

Ontario Masters Outdoor Championships

TD Waterhouse Stadium - University of Western Ontario

London - June 11th, 2006

Hosted by the London Legion Track Alliance

Meet Director - Linda Findley

100m

W35	Kuczalska, Agnes	EHS	13.51	81.6%
	Roy, Victoria	OTW	13.82	78.0%
W45	Barrett, Lyn	QLT	14.46	82.7% MR
	(old MR 14.47 Rhona Trott '96)			
	Gunasekera, Roshani	UNA	15.24	81.0%
W50	Del Grande, Karla	EHS	13.20	98.4%
	Graczyk, Ela	UNA	15.90	81.7%
W55	Trott, Rhona	HOC	15.85	85.3%
M30	Atkinson, Tyler	UNA	13.39	73.3%
M40	Crawford, Todd	QLT	11.82	87.9%
	Robinson, Paul	UNA	12.33	83.7%
	Price, Willie	USA	12.90	81.1%
	Taschereau, Tim	UNA	12.94	79.2%
	Schweter, Christian	EHS	13.15	79.0%
M45	Williamson, Steve	STL	12.36	86.4%
	Loh, Lawrence	OTW	12.54	86.3%
	Roblin, Blair	UNA	12.86	84.2%
	Malpus, Rob	UNA	12.92	84.3%
	Jackman, Kenny	UNA	13.22	80.3%
	Wilson, Rodney	USA	13.24	81.2%
M50	Smith, Kerry	EHS	11.59	95.9% MR
	(old MR 11.71 Kerry in '04)			
	Cilevitz, Ralph	EHS	13.38	83.1%
	Naisbitt, Norm	UNA	14.13	77.7%
	Cochrane, Dale	UNA	14.42	77.1%
M55	Chubb, Roy	SMC	13.50	83.9%
	Bourgard, Tim	LLTF	13.99	81.5%
M60	Powell, Tony	UNA	12.74	92.9% MR
	(old MR 12.81 Tony in 2005)			
	McGruder, Malachi	USA	14.60	82.1%



M65	Brand, Dave	UNA	14.34	84.5%
	Morris, Mike	PQ	DNF	
M70	Sharma, Dev	MSC	14.76	84.1%
	Agnoo, Charles	SMC	14.87	84.5%
	Williams, Paul	USA	15.08	83.3%
	Wardle, Ray	OTW	15.90	81.0%
	Poonia, Kesar Singh	MSC	16.27	78.1%
M75	Thompson, Bill E.	HOC	17.47	76.6%



200m

W35	Kuczalska, Agnes	EHS	28.69	76.7%
	Roy, Victoria	OTW	28.99	74.0%
W45	Barrett, Lyn	QLT	30.53	78.7%
W50	Del Grande, Karla	EHS	27.04	97.2%
	Graczyk, Ela	UNA	33.24	79.0%
W55	Trott, Rhona	HOC	33.45	82.0% MR
(old MR 33.3=33.54 Doreen Carmichael 1986)				

M30	Atkinson, Tyler	UNA	28.05	70.8%
M35	Crepsac, Malik	UNA	23.44	88.1%
M40	Kudo, Ken	GUL	25.21	84.4%
	Renelique, Eddy	UNA	25.75	82.1%
	Robinson, Paul	UNA	26.73	78.5%
	Schweter, Christian	EHS	26.92	78.5%
	Price, Willie	USA	27.31	77.9%

M45	Loh, Lawrence	OTW	26.01	84.9%
	Williamson, Steve	STL	26.11	83.4%
	Roblin, Blair	UNA	26.50	83.3%
	Solomon, Liviene	UNA	27.04	82.2%
	Jackman, Kenny	UNA	27.69	78.0%

M50	Smith, Kerry	EHS	23.50	96.7% MR
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(old MR 23.70 Kerry in 2005)

	Gagne, Wayne	CAM	27.59	81.8%
	Naisbitt, Norm	UNA	29.78	75.2%
	Cochrane, Dale	UNA	32.69	69.5%

M55	Carter, Mike	EHS	28.45	82.1%
	Chubb, Roy	SMC	29.95	78.0%

M60	Powell, Tony	UNA	26.00	93.5%
	Martinez, Wayne	SMC	30.14	79.6%
	McGruder, Malachi	USA	31.50	78.1%

M65	Brand, Dave	UNA	29.69	84.1%
M70	Sharma, Dev	MSC	30.92	83.4%

	Agnoo, Charles	SMC	31.73	82.5%
	Wardle, Ray	OTW	33.19	81.4%
	Poonia, Kesar Singh	MSC	36.22	73.4%

M75	Fee, Earl	EHS	30.72	93.9%CAN,MR
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(old MR 30.9 Percy Duncan 1990,
old CAN 31.07 John O'Neill 1999)



Lawrence Loh edges Steve Williamson in the M45 200m

Thompson, Bill E.	HOC	38.48	73.7%
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400m

W35	Bailey Mason, Gwen	MAD	68.31	76.0%
W45	Willis, Katherine	EHS	78.63	71.7%
W50	Del Grande, Karla	EHS	65.77	90.9%
W70	Horne, Jean	UNA	1:22.93	93.0%

M35	Crepsac, Malik	UNA	53.57	85.5%
	Van Nest, Trevor	NMKT	57.84	78.6%

M40	Kudo, Ken	GUL	56.16	83.9%
	Renelique, Eddy	UNA	57.52	81.4%
	Schweter, Christian	EHS	63.00	74.3%

M45	Loh, Lawrence	OTW	58.91	82.9%
	Solomon, Liviene	UNA	60.36	81.4%
	Williamson, Steve	STL	60.68	79.4%

	Malpus, Rob	UNA	61.09	80.5%
	Jackman, Kenny	UNA	62.01	77.1%
	Hutchinson, Brent	BTFC	62.98	78.1%

M50	Gagne, Wayne	CAM	63.26	78.8%
M55	Carter, Mike	EHS	63.30	81.4%

	White, Scott	UNA	64.57	79.2%
M65	Pascoe, Jim	UNA	77.02	74.1%

M70	Sharma, Dev	MSC	75.24	78.4%
	Krolow, Gerhard	MTF	1:25.91	68.6%

M75	Fee, Earl	EHS	70.75	95.0%
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800m

W35	Bailey Mason, Gwen	MAD	2:41.22	71.6%
W45	Willis, Katherine	EHS	2:55.19	70.6%
W70	Horne, Jean	UNA	3:14.55	98.6%

M35	Hackshaw, Derek	NMKT	2:03.94	85.6%
	Van Nest, Trevor	NMKT	2:05.73	84.9%

M40	Peat, Geoff	NMKT	2:08.96	85.2%
M45	Cunliffe, Bill	UNA	2:11.96	85.7%

	Solomon, Liviene	UNA	2:15.04	85.7%
	MacDonald, Bill	NOC	2:15.49	83.5%

	Hutchinson, Brent	BTFC	2:21.36	81.9%
M55	De Finney, John	MRCN	2:24.19	85.0%

	Carter, Mike	EHS	2:25.47	84.3%
	Greenshields, Dunca	UNA	2:43.77	75.5%

M65	McIlwaine, Bill	EHS	2:50.70	80.0%
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Close one in the M70-M75 200m.

Earl nicks Dev Sharma (L) and Charles Agnoo



Gerda Zonruiter and Sheryl Potter in the 1500m

	Pascoe, Jim	UNA	3:00.92	76.4%
M70	Krolow, Gerhard	MTF	3:09.55	74.6%
M75	Fee, Earl	EHS	2:41.26	96.5%

1500m

W35	Potter, Sheryl	NMKT	5:39.63	67.8%
W40	Zonruiter, Gerda	LOP	5:26.49	74.2%
	Tracey, Sharr	NMKT	5:44.05	66.9%
	Schmidt, Gail	LOP	6:04.43	63.2%

M35	Hoage, Bryan	UNA	4:56.13	71.8%
M40	Friel, Vince	SSD	4:24.57	85.3%
	Peat, Geoff	NMKT	4:28.52	83.2%
	Kaandorp, John	SAUG	4:29.14	84.7%
M45	Andrew, Tim	MKLK	4:35.57	83.5%
	MacDonald, Bill	NOC	4:52.01	79.5%
	Hutchinson, Brent	BTFC	4:54.70	81.0%
M50	Meleca, Joe	NMKT	5:10.12	78.3%
M55	De Finney, John	MRCN	5:01.08	84.3%
M60	Cassel, Gary	CAM	5:32.78	79.5%
	Weston, John	UNA	5:49.69	75.6%
M65	Irons, Jim	TOC	6:20.20	74.3%
M70	Krolow, Gerhard	MTF	6:31.72	72.7%

5000m

W40	Schmidt, Gail	LOP	21:54.10	69.5%
W50	Northcott, Clara	EHS	21:45.97	76.4%

M35	Gosleigh, Ken	SAUG	16:54.88	78.5%
M40	Pardy, Bruce	UNA	17:03.57	80.1%
	Meijer, John	LSM	17:34.60	78.9%
M45	Turner, Scott	UNA	17:55.92	77.9%
M50	Smith, Doug	PRES	22:42.28	66.1%
M55	De Finney, John	MRCN	18:29.81	82.5%
M60	Woodhall, David	UNA	20:08.08	81.0%

	Cassel, Gary	CAM	20:30.13	78.0%
	Cobbledick, Roger	OTW	20:49.78	77.5%
	Drewett, Brian	STC	23:56.74	68.8%
M70	Krolow, Gerhard	MTF	22:49.71	77.1%
M75	Whitlock, Ed	MIL	20:21.57	92.3% CAN,MR
	(old MR 28:44 Odino Soligo 1999, old CAN 22:23.90 Kurt Gelbhaar 1998)			

5000m Racewalk

W30	Raetsen, Sarah	EHS	31:11.21	65.0% MR
	(no previous MR)			
W35	McBurney, Tracey	ORW	33:30.89	63.1%
W45	Cashman, Kitty	EHS	27:20.09	82.2%
W50	Sweazey, NanciPatten	EHS	27:06.77	87.1% CAN,MR
	(old MR 28:56.15 Lily Whalen '03, old CAN 28:32.42 Lily Whalen 2002)			
	Whalen, Lily	EHS	DNF	(one lap short)
W55	Ramsden, Aggie	LOP	33:55.26	73.6%
	Magni, Mary	LOP	35:48.10	69.1%
W65	Christensen, Joan	SMC	31:48.05	86.3%
	Rosenitsch, Ann Mar	ORW	33:29.43	81.0%
	Van Leeuwen, Dianne	LOP	35:17.20	76.9%

M45	Dinger, Hans	EHS	28:21.00	73.1%
M55	Ramsden, Don	LOP	30:11.00	74.7%
M70	Summerhayes, Stuart	EHS	31:21.20	82.4%
	Turner, Ron	UNA	36:51.00	70.1%

Hurdles 80m 0.762m

W55	Trott, Rhona	HOC	16.48	76.3% MR
	(wind +2.9 CAN Rhona's 16.81 2004, no previous MR)			
M70	Sharma, Dev	MSC	18.13	71.6%
	Poonia, Kesar Singh	MSC	19.73	67.2%
100m Hurdles 0.914m				
M50	Cilevitz, Ralph	EHS	19.19	70.9%



W50 Nanci Patten Sweazey
breaking the Canadian record in the 5000m Racewalk



M50 Ralph Cilevitz
sailing over the Sprint Hurdles
in London
(Hurdles - the most photogenic track event!)

Steeplechase 2000m 0.762m

M65 Christensen, Vern SMC 8:32.28 86.4% MR
(old MR 8:32.64 Jack Geddes '05)

High Jump

W45 Gunasekera, Roshani UNA 1.24m 72.0%
W50 Mallia, Maria UNA 1.36m 81.9%

M35 McLauchlin, Troy BTFC 1.55m 68.5%
M45 Sanjari, Kevin UNA 1.52m 72.7%
Dinger, Hans EHS 1.35m 66.8%
M50 Cilevitz, Ralph EHS 1.20m 61.2%
M55 Chubb, Roy SMC 1.30m 69.5%
M60 Campbell, Rob UNA 1.25m 71.8%
M65 Land, Bob UNA 1.35m 84.9%
M70 Krolow, Gerhard MTF 1.03m 65.6%

Pole Vault

M30 Sniatenchuk, James KWTF 4.14m 68.4% MR
(old MR 4.10 James in 2004)
M50 Cilevitz, Ralph EHS 2.20m 46.7%
M60 Kilpelainen, Matti USA 3.66m 88.1% MR
(old MR & CAN record Stan Egerton 3.10 in 1990)
Miller, Hugh SMC 2.90m 69.8%
Campbell, Rob UNA 2.20m 54.8%
M65 Land, Bob UNA 2.55m 72.4%



Vern ran all alone in the Steeple and still managed to break Jack Geddes CAN record by less than a second.

Triple Jump

W45 Gunasekera, Roshani UNA 8.21m 68.8%
M40 Crawford, Todd QLT 12.58m 77.7%
M45 Jackman, Kenny UNA 11.88m 76.6%
Sanjari, Kevin UNA 11.83m 77.4%
Cadogan, Cliff UNA 10.52m 69.8%
M50 Cilevitz, Ralph EHS 8.75m 62.4%
M70 Poonia, Kesar Singh MSC 6.71m 63.9%

Shot Put 4.0 kg

W40 Jaam Shahriari, Diana THR 10.58m 53.6%
Neilson, Ana Maria THR 7.83m 43.6%
W45 Barrett, Lyn QLT 7.88m 44.9%
SP 3.0 kg
W55 Trott, Rhona HOC 7.47m 51.1%
W75 Tomsons, Velta THR 6.15m 72.1%



Our American friend **M60 Matti Kilpelainen** jumping higher than the CAN record.

Long Jump

W45 Gunasekera, Roshani UNA 3.72m 60.4%
W50 Mallia, Maria UNA 3.73m 63.2%

M40 Crawford, Todd QLT 6.66m 84.7% MR
(wind +2.9 CAN & old MR 6.49 Todd in 2005)
Price, Willie USA 4.63m 59.5%
M45 Sanjari, Kevin UNA 5.65m 75.3%
Jackman, Kenny UNA 5.32m 70.0%
Cadogan, Cliff UNA 5.14m 69.4%
M50 Cilevitz, Ralph EHS 4.23m 60.9%
M55 Bourgard, Tim LLTF 4.28m 65.1%
M70 Poonia, Kesar Singh MSC 3.24m 63.6%



M70 Hurdlers Dev Sharma & Kesar Singh Poonia

Shot con't

	SP 7.26 kg			
M35	Buhlman, James	UNA	9.25m	40.0%
M40	Crawford, Todd	QLT	10.59m	48.6%
M45	Yoisten, Danny	THR	11.15m	54.8%
	Sanjari, Kevin		8.10m	37.1%
	SP 6.0 kg			
M50	Myers, Joe	USA	13.84m	74.7%
	Pearson, Bill	THR	11.34m	59.9%
	Bzibziak, Raymond	USA	11.15m	56.5%
M55	Mayer, Jean-Pierre	THR	12.57m	74.4%
	Chubb, Roy	SMC	8.48m	47.8%
	SP 5.0 kg			
M60	McGruder, Malachi	USA	9.62m	59.5%
M65	Morris, David	THR	8.67m	61.4%
	SP 4.0 kg			
M70	Poonia, Kesar Singh	MSC	11.31m	67.6%
	Malmstrom, Eric	THR	10.47m	66.3%
M80	Viskers, Evalds	THR	9.90m	76.2 CAN,MR
	(old MR 8.92 Arnolds Ticmanis 1986, CAN - new weight for M80 Shot)			

Discus 1.0 kg

W40	Jaam Shahriari, Diana	THR	37.92m	54.6% CAN,MR
	(old MR 32.84 Bozena Wojciekian '95, old CAN 34.06 Bozena Wojciekian 1995)			
W45	Barrett, Lyn	QLT	17.81m	27.7%
W55	Trott, Rhona	HOC	17.04m	33.2%
W75	Tomsons, Velta	THR	15.73m	54.2%
	DT 2.0 kg			
M35	Buhlman, James	UNA	24.81m	33.4%
M40	Crawford, Todd	QLT	36.22m	48.8%
M45	Bailey, Don	USA	41.95m	61.9% MR
	(old MR 38.68 Len Olsen 1979)			
	Yoisten, Danny	THR	35.48m	51.3%
	Harding, Joe	WLT	34.85m	52.4%



M45 Don Bailey, a Michigan State Trooper,
breaks the 27 year old Meet Record in the Discus



M80 Evalds Viskers

	DT 1.5 kg			
M50	Pearson, Bill	THR	38.37m	54.4%
	Myers, Joe	USA	38.22m	55.4%
	Bzibziak, Raymond	USA	36.18m	48.9%
M55	Mayer, Jean-Pierre	THR	40.46m	65.0%
	DT 1.0 kg			
M60	McGruder, Malachi	USA	36.08m	59.7%
M65	Morris, David	THR	33.38m	60.7%
M70	Boyd, Jack	THR	29.32m	57.5%
M80	Viskers, Evalds	THR	29.94m	76.9% MR
	(old MR 26.20 Karl Trei 1989)			

Hammer 4.0 kg

W40	Jaam Shahriari, Diana	THR	24.97m	42.7%
	HT 3.0 kg			
W55	Trott, Rhona	HOC	20.00m	37.7%
	HT 7.26 kg			
M40	Parkinson, Richard	SIS	33.30m	43.0%
	Olivierre, John	THR	26.09m	33.7%
M45	Findlay, James	UNA	36.06m	49.2%
	Yoisten, Danny	THR	34.63m	48.3%
	HT 6.0 kg			
M50	Graczyk, Jan	THR	50.74m	72.8%
	Pearson, Bill	THR	33.03m	47.4%
	Myers, Joe	USA	32.81m	48.1%
	Bzibziak, Raymond	USA	28.00m	38.4%
	Cilevitz, Ralph	EHS	20.62m	28.9%
M55	Boghina, Rudy	THR	32.74m	50.3%
	Poprawski, Bogdan	UNA	31.64m	51.0%
	HT 5.0 kg			
M65	Morris, David	THR	26.41m	52.5%
	HT 4.0 kg			
M70	Muller, Emil	PQ	45.48m	87.2% MR
	(old MR 39.48 Elmer Shaw 1988)			

Javelin 600 gm

W40	Neilson, Ana Maria	THR	33.85m	56.2%	MR
	(old MR 25.34 Debbi Heit 1992)				
	Jaam Shahriari, Diana	THR	19.42m	29.1%	
W45	Barrett, Lyn	QLT	16.57m	28.2%	

JT 800 gm

M35	Buhlman, James	UNA	29.89m	33.2%	
M40	Parkinson, Richard	SIS	51.10m	60.6%	
	Greenbank, Jamie	UNA	44.25m	52.5%	
	Olivierre, John	THR	40.91m	48.5%	
M45	St.Pierre, Peter	THR	43.79m	56.7%	
	Yoisten, Danny	THR	40.59m	51.6%	

JT 700 gm

M50	Myers, Joe	USA	38.71m	54.2%	
	Pearson, Bill	THR	28.94m	39.8%	
M55	Dellavedova, Folgo	UNA	40.40m	57.6%	
	Chubb, Roy	SMC	23.35m	34.0%	

JT 600 gm

M60	McGruder, Malachi	USA	37.59m	61.6%	
M65	Pamenter, Fred	UNA	39.10m	67.1%	
	Morris, David	THR	26.83m	48.4%	

JT 500 gm

M70	Malmstrom, Eric	THR	29.93m	59.4%	
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Weight Throw 9.09 kg

W40	Jaam Shahriari, Diana	THR	10.53m	62.5%	
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WT 15.9 kg

M40	Parkinson, Richard	SIS	12.22m	53.2%	
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**M45 Peter St Pierre**

	Olivierre, John	THR	9.85m	42.8%	
M45	Yoisten, Danny	THR	11.13m	51.2%	
	Findlay, James	UNA	10.49m	47.6%	
	WT 11.35 kg				
M50	Graczyk, Jan	THR	16.00m	72.4%	
	Myers, Joe	USA	12.99m	59.8%	
	Pearson, Bill	THR	11.92m	53.9%	
	Bzibziak, Raymond	USA	10.52m	46.0%	
M55	Boghina, Rudy	THR	11.76m	56.1%	
	WT 9.09 kg				
M65	Morris, David	THR	9.99m	52.2%	
	WT 7.26 kg				
M70	Muller, Emil	PQ	16.72m	86.0%	MR
	(old MR 15.97 Max Woerle 2001)				

**M45 Danny Yoisten****M70 Kesar Singh Poonia**



