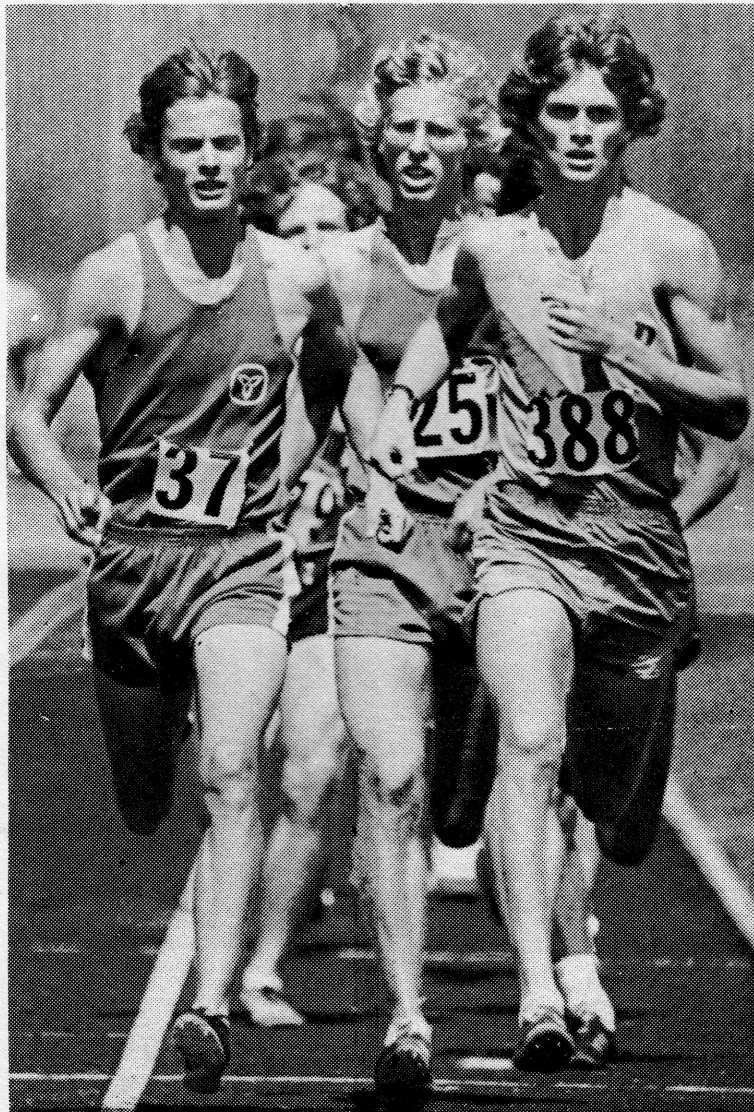


ONTARIO TRACK MONTHLY

AUGUST 73



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MEET RESULTS

FALL FIXTURES

ARTICLES BY....

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Richardson in Canada
Games 1500 metres

ONTARIO TRACK MONTHLY

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Andy Higgins; Cecil Smith; Bob Milne; Bobbie Fisher;
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Published monthly by the Ontario Track and Field Council and printed through the cooperation and facilities at Sport Ontario. \$4.00 per Annum
50¢ per single copy

One of the problems faced by us all this past summer has been Fixtures. While some of the fixtures were planned well in advance, there were far too many occasions when Meets were arranged at the last moment, Clubs not properly informed, and a crisis created.

The problem of Fixtures is not an easy one to solve, but preparations are now under way to solve them and present to Clubs and athletes a formalized Fixtures List, which will not be changed. The following Target Dates have been established:

For the Indoor Season (January through March) - 15th December 1973
For the remainder of 1974 (Road Races, Summer Meets, Fall Cross Country) - 15th February 1974.

Lynn Davies, the CTFA Technical Director, and Peter Radford, the Ontario Technical Director, will be meeting with the various coaches, officials, and others concerned so that a comprehensive, programmed and sensible list of all Track and Field competitive activities can be formalised early.

The Suomi Lions Meet, for example, would have been much more successful if it had been prepared six months in advance. The various Track Leagues, All Comers Meets, Inter-Club Meets, etc. will be far more effective if they are arranged in January, rather than June or July. Championships should, of course, be arranged two or more years in advance, and it is hoped that this will be done for 1975 and 1976.

This editorial is presented to inform the readership that the professionals are aware of the problem, and that they will solve it. However, they will need the cooperation of all concerned, which means that major Clubs will be asked to sponsor and conduct all-comers Meets, etc., that Clubs do not cancel their plans, that sanctions are properly applied for, and that some responsibility be taken to provide some of the Meet officials.

As a result, 1974 should see a planned program of competition, so that any athlete of any age may have the opportunity to compete at their level three times a month if they so desire.

Because of the success of Ontario's Juvenile athletes at the Canada Games, a CANADA GAMES SUPPLEMENT is included with this edition of Ontario Track Monthly.

LETTERS

Dear Chris:

I am writing to let you know that the first Canadian Masters Track and Field Championships will be held in Richmond, B.C. under the direction of Doug Clement on 29th and 30th June 1974. The Championships will include all the track events from 100 metres to 10,000 metres and all the field events, hopefully in 5-year age groups, starting, of course, at age 40.

Our current roster shows 277 members of the Canadian Masters, and I am interested in contacting other interested men, some of whom have been former athletes, others simply interested in getting fit and having fun via Track and Field, who are over 40 years of age
269 Ridgewood, West Hill, Ontario

Don Farquharson

Dear Chris:

After spending a couple of years in Australia, I am now touring Europe, Africa and the East, having plenty of time to train.

I am presently staying with Bob Finlay in England and we manage to get in our workouts together. We went to the Maxol Marathon and were delighted to see Brian Armstrong run so well. It was a pity that he was outkicked with only 50 yards to go.

I plan to be back in Canada by April 1974 and hope to be in good shape for the Boston Marathon.

Buckinghamshire, England

Andy Boychuk

Dear Chris:

I wish to correct an error which appeared in the July edition.

At the Junior Tri-Country Trial, Brian Maxwell won the 5000 metres, but did not read that the second place finisher had placed second in Portugal. It was Peter Quance who was second to Brian in Montreal, while Louis Groarke, second in Portugal, scratched the Montreal Trial in the 5000 in favour of the 1500 metres, where he placed second to Paul Craig. He later won the 2000 metre Steeplechase, thus making the Canadian Junior Team.

While discussing the Steeplechase, I trust you have noted the improvement in Ontario in this event. In 1972, only Don Corbett broke 4.20 for the 1500 metre steeplechase, while this year so far, Peter Walker, Bill Britten and Brian Finn have all broken 4.18. Similar improvement has been made in the junior 3000 metres, and I anticipate the junior record will fall shortly.

Toronto

Bruce Dewsberry

Ed Note: It was still very unfortunate that the CTFA would declare the 5000 metres off the Tri-Country program before departure, only to have the Trial winner read of other Canadians competing in the 'cancelled' event.

Dear Mr. Pickard;

I wish to express my sincere appreciation for the assistance of the Ontario Track and Field Council in the Ontario Games.

Track and Field was the vital link, and your involvement, in the Games and your assistance in the proper preparation was invaluable.

Queens' Park, Toronto

Rene Brunelle

A JOGGER AT BOSTON

by Ron Belton

The Boston Marathon is to a distance runner what the Super Bowl is to a football player. Boston is the biggest, best known and one of the toughest long-distance runs in North America.

Boston attracts runners - this year it was 1,384 men and 14 women who appeared at the starting line. The major hotels are booked solidly with runners, wives, coaches and many others who congregate either as competitors or spectators. About a million people line the course.

In the downtown streets and parks, hundreds of runners jog those last few warm-up miles on the eve of Boston getting loosened up for 'to-morrow'. Everyone's main concern is the weather forecast.

By most people's standards, it turned out to be a beautiful day, but for a runner it was disastrous, with the temperature reaching 79 degrees at noon, the traditional starting time.

By 11.30 a.m., more than 1400 bodies of every shape, size and nationality start moving toward the start at Hayden Row and Town Green in Hopkinton, located exactly 26 miles 385 yards from the Prudential Centre in Boston, a complex not unlike the Toronto-Dominion Centre in Toronto. The 100 runners with the fastest qualifying times are given a preferred position at the front of the pack, similar to earning a pole position at Indy. The rest are bunched in a mass of bodies which stretches almost a quarter of a mile back of the line.

It is quite an experience to be jammed into this mass of runners with the sun burning down on your bare shoulders, waiting for the starter's gun, with thousands of spectators jamming the sides of the road and the ABC helicopter circling overhead to film the start of the race.

You hear the 'bang' of the gun, but nothing happens until the 500 or so runners ahead of you in the line-up start to move, first as a column, and then in a steady pace. It took 1 minute 42 seconds from the time the gun went off until the last man crossed the starting line, and for the first two miles you forget about changing positions and decide to follow the man ahead of you. Gradually the ranks spread out, and it becomes possible to move up. Any pre-race plans to run as a group with teammates become impossible to carry out, as you will not see them until the race is over, except by coincidence.

Bostonians are generous. Every few hundred yards, someone is holding out a paper cup of refreshments, orange sections, damp towels and sponges, all illegal of course, but hardly controllable.

At the 13-mile mark the route passes Wellesley College for Girls whose students form a narrow corridor through which all runners pass. Although it is at this point that the first signs of fatigue set in, I must admit I was sorely tempted to double back and run this section again. Some time later, with 9 miles to go, my watch registers 2.16 has passed and the pavement feels like a hot griddle, while Jon Anderson, the winner has just finished. 1 hour and 20 minutes later, I promise myself that having finished this time, I will break the neck of anyone who suggests that I compete again, knowing full well that I'll return next year after all. I'm hooked.

INSIDE TRACK

The Springbank International Road Races (see ad back page) will be held on Sunday, 23rd September this year, and will be featuring a 4½ mile race for Women for the first time... Dave Prokop, the genial Meet Director who is moving to California to write for RUNNERS WORLD later this year, reports that 18 Olympians have competed in his Road Race program since it started 5 years ago. Springbank is probably the most significant Road Race program in North America...

RUNATHON 73 will be taking place throughout Ontario on October 27th, and for participants who might be competing on that date, 28th October... This event is the Annual Fund-raising Project of the Ontario Track and Field Council which is seeking funds to properly finance the Ontario Team, to provide travel expenses to Championships at the Ontario and National levels, including, it is hoped, Provincial Bantam, Midget and Junior, and to provide the funds to purchase Provincial awards, Standards Badges, loop films, projectors, funding for Athletes, Officials and Coaching Clinics, and to provide the light equipment (wind machines, tapes, crossbars, watches, etc) for the proper staging of our Meets... The Runathon Committee are asking for the full support from all Clubs in Ontario and will be in touch shortly about further details...

Bill Crothers, long time Director of the Canadian Track and Field Association, and formerly a silver medallist at the Tokyo Olympics, has resigned his seat from the CTFA Board...

The Annual Ontario Coaching Conference will be held on December 8th and 9th at Queens' University in Kingston... The Theme is "Canada's Games Plan 1976 - How Do You, the Coach, Fit in - Part II... Once again, the Coaching Executive is planning on presenting outstanding lecturers as was done in 1971 and 1972.

Lynn Davies, the famous British athlete, has been appointed Technical Director of the Canadian Track and Field Association. Lynn has been in Canada just over a month and has paid two visits to Ontario to discuss the future of Canadian Track and Field with the Ontario Staff. Lynn is probably one of the very few athletes in the world who has won Gold Medals at the Olympic, European, and Commonwealth Games...

The Royal Bank of Canada and the Canadian Olympic Association have presented an exciting and interesting Junior Olympics Program to all Olympic Sports, aimed at identifying new talent and provide a worthwhile incentive for talent already identified by offering to co-sponsor Provincial and National Junior Olympics Meets. Unfortunately, before anyone realised it, the CTFA has arranged for the Junior Olympics Program to replace the National Junior Championships... Nothing can be done this year, but perhaps such a poor interpretation of the Program can be avoided in 1974, and the Program can be used for its intended purpose...

One of the most difficult things to obtain this year has been Entry Forms for National Championships, the only exception being the Eastern Marathon and the National Senior Championships... Perhaps the solution lies in placing the responsibility of distributing National Entry Forms with the National Office...

NEWS FROM HERE AND THERE

by Cecil Smith

New South Wales, Australia, 14 July: John Farringdon, 31, formerly of England, but now resident in Australia, ran the fastest marathon of 1973 recording a time of 2.11.12.6.

Stockholm, Sweden, 25 July: Ben Jipcho, of Kenya, set a new Commonwealth 2 Mile record with 8.16.4, finishing 2nd, just inches behind Emiel Puttemans of Belgium.

Dresden, GDR, 19 July: W. Schmidt, GDR, set a new World's Junior (under 20) record in the Discus Throw (2 Kilos) with 61.30m/201'1" - a fabulous throw indeed.

London, England, 25 July: Another sensational run by young Stevan Ovett, 17, who followed up his recent world best 800 metres by a 17 year old, 1.47.3, with a 4.00.0 mile. This places him second on the all-time age group list for 17 year olds to Jim Ryun over the 1 mile distance. Ovett clocked 3.02.5 at the 3/4 mile mark and a staggering 3.44.8 for 1500m!

August 14: Geoff Capes, U.K., set a new Commonwealth record again in the Shot Put with a heave of 20.34m/66'8 3/4". Big Geoff is receiving sponsorship for his food bill from a meat company and a grocery store keeping him adequately supplied with meat, eggs and vegetables. When you weigh over 300 lbs your food consumption is astronomical.

Munich, West Germany: Dwight Stones, USA, set a new world record in the High Jump with a leap of 2.30m/7'6 1/2". Stones came into the competition at 1.95m using a straddle and cleared first time over heights of 1.95, 2.00, 2.03 and 2.06 (6'9). He failed once at 2.09 and 2.12, then passed 2.15, changed to the Flop at 2.18 (7'1 3/4). He cleared this height and 2.21 on his first attempt, 2.24 on his second, and 2.27 and 2.30 on his third.

Two metres 30 centimetres is high, and to get some idea of this height, measure the height of your front door (probably about 7 feet), add 6 inches, stand back and imagine someone jumping over it.

Stones, who won the Bronze medal at Munich, believes that in a few years he will clear 2.40 (7'10 1/2)!

Dresden, G.D.R., July 20: Renate Stecher ran the double of 10.8 and 22.1 with an allowable wind of 1.8 mps in her favour, to clip 0.1 from her pending 100m record and 0.3 from her 200 metre record she shares with Chi Cheng. However, in the 100, the electric timer showed 11.07, so it is doubtful whether her 100 metre time will be accepted.

Such is the depth of good sprinting in Europe that Petra Kandarr Vogt clocked 11.0 in placing 2nd, while the next 4 ran 11.1, with world record holder Annelie Ehrhardt (100mH) placing 8th in 11.3, but went on to run 12.3 in the hurdles to remove a fifth of a second from her previous time.

In the 400 metres at the same Meet, Monika Zehrt of East Germany won in 51.6, with the next 4 girls clocking better than 52.9. This sensational display of sprinting depth from one country (East Germany) took place at their National Championships.

MAXOL MARATHON - MANCHESTER, ENGLAND, 1973

We had quite good luck with the weather at the Maxol Marathon held in Manchester, England on 3rd June, although there was a rather nasty downpour accompanied by pretty strong winds about half-way through. The early pace was quite modest and it is Ferdie LaGrange from South Africa who deserves the credit for picking it up and making the race as fast as it was. By about 20 miles the first five were still running in a group, but two or three miles later Morita of Japan dropped off the pace as Lesse, the East German who had run very smoothly throughout, moved away unchallenged. Kitayama, LeGrange and I had a very good fight for second place with Ferdie being the first to drop and Kitayama catching and passing me about 100 metres from the finish.

RESULT

1st E. LESSE, East Germany, 2.12.24	11th A. DOMLEO, Derby 2.17.33
2nd Y. KITAYAMA, Japan 2.13.29	12th W. van RENTERGHEM, Bel 2.18.15
3rd B. ARMSTRONG, Canada 2.13.30	13th R. SERCOMBE, Newport H 2.19.04
4th F. LeGRANGE, S. Africa 2.13.58	14th J. NEWSOME, Wakefield 2.19.30
5th Y. MORITA, Japan 2.14.06	15th B. WATSON, Cambridge 2.19.42
6th L. PHILLIPP, W. Germany 2.16.07	16th C. WOODWARD, Leamington 2.19.50
7th S. EDMUNDS, Sale H 2.16.24	17th P. TALKINGTON, U.S.A. 2.20.12
8th P. ANGERVOORT, W. Ger. 2.16.27	18th S. CURRAN, Salford 2.20.13
9th D. FAIRCLOTH, Crydon 2.16.32	19th L. CAROLL, Wirrall 2.20.47
10th N. CHILD, Wakefield 2.17.18	20th S. STRITTMATTER, W. Ger 2.21.34

51 marathoners broke 2.30.00

Reported by Brian Armstrong

MENS' OPEN 20 Kilometres (Track)

1st Ron LAIRD, U.S.A., 1.36.28.0; 2nd Alex OAKLEY, Gladstone, 1.43.23.8;
3rd Pat FARRELLY, Hamilton OC, 1.47.14.8; 4th Helmut BOECK, Toronto OC,
1.47.36.6; 5th Karl MERSCHENZ, Gladstone, 1.47.38.0

JUNIOR 3000 Metres

1st Martin JAY, Chinguacousy TC, 16.30.2; 2nd Joe MONACO, Hamilton OC,
16.30.2; 3rd Jeff BANNER, Chinguacousy, 16.59.4

LADIES 3000 Metres

1st Lee HOFFMAN, 21.42; 2nd Helen HALL, 23.46

Race Notes: Race Walking events were held under the auspices of the Etobicoke Striders at Centennial Stadium on 29 July... en route Laird was clocked in 53.25.6 at 7 miles, which is a new Ontario Open record... Laird and Monaco were awarded the respective style prizes... Chinguacousy Track Club now brings to 6 the total number of Clubs in Ontario which are actively pursuing the development of race walking - others are Gladstone, Ottawa Kinsmen Harriers, Toronto Olympic, Etobicoke Striders and Hamilton Olympic, as well as a number of individual promoters such as Art Keay and Hank Cieman...

Reported by Roman Olszewski

ONTARIO JUNIOR DEVELOPMENT PROGRAM (1971 - 1973) by Bob Milne

The Ontario Junior Track and Field Development Program has now been in existence for three summers. In 1971, the Sport and Recreation Branch teamed up with the Royal Canadian Legion to help promote track and field in Ontario while also providing employment for University students. During the first year, three teams of 6 track and field demonstrators travelled the province giving 3-day clinics to established clubs. Some areas, however, had few established clubs, and clinics were given with the hopes of starting new clubs.

In 1972, the format of the program was changed because there had been little lasting effect, although a large number of athletes had been exposed to track and field at the clinics. The Ontario Track and Field Council and the Royal Canadian Legion jointly presented a project to Sport and Recreation proposing that 16 Regional Coordinators be placed in specific communities for the entire summer. The sole purpose of each Coordinator was to form a viable lasting club. In pursuing this goal many obstacles had to be overcome. Athletes had to be recruited to a nebulous club; volunteers had to be recruited to form an executive for the club; coaches were not immediately available; sponsors were sometimes even more difficult to locate; facilities for training were inadequate. Despite these problems, 19 new Track and Field Clubs were formed, and 15 are still participating in the Ontario Track and Field program this summer.

In establishing these new clubs, the Coordinators staged over 40 Track and Field meets ranging from all-comers meets to the Ontario Relays. Also more than 20 athlete, coach, official and film clinics were conducted.

Also in 1972, a testing program was instituted. A team of three testing personnel travelled throughout Ontario testing more than 1000 track and field athletes in the hopes of developing simple tests that could identify potentially good track and field athletes. Results of this experiment are available from the Track and Field Office.

The 1973 program is basically the same as the 1972 version, but with minor changes. During 1973, 16 new clubs which have received assistance from the Junior Development Program have affiliated with the 3 branches of the Ontario Track and Field Council. More than 40 meets have once again been conducted, and numerous of clinics have been held.

In the 3 years, 41 clubs have been formed, more than 85 meets have been staged and over 50 clinics have been organized. At the end of each summer, a week-long training camp has been organized for bantam and midget age athletes, developed by the Program, for the purpose of encouraging their future development by offering knowledgeable coaching and demonstrating, along with film presentations and a full-scale Meet.

Although the details and highlights of three years of the program cannot be discussed in this short article, reports are available from the Track and Field office, which includes the names of clubs formed, results of the testing project, names of the Regional Coordinators, names of camp attendees, sites of the clinics, etc. The Program is also producing a booklet which will contain general information on each event, how to form a new club, availability of films and coaching aids, and simplified rules of competition.

SOUTH AFRICANS AT THE POLICE GAMES

Besides the International events held at the Annual Police Games, reported in the July OTM, the Metro Police AAA offer Track and Field on the final Saturday in July to every Track and Field athlete. The Marathon was extremely well organized (for example, highway cones every 100 metres), their Road Relay attracted 23 teams, the morning was completely occupied with playground events, and there was a Senior Track and Field Meet in the afternoon.

Teams from Detroit, Ottawa, the Niagara Peninsular, Hamilton and two visiting South Africans took part in the Meet, with the following results:

WOMEN

100 Metres: Alta WESSELS, South Africa, 11.5; Marjorie GRIMMETT, Det. 11.9
Cathy ATTARD, Etobicoke Striders, 11.9

200 Metres: Alta WESSELS, 23.5; Eleanor MAHAL, U of Toronto 24.3, Ann
BRYAN, Mississauga, 24.7

400 Metres: Debbie BULMER, Scarboro Opt. 57.6; Cec SMITH, Scarboro Lions,
Carrie BARBER, Niagara Falls, 59.8 58.4

800 Metres: Sonia VAN ZYL, 2.11.0, Donna VALAITIS, Strathroy, 2.12.8
Joanne McKINTY, 2.16.9

100m Hurdles: Linda HUGHES, Sc. Lions, 14.9; Sandy COOPER, London, 14.9

400m Relay: Ontario Games Team, 46.7; Detroit, 48.8; Sc. Lions, 49.1

High Jump: Sue TURPIN, 5'4; Karen HLADKI, 5'2; Anita LEE, Detroit, 5'0

Long Jump: Sandy GUMMESON, Ottawa Kinsmen, 5.10m; Anita LEE, 4.93m;
Liz COX, Buffalo, 4.80

Shot Put: Pam SCOTHORN, Ottawa Kinsmen, 11.80m; Judy POULIN, Welland,
9.00m; Kathy SCNSOCIE, Buffalo, 8.63m

MEN

100m: Bob MARTIN, Hamilton OC, 10.5; Chuck FRANCIS, U of Toronto, 10.5
Joe BOSCARIOL, York Spartans, 10.9

400m: Stan VINSON, Detroit, 47.2; Roy WARREN, Detroit, 48.2; Kingsley
HURBS, U of Toronto, 49.1

800m: Stan VINSON, Detroit, 1.54.2; Larry REYNOLDS, TOC, 1.54.9; Mike
HOUSLEY, TOC, 1.55.3

1500m: Bill PEEL, TOC, 3.52.3; Mark RANDALL, Ott Kinsmen, 3.52.9; Ted
CHAPMAN, Scarboro Optimists, 3.53.4

5000m: Jerome DRAYTON, 14.30.4; Doug SCORRAR, Seaway, 14.39.8; Peter
CONWAY, Ottawa Kinsmen, 15.02.6

3000m S/c: Bruce DEWSBERRY, Track West, 9.16.0; Joe SAX, TOC, 9.21.2;
Paul WILLIAMS, U of Toronto, 9.30.4

Long Jump: Steve CHUNG, U of Toronto, 6.69m; Jim McANDREW, U of Toronto,
6.67m; Wayne WARREN, Detroit, 6.13m

High Jump: Denis ADAMS, Detroit, 2.03m; Ian WATTS, U of Toronto, 1.96m;
Dave WATT, Mike McVARISH, both 1.88m

Triple Jump: Doug VINE, 14.48m; Dave WATT, U of Toronto, 14.43m; Al
FINLAYSON, Toronto OC, 13.66m

Shot Put: Bishop DOLEGIEWICZ, Scarboro Optimists, 16.74m; Gerry
GLOGOWSKI, U of Toronto, 13.42m; Ray FOURNIER, Welland, 12.65m

CAMBRIDGE INVITATION

by Gill Fisher

On Sunday, 15th July, the Cambridge Track and Field Club held its first meet at the new facility located at Southwood Secondary School in Cambridge (Galt). The facility, made possible by a group of Cambridge citizens working in cooperation with the Waterloo County Board of Education, consists of a six-lane all-weather Uniroyal track and a unique field area with two shot put circles, three long/triple jump pits with all-weather approaches, a pole vault runway and two 50' high jump fans. In the same area is a field house with change facilities and a storage area financed with the help of the local Legion Branch. Much of the equipment such as hurdles, starting blocks, a weight machine, jumping standards, pits and throwing implements was donated by local industry. The students of the school constructed both a set of bleachers to seat about 1,400 spectators and the water hazard for the steeplechase events. This facility is truly a community project.

The Cambridge Invitational Meet was attended by nine Clubs from South Western Ontario competing in events for Bantam, Midget and Juvenile athletes. The winner of each event received an action picture of himself-herself in the event which he/she won, mounted on a certificate which indicated the name and date of the meet, the event won and the time or distance achieved.

NOTABLE PERFORMANCES:

Karen JOHNSON	Juvenile Girls	Long Jump	5.62m (18'5")	Cambridge
Ray COSTELLO	Midget Boys	800 metres	2.04.5	Mississauga
Gary Crossley	Juvenile Boys	800 metres	1.58.7	Waterloo
Karen PARKER	Midget Girls	200 metres	26.3	K/Waterloo
Debbie SCHULTE	Bantam Girls	1500 metres	5.12.6	Mississauga
Donna CHURCHILL	Midget Girls	400 metres	59.3	Brantford

It is hoped by the Club that the Cambridge Invitational will become an annual event.

ALL COMERS' RESULTS

Ottawa, 23 July: Mens 100m: Ron FISHER, 11.5; 400m: Mark RANDALL, 51.4; 1500m: Doug SCORRAR, 3.59.0; Peter CONWAY, 4.00.5; 1500m Steeple: Ron Wichmann, 4.26.9; Doug SCORRAR, 4.39.2; Howard FERGUSON, 4.42.8;

3000m Walk: Bill ARNOLD, 16.53.8; Long Jump: Axel BECKE, 19'10";

Womens 100m: Sandy GUMMESON, 12.5; 400m: Janet DICK, 57.9; Penny WERTHNER, 58.2; Sandy GUMMESON, 59.8; 1500m: Joanne COOPER, 4.57.4; Anna CONWAY, 5.08.0; Long Jump: Sandy GUMMESON, 16'3 $\frac{1}{4}$ "

Reported by Bobbie Fisher

Scarboro, 26 July: Mens Shot: Brian CAULFIELD, 17.70m; Bishop DOLEGIEWICZ, 16.40m; Discus: Brian CAULFIELD, 47.16m; Bishop DOLEGIEWICZ, 43.99m

Womens Shot: Jane HAIST, 15.05 (personal best); Carol MARTIN, 13.90m

Discus: Carol MARTIN, 51.24; Jean ROBERTS (Australia), 51.15; Jane HAIST, 48.94m; Debbie MOTLEY, 40.62

Reported by Ivan Pintaric

CANADA GAMES SUPPLEMENT

Ontario can be proud of the 45-member Team which competed at the Canada Games on the 10th, 11th and 12th August, winning the Track and Field segment of the Games by a score of 371 points to 364 3/7 for the host Province, British Columbia and 243 for Quebec.

Ontario, represented by 2 athletes in each event, swept first and second in the Boys' 100 metres (Murray Delorme and Vic Remple) and Triple Jump (Jim Rutka and Walter Huber) and the Girls Long Jump (Ann Bryan and Donna Summerland), claimed Canadian records in the 3000 metres (Bill Britten), Boys' 400 metre Relay (Murray Delorme, Bill Kennedy, Rocco Stella and Vic Remple), Boys' 1600 metre Relay (Dino Laforges, Bill Kennedy, Dave Karila and Dick Moss), and the Girls 400 metre Relay (Arlene Keatley, Ann Bryan, Eleanor Mahal and Cathy Attard), and, by several reports, offered more vocal support for the Relay teams than the 4000 spectators.

Besides those shown above, Gold medals were won by the outstanding efforts of Vic Remple (200 Metres), Dave Karila (800 metres), Gary Pinsonneault (110m Hurdles), Brigitte Bittner (High Jump) and Debbie Barker (Pentathlon). The team as a whole was superbly managed and coached by Phil Hatcher, Peter Radford, Don Domansky and Emmy McBride, and special mention must surely go to Brigitte Bittner for her magnificent jump of 1.80 metres (5'11), Debbie Barker for a wonderful surprise victory in the Pentathlon - she was third at the Ontario Games, but won the Canada Games by more than 100 points!

A summary of the events, giving the results of the top 3 finishers in each event, plus the results of Ontario athletes not placing in the top 3, are given in the succeeding pages of this Supplement.

At least two of the 45 Team members were extremely unlucky. Peter Walker fell during the 1500 metre Steeplechase while placed well, bravely finished the race placing third, but later had to be assisted to the podium. Mark Merrens in the Decathlon ambitiously opened in the Pole Vault at 12'6, but was unable to clear this height after patiently waiting for the other 15 decathletes to complete their lower vaults. Had Mark cleared the height, he would have placed second instead of 10th.

When it is considered that Juvenile athletes of the stature of Glenda Reiser, Glen Bogue, Claire Morgan, Sue Bradley and Sue Summers were declared ineligible by CTFA Rules, Ontario must be considered some distance ahead of other Provinces in Juvenile Track and Field competitive ability.

One unfortunate circumstance of the Games occurred in the Boys' Discus when a Manitoba athlete fouled an excellent throw by exiting from the circle before the implement had landed, contrary to the IAAF and CTFA Rules of competition. The athlete appealed the foul to the Referee and Jury of Appeal who examined the throw by videotape, and declared it foul, upholding the officials' decision. Unfortunately, the Games Jury is demanding the return by Wally Kniginizky of his Silver medal by declaring the Manitoba athlete the winner, thereby placing Wally third. Naturally, the Ontario Track and Field Council will be resisting this ruling, and hope its position will be supported by the CTFA.

100 METRES

Murray DELORME, Ontario	11.1
Vic REMPLE, Ontario	11.1
Harry Haley, B.C.	11.2

400 METRES

Earl BIGELOW, Nova Scotia	48.7
Dan Biocchi, Quebec	49.1
Bill KENNEDY, Ontario	49.5
Dick MOSS, Ontario	49.7

1500 METRES

Peter Richardson, N.B.	3.55.2
Mark RANDALL, Ontario	3.57.3
Peter Spir, B.C.	3.59.9
George HILL, Ontario (5th)	4.01.9

110m HURDLES

Gary PINSONNEAULT, Ontario	15.1
Gordon Graham, B.C.	15.2
Mark Warbinek, B.C.	15.2
Mike HART, Ontario, 5th	15.4

1500m STEEPLECHASE

Laurie Lewis, Manitoba	4.18.3
Rick Janes, Quebec	4.20.0
Peter WALKER, Ontario	4.23.6
Bill BRITTEN, Ontario	4.24.4

1600 METRE RELAY

ONTARIO	3.19.0
Quebec	3.21.6
British Columbia	3.21.7

TRIPLE JUMP

Jim RUTKA, Ontario	14.08m
Walter HUBER, Ontario	14.01m
Daniel Cochrane, N.S.	13.97m

POLE VAULT

Bruce Beasley, B.C.	4.41m
Ken Wenman, B.C.	4.41m
Mark MERRENS, Ontario	4.11m
Bruce WEST, Ontario did not clear any height	

DISCUS THROW

Luc Vinette, Quebec	48.94m
Walter KNIGINIZKY, Ontario	46.32m
Scott Neilson, B.C.	45.62m
Joe AUSTIN, Ontario, 7th	43.44m

200 METRES

Vic REMPLE, Ontario	21.9
Dan Biocchi, Quebec	22.3
Bill KENNEDY, Ontario	22.4

800 METRES

Dave KARILA, Ontario	1.52.8
Peter Richardson, N.B.	1.53.7
Dino LAFORGES, Ontario	1.55.4

3000 METRES

Bill BRITTEN, Ontario	8.25.8
Rick Janes, Quebec	8.27.2
Peter Quance, Quebec	8.28.0
Bill MURPHY, Ontario (8th)	8.45.0

400m HURDLES

Gordon Graham, B.C.	56.7
Gilles Rheault, Quebec	56.9
Tim Page, B.C.	57.7
Rick CUNNINGHAM, Ontario, 4th	57.9
Mike HART, Ontario, 7th	60.4

400 METRE RELAY

ONTARIO	42.6
Nova Scotia	43.2
British Columbia	43.3

LONG JUMP

David Burton, Alberta	6.84m
Steve CHUNG, Ontario	6.78m
Jim MacANDREW, Ontario	6.52

HIGH JUMP

Greg Joy, B.C.	2.09m
Roberg Forget, Quebec	2.09m
Peter RUNNING, Ontario	1.95m
Denis BERTHEL, Ontario, 5th	1.90m

SHOT PUT

Jacques Poirier, Quebec	17.01m
Larry McKenney, B.C.	15.95m
Kevin THOMPSON, Ontario	15.87m
Walter KNIGINIZKY, Ontario	14.77m

JAVELIN THROW

Philip Olsen, B.C.	71.68m
Walter KNIGINIZKY, Ontario	63.54m
Dan LAJEUNESSE, Quebec	62.46m
Frank DEJAK, Ontario	60.82m

HAMM
Scot
Jack
Luc
John

100
Jean
Cyn
Cath
Arle

400
Bev
Rach
Lind
Bev

1500
Lesl
Lori
Lynn
Donn
Robin

200
Jean
Leah
Chris
Arle

1600
Brit
Quebe
Ontar

HIGH
Brigi
Anne
Dawn
Janic

DISCU
JoAnn
Deni
Debbi
Pam S

PENTA

HAMMER THROW

Scott Neilson, B.C.	57.72m
Jack Taylor, Manitoba	56.26m
Luc Vinette, Quebec	52.80m
John McALPINE, Ontario, 10th	37.30m

DECATHLON

Richard Lacombe, Quebec	6060
Serge Leduc, Quebec	5550
Ian Campbell, B.C.	5484
Rob TOWN, Ontario, 6th	5322
Mark MERRENS, Ontario, 10th	5005

100 METRES

Jean Sparling, B.C.	12.2
Cynthia Robinson, B.C.	12.3
Cathy ATTARD, Ontario	12.5
Arlene KEATLEY, Ontario	12.5

400 METRES

Bev Cox, B.C.	55.6
Rachelle CAMPBELL, Ontario	56.5
Linda Halverson, Sask	56.6
Bev KROTOWSKI, Ontario, 5th	57.1

1500 METRES

Leslie Stubbs, B.C.	4.33.8
Lori Leclerq, Alberta	4.34.1
Lynn McCarthy, Manitoba	4.35.7
Donna CHURCHILL, Ontario, 5th	4.40.7
Robin LEE, Ontario, 11th	4.57.4

200 METRE HURDLES

Jean Sparling, B.C.	27.4
Leah HARVEY, Ontario	28.6
Christine Saul, Quebec	28.8
Arlene KEATLEY, Ontario	29.9

1600 METRE RELAY

British Columbia	3.47.5
Quebec	3.51.3
Ontario	3.51.4

HIGH JUMP

Brigitte BITTNER, Ontario	1.80m
Anne Fillion, Quebec	1.72m
Dawn Storey, B.C.	1.66m
Janice BREWER, Ontario, 5th	1.60m

DISCUS THROW

JoAnn Calverley, B.C.	39.92m
Denise Tittley, Quebec	39.82m
Debbie BARKER, Ontario	38.76m
Pam SCOTHORN, Ontario, 11th	29.28m

PENTATHLON: Debbie BARKER, Ontario, 3605 points; Suzy Short, Quebec, 3439;

200 METRES

Cynthia Robinson, B.C.	25.0
Eleanor MAHAL, Ontario	25.3
Ann BRYAN, Ontario	25.6

800 METRES

Linda Halvorson, Sask	2.11.2
Bev Cox, B.C.	2.12.9
Leslie Stubbs, B.C.	2.13.6
Debbie MITCHELL, Ontario	2.14.8
Robin LEE, Ontario, 7th	2.18.9

100 METRE HURDLES

Jean Sparling, B.C.	14.4
Christine Saul, Quebec	14.8
Lorna Robertson, B.C.	15.2
Donna SUMMERLAND, Ontario	15.2
Janice BREWER, Ontario, 6th	16.3

400 METRE RELAY

ONTARIO	46.9
British Columbia	47.0
Saskatchewan	48.0

LONG JUMP

Ann BRYAN, Ontario	5.94m
Donna SUMMERLAND, Ontario	5.72m
Jeannette Shrimpton, B.C.	5.68m

SHOT PUT

Mandy KLEPIC, B.C.	12.68m
Pam SCOTHORN, Ontario	12.61m
JoAnn Calverley, B.C.	12.23m
Debbie BARKER, Ontario, 9th	10.54m

JAVELIN THROW

Laurie KERN, B.C.	49.18m
Catherine Vander Knapp, B.C.	46.60m
Elizabeth Raaymakers, N.S.	39.68m
Debbie BARKER, Ontario	39.38m
Anna WALSH, Ontario	37.58m
Janice BREWER, Ontario, 7th	31.87



Debbie BARKER epitomizes the effort put out by the Ontario Team in Burnaby. Here she reaches for every possible inch in the Long Jump segment of the Pentathlon, an event which she won by 116 points, taking first place in the Shot Put, and High Jump.

Debbie also competed in the three throwing events, placing third in the Discus Throw and 4th in the Javelin Throw.

ONTARIO FALL FIXTURES

SEPTEMBER

15	Hamilton Olympic Club Fall Meet, Hamilton	<u>CONTACT</u> FARRELL
16	Boardwalk Marathon, Scarborough	DOVASTON
15	Brantford Cross Country Races	BOX 1172
15	Mississauga Cross Country Races	COSTELLO
15	Northland Cross Country Races	McKINTY
15	National Marathon Championship, St. Johns	KERRISON
22	COTFA Cross Country Championships, Bramalea	BARNES
23	Springbank International Road Races	VANCE
29	SWOTFA Cross Country Championships, St. Catharines	VINEY
29	Laurentian University Road Races, Sudbury	PATENAUDE

OCTOBER

6	Oktoberfest Marathon, Kitchener	ATTWELL
6	Champion of Champions Cross Country Trial (plus other Cross Country Events), Collingwood	KNOX
8	Etobicoke High Schools & Open Club Races	ANDERSON
8	Thanksgiving Day Road Races, Guelph	WAUGH
13	Ontario Mite, Tyke and Atom Cross Country Championships, Guelph	WAUGH
13	Ontario Cross Country Championships, Sudbury	McKINTY
20	Eastern Canadian Cross Country Championships, Ottawa	FISHER
27	Champion of Champions Cross Country Meet, Cincinnati, Ohio	OTFC

CONTACTS

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John Dovaston, 135 Park Home Avenue, Willowdale
Bobbie Fisher, 5 Glencairn Avenue, Ottawa
Neil Farrell, Box 71, Station B, Hamilton, Ontario
Harry Kerrison, Executive Director, C.T.F.A., 333 River Road, Vanier City
Dave Knox, 311 Walnut Avenue, Collingwood
Terry McKinty, 233 Walford Road East, Sudbury
O.T.F.C., Box 612, Station F, Toronto 5, Ontario
Norm Patenaude, Division of Physical Education, Laurentian University,
Sudbury
Alex Vance, 260 Berkshire Drive, London, Ontario
Dave Viney, 38 Spruce Avenue, St. Catharines
Ken Waugh, 36 Clive Avenue, Guelph, Ontario

HIRE A STUDENT FOR YOUR TRACK CLUB

by Brian MacDonald

In the spring, the Hamilton Olympic Club advertised for a University student to work for the Club over the summer months. As a Phys-Ed student involved with Track and Field, I applied for the position and was fortunate enough to be offered the position.

I learned quickly that there is more to organizing a Meet than I ever believed, because as an athlete I never gave second thoughts to the planning required for a well-run Meet. My summer job also taught me a great deal of knowledge in the field of coaching just through the observation and discussion with different coaches. In addition, I learned that a Team Manager becomes the focal point of information concerning Meets, equipment, transportation and many other queries posed by the Club athletes.

I believe my summer job with the Club allowed the Club Executive and the coaches to be able to give more of their time to their specific responsibilities rather than undertake the time-consuming but interesting tasks which I was asked to undertake as part of my summer position.

Is it feasible for your Club to hire a University student next summer? In my opinion it would be a wise decision. First, the Club would be providing a job for a student during the summer, which would be his full-time job. As such he would be available to assist in the organization while the volunteer can carry out other responsibilities, and to a degree, allow him more time for his own job and his family. Then it becomes more of a pleasure for the volunteer to devote some of his time to his hobby of Track and Field instead of it being a burden. Second, your summer student would be able to organize different ideas presented to him by the Executive so that part of the social advantages of a Club can be realized, such as a Club outing or picnic, Track and Field film show, etc. In addition, a skilled student can assist in any fund-raising drive the Club sponsors, which in some cases, might more than pay for the salary outlay.

It is possible that your student employee might not work out the way expected of him, and I must admit this was the case in my own experience. However, the Hamilton Olympic Club was very patient and suggested that I write out a work report which not only recorded the work I was doing, but also listed the problems I encountered. As a result, HOC, realizing I was the first student the Club had hired, was able to monitor my work, solve my problems and direct my time to the best use. They realized that I had no past experience nor able to draw upon the experience of others.

If it is feasible for your Club to hire a student next summer, I would like to offer a few suggestions which could be of benefit.

1. Make your decision in February or March, rather than allowing the summer to creep up on you. This will give you a chance to consider your best approach to the University in your area and have a choice of candidates who have not already made a summer job commitment.
2. Hire your student employee in late April. University is over at that time, and your student will have sufficient time to properly organize your Club's summer activities.
3. For Clubs who would like to receive a copy of my Work Report, write to Coordination Department at the University of Waterloo to my attention.

ONTARIO SENIOR CHAMPIONSHIP RESULTS

Ottawa, 10th August

MENS' EVENTS

100 Metres

Bob MARTIN 10.6
 Chuck FRANCIS 10.7
 Herman CARTER 10.8

800 Metres

Stan Vinson 1.54.2
 Gene Mercer 1.54.5
 Dave LOWE 1.55.1
 Aris BIRZE 1.55.1

10000 Metres

Jerome DRAYTON 30.25.8
 Dave NORTHEY 30.26.4
 Doug SCORRAR 30.47.4

Long Jump

Michel Charland 6.60m
 Paul MAJURY 6.31m
 Michel Raymond 6.23m

Pole Vault

Bill FISHER 4.30m
 Mark TINDALE 4.02m
 Charles WESTERN 4.00m

WOMENS' EVENTS

100 Metres

Lyn KELLOND 11.7
 Marg MacGOWAN 11.8
 Marj Grimmert 12.1

800 Metres

Yvonne SAUNDERS 2.10.1
 Penny WERTHNER 2.11.5
 Roberta ANGELONI 2.14.5

200m Hurdles

Wendy McKinnel 28.5
 Carol Maille 28.8
 Sandy COOPER 29.6

Shot Put

Debbie VAN KIEKELT 14.45m
 Lucette Moreau 13.61m

Javelin Throw

Louise Beland 42.60

200 Metres

Bob MARTIN 21.8
 Serge Rollin 22.1
 Dave QUIBELL 22.4

1500 Metres

John SHARP 3.51.7
 Bill PEEL 3.53.7
 Ron McCORMACK 3.57.7

110m Hurdles

Mike MURRAY 15.0
 Don PRICE 15.2
 Greg BINKLEY 16.3

Triple Jump

Doug VINE 15.29m
 Dave WATT 15.09m
 Clarence COLEMAN 14.36m

Discus Throw

Dave HARRINGTON 52.35
 Rick Burton 47.70
 Lou FRECHETTE 43.40

Javelin Throw

MeI GAVRILOVIC 73.98
 Glen ARBEAU 67.42
 Andre Lajoie 65.18

200 Metres

Marg MacGOWAN 25.2
 Lyn KELLOND 25.6
 Laura MITCHELL 25.9

1500 Metres

Clare MORGAN 4.34.0
 JoAnn McKINTY 4.41.5
 Kathy PROSSER 4.41.6

Long Jump

Linda WILSON 5.50m
 Susan SUMMERS 5.49m
 Debbie VAN KIEKELT 5.48m

Discus Throw

Lucette Moreau 43.70m
 Sue WILSON 26.54m

Lise Robert 38.52

400 Metres

Stan Vinson 47.8
 Kingsley HURBS 49.3
 Tony POWELL 49.7

5000 Metres

John FINLAY 14.58.4
 John SHARP 15.19.0
 Ken HAMILTON 15.56.0

3000m Steeplechase

Joe SAX 9.16.2
 Bill MARCOTTE 9.33.2
 Don CORBETT 9.40.6

High Jump

Ian WATTS 2.00m
 Dan St.Hilaire 1.95m
 Doug SMITH 1.90m
 Doug REID 1.90m
 Carl GEORGEVSKI 1.90m
 Erik LITTLE 1.90m

Hammer Throw

Denis Blais 53.80
 Dave HARRINGTON 45.87
 Doug CHMIELAK 36.18

400 Metres

Yvonne SAUNDERS 53.0
 Joan EDDY 55.5
 Nancy DODD 58.0

100m Hurdles

Sue BRADLEY 13.9wa
 Liz DAMMAN 14.1
 Debbie VAN KIEKELT 14.5

High Jump

Sue TURPIN 1.69
 Sandy COOPER 1.65
 Karen HLADKI 1.65
 Evelyn OLJANS 1.65

43.70m

26.54m

Sue WILSON 26.22

Reported by Bobbie Fisher

ONTARIO TOP FIVE - as at 11 AUGUST - compiled by George Mitchell

MEN

100 Metres

10.3 Bob MARTIN
10.3 Charlie FRANCIS
10.5 Hugh SPOONER
10.5 Marv NASH
10.5 Kerry SMITH

800 Metres

1.49.4 John CRAIG
1.50.2 Paul CRAIG
1.52.2 Dave KARILA
1.52.5 Bill PEEL
1.52.6 Gerry FEENEY

5000 Metres

13.38.4 Grant McLAREN
13.55.6 Dan SHAUGHNESSY
14.28.8 Bill BRITTEN
*14.29.0 John FINLAY
14.30.4 Jerome DRAYTON

400m Hurdles

51.9 Dave JARVIS
52.6 Hamlin GRANGE
54.9 Don PRICE
56.1 Rick CUNNINGHAM
56.3 Harold GRETZINGER
56.3 Greg BINKLEY

* indicates conversion from equivalent English distance

High Jump

2.03 Denis BERTHEL
2.03 Ian WATTS
2.00 Rick HEEMSKERK
1.98 Jim HAALBOOM
1.98 Peter RUNNING

Triple Jump

15.63 Doug VINE
15.09 Dave WATT
14.98 Jim BUCHANAN
14.41 Mike NIPINAK
14.36 Clarence COLEMAN

Javelin Throw

77.12 Rick DOWSWELL
73.98 Mel GAVRILOVIC
72.72 Glen ARBEAU

200 Metres

*20.9 Marv NASH
*20.9 Kerry SMITH
21.1 Glen BOGUE
21.5 Bill KENNEDY
21.6 Charlie FRANCIS
21.6 Vic REMPLÉ

1500 Metres

3.44.8 Grant McLAREN
3.46.7 Paul CRAIG
3.48.7 Dave KERR
3.48.7 Tommie PEARSON
3.49.0 Greg LOCKHART

10000 Metres

29.08.8 Dan SHAUGHNESSY
29.53.2 Jerome DRAYTON
29.59.4 Bob MOORE
30.17.4 John FINLAY
30.26.4 Dave NORTHEY

2000m Steeplechase

5.50.4 Don CORBETT
5.52.0 Bruce DEWSBERRY
5.52.4 Bill MARCOTTE
5.53.8 Bill BRITTEN
5.54.2 Greg DUHAIME

Long Jump

7.22 Jim BUCHANAN
7.00 Steve CHUNG
6.96 Jim McANDREW
6.86 Rick ROCK
6.69 Alan BROWN

Shot Put

19.06 Bishop DOLEGIEWICZ
17.65 Brian CAULFIELD
15.15 Dave HARRINGTON
15.13 Borys CHAMBUL
14.23 Mike SCHOMER

71.64 Sulo HEISKANEN
69.10 John POHZKE

400 Metres

47.1 Glen BOGUE
48.1 Gerry FEENEY
48.3 Tony POWELL
48.3 Bill KENNEDY
48.6 Dick MOSS

3000 Metres

7.59.8 Dan SHAUGHNESSY
8.03.4 John FINLAY
8.06.6 Dave KERR
8.08.6 Tommie PEARSON
8.16.8 Brian MAXWELL

110m Hurdles

14.2 Dave JARVIS
14.7 George NEELAND
14.8 Mike MURRAY
15.2 Don PRICE
15.3 Greg BINKLEY

3000m Steeplechase

8.57.6 Dave KERR
9.07.0 Jim TRAPP
9.07.6 Bill BRITTEN
9.09.0 Brian STRIDE
9.16.0 Bruce DEWSBERRY
9.16.2 Joe SAX

Pole Vault

5.15 Bruce SIMPSON
4.80 Bob RAFTIS
4.57 Bill FISHER
4.27 Dave BARRETT
4.27 Terry MORRIS
4.27 Charlie WESTERN

Discus Throw

61.34 Dave HARRINGTON
59.01 George PUCE
58.48 Ain ROOST
56.64 Bishop DOLEGIEWICZ
52.52 Borys CHAMBUL

Hammer Throw

45.86 Dave HARRINGTON
41.20 Bill CAMPBELL
38.20 Doug McGEE
36.18 Doug CHMIELAK

WOMEN

100 Metres

11.4 Lyn
11.5 Mar
11.6 Ele
11.7 Cat
11.9 Lau
11.9 Li
11.9 Ar
11.9 An

800 Metres

2.04.2
2.06.3
2.08.0
*2.11.6
2.11.9
*now Sal

Long Ju

5.94 Ar
5.87 De
5.78 Do
5.75 S
5.68 K

Discus

52.70
49.84
41.52
40.30
39.20

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WOMEN100 Metres

11.4 Lyn KELLOND
 11.5 Marg MacGOWAN
 11.6 Eleanor MAHAL
 11.7 Cathy ATTARD
 11.9 Laura MITCHELL
 11.9 Liz DAMMAN
 11.9 Arlene KEATLEY
 11.9 Ann BRYAN

800 Metres

2.04.2 Glenda REISER
 2.06.3 Yvonne SAUNDERS
 2.08.0 Penny WERTHNER
 *2.11.6 Sally LITHGOW
 2.11.9 Debbie MITCHELL
 *now Sally BEACH

Long Jump

5.94 Ann BRYAN
 5.87 Debbie VAN KIEKEBELT
 5.78 Donna SUMMERLAND
 5.75 Sue SUMMERS
 5.68 Karen BASHAK

Discus Throw

52.70 Carol MARTIN
 49.84 Jane HAIST
 41.52 Carolyn DUNCAN
 40.30 Debbie MOTLEY
 39.20 Jill FINLAN

200 Metres

23.4 Marg MacGOWAN
 24.1 Lyn KELLOND
 24.3 Joan EDDY
 24.3 Eleanor MAHAL
 24.6 Patty MATHEWS

1500 Metres

4.12.5 Glenda REISER
 4.33.2 Donna CHURCHILL
 *4.33.5 Sally LITHGOW
 4.33.6 Clare MORGAN
 4.34.9 Robin LEE

200m Hurdles

27.9 Sue SUMMERS
 28.0 Leah HARVEY
 29.6 Sandy COOPER
 29.9 Carol MARTINEAU
 29.9 Arlene KEATLEY

Shot Put

15.05 Jane HAIST
 14.45 Debbie VAN KIEKEBELT
 13.36 Carol MARTIN
 12.61 Pam SCOTHORN
 12.22 Cathy SCHMIDT

Javelin Throw

39.56 Debbie BARKER
 39.62 Anna WALSH
 38.00 Karen WALKER
 37.50 Jill FINLAN
 35.64 Marianne MURPHY

400 Metres

52.7 Yvonne SAUNDERS
 53.6 Joan EDDY
 54.0 Marg MacGOWAN
 55.9 Barb BISHOP
 56.1 Bev KROTOWSKI

100m Hurdles

13.7 Liz DAMMAN
 13.9 Sue BRADLEY
 14.2 Sue SUMMERS
 14.4 Donna SUMMERLAND
 14.5 Debbie VAN KIEKEBELT

High Jump

1.80 Louise HANNA
 1.80 Brigitte BITTNER
 1.73 Sue TURPIN
 1.71 Debbie VAN KIEKEBELT
 1.67 Evelyn OLJANS

The above statistics are those which have been reported to the Ontario Statistician on or before 11th August. No apology is made for omissions made as a result of no report being received.

Results of all Meets which show times, heights and distances achieved by registered Ontario athletes from Bantam up to Senior, Male and Female, should be reported to:

George Mitchell, 315 Briar Hill Road, WOODSTOCK, Ontario
 so that accurate records can be kept prior to the publication of statistics in Ontario Track Monthly, and the year-end booklet. Athletes competing in the United States and overseas are asked to forward their results to the Ontario Statistician, giving performance, venue and date achieved. Coaches and Club Managers are also asked to forward necessary information so that this 'double-barrelled' effect can ensure that there are no omissions from the listings. Wind-assisted times and jumps are also welcome, but the wind readings should be given if possible.

DEBBIE VAN K AND DOUG REID WIN SILVERS AT WINNIPEG

Ontario athletes took second and third places in both the Pentathlon and Decathlon at the National Championships held in Winnipeg on 4th and 5th August, but there was a sharp contrast in the two events.

The Womens' Pentathlon attracted 10 competitors with Diane Jones of Saskatoon showing good hurdle form by taking an early lead with 14.0, to be followed up with a good put of 14.74 metres (over 48 feet), and then won the High Jump with 1.72 metres. At the end of the first day it was very clear that the Saskatchewan Olympian (10th at Munich) would be a clear winner.

In the Decathlon, however, the story was quite different as Barry Lange of the curiously named Gritty Grotto Track Club shared the lead with Brian Anderson from Cambridge in the 100 metres, with Doug Reid of Orillia a mere 0.1 second and 20 points in arrears. This would be the only time that Lange would hold the lead until the final event. In the meantime, Anderson took the lead outright with a 6.70m leap in the Long Jump, held it during the Shot Put event despite Doug Reid's 12.69m, surrendered it to the Orillian after the High Jump, and grabbed it back after the 400 metres, with a good 50.4 behind Barry Lange's 49.4. This latter effort, however, was not good enough to regain the lead, but would play an important role later in the competition.

The second day saw Diane Jones increase her lead handily as she landed 5.96 metres from the take-off board in the Long Jump and although her final event the 200 metres, was poor, she still amassed a good total of 4,359 points to finish 243 points clear of Debbie Van Kiekebelt who put in a respectable performance, maintaining a fairly even score throughout with 14.5/13.23/1.69/5.77/ 26.3 for a total of 4,116. Sue Summers of Ontario placed third, well clear of Liz Vanderstam, and put in a personal best performance in the 100 metre Hurdles (14.2). Another personal best was posted by Sandy Cooper of the London Western Track Club with a 1.69 metre clearance in the High Jump. In the Pentathlon she finished sixth.

After the first day of Decathlon competition, the standings were: Brian Anderson, 3,607 points; Barry Lange, 3,534 points; Doug Reid, 3,477 points. Reid won the 110m Hurdles with 16.1, crept a little closer to the leader in winning the Discus event (42.56m), and then took an 88 point lead by producing a personal best in the Pole Vault with 3.85m. At this point Lange was more than 200 points behind, but got back into contention with a throw of 59.58 in the Javelin, and pulled off a 4.28.9 clocking for the 1500 metres to win the National title by an even 50 points. Doug Reid, however, broke the Ontario and Canadian Junior record with his 6,809 points and Brian Anderson, the 1st day leader placed third with 6,786, also bettering the records. Barry Lange, the former record holder, can take satisfaction in providing the competition which assisted the two Ontario juniors to better his figures, and also in winning his first National Decathlon title.

Individual results will be published in the CTFA News, but an interesting analysis is produced below:

INDIVIDUAL EVENT WINNERS (PENTATHLON)

100m Hurdles: 14.2	Shot Put: 14.74m	High Jump: 1.72m	Long: 5.96	200m: 25.3
(Diane JONES)	JONES	JONES	JONES	Liz VANDERSTAM)

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INDIVIDUAL EVENT WINNERS (DECATHLON)

100 metres: 11.0 Long Jump: 6.70m Shot Put: 12.69m
 (Brian ANDERSON/Barry LANGE) ANDERSON Doug REID
 High Jump: 1.87m 400m: 49.4 110m Hurdles: 16.1 Discus Throw: 42.56m
 REID/Erik LITTLE LANGE REID REID
 Pole Vault: 4.10m Javelin Throw: 59.58 1500 Metres: 4.15.3
 Scott WHITE LANGE John GAMBLE

LEADERS (PENTATHLON)

<u>1st EVENT</u>	<u>2nd EVENT</u>	<u>3rd EVENT</u>	<u>4th EVENT</u>	<u>5th EVENT</u>
Diane JONES	JONES	JONES	JONES	JONES

LEADERS (DECATHLON)

<u>1st EVENT</u>	<u>2nd EVENT</u>	<u>3rd EVENT</u>	<u>4th EVENT</u>	<u>5th EVENT</u>
Brian ANDERSON/Barry LANGE	ANDERSON	ANDERSON	REID	ANDERSON
<u>6th EVENT</u>	<u>7th EVENT</u>	<u>8th EVENT</u>	<u>9th EVENT</u>	<u>10th EVENT</u>
ANDERSON	ANDERSON	REID	REID	LANGE

ALL COMERS MEET RESULTSEtobicoke, 18 July

Girls 100m: Cathy ATTARD, 12.7; Ann BRYAN, 12.8; Claudette FINLAYSON, 13.0
 Girls 3000m: Jacki MASIL, 11.40; Cheryl HOUSLEY, 11.50; Marie ARRIGO, 12.20
 Girls High Jump: Debbie CLANCY, 5'4½; Julie WHITE, 5'3

Mens 400m: Tony POWELL, 49.7; Ken SPENCER, 51.2; Chris VAN STRATTEN, 52.2
 Wayne MARTINEZ, 52.4; Roy DICKSON, 52.5; Paul HAYMAN, 52.8

Mens' 5000m: Jerome DRAYTON, 14.35; Bob MOORE, 14.38; Bob LEGGE, 15.11
 Bob FLYNN, 15.11; Bill ALLEN, 15.27; Dieter STEIN, 15.54

Mens' Long Jump: Jim MacANDREW, 6.84m; George PACHOVSKY, 6.23;

Mens' Pole Vault: Doug PURSIAINEN, 13'0; Charlie WESTERN, 13'0; John COMERFORD,
 Steve CAWS, both 10'0.

Islington, 25 July

Mens 100m: Joe BOSCARIOL, 11.4; Jim TURNER, 11.4; Joe RADVANSKY, 11.9

Mens' 800m: Dave LOWE, 1.54.9; Bill PEEL, 1.55.0; Larry REYNOLDS, 1.56.4;
 Wayne MARTINEZ, 1.57.6; Greg BINKLEY, 2.00.2; Bruce DEWSBERRY, 2.00.6

Mens' Pole Vault: Mark TINDALE, 13'0; Alain BRAULT, 12'6; Rick MORRIS, 12'0

Mens' Long Jump: George PACHOVSKY, 5.79m; Rolando DEMARCHI, 5.52m; Joe CORRADO,

20 Lap Paarlaufl: Bruce DEWSBERRY/Peter WALKER, 22.13; (Toronto Track West) 5.06
 Frank MONTEBELLO/Paul SPENCE, 23.01; (York Spartans)
 Mike LOMAX/Simon JOYNES, 23.24 (Bramalea Kinsmen)

Womens 1500m: Mary McKEOWN, 5.14.3; Lori NEUFELD, 5.21.8; Jacki MASIL, 5.28.7

Toronto, 8 August

Mens' 200m: Gerry FEENEY, 23.0; Doug CARTEN, 23.0; Kingsley HURBS, 23.3

Mens 1500m: Frank AGUANNO, 4.02.0; Paul SPENCE, 4.02.6; Sam PEARSON, 4.08.5

Mens' 10000m: Bob FLYNN, 32.26.8; Rob LINTON, 34.01.0; Dieter STEIN, 34.31.0

... WITH THE METRO ROAD RUNNERS

by Lorne Buck

... there has been some criticism over (a) awarding Dave Viney the Gold medal for the Eastern Canadian Marathon; (b) directing Dave off course during the competition, to which I reply that the race committee, upon consultation with lead runners, agreed that Dave earned first place, and that marathon runners, after all those hours of training and practice should take a few minutes to study the course, rather than deciding half an hour prior to race time to switch events. Course instructions were distributed well in advance. Now to some news...

... thanks to those for suggestions how MTRRA can improve future conduct of events, which include: changing from paper to cloth numbers; different coloured numbers when several races start from common start line; no post entries in feature event of 3-event program; establishment of several checkpoints during races; more comments will be welcomed at 19 Avonmore Square, Scarboro...

... Congratulations to Brian Armstrong, not only for his excellent effort at Maxol (reported in this edition of OTM), but also for his 11 miles 1,640 yards and 2 feet in 1 hour run at Northview Heights on Sunday, 15th July, a new Canadian record...

... I have received much negative comment from friends and associates about the reporting of Track and Field Meets this summer in metric figures because the average Canadian has little idea what the figures mean. It hurts our cause if the public does not relate to what is taking place, and if the average Canadian will never accept the metric system, why are we in Track and Field trying to push metrication down their throats when we need them to appreciate the sport? ? ?

... Glad to hear that the Springbank Committee has added a Womens 4½ Miles to their program this year. Springbank is on 23rd September...

... MTRRA President Bill Allen ran in the US Masters Championship in San Diego on July 7th and 8th, finishing 3rd in the 10,000 metres (31.56.4) and 2nd in the Marathon (2.33.37). Upon his return on July 21st at the Suomi Invitation, he breaks the Canadian Masters record in 1500 metres, clocking 4.09.4. I think Bill should be President next year!

... Next year's World Masters' Marathon is slated for the Maxol Course in June. Other Fixtures of a more immediate nature include the Boardwalk Marathon on 15 September (also the date of the National Marathon in St. Johns, Nfld), the Laurentian University Road Races on September 15th, the Thanksgiving Day Road Races in Guelph on 8th October, the Oktoberfest Marathon on October 6th, the Silver Relay, on November 10th and of course the MTRRA 30 Kilometre and 20 Kilometre Junior events on November 18th...

1 Hour Run: Brian Armstrong, 11m, 1640y, 2 ft; Bob Moore, 11m, 1054 y, 2 ft; Rich Pyne, 10m, 1302 y, 2 ft; Vic Mathews, 10m, 1054 yds; John Switzer, 10m 706 y, 2 ft; Dave Todoroff, 9 m 1620 yds; 28 finished

ONTARIANS AT THE OTTAWA SATELLITE MEET

WOMENS' EVENTS

100 Metres: Emily McMullen, 8th, 12.2
200 Metres: Marg MacGowan, 4th, 24.1; Liz Damman, 5th, 24.7 Emily McMullen,
400 Metres: Yvonne Saunders, 52.7; Joan Eddy, 3rd, 54.6; 6th, 25.0
Barb Bishop, 4th, 55.9
800 Metres: Glenda Reiser, 1st, 2.04.2; Penny Werthner, 6th, 2.16.7
Discus: Carol Martin, 2nd, 48.80m; Jane Haist, 3rd, 48.72m

MENS' EVENTS

100 Metres: Charles Francis, 6th, 10.6
200 Metres: Glen Bogue, 8th, 22.1
400 Metres: Gerry Feeney, 3rd, 49.1
800 Metres: John Craig, 3rd, 1.50.9; Eric Chapman, 4th, 1.51.8
1500 Metres: Paul Craig, 1st, 3.47.8; Paul Pearson, 3rd, 3.48.7;
Greg Lockhart, 6th, 3.55.6; John Park, 7th, 4.03.3;
Carl Stants, 8th, 4.15.8
3000 s/Chase: Brian Stride, 2nd, 9.09.2; Don Corbett, 3rd, 9.19.0;
Joe Sax, 4th, 9.20.4
3000 Metres: Dan Shaughnessy, 2nd, 8.05.4; John Finlay, 5th, 8.08.2;
Ken Hamilton, 8th, 8.21.8; Brian Maxwell, 10th, 8.27.6
High Jump: Ian Watts, 3rd, 2.00m
Triple Jump: Doug Vine, 15.19m; Dave Watt, 4th, 14.42m
Discus: Borys Chambul, 2nd, 52.20m; Dave Harrington, 3rd, 51.22m
Javelin: Mel Gavrilovic, 2nd, 74.96m; Glen Arbeau, 4th, 72.72m

Reported by Bobbie Fisher

ONTARIO TRACK & FIELD COACHES'
ASSOCIATION

will present its first

FALL CLINIC

for high school and club coaches at

LAKE COUCHICHING

28, 29, 30 SEPTEMBER 1973