

GUELPH T.F.C. ALLCOMERS - 05/06/2005
St James/Grange Road Track and Field Complex
Results

Event 1 Women 100 Meter

Name Year Team Prelims Wind H#

Preliminaries

- 1 Allen, Davia 85 Extreme Track Club 12.49Q -1.4 1
- 2 Gooden, Kimiko 86 Brampton Track C 13.10Q -1.7 2
- 3 Ducasse, Sarah 84 Hamilton Olympic 13.35Q -1.7 2
- 4 Roehner, Jennifer 82 Power Athletics 13.53Q -1.4 1
- 5 Del Grande, Karla 53 Etobicoke Gladst 13.65q -1.4 1
- 6 Bailey, Anesha 89 Burlington Track 13.87q -1.4 1
- 7 Mason-Espin, Amanda 89 Burlington Track 14.20 -1.7 2
- 8 Odame, Jodie 90 Burlington Track 14.47 -1.7 2
- 9 Page, Leah 90 Burlington Track 14.92 -1.4 1
- 10 Wilson, Brianna 92 St Thomas Legion 15.23 -1.7 2
- 11 Joliecoeur, Denise 57 Etobicoke Gladst 16.27 -1.7 2

Event 1 Women 100 Meter

Name Year Team Finals Wind

Finals

- 1 Allen, Davia 85 Extreme Track Club 12.52 -0.6
- 2 Gooden, Kimiko 86 Brampton Track C 12.89 -0.6
- 3 Roehner, Jennifer 82 Power Athletics 13.39 -0.6
- 4 Del Grande, Karla 53 Etobicoke Gladst 13.67 -0.6
- 5 Bailey, Anesha 89 Burlington Track 13.72 -0.6
- 6 Joliecoeur, Denise 57 Etobicoke Gladst 16.20 -0.6

Event 2 Men 100 Meter

Name Year Team Prelims Wind H#

Preliminaries

- 1 Tomlin, Dave 76 Kitchener Waterl 10.79q 0.8 3
- 2 MacInnis, Luke 81 University of To 10.99q -2.1 2
- 3 Allen, Desmond 71 Ontario Masters 11.03q -2.1 2
- 4 Gibbons, Michael 79 York University 11.04q 0.8 3
- 5 Belle, Donnavan 75 Independent 11.08q -0.5 6
- 6 McAuley, Randy London Western T 11.14q -0.2 4

7 Anderson, Martin 85 Extreme Track Club 11.19 -0.5 6
 8 Garber, Anthony 83 Power Athletics 11.28 -1.3 1
 9 Ignacio, Kevin 86 Extreme Track Club 11.31 -0.3 5
 9 Copeland, Anthony 87 Extreme Track Club 11.31 -0.2 4
 11 Ferth, Shane Independent 11.39 -0.2 4
 12 Baibakov, Konstantin Unattached 11.42 -0.3 5
 13 McDowell, Pierre-Vaughn 80 Extreme Track Club 11.49 0.8 3
 14 Scott, Sheldon 82 Central Pickerin 11.50 -2.1 2
 15 Norris, Cory 89 Guelph Track& F 11.76 -0.5 6
 16 St Hill, Christopher 86 Extreme Track Club 11.79 -0.3 5
 17 Atkinson, Donald 65 Kitchener Waterl 11.87 -2.1 2
 17 Young, Paul 84 Niagara Regional 11.87 -1.3 1
 19 Hinds, KJ 89 Burlington Track 12.29 -0.3 5
 20 Stewart, Kyle 89 Hamilton Olympic 12.31 -0.2 4
 21 Kamran, Sandi 89 Laurel Creek T.F.A. 12.33 -1.3 1
 21 Dokendorf, Jason Kitchener Waterl 12.33 -0.3 5
 23 Kudo, Ken Guelph Track& F 12.36 0.8 3
 24 Harris, Brady 89 St Thomas Legion 12.57 -0.5 6
 25 Tucker, Greg 91 Kitchener Waterl 12.73 -0.2 4
 26 Hernandez, Sebastian 89 Guelph Track& F 12.79 0.8 3
 27 Semenowicz, Matthew 91 London Western T 13.00 -1.3 1
 28 Cilewitz, Ralph 54 Etobicoke Gladst 13.25 -2.1 2
 29 Stanley, Malcolm 90 Oakville Legion 13.33 -1.3 1
 30 Stantsos, Mark 91 St Thomas Legion 14.36 -0.5 6
 31 Stern, David 40 Etobicoke Gladst 14.45 -0.5 6
 32 Magliarisi, Sam Laurel Creek T.F.A. 14.48 -0.2 4
 33 Callahan, Tyler St Thomas Legion 15.93 -2.1 2

Event 2 Men 100 Meter

Name Year Team Finals Wind

Finals

1 Tomlin, Dave 76 Kitchener Waterl 10.70 -1.3
 2 Belle, Donnavan 75 Independent 10.96 -1.3
 3 Robinson, Justin 83 Extreme Track Club 11.06 -1.3
 4 Allen, Desmond 71 Ontario Masters 11.22 -1.3
 5 Gibbons, Michael 79 York University 11.24 -1.3
 6 McDowell, Pierre-Vaughn 80 Extreme Track Club 11.69 -1.3

Event 3 Women 200 Meter

Name Year Team Finals Wind H#

1 Brown, Alecia 85 Extreme Track Club 25.18 -1.1 3
 2 Ruediger, Kate 87 Oakville Legion 26.65 -1.1 3

3 Del Grande, Karla 53 Etobicoke Gladst 27.58 -1.1 3
4 Ducasse, Sarah 84 Hamilton Olympic 27.76 -1.1 3
5 McMullan, Lynsey 91 St Thomas Legion 28.31 -2.2 2
6 Sivio, Amanda Cambridge T.F.C. 28.49 -1.1 3
7 Bailey, Anesha 89 Burlington Track 28.65 -2.2 2
8 Mason-Espin, Amanda 89 Burlington Track 28.72 -2.2 2
8 Wartman, Jessana 90 Kitchener Waterl 28.72 -0.8 1
10 McCurdy, Justine 91 St Thomas Legion 29.31 -1.1 3
11 Jones, Monika 92 Kitchener Waterl 29.57 -2.2 2
12 Bounmy, I Kitchener Waterl 29.97 -0.8 1
13 Callahan, Sarah 92 St Thomas Legion 30.13 -0.8 1
14 Odame, Jodie 90 Burlington Track 30.16 -0.8 1
15 Page, Leah 90 Burlington Track 30.92 -2.2 2
16 Copeland, Emily 92 St Thomas Legion 31.10 -2.2 2

Event 4 Men 200 Meter

Name Year Team Finals Wind H#

1 Tomlin, Dave 76 Kitchener Waterl 21.89 -1.0 7
2 MacInnis, Luke 81 University of To 22.11 -0.9 6
3 Westman, Robert 81 QC Quebec 22.32 -1.0 7
4 Scott, Sheldon 82 Central Pickerin 22.42 -1.0 7
5 Robinson, Justin 83 Extreme Track Club 22.55 -1.0 7
6 Gibbons, Michael 79 York University 22.57 -1.2 5
7 Belle, Donnavan 75 Independent 22.69 -0.9 6
8 Anderson, Martin 85 Extreme Track Club 22.73 -1.0 7
9 Ignacio, Kevin 86 Extreme Track Club 22.81 -0.9 6
10 El Morsy, Tarek 85 Phoenix Athletic 22.87 -1.2 5
11 Garber, Anthony 83 Power Athletics 22.88 -0.9 6
12 McAuley, Randy London Western T 22.96 -1.0 7
13 Ferth, Shane Independent 23.09 0.3 4
14 Baibakov, Konstantin Unattached 23.14 -0.9 6
15 Copeland, Anthony 87 Extreme Track Club 23.16 -0.9 6
16 Morrison, Cordell 86 Mississauga T.F.C. 23.28 -1.2 5
17 Atkinson, Donald 65 Kitchener Waterl 23.57 0.3 4
18 Young, Paul 84 Niagara Regional 23.82 -1.2 5
19 Rhodes, Jason Unattached 23.83 -1.2 5
20 Allen, Desmond 71 Ontario Masters 23.85 0.3 4
21 Gabay, Rodney 85 Hamilton Olympic 23.90 0.3 4
22 St Hill, Christopher 86 Extreme Track Club 23.94 0.3 4
23 McDowell, Pierre-Vaughn 80 Extreme Track Club 24.21 -1.2 5
24 Kamran, Sandi 89 Laurel Creek T.F.A. 24.78 +0.0 3
25 MacKenzie, Tom Oakville Legion 24.80 +0.0 3
26 Moffatt, Michael 84 Hamilton Olympic 25.14 +0.0 3
27 Hinds, KJ 89 Burlington Track 25.31 -0.3 2

28 Kudo, Ken Guelph Track& F 25.57 -0.3 2
29 Jennett, Ryan 88 Guelph Track& F 25.58 -0.1 1
30 Harris, Brady 89 St Thomas Legion 25.63 +0.0 3
31 Semenowicz, Matthew 91 London Western T 25.69 -0.3 2
32 Magliarisi, Sam Laurel Creek T.F.A. 25.73 -0.1 1
33 Tucker, Greg 91 Kitchener Waterl 25.88 +0.0 3
34 De Gannes, Kyle 90 Burlington Track 27.57 -0.3 2
35 Emery, Eric 91 Cambridge Harriers 29.27 -0.3 2
36 Stern, David 40 Etobicoke Gladst 30.65 -0.1 1
37 Callahan, Tyler St Thomas Legion 32.48 -0.1 1

Event 5 Women 400 Meter

Name Year Team Finals H#

1 Brown, Alecia 85 Extreme Track Club 55.07 3
2 Griffin, Loni 83 York University 59.97 3
3 Ruediger, Kate 87 Oakville Legion 1:00.30 3
4 Toledo-Moller, Aralia 81 York University 1:01.19 3
5 Strutt, Marianna 89 London Western T 1:02.87 3
6 Wartman, Jessana 90 Kitchener Waterl 1:05.46 2
7 Sivio, Amanda Cambridge T.F.C. 1:05.90 1
8 Mason-Espin, Amanda 89 Burlington Track 1:06.76 3
9 McCurdy, Justine 91 St Thomas Legion 1:07.26 2
10 Preradovich, Chanelle 90 Burlington Track 1:08.63 1
11 Callahan, Sarah 92 St Thomas Legion 1:08.77 2
12 Bell, Sarah 90 Laurel Creek T.F.A. 1:08.93 2
13 Cousins, Sadie 89 Guelph Track& F 1:09.68 2
14 Copeland, Emily 92 St Thomas Legion 1:09.85 2
15 Embree, Caitlin 90 ON Guelph Minor 1:13.63 1

Event 6 Men 400 Meter

Name Year Team Finals H#

1 MacInnis, Luke 81 University of To 48.63 6
2 Young, Andrew 81 Niagara Regional 48.90 6
3 El Morsy, Tarek 85 Phoenix Athletic 49.86 6
4 Johnson, Adam 88 Extreme Track Club 50.75 5
5 Hayes, Greg 88 Hamilton Olympic 50.96 5
6 Armstrong, Mark 84 Extreme Track Club 51.12 6
7 Dobranowski, Alexander 84 Precision Athletics 51.40 5
8 Durand, Andrew 85 London Western T 52.24 4
9 Calwell, Jordan 87 London Western T 52.37 5
10 Gabay, Rodney 85 Hamilton Olympic 52.40 6
11 Sweiger, Kevin 88 Saugeen Track & 52.66 3

11 Ball, Greg Cambridge T.F.C. 52.66 4
13 Bishop, Adrian 84 Phoenix Athletic 52.68 1
14 Millage, Jamie 84 Phoenix Athletic 53.87 5
15 Gamble, Dustin 85 Speed River T.F.C. 54.75 4
16 Petropoulos, Dimitri 82 Precision Athletics 54.94 4
17 Hofmann, Matthew 86 Guelph Track& F 55.36 3
18 Hancock, Ben St Thomas Legion 55.80 3
19 Moffatt, Michael 84 Hamilton Olympic 56.56 4
20 Santos, Chris Cambridge T.F.C. 57.16 2
21 Hinds, KJ 89 Burlington Track 57.87 3
22 Semenowicz, Matthew 91 London Western T 58.03 3
23 MacKenzie, Tom Oakville Legion 58.04 3
24 Szafran, Chris London Western T 1:01.09 1
25 De Gannes, Kyle 90 Burlington Track 1:01.80 2
26 Spence, Ryan 91 Cambridge T.F.C. 1:05.04 1

Event 7 Women 800 Meter

Name Year Team Finals H#

1 Vanos, Jennifer 86 St Thomas Legion 2:17.24 2
2 Heale, Liane 84 University of To 2:18.64 2
3 Lightman, Deborah 86 University of To 2:21.44 2
4 Henderson, Kate 83 Speed River T.F.C. 2:21.91 2
5 Katz, Sarah 78 University of To 2:24.43 2
6 Lusignan, Kirstie 90 Guelph Track& F 2:29.90 1
7 Smith, Allison 86 York University 2:31.56 1
8 Andres, Michelle 90 Guelph Track& F 2:32.34 1
9 Brisbois, Marie-Claire 81 ON York U. Lions 2:32.57 1
10 Brinks, Erin 90 South SimcoeDuf 2:39.06 1
11 Bell, Sarah 90 Laurel Creek T.F.A. 2:43.95 1
12 Kannenberg, Natalie 91 Guelph Track& F 2:45.53 1
13 Rayner, Lesley 91 Guelph Track& F 2:54.92 1

Event 8 Men 800 Meter

Name Year Team Finals H#

1 Smith, Liam Unattached 1:56.50 3
2 Stephen, Vernon Phoenix Athletic 1:57.48 3
3 Desormeaux, Kyle 80 Speed River T.F.C. 1:58.06 3
4 Anderson, Travis 76 Brantford T.F.C. 1:59.39 3
5 Millage, Jamie 84 Phoenix Athletic 1:59.69 3
6 Standen, Geoffrey 85 Phoenix Athletic 2:00.52 3
7 O'Hagan, Ryan Petrolia T.F.C. 2:00.64 2
8 Gamble, Dustin 85 Speed River T.F.C. 2:07.04 2

- 9 McFarquhar, Craig Unattached 2:09.08 2
- 10 Douglas, Andrew 89 Sarnia Athletics 2:09.13 2
- 11 Cunliffe, Bill 59 Unattached 2:13.66 1
- 12 Bang, Eric 89 Oakville Legion 2:16.65 2
- 13 Lillis, Christopher 89 Hamilton Olympic 2:21.15 1
- 14 Burt, Seth 91 Woodstock Legion 2:26.61 1
- 15 Thompson, Ken Unattached 2:27.69 1
- 16 Haenni, Dustin 91 South SimcoeDuf 2:28.31 1
- 17 Szafran, Chris London Western T 2:33.90 1
- 18 Ploc-Canning, Kris 91 Kitchener Waterl 2:39.86 1
- 19 Ackworth, Mike 93 St Thomas Legion 2:49.19 1

Event 9 Women 1500 Meter

Name Year Team Finals

- 1 Brown, Megan 85 Newmarket Huskie 4:22.28
- 2 Tufts, Nikki 86 London Western T 4:57.29
- 3 Green, Hayley 91 Saugeen Track & 5:03.77
- 4 Quibell, Rita 55 Newmarket Huskie 5:19.27
- 5 Aust, Charlotte 86 Toronto Olympic 5:27.61

Event 10 Men 1500 Meter

Name Year Team Finals

- 1 De Witt, Nathan 85 Brantford T.F.C. 4:04.28
- 2 MacAulay, Angus 84 Speed River T.F.C. 4:06.48
- 3 Barr, Jeff 84 Hamilton Olympic 4:07.50
- 4 Dalton, Phillip 86 Saugeen Track & 4:10.99
- 5 Bredin, Etienne 86 University of To 4:15.17
- 6 Lyons, Steve 86 Petrolia T.F.C. 4:18.79
- 7 Thomson, Jared 85 Hamilton Olympic 4:19.73
- 8 Fischer, Steve 84 Saugeen Track & 4:21.09
- 9 Cybulski, David 84 Unattached 4:21.69
- 10 Hackshaw, Derek 69 Newmarket Huskie 4:24.29
- 11 Prudhomme, Spencer 89 Niagara Olympic 4:28.53
- 12 Bennett, James 89 Saugeen Track & 4:29.22
- 13 O'Hare, Ron 70 Newmarket Huskie 4:29.63
- 14 Hardwick, James 88 Newmarket Huskie 4:42.61
- 15 Coral-Mellon, Francis 89 Newmarket Huskie 4:43.08
- 16 Bang, Eric 89 Oakville Legion 4:45.05
- 17 Byrne, Louis 71 Toronto Olympic 4:49.11
- 18 Haenni, Dustin 91 South SimcoeDuf 5:02.55
- 19 Burt, Seth 91 Woodstock Legion 5:12.47

Event 11 Women High Jump

Name Year Team Finals

1 Preradovich, Chanelle 90 Burlington Track 1.50m

1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55

P P P P P O O O XXX

2 Lynch, Mary Unattached J1.50m

1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55

P P P P P O O O XXO XXX

3 Preradovich, Sonja Unattached 1.40m

1.10 1.15 1.20 1.25 1.30 1.35 1.40 1.45

P P P P P X O X X O XXX

4 McMullan, Lynsey 91 St Thomas Legion 1.25m

1.10 1.15 1.20 1.25 1.30

P P O O XXX

5 Wilson, Brianna 92 St Thomas Legion J1.25m

1.10 1.15 1.20 1.25 1.30 1.35

P O O X O P XXX

Event 12 Men High Jump

Name Year Team Finals

1 Scherle, Mark 84 Kitchener Waterl 2.05m

1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85 1.90 1.95 2.00 2.05 2.10

P P P P P P P P P P P P P P X O O XXX

2 Vermue, Mitch 84 Unattached 2.00m

1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85 1.90 1.95 2.00 2.05

P P P P P P P P P P P P P P X O XXX

3 Bishop, Adrian 84 Phoenix Athletic J2.00m

1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85 1.90 1.95 2.00 2.05

P P P P P P P P P P P O X X O X X O XXX

4 Witmer, Alex 89 Laurel Creek T.F.A. 1.85m

1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85 1.90

P P P P P P P P P O O XXX

4 Graves, Eric Unattached 1.85m

1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85 1.90

P P P P P P P P P O XXX

6 Hillis, Justin Unattached 1.65m

1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.75

P P P P P O O XXX P

7 Garrick, Darnell Unattached J1.65m

1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70

P P P P P P X O XXX

8 Stantsos, Mark 91 St Thomas Legion 1.55m

1.35 1.40 1.45 1.50 1.55 1.60
O O O O O XXX

Event 13 Women Long Jump

Name Year Team Finals Wind

1 Adu-Gyamfi, Jocelyn 81 University of To 6.09m -1.1
6.03m(-3.0) FOUL(NWI) FOUL(NWI) FOUL(NWI) 6.09m(-1.1) 5.83m(-3.4)
2 Zachariah, Neb 87 Guelph Track& F 5.26m -1.5
4.44m(-3.4) 5.09m(-1.9) 5.26m(-1.5) FOUL(NWI) 4.95m(-3.3) 4.65m(-2.4)
3 Lynch, Mary Unattached J5.26m -2.7
4.72m(-4.1) 5.26m(-2.7) FOUL(NWI) FOUL(NWI) FOUL(NWI) FOUL(NWI)
4 Backx, Alanna 86 York County 5.22m -3.2
5.00m(-1.6) 5.02m(-2.7) FOUL(NWI) 4.91m(-3.2) 4.80m(-2.6) 5.22m(-3.2)
5 Roehner, Jennifer 82 Power Athletics 5.15m -2.4
FOUL(NWI) FOUL(NWI) 4.91m(-3.6) 5.05m(-2.0) FOUL(NWI) 5.15m(-2.4)
6 Wilson, Jessica 89 Over The TopHig 5.10m -2.6
FOUL(NWI) 4.95m(-3.8) FOUL(NWI) 5.10m(-2.6) FOUL(NWI) FOUL(NWI)
7 Williamson, Lindsay 86 Hamilton Olympic 4.90m -4.0
4.51m(-2.6) 4.75m(-3.8) FOUL(NWI) 4.71m(-3.0) 4.90m(-4.0) 4.86m(-1.9)
8 Mullings, Sheree 81 University of To 4.78m -2.1
4.38m(-2.4) 4.54m(-1.9) 4.78m(-2.1) 4.71m(-1.6) 4.59m(-3.0) 4.51m(-2.0)
9 Purton, Sarah 82 Guelph Track& F 4.65m -2.3
4.65m(-2.3) FOUL(NWI) 4.55m(-3.0)
10 Tschirhart, Victoria 87 Guelph Track& F 4.63m -1.7
4.29m(-3.0) 4.63m(-1.7) 4.54m(-2.1)
11 Bell, Jenna 84 Kitchener Waterl 4.62m -2.3
4.48m(-2.6) 4.44m(-4.6) 4.62m(-2.3)
12 Withers, Jennifer 89 Brights Grove At 4.49m -1.8
4.49m(-1.8) 4.09m(-3.0) 4.49m(-2.3)
13 Kwan, Irene 80 Mississauga T.F.C. 4.37m -4.7
4.37m(-4.7) 4.37m(-3.0) 4.14m(-1.9)
14 Preradovich, Sonja Unattached 3.90m -3.6
3.90m(-3.6) 3.84m(-2.9) 3.81m(-3.7)
15 Gropp, Darian Unattached 2.89m -2.4
2.89m(-2.4) 2.73m(-3.8) FOUL(NWI)
-- Joliecoeur, Denise 57 Etobicoke Gladst FOUL NWI
FOUL(NWI) FOUL(NWI) FOUL(NWI)

Event 14 Men Long Jump

Name Year Team Finals Wind

1 Nangle, Marlon Power Athletics 7.03m -3.4
FOUL(NWI) 6.96m(-1.8) 6.74m(-4.7) FOUL(NWI) 7.03m(-3.4) FOUL(NWI)
2 Sylvan, Rudy 79 Phoenix Athletic 6.84m -0.4
6.62m(-1.9) 6.84m(-0.4) 6.33m(-3.5) 6.28m(-1.9) FOUL(NWI) 6.03m(-3.9)
3 Scherle, Mark 84 Kitchener Waterl 6.74m -3.6

6.51m(-4.7) 6.61m(-1.3) 6.71m(-2.1) 6.71m(-2.6) FOUL(NWI) 6.74m(-3.6)
 4 Kuruneri, Guyson 85 Guelph Track& F J6.74m -2.8
 6.43m(-1.6) 6.46m(-4.5) FOUL(NWI) 6.74m(-2.8) FOUL(NWI) 6.60m(-3.9)
 5 Dobranowski, Alexander 84 Precision Athletics 6.13m -3.0
 5.79m(-4.9) FOUL(NWI) FOUL(NWI) 4.61m(3.2) 6.13m(-3.0) 6.10m(-3.5)
 6 Petropoulos, Dimitri 82 Precision Athletics 5.46m -1.8
 FOUL(NWI) FOUL(NWI) FOUL(NWI) 5.46m(-1.8) FOUL(NWI) PASS(NWI)
 7 Tucker, Greg 91 Kitchener Waterl 5.11m -3.2
 4.94m(-0.4) FOUL(NWI) FOUL(NWI) 4.97m(-3.0) PASS(NWI) 5.11m(-3.2)
 8 Ploc-Canning, Kris 91 Kitchener Waterl 4.60m -3.2
 4.40m(-4.5) 4.50m(-0.0) 4.51m(-3.8) 4.60m(-3.2) 4.29m(-3.1) FOUL(NWI)

Event 15 Women Triple Jump

Name Year Team Finals Wind

1 Zachariah, Neb 87 Guelph Track& F 11.95m -3.3
 11.95m(-3.3) 11.77m(-1.9) 11.72m(-1.1) FOUL(NWI) 11.36m(-4.5) 11.47m(-2.3)
 2 Purton, Sarah 82 Guelph Track& F 10.46m -1.5
 FOUL(NWI) 10.32m(-3.9) FOUL(NWI) FOUL(NWI) 10.21m(-2.9) 10.46m(-1.5)
 3 Mullings, Sheree 81 University of To 10.39m -2.2
 10.39m(-2.2) 10.39m(-1.3) 9.51m(-1.0) 10.28m(-2.0) 10.21m(-3.2) 10.23m(-1.4)
 4 Williamson, Lindsay 86 Hamilton Olympic 10.28m 3.3
 9.87m(-3.2) 10.03m(-4.5) 10.02m(-4.2) PASS(NWI) 10.28m(3.3) 10.22m(-2.7)
 5 Bell, Jenna 84 Kitchener Waterl 10.09m -2.9
 FOUL(NWI) 9.78m(-3.0) FOUL(NWI) 9.94m(-3.8) FOUL(NWI) 10.09m(-2.9)
 6 Tschirhart, Victoria 87 Guelph Track& F 9.98m -3.2
 9.46m(-4.1) 9.69m(-1.3) 9.91m(-1.0) 9.98m(-3.2) 9.78m(-3.9) 9.97m(-1.5)
 7 Kwan, Irene 80 Mississauga T.F.C. 9.87m -4.8
 FOUL(NWI) FOUL(NWI) FOUL(NWI) 9.87m(-4.8) 9.87m(-2.0) FOUL(NWI)

Event 16 Men Triple Jump

Name Year Team Finals Wind

1 Nangle, Marlon Power Athletics 14.84m -1.6
 FOUL(NWI) FOUL(NWI) 14.84m(-1.6) FOUL(NWI) FOUL(NWI) FOUL(NWI)
 2 Jarrett, Deighton 80 Independent 14.22m -1.0
 14.22m(-1.0) 13.18m(-1.7) FOUL(NWI) FOUL(NWI) FOUL(NWI) 13.44m(-2.4)
 3 Harriott, Dwayne 86 Laurel Creek T.F.A. 13.91m 3.8
 FOUL(NWI) FOUL(NWI) 13.91m(3.8) FOUL(NWI) FOUL(NWI) FOUL(NWI)
 4 Hunte, David 85 Laurel Creek T.F.A. 13.75m 3.1
 FOUL(NWI) FOUL(NWI) 13.75m(3.1) FOUL(NWI) 13.55m(-1.7) FOUL(NWI)
 5 Goetz, Jason 85 Laurel Creek T.F.A. 13.46m -0.8
 13.46m(-0.8) 13.24m(2.1) FOUL(NWI) 13.25m(-2.9) FOUL(NWI) PASS(NWI)
 6 Ambrose, Asa 91 Laurel Creek T.F.A. 12.51m -3.2
 11.89m(+0.0) 12.33m(-3.6) 12.51m(-3.2) FOUL(NWI) 12.10m(-3.8) 12.46m(-2.6)

Event 17 Women Shot Put

4kg 3kg (paralympic)**Name Year Team Finals**

1 Patterson, Heather 86 Speed River T.F.C. 12.14m
11.26m FOUL FOUL 11.10m 11.99m 12.14m
2 Jackson, Stephanie Unattached 11.05m
11.05m FOUL 10.40m 10.49m 10.69m FOUL
3 Lane, Diana 88 London Western T 10.41m
9.93m 10.38m 10.41m FOUL 10.03m 10.35m
4 McIntosh, Sarah 88 Saugeen Track & 10.03m
FOUL 9.34m 10.03m FOUL 9.15m 9.68m
5 Li, Yin 86 London Western T 9.73m
FOUL FOUL 9.66m 9.34m 9.73m FOUL
6 Bailey, Carolyn 88 Saugeen Track & 9.64m
9.53m 9.64m 9.01m FOUL 8.86m 9.46m
7 Pilling, Jessica 91 London Western T 8.31m
FOUL 7.70m 8.31m 8.11m 7.36m FOUL
8 Jones, Monika 92 Kitchener Waterl 6.72m
PASS PASS 5.84m FOUL 6.03m 6.72m
9 Wallace, Katie 83 Cruiser Sports f 6.36m
6.36m 5.87m 6.22m 5.87m 5.94m 6.21m

Event 18 Men Shot Put

JM 6kg MB/PAR 4kg**Name Year Team Finals**

1 Helf, Kyle 86 Independent 17.69m
FOUL 17.48m 17.69m FOUL FOUL 17.48m
2 Szpak, Patrick 86 Unattached 15.82m
15.02m 15.73m 15.55m 15.71m 15.82m FOUL
3 Kiefer, Dustin 88 London Western T 14.74m
FOUL FOUL 14.04m 13.32m 14.24m 14.74m
4 Collins, Wiley 90 London Western T 13.43m
13.11m 13.15m 13.43m 12.02m 12.34m 11.71m
5 Brown, Mark 90 Unattached 11.81m
11.81m 11.26m 11.38m 10.52m 11.42m FOUL
6 Rafferty, Shane 90 Saugeen Track & 10.81m
10.81m 10.81m FOUL 10.57m FOUL 10.19m
7 Pettey, Kyle 83 Cruiser Sports f 10.44m
9.96m 10.31m 10.44m 10.13m 9.73m 10.00m

Event 19 Women Discus Throw

1kg

Name Year Team Finals

**1 Lane, Diana 88 London Western T 32.55m
FOUL 32.38m 32.39m 32.55m FOUL FOUL
2 Pilling, Jessica 91 London Western T 27.45m
26.51m 21.78m 27.45m 27.28m FOUL FOUL
-- Li, Yin 86 London Western T FOUL
FOUL FOUL FOUL FOUL FOUL FOUL**

Event 20 Men Discus Throw

OM 2kg JM 1.75kg MB/PAR 1kg

Name Year Team Finals

**1 Ransky, Mike 70 Independent 50.85m
FOUL FOUL FOUL 47.84m 50.85m 48.58m
2 Collins, Wiley 90 London Western T 48.55m
44.60m 47.60m 48.55m 47.25m FOUL 44.89m
3 Helf, Kyle 86 Independent 47.30m
45.95m FOUL FOUL 47.30m 45.76m 46.37m
4 Pettay, Kyle 83 Cruiser Sports f 36.64m
34.56m 32.41m 36.64m 36.05m 34.55m 36.50m
5 Dicesare, Mike 90 Hamilton Olympic 30.90m
30.90m 29.00m FOUL 29.30m 27.47m 30.44m**

Event 21 Women Hammer Throw

4kg

Name Year Team Finals

**1 Patterson, Heather 86 Speed River T.F.C. 38.26m
30.85m 38.26m 35.75m 33.03m 35.17m FOUL
2 Lane, Diana 88 London Western T 36.20m
32.80m 34.30m 34.96m 36.20m FOUL 33.10m
3 Bailey, Carolyn 88 Saugeen Track & 31.47m
FOUL FOUL 31.47m FOUL FOUL 31.14m
4 Li, Yin 86 London Western T 29.84m
29.84m FOUL FOUL FOUL FOUL FOUL
5 Jackson, Stephanie Unattached 26.54m
22.67m 19.87m 26.54m 22.59m 21.75m FOUL
6 Millar, Adriana 88 Saugeen Track & 25.95m
23.71m 25.94m 25.95m 24.53m FOUL FOUL
7 McIntosh, Sarah 88 Saugeen Track & 21.79m
FOUL 21.37m FOUL 20.10m 20.41m 21.79m**

Event 22 Men Hammer Throw

OM 7.26kg JM 6kg MB 4kg
Name Year Team Finals

1 Lennie, Nathan 79 York University 51.11m
48.75m 51.11m 50.70m FOUL 48.51m 46.65m
2 Millar, Brad 87 Saugeen Track & 49.64m
47.99m 47.67m 45.23m FOUL 49.64m 48.24m
3 Archer, Joshua 88 Saugeen Track & 45.53m
44.06m 45.53m 42.63m 42.24m FOUL 45.18m
4 Kiefer, Dustin 88 London Western T 39.99m
FOUL 39.99m FOUL FOUL FOUL FOUL
5 Rafferty, Shane 90 Saugeen Track & 28.58m
26.35m FOUL FOUL FOUL FOUL 28.58m
6 Brown, Mark 90 Unattached 23.74m
FOUL FOUL FOUL 23.74m FOUL FOUL

Event 23 Women Javelin Throw

600g
Name Year Team Finals

1 Roelofsen, Vanessa 85 London Western T 45.92m
FOUL FOUL 38.74m 45.92m FOUL 40.41m
2 Manera, Elise Hamilton Olympic 36.11m
35.78m FOUL 34.93m 36.11m FOUL 34.03m
3 Withers, Jennifer 89 Brights Grove At 29.09m
FOUL 29.09m 26.67m 28.17m 26.09m 26.75m

Event 24 Men Javelin Throw

OM/JM 800g MB 600g BB 400g
Name Year Team Finals

1 Withers, Marty 60 Brights Grove At 54.90m
FOUL 54.90m FOUL 51.45m 52.93m 50.08m
2 Millar, Brad 87 Saugeen Track & 52.77m
52.77m 50.46m 51.48m PASS PASS PASS
3 Collins, Wiley 90 London Western T 47.60m
46.69m FOUL 45.37m FOUL 47.60m 44.13m
4 Buttenaar, Dane 87 Saugeen Track & 45.72m
FOUL 45.72m FOUL FOUL 44.70m 45.70m
5 Finkbeiner, Michael 54 Hamilton Olympic 44.88m
FOUL FOUL 43.84m FOUL 44.88m 44.46m
6 Withers, Ben 92 Brights Grove At 39.59m
36.36m 30.48m 39.59m 35.04m FOUL FOUL

**7 Breme, Mark Saugeen Track & 37.52m
32.80m 32.66m FOUL FOUL 30.83m 37.52m
8 Rafferty, Shane 90 Saugeen Track & 36.07m
36.07m 33.50m 33.57m FOUL 31.60m 34.25m
9 Withers, Tyler 93 Brights Grove At 33.32m
FOUL FOUL 33.32m 28.71m 30.20m FOUL**