

2024 Ontario Indoor Masters Athletics Championships
For Split Times Visit: <https://bit.ly/2024-indoor-masters>
Toronto Track and Field Centre - 2/25/2024
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

8 Ontario Records**20 Meet Records****X** indicates Unattached athlete**M29&U 60 Meter Dash Masters**

Name	Age Team	Finals	Age-Grading	H#
Finals				
1 Dobson, David	M29 Jamcan Int.	7.38	7.39 85.91%	10

W29&U 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Hui, Joanna	W22 Unattached Ontario	X 8.14	8.15 85.38%	3

M30 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Orsini, Daniele	M32 Extreme Velocity	7.31	7.32 86.73%	11
2 Mlakar, Mark	M32 Unattached Ontario	X7.37	7.38 86.02%	11
3 Granillo, Elias	M34 St Thomas Legion	7.44	7.45 85.22%	11
4 Barker, Jeff	M32 Jamcan Int.	7.45	7.46 85.10%	11
5 Omosa, Stephen	M31 Blue Devils AC	7.61	7.62 83.31%	11
6 Turano, Matthew	M33 Unattached Ontario	X7.70	7.71 82.34%	11
7 Scragg, Stephen	M32 Uni. Toronto TC	7.92	7.93 80.05%	11 7.912

W30 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Suchowiecka, Paula (old MR 7.6 Paula 2022)	W34 Unattached Ontario	X 7.53	7.54 92.30%	3 MR
2 Leahey, Shelleyann	W33 Unattached Ontario	X8.75	8.76 79.43%	3
3 Whitnell, Torin	W30 Unattached Ontario	X9.39	9.40 74.01%	3

M35 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Butts, Steven	M38 Unattached Ontario	X7.50	7.50 84.67%	10
2 Ong, Sonny	M35 Unattached Ontario	X7.56	7.56 83.99%	10 7.556
3 Blackman, Alman	M39 Mississauga T.F.C.	7.84	7.84 80.99%	10
4 Hotic, Damir	M36 Unattached Ontario	X8.11	8.11 78.30%	10
5 Grainger, Al	M37 Unattached Ontario	X8.27	8.27 76.78%	10 8.267
6 Hayer, Gavie	M38 Unattached Ontario	X8.48	8.48 74.88%	10

W35 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Jones, Frida	W39 Uni. Toronto TC	8.81	8.82 78.89%	3

M40 60 Meter Dash Masters

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1 Silla, Jay	M41 Unattached Ontario	X7.85	7.67 82.68%	8
2 Primeau, David	M40 Force Track Team	X8.05	7.86 80.62%	8
3 Eswarathasan, Shashietha	M44 Unattached Ontario	X8.65	8.45 75.03%	8
4 Veurink, Kevin	M41 Oakville T.F.C.	8.80	8.60 73.75%	8

W40 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Gerry, Rachael	W41 Unattached Ontario	X9.04	9.03 76.99%	2
2 Eboh, Jennifer	W40 Etobicoke Huskie	9.08	9.07 76.65%	2
3 Pillai, Sindhu	W44 Variety Village	9.24	9.23 75.32%	2

M45 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Ryan, Dree	M45 Unattached Ontario	X7.32	6.98 90.98%	9 MR
<i>(old MR 7.33 George Horton 1980....44 years ago !!)</i>				
2 Mirco, Sheldon	M47 Brantford T.F.C.	7.64	7.28 87.17%	9
3 Mitchell, Andre	M47 Uni. Toronto TC	7.77	7.41 85.71%	9
4 Green, Doug	M49 Border City AC	8.67	8.26 76.82%	9
5 Macaloney, Jeff	M48 Brantford T.F.C.	9.02	8.60 73.84%	9

W45 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Ayippey, Mavis	W47 Jamcan Int.	8.93	8.59 80.96%	2

M50 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Gibbons, O'Brian	M53 Border City AC	7.56	7.02 90.34%	7 7.560
2 John, Nigel	M51 Jamcan Int.	7.92	7.36 86.24%	7 7.917
3 Hui, Tit (Jonathan)	M53 Jamcan Int.	8.27	7.68 82.59%	7 8.266
4 Minott, Lon	M50 Unattached Ontario	X8.45	7.85 80.83%	7
5 Alfred, Dale	M52 Unattached Ontario	X8.83	8.20 77.35%	7
6 Lee, Richard	M50 Unattached Ontario	X9.29	8.63 73.52%	7
7 Sutherland, Paul	M54 Unattached Ontario	X10.22	9.49 66.83%	7

W50 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Garfunkel, Violeta	W50 Variety Village	8.63	8.00 87.02%	2
2 Kanthavel, Srinandini	W51 United Tamil SC	11.80	10.93 63.64%	2

M55 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Hart, Milton	M59 Unattached Ontario	X7.63	6.89 92.01%	8
2 Miller, Leroy	M55 Variety Village	8.28	7.48 84.78%	8 8.280
3 Atkinson, Donald	M58 Laurel Creek T.F.C.	9.16	8.28 76.64%	8

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W55 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Duarte, Ann-Maria	W55 Variety Village	9.46	8.45 82.35%
2 Loucks, Kairy	W57 Jamcan Int.	9.62	8.59 80.98%
3 Oswald, Carrie-Ann	W56 Unattached Ontario	X10.52	9.39 74.05%

M60 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Kudo, Ken	M61 Jamcan Int.	8.25	7.24 87.64%	6
2 Leefoon, Michael	M63 Jamcan Int.	8.49	7.45 85.16%	6
3 Nasato, Robert	M63 Jamcan Int.	8.72	7.65 82.91%	6
4 Ancheta, Ernie	M62 Unattached Ontario	X9.09	7.98 79.54%	6
5 Velautham, Ravindraraaj	M63 United Tamil SC	9.28	8.14 77.91%	6 9.280

W60 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Pierce, Michelle	W62 Unattached Ontario	X10.42	8.97 77.54%

M65 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Hazen, Ward	M69 Laurel Creek T.F.C.	8.28	7.04 90.10%	5 8.280
2 Williams, Dave	M65 Uni. Toronto TC	8.85	7.53 84.29%	5
3 Grose, Val	M68 Jamcan Int.	8.90	7.57 83.82%	5
4 Kumarakulasingam, Kumar	M65 Unattached Ontario	X9.28	7.89 80.39%	5 9.279
5 Roblin, Blair	M65 Unattached Ontario	X9.28	7.89 80.39%	5 9.280
6 Cilevitz, Ralph	M69 Jamcan Int.	11.55	9.82 64.59%	5
7 Melchiorre, Ron	M67 Unattached NS	12.05	10.25 61.91%	5

W65 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Alexis, Wendy	W68 Ottawa Lions T.F.C.	8.92	7.41 93.83%
		(MR 8.91)	

M70 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Hehar, Manmohan	M73 Unattached Ontario	X9.32	7.67 82.73%	4
2 Genik-Sas-Berezowski, Mi	M74 Unattached Ontario	X11.04	9.09 69.84%	4
3 Black, David	M71 Unattached	X11.05	9.10 69.77%	4

W70 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	MR
1 Del Grande, Karla	W70 Variety Village	9.45	7.58 91.75%	MR
(old MR 10.99 Doreen Carmichael 2003)				

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M75 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Morley, Robert	M76 Unattached Ontario	X9.25	7.36 86.27%	4

M80 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Morris, Mike	M83 Unattached Ontario	X10.27	7.87 80.62%	4
2 Sekhon, Pritam Singh	M80 Unattached Ontario	X21.51	16.48 38.49%	4

W80 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Burgin, Aileen	W83 Unattached Ontario	X14.13	10.50 66.24%	

M85 60 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Burgin, Harold	M85 Unattached Ontario	X16.43	11.94 53.13%	4

M29&U 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Dobson, David	M29 Jamcan Int.	24.20	24.21 79.30%	14

W29&U 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Hui, Joanna	W22 Unattached Ontario	X28.57	28.58 75.71%	5

M30 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Barker, Jeff	M32 Jamcan Int.	24.37	24.38 78.74%	16
2 Omosa, Stephen	M31 Blue Devils AC	24.85	24.86 77.22%	16
3 Connors, Michael	M34 Uni. Toronto TC	26.31	26.32 72.94%	16

W30 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Suchowiecka, Paula (old MR 25.79 Jordanne Williams 2022)	W34 Unattached Ontario	X24.83	24.84 87.11%	5 MR
2 Leahey, Shelleyann	W33 Unattached Ontario	X31.80	31.81 68.02%	5

M35 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Klein, Eric	M38 Thorold Elite	24.31	23.81 80.63%	15
2 Millage, Jamie	M39 Unattached Ontario	X24.41	23.90 80.29%	15

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3 Butts, Steven	M38 Unattached Ontario	X25.17	24.65	77.87%	15
4 Blackman, Alman	M39 Mississauga T.F.C.	26.36	25.81	74.36%	14
5 Hotic, Damir	M36 Unattached Ontario	X27.03	26.47	72.51%	14

W35 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Jones, Frida	W39 Uni. Toronto TC	29.54	29.55 73.22%	4

M40 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Primeau, David	M40 Force Track Team	X26.92	25.53 75.19%	13
2 Gilman, Matt	M43 Unattached Ontario	X27.32	25.91 74.08%	13
3 Veurink, Kevin	M41 Oakville T.F.C.	29.55	28.02 68.49%	13
4 Atkinson, Kenneth	M42 Unattached Ontario	X31.39	29.77 64.48%	13

W40 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Pillai, Sindhu	W44 Variety Village	31.00	30.34 71.29%	4
2 Gerry, Rachael	W41 Unattached Ontario	X31.23	30.57 70.77%	4
3 Eboh, Jennifer	W40 Etobicoke Huskie	32.63	31.94 67.73%	4

M45 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Mirco, Sheldon	M47 Brantford T.F.C.	24.95	22.91 83.81%	12
2 Mitchell, Andre	M47 Uni. Toronto TC	26.03	23.90 80.33%	12
-- Ryan, Dree	M45 Unattached Ontario	XDNF		12

W45 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Ayippey, Mavis	W47 Jamcan Int.	32.05	30.17 71.70%	3
2 Hutton, Jennifer	W47 Laurel Creek T.F.C.	33.43	31.47 68.74%	3
3 Oreopoulos, Marcela	W49 Uni. Toronto TC	40.71	38.32 56.45%	3

M50 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Gibbons, O'Brian	M53 Border City AC	25.57	22.72 84.47%	10
2 John, Nigel	M51 Jamcan Int.	26.14	23.23 82.63%	10
3 Hui, Tit (Jonathan)	M53 Jamcan Int.	27.94	24.82 77.31%	10
4 Minott, Lon	M50 Unattached Ontario	X28.63	25.44 75.45%	10
5 Heaven, Howard	M52 Jamcan Int.	28.83	25.61 74.92%	10

M55 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Miller, Leroy	M55 Variety Village	27.71	23.82 80.58%	12
2 Atkinson, Donald	M58 Laurel Creek T.F.C.	32.29	27.76 69.15%	12

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W55 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Oswald, Carrie-Ann	W56 Unattached Ontario	X38.88	33.73 64.15%

M60 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Kudo, Ken	M61 Jamcan Int.	27.21	22.62 84.86%	9
2 Leefoon, Michael	M63 Jamcan Int.	28.76	23.91 80.29%	9
3 McGhie, Bradley	M60 Unattached Ontario	X32.01	26.61 72.13%	9

M65 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Hazen, Ward	M69 Laurel Creek T.F.C.	28.90	23.23 82.63%	8
2 Williams, Dave	M65 Uni. Toronto TC	30.67	24.65 77.86%	8
3 Melchiorre, Ron	M67 Unattached NS	41.29	33.18 57.83%	8
4 Cilevitz, Ralph	M69 Jamcan Int.	41.93	33.70 56.95%	7

W65 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Alexis, Wendy	W68 Ottawa Lions T.F.C.	30.67	24.39 88.72%
2 Willis, Katherine	W65 Laurel Creek T.F.C.	43.17	34.33 63.03%

M70 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Hehar, Manmohan	M73 Unattached Ontario	X35.13	27.28 70.37%	7
2 Lachance, Bernard	M73 St-Hyacinthe	X35.79	27.79 69.07%	7

W70 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Del Grande, Karla	W70 Variety Village	32.05	24.34 88.86%
(old MR 40.27 Doreen Carmichael 2003)			

M80 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Powell, Tony	M80 Unattached Ontario	X33.48	24.01 79.93%	6
2 Sekhon, Pritam Singh	M80 Unattached Ontario	X1:50.04	1:18.90 24.32%	6

W80 200 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Burgin, Aileen	W83 Unattached Ontario	X53.18	36.57 59.16%
(old ONT 57.96 Agnes Lamb 2018, MR 42.18 Alice Cole PQ 2014))			

W29&U 400 Meter Dash Masters

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Name	Age Team	Finals	Age-Grading	H#
1 Ware, Aimee	W28 Newmarket Huskie	1:03.78	1:03.79 75.48%	2

M30 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Bays, Connor	M34 Uni. Toronto TC	54.57	54.58 78.85%	7
2 Omosa, Stephen	M31 Blue Devils AC	55.43	55.44 77.63%	7
3 Rahming, Gabriel	M30 Jamcan Int.	57.85	57.86 74.38%	7
4 Mackett, Michael	M32 Unattached Ontario	X1:09.47	1:09.48 61.94%	7

M35 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Klein, Eric	M38 Thorold Elite	53.85	52.91 81.34%	5
2 Galloway, Andrew	M39 London Western	54.30	53.35 80.66%	5

M40 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Johnson, Mark	M42 Jamcan Int.	57.60	54.80 78.52%	6
2 Hetherington, Greg	M40 Unattached Ontario	X59.02	56.15 76.64%	6
3 Gilman, Matt	M43 Unattached Ontario	X59.89	56.98 75.52%	6
4 Veurink, Kevin	M41 Oakville T.F.C.	1:06.34	1:03.11 68.18%	6

M45 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Macaloney, Jeff	M48 Brantford T.F.C.	1:04.58	59.47 72.36%	5

W45 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Katz, Sarah	W45 Uni. Toronto TC	1:04.88	58.94 81.67%	2
2 Hutton, Jennifer	W47 Laurel Creek T.F.C.	1:15.74	1:08.81 69.96%	2
3 Oreopoulos, Marcela	W49 Uni. Toronto TC	1:32.13	1:23.70 57.52%	2

M50 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Munro, Lenroy	M53 Unattached Ontario	X1:02.97	56.10 76.70%	5
2 Lee, Richard	M50 Unattached Ontario	X1:12.24	1:04.36 66.86%	5

M55 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Graenert, Mirco	M55 Newmarket Huskie	57.05	49.16 87.54%	4
2 Cattana, Robert	M57 Toronto Harriers	1:05.19	56.17 76.61%	4
-- Zero, Nick	M57 Unattached Ontario	XDQ		4 17-3.3

M65 400 Meter Dash Masters

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1 Southwood, Michael	M69 U.S.A.	X1:23.57	1:07.25 63.98%	3

W65 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Willis, Katherine	W65 Laurel Creek T.F.C.	1:38.36	1:13.87 65.17%	

M70 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Mills, Frank	M74 Unattached Ontario	X1:29.38	1:09.45 61.96%	3

W70 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Del Grande, Karla (old MR 1:22.1 Jean Horne 2004)	W70 Variety Village	1:15.50	53.49 90.01%	MR

M80 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Sekhon, Pritam Singh	M80 Unattached Ontario	X3:45.68	2:37.30 27.36%	3

W29&U 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Ware, Aimee	W28 Newmarket Huskie	2:27.60	2:27.61 77.24%	

M30 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Bays, Connor	M34 Uni. Toronto TC	2:05.76	2:05.77 80.24%	5
2 Medeiros, Kevin	M33 Unattached Ontario	X2:14.13	2:14.14 75.23%	5
3 Mackett, Michael	M32 Unattached Ontario	X2:34.83	2:34.84 65.17%	5

M35 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Galloway, Andrew	M39 London Western	2:11.30	2:10.85 77.12%	5
2 Stane, Octavian	M36 Blue Devils AC	2:24.87	2:24.37 69.90%	5

M40 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Johnson, Mark	M42 Jamcan Int.	2:15.31	2:09.63 77.84%	5

M45 800 Meter Run Masters

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Name	Age Team	Finals	Age-Grading	H#
1 McGill, Robert	M47 Dundas Valley TC	2:16.05	2:05.24 80.58%	4
2 Felix, Paul	M49 Dundas Valley TC	2:17.41	2:06.49 79.78%	4
3 Macaloney, Jeff	M48 Brantford T.F.C.	2:30.16	2:18.23 73.01%	4

W45 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Barrie, Jennifer	W47 Unattached Ontario	X4:37.38	4:14.97 44.71%

M50 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Grossi, Danny	M53 Newmarket Huskie	2:33.00	2:15.29 74.59%	4
2 Byrne, Louis	M52 Toronto Olympic	2:35.93	2:17.88 73.19%	4

W50 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	
1 Pady, Heather	W50 Unattached Ontario	X2:47.82	2:27.92 77.08%	
2 Weber, Catherine	W54 Uni. Toronto TC	2:56.55	2:35.62 73.27%	
-- Webster, Zoe	W52 Blue Devils AC	DQ		17-3.3

M55 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Graenert, Mirco	M55 Newmarket Huskie	2:12.86	1:52.79 89.47%	3
2 Thomas, John	M56 Uni. Toronto TC	2:27.50	2:05.22 80.59%	3
3 Madsen, Chris	M56 Uni. Toronto TC	2:59.34	2:32.25 66.28%	3

W60 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Ohler, Makie	W61 Uni. Toronto TC	3:01.11	2:25.69 78.26%

M65 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Southwood, Michael	M69 U.S.A.	X3:23.12	2:38.72 63.58%	3

M70 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Clarke, John	M72 Unattached Ontario	X3:05.95	2:19.28 72.45%	2
2 Payne, Tim	M73 Newmarket Huskie	3:27.11	2:35.13 65.05%	2
3 Paget, Ted	M72 Newmarket Huskie	3:30.04	2:37.33 64.14%	2

M80 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Mackie, Chris	M83 Unattached Ontario	X3:27.74	2:19.96 72.10%	2

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2	Christensen, Verner	M83 Uni. Toronto TC	4:32.60	3:03.66	54.94%	2
3	Sekhon, Pritam Singh	M80 Unattached Ontario	X10:34.91	7:07.74	23.59%	2

M30 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Violante, Jean-Paul	M30 Newmarket Huskie	4:30.43	4:30.44 76.17%	4
2 Shi, Sam	M31 Ottawa Lions T.F.C.	4:33.59	4:33.60 75.30%	4
3 Samtleben, Eric	M30 Unattached Ontario	X4:54.28	4:54.29 70.00%	4

W30 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Shaw, Jessica	W34 Newmarket Huskie	5:32.02	5:32.03 69.29%

W35 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Stewart, Mary Catherine	W39 Unattached Ontario	X5:18.65	5:12.66 73.59%
2 Kinch, Vicky	W39 Brockville Legi.	6:03.30	5:56.47 64.54%

M40 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Aseltine, Ian	M42 London Western	4:59.78	4:45.76 72.09%	4

M45 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 McGill, Robert	M47 Dundas Valley TC	4:25.37	4:04.30 84.32%	4
2 Felix, Paul	M49 Dundas Valley TC	4:41.13	4:18.81 79.60%	4

W45 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Barrie, Jennifer	W47 Unattached Ontario	X9:11.33	8:20.01 46.01%

M50 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Brecher, Jay	M50 Monarch AC	4:32.29	4:01.55 85.28%	4
2 Hackshaw, Derek	M54 Newmarket Huskie	4:52.52	4:19.50 79.39%	4
3 Grossi, Danny	M53 Newmarket Huskie	5:04.03	4:29.71 76.38%	4

W50 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Pady, Heather	W50 Unattached Ontario	X5:14.87	4:33.85 84.02%

M55 1500 Meter Run Masters

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Name	Age Team	Finals	Age-Grading	H#
1 Rayner, Simon	M59 Uni. Toronto TC	4:49.75	4:07.07 83.38%	3
2 Munro, Alistair	M58 Toronto Harriers	4:54.77	4:11.36 81.96%	3
3 McInerney, Mike	M57 Ottawa Lions T.F.C.	5:16.89	4:30.22 76.24%	3
4 Xu, Jianping	M58 Dundas Valley TC	5:28.07	4:39.75 73.64%	3
5 Cassel, Gary	M56 Unattached Ontario	X5:31.18	4:42.40 72.95%	3
6 Moriarity, Dan	M55 Longboat RR	5:34.50	4:45.23 72.22%	3
7 Madsen, Chris	M56 Uni. Toronto TC	5:58.31	5:05.54 67.42%	3

W55 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Mantel, Kathy	W56 Brantford T.F.C.	6:19.29	5:15.73 72.87%

M60 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Fiorini, Daniel	M61 Newmarket Huskie	5:12.40	4:15.36 80.67%	2
2 Hooey, Patrick	M62 Unattached Ontario	X5:12.89	4:15.76 80.55%	2
3 Blair, Robert	M60 Newmarket Huskie	5:41.05	4:38.78 73.90%	2

W60 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading	
1 Ohler, Makie (old MR 5:55.9 Jean Horne 1993)	W61 Uni. Toronto TC	5:49.27	4:37.71 82.85%	MR
2 Frandsen, Lisa	W61 Newmarket Huskie	6:46.29	5:23.05 71.22%	

M65 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Freemantle, James	M65 Newmarket Huskie	6:24.29	5:00.29 68.60%	2
2 Farr, Tony	M69 Uni. Toronto TC	7:02.47	5:30.12 62.40%	2

W65 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Northcott, Clara	W69 Uni. Toronto TC	6:56.52	5:15.56 72.91%

M70 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Clarke, John	M72 Unattached Ontario	X6:40.62	4:58.31 69.06%	2
2 Mills, Frank	M74 Unattached Ontario	X6:51.93	5:06.73 67.16%	2
3 Payne, Tim	M73 Newmarket Huskie	6:58.12	5:11.34 66.17%	2

M80 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Mackie, Chris	M83 Unattached Ontario	X6:55.40	4:36.29 74.56%
2 Sekhon, Pritam Singh	M80 Unattached Ontario	X17:03.62	11:20.81 30.26%

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M30 3000 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Bauer, Mackenzie	M30 Unattached Ontario	X9:10.02	9:10.03 80.12%	2

W30 3000 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Chan, Joanna	W30 Uni. Toronto TC	11:16.01	11:16.02 73.81%	2

W35 3000 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Stewart, Mary Catherine	W39 Unattached Ontario	X11:37.03	11:37.04 71.58%	2

M40 3000 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Shimada, Atsushi	M43 Newmarket Huskie	10:01.87	9:39.97 75.98%	2
-- Aseltine, Ian	M42 London Western	DNF		2

W40 3000 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Cavanagh, Anne	W43 Kawartha Lakes	12:48.72	12:30.81 66.45%	

W45 3000 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Powell, Deborah	W46 Unattached Ontario	X11:14.24	10:30.76 79.10%	2

M50 3000 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Van Den Heuvel, Robert	M51 Newmarket Huskie	10:06.35	8:59.72 81.65%	2
2 Zabukovec, Randy	M53 Unattached Ontario	X10:37.99	9:27.88 77.60%	2

W50 3000 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Pady, Heather	W50 Unattached Ontario	X11:18.90	10:06.60 82.25%	2

M55 3000 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Rayner, Simon	M59 Uni. Toronto TC	10:00.98	8:32.28 86.02%	2

W55 3000 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#

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1 Mantel, Kathy	W56 Brantford T.F.C.	13:18.47	11:19.42	73.44%
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M60 3000 Meter Run Masters

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Name	Age Team	Finals	Age-Grading
1 Hooey, Patrick	M62 Unattached Ontario	X11:27.15	9:19.41 78.77%
2 Eley, Brian	M63 Longboat RR	12:41.95	10:20.31 71.04%
3 Matias, Walter Fernando	M60 Unattached Ontario	X13:16.85	10:48.72 67.93%

M65 3000 Meter Run Masters

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Name	Age Team	Finals	Age-Grading
1 Freemantle, James	M65 Newmarket Huskie	13:52.59	10:45.43 68.28%

W65 3000 Meter Run Masters

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Name	Age Team	Finals	Age-Grading
1 Northcott, Clara	W69 Uni. Toronto TC	14:54.45	11:23.10 73.04%

M70 3000 Meter Run Masters

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Name	Age Team	Finals	Age-Grading
1 Clarke, John	M72 Unattached Ontario	X12:47.34	9:24.54 78.06%
-- Mills, Frank	M74 Unattached Ontario	XDNF	

M80 3000 Meter Run Masters

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Name	Age Team	Finals	Age-Grading
1 Sekhon, Pritam Singh	M80 Unattached Ontario	X40:15.0h	26:22.31 27.85%
-- Collins, Roy	M80 Unattached Ontario	XDNF	

W29&U 60 Meter Hurdles Masters

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Name	Age Team	Finals	Age-Grading	H#
1 Hui, Joanna	W22 Unattached Ontario	X10.08	10.09 76.19%	2

0.840m-13-8.5

M30 60 Meter Hurdles Masters

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Name	Age Team	Finals	Age-Grading
1 Mackett, Michael	M32 Unattached Ontario	X13.25	13.26 55.09%

0.991m-13.72-9.14

W40 60 Meter Hurdles Masters

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Name	Age Team	Finals	Age-Grading	H#
1 Sivers, Laura	W41 Brockville Legi.	12.68	11.78 65.22%	2

0.762m-12-8

M45 60 Meter Hurdles Masters

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Name	Age Team	Finals	Age-Grading
1 Green, Doug 0.991m-13.72-9.14	M49 Border City AC	10.55	9.89 73.84%

M50 60 Meter Hurdles Masters

Name	Age Team	Finals	Age-Grading
1 Hui, Tit (Jonathan)	M53 Jamcan Int.	10.58	9.67 75.52% 0.914m-13-8.5

W50 60 Meter Hurdles Masters

Name	Age Team	Finals	Age-Grading H#
1 Cheung, Joni 0.762m-12-7	W52 Jamcan Int.	13.33	11.82 65.04% 2

W55 60 Meter Hurdles Masters

Name	Age Team	Finals	Age-Grading H#
1 Loucks, Kairy 0.762m-12-7	W57 Jamcan Int.	11.64	9.93 77.32% 2

M70 60 Meter Hurdles Masters

Name	Age Team	Finals	Age-Grading H#
1 Lachance, Bernard 0.762m-12-7	M73 St-Hyacinthe	X14.08	11.51 63.42% 2

M30 1609 Meter Steeplechase H1 - 0.762m Masters

Name	Age Team	Finals	Age-Grading H#
1 Mackett, Michael (no previous record)	M32 Unattached Ontario	X6:38.12	2 MR

W35 1609 Meter Steeplechase H1 - 0.762m Masters

Name	Age Team	Finals	Age-Grading
1 Kinch, Vicky (no previous record)	W39 Brockville Legi.	6:57.75	MR

M45 1609 Meter Steeplechase H1 - 0.762m Masters

Name	Age Team	Finals	Age-Grading H#
1 Frenette, Gilles (old MR 5:56.30 Gary Pluim 2020)	M47 Ottawa Lions T.F.C.	5:54.87	2 MR

M50 1609 Meter Steeplechase H1 - 0.762m Masters

Name	Age Team	Finals	Age-Grading H#
1 Pluim, Gary	M53 Newmarket Huskie	6:26.11	2

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W50 1609 Meter Steeplechase H1 - 0.762m Masters

Name	Age Team	Finals	Age-Grading
1 Cheung, Joni	W52 Jamcan Int.	8:39.31	

M30 4x200 Meter Relay Masters

Team	Finals
1 Jamcan International Athletics 'A'	1:55.19
1) Brown, Mellard 39	2) Barker, Jeff 32
3) Hui, Tit (Jonathan) 53	4) Rahming, Gabriel 30

M50 4x200 Meter Relay Masters

Team	Finals
1 Jamcan International Athletics 'B'	x1:44.00
1) Nasato, Robert 63	2) Kudo, Ken 61
3) John, Nigel 51	4) Leefoon, Michael 63

M30 4x400 Meter Relay Masters

Team	Finals
1 Jamcan International Athletics 'A'	4:12.94
1) Johnson, Mark 42	2) Brown, Mellard 39
3) Heaven, Howard 52	4) Rahming, Gabriel 30

X30 4x400 Meter Relay Masters

Team	Finals
1 University of Toronto TC 'A'	4:14.55
1) Connors, Michael 34	2) Chan, Joanna 30
3) Bays, Connor 34	4) Katz, Sarah 45

W40 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Sivers, Laura	W41 Brockville Legi.	1.25m	1.33m 64.10%

M45 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Green, Doug	M49 Border City AC	1.35m	1.50m 61.36%

W55 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Loucks, Kairy	W57 Jamcan Int.	1.25m	1.55m 74.40%

M60 High Jump Masters

Name	Age Team	Finals	Age-Grading
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1 Ritchie, Donald	M62 Unattached Ontario	X1.45m	1.88m	76.72%
-- McWhinney, Dennis	M62 Unattached Ontario	XNH		

M65 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Hazen, Ward	M69 Laurel Creek T.F.C.	1.30m	1.77m 72.63%
2 Southwood, Michael	M69 U.S.A.	X1.25m	1.71m 69.83%
3 Kumarakulasingam, Kumar	M65 Unattached Ontario	X1.10m	1.50m 61.45%
4 Cilevitz, Ralph	M69 Jamcan Int.	1.00m	1.36m 55.87%

M70 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Black, David	M71 Unattached	X1.20m	1.73m 70.59%

M75 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Seitz, Stan	M76 Ottawa Lions T.F.C.	1.15m	1.75m 71.88%

W40 Pole Vault Masters

Name	Age Team	Finals	Age-Grading
1 Ireland, Charlotte (no previous record)	W44 Unattached Ontario	X2.75m	2.92m 57.77% MR

M45 Pole Vault Masters

Name	Age Team	Finals	Age-Grading
5 Porto, James	M49 Laurel Creek T.F.C.	J1.85m	2.09m 34.01%

M65 Pole Vault Masters

Name	Age Team	Finals	Age-Grading
2 Schaber, Mark	M65 Unattached Ontario	XJ2.65m	3.93m 63.70%
3 Hazen, Ward	M69 Laurel Creek T.F.C.	J2.45m	3.63m 58.89%

M70 Pole Vault Masters

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

M75 Pole Vault Masters

Name	Age Team	Finals	Age-Grading
4 Seitz, Stan	M76 Ottawa Lions T.F.C.	J2.15m	3.76m 60.91%

W29&U Long Jump Masters

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Name	Age Team	Finals	Age-Grading
1 Hui, Joanna	W22 Unattached Ontario	X4.90m	4.90m 66.04%

M30 Long Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Mackett, Stephen	M32 Unattached Ontario	XJ3.23m	3.23m 36.09%	2

M35 Long Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Butts, Steven	M38 Unattached Ontario	XJ5.21m	5.41m 60.44%	2

M40 Long Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Eswarathasan, Shashietha	M44 Unattached Ontario	XJ4.71m	5.16m 57.72%	2

M45 Long Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 De Silva, Manoj	M45 Unattached Ontario	XJ4.91m	5.69m 63.68%	2

W50 Long Jump Masters

Name	Age Team	Finals	Age-Grading
1 Cheung, Joni	W52 Jamcan Int.	J3.34m	4.08m 55.02%
2 Roberts, Carolyn	W54 Mecca Athletic Club	J3.30m	4.03m 54.37%

M50 Long Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 John, Nigel (old ONT 5.92 Nigel last year, old MR 5.80 Richard Lech 1998))	M51 Jamcan Int.	5.96m	7.33m 81.87%	2 ONT MR
2 Hui, Tit (Jonathan)	M53 Jamcan Int.	J3.92m	4.82m 53.85%	2
3 Pontes, Jack	M52 Jamcan Int.	J2.59m	3.18m 35.58%	2

W55 Long Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Loucks, Kairy (old ONT 4.24 Kairy MM#2 2024, old MR 4.16 Kairy in 2022)	W57 Jamcan Int.	J4.32m	5.60m 75.52%	ONT MR

M60 Long Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 McWhinney, Dennis	M62 Unattached Ontario	XJ4.64m	6.43m 71.94%	2
2 Nasato, Robert	M63 Jamcan Int.	J4.21m	5.84m 65.27%	2
3 Velautham, Ravindraraj	M63 United Tamil SC	J4.21m	5.84m 65.27%	2

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M65 Long Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Hazen, Ward	M69 Laurel Creek T.F.C.	J4.23m	6.25m 69.92%	2
2 Cilevitz, Ralph	M69 Jamcan Int.	J2.93m	4.33m 48.43%	2

M70 Long Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Sinnathurai, Thevarajan	M70 United Tamil SC	J4.33m	6.83m 76.37%	ONT
(old ONT 3.71 Stan Seitz 2019, MR 4.41 Ian Hume PQ)				
2 Black, David	M71 Unattached	XJ3.52m	5.55m 62.08%	

M80 Long Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Sekhon, Pritam Singh	M80 Unattached Ontario	XJ0.42m	0.77m 8.66%	

M45 Triple Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 De Silva, Manoj	M45 Unattached Ontario	X10.06m	11.20m 61.27%	2
2 Porto, James	M49 Laurel Creek T.F.C.	7.78m	8.66m 47.38%	2

M50 Triple Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Munro, Lenroy	M53 Unattached Ontario	X10.66m	12.58m 68.82%	2
2 Pontes, Jack	M52 Jamcan Int.	6.09m	7.18m 39.32%	2

M55 Triple Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Zero, Nick	M57 Unattached Ontario	X8.48m	10.64m 58.20%	2

W55 Triple Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Loucks, Kairy	W57 Jamcan Int.	9.03m	11.73m 75.76%	ONT MR
(old ONT 8.76 Kairy last year, old MR 8.24 Kairy in 2022))				

M60 Triple Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Nasato, Robert	M63 Jamcan Int.	9.20m	12.33m 67.45%	2
2 McWhinney, Dennis	M62 Unattached Ontario	X8.74m	11.71m 64.08%	2

W60 Triple Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Frandsen, Lisa	W61 Newmarket Huskie	7.00m	9.72m 62.78%	MR

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(old MR 6.32 Janice Chedore 2020)

M65 Triple Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Earl, Richard	M65 Unattached Ontario	X6.81m	9.79m 53.54%	2
2 Cilevitz, Ralph	M69 Jamcan Int.	4.83m	6.94m 37.97%	2

M70 Triple Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Sinnathurai, Thevarajan	M70 United Tamil SC	8.69m	13.48m 73.71%	ONT
(old ONT 8.40 Peter Zowkewych 2022, MR 9.56 Ian Hume PQ 1985))				
2 Black, David	M71 Unattached	X7.42m	11.51m 62.93%	

M80 Triple Jump Masters

Name	Age Team	Finals	Age-Grading
1 Sekhon, Pritam Singh	M80 Unattached Ontario	X1.19m	2.19m 11.98%

W29&U Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Calovini, Laura	W22 Unattached Ontario	XJ7.98m	7.98m 37.57%

W35 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Ciobanu, Oana	W35 Unattached Ontario	XJ9.19m	9.52m 44.85%

M35 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Brown, Mellard	M39 Jamcan Int.	J9.25m	9.67m 42.24%	2
2 Hotic, Damir	M36 Unattached Ontario	XJ8.68m	9.08m 39.63%	2

M40 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Bhushan, Bhuvan	M44 Throwers Club	J7.03m	7.82m 34.14%	2

W40 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Sivers, Laura	W41 Brockville Legi.	J8.75m	9.76m 45.98%
2 Mullings, Sheree	W42 Jamcan Int.	J7.87m	8.78m 41.36%

W45 Shot Put Masters

Name	Age Team	Finals	Age-Grading
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1 Anderson, Nikki	W48 London Western	10.79m	13.01m	61.27%	ONT	MR
(old ONT 10.62 Tracy Viggers 2018, old MR 10.45 Tracy 2019))						
2 McIntyre, Jane	W49 London Western	J6.36m	7.67m	36.12%		

M50 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Bungay, Dwight	M54 Throwers Club	11.52m	13.30m 58.09%	2
2 Rigby, Timothy	M53 Unattached Ontario	XJ8.87m	10.24m 44.73%	2

W50 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Corcoran, Patricia	W53 London Western	J7.94m	8.99m 42.35%
2 Heston, Jennifer	W52 U.S.A.	XJ7.61m	8.62m 40.59%
3 Kanthavel, Srinandini	W51 United Tamil SC	J6.57m	7.44m 35.04%

M55 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Kumar, Prem	M58 Throwers Club	J8.74m	10.85m 47.37%	2

W55 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Easton, Leah	W58 Throwers Club	J8.57m	10.58m 49.83%
2 Mantel, Kathy	W56 Brantford T.F.C.	J6.83m	8.43m 39.71%
3 Kershaw, Dawn	W59 London Western	J5.21m	6.43m 30.29%

W60 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Ciobanu, Petra	W60 Unattached Ontario	XJ9.20m	12.45m 58.64%

M60 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Ritchie, Donald	M62 Unattached Ontario	XJ10.43m	12.77m 55.78%	2
2 Anderson, Michael	M63 Throwers Club	J9.55m	11.70m 51.07%	2

M65 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Murray, Jerry	M66 Throwers Club	10.12m	13.47m 58.84%	3
2 Hazen, Ward	M69 Laurel Creek T.F.C.	9.88m	13.15m 57.44%	3
3 Virk, Sukhwinder	M65 Unattached Ontario	X9.73m	12.95m 56.57%	3
4 Cilevitz, Ralph	M69 Jamcan Int.	7.30m	9.72m 42.44%	3

M70 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
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1 Wyroba, Jerzy M74 Unattached Ontario X9.48m 12.35m 53.96% 3

M75 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Jacobs, Moe	M79 Throwers Club	7.32m	10.52m 45.95%	3

W75 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Miklos Den Iseger, Joann	W77 London Western	J7.50m	11.46m 53.96%	

M80 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Kasperski, John (old ONT & MR 10.05 Garry Bachman 2003)	M80 Throwers Club	10.40m	14.44m 63.03%	3 ONT MR
2 Toscano, Enrico	M83 Unattached Ontario	X5.43m	7.53m 32.91%	3
3 Sekhon, Pritam Singh	M80 Unattached Ontario	X4.35m	6.03m 26.36%	3

M85 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Burgin, Harold	M85 Unattached Ontario	X6.92m	10.84m 47.33%	3

W40 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Sivers, Laura (old MR 8.44 Laura last year)	W41 Brockville Legi.	10.17m	11.37m 44.43%	MR

W45 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 McIntyre, Jane	W49 London Western	7.66m	9.28m 36.29%	

M50 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Harrison, Kevin	M50 Unattached Ontario	X15.59m	15.55m 60.15%	2
2 Rigby, Timothy	M53 Unattached Ontario	X8.60m	8.58m 33.18%	2
3 Pontes, Jack	M52 Jamcan Int.	4.79m	4.77m 18.48%	2

W50 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Heston, Jennifer	W52 U.S.A.	X10.11m	11.67m 45.58%	
2 Corcoran, Patricia	W53 London Western	7.69m	8.87m 34.67%	

W55 Weight Throw Masters

2024 Ontario Indoor Masters Athletics Championships
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Toronto Track and Field Centre - 2/25/2024
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

Name	Age Team	Finals	Age-Grading
1 Easton, Leah	W58 Throwers Club	9.61m	12.14m 47.43%
2 Kershaw, Dawn	W59 London Western	6.58m	8.31m 32.48%

M60 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Wolters, Jake	M63 Throwers Club	16.34m	16.45m 63.63%	2
2 Anderson, Michael	M63 Throwers Club	11.60m	11.68m 45.17%	2
3 Belle, Carl	M62 Throwers Club	10.85m	10.92m 42.25%	2

W60 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Dajia, Kristen (old MR 11.92 Rhona Trott 2009)	W60 Throwers Club	14.70m	17.22m 67.28%	MR

M65 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Murray, Jerry	M66 Throwers Club	12.25m	13.29m 51.41%	2
2 Hazen, Ward	M69 Laurel Creek T.F.C.	7.82m	8.48m 32.82%	2
3 Cilevitz, Ralph	M69 Jamcan Int.	6.96m	7.55m 29.21%	2

M70 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Garner, George	M71 Throwers Club	10.49m	10.76m 41.63%

W75 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Miklos Den Iseger, Joann (no previous record)	W77 London Western	8.76m	12.03m 47.02%	MR

M80 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Kasperski, John	M80 Throwers Club	13.25m	13.97m 54.02%
2 Toscano, Enrico	M83 Unattached Ontario	X6.03m	6.35m 24.58%

M85 Weight Throw Masters

Name	Age Team	Finals	Age-Grading
1 Sumner, James	M85 Unattached Ontario	X7.69m	9.26m 35.82%

M40 3000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Rennella, Enrico	M41 Etobicoke Huskie	14:45.75	14:25.03 74.81%

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M45 3000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 O Domhnaill, Brian	M46 Ontario RW	15:15.23	14:21.05 75.15%

M55 3000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Xu, Jianping	M58 Dundas Valley TC	16:02.79	13:54.17 77.58%

W60 3000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Slovitt, Nicky	W63 Ontario RW	20:20.21	15:58.24 73.09%