

Canadian Results

60m

W55

1 **Karla Del Grande** ON **8.53** **CAN**
(Karla ran 8.49 in Kamloops – pending)

2 Wendy Alexis ON 8.61

W60

3 Rhona Trott ON 9.70

M70

7 David Stern ON 9.47

60mH

W60

2 **Rhona Trott** ON **10.92** **CAN**
(Rhona ran 10.71 in Kamloops – pending)

M55

6 Ralph Cilevitz ON 11.52

200m Prelims

W55

1 **Karla Del Grande** ON **27.83** **CAN**

2 Wendy Alexis ON 28.63

M70

5 David Stern ON 31.33

200m Finals

W55

1 **Karla Del Grande** ON **27.62** **CAN WR**
(old CAN 28.15 Karla in 2009,
old WR 27.81 Phil Raschker USA 2003)

2 Wendy Alexis ON 28.47

W60

2 Rhona Trott ON 32.63

M70

5 David Stern ON 31.97

M80

2 Earl Fee ON 32.77

400m

M35

2 Lawrence Williams ON 53.04

M80

1 Earl Fee ON 1:12.47

800m**W45**

3 Annie Bunting ON 2:24.47 CAN

(old CAN 2:24.87 Judy Warick SK 1995)

W50

1 Kathryn Martin NY 2:38.03

9 Katherine Willis ON 2:54.08

M55

3 Francois Martel PQ 2:11.55

(CAN record Francois 2:11.00 in 2009)

M80

1 Earl Fee ON 2:52.57 CAN WR

(old CAN 3:42 Robert Comber ON '09,
old WR 3:07.66 Joseph King USA 2008)

Mile**W50**

2 Rita Quibell ON 5:49.64

4 Lynda deBoer ON 5:50.75

11 Katherine Willis ON 6:24.10

W55

1 Kathryn Martin NY 5:38.38

M55

2 Francois Martel PQ 4:55.58

8 Paul Pearson TX 5:21.07

M60

2 Ken Hamilton ON 5:20.30

15 Gaëtan Breton PQ 6:52.40

3000m**W50**

1 Lynda deBoer ON 11:30.26

7 Katherine Willis ON 12:54.44

W55

1 Kathryn Martin NY 11:18.99

M55

4 Paul Pearson TX 10:30.34

M60

2 Ken Hamilton ON 10:36.35

9 Gaëtan Breton PQ 13:29.54

Long Jump**M55**

4 Ralph Cilevitz ON 4.50

Shot Put**M55**

4 Bill Pearson ON 12.06

Weight Throw

W60

1 Rhona Trott ON 11.16

M55

10 Bill Pearson ON 11.03

Superweight

M55 56lbs

10 Bill Pearson ON 5.59

(is Bill the first Canadian to throw the Superweight ?

We don't hold the event – as the Meet Director can't lift it)

Pentathlon

W60

1 Rhona Trott ON 3658

60mH 11.29 CAN

(listed CAN 11.33 Rhona in 2009)

M45

2 Don Ritchie ON 3257 CAN

(old CAN 3128 Don in 2008)

M55

2 Ralph Cilevitz ON 2546