

**2019 Van Ryswyk Indoor Invitational
2019 BC Masters Indoor Championship
Tournament Capital Centre, Kamloops, BC - 3/29/2019 to 3/31/2019
Performance List**

Event 17 Girls 9-11 60 Meter Dash

Saturday 3/30/2019 - 11:43 AM

Lane	Name	Yr	Team	Seed Time
W9 Year Olds				
1	Zabihi, Tianna	10	Kamloops Tra	11.37
2	Cooper, Paige	10	Kamloops Tra	NT
W10 Year Olds				
1	Liburd, Rya	09	Kamloops Tra	10.51
W11 Year Olds				
1	Basworo, Kiyana	08	Kamloops Tra	NT

Event 13 Girls 12-13 60 Meter Dash

Saturday 3/30/2019 - 11:33 AM

Lane	Name	Yr	Team	Seed Time
W12 Year Olds				
1	Chung, Karissa	07	Kamloops Tra	9.35
2	Coulson, Taylor	07	Kamloops Tra	NT
W13 Year Olds				
1	Renwick, Danica	06	Kamloops Tra	NT

Event 11 Girls 14-15 60 Meter Dash U16

Saturday 3/30/2019 - 9:40 AM

Name	Yr	Team	Seed Time
1 Calabretta, Sofia	05	Ready-Set-Go	8.05
2 D'Amore, Sophia	05	Kamloops Tra	NT
3 Amut, Lexus	05	Canim Lake B	NT

Event 46 Girls 11-13 200 Meter Dash

Sunday 3/31/2019 - 11:23 AM

Lane	Name	Yr	Team	Seed Time
W11 Year Olds				
1	Anderson, Alida	08	Kamloops Tra	NT
W12 Year Olds				
1	Chung, Karissa	07	Kamloops Tra	31.28
2	Planden, Paige	07	Kamloops Tra	NT
3	Coulson, Taylor	07	Kamloops Tra	NT
W13 Year Olds				
1	Renwick, Danica	06	Kamloops Tra	NT

Event 52 Girls 12-15 300 Meter Dash

Saturday 3/30/2019 - 1:18 PM

Lane	Name	Yr	Team	Seed Time
W12 Year Olds				
1	Chung, Karissa	07	Kamloops Tra	49.23
2	Coulson, Taylor	07	Kamloops Tra	NT
3	Planden, Paige	07	Kamloops Tra	NT
W13 Year Olds				
1	Renwick, Danica	06	Kamloops Tra	NT
W14-15				
1	Calabretta, Sofia	05	Ready-Set-Go	47.00

Event 92 Girls 12-15 800 Meter Run

Lane	Name	Yr	Team	Seed Time
W13 Year Olds				
1	Renwick, Danica	06	Kamloops Tra	2:49.07
W14-15				
1	Hermiston, Kayla	04	Kamloops Tra	2:43.68
2	D'Amore, Sophia	05	Kamloops Tra	2:48.54

Event 175 Girls 9-13 60 Meter Hurdles

Sunday 3/31/2019 - 9:35 AM

Lane	Name	Yr	Team	Seed Time
W9 Year Olds				
1	Zabihi, Tianna	10	Kamloops Tra	NT
W10 Year Olds				
1	Liburd, Rya	09	Kamloops Tra	NT
W12 Year Olds				
1	Planden, Paige	07	Kamloops Tra	NT

Event 251 Girls 9-12 High Jump

Saturday 3/30/2019 - 11:30 AM

Pos	Name	Yr	Team	Seed Mark
1	Planden, Paige	07	Kamloops Tra	NH

Event 257 Girls 13-15 High Jump

Saturday 3/30/2019 - 12:00 PM

Pos	Name	Yr	Team	Seed Mark
W14-15				
1	D'Amore, Sophia	05	Kamloops Tra	1.35m

Event 281 Girls 9-12 Long Jump

Saturday 3/30/2019 - 8:00 AM

Pos	Name	Yr	Team	Seed Mark
W12 Year Olds				
1	Coulson, Taylor	07	Kamloops Tra	ND
W11 Year Olds				
1	Anderson, Alida	08	Kamloops Tra	ND
W10 Year Olds				
1	Liburd, Rya	09	Kamloops Tra	2.67m
2	Niemah, Narcisse-Chelsea	09	Kamloops Tra	ND
W9 Year Olds				
1	Raath, Lienke	10	Kamloops Tra	2.09m

Event 287 Girls 13-15 Long Jump

Saturday 3/30/2019 - 10:00 AM

Pos	Name	Yr	Team	Seed Mark
W14-15				
1	Calabretta, Sofia	05	Ready-Set-Go	ND
2	D'Amore, Sophia	05	Kamloops Tra	ND
W13 Year Olds				
1	Renwick, Danica	06	Kamloops Tra	ND

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Event 191 Girls 9-13 Shot Put**Sunday 3/31/2019 - 9:00 AM**

Pos	Name	Yr	Team	Seed	Mark
W13 Year Olds...(Event 191 Girls 9-13 Shot Put)					
1	Drake, Elise	06	Okanagan Ath	9.54m	
W12 Year Olds					
1	Planden, Paige	07	Kamloops Tra	ND	
2	Boyce, Lauryn	07	Canim Lake B	ND	
W11 Year Olds					
1	Anderson, Alida	08	Kamloops Tra	ND	
2	Basworo, Kiyana	08	Kamloops Tra	ND	
W10 Year Olds					
1	Niemah, Narcisse-Chelsea	09	Kamloops Tra	ND	
W9 Year Olds					
1	Zabihi, Tianna	10	Kamloops Tra	4.29m	
2	Cooper, Paige	10	Kamloops Tra	ND	

Event 5 Women 16-34 60 Meter Dash**Saturday 3/30/2019 - 9:30 AM**

Lane	Name	Yr	Team	Seed	Time
W16-17					
1	Geise, Helen	02	Kamloops Tra	8.72	
2	Daniels, Taylor	03	Canim Lake B	NT	
W18-19					
1	Dolezal, Celine	00	Unattached B	NT	

Event 1 Women 35-99 60 Meter Dash Master**Saturday 3/30/2019 - 10:53 AM**

Lane	Name	Yr	Team	Seed	Time
W40-44					
1	Haring, Mihee	77	Unattached B	10.10	
W45-49					
1	Robertson, Tamara	70	Greyhounds M	9.95	
2	Harwood, Jennifer	70	Vancouver TH	NT	
W50-54					
1	Valente, Julie	67	Greyhounds M	11.50	
W55-59					
1	Stark, Anne	63	Kamloops Tra	12.00	
W60-64					
1	Szybunka, Patty	57	NorWesters T	9.06	
W65-69					
1	Hayley, Urith	51	Greyhounds M	10.69	
2	Lee, Deborah	50	Greyhounds M	10.89	
3	Shook, Karen	50	Greyhounds M	NT	
W70-74					
1	Allison, Sheila	45	Greyhounds M	12.96	
W80-84					
1	Cheetham, Renate	37	Greyhounds M	13.00	

Event 32 Women 35-99 200 Meter Dash Masters**Sunday 3/31/2019 - 10:38 AM**

Lane	Name	Yr	Team	Seed	Time
W40-44					
1	Haring, Mihee	77	Unattached B	32.20	
W45-49					
1	Robertson, Tamara	70	Greyhounds M	33.10	
W55-59					
1	Stark, Anne	63	Kamloops Tra	39.00	
W60-64					
1	Szybunka, Patty	57	NorWesters T	30.69	
2	Pomietlarz, Monica	58	Okanagan Ath	NT	
W65-69					
1	Shook, Karen	50	Greyhounds M	NT	
W70-74					
1	Allison, Sheila	45	Greyhounds M	42.13	
2	Baldock, Lynette	46	Greyhounds M	49.22	
W80-84					
1	Cheetham, Renate	37	Greyhounds M	55.00	

Event 62 Women 35-99 400 Meter Dash Masters**Saturday 3/30/2019 - 12:48 PM**

Lane	Name	Yr	Team	Seed	Time
W50-54					
1	Valente, Julie	67	Greyhounds M	1:30.00	
W60-64					
1	Szybunka, Patty	57	NorWesters T	78.00	
W70-74					
1	Allison, Sheila	45	Greyhounds M	1:43.27	
2	Baldock, Lynette	46	Greyhounds M	1:57.00	
W80-84					
1	Cheetham, Renate	37	Greyhounds M	2:11.00	

Event 86 Women 16-34 800 Meter Run**Sunday 3/31/2019 - 10:16 AM**

Lane	Name	Yr	Team	Seed	Time
W18-19					
1	McCabe, Ceili	01	Vancouver OL	2:11.21	
2	Baziw, Bridgett	01	Vancouver OL	NT	

Event 82 Women 35-99 800 Meter Run Masters**Sunday 3/31/2019 - 10:00 AM**

Lane	Name	Yr	Team	Seed	Time
W70-74					
1	Allison, Sheila	45	Greyhounds M	4:06.79	
2	Baldock, Lynette	46	Greyhounds M	4:13.03	
W80-84					
1	Cheetham, Renate	37	Greyhounds M	5:11.00	

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Event 112 Women 35-99 1500 Meter Run Masters

Saturday 3/30/2019 - 10:00 AM

Lane	Name	Yr	Team	Seed Time
W50-54...(Event 112 Women 35-99 1500 Meter Run Masters)				
1	Valente, Julie	67	Greyhounds M	6:48.00
W70-74				
1	Allison, Sheila	45	Greyhounds M	8:14.25
2	Baldock, Lynette	46	Greyhounds M	8:22.05

Event 261 Women 16-34 High Jump

Saturday 3/30/2019 - 1:00 PM

Pos	Name	Yr	Team	Seed Mark
W16-17				
1	Daniels, Taylor	03	Canim Lake B	NH

Event 267 Women 35-99 High Jump Mstr(35+)

Saturday 3/30/2019 - 12:00 PM

Pos	Name	Yr	Team	Seed Mark
W65-69				
1	Lee, Deborah	50	Greyhounds M	1.10m
W60-64				
1	Pomietlarz, Monica	58	Okanagan Ath	NH
W55-59				
1	Cavani, Miriam	61	Kamloops Tra	1.40m
W50-54				
1	Lessing, Sunetter	67	Kamloops Tra	NH

Event 291 Women 16-17 Long Jump U18

Saturday 3/30/2019 - 11:30 AM

Name	Yr	Team	Seed Mark
1 Daniels, Taylor	03	Canim Lake B	ND

Event 297 Women 35-99 Long Jump Mstr(35+)

Sunday 3/31/2019 - 8:30 AM

Pos	Name	Yr	Team	Seed Mark
W70-74				
1	Allison, Sheila	45	Greyhounds M	2.07m
2	Baldock, Lynette	46	Greyhounds M	ND
W65-69				
1	Lee, Deborah	50	Greyhounds M	3.47m
W60-64				
1	Szybunka, Patty	57	NorWesters T	4.13m
W55-59				
1	Cavani, Miriam	61	Kamloops Tra	4.24m
W50-54				
1	Lessing, Sunetter	67	Kamloops Tra	ND

Event 319 Women 35-99 Triple Jump Mstr(35+)

Saturday 3/30/2019 - 9:00 AM

Pos	Name	Yr	Team	Seed Mark
W70-74				
1	Allison, Sheila	45	Greyhounds M	5.34m

2 Baldock, Lynette 46 Greyhounds M ND

W65-69

1 Lee, Deborah 50 Greyhounds M 7.52m

Event 203 Women 14-34 Shot Put 4 Kg

Sunday 3/31/2019 - 11:30 AM

Pos	Name	Yr	Team	Seed Mark
W20-34				
1	Omosun, Osereme	99	U OF C Athle	ND
2	Svensson, Siri	96	U OF C Athle	ND
W18-19				
1	Johnson, Alexis	00	U OF C Athle	ND

Event 239 Women 14-99 Weight Throw

Friday 3/29/2019 - 5:00 PM

Pos	Name	Yr	Team	Seed Mark
W65-69				
1	Hessel, Laura	52	Unattached A	9.18m
W20-34				
1	Omosun, Osereme	99	U OF C Athle	ND
2	Svensson, Siri	96	U OF C Athle	ND
W18-19				
1	Johnson, Alexis	00	U OF C Athle	ND

Event 481 Women 16-99 Indoor Pentathlon

Pos	Name	Yr	Team	Points
W65-69				
1	Hayley, Urith	51	Greyhounds M	2436
W50-54				
1	Lessing, Sunetter	67	Kamloops Tra	NP
W35-39				
1	Meyer, Christina	79	Unattached B	1600
W16-17				
1	O'Flaherty, Caleigh	02	New West Spa	3055

Event 18 Boys 9-11 60 Meter Dash

Saturday 3/30/2019 - 11:48 AM

Lane	Name	Yr	Team	Seed Time
M9 Year Olds				
1	Maldonado, Mateo	10	Kamloops Tra	NT
M10 Year Olds				
1	Cooper, Makai	09	Kamloops Tra	10.24
2	Hurtubise, Hayden	09	AirBlastoff	NT
M11 Year Olds				
1	Tremblay, Jensen	08	Kamloops Tra	10.31
2	Archie, Wyatt	08	Canim Lake B	NT
3	Hondzel, Mason	08	Kamloops Tra	NT
4	Duan, Evan Yuxuan	08	Vancouver OL	NT

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Event 14 Boys 12-13 60 Meter Dash

Saturday 3/30/2019 - 11:38 AM

Lane	Name	Yr	Team	Seed Time
M12 Year Olds...(Event 14 Boys 12-13 60 Meter Dash)				
1	Sheldon, Ryland	07	Kamloops Tra	8.86
2	Majak, Jaxon	07	Kamloops Tra	9.58
3	Archie, Rielly	07	Canim Lake B	NT
4	Christopher, Darius	07	Canim Lake B	NT

M13 Year Olds

1	Giles, Tristan	06	Kamloops Tra	9.89
2	Humphrey, Andrew	06	Kamloops Tra	9.97
3	Vermette, Mark	06	Kamloops Tra	NT

Event 12 Boys 14-15 60 Meter Dash U16

Saturday 3/30/2019 - 9:45 AM

Name	Yr	Team	Seed Time	
1	Andrews, Jake	04	Ready-Set-Go	7.88
2	Payne, Kaleb	05	Ready-Set-Go	8.00
3	Korbmacher, Andre	05	Ready-Set-Go	8.22
4	Johnson, Ben	05	Kamloops Tra	NT

Event 47 Boys 11-13 200 Meter Dash

Sunday 3/31/2019 - 11:26 AM

Lane	Name	Yr	Team	Seed Time
M11 Year Olds				
1	Tremblay, Jensen	08	Kamloops Tra	36.80
2	Duan, Evan Yuxuan	08	Vancouver OL	NT
3	Archie, Wyatt	08	Canim Lake B	NT

M12 Year Olds

1	Sheldon, Ryland	07	Kamloops Tra	31.14
2	Majak, Jaxon	07	Kamloops Tra	32.14
3	Archie, Rielly	07	Canim Lake B	NT
4	Christopher, Darius	07	Canim Lake B	NT

M13 Year Olds

1	Humphrey, Andrew	06	Kamloops Tra	NT
2	Vermette, Mark	06	Kamloops Tra	NT

Event 53 Boys 12-15 300 Meter Dash

Saturday 3/30/2019 - 1:22 PM

Lane	Name	Yr	Team	Seed Time
M12 Year Olds				
1	Majak, Jaxon	07	Kamloops Tra	55.49

M13 Year Olds

1	Humphrey, Andrew	06	Kamloops Tra	58.42
2	Giles, Tristan	06	Kamloops Tra	59.86

M14-15

1	Andrews, Jake	04	Ready-Set-Go	41.00
2	Payne, Kaleb	05	Ready-Set-Go	42.50
3	Korbmacher, Andre	05	Ready-Set-Go	46.00

Event 93 Boys 12-15 800 Meter Run

Sunday 3/31/2019 - 10:24 AM

Lane	Name	Yr	Team	Seed Time
M13 Year Olds				
1	Humphrey, Andrew	06	Kamloops Tra	3:06.89
M14-15				
1	Azizli, Huseyn	05	Vancouver OL	NT
2	Heer, Lucas	04	Kamloops Tra	NT

Event 123 Boys 13-15 2000 Meter Run

Lane	Name	Yr	Team	Seed Time
M13 Year Olds				
1	Heer, Jacob	06	Kamloops Tra	NT

Event 176 Boys 9-13 60 Meter Hurdles

Sunday 3/31/2019 - 9:30 AM

Lane	Name	Yr	Team	Seed Time
M10 Year Olds				
1	Hurtubise, Hayden	09	AirBlastoff	NT
M11 Year Olds				
1	Boulter, Owen	08	Kamloops Tra	NT
2	Duan, Evan Yuxuan	08	Vancouver OL	NT
3	Hondzel, Mason	08	Kamloops Tra	NT
4	Purves, Chaz	08	Kamloops Tra	NT

M13 Year Olds

1	Humphrey, Andrew	06	Kamloops Tra	NT
2	Heer, Jacob	06	Kamloops Tra	NT

Event 424 Boys 9-11 4x100 Meter Relay

Lane	Team	Relay	Seed Time
11 Year Olds			
1	Kamloops Tra	M11 A	NT

Event 252 Boys 9-12 High Jump

Saturday 3/30/2019 - 9:30 AM

Pos	Name	Yr	Team	Seed Mark
M12 Year Olds				
1	Sheldon, Ryland	07	Kamloops Tra	1.35m
2	Majak, Jaxon	07	Kamloops Tra	NH
3	Archie, Rielly	07	Canim Lake B	NH
4	Archie, Eric	07	Canim Lake B	NH

M11 Year Olds

1	Purves, Chaz	08	Kamloops Tra	NH
2	Hondzel, Mason	08	Kamloops Tra	NH
3	Heer, Tomas	08	Kamloops Tra	NH

M10 Year Olds

1	Hurtubise, Hayden	09	AirBlastoff	NH
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Event 258 Boys 13-15 High Jump**Saturday 3/30/2019 - 8:00 AM**

Pos	Name	Yr	Team	Seed	Mark
M13 Year Olds...(Event 258 Boys 13-15 High Jump)					
1	Giles, Tristan	06	Kamloops Tra	NH	
2	Humphrey, Andrew	06	Kamloops Tra	NH	

Event 282 Boys 9-12 Long Jump**Saturday 3/30/2019 - 10:30 AM**

Pos	Name	Yr	Team	Seed	Mark
M12 Year Olds					
1	Sheldon, Ryland	07	Kamloops Tra	4.38m	
2	Christopher, Darius	07	Canim Lake B	ND	
3	Archie, Rielly	07	Canim Lake B	ND	
4	Archie, Eric	07	Canim Lake B	ND	
M11 Year Olds					
1	Archie, Wyatt	08	Canim Lake B	ND	
2	Heer, Tomas	08	Kamloops Tra	ND	
3	Purves, Chaz	08	Kamloops Tra	ND	
4	Hondzel, Mason	08	Kamloops Tra	ND	
5	Boulter, Owen	08	Kamloops Tra	ND	
6	Peregrym, Ethan	08	Kamloops Tra	ND	
M10 Year Olds					
1	Cooper, Makai	09	Kamloops Tra	2.10m	
2	Hurtubise, Hayden	09	AirBlastoff	ND	
M9 Year Olds					
1	Maldonado, Mateo	10	Kamloops Tra	ND	

Event 192 Boys 9-13 Shot Put**Sunday 3/31/2019 - 9:45 AM**

Pos	Name	Yr	Team	Seed	Mark
M13 Year Olds					
1	Vermette, Mark	06	Kamloops Tra	ND	
2	Humphrey, Andrew	06	Kamloops Tra	ND	
M12 Year Olds					
1	Archie, Eric	07	Canim Lake B	ND	
2	Christopher, Darius	07	Canim Lake B	ND	
M11 Year Olds					
1	Boulter, Owen	08	Kamloops Tra	ND	
M10 Year Olds					
1	Hurtubise, Hayden	09	AirBlastoff	ND	
2	Cooper, Makai	09	Kamloops Tra	ND	

Event 6 Men 16-34 60 Meter Dash**Saturday 3/30/2019 - 9:35 AM**

Lane	Name	Yr	Team	Seed	Time
M16-17					
1	Ma, Quan Ting Thomas	03	Vancouver OL	7.49	
2	Cruz, Daniel	02	Vancouver OL	NT	
M18-19					
1	Davis, Shemar	00	Unattached B	7.52	
2	Woods, Jared	01	Unattached B	8.30	

M20-34

1	Avila, Linford	92	Unattached B	7.30
2	Jordan, Derek	89	Unattached A	7.37

Event 2 Men 35-99 60 Meter Dash Master**Saturday 3/30/2019 - 11:08 AM**

Lane	Name	Yr	Team	Seed	Time
M35-39					
1	Liburd, Dwight	83	Kamloops Tra	7.28	
2	Kirechuk, Kevin	80	Unattached B	8.70	
M45-49					
1	Johnson, Marvin	74	Greyhounds M	7.47	
2	Walker, Samuel	71	Greyhounds M	7.86	
3	Sheldon, Randy	71	Kamloops Tra	8.13	
4	Taiyab, Faraaz	73	Greyhounds M	9.03	
M50-54					
1	Colbert, Steven	65	Greyhounds M	7.68	
2	Aujla, Jess	64	Greyhounds M	8.00	
3	Prevost, Derek	65	Vancouver TH	8.46	
4	Smith, Robert	68	Greyhounds M	8.56	
5	Phillips, Mark	65	Greyhounds M	8.92	
M55-59					
1	Pinckard, Mark	60	Ocean Athlet	8.90	
2	Taylor, Campbell Scott	61	Unattached B	9.13	
3	Law, Steve	61	Greyhounds M	NT	
M60-64					
1	Hill, Joseph	58	Greyhounds M	8.58	
2	Niwinski, Chris	57	Ocean Athlet	8.67	
3	Liu, Edwin	56	Greyhounds M	8.68	
4	Davy, Brent	55	Greyhounds M	8.88	
5	Woods, Jorge	59	Greyhounds M	8.89	
6	Carwana, James	55	Greyhounds M	9.29	
M70-74					
1	Ukonmaanaho, Tuomas	44	Prince Georg	9.25	
2	Sandhu, Hardev Singh	49	Greyhounds M	9.40	
3	Strong, Derm	48	Kamloops Tra	NT	
4	Graham, Brian	47	Unattached B	NT	
M75-79					
1	McGraw, Dave	42	Unattached B	10.12	
2	Gee, Arthur	44	Greyhounds M	10.30	
3	Shah, Surinder	43	Greyhounds M	11.00	
4	Shook, Vern	42	Greyhounds M	NT	
M80-84					
1	Van Ryswyk, Roy	37	Unattached B	13.57	
M85-89					
1	Currie, Donald	34	Unattached B	11.92	
Event 44 Men 14-34 200 Meter Dash					
Sunday 3/31/2019 - 11:18 AM					
Lane	Name	Yr	Team	Seed	Time
M16-17					
1	Cruz, Daniel	02	Vancouver OL	NT	
2	Ma, Quan Ting Thomas	03	Vancouver OL	NT	

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M18-19...(Event 44 Men 14-34 200 Meter Dash)

1	Davis, Shemar	00	Unattached B	23.29
2	Woods, Jared	01	Unattached B	28.00

M20-34

1	Avila, Linford	92	Unattached B	24.37
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Event 33 Men 35-99 200 Meter Dash Masters**Sunday 3/31/2019 - 10:48 AM**

Lane	Name	Yr	Team	Seed Time
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M35-39

1	Liburd, Dwight	83	Kamloops Tra	24.38
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M45-49

1	Johnson, Marvin	74	Greyhounds M	23.68
2	Walker, Samuel	71	Greyhounds M	25.70
3	Sheldon, Randy	71	Kamloops Tra	27.05
4	Taiyab, Faraaz	73	Greyhounds M	30.04

M50-54

1	Colbert, Steven	65	Greyhounds M	24.60
2	Aujla, Jess	64	Greyhounds M	26.00
3	Smith, Robert	68	Greyhounds M	27.88
4	Phillips, Mark	65	Greyhounds M	29.56

M55-59

1	Pinckard, Mark	60	Ocean Athlet	27.06
2	Taylor, Campbell Scott	61	Unattached B	32.53
3	Law, Steve	61	Greyhounds M	NT

M60-64

1	Hill, Joseph	58	Greyhounds M	27.80
2	Woods, Jorge	59	Greyhounds M	29.20
3	Niwinski, Chris	57	Ocean Athlet	29.39
4	Davy, Brent	55	Greyhounds M	29.50
5	Kang, Harjinder	54	Greyhounds M	34.11

M70-74

1	Ukonmaanaho, Tuomas	44	Prince Georg	30.00
2	Sandhu, Hardev Singh	49	Greyhounds M	32.56
3	Graham, Brian	47	Unattached B	NT
4	Strong, Derm	48	Kamloops Tra	NT

M75-79

1	McGraw, Dave	42	Unattached B	32.78
2	Shah, Surinder	43	Greyhounds M	35.00
3	Gee, Arthur	44	Greyhounds M	36.00
4	Shook, Vern	42	Greyhounds M	NT

M80-84

1	Mey, Karl	36	Greyhounds M	37.50
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M85-89

1	Currie, Donald	34	Unattached B	41.54
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Event 67 Men 16-34 400 Meter Dash

Lane	Name	Yr	Team	Seed Time
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M18-19

1	Davis, Shemar	00	Unattached B	51.58
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Event 63 Men 35-99 400 Meter Dash Masters**Saturday 3/30/2019 - 12:53 PM**

Lane	Name	Yr	Team	Seed Time
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M45-49

1	Johnson, Marvin	74	Greyhounds M	53.00
2	Walker, Samuel	71	Greyhounds M	58.90
3	Sheldon, Randy	71	Kamloops Tra	65.44

M50-54

1	Phillips, Mark	65	Greyhounds M	64.99
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M55-59

1	Pinckard, Mark	60	Ocean Athlet	62.00
2	Flett, Gordon	60	Roadkill Run	78.45
3	Taylor, Campbell Scott	61	Unattached B	1:20.17

M60-64

1	Hill, Joseph	58	Greyhounds M	65.00
2	Davy, Brent	55	Greyhounds M	68.00
3	Kang, Harjinder	54	Greyhounds M	75.70

M70-74

1	Stewart, Mark	44	Greyhounds M	75.00
2	Ukonmaanaho, Tuomas	44	Prince Georg	75.00
3	Strong, Derm	48	Kamloops Tra	NT

M75-79

1	Gee, Arthur	44	Greyhounds M	1:36.00
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M80-84

1	Mey, Karl	36	Greyhounds M	1:27.00
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M85-89

1	Currie, Donald	34	Unattached B	1:47.54
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Event 87 Men 16-34 800 Meter Run**Sunday 3/31/2019 - 10:16 AM**

Lane	Name	Yr	Team	Seed Time
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M16-17

1	Lehmann, Parker	03	Kamloops Tra	2:10.00
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Event 83 Men 35-99 800 Meter Run Masters**Sunday 3/31/2019 - 10:08 AM**

Lane	Name	Yr	Team	Seed Time
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M55-59

1	Pinckard, Mark	60	Ocean Athlet	2:17.00
2	Flett, Gordon	60	Roadkill Run	2:54.64

M60-64

1	Kang, Harjinder	54	Greyhounds M	3:04.58
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M65-69

1	Singh, Gurmit	53	Greyhounds M	3:29.82
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M70-74

1	Stewart, Mark	44	Greyhounds M	2:56.00
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M75-79

1	Gee, Arthur	44	Greyhounds M	3:50.00
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M80-84

1	Mey, Karl	36	Greyhounds M	NT
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Performance List

M85-89...(Event 83 Men 35-99 800 Meter Run Masters)

1	Currie, Donald	34	Unattached B	4:20.78
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Event 113 Men 35-99 1500 Meter Run Masters**Saturday 3/30/2019 - 10:10 AM**

Lane	Name	Yr	Team	Seed Time
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M55-59

1	Pinckard, Mark	60	Ocean Athlet	4:53.00
2	Flett, Gordon	60	Roadkill Run	5:46.91

M70-74

1	Stewart, Mark	44	Greyhounds M	6:15.00
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M75-79

1	Gee, Arthur	44	Greyhounds M	8:00.00
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M85-89

1	Currie, Donald	34	Unattached B	8:47.14
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Event 131 Men 35-99 3000 Meter Run**Saturday 3/30/2019 - 10:45 AM**

Lane	Name	Yr	Team	Seed Time
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M65-69

1	Singh, Gurmit	53	Greyhounds M	16:19.37
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Event 262 Men 16-34 High Jump**Saturday 3/30/2019 - 10:45 AM**

Pos	Name	Yr	Team	Seed Mark
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M18-19

1	Spencer, Bazil	01	Kamloops Tra	NH
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Event 268 Men 35-99 High Jump Mstr(35+)**Saturday 3/30/2019 - 8:00 AM**

Pos	Name	Yr	Team	Seed Mark
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M75-79

1	Gee, Arthur	44	Greyhounds M	1.00m
2	Shah, Surinder	43	Greyhounds M	NH

M70-74

1	Peter, Heinz	48	Unattached B	1.38m
2	Ulis, David	48	Ultra Throw	1.25m
3	Ukonmaanaho, Tuomas	44	Prince Georg	1.20m
4	Sandhu, Hardev Singh	49	Greyhounds M	NH

M60-64

1	Niwinski, Chris	57	Ocean Athlet	1.55m
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Event 288 Men 13-17 Long Jump**Saturday 3/30/2019 - 12:00 PM**

Pos	Name	Yr	Team	Seed Mark
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M16-17

1	Bouthillier, Fernando	02	Kamloops Tra	ND
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M14-15

1	Andrews, Jake	04	Ready-Set-Go	ND
2	Payne, Kaleb	05	Ready-Set-Go	ND
3	Korbmacher, Andre	05	Ready-Set-Go	ND

M13 Year Olds

1	Humphrey, Andrew	06	Kamloops Tra	ND
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Event 298 Men 35-99 Long Jump Mstr(35+)**Sunday 3/31/2019 - 12:30 PM**

Pos	Name	Yr	Team	Seed Mark
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M75-79

1	Gee, Arthur	44	Greyhounds M	3.30m
2	Shah, Surinder	43	Greyhounds M	ND

M70-74

1	Ulis, David	48	Ultra Throw	3.92m
2	Peter, Heinz	48	Unattached B	2.92m
3	Sandhu, Hardev Singh	49	Greyhounds M	ND
4	Graham, Brian	47	Unattached B	ND

M60-64

1	Carwana, James	55	Greyhounds M	3.98m
2	Hill, Joseph	58	Greyhounds M	3.85m

M55-59

1	Flett, Gordon	60	Roadkill Run	3.32m
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M50-54

1	Aujla, Jess	64	Greyhounds M	ND
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M35-39

1	Liburd, Dwight	83	Kamloops Tra	6.27m
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Event 320 Men 35-99 Triple Jump Mstr(35+)**Saturday 3/30/2019 - 1:00 PM**

Pos	Name	Yr	Team	Seed Mark
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M75-79

1	Gee, Arthur	44	Greyhounds M	6.90m
2	Shah, Surinder	43	Greyhounds M	ND

M70-74

1	Sandhu, Hardev Singh	49	Greyhounds M	ND
2	Graham, Brian	47	Unattached B	ND

M50-54

1	Aujla, Jess	64	Greyhounds M	ND
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Event 204 Men 14-34 Shot Put**Sunday 3/31/2019 - 8:00 AM**

Pos	Name	Yr	Team	Seed Mark
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M20-34

1	Hubbard, Collin	97	U OF C Athle	ND
2	Banks, Liam	96	U OF C Athle	ND
3	Macgregor, Sean	96	U OF C Athle	ND
4	Farrell, Josh	85	Saugeen Trac	ND
5	Asiff, Mohamed	97	U OF C Athle	ND

M18-19

1	Alwazan, Hussein	00	U OF C Athle	ND
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M14-15

1	Zabihi, Kian	05	Kamloops Tra	14.30m
2	Padar, Frank	05	Westsyde Sec	ND

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Event 240 Men 14-99 Weight Throw

Friday 3/29/2019 - 5:45 PM

Pos	Name	Yr	Team	Seed	Mark
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M75-79...(Event 240 Men 14-99 Weight Throw)

1	Gee, Arthur	44	Greyhounds M	7.50m
2	Morioka, Harold	43	Greyhounds M	ND
3	Shah, Surinder	43	Greyhounds M	ND
4	Dyer, Jim	42	Unattached B	ND

M70-74

1	Ulis, David	48	Ultra Throw	14.37m
2	Sandhu, Hardev Singh	49	Greyhounds M	ND
3	Toor, Harnek	46	Ultra Throw	ND

M65-69

1	Bains, Mohan	50	Ultra Throw	ND
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M60-64

1	Heighton, Randy	55	Unattached B	11.07m
2	Kang, Harjinder	54	Greyhounds M	ND

M55-59

1	Arthur, Andrew	62	Ultra Throw	13.00m
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M45-49

1	Harrower, Will	72	Unattached B	ND
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M20-34

1	Macgregor, Sean	96	U OF C Athle	ND
2	Beerbaum, Galen	97	U OF C Athle	ND
3	Banks, Liam	96	U OF C Athle	ND

M18-19

1	Alwazan, Hussein	00	U OF C Athle	ND
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M14-15

1	Zabihi, Kian	05	Kamloops Tra	ND
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Event 480 Men 16-99 Indoor Pentathlon

Pos	Name	Yr	Team	Points
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M75-79

1	Shah, Surinder	43	Greyhounds M	NP
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M70-74

1	Sandhu, Hardev Singh	49	Greyhounds M	NP
2	Ulis, David	48	Ultra Throw	NP

Event 66 Mixed 16-34 400 Meter Dash

Saturday 3/30/2019 - 1:08 PM

Lane	Name	Yr	Team	Seed Time
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W18-19

1	Baziw, Bridgett	W01	Vancouver OL	NT
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M18-19

2	Bentz, Kelsy	M00	Thompson River	52.72
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Event 73 Mixed 9-11 600 Meter Run

Sunday 3/31/2019 - 10:28 AM

Lane	Name	Yr	Team	Seed Time
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W11 Year Olds

1	Anderson, Alida	W08	Kamloops Tra	NT
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M11 Year Olds

2	Heer, Tomas	M08	Kamloops Tra	NT
3	Peregrym, Ethan	M08	Kamloops Tra	NT

Event 98 Mixed 9-11 1000 Meter Run

Saturday 3/30/2019 - 10:37 AM

Lane	Name	Yr	Team	Seed Time
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W9 Year Olds

1	Raath, Lienke	W10	Kamloops Tra	4:15.00
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M10 Year Olds

1	Hurtubise, Hayden	M09	AirBlastoff	NT
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M11 Year Olds

1	Peregrym, Ethan	M08	Kamloops Tra	NT
2	Heer, Tomas	M08	Kamloops Tra	NT

Event 103 Mixed 12-15 1200 Meter Run

Saturday 3/30/2019 - 10:31 AM

Lane	Name	Yr	Team	Seed Time
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W13 Year Olds

1	Renwick, Danica	W06	Kamloops Tra	4:31.71
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M13 Year Olds

2	Humphrey, Andrew	M06	Kamloops Tra	5:02.77
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W14-15

1	Hermiston, Kayla	W04	Kamloops Tra	4:22.29
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M14-15

2	Azizli, Huseyn	M05	Vancouver OL	NT
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Event 117 Mixed 16-34 1500 Meter Run

Saturday 3/30/2019 - 10:20 AM

Lane	Name	Yr	Team	Seed Time
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W16-17

1	Lewis, Kendra	W02	Vancouver OL	NT
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M16-17

2	Uhrich, Dylan	M02	Vancouver OL	4:19.05
3	Petersen, Christian	M02	Vancouver OL	4:20.00
4	Miya, Riordan	M02	Vancouver OL	4:20.00
5	Lehmann, Parker	M03	Kamloops Tra	4:30.00

W20-34

1	Ait Driss, Soufiane	W88	BC Athletics	4:14.36
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Event 122 Mixed 13-15 2000 Meter Run

Friday 3/29/2019 - 5:39 PM

Lane	Name	Yr	Team	Seed Time
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M13 Year Olds

1	Heer, Jacob	M06	Kamloops Tra	NT
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W14-15

1	Hermiston, Kayla	W04	Kamloops Tra	NT
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Event 128 Mixed 16-34 3000 Meter Run

Friday 3/29/2019 - 5:25 PM

Lane	Name	Yr	Team	Seed	Time
W16-17...(Event 128 Mixed 16-34 3000 Meter Run)					
1	Lewis, Kendra	W02	Vancouver OL	NT	
M16-17					
2	Uhrich, Dylan	M02	Vancouver OL	9:06.08	
3	Petersen, Christian	M02	Vancouver OL	9:15.00	
4	Miya, Riordan	M02	Vancouver OL	9:20.00	

Event 130 Mixed 35-99 3000 Meter Run

Friday 3/29/2019 - 5:00 PM

Lane	Name	Yr	Team	Seed	Time
W50-54					
1	Valente, Julie	W67	Greyhounds M	16:00.00	
M55-59					
1	Flett, Gordon	M60	Roadkill Run	12:19.52	
M65-69					
1	Singh, Gurmit	M53	Greyhounds M	7:28.80	
W70-74					
1	Allison, Sheila	W45	Greyhounds M	16:56.00	
2	Baldock, Lynette	W46	Greyhounds M	17:00.00	
M70-74					
3	Stewart, Mark	M44	Greyhounds M	13:30.00	
M75-79					
1	Gee, Arthur	M44	Greyhounds M	19:00.00	

Event 163 Mixed 16-17 60 Meter Hurdles U18

Sunday 3/31/2019 - 9:20 AM

Name	Yr	Team	Seed	Time
1	O'Flaherty, Caleigh	W02	New West Spa	9.51
2	Ma, Quan Ting Thomas	M03	Vancouver OL	NT

Event 157 Mixed 35-99 60 Meter Hurdles

Sunday 3/31/2019 - 9:10 AM

Lane	Name	Yr	Team	Seed	Time
W60-64					
1	Szybunka, Patty	W57	NorWesters T	11.91	
M60-64					
2	Carwana, James	M55	Greyhounds M	12.77	
W65-69					
1	Hayley, Urith	W51	Greyhounds M	13.42	
2	Lee, Deborah	W50	Greyhounds M	13.52	
M70-74					
1	Sandhu, Hardev Singh	M49	Greyhounds M	12.62	
M75-79					
1	Shah, Surinder	M43	Greyhounds M	15.00	

Event 341 Mixed 13-99 Pole Vault Mstr(35+)

Friday 3/29/2019 - 5:00 PM

Pos	Name	Yr	Team	Seed	Mark
M70-74					
1	Ukonmaanaho, Tuomas	M44	Prince Georg	2.20m	
2	Sandhu, Hardev Singh	M49	Greyhounds M	NH	
M55-59					
1	Van Ryswyk, Len	M63	Ocean Athlet	3.45m	
W16-17					
1	Van Ryswyk, Olivia	W02	Ocean Athlet	3.35m	
M16-17					
2	Carsience, Joshua	M02	Valley Royal	3.90m	

Event 314 Mixed 13-17 Triple Jump

Sunday 3/31/2019 - 10:15 AM

Pos	Name	Yr	Team	Seed	Mark
1	Bouthillier, Fernando	M02	Kamloops Tra	ND	
W14-15					
1	D'Amore, Sophia	W05	Kamloops Tra	ND	
M13 Year Olds					
1	Humphrey, Andrew	M06	Kamloops Tra	ND	

Event 208 Mixed 35-99 Shot Put Master

Friday 3/29/2019 - 7:15 PM

Pos	Name	Yr	Team	Seed	Mark
M75-79					
1	Gee, Arthur	M44	Greyhounds M	7.00m	
2	Morioka, Harold	M43	Greyhounds M	ND	
3	Shah, Surinder	M43	Greyhounds M	ND	
4	Dyer, Jim	M42	Unattached B	ND	
M70-74					
1	Ulis, David	M48	Ultra Throw	11.37m	
2	Toor, Harnek	M46	Ultra Throw	ND	
3	Sandhu, Hardev Singh	M49	Greyhounds M	ND	
W65-69					
1	Hessel, Laura	W52	Unattached A	8.43m	
M65-69					
2	Bains, Mohan	M50	Ultra Throw	ND	
W60-64					
1	Pomietlarz, Monica	W58	Okanagan Ath	ND	
M60-64					
2	Heighton, Randy	M55	Unattached B	8.89m	
3	Kang, Harjinder	M54	Greyhounds M	ND	
M55-59					
1	Arthur, Andrew	M62	Ultra Throw	10.50m	
2	Flett, Gordon	M60	Roadkill Run	6.54m	
W50-54					
1	Lessing, Sunetter	W67	Kamloops Tra	ND	
M35-49					
1	Harrower, Will	M72	Unattached B	ND	

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Event 142 Mixed 35-99 1500 Meter Race Walk**Saturday 3/30/2019 - 12:30 PM**

Lane	Name	Yr	Team	Seed Time
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M55-59...(Event 142 Mixed 35-99 1500 Meter Race Walk)

1	Storms, John	M59	Athletics YU	8:30.00
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W60-64

1	Love, Bonnie	W58	Athletics YU	11:00.00
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W65-69

1	Sharp, Suzanne	W53	Greyhounds M	9:54.37
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W80-84

1	Cheetham, Renate	W37	Greyhounds M	12:07.00
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Event 148 Mixed 35-99 3000 Meter Race Walk**Friday 3/29/2019 - 5:49 PM**

Lane	Name	Yr	Team	Seed Time
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M55-59

1	Storms, John	M59	Athletics YU	17:30.00
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W60-64

1	Love, Bonnie	W58	Athletics YU	22:00.00
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W65-69

1	Sharp, Suzanne	W53	Greyhounds M	20:14.97
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W80-84

1	Cheetham, Renate	W37	Greyhounds M	24:58.00
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