

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi****W35 60 Meter Dash Masters**

Name	Age Team	Finals	AgeGrading	H#
Finals				
1 Sheree Mullings	W37 Jamcan Inter,Canada	8.57	8.48 81.68%	3

W40 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Dana Bourdages	W41 Edmonton Masters,Ed	8.71	8.31 83.35%	3
2 Debbie King	W43 Jamcan Inter,toront	8.78	8.38 82.69%	3
3 Shauna Bunbury	W41 Norwesters Track,No	8.89	8.48 81.66%	3

W40 60 Meter Dash Exhibition Masters

Name	Age Team	Finals	AgeGrading
1 Debbie King	W43 Jamcan Inter,toront	8.90	8.49 81.57%

W45 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Suzanne Banfill	W45 Sherbrooke,Cookshir	8.94	8.22 84.23%	3
2 Sandi Arnason	W46 RiversdaleAthlet,Os	9.25	8.50 81.41%	3 9.242
3 Sharon Evans	W48 Calgary Spartans,Co	9.52	8.75 79.10%	3
4 Lani Thompson	W49 Columbians,Edmonton	10.51	9.66 71.65%	3

W50 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Kelly Silcox	W52 Excel Athlet,Regina	8.67	7.66 90.31%	2 MR
(old MR Evelyn Burnett AB 8.81 2011)				
2 Valerie Hardy	W50 RiversdaleAthlet,Sa	9.07	8.02 86.33%	2
3 Dala Bortolussi	W50 RiveSud,Brossard	9.58	8.47 81.73%	2
4 Lynda Turner	W54 Unattached AB,Calga	X9.74	8.61 80.39%	2
5 Lisa Davis	W50 PA Athletics,Prince	11.28	9.97 69.41%	2
6 Julie Valente	W52 Greyhounds M,New We	11.63	10.28 67.33%	2

W55 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading
1 Jovette Jolicoeur	W59 Unattached AB,Calga	X10.16	8.62 80.31%
2 Wendy Melvin	W58 Unattached O,Toront	X10.88	9.23 75.00%

W60 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Patty Szybunka	W61 Norwesters Track,No	9.06	7.37 93.93%	2
2 Evelyn Burnett	W61 Calgary Spartans,Ca	9.23	7.51 92.20%	2
3 Cindy O'Brien Hugh	W60 Greyhounds M,Clover	9.25	7.53 92.00%	2 9.246
4 Jo Welch	W62 Unattached N,East D	X10.59	8.61 80.36%	2

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi****W65 60 Meter Dash Masters**

Name	Age Team	Finals	AgeGrading	
1 Marie Johnson (old MR 10.59 Deborah Lee BC 2016)	W65 Greyhounds M,Surrey	10.52	8.19 84.60%	MR
2 Urith Hayley	W67 Greyhounds M,Coquit	10.69	8.32 83.26%	
3 Deborah Lee	W68 Greyhounds M,North	10.93	8.51 81.43%	
4 Mette Fossberg	W67 Victoria Spe,Victor	11.58	9.01 76.86%	

W75 60 Meter Dash Exhibition Masters

Name	Age Team	Finals	AgeGrading
1 Carol LaFayetteBoyd	W76 Excel Athlet,Regina	9.43	6.55105.73%

W75 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	
1 Carol LaFayetteBoyd (old MR Carol 9.66 2018)	W76 Excel Athlet,Regina	9.51	6.60104.84%	MR
2 Lucille Burton	W77 Unattached AB,Edmon	X10.71	7.44 93.09%	

W80 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading
1 Christa Bortignon	W82 Unattached BC,West	X10.85	6.96 99.54%
2 Renate Cheetham	W81 Greyhounds M,Surrey	15.77	10.11 68.48%

W35 200 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Rachel Mintz	W39 Edmonton Masters,Ed	28.42	27.58 77.41%	4
2 Sheree Mullings	W37 Jamcan Inter,Canada	29.31	28.44 75.06%	4

W40 200 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Shauna Bunbury	W41 Norwesters Track,No	29.56	27.62 77.27%	4
2 Debbie King	W43 Jamcan Inter,toront	29.74	27.79 76.80%	4
3 Sheila Gelinis	W43 Unattached AB,Lloyd	X32.63	30.49 70.00%	4

W45 200 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Sandi Arnason	W46 RiversdaleAthlet,Os	30.81	27.68 77.12%	3
2 Suzanne Banfill	W45 Sherbrooke,Cookshir	30.95	27.80 76.77%	3
3 Sharon Evans	W48 Calgary Spartans,Co	32.66	29.34 72.75%	3

W50 200 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Kelly Silcox	W52 Excel Athlet,Regina	28.99	25.00 85.37%	3

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2	Valerie Hardy	W50 RiversdaleAthlet, Sa	30.33	26.16	81.60%	3
3	Dala Bortolussi	W50 RiveSud, Brossard	32.93	28.40	75.16%	3
4	Lynda Turner	W54 Unattached AB, Calga	X33.03	28.48	74.93%	3

W60 200 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Patty Szybunka	W61 Norwesters Track, No	30.69	24.26 88.01%	2
2 Cindy O'Brien Hugh	W60 Greyhounds M, Clover	31.46	24.86 85.86%	2
3 Evelyn Burnett	W61 Calgary Spartans, Ca	32.70	25.84 82.60%	2
4 Jo Welch	W62 Unattached N, East D	X35.81	28.30 75.43%	2

W65 200 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Marie Johnson (no previous record)	W65 Greyhounds M, Surrey	36.54	27.56 77.42%	2 MR

W70 200 Meter Dash Masters

Name	Age Team	Finals	AgeGrading
1 Sheila Allison	W73 Greyhounds M, Surrey	42.13	29.78 71.66%
2 Lynette Baldock	W72 Greyhounds M, Surrey	49.22	34.79 61.34%

W75 200 Meter Dash Masters

Name	Age Team	Finals	AgeGrading
1 Carol LaFayetteBoyd (old WR 33.06 Kathy Bergen USA 2015, old CAN 33.45 Carol 2018, old MR Carol 33.54 2018)	W76 Excel Athlet, Regina	32.26	21.12 101.08% WR

W80 200 Meter Dash Masters

Name	Age Team	Finals	AgeGrading
1 Christa Bortignon	W82 Unattached BC, West	X40.40	23.67 90.20%
2 Renate Cheetham	W81 Greyhounds M, Surrey	59.13	34.64 61.63%

W35 400 Meter Dash Masters

Name	Age Team	Finals	AgeGrading
1 Rachel Mintz (old MR 67.05 Natasha Dupuis ON 2018)	W39 Edmonton Masters, Ed	1:03.01	1:01.75 77.10% MR
2 Candace Prajoux	W35 Calgary Spartans, Co	1:23.68	1:22.00 58.05%

W40 400 Meter Dash Masters

Name	Age Team	Finals	AgeGrading
1 Jeannette Van Den Bulk (old MR 67.18 Sonia Levesque PQ 2018)	W41 Athletics Vi, Victor	1:03.43	59.57 79.91% MR
2 Shauna Bunbury	W41 Norwesters Track, No	1:10.43	1:06.15 71.97%
3 Sheila Gelinis	W43 Unattached AB, Lloyd	X1:16.97	1:12.29 65.86%

W50 400 Meter Dash Masters

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Name	Age	Team	Finals	AgeGrading
1 Dala Bortolussi	W50	RiveSud,Brossard	1:21.24	1:09.67 68.33%
2 Julie Valente	W52	Greyhounds M,New We	1:29.50	1:16.75 62.02%

W60 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Cindy O'Brien Hugh	W60	Greyhounds M,Clover	1:21.02	1:02.51 76.15%	2

W65 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#	
1 Marie Johnson (no previous MR)	W65	Greyhounds M,Surrey	1:26.97	1:02.63 76.00%	2	MR

W70 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Sheila Allison	W73	Greyhounds M,Surrey	1:43.27	1:08.18 69.82%	2
2 Lynette Baldock	W72	Greyhounds M,Surrey	1:57.21	1:17.39 61.51%	2

W80 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Renate Cheetham	W81	Greyhounds M,Surrey	2:22.86	1:11.81 66.30%	2

W35 800 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Larissa Zariwny	W39	Runlab,Edmonton, AB	2:41.27	2:40.48 70.59%	2

W40 800 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Jeannette Van Den Bulk	W41	Athletics Vi,Victor	2:39.10	2:31.74 74.66%	2

W45 800 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Leanne Yohemas	W49	Calgary Phoenix,Cal	2:45.43	2:30.93 75.06%	2

W50 800 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Janice Patterson	W54	Calgary Phoenix,cal	2:40.30	2:19.61 81.14%	2
2 Margot Glover	W54	Calgary Phoenix,Cal	2:55.62	2:32.95 74.06%	2
3 Lisa Davis	W50	PA Athletics,Prince	3:38.28	3:10.11 59.59%	2

W55 800 Meter Run Masters

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Name	Age Team	Finals	AgeGrading	H#
1 Donna Dixon	W56 Calgary Phoenix, Cal	2:46.66	2:18.25 81.94%	2
2 Jan Smith	W59 Saskatoon TF, Saskat	3:01.00	2:30.14 75.45%	2

W70 800 Meter Run Masters

Name	Age Team	Finals	AgeGrading	
1 Judy Warick	W70 SaskatoonCentury, Sa	3:37.83	2:27.08 77.02%	MR
(old MR 3:51.66 Barbara Saunders BC 2011)				
2 Sheila Allison	W73 Greyhounds M, Surrey	4:06.79	2:46.64 67.98%	
3 Lynette Baldock	W72 Greyhounds M, Surrey	4:13.03	2:50.85 66.30%	

W35 1500 Meter Run Masters

Name	Age Team	Finals	AgeGrading
1 Roxanne Skoreyko	W39 Running Room, Edmont	5:12.16	5:08.17 75.44%

W40 1500 Meter Run Masters

Name	Age Team	Finals	AgeGrading
1 Sheila Gelinis	W43 Unattached AB, Lloyd	X5:58.10	5:38.66 68.65%

W45 1500 Meter Run Masters

Name	Age Team	Finals	AgeGrading
1 Bobbijo Waite Lang	W48 Airdrie Aces, Airdri	5:25.00	4:53.87 79.11%

W50 1500 Meter Run Masters

Name	Age Team	Finals	AgeGrading
1 Janice Patterson	W54 Calgary Phoenix, cal	5:24.03	4:39.55 83.16%
2 Michele HarveyBlankensh	W52 Running Room, Edmont	5:24.36	4:39.83 83.08%
3 Margot Glover	W54 Calgary Phoenix, Cal	6:10.83	5:19.92 72.67%

W55 1500 Meter Run Masters

Name	Age Team	Finals	AgeGrading
1 Donna Dixon	W56 Calgary Phoenix, Cal	5:45.52	4:43.75 81.93%
2 Jan Smith	W59 Saskatoon TF, Saskat	6:16.32	5:09.04 75.23%

W70 1500 Meter Run Masters

Name	Age Team	Finals	AgeGrading	
1 Judy Warick	W70 SaskatoonCentury, Sa	7:28.09	4:57.31 78.19%	MR
(old MR 8:23.03 Barbara Saunders BC 2011)				
2 Sheila Allison	W73 Greyhounds M, Surrey	8:14.25	5:27.94 70.89%	
3 Lynette Baldock	W72 Greyhounds M, Surrey	8:22.05	5:33.12 69.79%	

W35 3000 Meter Run Masters

Name	Age Team	Finals	AgeGrading
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1	Roxanne Skoreyko	W39	Running Room,Edmont	11:08.47	10:59.18	76.07%
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W40 3000 Meter Run Masters

Name	Age	Team	Finals	AgeGrading
1	Cosette Lemelin	W44	Runlab,Edmonton, AB	11:00.74 10:31.21 79.44%

W50 3000 Meter Run Masters

Name	Age	Team	Finals	AgeGrading
1	Michele HarveyBlankensh	W52	Running Room,Edmont	12:03.10 10:16.59 81.32%
2	Mary Neuman	W51	Runlab,Edmonton, AB	13:48.58 11:46.54 70.97%

W55 3000 Meter Run Masters

Name	Age	Team	Finals	AgeGrading
1	Sandra Yaworski	W57	Unattached AB,Calga	X12:51.33 10:15.83 81.42%

W60 60 Meter Hurdles WMA specs Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Patty Szybunka (old MR 13.29 Deborah Lee BC 2015)	W61	Norwesters Track,No	11.97	9.49 81.12%	2
2 Jo Welch	W62	Unattached N,East D	X13.29	10.53 73.06%	2

W65 60 Meter Hurdles WMA specs Masters

Name	Age	Team	Finals	AgeGrading
1 Deborah Lee	W68	Greyhounds M,North	13.52	10.23 75.22%
2 Urith Hayley	W67	Greyhounds M,Coquit	14.00	10.59 72.64%

W45 High Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Sandi Arnason	W46	RiversdaleAthlet,Os	1.18m	1.37m 65.56%

W50 High Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Alison Klassen	W51	RiversdaleAthlet,Sa	1.18m	1.44m 69.01%

W55 High Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Miriam Cavani (old MR 1.30 Margaret Rhebergen BC 2011)	W58	Kamloops Tra,Kamloo	1.31m	1.69m 81.37%

W60 High Jump Masters

Name	Age	Team	Finals	AgeGrading
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1	Susanne Lauridsen	W61 Calgary Spartans,Ca	1.18m	1.62m	77.63%
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W65 High Jump Masters

Name	Age	Team	Finals	AgeGrading
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1	Loretta Amerongen	W65 Voleo Athletics,Edm	1.03m	1.51m	72.54%
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W40 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
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1	Shauna Bunbury	W41 Norwesters Track,No	4.11m	4.56m	60.71%
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W45 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
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1	Suzanne Banfill	W45 Sherbrooke,Cookshir	4.28m	5.04m	66.98%	MR
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(old MR 4.20 Tracey Viggers ON 2018)

2	Sharon Evans	W48 Calgary Spartans,Co	4.00m	4.71m	62.60%
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3	Sandi Arnason	W46 RiversdaleAthlet,Os	3.96m	4.66m	61.97%
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W55 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
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1	Miriam Cavani	W58 Kamloops Tra,Kamloo	4.24m	5.68m	75.58%
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W60 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
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1	Cindy O'Brien Hugh	W60 Greyhounds M,Clover	4.14m	5.96m	79.31%	MR
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(old MR 3.13 Deborah Lee BC 2015)

2	Patty Szybunka	W61 Norwesters Track,No	4.13m	5.94m	79.12%
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W65 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
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1	Deborah Lee	W68 Greyhounds M,North	3.47m	5.39m	71.84%	MR
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(old MR 3.33 Deborah 2016)

2	Loretta Amerongen	W65 Voleo Athletics,Edm	3.10m	4.82m	64.18%
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3	Mette Fossberg	W67 Victoria Spe,Victor	2.97m	4.62m	61.49%
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W75 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
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1	Carol LaFayetteBoyd	W76 Excel Athlet,Regina	3.51m	6.56m	87.31%
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W80 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
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1	Christa Bortignon	W82 Unattached BC,West	X2.88m	6.23m	83.00%
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W45 Triple Jump Masters

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Name	Age	Team	Finals	AgeGrading
1 Suzanne Banfill (old MR 8.47 Tracy Viggers ON 2018)	W45	Sherbrooke, Cookshir	8.92m	10.21m 65.88%
2 Sandi Arnason	W46	RiversdaleAthlet,Os	8.68m	9.93m 64.11%
3 Sharon Evans	W48	Calgary Spartans,Co	8.56m	9.79m 63.22%

MR**W60 Triple Jump Masters**

Name	Age	Team	Finals	AgeGrading
1 Patty Szybunka (old MR 7.24 Deborah Lee BC 2015)	W61	Norwesters Track,No	8.56m	12.03m 77.68%

MR**W65 Triple Jump Masters**

Name	Age	Team	Finals	AgeGrading
1 Deborah Lee (old MR 7.35 Deborah 2016)	W68	Greyhounds M,North	7.52m	11.44m 73.80%

MR**W70 Triple Jump Masters**

Name	Age	Team	Finals	AgeGrading
1 Lynette Baldock	W72	Greyhounds M,Surrey	5.10m	8.55m 55.19%
2 Sheila Allison	W73	Greyhounds M,Surrey	4.98m	8.35m 53.90%

W75 Triple Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Carol LaFayette Boyd (old MR 7.59 Christa Bortignon BC 2013)	W76	Excel Athlet,Regina	7.88m	15.10m 97.40%

MR**W80 Triple Jump Masters**

Name	Age	Team	Finals	AgeGrading
1 Christa Bortignon	W82	Unattached BC,West	X6.46m	15.11m 97.44%

W35 Shot Put WMA specs Masters

Name	Age	Team	Finals	AgeGrading
1 Sheree Mullings	W37	Jamcan Inter,Canada	9.05m	9.38m 41.46%

W40 Shot Put WMA specs Masters

Name	Age	Team	Finals	AgeGrading
1 Andrea Diener	W44	Edmonton Masters,St	9.70m	10.76m 47.57%
2 Debbie King	W43	Jamcan Inter,toront	6.52m	7.23m 31.98%

W50 Shot Put WMA specs Masters

Name	Age	Team	Finals	AgeGrading
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1 Georgette Reed	W52 Unattached AB,Edmon	X11.94m	15.05m	66.52%	CAN	MR
(old CAN and MR 11.23 Elizabeth Hill ON 2014)						
2 Alison Klassen	W51 RiversdaleAthlet,Sa	8.56m	10.79m	47.69%		

W55 Shot Put WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Jovette Jolicoeur	W59 Unattached AB,Calga	X8.79m	12.04m 53.24%

W60 Shot Put WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Tracy King	W60 Columbians,Edmonton	9.27m	13.91m 61.51%
2 Susanne Lauridsen	W61 Calgary Spartans,Ca	7.28m	10.93m 48.31%
3 Jane Warren	W63 Unattached N,Wolfvi	X5.83m	8.75m 38.69%

W65 Shot Put WMA specs Masters

Name	Age Team	Finals	AgeGrading		
1 Doreen Garner	W65 Throwers Clu,Burlin	9.83m	16.31m 72.12%	CAN	MR
(old CAN 8.66 Gabriella Moro BC 2016, old MR 6.31 Joy Conrad-Rice BC 2011))					
2 Laura Hessel	W66 Unattached AB,Spruc	X7.68m	12.74m 56.35%		
3 Loretta Amerongen	W65 Voleo Athletics,Edm	6.99m	11.60m 51.28%		

W70 Shot Put WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Cheryl Closkey	W71 Unattached BC,Castl	X6.60m	12.24m 54.14%
2 Liz McBlain	W71 Edmonton Masters,Ed	5.65m	10.48m 46.35%

W75 Shot Put WMA specs Masters

Name	Age Team	Finals	AgeGrading	
1 Yuko Nakano	W75 Edmonton Masters,Ed	8.05m	14.75m 65.18%	MR
(old MR 7.81 Myrtle Acton BC 2011)				

W80 Shot Put WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Christa Bortignon	W82 Unattached BC,West	X6.15m	12.75m 56.37%

W40 Weight Throw WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Andrea Diener	W44 Edmonton Masters,St	8.54m	10.12m 42.89%

W50 Weight Throw WMA specs Masters

Name	Age Team	Finals	AgeGrading	
1 Georgette Reed	W52 Unattached AB,Edmon	X12.33m	14.57m 61.77%	MR
(old MR 11.90 Tracey McCarthy ON 2018))				

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Name	Age Team	Finals	AgeGrading
1 Jo Welch	W62 Unattached N,East D	X9.58m	11.59m 49.15%
2 Jane Warren	W63 Unattached N,Wolfvi	X6.93m	8.39m 35.56%

W65 Weight Throw WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Doreen Garner	W65 Throwers Clu,Burlin	10.01m	13.27m 56.24%
2 Laura Hessel	W66 Unattached AB,Spruc	X8.75m	11.60m 49.16%

W70 Weight Throw WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Cheryl Closkey (old MR 10.21 Cheryl 2018)	W71 Unattached BC,Castl	X10.44m	15.31m 64.89% MR
2 Liz McBlain	W71 Edmonton Masters,Ed	5.38m	7.89m 33.44%

W75 Weight Throw WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Yuko Nakano (old MR 8.41 Myrtle Acton BC 2011)	W75 Edmonton Masters,Ed	8.51m	11.87m 50.33% MR

W40 800 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Olesea Chitul	W43 Greyhounds M,Coquit	3:02.41	2:53.97 65.12%	423

W55 800 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Jovette Jolicoeur	W59 Unattached AB,Calga	X3:22.10	2:47.65 67.57%	488

W60 800 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Susanne Lauridsen	W61 Calgary Spartans,Ca	4:10.53	3:16.62 57.61%	226

W65 800 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Urith Hayley	W67 Greyhounds M,Coquit	4:40.09	3:25.65 55.09%	164

W40 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Olesea Chitul	W43 Greyhounds M,Coquit	12.56	11.38 67.60%	476

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Name	Age	Team	Finals	AgeGrading	Points
1 Jovette Jolicoeur	W59	Unattached AB,Calga	X13.38	11.08 69.43%	523

W60 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Susanne Lauridsen	W61	Calgary Spartans,Ca	13.34	10.57 72.79%	609

W65 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Urith Hayley	W67	Greyhounds M,Coquit	13.42	10.15 75.78%	684

W40 High Jump Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Olesea Chitul	W43	Greyhounds M,Coquit	1.16m	1.28m 61.38%	389

W55 High Jump Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Jovette Jolicoeur	W59	Unattached AB,Calga	X1.10m	1.42m 68.32%	534

W60 High Jump Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Susanne Lauridsen	W61	Calgary Spartans,Ca	1.19m	1.63m 78.29%	771

W65 High Jump Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Urith Hayley	W67	Greyhounds M,Coquit	1.07m	1.57m 75.35%	701

W40 Long Jump Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Olesea Chitul	W43	Greyhounds M,Coquit	3.92m	4.35m 57.90%	391

W55 Long Jump Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Jovette Jolicoeur	W59	Unattached AB,Calga	X3.52m	4.71m 62.75%	482

W60 Long Jump Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Susanne Lauridsen	W61	Calgary Spartans,Ca	3.54m	5.09m 67.82%	584

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Name	Age	Team	Finals	AgeGrading	Points
1 Urith Hayley	W67	Greyhounds M,Coquit	2.77m	4.30m 57.35%	379

W40 Shot Put Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Olesea Chitul	W43	Greyhounds M,Coquit	7.53m	8.35m 36.93%	422

W55 Shot Put Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Jovette Jolicoeur	W59	Unattached AB,Calga	X8.65m	11.85m 52.39%	651

W60 Shot Put Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Susanne Lauridsen	W61	Calgary Spartans,Ca	7.26m	10.90m 48.18%	589

W65 Shot Put Masters Indoor Pentathlon

Name	Age	Team	Finals	AgeGrading	Points
1 Urith Hayley	W67	Greyhounds M,Coquit	5.83m	9.67m 42.77%	508

W40 Indoor Pentathlon Masters

Name	Age	Team	Finals
1 Olesea Chitul	W43	Greyhounds M,Coquit	2101

W55 Indoor Pentathlon Masters

Name	Age	Team	Finals	
1 Jovette Jolicoeur (no previous record)	W59	Unattached AB,Calga	X2678	MR

W60 Indoor Pentathlon Masters

Name	Age	Team	Finals	
1 Susanne Lauridsen (old MR 2576 Susanne 2018)	W61	Calgary Spartans,Ca	2779	MR

W65 Indoor Pentathlon Masters

Name	Age	Team	Finals		
1 Urith Hayley (no previous records)	W67	Greyhounds M,Coquit	2436	CAN	MR

W50 1500 Meter Race Walk Masters

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Name	Age Team	Finals	AgeGrading
1 Susan Brooke	W53 Unattached, Calgary	8:37.52	7:39.30 73.37%
2 Sheila Ruller	W54 Edmonton Racewalk, St	10:11.80	9:02.98 62.07%

W55 1500 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Michelle RodriguePoscen	W59 Heartland RaceW, She	9:26.08	8:01.17 70.04%
2 Sandy Archibald	W59 Bytown Walke, Oxford	9:46.04	8:18.14 67.65%

W60 1500 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Johanna Flipsen	W64 Heartland RaceW, Led	8:13.58	6:40.10 84.23%
2 Nancy Patten	W63 Toronto Race, Stadts	8:24.21	6:48.72 82.45%
3 Bonnie Love	W60 Athletics YU, Whiteh	X10:05.50	8:10.82 68.66%

W65 1500 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Teresa Chiozza	W68 Ontario Race, calgar	9:22.00	7:11.73 78.06%
2 Suzanne Sharp	W65 Greyhounds M, P	9:54.37	7:36.60 73.81%

W80 1500 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Renate Cheetham	W81 Greyhounds M, Surrey	12:31.59	7:47.64 72.06%

W50 3000 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Susan Brooke	W53 Unattached, Calgary	17:49.99	15:49.62 73.19%
2 Sheila Ruller	W54 Edmonton Racewalk, St	21:52.14	19:24.53 59.68%

W55 3000 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Michelle RodriguePoscen	W59 Heartland RaceW, She	19:33.85	16:35.66 69.80%
2 Sandy Archibald	W59 Bytown Walke, Oxford	19:51.90	16:50.98 68.75%

W60 3000 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Johanna Flipsen	W64 Heartland RaceW, Led	17:19.93	13:58.08 82.93%
2 Bonnie Love	W60 Athletics YU, Whiteh	X21:19.27	17:10.97 67.41%

W65 3000 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Teresa Chiozza	W68 Ontario Race, calgar	19:09.89	14:34.38 79.49%

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2 Suzanne Sharp W65 Greyhounds M,P 20:14.97 15:23.87 75.23%

W80 3000 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Renate Cheetham	W81 Greyhounds M,Surrey	26:02.73	15:46.08 73.46%

M35 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Dwight Liburd	M36 Kamloops Tra,Kamloo	7.28	7.18 89.01%	5
2 Antonio Rolle	M37 Columbians,Edmonton	7.32	7.22 88.52%	5
3 Mike Taylor	M37 PA Athletics,Prince	7.35	7.25 88.16%	5
4 Kevin Kirechuk	M39 Unattached,Williams	8.70	8.58 74.48%	5

M40 60 Meter Dash Exhibition Masters

Name	Age Team	Finals	AgeGrading
1 Tim Sebulsky	M41 UNSK,Regina	X7.74	7.41 86.30%

M40 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Justin Sinclair (old MR 7.39 Paul Tshinyama BC 2011)	M41 Unattached AB,Calga	X7.35	7.04 90.88%	5 MR
2 Marvin Johnson	M44 Greyhounds M,Surrey	7.47	7.15 89.42%	5
3 Tim Sebulsky	M41 UNSK,Regina	X7.76	7.43 86.08%	5
4 Douglas McLaren	M43 Yukon,Whitehorse	X7.91	7.57 84.45%	5

M45 60 Meter Dash Exhibition Masters

Name	Age Team	Finals	AgeGrading
1 Samuel Walker	M47 Greyhounds M,Langle	7.93	7.36 86.89%
2 Matt Beechey	M48 Jamcan Inter,Cambri	8.20	7.61 84.02%
3 Chris Jones	M45 Calgary Spartans,Ca	8.62	8.00 79.93%
4 Faraaz Taiyab	M45 Greyhounds M,Burnab	9.03	8.38 76.30%

M45 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Shahryar Nouraei	M47 Greyhounds M,Port C	7.91	7.34 87.10%	2
2 Samuel Walker	M47 Greyhounds M,Langle	8.09	7.51 85.17%	3
3 Matt Beechey	M48 Jamcan Inter,Cambri	8.15	7.57 84.54%	3
4 Craig Oster	M46 Unattached AB,Lloyd	X8.17	7.58 84.33%	2
5 Chris Jones	M45 Calgary Spartans,Ca	8.45	7.84 81.54%	2
6 Faraaz Taiyab	M45 Greyhounds M,Burnab	9.06	8.41 76.05%	3
7 Abel Aburto	M48 Edmonton Masters,Ed	9.15	8.49 75.30%	3

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi****M50 60 Meter Dash Exhibition Masters**

Name	Age Team	Finals	AgeGrading
1 Newton Grey	M53 Columbians,Edmonton	7.66	6.89 92.82%
2 Colin Ellis	M51 Excel Athlet,Regina	8.12	7.30 87.56%
3 Mark Phillips	M54 Greyhounds M,Langle	9.14	8.22 77.79%

M50 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Newton Grey	M53 Columbians,Edmonton	7.50	6.74 94.80%	4
2 Courtney Hawkins	M51 Unattached,houston	7.57	6.81 93.92%	4
3 Christopher Warburton	M53 Variety Vill,Picker	7.58	6.82 93.80%	4
4 Steven Colbert	M54 Greyhounds M,Vancou	7.79	7.01 91.27%	4
5 Colin Ellis	M51 Excel Athlet,Regina	8.12	7.30 87.56%	4
6 Todd White	M52 Unattached AB,Calg,	X8.80	7.91 80.80%	4
7 Mark Phillips	M54 Greyhounds M,Langle	9.73	8.75 73.07%	4

M55 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Bill Rehlau	M55 Calgary Spartans,ca	8.18	7.12 89.85%	3
2 Bruce Rosvall	M55 Saint John T,Rothes	8.25	7.18 89.09%	3
3 Murray Black	M59 Edmonton Masters,Ca	8.33	7.25 88.24%	3
4 Darcy Meyers	M57 Columbians,Edmonton	8.67	7.54 84.78%	3
5 Joseph Baptiste	M58 Jamcan Inter,Concor	8.69	7.56 84.58%	3
6 Cal Warren	M59 Unattached BC,Kelowna	X8.91	7.75 82.49%	3

M60 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Dave Brown	M61 Unattached AB,Calga	X8.57	7.21 88.68%	1
2 Edwin Liu	M62 Greyhounds M,Vancou	8.68	7.30 87.56%	2
3 Rod McBeth	M62 Edmonton Masters,Sp	8.76	7.37 86.76%	2
4 Chris Niwinski	M61 Ocean Athlet,Delta	8.81	7.41 86.27%	2
5 Dave Gardner	M62 Edmonton Masters,Ed	9.26	7.79 82.07%	2
6 Jack Laughlin	M61 Greyhounds M,Ch	9.28	7.80 81.90%	1
7 Dale Lawrence	M61 UNSK,Melfort	X9.38	7.89 81.02%	1
8 Bryan Baldsing	M61 Jamcan Inter,toront	9.62	8.09 79.00%	1
9 Robert McKinnon	M64 Unattached AB,Calga	X10.07	8.47 75.47%	1

M60 60 Meter Dash Exhibition Masters

Name	Age Team	Finals	AgeGrading
1 Dave Brown	M61 Unattached AB,Calga	X8.28	6.96 91.79%

M65 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Vince Kocourek	M66 Elite Track,New Wes	9.99	8.10 78.98%	2
2 Randy Warick	M69 SaskatoonCentury,Sa	10.16	8.24 77.66%	2

M70 60 Meter Dash Masters

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	AgeGrading	H#
1 Tuomas Ukonmaanaho	M74 Prince Georg, Prince	9.12	7.09 90.13%	2
2 Hardev Singh Sandhu	M70 Greyhounds M, Surrey	9.42	7.33 87.26%	2
3 Dwight Swane	M74 Edmonton Masters, Ed	10.08	7.84 81.55%	2
4 Bruce Mintz	M72 Edmonton Masters, Ed	10.63	8.27 77.33%	2
5 Roland Delhomeau	M74 SaskatoonCentury, Sa	10.91	8.48 75.34%	2
6 Brian Graham	M71 Unattached BC, penti	X11.46	8.91 71.73%	2

M75 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading
1 Arthur Gee	M75 Greyhounds M, Burnab	10.34	7.66 83.56%
2 Surinder Shah	M75 Greyhounds M, Surrey	10.69	7.91 80.82%
3 Bill McNamara	M77 Greyhounds M, Surrey	10.98	8.13 78.69%

M75 60 Meter Dash Exhibition Masters

Name	Age Team	Finals	AgeGrading
1 Arthur Gee	M75 Greyhounds M, Burnab	11.07	8.20 78.05%

M80 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading
1 David Dunn	M82 Edmonton Masters, Ed	10.28	7.16 89.30%

M85 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading
1 Donald Currie	M85 Unattached BC, Sloca	X11.74	7.53 84.84%

M95 60 Meter Dash Masters

Name	Age Team	Finals	AgeGrading
1 Atter Singh Sekhon (no previous record)	M95 Unattached O, Toront	X17.19	8.32 76.79% CAN MR

M35 200 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Dwight Liburd	M36 Kamloops Tra, Kamloo	24.37	23.98 80.59%	7
2 Ian Munro	M35 Excel Athlet, Regina	26.58	26.15 73.89%	7

M40 200 Meter Dash Masters

Name	Age Team	Finals	AgeGrading	H#
1 Marvin Johnson	M44 Greyhounds M, Surrey	24.06	22.95 84.21%	7
2 Darren Dellezay	M41 Leduc Track, Edmonto	27.57	26.30 73.49%	7
Tim Sebulsky	M41 UNSK, Regina	XDNF		7

M45 200 Meter Dash Masters

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age	Team	Finals	AgeGrading	H#
1 Samuel Walker	M47	Greyhounds M, Langle	26.13	24.14 80.06%	6
2 Matt Beechey	M48	Jamcan Inter, Cambri	27.12	25.05 77.14%	6
3 Chris Jones	M45	Calgary Spartans, Ca	29.53	27.28 70.84%	6
4 Faraaz Taiyab	M45	Greyhounds M, Burnab	30.41	28.09 68.79%	6

M50 200 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Christopher Warburton	M53	Variety Vill, Picker	24.41	21.81 88.61%	5
2 Newton Grey	M53	Columbians, Edmonton	25.00	22.34 86.52%	5
3 Steven Colbert	M54	Greyhounds M, Vancou	26.51	23.69 81.59%	5
4 Colin Ellis	M51	Excel Athlet, Regina	27.59	24.65 78.40%	5
5 Mark Phillips	M54	Greyhounds M, Langle	30.32	27.09 71.34%	5
6 Brian Lewchuk	M53	Riversdale Athlet, Sa	30.50	27.25 70.92%	5

M55 200 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Murray Black	M59	Edmonton Masters, Ca	27.53	23.77 81.29%	4
2 Bill Rehlau	M55	Calgary Spartans, ca	28.51	24.62 78.50%	4
3 Cal Warren	M59	Unattached BC, Kelow	X29.22	25.23 76.59%	4
4 Joseph Baptiste	M58	Jamcan Inter, Concor	29.46	25.44 75.97%	4
5 Darcy Meyers	M57	Columbians, Edmonton	29.51	25.48 75.84%	4
6 Jim Silovs	M57	Unattached AB, Calga	X31.42	27.13 71.23%	4

M60 200 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Dave Brown	M61	Unattached AB, Calga	X28.77	23.98 80.60%	3
2 Rod McBeth	M62	Edmonton Masters, Sp	29.13	24.28 79.61%	3
3 Chris Niwinski	M61	Ocean Athlet, Delta	29.39	24.49 78.90%	3
4 Brent Davy	M63	Greyhounds M, Surrey	29.97	24.98 77.38%	3
5 Edwin Liu	M62	Greyhounds M, Vancou	29.98	24.98 77.35%	3
6 Jack Laughlin	M61	Greyhounds M, Ch	31.42	26.18 73.81%	3
7 Robert McKinnon	M64	Unattached AB, Calga	X35.42	29.52 65.47%	3

M65 200 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Vince Kocourek	M66	Elite Track, New Wes	33.80	27.07 71.39%	2
2 Randy Warick	M69	Saskatoon Century, Sa	34.44	27.58 70.06%	2

M70 200 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Tuomas Ukonmaanaho	M74	Prince Georg, Prince	30.92	23.63 81.76%	2
2 Hardev Singh Sandhu	M70	Greyhounds M, Surrey	32.86	25.12 76.93%	2
3 Sewa Birring	M73	Greyhounds M, Surrey	35.67	27.26 70.87%	2
4 Bruce Mintz	M72	Edmonton Masters, Ed	36.78	28.11 68.73%	2

M75 200 Meter Dash Masters

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age	Team	Finals	AgeGrading
1 Surinder Shah	M75	Greyhounds M,Surrey	36.40	26.27 73.57%
2 Bill McNamara	M77	Greyhounds M,Surrey	40.17	28.99 66.67%

M80 200 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading
1 David Dunn	M82	Edmonton Masters,Ed	36.44	24.41 79.17%

M85 200 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading
1 Donald Currie	M85	Unattached BC,Sloca	X41.54	25.14 76.87%

M35 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Ian Munro	M35	Excel Athlet,Regina	58.87	56.84 75.98%	5
2 Craig Hay	M38	Passtrak,Cowley, AB	1:11.74	1:09.26 62.35%	5

M40 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Innocent Chinyepi	M44	Unattached AB,Edmon	X1:01.75	57.77 74.75%	5
2 Gilles Frenette	M42	Ottawa Lions,Nepean	1:03.09	59.02 73.17%	5

M45 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Samuel Walker	M47	Greyhounds M,Langle	59.12	53.53 80.67%	5
2 Ryan Leef	M45	Athletics YU,Whiteh	X1:01.25	55.46 77.86%	5

M50 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Colin Ellis	M51	Excel Athlet,Regina	1:03.06	55.21 78.23%	4
2 Niegel Geohagen	M50	Jamcan Inter,toront	1:07.18	58.81 73.43%	4
3 Mark Phillips	M54	Greyhounds M,Langle	1:07.34	58.95 73.26%	4
4 Brian Lewchuk	M53	RiversdaleAthlet,Sa	1:11.47	1:02.57 69.02%	4

M55 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Bruce Rosvall	M55	Saint John T,Rothes	59.46	50.27 85.91%	4
2 Murray Black	M59	Edmonton Masters,Ca	1:03.98	54.09 79.84%	3
3 Gordon Flett	M59	Roadkill Run,Winnip	1:18.45	1:06.33 65.11%	3

M60 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
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2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Keith Meszaros	M63	SaskatoonCentury, Bi	1:08.19	55.61	77.67%	3
2 Brent Davy	M63	Greyhounds M, Surrey	1:11.18	58.05	74.40%	3
3 Robert McKinnon	M64	Unattached AB, Calga	X1:19.24	1:04.62	66.83%	3

M65 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Vince Kocourek	M66	Elite Track, New Wes	1:24.97	1:06.59 64.85%	3

M70 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Tuomas Ukonmaanaho	M74	Prince Georg, Prince	1:17.70	57.97 74.49%	2
2 Mark Stewart	M74	Greyhounds M, Campbe	1:17.79	58.04 74.41%	2
3 Hardev Singh Sandhu	M70	Greyhounds M, Surrey	1:19.30	59.16 72.99%	2
4 Erroll Simington	M71	Team W, Saskatoon	X1:19.68	59.45 72.64%	2
5 Bruce Mintz	M72	Edmonton Masters, Ed	1:36.80	1:12.22 59.79%	2
Sewa Birring	M73	Greyhounds M, Surrey	DNF		2

M75 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Chris Mackie	M78	Unattached O, Missis	X1:21.49	56.92 75.87%	
2 Doug Renwick	M77	SaskatoonCentury, Cl	1:24.52	59.03 73.15%	
3 Arthur Gee	M75	Greyhounds M, Burnab	1:36.21	1:07.20 64.27%	
Surinder Shah	M75	Greyhounds M, Surrey	DQ		Rule 218.1

M85 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Donald Currie	M85	Unattached BC, Sloca	X1:47.54	59.67 72.37%	

M95 400 Meter Dash Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Atter Singh Sekhon (no previous record)	M95	Unattached O, Toront	X3:17.45	1:01.49 70.23%	2 CAN

M40 800 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Joseph Boland (old MR 2:03.57 Patrice Doucet PQ 2017)	M40	Running Room, London	2:00.65	1:55.35 87.66%	4 MR
2 Sheldon Mirco	M42	Unattached O, Iron B	X2:08.74	2:03.08 82.15%	4
3 Gilles Frenette	M42	Ottawa Lions, Nepean	2:23.69	2:17.37 73.60%	4
4 Innocent Chinyepi	M44	Unattached AB, Edmon	X2:29.01	2:22.46 70.98%	4

M45 800 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Jay Brecher	M45	University o, Toront	2:10.02	1:59.66 84.50%	4
2 Ryan Leef	M45	Athletics YU, Whiteh	X2:23.30	2:11.88 76.67%	4

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Name	Age	Team	Finals	AgeGrading	H#
1 Harvey Weber	M53	Team W, Saskatoon	X2:31.95	2:14.44	75.22% 3
2 Niegel Geohagen	M50	Jamcan Inter, toront	2:40.03	2:21.58	71.42% 3
3 Mark Phillips	M54	Greyhounds M, Langle	2:43.69	2:24.82	69.82% 3

M55 800 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#		
1 Paul Osland	M55	University o, Toront	2:10.23	1:50.57	91.45%	3	MR
(old MR 2:16.53 Mark Pinckard BC 2018)							
2 Michael Sherar	M55	University o, Toront	2:10.49	1:50.79	91.26%	3	MR
3 Mark Pinckard	M58	Ocean Athlet, Delta	2:17.13	1:56.43	86.84%	3	
4 Bruce Rosvall	M55	Saint John T, Rothes	2:19.16	1:58.15	85.58%	3	
5 Lyndon Smith	M57	Saskatoon TF, Saskat	3:03.95	2:36.18	64.74%	3	

M60 800 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Keith Meszaros	M63	Saskatoon Century, Bi	2:37.73	2:08.29	78.82% 2
2 Bob Holmes	M64	Unattached AB, edmon	X2:49.83	2:18.13	73.20% 2
3 Neil Mackay	M64	Saskatoon TF, Saskat	3:02.99	2:28.83	67.94% 2
4 Wayne Chee	M64	University o, Toront	3:11.55	2:35.79	64.90% 2
5 Kelly Sharp	M64	Greyhounds M, Prince	3:29.85	2:50.68	59.24% 2

M65 800 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Gurmit Singh	M65	Greyhounds M, Surrey	3:29.82	2:43.16	61.97% 2

M70 800 Meter Run Masters

Name	Age	Team	Finals	AgeGrading
1 Mark Stewart	M74	Greyhounds M, Campbe	2:59.30	2:13.05 76.00%
2 Erroll Simington	M71	Team W, Saskatoon	X3:02.60	2:15.49 74.63%
3 Sewa Birring	M73	Greyhounds M, Surrey	3:45.03	2:46.98 60.56%

M75 800 Meter Run Masters

Name	Age	Team	Finals	AgeGrading
1 Chris Mackie	M78	Unattached O, Missis	X3:01.16	2:05.44 80.61%

M80 800 Meter Run Masters

Name	Age	Team	Finals	AgeGrading
1 Roger Davies	M83	Unattached AB, Calga	X3:53.33	2:26.56 68.99%

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi****M85 800 Meter Run Masters**

Name	Age Team	Finals	AgeGrading	
1 Donald Currie	M85 Unattached BC,Sloca	X4:20.78	2:22.86 70.78%	MR Tie
(MR 4:20.78 Harry Thompson BC 2011)				

M35 1500 Meter Run Masters

Name	Age Team	Finals	AgeGrading
1 Craig Thompson	M36 Unattached O,Toront	X5:04.15	5:01.51 68.32%

M40 1500 Meter Run Masters

Name	Age Team	Finals	AgeGrading	
1 Joseph Boland	M40 Running Room,London	4:16.09	4:03.78 84.51%	MR
(old MR 4:17.31 Jay Brecher ON 2014)				

M45 1500 Meter Run Masters

Name	Age Team	Finals	AgeGrading	
1 Jay Brecher	M45 University o,Toront	4:23.77	4:00.70 85.59%	MR
(old MR 4:25.87 Geoff Peat ON 2012)				
2 Ryan Leef	M45 Athletics YU,Whiteh	X4:56.23	4:30.31 76.21%	
3 Darcey Harder	M47 Roadkill Run,Winnip	5:57.29	5:26.03 63.18%	

M50 1500 Meter Run Masters

Name	Age Team	Finals	AgeGrading
1 Niegel Geohagen	M50 Jamcan Inter,toront	5:47.93	5:03.78 67.81%

M55 1500 Meter Run Masters

Name	Age Team	Finals	AgeGrading	
1 Paul Osland	M55 University o,Toront	4:35.10	3:49.36 89.82%	MR
(old MR 4:47.01 Bob Prather USA 2011)				
2 Mark Pinckard	M58 Ocean Athlet,Delta	4:53.32	4:04.55 84.24%	
3 Gordon Flett	M59 Roadkill Run,Winnip	5:52.26	4:53.68 70.14%	
4 Lyndon Smith	M57 Saskatoon TF,Saskat	6:20.62	5:17.33 64.92%	

M60 1500 Meter Run Masters

Name	Age Team	Finals	AgeGrading	H#
1 Ed Bickley	M60 Unattached AB,Calga	X5:15.58	4:10.54 82.22%	1
2 Dave Olsen	M63 UNSK,Regins	X5:50.49	4:38.26 74.03%	1
3 Bob Holmes	M64 Unattached AB,edmon	X5:53.51	4:40.66 73.40%	2
4 Wayne Chee	M64 University o,Toront	6:22.90	5:03.99 67.77%	2
5 Neil Mackay	M64 Saskatoon TF,Saskat	6:32.06	5:11.26 66.18%	2
6 Kelly Sharp	M64 Greyhounds M,Prince	7:03.61	5:36.31 61.25%	2

M65 1500 Meter Run Masters

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age	Team	Finals	AgeGrading	H#
1 Peter Mullin	M68	Usatf,Houston	X5:44.10	4:19.08	79.51% 2 Foreign
2 Gurmit Singh	M65	Greyhounds M,Surrey	7:28.80	5:37.91	60.96% 2

M70 1500 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Mark Stewart	M74	Greyhounds M,Campbe	6:18.23	4:27.75	76.94% 2

M75 1500 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Chris Mackie	M78	Unattached O,Missis	X6:19.45	4:08.77	82.81% 2

M80 1500 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Roger Davies	M83	Unattached AB,Calga	X7:52.44	4:39.69	73.65% 2

M85 1500 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Donald Currie	M85	Unattached BC,Sloca	X8:47.14	4:29.95	76.31% 2

M35 3000 Meter Run Masters

Name	Age	Team	Finals	AgeGrading
1 Robbie Nissen	M36	Running Room,Edmont	9:25.74	9:25.75 77.77%

M45 3000 Meter Run Masters

Name	Age	Team	Finals	AgeGrading
1 Ryan Leef	M45	Athletics YU,Whiteh	X10:29.10	9:45.32 75.17%
2 Darcey Harder	M47	Roadkill Run,Winnip	10:56.44	10:10.76 72.04%

M55 3000 Meter Run Masters

Name	Age	Team	Finals	AgeGrading
1 Jim Schepens	M56	Unattached AB,Edmon	X12:11.86	10:29.99 69.84%
2 Gordon Flett	M59	Roadkill Run,Winnip	12:38.45	10:52.88 67.39%

M60 3000 Meter Run Masters

Name	Age	Team	Finals	AgeGrading
1 Dave Olsen	M63	UNSK,Regins	X13:26.66	11:06.31 66.04%
2 Wayne Chee	M64	University o,Toront	13:55.86	11:30.43 63.73%

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi****M65 3000 Meter Run Masters**

Name	Age	Team	Finals	AgeGrading	
1 Peter Mullin	M68	Usatf,Houston	X11:58.42	9:27.41 77.55%	Foreign
2 Gurmit Singh	M65	Greyhounds M,Surrey	16:19.37	12:53.51 56.88%	

M70 3000 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	
1 Mark Stewart	M74	Greyhounds M,Campbe	13:45.72	10:18.22 71.17%	

M80 3000 Meter Run Masters

Name	Age	Team	Finals	AgeGrading	
1 Roger Davies	M83	Unattached AB,Calga	X16:33.30	10:30.45 69.79%	

M35 60 Meter Hurdles WMA specs Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Jackson Hinton	M37	Yeg Internationa,Ed	8.40	8.27 88.33%	2

M40 60 Meter Hurdles WMA specs Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Douglas McLaren	M43	Yukon,Whitehorse	X10.18	9.64 75.74%	2

M45 60 Meter Hurdles WMA specs Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Jack Pontes	M47	Jamcan Inter,Canada	11.92	10.85 67.37%	2

M50 60 Meter Hurdles WMA specs Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Shawn Folkes	M50	Jamcan Inter,Oshawa	11.53	10.29 70.95%	2

M55 60 Meter Hurdles WMA specs Masters

Name	Age	Team	Finals	AgeGrading	H#
1 Murray Black	M59	Edmonton Masters,Ca	10.79	9.23 79.15%	2

M60 60 Meter Hurdles WMA specs Masters

Name	Age	Team	Finals	AgeGrading	
1 Dale Lawrence	M61	UNSK,Melfort	X11.72	9.75 74.91%	

M70 60 Meter Hurdles WMA specs Masters

Name	Age	Team	Finals	AgeGrading	

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age	Team	Finals	AgeGrading
1 Hardev Singh Sandhu	M70	Greyhounds M,Surrey	12.97	10.01 72.94%

M75 60 Meter Hurdles WMA specs Masters

Name	Age	Team	Finals	AgeGrading
1 Surinder Shah	M75	Greyhounds M,Surrey	15.24	11.17 65.35%

M40 4x200 Meter Relay Masters

Team	Finals
1 Edmonton Masters	1:53.22

M45 4x200 Meter Relay Masters

1 Jamcan International Athletics	1:54.06
1) Joseph Baptiste 58	2) Jack Pontes 47
3) Shawn Folkes 50	4) Matt Beechey 48

M70 4x200 Meter Relay Masters

2 Greyhounds Masters Track & Fie	2:19.56	MR
1) Tuomas Ukonmaanaho 74	2) Sewa Birring 73	
3) Bruce Mintz 72	4) Hardev Singh Sandhu 70	
(no previous record)		

M40 4x400 Meter Relay Masters

1 Greyhounds Masters Track & Fie	4:30.53
1) Samuel Walker 47	2) Faraaz Taiyab 45
3) Marvin Johnson 44	4) Mark Phillips 54

M45 4x400 Meter Relay Masters

1 Jamcan International Athletics	4:30.53
1) Joseph Baptiste 58	2) Jack Pontes 47
3) Matt Beechey 48	4) Shawn Folkes 50

M40 High Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Douglas McLaren	M43	Yukon,Whitehorse	X1.60m	1.67m 68.38%
2 Ramakrishnan Lakshmanan	M40	Edmonton Masters,Ed	J1.60m	1.67m 68.38%

M45 High Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Matt Beechey	M48	Jamcan Inter,Cambri	1.50m	1.65m 67.57%

M50 High Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Shawn Folkes	M50	Jamcan Inter,Oshawa	1.60m	1.85m 75.83%
(MR 1.60 David Turkstra ON 2016)				
				MRtie

M55 High Jump Masters

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	AgeGrading
1 Murray Black	M59 Edmonton Masters,Ca	1.55m	1.90m 77.50%
2 Jim Silovs	M57 Unattached AB,Calga	X1.40m	1.71m 70.00%

M60 High Jump Masters

Name	Age Team	Finals	AgeGrading
1 Chris Niwinski	M61 Ocean Athlet,Delta	1.50m	1.95m 79.79%
2 Dale Lawrence	M61 UNSK,Melfort	X1.40m	1.82m 74.47%

M65 High Jump Masters

Name	Age Team	Finals	AgeGrading	
1 Jim Stelfox	M65 Caltaf,Calgary, AB	1.45m	2.01m 81.92%	MR
(old MR 1.42 Peter Zowkewych ON Pent 2017)				

M70 High Jump Masters

Name	Age Team	Finals	AgeGrading	
1 Heinz Peter	M70 Unattached BC,Winla	X1.38m	2.04m 83.64%	MR
(old MR 1.30 Roland Delhomeau SK Pent 2017)				
2 Tuomas Ukonmaanaho	M74 Prince Georg,Prince	1.20m	1.77m 72.73%	
3 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	0.95m	1.40m 57.58%	

M55 Pole Vault Masters

Name	Age Team	Finals	AgeGrading
1 Murray Black	M59 Edmonton Masters,Ca	2.50m	3.29m 53.65%

M70 Pole Vault Masters

Name	Age Team	Finals	AgeGrading
1 Tuomas Ukonmaanaho	M74 Prince Georg,Prince	2.20m	3.72m 60.77%
2 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	1.50m	2.54m 41.44%

M75 Pole Vault Masters

Name	Age Team	Finals	AgeGrading
1 Doug Renwick	M77 SaskatoonCentury,C1	1.80m	3.37m 54.88%

M35 Long Jump Masters

Name	Age Team	Finals	AgeGrading	
1 Dwight Liburd	M36 Kamloops Tra,Kamloo	6.27m	6.46m 72.24%	MR
(old MR 5.83 Ovi Negroita ON 2011)				

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Long Jump Masters**

Name	Age	Team	Finals	AgeGrading
1 Douglas McLaren	M43	Yukon, Whitehorse	X5.13m	5.59m 62.48%
2 Darren Dellezay	M41	Leduc Track, Edmonton	5.07m	5.52m 61.75%

M45 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Jack Pontes	M47	Jamcan Inter, Canada	5.25m	6.06m 67.74%
2 Chris Jarman	M45	Unattached BC, Langl	X5.13m	5.92m 66.19%
3 Matt Beechey	M48	Jamcan Inter, Cambri	4.67m	5.39m 60.26%

M50 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Tom Starosielski	M50	NEAT, St. Paul, AB	4.70m	5.77m 64.56%
2 Brian Lewchuk	M53	Riversdale Athlet, Sa	4.58m	5.62m 62.91%

M55 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Bill Rehlau	M55	Calgary Spartans, ca	4.92m	6.45m 72.14%
2 Murray Black	M59	Edmonton Masters, Ca	4.21m	5.52m 61.73%
3 Gordon Flett	M59	Roadkill Run, Winnip	3.32m	4.35m 48.68%
4 Garth Chapman	M56	Unattached AB, Grove	X3.31m	4.34m 48.53%

M60 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Dale Lawrence	M61	UNSK, Melfort	X4.31m	6.06m 67.77%
2 Edwin Liu	M62	Greyhounds M, Vancou	4.30m	6.05m 67.61%
3 Jack Laughlin	M61	Greyhounds M, Ch	4.00m	5.63m 62.89%
4 Bryan Baldsing	M61	Jamcan Inter, toront	3.92m	5.51m 61.64%
5 Rod McBeth	M62	Edmonton Masters, Sp	3.89m	5.47m 61.16%
6 Dave Gardner	M62	Edmonton Masters, Ed	3.86m	5.43m 60.69%

M70 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Harnek Toor	M72	Ultra Throw, Abbotsf	3.48m	5.73m 64.09%
2 Hardev Singh Sandhu	M70	Greyhounds M, Surrey	3.30m	5.43m 60.77%
3 Brian Graham	M71	Unattached BC, penti	X3.04m	5.01m 55.99%

M75 Long Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Arthur Gee	M75	Greyhounds M, Burnab	3.40m	6.12m 68.41%
2 Surinder Shah	M75	Greyhounds M, Surrey	3.20m	5.76m 64.39%
3 Doug Renwick	M77	Saskatoon Century, Cl	3.17m	5.71m 63.78%
4 Bill McNamara	M77	Greyhounds M, Surrey	3.14m	5.65m 63.18%

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi****M95 Long Jump Masters**

Name	Age	Team	Finals	AgeGrading		
1 Atter Singh Sekhon	M95	Unattached O, Toront	X1.45m	4.17m 46.62%	CAN	MR
(no previous records)						

M40 Triple Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Darren Dellezay	M41	Leduc Track,Edmonto	10.33m	10.98m 60.06%

M45 Triple Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Jack Pontes	M47	Jamcan Inter,Canada	10.44m	11.76m 64.33%
2 Matt Beechey	M48	Jamcan Inter,Cambri	9.06m	10.21m 55.82%

M50 Triple Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Brian Lewchuk	M53	RiversdaleAthlet,Sa	9.63m	11.54m 63.11%

M55 Triple Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Murray Black	M59	Edmonton Masters,Ca	8.77m	11.22m 61.37%
2 Garth Chapman	M56	Unattached AB,Grove	X7.25m	9.27m 50.73%

M60 Triple Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Dale Lawrence	M61	UNSK,Melfort	X9.39m	12.88m 70.44%
2 Edwin Liu	M62	Greyhounds M,Vancou	9.37m	12.85m 70.29%
3 Jack Laughlin	M61	Greyhounds M,Ch	8.70m	11.93m 65.27%
4 Bryan Baldsing	M61	Jamcan Inter,toront	7.39m	10.14m 55.44%

M70 Triple Jump Masters

Name	Age	Team	Finals	AgeGrading
1 Roland Delhomeau	M74	SaskatoonCentury,Sa	7.43m	11.92m 65.23%
2 Brian Graham	M71	Unattached BC,penti	X6.94m	11.14m 60.93%
3 Hardev Singh Sandhu	M70	Greyhounds M,Surrey	6.92m	11.11m 60.76%

M75 Triple Jump Masters

Name	Age	Team	Finals	AgeGrading		
1 Arthur Gee	M75	Greyhounds M,Burnab	6.52m	11.43m 62.57%	MR	
(old MR 5.90 Patrick Groulx ON 2018)						

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi****M35 Shot Put WMA specs Masters**

Name	Age Team	Finals	AgeGrading
1 Scott Paterson	M35 Unattached AB,Lethb	X11.60m	12.03m 52.04%
2 Michael Ehr	M39 Excel Athlet,Regina	10.34m	10.72m 46.39%

M40 Shot Put WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Ramakrishnan Lakshmanan M40 Edmonton Masters,Ed (old MR 10.19 Nabil Nahri ON 2003)		12.52m	13.94m 60.31%
2 Dale Andrew	M41 Unattached O,Port P	X10.64m	11.84m 51.25%

MR**M45 Shot Put Paralympic Masters**

Name	Age Team	Finals	AgeGrading
1 Kevin Nanson F55	M45 Unattached AB,St Al	X7.75m	9.31m 40.30%

M45 Shot Put WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Magnus Larsson	M47 Unattached AB,Calga	X10.09m	12.13m 52.47%

M50 Shot Put WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Paul Rains (old MR 12.93 Danny Yoisten ON 2012)	M51 Apex Athleti,Edmont	13.18m	15.44m 66.80%
2 Rafal Czekajlo	M53 Unattached BC,New W	X11.37m	13.32m 57.63%
3 Shawn Folkes	M50 Jamcan Inter,Oshawa	10.98m	12.86m 55.65%

MR**M55 Shot Put WMA specs Masters**

Name	Age Team	Finals	AgeGrading
1 Sean Steele	M57 Athletics Vi,Victor	11.09m	14.09m 60.93%
2 Doug Bueckert	M55 Unattached AB,Calga	X7.48m	9.50m 41.10%

M60 Shot Put WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Gordon McCulloch	M60 Unattached AB,Canmo	X11.18m	13.95m 60.37%
2 Dale Lawrence	M61 UNSK,Melfort	X10.22m	12.75m 55.18%

M65 Shot Put WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Longin Szafranski	M67 Unattached AB,Edmon	X10.59m	14.40m 62.33%
2 Jerzy Wyroba	M69 Unattached O,Missis	X10.02m	13.63m 58.98%
3 Brian Berquist	M65 RiversdaleAthlet,sa	9.93m	13.51m 58.45%
4 Mohan Bains	M68 Ultra Throw,Surrey	8.74m	11.89m 51.44%

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Shot Put WMA specs Masters**

Name	Age Team	Finals	AgeGrading
1 Harnek Toor	M72 Ultra Throw,Abbotsf	10.72m	13.72m 59.39%
2 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	8.96m	11.47m 49.64%
3 Ronald Chmielewski	M70 Lethbridge T,Coalda	8.64m	11.06m 47.87%

M75 Shot Put WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Marek Glowacki	M78 Unattached BC,Revel	X10.71m	14.98m 64.83%
(old MR 9.36 Evalds Viskers ON 2003)			

MR**M80 Shot Put WMA specs Masters**

Name	Age Team	Finals	AgeGrading
1 Frank Smolinski	M80 Unattached AB,Edmon	X11.17m	16.81m 72.72%

M35 Weight Throw WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Scott Paterson	M35 Unattached AB,Lethb	X12.70m	12.95m 50.10%
(old MR 12.67 Richard Parkinson ON 2003)			
2 Michael Ehr	M39 Excel Athlet,Regina	10.45m	10.66m 41.22%

MR**M40 Weight Throw WMA specs Masters**

Name	Age Team	Finals	AgeGrading
1 Dale Andrew	M41 Unattached O,Port P	X10.39m	11.32m 43.78%
(old MR 9.47 Norm Little BC 2011)			

MR**M45 Weight Throw WMA specs Masters**

Name	Age Team	Finals	AgeGrading
1 Kier Wilson	M47 Unattached AB,Sherw	X9.78m	11.43m 44.23%

M55 Weight Throw WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Sean Steele	M57 Athletics Vi,Victor	10.07m	11.30m 43.71%

M65 Weight Throw WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Longin Szafranski	M67 Unattached AB,Edmon	X14.12m	15.74m 60.89%
2 Mohan Bains	M68 Ultra Throw,Surrey	10.67m	11.90m 46.01%
3 Brian Berquist	M65 RiversdaleAthlet,sa	9.12m	10.17m 39.33%
4 Dale Cocks	M67 Unattached AB,Edmon	X8.10m	9.03m 34.93%

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi****M70 Weight Throw WMA specs Masters**

Name	Age Team	Finals	AgeGrading
1 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	13.88m	15.83m 61.23%
2 Harnek Toor	M72 Ultra Throw,Abbotsf	13.56m	15.46m 59.81%
3 Roland Delhomeau	M74 SaskatoonCentury,Sa	11.38m	12.98m 50.20%
4 Ronald Chmielewski	M70 Lethbridge T,Coalda	9.50m	10.83m 41.91%

M75 Weight Throw WMA specs Masters

Name	Age Team	Finals	AgeGrading
1 Surinder Shah	M75 Greyhounds M,Surrey	9.07m	11.14m 43.09%
2 Arthur Gee	M75 Greyhounds M,Burnab	7.51m	9.22m 35.68%

M95 Weight Throw WMA specs Masters

Name	Age Team	Finals	AgeGrading		
1 Atter Singh Sekhon	M95 Unattached O,Toront	X4.71m	9.91m 38.36%	CAN	MR
(no previous records)					

M40 1000 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Douglas McLaren	M43 Yukon,Whitehorse	X4:02.31	3:51.10 56.47%	252

M60 1000 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Henry Knitter	M61 Unattached AB,Airdr	X4:10.99	3:19.99 65.25%	482

M70 1000 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Roland Delhomeau	M74 SaskatoonCentury,Sa	5:12.31	3:42.09 58.76%	312
2 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	5:36.35	3:59.18 54.56%	204

M75 1000 Meter Run Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Surinder Shah	M75 Greyhounds M,Surrey	6:40.92	4:24.13 49.41%	85

M35 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Adam Betzelt	M37 Caltaf,Calgary, AB	10.29	10.13 72.11%	517

M40 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
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2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Douglas McLaren	M43 Yukon,Whitehorse	X9.66	9.15	79.81%	713
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M60 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Henry Knitter	M61 Unattached AB,Airdr	X12.60	10.48 69.68%	454

M70 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	H#	Points
1 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	12.62	9.74 74.96%	2	591
2 Roland Delhomeau	M74 SaskatoonCentury,Sa	14.78	11.41 64.01%	2	306

M75 60 Meter Hurdles Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	H#	Points
1 Surinder Shah	M75 Greyhounds M,Surrey	14.94	10.95 66.67%	2	376

M35 High Jump Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Adam Betzelt	M37 Caltaf,Calgary, AB	1.71m	1.75m 71.55%	585

M40 High Jump Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Douglas McLaren	M43 Yukon,Whitehorse	X1.62m	1.69m 69.23%	536

M60 High Jump Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Henry Knitter	M61 Unattached AB,Airdr	X1.32m	1.71m 70.21%	552

M70 High Jump Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Roland Delhomeau	M74 SaskatoonCentury,Sa	1.17m	1.73m 70.91%	569
2 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	1.05m	1.55m 63.64%	426

M75 High Jump Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Surinder Shah	M75 Greyhounds M,Surrey	0.96m	1.53m 62.34%	411

M35 Long Jump Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading	Points
1 Adam Betzelt	M37 Caltaf,Calgary, AB	5.54m	5.71m 63.82%	525

2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi****M40 Long Jump Masters Indoor Pentathlon**

Name	Age Team	Finals	AgeGrading Points
1 Douglas McLaren	M43 Yukon,Whitehorse	X4.94m	5.38m 60.17% 457

M60 Long Jump Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading Points
1 Henry Knitter	M61 Unattached AB,Airdr	X3.53m	4.96m 55.50% 375

M70 Long Jump Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading Points
1 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	3.15m	5.19m 58.01% 419
2 Roland Delhomeau	M74 SaskatoonCentury,Sa	3.01m	4.96m 55.43% 375

M75 Long Jump Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading Points
1 Surinder Shah	M75 Greyhounds M,Surrey	3.03m	5.46m 60.97% 473

M35 Shot Put Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading Points
1 Adam Betzelt	M37 Caltaf,Calgary, AB	12.33m	12.78m 55.32% 654

M40 Shot Put Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading Points
1 Douglas McLaren	M43 Yukon,Whitehorse	X9.13m	10.16m 43.98% 495

M60 Shot Put Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading Points
1 Henry Knitter	M61 Unattached AB,Airdr	X8.77m	10.94m 47.35% 542

M70 Shot Put Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading Points
1 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	8.85m	11.33m 49.03% 566
2 Roland Delhomeau	M74 SaskatoonCentury,Sa	7.55m	9.66m 41.83% 465

M75 Shot Put Masters Indoor Pentathlon

Name	Age Team	Finals	AgeGrading Points
1 Surinder Shah	M75 Greyhounds M,Surrey	6.43m	8.99m 38.92% 425

M40 Indoor Pentathlon Masters

Name	Age Team	Finals
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2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Douglas McLaren	M43 Yukon,Whitehorse	X2453
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M60 Indoor Pentathlon Masters

Name	Age Team	Finals
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1 Henry Knitter	M61 Unattached AB,Airdr	X2405
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M70 Indoor Pentathlon Masters

Name	Age Team	Finals
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1 Hardev Singh Sandhu	M70 Greyhounds M,Surrey	2206
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2 Roland Delhomeau	M74 SaskatoonCentury,Sa	2027
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M75 Indoor Pentathlon Masters

Name	Age Team	Finals
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1 Surinder Shah	M75 Greyhounds M,Surrey	1770
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M45 1500 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
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1 Dmitry Babenko	M46 Unattached BC,Burna	X6:36.58	6:00.38 85.75%	MR
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(old MR 6:46.79 Jianping Xu ON 2013)

M50 1500 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
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1 Niegel Geohagen	M50 Jamcan Inter,toront	10:27.81	9:07.20 56.47%
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M55 1500 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
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1 Philip Vesty	M56 EdmontonRacewalk,Ed	7:49.49	6:31.79 78.87%
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2 John Storms	M59 Athletics YU,Whiteh	X8:16.70	6:54.50 74.55%
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3 Ian Lamplough	M57 EdmontonRacewalk,Ed	8:42.97	7:16.42 70.80%
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M60 1500 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
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1 Dave Keenan	M61 Heartland RaceW,For	8:32.05	6:47.60 75.81%
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2 James Kenney	M62 Heartland RaceW,Air	9:09.64	7:17.52 70.63%
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3 Garry Stone	M63 EdmontonRacewalk,Ed	10:28.68	8:20.43 61.75%
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M65 1500 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
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1 Henry Charrois	M67 EdmontonRacewalk,Ed	8:20.34	6:18.11 81.72%
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2019 Alberta Indoor Track and Field Championships 20190308 to 20190310**Canadian Masters Indoor Track and Field Championships****Universiade Pavilion****Results Age Grading: 5 Yr Indiv & 5 yr Multi****M70 1500 Meter Race Walk Masters**

Name	Age Team	Finals	AgeGrading
1 Harnek Toor	M72 Ultra Throw,Abbotsf	12:06.08	8:37.99 59.65%

M45 3000 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Dmitry Babenko (old MR 14:17.83 Jianping Xu ON 2013)	M46 Unattached BC,Burna	X13:58.14	12:43.13 82.74% MR

M55 3000 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Philip Vesty	M56 EdmontonRacewalk,Ed	16:32.75	13:50.34 76.04%
2 John Storms	M59 Athletics YU,Whiteh	X17:29.58	14:37.87 71.93%
3 Ian Lamplough	M57 EdmontonRacewalk,Ed	18:03.70	15:06.41 69.66%

M60 3000 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Dave Keenan	M61 Heartland RaceW,For	17:55.03	14:17.88 73.60%
2 James Kenney	M62 Heartland RaceW,Air	19:41.28	15:42.67 66.98%
3 Garry Stone	M63 EdmontonRacewalk,Ed	21:24.14	17:04.75 61.62%

M65 3000 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Henry Charrois	M67 EdmontonRacewalk,Ed	17:11.67	13:01.50 80.80%

M70 3000 Meter Race Walk Masters

Name	Age Team	Finals	AgeGrading
1 Harnek Toor	M72 Ultra Throw,Abbotsf	25:07.81	17:58.09 58.57%