

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M30 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
Finals					
1 Shane Ferth	M31 Unattached	11.39	1.0	11.40 85.95%	8
2 Bryan Griffiths	M32 Unattached	12.74	1.0	12.75 76.84%	8

**W30 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Sheree Mullings	W30 York UniversityT	13.48	NWI	13.49 77.82%	

**M35 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Howard Powell	M36 Unattached	11.40	1.0	11.20 87.46%	8

**M40 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Jason Foubert	M42 UTTC	12.02	1.9	11.32 86.52%	7
2 Dale Samuel	M40 Unattached	12.37	1.9	11.81 82.94%	7
3 Scott Smyth	M42 Parry Sound Lege	12.48	1.9	11.75 83.33%	7
4 Andy Fraser	M40 Unattached	12.74	1.9	12.17 80.53%	7
5 Saleem Baksh	M41 Mississauga Tra	12.77	1.9	12.11 80.89%	7
6 Blaise Ambrose	M41 UTTC	13.01	1.9	12.34 79.40%	7
7 Tyler Atkinson	M40 Unattached	13.94	1.9	13.31 73.60%	7
-- Carmo Murad	M41 EtobicokeTC	DNF	1.9		7

**W40 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Sherry Sani	W44 Ottawa Track	15.46	NWI	14.11 74.39%	
2 Ayanna McAlmont	W40 Unattached	15.83	NWI	15.11 69.43%	

**M45 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Chris Lemassif	M45 UTTC	11.92	1.7	11.00 89.09%	6
2 Ken Kudo	M49 Unattached	12.20	1.7	10.96 89.34%	6
3 Rick Reynolds	M45 Unattached	12.43	1.7	11.47 85.44%	6
4 Eddy Renelique	M48 Viva Zumba	12.67	1.7	11.46 85.48%	6
5 Tim Taschereau	M46 Unattached	12.68	1.7	11.62 84.31%	6

**W45 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Vikki Bellack	W45 Mississauga Tra	14.85	NWI	13.40 78.32%	

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M50 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Robert Nasato	M51 Unattached	12.59	3.0	11.16 87.77%	5
2 Leo Da Silva	M50 Unattached	12.82	3.0	11.44 85.65%	5
3 Marino Sani	M52 Ottawa Track	13.13	3.0	11.56 84.69%	5
4 Mel White	M53 UTTC	14.08	3.0	12.32 79.47%	5
5 Bryan Baldsing	M54 Unattached	14.41	3.0	12.53 78.21%	5

**M55 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Liviene Solomon	M55 Unattached	13.38	NWI	11.56 84.75%	4
2 Mark Jakubowski	M55 United State	14.27	NWI	12.32 79.47%	4
3 Ralph Cilevitz	M58 Throwers Club	14.55	NWI	12.33 79.38%	4
4 Sennan Vandenberg	M55 Unattached	14.60	NWI	12.61 77.67%	4

**M55 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Karla Del Grande	W59 Mississauga Tra	13.52	NWI	10.58 99.19%	
2 Wendy Alexis	W57 Ottawa Track	14.05	NWI	11.21 93.67%	
3 Linda Tauvette	W56 Ottawa Track	15.64	NWI	12.60 83.31%	

**M60 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Richard Lech	M64 Unattached	13.75	1.6	11.23 87.20%	3
2 Alexander Jozefacki	M62 Unattached	13.97	1.6	11.55 84.75%	3
3 Jarmo Kokko	M61 Unattached	14.67	1.6	12.21 80.23%	3
4 Bernard Lachance	M62 Quebec	14.83	1.6	12.26 79.84%	3

**M65 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Tony Powell	M68 Unattached	13.15	1.6	10.49 93.38%	3

**M70 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Peter Evans	M70 Mississauga Tra	14.26	1.6	11.24 87.10%	2
2 Mike Morris	M72 Unattached	14.40	1.6	11.09 88.33%	2
3 David Stern	M72 Mississauga Tra	15.48	1.6	11.92 82.17%	2

**M75 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ray Wardle	M79 Ottawa Track	17.37	1.6	12.16 80.54%	2

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M80 100 Meter 11:00 AM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Bill E. Thompson	M82 Hamilton Oly	17.51	1.6	11.67 83.89%	2

**M30 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Shane Ferth	M31 Unattached	22.92	2.7	22.83 84.64%	9
2 Sean Kibrick	M34 United State	24.77	2.7	24.08 80.26%	9
3 Bryan Griffiths	M32 Unattached	26.54	2.7	26.22 73.70%	9

**M35 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Howard Powell	M36 Unattached	23.40	2.7	22.39 86.28%	9
2 Andre Mitchell	M35 UTTC	23.61	2.7	22.77 84.88%	9
3 Theo McCarthy	M39 Unattached	26.31	2.7	24.60 78.56%	9
4 Jayesh D'Souza	M38 Unattached	29.30	2.7	27.61 70.00%	9

**M40 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Lawrence Williams	M41 Ottawa Track	23.67	2.9	21.80 88.68%	8
2 Jason Foubert	M42 UTTC	24.39	2.9	22.29 86.67%	8
3 Marcus Skeete	M44 UTTC	24.91	2.9	22.43 86.15%	8
4 Scott Smyth	M42 Parry Sound Lege	25.35	2.9	23.17 83.39%	8
5 Dale Samuel	M40 Unattached	25.71	1.0	23.85 81.02%	7
6 Saleem Baksh	M41 Mississauga Tra	25.85	1.0	23.80 81.20%	7
7 Andy Fraser	M40 Unattached	25.94	2.9	24.06 80.30%	8
8 Francesc Macias	M41 UTTC	26.18	2.9	24.11 80.18%	8
9 Blaise Ambrose	M41 UTTC	27.03	1.0	24.89 77.65%	7
10 Tyler Atkinson	M40 Unattached	29.29	1.0	27.17 71.12%	7

**W40 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Sherry Sani	W44 Ottawa Track	32.49	1.3	29.21 73.07%	

**M45 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Chris Lemassif	M45 UTTC	24.19	1.7	21.62 89.38%	6
2 Ken Kudo	M49 Unattached	24.96	1.7	21.68 89.14%	6
3 Rick Reynolds	M45 Unattached	25.70	1.7	22.97 84.12%	6
4 Eddy Renelique	M48 Viva Zumba	25.84	1.7	22.60 85.49%	6

**W45 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Vikki Bellack	W45 Mississauga Tra	31.63	1.3	28.08 76.00%	

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M50 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Don Ritchie	M50 Unattached	26.86	2.0	23.16 83.47%	5
2 Leo Da Silva	M50 Unattached	26.91	2.0	23.20 83.31%	5
3 Marino Sani	M52 Ottawa Track	27.02	2.0	22.97 84.12%	5
4 Christopher Hood	M53 Unattached	27.29	2.0	23.05 83.84%	5

**W50 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Joyce Acton	W52 Ottawa Track	33.45	1.3	27.45 77.76%	

**M55 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Liviene Solomon	M55 Unattached	27.70	2.1	23.07 83.79%	4
2 Ralph Cilevitz	M58 Throwers Club	32.32	2.1	26.38 73.27%	4

**W55 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Karla Del Grande	W59 Mississauga Tra	28.01	1.3	21.35100.00%	
2 Wendy Alexis	W57 Ottawa Track	29.61	1.3	23.04 92.64%	
3 Linda Tauvette	W56 Ottawa Track	33.06	1.3	25.99 82.12%	

**M60 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Richard Lech	M64 Unattached	29.45	1.6	23.11 83.63%	3
2 Alexander Jozefacki	M62 Unattached	29.50	1.6	23.45 82.41%	3
3 Jarmo Kokko	M61 Unattached	30.35	1.6	24.28 79.57%	3
4 Bernard Lachance	M62 Quebec	31.90	1.6	25.36 76.21%	3

**M65 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Tony Powell	M68 Unattached	27.34	1.6	20.81 92.87%	3
2 Bruce Mitchell	M69 Mississauga Tra	32.26	1.6	24.36 79.32%	3
3 John Powell	M68 EtobicokeTC	38.72	1.6	29.47 65.57%	3

**M70 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Peter Evans	M70 Mississauga Tra	29.62	1.9	22.18 87.10%	2
2 Mike Morris	M72 Unattached	30.84	1.9	22.40 86.25%	2
3 David Stern	M72 Mississauga Tra	32.65	1.9	23.72 81.47%	2

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M75 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ray Wardle	M79 Ottawa Track	36.43	1.9	23.57 81.99%	2

**W75 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Alice Cole	W79 Quebec	43.62	1.3	26.41 80.83%	

**M80 200 Meter 1:30 PM**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Earl Fee	M83 Mississauga Tra	32.93	1.9	19.60 98.60%	2
2 Bill E. Thompson	M82 Hamilton Oly	38.03	1.9	23.15 83.46%	2

**M35 400 Meter 3:00 PM**

Name	Age Team	Finals	Age-Grading	H#
1 Theo McCarthy	M39 Unattached	61.43	57.87 74.62%	4

**M40 400 Meter 3:00 PM**

Name	Age Team	Finals	Age-Grading	H#
1 Lawrence Williams	M41 Ottawa Track	53.35	49.54 87.18%	4
2 Marcus Skeete	M44 UTTC	54.99	49.98 86.40%	4
3 Andy Fraser	M40 Unattached	57.79	54.04 79.91%	4
4 Saleem Baksh	M41 Mississauga Tra	59.77	55.50 77.81%	4
5 Blaise Ambrose	M41 UTTC	63.50	58.96 73.24%	4

**W40 400 Meter 3:00 PM**

Name	Age Team	Finals	Age-Grading	H#
1 Kate Cochrane-Brink	W44 UTTC	67.98	59.11 80.52%	

**M45 400 Meter 3:00 PM**

Name	Age Team	Finals	Age-Grading	H#
1 Chris Lemassif	M45 UTTC	54.98	49.61 87.05%	3
2 Eddy Renelique	M48 Viva Zumba	57.68	50.99 84.69%	3

**W45 400 Meter 3:00 PM**

Name	Age Team	Finals	Age-Grading	H#
1 Kathryn Sullivan	W46 Newmarket Huskies	66.89	56.98 83.54%	
2 Ginette Jones	W46 Newmarket Huskies	68.20	58.10 81.94%	
3 Karen Gold	W49 Mississauga Tra	69.04	57.09 83.39%	
4 Gwen Bailey-Mason	W45 UTTC	69.11	59.45 80.08%	

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M50 400 Meter 3:00 PM**

Name	Age Team	Finals	Age-Grading	H#
1 Marino Sani	M52 Ottawa Track	60.23	51.83 83.33%	3
2 Matthias Konopka	M54 Germany	61.65	52.35 82.50%	3

**M50 400 Meter 3:00 PM**

Name	Age Team	Finals	Age-Grading	H#
1 Heather O'Hagan	W50 Newmarket Huskies	69.44	56.83 83.76%	
2 Joyce Acton	W52 Ottawa Track	1:27.73	70.47 67.55%	

**M55 400 Meter 3:00 PM**

Name	Age Team	Finals	Age-Grading	H#
1 Steve Millward	M56 Niagara Olympic	62.46	52.35 82.50%	3

**M60 400 Meter 3:00 PM**

Name	Age Team	Finals	Age-Grading	H#
1 Bernard Lachance	M62 Quebec	70.60	56.95 75.82%	3

**M65 400 Meter 3:00 PM**

Name	Age Team	Finals	Age-Grading	H#
1 John Powell	M68 EtobicokeTC	1:40.31	75.82 56.95%	2

**M70 400 Meter 3:00 PM**

Name	Age Team	Finals	Age-Grading	H#
1 Jim Pascoe	M74 Rouge River RR	1:23.43	56.55 76.36%	2

**M80 400 Meter 3:00 PM**

Name	Age Team	Finals	Age-Grading	H#
1 Earl Fee	M83 Mississauga Tra	74.43	41.63 103.75%	2
2 Bill E. Thompson	M82 Hamilton Oly	1:40.22	57.69 74.86%	2

**M29&U 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading	H#
-- Antun Pavelic	M22 Unattached	DNF		

**M30 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading	H#
1 Jonathan Colford	M34 Unattached	2:59.59	2:59.60 56.30%	

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M35 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Jay Brecher	M38 UTTC	2:00.06	1:56.36 86.90%
2 Brian Yung	M36 Unattached	2:18.07	2:16.39 74.14%
3 Mehmet Semih Sen	M39 Unattached	2:23.70	2:17.93 73.31%
4 Ian Lee	M35 UTTC	2:24.73	2:24.32 70.06%
5 Theo McCarthy	M39 Unattached	2:25.79	2:19.93 72.25%

**M40 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Kevin Farr	M42 UTTC	2:13.95	2:05.05 80.86%
2 Louis Byrne	M40 Toronto Olym	2:16.83	2:10.06 77.75%
3 Matthew Scholes	M42 Australia	2:17.79	2:08.63 78.61%

**W40 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Sheryl Potter	W44 Newmarket Huskies	2:57.05	2:46.20 68.16%

**M45 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Simon Rayner	M48 Unattached	2:16.16	2:00.48 83.92%
2 Christopher Webb	M46 Runner's Life	2:26.20	2:11.63 76.82%

**W45 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Annie Bunting	W47 UTTC	2:29.81	2:17.07 82.65%
2 Kathryn Sullivan	W46 Newmarket Huskies	2:30.96	2:19.28 81.33%
3 Ginette Jones	W46 Newmarket Huskies	2:33.37	2:21.50 80.05%
4 Karen Gold	W49 Mississauga Tra	2:38.57	2:22.64 79.42%
5 Gina Beer	W46 Unattached	2:44.12	2:31.42 74.81%

**W50 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Heather O'Hagan	W50 Newmarket Huskies	2:36.22	2:19.32 81.31%
2 Rita Botelho	W52 UTTC	2:46.68	2:24.90 78.18%
3 Katherine Willis	W53 UTTC	3:24.39	2:55.39 64.59%

**M50 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Chris Deighan	M52 Newmarket Huskies	2:10.67	1:51.73 90.50%
2 Werner Tars	M51 Burlington Runners	2:30.19	2:09.50 78.08%
3 Jim Freemantle	M53 Newmarket Huskies	2:33.23	2:09.93 77.82%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M55 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Brent Hutchinson	M55 Brantford Track	2:28.90	2:04.13 81.46%

**M60 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Bernard Lachance	M62 Quebec	2:46.11	2:11.02 77.18%

**M65 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Dave McGill	M66 Track North	2:36.32	1:59.18 84.84%

**M70 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Chris Mackie	M71 Unattached	2:52.39	2:03.97 81.57%
2 Jim Pascoe	M74 Rouge River RR	3:20.43	2:17.56 73.51%

**M75 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Gerhard Krolow	M77 Metro Fitnes	3:41.62	2:24.81 69.82%

**W75 800 Meter 11:45 AM**

Name	Age Team	Finals	Age-Grading
1 Alice Cole	W79 Quebec	3:52.73	1:57.98 96.03%

**M30 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 Jimmy Semes	M33 Village People R	5:00.65	5:00.66 68.52%

**M35 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 Mehmet Semih Sen	M39 Unattached	5:17.46	5:01.08 68.42%

**M40 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 Kevin Farr	M42 UTTC	4:36.10	4:14.32 81.00%
2 Louis Byrne	M40 Toronto Olym	4:57.61	4:39.37 73.74%
3 Matthew Scholes	M42 Australia	5:04.46	4:40.44 73.46%



**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M45 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 Simon Rayner	M48 Unattached	4:56.27	4:17.97 79.86%
2 Christopher Webb	M46 Runner's Life	5:07.04	4:32.26 75.66%
3 Rob Hanks	M49 Longboat RR	5:15.12	4:31.86 75.78%
4 Shaun Vinson	M49 Unattached	5:16.96	4:33.45 75.34%

**W45 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 Annie Bunting	W47 UTTC	5:15.13	4:34.92 84.56%

**M50 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 Chris Deighan	M52 Newmarket Huskies	4:27.62	3:44.83 91.63%
2 Mark Duff	M50 Village People R	5:13.21	4:27.71 76.95%
3 Jim Freemantle	M53 Newmarket Huskies	5:18.03	4:24.83 77.79%

**W50 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 Rita Botelho	W52 UTTC	5:52.38	4:48.60 80.55%

**M55 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 Wayne Chee	M58 UTTC	5:27.93	4:21.66 78.73%
2 Brent Hutchinson	M55 Brantford Track	5:29.54	4:29.60 76.41%
3 Alex Keeting	M55 EtobicokeTC	6:00.66	4:55.06 69.82%

**M60 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 John Helliker	M61 UTTC	5:04.97	3:57.36 86.79%
2 John Clarke	M60 Unattached	5:10.28	4:03.42 84.63%
3 Ken Hamilton	M62 Newmarket Huskies	5:18.20	4:05.69 83.85%
4 Tim Payne	M62 Newmarket Huskies	6:31.36	5:02.17 68.17%

**M65 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 Dave McGill	M66 Track North	5:32.09	4:08.24 82.99%

**M70 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 Chris Mackie	M71 Unattached	5:51.59	4:10.37 82.28%
2 Frank Esson	M72 Unattached	7:14.76	5:04.86 67.57%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M75 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 Gerhard Krolow	M77 Metro Fitnes	7:50.72	5:06.26 67.27%

**M80 1500 Meter 2:00 PM**

Name	Age Team	Finals	Age-Grading
1 Ed Whitlock	M81 Milton RR	6:13.75	3:47.43 90.58%

**M30 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Nikolay Ryabkov	M33 Toronto Olym	17:42.53	17:30.32 72.07%

**M35 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Gerardo Reyes	M37 Longboat RR	17:37.39	17:01.66 74.10%
2 Ming Tsai	M39 UTTC	17:52.99	17:01.60 74.10%
3 Randall Jegins	M39 Unattached	18:52.32	17:58.09 70.22%

**W40 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Leanne Shafir	W42 UTTC	19:25.77	18:21.89 78.47%

**M40 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Predrag Mladenovic	M40 Unattached	15:22.02	14:31.41 86.87%

**M45 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Andrew Gutzmore	M46 Jamaica	17:19.09	15:38.10 80.70%
2 Roger Moss	M48 Longboat RR	17:49.21	15:50.32 79.66%
3 Darryl Rowan	M46 Unattached	19:00.43	17:09.59 73.52%

**W45 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Lynn Bourque	W48 Longboat RR	20:45.17	18:21.11 78.53%

**M50 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Jay Yakabowich	M50 UTTC	18:34.48	16:14.84 77.65%
2 Werner Tars	M51 Burlington Runners	19:14.09	16:41.29 75.60%
3 Marcel Boudreau	M54 Timmins Porcupin	20:27.27	17:18.89 72.87%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M55 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Jerry Kooymans	M57 Toronto Olym	17:13.42	14:12.99 88.75%
2 Wayne Chee	M58 UTTC	20:50.10	17:03.09 73.99%

**W55 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Paule Couet	W55 Ottawa Track	24:24.83	19:42.42 73.13%
2 Cathy Tedford	W59 Runner's Life	38:22.39	29:16.96 49.21%

**M60 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Ken Hamilton	M62 Newmarket Huskies	19:05.86	15:05.46 83.60%
2 John Clarke	M60 Unattached	19:16.82	15:30.44 81.36%
3 Tim Payne	M62 Newmarket Huskies	23:39.63	18:41.80 67.48%

**M65 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Mike Bedley	M65 Longboat RR	21:19.64	16:24.18 76.92%
2 Bert de Vries	M65 Longboat RR	22:10.89	17:03.59 73.96%

**M70 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Robert Moore	M71 Toronto Olym	23:57.55	17:19.35 72.83%
2 Frank Esson	M72 Unattached	25:23.56	18:06.91 69.65%

**M75 5000 Meter 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Jack Geddes	M75 Scarborough Masters	22:24.59	15:15.40 82.70%
2 Gerhard Krolow	M77 Metro Fitnes	28:54.43	18:57.62 66.54%

**M50 100 Short Hurdles 1:00 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Paul Zelmanski	M52 United State	17.05	1.3	16.17 79.88%

**M55 100 Short Hurdles 1:00 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Mark Jakubowski	M55 United State	17.97	1.3	16.33 79.08%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M60 100 Short Hurdles 1:00 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Richard Lech	M64 Unattached	19.04	1.3	16.12 80.09%

**M30 110 Short Hurdles 1:00 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Sean Kibrick	M34 United State	17.22	1.3	17.27 74.74%

**M45 110 Short Hurdles 1:00 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Paul White	M45 London Legion T&	21.30	1.3	19.53 66.10%

**M60 2000 Meter Steeplechase 8:00 AM**

Name	Age Team	Finals	Age-Grading
1 Doug Smith	M60 UTTC	10:24.00	12:37.48 62.53%

**M70 2000 Meter Steeplechase 8:00 AM**

Name	Age Team	Finals	Age-Grading
1 Vern Christensen	M71 Scarborough Masters	9:19.27	9:00.71 87.59%

**M30 3000 Meter Steeplechase 8:15 AM**

Name	Age Team	Finals	Age-Grading
1 Jimmy Semes	M33 Village People R	12:51.70	12:36.12 62.64%

**Mixed 4x100 Meter Relay 2:00 PM**

Team	Finals
1 Team 1 'A'	57.82
1) Karla Del Grande 59	2) Rita Botelho 52
3) Wendy Alexis 57	4) Gwen Bailey-Mason 45
2 Team 2 'A'	61.21
1) Eddy Renelique 48	2) Mark Duff 50
3) Jimmy Semes 33	4) Ray Wardle 79
-- Team 4 'A'	DQ
1) Tim Taschereau	3) Tyler Atkinson 40
4) Annie Bunting 47	
-- Team 3 'A'	DQ
1) Bryan Griffiths 32	2) Theo McCarthy 39
3) Frank Esson 72	4) Bruce Mitchell 69

**M35 High Jump 10:30 AM**

Name	Age Team	Finals	Age-Grading
1 Zoltan Sara	M36 Unattached	1.96m	2.08m 85.22%
2 Jasbir Singh Hundal	M39 Unattached	1.45m	1.58m 64.73%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M40 High Jump 10:30 AM**

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M40 Unattached	1.75m	1.93m 78.83%

**M45 High Jump 10:30 AM**

Name	Age Team	Finals	Age-Grading
1 Paul White	M45 London Legion T&	1.60m	1.85m 75.83%
4 Bruce Reed	M47 Unattached	J1.60m	1.89m 77.67%

**M50 High Jump 10:30 AM**

Name	Age Team	Finals	Age-Grading
1 Don Ritchie	M50 Unattached	1.55m	1.89m 77.50%

**M55 High Jump 10:30 AM**

Name	Age Team	Finals	Age-Grading
1 Ralph Cilevitz	M58 Throwers Club	1.20m	1.60m 65.57%
-- Alexandr Senkevich	M57 Unattached	NH	

**M60 High Jump 10:30 AM**

Name	Age Team	Finals	Age-Grading
1 Stan Seitz	M64 Ottawa Track	1.35m	1.94m 79.41%

**M75 High Jump 10:30 AM**

Name	Age Team	Finals	Age-Grading
1 Bob Land	M75 Unattached	1.10m	1.84m 75.34%

**M35 Pole Vault 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Dan Percival	M38 Ottawa Track	3.50m	3.77m 61.40%

**M45 Pole Vault 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Paul White	M45 London Legion T&	3.30m	3.89m 63.34%

**M50 Pole Vault 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Paul Zelmanski	M52 United State	2.90m	3.77m 61.44%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M60 Pole Vault 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Stan Seitz	M64 Ottawa Track	3.00m	4.75m 77.52%

**M65 Pole Vault 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Hugh Miller	M66 Unattached	2.60m	4.27m 69.71%

**M75 Pole Vault 9:00 AM**

Name	Age Team	Finals	Age-Grading
-- Bob Land	M75 Unattached	NH	

**W30 Long Jump 1:00 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Sheree Mullings	W30 York UniversityT	4.94m	-2.2	4.94m 65.69%

**M35 Long Jump 1:00 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Jasbir Singh Hundal	M39 Unattached	4.70m	-2.6	5.16m 57.67%

**M40 Long Jump 1:00 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Ovidiu Negoita	M40 Unattached	5.65m	0.2	6.27m 70.19%

**M45 Long Jump 1:00 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Paul White	M45 London Legion T&	5.09m	-1.8	5.99m 67.06%

**M50 Long Jump 1:00 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Don Ritchie	M50 Unattached	4.95m	-2.0	6.21m 69.42%
2 Andrew Bass	M51 Unattached	4.89m	+0.0	6.21m 69.46%
3 Paul Zelmanski	M52 United State	4.82m	-1.9	6.20m 69.35%
4 Bryan Baldsing	M54 Unattached	4.35m	-1.2	5.75m 64.35%

**M55 Long Jump 1:00 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Ralph Cilevitz	M58 Throwers Club	4.31m	-1.4	6.03m 67.45%
2 Mark Jakubowski	M55 United State	4.30m	-0.6	5.76m 64.47%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M70 Long Jump 1:00 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Philipneri Sinnappu	M72 Quebec	3.25m	-1.6	5.70m 63.73%

**M35 Triple Jump 1:45 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Jonathan Younker	M37 Unattached	12.88m	NWI	13.33m 72.93%
2 Jasbir Singh Hundal	M39 Unattached	10.17m	NWI	10.77m 58.92%

**M40 Triple Jump 1:45 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Ovidiu Negoita	M40 Unattached	11.51m	NWI	12.33m 67.47%

**M55 Triple Jump 1:45 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Ralph Cilevitz	M58 Throwers Club	8.42m	NWI	11.44m 62.60%

**M70 Triple Jump 1:45 PM**

Name	Age Team	Finals	Wind	Age-Grading
1 Philipneri Sinnappu	M72 Quebec	7.31m	NWI	12.55m 68.64%

**M30 Shot Put 11:00 AM**

Name	Age Team	Finals	Age-Grading
1 Fernando Cornejo	M33 Unattached	12.44m	12.44m 53.81%

**M35 Shot Put 11:00 AM**

Name	Age Team	Finals	Age-Grading
1 Gintaras Batura	M39 UTTC	11.13m	11.37m 49.18%
2 Pat Gaboury	M36 Quebec	7.99m	8.03m 34.74%

**M40 Shot Put 11:00 AM**

Name	Age Team	Finals	Age-Grading
1 Mike Ransky	M41 Unattached	12.51m	13.05m 56.45%

**M45 Shot Put 11:00 AM**

Name	Age Team	Finals	Age-Grading
1 Peter Ingleton	M46 Unattached	12.54m	14.24m 61.62%
2 Clint Sheehan	M45 Unattached	8.65m	9.62m 41.65%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M50 Shot Put 11:00 AM**

Name	Age Team	Finals	Age-Grading
1 Jack Harkness	M53 York UniversityT	10.29m	12.55m 54.30%
2 Paul Zelmanski	M52 United State	9.67m	11.54m 49.95%

**M55 Shot Put 11:00 AM**

Name	Age Team	Finals	Age-Grading
1 Ralph Cilevitz	M58 Throwers Club	6.17m	8.41m 36.40%

**M60 Shot Put 11:00 AM**

Name	Age Team	Finals	Age-Grading
1 Bill Pearson	M60 Throwers Club	12.38m	15.72m 68.02%
2 Brock Pullen	M63 Unattached	10.17m	14.07m 60.90%

**W30 Shot Put 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Marie-Josée Le Jour	W33 Unattached	12.20m	12.39m 54.76%

**W40 Shot Put 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Colleen Hill	W44 Jamaica	7.08m	9.10m 40.23%

**W50 Shot Put 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W51 Throwers Club	10.46m	14.76m 65.25%
2 Katherine Willis	W53 UTTC	5.63m	8.24m 36.42%

**M65 Shot Put 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Andy Martinson	M65 Unattached	8.58m	12.62m 54.61%

**M70 Shot Put 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 David Morris	M74 Throwers Club	9.04m	13.18m 57.03%
2 James Sumner	M73 Unattached	8.97m	12.70m 54.93%
3 Enrico Toscano	M71 Centro Scuola	6.29m	8.41m 36.40%

**W70 Shot Put 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Adri Rowswell	W71 Scarborough Masters	7.12m	15.52m 68.59%



**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W80 Shot Put 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Velta Tomsons	W84 Throwers Club	6.19m	20.87m 92.25%

**M85 Shot Put 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Evalds Viskers	M86 Throwers Club	7.79m	15.66m 67.74%

**M30 Discus Throw After Women**

Name	Age Team	Finals	Age-Grading
1 Russell Evans	M34 Unattached	30.87m	30.87m 41.67%

**M35 Discus Throw After Women**

Name	Age Team	Finals	Age-Grading
1 Gintaras Batura	M39 UTTC	32.52m	32.52m 43.90%

**M40 Discus Throw After Women**

Name	Age Team	Finals	Age-Grading
1 Mike Ransky	M41 Unattached	52.07m	52.56m 70.96%

**M45 Discus Throw After Women**

Name	Age Team	Finals	Age-Grading
1 Peter Ingleton	M46 Unattached	40.28m	43.10m 58.18%

**M50 Discus Throw After Women**

Name	Age Team	Finals	Age-Grading
1 Jack Harkness	M53 York UniversityT	40.25m	42.53m 57.42%
2 Don Ritchie	M50 Unattached	34.68m	34.68m 46.81%

**M55 Discus Throw After Women**

Name	Age Team	Finals	Age-Grading
1 Mark Jakubowski	M55 United State	27.17m	29.84m 40.29%
2 Ralph Cilevitz	M58 Throwers Club	23.59m	27.96m 37.75%

**M60 Discus Throw After Women**

Name	Age Team	Finals	Age-Grading
1 Bill Pearson	M60 Throwers Club	40.07m	45.00m 60.76%
2 Brock Pullen	M63 Unattached	38.39m	45.94m 62.02%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W30 Discus Throw 12:30 PM**

Name	Age Team	Finals	Age-Grading
1 Marie-Josée Le Jour	W33 Unattached	46.94m	46.95m 61.14%

**W50 Discus Throw 12:30 PM**

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W51 Throwers Club	29.89m	39.75m 51.76%

**W60 Discus Throw 12:30 PM**

Name	Age Team	Finals	Age-Grading
1 Rhona Trott	W63 Hamilton Oly	17.60m	29.98m 39.04%

**M65 Discus Throw 12:30 PM**

Name	Age Team	Finals	Age-Grading
1 Rick Westwood	M68 Bramalea Bullets	27.16m	36.48m 49.25%

**M70 Discus Throw 12:30 PM**

Name	Age Team	Finals	Age-Grading
1 David Morris	M74 Throwers Club	27.78m	43.74m 59.06%
2 James Sumner	M73 Unattached	23.47m	35.93m 48.50%
3 Philipneri Sinnappu	M72 Quebec	21.17m	31.52m 42.56%
4 Frank Esson	M72 Unattached	16.97m	25.27m 34.12%
5 Enrico Toscano	M71 Centro Scuola	14.63m	21.21m 28.64%

**W70 Discus Throw 12:30 PM**

Name	Age Team	Finals	Age-Grading
1 Adri Rowsell	W71 Scarborough Masters	19.49m	40.86m 53.21%

**W80 Discus Throw 12:30 PM**

Name	Age Team	Finals	Age-Grading
1 Velta Tomsons	W84 Throwers Club	12.13m	34.58m 45.03%

**M85 Discus Throw 12:30 PM**

Name	Age Team	Finals	Age-Grading
1 Evalds Viskers	M86 Throwers Club	19.61m	47.15m 63.65%

**M35 Hammer Throw 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Gintaras Batura	M39 UTTC	3.79m	4.02m 4.64%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M50 Hammer Throw 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Ayman Mazhar	M52 South Simco	42.94m	52.19m 60.17%

**M60 Hammer Throw 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Bill Pearson	M60 Throwers Club	37.37m	52.53m 60.57%
2 Brock Pullen	M63 Unattached	28.44m	42.89m 49.45%

**W30 Hammer Throw 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Marie-Josée Le Jour	W33 Unattached	45.38m	49.22m 63.92%

**W50 Hammer Throw 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W51 Throwers Club	34.46m	43.88m 57.00%

**W60 Hammer Throw 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Rhona Trott	W63 Hamilton Oly	24.62m	40.21m 52.23%

**M70 Hammer Throw 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 David Morris	M74 Throwers Club	25.29m	45.91m 52.93%
2 Enrico Toscano	M71 Centro Scuola	18.00m	29.84m 34.40%

**M75 Hammer Throw 10:00 AM**

Name	Age Team	Finals	Age-Grading
1 Emil Muller	M77 Unattached	36.06m	72.34m 83.41%

**M30 Javelin Throw 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Russell Evans	M34 Unattached	36.40m	37.65m 38.24%

**M35 Javelin Throw 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Gintaras Batura	M39 UTTC	38.05m	42.24m 42.90%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M40 Javelin Throw 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Sharaz Shaikh	M40 athletiques In	48.75m	55.00m 55.85%
2 Christian Masotti	M44 Unattached	38.63m	46.62m 47.34%

**M50 Javelin Throw 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Stokley Dean	M54 Unattached	44.36m	61.15m 62.09%
2 Peter St.Pierre	M54 Throwers Club	39.14m	53.95m 54.79%
3 Don Ritchie	M50 Unattached	36.93m	47.23m 47.96%

**M55 Javelin Throw 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Michael Finkbeiner	M58 Throwers Club	42.15m	63.01m 63.98%
2 Terry Gudzowsky	M58 Alberta	39.58m	59.16m 60.08%

**M60 Javelin Throw 9:00 AM**

Name	Age Team	Finals	Age-Grading
1 Brock Pullen	M63 Unattached	36.82m	58.08m 58.98%
2 John Douglas	M60 Unattached	33.31m	49.31m 50.08%
3 Bill Pearson	M60 Throwers Club	32.57m	48.21m 48.96%

**W30 Javelin Throw 10:45am**

Name	Age Team	Finals	Age-Grading
1 Marie-Josée Le Jour	W33 Unattached	33.24m	33.24m 45.53%

**W50 Javelin Throw 10:45am**

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W51 Throwers Club	22.89m	31.97m 43.81%

**M65 Javelin Throw 10:45am**

Name	Age Team	Finals	Age-Grading
1 Rick Westwood	M68 Bramalea Bullets	23.52m	41.65m 42.29%

**W70 Javelin Throw 10:45am**

Name	Age Team	Finals	Age-Grading
1 Adri Rowswell	W71 Scarborough Masters	15.45m	35.31m 48.37%

**M70 Javelin Throw 10:45am**

Name	Age Team	Finals	Age-Grading
1 Philipneri Sinnappu	M72 Quebec	22.50m	41.46m 42.10%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****....M70 Javelin Throw 10:45am**

2	David Morris	M74 Throwers Club	21.29m	41.53m	42.18%
3	James Sumner	M73 Unattached	20.91m	39.63m	40.24%
4	Frank Esson	M72 Unattached	16.11m	29.68m	30.15%
5	Enrico Toscano	M71 Centro Scuola	10.12m	18.14m	18.43%

**M75 Javelin Throw 10:45am**

Name	Age	Team	Finals	Age-Grading
1 Bob Staveley	M78	Ottawa Track	20.14m	44.51m 45.20%

**M50 Weight Throw 12:00 AM**

Name	Age	Team	Finals	Age-Grading
1 Ayman Mazhar	M52	South Simco	13.33m	15.32m 59.27%

**M60 Weight Throw 12:00 AM**

Name	Age	Team	Finals	Age-Grading
1 Bill Pearson	M60	Throwers Club	14.04m	15.99m 61.85%
2 Brock Pullen	M63	Unattached	10.34m	12.50m 48.36%

**W30 Weight Throw 12:00 PM**

Name	Age	Team	Finals	Age-Grading
1 Marie-Josée Le Jour	W33	Unattached	16.13m	19.85m 84.14%

**W50 Weight Throw 12:00 PM**

Name	Age	Team	Finals	Age-Grading
1 Elizabeth Hill	W51	Throwers Club	10.19m	12.87m 54.55%

**W60 Weight Throw 12:00 PM**

Name	Age	Team	Finals	Age-Grading
1 Rhona Trott	W63	Hamilton Oly	9.60m	13.08m 55.46%

**M70 Weight Throw 12:00 PM**

Name	Age	Team	Finals	Age-Grading
1 David Morris	M74	Throwers Club	10.37m	14.86m 57.48%
2 Enrico Toscano	M71	Centro Scuola	7.03m	9.32m 36.07%

**M75 Weight Throw 12:00 PM**

Name	Age	Team	Finals	Age-Grading
1 Emil Muller	M77	Unattached	12.14m	18.93m 73.22%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M30 5000 Meter Race Walk 8:30 AM**

Name	Age Team	Finals	Age-Grading
1 Jocelyn Ruest	M32 New Brunswick	23:20.46	23:10.66 77.49%

**M35 5000 Meter Race Walk 8:30 AM**

Name	Age Team	Finals	Age-Grading
1 Jean Pierre Fortin	M36 Ontario RaceWalkers	28:00.83	27:20.83 65.67%
-- Pat Gaboury	M36 Quebec	DQ	

**W35 5000 Meter Race Walk 8:30 AM**

Name	Age Team	Finals	Age-Grading
-- Sarah Raetsen	W36 Ontario RaceWalkers	DNF	

**M45 5000 Meter Race Walk 8:30 AM**

Name	Age Team	Finals	Age-Grading
1 Jianping Xu	M46 Don't Get Lost A	24:59.69	22:37.82 79.36%

**W50 5000 Meter Race Walk 8:30 AM**

Name	Age Team	Finals	Age-Grading
1 Nicole Begin	W53 Quebec	32:28.37	27:59.50 70.68%

**M55 5000 Meter Race Walk 8:30 AM**

Name	Age Team	Finals	Age-Grading
1 Ken Atkins	M56 Unattached	31:51.97	26:29.81 67.78%

**W55 5000 Meter Race Walk 8:30 AM**

Name	Age Team	Finals	Age-Grading
1 Linda Wilson	W57 Bytown Walkers	28:44.85	23:47.49 83.15%
2 Anne de Thy	W58 Ontario RaceWalkers	31:46.43	26:00.80 76.05%

**M60 5000 Meter Race Walk 8:30 AM**

Name	Age Team	Finals	Age-Grading
1 Robert Marchand	M60 Quebec	31:53.68	25:32.10 70.33%

**W60 5000 Meter Race Walk 8:30 AM**

Name	Age Team	Finals	Age-Grading
1 Lina Liscio	W63 Toronto Race Wal	32:31.61	25:07.23 78.75%
2 Lily Whalen	W60 Ontario RaceWalkers	33:14.77	26:36.82 74.34%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W70 5000 Meter Race Walk 8:30 AM**

Name	Age Team	Finals	Age-Grading
1 Eileen Sarkar	W70 Bytown Walkers	37:14.44	26:08.58 75.67%

**W75 5000 Meter Race Walk 8:30 AM**

Name	Age Team	Finals	Age-Grading
1 Jean Horne	W79 Ontario RaceWalkers	38:16.04	23:04.06 85.76%
-- June-Marie Provost	W79 Unattached	DQ	