

**OMA Indoor Championships - 2015-02-22**  
**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M35 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading	H#	Points
Finals					
2 Andre Mitchell	M38 UTTC	7.68	7.43 86.07%	9	5

**M45 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jason Foubert	M45 UTTC	7.56	6.94 92.20%	7	7
2 Chris Lemassif	M48 UTTC	7.60	6.83 93.68%	7	5

**W45 60 Meter Dash 10:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Kate Cochrane-Brink	W47 UTTC	9.73	8.69 79.65%	7

**M45 200 Meter Dash 2:00pm - 200**

Name	Age Team	Prelims	Age-Grading	H#
Preliminaries				
1 Chris Lemassif	M48 UTTC	24.54q	21.47 90.02%	2
2 Jason Foubert	M45 UTTC	25.32q	22.63 85.39%	2

**M45 200 Meter Dash 2:00pm - 200**

Name	Age Team	Finals	Age-Grading	Points
Finals				
1 Chris Lemassif	M48 UTTC	24.39	21.33 90.57%	7
2 Jason Foubert	M45 UTTC	24.92	22.27 86.76%	5

**M40 200 Meter Dash 2:10pm**

Name	Age Team	Finals	Age-Grading	H#	Points
3 Rob Scheifley	M41 UTTC	29.46	27.13 71.25%	8	4

**W45 200 Meter Dash 2:10pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Nancy Catton	W47 UTTC	30.28	26.29 81.21%	2	7
2 Kate Cochrane-Brink	W47 UTTC	31.65	27.47 77.69%	2	5

**W50 200 Meter Dash 2:10pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Rita Botelho	W54 UTTC	35.70	28.66 74.45%	2	7

**OMA Indoor Championships - 2015-02-22**  
**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M65 200 Meter Dash 2:10pm**

Name	Age Team	Finals	Age-Grading	H#	Points
2 Duncan Greenshields	M66 UTTC	34.27	26.50 72.92%	4	5

**W35 400 Meter Dash 11:20am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Marijana Primorac	W35 UTTC	68.36	65.49 72.69%	2	7

**M40 400 Meter Dash 11:20am**

Name	Age Team	Finals	Age-Grading	H#	Points
3 Rob Scheifley	M41 UTTC	62.87	58.38 73.98%	7	4

**M45 400 Meter Dash 11:20am**

Name	Age Team	Finals	Age-Grading	H#	Points
2 Will Hudson	M48 UTTC	63.74	56.35 76.64%	6	5

**W45 400 Meter Dash 11:20am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Nancy Catton	W47 UTTC	66.08	55.74 85.40%	2	7

**M50 400 Meter Dash 11:20am**

Name	Age Team	Finals	Age-Grading	H#	Points
2 Stuart Galloway	M54 UTTC	65.95	56.00 77.12%	5	5

**W50 400 Meter Dash 11:20am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Annie Bunting	W50 UTTC	65.28	53.43 89.09%	2	7

**W55 400 Meter Dash 11:20am**

Name	Age Team	Finals	Age-Grading	Points
1 Katherine Willis	W56 UTTC	1:37.12	75.14 63.35%	7

**M65 400 Meter Dash 11:20am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Duncan Greenshields	M66 UTTC	78.59	61.28 70.47%	4	7

**OMA Indoor Championships - 2015-02-22**  
**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M70 400 Meter Dash 11:20am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Vern Christensen	M74 UTTC	1:26.95	58.94 73.27%	3	7
2 Gary McColeman	M72 UTTC	1:37.33	68.61 62.94%	3	5

**W35 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Marijana Primorac	W35 UTTC	2:41.41	2:41.42 70.18%	7

**M40 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Michal Kapral	M42 UTTC	2:05.55	1:57.21 86.27%	5	7
2 Jay Brecher	M41 UTTC	2:07.72	2:00.32 84.04%	5	5
3 Bill Wells	M40 UTTC	2:14.21	2:07.57 79.26%	5	4

**W40 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Amy Ballon	W43 UTTC	2:42.92	2:34.31 73.42%	7

**M45 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
3 Will Hudson	M48 UTTC	2:30.22	2:12.92 76.07%	4	4

**W45 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Kate Cochrane-Brink	W47 UTTC	2:47.03	2:32.82 74.13%	7
2 Nancy Catton	W47 UTTC	2:51.48	2:36.89 72.21%	5

**M50 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Paul Osland	M51 UTTC	2:06.69	1:49.24 92.56%	3	7
3 Armand D'Oliveira	M54 UTTC	2:20.31	1:57.96 85.72%	3	4
4 Michael Sherar	M51 UTTC	2:27.58	2:07.25 79.46%	3	3

**W50 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Annie Bunting	W50 UTTC	2:32.87	2:16.33 83.09%	7

**OMA Indoor Championships - 2015-02-22**  
**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

**W55 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Lynn Kobayashi	W59 UTTC	3:24.53	2:41.30 70.23%	7

**M60 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 John Helliker	M63 UTTC	2:30.51	1:57.79 85.84%	2	7
3 Wayne Chee	M60 UTTC	2:56.56	2:21.39 71.51%	2	4

**M70 800 Meter Run 2:30pm**

Name	Age Team	Finals	Age-Grading	H#	Points
2 Vern Christensen	M74 UTTC	3:31.00	2:24.81 69.82%	2	5

**M40 1500 Meter Run 10:50am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Ian Reid	M41 UTTC	4:30.63	4:11.66 81.86%	5	7
5 Blair Nicolle	M42 UTTC	5:38.74	5:12.02 66.02%	5	2

**W40 1500 Meter Run 10:50am**

Name	Age Team	Finals	Age-Grading	Points
2 Amy Ballon	W43 UTTC	5:30.59	5:02.53 76.84%	5

**W45 1500 Meter Run 10:50am**

Name	Age Team	Finals	Age-Grading	Points
1 Kate Cochrane-Brink	W47 UTTC	5:44.73	5:00.75 77.30%	7

**M50 1500 Meter Run 10:50am**

Name	Age Team	Finals	Age-Grading	H#	Points
3 James Wallace	M52 UTTC	5:08.25	4:18.97 79.55%	4	4

**W55 1500 Meter Run 10:50am**

Name	Age Team	Finals	Age-Grading	Points
1 Lynn Kobayashi	W59 UTTC	6:25.88	4:47.18 80.95%	7

**M55 1500 Meter Run 10:50am**

Name	Age Team	Finals	Age-Grading	H#	Points
2 Jon Comerford	M58 UTTC	6:32.22	5:12.96 65.83%	3	5

**OMA Indoor Championships - 2015-02-22**  
**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M60 1500 Meter Run 10:50am**

Name	Age Team	Finals	Age-Grading	H#	Points
1 John Helliker	M63 UTTC	5:02.90	3:52.03 88.79%	3	7
3 Tony Farr	M60 UTTC	5:37.41	4:24.70 77.83%	3	4
5 Wayne Chee	M60 UTTC	6:09.33	4:49.74 71.10%	3	2

**W60 1500 Meter Run 10:50am**

Name	Age Team	Finals	Age-Grading	Points
1 Clara Northcott	W60 UTTC	6:29.99	4:46.06 81.27%	7

**M65 1500 Meter Run 10:50am**

Name	Age Team	Finals	Age-Grading	H#	Points
3 Duncan Greenshields	M66 UTTC	6:52.80	5:08.57 66.76%	2	4

**M70 1500 Meter Run 10:50am**

Name	Age Team	Finals	Age-Grading	H#	Points
2 Vern Christensen	M74 UTTC	6:37.17	4:29.88 76.33%	2	5
4 Gary McColeman	M72 UTTC	7:29.64	5:15.29 65.34%	2	3

**M30 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
2 Nicolae Petrescu	M32 UTTC	10:18.99	10:14.17 71.64%	3	5

**M40 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Jason Matthews	M40 UTTC	9:40.53	9:08.66 80.20%	3	7
2 Ming Tsai	M42 UTTC	10:19.37	9:36.64 76.30%	3	5
3 Mike Greenberg	M40 UTTC	10:26.47	9:52.08 74.31%	3	4

**M50 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading	H#	Points
1 Stuart Galloway	M54 UTTC	10:02.19	8:29.76 86.32%	3	7
2 Michael Sherar	M51 UTTC	10:37.91	9:13.46 79.50%	3	5

**W50 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading	Points
1 Rita Botelho	W54 UTTC	12:54.42	10:26.67 80.01%	7

**OMA Indoor Championships - 2015-02-22**  
**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M60 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading H#	Points
1 Tony Farr	M60 UTTC	11:58.83	9:38.16 76.10%	2 7

**W60 3000 Meter Run 1:15pm**

Name	Age Team	Finals	Age-Grading Points
1 Clara Northcott	W60 UTTC	13:50.66	10:18.02 81.13% 7

**W35 4x200 Meter Relay 2:40pm**

Team	Finals	Points
1 University of Toronto TC 'A' 1) Nancy Catton 47 3) Kate Cochrane-Brink 47	2:07.90	7
2) Amy Ballon 43 4) Marijana Primorac 35		

**M40 4x200 Meter Relay 2:40pm**

Team	Finals	H#	Points
1 University of Toronto TC 'A' 1) Jason Matthews 40 3) Michal Kapral 42	1:50.93	2	7
2) Bill Wells 40 4) Jay Brecher 41			

**W50 4x200 Meter Relay 2:40pm**

Team	Finals	Points
1 University of Toronto TC 'A' 1) Rita Botelho 54 3) Clara Northcott 60	2:27.11	7
2) Lynn Kobayashi 59 4) Annie Bunting 50		

**M55 4x200 Meter Relay 2:40pm**

Team	Finals	H#	Points
1 University of Toronto TC 'A' 1) Wayne Chee 60 3) Jon Comerford 58	2:39.87	2	7
2) John Helliker 63 4) Tony Farr 60			

**M60 4x200 Meter Relay 2:40pm**

Team	Finals	Points
1 University of Toronto TC 'A' 1) Peter Zowkewych 64 3) Doug Smith 63	2:33.83	7
2) Gary McColeman 72 4) Vern Christensen 74		

**M40 4x400 Meter Relay 2:50pm**

Team	Finals	Points
1 University of Toronto TC 'A' 1) Jason Matthews 40	4:00.16	7
2) Bill Wells 40		



**OMA Indoor Championships - 2015-02-22**  
**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

**W55 Long Jump 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
1 Lynn Kobayashi	W59 UTTC	2.41m	3.45m 45.99%	7

**M60 Long Jump 1:00pm**

Name	Age Team	Finals	Age-Grading	Points
2 Peter Zowkewych	M64 UTTC	3.49m	5.34m 59.76%	5
3 Doug Smith	M63 UTTC	2.83m	4.26m 47.72%	4

**M45 Triple Jump 1:30pm**

Name	Age Team	Finals	Age-Grading	Points
1 Chris Lemassif	M48 UTTC	8.19m	9.68m 52.98%	7

**M60 Triple Jump 1:30pm**

Name	Age Team	Finals	Age-Grading	Points
2 Peter Zowkewych	M64 UTTC	7.17m	10.70m 58.53%	5

**W35 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading	Points
2 Marijana Primorac	W35 UTTC	6.30m	6.65m 29.40%	5

**M45 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading	Points
3 Will Hudson	M48 UTTC	6.89m	8.16m 35.30%	4

**M50 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading	Points
2 Paul Osland	M51 UTTC	7.23m	8.45m 36.59%	5

**W55 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading	Points
1 Katherine Willis	W56 UTTC	5.42m	8.39m 37.10%	7

**M60 Shot Put 9:30am**

Name	Age Team	Finals	Age-Grading	Points
2 Peter Zowkewych	M64 UTTC	10.71m	15.27m 66.07%	5



**OMA Indoor Championships - 2015-02-22**  
**Results - Age Grading: 1 Yr Indiv & 5 yr Multi**

**M55 Weight Throw Noon**

Name	Age Team	Finals	Age-Grading Points
1 Ayman Mazhar	M55 UTTC	16.52m	19.99m 77.34% 7

=====  
 Combined Team Scores - 18 Events Scored  
 =====

1) University of Toronto TC	505.50	2) Jamaica Masters AC	350
3) Throwers Club	71	4) Newmarket Huskies	62
5) Longboat Road Runners	56	6) Boardwalk Running Club	47
7) Ottawa Lions Track Club	43	8) Hamilton Oympic Club	28
9) Ontario RaceWalkers	26	10) Mississauga Track Club	22
11) East Toronto Striders	19	12) United States of America	16
13) Cambridge Harriers	15	14) Athletiques Internationa	14
14) Quebec	14	16) Toronto Olympic Club	13
17) Phoenix Athletics	7	17) Toronto Race Walkers	7
17) United T.S.C.	7	17) University of Toronto	7
17) Extreme Velocity Track Clu	7	17) Team Canada	7
23) Physikult	5		