

USATF Masters Championships

Charlotte NC, Aug 3-6

Canadian Results

100m

	P Prelims	S Semis	F Finals	
W40 P 9	Sheryl Shoenthaler	AB	14.23	
W45 5	Laurie Meloche	SK	13.63	
7	Lyn Barrett	ON	14.45	
W50 1	Karla Del Grande	ON	12.90	CAN
(old CAN 12.96 Karla in 2004)				
W55 4	Rhona Trott	ON	15.40	
M40 P 2	Andre Francois	AB	11.29q	
11	Darren Starchuk	AB	12.10	
M40 F 2	Andre Francois	AB	11.08	CAN tie
(CAN 11.08 Allan Tissenbaum in 2000)				
M45 P 1	Allan Tissenbaum	PA	11.56q	
10	Dave Brown	AB	11.98q	
22	Terry Jennett	AB	13.07	
M45 S 1	Allan Tissenbaum	PA	11.30q	
13	Dave Brown	AB	12.10	
M45 F 1	Allan Tissenbaum	PA	11.07	CAN
(old CAN 11.11 Harold Morioka 1988)				



M40 Andre Francois from Edmonton tied Allen Tissenbaum's M40 CAN record in the 100m and broke the CAN record in the 200m. Photo by Dave Brown

200m

W40 P 11	Sheryl Shoenthaler	AB	30.57
W45 P 3	Laurie Meloche	SK	28.02q
7	Lyn Barrett	ON	30.49q
W45 F 4	Laurie Meloche	SK	28.09
7	Lyn Barrett	ON	30.42
W50 P 1	Karla Del Grande	ON	27.73q
4	Gail Johns-Rees	NH	30.46q

W50 F 1	Karla Del Grande	ON	26.48	MR
(old MR 27.17)				
6	Gail Johns-Rees	NH	30.81	
M40 P 3	Andre Francois	AB	23.15q	
16	Darren Starchuk	AB	24.57q	
M40 S 2	Andre Francois	AB	22.43q	CAN
(old CAN 22.47 David Lee Provo 2003)				
13	Darren Starchuk	AB	24.07	
M40 F 3	Andre Francois	AB	22.82	
M45 P 1	Allan Tissenbaum	PA	23.93q	
12	Dave Brown	AB	24.67q	
17	Terry Jennett	AB	25.36	
M45 S 9	Dave Brown	AB	24.55	
M60 P 13	Bruce Mitchell	ON	30.91	
M65 P 6	David Stern	ON	28.92q	
M65 F 7	David Stern	ON	28.77	
M75 F 3	Earl Fee	ON	30.53	



W45 Laurie Meloche from Regina. Photo by Al LePage

400m

W45 P 1	Laurie Meloche	SK	1:03.61
9	Katherine Willis	ON	1:15.23
W45 F 2	Laurie Meloche	AB	1:02.76
W50 F 1	Karla Del Grande	ON	1:02.13 MR
(old MR 1:02.51)			
4	Gail Johns-Rees	NH	1:11.60
W70 F 1	Jean Horne	ON	1:19.65 CAN
(old CAN 1:19.99 Jean in 2004)			
M45 P 11	Terry Jennett	AB	57.14
M55 F 4	Mike Carter	ON	1:02.33
M65 F 4	Bill McIlwaine	ON	1:07.13
M75 F 1	Earl Fee	ON	1:07.40 MR
(old MR 1:08.87)			

800m

W45	4	Linda DeBoer	ON	2:31.73
	8	Katherine Willis	ON	2:48.42
W50	1	Kathy Martin	NY	2:38.42
W70	1	Jean Horne	ON	3:13.05 MR
(old MR 3:13.90)				
M50 P	5	Fred Robbins	ON	2:14.91
M50	8	Fred Robbins	ON	2:21.67
M55 P	5	Mike McGlynn	MI	2:22.07q
	7	Mike Carter	ON	2:25.02q
	10	Tim Payne	ON	2:31.12
M55	6	Mike McGlynn	MI	2:22.80
	8	Mike Carter	ON	2:29.93
M75	1	Earl Fee	ON	2:38.28 MR
(old MR 2:40.0)				

1500m

W45	3	Linda DeBoer	ON	5:12.24
	8	Katherine Willis	ON	5:53.36
W50	1	Kathy Martin	NY	5:17.83
W70	1	Jean Horne	ON	6:57.17
M50	7	Fred Robbins	ON	4:41.56
M55	7	Mike McGlynn	MI	4:58.16
	9	Tim Payne	ON	5:02.18

5000m

W45	1	Linda DeBoer	ON	21:07.02
W50	1	Kathy Martin	NY	18:57.63
M40	8	Jim Fullarton	GA	17:33.69

10,000m

W50	1	Kathy Martin	NY	39:32.58
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Sprint Hurdles

W55	3	Rhona Trott	ON	16.48 CAN
(old CAN 16.81 Rhona in 2004)				

Long Hurdles

W50	2	Nanci Sweazey	ON	1:01.44
W55	1	Rhona Trott	ON	59.38

Steeplechase

M65	1	Vern Christensen	ON	8:36.47
M50	2	Fred Robbins	ON	11:56.82

5000mRW

W65	1	Joan Christensen	ON	32:51.47
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10K Road Racewalk

W50	1	Nanci Sweazey	ON	1:00:03
W65	1	Joan Christensen	ON	1:10:30

Triple Jump

M45	5	Terry Jennett	AB	10.62
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Pole Vault

M80	1	Stan Egerton	ON	2.40 CAN
(old CAN 2.03 Ian Hume in 1995)				

Javelin

M40	3	Richard Parkinson	ON	52.76
M50	4	Michael Finkbeiner	ON	47.60
	5	Terry Gudzkowsky	AB	44.26

Discus

W55	5	Rhona Trott	ON	18.16
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Hammer

W55	5	Rhona Trott	ON	18.42
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**Shot Put**

W45	7	Lyn Barrett	ON	6.51
W55	5	Rhona Trott	ON	7.31

Pent Long Jump

M40	1	Todd Crawford	ON	6.37	830
Pent Discus					
M40	1	Todd Crawford	ON	34.65	557
Pent 200m					
M40	2	Todd Crawford	ON	25.19	751
Pent Javelin					
M40	5	Todd Crawford	ON	34.38	425
Pent 1500m					
	6	Todd Crawford	ON	5:54.06	388



Andre and Darren from the Edmonton Harriers, Terry from Calgary Spartans and Dave Brown from the U of Calgary Athletic Club

4X100m Relay

W45	1	Canadian Blizzard	54.73
(Meloche, Johns-Rees, Barrett, Del Grande)			
(CAN 54.20 Trott, McMillan, St Croix, Lord '01)			
M40	3	Team Alberta	45.85
(Francois, Jennett, Starchuk, Brown)			
(CAN 44.76 Kenins, Morioka, Dickson, Zimmerman)			