

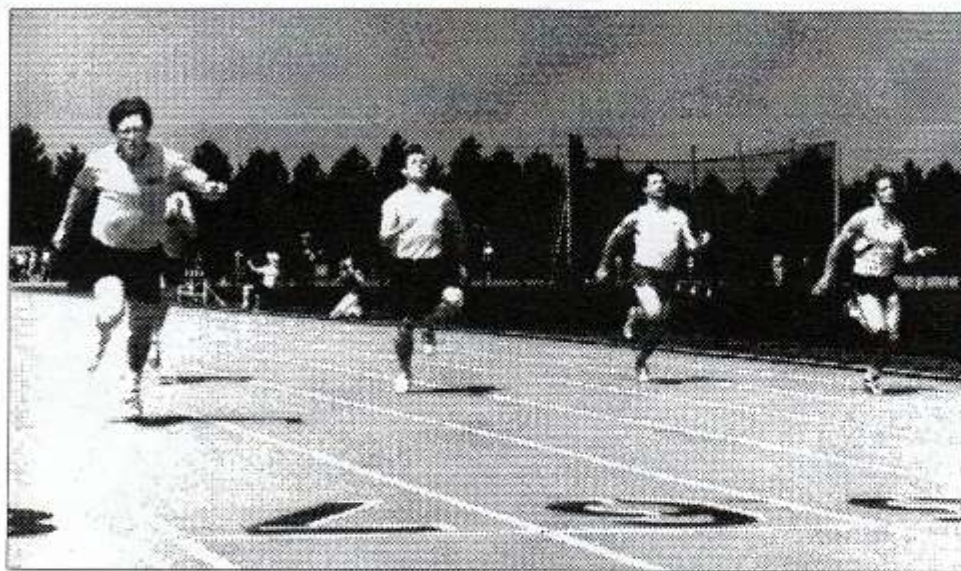
25th Annual Ontario Masters Track and Field Association Outdoor Championships York University June 15, 16, 1996

100m

M35			M75			Steve Bogatek	25.78
Richard Farquharson	12.07		Cecil Paul	15.71		Kim Posonski	25.97
Dave Hill	12.43		Art Obokata	16.25		Roy Chubb	26.70
Glenn Chipkar	12.46		M85			Armond Laframboise	27.05
Blair Roblin	12.67		Karl Trei	20.60		Ted Sauer	30.81
Rob Malpus	12.68		W35			M50	
Rickey Goudreau	13.43		Gail Fowler	13.92		Francisco Machado	26.49
M40			Terri Manley	13.94		Bruce Mitchell	28.42
Kerry Smith	11.54	MR(T)	W40			Malachi McGruder	28.94
(Ties 11.3 ht Bob Zimmermann '89)			Deborah Lenz	13.68	MR	Glenn Hooper	29.42
Jeff Therrien	12.53		(Old MR 13.5 Marg Hendershot '95)			Lance Alcindor	29.53
Ken Davis	12.71		W45			M55	
Horace Hudson	13.03		Rhona Trott	14.47	MR	Hugh Wilson	29.67
Peter Mancini	13.03		(Old MR 14.3 Pam Duncan '94)			Donald French	35.75
Mike Stevely	13.06		W55			M60	
Bert Lee	13.22		Jeannie McKeigan	19.33		Dev Sharma	30.80
M45			W60			M65	
Smokey Santillo	11.72	MR	Edith Gray	15.89	MR	Ross Mitchell	29.17
(Old MR 11.5 George Horton '80)			(Old MR 16.08 Doreen Carmichael '93)			Ted Swanson	30.80
Richard Lech	12.36		Janet Holmes	16.71		Ken Morris	31.96
Armond Laframboise	12.83		Vi Darling	17.90		Jim Flowers	36.54
Roy Chubb	12.91		W65			M70	
Gary Crawford	13.58		Doreen Carmichael 15.98	COR, MR		John O'Neill	29.94
M50			(Old COR 16.62 Isobel Cunningham '79,			Karl Virkavs	31.18
Malachi McGruder 13.44			MR 18.1 Elga Meri '89)			M75	
Alan Slater	13.52		W80			Art Obokata	35.12
Jack White	13.68		Isobel Cunningham 22.61	COR, MR		M85	
Lance Alcindor	13.90		(Old COR 20.98p Isobel '94, MR 22.8 Isobel '94)			Karl Trei	53.83
Glenn Hooper	13.92					(No previous record)	MR
Tim Fussner	14.09					W35	
M55						Carol Felepchuk	30.74
Ken Mollineau	13.75					W40	
M60						Deborah Lenz	28.48
Thomas Callender 13.40						(Old MR 28.3 Marg Hendershot '95)	MR
Dev Sharma	14.57					Margaret Hendershot	28.97
M65						W45	
Ross Mitchell	13.52					Rhona Trott	30.29
Ted Swanson	14.36					W60	
John Weingust	14.87					Janet Holmes	36.33
Ken Morris	14.89					W65	
Jim Flowers	17.34					Doreen Carmichael	35.37
M70						(Old COR 36.13 Isobel Saumier '79, MR 38.9	COR, MR
John O'Neill	13.60	MR				Elga Meri '90)	
(Old MR 13.4 John '95)							

200m

M35			M45			M45		
Michael Lee Foon	24.41		Kerry Smith	23.62	MR	Smokey Santillo	24.40	
Glenn Chipkar	25.93		(Old MR 23.4 Bob Zimmermann '90)					
Rob Malpus	25.94		Ken Davis	25.95				
			Jeff Therrien	25.96				



M35 100m (L-R) Richard Farquharson, Dave Hill, Blair Roblin, Glenn Chipkar

400m

M35	
Michael Lee Foon	51.84
Ian Talbot	54.88
Dave Hill	55.74
Glenn Chipkar	56.23
Alex Keeting	1:08.82
Rickey Goudreau	DNF

M40	
Ken Davis	55.49
Jeff Therrien	56.34
Horace Hudson	58.57

M45	
Norm Creen	57.14
Michael Carter	59.30
Roy Chubb	1:00.42
Gary Crawford	1:06.33

M50	
Francisco Machado	57.89
Daniel Anderson	1:03.76
Glenn Hooper	1:08.08
John Powell	1:09.71

M55	
Hugh Wilson	1:06.42

M60	
Dev Sharma	1:08.24

M65	
Ken Morris	1:16.51

W35	
Cheryl Youldon	1:05.55
Carol Felepchuk	1:08.94

W45	
Rhona Trott	1:09.82
Mary Zadel	1:19.79

800m

M35	
Bill Dunford	2:08.72
Konrad Doerrbecker	2:18.62
Alex Keeting	2:36.54

M40	
Raymond Jonasson	2:14.24
Jeff Therrien	2:19.76
Gordon Eddy	2:22.88

M45	
Michael Carter	2:14.75
John Faulkner	2:18.93
Ted Sauer	2:37.40

M50	
Richard Kaley	2:17.79
Daniel Anderson	2:29.73

M55	
Hugh Wilson	2:31.54
Jim Pascoe	2:37.60

M60	
Gerhard Krolow	2:48.14

M70	
Kurt Gelbhaar	3:00.22
Art Wilson	3:02.91

W35	
Cheryl Youldon	2:26.36
Katherine Willis	2:47.48

W65	
Ruth Carrier	3:06.45MR
(Old MR 3:32.2 Dorly '91)	

1,500m

M35	
Alex Keeting	5:29.77

M40	
George Aitkin	4:34.16
Ted Paget	4:35.26
Mike Sellon	4:40.45
Gordon Eddy	5:04.73

M45	
Brad Simser	4:32.37
Michael Carter	5:04.60

M50	
Richard Kaley	4:46.56
Murray Mostyn	4:51.38
Daniel Anderson	5:03.17
Morley Davidson	5:08.83
Ole Nielsen	5:17.02

M55	
Hugh Wilson	5:18.59
Jim Pascoe	5:40.12

M60	
Bill Bryson	5:24.90
Don Jones	5:27.79
Gerhard Krolow	5:34.33
Morgyn Paterson	6:05.83

M70	
Kurt Gelbhaar	6:13.05
Art Wilson	6:45.28
Don Farquharson	DNF

M80	
Whitey Sheridan	12:16.06 MR
(No previous record)	

W35	
Georgia Inglis	5:13.20
Katherine Willis	5:51.35



M40 Kerry Smith *ties* Bob Zimmermann's seven year old 100m Meet Record under the watchful eye of Oliver Sinclair

(1500m con't)

W40		M65	
Christine Guy	6:09.19	Ed Whitlock	18:07.96 MR
		(Old MR 19:29.21 Richard Maxwell '92, just missed COR 17:58.9)	
W45		M70	
Mary Zadel	6:08.28	Kurt Gelbhaar	22:07.86
W50		W35	
Margaret Rolfe	6:33.97	Jennifer Ditchfield	18:53.47
W55		W40	
Joan Christensen	6:38.57		

Lynn Kobayashi	20:56.94
Christine Guy	23:18.10

W45	
Linda Findley	19:18.96
Mary Zadel	23:57.99

W50	
Margaret Rolfe	23:39.51

W55	
Joan Christensen	24:00.08

W60	
Molly Turner	21:39.78 MR
(Old MR 24:11.1 Judith Kazdan '81)	

10,000m

M35	
James Earl	32:51.03
Rob Earl	32:53.06

M40	
Gerry Holliday	34:54.90
Anthony Farr	36:21.36
Gregory VanDusen	36:53.60
Fred Dykman	37:49.78
Csaba Nagy	37:57.53

M50	
David Sheridan	37:20.69

M55	
Robert Moore	35:05.17 CNR,
(Old CNR 35:08.0 Art Taylor '82, Old MR	
35:30 Art Taylor '82)	
Duncan Mounsey	43:38.68



Detroit's Malachi McGruder raises his arm in victory in the M50 100m followed 8/100ths later by Alan Slater. Glenn Hooper and Tim Fussner at left.

5,000m

M35	
Konrad Doerrbecker	16:31.93
M40	
Gerry Holliday	16:56.36
M45	
Andre Kocsis	21:41.30
M50	
David Sheridan	17:50.09
Daniel Anderson	19:41.03
M55	
Robert Moore	16:57.51 COR, MR
(Old COR 17:02 John Gilmour AUS '75, CNR	
17:04.8 Art Taylor '82, MR 17:23.8 Cliff Hall	
'81)	
Duncan Mounsey	20:53.81
M60	
Don Jones	20:40.40
Gerhard Krolow	20:54.16



Leaders at the first lap of the 10,000m went on to keep their positions to the end. M35's James Earl, brother Rob, M40 Gerry Holliday, and M55 Bob Moore. Bob broke Art Taylor's CNR and MR from 1982!

(10,000m M55 con't)

Richard Darling 55:01.94

M65

Ed Whitlock 38:03.80 COR, MR
(Old COR 39:16.0 Tedde Jensen Toronto '75,
Old MR 40:35.0 Bill Andberg '76)

M70

Kurt Gelbhaar 45:50.65

M75

Odino Soligo 53:25.51 MR
(Old MR 62:09.6 Whitey '91)

W40

Cathy Tedford 01:25.71

5,000m Race Walk

M35

Paul Guimond 26:49.22 COR
(Old COR 26:57.4p Paul '95, MR still 26:43)

M40

Alexander Kolodziej 29:22.92

M50

Mike Freeman 28:49.83
Michael Gough 32:46.37

M55

Leonard Weinstein 30:51.46

M60

Stuart Summerhays 28:28.43
Ron Turner 33:08.66

M70 Bill Flick came all the way from Corry PA to try to break the USAT&F record - which he did - with a 29:05.16 in the 5000m RW.



Steeplechase '96 (L-R) M40 Doug Smith, M35 Bill Dunford, M40 Fred Robbins, M50 Dan Anderson, M70 Peter Fellowes, M40 Gordon Eddy.
Missing - Jack Geddes seriously injured himself training on the water jump but came out to cheer us on.

M65

Salvator Brancaccio 31:28.25
Josh Fedder 34:09.95
Vaino Kukkola DQ

M70

Bill Flick 29:05.16 COR, MR
(Old COR 29:08.5 Max Gould '88,
Old MR 29:42.8 Max '88)
Peter Fellowes 32:57.81

M75

Uno Limit 34:22.16 MR
(Old MR 35:16.1 Ernie Sharpe '88)
Edward Vivancos 36:42.53

W35

Kelly Ykema 35:30.53

W40

Nanci Sweazey 27:14.25 MR
(Old MR 27:33.3 Sherry Watts '95)
Lili Whalen 28:59.07
Sherry Watts 30:22.35
Kerry Weaver 31:32.84

W45

Kathy Collins 33:56.63

W50

Marilyn Chute 30:36.09 CNR, MR
(Old CNR 30:40.1 Jean McKeigan '92, Old MR
31:32.4 Cecilia Roth '89)

W55

Jeannie McKeigan 35:02.74

W60

June-Marie Provost 30:46.76

110m High Hurdles

M35

Glenn Chipkar 17.68
Rickey Goudreau 20.93

M45

Alex Kosturek 19.93

M50

Daniel Anderson 22.11

M65

Ted Swanson 23.71

400m Low Hurdles

M35

Glen Chipkar 1:00.73
Ian Talbot 1:01.96

M40

Charles Swanekamp 1:10.85

M45

Steve Bogatek 1:03.49 MR
(Old MR 1:05.7 John Van Der Vleuten '84)

M50

Daniel Anderson 1:15.79

M60

Dev Sharma 56.38

M65

Ted Swanson 58.11
Ken Morris 1:00.77

W35

Carol Felepchuk 1:15.75 MR
(Old MR 1:19.4 Carol '95)

2.000m Steeplechase

M70
Peter Fellowes 11:24.38 COR,
MR (Old COR 11:58.43p Don Farquharson '95)

3.000m Steeplechase

M35
Bill Dunford 10:40.86

M40
Fred Robbins 10:11.58
Doug Smith 12:26.29
Gordon Eddy 12:55.39

M50
Daniel Anderson 12:30.40



M35 Tim Manley from London

High Jump

M35
Tim Manley 1.61m

M45
Jean-Pierre Mayer 1.64m
Igor Konovalov 1.50m
Gary Crawford 1.30m

M55
David Morris 1.40m
Juhan Toomes 1.30m
Roy Boles 1.20m

M65
Max Woerle 1.28m
Ted Swanson 1.24m
Jim Mathers 1.24m

M70
Alan Todd 1.04m

M75
Lembit Saar 1.08m

M80
Ian Hume 1.16m

W40
Maria Mallia 1.36m

W60
Edith Gray 1.22m COR, MR
(Old COR, MR 1.20 Helgi Pedal '86)

W70
Helgi Pedal 1.12m

Pole Vault

M35
Mark Schaber 3.80m

M50
Matti Kilpelainen 3.95m MR
(Old MR 3.90 Ed Hayle '87)
Hugh Miller 3.50m
Jack White 2.60m
Ronald Nastiuk 2.50m

M55
Brian Merrilees 2.80m

M65
Jim Mathers 2.10m

M70
Stan Egerton 2.70m MR
(Old MR 2.65 Ian Hume '85)
Alan Todd 1.85m

W60
Edith Gray 1.90m WR,
COR, MR (Old WR 1.85 Leonore McDaniels
'92, No previous COR or MR marks)

Long Jump

M35
Dave Hill 5.87m
Tony Berchem 5.11m
Rickey Goudreau 4.43m

M40
Ken Felephuk 5.55m
Patrick Carew 4.74m
Bert Lee 4.36m

M45
Richard Lech 5.57m
Igor Konovalov 5.35m
Dave Treleaven 5.16m
Armond Laframboise 4.82m
Alex Kosturek 4.67m

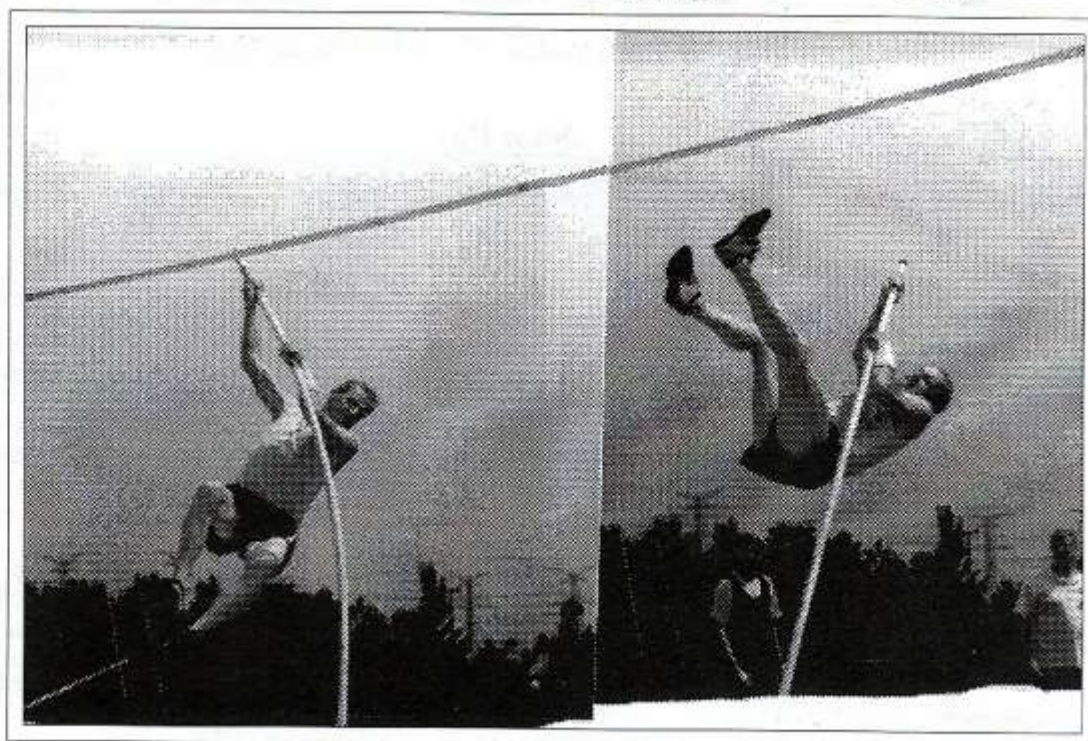
M50
Alan Slater 5.35m
George Pachovsky 4.98m
Daniel Anderson 4.13m
Jack White 3.99m

M60
Kesar Singh Poonia 4.20m

M65
Ted Swanson 4.21m
Ken Morris 3.76m
Jim Mathers 3.51m

M80
Ian Hume 2.79m

M85+
Karl Trei 2.78m



M70 Stan Egerton breaks Ian Humes' 11 year old Meet Record, but missed Ian's Canadian Record by 10cm.

(Long Jump con't)

W35		
Gail Fowler	4.33m	
W40		
Deborah Lenz	4.28m	
W55		
Dortha Swanson	2.46m	
W60		
Edith Gray	3.77m	COR, MR
(Old COR 3.25 Marjorie Moore '95, Old MR 2.60 Mary Thomson '89)		

M80		
Ian Hume	6.35m	
M85		
Karl Trei	6.21m	
W70		
Helgi Pedal	6.16m	MR
(Old MR 6.05 Helgi '94)		

M60		
Kesar Singh Poonia	10.26m	
Jack Boyd	8.95m	

M65		
Ken Pitcher	9.45m	
Max Woerle	9.14m	
Jim Flowers	7.13m	

M70		
Garry Bachman	11.50m	
Evalds Viskers	10.28m	

M75		
Lembit Saar	9.67m	
Aleks Upmalis	9.21m	
Ed Purgalis	8.64m	

M80		
Ian Hume	8.44m	

W50		
Erika Szanto	10.15m	COR, MR
(Old COR 9.30 June Meyer '89, Old MR 8.77 June '89)		

W55		
Dortha Swanson	7.38m	

W60		
Edith Gray	7.38m	
Lida Sawdyk	6.54m	

W65		
Velta Tomsons	7.15m	
Doreen Carmichael	6.94m	

W70		
Helgi Pedal	7.00m	

W75		
Elga Meri	6.08m	COR, MR
(Old COR 5.44p Betty Jarvis '94, no previous MR)		



400m gold medalists W35 Cheryl Youldon (L) and W45 Rhona Trott

Triple Jump

M35		
Tony Berchem	10.46m	
M40		
Ken Felepchuk	11.36m	
M45		
Dave Treleaven	10.15m	
Armond Laframboise	9.84m	
M50		
Alan Slater	10.25m	
Daniel Anderson	8.46m	
M60		
Kesar Singh Poonia	8.53m	
M65		
Ted Swanson	8.16m	
Jim Mathers	7.10m	

Shot Put

M35		
Rickey Goudreau	7.49m	
M40		
Mike Stevely	8.27m	
M45		
Jean-Pierre Mayer	11.75m	
Alex Kosturek	8.66m	
Roy Chubb	8.24m	
Sucha Rai	6.94m	
M50		
Malachi McGruder	9.86m	
Gordon Barnum	7.78m	
M55		
Juhan Toomes	10.06m	
Eero Yla Outinen	9.90m	
David Morris	9.64m	
Donald French	7.23m	

Discus Throw

M35		
Rickey Goudreau	22.30m	
M40		
Charles Swanekamp	26.06m	
M45		
Jean-Pierre Mayer	35.54m	
Sucha Rai	21.06m	
Roy Chubb	20.30m	
M50		
Tom Warren	37.28m	
Ronald Nastiuk	35.02m	
Malachi McGruder	33.40m	
Jack White	30.24m	

M55	
Juhan Toomes	34.32m
David Morris	32.06m
Eero Yla Outinen	31.24m
Donald French	25.88m

M60	
Jack Boyd	35.72m

M65	
Max Woerle	34.50m
Ken Pitcher	31.32m
Jim Flowers	23.18m

M70	
Evalds Viskers	37.10m
Garry Bachman	32.28m

M75	
Lembit Saar	24.16m
Aleks Upmalis	22.18m
Ed Purgalis	20.90m
Kostas Tsotsos	19.04m

M80	
Ian Hume	23.32m

M85	
Karl Trei	19.72m MR
(Old MR 18.98 Karl '94)	

W50	
Erika Szanto	21.54m

W55	
Dortha Swanson	17.98m

W60	
Lida Sawdyk	15.24m

W65	
Velta Tomsons	18.00m
Doreen Carmichael	17.08m

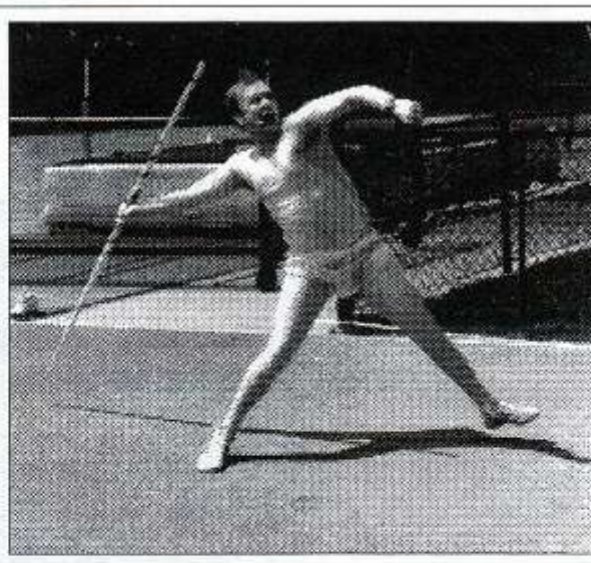
W75	
Elga Meri	17.54m COR,
MR (Old COR 15.18p Betty Jarvis '94,	
no previous MR)	

Hammer Throw

M45	
Chris Kirlis	39.14m
Bogdan Poprawski	34.60m
Sucha Rai	20.14m

M55	
Juhan Toomes	37.02m
Eero Yla Outinen	34.12m

M60	
Bob Stavely	35.58m



M40 Mike Finkbeiner, one of three over 50m !

Photo - Peter St Pierre

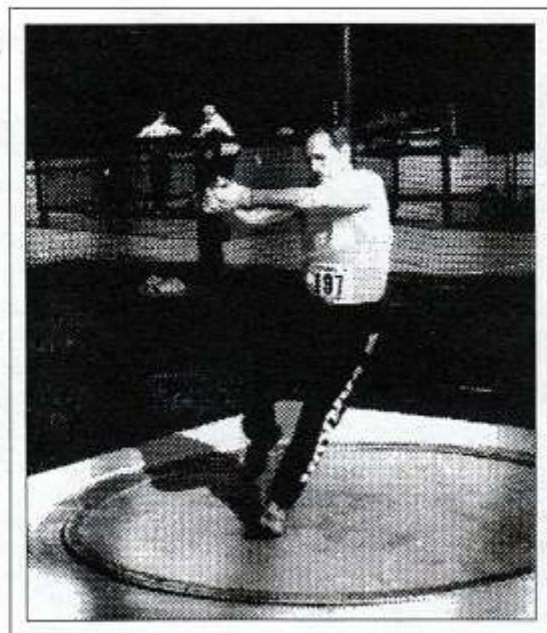
M65	
Max Woerle	37.98m MR
(Old MR 33.58 Harold Parsons '84)	
Ken Pitcher	26.22m

M75	
Aleks Upmalis	27.62m
Ed Purgalis	22.86m

M80	
Ian Hume	24.26m

W55	
Dortha Swanson	23.74m

W65	
Mary Thompson	19.74m CNR, MR
(Old CNR 19.66 Estelle Jenkins '92,	
no previous MR)	



M65 Max Woerle breaks the MR by 4m!

Javelin Throw

M35	
Chris Clark	52.40m
Richard Carmichael	34.40m
Rickey Goudreau	26.18m

M40	
Michael Finkbeiner	52.34m
Patrick Carew	37.68m

M45	
Folgo Dellavedova	52.58m MR
(Old MR 45.58 Fred Pamenter '87)	
Armond Laframboise	42.36m
Alex Kosturek	39.10m
Roy Chubb	30.72m
Sucha Rai	25.94m

M50	
Malachi McGruder	42.96m
Jack White	25.76m

M55	
Fred Pamenter	45.48m MR
(Old MR 42.18 Fred '95)	
Eero Yla Outinen	34.66m
David Morris	34.62m
Juhan Toomes	33.78m

M60	
Alf Sundin	32.52m
Kesar Singh Poonia	30.66m
Jack Boyd	24.32m

M65	
Max Woerle	28.72m
John Weingust	26.58m
Ken Pitcher	23.12m
Jim Flowers	22.86m

M70	
Garry Bachman	23.64m

M75	
Ed Purgalis	26.80m
Lembit Saar	19.40m

M80	
Ian Hume	23.30m
M85	
Karl Trei	18.58m

W50	
Erika Szanto	16.72m

W55	
Dortha Swanson	17.24m
W65	
Doreen Carmichael	14.14m

W75	
Elga Meri	19.78m COR, M
(Old COR 12.38p Betty Jarvis '94,	
Old MR 10.76 Isobel Cunningham '91)	

W80	
Isobel Cunningham	11.58m

Weight Throw

M45		
Sucha Rai	6.63m	
M55		
Juhan Toomes	13.60m	CNR MR
(Old CNR 12.68p Eero Yla Outinen '95,		
Old MR 10.73 Juhan '92)		
Eero Yla Outinen	11.74	
M60		
Bob Stavely	12.78m	
Alf Sundin	11.82m	
M65		
Max Woerle	13.94m	MR
(Old MR 13.92 Helmut Lange '95)		
Ken Pitcher	11.44m	
M75		
Aleks Upmalis	9.47m	COR
(Old COR 9.45 Aleks Upmalis '93,		
MR 10.11 Aleks '95)		
Ed Purgalis	9.12m	
M80 (12lbs.)		
Ian Hume	9.00m	
W55		
Dortha Swanson	7.24m	
W65		
Mary Thompson	7.07m	
W75		
Elga Meri	5.58m	COR, MR
(No previous COR or MR marks)		



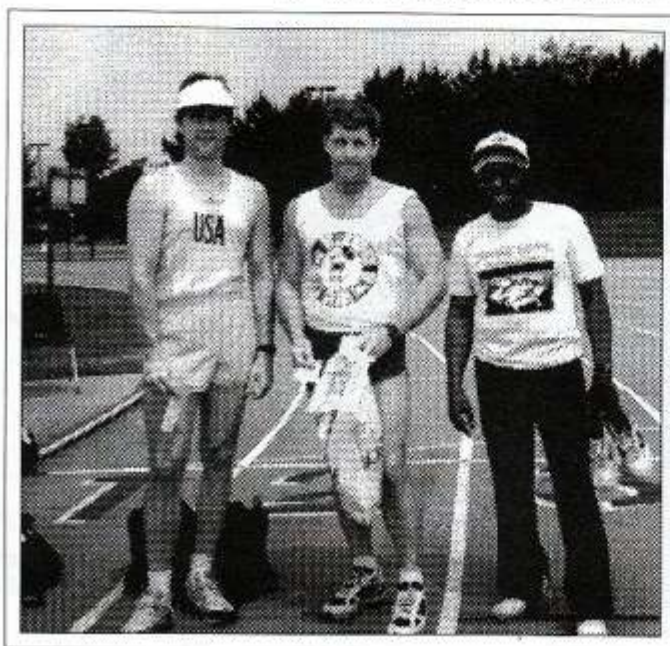
Relays 4 X 100m

1. No Names 51:07
Mayer, C.Felepchuk, K.Felepchuk, Machado
2. Scarborough Masters B 52.94
Chubb, Pereira, Callendar, Carter
3. Buffalo Belles & Brawn 57.77
French, Swanson, LaFramboise, Swanekamp
4. Board Of Directors 61:22
Faulkner, Flowers, Pascoe, Smith
5. Scarborough Sweethearts 70.59**
D.Carmichael, J.Christensen, Carrier, Holmes
(** Missed the W50 MR of 69.1 set in '85)

It's All Over !!

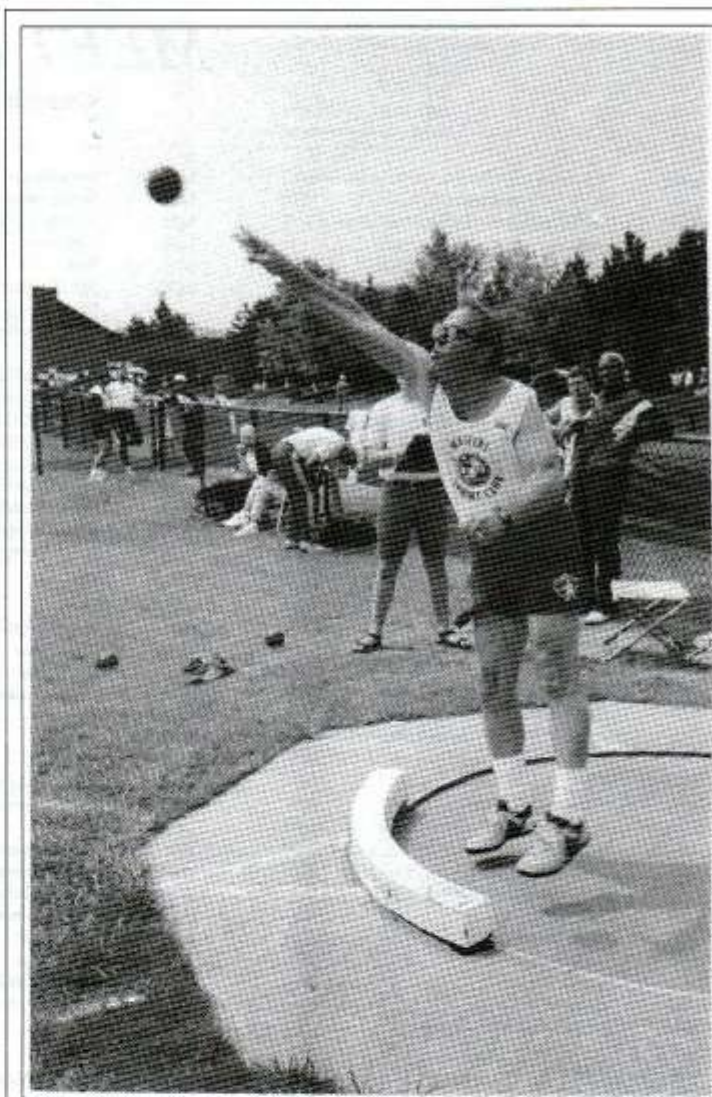
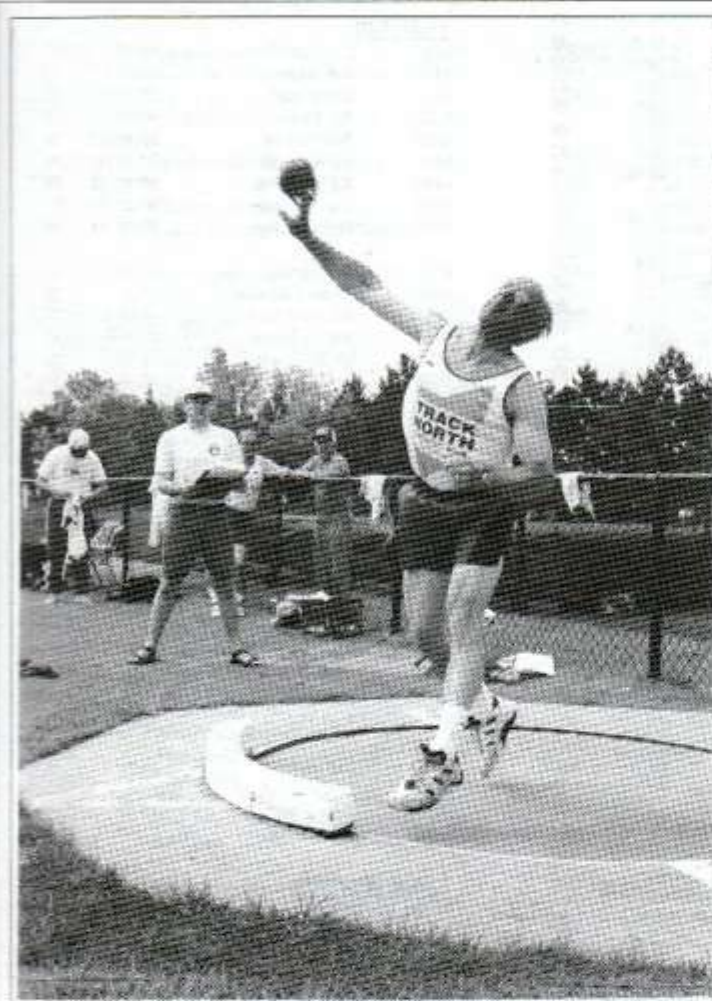
Members of the organizing committee look very relieved after the last event has ended. (L-R) Jim Pascoe, Doug Smith, Brian Keaveney, Jim Flowers

The list of volunteers is usually not printed - as it is too massive. The meet would not take place without a large number of people coming out for one or most often two days to help out. With so much going on, and me trying to stay out of Brian's way, I hardly had a chance to thank many of the volunteers. We hosted the meet as an association and we counted on our members to assist - and that they did. - Doug



3/4 of the 2nd place
Buffalo B&B relay
team (L-R)
M40 Charles
Swanekamp
M45 Armond
LaFramboise
M65 Ted Swanson

Photo - Dorly



M55 SuperDave Morris

Photos by Jack Boyd

Jack writes; M45 J.P. Mayer (Top) came out of injury-induced retirement to take three gold medals including high jumping 1.64 with no training and almost breaking the meet record in the shot that was set by my pal Big John Kasperski, who outweighs J.P. by 100lbs!

(R) M75 Eddie Purgalis showing great form.

