

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M30 50 Meter Dash 11:15am**

| Name | Age | Team | Finals | Age-Grading | H# |
|----------------------|-----|--------------|--------|-------------|----|
| Finals | | | | | |
| 1 Mark Tiburcio | M30 | Unattached - | 6.56 | 6.57 84.45% | 11 |
| 2 Christopher Wagner | M30 | Unattached - | 6.76 | 6.77 81.95% | 11 |

M35 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|------------------|-----|-----------------|--------|-------------|----|
| 1 Dree Ryan | M37 | Jamaica Masters | 6.16 | 6.10 90.91% | 11 |
| 2 Andre Mitchell | M39 | Nemean Lions | 6.51 | 6.45 86.02% | 11 |
| 3 Chad Kichula | M39 | Excel Athletika | 6.62 | 6.55 84.59% | 11 |
| 4 Dave Kervin | M38 | Peterborough | 6.83 | 6.76 81.99% | 11 |
| 5 Erik Klein | M39 | Saint John T | 6.96 | 6.89 80.46% | 11 |

W35 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|------------------|-----|-----------------|--------|-------------|----|
| 1 Kem McLean | W35 | Jamaica Masters | 7.59 | 7.60 78.52% | 4 |
| 2 Sonia Lévesque | W38 | Soulanges | 7.79 | 7.80 76.51% | 4 |

M40 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|--------------------|-----|---------------------|--------|-------------|----|
| 1 Michel Courteau | M41 | Soulanges | 6.56 | 6.25 88.72% | 10 |
| 2 Doug McLaren | M40 | Unattached-S | 6.66 | 6.34 87.39% | 10 |
| 3 Martin Carrier | M44 | Saint-Jean O | 6.82 | 6.50 85.34% | 10 |
| 4 Michel Tourville | M40 | Saint-Jean O | 6.94 | 6.61 83.86% | 10 |
| 5 Pho Lam | M44 | Jamaica Masters | 6.97 | 6.64 83.50% | 10 |
| 6 Eric Quane | M40 | The Durham Gazelles | 7.18 | 6.84 81.06% | 10 |

W40 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|---------------------|-----|---------------------|--------|-------------|----|
| 1 Violeta Garfunkel | W42 | Blue Devils | 7.43 | 7.17 83.18% | 4 |
| 2 Jenn Bowers | W40 | The Durham Gazelles | 7.54 | 7.28 81.96% | 4 |
| 3 Sandi Arnason | W43 | Riversdale A | 7.77 | 7.50 79.54% | 4 |
| 4 Sonia Santarossa | W44 | UTTC | 8.74 | 8.43 70.71% | 4 |

M45 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|----------------------|-----|-------------------|--------|-------------|----|
| 1 Tit (jonathan) Hui | M45 | Guelph Track Club | 6.78 | 6.22 89.09% | 9 |
| 2 Rick Reynolds | M49 | Jamaica Masters | 6.94 | 6.37 87.03% | 9 |
| 3 Paul Dowhos | M48 | Unattached - | 7.00 | 6.43 86.29% | 9 |
| 4 Mario Huard | M47 | Ottawa Lions | 7.07 | 6.49 85.43% | 9 |
| 5 Matthew Beechey | M45 | Laurel Creek | 7.50 | 6.88 80.53% | 9 |

W45 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|-------------------|-----|-------------|--------|-------------|----|
| 1 Dala Bortolussi | W47 | Indépendant | 7.78 | 7.10 84.06% | 3 |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| | | | | | | | |
|---|-----------------------|-----|---------------------|------|------|--------|---|
| 2 | Cathy Barry | W45 | The Durham Gazelles | 8.00 | 7.30 | 81.75% | 3 |
| 3 | Kim Roth | W49 | Ontario Mast | 8.17 | 7.45 | 80.05% | 3 |
| 4 | Kelly Burton | W48 | Ottawa Lions | 8.43 | 7.69 | 77.58% | 3 |
| 5 | Denise Gordon-Mohamud | W45 | Mississauga Oly | 8.67 | 7.91 | 75.43% | 3 |
| 6 | Rachel Fouladi | W48 | Greyhounds T | 9.66 | 8.81 | 67.70% | 3 |

M50 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|-------------------------|-----|--------------|--------|-------------|----|
| 1 Christopher Warburton | M50 | Nemean Lions | 6.46 | 5.72 96.90% | 9 |

W50 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|-------------------|-----|------|--------|-------------|----|
| 1 Theresa Rozario | W51 | UTTC | 8.50 | 7.35 81.06% | 2 |

M55 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|--|------------|------------------------|-------------|--------------------|--------------|
| 1 Robert Nasato | M55 | Jamaica Masters | 6.69 | 5.72 96.86% | 8 CAN |
| (old CAN 6.6ht (6.84) Peter Pientka ON 1979) | | | | | |
| 2 Mike Lee Foon | M55 | Jamaica Masters | 6.74 | 5.77 96.14% | 8 |
| 3 Les Neufeld | M55 | Unattached - | 6.83 | 5.84 94.88% | 8 |
| 4 Randy Robinson | M56 | Ontario Mast | 7.41 | 6.34 87.45% | 8 |
| 5 Marino Sani | M56 | Unattached - | 7.43 | 6.36 87.21% | 8 |
| 6 Russell Unilowsky | M56 | Unattached-Manitoba | 7.47 | 6.39 86.75% | 8 |
| 7 Pierre Kirwin | M55 | Unattached - | 8.57 | 7.33 75.61% | 8 |

W55 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|-----------------|-----|------------------|--------|-------------|----|
| 1 Jill Gale | W57 | Hamilton Eli | 8.37 | 6.88 86.62% | 2 |
| 2 Cindy Burt | W55 | Durham Dragons A | 8.83 | 7.26 82.11% | 2 |
| 3 Nicky Slovitt | W55 | UTTC | 9.84 | 8.09 73.68% | 2 |

M60 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|--|------------|---------------------|-------------|--------------------|--------------|
| 1 Ward Hazen | M61 | Ontario Mast | 7.32 | 6.05 91.67% | 7 CAN |
| (old CAN 7.1ht (7.34) Tony Powell ON 2006) | | | | | |
| 2 Ralph Cilevitz | M62 | Jamaica Masters | 7.85 | 6.49 85.48% | 7 |
| 3 David Dickey | M62 | Greyhounds T | 8.29 | 6.85 80.94% | 7 |

W60 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading |
|--------------------|-----|--------------|--------|-------------|
| 1 Wendy Alexis | W60 | Ottawa Lions | 7.51 | 5.89101.33% |
| 2 Karla Del Grande | W62 | Nemean Lions | 7.54 | 5.91100.93% |

M65 50 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|-----------------|-----|-----------------|--------|-------------|----|
| 1 Richard Lech | M68 | Jamaica Masters | 7.43 | 5.94 93.27% | 6 |
| 2 Robert Morley | M68 | Unattached - | 7.62 | 6.10 90.94% | 6 |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| | | | | | | |
|---|---------------------|----------------------|------|------|--------|---|
| 3 | Bruce Mintz | M69 Edmonton Masters | 8.06 | 6.45 | 85.98% | 6 |
| 4 | Alexander Jozefacki | M65 Unattached - | 8.28 | 6.62 | 83.70% | 6 |

W65 50 Meter Dash 11:15am

| Name | Age Team | Finals | Age-Grading |
|---------------------|----------------------|--------|-------------|
| 1 Deborah Lee | W65 Greyhounds T | 8.87 | 6.64 89.85% |
| 2 Louise Nesterenko | W65 Calgary Spartans | 10.05 | 7.52 79.30% |

M70 50 Meter Dash 11:15am

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|---------------------|--------|-------------|----|
| 1 Tony Powell | M72 UTTC | 7.68 | 5.96 93.10% | 6 |
| 2 Peter Evans | M73 Jamaica Masters | 7.88 | 6.11 90.74% | 6 |
| 3 Howard Booth | M72 United State | 8.18 | 6.34 87.41% | 6 |

M75 50 Meter Dash 11:15am

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|---------------------|--------|-------------|----|
| 1 David Stern | M76 Jamaica Masters | 8.39 | 6.28 88.32% | 5 |
| 2 Peter Hanson | M78 Unattached | 9.23 | 6.91 80.28% | 5 |
| 3 Tom Fokas | M77 Unattached - | 11.12 | 8.32 66.64% | 5 |

W75 50 Meter Dash 11:15am

| Name | Age Team | Finals | Age-Grading |
|---------------------|------------------|--------|--------------|
| 1 Christa Bortignon | W79 Greyhounds T | 8.73 | 5.87 101.60% |
| 2 Judy Hammond | W78 New Zealand | 9.73 | 6.54 91.16% |

M80 50 Meter Dash 11:15am

| Name | Age Team | Finals | Age-Grading | H# |
|--------------|------------------|--------|-------------|----|
| 1 Dev Sharma | M80 Unattached - | 9.50 | 6.75 82.11% | 5 |

M55 60 Meter Dash M55 Semis

| Name | Age Team | Prelims | Age-Grading | H# |
|----------------------|-------------------------|---------|-------------|----|
| Preliminaries | | | | |
| 1 Robert Nasato | M55 Jamaica Masters | 7.97q | 6.93 92.22% | 1 |
| 2 Mike Lee Foon | M55 Jamaica Masters | 8.00q | 6.96 91.88% | 2 |
| 3 Les Neufeld | M55 Unattached - | 8.18q | 7.12 89.85% | 1 |
| 4 Russell Unilowsky | M56 Unattached-Manitoba | 8.56q | 7.45 85.86% | 2 |
| 5 Randy Robinson | M56 Ontario Mast | 8.85q | 7.70 83.05% | 2 |
| 6 Marino Sani | M56 Unattached - | 8.94q | 7.78 82.21% | 2 |
| 7 Mark Schaber | M57 Unattached - | 9.07q | 7.89 81.04% | 1 |
| 8 Rodney Wilson | M57 United State | 9.56q | 8.32 76.88% | 1 |
| 9 Pierre Kirwin | M55 Unattached - | 10.10 | 8.79 72.77% | 1 |

M55 60 Meter Dash M55 Semis

| Name | Age Team | Finals | Age-Grading |
|-----------------|---------------------|--------|-------------|
| Finals | | | |
| 1 Mike Lee Foon | M55 Jamaica Masters | 7.79 | 6.78 94.35% |
| 2 Robert Nasato | M55 Jamaica Masters | 7.83 | 6.81 93.87% |
| 3 Les Neufeld | M55 Unattached - | 8.03 | 6.99 91.53% |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| | | | | | | |
|---|-------------------|-----|---------------------|------|------|--------|
| 4 | Russell Unilowsky | M56 | Unattached-Manitoba | 8.64 | 7.52 | 85.07% |
| 5 | Marino Sani | M56 | Unattached - | 8.89 | 7.73 | 82.68% |
| 6 | Randy Robinson | M56 | Ontario Mast | 8.99 | 7.82 | 81.76% |
| 7 | Mark Schaber | M57 | Unattached - | 9.10 | 7.92 | 80.77% |
| 8 | Rodney Wilson | M57 | United State | 9.41 | 8.19 | 78.11% |

M30 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# | | | |
|------|-----------------|------|--------------|-------------|------|--------|---|--------|
| 1 | Ian Chambers | M32 | Phoenix Athl | 7.19 | 7.20 | 88.87% | 8 | 7.1879 |
| 2 | Nathan Da Silva | M30 | Unattached - | 8.07 | 8.08 | 79.18% | 8 | |
| 3 | Chris Wrobel | M34 | Unattached - | 8.26 | 8.27 | 77.36% | 8 | |

M35 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# | | | |
|------|----------------|------|-----------------|-------------|------|--------|---|---------|
| 1 | Dree Ryan | M37 | Jamaica Masters | 7.19 | 7.09 | 90.13% | 8 | 7.1879* |
| 2 | Andre Mitchell | M39 | Nemean Lions | 7.64 | 7.54 | 84.82% | 8 | |
| 3 | Chad Kichula | M39 | Excel Athletika | 7.65 | 7.55 | 84.71% | 8 | |

* tied to the 10,000th...a real tie!

W35 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# | | |
|------|----------------|------|--------------|-------------|------|--------|---|
| 1 | Sonia Lévesque | W38 | Soulanges | 9.09 | 9.00 | 77.01% | 3 |
| 2 | Monique Shah | W36 | Unattached - | 9.59 | 9.49 | 72.99% | 3 |

M40 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# | | |
|------|------------------|------|--------------|-------------|------|--------|---|
| 1 | Michel Courteau | M41 | Soulanges | 7.71 | 7.38 | 86.64% | 7 |
| 2 | Doug McLaren | M40 | Unattached-S | 7.83 | 7.50 | 85.31% | 7 |
| 3 | Martin Carrier | M44 | Saint-Jean O | 7.92 | 7.58 | 84.34% | 7 |
| 4 | Michel Tourville | M40 | Saint-Jean O | 8.10 | 7.76 | 82.47% | 7 |
| 5 | John Berardi | M41 | Unattached - | 8.15 | 7.80 | 81.96% | 7 |

W40 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# | | |
|------|---------------|------|---------------------|-------------|------|--------|---|
| 1 | Jenn Bowers | W40 | The Durham Gazelles | 8.95 | 8.54 | 81.12% | 3 |
| 2 | Sandi Arnason | W43 | Riversdale A | 9.11 | 8.69 | 79.69% | 3 |

W45 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# | | |
|------|-----------------|------|---------------------|-------------|-------|--------|---|
| 1 | Louise Bonneau | W46 | Lachine | 8.96 | 8.24 | 84.04% | 2 |
| 2 | Dala Bortolussi | W47 | Indépendant | 9.14 | 8.40 | 82.39% | 2 |
| 3 | Cathy Barry | W45 | The Durham Gazelles | 9.31 | 8.56 | 80.88% | 2 |
| 4 | Claudia Wagner | W46 | Soulanges | 10.25 | 9.42 | 73.46% | 2 |
| 5 | Rachel Fouladi | W48 | Greyhounds T | 11.35 | 10.43 | 66.34% | 2 |

M45 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|------|-----|------|--------|-------------|----|
|------|-----|------|--------|-------------|----|

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| | | | | | | | |
|---|---------------|-----|-----------------|------|------|--------|---|
| 1 | Rick Reynolds | M49 | Jamaica Masters | 8.08 | 7.50 | 85.27% | 6 |
| 2 | Paul Dowhos | M48 | Unattached - | 8.25 | 7.66 | 83.52% | 6 |
| 3 | Mario Huard | M47 | Ottawa Lions | 8.35 | 7.75 | 82.51% | 6 |

M50 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|-------------------------|-----|--------------|--------|-------------|----|
| 1 Christopher Warburton | M50 | Nemean Lions | 7.44 | 6.69 95.56% | 6 |

W50 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|-------------------|-----|------|--------|-------------|----|
| 1 Theresa Rozario | W51 | UTTC | 9.91 | 8.76 79.01% | 3 |

W55 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading |
|-------------|-----|--------------|--------|-------------|
| 1 Jill Gale | W57 | Hamilton Eli | 9.81 | 8.33 83.18% |

W60 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading |
|--------------------|-----|--------------|--------|-------------|
| 1 Wendy Alexis | W60 | Ottawa Lions | 8.80 | 7.16 96.70% |
| 2 Karla Del Grande | W62 | Nemean Lions | 9.05 | 7.36 94.03% |

M60 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|------------------|-----|-----------------|--------|-------------|----|
| 1 Kerry Smith | M62 | Jamaica Masters | 8.02 | 6.75 94.76% | 5 |
| 2 Ralph Cilevitz | M62 | Jamaica Masters | 9.35 | 7.86 81.28% | 5 |
| 3 David Dickey | M62 | Greyhounds T | 9.69 | 8.15 78.43% | 5 |

W65 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading |
|---------------------|-----|------------------|--------|-------------|
| 1 Deborah Lee | W65 | Greyhounds T | 10.59 | 8.24 84.04% |
| 2 Louise Nesterenko | W65 | Calgary Spartans | 12.09 | 9.41 73.61% |

M65 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|-----------------|-----|------------------|--------|-------------|----|
| 1 Richard Lech | M68 | Jamaica Masters | 8.71 | 7.06 90.59% | 5 |
| 2 Robert Morley | M68 | Unattached - | 9.02 | 7.31 87.47% | 5 |
| 3 Bruce Mintz | M69 | Edmonton Masters | 9.47 | 7.68 83.32% | 5 |

M70 60 Meter Dash 11:15am

| Name | Age | Team | Finals | Age-Grading | H# |
|--------------------|-----|------------------|--------|-------------|----|
| 1 Peter Evans | M73 | Jamaica Masters | 9.46 | 7.36 86.89% | 4 |
| 2 Jean-Louis Perez | M71 | Indépendant | 9.84 | 7.65 83.54% | 4 |
| 3 Bruce Mitchell | M72 | Brantford T.F.C. | 10.49 | 8.16 78.36% | 4 |

M75 60 Meter Dash 11:15am

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|----------------|--------|-------------|----|
| 1 Peter Hanson | M78 Unattached | 12.09 | 8.95 71.46% | 4 |

W75 60 Meter Dash 11:15am

| Name | Age Team | Finals | Age-Grading |
|---------------------|------------------|--------|-------------|
| 1 Christa Bortignon | W79 Greyhounds T | 10.35 | 7.19 96.33% |
| 2 Judy Hammond | W78 New Zealand | 11.79 | 8.19 84.56% |

M80 60 Meter Dash 11:15am

| Name | Age Team | Finals | Age-Grading | H# |
|--------------|------------------|--------|-------------|----|
| 1 Dev Sharma | M80 Unattached - | 12.93 | 9.00 71.00% | 4 |

M30 200 Meter Dash 1:15pm

| Name | Age Team | Finals | Age-Grading | H# |
|----------------------|------------------|--------|--------------|----|
| 1 Ian Chambers | M32 Phoenix Athl | 23.92 | 23.93 80.77% | 19 |
| 2 Christopher Wagner | M30 Unattached - | 25.81 | 25.82 74.85% | 19 |
| 3 Mark Tiburcio | M30 Unattached - | 26.16 | 26.17 73.85% | 18 |
| 4 Nathan Da Silva | M30 Unattached - | 26.37 | 26.38 73.27% | 18 |

M35 200 Meter Dash 1:15pm

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|---------------------|--------|--------------|----|
| 1 Dree Ryan | M37 Jamaica Masters | 23.43 | 23.05 83.82% | 17 |
| 2 Andre Mitchell | M39 Nemean Lions | 24.74 | 24.34 79.39% | 17 |
| 3 Chad Kichula | M39 Excel Athletika | 25.15 | 24.75 78.09% | 17 |
| 4 Dave Kervin | M38 Peterborough | 25.60 | 25.19 76.72% | 16 |
| 5 Erik Klein | M39 Saint John T | 26.56 | 26.13 73.95% | 16 |

W35 200 Meter Dash 1:15pm

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|---------------------|--------|--------------|----|
| 1 Sonia Lévesque | W38 Soulanges | 29.77 | 28.89 73.90% | 5 |
| 2 Kem McLean | W35 Jamaica Masters | 30.76 | 29.85 71.52% | 5 |
| 3 Monique Shah | W36 Unattached - | 33.12 | 32.14 66.43% | 5 |

W40 200 Meter Dash 1:15pm

| Name | Age Team | Finals | Age-Grading | H# |
|---------------------|-------------------------|--------|--------------|----|
| 1 Violeta Garfunkel | W42 Blue Devils | 28.85 | 26.96 79.17% | 4 |
| 2 Jenn Bowers | W40 The Durham Gazelles | 31.08 | 29.04 73.49% | 4 |
| 3 Sonia Santarossa | W44 UTTC | 36.47 | 34.08 62.63% | 4 |

M40 200 Meter Dash 1:15pm

| Name | Age Team | Finals | Age-Grading | H# |
|-------------------|-------------------------|--------|--------------|----|
| 1 Michel Courteau | M41 Soulanges | 24.87 | 23.72 81.46% | 15 |
| 2 Eric Quane | M40 The Durham Gazelles | 28.08 | 26.78 72.15% | 15 |
| -- Otis Morgan | M40 Jamaica Masters | DQ | | 15 |

W45 200 Meter Dash 1:15pm

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|-------------------------|--------|--------------|----|
| 1 Nancy Catton | W48 UTTC | 29.32 | 26.34 81.04% | 3 |
| 2 Louise Bonneau | W46 Lachine | 30.04 | 26.99 79.09% | 3 |
| 3 Jodi Rice | W46 Hamilton Eli | 30.60 | 27.49 77.65% | 3 |
| 4 Cathy Barry | W45 The Durham Gazelles | 31.77 | 28.54 74.79% | 3 |
| 5 Rachel Fouladi | W48 Greyhounds T | 39.42 | 35.41 60.27% | 3 |

M45 200 Meter Dash 1:15pm

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|----------------------|--------|--------------|----|
| 1 Kevin Farr | M45 University of Wi | 26.29 | 24.28 79.57% | 14 |
| 2 Paul Dowhos | M48 Unattached - | 27.44 | 25.35 76.24% | 14 |
| 3 Sean Kapitain | M45 Unattached - | 27.66 | 25.55 75.63% | 14 |
| 4 Mario Huard | M47 Ottawa Lions | 29.53 | 27.28 70.84% | 13 |
| 5 Patrice Lauzon | M47 Saint-Jean O | 32.28 | 29.82 64.81% | 13 |

M50 200 Meter Dash 1:15pm

| Name | Age Team | Finals | Age-Grading | H# |
|-------------------------|------------------|--------|--------------|----|
| 1 Christopher Warburton | M50 Nemean Lions | 24.16 | 21.59 89.53% | 12 |
| 2 Serge Faucher | M51 Ottawa Lions | 25.10 | 22.43 86.18% | 12 |
| 3 David Turkstra | M50 Unattached - | 26.14 | 23.36 82.75% | 12 |
| 4 Andrew Bass | M54 Unattached - | 27.27 | 24.37 79.32% | 12 |
| 5 Ziad El-Hajj | M50 Enduromax | 28.95 | 25.87 74.72% | 12 |

W55 200 Meter Dash 1:15pm

| Name | Age Team | Finals | Age-Grading | H# |
|-----------------|----------|--------|--------------|----|
| 1 Nicky Slovitt | W55 UTTC | 40.45 | 33.42 63.86% | 2 |

M55 200 Meter Dash 1:15pm

| Name | Age Team | Finals | Age-Grading | H# |
|----------------------|-------------------------|--------|--------------|----|
| 1 Mike Lee Foon | M55 Jamaica Masters | 25.84 | 22.31 86.61% | 11 |
| 2 Mustapha Belgherbi | M56 Enduromax | 27.72 | 23.94 80.74% | 11 |
| 3 Mark Pinckard | M55 Kajaks Track | 27.92 | 24.11 80.16% | 11 |
| 4 Russell Unilowsky | M56 Unattached-Manitoba | 28.08 | 24.25 79.70% | 11 |
| 5 Marino Sani | M56 Unattached - | 29.51 | 25.48 75.84% | 10 |
| 6 Randy Robinson | M56 Ontario Mast | 30.26 | 26.13 73.96% | 11 |

M60 200 Meter Dash 1:15pm

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|---------------------|--------|--------------|----|
| 1 Horace Hudson | M63 United State | 29.04 | 24.20 79.86% | 10 |
| 2 Ralph Cilevitz | M62 Jamaica Masters | 32.42 | 27.02 71.53% | 10 |

W60 200 Meter Dash 1:15pm

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|------------------|--------|--------------|----|
| 1 Wendy Alexis | W60 Ottawa Lions | 30.19 | 23.86 89.47% | 2 |

M65 200 Meter Dash 1:15pm

| Name | Age Team | Finals | Age-Grading | H# |
|------|----------|--------|-------------|----|
|------|----------|--------|-------------|----|

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| | | | | | | | |
|---|---------------------|-----|------------------|-------|-------|--------|---|
| 1 | Richard Lech | M68 | Jamaica Masters | 30.10 | 24.11 | 80.17% | 9 |
| 2 | Alexander Jozefacki | M65 | Unattached - | 31.03 | 24.85 | 77.76% | 9 |
| 3 | Bruce Mintz | M69 | Edmonton Masters | 31.63 | 25.33 | 76.29% | 9 |
| 4 | Bernard Lachance | M66 | Saint-Jean O | 32.25 | 25.83 | 74.82% | 9 |
| 5 | Duncan Greenshields | M67 | UTTC | 33.01 | 26.44 | 73.10% | 9 |

M70 200 Meter Dash 1:15pm

| Name | Age | Team | Finals | Age-Grading | H# | |
|------|------------------|------|-----------------|-------------|--------------|----|
| 1 | Tony Powell | M72 | UTTC | 29.59 | 22.62 85.43% | 8 |
| 2 | Peter Evans | M73 | Jamaica Masters | 31.98 | 24.44 79.05% | 8 |
| 3 | Howard Booth | M72 | United State | 32.81 | 25.08 77.05% | 8 |
| 4 | Jean-Louis Perez | M71 | Indépendant | 33.68 | 25.74 75.06% | 10 |
| 5 | John Powell | M71 | EtobicokeTC | 44.54 | 34.04 56.76% | 8 |

M75 200 Meter Dash 1:15pm

| Name | Age | Team | Finals | Age-Grading | H# | |
|------|------------------|------|-----------------|-------------|--------------|---|
| 1 | David Stern | M76 | Jamaica Masters | 34.14 | 24.64 78.44% | 7 |
| 2 | Vern Christensen | M75 | UTTC | 39.44 | 28.46 67.90% | 7 |
| 3 | Peter Hanson | M78 | Unattached | 53.92 | 38.91 49.67% | 7 |

W75 200 Meter Dash 1:15pm

| Name | Age | Team | Finals | Age-Grading |
|------|-------------------|------|--------------|--------------------|
| 1 | Christa Bortignon | W79 | Greyhounds T | 37.47 24.53 87.03% |
| 2 | Judy Hammond | W78 | New Zealand | 43.87 28.72 74.33% |

W80 200 Meter Dash 1:15pm

| Name | Age | Team | Finals | Age-Grading |
|------|------------|------|------------|--------------------|
| 1 | Alice Cole | W82 | Sherbrooke | 44.82 26.26 81.30% |

M30 400 Meter Dash 11:45am

| Name | Age | Team | Finals | Age-Grading | H# | |
|------|-----------------|------|--------------|-------------|--------------|----|
| 1 | Daniel Da Silva | M32 | Unattached - | 60.25 | 60.26 71.67% | 13 |
| 2 | Nathan Da Silva | M30 | Unattached - | 60.64 | 60.65 71.21% | 13 |

M35 400 Meter Dash 11:45am

| Name | Age | Team | Finals | Age-Grading | H# | |
|------|--------------|------|--------------|-------------|--------------|----|
| 1 | Deon Crawley | M35 | Unattached - | 56.59 | 54.64 79.04% | 13 |

W35 400 Meter Dash 11:45am

| Name | Age | Team | Finals | Age-Grading | H# | |
|------|----------------|------|-----------|-------------|--------------|---|
| 1 | Sonia Lévesque | W38 | Soulanges | 67.57 | 66.22 71.90% | 4 |

W40 400 Meter Dash 11:45am

| Name | Age | Team | Finals | Age-Grading | H# | |
|------|---------------|------|--------------|-------------|--------------|---|
| 1 | Khama Beckles | W40 | Unattached - | 69.03 | 64.83 73.43% | 4 |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| | | | | | | | |
|---|----------------|-----|--------------|---------|-------|--------|---|
| 2 | Eve La Rivière | W43 | Saint-Jean O | 77.68 | 72.95 | 65.25% | 4 |
| 3 | Julie Grenier | W44 | Saint-Jean O | 1:24.20 | 79.08 | 60.20% | 4 |

M40 400 Meter Dash 11:45am

| Name | Age | Team | Finals | Age-Grading | H# | | |
|------|--------------------|------|-----------------|-------------|-------|--------|----|
| 1 | Otis Morgan | M40 | Jamaica Masters | 55.48 | 51.90 | 83.20% | 12 |
| 2 | Saleem Baksh | M44 | Unattached - | 58.98 | 55.17 | 78.26% | 12 |
| 3 | Louis Byrne | M44 | Toronto Olym | 64.01 | 59.88 | 72.11% | 12 |
| -- | Abdelkrim Benazout | M43 | Enduromax | DQ | | | 12 |

M45 400 Meter Dash 11:45am

| Name | Age | Team | Finals | Age-Grading | H# | | |
|------|----------------|------|------------------|-------------|-------|--------|----|
| 1 | Mirco Graenert | M47 | Newmarket HU | 56.22 | 50.91 | 84.83% | 11 |
| 2 | Richard Reid | M47 | Jamaica Masters | 56.80 | 51.43 | 83.96% | 11 |
| 3 | Kevin Farr | M45 | University of Wi | 57.30 | 51.88 | 83.23% | 11 |

W45 400 Meter Dash 11:45am

| Name | Age | Team | Finals | Age-Grading | H# | | |
|------|------------------|------|--------------|-------------|-------|--------|---|
| 1 | Nancy Catton | W48 | UTTC | 66.00 | 59.29 | 80.29% | 3 |
| 2 | Jodi Rice | W46 | Hamilton Eli | 67.88 | 60.98 | 78.06% | 3 |
| 3 | Claudia Wagner | W46 | Soulanges | 74.62 | 67.04 | 71.01% | 3 |
| 4 | Heather Driscoll | W46 | Blue Devils | 76.52 | 68.74 | 69.25% | 2 |
| 5 | Anke Graenert | W49 | Newmarket HU | 78.20 | 70.25 | 67.76% | 2 |
| 6 | Rachel Fouladi | W48 | Greyhounds T | 1:25.50 | 76.81 | 61.98% | 2 |

M50 400 Meter Dash 11:45am

| Name | Age | Team | Finals | Age-Grading | H# | | |
|------|-----------------------|------|--------------|-------------|-------|--------|----|
| 1 | Serge Faucher | M51 | Ottawa Lions | 55.95 | 48.98 | 88.17% | 10 |
| 2 | Christopher Warburton | M50 | Nemean Lions | 59.84 | 52.39 | 82.44% | 10 |
| 3 | Andrew Bass | M54 | Unattached - | 60.04 | 52.56 | 82.16% | 9 |
| 4 | Ziad El-Hajj | M50 | Enduromax | 60.48 | 52.95 | 81.56% | 9 |
| 5 | Rey Espiritu | M51 | Unattached - | 64.13 | 56.14 | 76.92% | 9 |
| -- | Anthony MacIsaac | M51 | UTTC | DQ | | | 10 |

M55 400 Meter Dash 11:45am

| Name | Age | Team | Finals | Age-Grading | H# | | |
|------|--------------------|------|---------------------|-------------|-------|--------|---|
| 1 | Mark Pinckard | M55 | Kajaks Track | 60.43 | 51.09 | 84.53% | 8 |
| 2 | Mustapha Belgherbi | M56 | Enduromax | 60.67 | 51.30 | 84.19% | 8 |
| 3 | Russell Unilowsky | M56 | Unattached-Manitoba | 65.13 | 55.07 | 78.43% | 8 |

W55 400 Meter Dash 11:45am

| Name | Age | Team | Finals | Age-Grading | | |
|------|---------------|------|--------|-------------|-------|--------|
| 1 | Joy Kramarich | W55 | UTTC | 1:20.80 | 65.99 | 72.13% |
| 2 | Nicky Slovitt | W55 | UTTC | 1:30.73 | 74.10 | 64.23% |

M60 400 Meter Dash 11:45am

| Name | Age | Team | Finals | Age-Grading | H# |
|------|-----|------|--------|-------------|----|
|------|-----|------|--------|-------------|----|

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| | | | | | | |
|---|-----------------|------------------|-------|-------|--------|---|
| 1 | Steven Millward | M60 Niagara Olym | 65.47 | 53.39 | 80.89% | 7 |
| 2 | John Albert | M60 Phoenix Athl | 65.49 | 53.41 | 80.87% | 7 |
| 3 | Horace Hudson | M63 United State | 66.01 | 53.83 | 80.23% | 7 |

W60 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading |
|--------------------|------------------|--------|--------------|
| 1 Karla Del Grande | W62 Nemean Lions | 71.04 | 54.81 86.85% |

M65 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading | H# |
|-----------------------|----------------------|--------|--------------|----|
| 1 Duncan Greenshields | M67 UTTC | 72.88 | 57.11 75.60% | 6 |
| 2 Bruce Mintz | M69 Edmonton Masters | 72.90 | 57.13 75.58% | 6 |
| 3 Bernard Lachance | M66 Saint-Jean O | 73.52 | 57.62 74.95% | 6 |
| 4 Ken Hamilton | M66 Newmarket HU | 73.63 | 57.70 74.83% | 6 |

M70 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading | H# |
|--------------------|-----------------|---------|--------------|----|
| 1 Jean-Louis Perez | M71 Indépendant | 76.95 | 57.41 75.22% | 5 |
| 2 Gary McColeman | M74 UTTC | 1:30.24 | 67.32 64.14% | 5 |

M75 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading | H# |
|--------------------|----------|---------|--------------|----|
| 1 Vern Christensen | M75 UTTC | 1:25.64 | 59.82 72.20% | 5 |

W80 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading |
|--------------|----------------|---------|--------------|
| 1 Alice Cole | W82 Sherbrooke | 1:53.65 | 57.13 83.33% |

M85 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading | H# |
|------------|------------------|---------|--------------|----|
| 1 Earl Fee | M86 Unattached - | 1:25.74 | 47.57 90.77% | 5 |

M30 800 Meter Run 11:40am

| Name | Age Team | Finals | Age-Grading | H# |
|-------------------|------------------|---------|----------------|----|
| 1 Robert Kay | M33 Unattached - | 2:19.25 | 2:19.26 72.61% | 4 |
| 2 Nathan Da Silva | M30 Unattached - | 2:30.70 | 2:30.71 67.09% | 4 |

M35 800 Meter Run 11:40am

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|------------------|---------|----------------|----|
| 1 Bryan Lemire | M37 Ontario Mast | 2:16.24 | 2:15.11 74.84% | 4 |
| 2 Thomas Bok | M35 UTTC | 2:19.16 | 2:18.01 73.27% | 4 |

W35 800 Meter Run 11:40am

| Name | Age Team | Finals | Age-Grading |
|------------------|------------------|---------|----------------|
| 1 Tanya Sakharov | W35 Boardwalk RC | 2:33.98 | 2:33.23 73.93% |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 800 Meter Run 11:40am**

| Name | Age | Team | Finals | Age-Grading | H# |
|----------------------|-----|-----------|---------|----------------|----|
| 1 Abdelkrim Benazout | M43 | Enduromax | 2:07.90 | 2:02.28 82.69% | 4 |
| 2 Michal Kapral | M43 | UTTC | 2:08.23 | 2:02.59 82.48% | 4 |

W40 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|-------------------|-----|--------------|---------|----------------|----|
| 1 Michelle Clarke | W41 | Longboat Roa | 2:34.99 | 2:27.82 76.64% | |
| 2 Amy Ballon | W44 | UTTC | 2:36.07 | 2:28.85 76.11% | |
| 3 Eve La Rivière | W43 | Saint-Jean O | 3:04.82 | 2:56.27 64.27% | |
| 4 Julie Grenier | W44 | Saint-Jean O | 3:13.15 | 3:04.21 61.50% | |

M45 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|------------------|-----|--------------|---------|----------------|----|
| 1 Claude Faucher | M48 | Unattached N | 2:08.76 | 1:58.50 85.33% | 4 |
| 2 Mirco Graenert | M47 | Newmarket HU | 2:12.40 | 2:01.85 82.98% | 4 |
| 3 Robert Muir | M48 | Ottawa Lions | 2:17.63 | 2:06.67 79.83% | 4 |
| 4 Aidan Purnell | M47 | Unattached - | 2:40.01 | 2:27.26 68.66% | 4 |

W45 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|------------------|-----|--------------|---------|----------------|----|
| 1 Anke Graenert | W49 | Newmarket HU | 3:02.41 | 2:46.42 68.07% | |
| 2 Rachel Fouladi | W48 | Greyhounds T | 3:17.14 | 2:59.86 62.99% | |

M50 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|--------------------|-----|--------------|---------|----------------|----|
| 1 Anthony MacIsaac | M51 | UTTC | 2:10.59 | 1:55.54 87.52% | 3 |
| 2 Geoff Peat | M52 | Newmarket HU | 2:11.07 | 1:55.96 87.20% | 3 |
| 3 Ziad El-Hajj | M50 | Enduromax | 2:22.51 | 2:06.08 80.20% | 3 |
| 4 James Wallace | M53 | UTTC | 2:26.43 | 2:09.55 78.05% | 3 |
| 5 Mark Duff | M54 | Boardwalk RC | 2:29.67 | 2:12.42 76.36% | 3 |

W50 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|-------------------|-----|------|---------|----------------|----|
| 1 Heather O'Hagan | W54 | UTTC | 2:41.18 | 2:20.38 80.70% | |

W55 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|-----------------|-----|------|---------|----------------|----|
| 1 Joy Kramarich | W55 | UTTC | 3:03.53 | 2:32.24 74.41% | |

M55 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|----------------------|-----|--------------|---------|----------------|----|
| 1 Mark Pinckard | M55 | Kajaks Track | 2:18.25 | 1:57.38 86.14% | 3 |
| 2 Mustapha Belgherbi | M56 | Enduromax | 2:19.91 | 1:58.79 85.12% | 3 |
| 3 John Comerford | M59 | UTTC | 3:01.15 | 2:33.80 65.74% | 3 |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 800 Meter Run 11:40am**

| Name | Age | Team | Finals | Age-Grading | H# |
|-----------------|-----|--------------|---------|----------------|----|
| 1 John Albert | M60 | Phoenix Athl | 2:27.83 | 2:00.24 84.10% | 2 |
| 2 John Helliker | M64 | UTTC | 2:28.42 | 2:00.72 83.76% | 2 |
| 3 Anthony Farr | M61 | UTTC | 2:49.16 | 2:17.58 73.49% | 2 |

W60 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|------------------|-----|------|---------|----------------|----|
| 1 Frances Enchin | W64 | UTTC | 3:36.56 | 2:49.96 66.65% | |

M65 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|----------------|-----|--------------|---------|----------------|----|
| 1 Ken Hamilton | M66 | Newmarket HU | 2:50.08 | 2:12.26 76.45% | 2 |
| 2 Norman Creen | M65 | UTTC | 2:54.60 | 2:15.77 74.47% | 2 |
| 3 Tim Payne | M66 | Newmarket HU | 3:10.40 | 2:28.06 68.29% | 2 |

M70 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|--------------------|-----|-------------|---------|----------------|----|
| 1 Jean-Louis Perez | M71 | Indépendant | 2:56.06 | 2:10.64 77.40% | 2 |

M75 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|-----------------|-----|--------------|---------|----------------|----|
| 1 Chris Mackie | M75 | Unattached - | 2:49.68 | 1:57.49 86.06% | 2 |
| 2 Steffen Kampe | M79 | Unattached - | 4:31.59 | 3:08.05 53.77% | 2 |

M80 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|----------------|-----|--------------|---------|----------------|----|
| 1 Donald Banks | M82 | Longboat Roa | 3:44.91 | 2:21.27 71.58% | 2 |

W80 800 Meter Run 11:40am

| Name | Age | Team | Finals | Age-Grading | H# |
|--------------|-----|------------|---------|----------------|----|
| 1 Alice Cole | W82 | Sherbrooke | 4:02.58 | 2:06.63 89.46% | |

M30 1500 Meter Run 12:30pm

| Name | Age | Team | Finals | Age-Grading | H# |
|------------------|-----|--------------|---------|----------------|----|
| 1 Robert Kay | M33 | Unattached - | 4:51.41 | 4:51.42 70.69% | 5 |
| 2 Craig Thompson | M33 | Unattached - | 5:09.44 | 5:09.45 66.57% | 5 |

W30 1500 Meter Run 12:30pm

| Name | Age | Team | Finals | Age-Grading | H# |
|---------------------|-----|--------------|---------|----------------|----|
| 1 Kelly Fitzsimmons | W30 | Unattached - | 5:13.76 | 5:13.77 74.09% | |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 1500 Meter Run 12:30pm**

| Name | Age Team | Finals | Age-Grading |
|------------------|------------------|---------|----------------|
| 1 Tanya Sakharov | W35 Boardwalk RC | 5:18.62 | 5:14.55 73.91% |

M35 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|------------------|---------|----------------|----|
| 1 Bryan Lemire | M37 Ontario Mast | 4:47.32 | 4:44.83 72.33% | 5 |
| 2 Thomas Bok | M35 UTTC | 4:59.04 | 4:56.44 69.49% | 5 |

W40 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading |
|-------------------|------------------|---------|----------------|
| 1 Michelle Clarke | W41 Longboat Roa | 5:07.14 | 4:50.47 80.04% |
| 2 Amy Ballon | W44 UTTC | 5:18.14 | 5:00.87 77.27% |

M40 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading | H# |
|-----------------|------------------|---------|----------------|----|
| 1 Chris Watson | M41 Muskoka Algo | 4:31.85 | 4:18.78 79.61% | 5 |
| 2 Darryl Barber | M44 Unattached - | 4:49.16 | 4:35.26 74.84% | 5 |
| 3 Dale Gommier | M40 Unattached - | 5:16.08 | 5:00.88 68.47% | 5 |

W45 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading |
|------------------|------------------|---------|----------------|
| 1 Rachel Fouladi | W48 Greyhounds T | 6:26.47 | 5:49.45 66.53% |
| 2 Aura Reynoso | W49 Newmarket HU | 6:38.58 | 6:00.40 64.50% |

M45 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|------------------|---------|----------------|----|
| 1 Claude Faucher | M48 Unattached N | 4:40.69 | 4:16.13 80.43% | 5 |
| 2 Robert Muir | M48 Ottawa Lions | 4:44.73 | 4:19.82 79.29% | 5 |
| 3 Ekholm Whyte | M48 Unattached - | 4:53.52 | 4:27.84 76.91% | 5 |
| 4 Gary G Cassel | M48 Unattached - | 4:58.07 | 4:31.99 75.74% | 5 |

M50 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading | H# |
|-------------------|-------------------|---------|----------------|----|
| 1 Geoff Peat | M52 Newmarket HU | 4:29.87 | 3:55.63 87.43% | 4 |
| 2 Vince Friel | M53 Unattached - | 4:31.71 | 3:57.24 86.84% | 4 |
| 3 Mark Sterling | M50 UTTC | 4:53.01 | 4:15.83 80.52% | 4 |
| 4 Ziad El-Hajj | M50 Enduromax | 5:06.15 | 4:27.30 77.07% | 4 |
| 5 Jianping Xu | M50 Harbour Track | 5:06.62 | 4:27.71 76.95% | 4 |
| 6 Robert Blair | M52 Newmarket HU | 5:06.64 | 4:27.73 76.94% | 4 |
| 7 Mark Duff | M54 Boardwalk RC | 5:07.63 | 4:28.60 76.70% | 4 |
| 8 Scott Lockhart | M53 Unattached - | 5:09.93 | 4:30.60 76.13% | 4 |
| 9 Kevin Gallagher | M51 Longboat Roa | 5:23.54 | 4:42.49 72.92% | 4 |

M55 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading | H# |
|------|----------|--------|-------------|----|
|------|----------|--------|-------------|----|

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| | | | | | | |
|---|------------------|------------------|---------|---------|--------|---|
| 1 | Mark Pinckard | M55 Kajaks Track | 4:57.07 | 4:07.67 | 83.18% | 3 |
| 2 | James Freemantle | M57 Newmarket HU | 5:24.32 | 4:30.39 | 76.19% | 3 |
| 3 | Walter Faion | M55 UTTC | 5:40.99 | 4:44.29 | 72.46% | 3 |

M60 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading | H# |
|-----------------|------------------|---------|----------------|----|
| 1 John Helliker | M64 UTTC | 4:59.83 | 3:58.04 86.54% | 3 |
| 2 John Clarke | M64 East Toronto | 5:14.72 | 4:09.86 82.45% | 3 |
| 3 Ted Paget | M64 Newmarket HU | 5:39.86 | 4:29.82 76.35% | 3 |

W60 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading |
|-------------------|----------|---------|----------------|
| 1 Lynn Kobayashi | W60 UTTC | 6:15.61 | 4:51.44 79.77% |
| 2 Clara Northcott | W61 UTTC | 6:25.03 | 4:58.75 77.81% |

M65 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|------------------|---------|----------------|----|
| 1 Ken Hamilton | M66 Newmarket HU | 5:47.24 | 4:21.44 78.80% | 2 |
| 2 Tim Payne | M66 Newmarket HU | 6:35.78 | 4:57.99 69.13% | 2 |

M70 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|------------------|---------|----------------|----|
| 1 Michel Gingras | M71 Saint-Jean O | 5:56.76 | 4:12.56 81.57% | 2 |

M75 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|------------------|---------|----------------|----|
| 1 Chris Mackie | M75 Unattached - | 5:51.97 | 3:50.76 89.27% | 2 |
| 2 Robert Moore | M75 Toronto Olym | 7:04.46 | 4:38.28 74.03% | 2 |

M85 1500 Meter Run 12:30pm

| Name | Age Team | Finals | Age-Grading | H# |
|--|-------------------------|----------------|------------------------|-----------|
| 1 Ed Whitlock | M85 Unattached - | 6:38.87 | 3:24.27 100.85% | WR |
| (old WR 7:18 Holger Joseffson SWE 2004, old CAN 8:52 Harry Thompson BC 2010) | | | | |

W30 3000 Meter Run - Richard Graves Memorial

| Name | Age Team | Finals | Age-Grading |
|---------------------|------------------|----------|-----------------|
| 1 Kelly Fitzsimmons | W30 Unattached - | 11:38.62 | 11:38.63 71.77% |

M35 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|------------------|----------|-----------------|----|
| 1 Bernie Hogan | M35 Ontario Mast | 9:48.27 | 9:48.28 74.80% | 3 |
| 2 Bryan Lemire | M37 Ontario Mast | 10:29.12 | 10:29.13 69.94% | 3 |
| 3 Addison Hung | M35 Ontario Mast | 11:23.66 | 11:23.67 64.36% | 3 |

W35 3000 Meter Run Richard Grav

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name | Age Team | Finals | Age-Grading |
|---------------|------------------|----------|-----------------|
| 1 Carrie Byer | W37 Unattached - | 11:20.77 | 11:11.31 74.69% |

W40 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading |
|-------------------|------------------|----------|-----------------|
| 1 Michelle Clarke | W41 Longboat Roa | 11:02.99 | 10:33.36 79.17% |

M40 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading | H# |
|----------------------|---------------------|----------|-----------------|----|
| 1 Predrag Mladenovic | M43 Unattached - | 9:09.95 | 8:50.82 82.89% | 3 |
| 2 Chris Watson | M41 Muskoka Algo | 9:38.47 | 9:18.34 78.80% | 3 |
| 3 Erik Loponen | M42 Longboat Roa | 11:40.66 | 11:16.28 65.06% | 3 |
| 4 Ben Kong | M40 Jamaica Masters | 15:40.18 | 15:07.47 48.49% | 3 |

M45 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading | H# |
|-----------------|------------------|----------|-----------------|----|
| 1 Robert Muir | M48 Ottawa Lions | 10:29.93 | 9:46.09 75.07% | 3 |
| 2 Ekholm Whyte | M48 Unattached - | 10:47.34 | 10:02.29 73.05% | 3 |
| 3 Gary G Cassel | M48 Unattached - | 11:11.49 | 10:24.76 70.43% | 3 |

W45 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading |
|------------------|------------------|----------|-----------------|
| 1 Claudia Wagner | W46 Soulanges | 12:18.53 | 11:09.93 74.85% |
| 2 Rachel Fouladi | W48 Greyhounds T | 13:31.35 | 12:15.98 68.13% |

M50 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading | H# |
|--------------------|------------------|----------|-----------------|----|
| 1 Mark Sterling | M50 UTTC | 10:31.60 | 9:25.67 77.78% | 3 |
| 2 Christopher Webb | M50 Unattached - | 10:48.18 | 9:40.52 75.80% | 3 |
| 3 Robert Hanks | M53 Longboat Roa | 10:48.22 | 9:40.55 75.79% | 3 |
| 4 Kevin Gallagher | M51 Longboat Roa | 11:25.57 | 10:14.00 71.66% | 3 |

M55 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading | H# |
|--------------------------------------|-----------------|----------------|-----------------------|----------|
| 1 Stuart Galloway | M55 UTTC | 9:42.22 | 8:21.18 87.79% | 2 |
| Old CAN 9:53 Jerry Kooymans ON 2013) | | | | |
| 2 Walter Faion | M55 UTTC | 11:53.42 | 10:14.12 71.65% | 2 |

M60 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|------------------|----------|----------------|----|
| 1 John Clarke | M64 East Toronto | 11:04.14 | 9:08.58 80.21% | 2 |
| 2 Jim Rawling | M60 Longboat Roa | 11:46.32 | 9:43.43 75.42% | 2 |
| 3 Anthony Farr | M61 UTTC | 12:04.47 | 9:58.42 73.53% | 2 |
| -- Dave Olsen | M60 Unattached-S | DNF | | 2 |

W60 3000 Meter Run Richard Grav

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name | Age Team | Finals | Age-Grading |
|-------------------|----------|----------|-----------------|
| 1 Lynn Kobayashi | W60 UTTC | 13:22.56 | 9:57.11 83.98% |
| 2 Clara Northcott | W61 UTTC | 13:33.15 | 10:04.99 82.88% |

M65 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|------------------|----------|-----------------|----|
| 1 Richard Bailey | M68 Longboat Roa | 11:45.61 | 9:17.30 78.95% | 2 |
| 2 Ken Hamilton | M66 Newmarket HU | 12:05.41 | 9:32.93 76.80% | 2 |
| 3 Bert De Vries | M69 Longboat Roa | 13:55.74 | 11:00.07 66.66% | 2 |

M70 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|------------------|----------|-----------------|----|
| 1 Michel Gingras | M71 Saint-Jean O | 12:32.31 | 9:23.26 78.12% | 2 |
| 2 Roy Collins | M72 Unattached - | 13:39.73 | 10:13.74 71.69% | 2 |
| -- Brian Drewett | M74 Unattached - | DNF | | 2 |

M75 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading |
|----------------|------------------|----------|-----------------|
| 1 Chris Mackie | M75 Unattached - | 12:50.00 | 8:57.93 81.80% |
| 2 Robert Moore | M75 Toronto Olym | 14:29.71 | 10:07.58 72.42% |
| 3 Jack Geddes | M78 Unattached - | 15:46.73 | 11:01.39 66.53% |

M80 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading |
|----------------|------------------|----------|-----------------|
| 1 Donald Banks | M82 Longboat Roa | 17:00.94 | 10:48.00 67.90% |

M85 3000 Meter Run Richard Grav

| Name | Age Team | Finals | Age-Grading |
|--|-------------------------|-----------------|---------------------------------|
| 1 Ed Whitlock | M85 Unattached - | 13:41.96 | 7:33.32 97.06% WR |
| (old WR 15:46 Hugh Campbell USA 2013, old CAN 20:15 Les Leyland BC 2003) | | | |

M35 50 Meter Hurdles 10:45am

| Name | Age Team | Finals | Age-Grading | H# |
|--------------------|------------------|--------|-------------|----|
| 1 David Valenzuela | M39 Unattached - | 7.55 | 7.33 85.30% | 2 |

M40 50 Meter Hurdles 10:45am

| Name | Age Team | Finals | Age-Grading | H# |
|------------------------------------|-------------------------|-------------|--|----|
| 1 Doug McLaren | M40 Unattached-S | 7.70 | 7.17 87.14% 2 CAN | |
| (old CAN 8.15 Neil Sander MB 1990) | | | | |
| 2 Ovidiu Negoita | M44 Jamaica Masters | 9.09 | 8.47 73.82% | 2 |

M45 50 Meter Hurdles 10:45am

| Name | Age Team | Finals | Age-Grading | H# |
|---|-------------------------|-------------|--|----|
| 1 Yannick Le Mouël | M48 Saint-Jean O | 7.75 | 6.93 90.19% 2 CAN | |
| Yannick TIED his own CAN from last year's meet) | | | | |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 50 Meter Hurdles 10:45am**

| Name | Age Team | Finals | Age-Grading | |
|---|-------------------------|--------------|---------------------|------------|
| 1 Rachel Fouladi (no previous CAN record) | W48 Greyhounds T | 13.42 | 11.61 56.71% | CAN |

M55 50 Meter Hurdles 10:45am

| Name | Age Team | Finals | Age-Grading | H# |
|-------------------|------------------|--------|-------------|----|
| 1 Mark Williamson | M58 United State | 8.38 | 7.09 88.19% | 2 |
| 2 Dale Lawrence | M58 Unattached-S | 9.63 | 8.15 76.74% | 2 |

M60 50 Meter Hurdles 10:45am

| Name | Age Team | Finals | Age-Grading |
|------------------|---------------------|--------|-------------|
| 1 Ralph Cilevitz | M62 Jamaica Masters | 9.86 | 8.32 75.15% |
| 2 David Dickey | M62 Greyhounds T | 9.91 | 8.36 74.77% |

M65 50 Meter Hurdles 10:45am

| Name | Age Team | Finals | Age-Grading | |
|---|----------------------------|-------------|--------------------|------------|
| 1 Richard Lech (old CAN 9.24 Richard in 2013) | M68 Jamaica Masters | 9.21 | 7.01 89.25% | CAN |
| 2 Bernard Lachance | M66 Saint-Jean O | 13.13 | 9.99 62.60% | |

W65 50 Meter Hurdles 10:45am

| Name | Age Team | Finals | Age-Grading | |
|---|-------------------------|--------------|--------------------|------------|
| 1 Deborah Lee (no previous CAN reord) | W65 Greyhounds T | 11.11 | 7.99 82.45% | CAN |

M70 50 Meter Hurdles 10:45am

| Name | Age Team | Finals | Age-Grading |
|--------------------|------------------|--------|-------------|
| 1 Roland Delhomeau | M71 Saskatoon CE | 11.93 | 8.81 71.00% |

W40 60 Meter Hurdles 10:30am

| Name | Age Team | Finals | Age-Grading | H# |
|---------------|------------------|--------|-------------|----|
| 1 Nicole Luke | W43 Ultimate Bod | 10.46 | 9.48 81.17% | 2 |

M40 60 Meter Hurdles 10:30am

| Name | Age Team | Finals | Age-Grading | |
|--|-------------------------|-------------|--------------------|------------|
| 1 Doug McLaren (old CAN 8.97 Yannick Le Mouël PQ 2012) | M40 Unattached-S | 8.87 | 8.40 86.92% | CAN |
| 2 Ovidiu Negoita | M44 Jamaica Masters | 10.98 | 10.40 70.22% | |

W45 60 Meter Hurdles 10:30am

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|------------------|--------|--------------|----|
| 1 Rachel Fouladi | W48 Greyhounds T | 16.35 | 14.66 52.48% | 2 |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 60 Meter Hurdles 10:30am**

| Name | Age Team | Finals | Age-Grading |
|--------------------|------------------|--------|-------------|
| 1 Yannick Le Mouël | M48 Saint-Jean O | 9.04 | 8.23 88.83% |

M55 60 Meter Hurdles 10:30am

| Name | Age Team | Finals | Age-Grading | H# |
|-------------------|------------------|--------|--------------|----|
| 1 Dale Lawrence | M58 Unattached-S | 11.71 | 10.02 72.93% | 2 |
| 2 Mark Williamson | M58 United State | 15.25 | 13.04 56.00% | 2 |

M60 60 Meter Hurdles 10:30am

| Name | Age Team | Finals | Age-Grading |
|------------------|---------------------|--------|--------------|
| 1 Ward Hazen | M61 Ontario Mast | 9.74 | 8.10 90.14% |
| 2 Ralph Cilevitz | M62 Jamaica Masters | 13.35 | 11.10 65.77% |

M65 60 Meter Hurdles 10:30am

| Name | Age Team | Finals | Age-Grading |
|--------------------|---------------------|--------|--------------|
| 1 Richard Lech | M68 Jamaica Masters | 11.17 | 8.87 82.27% |
| 2 Bernard Lachance | M66 Saint-Jean O | 16.21 | 12.88 56.69% |

W65 60 Meter Hurdles 10:30am

| Name | Age Team | Finals | Age-Grading | H# |
|---------------|------------------|--------|--------------|----|
| 1 Deborah Lee | W65 Greyhounds T | 13.30 | 10.06 76.47% | 2 |

M70 60 Meter Hurdles 10:30am

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|------------------|--------|-------------|----|
| 1 Howard Booth | M72 United State | 12.73 | 9.82 74.31% | 2 |

W35 4x400 Meter Relay 1:00pm

| Team | Finals |
|---|-----------------------------|
| 1 Unattached - Ontario 'A' | 4:34.74 CAN |
| 1) Jodi Rice 46 | 2) Louise Bonneau 46 |
| 3) Tanya Sakharov 35 | 4) Nancy Catton 48 |
| (old CAN 4:49 Felix, Jolicoeur, Freeman, Thompson 2007) | |

M70 4x400 Meter Relay 1:00pm

| Team | Finals |
|----------------------------|----------------------|
| 1 Unattached - Ontario 'A' | 6:02.70 |
| 1) Vern Christensen 75 | 2) Gary McColeman 74 |
| 3) Chris Mackie 75 | 4) Ed Whitlock 85 |

M35 High Jump 10:00am

| Name | Age Team | Finals | Age-Grading |
|-----------------|------------------|--------|--------------|
| 1 Richard White | M35 United State | 1.95m | 2.00m 81.59% |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

2 David Valenzuela M39 Unattached - 1.80m 1.84m 75.31%

M40 High Jump 10:00am

| Name | Age Team | Finals | Age-Grading |
|-----------------------|---------------------|--------|--------------|
| 1 Ovidiu Negoita | M44 Jamaica Masters | 1.65m | 1.73m 70.51% |
| 1 Doug McLaren | M40 Unattached-S | 1.65m | 1.73m 70.51% |
| 3 Jasbir Singh Hundal | M42 Jamaica Masters | 1.30m | 1.36m 55.56% |

W40 High Jump 10:00am

| Name | Age Team | Finals | Age-Grading |
|-----------------|------------------|--------|--------------|
| 1 Sandi Arnason | W43 Riversdale A | 1.39m | 1.53m 73.54% |

M45 High Jump 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------|------------------|--------|--------------|
| 1 Shawn Folkes | M47 Ontario Mast | 1.70m | 1.87m 76.58% |

M50 High Jump 10:00am

| Name | Age Team | Finals | Age-Grading |
|------------------|------------------|--------|--------------|
| 1 David Turkstra | M50 Unattached - | 1.60m | 1.85m 75.83% |
| 2 Guy Stockard | M50 United State | 1.50m | 1.74m 71.09% |

M55 High Jump 10:00am

| Name | Age Team | Finals | Age-Grading |
|-------------------|------------------|--------|--------------|
| 1 Mark Williamson | M58 United State | 1.65m | 2.02m 82.50% |
| 2 John Comerford | M59 UTTC | 1.35m | 1.65m 67.50% |
| 3 Mark Schaber | M57 Unattached - | 1.30m | 1.59m 65.00% |
| 3 Rick Stanclik | M57 Unattached - | 1.30m | 1.59m 65.00% |
| 5 Robert Stanclik | M59 Unattached - | 1.25m | 1.53m 62.50% |

M60 High Jump 10:00am

| Name | Age Team | Finals | Age-Grading |
|--------------------------|---------------------|--------|--------------|
| 1 Thevarajan Sinnathurai | M62 United T.S.C. | 1.34m | 1.74m 71.28% |
| 2 David Dickey | M62 Greyhounds T | 1.24m | 1.61m 65.96% |
| 3 Ralph Cilevitz | M62 Jamaica Masters | 1.04m | 1.35m 55.32% |

M65 High Jump 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------|------------------|--------|--------------|
| 1 Barry Murphy | M68 Unattached - | 1.19m | 1.65m 67.23% |

W65 High Jump 10:00am

| Name | Age Team | Finals | Age-Grading |
|-----------------------|----------------------|--------|--------------|
| 1 Deborah Lee | W65 Greyhounds T | 1.14m | 1.67m 80.28% |
| 2 Louise Nesterenko | W65 Calgary Spartans | 0.99m | 1.45m 69.72% |
| -- Patty Franke Wager | W65 Unattached - | NH | |

M70 High Jump 10:00am

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name | Age Team | Finals | Age-Grading |
|--------------------|------------------|--------|--------------|
| 1 Roland Delhomeau | M71 Saskatoon CE | 1.24m | 1.83m 75.15% |
| 2 Ian Anderson | M73 UTTC | 0.94m | 1.39m 56.97% |

W75 High Jump 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------|-----------------|--------|--------------|
| 1 Judy Hammond | W78 New Zealand | 0.99m | 1.69m 81.15% |

M80 High Jump 10:00am

| Name | Age Team | Finals | Age-Grading |
|-------------------------------------|------------------|--------|--------------|
| 1 Ted Rowan (CAN is Ted's 1.15m) | M82 Saskatoon CE | 1.14m | 1.96m 80.28% |
| 2 Jim Blair | M84 New Zealand | 1.09m | 1.87m 76.76% |

M45 Pole Vault 10:00am

| Name | Age Team | Finals | Age-Grading |
|--------------------|------------------|--------|--------------|
| 1 Yannick Le Mouél | M48 Saint-Jean O | 4.02m | 4.61m 75.14% |
| 2 Paul White | M49 Ontario Mast | 3.20m | 3.67m 59.81% |

M55 Pole Vault 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------|------------------|--------|--------------|
| 1 Mark Schaber | M57 Unattached - | 3.20m | 4.21m 68.67% |

M70 Pole Vault 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------|------------------|--------|--------------|
| 1 Howard Booth | M72 United State | 2.75m | 4.66m 75.97% |

M30 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|----------------|------------------|--------|--------------|
| 1 Chris Wrobel | M34 Unattached - | 4.92m | 4.92m 54.97% |

W35 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|--------------|---------------------|--------|--------------|
| 1 Kem McLean | W35 Jamaica Masters | 3.61m | 3.79m 50.42% |

M40 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|-----------------------|---------------------|--------|--------------|
| 1 Doug McLaren | M40 Unattached-S | 5.49m | 5.98m 66.87% |
| 2 Ovidiu Negoita | M44 Jamaica Masters | 4.76m | 5.18m 57.98% |
| 3 Jasbir Singh Hundal | M42 Jamaica Masters | 4.40m | 4.79m 53.59% |

W40 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|------|----------|--------|-------------|
|------|----------|--------|-------------|

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Sandi Arnason W43 Riversdale A 4.28m 4.75m 63.22%

M45 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|--------------------|------------------|--------|--------------|
| 1 Yannick Le Mouël | M48 Saint-Jean O | 5.79m | 6.68m 74.71% |
| 2 Matthew Beechey | M45 Laurel Creek | 4.25m | 4.90m 54.84% |

M50 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|---------------|------------------|--------|--------------|
| 1 Andrew Bass | M54 Unattached - | 4.99m | 6.13m 68.54% |

W50 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|-------------------|----------|--------|--------------|
| 1 Theresa Rozario | W51 UTTC | 3.00m | 3.76m 50.00% |

M55 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|-----------------|------------------|--------|--------------|
| 1 Dale Lawrence | M58 Unattached-S | 4.57m | 5.99m 67.01% |

W55 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|--------------|----------------------|--------|--------------|
| 1 Cindy Burt | W55 Durham Dragons A | 2.78m | 3.72m 49.55% |

M60 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|------------------|---------------------|--------|--------------|
| 1 Ralph Cilevitz | M62 Jamaica Masters | 4.32m | 6.08m 67.92% |

W65 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|---------------------|----------------------|--------|--------------|
| 1 Deborah Lee | W65 Greyhounds T | 3.33m | 5.18m 68.94% |
| 2 Louise Nesterenko | W65 Calgary Spartans | 2.39m | 3.71m 49.48% |

M70 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|----------------|------------------|--------|--------------|
| 1 Howard Booth | M72 United State | 3.72m | 6.13m 68.51% |

M75 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|------------------|-------------------|--------|--------------|
| 1 Enrico Toscano | M75 Throwers Club | 1.87m | 3.36m 37.63% |

W75 Long Jump 11:15am

| Name | Age Team | Finals | Age-Grading |
|------|----------|--------|-------------|
|------|----------|--------|-------------|

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| | | | | | |
|---|-------------------|------------------|-------|-------|--------|
| 1 | Christa Bortignon | W79 Greyhounds T | 3.31m | 6.18m | 82.34% |
| 2 | Judy Hammond | W78 New Zealand | 2.89m | 5.40m | 71.89% |

M30 Triple Jump 11:45am

| Name | Age Team | Finals | Age-Grading |
|----------------|------------------|--------|---------------|
| 1 Chris Wrobel | M34 Unattached - | 10.67m | 10.67m 58.34% |

W40 Triple Jump 11:45am

| Name | Age Team | Finals | Age-Grading |
|-----------------|------------------|--------|--------------|
| 1 Sandi Arnason | W43 Riversdale A | 8.56m | 9.22m 59.53% |

M40 Triple Jump 11:45am

| Name | Age Team | Finals | Age-Grading |
|-----------------------|---------------------|--------|---------------|
| 1 Jack Pontes | M44 Jamaica Masters | 11.59m | 12.32m 67.38% |
| 2 Ovidiu Negoita | M44 Jamaica Masters | 11.11m | 11.81m 64.59% |
| 3 Jasbir Singh Hundal | M42 Jamaica Masters | 9.23m | 9.81m 53.66% |

W45 Triple Jump 11:45am

| Name | Age Team | Finals | Age-Grading |
|------------------|------------------|--------|--------------|
| 1 Rachel Fouladi | W48 Greyhounds T | 6.60m | 7.55m 48.74% |

M55 Triple Jump 11:45am

| Name | Age Team | Finals | Age-Grading |
|--|-------------------------|---------------|----------------------|
| 1 Mihai Ene | M55 Unattached - | 11.20m | 14.33m 78.38% |
| (old CAN 11.04 Thevarajan Sinnathurai ON 2012) | | | |
| 2 Robert Nasato | M55 Jamaica Masters | 10.45m | 13.37m 73.13% |
| 3 Dale Lawrence | M58 Unattached-S | 9.32m | 11.92m 65.22% |
| 4 Bryan Baldsing | M58 Jamaica Masters | 7.90m | 10.10m 55.28% |

CAN

M60 Triple Jump 11:45am

| Name | Age Team | Finals | Age-Grading |
|--------------------------|---------------------|--------|---------------|
| 1 Thevarajan Sinnathurai | M62 United T.S.C. | 10.15m | 13.92m 76.14% |
| 2 David Dickey | M62 Greyhounds T | 8.66m | 11.88m 64.97% |
| 3 Ralph Cilevitz | M62 Jamaica Masters | 8.53m | 11.70m 63.99% |

W65 Triple Jump 11:45am

| Name | Age Team | Finals | Age-Grading |
|----------------------|------------------|--------|---------------|
| 1 Deborah Lee | W65 Greyhounds T | 7.35m | 11.18m 72.13% |
| 2 Patty Franke Wager | W65 Unattached - | 3.38m | 5.14m 33.17% |

M70 Triple Jump 11:45am

| Name | Age Team | Finals | Age-Grading |
|--------------------|------------------|--------|---------------|
| 1 Roland Delhomeau | M71 Saskatoon CE | 7.12m | 11.43m 62.51% |

W75 Triple Jump 11:45am

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name | Age Team | Finals | Age-Grading |
|---------------------|------------------|--------|---------------|
| 1 Christa Bortignon | W79 Greyhounds T | 7.25m | 13.89m 89.62% |

W35 Shot Put 10:00am

| Name | Age Team | Finals | Age-Grading |
|-----------------------|-------------------|--------|---------------|
| 1 Marie-Josée Le Jour | W37 Throwers Club | 11.57m | 11.99m 53.00% |
| 2 Monique Shah | W36 Unattached - | 5.24m | 5.43m 24.00% |

M40 Shot Put 10:00am

| Name | Age Team | Finals | Age-Grading |
|-----------------------|-------------------------|--------|---------------|
| 1 Ovidiu Negoita | M44 Jamaica Masters | 9.29m | 10.34m 44.75% |
| 2 Eric Quane | M40 The Durham Gazelles | 8.51m | 9.47m 40.99% |
| 3 Jasbir Singh Hundal | M42 Jamaica Masters | 8.45m | 9.41m 40.70% |

M50 Shot Put 10:00am

| Name | Age Team | Finals | Age-Grading |
|--------------------------|------------------|--------|---------------|
| 1 Manoharan Sethukavalar | M50 Unattached - | 11.27m | 13.20m 57.12% |

M55 Shot Put 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------------------|------------------|--------|---------------|
| 1 Danny Yoisten | M56 Ontario Mast | 11.75m | 14.92m 64.56% |
| 2 Raj Kumar | M55 Unattached - | 11.54m | 14.66m 63.41% |
| 3 Muraleetharan Arulpiraga | M56 Unattached - | 9.51m | 12.08m 52.25% |

W55 Shot Put 10:00am

| Name | Age Team | Finals | Age-Grading |
|--|-------------------------|---------------|----------------------|
| 1 Elizabeth Hill | W55 Kingston Tra | 10.93m | 14.98m 66.20% |
| (old CAN 10.78 Debbie Murfitt ON 2013) | | | |

CAN

M60 Shot Put 10:00am

| Name | Age Team | Finals | Age-Grading |
|------------------|-------------------|--------|---------------|
| 1 Bill Pearson | M63 Throwers Club | 11.46m | 14.30m 61.88% |
| 2 Harbans Cheema | M61 Unattached - | 10.44m | 13.03m 56.37% |
| 3 Ralph Shapiro | M64 Throwers Club | 9.82m | 12.25m 53.02% |

W60 Shot Put 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------|-------------------|--------|--------------|
| 1 Jane Warren | W60 Unattached N | 5.75m | 8.63m 38.16% |
| 2 Sherry Watts | W62 London Pacers | 5.55m | 8.33m 36.83% |

M65 Shot Put 10:00am

| Name | Age Team | Finals | Age-Grading |
|-----------------|-------------------|--------|---------------|
| 1 Tim Cederblad | M65 United State | 13.02m | 17.71m 76.63% |
| 2 Jerzy Wyroba | M66 Unattached - | 10.58m | 14.39m 62.27% |
| 3 Brock Pullen | M66 Throwers Club | 9.06m | 12.32m 53.33% |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W65 Shot Put 10:00am**

| Name | Age Team | Finals | Age-Grading |
|----------------------------|----------------------|--------|---------------|
| 1 Joanne Miklos Den Iseger | W69 London Pacers | 6.26m | 10.39m 45.93% |
| 2 Louise Nesterenko | W65 Calgary Spartans | J6.26m | 10.39m 45.93% |
| 3 Patty Franke Wager | W65 Unattached - | 5.39m | 8.94m 39.55% |

M70 Shot Put 10:00am

| Name | Age Team | Finals | Age-Grading |
|------------------|-------------------|--------|---------------|
| 1 John Kasperski | M72 Throwers Club | 11.53m | 14.76m 63.88% |
| 2 Gary McColeman | M74 UTTC | 6.20m | 7.93m 34.35% |

M75 Shot Put 10:00am

| Name | Age Team | Finals | Age-Grading |
|------------------|-------------------|--------|---------------|
| 1 David Morris | M77 Throwers Club | 8.71m | 12.18m 52.72% |
| 2 Peter Hanson | M78 Unattached | 8.51m | 11.90m 51.51% |
| 3 James Sumner | M77 Unattached - | 8.18m | 11.44m 49.52% |
| 4 Enrico Toscano | M75 Throwers Club | 6.11m | 8.54m 36.99% |

W75 Shot Put 10:00am

| Name | Age Team | Finals | Age-Grading |
|---------------------|------------------|--------|---------------|
| 1 Christa Bortignon | W79 Greyhounds T | 7.08m | 12.97m 57.33% |

M80 Shot Put 10:00am

| Name | Age Team | Finals | Age-Grading |
|-------------|-----------------|--------|---------------|
| 1 Jim Blair | M84 New Zealand | 7.80m | 11.74m 50.78% |

W35 Weight Throw Last event

| Name | Age Team | Finals | Age-Grading |
|-----------------------|-------------------|--------|---------------|
| 1 Marie-Josée Le Jour | W37 Throwers Club | 15.19m | 16.59m 70.29% |

M40 Weight Throw Last event

| Name | Age Team | Finals | Age-Grading |
|-----------------------|---------------------|--------|--------------|
| 1 Jasbir Singh Hundal | M42 Jamaica Masters | 6.17m | 6.72m 26.00% |
| 2 Ovidiu Negoita | M44 Jamaica Masters | 6.07m | 6.61m 25.58% |

M50 Weight Throw Last event

| Name | Age Team | Finals | Age-Grading |
|--------------------------|------------------|--------|---------------|
| 1 Thomas Lambdin | M54 United State | 14.11m | 14.79m 57.22% |
| 2 Manoharan Sethukavalar | M50 Unattached - | 11.43m | 11.98m 46.35% |

W50 Weight Throw Last event

| Name | Age Team | Finals | Age-Grading |
|-------------------|----------|--------|--------------|
| 1 Theresa Rozario | W51 UTTC | 7.01m | 8.28m 35.12% |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Weight Throw Last event**

| Name | Age Team | Finals | Age-Grading |
|-------------------------------------|-------------------------|---------------|----------------------|
| 1 Elizabeth Hill | W55 Kingston Tra | 11.36m | 14.67m 62.18% |
| (old CAN 10.68 Liz McBlain AB 2003) | | | |

M55 Weight Throw Last event

| Name | Age Team | Finals | Age-Grading |
|----------------|----------|--------|---------------|
| 1 Ayman Mazhar | M56 UTTC | 16.36m | 18.36m 71.01% |

M60 Weight Throw Last event

| Name | Age Team | Finals | Age-Grading |
|------------------|-------------------|--------|---------------|
| 1 Bill Pearson | M63 Throwers Club | 12.40m | 12.92m 49.98% |
| 2 Harbans Cheema | M61 Unattached - | 9.11m | 9.49m 36.72% |

W60 Weight Throw Last event

| Name | Age Team | Finals | Age-Grading |
|---------------|------------------|--------|--------------|
| 1 Jane Warren | W60 Unattached N | 6.00m | 7.26m 30.79% |

M65 Weight Throw Last event

| Name | Age Team | Finals | Age-Grading |
|-----------------|-------------------|--------|---------------|
| 1 Tim Cederblad | M65 United State | 14.99m | 16.71m 64.64% |
| 2 Brock Pullen | M66 Throwers Club | 11.36m | 12.66m 48.99% |

W65 Weight Throw Last event

| Name | Age Team | Finals | Age-Grading |
|----------------------|----------------------|--------|--------------|
| 1 Louise Nesterenko | W65 Calgary Spartans | 6.95m | 9.21m 39.04% |
| 2 Patty Franke Wager | W65 Unattached - | 5.66m | 7.50m 31.80% |

M70 Weight Throw Last event

| Name | Age Team | Finals | Age-Grading |
|------------------|-------------------|--------|---------------|
| 1 John Kasperski | M72 Throwers Club | 15.27m | 17.42m 67.36% |

M75 Weight Throw Last event

| Name | Age Team | Finals | Age-Grading |
|------------------|-------------------|--------|---------------|
| 1 David Morris | M77 Throwers Club | 11.36m | 13.95m 53.97% |
| 2 Enrico Toscano | M75 Throwers Club | 6.81m | 8.36m 32.35% |

M80 Weight Throw Last event

| Name | Age Team | Finals | Age-Grading |
|------------------------------|-------------------|--------|---------------|
| 1 Emil Muller | M80 Throwers Club | 14.66m | 19.12m 73.93% |
| (CAN 14.67 Emil 2015) | | | |
| 2 Jim Blair | M84 New Zealand | 8.38m | 10.93m 42.26% |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M35 1000 Meter Run Indoor Pentathlon**

| Name | Age Team | Finals | Age-Grading Points |
|--------------------|------------------|---------|--------------------|
| 1 Fernando Cornejo | M36 Unattached - | 4:08.54 | 4:06.76 52.89% 163 |

M40 1000 Meter Run Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points |
|----------------|------------------|---------|--------------------|
| 1 Doug McLaren | M40 Unattached-S | 3:32.28 | 3:22.46 64.46% 461 |

M45 1000 Meter Run Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points |
|----------------|------------------|---------|--------------------|
| 1 Kasper Hinds | M47 Ontario Mast | 3:36.98 | 3:18.45 65.76% 495 |
| 2 Paul White | M49 Ontario Mast | 4:27.38 | 4:04.55 53.37% 174 |

M60 1000 Meter Run Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points |
|----------------|-------------------|---------|--------------------|
| 1 Bruce Urch | M61 Throwers Club | 3:53.05 | 3:05.70 70.28% 609 |
| 2 David Dickey | M62 Greyhounds T | 3:56.84 | 3:08.72 69.15% 581 |

M65 1000 Meter Run Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points |
|-------------------|----------|---------|--------------------|
| 1 Peter Zowkewych | M65 UTTC | 4:40.04 | 3:31.74 61.63% 387 |

M70 1000 Meter Run Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points |
|--------------------|------------------|---------|--------------------|
| 1 Roland Delhomeau | M71 Saskatoon CE | 4:33.85 | 3:14.74 67.01% 527 |

M35 60 Meter Hurdles Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points |
|--------------------|------------------|--------|--------------------|
| 1 Fernando Cornejo | M36 Unattached - | 12.26 | 12.07 60.52% 218 |

M40 60 Meter Hurdles Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points |
|----------------|------------------|--------|--------------------|
| 1 Doug McLaren | M40 Unattached-S | 9.07 | 8.59 85.01% 839 |

M45 60 Meter Hurdles Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points |
|----------------|------------------|--------|--------------------|
| 1 Kasper Hinds | M47 Ontario Mast | 11.29 | 10.27 71.12% 491 |
| 2 Paul White | M49 Ontario Mast | 11.37 | 10.34 70.62% 479 |

M60 60 Meter Hurdles Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points |
|--------------|-------------------|--------|--------------------|
| 1 Bruce Urch | M61 Throwers Club | 12.51 | 10.40 70.18% 468 |

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| | | | | | |
|----------------|------------------|-------|-------|--------|-----|
| 2 David Dickey | M62 Greyhounds T | 12.62 | 10.49 | 69.57% | 452 |
|----------------|------------------|-------|-------|--------|-----|

M65 60 Meter Hurdles Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points | | |
|-------------------|----------|--------|--------------------|--------|-----|
| 1 Peter Zowkewych | M65 UTTC | 12.37 | 9.83 | 74.29% | 574 |

M70 60 Meter Hurdles Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points | | |
|--------------------|------------------|--------|--------------------|--------|-----|
| 1 Roland Delhomeau | M71 Saskatoon CE | 14.47 | 11.17 | 65.38% | 342 |

M35 High Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points | | |
|--------------------|------------------|--------|--------------------|--------|-----|
| 1 Fernando Cornejo | M36 Unattached - | 1.37m | 1.40m | 57.32% | 317 |

M40 High Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points | | |
|----------------|------------------|--------|--------------------|--------|-----|
| 1 Doug McLaren | M40 Unattached-S | 1.58m | 1.65m | 67.52% | 504 |

M45 High Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points | | |
|----------------|------------------|--------|--------------------|--------|-----|
| 1 Kasper Hinds | M47 Ontario Mast | 1.49m | 1.64m | 67.12% | 496 |
| 2 Paul White | M49 Ontario Mast | 1.43m | 1.57m | 64.41% | 441 |

M60 High Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points | | |
|----------------|-------------------|--------|--------------------|--------|-----|
| 1 Bruce Urch | M61 Throwers Club | 1.31m | 1.70m | 69.68% | 544 |
| 2 David Dickey | M62 Greyhounds T | 1.25m | 1.62m | 66.49% | 480 |

M65 High Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points | | |
|-------------------|----------|--------|--------------------|--------|-----|
| 1 Peter Zowkewych | M65 UTTC | 1.40m | 1.94m | 79.10% | 749 |

M70 High Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points | | |
|--------------------|------------------|--------|--------------------|--------|-----|
| 1 Roland Delhomeau | M71 Saskatoon CE | 1.28m | 1.89m | 77.58% | 705 |

M35 Long Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points | | |
|--------------------|------------------|--------|--------------------|--------|-----|
| 1 Fernando Cornejo | M36 Unattached - | 4.36m | 4.49m | 50.23% | 288 |

M40 Long Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points | | |
|------|----------|--------|--------------------|--|--|
|------|----------|--------|--------------------|--|--|

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| | | | | | |
|----------------|------------------|-------|-------|--------|-----|
| 1 Doug McLaren | M40 Unattached-S | 5.25m | 5.72m | 63.95% | 527 |
|----------------|------------------|-------|-------|--------|-----|

M45 Long Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------|------------------|--------|--------------|--------|
| 1 Kasper Hinds | M47 Ontario Mast | 5.17m | 5.97m 66.71% | 580 |
| 2 Paul White | M49 Ontario Mast | 4.44m | 5.12m 57.29% | 405 |

M60 Long Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------|-------------------|--------|--------------|--------|
| 1 Bruce Urch | M61 Throwers Club | 4.23m | 5.95m 66.51% | 576 |
| 2 David Dickey | M62 Greyhounds T | 3.83m | 5.39m 60.22% | 459 |

M65 Long Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------|----------|--------|--------------|--------|
| 1 Peter Zowkewych | M65 UTTC | 3.69m | 5.60m 62.65% | 502 |

M70 Long Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------|------------------|--------|--------------|--------|
| 1 Roland Delhomeau | M71 Saskatoon CE | 3.06m | 5.04m 56.35% | 390 |

M35 Shot Put Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------|------------------|--------|---------------|--------|
| 1 Fernando Cornejo | M36 Unattached - | 11.94m | 12.38m 53.57% | 629 |

M40 Shot Put Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------|------------------|--------|---------------|--------|
| 1 Doug McLaren | M40 Unattached-S | 8.99m | 10.01m 43.30% | 486 |

M45 Shot Put Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------|------------------|--------|--------------|--------|
| 1 Paul White | M49 Ontario Mast | 7.46m | 8.96m 38.79% | 423 |
| 2 Kasper Hinds | M47 Ontario Mast | 7.28m | 8.75m 37.86% | 411 |

M60 Shot Put Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|----------------|-------------------|--------|---------------|--------|
| 1 Bruce Urch | M61 Throwers Club | 9.25m | 11.54m 49.95% | 579 |
| 2 David Dickey | M62 Greyhounds T | 6.32m | 7.88m 34.13% | 359 |

M65 Shot Put Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------|----------|--------|---------------|--------|
| 1 Peter Zowkewych | M65 UTTC | 10.90m | 14.83m 64.16% | 779 |

M70 Shot Put Indoor Pentathlon

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| Name | Age Team | Finals | Age-Grading Points |
|--------------------|------------------|--------|--------------------|
| 1 Roland Delhomeau | M71 Saskatoon CE | 8.05m | 10.30m 44.60% 504 |

M35 Indoor Pentathlon 10:30am

| Name | Age Team | Finals |
|--------------------|------------------|--------|
| 1 Fernando Cornejo | M36 Unattached - | 1615 |

M40 Indoor Pentathlon 10:30am

| Name | Age Team | Finals |
|----------------|------------------|--------|
| 1 Doug McLaren | M40 Unattached-S | 2817 |

M45 Indoor Pentathlon 10:30am

| Name | Age Team | Finals |
|----------------|------------------|--------|
| 1 Kasper Hinds | M47 Ontario Mast | 2473 |
| 2 Paul White | M49 Ontario Mast | 1922 |

M60 Indoor Pentathlon 10:30am

| Name | Age Team | Finals |
|----------------|-------------------|--------|
| 1 Bruce Urch | M61 Throwers Club | 2776 |
| 2 David Dickey | M62 Greyhounds T | 2331 |

M65 Indoor Pentathlon 10:30am

| Name | Age Team | Finals | |
|-------------------------------------|-----------------|-------------|------------|
| 1 Peter Zowkewych | M65 UTTC | 2991 | CAN |
| (old CAN 2972 Doug Renwick AB 2007) | | | |

M70 Indoor Pentathlon 10:30am

| Name | Age Team | Finals |
|--------------------|------------------|--------|
| 1 Roland Delhomeau | M71 Saskatoon CE | 2468 |

M40 1500 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading |
|--|------------------|---------|----------------|
| 1 Dmitry Babenko | M43 Unattached B | 6:16.17 | 5:55.79 86.85% |
| (CAN 6:15.75 Dimitry in February) | | | |

W40 1500 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading |
|------------------|------------------|----------|----------------|
| 1 Carmen Farrell | W40 Ontario Race | 10:07.50 | 9:44.72 57.63% |

W45 1500 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading |
|------|----------|--------|-------------|
|------|----------|--------|-------------|

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Rachel Fouladi W48 Greyhounds T 10:13.51 9:27.50 59.38%

M50 1500 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading | |
|---|------------------------|----------------|-----------------------|------------|
| 1 Yvan Béchard (old CAN 6:44.47 Glen Bodet AB 2013) | M53 Indépendant | 6:42.25 | 5:50.61 88.13% | CAN |
| 2 Jianping Xu | M50 Harbour Track | 6:51.64 | 5:58.79 86.12% | |

W55 1500 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading |
|-------------------|--------------------|---------|----------------|
| 1 Sandy Archibald | W56 Bytown Walkers | 8:58.62 | 7:37.83 73.61% |

W60 1500 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading |
|---------------|------------------|---------|----------------|
| 1 Kris Kozell | W63 Ontario Race | 8:24.46 | 6:48.92 82.41% |
| 2 Anne De Thy | W62 Ontario Race | 9:05.08 | 7:21.85 76.27% |

W65 1500 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading | |
|---|-----------------------------------|----------------|-----------------------|------------|
| 1 Teresa Chiozza (old CAN 9:03.37 Ann Marie Rosenitsch ON 2008) | W65 AB Ontario RaceWalkers | 9:01.15 | 6:55.72 81.07% | CAN |
| 2 Lalitha Tella | W66 Bytown Walkers | 10:05.22 | 7:44.94 72.48% | |

W80 1500 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading | |
|---|-------------------------|-----------------|-----------------------|------------|
| 1 Jean Horne (old CAN 11:05 Jean last year) | W83 Ontario Race | 11:17.18 | 7:01.35 79.98% | CAN |

W40 3000 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading |
|------------------|------------------|----------|-----------------|
| 1 Carmen Farrell | W40 Ontario Race | 20:33.33 | 19:47.09 58.55% |

W45 3000 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading |
|------------------|------------------|----------|-----------------|
| 1 Rachel Fouladi | W48 Greyhounds T | 21:24.80 | 19:48.45 58.48% |

M50 3000 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading | |
|--|------------------------|-----------------|------------------------|------------|
| 1 David Swarts | M50 United State | 13:42.95 | 11:58.85 87.84% | |
| 2 Yvan Béchard (old CAN 13:52.49 Glen Bodet AB 2013) | M53 Indépendant | 13:50.00 | 12:05.01 87.09% | CAN |
| 3 Jianping Xu | M50 Harbour Track | 14:05.79 | 12:18.80 85.47% | |

W50 3000 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading |
|------|----------|--------|-------------|
|------|----------|--------|-------------|

Canadian Masters Indoor Championships - 2016-03-19 to 2016-03-20**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

| | | | | | |
|---|---------------|--------------------|----------|----------|--------|
| 1 | Debra Denault | W51 Bytown Walkers | 21:00.81 | 18:38.97 | 62.11% |
|---|---------------|--------------------|----------|----------|--------|

M55 3000 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading |
|------|----------|--------|-------------|
|------|----------|--------|-------------|

| | | | | | |
|---|-------------|--------------------|----------|----------|--------|
| 1 | John Gardam | M59 Bytown Walkers | 18:16.53 | 15:17.14 | 68.85% |
|---|-------------|--------------------|----------|----------|--------|

W55 3000 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading |
|------|----------|--------|-------------|
|------|----------|--------|-------------|

| | | | | | |
|---|-----------------|--------------------|----------|----------|--------|
| 1 | Sandy Archibald | W56 Bytown Walkers | 18:19.78 | 15:32.84 | 74.50% |
|---|-----------------|--------------------|----------|----------|--------|

W60 3000 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading |
|------|----------|--------|-------------|
|------|----------|--------|-------------|

| | | | | | |
|---|-------------|------------------|----------|----------|--------|
| 1 | Kris Kozell | W63 Ontario Race | 17:27.98 | 14:04.57 | 82.29% |
|---|-------------|------------------|----------|----------|--------|

| | | | | | |
|---|-------------|------------------|----------|----------|--------|
| 2 | Anne De Thy | W62 Ontario Race | 18:46.29 | 15:07.68 | 76.57% |
|---|-------------|------------------|----------|----------|--------|

W65 3000 Meter Race Walk 10:00am

| Name | Age Team | Finals | Age-Grading |
|------|----------|--------|-------------|
|------|----------|--------|-------------|

| | | | | | | |
|----------|-----------------------|-----------------------------------|-----------------|-----------------|---------------|------------|
| 1 | Teresa Chiozza | W65 AB Ontario RaceWalkers | 18:35.81 | 14:08.47 | 81.91% | CAN |
|----------|-----------------------|-----------------------------------|-----------------|-----------------|---------------|------------|

(old CAN 19:13.65 Ann Marie Rosenitsch ON 2007)

| | | | | | |
|---|---------------|--------------------|----------|----------|--------|
| 2 | Lalitha Tella | W66 Bytown Walkers | 20:53.46 | 15:53.14 | 72.92% |
|---|---------------|--------------------|----------|----------|--------|