

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M30 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
Finals					
1 Mark Tiburcio	M31 Unattached -	6.64	6.65 83.43%	8	7
2 Milton Ashmeade	M31 Jamaica Masters	6.94	6.95 79.83%	8	5
3 Steven Blau	M33 UTTC	7.82	7.83 70.84%	8	4

**M35 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Alex Gbaguidi</b>	<b>M35 Voleo Athletics</b>	<b>6.12</b>	<b>6.06 91.50%</b>	<b>8</b>	<b>7 CAN MR</b>
(old CAN & MR 6.13 Dree Ryan ON 2014)					
2 Michael James	M36 Brampton Eli	6.12	6.06 91.50%	8	5
3 Dree Ryan	M38 Jamaica Masters	6.18	6.12 90.61%	8	4
4 Chris Wrobel	M35 Unattached -	7.02	6.95 79.77%	8	3

**W35 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Sheree Mullings	W35 Jamaica Masters	7.31	7.32 81.53%	2	7

**M40 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Nigel John</b>	<b>M44 Jamaica Masters</b>	<b>6.39</b>	<b>6.09 91.08%</b>	<b>7</b>	<b>7 MR</b>
(old MR 6.42 Jerry Kangni PQ '12)					

**W40 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Violeta Garfunkel</b>	<b>W43 UTTC</b>	<b>7.41</b>	<b>7.15 83.40%</b>	<b>2</b>	<b>7 MR</b>
(old MR 7.43 Violeta last year)					
2 Debbie King	W41 Jamaica Masters	7.71	7.44 80.16%	2	5

**M45 50 Meter Dash M45**

Name	Age Team	Prelims	Age-Grading H#	Alternate
Preliminaries				
1 Mark Warren	M49 United State	7.13q	6.54 84.71%	1
2 Kevin Farr	M46 University of Wi	7.14q	6.55 84.59%	1
3 Paul Dowhos	M49 Unattached -	7.18q	6.59 84.12%	1
4 Pho Lam	M45 Jamaica Masters	7.19q	6.60 84.01%	2
5 Stéphane Gagnon	M45 Indépendant	7.23q	6.64 83.54%	2
6 Matt Beechey	M46 Jamaica Masters	7.45q	6.84 81.07%	1
7 Lawrence Williams	M46 Ottawa Lions	7.78q	7.14 77.63%	2

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 50 Meter Dash M45**

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

1 Lawrence Williams	M46 Ottawa Lions	6.76	6.21 89.35%	7	
2 Mark Warren	M49 United State	7.00	6.43 86.29%	5	
3 Paul Dowhos	M49 Unattached -	7.12	6.54 84.83%	4	
4 Pho Lam	M45 Jamaica Masters	7.17	6.58 84.24%	3	
5 Kevin Farr	M46 University of Wi	7.21	6.62 83.77%	2	
6 Stéphane Gagnon	M45 Indépendant	7.24	6.65 83.43%	1	
7 Matt Beechey	M46 Jamaica Masters	7.46	6.85 80.97%		

**W45 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
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1 Charmaine Warwick	W46 Mississauga Oly	8.07	7.36 81.04%	2	7	
2 Denise Gordon-Mohamud	W46 Mississauga Oly	8.65	7.89 75.61%	2	5	

**W50 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
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1 Theresa Rozario	W52 Nemean Lions	8.33	7.21 82.71%	7	
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**M50 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
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1 Chris Lemassif	M50 UTTC	6.65	5.89 94.14%	7	7
2 Rick Reynolds	M50 Unattached -	7.01	6.21 89.30%	7	5
3 John Wong	M50 Unattached -	7.34	6.50 85.29%	7	4
4 Willie A. Price	M54 United State	7.99	7.08 78.35%	7	3

**W55 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
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1 Faith Lee	W57 Unattached -	9.60	7.90 75.52%	7	
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**M55 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
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1 Robert Nasato	M56 Jamaica Masters	6.75	5.78 96.00%	6	7
2 Les Neufeld	M56 Unattached -	7.05	6.03 91.91%	6	5
3 Mark Schaber	M58 Unattached -	7.84	6.71 82.65%	6	4
4 Paul Lee	M57 Unattached -	8.06	6.90 80.40%	6	3
5 Bryan Baldsing	M59 Jamaica Masters	8.08	6.91 80.20%	6	2

**W60 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
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1 Wendy Alexis	W61 Ottawa Lions	7.61	5.97100.00%	2	7
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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Doug Hayes	M63 Unattached -	7.99	6.60 83.98%	5	7
2 Ralph Cilevitz	M63 Jamaica Masters	8.25	6.82 81.33%	5	5
3 Andrew Graham	M62 Unattached -	8.31	6.87 80.75%	5	4
4 Tom Black	M61 Unattached	8.80	7.27 76.25%	5	3

**M65 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Roy Turkington	M65 Greyhounds T	7.54	6.03 91.91%	4	7
2 Robert Beyea	M69 Jamaica Masters	8.36	6.69 82.89%	4	5

**W70 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Carol LaFayette-Boyd</b>	<b>W74 Saskatchewan</b>	<b>8.10</b>	<b>5.81102.72%</b>	<b>7</b>	<b>CAN MR</b>
(old CAN 9.59 Doreen Carmichael ON 2004, no previous MR)					

**M70 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Ross Belyea	M70 Unattached-N	7.89	6.12 90.62%	4	7
2 Bruce Mintz	M70 Edmonton Masters	8.00	6.20 89.38%	4	5
3 Jean-Louis Perez	M72 Indépendant	8.17	6.34 87.52%	4	4
4 Peter Evans	M74 Unattached -	8.30	6.44 86.14%	4	3

**M75 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Mike Morris</b>	<b>M76 Unattached</b>	<b>8.07</b>	<b>6.04 91.82%</b>	<b>3</b>	<b>7 MR</b>
(old MR 8.39 David Stern ON last year)					
2 Peter Tams	M77 Unattached -	9.02	6.75 82.15%	3	5
3 Patrick Groulx	M75 UTTC	10.57	7.91 70.10%	3	4

**W80 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Christa Bortignon</b>	<b>W80 Greyhounds T</b>	<b>9.03</b>	<b>5.69104.87%</b>	<b>7</b>	<b>CAN MR</b>
(old CAN 11.37 Olga Kotelko BC 2003, old MR 11.68 Doreen Carmichael ON '12))					

**M80 50 Meter Dash Sat 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Dev Sharma	M81 Unattached -	10.34	7.35 75.44%	3	7
2 Steffen Kampe	M80 Unattached -	12.43	8.83 62.75%	3	5

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W30 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Julia Carew</b>	<b>W31 UTTC</b>	<b>8.64</b>	<b>8.65 80.09%</b>	<b>3 7</b>	<b>MR</b>
(old MR 9.45 Marie-Eve Boudreau PQ 2015)					

**M30 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Mark Tiburcio	M31 Unattached -	7.80	7.81 81.92%	8 7	
2 Milton Ashmeade	M31 Jamaica Masters	8.03	8.04 79.58%	8 5	

**M35 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Michael James</b>	<b>M36 Brampton Eli</b>	<b>7.06</b>	<b>6.97 91.78%</b>	<b>9 7</b>	<b>MR (CAN 7.05)</b>
(old MR 7.19 Dree Ryan ON last year)					
2 Alex Gbaguidi	M35 Voleo Athletics	7.30	7.20 88.77%	9 5	
3 Dave Kerwin	M39 Unattached -	7.81	7.70 82.97%	9 4	

**W35 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Sonia Lévesque	W39 Vaudreuil-Dorion	8.91	8.82 78.56%	3 7	
2 Marie-Eve Boudreau	W36 Saint-Jean O	9.72	9.62 72.02%	3 5	
3 Monique Shah	W36 Jamaica Masters	9.82	9.72 71.28%	3 4	

**W40 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Violeta Garfunkel	W43 UTTC	8.76	8.36 82.88%	3 7	
2 Debbie King	W41 Jamaica Masters	8.94	8.53 81.21%	3 5	
3 Sandi Arnason	W44 Saskatchewan	10.10	9.64 71.88%	3 4	

**M40 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Nigel John	M44 Jamaica Masters	7.54	7.22 88.59%	8 7	
2 Doug McLaren	M41 Saskatchewan	7.92	7.58 84.34%	8 5	
3 Michal Kapral	M44 UTTC	8.57	8.20 77.95%	8 4	

**M45 60 Meter Dash M45**

Name	Age Team	Prelims	Age-Grading	Alternate
1 Tit (jonathan) Hui	M46 Guelph Track Club	7.79q	7.23 88.45%	
2 Mark Warren	M49 United State	8.06q	7.48 85.48%	
3 Kevin Farr	M46 University of Wi	8.33q	7.73 82.71%	
4 Paul Dowhos	M49 Unattached -	8.38q	7.78 82.22%	
5 Stéphane Gagnon	M45 Indépendant	8.58q	7.96 80.30%	
6 Alejandro Rangel	M46 Lachine	8.59q	7.97 80.21%	
7 Matt Beechey	M46 Jamaica Masters	8.71q	8.09 79.10%	

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
Finals					
1 Agnieszka Kuczalska	W49 Jamaica Masters	9.01	8.28 83.57%	2	7
2 Louise Bonneau	W47 Lachine	9.16	8.42 82.21%	2	5
3 Charmaine Warwick	W46 Mississauga Oly	9.60	8.82 78.44%	2	4
4 Sonia Santarossa	W45 UTTC	9.81	9.02 76.76%	2	3

**W50 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Theresa Rozario	W52 Nemean Lions	9.88	8.73 79.25%	2	7

**M50 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Karnell Vickers</b>	<b>M50 United State</b>	<b>7.27</b>	<b>6.54 97.80%</b>	<b>7</b>	<b>7 MR</b>
(old MR 7.44 Christopher Walburton ON last year)					
2 Chris Lemassif	M50 UTTC	7.70	6.92 92.34%	7	5
3 Philippe Ollivier	M50 Saint-Lauren	8.16	7.34 87.13%	7	4
4 John Wong	M50 Unattached -	8.74	7.86 81.35%	7	3
5 Marco De Chellis	M52 Unattached -	8.77	7.89 81.07%	7	2

**W55 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Janet Trude	W59 Unattached -	11.77	9.99 69.33%	7	

**M55 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Robert Nasato	M56 Jamaica Masters	7.94	6.91 92.57%	6	7
2 Les Neufeld	M56 Unattached -	8.16	7.10 90.07%	6	5
3 Grantley Blenman	M59 The Gazelles	8.23	7.16 89.31%	6	4
4 John Varone	M58 Jamaica Masters	8.61	7.49 85.37%	6	3
5 Mark Schaber	M58 Unattached -	9.15	7.96 80.33%	6	2

**M60 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 David Dickey	M63 Greyhounds T	9.58	8.06 79.33%	6	7
2 Andrew Graham	M62 Unattached -	9.64	8.11 78.84%	6	5
3 Ralph Cilevitz	M63 Jamaica Masters	9.92	8.34 76.61%	6	4

**W60 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Karla Del Grande	W63 Nemean Lions	8.85	7.20 96.16%	7	
2 Wendy Alexis	W61 Ottawa Lions	8.86	7.21 96.05%	5	
3 Leandra Funk	W61 United State	10.04	8.17 84.76%	4	

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

4 Jo Welch W60 Unattached N 10.46 8.51 81.36% 3

**M65 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Roy Turkington	M65 Greyhounds T	8.87	7.19 88.95%	5	7	
2 Robert Beyea	M69 Jamaica Masters	9.70	7.86 81.34%	5	5	

**W70 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Carol LaFayette-Boyd</b>	<b>W74 Saskatchewan</b>	<b>9.50</b>	<b>7.02 98.63%</b>	<b>7</b>	<b>CAN tie MR</b>

(Carol tied her on CAN record from 2012, old MR 10.41 Christa Bortignon BC 2011))

**M70 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Bruce Mintz	M70 Edmonton Masters	9.47	7.37 86.80%	5	7	
2 Jean-Louis Perez	M72 Indépendant	9.63	7.49 85.36%	5	5	
3 Peter Evans	M74 Unattached -	9.79	7.61 83.96%	5	4	

**M75 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Mike Morris</b>	<b>M76 Unattached</b>	<b>9.62</b>	<b>7.12 89.81%</b>	<b>4</b>	<b>7</b>	<b>MR</b>

(old MR 9.5ht = 9.74 Jack Greenwald USA 2003)

2 Patrick Groulx	M75 UTTC	13.02	9.64 66.36%	4	5	
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**W80 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Christa Bortignon</b>	<b>W80 Greyhounds T</b>	<b>10.54</b>	<b>6.76102.47%</b>	<b>7</b>	<b>CAN MR</b>

(old CAN 13.32 Olga 2003, old MR 14.54 Ruth Carrier BC 2011)

**M80 60 Meter Dash Sun 11:15am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Dev Sharma	M81 Unattached -	11.64	8.10 78.87%	4	7	

**M30 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Steven Blau	M33 UTTC	28.74	28.75 67.22%	17	7	

**M35 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Alex Gbaguidi	M35 Voleo Athletics	23.89	23.51 82.21%	17	7	
2 Dave Kervin	M39 Unattached -	25.23	24.82 77.84%	17	5	

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Sheree Mullings	W35 Jamaica Masters	28.98	28.12 75.91% 4	7	
2 Sonia Lévesque	W39 Vaudreuil-Dorion	29.74	28.86 73.97% 4	5	
3 Marie-Eve Boudreau	W36 Saint-Jean O	32.66	31.69 67.36% 4	4	
4 Monique Shah	W36 Jamaica Masters	33.34	32.35 65.99% 4	3	

**M40 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Nigel John	M44 Jamaica Masters	23.95	22.84 84.59% 17	7	

**W40 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Violeta Garfunkel</b> (old MR 28.85 Violeta last year)	<b>W43 UTTC</b>	<b>28.50</b>	<b>26.63 80.14% 3</b>	<b>7</b>	<b>MR</b>
2 Eve La Rivière	W44 Saint-Jean O	34.80	32.52 65.63% 3	5	

**M45 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Lawrence Williams	M46 Ottawa Lions	24.88	22.98 84.08% 15	7	
2 Richard Reid	M48 Jamaica Masters	25.61	23.66 81.69% 15	5	
3 Tit (jonathan) Hui	M46 Guelph Track Club	26.03	24.04 80.37% 14	4	
4 Mirco Graenert	M48 Newmarket HU	26.05	24.06 80.31% 14	3	
5 Kevin Farr	M46 University of Wi	26.46	24.44 79.06% 15	2	
6 Matthew Dechellis	M48 Unattached -	27.81	25.69 75.22% 14	1	
7 Toufic Sleiman	M49 Enduromax	28.36	26.20 73.77% 13		
8 Stéphane Gagnon	M45 Indépendant	28.54	26.36 73.30% 13		
9 Paul Dowhos	M49 Unattached -	28.58	26.40 73.20% 14		
10 Shawn Folkes	M48 Jamaica Masters	29.94	27.65 69.87% 13		
11 Matt Beechey	M46 Jamaica Masters	30.14	27.84 69.41% 13		

**W45 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Louise Bonneau	W47 Lachine	30.16	27.09 78.78% 3	7	
2 Jodi Rice	W47 Invictus Ath	30.73	27.61 77.32% 3	5	
3 Judith Métivier	W46 Saint-Jean O	32.35	29.06 73.45% 3	4	

**M50 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Karnell Vickers</b> (old MR 24.16 Chris Walburton ON last year)	<b>M50 United State</b>	<b>23.97</b>	<b>21.42 90.24% 12</b>	<b>7</b>	<b>MR</b>
2 Chris Lemassif	M50 UTTC	24.45	21.85 88.47% 12	5	
3 Serge Faucher	M52 Ottawa Lions	25.30	22.61 85.49% 12	4	
4 Philippe Ollivier	M50 Saint-Lauren	26.24	23.45 82.43% 12	3	
5 David Turkstra	M51 Jamaica Masters	26.49	23.67 81.65% 11	2	
6 John Wong	M50 Unattached -	29.69	26.53 72.85% 11	1	

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Sandy Archibald	W57 Bytown Walkers	41.97	34.68 61.54% 2	7	
2 Faith Lee	W57 Unattached -	43.11	35.62 59.92% 2	5	

**M55 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Andrew Bass	M55 Jamaica Masters	27.03	23.34 82.80% 10	7	
2 Grantley Blenman	M59 The Gazelles	27.34	23.61 81.86% 10	5	
3 Les Neufeld	M56 Unattached -	28.31	24.45 79.05% 10	4	
4 Paul Lee	M57 Unattached -	35.08	30.29 63.80% 10	3	

**W60 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Wendy Alexis	W61 Ottawa Lions	30.51	24.11 88.53% 2	7	
2 Leandra Funk	W61 United State	32.35	25.57 83.49% 2	5	
3 Jo Welch	W60 Unattached N	35.91	28.38 75.22% 2	4	

**M60 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Wayne Gagne	M62 Invictus Ath	29.49	24.58 78.64% 9	7	
2 Andrew Graham	M62 Unattached -	32.85	27.38 70.59% 9	5	

**M65 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Bernard Lachance	M66 Saint-Jean O	32.51	26.04 74.22% 8	7	
2 Robert Beyea	M69 Jamaica Masters	34.35	27.51 70.25% 8	5	

**M70 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Bruce Mintz	M70 Edmonton Masters	31.90	24.38 79.25% 7	7	
2 Jean-Louis Perez	M72 Indépendant	32.92	25.16 76.79% 7	5	
3 John Powell	M72 EtobicokeTC	57.86	44.22 43.69% 7	4	

**W70 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Carol LaFayette-Boyd</b>	<b>W74 Saskatchewan</b>	<b>33.66</b>	<b>23.80 89.69%</b>	<b>7</b>	<b>MR</b>

(old MR 36.64 Christa Bortignon BC 2011)



**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M75 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Mike Morris</b> (MR 34.02 Ted Rowan SK 2011)	<b>M76 Unattached</b>	<b>34.02</b>	<b>24.55 78.72%</b>	<b>6 7</b>	<b>MR tie</b>
2 Peter Tams	M77 Unattached -	38.53	27.80 69.50%	6 5	
3 Gary McColeman	M75 UTTC	44.81	32.34 59.76%	6 4	
4 Patrick Groulx	M75 UTTC	54.09	39.03 49.51%	6 3	

**M80 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Dev Sharma	M81 Unattached -	40.55	27.16 71.15%	5 7	
2 Steffen Kampe	M80 Unattached -	54.58	36.56 52.86%	5 5	

**W80 200 Meter Dash Sat 1:15pm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Christa Bortignon</b> (old CAN 40.88 Alice Cole PQ 2015, old MR 42.58 Alice 2015)	<b>W80 Greyhounds T</b>	<b>38.16</b>	<b>22.36 95.49%</b>	<b>7</b>	<b>CAN MR</b>
2 Alice Cole	W83 Sherbrooke	44.35	25.98 82.16%	5	

**M30 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Greg Hetherington	M33 Jamaica Masters	54.74	54.75 78.88%	12 7	

**M35 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Shawn Beaton	M39 Unattached N	58.42	56.40 76.57%	12 7	

**M40 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Nigel John	M44 Jamaica Masters	55.68	52.09 82.90%	11 7	
2 Otis Morgan	M41 Jamaica Masters	55.76	52.16 82.78%	11 5	
3 Michal Kapral	M44 UTTC	61.21	57.26 75.41%	11 4	

**W40 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Eve La Rivière	W44 Saint-Jean O	78.31	73.55 64.73%	3 7	

**M45 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Lawrence Williams	M46 Ottawa Lions	54.10	48.99 88.15%	10 7	
2 Mirco Graenert	M48 Newmarket HU	55.98	50.69 85.19%	10 5	

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

3	Richard Reid	M48 Jamaica Masters	56.22	50.91	84.83%	10	4
4	Marcus Skeete	M49 UTTC	58.77	53.22	81.15%	10	3
5	Kevin Farr	M46 University of Wi	58.91	53.34	80.95%	9	2
6	Lenroy Munro	M46 Unattached -	58.92	53.35	80.94%	10	1
7	Pat McLean	M46 Newmarket HU	63.52	57.52	75.08%	9	
8	Stéphane Gagnon	M45 Indépendant	66.20	59.94	72.04%	9	

**W45 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Jodi Rice	W47 Invictus Ath	68.69	61.71 77.14%	3	7
2 Claudia Wagner	W47 Indépendant	74.10	66.57 71.51%	3	5
3 Kathy Mantel	W49 Brantford T.F.C.	1:22.72	74.31 64.06%	3	4
4 Julie Grenier	W45 Saint-Jean O	1:24.03	75.49 63.06%	3	3

**M50 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Landen Summay</b>	<b>M51 United State</b>	<b>55.69</b>	<b>48.76 88.58%</b>	<b>8</b>	<b>7 MR</b>
(old MR 55.95 Serge Faucher ON last year)					
2 Paul Osland	M53 UTTC	56.14	49.15 87.87%	8	5
3 Serge Faucher	M52 Ottawa Lions	56.22	49.22 87.74%	8	4
4 Philippe Ollivier	M50 Saint-Lauren	56.61	49.56 87.14%	8	3
-- Marco De Chellis	M52 Unattached -	DNF		8	

**W50 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Donna Dixon	W54 Calgary Phoe	72.88	62.50 76.17%	2	7

**M55 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Andrew Bass	M55 Jamaica Masters	61.72	52.18 82.76%	7	7
2 Mark Duff	M55 Boardwalk RC	70.61	59.70 72.34%	7	5

**W55 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Heather O'Hagan	W55 UTTC	71.92	58.74 81.03%	2	7
2 Sandy Archibald	W57 Bytown Walkers	1:34.98	77.58 61.36%	2	5

**M60 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Wayne Gagne	M62 Invictus Ath	65.66	53.54 80.66%	6	7
2 Steven Millward	M61 Niagara Olym	66.32	54.08 79.86%	6	5
3 Brent Hutchinson	M60 Brantford T.F.C.	70.20	57.25 75.44%	6	4
4 Andrew Graham	M62 Unattached -	75.83	61.84 69.84%	6	3

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Karla Del Grande</b> (old MR 69.62 Karla 2014)	<b>W63 Nemean Lions</b>	<b>69.20</b>	<b>53.39 89.16%</b>	<b>7</b>	<b>MR</b>
2 Leandra Funk	W61 United State	72.51	55.95 85.09%	5	
3 Clara Northcott	W62 UTTC	1:27.40	67.43 70.59%	4	

**M65 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Neil Fowler	M65 Australia	70.93	55.59 77.68%	5	7	
2 Norman Creen	M66 UTTC	73.95	57.95 74.51%	5	5	
3 Bernard Lachance	M66 Saint-Jean O	74.03	58.01 74.43%	5	4	

**M70 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Bruce Mintz</b> (old MR 76.95 Jean-Louis last year)	<b>M70 Edmonton Masters</b>	<b>75.02</b>	<b>55.97 77.15%</b>	<b>4</b>	<b>7</b>	<b>MR</b>
2 Jean-Louis Perez	M72 Indépendant	75.07	56.01 77.10%	4	5	

**M75 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Doug Renwick</b> (old MR 79.7 Jack Greenwald USA 2003)	<b>M75 Saskatchewan</b>	<b>76.53</b>	<b>53.45 80.79%</b>	<b>4</b>	<b>7</b>	<b>MR</b>
2 Chris Mackie	M76 Unattached -	79.34	55.42 77.93%	4	5	
3 Patrick Groulx	M75 UTTC	2:28.81	1:43.93 41.55%	4	4	

**W80 400 Meter Dash Sun 11:45am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Alice Cole	W83 Sherbrooke	1:46.85	53.71 88.64%	7	

**M30 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Steven Blau	M33 UTTC	2:22.17	2:22.18 71.12%	7	7	

**M35 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Shawn Beaton	M39 Unattached N	2:14.38	2:13.27 75.87%	7	7	
2 Jimmy Semes	M38 Boardwalk RC	2:19.97	2:18.81 72.84%	7	5	
3 Jonathan Colford	M39 Unattached -	3:00.78	2:59.28 56.40%	7	4	

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Michelle Clarke</b>	<b>W42 Longboat Roa</b>	<b>2:33.13</b>	<b>2:26.05 77.57%</b>	<b>2 7</b>	<b>MR</b>
(2:34.99 Michelle last year)					
2 Isabelle Auger	W44 Les Godasses	2:57.44	2:49.23 66.94%	2 5	
3 Hazel Harding	W43 Unattached -	3:12.47	3:03.56 61.71%	2 4	

**M40 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Patrice Doucet</b>	<b>M44 Energie</b>	<b>2:03.57</b>	<b>1:58.14 85.59%</b>	<b>6 7</b>	<b>MR</b>
(old MR 2:03.72 Jay Brecher ON 2014)					
2 Bill Wells	M42 UTTC	2:08.23	2:02.59 82.48%	6 5	
3 Sheldon Mirco	M40 Unattached -	2:09.22	2:03.54 81.84%	6 4	
4 Jay Brecher	M43 UTTC	2:10.15	2:04.43 81.26%	6 3	
5 Rob McKechney	M44 Unattached -	2:20.75	2:14.56 75.14%	6 2	

**M45 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Mirco Graenert	M48 Newmarket HU	2:09.45	1:59.14 84.87%	6 7	
2 Stéphane Gagné	M49 Coureur Nordique	2:10.99	2:00.56 83.88%	6 5	
3 Pat Menzies	M46 Unattached -	2:11.31	2:00.85 83.67%	6 4	
4 Pat McLean	M46 Newmarket HU	2:33.14	2:20.94 71.74%	6 3	

**W45 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Claudia Wagner	W47 Indépendant	2:46.22	2:31.65 74.70%	2 7	
2 Joanna Kotsopoulos	W46 Boardwalk RC	3:09.76	2:53.12 65.44%	2 5	
3 Julie Grenier	W45 Saint-Jean O	3:14.23	2:57.20 63.93%	2 4	
4 Cathy Vandergeest	W46 Unattached -	3:36.72	3:17.72 57.30%	2 3	

**W50 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Liz Maguire	W50 Ottawa Lions	2:32.13	2:12.50 85.50%	7	
2 Donna Dixon	W54 Calgary Phoe	2:41.41	2:20.58 80.58%	5	
3 Aura Reynoso	W50 Newmarket HU	3:11.14	2:46.47 68.05%	4	

**M50 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
<b>1 Landen Summay</b>	<b>M51 United State</b>	<b>2:04.02</b>	<b>1:49.73 92.15%</b>	<b>5 7</b>	<b>MR</b>
(old MR 2:05.69 Paul Osland ON 2015)					
2 Paul Osland	M53 UTTC	2:05.83	1:51.33 90.83%	5 5	
3 Jim Dyck	M51 MB Performance	2:08.63	1:53.80 88.85%	5 4	
4 Ziad El-Hajj	M51 Enduromax	2:26.70	2:09.79 77.91%	5 3	
5 Robert Blair	M53 Newmarket HU	2:31.79	2:14.29 75.29%	5 2	

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Mark Pinckard</b>	<b>M56 Kajaks Track</b>	<b>2:16.94</b>	<b>1:56.27 86.97%</b>	<b>5</b>	<b>7</b>	<b>MR</b>
(old MR 2:18.25 Mark last year)						
2 Dave Kary	M57 Ottawa Lions	2:22.87	2:01.30 83.36%	5	5	
3 Mark Duff	M55 Boardwalk RC	2:33.52	2:10.34 77.57%	5	4	
4 Réjean Bourgouin	M59 Les Godasses	2:47.80	2:22.47 70.97%	5	3	
5 Paul Lee	M57 Unattached -	3:39.86	3:06.67 54.17%	5	2	

**W55 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Heather O'Hagan</b>	<b>W55 UTTC</b>	<b>2:44.15</b>	<b>2:16.17 83.19%</b>	<b>7</b>	<b>MR</b>
(old MR 2:49.80 Maureen De St Croix BC 2011)					
2 Thérèse Hérard	W59 Lanaudière-O	2:56.89	2:26.74 77.20%	5	
3 Faith Lee	W57 Unattached -	3:32.00	2:55.86 64.42%	4	
-- Joy Kramarich	W56 UTTC	DNF			

**M60 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Anthony Farr	M62 UTTC	3:01.42	2:27.55 68.53%	4	7	

**W60 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Clara Northcott</b>	<b>W62 UTTC</b>	<b>3:07.89</b>	<b>2:27.46 76.82%</b>	<b>7</b>	<b>MR</b>
Old MR 3:36.56 Francis Enchin ON last year)					

**M65 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 John Helliker</b>	<b>M65 UTTC</b>	<b>2:34.48</b>	<b>2:00.13 84.17%</b>	<b>4</b>	<b>7</b>	<b>MR</b>
(old MR 2:44.63 Richard Bailey ON 2015)						
2 Neil Fowler	M65 Australia	2:43.03	2:06.78 79.76%	4	5	
3 Ian Perowne	M65 Les Godasses	2:58.14	2:18.53 72.99%	4	4	
4 Tim Payne	M66 Newmarket HU	3:07.00	2:25.42 69.53%	4	3	

**M70 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Jean-Louis Perez	M72 Indépendant	2:57.51	2:11.72 76.77%	3	7	
2 Hugh Connolly	M71 Longboat Roa	3:02.04	2:15.08 74.86%	3	5	
3 Bert De Vries	M70 Longboat Roa	3:22.05	2:29.93 67.44%	3	4	

**M75 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Chris Mackie	M76 Unattached -	2:54.33	2:00.71 83.77%	3	7	
2 Vern Christensen	M76 UTTC	3:24.89	2:21.87 71.27%	3	5	

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

3	Robert Moore	M76 Toronto Olym	3:39.55	2:32.02	66.51%	3	4
4	Frank Esson	M77 Unattached -	3:54.56	2:42.41	62.26%	3	3

**W80 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Alice Cole	W83 Sherbrooke	3:55.19	2:02.77	92.27%	7

**M80 800 Meter Run Sat 11:40am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Steffen Kampe	M80 Unattached -	4:40.00	2:55.87	57.49%	3	7

**W30 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Kelly Fitzsimmons	W31 Unattached -	5:05.84	5:05.85	76.01%	2	7

**W35 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Chantelle Bourdages	W36 Newmarket HU	6:18.91	6:14.06	62.15%	7

**M35 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Shawn Beaton	M39 Unattached N	4:48.53	4:46.02	72.02%	5	7
2 Jimmy Semes	M38 Boardwalk RC	4:55.58	4:53.01	70.31%	5	5

**M40 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Patrice Doucet	M44 Energie	4:20.86	4:08.32	82.96%	5	7
2 Jay Brecher	M43 UTTC	4:27.49	4:14.63	80.90%	5	5
3 Ian Reid	M43 UTTC	4:36.72	4:23.41	78.21%	5	4
4 Michal Kapral	M44 UTTC	4:57.21	4:42.92	72.81%	5	3
-- Bill Wells	M42 UTTC	DNF			5	

**W40 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Michelle Clarke	W42 Longboat Roa	5:06.99	4:50.33	80.07%	2	7
2 Isabelle Auger	W44 Les Godasses	5:52.56	5:33.42	69.72%	2	5

**M45 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Stéphane Gagné	M49 Coureur Nordique	4:30.64	4:06.96	83.41%	5	7

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

2 Pat Menzies	M46 Unattached -	4:39.19	4:14.77	80.86%	5	5
3 Gary G Cassel	M49 Jamaica Masters	5:01.60	4:35.22	74.85%	5	4

**W45 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Maria Zambrano</b>	<b>W46 Calgary Phoe</b>	<b>4:45.82</b>	<b>4:18.44</b>	<b>89.95%</b>	<b>2</b>	<b>7 CAN MR</b>
(old CAN 4:46.80 Maria last year, old MR 4:59.49 Annie Bunting ON 2012)						
2 Leanne Shafir	W47 MB Performance	5:03.53	4:34.46	84.70%	2	5
3 Amy Ballon	W45 UTTC	5:23.85	4:52.83	79.39%	2	4
4 Kathy Mantel	W49 Brantford T.F.C.	5:54.77	5:20.79	72.47%	2	3
5 Joanna Kotsopoulos	W46 Boardwalk RC	6:18.15	5:41.93	67.99%	2	2

**W50 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Liz Maguire</b>	<b>W50 Ottawa Lions</b>	<b>5:05.00</b>	<b>4:23.13</b>	<b>88.35%</b>	<b>2</b>	<b>7 MR</b>
(old MR 5:09.09 Annie Bunting ON 2015)						
2 Donna Dixon	W54 Calgary Phoe	5:33.92	4:48.08	80.70%	2	5
3 Elaine Mota	W51 Newmarket HU	5:37.72	4:51.36	79.79%	2	4
4 Anke Graenert	W50 Newmarket HU	6:02.19	5:12.47	74.40%	2	3
5 Aura Reynoso	W50 Newmarket HU	6:29.21	5:35.78	69.24%	2	2

**M50 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Ziad El-Hajj	M51 Enduromax	5:02.77	4:24.35	77.93%	4	7
2 Robert Blair	M53 Newmarket HU	5:12.49	4:32.84	75.50%	4	5

**W55 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Thérèse Hérard	W59 Lanaudière-O	6:00.55	4:56.09	78.52%	7

**M55 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Mark Pinckard	M56 Kajaks Track	4:53.03	4:04.30	84.32%	4	7
2 Dave Kary	M57 Ottawa Lions	4:58.62	4:08.96	82.74%	4	5
3 Mark Duff	M55 Boardwalk RC	5:24.58	4:30.61	76.13%	4	4
4 Réjean Bourgouin	M59 Les Godasses	5:45.50	4:48.05	71.52%	4	3
5 Daniel Bourdeau	M58 Unattached -	6:29.66	5:24.86	63.41%	4	2

**W60 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Clara Northcott	W62 UTTC	6:17.24	4:52.71	79.42%	7

**M60 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Malcolm Balk	M62 Athlétisme V	5:03.75	4:01.15	85.43%	4	7
2 Brent Hutchinson	M60 Brantford T.F.C.	5:32.97	4:24.35	77.93%	4	5
3 Dave Olsen	M61 Saskatchewan	6:00.72	4:46.38	71.93%	4	4

**M65 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 John Helliker	M65 UTTC	5:09.08	3:52.71	88.52%	3	7
2 John Clarke	M65 Unattached -	5:39.08	4:15.30	80.69%	3	5
3 Ian Perowne	M65 Les Godasses	5:49.93	4:23.47	78.19%	3	4
4 Alphonse Bernard	M67 Unattached-Manitoba	5:49.96	4:23.49	78.18%	3	3
5 Tim Payne	M66 Newmarket HU	6:32.20	4:55.29	69.76%	3	2

**M70 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Michel Gingras	M72 Saint-Jean O	7:31.20	5:19.41	64.49%	3	7

**M75 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Chris Mackie	M76 Unattached -	5:51.21	3:50.26	89.47%	3	7
2 Vern Christensen	M76 UTTC	6:46.40	4:26.44	77.32%	3	5
3 Jack Geddes	M79 Unattached -	7:04.52	4:38.32	74.02%	3	4
4 Robert Moore	M76 Toronto Olym	7:06.31	4:39.49	73.71%	3	3
5 Frank Esson	M77 Unattached -	8:03.95	5:17.28	64.93%	3	2

**W80 1500 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Alice Cole</b>	<b>W83 Sherbrooke</b>	<b>8:14.68</b>	<b>4:09.67</b>	<b>93.11%</b>	<b>7 MR</b>

(old MR 8:27.79 Lenore Montgomery BC 2011)

**M30 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Steven Blau</b>	<b>M33 UTTC</b>	<b>12:09.78</b>	<b>12:09.79</b>	<b>60.29%</b>	<b>2</b>	<b>7 MR</b>

(no previous MR)

**W35 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Chantelle Bourdages	W36 Newmarket HU	13:34.44	13:23.12	62.43%	7

**W40 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Isabelle Auger	W44 Les Godasses	12:36.18	12:02.38	69.41%	7



**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Maria Zambrano</b>	<b>W46 Calgary Phoe</b>	<b>9:54.78</b>	<b>8:59.53</b>	<b>92.94%</b>	<b>2</b>	<b>7 CAN MR</b>
(old CAN 10:10.26 Maria last year, old MR 10:43.47 Liz Maguire ON 2012)						
2 Amy Ballon	W45 UTTC	11:27.70	10:23.82	80.38%	2	5

**M45 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Pedro Lopez-Bravo	M46 Newmarket HU	9:58.78	9:17.11	78.98%	2	7
2 Pat Menzies	M46 Unattached -	10:06.33	9:24.13	78.00%	2	5

**M50 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Dan Fiorini</b>	<b>M54 Newmarket HU</b>	<b>9:52.43</b>	<b>8:50.59</b>	<b>82.93%</b>	<b>2</b>	<b>7 MR</b>
(old MR 10:02.17 Dave Kary ON 2012)						

**W50 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Anke Graenert	W50 Newmarket HU	12:52.06	10:58.34	76.17%	7

**M55 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Steven Blostein	M55 Physi-Kult Kingston	10:30.18	9:02.46	81.11%	2	7
2 Réjean Bourgouin	M59 Les Godasses	11:29.97	9:53.93	74.08%	2	5
3 Walter Faion	M56 UTTC	11:53.24	10:13.96	71.67%	2	4
4 Daniel Bourdeau	M58 Unattached -	13:34.87	11:41.45	62.73%	2	3

**W55 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Thérèse Hérard	W59 Lanaudière-O	12:58.65	10:21.68	80.66%	7

**M60 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Dave Olsen	M61 Saskatchewan	12:00.30	9:54.97	73.95%	2	7
2 Anthony Farr	M62 UTTC	12:27.95	10:17.81	71.22%	2	5

**W60 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	Points	Alternate	
<b>1 Lynn Kobayashi</b>	<b>W61 UTTC</b>	<b>13:04.68</b>	<b>9:43.81</b>	<b>85.89%</b>	<b>7</b>	<b>MR</b>
(old MR 13:22.56 Lynn last year)						
2 Clara Northcott	W62 UTTC	13:21.13	9:56.05	84.12%	5	

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 John Clarke	M65 Unattached -	11:34.55	9:08.56 80.21%	2	7	
2 Ian Perowne	M65 Les Godasses	12:22.71	9:46.60 75.01%	2	5	

**M70 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Michel Gingras	M72 Saint-Jean O	14:13.42	10:38.96 68.86%	7	

**M75 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Chris Mackie</b> (old MR 12:50.00 Chris last year)	<b>M76 Unattached -</b>	<b>12:49.41</b>	<b>8:57.51 81.86%</b>	<b>7</b>	<b>MR</b>
2 Robert Moore	M76 Toronto Olym	15:08.25	10:34.51 69.35%	5	

**M80 3000 Meter Run Sat 1:45pm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Steffen Kampe	M80 Unattached -	19:58.27	12:40.55 57.85%	7	

**W35 50 Meter Hurdles Sun 10:45am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Sonia Lévesque</b> (no previous MR)	<b>W39 Vaudreuil-Dorion</b>	<b>9.51</b>	<b>9.52 69.19%</b>	<b>7</b>	<b>MR</b>
2 Marie-Eve Boudreau	W36 Saint-Jean O	10.09	10.10 65.21%	5	

**M40 50 Meter Hurdles Sun 10:45am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Doug McLaren	M41 Saskatchewan	7.87	7.33 85.26%	3	7	

**W40 50 Meter Hurdles Sun 10:45am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Nicole Luke</b> (old CAN & MR 9.29 Judith Metivier PQ 2015)	<b>W44 Jamaica Masters</b>	<b>9.08</b>	<b>8.32 79.19%</b>	<b>7</b>	<b>CAN MR</b>

**M45 50 Meter Hurdles Sun 10:45am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Yannick Le Mouél</b> (old CAN & MR 7.75 Yannick last year)	<b>M49 Saint-Jean O</b>	<b>7.57</b>	<b>6.77 92.34%</b>	<b>3</b>	<b>7</b>	<b>CAN MR</b>
2 Ovidiu Negoita	M45 Jamaica Masters	9.24	8.26 75.65%	3	5	

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 50 Meter Hurdles Sun 10:45am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Judith Métivier</b>	<b>W46 Saint-Jean O</b>	<b>9.70</b>	<b>8.40</b>	<b>78.45%</b>	<b>7 CAN MR</b>
(old CAN & MR 13.42 Rachel Fouladi BC 2016)					

**W55 50 Meter Hurdles Sun 10:45am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Muriel Gieni</b>	<b>W58 Saskatchewan</b>	<b>8.84</b>	<b>6.99</b>	<b>94.23%</b>	<b>7 CAN MR</b>
(old CAN & MR 8.86 Muriel 2015)					

**M55 50 Meter Hurdles Sun 10:45am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Dale Lawrence	M59 Saskatchewan	10.36	8.77	71.33%	3	7

**M60 50 Meter Hurdles Sun 10:45am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Ralph Cilevitz	M63 Jamaica Masters	11.23	9.47	65.98%	2	7
-- David Dickey	M63 Greyhounds T	DQ			2	Rule 168.7

**M65 50 Meter Hurdles Sun 10:45am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Bernard Lachance	M66 Saint-Jean O	11.63	8.85	70.68%	2	7

**M70 50 Meter Hurdles Sun 10:45am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Roland Delhomeau	M72 Saskatchewan	12.08	8.92	70.12%	2	7

**M75 50 Meter Hurdles Sun 10:45am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Doug Renwick</b>	<b>M75 Saskatchewan</b>	<b>11.85</b>	<b>8.60</b>	<b>72.66%</b>	<b>2</b>	<b>7 CAN MR</b>
(no previous CAN or MR record)						

**M30 60 Meter Hurdles Sat 10:35am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Olusola Olumogba	M32 Jamaica Masters	9.33	9.34	78.24%	3	7

**W35 60 Meter Hurdles Sat 10:35am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

<b>1 Sonia Lévesque</b>	<b>W39 Vaudreuil-Dorion</b>	<b>11.28</b>	<b>10.88</b>	<b>70.66%</b>	<b>7</b>	<b>MR</b>
(no previous MR)						
2 Marie-Eve Boudreau	W36 Saint-Jean O	19.85	19.15	40.15%	5	

**W40 60 Meter Hurdles Sat 10:35am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Nicole Luke	W44 Jamaica Masters	10.71	9.71	79.27%	7

**M40 60 Meter Hurdles Sat 10:35am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Doug McLaren	M41 Saskatchewan	9.19	8.70	83.90%	3	7

**W45 60 Meter Hurdles Sat 10:35am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Judith Métivier	W46 Saint-Jean O	11.53	10.34	74.41%	7

**M45 60 Meter Hurdles Sat 10:35am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Yannick Le Mouél	M49 Saint-Jean O	8.91	8.11	90.12%	3	7
2 Ovidiu Negoita	M45 Jamaica Masters	10.92	9.94	73.53%	3	5
3 Shawn Folkes	M48 Jamaica Masters	11.25	10.24	71.38%	3	4
4 Marcus Skeete	M49 UTTC	11.32	10.30	70.94%	3	3

**M50 60 Meter Hurdles Sat 10:35am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Paul White	M50 Unattached -	10.88	9.71	75.18%	2	7

**M55 60 Meter Hurdles Sat 10:35am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Dale Lawrence	M59 Saskatchewan	11.72	10.03	72.87%	2	7

**W55 60 Meter Hurdles Sat 10:35am**

Name	Age Team	Finals	Age-Grading	Points	Alternate	
<b>1 Muriel Gieni</b>	<b>W58 Saskatchewan</b>	<b>10.42</b>	<b>8.63</b>	<b>89.16%</b>	<b>7</b>	<b>MR</b>
(old MR 10.44 Muriel 2015, CAN Muriel's 10.40)						

**M60 60 Meter Hurdles Sat 10:35am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 David Dickey	M63 Greyhounds T	11.70	9.73	75.04%	2	7
2 Ralph Cilevitz	M63 Jamaica Masters	12.73	10.59	68.97%	2	5

**M65 60 Meter Hurdles Sat 10:35am**

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Bernard Lachance	M66 Saint-Jean 0	14.69	11.67 62.56%	2	7

**W30 4x200 Meter Relay Sun 1:00pm**

Team	Finals	Points	Alternate
<b>1 University of Toronto TC 'A'</b> 1) Violeta Garfunkel 43 3) Heather O'Hagan 55 (no previous MR)	<b>2:02.47</b>	<b>7</b>	<b>MR</b>
2) Sonia Santarossa 45 4) Julia Carew 31			

**W35 4x200 Meter Relay Sun 1:00pm**

Team	Finals	Points	Alternate
<b>1 Jamcan International Athletics 'A'</b> 1) Monique Shah 36 3) Debbie King 41 (old CAN 2:07.90 UTTC 2015, no previous MR)	<b>2:07.41</b>	<b>7</b>	<b>CAN MR</b>
2) Maresa Cadienhead 40 4) Nicole Luke 44			
2 St. Jean Olympique 'A' 1) Judith Métivier 46 3) Julie Grenier 45	2:19.23	5	
2) Eve La Rivière 44 4) Marie-Eve Boudreau 36			

**W45 4x200 Meter Relay Sun 1:00pm**

Team	Finals	Points	Alternate
<b>1 Unattached 'A'</b> 1) Karla Del Grande 63 3) Louise Bonneau 47 (old CAN 2:01.58 Kamloops 2010, no previous MR)	<b>2:01.45</b>	<b>7</b>	<b>CAN MR</b>
2) Wendy Alexis 61 4) Jodi Rice 47			

**M40 4x200 Meter Relay Sun 1:00pm**

Team	Finals	Points	Alternate
1 Jamcan International Athletics 'A' 1) Matt Beechey 46 3) Nigel John 44	1:43.54	7	
2) Richard Reid 48 4) Otis Morgan 41			

**M45 4x200 Meter Relay Sun 1:00pm**

Team	Finals	Points	Alternate
-- St. Jean Olympique 'A' 1) Yannick Le Mouël 49 3) Bernard Lachance 66	DQ	Rule 170.8	
2) Philippe Ollivier 50 4) Michel Gingras 72			

**M55 4x200 Meter Relay Sun 1:00pm**

Team	Finals	Points	Alternate
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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 Monique Shah	W36 Jamaica Masters	1.00m	1.05m 50.25%	7
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**M40 High Jump Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 Doug McLaren	M41 Saskatchewan	1.55m	1.62m 66.24%	7
2 Michal Kapral	M44 UTTC	1.25m	1.31m 53.42%	5

**W40 High Jump Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 Maresa Cadienhead	W40 Jamaica Masters	1.45m	1.60m 76.72%	7
2 Sandi Arnason	W44 Saskatchewan	1.20m	1.32m 63.49%	5

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

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 Ovidiu Negoita	M45 Jamaica Masters	1.60m	1.76m 72.07%	7
2 Alejandro Rangel	M46 Lachine	1.40m	1.54m 63.06%	5
-- Marcus Skeete	M49 UTTC	NH		

**W50 High Jump Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 Annamaria (gaby) Szanto	W51 Unattached -	1.30m	1.59m 76.02%	7
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**M50 High Jump Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 Marco De Chellis	M52 Unattached -	1.35m	1.56m 63.98%	7
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**M55 High Jump Sun 10:00am**

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 Ambroise Courteau	M58 Montréal-Int	1.40m	1.71m 70.00%	7
2 Mark Schaber	M58 Unattached -	1.30m	1.59m 65.00%	5

**W60 High Jump Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

<b>1 Sue Hannon</b>	<b>W60 Unattached -</b>	<b>1.30m</b>	<b>1.79m 85.53%</b>	<b>7</b>	<b>CAN</b>	<b>MR</b>
(old CAN 1.26 Edith Gray ON 1996, old MR 1.15 Deborah Lee BC 2015)						
2 Patricia Blacker-Thomson	W60 Unattached -	1.00m	1.37m 65.79%	5		

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

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 David Dickey	M63 Greyhounds T	1.25m	1.62m 66.49%	7
2 Ralph Cilevitz	M63 Jamaica Masters	1.15m	1.49m 61.17%	5

**W70 High Jump Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

<b>1 Carol LaFayette-Boyd</b>	<b>W74 Saskatchewan</b>	<b>1.20m</b>	<b>1.89m 90.91%</b>	<b>7</b>	<b>MR</b>
(old MR 1.15 Sandy Anderson BC 2011, CAN Carol's 1.21)					

**M70 High Jump Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 Roland Delhomeau	M72 Saskatchewan	1.25m	1.85m 75.76%	7
2 Helmut Brosz	M74 Unattached -	1.10m	1.63m 66.67%	5

**M75 High Jump Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 Patrick Groulx	M75 UTTC	0.90m	1.43m 58.44%	7
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**M85 High Jump Sun 10:00am**



**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading Points
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Alternate

<b>1 Earl Fee</b>	<b>M87 Unattached -</b>	<b>1.00m</b>	<b>1.87m 76.92%</b>	<b>7</b>	<b>MR</b>
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(no previous MR)

**M45 Pole Vault Sat 10:00am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

<b>1 Yannick Le Mouël</b>	<b>M49 Saint-Jean O</b>	<b>4.10m</b>	<b>4.70m 76.64%</b>	<b>7</b>	<b>MR</b>
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(old MR 4.02 Yannick last year)

**M50 Pole Vault Sat 10:00am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

1 Paul White	M50 Unattached -	3.30m	4.04m 66.00%	7
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**M55 Pole Vault Sat 10:00am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

1 Mark Schaber	M58 Unattached -	3.15m	4.15m 67.60%	7
2 Ambroise Courteau	M58 Montréal-Int	3.00m	3.95m 64.38%	5

**M60 Pole Vault Sat 10:00am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

1 Tony Salmon	M62 Montréal-Int	3.15m	4.48m 73.09%	7
2 David Dickey	M63 Greyhounds T	1.95m	2.77m 45.24%	5

**M65 Pole Vault Sat 10:00am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

1 Stan Seitz	M69 Ottawa Lions	2.40m	3.71m 60.45%	7
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**M80 Pole Vault Sat 10:00am**

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading Points
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Alternate

<b>1 Robert Arledge</b>	<b>M83 United State</b>	<b>1.80m</b>	<b>3.76m 61.43% 7 MR</b>
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(no previous MR)

**M35 Long Jump Sat 11:15am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

1 Chris Wrobel	M35 Unattached -	4.88m	5.03m 56.22% 7
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**M40 Long Jump Sat 11:15am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

1 Nigel John	M44 Jamaica Masters	5.93m	6.46m 72.23% 7
2 Doug McLaren	M41 Saskatchewan	4.72m	5.14m 57.49% 5

**W40 Long Jump Sat 11:15am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

1 Maresa Cadienhead	W40 Jamaica Masters	4.14m	4.59m 61.15% 7
2 Sandi Arnason	W44 Saskatchewan	3.91m	4.34m 57.75% 5

**M45 Long Jump Sat 11:15am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

1 Ovidiu Negoita	M45 Jamaica Masters	5.45m	6.29m 70.32% 7
2 Jack Pontes	M45 Jamaica Masters	5.25m	6.06m 67.74% 5
3 Mark Warren	M49 United State	5.07m	5.85m 65.42% 4
4 Matt Beechey	M46 Jamaica Masters	3.97m	4.58m 51.23% 3

**W45 Long Jump Sat 11:15am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

1 Charmaine Warwick	W46 Mississauga Oly	3.37m	3.96m 52.74% 7
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**M50 Long Jump Sat 11:15am**

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading Points
1 Paul White	M50 Unattached -	4.80m	5.89m 65.93% 7
2 Willie A. Price	M54 United State	3.59m	4.41m 49.31% 5

**M55 Long Jump Sat 11:15am**

Name	Age Team	Finals	Age-Grading Points
1 Robert Nasato	M56 Jamaica Masters	4.94m	6.48m 72.43% 7
2 Dale Lawrence	M59 Saskatchewan	4.29m	5.62m 62.90% 5
3 Bryan Baldsing	M59 Jamaica Masters	3.89m	5.10m 57.04% 4
4 Paul Lee	M57 Unattached -	3.18m	4.17m 46.63% 3

**W55 Long Jump Sat 11:15am**

Name	Age Team	Finals	Age-Grading Points
1 Muriel Gieni	W58 Saskatchewan	3.99m	5.34m 71.12% 7

**M60 Long Jump Sat 11:15am**

Name	Age Team	Finals	Age-Grading Points
1 Ralph Cilevitz	M63 Jamaica Masters	3.87m	5.44m 60.85% 7
2 Doug Hayes	M63 Unattached -	3.68m	5.18m 57.86% 5
3 Tony Salmon	M62 Montréal-Int	3.50m	4.92m 55.03% 4
4 Tom Black	M61 Unattached	1.76m	2.47m 27.67% 3
-- Bruce Fitshaw	M60 Unattached	ND	

**W60 Long Jump Sat 11:15am**

Name	Age Team	Finals	Age-Grading Points
1 Patricia Blacker-Thomson	W60 Unattached -	2.43m	3.49m 46.55% 7

**M65 Long Jump Sat 11:15am**

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading Points
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Alternate

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<b>1 Roy Turkington</b>	<b>M65 Greyhounds T</b>	<b>3.93m</b>	<b>5.96m 66.72%</b>	<b>7</b>	<b>MR</b>
(old MR 3.86 Grant Lamothe BC 2011)					
2 Stan Seitz	M69 Ottawa Lions	3.34m	5.07m 56.71%	5	

**M70 Long Jump Sat 11:15am**

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Name	Age Team	Finals	Age-Grading Points
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Alternate

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<b>1 Ross Belyea</b>	<b>M70 Unattached-N</b>	<b>3.79m</b>	<b>6.24m 69.80%</b>	<b>7</b>	<b>MR</b>
(old MR 3.72 Howard Booth USA last year)					
2 Helmut Brosz	M74 Unattached -	2.88m	4.74m 53.04%	5	

**M70 Long Jump Sat 11:15am**

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Name	Age Team	Finals	Age-Grading Points
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Alternate

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<b>1 Carol LaFayette-Boyd</b>	<b>W74 Saskatchewan</b>	<b>3.77m</b>	<b>6.38m 84.91%</b>	<b>7</b>	<b>MR</b>
(old MR 3.31 Christa Bortignon BC 2013)					

**M75 Long Jump Sat 11:15am**

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Name	Age Team	Finals	Age-Grading Points
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Alternate

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1 Peter Tams	M77 Unattached -	2.80m	5.04m 56.34%	7	
2 Patrick Groulx	M75 UTTC	2.31m	4.16m 46.48%	5	

**W80 Long Jump Sat 11:15am**

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Name	Age Team	Finals	Age-Grading Points
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Alternate

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<b>1 Christa Bortignon</b>	<b>W80 Greyhounds T</b>	<b>3.02m</b>	<b>6.53m 87.03%</b>	<b>7</b>	<b>WR</b>
(old WR 2.92 Rosemarie Kreiskott GER 2011, old CAN 2.11 Olga 2001, no previous MR)					

**M35 Triple Jump Sun 11:45am**

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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 Chris Wrobel	M35 Unattached -	10.45m	10.52m 57.54%	7
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**W40 Triple Jump Sun 11:45am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 Sandi Arnason	W44 Saskatchewan	7.73m	8.33m 53.76%	7
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**M40 Triple Jump Sun 11:45am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

-- Michal Kapral	M44 UTTC	ND		
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**M45 Triple Jump Sun 11:45am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

<b>1 Lenroy Munro</b>	<b>M46 Unattached -</b>	<b>11.60m</b>	<b>13.07m 71.47%</b>	<b>7</b>	<b>MR</b>
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(old MR 11.49 Hugh Maguire BC 2011)

2 Jack Pontes	M45 Jamaica Masters	11.28m	12.71m 69.50%	5
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3 Ovidiu Negoita	M45 Jamaica Masters	10.60m	11.94m 65.31%	4
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**W50 Triple Jump Sun 11:45am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1 Annamaria (gaby) Szanto	W51 Unattached -	8.05m	9.82m 63.39%	7
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**M55 Triple Jump Sun 11:45am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

<b>1 Mihai Ene</b>	<b>M56 Unattached -</b>	<b>11.45m</b>	<b>14.65m 80.13%</b>	<b>7</b>	<b>CAN MR</b>
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(old CAN &amp; MR 11.20 Mihai last year)

2 Robert Nasato	M56 Jamaica Masters	10.63m	13.60m 74.39%	5
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3 Dale Lawrence	M59 Saskatchewan	9.16m	11.72m 64.10%	4
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4 Bryan Baldsing	M59 Jamaica Masters	7.66m	9.80m 53.60%	3
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**W55 Triple Jump Sun 11:45am**

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading Points
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Alternate

<b>1 Muriel Gieni</b>	<b>W58 Saskatchewan</b>	<b>9.44m</b>	<b>12.33m 79.60%</b>	<b>7</b>	<b>CAN</b>	<b>MR</b>
(old CAN & MR 9.38 Muriel 2015)						

**M60 Triple Jump Sun 11:45am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

1 David Dickey	M63 Greyhounds T	8.22m	11.28m 61.67%	7
2 Ralph Cilevitz	M63 Jamaica Masters	6.99m	9.59m 52.44%	5

**W60 Triple Jump Sun 11:45am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

1 Patricia Blacker-Thomson	W60 Unattached -	5.88m	8.26m 53.36%	7
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**M70 Triple Jump Sun 11:45am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

<b>1 Ross Belyea</b>	<b>M70 Unattached-N</b>	<b>8.00m</b>	<b>12.84m 70.24%</b>	<b>7</b>	<b>MR</b>
(old MR 7.49 Roland Delhomeau SK 2015)					
2 Roland Delhomeau	M72 Saskatchewan	7.05m	11.31m 61.90%	5	

**W70 Triple Jump Sun 11:45am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

<b>1 Carol LaFayette-Boyd</b>	<b>W74 Saskatchewan</b>	<b>7.51m</b>	<b>12.60m 81.28%</b>	<b>7</b>	<b>MR</b>
(old MR 7.41 Christa Bortignon BC 2011)					

**M75 Triple Jump Sun 11:45am**

Name	Age Team	Finals	Age-Grading Points
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Alternate

1 Patrick Groulx	M75 UTTC	5.04m	8.84m 48.37%	7
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**W80 Triple Jump Sun 11:45am**

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12**

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

Name	Age Team	Finals	Age-Grading Points
Alternate			

**1 Christa Bortignon**                      **W80 Greyhounds T**                      **6.91m**    **16.16m104.22%**    **7**    **WR**  
 (old WR 6.33 Elsa Enarsson SWE 2011, old CAN 3.31 Hildegard Buschhaus BC 2010)

**M30 Shot Put Sat 9:30am**

Name	Age Team	Finals	Age-Grading Points
Alternate			

**1 Scott Paterson**                      **M33 Unattached Alberta**                      **11.82m**    **11.82m 51.12%**    **7**    **MR**  
 (old MR 9.09 Cheema Singh Khushwant ON 2015)

**M35 Shot Put Sat 9:30am**

Name	Age Team	Finals	Age-Grading Points
Alternate			

**1 Fernando Cornejo**                      **M37 Throwers Club**                      **12.98m**    **13.46m 58.23%**    **7**    **MR**  
 (ols MR 12.57 John Saari BC 2011)

**W35 Shot Put Sat 9:30am**

Name	Age Team	Finals	Age-Grading Points
Alternate			

1 Sheree Mullings                      W35 Jamaica Masters                      8.53m    8.84m 39.07%    7

**M40 Shot Put Sat 9:30am**

Name	Age Team	Finals	Age-Grading Points
Alternate			

1 Bill Wells                      M42 UTTC                      7.10m    7.90m 34.20%    7  
 2 Ben Kong                      M41 Jamaica Masters                      5.11m    5.69m 24.61%    5

**W40 Shot Put Sat 9:30am**

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

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1 Joyce Mangos	W41 Unattached	7.27m	8.06m 35.65%	7
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**M45 Shot Put Sat 9:30am**

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Name	Age Team	Finals	Age-Grading	Points
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Alternate

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1 Mariusz Kosinski	M46 Unattached	11.60m	13.94m 60.32%	7
2 Ovidiu Negoita	M45 Jamaica Masters	9.11m	10.95m 47.37%	5
3 Matt Beechey	M46 Jamaica Masters	8.70m	10.46m 45.24%	4
4 Marcus Skeete	M49 UTTC	7.75m	9.31m 40.30%	3
5 Shawn Folkes	M48 Jamaica Masters	7.71m	9.26m 40.09%	2
6 Pho Lam	M45 Jamaica Masters	4.78m	5.74m 24.86%	1

**W45 Shot Put Sat 9:30am**

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Name	Age Team	Finals	Age-Grading	Points
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Alternate

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1 Tracey. (willow) McCarth	W49 Unattached -	8.88m	10.60m 46.86%	7
2 Linda Reid	W46 Jamaica Masters	7.40m	8.83m 39.05%	5
3 Colleen Hill	W49 Jamaica Masters	6.25m	7.46m 32.98%	4

**M50 Shot Put Sat 9:30am**

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Name	Age Team	Finals	Age-Grading	Points
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Alternate

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1 Manoharan Sethukavalar	M51 Throwers Club	10.75m	12.60m 54.49%	7
2 Dumitru Ciobanu	M52 Unattached -	9.62m	11.27m 48.76%	5

**W50 Shot Put Sat 9:30am**

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Name	Age Team	Finals	Age-Grading	Points
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Alternate

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1 Petra Ciobanu	W53 Unattached -	10.42m	13.13m 58.05%	7
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**M55 Shot Put Sat 9:30am**

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Name	Age Team	Finals	Age-Grading	Points
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Alternate

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1 Jerzy Dabrowa	M58 Unattached	9.07m	11.52m 49.84%	7
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**M60 Shot Put Sat 9:30am**

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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

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1 Bill Pearson	M64 Throwers Club	11.07m	13.81m 59.77%	7
2 Harbans Cheema	M62 Unattached -	10.35m	12.91m 55.89%	5

**W60 Shot Put Sat 9:30am**

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Name	Age Team	Finals	Age-Grading	Points
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Alternate

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<b>1 Doreen Garner</b>	<b>W63 Throwers Club</b>	<b>9.90m</b>	<b>14.86m 65.69%</b>	<b>7 CAN MR</b>
(old CAN 9.75 Selina Coward SK 2015 - Doreen has a pending 10.09 mark from OMA MM#1, Old MR 8.70 Liz McBlain AB 2011)				
2 Jo Welch	W60 Unattached N	6.88m	10.33m 45.65%	5
3 Jane Warren	W61 Unattached N	5.65m	8.48m 37.49%	4
4 Sherry Watts	W63 London Pacers	5.38m	8.07m 35.70%	3

**M65 Shot Put Sat 9:30am**

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Name	Age Team	Finals	Age-Grading	Points
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Alternate

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1 Tim Cederblad	M66 United State	12.10m	16.46m 71.22%	7
2 Jerzy Wyroba	M67 Unattached -	10.90m	14.83m 64.16%	5
3 Ralph Shapiro	M65 Throwers Club	9.89m	13.45m 58.21%	4

**W65 Shot Put Sat 9:30am**

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Name	Age Team	Finals	Age-Grading	Points
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Alternate

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1 Lucille Green	W68 Throwers Club	5.15m	8.54m 37.78%	7
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**M70 Shot Put Sat 9:30am**

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Name	Age Team	Finals	Age-Grading	Points
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Alternate

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1 John Kasperski	M73 Throwers Club	11.20m	14.34m 62.05%	7
2 Lewis Breese	M70 United State	10.10m	12.93m 55.96%	5
3 Moe Jacobs	M72 Unattached -	9.62m	12.31m 53.30%	4
4 Helmut Brosz	M74 Unattached -	9.19m	11.76m 50.91%	3
5 Bruce Mitchell	M73 Brantford T.F.C.	7.96m	10.19m 44.10%	2

**W70 Shot Put Sat 9:30am**

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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1	Joanne Miklos Den Iseger W70 Unattached -	6.05m	11.22m 49.63%	7
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**M75 Shot Put Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1	David Morris M78 Throwers Club	8.17m	11.43m 49.46%	7
2	Patrick Groulx M75 UTTC	7.57m	10.59m 45.82%	5
3	Peter Tams M77 Unattached -	7.12m	9.96m 43.10%	4
4	Gary McColeman M75 UTTC	6.90m	9.65m 41.77%	3
5	Enrico Toscano M76 Throwers Club	5.61m	7.85m 33.96%	2

**W80 Shot Put Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1	Christa Bortignon W80 Greyhounds T	6.21m	12.88m 56.92%	7
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**M30 Weight Throw Sat 2:30pm**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1	Scott Paterson M33 Unattached Alberta	14.15m	14.15m 54.72%	7
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**M40 Weight Throw Sat 2:30pm**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1	Ben Kong M41 Jamaica Masters	4.30m	4.68m 18.12%	7
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**W45 Weight Throw Sat 2:30pm**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1	<b>Tracey. (willow) McCarth W49 Unattached -</b> (old MR 7.24 Michelle Baptie ON 2012)	<b>9.75m</b>	<b>12.63m 53.51%</b>	<b>7</b>	<b>MR</b>
2	Linda Reid W46 Jamaica Masters	6.68m	8.65m 36.66%	5	
3	Colleen Hill W49 Jamaica Masters	5.22m	6.76m 28.65%	4	

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 Weight Throw Sat 2:30pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Ovidiu Negoita	M45	Jamaica Masters	5.92m	6.92m 26.78%	7

**W50 Weight Throw Sat 2:30pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Petra Ciobanu	W53	Unattached -	9.35m	11.05m 46.84%	7

**M50 Weight Throw Sat 2:30pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Manoharan Sethukavalar	M51	Throwers Club	12.20m	12.79m 49.47%	7

**M55 Weight Throw Sat 2:30pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Ayman Mazhar	M57	UTTC	15.33m	17.20m 66.54%	7

**M60 Weight Throw Sat 2:30pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Raymond Bzibziak	M62	United State	12.76m	13.30m 51.43%	7
2 Bill Pearson	M64	Throwers Club	12.65m	13.18m 50.99%	5
3 Harbans Cheema	M62	Unattached -	8.71m	9.07m 35.11%	4

**W60 Weight Throw Sat 2:30pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Jo Welch	W60	Unattached N	8.53m	10.32m 43.77%	7
2 Jane Warren	W61	Unattached N	5.05m	6.11m 25.91%	5

**W65 Weight Throw Sat 2:30pm**

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

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Name	Age Team	Finals	Age-Grading Points
Alternate			

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1 Lucille Green	W68 Throwers Club	6.68m	8.85m 37.53% 7
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**M65 Weight Throw Sat 2:30pm**

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Name	Age Team	Finals	Age-Grading Points
Alternate			

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1 Tim Cederblad	M66 United State	13.45m	15.00m 58.00% 7
2 Ralph Shapiro	M65 Throwers Club	10.68m	11.91m 46.05% 5

**M70 Weight Throw Sat 2:30pm**

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Name	Age Team	Finals	Age-Grading Points
Alternate			

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1 John Kasperski	M73 Throwers Club	14.66m	16.72m 64.67% 7
2 Lewis Breese	M70 United State	11.27m	12.85m 49.71% 5

**M75 Weight Throw Sat 2:30pm**

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Name	Age Team	Finals	Age-Grading Points
Alternate			

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1 David Morris	M78 Throwers Club	8.48m	10.41m 40.29% 7
2 Patrick Groulx	M75 UTTC	7.19m	8.83m 34.16% 5
3 Gary McColeman	M75 UTTC	6.72m	8.25m 31.92% 4
4 Enrico Toscano	M76 Throwers Club	6.15m	7.55m 29.22% 3

**M35 1000 Meter Dash Indoor Pentathlon**

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Name	Age Team	Finals	Age-Grading Points	Alternate
Alternate				
1 Gurmukh Sahans	M38 United State	3:07.99	3:06.64 69.92%	601

**M40 1000 Meter Dash Indoor Pentathlon**

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Name	Age Team	Finals	Age-Grading Points	Alternate
Alternate				
1 Doug McLaren	M41 Saskatchewan	3:39.34	3:29.19 62.39%	407

**M45 1000 Meter Dash Indoor Pentathlon**

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Name	Age Team	Finals	Age-Grading Points	Alternate
Alternate				
1 Kasper Hinds	M48 Unattached	3:31.93	3:13.84 67.33%	535

**M50 1000 Meter Dash Indoor Pentathlon**

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Name	Age Team	Finals	Age-Grading Points	Alternate
Alternate				

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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Geordie McConnell	M51 Ottawa Maste	3:42.67	3:14.95	66.94%	525
2	Paul White	M50 Unattached -	4:24.43	3:51.51	56.37%	250

**M55 1000 Meter Dash Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Luigi Nunno	M58 Unattached -	4:36.15	3:50.98	56.50%	253

**M60 1000 Meter Dash Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Bruce Urch	M62 Throwers Club	3:57.60	3:09.32	68.93%	576
2 David Dickey	M63 Greyhounds T	3:59.18	3:10.58	68.48%	564

**M65 1000 Meter Dash Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Peter Zowkewych	M66 UTTC	4:46.06	3:36.30	60.34%	353

**M70 1000 Meter Dash Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Roland Delhomeau	M72 Saskatchewan	4:41.98	3:20.52	65.08%	477

**M75 1000 Meter Dash Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Doug Renwick	M75 Saskatchewan	4:02.43	2:39.72	81.71%	877

**M35 60 Meter Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Gurmukh Sahans	M38 United State	9.65	9.50	76.89%	2	639

**M40 60 Meter Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Doug McLaren	M41 Saskatchewan	9.23	8.74	83.53%	2	804

**M45 60 Meter Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Kasper Hinds	M48 Unattached	11.28	10.26	71.19%	2	493

**M50 60 Meter Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Paul White	M50 Unattached -	11.32	10.10	72.26%	2	522
2 Geordie McConnell	M51 Ottawa Maste	11.84	10.57	69.09%	2	438

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 60 Meter Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Luigi Nunno	M58 Unattached -	13.06	11.17 65.39%	2	342

**M60 60 Meter Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 David Dickey	M63 Greyhounds T	11.75	9.77 74.72%	585	
2 Bruce Urch	M62 Throwers Club	12.34	10.26 71.15%	493	

**M65 60 Meter Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Peter Zowkewych	M66 UTTC	12.35	9.81 74.41%	578	

**M70 60 Meter Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Roland Delhomeau	M72 Saskatchewan	14.13	10.90 66.95%	384	

**M75 60 Meter Hurdles Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Doug Renwick	M75 Saskatchewan	14.05	10.30 70.89%	486	

**M35 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Gurmukh Sahans	M38 United State	1.60m	1.64m 66.95%	496

**M40 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Doug McLaren	M41 Saskatchewan	1.48m	1.55m 63.25%	426

**M45 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Kasper Hinds	M48 Unattached	1.45m	1.59m 65.32%	457

**M50 High Jump Indoor Pentathlon**

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading Points
1 Geordie McConnell	M51 Ottawa Maste	1.45m	1.68m 68.72% 528
1 Paul White	M50 Unattached -	1.45m	1.68m 68.72% 528

**M55 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Luigi Nunno	M58 Unattached -	1.30m	1.59m 65.00% 457

**M60 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Bruce Urch	M62 Throwers Club	1.30m	1.69m 69.15% 536
1 David Dickey	M63 Greyhounds T	1.30m	1.69m 69.15% 536

**M65 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points
<b>1 Peter Zowkewych</b>	<b>M66 UTTC</b>	<b>1.42m</b>	<b>1.96m 80.23% 767 MR</b>
(old MR 1.40 Peter last year in the Pent)			

**M70 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points
<b>1 Roland Delhomeau</b>	<b>M72 Saskatchewan</b>	<b>1.30m</b>	<b>1.92m 78.79% 731 MR</b>
(old MR 1.28 Roland last Year in the Pent)			

**M75 High Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points
<b>1 Doug Renwick</b>	<b>M75 Saskatchewan</b>	<b>1.24m</b>	<b>1.97m 80.52% 776 MR</b>
(old MR 1.20 Bob Land ON 2012)			

**M35 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points
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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Alternate

1	Gurmukh Sahans	M38 United State	5.58m	5.75m	64.29%	533
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**M40 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1	Doug McLaren	M41 Saskatchewan	4.75m	5.17m	57.86%	415
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**M45 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1	Kasper Hinds	M48 Unattached	5.20m	6.00m	67.10%	587
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**M50 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1	Paul White	M50 Unattached -	4.88m	5.99m	67.03%	584
2	Geordie McConnell	M51 Ottawa Maste	4.05m	4.97m	55.63%	377

**M55 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1	Luigi Nunno	M58 Unattached -	3.57m	4.68m	52.35%	323
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**M60 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1	Bruce Urch	M62 Throwers Club	4.22m	5.94m	66.35%	574
2	David Dickey	M63 Greyhounds T	3.75m	5.27m	58.96%	435

**M65 Long Jump Indoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
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Alternate

1	Peter Zowkewych	M66 UTTC	3.64m	5.52m	61.80%	485
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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Long Jump Indoor Pentathlon**

Name Alternate	Age Team	Finals	Age-Grading Points
1 Roland Delhomeau	M72 Saskatchewan	2.83m	4.66m 52.12% 319

**M75 Long Jump Indoor Pentathlon**

Name Alternate	Age Team	Finals	Age-Grading Points
<b>1 Doug Renwick</b> (old MR 3.54 Ted Rowan SK 2011)	<b>M75 Saskatchewan</b>	<b>3.67m</b>	<b>6.61m 73.84% 723 MR</b>

**M35 Shot Put Indoor Pentathlon**

Name Alternate	Age Team	Finals	Age-Grading Points
1 Gurmukh Sahans	M38 United State	10.97m	11.37m 49.21% 568

**M40 Shot Put Indoor Pentathlon**

Name Alternate	Age Team	Finals	Age-Grading Points
1 Doug McLaren	M41 Saskatchewan	8.93m	9.94m 43.02% 482

**M45 Shot Put Indoor Pentathlon**

Name Alternate	Age Team	Finals	Age-Grading Points
1 Kasper Hinds	M48 Unattached	7.57m	9.10m 39.37% 432

**M50 Shot Put Indoor Pentathlon**

Name Alternate	Age Team	Finals	Age-Grading Points
1 Geordie McConnell	M51 Ottawa Maste	10.03m	11.75m 50.84% 591
2 Paul White	M50 Unattached -	8.07m	9.45m 40.90% 453

**M55 Shot Put Indoor Pentathlon**

Name Alternate	Age Team	Finals	Age-Grading Points
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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

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1	Luigi Nunno	M58 Unattached -	7.01m	8.90m	38.52%	420
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**M60 Shot Put Indoor Pentathlon**

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Name	Age	Team	Finals	Age-Grading	Points	
Alternate						
1	Bruce Urch	M62 Throwers Club	9.32m	11.63m	50.32%	584
2	David Dickey	M63 Greyhounds T	5.92m	7.38m	31.97%	330

**M65 Shot Put Indoor Pentathlon**

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Name	Age	Team	Finals	Age-Grading	Points	
Alternate						
1	Peter Zowkewych	M66 UTTC	10.84m	14.74m	63.80%	774

**M70 Shot Put Indoor Pentathlon**

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Name	Age	Team	Finals	Age-Grading	Points	
Alternate						
1	Roland Delhomeau	M72 Saskatchewan	7.99m	10.23m	44.27%	499

**M75 Shot Put Indoor Pentathlon**

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Name	Age	Team	Finals	Age-Grading	Points	
Alternate						
1	Doug Renwick	M75 Saskatchewan	6.77m	9.47m	40.98%	454

**M35 Indoor Pentathlon Sat 10:30am**

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Name	Age	Team	Finals	Alternate
<b>1 Gurmukh Sahans</b>	<b>M38</b>	<b>United State</b>	<b>2837</b>	<b>MR</b>
(old MR 2152 Brian Derby ON 2013) (CAN record 2853)				

**M40 Indoor Pentathlon Sat 10:30am**

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Name	Age	Team	Finals	Alternate
1	Doug McLaren	M41 Saskatchewan	2534	

**M45 Indoor Pentathlon Sat 10:30am**

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Name	Age	Team	Finals	Alternate
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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Kasper Hinds M48 Unattached 2504

**M50 Indoor Pentathlon Sat 10:30am**

Name	Age Team	Finals	Alternate
1 Geordie McConnell	M51 Ottawa Maste	2459	
2 Paul White	M50 Unattached -	2337	

**M55 Indoor Pentathlon Sat 10:30am**

Name	Age Team	Finals	Alternate
1 Luigi Nunno	M58 Unattached -	1795	

**M60 Indoor Pentathlon Sat 10:30am**

Name	Age Team	Finals	Alternate
1 Bruce Urch	M62 Throwers Club	2763	
2 David Dickey	M63 Greyhounds T	2450	

**M65 Indoor Pentathlon Sat 10:30am**

Name	Age Team	Finals	Alternate
1 Peter Zowkewych	M66 UTTC	2957	

**M70 Indoor Pentathlon Sat 10:30am**

Name	Age Team	Finals	Alternate
1 Roland Delhomeau	M72 Saskatchewan	2410	

**M75 Indoor Pentathlon Sat 10:30am**

Name	Age Team	Finals	Alternate
<b>1 Doug Renwick</b>	<b>M75 Saskatchewan</b>	<b>3316</b>	<b>MR</b>
(no previous MR)			

**W30 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Evane Michoux</b>	<b>W33 Fleur de Lys</b>	<b>8:33.11</b>	<b>8:33.12</b>	<b>65.68%</b>	<b>7</b>	<b>MR</b>
(no previous MR)						

**M35 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Jocelyn Ruest</b>	<b>M37 Fleur de Lys</b>	<b>6:41.06</b>	<b>6:32.56</b>	<b>78.71%</b>	<b>2</b>	<b>7 CAN MR</b>
(old CAN & MR 6:59.39 Jean Pierre Fortin ON 2012)						

**M40 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
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**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

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1 Ben Kong	M41 Jamaica Masters	13:40.84	12:56.36	39.80%	2	7
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**W45 1500 Meter Race Walk Sat 10:00am**

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Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Sharon Chisholm	W46 Bytown Walkers	11:07.92	10:17.83	54.55%	7

**M50 1500 Meter Race Walk Sat 10:00am**

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Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Yvan Béchar</b>	<b>M54 Unattached</b>	<b>6:38.76</b>	<b>5:47.56</b>	<b>88.91%</b>	<b>2</b>	<b>7 CAN MR</b>

(old CAN & MR 6:42.25 Yvan last year)

**M55 1500 Meter Race Walk Sat 10:00am**

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Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Dave Talcott</b>	<b>M56 United State</b>	<b>6:38.27</b>	<b>5:32.36</b>	<b>92.97%</b>	<b>2</b>	<b>7 MR</b>

(old MR 8:33.88 Lawrence Malek ON 2015)

**W55 1500 Meter Race Walk Sat 10:00am**

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Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Kitty Cashman	W56 Unattached -	8:50.52	7:30.95	74.73%	7
2 Sandy Archibald	W57 Bytown Walkers	8:58.96	7:38.12	73.56%	5
3 Mary-Ellen Maybee	W56 Bytown Walkers	10:35.68	9:00.33	62.37%	4
4 Nicky Slovitt	W56 Ontario Race	10:39.20	9:03.33	62.03%	3

**W60 1500 Meter Race Walk Sat 10:00am**

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Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Nancy Patten</b>	<b>W61 Unattached</b>	<b>8:08.20</b>	<b>6:35.74</b>	<b>85.16%</b>	<b>7 MR</b>

(old MR 8:09.49 Kris Kozell ON 2015)

2 Kris Kozell	W64 Ontario Race	8:20.06	6:45.35	83.14%	5
-- Jo Welch	W60 Unattached N	DQ			Rule 230.7a

**M60 1500 Meter Race Walk Sat 10:00am**

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Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Denis Laflamme	M63 Fleur de Lys	7:57.36	6:19.98	81.32%	2	7
2 John Gardam	M60 Bytown Walkers	8:40.86	6:54.61	74.53%	2	5

**M65 1500 Meter Race Walk Sat 10:00am**

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Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Henry Charrois</b>	<b>M65 Edmonton Rac</b>	<b>7:50.41</b>	<b>5:55.49</b>	<b>86.92%</b>	<b>2</b>	<b>7 CAN MR</b>

(old 7:55.17 John Kittredge ON 2011, old MR 8:01.11 John in 2012)

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W65 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 <b>Teresa Chiozza</b> (old CAN & MR 9:01.15 Teresa last year)	<b>W66 Ontario RaceWalkers</b>	<b>8:58.86</b>	<b>6:53.96 81.41%</b>	<b>7</b>	<b>CAN MR</b>
2 Sharon M. Wright	W67 Unattached -	10:08.80	7:47.69 72.06%	5	

**M75 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 <b>Marcel Jobin</b> (old CAN 10:00.48 Stuart Summerhayes ON 2010, old MR 11:47.00 Terry Copeland USA 2013)	<b>M75 Energie</b>	<b>8:31.04</b>	<b>5:42.04 90.34%</b>	<b>2</b>	<b>7</b>	<b>CAN MR</b>

**M80 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 <b>Crawford McNair</b> (no previous MR)	<b>M80 Greyhounds T</b>	<b>15:08.45</b>	<b>9:26.33 54.56%</b>	<b>2</b>	<b>7</b>	<b>MR</b>

**W30 3000 Meter Race Walk Sun 12:30pmm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 <b>Evane Michoux</b> (no previous MR)	<b>W33 Fleur de Lys</b>	<b>18:04.64</b>	<b>18:04.65 64.08%</b>	<b>7</b>	<b>MR</b>

**M35 3000 Meter Race Walk Sun 12:30pmm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 <b>Jocelyn Ruest</b> (old CAN 14:44.9 Paul Guimond ON 1995, MR is 13:59.28 Dmitry Babenko BC 2011)	<b>M37 Fleur de Lys</b>	<b>14:07.45</b>	<b>13:50.42 76.04%</b>	<b>2</b>	<b>7</b>	<b>CAN</b>

**W45 3000 Meter Race Walk Sun 12:30pmm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Sharon Chisholm	W46 Bytown Walkers	22:57.73	21:14.41 54.54%	7	

**M50 3000 Meter Race Walk Sun 12:30pmm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Yvan Béchard	M54 Unattached	14:07.59	12:20.37 85.28%	2	7	

**M55 3000 Meter Race Walk Sun 12:30pmm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 <b>Dave Talcott</b> (old CAN 15:13.28 James Kenney AB 2013, old MR 17:32.2 Don Ramsden ON 2003)	<b>M56 United State</b>	<b>13:59.72</b>	<b>11:42.35 89.90%</b>	<b>2</b>	<b>7</b>	<b>CAN MR</b>

**Canadian Masters Indoor Championships - 2017-03-11 to 2017-03-12****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 3000 Meter Race Walk Sun 12:30pmm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Kitty Cashman	W56 Unattached -	18:25.66	15:37.83 74.11%	7	
2 Sandy Archibald	W57 Bytown Walkers	18:41.37	15:51.15 73.07%	5	
3 Mary-Ellen Maybee	W56 Bytown Walkers	21:29.29	18:13.58 63.55%	4	
4 Nicky Slovitt	W56 Ontario Race	21:33.41	18:17.08 63.35%	3	

**W60 3000 Meter Race Walk Sun 12:30pmm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Nancy Patten</b> (old MR 17:28.0 Kris Kozell ON 2016)	<b>W61 Unattached</b>	<b>17:05.15</b>	<b>13:46.17 84.12%</b>	<b>7</b>	<b>MR</b>
2 Anne De Thy	W63 Ontario Race	18:13.94	14:41.61 78.83%	5	
-- Kris Kozell	W64 Ontario Race	DQ			Rule 230.7a

**M60 3000 Meter Race Walk Sun 12:30pmm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 John Gardam	M60 Bytown Walkers	18:43.61	14:56.65 70.42%	2	7	

**M65 3000 Meter Race Walk Sun 12:30pmm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Henry Charrois</b> (old MR 17:30.47 John Kittredge ON 2011)	<b>M65 Edmonton Rac</b>	<b>16:22.52</b>	<b>12:24.26 84.84%</b>	<b>2</b>	<b>7</b>	<b>MR</b>

**W65 3000 Meter Race Walk Sun 12:30pmm**

Name	Age Team	Finals	Age-Grading	Points	Alternate
<b>1 Teresa Chiozza</b> (old CAN 19:09.75 Teresa last year, old MR 18:35.8 Teresa last year)	<b>W66 Ontario RaceWalkers</b>	<b>18:06.32</b>	<b>13:46.04 84.14%</b>	<b>7</b>	<b>CAN MR</b>
2 Sharon M. Wright	W67 Unattached -	20:48.23	15:49.16 73.22%	5	

**M75 3000 Meter Race Walk Sun 12:30pmm**

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
<b>1 Marcel Jobin</b> (old CAN 18:56.76 Max Gould ON 1993, old MR 21:19 Sal Brancaccio ON 2003)	<b>M75 Energie</b>	<b>18:12.66</b>	<b>12:12.52 86.20%</b>	<b>2</b>	<b>7</b>	<b>CAN MR</b>