

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**Mixed 50 Meter Dash**

Name	Age Team	Seed	Prelims	Age-Grading H#
Preliminaries				
1 Shane Ferth	M30 Waterloo Track Club	6.50	6.41q	6.42 86.43% 1
2 Milt Hart	M47 Unattached	6.44	6.42q	5.81 95.48% 1
3 Mark Smyth	M37 Parry Sound Lege	6.49	6.45q	6.28 88.22% 1
4 Natasha Issayenko	W22 Speed Academy	6.10	6.52q	6.53 91.41% 1
5 Michael Lee Foon	M51 Space Age Techno	6.50	6.55q	5.76 96.34% 1
6 Bryan Griffiths	M31 Unattached	5.60	6.73q	6.74 82.32% 1
7 Ken Kudo	M49 Unattached	6.68	6.75q	6.02 92.15% 2
8 Scott Smyth	M41 Parry Sound Lege	6.82	6.79q	6.42 86.30% 2
9 Tim Taschereau	M46 Unattached	6.50	6.85q	6.24 88.91% 1
10 Steve Kerr	M46 Unattached	7.30	6.91q	6.29 88.13% 3
11 Paul Zelmanski	M52 United State	7.20	7.00q	6.11 90.71% 2
12 Eddy Renelique	M48 viva La Salsa	7.21	7.04q	6.33 87.64% 2
13 Rick Reynolds	M45 Unattached	7.50	7.13q	6.54 84.71% 3
14 Richard Petko	M40 Unattached	7.00	7.20q	6.86 80.83% 2
15 Paul White	M45 London Legion T&	6.60	7.23q	6.64 83.54% 2
16 Mel White	M52 UTTC	8.00	7.24q	6.32 87.71% 3
17 Matt Beechey	M41 Unattached	6.55	7.29q	6.90 80.38% 1
18 Richard Lech	M63 Unattached	7.30	7.44q	6.03 91.94% 2
19 Karla Del Grande	W58 Mississauga Tra	8.00	7.46q	5.96 100.00% 3
20 Bryan Baldsing	M53 Unattached	8.50	7.57q	6.57 84.41% 4
21 Mike Morris	M71 Unattached	7.60	7.67q	5.91 93.87% 3
22 Jose Moreno	M35 Unattached	6.85	7.79q	7.71 71.89% 2
23 Hubert van Niekerk	M60 Unattached		7.81q	6.45 85.92% 4
24 David Stern	M71 Mississauga Tra	8.00	8.12q	6.25 88.67% 3
25 Syl Gerritsma	M60 Unattached	9.10	9.29q	7.67 72.23% 4

Mixed 50 Meter Dash

Name	Age Team	Prelims	Finals	Age-Grading H#	Points
Finals					
1 Milt Hart	M47 Unattached	6.42	6.40	5.79 95.78% 1	
2 Shane Ferth	M30 Waterloo Track Club	6.41	6.42	6.43 86.29% 1	
3 Mark Smyth	M37 Parry Sound Lege	6.45	6.42	6.26 88.63% 1	
4 Natasha Issayenko	W22 Speed Academy	6.52	6.50	6.51 91.69% 1	
5 Michael Lee Foon	M51 Space Age Techno	6.55	6.60	5.80 95.61% 1	
6 Scott Smyth	M41 Parry Sound Lege	6.79	6.78	6.41 86.43% 1	
7 Bryan Griffiths	M31 Unattached	6.73	6.79	6.80 81.59% 1	
8 Steve Kerr	M46 Unattached	6.91	6.83	6.22 89.17% 2	
9 Ken Kudo	M49 Unattached	6.75	6.91	6.16 90.01% 1	
10 Tim Taschereau	M46 Unattached	6.85	6.92	6.30 88.01% 2	
11 Eddy Renelique	M48 viva La Salsa	7.04	7.04	6.33 87.64% 2	
12 Rick Reynolds	M45 Unattached	7.13	7.16	6.57 84.36% 2	
13 Mel White	M52 UTTC	7.24	7.20	6.29 88.19% 2	
14 Matt Beechey	M41 Unattached	7.29	7.21	6.82 81.28% 2	
15 Richard Petko	M40 Unattached	7.20	7.26	6.92 80.17% 2	
16 Karla Del Grande	W58 Mississauga Tra	7.46	7.51	6.00 99.33% 3	
17 Richard Lech	M63 Unattached	7.44	7.59	6.15 90.12% 2	
18 Mike Morris	M71 Unattached	7.67	7.69	5.92 93.63% 3	
19 Jose Moreno	M35 Unattached	7.79	7.73	7.65 72.45% 3	
20 Hubert van Niekerk	M60 Unattached	7.81	7.88	6.51 85.15% 3	
21 David Stern	M71 Mississauga Tra	8.12	8.37	6.44 86.02% 3	
22 Syl Gerritsma	M60 Unattached	9.29	9.19	7.59 73.01% 3	

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**Mixed 150 Meter Dash**

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Shane Ferth	M30 Waterloo Track Club	17.20	17.47		1
2 Michael Lee Foon	M51 Space Age Techno	17.85	18.17		1
3 Natasha Issayenko	W22 Speed Academy		18.28		2
4 Mark Smyth	M37 Parry Sound Lege	18.37	18.40		1
5 Bryan Griffiths	M31 Unattached	19.20	18.76		2
6 Ken Kudo	M49 Unattached	18.51	18.81		2
7 Scott Smyth	M41 Parry Sound Lege	19.20	18.89		2
8 Eddy Renelique	M48 viva La Salsa	20.10	19.58		3
9 Rick Reynolds	M45 Unattached	20.50	19.87		3
10 Richard Petko	M40 Unattached	25.00	20.61		4
11 Matt Beechey	M41 Unattached	21.50	21.12		3
12 Bryan Baldsing	M53 Unattached	23.50	21.89		4
13 Mike Morris	M71 Unattached	22.27	22.57		3
14 Hubert van Niekerk	M60 Unattached		22.62		4
15 David Stern	M71 Mississauga Tra	23.50	23.10		4

Mixed 300 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Saleem Baksh	M40 Mississauga Tra	41.78	41.81	38.93 77.06%	3
2 Eddy Renelique	M48 viva La Salsa	43.72	42.58	37.44 80.13%	3
3 Steve Millward	M56 Unattached	45.00	45.27	37.69 79.61%	2
4 Karla Del Grande	W58 Mississauga Tra	48.00	46.45	35.53 92.87%	2
5 Hubert van Niekerk	M60 Unattached		51.64	41.87 71.65%	1
6 John Faulkner	M63 Burlington Runners	60.00	54.41	43.29 69.31%	1
7 John Powell	M67 EtobicokeTC	72.00	68.62	52.67 56.97%	1

Mixed 600 Meter Run

Name	Age Team	Seed	Finals	Age-Grading H#	Points
1 Gary Fluim	M40 UTTC	1:34.00	1:32.93	1:27.62 82.35%	2
2 Brian Yung	M36 Unattached	1:43.00	1:38.76	1:36.35 74.89%	2
3 Stephen Bidgood	M30 Unattached	1:35.00	1:46.95	1:46.96 67.46%	2
4 Werner Tars	M51 Burlington Runners	1:55.00	1:48.88	1:34.10 76.68%	2
5 Duncan Greenshields	M63 UTTC	2:00.00	1:58.47	1:33.85 76.89%	1
6 Karen Gold	W49 Mississauga Tra	2:04.00	1:59.39	1:43.06 77.63%	1
7 Tim Payne	M61 Newmarket Huskies	2:15.00	2:06.83	1:41.87 70.83%	1
8 Sherry Booth	W45 Unattached	2:40.00	2:16.92	2:02.59 65.26%	1

Mixed 1500 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Kevin Smith	M42 Marathon Dynamics	4:22.00	4:23.09	4:02.34 85.01%
2 Josh Kramer	M36 Unattached	4:30.00	4:36.56	4:30.34 76.20%
3 Andrew Bellamy	M32 Longboat RR	5:00.00	4:39.87	4:39.88 73.61%
4 John Willett	M50 UTTC	4:35.00	4:40.86	4:00.06 85.82%
5 Gary Jr Cassel	M43 Cambridge Harriers	5:15.00	5:04.57	4:37.86 74.14%
6 Werner Tars	M51 Burlington Runners	5:04.00	5:06.83	4:20.01 79.23%
7 John De Finney	M61 Newmarket Huskies	5:10.00	5:19.33	4:08.54 82.89%
8 Rob Hanks	M49 Longboat RR	5:35.00	5:21.04	4:36.97 74.38%
9 Richard Bailey	M63 Longboat RR	5:30.00	5:30.79	4:13.39 81.30%
10 Joan Chung	W28 UTTC	5:00.00	5:33.15	5:33.16 69.78%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**....Mixed 1500 Meter Run**

11	Chris Mackie	M71 Unattached	5:55.00	5:48.71	4:08.32	82.96%
12	Tim Payne	M61 Newmarket Huskies	5:50.00	5:48.90	4:31.55	75.86%
13	Greg Bonhomme	M42 Longboat RR	5:45.00	5:52.61	5:24.79	63.43%
14	Tony Serwatuk	M45 Longboat RR	6:45.00	6:09.44	5:30.54	62.32%

Mixed 3000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Andrew Bellamy	M32 Longboat RR	10:00.00	10:15.80	10:11.00 72.01%
2 William Bentley	M31 Village People R	10:00.00	10:16.42	10:13.47 71.72%
3 Daniel Hipson	M39 Unattached	10:15.00	10:31.58	10:01.33 73.17%
4 Robert Campbell	M51 Longboat RR	10:08.00	10:31.93	9:08.27 80.25%
5 McGuire Walsh	M45 Unattached	10:00.00	10:34.53	9:37.36 76.21%
6 Jay Yakabowich	M50 Unattached	10:45.00	10:53.58	9:31.69 76.97%
7 Werner Tars	M51 Burlington Runners	10:59.00	11:09.98	9:41.28 75.70%
8 Gary Jr Cassel	M43 Cambridge Harriers	11:15.00	11:16.05	10:24.68 70.44%
9 John Helliher	M60 UTTC	12:30.00	11:56.44	9:36.24 76.36%
10 Morrison Reid	M61 London Pacers	13:03.00	12:26.61	9:55.20 73.92%
11 Greg Bonhomme	M42 Longboat RR	12:15.00	12:55.87	12:02.34 60.91%
12 Tony Serwatuk	M45 Longboat RR	14:30.00	13:48.08	12:33.48 58.40%

W35 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
6 Sue Joy	W39 Physikult	20:04.00	19:34.98	18:56.92 76.05%

W40 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
5 Leanne Shafir	W42 UTTC	24:20.00	19:31.50	18:27.31 78.09%

W45 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
2 Annie Bunting	W47 UTTC	22:25.00	19:06.72	17:06.66 84.22%
7 Tracey Snarr	W47 Newmarket Huskies	22:25.00	20:34.86	18:25.58 78.21%

W50 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
1 Agathe Nicholson	W51 Physikult	23:30.00	18:58.48	16:09.08 89.23%

M60 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
3 Ken Hamilton	M61 Newmarket Huskies	19:01.00	19:22.41	15:26.68 81.69%
4 John Clarke	M60 Unattached	19:01.00	19:28.52	15:39.85 80.55%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W60 5000 Meter Run**

Name	Age Team	Seed	Finals	Age-Grading Points
11 Diane Marrow	W60 Longboat RR	29:43.00	23:51.73	17:56.81 80.30%

W65 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
12 Nancy Wells	W65 Longboat RR		24:53.81	17:21.19 83.05%

M70 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
8 Jack Geddes	M74 Scarborough Masters	23:53.00	22:13.69	15:23.32 81.99%
9 Keijo Taivassalo	M72 Sisu AC	23:53.00	22:16.33	15:53.34 79.41%
10 Vern Christensen	M71 Scarborough Masters	23:53.00	22:56.01	16:34.86 76.09%

M80 5000 Meter Run

Name	Age Team	Seed	Finals	Age-Grading Points
13 David Willet	M80 Unattached		30:35.78	18:46.81 67.18%

Mixed 50 Meter Hurdles

Name	Age Team	Seed	Prelims	Age-Grading
Preliminaries				
1 David Valenzuela	M35 Unattached		7.59q	7.37 84.85%
2 Paul Zelmanski	M52 United State	9.00	8.14q	6.99 89.56%
3 Don Ritchie	M50 Unattached	8.17	8.26q	7.16 87.41%
4 Richard Lech	M63 Unattached	9.00	9.46q	7.49 83.51%
5 Gary Pluim	M40 UTTC	9.60	9.92q	9.24 67.64%
6 Paul White	M45 London Legion T&	10.00	9.98q	8.92 70.04%

Mixed 50 Meter Hurdles

Name	Age Team	Prelims	Finals	Age-Grading Points
Finals				
1 David Valenzuela	M35 Unattached	7.59	7.74	7.52 83.20%
2 Paul Zelmanski	M52 United State	8.14	8.16	7.00 89.34%
3 Don Ritchie	M50 Unattached	8.26	8.19	7.10 88.16%
4 Richard Lech	M63 Unattached	9.46	9.32	7.38 84.76%
5 Paul White	M45 London Legion T&	9.98	10.01	8.95 69.83%

Mixed High Jump

Name	Age Team	Seed	Finals	Age-Grading Points
1 David Valenzuela	M35 Unattached	1.85m	1.85m	1.95m 79.74%
2 Brad Norris	M36 Unattached	1.80m	1.75m	1.86m 76.09%
3 Ovidiu Negoita	M40 Unattached	1.87m	1.70m	1.88m 76.58%
4 Stan Seitz	M64 Ottawa Track	1.40m	1.40m	2.01m 82.35%
5 Ralph Cilevitz	M57 Throwers Club	1.30m	1.25m	1.65m 67.57%

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

Name	Age Team	Seed	Finals	Age-Grading Points
1 Paul White	M45 London Legion T&	3.55m	3.50m	4.12m 67.18%
2 Brian Magerkurth	M53 Unattached	3.35m	3.40m	4.49m 73.12%
3 Don Ritchie	M50 Unattached	2.50m	3.00m	3.79m 61.73%
4 Paul Zelmanski	M52 United State	3.00m	2.90m	3.77m 61.44%
4 Stan Seitz	M64 Ottawa Track	2.85m	2.90m	4.59m 74.94%
6 Bob Land	M75 Unattached	2.20m	2.15m	4.25m 69.35%

Mixed Long Jump

Name	Age Team	Seed	Finals	Age-Grading Points
1 Stephen Bidgood	M30 Unattached	5.75m	5.85m	5.85m 65.36%
2 Gary Plum	M40 UTTC	4.52m	4.55m	5.05m 56.52%
3 Richard Lech	M63 Unattached	5.00m	4.48m	6.75m 75.55%
4 Paul Zelmanski	M52 United State	4.75m	4.39m	5.65m 63.17%
5 Bruce Fritshaw	M45 Unattached	7.50m	2.63m	3.09m 34.65%

Mixed Shot Put

Name	Age Team	Seed	Finals	Age-Grading Points
1 Joe Myers	M59 United State		13.51m	18.87m 81.63%
2 Danny Yoisten	M52 Throwers Club	12.00m	12.74m	15.21m 65.81%
3 Bill Pearson	M59 Throwers Club	12.04m	11.46m	16.00m 69.24%
4 Don Ritchie	M50 Unattached	12.05m	11.19m	12.83m 55.51%
5 Paul Zelmanski	M52 United State	10.00m	10.55m	12.60m 54.49%
6 Rob Viggers	M46 Unattached		10.49m	11.91m 51.55%
7 Elizabeth Hill	W50 Throwers Club	10.00m	10.27m	14.25m 62.97%
8 Ray Bzibziak	M57 United State	11.02m	9.54m	12.71m 54.99%
9 Garry Bachman	M90 Throwers Club	9.00m	8.50m	20.86m 90.23%
10 Ralph Cilevitz	M57 Throwers Club	9.00m	7.76m	10.34m 44.73%
11 Evalds Viskers	M85 Throwers Club		7.58m	14.40m 62.28%
12 Gary Plum	M40 UTTC	8.20m	7.53m	7.73m 33.45%
13 Rhona Trott	W63 Hamilton Oly		7.16m	12.81m 56.65%
14 Velta Tomsons	W84 Throwers Club		6.43m	21.68m 95.83%

Mixed Weight Throw

Name	Age Team	Seed	Finals	Age-Grading Points
1 Joe Myers	M59 United State	13.00m	13.79m	17.96m 69.47%
2 Danny Yoisten	M52 Throwers Club	11.00m	13.63m	15.66m 60.60%
3 Bill Pearson	M59 Throwers Club	12.58m	12.88m	16.78m 64.89%
4 Ray Bzibziak	M57 United State	13.64m	11.88m	14.90m 57.64%
5 Rhona Trott	W63 Hamilton Oly		11.10m	15.13m 64.12%
6 Elizabeth Hill	W50 Throwers Club	11.39m	11.01m	13.66m 57.92%
7 Rob Viggers	M46 Unattached		9.83m	11.70m 45.26%
8 Garry Bachman	M90 Throwers Club	10.00m	9.48m	21.70m 83.89%
9 Ralph Cilevitz	M57 Throwers Club	9.00m	9.17m	11.50m 44.49%
10 Michelle Baptie	W44 athletiques In	7.97m	8.05m	12.24m 51.90%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**Mixed 1500 Meter Race Walk**

Name	Age	Team	Seed	Finals	Age-Grading	Points
1 John Kittredge	M67	Ontario RaceWalkers	7:45.00	7:56.05	5:51.81	87.83%
2 Lawrence Malek	M51	Toronto Race Wal	8:34.00	8:17.83	7:10.23	71.82%
3 Sarah Raetsen	W35	Ontario RaceWalkers	8:00.00	8:28.62	8:23.84	66.89%
4 Lina Liscio	W62	Toronto Race Wal	9:02.00	9:09.22	7:16.09	77.28%
5 Jean Horne	W79	Ontario RaceWalkers	10:30.00	10:47.02	6:49.44	82.31%