

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M30 60 Meter Dash 10:30am**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
Finals					
1 Greg Hetherington	M30 Unattached	7.49	NWI	7.50 85.31%	6 7
2 D Powell	M31 Unattached	7.92	NWI	7.93 80.68%	6 5
3 Cat Iordan	M31 Unattached	8.07	NWI	8.08 79.18%	6 4

M35 60 Meter Dash 10:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Dree Ryan	M35 Jamaica	7.14	NWI	7.07 90.48%	6 7
2 Howard Powell	M37 Unattached	7.44	NWI	7.25 88.17%	6 5
3 Dave Kervin	M36 Peterborough	7.87	NWI	7.73 82.72%	6 4

W35 60 Meter Dash 10:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Khama Beckles	W38 UTTC	7.95	NWI	7.86 88.05%	6 7

M40 60 Meter Dash 10:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Jay Foubert	M44 UTTC	7.54	NWI	6.97 91.78%	5 7
2 Nigel John	M41 UTTC	7.59	NWI	7.18 89.06%	5 5
3 Michael Yap	M43 Unattached	8.04	NWI	7.49 85.45%	5 4
4 Ovidiu Negoita	M42 Unattached	8.41	NWI	7.89 80.98%	5 3
5 Matt Beechey	M43 Unattached	8.48	NWI	7.90 81.01%	5 2

M45 60 Meter Dash 10:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Chris Lemassif	M47 UTTC	7.77	NWI	7.03 90.99%	4 7
2 Bernard St. Lewis	M46 Ottawa Lions	7.92	NWI	7.22 88.64%	6 5
3 Rick Reynolds	M47 Speed Factory	7.94	NWI	7.18 89.04%	4 4
4 Paul Dowhos	M46 Thunder Bay Spri	7.99	NWI	7.28 87.86%	4 3
5 Will Hudson	M47 UTTC	8.12	NWI	7.35 87.07%	4 2

M50 60 Meter Dash 10:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Ken Kudo	M51 Unattached	7.79	NWI	6.85 93.32%	3 7
2 Michael Lee Foon	M53 Jamaica	7.83	NWI	6.79 94.13%	3 5
3 Les Neufeld	M53 Unattached	8.23	NWI	7.14 89.55%	3 4

M55 60 Meter Dash 10:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 John Varone	M55 Unattached	8.24	NWI	7.05 90.78%	3 7
2 Bryan Baldsing	M56 Unattached	8.81	NWI	7.48 85.47%	3 5

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M60 60 Meter Dash 10:30am**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Ralph Cilevitz	M60 Throwers Club	8.93	NWI	7.38 86.56%	2 7
2 Bernie Lachance	M63 Quebec	9.39	NWI	7.61 83.92%	2 5

W60 60 Meter Dash 10:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Karla Del Grande	W60 Mississauga Tra	8.59	NWI	6.73102.79%	2 7

M65 60 Meter Dash 10:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Richard Lech	M66 Unattached	8.81	NWI	7.01 91.26%	2 7

W65 60 Meter Dash 10:30am

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Rhona Trott	W65 Hamilton Oly	10.59	NWI	7.93 87.35%	7

M70 60 Meter Dash 10:30am

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Peter Evans	M71 Mississauga Tra	9.41	NWI	7.25 88.20%	7
2 David Stern	M74 Mississauga Tra	9.53	NWI	7.18 89.09%	5

M45 200 Meter Dash 2:00pm

Name	Age Team	Prelims	Wind	Age-Grading H#
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Preliminaries

1 Chris Lemassif	M47 UTTC	24.99q	NWI	22.02 87.76%	3
2 Christopher Warburton	M48 UTTC	25.24q	NWI	22.08 87.52%	2
3 David Turkstra	M48 Hamilton Oly	25.57q	NWI	22.37 86.39%	1
4 Marcus Skeete	M46 Unattached	25.78q	NWI	22.88 84.48%	2
5 Rick Reynolds	M47 Speed Factory	26.42q	NWI	23.28 83.01%	2
6 Will Hudson	M47 UTTC	26.48	NWI	23.33 82.82%	1
7 Bernard St. Lewis	M46 Ottawa Lions	27.02	NWI	23.98 80.61%	1
8 Ira Irving	M46 Jamaica	28.99	NWI	25.72 75.13%	3
-- Paul Dowhos	M46 Thunder Bay Spri	DQ	NWI		1
-- Paul Robinson	M48 Jamaica	DQ	NWI		3

M45 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
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Finals

1 Chris Lemassif	M47 UTTC	24.93	NWI	21.97 87.97%	7
2 David Turkstra	M48 Hamilton Oly	25.21	NWI	22.05 87.62%	5
3 Christopher Warburton	M48 UTTC	25.57	NWI	22.37 86.39%	4
4 Marcus Skeete	M46 Unattached	25.60	NWI	22.72 85.08%	3

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M30 200 Meter Dash 2:00pm**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Greg Hetherington	M30 Unattached	24.72	NWI	24.73 78.16%	7 7
2 D Powell	M31 Unattached	27.68	NWI	27.57 70.09%	7 5

W30 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Wendy Clarke	W31 Unattached	26.36	NWI	26.37 80.96%	7

W35 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Khama Beckles	W38 UTTC	26.91	NWI	26.07 81.87%	7

M35 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Dave Kervin	M36 Peterborough	25.65	NWI	24.55 78.71%	7 7

M40 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Nigel John	M41 UTTC	23.99	NWI	22.09 87.49%	6 7
2 Jay Foubert	M44 UTTC	24.25	NWI	21.84 88.49%	6 5
3 Matt Beechey	M43 Unattached	29.41	NWI	26.68 72.42%	6 4

M50 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Ken Kudo	M51 Unattached	25.46	NWI	21.80 88.65%	5 7
2 Michael Lee Foon	M53 Jamaica	25.73	NWI	21.73 88.92%	5 5

M55 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Steve Millward	M58 Unattached	29.12	NWI	23.77 81.32%	4 7
2 Bryan Baldsing	M56 Unattached	30.32	NWI	25.08 77.04%	4 5
3 Raymond Jonasson	M57 Unattached	34.65	NWI	28.47 67.88%	4 4

W60 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Karla Del Grande	W60 Mississauga Tra	28.90	NWI	21.80 97.92%	4 7

M60 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Ralph Cilevitz	M60 Throwers Club	31.82	NWI	25.62 75.42%	3 7

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**....M60 200 Meter Dash 2:00pm**

2	Bernie Lachance	M63 Quebec	32.86	NWI	25.95	74.47%	3	5
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M65 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points	
1	Richard Lech	M66 Unattached	32.39	NWI	25.05 77.15%	2 7

M70 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points	
1	Peter Evans	M71 Mississauga Tra	31.67	NWI	23.36 82.73%	2 7
2	David Stern	M74 Mississauga Tra	32.68	NWI	23.01 84.00%	2 5

M75 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points	
1	Jim Pascoe	M76 Rouge River RR	38.58	NWI	26.28 73.54%	2 7

W80 200 Meter Dash 2:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points	
1	Alice Cole	W80 Quebec	42.18	NWI	25.01 85.35%	7

M30 400 Meter Dash 11:30am

Name	Age Team	Finals	Age-Grading H#	Points	
1	Greg Hetherington	M30 Unattached	55.44	55.45 77.89%	6 7
--	D Powell	M31 Unattached	DQ		6

W40 400 Meter Dash 11:30am

Name	Age Team	Finals	Age-Grading H#	Points	
1	Amy Ballon	W42 UTTC	71.51	63.51 74.95%	2 7
2	Katty Abran	W43 London Legion T&	2:54.03	2:32.93 31.13%	1 5

M40 400 Meter Dash 11:30am

Name	Age Team	Finals	Age-Grading H#	Points	
1	Nigel John	M41 UTTC	54.47	50.58 85.39%	5 7
2	Lenroy Munro	M43 Unattached	56.11	51.37 84.07%	5 5
3	Saleem Baksh	M42 Mississauga Tra	60.47	55.75 77.46%	5 4
4	Sean Kapitain	M43 Unattached	60.63	55.51 77.80%	5 3

M45 400 Meter Dash 11:30am

Name	Age Team	Finals	Age-Grading H#	Points	
1	Richard Reid	M45 Jamaica	55.47	50.06 86.28%	4 7
2	Chris Lemassif	M47 UTTC	56.04	49.89 86.56%	4 5
3	Mirco Graenert	M45 Newmarket Huskies	56.24	50.75 85.10%	4 4

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**....M45 400 Meter Dash 11:30am**

4	Marcus Skeete	M46 Unattached	56.88	50.98	84.70%	4	3
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M50 400 Meter Dash 11:30am

Name	Age	Team	Finals	Age-Grading	H#	Points
1	Andrew Bass	M52 Unattached	60.39	51.96	83.11%	3 7

M55 400 Meter Dash 11:30am

Name	Age	Team	Finals	Age-Grading	H#	Points
1	John Albert	M58 Unattached	64.01	52.96	81.53%	3 7
2	Jim Freemantle	M55 Newmarket Huskies	73.32	61.84	69.83%	3 5
3	Raymond Jonasson	M57 Unattached	73.44	61.15	70.62%	3 4

M60 400 Meter Dash 11:30am

Name	Age	Team	Finals	Age-Grading	H#	Points
1	John Giffen	M62 Unattached	68.22	55.03	78.47%	2 7
2	John De Finney	M64 Newmarket Hu	70.35	56.05	77.06%	2 5
3	Bernie Lachance	M63 Quebec	70.54	56.55	76.37%	2 4

M75 400 Meter Dash 11:30am

Name	Age	Team	Finals	Age-Grading	Points
1	Jim Pascoe	M76 Rouge River RR	1:26.48	56.49	76.46% 7
2	Steffen Kampe	M77 Unattached	1:42.11	65.55	65.88% 5

W80 400 Meter Dash 11:30am

Name	Age	Team	Finals	Age-Grading	Points
1	Alice Cole	W80 Quebec	1:42.86	54.41	87.50% 7

W30 800 Meter Run 2:30pm

Name	Age	Team	Finals	Age-Grading	Points
1	Tanya Sakharov	W33 Boardwalk Runnin	2:37.18	2:37.19	72.07% 7

M30 800 Meter Run 2:30pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1	David Anderson	M32 Unattached	2:08.72	2:08.73	78.55%	4 7

M35 800 Meter Run 2:30pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1	Jonathan Colford	M36 Unattached	3:07.45	3:05.17	54.61%	4 7

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W40 800 Meter Run 2:30pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Amy Ballon	W42	UTTC	2:39.83	2:32.71 74.19%	7

M40 800 Meter Run 2:30pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Michal Kapral	M41	UTTC	2:09.00	2:01.52 83.21%	4	7
2 Pat Menzies	M43	Unattached	2:17.86	2:07.54 79.28%	4	5
3 Louis Byrne	M42	Toronto Olym	2:27.19	2:17.41 73.59%	4	4

M45 800 Meter Run 2:30pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Mirco Graenert	M45	Newmarket Huskies	2:15.31	2:02.88 82.29%	4	7
2 Niegel Geohagen,	M45	Jamaica	2:38.72	2:24.14 70.15%	4	5

W45 800 Meter Run 2:30pm

Name	Age	Team	Finals	Age-Grading	Points
1 Anke Graenert	W47	Newmarket Huskies	3:00.41	2:45.06 68.63%	7
-- Annie Bunting	W49	UTTC	DNF		

W50 800 Meter Run 2:30pm

Name	Age	Team	Finals	Age-Grading	Points
1 Heather O'Hagan	W52	Newmarket Huskies	2:40.90	2:19.88 80.99%	7

M50 800 Meter Run 2:30pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Mark Duff	M52	Boardwalk Runnin	2:31.96	2:09.93 77.82%	3	7

M55 800 Meter Run 2:30pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1 John Albert	M58	Unattached	2:28.45	2:00.83 83.68%	3	7
2 Les Landsberger	M55	Quebec	2:31.27	2:06.10 80.18%	3	5
3 James Earl	M55	East Toronto	2:37.13	2:10.99 77.19%	3	4

M60 800 Meter Run 2:30pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1 John Helliker	M62	UTTC	2:38.13	2:04.72 81.07%	2	7
2 John De Finney	M64	Newmarket Hu	2:43.29	2:06.82 79.74%	2	5
3 Ted Paget	M62	Newmarket Huskies	2:43.57	2:09.01 78.38%	2	4
4 Tim Payne	M63	Newmarket Huskies	3:03.68	2:23.75 70.34%	2	3

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M65 800 Meter Run 2:30pm**

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Richard Bailey	M65	Longboat RR	2:53.61	2:13.77 75.59%	2	7

M70 800 Meter Run 2:30pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Chris Mackie	M73	Unattached	2:55.09	2:02.08 82.83%	2	7

M75 800 Meter Run 2:30pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Steffen Kampe	M77	Unattached	3:53.95	2:32.87 66.14%	2	7

W30 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Tanya Sakharov	W33	Boardwalk Runnin	5:29.42	5:26.56 71.19%	2	7

M30 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Greg King	M32	Unattached	5:00.42	5:00.43 68.57%	3	7

W35 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Donna Mae Robins	W37	Unattached	5:15.24	5:05.82 76.02%	2	7

M35 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Jimmy Semes	M35	Boardwalk Runnin	4:40.88	4:37.29 74.29%	3	7

M40 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Jay Brecher	M40	UTTC	4:22.65	4:06.55 83.55%	3	7
2 Ian Reid	M40	UTTC	4:24.98	4:08.74 82.82%	3	5

M45 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Gary Cassel	M46	Cambridge Harriers	5:02.72	4:28.43 76.74%	3	7
2 Niegel Geohagen,	M45	Jamaica	5:33.07	4:58.00 69.13%	3	5

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M50 1500 Meter Run 11:00am**

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Geoff Peat	M50	Newmarket Huskies	4:30.32	3:51.05 89.16%	3	7
2 Rob Blair	M50	Newmarket Huskies	5:04.39	4:20.17 79.18%	3	5
3 Mark Duff	M52	Boardwalk Runnin	5:08.35	4:19.05 79.52%	3	4
4 Desmond Moloney	M53	East Toronto	5:12.05	4:19.85 79.28%	3	3

M55 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	H#	Points
1 James Earl	M55	East Toronto	5:01.31	4:06.51 83.57%	2	7
2 Les Landsberger	M55	Quebec	5:06.72	4:10.93 82.09%	2	5

M60 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	Points
1 Cathy Tedford	W60	Unattached	9:22.52	6:52.61 56.34%	7

M60 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	H#	Points
1 John Helliker	M62	UTTC	5:09.64	3:59.08 86.16%	2	7
2 Ted Paget	M62	Newmarket Huskies	5:21.27	4:08.06 83.05%	2	5
3 Tim Payne	M63	Newmarket Huskies	6:03.26	4:38.26 74.03%	2	4

M65 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Bert de Vries	M67	Longboat RR	6:14.03	4:37.31 74.29%	2	7

M70 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	Points
1 Chris Mackie	M73	Unattached	5:51.57	4:02.73 84.87%	7
2 David Woodhall	M71	Unattached	6:16.79	4:28.32 76.78%	5
3 Robert Moore	M73	Toronto Olym	6:39.10	4:35.54 74.76%	4
4 Vern Christensen	M73	Scarborough Masters	6:55.19	4:46.65 71.87%	3

M75 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	Points
1 Jack Geddes	M76	Scarborough Masters	6:33.07	4:19.27 79.45%	7
2 Steffen Kampe	M77	Unattached	8:07.53	5:17.19 64.95%	5

M80 1500 Meter Run 11:00am

Name	Age	Team	Finals	Age-Grading	Points
1 Ed Whitlock	M83	Unattached	6:14.81	3:36.80 95.02%	7

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W30 3000 Meter Run 1:15pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Joan Chung	W30	UTTC	11:46.54	11:46.12 71.01%	7

M30 3000 Meter Run 1:15pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Bernie Hogan	M32	Unattached	9:39.87	9:35.35 76.48%	3	7
2 Greg King	M32	Unattached	10:57.37	10:52.25 67.46%	3	5

W35 3000 Meter Run 1:15pm

Name	Age	Team	Finals	Age-Grading	Points
1 Donna Mae Robins	W37	Unattached	10:54.71	10:38.94 78.48%	7

M35 3000 Meter Run 1:15pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Alec Braithwaite	M38	Brantford Track	9:34.68	9:11.24 79.82%	3	7
2 Matt Kings	M35	Unattached	9:37.13	9:24.90 77.89%	3	5
3 Jimmy Semes	M35	Boardwalk Runnin	10:15.83	10:02.78 73.00%	3	4

M40 3000 Meter Run 1:15pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Jason Matthews	M40	UTTC	9:44.02	9:11.96 79.72%	3	7
2 Kevin Farr	M43	Brantford Track	10:22.58	9:35.27 76.49%	3	5
3 Rob Sidhu	M40	UTTC	10:25.27	9:50.95 74.46%	3	4

W45 3000 Meter Run 1:15pm

Name	Age	Team	Finals	Age-Grading	Points
1 Annie Bunting	W49	UTTC	12:05.10	10:26.20 80.07%	7

M45 3000 Meter Run 1:15pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Andrew Jones	M48	London Pacers	9:36.36	8:32.27 85.89%	3	7
2 Pierre Mikhail	M45	Muskoka Algonqui	10:20.29	9:24.41 77.96%	3	5
3 Gary Cassel	M46	Cambridge Harriers	10:58.45	9:54.45 74.02%	3	4

M50 3000 Meter Run 1:15pm

Name	Age	Team	Finals	Age-Grading	H#	Points
1 Paul Osland	M50	UTTC	9:47.52	8:33.91 85.62%	2	7
2 John Healy	M51	Boardwalk Runnin	10:47.59	9:21.85 78.31%	2	5
3 Jay Yakabowich	M52	Unattached	10:52.80	9:21.80 78.32%	2	4

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W55 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading	Points
1 Lynn Kobayashi	W58 UTTC	12:54.03	9:52.68 84.60%	7
2 Katherine Willis	W55 UTTC	16:23.24	13:05.02 63.87%	5

M55 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jerry Kooymans	M58 Toronto Olym	10:19.14	8:26.71 86.83%	2	7
2 James Earl	M55 East Toronto	10:49.39	9:05.17 80.71%	2	5
3 Sam Vilone	M56 Unattached	12:02.58	10:01.48 73.15%	2	4

W60 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Cathy Tedford	W60 Unattached	20:45.38	15:26.57 54.12%	7

M60 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 John Giffen	M62 Unattached	11:34.39	9:08.71 80.19%	2	7

M65 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Richard Bailey	M65 Longboat RR	11:54.16	9:09.27 80.11%	2	7

M70 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Roy Collins	M70 St.Catharins	13:34.40	9:56.06 73.82%	7
2 David Woodhall	M71 Unattached	13:48.34	9:58.89 73.47%	5
3 Robert Moore	M73 Toronto Olym	14:11.55	9:58.73 73.49%	4
4 Gary McColeman	M72 UTTC	15:20.36	10:56.59 67.01%	3
5 Brian Drewett	M72 Unattached	15:27.45	11:01.65 66.50%	2

M75 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Steffen Kampe	M77 Unattached	16:36.38	10:53.53 67.33%	7

M85 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Manuel Teodoro	M86 London Pacers	21:23.35	10:57.59 66.91%	7

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M35 60 Meter Hurdles 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 David Valenzuela	M37 Unattached	8.99	NWI	8.58 85.09%	2 7

M40 60 Meter Hurdles 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Ovidiu Negoita	M42 Unattached	10.61	NWI	9.72 75.12%	2 7

M45 60 Meter Hurdles 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Marcus Skeete	M46 Unattached	11.40	NWI	10.12 72.19%	2 7

M50 60 Meter Hurdles 1:00pm

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Don Ritchie	M52 Throwers Club	9.82	NWI	8.43 86.66%	2 7
-- Glenn Chipkar	M54 Mississauga Tra	DNF	NWI		2

M60 60 Meter Hurdles 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Ralph Cilevitz	M60 Throwers Club	11.50	NWI	9.70 75.30% 7

M65 60 Meter Hurdles 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Richard Lech	M66 Unattached	11.61	NWI	8.66 84.32% 7
2 Stan Seitz	M66 Ottawa Lions	14.16	NWI	10.56 69.14% 5

W65 60 Meter Hurdles 1:00pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Rhona Trott	W65 Hamilton Oly	13.83	NWI	9.94 77.37% 7

X40 4x200 Meter Relay 2:45pm

Team	Finals	Points
1 Team 2 'A'	1:40.69	
1) Marcus Skeete 46		
2) Dree Ryan 35		
3) Michael Lee Foon 53		
4) Richard Reid 45		
2 Team 1 'A'	2:25.50	
1) Ralph Cilevitz 60		
2) Bernie Lachance 63		
3) Les Landsberger 55		
4) Raymond Jonasson 57		

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**X50 4x400 Meter Relay 3:00pm**

Team	Finals	Points
1 Team 2 'A'	4:23.42	
1) James Earl 55	2) Desmond Moloney 53	
3) John Albert 58	4) Paul Osland 50	

X70 4x400 Meter Relay 3:00pm

Team	Finals	Points
2 Team 1 'A'	5:42.91	
1) Jack Geddes 76	2) David Woodhall 71	
3) Vern Christensen 73	4) Chris Mackie 73	

M35 High Jump 10:30am

Name	Age Team	Finals	Age-Grading	Points
1 Zoltan Sara	M38 Unattached	1.90m	2.06m 84.07%	7
2 David Valenzuela	M37 Unattached	1.85m	1.98m 81.14%	5

M40 High Jump 10:30am

Name	Age Team	Finals	Age-Grading	Points
1 Ovidiu Negoita	M42 Unattached	1.65m	1.86m 76.04%	7
2 Jasbir Singh Hundal	M40 Unattached	1.45m	1.60m 65.32%	5

W45 High Jump 10:30am

Name	Age Team	Finals	Age-Grading	Points
1 Gaby Szanto	W48 Unattached	1.45m	1.76m 84.30%	7

M45 High Jump 10:30am

Name	Age Team	Finals	Age-Grading	Points
1 David Turkstra	M48 Hamilton Oly	1.65m	1.97m 80.88%	7

M50 High Jump 10:30am

Name	Age Team	Finals	Age-Grading	Points
1 Don Ritchie	M52 Throwers Club	1.60m	2.00m 81.63%	7
2 Paul Osland	M50 UTTC	1.40m	1.71m 70.00%	5

M55 High Jump 10:30am

Name	Age Team	Finals	Age-Grading	Points
-- Alexandr Senkevich	M59 Unattached	NH		

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M60 High Jump 10:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Peter Zowkewych	M63 UTTC	1.46m	2.07m 84.88%	7
2 Ralph Cilevitz	M60 Throwers Club	1.20m	1.64m 67.42%	5

M65 High Jump 10:30am

Name	Age Team	Finals	Age-Grading	Points
1 Stan Seitz	M66 Ottawa Lions	1.37m	2.02m 82.53%	7

W45 Pole Vault 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Gaby Szanto	W48 Unattached	2.55m	3.47m 67.46%	7

M45 Pole Vault 9:30am

Name	Age Team	Finals	Age-Grading	Points
-- Paul White	M47 Unattached	NH		

M55 Pole Vault 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Mark Schaber	M55 Unattached	3.25m	4.42m 72.06%	7

M65 Pole Vault 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Stan Seitz	M66 Ottawa Lions	2.85m	4.68m 76.41%	7

M40 Long Jump 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Nigel John	M41 UTTC	5.66m	NWI	6.36m 71.11%	7
2 Ovidiu Negoita	M42 Unattached	5.16m	NWI	5.86m 65.57%	5
3 Jasbir Singh Hundal	M40 Unattached	4.59m	NWI	5.10m 57.02%	4
4 Andrei Georgescu	M43 Unattached	4.50m	NWI	5.17m 57.84%	3

M50 Long Jump 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Andrew Bass	M52 Unattached	4.98m	NWI	6.41m 71.65%	7
2 Don Ritchie	M52 Throwers Club	4.50m	NWI	5.79m 64.75%	5

M55 Long Jump 1:00pm

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Raymond Jonasson	M57 Unattached	3.35m	NWI	4.62m 51.62%	7

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M60 Long Jump 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Ralph Cilevitz	M60 Throwers Club	4.27m	NWI	6.15m 68.76%	7

M35 Triple Jump After the LJ

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Jonathan Younker	M38 Unattached	12.84m	NWI	13.44m 73.54%	7

M40 Triple Jump After the LJ

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Lenroy Munro	M43 Unattached	12.28m	NWI	13.64m 74.61%	7
2 Ovidiu Negoita	M42 Unattached	10.44m	NWI	11.46m 62.67%	5
3 Jasbir Singh Hundal	M40 Unattached	9.80m	NWI	10.50m 57.44%	4
4 Andrei Georgescu	M43 Unattached	9.53m	NWI	10.58m 57.90%	3

M60 Triple Jump After the LJ

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Thevarajan Sinnathurai	M60 United T.S.C.	10.97m	NWI	15.37m 84.06%	7
2 Ralph Cilevitz	M60 Throwers Club	7.31m	NWI	10.24m 56.02%	5

M40 Shot Put 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Ovidiu Negoita	M42 Unattached	9.58m	10.15m 43.92%	7
2 Jasbir Singh Hundal	M40 Unattached	9.12m	9.36m 40.52%	5

M45 Shot Put 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M49 New Brunswick	12.16m	14.72m 63.66%	7

W45 Shot Put 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Gaby Szanto	W48 Unattached	9.67m	13.76m 60.82%	7
2 Colleen Hill	W46 Jamaica	6.53m	8.82m 38.99%	5
3 Annie Bunting	W49 UTTC	6.12m	8.94m 39.53%	4

M50 Shot Put 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Don Ritchie	M52 Throwers Club	11.50m	13.73m 59.40%	7
2 Muraleetharan Arulpiraga	M54 Unattached	9.48m	11.81m 51.11%	5
3 Paul Osland	M50 UTTC	6.46m	7.40m 32.04%	4

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W50 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Elizabeth Hill	W53 Throwers Club	10.90m	15.95m 70.50%	7

W55 Shot Put 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Katherine Willis	W55 UTTC	5.68m	8.62m 38.12%	7

M60 Shot Put 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M61 Throwers Club	11.93m	15.58m 67.40%	7
2 Jerzy Wyroba	M64 Unattached	10.32m	14.72m 63.66%	5
3 Peter Zowkewych	M63 UTTC	10.29m	14.24m 61.62%	4
4 Brock Pullen	M64 Unattached	9.62m	13.72m 59.35%	3

W60 Shot Put 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Kathy Wetenhall	W60 United State	8.33m	13.97m 61.80%	7

M65 Shot Put 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Mike Mercer	M66 Unattached	9.35m	14.21m 61.47%	7
2 Stan Seitz	M66 Ottawa Lions	7.64m	11.61m 50.23%	5

W65 Shot Put 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W66 British Columbia	7.24m	13.89m 61.41%	7

M70 Shot Put 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M70 Throwers Club	11.70m	15.22m 65.88%	7
2 Enrico Toscano	M73 Throwers Club	6.61m	9.36m 40.48%	5

M75 Shot Put 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 James Sumner	M75 Unattached	8.43m	12.68m 54.85%	7

M40 Weight Throw 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Ovidiu Negoita	M42 Unattached	6.60m	7.42m 28.71%	7
2 Jasbir Singh Hundal	M40 Unattached	6.24m	6.82m 26.41%	5

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M45 Weight Throw 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M49 New Brunswick	12.60m	15.68m 60.66%	7

M50 Weight Throw 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Ayman Mazhar	M54 UTTC	17.13m	20.37m 78.79%	7

W50 Weight Throw 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Kristen Dajia	W51 Throwers Club	12.84m	16.22m 68.74%	7
2 Elizabeth Hill	W53 Throwers Club	10.47m	13.71m 58.10%	5

M55 Weight Throw 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Jim Wettenhall	M59 United State	15.31m	19.94m 77.13%	7

M60 Weight Throw 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M61 Throwers Club	11.87m	13.78m 53.32%	7
2 Brock Pullen	M64 Unattached	11.85m	14.63m 56.59%	5

W60 Weight Throw 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Kathy Wetenhall	W60 United State	11.83m	15.07m 63.88%	7

W65 Weight Throw 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W66 British Columbia	10.38m	15.22m 64.51%	7
2 Rhona Trott	W65 Hamilton Oly	9.64m	13.79m 58.42%	5

M70 Weight Throw 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M70 Throwers Club	15.84m	20.50m 79.28%	7
2 Enrico Toscano	M73 Throwers Club	7.07m	9.87m 38.17%	5

W50 3000 Meter Race Walk 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Nancy Kula	W50 Toronto Race	20:31.45	18:12.92 63.59%	7

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

W60 3000 Meter Race Walk 10:00am

Name	Age	Team	Finals	Age-Grading	Points
1 Jacqueline Silverberg	W63	Ontario RaceWalkers	19:51.47	15:28.16 74.88%	7

M65 3000 Meter Race Walk 10:00am

Name	Age	Team	Finals	Age-Grading	Points
1 John Kittredge	M69	Ontario RaceWalkers	17:43.23	12:49.36 82.07%	7