

**Winter Mini Meet #2 - 2015-01-25**  
**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

**Mixed 60 Meter Dash**

Name	Age	Team	Prelims	Age-Grading	H#
Preliminaries					
1 Marlon Laidlaw-Allen	M21	Unattached	7.13q	7.06 90.60%	7
2 Michael Puhalla	M25	United State	7.29q	7.30 87.65%	7
3 Ian Chambers	M31	Phoenix Athletics	7.31q	7.32 87.41%	6
4 Nigel John	M42	Jamaica Masters AC	7.38q	6.93 92.28%	7
5 Daniel Rooks	M17	Unattached	7.48q	7.15 89.44%	6
6 Rob Pipitone	M18	Unattached	7.50q	7.24 88.27%	7
7 Howard Powell	M38	Jamaica Masters AC	7.51q	7.26 88.02%	7
8 Jesaiah Coy	M21	Unattached	7.62q	7.54 84.78%	6
9 Michael Lee Foon	M54	Jamaica Masters AC	7.68q	6.61 96.74%	7
10 Chris Lemassif	M47	UTTC	7.74q	7.00 91.34%	6
11 Tohma Vanbergen	M16	Unattached	7.76q	7.34 87.11%	6
12 Ellis Perryman	M43	Unattached	7.79q	7.26 88.19%	6
13 Rick Reynolds	M48	Jamaica Masters AC	7.87q	7.07 90.47%	5
14 Liam Ford	M14	Unattached	7.88q	7.25 88.20%	5
15 Timothy Sirisombath	M18	Flying Angels	7.92q	7.65 83.59%	5
16 Ken Kudo	M52	Unattached	7.96q	6.95 91.96%	5
17 Khama Beckles	W39	UTTC	8.04q	7.85 88.18%	5
18 Paul Dowhos	M47	Unattached	8.07q	7.30 87.61%	5
19 Les Neufeld	M54	Unattached	8.17q	7.03 90.94%	4
20 Michael Yap	M44	Unattached	8.22q	7.60 84.18%	4
21 Bill Johnson	M57	Unattached	8.22q	6.94 92.21%	4
22 Bryanna Samuels	W17	Oakville Legion	8.27q	8.15 85.01%	6
23 Joe Baptiste	M54	Jamaica Masters AC	8.30q	7.15 89.52%	4
24 Joshua Eastman	M15	Unattached	8.33q	7.78 82.23%	3
25 John Varone	M56	Jamaica Masters AC	8.35q	7.09 90.18%	4
26 Sheree Mullings	W33	Unattached	8.53q	8.54 81.13%	3
27 Shanise Ryan - Donegan	W15	Unattached	8.54q	8.29 83.49%	1
28 Erica Folo	W14	Unattached	8.58q	8.24 84.03%	1
29 Kenna Hopkins	W14	Unattached	8.60q	8.26 83.84%	3
30 Spencer Arnfield	M55	Extreme Velocity	8.64q	7.39 86.57%	3
31 Ira Irving	M47	Jamaica Masters AC	8.71q	7.88 81.17%	5
32 Domenic Lonuzzo	M50	Unattached	8.74q	7.74 82.61%	2
33 Paul Zelmanski	M55	United State	8.83q	7.55 84.71%	3
34 Sean Bucknor Johnson	M10	Flying Angels	8.85q	7.43 86.10%	1
35 Brittni McCorquodale	W14	Unattached	8.90q	8.55 81.01%	2
36 Gillian Dirkson	W15	Unattached	9.04q	8.78 78.87%	2
37 Vonise Ryan - Donegan	W14	Unattached	9.05q	8.69 79.67%	1
38 Peter Evans	M72	Mississauga Tra	9.08q	6.94 92.07%	2
39 Nancy Catton	W47	UTTC	9.16q	8.18 84.61%	2
40 John Siriski	M56	Unattached	9.16q	7.78 82.21%	1
41 Bryan Baldsing	M56	Jamaica Masters AC	9.28q	7.88 81.14%	2
42 Mike Morris	M74	Unattached	9.32q	7.02 91.09%	2
43 David Stern	M74	Mississauga Tra	9.72q	7.32 87.35%	1
-- Saleem Baksh	M43	Jamaica Masters AC	DNF		4

**Mixed 60 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#
Finals					
1 Marlon Laidlaw-Allen	M21	Unattached	7.10	7.03 90.99%	6
2 Ian Chambers	M31	Phoenix Athletics	7.19	7.20 88.87%	6
3 Michael Puhalla	M25	United State	7.28	7.29 87.77%	6

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4	Nigel John	M42	Jamaica Masters AC	7.43	6.97	91.66%	6
5	Rob Pipitone	M18	Unattached	7.54	7.28	87.80%	6
6	Howard Powell	M38	Jamaica Masters AC	7.58	7.33	87.20%	6
7	Jesaiah Coy	M21	Unattached	7.63	7.55	84.67%	6
8	Michael Lee Foon	M54	Jamaica Masters AC	7.68	6.61	96.74%	5
9	Chris Lemassif	M47	UTTC	7.76	7.02	91.11%	5
10	Ellis Perryman	M43	Unattached	7.83	7.29	87.74%	5
11	Rick Reynolds	M48	Jamaica Masters AC	7.91	7.10	90.01%	5
12	Liam Ford	M14	Unattached	7.91	7.28	87.86%	5
13	Timothy Sirisombath	M18	Flying Angels	8.00	7.73	82.75%	5
14	Ken Kudo	M52	Unattached	8.05	7.03	90.93%	6
15	Paul Dowhos	M47	Unattached	8.10	7.33	87.28%	5
16	Michael Yap	M44	Unattached	8.17	7.55	84.70%	4
17	Khama Beckles	W39	UTTC	8.20	8.01	86.46%	5
18	Bill Johnson	M57	Unattached	8.23	6.94	92.10%	4
19	Bryanna Samuels	W17	Oakville Legion	8.24	8.12	85.32%	4
20	Joe Baptiste	M54	Jamaica Masters AC	8.31	7.15	89.41%	4
21	Ira Irving	M47	Jamaica Masters AC	8.32	7.53	84.98%	3
22	Joshua Eastman	M15	Unattached	8.36	7.80	81.94%	4
23	John Varone	M56	Jamaica Masters AC	8.42	7.15	89.43%	4
24	Kenna Hopkins	W14	Unattached	8.56	8.22	84.23%	3
25	Spencer Arnfield	M55	Extreme Velocity	8.58	7.34	87.18%	3
26	Sheree Mullings	W33	Unattached	8.63	8.64	80.19%	4
27	Shanise Ryan - Donegan	W15	Unattached	8.64	8.39	82.52%	3
28	Erica Folo	W14	Unattached	8.66	8.32	83.26%	3
29	Domenic Lonuzzo	M50	Unattached	8.74	7.74	82.61%	3
30	Sean Bucknor Johnson	M10	Flying Angels	8.76	7.35	86.99%	2
31	Paul Zelmanski	M55	United State	8.81	7.53	84.90%	2
32	Vonise Ryan - Donegan	W14	Unattached	8.92	8.57	80.83%	2
33	Brittni McCorquodale	W14	Unattached	8.96	8.61	80.47%	2
34	Gillian Dirkson	W15	Unattached	9.01	8.75	79.13%	3
35	Peter Evans	M72	Mississauga Tra	9.02	6.90	92.68%	2
36	Bryan Baldsing	M56	Jamaica Masters AC	9.11	7.74	82.66%	1
37	John Siriski	M56	Unattached	9.16	7.78	82.21%	2
38	Nancy Catton	W47	UTTC	9.18	8.20	84.42%	2
39	Mike Morris	M74	Unattached	9.37	7.06	90.61%	1
40	David Stern	M74	Mississauga Tra	9.80	7.38	86.63%	1

**Mixed 200 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#	
1	Nigel John	M42	Jamaica Masters AC	24.01	21.95 88.05%	9
2	Tohma Vanbergen	M16	Unattached	24.53	23.25 83.12%	8
3	Daniel Rooks	M17	Unattached	24.66	23.74 81.39%	8
4	Howard Powell	M38	Jamaica Masters AC	24.82	23.39 82.63%	9
5	Michael Lee Foon	M54	Jamaica Masters AC	24.87	20.86 92.64%	9
6	Richard Reid	M46	Jamaica Masters AC	24.88	22.08 87.54%	9
7	Rick Reynolds	M48	Jamaica Masters AC	25.72	22.50 85.89%	6
8	Liam Ford	M14	Unattached	26.10	23.82 81.11%	7
9	Ken Kudo	M52	Unattached	26.17	22.25 86.86%	8
10	Rob Pipitone	M18	Unattached	26.67	26.04 74.20%	7
11	Andrew Bass	M53	Unattached	26.73	22.57 85.60%	6
12	Milton Ashmeade	M30	Jamaica Masters AC	26.87	26.88 71.90%	4
13	Joe Baptiste	M54	Jamaica Masters AC	27.18	22.79 84.77%	7
14	Khama Beckles	W39	UTTC	27.44	26.24 81.34%	5

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15 Paul Dowhos	M47	Unattached	27.54	24.26	79.63%	6
16 John Varone	M56	Jamaica Masters AC	27.68	22.90	84.39%	6
17 Ira Irving	M47	Jamaica Masters AC	28.30	24.93	77.49%	4
18 Louis Byrne	M43	Toronto Olympic	28.40	25.77	75.00%	5
19 Erica Folo	W14	Unattached	28.85	26.73	79.86%	4
20 Matt Beechey	M44	Unattached	28.95	26.07	74.13%	5
21 Margo Rooks	W15	Unattached	28.96	27.24	78.35%	5
22 Sheree Mullings	W33	Unattached	29.28	29.29	72.88%	4
23 Wayne Gagne	M60	Cambridge Harriers	29.34	23.62	81.80%	3
24 Peter Evans	M72	Mississauga Tra	30.22	21.95	88.02%	3
25 Nancy Catton	W47	UTTC	30.26	26.27	81.26%	3
26 Domenic Lonuzzo	M50	Unattached	30.33	26.15	73.92%	2
27 Nicole Lukes	W42	Jamaica Masters AC	30.49	28.09	75.99%	3
28 Sean Bucknor Johnson	M10	Flying Angels	30.73	24.96	77.42%	3
29 David Stern	M74	Mississauga Tra	33.77	23.77	81.29%	2
30 Patricia Vilone	W53	Unattached	42.69	34.65	61.58%	1
31 Alice Cole	W81	Quebec	42.78	24.64	86.63%	1
-- Paul Robinson	M46	Jamaica Masters AC	DQ			8

**Mixed 400 Meter Dash**

Name	Age	Team	Finals	Age-Grading	H#
1 Jesaiah Coy	M21	Unattached	51.30	51.31 84.17%	4
2 Nigel John	M42	Jamaica Masters AC	53.52	49.35 87.52%	4
3 Richard Reid	M46	Jamaica Masters AC	56.70	50.82 84.97%	4
4 Kyle Dennett	M17	Unattached	57.09	55.13 78.33%	3
5 Andrew Bass	M53	Unattached	59.75	51.07 84.55%	3
6 Milton Ashmeade	M30	Jamaica Masters AC	61.23	61.24 70.52%	3
7 Louis Byrne	M43	Toronto Olympic	61.33	56.15 76.91%	3
8 Nancy Catton	W47	UTTC	65.69	55.41 85.90%	2
9 Wayne Gagne	M60	Cambridge Harriers	67.96	55.50 77.81%	2
10 Nicole Lukes	W42	Jamaica Masters AC	68.78	61.08 77.93%	2
11 Domenic Lonuzzo	M50	Unattached	72.56	63.26 68.26%	1
12 Heather Driscoll	W45	Blue Devils AC	1:20.01	68.83 69.17%	1
13 Lauryl Kapral	W10	Unattached	1:35.03	76.48 62.24%	1
14 Sarah Cupidio	W9	Unattached	1:35.29	73.24 64.99%	1
15 Patricia Vilone	W53	Unattached	1:36.49	76.78 62.00%	2

**Mixed 1000 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#
1 Michal Kapral	M42	UTTC	2:44.72	2:32.83 85.39%	4
2 Jim Dyck	M49	Unattached	2:47.21	2:25.54 89.67%	4
3 Bernie Hogan	M33	Unattached	2:49.58	2:49.59 76.95%	4
4 Bill Wells	M40	UTTC	2:53.99	2:44.43 79.37%	4
5 Mirco Graenert	M45	Newmarket Huskies	2:59.36	2:41.77 80.67%	4
6 Ming Tsai	M42	UTTC	3:00.77	2:47.72 77.81%	4
7 Benji Rodkin	M16	Unattached	3:03.55	2:53.62 75.16%	4
8 Armand D'Oliveira	M54	UTTC	3:06.97	2:35.86 83.73%	4
9 Chris Webb	M49	Unattached	3:07.64	2:43.33 79.90%	4
10 Rob Scheifley	M41	UTTC	3:12.02	2:59.81 72.58%	3
11 Glenn Duncan	M42	Boardwalk Rc	3:12.33	2:58.45 73.13%	3
12 Mark Duff	M53	Boardwalk Runnin	3:14.43	2:43.48 79.83%	3
13 Tanya Sakharov	W34	Boardwalk Runnin	3:16.70	3:16.71 74.48%	3

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**...Mixed 1000 Meter Run**

14	Leanna Lee	W29	Unattached	3:20.21	3:20.22	73.17%	3
15	John Ellis	M49	Central Toronto AC	3:26.79	3:00.00	72.50%	4
16	Amy Ballon	W43	UTTC	3:27.37	3:14.52	75.31%	3
17	Sam Vilone	M57	Unattached	3:29.74	2:50.54	76.52%	3
18	Niegel Geohagen	M46	Jamaica Masters AC	3:41.73	3:18.23	65.83%	2
19	Chris Mackie	M74	Unattached	3:46.83	2:34.98	84.21%	2
20	Domenic Lonuzzo	M50	Unattached	3:51.50	3:19.67	65.36%	2
21	Anke Graenert	W47	Newmarket Huskies	3:55.29	3:32.42	68.97%	2
22	Jon Comerford	M57	UTTC	4:00.87	3:15.86	66.63%	2
23	Lynn Kobayashi	W59	UTTC	4:02.67	3:08.29	77.81%	2
24	Clara Northcott	W60	UTTC	4:03.89	3:06.46	78.57%	2
25	Robert Moore	M74	Toronto Olym	4:25.07	3:01.10	72.06%	1
26	Ralph Cilevitz	M60	Throwers Club	4:37.26	3:39.93	59.34%	1
27	Patricia Vilone	W53	Unattached	4:41.12	3:57.24	61.75%	1
28	Nicky Slovitt	W54	UTTC	4:41.93	3:54.77	62.40%	1
29	Alice Cole	W81	Quebec	5:02.71	2:27.97	99.01%	1

**Mixed 3000 Meter Run**

Name	Age	Team	Finals	Age-Grading	H#	
1	Rodney Loeppky	M45 Physi-kult Kingston	9:33.09	8:41.46	84.38%	2
2	Jason Matthews	M40 UTTC	9:41.75	9:09.82	80.03%	2
3	Bernie Hogan	M33 Unattached	9:48.30	9:41.54	75.66%	2
4	Ryan Were	M15 Unattached	10:11.96	9:27.05	77.59%	1
5	Dan Fiorini	M52 Newmarket Huskies	10:13.38	8:47.88	83.35%	2
6	Dave Corlett	M47 Boardwalk Rc	10:21.12	9:16.40	79.08%	2
7	Ming Tsai	M42 UTTC	10:38.25	9:54.22	74.05%	2
8	Gary Cassel	M46 Cambridge Harriers	10:52.25	9:48.86	74.72%	2
9	Mark Sterling	M49 UTTC	10:57.49	9:39.71	75.90%	1
10	Chris Webb	M49 Unattached	10:58.24	9:40.38	75.81%	2
11	Rob Earl	M55 East Toronto	11:02.94	9:16.54	79.06%	2
12	Andrea Snider	W32 Unattached	11:39.91	11:37.26	71.91%	2
13	George Aitkin	M62 Cambridge Harriers	11:45.07	9:17.15	78.97%	1
14	Glenn Duncan	M42 Boardwalk Rc	11:49.86	11:00.88	66.58%	1
15	Dean Foster	M60 East Toronto	12:39.59	10:10.94	72.02%	1
16	Sam Vilone	M57 Unattached	12:40.93	10:28.08	70.06%	1
17	Chris Mackie	M74 Unattached	12:41.31	8:47.06	83.48%	1
18	Clara Northcott	W60 UTTC	13:45.83	10:14.42	81.61%	1
19	Robert Moore	M74 Toronto Olym	14:19.30	9:54.90	73.96%	1

**Mixed 60 Meter Hurdles**

Name	Age	Team	Finals	Age-Grading
1	Paul Zelmanski	M55 United State	10.62	8.99 81.26%
2	Ralph Cilevitz	M60 Throwers Club	12.08	10.19 71.69%

**Mixed 1600 Meter Steeplechase**

Name	Age	Team	Finals	Age-Grading	H#
1	James Wallace	M52 UTTC	6:27.20		2
2	Doug Smith	M63 UTTC	8:18.40		1
3	Katherine Willis	W56 UTTC	9:50.94		1
--	Jon Comerford	M57 UTTC	DQ		1

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**Mixed 4x400 Meter Relay**

Team	Finals
1 Jamaica Masters AC 'A'	4:09.29
1) Niegel Geohagen 46	2) Milton Ashmeade 30
3) Richard Reid 46	4) Nigel John 42
2 Boardwalk Running Club 'A'	4:25.36
1) Ryan Were 15	2) Tanya Sakharov 34
3) Glenn Duncan 42	4) Dave Corlett 47

**Mixed High Jump**

Name	Age Team	Finals	Age-Grading
1 James Wallace	M52 UTTC	1.30m	1.62m 66.33%
2 Paul Zelmanski	M55 United State	1.20m	1.55m 63.49%
3 Peter Zowkewych	M64 UTTC	1.10m	1.58m 64.71%

**Mixed Long Jump**

Name	Age Team	Finals	Age-Grading
1 John Siriski	M56 Unattached	4.37m	5.94m 66.41%
2 Paul Zelmanski	M55 United State	4.34m	5.82m 65.07%
3 Matt Beechey	M44 Unattached	4.21m	4.90m 54.75%
4 Bryan Baldsing	M56 Jamaica Masters AC	3.99m	5.42m 60.64%
5 Sean Bucknor Johnson	M10 Flying Angels	3.93m	6.41m 71.72%

**Mixed Triple Jump**

Name	Age Team	Finals	Age-Grading
1 Timothy Sirisombath	M18 Flying Angels	11.38m	11.93m 65.21%
2 Jack Pontes	M43 Unattached	10.87m	12.07m 66.04%

**Mixed Shot Put**

Name	Age Team	Finals	Age-Grading
1 Raj Kumar	M54 Unattached	11.63m	14.49m 62.70%
2 Bill Pearson	M62 Throwers Club	11.56m	15.53m 67.21%
3 Jerzy Wyroba	M65 Unattached	11.04m	16.24m 70.27%
4 Christian Janzen	M15 Unattached	10.90m	13.85m 59.92%
5 Peter Zowkewych	M64 UTTC	10.44m	14.89m 64.40%
6 Elizabeth Hill	W53 Throwers Club	10.36m	15.16m 67.01%
7 John Siriski	M56 Unattached	9.46m	12.32m 53.30%
8 David Morris	M76 Throwers Club	8.13m	12.62m 54.60%
9 Paul Robinson	M46 Jamaica Masters AC	7.78m	8.83m 38.23%
10 Rhona Trott	W66 Hamilton Oly	6.44m	12.36m 54.62%
11 Enrico Toscano	M74 Throwers Club	5.94m	8.66m 37.48%
12 Katherine Willis	W56 UTTC	5.42m	8.39m 37.10%

**Mixed Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Christian Janzen	M15 Unattached	16.85m	20.52m 79.37%

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**...Mixed Weight Throw**

2 Cyerra Cassell	W18 Unattached	15.87m	16.35m	69.30%
3 Bill Pearson	M62 Throwers Club	12.38m	14.67m	56.74%
4 David Morris	M76 Throwers Club	11.34m	17.18m	66.47%
5 Rhona Trott	W66 Hamilton Oly	10.43m	15.29m	64.82%

**Mixed 3000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Michael Mannozi	M28 Unattached	13:14.48	13:14.25 79.50%
2 Kris Kozell	W62 Ontario RaceWalkers	17:03.33	13:26.49 86.18%
3 John Kittredge	M70 Ontario RaceWalkers	17:55.50	12:48.99 82.11%
4 Anne de Thy	W61 Ontario RaceWalkers	18:32.64	14:46.78 78.37%
5 Anne Fischer	W53 Ontario Race	18:34.89	16:03.60 72.13%
-- Amanda Schneider	W25 Unattached	DNF	

Combined Team Scores - 1 Events Scored

1) Jamaica Masters AC	7	2) Boardwalk Running Club	5
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