

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M50 100 Meter Dash Sat 11:00 Fi**

Name	Age Team	Prelims	Wind	Age-Grading	H#
Preliminaries					
1 Allan Tissenbaum	M54 Quebec	11.90q	2.1	10.35 94.71%	2
2 Michael Lee Foon	M53 Jamaica Masters AC	12.14q	2.1	10.62 92.17%	2
3 Ken Kudo	M51 Unattached	12.40q	1.8	10.99 89.11%	1
4 Tony Disalvo	M54 United State	12.43q	2.1	10.81 90.67%	2
5 Joe Baptiste	M53 Jamaica Masters AC	12.49q	1.8	10.93 89.59%	1
6 Robert Nasato	M53 Unattached	12.83q	1.8	11.23 87.22%	1
7 Leo Da Silva	M52 Unattached	12.88q	1.8	11.34 86.34%	1
8 Russell Unilowsky	M54 Manitoba	13.48q	1.8	11.72 83.61%	1
9 Marino Sani	M54 Ottawa Lions	13.53	2.1	11.76 83.30%	2
10 Tim Burgess	M51 UTTC	13.63	2.1	12.08 81.07%	2
11 Pierre Kirwin	M54 Unattached	16.69	1.8	14.51 67.53%	1

M50 100 Meter Dash Sat 11:00 Fi

Name	Age Team	Finals	Wind	Age-Grading
Finals				
1 Allan Tissenbaum (CAN 11.39 Allan in 2010)	M54 Quebec	11.64	0.7	10.12 96.82%
2 Michael Lee Foon	M53 Jamaica Masters AC	12.03	0.7	10.53 93.02%
3 Ken Kudo	M51 Unattached	12.33	0.7	10.93 89.62%
4 Tony Disalvo	M54 United State	12.42	0.7	10.80 90.74%
5 Joe Baptiste	M53 Jamaica Masters AC	12.53	0.7	10.96 89.31%
6 Robert Nasato	M53 Unattached	12.75	0.7	11.16 87.76%
7 Leo Da Silva	M52 Unattached	13.21	0.7	11.63 84.18%
8 Russell Unilowsky	M54 Manitoba	13.38	0.7	11.63 84.23%

M30 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Mike James (old MR 10.97 Desmond Allen 2005)	M34 Jamaica Masters AC	10.93	1.8	10.90 89.84%	8 MR
2 Cat Jordan	M31 Jamaica Masters AC	12.51	1.8	12.52 78.26%	8

W30 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading
1 Sheree Mullings	W32 York UniversityT	13.79	1.5	13.80 76.07%

M35 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Howard Powell	M38 Jamaica Masters AC	11.84	1.8	11.47 85.39%	8
2 Matthew Ritter	M36 Unattached	13.06	1.8	12.83 76.34%	8

W35 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Khama Beckles	W39 UTTC	12.80	0.1	12.37 84.84%	4
2 Antoinette Julien	W36 UTTC	15.92	0.1	15.93 65.89%	4

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 100 Meter Dash Sat - 11:00**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Lyndell Pittman	M42 United State	11.44	2.3	10.78 90.91%	7
2 Nigel John	M41 UTTC	11.51	2.3	10.92 89.75%	7
3 Jay Foubert	M44 UTTC	11.90	2.3	11.05 88.57%	7
4 Marcellus Willis	M42 United State	12.53	2.3	11.80 83.00%	7
5 Andy Fraser	M42 Unattached	12.57	2.3	11.84 82.74%	7

W40 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading
1 Charmaine Daley	W43 Jamaica	14.34	1.5	13.24 79.29%

M45 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Chris Lemassif	M47 UTTC	11.95	0.4	10.88 90.04%	6
2 Rick Reynolds	M47 Jamaica Masters AC	12.49	0.4	11.37 86.15%	6
3 Bernard St. Lewis	M47 Ottawa Lions	12.56	0.4	11.43 85.67%	6
4 Will Hudson	M48 UTTC	12.78	0.4	11.56 84.74%	6

W45 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading
1 Jean Ferguson	W49 Ottawa Track	15.17	1.5	13.12 79.96%

M55 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading	H#
1 John Varone	M55 Jamaica Masters AC	12.84	NWI	11.09 88.32%	5
2 Noel Brown	M55 Manitoba	13.20	NWI	11.40 85.91%	5
3 Spencer Arnfield	M55 Extreme Velocity	13.35	NWI	11.53 84.94%	5
4 Bruce Urch	M59 Unattached	14.26	NWI	12.01 81.56%	5
5 Edwin Liu	M57 British Columbia	14.42	NWI	12.30 79.61%	5
6 Bryan Baldsing	M56 Unattached	14.50	NWI	12.45 78.69%	5
7 Jorge Woods	M55 British Columbia	14.78	NWI	12.76 76.73%	5

W55 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading
1 Wendy Alexis	W59 Ottawa Lions	13.91	1.5	10.88 96.41%

M60 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ralph Cilevitz	M60 Throwers Club	14.57	0.1	12.20 80.30%	4
2 Jarmo Kokko	M63 Unattached	14.88	0.1	12.23 80.04%	4
3 Melvin Doherty	M64 British Columbia	15.67	0.1	12.80 76.52%	4

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W60 100 Meter Dash Sat - 11:00**

Name	Age Team	Finals	Wind	Age-Grading	
1 Karla Del Grande	W61 Mississauga Tra	13.68	1.5	10.50 99.93%	CAN, MR
(old CAN 13:88 Karla last year - faster marks this year are pending Old MR 14.23 Kathy Jager USA 2003)					
2 Karen Shook	W63 British Columbia	16.53	1.5	12.46 84.21%	

M65 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Sewa Birring	M68 British Columbia	14.13	0.7	11.27 86.91%	3
2 Darrell Patterson	M68 Unattached	14.85	0.7	11.85 82.69%	3

W65 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading	
1 Rhona Trott	W65 Hamilton Oly	17.06	1.5	12.62 83.18%	

M70 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Tony Powell	M70 Unattached	13.90	0.7	10.96 89.35%	3
2 Peter Evans	M72 Mississauga Tra	14.61	0.7	11.25 87.06%	3
3 David Stern	M74 Mississauga Tra	15.19	0.7	11.41 85.85%	3
4 Barry Adams	M72 British Columbia	16.57	0.7	12.76 76.77%	3

M75 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Gurdev Singh	M75 India	16.27	1.7	12.07 81.13%	2

M80 100 Meter Dash Sat - 11:00

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ted Rowan	M80 Saskatchewan	15.60	1.7	10.76 91.03%	CAN, MR
(old CAN 15.68 Earl Fee 2009, old MR 15.83 Milt Silverstein USA 2000)					
2 Ray Wardle	M81 Ottawa Track	17.66	1.7	11.97 81.77%	2
3 Gerald Graham	M80 Alberta	18.43	1.7	12.71 77.05%	2

M30 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Clayton Latham	M34 Jamaica Masters AC	23.75	NWI	23.09 83.71%	10

W30 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Sheree Mullings	W32 York UniversityT	29.38	1.5	29.39 72.63%	2
2 Marijana Primorac	W34 UTTC	30.76	1.5	30.77 69.38%	2

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W35 200 Meter Dash Sun - 11:30**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Khama Beckles	W39 UTTC	26.11	1.5	24.97 85.48%	2
2 Antoinette Julien	W36 UTTC	33.89	1.5	33.69 63.35%	2

M35 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Matthew Ritter	M36 Unattached	27.22	NWI	26.05 74.17%	10

M40 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Nigel John	M41 UTTC	23.30	NWI	21.45 90.09%	9
2 Jay Foubert	M44 UTTC	24.58	NWI	22.13 87.31%	9
3 Andy Fraser	M42 Unattached	25.52	NWI	23.33 82.84%	9
4 Dale Samuel	M42 Unattached	25.87	NWI	23.65 81.72%	9

W40 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Charmaine Daley	W43 Jamaica	30.29	1.5	27.57 77.42%	2

W45 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Kate Cochrane-Brink	W46 UTTC	30.36	1.5	26.66 80.07%	2
2 Jean Ferguson	W49 Ottawa Track	31.95	1.5	27.10 78.75%	2

M45 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Peter Lawson	M45 Nova Scotia	24.01	3.8	21.46 90.05%	8
2 Chris Lemassif	M47 UTTC	24.38	3.8	21.48 89.95%	8
3 Richard Reid	M45 Jamaica Masters AC	24.53	3.8	21.92 88.14%	8
4 Bernard St. Lewis	M47 Ottawa Lions	26.01	3.8	22.92 84.31%	8
5 Rick Reynolds	M47 Jamaica Masters AC	26.15	3.8	23.04 83.86%	8

M50 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Allan Tissenbaum	M54 Quebec	24.27	0.4	20.35 94.93%	7
2 Michael Lee Foon	M53 Jamaica Masters AC	25.09	0.4	21.19 91.19%	7
3 Tony Disalvo	M54 United State	25.95	0.4	21.76 88.79%	7
4 Joe Baptiste	M53 Jamaica Masters AC	26.54	0.4	22.41 86.21%	7
5 Russell Unilowsky	M54 Manitoba	27.23	0.4	22.83 84.61%	7
6 Marino Sani	M54 Ottawa Lions	27.64	0.4	23.18 83.36%	7
7 Leo Da Silva	M52 Unattached	28.41	0.4	24.16 80.01%	7

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M55 200 Meter Dash Sun - 11:30**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Noel Brown	M55 Manitoba	27.96	2.9	23.28 83.01%	6
2 Steve Millward	M58 Niagara Olym	28.21	2.9	23.02 83.94%	6
3 Jorge Woods	M55 British Columbia	30.28	2.9	25.21 76.65%	6
4 Raymond Jonasson	M58 Unattached	32.76	2.9	26.74 72.28%	6
-- John Varone	M55 Jamaica Masters AC	DNF	2.9		6

W55 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading
1 Wendy Alexis	W59 Ottawa Lions	29.85	-1.8	22.75 93.84%

M60 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Kerry Smith	M60 Jamaica Masters AC	25.72	1.2	20.71 93.31%	MR tie
(MR 25.72 Tony Powell ON 2005)					
2 Horace Hudson	M61 United State	27.74	1.2	22.19 87.06%	5
3 Zbigy Zlobicki	M64 United State	28.01	1.2	21.98 87.93%	5
4 Jarmo Kokko	M63 Unattached	31.22	1.2	24.66 78.38%	5
5 Melvin Doherty	M64 British Columbia	32.14	1.2	25.22 76.63%	5

W60 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading
1 Karla Del Grande	W61 Mississauga Tra	29.06	-1.8	21.71 98.35%
2 Karen Shook	W63 British Columbia	35.51	-1.8	26.01 82.06%

M65 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Sewa Birring	M68 British Columbia	29.18	1.2	22.21 87.01%	5

M70 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Tony Powell	M70 Unattached	28.48	-0.8	21.33 90.59%	CAN, MR
(old CAN & MR 28.61 Earl Fee 1999)					
2 Peter Evans	M72 Mississauga Tra	30.19	-0.8	21.93 88.11%	4
3 Surinder Shah	M71 British Columbia	31.72	-0.8	23.40 82.60%	4
4 David Stern	M74 Mississauga Tra	31.95	-0.8	22.49 85.92%	4

M75 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Steffen Kampe	M77 Unattached	43.04	1.7	28.83 67.03%	3

M80 200 Meter Dash Sun - 11:30

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ray Wardle	M81 Ottawa Track	37.04	1.7	23.04 83.86%	3
2 Gerald Graham	M80 Alberta	40.74	1.7	25.90 74.62%	3

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W80 200 Meter Dash Sun - 11:30**

Name	Age Team	Finals	Wind	Age-Grading
1 Alice Cole	W80 Quebec	44.25	-1.8	26.24 81.36%

M30 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading	H#
1 Andy Clements (old MR 51.94 Ian Gordon AB 1981)	M31 Great Britain	50.08	50.09 86.22%	8 MR
2 Jonathan Gelie	M30 UTTC	50.67	50.68 85.22%	8
3 Shane Ferth	M33 Waterloo Track Club	50.84	50.10 86.19%	8

M35 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading	H#
1 Shawn Beaton	M36 Nova Scotia	56.73	54.65 79.02%	8
-- Howard Powell	M38 Jamaica Masters AC	DQ		8
-- Joey Boland	M35 Running Room Ath	DQ		8

M40 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading	H#
1 Lyndell Pittman	M42 United State	53.68	49.49 87.26%	7
2 Lenroy Munro	M44 Unattached	55.62	50.55 85.42%	7
3 Andy Fraser	M42 Unattached	58.23	53.69 80.44%	7
4 Dale Samuel	M42 Unattached	64.38	59.36 72.76%	7

M45 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading	H#
1 Peter Lawson	M45 Nova Scotia	51.97	46.90 92.09%	6
2 Richard Reid	M45 Jamaica Masters AC	54.31	49.01 88.12%	6
3 Mirco Graenert	M45 Newmarket Huskies	55.93	50.47 85.57%	6
4 Michael Ferguson	M49 Ottawa Lions	65.88	57.84 74.67%	6
5 Ira Irving	M46 Jamaica Masters AC	72.72	65.18 66.25%	6

W45 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading
1 Nancy Catton	W46 UTTC	64.98	55.35 86.00%
2 Kate Cochrane-Brink	W46 UTTC	66.19	56.39 84.42%
3 Jean Ferguson	W49 Ottawa Track	72.44	59.90 79.47%

M50 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading	H#
1 Russell Unilowsky	M54 Manitoba	61.19	51.96 83.12%	5
2 Marino Sani	M54 Ottawa Lions	62.03	52.67 81.99%	5

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W50 400 Meter Dash Sat - 2:15**

Name	Age Team	Finals	Age-Grading
1 Heather O'Hagan	W52 Newmarket Huskies	70.01	56.24 84.65%

M55 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading	H#
1 Noel Brown	M55 Manitoba	63.20	53.30 81.01%	4
2 Bruce Urch	M59 Unattached	69.53	57.15 75.56%	4
3 Raymond Jonasson	M58 Unattached	73.32	60.66 71.18%	4
4 Jorge Woods	M55 British Columbia	77.35	65.23 66.19%	4

M60 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading	H#
1 Melvin Doherty	M64 British Columbia	74.03	58.98 73.23%	3
-- Horace Hudson	M61 United State	DQ		3

W60 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading
1 Karla Del Grande	W61 Mississauga Tra	66.24	49.00 97.15% CANTie MR
(CAN 66.24 Karla in 2013, old MR 1:09.48 Karla 2013)			

M65 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading	H#
1 Sewa Birring	M68 British Columbia	68.32	51.64 83.62%	3
2 Duncan Greenshields	M65 UTTC	70.50	55.81 77.38%	3
3 Joe Perle	M68 Unattached	1:26.67	65.51 65.92%	3

M70 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading	H#
1 Surinder Shah	M71 British Columbia	71.55	51.41 84.01%	2
2 Roger Cobbledick	M70 Ottawa Lions	78.80	57.68 74.87%	2
3 Takuo Nakano	M74 Alberta	1:37.88	66.35 65.09%	2

M75 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading	H#
1 Hylke Van Der Wal	M76 Saskatchewan	1:30.53	59.13 73.04%	2

M80 400 Meter Dash Sat - 2:15

Name	Age Team	Finals	Age-Grading	H#
1 Ray Wardle	M81 Ottawa Track	1:32.94	55.02 78.49%	2
2 Gerald Graham	M80 Alberta	1:42.97	62.63 68.95%	2

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M85 400 Meter Dash Sat - 2:15**

Name	Age Team	Finals	Age-Grading	H#
1 Earl Fee	M85 Mississauga Tra	77.12	40.62106.33%	World Record CAN, MR
(old WR 80.46 Yoshiyuki Shimizu BRA 2013, old CAN 1:37 Harry Thompson BC 2008, old MR 1:34 Konrad Boas USA 1988)				

M30 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading	H#
1 Bernie Hogan	M33 Unattached	2:09.68	2:09.69 77.97%	5

W30 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading
1 Tanya Sakharov	W33 Boardwalk Runnin	2:28.90	2:28.91 76.08%
2 Marijana Primorac	W34 UTTC	2:37.83	2:37.84 71.77%

M35 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading	H#
1 Shawn Beaton	M36 Nova Scotia	2:10.11	2:08.53 78.67%	5
2 Jimmy Semes	M35 Boardwalk Runnin	2:10.55	2:10.18 77.67%	5

W35 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading
1 Delilah Topic	W35 British Columbia	2:42.15	2:42.16 69.86%

M40 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading	H#
1 Ryan Leef	M40 Yukon	2:12.71	2:06.15 80.16%	5
2 Louis Byrne	M42 Unattached	2:17.53	2:08.39 78.75%	5
3 Matthew Scholes	M44 Australia	2:30.37	2:17.83 73.36%	5

W40 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading
1 Amy Ballon	W43 UTTC	2:35.55	2:27.33 76.89%
2 Joanna Kotsopoulos	W44 Boardwalk Runnin	3:00.26	2:49.22 66.95%

M45 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading	H#
1 Jim Dyck	M48 Unattached	2:07.19	1:52.54 89.84%	5
2 Mirco Graenert	M45 Newmarket Huskies	2:08.55	1:56.74 86.61%	5
3 Robert Muir	M46 Ottawa Track	2:16.52	2:02.91 82.27%	5
4 Ira Irving	M46 Jamaica Masters AC	3:20.36	3:00.39 56.05%	5

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W45 800 Meter Run Sun - 2:00**

Name	Age Team	Finals	Age-Grading
1 Annie Bunting	W49 UTTC	2:27.77	2:12.92 85.23%
2 Nancy Catton	W46 UTTC	2:34.21	2:22.28 79.62%
3 Ginette Jones	W48 Newmarket Huskies	2:41.05	2:26.11 77.53%

M50 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading	H#
1 Andrew Tuovinen	M51 British Columbia	2:15.88	1:57.16 86.30%	4
2 Serge Faucher	M50 Ottawa Track	2:21.38	2:02.91 82.27%	4
3 Armand D'Oliveira	M54 UTTC	2:22.60	1:59.89 84.34%	4
4 Rob Blair	M50 Newmarket Huskies	2:22.68	2:04.04 81.52%	4
5 Peter Gordon	M53 UTTC	2:32.57	2:09.37 78.16%	4
6 Pierre Kirwin	M54 Unattached	3:06.24	2:36.58 64.58%	4

W50 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading
1 Donna Dixon	W51 Alberta	2:36.30	2:17.64 82.30%
2 Heather O'Hagan	W52 Newmarket Huskies	2:36.96	2:16.45 83.02%
3 Rita Botelho	W54 UTTC	2:43.75	2:18.67 81.69%
4 Nicky Slovitt	W54 UTTC	3:32.47	2:59.92 62.96%

M55 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading	H#
1 Bill Cunliffe	M55 Durham Dragons A	2:24.23	2:00.24 84.09%	3
2 Jim Freemantle	M55 Newmarket Huskies	2:31.74	2:06.50 79.93%	3
3 Peter Nowak	M55 Unattached	2:44.75	2:17.34 73.62%	3
4 Raymond Jonasson	M58 Unattached	2:53.86	2:21.51 71.45%	3

W55 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading
1 Rita Quibell	W58 Newmarket Huskies	2:42.13	2:09.77 87.29%

M60 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading	H#
1 John Helliker	M62 UTTC	2:27.94	1:56.69 86.66%	3
2 John Clarke	M62 East Toronto	2:39.01	2:05.42 80.62%	3
3 Tim Payne	M64 Newmarket Huskies	2:54.62	2:15.61 74.56%	3
4 Melvin Doherty	M64 British Columbia	3:02.49	2:21.73 71.35%	3

M65 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading	H#
1 Rick Swift	M67 Unattached	2:45.18	2:04.60 81.15%	3
2 Duncan Greenshields	M65 UTTC	2:50.38	2:11.28 77.02%	3

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M70 800 Meter Run Sun - 2:00**

Name	Age Team	Finals	Age-Grading	H#
1 Gerard Malaczynski	M72 United State	2:47.01	1:58.28 85.49%	2
2 Chris Mackie	M73 Unattached	2:49.07	1:57.88 85.78%	2
3 Roger Cobbledick	M70 Ottawa Lions	3:04.75	2:14.87 74.97%	2
4 Takuo Nakano	M74 Alberta	4:05.65	2:48.59 59.98%	2

M75 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading	H#
1 Steffen Kampe	M77 Unattached	3:48.24	2:29.14 67.80%	2
2 Hylke Van Der Wal	M76 Saskatchewan	4:35.55	3:03.08 55.23%	2

M80 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading	H#
1 Gerald Graham	M80 Alberta	4:22.45	2:42.80 62.11%	2

M85 800 Meter Run Sun - 2:00

Name	Age Team	Finals	Age-Grading	H#
1 Earl Fee	M85 Mississauga Tra	3:09.10	1:41.70 99.42%	World Record CAN, MR
(old WR 3:17 Francisco Oliveira BRA 2013 old CAN 4:07 Les Leyland BC 2003, old MR 4:08 Harry Thompson BC 2009)				

M35 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading	H#
1 Joey Boland	M35 Running Room Ath	4:05.55	4:02.41 84.98%	4 MR
(old MR 4:09.91 Gord Michener 1983)				
2 Dave Tepper	M39 Newmarket Huskies	4:20.74	4:07.29 83.31%	4
3 John Machuga	M35 British Columbia	4:30.16	4:26.71 77.24%	4
4 Jimmy Semes	M35 Boardwalk Runnin	4:37.87	4:34.32 75.10%	4

W35 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading
1 Carrie Byer	W35 Newmarket Huskies	5:12.89	5:07.33 75.64%
2 Delilah Topic	W35 British Columbia	5:29.39	5:23.53 71.85%

M40 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading	H#
1 Michael Shields	M40 Longboat RR	5:18.37	4:58.86 68.93%	4

W40 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading
------	----------	--------	-------------

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

1 Leanne Shafir	W44 UTTC	5:03.22	4:34.24	84.77%
2 Bobbie Jo Waite Lang	W43 Alberta	5:11.54	4:45.10	81.54%
3 Amy Ballon	W43 UTTC	5:16.70	4:49.82	80.21%
4 Joanna Kotsopoulos	W44 Boardwalk Runnin	6:04.72	5:29.86	70.48%
5 Rachel Talbot	W43 Unattached	6:19.34	5:47.14	66.97%

M45 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading	H#
1 Derek Hackshaw	M45 Newmarket Huskies	4:21.45	3:53.92 88.06%	4
2 Robert Muir	M46 Ottawa Track	4:39.87	4:08.17 83.01%	4
3 Gary Cassel	M46 Cambridge Harriers	4:56.16	4:22.61 78.44%	4

W45 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading	H#
1 Liz Maguire	W47 Running Room Ath	4:55.70	4:17.97 90.11%	MR
(old MR 4:56.81 Christine Lavallee ON 2002)				
2 Kathryn Sullivan	W48 Newmarket Huskies	5:19.94	4:35.70 84.32%	
3 Elaine Mota	W48 Newmarket Huskies	5:52.64	5:03.87 76.50%	
4 Aura Reynoso	W48 Newmarket Huskies	6:12.90	5:21.33 72.35%	

M50 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading	H#
1 Geoff Peat	M50 Newmarket Huskies	4:22.47	3:44.34 91.83%	4
2 John Willett	M52 UTTC	4:44.95	3:59.39 86.05%	4
3 Rob Blair	M50 Newmarket Huskies	4:58.95	4:15.52 80.62%	4

W50 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading
1 Donna Dixon	W51 Alberta	5:23.02	4:28.01 86.74%
2 Rita Botelho	W54 UTTC	5:44.15	4:34.50 84.69%
3 Carolyn Hicks	W51 Unattached	6:47.67	5:38.25 68.73%
4 Nicky Slovitt	W54 UTTC	7:10.11	5:43.06 67.76%

M55 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading	H#
1 Bill Cunliffe	M55 Durham Dragons A	4:54.25	4:00.73 85.57%	3
2 Jeremy Griffiths	M58 Unattached	5:08.92	4:06.49 83.58%	3
3 Jim Freemantle	M55 Newmarket Huskies	5:10.80	4:14.27 81.02%	3
4 Peter Nowak	M55 Unattached	5:33.38	4:32.74 75.53%	3
5 Daniel Bourdeau	M56 Unattached	6:25.29	5:12.63 65.89%	3

W55 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading
1 Lynn Kobayashi	W58 UTTC	6:07.69	4:37.57 83.75%

M60 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading	H#
1 John Helliker	M62 UTTC	4:59.26	3:51.06 89.15%	3
2 John Clarke	M62 East Toronto	5:22.32	4:08.87 82.77%	3

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

3	Tim Payne	M64 Newmarket Huskies	5:51.13	4:26.79	77.21%	3
4	Melvin Doherty	M64 British Columbia	6:35.84	5:00.76	68.49%	3
--	Tom Stoyan	M64 Unattached	DNF			3

M65 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading	H#
1 Rick Swift	M67 Unattached	5:33.28	4:07.10 83.37%	2
2 Paul Slan	M66 Unattached	5:55.67	4:25.87 77.48%	2

M70 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading	H#
1 Chris Mackie	M73 Unattached	5:48.45	4:00.57 85.63%	2
2 Roger Cobbledick	M70 Ottawa Lions	6:08.39	4:26.35 77.34%	2
3 Robert Moore	M73 Toronto Olym	6:52.55	4:44.83 72.33%	2
4 Gary McColeman	M72 UTTC	7:39.41	5:22.14 63.95%	2
5 Takuo Nakano	M74 Alberta	8:05.34	5:29.79 62.46%	2

M75 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading	H#
1 Keijo Taivassalo	M75 Unattached	6:24.50	4:17.08 80.13%	2

W80 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading	H#
1 Alice Cole	W80 Quebec	7:47.04	4:02.82 95.74%	CAN, MR
(old CAN 7:58 Helly Visser AB in May, old MR 8:14 Lenore Marvin BC 2000)				

M80 1500 Meter Run Sat - 1:30

Name	Age Team	Finals	Age-Grading	H#
1 Gerald Graham	M80 Alberta	9:54.33	6:10.63 55.58%	2

M30 5000 Meter Run Sun - 10:00

Name	Age Team	Finals	Age-Grading	H#
1 Bernie Hogan	M33 Unattached	17:12.83	17:00.96 74.15%	3

M35 5000 Meter Run Sun - 10:00

Name	Age Team	Finals	Age-Grading	H#
1 John Machuga	M35 British Columbia	17:19.54	16:57.51 74.40%	3
2 Nikolay Ryabkov	M35 Toronto Olym	17:45.06	17:22.49 72.62%	3
3 Jonathan Colford	M36 Unattached	25:11.71	24:30.75 51.47%	3

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 5000 Meter Run Sun - 10:00**

Name	Age Team	Finals	Age-Grading	H#
1 Rich Tremain	M43 Unattached	16:20.41	15:05.90 83.56%	3
2 Ryan Leef	M40 Yukon	17:01.15	16:05.09 78.44%	3
3 Kevin Farr	M44 Brantford Track	17:37.64	16:09.76 78.06%	3
4 Pat Menzies	M44 Unattached	18:44.31	17:10.89 73.43%	3

W40 5000 Meter Run Sun - 10:00

Name	Age Team	Finals	Age-Grading	H#
1 Leanne Shafir	W44 UTTC	19:07.81	17:44.14 81.26%	
2 Bobbie Jo Waite Lang	W43 Alberta	19:09.74	17:56.74 80.31%	
3 Rachel Talbot	W43 Unattached	23:27.35	21:57.99 65.61%	

M45 5000 Meter Run Sun - 10:00

Name	Age Team	Finals	Age-Grading	H#
1 Laszlo Orosz	M46 Unattached	16:19.34	14:44.15 85.62%	3
2 Darryl Rowan	M48 Toronto Olym	18:20.07	16:17.75 77.42%	3
3 Jianping Xu	M48 Harbour Track	19:18.87	17:10.01 73.49%	3
4 Michael Harvey	M49 Unattached	19:59.64	17:37.73 71.57%	3

W45 5000 Meter Run Sun - 10:00

Name	Age Team	Finals	Age-Grading	H#
1 Liz Maguire	W47 Running Room Ath	18:42.87	16:45.31 86.01%	
2 Veronica Biggar	W45 Newmarket Huskies	21:49.71	20:01.01 72.00%	

M50 5000 Meter Run Sun - 10:00

Name	Age Team	Finals	Age-Grading	H#
1 George Anhang	M51 Quebec	18:20.52	15:54.82 79.28%	2
2 John Willett	M52 UTTC	18:27.40	15:53.03 79.43%	2
3 Jean-Francois Fillion	M54 Quebec	18:36.02	15:44.72 80.13%	2
4 Michael Moon	M53 British Columbia	19:06.71	16:18.84 77.34%	2
5 Tony Madott	M53 Unattached	19:54.91	16:59.98 74.22%	2

M55 5000 Meter Run Sun - 10:00

Name	Age Team	Finals	Age-Grading	H#
1 Marcel Boudreau	M56 Timmins Porc	20:51.11	17:21.43 72.69%	2
2 Allan Feldman	M58 Unattached	21:33.01	17:38.20 71.54%	2
3 Daniel Bourdeau	M56 Unattached	24:42.70	20:34.20 61.34%	2

M60 5000 Meter Run Sun - 10:00

Name	Age Team	Finals	Age-Grading	H#
1 John Clarke	M62 East Toronto	19:33.85	15:27.58 81.61%	2
2 Melvin Doherty	M64 British Columbia	24:26.84	18:58.42 66.50%	2

M65 5000 Meter Run Sun - 10:00

Name	Age Team	Finals	Age-Grading	H#
------	----------	--------	-------------	----

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

1 Rick Swift M67 Unattached 20:18.59 15:20.04 82.28% 2

M70 5000 Meter Run Sun - 10:00

Name	Age Team	Finals	Age-Grading
1 Vern Christensen	M73 UTTC	24:49.54	17:27.30 72.28%
2 Takuo Nakano	M74 Alberta	32:36.38	22:34.41 55.89%
-- Roy Collins	M71 Unattached	DQ	(medical assistance)

M75 5000 Meter Run Sun - 10:00

Name	Age Team	Finals	Age-Grading
1 Keijo Taivassalo	M75 Unattached	23:15.66	15:50.17 79.67%
2 Jack Geddes	M77 Unattached	24:11.84	15:52.27 79.49%
3 Steffen Kampe	M77 Unattached	28:49.28	18:54.24 66.74%

M35 10000 Meter Run Sat - 8:30

Name	Age Team	Finals	Age-Grading	H#
1 Nikolay Ryabkov	M35 Toronto Olym	36:56.39	36:09.41 72.83%	2

M40 10000 Meter Run Sat - 8:30

Name	Age Team	Finals	Age-Grading	H#
1 Kevin Farr	M44 Brantford Track	36:48.01	33:44.53 78.04%	2

M45 10000 Meter Run Sat - 8:30

Name	Age Team	Finals	Age-Grading	H#
1 Jianping Xu	M48 Harbour Track	39:04.97	34:44.21 75.81%	2
2 Michael Harvey	M49 Unattached	42:08.27	37:09.18 70.88%	2

W50 10000 Meter Run Sat - 8:30

Name	Age Team	Finals	Age-Grading
1 Lynn Bourque	W50 Longboat RR	45:52.88	40:14.28 74.60%
2 Patricia Vilone	W53 Unattached	58:09.60	48:59.99 61.26%

M50 10000 Meter Run Sat - 8:30

Name	Age Team	Finals	Age-Grading	H#
1 Jean-Francois Fillion	M54 Quebec	37:25.96	31:41.21 83.11%	2
2 Roger Moss	M50 Longboat RR	37:39.98	32:56.81 79.93%	2
3 George Anhang	M51 Quebec	38:15.31	33:11.42 79.34%	2
4 Michael Moon	M53 British Columbia	39:52.95	34:02.63 77.35%	2
5 Paul Thibodeau	M51 New Brunswick	40:23.12	35:02.30 75.16%	2
6 Jay Yakabowich	M52 UTTC	40:59.14	35:16.34 74.66%	2
7 Tony Madott	M53 Unattached	41:26.08	35:22.12 74.45%	2

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M55 10000 Meter Run Sat - 8:30**

Name	Age Team	Finals	Age-Grading
1 Marcel Boudreau	M56 Timmins Porc	43:57.22	36:35.23 71.97%
2 Sam Vilone	M56 Unattached	46:37.25	38:48.44 67.86%

M60 10000 Meter Run Sat - 8:30

Name	Age Team	Finals	Age-Grading	H#
1 John Clarke	M62 East Toronto	41:17.58	32:37.79 80.70%	2

M65 10000 Meter Run Sat - 8:30

Name	Age Team	Finals	Age-Grading
1 Bert de Vries	M67 Longboat RR	48:49.32	36:51.64 71.44%

M70 10000 Meter Run Sat - 8:30

Name	Age Team	Finals	Age-Grading
1 Robert Moore	M73 Toronto Olym	51:08.16	35:57.23 73.24%

M75 10000 Meter Run Sat - 8:30

Name	Age Team	Finals	Age-Grading
1 Keijo Taivassalo	M75 Unattached	48:09.05	32:46.87 80.33%

M60-65 100 Short Hurdles Sat 1:00

Name	Age Team	Finals	Wind	Age-Grading
1 Ralph Cilevitz	M60 Throwers Club	20.56	NWI	18.54 69.65%

M30 110 Short Hurdles Sat - 1:00

Name	Age Team	Finals	Wind	Age-Grading
1 Jackson Hinton (old MR 16.77 Doug McLaren SK 2008)	M33 Alberta	14.55	NWI	14.64 88.18% MR

M35 110 Short Hurdles Sat - 1:00

Name	Age Team	Finals	Wind	Age-Grading
1 David Valenzuela	M37 Unattached	16.04	NWI	15.76 81.92%

M40 110 Short Hurdles Sat - 1:00

Name	Age Team	Finals	Wind	Age-Grading
1 Ovidiu Negoita	M42 Unattached	20.28	NWI	19.08 67.70%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M45 110 Short Hurdles Sat - 1:00**

Name	Age Team	Finals	Wind	Age-Grading
1 Royce Kinniebrew	M45 United State	21.50	NWI	19.72 65.49%

M75 200 Long Hurdles

Name	Age Team	Finals	Wind	Age-Grading
1 Hylke Van Der Wal	M76 Saskatchewan	46.25	NWI	40.48115.57%

M60-69 300 Long Hurdles Sun 1:30

Name	Age Team	Finals	Age-Grading
1 Horace Hudson	M61 United State	52.31	57.44 81.46%
2 Bill Pontius	M64 United State	52.42	55.71 83.98%

M45 400 Long Hurdles Sun - 1:30

Name	Age Team	Finals	Age-Grading
1 Royce Kinniebrew	M45 United State	1:23.17	72.55 64.48%

M55 400 Long Hurdles Sun - 1:30

Name	Age Team	Finals	Age-Grading
1 Glenn Chipkar	M55 Unattached	71.61	56.99 82.08%

W65 2000 Meter Steeplechase Sat - 10:15

Name	Age Team	Finals	Age-Grading
1 Judy Warick (no previous records)	W65 Saskatchewan	10:07.43	10:14.91 88.08%

CAN, MR

M70 2000 Meter Steeplechase Sat - 10:15

Name	Age Team	Finals	Age-Grading
1 Vern Christensen	M73 UTTC	9:42.60	9:03.16 87.20%

M75 2000 Meter Steeplechase Sat - 10:15

Name	Age Team	Finals	Age-Grading
1 Hylke Van Der Wal	M76 Saskatchewan	16:39.29	14:44.38 53.56%

M45 3000 Meter Steeplechase Sat - 10:25

Name	Age Team	Finals	Age-Grading
1 Danny Pincivero	M46 Unattached	16:32.14	14:19.79 55.09%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 4x100 Meter Relay Sat - 2:30**

Team	Finals
1 Jamaica Masters AC	47.06
1) Rick Reynolds 47	2) Howard Powell 38
3) Joe Baptiste 53	4) Richard Reid 45
X40 Unattached 'A'	57.91
1) Karla Del Grande 61	2) Edwin Liu 57
3) Bryan Baldsing 56	4) Raymond Jonasson 58

X40 4x100 Meter Relay Sat - 2:30

Team	Finals
1 University of Toronto TC 'A'	46.53
1) Khama Beckles 39	2) Nigel John 41
3) Jay Foubert 44	4) Christopher Warburton 48

M30 4x400 Meter Relay Sun - 2:00

Team	Finals
1 Jamaica Masters AC 'A'	3:57.33
1) Dale Samuel 42	2) Niegel Geohagen 46
3) Richard Reid 45	4) Clayton Latham 34

M45 4x400 Meter Relay Sun - 2:00

Team	Finals	
1 Unattached 'B'	3:33.95	CAN MR
1) Chris Lemassif 47	2) Peter Lawson 45	
3) Paul Osland 50	4) Michael Sherar 50	
(old CAN 3:37.14 Eves, Smith, Adams, Morioka 1989)		

W45 4x400 Meter Relay Sun - 2:00

Team	Finals	
1 Unattached 'A'	4:28.95	
1) Kate Cochrane-Brink 46	2) Donna Dixon 51	CAN MR
3) Annie Bunting 49	4) Nancy Catton 46	
(old CAN 4:34 Duncan, McBlain, Rosenitsch, Douglas Japan 1993 Old MR 4:33.20 Alberta 2009)		

M50 4x800 Meter Relay

Team	Finals	
1 Unattached 'A'	8:36.39	World Record
1) Andrew Tuovinen 51	2) Serge Faucher 50	
3) Paul Osland 50	4) Michael Sherar 50	
(old WR 8:39.01 Australia 2011, Old CAN 9:24 Sealle, Campbell, Holmes, Pinckard 2011)		

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W30 4x800 Meter Relay**

Team	Finals
-- University of Toronto TC 'A'	DNS
1) Rita Botelho 54	2) Annie Bunting 49
3) Marijana Primorac 34	4) Amy Ballon 43

M35 High Jump Sat - 8:30

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

M40 High Jump Sat - 8:30

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M42 Unattached	1.65m	1.86m 76.04%
2 Jasbir Singh Hundal	M41 Unattached	1.40m	1.56m 63.93%

W45 High Jump Sat - 8:30

Name	Age Team	Finals	Age-Grading
1 Gaby Szanto	W49 Unattached	1.45m	1.78m 85.29%

M55 High Jump Sat - 8:30

Name	Age Team	Finals	Age-Grading
1 Noel Brown	M55 Manitoba	1.65m	2.13m 87.30%
2 Jack Urbanowicz	M56 Unattached	1.25m	1.63m 66.84%

M60 High Jump Sat - 8:30

Name	Age Team	Finals	Age-Grading
1 Peter Zowkewych	M63 UTTC	1.30m	1.85m 75.58%
2 Ralph Cilevitz	M60 Throwers Club	1.20m	1.64m 67.42%

W60 High Jump Sat - 8:30

Name	Age Team	Finals	Age-Grading
1 Nancy Cochrane	W62 British Columbia	1.05m	1.54m 73.94%

M65 High Jump Sat - 8:30

Name	Age Team	Finals	Age-Grading
1 Roland Delhomeau	M69 Saskatchewan	1.20m	1.84m 75.47%
-- Stan Seitz	M66 Ottawa Track	NH	

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M55 Pole Vault Sun - 10:00**

Name	Age Team	Finals	Age-Grading
1 Ambroise Courteau	M56 Quebec	3.05m	4.22m 68.69%
-- Brian Magerkurth	M56 Unattached	NH	

M65 Pole Vault Sun - 10:00

Name	Age Team	Finals	Age-Grading
1 Stan Seitz	M66 Ottawa Track	2.45m	4.02m 65.68%

M30 Long Jump Sat - 1:00

Name	Age Team	Finals	Wind	Age-Grading
1 Jackson Hinton	M33 Alberta	5.95m	-3.2	6.12m 68.47%

M40 Long Jump Sat - 1:00

Name	Age Team	Finals	Wind	Age-Grading
1 Nigel John	M41 UTTC	6.80m	-1.9	7.64m 85.43%
<small>(old CAN 6.57 Todd Crawford ON 2007, old MR 6.54 Wendell Williams TRI 2012)</small>				
2 Ovidiu Negoita	M42 Unattached	5.18m	-1.2	5.89m 65.82%
3 Jasbir Singh Hundal	M41 Unattached	4.73m	-1.2	5.31m 59.42%

CAN, MR

M45 Long Jump Sat - 1:00

Name	Age Team	Finals	Wind	Age-Grading
1 Royce Kinniebrew	M45 United State	4.50m	-0.3	5.30m 59.29%

M50 Long Jump Sat - 1:00

Name	Age Team	Finals	Wind	Age-Grading
1 Dennis McWhinney	M52 Unattached	5.53m	-2.5	7.12m 79.57%
2 Robert Nasato	M53 Unattached	4.77m	-2.1	6.22m 69.53%
3 Leo Da Silva	M52 Unattached	4.46m	-1.6	5.74m 64.17%

M55 Long Jump Sat - 1:00

Name	Age Team	Finals	Wind	Age-Grading
1 Noel Brown	M55 Manitoba	4.98m	-1.9	6.68m 74.66%
2 Bryan Baldsing	M56 Unattached	4.40m	-1.3	5.98m 66.87%
3 Edwin Liu	M57 British Columbia	4.30m	+0.0	5.93m 66.26%
4 Raymond Jonasson	M58 Unattached	4.05m	-1.0	5.66m 63.38%

M60 Long Jump Sat - 1:00

Name	Age Team	Finals	Wind	Age-Grading
1 Ralph Cilevitz	M60 Throwers Club	4.54m	-0.8	6.54m 73.11%
2 Peter Zowkewych	M63 UTTC	3.76m	-2.8	5.67m 63.41%

M75 Long Jump Sat - 1:00

Name	Age Team	Finals	Wind	Age-Grading
------	----------	--------	------	-------------

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

1	Gurdev Singh	M75	India	3.55m	-2.0	6.58m	73.50%
2	Hylke Van Der Wal	M76	Saskatchewan	2.03m	-2.1	3.83m	42.92%

M80 Long Jump Sat - 1:00

Name	Age	Team	Finals	Wind	Age-Grading		
1 Ted Rowan		M80 Saskatchewan	3.76m	-1.6	7.71m	86.24%	CAN, MR
(old CAN 3.75 Karl Trei ON 1989, old MR 3.74 Ted in 2013)							

M35 Triple Jump Sun - 12:30

Name	Age	Team	Finals	Wind	Age-Grading		
1 Jonathan Younker		M39 Unattached	#5 13.55m	2.5	14.35m	78.51%	CAN, MR
			#6 13.49m	1.4			
(jump #5 was wind aided - #6 was legal - old CAN record 13.27 Jonathan last year)							

M40 Triple Jump Sun - 12:30

Name	Age	Team	Finals	Wind	Age-Grading
1 Lenroy Munro	M44	Unattached	12.06m	+0.0	13.56m 74.17%
2 Ovidiu Negoita	M42	Unattached	11.17m	2.0	12.26m 67.05%

M45 Triple Jump Sun - 12:30

Name	Age	Team	Finals	Wind	Age-Grading
1 David Ng	M48	Unattached	10.26m	-3.2	12.13m 66.36%

M50 Triple Jump Sun - 12:30

Name	Age	Team	Finals	Wind	Age-Grading
1 Dennis McWhinney	M52	Unattached	10.81m	-1.4	13.48m 73.74%

M55 Triple Jump Sun - 12:30

Name	Age	Team	Finals	Wind	Age-Grading
1 Edwin Liu	M57	British Columbia	9.15m	+0.0	12.25m 66.98%
2 Jack Urbanowicz	M56	Unattached	7.73m	+0.0	10.20m 55.77%

M60 Triple Jump Sun - 12:30

Name	Age	Team	Finals	Wind	Age-Grading		
1 Thevarajan Sinnathurai		M60 United T.S.C.	11.18m	0.4	15.66m	85.67%	CAN, MR
(old CAN 10.85 Alan Slater ON 2003, old MR 10.73 Alan in 2002)							
2 Ralph Cilevitz	M60	Throwers Club	7.80m	+0.0	10.93m 59.77%		

M65 Triple Jump Sun - 12:30

Name	Age	Team	Finals	Wind	Age-Grading
1 Roland Delhomeau	M69	Saskatchewan	7.19m	-2.0	11.68m 63.91%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M35 Shot Put Sat - 1:00**

Name	Age Team	Finals	Age-Grading
1 Fernando Cornejo	M35 Unattached	12.54m	12.54m 54.24%
2 Phillip Vannini	M39 British Columbia	11.26m	11.50m 49.76%
3 Christopher Shanahan	M37 Unattached	10.67m	10.78m 46.63%

W35 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Marie-Josée Le Jour	W35 UTTC	12.31m	12.99m 57.44%
2 Dominique Bilodeau	W35 Quebec	11.21m	11.83m 52.31%
3 Antoinette Julien	W36 UTTC	6.90m	7.43m 32.86%

M40 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Sharaz Shaikh	M42 Unattached	10.57m	11.20m 48.46%
2 Ovidiu Negoita	M42 Unattached	8.09m	8.57m 37.09%
3 Jasbir Singh Hundal	M41 Unattached	7.69m	8.02m 34.70%

W45 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Gaby Szanto	W49 Unattached	9.63m	14.07m 62.21%
2 Janine Sindrey	W47 Throwers Club	7.04m	9.75m 43.11%

M45 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Paul Gautier	M49 New Brunswick	12.33m	14.92m 64.55%

M50 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Danny Yoisten	M54 Throwers Club	12.76m	15.90m 68.79%
2 Muraleetharan Arulpiraga	M54 Unattached	9.44m	11.76m 50.89%

W50 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W53 Throwers Club	10.30m	15.07m 66.62%
2 Ana Maria Neilson	W52 Unattached	7.61m	10.94m 48.35%
3 Deborah Ecklund	W54 United State	5.34m	7.96m 35.18%

M55 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Jack Urbanowicz	M56 Unattached	7.53m	9.80m 42.42%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W55 Shot Put Sat - 1:00**

Name	Age Team	Finals	Age-Grading
1 Katherine Willis	W55 UTTC	5.70m	8.65m 38.26%
2 Jane Warren	W59 Nova Scotia	5.51m	9.05m 40.01%

W60 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Nancy Cochrane	W62 British Columbia	5.14m	9.00m 39.78%

M60 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Bill Pearson	M62 Throwers Club	11.32m	15.21m 65.81%
2 Ralph Shapiro	M62 Guelph Track Club	10.38m	13.94m 60.35%
3 Peter Zowkewych	M63 UTTC	9.94m	13.75m 59.52%

M65 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Jerzy Wyroba	M65 Unattached	10.93m	16.08m 69.57%
2 Imrich Kiraly	M66 New Brunswick	9.39m	14.27m 61.74%

W70 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Adri Rowswell	W73 Unattached	7.08m	16.33m 72.17%
2 Yuko Nakano	W70 Alberta	6.74m	14.30m 63.23%

M70 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 John Kasperski	M70 Throwers Club	11.50m	14.96m 64.75%
2 Moe Jacobs	M70 Unattached	10.64m	13.85m 59.91%
3 Barry Adams	M72 British Columbia	9.19m	12.64m 54.70%
4 Lee McCabe	M74 United State	9.16m	13.36m 57.79%
5 Derek Coleman	M70 Unattached	7.16m	9.32m 40.32%
6 Enrico Toscano	M73 Throwers Club	5.61m	7.94m 34.35%

M75 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Bakhshish Dhillon	M76 British Columbia	8.83m	13.70m 59.30%
2 James Sumner	M75 Unattached	8.50m	12.78m 55.30%
3 David Morris	M76 Throwers Club	8.25m	12.80m 55.41%

W80 Shot Put Sat - 1:00

Name	Age Team	Finals	Age-Grading
1 Doreen Carmichael	W83 Unattached	5.63m	18.22m 80.54%

M80 Shot Put Sat - 1:00

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

Name	Age Team	Finals	Age-Grading
1 Gerald Graham	M80 Alberta	7.53m	11.66m 50.44%

W30 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Laura Sivers	W31 Brockville Legio	25.90m	25.90m 33.72%

M35 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Fernando Cornejo	M35 Unattached	38.93m	38.93m 52.55%
2 Phillip Vannini	M39 British Columbia	37.26m	37.26m 50.30%
2 Phillip Vannini	M39 British Columbia	37.26m	37.26m 50.30%
4 Christopher Shanahan	M37 Unattached	30.67m	30.67m 41.40%

W35 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Marie-Josée Le Jour	W35 UTTC	46.80m	48.14m 62.69%
(MJ had a better mark during the Throws Pentathlon)			
2 Dominique Bilodeau	W35 Quebec	30.83m	31.71m 41.30%

CAN

M40 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Sharaz Shaikh	M42 Unattached	31.90m	32.51m 43.90%
2 Jordan Rosenberg	M44 UTTC	31.14m	32.37m 43.70%
3 Ovidiu Negoita	M42 Unattached	21.85m	22.27m 30.07%

M45 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Peter Ingleton	M48 Unattached	38.95m	43.34m 58.51%
2 Paul Gautier	M49 New Brunswick	36.73m	41.70m 56.30%

M50 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Danny Yoisten	M54 Throwers Club	39.65m	42.71m 57.66%
2 Muraleetharan Arulpiraga	M54 Unattached	28.60m	30.80m 41.59%

W50 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W53 Throwers Club	28.83m	39.79m 51.82%
2 Ana Maria Neilson	W52 Unattached	18.65m	25.26m 32.89%
3 Deborah Ecklund	W54 United State	14.31m	20.13m 26.22%

M55 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
------	----------	--------	-------------

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

1 Jack Urbanowicz M56 Unattached 24.48m 27.56m 37.21%

W55 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Jane Warren	W59 Nova Scotia	14.96m	23.30m 30.34%

M60 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Bill Pearson	M62 Throwers Club	39.73m	46.53m 62.81%
2 Ralph Shapiro	M62 Guelph Track Club	30.71m	35.96m 48.55%

W60 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Nancy Cochrane	W62 British Columbia	9.26m	15.41m 20.07%

M65 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Brock Pullen	M65 Throwers Club	36.17m	45.26m 61.10%
2 Imrich Kiraly	M66 New Brunswick	33.76m	43.23m 58.36%
3 David Blackwood	M65 New Brunswick	26.96m	33.73m 45.54%

W65 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Judy Warick	W65 Saskatchewan	19.34m	34.56m 45.01%

W70 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Yuko Nakano	W70 Alberta	23.01m	46.89m 61.05% MR
Old MR 21.24 Margaret Tosh SK 2012)			
2 Adri Rowswell	W73 Unattached	19.74m	43.91m 57.18%

M70 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 John Kasperski	M70 Throwers Club	33.11m	46.77m 63.14%
2 Moe Jacobs	M70 Unattached	29.38m	41.50m 56.03%
3 Lee McCabe	M74 United State	28.04m	44.15m 59.61%
4 Barry Adams	M72 British Columbia	23.39m	34.83m 47.02%
5 Enrico Toscano	M73 Throwers Club	16.41m	25.12m 33.91%

M75 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Bakhshish Dhillon	M76 British Columbia	27.55m	46.03m 62.15%
2 David Morris	M76 Throwers Club	25.89m	43.26m 58.40%
3 James Sumner	M75 Unattached	20.53m	33.29m 44.94%

M80 Discus Throw Sun - 9:00

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

Name	Age Team	Finals	Age-Grading
1 Gerald Graham	M80 Alberta	15.49m	29.48m 39.80%

W80 Discus Throw Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Doreen Carmichael	W83 Unattached	9.99m	27.21m 35.44%

W35 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 Marie-Josée Le Jour	W35 UTTC	44.55m	50.72m 65.88%
2 Dominique Bilodeau	W35 Quebec	30.29m	34.49m 44.79%

M40 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M42 Unattached	19.29m	21.59m 24.89%

M45 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 Paul Gautier	M49 New Brunswick	32.96m	42.33m 48.80%
2 Clint Sheehan	M47 Unattached	25.55m	31.48m 36.30%

W50 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W53 Throwers Club	32.92m	43.52m 56.52%
2 Deborah Ecklund	W54 United State	17.75m	23.92m 31.07%

M50 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 Ayman Mazhar	M54 UTTC	46.20m	58.67m 67.65%
2 Danny Yoisten	M54 Throwers Club	36.12m	45.87m 52.89%

M55 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 Jack Urbanowicz	M56 Unattached	21.89m	29.10m 33.56%

W55 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 Jane Warren	W59 Nova Scotia	12.85m	19.18m 24.91%

M60 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
------	----------	--------	-------------

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

1	Edward Daniels	M61 United State	35.90m	51.63m	59.54%
2	Bill Pearson	M62 Throwers Club	30.27m	44.57m	51.38%

W60 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 Nancy Cochrane	W62 British Columbia	12.43m	19.83m 25.76%

M65 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 Imrich Kiraly	M66 New Brunswick	28.58m	46.49m 53.60%

W65 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 Rhona Trott (old MR 27.32 Cheryl Closkey BC 2013)	W65 Hamilton Oly	30.06m	51.52m 66.92% MR

M70 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 John Kasperski	M70 Throwers Club	30.26m	48.75m 56.20%
2 Lee McCabe	M74 United State	21.66m	39.32m 45.33%
3 Enrico Toscano	M73 Throwers Club	16.48m	28.99m 33.43%

W70 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 Yuko Nakano	W70 Alberta	19.19m	37.52m 48.74%

M75 Hammer Throw Sat - 9:30

Name	Age Team	Finals	Age-Grading
1 Emil Muller	M79 Unattached	34.22m	73.82m 85.12%
2 Bakhshish Dhillon	M76 British Columbia	30.51m	59.14m 68.18%
3 David Morris	M76 Throwers Club	25.60m	49.62m 57.21%

M30 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Clayton Latham	M34 Jamaica Masters AC	30.96m	32.02m 32.52%

W30 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Laura Sivers	W31 Brockville Legio	26.59m	26.59m 36.42%
2 Joan Chung	W30 UTTC	15.60m	15.60m 21.37%

W35 Javelin Throw Sun - 12:30

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

Name	Age Team	Finals	Age-Grading
1 Dominique Bilodeau	W35 Quebec	36.35m	36.35m 49.79%
2 Marie-Josée Le Jour	W35 UTTC	30.29m	30.29m 41.49%

M40 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Sharaz Shaikh	M42 Unattached	51.28m	59.80m 60.73%
2 Jordan Rosenberg	M44 UTTC	38.44m	46.39m 47.11%

M45 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Christian Masotti	M46 Unattached	42.55m	53.20m 54.03%
2 Paul Gautier	M49 New Brunswick	35.65m	47.12m 47.86%
3 Niegel Geohagen	M46 Jamaica Masters AC	22.41m	28.02m 28.46%

W45 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Gaby Szanto	W49 Unattached	31.28m	43.64m 59.79%

W50 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Ana Maria Neilson	W52 Unattached	30.76m	44.02m 60.31%
2 Elizabeth Hill	W53 Throwers Club	25.67m	37.66m 51.60%
3 Deborah Ecklund	W54 United State	9.57m	14.40m 19.73%

M55 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Stokley Dean	M56 Unattached	39.60m	56.80m 57.68%
2 Peter St.Pierre	M55 Throwers Club	37.99m	53.41m 54.23%

W55 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Barb Dabrowski (old MR 33.37 Barb in 2012)	W57 Throwers Club	35.28m	57.55m 78.84% MR
2 Katherine Willis	W55 UTTC	13.25m	20.47m 28.04%
3 Jane Warren	W59 Nova Scotia	12.70m	21.94m 30.06%

M60 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Terry Gudzowsky	M60 Alberta	40.65m	60.17m 61.11%
2 Michael Finkbeiner	M60 Throwers Club	38.84m	57.49m 58.39%
3 Bill Pearson	M62 Throwers Club	30.91m	47.71m 48.46%

W60 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
------	----------	--------	-------------

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

1 Nancy Cochrane W62 British Columbia 12.74m 23.23m 31.83%

M65 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 David Blackwood	M65 New Brunswick	35.01m	57.75m 58.64%
2 Brock Pullen	M65 Throwers Club	34.14m	56.31m 57.19%

M70 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Barry Adams	M72 British Columbia	24.19m	44.57m 45.27%
2 Lee McCabe	M74 United State	19.37m	37.78m 38.37%
3 Enrico Toscano	M73 Throwers Club	11.36m	21.53m 21.86%

W70 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Yuko Nakano	W70 Alberta	21.00m	46.68m 63.95%
2 Adri Rowswell	W73 Unattached	16.68m	40.38m 55.32%

M75 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 James Sumner	M75 Unattached	22.01m	44.23m 44.92%
2 David Morris	M76 Throwers Club	18.81m	38.98m 39.58%

M80 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Bob Staveley	M80 Ottawa Lions	20.39m	42.02m 42.67%

W80 Javelin Throw Sun - 12:30

Name	Age Team	Finals	Age-Grading
1 Doreen Carmichael	W83 Unattached	9.45m	32.58m 44.64%

W35 Weight Throw Sat - 11:00

Name	Age Team	Finals	Age-Grading
1 Marie-Josée Le Jour	W35 UTTC	16.38m	20.88m 88.49%
(old MR 12.51 Sarah Boslaugh USA 1995)			

MR**M40 Weight Throw Sat - 11:00**

Name	Age Team	Finals	Age-Grading
------	----------	--------	-------------

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

1	Sharaz Shaikh	M42	Unattached	8.25m	9.27m	35.89%
2	Jasbir Singh Hundal	M41	Unattached	6.65m	7.37m	28.53%
3	Ovidiu Negoita	M42	Unattached	6.43m	7.23m	27.97%

M45 Weight Throw Sat - 11:00

Name	Age	Team	Finals	Age-Grading
1 Paul Gautier	M49	New Brunswick	12.78m	15.91m 61.53%
2 Clint Sheehan	M47	Unattached	8.97m	10.83m 41.92%

W45 Weight Throw Sat - 11:00

Name	Age	Team	Finals	Age-Grading
1 Colleen Hill	W46	Jamaica	5.66m	9.00m 38.14%

M50 Weight Throw Sat - 11:00

Name	Age	Team	Finals	Age-Grading
1 Ayman Mazhar	M54	UTTC	16.77m	19.94m 77.14%
2 Danny Yoisten	M54	Throwers Club	12.69m	15.09m 58.37%

W50 Weight Throw Sat - 11:00

Name	Age	Team	Finals	Age-Grading
1 Elizabeth Hill	W53	Throwers Club	11.14m	14.59m 61.82%
2 Deborah Ecklund	W54	United State	5.38m	7.18m 30.43%

W55 Weight Throw Sat - 11:00

Name	Age	Team	Finals	Age-Grading
1 Jane Warren	W59	Nova Scotia	5.50m	8.10m 34.33%

M55 Weight Throw Sat - 11:00

Name	Age	Team	Finals	Age-Grading
1 Jack Urbanowicz	M56	Unattached	8.83m	10.88m 42.09%

M60 Weight Throw Sat - 11:00

Name	Age	Team	Finals	Age-Grading
1 Bill Pearson	M62	Throwers Club	12.52m	14.83m 57.38%
2 Edward Daniels	M61	United State	12.50m	14.52m 56.15%
3 Ralph Cilevitz	M60	Throwers Club	9.04m	10.29m 39.82%

W60 Weight Throw Sat - 11:00

Name	Age	Team	Finals	Age-Grading
1 Nancy Cochrane	W62	British Columbia	5.52m	7.35m 31.17%

M65 Weight Throw Sat - 11:00

Name	Age	Team	Finals	Age-Grading
1 Imrich Kiraly	M66	New Brunswick	11.68m	15.05m 58.23%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W70 Weight Throw Sat - 11:00**

Name	Age Team	Finals	Age-Grading
1 Yuko Nakano	W70 Alberta	8.22m	13.40m 56.81%

M70 Weight Throw Sat - 11:00

Name	Age Team	Finals	Age-Grading
1 John Kasperski	M70 Throwers Club	14.04m	18.17m 70.27%
2 Lee McCabe	M74 United State	7.81m	11.19m 43.29%
3 Enrico Toscano	M73 Throwers Club	6.82m	9.52m 36.83%

M75 Weight Throw Sat - 11:00

Name	Age Team	Finals	Age-Grading
1 Bakhshish Dhillon	M76 British Columbia	12.53m	18.98m 73.45%
2 Emil Muller	M79 Unattached	12.42m	20.58m 79.56%
3 David Morris	M76 Throwers Club	11.25m	17.04m 65.94%

M40 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Andrew Justason	M42 New Brunswick	25.61	NWI	24.43 79.11%	655
2 Matthew Scholes	M44 Australia	27.38	NWI	26.11 74.00%	516

M55 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Bruce Urch	M59 Unattached	28.98	NWI	25.02 77.23%	604
2 Jerzy Dabrowa	M56 Unattached	34.03	NWI	29.38 65.77%	288

M60 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Ralph Cilevitz	M60 Throwers Club	32.20	NWI	26.83 72.02%	460

M65 200 Meter Dash Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Roland Delhomeau	M69 Saskatchewan	35.71	NWI	28.60 67.57%	337

M40 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Matthew Scholes	M44 Australia	5:11.55	4:56.57 69.46%	580
2 Andrew Justason	M42 New Brunswick	5:21.94	5:06.46 67.22%	523

M55 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bruce Urch	M59 Unattached	6:10.73	5:09.08 66.65%	509
2 Jerzy Dabrowa	M56 Unattached	7:15.86	6:03.38 56.69%	250

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M60 1500 Meter Run Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points
1 Ralph Cilevitz	M60 Throwers Club	7:36.69	6:02.57 56.82% 254

M65 1500 Meter Run Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Roland Delhomeau	M69 Saskatchewan	7:19.29	5:30.75 62.28% 396

M40 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Andrew Justason	M42 New Brunswick	5.37m	NWI	5.85m 65.41% 554
2 Matthew Scholes	M44 Australia	4.48m	NWI	4.88m 54.57% 360

M55 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Bruce Urch	M59 Unattached	4.25m	NWI	5.57m 62.32% 496
2 Jerzy Dabrowa	M56 Unattached	3.57m	NWI	4.68m 52.35% 323

M60 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Ralph Cilevitz	M60 Throwers Club	4.43m	NWI	6.23m 69.65% 637

M65 Long Jump Outdoor Pentathlon

Name	Age Team	Finals	Wind	Age-Grading Points
1 Roland Delhomeau	M69 Saskatchewan	3.39m	NWI	5.14m 57.56% 409

W30 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Laura Sivers	W31 Brockville Legio	9.95m	9.95m 43.97% 526

W35 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Marie-Josée Le Jour	W35 UTTC	12.24m	12.69m 56.07% 707

W50 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Elizabeth Hill	W53 Throwers Club	10.51m	13.24m 58.55% 743
2 Deborah Ecklund	W54 United State	5.25m	6.61m 29.25% 310

M45 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
------	----------	--------	--------------------

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

1 Paul Gautier M49 New Brunswick 13.02m 15.65m 67.71% 830

M55 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jack Urbanowicz	M56 Unattached	7.48m	9.50m 41.10%	456

M60 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M62 Throwers Club	11.64m	14.52m 62.85%	760
2 Ray Bzibziak	M60 United State	10.45m	13.04m 56.43%	670

M70 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M70 Throwers Club	11.50m	15.49m 67.02%	820
2 Enrico Toscano	M73 Throwers Club	5.82m	7.84m 33.92%	357

M75 Shot Put Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bakhshish Dhillon	M76 British Columbia	8.75m	12.94m 55.98%	664
2 David Morris	M76 Throwers Club	8.29m	12.26m 53.04%	622

W30 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Laura Sivers	W31 Brockville Legio	27.89m	27.89m 36.32%	423

W35 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Marie-Josée Le Jour	W35 UTTC	47.13m	48.86m 63.63%	829
(old CAN 46.54 Georgette Reed AB 2005, old MR 37.71 Georgette 2002))				

CAN. MR

W50 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Elizabeth Hill	W53 Throwers Club	28.42m	37.30m 48.58%	602
2 Deborah Ecklund	W54 United State	14.19m	18.62m 24.26%	253

M40 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Andrew Justason	M42 New Brunswick	29.86m	32.88m 44.39%	521
2 Matthew Scholes	M44 Australia	18.23m	20.07m 27.10%	273

M45 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M49 New Brunswick	35.79m	43.12m 58.21%	728

M55 Discus Throw Outdoor Pentathlon

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

Name	Age Team	Finals	Age-Grading Points
1 Jerzy Dabrowa	M56 Unattached	27.66m	30.71m 41.46% 478
2 Bruce Urch	M59 Unattached	22.01m	24.43m 32.99% 356

M55 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Jack Urbanowicz	M56 Unattached	22.72m	25.22m 34.05% 371

M60 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Ralph Cilevitz	M60 Throwers Club	27.61m	29.34m 39.61% 451

M60 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Bill Pearson	M62 Throwers Club	40.15m	42.67m 57.60% 719
2 Ray Bzibziak	M60 United State	33.62m	35.73m 48.24% 578

M65 Discus Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Roland Delhomeau	M69 Saskatchewan	28.13m	32.73m 44.19% 518

M70 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 John Kasperski	M70 Throwers Club	33.48m	42.79m 57.76% 721
2 Enrico Toscano	M73 Throwers Club	15.75m	20.13m 27.17% 274

M75 Discus Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Bakhshish Dhillon	M76 British Columbia	27.27m	39.08m 52.76% 646
2 David Morris	M76 Throwers Club	24.42m	34.99m 47.24% 563

W30 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Laura Sivers	W31 Brockville Legio	19.04m	19.04m 24.73% 260

W35 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Marie-Josée Le Jour	W35 UTTC	45.49m	49.77m 64.64% 927

W50 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Elizabeth Hill	W53 Throwers Club	33.65m	43.19m 56.10% 781
2 Deborah Ecklund	W54 United State	16.57m	21.27m 27.63% 307

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M45 Hammer Throw Weight Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M49 New Brunswick	34.02m	42.17m 48.62%	548

M55 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jack Urbanowicz	M56 Unattached	22.57m	29.66m 34.20%	345

M60 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Ray Bzibziak	M60 United State	33.92m	44.37m 51.16%	584
2 Bill Pearson	M62 Throwers Club	33.74m	44.13m 50.89%	580

M70 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M70 Throwers Club	32.56m	49.24m 56.77%	664
2 Enrico Toscano	M73 Throwers Club	15.87m	24.00m 27.67%	255

M75 Hammer Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bakhshish Dhillon	M76 British Columbia	32.55m	56.20m 64.80%	779
2 David Morris	M76 Throwers Club	25.14m	43.41m 50.05%	568

W30 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Laura Sivers	W31 Brockville Legio	25.25m	25.25m 34.59%	387

W35 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Marie-Josée Le Jour	W35 UTTC	32.99m	35.03m 48.00%	572

W50 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Elizabeth Hill	W53 Throwers Club	20.40m	26.81m 36.74%	416
2 Deborah Ecklund	W54 United State	9.18m	12.06m 16.53%	143

M40 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Andrew Justason	M42 New Brunswick	37.57m	40.80m 41.44%	454
2 Matthew Scholes	M44 Australia	25.78m	28.00m 28.44%	271

M45 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
------	----------	--------	-------------	--------

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

1 Paul Gautier	M49 New Brunswick	36.68m	42.97m	43.64%	485
----------------	-------------------	--------	--------	--------	-----

M55 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jerzy Dabrowa	M56 Unattached	28.80m	38.53m 39.13%	421
2 Bruce Urch	M59 Unattached	24.51m	32.79m 33.30%	339

M55 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Jack Urbanowicz	M56 Unattached	18.78m	25.12m 25.52%	231

M60 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Ralph Cilevitz	M60 Throwers Club	29.74m	42.05m 42.70%	472

M60 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M62 Throwers Club	33.05m	46.73m 47.45%	540
2 Ray Bzibziak	M60 United State	27.16m	38.40m 38.99%	419

M65 Javelin Throw Outdoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Roland Delhomeau	M69 Saskatchewan	25.47m	39.78m 40.40%	439

M70 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M70 Throwers Club	19.78m	33.23m 33.74%	345
2 Enrico Toscano	M73 Throwers Club	11.58m	19.45m 19.75%	154

M75 Javelin Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Bakhshish Dhillon	M76 British Columbia	21.51m	40.72m 41.35%	453
2 David Morris	M76 Throwers Club	18.69m	35.38m 35.93%	376

W30 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Laura Sivers	W31 Brockville Legio	9.57m	9.57m 40.55%	467

W35 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Marie-Josée Le Jour	W35 UTTC	16.61m	18.14m 76.86%	998

W50 Weight Throw Weight Pentathlon

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

Name	Age Team	Finals	Age-Grading Points
1 Elizabeth Hill	W53 Throwers Club	9.81m	11.59m 49.15% 590
2 Deborah Ecklund	W54 United State	5.20m	6.14m 26.05% 261

M45 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Paul Gautier	M49 New Brunswick	12.61m	14.74m 57.03% 720

M55 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Jack Urbanowicz	M56 Unattached	8.44m	9.47m 36.63% 422

M60 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Ray Bzibziak	M60 United State	12.89m	13.43m 51.95% 645
2 Bill Pearson	M62 Throwers Club	11.66m	12.15m 47.00% 573

M70 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 John Kasperski	M70 Throwers Club	13.43m	15.32m 59.24% 753
2 Enrico Toscano	M73 Throwers Club	6.45m	7.35m 28.45% 305

M75 Weight Throw Weight Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Bakhshish Dhillon	M76 British Columbia	11.76m	14.44m 55.87% 703
2 David Morris	M76 Throwers Club	10.74m	13.19m 51.02% 632

M40 Outdoor Pentathlon Sun - 8:30

Name	Age Team	Finals
1 Andrew Justason	M42 New Brunswick	2707
2 Matthew Scholes	M44 Australia	2000

M55 Outdoor Pentathlon Sun - 8:30

Name	Age Team	Finals
1 Bruce Urch	M59 Unattached	2304
2 Jerzy Dabrowa	M56 Unattached	1760

M60 Outdoor Pentathlon Sun - 8:30

Name	Age Team	Finals
1 Ralph Cilevitz	M60 Throwers Club	2274

M65 Outdoor Pentathlon Sun - 8:30

Name	Age Team	Finals
1 Roland Delhomeau	M69 Saskatchewan	2099

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W30 Weight Pentathlon Friday - Ham**

Name	Age Team	Finals
1 Laura Sivers	W31 Brockville Legio	2063

W35 Weight Pentathlon Friday - Ham

Name	Age Team	Finals
1 Marie-Josée Le Jour (MJ holds the World Record at 4047pts)	W35 UTTC	4033

W50 Weight Pentathlon Friday - Ham

Name	Age Team	Finals
1 Elizabeth Hill	W53 Throwers Club	3132
2 Deborah Ecklund	W54 United State	1274

M45 Weight Pentathlon Friday - Ham

Name	Age Team	Finals
1 Paul Gautier	M49 New Brunswick	3311

M55 Weight Pentathlon Friday - Ham

Name	Age Team	Finals
1 Jack Urbanowicz	M56 Unattached	1825

M60 Weight Pentathlon Friday - Ham

Name	Age Team	Finals
1 Bill Pearson	M62 Throwers Club	3172
2 Ray Bzibziak	M60 United State	2896

M70 Weight Pentathlon Friday - Ham

Name	Age Team	Finals
1 John Kasperski	M70 Throwers Club	3303
2 Enrico Toscano	M73 Throwers Club	1345

M75 Weight Pentathlon Friday - Ham

Name	Age Team	Finals
1 Bakhshish Dhillon	M76 British Columbia	3245
2 David Morris	M76 Throwers Club	2761

M30 1500 Meter Race Walk Sat - 10:00

Name	Age Team	Finals	Age-Grading
1 Jocelyn Ruest	M34 Quebec	6:40.48	6:33.96 78.44%
Old MR 7:42.69 Jean Pierre Fortin ON 2010)			

MR

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 1500 Meter Race Walk Sat - 10:00**

Name	Age Team	Finals	Age-Grading	
1 Dmitry Babenko	M41 British Columbia	6:14.48	5:51.42 87.93%	CAN, MR
(old CAN 6:33.77 Dmitry 2013, old MR 6:34.18 Dmitry 2013)				

M45 1500 Meter Race Walk Sat - 10:00

Name	Age Team	Finals	Age-Grading
1 Jianping Xu	M48 Harbour Track	6:58.47	6:10.98 83.29%

W45 1500 Meter Race Walk Sat - 10:00

Name	Age Team	Finals	Age-Grading	
1 Becky Sillito	W46 Alberta	7:47.96	7:09.36 78.49%	MR
(no previous record)				

M50 1500 Meter Race Walk Sat - 10:00

Name	Age Team	Finals	Age-Grading
1 Lawrence Malek	M54 Toronto Race Wal	8:18.72	6:59.93 73.58%

W55 1500 Meter Race Walk Sat - 10:00

Name	Age Team	Finals	Age-Grading
1 Nicole Begin	W55 Quebec	8:46.05	7:27.15 75.37%

W60 1500 Meter Race Walk Sat - 10:00

Name	Age Team	Finals	Age-Grading	
1 Kris Kozell	W61 Ontario RaceWalkers	8:19.71	6:40.97 84.05%	CAN, MR
(old CAN 8:36 Ann Marie Rosenitch ON 2005, old MR 8:53 Lina Liscio ON 2011)				
2 Teresa Chiozza	W63 Alberta	9:09.02	7:11.26 78.14%	

M65 1500 Meter Race Walk Sat - 10:00

Name	Age Team	Finals	Age-Grading
1 John Kittredge	M69 Ontario RaceWalkers	8:37.20	6:13.42 82.75%

W80 1500 Meter Race Walk Sat - 10:00

Name	Age Team	Finals	Age-Grading	
1 Jean Horne	W81 Ontario RaceWalkers	11:09.82	6:49.60 82.28%	MR
(old MR 12:04 June-Marie Provost ON 2013)				

M30 5000 Meter Race Walk Sun - 9:00

Name	Age Team	Finals	Age-Grading	
1 Jocelyn Ruest	M34 Quebec	25:24.61	25:02.97 71.70%	MR
(old MR 28:12 Jean Pierre Fortin ON 2010)				

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**W35 5000 Meter Race Walk Sun - 9:00**

Name	Age Team	Finals	Age-Grading
1 Sarah Raetsen	W38 Ontario RaceWalkers	32:30.29	31:43.49 62.36%

M40 5000 Meter Race Walk Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Dmitry Babenko (old MR 23:50 Dmitry 2013)	M41 British Columbia	22:52.56	21:33.37 83.32% MR

M45 5000 Meter Race Walk Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Jianping Xu	M48 Harbour Track	24:46.05	22:03.63 81.41%

W45 5000 Meter Race Walk Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Becky Sillito	W46 Alberta	27:39.52	25:22.62 77.96%

M50 5000 Meter Race Walk Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Lawrence Malek	M54 Toronto Race Wal	30:41.66	25:58.79 69.13%

W55 5000 Meter Race Walk Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Nicole Begin	W55 Quebec	31:23.52	26:31.77 74.57%

W60 5000 Meter Race Walk Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 Kris Kozell	W61 Ontario RaceWalkers	30:24.15	24:03.27 82.24%
2 Teresa Chiozza	W63 Alberta	32:18.13	24:56.82 79.30%
3 Jacqueline Silverberg	W63 Ontario RaceWalkers	33:42.77	26:02.19 75.98%

M65 5000 Meter Race Walk Sun - 9:00

Name	Age Team	Finals	Age-Grading
1 John Kittredge	M69 Ontario RaceWalkers	30:48.73	22:21.81 80.31%
2 Patrick King	M67 Unattached	31:45.66	23:36.10 76.10%