

37th Annual
Ontario Masters
Indoor Track & Field Championships
 Toronto Track & Field Centre
 Saturday, March 11, 2006
 Meet Director - Brian Keaveney
 Results - Jim Pascoe
 Registration - Doug Smith

60m**W30****Adrianne Ricker TS 9.12 75.8% MR****W35**

Vanessa Paquet UNA 8.36 83.7%

Agnes Kuczalska EHS 8.72 80.2%

Kimiko Nakatake USA 8.87 78.0%

W45

Denise Jolicoeur GUL 9.94 79.6%

W50

Karla Del Grande EHS 8.30 98.4%

Irene Thompson USA 8.75 92.3%

Ela Graczyk UNA 10.04 82.1%

W55

Rhona Trott HOC 9.88 86.8%

M30**Desmond Allen UNA 7.15 89.6% MR**
(old MR 7.20 Desmond in 2004)**M35**

Malik Crepsac UNA 7.27 91.6%

M40 Prelims

Frederick Andrade BMS 7.62q 88.7%

Jonathan Maister UNA 7.69q 87.2%

Nicholas Timothy ULBO 7.70q 89.2%

Andrew Yap TS 7.74q 89.4%

Ken Kudo GUL 7.78q 88.3%

Willie Price USA 8.25q 83.2%

Christian Schweter EHS 8.36q 81.4%

Kerr David UNA 8.52 78.7%

Final

Frederick Andrade BMS 7.64 88.4%

Andrew Yap TS 7.67 90.2%

Nicholas Timothy ULBO 7.75 88.6%

Ken Kudo GUL 7.87 87.2%

Willie Price USA 8.20 83.7%

Christian Schweter EHS 8.41 80.9%

Jonathan Maister UNA DNF

M45 Prelims

Michael Lee Foon UNA 7.58q 91.9%

Joseph Baptiste UNA 7.97q 87.4%

John Varone UNA 7.98q 87.3%

Kevin Sanjari UNA 8.03q 87.4%

Steve Williamson STL 8.09q 86.1%

Blair Roblin UNA 8.29q 85.2%

Paul Zelmanski USA 8.33q 84.2%

Spencer Arnfield BBA 8.50 82.5%

Final

Michael Lee Foon UNA 7.35 94.8%

(MR 7.33 George Horton 1980)

Steve Williamson STL 7.88 88.4%

Joseph Baptiste UNA 7.91 88.1%

John Varone UNA 7.92 89.2%

Kevin Sanjari UNA 8.03 87.4%

Paul Zelmanski USA 8.24 85.1%

Blair Roblin UNA 8.36 84.5%



M45 Final - Blair, Kevin, Joe (hidden), Michael, John, Steve, Paul



M65 60m Final

M50

Kerry Smith EHS 7.38 99.1% MR
(old MR 7.54 Kerry in 2004,
CAN record 7.37 Harold Morioka 1993)

M55

Rick Parker USA 8.12 94.5%
Richard Lech UNA 8.36 91.2%
John Ward UK 9.08 83.4%

M60

Clarence Ray USA 8.26 93.5%
Tony Powell UNA 8.28 94.5%
Tim Butts USA 8.46 93.1%
Joe Sholtes UNA 10.33 75.3%

M65

Mike Morris PQ 8.57 93.2%
Dave Dunn EDMT 8.75 93.6%
David Stern EHS 8.91 90.2%
Peter Tams UNA 9.14 87.9%



Karla even faster than last year in the 200m

Clark Little	UNA	9.60	85.3%	29
M70				
Dev Sharma	MSC	9.57	86.1%	
Charles Agnoo	SMC	9.59	86.5%	
Paul-Emile Tremblay	PQ	11.52	73.0%	
M75				
Bill E. Thompson	HOC	11.09	77.9%	

200m

W30

Yvonne Paquet UNA 27.74 76.9% MR

W35

Victoria Roy OTW DQ

W40

Kathleen Shook USA 29.10 81.5%

W45

Denise Jolicoeur GUL 33.45 75.2%

W50

Karla Del Grande EHS 26.82 96.9% CAN,MR
(old CAN 27.16 Karla 2005, old MR 27.33 Karla in '05)

Irene Thompson USA 29.68 86.6%

Ela Graczyk UNA 34.77 75.6%

W55

Rhona Trott HOC 34.97 78.4%

M35

Malik Crepsac UNA 23.49 87.9%

Sean Kapitain UNA 27.21 73.6%

Lawrence Williams OTW DQ

M40

Ken Kudo GUL 25.26 84.3%

Nicholas Timothy ULBO 25.38 83.9%

Andrew Yap TS 25.41 84.4%

Christian Schweter EHS 27.37 77.2%

M45

Michael Lee Foon UNA 23.93 90.3%

Joseph Baptiste UNA 26.18 82.5%

Steve Williamson STL 26.84 80.5%

Rob Malpus UNA 27.76 80.1%

M50

Ken Davis TPS 27.30 82.1%

Bob Davidson UNA 28.89 78.1%

M60

Tony Powell UNA 26.45 91.9% CAN,MR
(old CAN 26.55 Tony 2004, old MR 26.60 Tony '04)

Clarence Ray USA 28.38 84.5%

Tim Butts USA DQ

M65

Dave Dunn EDMT 28.56 89.6%

Mike Morris PQ 28.66 86.5%

David Stern EHS 29.67 84.2%

James Pascoe RRR 34.17 74.3%

Hugh Wilson PQ 39.49 63.2%

M70

Dev Sharma MSC 31.82 81.0%

Charles Agnoo SMC 33.47 78.2%

Paul-Emile Tremblay PQ 38.15 70.8%

Jean Bernaquez PQ 39.30 68.7%

M75

Bill E. Thompson HOC 38.38 73.9%

400m**W40**

Kathleen Shook USA **64.61** **84.7%** **MR**
(old MR 66.2 Carol Felepchuk '98)

W50

Irene Thompson USA 69.68 84.2%

W70

Jean Horne UNA 1:25.42 90.3%

M35

Lawrence Williams OTW 51.79 85.9%
(MR 51.0 = 51.24 Ray Cardinal 1986)

Malik Crepsac UNA 51.91 88.3%



Both **Malik** and **Lawrence** were very close to Ray cardinal's 20 year old MR in the M35 400m.

M40

Ken Kudo GUL 57.12 82.5%

Christian Schweter EHS 59.44 78.8%

M45

Ben James USA **53.57** **91.8%** **MR**
(old MR 53.86 Ben in 2003)

Steve Williamson STL 61.48 77.8%

Kenny Jackman UNA 61.88 77.3%

M50

Ken Davis TPS 59.94 82.6%

Bob Davidson UNA 63.59 78.4%

M55

Mike Carter EHS 61.90 83.2%

M65

Dave Dunn EDMT 67.90 85.4%

Hugh Wilson PQ 75.68 73.1%

James Pascoe RRR 75.72 75.4%

M70

Jean Bernaquez PQ 1:26.42 72.2%

Paul-Emile Tremblay PQ 1:31.22 68.4%

M75

Earl Fee EHS **70.32** **94.0%** **MR**
(old MR 74.9 Aleks Ernesaks 1989)

800m**W45**

Katherine Willis EHS 2:55.10 70.7%

W65

Judy Willmott UNA 3:53.45 69.0%

W70

Jean Horne UNA **3:18.76** **96.5%** **WR***

(beats the listed 3:20.14 WR of Suzy McLeod, but Jean has run 3:12 in '03 and 3:14 in '04, so it's not even a MR)

M30

Jamie Halla UNA 2:15.36 75.1%

Mario Iozzo NMKT DNF

M35

Derek Hackshaw NMKT **1:59.14** **88.4%** **CAN,MR**
(old CAN & MR 2:01.7 Ray Tucker 1986)

Jordan Rosenberg CJ 2:05.44 84.0%

Steve Laughlin UNA 2:21.92 75.2%

Troy McLaughlin BTFD 2:32.57 69.5%

Trevor Van Nest NMKT DNF

M40

John Kaandorp SAUG 2:19.70 79.8%

Howie Beattie CAM 2:20.86 79.1%

Chris Dickson UNA 2:23.05 77.9%

M45

Piotr Grudzinski UNA 2:20.53 81.1%

M50

Fred Robbins STO 2:23.56 81.9%

Tom Marshall BROCC 2:33.85 75.8%

M55

Mike Carter EHS 2:23.96 85.2%

Duncan Greenshields UNA 2:46.59 74.3%

M65

Chris Mackie UNA 2:37.91 84.6%

Hugh Wilson PQ 3:10.98 70.7%

M70

Jean Bernaquez PQ 3:22.46 72.6%

M75

Earl Fee EHS **2:40.58** **95.4%** **MR**

(old MR 3:09.76 Kurt Gelbhaar 1999)



Derek Hackshaw on his way to breaking the 20 year old M35 CAN Record in the 800m. Followed by Trevor and Jordan.

1500m (the Hytek program scores the AG a bit too high)

M30

Jamie Halla UNA 4:31.79 75.7% MR
(old MR 4:46.60 Louis Byrne 2004)

M35

Antony Mwangi UNA 4:15.34 81.7%
Trevor Van Nest NMKT 4:26.77 78.2%
Steve Laughlin UNA 4:51.67 71.5%
Bryan Hoage UNA 4:52.93 71.2%
Troy McLaughlin BTFD 5:12.37 66.8%
Dean Tweed UNA 5:18.98 65.4%

M40

John Kaandorp SAUG 4:36.99 82.3%
Howie Beattie CAM 4:41.92 80.8%
Chris Dickson UNA 4:56.07 77.0%
James Wallace UNA 5:06.64 73.6%

M45

John Holiday NMKT 4:19.3h 88.7%
(MR 4:17.50 Ron Frid 1994)
Tim Andrew UNA 4:36.5h 83.2%
Raymond Pacque CAC 4:46.2h 80.4%
Steve Nesbitt UNA 5:21.7h 71.5%

M50

Jerry Kooymans TOC 4:22.7h 91.7% MR
(old MR 4:32.7 Tom Tushingham 1992)

Fred Robbins STO 4:45.2h 84.5%
Tom Marshall BROC 4:53.4h 82.1%
George Aitkin CAM 4:56.8h 81.2%

M55

John DeFinney CEN 4:46.4h 87.9%
(CAN & MR record 4:45.2 Ed Whitlock 1987)

M60

Gary Cassel CAM 5:23.2h 81.2%

M65

Chris Mackie UNA 5:23.9h 84.3%
Robert Moore TOC 5:40.0h 80.4%
Hugh Wilson PQ 6:14.1h 73.0%

M70

Jean Bernaquez PQ 6:26.2h 73.7%
Gary Waller SMC 7:23.9h 64.1%



W70 Molly Turner breaking Dorly's CAN record. Photo by Jack Castle



M45 John Holliday and M50 Jerry Kooymans

John missed Ron Frid's M45 MR by 2 seconds.

Jerry smashed Tom Tushingham's M50 MR by 10 seconds and went after the CAN record, just missing it by 3 seconds.

3000m

W70

Molly Turner RRC 14:51.1h 83.2% CAN,MR
(old CAN & MR 15:05.4 Dorly 1995)

W75

Sheila Barnett MTF 20:11.8h 68.9%

M30

Mario Iozzo NMKT 9:01.39 82.9% MR
(old MR 9:40.28 Rob Mitchell 2004)

M35

Ken Gosleigh SAUG 9:44.49 79.1%

M40

Geoff Peat NMKT 9:22.14 84.6%
Steven Blostein PYK 10:28.21 76.8%
Stephen Laidlaw UNA 11:03.50 72.7%

M45

John Holiday NMKT 9:11.57 88.1%

M50

George Aitkin CAM 10:32.85 81.8%
Tom Marshall BROC 10:41.81 78.7%
Joe Meleca NMKT 11:10.35 76.0%
Doug Smith PRES 13:07.29 66.3%

M55

John DeFinney CEN 10:50.39 81.7%
Tim Payne CAM 11:01.47 79.6%
Philip Riposo USA 12:10.94 72.7%

3000m con't

M60				
Jim Prince	UNA	11:30.98	82.1%	
Gary Cassel	CAM	11:44.11	78.2%	
David Sheridan	CAM	12:23.28	75.6%	
Brian Drewett	STC	12:51.36	74.3%	

M65

Robert Moore	TOC	12:00.8h	80.3%	
Hugh Wilson	PQ	13:44.7h	71.0%	
Norm Abbott	UNA	14:38.2h	69.0%	

M70

Jean Bernaquez	PQ	13:53.2h	76.5%	
Gary Waller	SMC	15:41.4h	65.9%	

M75

Ed Whitlock MIL 11:28.28 95.1% WR

(old WR 12:12 James Todd GBR '97,
old CAN & MR 13:27.10 Kurt Gelbhaar '99)

3000m Racewalk**W45**

Kitty Cashman	EHS	16:03.6h	81.0%	
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W50

Anne Chetwynd	UNA	23:03.5h	58.8%	
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M45

Hans Dinger	EHS	16:43.2h	69.6%	
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M55

Patrick King	UNA	17:27.4h	72.3%	
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M60

Richard Lee	UNA	21:17.0h	62.0%	
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M70

Stuart Summerhayes	EHS	18:18.7h	79.9%	
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M75

Salvadore Brancaccio	ORW	23:12.2h	66.9%	
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60m Hurdles**W30**

Adrienne Ricker	TS	10.62	74.6%	MR
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W40

Kathleen Shook	USA	11.62	74.1%	MR
(no previous marks)				

M40

Andrew Yap	TS	9.30	86.0%	
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M45

Glenn Chipkar	MISS	9.38	87.2%	
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Paul Zelmanski	USA	10.25	79.8%	
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M50

Ralph Cilevitz	EHS	10.68	77.3%	
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M55

Richard Lech	UNA	11.39	78.4%	
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M70

Dev Sharma	MSC	13.40	69.4%	
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5 days after his 75th Birthday, Ed ran his first race and broke the 3000m WR by 44 seconds, despite a recent cold!

His warmup included helping set up the Hurdles!

He broke Kurt's CAN record by 2 minutes! The CAN record for the 1500m is 6:12 (X2 = 12:24 !)

The M75 1500 WR is 5:37 (X2= 11:14)

High Jump

W35

Kimiko Nakatake USA 1.50m 74.6%

W40

Kathleen Shook USA 1.25m 69.0%

W50

Maria Mallia UNA 1.35m 81.3% CANtie

(CAN 1.35 Liz McBlain '98,
old MR 1.16 Anne Van Der Vleuten '89)

M35

Troy McLauchlin BTFD 1.50m 65.7%

James Buhlman UNA 1.45m 64.1%

M40

John Olivierre THR 1.30m 59.9%

M45

Hans Dinger EHS 1.20m 59.4%

M50

Bob Davidson UNA 1.40m 70.7%

Ralph Cilevitz EHS 1.35m 68.8%

M65

Bob Land UNA 1.25m 78.6%

Peter Tams UNA 1.20m 72.7%

Pole Vault

W65

Jutta Riegel SBK 2.00m 73.5% CAN, MR
(old CAN & MR 1.70 Edith Grey '02)

M45

Mark Schaber MSC 3.60m 69.1%

Glenn Chipkar MISS NH

M50

Ralph Cilevitz EHS 1.90m 39.0%

M55

Hugh Miller SMC 3.00m 66.5%

M60

Matti Kilpelainen USA NH

M65

Bob Land UNA 2.70m 71.0%



M50 Tom Black with his winning Triple Jump
Note who's raking the pit !



M45 Mark Schaber

Long Jump

W35

Kimiko Nakatake USA 4.89m 67.5%

W50

Maria Mallia UNA 3.96m 67.1%

M40

Todd Crawford UNA 6.12m 76.8%

M45

Kevin Sanjari UNA 5.41m 72.1%

Kenny Jackman UNA 5.13m 67.5%

Paul Zelmanski USA 4.76m 63.4%

Bruce Fritshaw UNA 3.23m 44.7%

M50

Ralph Cilevitz EHS 4.50m 64.8%

M55

Richard Lech UNA 4.82m 75.4%

M60

George Pachovsky MSC 4.54m 74.3%

M65

Peter Tams UNA 3.62m 64.0%

Triple Jump

W35

Kimiko Nakatake USA 9.93m 67.4% MR
(old MR 9.72 Corry Fox 1995)

W50

Irene Thompson USA 9.08m 78.5% MR
(old MR 7.69 Adri Rowswell 1993)

W65

Jutta Riegel SBK 6.12m 67.4%

M40

Todd Crawford UNA 12.77m 76.6% CAN, MR
(old CAN & MR 12.70 Vladimir Kostic 1979)

M45

Kenny Jackman UNA 11.68m 75.3%

Kevin Sanjari UNA 11.43m 73.6%

M50

Tom Black UNA 9.61m 66.6%

Ralph Cilevitz EHS 9.30m 64.4%

Shot Put

W35 4.0k				
Diana Jaam Shahriari	THR	10.27m	46.9%	
W40				
Kathleen Shook	USA	7.52m	38.1%	
W55 3k				
Rhona Trott	HOC	6.94m	45.6%	
W75				
Velta Tomsons	THR	6.43m	68.0%	
M35 7.26k				
James Buhlman	UNA	9.41m	40.7%	
M40				
Richard Parkinson	SIS	11.25m	49.9%	
John Olivierre	THR	9.19m	40.8%	
M45				
Kenny Jackman	UNA	7.58m	36.4%	
M50 6k				
Joseph Myers	USA	14.96m	74.2%	MR
(old MR 14.05 Jim Wetenhall 2005)				
Ray Bzibziak	USA	10.07m	49.9%	
M55				
Rudy Boghina	THR	10.14m	55.8%	
M65 5k				
David Morris	THR	9.00m	57.2%	
M70 4k				
Eric Malmstrom	THR	8.61m	48.4%	
Dev Sharma	MSC	7.02m	39.5%	
M75				
Evalds Viskers	THR	8.63m	56.1%	

**M70 Dev Sharma**

puts the Shot. Dev also won the 60m and the 200m.

Weight Throw

W35 9.09k				
Diana Jaam Shahriari	THR	10.69m	62.3%	
M40 15.90k				
Richard Parkinson	SIS	11.55m	49.5%	
John Olivierre	THR	9.85m	42.8%	
M50 11.35k				
Jim Wetenhall	USA	20.28m	88.7%	MR
(old MR 20.20 Jim Wetenhall 2005)				
Jan Graczyk	THR	18.10m	80.5%	CAN
(old CAN 13.45 Bill Pearson 2005)				
Joseph Myers	USA	11.38m	51.5%	
Ray Bzibziak	USA	11.09m	48.5%	
M55				
Rudy Boghina	THR	11.56m	55.1%	CAN
(no listed CAN record, MR 15.66 John Kasperski '02)				
M65 9.09k				
David Morris	THR	10.98m	56.1%	

Many thanks to all of the officials and volunteers, especially Barbara Keaveney, who has been looking after the volunteer's lunch for many years.

M50 Jan Graczyk launches the Weight into orbit to break the CAN record. With the new cage at the Toronto Track Centre we are able to hold the event indoors. We used to hold it out in the snow and the mud, which made retrieving the implement, buried in the mud, a little less fun!





M40 Andrew Yap (L) trails **M45 Glenn Chipkar** over the first hurdle, but Andrew went on to finish ahead by 8/100ths

M60 60m - a close one!
Tim Butts, Tony Powell, and Clarence Ray
Clarence outleaned Tony by 2/100ths



We presented **Brian** with a plaque to commemorate the **20th Anniversary** of his being the Indoor Championships Meet Director.

The plaque was courtesy of Eric Malmstrom and Viking Trophy