

# NCCWMA Championships

## National Training Centre - Clermont Florida

### August 28-31, 2008

### *Canadian Results*

|              |   |                    |    |                                 |                    |   |                              |  |
|--------------|---|--------------------|----|---------------------------------|--------------------|---|------------------------------|--|
| 100m Prelim  |   |                    |    | 800m                            |                    |   |                              |  |
| M45          | 1 | Tissenbaum, Allan  | PA | 11.35                           | W45                | 1 | Willis, Katherine ON 2:51.93 |  |
| M50          | 2 | Smith, Kerry       | ON | 12.27                           | M35                | 4 | Byrne, Louis ON 2:15.81      |  |
| 100m Finals  |   |                    |    | M55 5 Carter, Mike ON 2:40.56   |                    |   |                              |  |
| W40          | 3 | Kuczalska, Agnes   | ON | 13.87                           | M75                | 3 | Fee, Earl ON 3:15.39         |  |
| W55          | 1 | Graczyk, Ela       | ON | 15.47                           | 1500m              |   |                              |  |
| M45          | 2 | Tissenbaum, Allan  | PA | 11.73                           | M55                | 1 | Lang, Dennis MN 4:50.84      |  |
| M50          | 2 | Smith, Kerry       | ON | 12.11                           | 5000m              |   |                              |  |
| M65          | 3 | Stern, David       | ON | 14.84                           | W45                | 1 | DeBoer, Lynda ON 20:58.05    |  |
| 200m Prelims |   |                    |    | M55 1 Lang, Dennis MN 18:53.83  |                    |   |                              |  |
| M35          | 6 | Williams, Lawrence | ON | 26.35                           | M60                | 4 | Breton, Gaëtan PQ 26:41.89   |  |
|              | 6 | Belle, Donnavan    | ON | 28.82                           | Sprint Hurdles 80m |   |                              |  |
| M45          | 3 | Tissenbaum, Allan  | PA | 25.40                           | W55                | 1 | Cochrane, Nancy BC 20.14     |  |
| M50          | 3 | Smith, Kerry       | ON | 25.87                           | Long Hurdles 300m  |   |                              |  |
| 200m Finals  |   |                    |    | W50 1 Sweazey, Nanci ON 1:06.07 |                    |   |                              |  |
| W40          | 3 | Kuczalska, Agnes   | ON | 29.51                           | 5000m RW           |   |                              |  |
| W55          | 1 | Graczyk, Ela       | ON | 32.99                           | W50                | 1 | Sweazey, Nanci ON 31:14.78   |  |
| M35          | 1 | Williams, Lawrence | ON | 24.07                           | 10K Racewalk       |   |                              |  |
| M45          | 2 | Tissenbaum, Allan  | PA | 24.04                           | W60                | 1 | Mitchell, Heather ? 1:10:57  |  |
| M50          | 2 | Smith, Kerry       | ON | 24.61                           | Long Jump          |   |                              |  |
| M65          | 2 | Stern, David       | ON | 31.24                           | W55                | 2 | Cochrane, Nancy BC 2.84      |  |
| 400m         |   |                    |    | W60 3 McBlain, Liz AB 2.72      |                    |   |                              |  |
| M35          | 1 | Williams, Lawrence | ON | 51.38                           | M45                | 5 | Lord, Peter NB 5.93          |  |
| M55          | 5 | Carter, Mike       | ON | 1:07.58                         |                    |   |                              |  |



**M35 Lawrence Williams** winning the 400m (photo by Liviene Solomon)

Triple Jump  
W60 3 McBlain, Liz AB 6.08  
**M45 1 Lord, Peter NB 13.90 CAN**  
(old CAN 12.18 Alan Slater ON 1988)

High Jump  
W55 1 Cochrane, Nancy BC 1.14  
W60 2 McBlain, Liz AB 1.05

Pole Vault  
W55 2 Cochrane, Nancy BC 1.30  
W60 4 McBlain, Liz AB 1.00

Shot Put  
**W60 1 McBlain, Liz AB 9.38 CAN**  
(old CAN 9.07 Mae Turek BC 1994)  
M40 4 Kupczyk, Henry ON 9.09

Javelin  
W50 1 Dabrowski, Barb ON 33.55  
W60 2 McBlain, Liz AB 18.97  
M50 2 Finkbeiner, Mike ON 49.18

Discus  
W60 3 McBlain, Liz AB 19.90

Hammer  
**W60 1 McBlain, Liz AB 28.42 CAN**  
(old CAN 26.08 Dawn Copping BC 2005)  
M30 1 Harrison, Kevin GA 52.91  
M55 1 Graczyk, Jan ON 48.53

Weight Throw  
**W60 1 McBlain, Liz AB 11.79 CAN**  
(old CAN 9.61 Sandy Anderson BC 2004)  
M55 1 Graczyk, Jan ON 16.64

Pentathlon  
M40 Kupczyk, Henry ON DQ  
LJ 4.44  
JT 30.10  
200m 31.92  
DT 23.41  
1500m NT

M45 5 Sanjari, Kevin ON 2152  
LJ 5.09  
JT 20.52  
200m 27.51  
DT 20.05  
1500m 6:07.94

Weight Pentathlon  
**W60 McBlain, Liz AB 3423 CAN**  
(old CAN Virginia Hoover 2005)  
SP 9.47  
DT 19.93  
HT 27.30  
JT 16.77  
WT 11.73

8K Cross Country  
M55 1 Dennis Lang MN 35:26  
M60 5 Gaëtan Breton PQ 50:36



**W60 Liz McBlain** broke **four CAN Records** and won 10 medals. She broke the Shot record again in the Weight Pentathlon!