

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

Omitted the Age Graded Scores and Pentathlon Points due to a problem with the Hytek Program.

CAN Records are pending CMA Board Approval

W30 50 Meter Dash Masters

Name	Age Team	Finals	H#	Points
Finals				
1 Pedrero, Ana	W34 Unattached Ontario	7.22	3	7

W35 50 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Eboh, Jennifer	W39 Etobicoke Huskie	7.52	3	7

W40 50 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Gordon, Novelette	W40 Stoney Creek	8.35	3	7

W45 50 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Osborne, Manon	W48 Gatineau	7.74	3	7
2 Cachuela, Grace	W47 Jamcan Int.	8.23	3	5

W50 50 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Babalola, Omena	W54 Winnipeg Opti.	8.47	2	7
2 Robarts, Carolyn	W53 Variety Village	8.52	2	5
3 Bortolussi, Dala	W54 Rive-Sud	8.61	2	4
4 Cheung, Joni	W51 Jamcan Int.	8.97	2	3

W55 50 Meter Dash Masters

Name	Age Team	Finals	Points
1 Loucks, Kairy	W56 Unattached Ontario	8.07	7
2 Falcon, Josee	W55 Saint-Jean Olym.	8.18	5
3 Hargreaves, Valerie	W56 Unattached Ontario	8.49	4
4 Oswald, Carrie-Ann	W55 Unattached Ontario	8.72	3

W65 50 Meter Dash Masters

Name	Age Team	Finals	Points
1 Del Grande, Karla	W69 Variety Village	7.81	7 MR
(old MR 8.87 Deborah Lee BC 2016)			
2 Alexis, Wendy	W67 Ottawa Lions T.F.C.	7.89	5

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

W85 50 Meter Dash Masters

Name	Age Team	Finals	Points		
1 Lamb, Agnes	W87 Unattached Ontario	21.73	7	CAN	MR
(no previous CAN or MR)					

W30 60 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Leakey, Shelleyann	W32 Unattached Ontario	9.44	4	7

W35 60 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Eboh, Jennifer	W39 Etobicoke Huskie	8.70	4	7
2 Lavigne, Stéphanie	W35 Unattached Ontario	8.81	4	5
3 Newington, Dash	W38 United Kingdom	9.73	4	

W40 60 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Gerry, Rachael	W40 Unattached Ontario	9.29	3	7

W45 60 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Osborne, Manon	W48 Gatineau	8.72	3	7
2 Garfunkel, Violeta	W49 Variety Village	8.72	3	5

W50 60 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Zinman, Debbie	W53 Unattached Ontario	9.04	2	7
2 Babalola, Omena	W54 Winnipeg Opti.	9.90	2	5
3 Robarts, Carolyn	W53 Variety Village	10.05	2	4
4 Jose, Nina	W53 Unattached Ontario	11.29	2	3

W55 60 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Loucks, Kairy	W56 Unattached Ontario	9.63	1	7
2 Falcon, Josee	W55 Saint-Jean Olym.	9.67	2	5
3 Hargreaves, Valerie	W56 Unattached Ontario	10.31	1	4
4 Oswald, Carrie-Ann	W55 Unattached Ontario	10.47	2	3

W60 60 Meter Dash Masters

Name	Age Team	Finals	Points
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12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

1 Macherzynska, Renata W64 Uni. Toronto TC 9.31 7

W65 60 Meter Dash Masters

Name	Age Team	Finals	Points
1 Del Grande, Karla (old MR 10.52 Marie Johnson BC 2019)	W69 Variety Village	9.15	7 MR
2 Alexis, Wendy	W67 Ottawa Lions T.F.C.	9.25	5
3 Bryant, Jo	W66 Unattached NS	11.40	4

W85 60 Meter Dash Masters

Name	Age Team	Finals	Points
1 Lamb, Agnes (no previous record)	W87 Unattached Ontario	26.35	7 MR

W30 200 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Pedrero, Ana (old MR 28.43 Aimee Dubeau ON 2018)	W34 Unattached Ontario	28.30	3	7 MR

W35 200 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Lavigne, Stéphanie	W35 Unattached Ontario	28.92	3	7

W40 200 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Gerry, Rachael	W40 Unattached Ontario	32.16	3	7

W45 200 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Garfunkel, Violeta	W49 Variety Village	28.67	4	7
2 Osborne, Manon	W48 Gatineau	29.46	4	5
3 Arnason, Sandi	W49 Riversdale AC	32.23	4	4
4 Cachuela, Grace	W47 Jamcan Int.	44.68	4	3

W50 200 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Zinman, Debbie	W53 Unattached Ontario	30.84	3	7
2 Babalola, Omena	W54 Winnipeg Opti.	34.70	3	5

W55 200 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Falcon, Josee	W55 Saint-Jean Olym.	34.02	2	7
2 Hargreaves, Valerie	W56 Unattached Ontario	35.93	2	5
3 Oswald, Carrie-Ann	W55 Unattached Ontario	37.10	2	4

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

W60 200 Meter Dash Masters

Name	Age Team	Finals	Points
1 Macherzynska, Renata	W64 Uni. Toronto TC	32.04	7
2 Lee, Faith	W63 Ontario Racewalk	47.98	5

W65 200 Meter Dash Masters

Name	Age Team	Finals	Points
1 Del Grande, Karla (old MR 36.54 Marie Johnson BC 2019)	W69 Variety Village	30.65	7 MR
2 Bryant, Jo	W66 Unattached NS	40.01	5

W35 400 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Carew, Julia	W37 Uni. Toronto TC	1:05.47	3	7
2 Howitt, Kimberley	W38 Ottawa Lions T.F.C.	1:06.51	3	5
3 Newington, Dash	W38 United Kingdom	1:15.08	3	

W40 400 Meter Dash Masters

Name	Age Team	Finals	H#	Points
-- Jessop, Aimee	W43 Monarch AC	DQ	3	17.3.1

W45 400 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Osborne, Manon	W48 Gatineau	1:04.76	3	7

W50 400 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Weber, Catherine	W53 Uni. Toronto TC	1:22.15	2	7

W60 400 Meter Dash Masters

Name	Age Team	Finals	Points
1 Dixon, Donna	W60 Unattached Alberta	1:17.56	7
2 Botelho, Rita	W62 Uni. Toronto TC	1:20.20	5

W65 400 Meter Dash Masters

Name	Age Team	Finals	Points
1 Del Grande, Karla (old MR 1:27.0 Marie Johnson BC 2019)	W69 Variety Village	1:13.46	7 MR

W30 800 Meter Run Masters

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

Name	Age Team	Finals	H#	Points
1 Vaillancourt, Emma	W31 Unattached Ontario	2:23.04	2	7
2 Shaw, Jessica	W33 Newmarket Huskie	2:29.17	2	5

W35 800 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Howitt, Kimberley (old MR 2:33.98 Tanya Sakkarov ON 2016)	W38 Ottawa Lions T.F.C.	2:30.47	2	7 MR
2 Barbour, Courtney	W36 Unattached NS	2:51.22	2	5

W45 800 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Lemelin, Cosette	W48 Edmonton Masters AA	2:30.84	2	7
2 Osborne, Manon	W48 Gatineau	2:32.93	2	5

W50 800 Meter Run Masters

Name	Age Team	Finals	Points
1 Weber, Catherine	W53 Uni. Toronto TC	3:04.23	7

W55 800 Meter Run Masters

Name	Age Team	Finals	Points
1 Koch, Anne	W57 Uni. Toronto TC	2:56.28	7

W60 800 Meter Run Masters

Name	Age Team	Finals	Points
1 Ohler, Makie (old CAN 2:51.20 Patty Blanchard NB 2019, old MR 3:07.89 Clara Northcott ON 2017)	W60 Uni. Toronto TC	2:51.12	7 CAN MR
2 Botelho, Rita	W62 Uni. Toronto TC	2:58.98	5
3 Dixon, Donna	W60 Unattached Alberta	3:00.18	4
4 Lee, Faith	W63 Ontario Racewalk	3:48.97	3

W30 1500 Meter Run Masters

Name	Age Team	Finals	Points
1 Vaillancourt, Emma	W31 Unattached Ontario	4:55.80	7
2 Shaw, Jessica	W33 Newmarket Huskie	5:11.16	5

W45 1500 Meter Run Masters

Name	Age Team	Finals	Points
1 Lemelin, Cosette	W48 Edmonton Masters AA	5:06.68	7
2 Boisclair, Jamie	W45 Monarch AC	5:30.94	5
3 Jaklich, Linda	W49 Unattached Ontario	7:34.44	4

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

W50 1500 Meter Run Masters

Name	Age Team	Finals	Points
1 Newell, Tiffany	W50 Runners Edge	5:07.62	7
2 Weber, Catherine	W53 Uni. Toronto TC	6:19.36	5

W55 1500 Meter Run Masters

Name	Age Team	Finals	Points
1 Chitte, Vinita	W56 Unattached Ontario	7:19.25	7

W60 1500 Meter Run Masters

Name	Age Team	Finals	Points	
1 Ohler, Makie (old MR 5:55.42 Theresa Herard PQ 2018)	W60 Uni. Toronto TC	5:43.12	7	MR
2 Botelho, Rita	W62 Uni. Toronto TC	6:07.49	5	

W55 3000 Meter Run Masters

Name	Age Team	Finals	Points
1 Koch, Anne	W57 Uni. Toronto TC	12:57.43	7
2 Mantel, Kathy	W55 Brantford T.F.C.	13:30.91	5
3 Chitte, Vinita	W56 Unattached Ontario	15:20.15	4

W60 3000 Meter Run Masters

Name	Age Team	Finals	Points	
1 Ohler, Makie (old CAN 12:08.8 Molly Turner ON 1994, Old MR 13:04.68 Lynn Kobayashi ON 2017)	W60 Uni. Toronto TC	11:43.44	7	CAN MR

W65 3000 Meter Run Masters

Name	Age Team	Finals	Points	
1 MacDonell, Jennifer (old MR 14:21.72 Clara Northcott ON 2022)	W66 Physi-Kult	13:24.03	7	MR

W45 50 Meter Hurdles Masters

Name	Age Team	Finals	Points
1 Arnason, Sandi	W49 Riversdale AC	9.23	7

W55 50 Meter Hurdles Masters

Name	Age Team	Finals	Points
1 Loucks, Kairy	W56 Unattached Ontario	9.40	7
2 Oswald, Carrie-Ann	W55 Unattached Ontario	12.37	5

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

W35 60 Meter Hurdles Masters

Name	Age Team	Finals	H#	Points
1 Newington, Dash	W38 United Kingdom	11.51	2	

W40 60 Meter Hurdles Masters

Name	Age Team	Finals	H#	Points
1 Sivers, Laura	W40 Brockville Legi.	12.69	2	7
2 Gordon, Novelette	W40 Stoney Creek	12.81	2	5

W45 60 Meter Hurdles Masters

Name	Age Team	Finals	H#	Points
1 Arnason, Sandi	W49 Riversdale AC	11.03	2	7

W50 60 Meter Hurdles Masters

Name	Age Team	Finals	Points
1 Cheung, Joni	W51 Jamcan Int.	14.15	7

W55 60 Meter Hurdles Masters

Name	Age Team	Finals	Points
1 Loucks, Kairy	W56 Unattached Ontario	11.41	7
2 Oswald, Carrie-Ann	W55 Unattached Ontario	14.21	5

W50 4x200 Meter Relay Masters

Team	Finals
1 Unattached 'A'	2:18.14 MR
1) Newell, Tiffany (ON 50)	2) Weber, Catherine (ON 53)
3) Hargreaves, Valerie (ON 56)	4) Macherzynska, Renata (ON 64)
(no previous record)	

W60 4x400 Meter Relay Masters

Team	Finals
1 Unattached 'A'	5:40.65 CAN MR
1) Botelho, Rita (ON 62)	2) Dixon, Donna (AB 60)
3) MacDonell, Jennifer (ON 66)	4) Ohler, Makie (ON 60)
(old CAN 6:45.54 Fraser, Koopman, Boost, Jones 2016, no previous MR)	

W35 High Jump Masters

Name	Age Team	Finals	Points
1 Newington, Dash	W38 United Kingdom	1.29m	
1.20 1.23 1.26 1.29 1.32 1.35 1.38			

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

O P P O P P XXX

W45 High Jump Masters

Name	Age Team	Finals	Points
1 Arnason, Sandi 1.20 1.23 1.26 XXO O XXX	W49 Riversdale AC	1.23m	7

W35 Pole Vault Masters

Name	Age Team	Finals	Points
1 Newington, Dash 2.30 2.40 2.50 2.60 2.70 2.80 2.92 XO P O XXO XXO XXO XXX	W38 United Kingdom	2.80m	

W40 Pole Vault Masters

Name	Age Team	Finals	Points
1 Barta, Mihaela 2.30 2.40 2.50 2.60 2.70 O P XO P XXX (old MR 2.45 Helen Croskell USA 2015)	W42 Vainqueurs Plus	2.50m	7 MR

W35 Long Jump Masters

Name	Age Team	Finals	Points
1 Newington, Dash 3.80m	W38 United Kingdom	3.80m	

W45 Long Jump Masters

Name	Age Team	Finals	Points
1 Arnason, Sandi 3.92m FOUL 4.08m 4.03m 3.91m 3.89m	W49 Riversdale AC	4.08m	7

W50 Long Jump Masters

Name	Age Team	Finals	Points
1 Robarts, Carolyn FOUL FOUL 3.29m 3.32m FOUL 3.42m	W53 Variety Village	3.42m	7
2 Cheung, Joni 2.50m 2.67m 2.48m 2.35m 2.51m 2.36m	W51 Jamcan Int.	2.67m	5

W55 Long Jump Masters

Name	Age Team	Finals	Points
1 Loucks, Kairy 3.96m 3.94m 4.18m 3.82m 3.97m 4.00m	W56 Unattached Ontario	4.18m	7

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

W65 Long Jump Masters

Name	Age	Team	Finals	Points
1 Amerongen, Loretta	W69	Columbians TC	2.72m	7
		2.64m 2.56m 2.59m 2.56m 2.72m 2.61m		

W35 Triple Jump Masters

Name	Age	Team	Finals	Points
1 Newington, Dash	W38	United Kingdom	9.91m	MR
		9.11m 9.31m 9.34m 9.73m 9.73m 9.91m (old MR 9.12 Dash last year)		

W45 Triple Jump Masters

Name	Age	Team	Finals	Points
1 Hastick Cowell, Michelle	W49	Unattached Ontario	9.66m	7 CAN MR
		9.21m 9.66m FOUL FOUL FOUL (old CAN 9.23 Rachelle MacDonald NS 2021, old MR 8.92 Suzanne Banfill PQ 2019)		

W55 Triple Jump Masters

Name	Age	Team	Finals	Points
1 Loucks, Kairy	W56	Unattached Ontario	8.76m	7
		8.39m 8.62m 8.43m 8.74m 8.48m 8.76m		

W65 Triple Jump Masters

Name	Age	Team	Finals	Points
1 Amerongen, Loretta	W69	Columbians TC	6.63m	7
		6.24m FOUL 6.63m 6.60m 6.55m FOUL		

W35 Shot Put Masters

Name	Age	Team	Finals	H#	Points
1 Newington, Dash	W38	United Kingdom	6.24m	2	
		5.82m 5.94m 6.24m 5.54m 5.65m 6.00m			

W40 Shot Put Masters

Name	Age	Team	Finals	H#	Points
1 Sivers, Laura	W40	Brockville Legi.	9.27m	2	7
		8.72m 9.27m 8.76m 8.55m 8.85m 8.87m			
2 Mullings, Sheree	W41	Jamcan Int.	8.35m	2	5
		7.88m 8.12m 8.35m 7.96m 8.17m 7.97m			

W45 Shot Put Masters

Name	Age	Team	Finals	H#	Points
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12th Canadian Masters Athletics Indoor Championships
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Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

1	Guy, Melanie	W45 Coriaces	10.65m	2	7	CAN	MR
	10.65m FOUL 10.34m 10.04m FOUL 10.61m						
	(old CAN and MR 10.62 Tracy Viggers ON 2018)						
2	Diener, Andrea	W47 Mustangs T.F.C.	10.44m	2	5		
	8.97m 10.43m 10.06m 9.86m 10.44m 10.20m						
3	Arnason, Sandi	W49 Riversdale AC	7.66m	2	4		
	6.68m 7.50m 7.12m 7.04m 6.88m 7.66m						

W50 Shot Put Masters

Name	Age Team	Finals	H#	Points
1 Viggers, Tracy	W51 Unattached Ontario	10.68m	2	7
	9.57m FOUL FOUL 9.91m 10.68m 10.14m			
2 Heston, Jennifer	W51 United States	8.13m	2	
	7.64m 8.13m 7.44m 7.29m 7.72m 7.61m			
3 Duarte, Ann-Maria	W54 Jamcan Int.	8.07m	2	5
	7.34m 8.07m 8.03m 7.81m 7.67m 6.59m			
4 Veilleux, Brenda	W52 London Western	7.37m	2	4
	7.37m 6.65m 6.76m 6.39m 6.47m 6.49m			
5 Corcoran, Patricia	W52 London Western	7.29m	2	3
	7.08m 6.99m 6.35m 7.27m 7.05m 7.29m			
6 Bortolussi, Dala	W54 Rive-Sud	6.93m	2	2
	6.23m 6.73m 6.50m 6.93m 6.19m 6.04m			

W55 Shot Put Masters

Name	Age Team	Finals	Points
1 Dajia, Kristen	W59 Throwers Club	9.32m	7
	9.31m 8.77m 8.92m FOUL 9.32m FOUL		
2 Easton, Leah	W57 Throwers Club	9.07m	5
	8.32m 8.12m 8.80m 8.86m 9.07m 8.71m		
3 Reisler, Stephanie	W59 London Western	7.58m	4
	7.58m 7.37m 7.37m FOUL FOUL 6.84m		

W65 Shot Put Masters

Name	Age Team	Finals	Points
1 Garner, Doreen	W68 Throwers Club	9.50m	7
	9.01m 8.99m 9.50m 9.27m 8.94m 9.22m		
2 Amerongen, Loretta	W69 Columbians TC	7.09m	5
	6.95m 7.09m 6.65m 6.87m 6.45m 6.45m		

W70 Shot Put Masters

Name	Age Team	Finals	Points
1 Hessel, Laura	W70 Unattached Alberta	8.15m	7
	7.53m 7.65m 8.15m 7.83m 7.71m 7.48m		
	(old MR 6.90 Cheryl Closky BC 2018)		

W75 Shot Put Masters

Name	Age Team	Finals	Points
1 Miklos Den Iseger, Joann	W76 London Western	7.40m	7
	6.77m 6.30m 6.99m 7.18m 6.69m 7.40m		

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

W35 Weight Throw Masters

Name	Age Team	Finals	Points
1 Newington, Dash	W38 United Kingdom	8.49m	
7.90m 8.49m FOUL FOUL 8.30m FOUL			

W40 Weight Throw Masters

Name	Age Team	Finals	Points
1 Sivers, Laura	W40 Brockville Legi.	11.54m	7 MR
9.28m 10.15m FOUL 10.43m 11.54m FOUL (old MR 9.06 Tatiana Little BC 2011)			

W45 Weight Throw Masters

Name	Age Team	Finals	Points
1 Guy, Melanie	W45 Coriaces	12.17m	7 CAN MR
FOUL 11.59m FOUL 12.17m 12.08m FOUL (old CAN 12.14 Andrea Diener AB 2022, Old MR 9.75 Willow McCarthy ON 2017)			
2 Diener, Andrea	W47 Mustangs T.F.C.	12.08m	5
11.05m 11.78m FOUL FOUL 11.93m 12.08m			

W50 Weight Throw Masters

Name	Age Team	Finals	Points
1 Viggers, Tracy	W51 Unattached Ontario	10.97m	7
10.42m 10.97m FOUL 10.43m 10.88m 10.71m			
2 Heston, Jennifer	W51 United States	8.41m	
6.30m FOUL 8.04m 7.54m FOUL 8.41m			
3 Bortolussi, Dala	W54 Rive-Sud	7.12m	5
6.39m 7.12m 6.34m 6.54m 6.77m 6.50m			

W55 Weight Throw Masters

Name	Age Team	Finals	Points
1 Dajia, Kristen	W59 Throwers Club	12.28m	7 MR
12.17m 11.90m 11.59m 12.28m FOUL FOUL (old MR 11.92 Krista 2018)			
2 Easton, Leah	W57 Throwers Club	9.19m	5
8.16m 7.28m 7.75m 9.19m 8.07m 9.15m			

W65 Weight Throw Masters

Name	Age Team	Finals	Points
1 Garner, Doreen	W68 Throwers Club	10.93m	7
10.34m FOUL 10.93m FOUL FOUL 10.30m			
2 Bryant, Jo	W66 Unattached NS	8.84m	5
7.94m 8.03m 8.01m 7.56m 8.84m 8.61m			

W70 Weight Throw Masters

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26

Results

Name	Age	Team	Finals	Points	
1 Hessel, Laura	W70	Unattached Alberta	11.82m	7	MR
10.13m 10.38m 11.82m 10.32m 10.16m FOUL (old MR 10.44 Cheryl Closkey BC 2019)					
2 Green, Lucille	W74	Oakville T.F.C.	6.39m	5	
6.15m 5.84m FOUL FOUL 6.27m 6.39m					

W75 Weight Throw Masters

Name	Age	Team	Finals	Points	
1 Miklos Den Iseger, Joann	W76	London Western	9.25m	7	MR
8.80m FOUL 9.25m FOUL FOUL 7.79m (old MR 8.51 Yuko Nakano AB 2019)					

W35 800 Meter Run Masters Indoor Pentathlon

Name	Age	Team	Finals	Points
1 Newington, Dash	W38	United Kingdom	3:24.92	210

W45 800 Meter Run Masters Indoor Pentathlon

Name	Age	Team	Finals	Points
1 Chitul, Olesea	W47	Greyhounds	3:02.72	506

W35 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age	Team	Finals	Points
1 Newington, Dash	W38	United Kingdom	11.64	457

W45 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age	Team	Finals	Points
1 Chitul, Olesea	W47	Greyhounds	13.00	448

W35 High Jump Masters Indoor Pentathlon

Name	Age	Team	Finals	Points	
1 Newington, Dash	W38	United Kingdom	1.37m	544	
1.22 1.25 1.28 1.31 1.34 1.37 1.40 P P P O O OX XXX					

W45 High Jump Masters Indoor Pentathlon

Name	Age	Team	Finals	Points	
1 Chitul, Olesea	W47	Greyhounds	1.19m	470	
1.10 1.13 1.16 1.19 1.22 O O OX OXX XXX					

W35 Long Jump Masters Indoor Pentathlon

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

Name	Age	Team	Finals	Points
1 Newington, Dash	W38	United Kingdom	4.16m	418
3.03m 4.11m 4.16m				

W45 Long Jump Masters Indoor Pentathlon

Name	Age	Team	Finals	Points
1 Chitul, Olesea	W47	Greyhounds	4.48m	645
4.48m 3.59m 3.64m				

W35 Shot Put Masters Indoor Pentathlon

Name	Age	Team	Finals	Points
1 Newington, Dash	W38	United Kingdom	6.10m	278
7.48m 7.03m 7.42m				

W45 Shot Put Masters Indoor Pentathlon

Name	Age	Team	Finals	Points
1 Chitul, Olesea	W47	Greyhounds	7.48m	366
6.10m FOUL FOUL				

W35 Indoor Pentathlon Masters

Name	Age	Team	Finals	H#	Points
1 Newington, Dash	W38	United Kingdom	1907		

W45 Indoor Pentathlon Masters

Name	Age	Team	Finals	H#	Points
1 Chitul, Olesea	W47	Greyhounds	2435	7	

W35 1500 Meter Race Walk Masters

Name	Age	Team	Finals	Points
1 Newington, Dash	W38	United Kingdom	8:56.69	

W55 1500 Meter Race Walk Masters

Name	Age	Team	Finals	Points
1 De Visme, Claire	W59	Ontario Racewalk	11:04.63	7

W60 1500 Meter Race Walk Masters

Name	Age	Team	Finals	Points
1 Lee, Faith	W63	Ontario Racewalk	9:10.73	7
2 Archibald, Sandy	W63	Bytown Walkers	9:24.50	5
3 Love, Bonnie	W64	Athletics Yukon	10:48.15	4

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

W65 1500 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Flipsen, Johanna (old MR 8:47.24 Kris Kozell ON 2018)	W68 Alberta Racewalk	8:27.44	7 MR
2 De Thy, Anne	W69 Ontario Racewalk	9:22.82	5
3 McIntyre, Susan	W66 Bytown Walkers	11:22.78	4

W35 3000 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Newington, Dash	W38 United Kingdom	18:56.04	

W45 3000 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Smetana, Blanka	W48 Toronto RW	19:00.31	7

W60 3000 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Archibald, Sandy	W63 Bytown Walkers	19:34.61	7
-- Love, Bonnie	W64 Athletics Yukon	DNF	Rule 54.7.1

W65 3000 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Flipsen, Johanna (old MR 18:06.32 Teresa Chiozza AB 2017)	W68 Alberta Racewalk	17:42.27	7 MR
2 De Thy, Anne	W69 Ontario Racewalk	19:35.02	5
3 McIntyre, Susan	W66 Bytown Walkers	23:02.14	4

MEN'S RESULTS**M30 50 Meter Dash Masters**

Name	Age Team	Finals	H#	Points
1 Mlakar, Mark	M31 Unattached Ontario	6.36	9	7
2 Lau, Manly	M34 Uni. Toronto TC	6.61	9	5
3 Gopinath, Nakul	M34 Unattached BC	9.78	9	4

M35 50 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Klein, Eric	M37 Thorold Elite	6.59	9	7
2 Primeau, David	M39 Force Track Team	6.94	9	5

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

3 Grainger, Alan M36 London Legion 7.20 9 4

M40 50 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Hinton, Jackson	M41 Edmonton Int. TC	6.17	8	7 MR
(old MR 6.39 Nigel John ON 2017, CAN Record 6.15 Bruny Surin 2009)				
2 James, Michael	M42 Brampton Elite	6.63	8	5
3 Plummer, Levi Thomas	M42 Unattached Ontario	6.79	8	4
4 Uda, Thomas	M44 Uni. Toronto TC	6.88	8	3
5 Cairo, Francesco	M42 Unattached Ontario	7.21	8	2
6 Tekwa, Eden	M40 Uni. Toronto TC	7.28	8	1

M45 50 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Carnate, Brian	M45 Greyhounds	6.37	7	7 MR
(old MR 6.39 Nigel John ON 2018, CAN Record 6.36 Mike Lee Foon ON 2006)				
2 Atwal, Jag	M45 Unattached Alberta	6.60	7	5
3 Mirco, Sheldon	M46 Unattached Ontario	6.78	7	4
4 Berardi, John	M48 Thorold Elite	6.87	7	3
5 Gibbons-Smyth, Paul	M46 Greyhounds	6.91	7	2

M50 50 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Hui, Tit (jonathan)	M52 Jamcan Int.	6.65	6	7
2 John, Nigel	M50 Jamcan Int.	6.66	6	5
3 Weniger, Mike	M50 Unattached Ontario	6.82	6	4
4 Walker, Samuel	M51 Greyhounds	6.90	6	3
5 Watanabe, Phil	M51 Unattached Ontario	6.95	6	2
6 Swirsky, Brian	M50 Indépendant	7.22	6	1
7 Harrower, Will	M51 Unattached BC	7.26	6	
8 Atkinson, Tyler	M51 Unattached Ontario	8.05	6	

M55 50 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Ellis, Colin	M55 Unattached SK	7.04	5	7

M60 50 Meter Dash Masters

Name	Age Team	Prelims	H#	Points
Preliminaries				
1 Tissenbaum, Allan	M62 United States	6.75q	2	MR
2 Prime, Martin	M60 Trinidad-Tobago	6.84q	1	
3 Lee Foon, Mike	M62 Jamcan Int.	7.04q	1	
3 Nasato, Robert	M62 Jamcan Int.	7.04q	2	
5 Williams, Dave	M64 Uni. Toronto TC	7.28q	1	
6 Dawson, Paul	M60 Unattached Ontario	7.68q	2	
7 Arnfield, Spencer	M63 Jamcan Int.	7.76q	2	
8 Ayo, Mello	M64 Jamcan Int.	8.37q	1	
9 Lee, Paul	M63 Jamcan Int.	8.55	1	

M60 50 Meter Dash Masters

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

Name	Age Team	Finals	Points
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Finals

1 Tissenbaum, Allan (old MR 7.19 Al Percival BC 2015)	M62 United States	6.66	MR
2 Prime, Martin	M60 Trinidad-Tobago	6.79	
3 Nasato, Robert	M62 Jamcan Int.	7.04	7
4 Lee Foon, Mike	M62 Jamcan Int.	7.23	5
5 Williams, Dave	M64 Uni. Toronto TC	7.53	4
6 Arnfield, Spencer	M63 Jamcan Int.	7.68	3
7 Dawson, Paul	M60 Unattached Ontario	7.76	2

M65 50 Meter Dash Masters

Name	Age Team	Finals	H#	Points
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1 Alley, Raymond	M66 Greyhounds	7.52	3	7
2 Melchior, Ron	M66 Unattached NS	7.70	3	5
3 Midder, Robert	M65 United States	7.75	3	
4 Blanchet, Yvon	M67 Indépendant	8.13	3	4
5 Laughlin, Jack	M65 Unattached Alberta	8.23	3	3
6 Cilevitz, Ralph	M68 Jamcan Int.	8.47	3	2
7 Dalpé, André	M65 Kilomaitres	9.37	3	1

M70 50 Meter Dash Masters

Name	Age Team	Finals	H#	Points
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1 Bryant, N.Z.	M73 United States	7.55	2	
2 Hehar, Manmohan	M72 Unattached Ontario	8.09	2	7
3 Bonenberg, Robert	M73 Rive-Sud	8.78	2	5

M75 50 Meter Dash Masters

Name	Age Team	Finals	Points
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1 Spencer, Douglas (old MR 7.93 Mike Morris ON 2018)	M76 United States	7.72	MR
2 Morley, Robert (old CAN 7.93 Mike Morris ON 2018)	M75 Unattached Ontario	7.86	7
3 Perez, Jean-Louis	M78 Indépendant	8.75	5
4 Gee, Arthur	M79 Greyhounds	8.86	4

M80 50 Meter Dash Masters

Name	Age Team	Finals	Points
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1 Morris, Mike	M82 Unattached Ontario	8.72	7
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M85 50 Meter Dash Masters

Name	Age Team	Finals	Points
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1 Lamb, Ted	M87 Unattached Ontario	17.92	7
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M30 60 Meter Dash Masters

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

Name	Age	Team	Finals	H#	Points
1 Mlakar, Mark	M31	Unattached Ontario	7.37	12	7
2 Barker, Jeff	M31	Jamcan Int.	7.61	12	5
3 Lau, Manly	M34	Uni. Toronto TC	7.66	12	4
4 Omosa, Stephen	M30	Blue Devils AC	7.84	12	3

M35 60 Meter Dash Masters

Name	Age	Team	Finals	H#	Points
1 Marenin, Roman	M39	United States	7.35	11	
2 Taggart, Simon	M36	Uni. Toronto TC	7.49	11	7
3 Primeau, David	M39	Force Track Team	8.13	11	5
4 Grainger, Alan	M36	London Legion	8.38	11	4

M40 60 Meter Dash Masters

Name	Age	Team	Finals	H#	Points
1 Hinton, Jackson (old MR 7.35 Justin Sinclair AB 2019)	M41	Edmonton Int. TC	7.17	10	7 MR
2 Armstrong, Andrew	M40	Thorold Elite	7.72	10	5
3 Plummer, Levi Thomas	M42	Unattached Ontario	7.83	10	4
4 Uda, Thomas	M44	Uni. Toronto TC	8.07	10	3

M45 60 Meter Dash Masters

Name	Age	Team	Finals	H#	Points
1 Carnate, Brian (old MR 7.39 Nigel John ON 2018)	M45	Greyhounds	7.38	9	7 MR
2 Morris, Michael	M45	Tough Track	7.75	9	5
3 Mirco, Sheldon	M46	Unattached Ontario	7.91	9	4
4 Gibbons-Smyth, Paul	M46	Greyhounds	7.96	9	3
5 Berardi, John	M48	Thorold Elite	8.10	9	2

M50 60 Meter Dash Masters

Name	Age	Team	Prelims	H#
Preliminaries				
1 John, Nigel	M50	Jamcan Int.	7.70q	4
2 Mason, Alex-Bobbie	M50	Unattached Ontario	7.82q	3
3 Dimnaku, Gezim	M51	Lachine	7.95q	3
4 Hui, Tit (jonathan)	M52	Jamcan Int.	8.00q	4
5 Walker, Samuel	M51	Greyhounds	8.13q	3

M50 60 Meter Dash Masters

Name	Age	Team	Finals	Points
Finals				
1 Mason, Alex-Bobbie	M50	Unattached Ontario	7.71	7
2 John, Nigel	M50	Jamcan Int.	7.78	5
3 Hui, Tit (jonathan)	M52	Jamcan Int.	7.91	4
4 Walker, Samuel	M51	Greyhounds	8.14	3

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

M55 60 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Warburton, Christopher (old MR 7.68 Robert Nasato ON 2018)	M57 Variety Village	7.65	6	7 MR
2 Reynolds, Rick	M56 Unattached Ontario	8.27	6	5
3 Zahirovich, Mooshie	M59 West Island T.C.	8.78	6	4

M60 60 Meter Dash Masters

Name	Age Team	Prelims	H#
Preliminaries			
1 Tissenbaum, Allan (old MR 8.02 Kerry Smith ON 2016)	M62 United States	7.77q	1 MR
2 Prime, Martin	M60 Trinidad-Tobago	8.13q	2
3 Kudo, Ken	M60 Jamcan Int.	8.42q	2
4 Nasato, Robert	M62 Jamcan Int.	8.46q	1
5 Lee Foon, Mike	M62 Jamcan Int.	8.49q	1
6 Williams, Dave	M64 Uni. Toronto TC	8.97q	1
7 Di Ridolfo, Franco	M61 Indépendant	9.30q	1
7 Arnfield, Spencer	M63 Jamcan Int.	9.30q	2

M60 60 Meter Dash Masters

Name	Age Team	Finals	H#	Points
Finals				
1 Tissenbaum, Allan	M62 United States	7.80	1	
2 Prime, Martin	M60 Trinidad-Tobago	7.93	1	
3 Nasato, Robert	M62 Jamcan Int.	8.34	1	7
4 Kudo, Ken	M60 Jamcan Int.	8.35	1	5
5 Lee Foon, Mike	M62 Jamcan Int.	8.37	1	4
6 Williams, Dave	M64 Uni. Toronto TC	8.74	1	3
7 Di Ridolfo, Franco	M61 Indépendant	9.03	1	2
8 Arnfield, Spencer	M63 Jamcan Int.	9.04	1	1

M65 60 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Hazen, Ward (old MR 8.58 Richard Lech ON 2013)	M68 Laurel Creek T.F.C.	8.48	3	7 MR
2 Alley, Raymond	M66 Greyhounds	8.60	3	5
3 Grose, Val	M67 Jamcan Int.	8.84	3	4
4 Melchiorre, Ron	M66 Unattached NS	8.97	3	3
5 Midder, Robert	M65 United States	9.59	3	
6 Cilevitz, Ralph	M68 Jamcan Int.	11.10	3	2

M70 60 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Bryant, N.Z. (old MR 8.92 Mike Morris ON 2012)	M73 United States	8.63	2	MR
2 Hehar, Manmohan	M72 Unattached Ontario	9.46	2	7
3 Lachance, Bernard	M72 Saint-Jean Olym.	10.33	2	5

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

M75 60 Meter Dash Masters

Name	Age Team	Finals	Points
1 Spencer, Douglas (old MR 9.62 Mike Moris ON 2017)	M76 United States	8.97	MR
2 Morley, Robert	M75 Unattached Ontario	9.20	7
3 Perez, Jean-Louis	M78 Indépendant	10.36	5
4 Gee, Arthur	M79 Greyhounds	10.64	4

M80 60 Meter Dash Masters

Name	Age Team	Finals	Points
1 Morris, Mike	M82 Unattached Ontario	10.42	7

M85 60 Meter Dash Masters

Name	Age Team	Finals	Points
1 Lamb, Ted	M87 Unattached Ontario	21.68	7

M30 200 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Barker, Jeff	M31 Jamcan Int.	24.82	13	7
2 Pallotta, Matthew	M34 Unattached Ontario	25.29	13	5
3 Omosa, Stephen	M30 Blue Devils AC	25.51	12	4
4 Connors, Michael	M33 Uni. Toronto TC	26.25	12	3
5 Long Waslowski, Jesse	M31 Unattached Ontario	26.97	12	2

M35 200 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Marenin, Roman (old MR 23.43 Dree Ryan ON 2016)	M39 United States	22.93	11	MR
2 Taggart, Simon	M36 Uni. Toronto TC	24.03	11	7
3 Klein, Eric	M37 Thorold Elite	24.38	11	5
4 Millage, Jamie	M38 Unattached Ontario	24.39	11	4
5 Primeau, David	M39 Force Track Team	27.34	11	3

M40 200 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Hinton, Jackson (ties Mike Lee Foon's mark from 2003 - twenty years ago)	M41 Edmonton Int. TC	23.67	10	7 MR tie
2 Griffiths, Mark	M42 Vainqueurs Plus	25.42	10	5
3 Miller, Ainsley	M41 Jamcan Int.	25.72	10	4
4 Jacek, Trevor	M41 Running Wild AC	25.94	10	3
5 Uda, Thomas	M44 Uni. Toronto TC	27.12	10	2

M45 200 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Morgan, Otis	M47 Jamcan Int.	24.20	9	7

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

2	Morris, Michael	M45 Tough Track	24.95	9	5
3	Carnate, Brian	M45 Greyhounds	25.54	9	4
4	Mirco, Sheldon	M46 Unattached Ontario	25.82	8	3
5	Gibbons-Smyth, Paul	M46 Greyhounds	26.78	8	2
6	Berardi, John	M48 Thorold Elite	26.82	9	1
7	Meikle, Supa D.A.	M45 Jamcan Int.	29.56	8	

M50 200 Meter Dash Masters

Name	Age	Team	Finals	H#	Points
1 John, Nigel	M50	Jamcan Int.	25.44	7	7 25.431
2 Mason, Alex-Bobbie	M50	Unattached Ontario	25.44	7	5 25.433
3 Hui, Tit (jonathan)	M52	Jamcan Int.	25.98	7	4
4 Walker, Samuel	M51	Greyhounds	26.58	6	3
5 Harrower, Will	M51	Unattached BC	29.10	6	2
6 Atkinson, Tyler	M51	Unattached Ontario	32.87	6	1
7 Pingue, Anthony	M51	Unattached Ontario	32.90	6	

M55 200 Meter Dash Masters

Name	Age	Team	Finals	H#	Points
1 Warburton, Christopher	M57	Variety Village	25.17	5	7 MR
(old MR 25.43 Philippe Olliviere PQ 2022)					
2 Ellis, Colin	M55	Unattached SK	28.14	5	5
3 McGhie, Brad	M59	London Legion	32.28	5	4
-- St-Arnaud, Claude	M59	Indépendant	DQ	5	Rule 17.3.1

M60 200 Meter Dash Masters

Name	Age	Team	Finals	H#	Points
1 Prime, Martin	M60	Trinidad-Tobago	26.63	4	MR
(old MR 27.45 Marcel D'Eon PQ 2015)					
2 Lee Foon, Mike	M62	Jamcan Int.	28.45	4	7
3 Williams, Dave	M64	Uni. Toronto TC	29.68	4	5
4 Arnfield, Spencer	M63	Jamcan Int.	31.88	3	4
5 Velautham, Ravindraraaj	M62	United Tamil SC	32.64	3	3
6 Lee, Paul	M63	Jamcan Int.	35.99	3	2

M65 200 Meter Dash Masters

Name	Age	Team	Finals	H#	Points
1 Melchiorre, Ron	M66	Unattached NS	29.51	2	7
2 Blanchet, Yvon	M67	Indépendant	32.69	2	5
3 Cilevitz, Ralph	M68	Jamcan Int.	39.97	2	4

M70 200 Meter Dash Masters

Name	Age	Team	Finals	H#	Points
1 Hehar, Manmohan	M72	Unattached Ontario	32.18	3	7

M75 200 Meter Dash Masters

Name	Age	Team	Finals	Points
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12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

1 Spencer, Douglas	M76 United States	31.65	MR
(old MR 33.43 Mike Morris ON 2018)			
2 Tucker, Ray	M75 Unattached Ontario	35.13	7
3 Perez, Jean-Louis	M78 Indépendant	35.57	5

M80 200 Meter Dash Masters

Name	Age Team	Finals	Points
1 Morris, Mike	M82 Unattached Ontario	37.38	7

M30 400 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Omosa, Stephen	M30 Blue Devils AC	56.24	9	7
2 Pallotta, Matthew	M34 Unattached Ontario	57.87	9	5
3 Connors, Michael	M33 Uni. Toronto TC	58.88	9	4
4 Pietrangelo, Christopher	M32 Etobicoke Huskie	1:00.26	9	3

M35 400 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Marenin, Roman	M39 United States	51.14	8	MR
(old MR 54.77 Aston Scott USA 2003)				
2 Galloway, Andrew	M38 London Western	55.05	8	7
3 Conway, Michael	M38 Ottawa Lions T.F.C.	56.04	8	5

M40 400 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Griffiths, Mark	M42 Vainqueurs Plus	54.78	7	7
2 Jacek, Trevor	M41 Running Wild AC	56.32	7	5
3 Miller, Ainsley	M41 Jamcan Int.	57.29	7	4
4 Johnson, Mark	M41 Jamcan Int.	57.97	7	3

M45 400 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Morgan, Otis	M47 Jamcan Int.	58.75	6	7
2 Morris, Michael	M45 Tough Track	58.81	6	5
3 Mirco, Sheldon	M46 Unattached Ontario	1:00.59	6	4

M50 400 Meter Dash Masters

Name	Age Team	Finals	H#	Points
1 Doucet, Patrice	M50 Milpat Mauricie	55.56	5	7
(old MR 55.69 Landen Summay USA 2017)				
2 Graenert, Mirco	M54 Newmarket Huskie	57.33	5	5
3 Walker, Samuel	M51 Greyhounds	1:00.43	5	4
4 Heaven, Howard	M51 Jamcan Int.	1:09.19	5	3

M55 400 Meter Dash Masters

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

Name	Age	Team	Finals	H#	Points
1 St-Arnaud, Claude	M59	Indépendant	1:00.02	4	7

M60 400 Meter Dash Masters

Name	Age	Team	Finals	H#	Points	
1 Athayde, Greg	M61	Tough Track	1:01.17	3	7	MR
(old MR 1:03.16 Marcel D'Eon SK 2015)						
2 Flett, Gordon	M62	Roadkill RC	1:21.81	3	5	

M65 400 Meter Dash Masters

Name	Age	Team	Finals	H#	Points	
1 Millward, Steven	M67	Niagara Olympic	1:07.23	2	7	MR
(old MR 1:07.53 Jim Irons ON 2003)						
2 Blanchet, Yvon	M67	Indépendant	1:16.02	2	5	

M75 400 Meter Dash Masters

Name	Age	Team	Finals	Points
1 Tucker, Ray	M75	Unattached Ontario	1:16.92	7
2 Perez, Jean-Louis	M78	Indépendant	1:22.55	5
3 Gee, Arthur	M79	Greyhounds	1:43.52	4

M30 800 Meter Run Masters

Name	Age	Team	Finals	H#	Points
1 Auguste, Fritzlor	M32	Ottawa Lions T.F.C.	2:17.42	4	7

M35 800 Meter Run Masters

Name	Age	Team	Finals	H#	Points
1 Conway, Michael	M38	Ottawa Lions T.F.C.	2:05.81	4	7

M40 800 Meter Run Masters

Name	Age	Team	Finals	H#	Points
1 Jacek, Trevor	M41	Running Wild AC	2:06.62	4	7
2 Logue, Michael	M41	Newmarket Huskie	2:06.93	4	5
3 Coffin, John	M41	Tough Track	2:10.33	4	4
4 Costa, Chris	M43	Laurel Creek T.F.C.	2:13.40	4	3
5 Johnson, Mark	M41	Jamcan Int.	2:17.46	4	2
6 Miller, Ainsley	M41	Jamcan Int.	2:30.34	4	1
-- Aseltine, Ian	M41	London Western	DNF	4	

M45 800 Meter Run Masters

Name	Age	Team	Finals	H#	Points
1 McGill, Robert	M46	Dundas Valley TC	2:11.92	3	7
2 Frenette, Gilles	M46	Ottawa Lions T.F.C.	2:19.54	3	5

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

M50 800 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Doucet, Patrice	M50 Milpat Mauricie	2:06.89	3	7
2 Graenert, Mirco	M54 Newmarket Huskie	2:11.50	3	5
3 Gobeil, Gilles	M51 Gatineau	2:24.73	3	4
4 Grossi, Danny	M52 Unattached Ontario	2:31.52	3	3
5 Pingue, Anthony	M51 Unattached Ontario	2:49.98	3	2

M55 800 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Lemelin, Syl	M55 Edmonton Masters AA	2:20.33	2	7
2 Weber, Harvey	M57 Running Wild AC	2:21.21	2	5

M60 800 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Pinckard, Mark	M62 Ocean Athletics	2:17.00	2	7
(old MR 2:25.24 Greg Athayde MB 2022)				
2 Athayde, Greg	M61 Tough Track	2:20.17	2	5
3 Flett, Gordon	M62 Roadkill RC	3:08.10	2	4

M65 800 Meter Run Masters

Name	Age Team	Finals	Points
1 Friesen, Ken	M66 Tough Track	2:34.87	7
2 Southwood, Michael	M68 United States	3:03.37	
3 Farr, Tony	M68 Uni. Toronto TC	3:08.40	5

M70 800 Meter Run Masters

Name	Age Team	Finals	Points
1 Mills, Frank	M73 Kawartha Lakes	3:10.41	7

M75 800 Meter Run Masters

Name	Age Team	Finals	Points
1 Tucker, Ray	M75 Unattached Ontario	2:54.16	7
2 Perez, Jean-Louis	M78 Indépendant	3:09.70	5
3 Sekhon, Pritam	M79 Unattached Ontario	7:23.98	4

M80 800 Meter Run Masters

Name	Age Team	Finals	Points
1 Mackie, Chris	M82 Unattached Ontario	3:23.25	7
2 Christensen, Verner	M82 Uni. Toronto TC	4:12.02	5

M30 1500 Meter Run Masters

Name	Age Team	Finals	H#	Points
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12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

1 Shi, Sam	M30 Unattached Ontario	4:34.81	4	7
2 Auguste, Fritzlor	M32 Ottawa Lions T.F.C.	4:50.29	4	5

M35 1500 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 McAneney, Lucas	M36 Unattached Ontario	4:21.35	4	7

M40 1500 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Coffin, John	M41 Tough Track	4:26.66	4	7
2 Aseltine, Ian	M41 London Western	4:26.71	4	5
3 Sanders, Joshua	M40 Unattached Ontario	4:32.26	4	4
4 Bianchi, Michael	M43 Dundas Valley TC	4:39.69	4	3
5 Thompson, Craig	M40 Uni. Toronto TC	4:40.33	4	2

M45 1500 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 McGill, Robert	M46 Dundas Valley TC	4:28.85	3	7
2 Bedley, Charles	M49 Uni. Toronto TC	4:30.64	3	5
3 Brecher, Jay	M49 Monarch AC	4:32.30	3	4
4 Adachi, Shinsuke	M46 Unattached Ontario	4:38.53	3	3
5 Frenette, Gilles	M46 Ottawa Lions T.F.C.	4:54.49	3	2
6 Jensen, Steven	M48 Newmarket Huskie	5:21.69	3	1

M50 1500 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Doucet, Patrice	M50 Milpat Mauricie	4:25.59	2	7
2 Gobeil, Gilles	M51 Gatineau	4:57.60	2	5
3 Grossi, Danny	M52 Unattached Ontario	5:27.27	2	4
4 Vautour, Christopher	M52 Unattached Ontario	5:43.91	2	3
5 Pingue, Anthony	M51 Unattached Ontario	6:16.32	2	2

M55 1500 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Lemelin, Syl	M55 Edmonton Masters AA	4:55.68	2	7
2 Cook, Jack	M55 Unattached Alberta	5:00.89	2	5
3 Zero, Nick	M56 Unattached Ontario	5:05.67	2	4
4 McInerney, Mike	M56 Ottawa Lions T.F.C.	5:09.51	2	3
5 Xu, Jianping	M57 Dundas Valley TC	5:21.48	2	2

M60 1500 Meter Run Masters

Name	Age Team	Finals	Points
1 Pinckard, Mark	M62 Ocean Athletics	4:48.24	7
(old MR 4:59.13 John Helliker ON 2015)			MR
2 Fiorini, Daniel	M60 Newmarket Huskie	5:03.78	5
3 Wallace, James	M60 Unattached Ontario	6:03.90	4
4 Flett, Gordon	M62 Roadkill RC	6:06.07	3

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

5 Freemantle, James M64 Newmarket Huskie 6:06.31 2

M75 1500 Meter Run Masters

Name	Age Team	Finals	Points
1 Tucker, Ray	M75 Unattached Ontario	5:59.82	7
2 Perez, Jean-Louis	M78 Indépendant	6:53.66	5
3 Sekhon, Pritam	M79 Unattached Ontario	14:39.41	4

M80 1500 Meter Run Masters

Name	Age Team	Finals	Points
1 Mackie, Chris	M82 Unattached Ontario	6:57.66	7
2 Christensen, Verner	M82 Uni. Toronto TC	8:24.70	5

M30 3000 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Sneddon, Jay	M30 Ottawa Lions T.F.C.	9:43.52	3	7
2 Shi, Sam	M30 Unattached Ontario	9:45.20	3	5

M35 3000 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Duggan, Bob	M36 United States	10:13.37	3	

M40 3000 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Sanders, Joshua	M40 Unattached Ontario	9:49.95	3	7
2 Bianchi, Michael	M43 Dundas Valley TC	9:51.84	3	5

M45 3000 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Bedley, Charles	M49 Uni. Toronto TC	9:38.41	3	7
2 Adachi, Shinsuke	M46 Unattached Ontario	9:38.69	3	5

M50 3000 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Hackshaw, Derek	M53 Newmarket Huskie	9:49.14	3	7
(old MR 9:52.43 Dan Fiorini ON 2017)				
2 Gobeil, Gilles	M51 Gatineau	10:53.53	3	5
3 Grossi, Danny	M52 Unattached Ontario	12:05.75	3	4

MR

M55 3000 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Zero, Nick	M56 Unattached Ontario	11:21.31	2	7

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

2 McInerney, Mike M56 Ottawa Lions T.F.C. 11:23.87 2 5

M60 3000 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Fiorini, Daniel (old MR 10:57.81 John Clarke ON 2013)	M60 Newmarket Huskie	10:47.74	2	7 MR
2 Eley, Brian	M62 Longboat RR	12:25.16	2	5
3 Flett, Gordon	M62 Roadkill RC	13:30.84	2	4

M65 3000 Meter Run Masters

Name	Age Team	Finals	H#	Points
1 Kooymans, Jerry	M67 Toronto Olympic	11:21.41	2	7
2 Farr, Tony	M68 Uni. Toronto TC	13:55.32	2	5

M70 3000 Meter Run Masters

Name	Age Team	Finals	Points
1 Mills, Frank	M73 Kawartha Lakes	14:03.53	7

M75 3000 Meter Run Masters

Name	Age Team	Finals	Points
1 Bedley, Michael	M75 Longboat RR	16:49.15	7
2 Sekhon, Pritam	M79 Unattached Ontario	31:33.16	5

M80 3000 Meter Run Masters

Name	Age Team	Finals	Points
1 Mackie, Chris	M82 Unattached Ontario	14:58.53	7
2 Christensen, Verner	M82 Uni. Toronto TC	17:46.18	5

M40 50 Meter Hurdles Masters

Name	Age Team	Finals	H#	Points
1 Hinton, Jackson (old CAN and MR 7.70 Doug McLaren SK 2016)	M41 Edmonton Int. TC	7.12	2	7 CAN MR

M55 50 Meter Hurdles Masters

Name	Age Team	Finals	H#	Points
1 Le Mouël, Yannick (old CAN and MR 8.27 Glenn Chipkar ON 2015)	M55 Saint-Jean Olym.	7.58	2	7 CAN MR

M60 50 Meter Hurdles Masters

Name	Age Team	Finals	H#	Points
1 Baldamus, Steve	M62 Unattached Ontario	17.41	2	7

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

M65 50 Meter Hurdles Masters

Name	Age Team	Finals	Points
1 Hazen, Ward (old CAN and MR 9.21 Richard Lech ON 2016)	M68 Laurel Creek T.F.C.	8.20	7 CAN MR
2 Lawrence, Dale	M65 Unattached SK	10.68	5
3 Cilevitz, Ralph	M68 Jamcan Int.	12.87	4

M70 50 Meter Hurdles Masters

Name	Age Team	Finals	Points
1 Bogatek, Steve (old MR 11.93 Roland Delhomeau SK 2016)	M73 Unattached Ontario	11.35	7 MR
2 Lachance, Bernard	M72 Saint-Jean Olym.	12.44	5

M75 50 Meter Hurdles Masters

Name	Age Team	Finals	Points
1 Gee, Arthur	M79 Greyhounds	12.60	7

M35 60 Meter Hurdles Masters

Name	Age Team	Finals	H#	Points
1 Taggart, Simon	M36 Uni. Toronto TC	8.55	2	7

M40 60 Meter Hurdles Masters

Name	Age Team	Finals	H#	Points
1 Sanders, Joshua	M40 Unattached Ontario	12.72	2	7

M45 60 Meter Hurdles Masters

Name	Age Team	Finals	H#	Points
1 Cheng, Sam	M48 Unattached Ontario	12.19	2	7

M50 60 Meter Hurdles Masters

Name	Age Team	Finals	H#	Points
1 Hui, Tit (jonathan)	M52 Jamcan Int.	10.02	3	7
2 Dechellis, Matthew	M54 Unattached Ontario	11.91	3	5

M55 60 Meter Hurdles Masters

Name	Age Team	Finals	H#	Points
1 Le Mouël, Yannick (old MR 9.67 Glenn Chipkar ON 2015)	M55 Saint-Jean Olym.	8.89	3	7 MR

M60 60 Meter Hurdles Masters

Name	Age Team	Finals	Points
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12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

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1 Baldamus, Steve	M62 Unattached Ontario	24.21	7
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M65 60 Meter Hurdles Masters

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Name	Age Team	Finals	Points		
1 Hazen, Ward	M68 Laurel Creek T.F.C.	9.72	7	CAN	MR
(old CAN 10.49 Ward in 2020, old MR 11.02 Jess Brewer BC 2011)					
2 Lawrence, Dale	M65 Unattached SK	12.63	5		
3 Cilevitz, Ralph	M68 Jamcan Int.	12.94	4		

M70 60 Meter Hurdles Masters

=====

Name	Age Team	Finals	Points
1 Bogatek, Steve	M73 Unattached Ontario	13.52	7
2 Lachance, Bernard	M72 Saint-Jean Olym.	14.64	5

M30 4x200 Meter Relay Masters

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Team	Finals
1 Jamcan International Athletics 'A'	1:43.89
1) Barker, Jeff (ON 31)	2) Miller, Ainsley (ON 41)
3) Meikle, Supa D.A. (ON 45)	4) Brown, Mellard (ON 38)

M35 4x200 Meter Relay Masters

=====

Team	Finals
1 Unattached 'A'	1:41.73
1) Conway, Michael (ON 38)	2) Sanders, Joshua (ON 40)
3) Galloway, Andrew (ON 38)	4) Marenin, Roman (USA 39)

M45 4x200 Meter Relay Masters

=====

Team	Finals	
1 Jamcan International Athletics 'A'	1:43.68	MR
1) Morgan, Otis (ON 47)	2) Heaven, Howard (ON 51)	
3) Hui, Tit (jonathan) (ON 52)	4) John, Nigel (ON 50)	
(old MR 1:48.72 JamCan John, Folkes, Geohagen, Reid 2018)		
2 Unattached British Columbia 'A'	1:48.11	
1) Carnate, Brian (BC 45)	2) Harrower, Will (BC 51)	
3) Walker, Samuel (BC 51)	4) Gibbons-Smyth, Paul (BC 46)	

M50 4x200 Meter Relay Masters

=====

Team	Finals	H#
1 Unattached 'A'	2:12.30	2 MR
1) Swirsky, Brian (PQ 50)	2) Di Ridolfo, Franco (PQ 61)	
3) Perez, Jean-Louis (PQ 78)	4) Blanchet, Yvon (PQ 67)	
(no previous MR)		

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

M60 4x200 Meter Relay Masters

Team	Finals	H#
1 Jamcan International Athletics 'A'	2:02.71	2 MR
1) Nasato, Robert (ON 62)	2) Grose, Val (ON 67)	
3) Arnfield, Spencer (ON 63)	4) Lee Foon, Mike (ON 62)	
(old MR 2:12.88 UNA Belyea, Graham, Mintz, Turkington 2017)		

M65 4x200 Meter Relay Masters

Team	Finals	H#
1 Unattached 'A'	2:00.75	2 MR
1) Hazen, Ward (ON 68)	2) Liu, Edwin (BC 66)	
3) Midder, Robert (USA 65)	4) Melchiore, Ron (NS 66)	
(no previous MR)		

M35 4x400 Meter Relay Masters

Team	Finals	
1 Unattached 'A'	3:47.86	CAN MR
1) Klein, Eric (ON 37)	2) Costa, Chris (ON 43)	
3) Aseltine, Ian (ON 41)	4) Galloway, Andrew (ON 38)	
(old CAN 4:12.48 Harrower, Van Ryswyk, Oamen, Walker 2011)		
2 Unattached 'B'	3:56.89	
1) Jacek, Trevor (SK 41)	2) Duggan, Bob (USA 36)	
3) Sanders, Joshua (ON 40)	4) Marenin, Roman (USA 39)	

M40 4x400 Meter Relay Masters

Team	Finals	
1 Jamcan International Athletics 'A'	3:51.62	MR
1) Johnson, Mark (ON 41)	2) Miller, Ainsley (ON 41)	
3) Hui, Tit (jonathan) (ON 52)	4) Morgan, Otis (ON 47)	
(no previous MR)		

M30 4x800 Meter Relay Masters

Team	Finals	
1 Dundas Valley Track Club 'A'	9:32.29	MR
1) Xie, Lawrence (ON 32)	2) McGill, Robert (ON 46)	
3) Bianchi, Michael (ON 43)	4) Xu, Jianping (ON 57)	
(no previous MR)		

M40 4x800 Meter Relay Masters

Team	Finals	
1 Unattached 'A'	8:44.69	CAN MR
1) Jacek, Trevor (SK 41)	2) Sanders, Joshua (ON 40)	
3) Coffin, John (MB 41)	4) Asletine, Ian (ON 41)	
(old CAN 8:45.59 Wells, Brecher, Kapral, Rayner 2016,		

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

Old MR 8:50.00 UTTC Kapral, Wells, Matthews, Brecher 2015)

M55 4x800 Meter Relay Masters

Team	Finals
1 Unattached 'A'	9:50.22 CAN MR
1) Athayde, Greg (MB 61)	2) Pinckard, Mark (BC 62)
3) Weber, Harvey (SK 57)	4) Lemelin, Syl (AB 55)
(old CAN and MR 12:22.78 Chee, Shaggy, Moses, Greenshields 2013)	

M40 High Jump Masters

Name	Age Team	Finals	H#	Points
1 Armstrong, Andrew	M40 Thorold Elite	1.40m	2	7
1.20 1.25 1.30 1.35 1.40 1.45				
0 0 0 0 XXO XXX				

M45 High Jump Masters

Name	Age Team	Finals	H#	Points
1 Sara, Zoltan	M47 Brockville Legi.	1.70m	2	7 MR tie
1.50 1.60 1.70 1.75				
0 0 XXO XXX				
(MR 1.70 Shawn Folkes 2016)				
2 Morgan, Otis	M47 Jamcan Int.	1.65m	2	5
1.30 1.40 1.45 1.50 1.55 1.60 1.65 1.70				
0 0 0 XXO XXO 0 XO XXX				
3 Hundal, Jasbir	M49 Jamcan Int.	1.25m	2	4
1.25				
0				

M50 High Jump Masters

Name	Age Team	Finals	H#	Points
1 Dimnaku, Gezim	M51 Lachine	1.65m	2	7 MR
1.50 1.55 1.60 1.65 1.75				
0 0 0 XXO XXX				
(old MR tie 1.60 David Turkstra '16 and Shawn Folkes '19)				
-- Pontes, Jack	M51 Jamcan Int.	NH	2	
1.15				
XXX				

M60 High Jump Masters

Name	Age Team	Finals	H#	Points
1 Ritchie, Donald	M61 Unattached Ontario	1.40m	2	7
1.25 1.30 1.35 1.40 1.45				
0 0 0 XO XXX				
2 Courteau, Ambroise	M64 Vainqueurs Plus	1.35m	2	5
1.25 1.30 1.35 1.40				
0 0 XO XXX				

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

3 Dufourneau, Alain M62 Vainqueurs Plus 1.25m 2 4
 1.25 1.30
 O XXX

M65 High Jump Masters

Name	Age Team	Finals	Points
1 Lawrence, Dale	M65 Unattached SK	1.38m	7
1.20 1.25 1.30 1.35 1.38			
O O O O XXO			
2 Hazen, Ward	M68 Laurel Creek T.F.C.	1.35m	5
1.00 1.05 1.15 1.20 1.25 1.30 1.35 1.38			
O O O O XXO O O XXX			
3 Schweiger, Christian	M67 Lasalle Athletics	1.30m	4
1.20 1.25 1.30 1.35			
O O O XXX			
4 Cilevitz, Ralph	M68 Jamcan Int.	1.10m	3
1.00 1.05 1.10			
O O O			

M70 High Jump Masters

Name	Age Team	Finals	Points
1 Sandhar, Balvinder	M70 Unattached Ontario	1.20m	7
1.10 1.15 1.20 1.25			
O XO O XXX			
2 Bonenberg, Robert	M73 Rive-Sud	1.10m	5
1.00 1.05 1.10 1.15			
XO O O XXX			
-- Bogatek, Steve	M73 Unattached Ontario	NH	
1.10			
XXX			

M75 High Jump Masters

Name	Age Team	Finals	Points
1 Seitz, Stan	M75 Ottawa Lions T.F.C.	1.25m	7 MR
1.15 1.20 1.25 1.30			
O XO XXO XXX			
2 Gee, Arthur	M79 Greyhounds	1.00m	5
1.00 1.05			
O XXX			

M40 Pole Vault Masters

Name	Age Team	Finals	Points
1 Leon Cannock, Francisco	M44 Vainqueurs Plus	3.90m	7
3.70 3.80 3.90 4.05			
XO P O XXX			

M45 Pole Vault Masters

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

Name	Age	Team	Finals	Points				
1 Hayhoe, Jeff	M49	Unattached Ontario	J3.70m	7				
	3.00	3.40	3.50	3.60	3.70	3.80		
	O	O	O	O	XO	XXX		

M50 Pole Vault Masters

Name	Age	Team	Finals	Points		
1 Abrassart, Christophe	M51	Vainqueurs Plus	J3.60m	7		
	3.40	3.50	3.60	3.70		
	XO	P	O	XXX		

M55 Pole Vault Masters

Name	Age	Team	Finals	Points				
1 Le Mouël, Yannick	M55	Saint-Jean Olym.	J3.70m	7				
	3.50	3.60	3.70	3.80				
	O	XO	O	XX				
2 Zahirovich, Mooshie	M59	West Island T.C.	J2.30m	5				
	1.90	2.00	2.10	2.20	2.30	2.40		
	O	P	O	P	O	XXX		

M60 Pole Vault Masters

Name	Age	Team	Finals	Points			
1 Courteau, Ambroise	M64	Vainqueurs Plus	J2.80m	7			
	2.80	2.90	3.00				
	XO	P	X				
2 Schaber, Mark	M64	Unattached Ontario	J2.70m	5			
	2.52	2.60	2.70	2.80	2.90		
	XO	P	XO	XXP	X		
3 Dufourneau, Alain	M62	Vainqueurs Plus	J2.50m	4			
	2.40	2.50	2.52	2.60			
	XO	O	P	XXX			

M70 Pole Vault Masters

Name	Age	Team	Finals	Points						
1 Bonenberg, Robert	M73	Rive-Sud	J2.30m	7						
	1.50	1.60	1.70	1.80	1.90	2.00	2.10	2.20	2.30	2.40
	O	P	O	P	O	O	O	XO	XXO	XXX

M75 Pole Vault Masters

Name	Age	Team	Finals	Points				
1 Seitz, Stan	M75	Ottawa Lions T.F.C.	J2.30m	7				
	2.10	2.20	2.30	2.40	2.50	2.52		
	O	P	XO	P	P	XXX		
2 Gee, Arthur	M79	Greyhounds	J1.40m	5				
	1.40	1.50						
	XO	XXX						

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

M30 Long Jump Masters

Name	Age Team	Finals	H#	Points
1 Young, Arren	M31 Phoenix AA	6.30m	2	7
FOUL FOUL FOUL 6.30m FOUL 5.45m				

M40 Long Jump Masters

Name	Age Team	Finals	H#	Points
1 Singh, Gagandeep	M44 Unattached Ontario	4.56m	2	7
4.03m 4.45m 4.47m 4.33m 4.56m 4.30m				
2 Tekwa, Eden	M40 Uni. Toronto TC	4.45m	2	5
3.81m 4.19m 4.45m 4.33m 4.37m 3.78m				
3 Uda, Thomas	M44 Uni. Toronto TC	4.33m	2	4
4.07m 4.29m 4.33m 4.29m 4.26m 4.16m				

M45 Long Jump Masters

Name	Age Team	Finals	H#	Points
1 Hundal, Jasbir	M49 Jamcan Int.	4.01m	2	7
3.96m 3.82m 4.01m				

M50 Long Jump Masters

Name	Age Team	Finals	H#	Points
1 John, Nigel	M50 Jamcan Int.	5.92m	2	7 MR
5.68m 5.81m 5.92m 5.64m 5.65m 5.34m (old MR 5.64 Gezim Dimnaku PQ 2022)				
2 Hui, Tit (jonathan)	M52 Jamcan Int.	5.24m	2	5
5.04m FOUL 5.24m 4.96m 4.92m 5.00m				
3 Swirsky, Brian	M50 Indépendant	4.20m	2	4
4.13m 4.08m 4.16m 4.08m 4.20m 4.17m				

M60 Long Jump Masters

Name	Age Team	Finals	H#	Points
1 McWhinney, Dennis	M61 Unattached Ontario	4.68m	2	7
2.58m FOUL 3.84m 4.14m 4.40m 4.68m				
2 Dawson, Paul	M60 Unattached Ontario	4.35m	2	5
3.46m 4.00m 4.35m 3.36m 3.87m				
3 Velautham, Ravindraraj	M62 United Tamil SC	4.08m	2	4
3.96m FOUL 3.87m 4.06m 4.08m 4.01m				
4 Earl, Richard	M64 Unattached Ontario	3.30m	2	3
3.18m 3.29m 3.30m 3.21m 2.75m				

M65 Long Jump Masters

Name	Age Team	Finals	Points
1 Lawrence, Dale	M65 Unattached SK	4.30m	7 MR
4.30m FOUL FOUL FOUL 4.07m FOUL (old MR 3.93 Roy Turkington BC 2017)			

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26

Results

2 Alley, Raymond	M66 Greyhounds	4.28m	5
4.03m 4.28m 4.09m			
3 Liu, Edwin	M66 Greyhounds	4.26m	4
4.11m 4.26m 4.14m	FOUL FOUL FOUL		
4 Hazen, Ward	M68 Laurel Creek T.F.C.	4.17m	3
3.68m 3.41m 3.71m	3.91m 4.17m 3.96m		
5 Laughlin, Jack	M65 Unattached Alberta	3.72m	2
3.68m 3.55m 3.72m	3.65m 3.58m 3.66m		
6 Cilevitz, Ralph	M68 Jamcan Int.	3.55m	1
3.55m FOUL			
7 Midder, Robert	M65 United States	3.40m	
FOUL 3.36m 2.89m	3.40m 3.39m 3.23m		
8 Dalpé, André	M65 Kilomaitres	2.89m	
2.70m 2.73m 2.64m	2.89m 2.87m 2.84m		

M70 Long Jump Masters

Name	Age Team	Finals	Points
1 Bonenberg, Robert	M73 Rive-Sud	3.51m	7
3.18m 3.04m 3.04m	3.33m FOUL 3.51m		
2 Bogatek, Steve	M73 Unattached Ontario	3.39m	5
3.33m 3.39m 3.29m			

M75 Long Jump Masters

Name	Age Team	Finals	Points
1 Mayer, Jean-Pierre	M75 Throwers Club	3.73m	7 MR
3.44m 3.49m 3.73m	3.49m 3.40m 3.49m		
(old Mr 3.67 Doug Renwick SK 2017)			
2 Gee, Arthur	M79 Greyhounds	2.85m	5
FOUL FOUL 2.85m	2.75m FOUL 2.64m		

M40 Triple Jump Masters

Name	Age Team	Finals	H#	Points
1 Singh, Gagandeep	M44 Unattached Ontario	9.77m	2	7
9.46m 9.53m 9.66m	9.63m 9.77m 9.62m			
2 Armstrong, Andrew	M40 Thorold Elite	9.44m	2	5
8.46m 9.04m 9.32m	9.33m 9.44m 8.87m			

M45 Triple Jump Masters

Name	Age Team	Finals	H#	Points
1 Sara, Zoltan	M47 Brockville Legi.	10.01m	2	7
9.63m 9.93m 9.75m	9.95m 9.94m 10.01m			
2 Cheng, Sam	M48 Unattached Ontario	7.62m	2	5
7.62m FOUL 7.42m	FOUL			
-- Hundal, Jasbir	M49 Jamcan Int.	FOUL	2	
FOUL x				

M50 Triple Jump Masters

Name	Age Team	Finals	H#	Points
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12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26

Results

1	Dimnaku, Gezim	M51 Lachine	11.61m	2	7
	11.22m 11.09m 11.43m 11.38m 11.61m 11.59m				
2	Swirsky, Brian	M50 Indépendant	8.49m	2	5
	8.27m 8.49m				

M55 Triple Jump Masters

Name	Age Team	Finals	H#	Points
1 Crawford, Todd	M58 Quinte Legion	10.55m	2	7
		10.55m		
2 Zero, Nick	M56 Unattached Ontario	9.40m	2	5
		9.15m 9.40m 8.48m		

M60 Triple Jump Masters

Name	Age Team	Finals	H#	Points
1 Nasato, Robert	M62 Jamcan Int.	8.76m	2	7
		8.36m 8.76m		
2 Dufourneau, Alain	M62 Vainqueurs Plus	7.82m	2	5
		7.29m FOUL 7.64m 7.82m		
3 Earl, Richard	M64 Unattached Ontario	7.04m	2	4
		5.60m 6.61m 7.04m 6.31m		
4 Baldamus, Steve	M62 Unattached Ontario	6.50m	2	3
		6.17m 6.38m 6.12m 6.32m 6.41m 6.50m		

M65 Triple Jump Masters

Name	Age Team	Finals	Points
1 Sinnathurai, Thevarajan	M69 United Tamil SC	9.66m	7 MR
		9.38m 9.66m 9.63m	
		(old MR 8.32 Jess Brewer BC 2011)	
2 Liu, Edwin	M66 Greyhounds	8.77m	5
		8.24m 8.22m 8.70m 8.74m FOUL 8.77m	
3 Lawrence, Dale	M65 Unattached SK	8.62m	4
		8.19m 8.45m 8.46m 8.41m 8.62m	
4 Alley, Raymond	M66 Greyhounds	7.95m	3
		FOUL 7.93m 7.66m 7.95m 7.36m	
5 Hazen, Ward	M68 Laurel Creek T.F.C.	7.92m	2
		FOUL 7.92m	
6 Laughlin, Jack	M65 Unattached Alberta	7.84m	1
		7.84m FOUL	
7 Cilevitz, Ralph	M68 Jamcan Int.	4.60m	
		4.60m	

M70 Triple Jump Masters

Name	Age Team	Finals	Points
1 Bogatek, Steve	M73 Unattached Ontario	6.56m	7
		6.44m 6.56m 6.32m	
-- Sandhar, Balvinder	M70 Unattached Ontario	FOUL	
		FOUL FOUL FOUL FOUL	

M75 Triple Jump Masters

Name	Age Team	Finals	Points
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12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

1	Mayer, Jean-Pierre	M75 Throwers Club	7.16m	7
	6.74m 7.12m 7.16m 6.87m			
2	Gee, Arthur	M79 Greyhounds	5.18m	5
	5.18m FOUL FOUL 5.18m 5.05m FOUL			
3	Sekhon, Pritam	M79 Unattached Ontario	2.37m	4
	FOUL 2.27m 2.11m 2.24m 2.29m 2.37m			

M30 Shot Put Masters

Name	Age Team	Finals	H#	Points
1 Gopinath, Nakul	M34 Unattached BC	6.28m	4	7
	FOUL 5.62m FOUL 5.64m 6.20m 6.28m			

M35 Shot Put Masters

Name	Age Team	Finals	H#	Points
1 Dumont, Mathieu	M35 Université Laval	10.88m	4	7
	10.88m FOUL FOUL 10.46m 10.83m 10.52m			
2 Brown, Mellard	M38 Jamcan Int.	8.64m	4	5
	FOUL FOUL 8.15m 8.30m 8.62m 8.64m			

M40 Shot Put Masters

Name	Age Team	Finals	H#	Points
1 Armstrong, Andrew	M40 Thorold Elite	12.24m	4	7
	12.24m 11.96m 11.83m 11.68m 11.02m 11.45m			
2 Sahota, Gurinder Pal	M40 Unattached Alberta	10.44m	4	5
	10.00m 9.37m 9.78m 10.10m 10.44m FOUL			
3 Bichaltzis, Sotirios	M42 Etobicoke Huskie	8.20m	4	4
	8.20m 7.06m			

M45 Shot Put Masters

Name	Age Team	Finals	H#	Points
1 Walls, Sam	M49 Unattached Ontario	12.21m	4	7
	11.66m 12.21m			
2 Hundal, Jasbir	M49 Jamcan Int.	7.24m	4	5
	FOUL 7.24m 6.87m			
3 Cheng, Sam	M48 Unattached Ontario	7.21m	4	4
	7.21m 7.19m 7.14m 6.64m 7.14m 6.66m			

M50 Shot Put Masters

Name	Age Team	Finals	H#	Points
1 Bungay, Dwight	M53 Throwers Club	11.46m	3	7
	11.03m 11.46m 11.42m 11.28m 10.92m 11.21m			
2 Harrower, Will	M51 Unattached BC	10.30m	3	5
	9.51m 9.85m 10.07m 10.07m 10.30m			
3 Buhlman, James	M54 Unattached Ontario	9.48m	3	4
	9.03m 8.58m 8.57m 8.47m 9.17m 9.48m			
4 Rigby, Timothy	M52 Unattached Ontario	8.94m	3	3

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

8.91m FOUL FOUL 8.77m 8.94m FOUL

M55 Shot Put Masters

Name	Age Team	Finals	H#	Points
1 Nzambe-Busugu, Landry	M55 Lasalle Athletics	12.55m	3	
2 Crawford, Todd	M58 Quinte Legion	11.22m	3	7
	FOUL FOUL 10.12m 11.22m 10.49m 11.22m			

M60 Shot Put Masters

Name	Age Team	Finals	H#	Points
1 Wolters, Jake	M62 Throwers Club	10.36m	3	7
	10.36m 10.33m 10.31m FOUL FOUL 9.93m			
2 Ritchie, Donald	M61 Unattached Ontario	10.11m	3	5
	10.03m FOUL 9.99m FOUL FOUL 10.11m			
3 Virk, Sukhwinder	M64 Unattached Ontario	9.29m	3	4
	8.92m 8.56m 9.10m 9.29m 9.12m 8.78m			
4 Anderson, Michael	M62 Throwers Club	8.97m	3	3
	8.50m 8.46m 8.37m 8.97m 8.94m 8.69m			

M65 Shot Put Masters

Name	Age Team	Finals	H#	Points
1 Murray, Jerry	M65 Throwers Club	10.76m	2	7
	10.24m 10.76m 10.20m 9.82m FOUL 10.12m			
2 Schweiger, Christian	M67 Lasalle Athletics	10.39m	2	5
	9.58m 10.39m 10.01m 9.61m 10.22m 10.22m			
3 Lawrence, Dale	M65 Unattached SK	9.23m	2	4
	8.83m 9.18m 9.23m 8.52m 9.09m			
4 Hazen, Ward	M68 Laurel Creek T.F.C.	8.26m	2	3
	7.99m 8.26m FOUL 8.24m			
5 Dalpé, André	M65 Kilomaitres	7.35m	2	2
	7.08m 6.96m 7.28m 7.35m 7.05m 7.18m			
6 Cilevitz, Ralph	M68 Jamcan Int.	6.92m	2	1
	6.79m 6.52m 6.92m			

M70 Shot Put Masters

Name	Age Team	Finals	H#	Points
1 Hessel, Patrick	M71 Unattached Alberta	10.48m	2	7
	10.31m 10.12m FOUL 10.48m 10.48m 10.32m			
2 Wyroba, Jerzy	M73 Unattached Ontario	10.05m	2	5
	9.67m 9.21m 10.05m FOUL FOUL 9.84m			
3 Sandhar, Balvinder	M70 Unattached Ontario	9.69m	2	4
	9.69m FOUL 9.64m 9.18m 9.38m			
4 Pullen, Brock	M73 Unattached Ontario	9.18m	2	3
	9.08m 8.86m 8.55m 8.56m 8.81m 9.18m			
5 Bonenberg, Robert	M73 Rive-Sud	8.70m	2	2
	8.64m 8.46m 8.46m 8.66m 8.64m 8.70m			

M75 Shot Put Masters

Name	Age Team	Finals	Points
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12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26

Results

1 Mayer, Jean-Pierre	M75 Throwers Club	11.68m	7	MR
10.76m 10.89m 11.40m 10.84m 11.68m 11.40m				
(old MR 10.71 Marak Glowacki BC 2019)				
2 Kasperski, John	M79 Throwers Club	9.77m	5	
9.50m 9.71m 9.74m 9.77m 9.73m 9.29m				
3 Jacobs, Moe	M78 Throwers Club	7.58m	4	
7.58m 7.47m 7.47m 7.39m 7.50m 7.50m				
4 Gee, Arthur	M79 Greyhounds	5.79m	3	
5.53m 5.30m 5.79m 5.52m				

M80 Shot Put Masters

Name	Age Team	Finals	Points
1 Sumner, James	M84 Unattached Ontario	6.13m	7
5.93m 5.76m 6.13m 5.86m 5.55m FOUL			
2 Toscano, Enrico	M82 Throwers Club	5.80m	5
5.24m 5.32m FOUL 4.21m 5.80m 5.53m			

M90 Shot Put Masters

Name	Age Team	Finals	Points
1 Wolters, Clarence	M90 Unattached Ontario	5.24m	7
FOUL 5.04m 4.71m 5.08m 5.09m 5.24m			
(old MR 5.18 William Falconer BC 2011)			

M30 Weight Throw Masters

Name	Age Team	Finals	H#	Points
1 Gopinath, Nakul	M34 Unattached BC	4.39m	2	7
FOUL 4.39m FOUL				

M35 Weight Throw Masters

Name	Age Team	Finals	H#	Points
1 Dumont, Mathieu	M35 Université Laval	11.02m	2	7
FOUL 11.02m 10.60m 10.71m 10.64m FOUL				

M40 Weight Throw Masters

Name	Age Team	Finals	H#	Points
1 Sahota, Gurinder Pal	M40 Unattached Alberta	12.89m	2	7
12.74m 12.56m 12.89m FOUL 12.69m 12.63m				
(old MR 10.39 Dale Andrew AN 2019)				
2 Bichaltzis, Sotirios	M42 Etobicoke Huskie	12.19m	2	5
12.09m 11.45m 12.06m FOUL 12.19m				
3 Armstrong, Andrew	M40 Thorold Elite	11.23m	2	4
FOUL FOUL 9.75m FOUL 8.86m 11.23m				

M45 Weight Throw Masters

Name	Age Team	Finals	H#	Points
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12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

1	Harrison, Kevin	M49	Unattached Ontario	12.50m	2	7
	FOUL 11.85m	FOUL	12.04m	12.49m	12.50m	
2	Hundal, Jasbir	M49	Jamcan Int.	8.08m	2	5
	8.05m	8.08m				

M50 Weight Throw Masters

Name	Age	Team	Finals	H#	Points	
1 Harrower, Will	M51	Unattached BC	10.08m	2	7	
	9.22m	10.08m	8.72m	9.16m	8.57m	FOUL
2 Rigby, Timothy	M52	Unattached Ontario	8.78m	2	5	
	FOUL	8.78m	FOUL	FOUL	FOUL	
3 Pontes, Jack	M51	Jamcan Int.	4.62m	2	4	
	3.83m	4.62m	4.10m	4.14m	4.17m	

M55 Weight Throw Masters

Name	Age	Team	Finals	H#	Points	
1 Nzambe-Busugu, Landry	M55	Lasalle Athletics	13.75m	2	7	
	13.12m	13.12m	12.39m	13.75m	12.36m	13.45m
2 Crawford, Todd	M58	Quinte Legion	12.09m	2	5	
	12.09m	FOUL	FOUL	11.04m	FOUL	FOUL

M60 Weight Throw Masters

Name	Age	Team	Finals	H#	Points	
1 Wolters, Jake	M62	Throwers Club	14.02m	2	7	
	14.02m	FOUL	FOUL	FOUL	FOUL	FOUL
2 Anderson, Michael	M62	Throwers Club	10.89m	2	5	
	10.54m	10.12m	10.89m	10.42m	10.50m	FOUL
3 Baldamus, Steve	M62	Unattached Ontario	7.38m	2	4	
	FOUL	6.03m	6.44m	6.49m	0.90m	7.38m

M65 Weight Throw Masters

Name	Age	Team	Finals	Points		
1 Dalpé, André	M65	Kilomaitres	11.27m	7		
	8.69m	9.73m	11.27m	FOUL	FOUL	FOUL
2 Murray, Jerry	M65	Throwers Club	11.10m	5		
	FOUL	FOUL	11.10m	FOUL	FOUL	FOUL
3 Cilevitz, Ralph	M68	Jamcan Int.	8.96m	4		
	8.65m	7.55m	8.36m	8.96m	8.28m	FOUL
4 Schweiger, Christian	M67	Lasalle Athletics	8.63m	3		
	8.30m	FOUL	8.60m	8.14m	8.22m	8.63m

M70 Weight Throw Masters

Name	Age	Team	Finals	Points		
1 Hessel, Patrick	M71	Unattached Alberta	12.77m	7		
	12.21m	12.19m	12.51m	12.12m	12.77m	FOUL
2 Pullen, Brock	M73	Unattached Ontario	11.19m	5		
	10.12m	11.19m	11.14m	10.81m	FOUL	11.08m
3 Garner, George	M70	Throwers Club	11.11m	4		

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

FOUL 10.12m 10.55m FOUL 11.11m FOUL
 4 Sandhar, Balvinder M70 Unattached Ontario 10.82m 3
 9.44m 10.69m 10.82m FOUL 9.57m FOUL

M75 Weight Throw Masters

Name	Age Team	Finals	Points
1 Kasperski, John	M79 Throwers Club	11.06m	7
	10.24m 10.90m 10.52m FOUL 11.06m FOUL		
2 Gee, Arthur	M79 Greyhounds	7.21m	5
	4.71m 6.85m 6.40m 7.21m 5.30m 6.09m		
3 Sekhon, Pritam	M79 Unattached Ontario	5.15m	4
	3.14m 4.75m 4.78m 4.84m 5.05m 5.15m		

M80 Weight Throw Masters

Name	Age Team	Finals	Points
1 Sumner, James	M84 Unattached Ontario	8.72m	7
	8.34m 8.15m 8.23m 8.50m 8.72m 8.48m		
2 Toscano, Enrico	M82 Throwers Club	6.48m	5
	6.11m 6.11m 6.35m 6.16m 6.48m FOUL		

M35 1000 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Marenin, Roman	M39 United States	4:13.40	165

M45 1000 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Kleindienst, Frédéric	M45 C. A. de Québec	3:37.04	465

M55 1000 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Zahirovich, Mooshie	M59 West Island T.C.	3:35.90	661

M60 1000 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Baldamus, Steve	M62 Unattached Ontario	4:33.94	303

M65 1000 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Bouchard, Philippe	M65 Epsilon	3:24.76	842
2 Liu, Edwin	M66 Greyhounds	4:24.93	409
3 Urch, Bruce	M68 Throwers Club	4:33.69	384

M70 1000 Meter Run Masters Indoor Pentathlon

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

Name	Age Team	Finals	Points
1 Lachance, Bernard	M72 Saint-Jean Olym.	4:47.84	361

M75 1000 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	Points
-- Gee, Arthur	M79 Greyhounds	DNF	

M35 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	H#	Points
1 Marenin, Roman	M39 United States	8.59	2	884

M45 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	H#	Points
1 Kleindienst, Frédéric	M45 C. A. de Québec	10.89	2	500

M55 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	H#	Points
1 Zahirovich, Mooshie	M59 West Island T.C.	11.98	2	504

M60 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Baldamus, Steve	M62 Unattached Ontario	27.39	

M65 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Bouchard, Philippe	M65 Epsilon	12.39	473
2 Liu, Edwin	M66 Greyhounds	12.93	413
3 Urch, Bruce	M68 Throwers Club	13.64	354

M70 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Lachance, Bernard	M72 Saint-Jean Olym.	15.43	182

M75 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Gee, Arthur	M79 Greyhounds	15.32	322

M35 High Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
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12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

1	Marenin, Roman	M39 United States	1.62m	544
	1.41 1.50 1.56 1.62 1.65			
	0 0 0 0 XXX			

M45 High Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Kleindienst, Frédéric	M45 C. A. de Québec	1.68m	679
	1.44 1.50 1.56 1.59 1.62 1.65 1.68 1.71		
	0 0 0 0 0 0 XO XXX		

M55 High Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Zahirovich, Mooshie	M59 West Island T.C.	1.29m	496
	1.11 1.14 1.17 1.20 1.23 1.26 1.29 1.32		
	0 0 0 0 0 XXO 0 XXX		

M60 High Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Baldamus, Steve	M62 Unattached Ontario	1.17m	419
	1.02 1.11 1.14 1.17 1.20		
	0 XO 0 XO XXX		

M65 High Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Bouchard, Philippe	M65 Epsilon	1.32m	627
	1.11 1.14 1.17 1.20 1.23 1.26 1.29 1.32 1.35		
	0 0 0 0 0 0 0 0 XXX		
1 Liu, Edwin	M66 Greyhounds	1.32m	644
	1.17 1.20 1.26 1.29 1.32 1.35		
	0 0 XO 0 XO XXX		
3 Urch, Bruce	M68 Throwers Club	1.23m	569
	1.20 1.23 1.26		
	XXO 0 XXX		

M70 High Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Lachance, Bernard	M72 Saint-Jean Olym.	1.14m	528
	0.90 0.93 0.96 0.99 1.02 1.05 1.08 1.11 1.14 1.17		
	0 0 0 0 0 0 0 0 XO XXX		

M75 High Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Gee, Arthur	M79 Greyhounds	1.05m	536
	0.93 0.96 0.99 1.02 1.05 1.08		
	0 0 0 XO 0 XXX		

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

M35 Long Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Marenin, Roman 6.00m 6.26m 6.21m	M39 United States	6.26m	774

M45 Long Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Kleindienst, Frédéric 4.44m 4.56m 4.49m	M45 C. A. de Québec	4.56m	445

M55 Long Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Zahirovich, Mooshie 4.28m 4.56m 4.35m	M59 West Island T.C.	4.56m	644

M60 Long Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Baldamus, Steve 2.64m 3.14m 3.10m	M62 Unattached Ontario	3.14m	285

M65 Long Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Bouchard, Philippe 4.06m 4.19m FOUL	M65 Epsilon	4.19m	630
2 Liu, Edwin 4.02m 4.09m 4.11m	M66 Greyhounds	4.11m	621
3 Urch, Bruce FOUL 3.86m 3.81m	M68 Throwers Club	3.86m	574

M70 Long Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Lachance, Bernard 2.95m 2.82m 2.81m	M72 Saint-Jean Olym.	2.95m	341

M75 Long Jump Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Gee, Arthur 3.00m 2.71m 3.07m	M79 Greyhounds	3.07m	490

M35 Shot Put Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Marenin, Roman FOUL 9.82m FOUL	M39 United States	9.82m	519

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

M45 Shot Put Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Kleindienst, Frédéric 8.63m 8.71m 8.89m	M45 C. A. de Québec	8.89m	505

M55 Shot Put Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Zahirovich, Mooshie 6.54m 6.71m 6.70m	M59 West Island T.C.	6.71m	407

M60 Shot Put Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Baldamus, Steve 6.84m 7.01m 6.90m	M62 Unattached Ontario	7.01m	408

M65 Shot Put Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Bouchard, Philippe 8.16m 8.45m 7.96m	M65 Epsilon	8.45m	548
2 Liu, Edwin 7.74m 6.97m 6.86m	M66 Greyhounds	7.74m	503
3 Urch, Bruce 6.32m 6.08m 6.46m	M68 Throwers Club	6.46m	420

M70 Shot Put Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Lachance, Bernard 7.13m 6.42m 6.86m	M72 Saint-Jean Olym.	7.13m	454

M75 Shot Put Masters Indoor Pentathlon

Name	Age Team	Finals	Points
1 Gee, Arthur 5.76m 6.22m 6.30m	M79 Greyhounds	6.30m	468

M35 Indoor Pentathlon Masters

Name	Age Team	Finals	H#	Points
1 Marenin, Roman	M39 United States	2886		

M45 Indoor Pentathlon Masters

Name	Age Team	Finals	H#	Points
1 Kleindienst, Frédéric	M45 C. A. de Québec	2594	7	

M55 Indoor Pentathlon Masters

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

Name	Age Team	Finals	H#	Points
1 Zahirovich, Mooshie	M59 West Island T.C.	2712		7

M60 Indoor Pentathlon Masters

Name	Age Team	Finals	H#	Points
1 Baldamus, Steve	M62 Unattached Ontario	1415		7

M65 Indoor Pentathlon Masters

Name	Age Team	Finals	H#	Points
1 Bouchard, Philippe	M65 Epsilon	3120		7
2 Liu, Edwin	M66 Greyhounds	2590		5
3 Urch, Bruce	M68 Throwers Club	2301		4

M70 Indoor Pentathlon Masters

Name	Age Team	Finals	H#	Points
1 Lachance, Bernard	M72 Saint-Jean Olym.	1866		6

M75 Indoor Pentathlon Masters

Name	Age Team	Finals	H#	Points
1 Gee, Arthur	M79 Greyhounds	1816		6

M30 1500 Meter Race Walk Masters

Name	Age Team	Finals	Points
-- Gopinath, Nakul	M34 Unattached BC	DQ	Rule 54.7.1

M40 1500 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Sanders, Joshua	M40 Unattached Ontario	12:47.02	7

M45 1500 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 O Domhnaill, Brian	M45 Ontario Racewalk	6:59.32	7

M50 1500 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Wu, Lei	M51 Toronto RW	11:13.62	7

M55 1500 Meter Race Walk Masters

12th Canadian Masters Athletics Indoor Championships
For split times visit: <https://bit.ly/2023-cma-indoor>
Toronto Track & Field Centre - 2023-02-25 to 2023-02-26
Results

Name	Age Team	Finals	Points
1 Xu, Jianping	M57 Dundas Valley TC	7:31.75	7

M60 1500 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Tarnawski, Janusz	M63 Toronto RW	8:58.03	7
2 Storms, John	M63 Athletics Yukon	9:01.82	5

M65 1500 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Gardam, John	M66 Bytown Walkers	9:52.14	7

M80 1500 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Jobin, Marcel	M81 Vainqueurs Plus	10:26.26	7
(old CAN and MR 10:35.23 Herve LeBlanc PQ 2022)			

M45 3000 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 O Domhnaill, Brian	M45 Ontario Racewalk	15:18.02	7

M55 3000 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Xu, Jianping	M57 Dundas Valley TC	15:45.73	7

M60 3000 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Tarnawski, Janusz	M63 Toronto RW	18:23.06	7
2 Storms, John	M63 Athletics Yukon	18:44.51	5

M65 3000 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Gardam, John	M66 Bytown Walkers	21:10.57	7

M80 3000 Meter Race Walk Masters

Name	Age Team	Finals	Points
1 Jobin, Marcel	M81 Vainqueurs Plus	21:40.22	7