



**TORONTO TRACK & FIELD CENTRE
THROWERS CLUB MEET #3
Ontario Masters Throws Pentathlon & Triathlon Championships
August 18, 2018 RESULTS**

**THROWS PENTATHLON
MASTERS**

Men	HT	SP	DT	JT	WT	PTS
Men 70-79						
Enrico Toscano 77						
Meters	14.25	5.73	14.56	10.28	6.38	
AG Mark	23.49	8.01	20.86	19.46	7.83	
Perf. %	27.09%	34.68%	28.17%	19.76%	30.31%	
Points	247	367	288	154	332	1,388
Men 65-69						
Bill Pearson 66						
Meters	29.10	10.28	34.82	23.77	10.56	
AG Mark	42.64	13.98	40.52	37.12	11.77	
Perf. %	49.17%	60.50%	54.70%	37.70%	45.54%	
Points	555	727	675	401	551	2,909
Men 60-64						
Mark Cwiek 64						
Meters	33.77	9.69	35.75	31.29	13.25	
AG Mark	44.17	12.09	37.99	44.24	13.81	
Perf. %	50.93%	52.31%	51.29%	44.93%	53.41%	
Points	580	612	624	504	667	2,987
Men 50-54						
Dan Parsons 50						
Meters	39.69	13.15	48.10	31.54	15.82	
AG Mark	47.08	15.41	49.14	38.72	16.59	
Perf. %	54.29%	66.67%	66.35%	39.32%	64.16%	
Points	628	815	852	424	826	3,545

**THROWS PENTATHLON
MASTERS**

Women	HT	SP	DT	JT	WT	PTS
Women 55-59						
Kristen Dajia 55			Can. Rec.		Can. Rec.	
Meters	33.46	9.08	27.15	17.42	11.85	
AG Mark	46.79	12.44	39.11	25.22	15.30	
Perf. %	60.77%	54.99%	50.93%	34.56%	64.86%	
Points	861	690	637	386	820	3,394
Women 50-54						
Tracey McCarthy 50						
Meters	24.52	9.20	18.79	18.95	10.37	
AG Mark	31.47	11.59	24.66	24.91	12.25	
Perf. %	40.88%	51.25%	32.12%	34.13%	51.95%	
Points	525	634	363	381	631	2,534

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TRIATHLON
MASTERS
Men

Men 80-84

Paul Arculus 83

Meters	0.00	7.43	21.19	12.83	0.00	
AG Mark	0.00	11.18	34.83	26.88	0.00	
Perf. %	0.00%	48.38%	47.03%	27.30%	0.00%	
Points	0	557	560	256	0	1,373

Men 75-79

Gary McColeman 76

Meters	0.00	6.01	14.85	14.54	0.00	
AG Mark	0.00	8.40	21.28	27.52	0.00	
Perf. %	0.00%	36.37%	28.73%	27.95%	0.00%	
Points	0	390	296	264	0	950

Men 65-69

Peter Zowkewych 67

Meters	0.00	11.05	28.60	29.75	0.00	
AG Mark	0.00	15.03	33.28	46.46	0.00	
Perf. %	0.00%	65.03%	44.93%	47.19%	0.00%	
Points	0	792	529	536	0	1,857

Men 60-64

Peter St. Pierre 60

Meters	0.00	9.28	24.73	33.93	0.00	
AG Mark	0.00	11.58	26.28	47.97	0.00	
Perf. %	0.00%	50.10%	35.48%	48.72%	0.00%	
Points	0	581	392	559	0	1,532

Matthew Kleinosky 60

Meters	0.00	7.01	19.60	21.89	0.00	
AG Mark	0.00	8.74	20.83	30.95	0.00	
Perf. %	0.00%	37.85%	28.12%	31.43%	0.00%	
Points	0	410	288	313	0	1,011

Men 55-59

Spencer Arnfield 59

Meters	0.00	7.33	22.37	26.67	0.00	
AG Mark	0.00	9.31	24.83	35.68	0.00	
Perf. %	0.00%	40.28%	33.53%	36.24%	0.00%	
Points	0	444	364	380	0	1,188

Men 45-49

Jean-Emile Paraiso 45

Meters	0.00	6.19	14.36	16.51	0.00	
AG Mark	0.00	7.44	17.30	19.34	0.00	
Perf. %	0.00%	32.19%	23.36%	19.64%	0.00%	
Points	0	333	222	152	0	707

TRIATHLON
MASTERS
Women

Women 75-79

Adri Rowsell 77

Meters	0.00	7.60	18.25	16.02	0.00	
AG Mark	0.00	13.92	39.32	36.51	0.00	
Perf. %	0.00%	61.54%	51.20%	50.02%	0.00%	
Points	0	789	641	600	0	2,030



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SINGLE EVENTS

MASTERS

Men

Hammer

		M	AG Mark	Perf. %	Points	
Men 70-74						
Boris Zaitchouk	70	51.53	74.84	86.28%	1092	Can. Rec.
Brian Peacock	72	14.09	20.46	23.59%	199	
Men 65-69						
Bill Pearson	66	29.10	42.64	49.17%	555	
Men 60-64						
Mark Cwiek	64	34.30	44.87	51.73%	592	

Shot Put

		M	AG Mark	Perf. %	Points	
Men 80-84						
Paul Arculus	83	7.83	11.78	50.98%	593	
Men 75-79						
Gary McColeman	76	6.19	8.66	37.46%	406	
Men 70-74						
Jean-Pierre Mayer	70	13.21	16.91	73.17%	907	
Moe Jacobs	74	9.78	12.52	54.17%	638	
Ram Sharma	70	8.37	10.71	46.36%	528	
Men 65-69						
Peter Zowkewych	67	11.05	15.03	65.03%	792	
Jerzy Wyroba	69	10.30	14.01	60.62%	729	
Bill Pearson	66	10.28	13.98	60.50%	727	
Men 60-64						
Peter St. Pierre	60	9.28	11.58	50.10%	581	
Matthew Kleinosky	60	7.01	8.74	37.85%	410	
Men 55-59						
Spencer Arnfield	59	7.59	9.64	41.71%	464	
Men 50-54						
Dan Parsons	50	13.15	15.41	66.67%	815	
Men 45-49						
Jean-Emile Paraiso	45	6.19	7.44	32.19%	333	

Discus

		M	AG Mark	Perf. %	Points	
Men 80-84						
Paul Arculus	83	21.19	34.83	47.03%	560	
Men 75-79						
Gary McColeman	76	14.85	21.28	28.73%	296	
Men 70-74						
Jean-Pierre Mayer	70	41.12	52.55	70.94%	924	Can. Rec.
Moe Jacobs	74	31.30	40.00	54.00%	665	
Ram Sharma	70	26.16	33.43	45.13%	532	
Men 65-69						
Bill Pearson	66	35.00	40.72	54.98%	679	
Peter Zowkewych	67	28.60	33.28	44.93%	529	
Men 60-64						
Peter St. Pierre	60	25.55	27.15	36.66%	409	
Matthew Kleinosky	60	19.60	20.83	28.12%	288	
Men 55-59						
Spencer Arnfield	59	23.03	25.57	34.52%	378	
Men 50-54						
Dan Parsons	50	48.10	49.14	66.35%	852	
Men 45-49						
Jean-Emile Paraiso	45	15.50	18.67	25.21%	247	



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Javelin		M	AG Mark	Perf. %	Points
Men 80-84					
Paul Arculus	83	12.83	26.88	27.30%	256
Men 75-79					
Gary McColeman	76	14.54	27.52	27.95%	264
Men 65-69					
Peter Zowkewych	67	29.75	46.46	47.19%	536
Bill Pearson	66	26.10	40.76	41.40%	453
Men 60-64					
Peter St. Pierre	60	33.93	47.97	48.72%	559
Matthew Kleinosky	60	21.89	30.95	31.43%	313
Men 55-59					
Spencer Arnfield	59	28.16	37.67	38.26%	408
Men 45-49					
Jean-Emile Paraiso	45	16.51	19.34	19.64%	152
Weight		M	AG Mark	Perf. %	Points
Men 65-69					
Bill Pearson	66	11.12	12.40	47.96%	587
Men 60-64					
Mark Cwiek	64	13.25	13.81	53.41%	667



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MASTERS

Women

Hammer

		M	AG Mark	Perf.%	Points	
Women 65-69						
Lucille Green	69	14.76	25.14	32.66%	389	
Women 50-54						
Tracey McCarthy	50	31.12	39.95	51.89%	710	

Shot Put

		M	AG Mark	Perf.%	Points	
Women 75-79						
Adri Rowsell	77	7.60	13.92	61.54%	789	
Women 60-64						
Doreen Garner	64	10.61	15.93	70.40%	923	Can. Rec.
Women 50-54						
Tracey McCarthy	50	9.64	12.15	53.70%	671	

Discus

		M	AG Mark	Perf.%	Points	
Women 75-79						
Adri Rowsell	77	18.25	39.32	51.20%	641	
Women 60-64						
Doreen Garner	64	29.28	46.73	60.85%	786	Can. Rec.
Women 50-54						
Tracey McCarthy	50	19.73	25.90	33.73%	386	

Javelin

		M	AG Mark	Perf.%	Points	
Women 50-54						
Tracey McCarthy	50	21.02	27.63	37.86%	432	

Weight

		M	AG Mark	Perf.%	Points	
Women 65-69						
Lucille Green	67	6.82	9.04	38.32%	434	
Women 50-54						
Tracey McCarthy	50	10.50	12.41	52.60%	641	



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SINGLE EVENTS

PARA ATHLETES - AMBULATORY

Male	CL	M
Discus		
Kevin Strybosh	F37	42.86
Female		
Shot Put		
Heather Cowley	F64	6.17
Discus		
Heather Cowley	F64	21.73

SINGLE EVENTS

SENIOR/JUNIOR/YOUTH/MIDGET/BANTAM

Male		
Hammer		
<i>None</i>		
Shot Put		
<i>Bantam</i>		
Kenzo Miller	12	8.55
<i>Youth</i>		
Jordon Gluck	16	15.94
Anthony Argyropoly	16	13.21
Griffin Taylor	17	10.04
<i>Junior</i>		
Zion Webb	19	13.90
<i>Senior</i>		
Nathan Stern	27	14.45
Discus		
<i>Youth</i>		
Anthony Argyropoly	16	45.25
Jordon Gluck	16	42.19
<i>Junior</i>		
Zion Webb	19	35.15
<i>Senior</i>		
Nathan Stern	27	28.53



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Javelin
Bantam
 Kenzo Miller 12 22.45

Youth
 Dan Durkin 17 52.67
 Griffin Taylor 16 33.03

Senior
 Kyle Nielsen 29 67.53
 Ben Cross 21 64.23

Weight
None

SINGLE EVENTS
SENIOR/JUNIOR/YOUTH/MIDGET/BANTAM

Female

Hammer **Age** **M**
Midget
 Emily Alty 15 38.88
Youth
 Kristina Tchoumak 17 54.65

Shot Put **Age** **M**
Midget
 Emily Alty 15 9.63

Discus **Age** **M**
Midget
 Emily Alty 15 31.26

Javelin
None

Weight
Youth
 Kristina Tchoumak 17 16.75

