

OMTFA Winter Mini Meet #3

Saturday, February 25th
Toronto Track & Field Centre

60 m

Allen, Desmond	M34 Unattached	7.08	90.54%
Ogunde, Wole	M20 Unattached	7.10	90.00%
Crepsac, Malik	M39 Unattached	7.18	92.76%
(CAN M35 record 6.9 = 7.14 David Walter 1987))			
Lee Foon, Michael	M45 No Team	7.38	94.44%
(CAN M45 record 7.33 George Horton 1980)			
Smith, Kerry	M52 Etobicoke H	7.42	98.65%
Au, Jason	M25 UOT	7.49	85.31%
Andrade, Frederick	M41 Body Mind Spirit	7.56	89.42%
Daneshi, Sohail	M25 Unattached	7.59	84.19%
Romah, Galashev	M19 Unattached	7.63	83.75%
Velichko, Dmitry	M27 Unattached	7.69	83.09%
Proudfoot, Marc	M36 Unattached	7.71	84.44%
Bidgood, Stephen	M24 Unattached	7.74	82.56%
Timothy, Nicholas	M43 Unattached	7.78	88.30%
Chipkar, Glenn	M46 Unattached	7.97	88.08%
Baptiste, Joseph	M45 Unattached	7.98	87.34%
Renelique, Eddy	M42 Unattached	7.98	85.34%
Varone, John	M47 Unattached	7.99	88.49%
Sanjari, Kevin	M46 Unattached	8.00	87.75%
Powell, Tony	M62 Unattached	8.26	94.79%
Alexander, Andre	M36 Unattached	8.26	78.81%
DeChellis, Marco	M40 Unattached	8.30	80.84%
Schweter, Christian	M42 Unattached	8.38	81.26%
Jackman, Kenny	M45 Unattached	8.46	82.39%
Arnfield, Spencer	M46 Unattached	8.64	81.25%
Walker, Karl	M39 Unattached	8.69	76.64%
Stern, David	M66 Etobicoke H	9.00	89.33%
Sharma, Dev	M70 Masters Sprint	9.73	84.69%
Graczyk, Ela	W53 Unattached	10.13	81.44%
Jolicoeur, Denise	W49 Guelph Track	10.17	77.88%
Sanchez, Michelle	W39 Unattached	10.86	65.29%



M35 Marc Proudfoot

200m

Lee Foon, Michael	M45 No Team	23.92	90.38%
Au, Jason	M25 UOT	24.68	78.28%
Baptiste, Joseph	M45 Unattached	25.70	84.12%
Daneshi, Sohail	M25 Unattached	25.06	77.09%
Proudfoot, Marc	M36 Unattached	25.93	77.86%
Renelique, Eddy	M42 Unattached	26.11	80.97%
Timothy, Nicholas	M43 Unattached	26.12	81.55%
Kapitain, Sean	M35 Unattached	26.92	74.44%
Schweter, Christian	M42 Unattached	27.23	77.63%
DeChellis, Marco	M40 Unattached	28.33	73.53%
Carter, Mike	M56 Etobicoke H	29.09	80.30%
Alexander, Andre	M36 Unattached	29.20	69.14%
Stern, David	M66 Etobicoke H	29.74	84.03%
Sharma, Dev	M70 Masters Sprint	32.79	78.68%
Pascoe, James	M68 Rouge River	33.52	75.75%
Jolicoeur, Denise	W49 Guelph Track	34.49	72.95%
Sanchez, Michelle	W39 Unattached	37.37	59.73%

60m - Kerry, Galashav, Desmond, Michael, Wole, Frederick



400m

Crepsac, Malik	M39 Unattached	52.29	87.66 MR
(old MR 55.49 Jordan Rosenberg 2005)			
Bidgood, Stephen	M24 Unattached	55.45	77.87%
Renelique, Eddy	M42 Unattached	59.34	78.93%
Davis, Ken	M50 Toronto Purs	61.88	80.04%
Carter, Mike	M56 Etobicoke H	62.18	82.87%
Grudzinski, Piotr	M47 Unattached	62.19	78.00%
Beattie, Howie	M44 Cambridge Har	62.38	76.16%
McLauchlin, Troy	M37 Brantford Track	63.22	71.43%
Robbins, Fred	M51 Stouffville	64.87	76.86%
Pascoe, James	M68 Rouge River	76.32	74.86%

1000m

Kaandorp, John	M44 Saugeen Track	2:56.11	82.30%
Beattie, Howie	M44 Cambridge Harri	2:58.51	81.19%
Grudzinski, Piotr	M47 Unattached	3:00.06	83.44%
Hinnen, John	M39 Lakeshore Mast	3:01.39	76.22%
Snow, Chris	M19 No Team Listed	3:01.80	72.59%
Robbins, Fred	M51 Stouffville	3:02.61	84.49%
Laughlin, Steve	M38 Unattached	3:03.70	74.52%
De Finney, John	M56 Unattached	3:04.49	87.25%
Grosdanis, Nick	M41 Unattached	3:04.61	76.33%
Hopkins, Colleen	W41 Toronto Olym	3:12.11	78.14 MR
(old MR 3:39.82 Katherine Willis 2005)			
Aitkin, George	M53 Cambridge Harr	3:12.83	81.39%
McLauchlin, Troy	M37 Brantford Track	3:16.67	68.92%
Mackie, Chris	M65 Unattached	3:21.18	86.01%
Jackman, Kenny	M45 Unattached	3:21.69	72.54%
Cassel, Gary	M60 Cambridge Harr	3:21.90	82.40%
Irons, Jim	M69 Unattached	3:31.39	85.05%
Jackson, Connie	W34 Saugeen Track	3:31.44	69.15%
Alexander, Andre	M36 Unattached	3:38.43	61.46%
Moore, Robert	M65 Toronto Olym	3:44.75	76.99%
Greenshields, Duncan	M57 Unattached	3:40.26	73.68%
Waller, Gary	M71 Scarborough M	4:40.53	65.71%



M69 Jim Irons nicks **W34 Connie Jackson** by 5/100ths
...and that's after spotting her a whole lifetime!



M40 John Kaandorp leads **M45 Piotr Grudzinski** in the 1000.

Two Miler

Mwangi, Antony	M35 No Team	9:54.28	82.47 MR
(old MR 10:17.0 Jerry Kooymans 2004)			
Strano, Mike	M32 Team Saucony	10:13.13	79.29%
Friel, Vince	M43 South Simco	10:44.12	80.49%
Kaandorp, John	M44 Saugeen Track	10:54.42	79.81%
Hoage, Bryan	M37 Unattached	11:34.87	71.50%
Aitkin, George	M53 Cambridge Harr	11:40.31	80.03%
Snow, Chris	M19 No Team Listed	11:42.46	69.21%
Laughlin, Steve	M38 Unattached	11:46.78	70.79%
Wallace, James	M43 Unattached	11:58.60	72.15%
Whitlock, Ed	M74 Milton RR	12:04.77	96.39%
Ahmad, Adeel	M19 Cabbagetown T	12:08.20	66.76%
Prince, Jim	M63 Unattached	12:31.93	
Mackie, Chris	M65 Unattached	12:32.83	83.25%
Moore, Robert	M65 Toronto Olym	12:47.63	81.65%
Cassel, Gary	M60 Cambridge Harr	12:50.02	77.42%
Sheridan, David	M62 Hamilton AC	12:53.51	78.61%
Jackson, Connie	W34 Saugeen Track	13:15.33	68.12%
Smith, Doug	M54 President	13:54.23	
Sanjari, Kevin	M46 Unattached	15:09.28	58.31%
Turner, Molly	W72 Metro Fitnes	16:01.82	83.33%
Waller, Gary	M71 Scarborough M	16:33.13	67.64%

3000m Racewalk

Cashman, Kitty	W45 Gladstone	16:04.69	80.94%
Dinger, Hans	M49 Unattached	16:37.33	67.29%
Koch, Manfred	M68 Unattached	21:08.02	67.78%
Chetwynd, Anne	W53 Unattached	23:08.39	60.23%

Long Jump

Bidgood, Stephen	M24 Unattached	5.91m	66.03%
Sanjari, Kevin	M46 Unattached	5.48m	73.07%
Jackman, Kenny	M45 Unattached	5.10m	67.19%
Varone, John	M47 Unattached	4.63m	

Pole Vault

Miller, Andy	M31 Unattached	4.85m	78.99%MR
(old MR 4.40 Kevin Lake 2005)			
Schaber, Mark	M47 Unattached	3.50m	69.17%
Chipkar, Glenn	M46 Unattached	3.00m	58.48%
Miller, Hugh	M59 Scarborough M	2.55m	60.43%
Nastiuk, Ronald	M60 No Team	2.40m	57.83%
Land, Bob	M69 Unattached	2.25m	63.92%

Shot Put

Pearson, Bill	M53 Throwers Club	11.82m	62.51%
Boghina, Rudy	M55 Throwers Club	10.57m	58.24%
Morris, David	M67 Masters Sprint	8.90m	60.92%
Woerle, Max	M75 Throwers Club	7.56m	49.19%
Sanchez, Michelle	W39 Unattached	6.13m	30.47%

Weight Throw

Graczyk, Jan	M52 Unattached	18.22m	81.12%
Pearson, Bill	M53 Throwers Club	13.18m	59.69%
Parkinson, Richard	M41 Unattached	11.43m	49.06%
Boghina, Rudy	M55 Throwers Club	11.22m	52.53%
Morris, David	M67 Masters Sprint	10.92m	55.83%
Woerle, Max	M75 Throwers Club	9.42m	53.68%

**The Big Guys**

Stafford (chief tape holder), Jan, Richard (chief clipboard holder), Bill, Richard P., Rudy, Dave, and Max

Winter Mini Meet Records

Only tabulated 30 and older marks

50m*	Desmond Allen	33	6.06	05	Vanessa Paquet	38	7.02	06 #2
60m	Donovan Belle	30	7.04	05	Erica Kelly	30	8.14	04
	Kerry Smith	37	6.9	91				
200m	Malik Crepsac	39	23.04	06 #2	Karla Del Grande	52	27.03	06 #2
300m**	Malik Crepsac	39	36.67	06 #1	Maureen Rodrigue	39	43.78	04
400m	Malik Crepsac	39	52.29	06 #3	Maureen Rodrigue	39	61.82	04
600m**	Jordan Rosenberg	35	1:30.22	05	Annie Bunting	40	1:51.66	05
800m	Jordan Rosenberg	35	2:03.72	05	Georgia Inglis	39	2:30.5	97
1000m**	Michal Kapral	32	2:42.03	05	Colleen Hopkins	41	3:12.11	06 #3
1500m	Gord Christie	40	4:21.0	02	Colleen Hopkins	41	5:02:21	06 #1
Mile	Gord Christie	41	4:41.5	03	Cecilia O'Neill	40	5:20.42	04
	Fred Robbins	43	4:41.8	98				
	George Aitkin	37	4:41	90				
2 Miles**	Antony Mwangi	35	9:54.28	06 #3	Dawn Hamel	48	13:08.0	04
3000m	Fred Robbins	40	8:58.6	95	Maureen Griffith	39	10:25.3	95
1500mW`	Guy Paquin	46	7:24.70	03	Nanci Patten Sweazey	49	7:15.42	05
3000mW	Jan Roos	50	14:43.5	91	Nanci Patten Sweazey	47	15:30.07	03
LJ	Maurice Ennis	30	7.16	04	Gillian Salter	36	4.54	98
TJ	Dennis McWhitney	41	12.49	04	Roshani Gunasekera	45	8.34	04
HJ**	Alain Gallant	43	1.70	05	Roshani Gunasekera	45	1.25	04
PV*	Andy Miller	31	4.85	06 #3				

Held for the first time in *2002 **2004