

35th Annual

Ontario Masters Indoor Championships

Saturday, March 6th, 2004
Toronto Track & Field Centre
Meet Director - Brian Keaveney

60m

W35

Rodrigue, Maureen UNA 8.39 83.9%

W40

McCoy, Belinda USA 9.20 79.4%

Barrett, Lyn QLT 9.38 77.9%

W45

Jolicoeur, Denise GUL 10.02 75.7%

W50

Del Grande, Karla EHS 8.65 91.2% CAN, MR
(old CAN, MR 8.93 Rhona Trott '99)

W55

Trott, Rhona HOC 9.44 86.8% MR
(ols MR 9.66 Ann Marie Rosenitsch '96)

W60

Rowswell, Adri SMC 10.53 81.0%

M30

Allen, Desmond UNA 7.20 89.0% MR
(old MR 7.38 Mike Weniger '03)

Weniger, Mike UNA 7.39 86.7%

Atkinson, Tyler UNA 8.59 74.6%

M35

Scott, Aston USA 7.54 86.0%

Robinson, Paul UNA 7.60 85.3%

Van Nest, Matthew KNTF 7.91 82.0%

Errey, Brian UNA 7.92 81.9%

Biglow, John KJK 7.98 81.3%

Miglietta, Anthony UNA 7.99 81.2%

Russo, Phil UNA 8.86 73.2%

M40

Williamson, Steve STL 7.68 87.3%

Timothy, Nicholas ULBO 7.73 86.8%

Leckie, Scott UNA 7.86 85.3%

M45

Varone, John UNA 7.98 86.9%

Roblin, Blair MSC 8.18 84.8%

Wilson, Rodney USA 8.29 83.7%

Irvine, Greg UNA 8.31 83.5%

Malpus, Rob UNA 8.67 80.0%

M50 Final

Smith, Kerry UNA 7.54 95.0% MR
(old MR 7.5 George Horton '86)

Chubb, Roy SMC 8.28 86.5%

Hudson, Horace SYR 8.34 85.9%

Cilevitz, Ralph EHS 8.37 85.6%

Spitz, Wayne USA 8.48 84.5%

Cirocki, Henry UNA 8.69 82.5%

Swanekamp, Charles USA 9.10 78.7%

M50 Heats

Smith, Kerry UNA 7.63 93.9%

Hudson, Horace SYR 8.28 86.5%

Chubb, Roy SMC 8.32 86.1%

Cilevitz, Ralph EHS 8.40 85.3%

Spitz, Wayne USA 8.54 83.9%



M60 60m Tony Powell (L) ties Charles Agnool's 8.22 Meet Record



M30 200m - Mike Weniger edges Desmond Allen
after Desmond won the 60m earlier.

Cirocki, Henry	UNA	8.63	83.0%
Swanekamp, Charles	USA	9.07	79.0%
Barabtarlo, Jack	EHS	9.92	72.2%
M55			
Bradley, David	AUST	9.93	74.6%
Sholtes, Joe	NONE	11.23	65.9%

M60

Powell, Tony **UNA 8.22 93.3% MR**
(MR 8.22 Charles Agnoo '95 & '96)

Butts, Tim	USA	8.39	91.4%
Slater, Alan	WDSK	8.53	89.9%
McGruder, Malachi	USA	8.97	85.5%
Stern, David	EHS	9.39	81.6%

M65

Horton, George	MSC	8.72	91.4%
Agnoo, Charles	SMC	8.93	89.2%
Sharma, Dev	MSC	9.42	84.6%
Singh Dhaliwal, S.	UNA	9.72	82.0%

M70

Poonia, Kesar Singh	MSC	9.58	86.9%
Thompson, Bill E.	HOC	10.17	81.9%

M75

Greenwald, Jack	USA	9.39	93.5%
Sochor, Chuck	MCS	9.83	89.3%

200m

W35

Rodrigue, Maureen	UNA	27.58	80.2%
Carty, Linda	USA	29.66	74.5%

W40

McCoy, Belinda	USA	31.22	73.7%
Barrett, Lyn	QLT	32.22	71.4%

W50

Del Grande, Karla **EHS 28.22 88.5% CAN, MR**
(old CAN 29.44 Rhona Trott '99,
Old MR 30.23 Rhona '99)

W55

Trott, Rhona **HOC 31.65 82.2% MR**
(will have to check the MR, the data was missing)

W60

Rowswell, Adri	SMC	37.23	73.0%
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M30

Weniger, Mike **UNA 23.78 82.9% MR**
(old MR 24.22 Mike in '03)

Allen, Desmond	UNA	23.93	82.4%
Atkinson, Tyler	UNA	29.25	67.4%

M35

Scott, Aston	USA	24.14	83.1%
Van Nest, Matthew	KNTF	24.84	80.8%
Zero, Nick	UNA	25.32	79.2%
Robinson, Paul	UNA	25.96	77.3%
Errey, Brian	UNA	26.45	75.8%
Biglow, John	KJK	26.52	75.6%

M40

Williamson, Steve	STL	25.10	82.7%
Timothy, Nicholas	ULBO	DQ (out of lane)	

M45

Varone, John	UNA	25.63	84.0%
Lozano, Kevin	USA	26.44	81.4%
Malpus, Rob	UNA	28.46	75.6%

M50

Smith, Kerry **UNA 24.33 91.7% MR**
(old MR 24.92 George Horton '85)

Hudson, Horace	SYR	26.74	83.4%
Spitz, Wayne	USA	28.16	79.2%
Cirocki, Henry	UNA	28.35	78.6%
Chubb, Roy	SMC	30.60	72.9%
Barabtarlo, Jack	EHS	35.88	62.1%



W35 Maureen Rodrigue, W50 Karla Del Grande
& **W35 Linda Carty** in the 200m
Karla broke the CAN record.



Hylke's M65 400m Tip #1
Don't burn the first 200m or.....

M55				
Bradley, David	AUST	32.84	70.4%	
M60				
Powell, Tony	UNA	26.60	90.1%	MR
(old MR 27.12 Thomas Callender '93)				
Butts, Tim	USA	28.69	83.5%	
Mitchell, Bruce	EHS	29.93	80.0%	
McGruder, Malachi	USA	31.20	76.8%	
Singh, Bachan	UNA	33.36	71.8%	
M65				
Sharma, Dev	MSC	31.41	79.5%	
M70				
Fee, Earl	EHS	31.48	83.2%	
Thompson, Bill E.	HOC	38.37	68.3%	
M75				
Greenwald, Jack	USA	32.51	85.2%	MR
(old MR tie—33.07 Percy Duncan '90 & John O'Neill '99)				
Sochor, Chuck	MCS	37.36	74.1%	
400m				
W35				
Rodrigue, Maureen	UNA	62.67	79.2%	
W40				
Barrett, Lyn	QLT	73.23	70.4%	
W45				
Willis, Katherine	EHS	74.25	72.2%	
W70				
Horne, Jean	UNA	1:22.12	84.2%	WR
(previous WR 1:28.79 Pat Peterson USA '98, previous CAN 1:59.27 Ernestine Yeomans 1989, no previous MR)				

M30				
Palomino II, Neal	UNA	55.69	77.7%	MR
(no previous MR)				
Atkinson, Tyler	UNA	64.92	66.6%	
M35				
Scott, Aston	USA	54.85	81.4%	
Van Nest, Matthew	KNTF	55.17	80.9%	
M40				
Williamson, Steve	STL	57.50	80.2%	
M45				
Lozano, Kevin	USA	60.32	79.1%	
M50				
Hudson, Horace	SYR	62.12	79.6%	
M55				
Faulkner, John	UNA	66.68	77.1%	
Bradley, David	AUST	73.31	70.1%	
M60				
Wilson, Hugh	UNA	77.73	68.9%	
M65				
McIlwaine, Bill	EHS	65.43	85.8%	
van der Wal, Hylke	AIA	66.70	84.2%	
Pascoe, James	RRR	72.86	77.1%	
M70				
Wilson, Dave	KGTV	1:26.60	68.4%	
Thompson, Bill E.	HOC	1:33.44	63.4%	
M75				
Greenwald, Jack	USA	1:33.42	67.4%	



....Bill will catch you in the last 10 meters!

800m

W40

Nesdoly, Faith UNA 2:28.08 82.0%

W45

Lavellee, Christine PET 2:31.81 83.4%

W70**Horne, Jean UNA 3:14.45 85.4% WR, CAN**(previous WR 3:28.1 Toshiko D'Elia USA '01,
old CAN 4:34 Ernestine Yeomans '89, no previous MR)

M30

Menzies, Patrick YROC 2:07.12 80.0%

Palomino II, Neal UNA 2:17.13 74.1%

M35

Van Nest, Trevor UNA 2:09.74 80.6%

Zero, Nick UNA 2:11.72 79.4%

Lapham, Dale DUM 2:19.92 74.8%

D'Souza, Godfrey UNA 2:28.01 70.7%

M40

Friel, Vince SSD 2:05.17 86.5%

Cunliffe, Bill UNA 2:10.73 82.8%

M45

Hutchinson, Brent BTFC 2:17.65 81.6%

Robbins, Fred STO 2:23.01 78.5%

Grudzinski, Piotr UNA 2:29.74 75.0%

Beck, Robert UNA 2:34.09 72.9%

Lozano, Kevin USA 2:49.71 66.1%

M55

Krueger, Don UNA 2:37.38 77.2%

Faulkner, John UNA 2:44.35 73.9%

Bradley, David AUST 3:01.87 66.8%

M60

Wilson, Hugh UNA 3:05.04 68.7%

M65

van der Wal, Hylke AIA 2:47.40 79.8%

Pascoe, James RRR 3:07.74 71.2%

1500m

W40

O'Neill, Cecilia PET 4:55.58 83.1%

Nesdoly, Faith UNA 5:05.40 80.4%

W45

Lavellee, Christine PET 5:10.05 82.6%

M30**Byrne, Louis TOC 4:46.60 72.4% MR**

(No previous MR)

Radcliffe, Mike SAUG 5:44.75 60.2%

M35

Van Nest, Trevor UNA 4:34.09 77.1%

D'Souza, Godfrey UNA 4:55.26 71.6%

M40

Friel, Vince SSD 4:22.81 83.3%

Whitlock, Neil MIL 4:44.04 77.1%

Dawney, Brian SSD 5:08.97 70.9%

Ferrone, Pio UNA 5:17.94 68.9%

Air, Donald UNA 5:18.12 68.8%

M45

Robbins, Fred STO 4:44.15 80.0%

Pacque, Raymond CAC 4:46.97 79.2%

Marshall, Tom BROC 5:02.53 75.1%

Beck, Robert UNA 5:09.92 73.3%

Keeting, Alex EHS 5:19.58 71.1%

Campbell, Bruce LSM 5:29.96 68.8%

M55

Hastings, Gary FOTO 5:04.19 81.0%

Cassel, Gary CAM 5:19.16 77.2%

Krueger, Don UNA 5:32.60 74.1%

M60

Prince, Jim UNA 5:31.22 77.8%

Christensen, Vern SMC 5:45.92 74.5%

Wilson, Hugh UNA 5:57.29 72.2%

M70

Whitlock, Ed MIL 5:18.39 90.2%

Fee, Earl EHS 5:23.22 88.9%

Wilson, Dave KGTV 6:51.89 69.7%

3000m

W40

O'Neill, Cecilia PET 10:42.32 81.8%

Dumais, Jocelyne SHER 13:39.01 64.1%

W45

Marino, Chris UNA 12:47.62 71.4%

Willis, Katherine EHS 13:52.62 65.8%

**W70 Jean Horne broke two World Records!****400m** - 1:22.12 smashed Pat Peterson's 1:28**800m** - 3:14.45 double smashed Toshiko D'Elia's 3:28



M40 Brian Dawney & M55 Gary Hastings in the 1500m.

M30

Mitchell, Rob **UNA** **9:40.28** **77.3%** **MR**

(no previous MR)

Van Andel, Rene NONE 9:56.76 75.2%

MacDonell, Pat UNA 9:58.95 74.9%

M35

D'Souza, Godfrey UNA 10:19.06 73.1%

Krasny, Henry TOC 10:22.23 72.7%

Costa, Louis UNA 12:20.05 61.2%

M40

Black, Jamie UOT 9:46.91 79.9%

Dawney, Brian SSD 11:13.04 69.6%

Wallace, James UNA 11:13.51 69.6%

M45

Kooymans, Jerry TOC 9:32.24 84.9%

Marshall, Tom BROCC 10:56.52 74.0%

Keeting, Alex EHS 11:10.92 72.4%

Beck, Robert UNA 11:20.67 71.4%

Dykman, Fred HAC 11:26.73 70.8%

Pietrangelo, Tony EHS 14:29.83 55.9%

M50

Shaw, Bill UNA 9:54.39 85.0%

Hale, Murray EHS 10:56.82 76.9%

Smith, Doug PRES 12:11.48 69.0%

M55

Pickard, John EHS 10:56.94 80.1%

Cassel, Gary CAM 11:33.70 75.9%

Breton, Gaetan SHER 12:32.11 70.0%

M60

Sheridan, David HAC 11:02.66 83.1%

Moore, Robert TOC 11:12.69 81.9%

Mackie, Chris UNA 11:20.81 80.9%

Prince, Jim UNA 11:57.43 76.8%

Wilson, Hugh UNA 12:53.24 71.2%

M65

Crichton, Ron EHS DNF

M70

Whitlock, Ed **MIL** **11:08.78** **91.6%** **CAN, MR**

(old CAN 11:15 Ed at the Mini Meet #1 2004,
old MR 11:26.3 ED in 2003))

Wilson, Dave KGTVN 14:31.70 70.3%

3000mRW

W35

Pimentel-Knott, Lin LOP 20:09.77 59.9%

W40

Cashman, Kitty EHS 16:15.37 77.0%

Archibald, Sandy BTW 20:23.91 61.3%

W50

Whalen, Lily EHS 17:26.60 77.7%

Leo, Nancy LOP 19:22.22 70.0%

Wright, Sharon BTW 19:26.90 69.7%

W55

Jurecka, Joanne ORW 20:10.28 70.3%

W60

Christensen, Joan SMC 18:51.03 79.0%

Rosenitsch, Ann Mar MSC 19:14.00 77.5%

Sarkar, Eileen BTW 20:34.00 72.4%

M45

Paquin, Guy EHS 15:31.00 75.1%

Lee, Peter ORW 18:11.99 64.0%

M55

King, Patrick ORW 18:13.98 69.2%

M65

Summerhayes, Stuart CRW 18:26.30 75.2%

Hurdles 60m

M40

Chipkar, Glenn MISS 9.42 83.1%

M50



Bill Shaw leads the M50-59 3000m Photo by Vince Friel



M55 Matti Kilpelainen breaks his own MR

Cilevitz, Ralph	EHS	11.04	75.2%
Chubb, Roy	SMC	11.66	71.2%
Swanekamp, Charles	USA	11.96	69.4%
M60			
Slater, Alan	WDSK	11.06	80.2%
McGruder, Malachi	USA	12.17	72.9%
M70			
Poonia, Kesar Singh	MSC	13.43	72.6%
M75			
Sochor, Chuck	MCS	12.90	82.2%

High Jump

W80

Pedal, Helgi **UNA** **0.96m** **86.4%** **WR, CAN**
 (old WR 0.93 Gunni Svensson SWE '00,
 old CAN 0.85 Olga Kotelko '01, no previous MR)

M35			
Biglow, Ted	UNA	1.60m	69.8%
M40			
Olivierre, John	THR	1.41m	64.9%
M45			
Robbins, Fred	STO	1.21m	58.7%
M50			
Cilevitz, Ralph	EHS	1.44m	73.8%
Chubb, Roy	SMC	1.31m	67.1%
M65			
Boles, Harvey	UNA	1.06m	63.4%

Pole Vault

M35

Lacy, Wayne USA 3.75m 65.3%

M45

Schaber, Mark MSC 3.90m 78.1%

M55

Kilpelainen, Matti **USA** **3.90m** **89.8%** **MR**
 (old MR 3.80 Matti in 2003, CAN record Hugh's 3.40)

Miller, Hugh SMC 2.90m 66.8%

M65

Boles, Harvey UNA NH

Long Jump

W35

Carty, Linda **USA** **5.20m** **74.2%**
 (old MR 4.76 Corry Fox '95)

W40

Thornton, Monica USA 2.71m 41.6%

W45

Mallia, Maria UNA 4.25m 70.1%

M35

Biglow, Ted UNA 5.07m 59.6%

M40

Jackman, Kenny UNA 5.04m 63.4%

Sanjari, Kevin UNA 5.04m 63.4%

M45

Campbell, Bruce LSM 3.65m 49.1%

M50

Cilevitz, Ralph EHS 4.98m 71.7%

Cirocki, Henry UNA 4.78m 68.8%

M60

Slater, Alan WDSK 5.10m 84.0%



M40 Kenny Jackman

M65

van der Wal, Hylke	AIA	3.83m	67.5%
Boles, Harvey	UNA	3.05m	53.7%

M70

Poonia, Kesar Singh	MSC	3.78m	71.3%
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M75

Sochor, Chuck	USA	3.95m	79.6% MR
(Old MR and CAN 3.84 Karl Trei 1987)			

Triple Jump**M35**

Russo, Phil	UNA	7.68m	42.8%
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M40

Jackman, Kenny	UNA	10.85m	65.0%
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M50

Cilevitz, Ralph	EHS	9.24m	64.0%
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M60

Slater, Alan	WDSK	9.97m	79.8%
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M65

Boles, Harvey	UNA	6.50m	55.9%
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M70

Poonia, Kesar Singh	MSC	7.70m	71.2%
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Shot Put**W40**

Thornton, Monica	USA	6.59m	32.8%
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W50

Wetenhall, Kathy	USA	8.46m	48.0%
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W75

Tomsons, Velta	THR	6.61m	74.4%
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M35

Parkinson, Richard	SIS	11.00m	49.5%
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M40

Olivierre, John	THR	9.04m	43.1%
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Jackman, Kenny	UNA	6.94m	33.1%
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M45

Wetenhall, Jim	USA	12.21m	64.9%
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Bzibziak, Ray	USA	9.69m	51.5%
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M50

Pearson, Bill	THR	12.07m	65.0%
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Boghina, Rudy	THR	11.77m	63.4%
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Chubb, Roy	SMC	9.01m	48.5%
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M60

Kasperski, John	THR	12.87m	78.6%
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McGruder, Malachi	USA	10.40m	63.5%
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M65

Boles, Harvey	UNA	8.50m	57.8%
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M70

Poonia, Kesar Singh	MSC	10.74m	72.8%
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Malmstrom, Eric	UNA	8.48m	57.4%
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M75

Viskers, Evalds	THR	8.77m	66.2%
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M80

Bachman, Garry	THR	10.08m	84.8% CAN, MR
(old CAN & MR 10.05 Garry '03)			

Weight Throw (indoors)**W50**

Wetenhall, Kathy	USA	11.16m	75.7% MR
(old MR 8.08 Dortha Swanson 1990, CAN record 11.11 Liz McBlaine '01)			

M35

Parkinson, Richard	SIS	13.34m	55.4% MR
(old MR 12.94 Richard in 2000)			

M40

Olivierre, John	THR	9.23m	41.4%
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M45

Wetenhall, Jim	USA	16.36m	79.4%
(CAN record 10.23 Jackson Tovell 1980)			

M50

Pearson, Bill	THR	12.40m	54.9%
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Boghina, Rudy	THR	12.01m	53.2%
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M60

Kasperski, John	THR	13.18m	61.0%
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M65

Muller, Emil	COR	15.69m	78.4%
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**M35 Richard Parkinson**

breaking the MR in the Weight Throw
The event used to be held outdoors,
but the facility has a new throwing cage which
allows us to safely throw indoors.

Indoor Pentathlon

	60	LJ	SP	HJ	800
Sochor, Chuck M75	9.91	3.80m	8.32m	1.18m	3:48.94
Age-Graded Percent:	88.6%	76.61%	62.89%	78.67%	65.96%
Points: 3481	(799)	(778)	(725)	(731)	(448)
Buhlman, James M35	8.41	4.70m	9.38m	1.48m	2:41.30
Age-Graded Percent:	77.17%	55.29%	42.25%	64.63%	64.9%
Points: 2165	(473)	(373)	(448)	(449)	(422)
Kupczyk, Henryk M70	11.27	2.46m	9.13m	1.03m	4:01.68
Age-Graded Percent:	73.91%	46.42%	61.9%	65.19%	58.54%
Points: 2045	(378)	(230)	(712)	(457)	(268)



M75 Chuck Sochor