

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 1 W29&U 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
Points					
Finals					
1 Hui, Joanna	W21 Unattached Ontario	X13.04	-1.7	13.05 81.60%	3

**Event 1 W30 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
Points					
1 Suchowiecka, Paula	W34 Unattached Ontario	X12.63	-3.2	12.64 84.24%	4
2 Leahey, Shelleyann	W32 Unattached Ontario	14.50	-1.7	14.51 73.38%	3 10

**Event 1 W35 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
Points					
1 Jones, Frida	W39 Uni. Toronto TC	14.05	-1.7	14.06 75.73%	3 10
2 Crawford, Ashley	W36 Ottawa Lions T.F.C.	14.47	-1.7	14.48 73.53%	3 8
3 King, Tisha	W37 Royal City AC	14.50	-1.7	14.51 73.38%	3 6
4 Lavigne, Stéphanie	W35 Unattached Ontario	14.54	-1.7	14.55 73.18%	3 5
5 Eboh, Jennifer	W39 Etob. Huskies	14.78	-1.7	14.79 71.99%	3 4

**Event 1 W40 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
Points					
1 Pillai, Sindhu	W44 Variety Village	14.69	-1.5	14.42 73.86%	2 10
2 Gerry, Rachael	W40 Unattached Ontario	15.26	-1.5	14.98 71.10%	2 8

**Event 1 W45 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
Points					
1 Edwards, Lisa	W45 Usatf	X14.14	-1.5	13.35 79.70%	2
2 Miller, Jennifer	W49 Jamcan Int.	17.29	-1.5	16.33 65.18%	2 10
3 Julien, Antoinette	W45 Variety Village	17.81	-1.5	16.82 63.28%	2 8

**Event 1 W50 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Garfunkel, Violeta	W50 Variety Village	14.32	-1.9	13.01 81.84%	10
2 Jose, Nina	W53 Unattached Ontario	16.71	-1.9	15.18 70.14%	8

**Event 1 W55 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
Points					
1 Gartshore, Esther	W55 Unattached Ontario	16.16	-1.5	14.11 75.43%	2 10
2 Hargreaves, Valerie	W56 Unattached Ontario	16.87	-1.9	14.73 72.26%	1 8
-- Oswald, Carrie-Ann	W55 Unattached Ontario	DNF	-1.9		1

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 1 W60 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Nearing-Guibord, Danette	W61 Ottawa Lions T.F.C.	17.60	-1.9	14.75 72.16%	10

**Event 1 W65 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Alexis, Wendy	W68 Ottawa Lions T.F.C.	14.73	-1.9	11.84 89.88%	10
2 Macherzynska, Renata	W65 Uni. Toronto TC	15.27	-1.9	12.28 86.71%	8

**Event 1 W80 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Burgin, Aileen	W82 Unattached Ontario	24.44	-1.9	17.21 61.82%	10

**Event 2 M29&U 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Bollers, Dante	M22 Quest Sports T.F.C.	X12.08	-2.6	12.09 79.30%	11

**Event 2 M30 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Barker, Jeff	M31 Jamcan Int.	12.18	-3.2	12.19 78.65%	10
2 Granillo, Elias	M33 Unattached Ontario	12.22	-3.2	12.23 78.40%	8
3 Omosa, Stephen	M31 Blue Devils AC	12.27	-3.2	12.28 78.08%	6
4 Lau, Manly	M34 Uni. Toronto TC	12.36	-3.2	12.37 77.51%	5
5 Schurman, Taylor	M32 Unattached Ontario	12.62	-3.2	12.63 75.91%	4
6 Hamilton, Killian	M31 Unattached Ontario	12.99	-2.6	13.00 73.75%	3
7 Victor, Andrew	M32 Jamcan Int.	13.16	-2.6	13.17 72.80%	2
8 Long Waslowski, Jesse	M32 Unattached Ontario	13.75	-2.6	13.76 69.67%	1
9 Murray, Trevor	M30 Unattached Ontario	25.05	-2.6	25.06 38.24%	11

**Event 2 M35 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Pallotta, Matthew	M35 Unattached Ontario	12.45	-2.7	12.45 76.95%	9
2 Wagner, Christopher	M38 Unattached Ontario	12.80	-2.7	12.80 74.84%	8
3 Hotic, Damir	M36 Unattached Ontario	12.95	-2.7	12.95 73.98%	6
4 Veenstra, Trevor	M39 Unattached Ontario	13.07	-2.7	13.07 73.30%	5
5 Fine, Neil	M39 Ottawa Lions T.F.C.	13.17	-2.7	13.17 72.74%	4
6 Grainger, Alan	M36 London Legion	13.55	-2.7	13.55 70.70%	3
7 Phala, Sefako	M36 Jamcan Int.	14.49	-2.7	14.49 66.11%	2

**Event 2 M40 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 McCann, Sancho	M40 Ottawa Lions T.F.C.	12.41	-3.0	12.00 79.85%	8
2 Primeau, David	M40 Force Track Team	X12.85	-3.0	12.43 77.12%	8

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****....Event 2 M40 100 Meter Dash Masters**

3 Fraser, Barry	M44 Etob. Huskies	13.23	-3.0	12.80	74.91%	8	8
4 Uda, Thomas	M44 Uni. Toronto TC	13.72	-3.0	13.27	72.23%	8	6
5 Eswarathasan, Shashietha	M44 Unattached Ontario	13.78	-3.0	13.33	71.92%	8	5
6 Tekwa, Eden	M40 Uni. Toronto TC	14.39	-3.0	13.92	68.87%	8	4

**Event 2 M45 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Mirco, Sheldon	M47 Brantford T.F.C.	12.56	-2.2	11.74	81.61%	7 10
2 Berardi, John	M49 Thorold Elite	13.05	-2.2	12.20	78.54%	7 8
3 Smyth, Mark	M49 Unattached Ontario	13.31	-2.2	12.44	77.01%	7 6
4 Nahum, Lionel	M49 Ottawa Lions T.F.C.	13.47	-2.2	12.59	76.10%	7 5
5 Perna, Giovanni	M49 Unattached Ontario	13.73	-2.2	12.84	74.65%	7 4
6 Godfrey, Chris	M47 Unattached Ontario	14.05	-2.2	13.13	72.95%	7 3

**Event 2 M50 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Gibbons, Obrian	M52 Uni. Windsor AC	12.41	-2.3	11.21	85.50%	6 10
2 Hui, Tit (Jonathan)	M52 Jamcan Int.	13.28	-2.3	12.00	79.89%	6 8
3 Watanabe, Phil	M51 Uni. Toronto TC	13.81	-2.3	12.48	76.83%	6 6
4 Beechey, Matt	M52 Unattached Ontario	14.37	-2.3	12.98	73.83%	6 5
5 Smith, Michel	M53 Ottawa Lions T.F.C.	14.38	-2.3	12.99	73.78%	6 4
6 McKenzie, Jason	M51 Jamcan Int.	14.70	-2.3	13.28	72.18%	6 3
7 Atkinson, Tyler	M51 Unattached Ontario	15.94	-2.3	14.40	66.56%	6 2

**Event 2 M55 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Warburton, Christopher	M57 Variety Village	12.76	-2.0	11.14	86.05%	5 10
2 Ellis, Colin	M55 Unattached SK	X13.31	-2.0	11.62	82.49%	5
3 Reynolds, Rick	M56 Unattached Ontario	13.76	-2.0	12.01	79.80%	5 8
4 McGhie, Brad	M59 London Legion	16.01	-2.0	13.98	68.58%	5 6
5 Woytowich, Boris	M58 Unattached Ontario	16.83	-2.0	14.69	65.24%	5 5

**Event 2 M60 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Kudo, Ken	M60 Jamcan Int.	13.41	-2.1	11.31	84.79%	4 10
2 Lee Foon, Mike	M62 Jamcan Int.	13.86	-2.1	11.69	82.03%	4 8
3 Winchester, John	M61 Unattached Ontario	14.79	-2.1	12.47	76.88%	4 6
4 Arnfield, Spencer	M64 Jamcan Int.	15.11	-2.1	12.74	75.25%	4 5
5 Sani, Marino	M63 Ottawa Lions T.F.C.	15.21	-2.1	12.83	74.75%	4 4
6 Dawson, Paul	M60 Unattached Ontario	15.23	-2.1	12.84	74.66%	4 3
7 Kumarakulasingam, Kumar	M64 Unattached Ontario	15.70	-2.1	13.24	72.42%	4 2
8 Lee, Paul	M63 Jamcan Int.	16.50	-2.1	13.91	68.91%	3 1
9 Ayo, Mello	M64 Jamcan Int.	18.62	-2.1	15.70	61.06%	4

**Event 2 M65 100 Meter Dash Masters**

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age	Team	Finals	Wind	Age-Grading	H#	Points
1 Hazen, Ward	M69	Laurel Creek T.F.C.	14.47	-2.1	11.78 81.34%	3	10
2 Williams, Dave	M65	Uni. Toronto TC	14.75	-2.1	12.01 79.80%	3	8
3 Grose, Val	M67	Jamcan Int.	15.19	-2.1	12.37 77.49%	3	6
4 Roblin, Blair	M65	Unattached Ontario	15.43	-2.1	12.56 76.28%	3	5
5 Cilevitz, Ralph	M69	Jamcan Int.	17.99	-2.1	14.65 65.43%	3	4
6 Wright, Paul	M69	Unattached Ontario	24.74	-2.1	20.14 47.57%	3	3

**Event 2 M70 100 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#	Points
1 Hehar, Manmohan	M73	Unattached Ontario	15.79	-2.8	12.41 77.20%	2	10

**Event 2 M75 100 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#	Points
1 Garnes, Cecil	M75	Variety Village	16.02	-2.1	12.15 78.84%	3	10
2 Perez, Jean-Louis	M78	Indépendant	X17.84	-2.8	13.53 70.80%	2	
3 Powell, Tony	M79	Unattached Ontario	44.59	-2.8	33.82 28.32%	2	8

**Event 2 M80 100 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Makkar, Sardar	M80	Belleville RC	19.18	-1.8	14.04 68.25%	10
2 Brosz, Helmut	M80	Unattached Ontario	25.25	-1.8	18.48 51.84%	8

**Event 3 W29&U 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#	Points
1 Hui, Joanna	W21	Unattached Ontario	X27.14	+0.0	27.15 79.70%	3	
2 Allen, Desiree	W27	Newmarket Huskie	X31.25	+0.0	31.26 69.22%	3	
3 Johnson-Storey, Ocean	W28	Unattached Ontario	X33.54	+0.0	33.55 64.49%	3	

**Event 3 W30 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#	Points
<b>1 Suchowiecka, Paula</b>	<b>W34</b>	<b>Unattached Ontario</b>	<b>X23.96</b>	<b>0.9</b>	<b>23.97 90.28%</b>	<b>4</b>	<b>MR</b>
(old MR 24.83 Foy Williams 2005)							
2 Leakey, Shelleyann	W32	Unattached Ontario	29.40	+0.0	29.41 73.57%	3	10
3 Barbon, Jennifer	W30	Unattached Ontario	30.60	+0.0	30.61 70.69%	2	8
4 Joseph, Erinn	W33	Ottawa Lions T.F.C.	30.60	+0.0	30.61 70.69%	2	6

**Event 3 W35 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#	Points
1 Jones, Frida	W39	Uni. Toronto TC	28.56	+0.0	28.57 75.74%	3	10
2 Crawford, Ashley	W36	Ottawa Lions T.F.C.	29.68	+0.0	29.69 72.88%	3	8

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

3 Eboh, Jennifer W39 Etob. Huskies 30.45 +0.0 30.46 71.03% 3 6

**Event 3 W40 200 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Pillai, Sindhu	W44 Variety Village	30.54	+0.0	29.89 72.36%	2 10

**Event 3 W45 200 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Edwards, Lisa	W45 Usatf	X28.47	+0.0	26.80 80.72%	2
2 Maloney-Younker, Karen	W48 Unattached Ontario	34.53	+0.0	32.50 66.55%	2 10

**Event 3 W50 200 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Garfunkel, Violeta	W50 Variety Village	28.25	-0.3	25.54 84.71%	10

**Event 3 W55 200 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Hargreaves, Valerie	W56 Unattached Ontario	35.59	-0.3	30.87 70.08%	10

**Event 3 W60 200 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Nearing-Guibord, Danette	W61 Ottawa Lions T.F.C.	37.76	-0.3	31.38 68.94%	10

**Event 3 W65 200 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Alexis, Wendy	W68 Ottawa Lions T.F.C.	30.06	-0.3	23.90 90.52%	10
2 Macherzynska, Renata	W65 Uni. Toronto TC	31.62	-0.3	25.14 86.05%	8

**Event 3 W80 200 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
<b>1 Burgin, Aileen</b>	<b>W82 Unattached Ontario</b>	<b>52.95</b>	<b>-0.3</b>	<b>36.41 59.41%</b>	<b>10 MR</b>
(old MR 53.1 Isobel Cunningham 1994)					

**Event 4 M29&U 200 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Bollers, Dante	M22 Quest Sports T.F.C.	X23.46	0.9	23.47 81.80%	10

**Event 4 M30 200 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
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**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Barker, Jeff	M31	Jamcan Int.	23.94	1.3	23.95	80.16%	11	10
2	Lau, Manly	M34	Uni. Toronto TC	24.18	1.3	24.19	79.36%	11	8
3	Omosa, Stephen	M31	Blue Devils AC	24.29	1.3	24.30	79.00%	11	6
4	Granillo, Elias	M33	Unattached Ontario	24.45	1.3	24.46	78.49%	11	5
5	Schurman, Taylor	M32	Unattached Ontario	25.05	1.3	25.06	76.61%	11	4
6	Connors, Michael	M33	Uni. Toronto TC	26.01	0.9	26.02	73.78%	10	3
7	Hamilton, Killian	M31	Unattached Ontario	26.22	1.3	26.23	73.19%	11	2
8	Mackett, Michael	M32	Unattached Ontario	29.34	0.9	29.35	65.41%	10	1

**Event 4 M35 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#
Points						
1	Edwards, Travis	M36	Jamcan Int.	23.94	1.7	23.44 81.87% 9 10
2	Millage, Jamie	M38	Unattached Ontario	24.33	1.7	23.83 80.56% 9 8
3	Hotic, Damir	M36	Unattached Ontario	25.84	1.7	25.30 75.85% 9 6
4	Hayer, Gavie	M37	Unattached Ontario	26.97	1.7	26.41 72.67% 9 5

**Event 4 M40 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#
Points						
1	McCann, Sancho	M40	Ottawa Lions T.F.C.	24.25	1.5	23.00 83.46% 8 10
2	Miller, Ainsley	M41	Jamcan Int.	24.38	1.5	23.12 83.02% 8 8
3	Primeau, David	M40	Force Track Team	X25.73	1.5	24.40 78.66% 8
4	Uda, Thomas	M44	Uni. Toronto TC	26.58	1.5	25.21 76.15% 8 6
5	Watson, Jeff	M41	Unattached Ontario	26.61	1.5	25.24 76.06% 8 5
6	Huszarik, Greg	M40	Laurel Creek T.F.C.	29.43	1.5	27.91 68.77% 8 4

**Event 4 M45 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#
Points						
1	Morgan, Otis	M47	Jamcan Int.	24.82	1.1	22.79 84.25% 7 10
2	Mirco, Sheldon	M47	Brantford T.F.C.	25.06	1.1	23.01 83.44% 7 8
3	Berardi, John	M49	Thorold Elite	25.85	1.1	23.73 80.89% 7 6
4	Lascelles, Eric	M45	Jamcan Int.	26.10	1.1	23.96 80.11% 7 5
5	Younker, Jonathan	M48	Unattached Ontario	26.47	1.1	24.30 79.00% 7 4
6	Nahum, Lionel	M49	Ottawa Lions T.F.C.	26.89	1.1	24.69 77.76% 7 3

**Event 4 M50 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#
Points						
1	Gibbons, Obrian	M52	Uni. Windsor AC	24.56	0.3	21.82 87.95% 6 10
2	Hui, Tit (Jonathan)	M52	Jamcan Int.	26.44	0.3	23.49 81.69% 6 8
3	Heaven, Howard	M51	Jamcan Int.	28.44	0.3	25.27 75.95% 6 6
4	Smith, Michel	M53	Ottawa Lions T.F.C.	28.99	0.3	25.76 74.51% 6 5
5	Atkinson, Tyler	M51	Unattached Ontario	34.85	0.3	30.96 61.98% 6 4

**Event 4 M55 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#
Points						

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age	Team	Finals	Wind	Age-Grading	H#	Points
1 Warburton, Christopher	M57	Variety Village	24.83	1.5	21.34 89.93%	5	10
2 Zero, Nick	M56	Unattached Ontario	27.01	1.5	23.22 82.67%	5	8
3 Ellis, Colin	M55	Unattached SK	X27.25	1.5	23.42 81.94%	5	

**Event 4 M60 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#	Points
1 Kudo, Ken	M60	Jamcan Int.	26.73	0.6	22.22 86.38%	4	10
2 Lee Foon, Mike	M62	Jamcan Int.	28.22	0.6	23.46 81.82%	4	8
3 Winchester, John	M61	Unattached Ontario	29.12	0.6	24.21 79.29%	4	6
4 Ancheta, Ernie	M61	Unattached Ontario	30.55	0.6	25.40 75.58%	4	5
5 Payne, Scott	M63	Unattached Ontario	30.76	0.6	25.57 75.07%	4	4
6 Sani, Marino	M63	Ottawa Lions T.F.C.	30.79	1.5	25.60 74.99%	5	3
7 Arnfield, Spencer	M64	Jamcan Int.	31.70	0.6	26.35 72.84%	4	2

**Event 4 M65 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#	Points
1 Williams, Dave	M65	Uni. Toronto TC	29.78	-0.2	23.93 80.19%	3	10
2 Hazen, Ward	M69	Laurel Creek T.F.C.	30.20	-0.2	24.27 79.07%	3	8
3 Roblin, Blair	M65	Unattached Ontario	30.27	-0.2	24.33 78.89%	3	6
4 Wright, Paul	M69	Unattached Ontario	32.24	-0.2	25.91 74.07%	3	5
5 Cilevitz, Ralph	M69	Jamcan Int.	39.57	-0.2	31.80 60.35%	3	4

**Event 4 M70 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	H#	Points
1 Hehar, Manmohan	M73	Unattached Ontario	32.21	NWI	25.01 76.75%	2	10
2 Cooper, John	M70	Australia	X33.79	NWI	26.24 73.16%	2	
3 Jones, Wayne	M73	Burlington RC	40.70	NWI	31.60 60.74%	2	8

**Event 4 M75 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Garnes, Cecil	M75	Variety Village	32.28	0.7	24.22 79.28%	10
2 Perez, Jean-Louis	M78	Indépendant	X35.66	0.7	26.75 71.76%	
3 Sekhon, Pritam	M79	Unattached Ontario	1:48.04	0.7	1:21.04 23.69%	8

**Event 4 M80 200 Meter Dash Masters**

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Morris, Mike	M83	Unattached Ontario	37.73	0.7	27.06 70.92%	10
2 Burgin, Harold	M84	Unattached Ontario	57.78	0.7	41.43 46.31%	8

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Name	Age Team	Finals	Age-Grading	Points
1 Johnson-Storey, Ocean	W28 Unattached Ontario	X1:15.03	1:15.04 64.16%	

**Event 5 W30 400 Meter Dash Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Joseph, Erinn	W33 Ottawa Lions T.F.C.	1:12.40	1:12.41 66.49%	2	10

**Event 5 W35 400 Meter Dash Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Crawford, Ashley	W36 Ottawa Lions T.F.C.	1:08.85	1:07.36 71.47%	2	10

**Event 5 W45 400 Meter Dash Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Edwards, Lisa	W45 Usatf	X1:05.47	59.48 80.94%	2	
2 Maloney-Younker, Karen	W48 Unattached Ontario	1:19.35	1:12.09 66.78%	2	10
3 Hutton, Jennifer	W46 Laurel Creek T.F.C.	1:19.63	1:12.34 66.55%	2	8
4 Forster-Molstad, Jodi	W49 Ottawa Lions T.F.C.	1:20.09	1:12.76 66.16%	2	6

**Event 5 W55 400 Meter Dash Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Hargreaves, Valerie	W56 Unattached Ontario	1:22.00	1:08.26 70.52%	10

**Event 5 W60 400 Meter Dash Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Lee, Faith	W63 Ontario RW	1:38.69	1:18.21 61.56%	10

**Event 6 M30 400 Meter Dash Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
<b>1 Ghadghoni, Ali</b> (old MR 51.50 Shane Firth 2011)	<b>M30 Newmarket Huskie</b>	<b>50.40</b>	<b>50.41 85.38%</b>	<b>6</b>	<b>10</b>
2 Heffernan, Andrew	M34 Ottawa Lions T.F.C.	52.82	52.83 81.47%	6	8
3 Omosa, Stephen	M31 Blue Devils AC	53.55	53.56 80.35%	6	6
4 Xie, Lawrence	M33 Unattached Ontario	54.71	54.72 78.65%	6	5
5 Pallett, Adam	M31 Unattached Ontario	57.69	57.70 74.59%	6	4
6 Pietrangelo, Christopher	M32 Etob. Huskies	59.48	59.49 72.34%	6	3
7 Connors, Michael	M33 Uni. Toronto TC	1:00.32	1:00.33 71.34%	6	2
8 Mackett, Michael	M32 Unattached Ontario	1:07.29	1:07.30 63.95%	6	1

**Event 6 M35 400 Meter Dash Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Pallotta, Matthew	M35 Unattached Ontario	56.71	55.72 77.24%	5	10
2 Conway, Michael	M39 Ottawa Lions T.F.C.	57.20	56.20 76.57%	5	8
3 Hotic, Damir	M36 Unattached Ontario	59.40	58.36 73.74%	5	6

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 6 M40 400 Meter Dash Masters**

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Miller, Ainsley	M41	Jamcan Int.	55.90	53.18 80.91%	5	10
2 Johnson, Mark	M42	Jamcan Int.	58.35	55.51 77.52%	5	8
3 Watson, Jeff	M41	Unattached Ontario	59.66	56.76 75.81%	5	6
4 Huszarik, Greg	M40	Laurel Creek T.F.C.	1:09.69	1:06.30 64.90%	5	5

**Event 6 M45 400 Meter Dash Masters**

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Lascelles, Eric	M45	Jamcan Int.	56.92	52.42 82.10%	4	10
2 Morgan, Otis	M47	Jamcan Int.	57.62	53.06 81.10%	4	8
3 Younker, Jonathan	M48	Unattached Ontario	59.29	54.60 78.82%	4	6
4 Jubenville, Julian	M48	Blue Devils AC	1:03.63	58.60 73.44%	4	5

**Event 6 M50 400 Meter Dash Masters**

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Graenert, Mirco	M54	Newmarket Huskie	56.02	49.91 86.22%	3	10
2 Doucet, Patrice	M51	Milpat Mauricie	X56.30	50.16 85.79%	3	
3 Firla, Ian	M52	United Kingdom	X59.33	52.86 81.41%	3	
4 Grossi, Danny	M52	Unattached Ontario	1:05.01	57.92 74.30%	3	8
5 Atkinson, Tyler	M51	Unattached Ontario	1:18.66	1:10.08 61.40%	3	6

**Event 6 M55 400 Meter Dash Masters**

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Dechellis, Matthew	M55	Unattached Ontario	1:13.20	1:03.07 68.22%	4	10

**Event 6 M60 400 Meter Dash Masters**

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Winchester, John	M61	Unattached Ontario	1:08.26	56.86 75.68%	2	10
2 Payne, Scott	M63	Unattached Ontario	1:10.29	58.55 73.50%	2	8
3 Sani, Marino	M63	Ottawa Lions T.F.C.	1:13.15	1:00.93 70.62%	2	6
4 Tries, Dan	M63	Thames AC	1:17.87	1:04.86 66.34%	2	5
5 Lee, Paul	M63	Jamcan Int.	1:29.55	1:14.59 57.69%	2	4
6 Baldamus, Steve	M63	Unattached Ontario	1:37.55	1:21.25 52.96%	2	3

**Event 6 M65 400 Meter Dash Masters**

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Millward, Steven	M67	Niagara Olympic	1:09.11	55.62 77.37%	3	10
2 Williams, Dave	M65	Uni. Toronto TC	1:16.74	1:01.76 69.68%	3	8

**Event 6 M70 400 Meter Dash Masters**

Name	Age	Team	Finals	Age-Grading	Points
1 Cooper, John	M70	Australia	X1:14.99	58.27 73.85%	

**Event 6 M75 400 Meter Dash Masters**

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
1 Tucker, Ray	M76 Brantford T.F.C.	1:20.52	59.91 71.83%	10
2 Kearney, Shane	M75 Unattached Ontario	1:37.83	1:12.79 59.12%	8
3 Sekhon, Pritam	M79 Unattached Ontario	3:50.51	2:51.50 25.09%	6

**Event 6 M80 400 Meter Dash Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Christensen, Verner	M82 Uni. Toronto TC	1:50.02	1:16.69 56.12%	10

**Event 7 W45 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Boisclair, Jamie	W45 Monarch AC	2:36.41	2:23.78 79.30%	10

**Event 7 W50 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Weber, Catherine	W53 Uni. Toronto TC	3:00.49	2:39.09 71.67%	10

**Event 7 W55 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Mantel, Kathy	W55 Brantford T.F.C.	3:07.55	2:38.15 72.09%	10

**Event 7 W60 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 O'Hagan, Heather	W61 Uni. Toronto TC	2:53.97	2:19.95 81.47%	10
2 Ohler, Makie	W61 Uni. Toronto TC	2:56.10	2:21.66 80.48%	8

**Event 8 M30 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
<b>1 Heffernan, Andrew</b> (old MR 2:05.66 Trevor Van Nest 2002)	<b>M34 Ottawa Lions T.F.C.</b>	<b>2:03.09</b>	<b>2:03.10 81.98%</b>	<b>4</b>	<b>10 MR</b>
2 Auguste, Fritzlor	M32 Ottawa Lions T.F.C.	2:11.90	2:11.91 76.50%	4	8
3 Mackett, Michael	M32 Unattached Ontario	2:32.03	2:32.04 66.38%	4	6

**Event 8 M35 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Conway, Michael	M39 Ottawa Lions T.F.C.	2:06.53	2:06.09 80.03%	4	10
2 Van Dyk, Jordan	M36 Unattached Ontario	2:10.41	2:09.96 77.65%	4	8

**Event 8 M40 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Boland, Joseph	M44 Running Room AC	X2:06.06	2:00.77 83.56%	4	
2 Thompson, Craig	M41 Uni. Toronto TC	2:11.21	2:05.70 80.28%	4	10
3 Johnson, Mark	M42 Jamcan Int.	2:11.98	2:06.44 79.81%	4	8

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

4 Wong, Kenneth	M44 Monarch AC	2:14.94	2:09.28	78.06%	4	6
5 Zeleni, Nic	M42 Newmarket Huskie	2:16.47	2:10.74	77.18%	4	5
6 Huszarik, Greg	M40 Laurel Creek T.F.C.	2:21.42	2:15.49	74.48%	4	4

**Event 8 M45 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Wells, Bill	M48 Monarch AC	2:07.66	1:57.52 85.88%	3	10
2 McGill, Robert	M47 Dundas Valley	2:08.27	1:58.08 85.47%	3	8
3 Adachi, Shinsuke	M46 Unattached Ontario	2:14.03	2:03.38 81.80%	3	6
4 Frenette, Gilles	M46 Ottawa Lions T.F.C.	2:18.25	2:07.26 79.30%	3	5

**Event 8 M50 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
<b>1 Doucet, Patrice</b> (old MR 2:06.74 Jim Dyck 2018)	<b>M51 Milpat Mauricie PQ</b>	<b>X2:06.33</b>	<b>1:51.71 90.34%</b>	<b>3</b>	<b>MR</b>
2 Graenert, Mirco	M54 Newmarket Huskie	2:08.10	1:53.27 89.09%	3	10
3 Grossi, Danny	M52 Unattached Ontario	2:24.41	2:07.69 79.03%	3	8
4 Koppel, Aivar	M53 Islanders T.F.	X2:28.78	2:11.56 76.71%	3	
5 Byrne, Louis	M51 Toronto Olympic	2:31.09	2:13.60 75.54%	3	6
6 Vautour, Christopher	M53 Unattached Ontario	2:44.19	2:25.18 69.51%	3	5
7 Atkinson, Tyler	M51 Unattached Ontario	3:16.44	2:53.70 58.10%	3	4

**Event 8 M55 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Zero, Nick	M56 Unattached Ontario	2:22.75	2:01.19 83.27%	2	10
2 Webb, Chris	M57 Unattached Ontario	2:23.21	2:01.58 83.00%	2	8
3 Blair, Robert	M59 Newmarket Huskie	2:36.01	2:12.44 76.19%	2	6
4 Madsen, Chris	M55 Uni. Toronto TC	2:48.87	2:23.36 70.39%	2	5

**Event 8 M60 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Deighan, Chris	M63 Newmarket Huskie	2:22.20	1:55.86 87.10%	2	10
2 Forner, Lino	M62 Islanders T.F.	X2:48.84	2:17.56 73.36%	2	
3 Cushenbery, Brent	M64 Usatf	X2:50.32	2:18.76 72.72%	2	
4 Winchester, John	M61 Unattached Ontario	2:51.29	2:19.56 72.31%	2	8
5 Tries, Dan	M63 Thames AC	2:56.33	2:23.66 70.24%	2	6

**Event 8 M70 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Jones, Wayne	M73 Burlington RC	3:14.68	2:25.82 69.21%	10
2 Payne, Tim	M73 Newmarket Huskie	3:21.62	2:31.02 66.82%	8

**Event 8 M75 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Perez, Jean-Louis	M78 Indépendant	X3:18.06	2:21.99 71.07%	
2 Swift, Phillip	M75 Uni. Toronto TC	3:42.10	2:39.23 63.38%	10
3 Kearney, Shane	M75 Unattached Ontario	3:44.17	2:40.71 62.79%	8
4 Sekhon, Pritam	M79 Unattached Ontario	7:33.33	5:25.00 31.05%	6

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 8 M80 800 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Mackie, Chris	M82 Unattached Ontario	3:26.60	2:19.19 72.50%	10
2 Christensen, Verner	M82 Uni. Toronto TC	4:15.09	2:51.86 58.72%	8

**Event 9 W35 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 King, Tisha	W37 Royal City AC	6:43.46	6:35.88 58.12%	10

**Event 9 W45 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Pady, Heather	W49 Unattached Ontario	5:18.04	4:48.44 79.77%	10
2 Boisclair, Jamie	W45 Monarch AC	5:22.37	4:52.36 78.70%	8
3 Barrie, Jennifer	W46 Unattached Ontario	9:05.17	8:14.42 46.53%	6

**Event 9 W50 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Weber, Catherine	W53 Uni. Toronto TC	6:11.98	5:23.52 71.12%	10

**Event 9 W55 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Graenert, Anke	W56 Newmarket Huskie	6:19.40	5:15.82 72.85%	10
2 Mantel, Kathy	W55 Brantford T.F.C.	6:28.42	5:23.33 71.16%	8

**Event 9 W60 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Ohler, Makie	W61 Uni. Toronto TC	5:48.97	4:37.47 82.92%	10
2 Frandsen, Lisa	W60 Newmarket Huskie	6:53.16	5:28.51 70.04%	8

**Event 9 W65 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Konyu, Nancy	W68 Newmarket Huskie	8:32.99	6:28.65 59.20%	10

**Event 10 M29&U 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Smalley, Brent	M27 Newmarket Huskie	3:56.59	3:56.60 87.07%	4	10
-- Dickinson, Marley	M28 Monarch AC	DNF		4	

**Event 10 M30 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
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**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

<b>1</b>	<b>Heffernan, Andrew</b>	<b>M34 Ottawa Lions T.F.C.</b>	<b>4:24.07</b>	<b>4:24.08</b>	<b>78.01%</b>	<b>4</b>	<b>10</b>	<b>MR</b>
	(old MR 4:43.15 Jimmy Semes 2011)							
2	Auguste, Fritzlor	M32 Ottawa Lions T.F.C.	4:49.37	4:49.38	71.19%	4	8	
3	Mackett, Stephen	M32 Unattached Ontario	6:30.93	6:30.94	52.69%	4	6	

**Event 10 M40 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Shimada, Atsushi	M42 Newmarket Huskie	4:28.39	4:15.83 80.52%	4	10
2 Gray, Jonathan	M40 Dundas Valley	4:31.85	4:19.13 79.50%	4	8
3 Thompson, Craig	M41 Uni. Toronto TC	4:38.88	4:25.83 77.49%	4	6
4 Johnson, Mark	M42 Jamcan Int.	4:59.68	4:45.66 72.11%	4	5

**Event 10 M45 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 McGill, Robert	M47 Dundas Valley	4:25.00	4:03.96 84.44%	4	10
2 Felix, Paul	M48 Dundas Valley	4:45.80	4:23.11 78.30%	4	8
3 Jubenville, Julian	M48 Blue Devils AC	4:50.05	4:27.03 77.15%	4	6
4 Frenette, Gilles	M46 Ottawa Lions T.F.C.	4:57.56	4:33.94 75.20%	4	5

**Event 10 M50 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Grossi, Danny	M52 Unattached Ontario	5:02.53	4:28.38 76.76%	2	10
2 Koppel, Aivar	M53 Islanders T.F.	X5:03.82	4:29.52 76.43%	2	8
3 Paraiso, Jean-Emile	M50 Longboat RR	5:26.03	4:49.23 71.23%	2	8
4 Moriarity, Dan	M54 Unattached Ontario	5:37.67	4:59.55 68.77%	2	6

**Event 10 M55 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Rayner, Simon	M59 Uni. Toronto TC	4:56.85	4:13.13 81.38%	2	10
2 Webb, Chris	M57 Unattached Ontario	4:57.25	4:13.47 81.28%	2	8
3 Blair, Robert	M59 Newmarket Huskie	5:28.31	4:39.95 73.59%	2	6
4 Madsen, Chris	M55 Uni. Toronto TC	5:55.09	5:02.79 68.04%	2	5

**Event 10 M60 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Deighan, Chris	M63 Newmarket Huskie	4:57.62	4:03.28 84.68%	3	10
2 Hooey, Patrick	M61 Lions Valley	5:17.54	4:19.56 79.37%	3	8
3 Forner, Lino	M62 Islanders T.F.	X5:54.23	4:49.55 71.15%	3	6
4 Tries, Dan	M63 Thames AC	6:02.57	4:56.37 69.51%	3	6
5 Cushenbery, Brent	M64 Usatf	X6:19.68	5:10.36 66.38%	3	6

**Event 10 M70 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Helliker, John	M72 Unattached Ontario	5:57.69	4:26.34 77.35%	3	10
2 Payne, Tim	M73 Newmarket Huskie	7:09.97	5:20.16 64.34%	3	8

**Event 10 M75 1500 Meter Run Masters**

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
1 Tucker, Ray	M76 Brantford T.F.C.	6:28.79	4:34.88 74.94%	10
2 Perez, Jean-Louis	M78 Indépendant	X7:00.91	4:57.59 69.22%	
3 Sekhon, Pritam	M79 Unattached Ontario	16:27.76	11:38.35 29.50%	8

**Event 10 M80 1500 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Mackie, Chris	M82 Unattached Ontario	6:54.84	4:35.92 74.66%	10

**Event 11 W50 5000 Meter Run Masters (5000's in a downpour)**

Name	Age Team	Finals	Age-Grading	Points
1 Webster, Zoe	W51 Blue Devils AC	22:18.48	19:44.16 71.88%	10

**Event 11 W55 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Ferguson, Jean	W58 Unattached Ontario	22:39.83	19:07.43 74.18%	10
2 Mantel, Kathy	W55 Brantford T.F.C.	23:37.05	19:55.71 71.18%	8

**Event 11 W60 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Ohler, Makie	W61 Uni. Toronto TC	20:29.80	16:25.69 86.35%	10
2 Novick, Teresa	W63 Unattached Ontario	21:22.87	17:08.23 82.78%	8

**Event 11 W70 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Tedford, Catherine	W70 Unattached Ontario	40:22.41	28:46.70 49.29%	10

**Event 12 M30 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
<b>1 McLeish, William</b> (old MR 16:22.21 Dan Way 2017)	<b>M31 Ottawa Lions T.F.C.</b>	<b>16:06.02</b>	<b>16:06.03 78.40%</b>	<b>3</b>	<b>10 MR</b>
2 Sneddon, Jay	M30 Ottawa Lions T.F.C.	16:46.27	16:46.28 75.26%	3	8
3 Shi, Sam	M30 Ottawa Lions T.F.C.	17:33.10	17:33.11 71.92%	3	6

**Event 12 M35 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
-- Eizenga, Jordan	M39 Unattached Ontario	DNF		3	

**Event 12 M40 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Killeen, Steven	M43 Unattached Ontario	16:53.99	16:23.68 76.99%	3	10
2 Ryabkov, Nikolay	M44 Unattached NB	X18:44.80	18:11.17 69.41%	3	
3 Zeleni, Nic	M42 Newmarket Huskie	19:12.98	18:38.51 67.71%	3	8

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 12 M45 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Pady, Richard	M48 Unattached Ontario	19:45.09	18:22.02 68.72%	3	10

**Event 12 M50 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Zabukovec, Randy	M53 Unattached Ontario	18:37.44	16:34.53 76.15%	3	10
-- Bedley, Charles	M50 Uni. Toronto TC	DNF		3	

**Event 12 M55 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Orosz, Laszlo	M55 Unattached Ontario	17:55.25	15:14.18 82.84%	2	10
2 McGregor, Larry	M55 Unattached Ontario	18:27.15	15:41.30 80.46%	2	8
3 Rayner, Simon	M59 Uni. Toronto TC	18:53.01	16:03.29 78.62%	2	6
4 Ilerbaig, Juan	M57 Unattached Ontario	21:23.64	18:11.36 69.40%	2	5
5 Matias, Walter Fernando	M59 Longboat RR	23:20.65	19:50.84 63.60%	2	4

**Event 12 M60 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Hooey, Patrick	M61 Lions Valley	19:27.93	15:46.73 80.00%	2	10
2 Anderson, Scott	M60 Newmarket Huskie	22:10.40	17:58.43 70.23%	2	8
3 Eley, Brian	M62 Longboat RR	22:12.30	17:59.97 70.13%	2	6
4 Lanteigne, Joseph	M62 Unattached Ontario	22:15.09	18:02.23 69.98%	2	5
5 Faion, Walter	M63 Uni. Toronto TC	22:31.64	18:15.64 69.12%	2	4

**Event 12 M65 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Tamminga, Mark	M65 Unattached Ontario	18:58.18	14:37.88 86.27%	2	10
2 Huyer, Paul	M65 Unattached Ontario	19:16.74	14:52.20 84.89%	2	8

**Event 12 M70 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Mills, Frank	M73 Kawartha Lakes	23:57.20	17:32.18 71.98%	10

**Event 12 M75 5000 Meter Run Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Sekhon, Pritam	M79 Unattached Ontario	55:42.07	38:36.06 32.70%	10

**Event 13 W45 80 Short Hurdles Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Edwards, Lisa 0.762m	W45 Usatf	X14.88	-2.1	14.89 82.06%	

**Event 13 W50 80 Short Hurdles Masters**

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Wind	Age-Grading	Points
<b>1 Cheung, Joni</b>	<b>W51 Jamcan Int.</b>	<b>19.78</b>	<b>-2.1</b>	<b>19.79 61.73%</b>	<b>10 MR</b>
0.762m (old MR 20.88 Rhona Trott 2003)					

**Event 13 W55 80 Short Hurdles Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Loucks, Kairy	W56 Unattached Ontario	18.36	-2.1	18.37 66.50%	10
0.762m					

**Event 14 M70 80 Short Hurdles Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Black, David	M70 Usatf	X17.64	-2.1	17.65 73.19%	
0.762m					

**Event 14 M80 80 Short Hurdles Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Brosz, Helmut	M80 Unattached Ontario	30.80	-2.1	30.81 41.92%	10
0.762m					

**Event 15 W29&U 100 Short Hurdles 0.840m Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Hui, Joanna	W21 Unattached Ontario	X17.99	-1.8	18.00 67.87%	
0.840m					

**Event 16 M50 100 Short Hurdles Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Hui, Tit (Jonathan)	M52 Jamcan Int.	17.34	-1.8	17.35 74.45%	10
0.914m					
2 Firla, Ian	M52 United Kingdom	X19.20	-1.8	19.21 67.24%	
0.914m					

**Event 16 M55 100 Short Hurdles Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Dechellis, Matthew	M55 Unattached Ontario	20.17	-1.8	20.18 64.01%	10
0.914m					

**Event 16 M65 100 Short Hurdles Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Hazen, Ward	M69 Laurel Creek T.F.C.	19.52	-1.8	19.53 66.14%	10
0.840m					
2 Cilevitz, Ralph	M69 Jamcan Int.	31.06	-1.8	31.07 41.56%	8
0.840m					

**Event 19 M80 200 Long Hurdles 0.686m Masters**

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Wind	Age-Grading Points
1 Brosz, Helmut	M80 Unattached Ontario	1:01.02	0.9	1:01.03 76.66% 10

**Event 20 W55 300 Long Hurdles Masters**

Name	Age Team	Finals	Age-Grading Points
<b>1 Loucks, Kairy</b> (old MR 1:00.31 Kairy 2021)	<b>W56 Unattached Ontario</b>	<b>58.53</b>	<b>58.54 89.42% 10 .762m MR</b>

**Event 21 M60 300 Long Hurdles Masters**

Name	Age Team	Finals	Age-Grading Points
1 Chipkar, Glenn	M64 Unattached Ontario	51.04	51.05 91.65% 10 0.762m
2 Baldamus, Steve	M63 Unattached Ontario	1:10.16	1:10.17 66.68% 8 0.762m

**Event 21 M65 300 Long Hurdles Masters**

Name	Age Team	Finals	Age-Grading Points
1 Hazen, Ward	M69 Laurel Creek T.F.C.	54.83	54.84 85.32% 10 0.762m

**Event 21 M70 300 Long Hurdles Masters**

Name	Age Team	Finals	Age-Grading Points
1 Black, David	M70 Usatf	X1:06.76	1:06.77 70.07% 0.686m

**Event 22 W40 400 Long Hurdles 0.762m Masters**

Name	Age Team	Finals	Age-Grading Points
1 Gordon, Novelette	W40 Stoney Creek	1:44.02	1:44.03 50.32% 10 0.762m

**Event 22 W45 400 Long Hurdles 0.762m Masters**

Name	Age Team	Finals	Age-Grading Points
1 Edwards, Lisa	W45 Usatf	X1:20.71	1:20.72 64.85% 0.762m

**Event 23 M30 400 Long Hurdles Masters**

Name	Age Team	Finals	Age-Grading Points
1 Mackett, Michael	M32 Unattached Ontario	1:28.67	1:28.68 52.76% 10 0.914m

**Event 23 M40 400 Long Hurdles Masters**

Name	Age Team	Finals	Age-Grading Points
1 Johnson, Mark	M42 Jamcan Int.	1:15.94	1:15.95 61.60% 10 0.914m

**Event 23 M45 400 Long Hurdles Masters**

Name	Age Team	Finals	Age-Grading Points
1 Singh, Gagandeep	M45 Unattached Ontario	1:11.32	1:11.33 65.59% 10 0.914m

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 24 W29&U 2000 Meter Steeplechase 0.762m Masters (in a downpour)**

Name	Age Team	Finals	Age-Grading Points
1 Johnson-Storey, Ocean	W28 Unattached Ontario	X9:27.36	9:27.37 95.46%

**Event 24 W50 2000 Meter Steeplechase 0.762m Masters**

Name	Age Team	Finals	Age-Grading Points
1 Cheung, Joni	W51 Jamcan Int.	11:28.58	11:28.59 78.65% 10

**Event 24 W60 2000 Meter Steeplechase 0.762m Masters**

Name	Age Team	Finals	Age-Grading Points
<b>1 Lee, Faith</b> (no previous MR)	<b>W63 Ontario RW</b>	<b>11:34.29</b>	<b>11:34.30 78.01% 10 MR</b>

**Event 25 M60 2000 Meter Steeplechase 0.762m Masters**

Name	Age Team	Finals	Age-Grading Points
1 Cushenbery, Brent	M64 Usatf	X9:43.13	9:43.14 81.22%
2 Baldamus, Steve	M63 Unattached Ontario	12:19.19	12:19.20 64.07% 10
3 Schnurr, William	M61 Unattached Ontario	15:08.10	15:08.11 52.16% 8

**Event 25 M75 2000 Meter Steeplechase 0.762m Masters**

Name	Age Team	Finals	Age-Grading Points
-- Sekhon, Pritam	M79 Unattached Ontario	DQ	

**Event 26 M30 3000 Meter Steeplechase 0.914m Masters**

Name	Age Team	Finals	Age-Grading Points
1 Mackett, Michael	M32 Unattached Ontario	13:52.63	13:52.64 56.88% 10

**Event 26 M45 3000 Meter Steeplechase 0.914m Masters**

Name	Age Team	Finals	Age-Grading Points
1 Frenette, Gilles	M46 Ottawa Lions T.F.C.	12:10.59	12:10.60 64.83% 10

**Event 27 W50 5000 Meter Race Walk Masters**

Name	Age Team	Finals	Age-Grading Points
1 Bajona, Claustre	W54 Ontario RW	31:23.75	27:55.04 71.80% 10

**Event 27 W60 5000 Meter Race Walk Masters**

Name	Age Team	Finals	Age-Grading Points
1 Cashman, Kitty	W62 Toronto RW	33:40.30	27:15.84 73.52% 10
2 Slovitt, Nicky	W63 Ontario RW	34:45.90	28:08.96 71.20% 8

**Event 27 W65 5000 Meter Race Walk Masters**

Name	Age Team	Finals	Age-Grading Points
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**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	De Thy, Anne	W69 Ontario RW	34:10.81	26:15.44	76.33%	10
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**Event 28 M40 5000 Meter Race Walk Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Rennella, Enrico	M40 Etob. Huskies	35:47.42	34:38.49	52.23% 10

**Event 28 M45 5000 Meter Race Walk Masters**

Name	Age Team	Finals	Age-Grading	Points
1 O Domhnaill, Brian	M45 Ontario RW	24:34.24	22:56.80	78.84% 10

**Event 28 M60 5000 Meter Race Walk Masters**

Name	Age Team	Finals	Age-Grading	Points
-- Tarnawski, Janusz	M63 Toronto RW	DQ		54.1

**Event 28 M80 5000 Meter Race Walk Masters**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Jobin, Marcel</b>	<b>M81 Vainqueurs Plus</b>	<b>X37:38.05</b>	<b>24:46.03</b>	<b>73.05% MR</b>
(old MR 39:57.4 Art Keay 1987)				

**Event 29 W35 High Jump Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Dubeau, Aimee	W35 Unattached Ontario	1.60m	1.63m	78.05% 10
1.50 1.55 1.58 1.60 1.62				
O O O XXO XXX				

**Event 29 W50 High Jump Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Thompson, Marsha	W52 Jamcan Int.	J1.00m	1.18m	56.50% 10
1.00				
O				

**Event 29 W55 High Jump Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Loucks, Kairy	W56 Unattached Ontario	J1.20m	1.49m	71.43% 10
1.00 1.05 1.10 1.15 1.20 1.25				
O P O P XO XXX				

**Event 30 M35 High Jump Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Fine, Neil	M39 Ottawa Lions T.F.C.	1.75m	1.77m	72.31%	2 10
1.75 1.80					
O XXX					

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 30 M40 High Jump Masters**

Name	Age Team	Finals	Age-Grading H#	Points
1 Armstrong, Andrew 1.30 1.35 XO XXX	M40 Thorold Elite	J1.30m	1.38m 56.52% 2	10

**Event 30 M60 High Jump Masters**

Name	Age Team	Finals	Age-Grading H#	Points
1 McWhinney, Dennis 1.30 1.35 XO XXX	M61 Unattached Ontario	J1.30m	1.68m 68.78% 2	10

**Event 30 M65 High Jump Masters**

Name	Age Team	Finals	Age-Grading H#	Points
1 Hazen, Ward 1.10 1.15 1.20 1.25 XO O O XXO	M69 Laurel Creek T.F.C.	J1.25m	1.71m 69.83% 2	10
2 Wright, Paul 1.05 1.10 1.15 1.20 1.25 O O XXO O XXX	M69 Unattached Ontario	J1.20m	1.64m 67.04% 2	8
3 Cilevitz, Ralph 1.10 1.15 O XXX	M69 Jamcan Int.	J1.10m	1.50m 61.45% 2	6

**Event 30 M70 High Jump Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Zowkewych, Peter 1.15 1.20 1.25 1.31 1.36 O XO O XXO X	M72 Uni. Toronto TC	1.31m	1.89m 77.06%	10
2 Black, David 1.10 1.15 1.20 1.25 O XO XO XXX	M70 Usatf	X1.20m	1.73m 70.59%	

**Event 30 M75 High Jump Masters**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Seitz, Stan</b> 1.10 1.15 1.20 1.25 O O O XXX (old ONT 1.10m Bob Land - Peter Tams - Helmut Brosz)	<b>M75 Ottawa Lions T.F.C.</b>	<b>J1.20m</b>	<b>1.83m 75.00%</b>	<b>10 ONT</b>
2 Peters, James 0.90 0.95 1.00 1.05 1.10 1.15 O O O XO P XXX	M75 Unattached Ontario	J1.05m	1.60m 65.63%	8

**Event 30 M80 High Jump Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Brosz, Helmut 0.90 0.95	M80 Unattached Ontario	J0.95m	1.53m 62.50%	10

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

0 0

**Event 31 W40 Pole Vault Masters**

Name	Age Team	Finals	Age-Grading Points
<b>1 Lefebvre, Emilie</b>	<b>W40 Vainqueurs Plus</b>	<b>X3.35m</b>	<b>3.56m 70.38% MR</b>
3.20 3.35 3.50			
0 XO XXX	(no previous MR - ONT is 3.00m)		

**Event 32 M45 Pole Vault Masters**

Name	Age Team	Finals	Age-Grading Points
<b>1 Popp, Marcus</b>	<b>M49 North Bay Legion</b>	<b>4.00m</b>	<b>4.54m 73.53% 10 MR</b>
3.80 4.00 4.21			
0 XXO XXX	(ties MR - Kipelainen '94, Outerbridge '10)		

**Event 32 M60 Pole Vault Masters**

Name	Age Team	Finals	Age-Grading Points
<b>1 Schaber, Mark</b>	<b>M64 Unattached Ontario</b>	<b>2.75m</b>	<b>3.79m 61.38% 10</b>
2.60 2.75			
0 XXO			

**Event 32 M70 Pole Vault Masters**

Name	Age Team	Finals	Age-Grading Points
-- Simpson, Bruce	M73 Bolton Pole Vault	NH	
2.90			
XXX			

**Event 32 M75 Pole Vault Masters**

Name	Age Team	Finals	Age-Grading Points
<b>1 Seitz, Stan</b>	<b>M75 Ottawa Lions T.F.C.</b>	<b>2.35m</b>	<b>4.11m 66.57% 10</b>
2.15 2.25 2.35 2.45			
XO XO XO XXX			

**Event 33 W29&U Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading Points
<b>1 Adderley-Julien, Hannah</b>	<b>W20 Variety Village</b>	<b>5.36m</b>	<b>+0.0</b>	<b>5.36m 72.24% 10</b>
FOUL(0.5) 4.95m(+0.0) FOUL(-0.1) FOUL(0.1) 5.19m(-0.0) 5.36m(+0.0)				
<b>2 Hui, Joanna</b>	<b>W21 Unattached Ontario</b>	<b>XJ4.94m</b>	<b>-0.1</b>	<b>4.94m 66.58%</b>
PASS PASS 4.84m(-0.1) 4.75m(0.3) 4.94m(-0.1) 4.78m(0.2)				

**Event 33 W40 Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading Points
<b>1 Reyes Perez, Lorena</b>	<b>W40 Jamcan Int.</b>	<b>J5.25m</b>	<b>-0.2</b>	<b>5.72m 77.21% 10</b>
FOUL(-0.2) 5.15m(0.4) 5.25m(-0.2) 3.92m(0.1) 4.89m(-0.1) PASS				
(MR 5.28m)				

**Event 33 W45 Long Jump Masters**

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Miller, Jennifer	W49 Jamcan Int.	J3.30m	0.1	3.80m 51.32%	10
2.80m(+0.0) 3.14m(-0.2) 3.30m(0.1) FOUL(-0.3) FOUL(-0.4) 2.72m(-0.1)					

**Event 33 W50 Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Cheung, Joni	W51 Jamcan Int.	J2.98m	0.1	3.64m 49.09%	10
2.73m(-0.1) 2.35m(0.1) 2.98m(0.1) 2.77m(-0.1) 2.94m(0.1) 2.89m(-0.1)					

**Event 33 W55 Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Loucks, Kairy	W56 Unattached Ontario	J3.87m	0.1	5.02m 67.66%	10
3.87m(0.1) x x					

**Event 33 W60 Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Lee, Faith	W63 Ontario RW	J2.44m	-0.1	3.37m 45.44%	10
2.20m(0.2) 2.33m(-0.2) 2.30m(0.2) 2.38m(-0.1) 2.28m(0.3) 2.44m(-0.1)					

**Event 34 M30 Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Long Waslowski, Jesse	M32 Unattached Ontario	J4.48m	0.1	4.48m 50.06%	10
3.63m(0.5) 4.42m(0.5) FOUL(1.3) 4.23m(0.9) 4.48m(0.1) FOUL(2.0)					
2 Mackett, Stephen	M32 Unattached Ontario	J3.15m	0.1	3.15m 35.20%	8
2.89m(0.5) 3.15m(0.1) FOUL(0.8) 2.89m(0.4) 2.85m(0.1) 3.12m(1.3)					

**Event 34 M40 Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Watson, Jeff	M41 Unattached Ontario	5.48m	0.7	6.01m 67.16%	1	10
5.42m(1.0) FOUL(0.6) 4.99m(0.3) 5.31m(1.8) 5.26m(0.5) 5.48m(0.7)						
2 Armstrong, Andrew	M40 Thorold Elite	4.75m	-0.2	5.21m 58.21%	2	8
PASS PASS 4.39m(1.5) 4.53m(0.1) 4.73m(0.7) 4.75m(-0.2)						
3 Tekwa, Eden	M40 Uni. Toronto TC	J4.63m	0.4	5.08m 56.74%	1	6
4.63m(0.4) 4.41m(0.9) 4.06m(0.7) 4.57m(0.3) 4.14m(0.2) 4.54m(1.0)						
4 Uda, Thomas	M44 Uni. Toronto TC	J4.01m	1.1	4.39m 49.14%	1	5
3.58m(0.4) 4.01m(1.1) 3.91m(0.5) 3.97m(0.4) PASS PASS						

**Event 34 M50 Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Hui, Tit (Jonathan)	M52 Jamcan Int.	J5.32m	1.0	6.54m 73.08%	10
FOUL(0.8) 5.15m(0.3) 5.22m(0.4) 5.15m(0.5) 5.32m(1.0) 5.31m(1.0)					
2 Watanabe, Phil	M51 Uni. Toronto TC	J4.83m	2.9	5.94m 66.35%	8
4.02m(0.4) 4.31m(0.1) 4.83m(2.9) 4.81m(0.8)					
3 McKenzie, Jason	M51 Jamcan Int.	J4.43m	0.5	5.44m 60.85%	6
PASS PASS 4.05m(0.3) 4.23m(1.8) 4.43m(0.5) 4.14m(0.7)					

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 34 M60 Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 McWhinney, Dennis	M61 Unattached Ontario	J4.74m	0.1	6.57m 73.49%	2	10
		4.61m(0.9) 3.35m(1.7) 4.06m(0.5) 4.08m(0.1) 4.54m(-0.1) 4.74m(0.1)				
2 Dawson, Paul	M60 Unattached Ontario	J4.40m	0.2	6.10m 68.22%	2	8
		3.63m(1.7) 4.23m(1.2) 4.19m(0.9) 4.40m(0.2) 4.04m(0.5) 4.11m(-0.1)				
3 Lee, Paul	M63 Jamcan Int.	J3.23m	0.2	4.48m 50.08%	2	6
		FOUL 2.94m(0.6) 3.23m(0.2) 3.22m(0.9) PASS PASS				

**Event 34 M65 Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Hazen, Ward	M69 Laurel Creek T.F.C.	J4.21m	1.7	6.22m 69.59%	2	10
		4.21m(1.7) 4.18m(0.8) 4.12m(-0.6) 3.02m(1.1) FOUL(0.7) PASS				
2 Cilevitz, Ralph	M69 Jamcan Int.	J3.59m	1.1	5.30m 59.34%	2	8
		3.54m(1.9) 3.59m(1.1) PASS PASS PASS PASS				
3 Wright, Paul	M69 Unattached Ontario	J3.58m	1.2	5.29m 59.17%	2	6
		3.29m(1.3) 3.58m(1.2) 3.43m(0.7) 3.48m(0.8) 2.88m(-0.2) 3.18m(0.8)				
4 Hayes, Doug	M69 Unattached Ontario	J3.37m	1.0	4.98m 55.70%	2	5
		3.28m(0.9) 3.28m(0.7) 3.37m(1.0) 3.16m(1.1) 3.15m(0.6) 3.02m(0.3)				

**Event 34 M70 Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Black, David	M70 Usatf	X3.77m	-0.2	5.95m 66.49%	3	
		FOUL(0.1) 3.59m(0.1) FOUL(0.3) 3.48m(-0.1) 3.65m(-0.1) 3.77m(-0.2)				

**Event 34 M75 Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Sekhon, Pritam	M79 Unattached Ontario	J0.83m	-0.3	1.40m 15.69%	3	10
		FOUL(-0.2) FOUL(0.1) 0.83m(-0.3) PASS PASS PASS				

**Event 34 M80 Long Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Makkar, Sardar	M80 Belleville RC	J3.31m	0.2	6.10m 68.25%	3	10
		3.11m(0.1) 3.17m(-0.1) 3.23m(0.1) 3.31m(0.2) 2.86m(-0.2) 3.31m(0.1)				
2 Brosz, Helmut	M80 Unattached Ontario	J2.29m	0.1	4.22m 47.22%	3	8
		2.20m(0.1) 2.29m(0.1) x				

**Event 35 W55 Triple Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Loucks, Kairy	W56 Unattached Ontario	8.80m	-1.0	11.44m 73.83%	10
		8.64m(1.1) 8.80m(-1.0) 8.65m(-1.3) 8.50m(0.2) 8.44m(-2.3) 8.70m(-0.8)			

**Event 35 W60 Triple Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Frandsen, Lisa	W60 Newmarket Huskie	6.56m	-1.4	9.11m 58.83%	10
		FOUL(0.4) 6.04m(-0.4) 6.56m(-1.4) 6.27m(-0.9) 6.23m(-0.7)			

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 36 M40 Triple Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 De Silva, Manoj	M44 Unattached Ontario	J10.82m	-0.9	11.41m 62.40%	10
		9.88m(0.3) 9.93m(-0.8) 10.48m(-1.0) 10.49m(-0.7) 10.58m(-1.2) 10.82m(-0.9)			
2 Watson, Jeff	M41 Unattached Ontario	J10.65m	-0.3	11.23m 61.42%	8
		10.44m(-0.3) 10.64m(-0.4) 10.65m(-0.3) 10.42m(-0.4) 10.12m(-0.9) 10.19m(-0.8)			
3 Armstrong, Andrew	M40 Thorold Elite	J9.02m	1.1	9.51m 52.02%	6
		9.02m(1.1) x			

**Event 36 M45 Triple Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Younker, Jonathan	M48 Unattached Ontario	12.05m	-0.5	13.42m 73.39%	10
		11.77m(0.7) 12.05m(-0.5) 11.99m(0.5) FOUL(-0.6) FOUL(-0.1) FOUL(0.4)			

**Event 36 M50 Triple Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Munro, Lenroy	M53 Unattached Ontario	J10.80m	-0.8	12.74m 69.72%	10
		10.42m(-1.8) 10.80m(-0.8) FOUL(-0.6)			
2 McKenzie, Jason	M51 Jamcan Int.	J10.08m	-0.6	11.89m 65.07%	8
		9.71m(0.5) 9.44m(0.2) FOUL(-1.0) 9.35m(-0.1) 9.82m(-0.2) 10.08m(-0.6)			
3 Beechey, Matt	M52 Unattached Ontario	J8.29m	0.5	9.78m 53.52%	6
		7.11m(-0.1) 7.95m(-0.3) 8.29m(0.5) 8.14m(-1.5)			

**Event 36 M55 Triple Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Zero, Nick	M56 Unattached Ontario	J9.30m	-0.3	11.67m 63.83%	10
		8.94m(0.2) 9.30m(-0.3)			

**Event 36 M60 Triple Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Nasato, Robert	M62 Jamcan Int.	9.77m	NWI	13.09m 71.63%	3	10
		9.32m(NWI) 9.52m(NWI) 9.36m(NWI) 9.77m(NWI) 9.45m(NWI) 9.39m(NWI)				
2 McWhinney, Dennis	M61 Unattached Ontario	9.22m	-0.3	12.35m 67.60%	3	8
		FOUL(0.2) FOUL(-1.1) 9.22m(-0.3) FOUL(-2.2) 9.14m(0.8) PASS				
3 Dawson, Paul	M60 Unattached Ontario	7.78m	-0.4	10.42m 57.04%	3	6
		FOUL(-0.2) 7.27m(-0.9) 7.65m(-0.6) 7.61m(0.7) 7.47m(-1.8) 7.78m(-0.4)				
4 Baldamus, Steve	M63 Unattached Ontario	J6.52m	NWI	8.74m 47.80%	3	5
		6.37m(NWI) 6.25m(NWI) 6.31m(NWI) 6.52m(NWI) PASS PASS				

**Event 36 M65 Triple Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Cilevitz, Ralph	M69 Jamcan Int.	J7.30m	NWI	10.49m 57.39%	3	10
		6.62m(NWI) 7.27m(NWI) FOUL 7.30m(NWI) PASS PASS				
2 Earl, Richard	M65 Unattached Ontario	J7.01m	NWI	10.08m 55.11%	3	8
		6.86m(NWI) 6.88m(NWI) 6.72m(NWI) 7.01m(NWI) PASS 6.99m(NWI)				
3 Hayes, Doug	M69 Unattached Ontario	J6.78m	NWI	9.75m 53.30%	3	6
		FOUL 6.69m(NWI) 6.78m(NWI) 6.41m(NWI) PASS 6.24m(NWI)				
4 Wright, Paul	M69 Unattached Ontario	J6.55m	NWI	9.42m 51.49%	3	5

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FOUL 6.04m(NWI) 6.55m(NWI) FOUL 5.88m(NWI) PASS

**Event 36 M70 Triple Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Black, David	M70 Usatf	X7.79m	NWI	12.08m 66.07%	2	
FOUL	7.79m(NWI) 7.77m(NWI) 7.60m(NWI) 7.49m(NWI)	FOUL				
2 Zowkewych, Peter	M72 Uni. Toronto TC	7.18m	NWI	11.13m 60.90%	2	10
	7.11m(+0.0) 7.18m(NWI) 7.03m(NWI)					

**Event 36 M75 Triple Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Sekhon, Pritam	M79 Unattached Ontario	2.08m	NWI	3.50m 19.15%	2	10
FOUL	FOUL 2.08m(NWI)					

**Event 36 M80 Triple Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Makkar, Sardar	M80 Belleville RC	J6.82m	NWI	12.56m 68.68%	2	10
	6.43m(+0.0) 6.32m(NWI) 6.67m(NWI) 6.70m(NWI) 6.41m(NWI) 6.82m(NWI)					
2 Brosz, Helmut	M80 Unattached Ontario	J5.61m	+0.0	10.33m 56.50%	2	8
	5.61m(+0.0) 5.13m(NWI)					
3 Groulx, Patrick	M81 Throwers Club	J4.57m	NWI	8.41m 46.02%	2	6
	4.38m(+0.0) 4.57m(NWI) 4.56m(NWI) FOUL FOUL FOUL					

**Event 37 W40 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Sawyers, Tanya	W44 Unattached Ontario	10.38m	11.58m 54.55%	10
	10.26m 10.29m 10.38m 10.24m PASS 8.84m			
2 Mullings, Sheree	W41 Jamcan Int.	J8.30m	9.26m 43.62%	8
	7.92m 8.30m 8.10m 7.60m PASS 7.71m			

**Event 37 W50 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Thompson, Marsha	W52 Jamcan Int.	J7.73m	8.75m 41.23%	10
	7.73m 7.34m 4.78m 5.24m 6.87m PASS			

**Event 37 W55 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Easton, Leah	W58 Throwers Club	J8.03m	9.91m 46.69%	10
	7.61m 7.76m 7.45m 8.03m 7.71m 7.91m			

**Event 37 W60 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Dajia, Kristen	W60 Throwers Club	J9.05m	12.24m 57.68%	10
	9.05m 8.92m 8.88m			

**Event 37 W65 Shot Put Masters**

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
1 Garner, Doreen	W69 Throwers Club	J8.63m	12.89m 60.69%	10
8.01m 8.26m 8.61m 8.23m 8.38m 8.63m				
2 Brady, Janet	W68 London Western	J5.82m	8.69m 40.93%	8
5.49m 5.81m 5.07m 5.12m 5.49m 5.82m				

**Event 37 W70 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Wager, Patty Franke	W72 Peterborough	J4.28m	7.11m 33.52%	10
3.66m 4.20m 4.28m				

**Event 37 W75 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Miklos Den Iseger, Joann	W77 London Western	J7.34m	11.21m 52.81%	10
6.65m 7.34m 7.31m 6.86m 7.28m 7.27m				

**Event 37 W80 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Rowswell, Adri	W82 Throwers Club	J6.71m	11.69m 55.09%	10
6.56m 6.60m 6.54m 6.30m 6.71m 6.41m				

**Event 38 M35 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Phala, Sefako	M36 Jamcan Int.	8.60m	8.99m 39.27%	3	10
8.14m 7.93m 8.15m 8.10m 8.19m 8.60m					

**Event 38 M40 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Armstrong, Andrew	M40 Thorold Elite	12.46m	13.86m 60.51%	3	10
11.45m 11.69m 11.80m 12.20m 12.27m 12.46m					

**Event 38 M50 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Bungay, Dwight	M53 Throwers Club	11.08m	12.79m 55.87%	3	10
10.51m 10.81m 10.82m 11.00m 10.86m 11.08m					
2 Reid, Richard	M54 Jamcan Int.	8.77m	10.13m 44.23%	3	8
8.20m 8.77m 7.70m PASS PASS PASS					
3 Atkinson, Tyler	M51 Unattached Ontario	7.07m	8.16m 35.65%	3	6
5.45m 6.39m 5.92m 7.07m 5.95m 6.52m					

**Event 38 M55 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Sethukavalar, Manoharan	M58 Unattached Ontario	10.13m	12.58m 54.91%	3	10
9.21m 9.66m 9.12m FOUL 9.55m 10.13m					

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2 Fawcett, Timothy M58 Kingston T.F.C. 9.49m 11.78m 51.44% 3 8  
 9.36m 9.10m 9.33m 9.49m 8.93m 9.44m

**Event 38 M60 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Yoisten, Danny	M63 Unattached Ontario	11.84m	14.50m 63.32%	2	10
		10.51m 11.54m 11.59m 11.23m FOUL 11.84m			
2 Wolters, Jake	M63 Throwers Club	11.40m	13.96m 60.96%	2	8
		FOUL 10.67m FOUL FOUL 10.97m 11.40m			
3 Anderson, Michael	M63 Throwers Club	J9.64m	11.81m 51.55%	2	6
		9.62m 8.97m 9.34m 8.76m 8.89m 9.64m			

**Event 38 M65 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Murray, Jerry	M66 Throwers Club	J10.64m	14.16m 61.86%	2	10
		10.51m 10.64m 10.03m 10.26m 10.33m 10.23m			
2 Virk, Sukhwinder	M65 Unattached Ontario	J9.86m	13.13m 57.33%	2	8
		9.01m 9.40m 9.54m 8.94m 9.86m 9.86m			
3 Dabrowa, Jerzy	M65 Unattached Ontario	J9.86m	13.13m 57.33%	2	6
		8.79m 9.53m 9.79m 9.80m 9.52m 9.86m			
4 Cilevitz, Ralph	M69 Jamcan Int.	J6.70m	8.92m 38.95%	2	5
		6.58m 6.70m FOUL 6.50m FOUL			

**Event 38 M70 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Zowkewych, Peter	M72 Uni. Toronto TC	10.96m	14.28m 62.38%	10
		10.67m 10.48m 10.15m 10.44m 10.96m 8.87m		
2 Sandhar, Balvinder	M71 Unattached Ontario	10.79m	14.06m 61.41%	8
		9.97m 10.15m FOUL 10.51m 10.79m		
3 Wyroba, Jerzy	M74 Unattached Ontario	9.96m	12.98m 56.69%	6
		9.80m 9.57m 9.60m 9.96m 9.73m 9.49m		

**Event 38 M75 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Johnston, Frank	M75 Brockville Legi.	J7.95m	11.43m 49.91%	10
		7.43m 7.45m 7.65m 7.51m 7.48m 7.95m		
2 Jacobs, Moe	M79 Throwers Club	J7.32m	10.52m 45.95%	8
		6.89m 7.00m 7.17m FOUL 7.18m 7.32m		
3 Sekhon, Pritam	M79 Unattached Ontario	J4.94m	7.10m 31.01%	6
		4.94m 4.79m 4.89m 4.92m		

**Event 38 M80 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Brosz, Helmut	M80 Unattached Ontario	J8.94m	12.41m 54.18%	10
		8.94m 8.67m 8.75m		
2 Makkar, Sardar	M80 Belleville RC	J7.63m	10.59m 46.24%	8
		7.16m FOUL 7.63m 7.29m 5.56m 7.12m		
3 Burgin, Harold	M84 Unattached Ontario	J7.38m	10.24m 44.73%	6
		7.27m 7.30m 7.09m 6.85m 7.38m 7.31m		
4 Toscano, Enrico	M82 Throwers Club	J5.95m	8.26m 36.06%	5

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5.46m FOUL 5.95m FOUL

**Event 38 M85 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Staveley, Bob	M89 Unattached Ontario	J5.21m	8.16m 35.64%	10
4.78m 5.02m 4.89m 5.21m 5.14m 4.97m				

**Event 38 M90 Shot Put Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Wolters, Clarence	M90 Unattached Ontario	J5.54m	9.95m 43.45%	10
FOUL 5.41m 4.85m 5.30m 5.13m 5.54m				

**Event 39 W40 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Sawyers, Tanya	W44 Unattached Ontario	30.20m	32.41m 45.39%	10
29.10m FOUL 27.89m 28.44m FOUL 30.20m				

**Event 39 W45 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Fernley, Lana	W47 Unattached Ontario	J26.25m	30.90m 43.27%	10
25.80m FOUL 26.25m FOUL 23.01m 25.40m				
2 Julien, Antoinette	W45 Variety Village	J14.03m	16.51m 23.13%	8
FOUL 14.03m FOUL 11.71m 13.36m 13.36m				

**Event 39 W50 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Corcoran, Patricia	W52 London Western	J18.38m	23.80m 33.33%	10
FOUL 17.90m FOUL FOUL 18.38m FOUL				
2 Banks, Jennifer	W54 Unattached Ontario	J18.06m	23.38m 32.75%	8
18.01m 17.93m 18.06m FOUL 15.90m FOUL				

**Event 39 W55 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Easton, Leah	W58 Throwers Club	J20.38m	29.14m 40.81%	10
17.83m 20.38m 18.90m FOUL 20.33m 19.61m				
2 Mantel, Kathy	W55 Brantford T.F.C.	J15.99m	22.86m 32.02%	8
FOUL PASS PASS PASS 15.99m 14.34m				

**Event 39 W60 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Dajia, Kristen	W60 Throwers Club	27.82m	44.15m 61.84%	2	10
26.91m 27.53m FOUL 27.13m 27.82m FOUL					

**Event 39 W65 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
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**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Garner, Doreen	W69 Throwers Club	J23.58m	41.81m	58.55%	2	10
	22.19m FOUL	20.34m	23.58m	22.25m	21.92m		
2	Brady, Janet	W68 London Western	J15.75m	27.93m	39.11%	2	8
	14.72m	15.75m	14.49m	13.70m	FOUL	14.83m	

**Event 39 W70 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points		
1	Wager, Patty Franke	W72 Peterborough	J10.48m	20.94m	29.33%	2	10
	9.80m	10.04m	FOUL	10.03m	10.48m	10.24m	

**Event 39 W75 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points		
1	Miklos Den Iseger, Joann	W77 London Western	J17.34m	34.18m	47.87%	2	10
	15.77m	13.75m	17.34m	15.73m	15.80m	15.70m	
2	Carnegie, Sandra	W78 Unattached Ontario	J11.19m	22.06m	30.89%	2	8
	FOUL	FOUL	10.63m	11.19m	10.03m	9.54m	

**Event 39 W80 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points		
1	Rowswell, Adri	W82 Throwers Club	J16.09m	36.66m	51.34%	2	10
	FOUL	16.06m	15.90m	16.09m	15.70m	15.79m	

**Event 40 M40 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points		
1	Armstrong, Andrew	M40 Thorold Elite	J27.70m	28.21m	39.27%	3	10
	FOUL	FOUL	24.45m	25.10m	27.70m	25.17m	

**Event 40 M45 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points		
1	Peretz, Lior	M49 Throwers Club	J36.65m	39.78m	55.37%	3	10
	FOUL	34.01m	FOUL	FOUL	34.96m	36.65m	
2	Pincombe, Tom	M47 Ottawa Lions T.F.C.	J33.40m	36.25m	50.46%	3	8
	FOUL	FOUL	33.40m	FOUL	32.46m	FOUL	

**Event 40 M50 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points		
1	Ransky, Mike	M52 Unattached Ontario	50.86m	51.25m	71.33%	3	10
	50.01m	FOUL	FOUL	50.86m	49.30m	FOUL	
2	Bungay, Dwight	M53 Throwers Club	J35.00m	35.27m	49.09%	3	8
	33.10m	35.00m	32.83m	FOUL	FOUL	FOUL	
3	Beechey, Matt	M52 Unattached Ontario	J27.15m	27.36m	38.08%	3	6
	24.39m	26.91m	27.15m	FOUL	25.35m	FOUL	
4	Pontes, Jack	M51 Jamcan Int.	J14.96m	15.07m	20.98%	3	5
	12.25m	13.45m	12.90m	13.16m	14.61m	14.96m	

**Event 40 M55 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
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**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Fawcett, Timothy	M58 Kingston T.F.C.	J35.20m	38.27m	53.26%	3	10
33.73m	33.75m	31.65m	32.30m	35.20m	32.14m	
2 Sethukavalar, Manoharan	M58 Unattached Ontario	J29.22m	31.77m	44.21%	3	8
29.15m	28.29m	FOUL	27.45m	29.22m	FOUL	

**Event 40 M60 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	Points	
1 Wolters, Jake	M63 Throwers Club	38.32m	36.99m 51.48%	10	
FOUL	FOUL	30.47m	36.05m	38.32m	FOUL
2 Kipfer, Randy	M61 Unattached Ontario	31.81m	30.70m 42.73%	8	
31.81m	FOUL	FOUL	29.61m	FOUL	FOUL
3 Yoisten, Danny	M63 Unattached Ontario	31.16m	30.07m 41.86%	6	
30.96m	31.16m	FOUL	FOUL	FOUL	PASS
4 Anderson, Michael	M63 Throwers Club	J27.08m	26.14m 36.38%	5	
27.08m	24.49m	25.97m	24.41m	FOUL	23.46m
5 Moran, Patrick	M64 Thames AC	J26.17m	25.26m 35.16%	4	
24.79m	26.17m	25.99m	23.13m	FOUL	25.38m
6 Belle, Carl	M62 Throwers Club	J24.11m	23.27m 32.39%	3	
22.91m	23.24m	FOUL	24.11m	FOUL	23.32m

**Event 40 M65 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	Points	
1 Murray, Jerry	M66 Throwers Club	J30.68m	32.49m 45.21%	10	
FOUL	29.27m	FOUL	30.68m	FOUL	FOUL
2 Dabrowa, Jerzy	M65 Unattached Ontario	J27.73m	29.36m 40.86%	8	
25.26m	27.73m	FOUL	FOUL	25.49m	FOUL
3 Virk, Sukhwinder	M65 Unattached Ontario	J26.84m	28.42m 39.55%	6	
26.84m	24.35m	23.86m	26.03m	25.65m	25.78m
4 Wright, Paul	M69 Unattached Ontario	J26.52m	28.08m 39.08%	5	
26.52m	PASS	PASS	FOUL	FOUL	25.73m
5 Hazen, Ward	M69 Laurel Creek T.F.C.	J24.26m	25.69m 35.75%	4	
24.26m	PASS	PASS	PASS	FOUL	FOUL
6 Cilevitz, Ralph	M69 Jamcan Int.	J19.56m	20.71m 28.82%	3	
19.56m	19.30m	PASS	PASS	PASS	PASS

**Event 40 M70 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Wyroba, Jerzy	M74 Unattached Ontario	J22.16m	26.02m 36.22%	2	10
17.40m	FOUL	20.68m	22.16m	19.72m	20.46m

**Event 40 M75 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jacobs, Moe	M79 Throwers Club	22.44m	29.63m 41.23%	2	10
22.44m	FOUL	FOUL	FOUL	FOUL	FOUL
2 Sekhon, Pritam	M79 Unattached Ontario	J11.28m	14.89m 20.73%	2	8
FOUL	11.28m	10.00m	PASS	PASS	PASS

**Event 40 M80 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Brosz, Helmut	M80 Unattached Ontario	J21.98m	33.19m 46.20%	2	10
FOUL	21.15m	21.98m	PASS	PASS	17.85m

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2	Burgin, Harold	M84 Unattached Ontario	J14.75m	22.27m	31.00%	2	8
	13.09m 14.50m 13.36m 14.75m 13.49m	FOUL					
3	Toscano, Enrico	M82 Throwers Club	J13.50m	20.38m	28.37%	2	6
	11.36m 12.38m 13.15m 13.50m 12.80m 13.16m						

**Event 41 W40 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Sawyers, Tanya	W44 Unattached Ontario	J33.29m	38.66m 46.60%	10
	29.16m 30.37m 30.85m 29.05m 21.36m 33.29m			

**Event 41 W50 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Banks, Jennifer	W54 Unattached Ontario	J23.75m	29.03m 34.99%	10
	19.78m 20.32m 22.69m 23.22m 23.75m 22.76m			

**Event 41 W55 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Easton, Leah	W58 Throwers Club	J24.32m	32.95m 39.71%	10
	23.93m 20.13m 22.20m 21.17m 24.32m 21.46m			

**Event 41 W60 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Dajia, Kristen</b>	<b>W60 Throwers Club</b>	<b>36.62m</b>	<b>55.29m 66.63%</b>	<b>10 CAN ONT MR</b>
	35.27m FOUL FOUL 35.11m 32.91m 36.62m			
	(old CAN 34.03 Celina Wong '22, ONT 30.97 Rhona Trott 2011, old MR 30.93 Rhona 2010)			

**Event 41 W70 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Green, Lucille	W74 Oakville T.F.C.	J15.73m	30.16m 36.35%	10
	14.09m 15.18m FOUL 14.92m 15.01m 15.73m			
-- Wager, Patty Franke	W72 Peterborough	FOUL		
	FOUL FOUL FOUL FOUL FOUL FOUL			

**Event 41 W75 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Miklos Den Iseger, Joann</b>	<b>W77 London Western</b>	<b>J20.31m</b>	<b>33.97m 40.95%</b>	<b>10 MR</b>
	20.14m 20.31m FOUL 19.08m FOUL 20.31m			
	(Old MR 20.30 Joanne 2021)			
2 Carnegie, Sandra	W78 Unattached Ontario	J19.33m	32.33m 38.97%	8
	FOUL FOUL FOUL 17.09m 19.33m FOUL			

**Event 42 M30 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Singh, Jasdeep</b>	<b>M30 Etob. Huskies</b>	<b>46.33m</b>	<b>46.33m 54.60%</b>	<b>10 MR</b>
	FOUL 42.25m 44.58m 46.33m FOUL 45.88m			
	(old MR 11.30 Raphael Nishida 2019)			

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 42 M40 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Armstrong, Andrew 33.75m 34.00m FOUL 33.30m 34.46m FOUL	M40 Thorold Elite	J34.46m	36.16m 42.62% 10

**Event 42 M45 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Harrison, Kevin 37.48m 37.23m FOUL 39.71m 39.23m 40.13m	M49 Unattached Ontario	J40.13m	44.90m 52.91% 10

**Event 42 M50 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Pontes, Jack FOUL FOUL FOUL FOUL 10.53m PASS	M51 Jamcan Int.	J10.53m	11.48m 13.54% 10

**Event 42 M55 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Sethukavalar, Manoharan 27.10m 28.23m FOUL FOUL 26.27m 25.46m	M58 Unattached Ontario	J28.23m	33.26m 39.20% 10
2 Delyea, Tim 18.53m 19.61m FOUL 19.09m 19.30m FOUL	M58 Unattached Ontario	J19.61m	23.10m 27.23% 8

**Event 42 M60 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Wolters, Jake 28.97m FOUL FOUL 36.19m FOUL FOUL	M63 Throwers Club	J36.19m	42.37m 49.94% 10
2 Anderson, Michael 23.13m 22.65m 24.28m 25.19m 25.30m 23.58m	M63 Throwers Club	J25.30m	29.62m 34.91% 8
3 Belle, Carl FOUL 22.99m 23.07m 23.67m 23.96m 21.04m	M62 Throwers Club	J23.96m	28.05m 33.06% 6

**Event 42 M65 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Murray, Jerry 26.38m 27.79m 28.61m FOUL FOUL 27.15m	M66 Throwers Club	J28.61m	36.80m 43.37% 10
2 Dabrowa, Jerzy 19.77m 19.35m 19.55m FOUL 20.11m 19.71m	M65 Unattached Ontario	J20.11m	25.87m 30.49% 8
3 Cilevitz, Ralph FOUL 16.26m FOUL 15.58m FOUL PASS	M69 Jamcan Int.	J16.26m	20.91m 24.65% 6

**Event 42 M70 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Garner, George 26.64m 30.12m FOUL 28.62m FOUL 28.34m	M71 Throwers Club	J30.12m	38.50m 45.38% 10

**Event 42 M75 Hammer Throw Masters**

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
1 Sekhon, Pritam	M79 Unattached Ontario	J15.17m	21.84m 25.75%	10
PASS PASS PASS FOUL	13.44m 15.17m			

**Event 42 M80 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Brosz, Helmut	M80 Unattached Ontario	J18.01m	25.75m 30.35%	10
FOUL 18.01m PASS PASS PASS PASS				
2 Toscano, Enrico	M82 Throwers Club	J15.70m	22.45m 26.46%	8
13.79m 14.75m 15.70m 14.30m 14.13m 15.02m				

**Event 43 W40 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Crispe, Michelle</b>	<b>W44 Unattached Ontario</b>	<b>39.19m</b>	<b>44.27m 61.25%</b>	<b>10 ONT MR</b>
35.10m 34.59m 33.34m 39.19m 32.53m 34.46m (old ONT & MR 38.26 Michelle 2022)				
2 Gordon, Novelette	W40 Stoney Creek	J19.91m	22.49m 31.12%	8
FOUL FOUL FOUL 19.91m FOUL 16.15m				
3 Sawyers, Tanya	W44 Unattached Ontario	J19.72m	22.27m 30.82%	6
17.41m 13.74m 17.94m 19.72m 17.24m FOUL				

**Event 43 W50 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Banks, Jennifer	W54 Unattached Ontario	J21.19m	26.80m 37.08%	10
18.15m 19.18m 19.28m 18.88m 17.65m 21.19m				

**Event 43 W55 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Reisler, Stephanie	W59 London Western	J24.37m	34.30m 47.46%	10
FOUL 22.72m 22.62m 24.37m FOUL FOUL				
2 Mantel, Kathy	W55 Brantford T.F.C.	J16.69m	23.49m 32.50%	8
14.07m 16.26m 13.91m 14.83m 16.03m 16.69m				
3 Easton, Leah	W58 Throwers Club	J14.32m	20.15m 27.89%	6
12.06m 13.68m 14.15m 13.10m 14.32m 13.67m				

**Event 43 W65 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Dabrowski, Barb	W66 Throwers Club	J26.99m	47.71m 66.02%	10
26.75m FOUL FOUL FOUL FOUL 26.99m				
2 Brady, Janet	W68 London Western	J16.20m	28.64m 39.63%	8
14.78m 16.20m 13.75m 16.07m 13.76m 13.63m				

**Event 43 W70 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Wager, Patty Franke	W72 Peterborough	J8.10m	16.20m 22.42%	10
8.10m FOUL 6.96m 6.73m 7.48m PASS				

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 43 W75 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Miklos Den Iseger, Joann	W77 London Western	J15.15m	30.94m 42.82%	10
11.29m 15.15m 14.18m 14.03m 10.85m 13.60m				
2 Carnegie, Sandra	W78 Unattached Ontario	J12.67m	25.88m 35.81%	8
9.16m 12.01m 12.67m 11.86m FOUL FOUL				

**Event 43 W80 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Rowswell, Adri	W82 Throwers Club	J11.61m	27.38m 37.89%	10
FOUL 9.73m 11.52m 10.38m 11.61m 10.06m				

**Event 44 M35 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Hayer, Gavie	M37 Unattached Ontario	J29.15m	30.42m 30.90%	10
22.46m 25.00m 28.63m 28.61m 28.31m 29.15m				

**Event 44 M40 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Armstrong, Andrew	M40 Thorold Elite	J37.81m	42.41m 43.07%	10
31.44m 37.11m 31.04m FOUL 37.81m 37.63m				

**Event 44 M45 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 McMillan, Derek	M48 Unattached Ontario	46.01m	55.71m 56.58%	10
44.99m 44.45m 46.01m FOUL 43.24m 42.96m				
2 Singh, Gagandeep	M45 Unattached Ontario	44.37m	53.73m 54.56%	8
36.21m 35.28m 36.13m 38.91m 36.36m 44.37m				
3 Stevens, Mark	M48 London Western	39.26m	47.54m 48.28%	6
34.93m 34.58m 38.13m 39.26m FOUL 37.53m				

**Event 44 M50 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Beechey, Matt	M52 Unattached Ontario	J30.90m	37.98m 38.57%	10
28.31m 29.76m 28.80m 27.84m 26.38m 30.90m				
2 Premru, Matthew	M53 Etob. Huskies	J22.72m	27.92m 28.36%	8
FOUL 17.97m 21.17m 22.72m 19.27m 19.91m				

**Event 44 M55 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Kalendra, Richard	M57 Etob. Huskies	J24.15m	32.42m 32.92%	10
20.93m 20.22m 24.15m FOUL 22.19m 17.82m				
2 Delyea, Tim	M58 Unattached Ontario	J16.70m	22.41m 22.76%	8
14.90m 16.70m FOUL 14.32m FOUL FOUL				

**Event 44 M60 Javelin Throw Masters**

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Wolters, Jake	M63 Throwers Club	34.91m	47.73m 48.48%	3	10
	30.41m 28.06m 30.02m 34.91m FOUL 33.41m				
2 Anderson, Michael	M63 Throwers Club	31.82m	43.51m 44.19%	3	8
	26.71m 27.22m 27.38m 31.82m 31.65m 30.38m				
3 Moran, Patrick	M64 Thames AC	30.78m	42.09m 42.74%	3	6
	27.67m 30.78m 28.53m 29.85m 28.99m 29.57m				

**Event 44 M65 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Hazen, Ward	M69 Laurel Creek T.F.C.	J28.38m	43.09m 43.76%	3	10
	24.49m 25.99m 26.18m 27.56m 27.82m 28.38m				
2 Wright, Paul	M69 Unattached Ontario	J20.85m	31.65m 32.15%	3	8
	20.59m FOUL FOUL FOUL 20.85m 18.64m				
3 Cilevitz, Ralph	M69 Jamcan Int.	J18.60m	28.24m 28.68%	3	6
	18.29m FOUL PASS 18.60m PASS PASS				

**Event 44 M70 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Northcott, Al	M72 Throwers Club	31.30m	48.72m 49.47%	2	10
	31.25m 29.22m 31.30m FOUL FOUL 29.11m				
2 Zowkewych, Peter	M72 Uni. Toronto TC	26.00m	40.47m 41.09%	2	8
	FOUL FOUL 23.60m FOUL 26.00m 23.71m				
3 Sandhar, Balvinder	M71 Unattached Ontario	25.67m	39.95m 40.57%	2	6
	FOUL 15.61m FOUL 25.21m 21.03m 25.67m				
4 Wyroba, Jerzy	M74 Unattached Ontario	J16.19m	25.20m 25.59%	2	5
	13.60m 14.26m 14.57m 16.19m 16.12m 14.06m				

**Event 44 M75 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Peters, James	M75 Unattached Ontario	J20.76m	36.80m 37.38%	2	10
	FOUL FOUL FOUL 20.76m FOUL FOUL				
2 Sekhon, Pritam	M79 Unattached Ontario	J7.92m	14.04m 14.26%	2	8
	PASS 7.92m FOUL FOUL 7.41m FOUL				

**Event 44 M80 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Brosz, Helmut	M80 Unattached Ontario	J20.90m	38.46m 39.05%	2	10
	20.90m 17.84m 18.71m PASS PASS PASS				
2 Burgin, Harold	M84 Unattached Ontario	J18.07m	33.25m 33.76%	2	8
	14.45m 16.62m 15.30m FOUL 16.37m 18.07m				
3 Makkar, Sardar	M80 Belleville RC	J15.53m	28.57m 29.02%	2	6
	11.41m 11.80m 13.72m 14.18m 15.28m 15.53m				
4 Toscano, Enrico	M82 Throwers Club	J8.24m	15.16m 15.40%	2	5
	8.24m 7.81m PASS PASS PASS PASS				

**Event 44 M85 Javelin Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
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**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Staveley, Bob M89 Unattached Ontario J15.12m 33.10m 33.61% 2 10  
 14.04m 13.22m FOUL 12.70m 13.71m 15.12m

**Event 45 W40 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Sawyers, Tanya	W44 Unattached Ontario	10.18m	11.38m 44.47% 10
FOUL 10.18m FOUL 9.45m 9.80m 10.16m			

**Event 45 W50 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Banks, Jennifer	W54 Unattached Ontario	8.40m	9.69m 37.87% 10
7.96m 6.94m 8.26m 8.01m 7.66m 8.40m			

**Event 45 W55 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Easton, Leah	W58 Throwers Club	9.32m	11.77m 46.00% 10
FOUL 9.32m 8.43m 8.38m 8.91m FOUL			

**Event 45 W60 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading Points
<b>1 Dajia, Kristen</b>	<b>W60 Throwers Club</b>	<b>14.21m</b>	<b>16.64m 65.03% 10 CAN ONT MR</b>
13.46m 13.29m FOUL 13.84m FOUL 14.21m (old CAN, ONT & MR 12.68 Rhona Trott 2009)			

**Event 45 W65 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Garner, Doreen	W69 Throwers Club	9.63m	12.52m 48.91% 10
9.63m 9.00m FOUL FOUL FOUL 9.23m			

**Event 45 W70 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading Points
<b>1 Green, Lucille</b>	<b>W74 Oakville T.F.C.</b>	<b>7.36m</b>	<b>10.72m 41.91% 10 ONT</b>
FOUL 6.65m 7.36m FOUL 6.10m FOUL (old ONT 7.33 Lucille 2019)			
2 Wager, Patty Franke	W72 Peterborough	4.28m	6.23m 24.37% 8
4.04m 4.05m 4.28m 3.99m 3.96m 3.99m			

**Event 45 W75 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading Points
<b>1 Miklos Den Iseger, Joann</b>	<b>W77 London Western</b>	<b>9.08m</b>	<b>12.47m 48.74% 10 ONT MR</b>
9.02m 9.08m 7.49m 6.75m FOUL 8.75m (old ONT 5.58 Elga Meri1996)			
2 Carnegie, Sandra	W78 Unattached Ontario	7.21m	9.90m 38.70% 8
6.49m 6.15m FOUL FOUL 7.21m 7.11m			

**Event 46 M30 Weight Throw Masters**

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	H#	Points
<b>1 Singh, Jasdeep</b>	<b>M30 Etob. Huskies</b>	<b>13.86m</b>	<b>13.86m 53.60%</b>	<b>2</b>	<b>10 MR</b>
12.56m 11.93m 13.42m 13.86m 13.61m 13.66m					
(old MR 7.18 Milton Ashmeade 2019)					

**Event 46 M40 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Armstrong, Andrew	M40 Thorold Elite	11.73m	12.51m 48.39%	2	10
11.48m FOUL FOUL FOUL FOUL 11.73m					

**Event 46 M45 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Harrison, Kevin	M49 Unattached Ontario	11.59m	13.21m 51.12%	2	10
11.20m 11.21m 11.38m 11.36m 11.59m FOUL					

**Event 46 M50 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Pontes, Jack	M51 Jamcan Int.	5.40m	5.38m 20.83%	2	10
5.07m 5.16m 3.08m 5.40m 4.83m 4.02m					

**Event 46 M55 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Fawcett, Timothy	M58 Kingston T.F.C.	11.39m	12.19m 47.14%	2	10
9.11m FOUL 10.03m FOUL FOUL 11.39m					
2 Sethukavalar, Manoharan	M58 Unattached Ontario	9.15m	9.79m 37.87%	2	8
9.15m FOUL FOUL FOUL FOUL FOUL					
3 Delyea, Tim	M58 Unattached Ontario	7.21m	7.71m 29.84%	2	6
6.49m FOUL 6.58m 7.09m 7.21m FOUL					

**Event 46 M60 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Wolters, Jake	M63 Throwers Club	16.54m	16.65m 64.41%	2	10
FOUL 16.54m FOUL 15.45m FOUL FOUL					
2 Belle, Carl	M62 Throwers Club	11.92m	12.00m 46.42%	2	8
9.71m FOUL FOUL 10.97m 10.15m 11.92m					
3 Anderson, Michael	M63 Throwers Club	11.35m	11.43m 44.20%	2	6
11.35m 10.53m 9.02m 10.99m 10.73m 10.64m					

**Event 46 M65 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Murray, Jerry	M66 Throwers Club	11.47m	12.44m 48.13%	10
11.47m 11.24m 11.29m FOUL 11.13m FOUL				
2 Dabrowa, Jerzy	M65 Unattached Ontario	9.03m	9.80m 37.89%	8
8.98m 8.69m 8.85m FOUL 9.03m 8.47m				
3 Cilevitz, Ralph	M69 Jamcan Int.	6.87m	7.45m 28.83%	6
6.48m 6.87m FOUL FOUL FOUL FOUL				

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Event 46 M70 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Sandhar, Balvinder	M71 Unattached Ontario	11.83m	12.14m 46.94%	10
FOUL 11.19m	FOUL 11.83m			
2 Garner, George	M71 Throwers Club	10.68m	10.96m 42.38%	8
10.53m FOUL 10.53m	10.48m 10.68m FOUL			
3 Wyroba, Jerzy	M74 Unattached Ontario	7.90m	8.10m 31.35%	6
7.90m FOUL 7.56m	7.62m 7.50m			

**Event 46 M75 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Sekhon, Pritam	M79 Unattached Ontario	6.23m	6.99m 27.06%	10
5.03m 6.23m 4.70m	4.77m			

**Event 46 M80 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading	Points
1 Brosz, Helmut	M80 Unattached Ontario	7.60m	8.01m 30.98%	10
6.73m 7.60m 7.28m				
2 Toscano, Enrico	M82 Throwers Club	6.82m	7.19m 27.80%	8
6.82m 6.53m 6.48m	6.02m FOUL 5.93m			

**Event 48 M50 Outdoor Pentathlon Masters**

Name	Age Team	Finals	H#	Points
1 Beechey, Matt	M52 Unattached Ontario	2174		10
2 Goveia, Mark	M52 Thorold Elite	1143		8

**Event 48 M60 Outdoor Pentathlon Masters**

Name	Age Team	Finals	H#	Points
1 Baldamus, Steve	M63 Unattached Ontario	1206		9

**Event 48 M80 Outdoor Pentathlon Masters**

Name	Age Team	Finals	H#	Points
1 Groulx, Patrick	M81 Throwers Club	775		9

**Event 48 M50 Long Jump Masters Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Beechey, Matt	M52 Unattached Ontario	4.27m	-1.1	5.25m 58.65%	431
4.02m(-2.1) 4.27m(-1.1)	FOUL(-1.6)				
2 Goveia, Mark	M52 Thorold Elite	3.58m	-1.7	4.40m 49.18%	273
3.54m(-1.3) 3.58m(-1.7)	FOUL(0.6)				

**Event 48 M60 Long Jump Masters Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Baldamus, Steve	M63 Unattached Ontario	3.14m	-0.8	4.35m 48.68%	264

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

2.91m(-0.2) 3.09m(-1.5) 3.14m(-0.8)

**Event 48 M80 Long Jump Masters Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Groulx, Patrick	M81 Throwers Club	2.08m	-0.8	3.83m 42.89%	179
1.82m(-0.6) 2.08m(-0.8) 2.02m(-0.1)					

**Event 48 M50 Javelin Throw Masters Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Beechey, Matt	M52 Unattached Ontario	33.12m	40.71m 41.34%	452
33.12m 31.03m 32.57m				
2 Goveia, Mark	M52 Thorold Elite	17.40m	21.38m 21.72%	180
17.40m 16.74m 14.79m				

**Event 48 M60 Javelin Throw Masters Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Baldamus, Steve	M63 Unattached Ontario	22.65m	30.97m 31.45%	313
21.70m 22.65m FOUL				

**Event 48 M80 Javelin Throw Masters Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Groulx, Patrick	M81 Throwers Club	14.64m	26.94m 27.35%	256
11.41m 14.64m 12.11m				

**Event 48 M50 200 Meter Dash Masters Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Beechey, Matt	M52 Unattached Ontario	28.86	-0.5	25.64 74.84%	553
2 Goveia, Mark	M52 Thorold Elite	37.92	-0.5	33.69 56.96%	82

**Event 48 M60 200 Meter Dash Masters Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Baldamus, Steve	M63 Unattached Ontario	38.23	-0.5	31.78 60.40%	159

**Event 48 M80 200 Meter Dash Masters Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Groulx, Patrick	M81 Throwers Club	1:12.22	-0.5	51.79 37.05%	

**Event 48 M50 Discus Throw Masters Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Beechey, Matt	M52 Unattached Ontario	28.84m	29.06m 40.45%	446
28.84m FOUL FOUL				
2 Goveia, Mark	M52 Thorold Elite	22.75m	22.92m 31.91%	327
21.96m 22.75m 21.16m				

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Name	Age Team	Finals	Age-Grading Points
1 Baldamus, Steve 18.37m 20.50m FOUL	M63 Unattached Ontario	20.50m	19.78m 27.54% 268

**Event 48 M80 Discus Throw Masters Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Groulx, Patrick 12.70m 12.16m 15.62m	M81 Throwers Club	15.62m	23.59m 32.83% 340

**Event 48 M50 1500 Meter Run Masters Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Beechey, Matt	M52 Unattached Ontario	6:38.24	5:53.28 58.31% 292
2 Goveia, Mark	M52 Thorold Elite	6:41.27	5:55.97 57.87% 281

**Event 48 M60 1500 Meter Run Masters Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Baldamus, Steve	M63 Unattached Ontario	7:40.20	6:16.17 54.76% 202

**Event 48 M80 1500 Meter Run Masters Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Groulx, Patrick	M81 Throwers Club	14:24.83	9:35.20 35.81%

**Event 49 W35 4x100 Meter Relay Masters**

Team	Finals	Points
<b>1 Unattached Ontario 'A'</b> 1) Gerry, Rachael 40 3) Pedrero, Ana 39 (old MR 56.64 Del Grande, Alexis, Shah, Rice 2016)	<b>56.04</b>	<b>MR</b>
2) Lavigne, Stéphanie 35 4) Dubeau, Aimee 35		

**Event 50 M30 4x100 Meter Relay Masters**

Team	Finals	Points
-- Jamcan International Athletics 'A' 1) Phala, Sefako 36 3) Victor, Andrew 32	DQ	24.7
2) Ashmeade, Milton 38 4) Barker, Jeff 31		

**Event 50 M35 4x100 Meter Relay Masters**

Team	Finals	Points
<b>1 Ottawa Lions T.F.C. 'A'</b> 1) Nahum, Lionel 49 3) Smith, Michel 53 (no previous M35 MR)	<b>50.12</b>	<b>10 MR</b>
2) Fine, Neil 39 4) McCann, Sancho 40		

**Event 50 M40 4x100 Meter Relay Masters**

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Team	Finals	Points
1 Jamcan International Athletics 'A'	50.07	10
1) Lascelles, Eric 45	2) Hui, Tit (Jonathan) 52	
3) Miller, Ainsley 41	4) Morgan, Otis 47	

**Event 50 M60 4x100 Meter Relay Masters**

Team	Finals	Points
1 Jamcan International Athletics 'A'	58.48	10
1) Grose, Val 67	2) Lee, Paul 63	
3) Arnfield, Spencer 64	4) Lee Foon, Mike 62	

**Event 52 M30 4x400 Meter Relay Masters**

Team	Finals	Points
1 Ottawa Lions T.F.C. 'A'	3:52.20	10 MR
1) Conway, Michael 39	2) Frenette, Gilles 46	
3) Auguste, Fritzlor 32	4) Heffernan, Andrew 34	
(no previous MR)		

**Event 52 M35 4x400 Meter Relay Masters**

Team	Finals	Points
1 Jamcan International Athletics 'A'	4:16.07	10
1) Johnson, Mark 42	2) Ashmeade, Milton 38	
3) Edwards, Travis 36	4) Miller, Ainsley 41	

**Event 52 M45 4x400 Meter Relay Masters**

Team	Finals	Points
1 Jamcan International Athletics 'A'	3:58.88	10 MR
1) Reid, Richard 54	2) Hui, Tit (Jonathan) 52	
3) Morgan, Otis 47	4) Lascelles, Eric 45	
(no previous MR)		

**Event 52 M75 4x400 Meter Relay Masters**

Team	Finals	Points
1 University Of Toronto TC 'A'	6:44.39	10
1) Perez, Jean-Louis 78	2) Christensen, Verner 82	
3) Swift, Phillip 75	4) Mackie, Chris 82	

**Combined Team Scores - Masters - 48 Events Scored**

1) Jamcan International Athle	482	2) Throwers Club	415
3) Ottawa Lions T.F.C.	306	4) University Of Toronto TC	301
5) Newmarket Huskies Track Cl	157	6) Variety Village Athletic	106
7) London Western T.F.C.	100	8) Thorold Elite Track Club	96
9) Laurel Creek T.F.C.	93	10) Brantford T.F.C.	80
11) Etobicoke Huskies-Striders	69	12) Ontario Racewalkers Assoc	68
13) Belleville Runner's Club	44	14) Blue Devils Athletics Clu	39
15) Peterborough Legion Track	38	16) Monarch Athletics Club	34
16) Dundas Valley Track Club	34	18) Kingston Track & Field Cl	28

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30****Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

19) Thames Athletics Club	27	20) Uni. Windsor Athletic Clu	20
20) Oakville Track & Field Clu	20	22) Stoney Creek Athletics	18
22) Burlington Runners Club	18	22) Longboat Roadrunners	18
22) Lions Valley Athletics	18	26) Royal City Athletics Club	16
27) Brockville Legion Track Cl	10	27) Niagara Olympic Club	10
27) Kawartha Lakes Lightning	10	27) North Bay Legion	10
27) Toronto Race Walkers	10	32) London Legion T.F. Allian	9
33) Toronto Olympic Track & Fi	6		