

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W30 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading
Finals				
1 Florence Cavalli	W30 Ontario Mast	13.76	1.5	13.77 76.24%

**W35 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading
1 Khama Beckles	W38 UTTC	12.99	1.5	12.71 82.53%
2 Yvonne Cheng	W36 Québec	15.84	1.5	15.85 66.22%

**M35 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Howard Powell	M37 Unattached	11.49	1.7	11.21 87.38%	9
2 Andre Mitchell	M36 UTTC	11.89	1.7	11.68 83.85%	9
3 Dave Kervin	M35 Peterborough	12.28	1.7	12.15 80.62%	9
4 Ryan Edge	M36 Ontario Mast	12.33	1.7	12.12 80.86%	9

**M40 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Jay Foubert	M43 UTTC	11.87	+0.0	11.10 88.21%	8
2 Nigel John	M40 UTTC	12.24	+0.0	11.69 83.82%	8
3 Dave Ma	M41 UTTC	12.69	+0.0	12.04 81.40%	8
4 Brian Derby	M40 Kanata Track	13.02	+0.0	12.43 78.80%	8
5 Tyler Atkinson	M41 Unattached	14.11	+0.0	13.38 73.21%	8

**M45 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Christopher Warburton	M47 UTTC	12.14	1.9	11.05 88.63%	7
2 Chris Lemassif	M46 UTTC	12.21	1.9	11.19 87.55%	7
3 Rick Reynolds	M46 Unattached	12.43	1.9	11.39 86.00%	7
4 William Hudson	M47 Ontario Mast	12.68	1.9	11.54 84.86%	7
5 Bernard St. Lewis	M46 Ottawa Lions	12.83	1.9	11.76 83.32%	7

**M50 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ken Kudo	M50 Unattached	12.08	1.0	10.78 90.89%	6
2 Robert Nasato	M52 Ontario Mast	12.44	1.0	10.96 89.39%	6
3 Leo Da Silva	M51 Unattached	12.67	1.0	11.23 87.21%	6
4 John Varone	M54 Ontario Mast	12.73	1.0	11.07 88.53%	6
5 Tim Burgess	M50 UTTC	13.47	1.0	12.02 81.51%	6
6 John Duwyn	M51 UTTC	13.68	1.0	12.13 80.77%	6
7 Hamid Bakhtiyari	M54 University O	13.79	1.0	11.99 81.73%	6
8 Francis Litzinger	M52 Unattached	14.62	1.0	12.87 76.06%	6

**W50 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading
1 Wendy Melvin	W52 Unattached	16.69	1.5	13.99 75.01%

**Results - Age Grading: 1 Yr Individ & 5 yr Multi****W55 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading
1 Wendy Alexis	W58 Ottawa Lions	13.75	1.5	10.86 96.58%

**M55 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Blair Roblin	M55 Unattached	13.55	1.4	11.70 83.69%	5
2 Bryan Baldsing	M55 Ontario Mast	14.05	1.4	12.13 80.71%	5
3 Bruce Urch	M58 The Runners Shop	14.16	1.4	12.00 81.57%	5
4 Ralph Cilevitz	M59 Throwers Club	14.33	1.4	12.07 81.16%	5
5 Jacek Urbanowicz	M55 Unattached	15.68	1.4	13.54 72.32%	5

**M60 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Alexander Jozefacki	M63 Ontario Mast	14.16	1.4	11.64 84.11%	4
2 Peter Zowkewych	M62 Ontario Mast	14.52	1.4	12.01 81.54%	4
3 Jarmo Kokko	M62 Unattached	14.66	1.4	12.12 80.76%	4
4 Bernie Lachance	M63 Quebec	14.90	1.4	12.25 79.93%	4

**W60 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
<b>1 Karla Del Grande</b>	<b>W60 Mississauga Tra</b>	<b>13.88</b>	<b>1.5</b>	<b>10.75 97.62%</b>	<b>CAN MR</b>
(old CAN 14.31 Carol Lafayette-Boyd SK 2004 - old Meet Record 15.50 Rhona Trott 2009)					

**M65 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Tony Powell	M69 Ontario Mast	13.34	1.8	10.58 92.58%	3
2 Richard Lech	M65 Unattached	13.56	1.8	11.01 88.94%	3
3 Darrell Patterson	M67 Unattached	14.55	1.8	11.68 83.85%	3
4 Bryan Mason	M68 Unattached	15.01	1.8	11.98 81.81%	3

**M70 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Mike Morris	M72 Unattached	14.29	1.2	11.00 89.01%	2
2 Peter Evans	M71 Mississauga Tra	14.60	1.2	11.38 86.10%	2
3 David Stern	M73 Mississauga Tra	15.08	1.2	11.47 85.41%	2

**M80 100 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ray Wardle	M80 Ottawa Lions	17.02	1.2	11.74 83.43%	2
2 Bill Thompson	M83 Hamilton Oly	17.99	1.2	11.78 83.10%	2

**W30 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading
1 Florence Cavalli	W30 Ontario Mast	28.18	NWI	28.19 75.73%

**M35 200 Meter Dash Sat 2:00pm**

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Andre Mitchell	M36 UTTC	24.06	NWI	23.03 83.92%	8
2 Dave Kervin	M35 Peterborough	24.72	NWI	23.84 81.07%	8
3 Garnett Brown	M36 Unattached	24.78	NWI	23.71 81.48%	8
4 Ryan Edge	M36 Ontario Mast	25.05	NWI	23.97 80.60%	8

**W35 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
<b>1 Khama Beckles</b>	<b>W38 UTTC</b>	<b>26.67</b>	NWI	<b>25.84 82.60%</b>	<b>MR</b>
(old MR Marg Hendershot 26.74 '91 and Maureen Rodrigue 2001)					
2 Yvonne Cheng	W36 Québec	32.44	NWI	32.25 66.18%	

**M40 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Jay Foubert	M43 UTTC	24.34	NWI	22.08 87.51%	7
2 Sean Kapitian	M43 Ontario Mast	26.10	NWI	23.68 81.61%	7
3 Marcus Josephs	M41 Unattached	32.27	NWI	29.71 65.04%	7

**M45 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Chris Lemassif	M46 UTTC	24.96	NWI	22.15 87.26%	6
2 Marcus Skeete	M45 UTTC	24.97	NWI	22.32 86.58%	6
3 David Turkstra	M47 Unattached	25.38	NWI	22.36 86.41%	6
4 Rick Reynolds	M46 Unattached	25.46	NWI	22.59 85.55%	6
5 William Hudson	M47 Ontario Mast	25.62	NWI	22.57 85.60%	6
6 Bernard St. Lewis	M46 Ottawa Lions	26.08	NWI	23.14 83.51%	6

**M50 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Robert Nasato	M52 Ontario Mast	25.97	NWI	22.08 87.52%	5
2 John Varone	M54 Ontario Mast	26.28	NWI	22.04 87.67%	5
3 Leo Da Silva	M51 Unattached	26.34	NWI	22.55 85.69%	5
4 Hamid Bakhtiyari	M54 University O	28.62	NWI	24.00 80.50%	5
5 John Duwyn	M51 UTTC	30.03	NWI	25.71 75.16%	5
6 Francis Litzinger	M52 Unattached	30.37	NWI	25.82 74.84%	5

**M55 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Blair Roblin	M55 Unattached	27.78	NWI	23.13 83.55%	4
2 Steven Millward	M57 Niagara Olym	28.30	NWI	23.25 83.11%	4
3 Ralph Cilevitz	M59 Throwers Club	29.96	NWI	24.29 79.57%	4
4 Jacek Urbanowicz	M55 Unattached	34.44	NWI	28.68 67.39%	4

**W55 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Wendy Alexis	W58 Ottawa Lions	28.58	NWI	22.01 96.96%	

**M60 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
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**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

1	Alexander Jozefacki	M63 Ontario Mast	29.41	NWI	23.23	83.20%	3
2	Bernie Lachance	M63 Quebec	31.84	NWI	25.15	76.85%	3
3	Duncan Greenshields	M64 University O	32.41	NWI	25.43	76.00%	3

**W60 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading		
<b>1 Karla Del Grande</b>	<b>W60 Mississauga Tra</b>	<b>28.58</b>	<b>NWI</b>	<b>21.55 99.02%</b>	<b>CAN</b>	<b>MR</b>
(old CAN 29.37 Carol Lafayette-Boyd SK 2002 - old MR 32.89 Rhona Trott 2009)						

**M65 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Tony Powell	M69 Ontario Mast	27.93	NWI	21.09 91.62%	3
2 Richard Lech	M65 Unattached	29.02	NWI	22.62 85.42%	3

**M70 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Peter Evans	M71 Mississauga Tra	29.82	NWI	22.00 87.86%	2
2 Mike Morris	M72 Unattached	30.42	NWI	22.10 87.44%	2
3 David Stern	M73 Mississauga Tra	30.81	NWI	22.03 87.70%	2

**W75 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading		
<b>1 Alice Cole</b>	<b>W79 Quebec</b>	<b>40.46</b>	<b>NWI</b>	<b>24.50 87.15%</b>	<b>MR</b>	
(old MR 41.8 Isobel Saumier Cunningham 1989)						

**M80 200 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading	H#
<b>1 Ray Wardle</b>	<b>M80 Ottawa Lions</b>	<b>35.61</b>	<b>NWI</b>	<b>22.64 85.37%</b>	<b>MR</b>
(old MR 37.2 Blain Till 1987)					
2 Bill Thompson	M83 Hamilton Oly	38.71	NWI	23.04 83.88%	

**M35 400 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Jayesh D'Souza	M39 Unattached	64.09	60.38 71.52%	4

**M40 400 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Mirco Graenert	M44 Newmarket Hu	55.66	50.59 85.36%	4

**M45 400 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Marcus Skeete	M45 UTTC	55.49	50.07 86.25%	4
2 Bernard St. Lewis	M46 Ottawa Lions	61.46	55.09 78.39%	4
3 Michael Ferguson	M48 Ottawa Lions	64.69	57.19 75.51%	4

**W45 400 Meter Dash Sat 2:00pm**

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading
1 Gwyneth Bailey-Mason	W46 UTTC	68.73	58.55 81.30%
2 Jennifer Rout	W48 Newmarket Hu	71.40	59.63 79.83%

**W50 400 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Age-Grading
1 Karen Gold	W50 Mississauga Tra	68.23	55.84 85.24%

**M50 400 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Spencer Arnfield	M54 Bad Boyz AC	68.06	57.79 74.73%	3
2 Hamid Bakhtiyari	M54 University O	68.87	58.48 73.85%	3

**M55 400 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Bruce Urch	M58 The Runners Shop	65.95	54.57 79.14%	3
2 Jacek Urbanowicz	M55 Unattached	1:21.29	68.56 62.98%	3
-- Raymond Jonasson	M57 Unattached	DNF		3

**M60 400 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Bernie Lachance	M63 Quebec	71.49	57.31 75.35%	2
2 Duncan Greenshields	M64 University O	74.76	59.56 72.51%	2

**W60 400 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Age-Grading	
<b>1 Karla Del Grande</b>	<b>W60 Mississauga Tra</b>	<b>68.03</b>	<b>50.76 93.80%</b>	<b>CAN MR</b>
(old CAN 1:08.34 Diane Palmason BC 2000 - old MR 1:17 Jean Horne 1997)				

**M65 400 Meter Dash Sat 2:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Shane Kearney	M65 Ontario Mast	79.40	62.86 68.70%	2

**M30 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Michael Schwandt	M32 UTTC	2:08.08	2:08.09 78.94%	4
2 Jimmy Semes	M34 Ontario Mast	2:13.17	2:13.18 75.93%	4
3 Alec Brookes	M32 Unattached	2:26.04	2:26.05 69.23%	4

**M35 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Jonathan Colford	M35 Unattached	2:57.74	2:57.23 57.05%	4

**W35 800 Meter Run Sun 1:00pm**

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading
1 Yvonne Cheng	W36 Québec	2:48.57	2:48.58 67.20%

**M40 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Michal Kapral	M41 UTTC	2:06.14	1:58.83 85.10%	4
2 Kevin Farr	M43 Brantford Track	2:13.20	2:03.23 82.06%	4
3 Mirco Graenert	M44 Newmarket Hu	2:13.61	2:02.47 82.56%	4
4 Derek Hackshaw	M44 Newmarket Hu	2:15.61	2:04.31 81.34%	4
5 Louis Byrne	M41 Toronto Olym	2:22.42	2:14.16 75.37%	4
6 Steve Boston	M43 Newmarket Hu	2:27.43	2:16.39 74.14%	4

**W40 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Amy Ballon	W42 UTTC	2:45.44	2:38.07 71.67%

**M45 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Paul Osland	M49 UTTC	2:07.10	1:51.48 90.70%	3
2 Michael Ferguson	M48 Ottawa Lions	2:25.15	2:08.43 78.73%	3
3 Rob Blair	M49 Newmarket Hu	2:26.65	2:08.63 78.61%	3

**W45 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Gwyneth Bailey-Mason	W46 UTTC	2:43.00	2:30.39 75.33%
2 Jennifer Rout	W48 Newmarket Hu	2:52.02	2:36.06 72.59%
3 Aura Reynoso	W47 Ontario Mast	3:13.03	2:56.61 64.15%

**M50 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Chris Deighan	M53 Newmarket Hu	2:13.25	1:52.99 89.49%	3
2 John Willett	M51 UTTC	2:19.88	2:00.61 83.84%	3
3 Mark Duff	M51 Boardwalk Rc	2:28.21	2:07.79 79.12%	3
4 James Earl	M54 East Toronto	2:28.74	2:05.05 80.86%	3
5 James Freemantle	M54 Newmarket Hu	2:35.20	2:10.48 77.49%	3

**W50 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Heather O'Hagan	W51 Newmarket Hu	2:37.64	2:18.82 81.60%
2 Karen Gold	W50 Mississauga Tra	2:38.65	2:21.49 80.06%
3 Rita Botelho	W53 UTTC	2:48.75	2:24.81 78.23%

**M55 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Wayne Chee	M59 UTTC	2:43.73	2:12.20 76.49%	2
2 Brent Hutchinson	M56 Brantford Track	2:46.98	2:18.10 73.22%	2
3 Jacek Urbanowicz	M55 Unattached	3:29.98	2:55.04 57.76%	2

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W55 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Lynn Deutscher Kobayashi	W57 UTTC	3:00.99	2:26.99 77.07%

**M60 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 John Helliker	M61 UTTC	2:28.41	1:57.95 85.73%	2
2 John Tranter	M61 Greater Uxbr	2:31.82	2:00.66 83.80%	2
3 John Clarke	M61 East Toronto	2:34.70	2:02.95 82.24%	2
4 Bernie Lachance	M63 Quebec	2:56.73	2:18.31 73.11%	2
5 Tim Payne	M63 Newmarket Hu	2:59.56	2:20.53 71.95%	2

**M65 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	H#
1 Shane Kearney	M65 Ontario Mast	3:15.12	2:30.35 67.26%	2

**M70 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Chris Mackie	M72 Unattached	2:48.62	1:59.42 84.67%

**W75 800 Meter Run Sun 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Jean Doench	W75 Longboat RR	4:36.58	2:34.97 73.10%

**M30 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 Alec Brookes	M32 Unattached	4:58.26	4:58.27 69.07%	4

**W30 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading
1 Sasha Gollish	W31 University O	4:46.88	4:46.05 81.27%
2 Marijana Primorac	W33 UTTC	5:37.70	5:34.77 69.44%

**M35 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 Rob Sidhu	M39 University O	4:56.30	4:41.02 73.31%	4
2 Michael Shields	M39 Ontario Mast	5:25.15	5:08.38 66.80%	4
3 Jonathan Colford	M35 Unattached	6:24.37	6:19.46 54.29%	4

**M40 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 Michal Kapral	M41 UTTC	4:24.04	4:05.54 83.90%	4
2 Kevin Farr	M43 Brantford Track	4:41.55	4:16.86 80.20%	4
3 Darrin Heasman	M44 Quinte Legion	4:58.99	4:30.14 76.26%	4
4 Marcus Josephs	M41 Unattached	5:41.46	5:17.53 64.88%	4

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W40 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading
1 Amy Ballon	W42 UTTC	5:30.66	5:06.13 75.94%

**M45 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 Paul Osland	M49 UTTC	4:26.69	3:50.08 89.54%	3
2 Scott Faulds	M45 Quinte Legion	4:42.68	4:12.92 81.45%	3
3 Rob Blair	M49 Newmarket Hu	4:57.29	4:16.48 80.32%	4
4 Gary Cassel	M45 Cambridge Harriers	5:13.37	4:40.38 73.47%	4

**W45 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading
1 Kathryn Sullivan	W47 Newmarket Huskies	5:24.69	4:43.26 82.07%
2 Ginette Jones	W47 Newmarket Hu	5:27.20	4:45.45 81.44%
3 Nancy Catton	W45 UTTC	5:40.48	5:04.29 76.40%
4 Aura Reynoso	W47 Ontario Mast	6:10.66	5:23.37 71.89%

**W50 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading
1 Rita Botelho	W53 UTTC	5:51.01	4:43.73 81.93%
2 Margaret Webb	W51 Unattached	6:16.70	5:12.55 74.38%

**M50 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 Vince Friel	M50 South Simcoe	4:31.14	3:51.75 88.89%	3
2 John Willett	M51 UTTC	4:35.49	3:53.46 88.24%	3
3 Ron Da Silva Jardine	M51 East Toronto	4:41.01	3:58.13 86.51%	3
4 Desmond Moloney	M52 East Toronto	5:04.12	4:15.50 80.63%	3
5 Shaun Vinson	M50 Unattached	5:05.69	4:21.28 78.84%	3
6 James Freemantle	M54 Newmarket Hu	5:12.69	4:18.10 79.82%	3

**M55 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 Brent Hutchinson	M56 Brantford Track	5:21.51	4:20.88 78.96%	2
2 Wayne Chee	M59 University O	5:35.87	4:25.75 77.52%	2

**W55 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading
1 Lynn Deutscher Kobayashi	W57 UTTC	5:53.60	4:30.72 85.87%

**M60 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 John Helliker	M61 UTTC	4:55.08	3:49.67 89.70%	2
2 John Clarke	M61 East Toronto	5:06.19	3:58.31 86.44%	2
3 Tim Payne	M63 Newmarket Hu	6:12.99	4:45.72 72.10%	2



**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M70 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#
1 Chris Mackie	M72 Unattached	5:52.51	4:07.19 83.34%	2
2 Dennis Featherstone	M72 Ontario Mast	6:00.04	4:12.47 81.60%	2

**M30 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading	H#
1 Jimmy Semes	M34 Ontario Mast	18:15.42	17:57.90 70.23%	2

**M35 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading	H#
1 Rob Sidhu	M39 University O	18:37.86	17:44.32 71.13%	2

**W40 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading	H#
1 Leanne Shafir	W43 UTTC	18:51.51	17:39.66 81.60%	2

**M45 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading	H#
1 Darryl Rowan	M47 Toronto Olym	18:20.24	16:25.60 76.81%	2
2 Nathan Taback	M45 UTTC	21:45.03	19:47.45 63.75%	2

**W45 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading
1 Nancy Catton	W45 UTTC	22:26.76	20:34.98 70.02%

**M50 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading	H#
1 James Earl	M54 East Toronto	18:48.65	15:55.41 79.23%	2
2 Desmond Moloney	M52 East Toronto	18:55.41	16:17.14 77.47%	2
3 Jay Yakabowich	M51 UTTC	19:12.02	16:39.50 75.74%	2

**W50 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading
1 Nicky Slovitt	W53 UTTC	27:54.24	23:08.29 62.28%
2 Katherine Willis	W54 University O	28:29.14	23:18.42 61.83%

**M55 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading	H#
1 Anthony Farr	M58 Unattached	20:37.29	16:52.60 74.76%	2
2 Brent Hutchinson	M56 Brantford Track	20:54.22	17:24.02 72.51%	2

**W55 5000 Meter Run Sun 9:30am**

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading
1 Clara Northcott	W58 UTTC	23:42.07	18:20.83 78.55%
2 Paule Couet	W56 Ottawa Lions T.F.C.	25:04.05	19:57.38 72.22%

**M60 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading	H#
<b>1 John Tranter</b> (old MR 18:14.73 Ed Whitlock 1992)	<b>M61 Greater Uxbr</b>	<b>18:12.49</b>	<b>14:30.94 86.92%</b>	<b>MR</b>
2 John Clarke	M61 East Toronto	18:50.43	15:01.18 84.00%	

**W60 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading
1 Cathy Tedford	W60 Unattached	35:36.71	26:47.03 53.81%

**M65 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading
1 Bert De Vries	M66 Longboat	23:01.61	17:32.79 71.90%

**M70 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading
1 Robert Moore	M72 Toronto Olympic	24:30.65	17:29.17 72.15%

**M75 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading
1 Jack Geddes	M76 Scarborough Masters	24:15.12	16:13.04 77.80%

**M80 5000 Meter Run Sun 9:30am**

Name	Age Team	Finals	Age-Grading
1 Ed Whitlock	M82 Milton Runners	22:10.57	12:55.06 97.67%

**W40 10000 Meter Run Sat 8:30am**

Name	Age Team	Finals	Age-Grading
1 Anna Gregory	W43 Unattached	50:36.69	47:50.59 62.74%

**M50 10000 Meter Run Sat 8:30am**

Name	Age Team	Finals	Age-Grading
1 Daniel Fiorini	M51 Newmarket Hu	37:10.18	32:14.91 81.66%
2 Jim Groves	M54 East Toronto	38:14.59	32:22.38 81.34%
3 Jay Yakabowich	M51 UTTC	40:36.01	35:13.49 74.76%
4 Tony Madott	M52 Ontario Mast	41:55.32	36:04.69 72.99%
5 Marcel Boudreau	M54 Timmins Porc	43:35.25	36:53.81 71.37%

**M55 10000 Meter Run Sat 8:30am**

Name	Age Team	Finals	Age-Grading
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**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

1 Jim Rawling M57 Longboat 42:39.29 35:12.44 74.79%

**W60 10000 Meter Run Sat 8:30am**

Name	Age Team	Finals	Age-Grading
1 Cathy Tedford	W60 Unattached	1:15:03.84	57:11.93 52.48%

**M70 10000 Meter Run Sat 8:30am**

Name	Age Team	Finals	Age-Grading
1 Robert Moore	M72 Toronto Olympic	51:35.05	36:48.01 71.56%

**M55 100 Short Hurdles Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading
1 Ralph Cilevitz	M59 Throwers Club	20.90	NWI	18.03 71.63%

**M65 100 Short Hurdles Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading
1 Richard Lech	M65 Unattached	19.13	NWI	15.93 81.08%

**M35 110 Short Hurdles Sat 10:00am**

Name	Age Team	Finals	Wind	Age-Grading
1 David Valenzuela (old MR 16.4 Horace Hudson USA 1988)	M36 Unattached	15.59	NWI	15.46 83.52% <b>MR</b>

**M40 110 Short Hurdles Sat 10:00am**

Name	Age Team	Finals	Wind	Age-Grading
1 Ovidiu Negoita	M41 Ontario Mast	18.83	NWI	17.86 72.28%

**M60 300 Long Hurdles Sun Noon**

Name	Age Team	Finals	Age-Grading
1 Doug Smith	M61 UTTC	77.73	1:25.34 54.82%

**M65 300 Long Hurdles Sun Noon**

Name	Age Team	Finals	Age-Grading
1 Richard Lech	M65 Unattached	53.88	56.23 83.20%

**M45 400 Long Hurdles Sat 10:00am**

Name	Age Team	Finals	Age-Grading
1 Marcus Skeete	M45 UTTC	65.50	57.14 81.88%

**M60 2000 Meter Steeplechase Sat 10:00am**

Name	Age Team	Finals	Age-Grading
1 Doug Smith	M61 UTTC	10:18.37	12:13.52 64.57%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M45 3000 Meter Steeplechase Sat 10:00am**

Name	Age Team	Finals	Age-Grading
1 Tim Taschereau	M47 Unattached	15:37.31	13:25.15 58.82%

**W29&U 4x100 Meter Relay Sat 2:30pm**

Team	Finals
1 Flying Sisters 'A'	68.80
1) Yvonne Cheng 36	2) Margaret Webb 51
3) Karen Gold 50	4) Anna-Kay Brown 23

**W30 4x100 Meter Relay Sat 2:30pm**

Team	Finals
1 U OF T 'A'	61.49 MR
1) Gwyneth Bailey-Mason 46	2) Rita Botelho 53
3) Marijana Primorac 33	4) Nancy Catton 45

**M55 4x100 Meter Relay Sat 2:30pm**

Team	Finals
1 Gift of Life 'A'	61.56
1) Raymond Jonasson 57	2) Bernie Lachance 63
3) Tom Black 57	4) Ralph Cilevitz 59

**W30 4x400 Meter Relay Sun 1:30pm**

Team	Finals
1 University of Toronto TC 'A'	4:54.16 MR
1) Marijana Primorac 33	2) Amy Ballon 42
3) Rita Botelho 53	4) Gwyneth Bailey-Mason 46

**M40 4x400 Meter Relay Sun 1:30pm**

Team	Finals
1 Newmarket Huskies 'A'	4:10.50
1) Chris Deighan 53	2) Rob Blair 49
3) Derek Hackshaw 44	4) Mirco Graenert 44

**M50 4x400 Meter Relay Sun 1:30pm**

Team	Finals
1 Team Ontario 'A'	4:38.98
1) James Earl 54	2) Wayne Chee 59
3) John Clarke 61	4) Mark Duff 51

**M60 4x400 Meter Relay Sun 1:30pm**

Team	Finals
1 Team Ontario 'A'	5:25.16
1) Ray Wardle 80	2) Ed Whitlock 82
3) John Tranter 61	4) Chris Mackie 72

**W45 4x800 Meter Relay Sat 2:50pm**

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

Team	Finals
<b>1 Newmarket Huskies 'A'</b>	<b>10:57.41</b> <b>CAN</b>
1) Jennifer Rout 48	2) Heather O'Hagan 51
3) Ginette Jones 47	4) Kathryn Sullivan 47

(old CAN 11:24.66 Laycock, Glover, Strother, Dixon 2010)

**M80 4x800 Meter Relay Sat 2:50pm**

Team	Finals
<b>1 Team Ontario 'A'</b>	<b>14:24.03</b> <b>World Record</b>
1) Ray Wardle 80	2) Bill Thompson 83
3) Ed Whitlock 82	4) Earl Fee 84

(old WR 16:01.8 AUS 2010, no previous CAN record)

**M35 High Jump Sat 10:00am**

Name	Age Team	Finals	Age-Grading
<b>1 Zoltan Sara</b>	<b>M37 Unattached</b>	<b>1.90m</b>	<b>2.04m 83.33%</b> <b>MR</b>
(old MR 1.85 Zoltan in 2011)			
2 David Valenzuela	M36 Unattached	1.85m	1.96m 80.43%

**M40 High Jump Sat 10:00am**

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M41 Ontario Mast	1.75m	1.95m 79.91%

**M45 High Jump Sat 10:00am**

Name	Age Team	Finals	Age-Grading
1 Paul Osland	M49 UTTC	1.45m	1.75m 71.78%

**M55 High Jump Sat 10:00am**

Name	Age Team	Finals	Age-Grading
1 Ralph Cilevitz	M59 Throwers Club	1.25m	1.69m 69.06%

**W55 High Jump Sat 10:00am**

Name	Age Team	Finals	Age-Grading
<b>1 Maria Mallia</b>	<b>W58 Unattached</b>	<b>1.25m</b>	<b>1.74m 83.33%</b> <b>MR</b>
(old MR 1.20 Edith Grey 1994 and Marg Radcliffe 2000)			

**M60 High Jump Sat 10:00am**

Name	Age Team	Finals	Age-Grading
1 Peter Zowkewych	M62 Ontario Mast	1.41m	1.98m 81.03%

**M65 High Jump Sat 10:00am**

Name	Age Team	Finals	Age-Grading
1 Stan Seitz	M65 Ottawa Lions	1.37m	2.00m 81.55%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M50 Pole Vault Sun 11:00pm**

Name	Age Team	Finals	Age-Grading
2 Mark Schaber	M54 Unattached	3.40m	4.56m 74.24%

**M55 Pole Vault Sun 11:00pm**

Name	Age Team	Finals	Age-Grading
1 Brian Magerkurth	M55 Unattached	3.40m	4.63m 75.39%

**M65 Pole Vault Sun 11:00pm**

Name	Age Team	Finals	Age-Grading
1 Stan Seitz	M65 Ottawa Lions	2.75m	4.43m 72.37%

**M35 Long Jump Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading
1 Michael Shields	M39 Ontario Mast	4.44m	-1.6	4.87m 54.48%

**M40 Long Jump Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading
1 Jason Robinson	M43 Unattached	6.32m	-1.2	7.27m 81.23%
2 Ovidiu Negoita	M41 Ontario Mast	6.20m	-1.1	6.96m 77.89%
3 Brian Derby	M40 Kanata Track	5.56m	NWI	6.17m 69.07%
4 Jasbir Singh Hundal	M40 Ontario Mast	4.87m	-1.9	5.41m 60.50%
5 Andrei Georgescu	M42 Ontario Mast	4.52m	-2.5	5.14m 57.43%

**M45 Long Jump Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading
1 Tim Taschereau	M47 Unattached	3.93m	-1.5	4.74m 53.04%

**M50 Long Jump Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading
1 Dennis McWhinney	M51 Unattached	5.78m	NWI	7.34m 82.10%
2 Robert Nasato	M52 Ontario Mast	5.26m	-1.8	6.77m 75.68%
3 Leo Da Silva	M51 Unattached	4.80m	NWI	6.10m 68.18%

**M55 Long Jump Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading
1 Ralph Cilevitz	M59 Throwers Club	4.86m	NWI	6.90m 77.14%
2 Liviene Solomon	M56 Unattached	4.65m	-2.0	6.32m 70.67%
3 Jacek Urbanowicz	M55 Unattached	3.98m	-1.8	5.33m 59.67%
4 Bryan Baldsing	M55 Ontario Mast	3.95m	-2.4	5.29m 59.22%
5 Tom Black	M57 Ontario Mast	3.79m	-0.3	5.22m 58.40%

**W55 Long Jump Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading
1 Maria Mallia	W58 Unattached	3.34m	-0.7	4.72m 62.78%

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

Name	Age Team	Finals	Wind	Age-Grading
1 Philipneri Sinnappu	M73 Quebec	2.95m	-1.5	5.26m 58.88%

**W35 Triple Jump Sun 11:00am**

Name	Age Team	Finals	Wind	Age-Grading
1 Helena Petrechova (no previous MR - CAN record 10.08)	W39 Unattached	10.05m	-0.9	11.28m 72.83% <b>MR</b>

**M35 Triple Jump Sun 11:00am**

Name	Age Team	Finals	Wind	Age-Grading
1 Jonathan Younker (old CAN 12.98 Winchester Johnson SK 2000, old MR 13.11 JP Mayer 1983)	M38 Unattached	13.20m	-1.4	13.82m 75.60% <b>CAN MR</b>

**M40 Triple Jump Sun 11:00am**

Name	Age Team	Finals	Wind	Age-Grading
1 Ovidiu Negoita	M41 Ontario Mast	10.75m	-2.4	11.66m 63.76%
2 Andrei Georgescu	M42 Ontario Mast	8.95m	NWI	9.82m 53.72%

**M50 Triple Jump Sun 11:00am**

Name	Age Team	Finals	Wind	Age-Grading
1 Dennis McWhinney	M51 Unattached	11.41m	-2.2	14.04m 76.78%
2 Robert Nasato	M52 Ontario Mast	10.52m	-1.1	13.12m 71.76%

**M55 Triple Jump Sun 11:00am**

Name	Age Team	Finals	Wind	Age-Grading
1 Thevarajan Sinnathurai	M59 United T.S.C.	10.91m	-2.1	15.05m 82.34%
2 Ralph Cilevitz	M59 Throwers Club	8.39m	-2.6	11.57m 63.32%
3 Jacek Urbanowicz	M55 Unattached	8.18m	-2.5	10.64m 58.18%

**M70 Triple Jump Sun 11:00am**

Name	Age Team	Finals	Wind	Age-Grading
1 Philipneri Sinnappu	M73 Quebec	6.97m	-1.6	12.19m 66.70%

**M35 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Russell Evans	M35 Unattached	8.61m	8.61m 37.24%

**M40 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M41 Ontario Mast	8.80m	9.18m 39.71%

**M45 Shot Put Sun 8:30am**

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading
<b>1 Peter Ingleton</b> (old MR 12.99 Peter's mark in 2011)	<b>M47 Unattached</b>	<b>13.22m</b>	<b>15.33m 66.33%</b> <b>MR</b>
2 Manoharan Sethukavalar	M48 Unattached	9.85m	11.66m 50.46%
3 Clint Sheehan	M46 Unattached	8.47m	9.62m 41.62%

**M50 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Danny Yoisten	M53 Unattached	12.33m	15.04m 65.07%

**W50 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading
<b>1 Elizabeth Hill</b> (old MR 10.15 Erika Szanto 1996)	<b>W52 Throwers Club</b>	<b>10.48m</b>	<b>15.06m 66.58%</b> <b>MR</b>

**M55 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Jerry Murray	M56 Unattached	11.96m	15.57m 67.38%
2 Jerzy Dabrowa	M55 Unattached	9.10m	11.58m 50.14%
3 Jacek Urbanowicz	M55 Unattached	6.82m	8.68m 37.58%

**M60 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Bill Pearson	M61 Throwers Club	11.96m	15.62m 67.57%
2 Peter Zowkewych	M62 Ontario Mast	10.78m	14.48m 62.67%
3 Jerzy Wyroba	M64 Unattached	10.09m	14.39m 62.25%
4 Brock Pullen	M64 Throwers Club	9.99m	14.25m 61.63%

**M65 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Mike Mercer	M66 Throwers Club	9.40m	14.28m 61.80%
2 Moe Jacobs	M69 Unattached	9.18m	15.48m 66.96%

**W65 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Cheryl Closkey	W65 British Columbia	7.06m	13.23m 58.49%

**M70 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 James Sumner	M74 Unattached	8.62m	12.57m 54.38%
2 Enrico Toscano	M72 Centro Scuola	5.19m	7.14m 30.89%

**W70 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Adri Rowswell	W72 Scarborough	7.12m	15.95m 70.50%



**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M75 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 David Morris	M75 Throwers Club	8.60m	12.93m 55.95%

**M85 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Evalds Viskers	M87 Throwers Club	7.07m	14.99m 64.86%

**W85 Shot Put Sun 8:30am**

Name	Age Team	Finals	Age-Grading	
<b>1 Velta Tomsons</b>	<b>W85 Throwers Club</b>	<b>6.03m</b>	<b>21.23m 93.93%</b>	<b>CAN tie</b>
(tied CAN 6.03m Olga Kotelko BC 2004 - no previous MR)				

**W30 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Marie-Josée Le Jour	W34 UTTC	47.85m	48.53m 63.20%

**M35 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Russell Evans	M35 Unattached	29.56m	29.56m 39.90%

**M40 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading	
<b>1 Mike Ransky</b>	<b>M42 Ontario Mast</b>	<b>52.75m</b>	<b>53.77m 72.59%</b>	<b>MR</b>
(old MR 51.72 Mike in 2011)				
2 Ovidiu Negoita	M41 Ontario Mast	23.47m	23.69m 31.98%	

**M45 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Peter Ingleton	M47 Unattached	42.46m	46.32m 62.53%
2 Manoharan Sethukavalar	M48 Unattached	27.05m	30.10m 40.63%

**M50 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Danny Yoisten	M53 Unattached	41.54m	43.89m 59.26%
2 Muraleetharan Arulpiraga	M53 Ontario Mast	29.82m	31.51m 42.54%
3 Leo Da Silva	M51 Unattached	24.65m	25.10m 33.88%

**W50 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading	
<b>1 Elizabeth Hill</b>	<b>W52 Throwers Club</b>	<b>29.70m</b>	<b>40.22m 52.38%</b>	<b>MR</b>
(old MR 25.09 Barb Dabrowski 2009)				

**M55 Discus Throw Sat 1:00pm**

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading
1 Jerry Murray	M56 Unattached	36.27m	40.84m 55.13%
2 Jerzy Dabrowa	M55 Unattached	27.63m	30.34m 40.97%
3 Liviene Solomon	M56 Unattached	23.78m	26.77m 36.15%
4 Jacek Urbanowicz	M55 Unattached	21.78m	23.92m 32.30%

**M60 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Bill Pearson	M61 Throwers Club	38.14m	43.73m 59.04%
2 Brock Pullen	M64 Throwers Club	37.76m	46.19m 62.36%

**W60 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Rhona Trott	W64 Hamilton Oly	17.34m	30.25m 39.39%

**W65 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
<b>1 Cheryl Closkey</b> (old MR 19.86 Elga Meri 1990)	<b>W65 British Columbia</b>	<b>21.11m</b>	<b>37.73m 49.13%</b>

**MR****M65 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Moe Jacobs	M69 Unattached	31.54m	43.43m 58.62%

**M70 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
1 James Sumner	M74 Unattached	21.99m	34.62m 46.75%
2 Philipneri Sinnappu	M73 Quebec	20.65m	31.61m 42.67%
3 Enrico Toscano	M72 Centro Scuola	15.99m	23.81m 32.15%

**W70 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Adri Rowswell	W72 Scarborough	17.11m	36.94m 48.10%

**M75 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
1 David Morris	M75 Throwers Club	25.30m	41.02m 55.39%

**M85 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
1 Evalds Viskers	M87 Throwers Club	17.47m	43.93m 59.30%

**W85 Discus Throw Sat 1:00pm**

Name	Age Team	Finals	Age-Grading
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**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

**1 Velta Tomsons** **W85 Throwers Club** **10.60m 31.67m 41.25%** **MR**  
(no previous MR)

**M35 Hammer Throw Sat 8:30am**

Name	Age	Team	Finals	Age-Grading	
<b>1 Kevin Harrison</b>	<b>M39</b>	<b>Unattached</b>	<b>49.50m</b>	<b>52.60m 60.65%</b>	<b>MR</b>
(old MR 40.80 Jean-Francois Latour 2001)					

**M45 Hammer Throw Sat 8:30am**

Name	Age	Team	Finals	Age-Grading
1 Manoharan Sethukavalar	M48	Unattached	29.61m	37.24m 42.94%
2 Clint Sheehan	M46	Unattached	23.51m	28.40m 32.74%

**M50 Hammer Throw Sat 8:30am**

Name	Age	Team	Finals	Age-Grading
1 Ayman Mazhar	M53	UTTC	43.14m	53.58m 61.78%

**W50 Hammer Throw Sat 8:30am**

Name	Age	Team	Finals	Age-Grading	
<b>1 Elizabeth Hill</b>	<b>W52</b>	<b>Throwers Club</b>	<b>30.41m</b>	<b>39.45m 51.24%</b>	<b>MR</b>
(old MR 29.04 Kathy Wetenhall USA 2008)					

**M55 Hammer Throw Sat 8:30am**

Name	Age	Team	Finals	Age-Grading
1 Jacek Urbanowicz	M55	Unattached	21.69m	28.17m 32.49%

**M60 Hammer Throw Sat 8:30am**

Name	Age	Team	Finals	Age-Grading	
<b>1 Jan Graczyk</b>	<b>M60</b>	<b>York Univers</b>	<b>45.02m</b>	<b>63.28m 72.97%</b>	<b>MR</b>
(old MR 44.66 Emil Muller 1999)					
2 Bill Pearson	M61	Throwers Club	34.87m	50.15m 57.83%	

**W60 Hammer Throw Sat 8:30am**

Name	Age	Team	Finals	Age-Grading
1 Rhona Trott	W64	Hamilton Oly	25.80m	43.15m 56.05%

**W65 Hammer Throw Sat 8:30am**

Name	Age	Team	Finals	Age-Grading	
<b>1 Cheryl Closkey</b>	<b>W65</b>	<b>British Columbia</b>	<b>24.83m</b>	<b>42.56m 55.28%</b>	<b>MR</b>
(old MR 19.74 Mary Thomson 1996)					

**M70 Hammer Throw Sat 8:30am**

Name	Age	Team	Finals	Age-Grading
1 Enrico Toscano	M72	Centro Scuola	15.47m	26.41m 30.45%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M75 Hammer Throw Sat 8:30am**

Name	Age Team	Finals	Age-Grading
1 David Morris	M75 Throwers Club	25.69m	48.16m 55.53%

**M35 Javelin Throw Sun 11:00am**

Name	Age Team	Finals	Age-Grading
1 Russell Evans	M35 Unattached	35.07m	36.59m 37.16%

**M40 Javelin Throw Sun 11:00am**

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M41 Ontario Mast	25.10m	28.78m 29.23%

**M45 Javelin Throw Sun 11:00am**

Name	Age Team	Finals	Age-Grading
1 Christian Masotti	M45 No Team Listed	44.91m	55.16m 56.01%
2 Paul Osland	M49 UTTC	24.18m	31.96m 32.46%

**W50 Javelin Throw Sun 11:00am**

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W52 Throwers Club	22.98m	32.89m 45.06%
2 Katherine Willis	W54 University O	10.72m	16.13m 22.10%

**M55 Javelin Throw Sun 11:00am**

Name	Age Team	Finals	Age-Grading
1 Stokley Dean	M55 Unattached	39.93m	56.13m 57.00%
2 Michael Finkbeiner	M59 Unattached	38.75m	59.17m 60.09%
3 Terry Gudzowsky	M59 Unattached	36.49m	55.72m 56.58%
4 Liviene Solomon	M56 Unattached	31.86m	45.69m 46.40%
5 Jacek Urbanowicz	M55 Unattached	18.76m	26.37m 26.78%

**W55 Javelin Throw Sun 11:00am**

Name	Age Team	Finals	Age-Grading
<b>1 Barb Dabrowski</b>	<b>W56 Throwers Club</b>	<b>36.17m</b>	<b>57.40m 78.63%</b>
(old CAN Barb's 34.52m 2012, old MR 23.40 Marg Radcliffe BC 2009)			

**CAN MR****M60 Javelin Throw Sun 11:00am**

Name	Age Team	Finals	Age-Grading
1 Brock Pullen	M64 Throwers Club	34.78m	56.09m 56.96%
2 Peter Zowkewych	M62 Ontario Mast	30.41m	46.94m 47.67%
3 Bill Pearson	M61 Throwers Club	29.71m	44.90m 45.60%

**W65 Javelin Throw Sun 11:00am**

Name	Age Team	Finals	Age-Grading
1 Cheryl Closkey	W65 British Columbia	20.84m	40.76m 55.84%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M70 Javelin Throw Sun 11:00am**

Name	Age Team	Finals	Age-Grading
1 Philipneri Sinnappu	M73 Quebec	23.22m	44.00m 44.69%
2 James Sumner	M74 Unattached	21.57m	42.08m 42.73%
3 Enrico Toscano	M72 Centro Scuola	10.97m	20.21m 20.53%

**W70 Javelin Throw Sun 11:00am**

Name	Age Team	Finals	Age-Grading
1 Adri Rowswell	W72 Scarborough	17.21m	40.47m 55.44%

**M75 Javelin Throw Sun 11:00am**

Name	Age Team	Finals	Age-Grading
1 David Morris	M75 Throwers Club	22.04m	44.29m 44.98%

**M35 Weight Throw Sat 10:30am**

Name	Age Team	Finals	Age-Grading
-- Kevin Harrison	M39 Unattached	ND	

**M40 Weight Throw Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 Jasbir Singh Hundal	M40 Ontario Mast	6.97m	7.62m 29.50%

**M45 Weight Throw Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 Manoharan Sethukavalar	M48 Unattached	8.90m	10.91m 42.20%
2 Clint Sheehan	M46 Unattached	8.35m	9.94m 38.44%

**M50 Weight Throw Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 Ayman Mazhar	M53 UTTC	16.20m	18.94m 73.24%

**W50 Weight Throw Sat 10:30am**

Name	Age Team	Finals	Age-Grading
<b>1 Elizabeth Hill</b> (old MR 9.38 Kathy Wetenhall USA 2008)	<b>W52 Throwers Club</b>	<b>10.72m</b>	<b>13.78m 58.42%</b> <b>MR</b>

**M55 Weight Throw Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 Ralph Cilevitz	M59 Throwers Club	8.85m	11.53m 44.58%
2 Jacek Urbanowicz	M55 Unattached	8.64m	10.45m 40.45%

**M60 Weight Throw Sat 10:30am**

Name	Age Team	Finals	Age-Grading
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**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

<b>1 Jan Graczyk</b>	<b>M60 York Univers</b>	<b>16.67m</b>	<b>18.99m</b>	<b>73.44%</b>	<b>MR</b>
(old MR 15.55 Emil Muller 1999)					
2 Bill Pearson	M61 Throwers Club	13.29m	15.43m	59.70%	
3 Brock Pullen	M64 Throwers Club	12.36m	15.26m	59.03%	

**W60 Weight Throw Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 Rhona Trott	W64 Hamilton Oly	10.83m	15.12m 64.08%

**W65 Weight Throw Sat 10:30am**

Name	Age Team	Finals	Age-Grading		
<b>1 Cheryl Closkey</b>	<b>W65 British Columbia</b>	<b>10.77m</b>	<b>15.40m 65.27%</b>		
(old MR 7.16 Helgi Pedal 1990)					

**M70 Weight Throw Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 James Sumner	M74 Unattached	8.20m	11.75m 45.45%
2 Enrico Toscano	M72 Centro Scuola	6.62m	9.00m 34.82%

**M75 Weight Throw Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 David Morris	M75 Throwers Club	11.83m	17.43m 67.41%

**M30 1500 Meter Race Walk Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 Jocelyn Ruest	M33 Unattached	6:46.12	6:41.21 77.02%

**W45 1500 Meter Race Walk Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 Nancy Kula	W49 Toronto Race	9:46.28	8:44.73 64.23%

**M50 1500 Meter Race Walk Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 Lawrence Malek	M53 Ontario Mast	8:25.79	7:09.62 71.93%

**M55 1500 Meter Race Walk Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 Ken Atkins	M57 Ontario Race	8:22.74	6:51.90 75.02%

**W55 1500 Meter Race Walk Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 Anne De Thy	W59 Ontario Race	8:55.91	7:18.75 76.81%

**M60 1500 Meter Race Walk Sat 10:30am**

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading
1 Robert Marchand	M61 Quebec	8:23.95	6:37.17 77.80%

**W80 1500 Meter Race Walk Sat 10:30am**

Name	Age Team	Finals	Age-Grading
1 Jean Horne	W80 Ontario Race	11:23.97	7:05.57 79.19%
2 June-Marie Provost	W80 Ontario Race	12:03.18	7:29.97 74.90%

**M30 5000 Meter Race Walk Sun 8:30am**

Name	Age Team	Finals	Age-Grading
<b>1 Jocelyn Ruest</b> (old MR 29:49 Jean Pierre Fortin 2010)	<b>M33 Unattached</b>	<b>25:49.20</b>	<b>25:33.25 70.28%</b>

**MR****M50 5000 Meter Race Walk Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Lawrence Malek	M53 Ontario Mast	30:53.51	26:22.53 68.09%

**W50 5000 Meter Race Walk Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Anne Fischer	W52 Ontario Race	32:44.65	28:29.84 69.42%

**M55 5000 Meter Race Walk Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Ken Atkins	M57 Ontario Race	30:40.97	25:16.78 71.04%

**W55 5000 Meter Race Walk Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Anne De Thy	W59 Ontario Race	31:21.07	25:23.11 77.93%

**M60 5000 Meter Race Walk Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Robert Marchand	M61 Quebec	30:28.94	24:09.81 74.33%

**M65 5000 Meter Race Walk Sun 8:30am**

Name	Age Team	Finals	Age-Grading
1 Patrick King	M66 No Team Listed	31:51.17	23:56.44 75.02%

**W80 5000 Meter Race Walk Sun 8:30am**

Name	Age Team	Finals	Age-Grading
<b>1 Jean Horne</b> (no previous MR)	<b>W80 Ontario Race</b>	<b>39:08.26</b>	<b>23:08.30 85.50%</b>
2 June-Marie Provost	W80 Ontario Race	40:55.92	24:11.95 81.75%

**MR**