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27th Annual
Ontario Masters
Outdoor Track and Field Championships
St. Thomas Aquinas High School - London

Saturday June 13, Sunday June 14, 1998
Hosted by the London Western Track Club
Meet Director - Richard Lenz

In Memory Of Our Friend Art Obokata

100m

W40

Deborah Lenz	13.74
Elaine Weeks	14.04
Maggie Dawkins	16.32
Brigita Ervin	16.70
Judy Sherrard	16.87

W45

Rhona Trott	14.94
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W60

Edith Gray	16.58
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M35

Paul Kern	12.15
Michael Heron	12.30
Andrew Yap	12.43
Doug Ditchfield	12.51
Ian Talbot	12.80
Mike Lilley	13.35

M50

Richard Lech	12.75
Kim Posonski	13.40
Wayne Martinez	13.69
Igor Kononov	14.07
Darrel Patterson	14.35

M55

Alan Slater	13.61
Malachi McGruder	14.60

M60

Paul Williams	14.29
Harvey Boles	15.30

M65

Tom Callender	14.69
Ted Swanson	15.43
President Jack Castle	20.06

M70

John O'Neill	14.71
Jim Flowers	16.50

200m

W40

Deborah Lenz	27.93 MR
(old MR 28.20 Deborah '97)	
Elaine Weeks	29.17
Rachelle Clausen	30.13

Carol Felepchuk	30.32
Brigita Ervin	33.48
Judy Sherrard	34.54

W45

Rhona Trott	30.19
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M35 - results not available at time of printing.

M50

Kim Posonski	26.76
Wayne Martinez	28.47

M55

Hugh Wilson	30.18
Joseph Berger	32.34

M60

Dev Sharma	30.44
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M65

Tom Callender	30.50
Ted Swanson	31.12
Ken Morris	33.33
President Jack Castle	45.42
M70	
Jim Flowers	33.61

400m

W40

Elaine Weeks	1:06.02
Carol Felepchuk	1:07.46
Judy Sherrard	1:20.56

W45

Rhona Trott	1:10.16
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W50

Mary Zadel	1:20.09
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M50

Francisco Machado	58.52
Wayne Martinez	1:01:04
John Powell	DNF

M55

Hugh Wilson	1:06.73
Dan Anderson	1:09.29

M60

Dev Sharma	1:09.34
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M65

Ken Morris	1:21:08
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800m

W35

Katherine Willis	2:57.13
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W45

Rhona Trott	2:49.64
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W50

Linda Findlay	2:42.94 MR
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(old MR 2:46.00 Judy Willmott '92)

Mary Zadel	2:58.85
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M35

Doug Ditchfield	2:12.64
Glenn Chipkar	2:12.70
Chris Kilford	2:20.70
Steve Keating	DNF
Ken Switnicki	DNF

M40

Robert Bracey	2:11.54
Jim Sebert	2:13.34
Gordon Eddy	2:27.45

M45

Gerald Feeney	2:10.84
Michael Carter	2:11.98
William McMullen	2:13.53
Steven Izzo	2:15.27

M50

Francisco Machado	2:29.56
John Powell	2:53.46

M55

Hugh Wilson	2:35.42
Joseph Berger	2:55.70

M60

Jack Geddes	2:33.22
Jim Pascoe	2:35.75

1500m

W35

Jennifer Ditchfield	5:14.96
Katherine Willis	5:59.41

W45

Margaret MacLeod	6:47.36
Brenda Cassel	7:06.81



Above - **100m** (L-R)
M60 Harvey Boles,
M65 Tom Callender,
M70 John O'Neill



M35 100m Final - (L-R) Michael Heron, winner Paul Kern,
and just behind Paul is Andrew Yap



Breaking her own **Meer Record** in the
W40 200m is Deborah Lenz
with a fine 27.93 sec.

W50	
Linda Findlay	5:23.95 MR
(old MR 5:28.8 Jean Horne '85)	
Mary Zadel	6:27.56
W70	
Dorly	8:03.29
M40	
Richard Earl	4:44.47
Jim Sebert	4:52.85
M45	
George Aitkin	4:40.36
M50	
Gary Cassel	5:02.63
M55	
Hugh Wilson	5:22.82
M60	
Jim Pascoe	5:43.91
M65	
Morgyn Paterson	6:05.08
M70	
Manuel Teodoro	6:20.13
Don Farquharson	7:50.58
M80	
Les Leyland	7:41.90 MR
(old MR 12:16.06 Whitey '96)	
Whitey	15:46.55

5000m

W Open	
Karen Sirna	20:11.57
W35	
Jennifer Ditchfield	19:01.74
Gillian Salter	21:11.57
Katherine Willis	22:16.47
W40	
Laurie Goettl	27:50.78
W45	
Brenda Cassel	26:11.89
Cathy Tedford	30:49.36
W50	
Linda Findlay	19:35.99 CAN
MR	
(old CAN, MR 19:56.0 Jean Horne '85)	
W70	
Dorly	29:30.40
M35	
Andy Tarr	15:29.03
Steve Keating	18:18.65
Vlad Jevremovic	21:08.59
M40	
Raymond Pacque	17:08.26
Alan Davis	18:48.74
Bruce Campbell	19:09.37
Bob Fenwick	22:18.77
M45	
George Aitkin	17:10.04
Doug Smith	21:06:01
M50	
Gary Cassel	19:07.02
Leslie Jones	19:53.00
M55	
Lloyd Kehoe	19:54.89
Bernie Conway	22:03.94

M60	
Jack Geddes	19:09.27
M65	
Ed Whitlock	19:07.92
Morgyn Paterson	22:28.18
Ken Morris	30:08.01
M70	
Manuel Teodoro	22:40.22
M80	
Les Leyland	28:49.25 MR
(no previous MR)	

10,000m

W45	
Cathy Tedford	1:03:58.63
M50	
Peter Haase	36:35.19
Andre Kocsis	42:57.40
M55	
Vern Christensen	43:32.72
Duncan Mounsey	45:01.59
Bernie Conway	45:13.44
M70	
Manuel Teodoro	47:07.75

5000m RaceWalk

W45	
Sherry Watts	29:28.30
Aggie Ramsden	35:18.42
W65	
June-Marie Provost	31:20.56 MR
(no previous MR)	
M50	
Bill Purves	26:22.74
Don Ramsden	31:16.94
M60	
Stuart Summerhays	27:47.54
Lorne Duquette	43:50.72
M65	
Josh Fedder	35:14.73

Sprint Hurdles

W60 80m	
Edith Gray	17.66 CAN
MR	
(no previous CAN or MR)	
M35 110m	
Andrew Yap	16.66 CAN
(previous CAN 17.35 George Kenins '90,	
MR 16.4 (16.64) Horace Hudson USA '88)	
Michael Heron	17.13
Glenn Chipkar	17.52
M45	
Steve Bogatek	19.76
M55 100m	
Dan Anderson	23.05
M60	
Bob Land	20.37
M65	
Ted Swanson	21.84

M70 80m	
Jim Flowers	22.24

Long Hurdles

W40 400m	
Carol Felepchuk	1:12.70 MR
(old MR 1:17.2 Liz McBlain '88,	
CAN record 1:12.61 Liz McBlain '88)	
M35 400m	
Glenn Chipkar	59.73
M40	
Charles Swanekamp	1:12.00
Jeff Gagnon	1:19.51
M45	
Horace Hudson	1:03.40
Steve Bogatek	1:03.74
M55	
Dan Anderson	1:22.25
M60 300m	
Dev Sharma	56.18
Bob Land	DNF
M65	
Ted Swanson	1:01.13
Ken Morris	1:03.37
M70	
Jim Flowers	DNF

Steeplechase

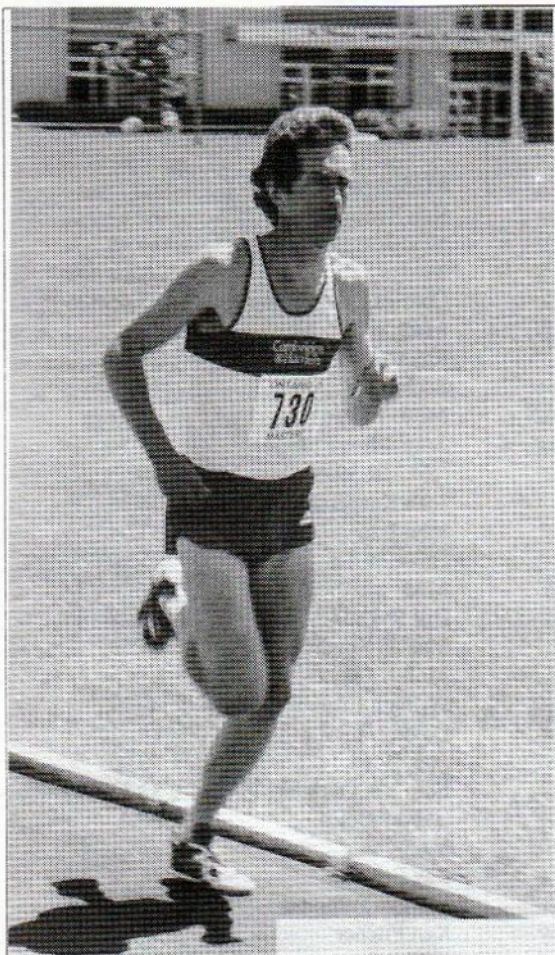
M35	
Steve Keating	11:20.6
M45	
Doug Smith	12:52.7
M50	
Peter Haase	12:13.4
M55	
Vern Christensen	DNF

4 X 100m Relay

London Western Men	49.10
(Talbot, Lilley, Cressley, Ditchfield)	
North York	49.11
(Colin, Richards, Mike, James)	
LWTFC Girls	57.81 DQ
(Lenz, Findley, Dawkins, Weeks)	

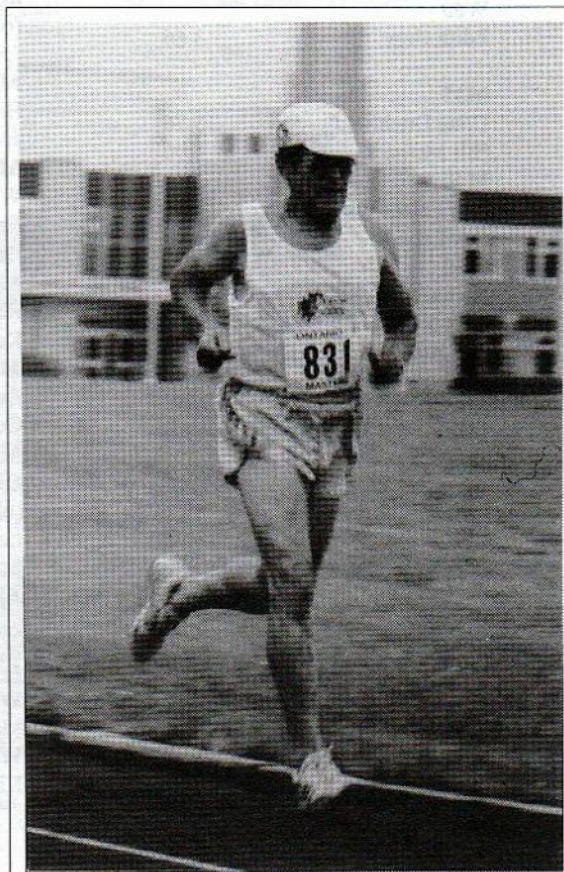
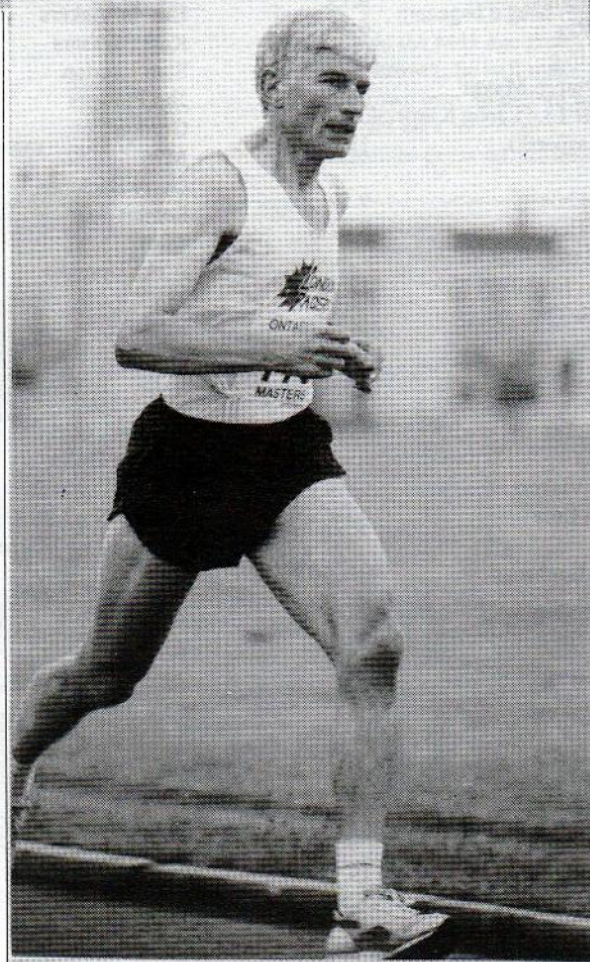
High Jump

W35	
Sandra Rozier-Flynn	1.44 MR
(old MR 1.40 Barb Beech '83 and	
Maria Mallia '91)	
W60	
Edith Gray	1.24 CAN
MR	
(old CAN, MR 1.23 Edith '97)	
W70	
Helgi Pedal	1.08
M35	
Bill Mathers	1.60 CAN
(no previous CAN record,	



Distance

(Top) - M45 George Aitkin in the 1500m
 (Below) - M50 Peter Haase in the 10,000m
 (Top right) - 5000m Racewalkers M50 Don Ramsden and W65 June-Marie Provost setting a **Meet Record**.
 (Below R) - M70 Manuel Teodoro ran the tough 5K, 10K double.



MR 1.75 Dave Rudichuk '90)

M45	
Roy Chubb	1.32
M50	
Bob Campbell	1.40
M60	
Bob Land	1.40
David Morris	1.24
M65	
Ted Swanson	1.24
M70	
Jim Mathers	1.20
M75	
Lembit Saar	1.04

Pole Vault

W60	
Edith Gray	1.85

M40	
Gordon Eddy	2.75
M45	
Roy Chubb	1.70
M50	
Hugh Miller	3.20
M60	
Bob Land	2.60
Harvey Boles	2.45
M70	
Stan Egerton	2.60
Jim Mathers	2.15

Long Jump

W40	
Maggie Dawkins	3.48
W60	
Edith Gray	3.66

M35	
Doug Ditchfield	5.76
Bill Mathers	4.96
M40	
Ken Felepchuk	4.94
Bev Lepard	4.75
M50	
Richard Lech	5.47 MR tie
(MR 5.47 Alan Slater '94)	
Igor Kononov	5.15
M55	
Alan Slater	5.19
Mastan Singh Kotkapura	2.13
M60	
Harvey Boles	3.95
M65	
Ted Swanson	4.00
M70	
Jim Mathers	3.45
M85	
Karl Trei	2.62

Triple Jump

M35	
Bill Mathers	10.65

M40	
Bruce Campbell	8.79
M55	
Alan Slater	11.21 CAN
MR	
(old CAN 10.98 Alan '97, old MR 10.32 Paul Kniivila '94)	
Mastan Singh Kotkapura	5.84
M60	
Harvey Boles	8.39
M65	
Ted Swanson	8.02
M70	
Jim Mathers	7.01 CAN
(no previous CAN record)	
M85	
Karl Trei	5.83

Shot Put

W60 3.0kg	
Dortha Swanson	7.38
Edith Gray	7.06
W70	
Velta Tomsons	7.18 CAN MR
(old CAN, MR 7.11 Helgi Pedel '94)	

M40 7.26kg	
Cassius Richards	8.85
Jeff Gagnon	8.22
M45	
Jesse Andrews	9.39
Roy Chubb	8.92
Colin Vernon	8.19
Sucha Rai	6.56
M50 6.0kg	
Jean-Pierre Mayer	13.47 MR
(old MR 13.45 John Kasperski '95)	
John Kasperski	12.69
M55	
Bill Rykhus	9.57
Joseph Berger	8.42
M60 5.0kg	
William Eisenhart	12.15
Eero Yla Outinen	11.11
David Morris	9.86

M65	
Ray Feick	11.55
Ken Pitcher	9.20
M70 4.0kg	
Evalds Viskers	9.94
Gordon Cote	7.84
M75	
Garry Bachman	11.28 MR
(old MR 10.59 Garry '97)	
Lembit Saar	9.00
M80	
Aleks Upmalis	8.20

Discus

W40 1.0kg	
Maggie Dawkins	21.36
W45	
Kim Kasperski	19.52

W60	
Dortha Swanson	16.84
W70	
Velta Tomsons	18.26

M35 2.0kg	
Ken Switnicki	29.64
Vlad Jevremovic	16.48

M40	
Charles Swanekamp	22.66

M45	
Roy Chubb	21.34
Sucha Rai	19.66

M50 1.5kg	
Jean-Pierre Mayer	42.70 MR
(old MR 39.44 Dave Morris '88)	
John Kasperski	38.26
John Izzo	33.04
Hugh Miller	25.90

M55	
Bill Rykhus	31.28
Mastan Singh Kotkapura	24.38

M60 1.0kg	
William Eisenhart	39.24
David Morris	38.52
Jack Boyd	36.00
Eero Yla Outinen	33.32
Harvey Boles	Foul

M65	
Ray Feick	36.72
Morgyn Paterson	27.30
Ken Pitcher	23.54

M70	
Evalds Viskers	33.68
Karl Pavasars	29.00
Stan Egerton	27.24
Jim Flowers	23.90
Gordon Cote	20.02

M75	
Garry Bachman	29.28
Lembit Saar	22.12
M80	
Aleks Upmalis	22.72
M85	
Karl Trei	18.58

Hammer

W35 4.0kg	
Kristin Dajia	40.20 CAN
MR	
(old CAN 23.96 Kim Kasperski '92, old MR 25.50 Bozena Wojciekian POL '93)	

W45	
Kim Kasperski	20.74 MR
(old MR 20.40 Barbara Stewart USA '90)	
W60 3.0kg	
Dortha Swanson	24.92 MR
(old MR 21.16 Mary Thomson '90)	

M40 7.26kg	
John Allan	24.72
M45	
Sucha Rai	21.76
M50 6.0kg	
John Izzo	36.48

John Kasperski 36.34

M55

Mastan Singh Kotkapura 15.34

M60 5.0kg

Bob Staveley 36.46

Eero Yla Outinen 35.64

M65

Ray Feick 36.02

Ken Pitcher 21.96

M75 4.0kg

Lembit Saar 18.56

M80

Aleks Upmalis 25.22 MR

(old MR 24.94 Ian Hume '95)

Javelin

W60 400g

Dortha Swanson 17.00 MR

(old MR 16.08 Dortha '97)

W75

Elga Meri 18.46

M35 800g

Marty Withers 63.10 CAN MR

(old CAN 56.24 Marty '97,
old MR 55.34 Folgo Della Vedova '90)

Peter St.Pierre 44.04

Ken Switnicki 35.60

M40

Mike Finkbeiner 53.90

Jeff Gagnon 43.80

M45

Folgo Della Vedova 50.56

Sucha Rai 25.82

M55

Fred Pamenter 42.32

Malachi Magruder 39.40

Mastan Singh Kotkapura 22.00

M60 600g

William Eisenhart USA 45.30 MR

(old MR 42.78 Art Jaago '88)

Eero Yla Outinen 40.50

Bob Staveley 31.00

Alf Sundin 28.68

M65

Ray Feick 34.44

Ken Pitcher 21.84

M75

Garry Bachman 23.00

Lembit Saar 17.00

M80

Aleks Upmalis 14.76

M85

Karl Trei 15.90

Javelin Competition – by Peter St.Pierre

It was an excellent day for some big throws – a blowing wind, cloudy and warm with great competition. An amazing 1st round throw by M35 Marty Withers of 63.10 broke the CAN record and qualified Marty for the Canadian Senior Nationals. Best of all, it was witnessed by his wife and four children.

Mike Finkbeiner also had a great opener of 53.90 – one of his best throws of the past three years. With a beautiful technique, most of his throws were over 51 meters – all in all a very consistent series.

The M35 record holder Folgo Della Vedova was present to see Marty break his record. Folgo, recovering from a broken upper-chest bone in '97, managed a good effort of 50.56m. He's now in the M45 age group. Being a good technical thrower, he will make a comeback. He has thrown over 80 meters with the old-rules javelin back in 1980.

Fred Pamenter threw 42.32, followed by Jeff

Gagnon of the USA with a 43.80, and myself with 44.04.

It was a great meet, Javelin Forever.

Weight Throw

W45 20kg

Kim Kasperski 8.02 MR

(old MR 5.05 Barbara Stewart '90)

W60 12kg

Dortha Swanson 7.75

M40 35kg

John Allan 8.71

Mike Stevely 7.35

M45

Sucha Rai 6.75

M50 25kg

John Kasperski 13.64 MR

(old MR 13.49 John '95)

John Izzo 11.85

M55

Mastan Singh Kotkapura 6.66

M60 20kg

Eero Yla Outinen 13.53

Bob Staveley 12.01

Alf Sundin 11.54

M65

Ray Feick USA 15.20 MR

(old MR 14.86 Big Ray '97)

Ken Pitcher 9.04

M70 16kg

Gordon Cote 9.34

M80 12kg

Aleks Upmalis 10.97 CAN

(CAN new weight standard,
MR 12.32 Ian Hume '97)



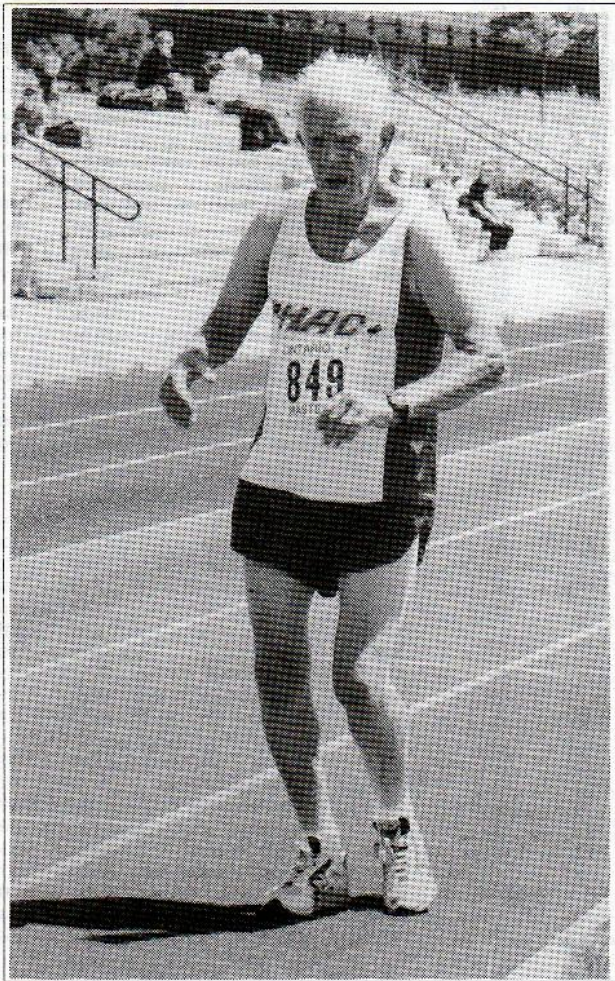
M35 100m (L-R) Doug Ditchfield, Andrew Yap, winner Paul Kern, Ian Talbot, Mike Lilley, Michael Heron



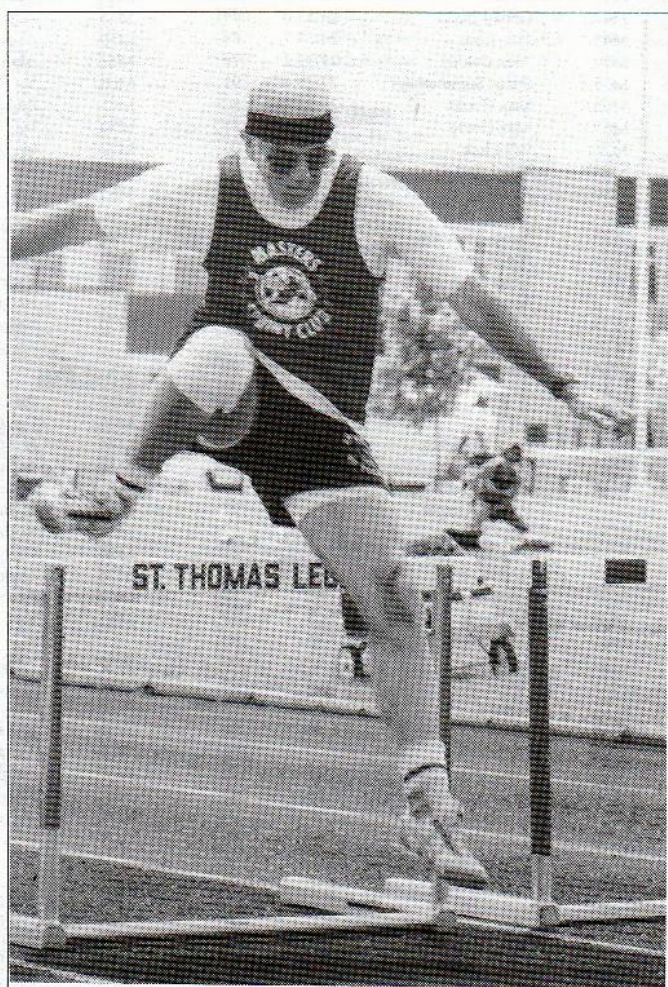
(Top) 100m (L-R) M50 Darrel Patterson, M50 winner Richard Lech, M50 Wayne Martinez, M55 winner Alan Slater.

(Top Right) M60 Eero Yla Outinen lets the hammer fly.

(Bottom Right) M70 Jim Flowers showing fine form for an old guy in the hurdles



M80 Whitey Sheridan in the 1500m





Relays '98

(L-R)

London Western Men

North York

London Western Girls

(Below) 5 m from the

finish it was a dead

heat between NY

Gerald Feeney (L) and

LWM Doug Ditchfield

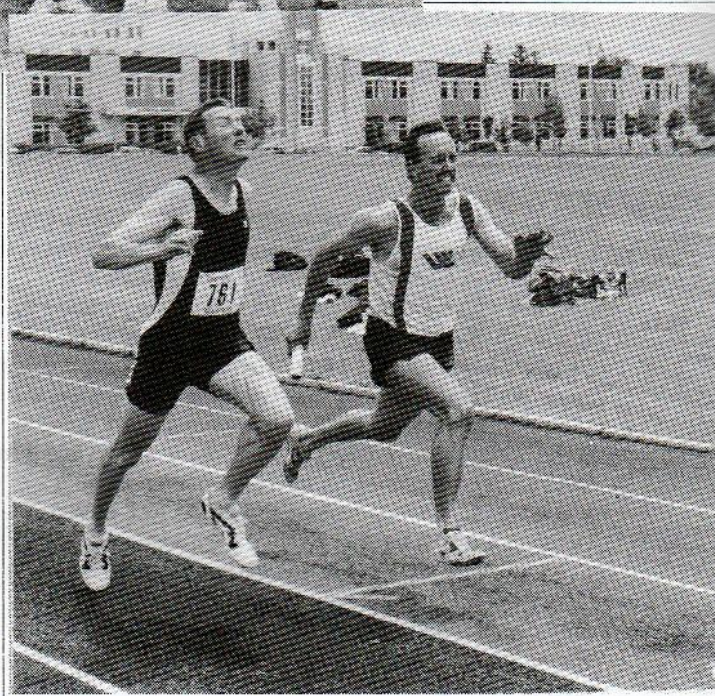
The photo timer had

Doug ahead

49.10 to 49.11 !

(Bottom Right) **W35 Katherine Willis** leads **W50 Mary Zadel** through the first lap of the 1500m.

(Below) **M55 Vern Christensen** is one tough dude - smiling after getting out of the hospital after his fall in the Steeplechase. His left elbow was broken and he left some of his skin on the track.

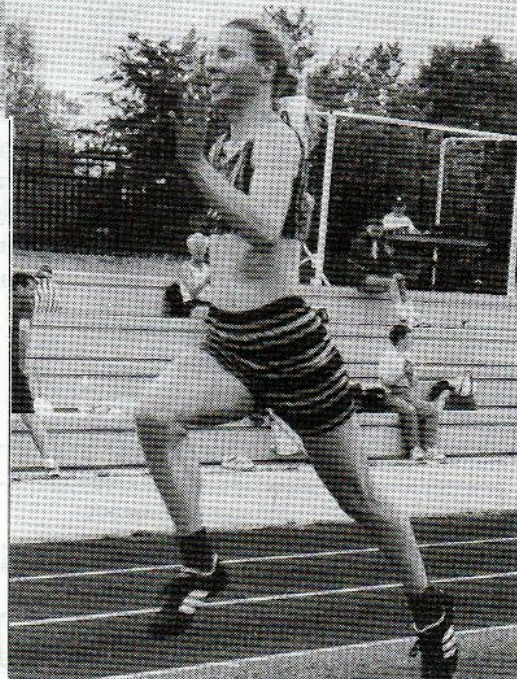


M50 Francisco Machado

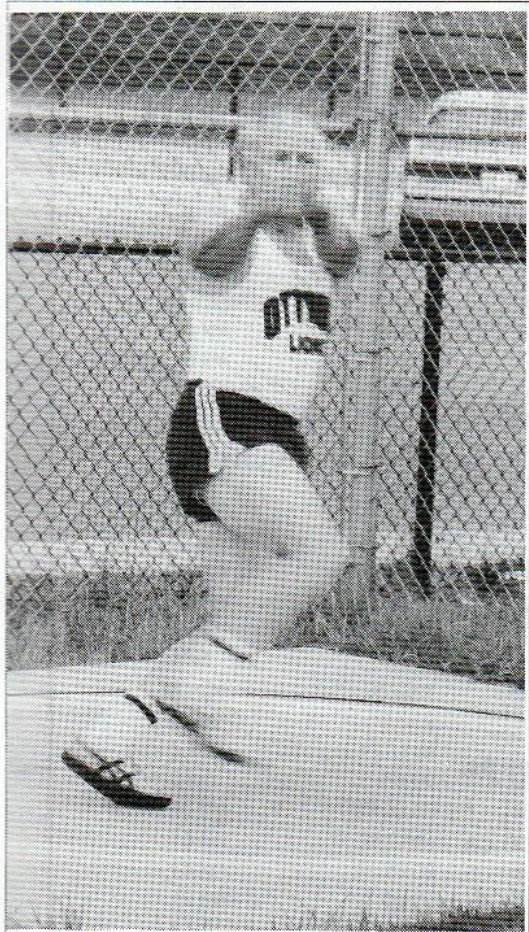


(Above) Sprint Hurdles (L-R)
**M55 Dan Anderson, M60 Bob
Land, M65 Ted Swanson**

W40 Elaine Weeks
2nd in the One and the
Two, and 1st in the Four



**M60 Hammer winner
Bob Staveley**



Sunday's finish line crew





Cheers ! These guys know how to do it right.
 (L-R) M50 **Hugh Miller**, M70 **Stan Egerton**, and W60 **Edith Gray**
 celebrate their 1st place finishes in the Pole Vault.

Gerald Feeney wins the M45 800m with a 2:10.84 - the fastest time of any age group.



M35 Marty Withers wastes his own CAN Record by *almost 7 meters!*
 Marty poses with **M55 Fred Pamenter**. Fred holds the M50 and M55
 CAN Records and Meet Records in the Javelin.

