

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W30 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
Finals					
1 Lissa Waters	W32 Toronto Purs	14.05	1.0	14.05 74.66%	2

**M30 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Dree Ryan	M31 Unattached	11.02	0.6	11.02 88.84%	12
2 Howard Powell	M34 Unattached	11.60	0.6	11.57 84.66%	12
3 Andre Mitchell	M33 UTTC	11.81	0.6	11.81 82.90%	12
4 Kyle Muise	M33 Unattached	11.88	0.6	11.88 82.41%	12
5 Bryan Griffiths	M30 Take Flight Athl	12.43	0.6	12.43 78.76%	12

**M35 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Mark Smyth	M36 Parry Sound Lege	11.70	1.1	11.50 85.21%	11
2 Michel Tourville	M35 Saint Jean Olymp	12.33	1.1	12.20 80.29%	11
3 Scott Smyth	M39 Parry Sound Lege	12.46	1.1	11.99 81.70%	11
4 Hossein Radfar	M36 UTTC	12.46	1.1	12.24 80.02%	11
5 Blaise Ambrose	M39 Unattached	12.95	1.1	12.46 78.61%	11
6 Raymond Thomas	M36 Unattached	13.47	1.1	13.24 74.02%	11
7 Jasbir Singh Hundal	M35 Unattached	13.98	1.1	13.84 70.82%	11

**W35 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Lilliette Davidson	W37 Unattached	13.17	1.0	13.04 80.49%	2
2 Linda Reid	W39 Project Athletics	13.22	1.0	12.78 82.15%	2

**M40 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Samuel Brevett	M42 Jamaica	11.41	1.1	10.75 91.15%	10
2 Konstantin Mironov	M41 Perfmax Racing QC	11.66	1.1	11.06 88.59%	10
3 Paul White	M43 London Legion T&	12.95	1.1	12.11 80.85%	10

**M45 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Michael Lee Foon	M49 Space Age Techno	11.67	1.8	10.48 93.40%	9
2 Ken Kudo	M47 Unattached	11.91	1.8	10.84 90.34%	9
3 Paul Robinson, P	M45 Unattached	12.02	1.8	11.09 88.35%	9
4 Joseph Baptiste	M49 Space Age Techno	12.38	1.8	11.12 88.05%	9
5 Robb MacDonald	M45 South Simco	12.52	1.8	11.55 84.82%	9
6 Eddy Renelique	M46 viva La Salsa	12.89	1.8	11.81 82.93%	9
7 Tim Burgess	M47 UTTC	13.93	1.8	12.68 77.24%	9

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

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Bill Johnson	M52 Unattached	12.14	1.2	10.69 91.60%	8
2 Mark Pasos	M50 United State	12.15	1.2	10.84 90.37%	8
3 Cal Warren	M50 British Columbia	12.95	1.2	11.55 84.79%	8
4 Blair Roblin	M52 Mississauga Tra	13.13	1.2	11.56 84.69%	8
5 Mel White	M51 Unattached	13.24	1.2	11.74 83.46%	8
6 Hamid Bakhtiyari	M51 Mississauga Tra	13.93	1.2	12.35 79.33%	8

**M55 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ralph Cilevitz	M56 Throwers Club	13.97	1.7	11.99 81.68%	7
2 Jarmo Kokko	M59 Unattached	14.36	1.7	12.10 80.99%	7
3 Don Millar	M57 London Legion T&	14.37	1.7	12.26 79.89%	7

**W55 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Wendy Alexis	W55 Ottawa Track	13.64	1.0	11.09 94.65%	2
2 Karla Del Grande	W57 Mississauga Tra	13.83	1.0	11.03 95.16%	2

**M60 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Richard Lech	M62 Unattached	13.31	1.2	11.01 88.96%	6
2 Alexander Jozefacki	M60 Unattached	13.78	1.2	11.53 84.91%	6
3 Viddy Jermacans	M61 Australia	14.12	1.2	11.75 83.36%	6
4 Darrell Patterson	M64 Unattached	14.55	1.2	11.89 82.41%	6
5 Bernard Lachance	M60 Club Athletique	14.71	1.2	12.31 79.54%	6
6 Syl Gerritsma	M60 Unattached	15.32	1.2	12.82 76.37%	6

**M65 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Tony Powell	M66 Unattached	13.09	1.1	10.57 92.67%	5
2 Mike Morris	M69 Quebec	14.45	1.1	11.46 85.47%	5
3 Peter Evans	M68 Mississauga Tra	15.59	1.1	12.44 78.77%	5

**W65 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading
1 Carol LaFayette Boyd	W68 Excel Athletika SK	14.74	2.4	10.62 98.78%

**M70 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Dave Dunn	M74 Edmonton Masters	14.35	1.5	10.78 90.87%	4
2 Donald Chambers	M73 Australia	14.63	1.5	11.13 88.04%	4
3 Peter Tams	M70 Quebec	14.90	1.5	11.75 83.36%	4
4 Winston LaRose	M72 Unattached	15.47	1.5	11.91 82.22%	4

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****....M70 100 Meter Dash**

5	Gurdev Singh	M71 Unattached	15.82	1.5	12.33	79.46%	4
6	Dev Sharma	M74 Masters Sprint Club	15.91	1.5	11.95	81.96%	4

**W70 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading
1 Christa Bortignon	W73 Greyhounds BC	17.40	2.4	11.83 88.68%

**M75 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 Charles Agnoo	M75 Scarborough Masters	15.57	1.5	11.55	84.78%	3
2 Ray Wardle	M77 Ottawa Track	16.35	1.5	11.79	83.06%	3
3 Kesar Singh Poonia	M76 Sprint Club	17.67	1.5	12.93	75.78%	3

**W75 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading
1 Violet Darling	W78 London Pacers	26.48	2.4	16.93 61.97%

**M80 100 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 Bill E. Thompson	M80 Hamilton Oly	16.60	1.5	11.45	85.54%	3

**W30 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading
1 Lissa Waters	W32 Toronto Purs	28.58	0.7	28.58 74.67%

**M30 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 Howard Powell	M34 Unattached	23.19	1.2	22.55	85.73%	10
2 Andre Mitchell	M33 UTTC	24.00	1.2	23.52	82.13%	10
3 Kyle Muise	M33 Unattached	24.46	1.2	23.98	80.58%	10
4 Bryan Griffiths	M30 Take Flight Athl	25.08	1.2	25.08	77.03%	10

**M35 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#	
1 Lawrence Williams	M39 Ottawa Track	23.01	1.9	21.51	89.83%	9
2 Mark Smyth	M36 Parry Sound Lege	24.68	1.9	23.62	81.81%	9
3 Andrew Fraser	M38 Unattached	25.10	1.9	23.65	81.71%	9
4 Scott Smyth	M39 Parry Sound Lege	25.41	1.9	23.76	81.35%	9
5 Michel Tourville	M35 Saint Jean Olymp	26.09	1.9	25.16	76.81%	9
6 Blaise Ambrose	M39 Unattached	26.42	1.9	24.70	78.24%	9
7 Saleem Baksh	M39 Mississauga Tra	27.13	1.9	25.36	76.19%	9

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M40 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Samuel Brevett	M42 Jamaica	23.85	0.9	21.80 88.64%	8
2 Konstantin Mironov	M41 Perfmax Racing QC	23.87	0.9	21.98 87.93%	8

**M45 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Michael Lee Foon	M49 Space Age Techno	23.96	-0.5	20.81 92.86%	7
2 Ken Kudo	M47 Unattached	24.36	-0.5	21.46 90.02%	7
3 Paul Robinson, P	M45 Unattached	25.29	-0.5	22.60 85.49%	7
4 Joseph Baptiste	M49 Space Age Techno	25.64	-0.5	22.27 86.78%	7
5 Eddy Renelique	M46 viva La Salsa	26.21	-0.5	23.26 83.10%	7
6 Stephen Laidlaw	M48 Unattached	28.76	-0.5	25.16 76.81%	7

**M50 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Mark Pasos	M50 United State	24.79	1.7	21.37 90.44%	6
2 Cal Warren	M50 British Columbia	26.46	1.7	22.81 84.73%	6
3 Blair Roblin	M52 Mississauga Tra	27.05	1.7	23.00 84.03%	6
4 Hamid Bakhtiyari	M51 Mississauga Tra	29.17	1.7	24.97 77.37%	6

**M55 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Ralph Cilevitz	M56 Throwers Club	29.51	1.0	24.41 79.16%	5
2 Jarmo Kokko	M59 Unattached	29.72	1.0	24.09 80.22%	5
3 Don Millar	M57 London Legion T&	30.46	1.0	25.03 77.22%	5
4 Andre Perras	M57 Veteran Independ	34.05	1.0	27.98 69.07%	5

**W55 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading
1 Wendy Alexis	W55 Ottawa Track	28.17	0.7	22.37 95.42%
2 Karla Del Grande	W57 Mississauga Tra	28.52	0.7	22.19 96.18%

**M60 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Richard Lech	M62 Unattached	28.22	1.7	22.43 86.14%	4
2 Alexander Jozefacki	M60 Unattached	28.47	1.7	22.92 84.30%	4
3 Viddy Jermacans	M61 Australia	29.37	1.7	23.50 82.23%	4
4 Bernard Lachance	M60 Club Athletique	32.40	1.7	26.09 74.07%	4
5 John Hilliard	M64 Unattached	35.93	1.7	28.19 68.55%	4

**M65 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Tony Powell	M66 Unattached	26.89	1.2	20.80 92.93%	3
2 Peter Evans	M68 Mississauga Tra	32.72	1.2	24.90 77.60%	3

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****....M65 200 Meter Dash**

3	John Powell	M66 EtobicokeTC	38.09	1.2	29.46	65.61%	3
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**W65 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading
1 Carol LaFayette Boyd	W68 Excel Athletika SK	30.26	0.7	21.14100.99%

**M70 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Dave Dunn	M74 Edmonton Masters	29.96	1.1	21.09	91.62% 2
2 Donald Chambers	M73 Australia	30.99	1.2	22.16	87.19% 3
3 Gurdev Singh	M71 Unattached	33.05	1.2	24.38	79.27% 3
4 Dev Sharma	M74 Masters Sprint Club	33.76	1.1	23.77	81.31% 2

**M75 200 Meter Dash**

Name	Age Team	Finals	Wind	Age-Grading	H#
1 Charles Agnoo	M75 Scarborough Masters	33.16	1.1	22.97	84.14% 2
2 Ray Wardle	M77 Ottawa Track	34.47	1.1	23.09	83.70% 2
3 Kesar Singh Poonia	M76 Sprint Club	39.47	1.1	26.89	71.88% 2

**M30 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Dominic Esposito	M30 Cani	54.19	54.19	79.68% 6
2 Andre Mitchell	M33 UTTC	54.68	53.89	80.14% 6

**M35 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Lawrence Williams	M39 Ottawa Track	51.32	48.35	89.32% 6
2 Andrew Fraser	M38 Unattached	55.87	53.03	81.44% 6
3 Tony Scott	M35 Unattached	60.08	58.29	74.08% 6
4 Blaise Ambrose	M39 Unattached	63.25	59.59	72.47% 6

**M40 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Lenroy Munro	M40 Unattached	53.40	49.93	86.48% 5
2 Glen Williams	M42 Barbados	54.48	50.23	85.98% 5
3 Michel St. Pierre	M44 Energis Quebec	56.11	51.00	84.67% 5
4 Kasper Hinds	M41 Unattached	57.16	53.08	81.37% 5
5 Clint Mix	M44 Newmarket Huskies	69.69	63.34	68.17% 5

**W40 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	
1 Gwen Bailey-Mason	W43 UTTC	69.14	60.76	78.35%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M45 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Eddy Renelique	M46 viva La Salsa	57.38	51.43 83.97%	5
2 Stephen Laidlaw	M48 Unattached	64.41	56.94 75.84%	5

**W45 400 Meter Dash**

Name	Age Team	Finals	Age-Grading
1 Laurie Meloche	W49 Excel Athletika SK	66.26	54.79 86.89%
2 Heather O'Hagan	W48 Newmarket Huskies	70.50	58.88 80.85%

**M50 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Mark Pinckard	M50 Richmond Kajaks BC	58.55	51.05 84.59%	4
2 Dave Kary	M50 Ottawa Track	59.17	51.59 83.71%	4
3 Steven Millward	M54 Steve's Basement	67.54	57.35 75.30%	4

**M60 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Mike McGlynn	M60 Unattached	64.64	52.79 81.81%	3
2 Mike Carter	M61 Mississauga Tra	66.61	54.07 79.87%	3
3 Viddy Jermacans	M61 Australia	69.76	56.62 76.26%	3
4 Bernard Lachance	M60 Club Athletique	71.81	58.64 73.64%	3

**M65 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
-- John Powell	M66 EtobicokeTC	DNF		3

**M70 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Abe Bernstein	M72 United State	71.93	50.71 85.17%	2
2 Hyke Van Der Wal	M72 Action Athletics	77.54	54.66 79.00%	2
3 Winston LaRose	M72 Unattached	1:24.47	59.55 72.52%	2

**M75 400 Meter Dash**

Name	Age Team	Finals	Age-Grading	H#
1 Ray Wardle	M77 Ottawa Track	1:26.49	55.52 77.78%	2
2 Gerhard Krolow	M75 Metro Fitnes	1:31.11	60.53 71.34%	2

**M35 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Dave Tepper	M35 Newmarket Huskies	2:04.51	2:04.15 81.44%
2 Louis Byrne	M38 Toronto Olym	2:18.63	2:14.35 75.26%

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

Name	Age Team	Finals	Age-Grading
1 Kevin Farr	M40 UTTC	2:12.82	2:06.25 80.09%
2 Niegel Geohagen, Sr.	M42 Jamaica	2:20.69	2:11.34 76.98%
3 Clint Mix	M44 Newmarket Huskies	2:37.34	2:24.22 70.11%

**W40 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Annalisa Percy	W43 Ottawa Track	3:03.57	2:53.86 65.16%

**W45 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Annie Bunting	W45 UTTC	2:27.93	2:17.62 82.32%
2 Donna Dixon	W47 Calgary Roadrunn	2:33.89	2:20.80 80.46%
3 Heather O'Hagan	W48 Newmarket Huskies	2:38.10	2:23.43 78.98%

**M45 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Serge Faucher	M46 Manitoba	2:24.47	2:10.07 77.74%
2 Stephen Laidlaw	M48 Unattached	2:27.56	2:10.57 77.44%

**W50 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Joyce Acton	W50 Ottawa Track	2:52.62	2:33.95 73.58%
2 Katherine Willis	W51 EtobicokeTC	2:56.07	2:35.05 73.06%

**M50 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Chris Deighan	M50 Newmarket Huskies	2:09.65	1:52.71 89.71%
2 Dave Kary	M50 Ottawa Track	2:11.22	1:54.07 88.64%
3 Mark Pinckard	M50 Richmond Kajaks BC	2:11.52	1:54.34 88.44%
4 Ken Hawthorn	M51 Newmarket Huskies	2:19.74	2:00.49 83.92%

**M55 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Ted Paget	M59 Checkers AC	2:30.33	2:01.38 83.30%
2 Roger Tremblay	M55 Ottawa Track	2:31.31	2:06.14 80.16%

**M60 800 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Mike McGlynn	M60 Unattached	2:26.76	1:57.53 86.03%
2 Fred Pawluk	M63 Kajaks Track & F	2:34.53	2:00.94 83.61%
3 Mike Carter	M61 Mississauga Tra	2:40.39	2:07.47 79.33%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****....M60 800 Meter Run**

4 Peter Milne	M61 Edmonton Masters	3:01.10	2:23.93	70.25%
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**M65 800 Meter Run**

Name	Age Team	Finals	Age-Grading	
1 Barrie Dargie	M66 Calgary Roadrunners	2:23.48	1:49.39	92.43%

**M70 800 Meter Run**

Name	Age Team	Finals	Age-Grading	
1 Abe Bernstein	M72 United State	3:05.83	2:11.61	76.83%
2 Hyke Van Der Wal	M72 Action Athletics	3:43.57	2:38.34	63.86%

**M75 800 Meter Run**

Name	Age Team	Finals	Age-Grading	
1 Gerhard Krolow	M75 Metro Fitnes	3:32.30	2:23.39	70.51%

**M35 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	
1 Louis Byrne	M38 Toronto Olym	4:41.66	4:29.86	76.34%
2 Simon Smith	M39 Unattached	4:49.77	4:34.82	74.96%

**M40 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	
1 Kevin Farr	M40 UTTC	4:30.32	4:13.75	81.18%
2 Michael Connolly	M44 Toronto Olym	4:45.63	4:18.07	79.82%
3 Mike Wood	M42 Dryden	5:02.16	4:38.32	74.02%
4 Niegel Geohagen, Sr.	M42 Jamaica	5:04.73	4:40.69	73.39%

**W40 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	
1 Julie Maisonneuve	W41 Timmons Porcupin	5:44.85	5:22.85	72.01%
2 Annalisa Percy	W43 Ottawa Track	6:23.81	5:51.23	66.19%

**M45 1500 Meter Run**

Name	Age Team	Finals	Age-Grading	
1 John Willett	M48 UTTC	4:31.44	3:56.35	87.16%
2 Jim Fullarton	M45 Unattached	4:33.24	4:04.47	84.26%
3 Tim Andrew	M49 Monck Lake TC	4:37.93	3:59.78	85.92%
4 Harvey Foote	M45 Unattached	4:56.89	4:25.63	77.55%
5 Serge Faucher	M46 Manitoba	5:19.35	4:43.17	72.75%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W45 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Annie Bunting	W45 UTTC	5:10.24	4:37.27 83.84%
2 Donna Dixon	W47 Calgary Roadrunn	5:18.23	4:37.63 83.74%
3 Nathalie Gauthier	W45 Unattached	5:41.75	5:05.43 76.11%

**M50 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Dave Kary	M50 Ottawa Track	4:36.02	3:55.92 87.32%
2 Mark Pinckard	M50 Richmond Kajaks BC	4:45.34	4:03.89 84.47%
3 Ken Hawthorn	M51 Newmarket Huskies	4:46.18	4:02.51 84.95%
4 Carl Hubel	M53 Unattached	4:54.06	4:04.87 84.13%
5 Gary Hutchinson	M52 Brantford Track	5:51.75	4:55.51 69.71%

**W50 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Katherine Willis	W51 EtobicokeTC	5:59.73	4:58.47 77.89%

**M55 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Ted Paget	M59 Checkers AC	5:03.69	4:00.28 85.73%
2 Henry Cirocki	M57 Unattached	5:28.08	4:24.01 78.03%
3 Roger Tremblay	M55 Ottawa Track	5:41.50	4:39.39 73.73%
4 Andre Perras	M57 Veteran Independ	6:10.75	4:58.35 69.05%

**W55 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Pauline Watson	W55 Joshua Creek Run	7:07.03	5:36.03 69.18%

**M60 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Mike McGlynn	M60 Unattached	5:09.90	4:03.12 84.73%
2 Fred Pawluk	M63 Kajaks Track & F	5:14.63	4:01.01 85.48%
3 Bernard Lachance	M60 Club Athletique	5:47.83	4:32.88 75.49%

**M65 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Barrie Dargie	M66 Calgary Roadrunners	4:54.60	3:40.22 93.55%

**W65 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Tina de Geus	W66 Longboat RR	8:15.13	5:31.49 70.13%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M70 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Richard Darling	M72 London Pacers	8:21.89	5:51.93 58.53%

**M75 1500 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Gerhard Krolow	M75 Metro Fitnes	7:07.90	4:46.10 72.01%

**M35 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Joshua Kramer	M35 Unattached	16:38.27	16:17.11 77.47%

**M40 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Rodney Loeppky	M41 Physi-kult Kingston	16:24.45	15:23.42 81.98%
2 Andrew Gutzmore	M42 Jamaica	17:16.05	16:04.57 78.48%
3 Mike Wood	M42 Dryden	18:05.86	16:50.94 74.88%

**W45 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Nathalie Gauthier	W45 Unattached	20:47.03	19:03.53 75.61%

**M45 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Jim Fullarton	M45 Unattached	17:45.49	16:09.49 78.08%
2 Harvey Foote	M45 Unattached	18:39.78	16:58.89 74.30%

**W50 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Lynn Roblin	W52 Joshua Creek Run	25:47.09	21:39.87 66.52%

**M50 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Mark Ryall	M50 Unattached	17:55.14	15:40.43 80.50%
2 Carl Hubel	M53 Unattached	18:19.01	15:38.12 80.69%
3 Gary Hutchinson	M52 Brantford Track	23:25.60	20:09.66 62.58%

**W55 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Clara Northcott	W55 Mississauga Tra	23:02.13	18:35.66 77.50%
2 Pauline Watson	W55 Joshua Creek Run	25:41.82	20:44.56 69.48%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M55 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Jerry Kooymans	M55 Toronto Olym	16:41.36	14:00.65 90.05%
2 Henry Cirocki	M57 Unattached	20:45.23	17:07.82 73.65%

**M60 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Peter Milne	M61 Edmonton Masters	21:49.17	17:23.68 72.53%
2 Bernard Lachance	M60 Club Athletique	24:27.65	19:40.44 64.13%

**M65 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Robert Moore	M69 Toronto Olym	22:06.82	16:22.12 77.08%

**M70 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Jack Geddes	M73 Scarborough Masters	21:35.35	15:10.77 83.12%
2 Bob Glazier	M72 Toronto Running	22:38.32	16:09.03 78.12%
3 Richard Darling	M72 London Pacers	31:18.73	22:20.29 56.48%

**M75 5000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Ed Whitlock	M79 Milton RR	21:24.90	13:27.56 93.74%
2 Gerhard Krolow	M75 Metro Fitnes	26:34.62	18:05.62 69.73%

**M35 10000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Rory Gilfillan	M38 Unattached	35:52.96	34:25.12 76.51%
2 Alex Walters	M39 Guelph Victors	41:07.15	39:08.98 67.26%

**M40 10000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Andrew Gutzmore	M42 Jamaica	35:22.21	32:55.78 79.97%
2 Mike Wood	M42 Dryden	39:48.82	37:04.00 71.04%

**M45 10000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Jay Yakabowich	M48 Ottawa Track	42:42.79	37:57.81 69.37%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M50 10000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Marcel Boudreau	M52 Timmons Porcupin	46:24.04	39:55.95 65.94%

**W50 10000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Sherry Carson	W52 Ottawa Track	42:49.91	36:34.71 82.07%
2 Rosemary Stochel	W52 Unattached	46:23.48	39:37.10 75.77%

**W55 10000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Liz Spellen	W56 Unattached	1:01:50.35	49:57.97 60.08%
2 Cathy Tedford	W57 Runner's Life	1:14:18.80	59:11.44 50.71%

**M60 10000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Peter Milne	M61 Edmonton Masters	47:37.02	37:57.62 69.37%

**M65 10000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Robert Moore	M69 Toronto Olym	46:21.38	34:18.78 76.74%

**M75 10000 Meter Run**

Name	Age Team	Finals	Age-Grading
1 Ed Whitlock	M79 Milton RR	44:46.77	28:08.64 93.57%

**W50 80 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading
1 BJ Freeman	W51 Unattached	13.79	1.4	

**W60 80 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading
1 Rhona Trott	W61 Hamilton Oly	14.65	1.4	

**M70 80 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading
1 Donald Chambers	M73 Australia	14.98	1.4	14.44 89.45%
2 Bob Land	M73 Unattached	21.88	1.4	21.09 61.24%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M45 100 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading	H#
-- Don Ritchie	M48 Unattached	DQ	NWI		2

**M50 100 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading
1 Mark Williamson	M52 United State	14.93	1.7	14.16 91.23%
2 Mark Jakubowski	M53 United State	17.54	1.7	16.40 78.73%
3 Paul Zelmanski	M50 United State	18.94	1.7	18.46 69.96%

**M55 100 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading
1 Ralph Cilevitz	M56 Throwers Club	20.11	1.7	18.04 71.56%

**M60 100 Short Hurdles**

Name	Age Team	Finals	Wind	Age-Grading
1 Richard Lech	M62 Unattached	17.87	1.7	15.63 82.65%
2 John Hawkins	M61 West Vancouver T	18.70	1.7	16.61 77.75%

**W60 300 Long Hurdles**

Name	Age Team	Finals	Age-Grading
1 Rhona Trott	W61 Hamilton Oly	59.57	64.14 81.60%

**M60 300 Long Hurdles**

Name	Age Team	Finals	Age-Grading
1 Richard Lech	M62 Unattached	52.34	57.05 82.00%
2 Viddy Jermacans	M61 Australia	59.52	65.35 71.59%

**M70 300 Long Hurdles**

Name	Age Team	Finals	Age-Grading
1 Donald Chambers	M73 Australia	56.94	53.01 88.25%
2 Hyke Van Der Wal	M72 Action Athletics	64.58	61.43 76.15%
3 Dev Sharma	M74 Masters Sprint Club	73.27	66.79 70.04%

**M40 400 Long Hurdles**

Name	Age Team	Finals	Age-Grading
1 Glen Williams	M42 Barbados	67.06	60.23 77.68%

**M50 400 Long Hurdles**

Name	Age Team	Finals	Age-Grading
1 Kevin Sanjari	M50 Unattached	1:27.60	70.54 66.32%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M65 2000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading
1 Vern Christensen	M69 Scarborough Masters	9:27.41	9:29.63 83.15%

**M70 2000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading
1 Hyke Van Der Wal	M72 Action Athletics	12:59.59	12:20.07 64.00%

**M35 3000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading
1 Gary Pluim	M39 UTTC	10:51.90	10:02.43 78.62%

**M50 3000 Meter Steeplechase**

Name	Age Team	Finals	Age-Grading
1 Chris Deighan	M50 Newmarket Huskies	10:52.31	9:05.92 86.76%
2 Paul Roberts	M51 London Pacers	13:18.84	11:02.88 71.45%

**M30 4x100 Meter Relay**

Team	Finals
1 Canada Arm 'A'	46.33
1) Joseph Baptiste 49	2) Paul Robinson, P 45
3) Samuel Brevett 42	4) Dree Ryan 31

**M35 4x100 Meter Relay**

Team	Finals
1 Masters Lightning 'A'	48.28
1) Hossein Radfar 36	2) Michel Tourville 35
3) Scott Smyth 39	4) Mark Smyth 36

**M50 4x100 Meter Relay**

Team	Finals
2 All Star Internationals 'A'	59.45
1) Donald Chambers 73	2) Mark Jakubowski 53
3) Viddy Jermacans 61	4) Ralph Cilevitz 56

**M75 4x100 Meter Relay**

Team	Finals
1 Ontario Marvalous Masters 'A'	68.14
1) Charles Agnoo 75	2) Bill E. Thompson 80
3) Kesar Singh Poonia 76	4) Ray Wardle 77

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M40 4x400 Meter Relay**

Team	Finals
1 400 Loony Tunes 'A'	5:02.14
1) Viddy Jermacans 61	2) Kevin Sanjari 50
3) Don Millar 57	4) Ralph Cilevitz 56

**W40 4x400 Meter Relay**

Team	Finals
1 W45 Aberta Ontario combined 'A'	4:32.68
1) Annie Bunting 45	2) Donna Dixon 47
3) Wendy Alexis 55	4) Laurie Meloche 49

**M30 High Jump**

Name	Age Team	Finals	Age-Grading
1 David Valenzuela	M33 Unattached	1.84m	1.90m 77.64%

**M35 High Jump**

Name	Age Team	Finals	Age-Grading
1 Ovidiu Negoita	M38 Unattached	1.75m	1.89m 77.43%
2 Jasbir Singh Hundal	M35 Unattached	1.40m	1.47m 60.34%

**M40 High Jump**

Name	Age Team	Finals	Age-Grading
1 Paul White	M43 London Legion T&	1.55m	1.76m 72.09%

**M45 High Jump**

Name	Age Team	Finals	Age-Grading
1 Don Ritchie	M48 Unattached	1.70m	2.03m 83.33%
2 Bruce Reed	M45 Unattached	1.60m	1.85m 75.83%

**M50 High Jump**

Name	Age Team	Finals	Age-Grading
1 Mark Williamson	M52 United State	1.84m	2.30m 93.88%
2 Bill Johnson	M52 Unattached	1.55m	1.94m 79.08%
3 Nikolai Kotikov	M52 Unattached	1.45m	1.81m 73.98%
4 Kevin Sanjari	M50 Unattached	1.35m	1.65m 67.50%

**W50 High Jump**

Name	Age Team	Finals	Age-Grading
1 BJ Freeman	W51 Unattached	1.35m	1.69m 81.33%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M55 High Jump**

Name	Age Team	Finals	Age-Grading
1 Ralph Cilevitz	M56 Throwers Club	1.25m	1.63m 66.84%
1 Bill Barras	M55 Fast	1.25m	1.61m 66.14%

**W55 High Jump**

Name	Age Team	Finals	Age-Grading
1 Maria Mallia	W55 Unattached	1.30m	1.73m 82.80%

**M60 High Jump**

Name	Age Team	Finals	Age-Grading
1 John Hawkins	M61 West Vancouver T	1.55m	2.15m 88.07%
2 Zenon Szalwinski	M60 Unattached	1.30m	1.78m 73.03%
3 Viddy Jermacans	M61 Australia	1.25m	1.73m 71.02%

**M70 High Jump**

Name	Age Team	Finals	Age-Grading
1 Bob Land	M73 Unattached	1.25m	2.03m 83.33%
2 Winston LaRose	M72 Unattached	1.20m	1.92m 78.43%
3 Peter Tams	M70 Quebec	1.15m	1.79m 73.25%
4 Donald Chambers	M73 Australia	1.05m	1.70m 70.00%

**W70 High Jump**

Name	Age Team	Finals	Age-Grading
1 Christa Bortignon	W73 Greyhounds BC	1.05m	1.85m 88.98%

**M75 High Jump**

Name	Age Team	Finals	Age-Grading
1 Kesar Singh Poonia	M76 Sprint Club	1.05m	1.78m 72.92%

**M35 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Marcus Popp	M35 Unattached	4.45m	4.62m 75.30%
2 Jeff Hayhoe	M36 York UniversityT	4.25m	4.46m 72.77%
3 Dan Percival	M36 Ottawa Track	3.65m	3.83m 62.50%

**M40 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Bob Lindsay	M44 Ottawa Track	3.65m	4.24m 69.13%
2 Paul White	M43 London Legion T&	3.35m	3.84m 62.62%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M45 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Geoff Outerbridge	M46 Ottawa Track	4.06m	4.85m 78.99%

**M50 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Mark Schaber	M51 Unattached	3.25m	4.16m 67.85%

**M60 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Matti Kilpelainen	M64 United State	3.45m	5.46m 89.15%
2 Hugh Miller	M64 Scarborough Masters	2.85m	4.51m 73.64%

**M65 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Howard Booth	M66 United State	2.85m	4.68m 76.41%

**M70 Pole Vault**

Name	Age Team	Finals	Age-Grading
1 Bob Land	M73 Unattached	2.25m	4.26m 69.44%
2 Donald Chambers	M73 Australia	1.95m	3.69m 60.19%

**M35 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Ovidiu Negoita	M38 Unattached	5.66m	3.0	6.14m 68.69%
2 Jasbir Singh Hundal	M35 Unattached	4.88m	0.4	5.12m 57.28%

**M40 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Paul White	M43 London Legion T&	5.13m	2.0	5.90m 65.94%

**M45 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Todd Crawford	M46 Old Crow's Athle	6.07m	2.0	7.24m 80.93%
2 Dennis McWhinney	M48 Unattached	5.96m	+0.0	7.29m 81.42%

**M50 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Bill Johnson	M52 Unattached	5.09m	3.7	6.55m 73.24%
2 Mark Jakubowski	M53 United State	4.23m	-0.1	5.52m 61.66%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W50 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 BJ Freeman	W51 Unattached	4.66m	3.4	5.93m 78.98%

**M55 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Ralph Cilevitz	M56 Throwers Club	4.67m	2.1	6.35m 70.97%

**W55 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Maria Mallia	W55 Unattached	3.28m	1.5	4.42m 58.89%

**M60 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Richard Lech	M62 Unattached	4.91m	1.9	7.29m 81.56%
2 John Hawkins	M61 West Vancouver T	4.83m	1.5	7.06m 78.92%
3 Peter Milne	M61 Edmonton Masters	3.21m	1.4	4.69m 52.45%

**W65 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Carol LaFayette Boyd	W68 Excel Athletika SK	4.01m	0.2	6.73m 89.51%

**M70 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Donald Chambers	M73 Australia	3.77m	0.1	6.73m 75.25%
2 Winston LaRose	M72 Unattached	3.53m	1.9	6.19m 69.22%
3 Sinnappu Philipneri	M70 Quebec	3.45m	2.3	5.84m 65.22%
4 Gurdev Singh	M71 Unattached	3.43m	2.2	5.90m 66.09%
5 Peter Tams	M70 Quebec	3.32m	+0.0	5.62m 62.76%
6 Hyke Van Der Wal	M72 Action Athletics	3.28m	+0.0	5.75m 64.31%
7 Dev Sharma	M74 Masters Sprint Club	2.76m	2.6	5.02m 56.10%

**W70 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Christa Bortignon	W73 Greyhounds BC	3.27m	1.4	6.04m 80.34%

**M75 Long Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Kesar Singh Poonia	M76 Sprint Club	2.64m	1.4	4.99m 55.81%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M35 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Jasbir Singh Hundal	M35 Unattached	9.98m	0.7	10.10m 55.26%

**M40 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Lenroy Munro	M40 Unattached	12.40m	2.0	13.29m 72.68%
2 Paul White	M43 London Legion T&	8.81m	+0.0	9.78m 53.52%

**M45 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Todd Crawford	M46 Old Crow's Athle	12.04m	+0.0	13.88m 75.91%
2 Dennis McWhinney	M48 Unattached	11.31m	0.8	13.38m 73.16%

**M50 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Kevin Sanjari	M50 Unattached	10.56m	1.3	12.82m 70.12%
2 Nikolai Kotikov	M52 Unattached	8.86m	1.5	11.05m 60.44%
3 Jacek Urbanowicz	M52 Unattached	7.85m	+0.0	9.79m 53.55%

**M55 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Ralph Cilevitz	M56 Throwers Club	7.98m	+0.0	10.53m 57.58%

**M60 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 John Hilliard	M64 Unattached	7.57m	1.2	11.30m 61.80%
2 Peter Milne	M61 Edmonton Masters	7.39m	1.6	10.51m 57.51%

**W65 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Carol LaFayette Boyd	W68 Excel Athletika SK	8.15m	1.3	14.02m 90.46%

**M70 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Donald Chambers	M73 Australia	8.10m	1.3	14.17m 77.51%
2 Sinnappu Philipneri	M70 Quebec	7.61m	+0.0	12.59m 68.87%

**W70 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Christa Bortignon	W73 Greyhounds BC	7.30m	+0.0	13.81m 89.13%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M75 Triple Jump**

Name	Age Team	Finals	Wind	Age-Grading
1 Kesar Singh Poonia	M76 Sprint Club	6.46m	+0.0	11.99m 65.58%

**M35 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Gintas Degutis	M39 Unattached	15.78m	16.12m 69.73%
2 Ken Farrelly	M35 Throwers Club	12.00m	12.00m 51.90%
3 Jasbir Singh Hundal	M35 Unattached	8.05m	8.05m 34.82%

**M40 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Mariusz Kosinski	M40 Unattached	14.59m	14.98m 64.82%
2 Clint Sheehan	M43 Unattached	9.59m	10.32m 44.67%
3 Dave Spencer	M43 Jamaica	9.21m	9.91m 42.90%

**M45 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Don Ritchie	M48 Unattached	10.62m	12.58m 54.41%
2 Todd Crawford	M46 Old Crow's Athle	10.61m	12.05m 52.14%

**M50 Shot Put**

Name	Age Team	Finals	Age-Grading
1 James Slepica	M52 Parry Sound Lege	13.66m	16.31m 70.56%
2 Don Bailey	M51 United State	13.56m	15.86m 68.62%
3 Danny Yoisten	M50 Throwers Club	12.96m	14.86m 64.29%
4 Nikolai Kotikov	M52 Unattached	9.82m	11.72m 50.72%
5 Jerzy Dabrowa	M52 Unattached	9.58m	11.44m 49.48%
6 Jacek Urbanowicz	M52 Unattached	7.19m	8.58m 37.14%

**M55 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Joe Myers	M58 United State	13.55m	18.48m 79.94%
2 Bill Pearson	M58 Throwers Club	11.71m	15.97m 69.09%
3 Ralph Cilevitz	M56 Throwers Club	8.27m	10.77m 46.59%

**M60 Shot Put**

Name	Age Team	Finals	Age-Grading
1 John Hawkins	M61 West Vancouver T	11.37m	14.85m 64.24%
2 Brock Pullen	M61 Unattached	9.85m	12.86m 55.65%
3 Zenon Szalwinski	M60 Unattached	9.59m	12.18m 52.69%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W40 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Judy MacDonald	W43 Ottawa Track	9.16m	11.49m 50.80%
2 Olga Stalevitch	W40 Unattached	8.67m	10.16m 44.90%
3 Colleen Hill	W42 Jamaica	6.52m	7.99m 35.32%
4 Michelle Baptie Sanchez	W43 athletiques In	6.47m	8.12m 35.88%

**W45 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W49 Throwers Club	9.36m	13.68m 60.47%

**W50 Shot Put**

Name	Age Team	Finals	Age-Grading
1 BJ Freeman	W51 Unattached	9.16m	12.93m 57.14%
2 Suzie Perras	W50 Veteran Independ	6.58m	9.13m 40.34%
3 Deborah Eklund	W50 United State	5.66m	7.85m 34.70%

**W55 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Patty Franke-Wagar	W59 Unattached	6.38m	10.48m 46.33%

**W60 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Cheryl Closkey	W62 Un-Bc	7.18m	12.57m 55.57%

**W70 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Christa Bortignon	W73 Greyhounds BC	5.52m	12.73m 56.27%

**M70 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Frank Smolinski	M71 Alberta	12.17m	16.27m 70.43%
2 Donald Chambers	M73 Australia	9.73m	13.77m 59.58%
3 David Morris	M72 Throwers Club	9.32m	12.82m 55.48%
4 Harbans Kaur Poonia	M74 Unattached	3.47m	5.06m 21.89%

**M75 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Kesar Singh Poonia	M76 Sprint Club	8.70m	13.50m 58.43%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W80 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Velta Tomsons	W82 Throwers Club	6.67m	20.76m 91.75%

**M80 Shot Put**

Name	Age Team	Finals	Age-Grading
1 Evalds Viskers	M84 Throwers Club	7.98m	14.60m 63.13%

**M30 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Tom Pincombe	M34 Ottawa Track	39.39m	39.39m 53.17%

**M35 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Ken Farrelly	M35 Throwers Club	32.30m	32.30m 43.60%

**M40 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Mariusz Kosinski	M40 Unattached	37.46m	37.46m 50.57%
2 Dave Spencer	M43 Jamaica	19.00m	19.55m 26.40%

**M45 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Don Ritchie	M48 Unattached	32.77m	36.46m 49.23%

**M50 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Don Bailey	M51 United State	48.42m	49.30m 66.56%
2 Danny Yoisten	M50 Throwers Club	43.07m	43.07m 58.14%
3 Jack Harkness	M51 Unattached	38.59m	39.29m 53.04%
4 Jerzy Dabrowa	M52 Unattached	30.03m	31.14m 42.04%
5 Jacek Urbanowicz	M52 Unattached	20.80m	21.57m 29.12%

**M55 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Joe Myers	M58 United State	40.79m	48.35m 65.27%
2 Bill Pearson	M58 Throwers Club	37.26m	44.16m 59.63%
3 Ralph Cilevitz	M56 Throwers Club	25.60m	28.82m 38.91%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M60 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 John Hawkins	M61 West Vancouver T	40.58m	46.53m 62.82%
2 Brock Pullen	M61 Unattached	40.23m	46.13m 62.28%
3 David Blackwood	M61 New Brunswick	26.53m	30.42m 41.07%

**W40 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Diana Jaam Shahriari	W44 Unattached	37.48m	44.18m 57.53%
2 Olga Stalevitch	W40 Unattached	33.34m	36.91m 48.06%
3 Judy MacDonald	W43 Ottawa Track	26.54m	30.78m 40.09%
4 Michelle Baptie Sanchez	W43 athletiques In	20.59m	23.88m 31.10%

**W45 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W49 Throwers Club	29.55m	37.91m 49.37%

**W50 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Deborah Eklund	W50 United State	16.02m	20.92m 27.24%
2 Suzie Perras	W50 Veteran Independ	15.62m	20.39m 26.56%

**W55 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Patty Franke-Wagar	W59 Unattached	18.00m	28.04m 36.51%

**W60 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Cheryl Closkey	W62 Un-Bc	22.72m	37.82m 49.25%
2 Rhona Trott	W61 Hamilton Oly	20.97m	34.12m 44.44%

**M65 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 John Kasperski	M66 Throwers Club	33.67m	43.11m 58.20%

**M70 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Frank Smolinski	M71 Alberta	29.64m	42.97m 58.02%
2 David Morris	M72 Throwers Club	24.48m	36.45m 49.22%
3 Bob Land	M73 Unattached	21.20m	32.45m 43.81%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M75 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Kesar Singh Poonia	M76 Sprint Club	12.69m	21.20m 28.63%

**M80 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Evalds Viskers	M84 Throwers Club	21.72m	48.01m 64.82%

**W80 Discus Throw**

Name	Age Team	Finals	Age-Grading
1 Velta Tomsons	W82 Throwers Club	15.00m	39.14m 50.97%

**M30 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Jason Baines	M31 Unattached	55.89m	55.89m 64.43%

**M45 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 John Olivierre	M46 Throwers Club	32.52m	39.28m 45.29%

**M50 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Danny Yoisten	M50 Throwers Club	35.83m	41.76m 48.15%
2 Jacek Urbanowicz	M52 Unattached	20.54m	24.96m 28.78%

**M55 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Jan Graczyk	M57 Unattached	43.68m	59.47m 68.57%
2 Joe Myers	M58 United State	35.95m	50.15m 57.83%
3 Bill Pearson	M58 Throwers Club	32.51m	45.35m 52.29%
4 Ralph Cilevitz	M56 Throwers Club	25.25m	33.57m 38.71%

**M60 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Boris Zaitchouk	M60 Sherbrooke Athle	62.72m	88.17m 101.65%
2 John Hawkins	M61 West Vancouver T	34.49m	49.61m 57.20%

**W30 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Tiffany DiRico	W30 Unattached	37.22m	37.68m 48.94%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W35 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Dianne Bedford	W37 Unattached	30.37m	36.39m 47.27%

**W40 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Judy MacDonald	W43 Ottawa Track	27.90m	39.67m 51.53%
2 Diana Jaam Shahriari	W44 Unattached	25.77m	37.82m 49.12%
3 Michelle Baptie Sanchez	W43 athletiques In	16.47m	23.42m 30.42%

**W45 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W49 Throwers Club	32.69m	57.16m 74.24%

**W50 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Deborah Eklund	W50 United State	19.31m	24.14m 31.36%
2 Suzie Perras	W50 Veteran Independ	19.14m	23.93m 31.09%

**W55 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Patty Franke-Wagar	W59 Unattached	19.57m	29.21m 37.94%

**W60 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Rhona Trott	W61 Hamilton Oly	30.32m	47.29m 61.43%
2 Cheryl Closkey	W62 Un-Bc	20.02m	31.94m 41.49%

**M65 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 John Kasperski	M66 Throwers Club	32.68m	53.16m 61.29%

**M70 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 David Morris	M72 Throwers Club	29.60m	50.53m 58.26%
2 Donald Chambers	M73 Australia	25.03m	44.04m 50.78%

**M75 Hammer Throw**

Name	Age Team	Finals	Age-Grading
1 Emil Muller	M75 Throwers Club	41.26m	77.35m 89.19%
2 Kesar Singh Poonia	M76 Sprint Club	14.56m	28.22m 32.54%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M30 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Venkatakrishnan Parthasa	M34	Unattached	49.95m	51.66m 52.47%

**M35 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Sharaz Shaikh	M38	Unattached	49.11m	53.66m 54.49%

**M45 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Richard Parkinson	M46	York UniversityT	47.30m	59.14m 60.06%
2 Don Ritchie	M48	Unattached	39.78m	51.60m 52.40%
3 John Olivierre	M46	Throwers Club	39.29m	49.13m 49.89%

**M50 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Dave Birnie	M50	Niagara Regional	49.82m	63.71m 64.70%
2 Marty Withers	M50	Unattached	49.56m	63.38m 64.36%
3 Dean Stokley	M52	Unattached	43.20m	57.32m 58.21%
4 Jacek Urbanowicz	M52	Unattached	20.22m	26.82m 27.24%

**M55 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Terry Gudzowsky	M56	Alberta	40.69m	58.36m 59.26%
2 Joe Myers	M58	United State	37.58m	56.17m 57.04%
3 Bill Pearson	M58	Throwers Club	33.83m	50.57m 51.35%
4 Ralph Cilevitz	M56	Throwers Club	30.58m	43.86m 44.54%
5 Bill Barras	M55	Fast	22.83m	32.09m 32.59%

**M60 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 John Hawkins	M61	West Vancouver T	36.97m	55.87m 56.74%
2 Brock Pullen	M61	Unattached	36.19m	54.69m 55.54%

**W30 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Vicki Webb	W30	Unattached	45.72m	45.72m 62.63%

**W35 Javelin Throw**

Name	Age	Team	Finals	Age-Grading
1 Dianne Bedford	W37	Unattached	25.83m	26.38m 36.14%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W40 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 Judy MacDonald	W43 Ottawa Track	24.70m	29.12m 39.90%

**W45 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 Ana Maria Neilsen	W48 Throwers Club	31.70m	42.92m 58.80%

**W50 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 Barb Dabrowski	W53 Throwers Club	32.83m	48.17m 65.99%
2 Suzie Perras	W50 Veteran Independ	22.45m	30.63m 41.96%
3 BJ Freeman	W51 Unattached	20.43m	28.54m 39.10%
4 Deborah Eklund	W50 United State	11.23m	15.32m 20.99%

**W60 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 Cheryl Closkey	W62 Un-Bc	19.33m	35.25m 48.30%

**W65 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 Betty Dargie	W68 Alberta	13.33m	28.09m 38.49%

**M70 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 David Morris	M72 Throwers Club	23.24m	42.82m 43.49%
2 Sinnappu Philipneri	M70 Quebec	18.58m	32.44m 32.94%

**M75 Javelin Throw**

Name	Age Team	Finals	Age-Grading
1 Kesar Singh Poonia	M76 Sprint Club	15.44m	31.99m 32.49%

**M30 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Jason Baines	M31 Unattached	18.56m	18.65m 72.13%

**M35 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Jasbir Singh Hundal	M35 Unattached	6.13m	6.28m 24.31%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****M50 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Danny Yoisten	M50 Throwers Club	11.56m	12.85m 49.72%
2 Jacek Urbanowicz	M52 Unattached	7.93m	9.11m 35.26%

**M55 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Joe Myers	M58 United State	13.58m	17.36m 67.13%
2 Bill Pearson	M58 Throwers Club	12.10m	15.46m 59.81%
3 Ralph Cilevitz	M56 Throwers Club	10.08m	12.42m 48.05%

**M60 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 John Hawkins	M61 West Vancouver T	14.12m	16.40m 63.43%
2 Brock Pullen	M61 Unattached	10.70m	12.43m 48.07%

**W30 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Tiffany DiRico	W30 Unattached	12.23m	14.30m 60.63%

**W35 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Dianne Bedford	W37 Unattached	9.36m	12.38m 52.47%

**W40 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Judy MacDonald	W43 Ottawa Track	9.84m	14.66m 62.12%
2 Michelle Baptie Sanchez	W43 athletiques In	7.49m	11.15m 47.29%

**W45 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Elizabeth Hill	W49 Throwers Club	9.61m	16.38m 69.44%

**W50 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Deborah Eklund	W50 United State	6.70m	8.31m 35.24%
2 Suzie Perras	W50 Veteran Independ	6.51m	8.08m 34.25%

**W55 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Patty Franke-Wagar	W59 Unattached	5.72m	8.42m 35.71%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W60 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Cheryl Closkey	W62 Un-Bc	10.89m	14.51m 61.49%
2 Rhona Trott	W61 Hamilton Oly	10.13m	13.19m 55.91%

**M70 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Donald Chambers	M73 Australia	12.20m	17.03m 65.87%
2 David Morris	M72 Throwers Club	11.72m	15.94m 61.65%

**M75 Weight Throw**

Name	Age Team	Finals	Age-Grading
1 Emil Muller	M75 Throwers Club	14.50m	21.36m 82.62%

**M30 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Jean Pierre Fortin	M34 Ontario RaceWalkers	7:42.69	7:35.15 67.89%

**W30 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Sarah Raetsen	W34 Ontario RaceWalkers	8:14.27	8:11.31 68.59%

**M40 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Jianping Xu	M44 Unattached	6:55.60	6:20.74 81.16%

**W40 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Sharon O'Leary	W40 London Pacers	8:39.18	8:19.72 67.44%

**M50 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Lawrence Malek	M50 Metro Fitnes	8:58.85	7:49.67 65.79%

**W50 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Wendy Santi	W52 Metro Fitnes	9:29.66	8:17.03 67.80%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W55 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Johanna Flipsen	W55 Heatland Racewal	7:37.06	6:28.51 86.74%

**W60 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Lina Liscio	W61 Metro Fitnes	9:06.38	7:18.42 76.87%

**M65 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Marcel Jobin	M68 Energis Quebec	7:32.71	5:30.75 93.42%

**M70 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
-- Max Boyachek	M73 Unattached	DQ	

**M75 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Josh Fedder	M79 No Team Listed	12:54.03	8:09.73 63.10%

**W75 1500 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
-- Violet Darling	W78 London Pacers	DQ	

**M30 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Jean Pierre Fortin	M34 Ontario RaceWalkers	28:12.98	27:48.95 64.57%

**W30 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Sarah Raetsen	W34 Ontario RaceWalkers	30:11.53	30:00.67 65.92%

**W35 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Lee Anne Chisholm	W36 Ontario RaceWalkers	28:37.31	28:14.13 70.07%

**M40 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Jianping Xu	M44 Unattached	25:15.74	23:14.79 77.26%

**Results - Age Grading: 1 Yr Indiv & 5 yr Multi****W40 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Sharon O'Leary	W40 London Pacers	30:47.48	29:38.20 66.75%

**W55 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Johanna Flipsen	W55 Heatland Racewal	27:52.40	23:33.35 83.99%

**W60 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
-- Lina Liscio	W61 Metro Fitnes	DQ	

**M65 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Marcel Jobin	M68 Energis Quebec	27:30.33	20:12.17 88.90%

**M75 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Josh Fedder	M79 No Team Listed	44:15.03	28:03.29 64.02%

**W75 5000 Meter Race Walk**

Name	Age Team	Finals	Age-Grading
1 Jean Horne	W77 Ontario RaceWalkers	38:48.60	24:17.24 81.46%