitz | M59 Throwers Club | 20.90  | NWI  | 18.03 71.63% |

**M65 100 Short Hurdles Sat 1:00pm**

| Name           | Age Team       | Finals | Wind | Age-Grading  |
|----------------|----------------|--------|------|--------------|
| 1 Richard Lech | M65 Unattached | 19.13  | NWI  | 15.93 81.08% |

**M35 110 Short Hurdles Sat 10:00am**

| Name   | Age Team       | Finals | Wind | Age-Grading  |
|--|----------------|--------|------|--------------|
| 1 David Valenzuela   | M36 Unattached | 15.59  | NWI  | 15.46 83.52% |
| (old ONT 16.73 Glenn Chipkar 1998, MR 16.4 Horace Hudson USA 1988) |                |        |      |              |

ONT MR

**M40 110 Short Hurdles Sat 10:00am**

| Name             | Age Team         | Finals | Wind | Age-Grading  |
|------------------|------------------|--------|------|--------------|
| 1 Ovidiu Negoita | M41 Ontario Mast | 18.83  | NWI  | 17.86 72.28% |

**M60 300 Long Hurdles Sun Noon**

| Name         | Age Team | Finals | Age-Grading    |
|--------------|----------|--------|----------------|
| 1 Doug Smith | M61 UTTC | 77.73  | 1:25.34 54.82% |

**M65 300 Long Hurdles Sun Noon**

| Name           | Age Team       | Finals | Age-Grading  |
|----------------|----------------|--------|--------------|
| 1 Richard Lech | M65 Unattached | 53.88  | 56.23 83.20% |

**M45 400 Long Hurdles Sat 10:00am**

| Name            | Age Team | Finals | Age-Grading  |
|-----------------|----------|--------|--------------|
| 1 Marcus Skeete | M45 UTTC | 65.50  | 57.14 81.88% |

**M60 2000 Meter Steeplechase Sat 10:00am**

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

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

|              |          |          |          |        |
|--------------|----------|----------|----------|--------|
| 1 Doug Smith | M61 UTTC | 10:18.37 | 12:13.52 | 64.57% |
|--------------|----------|----------|----------|--------|

**M45 3000 Meter Steeplechase Sat 10:00am**

| Name             | Age Team       | Finals   | Age-Grading     |
|------------------|----------------|----------|-----------------|
| 1 Tim Taschereau | M47 Unattached | 15:37.31 | 13:25.15 58.82% |

**W29&U 4x100 Meter Relay Sat 2:30pm**

| Team                 | Finals               |
|----------------------|----------------------|
| 1 Flying Sisters 'A' | 68.80                |
| 1) Yvonne Cheng 36   | 2) Margaret Webb 51  |
| 3) Karen Gold 50     | 4) Anna-Kay Brown 23 |

**W30 4x100 Meter Relay Sat 2:30pm**

| Team                       | Finals             |
|----------------------------|--------------------|
| 1 U OF T 'A'               | 61.49 <b>MR</b>    |
| 1) Gwyneth Bailey-Mason 46 | 2) Rita Botelho 53 |
| 3) Marijana Primorac 33    | 4) Nancy Catton 45 |

**M55 4x100 Meter Relay Sat 2:30pm**

| Team                   | Finals                |
|------------------------|-----------------------|
| 1 Gift of Life 'A'     | 61.56                 |
| 1) Raymond Jonasson 57 | 2) Bernie Lachance 63 |
| 3) Tom Black 57        | 4) Ralph Cilevitz 59  |

**W30 4x400 Meter Relay Sun 1:30pm**

| Team                           | Finals                     |
|--------------------------------|----------------------------|
| 1 University of Toronto TC 'A' | 4:54.16 <b>MR</b>          |
| 1) Marijana Primorac 33        | 2) Amy Ballon 42           |
| 3) Rita Botelho 53             | 4) Gwyneth Bailey-Mason 46 |

**M40 4x400 Meter Relay Sun 1:30pm**

| Team                    | Finals               |
|-------------------------|----------------------|
| 1 Newmarket Huskies 'A' | 4:10.50              |
| 1) Chris Deighan 53     | 2) Rob Blair 49      |
| 3) Derek Hackshaw 44    | 4) Mirco Graenert 44 |

**M50 4x400 Meter Relay Sun 1:30pm**

| Team               | Finals             |
|--------------------|--------------------|
| 1 Team Ontario 'A' | 4:38.98 <b>ONT</b> |
| 1) James Earl 54   | 2) Wayne Chee 59   |
| 3) John Clarke 61  | 4) Mark Duff 51    |

**M60 4x400 Meter Relay Sun 1:30pm**

| Team               | Finals            |
|--------------------|-------------------|
| 1 Team Ontario 'A' | 5:25.16           |
| 1) Ray Wardle 80   | 2) Ed Whitlock 82 |

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

3) John Tranter 61

4) Chris Mackie 72

**W45 4x800 Meter Relay Sat 2:50pm**

| Team                           | Finals                 |
|--------------------------------|------------------------|
| <b>1 Newmarket Huskies 'A'</b> | <b>10:57.41 CAN</b>    |
| 1) Jennifer Rout 48            | 2) Heather O\'Hagan 51 |
| 3) Ginette Jones 47            | 4) Kathryn Sullivan 47 |

(old CAN 11:24.66 Laycock, Glover, Strother, Dixon 2010)

**M80 4x800 Meter Relay Sat 2:50pm**

| Team                      | Finals                       |
|---------------------------|------------------------------|
| <b>1 Team Ontario 'A'</b> | <b>14:24.03 World Record</b> |
| 1) Ray Wardle 80          | 2) Bill Thompson 83          |
| 3) Ed Whitlock 82         | 4) Earl Fee 84               |

(old WR 16:01.8 AUS 2010, no previous CAN record)

**M35 High Jump Sat 10:00am**

| Name               | Age Team       | Finals | Age-Grading  |
|--------------------|----------------|--------|--------------|
| 1 Zoltan Sara      | M37 Unattached | 1.90m  | 2.04m 83.33% |
| 2 David Valenzuela | M36 Unattached | 1.85m  | 1.96m 80.43% |

**M40 High Jump Sat 10:00am**

| Name             | Age Team         | Finals | Age-Grading  |
|------------------|------------------|--------|--------------|
| 1 Ovidiu Negoita | M41 Ontario Mast | 1.75m  | 1.95m 79.91% |

**M45 High Jump Sat 10:00am**

| Name          | Age Team | Finals | Age-Grading  |
|---------------|----------|--------|--------------|
| 1 Paul Osland | M49 UTTC | 1.45m  | 1.75m 71.78% |

**M55 High Jump Sat 10:00am**

| Name             | Age Team          | Finals | Age-Grading  |
|------------------|-------------------|--------|--------------|
| 1 Ralph Cilevitz | M59 Throwers Club | 1.25m  | 1.69m 69.06% |

**W55 High Jump Sat 10:00am**

| Name  | Age Team              | Finals       | Age-Grading            |
|---|-----------------------|--------------|------------------------|
| <b>1 Maria Mallia</b>                                 | <b>W58 Unattached</b> | <b>1.25m</b> | <b>1.74m 83.33% MR</b> |
| (old MR 1.20 Edith Grey 1994 and Marg Radcliffe 2000) |                       |              |                        |

**M60 High Jump Sat 10:00am**

| Name                           | Age Team                | Finals       | Age-Grading             |
|--------------------------------|-------------------------|--------------|-------------------------|
| <b>1 Peter Zowkewych</b>       | <b>M62 Ontario Mast</b> | <b>1.41m</b> | <b>1.98m 81.03% ONT</b> |
| (old ONT 1.40 Stan Seitz 2008) |                         |              |                         |

**M65 High Jump Sat 10:00am**

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

| Name                           | Age Team                | Finals       | Age-Grading         |            |
|--------------------------------|-------------------------|--------------|---------------------|------------|
| <b>1 Stan Seitz</b>            | <b>M65 Ottawa Lions</b> | <b>1.37m</b> | <b>2.00m 81.55%</b> | <b>ONT</b> |
| (old ONT 1.36 Ed Andrade 2003) |                         |              |                     |            |

**M50 Pole Vault Sun 11:00pm**

| Name           | Age Team       | Finals | Age-Grading  |
|----------------|----------------|--------|--------------|
| 2 Mark Schaber | M54 Unattached | 3.40m  | 4.56m 74.24% |

**M55 Pole Vault Sun 11:00pm**

| Name                             | Age Team              | Finals       | Age-Grading         |            |
|----------------------------------|-----------------------|--------------|---------------------|------------|
| <b>1 Brian Magerkurth</b>        | <b>M55 Unattached</b> | <b>3.40m</b> | <b>4.63m 75.39%</b> | <b>ONT</b> |
| (old ONT 3.36m Hugh Miller 2003) |                       |              |                     |            |

**M65 Pole Vault Sun 11:00pm**

| Name         | Age Team         | Finals | Age-Grading  |
|--------------|------------------|--------|--------------|
| 1 Stan Seitz | M65 Ottawa Lions | 2.75m  | 4.43m 72.37% |

**M35 Long Jump Sat 1:00pm**

| Name              | Age Team         | Finals | Wind | Age-Grading  |
|-------------------|------------------|--------|------|--------------|
| 1 Michael Shields | M39 Ontario Mast | 4.44m  | -1.6 | 4.87m 54.48% |

**M40 Long Jump Sat 1:00pm**

| Name                  | Age Team         | Finals | Wind | Age-Grading  |
|-----------------------|------------------|--------|------|--------------|
| 1 Jason Robinson      | M43 Unattached   | 6.32m  | -1.2 | 7.27m 81.23% |
| 2 Ovidiu Negoita      | M41 Ontario Mast | 6.20m  | -1.1 | 6.96m 77.89% |
| 3 Brian Derby         | M40 Kanata Track | 5.56m  | NWI  | 6.17m 69.07% |
| 4 Jasbir Singh Hundal | M40 Ontario Mast | 4.87m  | -1.9 | 5.41m 60.50% |
| 5 Andrei Georgescu    | M42 Ontario Mast | 4.52m  | -2.5 | 5.14m 57.43% |

**M45 Long Jump Sat 1:00pm**

| Name             | Age Team       | Finals | Wind | Age-Grading  |
|------------------|----------------|--------|------|--------------|
| 1 Tim Taschereau | M47 Unattached | 3.93m  | -1.5 | 4.74m 53.04% |

**M50 Long Jump Sat 1:00pm**

| Name               | Age Team         | Finals | Wind | Age-Grading  |
|--------------------|------------------|--------|------|--------------|
| 1 Dennis McWhinney | M51 Unattached   | 5.78m  | NWI  | 7.34m 82.10% |
| 2 Robert Nasato    | M52 Ontario Mast | 5.26m  | -1.8 | 6.77m 75.68% |
| 3 Leo Da Silva     | M51 Unattached   | 4.80m  | NWI  | 6.10m 68.18% |

**M55 Long Jump Sat 1:00pm**

| Name               | Age Team          | Finals | Wind | Age-Grading  |
|--------------------|-------------------|--------|------|--------------|
| 1 Ralph Cilevitz   | M59 Throwers Club | 4.86m  | NWI  | 6.90m 77.14% |
| 2 Liviene Solomon  | M56 Unattached    | 4.65m  | -2.0 | 6.32m 70.67% |
| 3 Jacek Urbanowicz | M55 Unattached    | 3.98m  | -1.8 | 5.33m 59.67% |
| 4 Bryan Baldsing   | M55 Ontario Mast  | 3.95m  | -2.4 | 5.29m 59.22% |
| 5 Tom Black        | M57 Ontario Mast  | 3.79m  | -0.3 | 5.22m 58.40% |

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W55 Long Jump Sat 1:00pm**

| Name           | Age Team       | Finals | Wind | Age-Grading  |
|----------------|----------------|--------|------|--------------|
| 1 Maria Mallia | W58 Unattached | 3.34m  | -0.7 | 4.72m 62.78% |

**M70 Long Jump Sat 1:00pm**

| Name                  | Age Team   | Finals | Wind | Age-Grading  |
|-----------------------|------------|--------|------|--------------|
| 1 Philipneri Sinnappu | M73 Quebec | 2.95m  | -1.5 | 5.26m 58.88% |

**W35 Triple Jump Sun 11:00am**

| Name   | Age Team       | Finals | Wind | Age-Grading   |        |
|--|----------------|--------|------|---------------|--------|
| 1 Helena Petrechova  | W39 Unattached | 10.05m | -0.9 | 11.28m 72.83% | ONT MR |
| (old ONT 9.94 Corry Fox 1995, no previous MR - CAN record 10.08) |                |        |      |               |        |

**M35 Triple Jump Sun 11:00am**

| Name   | Age Team       | Finals | Wind | Age-Grading   |        |
|--|----------------|--------|------|---------------|--------|
| 1 Jonathan Younker   | M38 Unattached | 13.20m | -1.4 | 13.82m 75.60% | CAN MR |
| (old CAN 12.98 Winchester Johnson SK 2000, old ONT and MR 13.11 JP Mayer 1983) |                |        |      |               |        |

**M40 Triple Jump Sun 11:00am**

| Name               | Age Team         | Finals | Wind | Age-Grading   |
|--------------------|------------------|--------|------|---------------|
| 1 Ovidiu Negoita   | M41 Ontario Mast | 10.75m | -2.4 | 11.66m 63.76% |
| 2 Andrei Georgescu | M42 Ontario Mast | 8.95m  | NWI  | 9.82m 53.72%  |

**M50 Triple Jump Sun 11:00am**

| Name               | Age Team         | Finals | Wind | Age-Grading   |
|--------------------|------------------|--------|------|---------------|
| 1 Dennis McWhinney | M51 Unattached   | 11.41m | -2.2 | 14.04m 76.78% |
| 2 Robert Nasato    | M52 Ontario Mast | 10.52m | -1.1 | 13.12m 71.76% |

**M55 Triple Jump Sun 11:00am**

| Name                     | Age Team          | Finals | Wind | Age-Grading   |
|--------------------------|-------------------|--------|------|---------------|
| 1 Thevarajan Sinnathurai | M59 United T.S.C. | 10.91m | -2.1 | 15.05m 82.34% |
| 2 Ralph Cilevitz         | M59 Throwers Club | 8.39m  | -2.6 | 11.57m 63.32% |
| 3 Jacek Urbanowicz       | M55 Unattached    | 8.18m  | -2.5 | 10.64m 58.18% |

**M70 Triple Jump Sun 11:00am**

| Name                  | Age Team   | Finals | Wind | Age-Grading   |
|-----------------------|------------|--------|------|---------------|
| 1 Philipneri Sinnappu | M73 Quebec | 6.97m  | -1.6 | 12.19m 66.70% |

**M35 Shot Put Sun 8:30am**

| Name            | Age Team       | Finals | Age-Grading  |
|-----------------|----------------|--------|--------------|
| 1 Russell Evans | M35 Unattached | 8.61m  | 8.61m 37.24% |

**M40 Shot Put Sun 8:30am**

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

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

|   |                |                  |       |       |        |
|---|----------------|------------------|-------|-------|--------|
| 1 | Ovidiu Negoita | M41 Ontario Mast | 8.80m | 9.18m | 39.71% |
|---|----------------|------------------|-------|-------|--------|

**M45 Shot Put Sun 8:30am**

| Name   | Age Team              | Finals        | Age-Grading                    |
|--|-----------------------|---------------|--------------------------------|
| <b>1 Peter Ingleton</b><br>(old MR 12.99 Peter's mark in 2011) | <b>M47 Unattached</b> | <b>13.22m</b> | <b>15.33m 66.33%</b> <b>MR</b> |
| 2 Manoharan Sethukavalar                                       | M48 Unattached        | 9.85m         | 11.66m 50.46%                  |
| 3 Clint Sheehan  | M46 Unattached        | 8.47m         | 9.62m 41.62%                   |

**M50 Shot Put Sun 8:30am**

| Name            | Age Team       | Finals | Age-Grading   |
|-----------------|----------------|--------|---------------|
| 1 Danny Yoisten | M53 Unattached | 12.33m | 15.04m 65.07% |

**W50 Shot Put Sun 8:30am**

| Name  | Age Team                 | Finals        | Age-Grading                    |
|---|--------------------------|---------------|--------------------------------|
| <b>1 Elizabeth Hill</b><br>(old MR 10.15 Erika Szanto 1996) | <b>W52 Throwers Club</b> | <b>10.48m</b> | <b>15.06m 66.58%</b> <b>MR</b> |

**M55 Shot Put Sun 8:30am**

| Name               | Age Team       | Finals | Age-Grading   |
|--------------------|----------------|--------|---------------|
| 1 Jerry Murray     | M56 Unattached | 11.96m | 15.57m 67.38% |
| 2 Jerzy Dabrowa    | M55 Unattached | 9.10m  | 11.58m 50.14% |
| 3 Jacek Urbanowicz | M55 Unattached | 6.82m  | 8.68m 37.58%  |

**M60 Shot Put Sun 8:30am**

| Name              | Age Team          | Finals | Age-Grading   |
|-------------------|-------------------|--------|---------------|
| 1 Bill Pearson    | M61 Throwers Club | 11.96m | 15.62m 67.57% |
| 2 Peter Zowkewych | M62 Ontario Mast  | 10.78m | 14.48m 62.67% |
| 3 Jerzy Wyroba    | M64 Unattached    | 10.09m | 14.39m 62.25% |
| 4 Brock Pullen    | M64 Throwers Club | 9.99m  | 14.25m 61.63% |

**M65 Shot Put Sun 8:30am**

| Name          | Age Team          | Finals | Age-Grading   |
|---------------|-------------------|--------|---------------|
| 1 Mike Mercer | M66 Throwers Club | 9.40m  | 14.28m 61.80% |
| 2 Moe Jacobs  | M69 Unattached    | 9.18m  | 15.48m 66.96% |

**W65 Shot Put Sun 8:30am**

| Name             | Age Team             | Finals | Age-Grading   |
|------------------|----------------------|--------|---------------|
| 1 Cheryl Closkey | W65 British Columbia | 7.06m  | 13.23m 58.49% |

**M70 Shot Put Sun 8:30am**

| Name             | Age Team          | Finals | Age-Grading   |
|------------------|-------------------|--------|---------------|
| 1 James Sumner   | M74 Unattached    | 8.62m  | 12.57m 54.38% |
| 2 Enrico Toscano | M72 Centro Scuola | 5.19m  | 7.14m 30.89%  |

**W70 Shot Put Sun 8:30am**



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

| Name            | Age Team        | Finals | Age-Grading   |
|-----------------|-----------------|--------|---------------|
| 1 Adri Rowswell | W72 Scarborough | 7.12m  | 15.95m 70.50% |

**M75 Shot Put Sun 8:30am**

| Name           | Age Team          | Finals | Age-Grading   |
|----------------|-------------------|--------|---------------|
| 1 David Morris | M75 Throwers Club | 8.60m  | 12.93m 55.95% |

**M85 Shot Put Sun 8:30am**

| Name             | Age Team          | Finals | Age-Grading   |
|------------------|-------------------|--------|---------------|
| 1 Evalds Viskers | M87 Throwers Club | 7.07m  | 14.99m 64.86% |

**W85 Shot Put Sun 8:30am**

| Name   | Age Team                 | Finals       | Age-Grading          |
|--|--------------------------|--------------|----------------------|
| <b>1 Velta Tomsons</b>                                 | <b>W85 Throwers Club</b> | <b>6.03m</b> | <b>21.23m 93.93%</b> |
| (tied CAN 6.03m Olga Kotelko BC 2004 - no previous MR) |                          |              |                      |

CAN tie

**W30 Discus Throw Sat 1:00pm**

| Name                  | Age Team | Finals | Age-Grading   |
|-----------------------|----------|--------|---------------|
| 1 Marie-Josée Le Jour | W34 UTTC | 47.85m | 48.53m 63.20% |

**M35 Discus Throw Sat 1:00pm**

| Name            | Age Team       | Finals | Age-Grading   |
|-----------------|----------------|--------|---------------|
| 1 Russell Evans | M35 Unattached | 29.56m | 29.56m 39.90% |

**M40 Discus Throw Sat 1:00pm**

| Name                        | Age Team                | Finals        | Age-Grading          |
|-----------------------------|-------------------------|---------------|----------------------|
| <b>1 Mike Ransky</b>        | <b>M42 Ontario Mast</b> | <b>52.75m</b> | <b>53.77m 72.59%</b> |
| (old MR 51.72 Mike in 2011) |                         |               |                      |
| 2 Ovidiu Negoita            | M41 Ontario Mast        | 23.47m        | 23.69m 31.98%        |

MR

**M45 Discus Throw Sat 1:00pm**

| Name                             | Age Team              | Finals        | Age-Grading          |
|----------------------------------|-----------------------|---------------|----------------------|
| <b>1 Peter Ingleton</b>          | <b>M47 Unattached</b> | <b>42.46m</b> | <b>46.32m 62.53%</b> |
| (old ONT 40.28m Peter last year) |                       |               |                      |
| 2 Manoharan Sethukavalar         | M48 Unattached        | 27.05m        | 30.10m 40.63%        |

ONT

**M50 Discus Throw Sat 1:00pm**

| Name                       | Age Team         | Finals | Age-Grading   |
|----------------------------|------------------|--------|---------------|
| 1 Danny Yoisten            | M53 Unattached   | 41.54m | 43.89m 59.26% |
| 2 Muraleetharan Arulpiraga | M53 Ontario Mast | 29.82m | 31.51m 42.54% |
| 3 Leo Da Silva             | M51 Unattached   | 24.65m | 25.10m 33.88% |

**W50 Discus Throw Sat 1:00pm**

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

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

|                  |                   |        |        |        |
|------------------|-------------------|--------|--------|--------|
| 1 Elizabeth Hill | W52 Throwers Club | 29.70m | 40.22m | 52.38% |
|------------------|-------------------|--------|--------|--------|

**M55 Discus Throw Sat 1:00pm**

| Name               | Age Team       | Finals | Age-Grading   |
|--------------------|----------------|--------|---------------|
| 1 Jerry Murray     | M56 Unattached | 36.27m | 40.84m 55.13% |
| 2 Jerzy Dabrowa    | M55 Unattached | 27.63m | 30.34m 40.97% |
| 3 Liviene Solomon  | M56 Unattached | 23.78m | 26.77m 36.15% |
| 4 Jacek Urbanowicz | M55 Unattached | 21.78m | 23.92m 32.30% |

**M60 Discus Throw Sat 1:00pm**

| Name           | Age Team          | Finals | Age-Grading   |
|----------------|-------------------|--------|---------------|
| 1 Bill Pearson | M61 Throwers Club | 38.14m | 43.73m 59.04% |
| 2 Brock Pullen | M64 Throwers Club | 37.76m | 46.19m 62.36% |

**W60 Discus Throw Sat 1:00pm**

| Name          | Age Team         | Finals | Age-Grading   |
|---------------|------------------|--------|---------------|
| 1 Rhona Trott | W64 Hamilton Oly | 17.34m | 30.25m 39.39% |

**W65 Discus Throw Sat 1:00pm**

| Name   | Age Team                    | Finals        | Age-Grading          |
|--|-----------------------------|---------------|----------------------|
| <b>1 Cheryl Closkey</b><br>(old MR 19.86 Elga Meri 1990) | <b>W65 British Columbia</b> | <b>21.11m</b> | <b>37.73m 49.13%</b> |

MR

**M65 Discus Throw Sat 1:00pm**

| Name         | Age Team       | Finals | Age-Grading   |
|--------------|----------------|--------|---------------|
| 1 Moe Jacobs | M69 Unattached | 31.54m | 43.43m 58.62% |

**M70 Discus Throw Sat 1:00pm**

| Name                  | Age Team          | Finals | Age-Grading   |
|-----------------------|-------------------|--------|---------------|
| 1 James Sumner        | M74 Unattached    | 21.99m | 34.62m 46.75% |
| 2 Philipneri Sinnappu | M73 Quebec        | 20.65m | 31.61m 42.67% |
| 3 Enrico Toscano      | M72 Centro Scuola | 15.99m | 23.81m 32.15% |

**W70 Discus Throw Sat 1:00pm**

| Name            | Age Team        | Finals | Age-Grading   |
|-----------------|-----------------|--------|---------------|
| 1 Adri Rowswell | W72 Scarborough | 17.11m | 36.94m 48.10% |

**M75 Discus Throw Sat 1:00pm**

| Name           | Age Team          | Finals | Age-Grading   |
|----------------|-------------------|--------|---------------|
| 1 David Morris | M75 Throwers Club | 25.30m | 41.02m 55.39% |

**M85 Discus Throw Sat 1:00pm**

| Name             | Age Team          | Finals | Age-Grading   |
|------------------|-------------------|--------|---------------|
| 1 Evalds Viskers | M87 Throwers Club | 17.47m | 43.93m 59.30% |

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W85 Discus Throw Sat 1:00pm**

| Name                                | Age Team          | Finals | Age-Grading   |    |
|-------------------------------------|-------------------|--------|---------------|----|
| 1 Velta Tomsons<br>(no previous MR) | W85 Throwers Club | 10.60m | 31.67m 41.25% | MR |

**M35 Hammer Throw Sat 8:30am**

| Name   | Age Team       | Finals | Age-Grading   |        |
|--|----------------|--------|---------------|--------|
| 1 Kevin Harrison<br>(old ONT and MR 40.80 Jean-Francois Latour 2001) | M39 Unattached | 49.50m | 52.60m 60.65% | ONT MR |

**M45 Hammer Throw Sat 8:30am**

| Name                     | Age Team       | Finals | Age-Grading   |  |
|--------------------------|----------------|--------|---------------|--|
| 1 Manoharan Sethukavalar | M48 Unattached | 29.61m | 37.24m 42.94% |  |
| 2 Clint Sheehan          | M46 Unattached | 23.51m | 28.40m 32.74% |  |

**M50 Hammer Throw Sat 8:30am**

| Name           | Age Team | Finals | Age-Grading   |  |
|----------------|----------|--------|---------------|--|
| 1 Ayman Mazhar | M53 UTTC | 43.14m | 53.58m 61.78% |  |

**W50 Hammer Throw Sat 8:30am**

| Name             | Age Team          | Finals | Age-Grading   |  |
|------------------|-------------------|--------|---------------|--|
| 1 Elizabeth Hill | W52 Throwers Club | 30.41m | 39.45m 51.24% |  |

**M55 Hammer Throw Sat 8:30am**

| Name               | Age Team       | Finals | Age-Grading   |  |
|--------------------|----------------|--------|---------------|--|
| 1 Jacek Urbanowicz | M55 Unattached | 21.69m | 28.17m 32.49% |  |

**M60 Hammer Throw Sat 8:30am**

| Name   | Age Team          | Finals | Age-Grading   |    |
|--|-------------------|--------|---------------|----|
| 1 Jan Graczyk<br>(old MR 44.66 Emil Muller 1999) | M60 York Univers  | 45.02m | 63.28m 72.97% | MR |
| 2 Bill Pearson                                   | M61 Throwers Club | 34.87m | 50.15m 57.83% |    |

**W60 Hammer Throw Sat 8:30am**

| Name          | Age Team         | Finals | Age-Grading   |  |
|---------------|------------------|--------|---------------|--|
| 1 Rhona Trott | W64 Hamilton Oly | 25.80m | 43.15m 56.05% |  |

**W65 Hammer Throw Sat 8:30am**

| Name   | Age Team             | Finals | Age-Grading   |    |
|--|----------------------|--------|---------------|----|
| 1 Cheryl Closkey<br>(old MR 19.74 Mary Thomson 1996) | W65 British Columbia | 24.83m | 42.56m 55.28% | MR |

**M70 Hammer Throw Sat 8:30am**

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

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

|                  |                   |        |        |        |
|------------------|-------------------|--------|--------|--------|
| 1 Enrico Toscano | M72 Centro Scuola | 15.47m | 26.41m | 30.45% |
|------------------|-------------------|--------|--------|--------|

**M75 Hammer Throw Sat 8:30am**

| Name           | Age Team          | Finals | Age-Grading |        |
|----------------|-------------------|--------|-------------|--------|
| 1 David Morris | M75 Throwers Club | 25.69m | 48.16m      | 55.53% |

**M35 Javelin Throw Sun 11:00am**

| Name            | Age Team       | Finals | Age-Grading |        |
|-----------------|----------------|--------|-------------|--------|
| 1 Russell Evans | M35 Unattached | 35.07m | 36.59m      | 37.16% |

**M40 Javelin Throw Sun 11:00am**

| Name             | Age Team         | Finals | Age-Grading |        |
|------------------|------------------|--------|-------------|--------|
| 1 Ovidiu Negoita | M41 Ontario Mast | 25.10m | 28.78m      | 29.23% |

**M45 Javelin Throw Sun 11:00am**

| Name                | Age Team           | Finals | Age-Grading |        |
|---------------------|--------------------|--------|-------------|--------|
| 1 Christian Masotti | M45 No Team Listed | 44.91m | 55.16m      | 56.01% |
| 2 Paul Osland       | M49 UTTC           | 24.18m | 31.96m      | 32.46% |

**W50 Javelin Throw Sun 11:00am**

| Name               | Age Team          | Finals | Age-Grading |        |
|--------------------|-------------------|--------|-------------|--------|
| 1 Elizabeth Hill   | W52 Throwers Club | 22.98m | 32.89m      | 45.06% |
| 2 Katherine Willis | W54 University O  | 10.72m | 16.13m      | 22.10% |

**M55 Javelin Throw Sun 11:00am**

| Name                 | Age Team       | Finals | Age-Grading |        |
|----------------------|----------------|--------|-------------|--------|
| 1 Stokley Dean       | M55 Unattached | 39.93m | 56.13m      | 57.00% |
| 2 Michael Finkbeiner | M59 Unattached | 38.75m | 59.17m      | 60.09% |
| 3 Terry Gudzowsky    | M59 Unattached | 36.49m | 55.72m      | 56.58% |
| 4 Liviene Solomon    | M56 Unattached | 31.86m | 45.69m      | 46.40% |
| 5 Jacek Urbanowicz   | M55 Unattached | 18.76m | 26.37m      | 26.78% |

**W55 Javelin Throw Sun 11:00am**

| Name  | Age Team                 | Finals        | Age-Grading   |               |
|---|--------------------------|---------------|---------------|---------------|
| <b>1 Barb Dabrowski</b>   | <b>W56 Throwers Club</b> | <b>36.17m</b> | <b>57.40m</b> | <b>78.63%</b> |
| (old CAN Barb's 34.52m 2012, old MR 23.40 Marg Radcliffe BC 2009) |                          |               |               |               |

**CAN MR****M60 Javelin Throw Sun 11:00am**

| Name              | Age Team          | Finals | Age-Grading |        |
|-------------------|-------------------|--------|-------------|--------|
| 1 Brock Pullen    | M64 Throwers Club | 34.78m | 56.09m      | 56.96% |
| 2 Peter Zowkewych | M62 Ontario Mast  | 30.41m | 46.94m      | 47.67% |
| 3 Bill Pearson    | M61 Throwers Club | 29.71m | 44.90m      | 45.60% |

**W65 Javelin Throw Sun 11:00am**

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

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

|                  |                      |        |        |        |
|------------------|----------------------|--------|--------|--------|
| 1 Cheryl Closkey | W65 British Columbia | 20.84m | 40.76m | 55.84% |
|------------------|----------------------|--------|--------|--------|

**M70 Javelin Throw Sun 11:00am**

| Name                  | Age Team          | Finals | Age-Grading |        |
|-----------------------|-------------------|--------|-------------|--------|
| 1 Philipneri Sinnappu | M73 Quebec        | 23.22m | 44.00m      | 44.69% |
| 2 James Sumner        | M74 Unattached    | 21.57m | 42.08m      | 42.73% |
| 3 Enrico Toscano      | M72 Centro Scuola | 10.97m | 20.21m      | 20.53% |

**W70 Javelin Throw Sun 11:00am**

| Name            | Age Team        | Finals | Age-Grading |        |
|-----------------|-----------------|--------|-------------|--------|
| 1 Adri Rowswell | W72 Scarborough | 17.21m | 40.47m      | 55.44% |

**M75 Javelin Throw Sun 11:00am**

| Name           | Age Team          | Finals | Age-Grading |        |
|----------------|-------------------|--------|-------------|--------|
| 1 David Morris | M75 Throwers Club | 22.04m | 44.29m      | 44.98% |

**M35 Weight Throw Sat 10:30am**

| Name              | Age Team       | Finals | Age-Grading |  |
|-------------------|----------------|--------|-------------|--|
| -- Kevin Harrison | M39 Unattached | ND     |             |  |

**M40 Weight Throw Sat 10:30am**

| Name                  | Age Team         | Finals | Age-Grading |        |
|-----------------------|------------------|--------|-------------|--------|
| 1 Jasbir Singh Hundal | M40 Ontario Mast | 6.97m  | 7.62m       | 29.50% |

**M45 Weight Throw Sat 10:30am**

| Name                     | Age Team       | Finals | Age-Grading |        |
|--------------------------|----------------|--------|-------------|--------|
| 1 Manoharan Sethukavalar | M48 Unattached | 8.90m  | 10.91m      | 42.20% |
| 2 Clint Sheehan          | M46 Unattached | 8.35m  | 9.94m       | 38.44% |

**M50 Weight Throw Sat 10:30am**

| Name           | Age Team | Finals | Age-Grading |        |
|----------------|----------|--------|-------------|--------|
| 1 Ayman Mazhar | M53 UTTC | 16.20m | 18.94m      | 73.24% |

**W50 Weight Throw Sat 10:30am**

| Name   | Age Team          | Finals | Age-Grading |        |
|--|-------------------|--------|-------------|--------|
| 1 Elizabeth Hill<br>(old MR 9.38 Kathy Wetenhall USA 2008) | W52 Throwers Club | 10.72m | 13.78m      | 58.42% |

MR

**M55 Weight Throw Sat 10:30am**

| Name               | Age Team          | Finals | Age-Grading |        |
|--------------------|-------------------|--------|-------------|--------|
| 1 Ralph Cilevitz   | M59 Throwers Club | 8.85m  | 11.53m      | 44.58% |
| 2 Jacek Urbanowicz | M55 Unattached    | 8.64m  | 10.45m      | 40.45% |

**M60 Weight Throw Sat 10:30am**

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

| Name  | Age Team                | Finals        | Age-Grading          |               |
|---|-------------------------|---------------|----------------------|---------------|
| <b>1 Jan Graczyk</b>  | <b>M60 York Univers</b> | <b>16.67m</b> | <b>18.99m 73.44%</b> | <b>ONT MR</b> |
| (old ONT 14.24 Bill Pearson 2012, old MR 15.55 Emil Muller PQ 1999) |                         |               |                      |               |
| 2 Bill Pearson  | M61 Throwers Club       | 13.29m        | 15.43m 59.70%        |               |
| 3 Brock Pullen  | M64 Throwers Club       | 12.36m        | 15.26m 59.03%        |               |

**W60 Weight Throw Sat 10:30am**

| Name          | Age Team         | Finals | Age-Grading   |
|---------------|------------------|--------|---------------|
| 1 Rhona Trott | W64 Hamilton Oly | 10.83m | 15.12m 64.08% |

**W65 Weight Throw Sat 10:30am**

| Name                           | Age Team                    | Finals        | Age-Grading          |           |
|--------------------------------|-----------------------------|---------------|----------------------|-----------|
| <b>1 Cheryl Closkey</b>        | <b>W65 British Columbia</b> | <b>10.77m</b> | <b>15.40m 65.27%</b> | <b>MR</b> |
| (old MR 7.16 Helgi Pedal 1990) |                             |               |                      |           |

**M70 Weight Throw Sat 10:30am**

| Name             | Age Team          | Finals | Age-Grading   |
|------------------|-------------------|--------|---------------|
| 1 James Sumner   | M74 Unattached    | 8.20m  | 11.75m 45.45% |
| 2 Enrico Toscano | M72 Centro Scuola | 6.62m  | 9.00m 34.82%  |

**M75 Weight Throw Sat 10:30am**

| Name           | Age Team          | Finals | Age-Grading   |
|----------------|-------------------|--------|---------------|
| 1 David Morris | M75 Throwers Club | 11.83m | 17.43m 67.41% |

**M30 1500 Meter Race Walk Sat 10:30am**

| Name            | Age Team       | Finals  | Age-Grading    |
|-----------------|----------------|---------|----------------|
| 1 Jocelyn Ruest | M33 Unattached | 6:46.12 | 6:41.21 77.02% |

**W45 1500 Meter Race Walk Sat 10:30am**

| Name         | Age Team         | Finals  | Age-Grading    |
|--------------|------------------|---------|----------------|
| 1 Nancy Kula | W49 Toronto Race | 9:46.28 | 8:44.73 64.23% |

**M50 1500 Meter Race Walk Sat 10:30am**

| Name             | Age Team         | Finals  | Age-Grading    |
|------------------|------------------|---------|----------------|
| 1 Lawrence Malek | M53 Ontario Mast | 8:25.79 | 7:09.62 71.93% |

**M55 1500 Meter Race Walk Sat 10:30am**

| Name         | Age Team         | Finals  | Age-Grading    |
|--------------|------------------|---------|----------------|
| 1 Ken Atkins | M57 Ontario Race | 8:22.74 | 6:51.90 75.02% |

**W55 1500 Meter Race Walk Sat 10:30am**

| Name          | Age Team         | Finals  | Age-Grading    |
|---------------|------------------|---------|----------------|
| 1 Anne De Thy | W59 Ontario Race | 8:55.91 | 7:18.75 76.81% |

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M60 1500 Meter Race Walk Sat 10:30am**

| Name              | Age Team   | Finals  | Age-Grading    |
|-------------------|------------|---------|----------------|
| 1 Robert Marchand | M61 Quebec | 8:23.95 | 6:37.17 77.80% |

**W80 1500 Meter Race Walk Sat 10:30am**

| Name                 | Age Team         | Finals   | Age-Grading    |
|----------------------|------------------|----------|----------------|
| 1 Jean Horne         | W80 Ontario Race | 11:23.97 | 7:05.57 79.19% |
| 2 June-Marie Provost | W80 Ontario Race | 12:03.18 | 7:29.97 74.90% |

**M30 5000 Meter Race Walk Sun 8:30am**

| Name            | Age Team       | Finals   | Age-Grading     |
|-----------------|----------------|----------|-----------------|
| 1 Jocelyn Ruest | M33 Unattached | 25:49.20 | 25:33.25 70.28% |

**M50 5000 Meter Race Walk Sun 8:30am**

| Name             | Age Team         | Finals   | Age-Grading     |
|------------------|------------------|----------|-----------------|
| 1 Lawrence Malek | M53 Ontario Mast | 30:53.51 | 26:22.53 68.09% |

**W50 5000 Meter Race Walk Sun 8:30am**

| Name           | Age Team         | Finals   | Age-Grading     |
|----------------|------------------|----------|-----------------|
| 1 Anne Fischer | W52 Ontario Race | 32:44.65 | 28:29.84 69.42% |

**M55 5000 Meter Race Walk Sun 8:30am**

| Name         | Age Team         | Finals   | Age-Grading     |
|--------------|------------------|----------|-----------------|
| 1 Ken Atkins | M57 Ontario Race | 30:40.97 | 25:16.78 71.04% |

**W55 5000 Meter Race Walk Sun 8:30am**

| Name          | Age Team         | Finals   | Age-Grading     |
|---------------|------------------|----------|-----------------|
| 1 Anne De Thy | W59 Ontario Race | 31:21.07 | 25:23.11 77.93% |

**M60 5000 Meter Race Walk Sun 8:30am**

| Name              | Age Team   | Finals   | Age-Grading     |
|-------------------|------------|----------|-----------------|
| 1 Robert Marchand | M61 Quebec | 30:28.94 | 24:09.81 74.33% |

**M65 5000 Meter Race Walk Sun 8:30am**

| Name           | Age Team           | Finals   | Age-Grading     |
|----------------|--------------------|----------|-----------------|
| 1 Patrick King | M66 No Team Listed | 31:51.17 | 23:56.44 75.02% |

**W80 5000 Meter Race Walk Sun 8:30am**

| Name                                    | Age Team         | Finals   | Age-Grading     |
|---|------------------|----------|-----------------|
| 1 Jean Horne<br>(no previous ONT or MR) | W80 Ontario Race | 39:08.26 | 23:08.30 85.50% |
| 2 June-Marie Provost                    | W80 Ontario Race | 40:55.92 | 24:11.95 81.75% |

ONT MR

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

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