

**12th Canadian Masters Athletics Indoor Championships**  
**For split times visit: <https://bit.ly/2023-cma-indoor>**  
**Toronto Track & Field Centre - 2023-02-25 to 2023-02-26**  
**Performance List**

**Event 1 Women 50 Meter Dash Masters Prelims**

Lane	Comp#	Name	Age	Team	Seed Time
<b>Prelims W30</b>					
1	160	Pedrero, Ana	W34	Unattached Ontario	7.37
<b>Prelims W35</b>					
1	143	Lavigne, Stéphanie	W35	Unattached Ontario	7.30
<b>Prelims W40</b>					
1	130	Gordon, Novelette	W40	Stoney Creek	9.00
2	161	Pillai, Sindhu	W43	Variety Village	9.20
<b>Prelims W45</b>					
1	110	Cachuela, Grace	W47	Jamcan Int.	8.00
2	158	Osborne, Manon	W48	Gatineau	8.50
<b>Prelims W50</b>					
1	104	Babalola, Omena	W54	Winnipeg Opti.	8.66
2	163	Robarts, Carolyn	W53	Variety Village	10.00
3	107	Bortolussi, Dala	W54	Rive-Sud	10.00
4	112	Cheung, Joni	W51	Jamcan Int.	10.00
<b>Prelims W55</b>					
1	147	Loucks, Kairy	W56	Unattached Ontario	8.50
2	125	Falcon, Josee	W55	Saint-Jean Olym.	8.50
3	159	Oswald, Carrie-Ann	W55	Unattached Ontario	8.91
4	133	Hargreaves, Valerie	W56	Unattached Ontario	8.92
5	164	Roberts, Kim	W57	Unattached NB	9.00
<b>Prelims W65</b>					
1	119	Del Grande, Karla	W69	Variety Village	7.71
2	100	Alexis, Wendy	W67	Ottawa Lions	7.90
<b>Prelims W85</b>					
1	142	Lamb, Agnes	W87	Unattached Ontario	16.17

**Event 3 Women 60 Meter Dash Masters Prelims**

Lane	Comp#	Name	Age	Team	Seed Time
<b>Prelims W30</b>					
1	160	Pedrero, Ana	W34	Unattached Ontario	8.63
2	144	Leakey, Shelleyann	W32	Unattached Ontario	9.27
<b>Prelims W35</b>					
1	143	Lavigne, Stéphanie	W35	Unattached Ontario	8.55
2	124	Eboh, Jennifer	W39	Etobicoke Huskie	8.98
3	156	Newington, Dash	W38	United Kingdom	9.32
<b>Prelims W40</b>					
1	129	Gerry, Rachael	W40	Unattached Ontario	9.29
2	161	Pillai, Sindhu	W43	Variety Village	9.44
<b>Prelims W45</b>					
1	110	Cachuela, Grace	W47	Jamcan Int.	8.00
2	127	Garfunkel, Violeta	W49	Variety Village	8.59
3	158	Osborne, Manon	W48	Gatineau	8.86
<b>Prelims W50</b>					
1	139	Jose, Nina	W53	Unattached Ontario	9.00
2	172	Zinman, Debbie	W53	Unattached Ontario	9.09
3	122	Duarte, Ann-Maria	W54	Jamcan Int.	9.73
4	104	Babalola, Omena	W54	Winnipeg Opti.	9.90
5	163	Robarts, Carolyn	W53	Variety Village	10.03

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**Prelims W50... (Event 3 Women 60 Meter Dash Masters Prelims)**

6	107	Bortolussi, Dala	W54	Rive-Sud	11.26
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**Prelims W55**

1	147	Loucks, Kairy	W56	Unattached Ontario	9.54
2	125	Falcon, Josee	W55	Saint-Jean Olym.	9.63
3	164	Roberts, Kim	W57	Unattached NB	9.98
4	133	Hargreaves, Valerie	W56	Unattached Ontario	10.21
5	159	Oswald, Carrie-Ann	W55	Unattached Ontario	10.22

**Prelims W60**

1	150	Macherzynska, Renata	W64	Uni. Toronto TC	9.39
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**Prelims W65**

1	119	Del Grande, Karla	W69	Variety Village	9.00
2	100	Alexis, Wendy	W67	Ottawa Lions	9.20
3	109	Bryant, Jo	W66	Unattached NS	11.22

**Prelims W85**

1	142	Lamb, Agnes	W87	Unattached Ontario	19.40
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**Event 5 Women 200 Meter Dash Masters**

Lane	Comp#	Name	Age	Team	Seed Time
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**W30**

1	160	Pedrero, Ana	W34	Unattached Ontario	28.84
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**W35**

1	143	Lavigne, Stéphanie	W35	Unattached Ontario	28.71
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**W40**

1	161	Pillai, Sindhu	W43	Variety Village	32.76
2	129	Gerry, Rachael	W40	Unattached Ontario	36.00

**W45**

1	127	Garfunkel, Violeta	W49	Variety Village	27.89
2	158	Osborne, Manon	W48	Gatineau	30.01
3	110	Cachuela, Grace	W47	Jamcan Int.	32.00
4	103	Arnason, Sandi	W49	Riversdale AC	32.00

**W50**

1	172	Zinman, Debbie	W53	Unattached Ontario	31.55
2	104	Babalola, Omena	W54	Winnipeg Opti.	33.00

**W55**

1	125	Falcon, Josee	W55	Saint-Jean Olym.	34.08
2	133	Hargreaves, Valerie	W56	Unattached Ontario	35.00
3	164	Roberts, Kim	W57	Unattached NB	35.67
4	159	Oswald, Carrie-Ann	W55	Unattached Ontario	37.36

**W60**

1	150	Macherzynska, Renata	W64	Uni. Toronto TC	32.54
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**W65**

1	119	Del Grande, Karla	W69	Variety Village	30.31
2	109	Bryant, Jo	W66	Unattached NS	39.00

**Event 7 Women 400 Meter Dash Masters**

Lane	Comp#	Name	Age	Team	Seed Time
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**W35**

1	137	Howitt, Kimberley	W38	Ottawa Lions	1:06.00
2	156	Newington, Dash	W38	United Kingdom	1:08.12
3	111	Carew, Julia	W37	Uni. Toronto TC	1:10.00

**W40**

1	379	Jessop, Aimee	W43	Monarch AC	1:00.00
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**W45... (Event 7 Women 400 Meter Dash Masters)**

1	158	Osborne, Manon	W48	Gatineau	1:08.88
<b>W50</b>					
1	171	Weber, Catherine	W53	Uni. Toronto TC	1:23.69
<b>W55</b>					
1	164	Roberts, Kim	W57	Unattached NB	1:25.49
2	133	Hargreaves, Valerie	W56	Unattached Ontario	1:27.00
<b>W60</b>					
1	121	Dixon, Donna	W60	Unattached Alberta	1:17.88
2	108	Botelho, Rita	W62	Uni. Toronto TC	1:22.00
<b>W65</b>					
1	119	Del Grande, Karla	W69	Variety Village	1:10.09

**Event 9 Women 800 Meter Run Masters**

Lane	Comp#	Name	Age	Team	Seed Time
<b>W30</b>					
1	168	Vaillancourt, Emma	W31	Unattached Ontario	2:23.49
2	165	Shaw, Jessica	W33	Newmarket Huskie	2:23.58
<b>W35</b>					
1	137	Howitt, Kimberley	W38	Ottawa Lions	2:28.00
2	105	Barbour, Courtney	W36	Unattached NS	2:40.00
<b>W45</b>					
1	158	Osborne, Manon	W48	Gatineau	2:30.00
2	146	Lemelin, Cosette	W48	Edmonton Masters	2:30.04
<b>W50</b>					
1	171	Weber, Catherine	W53	Uni. Toronto TC	3:06.00
<b>W55</b>					
1	141	Koch, Anne	W57	Uni. Toronto TC	3:01.00
<b>W60</b>					
1	157	Ohler, Makie	W60	Uni. Toronto TC	2:56.37
2	121	Dixon, Donna	W60	Unattached Alberta	3:00.00
3	108	Botelho, Rita	W62	Uni. Toronto TC	3:02.00
4	145	Lee, Faith	W63	Ontario Racewalk	4:00.00

**Event 11 Women 1500 Meter Run Masters**

Lane	Comp#	Name	Age	Team	Seed Time
<b>W30</b>					
1	165	Shaw, Jessica	W33	Newmarket Huskie	4:56.38
2	168	Vaillancourt, Emma	W31	Unattached Ontario	4:58.14
<b>W45</b>					
1	146	Lemelin, Cosette	W48	Edmonton Masters	5:06.81
2	377	Boisclair, Jamie	W45	Monarch AC	5:30.00
3	378	Jaklich, Linda	W49	Unattached Ontario	8:00.00
<b>W50</b>					
1	155	Newell, Tiffany	W50	Runners Edge	4:46.12
2	171	Weber, Catherine	W53	Uni. Toronto TC	6:23.00
<b>W55</b>					
1	113	Chitte, Vinita	W56	Unattached Ontario	7:30.00
<b>W60</b>					
1	157	Ohler, Makie	W60	Uni. Toronto TC	5:48.28
2	108	Botelho, Rita	W62	Uni. Toronto TC	6:05.00

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**Event 13 Women 3000 Meter Run Masters**

Lane	Comp#	Name	Age	Team	Seed Time
<b>W55... (Event 13 Women 3000 Meter Run Masters)</b>					
1	141	Koch, Anne	W57	Uni. Toronto TC	13:12.77
2	151	Mantel, Kathy	W55	Brantford T.F.C.	13:30.00
3	113	Chitte, Vinita	W56	Unattached Ontario	14:16.00
<b>W60</b>					
1	157	Ohler, Makie	W60	Uni. Toronto TC	11:40.99
<b>W65</b>					
1	149	MacDonell, Jennifer	W66	Physi-Kult	12:10.00

**Event 15 Women 50 Meter Hurdles Masters**

Lane	Comp#	Name	Age	Team	Seed Time
<b>W40</b>					
1	166	Sivers, Laura	W40	Brockville Legi.	10.61
<b>W45</b>					
1	103	Arnason, Sandi	W49	Riversdale AC	9.89
<b>W55</b>					
1	147	Loucks, Kairy	W56	Unattached Ontario	9.00
2	159	Oswald, Carrie-Ann	W55	Unattached Ontario	10.00

**Event 17 Women 60 Meter Hurdles Masters**

Lane	Comp#	Name	Age	Team	Seed Time
<b>W35</b>					
1	156	Newington, Dash	W38	United Kingdom	11.29
<b>W40</b>					
1	130	Gordon, Novelette	W40	Stoney Creek	10.00
2	166	Sivers, Laura	W40	Brockville Legi.	12.74
<b>W45</b>					
1	103	Arnason, Sandi	W49	Riversdale AC	10.96
<b>W50</b>					
1	112	Cheung, Joni	W51	Jamcan Int.	15.00
<b>W55</b>					
1	147	Loucks, Kairy	W56	Unattached Ontario	11.63
2	159	Oswald, Carrie-Ann	W55	Unattached Ontario	14.40
<b>W65</b>					
1	109	Bryant, Jo	W66	Unattached NS	15.00

**Event 23 Women High Jump Masters**

Pos	Comp#	Name	Age	Team	Seed Mark
1	101	Amerongen, Loretta	W69	Columbians TC	1.02m
<b>W45</b>					
1	103	Arnason, Sandi	W49	Riversdale AC	1.25m
<b>W35</b>					
1	156	Newington, Dash	W38	United Kingdom	1.44m

**Event 25 Women Pole Vault Masters**

Pos	Comp#	Name	Age	Team	Seed Mark
<b>W40</b>					
1	106	Barta, Mihaela	W42	Vainqueurs Plus	2.80m
2	138	Ireland, Charlotte	W43	Unattached Ontario	2.55m
<b>W35</b>					
1	156	Newington, Dash	W38	United Kingdom	2.90m

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**Event 27 Women Long Jump Masters**

Pos	Comp#	Name	Age	Team	Seed Mark
<b>W65... (Event 27 Women Long Jump Masters)</b>					
1	101	Amerongen, Loretta	W69	Columbians TC	2.90m
<b>W55</b>					
1	147	Loucks, Kairy	W56	Unattached Ontario	4.16m
<b>W50</b>					
1	163	Robarts, Carolyn	W53	Variety Village	3.20m
2	112	Cheung, Joni	W51	Jamcan Int.	3.06m
<b>W45</b>					
1	103	Arnason, Sandi	W49	Riversdale AC	4.12m
<b>W40</b>					
1	106	Barta, Mihaela	W42	Vainqueurs Plus	3.35m
<b>W35</b>					
1	156	Newington, Dash	W38	United Kingdom	4.64m

**Event 29 Women Triple Jump Masters**

Pos	Comp#	Name	Age	Team	Seed Mark
<b>W65</b>					
1	101	Amerongen, Loretta	W69	Columbians TC	6.30m
<b>W55</b>					
1	147	Loucks, Kairy	W56	Unattached Ontario	8.72m
<b>W45</b>					
1	134	Hastick Cowell, Michelle	W49	Unattached Ontario	10.15m
2	103	Arnason, Sandi	W49	Riversdale AC	8.32m
<b>W35</b>					
1	156	Newington, Dash	W38	United Kingdom	9.93m

**Event 31 Women Shot Put Masters**

Pos	Comp#	Name	Age	Team	Seed Mark
<b>W75</b>					
1	153	Miklos Den Iseger, Joanne	W76	London Western	7.00m
<b>W70</b>					
1	135	Hessel, Laura	W70	Unattached Alberta	8.50m
<b>W65</b>					
1	128	Garner, Doreen	W68	Throwers Club	9.35m
2	101	Amerongen, Loretta	W69	Columbians TC	7.00m
<b>W55</b>					
1	116	Dajia, Kristen	W59	Throwers Club	9.39m
2	123	Easton, Leah	W57	Throwers Club	8.74m
3	162	Reisler, Stephanie	W59	London Western	7.76m
<b>W50</b>					
1	170	Viggers, Tracy	W51	Unattached Ontario	10.00m
2	136	Heston, Jennifer	W51	United States	7.72m
3	169	Veilleux, Brenda	W52	London Western	7.21m
4	115	Corcoran, Patricia	W52	London Western	7.12m
5	107	Bortolussi, Dala	W54	Rive-Sud	6.71m
6	122	Duarte, Ann-Maria	W54	Jamcan Int.	5.00m
<b>W45</b>					
1	120	Diener, Andrea	W47	Mustangs T.F.C.	10.87m
2	132	Guy, Melanie	W45	Coriaces	10.85m
3	140	Kaur, Rajwinder	W46	Unattached Ontario	8.26m

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**W45... (Event 31 Women Shot Put Masters)**

4	103	Arnason, Sandi	W49	Riversdale AC	7.69m
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**W40**

1	166	Sivers, Laura	W40	Brockville Legi.	9.32m
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2	154	Mullings, Sheree	W41	Jamcan Int.	8.12m
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**W35**

1	156	Newington, Dash	W38	United Kingdom	7.34m
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**Event 33 Women Weight Throw Masters**

Pos	Comp#	Name	Age	Team	Seed Mark
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**W75**

1	153	Miklos Den Iseger, Joanne	W76	London Western	7.00m
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**W70**

1	135	Hessel, Laura	W70	Unattached Alberta	10.99m
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2	131	Green, Lucille	W74	Oakville T.F.C.	7.50m
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**W65**

1	128	Garner, Doreen	W68	Throwers Club	10.35m
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2	109	Bryant, Jo	W66	Unattached NS	9.31m
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**W55**

1	116	Dajia, Kristen	W59	Throwers Club	12.00m
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2	123	Easton, Leah	W57	Throwers Club	8.00m
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**W50**

1	170	Viggers, Tracy	W51	Unattached Ontario	10.00m
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2	136	Heston, Jennifer	W51	United States	8.32m
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3	107	Bortolussi, Dala	W54	Rive-Sud	6.50m
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**W45**

1	120	Diener, Andrea	W47	Mustangs T.F.C.	12.38m
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2	132	Guy, Melanie	W45	Coriaces	12.31m
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3	140	Kaur, Rajwinder	W46	Unattached Ontario	8.12m
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**W40**

1	166	Sivers, Laura	W40	Brockville Legi.	10.44m
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**W35**

1	156	Newington, Dash	W38	United Kingdom	10.18m
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**Event 41 Women Indoor Pentathlon Masters**

Pos	Comp#	Name	Age	Team	Points
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**W45**

1	114	Chitul, Olesea	W47	Greyhounds	1
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**W35**

1	156	Newington, Dash	W38	United Kingdom	2159
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**Event 19 Women 1500 Meter Race Walk Masters**

Lane	Comp#	Name	Age	Team	Seed Time
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1	156	Newington, Dash	W38	United Kingdom	8:41.10
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**W55**

1	118	De Visme, Claire	W59	Ontario Racewalk	12:30.00
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**W60**

1	145	Lee, Faith	W63	Ontario Racewalk	9:30.00
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2	102	Archibald, Sandy	W63	Bytown Walkers	9:44.98
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3	148	Love, Bonnie	W64	Athletics Yukon	10:31.99
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**W65**

1	126	Flipsen, Johanna	W68	Alberta Racewalk	8:24.10
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2	117	De Thy, Anne	W69	Ontario Racewalk	9:43.30
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**W65... (Event 19 Women 1500 Meter Race Walk Masters)**

3	152	McIntyre, Susan	W66	Bytown Walkers	11:24.00
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**Event 21 Women 3000 Meter Race Walk Masters**

Lane	Comp#	Name	Age	Team	Seed Time
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**W35**

1	156	Newington, Dash	W38	United Kingdom	19:38.62
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**W45**

1	167	Smetana, Blanka	W48	Toronto RW	19:06.36
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**W60**

1	102	Archibald, Sandy	W63	Bytown Walkers	19:41.00
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2	148	Love, Bonnie	W64	Athletics Yukon	21:04.00
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**W65**

1	126	Flipsen, Johanna	W68	Alberta Racewalk	17:43.59
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2	117	De Thy, Anne	W69	Ontario Racewalk	20:01.82
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3	152	McIntyre, Susan	W66	Bytown Walkers	23:37.00
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**Event 2 Men 50 Meter Dash Masters Prelims**

Lane	Comp#	Name	Age	Team	Seed Time
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**Prelims M30**

1	302	Mlakar, Mark	M31	Unattached Ontario	6.25
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2	272	Lau, Manly	M34	Uni. Toronto TC	6.59
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3	242	Gopinath, Nakul	M34	Unattached BC	7.00
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**Prelims M35**

1	266	Klein, Eric	M37	Thorold Elite	6.40
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2	323	Primeau, David	M39	Force Track Team	6.80
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3	244	Grainger, Alan	M36	London Legion	7.00
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**Prelims M40**

1	382	Hinton, Jackson	M41	Edmonton Int. TC	6.14
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2	319	Plummer, Levi Thomas	M42	Unattached Ontario	7.00
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3	357	Uda, Thomas	M44	Uni. Toronto TC	7.00
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4	204	Cairo, Francesco	M42	Unattached Ontario	7.00
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5	352	Tekwa, Eden	M40	Uni. Toronto TC	7.20
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6	260	James, Michael	M42	Brampton Elite	7.79
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**Prelims M45**

1	205	Carnate, Brian	M45	Greyhounds	6.40
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2	240	Gibbons-Smyth, Paul	M46	Greyhounds	6.80
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3	301	Mirco, Sheldon	M46	Unattached Ontario	6.81
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4	189	Berardi, John	M48	Thorold Elite	6.82
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5	182	Atwal, Jag	M45	Unattached Alberta	7.20
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**Prelims M50**

1	263	John, Nigel	M50	Jamcan Int.	6.50
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2	256	Hui, Tit (jonathan)	M52	Jamcan Int.	6.67
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3	368	Weniger, Mike	M50	Unattached Ontario	6.90
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4	362	Walker, Samuel	M51	Greyhounds	6.98
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5	366	Watanabe, Phil	M51	Unattached Ontario	7.00
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6	198	Brown, Geoff	M51	Unattached Ontario	7.30
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7	250	Harrower, Will	M51	Unattached BC	7.50
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8	349	Swirsky, Brian	M50	Indépendant	7.90
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9	181	Atkinson, Tyler	M51	Unattached Ontario	8.00
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**Prelims M55**

1	228	Ellis, Colin	M55	Unattached SK	6.80
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**Performance List**

**Prelims M60... (Event 2 Men 50 Meter Dash Masters Prelims)**

1	278	Lee Foon, Mike	M62	Jamcan Int.	6.60
2	354	Tissenbaum, Allan	M62	United States	6.66
3	322	Prime, Martin	M60	Trinidad-Tobago	7.30
4	384	Nasato, Robert	M62	Jamcan Int.	7.40
5	218	Dawson, Paul	M60	Unattached Ontario	7.58
6	178	Arnfield, Spencer	M63	Jamcan Int.	7.85
7	184	Ayo, Mello	M64	Jamcan Int.	8.00
8	217	Darveau, Richard	M62	Indépendant	8.00
9	329	Roblin, Blair	M64	Unattached Ontario	8.00
10	369	Williams, Dave	M64	Uni. Toronto TC	8.00
11	277	Lee, Paul	M63	Jamcan Int.	9.30

**Prelims M65**

1	175	Alley, Raymond	M66	Greyhounds	7.40
2	296	Midder, Robert	M65	United States	7.57
3	273	Laughlin, Jack	M65	Unattached Alberta	7.81
4	295	Melchione, Ron	M66	Unattached NS	7.90
5	192	Blanchet, Yvon	M67	Indépendant	8.65
6	208	Cilevitz, Ralph	M68	Jamcan Int.	9.00
7	216	Dalpe, André	M65	Kilomètres	9.25

**Prelims M70**

1	380	Bryant, N.Z.	M73	United States	8.00
2	254	Hehar, Manmohan	M72	Unattached Ontario	8.24
3	333	Sandhu, Hardev Singh	M74	Greyhounds	9.00
4	194	Bonenberg, Robert	M73	Rive-Sud	9.89

**Prelims M75**

1	345	Spencer, Douglas	M76	United States	7.60
2	306	Morley, Robert	M75	Unattached Ontario	8.00
3	316	Perez, Jean-Louis	M78	Indépendant	8.63
4	239	Gee, Arthur	M79	Greyhounds	9.28
5	339	Shah, Surinder	M79	Greyhounds	10.00

**Prelims M80**

1	308	Morris, Mike	M82	Unattached Ontario	8.78
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**Prelims M85**

1	271	Lamb, Ted	M87	Unattached Ontario	16.24
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**Event 4 Men 60 Meter Dash Masters Prelims**

Lane	Comp#	Name	Age	Team	Seed Time
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**Prelims M30**

1	302	Mlakar, Mark	M31	Unattached Ontario	7.25
2	272	Lau, Manly	M34	Uni. Toronto TC	7.59
3	186	Barker, Jeff	M31	Jamcan Int.	7.70
4	314	Omosa, Stephen	M30	Blue Devils AC	7.87
5	284	Long Waslowski, Jesse	M31	Unattached Ontario	8.28
6	242	Gopinath, Nakul	M34	Unattached BC	10.00

**Prelims M35**

1	286	Marenin, Roman	M39	United States	7.33
2	350	Taggart, Simon	M36	Uni. Toronto TC	7.49
3	323	Primeau, David	M39	Force Track Team	7.80
4	244	Grainger, Alan	M36	London Legion	8.37



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**Prelims M40... (Event 4 Men 60 Meter Dash Masters Prelims)**

1	204	Cairo, Francesco	M42	Unattached Ontario	7.00
2	382	Hinton, Jackson	M41	Edmonton Int. TC	7.12
3	319	Plummer, Levi Thomas	M42	Unattached Ontario	7.50
4	177	Armstrong, Andrew	M40	Thorold Elite	7.86
5	357	Uda, Thomas	M44	Uni. Toronto TC	8.08

**Prelims M45**

1	189	Berardi, John	M48	Thorold Elite	7.08
2	205	Carnate, Brian	M45	Greyhounds	7.45
3	307	Morris, Michael	M45	Tough Track	7.67
4	182	Atwal, Jag	M45	Unattached Alberta	7.85
5	240	Gibbons-Smyth, Paul	M46	Greyhounds	7.90
6	301	Mirco, Sheldon	M46	Unattached Ontario	8.04

**Prelims M50**

1	381	Dimnaku, Gezim	M51	Lachine	7.27
2	263	John, Nigel	M50	Jamcan Int.	7.40
3	256	Hui, Tit (jonathan)	M52	Jamcan Int.	7.85
4	368	Weniger, Mike	M50	Unattached Ontario	7.89
5	287	Mason, Alex-Bobbie	M50	Unattached Ontario	7.94
6	362	Walker, Samuel	M51	Greyhounds	8.20
7	198	Brown, Geoff	M51	Unattached Ontario	8.43
8	349	Swirsky, Brian	M50	Indépendant	8.56
9	250	Harrower, Will	M51	Unattached BC	8.56
10	181	Atkinson, Tyler	M51	Unattached Ontario	9.30

**Prelims M55**

1	365	Warburton, Christopher	M57	Variety Village	7.59
2	228	Ellis, Colin	M55	Unattached SK	7.79
3	315	Palmer, Richard	M55	Jamcan Int.	7.90
4	326	Reynolds, Rick	M56	Unattached Ontario	7.99
5	375	Zahirovich, Mooshie	M59	West Island T.C.	8.70

**Prelims M60**

1	354	Tissenbaum, Allan	M62	United States	7.71
2	322	Prime, Martin	M60	Trinidad-Tobago	8.15
3	269	Kudo, Ken	M60	Jamcan Int.	8.18
4	278	Lee Foon, Mike	M62	Jamcan Int.	8.25
5	384	Nasato, Robert	M62	Jamcan Int.	8.29
6	369	Williams, Dave	M64	Uni. Toronto TC	8.82
7	178	Arnfield, Spencer	M63	Jamcan Int.	8.99
8	218	Dawson, Paul	M60	Unattached Ontario	9.00
9	220	Di Ridolfo, Franco	M61	Indépendant	9.19
10	360	Velautham, Ravindraraj	M62	United Tamil SC	9.30
11	184	Ayo, Mello	M64	Jamcan Int.	10.00

**Prelims M65**

1	252	Hazen, Ward	M68	Laurel Creek	8.50
2	295	Melchior, Ron	M66	Unattached NS	8.73
3	175	Alley, Raymond	M66	Greyhounds	8.75
4	296	Midder, Robert	M65	United States	9.08
5	273	Laughlin, Jack	M65	Unattached Alberta	9.28
6	246	Grose, Val	M67	Jamcan Int.	9.70
7	192	Blanchet, Yvon	M67	Indépendant	9.73
8	208	Cilevitz, Ralph	M68	Jamcan Int.	10.29

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**Prelims M70... (Event 4 Men 60 Meter Dash Masters Prelims)**

1	380	Bryant, N.Z.	M73	United States	8.70
2	254	Hehar, Manmohan	M72	Unattached Ontario	9.29
3	333	Sandhu, Hardev Singh	M74	Greyhounds	10.00
4	270	Lachance, Bernard	M72	Saint-Jean Olym.	10.20

**Prelims M75**

1	345	Spencer, Douglas	M76	United States	9.17
2	306	Morley, Robert	M75	Unattached Ontario	9.22
3	316	Perez, Jean-Louis	M78	Indépendant	10.62
4	239	Gee, Arthur	M79	Greyhounds	11.04
5	339	Shah, Surinder	M79	Greyhounds	11.20
6	338	Sekhon, Pritam	M79	Unattached Ontario	19.99

**Prelims M80**

1	308	Morris, Mike	M82	Unattached Ontario	10.24
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**Prelims M85**

1	271	Lamb, Ted	M87	Unattached Ontario	19.53
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**Event 6 Men 200 Meter Dash Masters**

Lane	Comp#	Name	Age	Team	Seed Time
<b>M30</b>					
1	242	Gopinath, Nakul	M34	Unattached BC	25.00
2	385	Pallotta, Matthew	M34	Unattached Ontario	25.00
3	186	Barker, Jeff	M31	Jamcan Int.	25.10
4	284	Long Waslowski, Jesse	M31	Unattached Ontario	26.00
5	314	Omosa, Stephen	M30	Blue Devils AC	26.14
6	210	Connors, Michael	M33	Uni. Toronto TC	26.63
<b>M35</b>					
1	286	Marenin, Roman	M39	United States	22.59
2	350	Taggart, Simon	M36	Uni. Toronto TC	24.16
3	266	Klein, Eric	M37	Thorold Elite	24.36
4	297	Millage, Jamie	M38	Unattached Ontario	24.79
5	323	Primeau, David	M39	Force Track Team	25.50
<b>M40</b>					
1	382	Hinton, Jackson	M41	Edmonton Int. TC	23.49
2	258	Jacek, Trevor	M41	Running Wild AC	25.00
3	245	Griffiths, Mark	M42	Vainqueurs Plus	25.11
4	298	Miller, Ainsley	M41	Jamcan Int.	27.00
5	357	Uda, Thomas	M44	Uni. Toronto TC	27.24
<b>M45</b>					
1	304	Morgan, Otis	M47	Jamcan Int.	24.00
2	205	Carnate, Brian	M45	Greyhounds	24.50
3	307	Morris, Michael	M45	Tough Track	24.85
4	189	Berardi, John	M48	Thorold Elite	25.00
5	182	Atwal, Jag	M45	Unattached Alberta	25.33
6	301	Mirco, Sheldon	M46	Unattached Ontario	26.05
7	240	Gibbons-Smyth, Paul	M46	Greyhounds	26.80
8	294	Meikle, Supa D.A.	M45	Jamcan Int.	26.99
<b>M50</b>					
1	263	John, Nigel	M50	Jamcan Int.	24.00
2	221	Doucet, Patrice	M50	Milpat Mauricie	25.00
3	287	Mason, Alex-Bobbie	M50	Unattached Ontario	25.93

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**M50... (Event 6 Men 200 Meter Dash Masters)**

4	256	Hui, Tit (jonathan)	M52	Jamcan Int.	26.30
5	362	Walker, Samuel	M51	Greyhounds	27.07
6	250	Harrower, Will	M51	Unattached BC	29.02
7	181	Atkinson, Tyler	M51	Unattached Ontario	32.97
8	318	Pingue, Anthony	M51	Unattached Ontario	34.00

**M55**

1	365	Warburton, Christopher	M57	Variety Village	24.84
2	346	St-Arnaud, Claude	M59	Indépendant	26.00
3	228	Ellis, Colin	M55	Unattached SK	26.59
4	290	McGhie, Brad	M59	London Legion	32.50
5	202	Burns, Jim	M58	Unattached NB	38.34

**M60**

1	322	Prime, Martin	M60	Trinidad-Tobago	25.63
2	278	Lee Foon, Mike	M62	Jamcan Int.	28.63
3	329	Roblin, Blair	M64	Unattached Ontario	30.00
4	369	Williams, Dave	M64	Uni. Toronto TC	30.71
5	178	Arnfield, Spencer	M63	Jamcan Int.	32.00
6	217	Darveau, Richard	M62	Indépendant	32.00
7	277	Lee, Paul	M63	Jamcan Int.	35.00
8	360	Velautham, Ravindrara	M62	United Tamil SC	35.90

**M65**

1	295	Melchiorre, Ron	M66	Unattached NS	28.01
2	273	Laughlin, Jack	M65	Unattached Alberta	31.42
3	192	Blanchet, Yvon	M67	Indépendant	31.99
4	296	Midder, Robert	M65	United States	32.00
5	208	Cilevitz, Ralph	M68	Jamcan Int.	40.00

**M70**

1	254	Hehar, Manmohan	M72	Unattached Ontario	31.87
2	333	Sandhu, Hardev Singh	M74	Greyhounds	35.00

**M75**

1	345	Spencer, Douglas	M76	United States	31.50
2	316	Perez, Jean-Louis	M78	Indépendant	35.98
3	356	Tucker, Ray	M75	Unattached Ontario	37.50
4	339	Shah, Surinder	M79	Greyhounds	40.80
5	338	Sekhon, Pritam	M79	Unattached Ontario	1:25.65

**M80**

1	308	Morris, Mike	M82	Unattached Ontario	37.00
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**Event 8 Men 400 Meter Dash Masters**

Lane	Comp#	Name	Age	Team	Seed Time
<b>M30</b>					
1	314	Omosa, Stephen	M30	Blue Devils AC	55.00
2	383	Miller, Jordan	M30	London Western	56.00
3	385	Pallotta, Matthew	M34	Unattached Ontario	57.00
4	210	Connors, Michael	M33	Uni. Toronto TC	59.26
5	386	Pietrangelo, Christopher	M32	Etobicoke Huskie	59.90
<b>M35</b>					
1	286	Marenin, Roman	M39	United States	49.77
2	266	Klein, Eric	M37	Thorold Elite	54.79
3	236	Galloway, Andrew	M38	London Western	55.35
4	211	Conway, Michael	M38	Ottawa Lions	55.49

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**M40... (Event 8 Men 400 Meter Dash Masters)**

1	245	Griffiths, Mark	M42	Vainqueurs Plus	54.84
2	258	Jacek, Trevor	M41	Running Wild AC	56.17
3	298	Miller, Ainsley	M41	Jamcan Int.	57.00
4	331	Sanders, Joshua	M40	Unattached Ontario	58.00
5	264	Johnson, Mark	M41	Jamcan Int.	59.00
<b>M45</b>					
1	304	Morgan, Otis	M47	Jamcan Int.	54.00
2	307	Morris, Michael	M45	Tough Track	55.89
3	301	Mirco, Sheldon	M46	Unattached Ontario	56.89
4	182	Atwal, Jag	M45	Unattached Alberta	58.81
<b>M50</b>					
1	221	Doucet, Patrice	M50	Milpat Mauricie	54.01
2	243	Graenert, Mirco	M54	Newmarket Huskie	56.90
3	362	Walker, Samuel	M51	Greyhounds	59.12
4	253	Heaven, Howard	M51	Jamcan Int.	1:09.00
<b>M55</b>					
1	346	St-Arnaud, Claude	M59	Indépendant	58.00
2	228	Ellis, Colin	M55	Unattached SK	59.00
3	202	Burns, Jim	M58	Unattached NB	1:27.07
<b>M60</b>					
1	317	Pinckard, Mark	M62	Ocean Athletics	1:00.01
2	180	Athayde, Greg	M61	Tough Track	1:01.70
3	232	Flett, Gordon	M62	Roadkill RC	1:23.87
<b>M65</b>					
1	300	Millward, Steven	M67	Niagara Olympic	1:07.00
2	235	Friesen, Ken	M66	Tough Track	1:09.00
3	192	Blanchet, Yvon	M67	Indépendant	1:12.04
<b>M70</b>					
1	333	Sandhu, Hardev Singh	M74	Greyhounds	1:25.00
<b>M75</b>					
1	356	Tucker, Ray	M75	Unattached Ontario	1:15.80
2	316	Perez, Jean-Louis	M78	Indépendant	1:16.33
3	239	Gee, Arthur	M79	Greyhounds	1:29.94
4	339	Shah, Surinder	M79	Greyhounds	1:30.00
5	338	Sekhon, Pritam	M79	Unattached Ontario	3:09.19

**Event 10 Men 800 Meter Run Masters**

Lane	Comp#	Name	Age	Team	Seed Time
<b>M30</b>					
1	183	Auguste, Fritzlör	M32	Ottawa Lions	2:21.62
<b>M35</b>					
1	211	Conway, Michael	M38	Ottawa Lions	2:07.39
<b>M40</b>					
1	283	Logue, Michael	M41	Newmarket Huskie	2:06.00
2	258	Jacek, Trevor	M41	Running Wild AC	2:06.87
3	245	Griffiths, Mark	M42	Vainqueurs Plus	2:08.36
4	179	Aseltine, Ian	M41	London Western	2:08.61
5	331	Sanders, Joshua	M40	Unattached Ontario	2:09.00
6	209	Coffin, John	M41	Tough Track	2:11.25
7	213	Costa, Chris	M43	Laurel Creek	2:12.71

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**M40... (Event 10 Men 800 Meter Run Masters)**

8	353	Thompson, Craig	M40	Uni. Toronto TC	2:13.00
9	264	Johnson, Mark	M41	Jamcan Int.	2:17.00
10	298	Miller, Ainsley	M41	Jamcan Int.	2:25.00
<b>M45</b>					
1	291	McGill, Robert	M46	Dundas Valley TC	2:11.00
2	234	Frenette, Gilles	M46	Ottawa Lions	2:19.57
3	279	Leef, Ryan	M49	Athletics Yukon	2:22.30
<b>M50</b>					
1	221	Doucet, Patrice	M50	Milpat Mauricie	2:02.96
2	243	Graenert, Mirco	M54	Newmarket Huskie	2:11.00
3	241	Gobeil, Gilles	M51	Gatineau	2:20.00
4	247	Grossi, Danny	M52	Unattached Ontario	2:28.00
5	203	Byrne, Louis	M51	Toronto Olympic	2:40.62
6	318	Pingue, Anthony	M51	Unattached Ontario	2:55.00
<b>M55</b>					
1	225	Dyck, Jim	M57	Toronto Harriers	2:10.00
2	325	Rayner, Simon	M58	Uni. Toronto TC	2:16.00
3	280	Lemelin, Syl	M55	Edmonton Masters	2:19.73
4	376	Zero, Nick	M56	Unattached Ontario	2:25.00
5	367	Weber, Harvey	M57	Running Wild AC	2:26.00
<b>M60</b>					
1	317	Pinckard, Mark	M62	Ocean Athletics	2:14.42
2	180	Athayde, Greg	M61	Tough Track	2:15.59
3	232	Flett, Gordon	M62	Roadkill RC	3:04.32
<b>M65</b>					
1	235	Friesen, Ken	M66	Tough Track	2:39.00
2	344	Southwood, Michael	M68	United States	2:58.14
3	229	Farr, Tony	M68	Uni. Toronto TC	3:10.00
<b>M70</b>					
1	299	Mills, Frank	M73	Kawartha Lakes	3:17.00
<b>M75</b>					
1	356	Tucker, Ray	M75	Unattached Ontario	2:58.14
2	338	Sekhon, Pritam	M79	Unattached Ontario	3:05.00
3	316	Perez, Jean-Louis	M78	Indépendant	3:16.33
<b>M80</b>					
1	285	Mackie, Chris	M82	Unattached Ontario	3:30.00
2	207	Christensen, Verner	M82	Uni. Toronto TC	4:19.66

**Event 12 Men 1500 Meter Run Masters**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>M30</b>					
1	387	Shi, Sam	M30	Unattached Ontario	4:35.28
2	183	Auguste, Fritzlör	M32	Ottawa Lions	4:50.00
<b>M35</b>					
1	289	McAneney, Lucas	M36	Unattached Ontario	4:18.60
<b>M40</b>					
1	331	Sanders, Joshua	M40	Unattached Ontario	4:24.00
2	179	Aseltine, Ian	M41	London Western	4:25.45
3	209	Coffin, John	M41	Tough Track	4:27.62
4	190	Bianchi, Michael	M43	Dundas Valley TC	4:40.00
5	353	Thompson, Craig	M40	Uni. Toronto TC	4:45.77

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**M40... (Event 12 Men 1500 Meter Run Masters)**

6	264	Johnson, Mark	M41	Jamcan Int.	4:55.00
<b>M45</b>					
1	187	Bedley, Charles	M49	Uni. Toronto TC	4:22.00
2	197	Brecher, Jay	M49	Monarch AC	4:25.00
3	174	Adachi, Shinsuke	M46	Unattached Ontario	4:30.12
4	230	Felix, Paul	M48	Dundas Valley TC	4:40.00
5	291	McGill, Robert	M46	Dundas Valley TC	4:40.14
6	234	Frenette, Gilles	M46	Ottawa Lions	4:48.93
7	279	Leef, Ryan	M49	Athletics Yukon	4:50.00
8	261	Jensen, Steven	M48	Newmarket Huskie	5:16.00
<b>M50</b>					
1	221	Doucet, Patrice	M50	Milpat Mauricie	4:20.00
2	241	Gobeil, Gilles	M51	Gatineau	5:02.16
3	247	Grossi, Danny	M52	Unattached Ontario	5:24.00
4	359	Vautour, Christopher	M52	Unattached Ontario	5:30.00
5	305	Moriarity, Dan	M54	Unattached Ontario	5:44.85
6	318	Pingue, Anthony	M51	Unattached Ontario	5:45.00
<b>M55</b>					
1	325	Rayner, Simon	M58	Uni. Toronto TC	4:40.00
2	280	Lemelin, Syl	M55	Edmonton Masters	4:56.14
3	212	Cook, Jack	M55	Unattached Alberta	4:56.95
4	376	Zero, Nick	M56	Unattached Ontario	5:00.00
5	367	Weber, Harvey	M57	Running Wild AC	5:05.00
6	292	McInerney, Mike	M56	Ottawa Lions	5:13.00
7	374	Xu, Jianping	M57	Dundas Valley TC	5:30.00
<b>M60</b>					
1	317	Pinckard, Mark	M62	Ocean Athletics	4:50.88
2	231	Fiorini, Daniel	M60	Newmarket Huskie	5:10.00
3	363	Wallace, James	M60	Unattached Ontario	6:10.00
4	232	Flett, Gordon	M62	Roadkill RC	6:11.59
5	233	Freemantle, James	M64	Newmarket Huskie	6:20.00
<b>M65</b>					
1	235	Friesen, Ken	M66	Tough Track	5:39.00
<b>M75</b>					
1	356	Tucker, Ray	M75	Unattached Ontario	6:16.73
2	316	Perez, Jean-Louis	M78	Indépendant	6:19.10
3	338	Sekhon, Pritam	M79	Unattached Ontario	13:08.22
<b>M80</b>					
1	285	Mackie, Chris	M82	Unattached Ontario	7:05.00
2	207	Christensen, Verner	M82	Uni. Toronto TC	8:30.00
<b>Event 14 Men 3000 Meter Run Masters</b>					
Lane	Comp#	Name	Age	Team	Seed Time
<b>M30</b>					
1	343	Sneddon, Jay	M30	Ottawa Lions	9:35.56
2	387	Shi, Sam	M30	Unattached Ontario	9:55.72
<b>M35</b>					
1	223	Duggan, Bob	M36	United States	9:54.00
<b>M40</b>					
1	331	Sanders, Joshua	M40	Unattached Ontario	9:30.00
2	190	Bianchi, Michael	M43	Dundas Valley TC	10:08.33

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**M45... (Event 14 Men 3000 Meter Run Masters)**

1	187	Bedley, Charles	M49	Uni. Toronto TC	9:25.00
2	174	Adachi, Shinsuke	M46	Unattached Ontario	9:50.13
3	230	Felix, Paul	M48	Dundas Valley TC	10:10.59
4	279	Leef, Ryan	M49	Athletics Yukon	10:15.04

**M50**

1	248	Hackshaw, Derek	M53	Newmarket Huskie	10:02.98
2	241	Gobeil, Gilles	M51	Gatineau	10:30.00
3	247	Grossi, Danny	M52	Unattached Ontario	10:58.00
4	305	Moriarity, Dan	M54	Unattached Ontario	12:22.00

**M55**

1	325	Rayner, Simon	M58	Uni. Toronto TC	10:07.00
2	292	McInerney, Mike	M56	Ottawa Lions	11:20.00
3	376	Zero, Nick	M56	Unattached Ontario	11:35.00

**M60**

1	231	Fiorini, Daniel	M60	Newmarket Huskie	10:35.00
2	227	Eley, Brian	M62	Longboat RR	12:30.00
3	232	Flett, Gordon	M62	Roadkill RC	13:08.69

**M65**

1	268	Kooymans, Jerry	M67	Toronto Olympic	10:51.19
2	235	Friesen, Ken	M66	Tough Track	12:30.00
3	229	Farr, Tony	M68	Uni. Toronto TC	13:30.00

**M70**

1	299	Mills, Frank	M73	Kawartha Lakes	13:31.00
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**M75**

1	188	Bedley, Michael	M75	Longboat RR	16:00.00
2	338	Sekhon, Pritam	M79	Unattached Ontario	32:09.41

**M80**

1	285	Mackie, Chris	M82	Unattached Ontario	15:15.00
2	207	Christensen, Verner	M82	Uni. Toronto TC	18:30.00

**Event 16 Men 50 Meter Hurdles Masters**

Lane	Comp#	Name	Age	Team	Seed Time
<b>M40</b>					
1	382	Hinton, Jackson	M41	Edmonton Int. TC	7.20
<b>M50</b>					
1	198	Brown, Geoff	M51	Unattached Ontario	10.40
2	219	Dechellis, Matthew	M54	Unattached Ontario	10.80
<b>M55</b>					
1	275	Le Mouël, Yannick	M55	Saint-Jean Olym.	7.10
<b>M60</b>					
1	214	Courteau, Ambroise	M64	Vainqueurs Plus	9.00
2	185	Baldamus, Steve	M62	Unattached Ontario	12.37
<b>M65</b>					
1	252	Hazen, Ward	M68	Laurel Creek	9.00
2	274	Lawrence, Dale	M65	Unattached SK	11.50
3	208	Cilevitz, Ralph	M68	Jamcan Int.	12.00
<b>M70</b>					
1	193	Bogatek, Steve	M73	Unattached Ontario	9.00
2	270	Lachance, Bernard	M72	Saint-Jean Olym.	11.07
3	333	Sandhu, Hardev Singh	M74	Greyhounds	11.50

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**M75... (Event 16 Men 50 Meter Hurdles Masters)**

1	239	Gee, Arthur	M79	Greyhounds	14.08
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**Event 18 Men 60 Meter Hurdles Masters**

Lane	Comp#	Name	Age	Team	Seed Time
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**M35**

1	350	Taggart, Simon	M36	Uni. Toronto TC	8.42
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**M40**

1	331	Sanders, Joshua	M40	Unattached Ontario	12.55
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**M45**

1	206	Cheng, Sam	M48	Unattached Ontario	10.00
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**M50**

1	256	Hui, Tit (jonathan)	M52	Jamcan Int.	10.00
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2	173	Abrassart, Christophe	M51	Vainqueurs Plus	11.06
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3	219	Dechellis, Matthew	M54	Unattached Ontario	11.30
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4	198	Brown, Geoff	M51	Unattached Ontario	11.30
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**M55**

1	275	Le Mouël, Yannick	M55	Saint-Jean Olym.	8.91
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**M60**

1	185	Baldamus, Steve	M62	Unattached Ontario	14.58
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**M65**

1	252	Hazen, Ward	M68	Laurel Creek	9.93
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2	274	Lawrence, Dale	M65	Unattached SK	12.37
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3	208	Cilevitz, Ralph	M68	Jamcan Int.	13.00
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**M70**

1	193	Bogatek, Steve	M73	Unattached Ontario	11.00
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2	333	Sandhu, Hardev Singh	M74	Greyhounds	13.00
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3	270	Lachance, Bernard	M72	Saint-Jean Olym.	13.34
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**M75**

1	339	Shah, Surinder	M79	Greyhounds	16.15
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**Event 24 Men High Jump Masters**

Pos	Comp#	Name	Age	Team	Seed Mark
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1	337	Seitz, Stan	M75	Ottawa Lions	1.20m
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2	239	Gee, Arthur	M79	Greyhounds	1.05m
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3	339	Shah, Surinder	M79	Greyhounds	0.90m
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**M70**

1	193	Bogatek, Steve	M73	Unattached Ontario	1.30m
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2	194	Bonenberg, Robert	M73	Rive-Sud	1.05m
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3	333	Sandhu, Hardev Singh	M74	Greyhounds	1.00m
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4	332	Sandhar, Balvinder	M70	Unattached Ontario	1.00m
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**M65**

1	274	Lawrence, Dale	M65	Unattached SK	1.35m
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2	336	Schweiger, Christian	M67	Lasalle Athletics	1.30m
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3	252	Hazen, Ward	M68	Laurel Creek	1.25m
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4	282	Liu, Edwin	M66	Greyhounds	1.25m
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5	208	Cilevitz, Ralph	M68	Jamcan Int.	1.20m
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**M60**

1	214	Courteau, Ambroise	M64	Vainqueurs Plus	1.40m
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2	222	Dufourneau, Alain	M62	Vainqueurs Plus	1.30m
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3	328	Ritchie, Donald	M61	Unattached Ontario	1.30m
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**M50... (Event 24 Men High Jump Masters)**

1	381	Dimnaku, Gezim	M51	Lachine	1.70m
2	320	Pontes, Jack	M51	Jamcan Int.	1.40m

**M45**

1	334	Sara, Zoltan	M47	Brockville Legi.	1.80m
2	304	Morgan, Otis	M47	Jamcan Int.	1.50m
3	257	Hundal, Jasbir	M49	Jamcan Int.	1.45m

**M40**

1	177	Armstrong, Andrew	M40	Thorold Elite	1.50m
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**M30**

1	311	Nishida, Raphael	M34	Unattached Ontario	1.30m
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**Event 26 Men Pole Vault Masters**

Pos	Comp#	Name	Age	Team	Seed Mark
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**M75**

1	337	Seitz, Stan	M75	Ottawa Lions	2.25m
2	239	Gee, Arthur	M79	Greyhounds	1.20m

**M70**

1	340	Simpson, Bruce	M72	Bolton Pole Vault	2.80m
2	194	Bonenberg, Robert	M73	Rive-Sud	1.55m
3	333	Sandhu, Hardev Singh	M74	Greyhounds	1.50m

**M65**

1	175	Alley, Raymond	M66	Greyhounds	2.80m
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**M60**

1	214	Courteau, Ambroise	M64	Vainqueurs Plus	3.06m
2	335	Schaber, Mark	M64	Unattached Ontario	2.80m
3	222	Dufourneau, Alain	M62	Vainqueurs Plus	2.45m

**M55**

1	275	Le Mouël, Yannick	M55	Saint-Jean Olym.	3.90m
2	375	Zahirovich, Mooshie	M59	West Island T.C.	2.40m

**M50**

1	173	Abrassart, Christophe	M51	Vainqueurs Plus	3.80m
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**M45**

1	251	Hayhoe, Jeff	M49	Unattached Ontario	3.80m
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**M40**

1	281	Leon Cannock, Francisco	M44	Vainqueurs Plus	4.10m
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**Event 28 Men Long Jump Masters**

Pos	Comp#	Name	Age	Team	Seed Mark
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**M75**

1	288	Mayer, Jean-Pierre	M75	Throwers Club	3.50m
2	239	Gee, Arthur	M79	Greyhounds	2.86m
3	339	Shah, Surinder	M79	Greyhounds	2.28m
4	338	Sekhon, Pritam	M79	Unattached Ontario	0.87m

**M70**

1	193	Bogatek, Steve	M73	Unattached Ontario	3.48m
2	333	Sandhu, Hardev Singh	M74	Greyhounds	3.20m
3	194	Bonenberg, Robert	M73	Rive-Sud	3.00m

**M65**

1	296	Midder, Robert	M65	United States	4.33m
2	252	Hazen, Ward	M68	Laurel Creek	4.30m
3	175	Alley, Raymond	M66	Greyhounds	4.20m

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**M65... (Event 28 Men Long Jump Masters)**

4	274	Lawrence, Dale	M65	Unattached SK	4.15m
5	208	Cilevitz, Ralph	M68	Jamcan Int.	4.00m
6	282	Liu, Edwin	M66	Greyhounds	4.00m
7	273	Laughlin, Jack	M65	Unattached Alberta	4.00m
8	216	Dalpe, André	M65	Kilomètres	3.00m

**M60**

1	293	McWhinney, Dennis	M61	Unattached Ontario	5.02m
2	226	Earl, Richard	M64	Unattached Ontario	4.05m
3	360	Velautham, Ravindraraj	M62	United Tamil SC	3.92m
4	222	Dufourneau, Alain	M62	Vainqueurs Plus	3.90m
5	218	Dawson, Paul	M60	Unattached Ontario	3.88m
6	178	Arnfield, Spencer	M63	Jamcan Int.	3.75m
7	232	Flett, Gordon	M62	Roadkill RC	3.24m

**M50**

1	263	John, Nigel	M50	Jamcan Int.	6.32m
2	256	Hui, Tit (jonathan)	M52	Jamcan Int.	5.03m
3	173	Abrassart, Christophe	M51	Vainqueurs Plus	4.80m
4	349	Swirsky, Brian	M50	Indépendant	4.57m
5	321	Popescu, Cristian	M53	Saint-Jean Olym.	3.92m

**M45**

1	257	Hundal, Jasbir	M49	Jamcan Int.	5.00m
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**M40**

1	341	Singh, Gagandeep	M44	Unattached Ontario	5.00m
2	352	Tekwa, Eden	M40	Uni. Toronto TC	4.83m
3	357	Uda, Thomas	M44	Uni. Toronto TC	4.71m

**M30**

1	388	Young, Arren	M31	Phoenix AA	6.87m
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**Event 30 Men Triple Jump Masters**

Pos	Comp#	Name	Age	Team	Seed Mark
<b>M75</b>					
1	288	Mayer, Jean-Pierre	M75	Throwers Club	8.00m
2	239	Gee, Arthur	M79	Greyhounds	6.01m
3	339	Shah, Surinder	M79	Greyhounds	5.18m
4	338	Sekhon, Pritam	M79	Unattached Ontario	2.12m
<b>M70</b>					
1	193	Bogatek, Steve	M73	Unattached Ontario	7.00m
2	333	Sandhu, Hardev Singh	M74	Greyhounds	6.50m
3	332	Sandhar, Balvinder	M70	Unattached Ontario	5.00m
<b>M65</b>					
1	342	Sinnathurai, Thevarajan	M69	United Tamil SC	10.10m
2	282	Liu, Edwin	M66	Greyhounds	9.00m
3	273	Laughlin, Jack	M65	Unattached Alberta	8.70m
4	274	Lawrence, Dale	M65	Unattached SK	8.60m
5	252	Hazen, Ward	M68	Laurel Creek	8.00m
6	175	Alley, Raymond	M66	Greyhounds	8.00m
7	208	Cilevitz, Ralph	M68	Jamcan Int.	7.50m
<b>M60</b>					
1	384	Nasato, Robert	M62	Jamcan Int.	8.50m
2	226	Earl, Richard	M64	Unattached Ontario	6.90m
3	185	Baldamus, Steve	M62	Unattached Ontario	6.77m

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**M60... (Event 30 Men Triple Jump Masters)**

4	222	Dufourneau, Alain	M62	Vainqueurs Plus	2.02m
<b>M55</b>					
1	215	Crawford, Todd	M58	Quinte Legion	10.80m
2	376	Zero, Nick	M56	Unattached Ontario	9.50m
<b>M50</b>					
1	381	Dimnaku, Gezim	M51	Lachine	12.55m
2	309	Munro, Lenroy	M52	Unattached Ontario	11.00m
3	349	Swirsky, Brian	M50	Indépendant	9.36m
<b>M45</b>					
1	334	Sara, Zoltan	M47	Brockville Legi.	11.00m
2	257	Hundal, Jasbir	M49	Jamcan Int.	10.00m
3	206	Cheng, Sam	M48	Unattached Ontario	9.32m
<b>M40</b>					
1	177	Armstrong, Andrew	M40	Thorold Elite	11.00m
2	341	Singh, Gagandeep	M44	Unattached Ontario	10.50m

**Event 32 Men Shot Put Masters**

Pos	Comp#	Name	Age	Team	Seed Mark
<b>M90</b>					
1	370	Wolters, Clarence	M90	Unattached Ontario	4.50m
<b>M80</b>					
1	348	Sumner, James	M84	Unattached Ontario	7.19m
2	355	Toscano, Enrico	M82	Throwers Club	5.00m
<b>M75</b>					
1	288	Mayer, Jean-Pierre	M75	Throwers Club	11.50m
2	265	Kasperski, John	M79	Throwers Club	9.76m
3	259	Jacobs, Moe	M78	Throwers Club	8.50m
4	339	Shah, Surinder	M79	Greyhounds	6.45m
5	239	Gee, Arthur	M79	Greyhounds	6.08m
6	338	Sekhon, Pritam	M79	Unattached Ontario	4.99m
<b>M70</b>					
1	255	Hessel, Patrick	M71	Unattached Alberta	10.05m
2	332	Sandhar, Balvinder	M70	Unattached Ontario	10.00m
3	373	Wyroba, Jerzy	M73	Unattached Ontario	10.00m
4	324	Pullen, Brock	M73	Unattached Ontario	9.00m
5	194	Bonenberg, Robert	M73	Rive-Sud	8.50m
6	333	Sandhu, Hardev Singh	M74	Greyhounds	8.00m
<b>M65</b>					
1	336	Schweiger, Christian	M67	Lasalle Athletics	11.45m
2	274	Lawrence, Dale	M65	Unattached SK	10.50m
3	310	Murray, Jerry	M65	Throwers Club	10.00m
4	252	Hazen, Ward	M68	Laurel Creek	9.00m
5	208	Cilevitz, Ralph	M68	Jamcan Int.	8.00m
6	216	Dalpe, André	M65	Kilomaitres	8.00m
<b>M60</b>					
1	361	Virk, Sukhwinder	M64	Unattached Ontario	12.00m
2	371	Wolters, Jake	M62	Throwers Club	10.91m
3	328	Ritchie, Donald	M61	Unattached Ontario	10.00m
4	176	Anderson, Michael	M62	Throwers Club	9.58m
5	232	Flett, Gordon	M62	Roadkill RC	7.79m

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**M55... (Event 32 Men Shot Put Masters)**

1	312	Nzambe-Busugu, Landry	M55	Lasalle Athletics	12.46m
2	215	Crawford, Todd	M58	Quinte Legion	10.78m

**M50**

1	201	Bungay, Dwight	M53	Throwers Club	11.06m
2	200	Buhlman, James	M54	Unattached Ontario	11.00m
3	250	Harrower, Will	M51	Unattached BC	10.00m
4	327	Rigby, Timothy	M52	Unattached Ontario	9.75m

**M45**

1	364	Walls, Sam	M49	Unattached Ontario	12.19m
2	257	Hundal, Jasbir	M49	Jamcan Int.	8.00m
3	206	Cheng, Sam	M48	Unattached Ontario	7.12m

**M40**

1	177	Armstrong, Andrew	M40	Thorold Elite	11.79m
2	330	Sahota, Gurinder Pal	M40	Unattached Alberta	11.50m
3	191	Bichaltzis, Sotirios	M42	Etobicoke Huskie	10.00m

**M35**

1	286	Marenin, Roman	M39	United States	11.12m
2	224	Dumont, Mathieu	M35	Université Laval	10.85m
3	199	Brown, Mellard	M38	Jamcan Int.	10.12m

**M30**

1	196	Brathwaite, Eric	M31	Sisu Throws Club	16.61m
2	311	Nishida, Raphael	M34	Unattached Ontario	8.00m
3	242	Gopinath, Nakul	M34	Unattached BC	7.00m

**Event 34 Men Weight Throw Masters**

Pos	Comp#	Name	Age	Team	Seed Mark
<b>M80</b>					
1	348	Sumner, James	M84	Unattached Ontario	7.86m
2	355	Toscano, Enrico	M82	Throwers Club	5.00m
<b>M75</b>					
1	265	Kasperski, John	M79	Throwers Club	10.66m
2	339	Shah, Surinder	M79	Greyhounds	8.23m
3	239	Gee, Arthur	M79	Greyhounds	7.20m
4	338	Sekhon, Pritam	M79	Unattached Ontario	5.31m
<b>M70</b>					
1	255	Hessel, Patrick	M71	Unattached Alberta	12.65m
2	333	Sandhu, Hardev Singh	M74	Greyhounds	12.50m
3	238	Garner, George	M70	Throwers Club	10.11m
4	324	Pullen, Brock	M73	Unattached Ontario	10.00m
5	332	Sandhar, Balvinder	M70	Unattached Ontario	10.00m
<b>M65</b>					
1	216	Dalpe, André	M65	Kilomâitres	10.91m
2	310	Murray, Jerry	M65	Throwers Club	10.00m
3	336	Schweiger, Christian	M67	Lasalle Athletics	9.96m
4	208	Cilevitz, Ralph	M68	Jamcan Int.	9.50m
<b>M60</b>					
1	371	Wolters, Jake	M62	Throwers Club	15.30m
2	176	Anderson, Michael	M62	Throwers Club	10.81m
3	185	Baldamus, Steve	M62	Unattached Ontario	8.01m

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**M55... (Event 34 Men Weight Throw Masters)**

1	312	Nzambe-Busugu, Landry	M55	Lasalle Athletics	13.46m
2	215	Crawford, Todd	M58	Quinte Legion	12.54m

**M50**

1	327	Rigby, Timothy	M52	Unattached Ontario	9.50m
2	250	Harrower, Will	M51	Unattached BC	9.00m
3	320	Pontes, Jack	M51	Jamcan Int.	5.45m

**M45**

1	249	Harrison, Kevin	M49	Unattached Ontario	12.39m
2	257	Hundal, Jasbir	M49	Jamcan Int.	9.00m

**M40**

1	330	Sahota, Gurinder Pal	M40	Unattached Alberta	14.03m
2	191	Bichaltzis, Sotirios	M42	Etobicoke Huskie	12.11m
3	177	Armstrong, Andrew	M40	Thorold Elite	10.16m

**M35**

1	224	Dumont, Mathieu	M35	Université Laval	10.82m
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**M30**

1	242	Gopinath, Nakul	M34	Unattached BC	6.00m
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**Event 42 Men Indoor Pentathlon Masters**

Pos	Comp#	Name	Age	Team	Points
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**M75**

1	239	Gee, Arthur	M79	Greyhounds	2160
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**M70**

1	270	Lachance, Bernard	M72	Saint-Jean Olym.	2182
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**M65**

1	195	Bouchard, Philippe	M65	Epsilon	3000
2	358	Urch, Bruce	M68	Throwers Club	2220
3	282	Liu, Edwin	M66	Greyhounds	2200
4	276	Lebrun, Remi	M68	Indépendant	1500

**M60**

1	185	Baldamus, Steve	M62	Unattached Ontario	1411
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**M55**

1	375	Zahirovich, Mooshie	M59	West Island T.C.	2500
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**M45**

1	267	Kleindienst, Frédéric	M45	C. A. de Québec	2900
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**M35**

1	286	Marenin, Roman	M39	United States	3322
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**Event 20 Men 1500 Meter Race Walk Masters**

Lane	Comp#	Name	Age	Team	Seed Time
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**M30**

1	242	Gopinath, Nakul	M34	Unattached BC	15:00.00
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**M40**

1	331	Sanders, Joshua	M40	Unattached Ontario	8:30.00
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**M45**

1	313	O Domhnaill, Brian	M45	Ontario Racewalk	6:39.00
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**M50**

1	372	Wu, Lei	M51	Toronto RW	10:50.35
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**M55**

1	374	Xu, Jianping	M57	Dundas Valley TC	7:44.29
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**M60... (Event 20 Men 1500 Meter Race Walk Masters)**

1	347	Storms, John	M63	Athletics Yukon	8:18.81
2	351	Tarnawski, Janusz	M63	Toronto RW	8:38.67

**M65**

1	237	Gardam, John	M66	Bytown Walkers	9:38.00
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**M80**

1	262	Jobin, Marcel	M81	Vainqueurs Plus	10:40.00
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**Event 22 Men 3000 Meter Race Walk Masters**

<b>Lane</b>	<b>Comp#</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
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**M40**

1	331	Sanders, Joshua	M40	Unattached Ontario	17:00.00
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**M45**

1	313	O Domhnaill, Brian	M45	Ontario Racewalk	14:41.00
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**M55**

1	374	Xu, Jianping	M57	Dundas Valley TC	15:55.55
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**M60**

1	347	Storms, John	M63	Athletics Yukon	17:23.73
2	351	Tarnawski, Janusz	M63	Toronto RW	18:30.00

**M65**

1	237	Gardam, John	M66	Bytown Walkers	20:22.00
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**M80**

1	262	Jobin, Marcel	M81	Vainqueurs Plus	23:30.00
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