

2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Hammer Event takes place on July 20th****W29&U 100 Meter Dash Masters**

Name	Age Team	Finals	Wind	Age-Grading	H#
Finals					
1 Hui, Joanna	W22 Unattached Ontario	X13.19	0.1	13.20 79.85%	4
2 Robert-Maduekwe, Chiagoz	W28 Unattached Ontario	X13.51	0.1	13.52 77.96%	4
3 Allen, Desiree	W28 Newmarket Huskie	X14.76	0.1	14.77 71.36%	4

W30 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Bashir, Emilia	W34 Laurel Creek T.F.C.	13.33	0.1	13.34 79.01%	4
2 Leahey, Shelleyann	W33 Unattached Ontario	14.56	0.1	14.57 72.34%	4

W40 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Jones, Frida	W40 Uni. Toronto TC	13.92	-0.2	13.66 77.16%	3
2 Gerry, Rachael	W41 Unattached Ontario	14.59	-0.2	14.32 73.60%	3

W45 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Merlau, Susan (old MR 13.70 Violetta Garfunkle 2018)	W49 Laurel Creek T.F.C.	13.50	-0.2	12.75 82.67%	3
2 Pillai, Sindhu	W45 Variety Village	14.58	-0.2	13.77 76.54%	3

W50 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Garfunkel, Violeta	W51 Variety Village	13.75	0.1	12.49 84.39%	2

W55 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Duarte, Ann-Maria	W55 Unattached Ontario	14.70	0.1	12.83 82.15%	2
2 Gartshore, Esther	W55 Unattached Ontario	15.66	0.1	13.67 77.10%	2
3 Hargreaves, Valerie	W57 Unattached Ontario	16.58	0.1	14.47 72.84%	2
4 Oswald, Carrie-Ann	W56 Unattached Ontario	16.81	0.1	14.67 71.85%	2

W60 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Nearing-Guibord, Danette	W62 Ottawa Lions T.F.C.	17.68	1.2	14.82 71.12%

W65 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Alexis, Wendy	W69 Ottawa Lions T.F.C.	14.44	1.2	11.61 90.78%

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2 Chedore, Janice W68 London Western 17.23 1.2 13.85 76.10%

W70 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Del Grande, Karla	W71 Unattached Ontario	14.84	1.2	11.44 92.13% CAN MR
(old CAN 14.91 Carol Lafayette-Boyd 2012, old ONT & MR 17.05 Doreen Carmichael 2001)				

W80 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Burgin, Aileen	W83 Unattached Ontario	23.63	1.2	16.64 63.34%

W29&U 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Hui, Joanna	W22 Unattached Ontario	X27.45	3.0	27.46 78.40%	3
2 Robert-Maduekwe, Chiagoz	W28 Unattached Ontario	X27.62	3.0	27.63 77.92%	3

W40 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Jones, Frida	W40 Uni. Toronto TC	28.35	3.0	27.75 77.59%	3
2 Gerry, Rachael	W41 Unattached Ontario	30.47	3.0	29.83 72.18%	3

W45 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Pillai, Sindhu	W45 Variety Village	30.22	1.6	28.45 75.68%	2
2 Driscoll, Angela	W49 Newmarket Huskie	30.79	1.6	28.98 74.29%	2
3 Hutton, Jennifer	W47 Laurel Creek T.F.C.	31.52	1.6	29.67 72.56%	2
4 Maloney-Younker, Karen	W49 Unattached Ontario	33.76	1.6	31.78 67.75%	2

W50 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Garfunkel, Violeta	W51 Variety Village	27.52	1.6	24.88 86.54%	2

W55 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Duarte, Ann-Maria	W55 Unattached Ontario	31.99	1.6	27.75 77.59%	2
2 Hargreaves, Valerie	W57 Unattached Ontario	34.12	1.6	29.60 72.74%	2
3 Oswald, Carrie-Ann	W56 Unattached Ontario	36.14	1.6	31.35 68.68%	2

W60 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Nearing-Guibord, Danette	W62 Ottawa Lions T.F.C.	38.70	0.6	32.16 66.95%

W65 200 Meter Dash Masters

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Name	Age Team	Finals	Wind	Age-Grading
1 Alexis, Wendy	W69 Ottawa Lions T.F.C.	30.08	0.6	23.92 90.01%
2 Macherzynska, Renata	W66 Uni. Toronto TC	31.20	0.6	24.81 86.78%
3 Chedore, Janice	W68 London Western	37.73	0.6	30.00 71.77%
4 Pletsch, Debbie	W67 Jamcan Int.	50.93	0.6	40.49 53.17%

W70 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Del Grande, Karla	W71 Unattached Ontario	30.05	0.6	22.82 94.35%
(old WR 31.30 Ingrid Meier GER 2017, old CAN 31.51 Carol Lafayette-Boyd 2012, Old ONT & MR 41.9 Elga Meri 1991)				

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W80 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Burgin, Aileen	W83 Unattached Ontario	51.86	0.6	35.66 60.38%
(old ONT & MR 52.95 Aileen last year)				

ONT MR

W29&U 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Carrique, Jennifer	W29 Waterloo Track Club	X1:02.20	1:02.21 77.38%	2
2 Allen, Desiree	W28 Newmarket Huskie	X1:09.95	1:09.96 68.81%	2

W40 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Taylor, Cara	W41 Unattached Ontario	1:06.31	1:02.61 76.89%	2

W45 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Hutton, Jennifer	W47 Laurel Creek T.F.C.	1:11.49	1:04.95 74.12%	2
2 Driscoll, Angela	W49 Newmarket Huskie	1:12.39	1:05.76 73.21%	2
3 Julien, Antoinette	W46 Unattached Ontario	1:24.11	1:16.41 63.00%	2

W55 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Hargreaves, Valerie	W57 Unattached Ontario	1:20.41	1:06.94 71.92%
2 Oswald, Carrie-Ann	W56 Unattached Ontario	1:30.85	1:15.63 63.65%

W65 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Chedore, Janice	W68 London Western	1:32.15	1:09.21 69.56%
2 Willis, Katherine	W65 Laurel Creek T.F.C.	1:40.43	1:15.43 63.82%

W70 400 Meter Dash Masters

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Name	Age Team	Finals	Age-Grading	
1 Del Grande, Karla	W71 Unattached Ontario	1:16.72	54.35 88.57%	CAN MR
(old CAN 1:17.14 Diane Palmason 2009, old ONT 1:19.28 Jean Horne 2007, old MR 1:21.87 Jean Horne 2003)				

W50 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Weber, Catherine	W54 Uni. Toronto TC	2:58.80	2:37.60 72.34%
1:28.127 (1:28.127)			

W55 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Mantel, Kathy	W56 Brantford T.F.C.	3:12.21	2:42.08 70.34%
1:35.442 (1:35.442)			

W60 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Ohler, Makie	W62 Uni. Toronto TC	3:00.94	2:25.55 78.33%
1:28.962 (1:28.962)			

W65 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Northcott, Clara	W69 Uni. Toronto TC	3:25.68	2:37.37 72.45%
1:38.369 (1:38.369)			
2 Willis, Katherine	W65 Laurel Creek T.F.C.	4:00.24	3:03.81 62.03%
1:48.325 (1:48.325)			

W30 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Shaw, Jessica	W34 Newmarket Huskie	5:04.92	5:04.93 75.45%
1:01.253 (1:01.253) 2:20.932 (1:19.679) 3:41.737 (1:20.805) 5:04.920 (1:23.183)			

W35 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Ongori, Philes	W37 Unattached Ontario	4:57.66	4:52.07 78.77%
1:01.420 (1:01.420) 2:20.505 (1:19.085) 3:39.441 (1:18.936) 4:57.652 (1:18.211)			

W40 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Acuña, Marlene	W42 York Uni. T.F.C.	5:45.51	5:26.20 70.53%
1:03.171 (1:03.171) 2:35.521 (1:32.350) 4:12.293 (1:36.772) 5:45.501 (1:33.208)			

W50 1500 Meter Run Masters

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Name	Age Team	Finals	Age-Grading
1 Pady, Heather	W50 Unattached Ontario	5:23.01	4:40.93 81.90%
1:06.310 (1:06.310)	2:34.718 (1:28.408)	4:01.142 (1:26.424)	5:23.005 (1:21.863)
2 Ballon, Amy	W53 Uni. Toronto TC	5:42.06	4:57.49 77.34%
1:06.720 (1:06.720)	2:39.652 (1:32.932)	4:13.431 (1:33.779)	5:42.059 (1:28.628)

W55 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Mantel, Kathy	W56 Brantford T.F.C.	6:19.17	5:15.63 72.89%
1:15.133 (1:15.133)	2:57.833 (1:42.700)	4:39.646 (1:41.813)	6:19.164 (1:39.518)

W60 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Wiley, Alison	W60 Uni. Toronto TC	5:42.49	4:32.32 84.49% MR
1:06.487 (1:06.487)	2:39.340 (1:32.853)	4:13.149 (1:33.809)	5:42.486 (1:29.337)
(old MR 5:46.15 Jean Horne 1993)			
2 Ohler, Makie	W62 Uni. Toronto TC	5:55.86	4:42.95 81.31%
1:10.707 (1:10.707)	2:47.154 (1:36.447)	4:23.659 (1:36.505)	5:55.853 (1:32.194)
3 Botelho, Rita	W63 Uni. Toronto TC	6:26.66	5:07.44 74.83%
1:13.013 (1:13.013)	2:57.522 (1:44.509)	4:43.272 (1:45.750)	6:26.657 (1:43.385)

W65 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Northcott, Clara	W69 Uni. Toronto TC	7:01.10	5:19.03 72.12%
1:18.398 (1:18.398)	3:13.685 (1:55.287)	5:09.499 (1:55.814)	7:01.092 (1:51.593)

W30 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Chan, Joanna	W30 Uni. Toronto TC	18:52.42	18:52.43 74.76% MR
45.520 (45.520)	2:11.862 (1:26.342)	3:40.701 (1:28.839)	5:13.211 (1:32.510)
6:46.742 (1:33.531)	8:19.517 (1:32.775)	9:52.931 (1:33.414)	11:24.870 (1:31.939)
12:57.652 (1:32.782)	14:31.222 (1:33.570)	16:03.237 (1:32.015)	17:33.052 (1:29.815)
18:52.419 (1:19.367)	(old MR 19:06.03 Laura McLain 2017)		

W35 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Ongori, Philes	W37 Unattached Ontario	18:08.90	18:06.07 77.95%
45.878 (45.878)	2:11.560 (1:25.682)	3:37.500 (1:25.940)	5:01.899 (1:24.399)
6:27.167 (1:25.268)	7:52.896 (1:25.729)	9:18.977 (1:26.081)	10:46.733 (1:27.756)
12:14.143 (1:27.410)	12:57.652 (43.509)	13:42.934 (45.282)	15:11.893 (1:28.959)
18:08.899 (2:57.006)			

W40 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Zittell, Miriam	W41 Rhythm Athletics	19:13.37	18:28.97 76.34%
45.606 (45.606)	2:13.242 (1:27.636)	3:45.044 (1:31.802)	5:18.559 (1:33.515)

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6:51.513 (1:32.954)	8:24.382 (1:32.869)	9:56.150 (1:31.768)	11:27.705 (1:31.555)
13:00.445 (1:32.740)	14:34.256 (1:33.811)	16:07.752 (1:33.496)	17:40.922 (1:33.170)
19:13.369 (1:32.447)			
2 Acuña, Marlene	W42 York Uni. T.F.C.	22:00.09	21:09.27 66.70%
47.111 (47.111)	2:24.922 (1:37.811)	4:08.009 (1:43.087)	5:50.572 (1:42.563)
7:38.665 (1:48.093)	9:26.350 (1:47.685)	11:15.466 (1:49.116)	13:02.669 (1:47.203)
14:51.673 (1:49.004)	16:39.676 (1:48.003)	18:29.087 (1:49.411)	20:16.109 (1:47.022)
22:00.081 (1:43.972)			

W50 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Pady, Heather	W50 Unattached Ontario	19:46.20	17:29.44 80.67%
49.408 (49.408)	2:22.861 (1:33.453)	3:56.677 (1:33.816)	5:31.403 (1:34.726)
7:06.875 (1:35.472)	8:41.903 (1:35.028)	10:16.196 (1:34.293)	11:49.728 (1:33.532)
13:26.108 (1:36.380)	15:02.529 (1:36.421)	16:38.692 (1:36.163)	18:15.137 (1:36.445)
19:46.196 (1:31.059)			

W55 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Maguire, Liz	W57 Ottawa Lions T.F.C.	19:20.50	16:19.23 86.46% MR
45.980 (45.980)	2:15.977 (1:29.997)	3:48.118 (1:32.141)	5:19.727 (1:31.609)
6:52.628 (1:32.901)	8:25.085 (1:32.457)	9:58.724 (1:33.639)	11:32.550 (1:33.826)
13:06.573 (1:34.023)	14:41.767 (1:35.194)	16:15.591 (1:33.824)	19:20.500 (3:04.909)
(old MR 20:04.08 Makie Ohler 2021)			
2 Chitte, Vinita	W57 Unattached Ontario	22:36.55	19:04.66 73.96%
53.003 (53.003)	2:53.037 (2:00.034)	4:57.987 (2:04.950)	7:07.594 (2:09.607)
9:18.822 (2:11.228)	11:30.657 (2:11.835)	13:43.738 (2:13.081)	15:57.410 (2:13.672)
18:11.316 (2:13.906)	20:25.312 (2:13.996)	22:36.544 (2:11.232)	22:36.545 (0.001)
3 Mantel, Kathy	W56 Brantford T.F.C.	22:56.84	19:21.78 72.87%
55.264 (55.264)	2:44.721 (1:49.457)	4:33.634 (1:48.913)	6:21.624 (1:47.990)
8:10.004 (1:48.380)	9:59.540 (1:49.536)	11:49.439 (1:49.899)	13:40.298 (1:50.859)
15:30.850 (1:50.552)	17:22.316 (1:51.466)	19:14.811 (1:52.495)	21:07.941 (1:53.130)
22:56.833 (1:48.892)			

W60 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Ohler, Makie	W62 Uni. Toronto TC	22:36.69	18:07.39 77.86%
49.353 (49.353)	2:28.301 (1:38.948)	4:08.941 (1:40.640)	5:48.955 (1:40.014)
7:29.649 (1:40.694)	9:09.538 (1:39.889)	10:50.701 (1:41.163)	12:32.411 (1:41.710)
14:13.812 (1:41.401)	15:54.460 (1:40.648)	17:34.896 (1:40.436)	19:14.894 (1:39.998)
22:36.681 (3:21.787)			

W65 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Northcott, Clara	W69 Uni. Toronto TC	25:54.99	19:38.38 71.85%
56.432 (56.432)	2:55.513 (1:59.081)	4:54.125 (1:58.612)	6:55.310 (2:01.185)
9:01.204 (2:05.894)	11:05.260 (2:04.056)	13:09.079 (2:03.819)	15:13.393 (2:04.314)
17:19.341 (2:05.948)	19:24.141 (2:04.800)	21:32.009 (2:07.868)	

W70 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
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2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Tedford, Catherine	W71 Unattached Ontario	40:13.81	28:40.57	49.21%
1:41.546 (1:41.546)	5:10.784 (3:29.238)	8:37.162 (3:26.378)	12:04.115 (3:26.953)	
15:33.890 (3:29.775)	19:11.336 (3:37.446)	22:47.544 (3:36.208)	26:20.209 (3:32.665)	
29:53.120 (3:32.911)	33:25.660 (3:32.540)	36:59.083 (3:33.423)	40:13.810 (3:14.727)	

W45 80 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Player, Angela	W45 Unattached Ontario	14.77	0.5	14.78 82.61% 0.762m
12-8				

W50 80 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Luke, Nicole	W52 Jamcan Int.	15.62	0.5	15.63 78.12% 0.762m MR
(old MR 19.78 Joni Cheung 2023)				
2 Cheung, Joni	W52 Jamcan Int.	18.43	0.5	18.44 66.21% 0.762m
12-7				

W60 80 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Jones, Janice Marian	W60 Unattached Ontario	17.36	0.5	17.37 70.29% 0.686m
12-7				

W29&U 100 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Hui, Joanna	W22 Unattached Ontario	X15.69	NWI	15.70 77.77% 0.840m
13-8.5				

W70 200 Long Hurdles 0.686m Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Del Grande, Karla	W71 Unattached Ontario	37.04	3.2	37.05141.27%

W29&U 400 Long Hurdles 0.762m Masters

Name	Age Team	Finals	Age-Grading
1 Johnson-Storey, Ocean	W29 Unattached Ontario	X1:24.06	1:24.07 62.26%

W50 2000 Meter Steeplechase 0.762m Masters

Name	Age Team	Finals	Age-Grading
1 Weber, Catherine	W54 Uni. Toronto TC	9:34.44	9:34.45 94.28%
1:26.050 (1:26.050)	3:25.099 (1:59.049)	5:26.511 (2:01.412)	7:32.215 (2:05.704)
9:34.434 (2:02.219)			
2 Cheung, Joni	W52 Jamcan Int.	11:08.14	11:08.15 81.06%
1:29.248 (1:29.248)	3:54.369 (2:25.121)	6:23.117 (2:28.748)	8:53.002 (2:29.885)
11:08.132 (2:15.130)			

W29&U High Jump Masters

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Name	Age Team	Finals	Age-Grading
1 Johnson-Storey, Ocean	W29 Unattached Ontario	X1.25m	1.25m 59.81%
1.00 1.10 1.15 1.20 1.25 1.30			
O XO O XXO O XXX			

W35 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Dubeau, Aimee	W36 Unattached Ontario	1.60m	1.63m 77.99%
1.45 1.50 1.55 1.58 1.60 1.62			
O O XO O XO XXX			

W45 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Player, Angela	W45 Unattached Ontario	1.33m	1.49m 71.29%
1.00 1.10 1.15 1.20 1.25 1.30 1.33 1.36			
P P O O O O O XXX			
2 Pineo, Jennifer	W45 Unattached Ontario	1.20m	1.35m 64.59%
1.00 1.10 1.15 1.20 1.25			
P O O O XXX			

W29&U Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
2 Johnson-Storey, Ocean	W29 Unattached Ontario	XJ3.54m	1.0	3.54m 47.71%
3.32m(0.8) 3.30m(2.0) 3.54m(1.0) 3.28m(1.8) 3.42m(0.6) 3.06m(0.9)				

W30 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Bazely, Samantha	W32 Runners Edge	4.18m	2.1	4.18m 56.33%
3.89m(1.1) 4.00m(1.5) 4.11m(0.9) 4.06m(2.6) 4.11m(1.7) 4.18m(2.1)				

W50 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
5 Cheung, Joni	W52 Jamcan Int.	J3.00m	2.2	3.66m 49.33%
2.54m(0.3) 3.00m(2.2) 2.86m(2.3) FOUL 2.48m(0.8) 2.81m(1.0)				

W55 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
4 Robarts, Carolyn	W55 Mecca Athletic Club	J3.20m	2.3	4.15m 55.93%
3.07m(0.9) FOUL 3.11m(1.0) FOUL 2.83m(1.9) 3.20m(2.3)				

W60 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
3 Frandsen, Lisa	W61 Newmarket Huskie	J3.34m	1.8	4.61m 62.13%
FOUL 3.22m(0.8) 2.96m(0.8) 3.01m(0.9) 3.34m(1.8) 2.98m(1.9)				

2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W30 Triple Jump Masters**

Name	Age Team	Finals	Wind	Age-Grading
1 Bazely, Samantha 8.49m(-0.3) FOUL	W32 Runners Edge 8.78m(-0.8) 8.67m(-0.4) FOUL	J8.78m FOUL	-0.8	8.78m 0.50%

W65 Triple Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
2 Pletsch, Debbie 5.51m(0.5) 5.48m(0.3) x	W67 Jamcan Int.	J5.51m	0.5	8.19m 0.47%
3 Chedore, Janice 5.04m(-0.2) 4.35m(0.1) x	W68 London Western	J5.04m	-0.2	7.49m 0.43%

W35 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Mal, Hemjot 6.88m 7.05m 7.24m 7.22m 7.26m 7.46m	W36 Unattached Ontario	7.46m	7.73m 36.39% 4.00kg
2 Jacobs, Caitlin 5.11m 5.39m 5.25m 5.63m 5.59m 5.66m	W35 Unattached Ontario	5.66m	5.86m 27.59% 4.00kg

W40 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Mullings, Sheree 7.87m 7.25m 8.01m 7.94m 7.22m 7.56m	W42 Jamcan Int.	8.01m	8.94m 42.09% 4.00kg

W45 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Anderson, Nikki 10.59m 9.90m FOUL 10.41m 10.54m 10.46m (old ONT 10:28 Tracy Viggers 2018, old MR 10.00 April Capwill 1999)	W49 London Western	10.59m	12.77m 60.12% 4.00kg ONT MR

W50 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Corcoran, Patricia 6.82m 7.15m 7.13m FOUL 7.00m 6.70m	W53 London Western	7.15m	8.10m 38.14% 3.00kg
2 McIntyre, Jane 6.83m FOUL 5.95m 5.21m 5.97m 5.82m	W50 London Western	6.83m	7.73m 36.39% 3.00kg

W55 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Szanto, Annamaria 9.47m 8.23m 9.64m 9.62m 9.90m 9.77m (old MR 9.55 Kristen Dajia 2022)	W58 Unattached Ontario	9.90m	12.22m 57.53% 3.00kg MR
2 Easton, Leah 7.45m 8.24m 8.21m 7.45m FOUL 8.07m	W59 Throwers Club	8.24m	10.17m 47.88% 3.00kg

W60 Shot Put Masters

2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading
1 Dajia, Kristen	W61 Throwers Club	9.09m	12.30m 57.91% 3.00kg
	9.09m 8.73m 8.57m 8.80m FOUL 8.61m		
2 Reisler, Stephanie	W60 London Western	8.29m	11.21m 52.78% 3.00kg
	8.29m 8.20m 7.79m 7.85m 8.17m 8.15m		

W75 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Miklos Den Iseger, Joann	W78 London Western	7.23m	11.04m 51.98% 2.00kg
	6.90m 7.13m 6.97m 7.23m 6.54m 5.31m		

W35 Discus Throw Masters

Name	Age Team	Finals	Age-Grading
1 Mal, Hemjot	W36 Unattached Ontario	25.92m	25.92m 36.27% 1.00kg
	FOUL 22.32m FOUL FOUL 25.73m 25.92m		

W45 Discus Throw Masters

Name	Age Team	Finals	Age-Grading
1 Anderson, Nikki	W49 London Western	31.10m	36.61m 51.23% 1.00kg ONT
	28.27m FOUL 31.10m 29.47m 28.08m FOUL		
	(old ONT 30.55 Elizabeth Hill 2009)		

W50 Discus Throw Masters

Name	Age Team	Finals	Age-Grading
1 Corcoran, Patricia	W53 London Western	16.96m	21.96m 30.73% 1.00kg
	16.16m 15.41m 16.74m FOUL 16.96m 16.54m		
2 McIntyre, Jane	W50 London Western	15.41m	19.95m 27.92% 1.00kg
	13.74m 15.01m 13.42m 15.41m 15.12m 14.48m		

W55 Discus Throw Masters

Name	Age Team	Finals	Age-Grading
1 Mantel, Kathy	W56 Brantford T.F.C.	16.42m	23.48m 32.86% 1.00kg
	14.77m 16.42m 11.85m 15.01m FOUL 12.55m		
2 Easton, Leah	W59 Throwers Club	15.95m	22.80m 31.91% 1.00kg
	FOUL 15.23m 15.95m FOUL FOUL FOUL		

W60 Discus Throw Masters

Name	Age Team	Finals	Age-Grading
1 Dajia, Kristen	W61 Throwers Club	25.96m	41.20m 57.65% 1.00kg
	25.96m 22.99m 23.61m 24.35m 24.67m FOUL		
2 Reisler, Stephanie	W60 London Western	20.70m	32.85m 45.97% 1.00kg
	18.78m 20.43m FOUL 20.70m FOUL 19.02m		

W75 Discus Throw Masters

Name	Age Team	Finals	Age-Grading
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2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Miklos Den Iseger, Joann W78 London Western	15.58m	30.71m	42.98%	0.75kg
13.92m FOUL 13.26m 13.61m 13.42m 15.58m				

W40 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
6 Mullings, Sheree	W42 Jamcan Int.	J20.44m	23.09m 31.95%
15.00m 16.58m 18.14m 17.27m PASS 20.44m			

W45 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Crispe, Michelle	W45 Unattached Ontario	37.37m	46.69m 64.60% MR
34.00m 35.51m 35.32m 37.37m 35.32m 34.75m (old MR 33.17 Ana Maria Neilson 2009)			

W50 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
12 Luke, Nicole	W52 Jamcan Int.	J12.08m	15.28m 21.14%
10.68m 12.08m 8.67m 11.18m 11.75m 12.07m			

W55 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
3 Szanto, Annamaria	W58 Unattached Ontario	J27.27m	38.38m 53.10%
27.27m 23.42m 24.54m 21.59m 22.59m 23.19m			
4 Linnell, Anna	W58 Unattached Ontario	J22.87m	32.19m 44.54%
20.43m 18.31m 20.74m FOUL 22.87m FOUL			
9 Easton, Leah	W59 Throwers Club	J15.57m	21.91m 30.31%
13.81m 13.01m 15.57m 13.01m 12.77m FOUL			
11 Mantel, Kathy	W56 Brantford T.F.C.	J13.88m	19.53m 27.02%
12.37m 13.55m 13.63m 13.22m 13.88m 12.99m			

W60 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
5 Reisler, Stephanie	W60 London Western	J21.70m	34.13m 47.22%
20.46m 20.87m 21.70m FOUL 20.97m 18.30m			
7 Dajia, Kristen	W61 Throwers Club	J19.68m	30.96m 42.83%
13.36m 14.89m 16.90m 18.04m 17.39m 19.68m			

W65 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
2 Dabrowski, Barb	W67 Throwers Club	J28.37m	50.15m 69.38% ONT MR
27.97m FOUL 27.10m 27.96m 28.37m FOUL (old ONT & MR 27.20 Barb in 2022)			
10 Pletsch, Debbie	W67 Jamcan Int.	J14.52m	25.67m 35.51%
14.52m FOUL 12.35m 14.49m 11.84m PASS			

W75 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
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2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

8 Miklos Den Iseger, Joann W78 London Western J17.25m 35.23m 48.74%
14.79m 14.05m FOUL 16.50m 17.25m 16.05m

W55 Weight Throw Masters

Name	Age	Team	Finals	Age-Grading
1 Easton, Leah	W59	Throwers Club	9.01m	11.38m 44.45% 7.26kg
			9.01m 8.71m FOUL FOUL 8.09m FOUL	

W60 Weight Throw Masters

Name	Age	Team	Finals	Age-Grading
1 Dajia, Kristen	W61	Throwers Club	15.58m	18.25m 71.29% 5.45kg CAN MR
			14.85m 15.58m FOUL FOUL 13.38m FOUL	
			(old CAN 15.02 Kristen 2023, old MR 14.21 Kristen 2023)	
2 Reisler, Stephanie	W60	London Western	9.81m	11.49m 44.88% 5.45kg
			9.31m 9.59m 9.61m 9.81m 9.71m FOUL	

W65 Weight Throw Masters

Name	Age	Team	Finals	Age-Grading
1 Pletsch, Debbie	W67	Jamcan Int.	7.12m	9.25m 36.13% 5.45kg
			5.47m 6.07m 6.06m 6.16m FOUL 7.12m	

W75 Weight Throw Masters

Name	Age	Team	Finals	Age-Grading
1 Miklos Den Iseger, Joann W78 London Western			8.54m	11.73m 45.82% 4.00kg
			8.05m 7.92m 7.45m 8.54m 7.42m 8.09m	

W45 5000 Meter Race Walk Masters

Name	Age	Team	Finals	Age-Grading
1 Smetana, Blanka	W49	Toronto RW	33:52.12	31:24.19 63.78%
			1:22.523 (1:22.523) 4:07.301 (2:44.778) 6:50.141 (2:42.840) 9:30.809 (2:40.668)	
			12:13.984 (2:43.175) 14:56.912 (2:42.928) 17:39.678 (2:42.766) 20:20.801 (2:41.123)	
			23:03.704 (2:42.903) 25:47.895 (2:44.191) 28:34.019 (2:46.124) 31:18.236 (2:44.217)	
			33:52.115 (2:33.879)	

W55 5000 Meter Race Walk Masters

Name	Age	Team	Finals	Age-Grading
1 Driscoll, Heather	W55	Ontario RW	37:13.38	31:38.38 63.31%
			1:22.372 (1:22.372) 4:09.213 (2:46.841) 6:58.255 (2:49.042) 9:52.766 (2:54.511)	
			12:48.895 (2:56.129) 15:48.981 (3:00.086) 18:50.595 (3:01.614) 21:54.391 (3:03.796)	
			25:00.904 (3:06.513) 28:07.574 (3:06.670) 31:13.409 (3:05.835) 34:15.229 (3:01.820)	
			37:13.376 (2:58.147)	

W60 5000 Meter Race Walk Masters

Name	Age	Team	Finals	Age-Grading
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2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Cashman, Kitty	W63 Toronto RW	32:57.55	26:41.23	75.05%
	1:16.640 (1:16.640)	3:53.150 (2:36.510)	6:28.916 (2:35.766)	9:06.271 (2:37.355)	
	11:43.915 (2:37.644)	14:25.069 (2:41.154)	17:05.155 (2:40.086)	19:45.290 (2:40.135)	
	22:24.769 (2:39.479)	25:03.369 (2:38.600)	27:43.969 (2:40.600)	30:23.202 (2:39.233)	
	32:57.542 (2:34.340)				
2	Slovitt, Nicky	W64 Ontario RW	33:53.53	27:26.55	72.99%
	1:21.839 (1:21.839)	4:06.906 (2:45.067)	6:50.095 (2:43.189)	9:30.528 (2:40.433)	
	12:13.562 (2:43.034)	14:56.490 (2:42.928)	17:38.985 (2:42.495)	20:20.009 (2:41.024)	
	23:02.963 (2:42.954)	25:47.141 (2:44.178)	28:33.549 (2:46.408)	31:17.884 (2:44.335)	
	33:53.523 (2:35.639)				
3	De Visme, Claire	W60 Ontario RW	38:10.70	30:54.79	64.79%
	1:21.828 (1:21.828)	4:17.230 (2:55.402)	7:21.348 (3:04.118)	10:28.361 (3:07.013)	
	13:35.026 (3:06.665)	16:43.076 (3:08.050)	19:50.684 (3:07.608)	22:57.339 (3:06.655)	
	26:02.866 (3:05.527)	29:08.458 (3:05.592)	32:14.527 (3:06.069)	35:17.908 (3:03.381)	
	38:10.693 (2:52.785)				

W70 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading		
1 De Thy, Anne	W70 Ontario RW	33:53.58	24:35.98	81.42%	ONT MR
	1:20.447 (1:20.447)	4:06.347 (2:45.900)	6:49.613 (2:43.266)	9:30.132 (2:40.519)	
	12:13.442 (2:43.310)	14:56.443 (2:43.001)	17:39.534 (2:43.091)	20:20.711 (2:41.177)	
	23:03.497 (2:42.786)	25:47.750 (2:44.253)	28:34.133 (2:46.383)	31:17.632 (2:43.499)	
	33:53.579 (2:35.947)				
	(old ONT & MR 34:24.86 June Marie Provost 2005)				
-- Garnes, Petra	W74 Unattached Ontario	DQ			
	1:36.240 (1:36.240)	4:58.148 (3:21.908)	8:23.389 (3:25.241)	11:47.562 (3:24.173)	
	15:10.216 (3:22.654)	18:33.617 (3:23.401)	21:57.951 (3:24.334)		

M30 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Dobson, David	M30 Jamcan Int.	11.57	0.5	11.58 82.73%	9
2 Davidovic, Boris	M34 Uni. Toronto TC	11.78	0.5	11.79 81.26%	9
3 Turano, Matthew	M33 Unattached Ontario	12.34	0.5	12.35 77.57%	9
4 Valtchev, Zarko	M34 Unattached Ontario	12.90	0.5	12.91 74.21%	9

M35 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Edwards, Travis	M37 Jamcan Int.	11.58	2.1	11.58 82.73%	8
2 Klein, Eric	M38 Thorold Elite	11.68	2.1	11.68 82.02%	8
3 Butts, Steven	M38 Unattached Ontario	11.76	2.1	11.76 81.46%	8
4 Millage, Jamie	M39 Unattached Ontario	11.98	2.1	11.98 79.97%	8
5 Blackman, Alman	M39 Jamcan Int.	12.19	2.1	12.19 78.59%	8
6 Heffernan, Andrew	M35 Ottawa Lions T.F.C.	12.39	2.1	12.39 77.32%	8
7 Hotic, Damir	M37 Unattached Ontario	12.56	0.3	12.56 76.27%	7
8 Ong, Sonny	M35 Unattached Ontario	12.89	2.1	12.89 74.32%	8
9 Wagner, Christopher	M39 Waterloo Track Club	17.24	2.1	17.24 55.57%	8

M40 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Miller, Ainsley	M42 Jamcan Int.	12.00	0.3	11.61 82.52%	7
2 Primeau, David	M41 Force Track Team	X12.70	0.3	12.28 78.01%	7
3 Ayotte, Paul	M40 Laurel Creek T.F.C.	12.91	0.3	12.49 76.70%	7

2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

4 Da Silva, Daniel	M40 Unattached Ontario	13.73	0.3	13.28	72.14%	7
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M45 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Mirco, Sheldon	M48 Brantford T.F.C.	12.03	-0.1	11.25 85.16%	6
2 Mitchell, Andre	M47 Uni. Toronto TC	12.35	-0.1	11.55 82.94%	6
3 Fraser, Barry	M45 Jamcan Int.	12.43	-0.1	11.62 82.44%	6
4 Hanlon, Dominic	M46 Unattached Ontario	12.82	-0.1	11.99 79.90%	6
5 Uda, Thomas	M45 Uni. Toronto TC	13.36	-0.1	12.49 76.70%	6
6 Tsang, Raymond	M49 Unattached Ontario	13.54	-0.1	12.66 75.67%	6

M50 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Gibbons, O'Brian	M53 Border City AC	12.04	0.8	10.88 88.05%	5
2 Hui, Tit (Jonathan)	M53 Jamcan Int.	12.89	0.8	11.65 82.23%	5
3 Nahum, Lionel	M50 Ottawa Lions T.F.C.	12.97	0.8	11.72 81.74%	5
4 Alfred, Dale	M52 Unattached Ontario	14.17	0.9	12.80 74.84%	4
-- Samuel, Dale	M52 Jamcan Int.	DNF	0.8		5

M55 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Hart, Milton	M59 Unattached Ontario	12.29	0.9	10.73 89.28%	4
2 Miller, Leroy	M56 Unattached Ontario	12.73	0.9	11.11 86.23%	4
3 Jones, William Thomas	M59 Unattached Ontario	14.58	0.9	12.73 75.26%	4

M60 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Kudo, Ken	M61 Jamcan Int.	13.32	1.4	11.23 85.31%	3
2 Leefoon, Michael	M63 Jamcan Int.	13.49	1.4	11.38 84.18%	3
3 Winchester, John	M62 Unattached Ontario	14.14	1.4	11.92 80.37%	3
4 Velautham, Ravindraraj	M64 United Tamil SC	15.29	1.4	12.89 74.32%	3
5 Bardowell, Christopher	M61 Unattached Ontario	28.51	1.4	24.04 39.85%	3

M65 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Hazen, Ward	M69 Laurel Creek T.F.C.	13.27	0.8	10.81 88.62%	5
2 Kumarakulasingam, Kumar	M65 Unattached Ontario	14.83	0.8	12.08 79.30%	5

M70 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Hehar, Manmohan	M74 Unattached Ontario	15.45	0.2	12.15 78.85%	2
2 Hayes, Douglas	M70 Unattached Ontario	15.61	0.2	12.27 78.08%	2
3 Wright, Paul	M70 Unattached Ontario	15.97	0.2	12.55 76.33%	2
4 Bohle, Garry	M71 Newmarket Huskie	16.70	0.2	13.13 72.96%	2
5 Cilevitz, Ralph	M70 Jamcan Int.	16.85	0.2	13.25 72.30%	2

M75 100 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
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2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Garnes, Cecil	M75	Unattached Ontario	15.27	0.2	11.59	82.66%	2
--	Peters, James	M76	Unattached Ontario	DNF	0.2			2

M80 100 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading		
1 Powell, Tony	M80	Unattached Ontario	15.14	0.9	11.08	86.46%	ONT MR
(old ONT 15.16 Tony March 2014, old MR 16.7 Karl Trei 1989)							
2	Makkar, Sardar Singh	M81	Jamcan Int.	18.16	0.9	13.29	72.08%

M85 100 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	
1	Burgin, Harold	M85	Unattached Ontario	24.70	0.9	17.16 55.83%

M90 100 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	
1	Mulamoottil, George	M91	Unattached Ontario	25.47	0.9	16.30 58.77%

M30 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#	
1	Maxwell, Damian	M32	Jamcan Int.	23.53	1.2	23.54 81.52%	8
2	Dobson, David	M30	Jamcan Int.	23.68	1.2	23.69 81.00%	8
3	Davidovic, Boris	M34	Uni. Toronto TC	24.24	1.2	24.25 79.13%	8
4	Turano, Matthew	M33	Unattached Ontario	25.09	1.2	25.10 76.45%	8

M35 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#	
1	Edwards, Travis	M37	Jamcan Int.	23.76	1.2	23.27 82.47%	7
2	Millage, Jamie	M39	Unattached Ontario	24.12	1.2	23.62 81.24%	7
3	Butts, Steven	M38	Unattached Ontario	24.33	1.2	23.83 80.53%	7
4	Heffernan, Andrew	M35	Ottawa Lions T.F.C.	24.89	1.2	24.37 78.74%	7
5	Hotic, Damir	M37	Unattached Ontario	25.59	1.2	25.06 76.58%	7

M40 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#	
1	Miller, Ainsley	M42	Jamcan Int.	24.42	4.9	23.16 82.86%	6
2	Brown, Mellard	M40	Jamcan Int.	24.47	4.9	23.21 82.68%	6
3	Conway, Michael	M40	Ottawa Lions T.F.C.	25.48	4.9	24.17 79.40%	6
4	Primeau, David	M41	Force Track Team	X26.39	4.9	25.03 76.67%	6
5	Watson, Jeff	M42	Unattached Ontario	26.64	4.9	25.27 75.94%	6
6	Gilman, Matt	M44	Unattached Ontario	27.18	4.9	25.78 74.44%	6
7	Huszarik, Greg	M41	Laurel Creek T.F.C.	27.79	4.9	26.36 72.80%	6

M45 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#	
1	Morgan, Otis	M48	Jamcan Int.	24.30	1.8	22.31 86.02%	5

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2	Mirco, Sheldon	M48	Brantford T.F.C.	24.37	1.8	22.37	85.78%	5
3	Fraser, Barry	M45	Jamcan Int.	25.13	1.8	23.07	83.18%	5
4	Shand, Gavin	M45	Jamcan Int.	25.17	1.8	23.11	83.04%	5
5	Younker, Jonathan	M49	Unattached Ontario	25.53	1.8	23.44	81.87%	5
6	Uda, Thomas	M45	Uni. Toronto TC	27.07	1.8	24.85	77.22%	5
7	Tsang, Raymond	M49	Unattached Ontario	27.31	1.8	25.07	76.55%	5

M50 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Hui, Tit (Jonathan)	M53	Jamcan Int.	26.54	0.1	23.58 81.38%	4
2 Nahum, Lionel	M50	Ottawa Lions T.F.C.	26.73	0.1	23.75 80.80%	4
3 Porto, James	M50	Laurel Creek T.F.C.	27.58	0.1	24.50 78.33%	4
4 Heaven, Howard	M52	Jamcan Int.	28.57	0.1	25.38 75.61%	4
5 Beechey, Matt	M53	Jamcan Int.	30.84	0.1	27.40 70.04%	4
6 Munro, Lenroy	M54	Unattached Ontario	47.25	0.1	41.98 45.71%	4

M55 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Reynolds, Rick	M57	Unattached Ontario	26.70	-1.2	22.95 83.62%	3
2 Dechellis, Matthew	M56	Unattached Ontario	29.09	-1.2	25.00 76.76%	3

M60 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Leefoon, Michael	M63	Jamcan Int.	28.24	-1.2	23.48 81.73%	3
2 Winchester, John	M62	Unattached Ontario	29.11	-1.2	24.20 79.30%	3
3 Payne, Scott	M64	Unattached Ontario	32.18	-1.2	26.75 71.74%	3

M65 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Hazen, Ward	M69	Laurel Creek T.F.C.	28.45	0.7	22.86 83.95%	2
2 Hutchinson, Brent	M67	Brantford T.F.C.	36.06	0.7	28.98 66.22%	2

M70 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading	H#
1 Hehar, Manmohan	M74	Unattached Ontario	32.14	0.7	24.96 76.88%	2
2 Wright, Paul	M70	Unattached Ontario	33.49	0.7	26.01 73.78%	2
3 Cilevitz, Ralph	M70	Jamcan Int.	40.45	0.7	31.41 61.10%	2

M75 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading
1 Garnes, Cecil	M75	Unattached Ontario	31.16	2.4	23.38 82.08%
2 Tucker, Ray	M77	Brantford T.F.C.	38.89	2.4	29.17 65.79%
3 Swift, Phillip	M76	Uni. Toronto TC	40.26	2.4	30.20 63.54%

M80 200 Meter Dash Masters

Name	Age	Team	Finals	Wind	Age-Grading
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1 Powell, Tony	M80 Unattached Ontario	31.22	2.4	22.39	85.71%
2 Morris, Mike	M83 Unattached Ontario	37.04	2.4	26.56	72.25%
3 Sekhon, Pritam Singh	M80 Unattached Ontario	2:00.97	2.4	1:26.74	22.12%

M85 200 Meter Dash Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Burgin, Harold	M85 Unattached Ontario	56.35	2.4	37.58	51.06%

M30 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Meadows, Nathan	M30 Waterloo Track Club	52.74	52.75	81.57% 7
2 Dobson, David	M30 Jamcan Int.	54.17	54.18	79.42% 7
3 Connors, Michael	M34 Uni. Toronto TC	57.61	57.62	74.68% 7
4 Kandeth, Vik	M30 Uni. Toronto TC	58.50	58.51	73.54% 7
5 Turano, Matthew	M33 Unattached Ontario	59.39	59.40	72.44% 7

M35 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Klein, Eric	M38 Thorold Elite	52.51	51.59	83.41% 6
2 Heffernan, Andrew	M35 Ottawa Lions T.F.C.	53.68	52.74	81.59% 6
3 Senisterra, Juan Ignacio	M39 Unattached Ontario	58.35	57.33	75.06% 6

M40 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Jackson, Brian	M40 Usatf	X53.39	50.79	84.72% 4
2 Galloway, Andrew	M40 London Western	54.09	51.46	83.62% 4
3 Conway, Michael	M40 Ottawa Lions T.F.C.	54.40	51.76	83.13% 4
4 Brown, Mellard	M40 Jamcan Int.	54.47	51.82	83.04% 4
5 Johnson, Mark	M43 Jamcan Int.	56.71	53.95	79.76% 4
6 Gilman, Matt	M44 Unattached Ontario	59.10	56.23	76.52% 4
7 Watson, Jeff	M42 Unattached Ontario	1:00.62	57.67	74.61% 4
8 Huszarik, Greg	M41 Laurel Creek T.F.C.	1:01.02	58.05	74.13% 6

M45 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Morgan, Otis	M48 Jamcan Int.	54.90	50.56	85.11% 5
2 Shand, Gavin	M45 Jamcan Int.	56.59	52.11	82.58% 5
3 Mitchell, Andre	M47 Uni. Toronto TC	56.83	52.33	82.23% 5
4 Chalabi, Youb	M48 Unattached Ontario	56.84	52.34	82.21% 5
5 Tsang, Raymond	M49 Unattached Ontario	1:06.90	1:01.61	69.84% 5

M50 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Doucet, Patrice	M52 Milpat Mauricie	X55.35	49.32	87.25% 3
2 Goodwin, Byron	M51 Unattached Manitoba	X56.44	50.29	85.56% 3
3 Byrne, Louis	M52 Toronto Olympic	1:08.15	1:00.72	70.87% 3

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Name	Age Team	Finals	Age-Grading	H#
1 Espiritu, Rey	M59 Unattached Ontario	1:11.12	1:01.28 70.22%	3

M60 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Winchester, John	M62 Unattached Ontario	1:06.01	54.98 78.26%	2
2 Payne, Scott	M64 Unattached Ontario	1:10.86	59.02 72.91%	2
3 Chong, Pui	M61 Unattached Ontario	1:14.25	1:01.85 69.57%	2

M65 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading	H#
1 Johnson, Orren	M65 Jamcan Int.	1:08.65	55.25 77.88%	2
2 Hutchinson, Brent	M67 Brantford T.F.C.	1:21.90	1:05.91 65.29%	2

M70 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Bohle, Garry	M71 Newmarket Huskie	1:27.12	1:07.70 63.56%
2 Mills, Frank	M74 Unattached Ontario	1:28.03	1:08.40 62.91%

M75 400 Meter Dash Masters

Name	Age Team	Finals	Age-Grading
1 Tucker, Ray	M77 Brantford T.F.C.	1:26.07	1:04.04 67.19%
2 Swift, Phillip	M76 Uni. Toronto TC	1:42.98	1:16.62 56.16%

M30 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Medeiros, Kevin 1:05.721 (1:05.721)	M34 Unattached Ontario	2:13.50	2:13.51 75.58%	2

M35 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Heffernan, Andrew 1:01.641 (1:01.641)	M35 Ottawa Lions T.F.C.	2:05.09	2:04.66 80.95%	2

M40 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Galloway, Andrew 1:02.778 (1:02.778)	M40 London Western	2:05.97	2:00.68 83.62%	4
2 Aseltine, Ian 1:02.817 (1:02.817)	M43 London Western	2:06.04	2:00.75 83.57%	4
3 Conway, Michael 1:02.538 (1:02.538)	M40 Ottawa Lions T.F.C.	2:07.42	2:02.07 82.67%	4
4 Johnson, Mark 1:04.194 (1:04.194)	M43 Jamcan Int.	2:11.19	2:05.69 80.28%	4

2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

5 Huszarik, Greg M41 Laurel Creek T.F.C. 2:21.67 2:15.72 74.35% 4
1:07.632 (1:07.632)

M45 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Tepper, David 1:06.804 (1:06.804)	M49 Newmarket Huskie	2:16.42	2:05.58 80.36%	4
2 Frenette, Gilles 1:07.100 (1:07.100)	M47 Ottawa Lions T.F.C.	2:17.21	2:06.31 79.89%	4

M50 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Doucet, Patrice 1:01.935 (1:01.935)	M52 Milpat Mauricie	X2:07.00	1:52.30 89.86%	2
2 Grossi, Danny 1:06.298 (1:06.298)	M53 Newmarket Huskie	2:18.84	2:02.77 82.19%	2
3 Byrne, Louis 1:12.675 (1:12.675)	M52 Toronto Olympic	2:31.68	2:14.12 75.24%	2
4 Vautour, Christopher 1:17.789 (1:17.789)	M54 Unattached Ontario	2:43.54	2:24.61 69.78%	3
5 Liu, Henry 1:16.852 (1:16.852)	M52 York Region RC	2:57.81	2:37.22 64.18%	2

M55 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Dyck, Jim 1:05.082 (1:05.082) (old MR 2:12.8 Cliff Hall 198143 years ago!)	M58 Toronto Harriers	2:11.35	1:51.51 90.49%	3 MR
2 Thomas, John 1:06.919 (1:06.919)	M56 Uni. Toronto TC	2:21.79	2:00.37 83.83%	3
3 Weber, Harvey 1:14.772 (1:14.772)	M58 Running Wild AC	2:28.65	2:06.19 79.97%	3
4 McInerney, Mike 1:14.270 (1:14.270)	M57 Ottawa Lions T.F.C.	2:29.30	2:06.75 79.61%	3
5 Cassel, Gary 1:17.328 (1:17.328)	M56 Unattached Ontario	2:38.38	2:14.45 75.05%	3
6 Moriarity, Dan 1:23.245 (1:23.245)	M55 Longboat RR	2:47.52	2:22.21 70.96%	3

M65 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading	H#
1 Johnson, Orren 1:15.943 (1:15.943)	M65 Jamcan Int.	2:52.36	2:14.69 74.92%	2
2 Hutchinson, Brent 1:28.908 (1:28.908)	M67 Brantford T.F.C.	3:08.36	2:27.19 68.56%	2

M70 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Clarke, John 1:34.068 (1:34.068)	M72 Unattached Ontario	3:09.47	2:21.92 71.10%
2 Bonneville, Maurice	M74 Russell Run Club	3:32.17	2:38.92 63.50%

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1:47.513 (1:47.513)
 3 Paget, Ted M73 Newmarket Huskie 3:41.63 2:46.01 60.79%
 1:48.497 (1:48.497)

M75 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Tucker, Ray 1:41.205 (1:41.205)	M77 Brantford T.F.C.	3:19.82	2:23.26 70.44%
2 Swift, Phillip 1:45.168 (1:45.168)	M76 Uni. Toronto TC	3:38.65	2:36.76 64.37%

M80 800 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Mackie, Chris 1:44.032 (1:44.032)	M83 Unattached Ontario	3:29.15	2:20.91 71.61%

M30 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Medeiros, Kevin 57.344 (57.344)	M34 Unattached Ontario 2:09.738 (1:12.394)	4:38.63 3:22.982 (1:13.244)	4:38.64 73.93% 3 4:38.623 (1:15.641)

M35 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Heffernan, Andrew 55.502 (55.502)	M35 Ottawa Lions T.F.C. 2:06.501 (1:10.999)	4:26.54 3:18.969 (1:12.468)	4:22.52 78.47% 3 4:26.537 (1:07.568)

M40 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Aseltine, Ian 55.200 (55.200)	M43 London Western 2:06.197 (1:10.997)	4:27.49 3:18.658 (1:12.461)	4:14.98 80.79% 3 4:27.482 (1:08.824)

M45 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Tepper, David 55.943 (55.943)	M49 Newmarket Huskie 2:09.948 (1:14.005)	4:33.03 3:23.109 (1:13.161)	4:11.36 81.95% 3 4:33.021 (1:09.912)
2 Frenette, Gilles 57.149 (57.149)	M47 Ottawa Lions T.F.C. 2:11.073 (1:13.924)	4:47.73 3:31.917 (1:20.844)	4:24.89 77.77% 3 4:47.723 (1:15.806)
3 Rogers, Alexander 59.337 (59.337)	M48 Unattached Ontario 2:35.080 (1:35.743)	6:08.93 4:23.476 (1:48.396)	5:39.64 60.65% 3 6:08.928 (1:45.452)
-- Beatty, Kevin 56.610 (56.610)	M48 Unattached Ontario	DNF	3

M50 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Grossi, Danny 56.145 (56.145)	M53 Newmarket Huskie 2:10.219 (1:14.074)	4:34.41 3:23.304 (1:13.085)	4:03.43 84.62% 3 4:34.408 (1:11.104)

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Name	Age Team	Finals	Age-Grading H#
1 McGregor, Larry 1:00.623 (1:00.623)	M56 Unattached Ontario 2:22.683 (1:22.060)	5:05.89 3:47.173 (1:24.490)	4:20.84 78.98% 2 5:05.889 (1:18.716)
2 McInerney, Mike 1:00.345 (1:00.345)	M57 Ottawa Lions T.F.C. 2:22.238 (1:21.893)	5:07.49 3:46.113 (1:23.875)	4:22.20 78.57% 2 5:07.488 (1:21.375)
3 Weber, Harvey 1:00.918 (1:00.918)	M58 Running Wild AC 2:22.970 (1:22.052)	5:08.45 3:47.521 (1:24.551)	4:23.02 78.32% 2 5:08.447 (1:20.926)
4 Cassel, Gary 1:02.004 (1:02.004)	M56 Unattached Ontario 2:29.075 (1:27.071)	5:30.11 3:59.951 (1:30.876)	4:41.49 73.18% 2 5:30.105 (1:30.154)

M60 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Friel, Vince 1:00.046 (1:00.046)	M61 Newmarket Huskie 2:25.039 (1:24.993)	5:15.22 3:52.316 (1:27.277)	4:17.67 79.95% 3 5:15.216 (1:22.900)

M65 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Freemantle, James 1:13.407 (1:13.407)	M65 Newmarket Huskie 2:55.177 (1:41.770)	6:21.18 4:40.413 (1:45.236)	4:57.86 69.16% 2 6:21.171 (1:40.758)
2 Hutchinson, Brent 1:20.496 (1:20.496)	M67 Brantford T.F.C. 3:12.043 (1:51.547)	6:45.73 5:01.338 (1:49.295)	5:17.04 64.98% 2 6:45.722 (1:44.384)

M70 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Clarke, John 1:17.378 (1:17.378)	M72 Unattached Ontario 2:57.583 (1:40.205)	6:11.02 4:37.161 (1:39.578)	4:36.27 74.56% 6:11.014 (1:33.853)
2 Mills, Frank 1:18.583 (1:18.583)	M74 Unattached Ontario 3:03.459 (1:44.876)	6:27.19 4:48.880 (1:45.421)	4:48.31 71.45% 6:27.188 (1:38.308)
3 Bonneville, Maurice 1:22.087 (1:22.087)	M74 Russell Run Club 3:16.177 (1:54.090)	6:58.49 5:07.502 (1:51.325)	5:11.61 66.11% 6:58.483 (1:50.981)

M75 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Tucker, Ray 1:20.050 (1:20.050)	M77 Brantford T.F.C. 3:08.394 (1:48.344)	6:48.92 4:59.336 (1:50.942)	4:49.11 71.25% 6:48.917 (1:49.581)
2 Swift, Phillip 1:23.487 (1:23.487)	M76 Uni. Toronto TC 3:27.884 (2:04.397)	7:37.32 5:37.500 (2:09.616)	5:23.33 63.71% 7:37.313 (1:59.813)

M80 1500 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Mackie, Chris 1:21.830 (1:21.830)	M83 Unattached Ontario 3:14.900 (1:53.070)	6:56.55 5:06.592 (1:51.692)	4:37.05 74.35% 6:56.550 (1:49.958)

M35 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Morin, Danny	M39 Unattached Ontario	15:39.80	15:39.81 80.37% 3

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34.216 (34.216) 1:46.948 (1:12.732) 3:02.418 (1:15.470) 4:17.495 (1:15.077)
 5:32.629 (1:15.134) 6:47.892 (1:15.263) 8:03.423 (1:15.531) 9:19.412 (1:15.989)
 10:35.721 (1:16.309) 11:52.452 (1:16.731) 13:09.505 (1:17.053) 14:25.593 (1:16.088)
 15:39.792 (1:14.199)

M40 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Fallis, Pearce	M43 Unattached Ontario	16:38.98	16:09.12 77.94% 3
37.094 (37.094)	1:58.233 (1:21.139)	3:19.511 (1:21.278)	4:40.253 (1:20.742)
6:00.422 (1:20.169)	7:20.599 (1:20.177)	8:40.615 (1:20.016)	10:01.593 (1:20.978)
11:22.480 (1:20.887)	12:43.026 (1:20.546)	14:02.927 (1:19.901)	15:22.150 (1:19.223)
16:38.980 (1:16.830)			
2 Benhabib, Larbi	M41 Unattached Ontario	17:18.07	16:47.04 75.01% 3
41.045 (41.045)	2:02.935 (1:21.890)	3:25.555 (1:22.620)	4:47.965 (1:22.410)
6:09.755 (1:21.790)	7:32.796 (1:23.041)	8:55.377 (1:22.581)	10:17.999 (1:22.622)
11:41.379 (1:23.380)	13:05.265 (1:23.886)	14:30.145 (1:24.880)	15:56.392 (1:26.247)
17:18.063 (1:21.671)			
3 John Philipose, Thejes	M40 Unattached Ontario	20:02.45	19:26.50 64.75% 3
42.287 (42.287)	2:11.899 (1:29.612)	3:46.768 (1:34.869)	5:23.641 (1:36.873)
6:58.759 (1:35.118)	8:34.067 (1:35.308)	10:09.603 (1:35.536)	11:46.881 (1:37.278)
13:24.923 (1:38.042)	15:03.417 (1:38.494)	16:45.300 (1:41.883)	18:25.996 (1:40.696)
20:02.447 (1:36.451)			

M45 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Beatty, Kevin	M48 Unattached Ontario	17:48.16	16:33.29 76.05% 3
40.369 (40.369)	2:01.702 (1:21.333)	3:23.352 (1:21.650)	4:46.048 (1:22.696)
6:10.178 (1:24.130)	7:36.113 (1:25.935)	9:03.665 (1:27.552)	10:30.780 (1:27.115)
11:57.712 (1:26.932)	13:25.615 (1:27.903)	14:54.617 (1:29.002)	16:23.336 (1:28.719)
17:48.160 (1:24.824)			
2 Rogers, Alexander	M48 Unattached Ontario	21:26.50	19:56.32 63.14% 3
41.879 (41.879)	2:15.568 (1:33.689)	2:15.568 (0.000)	4:08.051 (1:52.483)
6:00.832 (1:52.781)	7:55.464 (1:54.632)	9:49.158 (1:53.694)	11:43.788 (1:54.630)
13:36.133 (1:52.345)	15:32.750 (1:56.617)	17:32.726 (1:59.976)	19:30.155 (1:57.429)
21:26.493 (1:56.338)			

M50 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Lopez-Bravo, Pedro	M54 Newmarket Huskie	18:32.84	16:30.43 76.27% 2
42.325 (42.325)	2:09.735 (1:27.410)	3:39.430 (1:29.695)	5:08.700 (1:29.270)
6:36.459 (1:27.759)	8:05.083 (1:28.624)	9:34.400 (1:29.317)	11:04.274 (1:29.874)
12:34.546 (1:30.272)	14:03.989 (1:29.443)	15:34.638 (1:30.649)	17:06.172 (1:31.534)
18:32.834 (1:26.662)			
2 Liu, Henry	M52 York Region RC	25:14.67	22:28.06 56.03% 2
53.484 (53.484)	2:43.093 (1:49.609)	4:33.916 (1:50.823)	6:30.709 (1:56.793)
8:30.886 (2:00.177)	10:36.506 (2:05.620)	12:46.123 (2:09.617)	14:54.836 (2:08.713)
17:02.278 (2:07.442)	19:10.135 (2:07.857)	21:17.020 (2:06.885)	23:21.779 (2:04.759)
25:14.670 (1:52.891)			

M55 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Orosz, Laszlo	M56 Unattached Ontario	17:50.80	15:10.40 82.97% 2

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40.772 (40.772)	2:02.546 (1:21.774)	4:30.259 (2:27.713)	4:51.554 (21.295)
5:09.154 (17.600)	6:17.656 (1:08.502)	9:49.426 (3:31.770)	10:40.529 (51.103)
12:07.430 (1:26.901)	13:34.817 (1:27.387)	15:02.542 (1:27.725)	16:29.590 (1:27.048)
17:50.796 (1:21.206)			
2 McGregor, Larry	M56 Unattached Ontario	18:21.21	15:36.25 80.68% 2
42.455 (42.455)	3:39.328 (2:56.873)	6:36.827 (2:57.499)	9:35.033 (2:58.206)
11:04.734 (1:29.701)	12:34.928 (1:30.194)	14:02.646 (1:27.718)	15:30.918 (1:28.272)
16:59.324 (1:28.406)	18:21.207 (1:21.883)		

M60 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Fiorini, Daniel	M62 Newmarket Huskie	18:15.81	14:48.27 85.04% 2
42.836 (42.836)	2:10.387 (1:27.551)	3:39.051 (1:28.664)	5:08.353 (1:29.302)
6:36.151 (1:27.798)	8:04.687 (1:28.536)	9:34.743 (1:30.056)	11:04.413 (1:29.670)
12:34.176 (1:29.763)	13:59.429 (1:25.253)	15:26.060 (1:26.631)	16:52.386 (1:26.326)
18:15.810 (1:23.424)			
2 Lanteigne, Joseph	M63 Unattached Ontario	21:58.72	17:48.96 70.66% 2
52.792 (52.792)	6:17.048 (5:24.256)	8:01.577 (1:44.529)	11:34.466 (3:32.889)
13:21.122 (1:46.656)	15:06.451 (1:45.329)	16:52.166 (1:45.715)	18:38.692 (1:46.526)
20:23.804 (1:45.112)	21:58.720 (1:34.916)		
3 Eley, Brian	M63 Longboat RR	22:15.39	18:02.47 69.78% 2
50.401 (50.401)	2:38.439 (1:48.038)	4:24.942 (1:46.503)	6:09.485 (1:44.543)
7:53.554 (1:44.069)	9:37.538 (1:43.984)	11:24.054 (1:46.516)	13:11.324 (1:47.270)
14:59.361 (1:48.037)	16:48.788 (1:49.427)	18:38.807 (1:50.019)	20:31.721 (1:52.914)
22:15.384 (1:43.663)			
4 Matias, Walter Fernando	M60 Unattached Ontario	23:14.73	18:50.57 66.81% 2
50.847 (50.847)	2:39.150 (1:48.303)	4:25.942 (1:46.792)	6:12.233 (1:46.291)
8:00.300 (1:48.067)	9:50.949 (1:50.649)	11:43.319 (1:52.370)	13:37.387 (1:54.068)
15:32.618 (1:55.231)	17:28.571 (1:55.953)	19:25.709 (1:57.138)	21:23.514 (1:57.805)
23:14.723 (1:51.209)			
-- Blostein, Steven	M63 Physi-Kult	DNF	2
45.185 (45.185)	2:16.866 (1:31.681)	3:50.571 (1:33.705)	

M65 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading H#
1 Carter, Ian	M69 Unattached Ontario	20:55.57	16:08.43 78.00% 2
50.153 (50.153)	2:39.713 (1:49.560)	4:27.370 (1:47.657)	6:16.846 (1:49.476)
8:06.073 (1:49.227)	9:57.309 (1:51.236)	11:49.566 (1:52.257)	13:39.483 (1:49.917)
15:30.125 (1:50.642)	17:22.433 (1:52.308)	19:13.281 (1:50.848)	20:55.561 (1:42.280)
2 Freemantle, James	M65 Newmarket Huskie	23:20.77	18:00.42 69.91% 2
53.920 (53.920)	2:45.338 (1:51.418)	4:37.432 (1:52.094)	8:22.536 (3:45.104)
10:15.432 (1:52.896)	12:08.540 (1:53.108)	14:00.807 (1:52.267)	15:53.159 (1:52.352)
17:46.247 (1:53.088)	19:41.983 (1:55.736)	21:35.548 (1:53.565)	23:20.762 (1:45.214)
3 Mal, Hari Singh	M68 Unattached Ontario	32:38.46	25:10.57 50.00% 2
1:04.501 (1:04.501)	3:31.761 (2:27.260)	6:01.644 (2:29.883)	8:33.082 (2:31.438)
11:05.888 (2:32.806)	13:42.619 (2:36.731)	16:20.703 (2:38.084)	19:02.107 (2:41.404)
21:45.953 (2:43.846)	24:30.605 (2:44.652)	27:15.463 (2:44.858)	30:00.786 (2:45.323)
32:38.453 (2:37.667)			

M70 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Clarke, John	M72 Unattached Ontario	22:47.88	16:41.43 75.43%
54.243 (54.243)	2:45.098 (1:50.855)	4:34.065 (1:48.967)	6:22.009 (1:47.944)
8:10.360 (1:48.351)	9:59.936 (1:49.576)	11:49.825 (1:49.889)	15:31.196 (3:41.371)
17:22.470 (1:51.274)	19:12.066 (1:49.596)	19:12.066 (0.000)	21:01.383 (1:49.317)

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22:47.871 (1:46.488)									
2 Mills, Frank	M74 Unattached Ontario	22:57.93	16:48.79	74.88%					
55.039 (55.039)	2:46.517 (1:51.478)	4:39.088 (1:52.571)	6:30.753 (1:51.665)						
8:24.192 (1:53.439)	10:16.878 (1:52.686)	12:08.777 (1:51.899)	17:43.719 (5:34.942)						
19:31.796 (1:48.077)	21:20.262 (1:48.466)	22:57.928 (1:37.666)							
3 Bonneville, Maurice	M74 Russell Run Club	27:18.53	19:59.57	62.97%					
59.025 (59.025)	2:56.834 (1:57.809)	4:56.190 (1:59.356)	6:53.948 (1:57.758)						
8:54.675 (2:00.727)	10:55.927 (2:01.252)	12:58.627 (2:02.700)	15:00.054 (2:01.427)						
17:02.538 (2:02.484)	19:05.228 (2:02.690)	21:09.282 (2:04.054)	23:12.284 (2:03.002)						
27:18.530 (4:06.246)									

M80 5000 Meter Run Masters

Name	Age Team	Finals	Age-Grading
1 Moore, Robert	M83 Toronto Olympic	34:48.14	22:45.86 55.30%
1:04.764 (1:04.764)	3:37.849 (2:33.085)	6:19.101 (2:41.252)	9:02.750 (2:43.649)
11:51.112 (2:48.362)	14:40.812 (2:49.700)	17:34.533 (2:53.721)	20:29.057 (2:54.524)
23:23.049 (2:53.992)	26:18.780 (2:55.731)	29:13.215 (2:54.435)	32:04.159 (2:50.944)
34:48.135 (2:43.976)			

M80 80 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Makkar, Sardar Singh	M81 Jamcan Int.	15.69	0.8	15.70 82.23% ONT MR
(old ONT & MR 17.29 Karl Trei 1989)				

M50 100 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Hui, Tit (Jonathan)	M53 Jamcan Int.	16.04	0.8	16.05 80.44% 0.910m
13-8.5				

M55 100 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Dechellis, Matthew	M56 Unattached Ontario	19.95	0.8	19.96 64.68% 0.910m
13-8.5				

M65 100 Short Hurdles Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Hazen, Ward	M69 Laurel Creek T.F.C.	16.07	0.8	16.08 80.29% ONT MR
(old ONT 16.36 Ward 2021, old MR 16.78 Ward 2021)				

M30 110 Short Hurdles 0.991m Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Mackett, Michael	M33 Unattached Ontario	25.08	1.0	25.09 51.45% 0.991m
9.14-13.72				

M80 200 Long Hurdles 0.686m Masters

Name	Age Team	Finals	Wind	Age-Grading
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2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Brosz, Helmut **M81 Throwers Club** **1:04.29** **3.2** **1:04.30** **72.75%** **MR**
 (old MR 68.0 Karl Trei 1989)

M60 300 Long Hurdles Masters

Name	Age Team	Finals	Age-Grading
1 Baldamus, Steve	M64 Unattached Ontario	1:10.97	1:10.98 65.91% 0.840m

M65 300 Long Hurdles Masters

Name	Age Team	Finals	Age-Grading
1 Chipkar, Glenn	M65 Jamcan Int.	52.73	52.74 88.70% 0.840m

M30 400 Long Hurdles Masters

Name	Age Team	Finals	Age-Grading
1 Mackett, Michael	M33 Unattached Ontario	1:18.84	1:18.85 59.33% 0.991m
-- Conlon, Justin	M33 Waterloo Track Club	DQ	0.991m

M60 2000 Meter Steeplechase 0.762m Masters

Name	Age Team	Finals	Age-Grading
1 Schnurr, William	M62 Unattached Ontario	8:37.77	8:37.78 91.47%
		1:12.280 (1:12.280) 2:59.402 (1:47.122) 4:51.955 (1:52.553) 6:46.151 (1:54.196)	
		8:37.764 (1:51.613)	

M70 2000 Meter Steeplechase 0.762m Masters

Name	Age Team	Finals	Age-Grading
1 Chee, Wayne	M70 Uni. Toronto TC	11:20.43	11:20.44 69.61%
		1:33.946 (1:33.946) 3:51.945 (2:17.999) 6:20.809 (2:28.864) 8:50.622 (2:29.813)	
		11:20.424 (2:29.802)	

M30 3000 Meter Steeplechase 0.914m Masters

Name	Age Team	Finals	Age-Grading
1 Mackett, Michael	M33 Unattached Ontario	13:18.33	13:18.34 59.33%
		13.711 (13.711) 2:01.782 (1:48.071) 3:50.755 (1:48.973) 5:44.126 (1:53.371)	
		7:40.589 (1:56.463) 9:36.303 (1:55.714) 11:35.533 (1:59.230) 13:18.322 (1:42.789)	

M30 4x100 Meter Relay Masters

Team	Finals
1 Jamcan International Athletics 'A'	47.45 MR
1) Maxwell, Damian 32	2) Dobson, David 30
3) Miller, Ainsley 42	4) Edwards, Travis 37
(old MR 47.80 UNA 2021)	

M45 4x100 Meter Relay Masters

Team	Finals
1 Jamcan International Athletics 'A'	50.75 ONT MR

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1) Hui, Tit (Jonathan) 53

2) Shand, Gavin 45

3) Morgan, Otis 48

4) Leefoon, Michael 63

(old ONT 50.87 JamCan 2019)

M30 4x400 Meter Relay Masters

Team	Finals
1 Jamcan International Athletics 'B'	x4:22.11
1) Edwards, Travis 37	2) Dobson, David 30
3) Brown, Mellard 40	4) Johnson, Mark 43
59.602 (59.602) 1:59.298 (59.696) 3:07.087 (1:07.789) 4:22.103 (1:15.016)	

M40 4x400 Meter Relay Masters

Team	Finals
1 Jamcan International Athletics 'A'	3:48.88 MR
1) Hui, Tit (Jonathan) 53	2) Miller, Ainsley 42
3) Shand, Gavin 45	4) Morgan, Otis 48
57.018 (57.018) 1:55.310 (58.292) 2:50.424 (55.114) 3:48.879 (58.455)	
(old MR 4:02.8 Masters Sprint Club 1980)	

M30 High Jump Masters

Name	Age Team	Finals	Age-Grading H#
1 Mackett, Michael	M33 Unattached Ontario	1.30m	1.30m 53.06% 2
1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35			
O XXO O XXO O O O XXX			

M40 High Jump Masters

Name	Age Team	Finals	Age-Grading H#
1 Armstrong, Andrew	M41 Thorold Elite	1.35m	1.43m 58.37% 2
1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50			
O P O P P O P O P P X			

M45 High Jump Masters

Name	Age Team	Finals	Age-Grading H#
1 Valenzuela, David	M47 Unattached Ontario	1.60m	1.78m 72.65% 2
1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.58 1.60 1.62 1.70			
P P P P P P P P P O O P P O P XX			

M50 High Jump Masters

Name	Age Team	Finals	Age-Grading H#
1 Baginskiy, Maxim	M54 Unattached Ontario	1.55m	1.81m 73.88% 2
1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.58 1.60			
P P P PP P P P P P O O O P XXX			

M55 High Jump Masters

Name	Age Team	Finals	Age-Grading H#
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2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Hinds, Kasper	M55 Unattached Ontario	1.30m	1.60m	65.31%	2
	1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35 1.40					
	O P P O P O O XP PXX					

M60 High Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Ritchie, Donald	M62 Unattached Ontario	1.40m	1.81m 73.88%	2
	1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45			
	P P P P P P O O XXO XXX			

M65 High Jump Masters

Name	Age Team	Finals	Age-Grading	H#
1 Hazen, Ward	M69 Laurel Creek T.F.C.	1.40m	1.91m 77.96%	2
	1.00 1.05 1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45			
	P P P P O O O O O XXX			
2 Dowman, Patrick	M66 Jamcan Int.	1.20m	1.64m 66.94%	2
	1.00 1.05 1.10 1.15 1.20 1.25			
	O O O XO O XXX			

M70 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Zowkewych, Peter	M73 Variety Village	1.31m	1.89m 77.14%
	0.80 0.90 1.00 1.10 1.15 1.20 1.26 1.31 1.36		
	P P P P P O O O XXX		
2 Wright, Paul	M70 Unattached Ontario	1.15m	1.66m 67.76%
	0.80 0.90 1.00 1.10 1.15 1.20		
	P P O O O XXX		
3 Cilevitz, Ralph	M70 Jamcan Int.	1.00m	1.44m 58.78%
	0.80 0.90 1.00 1.10		
	O P O P		

M75 High Jump Masters

Name	Age Team	Finals	Age-Grading
1 Peters, James	M76 Unattached Ontario	1.00m	1.52m 62.04%
	0.80 0.90 1.00 1.10		
	O O XO XXX		

M80 High Jump Masters

Name	Age Team	Finals	Age-Grading
-- Toscano, Enrico	M83 Unattached Ontario	NH	
	0.80		
	XXX		

M50 Pole Vault Masters

Name	Age Team	Finals	Age-Grading
1 Porto, James	M50 Laurel Creek T.F.C.	3.10m	3.74m 60.32%
	1.25 1.30 1.80 2.20 2.50 2.75 3.00 3.10 3.20		
	P P P P O O XXO XXO XXX		

2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 Pole Vault Masters**

Name	Age Team	Finals	Age-Grading
3 Hazen, Ward 1.25 1.30 1.80 2.20 2.50 P P O O XXX	M69 Laurel Creek T.F.C.	J2.20m	3.26m 52.58%

M70 Pole Vault Masters

Name	Age Team	Finals	Age-Grading
2 Simpson, Bruce 1.25 1.30 1.80 2.20 2.50 2.75 3.00 P P P P P XO XXX	M74 Bolton Pole Vault	J2.75m	4.42m 71.29%

M80 Pole Vault Masters

Name	Age Team	Finals	Age-Grading
4 Brosz, Helmut 1.25 1.30 (no previous ONT) O O	M81 Throwers Club	J1.30m	2.49m 40.16% ONT

M30 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Conlon, Justin 5.63m(0.7) 5.47m(0.9) 5.51m(0.6) 5.24m(0.6) 3.41m(0.2) 5.30m(0.7)	M33 Waterloo Track Club	5.63m	0.7	5.63m 62.91%
2 Mackett, Michael 3.39m(0.7) 3.34m(0.7) 3.06m(0.5) 3.09m(0.4) 3.74m(-0.7) 4.03m(0.7)	M33 Unattached Ontario	4.03m	0.7	4.03m 45.03%

M40 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Watson, Jeff 4.82m(0.4) 4.80m(1.6) 5.32m(-0.4) 5.04m(0.5) 3.34m(0.2) FOUL	M42 Unattached Ontario	5.32m	-0.4	5.83m 65.14%
2 Armstrong, Andrew FOUL 4.72m(1.6) 4.74m(0.4) 4.61m(0.5) PASS	M41 Thorold Elite	4.74m	0.4	5.20m 58.10%
		4.20m(0.3)		

M45 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading
1 Mirco, Sheldon 4.90m(1.4) 5.12m(2.0) 4.66m(0.4) 5.06m(1.3) 4.97m(0.4) 4.90m(0.2)	M48 Brantford T.F.C.	5.12m	2.0	5.94m 66.37%

M50 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Hui, Tit (Jonathan) 5.16m(+0.0) 5.11m(+0.0) PASS PASS PASS	M53 Jamcan Int.	5.16m	+0.0	6.34m 70.84%	2

M55 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#
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2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Hinds, Kasper	M55 Unattached Ontario	4.69m	+0.0	6.12m	68.38%	2
4.69m(+0.0) 4.39m(+0.0)	PASS 4.14m(1.3) PASS	PASS				

M60 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 Winchester, John	M62 Unattached Ontario	4.18m	+0.0	7.50m	83.80%	2
5.41m(+0.0) 3.75m(+0.0)	4.18m(1.2) PASS PASS	PASS		Error in Measurement		
2 Velautham, Ravindraraj	M64 United Tamil SC	3.80m	+0.0	5.27m	58.88%	2
3.80m(+0.0) FOUL	FOUL FOUL FOUL	FOUL				
3 Chong, Pui	M61 Unattached Ontario	3.74m	+0.0	5.18m	57.88%	2
2.55m(+0.0) 3.74m(+0.0)	3.53m(0.6) 3.73m(0.7) 3.65m(0.8)	3.47m(0.3)				

M65 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 Hazen, Ward	M69 Laurel Creek T.F.C.	4.56m	+0.0	6.74m	75.31%	2
4.37m(+0.0) 4.56m(+0.0)	3.59m(0.6) PASS PASS	PASS				
2 Earl, Richard	M66 Unattached Ontario	3.42m	1.0	5.05m	56.42%	2
FOUL 2.97m(+0.0)	3.42m(1.0) 3.06m(1.2) PASS	PASS				

M70 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 Cilevitz, Ralph	M70 Jamcan Int.	3.75m	2.0	5.92m	66.15%	3
FOUL 3.75m(2.0)	PASS PASS PASS	PASS				
2 Hayes, Douglas	M70 Unattached Ontario	3.23m	1.4	5.09m	56.87%	3
3.16m(1.0) 3.21m(1.9)	2.97m(1.4) 3.23m(1.4) 3.22m(1.7)	3.06m(2.4)				

M80 Long Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 Makkar, Sardar Singh	M81 Jamcan Int.	2.86m	1.3	5.27m	58.88%	3
2.50m(0.8) 2.62m(0.5)	2.59m(0.8) 2.86m(1.3) PASS	PASS				

M40 Triple Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	
1 Watson, Jeff	M42 Unattached Ontario	10.23m	-0.2	10.79m	58.99%
10.05m(0.5) 10.15m(-0.2)	10.23m(-0.2) 9.98m(0.2)	10.01m(0.2)		10.00m(-0.5)	

M45 Triple Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	
1 Younker, Jonathan	M49 Unattached Ontario	12.26m	0.2	13.65m	74.63%
11.47m(0.3) 11.95m(0.2)	12.26m(0.2) 11.42m(0.2)	11.71m(-0.2)			

M50 Triple Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	
1 Munro, Lenroy	M54 Unattached Ontario	10.70m	-0.2	12.63m	69.05%
9.28m(0.7) 10.70m(-0.2)	10.12m(0.1)				

2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

2	Porto, James	M50 Laurel Creek T.F.C.	10.05m	0.5	11.86m	64.84%
	9.80m(0.2)	10.05m(0.5)	FOUL	9.91m(-0.2)	9.86m(-0.1)	FOUL
3	Beechey, Matt	M53 Jamcan Int.	7.58m	-0.1	8.94m	48.88%
	FOUL	FOUL	7.58m(-0.1)			

M60 Triple Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 Chong, Pui	M61 Unattached Ontario	7.26m	-0.1	9.73m	53.20% 2	
	7.09m(-0.3)	7.26m(-0.1)	6.94m(-0.1)	6.90m(-0.2)	6.72m(-0.2)	6.82m(-0.1)
2 Baldamus, Steve	M64 Unattached Ontario	5.86m	0.1	7.85m	42.92% 2	
	5.02m(0.1)	5.60m(0.4)	5.86m(0.1)	5.86m(-0.4)	5.83m(-0.1)	

M65 Triple Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 Hazen, Ward	M69 Laurel Creek T.F.C.	8.57m	0.2	12.32m	67.36% 2	
	PASS	FOUL	7.34m(-0.3)	8.36m(-0.1)	8.57m(0.2)	
2 Earl, Richard	M66 Unattached Ontario	6.76m	0.1	9.72m	53.14% 2	
	6.76m(0.1)	FOUL	6.54m(0.1)	5.82m(-0.1)	6.70m(-0.4)	

M70 Triple Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 Cilevitz, Ralph	M70 Jamcan Int.	6.82m	0.1	10.58m	57.85% 2	
	6.55m(-0.2)	6.82m(0.1)	PASS	PASS	PASS	
2 Hayes, Douglas	M70 Unattached Ontario	6.47m	-0.1	10.03m	54.84% 2	
	6.34m(0.6)	6.47m(-0.1)	6.41m(-0.0)	FOUL	6.13m(-0.0)	6.47m(0.1)

M80 Triple Jump Masters

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 Makkar, Sardar Singh	M81 Jamcan Int.	5.80m	-0.2	10.68m	58.39% 2	
	5.53m(-0.2)	5.80m(-0.2)	5.76m(-0.2)	5.38m(-0.4)	PASS	PASS
2 Brosz, Helmut	M81 Throwers Club	4.77m	-0.2	8.78m	48.00% 2	
	4.52m(0.2)	FOUL	4.77m(-0.2)	PASS	PASS	

M35 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#		
1 Mal, Atinder	M37 Unattached Ontario	12.46m	13.03m	55.76% 3 7.26kg		
	11.89m	12.31m	12.46m	FOUL	FOUL	FOUL

M40 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#		
1 Armstrong, Andrew	M41 Thorold Elite	12.00m	13.35m	57.12% 3 7.26kg		
	11.54m	11.37m	12.00m	11.84m	11.35m	11.05m
2 Brown, Mellard	M40 Jamcan Int.	9.73m	10.82m	46.30% 3 7.26kg		
	8.16m	9.10m	8.40m	8.80m	8.44m	9.73m

M50 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
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2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Bungay, Dwight	M54 Throwers Club	11.64m	13.44m	57.51%	3	6.00kg
11.28m	10.71m	11.64m	11.10m	FOUL	11.10m	

M55 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Buhlman, James	M56 Unattached Ontario	8.82m	10.95m 46.85%	3 6.00kg
8.09m	8.55m 8.41m	8.57m	8.51m	8.82m

M60 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Hough, Al	M60 Unattached Ontario	12.76m	15.63m 66.88% 5.00kg
12.06m	12.24m FOUL	12.76m	FOUL FOUL
2 Wolters, Jake	M63 Throwers Club	11.23m	13.75m 58.84% 5.00kg
FOUL	FOUL 10.71m	10.97m	11.13m 11.23m
3 Ritchie, Donald	M62 Unattached Ontario	10.11m	12.38m 52.97% 5.00kg
FOUL	FOUL 8.11m	9.35m	10.11m 9.81m
4 Holliss, Roger	M64 Laurel Creek T.F.C.	10.06m	12.32m 52.72% 5.00kg
9.52m	9.78m 8.51m	9.76m	10.06m 9.67m
5 Anderson, Michael	M64 Throwers Club	9.58m	11.73m 50.19% 5.00kg
9.14m	8.88m 9.58m	9.29m	9.09m FOUL

M65 Shot Put Masters

Name	Age Team	Finals	Age-Grading
1 Murray, Jerry	M67 Throwers Club	10.23m	13.62m 58.28% 5.00kg
10.18m	10.19m 9.86m	10.23m	FOUL FOUL
2 Dabrowa, Jerzy	M66 Unattached Ontario	9.69m	12.90m 55.20% 5.00kg
9.00m	9.67m 9.69m	FOUL	8.82m 8.80m
3 Hazen, Ward	M69 Laurel Creek T.F.C.	9.51m	12.66m 54.17% 5.00kg
8.68m	9.14m 9.51m	9.34m	8.65m PASS
4 Virk, Sukhwinder	M66 Unattached Ontario	9.09m	12.10m 51.78% 5.00kg
9.09m	8.93m 8.68m	8.63m	8.42m 8.82m
5 Athwal, Balbir Singh	M67 Unattached Ontario	8.31m	11.06m 47.33% 5.00kg
7.46m	7.95m 8.31m	FOUL	7.97m 7.72m
6 Mal, Hari Singh	M68 Unattached Ontario	7.94m	10.57m 45.23% 5.00kg
7.94m	7.74m 7.65m	7.28m	7.45m 7.42m

M70 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Zowkewych, Peter	M73 Variety Village	11.23m	14.63m 62.60% 2 4.00kg	
10.46m	10.47m 10.72m	10.19m	11.23m PASS	
2 Sandhar, Balvinder	M72 Unattached Ontario	11.08m	14.44m 61.79% 2 4.00kg	
10.50m	10.72m 11.08m	10.39m	10.54m 10.82m	
3 Cilevitz, Ralph	M70 Jamcan Int.	7.20m	9.38m 40.14% 2 4.00kg	
7.20m	PASS PASS	PASS	PASS PASS	

M75 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Wyroba, Jerzy	M75 Unattached Ontario	9.69m	13.93m 59.61% 2 4.00kg	
9.36m	9.32m 9.69m	9.40m	9.68m 9.29m	

M80 Shot Put Masters

2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	H#
1 Kasperski, John	M80 Throwers Club	11.00m	15.27m 65.34%	2 ONT MR
11.00m 10.63m FOUL 10.48m FOUL 10.26m				
(old ONT 10.61 Garry Bachman 2006, Old MR 9.97 Evalds Viskers 2009)				
2 Brosz, Helmut	M81 Throwers Club	9.25m	12.84m 54.94%	2 3.00kg
8.62m 9.25m 8.89m 8.44m PASS PASS				
3 Jacobs, Moe	M80 Throwers Club	8.29m	11.51m 49.25%	2 3.00kg
8.29m 8.13m 8.13m 7.95m FOUL 8.01m				
4 Makkar, Sardar Singh	M81 Jamcan Int.	6.30m	8.74m 37.40%	2 3.00kg
6.04m 6.30m 6.18m PASS PASS PASS				
5 Toscano, Enrico	M83 Unattached Ontario	5.25m	7.28m 31.15%	2 3.00kg
5.25m FOUL 5.09m FOUL PASS FOUL				

M85 Shot Put Masters

Name	Age Team	Finals	Age-Grading	H#
1 Burgin, Harold	M85 Unattached Ontario	7.50m	11.75m 50.28%	2 3.00kg
7.27m 6.89m 6.79m 7.03m 7.19m 7.50m				

M30 Discus Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Conlon, Justin	M33 Waterloo Track Club	30.04m	30.04m 41.80%	3
26.76m 27.92m 27.49m 28.63m 30.04m 29.57m				

M40 Discus Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Armstrong, Andrew	M41 Thorold Elite	33.77m	34.40m 47.87%	3
32.81m FOUL 31.23m 33.45m FOUL 33.77m				

M45 Discus Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Schaubel, Joel	M49 Unattached Ontario	31.99m	34.72m 48.32%	3
29.52m 28.05m 24.92m 31.99m FOUL 31.68m				
2 Wilson, Darren	M48 Unattached Ontario	23.19m	25.17m 35.03%	3
20.01m 16.17m FOUL 21.69m 23.19m 22.87m				

M50 Discus Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Ransky, Mike	M53 Unattached Ontario	49.46m	49.84m 69.36%	3
49.46m FOUL 47.00m FOUL 46.85m 48.76m				
2 Peretz, Lior	M50 Throwers Club	48.18m	48.55m 67.56%	3
FOUL FOUL FOUL FOUL 48.18m FOUL				

M55 Discus Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Buhlman, James	M56 Unattached Ontario	24.09m	26.19m 36.45%	3
FOUL 24.09m 23.56m 23.39m 23.89m FOUL				

2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading
1 Hough, Al	M60 Unattached Ontario	44.34m	42.80m 59.56% 1.00kg MR
40.13m FOUL FOUL FOUL 44.34m FOUL (old MR 43.17 Michael Deady 2016)			
2 Wolters, Jake	M63 Throwers Club	42.04m	40.58m 56.47% 1.00kg
38.57m 42.04m FOUL 39.18m FOUL 41.95m			
3 Holliss, Roger	M64 Laurel Creek T.F.C.	31.11m	30.03m 41.79% 1.00kg
31.05m FOUL 30.06m 31.11m FOUL 24.04m			
4 Anderson, Michael	M64 Throwers Club	29.94m	28.90m 40.22% 1.00kg
29.94m 26.23m 25.54m 27.71m 28.01m 24.29m			

M65 Discus Throw Masters

Name	Age Team	Finals	Age-Grading
1 Hazen, Ward	M69 Laurel Creek T.F.C.	35.42m	37.50m 52.18% 1.00kg
FOUL 24.60m FOUL 29.64m FOUL 35.42m			
2 Murray, Jerry	M67 Throwers Club	30.08m	31.85m 44.32% 1.00kg
FOUL FOUL 30.08m FOUL FOUL FOUL			
3 Dabrowa, Jerzy	M66 Unattached Ontario	28.79m	30.48m 42.42% 1.00kg
23.02m 22.80m 28.71m 28.18m 28.79m 28.17m			
4 Virk, Sukhwinder	M66 Unattached Ontario	23.37m	24.74m 34.43% 1.00kg
23.37m 22.24m 23.03m 19.74m 22.30m 20.71m			
5 Athwal, Balbir Singh	M67 Unattached Ontario	20.26m	21.45m 29.85% 1.00kg
20.26m 19.73m 18.26m 13.50m 17.31m 17.03m			
-- Mal, Hari Singh	M68 Unattached Ontario	FOUL	1.00kg
FOUL PASS PASS PASS PASS PASS			

M70 Discus Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Sandhar, Balvinder	M72 Unattached Ontario	30.34m	35.63m 49.58%	2
26.99m 25.42m 26.93m 29.67m FOUL 30.34m				
2 Wright, Paul	M70 Unattached Ontario	24.37m	28.62m 39.83%	2
24.37m 21.44m 23.83m 23.82m 23.22m FOUL				
3 Cilevitz, Ralph	M70 Jamcan Int.	21.63m	25.40m 35.35%	2
21.63m PASS PASS PASS PASS PASS				

M80 Discus Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Jacobs, Moe	M80 Throwers Club	22.75m	34.35m 47.80%	2
22.75m 21.40m 22.40m FOUL 21.24m 21.85m				
2 Toscano, Enrico	M83 Unattached Ontario	12.65m	19.10m 26.58%	2
10.76m FOUL 10.88m 10.82m 10.83m 12.65m				

M85 Discus Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Burgin, Harold	M85 Unattached Ontario	15.14m	26.75m 37.23%	2
FOUL 13.51m 14.85m 13.58m 13.75m 15.14m				

M30 Javelin Throw Masters

2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading
1 Conlon, Justin	M33 Waterloo Track Club	36.44m	36.44m 37.00%
	33.70m 31.65m 31.74m 36.44m 34.65m FOUL		
2 Mackett, Michael	M33 Unattached Ontario	14.34m	14.34m 14.56%
	9.74m FOUL 12.06m 12.44m FOUL 14.34m		

M40 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Armstrong, Andrew	M41 Thorold Elite	42.86m	48.08m 48.82%
	26.65m 30.72m 33.46m 40.25m 37.12m 42.86m		

M45 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 McMillan, Derek	M49 Unattached Ontario	48.66m	58.92m 59.83%
	44.51m 46.97m 48.66m 45.34m FOUL 46.83m		
2 Stevens, Mark	M49 London Western	37.24m	45.09m 45.79%
	35.41m 34.33m 33.57m 37.24m 35.11m 32.95m		
3 Singh, Gagandeep	M46 Unattached Ontario	35.72m	43.25m 43.92%
	35.72m 35.29m 35.12m FOUL 35.71m FOUL		
4 Wilson, Darren	M48 Unattached Ontario	23.39m	28.32m 28.76%
	20.16m 19.52m 20.78m 22.55m 22.57m 23.39m		

M50 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Beechey, Matt	M53 Jamcan Int.	33.14m	40.73m 41.36%
	32.06m 32.00m 30.94m 32.64m 30.79m 33.14m		
2 Premru, Matthew	M54 Etob. Huskies	27.33m	33.59m 34.11%
	24.54m 24.20m 26.00m 27.33m 24.41m 22.60m		

M55 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading
1 Kalendra, Richard	M58 Etob. Huskies	25.35m	34.03m 34.56%
	21.74m 19.70m 24.46m 25.35m 25.23m FOUL		

M60 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Holliss, Roger	M64 Laurel Creek T.F.C.	38.35m	52.44m 53.25%	3
	36.48m 35.14m 33.65m 34.83m 34.46m 38.35m			
2 Hough, Al	M60 Unattached Ontario	34.63m	47.35m 48.08%	3
	FOUL 28.52m FOUL 32.66m 34.63m 33.93m			
3 Wolters, Jake	M63 Throwers Club	33.76m	46.16m 46.87%	3
	33.76m FOUL FOUL FOUL 32.11m 33.72m			
4 Ritchie, Donald	M62 Unattached Ontario	32.36m	44.25m 44.93%	3
	25.92m 29.59m 31.35m 32.36m 31.18m FOUL			
5 Anderson, Michael	M64 Throwers Club	30.98m	42.36m 43.01%	3
	26.26m 30.98m 28.45m 27.47m 23.10m FOUL			

M65 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading	H#
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2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Hazen, Ward	M69	Laurel Creek T.F.C.	28.63m	43.47m	44.14%	3
	28.63m 27.71m 25.10m 25.72m 25.71m 24.86m						
2	Dabrowa, Jerzy	M66	Unattached Ontario	26.34m	39.99m	40.61%	3
	FOUL 23.96m 22.15m 26.34m 24.33m 24.98m						
3	St. Pierre, Peter	M65	Oakville T.F.C.	24.79m	37.64m	38.22%	3
	FOUL 24.17m 24.79m 21.53m FOUL 23.97m						
4	Athwal, Balbir Singh	M67	Unattached Ontario	18.15m	27.55m	27.98%	3
	FOUL FOUL FOUL FOUL 18.15m FOUL						

M70 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Zowkewych, Peter	M73 Variety Village	30.00m	46.69m 47.41%	2
	23.54m 29.16m FOUL 30.00m PASS 24.63m			
2 Sandhar, Balvinder	M72 Unattached Ontario	24.96m	38.85m 39.45%	2
	24.43m 24.96m 22.30m FOUL FOUL PASS			
3 Cilevitz, Ralph	M70 Jamcan Int.	21.13m	32.89m 33.40%	2
	17.82m 21.13m 18.44m PASS PASS PASS			
4 Wright, Paul	M70 Unattached Ontario	20.14m	31.34m 31.82%	2
	17.85m 18.00m 20.14m 16.73m 16.74m 16.27m			
5 Smith, Doug	M72 Uni. Toronto TC	19.27m	29.99m 30.45%	2
	13.98m 15.24m 19.27m 13.20m 15.49m 19.10m			

M75 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Peters, James	M76 Unattached Ontario	23.24m	41.20m 41.84%	2
	13.49m 17.20m 20.13m 22.42m 17.34m 23.24m			
2 Wyroba, Jerzy	M75 Unattached Ontario	15.83m	28.06m 28.49%	2
	15.83m 12.28m FOUL 12.40m FOUL FOUL			

M80 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Brosz, Helmut	M81 Throwers Club	20.48m	37.68m 38.26%	2
	17.92m FOUL FOUL 20.07m 19.25m 20.48m			
2 Makkar, Sardar Singh	M81 Jamcan Int.	19.98m	36.76m 37.33%	2
	14.48m 17.23m 19.98m 18.15m 15.33m 15.25m			
3 Toscano, Enrico	M83 Unattached Ontario	7.96m	14.64m 14.87%	2
	7.66m 7.96m FOUL FOUL 7.28m FOUL			

M85 Javelin Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Burgin, Harold	M85 Unattached Ontario	17.86m	39.10m 39.70%	2
	15.74m 14.63m 17.86m 14.52m 16.54m 14.09m			

M30 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Singh, Jasdeep	M31 Etob. Huskies	13.98m	13.98m 54.06%	2 351b MR
	13.13m 13.98m FOUL 9.68m 13.35m 13.31m (old MR 13.86 Jasdeep 2023)			
2 Conlon, Justin	M33 Waterloo Track Club	8.41m	8.41m 32.52%	2 351b

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8.41m 8.06m 7.79m FOUL 7.81m FOUL

M40 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Armstrong, Andrew	M41 Thorold Elite	12.77m	13.62m 52.67%	2 ONT MR
FOUL 11.49m 12.77m FOUL FOUL FOUL (old ONT & MR 12.75 Dave Watkins 2005)				

M50 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Pontes, Jack	M52 Jamcan Int.	5.23m	5.21m 20.15%	2 251b
5.23m 5.14m 3.99m 5.13m 4.95m PASS				

M60 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Wolters, Jake	M63 Throwers Club	14.41m	14.51m 56.11%	2 201b
FOUL FOUL 14.38m FOUL 14.41m FOUL				
2 Anderson, Michael	M64 Throwers Club	11.36m	11.44m 44.24%	2 201b
11.36m 11.12m 9.94m 10.81m 10.77m 10.82m				
3 Belle, Carl	M63 Throwers Club	9.31m	9.37m 36.23%	2 201b
FOUL FOUL FOUL 9.31m FOUL FOUL				

M65 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Murray, Jerry	M67 Throwers Club	12.89m	13.99m 54.10%	201b
FOUL 11.76m 11.81m FOUL 12.54m 12.89m				
2 Dabrowa, Jerzy	M66 Unattached Ontario	9.26m	10.05m 38.86%	201b
9.26m FOUL 9.05m FOUL FOUL 9.06m				

M70 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Cilevitz, Ralph	M70 Jamcan Int.	11.35m	11.64m 45.01%	161b
FOUL FOUL 10.56m 10.13m 11.35m FOUL				
2 Sandhar, Balvinder	M72 Unattached Ontario	11.08m	11.37m 43.97%	161b
11.08m 10.83m 10.37m 10.81m 10.82m FOUL				

M80 Weight Throw Masters

Name	Age Team	Finals	Age-Grading	H#
1 Kasperski, John	M80 Throwers Club	12.44m	13.11m 50.70%	121b MR
12.11m 12.44m FOUL FOUL FOUL (old MR 12.32 Ian Hume 1997)				
2 Toscano, Enrico	M83 Unattached Ontario	6.21m	6.54m 25.29%	121b
5.70m 6.21m FOUL 5.71m FOUL 5.53m				

M40 200 Meter Dash Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Nurse, Terry	M44 Unattached Ontario	25.21	-2.4	23.91 80.26%	701

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Name	Age Team	Finals	Wind	Age-Grading	Points
1 Skerritt, Gavin	M49 Unattached Ontario	3:27.99	-2.4	3:10.92	10.05%

M50 200 Meter Dash Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Beechey, Matt	M53 Jamcan Int.	30.52	-2.4	27.12	70.76% 439

M55 200 Meter Dash Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Hinds, Kasper	M55 Unattached Ontario	34.09	-2.4	29.30	65.49% 293

...M55 200 Meter Dash Masters Outdoor Pentathlon

2 Kalendra, Richard	M58 Etob. Huskies	47.05	-2.4	40.44	47.45%
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M60 200 Meter Dash Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Baldamus, Steve	M64 Unattached Ontario	41.13	-2.4	34.19	56.13% 65

M80 200 Meter Dash Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Brosz, Helmut	M81 Throwers Club	1:08.14	-2.4	48.86	39.28%

M40 1500 Meter Run Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1 Nurse, Terry	M44 Unattached Ontario	6:09.53	5:52.24	58.48% 297	
		1:08.484 (1:08.484)	2:47.521 (1:39.037)	4:30.994 (1:43.473)	6:09.526 (1:38.532)

M45 1500 Meter Run Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
-- Skerritt, Gavin	M49 Unattached Ontario	DNF		

M50 1500 Meter Run Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1 Beechey, Matt	M53 Jamcan Int.	7:32.95	6:41.82	51.27% 119	
		1:19.477 (1:19.477)	3:24.637 (2:05.160)	5:33.427 (2:08.790)	7:32.946 (1:59.519)

M55 1500 Meter Run Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points	
1 Kalendra, Richard	M58 Etob. Huskies	5:56.91	5:04.34	67.69% 535	
		1:15.861 (1:15.861)	2:51.401 (1:35.540)	4:24.829 (1:33.428)	5:56.906 (1:32.077)
2 Hinds, Kasper	M55 Unattached Ontario	7:40.28	6:32.49	52.49% 147	

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1:17.409 (1:17.409) 3:16.250 (1:58.841) 5:28.988 (2:12.738) 7:40.279 (2:11.291)

M60 1500 Meter Run Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Baldamus, Steve	M64 Unattached Ontario	8:11.92	6:42.10 51.23% 118
1:30.885 (1:30.885)	3:42.713 (2:11.828)	5:57.879 (2:15.166)	8:11.913 (2:14.034)

M80 1500 Meter Run Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
-- Brosz, Helmut	M81 Throwers Club	DNF	

M40 Long Jump Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Nurse, Terry	M44 Unattached Ontario	6.02m	-1.1	6.60m 73.74% 720
6.02m(-1.1)	5.99m(-2.0) PASS			

M45 Long Jump Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Skerritt, Gavin	M49 Unattached Ontario	3.71m	-2.3	4.30m 48.04% 255
3.71m(-2.3) PASS	PASS			

M50 Long Jump Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Beechey, Matt	M53 Jamcan Int.	4.20m	-1.8	5.16m 57.65% 413
4.10m(-1.8)	4.10m(-2.6) 4.20m(-1.8)			

M55 Long Jump Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Hinds, Kasper	M55 Unattached Ontario	4.46m	-1.5	5.82m 65.03% 548
FOUL	4.46m(-1.5) PASS			
2 Kalendra, Richard	M58 Etob. Huskies	3.13m	-1.7	4.08m 45.59% 219
3.13m(-1.7)	3.00m(-1.4) FOUL			

M60 Long Jump Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Baldamus, Steve	M64 Unattached Ontario	2.70m	-1.9	3.74m 41.79% 165
2.55m(-1.9)	2.70m(-1.9) 2.70m(-1.3)			

M80 Long Jump Masters Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Brosz, Helmut	M81 Throwers Club	2.90m	-1.8	5.34m 59.66% 449
3.90m(-1.8)	2.35m(-1.9) PASS			

M40 Discus Throw Masters Outdoor Pentathlon

2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
1 Nurse, Terry 29.24m 29.03m 28.86m	M44 Unattached Ontario	29.24m	29.78m 41.44%	460

M45 Discus Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Skerritt, Gavin 24.67m 26.94m FOUL	M49 Unattached Ontario	26.94m	29.24m 40.69%	450

M50 Discus Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Beechey, Matt 27.02m 24.30m 24.57m	M53 Jamcan Int.	27.02m	27.23m 37.89%	410

M55 Discus Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hinds, Kasper FOUL 20.01m 22.34m	M55 Unattached Ontario	22.34m	24.29m 33.80%	353
2 Kalendra, Richard 17.12m 16.80m 16.92m	M58 Etob. Huskies	17.12m	18.61m 25.90%	246

M60 Discus Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Baldamus, Steve 20.17m 20.10m 20.42m	M64 Unattached Ontario	20.42m	19.71m 27.43%	267

M80 Discus Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Brosz, Helmut 20.32m 20.86m FOUL	M81 Throwers Club	20.86m	31.50m 43.84%	494

M40 Javelin Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Nurse, Terry 43.44m 36.37m 39.53m	M44 Unattached Ontario	43.44m	48.73m 49.48%	570

M45 Javelin Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Skerritt, Gavin 27.30m 28.23m 29.29m	M49 Unattached Ontario	29.29m	35.47m 36.02%	377

M50 Javelin Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Beechey, Matt	M53 Jamcan Int.	31.38m	38.57m	39.17%	421
	FOUL	30.06m	31.38m			

M55 Javelin Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Hinds, Kasper	M55 Unattached Ontario	25.59m	34.35m 34.88%	361
		20.44m	25.59m	24.23m

...M55 Javelin Throw Masters Outdoor Pentathlon

2	Kalendra, Richard	M58 Etob. Huskies	23.19m	31.13m	31.61%	315
			22.59m	23.19m	20.34m	

M60 Javelin Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Baldamus, Steve	M64 Unattached Ontario	20.76m	28.38m 28.82%	276
		18.93m	19.50m	20.76m

M80 Javelin Throw Masters Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Brosz, Helmut	M81 Throwers Club	19.26m	35.44m 35.99%	376
		15.84m	19.26m	FOUL

M40 Outdoor Pentathlon Masters

Name	Age Team	Finals	H#
1 Nurse, Terry	M44 Unattached Ontario	2748	

M45 Outdoor Pentathlon Masters

Name	Age Team	Finals	H#
1 Skerritt, Gavin	M49 Unattached Ontario	1082	

M50 Outdoor Pentathlon Masters

Name	Age Team	Finals	H#
1 Beechey, Matt	M53 Jamcan Int.	1802	

M55 Outdoor Pentathlon Masters

Name	Age Team	Finals	H#
1 Hinds, Kasper	M55 Unattached Ontario	1702	
2 Kalendra, Richard	M58 Etob. Huskies	1315	

M60 Outdoor Pentathlon Masters

Name	Age Team	Finals	H#
1 Baldamus, Steve	M64 Unattached Ontario	891	

M80 Outdoor Pentathlon Masters

2024 Ontario Masters Athletics Championship - 6/28/2024**Toronto Track and Field Centre****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	H#
1 Brosz, Helmut	M81 Throwers Club	1319	

M40 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Rennella, Enrico	M41 Etob. Huskies	24:56.60	24:08.56 74.94%
56.460 (56.460)	2:53.429 (1:56.969)	4:53.966 (2:00.537)	6:54.813 (2:00.847)
8:54.687 (1:59.874)	10:54.982 (2:00.295)	12:57.376 (2:02.394)	14:59.786 (2:02.410)
17:00.207 (2:00.421)	19:01.548 (2:01.341)	21:03.117 (2:01.569)	23:01.605 (1:58.488)
24:56.597 (1:54.992)			

M45 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 O Domhnaill, Brian	M46 Ontario RW	24:21.34	22:44.75 79.54%
51.353 (51.353)	2:39.652 (1:48.299)	4:33.636 (1:53.984)	6:29.506 (1:55.870)
8:27.398 (1:57.892)	10:27.424 (2:00.026)	12:29.605 (2:02.181)	14:30.558 (2:00.953)
16:31.974 (2:01.416)	18:32.806 (2:00.832)	20:33.784 (2:00.978)	22:32.138 (1:58.354)
24:21.333 (1:49.195)			

M60 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Tarnawski, Janusz	M64 Toronto RW	30:34.55	25:10.02 71.89%
1:05.045 (1:05.045)	3:31.659 (2:26.614)	6:01.250 (2:29.591)	8:29.074 (2:27.824)
10:55.257 (2:26.183)	13:23.194 (2:27.937)	15:51.685 (2:28.491)	18:18.730 (2:27.045)
20:45.858 (2:27.128)	23:14.168 (2:28.310)	25:40.499 (2:26.331)	28:09.049 (2:28.550)
30:34.541 (2:25.492)			

M70 5000 Meter Race Walk Masters

Name	Age Team	Finals	Age-Grading
1 Guttman, Stanley	M73 Ontario RW	41:09.87	30:34.62 59.17%
1:30.544 (1:30.544)	4:45.591 (3:15.047)	8:01.124 (3:15.533)	11:17.089 (3:15.965)
14:34.149 (3:17.060)	17:51.132 (3:16.983)	21:09.398 (3:18.266)	24:29.786 (3:20.388)
27:49.659 (3:19.873)	31:09.928 (3:20.269)	34:30.273 (3:20.345)	37:50.757 (3:20.484)
41:09.867 (3:19.110)			