

OMA Indoor Championships - 2017-02-26
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W29&U 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
Finals					
1 Kim McCrory	W28 Unattached -	8.82	8.83 78.46%	3	7
2 Claudia Pedrero	W28 Unattached -	8.85	8.86 78.19%	3	5

M30 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Mark Tiburcio	M31 Unattached -	7.77	7.78 82.24%	9	7
2 Steven Blau	M33 UTTC	8.58	8.59 74.48%	9	5
3 Milton Ashmeade	M31 Jamaica Masters	8.79	8.80 72.70%	9	4

W30 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Latasha Caesar	W33 The Gazelles	8.42	8.43 82.19%	3	7

M35 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Michael James	M36 Brampton Eli	7.12	7.02 91.01%	8	7
2 Dree Ryan	M38 Jamaica Masters	7.20	7.10 90.00%	8	5
3 Dave Kerwin	M39 Unattached -	7.87	7.76 82.34%	8	4
4 Chris Wrobel	M35 Unattached -	8.16	8.05 79.41%	8	3
5 Richard Duhaney	M38 UTTC	8.24	8.13 78.64%	8	2

W35 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Sheree Mullings	W35 Jamaica Masters	8.64	8.55 81.02%	3	7
2 Anna De Maio	W39 UTTC	8.73	8.64 80.18%	3	5
3 Monique Shah	W36 Jamaica Masters	9.61	9.51 72.84%	3	4

M40 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Nigel John	M44 Jamaica Masters	7.34	7.03 91.01%	7	7

W40 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Violeta Garfunkel	W43 UTTC	8.83	8.43 82.22%	2	7
2 Debbie King	W41 Jamaica Masters	9.15	8.73 79.34%	2	5

M45 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 O'Brian Gibbons	M46 University of Wi	8.04	7.46 85.70%	7	7
2 Kevin Farr	M46 University of Wi	8.26	7.67 83.41%	7	5
3 Pho Lam	M45 Jamaica Masters	8.39	7.79 82.12%	7	4

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W45 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Debbie Zinman	W47 Unattached -	8.90	8.18 84.61%	2	7
2 Agnieszka Kuczalska	W49 Jamaica Masters	9.31	8.56 80.88%	2	5
3 Sonia Santarossa	W45 UTTC	9.91	9.11 75.98%	2	4

M50 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Christopher Warburton	M51 The Gazelles	7.66	6.89 92.82%	6	7
2 Christian Lemassif	M50 UTTC	7.68	6.91 92.58%	6	5
3 Marco De Chellis	M52 Unattached -	8.71	7.83 81.63%	6	4
4 John Wong	M50 Unattached	8.74	7.86 81.35%	6	3

W50 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Theresa Rozario	W52 Nemean Lions	9.6h	8.49 81.56%	7	

M55 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Robert Nasato	M56 Jamaica Masters	8.02	6.98 91.65%	5	7
2 Les Neufeld	M56 Unattached -	8.08	7.03 90.97%	5	5
3 Grantley Blenman	M59 The Gazelles	8.18	7.12 89.85%	5	4
4 John Varone	M58 Jamaica Masters	8.67	7.54 84.78%	5	3
5 Muraleetharan Arulpiraga	M57 Unattached -	9.87	8.59 74.47%	5	2

M60 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Kerry Smith	M63 Jamaica Masters	7.89	6.64 96.32%	5	7 MR
(old MR 7.92 Kerry in 2016)					
2 Andrew Graham	M62 Unattached -	9.66	8.12 78.67%	5	5

W60 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Karla Del Grande	W63 Nemean Lions	8.5h	6.92100.12%	7	
2 Wendy Alexis	W61 Ottawa Lions	8.6h	7.00 98.95%	5	
3 Linda Tauvette	W61 Ottawa Lions	9.8h	7.97 86.84%	4	

M65 60 Meter Dash 9:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Robert Beyea	M69 Jamaica Masters	9.73	7.89 81.09%	4	7
2 Gerd Hauck	M68 UTTC	9.98	8.09 79.06%	4	5

W29&U 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Kim McCrory	W28 Unattached -	28.24	28.25 75.57%	4	7
2 Claudia Pedrero	W28 Unattached -	29.22	29.23 73.03%	4	5

OMA Indoor Championships - 2017-02-26
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M30 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Milton Ashmeade	M31 Jamaica Masters	30.97	30.98 62.38%	13	7
-- Greg Hetherington	M33 Jamaica Masters	DQ		13	

W30 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Julia Carew	W31 UTTC	28.19	28.20 75.70%	4	7
2 Latasha Caesar	W33 The Gazelles	28.77	28.78 74.17%	4	5

M35 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Dree Ryan	M38 Jamaica Masters	23.58	23.20 83.29%	12	7
2 Dave Kervin	M39 Unattached -	25.66	25.25 76.54%	12	5
3 Richard Duhaney	M38 UTTC	26.78	26.35 73.34%	12	4
4 Clayton Latham	M36 Brampton Eli	26.84	26.41 73.17%	12	3

W35 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Sheree Mullings	W35 Jamaica Masters	29.01	28.15 75.84%	3	7
2 Anna De Maio	W39 UTTC	29.04	28.18 75.76%	3	5
3 Monique Shah	W36 Jamaica Masters	34.00	32.99 64.71%	3	4

M40 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Nigel John	M44 Jamaica Masters	23.87	22.77 84.88%	11	7
2 Otis Morgan	M41 Jamaica Masters	24.40	23.27 83.03%	11	5

W40 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Violeta Garfunkel	W43 UTTC	28.75	26.86 79.44%	2	7

M45 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Richard Reid	M48 Jamaica Masters	25.63	23.67 81.62%	10	7
2 Kevin Farr	M46 University of Wi	26.44	24.42 79.12%	10	5
3 Dave Corlett	M49 Boardwalk RC	32.06	29.61 65.25%	10	4

W45 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Sonia Santarossa	W45 UTTC	35.35	31.76 67.21%	2	7

OMA Indoor Championships - 2017-02-26
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M50 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Christian Lemassif	M50 UTTC	24.59	21.97 87.96%	9	7
2 David Turkstra	M51 Jamaica Masters	26.19	23.40 82.59%	9	5

M55 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Andrew Bass	M55 Jamaica Masters	27.33	23.60 81.89%	8	7
2 Robert Nasato	M56 Jamaica Masters	27.46	23.71 81.50%	8	5
3 Les Neufeld	M56 Unattached -	27.47	23.72 81.47%	8	4
4 Grantley Blenman	M59 The Gazelles	27.99	24.17 79.96%	8	3
5 Steve Gorman	M56 Unattached	29.60	25.56 75.61%	8	2

M60 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Kerry Smith (old MR 26.44 Tony Powell 2007)	M63 Jamaica Masters	26.35	21.96 88.01%	7	7 MR
2 Wayne Gagne	M62 Invictus Ath	29.04	24.20 79.86%	7	5

W60 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Karla Del Grande	W63 Nemean Lions	29.44	23.27 91.75%	7	
2 Wendy Alexis	W61 Ottawa Lions	30.02	23.73 89.97%	5	
3 Linda Tauvette	W61 Ottawa Lions	34.59	27.34 78.09%	4	

M65 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Robert Beyea	M69 Jamaica Masters	34.94	27.98 69.06%	6	7
2 Duncan Greenshields	M68 UTTC	35.88	28.73 67.25%	6	5
-- Bill Pontius	M66 United State	DQ		6	

M70 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 John Powell	M72 EtobicokeTC	47.43	36.25 53.30%	5	7

M80 200 Meter Dash 2:00pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Steffen Kampe	M80 Unattached -	53.49	35.83 53.94%	5	7

M30 400 Meter Dash 11:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Steven Blau	M33 UTTC	63.83	63.84 67.65%	7	7

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M40 400 Meter Dash 11:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Otis Morgan	M41 Jamaica Masters	54.77	51.24 84.28%	7	7
2 Nigel John	M44 Jamaica Masters	54.90	51.36 84.08%	7	5

M45 400 Meter Dash 11:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Mirco Graenert	M48 Newmarket HU	56.09	50.79 85.02%	6	7
2 Richard Reid	M48 Jamaica Masters	56.49	51.15 84.42%	6	5
3 Kevin Farr	M46 University of Wi	57.82	52.36 82.48%	6	4
4 Lenroy Munro	M46 Unattached -	59.57	53.94 80.06%	6	3
5 Louis Byrne	M45 Toronto Olym	62.16	56.28 76.72%	5	2
6 Matthew Dechellis	M48 Unattached -	62.46	56.56 76.35%	5	1
7 Pat McLean	M46 Newmarket HU	64.72	58.60 73.69%	5	

M50 400 Meter Dash 11:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Serge Faucher (old MR 56.8 Norm Baum 1978)	M52 Unattached -	55.54	48.62 88.82%	4	7 MR
2 Marco De Chellis	M52 Unattached -	74.18	64.94 66.50%	4	5

M55 400 Meter Dash 11:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Andrew Bass	M55 Jamaica Masters	60.91	51.50 83.86%	4	7
2 Steve Gorman	M56 Unattached	64.44	54.48 79.27%	4	5

W55 400 Meter Dash 11:00am

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Joy Kramarich	W56 UTTC	1:26.46	70.62 67.41%	7	

M60 400 Meter Dash 11:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Wayne Gagne	M62 Invictus Ath	66.01	53.83 80.23%	3	7
2 Steven Millward	M61 Niagara Olym	66.18	53.97 80.02%	3	5
3 Andrew Graham	M62 Unattached -	1:25.77	69.94 61.75%	3	4

W60 400 Meter Dash 11:00am

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Karla Del Grande (old MR 75.4 Rhona Trott 2009)	W63 Nemean Lions	69.28	53.45 89.06%	7	MR
2 Clara Northcott	W62 UTTC	1:25.28	65.80 72.35%	5	

M65 400 Meter Dash 11:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Norman Creen	M65 UTTC	74.47	58.36 73.99%	2	7
2 Duncan Greenshields	M68 UTTC	1:20.96	63.45 68.06%	2	5

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M75 400 Meter Dash 11:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Chris Mackie	M76 Unattached -	78.84	55.07 78.42%	2	7

M80 400 Meter Dash 11:00am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Steffen Kampe	M80 Unattached -	2:00.97	76.98 56.10%	2	7

M30 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Steven Blau	M33 UTTC	2:23.22	2:23.23 70.60%	3	7

W30 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Joan Chung	W33 UTTC	2:32.98	2:32.99 74.05%	7	

M35 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Ian Aseltine	M35 Unattached -	2:12.70	2:11.60 76.83%	3	7
2 Thomas Bok	M36 UTTC	2:28.17	2:26.95 68.81%	3	5

W35 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Mary Unsworth	W39 Muskoka Algo	2:26.59	2:25.88 77.66%	7	
2 Nadia Petryshyn	W36 UTTC	2:35.52	2:34.76 73.20%	5	

M40 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Bill Wells	M42 UTTC	2:10.49	2:04.75 81.05%	3	7
2 Michal Kapral	M44 UTTC	2:12.76	2:06.92 79.66%	3	5
3 Sheldon Mirco	M40 Unattached -	2:13.67	2:07.79 79.12%	3	4

W40 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Michelle Clarke	W42 Longboat Roa	2:32.65	2:25.59 77.81%	7	

M45 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Mirco Graenert	M48 Newmarket HU	2:11.46	2:00.99 83.58%	3	7
2 Pat Menzies	M46 Unattached -	2:14.59	2:03.87 81.63%	3	5
3 Pat McLean	M46 Newmarket HU	2:37.07	2:24.56 69.95%	3	4

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W45 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Nancy Catton	W49 Physi-Kult Kingston	2:40.06	2:26.03 77.58%	7	
2 Cathy Vandergeest	W45 Unattached -	3:43.93	3:24.30 55.45%	5	

M50 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Simon Rayner	M52 UTTC	2:33.69	2:15.97 74.36%	2	7	
2 Jianping Xu	M51 Harbour Track	2:35.11	2:17.23 73.68%	2	5	
3 John Eccleston	M51 Unattached -	2:46.10	2:26.95 68.81%	2	4	

M55 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Steve Gorman	M56 Unattached	2:43.10	2:18.48 73.02%	2	7	

W60 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Clara Northcott	W62 UTTC	3:17.01	2:34.62 73.27%	7	

M75 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Chris Mackie	M76 Unattached -	2:56.80	2:02.42 82.60%	2	7	

M80 800 Meter Run 2:30pm

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Steffen Kampe	M80 Unattached -	4:38.93	2:55.20 57.71%	2	7	

M30 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Steven Blau	M33 UTTC	4:57.22	4:57.23 69.31%	4	7	

W30 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Joan Chung	W33 UTTC	5:17.01	5:17.02 73.33%	7	

M35 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Thomas Bok	M36 UTTC	4:58.74	4:56.15 69.56%	4	7	

W35 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Mary Unsworth	W39 Muskoka Algo	4:53.91	4:50.15 80.12%	7	

OMA Indoor Championships - 2017-02-26
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M40 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Bill Wells	M42 UTTC	4:28.53	4:15.62 80.59%	4	7

W40 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Michelle Clarke	W42 Longboat Roa	5:03.81	4:47.32 80.91%	7	

M45 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Pat Menzies	M46 Unattached -	4:39.94	4:15.45 80.64%	4	7
2 Gary G Cassel	M49 Jamaica Masters	5:00.57	4:34.28 75.11%	4	5

M50 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Paul Osland	M53 UTTC	4:34.40	3:59.58 85.98%	3	7
2 Simon Rayner	M52 UTTC	4:59.51	4:21.51 78.78%	3	5
3 Robert Blair	M53 Newmarket HU	5:16.07	4:35.97 74.65%	3	4

W50 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Anke Graenert	W50 Newmarket HU	6:14.30	5:22.91 71.99%	7	

M55 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Steven Blostein	M55 Physi-Kult Kingston	4:59.91	4:10.04 82.39%	3	7
2 Mark Duff	M55 Boardwalk RC	5:20.50	4:27.21 77.10%	3	5

W55 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading	Points	Alternate
-- Joy Kramarich	W56 UTTC	DNF			

M60 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
-- Brent Hall	M60 Unattached	DNF		2	

W60 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Clara Northcott	W62 UTTC	6:22.50	4:56.79 78.33%	7	

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M65 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 John Helliker	M65 UTTC	5:10.31	3:53.64 88.17%	2	7

M75 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Chris Mackie	M76 Unattached -	5:56.57	3:53.77 88.12%	2	7
2 Vern Christensen	M76 UTTC	6:53.05	4:30.80 76.07%	2	5
3 Jack Geddes	M79 Unattached -	7:00.46	4:35.66 74.73%	2	4
4 Robert Moore	M76 Toronto Olym	7:09.41	4:41.53 73.17%	2	3

M80 1500 Meter Run 10:30am

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Steffen Kampe	M80 Unattached -	9:44.88	5:46.25 59.49%	2	7

W30 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Joan Chung	W33 UTTC	11:17.42	11:17.43 74.02%	7	

M35 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Thomas Bok	M36 UTTC	11:16.12	11:16.13 65.08%	3	7

M40 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Jay Brecher	M43 UTTC	9:46.82	9:26.40 77.68%	3	7
2 Dave Tepper	M41 Newmarket HU	9:56.47	9:35.72 76.43%	3	5
3 Ben Kong	M41 Jamaica Masters	16:14.22	15:40.32 46.79%	3	4

M45 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Pedro Lopez-Bravo	M46 Newmarket HU	10:05.58	9:23.44 78.09%	3	7
2 Dave Corlett	M49 Boardwalk RC	10:09.25	9:26.85 77.62%	3	5
3 Steve Boston	M46 Newmarket HU	10:45.80	10:00.86 73.23%	3	4
4 Michael Mandel	M47 UTTC	12:34.75	11:42.22 62.66%	3	3

M50 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading H#	Points	Alternate
1 Simon Rayner	M52 UTTC	10:10.43	9:06.71 80.48%	2	7
2 Daniel Fiorini	M54 Newmarket HU	10:14.76	9:10.58 79.92%	2	5
3 Michael Sherar	M53 UTTC	10:45.84	9:38.42 76.07%	2	4
4 Jianping Xu	M51 Harbour Track	11:15.75	10:05.21 72.70%	2	3

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M55 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 Chris Deighan	M56 Newmarket HU	9:48.13	8:26.27	86.91%	2	7 MR
(old MR 9:53.2 Jerry Kooymans 2013)						
2 Bill Cunliffe	M57 Durham Dragons A	10:36.96	9:08.30	80.25%	2	5
3 Steve Burns	M58 Boardwalk RC	11:19.92	9:45.28	75.18%	2	4

M60 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	H#	Points	Alternate
1 John MacMillan	M60 Longboat Roa	11:35.14	9:34.19	76.63%	2	7

W60 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Lynn Kobayashi	W61 UTTC	13:15.79	9:52.07	84.69%	7

M70 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Bert De Vries	M70 Longboat Roa	14:21.62	10:45.10	68.21%	7

M75 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Vern Christensen	M76 UTTC	14:36.09	10:12.04	71.89%	7
2 Jack Geddes	M79 Unattached -	14:55.41	10:25.54	70.34%	5
3 Robert Moore	M76 Toronto Olym	14:55.63	10:25.69	70.32%	4

M80 3000 Meter Run 1:15pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Steffen Kampe	M80 Unattached -	20:13.63	12:50.30	57.12%	7

W40 60 Meter Hurdles 1:00pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Nicole Luke	W44 Jamaica Masters	10.96	9.93	77.46%	7 MR
(old MR 11.62 Kathleen Shook USA 2006)					

M45 60 Meter Hurdles 1:00pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Ovidiu Negoita	M45 Jamaica Masters	11.06	10.06	72.60%	7

M60 60 Meter Hurdles 1:00pm

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Ward Hazen	M62 Unattached -	9.79	8.14	89.68%	7 MR
(old MR 10.72 Richard Lech 2011)					

M45 1609 Meter Steeplechase 10:00am

OMA Indoor Championships - 2017-02-26
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

Name	Age Team	Finals	Age-Grading Points	Alternate
1 Michael Mandel	M47 UTTC	6:49.09		7

W30 4x200 Meter Relay 2:50pm

Team	Finals	Points	Alternate
1 University of Toronto TC 'A'	2:30.47		7
1) Joan Chung 33	2) Joy Kramarich 56		
3) Clara Northcott 62	4) Nadia Petryshyn 36		

W35 4x200 Meter Relay 2:50pm

Team	Finals	Points	Alternate
1 Jamcan International Athletics 'A'	2:05.42		7
1) Monique Shah 36	2) Nicole Luke 44		
3) Kem McLean 36	4) Sheree Mullings 35		

M35 4x200 Meter Relay 2:50pm

Team	Finals	H#	Points	Alternate
1 Jamcan International Athletics 'B'	1:40.95	2		7
1) Dree Ryan 38	2) Richard Reid 48			
3) Nigel John 44	4) Otis Morgan 41			

M40 4x200 Meter Relay 2:50pm

Team	Finals	H#	Points	Alternate
-- University of Toronto TC 'B'	DQ	2		
1) Bill Wells 42	2) Simon Rayner 52			
3) Michal Kapral 44	4) Jay Brecher 43			

M45 4x200 Meter Relay 2:50pm

Team	Finals	H#	Points	Alternate
1 Jamcan International Athletics 'C'	1:52.98	2		7
1) David Turkstra 51	2) Shawn Folkes 48			
3) Matt Beechey 46	4) Robert Nasato 56			

M65 4x200 Meter Relay 2:50pm

Team	Finals	Points	Alternate
1 University of Toronto TC 'A'	2:24.24		7
1) Norman Creen 65	2) Duncan Greenshields 68		
3) Vern Christensen 76	4) Peter Zowkewych 66		

M40 4x400 Meter Relay 3:00pm

Team	Finals	Points	Alternate
1 University of Toronto TC 'A'	4:15.87		5
1) Simon Rayner 52	2) Bill Wells 42		
3) Michal Kapral 44	4) Jay Brecher 43		
-- Jamcan International Athletics 'A'	DQ		
1) Andrew Bass 55	2) Richard Reid 48		
3) Nigel John 44	4) Otis Morgan 41		

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M45 4x400 Meter Relay 3:00pm

Team	Finals	Points	Alternate
1 Newmarket Huskies Track Club 'A'	4:17.55	7	
1) Steve Boston 46			2) Pat McLean 46
3) Daniel Fiorini 54			4) Mirco Graenert 48

W30 High Jump 10:30am

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Kristen Matthews		W34 Hamilton Oly	1.60m	1.60m 76.56%	7	MR
(old MR 1.35 Jennifer Pineo 2010)						

M40 High Jump 10:30am

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Zoltan Sara		M41 Unattached -	1.86m	1.95m 79.49%	7	CAN MR
(old CAN 1.85 Ovidiu Negoita 2012, MR 1.80 Walt Reynolds USA 2003)						

W40 High Jump 10:30am

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Maresa Cadienhead	W40	Jamaica Masters	1.45m	1.60m 76.72%	7	

M45 High Jump 10:30am

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Shawn Folkes	M48	Jamaica Masters	1.60m	1.76m 72.07%	5.33	
1 Ovidiu Negoita	M45	Jamaica Masters	1.60m	1.76m 72.07%	5.33	

M50 High Jump 10:30am

Name	Age	Team	Finals	Age-Grading	Points	Alternate
1 Paul White	M50	Unattached -	1.50m	1.74m 71.09%	7	
2 Marco De Chellis	M52	Unattached -	1.40m	1.62m 66.35%	5	

M55 High Jump 10:30am

Name	Age	Team	Finals	Age-Grading	Points	Alternate

OMA Indoor Championships - 2017-02-26
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

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 1 John Varone M58 Jamaica Masters 1.40m 1.71m 70.00% 7

W60 High Jump 10:30am

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Sue Hannon		W60 Unattached -	1.25m	1.72m 82.24%	7 MR tie
(MR 1.25 Edith Gray 1996)					
2 Patricia Blacker-Thomson	W60	Unattached -	0.95m	1.30m 62.50%	5

M65 High Jump 10:30am

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Peter Zowkewych	M66	UTTC	1.35m	1.87m 76.27%	7
2 Gerd Hauck	M68	UTTC	1.30m	1.80m 73.45%	5
3 Stan Seitz	M69	Ottawa Lions	1.25m	1.73m 70.62%	4
4 Bill Pontius	M66	United State	1.20m	1.66m 67.80%	3

M50 Pole Vault 10:00am

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Paul White	M50	Unattached -	3.40m	4.17m 68.00%	7

M55 Pole Vault 10:00am

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Mark Schaber	M58	Unattached -	3.15m	4.15m 67.60%	7

M65 Pole Vault 10:00am

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Stan Seitz	M69	Ottawa Lions	2.30m	3.55m 57.93%	7

M30 Long Jump 1:00pm

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Mark Tiburcio	M31	Unattached -	4.80m	4.80m 53.63%	7

OMA Indoor Championships - 2017-02-26
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W30 Long Jump 1:00pm

Name	Age Team	Finals	Age-Grading	Points
Alternate				
1 Kristen Matthews	W34 Hamilton Oly	4.11m	4.11m 54.65%	7

M35 Long Jump 1:00pm

Name	Age Team	Finals	Age-Grading	Points
Alternate				
1 Clayton Latham	M36 Brampton Eli	6.36m	6.56m 73.27%	7 CAN MR tie
(CAN and MR 6.36 Ron Thompson '87 and '88)				
2 Chris Wrobel	M35 Unattached -	4.55m	4.69m 52.42%	5
3 Richard Duhaney	M38 UTTC	4.19m	4.32m 48.27%	4
-- Mike Whiteley	M39 Brampton Eli	ND		

W40 Long Jump 1:00pm

Name	Age Team	Finals	Age-Grading	Points
Alternate				
1 Maresa Cadienhead	W40 Jamaica Masters	4.24m	4.70m 62.63%	7
2 Violeta Garfunkel	W43 UTTC	3.65m	4.05m 53.91%	5

M40 Long Jump 1:00pm

Name	Age Team	Finals	Age-Grading	Points
Alternate				
1 Nigel John	M44 Jamaica Masters	5.86m	6.38m 71.38%	7

M45 Long Jump 1:00pm

Name	Age Team	Finals	Age-Grading	Points
Alternate				
1 Jack Pontes	M45 Jamaica Masters	5.31m	6.13m 68.52%	7
2 Ovidiu Negoita	M45 Jamaica Masters	5.23m	6.04m 67.48%	5
3 Matt Beechey	M46 Jamaica Masters	4.18m	4.82m 53.94%	4

M50 Long Jump 1:00pm

Name	Age Team	Finals	Age-Grading	Points
Alternate				
1 Paul White	M50 Unattached -	4.72m	5.79m 64.84%	7
2 Christian Lemassif	M50 UTTC	3.93m	4.82m 53.98%	5

OMA Indoor Championships - 2017-02-26
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M55 Long Jump 1:00pm

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Robert Nasato	M56	Jamaica Masters	4.74m	6.21m 69.50%	7
2 Bryan Baldsing	M59	Jamaica Masters	3.99m	5.23m 58.50%	5

W60 Long Jump 1:00pm

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Patricia Blacker-Thomson	W60	Unattached -	2.28m	3.28m 43.68%	7

M60 Long Jump 1:00pm

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Ward Hazen	M62	Unattached -	4.31m	6.06m 67.77%	7

M65 Long Jump 1:00pm

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Peter Zowkewych	M66	UTTC	3.55m	5.39m 60.27%	7
2 Stan Seitz	M69	Ottawa Lions	3.23m	4.90m 54.84%	5
3 Bill Pontius	M66	United State	3.17m	4.81m 53.82%	4

M35 Triple Jump 2:00pm

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Chris Wrobel	M35	Unattached -	10.04m	10.10m 55.29%	7

M40 Triple Jump 2:00pm

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Zoltan Sara	M41	Unattached -	11.27m	11.98m 65.52%	7

M45 Triple Jump 2:00pm

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Lenroy Munro	M46	Unattached -	11.21m	12.63m 69.07%	7

OMA Indoor Championships - 2017-02-26**Results - Age Grading: 5 Yr Indiv & 5 yr Multi**

2	Jack Pontes	M45	Jamaica Masters	10.93m	12.31m	67.34%	5
3	Ovidiu Negoita	M45	Jamaica Masters	10.36m	11.67m	63.83%	4

M55 Triple Jump 2:00pm

Name	Age	Team	Finals	Age-Grading	Points
1	Mihai Ene	M56 Unattached -	10.96m	14.02m	76.70% 7
2	Bryan Baldsing	M59 Jamaica Masters	7.47m	9.55m	52.27% 5

W60 Triple Jump 2:00pm

Name	Age	Team	Finals	Age-Grading	Points
1	Patricia Blacker-Thomson	W60 Unattached -	5.90m	8.29m	53.54% 7 MR
	(no previous MR)				

W35 Shot Put 11:00am

Name	Age	Team	Finals	Age-Grading	Points
1	Sheree Mullings	W35 Jamaica Masters	8.44m	8.75m	38.66% 7
2	Kem McLean	W36 Jamaica Masters	8.09m	8.38m	37.06% 5

M40 Shot Put 11:00am

Name	Age	Team	Finals	Age-Grading	Points
1	Bill Wells	M42 UTTC	6.45m	7.18m	31.07% 7
2	Ben Kong	M41 Jamaica Masters	4.80m	5.34m	23.12% 5

W40 Shot Put 11:00am

Name	Age	Team	Finals	Age-Grading	Points
1	Violeta Garfunkel	W43 UTTC	6.62m	7.34m	32.47% 7

M45 Shot Put 11:00am

Name	Age	Team	Finals	Age-Grading	Points
1	Ovidiu Negoita	M45 Jamaica Masters	9.29m	11.16m	48.31% 7
2	Wesley White	M47 Brockville L	8.70m	10.46m	45.24% 4.50
2	Matt Beechey	M46 Jamaica Masters	8.70m	10.46m	45.24% 4.50
4	Michael Mandel	M47 UTTC	6.55m	7.87m	34.06% 3

OMA Indoor Championships - 2017-02-26
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W45 Shot Put 11:00am

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Tracey. (willow) McCarth	W49	Unattached -	8.96m	10.70m 47.28%	7
2 Linda Reid	W46	Jamaica Masters	6.85m	8.18m 36.15%	5
3 Sonia Santarossa	W45	UTTC	6.74m	8.04m 35.57%	4
4 Colleen Hill	W49	Jamaica Masters	6.09m	7.27m 32.14%	3

M50 Shot Put 11:00am

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Paul Gautier	M52	New Brunswick	13.09m	15.34m 66.35%	7
2 Manoharan Sethukavalar	M51	Throwers Club	10.85m	12.71m 54.99%	5
3 Dumitru Ciobanu	M52	Unattached -	9.60m	11.25m 48.66%	4
4 Christian Lemassif	M50	UTTC	9.29m	10.88m 47.09%	3

W50 Shot Put 11:00am

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Petra Ciobanu	W53	Unattached -	10.66m	13.43m 59.39%	7

M55 Shot Put 11:00am

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Muraleetharan Arulpiraga	M57	Unattached -	10.10m	12.83m 55.49%	7
2 John Varone	M58	Jamaica Masters	9.20m	11.68m 50.55%	5
3 Robert Nasato	M56	Jamaica Masters	8.46m	10.74m 46.48%	4

M60 Shot Put 11:00am

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Bill Pearson	M64	Throwers Club	11.27m	14.06m 60.85%	7
2 Ward Hazen	M62	Unattached -	10.30m	12.85m 55.62%	5
3 Harbans Cheema	M62	Unattached -	10.16m	12.68m 54.86%	4

W60 Shot Put 11:00am

Name	Age	Team	Finals	Age-Grading	Points
Alternate					
1 Patricia Blacker-Thomson	W60	Unattached -	5.58m	8.37m 37.03%	7

OMA Indoor Championships - 2017-02-26
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

M65 Shot Put 11:00am

Name	Age Team	Finals	Age-Grading Points
Alternate			
1 Jerzy Wyroba	M67 Unattached -	11.18m	15.21m 65.80% 7 MR
(old MR 10.99 Helmut Lange 1995)			
2 Peter Zowkewych	M66 UTTC	10.54m	14.34m 62.04% 5
3 Ralph Shapiro	M65 Throwers Club	9.52m	12.95m 56.03% 4
4 Brock Pullen	M67 Throwers Club	9.13m	12.42m 53.74% 3

M70 Shot Put 11:00am

Name	Age Team	Finals	Age-Grading Points
Alternate			
1 John Kasperski	M73 Throwers Club	11.31m	14.48m 62.66% 7
2 Bruce Mitchell	M73 Brantford T.F.C.	8.19m	10.48m 45.37% 5
3 Gary McColeman	M74 UTTC	5.98m	7.65m 33.13% 4

M75 Shot Put 11:00am

Name	Age Team	Finals	Age-Grading Points
Alternate			
1 David Morris	M78 Throwers Club	8.39m	11.74m 50.79% 7
2 Enrico Toscano	M76 Throwers Club	5.91m	8.26m 35.77% 5

M45 Weight Throw 8:30am

Name	Age Team	Finals	Age-Grading Points
Alternate			
1 Wesley White	M47 Brockville L	9.38m	10.97m 42.42% 7
2 Ovidiu Negoita	M45 Jamaica Masters	6.29m	7.35m 28.45% 5

W45 Weight Throw 8:30am

Name	Age Team	Finals	Age-Grading Points
Alternate			
1 Tracey. (willow) McCarth	W49 Unattached -	9.94m	12.87m 54.56% 7
2 Colleen Hill	W49 Jamaica Masters	4.99m	6.46m 27.39% 5

M50 Weight Throw 8:30am

Name	Age Team	Finals	Age-Grading Points
Alternate			
1 Paul Gautier	M52 New Brunswick	15.32m	16.06m 62.12% 7
2 Manoharan Sethukavalar	M51 Throwers Club	11.79m	12.36m 47.81% 5

OMA Indoor Championships - 2017-02-26
Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W50 Weight Throw 8:30am

Name	Age	Team	Finals	Age-Grading	Points
1 Petra Ciobanu	W53	Unattached -	8.67m	10.24m 43.44%	7

M55 Weight Throw 8:30am

Name	Age	Team	Finals	Age-Grading	Points
1 Ayman Mazhar	M57	UTTC	15.48m	17.37m 67.19%	7
2 Peter St. Pierre	M58	Throwers Club	9.49m	10.65m 41.19%	5

M60 Weight Throw 8:30am

Name	Age	Team	Finals	Age-Grading	Points
1 Bill Pearson	M64	Throwers Club	12.91m	13.45m 52.04%	7
2 Harbans Cheema	M62	Unattached -	8.54m	8.90m 34.42%	5

M65 Weight Throw 8:30am

Name	Age	Team	Finals	Age-Grading	Points
1 Brock Pullen	M67	Throwers Club	12.06m	13.45m 52.01%	7
2 Ralph Shapiro	M65	Throwers Club	11.26m	12.55m 48.56%	5

M70 Weight Throw 8:30am

Name	Age	Team	Finals	Age-Grading	Points
1 John Kasperski	M73	Throwers Club	15.37m	17.53m 67.80%	7
2 Gary McColeman	M74	UTTC	6.82m	7.78m 30.08%	5

M75 Weight Throw 8:30am

Name	Age	Team	Finals	Age-Grading	Points
1 David Morris	M78	Throwers Club	10.35m	12.71m 49.17%	7
2 Enrico Toscano	M76	Throwers Club	6.50m	7.98m 30.88%	5

M50 3000 Meter Race Walk 9:30am

Name	Age	Team	Finals	Age-Grading	Points
1 Jianping Xu	M51	Harbour Track	14:31.95	12:41.65 82.90%	7

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Results - Age Grading: 5 Yr Indiv & 5 yr Multi

W55 3000 Meter Race Walk 9:30am

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Nicky Slovitt	W56 Ontario Race	21:47.10	18:28.69	62.69%	7

W60 3000 Meter Race Walk 9:30am

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Kris Kozell	W64 Ontario Race	17:34.84	14:10.10	81.76%	7
2 Anne De Thy	W63 Ontario Race	18:36.50	14:59.79	77.24%	5

M65 3000 Meter Race Walk 9:30am

Name	Age Team	Finals	Age-Grading	Points	Alternate
1 Stanley Guttman	M65 Ontario Race	19:37.67	14:52.09	70.78%	7