

33rd Ontario Masters Outdoor Track & Field Championships

York University
June 19-20, 2004

Meet Directors—Brian Keaveney, Jim Pascoe, Doug Smith

100m

W35

Kuczalska, Agnes	EHS	13.44	82.1%
Pequenez, Nicole	UNA	14.30	76.5%
Brown, Sonia	UNA	16.39	68.8%

W40

Barrett, Lyn	QLT	14.24	81.6%
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W45

Gunasekera, Roshani	UNA	15.36	77.5%
Jolicoeur, Denise	GUL	16.00	75.0%

W50

Del Grande, Karla	EHS	13.18	93.8% MR
(old MR 13.76 Karla '03)			

W65

Kea, Essie	USA	17.04	82.3%
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M30

Allen, Desmond	UNA	11.17	88.2%
Weniger, Mike	UNA	11.41	86.4%
Proudfoot, Marc	UNA	12.42	79.9%
Atkinson, Tyler	UNA	13.52	72.9%

M35

Robinson, Paul	UNA	12.03	85.2%
Van Nest, Matthew	KNTF	12.27	83.6%
Haslip, Jim	UNA	DNF	

M40

Foon, Michael Lee	UNA	11.59	90.9%
Williamson, Steve	UNA	12.11	87.6%
Baptiste, Joseph	UNA	12.19	86.4%
Timothy, Nicholas	UNA	12.39	83.9%
Kudo, Ken	UNA	12.57	83.2%

Chin Yut, James	UNA	12.63	82.9%
Mogyorodi, Victor	UNA	13.26	78.9%

M45

Chipkar, Glenn	UNA	12.41	86.0%
Varone, John	UNA	12.51	85.3%
Irvine, Greg	UNA	12.93	83.6%
Roblin, Blair	UNA	12.97	82.8%

M50

Smith, Kerry	UNA	11.71	94.2% CAN, MR
(old CAN 11.6 = 11.84 Scott Tyler '91, Old MR 12.1 Eric Malmstrom '83)			

Cilevitz, Ralph	EHS	13.19	83.7%
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Chubb, Roy	SMC	13.39	84.6%
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Cirocki, Henry	UNA	13.71	81.0%
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Ciaravella, Paul	UNA	14.49	77.7%
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M55

Lech, Richard	UNA	12.84	89.4%
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Patterson, Darrell	UNA	14.11	82.5%
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M60

Powell, Tony	UNA	12.91	91.4%
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Slater, Alan	UNA	14.14	84.7%
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Stern, David	EHS	14.32	84.9%
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Anderson, Lornel	UNA	19.24	62.7%
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M65

Williams, Paul	USA	14.82	85.7%
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Agnoo, Charles	SMC	14.84	85.6%
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Sharma, Dev	MSC	15.16	83.1%
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M70

Horton, George	UNA	14.31	89.6%
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Poonia, Kesar Singh	MSC	15.28	83.9%
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M65-70 100m - Paul, Charles, Kesar, George, and Dev

200m

W35

Kuczalska, Agnes	EHS	28.16	79.1%
Pequenezza, Nicole	UNA	30.00	73.7%

W40

Barrett, Lyn	QLT	29.68	79.4%
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W50

Del Grande, Karla	EHS	26.95	93.4%	CAN, MR
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(old CAN & MR 27.02 Karla '03)

**Karla starts her Meet Record 400m**

She broke her own records in the 100m, 200m, & 400m

W65

Kea, Essie	USA	35.00	82.4%
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M30

Weniger, Mike	UNA	23.34	84.4%
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Proudfoot, Marc	UNA	25.81	77.1%
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M35

Van Nest, Matthew	KNTF	24.98	82.6%
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M40

Foon, Michael Lee	UNA	23.47	90.4%
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Baptiste, Joseph	UNA	24.96	85.0%
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M45

Varone, John	UNA	25.56	84.2%
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Chipkar, Glenn	UNA	25.59	84.1%
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Davis, Ken	TPS	26.42	83.8%
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M50

Smith, Kerry	UNA	23.90	93.3%	MR
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(old MR 25.59 Chuck LaChiusa '92)

Cilevitz, Ralph	EHS	27.54	81.0%
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Chubb, Roy	SMC	28.27	81.1%
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Cirocki, Henry	UNA	29.67	75.7%
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M55

Lech, Richard	UNA	27.11	85.8%
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M60

Powell, Tony	UNA	25.94	92.4%	MR
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(old MR 27.20 Norm Baum '85)

Stern, David	EHS	30.47	81.2%
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Mitchell, Bruce	EHS	DNF	
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M65

Agnoo, Charles	SMC	31.07	83.5%
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Sharma, Dev	MSC	31.87	80.6%
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Williams, Paul	USA	33.32	77.8%
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M70

Horton, George	UNA	29.72	88.1%	MR
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(old MR 29.79 Earl Fee '99)

Poonia, Kesar Singh	MSC	33.49	78.2%
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400m

W40

Barrett, Lyn	QLT	68.03	77.6%
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W45

Willis, Katherine	EHS	77.19	69.5%
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W50

Del Grande, Karla	EHS	60.56	93.2%	MR
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(old MR 61.41 Karla '03)

W70

Horne, Jean	EHS	1:23.07	84.4%
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M30

Palomino, Neal	UNA	55.74	79.6%
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M35

Van Nest, Matthew	KNTF	53.30	85.9%
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M40

Williamson, Steve	UNA	56.58	83.7%
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Chapman, Michael	UNA	62.70	74.0%
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M45

Chipkar, Glenn	UNA	56.08	85.0%
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Hutchinson, Brent	UNA	60.54	79.9%
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Malpus, Rob	UNA	63.10	76.7%
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M50

Cilevitz, Ralph	EHS	68.95	71.7%
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M60

Mitchell, Bruce	EHS	71.39	75.8%
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Mitchell, Ted	UNA	74.43	73.3%
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Powell, John K.	EHS	77.56	69.1%
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M65

McIlwaine, Bill	EHS	70.18	80.0%
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Pascoe, James	RRR	73.09	77.6%
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Sharma, Dev	MSC	73.99	78.3%
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**M30 100m - Tyler, Marc, Mike, & Desmond**



Patrick & Neal lead the 800m at the bell.

800m

W45

Kennedy, Karen	LSM	2:38.95	79.7%
Willis, Katherine	EHS	2:50.85	74.1%
Sweazey, Nanci Patt	EHS	2:57.22	74.1%

W70

Horne, Jean	EHS	3:11.43	88.1% MR
(old MR 3:51.7 Dorly '95)			

M30

Menzies, Patrick	UNA	2:07.61	81.4%
Palomino, Neal	UNA	2:12.67	78.3%

M35

Grosdanis, Nick	UNA	2:18.75	77.5%
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M40

Cunliffe, Bill	UNA	2:09.43	86.1%
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M45

Kennedy, Doug	UNA	2:11.01	85.7%
Hutchinson, Brent	UNA	2:13.83	85.2%
Solomon, Livienne	UNA	2:17.76	82.7%
Grudzinski, Piotr	UNA	2:21.82	79.2%

M50

Payne, Tim	CAM	2:30.79	79.9%
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M55

Pickard, John	EHS	2:28.24	82.0%
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M60

Mitchell, Ted	UNA	2:56.32	73.5%
Powell, John K.	EHS	3:06.29	68.2%

M65

Irons, Jim	UNA	2:36.48	87.3%
Pascoe, James	RRR	2:58.00	75.9%

M70

Wilson, Dave	NONE	3:28.66	70.4%
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1500m

W40

O'Neill, Cecilia	UNA	4:55.39	83.1%MR
(old MR 4:56.74 Faith Nesdoly '01)			

W45

Quibell, Rita	UNA	5:13.49	84.0%
Sweazey, Nanci Patt	EHS	5:50.74	75.7%
Willis, Katherine	EHS	6:02.41	70.7%

W70

Horne, Jean	EHS	6:40.31	85.5% MR
(old MR 6:47.51 Jean '03)			

M35

Grosdanis, Nick	UNA	4:45.84	76.1%
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M40

Ferrone, Pio	UNA	5:10.96	70.9%
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M45

Kennedy, Doug	UNA	4:38.94	81.4%
Hutchinson, Brent	UNA	4:40.40	82.3%
Solomon, Livienne	UNA	5:01.42	76.5%
Keeting, Alex	EHS	5:13.79	73.5%
Campbell, Bruce	LSM	5:17.94	73.1%

M50

Shaw, Bill	UNA	4:42.01	85.2%
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Payne, Tim	CAM	5:04.27	80.3%
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M55

Cassel, Gary	CAM	5:14.31	81.3%
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M60

Mackie, Chris	UNA	5:21.25	82.7%
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Prince, Jim	UNA	5:27.28	79.6%
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Mitchell, Ted	UNA	5:52.96	74.5%
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5000m

W35

Hopkins, Colleen	TOC	DNF	
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W40

O'Neill, Cecilia	UNA	17:59.01	84.0% MR
(old MR 19:13.90 Karen Kennedy '01)			

W45

Hamel, Dawn	OAC	21:10.92	76.4%
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Manning-Ward, Suzan	UNA	25:22.02	62.1%
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M40

Osland, Paul	TOC	16:34.48	81.3%
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M45

Pacque, Raymond	UNA	17:36.01	80.0%
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Keeting, Alex	EHS	19:02.11	74.5%
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Campbell, Bruce	LSM	19:50.36	72.0%
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Tim Payne leads the 1500m field

M50				
Shaw, Bill	UNA	17:41.88	83.4%	
McCaughey, Dan	UNA	19:48.14	73.3%	
Smith, Doug	PRS	21:33.26	68.5%	
M55				
Cassel, Gary	CAM	19:38.52	79.8%	
Di Lalla, Peter	STC	21:31.91	72.2%	
M60				
Mackie, Chris	UNA	19:57.23	81.7%	
Prince, Jim	UNA	20:09.23	79.3%	
Drewett, Brian	STC	21:49.38	74.0%	
Mitchell, Ted	UNA	22:14.94	72.5%	
Anderson, Lornel	UNA	26:15.66	62.1%	
M70				
Whitlock, Ed	MIL	18:49.94	97.2%	MR
(old MR 18:55.26 Ed '01)				

10,000m

W45				
Marino, Chris	UNA	46:15.53	72.8%	
M35				
Nolan, Chris	AUS	38:39.18	70.6%	
M45				
Dykman, Fred	HAC	41:23.69	71.4%	
M55				
Pickard, John	EHS	39:23.94	79.4%	
Weir, Bill	UNA	43:02.12	74.0%	
M60				
Moore, Robert	TOC	40:23.70	83.5%	
Anderson, Lornel	UNA	51:30.68	65.4%	
M70				
Whitlock, Ed	MIL	40:13.46	94.1%	
Graves, Richard	EHS	51:10.99	72.1%	

5000m Racewalk

W40				
Cashman, Kitty	EHS	28:03.55	78.8%	
W45				
Sweazey, Nanci Patt	EHS	26:16.14	88.4%	
W50				
Whalen, Lily	EHS	30:01.96	79.4%	
Leo, Nancy	ORW	31:09.55	77.9%	
W55				
Chute, Marilyn	STC	DQ		
W60				
Rosenitsch, Ann Mar	MSC	32:46.22	81.0%	



M50 Bill Shaw leads the 5000m - Photo by Jack Castle

Christensen, Joan	SMC	33:19.48	80.6%
McKeigan, Jeannie	OTW	35:35.31	75.4%
M45			
Paquin, Guy	ORW	26:18.34	78.1%
M65			
Koch, Manfred	UNA	33:54.31	71.3%
M70			
Summerhayes, Stuart	CRW	31:29.31	80.1%

Sprint Hurdles

M70 80m			
Poonia, Kesar Singh	MSC	18.41	69.7%
M50 100m			
Cilevitz, Ralph	EHS	18.26	74.1%
Chubb, Roy	SMC	19.75	71.4%
M60 100m			
Slater, Alan	UNA	19.88	74.6%
M65 100m			
Land, Bob	UNA	24.67	64.2%
M40 110m			
Heron, Michael	NONE	17.11	83.1%
Chin Yut, James	UNA	20.92	67.3%





M50 Ralph Cilevitz winning the Hurdles
Ralph entered 13 events - winning 13 medals !

M45 110m
Chipkar, Glenn **UNA 16.72 86.6% MR**
(old MR 18.77 Steve Bogatek '97)

Long Hurdles

M70 300m
Poonia, Kesar Singh MSC 1:26.86 54.8%

M40 400m
Frauenfeld, Barton AB 64.24 78.9%

M45 400m
Chipkar, Glenn **UNA 61.10 87.0% MR**
(old MR 63.20 Steve Bogatek '97)



M40 Alain Gallant

Steeplechase

W45 2000m

Sweazey, NanciPatten EHS 9:00.85 79.5% MR
(no previous MR)

M60 2000m

Christensen, Vern SMC 8:24.40 85.4%

M50 3000m

Smith, Doug PRS 13:41.11 71.2%

High Jump

W45

Gunasekera, Roshani UNA 1.28m 75.7%

W80

Pedel, Helgi **UNA 1.04m 93.6% WR**
(old WR & CAN 1.00 Olga Kotelko '00,
Old MR 0.90 Olga '00)

M40

Gallant, Alain UNA 1.68m 79.2%

Olivierre, John THR 1.43m 65.9%

Sanjari, Kevin UNA 1.43m 68.7%

M45

Lepard, Bev UNA 1.65m 80.8%

Kotikov, Nikolai UNA 1.56m 76.4%

M50

Cilevitz, Ralph EHS 1.38m 70.7%

Chubb, Roy SMC 1.37m 73.2%

M55

DeHorn, Bill **PQ 1.48m 81.7% MR**
(old MR 1.45 Stan Egerton '81)

M65

Land, Bob UNA 1.31m 80.3%

Boles, Harvey UNA 1.07m 65.6%

M70

Poonia, Kesar Singh MSC 1.13m 71.5%

Malmstrom, Eric THR 0.98m 63.2%

Pole Vault

M30

Sniatenchuk, James UNA 4.10m 66.6%

M45

Schaber, Mark UNA 3.75m 75.1%

M55

Kilpelainen, Matti **USA 3.65m 87.7% MR**
(old MR 3.36 Hugh Miller '03)

Miller, Hugh SMC 3.20m 76.9%

DeHorn, Bill PQ 3.10m 73.4%

M65

Land, Bob UNA 2.30m 62.6%

Boles, Harvey UNA 1.63m 44.4%

Long Jump

W45

Mallia, Maria UNA 4.32m 75.6%

Gunasekera, Roshani UNA 3.68m 61.6%

M40

Balogun, Rashid UNA 5.91m 76.4%

Gallant, Alain UNA 5.49m 71.0%

Jackman, Kenny UNA 5.31m 69.5%

M45

Williams, Ron UNA 4.81m 65.6%

Kotikov, Nikolai UNA 4.38m 59.7%

M50				
Cilevitz, Ralph	EHS	4.67m	67.2%	
M55				
Mayer, Jean-Pierre	THR	5.58m	87.1%	CAN
(old CAN 5.35 Warren Hammill '02, old MR 5.33 Keith Charles '99)				
Lech, Richard	UNA	5.15m	80.4%	
M60				
Slater, Alan	UNA	4.85m	82.2%	
Anderson, Lornel	UNA	2.90m	49.7%	
M65				
Boles, Harvey	UNA	2.81m	50.9%	
M70				
Poonia, Kesar Singh	MSC	3.68m	69.4%	

Triple Jump

W45				
Gunasekera, Roshani	UNA	8.36m	67.8%	
M35				
Russo, Phil	UNA	8.01m	47.4%	
M40				
McWhinney, Dennis	UNA	12.47m	77.0%	MR
(old MR 12.44 Vlado Kostric '78)				
Balogun, Rashid	UNA	12.30m	76.0%	
Olivierre, John	THR	9.32m	55.9%	
Nahri, Walid	UNA	9.24m	57.9%	
M45				
Nahri, Nabil	UNA	9.60m	62.8%	
Campbell, Bruce	LSM	7.24m	48.7%	
M50				
Cilevitz, Ralph	EHS	9.14m	63.3%	
M55				
Mayer, Jean-Pierre	THR	10.24m	77.4%	
M60				
Slater, Alan	UNA	9.80m	80.8%	
Anderson, Lornel	UNA	5.81m	48.6%	



M30 James Sniatenchuk in his first Masters competition.

M65				
Boles, Harvey	UNA	5.72m	50.7%	
M70				
Poonia, Kesar Singh	MSC	7.18m	66.4%	

Shot Put

W50				
Franke-Wagar, Patty	UNA	6.82m	42.1%	
W75				
Tomsons, Velta	THR	6.59m	76.4%	
M45				
Nahri, Nabil	UNA	9.44m	51.3%	
M50				
Boghina, Rudy	THR	11.06m	65.0%	
Cilevitz, Ralph	EHS	8.37m	45.1%	
Chubb, Roy	SMC	8.31m	48.8%	
M55				
Mayer, Jean-Pierre	THR	12.49m	76.7%	
M65				
Dhaliwal, Sukhdev Singh		9.81m	69.8%	
Morris, David	MSC	9.02m	62.7%	
Boles, Harvey	UNA	7.93m	56.4%	
M70				
Poonia, Kesar Singh	MSC	11.04m	74.8%	
Malmstrom, Eric	THR	8.35m	59.2%	
M75				
Viskers, Evalds	THR	8.87m	71.5%	
Cote, Gordon	PQ	7.36m	56.8%	



M45 Ron Williams won the LJ.



M40 Dave Watkins

Discus

W35

Shahriari, Diana JaamUNA 34.32m 46.9%

Legzdins, Ina THR 24.69m 33.4%

W50

Franke-Wagar, Patty UNA 17.56m 34.6%

W75

Tomsons, Velta THR 15.01m 51.9%



M50 Mike Finkbeiner broke Fred's CAN record.

M40				
Olivierre, John	THR	23.38m	32.8%	
M45				
Harding, Joe	UNA	32.34m	50.9%	
M50				
Boghina, Rudy	THR	36.42m	60.3%	
Cilevitz, Ralph	EHS	27.01m	40.9%	
M55				
Mayer, Jean-Pierre	THR	41.06m	71.0%	
M65				
Van Put, Russell	USA	35.69m	63.9%	
Morris, David	MSC	34.82m	62.3%	
Boles, Harvey	UNA	28.30m	51.8%	
Boyd, Jack	THR	23.68m	45.2%	
M70				
Kupcryk, Henryk	UNA	26.92m	53.7%	
Malmstrom, Eric	THR	18.01m	36.7%	
M75				
Viskers, Evalds	THR	29.47m	68.5%	
Cote, Gordon	PQ	17.59m	39.1%	



M55 Jean-Pierre Mayer from Sudbury set a CAN record in the Long Jump

Javelin

W35

Legzdins, Ina THR 20.71m 30.1%

M40

Withers, Marty UNA 49.10m 65.2%

Olivierre, John THR 40.12m 49.4%

Jackman, Kenny UNA 27.89m 36.4%

M50

Finkbeiner, Michael HOC 51.28m 76.3% CAN

(old CAN 47.58 Fred Pamenter '94)



M50 Rudy Boghina

Chubb, Roy SMC 30.03m 48.2%
Cilevitz, Ralph EHS 27.47m 40.8%

M60

Stenlund, Gary USA 53.64m 94.0% MR
(old MR 45.30 William Eisenhart '98)

M65

Pamenter, Fred UNA 37.92m 68.9%
Staveley, Bob OTW 26.98m 52.9%
Morris, David MSC 26.36m 48.9%
Boles, Harvey UNA 25.75m 48.7%

M70

Malmstrom, Eric THR 30.17m 62.7%
Poonia, Kesar Singh MSC 22.93m 45.8%

Hammer

W50

Franke-Wagar, Patty UNA 21.51m 44.8% MR
(old MR 21.30 June Mayer '90)

M40

Watkins, Dave UNA 34.33m 45.7%
Jackman, Kenny UNA 11.29m 16.0%

M50

Boghina, Rudy THR 34.82m 56.5%
Cilevitz, Ralph EHS 21.01m 31.3%

M65

Muller, Emil PQ 35.85m 72.6%
Staveley, Bob OTW 33.87m 68.5%

M75

Cote, Gordon PQ 19.20m 40.2%

Weight Throw

W50

Franke-Wagar, Patty UNA 5.86m 41.6%

M40

Watkins, Dave UNA 11.61m 52.1% MR
(old MR 11.30 Bob Burniston '83)

M50

Boghina, Rudy THR 12.16m 57.3%

M65

Muller, Emil PQ 14.60m 77.7%
Staveley, Bob OTW 11.87m 63.2%
Morris, David MSC 9.96m 50.6%



W45

Nanci Patten Sweazey
hurdling all
of the barriers
in the
2000m
Steeplechase

Photo by
Jack Castle



Jim Flowers (center) presents the 4 X 200m Relay awards

4x100m Relay

UNA	M30 (Atkinson, Proudfoot, Baptiste, Robinson)	47.90 MR
	(old M30 MR 48.2 Scar Mast Zimmerman, Britton, VanDerVleuten, Simpson '85)	
ONT	M40 (Heron, Williamson, Cilevitz, Chipkar)	50.48
MSC	M50 (Horton, Sharma, Poonia, Ciaravella)	59.43

4x200m Relay

ONT	M30 (Foon, Chipkar, Robinson, Balogun)	1:38.44
UNA	M30 (Davis, Van Nest, Chapman, Proudfoot)	1:42.38
EHS	?? (Barrett, Sweazey, Cilevitz, DelGrande)	1:59.06
MSC	M50 (Horton, Sharma, Poonia, Ciaravella)	2:07.70



Jim presents the awards to the winning 4X100m team
Paul Robinson,
Marc Proudfoot,
Joe Baptiste,
Tyler Atkinson

They broke the 19 year old M30 Meet Record held by The Scarborough masters