

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**Mixed 50 Meter Dash 12:45:pm**

Name	Age Team	Prelims	Wind	Age-Grading	H#
Preliminaries					
1 Mike James	M33 Unattached	6.07q	NWI	6.08 91.27%	6
1 Dave Kervin	M35 Peterborough	6.85q	NWI	6.78 81.75%	6
1 Michael Lee Foon	M53 Jamaica	6.85q	NWI	5.94 93.28%	6
1 Rick Reynolds	M47 Unattached	6.94q	NWI	6.28 88.33%	6
1 Matt Beechey	M43 Unattached	7.12q	NWI	6.63 83.57%	5
1 Jaylen Gilbert-Ryan	M14 Flying Angels	7.21q	NWI	6.54 84.74%	2
1 Reannah Jay	W13 Flying Angels	7.45q	NWI	7.13 83.62%	1
1 Karla Del Grande	W60 Mississauga Tra	7.51q	NWI	5.89101.33%	4
1 Tony Powell	M70 Unattached	7.53q	NWI	5.84 94.95%	4
1 Sam Vilone	M56 Unattached	7.61q	NWI	6.46 85.81%	5
1 Patricia Vilone	W52 Unattached	9.83q	NWI	8.34 71.52%	3
1 Nikola Krajnovic	M61 Unattached	10.27q	NWI	8.43 65.73%	3
2 Clayton Latham	M33 Unattached	6.41q	NWI	6.42 86.43%	6
2 Joe Baptiste	M53 Jane Finch Track	6.93q	NWI	6.01 92.21%	5
2 Niegel Geohagen,	M45 Jamaica	7.04q	NWI	6.46 85.80%	4
2 Abtin Soltani	M14 Flying Angels	7.35q	NWI	6.67 83.13%	2
2 Mike Morris	M73 Unattached	7.68q	NWI	5.83 95.05%	4
2 Jada Campbell	W9 Flying Angels	8.23q	NWI	7.05 84.57%	1
2 Jonathan Colford	M36 Unattached	8.23q	NWI	8.09 68.53%	3
3 Cat Jordan	M31 Unattached	6.99q	NWI	7.00 79.26%	5
3 Will Hudson	M47 UTTC	7.09q	NWI	6.41 86.46%	4
3 John Varone	M54 Unattached	7.15q	NWI	6.16 90.07%	4
3 Sean Johnson	M8 Flying Angels	8.06q	NWI	6.11 90.69%	1
3 David Stern	M73 Mississauga Tra	8.09q	NWI	6.14 90.23%	3
3 Nia Dalechuku	W11 Flying Angels	8.43q	NWI	7.75 76.87%	1
4 Paul White	M47 London Legion T&	7.21q	NWI	6.52 85.02%	4
4 Elynn Chen	M11 Flying Angels	8.21q	NWI	7.00 79.17%	2
4 Jodie St John	M33 Peterborough	9.40q	NWI	9.41 58.94%	3
5 Logyn Hohenkerk	M8 Flying Angels	8.77q	NWI	6.65 83.35%	1
6 Kyler Luo	M6 Flying Angels	10.82q	NWI	6.87 80.68%	2

Mixed 50 Meter Dash 12:45:pm

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
Finals						
1 Mike James	M33 Unattached	6.08	NWI	6.09 91.12%	4	
1 Michael Lee Foon	M53 Jamaica	6.68	NWI	5.80 95.66%	4	
1 Dave Kervin	M35 Peterborough	6.76	NWI	6.69 82.84%	4	
1 Rick Reynolds	M47 Unattached	6.88	NWI	6.22 89.10%	4	
1 Jaylen Gilbert-Ryan	M14 Flying Angels	7.19	NWI	6.52 84.98%	3	
1 Tony Powell	M70 Unattached	7.50	NWI	5.82 95.33%	2	
1 Reannah Jay	W13 Flying Angels	7.52	NWI	7.20 82.85%	2	
1 Karla Del Grande	W60 Mississauga Tra	7.53	NWI	5.90101.06%	2	
1 Sam Vilone	M56 Unattached	7.75	NWI	6.58 84.26%	2	
1 Patricia Vilone	W52 Unattached	10.10	NWI	8.56 69.60%	1	
1 Nikola Krajnovic	M61 Unattached	10.28	NWI	8.44 65.66%	1	
2 Clayton Latham	M33 Unattached	6.44	NWI	6.45 86.02%	4	
2 Will Hudson	M47 UTTC	7.07	NWI	6.39 86.70%	3	
2 John Varone	M54 Unattached	7.15	NWI	6.16 90.07%	3	
2 Abtin Soltani	M14 Flying Angels	7.42	NWI	6.73 82.35%	3	
2 Mike Morris	M73 Unattached	7.69	NWI	5.84 94.93%	2	
2 Jonathan Colford	M36 Unattached	8.23	NWI	8.09 68.53%	1	
2 Jada Campbell	W9 Flying Angels	8.45	NWI	7.24 82.37%	1	

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3 Cat Iordan	M31 Unattached	6.99	NWI	7.00	79.26%	4
3 Niegel Geohagen,	M45 Jamaica	7.07	NWI	6.49	85.43%	3
3 Sean Johnson	M8 Flying Angels	8.04	NWI	6.10	90.92%	2
3 Nia Dalechuku	W11 Flying Angels	8.66	NWI	7.97	74.83%	1
4 Elynn Chen	M11 Flying Angels	8.16	NWI	6.96	79.66%	2
4 Jodie St John	M33 Peterborough	9.75	NWI	9.76	56.82%	1
5 Logyn Hohenkerk	M8 Flying Angels	8.89	NWI	6.74	82.23%	1
6 Kyler Luo	M6 Flying Angels	10.36	NWI	6.58	84.27%	1

Mixed 150 Meter Dash 1:40pm

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Richard Reid	M45 Jamaica	18.42	NWI			9
2 Clayton Latham	M33 Unattached	18.46	NWI			9
3 Michael Lee Foon	M53 Jamaica	18.52	NWI			9
4 Dave Kervin	M35 Peterborough	18.99	NWI			7
5 David Turkstra	M48 Hamilton Oly	19.23	NWI			7
6 Rick Reynolds	M47 Unattached	19.44	NWI			8
7 Joe Baptiste	M53 Jane Finch Track	19.45	NWI			8
8 Andrew Bass	M52 Unattached	19.94	NWI			5
9 Paul Robinson	M48 Jamaica	20.09	NWI			6
10 John Varone	M54 Unattached	20.17	NWI			8
11 Jaylen Gilbert-Ryan	M14 Flying Angels	20.61	NWI			7
12 Tony Powell	M70 Unattached	21.08	NWI			7
13 Abtin Soltani	M14 Flying Angels	21.33	NWI			1
14 Steven Millward	M58 Niagara Olym	21.36	NWI			5
15 Reannah Jay	W13 Flying Angels	21.92	NWI			5
16 Renee Dalechuku	W15 Flying Angels	22.28	NWI			2
17 Mike Morris	M73 Unattached	22.75	NWI			5
18 John North	M50 Unattached	23.19	NWI			6
19 Sean Johnson	M8 Flying Angels	23.52	NWI			3
20 Elynn Chen	M11 Flying Angels	23.57	NWI			4
21 David Stern	M73 Mississauga Tra	23.83	NWI			3
22 Jada Campbell	W9 Flying Angels	24.72	NWI			4
23 Nia Dalechuku	W11 Flying Angels	25.85	NWI			2
24 Logyn Hohenkerk	M8 Flying Angels	26.88	NWI			1
25 Nikola Krajnovic	M61 Unattached	29.76	NWI			3
26 Jodie St John	M33 Peterborough	30.66	NWI			2
27 Kyler Luo	M6 Flying Angels	31.63	NWI			1
-- Will Hudson	M47 UTTC	DQ	NWI			6

Mixed 300 Meter Dash 3:00pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jaylen Gilbert-Ryan	M14 Flying Angels	46.04	42.09 71.29%	2	7
2 Abtin Soltani	M14 Flying Angels	46.06	42.11 71.25%	1	5
3 Karla Del Grande	W60 Mississauga Tra	48.31	36.24 91.08%	4	4
4 Tony Powell	M70 Unattached	49.96	37.00 81.10%	4	3
5 Reannah Jay	W13 Flying Angels	50.01	44.85 73.59%	3	2
6 Renee Dalechuku	W15 Flying Angels	50.34	46.85 70.44%	3	1
7 Elynn Chen	M11 Flying Angels	53.15	44.76 67.04%	3	
8 Jada Campbell	W9 Flying Angels	54.87	43.22 76.36%	1	
9 Sean Johnson	M8 Flying Angels	57.45	42.03 71.38%	3	
10 David Stern	M73 Mississauga Tra	59.26	41.68 71.99%	4	
11 Ted Sauer	M66 Unattached	60.27	46.81 64.09%	4	

....Mixed 300 Meter Dash 3:00pm

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

12 Logyn Hohenkerk	M8 Flying Angels	61.41	44.93	66.78%	1
13 Kyler Luo	M6 Flying Angels	70.93	43.53	68.91%	2
14 Darion Jackson	M8 Flying Angels	78.61	57.51	52.17%	2

Mixed 600 Meter Run 2:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Mirco Graenert	M44 Newmarket Huskies	1:37.37	1:28.87 81.19%	
2 Robert Kay	M31 Longboat RR	1:42.73	1:42.74 70.23%	
3 Caitlyn North North	W13 Flying Angels	2:11.13	1:57.35 68.18%	
4 Murray Hale	M64 Newmarket Huskies	2:11.70	1:43.60 69.64%	
5 Jonathan Colford	M36 Unattached	2:13.76	2:10.49 55.29%	
6 Darion Jackson	M8 Flying Angels	2:44.02	1:58.97 60.65%	

Mixed 1500 Meter Run 1:20pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Brandon Thomas	M19 Cambridge Harriers	4:25.69	4:20.12 79.20%	3	
2 Ian Reid	M40 UTTC	4:30.60	4:14.02 81.10%	3	
3 Michael Sherar	M50 UTTC	4:35.68	3:55.63 87.43%	3	
4 Mirco Graenert	M44 Newmarket Huskies	4:53.72	4:25.38 77.62%	3	
5 Robert Kay	M31 Longboat RR	4:54.68	4:54.69 69.91%	3	
6 Jerry Kooymans	M58 Toronto Olym	4:57.47	3:57.36 86.79%	3	
7 John Helliker	M62 UTTC	5:00.73	3:52.20 88.72%	3	
8 Mark Duff	M52 Boardwalk Runnin	5:05.83	4:16.93 80.18%	3	
9 Gary Cassel	M45 Cambridge Harriers	5:06.07	4:33.85 75.22%	3	
10 Rob Hanks	M51 Longboat RR	5:19.74	4:30.95 76.03%	3	
11 Ted Paget	M62 Newmarket Huskies	5:26.86	4:12.37 81.63%	2	
12 John De Finney	M63 Newmarket Hu	5:30.71	4:13.33 81.32%	2	
13 Sam Vilone	M56 Unattached	5:42.18	4:37.65 74.19%	2	
14 Richard Bailey	M65 Longboat RR	5:43.64	4:18.97 79.55%	2	
15 Chris Mackie	M73 Unattached	5:50.90	4:02.27 85.03%	2	
16 Murray Hale	M64 Newmarket Huskies	5:51.84	4:27.33 77.06%	2	
17 Tim Payne	M63 Newmarket Huskies	5:55.26	4:32.13 75.70%	2	
18 Caitlyn North North	W13 Flying Angels	6:08.33	5:41.30 68.12%	1	
19 Timo Uuksulainen	M62 Longboat RR	6:13.49	4:48.38 71.43%	1	
20 Ed Whitlock	M82 Milton Runners	6:14.95	3:42.54 92.57%	1	
21 Michael Geraghty	M58 Unattached	6:17.64	5:01.32 68.37%	1	
22 Bert de Vries	M67 Longboat RR	6:17.89	4:40.17 73.53%	1	
23 Doug Smith	M62 UTTC	6:32.09	5:02.74 68.05%	1	
24 Robert Moore	M73 Toronto Olym	6:39.52	4:35.83 74.68%	1	
25 Patricia Vilone	W52 Unattached	7:08.60	5:51.03 66.23%	1	
26 Anestos Stefanidis	M70 Unattached	7:17.55	5:16.35 65.12%	1	
-- Duncan Greenshields	M65 UTTC	DNF		2	

Mixed 3000 Meter Run 2:20pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Colin Campbell	M27 UofT Masters Track	9:06.72	9:06.73 80.48%	2	
2 Predrag Mladenovic	M41 Unattached	9:09.15	8:35.11 85.42%	2	
3 Rob Sidhu	M40 UTTC	10:43.35	10:08.04 72.36%	2	
4 John Healy	M51 Unattached	10:45.45	9:20.00 78.57%	2	
5 Jay Yakabowich	M52 Unattached	10:48.20	9:17.85 78.88%	2	
6 John Giffen	M61 Unattached	11:52.22	9:27.79 77.49%	2	

...Mixed 3000 Meter Run 2:20pm

7 Ted Paget	M62 Newmarket Huskies	12:00.49	9:29.34 77.28%	2
8 Sam Vilone	M56 Unattached	12:27.75	10:22.43 70.69%	2
9 Robert Moore	M73 Toronto Olym	14:27.37	10:09.85 72.15%	1

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10 Michael Geraghty	M58 Unattached	15:29.42	12:40.64	57.85%	1
11 Anestos Stefanidis	M70 Unattached	15:48.87	11:34.48	63.36%	1
12 Gary McColeman	M71 Unattached	16:04.93	11:37.65	63.07%	1
13 Patricia Vilone	W52 Unattached	16:22.12	13:36.15	61.44%	1
14 Ted Sauer	M66 Unattached	16:26.94	12:32.05	58.51%	1
-- Steve Caws	M61 Mississauga Tra	DNF			2

Mixed 50 Meter Hurdles 12:30pm

Name	Age Team	Finals	Wind	Age-Grading Points
1 Don Ritchie	M52 Unattached	8.42	NWI	7.23 86.58%
-- Paul White	M47 London Legion T&	DNF	NWI	

Mixed 4x200 Meter Relay 3:15pm

Team	Finals	Points
1 Flying Angels 'A'	2:14.04	
1) Abtin Soltani 14		
2) Renee Dalechuku 15		
3) Reannah Jay 13		
4) Jaylen Gilbert-Ryan 14		
2 University of Toronto TC 'A'	2:17.19	
1) Peter Zowkewych 63		
2) Duncan Greenshields 65		
3) Doug Smith 62		
4) John Helliker 62		
3 Flying Angels 'C'	2:39.28	
1) Darion Jackson 8		
2) Logyn Hohenkerk 8		
3) Kyler Luo 6		
4) Richard Reid 45		
-- Flying Angels 'B'	DQ	
1) Jada Campbell 9		
2) Elynn Chen 11		
3) Sean Johnson 8		
4) Nia Dalechuku 11		

Mixed High Jump 12:30pm

Name	Age Team	Finals	Age-Grading Points
1 David Turkstra	M48 Hamilton Oly	1.70m	2.03m 83.33%
1 Peter Zowkewych	M63 UTTC	1.40m	1.99m 81.40%

Mixed Pole Vault after WT

Name	Age Team	Finals	Age-Grading Points
1 Paul White	M47 London Legion T&	3.65m	4.42m 71.99%
2 Don Ritchie	M52 Unattached	3.10m	4.03m 65.68%

Mixed Long Jump after WT

Name	Age Team	Finals	Wind	Age-Grading Points
1 Matt Beechey	M43 Unattached	4.06m	NWI	4.67m 52.19%
2 Renee Dalechuku	W15 Flying Angels	3.32m	NWI	3.87m 51.55%
3 Nia Dalechuku	W11 Flying Angels	2.94m	NWI	4.20m 55.89%

Mixed Triple Jump after LJ

Name	Age Team	Finals	Wind	Age-Grading Points
1 Paul Johnson	M32 Flying Angels	10.06m	NWI	10.11m 55.27%

Mixed Shot Put after WT

Name	Age Team	Finals	Age-Grading Points
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1	Mat Armstrong	M18	Unattached	12.58m	13.83m	59.82%
2	Sasha Dajia	M33	EtobicokeTC	12.57m	12.57m	54.37%
3	John Reston	M16	Unattached	12.56m	15.11m	65.38%
4	Bill Pearson	M61	Throwers Club	12.03m	15.71m	67.97%
5	Paul Gautier	M49	New Brunswick	11.95m	14.46m	62.57%
6	Peter Zowkewych	M63	UTTC	10.42m	14.42m	62.40%
7	Jerzy Wyroba	M64	Unattached	10.24m	14.60m	63.17%
8	Mike Mercer	M66	Unattached	9.56m	14.53m	62.85%
9	Kristen Dajia	W50	Throwers Club	9.12m	12.65m	55.92%
10	Adri Rowswell	W73	Unattached	7.22m	16.65m	73.60%
11	Enrico Toscano	M73	Centro Scuola	6.53m	9.24m	39.99%
12	Katherine Willis	W55	UTTC	5.49m	8.33m	36.85%

Mixed Weight Throw 12:30pm

Name	Age	Team	Finals	Age-Grading	Points
1	John Reston	M16	Unattached	17.49m	20.17m 78.01%
2	Ayman Mazhar	M54	UTTC	17.37m	20.66m 79.90%
3	Chris Preece	M22	Unattached	16.49m	16.49m 63.77%
3	Marie-Josée Le Jour	W34	UTTC	16.49m	20.65m 87.53%
5	Cyerra Cassell	W17	UTTC	16.19m	17.36m 73.59%
6	Bill Pearson	M61	Throwers Club	13.23m	15.36m 59.43%
7	Mat Armstrong	M18	Unattached	12.71m	13.65m 52.80%
8	Kristen Dajia	W50	Throwers Club	12.65m	15.70m 66.54%
9	Paul Gautier	M49	New Brunswick	11.91m	14.83m 57.34%
10	Enrico Toscano	M73	Centro Scuola	7.46m	10.41m 40.28%