

## Quinte West Ontario Regional 2006

Toronto Fire Men

<b>Charles McGregor (over 40 #2)</b>	<b>1:48.94</b>
Warren Moore	1:58.09
Mike Ruffo	2:03.71
<b>Tag Team Relay</b>	<b>1:37.98</b>
<b>Team Time</b>	<b>5:50.74</b>

## Western Ontario Regional Kitchener 2006

Toronto Fire Men

Warren Moore	2:01.44
Sheldon Dessa	2:15.48

# Atlantic Regional Stephenville, NFLD 2006

Toronto Fire

Charles Mcgregor (over 40 #4)	1:43.54
Warren Moore	1:55.45
Mike Ruffo	1:58.33
Sheldon Dessa	2:23.84
<b>Men's relay</b>	<b>1:27.48</b>
<b>Team Time</b>	<b>5:37.32</b>
<b>Danielle Comolli (women's #2)</b>	<b>3:05.48</b>
<b>Kelly Hathaway (women's #3)</b>	<b>3:12.36</b>
<b>Women's relay</b>	<b>2:05.66</b>

## Western Ontario Regional Brantford, ON 2007

Toronto Fire

Mike Ruffo	1:40.24
Charles Mcgregor	1:45.59
Warren Moore	1:50.73
<b>Robert McNamara (over 50 #2)</b>	<b>2:04.61</b>
Alex Robinson	2:10.50
John Ocquaye	2:12.93
Michael Gaspar	2:31.38
Dave Strauss (over 45 #5)	2:43.69
<b>Team Time</b>	<b>6:46.49</b>

## Eastern Ontario Regional Kingston 2007

Toronto Fire

Warren Moore	1:49.01
<b>Robert McNamara (over 50 #1)</b>	<b>2:04.36</b>

# Southern Ontario Regional Windsor 2007

Toronto Fire

<b>Charles McGregor (over 40 #1)</b>	<b>1:36.96</b>
Mike Ruffo	2:34.64
Danielle Comolli	2:22.44
Debbie Russelo	3:06.56

# Atlantic Regional Halifax, NS 2007

Toronto Fire- Warren Moore- 1:48.41 (over 35 #4)

# Canadian Nationals Halifax 2007

Toronto Fire

Mike Ruffo	1:41.69
Warren Moore	1:42.57
Charles Mcgregor	1:45.40
Sheldon Dessa	1:50.46
<b>Robert McNamara (over 50 #3)</b>	<b>1:58.25</b>
Dave Strauss (over 50 #8)	2:24.30
<b>Men's relay team #1</b>	<b>1:19.86</b>
<b>Men's relay team #2</b>	<b>1:40.89</b>
<b>Men's team time</b>	<b>5:09.66</b>
<b>Danielle Comolli (women's #3)</b>	n/a
Debbie Russelo (women's #10)	3:07.97
<b>Women's relay</b>	<b>2:07.30</b>

# Western Ontario Regional Brantford 2008

Toronto Fire

<b>Charles McGregor (over 45 #3)</b>	<b>1:42.60</b>
Mike Ruffo (over 35 #6)	1:45.97
Peter Andrew	1:47.39
Sheldon Dessa	1:52.76
Alex Robinson	1:55.69
Michael Gaspar	2:08.16
John Ocquaye	2:24.43
<b>Dave Strauss (over 50 #2)</b>	<b>2:27.82</b>
<b>Men's relay team #1</b>	<b>1:27.75</b>
<b>Men's relay team #2</b>	<b>1:38.91</b>
<b>Men's team</b>	<b>5:15.96</b>

# Toronto Open Regional 2008

Toronto Fire

Peter Andrew	1:40.56
Bill Leontiritis	1:43.82
Sheldon Dessa	1:45.72
Warren Moore (over 35 #5)	1:46.92
<b>Charles McGregor (over 45 #3)</b>	<b>1:47.27</b>
Mike Ruffo (over 35 #6)	1:47.51
Alex Robinson	1:52.68
Michael Gaspar	2:02.40
<b>Robert McNamara (over 50 #2)</b>	<b>2:05.25</b>
<b>Dave Strauss (over 50 #3)</b>	<b>2:24.79</b>
John Ocquaye	2:36.87
<b>Men's relay</b>	<b>1:21.18</b>
<b>Men's team</b>	<b>5:11.65</b>

# GTA Regional Brampton 2008

Toronto Fire

Bill Leontiritis	1:40.54
Peter Andrew	1:48.23
Warren Moore	1:53.59
<b>Robert McNamara (over 50 #1)</b>	<b>2:11.61</b>
<b>Men's team</b>	<b>5:22.90</b>

# Eastern Ontario Regional Cobourg 2008

Toronto Fire

Bill Leontaritis	1:40.54
Mike Ruffo (over 35 #4)	1:43.56
Sheldon Dessa	1:50.24
Alex Robinson	1:50.57
Warren Moore	1:51.28
<b>Robert McNamara (over 50 #1)</b>	<b>2:02.32</b>
Danielle Comolli ( women's #4)	2:40.48
<b>Men's relay</b>	<b>1:13.56</b>
<b>Men's team</b>	<b>5:14.34</b>

# Canadian Nationals Quinte West 2008

Toronto Fire

Bill Leontaritis	Day one 1:34.02
	Day two 1:31.88
Peter Andrew	Day one 1:38.02
	Day two 1:36.18
Mike Ruffo	Day one 1:45.09
	Day two 1:39.60
Sheldon Dessa	Day one 1:46.55
	Day two 1:42.86
Charles Mcgregor	Day one 1:49.55
	Day two 1:45.94
Warren Moore	Day one 1:46.55
	Day two 1:48.95
Michael Gaspar	2:11.37
John Ocquaye	2:15.09
<b>Robert McNamara (over 50 #4)</b>	<b>1:57.64</b>
Dave Strauss (over 50 #7)	2:19.26
<b>Danielle Comolli (women's #3)</b>	<b>Day one 2:31.56</b>
	<b>Day two 2:34.07</b>
<b>Men's relay</b>	<b>1:14.52</b>
<b>Men's team</b>	<b>Day one 4:57.13</b>
	<b>Day two 4:47.66</b>
<b>NXG Over 50 Dave Strauss/ Robert McNamara</b>	<b>2:06.14</b>

## Southern Ontario Regional Brantford 2009

Toronto Fire

Mike Ruffo (over 40 #4)	1:41.05
Sheldon Dessa	1:46.92
<b>Robert McNamara (over 50 #1)</b>	<b>2:02.80</b>
Alex Robinson	2:03.74
<b>Men's relay</b>	<b>1:34.64</b>
<b>Men's team</b>	<b>5:30.77</b>

## Eastern Ontario Regional Kingston 2009

Toronto Fire

<b>Mike Ruffo (over 40 #3)</b>	<b>1:42.13</b>
Sheldon Dessa	1:50.02
<b>Charles McGregor (over 45 #3)</b>	<b>1:52.78</b>
Warren Moore	1:52.78
<b>Men's team</b>	<b>5:24.93</b>
Jessica Clermont (women's #7)	3:39.32

## Western Ontario Regional Windsor 2009

**Toronto Fire- Danielle Comolli (women's #3)- 2:49.15**

# GTA Regional Brampton, ON 2009

Toronto Fire

Mike Ruffo (over 40 #5)	1:40.19
Sheldon Dessa	1:41.12
<b>Charles McGregor (over 45 #2)</b>	<b>1:46.42</b>
Warren Moore (over 40 #9)	1:52.22
Andrew Verhoeven	1:54.26
<b>Dave Strauss (over 50 #2)</b>	<b>2:17.57</b>
Eric Simpson	2:21.52
Brian Norris	2:27.13
<b>Danielle Comolli (women's #2)</b>	<b>2:36.14</b>
<b>Jessica Clermont (women's #5)</b>	<b>3:29.42</b>
<b>Men's relay</b>	<b>1:25.88</b>
<b>Men's team</b>	<b>5:13.53</b>

# Canadian Nationals Gaspé, PQ 2009

Toronto Fire

Sheldon Dessa	Day one 1:42.52
	Day two 1:50.76
Mike Ruffo	<b>Day one 1:45.34 (over 40 #2)</b>
	Day two 1:39.68 (over 40 #7)
Charles Mcgregor	<b>Day one 1:48.76 (over 45 #2)</b>
	Day two 1:53.26 (over 45 #5)
Warren Moore	<b>Day one 1:49.29 (over 40 #3)</b>
	Day two 1:55.40 (over 40 #19)
Alex Robinson	Day one 1:53.31
	Day two 1:52.99
Danielle Comolli	Day one 2:31.51
	<b>Day two 2:22.14 (women's #2)</b>
<b>Men's relay</b>	<b>1:20.89</b>
<b>Men's team</b>	<b>Day one 5:17.15</b>
	<b>Day two 5:23.43</b>

# Pacific Regional Coquitlam, BC 2010

Toronto Fire

<b>Mike Ruffo (over 40 #1)</b>	<b>1:38.43</b>
Sheldon Dessa	1:45.08
<b>Warren Moore (over 40 #2)</b>	<b>1:54.58</b>
<b>Dave Strauss (over 50 #1)</b>	<b>2:12.67</b>
<b>Danielle Comolli (women's #1)</b>	<b>2:15.09</b>
<b>Men's relay</b>	<b>1:26.04</b>
<b>Men's team</b>	<b>5:18.09</b>

## Southern Ontario Regional Brantford, ON 2010

Toronto Fire

<b>Charles McGregor (over 45 #2)</b>	<b>1:39.86</b>
Mike Ruffo (over 40 #6)	1:44.68
Andrew Verhoeven	1:45.20
Warren Moore (over 40 #7)	1:46.44
<b>Dave Strauss (over 50 #2)</b>	<b>2:17.18</b>
Julian Reyes (over 40 #12)	2:20.84
Ryan Peck	2:24.86
<b>Danielle Comolli (women's #1)</b>	<b>2:08.89</b>
Ruth Lancashire (women's #4)	2:53.89
<b>Men's relay</b>	<b>1:23.81</b>
<b>Over 40 men's team time</b>	<b>5:48.30</b>
<b>Under 40 men's team time</b>	<b>6:03.62</b>
<b>Over 40 NXG Relay Dave Strauss/Julian Reyes</b>	<b>2:34.81</b>

## Western Quebec Regional St. Julie 2010

**Toronto Fire- Danielle Comolli (women's #1)- 2:10.41**

# Atlantic Regional Halifax, NS 2010

Toronto Fire

<b>Charles McGregor (over 45 #2)</b>	<b>1:40.75</b>
Warren Moore (over 40 #4)	1:50.58
Andrew Verhoeven	1:55.74

# Western Ontario Regional Windsor 2010

Toronto Fire

Andrew Verhoeven	1:41.83
<b>Charles McGregor (over 45 #3)</b>	<b>1:49.84</b>
<b>Dave Strauss (over 50 #2)</b>	<b>2:23.88</b>
<b>Danielle Comolli (women's #1)</b>	<b>2:12.92</b>
<b>Ruth Lancashire (women's #3)</b>	<b>2:41.40</b>
<b>Jessica Clermont (women's #4)</b>	n/a
<b>Women's relay</b>	<b>1:53.44</b>
<b>Women's team</b>	<b>7:57.55</b>

# Canadian Nationals Brampton, ON 2010

## Toronto Fire

Mike Ruffo (over 40 #10)	1:37.62
Andrew Verhoeven	Day one 1:38.43
	Day two 1:36.86
Charles Mcgregor	Day one 1:45.21 (over 45 #5)
	Day two 1:50.15 (over 45 #6)
Warren Moore	Day one 1:45.96 (over 40 #16)
	Day two 2:00.32 (over 40 #22)
Alex Robinson	Day one 1:53.43
	Day two 1:54.56
<b>Dave Strauss</b>	<b>Day one 2:07.71 (over 50 #2)</b>
	Day two 2:12.83 (over 50 #4)
<b>Danielle Comolli</b>	<b>Day one 2:08.28 (women's #1)</b>
	<b>Day two 2:13.63 (women's #1)</b>
Ruth Lancashire	Day one 2:42.42
	Day two 2:40.49
Jessica Clermont	Day one 2:58.92
	Day two 3:13.49
<b>Men's relay</b>	<b>1:25.81</b>
<b>Men's team</b>	<b>Day one 5:02.01</b>
	<b>Day two 5:31.74</b>
<b>Women's relay</b>	<b>1:44.52 (women's #1)</b>
<b>Women's team</b>	<b>Day one 7:49.62</b>
	<b>Day two 8:07.61</b>

# Pacific Regional Coquitlam, BC 2010

**Toronto Fire- Warren Moore(over 40 #1)- 1:42.78**

# Western Ontario Regional ThamesCentre 2011

<b>Warren Moore (over 40 #3)</b>	<b>1:39.15</b>
Mike Ruffo (over 40 #5)	1:40.14
<b>Charles Mcgregor (over 45 #2)</b>	<b>1:40.40</b>
Andrew Verhoeven	2:02.44
Alex Robinson	2:18
Dave Strauss	n/a
Theo Cheng	2:54.35
Stuart West	3:26.92
<b>Danielle Comolli (women's #1)</b>	<b>2:29.01</b>
<b>Ruth Lancashire (women's #3)</b>	<b>2:53.85</b>
Jessica Clermont	4:08.97
<b>Men's team #1 relay</b>	<b>1:22.65</b>
<b>Men's team #2 relay</b>	<b>1:46.13</b>
<b>Men's over 40 team</b>	<b>4:59.69</b>
<b>Men's under 40 team</b>	<b>7:14.79</b>
<b>Women's relay</b>	<b>1:47.06</b>
<b>Women's team</b>	<b>9:31.83</b>

# Eastern Ontario Regional Ottawa 2011

Toronto Fire

<b>Warren Moore (over 40 #1)</b>	<b>1:37.56</b>
<b>Charles Mcgregor (over 45 #2)</b>	<b>1:42.90</b>
Dave Strauss (over 50 #4)	2:14.38
Stuart West	2:19.33
<b>Danielle Comolli (women's #1)</b>	<b>2:29.67</b>
<b>Men's over 40 relay</b>	<b>1:27.01</b>
<b>Men's over 40 team</b>	<b>5:34.84</b>