

M30 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Alexandre Gbaguidi	M31 Quebec	6.13	6.14 90.38%	6

W30 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading
1 Laura Baker	W30 Ottawa Track	8.09	8.10 73.67%

M35 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Andre Mitchell	M36 UTTC	6.62	6.51 85.20%	6

W35 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Khama Beckles	W37 UTTC	6.88	6.88 86.63%	CAN Record
(old CAN 7.02 Vanessa Paquet ON Toronto 2006)				

M40 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Jason Foubert	M43 UTTC	6.61	6.16 90.02%	5
2 Scott Smyth	M42 Parry Sound Lege	6.94	6.51 85.16%	5
3 Matt Beechey	M42 Unattached	7.17	6.73 82.43%	5

M45 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Douglas Currier	M45 Unattached	6.84	6.28 88.30%	5
2 Rick Reynolds	M46 Unattached	6.85	6.24 88.91%	5
3 Tim Burgess	M49 UTTC	7.56	6.74 82.28%	5

W45 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading
1 Lynda Turner	W48 Alberta	8.20	7.25 82.32%
2 Helen Cooper	W47 Alberta	8.58	7.67 77.86%

M50 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Robert Nasato	M52 Unattached	6.76	5.90 93.93%	4
2 Les Neufeld	M52 Unattached	6.93	6.05 91.63%	4
3 Leo Da Silva	M50 Unattached	7.04	6.24 88.92%	4
3 Paul Zelmanski	M53 United State	7.04	6.11 90.77%	4
5 Darcy Meyers	M51 Alberta	7.59	6.67 83.14%	4
-- Marino Sani	M53 Unattached	DNF		4

M55 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	H#
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1	Charles Drewitz	M59 Alberta	7.44	6.19	89.52%	3
2	Mark Jakubowski	M55 United State	7.45	6.37	86.98%	3
3	Ralph Cilevitz	M59 Throwers Club	7.60	6.33	87.63%	3
4	Edwin Liu	M56 British Columbia	7.61	6.46	85.81%	3
5	Tom Black	M57 Unattached	8.57	7.23	76.66%	3

W55 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	
1 Wendy Alexis	W57 Ottawa Track	7.36	5.94100.41%	CAN Record
(old CAN 7.41 Karla Del Grande ON - Toronto 2009)				
2	Susanne Lauridsen	W55 Alberta	9.16	7.53 79.15%

M60 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	H#
1	Roy Turkington	M61 British Columbia	7.24	5.95 93.23% 2

M65 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	H#
1	Richard Lech	M65 Unattached	7.37	5.90 94.03% 2
2	Yvon Ouellet	M68 Quebec	8.77	6.89 80.50% 2

M70 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	H#
1	Peter Evans	M70 Mississauga Tra	7.91	6.13 90.39% 2

W75 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	
1 Christa Bortignon	W76 British Columbia	8.70	5.78103.33%	CAN Record
(no previous CAN record)				

M80 50 Meter Dash Sat 10:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Ray Wardle	M80 Ottawa Track	9.09	6.46 85.81%	CAN Record
(old CAN 9.0 (9.24)Blain Till ON - Ottawa 1989)				

M30 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	H#
1	Alexandre Gbaguidi	M31 Quebec	7.14	7.15 89.50% 6
2	Jason Melhado	M31 Unattached	7.79	7.80 82.03% 6

M35 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	H#
1	Andre Mitchell	M36 UTTC	7.63	7.50 85.32% 6
2	Dave Kervin	M35 Unattached	7.86	7.78 82.19% 6
3	Ryan Edge	M35 Unattached	7.98	7.90 80.95% 6

W35 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	H#
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1 Khama Beckles	W37 UTTC	8.05	8.05	85.96%	4
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M40 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	H#
1 Jason Foubert	M43 UTTC	7.64	7.12 89.92%	6
2 Dale Samuel	M41 Unattached	8.00	7.56 84.50%	6
3 Scott Smyth	M42 Parry Sound Lege	8.06	7.56 84.49%	6

M45 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	H#
1 Rick Reynolds	M46 Unattached	7.96	7.25 88.19%	5
2 Tim Taschereau	M47 Unattached	8.10	7.33 87.28%	5
3 Ira Irving	M45 Unattached	8.54	7.84 81.62%	5

W45 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	H#
1 Jamie Mulazim	W46 United State	8.77	7.92 87.46%	2
2 Lynda Turner	W48 Alberta	9.83	8.69 79.65%	2
3 Helen Cooper	W47 Alberta	10.12	9.04 76.58%	2

M50 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	H#
1 Robert Nasato	M52 Unattached	7.94	6.93 92.19%	4
2 Les Neufeld	M52 Unattached	8.14	7.11 89.93%	4
3 Leo Da Silva	M50 Unattached	8.24	7.29 87.62%	4
4 John Varone	M54 Unattached	8.30	7.15 89.52%	4
5 Darcy Meyers	M51 Alberta	8.69	7.64 83.66%	4

W50 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading
1 Wendy Melvin	W52 Unattached	10.45	8.86 78.18%

M55 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	H#
1 Bryan Baldsing	M55 Unattached	8.83	7.55 84.71%	5
2 Ralph Cilevitz	M59 Throwers Club	8.92	7.42 86.10%	5

W55 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading
1 Wendy Alexis	W57 Ottawa Track	8.67	7.00 98.96%
2 Nicole Giguere	W55 Niagara Olympic	9.83	8.08 85.66%
3 Susanne Lauridsen	W55 Alberta	10.68	8.78 78.84%

M60 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	H#
1 Roy Turkington	M61 British Columbia	8.34	6.85 93.29%	3
2 Bernard Lachance	M62 Quebec	9.51	7.76 82.33%	3

M65 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	H#
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1	Richard Lech	M65 Unattached	8.58	6.87	93.12%	3
2	Yvon Ouellet	M68 Quebec	10.35	8.13	78.65%	3

M70 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	H#	
1	Peter Evans	M70 Mississauga Tra	9.18	7.12 89.76%	2

W75 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	
1	Christa Bortignon	W76 British Columbia	10.10	6.70103.27%

M80 60 Meter Dash Sun 11:00AM

Name	Age Team	Finals	Age-Grading	H#	
1	Ray Wardle	M80 Ottawa Track	10.60	7.53 84.91%	2
2	Bill E. Thompson	M83 Hamilton Oly	10.91	7.46 85.70%	2

M30 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#	
1	Alexandre Gbaguidi	M31 Quebec	23.24	23.15 83.48%	9

M35 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#	
1	Andre Mitchell	M36 UTTC	24.88	23.81 81.15%	9
2	Dave Kervin	M35 Unattached	25.19	24.29 79.56%	9
3	Ryan Edge	M35 Unattached	25.51	24.60 78.56%	9

W35 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#	
1	Khama Beckles	W37 UTTC	27.00	26.50 80.56%	6

M40 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#	
1	Jason Foubert	M43 UTTC	25.00	22.68 85.20%	8
2	Dale Samuel	M41 Unattached	26.01	23.95 80.70%	8

W40 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#	
1	Claudia Wagner	W43 Quebec	32.57	29.64 72.00%	3

M45 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#	
1	Khalid Mulazim	M46 United State	23.74	21.07 91.74%	7
2	Rick Reynolds	M46 Unattached	25.90	22.98 84.09%	7
3	Eddy Renelique	M49 Viva Zumba	26.32	22.86 84.54%	7
4	Serge Faucher	M48 Manitoba	26.47	23.15 83.45%	7
5	Tim Burgess	M49 UTTC	30.84	26.78 72.15%	7

W45 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Jamie Mulazim	W46 United State	29.89	26.24 81.33%	3
2 Lynda Turner	W48 Alberta	33.23	28.52 74.84%	3
3 Brigitte Paradis	W48 Quebec	35.24	30.24 70.57%	3
4 Helen Cooper	W47 Alberta	35.94	31.20 68.42%	3

M50 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Leo Da Silva	M50 Unattached	26.97	23.25 83.13%	6
2 Les Neufeld	M52 Unattached	27.11	23.05 83.84%	6
3 Marino Sani	M53 Unattached	28.08	23.71 81.48%	6
4 Darcy Meyers	M51 Alberta	29.09	24.91 77.59%	6

W55 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Wendy Alexis	W57 Ottawa Track	29.51	22.96 92.95%	2

M60 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Horace Hudson	M60 United State	30.60	24.64 78.43%	5
2 Bernard Lachance	M62 Quebec	32.36	25.72 75.12%	5

M65 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Yvon Ouellet	M68 Quebec	35.35	26.91 71.82%	5
2 John Powell	M68 EtobicokeTC	38.99	29.68 65.12%	5

M70 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Peter Evans	M70 Mississauga Tra	31.22	23.38 82.64%	4

M75 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Jim Pascoe	M75 Rouge River RR	36.03	24.96 77.44%	4

W75 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading
1 Christa Bortignon	W76 British Columbia	35.21	22.64 94.29%
2 Alice Cole	W79 Quebec	42.65	25.82 82.67%

M80 200 Meter Dash Sat 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Ray Wardle	M80 Ottawa Track	37.05	23.55 82.05%	4
2 Bill E. Thompson	M83 Hamilton Oly	40.02	23.82 81.13%	4

M30 400 Meter Dash Sun 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Alexandre Gbaguidi	M31 Quebec	53.75	53.76 80.33%	5

W30 400 Meter Dash Sun 1:30PM

Name	Age Team	Finals	Age-Grading
1 Sasha Gollish	W31 UTTC	62.18	62.19 76.55%

M35 400 Meter Dash Sun 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Jayesh D'Souza	M39 Unattached	65.62	61.82 69.86%	5

M40 400 Meter Dash Sun 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Lenroy Munro	M42 Unattached	55.30	50.99 84.70%	5
2 Louis Byrne	M41 Toronto Olym	62.28	57.83 74.68%	5

M45 400 Meter Dash Sun 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Khalid Mulazim	M46 United State	53.06	47.56 90.80%	4
2 Serge Faucher	M48 Manitoba	57.96	51.24 84.28%	4
3 Eddy Renelique	M49 Viva Zumba	59.28	52.05 82.98%	4

W50 400 Meter Dash Sun 1:30PM

Name	Age Team	Finals	Age-Grading
1 Laurie Meloche	W51 Saskatchewan	69.54	56.39 84.43%

M55 400 Meter Dash Sun 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 John Albert	M57 Unattached	64.63	53.82 80.24%	3

M60 400 Meter Dash Sun 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Duncan Greenshields	M64 UTTC	72.35	57.64 74.93%	3
2 Bernard Lachance	M62 Quebec	75.36	60.79 71.03%	3

M65 400 Meter Dash Sun 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 John Faulkner	M65 Burlington Runners	73.44	58.14 74.28%	2
2 John Powell	M68 EtobicokeTC	1:35.94	72.52 59.55%	2

W75 400 Meter Dash Sun 1:30PM

Name	Age Team	Finals	Age-Grading
1 Christa Bortignon	W76 British Columbia	1:26.12	49.60 95.97%
2 Alice Cole	W79 Quebec	1:39.78	53.96 88.22%

M80 400 Meter Dash Sun 1:30PM

Name	Age Team	Finals	Age-Grading	H#
1 Earl Fee	M83 Mississauga Tra	75.41	42.17102.40%	2
2 Ray Wardle	M80 Ottawa Track	1:33.99	57.17 75.54%	2
3 Bill E. Thompson	M83 Hamilton Oly	1:43.34	57.79 74.72%	2

M40 800 Meter Dash Juggling Exhibition

Name	Age Team	Finals	Age-Grading
1 Michal Kapral	M40 UTTC	2:35.46	2:27.77 68.43%

W30 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading
1 Sasha Gollish	W31 UTTC	2:15.21	2:15.22 83.78%
2 Tanya Sakharov	W32 Boardwalk Runnin	2:35.21	2:35.22 72.98%

M35 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Jamie Halla	M37 South Simco	2:28.00	2:24.82 69.82%	5
2 Jonathan Colford	M35 Unattached	2:57.51	2:57.00 57.12%	5

M40 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Michal Kapral	M40 UTTC	2:08.57	2:02.21 82.74%	5
2 Kevin Farr	M42 Brantford Track	2:13.52	2:04.65 81.12%	5
3 Mirco Graenert	M44 Newmarket Huskies	2:16.89	2:05.48 80.58%	5
4 Steve Boston	M42 Newmarket Huskies	2:33.04	2:22.87 70.77%	5

W40 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading
1 Claudia Wagner	W43 Quebec	2:38.15	2:29.79 75.63%

W45 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading
1 Aura Reynoso	W46 Newmarket Huskies	3:15.80	3:00.65 62.71%

M45 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Claude Faucher	M45 Manitoba	2:11.86	1:59.75 84.44%	4
2 Khalid Mulazim	M46 United State	2:14.66	2:01.24 83.40%	4
3 Rob Blair	M49 Newmarket Huskies	2:26.41	2:08.42 78.74%	4

W50 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading
1 Heather O'Hagan	W51 Newmarket Huskies	2:39.17	2:20.17 80.82%
2 Joyce Acton	W53 Ottawa Track	2:52.46	2:27.99 76.55%

M50 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Mark Duff	M51 Boardwalk Runnin	2:28.55	2:08.08 78.94%	4
2 James Earl	M54 East Toronto	2:29.16	2:05.40 80.63%	4

M55 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading	H#
1 John Albert	M57 Unattached	2:29.82	2:02.93 82.25%	4
2 Alex Keeting	M55 EtobicokeTC	3:02.14	2:31.84 66.59%	4

M60 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Bernard Lachance	M62 Quebec	2:45.20	2:10.30 77.60%	3
2 Duncan Greenshields	M64 UTTC	2:49.65	2:11.76 76.75%	3
3 Tim Payne	M63 Newmarket Huskies	3:08.19	2:27.28 68.65%	3

M65 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Larry Bobbett	M67 Newmarket Huskies	3:28.86	2:37.55 64.18%	2
2 John Hilliard	M67 Unattached	3:44.08	2:49.03 59.82%	2

M70 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Vern Christensen	M72 Scarborough Masters	3:15.25	2:18.28 73.12%	2

M80 800 Meter Run Sat 11:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Earl Fee	M83 Mississauga Tra	3:05.33	1:45.79 95.58%	2

W30 1500 Meter Run Sun 2:15PM

Name	Age Team	Finals	Age-Grading	H#
1 Sasha Gollish	W31 UTTC	4:34.89	4:34.10 84.82%	2

M30 1500 Meter Run Sun 2:15PM

Name	Age Team	Finals	Age-Grading	H#
1 Jimmy Semes	M34 Boardwalk Runnin	4:50.38	4:49.80 71.08%	3

M35 1500 Meter Run Sun 2:15PM

Name	Age Team	Finals	Age-Grading	H#
1 Jamie Halla	M37 South Simco	5:04.48	4:54.68 69.91%	3

M40 1500 Meter Run Sun 2:15PM

Name	Age Team	Finals	Age-Grading	H#
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1	Jeff Seaby	M40 Unattached	4:32.93	4:16.20	80.41%	3
2	Kevin Farr	M42 Brantford Track	4:37.20	4:15.33	80.68%	3
3	Scott Faulds	M44 Quinte Legion	4:37.85	4:11.04	82.06%	3
--	Darrin Heasman	M43 Quinte Legion	DNF			3

W40 1500 Meter Run Sun 2:15PM

Name	Age Team	Finals	Age-Grading
1 Bobbijo Waite Lang	W42 Alberta	5:04.94	4:42.32 82.34%
2 Claudia Wagner	W43 Quebec	5:31.13	5:03.02 76.72%

M45 1500 Meter Run Sun 2:15PM

Name	Age Team	Finals	Age-Grading	H#
1 Paul Osland	M49 UTTC	4:28.55	3:51.68 88.92%	2
2 Jianping Xu	M47 Don't Get Lost A	4:58.95	4:22.69 78.42%	2
3 Gary Jr Cassel	M45 Cambridge Harriers	5:06.89	4:34.58 75.02%	2

M50 1500 Meter Run Sun 2:15PM

Name	Age Team	Finals	Age-Grading	H#
1 Vince Friel	M50 South Simco	4:32.65	3:53.04 88.40%	3

W50 1500 Meter Run Sun 2:15PM

Name	Age Team	Finals	Age-Grading
1 Donna Dixon	W50 Alberta	5:17.32	4:26.65 87.18%
2 Heather O'Hagan	W51 Newmarket Huskies	5:37.54	4:40.06 83.01%

M55 1500 Meter Run Sun 2:15PM

Name	Age Team	Finals	Age-Grading	H#
1 Dave Olsen	M57 Saskatchewan	5:37.15	4:31.31 75.93%	2
2 Wayne Chee	M58 UTTC	5:42.88	4:33.59 75.30%	2

M60 1500 Meter Run Sun 2:15PM

Name	Age Team	Finals	Age-Grading
1 John Helliker	M61 UTTC	5:02.17	3:55.18 87.59%
2 John Clarke	M61 Unattached	5:09.34	4:00.76 85.56%
3 Tim Payne	M63 Newmarket Huskies	6:12.43	4:45.29 72.21%
4 Danny Greig	M62 Quebec	6:29.08	5:00.41 68.57%

M80 1500 Meter Run Sun 2:15PM

Name	Age Team	Finals	Age-Grading
1 Ed Whitlock	M82 Milton RR	6:46.44	4:01.23 85.40%

M35 3000 Meter Run Sat 2:15PM

Name	Age Team	Finals	Age-Grading	H#
1 Jonathan Colford	M35 Unattached	14:57.53	14:38.51 50.09%	3
-- Rob Sidhu	M39 UTTC	DNF		3

W40 3000 Meter Run Sat 2:15PM

Name	Age Team	Finals	Age-Grading	H#
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1	Bobbijo Waite Lang	W42 Alberta	10:51.88	10:11.47	82.00%	2
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M40 3000 Meter Run Sat 2:15PM

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Name	Age Team	Finals	Age-Grading	H#
1 Jeff Seaby	M40 Unattached	9:56.12	9:23.40 78.10%	3
2 Scott Faulds	M44 Quinte Legion	10:04.32	9:14.11 79.41%	3
3 Kevin Farr	M42 Brantford Track	10:29.82	9:46.37 75.04%	3
4 Darrin Heasman	M43 Quinte Legion	10:39.77	9:51.15 74.43%	3

M45 3000 Meter Run Sat 2:15PM

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Name	Age Team	Finals	Age-Grading	H#
1 Paul Osland	M49 UTTC	9:55.83	8:45.35 83.76%	2
2 Michael Chang	M46 UTTC	10:25.04	9:24.29 77.97%	2
3 Gary Jr Cassel	M45 Cambridge Harriers	11:05.15	10:05.23 72.70%	2

M50 3000 Meter Run Sat 2:15PM

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Name	Age Team	Finals	Age-Grading	H#
1 Dan Fiorini	M50 Newmarket Huskies	10:38.78	9:18.75 78.75%	2
2 Jay Yakabowich	M51 UTTC	11:09.53	9:40.89 75.75%	2

M55 3000 Meter Run Sat 2:15PM

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Name	Age Team	Finals	Age-Grading
1 Dave Olsen	M57 Saskatchewan	12:25.20	10:15.09 71.53%
2 Alex Keeting	M55 EtobicokeTC	13:00.22	10:55.00 67.18%

W55 3000 Meter Run Sat 2:15PM

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Name	Age Team	Finals	Age-Grading
1 Lynn Kobayashi	W57 UTTC	12:30.42	9:42.78 86.04%
2 Cathy Tedford	W59 Runner's Life	20:42.85	15:38.23 53.44%

M60 3000 Meter Run Sat 2:15PM

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Name	Age Team	Finals	Age-Grading	H#
1 John Clarke	M61 Unattached	10:57.81	8:44.41 83.90%	2

M70 3000 Meter Run Sat 2:15PM

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Name	Age Team	Finals	Age-Grading
1 David Woodhall	M70 Unattached	13:32.29	9:54.52 74.01%
2 Robert Moore	M72 Toronto Olym	13:52.68	9:54.04 74.07%

M80 3000 Meter Run Sat 2:15PM

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Name	Age Team	Finals	Age-Grading
1 Ed Whitlock (no previous CAN record)	M82 Milton RR	13:49.37	8:03.11 91.08% CAN Record

M35 50 Meter Hurdles Sun 1:00PM

Name	Age Team	Finals	Age-Grading	
1 David Valenzuela	M36 Unattached	7.46	7.19 87.00%	CAN Record
(old CAN 7.59 David in Toronto 2012)				

M40 50 Meter Hurdles Sun 1:00PM

Name	Age Team	Finals	Age-Grading	
1 Ovidiu Negoita	M41 Unattached	8.59	7.93 78.81%	

M55 50 Meter Hurdles Sun 1:00PM

Name	Age Team	Finals	Age-Grading	
1 Ralph Cilevitz	M59 Throwers Club	9.65	7.89 79.27%	CAN Record
(old CAN 9.71 Ralph in Toronto 2009)				

M65 50 Meter Hurdles Sun 1:00PM

Name	Age Team	Finals	Age-Grading	
1 Richard Lech	M65 Unattached	9.24	7.03 88.96%	CAN Record
(old CAN 9.8 Andy Thompson in Ottawa 1989)				

M35 60 Meter Hurdles Sat 10:15AM

Name	Age Team	Finals	Age-Grading	
1 David Valenzuela	M36 Unattached	8.90	8.58 85.17%	

M40 60 Meter Hurdles Sat 10:15AM

Name	Age Team	Finals	Age-Grading	
1 Ovidiu Negoita	M41 Unattached	11.16	10.30 70.88%	

M50 60 Meter Hurdles Sat 10:15AM

Name	Age Team	Finals	Age-Grading	
1 Paul Zelmanski	M53 United State	10.12	8.65 84.49%	

M55 60 Meter Hurdles Sat 10:15AM

Name	Age Team	Finals	Age-Grading	
1 Mark Jakubowski	M55 United State	10.66	9.02 80.96%	
2 Ralph Cilevitz	M59 Throwers Club	11.56	9.46 77.25%	

M65 60 Meter Hurdles Sat 10:15AM

Name	Age Team	Finals	Age-Grading	
1 Richard Lech	M65 Unattached	11.17	8.50 85.94%	

M35 4x200 Meter Relay Sat 3:00PM

Team	Finals
1 Team Ontario 'A'	1:49.64
1) Dave Kervin 35	2) Rick Reynolds 46
3) Dale Samuel 41	4) Ira Irving 45

X35 4x200 Meter Relay Sat 3:00PM

Team	Finals
1 Team Quebec 'A'	2:27.11
1) Yvon Ouellet 68	2) Brigitte Paradis 48
3) Alexandre Gbaguidi 31	4) Bernard Lachance 62

M80 4x200 Meter Relay Sat 3:00PM

Team	Finals
1 Team Ontario 'A'	2:33.41
1) Ed Whitlock 82	2) Bill E. Thompson 83
3) Ray Wardle 80	4) Earl Fee 83

CAN Record

(old CAN 2:39.45 Thompson, Robson, Whitlock, Lesage Kamloops 2011)

W50 4x400 Meter Relay Sun 2:45PM

Team	Finals
1 Team Canada 'A'	4:55.91
1) Laurie Meloche 51	2) Heather O'Hagan 51
3) Donna Dixon 50	4) Karen Gold 50

CAN Record

(no previous CAN record)

M80 4x400 Meter Relay Sun 2:45PM

Team	Finals
1 Team Ontario 'A'	6:06.23
1) Ray Wardle 80	2) Bill E. Thompson 83
3) Ed Whitlock 82	4) Earl Fee 83

World Record

(old WR & CAN 6:34.65 CAN Thompson, Lesage, Thompson, Whitlock- Kamloops 2011)

X40 4x800 Meter Relay Sat 3:15PM

Team	Finals
1 Newmarket Huskies 'A'	10:00.83
1) Mirco Graenert 44	2) Heather O'Hagan 51
3) Derek Hackshaw 43	4) Dan Fiorini 50

M50 4x800 Meter Relay Sat 3:15PM

Team	Finals
-- East Toronto Striders 'A'	DNF
1) James Earl 54	2) Desmond Moloney 52
3) Jim Groves 53	4) Ron Da Silva Jardine 51

W50 4x800 Meter Relay Sat 3:15PM

Team	Finals
1 Team Canada 'A'	10:32.66 World Record
1) Donna Dixon 50	2) Karen Gold 50
3) Laurie Meloche 51	4) Patty Blanchard 55

(old WR 10:38.97 Team USA 2012)

M55 4x800 Meter Relay Sat 3:15PM

Team	Finals
1 University of Toronto TC 'A'	12:22.78 CAN Record
1) Wayne Chee 58	2) Doug Smith 61
3) Charley Moses 57	4) Duncan Greenshields 64

(no previous CAN Record)

M70 4x800 Meter Relay Sat 3:15PM

Team	Finals
1 Scarborough Masters 'A'	13:07.93 CAN Record
1) Keijo Taivassalo 74	2) David Woodhall 70
3) Vern Christensen 72	4) Ed Whitlock 82

(old CAN 14:23 Kampe, Cunningham, Kehoe, D'Ascanio - London 2012)

W30 High Jump Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Corina Pirvuica	W31 Unattached	1.25m	1.26m 60.39%

M35 High Jump Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Zoltan Sara	M37 Unattached	1.93m	2.07m 84.65% CAN Record
(old CAN 1.92 Zoltan in Toronto 2012)			
2 David Valenzuela	M36 Unattached	1.75m	1.86m 76.09%

M40 High Jump Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M41 Unattached	1.65m	1.84m 75.34%

M45 High Jump Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Paul Osland	M49 UTTC	1.40m	1.69m 69.31%

M55 High Jump Sun 10:00AM

Name	Age Team	Finals	Age-Grading
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1 Ralph Cilevitz M59 Throwers Club 1.20m 1.62m 66.30%

M65 High Jump Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Stan Seitz	M65 Ottawa Track	1.25m	1.82m 74.40%

M75 High Jump Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Bob Land	M76 Unattached	1.00m	1.70m 69.44%

W30 Pole Vault Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Florence Cavalli	W30 UTTC	3.15m	3.21m 62.50%

M35 Pole Vault Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Dan Percival	M39 Ottawa Track	3.45m	3.76m 61.28%

M40 Pole Vault Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Kevin Lake	M43 Ottawa Track	4.00m	4.59m 74.77%

M50 Pole Vault Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Mark Schaber	M54 Unattached	3.55m	4.76m 77.51%
2 Brian Magerkurth	M54 Unattached	3.35m	4.49m 73.14%
-- Ambroise Courteau	M54 Quebec	NH	

M55 Pole Vault Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Tony Salmon	M58 Quebec	3.15m	4.50m 73.43%

M65 Pole Vault Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Stan Seitz	M65 Ottawa Track	2.75m	4.43m 72.37%
2 Hugh Miller	M66 Unattached	2.65m	4.35m 71.05%

W30 Long Jump Sat 1:00PM

Name	Age Team	Finals	Age-Grading
1 Laura Baker	W30 Ottawa Track	4.10m	4.10m 54.52%

M35 Long Jump Sat 1:00PM

Name	Age Team	Finals	Age-Grading
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1 Brian Derby M39 Unattached 5.24m 5.75m 64.29%

M40 Long Jump Sat 1:00PM

Name	Age	Team	Finals	Age-Grading
1 Ovidiu Negoita	M41	Unattached	4.64m	5.21m 58.29%
2 Matt Beechey	M42	Unattached	4.34m	4.93m 55.15%

M50 Long Jump Sat 1:00PM

Name	Age	Team	Finals	Age-Grading
1 Andrew Bass	M51	Unattached	5.01m	6.36m 71.16%
2 Robert Nasato	M52	Unattached	4.95m	6.37m 71.22%
3 Leo Da Silva	M50	Unattached	4.32m	5.42m 60.59%
-- Paul Zelmanski	M53	United State	FOUL	

M55 Long Jump Sat 1:00PM

Name	Age	Team	Finals	Age-Grading
1 Ralph Cilevitz	M59	Throwers Club	4.56m	6.47m 72.38%
2 Edwin Liu	M56	British Columbia	4.20m	5.71m 63.83%
3 Mark Jakubowski	M55	United State	4.16m	5.58m 62.37%
4 Tom Black	M57	Unattached	4.08m	5.62m 62.87%

W55 Long Jump Sat 1:00PM

Name	Age	Team	Finals	Age-Grading
1 Maria Mallia	W58	Unattached	3.62m	5.11m 68.05%
2 Susanne Lauridsen	W55	Alberta	3.59m	4.84m 64.45%

M60 Long Jump Sat 1:00PM

Name	Age	Team	Finals	Age-Grading
1 Roy Turkington	M61	British Columbia	4.81m	7.03m 78.59%

W75 Long Jump Sat 1:00PM

Name	Age	Team	Finals	Age-Grading
1 Christa Bortignon	W76	British Columbia	3.55m	7.02m 93.42%

M40 Triple Jump Sun 1:00PM

Name	Age	Team	Finals	Age-Grading
1 Lenroy Munro	M42	Unattached	11.80m	12.95m 70.83%
2 Ovidiu Negoita	M41	Unattached	10.49m	11.37m 62.22%

M50 Triple Jump Sun 1:00PM

Name	Age	Team	Finals	Age-Grading
1 Robert Nasato	M52	Unattached	10.05m	12.53m 68.55%

M55 Triple Jump Sun 1:00PM

Name	Age	Team	Finals	Age-Grading
1 Thevarajan Sinnathurai	M59	United T.S.C.	10.96m	15.12m 82.72%
2 Ralph Cilevitz	M59	Throwers Club	8.83m	12.18m 66.64%

M65 Triple Jump Sun 1:00PM

Name	Age Team	Finals	Age-Grading
1 David Jefferson	M68 New Brunswick	6.46m	10.31m 56.42%

W75 Triple Jump Sun 1:00PM

Name	Age Team	Finals	Age-Grading	
1 Christa Bortignon	W76 British Columbia	7.59m	15.29m 98.70%	World Record
(old WR & CAN Christa's 7.43 in Kamloops 2012)				

M40 Shot Put Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M41 Unattached	9.08m	9.47m 40.97%
2 Matt Beechey	M42 Unattached	6.91m	7.32m 31.68%

M50 Shot Put Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Don Ritchie	M51 Unattached	12.02m	14.06m 60.83%
2 Muraleetharan Arulpiraga	M53 Unattached	9.10m	11.10m 48.02%

W50 Shot Put Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W52 Throwers Club	10.85m	15.59m 68.93%

W55 Shot Put Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Debbie Murfitt	W56 Unattached	10.65m	16.49m 72.90%
(old CAN 10.38 Selina Coward SK 2010)			

M60 Shot Put Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Bill Pearson	M60 Throwers Club	12.19m	15.48m 66.98%
2 Peter Zowkewych	M62 Unattached	11.31m	15.19m 65.76%
3 Jerzy Wyroba	M64 York UniversityT	10.51m	14.99m 64.84%

M65 Shot Put Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Mike Mercer	M65 Unattached	9.44m	13.89m 60.09%
2 David Jefferson	M68 New Brunswick	7.70m	12.52m 54.19%

M70 Shot Put Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 James Sumner	M74 Unattached	9.23m	13.46m 58.23%
2 David Morris	M74 Throwers Club	8.81m	12.85m 55.58%
3 Enrico Toscano	M72 Centro Scuola	6.00m	8.25m 35.71%

W70 Shot Put Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Adri Rowswell	W72 Scarborough Masters	6.67m	14.94m 66.04%

W75 Shot Put Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Christa Bortignon	W76 British Columbia	7.39m	18.64m 82.39%

M85 Shot Put Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Evalds Viskers	M86 Throwers Club	7.26m	14.59m 63.13%

W85 Shot Put Sat 10:00AM

Name	Age Team	Finals	Age-Grading
1 Velta Tomsons	W85 Throwers Club	6.12m	21.55m 95.33%

M40 Weight Throw Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M41 Unattached	5.53m	6.13m 23.72%

W50 Weight Throw Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W52 Throwers Club	10.44m	13.42m 56.89%

M50 Weight Throw Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Ayman Mazhar	M53 Unattached	16.77m	19.60m 75.81%

M55 Weight Throw Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Jim Wettenhall (CAN Record 17.99)	M58 United State	18.28m	23.37m 90.36%
2 Ralph Cilevitz	M59 Throwers Club	9.11m	11.86m 45.89%

W55 Weight Throw Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Kathy Wetenhall (CAN Record 10.68)	W59 United State	11.03m	16.24m 68.85%

M60 Weight Throw Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Jan Graczyk (old CAN 16.81 Emil Muller PQ 2000)	M60 York UniversityT	17.32m	19.73m 76.30% CAN Record
2 Bill Pearson	M60 Throwers Club	13.42m	15.28m 59.12%

W60 Weight Throw Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Rhona Trott	W64 Hamilton Oly	11.46m	16.00m 67.81%

M65 Weight Throw Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 David Jefferson	M68 New Brunswick	10.74m	14.48m 56.00%

M70 Weight Throw Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 David Morris	M74 Throwers Club	11.93m	17.10m 66.13%
2 Enrico Toscano	M72 Centro Scuola	6.69m	9.10m 35.19%

M35 1000 Meter Run Sat 2:00PM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Brian Derby	M39 Unattached	3:29.24	3:27.74 62.82%	418

M50 1000 Meter Run Sat 2:00PM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Don Ritchie	M51 Unattached	4:34.49	4:00.32 54.30%	197

M55 1000 Meter Run Sat 2:00PM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Ralph Cilevitz	M59 Throwers Club	4:34.69	3:49.76 56.80%	261

M60 1000 Meter Run Sat 2:00PM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
-- Brock Pullen	M63 Unattached	DNF		

M35 60 Meter Hurdles Sat 10:00AM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Brian Derby	M39 Unattached	11.01	10.84 67.39%	393

M50 60 Meter Hurdles Sat 10:00AM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Don Ritchie	M51 Unattached	10.09	9.01 81.07%	744

M55 60 Meter Hurdles Sat 10:00AM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Ralph Cilevitz	M59 Throwers Club	12.03	10.29 70.99%	488

M60 60 Meter Hurdles Sat 10:00AM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Brock Pullen	M63 Unattached	13.44	11.18	65.33%	340
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M35 High Jump Sat 12:45 Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Brian Derby	M39 Unattached	1.45m	1.48m 60.67%	374
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M50 High Jump Sat 12:45 Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Don Ritchie	M51 Unattached	1.51m	1.75m 71.56%	585
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M55 High Jump Sat 12:45 Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Ralph Cilevitz	M59 Throwers Club	1.00m	1.22m 50.00%	200
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M60 High Jump Sat 12:45 Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Brock Pullen	M63 Unattached	1.24m	1.61m 65.96%	472
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M35 Long Jump Sat 10:45AM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Brian Derby	M39 Unattached	5.50m	5.67m 63.36%	516
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M50 Long Jump Sat 10:45AM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Don Ritchie	M51 Unattached	4.05m	4.97m 55.63%	377
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M55 Long Jump Sat 10:45AM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Ralph Cilevitz	M59 Throwers Club	3.85m	5.05m 56.45%	392
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M60 Long Jump Sat 10:45AM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Brock Pullen	M63 Unattached	3.74m	5.26m 58.81%	433
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M35 Shot Put St 11:30AM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Brian Derby	M39 Unattached	9.10m	9.43m 40.83%	451
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M50 Shot Put St 11:30AM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Don Ritchie	M51 Unattached	11.73m	13.74m 59.45%	712
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M55 Shot Put St 11:30AM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
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1 Ralph Cilevitz M59 Throwers Club 8.12m 10.31m 44.62% 504

M60 Shot Put St 11:30AM Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M63 Unattached	9.35m	11.67m 50.49%	586

M35 Indoor Pentathlon Sat 10:00AM

Name	Age Team	Finals
1 Brian Derby	M39 Unattached	2152

M50 Indoor Pentathlon Sat 10:00AM

Name	Age Team	Finals
1 Don Ritchie	M51 Unattached	2615

M55 Indoor Pentathlon Sat 10:00AM

Name	Age Team	Finals
1 Ralph Cilevitz	M59 Throwers Club	1845

M60 Indoor Pentathlon Sat 10:00AM

Name	Age Team	Finals
1 Brock Pullen	M63 Unattached	1831

M35 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading	H#
-- Jean Pierre Fortin	M37 Ontario RaceWalkers	DNF		2

W40 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading
1 Catherine McCormack	W40 Ontario RaceWalkers	8:36.83	8:17.45 67.75%

M45 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Jianping Xu (CAN record 6:45.1)	M47 Don't Get Lost A	6:46.79	6:03.63 84.98%	2

W45 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading
1 Nancy Kula	W49 Toronto Race Wal	9:54.59	8:52.16 63.33%

M50 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Lawrence Malek	M53 Toronto Race Wal	8:30.71	7:13.80 71.23%	2

W50 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading
1 Nicole Begin	W53 Quebec	8:33.45	7:24.14 75.88%

M55 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Ken Atkins	M57 Ontario RaceWalkers	8:37.07	7:03.64 72.94%	2
2 John Gardam	M56 Bytown Walkers	8:42.76	7:12.28 71.48%	2

W55 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading
1 Linda Wilson	W57 Bytown Walkers	8:04.91	6:44.71 83.27%
2 Anne de Thy	W59 Ontario RaceWalkers	8:30.71	6:58.12 80.60%

M60 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Henry Charrois (old CAN 7:33.06 Henry 2012)	M61 Alberta	7:24.59	5:50.39 88.19%	CAN Record
2 Robert Marchand	M61 Quebec	8:21.86	6:35.52 78.13%	2

W60 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading
1 Sharon Wright	W63 Bytown Walkers	9:34.14	7:30.99 74.73%
2 Lalitha Tella	W63 Bytown Walkers	10:24.94	8:10.90 68.65%
-- Kris Kozell	W60 Ontario RaceWalkers	DNF	

M65 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Patrick King	M66 Unattached	8:39.74	6:28.46 79.55%	2

M70 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Marcel Jobin (old CAN 8:34.8 Peter Fellowes 1995)	M71 Quebec	8:32.23	6:01.02 85.59%	CAN Record

M75 1500 Meter Race Walk Sat 9:30AM

Name	Age Team	Finals	Age-Grading	H#
1 Terry Copeland	M75 United State	11:47.06	7:53.24 65.30%	2

M35 3000 Meter Race Walk Sun 10:00AM

Name	Age Team	Finals	Age-Grading	H#
-- Jean Pierre Fortin	M37 Ontario RaceWalkers	DNF		2

W40 3000 Meter Race Walk Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Catherine McCormack	W40 Ontario RaceWalkers	17:48.84	17:08.76 67.56%

M45 3000 Meter Race Walk Sun 10:00AM

Name	Age Team	Finals	Age-Grading	H#
1 Jianping Xu	M47 Don't Get Lost A	14:17.83	12:48.36 82.18%	2

M50 3000 Meter Race Walk Sun 10:00AM

Name	Age Team	Finals	Age-Grading	H#
1 Lawrence Malek	M53 Toronto Race Wal	18:40.70	15:54.06 66.18%	2

W50 3000 Meter Race Walk Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Nicole Begin	W53 Quebec	17:44.74	15:20.26 75.52%

M55 3000 Meter Race Walk Sun 10:00AM

Name	Age Team	Finals	Age-Grading	H#
1 Ken Atkins	M57 Ontario RaceWalkers	18:06.77	14:52.57 70.74%	2
2 John Gardam	M56 Bytown Walkers	20:14.43	16:46.65 62.73%	2

W55 3000 Meter Race Walk Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Linda Wilson	W57 Bytown Walkers	17:01.18	14:09.32 81.83%
2 Anne de Thy	W59 Ontario RaceWalkers	17:54.52	14:35.31 79.40%

M60 3000 Meter Race Walk Sun 10:00AM

Name	Age Team	Finals	Age-Grading	H#
1 Henry Charrois	M61 Alberta	15:57.10	12:36.21 83.50%	2
2 Robert Marchand	M61 Quebec	17:53.97	14:08.55 74.41%	2

W60 3000 Meter Race Walk Sun 10:00AM

Name	Age Team	Finals	Age-Grading
1 Sharon Wright	W63 Bytown Walkers	19:54.18	15:30.27 74.71%
2 Lalitha Tella	W63 Bytown Walkers	21:13.80	16:32.30 70.04%

M70 3000 Meter Race Walk Sun 10:00AM

Name	Age Team	Finals	Age-Grading	H#
1 Marcel Jobin	M71 Quebec	18:00.15	12:42.81 82.78%	2

M75 3000 Meter Race Walk Sun 10:00AM

Name	Age Team	Finals	Age-Grading	H#
1 Terry Copeland	M75 United State	24:48.14	16:37.65 63.29%	2

W80 3000 Meter Race Walk Sun 10:00AM

Name	Age Team	Finals	Age-Grading
-- Jean Horne	W80 Ontario RaceWalkers	DQ	

Combined Team Scores - 22 Events Scored

1) University of Toronto TC	180	2) Quebec	148
3) Throwers Club	104	4) United States of America	94.50
5) Ottawa Lions Track Club	94	6) Alberta	92
7) British Columbia	78	8) Newmarket Huskies	59
9) Bytown Walkers	48	10) Ontario RaceWalkers	38
11) Mississauga Track Club	35	12) South Simcoe Dufferin TC	21
12) Saskatchewan	21	12) Team Ontario	21
12) Toronto Race Walkers	21	12) Scarborough Masters	21
12) Hamilton Oympic Club	21	18) Etobicoke Track & Field C	20
19) Boardwalk Running Club	19	19) New Brunswick	19
19) Don't Get Lost Adventures	19	22) Manitoba	15
23) Team Canada	14	23) Milton RR	14
23) Brantford Track & Field Cl	14	26) Quinte Legion	12
27) York UniversityTrack & Fie	11	28) Toronto Olympic Club	10
29) Centro Scuola	9	29) Parry Sound Legends TC	9
31) Viva Zumba	8	31) Cambridge Harriers	8
33) United T.S.C.	7	33) Rouge River RR	7
33) Burlington Runners	7	33) Team Quebec	7
37) Runner's Life	5	37) Niagara Olympic Club	5
37) East Toronto Striders	5		