

49th OMA Indoor Championships
Toronto Track and Field Centre - 2019-02-24
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

Event 1 W29&U 60 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
Finals					
1 Williams, Jordanne	W28 Unattached Ontario	X8.02	8.03 86.28%	4	
2 Alford, Kristy	W20 Unattached Ontario	X8.76	8.77 79.00%	4	
3 Pedrero, Andrea	W27 Univ. Toronto TC	X9.43	9.44 73.38%	4	

Event 1 W30 60 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 McCrory, Kim	W30 Univ. Toronto TC	8.46	8.47 81.80%	4	7

Event 1 W35 60 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Reyes, Lorena	W35 Ultimate Body	8.30	8.21 84.34%	4	7
2 Caesar, Latasha	W35 Variety Village	8.55	8.46 81.87%	4	5
3 Mullings, Sheree	W37 Jamcan Int'l	8.57	8.48 81.68%	4	4

Event 1 W40 60 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 King, Debbie	W43 Jamcan Int'l	9.00	8.59 80.67%	3	7
2 Dorsett, Cindy	W42 Jamcan Int'l	9.50	9.07 76.42%	3	5
3 Gariffe, Tanya	W41 Unattached Ontario	X9.77	9.32 74.31%	3	
4 Jaynes, Nicole	W42 Runner's Life	10.02	9.56 72.46%	3	4

Event 1 W45 60 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Garfunkel, Violeta	W45 Univ. Toronto TC	8.59	7.90 87.66%	2	7
2 Reid, Linda	W48 Jamcan Int'l	8.72	8.02 86.35%	2	5
3 Zinman, Debbie	W49 Univ. Toronto TC	8.78	8.07 85.76%	2	4
4 Thompson, Marsha	W47 Jamcan Int'l	8.96	8.24 84.04%	2	3
5 Viggers, Tracy	W47 Unattached Ontario	X9.04	8.31 83.30%	2	

Event 1 W50 60 Meter Dash

Name	Age Team	Finals	Age-Grading	Points
1 Mulazim, Jamie	W52 U.S.A.T.F.	X8.97	7.93 87.29%	
2 Rossos, Kim	W50 Unattached Ontario	X10.76	9.51 72.77%	



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Event 1 W55 60 Meter Dash

Name	Age Team	Finals	Age-Grading Points
1 Hibbard, Terry	W56 Unattached Ontario	X10.05	8.53 81.19%
2 Melvin, Wendy	W58 Unattached Ontario	X10.90	9.25 74.86%

Event 1 W60 60 Meter Dash

Name	Age Team	Finals	Age-Grading Points
1 Brown, Joanne	W61 Unattached Ontario	X11.30	9.19 75.31%

Event 2 M29&U 60 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Helman, Alex	M25 Centro Scuola	X7.03	7.04	90.90% 8
2 Manuel, Alex	M24 Ottawa Lions T.F.C.	X7.28	7.29	87.77% 8
3 Barnett, Shamar	M20 U.S.A.T.F.	X7.43	7.44	86.00% 8
4 Anderson, Earl	M26 The Gazelles	X7.58	7.59	84.30% 8

Event 2 M30 60 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Lau, Manly	M30 Univ. Toronto TC	7.63	7.64	83.75% 7 7
2 Phala, Sefako	M31 Unattached Ontario	X7.90	7.91	80.89% 7
3 Uppal, Shaurya	M32 Unattached Ontario	X7.97	7.98	80.18% 7
4 Liu, Box	M30 Univ. Toronto TC	8.36	8.37	76.44% 7 5
5 Nishida, Raphael	M30 Univ. Toronto TC	9.30	9.31	68.71% 7 4

Event 2 M35 60 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 James, Michael	M38 Unattached Ontario	X7.35	7.25	88.16% 7
2 Silla, Jay	M36 Unattached Ontario	X7.85	7.74	82.55% 7

Event 2 M40 60 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Cunningham, Neil	M40 Ottawa Lions T.F.C.	8.27	7.92	80.77% 6 7
2 Eniojukan, Sunday	M43 The Gazelles	8.33	7.98	80.19% 6 5
3 Nassar, Waleed	M44 Univ. Toronto TC	9.53	9.12	70.09% 6 4

Event 2 M45 60 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Hui, Tit (jonathan)	M48 Guelph Track	7.69	7.14	89.60% 5 7
2 Scatliffe, Joseph	M46 Ottawa Lions T.F.C.	7.77	7.21	88.67% 5 5

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....Event 2 M45 60 Meter Dash

3 Mason, Alex-Bobbie	M46 Univ. Toronto TC	7.96	7.39	86.56%	5	4
4 Beechey, Matt	M48 Jamcan Int'l	8.13	7.55	84.75%	5	3

Event 2 M50 60 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Warburton, Christopher	M53 Variety Village	7.61	6.84 93.43%	4	7
2 Lemassif, Christian	M52 Univ. Toronto TC	7.73	6.95 91.98%	4	5
3 Robinson, Paul	M53 Jamcan Int'l	8.61	7.74 82.58%	4	4
4 Bolton, Scott	M53 Unattached Ontario	X9.19	8.26 77.37%	4	

Event 2 M55 60 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Nasato, Robert	M58 Jamcan Int'l	8.21	7.14 89.52%	3	7
2 Lee Foon, Mike	M58 Jamcan Int'l	8.23	7.16 89.31%	3	5
3 Neufeld, Les	M58 Unattached Ontario	X8.28	7.20 88.77%	3	
4 Baptiste, Joseph	M58 Jamcan Int'l	8.84	7.69 83.14%	3	4

Event 2 M60 60 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Blenman, Grantley	M61 The Gazelles	8.09	6.80 93.94%	2	7
2 Gagne, Wayne	M64 Muskoka Algon.	8.49	7.14 89.52%	2	5
3 Baldsing, Bryan	M61 Jamcan Int'l	9.27	7.80 81.98%	2	4
4 Cilevitz, Ralph	M64 Jamcan Int'l	9.53	8.01 79.75%	2	3

Event 2 M65 60 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Hehar, Manmohan	M68 Unattached Ontario	X8.80	7.13 89.66%	2	
2 Spleit, Oswin	M66 Unattached Ontario	X9.23	7.48 85.48%	2	

Event 2 M70 60 Meter Dash

Name	Age Team	Finals	Age-Grading	Points
1 Lech, Ryszard	M70 Jamcan Int'l	8.45	6.57 97.28%	7
-- Morley, Robert	M71 Unattached Ontario	XDNF		

Event 2 M75 60 Meter Dash

Name	Age Team	Finals	Age-Grading	Points
1 Morris, Mike	M78 Unattached Ontario	X9.26	6.86 93.30%	
2 Tams, Peter	M79 Unattached Ontario	X10.13	7.50 85.29%	

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Event 2 M95 60 Meter Dash

Name	Age Team	Finals	Age-Grading Points
1 Sekhon, Atter Singh	M95 Unattached Ontario	X15.51	7.51 85.11%

Event 3 W29&U 200 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Williams, Jordanne	W28 Unattached Ontario	X26.46	26.47	80.65% 4

Event 3 W30 200 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 McCrory, Kim	W30 Univ. Toronto TC	27.89	27.90	76.51% 4 7

Event 3 W35 200 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Mullings, Sheree	W37 Jamcan Int'l	29.49	28.62	74.60% 4 7
2 Caesar, Latasha	W35 Variety Village	29.80	28.92	73.83% 4 5

Event 3 W40 200 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 King, Debbie	W43 Jamcan Int'l	29.60	27.66	77.16% 3 7
2 Jaynes, Nicole	W42 Runner's Life	36.80	34.38	62.07% 3 5

Event 3 W45 200 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Garfunkel, Violeta	W45 Univ. Toronto TC	28.34	25.46	83.84% 3 7
2 Zinman, Debbie	W49 Univ. Toronto TC	29.69	26.67	80.03% 2 5
3 Reid, Linda	W48 Jamcan Int'l	29.97	26.92	79.28% 3 4
4 Harding, Hazel	W45 Ottawa Lions T.F.C.	31.99	28.74	74.27% 2 3

Event 3 W50 200 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Rozario, Theresa	W54 Variety Village	31.90	27.51	77.59% 2 7

Event 4 M29&U 200 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Manuel, Alex	M24 Ottawa Lions T.F.C.	X23.14	23.15	83.49% 10
2 Anderson, Earl	M26 The Gazelles	X24.99	25.00	77.31% 10

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....Event 4 M29&U 200 Meter Dash

3 Berson, Matan M29 Unattached Ontario X26.03 26.04 74.22% 10

Event 4 M30 200 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Lau, Manly	M30 Univ. Toronto TC	24.79	24.80 77.93%	9	7
2 Uppal, Shaurya	M32 Unattached Ontario	X27.56	27.57 70.10%	9	

Event 4 M40 200 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Eniojukan, Sunday	M43 The Gazelles	27.14	25.89 74.65%	8	7
2 Cunningham, Neil	M40 Ottawa Lions T.F.C.	27.34	26.08 74.10%	8	5
3 Colford, Jonathan	M41 Unattached Ontario	X31.96	30.48 63.39%	8	
4 Nassar, Waleed	M44 Univ. Toronto TC	38.66	36.87 52.41%	8	4

Event 4 M45 200 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Hui, Tit (jonathan)	M48 Guelph Track	25.73	23.77 81.31%	6	7
2 Mason, Alex-Bobbie	M46 Univ. Toronto TC	26.50	24.48 78.94%	6	5
3 Beechey, Matt	M48 Jamcan Int'l	27.14	25.07 77.08%	6	4
4 Kapitain, Sean	M48 Unattached Ontario	X27.79	25.67 75.28%	6	
-- Scatliffe, Joseph	M46 Ottawa Lions T.F.C.	DQ		6	163.3

Event 4 M50 200 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Warburton, Christopher	M53 Variety Village	24.85	22.21 87.04%	5	7
2 Lemassif, Christian	M52 Univ. Toronto TC	25.27	22.58 85.60%	5	5
3 Faucher, Serge	M54 Ottawa Lions T.F.C.	26.05	23.28 83.03%	5	4
4 De Chellis, Marco	M53 Unattached Ontario	X31.06	27.75 69.64%	5	

Event 4 M55 200 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Lee Foon, Mike	M58 Jamcan Int'l	27.36	23.62 81.80%	4	7
2 Chapman, Ric	M58 Unattached Ontario	X29.22	25.23 76.59%	4	
3 Baptiste, Joseph	M58 Jamcan Int'l	29.37	25.36 76.20%	4	5

Event 4 M60 200 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Blenman, Grantley	M61 The Gazelles	27.81	23.18 83.39%	3	7
2 Gagne, Wayne	M64 Muskoka Algon.	28.51	23.76 81.34%	3	5

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Event 4 M65 200 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Hehar, Manmohan	M68 Unattached Ontario	X30.08	24.09 80.22%	3

Event 4 M70 200 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Lech, Ryszard	M70 Jamcan Int'l	30.98	23.68 81.60%	2 7
2 Morley, Robert	M71 Unattached Ontario	X31.61	24.16 79.97%	2

Event 4 M75 200 Meter Dash

Name	Age Team	Finals	Age-Grading	Points
1 Powell, Anthony J.	M75 Univ. Toronto TC	32.30	23.31 82.91%	7
2 Morris, Mike	M78 Unattached Ontario	X33.82	24.41 79.18%	
3 Sekhon, Pritam	M75 Unattached Ontario	X1:18.3h	56.50 34.20%	

Event 4 M95 200 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Sekhon, Atter Singh	M95 Unattached Ontario	X1:07.59	28.26 68.37%	2

Event 5 W40 400 Meter Dash

Name	Age Team	Finals	Age-Grading	Points
1 Armstrong, Nicole 38.978 (38.978)	W42 Runner's Life	1:23.43	1:18.35 60.76%	7

Event 5 W45 400 Meter Dash

Name	Age Team	Finals	Age-Grading	Points
1 Harding, Hazel 34.892 (34.892)	W45 Ottawa Lions T.F.C.	1:11.93	1:04.62 73.67%	7

Event 5 W50 400 Meter Dash

Name	Age Team	Finals	Age-Grading	Points
1 Bailey-Mason, Gwen 35.190 (35.190)	W52 Univ. Toronto TC	1:15.55	1:04.79 73.47%	7

Event 5 W55 400 Meter Dash

Name	Age Team	Finals	Age-Grading	Points
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....Event 5 W55 400 Meter Dash

1 O'Hagan, Heather	W57 Univ. Toronto TC	1:14.51	1:00.86	78.22%	7
35.114 (35.114)					

Event 6 M29&U 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Davidescu, Paul	M29 Univ. Toronto TC	X56.09	56.10 76.98%	7	
26.078 (26.078)					
2 Berson, Matan	M29 Unattached Ontario	X59.22	59.23 72.91%	7	
26.862 (26.862)					

Event 6 M30 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Kerebel, Nicolas	M34 Univ. Toronto TC	54.70	54.71 78.94%	7	7
25.565 (25.565)					
2 Lohonyai, Adam	M32 Brantford T.F.C.	1:08.70	1:08.71 62.85%	7	5
31.154 (31.154)					

Event 6 M35 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Miller, Ainsley	M37 Unattached Ontario	X56.94	54.97 78.56%	6	
28.042 (28.042)					
2 Costa, Chris	M39 Unattached Ontario	X57.37	55.39 77.97%	6	
27.432 (27.432)					

Event 6 M40 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Morgan, Otis	M43 Jamcan Int'l	55.89	52.28 82.59%	6	7
27.146 (27.146)					
2 Frenette, Gilles	M42 Ottawa Lions T.F.C.	1:03.39	59.30 72.82%	6	5
30.050 (30.050)					
3 Colford, Jonathan	M41 Unattached Ontario	X1:15.37	1:10.51 61.24%	6	
35.333 (35.333)					

Event 6 M45 400 Meter Dash

Name	Age Team	Finals	Age-Grading	H#	Points
1 Farr, Kevin	M48 Univ. Windsor AC	1:00.97	55.21 78.22%	5	7
28.433 (28.433)					



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Event 6 M50 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Mulazim, Khalid 25.735 (25.735)	M52 U.S.A.T.F.	X54.17	47.43 91.07%	5
2 Faucher, Serge 27.419 (27.419)	M54 Ottawa Lions T.F.C.	56.63	49.58 87.11%	5 7
3 Graenert, Mirco 27.936 (27.936)	M50 Newmarket Huskie	56.66	49.61 87.06%	5 5
4 Faucher, Claude 28.860 (28.860)	M51 Unattached Ontario	X59.65	52.22 82.70%	4
5 Rayner, Simon 33.829 (33.829)	M54 Univ. Toronto TC	1:05.46	57.31 75.36%	4 4
6 Geohagen, Niegel 33.626 (33.626)	M50 Jamcan Int'l	1:10.20	1:01.46 70.27%	4 3

Event 6 M55 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Tries, Dan 38.185 (38.185)	M58 Thames AC	1:17.11	1:05.19 66.24%	3 7
-- Chapman, Ric 33.180 (33.180)	M58 Unattached Ontario	XDQ		3 163.3

Event 6 M60 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Gagne, Wayne 32.531 (32.531)	M64 Muskoka Algon.	1:04.88	52.91 81.63%	2 7
2 Millward, Steven 31.198 (31.198)	M63 Niagara Olympic	1:05.49	53.41 80.87%	2 5

Event 6 M65 400 Meter Dash

Name	Age Team	Finals	Age-Grading H#	Points
1 Stoyan, Tom 44.024 (44.024)	M68 York Univ. T.F.C	1:34.40	1:13.98 58.37%	2 7

Event 6 M75 400 Meter Dash

Name	Age Team	Finals	Age-Grading Points
1 Sekhon, Pritam 1:16.289 (1:16.289)	M75 Unattached Ontario	X2:45.07	1:55.29 37.46%



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Event 6 M95 400 Meter Dash

Name	Age Team	Finals	Age-Grading Points
1 Sekhon, Atter Singh 1:15.021 (1:15.021)	M95 Unattached Ontario	X3:06.60	58.11 74.31%

Event 7 W35 800 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Sakharov, Tanya 36.540 (36.540)	W38 Variety Village 1:14.381 (37.842)	2:33.47 1:53.467 (39.087)	2:32.72 74.18% 7 2:33.462 (39.995)

Event 7 W40 800 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Boisclair, Jamie 37.684 (37.684)	W41 Physi-Kult Kingston 1:18.292 (40.608)	2:43.04 2:01.512 (43.220)	2:35.50 72.85% 7 2:43.033 (41.522)
2 Bradley, Lisa 43.120 (43.120)	W41 Unattached Ontario 1:25.933 (42.814)	X2:57.99 2:11.494 (45.562)	2:49.75 66.73% 2:57.990 (46.496)

Event 7 W50 800 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Maguire, Liz 37.946 (37.946)	W52 Ottawa Lions T.F.C. 1:18.454 (40.508)	2:38.98 1:58.872 (40.418)	2:18.46 81.82% 7 2:38.973 (40.102)
2 Koch, Anne 42.670 (42.670)	W53 Univ. Toronto TC 1:25.643 (42.974)	2:55.13 2:10.661 (45.018)	2:32.53 74.27% 5 2:55.130 (44.469)

Event 7 W55 800 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Ohler, Makie 41.649 (41.649)	W56 Univ. Toronto TC 1:24.483 (42.835)	2:53.07 2:08.886 (44.404)	2:23.57 78.90% 7 2:53.062 (44.176)

Event 7 W60 800 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Northcott, Clara 47.594 (47.594)	W64 Univ. Toronto TC 1:35.701 (48.107)	3:14.28 2:25.716 (50.016)	2:32.48 74.29% 7 3:14.277 (48.562)

Event 8 M30 800 Meter Run

Name	Age Team	Finals	Age-Grading H#	Points
1 Lohonyai, Adam 40.675 (40.675)	M32 Brantford T.F.C. 1:27.162 (46.487)	2:59.86 2:17.612 (50.450)	2:59.87 56.22% 3	7 2:59.852 (42.240)

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Event 8 M40 800 Meter Run

Name	Age Team	Finals	Age-Grading H#	Points
1 Mirco, Sheldon 34.958 (34.958)	M42 Unattached Ontario 1:09.096 (34.138)	X2:13.96 1:42.705 (33.609)	2:08.07 78.95% 3 2:13.957 (31.253)	
2 Gardiner, Mark 34.711 (34.711)	M41 Unattached Ontario 1:08.942 (34.232)	X2:14.25 1:42.830 (33.888)	2:08.35 78.78% 3 2:14.243 (31.414)	
3 Frenette, Gilles 38.340 (38.340)	M42 Ottawa Lions T.F.C. 1:15.356 (37.017)	2:29.62 1:52.377 (37.022)	2:23.04 70.69% 3 2:29.614 (37.237)	7
4 Hrynkow, Christopher 40.606 (40.606)	M41 Univ. Toronto TC 1:23.893 (43.287)	2:51.83 2:08.387 (44.495)	2:44.27 61.55% 3 2:51.830 (43.443)	5

Event 8 M45 800 Meter Run

Name	Age Team	Finals	Age-Grading H#	Points
1 Brecher, Jay 34.580 (34.580)	M45 Univ. Toronto TC 1:08.686 (34.107)	2:13.04 1:41.552 (32.866)	2:02.44 82.58% 3 2:13.032 (31.480)	7
2 Menzies, Patrick 35.460 (35.460)	M48 Unattached Ontario 1:11.043 (35.584)	X2:24.13 1:47.724 (36.682)	2:12.65 76.23% 3 2:24.128 (36.405)	
3 Farr, Kevin 38.670 (38.670)	M48 Univ. Windsor AC 1:16.271 (37.602)	2:31.30 1:55.233 (38.963)	2:19.25 72.62% 3 2:31.291 (36.058)	5
4 Mawani, Zohrab 38.823 (38.823)	M48 Longboat RR 1:16.560 (37.737)	2:31.43 1:55.557 (38.998)	2:19.37 72.55% 3 2:31.422 (35.865)	4

Event 8 M50 800 Meter Run

Name	Age Team	Finals	Age-Grading H#	Points
1 Dyck, Jim 32.096 (32.096)	M53 Toronto Harriers 1:03.117 (31.022)	2:09.27 1:34.619 (31.502)	1:54.37 88.41% 2 2:09.267 (34.649)	7
2 Graenert, Mirco 33.290 (33.290)	M50 Newmarket Huskie 1:06.307 (33.018)	2:12.31 1:39.624 (33.317)	1:57.06 86.38% 2 2:12.302 (32.678)	5
3 Geohagen, Niegel 36.954 (36.954)	M50 Jamcan Int'l 1:18.934 (41.980)	2:44.82 2:03.832 (44.898)	2:25.82 69.34% 2 2:44.817 (40.986)	4
4 Moriarity, Dan 40.866 (40.866)	M50 Unattached Ontario 1:22.821 (41.955)	X2:49.65 2:06.507 (43.687)	2:30.09 67.37% 2 2:49.649 (43.142)	

Event 8 M55 800 Meter Run

Name	Age Team	Finals	Age-Grading H#	Points
1 Sherar, Michael 32.693 (32.693)	M55 Univ. Toronto TC 1:05.636 (32.944)	2:09.53 1:37.995 (32.359)	1:49.98 91.94% 2 2:09.525 (31.530)	7
2 Osland, Paul 32.957 (32.957)	M55 Univ. Toronto TC 1:05.372 (32.415)	2:13.09 1:38.200 (32.828)	1:53.00 89.48% 2 2:13.082 (34.883)	5
3 Tries, Dan 37.907 (37.907)	M58 Thames AC 1:19.350 (41.443)	2:48.06 2:04.335 (44.986)	2:22.69 70.86% 2 2:48.060 (43.725)	4

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Event 8 M60 800 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Freemantle, James	M60 Newmarket Huskie	2:54.89	2:22.24 71.08% 7
44.126 (44.126)	1:28.454 (44.328)	2:13.645 (45.192)	2:54.890 (41.245)
2 Walsh, Patrick	M63 Univ. Toronto TC	2:58.11	2:24.86 69.80% 5
41.433 (41.433)	1:24.710 (43.277)	2:12.320 (47.610)	2:58.106 (45.787)

Event 8 M65 800 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Hamilton, Ken	M69 Newmarket Huskie	2:54.37	2:15.60 74.57% 7
42.418 (42.418)	1:25.457 (43.039)	2:09.901 (44.444)	2:54.365 (44.465)
2 Stoyan, Tom	M68 York Univ. T.F.C	3:55.85	3:03.40 55.13% 5
49.390 (49.390)	1:51.060 (1:01.670)	2:55.387 (1:04.328)	3:55.848 (1:00.462)

Event 8 M75 800 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Mackie, Chris	M78 Unattached Ontario	X3:02.30	2:06.23 80.10%
44.567 (44.567)	1:29.692 (45.125)	2:15.905 (46.214)	3:02.293 (46.388)
2 Sekhon, Pritam	M75 Unattached Ontario	X6:36.84	4:34.78 36.80%
1:23.876 (1:23.876)	3:02.716 (1:38.840)	4:48.267 (1:45.552)	6:36.835 (1:48.568)

Event 9 W30 1500 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Doyle, Jaclyn	W31 Toronto Harriers	5:27.24	5:27.25 71.04% 7
21.214 (21.214)	1:02.228 (41.014)	1:44.373 (42.146)	2:27.962 (43.589)
3:13.041 (45.079)	3:58.457 (45.416)	4:43.473 (45.017)	5:27.236 (43.763)

Event 9 W40 1500 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Boisclair, Jamie	W41 Physi-Kult Kingston	5:34.15	5:16.01 73.57% 7
21.929 (21.929)	1:05.233 (43.305)	1:50.167 (44.934)	2:36.710 (46.544)
3:23.823 (47.114)	4:10.484 (46.662)	4:55.607 (45.123)	5:34.143 (38.537)

Event 9 W50 1500 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Maguire, Liz	W52 Ottawa Lions T.F.C.	5:14.48	4:31.31 85.69% 7
20.822 (20.822)	1:01.747 (40.925)	1:42.250 (40.504)	2:22.778 (40.528)
3:04.270 (41.493)	3:46.973 (42.704)	4:30.866 (43.893)	5:14.478 (43.613)
2 Cochrane-Brink, Kate	W51 Univ. Toronto TC	5:37.15	4:50.86 79.93% 5
21.493 (21.493)	1:04.206 (42.713)	1:48.238 (44.033)	2:33.262 (45.025)
3:19.183 (45.922)	4:06.229 (47.046)	4:53.282 (47.054)	5:37.150 (43.868)

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....Event 9 W50 1500 Meter Run

3 Koch, Anne	W53 Univ. Toronto TC	5:54.44	5:05.78	76.03%	4
22.691 (22.691)	1:06.939 (44.248)	1:53.539 (46.600)	2:41.696 (48.157)		
3:29.234 (47.539)	4:16.984 (47.750)	5:06.272 (49.288)	5:54.440 (48.168)		
4 Mantel, Kathy	W51 Brantford T.F.C.	5:56.03	5:07.15	75.69%	3
22.307 (22.307)	1:06.627 (44.320)	1:53.552 (46.926)	2:42.660 (49.108)		
3:31.389 (48.729)	4:20.332 (48.944)	5:09.314 (48.983)	5:56.023 (46.709)		

Event 9 W55 1500 Meter Run

Name	Age Team	Finals		Age-Grading Points	
1 Ohler, Makie	W56 Univ. Toronto TC	5:38.29	4:37.81	83.68%	7
22.324 (22.324)	1:05.313 (42.989)	1:50.380 (45.067)	2:36.937 (46.557)		
3:24.007 (47.070)	4:10.661 (46.655)	4:54.708 (44.047)	5:38.282 (43.575)		
2 Hicks, Carolyn	W56 Univ. Toronto TC	7:23.89	6:04.53	63.77%	5
26.231 (26.231)	1:20.422 (54.192)	2:18.386 (57.964)	3:18.714 (1:00.329)		
4:20.020 (1:01.306)	5:21.481 (1:01.462)	6:23.176 (1:01.695)	7:23.881 (1:00.706)		

Event 9 W60 1500 Meter Run

Name	Age Team	Finals		Age-Grading Points	
1 Northcott, Clara	W64 Univ. Toronto TC	6:17.65	4:53.02	79.34%	7
23.561 (23.561)	1:10.724 (47.164)	2:00.948 (50.224)	2:52.134 (51.187)		
3:43.908 (51.774)	4:35.384 (51.477)	5:26.677 (51.293)	6:17.643 (50.967)		
2 Willis, Katherine	W60 Univ. Toronto TC	7:37.06	5:54.64	65.55%	5
28.042 (28.042)	1:25.998 (57.956)	2:26.719 (1:00.722)	3:28.180 (1:01.462)		
4:30.333 (1:02.154)	5:33.221 (1:02.888)	6:36.017 (1:02.796)	7:37.057 (1:01.040)		

Event 10 M35 1500 Meter Run

Name	Age Team	Finals		Age-Grading H# Points	
1 Thompson, Craig	M36 Unattached Ontario	X5:02.58	4:59.95	68.68%	2
22.643 (22.643)	58.770 (36.128)	1:39.223 (40.453)	2:20.553 (41.330)		
3:02.305 (41.753)	3:44.815 (42.510)	4:24.140 (39.326)	5:02.571 (38.432)		

Event 10 M45 1500 Meter Run

Name	Age Team	Finals		Age-Grading H# Points	
1 Levy, David	M46 Unattached Ontario	X4:55.93	4:30.04	76.28%	2
19.354 (19.354)	57.847 (38.494)	1:37.427 (39.580)	2:16.813 (39.386)		
2:56.725 (39.913)	3:37.029 (40.305)	4:17.197 (40.168)	4:55.923 (38.726)		

Event 10 M50 1500 Meter Run

Name	Age Team	Finals		Age-Grading H# Points	
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....Event 10 M50 1500 Meter Run

1	Rayner, Simon	M54 Univ. Toronto TC	4:36.53	4:01.44	85.32%	2	7
	18.754 (18.754)	56.406 (37.653)	1:33.625 (37.219)	2:09.895 (36.270)			
	2:45.800 (35.906)	3:22.199 (36.399)	3:59.753 (37.554)	4:36.526 (36.774)			
2	Munro, Alistair	M53 Toronto Harriers	4:46.99	4:10.58	82.21%	2	5
	19.330 (19.330)	57.079 (37.749)	1:34.550 (37.472)	2:12.276 (37.726)			
	2:50.870 (38.595)	3:30.399 (39.529)	4:10.596 (40.197)	4:46.983 (36.387)			
3	Cattana, Robert	M52 Toronto Harriers	4:51.00	4:14.08	81.08%	2	4
	19.068 (19.068)	56.718 (37.650)	1:34.191 (37.474)	2:11.896 (37.705)			
	2:50.577 (38.682)	3:30.079 (39.503)	4:10.395 (40.316)	4:50.998 (40.604)			
4	Cassel, Gary	M51 Cambridge Harriers	5:06.84	4:27.91	76.89%	2	3
	20.195 (20.195)	59.134 (38.939)	1:39.606 (40.473)	2:20.913 (41.307)			
	3:02.623 (41.710)	3:45.088 (42.466)	4:25.767 (40.679)	5:06.840 (41.074)			
5	Madsen, Chris	M51 Univ. Toronto TC	5:33.69	4:51.35	70.71%	2	2
	21.324 (21.324)	1:04.835 (43.512)	1:50.758 (45.924)	2:37.275 (46.517)			
	3:23.724 (46.449)	4:09.716 (45.993)	4:53.088 (43.373)	5:33.687 (40.599)			
6	Moriarity, Dan	M50 Unattached Ontario	X5:41.96	4:58.57	69.00%	2	
	22.127 (22.127)	1:07.063 (44.936)	1:53.954 (46.892)	2:41.367 (47.414)			
	3:28.780 (47.414)	4:14.970 (46.190)	4:59.887 (44.917)	5:41.954 (42.067)			

Event 10 M55 1500 Meter Run

Name	Age Team	Finals	Age-Grading H#	Points
1 Greenaway, Bill	M55 Unattached Ontario	X5:33.01	4:37.64	74.20% 2
	19.799 (19.799)	1:07.511 (47.713)	1:52.497 (44.986)	2:38.127 (45.630)
	3:24.280 (46.154)	4:08.070 (43.790)	4:53.131 (45.062)	5:33.008 (39.877)

Event 10 M60 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Points
1 Walsh, Patrick	M63 Univ. Toronto TC	5:55.50	4:42.24	72.99% 7
	22.720 (22.720)	1:09.966 (47.246)	1:58.401 (48.436)	2:47.542 (49.142)
	3:36.725 (49.183)	4:25.712 (48.988)	5:14.461 (48.749)	5:55.498 (41.037)
2 Freemantle, James	M60 Newmarket Huskie	5:58.24	4:44.41	72.43% 5
	23.953 (23.953)	1:12.147 (48.194)	2:00.443 (48.297)	2:48.940 (48.497)
	3:37.640 (48.700)	4:26.273 (48.634)	5:15.095 (48.822)	5:58.239 (43.145)
3 Farr, Anthony	M64 Univ. Toronto TC	6:01.03	4:46.63	71.87% 4
	22.303 (22.303)	1:09.605 (47.302)	1:58.017 (48.413)	2:47.115 (49.098)
	3:36.363 (49.249)	4:25.381 (49.018)	5:14.161 (48.780)	6:01.028 (46.867)
4 Chee, Wayne	M64 Univ. Toronto TC	6:26.60	5:06.93	67.12% 3
	23.645 (23.645)	1:11.940 (48.296)	2:01.979 (50.039)	2:51.617 (49.638)
	3:44.088 (52.472)	4:38.748 (54.660)	5:33.883 (55.136)	6:26.596 (52.713)
5 Lam, Tom	M60 Unattached Ontario	X7:13.99	5:44.55	59.79%
	24.118 (24.118)	1:13.651 (49.534)	2:07.692 (54.042)	3:04.873 (57.182)
	4:08.032 (1:03.159)	5:12.322 (1:04.290)	6:11.697 (59.375)	7:13.990 (1:02.294)

Event 10 M65 1500 Meter Run

Name	Age Team	Finals	Age-Grading	Points
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....Event 10 M65 1500 Meter Run

1 Hamilton, Ken	M69 Newmarket Huskie	5:58.13	4:29.64	76.40%	7
22.981 (22.981)	1:10.200 (47.219)	1:58.682 (48.483)	2:47.728 (49.046)		
3:36.988 (49.260)	4:25.923 (48.936)	5:14.722 (48.799)	5:58.122 (43.400)		

Event 10 M75 1500 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Mackie, Chris	M78 Unattached Ontario	X6:09.86	4:02.49 84.96%
23.439 (23.439)	1:11.767 (48.328)	2:01.512 (49.746)	2:51.201 (49.689)
3:41.505 (50.304)	4:32.072 (50.568)	5:22.471 (50.399)	6:09.853 (47.383)
2 Sekhon, Pritam	M75 Unattached Ontario	X13:27.30	8:49.27 38.92%
41.997 (41.997)	2:19.046 (1:37.049)	4:04.417 (1:45.372)	5:55.085 (1:50.668)
7:47.907 (1:52.823)	9:42.081 (1:54.175)	11:37.337 (1:55.256)	13:27.297 (1:49.960)

Event 11 W35 3000 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Smith, Andrea	W35 Monarch AC	10:36.97	10:28.12 79.83% 7
40.593 (40.593)	1:21.073 (40.480)	2:01.957 (40.884)	2:42.729 (40.773)
3:24.415 (41.687)	4:07.502 (43.087)	4:50.762 (43.260)	5:34.458 (43.696)
6:17.738 (43.280)	7:01.502 (43.765)	7:45.572 (44.070)	8:29.701 (44.129)
9:13.641 (43.940)	9:56.370 (42.729)	10:36.970 (40.600)	
2 Weber, Maria	W39 Longboat RR	11:38.15	11:28.45 72.83% 5
44.269 (44.269)	1:28.608 (44.339)	2:14.448 (45.840)	3:01.168 (46.720)
3:47.732 (46.565)	4:34.975 (47.244)	5:21.681 (46.706)	6:08.445 (46.765)
6:55.118 (46.673)	7:42.509 (47.392)	8:30.077 (47.568)	9:18.344 (48.268)
10:06.400 (48.056)	10:52.887 (46.487)	11:38.149 (45.263)	

Event 11 W40 3000 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Clarke, Michelle	W44 Longboat RR	11:18.96	10:48.62 77.31% 7
41.469 (41.469)	1:22.611 (41.143)	2:04.375 (41.765)	2:46.429 (42.054)
3:29.768 (43.339)	4:13.690 (43.923)	4:57.683 (43.994)	5:42.545 (44.863)
6:28.744 (46.199)	7:16.472 (47.728)	8:04.659 (48.187)	8:54.069 (49.410)
9:43.721 (49.653)	10:32.159 (48.438)	11:18.955 (46.797)	

Event 11 W50 3000 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Mantel, Kathy	W51 Brantford T.F.C.	12:30.24	10:39.73 78.38% 7
47.901 (47.901)	1:36.871 (48.970)	2:26.828 (49.957)	3:16.103 (49.276)
4:05.835 (49.733)	4:55.613 (49.778)	5:45.367 (49.754)	6:35.157 (49.790)
7:24.705 (49.549)	8:15.442 (50.737)	9:06.775 (51.334)	9:57.681 (50.906)
10:49.218 (51.537)	11:41.339 (52.122)	12:30.232 (48.894)	

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....Event 11 W50 3000 Meter Run

2 Koch, Anne	W53 Univ. Toronto TC	13:10.90	11:14.41	74.35%	5
51.955 (51.955)	1:43.837 (51.882)	2:34.473 (50.637)	3:25.195 (50.723)		
4:14.773 (49.578)	5:05.408 (50.635)	5:56.383 (50.976)	6:47.304 (50.922)		
7:39.419 (52.115)	8:32.961 (53.543)	9:28.299 (55.338)	10:22.783 (54.485)		
11:19.328 (56.545)	12:16.659 (57.332)	13:10.899 (54.240)			

Event 11 W55 3000 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Ohler, Makie	W56 Univ. Toronto TC	11:58.73	9:33.84 87.38% 7
49.952 (49.952)	1:39.837 (49.885)	2:28.889 (49.053)	3:17.532 (48.644)
4:06.291 (48.759)	4:54.057 (47.766)	5:41.819 (47.763)	6:29.210 (47.392)
7:16.600 (47.390)	8:04.600 (48.000)	8:50.439 (45.839)	9:37.614 (47.176)
10:25.302 (47.688)	11:12.830 (47.528)	11:58.723 (45.894)	

Event 11 W60 3000 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Northcott, Clara	W64 Univ. Toronto TC	13:33.21	10:05.03 82.88% 7
54.305 (54.305)	1:49.352 (55.047)	2:44.515 (55.164)	3:38.735 (54.220)
4:33.800 (55.065)	5:28.602 (54.803)	6:23.603 (55.002)	7:18.023 (54.420)
8:12.701 (54.678)	9:07.440 (54.739)	10:01.484 (54.045)	10:55.880 (54.396)
11:49.712 (53.833)	12:42.944 (53.233)	13:33.205 (50.262)	

Event 12 M35 3000 Meter Run

Name	Age Team	Finals	Age-Grading H#	Points
1 Kinsella, Ian	M37 Toronto Harriers	9:58.62	9:58.63 73.50%	2 7
40.168 (40.168)	1:20.292 (40.125)	1:59.523 (39.232)	2:39.375 (39.853)	
3:19.472 (40.097)	3:59.819 (40.347)	4:40.230 (40.412)	5:20.423 (40.194)	
6:00.566 (40.144)	6:40.150 (39.584)	7:20.196 (40.047)	8:01.440 (41.244)	
8:42.432 (40.993)	9:22.951 (40.519)	9:58.615 (35.665)		

Event 12 M40 3000 Meter Run

Name	Age Team	Finals	Age-Grading H#	Points
1 Tepper, Dave	M43 Newmarket Huskie	10:00.85	9:39.95 75.87%	2 7
38.575 (38.575)	1:18.404 (39.829)	1:57.340 (38.936)	2:36.942 (39.603)	
3:16.428 (39.486)	3:55.854 (39.427)	4:35.774 (39.920)	5:15.626 (39.853)	
5:56.991 (41.365)	6:37.962 (40.972)	7:19.380 (41.418)	8:01.159 (41.779)	
8:42.189 (41.030)	9:23.694 (41.506)	10:00.849 (37.155)		
2 Diaz, Brenton	M43 Unattached Ontario	X11:11.18	10:47.83 67.92%	2
43.631 (43.631)	1:28.880 (45.249)	2:15.489 (46.609)	3:48.314 (1:32.826)	
4:34.932 (46.618)	5:21.178 (46.246)	6:07.096 (45.919)	6:52.999 (45.903)	
7:38.249 (45.250)	8:22.728 (44.479)	9:06.589 (43.862)	9:49.620 (43.032)	
10:32.511 (42.892)	11:11.174 (38.664)	11:11.174 (0.000)		

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....Event 12 M40 3000 Meter Run

3 Gommier, Dale	M43 Unattached Ontario	X11:11.24	10:47.89	67.91%	2
42.126 (42.126)	1:25.864 (43.738)	2:10.506 (44.643)	2:55.596 (45.090)		
3:39.948 (44.352)	4:24.668 (44.720)	5:09.811 (45.144)	5:54.394 (44.584)		
6:38.333 (43.939)	7:23.578 (45.245)	8:08.841 (45.264)	8:53.925 (45.085)		
9:40.686 (46.762)	10:26.478 (45.792)	11:11.236 (44.759)			

Event 12 M45 3000 Meter Run

Name	Age Team	Finals	Age-Grading H#	Points
1 Loepky, Rodney	M49 Physi-Kult Kingston	9:38.32	8:58.07 81.77%	2 7
37.692 (37.692)	1:16.596 (38.905)	1:55.365 (38.769)	2:34.643 (39.278)	
3:13.646 (39.004)	3:52.742 (39.096)	4:31.376 (38.635)	5:10.566 (39.190)	
5:49.003 (38.437)	6:28.372 (39.369)	7:07.314 (38.943)	7:46.323 (39.009)	
8:25.369 (39.046)	9:03.741 (38.373)	9:38.311 (34.570)		
2 Lopez-Bravo, Pedro	M48 Newmarket Huskie	9:57.45	9:15.87 79.15%	2 5
39.829 (39.829)	1:20.041 (40.213)	1:59.902 (39.862)	2:40.063 (40.162)	
3:20.016 (39.954)	4:00.155 (40.139)	4:39.919 (39.764)	5:20.158 (40.239)	
6:00.199 (40.042)	6:39.838 (39.639)	7:19.191 (39.354)	7:58.965 (39.775)	
8:39.079 (40.114)	9:18.866 (39.788)	9:57.449 (38.583)		
3 Menzies, Patrick	M48 Unattached Ontario	X10:24.05	9:40.62 75.78%	2
39.758 (39.758)	1:18.705 (38.948)	1:57.936 (39.232)	2:37.242 (39.306)	
3:16.832 (39.590)	3:56.755 (39.924)	4:38.213 (41.458)	5:20.449 (42.236)	
6:02.981 (42.533)	6:46.268 (43.287)	7:29.799 (43.532)	8:13.820 (44.022)	
8:57.993 (44.174)	9:41.960 (43.967)	10:24.046 (42.087)		
4 Mawani, Zohrab	M48 Longboat RR	10:59.02	10:13.16 71.76%	2 4
42.223 (42.223)	1:25.400 (43.177)	2:09.648 (44.248)	2:54.808 (45.160)	
3:39.273 (44.466)	4:23.021 (43.748)	5:06.670 (43.649)	5:49.182 (42.513)	
6:32.803 (43.622)	7:17.071 (44.268)	8:02.541 (45.470)	8:46.946 (44.406)	
9:32.914 (45.968)	10:18.789 (45.875)	10:59.015 (40.227)		

Event 12 M50 3000 Meter Run

Name	Age Team	Finals	Age-Grading H#	Points
1 Xu, Jianping	M53 Dundas Valley	11:26.46	10:14.80 71.57%	2 7
45.041 (45.041)	1:29.722 (44.682)	2:15.761 (46.039)	3:02.413 (46.653)	
3:48.651 (46.238)	4:35.296 (46.646)	5:21.575 (46.279)	6:07.559 (45.984)	
6:53.455 (45.897)	7:38.922 (45.467)	8:24.436 (45.515)	9:10.363 (45.927)	
9:57.260 (46.897)	10:44.636 (47.377)	11:26.452 (41.816)		
2 Cassel, Gary	M51 Cambridge Harriers	11:26.71	10:15.02 71.54%	2 5
44.253 (44.253)	1:29.349 (45.096)	2:15.119 (45.770)	3:00.636 (45.518)	
3:46.080 (45.444)	4:31.789 (45.709)	5:17.683 (45.895)	6:03.590 (45.907)	
6:49.460 (45.870)	7:36.309 (46.849)	8:22.870 (46.562)	9:08.471 (45.602)	
9:54.849 (46.378)	10:41.675 (46.827)	11:26.705 (45.030)		

Event 12 M55 3000 Meter Run

Name	Age Team	Finals	Age-Grading Points
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....Event 12 M55 3000 Meter Run

1 Greenaway, Bill	M55 Unattached Ontario	X12:22.25	10:38.93	68.86%	
49.463 (49.463)	1:39.583 (50.120)	2:27.192 (47.609)	3:14.513 (47.322)		
4:03.145 (48.633)	4:52.396 (49.252)	5:42.340 (49.944)	6:32.829 (50.489)		
7:24.255 (51.427)	8:16.577 (52.323)	9:07.517 (50.940)	9:58.082 (50.565)		
10:49.257 (51.176)	11:40.214 (50.957)	12:22.247 (42.034)			
2 Wallace, James	M56 Unattached Ontario	X13:19.02	11:27.80	63.97%	
52.566 (52.566)	1:47.635 (55.069)	2:42.630 (54.995)	3:37.233 (54.604)		
4:31.192 (53.959)	5:25.691 (54.499)	6:19.691 (54.000)	7:13.673 (53.983)		
8:07.295 (53.623)	9:00.630 (53.335)	9:52.976 (52.347)	10:46.294 (53.318)		
11:38.585 (52.292)	12:30.075 (51.490)	13:19.019 (48.944)			

Event 12 M60 3000 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Farr, Anthony	M64 Univ. Toronto TC	12:36.49	10:24.87 70.42% 7
50.043 (50.043)	1:43.086 (53.044)	2:36.245 (53.159)	3:27.865 (51.620)
4:18.816 (50.952)	5:10.504 (51.688)	6:02.603 (52.099)	6:54.513 (51.910)
7:45.465 (50.953)	8:36.087 (50.623)	9:26.045 (49.958)	10:16.490 (50.445)
11:06.005 (49.516)	11:55.184 (49.179)	12:36.484 (41.300)	
2 Freemantle, James	M60 Newmarket Huskie	12:39.08	10:27.01 70.18% 5
48.383 (48.383)	1:39.059 (50.676)	2:30.807 (51.749)	3:22.337 (51.530)
4:13.112 (50.775)	5:04.156 (51.045)	5:55.103 (50.947)	6:46.246 (51.144)
7:37.626 (51.380)	8:28.640 (51.014)	9:19.631 (50.992)	10:10.396 (50.766)
11:01.830 (51.434)	11:53.273 (51.444)	12:39.079 (45.806)	
3 Chee, Wayne	M64 Univ. Toronto TC	13:40.27	11:17.55 64.94% 4
52.773 (52.773)	1:48.146 (55.374)	2:42.854 (54.708)	3:37.494 (54.640)
4:31.460 (53.966)	5:25.995 (54.536)	6:20.636 (54.642)	7:15.686 (55.050)
8:11.739 (56.053)	9:08.461 (56.723)	10:03.975 (55.515)	11:00.869 (56.894)
11:55.609 (54.740)	12:51.121 (55.513)	13:40.263 (49.143)	

Event 12 M65 3000 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Hamilton, Ken	M69 Newmarket Huskie	12:45.41	10:04.53 72.78% 7
50.361 (50.361)	1:42.545 (52.185)	2:33.303 (50.758)	3:23.417 (50.115)
4:13.436 (50.019)	5:04.536 (51.100)	5:55.530 (50.994)	6:46.575 (51.046)
7:37.959 (51.384)	8:29.044 (51.086)	9:19.980 (50.936)	10:11.299 (51.319)
11:02.322 (51.024)	11:54.234 (51.913)	12:45.401 (51.167)	

Event 12 M75 3000 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Collins, Roydon	M75 Niagara Olympic	13:40.89	9:33.48 76.73% 7
49.365 (49.365)	1:40.621 (51.256)	2:33.429 (52.808)	3:26.011 (52.583)
4:19.374 (53.364)	5:12.995 (53.622)	6:07.446 (54.452)	7:03.030 (55.584)
7:58.882 (55.853)	8:55.650 (56.768)	9:52.806 (57.157)	10:49.892 (57.086)
11:48.507 (58.616)	12:46.320 (57.813)	13:40.881 (54.562)	



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....Event 12 M75 3000 Meter Run

2 Norcliffe, Glen	M75 Toronto Olympic	13:53.84	9:42.53	75.53%	5
52.249 (52.249)	1:47.201 (54.953)	2:42.375 (55.175)	3:37.977 (55.603)		
4:32.141 (54.164)	5:27.362 (55.222)	6:23.943 (56.582)	7:20.684 (56.742)		
8:16.967 (56.284)	9:13.453 (56.486)	10:10.299 (56.846)	11:06.895 (56.597)		
12:03.659 (56.764)	13:00.573 (56.915)	13:53.839 (53.266)			

Event 12 M80 3000 Meter Run

Name	Age Team	Finals	Age-Grading Points
1 Geddes, Jack	M81 Unattached Ontario	X16:18.05	10:20.77 70.88%
56.365 (56.365)	1:55.514 (59.149)	2:58.775 (1:03.262)	4:05.186 (1:06.412)
5:11.465 (1:06.279)	6:19.403 (1:07.938)	7:27.349 (1:07.946)	8:35.875 (1:08.527)
9:43.355 (1:07.480)	10:51.713 (1:08.358)	11:58.576 (1:06.864)	13:05.382 (1:06.806)
14:11.743 (1:06.362)	15:18.625 (1:06.883)	16:18.047 (59.423)	

Event 14 M50 60 Meter Hurdles

Name	Age Team	Finals	Age-Grading Points
1 Skeete, Marcus	M51 Univ. Toronto TC	9.84	8.78 83.13% 7
2 Dechellis, Matthew	M50 Unattached Ontario	X10.95	9.77 74.70%
3 Folkes, Shawn	M50 Jamcan Int'l	11.47	10.24 71.32% 5

Event 14 M55 60 Meter Hurdles

Name	Age Team	Finals	Age-Grading Points
1 Chipkar, Glenn	M59 Etobicoke T.F.C.	10.53	9.01 81.10% 7

Event 14 M60 60 Meter Hurdles

Name	Age Team	Finals	Age-Grading Points
1 Cilevitz, Ralph	M64 Jamcan Int'l	14.04	11.68 62.54% 7

Event 14 M70 60 Meter Hurdles

Name	Age Team	Finals	Age-Grading Points
1 Lech, Ryszard	M70 Jamcan Int'l	11.11	8.58 85.15% 7

Event 16 M50 1609 Meter Steeplechase

Name	Age Team	Finals	Age-Grading H#	Points
1 Xu, Jianping	M53 Dundas Valley	6:45.61	2	7
54.6816 (54.6816)	1:46.8082 (52.1266)	2:36.9694 (50.1612)	3:25.4727 (48.5033)	
4:20.3760 (54.9033)	5:10.0060 (49.6300)	5:59.0338 (49.0278)	6:45.6071 (46.5733)	

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....Event 16 M50 1609 Meter Steeplechase

2 Geohagen, Niegel	M50 Jamcan Int'l	6:55.34	2	5
53.1971 (53.1971)	1:45.9649 (52.7678)	2:37.4938 (51.5289)	3:25.2238 (47.7300)	
4:19.5149 (54.2911)	5:13.0894 (53.5745)	6:05.2094 (52.1200)	6:55.3382 (50.1288)	

Event 16 M55 1609 Meter Steeplechase

Name	Age Team	Finals	Age-Grading H#	Points
1 Baldamus, Steve	M58 Unattached Ontario	X9:06.12	2	
1:04.7794 (1:04.7794)	2:10.5571 (1:05.7777)	3:19.9871 (1:09.4300)		
4:29.3438 (1:09.3567)	5:39.0538 (1:09.7100)	6:49.4660 (1:10.4122)		
7:58.9960 (1:09.5300)	9:06.1160 (1:07.1200)			

Event 16 M75 1609 Meter Steeplechase

Name	Age Team	Finals	Age-Grading Points
1 Sekhon, Pritam	M75 Unattached Ontario	X16:42.03	
1:49.4218 (1:49.4218)	3:44.4529 (1:55.0311)	5:47.2185 (2:02.7656)	
7:51.9562 (2:04.7377)	10:01.0774 (2:09.1212)	12:15.8574 (2:14.7800)	
14:28.6129 (2:12.7555)	16:42.0274 (2:13.4145)		

Event 18 W29&U 3000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points
1 Schneider, Amanda	W29 Ontario Racewalk	X17:38.40	17:38.41 65.67%
1:08.3336 (1:08.3336)	2:17.5036 (1:09.1700)	3:28.1651 (1:10.6615)	
4:38.7591 (1:10.5940)	5:50.0271 (1:11.2680)	7:00.6711 (1:10.6440)	
8:11.5981 (1:10.9270)	9:21.9441 (1:10.3460)	10:33.1511 (1:11.2070)	
11:45.5400 (1:12.3889)	12:57.1022 (1:11.5622)	14:09.6211 (1:12.5189)	
15:23.7200 (1:14.0989)	16:36.3400 (1:12.6200)	17:38.3922 (1:02.0522)	

Event 18 W40 3000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points
1 Smetana, Blanka	W44 Toronto RW	17:40.61	17:00.84 68.08% 7
1:13.8611 (1:13.8611)	2:23.6226 (1:09.7615)	3:34.9291 (1:11.3065)	
4:44.7851 (1:09.8560)	5:54.8131 (1:10.0280)	7:05.5891 (1:10.7760)	
8:15.7061 (1:10.1170)	9:26.6321 (1:10.9260)	10:38.0111 (1:11.3790)	
11:49.2156 (1:11.2045)	13:00.7856 (1:11.5700)	14:12.7789 (1:11.9933)	
15:24.9133 (1:12.1344)	16:36.4245 (1:11.5112)	17:40.6045 (1:04.1800)	

Event 18 W65 3000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points
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....Event 18 W65 3000 Meter Race Walk

-- Kozell, Kris	W66 Ontario Racewalk	DQ	230.7a
1:09.0986 (1:09.0986)	2:18.3461 (1:09.2475)	3:28.8331 (1:10.4870)	
4:39.4461 (1:10.6130)	5:50.8261 (1:11.3800)	7:01.4511 (1:10.6250)	
8:12.4711 (1:11.0200)	9:22.9571 (1:10.4860)	10:35.0131 (1:12.0560)	
11:47.1700 (1:12.1569)	12:59.4411 (1:12.2711)	14:11.2522 (1:11.8111)	
15:24.3589 (1:13.1067)	16:36.8867 (1:12.5278)	17:43.3411 (1:06.4544)	

Event 18 M45 3000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points
1 Pontes, Jack	M47 Jamcan Int'l	23:37.81	21:30.92 48.91% 7
1:18.8641 (1:18.8641)	2:47.5691 (1:28.7050)	4:18.2321 (1:30.6630)	
5:50.3031 (1:32.0710)	7:25.0321 (1:34.7290)	8:58.2391 (1:33.2070)	
10:33.7481 (1:35.5090)	12:10.0411 (1:36.2930)	13:44.8689 (1:34.8278)	
15:21.4622 (1:36.5933)	16:58.3556 (1:36.8934)	18:37.1178 (1:38.7622)	
20:18.4945 (1:41.3767)	21:59.3222 (1:40.8277)	23:37.8089 (1:38.4867)	

Event 18 M50 3000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points
1 Swarts, David	M53 U.S.A.T.F.	X14:14.49	12:26.40 84.60%
56.6501 (56.6501)	1:51.5881 (54.9380)	2:48.0741 (56.4860)	3:44.3641 (56.2900)
4:41.0851 (56.7210)	5:38.4221 (57.3370)	6:35.4861 (57.0640)	7:33.2791 (57.7930)
8:30.5771 (57.2980)	9:28.9551 (58.3780)	10:27.6651 (58.7100)	11:26.3500 (58.6849)
12:24.8189 (58.4689)	13:21.5711 (56.7522)	14:14.4845 (52.9134)	
2 Xu, Jianping	M53 Dundas Valley	14:44.32	12:52.46 81.74% 7
57.5046 (57.5046)	1:55.2176 (57.7130)	2:53.5591 (58.3415)	
3:52.2561 (58.6970)	4:50.0601 (57.8040)	5:48.5191 (58.4590)	
6:47.0001 (58.4810)	7:46.0261 (59.0260)	8:46.0331 (1:00.0070)	
9:45.5351 (59.5020)	10:45.4851 (59.9500)	11:46.2733 (1:00.7882)	
12:47.1122 (1:00.8389)	13:46.7900 (59.6778)	14:44.3133 (57.5233)	
3 O'Brien, Dan	M54 U.S.A.T.F.	X16:06.68	14:04.40 74.78%
1:04.0616 (1:04.0616)	2:06.5051 (1:02.4435)	3:09.8591 (1:03.3540)	
4:13.0001 (1:03.1410)	5:16.0881 (1:03.0880)	6:19.7491 (1:03.6610)	
7:24.3281 (1:04.5790)	8:29.1921 (1:04.8640)	9:33.4581 (1:04.2660)	
10:38.9411 (1:05.4830)	11:44.2856 (1:05.3445)	12:50.2633 (1:05.9777)	
13:57.4222 (1:07.1589)	15:03.7045 (1:06.2823)	16:06.6722 (1:02.9677)	
4 Geohagen, Niegel	M50 Jamcan Int'l	23:04.76	20:09.59 52.20% 5
1:18.3891 (1:18.3891)	2:46.4031 (1:28.0140)	4:15.7801 (1:29.3770)	
5:45.4901 (1:29.7100)	7:16.3941 (1:30.9040)	8:49.7481 (1:33.3540)	
10:27.0751 (1:37.3270)	12:01.8300 (1:34.7549)	13:36.9233 (1:35.0933)	
15:11.7522 (1:34.8289)	16:44.6533 (1:32.9011)	18:18.0711 (1:33.4178)	
19:53.1678 (1:35.0967)	21:27.9222 (1:34.7544)	23:04.7511 (1:36.8289)	

Event 18 M75 3000 Meter Race Walk

Name	Age Team	Finals	Age-Grading Points
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....Event 18 M75 3000 Meter Race Walk

-- Sekhon, Pritam	M75 Unattached Ontario	XDQ	230.7a
1:52.8686 (1:52.8686)	3:49.4491 (1:56.5805)	5:44.0571 (1:54.6080)	
7:38.5481 (1:54.4910)	9:37.1361 (1:58.5880)	11:36.6022 (1:59.4661)	
13:39.8622 (2:03.2600)	15:42.9511 (2:03.0889)	17:48.9033 (2:05.9522)	
20:05.8911 (2:16.9878)	22:10.0511 (2:04.1600)		

Event 20 W45 High Jump

Name	Age Team	Finals	Age-Grading Points
1 Viggers, Tracy	W47 Unattached Ontario	X1.32m	1.53m 73.33%
1.04 1.08 1.12 1.16 1.20 1.24 1.28 1.32 1.36			
XO O O O XO O XO XO XXX			
2 Thompson, Marsha	W47 Jamcan Int'l	J1.32m	1.53m 73.33% 7
1.04 1.08 1.12 1.16 1.20 1.24 1.28 1.32 1.36			
O O O O O XO XXO XXO XXX			

Event 20 M30 High Jump

Name	Age Team	Finals	Age-Grading Points
1 Nishida, Raphael	M30 Univ. Toronto TC	1.28m	1.28m 52.24% 7
1.16 1.20 1.24 1.28 1.32			
O O O O XXX			

Event 20 M40 High Jump

Name	Age Team	Finals	Age-Grading Points
1 Sara, Zoltan	M43 Brockville	1.80m	1.88m 76.92% 7
1.72 1.80 1.88			
O O XX			
2 Morgan, Otis	M43 Jamcan Int'l	1.04m	1.09m 44.44% 5
1.04			
O			

Event 20 M45 High Jump

Name	Age Team	Finals	Age-Grading Points
1 Beechey, Matt	M48 Jamcan Int'l	1.36m	1.49m 61.26% 7
1.28 1.32 1.36 1.40			
O O O P			

Event 20 M50 High Jump

Name	Age Team	Finals	Age-Grading Points
1 Folkes, Shawn	M50 Jamcan Int'l	1.56m	1.81m 73.93% 7
1.44 1.48 1.52 1.56 1.60			
O O O O XXX			

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....Event 20 M50 High Jump

2 Skeete, Marcus M51 Univ. Toronto TC 1.52m 1.76m 72.04% 5
 1.36 1.40 1.44 1.48 1.52 1.56
 O P O P O XXX

Event 20 M55 High Jump

Name	Age Team	Finals	Age-Grading Points
1 Ritchie, Donald	M57 Unattached Ontario	X1.60m	1.96m 80.00%
1.40 1.44 1.48 1.52 1.56 1.60 1.63			
O P XXO XO XXO XXO XXX			

Event 20 M60 High Jump

Name	Age Team	Finals	Age-Grading Points
1 Varone, John	M60 Jamcan Int'l	1.40m	1.82m 74.47% 7
1.40 1.44			
XO XXP			
2 Cilevitz, Ralph	M64 Jamcan Int'l	1.04m	1.35m 55.32% 5
1.04			
O			

Event 20 M65 High Jump

Name	Age Team	Finals	Age-Grading Points
1 Zowkewych, Peter	M68 Univ. Toronto TC	1.32m	1.83m 74.58% 7
1.24 1.28 1.32 1.36 1.40			
O XO O P XXX			

Event 20 M75 High Jump

Name	Age Team	Finals	Age-Grading Points
1 Tams, Peter	M79 Unattached Ontario	X1.04m	1.65m 67.53%
1.00 1.04 1.08			
O XXO XXX			

Event 22 M50 Pole Vault

Name	Age Team	Finals	Age-Grading Points
-- White, Paul	M52 Dorchester PV	NH	
3.20			
XXX			

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Event 22 M60 Pole Vault

Name	Age Team	Finals	Age-Grading Points
1 Schaber, Mark 2.80 2.95 3.05 O XO XXP	M60 Unattached Ontario	X2.95m	4.19m 68.45%

Event 24 W30 Long Jump

Name	Age Team	Finals	Age-Grading Points
5 Pedrero, Claudia 4.76m 4.67m 4.89m 4.24m 4.22m PASS	W30 Univ. Toronto TC	J4.89m	4.89m 65.03% 7

Event 24 W35 Long Jump

Name	Age Team	Finals	Age-Grading Points
2 Reyes, Lorena 5.06m 5.01m 4.49m 4.76m FOUL 5.18m	W35 Ultimate Body	J5.18m	5.43m 72.35% 7
12 McLean, Kem 3.80m 3.42m PASS PASS PASS PASS	W38 Jamcan Int'l	J3.80m	3.99m 53.07% 5

Event 24 W45 Long Jump

Name	Age Team	Finals	Age-Grading Points
11 Viggers, Tracy 4.05m FOUL 3.93m PASS PASS PASS	W47 Unattached Ontario	XJ4.05m	4.76m 63.38%

Event 24 M29&U Long Jump

Name	Age Team	Finals	Age-Grading Points
1 Young, Arren 6.96m 6.91m 6.82m FOUL FOUL FOUL	M27 Phoenix	X6.96m	6.96m 77.77%

Event 24 M30 Long Jump

Name	Age Team	Finals	Age-Grading Points
6 Liu, Box 3.75m 4.42m 4.22m 4.72m 4.82m 4.87m	M30 Univ. Toronto TC	J4.87m	4.87m 54.41% 7
8 Phala, Sefako 4.60m FOUL 4.50m 4.49m 4.44m PASS	M31 Unattached Ontario	XJ4.60m	4.60m 51.40%
14 Nishida, Raphael 2.85m 2.31m PASS PASS PASS PASS	M30 Univ. Toronto TC	J2.85m	2.85m 31.84% 5



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Event 24 M45 Long Jump

Name	Age Team	Finals	Age-Grading Points
3 Pontes, Jack 4.68m 5.09m 4.63m PASS PASS PASS	M47 Jamcan Int'l	J5.09m	5.87m 65.68% 7
4 Munro, Lenroy FOUL 5.03m FOUL PASS 4.94m 4.16m	M48 Unattached Ontario	XJ5.03m	5.81m 64.90%
7 Mason, Alex-Bobbie 4.55m FOUL 4.70m PASS PASS PASS	M46 Univ. Toronto TC	J4.70m	5.42m 60.65% 5
15 Beechey, Matt FOUL FOUL 2.71m PASS PASS PASS	M48 Jamcan Int'l	J2.71m	3.13m 34.97% 4

Event 24 M50 Long Jump

Name	Age Team	Finals	Age-Grading Points
9 Skeete, Marcus 4.12m 4.32m FOUL PASS 4.01m PASS	M51 Univ. Toronto TC	J4.32m	5.30m 59.34% 7

Event 24 M60 Long Jump

Name	Age Team	Finals	Age-Grading Points
10 Cilevitz, Ralph FOUL 4.19m PASS PASS PASS PASS	M64 Jamcan Int'l	J4.19m	5.89m 65.88% 7
13 Baldsing, Bryan FOUL 3.68m 3.64m PASS PASS 3.51m	M61 Jamcan Int'l	J3.68m	5.18m 57.86% 5

Event 24 M75 Long Jump

Name	Age Team	Finals	Age-Grading Points
16 Tams, Peter 2.20m 2.66m 2.31m PASS PASS PASS	M79 Unattached Ontario	XJ2.66m	4.79m 53.52%
18 Sekhon, Pritam FOUL 0.57m 0.75m 0.74m 0.56m 0.78m	M75 Unattached Ontario	XJ0.78m	1.40m 15.69%

Event 24 M95 Long Jump

Name	Age Team	Finals	Age-Grading Points
17 Sekhon, Atter Singh FOUL 1.14m PASS PASS PASS PASS	M95 Unattached Ontario	XJ1.14m	3.27m 36.66%

Event 26 W40 Triple Jump

Name	Age Team	Finals	Age-Grading Points
7 Gariffe, Tanya 7.25m 7.57m 7.07m 6.97m 7.19m PASS	W41 Unattached Ontario	XJ7.57m	8.16m 52.64%



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Event 26 W45 Triple Jump

Name	Age Team	Finals	Age-Grading Points
5 Viggers, Tracy	W47 Unattached Ontario	XJ8.70m	9.95m 64.25%
8.70m FOUL 8.68m PASS PASS PASS			

Event 26 M29&U Triple Jump

Name	Age Team	Finals	Age-Grading Points
1 Barnett, Shamar	M20 U.S.A.T.F.	X12.99m	12.99m 71.02%
12.66m 12.09m 12.68m 12.99m 12.79m 12.82m			

Event 26 M40 Triple Jump

Name	Age Team	Finals	Age-Grading Points
2 Sara, Zoltan	M43 Brockville	J11.13m	11.83m 64.71% 7
10.81m 10.84m 11.13m 10.59m 10.38m PASS			

Event 26 M45 Triple Jump

Name	Age Team	Finals	Age-Grading Points
3 Munro, Lenroy	M48 Unattached Ontario	XJ10.97m	12.36m 67.59%
10.97m 10.69m 10.77m PASS 10.83m PASS			
4 Pontes, Jack	M47 Jamcan Int'l	J10.56m	11.90m 65.06% 7
10.56m FOUL FOUL FOUL FOUL FOUL			

Event 26 M60 Triple Jump

Name	Age Team	Finals	Age-Grading Points
6 Cilevitz, Ralph	M64 Jamcan Int'l	J7.81m	10.71m 58.59% 7
6.47m 7.81m 7.71m 7.75m PASS PASS			
8 Black, Tom	M63 Unattached Ontario	XJ7.56m	10.37m 56.71%
6.96m 7.56m 7.50m FOUL PASS PASS			
9 Baldsing, Bryan	M61 Jamcan Int'l	J7.30m	10.01m 54.76% 5
6.90m 7.20m 7.30m 7.21m PASS PASS			

Event 26 M75 Triple Jump

Name	Age Team	Finals	Age-Grading Points
10 Sekhon, Pritam	M75 Unattached Ontario	XJ2.31m	4.05m 22.17%
FOUL 2.31m PASS PASS PASS PASS			

Event 27 W35 Shot Put

Name	Age Team	Finals	Age-Grading Points
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....Event 27 W35 Shot Put

6 Mullings, Sheree	W37	Jamcan Int'l	J8.43m	8.74m	38.62%	7
8.26m 7.90m 8.43m 8.38m 8.00m 8.40m						
8 Norman, Chantell	W36	Jamcan Int'l	J7.63m	7.91m	34.95%	5
6.35m 7.06m 7.16m 6.22m 7.12m 7.63m						
12 McLean, Kem	W38	Jamcan Int'l	J7.40m	7.67m	33.90%	4
7.36m 7.40m 7.18m 6.78m 6.86m 6.12m						

Event 27 W40 Shot Put

Name	Age	Team	Finals	Age-Grading	Points	
5 Gariffe, Tanya	W41	Unattached Ontario	XJ8.45m	9.37m	41.44%	
7.06m 6.85m 8.10m 7.96m 8.02m 8.45m						
10 King, Debbie	W43	Jamcan Int'l	J7.54m	8.36m	36.98%	7
6.99m 6.67m 7.10m 6.96m 7.17m 7.54m						
13 Dorsett, Cindy	W42	Jamcan Int'l	J5.75m	6.38m	28.20%	5
FOUL FOUL 5.47m 5.21m 5.43m 5.75m						

Event 27 W45 Shot Put

Name	Age	Team	Finals	Age-Grading	Points	
1 Viggers, Tracy	W47	Unattached Ontario	X10.45m	12.48m	55.15%	
8.64m FOUL 9.38m 9.99m FOUL 10.45m						
7 Friday, Alicia	W45	Unattached Ontario	XJ7.75m	9.25m	40.90%	
7.24m 7.58m 7.71m 7.75m FOUL 7.64m						
9 Thompson, Marsha	W47	Jamcan Int'l	J7.58m	9.05m	40.00%	7
7.58m 7.45m PASS PASS PASS PASS						
11 Reid, Linda	W48	Jamcan Int'l	J7.41m	8.84m	39.10%	5
6.70m 7.30m 6.67m 7.20m 7.39m 7.41m						

Event 27 W50 Shot Put

Name	Age	Team	Finals	Age-Grading	Points	
3 Easton, Leah	W53	Throwers Club	J9.22m	11.62m	51.36%	7
8.65m 8.67m 9.22m 8.29m 7.29m 8.05m						
4 McCarthy, Tracey (willow)	W51	Unattached Ontario	XJ8.78m	11.06m	48.91%	
8.55m 8.71m 7.67m 8.43m 8.49m 8.78m						

Event 27 W60 Shot Put

Name	Age	Team	Finals	Age-Grading	Points	
2 Garner, Doreen	W64	Throwers Club	J10.14m	15.22m	67.29%	7
9.67m 9.60m 9.68m 9.53m 10.14m FOUL						

Event 28 M30 Shot Put

Name	Age	Team	Finals	Age-Grading	H#	Points
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....Event 28 M30 Shot Put

1 Norman, Jermaine	M34 Jamcan Int'l	7.66m	7.66m	33.13%	2	7
6.58m	7.66m x					
2 Nishida, Raphael	M30 Univ. Toronto TC	6.39m	6.39m	27.64%	2	5
5.82m	6.39m x					

Event 28 M40 Shot Put

Name	Age Team	Finals	Age-Grading	H#	Points
1 Andrew, Dale	M41 Unattached Ontario	X10.24m	11.40m 49.33%	2	
FOUL	10.24m x				
2 Clark, Kyle	M40 Unattached Ontario	X8.02m	8.93m 38.63%	2	
8.02m	7.73m x				

Event 28 M45 Shot Put

Name	Age Team	Finals	Age-Grading	H#	Points
1 Beechey, Matt	M48 Jamcan Int'l	8.41m	10.11m 43.73%	2	7
7.98m	8.41m x				
2 Pontes, Jack	M47 Jamcan Int'l	7.36m	8.84m 38.27%	2	5
7.36m	6.80m x				
3 Paraiso, Jean-Emile	M45 Longboat RR	7.05m	8.47m 36.66%	2	4
6.59m	7.05m x				
4 Mason, Alex-Bobbie	M46 Univ. Toronto TC	6.85m	8.23m 35.62%	2	3
6.85m	4.21m x				

Event 28 M50 Shot Put

Name	Age Team	Finals	Age-Grading	H#	Points
1 Folkes, Shawn	M50 Jamcan Int'l	10.57m	12.38m 53.57%	2	7
9.97m	10.57m x				
2 Sethukavalar, Manoharan	M53 Unattached Ontario	X10.35m	12.13m 52.46%	2	
9.72m	10.35m x				
3 Robinson, Paul	M53 Jamcan Int'l	8.94m	10.47m 45.31%	2	5
8.94m	8.87m x				
4 Skeete, Marcus	M51 Univ. Toronto TC	7.57m	8.87m 38.37%	2	4
7.56m	7.57m x				

Event 28 M55 Shot Put

Name	Age Team	Finals	Age-Grading	H#	Points
1 Mazhar, Ayman	M59 Univ. Toronto TC	8.27m	10.50m 45.44%	2	7
8.27m	FOUL x				

Event 28 M60 Shot Put

Name	Age Team	Finals	Age-Grading	Points
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....Event 28 M60 Shot Put

1	Dabrowa, Jerzy	M60 Unattached Ontario	X10.29m	12.84m	55.56%	
	9.16m 9.44m 9.47m 9.75m 10.29m	FOUL				
2	Virk, Sukhwinder	M60 Unattached Ontario	X10.17m	12.69m	54.91%	
	10.17m 9.86m 9.83m 10.02m 9.72m 9.78m					
3	Wyroba, Piotr	M61 Unattached Ontario	X9.74m	12.15m	52.59%	
	9.71m 9.56m 9.74m 9.04m	FOUL 8.52m				
4	Varone, John	M60 Jamcan Int'l	9.70m	12.10m	52.38%	7
	9.68m 9.70m 9.21m 9.42m	FOUL FOUL				
5	Cheema, Harbans	M63 Unattached Ontario	X9.39m	11.72m	50.70%	
	9.13m	FOUL 9.16m 8.72m 9.39m 9.37m				
6	Cilevitz, Ralph	M64 Jamcan Int'l	7.63m	9.52m	41.20%	5
	7.63m	PASS PASS PASS PASS PASS				

Event 28 M65 Shot Put

Name	Age Team	Finals	Age-Grading	Points
1 Zowkewych, Peter	M68 Univ. Toronto TC	10.51m	14.30m 61.86%	7
	9.76m 9.78m 9.68m 10.51m 10.30m 10.23m			
2 Pearson, William	M66 Throwers Club	9.89m	13.45m 58.21%	5
	9.44m 9.31m	FOUL FOUL 9.89m 9.89m		
3 Wyroba, Jerzy	M69 Unattached Ontario	X9.64m	13.11m 56.74%	
	8.97m 9.59m 9.64m 9.62m 9.32m 9.12m			

Event 28 M70 Shot Put

Name	Age Team	Finals	Age-Grading	Points
1 Johnston, Frank	M70 Brockville	8.55m	10.94m 47.37%	7
	8.42m 8.41m 8.41m 8.55m 8.35m 8.15m			

Event 28 M75 Shot Put

Name	Age Team	Finals	Age-Grading	Points
1 Kasperski, John	M75 Throwers Club	11.00m	15.39m 66.59%	7
	9.31m 10.45m 10.45m 11.00m 10.72m 10.74m			
2 McColeman, Gary	M76 Throwers Club	6.04m	8.45m 36.56%	5
	5.38m 6.04m 5.74m 5.99m	FOUL 5.82m		
3 Toscano, Enrico	M78 Throwers Club	5.60m	7.83m 33.90%	4
	5.35m 5.60m 5.47m	FOUL 5.46m PASS		

Event 28 M80 Shot Put

Name	Age Team	Finals	Age-Grading	Points
1 Morris, David	M80 Throwers Club	8.25m	12.41m 53.71%	7
	8.25m 7.65m 7.88m 7.94m 8.13m 7.81m			

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Event 28 M95 Shot Put

Name	Age Team	Finals	Age-Grading Points
1 Sekhon, Atter Singh 4.07m PASS PASS PASS PASS PASS	M95 Unattached Ontario	X4.07m	9.78m 42.31%

Event 30 W35 Weight Throw

Name	Age Team	Finals	Age-Grading Points
8 Norman, Chantell 5.27m 5.71m 5.83m 5.30m PASS PASS	W36 Jamcan Int'l	J5.83m	6.36m 26.98% 7

Event 30 W50 Weight Throw

Name	Age Team	Finals	Age-Grading Points
4 McCarthy, Tracey (willow 9.72m 9.46m 9.41m 9.08m 9.04m 8.91m	W51 Unattached Ontario	XJ9.72m	11.49m 48.70%
7 Easton, Leah 6.04m 6.31m 6.49m 6.40m 6.40m 6.40m	W53 Throwers Club	J6.49m	7.67m 32.52% 7

Event 30 W60 Weight Throw

Name	Age Team	Finals	Age-Grading H# Points
1 Garner, Doreen 10.93m FOUL 9.68m 10.26m 9.97m 10.38m	W64 Throwers Club	10.93m	13.23m 56.08% 2 7

Event 30 W70 Weight Throw

Name	Age Team	Finals	Age-Grading H# Points
1 Green, Lucille 6.86m 6.68m 6.61m 5.20m FOUL 5.31m	W70 Throwers Club	6.86m	10.06m 42.64% 2 7

Event 30 M30 Weight Throw

Name	Age Team	Finals	Age-Grading Points
6 Norman, Jermaine FOUL 6.61m 6.49m 6.52m 6.10m 6.50m	M34 Jamcan Int'l	J6.61m	6.61m 25.56% 7
10 Nishida, Raphael 4.26m 4.54m 4.81m FOUL 4.86m PASS	M30 Univ. Toronto TC	J4.86m	4.86m 18.79% 5

Event 30 M40 Weight Throw

Name	Age Team	Finals	Age-Grading Points
3 Andrew, Dale FOUL FOUL 8.97m 9.85m 9.28m FOUL	M41 Unattached Ontario	XJ9.85m	10.73m 41.51%



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....Event 30 M40 Weight Throw

5 Clark, Kyle M40 Unattached Ontario XJ7.22m 7.86m 30.43%
 6.66m 6.78m 7.22m 6.30m 6.62m 6.76m

Event 30 M45 Weight Throw

Name	Age Team	Finals	Age-Grading	Points
9 Pontes, Jack	M47 Jamcan Int'l	J5.33m	6.23m 24.11%	7
FOUL 4.77m 5.24m 5.33m FOUL PASS				

Event 30 M50 Weight Throw

Name	Age Team	Finals	Age-Grading	Points
2 Sethukavalar, Manoharan	M53 Unattached Ontario	XJ11.44m	11.99m 46.39%	
10.75m FOUL FOUL FOUL 11.44m 11.23m				

Event 30 M55 Weight Throw

Name	Age Team	Finals	Age-Grading	Points
1 Mazhar, Ayman	M59 Univ. Toronto TC	15.11m	16.96m 65.58%	7
14.26m FOUL 14.98m FOUL 15.11m 14.33m				

Event 30 M60 Weight Throw

Name	Age Team	Finals	Age-Grading	H#	Points
1 Cilevitz, Ralph	M64 Jamcan Int'l	9.67m	10.08m 38.98%	2	7
9.67m 9.04m PASS PASS PASS PASS					
2 Dabrowa, Jerzy	M60 Unattached Ontario	X9.17m	9.55m 36.96%	2	
8.87m 8.49m FOUL FOUL FOUL 9.17m					

Event 30 M65 Weight Throw

Name	Age Team	Finals	Age-Grading	H#	Points
1 Pearson, William	M66 Throwers Club	11.41m	12.72m 49.20%	2	7
10.65m FOUL 10.46m 10.86m 11.09m 11.41m					

Event 30 M75 Weight Throw

Name	Age Team	Finals	Age-Grading	H#	Points
1 Kasperski, John	M75 Throwers Club	13.64m	16.75m 64.80%	2	7
12.40m FOUL 13.64m 12.35m FOUL 13.44m					
2 Toscano, Enrico	M78 Throwers Club	6.41m	7.87m 30.45%	2	5
6.41m 6.41m 6.05m 5.84m PASS PASS					

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Event 30 M80 Weight Throw

Name	Age Team	Finals	Age-Grading H#	Points
1 Morris, David	M80 Throwers Club	10.35m	13.49m 52.19%	2 7
9.39m 10.05m 10.06m 10.03m 10.35m FOUL				

Event 30 M95 Weight Throw

Name	Age Team	Finals	Age-Grading H#	Points
1 Sekhon, Atter Singh	M95 Unattached Ontario	X4.79m	10.08m 39.01%	2
4.51m 4.79m PASS PASS PASS PASS				

Event 32 W30-39 4x200 Meter Relay

Team	Finals	Points
1 Jamcan International Athletics 'A'	1:59.36	7
1) King, Debbie 43	2) Reid, Linda 48	
3) McLean, Kem 38	4) Mullings, Sheree 37	

Event 32 W40-49 4x200 Meter Relay

Team	Finals	Points
1 Unattached 'A'	X2:07.05	
1) Garfunkel, Violeta 45	2) Armstrong, Nicole 42	
3) Zinman, Debbie 49	4) Harding, Hazel 45	

Event 32 M40-49 4x200 Meter Relay

Team	Finals	Points
1 Jamcan International Athletics 'A'	1:52.00	7
1) Beechey, Matt 48	2) Pontes, Jack 47	
3) Geohagen, Niegel 50	4) Morgan, Otis 43	

Event 32 M50-59 4x200 Meter Relay

Team	Finals	Points
1 Jamcan International Athletics 'A'	1:52.52	7
1) Baptiste, Joseph 58	2) Robinson, Paul 53	
3) Folkes, Shawn 50	4) Lee Foon, Mike 58	

Event 34 M40-49 4x400 Meter Relay

Team	Finals	Points
1 Jamcan International Athletics 'A'	5:04.09	7
1) Folkes, Shawn 50	2) Baptiste, Joseph 58	
3) Geohagen, Niegel 50	4) Morgan, Otis 43	



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Event 34 X50-59 4x400 Meter Relay

Team	Finals	Points
1 University of Toronto T.C. 'A'	5:38.16	7
1) Chee, Wayne 64	2) Madsen, Chris 51	
3) Koch, Anne 53	4) Northcott, Clara 64	

Combined Team Scores - 24 Events Scored

1) JAMCAN International Athle	376	2) University of Toronto T.C	355
3) Throwers Club	89	4) Ottawa Lions T.F.C.	64
5) Newmarket Huskies Track Cl	60	6) Variety Village Athletic	38
7) Toronto Harriers	30	8) The Gazelles	26
9) Longboat Roadrunners	24	10) Brantford T.F.C.	22
11) Dundas Valley Track Club	21	11) Physi-Kult Kingston	21
11) Brockville Legion Track Cl	21	14) Muskoka Algonquin Runners	17
15) Runner's Life	16	16) Ultimate Body Sprint Club	14
16) Guelph Track & Field Club	14	18) U Windsor Athletic Club	12
18) York University Track & Fi	12	18) Niagara Olympic Club	12
21) Thames Athletics Club	11	22) Cambridge Harriers	8
23) Toronto Race Walkers	7	23) Monarch Athletics Club	7
23) Etobicoke Track & Field Cl	7	26) Toronto Olympic Club	5

