

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W40 100 Meter Dash Sat 11:00am**

Name	Age Team	Finals	Wind	Age-Grading H#	Points
Finals					
1 Violeta Garfunkel	W43 UTTC	13.76	-0.8	13.14 79.87%	5 7

W45 100 Meter Dash Sat 11:00am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
2 Gaye Boston	W47 UTTC	14.71	-1.1	13.53 77.57%	4 5

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
4 Mel White	M57 UTTC	13.79	-1.0	12.01 81.58%	10 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

M55 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
7 Mel White	M57 UTTC	27.92	0.8	24.11 80.16%	11

M65 200 Meter Dash Sun 11:30am

Name	Age Team	Finals	Wind	Age-Grading H#	Points
3 Duncan Greenshields	M67 UTTC	32.38	1.3	25.93 74.52%	9 4

M45 400 Meter Dash Sat 2:15pm

Name	Age Team	Finals	Age-Grading H#	Points
3 Marcus Skeete	M48 UTTC	55.67	50.41 85.67%	7 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

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 400 Meter Dash Sat 2:15pm**

Name	Age	Team	Finals	Age-Grading	H#	Points
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

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
2 Thomas Bok	M36	UTTC	2:17.92	2:16.78 73.93%	9	5

M40 800 Meter Run Sun 1:30pm

Name	Age	Team	Finals	Age-Grading	H#	Points
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

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

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
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

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

M60 800 Meter Run Sun 1:30pm

Name	Age	Team	Finals	Age-Grading	H#	Points
2 Anthony Farr	M61	UTTC	2:51.79	2:19.72 72.37%	5	5

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****W60 800 Meter Run Sun 1:30pm**

Name	Age Team	Finals	Age-Grading	Points
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

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
4 Norman Creen	M65 UTTC	2:59.54	2:19.62 72.42%	5	3

M35 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
2 Thomas Bok	M36 UTTC	4:43.94	4:41.47 73.19%	5	5

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

W50 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
3 Gina Beer	W50 UTTC	5:50.35	5:02.25 76.91%	2	4

W60 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	Points
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

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

M75 1500 Meter Run Sat 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
2 Keijo Taivassalo	M77 UTTC	6:35.04	4:18.99 79.54%	3	5

W30 5000 Meter Run Sun 10:00am

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

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M40 5000 Meter Run Sun 10:00am**

Name	Age Team	Finals	Age-Grading	H#	Points
3 Philip Oreopoulos	M44 UTTC	17:31.18	16:54.50 74.62%	3	4

M55 5000 Meter Run Sun 10:00am

Name	Age Team	Finals	Age-Grading	H#	Points
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
2 Rita Botelho	W56 UTTC	23:53.53	19:49.84 72.67%	5
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

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

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

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

M45 400 Long Hurdles Sun 1:30pm

Name	Age Team	Finals	Age-Grading	H#	Points
2 Marcus Skeete	M48 UTTC	65.18	59.61 78.49%	3	5

W45 2000 Meter Steeplechase Sat 9:30am

Name	Age Team	Finals	Age-Grading	Points
1 Kate Cochrane-Brink	W48 UTTC	8:22.06	10:43.45 84.17%	7

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****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
1 Vern Christensen	M75 UTTC	10:04.03	9:03.75 87.10% 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

M45 High Jump Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
2 Marcus Skeete	M48 UTTC	1.55m	1.70m 69.82% 5

M65 High Jump Sat 9:30am

Name	Age Team	Finals	Age-Grading Points
3 Gerd Hauck	M67 UTTC	1.20m	1.66m 67.80% 4

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

W55 Shot Put Sat 1:00pm

Name	Age Team	Finals	Age-Grading Points
2 Katherine Willis	W57 UTTC	5.16m	7.07m 31.25% 5

W55 Javelin Throw Sun 1:00pm

Name	Age Team	Finals	Age-Grading Points
4 Katherine Willis	W57 UTTC	11.38m	16.48m 22.57% 3

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

M65 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
1 Peter Zowkewych	M65 UTTC	10.08m	13.71m 59.33%	711

M70 Shot Put Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
3 Gary McColeman	M74 UTTC	6.55m	8.38m 36.29%	389

M65 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
3 Peter Zowkewych	M65 UTTC	25.81m	30.03m 40.54%	465

M70 Discus Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
3 Gary McColeman	M74 UTTC	14.90m	19.04m 25.71%	254

M65 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
3 Peter Zowkewych	M65 UTTC	19.10m	27.99m 32.27%	318

M70 Hammer Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
3 Gary McColeman	M74 UTTC	15.00m	21.78m 25.12%	220

M65 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
2 Peter Zowkewych	M65 UTTC	27.47m	42.90m 43.57%	484

M70 Javelin Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
3 Gary McColeman	M74 UTTC	11.81m	19.84m 20.15%	159

Canadian Outdoor Championships - 2016-08-12 to 2016-08-14**Results - Age Grading: 5 Yr Indiv & 5 yr Multi****M65 Weight Throw Throws Pentathlon**

Name	Age Team	Finals	Age-Grading	Points
3 Peter Zowkewych	M65 UTTC	8.52m	9.50m 36.74%	424

M70 Weight Throw Throws Pentathlon

Name	Age Team	Finals	Age-Grading	Points
3 Gary McColeman	M74 UTTC	6.56m	7.48m 28.94%	312

M65 Throws Pentathlon Fri 9:00am

Name	Age Team	Finals	Points
3 Peter Zowkewych	M65 UTTC	2402	4

M70 Throws Pentathlon Fri 9:00am

Name	Age Team	Finals	Points
3 Gary McColeman	M74 UTTC	1334	4