

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 10000 Meter Run Fri 9:00am**

Name	Age Team	Finals	Age-Grading Points
Finals			
1 Predrag Mladenovic	M44 Unattached -	34:57.73	33:43.90 78.07%
2 Darren Lee	M41 Unattached -	37:01.20	35:43.02 73.73%
3 Randall Jegins	M43 Unattached -	43:09.23	41:38.09 63.25%
4 Neil Maskery	M43 Ontario Mast	44:07.32	42:34.14 61.86%

M40 10000 Meter Run Fri 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Isabelle Auger	W44 Les Godasses	47:33.38	45:36.11 65.83%

M45 10000 Meter Run Fri 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Robert Madej	M47 Longboat Roa	40:58.03	38:04.99 69.15%
2 Hassan Zaghy	M47 A.T.P athlétisme	41:54.50	38:57.48 67.59%
3 Hyun Joong Lee	M49 Ontario Mast	44:31.42	41:23.36 63.62%
4 Andrew Ferrier	M47 Timmins Porc	44:59.87	41:49.80 62.95%
-- Rich Tremain	M45 Unattached -	DNF	

M50 10000 Meter Run Fri 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Kenneth Wayne Riley	M50 Unattached -	42:24.49	37:55.80 69.43%

M55 10000 Meter Run Fri 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Walter Faion	M56 UTTC	44:18.36	38:04.07 69.17%
2 Réjean Bourgouin	M58 Les Godasses	44:55.02	38:35.57 68.23%
3 Marcel Boudreau	M58 Timmins Porc	46:13.09	39:42.64 66.31%

M65 10000 Meter Run Fri 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Richard Bailey	M68 Longboat Roa	46:01.38	36:09.90 72.81%
-- Bantyeahun Tezazu	M66 Unattached -	DNF	

M75 10000 Meter Run Fri 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Keijo Taivassalo	M77 UTTC	55:37.21	38:17.67 68.77%
2 Robert Moore	M75 Toronto Olym	56:55.35	39:11.47 67.19%

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M80 10000 Meter Run Fri 9:00am**

Name	Age Team	Finals	Age-Grading Points
1 Roger Davies	M81 Unattached -	57:34.55	35:47.70 73.57%

M85 10000 Meter Run Fri 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Ed Whitlock	M85 Unattached -	51:07.53	27:25.74 96.01%

M35 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Adam Betzelt	M35 Unattached	25.17	0.1	24.76 78.03%	2 626
2 Thomas Bereza	M35 Monte Cristo	25.89	0.1	25.47 75.86%	2 567

M40 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Jeff Miller	M44 North Halton	29.68	0.1	28.31 68.26%	2 356

M45 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Paul White	M49 Ontario Mast	28.42	0.1	26.25 73.61%	2 505

M50 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Christopher Simpson	M51 Monte Cristo	32.77	0.1	29.28 66.01%	2 294

M55 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 John Siriski	M57 Unattached -	30.48	0.1	26.32 73.43%	2 499

M60 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	29.57	-0.5	24.64 78.42%	637
2 Bruce Urch	M61 Throwers Club	29.79	-0.5	24.83 77.84%	620
3 Bob Maseratti	M64 United State	48.51	-0.5	40.42 47.80%	

M65 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 David Blackwood	M67 Saint John T	34.62	-0.5	27.73 69.70%	395

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 200 Meter Dash Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Roland Delhomeau	M71 Saskatoon CE	36.28	-0.5	27.73 69.68%	395

W55 800 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
-- Susanne Lauridsen	W58 Calgary Spartans	DNF		

M35 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Adam Betzelt	M35 Unattached	5:48.40	5:45.37 59.65%	327
2 Thomas Bereza	M35 Monte Cristo	6:15.90	6:12.63 55.28%	215

M40 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jeff Miller	M44 North Halton	6:35.42	6:16.41 54.73%	201

M45 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
-- Paul White	M49 Ontario Mast	DNF		

M50 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Christopher Simpson	M51 Monte Cristo	7:20.45	6:24.56 53.57%	173

M55 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 John Siriski	M57 Unattached -	6:55.33	5:46.27 59.49%	323

M60 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	5:24.09	4:17.30 80.06%	830
2 Bruce Urch	M61 Throwers Club	6:24.14	5:04.97 67.55%	531
-- Bob Maseratti	M64 United State	DNF		

M65 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 David Blackwood	M67 Saint John T	7:16.80	5:28.87 62.64%	405

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 1500 Meter Run Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Roland Delhomeau	M71 Saskatoon CE	7:48.50	5:31.66 62.11% 391

W55 100 Short Hurdles Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Susanne Lauridsen	W58 Calgary Spartans	19.77	1.5	19.86 61.51% 314

W55 High Jump Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Susanne Lauridsen	W58 Calgary Spartans	1.21m	1.56m 75.16% 689

W55 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Susanne Lauridsen	W58 Calgary Spartans	3.43m	-2.6	4.59m 61.14% 451

M35 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Adam Betzelt	M35 Unattached	6.16m	1.8	6.35m 70.97% 664
2 Thomas Bereza	M35 Monte Cristo	5.90m	4.2	6.08m 67.97% 604

M40 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Jeff Miller	M44 North Halton	5.18m	2.2	5.64m 63.09% 510

M45 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Paul White	M49 Ontario Mast	4.81m	-0.2	5.55m 62.06% 492

M50 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Christopher Simpson	M51 Monte Cristo	3.87m	-0.6	4.75m 53.16% 335

M55 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 John Siriski	M57 Unattached -	4.20m	-0.5	5.51m 61.58% 483

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 Long Jump Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	4.31m	0.1	6.06m 67.77%	600
2 Bruce Urch	M61 Throwers Club	4.14m	-2.1	5.82m 65.09%	548
3 Bob Maseratti	M64 United State	2.90m	-1.5	4.08m 45.60%	219

M65 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 David Blackwood	M67 Saint John T	3.61m	-1.6	5.48m 61.29%	477

M70 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Roland Delhomeau	M71 Saskatoon CE	3.03m	-1.5	4.99m 55.80%	380

W35 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Marie-Josée Le Jour	W37 Throwers Club	10.86m	11.25m 49.75%	612

W50 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kristen Dajia	W53 Throwers Club	9.42m	11.87m 52.48%	653

W55 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Deborah Ecklund	W56 Unattached	5.40m	7.40m 32.71%	361

W55 Shot Put Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Susanne Lauridsen	W58 Calgary Spartans	7.54m	10.33m 45.67%	551

W60 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jane Warren	W61 Unattached N	6.24m	9.36m 41.41%	488

W65 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68 Unattached	6.67m	11.07m 48.94%	600
2 Louise Nesterenko	W65 Calgary Spartans	5.35m	8.88m 39.25%	456

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M51 Saint John T	13.33m	15.62m 67.56%	828

M55 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jerzy Dabrowa	M58 Unattached -	9.42m	11.96m 51.76%	604
2 John Siriski	M57 Unattached -	7.76m	9.85m 42.64%	477

M60 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M64 Throwers Club	10.96m	13.68m 59.18%	709
2 Brian Berquist	M63 Riversdale A	9.98m	12.45m 53.89%	634

M65 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Peter Zowkewych	M65 UTTC	10.08m	13.71m 59.33%	711
2 Brock Pullen	M67 Throwers Club	8.83m	12.01m 51.97%	607
3 Imrich Kiraly	M69 Saint John T	8.56m	11.64m 50.38%	585

M70 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M72 Throwers Club	11.17m	14.30m 61.88%	747
2 Lewis Breese	M70 United State	9.56m	12.24m 52.96%	621
3 Gary McColeman	M74 UTTC	6.55m	8.38m 36.29%	389

M75 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 David Morris	M78 Throwers Club	8.27m	11.57m 50.06%	580
2 Enrico Toscano	M75 Throwers Club	5.69m	7.96m 34.44%	364

W35 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Marie-Josée Le Jour	W37 Throwers Club	41.24m	42.75m 55.68%	708

W50 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kristen Dajia	W53 Throwers Club	25.52m	33.50m 43.62%	529

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Deborah Ecklund	W56 Unattached	15.08m	21.72m 28.29%	309

W60 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jane Warren	W61 Unattached N	15.68m	25.02m 32.59%	369

W65 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68 Unattached	21.78m	39.04m 50.84%	636
2 Louise Nesterenko	W65 Calgary Spartans	13.39m	24.00m 31.26%	351

M35 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Adam Betzelt	M35 Unattached	26.02m	26.39m 35.62%	394
2 Thomas Bereza	M35 Monte Cristo	22.15m	22.46m 30.33%	318

M40 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jeff Miller	M44 North Halton	35.29m	38.86m 52.47%	641

M45 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Paul White	M49 Ontario Mast	24.01m	28.92m 39.05%	443

M50 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M51 Saint John T	35.75m	36.52m 49.31%	594

M50 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Christopher Simpson	M51 Monte Cristo	22.51m	23.00m 31.05%	329

M55 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jerzy Dabrowa	M58 Unattached -	28.16m	31.26m 42.21%	489
2 John Siriski	M57 Unattached -	27.22m	30.22m 40.80%	469

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 Discus Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 John Siriski	M57 Unattached -	26.99m	29.96m 40.45%	464

M60 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M64 Throwers Club	36.26m	38.53m 52.02%	635
2 Brian Berquist	M63 Riversdale A	36.18m	38.45m 51.91%	633

M60 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	35.90m	38.15m 51.51%	627
2 Bruce Urch	M61 Throwers Club	27.10m	28.80m 38.88%	441
3 Bob Maseratti	M64 United State	25.00m	26.57m 35.87%	397

M65 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M67 Throwers Club	35.51m	41.32m 55.78%	691
2 Imrich Kiraly	M69 Saint John T	28.85m	33.57m 45.32%	535
3 Peter Zowkewych	M65 UTTC	25.81m	30.03m 40.54%	465

M65 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 David Blackwood	M67 Saint John T	23.21m	27.00m 36.46%	406

M70 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M72 Throwers Club	30.92m	39.51m 53.35%	655
2 Lewis Breese	M70 United State	23.98m	30.64m 41.37%	477
3 Gary McColeman	M74 UTTC	14.90m	19.04m 25.71%	254

M70 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Roland Delhomeau	M71 Saskatoon CE	23.82m	30.44m 41.10%	473

M75 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 David Morris	M78 Throwers Club	23.18m	33.22m 44.84%	528
2 Enrico Toscano	M75 Throwers Club	15.26m	21.87m 29.52%	307

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Marie-Josée Le Jour	W37 Throwers Club	41.75m	45.68m 59.33%	836

W50 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kristen Dajia	W53 Throwers Club	38.85m	49.87m 64.77%	929

W55 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Deborah Ecklund	W56 Unattached	15.46m	21.61m 28.08%	314

W60 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jane Warren	W61 Unattached N	13.25m	20.34m 26.42%	287

W65 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68 Unattached	23.54m	40.10m 52.09%	713
2 Louise Nesterenko	W65 Calgary Spartans	17.19m	29.28m 38.04%	478

M50 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M51 Saint John T	38.61m	45.80m 52.81%	607

M55 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 John Siriski	M57 Unattached -	20.30m	26.68m 30.76%	297
2 Jerzy Dabrowa	M58 Unattached -	20.03m	26.32m 30.35%	292

M60 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M64 Throwers Club	30.28m	39.61m 45.67%	506
2 Brian Berquist	M63 Riversdale A	25.95m	33.94m 39.14%	414

M65 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M67 Throwers Club	26.44m	38.75m 44.68%	492
2 Imrich Kiraly	M69 Saint John T	26.28m	38.51m 44.41%	488
3 Peter Zowkewych	M65 UTTC	19.10m	27.99m 32.27%	318

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M72 Throwers Club	31.02m	45.05m 51.94%	595
2 Lewis Breese	M70 United State	27.65m	40.15m 46.30%	515
3 Gary McColeman	M74 UTTC	15.00m	21.78m 25.12%	220

M75 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 David Morris	M78 Throwers Club	16.29m	26.86m 30.97%	300
2 Enrico Toscano	M75 Throwers Club	14.72m	24.27m 27.98%	259

W35 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Marie-Josée Le Jour	W37 Throwers Club	26.98m	28.65m 39.26%	451

W50 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Kristen Dajia	W53 Throwers Club	20.67m	27.17m 37.22%	423

W55 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Deborah Ecklund	W56 Unattached	8.13m	11.77m 16.13%	138

W60 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jane Warren	W61 Unattached N	11.16m	17.98m 24.64%	251

W65 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68 Unattached	17.72m	32.19m 44.11%	518
2 Louise Nesterenko	W65 Calgary Spartans	11.04m	20.06m 27.48%	290

M35 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Adam Betzelt	M35 Unattached	39.08m	39.57m 40.19%	436
2 Thomas Bereza	M35 Monte Cristo	37.13m	37.59m 38.18%	407

M40 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jeff Miller	M44 North Halton	34.85m	37.85m 38.44%	411

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 Javelin Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Paul White	M49 Ontario Mast	31.94m	37.42m 38.00%	405

M50 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Christopher Simpson	M51 Monte Cristo	20.87m	25.62m 26.02%	238

M50 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M51 Saint John T	39.17m	48.09m 48.83%	560

M55 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jerzy Dabrowa	M58 Unattached -	28.08m	37.57m 38.15%	407
2 John Siriski	M57 Unattached -	20.77m	27.79m 28.22%	268

M55 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 John Siriski	M57 Unattached -	28.29m	37.85m 38.44%	411

M60 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Brian Berquist	M63 Riversdale A	32.65m	46.16m 46.88%	532
2 Bill Pearson	M64 Throwers Club	30.11m	42.57m 43.23%	479

M60 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	39.24m	55.48m 56.34%	670
2 Bruce Urch	M61 Throwers Club	21.53m	30.44m 30.91%	305
3 Bob Maseratti	M64 United State	14.15m	20.00m 20.32%	161

M65 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 David Blackwood	M67 Saint John T	33.89m	52.93m 53.75%	632

M65 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M67 Throwers Club	34.83m	54.40m 55.24%	654
2 Peter Zowkewych	M65 UTTC	27.47m	42.90m 43.57%	484

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****...M65 Javelin Throw Throws Pentathlon**

3 Imrich Kiraly	M69 Saint John T	24.09m	37.62m	38.21%	408
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M70 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading Points		
1 Roland Delhomeau	M71 Saskatoon CE	23.55m	39.56m	40.17%	436

M70 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points		
1 Lewis Breese	M70 United State	22.34m	37.53m	38.11%	406
2 John Kasperski	M72 Throwers Club	20.57m	34.55m	35.09%	364
3 Gary McColeman	M74 UTTC	11.81m	19.84m	20.15%	159

M75 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points		
1 David Morris	M78 Throwers Club	19.19m	36.33m	36.89%	389
2 Enrico Toscano	M75 Throwers Club	9.14m	17.30m	17.57%	125

W35 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points		
1 Marie-Josée Le Jour	W37 Throwers Club	13.73m	14.99m	63.54%	801

W50 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points		
1 Kristen Dajia	W53 Throwers Club	12.34m	14.58m	61.82%	775

W55 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points		
1 Deborah Ecklund	W56 Unattached	5.15m	6.65m	28.19%	291

W60 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points		
1 Jane Warren	W61 Unattached N	6.51m	7.88m	33.40%	364

W65 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading Points		
1 Cheryl Closkey	W68 Unattached	10.37m	13.75m	58.26%	723
2 Louise Nesterenko	W65 Calgary Spartans	7.35m	9.74m	41.29%	477

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M51 Saint John T	15.45m	16.20m 62.65%	804

M55 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jerzy Dabrowa	M58 Unattached -	8.05m	9.03m 34.94%	398
2 John Siriski	M57 Unattached -	6.62m	7.43m 28.73%	310

M60 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M64 Throwers Club	12.37m	12.89m 49.86%	615
2 Brian Berquist	M63 Riversdale A	9.99m	10.41m 40.27%	475

M65 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M67 Throwers Club	10.99m	12.25m 47.39%	579
2 Imrich Kiraly	M69 Saint John T	10.17m	11.34m 43.86%	527
3 Peter Zowkewych	M65 UTTC	8.52m	9.50m 36.74%	424

M70 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M72 Throwers Club	13.47m	15.36m 59.42%	756
2 Lewis Breese	M70 United State	9.59m	10.94m 42.30%	505
3 Gary McColeman	M74 UTTC	6.56m	7.48m 28.94%	312

M75 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 David Morris	M78 Throwers Club	9.25m	11.36m 43.94%	528
2 Enrico Toscano	M75 Throwers Club	6.23m	7.65m 29.60%	322

W55 Outdoor Pentathlon Fri 10:00am

Name	Age Team	Finals	Points
1 Susanne Lauridsen	W58 Calgary Spartans	2005	7

M35 Outdoor Pentathlon Fri 10:00am

Name	Age Team	Finals	Points
1 Adam Betzelt	M35 Unattached	2447	7
2 Thomas Bereza	M35 Monte Cristo	2111	5

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Outdoor Pentathlon Fri 10:00am**

Name	Age Team	Finals	Points
1 Jeff Miller	M44 North Halton	2119	7

M45 Outdoor Pentathlon Fri 10:00am

Name	Age Team	Finals	Points
1 Paul White	M49 Ontario Mast	1845	7

M50 Outdoor Pentathlon Fri 10:00am

Name	Age Team	Finals	Points
1 Christopher Simpson	M51 Monte Cristo	1369	7

M55 Outdoor Pentathlon Fri 10:00am

Name	Age Team	Finals	Points
1 John Siriski	M57 Unattached -	2180	7

M60 Outdoor Pentathlon Fri 10:00am

Name	Age Team	Finals	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	3364	7
2 Bruce Urch	M61 Throwers Club	2445	5
3 Bob Maseratti	M64 United State	777	4

M65 Outdoor Pentathlon Fri 10:00am

Name	Age Team	Finals	Points
1 David Blackwood	M67 Saint John T	2315	6

M70 Outdoor Pentathlon Fri 10:00am

Name	Age Team	Finals	Points
1 Roland Delhomeau	M71 Saskatoon CE	2075	6

W35 Throws Pentathlon Fri 9:00am

Name	Age Team	Finals	Points
1 Marie-Josée Le Jour	W37 Throwers Club	3408	7

W50 Throws Pentathlon Fri 9:00am

Name	Age Team	Finals	Points
1 Kristen Dajia	W53 Throwers Club	3309	7

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Throws Pentathlon Fri 9:00am**

Name	Age Team	Finals	Points
1 Deborah Ecklund	W56 Unattached	1413	7

W60 Throws Pentathlon Fri 9:00am

Name	Age Team	Finals	Points
1 Jane Warren	W61 Unattached N	1759	7

W65 Throws Pentathlon Fri 9:00am

Name	Age Team	Finals	Points
1 Cheryl Closkey	W68 Unattached	3190	7
2 Louise Nesterenko	W65 Calgary Spartans	2052	5

M50 Throws Pentathlon Fri 9:00am

Name	Age Team	Finals	Points
1 Paul Gautier	M51 Saint John T	3393	7

M55 Throws Pentathlon Fri 9:00am

Name	Age Team	Finals	Points
1 Jerzy Dabrowa	M58 Unattached -	2190	7
2 John Siriski	M57 Unattached -	1821	5

M60 Throws Pentathlon Fri 9:00am

Name	Age Team	Finals	Points
1 Bill Pearson	M64 Throwers Club	2944	7
2 Brian Berquist	M63 Riversdale A	2688	5

M65 Throws Pentathlon Fri 9:00am

Name	Age Team	Finals	Points
1 Brock Pullen	M67 Throwers Club	3023	7
2 Imrich Kiraly	M69 Saint John T	2543	5
3 Peter Zowkewych	M65 UTTC	2402	4

M70 Throws Pentathlon Fri 9:00am

Name	Age Team	Finals	Points
1 John Kasperski	M72 Throwers Club	3117	7
2 Lewis Breese	M70 United State	2524	5
3 Gary McColeman	M74 UTTC	1334	4

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14

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

M75 Throws Pentathlon Fri 9:00am

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Name	Age	Team	Finals	Points
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1 David Morris	M78	Throwers Club	2325	7
2 Enrico Toscano	M75	Throwers Club	1377	5

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 100 Meter Dash M40 Semis**

Name	Age Team	Prelims	Wind	Age-Grading	H#
Preliminaries					
1 Anthony Davis	M43 United State	11.41q	-2.0	10.93 89.57%	1
2 Chad Kichula	M40 Excel Athletika	12.03q	-2.1	11.53 84.95%	2
3 John Berardi	M42 Unattached -	12.59q	-2.1	12.06 81.18%	2
4 Andy Fraser	M44 Unattached	13.13q	-2.0	12.58 77.84%	1
5 Giovanni Perna	M42 Ontario Mast	13.15q	-2.0	12.60 77.72%	1
6 Eric Quane	M40 The Durham Gazelles	13.71q	-2.0	13.14 74.54%	1

M40 100 Meter Dash M40 Semis

Name	Age Team	Finals	Wind	Age-Grading	Points
Finals					
1 Anthony Davis	M43 United State	11.34	-1.5	10.87 90.12%	
2 Chad Kichula	M40 Excel Athletika	12.15	-1.5	11.64 84.12%	
3 John Berardi	M42 Unattached -	12.70	-1.5	12.17 80.47%	
4 Giovanni Perna	M42 Ontario Mast	13.12	-1.5	12.57 77.90%	
5 Andy Fraser	M44 Unattached	13.20	-1.5	12.65 77.42%	
6 Eric Quane	M40 The Durham Gazelles	13.72	-1.5	13.15 74.49%	

M30 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Kevin Ignacio	M30 Unattached -	11.60	-3.1	11.61 84.40%	14	
2 Mark Andal	M31 Game Speed I	11.80	-3.1	11.81 82.97%	14	
3 Jameel Jones	M34 United State	11.90	-3.1	11.91 82.27%	14	
4 Mark Tiburcio	M30 Unattached -	12.51	-3.1	12.52 78.26%	14	
5 Nathan Da Silva	M30 Unattached -	12.89	-3.1	12.90 75.95%	14	

W30 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Sheree Mullings	W34 Jamaica Masters	14.28	-2.5	14.29 73.46%	6	

M35 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Dree Ryan	M37 Jamaica Masters	11.60	-1.4	11.45 85.52%	13	
2 Chris Wrobel	M35 The Peel Gazelles	13.01	-1.4	12.84 76.25%	13	
3 Jason Stewart	M36 Halifax Athletics	13.62	-1.4	13.45 72.83%	13	
4 Steve Simpson	M39 Jamaica	14.89	-1.4	14.70 66.62%	13	

W35 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Sonia Lévesque	W38 Soulanges	14.58	-2.5	14.44 72.70%	6	
2 Ashley Shumate	W36 Ontario Mast	15.42	-2.5	15.27 68.74%	6	
3 Monique Shah	W36 Jamaica Masters	15.99	-2.5	15.84 66.29%	6	

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Violeta Garfunkel	W43 UTTC	13.76	-0.8	13.14 79.87%	5
2 Jenn Bowers	W40 The Durham Gazelles	14.51	-0.8	13.86 75.74%	5
3 Claudia Francis	W43 Unattached -	14.70	-0.8	14.04 74.76%	5
4 Judith Thomas	W44 Jamaica	18.67	-0.8	17.83 58.86%	5

M45 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Tit (jonathan) Hui	M45 Guelph Track Club	12.69	-1.7	11.79 83.06%	12
2 Kasper Hinds	M47 Unattached -	12.76	-1.7	11.86 82.60%	12
3 David Kidd	M45 Unattached -	13.58	-1.7	12.62 77.61%	12
4 Zhefu Qiu	M46 Ontario Mast	13.95	-1.7	12.96 75.56%	12
5 Gary Augustyn	M45 Dunamis Athl	15.44	-1.7	14.34 68.26%	12

W45 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Louise Bonneau	W46 Lachine	14.36	-1.1	13.21 79.46%	4
2 Gaye Boston	W47 UTTC	14.71	-1.1	13.53 77.57%	4
3 Cathy Barry	W45 The Durham Gazelles	15.30	-1.1	14.07 74.58%	4
4 Katty Abran	W45 London Weste	21.34	-1.1	19.63 53.47%	1

M50 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Christopher Warburton	M51 Nemean Lions	11.85	-1.2	10.67 91.81%	11
2 Serge Faucher	M52 Ottawa Lions	12.55	-1.2	11.29 86.69%	11
3 Steven Colbert	M51 Greyhounds T	12.64	-1.2	11.38 86.08%	11
4 David Turkstra	M50 Unattached -	13.00	-1.2	11.70 83.69%	11
5 Paul Robinson	M51 Jamaica Masters	13.47	-1.2	12.12 80.77%	11
6 Mark Phillips	M51 Greyhounds T	14.58	-1.2	13.12 74.62%	11
7 Willie Price	M54 United State	15.68	-1.2	14.11 69.39%	11

W50 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Theresa Rozario	W51 UTTC	16.36	-2.1	14.47 72.49%	3

M55 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Allan Tissenbaum	M56 Unattached	12.31	-1.0	10.72 91.39%	10
2 Mike Lee Foon	M55 Jamaica Masters	12.51	-1.0	10.89 89.93%	10
3 Robert Nasato	M55 Jamaica Masters	12.69	-1.0	11.05 88.65%	10
4 Mel White	M57 UTTC	13.79	-1.0	12.01 81.58%	10
5 Russell Unilowsky	M56 Unattached-Manitoba	13.80	-1.0	12.02 81.52%	10
6 Grantley Blenman	M59 Unattached -	13.85	-1.0	12.06 81.23%	10
7 Spencer Arnfield	M57 Extreme Velo	14.17	-1.0	12.34 79.39%	10
8 Pierre Kirwin	M56 Unattached -	16.87	-1.0	14.69 66.69%	10

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****...M55 100 Meter Dash Sat 11:00am**

9 Paul Lee	M56 Unattached -	20.66	-1.0	17.99	54.45%	10
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W55 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Susan Loyd	W58 United State	15.81	-2.1	13.43	78.12%	3
2 Brenda Dion	W59 Athletics Yukon	16.39	-2.1	13.92	75.35%	3
3 Susanne Lauridsen	W58 Calgary Spartans	17.55	-2.1	14.91	70.37%	3
4 Faith Lee	W56 Unattached -	18.75	-2.1	15.93	65.87%	3

M60 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Kerry Smith	M62 Jamaica Masters	12.82	-2.7	10.79	90.80%	9
2 Ward Hazen	M62 Unattached -	13.48	-2.7	11.35	86.35%	9
3 Cassius M L Richards	M61 Unattached -	14.54	-2.7	12.24	80.06%	9
4 Reidar Zapf-Gilje	M64 Greyhounds T	14.58	-2.7	12.27	79.84%	9
5 Brian Berquist	M63 Riversdale A	14.71	-2.7	12.38	79.13%	9
6 Hubert Van Niekerk	M64 Unattached	16.50	-2.7	13.89	70.55%	9

W60 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Wendy Alexis	W61 Ottawa Lions	14.12	-1.0	11.50	91.29%	2
2 Karla Del Grande	W63 Nemean Lions	14.30	-1.0	11.65	90.14%	2
3 Elaine Whidden	W61 Greyhounds T	15.09	-1.0	12.29	85.42%	2
4 Linda Tauvette	W60 Ottawa Lions	15.89	-1.0	12.94	81.12%	2

M65 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Bruce Mintz	M69 Edmonton Masters	15.30	-1.3	12.41	78.89%	8
2 David Blackwood	M67 Saint John T	16.45	-1.3	13.35	73.37%	8
-- Robert Beyea	M68 Jamaica Masters	DNF	-1.3			8

W65 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Urith Hayley	W65 Greyhounds T	16.21	-1.0	12.63	83.10%	2
2 Rhona Trott	W67 Hamilton Oly	17.21	-1.0	13.41	78.27%	2
3 Deborah Lee	W66 Greyhounds T	17.44	-1.0	13.59	77.24%	2

M70 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Peter Evans	M74 Jamaica Masters	15.53	-2.9	12.09	81.00%	7
2 Jean-Louis Perez	M71 Indépendant	15.95	-2.9	12.42	78.87%	7
3 Darrell Patterson	M70 Unattached -	16.02	-2.9	12.47	78.53%	7
4 Patrick Groulx	M74 Ontario Mast	21.92	-2.9	17.06	57.39%	7

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****W70 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Carol LaFayette-Boyd	W74 Unattached	15.05	-1.0	11.14 94.22%	2

M75 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Mike Morris	M76 Unattached	15.49	-2.9	11.48 85.28%	7
2 David Stern	M76 Jamaica Masters	16.74	-2.9	12.41 78.91%	7

M30 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading H#	Points
1 Andrew Galloway	M32 Lakehead Running	52.89	52.90 81.64%	9
2 Sofien Amri	M34 Montréal-Int	53.62	53.63 80.53%	9
3 Nathan Da Silva	M30 Unattached -	59.75	59.76 72.27%	9

W35 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading H#	Points
1 Sonia Lévesque	W38 Soulanges	68.44	67.07 70.98%	3
2 Monique Shah	W36 Jamaica Masters	78.54	76.97 61.85%	3
3 Marie-Eve Boudreau	W35 Saint-Jean O	1:21.23	79.60 59.81%	3

M40 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading H#	Points
1 Nigel John	M43 Jamaica Masters	53.36	49.92 86.51%	8
2 Patrice Doucet	M44 Energie	54.01	50.53 85.47%	8
3 Andy Fraser	M44 Unattached	58.28	54.52 79.20%	8
4 Louis Byrne	M44 Toronto Olym	60.98	57.05 75.70%	8
5 David Leduc	M40 Lanaudière-O	62.31	58.29 74.08%	8

W40 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading H#	Points
1 Eve La Rivière	W44 Saint-Jean O	76.32	71.68 66.42%	3
2 Julie Grenier	W44 Saint-Jean O	1:24.99	79.82 59.64%	3

M45 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading H#	Points
1 Mirco Graenert	M47 Newmarket HU	54.82	49.64 86.99%	7
2 Philippe Ollivier	M49 Saint-Lauren	55.03	49.83 86.66%	7
3 Marcus Skeete	M48 UTTC	55.67	50.41 85.67%	7
4 Sean Kapitain	M46 Unattached -	59.37	53.76 80.33%	7
5 Lenroy Munro	M46 Unattached -	60.51	54.79 78.81%	7
6 Marc Proudfoot	M47 Unattached -	70.30	63.65 67.84%	7

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jodi Rice	W46 Hamilton Eli	69.00	61.99 76.80%	2	
2 Heather Driscoll	W47 Blue Devils	77.13	69.29 68.70%	2	
3 Anke Graenert	W49 Newmarket HU	1:21.32	73.05 65.16%	2	

M50 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Michael Sherar	M52 UTTC	54.37	47.60 90.73%	6	
2 Serge Faucher	M52 Ottawa Lions	55.40	48.50 89.04%	6	
3 Mark Phillips	M51 Greyhounds T	65.87	57.67 74.89%	6	

M55 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 David Leuty	M56 Unattached B	56.47	47.74 90.46%	6	
2 Andrew Bass	M55 Jamaica Masters	60.41	51.08 84.56%	6	
3 Russell Unilowsky	M56 Unattached-Manitoba	65.02	54.97 78.56%	6	

W55 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Susan Loyd	W58 United State	73.34	59.90 79.47%	

W60 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Elaine Whidden	W61 Greyhounds T	79.09	61.02 78.01%	

M65 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Arthur Lewis	M66 Extreme Velo	64.33	50.41 85.65%	5	
2 Bernard Lachance	M66 Saint-Jean O	69.84	54.73 78.89%	5	
3 Norman Creen	M65 UTTC	70.08	54.92 78.62%	5	
4 Duncan Greenshields	M67 UTTC	76.90	60.26 71.65%	5	

M70 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jean-Louis Perez	M71 Indépendant	75.39	56.25 76.77%	4	
2 Patrick Groulx	M74 Ontario Mast	2:18.46	1:43.30 41.80%	4	

M75 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Hylke Van Der Wal	M78 Unattached-S	1:52.94	78.88 54.75%	4	

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****W80 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	Points
1 Alice Cole	W83 Sherbrooke	1:40.52	50.53 94.22%	

M85 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Earl Fee	M87 Unattached -	1:23.35	46.25 93.38%	4	

M35 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jason Dunkerley	M38 Ottawa Lions	4:15.71	4:13.49 81.27%	5	
2 Thomas Bok	M36 UTTC	4:43.94	4:41.47 73.19%	5	
3 Jimmy Semes	M37 Boardwalk RC	5:04.20	5:01.56 68.31%	5	

W35 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Julie Lajeunesse	W35 Fleur de Lys	4:32.73	4:29.24 86.34%	2	
2 Tanya Sakharov	W35 Boardwalk RC	5:22.53	5:18.41 73.01%	2	
3 Delilah Topic	W37 Vernon Amate	5:32.05	5:27.80 70.92%	2	
4 Christina Carreau	W36 Blue Devils	5:34.87	5:30.59 70.32%	2	

M40 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 David Gobeil	M40 Lanaudière-O	4:25.04	4:12.30 81.65%	5	
2 David Leduc	M40 Lanaudière-O	4:45.10	4:31.39 75.91%	5	
3 Jean-Emile Paraiso	M43 Longboat Roa	5:13.74	4:58.65 68.98%	5	

W40 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Michelle Clarke	W42 Longboat Roa	5:05.28	4:48.71 80.52%	2	

M45 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Derek Hackshaw	M47 Newmarket HU	4:37.92	4:13.61 81.23%	4	
2 Jack Cook	M49 Unattached	4:41.34	4:16.73 80.24%	4	
3 Robert Muir	M48 Ottawa Lions	4:53.53	4:27.85 76.91%	4	
4 Gary G Cassel	M48 Ontario Mast	4:56.74	4:30.78 76.08%	4	
5 Steve Boston	M46 Newmarket HU	4:57.99	4:31.92 75.76%	4	
6 Hassan Zaghyry	M47 A.T.P athlétisme	5:00.15	4:33.89 75.21%	4	
7 Wayne Ferron	M49 Longboat Roa	5:20.08	4:52.08 70.53%	4	
8 Brian Lovshin	M46 Toronto Olym	5:27.34	4:58.70 68.96%	4	

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Joanna Kotsopoulos	W46 Boardwalk RC	5:54.70	5:20.72 72.48%	2	

M50 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Simon Rayner	M52 UTTC	4:40.16	4:04.61 84.22%	4	
2 John Willett	M54 UTTC	4:54.90	4:17.48 80.01%	4	
3 Robert Blair	M52 Newmarket HU	5:04.23	4:25.63 77.55%	4	
4 Mark Duff	M54 Boardwalk RC	5:17.17	4:36.93 74.39%	4	

W50 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Elaine Mota	W50 Newmarket HU	5:27.85	4:42.84 82.19%	2	
2 Donna Dixon	W53 Calgary Phoe	5:33.57	4:47.78 80.78%	2	
3 Gina Beer	W50 UTTC	5:50.35	5:02.25 76.91%	2	
4 Cheryl Etter	W54 Blue Devils	6:06.38	5:16.08 73.55%	2	

M55 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Réjean Bourgouin	M58 Les Godasses	5:18.27	4:25.35 77.64%	4	
2 James Freemantle	M58 Newmarket HU	5:20.50	4:27.21 77.10%	4	

W55 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	Points
1 Thérèse Hérard	W59 Lanaudière-O	5:50.77	4:48.06 80.71%	
2 Faith Lee	W56 Unattached -	6:58.92	5:44.02 67.58%	

W60 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	Points
1 Rita Quibell	W60 Newmarket HU	5:36.84	4:21.36 88.95%	
2 Lynn Kobayashi	W60 UTTC	6:10.50	4:47.48 80.87%	
3 Clara Northcott	W61 UTTC	6:23.82	4:57.81 78.06%	
4 Patricia Blacker-Thomson	W60 Unattached -	6:50.69	5:18.66 72.95%	

M65 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 John Helliker	M65 UTTC	5:03.79	3:48.73 90.07%	3	
2 Tim Payne	M66 Newmarket HU	6:11.00	4:39.33 73.75%	3	

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading H#	Points
1 Michel Gingras	M71 Saint-Jean O	5:54.29	4:10.81 82.14%	3

M75 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading H#	Points
1 Chris Mackie	M75 Unattached -	5:52.67	3:51.22 89.10%	3
2 Keijo Taivassalo	M77 UTTC	6:35.04	4:18.99 79.54%	3
3 Jack Geddes	M79 Unattached -	7:13.27	4:44.06 72.52%	3
4 Robert Moore	M75 Toronto Olym	7:17.84	4:47.05 71.77%	3

M80 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading H#	Points
1 Roger Davies	M81 Unattached -	6:56.90	4:06.81 83.47%	3

W80 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading Points
1 Helly Visser	W82 Unattached -	8:50.15	4:27.57 86.88%

M85 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading H#	Points
1 Ed Whitlock	M85 Unattached -	6:38.23	3:23.94101.01%	3

W85 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading Points
1 Lenore Montgomery	W86 Greyhounds T	9:16.87	3:43.53104.00%

M35 100 Short Hurdles Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Jackson Hinton	M35 Edmonton Int	14.67	-1.4	14.53 88.89%	5

W40 100 Short Hurdles Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Nicole Luke	W44 Ultimate Bod	14.60	-1.3		3

M40 100 Short Hurdles Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Ovidiu Negoita	M44 Jamaica Masters	20.77	-1.4	19.79 65.24%	5

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****M45 100 Short Hurdles Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Yannick Le Mou�el	M48 Saint-Jean O	16.84	-1.4	15.42 83.79%	5
2 Shawn Folkes	M48 Jamaica Masters	22.08	-1.4	20.21 63.90%	5

W45 100 Short Hurdles Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Kim Ethier	W48 Ottawa Lions	14.50	-1.3		3

M55 100 Short Hurdles Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Dale Lawrence	M58 Unattached-S	20.65	-0.4	19.06 67.75%	4

W55 100 Short Hurdles Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Muriel Gieni	W58 Riversdale A	14.23	-2.0		
2 Leslie Estwick	W55 Ottawa Lions	14.92	-2.0		
3 Susanne Lauridsen	W58 Calgary Spartans	20.98	-2.0		

M60 100 Short Hurdles Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	17.74	-0.4	15.99 80.78%	4

M65 100 Short Hurdles Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Steve Bogatek	M66 Unattached -	22.40	-0.4	19.35 66.74%	4

W65 100 Short Hurdles Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Urith Hayley	W65 Greyhounds T	17.50	-1.3		3
2 Rhona Trott	W67 Hamilton Oly	17.87	-2.0		1
3 Deborah Lee	W66 Greyhounds T	18.55	-1.4		2

M70 100 Short Hurdles Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Roland Delhomeau	M71 Saskatoon CE	20.39	-1.4	20.84 61.94%	2

M75 100 Short Hurdles Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Hylke Van Der Wal	M78 Unattached-S	26.72	-1.4	26.31 49.06%	2

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 2000 Meter Steeplechase Sat 9:30am**

Name	Age Team	Finals	Age-Grading Points
1 Kate Cochrane-Brink	W48 UTTC	8:22.06	10:43.45 84.17%

M50 2000 Meter Steeplechase Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
-- Jianping Xu	M50 Harbour Track	DQ	

W55 2000 Meter Steeplechase Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 Joy Kramarich	W55 UTTC	10:42.36	12:44.93 70.80%

M60 2000 Meter Steeplechase Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 Wayne Chee	M62 UTTC	9:15.72	11:14.59 70.21%

M75 2000 Meter Steeplechase Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 Vern Christensen	M75 UTTC	10:04.03	9:03.75 87.10%

M40 3000 Meter Steeplechase Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 David Gobeil	M40 Lanaudière-O	10:32.98	9:39.43 81.74%

M45 3000 Meter Steeplechase Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 Ekholm Whyte	M49 Unattached -	15:41.83	13:43.54 57.51%

M50 3000 Meter Steeplechase Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 James Wallace	M53 UTTC	14:00.96	11:43.80 67.30%

W35 High Jump Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
-- Monique Shah	W36 Jamaica Masters	NH	

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading Points
1 Maresa Cadienhead	W40 Jamaica Masters	1.50m	1.65m 79.37%

W45 High Jump Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 Siobheal Murray	W49 Ireland	1.47m	1.70m 81.67%
2 Kim Ethier	W48 Ottawa Lions	1.38m	1.60m 76.67%

M55 High Jump Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 Kevin Sanjari	M56 Unattached -	1.40m	1.71m 70.00%
2 Rick Stanclik	M58 Unattached -	1.25m	1.53m 62.50%

W55 High Jump Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 Leslie Estwick	W55 Ottawa Lions	1.32m	1.71m 81.99%
2 Susanne Lauridsen	W58 Calgary Spartans	1.20m	1.55m 74.53%

M60 High Jump Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	1.42m	1.84m 75.53%
2 Robert Stanclik	M60 Unattached -	1.25m	1.62m 66.49%
-- Balvinder Singh Sandhar	M64 Ontario Mast	NH	

W60 High Jump Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 Loretta Amerongen	W62 Voleo Athletics	1.14m	1.57m 75.00%

M65 High Jump Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 Stan Seitz	M68 Ottawa Lions	1.35m	1.87m 76.27%
2 Steve Bogatek	M66 Unattached -	1.25m	1.73m 70.62%
3 Gerd Hauck	M67 UTTC	1.20m	1.66m 67.80%

W65 High Jump Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
1 Deborah Lee	W66 Greyhounds T	1.14m	1.67m 80.28%
2 Louise Nesterenko	W65 Calgary Spartans	1.02m	1.50m 71.83%
3 Patty Franke Wager	W65 Unattached -	0.72m	1.05m 50.70%

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****M70 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading Points
1 Roland Delhomeau	M71 Saskatoon CE	1.20m	1.77m 72.73%
2 Patrick Groulx	M74 Unattached -	0.35m	0.51m 21.21%

M30 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Ian Chambers	M32 The Durham Gazelles	5.76m	NWI	5.76m 64.36%
2 Mark Tiburcio	M30 Unattached -	5.00m	NWI	5.00m 55.87%

M35 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Chris Wrobel	M35 The Peel Gazelles	4.81m	NWI	4.96m 55.41%

M40 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Ovidiu Negoita	M44 Jamaica Masters	5.49m	NWI	5.98m 66.87%

M45 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Jason Robinson	M46 Unattached -	6.16m	NWI	7.11m 79.48%
2 Yannick Le Mou�el	M48 Saint-Jean O	5.76m	NWI	6.65m 74.32%
3 Zhefu Qiu	M46 Ontario Mast	4.60m	NWI	5.31m 59.35%

W45 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Kim Ethier	W48 Ottawa Lions	4.30m	NWI	5.06m 67.29%

W50 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Theresa Rozario	W51 UTTC	2.76m	NWI	3.46m 46.00%

M55 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Andrew Bass	M55 Jamaica Masters	5.06m	NWI	6.63m 74.19%
2 Dale Lawrence	M58 Unattached-S	4.93m	NWI	6.46m 72.29%
3 Bryan Baldsing	M58 Jamaica Masters	3.95m	NWI	5.18m 57.92%
4 Paul Lee	M56 Unattached -	2.62m	NWI	3.43m 38.42%

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Long Jump Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading Points
1 Brenda Dion	W59 Athletics Yukon	3.23m	NWI	4.32m 57.58%
2 Leslie Estwick	W55 Ottawa Lions	3.21m	NWI	4.30m 57.22%
-- Muriel Gieni	W58 Riversdale A	ND	NWI	

M60 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	4.30m	NWI	6.05m 67.61%

W60 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Loretta Amerongen	W62 Voleo Athletics	3.07m	NWI	4.42m 58.81%

M65 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 David Blackwood	M67 Saint John T	3.54m	NWI	5.37m 60.10%

W65 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Deborah Lee	W66 Greyhounds T	3.34m	NWI	5.19m 69.15%
2 Louise Nesterenko	W65 Calgary Spartans	2.41m	NWI	3.74m 49.90%

M70 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Patrick Groulx	M74 Unattached -	2.43m	NWI	4.00m 44.75%

W70 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Carol LaFayette-Boyd	W74 Unattached	3.94m	NWI	6.67m 88.74%

M75 Long Jump Sat 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Hylke Van Der Wal	M78 Unattached-S	2.74m	NWI	4.93m 55.13%
2 Enrico Toscano	M75 Throwers Club	1.46m	NWI	2.63m 29.38%

W30 Shot Put Sat 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Sheree Mullings	W34 Jamaica Masters	8.19m	8.19m 36.19%

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 Shot Put Sat 1:00pm**

Name	Age Team	Finals	Age-Grading Points
1 Jenn Bowers	W40 The Durham Gazelles	7.41m	8.22m 36.34%
2 Patricia Spencer	W42 Jamaica	4.73m	5.25m 23.20%

W45 Shot Put Sat 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Collen Hill	W49 Jamaica	6.63m	7.91m 34.99%

W50 Shot Put Sat 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Petra Ciobanu	W52 Unattached -	11.25m	14.18m 62.67%

W55 Shot Put Sat 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Deborah Ecklund	W56 Unattached	5.36m	7.34m 32.47%
2 Katherine Willis	W57 UTTC	5.16m	7.07m 31.25%

W60 Shot Put Sat 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Wendy Alexis	W61 Ottawa Lions	7.20m	10.81m 47.78%
2 Jane Warren	W61 Unattached N	6.13m	9.20m 40.68%

W65 Shot Put Sat 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Cheryl Closkey	W68 Unattached	6.90m	11.45m 50.62%
2 Louise Nesterenko	W65 Calgary Spartans	5.70m	9.46m 41.82%
3 Patty Franke Wager	W65 Unattached -	4.70m	7.80m 34.48%

W70 Shot Put Sat 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Joanne Miklos Den Iseger	W70 London Pacers	6.67m	12.37m 54.72%

W75 Shot Put Sat 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Adri Rowswell	W75 Throwers Club	7.96m	14.58m 64.45%

M40 Hammer Throw Sat 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Ovidiu Negoita	M44 Jamaica Masters	19.13m	21.52m 24.82%

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****...M40 Hammer Throw Sat 9:00am**

2 Eric Quane	M40 The Durham Gazelles	18.02m	20.27m	23.38%
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M50 Hammer Throw Sat 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Paul Gautier	M51 Saint John T	39.25m	46.56m 53.69%
2 Rick Klatt	M52 Unattached -	30.94m	36.70m 42.32%
3 Timothy Fawcett	M51 Kingston Tra	29.54m	35.04m 40.40%

W50 Hammer Throw Sat 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Kristen Dajia	W53 Throwers Club	38.58m	49.52m 64.32%
2 Petra Ciobanu	W52 Unattached -	29.34m	37.66m 48.92%

W55 Hammer Throw Sat 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Deborah Ecklund	W56 Unattached	15.59m	21.80m 28.31%

M55 Hammer Throw Sat 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Thomas Lambdin	M55 United State	39.14m	51.44m 59.31%
2 Jerzy Dabrowa	M58 Unattached -	19.88m	26.13m 30.13%

M60 Hammer Throw Sat 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Raymond Bzibziak	M62 United State	35.64m	46.62m 53.76%
2 Bill Pearson	M64 Throwers Club	31.31m	40.95m 47.22%

W60 Hammer Throw Sat 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Jane Warren	W61 Unattached N	14.64m	22.47m 29.19%

M65 Hammer Throw Sat 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Brock Pullen	M67 Throwers Club	29.34m	43.00m 49.58%
2 Imrich Kiraly	M69 Saint John T	28.15m	41.25m 47.57%
3 Steve Bogatek	M66 Unattached -	16.13m	23.64m 27.26%

W65 Hammer Throw Sat 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Cheryl Closkey	W68 Unattached	21.77m	37.09m 48.17%

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****...W65 Hammer Throw Sat 9:00am**

2	Louise Nesterenko	W65 Calgary Spartans	15.50m	26.40m	34.30%
3	Patty Franke Wager	W65 Unattached -	12.21m	20.80m	27.02%

M70 Hammer Throw Sat 9:00am

Name	Age Team	Finals	Age-Grading Points
1 John Kasperski	M72 Throwers Club	30.10m	43.71m 50.40%
2 Lewis Breese	M70 United State	28.40m	41.24m 47.56%

M75 Hammer Throw Sat 9:00am

Name	Age Team	Finals	Age-Grading Points
1 David Morris	M78 Throwers Club	23.74m	39.14m 45.13%
2 Enrico Toscano	M75 Throwers Club	16.36m	26.97m 31.10%

M80 Hammer Throw Sat 9:00am

Name	Age Team	Finals	Age-Grading Points
1 Emil Muller	M81 Throwers Club	38.07m	71.01m 81.87%

M40 Weight Throw Sat 11:00am

Name	Age Team	Finals	Age-Grading Points
1 Eric Quane	M40 The Durham Gazelles	7.27m	7.92m 30.64%
2 Ovidiu Negoita	M44 Jamaica Masters	7.26m	7.91m 30.59%

M50 Weight Throw Sat 11:00am

Name	Age Team	Finals	Age-Grading Points
1 Paul Gautier	M51 Saint John T	12.48m	13.08m 50.61%
2 Rick Klatt	M52 Unattached -	12.26m	12.85m 49.72%

W50 Weight Throw Sat 11:00am

Name	Age Team	Finals	Age-Grading Points
1 Kristen Dajia	W53 Throwers Club	11.51m	13.60m 57.67%
2 Petra Ciobanu	W52 Unattached -	8.05m	9.51m 40.33%

M55 Weight Throw Sat 11:00am

Name	Age Team	Finals	Age-Grading Points
1 Ayman Mazhar	M56 UTTC	15.71m	17.63m 68.19%
2 Thomas Lambdin	M55 United State	13.79m	15.47m 59.85%
3 Jerzy Dabrowa	M58 Unattached -	8.32m	9.33m 36.11%

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading Points
1 Deborah Ecklund	W56 Unattached	4.92m	6.35m 26.93%

M60 Weight Throw Sat 11:00am

Name	Age Team	Finals	Age-Grading Points
1 Bill Pearson	M64 Throwers Club	12.15m	12.66m 48.97%
2 Harbans Cheema	M61 Unattached -	9.64m	10.04m 38.86%

W60 Weight Throw Sat 11:00am

Name	Age Team	Finals	Age-Grading Points
1 Jane Warren	W61 Unattached N	5.15m	6.23m 26.42%

M65 Weight Throw Sat 11:00am

Name	Age Team	Finals	Age-Grading Points
1 Imrich Kiraly	M69 Saint John T	9.19m	10.24m 39.63%

W65 Weight Throw Sat 11:00am

Name	Age Team	Finals	Age-Grading Points
1 Cheryl Closkey	W68 Unattached	9.81m	13.00m 55.11%
2 Louise Nesterenko	W65 Calgary Spartans	6.41m	8.49m 36.01%
3 Patty Franke Wager	W65 Unattached -	5.50m	7.29m 30.90%

M70 Weight Throw Sat 11:00am

Name	Age Team	Finals	Age-Grading Points
1 John Kasperski	M72 Throwers Club	11.27m	12.85m 49.71%
2 Lewis Breese	M70 United State	10.77m	12.28m 47.51%

M75 Weight Throw Sat 11:00am

Name	Age Team	Finals	Age-Grading Points
1 Enrico Toscano	M75 Throwers Club	8.99m	11.04m 42.71%
2 David Morris	M78 Throwers Club	8.82m	10.83m 41.90%

M80 Weight Throw Sat 11:00am

Name	Age Team	Finals	Age-Grading Points
1 Emil Muller	M81 Throwers Club	13.59m	17.72m 68.53%

M35 1500 Meter Race Walk Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Jocelyn Ruest	M36 Fleur de Lys	7:03.75	6:54.77 74.50%

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Saturday - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading Points
1 Ben Kong	M40 Jamaica Masters	12:10.57	11:30.98 44.72%

W40 1500 Meter Race Walk Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Carmen Farrell	W40 Ontario Race	9:35.21	9:13.64 60.87%

M50 1500 Meter Race Walk Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Jianping Xu	M50 Harbour Track	7:14.33	6:18.57 81.62%

M55 1500 Meter Race Walk Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Dave Keenan	M58 Heartland RA	7:49.91	6:32.14 78.80%

M60 1500 Meter Race Walk Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Denis Laflamme	M62 Fleur de Lys	8:18.09	6:36.48 77.94%

W60 1500 Meter Race Walk Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Kris Kozell	W63 Ontario Race	8:15.60	6:41.74 83.89%
2 Anne De Thy	W63 Ontario Race	8:49.40	7:09.14 78.53%

W65 1500 Meter Race Walk Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Teresa Chiozza	W65 Ontario Race	9:09.53	7:02.15 79.83%

M70 1500 Meter Race Walk Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 John Kittredge	M71 Ontario Race	9:05.14	6:28.91 79.45%

W80 1500 Meter Race Walk Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Jean Horne	W83 Ontario Race	11:29.20	7:08.83 78.59%

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****M30 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
Finals					
1 Mark Andal	M31 Game Speed I	24.32	1.5	24.33 79.44% 18	7
2 Andrew Galloway	M32 Lakehead Running	24.61	1.5	24.62 78.50% 18	5
3 Nathan Da Silva	M30 Unattached -	25.83	1.5	25.84 74.80% 18	4
4 Daniel Da Silva	M32 Unattached -	25.90	1.5	25.91 74.59% 18	3

W30 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Sheree Mullings	W34 Jamaica Masters	29.75	2.5	29.76 71.73% 6	7

M35 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Chris Wrobel	M35 The Peel Gazelles	26.53	1.5	26.10 74.03% 18	7
2 Steve Simpson	M39 Jamaica	30.42	1.5	29.93 64.56% 18	5

W35 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Sonia Lévesque	W38 Soulanges	29.74	2.5	28.86 73.97% 6	7
2 Vicky Romocki	W39 The Peel Gazelles	30.34	2.5	29.44 72.51% 6	5
3 Marie-Eve Boudreau	W35 Saint-Jean O	31.83	2.5	30.89 69.12% 6	4
4 Monique Shah	W36 Jamaica Masters	32.59	2.5	31.62 67.51% 6	3
5 Teawna Pinard	W39 Unattached -	33.43	2.5	32.44 65.81% 6	2

M40 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Anthony Davis	M43 United State	23.18	0.7	22.11 87.40% 17	7
2 Nigel John	M43 Jamaica Masters	23.23	0.7	22.16 87.21% 17	5
3 Chad Kichula	M40 Excel Athletika	24.34	0.7	23.22 83.24% 17	4
4 John Berardi	M42 Unattached -	26.25	0.7	25.04 77.18% 17	3

W40 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Violeta Garfunkel	W43 UTTC	28.21	2.1	26.36 80.96% 5	7
2 Jenn Bowers	W40 The Durham Gazelles	30.56	2.1	28.55 74.74% 5	5
3 Karen Maloney-Younker	W41 Unattached -	33.04	2.1	30.87 69.13% 5	4
4 Eve La Rivière	W44 Saint-Jean O	33.70	2.1	31.49 67.77% 5	3

M45 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Philippe Ollivier	M49 Saint-Lauren	25.16	1.4	23.24 83.15% 15	7
2 Wayne Ferron	M49 Longboat Roa	29.00	1.4	26.79 72.14% 15	5
3 Yusuf Omar	M49 Ontario Mast	30.99	1.4	28.62 67.51% 15	4

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****...M45 200 Meter Dash Sun 11:30am**

4 Gary Augustyn	M45 Dunamis Athl	33.86	1.4	31.27	61.78%	15	3
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W45 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Lisa Daley	W46 United State	27.18	0.2	24.42	87.42%	4 7
2 Louise Bonneau	W46 Lachine	29.33	0.2	26.35	81.01%	4 5
3 Diana Cesaroni	W47 Unattached -	30.77	0.2	27.64	77.22%	4 4
4 Cathy Barry	W45 The Durham Gazelles	30.99	0.2	27.84	76.67%	4 3
5 Katty Abran	W45 London Weste	39.99	0.7	35.92	59.41%	3 2

M50 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Christopher Warburton	M51 Nemean Lions	23.78	1.3	21.25	90.96%	14 7
2 Serge Faucher	M52 Ottawa Lions	24.93	1.3	22.28	86.76%	14 5
3 Paul Robinson	M51 Jamaica Masters	27.13	1.3	24.24	79.73%	14 4
4 Eddy Renelique	M52 Unattached -	28.53	1.3	25.49	75.81%	14 3
5 Mark Phillips	M51 Greyhounds T	29.27	-0.4	26.15	73.90%	13 2
6 Brian Borowy	M54 Unattached -	33.41	-0.4	29.85	64.74%	13 1

M55 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Mike Lee Foon	M55 Jamaica Masters	25.33	0.5	21.87	88.35%	12 7
2 David Leuty	M56 Unattached B	25.41	0.5	21.94	88.08%	12 5
3 Robert Nasato	M55 Jamaica Masters	26.13	0.5	22.56	85.65%	12 4
4 Andrew Bass	M55 Jamaica Masters	26.52	0.5	22.90	84.39%	12 3
5 Grantley Blenman	M59 Unattached -	27.64	0.8	23.87	80.97%	11 2
6 Russell Unilowsky	M56 Unattached-Manitoba	27.84	0.8	24.04	80.39%	11 1
7 Mel White	M57 UTTC	27.92	0.8	24.11	80.16%	11
8 Scott Payne	M56 Jamaica Masters	28.69	0.8	24.77	78.01%	11
9 Graham Broyd	M58 United State	28.94	0.8	24.99	77.33%	11
10 Pierre Kirwin	M56 Unattached -	34.65	0.8	29.92	64.59%	11

W55 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Susan Loyd	W58 United State	32.20	1.2	26.61	80.22%	2 7
2 Susanne Lauridsen	W58 Calgary Spartans	36.38	1.2	30.06	71.00%	2 5

M60 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Kerry Smith	M62 Jamaica Masters	25.50	1.2	21.25	90.94%	10 7
2 Hubert Van Niekerk	M64 Unattached	33.31	1.2	27.76	69.62%	10 5

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Wendy Alexis	W61 Ottawa Lions	28.95	1.2	22.88	93.30%	2 7
2 Karla Del Grande	W63 Nemean Lions	28.98	1.2	22.91	93.20%	2 5
3 Elaine Whidden	W61 Greyhounds T	30.90	1.2	24.42	87.41%	2 4
4 Linda Tauvette	W60 Ottawa Lions	33.22	1.2	26.26	81.31%	2 3

M65 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Arthur Lewis	M66 Extreme Velo	28.90	1.3	23.15	83.49%	9 7
2 Bruce Mintz	M69 Edmonton Masters	31.17	1.3	24.96	77.41%	9 5
3 Duncan Greenshields	M67 UTTC	32.38	1.3	25.93	74.52%	9 4
4 David Blackwood	M67 Saint John T	34.65	1.3	27.75	69.64%	9 3

W65 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Urith Hayley	W65 Greyhounds T	34.13	-1.2	25.75	82.89% 7

M70 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Jean-Louis Perez	M71 Indépendant	32.54	1.1	24.87	77.69%	8 7
2 Peter Evans	M74 Jamaica Masters	32.54	1.1	24.87	77.69%	8 5
3 Patrick Groulx	M74 Unattached -	43.64	1.1	33.35	57.93%	8 4
4 John Powell	M72 EtobicokeTC	44.70	1.1	34.16	56.55%	8 3

W70 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Carol LaFayette-Boyd	W74 Unattached	31.93	-1.2	22.57	94.55% 7

M75 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Mike Morris	M76 Unattached	32.53	1.5	23.48	82.32%	7 7
2 David Stern	M76 Jamaica Masters	33.77	1.5	24.37	79.30%	7 5
3 Hylke Van Der Wal	M78 Unattached-S	39.21	1.5	28.30	68.30%	7 4
4 Steffen Kampe	M79 Unattached -	53.05	1.5	38.28	50.48%	7 3

W80 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Alice Cole	W83 Sherbrooke	46.45	-1.2	27.21	78.45% 7

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****M30 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Andrew Galloway	M32 Lakehead Running	2:04.08	2:04.09 81.49%	9	7
2 Sofien Amri	M34 Montréal-Int	2:06.07	2:06.08 80.20%	9	5
3 Sheldon Cooper	M34 Unattached -	2:15.66	2:15.67 74.53%	9	4

W30 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Joan Chung	W32 UTTC	2:32.06	2:32.07 74.50%	3	7

M35 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jason Dunkerley	M38 Ottawa Lions	2:06.28	2:05.24 80.74%	9	7
2 Thomas Bok	M36 UTTC	2:17.92	2:16.78 73.93%	9	5
3 Jimmy Semes	M37 Boardwalk RC	2:25.52	2:24.32 70.07%	9	4
4 Jonathan Colford	M38 Unattached -	3:07.09	3:05.54 54.50%	9	3

W35 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Julie Lajeunesse	W35 Fleur de Lys	2:14.51	2:13.86 84.63%	3	7
2 Vicky Romocki	W39 The Peel Gazelles	2:38.54	2:37.77 71.81%	3	5
3 Carrie Byer	W37 Newmarket HU	2:40.04	2:39.26 71.13%	3	4

M40 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Patrice Doucet	M44 Energie	2:03.41	1:57.99 85.70%	8	7
2 Dave Tepper	M41 Newmarket HU	2:05.22	1:59.72 84.46%	8	5
3 Jay Brecher	M42 UTTC	2:05.24	1:59.73 84.45%	8	4
4 Bill Wells	M41 UTTC	2:05.37	1:59.86 84.36%	8	3
5 Michal Kapral	M44 UTTC	2:06.09	2:00.55 83.88%	8	2
6 David Gobeil	M40 Lanaudière-O	2:10.16	2:04.44 81.25%	8	1
7 Louis Byrne	M44 Toronto Olym	2:20.66	2:14.48 75.19%	8	
8 David Leduc	M40 Lanaudière-O	2:22.23	2:15.98 74.36%	8	

W40 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Michelle Clarke	W42 Longboat Roa	2:30.45	2:23.49 78.95%	3	7
2 Julie Grenier	W44 Saint-Jean O	3:19.11	3:09.90 59.66%	3	5

M45 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Mirco Graenert	M47 Newmarket HU	2:11.22	2:00.77 83.73%	7	7
2 Jack Cook	M49 Unattached	2:21.32	2:10.06 77.75%	7	5
3 Hyun Joong Lee	M49 Ontario Mast	2:29.51	2:17.60 73.49%	7	4

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****...M45 800 Meter Run Sun 1:30pm**

4	Derek Hackshaw	M47 Newmarket HU	2:30.53	2:18.54	72.99%	7	3
5	Wayne Ferron	M49 Longboat Roa	2:34.28	2:21.99	71.21%	7	2
6	Hassan Zaghry	M47 A.T.P athlétisme	2:35.79	2:23.38	70.52%	7	1
7	Aidan Purnell	M47 Unattached -	2:42.56	2:29.61	67.59%	7	

W45 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Amy Ballon	W45 UTTC	2:34.89	2:21.31 80.17%	2	7
2 Heather Driscoll	W47 Blue Devils	3:01.32	2:45.42 68.48%	2	5
3 Anke Graenert	W49 Newmarket HU	3:07.15	2:50.74 66.35%	2	4
4 Sua Bae	W47 Ontario Mast	3:27.17	3:09.01 59.94%	2	3

M50 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Michael Sherar	M52 UTTC	2:10.22	1:55.21 87.77%	6	7
2 Jim Dyck	M50 Unattached	2:11.49	1:56.33 86.92%	6	5
3 Paul Osland	M52 UTTC	2:12.12	1:56.89 86.50%	6	4
4 Simon Rayner	M52 UTTC	2:16.36	2:00.64 83.81%	6	3
5 Vince Friel	M53 Newmarket HU	2:16.76	2:01.00 83.57%	6	2
6 Robert Blair	M52 Newmarket HU	2:28.90	2:11.74 76.76%	6	1
7 Mark Duff	M54 Boardwalk RC	2:35.74	2:17.79 73.39%	6	
8 Stephen Laidlaw	M54 Unattached -	2:46.33	2:27.16 68.71%	6	

W50 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Donna Dixon	W53 Calgary Phoe	2:45.45	2:24.10 78.62%	2	7
2 Elaine Mota	W50 Newmarket HU	2:48.12	2:26.42 77.37%	2	5
3 Aura Reynoso	W50 Newmarket HU	3:04.31	2:40.52 70.57%	2	4
4 Martina Young	W52 Blue Devils	3:05.52	2:41.57 70.11%	2	3

M55 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Armand D'Oliveira	M56 UTTC	2:22.14	2:00.68 83.78%	6	7

W55 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Heather O'Hagan	W55 UTTC	2:38.96	2:11.86 85.91%	2	7
2 Thérèse Hérard	W59 Lanaudière-O	3:03.36	2:32.10 74.48%	2	5

M60 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	2:28.09	2:00.45 83.95%	5	7
2 Anthony Farr	M61 UTTC	2:51.79	2:19.72 72.37%	5	5

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Rita Quibell	W60 Newmarket HU	2:47.90	2:11.77 85.97%	7
2 Lynn Kobayashi	W60 UTTC	3:03.02	2:23.64 78.87%	5
3 Clara Northcott	W61 UTTC	3:09.84	2:28.99 76.03%	4
4 Patricia Blacker-Thomson	W60 Unattached -	3:40.08	2:52.72 65.59%	3

M65 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 John Helliker	M65 UTTC	2:31.43	1:57.76 85.87%	5	7
2 John Clarke	M65 East Toronto	2:41.19	2:05.35 80.67%	5	5
3 Arthur Lewis	M66 Extreme Velo	2:44.06	2:07.58 79.26%	5	4
4 Norman Creen	M65 UTTC	2:59.54	2:19.62 72.42%	5	3
5 Tim Payne	M66 Newmarket HU	3:03.94	2:23.04 70.69%	5	2

M70 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jean-Louis Perez	M71 Indépendant	2:54.41	2:09.42 78.13%	4	7
2 Patrick Groulx	M74 Unattached -	5:42.78	4:14.35 39.75%	4	5

M75 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Chris Mackie	M75 Unattached -	2:52.96	1:59.76 84.43%	4	7
2 Frank Esson	M76 Unattached -	4:18.37	2:58.90 56.52%	4	5
3 Steffen Kampe	M79 Unattached -	4:38.10	3:12.56 52.51%	4	4

W80 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	Points
1 Alice Cole	W83 Sherbrooke	4:06.98	2:08.93 87.87%	7

M85 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Earl Fee	M87 Unattached -	3:21.36	1:50.31 91.66%	4	7
2 Ed Whitlock	M85 Unattached -	3:27.19	1:53.50 89.08%	4	5

W85 800 Meter Run Sun 1:30pm

Name	Age Team	Finals	Age-Grading	Points
1 Lenore Montgomery	W86 Greyhounds T	4:53.70	2:04.18 91.23%	7

M30 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Nick Croker	M30 Ontario Mast	16:15.05	16:15.06 77.64%	3	7

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****...M30 5000 Meter Run Sun 10:00am**

2	Bernardo Majano	M34 Longboat Roa	17:43.26	17:43.27	71.20%	3	5
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W30 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Joan Chung	W32 UTTC	19:53.03	19:53.04 72.48%	7

M35 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 John Lofranco	M39 McGill Olympic Club	18:19.08	18:19.09 68.88%	3	7
2 Nikolay Ryabkov	M37 Unattached -	19:01.14	19:01.15 66.34%	3	5

W35 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Delilah Topic	W37 Vernon Amate	20:24.84	2:02.49705.95%	7
2 Vicky Romocki	W39 The Peel Gazelles	21:24.30	2:08.44673.27%	5

W40 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Isabelle Auger	W44 Les Godasses	22:00.83	21:31.12 66.97%	7

M40 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 David Gobeil	M40 Lanaudière-O	16:10.80	15:36.92 80.80%	3	7
2 Jean-Marc Thériault	M43 Lanaudière-O	16:50.44	16:15.18 77.63%	3	5
3 Philip Oreopoulos	M44 UTTC	17:31.18	16:54.50 74.62%	3	4

M45 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Robert Madej	M47 Longboat Roa	18:38.97	17:20.87 72.73%	3	7
2 Hassan Zaghy	M47 A.T.P athlétisme	19:08.91	17:48.72 70.83%	3	5
3 Hyun Joong Lee	M49 Ontario Mast	19:59.94	18:36.19 67.82%	3	4
4 Andrew Ferrier	M47 Timmins Porc	20:39.04	19:12.56 65.68%	3	3
-- Gary G Cassel	M48 Ontario Mast	DNF		3	

W45 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Joanna Kotsopoulos	W46 Boardwalk RC	22:56.36	20:59.37 68.66%	7
2 Sua Bae	W47 Ontario Mast	26:37.61	24:21.82 59.15%	5

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jim Fullarton	M51 K2j Fitness	18:27.89	16:31.90 76.32%	3	7
2 Kenneth Wayne Riley	M50 Unattached -	19:19.90	17:18.46 72.90%	3	5
-- Mark Ball	M53 Unattached -	DNF		3	

W50 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Nicki Casseres	W53 Unattached -	26:07.51	22:47.66 63.22%	7

M55 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Chris Deighan	M56 Newmarket HU	18:31.43	15:56.28 79.16%	2	7
2 Réjean Bourgouin	M58 Les Godasses	19:31.73	16:48.16 75.09%	2	5
3 James Freemantle	M58 Newmarket HU	19:57.50	17:10.33 73.47%	2	4
4 Marcel Boudreau	M58 Timmins Porc	21:04.53	18:08.01 69.58%	2	3
5 Walter Faion	M56 UTTC	21:05.18	18:08.57 69.54%	2	2

W55 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Thérèse Hérard	W59 Lanaudière-O	22:12.04	18:25.60 78.21%	7
2 Rita Botelho	W56 UTTC	23:53.53	19:49.84 72.67%	5
3 Barbara Helin	W58 Unattached -	27:48.78	23:05.09 62.43%	4
4 Katherine Willis	W57 UTTC	31:34.51	26:12.45 54.99%	3

M60 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Anthony Farr	M61 UTTC	20:58.88	17:19.21 72.84%	2	7
2 Steve Sklepetas	M62 Unattached -	22:50.86	18:51.65 66.89%	2	5

W60 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Patricia Blacker-Thomson	W60 Unattached -	25:48.82	20:15.52 71.14%	7
2 Nancy Konyu	W61 Ontario Mast	29:11.03	22:54.21 62.92%	5
3 Cathy Tedford	W63 Unattached -	39:06.94	30:41.88 46.95%	4

M65 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 John Clarke	M65 East Toronto	19:58.73	15:46.04 80.02%	2	7

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****W65 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Diane Marrow	W65 Longboat Roa	23:32.59	17:18.68 83.25%	7

M70 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Michel Gingras	M71 Saint-Jean O	22:52.24	17:06.44 73.75%	2	7

M75 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Keijo Taivassalo	M77 UTTC	24:08.10	16:50.49 74.91%	2	7
2 Robert Moore	M75 Toronto Olym	26:10.37	18:15.81 69.08%	2	5
3 Jack Geddes	M79 Unattached -	26:37.83	18:34.97 67.89%	2	4
4 Steffen Kampe	M79 Unattached -	32:45.23	22:51.34 55.20%	2	3
-- Frank Esson	M76 Unattached -	DNF			2

M80 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Roger Davies	M81 Unattached -	27:42.15	17:33.48 71.86%	2	7

W80 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
-- Helly Visser	W82 Unattached -	DNF		

M85 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Ed Whitlock	M85 Unattached -	24:19.52	13:23.47 94.22%	2	7

W85 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Lenore Montgomery	W86 Greyhounds T	33:21.73	15:11.39 94.87%	7

M30 400 Long Hurdles Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jameel Jones	M34 United State	60.43	60.44 77.41%	3	7

M40 400 Long Hurdles Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Andy Bienefeld	M41 Unattached B	78.05	74.71 62.61%	3	7

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 400 Long Hurdles Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Nicole Luke	W44 Ultimate Bod	1:22.24	76.80 68.15%	2	7

M45 400 Long Hurdles Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Yannick Le Mouël	M48 Saint-Jean O	62.54	57.19 81.80%	3	7
2 Marcus Skeete	M48 UTTC	65.18	59.61 78.49%	3	5

W45 400 Long Hurdles Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Lisa Daley	W46 United State	68.73	58.89 88.88%	2	7

M60 400 Long Hurdles Sun 1:30pm

Name	Age Team	Finals	Age-Grading	Points
1 Bruce Urch	M61 Throwers Club	56.94	56.95 82.16%	7
2 Brian Berquist	M63 Riversdale A	58.23	58.24 80.34%	5

M65 400 Long Hurdles Sun 1:30pm

Name	Age Team	Finals	Age-Grading	Points
1 Steve Bogatek	M66 Unattached -	58.36	58.37 80.16%	7

M75 400 Long Hurdles Sun 1:30pm

Name	Age Team	Finals	Age-Grading	Points
1 Hylke Van Der Wal	M78 Unattached-S	1:24.30	1:24.31 55.49%	7

M65 4x400 Meter Relay Sun 1:30pm

Team	Finals	Points
1 Unattached 'A'	4:52.10	7
1) Bruce Mintz 69		
2) Duncan Greenshields 67		
3) Norman Creen 65		
4) Bernard Lachance 66		

M75 4x400 Meter Relay Sun 1:30pm

Team	Finals	Points
1 Unattached 'A'	5:54.53	7
1) Chris Mackie 75		
2) Keijo Taivassalo 77		
3) Ed Whitlock 85		
4) Earl Fee 87		

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Pole Vault Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Jeff Miller	M44 North Halton	3.50m	3.77m 61.40%	7

M45 Pole Vault Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Yannick Le Mouël	M48 Saint-Jean O	4.07m	4.67m 76.07%	7

M55 Pole Vault Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Mark Schaber	M57 Unattached -	3.20m	4.21m 68.67%	7

M60 Pole Vault Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	2.50m	3.55m 58.00%	7

M65 Pole Vault Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Stan Seitz	M68 Ottawa Lions	2.80m	4.33m 70.53%	7

M35 Triple Jump Sun 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Chris Wrobel	M35 The Peel Gazelles	10.58m	1.6	10.65m 58.26%	7

M40 Triple Jump Sun 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Jonathan Younker	M41 Ontario Mast	12.86m	3.6	13.67m 74.77%	7
2 Ovidiu Negoita	M44 Jamaica Masters	9.29m	2.7	9.88m 54.01%	5

M45 Triple Jump Sun 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Lenroy Munro	M46 Unattached -	11.31m	1.6	12.74m 69.69%	7

M55 Triple Jump Sun 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Mihai Ene	M56 Unattached -	11.30m	1.6	14.45m 79.08%	7
2 Robert Nasato	M55 Jamaica Masters	10.03m	1.7	12.83m 70.19%	5
3 Dale Lawrence	M58 Unattached-S	9.06m	2.0	11.59m 63.40%	4

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Triple Jump Sun 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Muriel Gieni	W58 Riversdale A	9.25m	1.0	12.08m 77.99%	7
2 Susanne Lauridsen	W58 Calgary Spartans	7.57m	2.6	9.89m 63.83%	5

M60 Triple Jump Sun 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Tom Black	M61 Ontario Mast	7.98m	2.7	10.95m 59.86%	7

W60 Triple Jump Sun 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Patricia Blacker-Thomson	W60 Unattached -	4.80m	1.2	6.74m 43.56%	7

W65 Triple Jump Sun 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Deborah Lee	W66 Greyhounds T	7.23m	1.2	11.00m 70.95%	7
2 Patty Franke Wager	W65 Unattached -	3.39m	1.6	5.15m 33.27%	5

M70 Triple Jump Sun 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Roland Delhomeau	M71 Saskatoon CE	7.66m	2.9	12.29m 67.25%	7
2 Patrick Groulx	M74 Unattached -	4.67m	3.2	7.49m 41.00%	5

W70 Triple Jump Sun 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Carol LaFayette-Boyd	W74 Unattached	8.22m	2.2	13.79m 88.96%	7

M35 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Fernando Cornejo	M37 Throwers Club	36.23m	36.74m 49.60%	7

M40 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Eric Quane	M40 The Durham Gazelles	24.46m	26.94m 36.37%	7
2 Ovidiu Negoita	M44 Jamaica Masters	23.89m	26.31m 35.52%	5

W40 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Patricia Spencer	W42 Jamaica	11.13m	12.40m 16.16%	7

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 Discus Throw Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Denise Gordon-Mohamud	W45 Mississauga Oly	11.78m	14.20m 18.50%	7

M50 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Steve Wohlmuth	M51 Launchers Athletics	41.15m	42.04m 56.76%	7
2 Paul Gautier	M51 Saint John T	39.58m	40.44m 54.59%	5
3 Timothy Fawcett	M51 Kingston Tra	39.25m	40.10m 54.14%	4
4 Rick Klatt	M52 Unattached -	37.13m	37.93m 51.21%	3
5 Dumitru Ciobanu	M52 Unattached -	29.36m	30.00m 40.50%	2
6 Stephen Laidlaw	M54 Unattached -	24.70m	25.23m 34.07%	1

W50 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Petra Ciobanu	W52 Unattached -	26.98m	35.41m 46.12%	7

M55 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Jerzy Dabrowa	M58 Unattached -	29.09m	32.29m 43.60%	7
2 Robert Nasato	M55 Jamaica Masters	20.63m	22.90m 30.92%	5

W55 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Brenda Dion	W59 Athletics Yukon	19.11m	27.53m 35.85%	7
2 Deborah Ecklund	W56 Unattached	14.61m	21.04m 27.41%	5

M60 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Michael Deady	M63 Unattached Alberta	45.08m	47.91m 64.68%	7
2 Bill Pearson	M64 Throwers Club	38.10m	40.49m 54.66%	5
3 Brian Berquist	M63 Riversdale A	36.80m	39.11m 52.80%	4
4 Reidar Zapf-Gilje	M64 Greyhounds T	35.09m	37.29m 50.34%	3
5 Bruce Urch	M61 Throwers Club	25.19m	26.77m 36.14%	2

W60 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Jane Warren	W61 Unattached N	16.09m	25.68m 33.44%	7

M65 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M67 Throwers Club	33.88m	39.42m 53.22%	7

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****...M65 Discus Throw Sun 9:00am**

2 Imrich Kiraly	M69 Saint John T	29.59m	34.43m	46.48%	5
3 David Blackwood	M67 Saint John T	22.71m	26.42m	35.67%	4
4 Bernard Lachance	M66 Saint-Jean O	22.44m	26.11m	35.25%	3

W65 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading Points		
1 Cheryl Closkey	W68 Unattached	21.81m	39.09m	50.91%	7
2 Louise Nesterenko	W65 Calgary Spartans	14.53m	26.04m	33.92%	5
3 Patty Franke Wager	W65 Unattached -	14.32m	25.67m	33.43%	4

M70 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading Points		
1 John Kasperski	M72 Throwers Club	30.38m	38.82m	52.42%	7
2 Roland Delhomeau	M71 Saskatoon CE	26.31m	33.62m	45.39%	5
3 Lewis Breese	M70 United State	25.28m	32.31m	43.62%	4
4 Patrick Groulx	M74 Unattached -	15.48m	19.78m	26.71%	3

M75 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading Points		
1 David Morris	M78 Throwers Club	22.99m	32.94m	44.48%	7
2 James Sumner	M77 Unattached -	19.89m	28.50m	38.48%	5
3 Hylke Van Der Wal	M78 Unattached-S	16.22m	23.24m	31.38%	4
4 Enrico Toscano	M75 Throwers Club	14.53m	20.82m	28.11%	3

W75 Discus Throw Sun 9:00am

Name	Age Team	Finals	Age-Grading Points		
1 Adri Rowswell	W75 Throwers Club	18.70m	40.29m	52.47%	7

W30 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading Points		
1 Sheree Mullings	W34 Jamaica Masters	14.07m	14.07m	19.27%	7

M35 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading Points		
1 Chris Wrobel	M35 The Peel Gazelles	17.89m	18.11m	18.40%	7

M40 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading Points		
1 Jean-Emile Paraiso	M43 Longboat Roa	48.68m	52.87m	53.70%	7
2 Ovidiu Negoita	M44 Jamaica Masters	25.54m	27.74m	28.17%	5
3 Erick Friedman	M41 United State	24.60m	26.72m	27.13%	4
4 Eric Quane	M40 The Durham Gazelles	18.70m	20.31m	20.63%	3

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Jenn Bowers	W40 The Durham Gazelles	23.29m	26.72m 36.61%	7

M45 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Paul White	M49 Ontario Mast	48.09m	56.34m 57.21%	7
2 Lenroy Munro	M46 Unattached -	28.28m	33.13m 33.64%	5
3 Patrik Painchaud	M46 Unattached	24.33m	28.50m 28.94%	4

W45 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Kim Ethier	W48 Ottawa Lions	37.93m	47.33m 64.84%	7
2 Diana Cesaroni	W47 Unattached -	24.07m	30.03m 41.15%	5
3 Dale Bellaire	W48 Unattached -	16.86m	21.03m 28.82%	4
4 Denise Gordon-Mohamud	W45 Mississauga Oly	10.51m	13.11m 17.97%	3

M50 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M51 Saint John T	44.94m	55.17m 56.03%	7
2 Dumitru Ciobanu	M52 Unattached -	38.06m	46.73m 47.45%	5
3 Stephen Laidlaw	M54 Unattached -	27.54m	33.81m 34.33%	4
4 Rick Klatt	M52 Unattached -	25.30m	31.06m 31.54%	3

W50 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Petra Ciobanu	W52 Unattached -	22.00m	28.92m 39.62%	7
2 Kristen Dajia	W53 Throwers Club	21.29m	27.98m 38.34%	5

M55 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Peter St. Pierre	M58 Throwers Club	36.16m	48.38m 49.13%	7
2 Dale Lawrence	M58 Unattached-S	35.38m	47.33m 48.07%	5
3 Jamie Erickson	M57 Throwers Club	32.17m	43.04m 43.71%	4
4 Jerzy Dabrowa	M58 Unattached -	27.49m	36.78m 37.35%	3

W55 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Barb Dabrowski	W59 Throwers Club	33.83m	48.99m 67.11%	7
2 Brenda Dion	W59 Athletics Yukon	20.66m	29.91m 40.98%	5
3 Susanne Lauridsen	W58 Calgary Spartans	17.79m	25.76m 35.29%	4
4 Katherine Willis	W57 UTTC	11.38m	16.48m 22.57%	3
5 Deborah Ecklund	W56 Unattached	8.70m	12.59m 17.26%	2

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Terry Gudzowsky	M62 Unattached Alberta	39.35m	55.64m 56.50%	7
2 Michael Finkbeiner	M62 Unattached -	39.00m	55.14m 55.99%	5
3 Reidar Zapf-Gilje	M64 Greyhounds T	36.15m	51.11m 51.90%	4
4 Brian Berquist	M63 Riversdale A	31.89m	45.09m 45.79%	3
5 Bill Pearson	M64 Throwers Club	29.72m	42.02m 42.67%	2
6 Bruce Urch	M61 Throwers Club	29.08m	41.11m 41.75%	1

W60 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Loretta Amerongen	W62 Voleo Athletics	16.83m	27.12m 37.16%	7
2 Jane Warren	W61 Unattached N	12.21m	19.68m 26.96%	5

M65 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M67 Throwers Club	35.58m	55.57m 56.43%	7
2 David Blackwood	M67 Saint John T	31.11m	48.59m 49.34%	5

W65 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68 Unattached	19.49m	35.41m 48.52%	7
2 Louise Nesterenko	W65 Calgary Spartans	13.31m	24.18m 33.13%	5
3 Patty Franke Wager	W65 Unattached -	6.77m	12.30m 16.85%	4

M70 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Lewis Breese	M70 United State	22.31m	37.48m 38.06%	7
2 Patrick Groulx	M74 Unattached -	16.36m	27.48m 27.91%	5

M75 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 James Sumner	M77 Unattached -	20.08m	38.01m 38.60%	7
2 David Morris	M78 Throwers Club	16.90m	31.99m 32.49%	5
3 Enrico Toscano	M75 Throwers Club	10.09m	19.10m 19.40%	4

W75 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Adri Rowswell	W75 Throwers Club	14.54m	33.14m 45.39%	7

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Sunday - Age Grading: 5 Yr Indiv & 5 yr Multi****M35 5000 Meter Race Walk Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Jocelyn Ruest	M36 Fleur de Lys	25:41.31	25:12.49 71.25%	7

M40 5000 Meter Race Walk Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Dominic Chartier	M43 Energie	28:20.15	26:54.64 66.74%	7

M50 5000 Meter Race Walk Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Jianping Xu	M50 Harbour Track	24:42.93	21:38.90 82.96%	7

M55 5000 Meter Race Walk Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Dave Keenan	M58 Heartland RA	28:30.79	23:55.36 75.07%	7

W55 5000 Meter Race Walk Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Anne Fischer	W55 Ontario Race	32:56.51	27:50.35 71.06%	7

M60 5000 Meter Race Walk Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Denis Laflamme	M62 Fleur de Lys	30:10.70	24:09.65 74.33%	7

W60 5000 Meter Race Walk Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Anne De Thy	W63 Ontario Race	32:20.04	25:53.01 76.43%	7

W65 5000 Meter Race Walk Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
1 Teresa Chiozza	W65 Ontario Race	31:58.59	24:04.32 82.18%	7

M70 5000 Meter Race Walk Sun 9:00am

Name	Age Team	Finals	Age-Grading	Points
-- John Kittredge	M71 Ontario Race	DQ		Rule 230.7a