

# CMAA Outdoor Championship

22/23 July 2006

## Dieppe, New Brunswick

Relays at the bottom of the page

### Track Results

#### Women

#### 100 metres

##### W30 Results Finals

1 Paraiso, Frederique	W31 Vancouver Thunde	13.60	-2.0	13.60	79.34%	2
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##### W45 Results Finals

1 Freeman, B.J.	W47 University of Ca	14.34	-2.0	12.67	85.22%	2
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2 Lauridsen, Susanne	W48 Calgary Spartans	14.79	-2.0	12.93	83.50%	2
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##### W50 Results Finals

1 Del Grande, Karla	W53 Etobicoke	13.48	-2.1	11.19	96.44%	1
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2 Graczyk, Elizabeth	W54 Throwers Club	16.33	-2.1	13.42	80.47%	1
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##### W55 Results Finals

1 Trott, Rhona	W58 Hamilton Olympic	15.95	-2.1	12.60	85.64%	1
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##### W60 Results Finals

1 Radcliffe, Marg	W64 Nanaimo	17.30	-2.1	12.92	83.53%	1
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##### W70 Results Finals

1 Reed, Louise	W71 Kajacks Track Club	17.75	-2.1	12.40	87.04%	1
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##### W80 Results Finals

1 McLeod-Smith, Doreen	W80 Nor Westers T & F	22.73	-2.1	14.20	76.02%	1
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#### 200 metres

##### W30 Results Finals

1 Paraiso, Frederique	W31 Vancouver Thunde	27.45	-0.6	27.45	77.74%	2
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##### W45 Results Finals

1 Freeman, B.J.	W47 University of Ca	30.01	-0.6	26.05	81.94%	2
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2 Lauridsen, Susanne	W48 Calgary Spartans	30.45	-0.6	26.13	81.67%	2
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3 Etter, Christina	W46 Run Nova Scotia	32.76	-0.6	28.76	74.21%	2
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##### W50 Results Finals

1 Del Grande, Karla	W53 Etobicoke	27.14	-0.3	22.03	96.87%	1
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2 Graczyk, Elizabeth	W54 Throwers Club	34.03	-0.3	27.32	78.11%	1
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##### W55 Results Finals

1 Trott, Rhona	W58 Hamilton Olympic	33.31	-0.3	25.65	83.19%	1
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##### W60 Results Finals

1 Radcliffe, Marg	W64 Nanaimo	36.38	-0.3	26.39	80.90%	1
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##### W70 Results Finals

1 Reed, Louise	W71 Kajacks Track Club	37.04	-0.3	25.16	84.83%	1
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##### W80 Results Finals

1 McLeod-Smith, Doreen	W80 Nor Westers T & F	50.86	-0.3	30.15	70.78%	1
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#### 400 metres

##### W30 Results Finals

1 Paraiso, Frederique	W31 Vancouver Thunde	1:00.02		1:00.02	79.31%	
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##### W45 Results Finals

1 Lauridsen, Susanne	W48 Calgary Spartans	1:08.11		56.88	83.69%	
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2 Etter, Christina	W46 Run Nova Scotia	1:09.34		59.07	80.59%	
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3 Macpherson, Ena	W47 Nova Scotia	1:13.98		1:02.41	76.28%	
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4 Willis, Katherine	W47 Etobicoke	1:16.29		1:04.36	73.97%	
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##### W50 Results Finals

1 Del Grande, Karla	W53 Etobicoke	1:01.49		48.93	97.28%	
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##### W70 Results Finals

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1 Horne, Jean	W73 Ontario	1:22.11	50.67	93.93%
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800 metres

W40 Results Finals

1 Hoyt-d'Eon, Janet	W43 Nova Scotia	2:47.69	2:38.82	71.33%
2 Gauthier, Nathalie	W41 Atlanta Track Club	3:00.67	2:54.13	65.05%

W45 Results Finals

1 De Boer, Linda	W47 Etobicoke	2:35.13	2:21.93	79.82%
2 Willis, Katherine	W47 Etobicoke	2:50.88	2:36.34	72.46%

W50 Results Finals

1 Northcott, Clara	W51 Etobicoke	2:47.68	2:27.66	76.72%
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W65 Results Finals

1 Saunders, Barbara	W66 British Columbia	3:24.57	2:21.02	80.33%
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W70 Results Finals

1 Horne, Jean	W73 Ontario	3:14.85	1:55.04	98.47%
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W75 Results Finals

1 Montgomery, Lenore	W76 British Columbia	3:44.00	2:02.53	92.45%
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1500 metres

W40 Results Finals

1 Hiscock, Tammy	W44 Nova Scotia	5:17.99	5:02.41	76.21%
2 Gauthier, Nathalie	W41 Atlanta Track Club	5:41.76	5:41.76	67.43%
3 Hoyt-d'Eon, Janet	W43 Nova Scotia	5:43.98	5:34.28	68.94%

W45 Results Finals

1 Macpherson, Ena	W47 Nova Scotia	5:18.04	4:45.10	80.84%
2 De Boer, Linda	W47 Etobicoke	5:25.22	4:51.53	79.05%

W50 Results Finals

1 Northcott, Clara	W51 Etobicoke	5:43.89	4:45.92	80.61%
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W65 Results Finals

1 Saunders, Barbara	W66 British Columbia	7:00.59	4:35.53	83.64%
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W70 Results Finals

1 Horne, Jean	W73 Ontario	6:52.29	4:05.89	93.73%
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W75 Results Finals

1 Montgomery, Lenore	W76 British Columbia	7:11.65	4:05.31	93.95%
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5000 metres

W35 Results Finals

1 MacDonald, Linda	W39 Unattached	21:12.07	20:21.57	70.70%
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W40 Results Finals

1 Hiscock, Tammy	W44 Nova Scotia	19:14.47	17:43.39	81.22%
2 Gauthier, Nathalie	W41 Atlanta Track Club	21:14.41	20:03.94	71.74%

W45 Results Finals

1 Blanchard, Patty	W48 New Brunswick	18:57.42	16:51.63	85.38%
2 Carson, Sherry	W49 Nova Scotia	19:39.62	17:19.72	83.07%

W50 Results Finals

1 Northcott, Clara	W51 Etobicoke	21:33.73	18:39.34	77.16%
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W75 Results Finals

1 Montgomery, Lenore	W76 British Columbia	25:47.56	16:22.24	87.93%
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10,000 metres

W35 Results Finals

1 Gautreau, Nicole	W35 New Brunswick	45:13.35	45:06.30	66.33%
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W45 Results Finals

1 Carson, Sherry	W49 Nova Scotia	40:55.30	36:18.35	82.40%
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W75 Results Finals

1 Montgomery, Lenore	W76 British Columbia	54:12.57	34:41.32	86.24%
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### 1500m Racewalk

W30 Results Finals					
1 Raetsen, Sarah	W30 Etobicoke	8:32.76	8:32.76	66.89%	
W35 Results Finals					
1 McBurney, Tracey	W38 Ontario Race Wal	9:34.57	9:20.79	60.10%	
W45 Results Finals					
1 Cashman, Katherine	W45 Etobicoke	7:40.57	6:54.79	82.69%	
2 Archibald, Sandy	W47 Bytown Racewalkers	9:21.98	8:17.86	68.90%	
W50 Results Finals					
1 Whalen, Lily	W54 Etobicoke	8:48.41	7:20.28	77.91%	
2 Fossberg, Mette	W54 Uaav	10:00.99	8:20.75	68.50%	
W55 Results Finals					
1 Wright, Sharon	W56 Bytown Racewalkers	9:09.38	7:29.23	76.35%	
W65 Results Finals					
1 Rosenitsch, Ann Marie	W65 Ontario Race Wal	8:46.00	6:31.87	87.53%	
2 Christensen, Joan	W66 Scarborough Masters	9:09.36	6:44.61	84.78%	
W70 Results Finals					
1 Provost, June-Marie	W73 London Pacers At	10:16.20	6:56.74	82.31%	

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### 5000m Racewalk

W30 Results Finals					
1 Raetsen, Sarah	W30 Etobicoke	31:31.68	31:31.69	64.33%	
W35 Results Finals					
1 McBurney, Tracey	W38 Ontario Race Wal	33:11.72	31:35.33	64.21%	
W45 Results Finals					
1 Cashman, Katherine	W45 Etobicoke	27:26.11	24:45.78	81.91%	
2 Archibald, Sandy	W47 Bytown Racewalkers	33:22.76	29:38.26	68.44%	
W50 Results Finals					
1 Whalen, Lily	W54 Etobicoke	30:35.93	25:33.37	79.37%	
W55 Results Finals					
1 Wright, Sharon	W56 Bytown Racewalkers	32:24.81	26:34.17	76.34%	
W65 Results Finals					
1 Rosenitsch, Ann Marie	W65 Ontario Race Wal	32:04.28	23:57.44	84.66%	
2 Christensen, Joan	W66 Scarborough Masters	32:07.53	23:43.49	85.49%	
W70 Results Finals					
1 Provost, June-Marie	W73 London Pacers At	34:44.15	23:33.68	86.09%	

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### High hurdles

W45 Results Finals					
1 Freeman, B.J.	W47 University of Ca	13.94	-5.8	14.20	86.01%
W55 Results Finals					
1 Trott, Rhona	W58 Hamilton Olympic	17.32	-5.8	16.63	73.44%

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### Men

#### 100 metres

M35 Results Finals					
1 Crepsac, Malik	M39 Unattached	11.59	-0.1	11.15	87.83% 3
M40 Results Finals					
1 St.Pierre, Michel	M41 Energie	12.60	-0.1	11.95	81.98% 3
M45 Results Finals					
1 Papoulidis, Panagiotis	M45 Fredericton Legi	12.72	-0.1	11.73	83.49% 3
2 Jennet, Terry	M45 Calgary Spartans	12.96	-0.1	12.04	81.33% 3
3 Loh, Lawrence	M48 Ottawa Lions Tra	13.21	-0.1	11.94	81.98% 3
4 Rinzler, Jeff	M47 New Brunswick	13.23	-0.1	12.04	81.33% 3
5 Roblin, Blair	M48 Ontario	13.28	-0.1	12.01	81.55% 3
6 O'Brien, Kevin	M47 Nova Scotia	15.50	-0.1	14.11	69.42% 3

M50 Results Finals						
1 Boyd, Barry	M54 Uaav	12.78	-1.8	11.18	87.56%	2
M55 Results Finals						
1 *Jermacans, Viddy	M58 Queensland Maste	13.86	-1.8	11.75	83.33%	2
M60 Results Finals						
1 Birring, Sewa	M60 British Columbia	13.83	-1.8	11.58	84.60%	2
2 Furlong, Dennis	M60 New Brunswick	14.56	-1.8	12.19	80.36%	2
M65 Results Finals						
1 Stern, David	M66 Etobicoke	14.36	-1.8	11.59	84.47%	2
2 Armstrong, Merv	M67 Alberta	14.55	-1.8	11.68	83.85%	2
M70 Results Finals						
1 Dunn, Dave	M70 Edmonton Masters	14.33	-0.1	11.30	86.67%	1
2 Aadmi, Andy	M70 Kajacks Track Club	14.40	-0.1	11.35	86.25%	1
3 Sharma, Dev	M70 Masters Sprint Club	15.37	-0.1	12.12	80.81%	1
4 Poonia, Kesar Singh	M72 Masters Sprint Club	15.83	-0.1	12.19	80.35%	1
5 Wardle, Ray	M73 Ottawa Lions Tra	16.08	-0.1	12.23	80.10%	1
M75 Results Finals						
1 Mitchell, Ross	M78 Nova Scotia	17.10	-0.1	12.15	80.58%	1
2 Thompson, Bill E.	M76 Hamilton Olympic	17.57	-0.1	12.85	76.21%	1

#### 200 metres

M35 Results Finals						
1 Crepsac, Malik	M39 Unattached	23.14	-0.1	21.63	89.33%	5
2 Leblanc, Marc	M35 Quebec	24.84	-0.1	23.95	80.68%	5
M40 Results Finals						
1 St.Pierre, Michel	M41 Energie	25.11	-0.1	23.12	83.59%	5
M45 Results Finals						
1 Jennet, Terry	M45 Calgary Spartans	25.46	-0.1	22.75	84.92%	5
2 Papoulidis, Panagiotis	M45 Fredericton Legi	25.80	-0.1	23.06	83.80%	5
3 Loh, Lawrence	M48 Ottawa Lions Tra	26.33	-0.1	23.03	83.90%	5
4 Lanteigne, John	M48 Unattached	29.59	-0.1	25.88	74.65%	5
M50 Results Finals						
1 Boyd, Barry	M54 Uaav	26.28	-0.8	22.04	87.67%	4
M55 Results Finals						
1 *Jermacans, Viddy	M58 Queensland Maste	28.27	-0.8	23.07	83.76%	4
2 Carter, Michael	M56 Etobicoke	28.47	-0.8	23.55	82.05%	4
M60 Results Finals						
1 Birring, Sewa	M60 British Columbia	27.44	-0.4	22.09	87.46%	3
2 Furlong, Dennis	M60 New Brunswick	29.83	-0.4	24.02	80.46%	3
M65 Results Finals						
1 Stern, David	M66 Etobicoke	29.28	-0.4	22.64	85.35%	3
M70 Results Finals						
1 Dunn, Dave	M70 Edmonton Masters	28.91	0.3	21.65	89.24%	1
2 Aadmi, Andy	M70 Kajacks Track Club	29.70	0.3	22.24	86.87%	1
3 Sharma, Dev	M70 Masters Sprint Club	31.02	0.3	23.23	83.17%	1
4 Wardle, Ray	M73 Ottawa Lions Tra	33.31	0.3	23.82	81.12%	1
5 Poonia, Kesar Singh	M72 Masters Sprint Club	34.80	0.3	25.28	76.44%	1
M75 Results Finals						
1 Thompson, Bill E.	M76 Hamilton Olympic	38.62	0.3	26.31	73.46%	1

#### 400 metres

M35 Results Finals						
1 Crepsac, Malik	M39 Unattached	51.82		48.82	88.46%	4
M40 Results Finals						
1 St.Pierre, Michel	M41 Energie	56.61		52.57	82.16%	4
2 D'Eon, Norman	M42 Unattached	1:07.22		1:01.98	69.68%	4
3 Gagnon, Marcel	M42 Fil-oup	1:15.94		1:10.01	61.68%	4
M45 Results Finals						
1 Jennet, Terry	M45 Calgary Spartans	57.31		51.72	83.51%	3
2 Loh, Lawrence	M48 Ottawa Lions Tra	57.74		51.05	84.60%	3
3 Solomon, Livienne	M49 Ontario	58.86		51.68	83.57%	3
4 Roblin, Blair	M48 Ontario	1:03.67		56.29	76.72%	3

M55 Results Finals						
1	Carter, Michael	M56 Etobicoke	1:01.20	51.29	84.20%	2
2	*Jermacans, Viddy	M58 Queensland Maste	1:05.39	54.10	79.81%	2
3	Greenshields, Duncan	M57 Ontario	1:07.24	55.99	77.13%	2
M60 Results Finals						
1	Birring, Sewa	M60 British Columbia	1:00.56	49.46	87.32%	1
2	Furlong, Dennis	M60 New Brunswick	1:09.23	56.54	76.38%	2
3	Cobbledick, Roger	M62 Ottawa Lions Tra	1:12.05	58.12	74.30%	2
4	Sutherland, Lloyd	M62 Capitol City Roa	1:14.84	1:00.37	71.53%	2
5	Burke, Joe	M63 Unattached	1:19.30	1:03.57	67.93%	2
6	Powell, John	M62 Etobicoke	1:22.74	1:06.74	64.70%	2
M65 Results Finals						
1	McIlwaine, Bill	M68 Etobicoke	1:07.01	50.65	85.26%	1
2	Vander Wal, Hylke	M68 Athletes in Action	1:11.67	54.17	79.71%	1
3	Pascoe, Jim	M68 Ontario	1:13.55	55.59	77.68%	1
M70 Results Finals						
1	Dunn, Dave	M70 Edmonton Masters	1:06.88	48.95	88.22%	1
2	Aadmi, Andy	M70 Kajacks Track Club	1:10.29	51.45	83.94%	1
3	Sharma, Dev	M70 Masters Sprint Club	1:14.43	54.48	79.27%	1
M75 Results Finals						
1	Fee, Earl	M76 Etobicoke	1:07.46	44.06	98.01%	1

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#### 800 metres

M35 Results Finals						
1	Menzies, Patrick	M36 Unattached	2:07.25	2:02.83	82.83%	
2	Menzies, Neil	M37 Nova Scotia	2:11.52	2:06.08	80.69%	
M40 Results Finals						
1	Leroux, Mike	M44 Dartmouth Athletics	2:11.93	2:00.36	84.52%	
M45 Results Finals						
1	Solomon, Liviene	M49 Ontario	2:18.41	2:01.58	83.67%	
M50 Results Finals						
1	Marshall, Thomas	M51 Brockville Legion	2:32.10	2:11.51	77.36%	
M55 Results Finals						
1	Carter, Michael	M56 Etobicoke	2:29.37	2:03.86	82.13%	
2	Greenshields, Duncan	M57 Ontario	2:39.71	2:11.25	77.51%	
M60 Results Finals						
1	Cobbledick, Roger	M62 Ottawa Lions Tra	2:44.45	2:08.97	78.88%	
2	Weston, John	M61 Ontario	2:50.74	2:15.23	75.23%	
3	Wills, Michael	M61 Run Nova Scotia	2:53.36	2:17.31	74.09%	
M65 Results Finals						
1	Pascoe, Jim	M68 Ontario	2:56.53	2:09.90	78.32%	
2	Vander Wal, Hylke	M68 Athletes in Action	3:11.10	2:22.60	70.91%	
M70 Results Finals						
1	Aadmi, Andy	M70 Kajacks Track Club	2:56.06	2:06.61	80.35%	
M75 Results Finals						
1	Fee, Earl	M76 Etobicoke	2:37.04	1:44.20	97.63%	

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#### 1500 metres

M35 Results Finals						
1	Menzies, Patrick	M36 Unattached	4:30.02	4:23.95	78.05%	
2	Menzies, Neil	M37 Nova Scotia	4:39.30	4:30.31	76.21%	
M40 Results Finals						
1	Fullarton, Jim	M41 Atlanta Track Club	4:25.27	4:06.68	83.51%	
2	Lachance, Yvan	M43 Rouge et Or - Un	4:28.66	4:05.10	84.05%	
3	Leroux, Mike	M44 Dartmouth Athletics	4:29.90	4:03.86	84.48%	
M45 Results Finals						
1	Melloy, Terry	M46 Bluenose Striders	4:53.06	4:19.86	79.27%	
2	Solomon, Liviene	M49 Ontario	4:57.75	4:16.87	80.20%	
3	Reid, Ray	M47 New Brunswick	5:16.03	4:37.70	74.18%	
4	Arseneau, Fernand	M45 South East Storm	5:18.80	4:45.24	72.22%	
M50 Results Finals						
1	Marshall, Thomas	M51 Brockville Legion	5:02.36	4:16.22	80.40%	

2 DeGrace, Claude	M52 New Brunswick	5:10.46	4:20.82	78.98%
3 LeBlanc, Mark E.	M52 New Brunswick	5:13.39	4:23.28	78.24%
<b>M60 Results Finals</b>				
1 Cobbledick, Roger	M62 Ottawa Lions Tra	5:29.91	4:14.73	80.87%
2 Wills, Michael	M61 Run Nova Scotia	5:33.69	4:19.72	79.32%
3 Weston, John	M61 Ontario	5:51.25	4:33.38	75.35%
<b>M65 Results Finals</b>				
1 Irons, Jim	M69 Toronto Olympic	6:02.60	4:24.38	77.92%
<b>M75 Results Finals</b>				
1 Witlock, Ed	M75 Milton Runners	5:26.79	3:38.50	94.28%

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#### 5000 metres

<b>M40 Results Finals</b>				
1 Moorehead, Raymond	M43 Nova Scotia	16:36.99	15:38.97	82.90%
2 Bourgeois, Gilles	M42 La Foulee	16:47.43	15:55.75	81.44%
3 Lachance, Yvan	M43 Rouge et Or - Un	16:49.16	15:50.43	81.90%
4 Fullarton, Jim	M41 Atlanta Track Club	17:10.66	16:24.80	79.04%
5 Hiscock, Dave	M44 Nova Scotia	19:00.97	17:46.81	72.96%
<b>M45 Results Finals</b>				
1 Gautreau, Gilles	M46 New Brunswick	16:35.93	15:17.36	84.85%
2 Melloy, Terry	M46 Bluenose Striders	17:35.42	16:12.15	80.07%
3 Arseneau, Fernand	M45 South East Storm	20:32.89	19:04.25	68.03%
<b>M50 Results Finals</b>				
1 Marshall, Thomas	M51 Brockville Legion	19:02.88	16:52.48	76.88%
2 DeGrace, Claude	M52 New Brunswick	19:19.77	16:59.10	76.38%
3 LeBlanc, Mark E.	M52 New Brunswick	20:16.33	17:48.79	72.83%
4 Smith, Doug	M54 Ontario	22:48.64	19:42.78	65.81%
<b>M55 Results Finals</b>				
1 Coyne, Michael	M56 New Brunswick	17:27.03	14:49.46	87.51%
2 Caissie, Raymond	M58 Unattached	18:19.45	15:17.39	84.85%
3 Breton, Gaetan	M58 Sherbrooke Club	23:43.22	19:47.54	65.55%
<b>M60 Results Finals</b>				
1 Prince, Jim	M63 Brampton Wellness	20:21.76	16:11.79	80.10%
2 Sutherland, Lloyd	M62 Capitol City Roa	20:34.26	16:31.49	78.51%
3 Burke, Joe	M63 Unattached	20:34.32	16:21.78	79.28%
4 Wills, Michael	M61 Run Nova Scotia	20:54.43	16:57.72	76.48%
<b>M65 Results Finals</b>				
1 Christensen, Vern	M65 Scarborough Masters	21:25.72	16:42.10	77.68%
<b>M70 Results Finals</b>				
1 Crichton, Ron	M70 Etobicoke	22:14.21	16:22.78	79.20%
2 Rice, Gordon	M70 Unattached	25:49.13	19:01.09	68.21%
<b>M75 Results Finals</b>				
1 Witlock, Ed	M75 Milton Runners	19:07.02	13:11.56	98.34%

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#### 10,000 metres

<b>M40 Results Finals</b>				
1 Thibodeau, Paul (Jackyl)	M43 Cheetahs Track Club	36:57.47	35:00.17	77.06%
<b>M45 Results Finals</b>				
1 Melloy, Terry	M46 Bluenose Striders	36:20.68	33:39.75	80.13%
<b>M50 Results Finals</b>				
1 Marshall, Thomas	M51 Brockville Legion	42:08.11	37:31.79	71.87%
<b>M55 Results Finals</b>				
1 Coyne, Michael	M56 New Brunswick	36:35.21	31:14.71	86.33%
2 Breton, Gaetan	M58 Sherbrooke Club	46:16.77	38:49.16	69.48%
<b>M60 Results Finals</b>				
1 Wills, Michael	M61 Run Nova Scotia	43:20.79	35:21.21	76.30%
2 Sutherland, Lloyd	M62 Capitol City Roa	44:24.88	35:51.90	75.21%
<b>M70 Results Finals</b>				
1 Crichton, Ron	M70 Etobicoke	47:19.31	35:01.95	76.99%
2 Rice, Gordon	M70 Unattached	55:07.05	40:48.21	66.10%
<b>M75 Results Finals</b>				
1 Witlock, Ed	M75 Milton Runners	39:25.16	27:20.24	98.67%

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## Steeplechase

### 3000 metres

#### M40 Results Finals

1 Bourgeois, Gilles M42 La Foulee 11:02.94 10:04.54 79.74%

#### M45 Results Finals

1 Lanteigne, John M48 Unattached 12:28.78 10:43.88 74.87%

#### M50 Results Finals

1 Smith, Doug M54 Ontario 14:17.03 11:31.29 69.74%

### 2000 metres

#### M65 Results Finals

1 Christensen, Vern M65 Scarborough Masters 8:24.39 9:09.29 87.77%

2 Vander Wal, Hylke M68 Athletes in Action 11:20.74 11:48.72 68.02%

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## 1500m Racewalk

#### M45 Results Finals

1 Grant, Chris M47 Adrenelin Rush A 7:00.70 6:15.31 82.33%

#### M50 Results Finals

1 Dinger, Hans M50 Etobicoke 7:38.40 6:39.55 77.34%

#### M60 Results Finals

-- Furlong, Dennis M60 New Brunswick DQ

#### M70 Results Finals

1 Summerhayes, Stuart M72 Etobicoke 8:49.93 6:13.23 82.79%

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## 5000m Racewalk

#### M45 Results Finals

1 Grant, Chris M47 Adrenelin Rush A 27:02.35 24:10.55 75.49%

#### M50 Results Finals

1 Dinger, Hans M50 Etobicoke 28:40.00 25:02.60 72.87%

#### M70 Results Finals

1 Summerhayes, Stuart M72 Etobicoke 31:03.93 21:56.50 83.18%

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## High Hurdles

### 80 Meter Hurdles

#### M70 Results Finals

1 Sharma, Dev M70 Masters Sprint Club 17.96 -3.1 17.85 72.33%

2 Poonia, Kesar Singh M72 Masters Sprint Club 18.95 -3.1 18.46 69.97%

### 100 metre Hurdles

#### M65 Results Finals

1 Armstrong, Merv M67 Alberta 19.47 -3.6 15.76 81.97%

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## Low hurdles

### 300 Metres Hurdles

#### M65 Results Finals

1 Vander Wal, Hylke M68 Athletes in Action 56.73 57.25 81.72%

#### M70 Results Finals

1 Sharma, Dev M70 Masters Sprint Club 1:04.35 1:03.15 74.08%

### 400 Metre Hurdles

#### M40 Results Finals

1 Gagnon, Marcel M42 Fil-oup 1:50.65 1:40.17 46.71%

#### M50 Results Finals

1 Dinger, Hans M50 Etobicoke 1:29.41 1:15.68 61.82%

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Relays

4 x 100m

Women

- 1 X-Canada 58.84
  - 1. Suzanne Lauridsen 48
  - 2. Marg Radcliffe 64
  - 3. B.J. Freeman 47
  - 4. Karla DelGrande 53
- 2 Nova Scotia 1:08.40
  - 1. Ena MacPherson 47
  - 2. Sherry Carson 48
  - 3. Janet Hoyt-Deon 43
  - 4. Christina Etter 46
- 3 Golden Girls 1:24.33
  - 1. Jean Horne 73
  - 2. Barb Saunders 66
  - 3. Lenore Montgomery 76
  - 4. Louis Reed 71

Men

- 1 Space Shuttles 49.73
  - 1. Peter Papoulidis 46
  - 2. Denis Furlong 61
  - 3. Terry Jennet 45
  - 4. Malik Crepsac 39
- 2 Quebec Team 58:17
  - 1. Michael Saint Pierre 41
  - 2. Marcel Gagnon 42
  - 3. Gaetan Breton 58
  - 4. Yvan Lachance 43
- 3 Canind Flyers 1:02.98
  - 1. Andy Aadmi 70
  - 2. Dev Sharma 70
  - 3. Kesar Punia 70
  - 4. Sewa Birring 60

4 x 400m

- The Girls 5:10.25
  - 1. Clara Northcott 51
  - 2. Sherry Carson 48
  - 3. Linda MacDonald 39
  - 4. Tammy Hiscock 44

- The Boys 4:40.77
  - 1. Sewa Birring 60
  - 2. Hans Dinger 50
  - 3. Yuan Roy 43
  - 4. Marc Boudoin 48

Note: The 4 x 400m relay was not started on the official 3 turn stager lines and therefore can not be considered for a record.

Women

Hammer throw

W55 Results Finals				
1 Trott, Rhona	W58 Hamilton Olympic	20.89m	30.60m	40.23%
W65 Results Finals				
1 Anderson, Sandy	W66 Penninsula Track	23.80m	41.94m	55.14%
W75 Results Finals				
1 Krug, Gloria A.	W75 Philadelphia Mas	14.85m	33.80m	44.45%
W80 Results Finals				
1 McLeod-Smith, Doreen	W80 Nor Westers T & F	13.73m	37.39m	49.16%

Weight throw

W65 Results Finals				
1 Anderson, Sandy	W66 Penninsula Track	9.92m	14.59m	61.81%
W75 Results Finals				
1 Krug, Gloria A.	W75 Philadelphia Mas	8.14m	15.44m	65.43%



W80 Results Finals					
1 McLeod-Smith, Doreen	W80 Nor Westers T & F	6.25m	14.16m	60.04%	

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Shot put

W30 Results Finals					
1 Findley, Ann	W31 Nova Scotia	8.86m	8.86m	38.32%	
W45 Results Finals					
1 Dabrowski, Barb	W49 Ontario	8.26m	12.10m	52.38%	
2 Freeman, B.J.	W47 University of Ca	7.69m	10.70m	46.30%	
W50 Results Finals					
1 Amerongu, Loretta	W53 University of Al	8.00m	11.73m	50.73%	
W65 Results Finals					
1 Anderson, Sandy	W66 Penninsula Track	8.04m	15.46m	66.89%	
W75 Results Finals					
1 Krug, Gloria A.	W75 Philadelphia Mas	7.15m	17.49m	75.66%	
W80 Results Finals					
1 McLeod-Smith, Doreen	W80 Nor Westers T & F	5.09m	14.69m	63.55%	

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Discus

W45 Results Finals					
1 Dabrowski, Barb	W49 Ontario	26.77m	34.38m	44.77%	
W55 Results Finals					
1 Trott, Rhona	W58 Hamilton Olympic	15.56m	23.79m	30.98%	
W65 Results Finals					
1 Anderson, Sandy	W66 Penninsula Track	18.22m	33.47m	43.59%	
W75 Results Finals					
1 Krug, Gloria A.	W75 Philadelphia Mas	14.67m	34.76m	45.26%	
W80 Results Finals					
1 McLeod-Smith, Doreen	W80 Nor Westers T & F	11.39m	32.25m	42.00%	

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Javelin

W45 Results Finals					
1 Dabrowski, Barb	W49 Ontario	29.21m	40.89m	56.02%	
2 Freeman, B.J.	W47 University of Ca	17.56m	23.21m	31.79%	
W60 Results Finals					
1 Radcliffe, Marg	W64 Nanaimo	29.19m	55.86m	76.53%	
W65 Results Finals					
1 Anderson, Sandy	W66 Penninsula Track	20.83m	41.85m	57.34%	
W75 Results Finals					
1 Krug, Gloria A.	W75 Philadelphia Mas	19.23m	49.51m	67.83%	
W80 Results Finals					
1 McLeod-Smith, Doreen	W80 Nor Westers T & F	11.59m	35.45m	48.58%	

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High jump

W30 Results Finals					
1 Findley, Ann	W31 Nova Scotia	1.55m	1.55m	74.16%	
W45 Results Finals					
1 Freeman, B.J.	W47 University of Ca	1.35m	1.61m	77.59%	
W50 Results Finals					
1 Amerongu, Loretta	W53 University of Al	1.15m	1.49m	71.43%	
W60 Results Finals					
1 Radcliffe, Marg	W64 Nanaimo	1.15m	1.75m	83.94%	
W65 Results Finals					
1 Anderson, Sandy	W66 Penninsula Track	1.15m	1.80m	86.47%	

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Long jump

W45 Results Finals					
1 Freeman, B.J.	W47 University of Ca	4.34m	-1.3	5.23m	69.66%
2 Lauridsen, Susanne	W48 Calgary Spartans	4.16m	-1.4	5.08m	67.64%
W50 Results Finals					
1 Amerongu, Loretta	W53 University of Al	3.13m	-1.4	4.10m	54.62%
W65 Results Finals					
1 Anderson, Sandy	W66 Penninsula Track	2.44m	-1.4	3.95m	52.59%
W75 Results Finals					
1 Krug, Gloria A.	W75 Philadelphia Mas	2.26m	-1.5	4.35m	57.95%

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#### Triple jump

W30 Results Finals					
1 Findley, Ann	W31 Nova Scotia	9.33m	+0.0	9.33m	61.79%
W45 Results Finals					
1 Lauridsen, Susanne	W48 Calgary Spartans	8.86m	1.1	11.21m	74.27%
W65 Results Finals					
1 Anderson, Sandy	W66 Penninsula Track	6.48m	+0.0	10.96m	72.56%
W75 Results Finals					
1 Krug, Gloria A.	W75 Philadelphia Mas	4.88m	+0.0	9.53m	63.21%

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#### Pole Vault

W65 Results Finals					
1 Anderson, Sandy	W66 Penninsula Track	1.60m		2.90m	60.38%

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#### Men

##### Hammer

M40 Results Finals					
1 Maplethorpe, Ian	M40 Unattached	60.45m		65.27m	75.25%
2 Parkinson, Richard	M42 Sisu Throws	33.63m		37.72m	43.49%
M50 Results Finals					
1 Graczyk, Jan	M53 Throwers Club	50.64m		62.90m	72.52%
2 Pearson, Bill	M54 Throwers Club	32.82m		41.68m	48.06%
M55 Results Finals					
1 Boghina, Rudy	M56 Throwers Club	29.69m		39.57m	45.62%
M65 Results Finals					
1 Simmons, Bob	M66 Prince Edward Is	40.21m		65.61m	75.64%
M70 Results Finals					
1 Muller, Emil	M71 Throwers Club	47.02m		78.23m	90.20%
2 Aadmi, Andy	M70 Kajacks Track Club	35.33m		56.92m	65.62%
3 Staveley, Bob	M72 Ottawa Lions Tra	32.51m		55.80m	64.34%
M90 Results Finals					
1 Murray, Jim	M91 British Columbia	17.29m		69.70m	80.38%

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#### Weight Throw

M40 Results Finals					
1 Maplethorpe, Ian	M40 Unattached	18.21m		19.92m	77.06%
2 Parkinson, Richard	M42 Sisu Throws	12.03m		13.54m	52.37%
M50 Results Finals					
1 Graczyk, Jan	M53 Throwers Club	10.93m		12.80m	49.50%
2 Pearson, Bill	M54 Throwers Club	9.00m		10.71m	41.46%
M55 Results Finals					
1 Boghina, Rudy	M56 Throwers Club	7.25m		8.94m	34.59%
M65 Results Finals					
1 Simmons, Bob	M66 Prince Edward Is	12.43m		16.05m	62.09%
M70 Results Finals					
1 Muller, Emil	M71 Throwers Club	16.85m		22.41m	86.68%
2 Aadmi, Andy	M70 Kajacks Track Club	14.38m		18.61m	71.97%

M90 Results Finals					
1 Murray, Jim	M91 British Columbia	7.27m	17.62m	68.13%	

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#### Shot put

M35 Results Finals					
1 Tessier, Yves	M39 Corsaire Chaparal	13.19m	13.35m	57.75%	
2 Buhlman, James	M38 Ontario	9.41m	9.41m	40.70%	
M40 Results Finals					
1 Parkinson, Richard	M42 Sisu Throws	11.56m	12.27m	53.08%	
2 Gagnon, Marcel	M42 Fil-oup	7.64m	8.10m	35.08%	
M50 Results Finals					
1 Pearson, Bill	M54 Throwers Club	10.93m	13.64m	59.02%	
M55 Results Finals					
1 *Jermacans, Viddy	M58 Queensland Maste	8.22m	11.24m	48.67%	
M60 Results Finals					
1 Birring, Sewa	M60 British Columbia	9.79m	12.43m	53.79%	
2 Furlong, Dennis	M60 New Brunswick	9.48m	12.04m	52.09%	
M65 Results Finals					
1 Simmons, Bob	M66 Prince Edward Is	8.58m	13.10m	56.67%	
M70 Results Finals					
1 Poonia, Kesar Singh	M72 Masters Sprint Club	10.61m	14.67m	63.46%	
2 Aadmi, Andy	M70 Kajacks Track Club	10.29m	13.39m	57.94%	
3 Washburn, LeRoy	M72 Unattached	7.91m	10.93m	47.31%	
M90 Results Finals					
1 Murray, Jim	M91 British Columbia	6.47m	19.76m	85.47%	

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#### Discus

M35 Results Finals					
1 Tessier, Yves	M39 Corsaire Chaparal	32.29m	32.29m	43.59%	
M40 Results Finals					
1 Maplethorpe, Ian	M40 Unattached	41.66m	41.66m	56.24%	
2 Parkinson, Richard	M42 Sisu Throws	33.44m	33.44m	45.14%	
3 Lutes, Gary	M44 British Columbia	28.27m	29.16m	39.37%	
M50 Results Finals					
1 Pearson, Bill	M54 Throwers Club	34.86m	37.45m	50.56%	
M60 Results Finals					
1 Furlong, Dennis	M60 New Brunswick	25.83m	29.01m	39.17%	
M65 Results Finals					
1 Armstrong, Merv	M67 Alberta	35.13m	46.22m	62.40%	
2 Simmons, Bob	M66 Prince Edward Is	31.00m	39.69m	53.59%	
M70 Results Finals					
1 Washburn, LeRoy	M72 Unattached	28.81m	43.10m	58.19%	
2 Aadmi, Andy	M70 Kajacks Track Club	26.68m	37.69m	50.88%	
M90 Results Finals					
1 Murray, Jim	M91 British Columbia	17.10m	53.48m	72.18%	

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#### Javelin

M40 Results Finals					
1 Parkinson, Richard	M42 Sisu Throws	50.81m	59.36m	60.28%	
2 St.Pierre, Michel	M41 Energie	42.38m	48.66m	49.42%	
3 Lutes, Gary	M44 British Columbia	37.46m	45.26m	45.96%	
M45 Results Finals					
1 St.Pierre, Peter	M47 Ontario	43.14m	55.05m	55.90%	
M50 Results Finals					
1 Finkbeiner, Michael	M52 Hamilton Olympic	47.67m	63.39m	64.37%	
2 Pearson, Bill	M54 Throwers Club	30.12m	41.58m	42.22%	
M60 Results Finals					
1 Furlong, Dennis	M60 New Brunswick	27.76m	41.09m	41.73%	
M65 Results Finals					
1 Pamerter, Fred	M67 Ontario	36.26m	62.90m	63.87%	

2 Armstrong, Merv	M67 Alberta	31.28m	54.26m	55.10%
3 Simmons, Bob	M66 Prince Edward Is	15.10m	25.55m	25.95%
M70 Results Finals				
1 Washburn, LeRoy	M72 Unattached	28.90m	53.51m	54.33%
2 Aadmi, Andy	M70 Kajacks Track Club	25.84m	45.11m	45.82%
M90 Results Finals				
1 Murray, Jim	M91 British Columbia	13.13m	52.51m	53.33%

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#### High Jump

M45 Results Finals				
1 Roblin, Blair	M48 Ontario	1.25m	1.50m	61.27%
M50 Results Finals				
1 Dinger, Hans	M50 Etobicoke	1.39m	1.70m	69.50%
M55 Results Finals				
1 *Jermacans, Viddy	M58 Queensland Maste	1.25m	1.67m	68.31%

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#### Long Jump

M35 Results Finals				
1 Leblanc, Marc	M35 Quebec	5.36m	+0.0	5.63m 62.91%
M45 Results Finals				
1 Papoulidis, Panagiotis	M45 Fredericton Legi	4.15m	-0.6	4.89m 54.68%
M50 Results Finals				
1 Boyd, Barry	M54 Uaav	5.69m	-0.6	7.53m 84.17%
M55 Results Finals				
1 *Jermacans, Viddy	M58 Queensland Maste	4.45m	+0.0	6.23m 69.64%
M60 Results Finals				
1 Furlong, Dennis	M60 New Brunswick	3.63m	-1.2	5.23m 58.45%
M65 Results Finals				
1 Armstrong, Merv	M67 Alberta	3.99m	-1.9	6.42m 71.89%
2 Vander Wal, Hylke	M68 Athletes in Action	3.29m	-1.0	5.39m 60.26%
M70 Results Finals				
1 Aadmi, Andy	M70 Kajacks Track Club	3.37m	-0.6	5.70m 63.71%
2 Poonia, Kesar Singh	M72 Masters Sprint Club	3.31m	-0.7	5.81m 65.03%

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#### Triple Jump

M35 Results Finals				
1 Leblanc, Marc	M35 Quebec	10.90m	+0.0	10.93m 60.83%
M40 Results Finals				
1 Lord, Peter	M42 Swift Athletics	12.86m	-0.1	14.27m 79.48%
2 Gagnon, Marcel	M42 Fil-oup	8.52m	+0.0	9.46m 52.66%
M45 Results Finals				
1 Jennet, Terry	M45 Calgary Spartans	10.13m	+0.0	11.73m 65.31%
M60 Results Finals				
1 Furlong, Dennis	M60 New Brunswick	8.06m	+0.0	11.60m 64.53%
M65 Results Finals				
1 Armstrong, Merv	M67 Alberta	7.87m	+0.0	12.54m 69.77%
M70 Results Finals				
1 Poonia, Kesar Singh	M72 Masters Sprint Club	7.39m	+0.0	12.65m 70.45%

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