

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M30 50 Meter Dash Sat 10:30am**

Name	Age Team	Finals	Age-Grading	H#	Points
Finals					
1 Alexandre Gbaguidi	M30 Quebec	6.16	6.17 89.94%	6	
2 Alexandre Dore	M34 Quebec	6.22	6.21 89.23%	6	
3 Lisandro Araneda	M32 Quebec	6.48	6.49 85.49%	6	
4 Bryan Griffiths	M31 Unattached Athletes	6.83	6.84 81.11%	6	

M35 50 Meter Dash Sat 10:30am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Mark Smyth	M37 Parry Sound Lege	6.39	6.23 89.05%	6	
2 Andre Mitchell	M35 UTTC	6.44	6.38 86.96%	6	
3 Michel Tourville	M36 Quebec	6.68	6.57 84.43%	6	
4 Brian Derby	M38 Ottawa Track	7.02	6.79 81.62%	6	

W35 50 Meter Dash Sat 10:30am

Name	Age Team	Finals	Age-Grading	Points
1 Khama Beckles	W36 UTTC	7.11	7.12 83.83%	

M40 50 Meter Dash Sat 10:30am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jerry Kangni	M43 Quebec	6.42	5.98 92.68%	5	
2 Scott Smyth	M41 Parry Sound Lege	6.69	6.33 87.59%	5	
3 Jason Foubert	M42 UTTC	6.72	6.30 87.95%	5	
4 Mark Hayle	M40 Unattached Athletes	6.73	6.41 86.48%	5	
5 Blaise Ambrose	M41 UTTC	7.19	6.80 81.50%	5	

M45 50 Meter Dash Sat 10:30am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Zaven Tavitian	M45 Quebec	6.52	5.99 92.64%	4	
2 Ken Kudo	M49 Unattached Athletes	6.70	5.97 92.84%	4	
3 Steve Kerr	M46 Flying Angels	6.76	6.15 90.09%	4	
4 Rick Reynolds	M45 Unattached Athletes	7.01	6.43 86.16%	4	
5 Ranjit Neele	M45 Unattached Athletes	7.82	7.18 77.24%	4	

M50 50 Meter Dash Sat 10:30am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Paul Zelmanski	M52 United State	6.89	6.02 92.16%	3	
2 Maynard McIntosh	M50 Jamaica	6.94	6.15 90.20%	3	
3 Les Neufeld	M51 Unattached Athletes	6.95	6.11 90.79%	3	
4 Mel White	M53 UTTC	7.11	6.17 89.87%	3	
5 Marino Sani	M52 Ottawa Track	7.34	6.41 86.51%	3	
6 Bryan Baldsing	M54 Unattached Athletes	7.38	6.35 87.26%	3	
7 Mark Jakubowski	M54 United State	7.68	6.61 83.85%	3	

W50 50 Meter Dash Sat 10:30am

Name	Age Team	Finals	Age-Grading	Points
1 Cindy Burt	W51 Durham Dragons	8.56	7.33 81.31%	

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M55 50 Meter Dash Sat 10:30am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Liviene Solomon	M55 Unattached Athletes	7.03	6.01 92.18%	2	
2 Ralph Cilevitz	M58 Throwers Club	7.66	6.42 86.29%	2	
3 Louis Gosselin	M55 Quebec	7.75	6.63 83.61%	2	

W55 50 Meter Dash Sat 10:30am

Name	Age Team	Finals	Age-Grading	Points
1 Karla Del Grande	W58 Mississauga Tra	7.42	5.93100.54%	

M60 50 Meter Dash Sat 10:30am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Richard Lech	M64 Unattached Athletes	7.26	5.85 94.77%	2	
2 Alexander Jozefacki	M61 Unattached Athletes	7.74	6.36 87.21%	2	

W60 50 Meter Dash Sat 10:30am

Name	Age Team	Finals	Age-Grading	Points
1 Rhona Trott	W63 Hamilton Oly	8.57	6.54 91.25%	

M70 50 Meter Dash Sat 10:30am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Mike Morris (old CAN 7.61 Mike in 2011)	M71 Unattached Athletes	7.57	5.83 95.11%	2	CAN
2 David Stern	M72 Mississauga Tra	8.06	6.16 89.95%	2	

M75 50 Meter Dash Sat 10:30am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Dev Sharma	M76 Unattached Athletes	8.63	6.39 86.79%	2	

W80 50 Meter Dash Sat 10:30am

Name	Age Team	Finals	Age-Grading	Points
1 Doreen Carmichael	W81 Unattached Athletes	11.68	7.25 82.19%	

M40 60 Meter Dash Sun 11:00am

Name	Age Team	Prelims	Age-Grading	H#
Preliminaries				
1 Jerry Kangni	M43 Quebec	7.44q	6.93 92.34%	2
2 Scott Smyth	M41 Parry Sound Lege	7.71q	7.29 87.68%	2
3 Jason Foubert	M42 UTTC	8.08q	7.58 84.28%	2
4 Francesc Macias	M40 UTTC	8.33q	7.93 80.55%	1
5 Bob Morin	M44 Temiskaming Mast	9.08q	8.39 76.21%	1
6 Richard Petko	M40 Unattached Athletes	9.20q	8.76 72.93%	1

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 60 Meter Dash Sun 11:00am**

Name	Age Team	Finals	Age-Grading	Points
Finals				
1 Jerry Kangni	M43 Quebec	7.42	6.91	92.59%
2 Scott Smyth	M41 Parry Sound Lege	7.71	7.29	87.68%
3 Jason Foubert	M42 UTTC	7.79	7.31	87.42%
4 Francesc Macias	M40 UTTC	8.45	8.05	79.41%
5 Richard Petko	M40 Unattached Athletes	8.50	8.09	78.94%
6 Bob Morin	M44 Temiskaming Mast	9.07	8.38	76.30%

M30 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Alexandre Gbaguidi	M30 Quebec	7.26	7.27	88.02%	7 MR
(old MR 7.38 Mike Weniger ON '03)					
2 Alexandre Dore	M34 Quebec	7.26	7.25	88.29%	7
3 Bryan Griffiths	M31 Unattached Athletes	7.99	8.00	79.97%	7
4 Ryan Edge	M34 Unattached Athletes	8.04	8.03	79.73%	7

W35 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Khama Beckles	W36 UTTC	8.37	8.38	82.68%

M35 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Mark Smyth	M37 Parry Sound Lege	7.43	7.24	88.29%	6
2 Andre Mitchell	M35 UTTC	7.60	7.52	85.00%	6
3 John Berardi	M37 Unattached Athletes	8.08	7.88	81.19%	6
4 Tyrone Edge	M38 Unattached Athletes	8.13	7.86	81.30%	6
5 Brian Derby	M38 Ottawa Track	8.28	8.01	79.83%	6

W40 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Reimer	W44 Temiskaming Mast	9.85	9.09	76.14%

M45 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Zaven Tavitian	M45 Quebec	7.61	6.98	91.59%	5
2 Chris Lemassif	M45 UTTC	7.79	7.15	89.47%	5
3 Tim Taschereau	M46 Unattached Athletes	7.92	7.22	88.64%	5
4 Rick Reynolds	M45 Unattached Athletes	8.15	7.48	85.52%	5
5 Eddy Renelique	M48 viva La Salsa	8.29	7.45	85.89%	5
6 Ranjit Neele	M45 Unattached Athletes	9.22	8.46	75.60%	5

W50 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Debbie Hele	W53 Unattached Athletes	9.86	8.28	83.67%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M50 60 Meter Dash Sun 11:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Maynard McIntosh (old MR 8.16 Murray Black BC 2011)	M50 Jamaica	8.11	7.18 89.03%	4	MR
2 Les Neufeld	M51 Unattached Athletes	8.26	7.26 88.01%	4	
3 Mel White	M53 UTTC	8.32	7.21 88.58%	4	
4 Marino Sani	M52 Ottawa Track	8.58	7.49 85.31%	4	

W55 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Karla Del Grande (old MR 9.56 Margaret Rhebergen BC 2011)	W58 Mississauga Tra	8.65	6.91100.12%	MR

M55 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Ralph Cilevitz	M58 Throwers Club	9.13	7.65 83.57%	4	
2 Nikola Krajnovic	M59 Unattached Athletes	11.81	9.83 65.03%	4	

W60 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Rhona Trott (old MR 10.36 Elisabeth Rollins BC 2011)	W63 Hamilton Oly	10.19	7.77 89.11%	MR

M60 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Richard Lech	M64 Unattached Athletes	8.60	6.93 92.33%	3	

M65 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Tony Powell (old MR 8.73 George Horton ON 2003)	M68 Unattached Athletes	8.63	6.78 94.32%	3	MR
2 Peter Evans	M69 Mississauga Tra	9.40	7.34 87.13%	3	

M70 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Mike Morris (old MR 9.35 Ross Mitchell NS 2003)	M71 Unattached Athletes	8.92	6.87 93.05%	2	MR
2 Tom Fokas	M73 Unattached Athletes	11.71	8.89 71.90%	2	

M75 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	H#	Points
1 Dev Sharma	M76 Unattached Athletes	10.17	7.53 84.96%	2	

M80 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	H#	Points
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Results - Age Grading: 1 Yr Indiv & 5 yr Multi

1	Bill Thompson	M82 Hamilton Oly	10.96	7.59	84.22%	2
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W80 60 Meter Dash Sun 11:00am

Name	Age Team	Finals	Age-Grading	Points
1 Doreen Carmichael	W81 Unattached Athletes	14.58	9.05 76.47%	

M30 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Alexandre Gbaguidi (old MR 24.22 Mike Weniger ON 2003)	M30 Quebec	23.59	23.60 81.90%	14	MR
2 Bryan Griffiths	M31 Unattached Athletes	25.96	25.86 74.73%	14	
-- Clayton Latham	M31 Brampton Track	DQ		14	
-- Alexandre Dore	M34 Quebec	DQ		14	

W35 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	Points
1 Khama Beckles	W36 UTTC	27.87	27.71 77.04%	

M35 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Andre Mitchell	M35 UTTC	24.81	23.92 80.77%	13	
2 Andy Bienefeld	M37 British Columbia	28.25	26.83 72.04%	13	

W40 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Carolina Ayala	W42 Ottawa Track	33.04	30.44 70.13%	2	
2 Edel Ebbs	W42 UTTC	33.72	31.06 68.71%	2	

M40 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Lawrence Williams	M41 Ottawa Track	23.83	21.94 88.08%	12	
2 Jerry Kangni	M43 Quebec	24.64	22.36 86.44%	12	
3 Curtis Moore	M44 Unattached Athletes	24.99	22.50 85.87%	10	
4 Marcus Skeete	M44 UTTC	25.21	22.70 85.12%	11	
5 Scott Smyth	M41 Parry Sound Lege	25.23	23.23 83.19%	11	
6 Mark Hayle	M40 Unattached Athletes	25.89	24.02 80.46%	12	
7 Saleem Baksh	M40 Mississauga Tra	26.13	24.24 79.72%	11	
8 Francesc Macias	M40 UTTC	26.74	24.80 77.90%	10	
-- Glen Williams	M44 Unattached Athletes	DQ		12	
-- Dale Samuel	M40 Unattached Athletes	DQ		10	

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M45 200 Meter Dash Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Ken Kudo	M49 Unattached Athletes	25.14	21.83 88.50%	9	
2 Chris Lemassif	M45 UTTC	25.17	22.49 85.90%	9	
3 Zaven Tavitian	M45 Quebec	25.43	22.73 85.02%	8	
4 Eddy Renelique	M48 viva La Salsa	26.29	23.00 84.02%	8	
5 Steve Kerr	M46 Flying Angels	26.71	23.70 81.54%	9	
6 Ranjit Neele	M45 Unattached Athletes	30.65	27.39 70.54%	8	
-- Rick Reynolds	M45 Unattached Athletes	DQ		8	

W50 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Joyce Acton	W52 Ottawa Track	33.80	27.74 76.95%	2	
2 Debbie Hele	W53 Unattached Athletes	34.58	28.07 76.03%	1	
3 Cindy Burt	W51 Durham Dragons	35.04	29.06 73.43%	2	

M50 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Andrew Bass	M50 Unattached Athletes	27.26	23.50 82.25%	7	
2 Les Neufeld	M51 Unattached Athletes	27.58	23.61 81.83%	7	
3 Glen Nivet	M50 Manitoba	27.58	23.78 81.29%	6	
4 Marino Sani	M52 Ottawa Track	28.11	23.90 80.86%	7	
5 Jacek Urbanowicz	M54 Unattached Athletes	33.46	28.06 68.86%	6	
-- Bryan Baldsing	M54 Unattached Athletes	DQ		6	
-- Maynard McIntosh	M50 Jamaica	DQ		7	

W55 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	Points
1 Karla Del Grande	W58 Mississauga Tra	28.36	21.84 97.71%	MR
(old MR 43.32 Jan Nutting AB 2011)				

M55 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Nikola Krajnovic	M59 Unattached Athletes	41.07	33.29 58.05%	5	

W60 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	Points
1 Rhona Trott	W63 Hamilton Oly	34.79	25.49 83.76%	MR
(old MR 36.05 Elisabeth Rollins BC 2011)				

M60 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Richard Lech	M64 Unattached Athletes	29.77	23.36 82.73%	5	
2 Alexander Jozefacki	M61 Unattached Athletes	30.34	24.27 79.60%	5	

M65 200 Meter Dash Sat 1:30pm

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

Name	Age Team	Finals	Age-Grading	H#	Points
1 Tony Powell (old MR 29.10 Tuomas Ukonmaanaho BC 2011)	M68 Unattached Athletes	27.90	21.24 91.00%	4	MR
2 Peter Evans	M69 Mississauga Tra	30.91	23.34 82.79%	4	
3 John Powell	M67 EtobicokeTC	38.29	29.38 65.79%	4	

M70 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Mike Morris (old MR 33.00 Dave Dunn AB 2011)	M71 Unattached Athletes	30.60	22.57 85.62%	3	MR
2 David Stern	M72 Mississauga Tra	31.45	22.85 84.58%	3	

W75 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	Points
1 Alice Cole (old CAN 45.63 Klazina Noort BC 2010 - no previous MR)	W78 Quebec	41.43	25.60 83.37%	CAN MR

M75 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Dev Sharma	M76 Unattached Athletes	34.47	23.48 82.30%	3	
-- Dave Dunn	M75 Alberta	DNF		3	

M80 200 Meter Dash Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
1 Bill Thompson	M82 Hamilton Oly	39.78	24.22 79.79%	3	

M30 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
-- Sean Kilbrick	M34 United State	DQ		8	

M35 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
3 Andre Mitchell (old MR 54.77 Aston Scott USA 2003)	M35 UTTC	54.35	52.74 81.90%	8	MR
14 Andy Bienefeld	M37 British Columbia	63.45	60.67 71.17%	8	

W40 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
18 Edel Ebbs	W42 UTTC	72.46	64.35 73.97%	2	
20 Carolina Ayala	W42 Ottawa Track	73.38	65.17 73.04%	2	

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M40 400 Meter Dash Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Lawrence Williams (old MR 57.25 Steve Williamson ON 2003)	M41 Ottawa Track	53.07	49.28 87.64%	7	MR
4 Lenroy Munro	M41 Unattached Athletes	56.20	52.19 82.76%	6	
5 Mark Hayle	M40 Unattached Athletes	56.42	52.76 81.85%	7	
6 Marcus Skeete	M44 UTTC	56.56	51.41 84.00%	7	
11 Louis Byrne	M40 Toronto Olym	61.26	57.28 75.38%	6	

M45 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
2 Michael Sherar	M48 UTTC	54.17	47.89 90.18%	5	
7 Serge Faucher	M47 Manitoba	56.72	50.49 85.53%	5	
8 Eddy Renelique	M48 viva La Salsa	57.76	51.06 84.57%	5	
9 Rick Ball	M46 OAC	60.22	53.97 80.01%	5	

W45 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
17 Ginette Jones	W45 Newmarket Huskies	70.06	60.27 78.99%	2	
-- Karen Gold	W49 Mississauga Tra	DQ		2	

W50 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading	Points
21 Joyce Acton	W52 Ottawa Track	76.82	61.71 77.14%	

M50 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
10 Maynard McIntosh	M50 Jamaica	60.75	52.97 81.53%	4	
12 Glen Nivet	M50 Manitoba	62.11	54.15 79.75%	4	

W55 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading	Points
15 Karla Del Grande (no previous MR)	W58 Mississauga Tra	66.12	50.24 94.75%	MR

M55 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
13 Steve Millward	M56 Unattached Athletes	63.31	53.06 81.39%	4	
16 Wayne Gagne	M57 Cambridge Harriers	66.29	55.20 78.23%	4	

M60 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
19 Duncan Greenshields	M63 UTTC	72.46	58.09 74.34%	3	

M65 400 Meter Dash Sun 1:30pm

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

Name	Age Team	Finals	Age-Grading H#	Points
24 John Powell	M67 EtobicokeTC	1:36.48	74.07 58.30%	3

M70 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading H#	Points
23 Jim Pascoe	M74 Rouge River RR	1:21.65	55.35 78.03%	3

W75 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading	Points
25 Alice Cole	W78 Quebec	1:39.05	54.72 87.00%	CAN MR
(old CAN 2:54 Gwendolyn Boivin SK 2010 - no previous MR)				

M75 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading H#	Points
22 Dev Sharma	M76 Unattached Athletes	1:21.37	53.15 81.26%	3

M80 400 Meter Dash Sun 1:30pm

Name	Age Team	Finals	Age-Grading H#	Points
-- Bill Thompson	M82 Hamilton Oly	DQ		3

M30 800 Meter Run Sat 11:30am

Name	Age Team	Finals	Age-Grading	Points
1 Jonathan Colford	M34 Unattached Athletes	3:08.18	3:08.19 53.73%	

M35 800 Meter Run Sat 11:30am

Name	Age Team	Finals	Age-Grading	Points
1 Travis Anderson	M35 Brantford Track	2:00.52	2:00.18 84.14%	MR
(old MR 2:06.57 Trevor Van Nest ON 2003)				
2 Jay Brecher	M38 UTTC	2:03.24	1:59.44 84.66%	
3 Michal Kapral	M39 Unattached Athletes	2:06.83	2:01.74 83.06%	
4 Josh Kramer	M37 Tri-City Track	2:11.50	2:08.68 78.58%	
5 Ming Tsai	M39 UTTC	2:13.30	2:07.95 79.02%	
6 Brian Yung	M36 Unattached Athletes	2:19.20	2:17.51 73.53%	

W40 800 Meter Run Sat 11:30am

Name	Age Team	Finals	Age-Grading	Points
1 Edel Ebbs	W42 UTTC	2:48.55	2:41.04 70.35%	

M40 800 Meter Run Sat 11:30am

Name	Age Team	Finals	Age-Grading	Points
1 Kevin Farr	M41 UTTC	2:11.80	2:04.16 81.44%	MR
(old MR 2:11.88 Doug Kennedy ON 2003)				

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

2 Mark Hayle	M40 Unattached Athletes	2:16.09	2:09.36	78.17%
3 Gary Plum	M41 UTTC	2:17.45	2:09.48	78.09%

W45 800 Meter Run Sat 11:30am

Name	Age Team	Finals	Age-Grading	Points
1 Annie Bunting	W47 UTTC	2:22.25	2:10.15	87.04% CAN MR
(old CAN 2:24.47 Annie in Boston 2010 - old MR 2:33.95 Jeannie Bezdán BC 2011)				
2 Ginette Jones	W45 Newmarket Huskies	2:39.42	2:28.31	76.38%
3 Karen Gold	W49 Mississauga Tra	2:40.96	2:24.79	78.24%

M45 800 Meter Run Sat 11:30am

Name	Age Team	Finals	Age-Grading	Points
1 Michael Sherar	M48 UTTC	2:01.94	1:47.90	93.71% MR
(old MR 2:08.65 Jim Robinson USA 2003)				
2 Serge Faucher	M47 Manitoba	2:16.95	2:02.25	82.72%
3 Christopher Webb	M46 Unattached Athletes	2:22.64	2:08.42	78.74%

W50 800 Meter Run Sat 11:30am

Name	Age Team	Finals	Age-Grading	Points
1 Heather O'Hagan	W50 Newmarket Huskies	2:38.47	2:21.33	80.15% MR
(no previous MR)				

M50 800 Meter Run Sat 11:30am

Name	Age Team	Finals	Age-Grading	Points
1 Dave Kary	M52 Ottawa Track	2:13.51	1:54.16	88.58% MR
(old MR 2:16.97 Mark Pinckard BC 2011)				
2 John Willett	M50 UTTC	2:14.63	1:57.04	86.39%
3 Glen Nivet	M50 Manitoba	2:28.66	2:09.24	78.24%
4 Alex Keeting	M54 EtobicokeTC	2:59.73	2:31.10	66.92%
5 Jacek Urbanowicz	M54 Unattached Athletes	3:09.72	2:39.50	63.39%

M55 800 Meter Run Sat 11:30am

Name	Age Team	Finals	Age-Grading	Points
1 Brent Hutchinson	M55 Brantford Track	2:30.20	2:05.21	80.75%
2 George Aitkin	M59 Cambridge Harriers	2:41.14	2:10.11	77.72%

M60 800 Meter Run Sat 11:30am

Name	Age Team	Finals	Age-Grading	Points
1 John Clarke	M60 Unattached Athletes	2:29.65	1:59.84	84.37% MR
(old MR 2:41.13 Fred Pawluk BC 2011)				
2 John De Finney	M62 Newmarket Huskies	2:29.91	1:58.24	85.52%
3 Gary Young	M60 Unattached Athletes	2:52.43	2:18.09	73.22%

M70 800 Meter Run Sat 11:30am

Name	Age Team	Finals	Age-Grading	Points
1 Chris Mackie	M71 Unattached Athletes	2:46.73	1:59.90	84.33%
2 Jim Pascoe	M74 Rouge River RR	3:22.35	2:18.88	72.81%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M30 1500 Meter Run Sun 2:15pm**

Name	Age Team	Finals	Age-Grading	Points
1 Jimmy Semes (no previous MR)	M33 Village People R	4:48.68	4:48.69	71.36% MR
2 Jonathan Colford	M34 Unattached Athletes	6:42.02	6:41.22	51.34%

M35 1500 Meter Run Sun 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Andy Bienefeld	M37 British Columbia	5:02.58	4:52.84	70.35%

W40 1500 Meter Run Sun 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Wendy Brown	W40 British Columbia	7:46.15	7:20.94	52.72%

M40 1500 Meter Run Sun 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Kevin Farr	M41 UTTC	4:40.93	4:21.24	78.86%
2 Gary Jr Cassel	M44 Cambridge Harriers	5:05.65	4:36.16	74.60%

W45 1500 Meter Run Sun 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Annie Bunting (old MR 5:16.68 Jennie Brezdan BC 2011)	W47 UTTC	4:59.49	4:21.28	88.97% MR
2 Liz Maguire	W45 Ottawa Track	5:01.23	4:29.21	86.35%

M45 1500 Meter Run Sun 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Geoff Peat (old MR 4:38:00 Fred Robbins ON 2003)	M48 Newmarket Huskies	4:25.87	3:51.50	88.99% MR
2 Scott Lockhart	M49 Unattached Athletes	4:59.55	4:18.43	79.72%
3 Rob Hanks	M49 Longboat RR	5:17.19	4:33.64	75.28%

W50 1500 Meter Run Sun 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Heather O'Hagan (old MR 6:12.2 Christine McLean ON 2003)	W50 Newmarket Huskies	5:30.90	4:38.06	83.61% MR

M50 1500 Meter Run Sun 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 John Willett (old MR 4:42.29 Bill Shaw ON 2003)	M50 UTTC	4:38.62	3:58.14	86.50% MR
2 Tim Andrew	M51 Monck Lake TC	4:53.85	4:09.01	82.73%
3 Desmond Moloney	M51 East Toronto	4:54.12	4:09.24	82.65%

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

4 James Earl	M53 East Toronto	4:56.45	4:06.86	83.45%
5 Stephen Laidlaw	M50 Unattached Athletes	5:18.79	4:32.47	75.60%
6 Glen Nivet	M50 Manitoba	5:49.16	4:58.43	69.03%
7 Alex Keeting	M54 EtobicokeTC	6:09.00	5:04.58	67.64%

M55 1500 Meter Run Sun 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Dave Olsen	M56 Saskatchewan	6:02.88	4:54.45	69.96%

M60 1500 Meter Run Sun 2:15pm

Name	Age Team	Finals	Age-Grading	Points	
1 John Helliker	M60 UTTC	5:06.64	4:00.56	85.63%	MR
(old MR 5:10.74 Dennis Featherstone ON 2003)					
2 John Clarke	M60 Unattached Athletes	5:09.93	4:03.15	84.73%	
3 Ted Paget	M60 Newmarket Huskies	5:12.11	4:04.86	84.13%	
4 Tim Payne	M61 Newmarket Huskies	5:45.47	4:28.88	76.61%	
5 Gary Young	M60 Unattached Athletes	6:22.78	5:00.30	68.60%	

M65 1500 Meter Run Sun 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Gary Cassel	M66 Cambridge Harriers	5:57.82	4:27.48	77.02%
2 Bert de Vries	M65 Longboat RR	6:06.81	4:36.43	74.52%

M70 1500 Meter Run Sun 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Chris Mackie	M71 Unattached Athletes	5:44.13	4:05.06	84.06%
2 Robert Moore	M71 Toronto Olym	6:33.50	4:40.22	73.52%
3 Frank Esson	M72 Unattached Athletes	6:54.83	4:50.88	70.82%

W30 3000 Meter Run Sat 2:15pm

Name	Age Team	Finals	Age-Grading	Points	
1 Wendy Lopez	W34 UTTC	13:30.61	13:22.67	62.47%	MR
(no previous MR)					

M35 3000 Meter Run Sat 2:15pm

Name	Age Team	Finals	Age-Grading	Points	
1 Predrag Mladenovic	M39 Unattached Athletes	9:08.81	8:42.53	84.21%	MR
(no previous MR)					
2 Andy Bienefeld	M37 British Columbia	11:04.54	10:42.08	68.53%	

W40 3000 Meter Run Sat 2:15pm

Name	Age Team	Finals	Age-Grading	Points
-- Wendy Brown	W40 British Columbia	DNF		

M40 3000 Meter Run Sat 2:15pm

Name	Age Team	Finals	Age-Grading	Points
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Results - Age Grading: 1 Yr Indiv & 5 yr Multi

Name	Age Team	Finals	Age-Grading	Points
1 Alex Coffin (old MR 9:36.40 Dave Deubelbeiss ON 2003)	M43 New Brunswick	9:25.65	8:42.67	84.18% MR
2 Francois Lecot	M41 Quebec	9:36.80	9:01.04	81.32%
3 Gary Jr Cassel	M44 Cambridge Harriers	10:51.32	9:57.20	73.68%

W45 3000 Meter Run Sat 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Liz Maguire (old MR 11:15.30 Juliette Christie BC 2011)	W45 Ottawa Track	10:43.47	9:43.70	85.90% MR
2 Tracey Snarr	W47 Newmarket Huskies	11:45.36	10:24.53	80.29%

M45 3000 Meter Run Sat 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Geoff Peat (old MR 9:55.17 Ray Pacque ON 2003)	M48 Newmarket Huskies	9:32.73	8:29.05	86.44% MR
2 Roger Moss	M48 Longboat RR	10:17.54	9:08.87	80.16%
3 Christopher Webb	M46 Unattached Athletes	10:44.77	9:42.10	75.59%
-- Gino Fillion	M47 Quebec	DNF		

W50 3000 Meter Run Sat 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Katherine Willis (no previous MR)	W53 UTTC	14:54.89	12:13.90	68.32% MR

M50 3000 Meter Run Sat 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Dave Kary (old MR 10:17.42 George Aitkin ON 2003)	M52 Ottawa Track	10:02.17	8:38.23	84.90% MR
2 James Earl	M53 East Toronto	10:24.06	8:52.70	82.60%
3 Desmond Moloney	M51 East Toronto	10:26.65	9:03.69	80.93%
4 Mark Shupe	M50 Alberta	10:30.97	9:11.91	79.72%
5 Jay Yakabowich	M50 Unattached Athletes	11:12.63	9:48.35	74.79%
6 Alex Keeting	M54 EtobicokeTC	12:52.83	10:54.21	67.26%

M55 3000 Meter Run Sat 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Jerry Kooymans (old MR 10:08.06 Paul Reimer BC 2011)	M56 Toronto Olym	10:04.72	8:23.37	87.41% MR
2 George Aitkin	M59 Cambridge Harriers	11:15.48	9:08.02	80.29%
3 Dave Olsen	M56 Saskatchewan	11:59.06	9:58.55	73.51%
4 Philip Ko	M55 Unattached Athletes	12:18.35	10:19.85	70.99%

W55 3000 Meter Run Sat 2:15pm

Name	Age Team	Finals	Age-Grading	Points
1 Lynn Kobayashi (old MR 20:20 Cathy Tedford ON 2011)	W56 UTTC	12:32.03	9:52.23	84.67% MR

M60 3000 Meter Run Sat 2:15pm

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

Name	Age Team	Finals	Age-Grading Points
1 John Clarke (old MR 11:08.60 Dennis Featherstone ON 2003)	M60 Unattached Athletes	11:01.36	8:51.94 82.72% MR
2 Richard Bailey	M63 Longboat RR	12:10.72	9:32.30 76.88%
3 Tim Payne	M61 Newmarket Huskies	12:15.38	9:46.25 75.05%
4 Gary Young	M60 Unattached Athletes	12:37.80	10:09.50 72.19%

M70 3000 Meter Run Sat 2:15pm

Name	Age Team	Finals	Age-Grading Points
1 Jack Geddes	M74 Scarborough Masters	13:02.09	9:01.45 81.26%
2 Robert Moore	M71 Toronto Olym	13:55.25	10:03.89 72.86%
3 Frank Esson	M72 Unattached Athletes	14:14.29	10:09.46 72.20%

M75 3000 Meter Run Sat 2:15pm

Name	Age Team	Finals	Age-Grading Points
1 Mike Day (no previous MR)	M77 Ottawa Track	14:36.54	9:34.93 76.53% MR
2 Richard Graves	M78 EtobicokeTC	16:44.63	10:45.48 68.17%

M35 50 Meter Hurdles Sun 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 David Valenzuela (old CAN 7.91 Neil Sander MB 1987)	M35 Unattached Athletes	7.62	7.40 84.51% CAN

W50 50 Meter Hurdles Sun 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Debbie Hele (no previous CAN record)	W53 Unattached Athletes	10.07	8.14 80.93% CAN

M55 50 Meter Hurdles Sun 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Ralph Cilevitz	M58 Throwers Club	9.80	8.09 77.35%

M60 50 Meter Hurdles Sun 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Richard Lech (old CAN 9.3ht(9.54)Max Pickl ON 1979)	M64 Unattached Athletes	9.34	7.25 86.30% CAN
-- Bill De Horn	M64 Quebec	DNF	

W60 50 Meter Hurdles Sun 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Rhona Trott	W63 Hamilton Oly	9.81	7.24 90.93%

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M35 60 Meter Hurdles Sat 10:15am**

Name	Age Team	Finals	Age-Grading Points
1 David Valenzuela	M35 Unattached Athletes	8.81	8.56 85.36%

M40 60 Meter Hurdles Sat 10:15am

Name	Age Team	Finals	Age-Grading Points
2 Yannick Le Mouel	M44 Quebec	8.97	8.09 90.30% CAN MR
(old CAN 9.11 Glenn Chipkar ON 2002 - MR 9.40 Glenn in 2003)			

M50 60 Meter Hurdles Sat 10:15am

Name	Age Team	Finals	Age-Grading Points
3 Paul Zelmanski	M52 United State	9.80	8.41 86.84% MR
(old MR 10.32 Murray Black BC 2011)			
4 Mark Jakubowski	M54 United State	10.71	9.11 80.21%

W60 60 Meter Hurdles Sat 10:15am

Name	Age Team	Finals	Age-Grading Points
-- Rhona Trott	W63 Hamilton Oly	DQ	

M60 60 Meter Hurdles Sat 10:15am

Name	Age Team	Finals	Age-Grading Points
5 Richard Lech	M64 Unattached Athletes	10.85	8.42 86.73%

M30 4x200 Meter Relay Sat 3:00pm

Team	Finals	Points
1 Quebec 'A'	1:39.56	
1) Alexandre Dore 34	2) Andrew Justason 40	
3) Michel Tourville 36	4) Alexandre Gbaguidi 30	

M35 4x200 Meter Relay Sat 3:00pm

Team	Finals	Points
1 Unattached Athletes 'B'	1:39.51	
1) Scott Smyth 41	2) Francesc Macias 40	
3) Marcus Skeete 44	4) Andre Mitchell 35	

M40 4x200 Meter Relay Sat 3:00pm

Team	Finals	Points
1 Unattached Athletes 'C'	1:38.31	CAN
1) Zaven Tavitian 45	2) Chris Lemassif 45	
3) Yannick Le Mouel 44	4) Jerry Kangni 43	

(old CAN 1:39.85 Lemassif, Sherar, White, Lawson - 2010 Kamloops)

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

2 Unattached Athletes 'A' 1:44.35
 1) Lenroy Munro 41 2) Ken Kudo 49
 3) Paul Robinson 46 4) Brian Derby 38

M35 High Jump Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Zoltan Sara (old MR 1.70 Ovidiu Negoita ON 2011)	M36 Unattached Athletes	1.90m	2.02m 82.61% MR
3 Jasbir Singh Hundal	M38 Unattached Athletes	J1.40m	1.51m 61.95%

M40 High Jump Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
2 Ovidiu Negoita	M40 Unattached Athletes	J1.60m	1.76m 72.07%

M45 High Jump Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
4 Rob Viggers	M46 Unattached Athletes	J1.40m	1.64m 66.99%

M55 High Jump Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
5 Thevarajan Sinnathurai	M58 Unattached Athletes	J1.35m	1.80m 73.77%
7 Ralph Cilevitz	M58 Throwers Club	J1.20m	1.60m 65.57%
9 Alexandr Senkevich	M57 Unattached Athletes	J1.10m	1.45m 59.46%

M60 High Jump Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
6 Bill De Horn	M64 Quebec	J1.25m	1.80m 73.53%

M70 High Jump Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
-- Frank Esson	M72 Unattached Athletes	NH	

M75 High Jump Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
8 Bob Land (old MR 1.05 Bill Mathers ON 2003)	M75 Unattached Athletes	J1.20m	2.01m 82.19% MR

M35 Pole Vault Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Dan Percival	M38 Ottawa Track	3.45m	3.71m 60.53%
-- Marcus Popp	M38 Unattached Athletes	NH	

M40 Pole Vault Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
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Results - Age Grading: 1 Yr Indiv & 5 yr Multi

1 Kevin Lake	M42 Ottawa Track	4.25m	4.81m 78.41%	MR
(old MR 3,60 Mark Schaber ON 2003)				
2 Yannick Le Mouel	M44 Quebec	4.05m	4.71m 76.70%	

M45 Pole Vault Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Paul White	M45 London Legion T&	3.65m	4.30m 70.06%

M50 Pole Vault Sat 10:00am

Name	Age Team	Finals	Age-Grading Points	
1 Paul Zelmanski	M52 United State	2.75m	3.58m 58.26%	MR
(old MR 2.60 Murray Black BC 2011)				

M55 Pole Vault Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Tony Salmon	M57 Quebec	3.05m	4.29m 69.95%

M60 Pole Vault Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Bill De Horn	M64 Quebec	2.15m	3.40m 55.56%

M65 Pole Vault Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Hugh Miller	M65 Unattached Athletes	2.75m	4.43m 72.37%

M75 Pole Vault Sat 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Bob Land	M75 Unattached Athletes	1.98m	3.92m 63.87%

M30 Long Jump Sat 1:00pm

Name	Age Team	Finals	Age-Grading Points	
1 Clayton Latham	M31 Brampton Track	7.34m	7.41m 82.84%	MR
(no previous MR)				
2 Mike Whiteley	M34 Unattached Athletes	6.32m	6.57m 73.49%	
3 Alexandre Dore	M34 Quebec	5.70m	5.93m 66.28%	

M35 Long Jump Sat 1:00pm

Name	Age Team	Finals	Age-Grading Points
1 Brian Derby	M38 Ottawa Track	5.43m	5.89m 65.90%
2 Jasbir Singh Hundal	M38 Unattached Athletes	4.70m	5.10m 57.04%

M40 Long Jump Sat 1:00pm

Name	Age Team	Finals	Age-Grading Points
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Results - Age Grading: 1 Yr Indiv & 5 yr Multi

1 Jason Robinson	M41 Unattached Athletes	6.54m	7.35m	82.16%	MR
(old MR 6.15m Walt Reynolds USA 2003)					
2 Ovidiu Negoita	M40 Unattached Athletes	5.84m	6.48m	72.55%	
3 Curtis Moore	M44 Unattached Athletes	5.81m	6.76m	75.55%	
4 Lawrence Williams	M41 Ottawa Track	3.78m	4.24m	47.49%	

M50 Long Jump Sat 1:00pm

Name	Age Team	Finals	Age-Grading	Points	
1 Andrew Bass	M50 Unattached Athletes	5.16m	6.47m	72.37%	MR
(old MR 4.55 Murray Black BC 2011)					
2 Paul Zelmanski	M52 United State	4.90m	6.31m	70.50%	
3 Mark Jakubowski	M54 United State	4.10m	5.42m	60.65%	
4 Jacek Urbanowicz	M54 Unattached Athletes	3.72m	4.92m	55.03%	

M55 Long Jump Sat 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Thevarajan Sinnathurai	M58 Unattached Athletes	4.75m	6.64m	74.33%
2 Ralph Cilevitz	M58 Throwers Club	4.51m	6.31m	70.58%

Long Jump Sat 1:00pm

Name	Age Team	Finals	Age-Grading	Points
1 Richard Lech	M64 Unattached Athletes	4.49m	6.88m	76.88%

M60**M35 Triple Jump Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
4 Jasbir Singh Hundal	M38 Unattached Athletes	J9.59m	10.04m	54.93%

M40 Triple Jump Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points	
1 Curtis Moore	M44 Unattached Athletes	12.36m	13.90m	76.01%	MR
(old MR 11.80m Kenny Jackman ON 2003)					
2 Lenroy Munro	M41 Unattached Athletes	11.89m	12.89m	70.52%	
3 Ovidiu Negoita	M40 Unattached Athletes	11.69m	12.53m	68.52%	

M55 Triple Jump Sun 1:00pm

Name	Age Team	Finals	Age-Grading	Points	
5 Thevarajan Sinnathurai	M58 Unattached Athletes	J9.35m	12.71m	69.52%	MR
(old MR 9.02 Ken Crockett BC 2011)					
6 Ralph Cilevitz	M58 Throwers Club	J8.85m	12.03m	65.80%	

M35 Shot Put Sat 10:00 am

Name	Age Team	Finals	Age-Grading	Points
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Results - Age Grading: 1 Yr Indiv & 5 yr Multi

1 Jasbir Singh Hundal M38 Unattached Athletes 7.72m 7.84m 33.93%

M45 Shot Put Sat 10:00 am

Name	Age Team	Finals	Age-Grading Points
1 Rob Viggers	M46 Unattached Athletes	10.92m	12.40m 53.66%
2 Manoharan Sethukavalar	M46 Unattached Athletes	10.06m	11.42m 49.43%

M50 Shot Put Sat 10:00 am

Name	Age Team	Finals	Age-Grading Points
1 Danny Yoisten (old MR 12.22m Bill Pearson ON 2003)	M52 Throwers Club	12.93m	15.44m 66.79% MR
2 Jacek Urbanowicz	M54 Unattached Athletes	7.41m	9.23m 39.95%

W50 Shot Put Sat 10:00 am

Name	Age Team	Finals	Age-Grading Points
1 Elizabeth Hill (old MR 9.94 Elizabeth in 2011)	W51 Throwers Club	10.67m	15.06m 66.56% MR
2 Katherine Willis	W53 UTTC	5.87m	8.59m 37.97%

M55 Shot Put Sat 10:00 am

Name	Age Team	Finals	Age-Grading Points
1 Joe Myers (old MR 12.73 John Kasperski ON 2003)	M59 United State	13.88m	19.39m 83.87% MR
2 Bill Pearson	M59 Throwers Club	11.93m	16.66m 72.08%
3 Ray Bzibziak	M57 United State	9.49m	12.64m 54.70%
4 Ralph Cilevitz	M58 Throwers Club	8.01m	10.92m 47.26%

W60 Shot Put Sat 10:00 am

Name	Age Team	Finals	Age-Grading Points
1 Rhona Trott	W63 Hamilton Oly	7.29m	13.05m 57.67%

M70 Shot Put Sat 10:00 am

Name	Age Team	Finals	Age-Grading Points
1 James Sumner	M73 Unattached Athletes	9.25m	13.09m 56.64%
2 David Morris	M73 Throwers Club	9.17m	12.98m 56.15%
3 Enrico Toscano	M71 Centro Scuola	6.37m	8.52m 36.86%

W80 Shot Put Sat 10:00 am

Name	Age Team	Finals	Age-Grading Points
1 Velta Tomsons (no previous MR)	W84 Throwers Club	6.48m	21.85m 96.57% MR
-- Doreen Carmichael	W81 Unattached Athletes	FOUL	

M85 Shot Put Sat 10:00 am

Name	Age Team	Finals	Age-Grading Points
1 Evalds Viskers (no previous MR)	M85 Throwers Club	7.74m	14.70m 63.60% MR

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M30 Weight Throw Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Jason Baines (no previous MR)	M33 Unattached Athletes	17.85m	18.11m 70.05%	MR

W30 Weight Throw Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Marie-Josée Le Jour (no previous MR)	W33 St Laurent Select	17.28m	21.27m 90.14%	MR
2 Tiffany DiRico	W31 Unattached Athletes	12.45m	14.80m 62.75%	

M45 Weight Throw Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Rob Viggers	M46 Unattached Athletes	10.20m	12.14m 46.96%	
2 Manoharan Sethukavalar	M46 Unattached Athletes	9.31m	11.08m 42.86%	

W45 Weight Throw Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Michelle Baptie (no previous MR)	W45 athletiques In	7.24m	11.26m 47.73%	MR

M50 Weight Throw Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 James Findlay (old MR 12.51m Rudy Boghina ON 2003)	M51 Unattached Athletes	14.64m	16.55m 64.01%	MR

W50 Weight Throw Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Elizabeth Hill (old CAN Liz McBlain AB 2001 - old MR 10.85m Elizabeth in 2011)	W51 Throwers Club	11.63m	14.69m 62.26%	CAN MR

M55 Weight Throw Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
1 Jim Wettenhall Old MR 15.70m Mike Duffala BC 2011)	M57 United State	18.32m	22.99m 88.89%	MR
2 Joe Myers	M59 United State	13.43m	17.49m 67.66%	
3 Bill Pearson	M59 Throwers Club	12.37m	16.11m 62.32%	
4 Ray Bzibziak	M57 United State	12.28m	15.41m 59.58%	
5 Ralph Cilevitz	M58 Throwers Club	8.98m	11.48m 44.39%	

W55 Weight Throw Sun 10:00am

Name	Age Team	Finals	Age-Grading	Points
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Results - Age Grading: 1 Yr Indiv & 5 yr Multi

1 Kathy Wetenhall **W58 United State** **11.58m** **16.71m** **70.83%** **MR**
 (old MR 7.16m Laurel Hunt BC 2011)

M60 Weight Throw Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Brock Pullen	M62 Unattached Athletes	11.57m	13.71m 53.02%

W60 Weight Throw Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Rhona Trott	W63 Hamilton Oly	10.66m	14.53m 61.58%

M70 Weight Throw Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 David Morris	M73 Throwers Club	12.08m	16.86m 65.23%
2 Enrico Toscano	M71 Centro Scuola	8.07m	10.70m 41.41%

M75 Weight Throw Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Emil Muller	M76 Unattached Athletes	15.04m	22.79m 88.16% MR
(old MR 9.45m Gerard Dumas BC 2011)			

W40 800 Meter Run Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Anita Thomas	W42 Mississauga Tra	2:52.90	2:44.90 68.70% 518

M40 1000 Meter Run Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Gary Pluim	M41 UTTC	3:02.37	2:53.93 75.03% 725
2 Andrew Justason	M40 New Brunswick	3:15.56	3:06.51 69.97% 602
3 Kasper Hinds	M43 Unattached Athletes	3:18.73	3:09.53 68.86% 574

M45 1000 Meter Run Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Paul White	M45 London Legion T&	3:58.67	3:38.29 59.79% 339

M50 1000 Meter Run Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Don Ritchie	M50 Unattached Athletes	3:58.58	3:28.88 62.48% 409

M55 1000 Meter Run Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Ralph Cilevitz	M58 Throwers Club	4:51.44	4:03.77 53.54% 178

M60 1000 Meter Run Indoor Pentathlon

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

Name	Age Team	Finals	Age-Grading Points
1 Brock Pullen	M62 Unattached Athletes	4:59.30	3:58.49 54.72% 208

W40 60 Meter Hurdles Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Anita Thomas	W42 Mississauga Tra	11.82	10.71 71.83% 585

M40 60 Meter Hurdles Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Andrew Justason	M40 New Brunswick	10.33	9.78 74.64% 583
2 Gary Pluim	M41 UTTC	11.47	10.86 67.22% 390
3 Kasper Hinds	M43 Unattached Athletes	11.92	11.29 64.68% 324

M45 60 Meter Hurdles Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Paul White	M45 London Legion T&	12.05	10.96 66.64% 374

M50 60 Meter Hurdles Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Don Ritchie	M50 Unattached Athletes	9.94	8.87 82.29% 775

M55 60 Meter Hurdles Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Ralph Cilevitz	M58 Throwers Club	12.11	10.36 70.52% 475

M60 60 Meter Hurdles Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Brock Pullen	M62 Unattached Athletes	13.16	10.94 66.72% 377

W40 High Jump Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Anita Thomas	W42 Mississauga Tra	1.28m	1.41m 67.72% 523

M40 High Jump Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Gary Pluim	M41 UTTC	1.48m	1.55m 63.25% 426
2 Kasper Hinds	M43 Unattached Athletes	1.45m	1.52m 61.97% 404
2 Andrew Justason	M40 New Brunswick	1.45m	1.52m 61.97% 404

M45 High Jump Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Paul White	M45 London Legion T&	1.42m	1.56m 63.96% 434

M50 High Jump Indoor Pentathlon

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

Name	Age Team	Finals	Age-Grading Points
1 Don Ritchie	M50 Unattached Athletes	1.39m	1.61m 65.88% 472

M55 High Jump Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Ralph Cilevitz	M58 Throwers Club	1.30m	1.59m 65.00% 457

M60 High Jump Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Brock Pullen	M62 Unattached Athletes	1.18m	1.53m 62.77% 411

W40 Long Jump Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Anita Thomas	W42 Mississauga Tra	3.47m	3.85m 51.26% 274

M40 Long Jump Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Kasper Hinds	M43 Unattached Athletes	5.70m	6.21m 69.43% 632
2 Andrew Justason	M40 New Brunswick	5.24m	5.71m 63.82% 525
3 Gary Pluim	M41 UTTC	4.87m	5.30m 59.32% 441

M45 Long Jump Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Paul White	M45 London Legion T&	4.83m	5.57m 62.32% 496

M50 Long Jump Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Don Ritchie	M50 Unattached Athletes	4.75m	5.83m 65.25% 550

M55 Long Jump Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Ralph Cilevitz	M58 Throwers Club	4.46m	5.85m 65.40% 554

M60 Long Jump Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Brock Pullen	M62 Unattached Athletes	4.14m	5.82m 65.09% 548

W40 Shot Put Indoor Pentathlon

Name	Age Team	Finals	Age-Grading Points
1 Anita Thomas	W42 Mississauga Tra	6.91m	7.67m 33.89% 378

M40 Shot Put Indoor Pentathlon

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

Name	Age Team	Finals	Age-Grading	Points
1 Andrew Justason	M40 New Brunswick	8.41m	9.36m 40.51%	447
2 Kasper Hinds	M43 Unattached Athletes	7.73m	8.60m 37.24%	402
3 Gary Pluim	M41 UTTC	7.45m	8.29m 35.89%	384

M45 Shot Put Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Paul White	M45 London Legion T&	7.83m	9.41m 40.72%	450

M50 Shot Put Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Don Ritchie	M50 Unattached Athletes	11.72m	13.73m 59.40%	712

M55 Shot Put Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Ralph Cilevitz	M58 Throwers Club	8.11m	10.30m 44.56%	504

M60 Shot Put Indoor Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M62 Unattached Athletes	9.80m	12.23m 52.92%	620

W40 Indoor Pentathlon Sat 10:00am

Name	Age Team	Finals	Points
1 Anita Thomas	W42 Mississauga Tra	2278	7

M40 Indoor Pentathlon Sat 10:00am

Name	Age Team	Finals	Points
1 Andrew Justason	M40 New Brunswick	2561	7
2 Gary Pluim	M41 UTTC	2366	5
3 Kasper Hinds	M43 Unattached Athletes	2336	4

M45 Indoor Pentathlon Sat 10:00am

Name	Age Team	Finals	Points
1 Paul White	M45 London Legion T&	2093	7

M50 Indoor Pentathlon Sat 10:00am

Name	Age Team	Finals	Points
1 Don Ritchie	M50 Unattached Athletes	2918	7

M55 Indoor Pentathlon Sat 10:00am

Name	Age Team	Finals	Points
1 Ralph Cilevitz	M58 Throwers Club	2168	7

Results - Age Grading: 1 Yr Indiv & 5 yr Multi**M60 Indoor Pentathlon Sat 10:00am**

Name	Age Team	Finals	Points
1 Brock Pullen	M62 Unattached Athletes	2164	7

M35 1500 Meter Race Walk Sat 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Jean Pierre Fortin	M36 Ontario RaceWalkers	6:59.49	6:48.34 75.67%	CAN
(old CAN 7:20.00 Paul Guimond ON 1994)				

M45 1500 Meter Race Walk Sat 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Jianping Xu	M46 Harbour Track	6:58.23	6:16.96	81.97%

M50 1500 Meter Race Walk Sat 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Lawrence Malek	M52 Toronto Race Wal	8:13.90	7:03.18	73.02%
2 Paul Holmes	M50 Unattached Athletes	8:44.55	7:37.20	67.59%

W50 1500 Meter Race Walk Sat 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Sandy Archibald	W52 Bytown Walkers	8:20.55	7:16.73	77.17%

W55 1500 Meter Race Walk Sat 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Linda Wilson	W56 Bytown Walkers	8:02.88	6:46.78	82.85%
2 Anne de Thy	W58 Ontario RaceWalkers	8:37.04	7:07.44	78.84%

M55 1500 Meter Race Walk Sat 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Ken Atkins	M56 Unattached Athletes	8:57.05	7:24.09	69.58%

W60 1500 Meter Race Walk Sat 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Lina Liscio	W62 Toronto Race Wal	8:47.97	6:59.21 80.39%	CAN
(old CAN 8:49.99 Ann Marie Rosenitch ON 2004)				
2 Sharon Wright	W62 Bytown Walkers	9:24.59	7:28.29	75.17%

M65 1500 Meter Race Walk Sat 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 John Kittredge	M67 Ontario RaceWalkers	8:01.11	5:55.55	86.91%

W75 1500 Meter Race Walk Sat 9:30am

Name	Age Team	Finals	Age-Grading	Points
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Results - Age Grading: 1 Yr Indiv & 5 yr Multi

1 Jean Horne W79 Ontario RaceWalkers 10:58.65 6:56.80 80.85%

M35 3000 Meter Race Walk Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Jean Pierre Fortin	M36 Ontario RaceWalkers	15:24.54	15:01.06 70.08%

W40 3000 Meter Race Walk Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Nataliya Botova	W40 Toronto Race Wal	18:48.33	18:06.02 64.00%

M45 3000 Meter Race Walk Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Jianping Xu (old MR 19:06.53 Ian Lamplough AB 2011)	M46 Harbour Track	14:32.65	13:08.10 80.12% MR

M50 3000 Meter Race Walk Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Lawrence Malek	M52 Toronto Race Wal	17:16.80	14:50.31 70.92%

W50 3000 Meter Race Walk Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Sandy Archibald	W52 Bytown Walkers	17:33.07	15:18.49 75.67%

M55 3000 Meter Race Walk Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Ken Atkins	M56 Unattached Athletes	18:45.10	15:32.60 67.71%

W55 3000 Meter Race Walk Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Linda Wilson (old MR 18:56.10 Tina Donkers AB 2011)	W56 Bytown Walkers	16:54.19	14:11.92 81.58% M55
2 Anne de Thy	W58 Ontario RaceWalkers	18:26.42	15:10.81 76.31%

W60 3000 Meter Race Walk Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 Lina Liscio	W62 Toronto Race Wal	18:35.65	14:39.25 79.05%
2 Sharon Wright	W62 Bytown Walkers	19:21.68	15:15.53 75.91%

M65 3000 Meter Race Walk Sun 10:00am

Name	Age Team	Finals	Age-Grading Points
1 John Kittredge	M67 Ontario RaceWalkers	16:59.07	12:34.83 83.65%