



THE CANADIAN MASTERS NATIONAL CHAMPIONSHIPS

The National Championships were held in Hamilton, Ontario June 24, 25 on the McMaster University Track. The host Hamilton Olympic Club conducted a good meet in very warm conditions making it difficult for the distance runners. Next year we move to the west coast with Victoria hosting the meet in early August.

Charles Agnoo (M60) was crowned the Able Travel Athlete of the meet. The decision this year was the most difficult ever as great performances also came from Bill McIlwaine, Byron Henry, Ray Tucker, Bernie Smith and John O'Neill. Three time winner of the honour Earl Fee declared himself ineligible on this occasion.

As mentioned earlier the main highlight of the meet was the marriage of Pam Duncan

and Bob Zimmerman. This took place on the track after the 400 metre races.

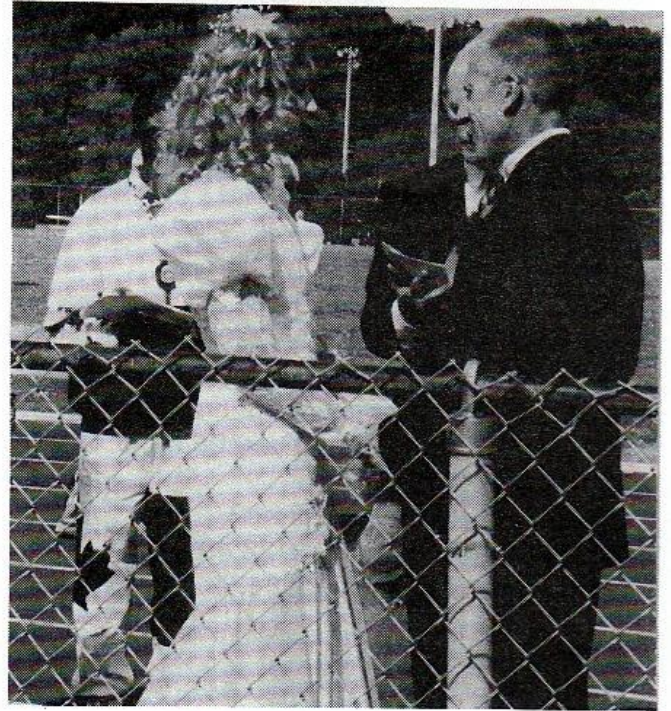


Photo from Jack Castle
Bob Zimmerman and Pam Duncan exchanging vows on the McMaster Track June 24, 1995.



Charles Agnoo receives The Able Travel Service Trophy as Athlete of the Meet at this years National Championships from Ruth Carrier of Able Travel.

RESULTS

Women:

100 Metres:

W30: - 1. Karen Pyle US 14.6.

W35: - 1. Deborah Lenz ON 13.2.
W40: - 1. Marg Hendershot ON 13.2; 2. Alison Pratt Shelling US 13.7.
W45: - 1. Joyce Thomas TT 13.8; 2. Lorraine Tucker US 14.0; 3. Rhona Trott ON 14.1; 4. Pamela Duncan 14.7; 5. Josephine Cross US 15.5.
W50: - 1. Ann Marie Rosenitsch ON 15.5.
W55: - 1. Jutta Riegel QU 16.0.
W60: - 1. Louise Reed BC 15.9; 2. Janet Holmes ON 16.4; 3. Marjorie Moore US 17.8.
W80: - 1. Isobel Cunningham ON 23.7.

200 Metres

W30: - 1. Karen Pyle US 30.8.
W35: - 1. Deborah Lenz ON 27.4; 2. Corry Fox ON 28.0; 3. Judi Paulson ON 29.9.
W40: - 1. Alison Pratt Shelling US 28.9.
W45: - 1. Rhona Trott ON 29.4; Pamela Zimmerman 30.6.
W50: - 1. Ann Marie Rosenitsch ON 30.7 (COR).
W60: - 1. Louise Reed BC 33.4 (COR); 2. Janet Holmes ON 35.5; 3. Marjorie Moore US 39.7.

400 Metres

W45: - 1. Rhona Trott ON 1:07.5; 2. Josephine Cross US 1:13.2.
W50: - 1. Ann Marie Rosenitsch ON 1:10.6.
W60: - 1. Louise Reed BC 1:17.8 (COR); 2. Janet Holmes ON 1:23.6.
W70: 1. Hazel Cameron BC 1:32.6.

800 Metres

W40: - 1. Irene Thompson US 2:45.5; 2. Christine Guy ON 2:47.6; 3. Robin Burns ON 2:55.9; 4. Diane Cosgrove ON 3:03.6.
W60: - 1. Jean Horne ON 2:52.7.
W70: - 1. Hazel Cameron BC 3:35.3; 2. Dorly Brechbuehl ON 3:41.2.

1500 Metres

W35: - 1. Janet Takahashi ON 4:37.7; 2. Jennifer Ditchfield ON 5:00.1; 3. Georgina Inglis ON 5:10.0.
W40: - 1. Pauline Watson ON 5:26.3; 2. Christine Guy ON 5:49.7; 3. Robin Burns ON 6:09.4; 4. Diane Cosgrove ON 6:14.7; 5. Cathy Tedford ON 7:36.6.
W45: - 1. Linda Findley ON 5:02.8.
W50: - 1. Georgie Gillis ON 6:17.7.
W55: - 1. Joan Stapleton ON 6:38.2.

W60: - 1. Jean Horne ON 5:55.8; 2. Ruth Carrier ON 6:39.7.

W70: - 1. Hazel Cameron BC 7:02.2; 2. Dorly Brechbuehl ON 7:04.3.

W75: - 1. Judith Kazdan ON 8:32.1.



Photo by Art Obokata

Linda Findley, 54, (W45) and Jennifer Ditchfield (W35) in the 1500 Metres.



Photo by Art Obokata

Hazel Cameron (BC) leads Dorly Brechbuehl (ON) in the W70 1500 Metres.

5000 Metres

W35: - 1. Joyce Switzer ON 17:30.6; 2. Maureen Griffith ON 17:38.6; 3. Jennifer Ditchfield ON 18:32.8; 4. Rebecca Brooke ON 19:05.4; 5. Lynn Roblin ON 22:48.5.
W40: - 1. Pauline Watson ON 19:58.3; 2. Cathy Tedford ON 28:11.5.
W45: - 1. Linda Findley ON 19:22.4.
W55: - 1. Joan Stapleton ON 24:31.9.

W70: - 1. Dorly Brechbuehl ON 26:40.7.



Photo by Art Obokata

Janet Takahashi on her way to victory in the W35 1500 Metres.

10000 Metres

W40: - 1. Cathy Tedford ON 57:42.1.

W50: - 1. Sandra Fainacci ON 46:44.5.

W55: - 1. Marge Potter ON 47:25.8.

W75: - 1. Judith Kazdan ON 1:05:20.7.

100 Metre Hurdles

W35: - 1. Corry Fox ON 17.82.

300 Metre Hurdles

W50: - 1. Ann Marie Rosenitsch ON 1:01.6 (COR)

W60: - 1. Ruth Carrier ON 1:10.0.

400 Metre Hurdles

W35: - 1. Carol Felepchuk ON 1:14.7.

W40: - 1. Robin Burns ON 1:29.9.

5000 Metre Walk

W35: - 1. Nanci Sweazey ON 26:11.8 (COR)

W40: - 1. Liliana Whalen ON 28:11.6; 2. Susan Burnett ON 30:33.9; 3. Karen Weaver ON 31:20.3; Sherry Watts ON DQ.

W45: - 1. Marilyn Chute ON 29:18.5.

W50: - Linda Miller ON DQ.

Pole Vault

W50: - 1. Ann Marie Rosenitsch ON 2.23.

W55: - 1. Jutta Riegel QU 2.23.

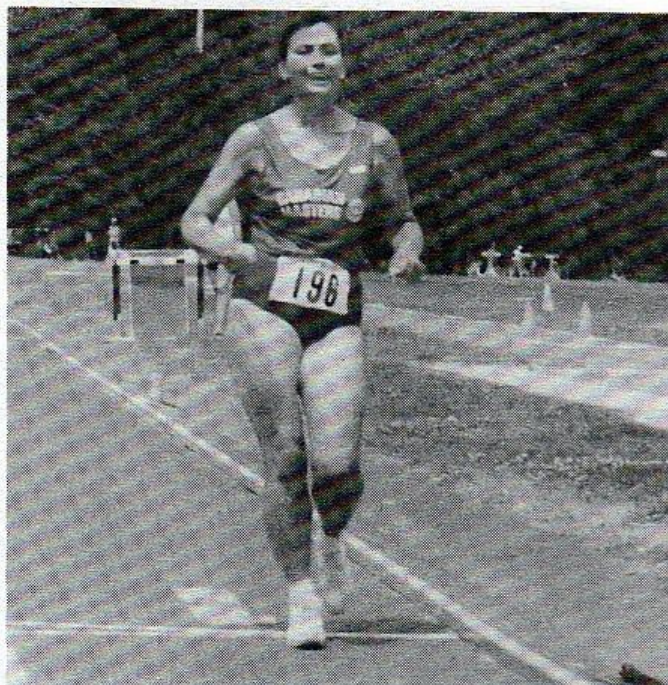


Photo by Art Obokata

Marilyn Chute (ON) on her way to victory in the W45 5000 Metre Walk.

High Jump

W35: - 1. Corry Fox ON 1.45.

W40: - 1. Irene Thompson US 1.36.

W60: - 1. Marjorie Moore US 1.00; 2. Lida Sawdyk ON 0.92.

W70: - 1. Helgi Pedel ON 1.08.

Long Jump

W35: - 1. Deborah Lenz ON 4.78; 2. Corry Fox ON 4.71.

W45: - 1. Lorraine Tucker US 3.96.

W55: - 1. Dortha Swanson US 3.12.

W60: - 1. Marjorie Moore US 3.25.

Triple Jump

W35: - 1. Corry Fox ON 9.94 (COR); 2. Sarah Boslaugh US 8.84.

W55: - 1. Jutta Riegel QU 7.76.

W70: - 1. Helgi Pedel ON 6.47.

Shot Put

4 KG

W35: - 1. Sarah Boslaugh US 10.69; 2. Deborah Ecklund US 7.15.

W40: - 1. Bozena Wojciekian ON 12.00; 2. Darlene Aulenback ON 8.98; 3. Irene Thompson US 8.72; 4. Debi Heit AB 8.59.

W45: - 1. Joyce Thomas TT 10.83.

3 KG

W55: - 1. Dortha Swanson US 7.94; 2. Edith Gray ON 7.24.

W60: - 1. Lida Sawdyk ON 6.77.

W65: - 1. Velta Tomsons ON 7.40.

W70: - 1. Anna Clark BC 4.85.



Photo by Art Obokata

Corry Fox setting a Candian Record of 9.94 metres in the W35 Triple jump.

Discus

W30: 1. Sharon Jacques ON 34.10.

1 KG

W35: - 1. Sarah Boslaugh US 34.00; 2. Deborah Ecklund US 23.52.

W40: - 1. Bozena Wojciekian ON 34.28; 2. Darlene Aulenback ON 26.02; 3. Debe Heit AB 22.96.

W45: - 1. Joyce Thomas TT 34.36; 2. Lorraine Tucker US 23.58.

W50: - 1. Colleen Ogilvie ON DNF.

W55: - 1. Dortha Swanson US 17.52.

W60: - 1. Doreen Carmichael ON 17.08; 2. Lida Sawdyk ON 15.28.

W65: - 1. Bernice Holland US 22.40; 2. Velta Tomsons ON 17.64.

W70: - 1. Elga Meri ON 19.24; 2. Anna Clark BC 9.06.

Hammer

4 KG

W35: - 1. Sarah Boslaugh US 40.14; 2. Deborah Ecklund US 17.84.

W40: - 1. Darlene Aulenback ON 29.58; 2. Bozena Wojciekian ON 25.46; 3. Debi Heit AB 24.48; 4. Nancy LaChiusa US 20.60.

3 KG

W55: - 1. Dortha Swanson US 22.36.

Javelin

600 G

W35: - 1. Sarah Boslaugh US 18.98; 2. Deborah Ecklund US 18.24.

W40: - 1. Irene Thompson US 20.59; 2. Darlene Aulenback ON 20.35; 3. Debi Heit AB 20.32.

W45: - 1. Joyce Thomas TT 27.90; 2. Lorraine Tucker US 27.89.

400 G

W55: - 1. Dortha Swanson US 17.63.

W65: - 1. Bernice Holland US 21.61.

W70: - 1. Elga Meri ON 18.73; 2. Anna Clark BC 7.31.

W80: - 1. Isobel Cunningham ON 11.84.

Weight

9.08 KG

W35: - 1. Sarah Boslaugh US 12.51; 2. Deborah Ecklund US 7.20.

W40: - 1. Bozena Wojciekian ON 11.12; 2. Darlene Aulenback ON 9.76; 3. Debi Heit AB 8.01; 4. Nancy LaChiusa US 7.32.

16 LB

W55: - 1. Dortha Swanson US 9.05.

5.45 KG

W65: - 1. Bernice Holland US 9.73.

MEN

100 Metres

M35: - 1. Christopher Hood ON 11.8; 2. Cassius Richards ON 12.1; 3. Blair Roblin ON 12.4; 4. Rob Malpus ON 12.4; 5. Alan Melhado ON 12.4; 6. Michael Petipas PE 12.6; 7. Jeff Therrien ON 12.8; 8. Mark Hayes ON 13.3.

M40: - 1. Kerry Smith ON 11.4; 2. George Kenins ON 11.9; 3. Mike Stevely ON 12.4; 4. Marek Nowicki ON 12.6; 5. Michael Walker ON 13.3.

M45: - 1. Smokey Santillo US 11.6; 2. Bob Zimmerman ON 12.1; 3. Richard Lech ON 12.1; 4. Dave Treleaven ON 12.5; 5. Roy Chubb ON 12.8; 6. Gary Crawford ON 13.2.

M50: - 1. Chuck LaChiusa US 12.6; 2. Alan Slater ON 13.0; 3. Malachi McGruder US 13.3.

M55: - 1. Scott Tyler ON 11.9; 2. Byron Henry ON 12.4; 3. Clark Little ON 13.5; 4. Dev Sharma ON 13.9; 5. Lornel Anderson ON 17.3.

M60: - 1. Charles Agnoo ON 12.7; 2. Bernie Smith AB 13.0; 3. Thomas Callender ON 13.1; 4. Kai-Ming Lo US 13.4; 5. Bill Marr ON 13.7; 6. Theodore Swanson US 13.9.



Athlete of the Meet Charles Agnoo winning the M60 100 Metres and being followed across the line by Bernie Smith.

M65: - 1. Ross Mitchell NS 13.1; 2. Chuck Sochor US 13.2; 3. Kenneth Morris ON 14.2; 4. Jim Flowers ON 15.4; 5. Douglas Helwig ON 16.4.

M70: - 1. John O'Neill ON 13.7; 2. Norman Baum ON 14.7.

M75: - 1. Art Obokata ON 15.9.

200 Metres

M35: - 1. Christopher Hood ON 24.2; 2. Blair Roblin ON 24.4; 3. Rob Malpus ON 24.9; 4. Jeff Therrien ON 25.2; 5. Cassius Richards ON 25.3; 6. Michael Petipas PE 26.1; 6. Alan Melhado ON 26.1; 8. Mark Hayes ON 26.9.

M40: - 1. Kerry Smith ON 23.1; 2. Luiz Antonio Paula BR 24.1; 3. Bob Davidson ON 26.3.

M45: - 1. Smokey Santillo US 23.7; 2. Robert Zimmerman ON 24.6; 3. Gary Crawford ON 27.6.

M50: - 1. Alberto Oliveira BR 24.9; 2. Chuck LaChiusa US 26.2; 3. Daniel Anderson ON 30.3.

M55: - 1. Byron Henry ON 25.8; 2. Clarke Little ON 28.0; 3. Dev Sharma ON 29.3; 4. Lornel Anderson ON 35.3.

M60: - 1. Charles Agnoo ON 27.3; 2. Thomas Callender ON 27.4; 3. Theodore Swanson US 29.1.

M65: - 1. Chuck Sochor US 27.4; 2. Kenneth Morris ON 30.9; 3. James Flowers ON 32.6.

M70: - 1. Norman Baum ON 30.1.

400 Metres

M35: 1. Jeff Therrien ON 56.0; 2. Michael Petipas PE 59.9; 3. Alex Keeting ON 1:13.0.

M40: - 1. Bob Davidson ON 58.0; 2. Richard Borek ON 58.6; 3. Gordon Eddy ON 1:01.9.

M45: - 1. Robert Zimmerman ON 56.8; 2. Francisco Machado ON 59.3; 3. John Faulkner ON 59.8.

M50: - 1. Alberto Oliveira BR 56.6; 2. Lance Alcindor ON 1:03.0; 3. Daniel Anderson ON 1:04.9; 4. John Powell ON 1:09.7.

M55: - 1. Bill McIlwaine ON 56.8; 2. Hugh Wilson ON 1:05.6; 3. Clark Little ON 1:07.0.

M60: - 1. Bernie Smith AB 1:01.7; 2. Bill Marr ON 1:12.8; 3. Jack Castle ON 1:41.2.

M65: - 1. Earl Fee ON 59.2; 2. Chuck Sochor US 1:04.4; 3. Kenneth Morris ON 1:15.0.

M70: - 1. Norman Baum ON 1:09.0.

800 Metres

M35: - 1. Philip Walton ON 2:00.9; 2. Bill Dunford ON 2:06.3; 3. Raymond Jonasson ON 2:12.5; 4. Alex Keeting ON 2:34.1.

M40: - 1. Joseph Lehmann ON 2:08.3; 2. Steven Izzo US 2:13.6; 3. Bob Davidson ON 2:17.8; 4. Gordon Eddy ON 2:21.5.

M45: - 1. Ray Tucker ON 2:04.4; 2. Murray Hale ON 2:11.5; 3. John Pickard ON 2:11.9; 4. Wayne Richardson ON 2:15.0; 5. John Faulkner ON 2:15.3; 6. Richard Kaley ON 2:16.3.

M50: - 1. Jake Madderom BC 2:16.1; 2. Bruce Mitchell ON 2:26.0; 3. Daniel Anderson ON 2:36.4; 4. Joe Kopu ON 2:41.1.

M55: - 1. Bill McIlwaine ON 2:17.4; 2. Jack Geddes ON 2:23.7; 3. Hugh Wilson ON 2:33.8; 4. Wayne Cosgrove ON 2:35.9.

M60: - 1. Gerhard Krowlow ON 2:51.5.

M65: - 1. Earl Fee ON 2:15.3.

M70: - 1. Arthur Wilson ON 3:01.6; 2. Don Farquharson ON 3:20.8.



Photo by Art Obokata

Norman Baum M70 crossing the line in 1st place in the 400 Metres.

1500 Metres

M35: - 1. Philip Walton ON 4:10.2; 2. Alex Keeting ON 5:23.3.

M40: - 1. Fred Chapman ON 4:22.0; 2. Fred Robbins ON 4:24.0; 3. Steven Izzo US 4:35.6; 4. Curtis Richardson US 4:36.8; 5. Mike Sellon ON 4:45.2; 6. Bob Davidson ON 4:52.1; 7. Gordon Eddy ON 5:00.4; 8. Doug Smith ON 5:04.8; 9. Tim Uuksulainen ON 5:13.1.

M45: - 1. Ray Tucker ON 4:18.0; 2. John DeFinney ON 4:21.1; 3. John Pickard ON 4:27.8; 4. Murray Hale ON 4:32.8; 5. Tim Payne ON 4:41.3; 6. Richard Kaley ON 4:43.6.

M50: - 1. Jake Madderom BC 4:37.8; 2. Daniel Anderson ON 5:10.4; 3. Vern Christensen ON 5:14.6; 4. Joe Kopu ON 7:27.9.

M55: - 1. Jack Geddes ON 4:56.1; 2. Hugh Wilson ON 5:19.5; 3. Wayne Cosgrove ON 5:33.0.

M60: - 1. Gerhard Krowlow ON 5:40.6; 2. David Wilson ON 5:47.0; 3. Mickey Stokotelnny MB 6:16.7.

M70: - 1. Kurt Gelbhaar ON 6:04.4; 2. Arthur Wilson ON 6:19.9.

M75: - 1. Whitey Sheridan ON 10:08.3.

5000 Metres

M40: - 1. Fred Chapman ON 16:47.8; 2. Don Switzer ON 16:50.6; 3. Mike Selon ON 17:56.1.

M50: - 1. George Keereweer ON 18:07.4; 2. Brian Drewitt ON 18:33.5; 3. Vern Christensen ON 19:55.4; 4. Gary Cassel ON 19:59.5; 5. Joe Kopu ON 27:18.4.

M55: - 1. Duncan Mounsey ON 20:57.2; 2. Lornel Anderson ON 21:23.9.

M60: - 1. Gerhard Krowlow ON 21:21.3; 2. Mickey Stokotelnny MB 24:22.4; 3. Steve Mente ON 25:14.6.

M70: - 1. Arthur Wilson ON 24:54.7.

10000 Metres

M35: - 1. James Earl ON 32:34.7; 2. Rob Earl ON 32:55.6.

M40: - 1. Gregory Van Dusen ON 36:29.8.

M50: - 1. Robert Moore ON 37:12.4.

M55: - 1. Duncan Mounsey ON 43:13.2.

M70: - 1. Kurt Gelbhaar ON 44:48.4; 2. Sydney Carter ON 54:32.4.



Photo by Art Obokata

Duncan Mounsey M55 won both 5000 and 10000 Metres.

80 Metre Hurdles

M70: - 1. Mel Buschman ON 19.41.

M85+: - 1. Karl Trei ON 20.52.

100 Metre Hurdles

M55: - 1. Scott Tyler ON 14.8; 2. Bob Land ON 19.5.

M60: - 1. Theodore Swanson US 20.01; 2. Leo Fernandes ON 20.36.

M65: - 1. Chuck Sochor US 18.42; 2. James Flowers ON 21.45; 3. Jim Mathers ON 23.65.

110 Metre Hurdles

M35: - 1. Doug Schneebeck US 15.97; 2. Daniel Glushefski US 16.03; 3. Valan Sarjeant ON 17.87.

M40: - 1. Horace Hudson US 18.93; 2. Jim Geer ON 20.35



Photo by Art Obokata

Jim Mathers placed third in the M65 100 Metre Hurdles.

300 Metre Hurdles

M60: - 1. Theodore Swanson US 58.0; 2. George Freeman US 1:03.4.

M65: - 1. Earl Fee ON 48.1; 2. Chuck Sochor US 48.1; 3. Kenneth Morris ON 1:02.4; 4. James Flowers ON 1:14.2.

400 Metre Hurdles

M35: - 1. Doug Schneebeck US 57.1.

M40: - 1. Horace Hudson US 1:03.3; 2. Jim Geer ON 1:07.0; 3. Charles Swanekamp US 1:08.4; 4. Gordon Eddy ON 1:11.3.

M45: - 1. Steve Bogatek ON 1:04.0.

M50: - 1. Alberto Oliveira BR 1:02.3; 2. Daniel Anderson 1:18.7.

M55: - 1. Dev Sharma ON 1:21.1; 2. Bob Land ON 1:24.4.

2000 Metre Steeplechase

M60: - 1. George Freeman ON 9:58.3.

M65: - 1. Chuck Sochor US 9:50.9; 2. Gordon Gilmour ON 10:26.3.

3000 Metre Steeplechase

M35: - 1. Paul Roberts ON 10:02.6; 2. Steven Keating ON 10:37.5; 3. Bill Dunford ON 11:08.6; 4. Octavio Onell ON 11:28.0.

M40: - 1. Fred Robbins ON 10:26.9; 2. Steve Caws ON 11:43.3; 3. Doug Smith ON 12:29.5.

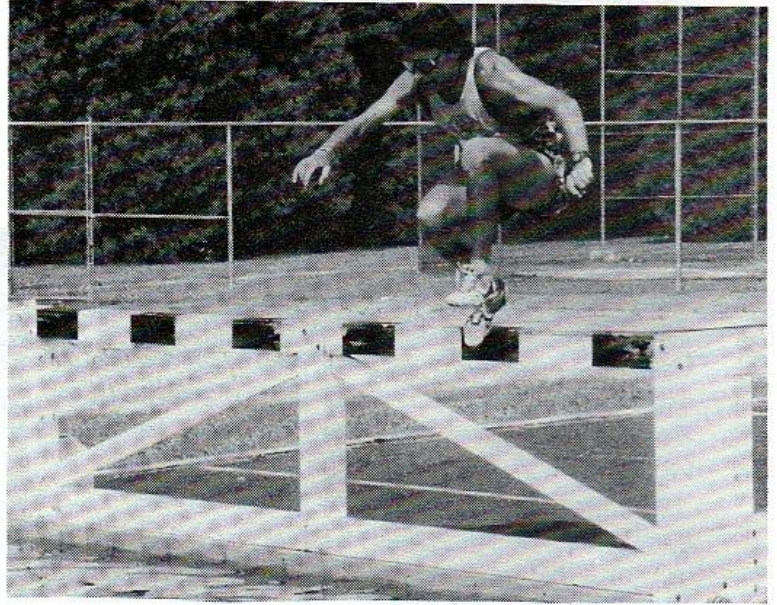


Photo from Jack Castle

Doug Smith M40 shows one style on the waterjump in the 3000 M Steeplechase

M45: - 1. John Pickard ON 11:16.6.

M50: - 1. Daniel Anderson ON 12:27.5; 2. Vern Christensen ON 12:35.0.



Photo from Jack Castle

John Pickard M45 shows us another style in waterjumping technique.

5000 Metre Walk

M35: - 1. Paul Guimond ON 26:57.4; 2. Alexander Kolodziej ON 29:42.9.

M45: - Dale Dickie ON DQ.

M50: - 1. Victor Sipes US 26:27.4; 2. Gary Myers ON 28:39.4; 3. Michael Gough ON 31:51.3; Mike Freeman ON DQ.

M55: - 1. Thomas Masterson US 30:70.4; 2. Leonard Weinstein ON 31:26.7; 3. Terence Gough 33:22.9; 4. Bruce Miller ON 42:21.6.

M60: - 1. Stuart Summerhayes ON 27:32.5; 2. Josh Fedder ON 34:48.2; Jack Castle ON DQ.

M65: - 1. William Flick US 29:30.5; 2. Salvatore Brancaccio ON 31:38.1; 3. Marvin Eisenstein US 33:33.8; Gordon Gilmour ON DQ.

M70: - 1. Peter Fellowes ON 32:33.9; 2. Erik Johansson US 33:13.8.

M75: - Les Brown ON DQ.

M80: - George Peterson ON DQ.

High Jump

M35: - 1. Ambroise Courteau QU 1.64; 2. Bill Mathers ON 1.64; 3. Robert Walker ON 1.40.

M40: - 1. Bob Davidson ON 1.60.

M45: - 1. Gary Crawford ON 1.32.

M50: - 1. Fred Quick ON 1.32.

M55: - 1. David Morris ON 1.40; 2. Bob Land ON 1.36.

M60: - 1. Max Woerle ON 1.32; 2. Theodore Swanson US 1.28; 3. Leo Fernandes ON 1.24; 4. Walter Mozewsky ON 1.16.

M65: - 1. Jim Mathers ON 1.20; 2. Douglas Helwig ON 1.12.

M80: - 1. Ian Hume QU 1.16.

M85: - 1. Karl Trei ON 1.04.

Pole Vault

M35: - 1. Andre Plamondon ON 4.00; 2. Ambroise Courteau QU 3.70.

M40: - 1. Richard Borek ON 3.00; 2. David Mills ON 2.60.

M45: - 1. Matti Kilpelanen US 4.00; 2. Hugh Miller ON 3.35.

M50: - 1. Fred Quick ON 3.00; 2. Bob Campbell ON 2.60; 3. Jack White ON 2.23.

M55: - 1. Bob Land ON 2.60.

M60: - 1. Walter Mozewsky ON 1.98; 2. Theodore Swanson US 1.90.

M65: - 1. Stan Egerton ON 2.80; 2. Jim Mathers ON 2.13.

M70: - 1. Alan Todd ON 1.80.

M80: - 1. Ian Hume QU 2.03.

Long Jump

M35: - 1. Bill Mathers ON 4.94; 2. Mark Hayes ON 4.76; 3. Michael Petipas PE 4.74.

M40: - 1. Erwin Turney ON 6.16; 2. Ken Felepchuk ON 5.79; 3. Marek Nowicki ON 5.51; 4. James Best ON 4.97.

M45: - 1. Dave Treleaven ON 5.55; 2. Armond Lafroamboise US 4.87; 3. Gary Crawford ON 4.14; 4. Roy Chubb ON 3.62.

M50: - 1. Alan Slater ON 5.26; 2. Fred Quick ON 4.41; 3. Jack White on 4.29; 4. George Pachovsky ON 4.12; 5. Daniel Anderson ON 3.50.

M55: - 1. Bob Land ON 4.00.

M60: - 1. Bernie Smith AB 4.90; 2. Paul Williams US 4.75; 3. Theodore Swanson US 4.29; 4. Walter Mozewsky ON 3.46.

M65: - 1. Jim Mathers ON 3.98; 2. Kenneth Morris ON 3.88; 3. Fred Klassen ON 3.60; 4. Douglas Helwig ON 3.52.

M70: - 1 Mel Buschman ON 3.52.

M75: - 1. Art Obokata ON 3.68.

M85: - 1. Karl Trei ON 3.21.

Triple Jump

M35: - 1. Bill Mathers ON 10.96; 2. Valan Sarjeant ON 10.08.

M40: - 1. Ken Felepchuk ON 11.12.

M45: - 1. Gary Crawford ON 8.50.

M50: - 1. Alan Slater ON 10.48; 2. Fred Quick ON 9.23; 3. Daniel Anderson ON 8.03.

M55: - 1. Paul Kniivila ON 10.54; 2. Bob Land ON 8.23.

M60: - 1. Theodore Swanson US 8.46; 2. Walter Mozewsky ON 7.75.

M65: - 1. Jim Mathers ON 7.54; 2. Douglas Helwig ON 6.30.

M80: - 1. Ian Hume QU 7.25.

M85: - 1. Karl Trei ON 6.42.

Shot Put

7.26 KG

M35: - 1. Robert Walker ON 8.94.

M40: - 1. Jacek Szadziuk ON 14.72; 2. Mike Stevely ON 8.94.

M45: - 1. Robert Carlone ON 10.10.

6 KG

M50: - 1. John Kasperski ON 13.64; 2. Jack White ON 8.57.

M55: - 1. Eero Yla-Outinen ON 11.05; 2. David Morris ON 10.74; 3. Bob Land ON 6.96.

5 KG

M60: - 1. Alf Sundin ON 11.13; 2. Max Woerle ON 9.79; 3. Charles Taylor BC 8.40; 3. Walter Mozewsky ON 8.40.

M65: - 1. Kenneth Pitcher ON 9.80; 2. Evaidis Viskers ON 9.59; 3. James Flowers ON 8.01.

4 KG

M70: - 1. Garry Bachman ON 12.68; 2. Peder Nielsen ON 8.40.

M75: - 1. Lembit Saar ON 10.17; 2. Aleks Upmalis ON 8.95; 3. Ed Purgalis ON 8.65.

M80: - 1. Ian Hume QU 8.96.

M85: - 1. Karl Trei ON 7.09.

Discus

2 KG

M35: - 1. Jack Harkness ON 46.80; 2. James Reilly ON 34.78.

M40: - 1. Jacek Szadziuk ON 32.92; 2. Charles Swanekamp US 26.28.

M45: - 1. John Hawkins BC 32.74; 2. Robert Carlone ON 31.90; 3. Armond Laframboise US 29.40; 4. Gary Knox ON 26.40.

1.5 KG

M50: - 1. John Kasperski ON 38.92; 2. Malachi McGruder US 30.50; 3. Jack White ON 25.58.

M55: - 1. David Morris ON 34.24; 2. Eero Yla-Outinen ON 30.92; 3. Bob Land ON 20.38.

1 KG

M60: - 1. Jack Boyd ON 38.14; 2. Max Woerle ON 32.60; Walter Mozewsky ON 26.04; 4. Charles Taylor BC 26.00.

M65: - 1. Evalds Viskers ON 33.56; 2. Helmut Lange ON 30.70; 3. Kenneth Pitcher ON 28.42; 4. Douglas Helwig ON 27.50; 5. James Flowers ON 26.80.

M70: - 1. Karl Pavasars ON 34.46; 2. Garry Bachman ON 33.36; 3. Peder Nielsen ON 28.96.

M75: - 1. Aleks Upmalis ON 23.54; 2. Ed Purgalis ON 23.38; 3. Kostas Tsotsos ON 18.56.

M80: - 1. Ian Hume QU 26.64.

Hammer

7.26 KG

M40: - 1. Jacek Szadziuk ON 38.28.

M45: - 1. Boris Zaitchouk ON 53.82; 2. Chris Kirlis ON 43.48; 3. Bogdan Poprawski ON 35.06.

6 KG

M50: - 1. John Kasperski ON 34.98.

M55: - 1. Eero Yla-Outinen ON 32.32.

5 KG

M60: - 1. Emil Muller QU 49.86; 2. Max Woerle ON 40.46; 3. Bob Stavely ON 39.46.

M65: - 1. Gus Giagnoglou ON 28.10; 2. Kenneth Pitcher ON 23.70.

4 KG

M70: - 1. Peder Nielsen ON 27.78.

M75: - 1. Aleks Upmalis ON 27.42; 2. Ed Purgalis ON 23.92.

M80: - 1. Ian Hume QU 23.78.

Javelin

800 G

M35: - 1. Peter St. Pierre ON 43.52; 2. James Reilly ON 34.72.

M40: - 1. Folgo Dellavedova ON 54.86; 2. Andre Lajoie QU 53.44; 3. Michael Finkbeiner ON 53.08.

M45: - 1. Armand LaFramboise US 41.24; 2. Gary Knox ON 33.66.

M50: - 1. Malachai McRuder US 41.66.

M55: - 1. Fred Pamerter ON 42.42; 2. Eero Yla-Outinen ON 39.32; 3. Bob Land ON 20.56.

600 G

M60: - 1. Alf Sundin ON 37.28; 2. Max Woerle ON 29.76; 3. Bob Stavely ON 29.03; 4. Walter Mozewsky ON 29.10; 5. Charles Taylor BC 19.36.

M65: - 1. Helmut Lange ON 29.98; 2. Gordon Gilmour ON 29.25; 3. Kenneth Pitcher ON 21.63; 4. James Flowers ON 21.11.

M70: - 1. Karl Pavasars ON 27.31; 2. Peder Nielsen ON 22.29; 3. Brian Power-Waters US 16.89.

M75: - 1. Ed Purgalis ON 29.01; 2. Kostas Tsotsos ON 17.53.

M80: - 1. Ian Hume QU 26.99.

M85: - 1. Karl Trei ON 17.46.

Weight Throw

15.88 KG

M40: - 1. Jacek Szadziuk ON 11.24; 2. Sucha Rai ON 7.32.

11.34 KG

M50: - 1. John Kasperski ON 14.26.

M55: - 1. Eero Yla-Outinen ON 12.68.

9.08 KG

M60: - 1. Emil Muller QU 16.38; 2. Bob Stavely ON 14.06; 3. Max Woerle ON 13.98; 4. Alf Sundin ON 12.66.

M65: - 1. Helmut Lange ON 14.78; 2. Kenneth Pitcher ON 12.30; 3. Gus Giagnoglou ON 10.46; 4. Fred Klassen ON 8.46.

7.26 KG

M70: - 1. Peder Nielsen ON 12.28; 2. Mel Buschman ON 10.90.

M75: - 1. Aleks Upmalis ON 10.72; 2. Ed Purgalis ON 9.70.

5.45 KG

M80: - 1. Ian Hume QU 11.90.

