

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M30 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Kevin Ignacio	M30 Unattached -	11.60	-3.1	11.61 84.40%	14 7
2 Mark Andal	M31 Game Speed I	11.80	-3.1	11.81 82.97%	14 5
3 Jameel Jones	M34 United State	11.90	-3.1	11.91 82.27%	14 4
4 Mark Tiburcio	M30 Unattached -	12.51	-3.1	12.52 78.26%	14 3
5 Nathan Da Silva	M30 Unattached -	12.89	-3.1	12.90 75.95%	14 2

**W30 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Sheree Mullings	W34 JamCan	14.28	-2.5	14.29 73.46%	6 7

**M35 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Dree Ryan	M37 JamCan	11.60	-1.4	11.45 85.52%	13 7
2 Chris Wrobel	M35 The Peel Gazelles	13.01	-1.4	12.84 76.25%	13 5
3 Jason Stewart	M36 Halifax Athletics	13.62	-1.4	13.45 72.83%	13 4
4 Steve Simpson	M39 Jamaica	14.89	-1.4	14.70 66.62%	13 3

**W35 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Sonia Lévesque	W38 Soulanges	14.58	-2.5	14.44 72.70%	6 7
2 Ashley Shumate	W36 Ontario Mast	15.42	-2.5	15.27 68.74%	6 5
3 Monique Shah	W36 JamCan	15.99	-2.5	15.84 66.29%	6 4

**W40 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Violeta Garfunkel	W43 UTTC	13.76	-0.8	13.14 79.87%	5 7
2 Jenn Bowers	W40 The Durham Gazelles	14.51	-0.8	13.86 75.74%	5 5
3 Claudia Francis	W43 Unattached -	14.70	-0.8	14.04 74.76%	5 4
4 Judith Thomas	W44 Jamaica	18.67	-0.8	17.83 58.86%	5 3

**M40 100 Meter Dash M40 Semis**

Name	Age Team	Prelims	Wind	Age-Grading H#	Points
<b>Preliminaries</b>					
1 Anthony Davis	M43 United State	11.41q	-2.0	10.93 89.57%	1
2 Chad Kichula	M40 Excel Athletika	12.03q	-2.1	11.53 84.95%	2
3 John Berardi	M42 Unattached -	12.59q	-2.1	12.06 81.18%	2
4 Andy Fraser	M44 Unattached	13.13q	-2.0	12.58 77.84%	1
5 Giovanni Perna	M42 Ontario Mast	13.15q	-2.0	12.60 77.72%	1
6 Eric Quane	M40 The Durham Gazelles	13.71q	-2.0	13.14 74.54%	1

**M40 100 Meter Dash M40 Finals**

Name	Age Team	Finals	Wind	Age-Grading Points
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**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****Finals**

1	Anthony Davis	M43 United State	11.34	-1.5	10.87	90.12%	7
2	Chad Kichula	M40 Excel Athletika	12.15	-1.5	11.64	84.12%	5
3	John Berardi	M42 Unattached -	12.70	-1.5	12.17	80.47%	4
4	Giovanni Perna	M42 Ontario Mast	13.12	-1.5	12.57	77.90%	3
5	Andy Fraser	M44 Unattached	13.20	-1.5	12.65	77.42%	2
6	Eric Quane	M40 The Durham Gazelles	13.72	-1.5	13.15	74.49%	1

**W45 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Louise Bonneau	W46 Lachine	14.36	-1.1	13.21	79.46%	4 7
2 Gaye Boston	W47 UTTC	14.71	-1.1	13.53	77.57%	4 5
3 Cathy Barry	W45 The Durham Gazelles	15.30	-1.1	14.07	74.58%	4 4
4 Katty Abran	W45 London Weste	21.34	-1.1	19.63	53.47%	1 3

**M45 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Tit (jonathan) Hui	M45 Guelph Track Club	12.69	-1.7	11.79	83.06%	12 7
2 Kasper Hinds	M47 Unattached -	12.76	-1.7	11.86	82.60%	12 5
3 David Kidd	M45 Unattached -	13.58	-1.7	12.62	77.61%	12 4
4 Zhefu Qiu	M46 Ontario Mast	13.95	-1.7	12.96	75.56%	12 3
5 Gary Augustyn	M45 Dunamis Athl	15.44	-1.7	14.34	68.26%	12 2

**M50 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Christopher Warburton	M51 Nemean Lions	11.85	-1.2	10.67	91.81%	11 7
2 Serge Faucher	M52 Ottawa Lions	12.55	-1.2	11.29	86.69%	11 5
3 Steven Colbert	M51 Greyhounds T	12.64	-1.2	11.38	86.08%	11 4
4 David Turkstra	M50 Unattached -	13.00	-1.2	11.70	83.69%	11 3
5 Paul Robinson	M51 JamCan	13.47	-1.2	12.12	80.77%	11 2
6 Mark Phillips	M51 Greyhounds T	14.58	-1.2	13.12	74.62%	11 1
7 Willie Price	M54 United State	15.68	-1.2	14.11	69.39%	11

**W50 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Theresa Rozario	W51 UTTC	16.36	-2.1	14.47	72.49%	3 7

**M55 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Allan Tissenbaum	M56 Unattached	12.31	-1.0	10.72	91.39%	10 7
2 Mike Lee Foon	M55 JamCan	12.51	-1.0	10.89	89.93%	10 5
3 Robert Nasato	M55 JamCan	12.69	-1.0	11.05	88.65%	10 4
4 Mel White	M57 UTTC	13.79	-1.0	12.01	81.58%	10 3
5 Russell Unilowsky	M56 Unattached-Manitoba	13.80	-1.0	12.02	81.52%	10 2
6 Grantley Blenman	M59 Unattached -	13.85	-1.0	12.06	81.23%	10 1
7 Spencer Arnfield	M57 Extreme Velo	14.17	-1.0	12.34	79.39%	10
8 Pierre Kirwin	M56 Unattached -	16.87	-1.0	14.69	66.69%	10
9 Paul Lee	M56 Unattached -	20.66	-1.0	17.99	54.45%	10

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Susan Loyd	W58 United State	15.81	-2.1	13.43 78.12%	3	7
2 Brenda Dion	W59 Athletics Yukon	16.39	-2.1	13.92 75.35%	3	5
3 Susanne Lauridsen	W58 Calgary Spartans	17.55	-2.1	14.91 70.37%	3	4
4 Faith Lee	W56 Unattached -	18.75	-2.1	15.93 65.87%	3	3

**M60 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Kerry Smith	M62 JamCan	12.82	-2.7	10.79 90.80%	9	7
2 Ward Hazen	M62 Unattached -	13.48	-2.7	11.35 86.35%	9	5
3 Cassius M L Richards	M61 Unattached -	14.54	-2.7	12.24 80.06%	9	4
4 Reidar Zapf-Gilje	M64 Greyhounds T	14.58	-2.7	12.27 79.84%	9	3
5 Brian Berquist	M63 Riversdale A	14.71	-2.7	12.38 79.13%	9	2
6 Hubert Van Niekerk	M64 Unattached	16.50	-2.7	13.89 70.55%	9	1

**W60 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Wendy Alexis	W61 Ottawa Lions	14.12	-1.0	11.50 91.29%	2	7
2 Karla Del Grande	W63 Nemean Lions	14.30	-1.0	11.65 90.14%	2	5
3 Elaine Whidden	W61 Greyhounds T	15.09	-1.0	12.29 85.42%	2	4
4 Linda Tauvette	W60 Ottawa Lions	15.89	-1.0	12.94 81.12%	2	3

**M65 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Bruce Mintz	M69 Edmonton Masters	15.30	-1.3	12.41 78.89%	8	7
2 David Blackwood	M67 Saint John T	16.45	-1.3	13.35 73.37%	8	5
-- Robert Beyea	M68 JamCan	DNF	-1.3		8	

**W65 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Urith Hayley	W65 Greyhounds T	16.21	-1.0	12.63 83.10%	2	7
2 Rhona Trott	W67 Hamilton Oly	17.21	-1.0	13.41 78.27%	2	5
3 Deborah Lee	W66 Greyhounds T	17.44	-1.0	13.59 77.24%	2	4

**W70 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
<b>1 Carol LaFayette-Boyd</b>	<b>W74 Unattached</b>	<b>15.05</b>	<b>-1.0</b>	<b>11.14 94.22%</b>	<b>2</b>	<b>7 MR</b>
(old MR 15.17 Carol in 2012)						

**M70 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Peter Evans	M74 JamCan	15.53	-2.9	12.09 81.00%	7	7
2 Jean-Louis Perez	M71 Indépendant	15.95	-2.9	12.42 78.87%	7	5
3 Darrell Patterson	M70 Unattached -	16.02	-2.9	12.47 78.53%	7	4

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

4 Patrick Groulx M74 Ontario Mast 21.92 -2.9 17.06 57.39% 7 3

**M75 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Mike Morris	M76 Unattached	15.49	-2.9	11.48 85.28%	7	7
2 David Stern	M76 JamCan	16.74	-2.9	12.41 78.91%	7	5

**W30 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Sheree Mullings	W34 JamCan	29.75	2.5	29.76 71.73%	6	7

**M30 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Mark Andal	M31 Game Speed I	24.32	1.5	24.33 79.44%	18	7
2 Andrew Galloway	M32 Lakehead Running	24.61	1.5	24.62 78.50%	18	5
3 Nathan Da Silva	M30 Unattached -	25.83	1.5	25.84 74.80%	18	4
4 Daniel Da Silva	M32 Unattached -	25.90	1.5	25.91 74.59%	18	3

**M35 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Chris Wrobel	M35 The Peel Gazelles	26.53	1.5	26.10 74.03%	18	7
2 Steve Simpson	M39 Jamaica	30.42	1.5	29.93 64.56%	18	5

**W35 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Sonia Lévesque	W38 Soulanges	29.74	2.5	28.86 73.97%	6	7
2 Vicky Romocki	W39 The Peel Gazelles	30.34	2.5	29.44 72.51%	6	5
3 Marie-Eve Boudreau	W35 Saint-Jean O	31.83	2.5	30.89 69.12%	6	4
4 Monique Shah	W36 JamCan	32.59	2.5	31.62 67.51%	6	3
5 Teawna Pinard	W39 Unattached -	33.43	2.5	32.44 65.81%	6	2

**M40 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Anthony Davis	M43 United State	23.18	0.7	22.11 87.40%	17	7
2 Nigel John	M43 JamCan	23.23	0.7	22.16 87.21%	17	5
3 Chad Kichula	M40 Excel Athletika	24.34	0.7	23.22 83.24%	17	4
4 John Berardi	M42 Unattached -	26.25	0.7	25.04 77.18%	17	3

**W40 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Violeta Garfunkel	W43 UTTC	28.21	2.1	26.36 80.96%	5	7
2 Jenn Bowers	W40 The Durham Gazelles	30.56	2.1	28.55 74.74%	5	5
3 Karen Maloney-Yunker	W41 Unattached -	33.04	2.1	30.87 69.13%	5	4

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

4 Eve La Rivière W44 Saint-Jean O 33.70 2.1 31.49 67.77% 5 3

**M45 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Philippe Ollivier	M49 Saint-Lauren	25.16	1.4	23.24 83.15%	15	7
2 Wayne Ferron	M49 Longboat Roa	29.00	1.4	26.79 72.14%	15	5
3 Yusuf Omar	M49 Ontario Mast	30.99	1.4	28.62 67.51%	15	4
4 Gary Augustyn	M45 Dunamis Athl	33.86	1.4	31.27 61.78%	15	3

**W45 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Lisa Daley	W46 United States	27.18	0.2	24.42 87.42%	4	7
2 Louise Bonneau	W46 Lachine	29.33	0.2	26.35 81.01%	4	5
3 Diana Cesaroni	W47 Unattached -	30.77	0.2	27.64 77.22%	4	4
4 Cathy Barry	W45 The Durham Gazelles	30.99	0.2	27.84 76.67%	4	3
5 Katty Abran	W45 London Weste	39.99	0.7	35.92 59.41%	3	2

**M50 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Christopher Warburton	M51 Nemean Lions	23.78	1.3	21.25 90.96%	14	7
2 Serge Faucher	M52 Ottawa Lions	24.93	1.3	22.28 86.76%	14	5
3 Paul Robinson	M51 JamCan	27.13	1.3	24.24 79.73%	14	4
4 Eddy Renelique	M52 Unattached -	28.53	1.3	25.49 75.81%	14	3
5 Mark Phillips	M51 Greyhounds T	29.27	-0.4	26.15 73.90%	13	2
6 Brian Borowy	M54 Unattached -	33.41	-0.4	29.85 64.74%	13	1

**W55 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Susan Loyd	W58 United State	32.20	1.2	26.61 80.22%	2	7
2 Susanne Lauridsen	W58 Calgary Spartans	36.38	1.2	30.06 71.00%	2	5

**M55 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Mike Lee Foon	M55 JamCan	25.33	0.5	21.87 88.35%	12	7
2 David Leuty	M56 Unattached B	25.41	0.5	21.94 88.08%	12	5
3 Robert Nasato	M55 JamCan	26.13	0.5	22.56 85.65%	12	4
4 Andrew Bass	M55 JamCan	26.52	0.5	22.90 84.39%	12	3
5 Grantley Blenman	M59 Unattached -	27.64	0.8	23.87 80.97%	11	2
6 Russell Unilowsky	M56 Unattached-Manitoba	27.84	0.8	24.04 80.39%	11	1
7 Mel White	M57 UTTC	27.92	0.8	24.11 80.16%	11	
8 Scott Payne	M56 JamCan	28.69	0.8	24.77 78.01%	11	
9 Graham Broyd	M58 United State	28.94	0.8	24.99 77.33%	11	
10 Pierre Kirwin	M56 Unattached -	34.65	0.8	29.92 64.59%	11	

**M60 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
<b>1 Kerry Smith</b>	<b>M62 JamCan</b>	<b>25.50</b>	<b>1.2</b>	<b>21.25 90.94%</b>	<b>10</b>	<b>7 MR</b>

(old MR 25.72 tie - Tony Powell 2005, Kerry Smith 2014)

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

2 Hubert Van Niekerk M64 Unattached 33.31 1.2 27.76 69.62% 10 5

**W60 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Wendy Alexis	W61 Ottawa Lions	28.95	1.2	22.88 93.30%	2	7
2 Karla Del Grande	W63 Nemean Lions	28.98	1.2	22.91 93.20%	2	5
3 Elaine Whidden	W61 Greyhounds T	30.90	1.2	24.42 87.41%	2	4
4 Linda Tauvette	W60 Ottawa Lions	33.22	1.2	26.26 81.31%	2	3

**M65 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Arthur Lewis	M66 Extreme Velo	28.90	1.3	23.15 83.49%	9	7
2 Bruce Mintz	M69 Edmonton Masters	31.17	1.3	24.96 77.41%	9	5
3 Duncan Greenshields	M67 UTTC	32.38	1.3	25.93 74.52%	9	4
4 David Blackwood	M67 Saint John T	34.65	1.3	27.75 69.64%	9	3

**W65 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Urith Hayley	W65 Greyhounds T	34.13	-1.2	25.75 82.89%	7

**M70 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Jean-Louis Perez	M71 Indépendant	32.54	1.1	24.87 77.69%	8	7
2 Peter Evans	M74 JamCan	32.54	1.1	24.87 77.69%	8	5
3 Patrick Groulx	M74 Unattached -	43.64	1.1	33.35 57.93%	8	4
4 John Powell	M72 EtobicokeTC	44.70	1.1	34.16 56.55%	8	3

**W70 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Carol LaFayette-Boyd	W74 Unattached	31.93	-1.2	22.57 94.55%	7

**M75 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Mike Morris	M76 Unattached	32.53	1.5	23.48 82.32%	7	7
2 David Stern	M76 JamCan	33.77	1.5	24.37 79.30%	7	5
3 Hylke Van Der Wal	M78 Unattached-S	39.21	1.5	28.30 68.30%	7	4
4 Steffen Kampe	M79 Unattached -	53.05	1.5	38.28 50.48%	7	3

**W80 200 Meter Dash Sun 11:30am**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Alice Cole	W83 Sherbrooke	46.45	-1.2	27.21 78.45%	7

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M30 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Andrew Galloway	M32 Lakehead Running	52.89	52.90 81.64%	9	7
2 Sofien Amri	M34 Montréal-Int	53.62	53.63 80.53%	9	5
3 Nathan Da Silva	M30 Unattached -	59.75	59.76 72.27%	9	4

**W35 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Sonia Lévesque	W38 Soulanges	68.44	67.07 70.98%	3	7
2 Monique Shah	W36 JamCan	78.54	76.97 61.85%	3	5
3 Marie-Eve Boudreau	W35 Saint-Jean O	1:21.23	79.60 59.81%	3	4

**M40 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Nigel John	M43 JamCan	53.36	49.92 86.51%	8	7
2 Patrice Doucet	M44 Energie	54.01	50.53 85.47%	8	5
3 Andy Fraser	M44 Unattached	58.28	54.52 79.20%	8	4
4 Louis Byrne	M44 Toronto Olym	60.98	57.05 75.70%	8	3
5 David Leduc	M40 Lanaudière-O	62.31	58.29 74.08%	8	2

**W40 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Eve La Rivière	W44 Saint-Jean O	76.32	71.68 66.42%	3	7
2 Julie Grenier	W44 Saint-Jean O	1:24.99	79.82 59.64%	3	5

**M45 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Mirco Graenert	M47 Newmarket HU	54.82	49.64 86.99%	7	7
2 Philippe Ollivier	M49 Saint-Lauren	55.03	49.83 86.66%	7	5
3 Marcus Skeete	M48 UTTC	55.67	50.41 85.67%	7	4
4 Sean Kapitain	M46 Unattached -	59.37	53.76 80.33%	7	3
5 Lenroy Munro	M46 Unattached -	60.51	54.79 78.81%	7	2
6 Marc Proudfoot	M47 Unattached -	70.30	63.65 67.84%	7	1

**W45 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jodi Rice	W46 Hamilton Eli	69.00	61.99 76.80%	2	7
2 Heather Driscoll	W47 Blue Devils	77.13	69.29 68.70%	2	5
3 Anke Graenert	W49 Newmarket HU	1:21.32	73.05 65.16%	2	4

**M50 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Michael Sherar	M52 UTTC	54.37	47.60 90.73%	6	7
2 Serge Faucher	M52 Ottawa Lions	55.40	48.50 89.04%	6	5
3 Mark Phillips	M51 Greyhounds T	65.87	57.67 74.89%	6	4

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 David Leuty	M56 Unattached B	56.47	47.74 90.46%	6	7
2 Andrew Bass	M55 JamCan	60.41	51.08 84.56%	6	5
3 Russell Unilowsky	M56 Unattached-Manitoba	65.02	54.97 78.56%	6	4

**W55 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	Points
1 Susan Loyd	W58 United State	73.34	59.90 79.47%	7

**W60 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	Points
1 Elaine Whidden	W61 Greyhounds T	79.09	61.02 78.01%	7

**M65 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Arthur Lewis	M66 Extreme Velo	64.33	50.41 85.65%	5	7
2 Bernard Lachance	M66 Saint-Jean O	69.84	54.73 78.89%	5	5
3 Norman Creen	M65 UTTC	70.08	54.92 78.62%	5	4
4 Duncan Greenshields	M67 UTTC	76.90	60.26 71.65%	5	3

**M70 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jean-Louis Perez	M71 Indépendant	75.39	56.25 76.77%	4	7
2 Patrick Groulx	M74 Ontario Mast	2:18.46	1:43.30 41.80%	4	5

**M75 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Hylke Van Der Wal	M78 Unattached-S	1:52.94	78.88 54.75%	4	7

**W80 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Alice Cole</b>	<b>W83 Sherbrooke</b>	<b>1:40.52</b>	<b>50.53 94.22%</b>	<b>7 MR</b>
(old MR 1:46 Ernestine Garcia MEX 2012)				

**M85 400 Meter Dash Sat 2:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Earl Fee	M87 Unattached -	1:23.35	46.25 93.38%	4	7



**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M30 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Andrew Galloway	M32 Lakehead Running	2:04.08	2:04.09 81.49%	9	7
2 Sofien Amri	M34 Montréal-Int	2:06.07	2:06.08 80.20%	9	5
3 Sheldon Cooper	M34 Unattached -	2:15.66	2:15.67 74.53%	9	4

**W30 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Joan Chung	W32 UTTC	2:32.06	2:32.07 74.50%	3	7

**M35 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jason Dunkerley	M38 Ottawa Lions	2:06.28	2:05.24 80.74%	9	7
2 Thomas Bok	M36 UTTC	2:17.92	2:16.78 73.93%	9	5
3 Jimmy Semes	M37 Boardwalk RC	2:25.52	2:24.32 70.07%	9	4
4 Jonathan Colford	M38 Unattached -	3:07.09	3:05.54 54.50%	9	3

**W35 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
<b>1 Julie Lajeunesse</b> (old MR 2:16 Anne Mullins ON 1991)	<b>W35 Fleur de Lys</b>	<b>2:14.51</b>	<b>2:13.86 84.63%</b>	<b>3</b>	<b>7 MR</b>
2 Vicky Romocki	W39 The Peel Gazelles	2:38.54	2:37.77 71.81%	3	5
3 Carrie Byer	W37 Newmarket HU	2:40.04	2:39.26 71.13%	3	4

**M40 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Patrice Doucet	M44 Energie	2:03.41	1:57.99 85.70%	8	7
2 Dave Tepper	M41 Newmarket HU	2:05.22	1:59.72 84.46%	8	5
3 Jay Brecher	M42 UTTC	2:05.24	1:59.73 84.45%	8	4
4 Bill Wells	M41 UTTC	2:05.37	1:59.86 84.36%	8	3
5 Michal Kapral	M44 UTTC	2:06.09	2:00.55 83.88%	8	2
6 David Gobeil	M40 Lanaudière-O	2:10.16	2:04.44 81.25%	8	1
7 Louis Byrne	M44 Toronto Olym	2:20.66	2:14.48 75.19%	8	
8 David Leduc	M40 Lanaudière-O	2:22.23	2:15.98 74.36%	8	

**W40 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Michelle Clarke	W42 Longboat Roa	2:30.45	2:23.49 78.95%	3	7
2 Julie Grenier	W44 Saint-Jean O	3:19.11	3:09.90 59.66%	3	5

**M45 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Mirco Graenert	M47 Newmarket HU	2:11.22	2:00.77 83.73%	7	7
2 Jack Cook	M49 Unattached	2:21.32	2:10.06 77.75%	7	5
3 Hyun Joong Lee	M49 Ontario Mast	2:29.51	2:17.60 73.49%	7	4
4 Derek Hackshaw	M47 Newmarket HU	2:30.53	2:18.54 72.99%	7	3
5 Wayne Ferron	M49 Longboat Roa	2:34.28	2:21.99 71.21%	7	2

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

6 Hassan Zaghry	M47 A.T.P athlétisme	2:35.79	2:23.38	70.52%	7	1
7 Aidan Purnell	M47 Unattached -	2:42.56	2:29.61	67.59%	7	

**W45 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Amy Ballon	W45 UTTC	2:34.89	2:21.31 80.17%	2	7
2 Heather Driscoll	W47 Blue Devils	3:01.32	2:45.42 68.48%	2	5
3 Anke Graenert	W49 Newmarket HU	3:07.15	2:50.74 66.35%	2	4
4 Sua Bae	W47 Ontario Mast	3:27.17	3:09.01 59.94%	2	3

**M50 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Michael Sherar	M52 UTTC	2:10.22	1:55.21 87.77%	6	7
2 Jim Dyck	M50 Unattached	2:11.49	1:56.33 86.92%	6	5
3 Paul Osland	M52 UTTC	2:12.12	1:56.89 86.50%	6	4
4 Simon Rayner	M52 UTTC	2:16.36	2:00.64 83.81%	6	3
5 Vince Friel	M53 Newmarket HU	2:16.76	2:01.00 83.57%	6	2
6 Robert Blair	M52 Newmarket HU	2:28.90	2:11.74 76.76%	6	1
7 Mark Duff	M54 Boardwalk RC	2:35.74	2:17.79 73.39%	6	
8 Stephen Laidlaw	M54 Unattached -	2:46.33	2:27.16 68.71%	6	

**W50 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Donna Dixon	W53 Calgary Phoe	2:45.45	2:24.10 78.62%	2	7
2 Elaine Mota	W50 Newmarket HU	2:48.12	2:26.42 77.37%	2	5
3 Aura Reynoso	W50 Newmarket HU	3:04.31	2:40.52 70.57%	2	4
4 Martina Young	W52 Blue Devils	3:05.52	2:41.57 70.11%	2	3

**M55 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Armand D'Oliveira	M56 UTTC	2:22.14	2:00.68 83.78%	6	7

**W55 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Heather O'Hagan	W55 UTTC	2:38.96	2:11.86 85.91%	2	7
2 Thérèse Hérard	W59 Lanaudière-O	3:03.36	2:32.10 74.48%	2	5

**M60 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	2:28.09	2:00.45 83.95%	5	7
2 Anthony Farr	M61 UTTC	2:51.79	2:19.72 72.37%	5	5

**W60 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Rita Quibell	W60 Newmarket HU	2:47.90	2:11.77 85.97%	7
2 Lynn Kobayashi	W60 UTTC	3:03.02	2:23.64 78.87%	5
3 Clara Northcott	W61 UTTC	3:09.84	2:28.99 76.03%	4

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

4 Patricia Blacker-Thomson W60 Unattached - 3:40.08 2:52.72 65.59% 3

**M65 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 John Helliker	M65 UTTC	2:31.43	1:57.76 85.87%	5	7
2 John Clarke	M65 East Toronto	2:41.19	2:05.35 80.67%	5	5
3 Arthur Lewis	M66 Extreme Velo	2:44.06	2:07.58 79.26%	5	4
4 Norman Creen	M65 UTTC	2:59.54	2:19.62 72.42%	5	3
5 Tim Payne	M66 Newmarket HU	3:03.94	2:23.04 70.69%	5	2

**M70 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jean-Louis Perez	M71 Indépendant	2:54.41	2:09.42 78.13%	4	7
2 Patrick Groulx	M74 Unattached -	5:42.78	4:14.35 39.75%	4	5

**M75 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Chris Mackie	M75 Unattached -	2:52.96	1:59.76 84.43%	4	7
2 Frank Esson	M76 Unattached -	4:18.37	2:58.90 56.52%	4	5
3 Steffen Kampe	M79 Unattached -	4:38.10	3:12.56 52.51%	4	4

**W80 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
<b>1 Alice Cole</b>	<b>W83 Sherbrooke</b>	<b>4:06.98</b>	<b>2:08.93 87.87%</b>	<b>7</b>	<b>MR</b>
(old MR 4:10 Lenore Marvin BC 2000)					

**M85 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Earl Fee	M87 Unattached -	3:21.36	1:50.31 91.66%	4	7
2 Ed Whitlock	M85 Unattached -	3:27.19	1:53.50 89.08%	4	5

**W85 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
<b>1 Lenore Montgomery</b>	<b>W86 Greyhounds T</b>	<b>4:53.70</b>	<b>2:04.18 91.23%</b>	<b>7</b>	<b>MR</b>
(old MR 5:36 Ivy Granstrom BC 1998)					

**M35 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jason Dunkerley	M38 Ottawa Lions	4:15.71	4:13.49 81.27%	5	7
2 Thomas Bok	M36 UTTC	4:43.94	4:41.47 73.19%	5	5
3 Jimmy Semes	M37 Boardwalk RC	5:04.20	5:01.56 68.31%	5	4

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W35 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
<b>1 Julie Lajeunesse</b> (old MR 4:36 Janet Takahashi ON 1991)	<b>W35 Fleur de Lys</b>	<b>4:32.73</b>	<b>4:29.24 86.34%</b>	<b>2</b>	<b>7 MR</b>
2 Tanya Sakharov	W35 Boardwalk RC	5:22.53	5:18.41 73.01%	2	5
3 Delilah Topic	W37 Vernon Amate	5:32.05	5:27.80 70.92%	2	4
4 Christina Carreau	W36 Blue Devils	5:34.87	5:30.59 70.32%	2	3

**M40 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 David Gobeil	M40 Lanaudière-O	4:25.04	4:12.30 81.65%	5	7
2 David Leduc	M40 Lanaudière-O	4:45.10	4:31.39 75.91%	5	5
3 Jean-Emile Paraiso	M43 Longboat Roa	5:13.74	4:58.65 68.98%	5	4

**W40 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Michelle Clarke	W42 Longboat Roa	5:05.28	4:48.71 80.52%	2	7

**M45 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Derek Hackshaw	M47 Newmarket HU	4:37.92	4:13.61 81.23%	4	7
2 Jack Cook	M49 Unattached	4:41.34	4:16.73 80.24%	4	5
3 Robert Muir	M48 Ottawa Lions	4:53.53	4:27.85 76.91%	4	4
4 Gary G Cassel	M48 Ontario Mast	4:56.74	4:30.78 76.08%	4	3
5 Steve Boston	M46 Newmarket HU	4:57.99	4:31.92 75.76%	4	2
6 Hassan Zaghry	M47 A.T.P athlétisme	5:00.15	4:33.89 75.21%	4	1
7 Wayne Ferron	M49 Longboat Roa	5:20.08	4:52.08 70.53%	4	
8 Brian Lovshin	M46 Toronto Olym	5:27.34	4:58.70 68.96%	4	

**W45 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Joanna Kotsopoulos	W46 Boardwalk RC	5:54.70	5:20.72 72.48%	2	7

**M50 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Simon Rayner	M52 UTTC	4:40.16	4:04.61 84.22%	4	7
2 John Willett	M54 UTTC	4:54.90	4:17.48 80.01%	4	5
3 Robert Blair	M52 Newmarket HU	5:04.23	4:25.63 77.55%	4	4
4 Mark Duff	M54 Boardwalk RC	5:17.17	4:36.93 74.39%	4	3

**W50 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Elaine Mota	W50 Newmarket HU	5:27.85	4:42.84 82.19%	2	7
2 Donna Dixon	W53 Calgary Phoe	5:33.57	4:47.78 80.78%	2	5
3 Gina Beer	W50 UTTC	5:50.35	5:02.25 76.91%	2	4
4 Cheryl Etter	W54 Blue Devils	6:06.38	5:16.08 73.55%	2	3

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Réjean Bourgouin	M58 Les Godasses	5:18.27	4:25.35 77.64%	4	7
2 James Freemantle	M58 Newmarket HU	5:20.50	4:27.21 77.10%	4	5

**W55 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Thérèse Hérard	W59 Lanaudière-O	5:50.77	4:48.06 80.71%	7
2 Faith Lee	W56 Unattached -	6:58.92	5:44.02 67.58%	5

**W60 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Rita Quibell</b> (old CAN 5:45 Jean Horne 1993, old MR 5:49 Jean 1993)	<b>W60 Newmarket HU</b>	<b>5:36.84</b>	<b>4:21.36 88.95%</b>	<b>7 CAN MR</b>
2 Lynn Kobayashi	W60 UTTC	6:10.50	4:47.48 80.87%	5
3 Clara Northcott	W61 UTTC	6:23.82	4:57.81 78.06%	4
4 Patricia Blacker-Thomson	W60 Unattached -	6:50.69	5:18.66 72.95%	3

**M65 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 John Helliker	M65 UTTC	5:03.79	3:48.73 90.07%	3	7
2 Tim Payne	M66 Newmarket HU	6:11.00	4:39.33 73.75%	3	5

**M70 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Michel Gingras	M71 Saint-Jean O	5:54.29	4:10.81 82.14%	3	7

**M75 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Chris Mackie	M75 Unattached -	5:52.67	3:51.22 89.10%	3	7
2 Keijo Taivassalo	M77 UTTC	6:35.04	4:18.99 79.54%	3	5
3 Jack Geddes	M79 Unattached -	7:13.27	4:44.06 72.52%	3	4
4 Robert Moore	M75 Toronto Olym	7:17.84	4:47.05 71.77%	3	3

**M80 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
<b>1 Roger Davies</b> (old MR 7:03 Harry Thompson BC 2003)	<b>M81 Unattached -</b>	<b>6:56.90</b>	<b>4:06.81 83.47%</b>	<b>3</b>	<b>7 MR</b>

**W80 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Helly Visser	W82 Unattached -	8:50.15	4:27.57 86.88%	7

**M85 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
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**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

**1 Ed Whitlock** **M85 Unattached -** **6:38.23** **3:23.94101.01%** **3 7 WR**  
 (old WR 6:51 Yosh Miyauchi JPN 2009, old CAN & MR 8:24 Les Leyland BC 2002)

**W85 1500 Meter Run Sat 1:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
<b>1 Lenore Montgomery</b>	<b>W86 Greyhounds T</b>	<b>9:16.87</b>	<b>3:43.53 104.00%</b>	<b>7</b>	<b>MR</b>
(no previous MR)					

**M30 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Nick Croker	M30 Ontario Mast	16:15.05	16:15.06 77.64%	3	7
2 Bernardo Majano	M34 Longboat Roa	17:43.26	17:43.27 71.20%	3	5

**W30 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Joan Chung	W32 UTTC	19:53.03	19:53.04 72.48%	7	

**M35 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 John Lofranco	M39 McGill Olympic Club	18:19.08	18:19.09 68.88%	3	7
2 Nikolay Ryabkov	M37 Unattached -	19:01.14	19:01.15 66.34%	3	5

**W35 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Delilah Topic	W37 Vernon Amate	20:24.84	2:02.49705.95%	7	
2 Vicky Romocki	W39 The Peel Gazelles	21:24.30	2:08.44673.27%	5	

**M40 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 David Gobeil	M40 Lanaudière-O	16:10.80	15:36.92 80.80%	3	7
2 Jean-Marc Thériault	M43 Lanaudière-O	16:50.44	16:15.18 77.63%	3	5
3 Philip Oreopoulos	M44 UTTC	17:31.18	16:54.50 74.62%	3	4

**W40 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Isabelle Auger	W44 Les Godasses	22:00.83	21:31.12 66.97%	7	

**M45 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
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**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Robert Madej	M47	Longboat Roa	18:38.97	17:20.87	72.73%	3	7
2	Hassan Zaghry	M47	A.T.P athlétisme	19:08.91	17:48.72	70.83%	3	5
3	Hyun Joong Lee	M49	Ontario Mast	19:59.94	18:36.19	67.82%	3	4
4	Andrew Ferrier	M47	Timmins Porc	20:39.04	19:12.56	65.68%	3	3
--	Gary G Cassel	M48	Ontario Mast		DNF			3

**W45 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
1	Joanna Kotsopoulos	W46 Boardwalk RC	22:56.36	20:59.37 68.66% 7
2	Sua Bae	W47 Ontario Mast	26:37.61	24:21.82 59.15% 5

**M50 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1	Jim Fullarton	M51 K2j Fitness	18:27.89	16:31.90 76.32%	3 7
2	Kenneth Wayne Riley	M50 Unattached -	19:19.90	17:18.46 72.90%	3 5
--	Mark Ball	M53 Unattached -		DNF	3

**W50 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
1	Nicki Casseres	W53 Unattached -	26:07.51	22:47.66 63.22% 7

**M55 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1	Chris Deighan	M56 Newmarket HU	18:31.43	15:56.28 79.16%	2 7
2	Réjean Bourgoïn	M58 Les Godasses	19:31.73	16:48.16 75.09%	2 5
3	James Freemantle	M58 Newmarket HU	19:57.50	17:10.33 73.47%	2 4
4	Marcel Boudreau	M58 Timmins Porc	21:04.53	18:08.01 69.58%	2 3
5	Walter Faion	M56 UTTC	21:05.18	18:08.57 69.54%	2 2

**W55 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
1	Thérèse Hérard	W59 Lanaudière-O	22:12.04	18:25.60 78.21% 7
2	Rita Botelho	W56 UTTC	23:53.53	19:49.84 72.67% 5
3	Barbara Helin	W58 Unattached -	27:48.78	23:05.09 62.43% 4
4	Katherine Willis	W57 UTTC	31:34.51	26:12.45 54.99% 3

**M60 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1	Anthony Farr	M61 UTTC	20:58.88	17:19.21 72.84%	2 7
2	Steve Sklepetas	M62 Unattached -	22:50.86	18:51.65 66.89%	2 5

**W60 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
1	Patricia Blacker-Thomson	W60 Unattached -	25:48.82	20:15.52 71.14% 7
2	Nancy Konyu	W61 Ontario Mast	29:11.03	22:54.21 62.92% 5
3	Cathy Tedford	W63 Unattached -	39:06.94	30:41.88 46.95% 4

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 John Clarke	M65 East Toronto	19:58.73	15:46.04 80.02%	2	7

**W65 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Diane Marrow	W65 Longboat Roa	23:32.59	17:18.68 83.25%	7

**M70 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Michel Gingras	M71 Saint-Jean O	22:52.24	17:06.44 73.75%	2	7

**M75 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Keijo Taivassalo	M77 UTTC	24:08.10	16:50.49 74.91%	2	7
2 Robert Moore	M75 Toronto Olym	26:10.37	18:15.81 69.08%	2	5
3 Jack Geddes	M79 Unattached -	26:37.83	18:34.97 67.89%	2	4
4 Steffen Kampe	M79 Unattached -	32:45.23	22:51.34 55.20%	2	3
-- Frank Esson	M76 Unattached -	DNF		2	

**M80 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Roger Davies	M81 Unattached -	27:42.15	17:33.48 71.86%	2	7

**W80 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
-- Helly Visser	W82 Unattached -	DNF		

**M85 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
<b>1 Ed Whitlock</b>	<b>M85 Unattached -</b>	<b>24:19.52</b>	<b>13:23.47 94.22%</b>	<b>2</b>	<b>7 CAN</b>
(Ed had a better time breaking the WR at the OMA Championships, old MR 35:47 Les Leyland BC 2002)					

**W85 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Lenore Montgomery</b>	<b>W86 Greyhounds T</b>	<b>33:21.73</b>	<b>15:11.39 94.87%</b>	<b>7 MR</b>
(old MR 40:41 Ivy Granstrom BC 1998)				



**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 10000 Meter Run Fri 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Predrag Mladenovic	M44 Unattached -	34:57.73	33:43.90 78.07%	7
2 Darren Lee	M41 Unattached -	37:01.20	35:43.02 73.73%	5
3 Randall Jegins	M43 Unattached -	43:09.23	41:38.09 63.25%	4
4 Neil Maskery	M43 Ontario Mast	44:07.32	42:34.14 61.86%	3

**W40 10000 Meter Run Fri 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Isabelle Auger	W44 Les Godasses	47:33.38	45:36.11 65.83%	7

**M45 10000 Meter Run Fri 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Robert Madej	M47 Longboat Roa	40:58.03	38:04.99 69.15%	7
2 Hassan Zaghry	M47 A.T.P athlétisme	41:54.50	38:57.48 67.59%	5
3 Hyun Joong Lee	M49 Ontario Mast	44:31.42	41:23.36 63.62%	4
4 Andrew Ferrier	M47 Timmins Porc	44:59.87	41:49.80 62.95%	3
-- Rich Tremain	M45 Unattached -	DNF		

**M50 10000 Meter Run Fri 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Kenneth Wayne Riley	M50 Unattached -	42:24.49	37:55.80 69.43%	7

**M55 10000 Meter Run Fri 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Walter Faion	M56 UTTC	44:18.36	38:04.07 69.17%	7
2 Réjean Bourgoïn	M58 Les Godasses	44:55.02	38:35.57 68.23%	5
3 Marcel Boudreau	M58 Timmins Porc	46:13.09	39:42.64 66.31%	4

**M65 10000 Meter Run Fri 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Richard Bailey	M68 Longboat Roa	46:01.38	36:09.90 72.81%	7
-- Bantyeahun Tezazu	M66 Unattached -	DNF		

**M75 10000 Meter Run Fri 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Keijo Taivassalo	M77 UTTC	55:37.21	38:17.67 68.77%	7
2 Robert Moore	M75 Toronto Olym	56:55.35	39:11.47 67.19%	5

**M80 10000 Meter Run Fri 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Roger Davies	M81 Unattached -	57:34.55	35:47.70 73.57%	7

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M85 10000 Meter Run Fri 9:00am**

Name	Age Team	Finals	Age-Grading Points
<b>1 Ed Whitlock</b>	<b>M85 Unattached -</b>	<b>51:07.53</b>	<b>27:25.74 96.01% 7 WR</b>
(old WR 52:50 Max Raschke GER 1993, no previous CAN record)			

**M35 110 Short Hurdles Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
<b>1 Jackson Hinton</b>	<b>M35 Edmonton Int</b>	<b>14.67</b>	<b>-1.4</b>	<b>14.53 88.89%</b>	<b>5 7 CAN</b>
(old CAN 14.92 Doug McLaren BC 2012)					

**M40 110 Short Hurdles Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Ovidiu Negoita	M44 JamCan	20.77	-1.4	19.79 65.24%	5 7

**W40 80 Short Hurdles Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Nicole Luke	W44 Ultimate Bod	14.60	-1.3		3 7

**W45 80 Short Hurdles Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Kim Ethier	W48 Ottawa Lions	14.50	-1.3		3 7

**M45 110 Short Hurdles Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Yannick Le Mouël	M48 Saint-Jean O	16.84	-1.4	15.42 83.79%	5 7
2 Shawn Folkes	M48 JamCan	22.08	-1.4	20.21 63.90%	5 5

**M55 100 Short Hurdles Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Dale Lawrence	M58 Unattached-S	20.65	-0.4	19.06 67.75%	4 7

**W55 80 Short Hurdles Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading Points
<b>1 Muriel Gieni</b>	<b>W58 Riversdale A</b>	<b>14.23</b>	<b>-2.0</b>	<b>7 MR</b>
Old MR 15.01 Rhona Trott ON 2007)				
2 Leslie Estwick	W55 Ottawa Lions	14.92	-2.0	5
3 Susanne Lauridsen	W58 Calgary Spartans	20.98	-2.0	4

**M60 100 Short Hurdles Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
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**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

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**1 Reidar Zapf-Gilje**      **M64 Greyhounds T**      **17.74 -0.4**      **15.99 80.78%**      **4 7 MR**  
 (old MR 17.87 tie Phil Mulkey USA 1994, Richard Lech ON 2010)

**M65 100 Short Hurdles Sat 1:00pm**

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Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Steve Bogatek	M66 Unattached -	22.40	-0.4	19.35 66.74%	4	7

**W65 80 Short Hurdles Sat 1:00pm**

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Name	Age Team	Finals	Wind	Age-Grading	H#	Points
<b>1 Urith Hayley</b>	<b>W65 Greyhounds T</b>	<b>17.50</b>	<b>-1.3</b>		<b>3</b>	<b>7 MR</b>
(old MR 18.81 Sandy Anderson BC 2008 Pent)						
2 Rhona Trott	W67 Hamilton Oly	17.87	-2.0		1	5
3 Deborah Lee	W66 Greyhounds T	18.55	-1.4		2	4

**M70 80 Short Hurdles Sat 1:00pm**

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Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Roland Delhomeau	M71 Saskatoon CE	20.39	-1.4	20.84 61.94%	2	7

**M75 80 Short Hurdles Sat 1:00pm**

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Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Hylke Van Der Wal	M78 Unattached-S	26.72	-1.4	26.31 49.06%	2	7

**M30 400 Long Hurdles Sun 1:30pm**

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Name	Age Team	Finals	Age-Grading	H#	Points
1 Jameel Jones	M34 United State	60.43	60.44 77.41%	3	7

**M40 400 Long Hurdles Sun 1:30pm**

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Name	Age Team	Finals	Age-Grading	H#	Points
1 Andy Bienefeld	M41 Unattached B	78.05	74.71 62.61%	3	7

**W40 400 Long Hurdles Sun 1:30pm**

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Name	Age Team	Finals	Age-Grading	H#	Points
1 Nicole Luke	W44 Ultimate Bod	1:22.24	76.80 68.15%	2	7

**M45 400 Long Hurdles Sun 1:30pm**

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Name	Age Team	Finals	Age-Grading	H#	Points
1 Yannick Le Mouël	M48 Saint-Jean O	62.54	57.19 81.80%	3	7
2 Marcus Skeete	M48 UTTC	65.18	59.61 78.49%	3	5

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 400 Long Hurdles Sun 1:30pm**

Name	Age Team	Finals	Age-Grading H#	Points
<b>1 Lisa Daley</b> (old MR 1:14 Kate Cochrane-Brink 2015)	<b>W46 United State</b>	<b>68.73</b>	<b>58.89 88.88%</b>	<b>2 7 MR</b>

**M60 300 Long Hurdles Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Bruce Urch	M61 Throwers Club	56.94	56.95 82.16%	7
2 Brian Berquist	M63 Riversdale A	58.23	58.24 80.34%	5

**M65 300 Long Hurdles Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Steve Bogatek	M66 Unattached -	58.36	58.37 80.16%	7

**M75 300 Long Hurdles Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Hylke Van Der Wal	M78 Unattached-S	1:24.30	1:24.31 55.49%	7

**W45 2000 Meter Steeplechase Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Kate Cochrane-Brink</b> (old MR 8:27 Judy Warick SK 1994)	<b>W48 UTTC</b>	<b>8:22.06</b>	<b>10:43.45 84.17%</b>	<b>7 MR</b>

**M50 2000 Meter Steeplechase Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
-- Jianping Xu (Meet Director put him in the wrong race...should be 3000m)	M50 Harbour Track	DQ		

**W55 2000 Meter Steeplechase Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Joy Kramarich	W55 UTTC	10:42.36	12:44.93 70.80%	7

**M60 2000 Meter Steeplechase Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Wayne Chee	M62 UTTC	9:15.72	11:14.59 70.21%	7

**M75 2000 Meter Steeplechase Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Vern Christensen</b> (old MR 10:14 Don Dilworth USA 1994)	<b>M75 UTTC</b>	<b>10:04.03</b>	<b>9:03.75 87.10%</b>	<b>7 MR</b>

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 3000 Meter Steeplechase Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 David Gobeil	M40 Lanaudière-O	10:32.98	9:39.43 81.74%	7

**M45 3000 Meter Steeplechase Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Ekholm Whyte	M49 Unattached -	15:41.83	13:43.54 57.51%	7

**M50 3000 Meter Steeplechase Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 James Wallace	M53 UTTC	14:00.96	11:43.80 67.30%	7

**W55 4x100 Meter Relay Sun 1:30pm**

Team	Finals	Points
1 Unattached Lee, Hayley, Trott, Lauridsen	67.58	

**W60 4x100 Meter Relay Sun 1:30pm**

Team	Finals	Points
1 Unattached <b>Whidden, Alexis, Tauvette, Del Grande</b> (old CAN 1:03 Lee, Bortignon, Hayley, Whidden 2015, old MR Team Canada 69.02 Palmason, Webb, Visser, Horne 2000)	<b>58.03</b>	<b>CAN MR</b>

**W35 4x400 Meter Relay Sun 1:30pm**

Team	Finals	Points
1 Blue Devils AC Young, Driscoll, Etter, Carreau	5:20.03	

**W55 4x400 Meter Relay Sun 1:30pm**

Team	Finals	Points
1 UTTC Kramarich, Northcott, Kobayashi, O'Hagen	5:31.40	

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 4x400 Meter Relay Sun 1:30pm**

Team	Finals	Points
<b>1 Unattached 'A'</b>	<b>4:52.10</b>	<b>CAN MR</b>
1) Bruce Mintz 69	2) Duncan Greenshields 67	
3) Norman Creen 65	4) Bernard Lachance 66	
(old CAN 4:53.12 Lachance, Mackie, Greenshields, Mintz)		

**M75 4x400 Meter Relay Sun 1:30pm**

Team	Finals	Points
<b>1 Unattached 'A'</b>	<b>5:54.53</b>	<b>7 MR</b>
1) Chris Mackie 75	2) Keijo Taivassalo 77	
3) Ed Whitlock 85	4) Earl Fee 87	
(no previous MR)		

**W35 4x800 Meter Relay Sun 1:30pm**

Team	Finals	Points
<b>1 Unattached</b>	<b>10:23.32</b>	<b>CAN MR</b>
<b>Clarke, Dixon, Ballon, Lajeunesse</b>		
(old CAN 11:01 Dixon, Lazaruk, Yaworski, Godley, no previous MR)		

**M35 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Richard White</b>	<b>M35 United State</b>	<b>2.02m</b>	<b>2.07m 84.52%</b>	<b>7 MR</b>
<b>(old MR 1.91 Walter Dixon CAN 1994)</b>				
2 David Valenzuela	M39 Unattached -	1.75m	1.79m 73.22%	5

**W35 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
-- Monique Shah	W36 JamCan	NH		

**M40 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Ovidiu Negoita	M44 JamCan	1.50m	1.57m 64.10%	7
2 Andy Bienefeld	M41 Unattached B	1.45m	1.52m 61.97%	5

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Maresa Cadienhead	W40 JamCan	1.50m	1.65m 79.37%	7

**M45 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Shawn Folkes	M48 JamCan	1.65m	1.81m 74.32%	7
2 Marcus Skeete	M48 UTTC	1.55m	1.70m 69.82%	5
3 Stuart Carruthers	M49 Unattached -	1.50m	1.65m 67.57%	4

**W45 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Siobheal Murray	W49 Ireland	1.47m	1.70m 81.67%	7
2 Kim Ethier	W48 Ottawa Lions	1.38m	1.60m 76.67%	5

**W55 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Leslie Estwick</b>	<b>W55 Ottawa Lions</b>	<b>1.32m</b>	<b>1.71m 81.99%</b>	<b>7 CAN MR</b>
(old CAN & MR 1.30m tie Maria Mallia and Margaret Rhebergen)				
2 Susanne Lauridsen	W58 Calgary Spartans	1.20m	1.55m 74.53%	5

**M55 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Kevin Sanjari	M56 Unattached -	1.40m	1.71m 70.00%	7
2 Rick Stanclik	M58 Unattached -	1.25m	1.53m 62.50%	5

**M60 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	1.42m	1.84m 75.53%	7
2 Robert Stanclik	M60 Unattached -	1.25m	1.62m 66.49%	5
-- Balvinder Singh Sandhar	M64 Ontario Mast	NH		

**W60 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Loretta Amerongen	W62 Voleo Athletics	1.14m	1.57m 75.00%	7

**M65 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Stan Seitz	M68 Ottawa Lions	1.35m	1.87m 76.27%	7
2 Steve Bogatek	M66 Unattached -	1.25m	1.73m 70.62%	5
3 Gerd Hauck	M67 UTTC	1.20m	1.66m 67.80%	4

**W65 High Jump Sat 9:30am**

Name	Age Team	Finals	Age-Grading	Points
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**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Deborah Lee	W66	Greyhounds T	1.14m	1.67m	80.28%	7
2	Louise Nesterenko	W65	Calgary Spartans	1.02m	1.50m	71.83%	5
3	Patty Franke Wager	W65	Unattached -	0.72m	1.05m	50.70%	4

**M70 High Jump Sat 9:30am**

Name	Age	Team	Finals	Age-Grading	Points	
1	Roland Delhomeau	M71	Saskatoon CE	1.20m	1.77m 72.73%	7
2	Patrick Groulx	M74	Unattached -	0.35m	0.51m 21.21%	5

**M40 Pole Vault Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points	
1	Jeff Miller	M44	North Halton	3.50m	3.77m 61.40%	7

**M45 Pole Vault Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
<b>1 Yannick Le Mouël</b>	<b>M48</b>	<b>Saint-Jean O</b>	<b>4.07m</b>	<b>4.67m 76.07%</b>	<b>7 MR</b>
(old MR 4.06 Geoff Outerbridge ON 4.06 2010)					

**M55 Pole Vault Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points	
1	Mark Schaber	M57	Unattached -	3.20m	4.21m 68.67%	7

**M60 Pole Vault Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points	
1	Reidar Zapf-Gilje	M64	Greyhounds T	2.50m	3.55m 58.00%	7

**M65 Pole Vault Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points	
1	Stan Seitz	M68	Ottawa Lions	2.80m	4.33m 70.53%	7

**M30 Long Jump Sat 1:00pm**

Name	Age	Team	Finals	Wind	Age-Grading	Points	
1	Ian Chambers	M32	The Durham Gazelles	5.76m	NWI	5.76m 64.36%	7
2	Mark Tiburcio	M30	Unattached -	5.00m	NWI	5.00m 55.87%	5

**M35 Long Jump Sat 1:00pm**

Name	Age	Team	Finals	Wind	Age-Grading	Points
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**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Chris Wrobel M35 The Peel Gazelles 4.81m NWI 4.96m 55.41% 7

**M40 Long Jump Sat 1:00pm**

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Ovidiu Negoita	M44	JamCan	5.49m	NWI	5.98m 66.87%	7

**M45 Long Jump Sat 1:00pm**

Name	Age	Team	Finals	Wind	Age-Grading	Points
<b>1 Jason Robinson</b> (old MR 6.10 Rob Musselle 1983)	<b>M46 Unattached -</b>		<b>6.16m</b>	<b>NWI</b>	<b>7.11m 79.48%</b>	<b>7 MR</b>
2 Yannick Le Mouël	M48	Saint-Jean O	5.76m	NWI	6.65m 74.32%	5
3 Zhefu Qiu	M46	Ontario Mast	4.60m	NWI	5.31m 59.35%	4

**W45 Long Jump Sat 1:00pm**

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Kim Ethier	W48	Ottawa Lions	4.30m	NWI	5.06m 67.29%	7

**W50 Long Jump Sat 1:00pm**

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Theresa Rozario	W51	UTTC	2.76m	NWI	3.46m 46.00%	7

**M55 Long Jump Sat 1:00pm**

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Andrew Bass	M55	JamCan	5.06m	NWI	6.63m 74.19%	7
2 Dale Lawrence	M58	Unattached-S	4.93m	NWI	6.46m 72.29%	5
3 Bryan Baldsing	M58	JamCan	3.95m	NWI	5.18m 57.92%	4
4 Paul Lee	M56	Unattached -	2.62m	NWI	3.43m 38.42%	3

**W55 Long Jump Sat 1:00pm**

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Brenda Dion	W59	Athletics Yukon	3.23m	NWI	4.32m 57.58%	7
2 Leslie Estwick	W55	Ottawa Lions	3.21m	NWI	4.30m 57.22%	5
-- Muriel Gieni	W58	Riversdale A	ND	NWI		

**M60 Long Jump Sat 1:00pm**

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Reidar Zapf-Gilje	M64	Greyhounds T	4.30m	NWI	6.05m 67.61%	7

**W60 Long Jump Sat 1:00pm**

Name	Age	Team	Finals	Wind	Age-Grading	Points
1 Loretta Amerongen	W62	Voleo Athletics	3.07m	NWI	4.42m 58.81%	7

**M65 Long Jump Sat 1:00pm**

Name	Age	Team	Finals	Wind	Age-Grading	Points
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**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 David Blackwood M67 Saint John T 3.54m NWI 5.37m 60.10% 7

**W65 Long Jump Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Deborah Lee	W66 Greyhounds T	3.34m	NWI	5.19m 69.15%	7
2 Louise Nesterenko	W65 Calgary Spartans	2.41m	NWI	3.74m 49.90%	5

**M70 Long Jump Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Patrick Groulx	M74 Unattached -	2.43m	NWI	4.00m 44.75%	7

**W70 Long Jump Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Carol LaFayette-Boyd	W74 Unattached	3.94m	NWI	6.67m 88.74%	7

**M75 Long Jump Sat 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Hylke Van Der Wal	M78 Unattached-S	2.74m	NWI	4.93m 55.13%	7
2 Enrico Toscano	M75 Throwers Club	1.46m	NWI	2.63m 29.38%	5

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

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Chris Wrobel	M35 The Peel Gazelles	10.58m	1.6	10.65m 58.26%	7

**M40 Triple Jump Sun 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Jonathan Younker	M41 Ontario Mast	12.86m	3.6	13.67m 74.77%	7
2 Ovidiu Negoita	M44 JamCan	9.29m	2.7	9.88m 54.01%	5

**M45 Triple Jump Sun 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Lenroy Munro	M46 Unattached -	11.31m	1.6	12.74m 69.69%	7

**M55 Triple Jump Sun 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
<b>1 Mihai Ene</b> (old MR 11.22 Phil Mulkey USA 1988)	<b>M56 Unattached -</b>	<b>11.30m</b>	<b>1.6</b>	<b>14.45m 79.08%</b>	<b>7 MR</b>
2 Robert Nasato	M55 JamCan	10.03m	1.7	12.83m 70.19%	5
3 Dale Lawrence	M58 Unattached-S	9.06m	2.0	11.59m 63.40%	4

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Triple Jump Sun 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
<b>1 Muriel Giени</b> (old MR 8.20 Hillen Von Malzahn USA 2007)	<b>W58 Riversdale A</b>	<b>9.25m</b>	<b>1.0</b>	<b>12.08m 77.99%</b>	<b>7 MR</b>
2 Susanne Lauridsen	W58 Calgary Spartans	7.57m	2.6	9.89m 63.83%	5

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

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Tom Black	M61 Ontario Mast	7.98m	2.7	10.95m 59.86%	7

**W60 Triple Jump Sun 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Patricia Blacker-Thomson	W60 Unattached -	4.80m	1.2	6.74m 43.56%	7

**W65 Triple Jump Sun 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Deborah Lee	W66 Greyhounds T	7.23m	1.2	11.00m 70.95%	7
2 Patty Franke Wager	W65 Unattached -	3.39m	1.6	5.15m 33.27%	5

**M70 Triple Jump Sun 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
1 Roland Delhomeau	M71 Saskatoon CE	7.66m	2.9	12.29m 67.25%	7
2 Patrick Groulx	M74 Unattached -	4.67m	3.2	7.49m 41.00%	5

**W70 Triple Jump Sun 1:00pm**

Name	Age Team	Finals	Wind	Age-Grading	Points
<b>1 Carol LaFayette-Boyd</b> (old MR 8.11 Carol 2012)	<b>W74 Unattached</b>	<b>8.22m</b>	<b>2.2</b>	<b>13.79m 88.96%</b>	<b>7 MR</b>

**W30 Shot Put Sat 1;00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Sheree Mullings	W34 JamCan	8.19m	8.19m 36.19%	7

**M40 Shot Put Sat 1;00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Ovidiu Negoita	M44 JamCan	8.91m	9.92m 42.92%	7
2 Eric Quane	M40 The Durham Gazelles	7.39m	8.23m 35.60%	5

**W40 Shot Put Sat 1;00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Jenn Bowers	W40 The Durham Gazelles	7.41m	8.22m 36.34%	7
2 Patricia Spencer	W42 Jamaica	4.73m	5.25m 23.20%	5

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W45 Shot Put Sat 1;00pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Collen Hill	W49	Jamaica	6.63m	7.91m 34.99%	7

**M50 Shot Put Sat 1;00pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Steve Wohlmuth	M51	Launchers Athletics	12.31m	14.42m 62.39%	7
2 Rick Klatt	M52	Unattached -	11.63m	13.63m 58.95%	5
3 Dumitru Ciobanu	M52	Unattached -	10.11m	11.84m 51.24%	4
4 Brian Borowy	M54	Unattached -	9.81m	11.49m 49.72%	3

**W50 Shot Put Sat 1;00pm**

Name	Age	Team	Finals	Age-Grading	Points
<b>1 Petra Ciobanu</b> (old MR 11.18 Gaby Szanto ON 2015)	<b>W52</b>	<b>Unattached -</b>	<b>11.25m</b>	<b>14.18m 62.67%</b>	<b>7 MR</b>

**W55 Shot Put Sat 1;00pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Deborah Ecklund	W56	Unattached	5.36m	7.34m 32.47%	7
2 Katherine Willis	W57	UTTC	5.16m	7.07m 31.25%	5

**M55 Shot Put Sat 1;00pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Jerzy Dabrowa	M58	Unattached -	9.27m	11.77m 50.93%	7

**W60 Shot Put Sat 1;00pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Wendy Alexis	W61	Ottawa Lions	7.20m	10.81m 47.78%	7
2 Jane Warren	W61	Unattached N	6.13m	9.20m 40.68%	5

**M60 Shot Put Sat 1;00pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Michael Deady	M63	Unattached Alberta	12.26m	15.30m 66.20%	7
2 Reidar Zapf-Gilje	M64	Greyhounds T	11.26m	14.05m 60.80%	5
3 Bill Pearson	M64	Throwers Club	11.15m	13.91m 60.21%	4
4 Harbans Cheema	M61	Unattached -	9.71m	12.12m 52.43%	3

**W65 Shot Put Sat 1;00pm**

Name	Age	Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68	Unattached	6.90m	11.45m 50.62%	7
2 Louise Nesterenko	W65	Calgary Spartans	5.70m	9.46m 41.82%	5
3 Patty Franke Wager	W65	Unattached -	4.70m	7.80m 34.48%	4

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 Shot Put Sat 1;00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Jerzy Wyroba	M67 Unattached -	10.99m	14.95m 64.69%	7
2 Imrich Kiraly	M69 Saint John T	8.74m	11.89m 51.44%	5

**M70 Shot Put Sat 1;00pm**

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M72 Throwers Club	10.60m	13.57m 58.73%	7
2 Lewis Breese	M70 United State	9.65m	12.35m 53.46%	5
3 Patrick Groulx	M74 Ontario Mast	7.39m	9.46m 40.94%	4

**W70 Shot Put Sat 1;00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Joanne Miklos Den Iseger	W70 London Pacers	6.67m	12.37m 54.72%	7

**M75 Shot Put Sat 1;00pm**

Name	Age Team	Finals	Age-Grading	Points
1 David Morris	M78 Throwers Club	8.65m	12.10m 52.36%	7
2 Enrico Toscano	M75 Throwers Club	5.94m	8.31m 35.96%	5

**W75 Shot Put Sat 1;00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Adri Rowswell	W75 Throwers Club	7.96m	14.58m 64.45%	7

**M35 Discus Throw Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Fernando Cornejo	M37 Throwers Club	36.23m	36.74m 49.60%	7

**M40 Discus Throw Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Eric Quane	M40 The Durham Gazelles	24.46m	26.94m 36.37%	7
2 Ovidiu Negoita	M44 JamCan	23.89m	26.31m 35.52%	5

**W40 Discus Throw Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Patricia Spencer	W42 Jamaica	11.13m	12.40m 16.16%	7

**W45 Discus Throw Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Denise Gordon-Mohamud	W45 Mississauga Oly	11.78m	14.20m 18.50%	7

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 Discus Throw Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 Steve Wohlmuth	M51	Launchers Athletics	41.15m	42.04m 56.76%	7
2 Paul Gautier	M51	Saint John T	39.58m	40.44m 54.59%	5
3 Timothy Fawcett	M51	Kingston Tra	39.25m	40.10m 54.14%	4
4 Rick Klatt	M52	Unattached -	37.13m	37.93m 51.21%	3
5 Dumitru Ciobanu	M52	Unattached -	29.36m	30.00m 40.50%	2
6 Stephen Laidlaw	M54	Unattached -	24.70m	25.23m 34.07%	1

**W50 Discus Throw Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 Petra Ciobanu	W52	Unattached -	26.98m	35.41m 46.12%	7

**W55 Discus Throw Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 Brenda Dion	W59	Athletics Yukon	19.11m	27.53m 35.85%	7
2 Deborah Ecklund	W56	Unattached	14.61m	21.04m 27.41%	5

**M55 Discus Throw Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 Jerzy Dabrowa	M58	Unattached -	29.09m	32.29m 43.60%	7
2 Robert Nasato	M55	JamCan	20.63m	22.90m 30.92%	5

**M60 Discus Throw Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 Michael Deady	M63	Unattached Alberta	45.08m	47.91m 64.68%	7
2 Bill Pearson	M64	Throwers Club	38.10m	40.49m 54.66%	5
3 Brian Berquist	M63	Riversdale A	36.80m	39.11m 52.80%	4
4 Reidar Zapf-Gilje	M64	Greyhounds T	35.09m	37.29m 50.34%	3
5 Bruce Urch	M61	Throwers Club	25.19m	26.77m 36.14%	2

**W60 Discus Throw Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 Jane Warren	W61	Unattached N	16.09m	25.68m 33.44%	7

**M65 Discus Throw Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 Brock Pullen	M67	Throwers Club	33.88m	39.42m 53.22%	7
2 Imrich Kiraly	M69	Saint John T	29.59m	34.43m 46.48%	5
3 David Blackwood	M67	Saint John T	22.71m	26.42m 35.67%	4
4 Bernard Lachance	M66	Saint-Jean O	22.44m	26.11m 35.25%	3

**W65 Discus Throw Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68	Unattached	21.81m	39.09m 50.91%	7
2 Louise Nesterenko	W65	Calgary Spartans	14.53m	26.04m 33.92%	5

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

3 Patty Franke Wager W65 Unattached - 14.32m 25.67m 33.43% 4

**M70 Discus Throw Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 John Kasperski	M72	Throwers Club	30.38m	38.82m 52.42%	7
2 Roland Delhomeau	M71	Saskatoon CE	26.31m	33.62m 45.39%	5
3 Lewis Breese	M70	United State	25.28m	32.31m 43.62%	4
4 Patrick Groulx	M74	Unattached -	15.48m	19.78m 26.71%	3

**M75 Discus Throw Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 David Morris	M78	Throwers Club	22.99m	32.94m 44.48%	7
2 James Sumner	M77	Unattached -	19.89m	28.50m 38.48%	5
3 Hylke Van Der Wal	M78	Unattacked-S	16.22m	23.24m 31.38%	4
4 Enrico Toscano	M75	Throwers Club	14.53m	20.82m 28.11%	3

**W75 Discus Throw Sun 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 Adri Rowswell	W75	Throwers Club	18.70m	40.29m 52.47%	7

**M40 Hammer Throw Sat 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 Ovidiu Negoita	M44	JamCan	19.13m	21.52m 24.82%	7
2 Eric Quane	M40	The Durham Gazelles	18.02m	20.27m 23.38%	5

**M50 Hammer Throw Sat 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 Paul Gautier	M51	Saint John T	39.25m	46.56m 53.69%	7
2 Rick Klatt	M52	Unattached -	30.94m	36.70m 42.32%	5
3 Timothy Fawcett	M51	Kingston Tra	29.54m	35.04m 40.40%	4

**W50 Hammer Throw Sat 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
<b>1 Kristen Dajia</b> (old MR 38.05 Joyce Taylor USA 2000)	<b>W53</b>	<b>Throwers Club</b>	<b>38.58m</b>	<b>49.52m 64.32%</b>	<b>7 MR</b>
2 Petra Ciobanu	W52	Unattached -	29.34m	37.66m 48.92%	5

**M55 Hammer Throw Sat 9:00am**

Name	Age	Team	Finals	Age-Grading	Points
1 Thomas Lambdin	M55	United State	39.14m	51.44m 59.31%	7
2 Jerzy Dabrowa	M58	Unattached -	19.88m	26.13m 30.13%	5

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W55 Hammer Throw Sat 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Deborah Ecklund	W56 Unattached	15.59m	21.80m 28.31%	7

**W60 Hammer Throw Sat 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Jane Warren	W61 Unattached N	14.64m	22.47m 29.19%	7

**M60 Hammer Throw Sat 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Raymond Bzibziak	M62 United State	35.64m	46.62m 53.76%	7
2 Bill Pearson	M64 Throwers Club	31.31m	40.95m 47.22%	5

**M65 Hammer Throw Sat 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M67 Throwers Club	29.34m	43.00m 49.58%	7
2 Imrich Kiraly	M69 Saint John T	28.15m	41.25m 47.57%	5
3 Steve Bogatek	M66 Unattached -	16.13m	23.64m 27.26%	4

**W65 Hammer Throw Sat 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68 Unattached	21.77m	37.09m 48.17%	7
2 Louise Nesterenko	W65 Calgary Spartans	15.50m	26.40m 34.30%	5
3 Patty Franke Wager	W65 Unattached -	12.21m	20.80m 27.02%	4

**M70 Hammer Throw Sat 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M72 Throwers Club	30.10m	43.71m 50.40%	7
2 Lewis Breese	M70 United State	28.40m	41.24m 47.56%	5

**M75 Hammer Throw Sat 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 David Morris	M78 Throwers Club	23.74m	39.14m 45.13%	7
2 Enrico Toscano	M75 Throwers Club	16.36m	26.97m 31.10%	5

**M80 Hammer Throw Sat 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Emil Muller	M81 Throwers Club	38.07m	71.01m 81.87%	7



**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W30 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Sheree Mullings	W34 JamCan	14.07m	14.07m 19.27%	7

**M35 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Chris Wrobel	M35 The Peel Gazelles	24.60m	24.90m 25.30%	7

**M40 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Erick Friedman	M41 United State	48.68m	52.87m 53.70%	4
2 Ovidiu Negoita	M44 JamCan	28.28m	30.71m 31.19%	5
3 Eric Quane	M40 The Durham Gazelles	25.54m	27.74m 28.17%	3
4 Jean-Emile Paraiso	M43 Longboat Roa	18.70m	20.31m 20.63%	7

**W40 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Jenn Bowers	W40 The Durham Gazelles	23.29m	26.72m 36.61%	7

**M45 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Patrik Painchaud	M46 Unattached	48.09m	56.34m 57.21%	4
2 Lenroy Munro	M46 Unattached -	24.33m	28.50m 28.94%	5

**W45 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Kim Ethier	W48 Ottawa Lions	37.93m	47.33m 64.84%	7
2 Diana Cesaroni	W47 Unattached -	24.07m	30.03m 41.15%	5
3 Dale Bellaire	W48 Unattached -	16.86m	21.03m 28.82%	4
4 Denise Gordon-Mohamud	W45 Mississauga Oly	10.51m	13.11m 17.97%	3

**W50 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Petra Ciobanu	W52 Unattached -	22.00m	28.92m 39.62%	7
2 Kristen Dajia	W53 Throwers Club	21.29m	27.98m 38.34%	5

**M50 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Steve Wohlmuth	M51 Launchers Athletics	44.94m	55.17m 56.03%	7
2 Paul Gautier	M51 Saint John T	38.06m	46.73m 47.45%	7
3 Stephen Laidlaw	M54 Unattached -	27.54m	33.81m 34.33%	4
4 Dumitru Ciobanu	M52 Unattached -	25.30m	31.06m 31.54%	5

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M55 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Peter St. Pierre	M58 Throwers Club	36.16m	48.38m 49.13%	7
2 Dale Lawrence	M58 Unattached-S	35.38m	47.33m 48.07%	5
3 Jamie Erickson	M57 Throwers Club	32.17m	43.04m 43.71%	4
4 Jerzy Dabrowa	M58 Unattached -	27.49m	36.78m 37.35%	3

**W55 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Barb Dabrowski	W59 Throwers Club	33.83m	48.99m 67.11%	7
2 Brenda Dion	W59 Athletics Yukon	20.66m	29.91m 40.98%	5
3 Susanne Lauridsen	W58 Calgary Spartans	17.79m	25.76m 35.29%	4
4 Katherine Willis	W57 UTTC	11.38m	16.48m 22.57%	3
5 Deborah Ecklund	W56 Unattached	8.70m	12.59m 17.26%	2

**W60 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Loretta Amerongen	W62 Voleo Athletics	16.83m	27.12m 37.16%	7
2 Jane Warren	W61 Unattached N	12.21m	19.68m 26.96%	5

**M60 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Terry Gudzowsky	M62 Unattached Alberta	39.35m	55.64m 56.50%	7
2 Michael Finkbeiner	M62 Unattached -	39.00m	55.14m 55.99%	5
3 Reidar Zapf-Gilje	M64 Greyhounds T	36.15m	51.11m 51.90%	4
4 Brian Berquist	M63 Riversdale A	31.89m	45.09m 45.79%	3
5 Bill Pearson	M64 Throwers Club	29.72m	42.02m 42.67%	2
6 Bruce Urch	M61 Throwers Club	29.08m	41.11m 41.75%	1

**M65 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M67 Throwers Club	35.58m	55.57m 56.43%	7
2 David Blackwood	M67 Saint John T	31.11m	48.59m 49.34%	5

**W65 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68 Unattached	19.49m	35.41m 48.52%	7
2 Louise Nesterenko	W65 Calgary Spartans	13.31m	24.18m 33.13%	5
3 Patty Franke Wager	W65 Unattached -	6.77m	12.30m 16.85%	4

**M70 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Lewis Breese	M70 United State	22.31m	37.48m 38.06%	7
2 Patrick Groulx	M74 Unattached -	16.36m	27.48m 27.91%	5

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W75 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Adri Rowswell	W75 Throwers Club	14.54m	33.14m 45.39%	7

**M75 Javelin Throw Sun 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 James Sumner	M77 Unattached -	20.08m	38.01m 38.60%	7
2 David Morris	M78 Throwers Club	16.90m	31.99m 32.49%	5
3 Enrico Toscano	M75 Throwers Club	10.09m	19.10m 19.40%	4

**M40 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Eric Quane	M40 The Durham Gazelles	7.27m	7.92m 30.64%	7
2 Ovidiu Negoita	M44 JamCan	7.26m	7.91m 30.59%	5

**M50 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M51 Saint John T	12.48m	13.08m 50.61%	7
2 Rick Klatt	M52 Unattached -	12.26m	12.85m 49.72%	5

**W50 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Kristen Dajia	W53 Throwers Club	11.51m	13.60m 57.67%	7
2 Petra Ciobanu	W52 Unattached -	8.05m	9.51m 40.33%	5

**M55 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Ayman Mazhar	M56 UTTC	15.71m	17.63m 68.19%	7
2 Thomas Lambdin	M55 United State	13.79m	15.47m 59.85%	5
3 Jerzy Dabrowa	M58 Unattached -	8.32m	9.33m 36.11%	4

**W55 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Deborah Ecklund	W56 Unattached	4.92m	6.35m 26.93%	7

**M60 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M64 Throwers Club	12.15m	12.66m 48.97%	7
2 Harbans Cheema	M61 Unattached -	9.64m	10.04m 38.86%	5

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Jane Warren	W61 Unattached N	5.15m	6.23m 26.42%	7

**M65 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Imrich Kiraly	M69 Saint John T	9.19m	10.24m 39.63%	7

**W65 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68 Unattached	9.81m	13.00m 55.11%	7
2 Louise Nesterenko	W65 Calgary Spartans	6.41m	8.49m 36.01%	5
3 Patty Franke Wager	W65 Unattached -	5.50m	7.29m 30.90%	4

**M70 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M72 Throwers Club	11.27m	12.85m 49.71%	7
2 Lewis Breese	M70 United State	10.77m	12.28m 47.51%	5

**M75 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Enrico Toscano	M75 Throwers Club	8.99m	11.04m 42.71%	7
2 David Morris	M78 Throwers Club	8.82m	10.83m 41.90%	5

**M80 Weight Throw Sat 11:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Emil Muller	M81 Throwers Club	13.59m	17.72m 68.53%	7

**M35 200 Meter Dash Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Adam Betzelt	M35 Unattached	25.17	0.1	24.76	78.03%	2 626
2 Thomas Bereza	M35 Monte Cristo	25.89	0.1	25.47	75.86%	2 567

**M40 200 Meter Dash Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Jeff Miller	M44 North Halton	29.68	0.1	28.31	68.26%	2 356

**M45 200 Meter Dash Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	H#	Points
1 Paul White	M49 Ontario Mast	28.42	0.1	26.25	73.61%	2 505

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M50 200 Meter Dash Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Christopher Simpson	M51 Monte Cristo	32.77	0.1	29.28 66.01%	2 294

**M55 200 Meter Dash Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 John Siriski	M57 Unattached -	30.48	0.1	26.32 73.43%	2 499

**M60 200 Meter Dash Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	29.57	-0.5	24.64 78.42%	637
2 Bruce Urch	M61 Throwers Club	29.79	-0.5	24.83 77.84%	620
3 Bob Maseratti	M64 United State	48.51	-0.5	40.42 47.80%	

**M65 200 Meter Dash Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 David Blackwood	M67 Saint John T	34.62	-0.5	27.73 69.70%	395

**M70 200 Meter Dash Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
1 Roland Delhomeau	M71 Saskatoon CE	36.28	-0.5	27.73 69.68%	395

**W55 800 Meter Run Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading H#	Points
-- Susanne Lauridsen	W58 Calgary Spartans	DNF		

**M35 1500 Meter Run Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading H#	Points
1 Adam Betzelt	M35 Unattached	5:48.40	5:45.37 59.65%	327
2 Thomas Bereza	M35 Monte Cristo	6:15.90	6:12.63 55.28%	215

**M40 1500 Meter Run Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading H#	Points
1 Jeff Miller	M44 North Halton	6:35.42	6:16.41 54.73%	201

**M45 1500 Meter Run Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading H#	Points
-- Paul White	M49 Ontario Mast	DNF		

**M50 1500 Meter Run Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading H#	Points
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**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Christopher Simpson	M51 Monte Cristo	7:20.45	6:24.56	53.57%	173
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**M55 1500 Meter Run Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points		
1 John Siriski	M57 Unattached -	6:55.33	5:46.27	59.49%	323

**M60 1500 Meter Run Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points		
1 Reidar Zapf-Gilje	M64 Greyhounds T	5:24.09	4:17.30	80.06%	830
2 Bruce Urch	M61 Throwers Club	6:24.14	5:04.97	67.55%	531
-- Bob Maseratti	M64 United State	DNF			

**M65 1500 Meter Run Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points		
1 David Blackwood	M67 Saint John T	7:16.80	5:28.87	62.64%	405

**M70 1500 Meter Run Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points		
1 Roland Delhomeau	M71 Saskatoon CE	7:48.50	5:31.66	62.11%	391

**W55 100 Short Hurdles Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading Points	
1 Susanne Lauridsen	W58 Calgary Spartans	19.77	1.5	19.86	61.51% 314

**W55 High Jump Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading Points		
1 Susanne Lauridsen	W58 Calgary Spartans	1.21m	1.56m	75.16%	689

**W55 Long Jump Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading Points	
1 Susanne Lauridsen	W58 Calgary Spartans	3.43m	-2.6	4.59m	61.14% 451

**M35 Long Jump Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading Points	
1 Adam Betzelt	M35 Unattached	6.16m	1.8	6.35m	70.97% 664
2 Thomas Bereza	M35 Monte Cristo	5.90m	4.2	6.08m	67.97% 604

**M40 Long Jump Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading Points	
1 Jeff Miller	M44 North Halton	5.18m	2.2	5.64m	63.09% 510

**M45 Long Jump Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading Points	
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**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1 Paul White	M49 Ontario Mast	4.81m	-0.2	5.55m	62.06%	492
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**M50 Long Jump Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points	
1 Christopher Simpson	M51 Monte Cristo	3.87m	-0.6	4.75m	53.16%	335

**M55 Long Jump Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points	
1 John Siriski	M57 Unattached -	4.20m	-0.5	5.51m	61.58%	483

**M60 Long Jump Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points	
1 Reidar Zapf-Gilje	M64 Greyhounds T	4.31m	0.1	6.06m	67.77%	600
2 Bruce Urch	M61 Throwers Club	4.14m	-2.1	5.82m	65.09%	548
3 Bob Maseratti	M64 United State	2.90m	-1.5	4.08m	45.60%	219

**M65 Long Jump Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points	
1 David Blackwood	M67 Saint John T	3.61m	-1.6	5.48m	61.29%	477

**M70 Long Jump Outdoor Pentathlon**

Name	Age Team	Finals	Wind	Age-Grading	Points	
1 Roland Delhomeau	M71 Saskatoon CE	3.03m	-1.5	4.99m	55.80%	380

**W35 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	
1 Marie-Josée Le Jour	W37 Throwers Club	10.86m	11.25m	49.75%	612

**W50 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	
1 Kristen Dajia	W53 Throwers Club	9.42m	11.87m	52.48%	653

**W55 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	
1 Deborah Ecklund	W56 Unattached	5.40m	7.40m	32.71%	361

**W55 Shot Put Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points	
1 Susanne Lauridsen	W58 Calgary Spartans	7.54m	10.33m	45.67%	551

**W60 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
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**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Jane Warren	W61 Unattached N	6.24m	9.36m	41.41%	488
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**W65 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68 Unattached	6.67m	11.07m 48.94%	600
2 Louise Nesterenko	W65 Calgary Spartans	5.35m	8.88m 39.25%	456

**M50 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M51 Saint John T	13.33m	15.62m 67.56%	828

**M55 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Jerzy Dabrowa	M58 Unattached -	9.42m	11.96m 51.76%	604
2 John Siriski	M57 Unattached -	7.76m	9.85m 42.64%	477

**M60 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M64 Throwers Club	10.96m	13.68m 59.18%	709
2 Brian Berquist	M63 Riversdale A	9.98m	12.45m 53.89%	634

**M65 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Peter Zowkewych	M65 UTTC	10.08m	13.71m 59.33%	711
2 Brock Pullen	M67 Throwers Club	8.83m	12.01m 51.97%	607
3 Imrich Kiraly	M69 Saint John T	8.56m	11.64m 50.38%	585

**M70 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M72 Throwers Club	11.17m	14.30m 61.88%	747
2 Lewis Breese	M70 United State	9.56m	12.24m 52.96%	621
3 Gary McColeman	M74 UTTC	6.55m	8.38m 36.29%	389

**M75 Shot Put Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 David Morris	M78 Throwers Club	8.27m	11.57m 50.06%	580
2 Enrico Toscano	M75 Throwers Club	5.69m	7.96m 34.44%	364

**W35 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Marie-Josée Le Jour	W37 Throwers Club	41.24m	42.75m 55.68%	708

**W50 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
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**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

1	Kristen Dajia	W53 Throwers Club	25.52m	33.50m	43.62%	529
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**W55 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1	Deborah Ecklund	W56 Unattached	15.08m 21.72m	28.29% 309

**W60 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1	Jane Warren	W61 Unattached N	15.68m 25.02m	32.59% 369

**W65 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1	Cheryl Closkey	W68 Unattached	21.78m 39.04m	50.84% 636
2	Louise Nesterenko	W65 Calgary Spartans	13.39m 24.00m	31.26% 351

**M35 Discus Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1	Adam Betzelt	M35 Unattached	26.02m 26.39m	35.62% 394
2	Thomas Bereza	M35 Monte Cristo	22.15m 22.46m	30.33% 318

**M40 Discus Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1	Jeff Miller	M44 North Halton	35.29m 38.86m	52.47% 641

**M45 Discus Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1	Paul White	M49 Ontario Mast	24.01m 28.92m	39.05% 443

**M50 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1	Paul Gautier	M51 Saint John T	35.75m 36.52m	49.31% 594

**M50 Discus Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1	Christopher Simpson	M51 Monte Cristo	22.51m 23.00m	31.05% 329

**M55 Discus Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1	John Siriski	M57 Unattached -	26.99m 29.96m	40.45% 464

**M55 Discus Throw Throws Pentathlon**

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
1 Jerzy Dabrowa	M58 Unattached -	28.16m	31.26m 42.21%	489
2 John Siriski	M57 Unattached -	27.22m	30.22m 40.80%	469

**M60 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M64 Throwers Club	36.26m	38.53m 52.02%	635
2 Brian Berquist	M63 Riversdale A	36.18m	38.45m 51.91%	633

**M60 Discus Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	35.90m	38.15m 51.51%	627
2 Bruce Urch	M61 Throwers Club	27.10m	28.80m 38.88%	441
3 Bob Maseratti	M64 United State	25.00m	26.57m 35.87%	397

**M65 Discus Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 David Blackwood	M67 Saint John T	23.21m	27.00m 36.46%	406

**M65 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M67 Throwers Club	35.51m	41.32m 55.78%	691
2 Imrich Kiraly	M69 Saint John T	28.85m	33.57m 45.32%	535
3 Peter Zowkewych	M65 UTTC	25.81m	30.03m 40.54%	465

**M70 Discus Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Roland Delhomeau	M71 Saskatoon CE	23.82m	30.44m 41.10%	473

**M70 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M72 Throwers Club	30.92m	39.51m 53.35%	655
2 Lewis Breese	M70 United State	23.98m	30.64m 41.37%	477
3 Gary McColeman	M74 UTTC	14.90m	19.04m 25.71%	254

**M75 Discus Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 David Morris	M78 Throwers Club	23.18m	33.22m 44.84%	528
2 Enrico Toscano	M75 Throwers Club	15.26m	21.87m 29.52%	307

**W35 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Marie-Josée Le Jour	W37 Throwers Club	41.75m	45.68m 59.33%	836

**W50 Hammer Throw Throws Pentathlon**

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
1 Kristen Dajia	W53 Throwers Club	38.85m	49.87m 64.77%	929

**W55 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Deborah Ecklund	W56 Unattached	15.46m	21.61m 28.08%	314

**W60 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Jane Warren	W61 Unattached N	13.25m	20.34m 26.42%	287

**W65 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68 Unattached	23.54m	40.10m 52.09%	713
2 Louise Nesterenko	W65 Calgary Spartans	17.19m	29.28m 38.04%	478

**M50 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M51 Saint John T	38.61m	45.80m 52.81%	607

**M55 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 John Siriski	M57 Unattached -	20.30m	26.68m 30.76%	297
2 Jerzy Dabrowa	M58 Unattached -	20.03m	26.32m 30.35%	292

**M60 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M64 Throwers Club	30.28m	39.61m 45.67%	506
2 Brian Berquist	M63 Riversdale A	25.95m	33.94m 39.14%	414

**M65 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M67 Throwers Club	26.44m	38.75m 44.68%	492
2 Imrich Kiraly	M69 Saint John T	26.28m	38.51m 44.41%	488
3 Peter Zowkewych	M65 UTTC	19.10m	27.99m 32.27%	318

**M70 Hammer Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M72 Throwers Club	31.02m	45.05m 51.94%	595
2 Lewis Breese	M70 United State	27.65m	40.15m 46.30%	515
3 Gary McColeman	M74 UTTC	15.00m	21.78m 25.12%	220

**M75 Hammer Throw Throws Pentathlon**

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
1 David Morris	M78 Throwers Club	16.29m	26.86m 30.97%	300
2 Enrico Toscano	M75 Throwers Club	14.72m	24.27m 27.98%	259

**W35 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Marie-Josée Le Jour	W37 Throwers Club	26.98m	28.65m 39.26%	451

**W50 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Kristen Dajia	W53 Throwers Club	20.67m	27.17m 37.22%	423

**W55 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Deborah Ecklund	W56 Unattached	8.13m	11.77m 16.13%	138

**W60 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Jane Warren	W61 Unattached N	11.16m	17.98m 24.64%	251

**W65 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68 Unattached	17.72m	32.19m 44.11%	518
2 Louise Nesterenko	W65 Calgary Spartans	11.04m	20.06m 27.48%	290

**M35 Javelin Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Adam Betzelt	M35 Unattached	39.08m	39.57m 40.19%	436
2 Thomas Bereza	M35 Monte Cristo	37.13m	37.59m 38.18%	407

**M40 Javelin Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Jeff Miller	M44 North Halton	34.85m	37.85m 38.44%	411

**M45 Javelin Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Paul White	M49 Ontario Mast	31.94m	37.42m 38.00%	405

**M50 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M51 Saint John T	39.17m	48.09m 48.83%	560

**M50 Javelin Throw Outdoor Pentathlon**

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
1 Christopher Simpson	M51 Monte Cristo	20.87m	25.62m 26.02%	238

**M55 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Jerzy Dabrowa	M58 Unattached -	28.08m	37.57m 38.15%	407
2 John Siriski	M57 Unattached -	20.77m	27.79m 28.22%	268

**M55 Javelin Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 John Siriski	M57 Unattached -	28.29m	37.85m 38.44%	411

**M60 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Brian Berquist	M63 Riversdale A	32.65m	46.16m 46.88%	532
2 Bill Pearson	M64 Throwers Club	30.11m	42.57m 43.23%	479

**M60 Javelin Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	39.24m	55.48m 56.34%	670
2 Bruce Urch	M61 Throwers Club	21.53m	30.44m 30.91%	305
3 Bob Maseratti	M64 United State	14.15m	20.00m 20.32%	161

**M65 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M67 Throwers Club	34.83m	54.40m 55.24%	654
2 Peter Zowkewych	M65 UTTC	27.47m	42.90m 43.57%	484
3 Imrich Kiraly	M69 Saint John T	24.09m	37.62m 38.21%	408

**M65 Javelin Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 David Blackwood	M67 Saint John T	33.89m	52.93m 53.75%	632

**M70 Javelin Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Lewis Breese	M70 United State	22.34m	37.53m 38.11%	406
2 John Kasperski	M72 Throwers Club	20.57m	34.55m 35.09%	364
3 Gary McColeman	M74 UTTC	11.81m	19.84m 20.15%	159

**M70 Javelin Throw Outdoor Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Roland Delhomeau	M71 Saskatoon CE	23.55m	39.56m 40.17%	436

**M75 Javelin Throw Throws Pentathlon**

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
1 David Morris	M78 Throwers Club	19.19m	36.33m 36.89%	389
2 Enrico Toscano	M75 Throwers Club	9.14m	17.30m 17.57%	125

**W35 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Marie-Josée Le Jour	W37 Throwers Club	13.73m	14.99m 63.54%	801

**W50 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Kristen Dajia	W53 Throwers Club	12.34m	14.58m 61.82%	775

**W55 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Deborah Ecklund	W56 Unattached	5.15m	6.65m 28.19%	291

**W60 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Jane Warren	W61 Unattached N	6.51m	7.88m 33.40%	364

**W65 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Cheryl Closkey	W68 Unattached	10.37m	13.75m 58.26%	723
2 Louise Nesterenko	W65 Calgary Spartans	7.35m	9.74m 41.29%	477

**M50 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Paul Gautier	M51 Saint John T	15.45m	16.20m 62.65%	804

**M55 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Jerzy Dabrowa	M58 Unattached -	8.05m	9.03m 34.94%	398
2 John Siriski	M57 Unattached -	6.62m	7.43m 28.73%	310

**M60 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Bill Pearson	M64 Throwers Club	12.37m	12.89m 49.86%	615
2 Brian Berquist	M63 Riversdale A	9.99m	10.41m 40.27%	475

**M65 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 Brock Pullen	M67 Throwers Club	10.99m	12.25m 47.39%	579

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

2 Imrich Kiraly	M69 Saint John T	10.17m	11.34m	43.86%	527
3 Peter Zowkewych	M65 UTTC	8.52m	9.50m	36.74%	424

**M70 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 John Kasperski	M72 Throwers Club	13.47m	15.36m 59.42%	756
2 Lewis Breese	M70 United State	9.59m	10.94m 42.30%	505
3 Gary McColeman	M74 UTTC	6.56m	7.48m 28.94%	312

**M75 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
1 David Morris	M78 Throwers Club	9.25m	11.36m 43.94%	528
2 Enrico Toscano	M75 Throwers Club	6.23m	7.65m 29.60%	322

**W55 Outdoor Pentathlon Fri 10:00am**

Name	Age Team	Finals	Points
1 Susanne Lauridsen	W58 Calgary Spartans	2005	7

**M35 Outdoor Pentathlon Fri 10:00am**

Name	Age Team	Finals	Points
1 Adam Betzelt	M35 Unattached	2447	7
2 Thomas Bereza	M35 Monte Cristo	2111	5

**M40 Outdoor Pentathlon Fri 10:00am**

Name	Age Team	Finals	Points
1 Jeff Miller	M44 North Halton	2119	7

**M45 Outdoor Pentathlon Fri 10:00am**

Name	Age Team	Finals	Points
1 Paul White	M49 Ontario Mast	1845	7

**M50 Outdoor Pentathlon Fri 10:00am**

Name	Age Team	Finals	Points
1 Christopher Simpson	M51 Monte Cristo	1369	7

**M55 Outdoor Pentathlon Fri 10:00am**

Name	Age Team	Finals	Points
1 John Siriski	M57 Unattached -	2180	7

**M60 Outdoor Pentathlon Fri 10:00am**

Name	Age Team	Finals	Points
1 Reidar Zapf-Gilje	M64 Greyhounds T	3364	7
2 Bruce Urch	M61 Throwers Club	2445	5
3 Bob Maseratti	M64 United State	777	4

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 Outdoor Pentathlon Fri 10:00am**

Name	Age Team	Finals	Points
1 David Blackwood	M67 Saint John T	2315	6

**M70 Outdoor Pentathlon Fri 10:00am**

Name	Age Team	Finals	Points
1 Roland Delhomeau	M71 Saskatoon CE	2075	6

**W35 Throws Pentathlon Fri 9:00am**

Name	Age Team	Finals	Points
1 Marie-Josée Le Jour	W37 Throwers Club	3408	7

**W50 Throws Pentathlon Fri 9:00am**

Name	Age Team	Finals	Points
1 Kristen Dajia	W53 Throwers Club	3309	7

**W55 Throws Pentathlon Fri 9:00am**

Name	Age Team	Finals	Points
1 Deborah Ecklund	W56 Unattached	1413	7

**W60 Throws Pentathlon Fri 9:00am**

Name	Age Team	Finals	Points
1 Jane Warren	W61 Unattached N	1759	7

**W65 Throws Pentathlon Fri 9:00am**

Name	Age Team	Finals	Points
1 Cheryl Closkey	W68 Unattached	3190	7
2 Louise Nesterenko	W65 Calgary Spartans	2052	5

**M50 Throws Pentathlon Fri 9:00am**

Name	Age Team	Finals	Points
1 Paul Gautier	M51 Saint John T	3393	7

**M55 Throws Pentathlon Fri 9:00am**

Name	Age Team	Finals	Points
1 Jerzy Dabrowa	M58 Unattached -	2190	7
2 John Siriski	M57 Unattached -	1821	5

**M60 Throws Pentathlon Fri 9:00am**

Name	Age Team	Finals	Points
1 Bill Pearson	M64 Throwers Club	2944	7



**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

2 Brian Berquist M63 Riversdale A 2688 5

**M65 Throws Pentathlon Fri 9:00am**

Name	Age Team	Finals	Points
1 Brock Pullen	M67 Throwers Club	3023	7
2 Imrich Kiraly	M69 Saint John T	2543	5
3 Peter Zowkewych	M65 UTTC	2402	4

**M70 Throws Pentathlon Fri 9:00am**

Name	Age Team	Finals	Points
1 John Kasperski	M72 Throwers Club	3117	7
2 Lewis Breese	M70 United State	2524	5
3 Gary McColeman	M74 UTTC	1334	4

**M75 Throws Pentathlon Fri 9:00am**

Name	Age Team	Finals	Points
1 David Morris	M78 Throwers Club	2325	7
2 Enrico Toscano	M75 Throwers Club	1377	5

**M35 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading Points
<b>1 Jocelyn Ruest</b>	<b>M36 Fleur de Lys</b>	<b>7:03.75</b>	<b>6:54.77 74.50% 7 CAN MR</b>
(old CAN 7:15 Thom Jenkins ON 1998, old MR 7:35 JP Fortin ON 2011)			

**M40 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading Points
1 Ben Kong	M40 JamCan	12:10.57	11:30.98 44.72% 7

**W40 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading Points
1 Carmen Farrell	W40 Ontario Race	9:35.21	9:13.64 60.87% 7

**M50 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading Points
<b>1 Jianping Xu</b>	<b>M50 Harbour Track</b>	<b>7:14.33</b>	<b>6:18.57 81.62% 7 MR</b>
(old MR 8:16 Lawrence Malik ON 2011)			

**M55 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading Points
<b>1 Dave Keenan</b>	<b>M58 Heartland RA</b>	<b>7:49.91</b>	<b>6:32.14 78.80% 7 MR</b>
(old MR 7:54 Dave in 2013)			

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M60 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Denis Laflamme	M62 Fleur de Lys	8:18.09	6:36.48 77.94%	7

**W60 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Kris Kozell	W63 Ontario Race	8:15.60	6:41.74 83.89%	7
2 Anne De Thy	W63 Ontario Race	8:49.40	7:09.14 78.53%	5

**W65 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading	Points
<b>1 Teresa Chiozza</b> (old MR 9:57 Lalitha Tella ON 2015)	<b>W65 Ontario Race</b>	<b>9:09.53</b>	<b>7:02.15 79.83%</b>	<b>7 MR</b>

**M70 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading	Points
1 John Kittredge	M71 Ontario Race	9:05.14	6:28.91 79.45%	7

**W80 1500 Meter Race Walk Sat 10:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Jean Horne	W83 Ontario Race	11:29.20	7:08.83 78.59%	7

**M35 5000 Meter Race Walk Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Jocelyn Ruest	M36 Fleur de Lys	25:41.31	25:12.49 71.25%	7

**M40 5000 Meter Race Walk Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Dominic Chartier	M43 Energie	28:20.15	26:54.64 66.74%	7

**M50 5000 Meter Race Walk Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Jianping Xu	M50 Harbour Track	24:42.93	21:38.90 82.96%	7

**M55 5000 Meter Race Walk Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Dave Keenan	M58 Heartland RA	28:30.79	23:55.36 75.07%	7

**W55 5000 Meter Race Walk Sun 9:00am**

**Canadian Outdoor Championships - 2016-08-12 to 2016-08-14****Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

Name	Age Team	Finals	Age-Grading	Points
1 Anne Fischer	W55 Ontario Race	32:56.51	27:50.35 71.06%	7

**M60 5000 Meter Race Walk Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Denis Laflamme	M62 Fleur de Lys	30:10.70	24:09.65 74.33%	7

**W60 5000 Meter Race Walk Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Anne De Thy	W63 Ontario Race	32:20.04	25:53.01 76.43%	7

**W65 5000 Meter Race Walk Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
1 Teresa Chiozza	W65 Ontario Race	31:58.59	24:04.32 82.18%	7

**M70 5000 Meter Race Walk Sun 9:00am**

Name	Age Team	Finals	Age-Grading	Points
-- John Kittredge	M71 Ontario Race	DQ		Rule 230.7a