

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M30 50 Meter Dash - 11:00am**

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---------------------|----------------|--------|------|-------------|----|
| Finals | | | | | |
| 1 Greg Hetherington | M30 Unattached | 6.42 | NWI | 6.43 86.29% | 7 |
| 2 D Powell | M31 Unattached | 6.85 | NWI | 6.86 80.88% | 7 |

M35 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---|-------------------------------|-------------|------------|--------------------|---------------|
| 1 Dree Ryan | M35 Jamaica Masters AC | 6.13 | NWI | 6.07 91.35% | CAN MR |
| (old CAN 6.0 Ray Cardinal ON 1983 (=6.24), old MR 6.39 Mark Smyth 2012) | | | | | |
| 2 Dave Kervin | M36 Peterborough | 6.69 | NWI | 6.58 84.30% | 7 |
| 3 Jonathan Colford | M36 Unattached | 7.98 | NWI | 7.84 70.68% | 7 |

W35 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|-----------------|----------|--------|------|-------------|----|
| 1 Khama Beckles | W38 UTTC | 6.91 | NWI | 6.83 87.26% | 6 |

M40 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---------------|----------------|--------|------|-------------|----|
| 1 Nigel John | M41 UTTC | 6.46 | NWI | 6.11 90.71% | 6 |
| 2 Jay Foubert | M44 UTTC | 6.50 | NWI | 6.01 92.31% | 6 |
| 3 Michael Yap | M43 Unattached | 6.93 | NWI | 6.46 85.86% | 6 |

W40 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|------------------|------------------|--------|------|-------------|-----------|
| 1 Sandy Arnason | W41 Saskatchewan | 8.37 | NWI | 7.99 74.67% | MR |
| (no previous MR) | | | | | |

M45 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---------------------|------------------------|--------|------|-------------|----|
| 1 Bernard St. Lewis | M46 Ottawa Lions | 6.74 | NWI | 6.14 90.36% | 5 |
| 2 Paul Dowhos | M46 Thunder Bay Spri | 6.77 | NWI | 6.16 89.96% | 5 |
| 3 Will Hudson | M47 UTTC | 6.97 | NWI | 6.30 87.95% | 5 |
| 4 Nigel Geohagen | M45 Jamaica Masters AC | 7.24 | NWI | 6.65 83.43% | 5 |

M50 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---------------------|------------------------|--------|------|-------------|----|
| 1 Maynard McIntosh | M52 Jamaica | 6.87 | NWI | 6.00 92.43% | 4 |
| 2 Les Neufeld | M53 Unattached | 7.00 | NWI | 6.07 91.29% | 4 |
| 3 Joe Baptiste | M53 Jamaica Masters AC | 7.00 | NWI | 6.07 91.29% | 4 |
| 4 Tim Burgess | M50 UTTC | 7.34 | NWI | 6.50 85.29% | 4 |
| 5 Marino Sani | M54 Ottawa Lions | 7.35 | NWI | 6.33 87.62% | 4 |
| 6 Russell Unilowsky | M54 Manitoba | 7.36 | NWI | 6.34 87.50% | 4 |
| 7 Spencer Arnfield | M54 Extreme Velocity | 7.39 | NWI | 6.36 87.14% | 4 |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M55 50 Meter Dash - 11:00am**

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|--------------------|----------------|--------|------|--------------|----|
| 1 Noel Brown | M55 Manitoba | 7.13 | NWI | 6.10 90.88% | 3 |
| 2 Blair Roblin | M55 Unattached | 7.31 | NWI | 6.25 88.65% | 3 |
| 3 Brian Magerkurth | M55 Unattached | 7.55 | NWI | 6.46 85.83% | 3 |
| 4 Russell D'Souza | M59 Unattached | 12.02 | NWI | 10.00 55.41% | 3 |

W55 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|--|-------------------------|-------------|------------|---------------------|---------------|
| 1 Wendy Alexis (old CAN 7.36 Wendy 2013) | W58 Ottawa Lions | 7.33 | NWI | 5.86 101.77% | CAN MR |

M60 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---------------------|-------------------|--------|------|-------------|----|
| 1 Ralph Cilevitz | M60 Throwers Club | 7.70 | NWI | 6.36 87.14% | 2 |
| 2 B. Peter Westfall | M62 Unattached | 8.13 | NWI | 6.64 83.52% | 2 |

W60 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---|----------------------------|-------------|------------|--------------------|---------------|
| 1 Karla Del Grande (Old CAN 7.51 Karla in January, old MR 8.57 Rhona Trott ON 2012) | W60 Mississauga Tra | 7.33 | NWI | 5.75103.82% | CAN MR |

M65 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|--------------------|------------------|--------|------|-------------|----|
| 1 Richard Lech | M66 Unattached | 7.58 | NWI | 6.03 91.95% | 2 |
| 2 Roland Delhomeau | M69 Saskatchewan | 9.21 | NWI | 7.19 77.09% | 2 |

W65 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|-----------------------------------|------------------|--------|------|-------------|-----------|
| 1 Rhona Trott (no previous MR) | W65 Hamilton Oly | 8.95 | NWI | 6.70 89.05% | MR |

M75 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|-----------------|----------------|--------|------|-------------|----|
| 1 Steffen Kampe | M77 Unattached | 11.67 | NWI | 8.56 64.78% | 2 |

M80 50 Meter Dash - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---|-------------------------|-------------|------------|--------------------|---------------|
| 1 Ted Rowan (old CAN 8.60 Arnold Nett AB 2013, old MR 9.09 Ray Wardle ON 2013)) | M80 Saskatchewan | 8.13 | NWI | 5.78 95.94% | CAN MR |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M35 60 Meter Dash - 11:15am**

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|--|------------------------|--------|------|-------------|-------------|
| 1 Dree Ryan (old MR 7.40 Charles Oamen BC 2011) | M35 Jamaica Masters AC | 7.20 | NWI | 7.13 89.72% | 7 MR |
| 2 Howard Powell | M37 Jamaica Masters AC | 7.52 | NWI | 7.33 87.23% | 7 |
| 3 Dave Kervin | M36 Peterborough | 7.78 | NWI | 7.64 83.68% | 7 |

W35 60 Meter Dash - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|--|----------|--------|------|-------------|----|
| 1 Khama Beckles (CAN & MR 8.05 Khama last year) | W38 UTTC | 8.07 | NWI | 7.98 86.74% | 4 |

M40 60 Meter Dash - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---------------|----------------|--------|------|-------------|----|
| 1 Nigel John | M41 UTTC | 7.50 | NWI | 7.09 90.13% | 6 |
| 2 Jay Foubert | M44 UTTC | 7.62 | NWI | 7.05 90.81% | 6 |
| 3 Michael Yap | M43 Unattached | 8.02 | NWI | 7.47 85.66% | 6 |
| 4 Pho Lam | M42 Unattached | 9.53 | NWI | 8.94 71.46% | 6 |

W40 60 Meter Dash - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading |
|-----------------|-------------|--------|------|-------------|
| 1 Arlene Downer | W43 Jamaica | 10.41 | NWI | 9.71 71.28% |

M45 60 Meter Dash - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|-------------------------|------------------------|--------|------|-------------|----|
| 1 Christopher Warburton | M48 UTTC | 7.54 | NWI | 6.77 94.43% | 5 |
| 2 Chris Lemassif | M47 UTTC | 7.68 | NWI | 6.95 92.06% | 5 |
| 3 Bernard St. Lewis | M46 Ottawa Lions | 7.86 | NWI | 7.16 89.31% | 5 |
| 4 Rick Reynolds | M47 Jamaica Masters AC | 8.03 | NWI | 7.26 88.04% | 5 |
| 5 Paul Dowhos | M46 Thunder Bay Spri | 8.12 | NWI | 7.40 86.45% | 5 |
| 6 Will Hudson | M47 UTTC | 8.26 | NWI | 7.47 85.59% | 5 |
| 7 Nigel Geohagen | M45 Jamaica Masters AC | 8.40 | NWI | 7.71 82.98% | 5 |

M50 60 Meter Dash - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---|------------------------|--------|------|-------------|-------------|
| 1 Michael Lee Foon (old MR 7.94 Robert Nasato ON 2013) | M53 Jamaica Masters AC | 7.87 | NWI | 6.82 93.65% | 4 MR |
| 2 Maynard McIntosh | M52 Jamaica | 7.93 | NWI | 6.92 92.31% | 4 |
| 3 Joe Baptiste | M53 Jamaica Masters AC | 8.01 | NWI | 6.95 92.01% | 4 |
| 4 Les Neufeld | M53 Unattached | 8.22 | NWI | 7.13 89.66% | 4 |
| 5 Marino Sani | M54 Ottawa Lions | 8.56 | NWI | 7.37 86.80% | 4 |

M55 60 Meter Dash - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|-------------------|--------------|--------|------|-------------|----|
| 1 Benoit Bertrand | M55 Quebec | 8.32 | NWI | 7.11 89.90% | 3 |
| 2 Noel Brown | M55 Manitoba | 8.50 | NWI | 7.27 88.00% | 3 |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W55 60 Meter Dash - 11:15am**

| Name | Age Team | Finals | Wind | Age-Grading | |
|--|------------------|--------|------|-------------|-----------|
| 1 Wendy Alexis (old MR 8.65 Karla 2012) | W58 Ottawa Lions | 8.59 | NWI | 6.87100.81% | MR |

M60 60 Meter Dash - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|------------------|-------------------|--------|------|-------------|----|
| 1 Horace Hudson | M61 United State | 8.81 | NWI | 7.24 88.31% | 3 |
| 2 Ralph Cilevitz | M60 Throwers Club | 9.33 | NWI | 7.71 82.85% | 3 |

W60 60 Meter Dash - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading | |
|---|---------------------|--------|------|-------------|-----------|
| 1 Karla Del Grande (World Record is Karla's 8.56 in January, old MR 10.19 Rhona Trott 2012)) | W60 Mississauga Tra | 8.58 | NWI | 6.73102.91% | MR |

M70 60 Meter Dash - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---------------|---------------------|--------|------|-------------|----|
| 1 Peter Evans | M71 Mississauga Tra | 9.53 | NWI | 7.34 87.09% | 2 |

M80 60 Meter Dash - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|--|-------------------------|-------------|------------|--------------------|---------------|
| 1 Ted Rowan (old CAN 9.90 Norm Lesage BC 2012, old MR 10.49 Norm in 2011)) | M80 Saskatchewan | 9.70 | NWI | 6.89 92.78% | CAN MR |

M45 200 Meter Dash - 1:15pm Fir

| Name | Age Team | Prelims | Wind | Age-Grading | H# |
|---------------------|------------------------|---------|------|--------------|----|
| Preliminaries | | | | | |
| 1 Chris Lemassif | M47 UTTC | 24.80q | NWI | 21.85 88.43% | 2 |
| 2 David Turkstra | M48 Hamilton Oly | 25.33q | NWI | 22.16 87.21% | 2 |
| 3 Will Hudson | M47 UTTC | 26.00q | NWI | 22.91 84.35% | 1 |
| 4 Bernard St. Lewis | M46 Ottawa Lions | 26.13q | NWI | 23.19 83.35% | 1 |
| 5 Rick Reynolds | M47 Jamaica Masters AC | 26.52q | NWI | 23.37 82.69% | 2 |
| 6 Paul Dowhos | M46 Thunder Bay Spri | 26.98 | NWI | 23.94 80.73% | 1 |

M45 200 Meter Dash - 1:15pm Fir

| Name | Age Team | Finals | Wind | Age-Grading | |
|------------------|------------------------|--------|------|--------------|--|
| Finals | | | | | |
| 1 Chris Lemassif | M47 UTTC | 24.72 | NWI | 21.78 88.71% | |
| 2 David Turkstra | M48 Hamilton Oly | 24.86 | NWI | 21.75 88.86% | |
| 3 Rick Reynolds | M47 Jamaica Masters AC | 26.32 | NWI | 23.19 83.32% | |
| 4 Will Hudson | M47 UTTC | 26.58 | NWI | 23.42 82.51% | |

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

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---------------------|-------------------|--------|------|--------------|----|
| 1 Greg Hetherington | M30 Unattached | 24.40 | NWI | 24.41 79.18% | 8 |
| 2 Cat Iordan | M31 Speed Factory | 27.03 | NWI | 26.92 71.77% | 8 |
| 3 D Powell | M31 Unattached | 27.66 | NWI | 27.55 70.14% | 8 |

W35 200 Meter Dash - 1:00pm

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|-----------------|----------|--------|------|--------------|----|
| 1 Khama Beckles | W38 UTTC | 26.94 | NWI | 26.10 81.77% | |

M35 200 Meter Dash - 1:00pm

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---|------------------------|--------|------|--------------|-------------|
| 1 Dree Ryan (old MR 24.56 Charles Oamen BC 2011) | M35 Jamaica Masters AC | 23.45 | NWI | 22.61 85.46% | 7 MR |
| 2 Howard Powell | M37 Jamaica Masters AC | 24.25 | NWI | 23.03 83.92% | 7 |
| 3 Dave Kervin | M36 Peterborough | 24.96 | NWI | 23.89 80.89% | 7 |
| 4 Jonathan Colford | M36 Unattached | 32.32 | NWI | 30.93 62.47% | 7 |

M40 200 Meter Dash - 1:00pm

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---------------|----------------|--------|------|--------------|----|
| 1 Nigel John | M41 UTTC | 23.83 | NWI | 21.94 88.08% | 6 |
| 2 Jay Foubert | M44 UTTC | 24.39 | NWI | 21.96 87.99% | 6 |
| 3 Michael Yap | M43 Unattached | 26.67 | NWI | 24.20 79.87% | 6 |

M50 200 Meter Dash - 1:00pm

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---|------------------------|--------|------|--------------|-------------|
| 1 Michael Lee Foon (old MR 26.37 Murray Black BC 2011) | M53 Jamaica Masters AC | 25.66 | NWI | 21.67 89.17% | 5 MR |
| 2 Andrew Bass | M52 Unattached | 27.05 | NWI | 23.00 84.03% | 5 |
| 3 Russell Unilowsky | M54 Manitoba | 28.15 | NWI | 23.61 81.85% | 5 |
| 4 Les Neufeld | M53 Unattached | 28.25 | NWI | 23.86 80.99% | 5 |
| -- Marino Sani | M54 Ottawa Lions | DQ | NWI | | 5 |

W55 200 Meter Dash - 1:00pm

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|-----------------|------------------|--------|------|-------------|----|
| -- Wendy Alexis | W58 Ottawa Lions | DNF | NWI | | |

M55 200 Meter Dash - 1:00pm

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|-------------------|------------------------|--------|------|--------------|----|
| 1 Benoit Bertrand | M55 Quebec | 27.52 | NWI | 22.92 84.34% | 4 |
| 2 John Varone | M55 Jamaica Masters AC | 27.62 | NWI | 23.00 84.03% | 4 |
| 3 Noel Brown | M55 Manitoba | 28.16 | NWI | 23.45 82.42% | 4 |
| 4 Steve Millward | M58 Unattached | 28.44 | NWI | 23.21 83.26% | 4 |

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

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|-----------------|------------------|--------|------|--------------|----|
| 1 Horace Hudson | M61 United State | 28.56 | NWI | 22.85 84.56% | 3 |
| 2 John Giffen | M62 Unattached | 30.31 | NWI | 24.09 80.20% | 3 |

W60 200 Meter Dash - 1:00pm

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|--|---------------------|--------|------|--------------|-----------|
| 1 Karla Del Grande (old MR 34.79 Rhona Trott) | W60 Mississauga Tra | 28.68 | NWI | 21.63 98.68% | MR |

M70 200 Meter Dash - 1:00pm

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---------------|---------------------|--------|------|--------------|----|
| 1 Peter Evans | M71 Mississauga Tra | 31.83 | NWI | 23.48 82.31% | 2 |

W80 200 Meter Dash - 1:00pm

| Name | Age Team | Finals | Wind | Age-Grading | H# |
|---|------------|--------|------|--------------|-----------|
| 1 Alice Cole (old MR 52.97 Ruth Carrier BC 2011) | W80 Quebec | 44.81 | NWI | 26.57 80.34% | MR |

W40 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading |
|---------------|----------------------|---------|----------------|
| 1 Katty Abran | W43 London Legion T& | 2:47.03 | 2:26.77 32.43% |

M40 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|------------------|--------|--------------|----|
| 1 Lenroy Munro | M43 Unattached | 56.59 | 51.81 83.35% | 5 |
| 2 Louis Byrne | M42 Toronto Olym | 62.59 | 57.71 74.84% | 5 |
| -- Nigel John | M41 UTTC | DQ | | 5 |

M45 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|-----------------------|--------|--------------|----|
| 1 Mirco Graenert | M45 Newmarket Huskies | 56.31 | 50.81 84.99% | 4 |
| 2 Marcus Skeete | M46 Unattached | 57.49 | 51.53 83.81% | 4 |
| -- Serge Faucher | M49 Manitoba | DQ | | 4 |

W45 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading |
|-----------------|-----------------------|--------|--------------|
| 1 Anke Graenert | W47 Newmarket Huskies | 78.21 | 65.98 72.15% |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M50 400 Meter Dash 11:45am**

| Name | Age Team | Finals | Age-Grading | H# |
|---------------------|------------------|--------|--------------|----|
| 1 Russell Unilowsky | M54 Manitoba | 64.41 | 54.69 78.96% | 3 |
| 2 Desmond Moloney | M53 East Toronto | 67.52 | 57.71 74.82% | 3 |

M55 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading | H# |
|--------------------|----------------|---------|--------------|----|
| 1 Raymond Jonasson | M57 Unattached | 1:21.98 | 68.26 63.26% | 2 |
| -- Noel Brown | M55 Manitoba | DQ | | 2 |

W60 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading | H# |
|--|---------------------|--------|--------------|----|
| 1 Karla Del Grande (no previous MR) | W60 Mississauga Tra | 69.62 | 51.94 91.65% | 3 |

MR

M60 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading | H# |
|-----------------|------------------|--------|--------------|----|
| 1 Horace Hudson | M61 United State | 66.15 | 53.69 80.42% | 3 |

M75 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading | H# |
|-----------------|--------------------|---------|--------------|----|
| 1 Jim Pascoe | M76 Rouge River RR | 1:28.30 | 57.67 74.88% | 2 |
| 2 Steffen Kampe | M77 Unattached | 1:42.89 | 66.05 65.38% | 2 |

W80 400 Meter Dash 11:45am

| Name | Age Team | Finals | Age-Grading | H# |
|----------------------------------|------------|---------|--------------|----|
| 1 Alice Cole (no previous MR) | W80 Quebec | 1:40.29 | 53.05 89.74% | 3 |

MR

M30 800 Meter Run - 11:30am

| Name | Age Team | Finals | Age-Grading | H# |
|---------------------|----------------|---------|----------------|----|
| 1 David Anderson | M32 Unattached | 2:08.54 | 2:08.55 78.66% | 3 |
| 2 Greg Hetherington | M30 Unattached | 2:14.69 | 2:14.70 75.07% | 3 |

W30 800 Meter Run - 11:30am

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|----------------------|---------|----------------|----|
| 1 Tanya Sakharov | W33 Boardwalk Runnin | 2:33.55 | 2:33.56 73.77% | 3 |

M35 800 Meter Run - 11:30am

| Name | Age Team | Finals | Age-Grading | H# |
|---------------|----------------------|---------|----------------|----|
| 1 Joey Boland | M35 Running Room Ath | 2:01.35 | 2:01.00 83.56% | 3 |
| 2 Jimmy Semes | M35 Boardwalk Runnin | 2:12.65 | 2:12.27 76.44% | 3 |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 800 Meter Run - 11:30am**

| Name | Age Team | Finals | Age-Grading | H# | |
|--|----------------|---------|----------------|----|-----------|
| 1 Jay Brecher (old MR 2:08.57 Michal Kapral 2013) | M40 UTTC | 2:03.72 | 1:57.60 85.98% | 3 | MR |
| 2 Michal Kapral | M41 UTTC | 2:08.41 | 2:00.97 83.59% | 3 | |
| 3 Pat Menzies | M43 Unattached | 2:16.38 | 2:06.17 80.14% | 3 | |

W40 800 Meter Run - 11:30am

| Name | Age Team | Finals | Age-Grading | H# |
|--------------|----------|---------|----------------|----|
| 1 Amy Ballon | W42 UTTC | 2:37.01 | 2:30.01 75.52% | |

W45 800 Meter Run - 11:30am

| Name | Age Team | Finals | Age-Grading | H# |
|-----------------|-----------------------|---------|----------------|----|
| 1 Annie Bunting | W49 UTTC | 2:33.20 | 2:17.81 82.21% | |
| 2 Anke Graenert | W47 Newmarket Huskies | 2:59.82 | 2:44.52 68.86% | |

M45 800 Meter Run - 11:30am

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|-----------------------|---------|----------------|----|
| 1 Mirco Graenert | M45 Newmarket Huskies | 2:11.11 | 1:59.07 84.92% | 3 |
| 2 Serge Faucher | M49 Manitoba | 2:12.85 | 1:56.53 86.77% | 3 |
| 3 Jianping Xu | M48 Don't Get Lost A | 2:27.74 | 2:10.73 77.35% | 3 |

M50 800 Meter Run - 11:30am

| Name | Age Team | Finals | Age-Grading | H# | |
|---|----------------------|----------------|-----------------------|----|---------------|
| 1 Paul Osland (old CAN 2:09.28 Jerry Kooymans ON 2006, old MR 2:13.51 Dave Kary ON 2012)) | M50 UTTC | 2:06.79 | 1:50.22 91.73% | | CAN MR |
| 2 Mark Duff | M52 Boardwalk Runnin | 2:29.28 | 2:07.64 79.22% | 3 | |

M55 800 Meter Run - 11:30am

| Name | Age Team | Finals | Age-Grading | H# |
|--------------------|-----------------------|---------|----------------|----|
| 1 Jim Freemantle | M55 Newmarket Huskies | 2:42.52 | 2:15.48 74.63% | 2 |
| 2 Raymond Jonasson | M57 Unattached | 3:09.99 | 2:35.89 64.86% | 2 |

M60 800 Meter Run - 11:30am

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|-----------------------|---------|----------------|----|
| 1 John De Finney | M64 Newmarket Hu | 2:39.26 | 2:03.69 81.75% | 2 |
| 2 Ted Paget | M62 Newmarket Huskies | 2:39.53 | 2:05.83 80.36% | 2 |
| 3 Tim Payne | M64 Newmarket Huskies | 2:55.26 | 2:16.11 74.29% | 2 |

M70 800 Meter Run - 11:30am

| Name | Age Team | Finals | Age-Grading | H# |
|----------------|----------------|---------|----------------|----|
| 1 Chris Mackie | M73 Unattached | 2:53.13 | 2:00.71 83.76% | 2 |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M75 800 Meter Run - 11:30am**

| Name | Age Team | Finals | Age-Grading | H# | |
|--|--------------------|---------|----------------|----|-----------|
| 1 Jim Pascoe (old MR 4:01 Ray Wardle ON 2011) | M76 Rouge River RR | 3:43.59 | 2:28.56 68.06% | 2 | MR |
| 2 Steffen Kampe | M77 Unattached | 3:49.81 | 2:30.16 67.33% | 2 | |

W80 800 Meter Run - 11:30am

| Name | Age Team | Finals | Age-Grading | H# | |
|--|-------------------|----------------|-----------------------|----|---------------|
| 1 Alice Cole Old CAN 4:12 Lenore Montgomery BC 2012, old MR 4:17 Lenore in 2011) | W80 Quebec | 3:52.70 | 1:54.87 98.62% | | CAN MR |

M80 800 Meter Run - 11:30am

| Name | Age Team | Finals | Age-Grading | H# | |
|---------------|----------------|---------|----------------|----|--|
| 1 Ed Whitlock | M83 Unattached | 3:13.49 | 1:50.45 91.55% | 2 | |

M35 1500 Meter Run - 12:45pm

| Name | Age Team | Finals | Age-Grading | H# | |
|---|----------------------|---------|----------------|----|-----------|
| 1 Joey Boland (old MR 4:47 Brian Berresford ON 2003) | M35 Running Room Ath | 4:13.04 | 4:09.81 82.47% | 3 | MR |

W40 1500 Meter Run - 12:45pm

| Name | Age Team | Finals | Age-Grading | H# | |
|--------------|----------|---------|----------------|----|--|
| 1 Amy Ballon | W42 UTTC | 5:26.75 | 5:02.51 76.85% | | |

M40 1500 Meter Run - 12:45pm

| Name | Age Team | Finals | Age-Grading | H# | |
|---|-----------------------|---------|----------------|----|-----------|
| 1 Jay Brecher (old MR 4:17.95 Vince Friel ON 2003) | M40 UTTC | 4:17.31 | 4:01.54 85.29% | 3 | MR |
| 2 Ian Reid | M40 UTTC | 4:26.01 | 4:09.71 82.50% | 3 | |
| 3 Derek Hackshaw | M44 Newmarket Huskies | 4:39.13 | 4:12.20 81.68% | 3 | |

M45 1500 Meter Run - 12:45pm

| Name | Age Team | Finals | Age-Grading | H# | |
|------------------|-----------------------|---------|----------------|----|--|
| 1 Mirco Graenert | M45 Newmarket Huskies | 4:44.92 | 4:14.92 80.81% | 3 | |

W45 1500 Meter Run - 12:45pm

| Name | Age Team | Finals | Age-Grading | H# | |
|-----------------|-----------------------|---------|----------------|----|--|
| 1 Annie Bunting | W49 UTTC | 5:22.58 | 4:34.52 84.68% | | |
| 2 Aura Reynoso | W47 Newmarket Huskies | 6:12.69 | 5:25.14 71.50% | | |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M50 1500 Meter Run - 12:45pm**

| Name | Age Team | Finals | Age-Grading | H# |
|--|-----------------------|----------------|-----------------------|---------------|
| 1 Paul Osland | M50 UTTC | 4:18.43 | 3:40.89 93.26% | CAN MR |
| (old CAN 4:19.21 Ben Johns ON 1987, old MR 4:32 Vince Friel ON 2013) | | | | |
| 2 Geoff Peat | M50 Newmarket Huskies | 4:24.40 | 3:45.99 91.16% | 3 |
| 3 Michael Sherar | M50 UTTC | 4:43.39 | 4:02.22 85.05% | 3 |
| 4 Rob Blair | M50 Newmarket Huskies | 5:02.18 | 4:18.28 79.76% | 3 |
| 5 James Wallace | M51 UTTC | 5:02.85 | 4:16.64 80.27% | 3 |

M55 1500 Meter Run - 12:45pm

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|-----------------------|---------|----------------|----|
| 1 Dave Olsen | M58 Saskatchewan | 5:42.64 | 4:33.40 75.35% | 2 |
| 2 Jim Freemantle | M55 Newmarket Huskies | 5:42.95 | 4:40.57 73.42% | 2 |

W60 1500 Meter Run - 12:45pm

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|-------------------|---------|----------------|-----------|
| 1 Cathy Tedford | W60 Runner's Life | 9:29.41 | 6:57.67 55.66% | MR |
| (no previous MR) | | | | |

M60 1500 Meter Run - 12:45pm

| Name | Age Team | Finals | Age-Grading | H# |
|---------------------|-----------------------|---------|----------------|----|
| 1 John Helliker | M62 UTTC | 5:09.74 | 3:59.16 86.14% | 2 |
| 2 Ken Hamilton | M64 Newmarket Huskies | 5:20.98 | 4:03.89 84.47% | 2 |
| 3 Ted Paget | M62 Newmarket Huskies | 5:26.40 | 4:12.02 81.74% | 2 |
| 4 John De Finney | M64 Newmarket Hu | 5:34.82 | 4:14.40 80.97% | 2 |
| 5 Tim Payne | M64 Newmarket Huskies | 5:57.07 | 4:31.31 75.93% | 2 |
| 6 B. Peter Westfall | M62 Unattached | 6:52.25 | 5:18.30 64.72% | 2 |

M65 1500 Meter Run - 12:45pm

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|-----------------|---------|----------------|----|
| 1 Richard Bailey | M65 Longboat RR | 5:38.46 | 4:15.07 80.76% | 2 |
| 2 Bert de Vries | M67 Longboat RR | 6:13.54 | 4:36.95 74.38% | 2 |

M70 1500 Meter Run - 12:45pm

| Name | Age Team | Finals | Age-Grading | H# |
|--------------------|-------------------------|---------|----------------|----|
| 1 Chris Mackie | M73 Unattached | 5:50.79 | 4:02.19 85.06% | |
| 2 David Woodhall | M71 Unattached | 6:22.71 | 4:32.53 75.59% | |
| 3 Vern Christensen | M73 Scarborough Masters | 6:53.87 | 4:45.74 72.10% | |
| 4 Gary McColeman | M72 UTTC | 7:18.81 | 5:07.70 66.95% | |

M75 1500 Meter Run - 12:45pm

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|-------------------------|---------|----------------|-----------|
| 1 Jack Geddes | M76 Scarborough Masters | 6:35.15 | 4:20.65 79.04% | MR |
| (no previous MR) | | | | |
| 2 Steffen Kampe | M77 Unattached | 7:42.03 | 5:00.60 68.53% | |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M80 1500 Meter Run - 12:45pm**

| Name | Age Team | Finals | Age-Grading |
|---------------|----------------|---------|----------------|
| 1 Ed Whitlock | M83 Unattached | 6:10.15 | 3:34.10 96.22% |

M35 3000 Meter Run - 1:45pm

| Name | Age Team | Finals | Age-Grading | H# |
|---------------|----------------------|----------|-----------------|----|
| 1 Jimmy Semes | M35 Boardwalk Runnin | 10:15.24 | 10:02.20 73.07% | 2 |

M40 3000 Meter Run - 1:45pm

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|---------------------|----------|----------------|----|
| 1 Jason Matthews | M40 UTTC | 9:40.29 | 9:08.44 80.23% | 2 |
| 2 Kevin Farr | M43 Brantford Track | 10:09.29 | 9:22.99 78.15% | 2 |
| 3 Pat Menzies | M43 Unattached | 10:34.01 | 9:45.83 75.11% | 2 |

M45 3000 Meter Run - 1:45pm

| Name | Age Team | Finals | Age-Grading | H# |
|---------------|------------------------|----------|----------------|----|
| 1 Gary Cassel | M46 Cambridge Harriers | 10:47.70 | 9:44.75 75.25% | 2 |

M50 3000 Meter Run - 1:45pm

| Name | Age Team | Finals | Age-Grading | H# |
|-------------------|----------------------|----------|----------------|----|
| 1 Steven Blostein | M52 Unattached | 10:29.58 | 9:01.82 81.21% | 2 |
| 2 Jay Yakabowich | M52 Unattached | 10:30.76 | 9:02.84 81.06% | 2 |
| 3 George Anhang | M50 Quebec | 10:34.12 | 9:14.67 79.33% | 2 |
| 4 John Healy | M51 Boardwalk Runnin | 10:36.18 | 9:11.95 79.72% | 2 |

W55 3000 Meter Run - 1:45pm

| Name | Age Team | Finals | Age-Grading |
|--------------------|----------|----------|-----------------|
| 1 Katherine Willis | W55 UTTC | 16:09.21 | 12:53.82 64.80% |

M55 3000 Meter Run - 1:45pm

| Name | Age Team | Finals | Age-Grading | H# |
|------------------|------------------|----------|----------------|----|
| 1 Jerry Kooymans | M58 Toronto Olym | 10:10.85 | 8:19.92 88.01% | 2 |
| 2 Dave Olsen | M58 Saskatchewan | 11:45.54 | 9:37.42 76.20% | 2 |
| 3 Sam Vilone | M56 Unattached | 11:52.82 | 9:53.36 74.15% | 2 |

M60 3000 Meter Run - 1:45pm

| Name | Age Team | Finals | Age-Grading |
|---------------------|-----------------------|----------|-----------------|
| 1 Ken Hamilton | M64 Newmarket Huskies | 11:22.07 | 8:49.36 83.12% |
| 2 John Giffen | M62 Unattached | 11:36.94 | 9:10.73 79.89% |
| 3 B. Peter Westfall | M62 Unattached | 15:01.97 | 11:52.74 61.73% |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W60 3000 Meter Run - 1:45pm**

| Name | Age Team | Finals | Age-Grading | |
|---|-------------------|----------|-----------------|-----------|
| 1 Cathy Tedford (old MR 21:37 Barbara Muttitt BC 2011) | W60 Runner's Life | 19:59.53 | 14:52.46 56.18% | MR |

M70 3000 Meter Run - 1:45pm

| Name | Age Team | Finals | Age-Grading |
|--------------------|-------------------------|----------|-----------------|
| 1 David Woodhall | M71 Unattached | 13:41.64 | 9:54.05 74.07% |
| 2 Vern Christensen | M73 Scarborough Masters | 14:24.74 | 10:08.00 72.37% |

M75 3000 Meter Run - 1:45pm

| Name | Age Team | Finals | Age-Grading | |
|--|-------------------------|----------|-----------------|-----------|
| 1 Jack Geddes (old MR 14:36 Mile Day ON 2012) | M76 Scarborough Masters | 14:16.24 | 9:32.57 76.85% | MR |
| 2 Steffen Kampe | M77 Unattached | 16:37.28 | 10:54.12 67.27% | |

M80 3000 Meter Run - 1:45pm

| Name | Age Team | Finals | Age-Grading |
|---------------|----------------|----------|----------------|
| 1 Ed Whitlock | M83 Unattached | 13:22.27 | 7:34.09 96.90% |

M35 50 Meter Hurdles - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading |
|--------------------|----------------|--------|------|-------------|
| 1 David Valenzuela | M37 Unattached | 7.73 | NWI | 7.38 84.73% |

M40 50 Meter Hurdles - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading |
|------------------|----------------|--------|------|-------------|
| 1 Ovidiu Negoita | M42 Unattached | 9.92 | NWI | 9.09 68.75% |

M60 50 Meter Hurdles - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading |
|------------------|-------------------|--------|------|-------------|
| 1 Ralph Cilevitz | M60 Throwers Club | 9.73 | NWI | 8.21 76.16% |

M65 50 Meter Hurdles - 11:00am

| Name | Age Team | Finals | Wind | Age-Grading | |
|--|------------------|--------|------|-------------|-----------|
| 1 Roland Delhomeau (no previous MR) | M69 Saskatchewan | 11.89 | NWI | 8.39 74.52% | MR |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 60 Meter Hurdles - 10:45am**

| Name | Age Team | Finals | Wind | Age-Grading |
|------------------|----------------|--------|------|-------------|
| 1 Ovidiu Negoita | M42 Unattached | 10.73 | NWI | 9.83 74.28% |

M50 60 Meter Hurdles - 10:45am

| Name | Age Team | Finals | Wind | Age-Grading |
|------------------|------------------|--------|------|-------------|
| 1 Paul Zelmanski | M54 United State | 10.92 | NWI | 9.28 78.66% |

M60 60 Meter Hurdles - 10:45am

| Name | Age Team | Finals | Wind | Age-Grading |
|------------------|-------------------|--------|------|-------------|
| 1 Ralph Cilevitz | M60 Throwers Club | 11.56 | NWI | 9.75 74.91% |

W65 60 Meter Hurdles - 10:45am

| Name | Age Team | Finals | Wind | Age-Grading |
|----------------|------------------|--------|-------|-------------------|
| -- Rhona Trott | W65 Hamilton Oly | DQ | 13.37 | not legal hurdles |

M65 60 Meter Hurdles - 10:45am

| Name | Age Team | Finals | Wind | Age-Grading |
|-----------------|----------------|--------|------|-------------|
| -- Richard Lech | M66 Unattached | DNF | NWI | |

M30 4x200 Meter Relay - 2:30pm

| Team | Finals |
|---|--|
| 1 Jamaica Masters AC 'A' 1) Michael Lee Foon 53 3) Dree Ryan 35 | 1:41.62 2) D Powell 31 4) Howard Powell 37 |

W45 4x400 Meter Relay - 12:45pm

| Team | Finals |
|---|---|
| 1 Team 3 'A' 1) Karla Del Grande 60 3) Gwen Bailey-Mason 47 (no previous CAN or MR record) | 4:48.34 2) Kate Cochrane-Brink 46 4) Annie Bunting 49 |

M50 4x400 Meter Relay - 12:45pm

| Team | Finals |
|---|---|
| 1 Team 2 'A' 1) Michael Sherar 50 3) Noel Brown 55 (old CAN 4:33 Alberta 2013, no previous MR) | 4:10.14 2) Marino Sani 54 4) Paul Osland 50 |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M70 4x400 Meter Relay - 12:45pm**

| Team | Finals | | |
|--------------------------------|------------------------|-----|----|
| 1 Team 1 'A' | 5:37.73 | | |
| 1) Jack Geddes 76 | 2) Vern Christensen 73 | CAN | MR |
| 3) David Woodhall 71 | 4) Chris Mackie 73 | | |
| (no previous CAN or MR record) | | | |

M35 4x800 Meter Relay - 2:45pm

| Team | Finals | | |
|---|-------------------|-----|----|
| 1 Team 2 'A' | 8:42.48 | CAN | MR |
| 1) Paul Osland 50 | 2) Jay Brecher 40 | | |
| 3) Michal Kapral 41 | 4) Joey Boland 35 | | |
| (old CAN 9:38 London ON 2012, no previous MR) | | | |

M70 4x800 Meter Relay - 2:45pm

| Team | Finals | | |
|--|------------------------|-----|----|
| 1 Team 1 'A' | 12:38.26 | CAN | MR |
| 1) Chris Mackie 73 | 2) Vern Christensen 73 | | |
| 3) Jack Geddes 76 | 4) David Woodhall 71 | | |
| (old CAN and MR 13:07 Vern, David & two others 2013) | | | |

M35 High Jump - 10:00am

| Name | Age Team | Finals | Age-Grading |
|--------------------|----------------|--------|--------------|
| 1 David Valenzuela | M37 Unattached | 1.85m | 1.98m 81.14% |
| 1 Zoltan Sara | M38 Unattached | 1.85m | 2.00m 81.86% |

W40 High Jump - 10:00am

| Name | Age Team | Finals | Age-Grading |
|-----------------|------------------|--------|--------------|
| 1 Sandy Arnason | W41 Saskatchewan | 1.28m | 1.42m 68.09% |

M40 High Jump - 10:00am

| Name | Age Team | Finals | Age-Grading |
|-----------------------|----------------|--------|--------------|
| 1 Ovidiu Negoita | M42 Unattached | 1.55m | 1.74m 71.43% |
| 2 Jasbir Singh Hundal | M40 Unattached | 1.40m | 1.54m 63.06% |

M45 High Jump - 10:00am

| Name | Age Team | Finals | Age-Grading | |
|-----------------------------------|------------------|--------|--------------|----|
| 1 David Turkstra | M48 Hamilton Oly | 1.65m | 1.97m 80.88% | MR |
| (old MR 1.55 Bev Leopard ON 2003) | | | | |
| 2 Marcus Skeete | M46 Unattached | 1.50m | 1.76m 71.77% | |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W45 High Jump - 10:00am**

| Name | Age Team | Finals | Age-Grading | |
|---|----------------|--------|--------------|-----------|
| 1 Gaby Szanto (old MR 1.32 Maria Mallia ON 2003) | W48 Unattached | 1.38m | 1.67m 80.23% | MR |

M55 High Jump - 10:00am

| Name | Age Team | Finals | Age-Grading | |
|---|--------------|--------|--------------|-----------|
| 1 Noel Brown (old MR 1.55 Bill DeHorn PQ 2003) | M55 Manitoba | 1.60m | 2.07m 84.66% | MR |

M60 High Jump - 10:00am

| Name | Age Team | Finals | Age-Grading |
|-------------------|----------|--------|--------------|
| 1 Peter Zowkewych | M63 UTTC | 1.38m | 1.96m 80.23% |

M65 High Jump - 10:00am

| Name | Age Team | Finals | Age-Grading |
|--------------------|------------------|--------|--------------|
| 1 Roland Delhomeau | M69 Saskatchewan | 1.23m | 1.89m 77.36% |

W45 Pole Vault - 10:00am

| Name | Age Team | Finals | Age-Grading | |
|--|----------------|--------|--------------|-----------|
| 1 Gaby Szanto (old MR 2.10 Nancy Craig BC 2011) | W48 Unattached | 2.70m | 3.67m 71.43% | MR |

M55 Pole Vault - 10:00am

| Name | Age Team | Finals | Age-Grading |
|--------------------|----------------|--------|--------------|
| 1 Brian Magerkurth | M55 Unattached | 3.30m | 4.49m 73.17% |
| 2 Mark Schaber | M55 Unattached | 3.30m | 4.49m 73.17% |

M65 Pole Vault - 10:00am

| Name | Age Team | Finals | Age-Grading |
|--------------|------------------|--------|--------------|
| 1 Stan Seitz | M66 Ottawa Track | 2.85m | 4.68m 76.41% |

W30 Long Jump - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading | |
|--|------------------|--------|------|--------------|-----------|
| 1 Laura Baker (old MR 4.10 Laura in 2013) | W31 Ottawa Track | 4.25m | NWI | 4.28m 56.97% | MR |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 Long Jump - 11:15am**

| Name | Age Team | Finals | Wind | Age-Grading |
|-----------------------|----------------|--------|------|--------------|
| 1 Nigel John | M41 UTTC | 5.52m | NWI | 6.20m 69.35% |
| 2 Ovidiu Negoita | M42 Unattached | 5.09m | NWI | 5.78m 64.68% |
| 3 Andrei Georgescu | M43 Unattached | 4.74m | NWI | 5.45m 60.93% |
| 4 Jasbir Singh Hundal | M40 Unattached | 4.62m | NWI | 5.13m 57.39% |

W40 Long Jump - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading |
|-----------------|------------------|--------|------|--------------|
| 1 Sandy Arnason | W41 Saskatchewan | 3.97m | NWI | 4.42m 58.90% |

M50 Long Jump - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading |
|---|------------------|--------|------|------------------------|
| 1 Andrew Bass (old MR 5.16 Andrew in 2012) | M52 Unattached | 5.20m | NWI | 6.69m 74.82% MR |
| 2 Paul Zelmanski | M54 United State | 4.39m | NWI | 5.80m 64.94% |

M55 Long Jump - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading |
|--------------|--------------|--------|------|--------------|
| 1 Noel Brown | M55 Manitoba | 4.89m | NWI | 6.56m 73.31% |

M60 Long Jump - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading |
|--------------------------|-------------------|--------|------|--------------|
| 1 Thevarajan Sinnathurai | M60 United T.S.C. | 4.44m | NWI | 6.39m 71.50% |

W30 Triple Jump - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading |
|-----------------------------------|------------------|--------|------|------------------------|
| 1 Laura Baker (no previous MR) | W31 Ottawa Track | 9.34m | NWI | 9.57m 61.77% MR |

M40 Triple Jump - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading |
|--------------------|----------------|--------|------|---------------|
| 1 Lenroy Munro | M43 Unattached | 11.94m | NWI | 13.26m 72.54% |
| 2 Ovidiu Negoita | M42 Unattached | 9.63m | NWI | 10.57m 57.80% |
| 3 Andrei Georgescu | M43 Unattached | 9.56m | NWI | 10.62m 58.08% |

W40 Triple Jump - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading |
|-------------------------------------|------------------|--------|------|------------------------|
| 1 Sandy Arnason (no previous MR) | W41 Saskatchewan | 6.69m | NWI | 7.69m 49.67% MR |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M60 Triple Jump - 11:15am**

| Name | Age Team | Finals | Wind | Age-Grading |
|--------------------------|-------------------|--------|------|---------------|
| 1 Thevarajan Sinnathurai | M60 United T.S.C. | 10.02m | NWI | 14.04m 76.78% |
| 2 Ralph Cilevitz | M60 Throwers Club | 6.97m | NWI | 9.76m 53.41% |

M65 Triple Jump - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading |
|--------------------|------------------|--------|------|---------------|
| 1 Roland Delhomeau | M69 Saskatchewan | 7.26m | NWI | 11.80m 64.53% |

M80 Triple Jump - 11:15am

| Name | Age Team | Finals | Wind | Age-Grading |
|--|-------------------------|--------------|------------|------------------------------------|
| 1 Ted Rowan | M80 Saskatchewan | 7.35m | NWI | 14.85m 81.22% CAN MR |
| (old CAN 7.31 Karl Trei, old MR 6.17 Gordon Chalmers BC 2011)) | | | | |

M35 Shot Put - 10:00am

| Name | Age Team | Finals | Age-Grading |
|-------------------|----------------------|--------|---------------|
| 1 Phillip Vannini | M39 British Columbia | 10.49m | 10.71m 46.35% |

M40 Shot Put - 10:00am

| Name | Age Team | Finals | Age-Grading |
|-----------------------|----------------|--------|--------------|
| 1 Ovidiu Negoita | M42 Unattached | 9.39m | 9.95m 43.05% |
| 2 Jasbir Singh Hundal | M40 Unattached | 8.12m | 8.34m 36.07% |

M45 Shot Put - 10:00am

| Name | Age Team | Finals | Age-Grading |
|---|--------------------------|---------------|------------------------------------|
| 1 Paul Gautier | M49 New Brunswick | 13.25m | 16.04m 69.37% CAN MR |
| (old CAN 13.22 Paul in 2012, old MR 13.05 Jim Wettenhall USA 2003)) | | | |

W45 Shot Put - 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------|-------------|--------|--------------|
| 1 Colleen Hill | W46 Jamaica | 6.68m | 9.02m 39.88% |

M50 Shot Put - 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------------------|-------------------|--------|---------------|
| 1 George Chiappa | M51 Unattached | 11.77m | 13.77m 59.56% |
| 2 Don Ritchie | M52 Throwers Club | 11.06m | 13.21m 57.13% |
| 3 Muraleetharan Arulpiraga | M54 Unattached | 9.41m | 11.72m 50.73% |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W50 Shot Put - 10:00am**

| Name | Age Team | Finals | Age-Grading | | |
|--|--------------------------|---------------|----------------------|------------|-----------|
| 1 Elizabeth Hill | W53 Throwers Club | 11.23m | 16.43m 72.64% | CAN | MR |
| (old CAN 11.10 Elizabeth 2011, old MR 10.85 Elizabeth in 2013) | | | | | |

W55 Shot Put - 10:00am

| Name | Age Team | Finals | Age-Grading |
|--------------------|-----------------|--------|---------------|
| 1 Debbie Murfitt | W57 Unattached | 9.45m | 14.92m 65.95% |
| 2 Jane Warren | W58 Nova Scotia | 5.54m | 8.92m 39.43% |
| 3 Katherine Willis | W55 UTTC | 5.27m | 8.00m 35.37% |

M60 Shot Put - 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------|-------------------|--------|---------------|
| 1 Bill Pearson | M61 Throwers Club | 11.55m | 15.08m 65.25% |
| 2 Jerzy Wyroba | M64 Unattached | 10.48m | 14.95m 64.65% |

M65 Shot Put - 10:00am

| Name | Age Team | Finals | Age-Grading |
|---------------|----------------|--------|---------------|
| 1 Mike Mercer | M66 Unattached | 9.50m | 14.44m 62.46% |

M70 Shot Put - 10:00am

| Name | Age Team | Finals | Age-Grading |
|------------------|-------------------|--------|--------------|
| 1 Enrico Toscano | M73 Throwers Club | 6.68m | 9.45m 40.91% |

M75 Shot Put - 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------|-------------------|--------|---------------|
| 1 James Sumner | M75 Unattached | 8.98m | 13.50m 58.43% |
| 2 David Morris | M75 Throwers Club | 8.34m | 12.54m 54.26% |

W80 Shot Put - 10:00am

| Name | Age Team | Finals | Age-Grading |
|---------------------|----------------|--------|---------------|
| 1 Doreen Carmichael | W83 Unattached | 5.34m | 17.28m 76.39% |

M35 Weight Throw - 10:00am

| Name | Age Team | Finals | Age-Grading |
|-------------------|----------------------|--------|--------------|
| 1 Phillip Vannini | M39 British Columbia | 8.59m | 9.27m 35.87% |

M40 Weight Throw - 10:00am

| Name | Age Team | Finals | Age-Grading |
|-----------------------|----------------|--------|--------------|
| 1 Ovidiu Negoita | M42 Unattached | 6.86m | 7.71m 29.84% |
| 2 Jasbir Singh Hundal | M40 Unattached | 5.35m | 5.85m 22.64% |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M45 Weight Throw - 10:00am**

| Name | Age Team | Finals | Age-Grading | |
|---|--------------------------|---------------|----------------------|------------|
| 1 Paul Gautier | M49 New Brunswick | 12.90m | 16.06m 62.11% | CAN |
| (old CAN 12.78 Richard Parkinson ON 2010) | | | | |

W45 Weight Throw - 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------|-------------|--------|--------------|
| 1 Colleen Hill | W46 Jamaica | 5.21m | 8.28m 35.11% |

M50 Weight Throw - 10:00am

| Name | Age Team | Finals | Age-Grading | |
|---------------------------|----------------|--------|---------------|-----------|
| 1 Ayman Mazhar | M54 UTTC | 17.36m | 20.64m 79.85% | MR |
| (old MR 16.77 Ayman 2013) | | | | |
| 2 George Chiappa | M51 Unattached | 14.70m | 16.61m 64.28% | |

W50 Weight Throw - 10:00am

| Name | Age Team | Finals | Age-Grading | |
|---------------------------------------|--------------------------|---------------|----------------------|---------------|
| 1 Elizabeth Hill | W53 Throwers Club | 11.68m | 15.29m 64.82% | CAN MR |
| (old CAN and MR 11.63 Elizabeth 2012) | | | | |

W55 Weight Throw - 10:00am

| Name | Age Team | Finals | Age-Grading |
|---------------|-----------------|--------|--------------|
| 1 Jane Warren | W58 Nova Scotia | 5.62m | 8.11m 34.37% |

M60 Weight Throw - 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------|-------------------|--------|---------------|
| 1 Bill Pearson | M61 Throwers Club | 13.36m | 15.52m 60.02% |

W65 Weight Throw - 10:00am

| Name | Age Team | Finals | Age-Grading | |
|-----------------------------------|------------------|--------|---------------|-----------|
| 1 Rhona Trott | W65 Hamilton Oly | 10.15m | 14.52m 61.52% | MR |
| (old MR 8.61 Kathy Brand BC 2011) | | | | |

M70 Weight Throw - 10:00am

| Name | Age Team | Finals | Age-Grading |
|------------------|-------------------|--------|--------------|
| 1 Enrico Toscano | M73 Throwers Club | 6.94m | 9.68m 37.47% |

M75 Weight Throw - 10:00am

| Name | Age Team | Finals | Age-Grading |
|----------------|-------------------|--------|---------------|
| 1 David Morris | M75 Throwers Club | 11.23m | 16.54m 63.99% |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 1000 Meter Run Indoor Pentathlon**

| Name | Age Team | Finals | Age-Grading | Points |
|---------------|------------------|---------|----------------|--------|
| 1 Brian Derby | M40 Ottawa Lions | 3:23.48 | 3:14.06 67.25% | 533 |

M45 1000 Meter Run Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------------|---------|----------------|--------|
| 1 Kasper Hinds | M45 Unattached | 3:29.30 | 3:11.43 68.17% | 557 |
| 2 Geordie McConnell | M48 Unattached | 3:31.39 | 3:13.34 67.50% | 539 |

M50 1000 Meter Run Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|---------------|-------------------|---------|----------------|--------|
| 1 Don Ritchie | M52 Throwers Club | 5:09.74 | 4:31.18 48.12% | 60 |

M60 1000 Meter Run Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------|-------------------|---------|----------------|--------|
| 1 Ralph Cilevitz | M60 Throwers Club | 5:04.55 | 4:02.67 53.78% | 184 |
| 2 Peter Zowkewych | M63 UTTC | 5:06.54 | 4:04.26 53.43% | 176 |
| 3 Brock Pullen | M64 Throwers Club | 5:20.68 | 4:15.52 51.07% | 121 |

M65 1000 Meter Run Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--------------------|------------------|---------|----------------|--------|
| 1 Stan Seitz | M66 Ottawa Track | 4:31.03 | 3:24.93 63.68% | 441 |
| 2 Roland Delhomeau | M69 Saskatchewan | 4:31.24 | 3:25.09 63.63% | 440 |

M80 1000 Meter Run Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------|------------------|---------|----------------|--------|
| 1 Ted Rowan | M80 Saskatchewan | 5:20.58 | 3:10.81 68.39% | 562 |

M40 60 Meter Hurdles Indoor Pentathlon

| Name | Age Team | Finals | Wind | Age-Grading | H# | Points |
|---------------|------------------|--------|------|--------------|----|--------|
| 1 Brian Derby | M40 Ottawa Lions | 10.91 | NWI | 10.33 70.67% | 2 | 480 |

M45 60 Meter Hurdles Indoor Pentathlon

| Name | Age Team | Finals | Wind | Age-Grading | H# | Points |
|---|----------------|--------|------|--------------|----|---------------|
| 1 Kasper Hinds (old MR 11.79 Len Van Ryswyk BC 2011) | M45 Unattached | 11.34 | NWI | 10.32 70.81% | 2 | 482 MR |
| 2 Geordie McConnell | M48 Unattached | 11.38 | NWI | 10.35 70.56% | 2 | 477 |

M50 60 Meter Hurdles Indoor Pentathlon

| Name | Age Team | Finals | Wind | Age-Grading | H# | Points |
|---------------|-------------------|--------|------|-------------|----|--------|
| 1 Don Ritchie | M52 Throwers Club | 9.89 | NWI | 8.83 82.71% | 2 | 784 |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M60 60 Meter Hurdles Indoor Pentathlon**

| Name | Age Team | Finals | Wind | Age-Grading | Points |
|-------------------|-------------------|--------|------|--------------|--------|
| 1 Ralph Cilevitz | M60 Throwers Club | 11.59 | NWI | 9.64 75.75% | 611 |
| 2 Peter Zowkewych | M63 UTTC | 12.37 | NWI | 10.29 70.98% | 488 |
| 3 Brock Pullen | M64 Throwers Club | 13.85 | NWI | 11.52 63.39% | 291 |

M65 60 Meter Hurdles Indoor Pentathlon

| Name | Age Team | Finals | Wind | Age-Grading | Points |
|--------------------|------------------|--------|------|--------------|--------|
| 1 Roland Delhomeau | M69 Saskatchewan | 14.02 | NWI | 11.14 65.55% | 346 |
| 2 Stan Seitz | M66 Ottawa Track | 14.26 | NWI | 11.33 64.45% | 318 |

M80 60 Meter Hurdles Indoor Pentathlon

| Name | Age Team | Finals | Wind | Age-Grading | Points |
|---------------------------------|------------------|--------|------|-------------|---------------|
| 1 Ted Rowan (no previous MR) | M80 Saskatchewan | 13.54 | NWI | 9.25 78.95% | 692 MR |

M40 High Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|---------------|------------------|--------|--------------|--------|
| 1 Brian Derby | M40 Ottawa Lions | 1.45m | 1.52m 61.97% | 404 |

M45 High Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|---------------------|----------------|--------|--------------|--------|
| 1 Geordie McConnell | M48 Unattached | 1.48m | 1.63m 66.67% | 488 |
| 2 Kasper Hinds | M45 Unattached | 1.45m | 1.59m 65.32% | 457 |

M50 High Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|---|-------------------|--------|--------------|---------------|
| 1 Don Ritchie (old MR 1.50 Murray Black BC 2011) | M52 Throwers Club | 1.51m | 1.75m 71.56% | 585 MR |

M60 High Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|-------------------|-------------------|--------|--------------|--------|
| 1 Peter Zowkewych | M63 UTTC | 1.42m | 1.84m 75.53% | 661 |
| 2 Ralph Cilevitz | M60 Throwers Club | 1.30m | 1.69m 69.15% | 536 |
| 3 Brock Pullen | M64 Throwers Club | 1.21m | 1.57m 64.36% | 441 |

M65 High Jump Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading | Points |
|--|------------------|--------|--------------|-------------------|
| 1 Stan Seitz (MR 1.30 Roland in 2011) | M66 Ottawa Track | 1.30m | 1.80m 73.45% | 627 MR tie |
| 2 Roland Delhomeau | M69 Saskatchewan | 1.21m | 1.67m 68.36% | 520 |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M80 High Jump Indoor Pentathlon**

| Name | Age Team | Finals | Age-Grading Points | | |
|---|-------------------------|--------------|--------------------|---------------|-------------------|
| 1 Ted Rowan | M80 Saskatchewan | 1.15m | 1.98m | 80.99% | 785 CAN MR |
| (old CAN 1.13 Ian Hume PQ 1995, no previous MR) | | | | | |

M40 Long Jump Indoor Pentathlon

| Name | Age Team | Finals | Wind | Age-Grading Points | |
|---------------|------------------|--------|------|--------------------|-----|
| 1 Brian Derby | M40 Ottawa Lions | 5.51m | NWI | 6.00m 67.11% | 587 |

M45 Long Jump Indoor Pentathlon

| Name | Age Team | Finals | Wind | Age-Grading Points | |
|---------------------|----------------|--------|------|--------------------|-----|
| 1 Kasper Hinds | M45 Unattached | 5.56m | NWI | 6.42m 71.74% | 679 |
| 2 Geordie McConnell | M48 Unattached | 3.88m | NWI | 4.48m 50.06% | 287 |

M50 Long Jump Indoor Pentathlon

| Name | Age Team | Finals | Wind | Age-Grading Points | |
|---------------|-------------------|--------|------|--------------------|-----|
| 1 Don Ritchie | M52 Throwers Club | 3.64m | NWI | 4.47m 50.00% | 285 |

M60 Long Jump Indoor Pentathlon

| Name | Age Team | Finals | Wind | Age-Grading Points | |
|-------------------|-------------------|--------|------|--------------------|-----|
| 1 Ralph Cilevitz | M60 Throwers Club | 4.39m | NWI | 6.18m 69.03% | 626 |
| 2 Peter Zowkewych | M63 UTTC | 3.73m | NWI | 5.25m 58.65% | 431 |
| 3 Brock Pullen | M64 Throwers Club | 3.32m | NWI | 4.67m 52.20% | 321 |

M65 Long Jump Indoor Pentathlon

| Name | Age Team | Finals | Wind | Age-Grading Points | |
|--------------------|------------------|--------|------|--------------------|-----|
| 1 Stan Seitz | M66 Ottawa Track | 3.69m | NWI | 5.60m 62.65% | 502 |
| 2 Roland Delhomeau | M69 Saskatchewan | 3.36m | NWI | 5.10m 57.05% | 402 |

M80 Long Jump Indoor Pentathlon

| Name | Age Team | Finals | Wind | Age-Grading Points | |
|---|-------------------------|--------------|--------------|--------------------|-------------------|
| 1 Ted Rowan | M80 Saskatchewan | 3.59m | 7.13m | 79.78% | 845 CAN MR |
| (old CAN 3.57 Karl Trei ON 1090, old MR 2.94 Gordon Chalmers BC 2011) | | | | | |

M40 Shot Put Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points | |
|---------------|------------------|--------|--------------------|------------|
| 1 Brian Derby | M40 Ottawa Lions | 9.14m | 10.17m | 44.03% 496 |

M45 Shot Put Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points | |
|---------------------|----------------|--------|--------------------|------------|
| 1 Geordie McConnell | M48 Unattached | 9.25m | 11.12m | 48.10% 553 |
| 2 Kasper Hinds | M45 Unattached | 7.25m | 8.71m | 37.70% 408 |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M50 Shot Put Indoor Pentathlon**

| Name | Age Team | Finals | Age-Grading Points |
|---------------|-------------------|--------|--------------------|
| 1 Don Ritchie | M52 Throwers Club | 10.79m | 12.64m 54.69% 645 |

M60 Shot Put Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points |
|-------------------|-------------------|--------|--------------------|
| 1 Peter Zowkewych | M63 UTTC | 10.29m | 12.84m 55.56% 657 |
| 2 Brock Pullen | M64 Throwers Club | 9.12m | 11.38m 49.24% 569 |
| 3 Ralph Cilevitz | M60 Throwers Club | 8.05m | 10.04m 43.47% 488 |

M65 Shot Put Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points |
|--------------------|------------------|--------|--------------------|
| 1 Stan Seitz | M66 Ottawa Track | 8.02m | 10.91m 47.20% 540 |
| 2 Roland Delhomeau | M69 Saskatchewan | 7.58m | 10.31m 44.61% 504 |

M80 Shot Put Indoor Pentathlon

| Name | Age Team | Finals | Age-Grading Points |
|-------------|------------------|--------|--------------------|
| 1 Ted Rowan | M80 Saskatchewan | 8.65m | 13.82m 59.78% 717 |

M40 Indoor Pentathlon - 10:30am

| Name | Age Team | Finals |
|---------------|------------------|--------|
| 1 Brian Derby | M40 Ottawa Lions | 2500 |

M45 Indoor Pentathlon - 10:30am

| Name | Age Team | Finals |
|---|----------------|--------|
| 1 Kasper Hinds (old MR 2093 Paul White 2012) | M45 Unattached | 2583 |
| 2 Geordie McConnell | M48 Unattached | 2344 |

MR

M50 Indoor Pentathlon - 10:30am

| Name | Age Team | Finals |
|---------------|-------------------|--------|
| 1 Don Ritchie | M52 Throwers Club | 2359 |

M60 Indoor Pentathlon - 10:30am

| Name | Age Team | Finals |
|--|-------------------|--------|
| 1 Ralph Cilevitz (old MR 2164 Brock Pullen ON 2012) | M60 Throwers Club | 2445 |
| 2 Peter Zowkewych | M63 UTTC | 2413 |
| 3 Brock Pullen | M64 Throwers Club | 1743 |

MR

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M65 Indoor Pentathlon - 10:30am**

| Name | Age Team | Finals |
|-----------------------------------|------------------|--------|
| 1 Stan Seitz (no previopus MR) | M66 Ottawa Track | 2428 |
| 2 Roland Delhomeau | M69 Saskatchewan | 2212 |

MR**M80 Indoor Pentathlon - 10:30am**

| Name | Age Team | Finals |
|---|-------------------------|-------------|
| 1 Ted Rowan (old CAN 3049 Arnold Nett AB 2013, no previopus MR) | M80 Saskatchewan | 3601 |

CAN MR**M40 1500 Meter Race Walk - 10:00am**

| Name | Age Team | Finals | Age-Grading |
|---|-----------------------------|----------------|-----------------------|
| 1 Dmitry Babenko (old CAN 6:57.7 Roman Olszewski ON 1991, no previous MR) | M41 British Columbia | 6:28.42 | 6:04.50 84.77% |

CAN MR**M45 1500 Meter Race Walk - 10:00am**

| Name | Age Team | Finals | Age-Grading |
|------------------|------------------------|----------|----------------|
| 1 Jianping Xu | M48 Don't Get Lost A | 6:51.40 | 6:04.71 84.73% |
| 2 Nigel Geohagen | M45 Jamaica Masters AC | 10:35.20 | 9:37.21 53.53% |

M50 1500 Meter Race Walk - 10:00am

| Name | Age Team | Finals | Age-Grading |
|------------------|----------------------|---------|----------------|
| 1 Lawrence Malek | M54 Toronto Race Wal | 8:40.63 | 7:18.38 70.49% |

W50 1500 Meter Race Walk - 10:00am

| Name | Age Team | Finals | Age-Grading |
|--------------|------------------|---------|----------------|
| 1 Nancy Kula | W50 Toronto Race | 9:28.27 | 8:24.34 66.82% |

M65 1500 Meter Race Walk - 10:00am

| Name | Age Team | Finals | Age-Grading |
|------------------|-------------------------|---------|----------------|
| 1 John Kittredge | M69 Ontario RaceWalkers | 8:27.77 | 6:06.61 84.29% |

M75 1500 Meter Race Walk - 10:00am

| Name | Age Team | Finals | Age-Grading |
|------------------|----------------|--------|-------------|
| -- Steffen Kampe | M77 Unattached | DQ | |

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 3000 Meter Race Walk - 10:00am**

| Name | Age Team | Finals | Age-Grading | | |
|--|-----------------------------|-----------------|------------------------|------------|-----------|
| 1 Dmitry Babenko | M41 British Columbia | 13:38.97 | 12:49.92 82.01% | CAN | MR |
| (old CAN 14:12 Brad Lessard ON 1985, no previous MR) | | | | | |

M50 3000 Meter Race Walk - 10:00am

| Name | Age Team | Finals | Age-Grading | | |
|------------------|----------------------|----------|-----------------|--|--|
| 1 Lawrence Malek | M54 Toronto Race Wal | 18:28.88 | 15:35.79 67.48% | | |

W60 3000 Meter Race Walk - 10:00am

| Name | Age Team | Finals | Age-Grading | | |
|---------------------|-------------------------|----------|-----------------|--|--|
| 1 Jackie Silverberg | W63 Ontario RaceWalkers | 19:39.33 | 15:18.70 75.65% | | |

M65 3000 Meter Race Walk - 10:00am

| Name | Age Team | Finals | Age-Grading | | |
|------------------|-------------------------|----------|-----------------|--|--|
| 1 John Kittredge | M69 Ontario RaceWalkers | 17:40.38 | 12:47.30 82.29% | | |

W80 3000 Meter Race Walk - 10:00am

| Name | Age Team | Finals | Age-Grading | | |
|---|--------------------------------|-----------------|------------------------|------------|-----------|
| 1 Jean Horne | W81 Ontario RaceWalkers | 22:56.78 | 13:37.95 84.97% | CAN | MR |
| (old CAN 25:51 Hildegard Buschhaus BC 2010, no previous MR) | | | | | |