

26th OMTFA
Outdoor Championships
York University
Saturday May 31 - Sunday Jun 1, 1997
 Hosted by the Ontario Masters Executive

100m

W30

1 Hearn, Vikki	13.38
2 Carty, Linda	13.54

W35

1 Killingbeck, Molly	12.66 MR
(old MR 12.6 Marg Hendershot '91)	
2 Neziroski, Denise	14.15
3 Ykema, Kelly	16.87

W40

1 Lenz, Deborah	13.64 MR*
(old MR 13.68 Deborah '96,	
*ties listed CNR 13.4 ht Eveline Sauli '77,	
but 13.2 pending Marg Hendershot '95)	

2 Gairdner, Jean	14.49
3 Sherrard, Judy	17.20
4 Dawkins, Maggie	17.31

W45

1 Trott, Rhona	14.55
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W55

1 Rosenitsch, Ann Marie	16.34
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W80

1 Cunningham, Isobel	22.90
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M35 Heat 1

1 Lee Foon, Michael	12.07
2 Ditchfield, Doug	12.29
3 Sutherland, Richard	12.68
4 Switnicki, Ken	12.97

Heat 2

1 Balogun, Rashid	11.95
2 Buys, Rick	12.39
3 Farquharson, Richard	12.48
4 Wilson, Rodney	12.64
5 Chipkar, Glenn	12.71

M35 Final

1 Lee Foon, Michael	11.42 MR
(old MR 11.2ht Kerry Smith '90)	
2 Balogun, Rashid	11.77
3 Ditchfield, Doug	12.03
4 Buys, Rick	12.20
5 Farquharson, Richard	12.22
6 Wilson, Rodney	12.58
7 Sutherland, Richard	12.63
8 Chipkar, Glenn	12.65

M40

1 Smith, Kerry	11.76
2 Davis, Ken	12.69
3 Malpus, Rob	12.87
3 Therrien, Jeff	12.87
5 Walker, Rob	13.37

M45

1 Santillo, Smokey	12.01
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2 Lech, Richard	12.51
3 Chubb, Roy	13.00
4 Cooper, Terry	13.29
5 Konovalov, Igor	13.86

M50

1 Posonski, Kim	12.38
2 Francis, Geoff	12.65
3 White, Jack	13.50
4 Marcotte, Francoise	13.59
5 Kohen, Harry	14.00
6 Buege, Jurgen	14.18

M55

1 Slater, Alan	13.62
2 McGruder, Malachi	13.77
3 Kotkapura, Mastan Singh	15.28

M60

1 Callender, Thomas	13.57
2 Little, Clark	14.19
3 Sharma, Dev	14.32
4 Poonia, Kesar Singh	14.83
5 Boles, Harvey R.	15.20

M65

1 Smith, Bernie	13.41
2 Swanson, Ted	14.24
3 Morris, Ken	15.21
4 Sochor, Chuck	17.17

M70

1 O'Neill, John	14.20
2 Madia, Sam	15.78

M85

1 Trei, Karl	22.27
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200m

W30

1 Hearn, Vikki	27.10
2 Carty, Linda	27.70

W35

1 McCoy, Belinda	28.30
2 Neziroski, Denise	29.50

W40

1 Lenz, Deborah	28.20 MR
(old MR 28.48 Deborah '96)	
2 Hendershot, Margaret	29.00
3 Sherrard, Judy	36.10

W45

1 Trott, Rhona	30.20
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W55

1 Rosenitsch, Ann Marie	34.00
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M35

1 Buys, Rick	24.80
2 Heron, Michael	25.10
3 Hill, Dave	25.90

4 Wilson, Rodney	26.00
5 Chipkar, Glenn	26.10
6 Sutherland, Richard	27.00
7 Switnicki, Kenneth	27.10

M40

1 Smith, Kerry	23.20 MR
(old MR 23.62 Kerry '96)	
2 Davis, Ken	25.10
3 Geer, Jim	27.70

M45

1 Feeney, Gerald	25.60
2 Bogatek, Steve	25.60
3 Chubb, Roy	26.40
4 Steinman, Mark	26.90

M50

1 Posonski, Kim	26.00
2 Hooper, Glenn	28.90
3 Kohen, Harry	30.20
4 Powell, John	31.40

M55

1 Gairdner, Bill	27.00
2 McGruder, Malachi	29.40
3 Berger, Joseph	32.20

M60

1 Callender, Thomas	28.50
2 Little, Clark	29.40
3 Gluppe, George	32.00

M65

1 Swanson, Ted	30.30
2 Morris, Ken	31.50
3 Sochor, Chuck	36.50

M70

1 O'Neill, John	30.40
2 Madia, Sam	33.60

400m

W30

1 Hearn, Vikki	1:02.78
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W35

1 Felepchuk, Carol	1:06.56
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W45

1 Trott, Rhona	1:08.52
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W60

1 Horne, Jean	1:17.22 COR, MR
(old COR 1:17.7 Louise Reed '95,	
old MR 1:21.94 Janet Holmes '93)	

M35

1 Chipkar, Glenn	56.41
2 Switnicki, Kenneth	56.88
3 Earl, Richard	57.60
4 Sebert, Jim	58.10
5 Demizuk, Michael	1:02.29

6 Keeting, Alex	1:11.30
M40	
1 Davis, Ken	54.84
2 Therrien, Jeff	56.86
3 Malpus, Rob	58.34
4 Izzo, Steven	59.73
5 Bowman, Wayne	1:02.09
M45	
1 Feeney, Gerald	56.04
2 Bogatek, Steve	58.36
3 Steinman, Mark	1:02.13
M50	
1 Anderson, Daniel	1:04.87
2 Powell, John	1:11.23
3 Collier, Paul	1:12.13
M55	
1 McIlwaine, Bill	1:03.32
2 Cosgrove, Wayne	1:11.91
M60	
1 Callender, Thomas	1:06.00
2 Sharma, Dev	1:08.11
3 Krolow, Gerhard	1:16.82
M65	
1 Smith, Bernie	1:03.48
2 Freeman, George	1:13.90
3 Morris, Ken	1:18.90
4 Sochor, Chuck	1:23.10
M70	
1 Madia, Sam	1:14.25

800m

W35	
1 Inglis, Georgia	2:31.80
2 McCoy, Belinda	2:37.20
3 Willis, Katherine	2:47.90
W45	
1 Trott, Rhona	2:46.80
2 Thomas, Monica	3:04.50
3 Cosgrove, Diane	3:12.70
W60	
1 Horne, Jean	2:57.20
W65	
1 Carrier, Ruth	3:09.30
W70	
1 Brechbuehl, Dorly	4:01.30

M35	
1 Chipkar, Glenn	2:14.30
2 Sebert, Jim	2:15.30
3 Lanteigne, Joe	2:23.90
4 Demizuk, Michael	2:32.10
5 Keeting, Alex	2:34.80
M40	
1 Doerrbecker, Konrad	2:14.80
2 Nesbitt, Steve	2:21.60
M45	
1 Paget, Ted	2:15.40
2 Payne, Tim	2:18.30
M50	
1 Kaley, Richard	2:15.00
2 Mitchell, Bruce	2:30.30
M55	
1 Pascoe, Jim	2:34.40

2 Berger, Joseph	2:54.10
3 Cosgrove, Wayne	2:54.70
4 Hurley, John	2:56.90
M60	
1 Krolow, Gerhard	2:51.60
M65	
1 Fee, Earl	2:21.90
M70	
1 Madia, Sam	3:15.30
2 Behboodi, Jahan	3:46.00

1,500m

W35	
1 Willis, Katherine	5:52.08
W45	
1 Findley, Linda	5:05.92
2 Thomas, Monica	5:57.72
3 Cassel, Brenda	7:03.30
W50	
1 Zadel, Mary	6:25.89
W60	
1 Horne, Jean	5:57.02
W70	
1 Brechbuehl, Dorly	7:48.72

M35	
1 Keating, Stephen	4:30.38
2 Keeting, Alex	5:18.76
M40	
1 Doerrbecker, Konrad	4:26.23
2 Izzo, Steven	4:29.26
3 Hynes, Jeremiah	4:39.90
4 Nesbitt, Steve	4:42.58
5 Corbett, Don	4:44.72
6 Sellon, Mike	4:52.40
M45	
1 Pyatt, Phil	4:27.73
2 Paget, Ted	4:35.41
3 Payne, Tim	4:37.82
M50	
1 Cassel, Gary	5:07.30
2 Marcotte, Francoise	5:17.84
M55	
1 Pascoe, Jim	5:18.51
M60	
1 Jones, Don	5:20.40
2 Krolow, Gerhard	5:41.12
M65	
1 Paterson, Morgyn	6:09.03
M70	
1 Farquharson, Don	7:41.84
M80	
1 Sheridan, Whitey	13:05.10

5,000m

W35	
1 Ditchfield, Jennifer	18:58.70
W40	
1 Kobayashi, Lynn	20:06.20
W45	
1 Findley, Linda	19:06.50
W50	
Wells, Nancy	DNF

W60	
1 Turner, Molly	21:20.00 MR
(old MR 21:39.78 Molly '96)	
W70	
1 Brechbuehl, Dorly	27:34.50

M35	
1 Pacque, Raymond	17:12.00
2 Lanteigne, Joe	17:22.00
3 Moloney, Des	17:24.60
M40	
1 Burke, Brian	16:59.80
2 Davis, Alan	17:36.00
3 Steel, Philip	17:48.60
4 Nesbitt, Steve	18:13.50
5 Branco, Manuel	20:37.40

M50	
1 Sheridan, David	17:53.00
2 Sheridan, Michael	18:38.60
3 Marcotte, Francoise	20:59.60
4 Kocsis, Andre	21:32.20

M55	
1 Mounsey, Duncan	21:18.00
2 Wilcox, Carl	21:51.90
3 Kamenski, Joseph	26:25.00
M60	
1 Jones, Don	20:23.10
2 Krolow, Gerhard	20:54.30

M65	
1 Whitlock, Ed	17:38.50 COR, MR
(old COR 17:58.9 Maurice Tarrant '95,	
old MR 18:07.96 Ed '96)	
2 Paterson, Morgyn	21:56.30

10,000m

W40	
1 Tedford, Cathy	1:07:05

M35	
1 Earl, James	31:56.27 MR
(old MR 32:14.7 Ken Hamilton '85)	
2 Earl, Rob	33:57.30
3 Andrew, Tim	35:29.16

M40	
1 Lehmann, Joe	34:21.03
M50	
1 Sheridan, David	36:59.37
2 Sheridan, Michael	38:33.52
3 Sipes, Victor	39:57.93

M55	
1 Geddes, Jack	40:17.52
2 Drewett, Brian	40:47.20
3 Mounsey, Duncan	43:58.17

M60	
1 Graves, Richard	47:24.68

M65	
1 Whitlock, Ed	36:31.52 COR, MR
(old COR 38:03.80 Ed '96,	
old MR 38:03.80 Ed '96)	
M75	

1 Soligo, Odino	52:59.10 MR
(old MR 53:25.51 Odino '96)	

5,000m Race Walk

W35	
1 Ykema, Kelly	32:34.40
W40	
1 Sweazey, Nanci	27:35.06
2 Weaver, Kerry	32:10.
W45	
1 Lynn, Laura	28:04.66 MR
(old MR 29:08.7 Marilyn Chute '95)	
2 Whalen, Lily	29:36.48
3 Ramer, Ruth	33:38.91
W50	
1 Chute, Marilyn	30:25.38 CNR, MR
(old CNR 30:40.1 Jean McKeigan '92, old MR 30:36.09 Marilyn '96)	
W55	
McKeigan, Jeannie	DQ
W60	
1 Provost, June-Marie	31:00.69

M35	
1 Jenkins, Thomas	28:20.63
(beats listed COR 28:51.04 Paul Guimond '92, but pending 26:57.4 Paul '95)	
M50	
1 Stones, Michael	26:39.73
2 Freeman, Mike	29:09.20
3 Dickie, Dale	31:35.16
4 Kelly, M.T.	33:16.51
M55	
1 Weinstein, Leonard	31:18.44
M60	
1 Summerhayes, Stuart	28:39.71
2 Weston, John	33:48.51
M65	
1 Fedder, Josh	36:32.16
M70	
1 Fellowes, Peter	38:27.41
M75	
1 Limit, Uno	36:16.38
Vivancos, Edward	DQ

100m High Hurdles

M35	
1 Chipkar, Glenn	17.79
M45	
1 Bogatek, Steve	18.77 MR
(old MR 18.90 Gary Baldes '85)	
M50	
1 DeHorn, Bill	17.07 MR
(old MR 17.8 John Van Der Vleuten '88)	
2 Kosturek, Alex	19.45
M60	
1 Bain, Hugo	21.07
M65	
1 Swanson, Ted	20.84

400m Low Hurdles

M35	
1 Chipkar, Glenn	1:00.70
2 Earl, Richard	1:13.10
M45	
1 Bogatek, Steve	1:03.20 MR

(old MR 1:03.49 Steve '96)
M50

1 Anderson, Daniel	1:15.90
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300m Low Hurdles

W55	
1 Rosenitsch, Ann Marie	1:13.80 COR, MR
(no previous mark)	
M60	
1 Sharma, Dev	57.50
2 Bain, Hugo	1:05.20
M65	
1 Sochor, Chuck	57.80
2 Swanson, Ted	58.20
3 Morris, Ken	1:01.10
4 Freeman, George	1:03.70

3,000m Steeplechase

M35	
1 Keating, Stephen	10:26.20
M40	
1 Hynes, Jeremiah	10:39.00
M45	
1 Smith, Doug	13:34.60
M50	
1 Anderson, Daniel	13:09.30
M55	
1 Hurley, John	15:42.80

2,000m Steeplechase (new lower barriers)

M65	
1 Freeman, George	9:31.70
M70	
1 Fellowes, Peter	11:28.00
Farquharson, Don	DNF

High Jump

W35	
1 Rozier-Flynn, Sandra	1.30m
W40	
1 Hering, Xian	1.08m
W60	
1 Gray, Edith	1.23m COR, MR
(old COR 1.22 Edith '96)	
W65	
1 Sawdyk, Lida	0.93m
W70	
1 Pedel, Helgi	1.16m Wrt, COR
(WR 1.16 Gwen Davidson AUS '93, old COR, MR 1.14 Helgi '94)	

M35	
1 Courteau, Ambroise	1.50m
2 Hopkins, Scott	1.45m
M40	
1 Bowman, Wayne	1.60m
2 Nowicki, Marek	1.55m
M45	
1 Kononov, Igor	1.50m
2 Bogatek, Steve	1.45m

3 Chubb, Roy	1.23m
M50	
1 DeHorn, Bill	1.69m COR, MR
(old COR 1.65 Roger Ruth '78, old MR 1.55 Sportswood Hall (!) '79)	
2 Campbell, Bob	1.40m
3 Quick, Fred	1.23m
M55	
1 Morris, David	1.25m
M60	
1 Toomes, Juhan	1.30m
2 Boles, Harvey R.	1.20m
3 Krolow, Gerhard	1.16m
4 Poonia, Kesar Singh	1.12m
M65	
1 Woerle, Max	1.30m
2 Swanson, Ted	1.25m
2 Mathers, Jim	1.25m
4 Sochor, Chuck	1.23m
M70	
1 Hering, Kurt	1.12m
M75	
1 Saar, Lembit	1.08m
M80	
1 Hume, Ian	1.12m

Pole Vault

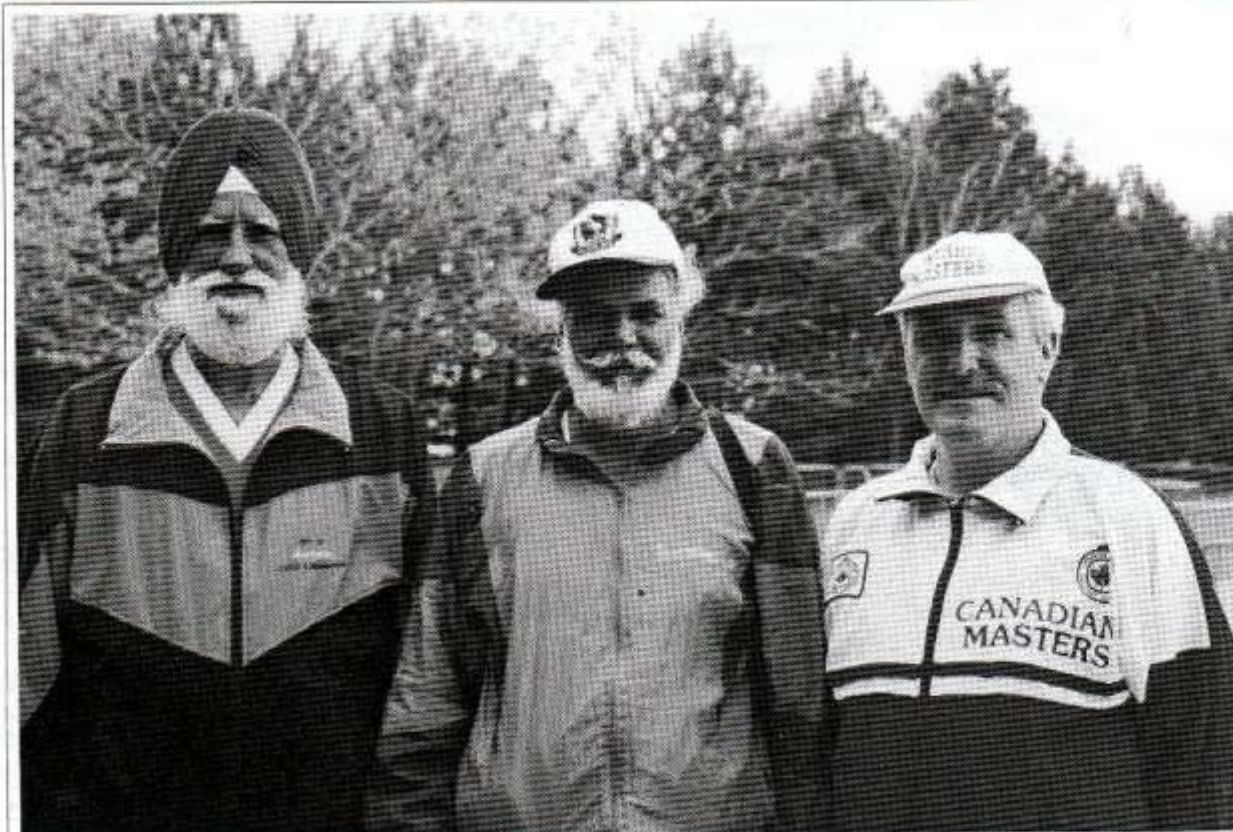
M35	
1 Schaber, Mark	4.00m
2 Courteau, Ambroise	3.70m
M50	
1 Kilpelainen, Matti	4.17m COR, MR
(old COR 4.12 Vic Cook '82, old MR 3.95 Matti '96)	
2 Miller, Hugh	3.60m
3 DeHorn, Bill	3.40m
M55	
1 Merrilees, Brian	3.00m MRt
(ties MR 3.00 Stan Egerton '83)	
M65	
1 Mathers, Jim	2.26m
M70	
1 Egerton, Stan	3.00m COR, MR
(old COR 2.80 Ian Hume '85 Rome, old MR 2.70 Stan '96)	

Long Jump

W40	
1 Dawkins, Maggie	2.73m
W60	
1 Gray, Edith	3.74m
M35	
1 Ditchfield, Doug	5.81m
2 Switnicki, Kenneth	5.13m
3 Hopkins, Scott	4.67m
M40	
1 Bowman, Wayne	4.92m
2 Therrien, Jeff	4.66m
M45	
1 Mayer, Jean-Pierre	5.32m
2 Cooper, Terry	5.27m
3 Laframboise, Armond	4.52m



M35 100m (L-R) Rodney Wilson, Doug Ditchfield, Rashid Balogun, Rick Buys, Glenn Chipkar, Richard Farquharson, and winner and meet record breaker Michael Lee Foon



(L-R) M60 Kesar Singh Poonia, M55 Mastan Singh Kotkapura, M65 CMAA Vice President Jack Castle

M50	
1 Pachovsky, George	5.27m
2 Anderson, Daniel	4.05m
3 White, Jack	3.97m
4 Buege, Jurgan	3.68m
5 Quick, Fred	3.11m

M55	
1 Slater, Alan	5.20m MR
(old MR 5.12 James Johnson '79)	

2 Kotkapura, Mastan Singh	2.16m
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M60	
1 Poonia, Kesar Singh	3.93m
2 Boles, Harvey R.	3.89m

M65	
1 Smith, Bernie	4.39m
2 Sochor, Chuck	3.91m
3 Swanson, Ted	3.88m
4 Mathers, Jim	3.47m
5 Morris, Ken	3.28m

M80	
1 Hume, Ian	2.55m

M85	
1 Trei, Karl	2.61m

Triple Jump

W30	
1 Carty, Linda	10.50m

M35	
1 Hill, Dave	11.10m
2 Earl, Richard	10.24m

M45	
1 Konovalov, Igor	10.97m

M50	
1 Pachovsky, George	10.70m
2 Anderson, Dan	8.52m

M60	
1 Poonia, Kesar Singh	8.34m

M65	
1 Mathers, Jim	7.28m

M80	
1 Hume, Ian	6.00m

M85	
1 Trei, Karl	5.70m

Shot Put 4.00 Kg

W40	
1 Kasperski, Kim	6.77m
2 Hering, Xian	6.26m

Shot Put 3.00 Kg	
W60	
1 Gray, Edith	8.26m
2 Swanson, Dortha	6.75m

W65	
1 Sawdyk, Lida	6.01m

W70	
1 Pedel, Helgi	6.61m

7.26 Kg	
M35	
1 Hopkins, Scott	9.48m

M40	
1 Bowman, Wayne	11.50m

2 Dunford, Bill	9.64m
3 Stevely, Mike	9.19m
4 Bastyen, Daniel	8.94m
5 Walker, Rob	8.47m

M45	
1 Mayer, Jean-Pierre	11.66m
2 Chubb, Roy	8.25m
3 Rai, Sucha	6.87m

6.00 Kg	
M50	
1 Kasperski, John	13.07m
2 Warren, Thomas	10.72m
3 Buege, Jurgan	7.93m

M55	
1 Rykhus, Bill	10.04m
2 McGruder, Malachi	9.29m
3 Morris, David	8.92m
4 Berger, Joseph	8.04m
5 Barnum, Gordon	7.89m

5.00 Kg	
M60	
1 Yla Outinen, Eero	11.11m
2 Poonia, Kesar Singh	10.54m
2 Toomes, Juhan	10.54m
4 Sundin, Alf	10.39m

M65	
1 Feick, Ray	11.94m CORT
(ties CORp 11.94 Art Jaago '92 Seattle)	
2 Woerle, Max	9.68m
4.00 Kg	

M70	
1 Jaago, Art	10.55m
2 Viskers, Evalds	10.24m
3 Daniel, Juri	9.47m
4 Nielsen, Peder	8.31m
5 Hering, Kurt	7.34m

M75	
1 Bachman, Garry	10.59m MR
(old MR 9.69 Karl Trei '85)	
2 Saar, Lembit	9.36m
3 Upmalis, Aleks	9.12m

M80	
1 Hume, Ian	8.07m

M85	
1 Trei, Karl	6.17m

Discus 1.00 Kg	
W35	
1 Manley, Terri	19.88m

W40	
1 Kasperski, Kim	22.22m
2 Dawkins, Maggie	20.02m

W60	
1 Swanson, Dortha	17.16m

W65	
1 Sawdyk, Lida	14.94m

W70	
1 Pedel, Helgi	15.22m

Discus 2.0 Kg	
M35	
1 Switnicki, Kenneth	30.94m
2 Hopkins, Scott	27.36m

M40	
1 Dunford, Bill	31.26m
2 Bowman, Wayne	31.02m
3 Bastyen, Daniel	22.48m

M45	
1 Mayer, Jean-Pierre	33.72m
2 Rai, Sucha	21.22m
3 Chubb, Roy	21.12m

Discus 1.5 Kg	
M50	
1 Kasperski, John	36.26m
2 Warren, Thomas	35.54m

M55	
1 McGruder, Malachi	32.00m
2 Morris, David	31.02m
3 Rykhus, Bill	30.04m
4 Kotkapura, Mastan Singh	25.90m
5 Berger, Joseph	18.12m

Discus 1.00 Kg	
M60	
1 Toomes, Juhan	38.50m
2 Yla Outinen, Eero	37.22m
3 Boyd, Jack	36.62m

M65	
1 Feick, Ray	36.44m
2 Woerle, Max	33.06m

M70	
1 Viskers, Evalds	36.18m
2 Jaago, Art	33.12m
3 Pavasars, Karl	30.26m
4 Nielsen, Peder	30.04m
5 Daniel, Juri	23.66m

M75	
1 Bachman, Garry	29.28m
2 Saar, Lembit	24.74m
3 Upmalis, Aleks	23.52m

M80	
1 Hume, Ian	25.20m
M85	
1 Trei, Karl	17.82m

M40	
1 Dunford, Bill	31.26m
2 Bowman, Wayne	31.02m
3 Bastyen, Daniel	22.48m

M45	
1 Mayer, Jean-Pierre	33.72m
2 Rai, Sucha	21.22m
3 Chubb, Roy	21.12m

Discus 1.5 Kg	
M50	
1 Kasperski, John	36.26m
2 Warren, Thomas	35.54m

M55	
1 McGruder, Malachi	32.00m
2 Morris, David	31.02m
3 Rykhus, Bill	30.04m
4 Kotkapura, Mastan Singh	25.90m
5 Berger, Joseph	18.12m

Discus 1.00 Kg	
M60	
1 Toomes, Juhan	38.50m
2 Yla Outinen, Eero	37.22m
3 Boyd, Jack	36.62m

M65	
1 Feick, Ray	36.44m
2 Woerle, Max	33.06m

M70	
1 Viskers, Evalds	36.18m
2 Jaago, Art	33.12m
3 Pavasars, Karl	30.26m
4 Nielsen, Peder	30.04m
5 Daniel, Juri	23.66m

M75	
1 Bachman, Garry	29.28m
2 Saar, Lembit	24.74m
3 Upmalis, Aleks	23.52m

M80	
1 Hume, Ian	25.20m
M85	
1 Trei, Karl	17.82m

Hammer 3.00 Kg	
W60	
1 Swanson, Dortha	20.20m

Hammer 7.26 Kg	
M45	
1 Rai, Sucha	21.22m

Hammer 5.00 Kg	
M60	
1 Toomes, Juhan	39.64m MR
(old MR 39.50 Max Woerle '95)	
2 Staveley, Bob	36.00m
3 Yla Outinen, Eero	28.60m

M65	
1 Feick, Ray	36.92m
2 Woerle, Max	35.92m
Pitcher, Ken	FOUL

Hammer 4.00 Kg	
M70	
1 Jaago, Art	30.66m
2 Nielsen, Peder	25.02m

3 Hering, Kurt	21.12m
M75	
1 Upmalis, Aleks	23.28m
2 Saar, Lembit	20.82m
M80	
1 Hume, Ian	23.00m

Javelin 600 gm

W40

1 Hering, Xian	15.00m
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Javelin 400 gm

W60

1 Swanson, Dortha	16.08m MR
(old MR 15.16 Mary Thomson '91)	

W80

1 Cunningham, Isobel	11.10m
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Javelin 800 gm

M35

1 St.Pierre, Peter	48.50m
2 Hopkins, Scott	43.64m

M40

1 Finkbeiner, Michael	48.30m
2 Gagnon, Jeff	43.76m
3 Bowman, Wayne	40.16m

M45

1 Laframboise, Armond	39.38m
2 Chubb, Roy	29.94m

M50

1 DeHorn, Bill	41.98m
2 Kosturek, Alex	34.68m

M55

1 Pamentor, Fred	42.00m
2 McGruder, Malachi	40.74m
3 Morris, David	32.94m
4 Kotkapura, Mastan Singh	26.94m

Javelin 600 gm

M60

1 Yla Outinen, Eero	40.42m
2 Toomes, Juhan	35.54m
3 Boles, Harvey R.	33.14m
4 Sundin, Alf	32.98m
5 Staveley, Bob	29.42m

M65

1 Feick, Ray	36.22m
2 Woerle, Max	24.68m

M70

1 Jaago, Art	32.98m
2 Nielsen, Peder	18.70m
3 Hering, Kurt	13.96m

M75

1 Saar, Lembit	19.10m
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M80

1 Hume, Ian	22.62m
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Weight Throw

12.00 Kg

W60

1 Swanson, Dortha	8.80m COR, MR
(new mark - old implement was 16lbs) 5,000m	

Weight 35lbs

M40

1 Stevely, Mike	7.32m
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M45

1 Rai, Sucha	7.16m
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Weight 25.00lbs

M50

1 Kosturek, Alex	9.58m
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Weight 20.00lbs

M60

1 Toomes, Juhan	15.16m COR, MR
(new implement weight - old was 25lbs)	

2 Yla Outinen, Eero	12.55m
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3 Sundin, Alf	11.98m
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4 Staveley, Bob	11.75m
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M65

1 Feick, Ray	14.86m COR, MR
(new implement weight - old was 25lbs)	

2 Woerle, Max	13.48m
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Weight 16.00 Kg

M70

1 Nielsen, Peder	11.26m
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2 Jaago, Art	11.15m
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3 Hering, Kurt	8.57m
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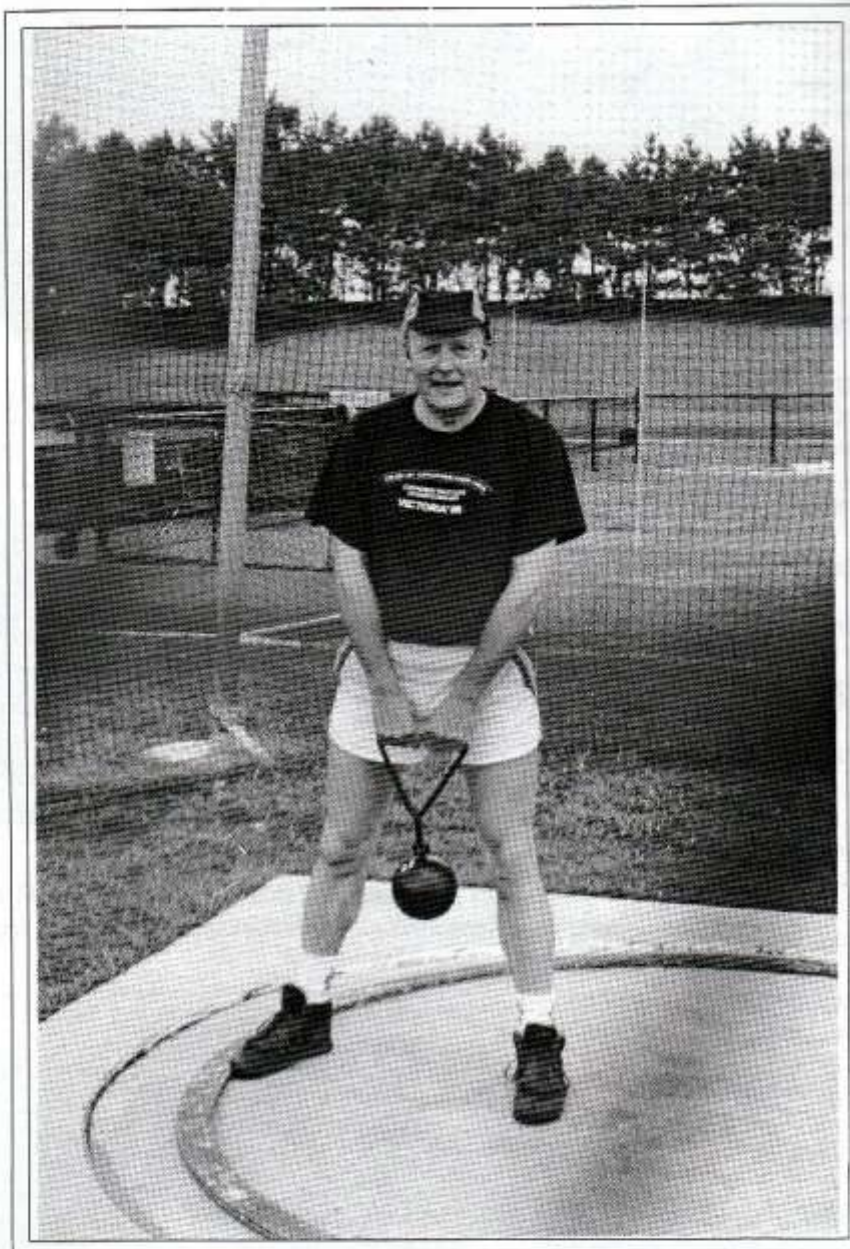
M75

1 Upmalis, Aleks	9.13m
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Weight 12.00 Kg

M80

1 Hume, Ian	12.32m MR
(old MR 12.09 Ian '95)	



M50 Alex Kosturek gets ready for the Weight Throw.
He also threw the Javelin and ran the High Hurdles.

Steeplechase '97

(L) M65 George Freeman, (R) M70 Peter Fellowes taking advantage of the new lower barriers in the M60+ and Womens Steeple. *One Of Each Age Group* (L-R) M55 John Hurley, George, M45 Doug Smith, M40 Jeremiah Hynes, M50 Dan Anderson, Peter, M35 Stephen Keating





Happy People

(top) M50's Dan Anderson (L) and

Bill deHorn each entered 5 events.

(L) W40 Xian and M70 Kurt Hering

(Below) W40 Kim and M50 John Kasperski



TERRY FOX RUN

Sunday September 14th, 1997
WEST-END YMCA

9:00 a.m. - 1:00 p.m.
931 College Street (at Dovercourt)

5KM RUN/WALK
&
10, 12 OR 15 MILE TRAINING RUNS

TRAINING FOR 10 KM, THE GMC 1/2 MARATHON OR A MARATHON? Participate by joining a 10, 12 or 15 mile training run along *Tom Longboat's* training route (9:00 a.m. start only) led by **LONGBOAT ROADRUNNERS** members. Late arrivals will receive a map of the route.



Support *Terry Fox's Marathon of Hope* with a **\$20. DONATION OR \$20.** or more in pledges. Enjoy full use of **YMCA FACILITIES** (whirlpool, sauna, steamroom, locker, weight room. . .) + **SIT-DOWN BREAKFAST.**

Questions? *Lynn Kobayashi* (416) 537-1837
Info on other Terry Fox Run Sites (416) 924-8252



(top) *Laura's Back* W45 Laura Lynn came back to competition in the racewalk, breaking the meet record.
(L-R) W70 Helgi Pedal tied the world record in the High Jump, W70 Elga Meri, W80 Isabel Cunningham, W55 Ann Marie Rosenitsch

