

EASTERN REGION "NEWS"

Vol. 2 No. 2 Fall, 1976

P.O. BOX 989, BANCROFT, ONT. K0L 1C0

Results Issue

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The Eastern Region "NEWS" is published quarterly on behalf of the Eastern Region of the O.T.F.A. It is distributed free to all registered O.T.F.A. members listed with the region, either through Clubs or by direct mail to unattached members. It is also available to others upon request. Views expressed in the "NEWS" are not necessarily those of the Board of Directors of the Eastern Region or the O.T.F.A.

Tom MacWILLIAM - Editor and Publisher



This has been a very busy summer for Track and Field in Canada and for us here in the Eastern Region. We've had the Olympics just next door to us in MONTREAL, with a lot of our people working there - Willie and Barb McKay, Ed Douglas, Barclay Frost, to name a few and our track league, championship events, all-comer's meets, the Ontario Summer Games and the Ontario Road Racing championships here in the Region.

It has also been a summer of change-dramatic change almost. At the CTFA level Lynn Davies resigned and headed back to England while Derrick Boosey left for greener (?) pastures in Saudi Arabia. The whole CTFA Coaching Structure is currently being revised. O.T.F.A.

Administrative Director, Chris Pickard, resigned to take the post of Executive Director for the Newfoundland Track and Field Association and Meet Director for the 1977 Canada Summer Games. Here in the Eastern Region we've lost three valued members of our Board of Directors. Rolf Lund has taken a year's sabbatical leave from his position as a professor in the school of Physical and Health Education at Queen's University and is currently in Edmonton, Alta. Denis Landry accepts a position as Department Head as a North Bay High School and resigned his post at the C.A.H.P.E.R. National Office. Bob Hazen has resigned from his place as a Director in order to devote more time to his young family.

Yet no matter how much things change, they stay the same. At the Special General Meeting of the Clubs of the Region called to elect new members to the Board of Directors only 6 of our twelve clubs were represented! As a member of the Region YOU should find out if your Club was represented, and if not, why it wasn't. There are a handful of people in this Region doing the vast majority of the work. We have a reputation of being one of the best run Regions in the Province, of being "leaders" in the sport in the province. This is the result of the efforts of a very few people. How much better, how much stronger we could be if only everybody put a little effort into making the machinery of the Region work instead of sitting back in their own little corner, doing their own thing.

The Board occasionally hears of complaints from members of the Region-but we never see the persons with the complaints coming forward at a meeting to even voice the complaints, let alone offer any constructive advice, or assistance. The contents of this issue of the "News" reflects just what input we get from the Region. We don't even have all the results from the meets held in Region since the Spring here! The only articles are two reports presented to the Directors on the Summer Programme. Yes, this issue of the News is late, and therefore the fall fixtures aren't listed - but publishing a month and a half earlier wouldn't have given anymore to print. If the News and the Region are to survive its going to take a lot more input from YOU, the members. We get out of life what we put into it. If track and field is part of your life (and it would seem to be since you are receiving this) it would certainly benefit you in the long run to put something back into it.

A large, stylized handwritten signature, likely of the author of the letter.

Eastern Region OTFA

Registrations/Affiliations - to 30 Sept. 76

	Ban.	Mid.	Jv.	Jr.	Sen.	Maste	Coach	off.	Ex.	Total
Cornwall Legion	7	9	2	3	2					23
East Ottawa Lions	5	11	8	14	5		2			45
Eastern Ontario Olympic	9	25	6	15	9	1	5	1		71
Hastings Highlanders	1	1	1	1	1		1			6
Opeango T.C.				1			1			2
Ottawa Kinsmen Harriers	11	29	9	15	37	3	7	8	6	125
Ottawa Valley T.C.	5	9	5	2			1		2	24
Queen's T.C.			1	10	26		2			39
Renfrew County T.C.	3	1	1	1	1	1				8
Seaway Valley	8	1	2	6	2		2			21
Thousand Island Harriers	7	4	1				1			13
Trenton T.C.	3	4	1	2						10
Unattached	10	12	2	4	22	9	2	6		67
Totals	69	106	39	74	105	14	24	15	8	454
	Bantam	Midget	Juvenile	Junior	Senior	Masters	Coaches	Officials	Executive	Total

1976 - 1977 Board of Directors - Revised

Wayne Bulak, President: 588 Stanford Street, Kingston 389-5735
 Bob Tucker, Vice President: 2 Baker Place, Brockville 345-2985
 Tom MacWilliam, Sec/Treas; "News" Ed.: P.O. Box 989, Bancroft 332-1182
 Bill Arnold, Fixtures: Apt. #6; 120 Sullivan Ave., Ottawa
 Hugh Conlin, OTFCA Rep. : 3427 Southgate Road, Ottawa 731-1810
 Pat Johnson, O.O.C. Rep. : 197-A Woodridge Cres. Ottawa 829-2557
 Dave Dorman, : 801 James St., Cornwall, Ontario

INDOOR FIXTURES - EASTERN REGION

1976 - 1977 Preliminary List

20 Nov 76	Allcomers Meet	Coliseum, OTTAWA	Pat JOHNSON
4 Dec 76	OVTC Allcomers	Coliseum,,OTTAWA	Denis WHITE
8 Jan 77	EOL Allcomers	Coliseum, OTTAWA	Bob STAVELEY
5 Feb 77	OKH Allcomers	Coliseum, OTTAWA	
? Feb 77	Eastern Region Indoor Championships All Age Classes	Coliseum, OTTAWA	

12 or 13
Mar 77

Ontario Juvenile and Junior Championships
Coliseum, OTTAWA

Eastern Region Results Summer 1976

Key: Age Classes: A - Atom; B - Bantom; M - Midget; Jv - Juvenile;
Jn - Junior; S - Senior; Ma - Master

: Clubs: (Eastern Region)

C.L. - Cornwall Legion T.C.; E.O.L. - East Ottawa Lions;
E.O.O. - Eastern Ontario Olympic Club; H.H. - Hastings Highlanders
T.C.; O.T.C. - Opeongo T.C.; O.K.H. - Ottawa Kinsmen Warriors;
O.V. - Ottawa Valley T.C.; Q.T.C. - Queen's T.C.; R.C. -
Renfrew County T.C.; S.V. - Seaway Valley T.C.; T.I.H. -
Thousand Island Warriors; T.T.C. - Trenton T.C.; Un. - Unattached

(Non-Region)

B.A.F. - Bay Area Road Runners; B.T.C. - Brantford TFC; B.Y. -
Burlington 'Y' Road Runners; C.M.I. - Canadian Masters International
Track Team; E.S. - Etobicoke Striders; F.E.S. - Fort Erie
Spartans; H.O.C. - Hamilton Olympic Club; M.T.C. - Mississauga
T.C.; M.T.F. - Metro Toronto Fitness Club; M.T.R. - Metro Toronto
Road Runners Association; N.B. - North Bay T.C.; O.L. - Oshawa
Legion T.C.; O.S.L. - Owen Sound Legion T.C.; P.L. - Peterborough
Legion T.C.; S.O. - Scarborough Optimists T.C.; T.I.S. - Toronto
Island Striders; T.O.C. - Toronto Olympics Club; T.W. - Track West.
U.T. - University of Toronto T.C.; W.C. - Waterloo County AAA.

: Regions: E. - Eastern; C. - Central; W. - Western; N.W. - North Western;
N.C. - North Central; S.W. - South Western

Eastern Region Bantam & Midget Championships

July 4, 1976

Mooney's Bay & Ridgemont H.S.

Ottawa, Ontario

Track Events:

Bantam Girls 80m Hurdles: 1. B. Mason/T.T.C./16.9

Midget Boys 100m Hurdles: 1. P. Ingram/Un/17.5 2. J. Thompson/E.O.O./19.7

Midget Girls 80m Hurdles: 1. J. Craig/E.O.O./12.8 2. S. Power/OKH/13.4
3. M. Lawford/EOO/13.5 4. S. Hall/Un/14.5 5. D. Petrie/CL/14.6

Bantam Girls 100m: 1. B. Hipson/OKH/13.4 2. D. March/EOO/13.9 3. A. Patel/
Un/14.3 4. E. Guglich/EOL/14.6 5. K. Beeston/CL/14.6 6. M. Kent/TTC/14.7
7. B. Mason/TTC/15.1 8. C. Sigmar/CL/15.5

Bantam Boys 100m: 1. D. Wilson/Un/14.1

Midget Girls 100m: 1. M. L. Armstrong/EOL/12.6 2. E. Scanlon/EOO/12.7 3. J. Kerr
/EOO/13.1 4. K. Eastman/Un/13.1 5. A. L. O'Connor/OKH/13.9 6. K. Beeston/
CL/14.2

Midget Boys 100m, Semi-final #1: 1. R. Millard/OKH 2. M. Plant/EOO/12.0
3. B. Kilroy/OKH/12.4 4. T. Marrison/EOO/12.5 5. J. Thompson/Eoo/12.9

Midget Boys 100m, Semi-final #2: 1. D. Mills/OV/12.2 2. P. Murphy/EOL/12.6
3. T. Marshall/EOO/12.7 4. T. Colbourne/Eoo/12.8

Midget Boys 100m Final: 1. R. Millard/OKH/11.6 2. M. Plant/EOO/11.9
3. B. Kilroy/OKH/12.4 4. D. Mills/OV/12.4 5. P. Murphy/EOL/12.4 6. T. Colbourne/
EOO/12.2

Bantam Girls 800m: 1. Lisa Jacobs/EOL/2:32.3 2. J. Lumb/OV/2:32.6 3. P. Prophet
/SV/2:32.6 4. P. Wardlaw/EOL/2:33.1 5. H. Haliburton/RC/2:34.4
6. M. Skinner/RC/2:49.3

Bantam Boys 800m: 1. G. Scott/Eoo/2:11.9 2. E. Whitford/EOO/2:13.5 3. D. Seward
/OKH/2:14.8 4. M. Lamoureux/EOL/2:20.0 5. T. Parks/HU/2:25.4

Midget Girls 800m: 1. B. Bater/EOO/2:24.8 2. G. Less Jackson/EOL/2:25.4
3. T. Quilty/OKH/2:25.4 4. J. McEachern/EOO/2:31.6 5. C. Mayer/CL/2:41.7
6. J. Sauve/CL/2:47.0

Midget Boys 800m: 1. P. Ennis/OKH/2:07.6 2. T. Saunders/CL/2:16.5
3. G. Pilswart/Un/2:20.2

Bantam Girls 200m: ^{Heat #1:} 1. B. Hipson/OKH/28.6 2. D. March/EOO/28.6 3. A. Patel/
Un/29.9 4. A. Simpson/Un/31.1

Heat #2: 1. S. Deschamps/SV/28.7 2. B. Duncan/EOO/28.9 3. D. Toye/Un/30.2
4. E. Guglich/EOL/30.5

Midget Girls 200m Heat 1: 1. A. Liuzzo/OKH/25.6 2. J. Kerr/E00/26.9 3. K. Eastman/Un/27.8 4. J. Eves/E00/29.3

Heat 2: 1. M. L. Armstrong/E01/26.2 2. J. McNally/OKH/26.5 3. A. L. O'Connor/OKH/27.6 4. J. Craig/E00/27.7

Bantam Boys 200m: 1. D. Wilson/Un/29.6 *** Heat 1:

Midget Boys 200m Heat 1: 1. A. Stotz/OKH/24.8 2. P. Murphy/E0L/25.7 3. R. Kilroy/OKH/25.8 4. T. Marshall/E00/25.8 5. J. Thompson/E00/26.0

Heat 2: 1. R. Millard/OKH/23.8 2. M. Plant/E00/24.3 3. F. Armstrong/E00/25.2 4. T. Marrison/E00/25.2 5. D. Kent/TTC/29.5

Midget Girls 1500m: 1. J. Pegrum/OV/4:49.4 2. J. Bowen/OV/4:54.4 3. L. Rodney/OKH/4:58.7 4. R. Baxter/OV/5:04.2 5. B. Bater/E00/5:12.0 6. W. Hodge/PC/5:24.4 7. K. Street/OKH/5:24.6

Bantam Boys 1500m: 1. D. Seward/OKH/4:38.4 2. G. Scott/E00/4:39.2 3. J. Middleton/OKH/4:44.1 4. E. Whitford/E00/4:44.4 5. M. Lamoureux/E0L/4:50.4

Midget Boys 1500m: 1. R. Sametz/OV/4:18.4 2. P. Ennis/OKH/4:30.1 3. V. Wardlaw/E0L/4:48.7 4. T. Saunders/CL/4:52.9 5. L. McTaggart/HH/4:57.1

Bantam Girls 200m Final: 1. B. Hipson/OKH/28.6 2. D. March/E00/29.3 3. S. Deschamps/SV/29.5 4. B. Duncan/E00/29.6 5. A. Patel/Un/29.8 6. P. Toye/Un/30.7

Midget Girls 200m Final: 1. A. Liuzzo/OKH/26.0 2. J. McNally/OKH/26.8 3. M. L. Armstrong/E0L/26.8 4. J. Kerr/E00/27.3 5. A. L. O'Connor/OKH/28.2 6. J. Craig/E00/28.9

Midget Boys 200m Final: 1. R. Millard/OKH/23.6 2. M. Plant/E00/24.3 3. A. Stotz/OKH/24.4 4. F. Armstrong/E00/25.8 5. P. Murphy/E0L/25.9

Midget Girls 3000m: 1. L. Rodney/OKH/11:21.0 2. T. Guilty/OKH/11:21.3 3. L. Armour/OV/11:43.3 4. J. McEachern/E00/12:08.1

Midget Boys 3000m: 1. R. Sametz/OV/9:45.5 2. J. Thompson/E00/12:12.1

Field Events:

Bantam Boys Discus: 1. Y. Fournier/CL/39.26 2. R. Dunbar/OKH/26.28

Midget Boys Discus: 1. B. Thomson/E0L/37.54 2. J. Benoit/CL/28.62

Bantam Girls High Jump: 1. C. Marjerrison/SV/1.52 2. B. Hipson/OKH/1.47 3. J. A. Forrest/SV/1.47 4. M. L. Gillham/OKH/1.37 5. P. Toye/Un/1.32 6. M. Kent/TTC/1.32 7. A. Simpson/Un/1.32

Midget Girls High Jump: 1. K. Glynn/OKH/1.52 2. H. Sedler/OKH/1.47

Bantam Boys Long Jump: 1. C. Mercier/OKH/4.61 2. D. Wilson/Un/4.18 3. J. Mercier/CL/4.03

- 1 -
Midget Boys Long Jump: 1. R. Millard/OKH/5.73 2. T. Colbourne/E00/5.08
3. D. Ingram/Un/5.07 4. D. Kent/TTC/5.02 5. K. Taucher/E00/4.77 6. G. Sheath/
TTC/4.52

Women's Midget Discus: 1. H. MacDonald/EOL/29.24 2. J. Setterfield/EOL/28.84
3. M. Lawford/E00/27.26 4. L. Hill/E00/26.08 5. S. Murphy/CL/18.80
6. H. MacRae/CL/18.48 7. J. Meyer/CL/17.52

Bantam Boys Shot Put: 1. R. Dunbar/OKH/10.69 2. Y. Fournier/CL/10.60

Midget boys Shot Put: 1. P. Thomson/EOL/13.21

Bantam Boys HIGH Jump: 1. C. Mercier/OKH/1.62

Midget Boys High Jump: 1. J. Robertson/OKH/1.72 2. T. Swan/SV/1.57 3. S. Lyons/
OKH/1.47

Bantam Girls Long Jump: 1. B. Hipson/OKH/4.35 2. A. Simpson/Un/4.15
3. P. Toye/Un/4.12 4. A. Patel/Un/3.69 5. K. Sigmar/CL/3.69

Midget Girls Long Jump: 1. C. Scanlon/E00/5.21 2. K. Eastman/Un/4.79
3. H. MacDonald/EOL/4.32 4. J. Craig/E00/4.31

Midget Boys Hammer: 1. P. Thomson/EOL/43.52

Midget Boys Triple Jump: 1. Dave Petrican/TTC/12.81 2. D. Ingram/Un/11.46
3. T. Colbourne/E00/11.28 4. K. Taucher/E00/10.28 5. G. Sheath/TTC/9.80

Midget Boys Javelin: 1. D. Mills/OV/47.70 2. T. Miller/E00/37.24
3. J. Benoit/CL/34.00

Midget Girls Shot Put: 1. H. MacDonald/EOL/10.04 2. S. Smith/Un/9.55 3. M. Lawford
/E00/9.13 4. L. Hill/E00/9.09 5. H. MacRae/CL/9.04

Midget Girls Javelin: 1. H. MacDonald/EOL/34.58 2. L. Hill/E00/29.58 3. J. Setter-
field/EOL/26.58 4. S. Murphy/CL//14.56

EASTERN REGION CHAMPIONSHIPS

(Juvenile, Junior, senior)

Kingston, Ontario

July 11, 1976.

100 Metres * Women Junior (+1.9 m/sec.): 1. Julie Holmes/SV/11.8 2. Holly Sayem
/EOL/12.5 3. Carol Scanlan/E00/12.7 4. Pam Medland/BCTFA/12.8

Senior: 1. Freida Davy/E00/11.8 2. Joan Hendry/OKH/12.3

100 Metres * Men Juvenile (+2.5 m/sec.): 1. Ted Stewart/OV/11.3 2. Paul Gagon/
Un/11.6

Junior: 1. Richard Pessah/OKH/11.1 2. Rick Rodgerson/E00/11.2 3. Rob Moir/
OKH/11.4 4. Pete Cutler/E00/11.4 5. Brian Mortimer/E00/11.5

Senior: (+2.3 m/sec.): 1. Anthony Davis/Jamaica/10.6 2. Vic Gooding/E00/10.6
3. Rick MacDonald/OTFA/10.8 4. Bruce Hodgins/OKH/11.3 5. Tony Verhoeven/E00/
11.8 6. Walter Skot/OKH/11.9 7. Tom MacWilliam/Un/12.2

200 Metres - Women Junior (+2.8 m/sec.): 1. Julie Holmes/SV/24.3 2. Ann Liuzzo/OKH/25.2 3. Holly Sayson/EOL/25.6 4. Judy McNally/OKH/26.0 5. Claudia Leggett/EOL/28.6

Senior: 1. Jan Pipe/EOL/26.3 2. Anne Brown/EOL/32.2

200 Metres - Men Juvenile (+2.7 m/sec.): 1. Ted Stewart/OV/23.2

Junior (+3.7 m/sec.): 1. Rick Rodgerson/EOL/22.2 2. Richard Pessah/OKH/22.2
3. Bob Moir/OKH/22.7 4. Francois Gauthier/EOL/22.7 5. Rob Milliard/OKH/22.8
6. Brian Mortimer/EOL/23.4 7. Eugene Zamor Deslandes/OKH/23.4 8. Pete Cutler/EOL/23.7

Senior (+2.7 m/sec.): 1. Anthony Davis/Jamica/20.8 2. Vic Gooding/EOL/21.2
3. Bruce Hodgins/OKH/22.6 4. Tom MacWilliam/UN/24.9

400 Metres - Women: Junior: 1. Ann Liuzzo/OKH/57.3 2. Janet Ames/OKH/58.1
3. Judy McNally/OKH/59.4 4. Penny Belanger/EOL/1:03.1 5. Claudia Leggett/EOL/1:04.1
6. Heather Mitchell/CL/1:05.1

Senior: 1. Freida Davy/EOL/57.9 2. Jan Pipe/EOL/1:00.9

400 Metres - Men Junior: 1. Francois Gauthier/EOL/52.8 2. Arnold Stotz/OKH/52.2
3. Eugene Zamor-Deslandes/EOL/59.1

Senior: 1. Anthony Davis/JAMICA/47.0 2. Vic Gooding/EOL/48.1 3. Bruce Hodgins/OKH/50.3
4. Doug Pendergast/OKH/50.9 5. John Andrew/EOL/58.2

800 Metres - Women Junior: 1. Janet Ames/OKH/2:15.0 2. Susan Spence/OTC/2:16.3
3. Louise Sander/OKH/2:19.1 4. Joanne Walton/OV/2:27.4 5. Heather Mitchell/CL/2:33.2
6. Bev Dode/OKH/2:33.2

Senior: 1. Helen Cooper/OKH/2:13.1 2. Sue Plummer/OKH/2:34.0

800 Metres - Men Juvenile: 1. Rob Livingston/EOL/2:01.2 2. Francois Couillard/EOL/2:02.0
3. Brian Parent/CL/2:10.0

Junior: 1. Keith Moore/OKH/1:52.8

Senior: 1. Paul Landry/OKH/1:54.6 2. Doug Pendergast/OKH/2:02.7 3. Bob Conkely/OKH/2:06.6
4. Ron Wichman/SV/2:11.7

1500 Metres - Women Junior: 1. Susan Spence/OTC/4:46.8 2. Magda Kubasiewicz/OKH/4:49.7
3. Joanne Walton/OV/5:03.6

Senior: 1. Kim Stairs/OKH/4:41.4 2. Ellen Rochefort/OKH/4:42.0 3. Helen Cooper/OKH/4:45.4
4. Debbie Miller/OKH/4:50.6 5. Anne Brown/EOL/5:33.8

1500 Metres - Men Juvenile: 1. Rob Livingston/EOL/4:15.1 2. Francois Couillard/EOL/4:17.7
3. Ed Scott/EOL/4:18.5 4. Peter McGregor/OV/4:27.0 5. Bob Peive/UN/6. Brian Parent/CL/4:46.3

Junior: 1. Keith Moore/OKH/3:52.6 2. Bob Graham/OKH/4:15.7 3. Albert Redward/EOL/5:26.6

Senior: 1. Mark Randall/OKH/3:50.9 2. Torald Lindvigmoen/NORWAY/3:51.3 3. Bob McCormack/OKH/3:53.6
4. Guy Racine/OKH/3:53.6 5. John Fitzgerald/OKH/4:10.9 6. Ian Harrison/QUEBEC/4:19.1

3000 Metres - Women Junior: 1. Yvette Flanchette/CL/12:00.6

Senior: 1. Kin Steira/OKH/10:09.2 2. Anne Brown/E00/11:38.2

3000 Metres - Men Juvenile: 1. Peter McGregor/OV/9:18.8 2. Donald Thibodeau/OV/9:20.8 3. Ed Scott/E00/9:23.6 4. Paul Heintzman/OKH/9:40.6 5. Paul Valmeley/E00/9:48.8

5000 Junior: 1. Brian Stagg/E00/16:47.0

Senior: 1. Murray Hale/E00/16:15.0 2. Duncan Rogerson/E00/16:18.0 3. Max Barr/E00/16:36.0 4. Bill Bryden/OKH/16:36.8 5. Mark Armstrong/UN/20:37.8

10,000 Metres - Men Senior: 1. Bob Tapping/RC/32:06.2 2. Murray Hale/E00/33:16.6 3. Bill Allen/E00/33:30.4 4. Dave Cogliati/OKH/33:38.6 5. Max Barr/E00/33:42.4 6. George Aris/E00/36:45.6 7. Ross Phillips/OKH/36:52.6 8. Joe Latour/E00/37:39.6

100 Metre Hurdles - Women Junior (+3.7 m/sec.): 1. Kathy Workman/SV/15.3

110 Metre Hurdles - Men Junior(+3.0 m/sec.): 1. Kevin Pelchon/SV/17.3

Senior: 1. Rick McDonald/TORONTO/14.7 2. Marc Macaulay/E00/15.4 3. Bill Hazen/OKH/16.0 4. Tony Verhoeven/E00/16.0

400 Metre Hurdles - Women Junior: 1. Jean Craig/E00/69.4 2. Penny Belanger/E00/70.7 3. Dawn Petrie/CL/78.7 4. Nancy Lisinski/E00/79.6

400 Metre Hurdles - Men Midgets: 1. Greg Honhnston/E00/61.3 2. Jeff Thompson/E00/62.1

Senior: 1. Marc Macaulay/E00/55.4 2. John Andrew/E00/67.6

1500 Steeple Chase - Men Juvenile: 1. Bob Hamilton/QUEBEC/4:30.6 2. Don Thibodeau/OV/4:50.4 3. Paul Heintzman/OKH/4:50.4 4. Barry Bell/UN/5:01.3

2000 Metre Steeple Chase - Men Junior: 1. Brian Stagg/E00/7:02.8

10 KM. Walk - Men Junior: 1. Francisco Toro/EOL/57:33.6 2. Jamie Loucks/NH/56:13.4

Senior: 1. Bill Arrolld/OKH/56:13.4

Long Jump - Women Junior: 1. Kathy Workman/SV/5.44 2. Carol Scanlon/E00/5.35 3. Hollie Saynon/EOL/5.20 4. Marc Cutler/E00/4.62

Long Jump - Men Juvenile: 1. Paul Gagnon/TTC/6.45 2. Rob Millard/OKH/5.77 3. Dave Petican/TTC/5.69 4. Craig Robertson/OKH/5.49

Junior: 1. Bob Thompson/TTC/6.58 2. Richard Pessah/OKH/6.11 3. Albert Bedward/EOL/5.27

High Jump - Women Junior: 1. Joanne McLeod/OKH/1.70 2. Kelly Glynn/OKH/1.50 3. Cathy Armstrong/EOL/1.46

High Jump - Men Juvenile: 1. Stu Fulford/EOL/1.85

Junior: 1. Dan Gutoskie/UN/1.95 2. Paul Wilson/TIH/1.70

Triple Jump - Men Juvenile: 1. Dave Petican/TTC/12.59 2. Craig Robertson/OKH/12.05

Junior: 1. Bob Thompson/TTC/14.96 2. Dan Gutooskie/TTC/12.99

Senior: 1. Walter Skof/OKH/12.07 2. Bob Coakley/OKH/11.07

Pole Vault - Men Juvenile: 1. Denis Lemieux/EOL/3.90 2. David Kuhn/OKH/3.60

Junior: 1. Steve Pinnock/OKH/3.60 2. Kevin Pelehos/SV/3.45

Senior: 1. Gary Tetzlaff/EOOC/4.10

Midnet: 1. Tracy Swan/SV/2.20

Shot Put - Women Junior: 1. Rose Hauch/SV/13.05 2. Heather MacDonald/EOL/9.84
3. Wanda Sheldrick/EOL/8.20 4. Holly Conway/EOL/8.05

Senior: 1. Pam Scothorn/QTC/11.73

Shot Put - Men Juvenile: 1. Pete Thompson/EOL/11.60 2. Andrew Lum/RH/10.68

Junior: 1. Steve Thatcher/SV/11.93 2. Don Charron/EOL/10.14 3. Richard L'Abbe/EOL/9.07

Discus - Women: 1. Rose Hauch/SV/36.60 2. Wanda Sheldrick/EOL/31.90
3. Janet Nicol/EOL/28.44

Discus - Men Juvenile: 1. Pete Thompson/EOL/32.40

Junior: 1. Kent Wells/SV/38.98 2. Steve Thatcher/SV/33.22 3. Richard L'Abbe/EOL/32.44

Senior: 1. Tony Verhoeven/EOL/43.16 2. Jim Lenard/EOL/25.34

Javelin - Women Junior: 1. Heather MacDonald/EOL/33.0 2. Holly Conway/EOL/32.14

Senior: 1. Sue Givson/EOL/39.11 2. Pam Scothorn/QTC/33.48

Javelin - Men Juvenile: 1. Tim Weekes/EOL/47.12

Junior: 1. John Yorks/EOL/57.94

Senior: 1. Tony Verhoeven/EOL/58.18 2. Gary Tetzlaff/EOL/50.98

Hammer - Men Midnet: 1. Pete Thomson/EOL/46.04 (a new Ontario midnet record)

Juvenile: 1. Andrew Lum/RH/22.45

Junior: 1. Marc Cardinal/OKH/48.21 2. Don Charron/EOL/38.45 3. Kent Wells/SV/28.7

Senior: 1. Bob Tucker/SV/23.54 2. Walter Skof/OKH/23.30

TRACK LEAGUE MEET #1

MOONEY'S BAY, ONTARIO

Sunday, June 13, 1976

- 100 Hurdles - Women 1. Dathy Workman/SV/15.4 2. S. Power/OKH/18.2 3. J. Craik
EOL/18.2
- 110 Hurdles - Men 1. M. McCaulay/EOL/15.9
- Shot - Men 1. D. Charron/EOL/9.93 2. P. Thompson/EOL/9.83
3. J. Lenard/EOL/8.77
- Shot - Women 1. B. Hauch/SV/13.45 2. J. Nicol/EOL/8.60 3. W. Sheldrick
EOL/8.43 4. H. Conway/EOL/8.43 5. J. Setterfield/EOL/8.10
- 800 Metres - Women 1. B. Beter/EOL/2:21.7 2. G. Jackson/EOL/2:24.5
3. S. Ball/OKH/2:27.2 4. T. Quilty/OKH/2:27.4 5. I. Jacobs/EOL/2:26.6
6. J. Eves/EOL/2:50.0
- 800 Metres - Men 1. P. Landry/OKH/1:56.4 2. P. Graham/OKH/1:58.5
3. F. Goutier/EOL/2:07.1 4. E. Scott/EOL/2:10.4 5. M. Lemoureux/EOL/2:19.0
- 3000 Walk - Men 1. B. Arnold/OKH/15:11.7 2. F. Toro/EOL/15:44.5
- 1500 Walk - Women 1. Jennifer Setterfield/EOL/10:58.3 2. Bev Cole/OKH/11:04.3
- Long Jump - Women 1. K. Workman/SV/5.20 2. C. Scanlan/EOL/5.09 3. J. Craik
EOL/3.37
- Long Jump - Men 1. R. Millard/OKH/5.83 2. P. Nessah/OKH/5.83 3. W. Nicholson
EOL/5.04 4. P. Murphy/EOL/4.89 5. D. Beirsto/EOL/4.59
- 200 - Women 1. J. Holmes/SV/24.7 2. J. McWally/OKH/26.6
3. C. Scanlan/EOL/26.7 4. J. Pine/EOL/22.3 5. A. O'Connor/OKH/27.7
6. G. Jackson/EOL/28.7 7. B. Woods/EOL/28.7
- 200 - Men 1. B. Hodgins/OKH/22.9 2. P. Murphy/EOL/23.3
3. P. Nessah/OKH/24.7 4. E. Zamor/EOL/24.8 5. F. Armstrong/EOL/25.1
- 3000 - Women 1. K. Steins/OKH/10:00.5 2. H. Cooper/OKH/10:24.3
3. B. Pater/EOL/10:43.9
- Shot Vault - Men 1. D. Kuhn/OKH/3.50 2. F. Toro/EOL/2.66 3. T. Wecker
EOL/2.51
- 5000 - Men 1. K. Moore/OKH/15:06.1 2. D. Relair/OKH/15:27.0
3. P. Steag/EOL/16:04.3 4. E. Scott/EOL/16:30.4 5. #22/EOL
- Discus - Women 1. B. Hauch/SV/36.86 2. W. Sheldrick/EOL/31.00 3. J. Nicol
EOL/28.64 4. H. Conway/EOL/21.97 5. J. Setterfield/EOL/21.28
- Discus - Men 1. P. Thomson/EOL/32.56 2. J. Lenard/EOL/25.64
- 4 x 100 - Women 1. OKH/4:01.2 2. EOL/4:26.9 3. EOL/4:47.3
- 4 x 400 - Men 1. OKH/3:22.7 2. EOL/3:38.0 3. EOL/3:51.0

TRACK LEAGUE MEET # 2

KINGSTON, ONTARIO

Saturday June 19, 1976

10,000 Metres 1. Guy Racine/OKH '01'/32:17.0 2. Murray Hale/EOL/33:09.0
3. Scott Orilvie/OKH '01'/34:14.0 4. Dave Cogliati/OKH '01'/34:18.8 5. M. Randall
OKH '01'/36:00.0 6. F. Guillard/EOL/37:35.0 7. K. Parker/EOL/37:59.5
8. E. Grenda/EOL/38:37.0

Javelin - Women 1. Holly Conroy/EOL/35.22 2. Heather MacDonald/EOL/31.32
3. J. MacLeod/OKH '01'/29.14 4. J. Setterfield/EOL/28.24

Javelin - Men 1. T. Verhoeven/EOL/52.36 2. T. Weekes/EOL/45.36
3. P. Thompson/EOL/40.76 4. W. Skof/OKH '01'/40.72

400 Hurdles - Women 1. B. Code/OKH '01'/73.0 2. J. Setterfield/EOL/85.0
3. H. MacDonald/EOL/90.2

400 Hurdles - Men 1. M. Macaulay/EOL/55.5 2. F. Gautier/EOL/61.8
3. F. Toro/EOL/63.0

High Jump - Women 1. J. MacLeod/OKH '01'/1.70 2. C. Armstrong/EOL/1.55
3. H. Sayson/EOL/1.50 4. H. Sadler/OKH '01'/1.45

High Jump - Men 1. E. Fulford/EOL/1.90 2. G. Tetzlaff/EOL/1.60
3. F. Toro/EOL/1.60 4. W. Nicholson/EOL/1.55

Triple Jump - Men 1. P. Shurrock/EOL/11.92 2. W. Nicholson/EOL/11.73
3. P. Murphy/EOL/9.15

Hammer - Men 1. D. Charron/EOL/37.66 2. P. Thompson/EOL/34.97
3. R. Lund/EOL/29.95 4. W. Skof/OKH '01'/20.93

100 Metres - Women 1. F. Davy/EOL/12.7 2. A. Luizzo/OKH '01'/12.3
3. H. Sayson/EOL/12.8 4. M. Armstrong/EOL/12.8 5. C. Scanlan/EOL/12.8
6. J. McNally/OKH '01'/12.7

100 Metres - Men 1. V. Gooding/EOL/10.8 2. P. Murphy/EOL/11.3 3. P. Moir
OKH '01'/11.5 4. W. Skof/OKH '01'/12.0 5. F. Armstrong/EOL/12.1 6. P. Murphy/EOL
12.4 7. Bob Kilroy/OKH '01'/12.7

3000 Metres Steeple-Chase 1. M. Larocq/EOL/10:18.6 2. B. Bryden/OKH '01'/
10:31.4 3. P. Heintzman/OKH '01'/10:34.5 4. F. Toro/EOL/11:12.8 5. J. Thompson
EOL/11:43.0

400 Metres - Women 1. A. Luizzo/OKH '01'/57.7 2. F. Davy/EOL/58.7 3. J. McNally
OKH '01'/59.1 4. J. Pine/EOL/59.7 5. L. Street/OKH '01'/64.0 6. B. Woods/EOL
64.2 7. C. Armstrong/EOL/65.0

400 Metres - Men 1. V. Gooding/EOL/48.3 2. T. Verhoeven/EOL/50.1
3. F. Gautier/EOL/51.8 4. A. Stotz/OKH '01'/52.2 5. B. Moir/OKH '01'/52.2 6. P. Murphy
EOL/54.2

4 x 100 Relay - Men CANCELLED DUE TO RAIN

TRACK LEAGUE MEET # 3

WILSONVILLE, ONTARIO

July 3, 1976.

200 Metres - Women 1. J. Holman/SV/24.8 2. F. Davy/EOL/25.3 3. J. McNally/OKHIG/26.3 4. H. Saygon/EOL/27.1 5. J. Kerr/EOL/27.5

200 Metres - Men 1. V. Gooding/EOL/22.8 2. P. Murphy/EOL/23.1 3. T. Verhoeven/EOL/23.2 4. B. Hodgins/OKHIG/23.3 5. P. Millard/OKHIG/23.7 6. W. Skof/OKHIG/24.4

Discus - Women 1. R. Hauch/SV/30.28 2. W. Sheldrick/EOL/30.72 3. J. Nicol/EOL/30.38 4. J. Setterfield/EOL/21.18 5. L. Hill/EOL/25.82

Discus - Men 1. T. Verhoeven/EOL/38.20 2. R. L'Abbe/EOL/22.98 3. J. Thompson/EOL/30.96 4. J. Lenard/EOL/26.72 5. W. Skof/OKHIG/26.28 6. B. McCormack/OKHIG/19.84 7. J. Fitzgerald/OKHIG/17.90

Shot Put - Women 1. R. Hauch/SV/13.09 2. L. Hill/EOL/9.07 3. H. MacDonald/EOL/8.5 4. J. Nicol/EOL/8.10 5. W. Sheldrick/EOL/7.67

Shot Put - Men 1. T. Verhoeven/EOL/12.53 2. S. Thatcher/SV/12.31 3. D. Charron/EOL/9.46 4. R. L'Abbe/EOL/9.04 5. J. Lenard/EOL/9.04 6. W. Skof/OKHIG/7.89

800 Metres - Women 1. L. Street/OKHIG/2:22.6 2. M. Kubasiewicz/OKHIG/2:27.4 3. D. Miller/OKHIG/2:30.3 4. L. Jacobs/EOL/2:32.1 5. J. McEachern/EOL/2:32.5 6. S. Plummer/OKHIG/2:32.6 7. D. March/EOL/2:46.2

800 Metres - Men 1. M. Randall/OKHIG/1:51.9 2. K. Moore/OKHIG/1:53.0 3. J. Landry/OKHIG/1:53.9 4. B. McCormack/OKHIG/1:57.9 5. R. Livingston/EOL/1:58.7 6. M. Barr/EOL/2:13.3

Long Jump - Women 1. H. Saygon/EOL/5.02 2. K. Workman/SV/4.99 3. V. Cutler/EOL/4.73 4. J. McNally/OKHIG/4.45 5. J. Craig/EOL/4.40 6. M. Hamill/EOL/4.19

Long Jump - Men 1. R. Millard/OKHIG/6.01 2. T. Verhoeven/EOL/5.88 3. D. Pandergast/OKHIG/5.47 4. P. Murphy/EOL/5.23 5. B. Coakley/OKHIG/5.10 6. K. Taucher/EOL/4.90 7. E. Zamor-DeLandes/EOL/4.77 8. B. Hodgins/OKHIG/4.30

1500 Walk - Women 1. J. Setterfield/EOL/11:03.5 2. L. Jacobs/EOL/11:20.9

5000 Walk - Men 1. B. Arnold/OKHIG/25:41.4 2. F. Toro/EOL/27:19.4 3. M. Barr/EOL/36:32.1 4. B. Stavelly/EOL/30:12.5

5000 Metres - Men 1. G. Racine/OKHIG/15:09.0 2. R. Livingston/EOL/15:46.9 3. F. Allen/EOL/15:50.3 4. D. Cogliati/OKHIG/15:51.4 5. D. Heintzman/OKHIG/16:02.3 6. E. Scott/EOL/16:14.3 7. F. Guillard/EOL/17:53.4

4 x 400 Relay - Women 1. OKHIG/4:10.9 2. EOL/4:21.0 3. EOL/4:41.6

4 x 400 Relay - Men 1. EOL/3:26.6 2. OKHIG/3:27.2 3. OKHIG/3:33.7 4. EOL/3:52.0

TRACK LEAGUE MEET #4

MOONEY'S BAY, OTTAWA

Saturday, August 14, 1976

10,000 Metres - Men 1. Murray Hale/E00/32:30.8 2. Ross Spence/E00/33:19.2
3. Gord Mont/EOL/36:11.3 4. Francois Guillard/EOL/36:19.4 5. Herb Monck/OKH'G'
38:20.8

100 Metre Hurdles - Women 1. Michelle Lawford/E00/17.0

110 Metre Hurdles - Men 1. Tony Verhoeven/E00/16.0 2. Gary Tetzlaff
E00/16.5

Javelin - Women 1. S. Givson/EOL/38.44 2. Holly Conway/E00/33.54
3. Jennifer Setterfield/EOL/31.10

Javelin-Men 1. Tony Verhoeven/E00/58.74 2. J. Yorga/E0H/52.86
3. Gary Tetzlaff/E 0/44.56 4. Tim Weekes/EOL/40.94

Triple Jump - Men 1. Vic Gooding/E 0/11.79 2. Wayn Nicholson/E00/11.63
3. Jerry Lee/EOL/10.78 4. I. Murillo/OKH'P'/10.62 5. Peter Thomson/E 1/
11.51 6. T. Connolly/OKH'P'/10.38

100 Metres - Women 1. Mary Lou Armstrong/EOL/12.5 2. Holly Saygon/EOL/12.6
3. Carol Scanlan/E00/12.6 4. Jenn Kerr/E00/13.0

100 Metres - Men 1. Vic Gooding/E 0/11.2 2. Bruce Hodgins/OKH'G'/11.2
3. Tony Verhoeven/E00/11.3 4. Francisco Gauthier/EOL/11.6 5. Rob Moir/OKH'G'
11.6 6. Arnold Stotz/OKH'P'/11.7 7. Malcolm McIntyre/OKH'G'/12.1 8. Eugene
ZAnor-Deslandes/EOL/12.1

1500 Metres - Women 1. Louise Sander/OKH'G'/4:53.2 2. Barb Bater/E00/5:04.8
3. Lisa Jacobs/EOL/5:13.1 4. Pat Wardlaw/EOL/5:18.0 5. Anne Brown/EOL/5:25.6

1500 Metres - Men 1. Guy Racine/OKH'G'/3:56.7 2. Rob McCormack/OKH'G'/
4:02.7 3. Duncan Klett/OKH'G'/4:07.3 4. Rob Livingston/EOL/4:06.5
5. John Fitzgerald/OKH'P'/4:09.6 6. Murray Hale/E00/4:20.1 7. Ross Spence
E00/4:25.6

Hammer - Men 1. Don Charron/EOL/39.36 2. Peter Thomson/EOL/33.62

High Jump - Women 1. B. Hipson/OKH'G'/1.52 2. Kelly Glynn/OKH'G'/1.52 tied
3. Cathy Armstrong/EOL/1.52 4. Holly Saygon/EOL/1.52 5. Michelle Lawford/E00/1.32

High Jump - Men 1. Mike Judge/E00/1.65 2. Scott Lyons/OKH'G'/1.50
3. Tim Weekes/EOL/1.40 4. Gary Tetzlaff/E00/NH

400 Metres - Women 1. Helen Cooper/OKH'P'/59.8 2. Judy McNally/OKH'G'/1:00.5
3. Liz Street/OKH'P'/1:03.1 4. Val Adams/OKH'G'/1:04.0 5. Brenda Woods/EOL
1:04.5 6. Mary Bryans/E00/1:04.8 7. Joanne Allen/E00/1:07.5

400 Metres - Men 1. Vic Gooding/E 0/50.0 2. Tony Verhoeven/E00/50.5
3. Bob Coakley/OKH'P'/52.7 4. Malcolm McIntyre/OKH'G'/53.1 5. Rob Moir/OKH'P'
53.4 6. Paul Landry/OKH'G'/54.0 7. Francois Guillard/EOL/54.6

3000 Metres Steeplechase - Men 1. Rob Livingston/EOL/10:03.8 2. Bill Bryden
OKH'P'/10:09.0 3. Sean Cole/OKH'P'/10:21.4 4. Gord Mont/EOL/11:49.8

400 Metres Hurdles - Women 1. Mary Bryane/E00/1:15.0 2. Bev Code/OKH/D 1:16.7 3. Lisa Jacobs/EOL/1:17.7 4. Jennifer Setterfield/EOL/1:29.0 5. Anne Brown/E00/1:30.6

400 Metres Hurdles - Men 1. Don Price/E00/56.7 2. Fransico Gauthier EOL/1:03.2 3. Jeff Thompson/E00/1:07.7 4. Rob Hazen/OKH/D/1:09.0

Pole Vault - Men 1. Denis Lemieux/E01/3.80 2. Tony Verhoeven/E00/3.65 3. Tim Weekes/EOL/2.43 4. Gary Tetzloff/E00/WH

4 x 100 Relay - Women 1. E00/52.1 2. EOL 52.5 3. OKH/D/53.5

4 x 100 Relay - Men 1. E00/44.5 2. OKH/D/45.5 3. OKH/D/46.1 4. EOL/46.4

FINAL LEAGUE STANDINGS

FIRST	Eastern Ontario Olympic Club	36 pts.
SECOND	East Ottawa Lions	32
THIRD	Ottawa Kinsmen Harriers "Purple"	24
FOURTH	Ottawa Kinsmen Harriers "Gold"	16
FIFTH	Seaway Valley	6

All Games - June 13, 1976

110 Hurdles - Men 1. J. Thompson/E00/17.0 2. Y. Riison/CL/18.1 3. G. Fyfe CL/18.1 4. R. Gilligan/CL/19.0 5. J. Robinson/CL/19.9

110 Hurdles - Women 1. D. Petrie/CL/14.9 2. B. Fitzsimmons/CL/16.5

Shot - Women 1. S. Smith/UN/9.19 2. I. Hill/E00 9.84 3. H. MacRae/CL 8.43 4. F. La Ford/E00/8.02 5. R. Hauch/SV/5.94 6. S. Murnhy/CL/5.81 7. T. Water/E00/5.75

Shot - Men 1. M. Lamoureux/CL/11.54 2. R. Dunbar/OKH/11.51 3. E. Fournier/CL/11.23 4. A. Maluzzi/OKH/11.20 5. M. Fortier/CL/10.78 6. J. Benoit/CL/9.68 7. W. Skof/OKH/8.47

800 Metres - Women 1. L. Street/UN/2:24.8 2. C. Meyer/CL/2:27.8 3. B. Code OVT/2:30.2 4. C. Street/UN/2:34.0 5. J. McEachern/E00/2:35.5 6. J. Lumb/OVT 2:36.0 7. D. Miller/OKH/2:36.2 8. S. Plummer/OKH/2:36.8 9. Y. Blanchette CL/2:42.0 10. H. Mitchell/CL/2:43.4 11. D. March/E00C/2:46.7 12. A. Rodney UN/2:48.4 13. J. Skuse/UN/2:58.4

800 Metres - Men 1. B. McCormick/OKH/1:59.1 2. D. Prendergast/ KH/2:00.1 3. J. Fitzgerald/OKH/2:00.3 4. E. Ireland/OVT/2:00.8 5. B. Coakley/OKH/2:02.2 6. R. Sametz/OVT/2:02.4 7. D. Thibodeau/OVT/2:06.9 8. M. Lamoureux/CL/2:11.1 9. B. Parent/CL/2:14.2 10. J. Latour/E00/2:17.0 11. S. Ryan/E00/2:20.3 12. T. Saunders/CL/2:21.3 13. J. Thompson/E00/2:23.7 14. E. Witford/E00/2:26.3 15. T. Parke/HHTC/2:35.7 16. G. Daymer/UN/2:46.3

Lone Jump - Women 1. M. Lawford/E00/4.44 2. J. Lumb/OV/3.97 3. T. Toye/UN/3.97 4. A. Simpson/UN/3.89 5. H. Conroy/E00/3.74 6. S. March/E00/3.65 7. A. Patel/UN/3.60 8. J. Sauve/CL/3.60 9. J. Mayer/CL/2.96

Lone Jump - Men 1. T. Colbourne/E00/4.83 2. M. Lemoureux/EOL/4.63 3. J. Robinson/CL/4.62 4. E. Fournier/CL/4.44 5. D. Wilson/UN/4.10 6. J. Mercier/CL/4.01

200 Metres - Women 1. D. March/E00/23.0 2. J. Craig/E00/28.1 3. S. Hall/UN/23.7 4. C. Mayer/CL/28.7 5. L. McCarthy/OKH/29.3 6. H. Mitchell/CL/29.5 7. J. Eves/E00/29.8 8. A. Patel/UN/29.9 9. A. Simpson/UN/30.4 10. S. March/E00/30.4 11. T. Toye/UN/30.7 12. P. Water/E00/30.9 13. J. Mayer/CL/31.2 14. J. Adams/OKH/31.5 15. C. Van Millingen/OKH/32.5

200 Metres - Men 1. B. Millard/OKH/23.6 2. R. Moir/OKH/23.7 3. A. Stotz/OKH/23.3 4. B. Cookley/OKH/24.6 5. W. Skof/OKH/24.6 6. T. Beatty/SV/24.6 7. D. Coleman/E00/25.4 8. W. Nicholson/E00/25.5 9. B. Graham/OKH/25.6 10. G. Pyfe/CL/25.7 11. T. Morrison/E00/26.0 12. L. Allison/CL/26.0 13. P. Ennis/UN/26.3 14. L. Lemoureux/CL/26.4 15. J. Thompson/E00/26.4 16. M. McEchern/OKH/26.4 17. Y. Brisson/CL/26.9 18. Y. Fournier/CL/26.0 19. T. Colbourne/E00/27.5 20. M. Gillinagan/CL/29.1 21. D. Wilson/UN/29.3 22. D. Kilmer/OKH/30.3 23. M. Jette/OKH/30.3 24. M. Walmsley/E00/31.4 25. J. Baron/OKH/31.5 26. K. Jacobs/UN/35.6

3000 Walk - Men 1. Jamie D. Luke/HH/16:32.5

3000 Metres - Women 1. J. Pegrum/OV/10:28.4 2. J. Bowen/OV/10:40.3 3. M. Kubasiewicz/OKH/10:41.0 4. L. Rodney/OKH/10:52.5 5. L. Sander/OKH/11:03.3 6. Y. Blanchette/CL/11:48.0 7. R. Baxter/OV/12:12.0 8. J. Sauve/CL/12:42.0

1500 Walk - Women 1. J. Skuse/UN/12:02.2

Pole Vault - Men 1. D. Lemieux/UN/3.50 2. R. Pilmer/SV/2.81 3. T. Swan/SV/2.81

5000 Metres - Men 1. J. Ritzgerald/OKH/15:54.7 2. M. Rienler/15:54.7 3. D. Corliati/16:06.3 4. P. McGregor/UN/16:06.5 5. B. Bryden/OKH/16:30.5 6. M. Walmsley/E00/17:06.5 7. J. Thompson/E00/17:13.5 8. B. Arnold/OKH/17:24.0 9. J. Letour/E00/ 10. P. Heintzman/OKH/17:29.0 11. D. McIntosh/UN/17:32.0 12. T. Banks/UN/17:59.0 13. H. Monck/OKH/18:00.0 14. M. Armstrong/UN/18:14.0 15. A. Pedzard/UN/18:16.0

Discus - Women 1. L. Hill/E00/26.66 2. M. Lawford/E00/25.00 3. H. MacDonal/EOL/22.35 4. S. Smith/UN/19.38 5. S. Murphy/CL/17.31 6. J. Mayer/CL/15.54

Discus - Men 1. D. Charron/EOL/28.28 2. A. Maluzzi/OKH/28.28 3. L. Carosini/OKH/27.22 4. J. Benoit/CL/26.62 5. W. Skof/OKH/26.34 6. B. Cookley/OKH/17.80

ALL-COMER RESULTS

Saturday June 19, 1976

Javelin - Women 1. L. Hill/EOO/29.16 2. S. Murphy/CL/14.48

Javelin - Men 1. J. Yorza/50.66 2. D. Charron/EOL/33.10

10,000 Metres 1. S. Peet/Un/35:44.8 2. R. Wheate/Un/36:14.6 3. T. Banks
n/38:06.0 4. R. Latour/Un/39:06.0 5. H. Monk/OKH/42:09.0 6. A. Broyn/EOO/
46:08.0

400 Hurdles - Women 1. C. Mayer/CL/78.5 2. D. Petris/CI/85.7

400 Hurdles - Men 1. J. Loucks/HH/63.5 2. J. Thompson/EO/66.4 3. C. Reenier
CL/67.0

High Jump - Women 1. M. Gillham/OKH/1.45

High Jump - Men 1. Gutoskie/1.90 2. J. Loucks/HH/1.65 3. C. Mercier/OKH/1.61

Triple Jump 1. B. Thompson/WTC/15.25 2. D. Pattigan/WTC/12.58
3. T. Colbourne/EOO/11.31

100 Metres - Women 1. J. Kerr/EOO/13.1 2. D. March/EOO/14.6 3. M. Cutler/EOO
13.7 4. M. La ford/EOO/14.1 5. B. Woods/EOI/14.1 6. B. Duncan/EOO/14.3
C. Mayer/CL/14.3 8. K. Zimmerman/TH/14.4 9. M. Hill/UN/14.5 10. D. Petrie/
CL/14.6 11. J. Eves/EOO/14.6 12. S. March/EOO/14.6 13. J. Mayer/CL/14.9
14. M. Elliot/EOO/14.9 15. W. Talbot/EOO/15.2 16. D. Lumley/CL/15.9
17. A. Rodney/OKH/16.8

100 Metres - Men 1. R. Rodgerson/EOO/11.2 2. B. Mortimer/EOO/11.4
3. M. Plant/EOO/11.7 4. B. Cookley/OKH/11.8 5. J. Ruden/UN/11.8 6. D. Coleman
EOO/12.1 7. T. Marshall/EOO/12.3 8. T. Morrison/EOO/12.5 9. T. Colbourne
EOO/12.7 10. C. Bernier/CL/12.9 11. Y. Fournier/CL/12.0 12. M. Dunphy/UN/15.1
13. E. Turner/UN/15.4 14. M. Beeston/CI/16.0 15. R. Lund (Jr.)/Un/16.5
16. J. Vandeningal/Un/16.9

400 Metres - Women 1. C. Mayer/CL/63.4 2. V. Adams/OKH/64.5 3. S. Belanger
EOO/65.5 4. D. March/EOO/66.6 5. B. Duncan/EOO/66.9 6. B. Code/OKH/66.0
7. L. Rodney/OKH/67.0 8. J. Eves/EOO/67.9 9. M. De Jong/UN/68.4
10. J. Mayer/CL/68.7 11. S. Thompson/Un/68.8 12. S. March/EOO/68.8 13. J. Skuse
OKH/74.8

400 Metres - Men 1. M. Macaulay/EOO/51.9 2. B. Cookley/OKH/53.7
3. T. Marshall/EOO/55.9 4. J. Thompson/EOO/60.5 5. Y. Fournier/CL/62.6
6. E. Turner/UN/74.2

Hammer - Men 1. A. Lum/HH/18.77

1500 Metres - Women 1. C. Richards/5:03.7 2. M. De Jong/5:19.2 3. C. Street
OKH/5:19.6 4. J. Sauve/CL/5:44.5 5. A. Brown/EOO/5:48.5 6. A. Rodney/OK/5:59.9

1500 Metres - Men 1. E. Scott/EOO/4:18.2 2. P. Walmley/EOO/4:26.4
3. G. Scott/EOO/4:30.8 4. J. Latour/EOO/4:35.1 5. B. Parent/CI/4:35.5
6. S. Ryan/EOO/4:41.0 7. E. Whitford/EOO/4:43.2 8. T. Saunders/CL/4:48.4
9. K. Taucher/EOO/4:55.1 10. L. McTaggart/HH/4:56.8 11. M. Dunphy/UN/6:51.2
12. R. Lund (Jr.)/UN/6:51.2

OTTAWA VALLEY TRACK CLUB

ALL-COMERS MEET - THURSDAY, JUNE 24, 1976

100 Yards Women: 1. Annette Patel/Un/A/13.4 2. Arran Simpson/Un/A/13.9
3. Paula Toye/Un/A/13.9 4. Jennifer Adams/OKH/B/14.3 5. Cynthia Van Millingen/
OKH/A/14.5

100 Yards Men: Section 1: 1. Pat Murphy/EOL/JV/10.8 2. Ted Stewart/Un/Jv/11.0
3. Peter Murphy/EOL/M1/11.4 4. Joe Carbonetto/Un/JV/11.9 5. Marty Laskaris/
Un/S/11.9

Section 2: 1. Rob Kilroy/OKH/M/11.5 2. David Mills/OV/M/11.6 3. David Wilson/
Un/A/13.6 4. Danny Morris/Un/M1/14.7

440 Yards Women: Section 1: 1. Annette Patel/Un/A/74.4 2. Anne Rodney/OKH/A/76.1
3. Paula Toye/Un/A/77.2 4. Katherine Boggs/OKH/A/79.6 5. Alison Prokopiak/OKH/A/79.
9

Section 2: 1. Janet Pegrum/OV/M1/67.0 2. Rachel Baxter/OV/M1/67.7 3. Judy Bowen/
OV/M1/68.0 4. Kathy Bowrin/OV/B/72.7 5. Heather Grant/OV/M1/75.6

Section 3: 1. Joni Van Weerden/OV/Jh/66.6 2. Brenda Woods/EOL/B/67.8 3. Sue
Plummer/OKH/S/69.1 4. Bev Code/OKH/Jn/69.2

440 Yards Men Section 1: 1. Peter Ennis/OKH/M1/58.9 2. Murray McEachern/OKH/M1/59.8
3. John Pates/Un/M1/60.1 4. Rob Kilroy/OKH/M1/61.6 5. Terry Sametz/Un/B/67.9

Section 2: 1. Francois Gauthier/EOL/Jn/54.1 2. Joe Carbonetto/Un/Jv/63.0 3.
David Wilson/Un/A/72.1 4. Robbie Bowrin/OV/A/74.7 5. Danny Morris/Un/M1/76.7

1 Mile Women: 1. Luise Sander/OKH/Jn/5:24.0 2. Lynn Rodney/OKH/M1/5:33.3
3. Theresa Quilty/OKH/M1/5:35.5 4. Shari Ball/OKH/M1/5:41.6 5. Joanne Walton/
Un/Jh/5:47.0 6. Cathy Street/OKH/M1/5:52.0 7. Kathy Bowrin/OV/B/6:02.0
8. Pat Wardlaw/EOL/B/6:02.0

1 Mile Men: Section 1: 1. Bob McCormack/OKH/S/4:31.0 2. John Fitzgerald/OKH/S/4:31.0
3. Bob Livingston/EOL/JV/4:33.7 4. Robbie Sametz/OV/M1/4:37.5 5. Don Thibodeau/
OV/JV/4:39.0 6. Ed Ireland/OV/JV/4:42.0 7. Peter McGregor/OV/JV/4:49.0

Section 2: 1. Paul Weintzman/OKH/JV/4:52.7 2. Bill Arnold/OKH/S/4:59.5
3. Don Seward/OKH/B/5:11.2 4. Mike Wardlaw/EOL/M1/5:27.0 5. Bernie Sander/OKH/B/
6:16.0 6. Robbie Bowrin/OV/A/6:44.0

3 Miles Men: 1. Bob Tapping/BC/S/14:43.0 2. Bob McCormack/OKH/S/16:01.6
3. Peter McGregor/OV/JV/16:01.7 4. John Fitzgerald/OKH/S/16:14.5
5. Don Thibodeau/OV/V/16:29.0 6. Francisco Toro/EOL/JV/16:55.0 7. Ken Parker/EOL/
S/17:04.0 8. Bill Arnold/OKH/S/17:49.0 9. Mike Barnes/EOL/S/18:14.0

Long Jump: 1. Arran Simpson/Un/A/4.20 2. Paula Toye/Un/A/4.00 3. David Wilson/
Un/A/4.10 4. Annette Patel/Un/A/3.80 5. Stephen Robb/Un/A/3.40

Shot Put: 1. David Mills/OV/M1/11.59 2. Andy Malguzzi/OKH/10.35 3. Jamie Bell/Un/
JN/9.92 4. Pete Murphy/EOL/M1/8.59 5. Marty Laskaris/Un/S/8.43

Javelin: 1. Susan Gibson/Un/S/38.78 2. David Mills/OV/M1/44.28 3. Jamie Bell/Un/Jn/
42.46 4. Andy Malguzzi/OKH/B/22.98 5. Steve Robb/Un/A/17.76

ALL - BOHE PRSNTT

July 3, 1976

200 Metres - Women

1. N. Bourgeois/CL/27.0
2. J. Craig/EOO/27.6
3. S. Bolton/OTC/27.8
4. D. March/EOO/27.9
5. M. Cutler/EOO/28.0
6. K. Workman/SV/28.7
7. W. Mitchell/CL/29.0
8. M. Bryans/EOO/29.4
9. F. Duncan/EOO/29.6
10. L. McGregor/EOO/29.8
11. J. Eves/EOO/29.8
12. I. Wherrett/EOO/30.0
13. S. March/EOO/30.2
14. N. Lisinski/EOO/30.6
15. C. Venable/OKH/31.1
16. J. Skuse/OKH/31.9
17. A. Talbot/EOO/32.0
18. A. Brown/EOO/32.2
19. K. Potts/OKH/32.2

200 Metres - Men

1. Stewart/UN/23.8
2. M. Macaulay/EOO/23.8
3. Bouchard/SV/24.0
4. B. Mortimer/EOO/24.1
5. R. Armstrong/EOO/24.7
6. C. Reenier/SV/25.2
7. C. Amodeo/EOO/25.7
8. T. Marshall/EOO/26.0
9. S. Ryan/EOO/26.0
10. D. Kuhn/OKH/26.2
11. T. Miller/EOO/26.3
12. T. Colbourne/EOO/26.4
13. J. Thomson/EOO/26.4
14. N. Walmsley/EOO/30.5
15. Tshack/UN/32.4

800 Metres - Women

1. J. Walton/OV/2:28.5
2. M. Bryans/EOO/2:37.0
3. M. de Jong/TIU/2:38.6
4. W. Mitchell/CL/2:41.5
5. S. King/SV/2:46.9
6. J. Eves/EOO/---

800 Metres - Men

1. J. Fitzreald/OKH/2:05.3
2. B. Conkley/OKH/2:05.1
3. N. Walmsley/EOO/2:06.7
4. E. Scott/EOO/2:07.0
5. B. Graham/OKH/2:07.0
6. B. Perent/CL/2:10.4
7. B. Reenier/CL/2:12.6
8. E. Whitford/EOO/2:14.8
9. G. LeClair/SV/2:15.5
10. W. Judre/EOO/2:15.5
11. S. Ryan/EOO/2:18.9
12. K. Taucher/EOO/2:21.4
13. W. Bouchard/CL/2:26.0
14. J. Thomson/EOO/2:26.1
15. N. Stormont/EOO/2:56.7

Discus - Women

1. E. MacDonald/EOL/23.30

Discus - Men

1. K. Wells/SV/37.82
2. K. Pelehos/Un/31.44
3. S. Thatcher/SV/30.58
4. D. Cherron/EOL/26.06
5. G. Le Clair/SV/22.14

Shot Put - Women

1. J. Craig/EOO/6.99

Shot Put - Men

1. P. Thompson/EOL/12.27
2. S. Thatcher/SV/12.18

3000 Metres - Women

1. J. Walton/OV/11:41.2

5000 Metres - Men

1. J. Barr/EOO/16:11.3
2. P. Bryden/OKH/16:29.4
3. G. Ames/EOO/17:16.5
4. E. Parker/EOL/17:34.0
5. D. MacIntosh/SV/18:25.2
6. M. Barnes/EOL/18:29.7
7. -----18:51.6
8. K. Arnold/UN/21:46.6
9. D. Rohen/UN/22:25.3

Long Jump - Women

1. N. Bourgeois/CL/4.70
2. S. Bolton/CWC/4.69
3. J. Graves/SV/4.48
4. L. Wherrett/EOO/4.33
5. J. Kerr/EOO/4.30
6. J. Allan/EOO/4.17
7. S. March
EOO/3.83

Long Jump - Men

1. R. Emmons/5.57
2. M. Judge/EOO/5.21
3. T. Calbourne/EOO/5.20

LEAGUE RESULT CONT'D

1500 Metres - Women

1. J. Ames/OKH 'G'/4:50.1
2. B. Bate/EOO/4:53.4
3. L. Snader/OKH 'G'/4:55.1
4. J. McEathern/EOO/5:08.3
5. D. Miller/OKH 'P'/5:11.0
6. P. Wardlaw/EOO/
5:24.0
7. S. Plummer/OKH 'P'/5:28.4

1500 Metres - Men

1. B. Graham/OKH 'P'/4:01.4
2. M. Randall/OKH 'G'/4:03.0
3. B. McCormack/
OKH 'P'/4:05.3
4. B. MacDonald/EOO/4:06.5
5. M. Larose/EOO/4:28.7
6. P. Ennis
OKH 'G'/4:31.2
7. M. Barns/EOO/4:49.9

ALL COMER RESULTS

August 14, 1976

- 10,000 Metres - Men
1. Howie Cohen/UN/35:57.6
 2. Ken Parker/EOL/37:20.8
 3. David Thibodeau/OV/38:07.4
 4. Mike Barns/EOL/39:21.2

- Javelin - Women
1. Pam Scothorn/UN/25.80
 2. Christine Abraham/CL/22.34
 3. Joanne Sauve/CL/20.10
 4. Sharon Murphy/CL/19.36
 5. Cathy Mayer/CL/17.10

- Javelin - Men
1. Yves Fournier/CL/44.70
 2. Terry Miller/EOO/41.92
 3. Terry Marshall/EOO/35.66
 4. Jeff Thompson/EOO/33.96

- Triple Jump - Men
1. Walter Skof/UN/12.01
 2. Rob Emmons/UN/10.88

- 100 Metres - Women
1. Donna March/EOO/13.2
 2. Mary Hill/UN/13.2
 3. Barb
Duncan/EOO/13.9
 4. Mary Bryans/EOO/13.9
 5. Janette Eves/EOO/14.0
 6. Sheila
March/EOO/14.1
 7. Annette Patel/UN/14.3
 8. Linda McCarthy/OKH/14.4
 9. Paula
Toye/UN/14.5
 10. Julie Hunter/UN/14.9
 11. Cynthia Vanmillingen/OKH/15.0
 12. Debbie Mahlitz/OKH/15.5
 13. Gize Woodcock/EOO/15.7

- 100 Metres - Men
1. Ted Stewart/OV/11.7
 2. Bob Cookley/OKH/11.8
 3. Dale Coleman/EOO/11.8
 4. Leslie Allison/CL/12.0
 5. Terry Marshall/EOO/
12.2
 6. Claude Regnier/CL/12.3
 7. Steve Ryan/EOO/12.3
 8. Wayne Nicholson
EOO/12.4
 9. Chris Hall/UN/12.7
 10. Jeff Thompson/EOO/12.9
 11. Yves Fournier
CL/13.0
 12. Jean-Paul Bedard/EOL/13.1
 13. David Wilson/UN/14.2
 14. Garmin
Lanza/UN/14.3
 15. #775/15.6

1500 Metres - Women 1. Joan Van Weerden/OV/4:56.9 2. Kathy Street/OKH/5:13.7 3. Ann Rodney/UN/5:49.2

1500 Metres - Men 1. Marc Rieder/OKH/4:11.6 2. Doug Kennedy/UN/4:20.2 3. Murray McEachern/OKH/4:23.5 4. Peter Ennis/OKH/4:24.2 5. Don Servard/OKH/4:26.3 6. Randy Knirring/UN/4:37.1 7. Ed Whitford/E00/4:42.2 8. Bruce Kimball/OKH/4:44.2 9. Robert Gagner/UN/4:45.8 10. Ted Robinson/UN/4:48.0 11. David McIntosh/CL/5:00.1 12. Graham Payner/UN/5:39.5

100 Metre Hurdles - Women 1. Cathy Mayer/CL/22.0

High Jump - Women 1. Helen Sadler/OKH/1.47 2. Lyn Ashenden/UN/1.42 3. June Cheeseman/UN/1.42 4. Mary Bryans/E00/1.32 5. Mary Lou Gillham/OKH/1.32 6. Jean Kerr/E00/1.32 7. Paula Toye/UN/1.27 8. Annette Patel/UN/1.22

High Jump - Men 1. Claude Pernier/CL/1.60 2. David Wilson/UN/1.32

Hammer - Men 1. Peter Thomson/E0L/39.78

3000 Metre Steeplechase - Men 1. David McIntosh/CL/11:51.4 2. Kirk Arnold/CL/13:43.6

400 Metre Hurdles - Women 1. Barb Beter/E00/1:15.0 2. Cathy Mayer/CL/1:17.4

400 Metre Hurdles - Men Mike Judre/E00/1:05.6 2. Claude Pernier/CL/1:09.7

400 Metres - Women 1. Mary Hill/WH/1:03.6 2. Cathy Mayer/CL/1:03.7 3. Donna March/E00/1:05.5 4. Janette Eves/E00/1:07.4 5. Sue Plummer/OKH/1:07.8 6. Barb Duncan/E00/1:08.7 7. Jennifer Mayer/CL/1:09.0 8. Cynthia Vannillingen/OKH/1:09.9 9. Bev Code/OKH/1:10.3 10. Annette Patel/UN/1:10.3

400 Metres - Women Cont'd

11. Lindy McCarthy/UN/1:10.8 12. Paula Toye/UN/1:11.1 13. Sheila March/E00/1:11.5 14. Julie Hunter/UN/1:13.9 15. Suzanne Street/UN/1:15.4 16. Katherine Poore/OKH/1:15.7

400 Metres - Men 1. Terry Marshall/E00/56.0 2. Greg Johnston/E00/56.1 3. Claude Pernier/CL/56.2 4. Dale Coleman/E00/56.2 5. Rob Rodgeron/E00/56.2 6. Ed Ireland/OV/56.5 7. Peter Ennis/OKH/56.5 8. I. Murilla/OKH/57.1 9. Wayne Nicholson/E00/57.4 10. Murray McEachern/OKH/57.8 11. Steven Ryan/E00/57.7 12. Chris Hall/UN/1:00.8 13. Stephen Scrinshaw/CL/1:03.3 14. Jean-Paul Bedard/E0L/1:04.6 15. Danny Morris/UN/1:04.7

ONTARIO SUMMER GAMES 1976

Mooney's Bay Track, Ottawa, Ontario
on September 4th, 5th & 6th, 1976

WOMEN'S EVENTS

100 metres (Sept. 5), Semi-Final #1: 1. Angela Bailey/W/12.0 2. Claudia Topatigh/W/12.2 3. Heather Chisholm/NC/12.3 4. Lori Thur/SW/12.3 5. Carol Scanlon/E/12.4 6. Kerry Lynn Harris/NW/12.9 7. Cathy Polich/NW/12.9 8. Debbie Chappel/w/13.0

Semi-Final #2: 1. Julie Holmes/e/12.0 2. Cindy Moore/w/12.3 3. Sheila Forler/w/12.6 4. Kimberly Chisholm/NC/12.7 5. Diane Peron/NC/13.1 6. Julia David/W/13.2 7. Tracey Cameron/NW/13.6

Final (Wind: Plus 1.2 mps): 1. Angela Bailey/W/11.8 2. Julie Holmes/E/12.0 3. Cindy Moore/W/12.2 4. Lori Thur/SW/12.4 5. Heather Chisholm/NC/12.4 6. Sheila Forler/W/12.5 7. Claudia Topatigh/W/12.7 8. Kimberly Chisholm/NC/12.7

200 metres (Sept. 4) Heat #1: 1. Angela Bailey/W/26.5 2. Debbie Chambers/W/26.9 3. Judy McNally/E/27.2 4. Afolake Aiyede/NC/27.6

Heat #2: 1. Julie Holmes/E/25.4 2. Claudia Topatigh/W/25.6 3. Kimberley Chisholm/NC/26.7 4. Kerry Lyn Harris/NW/27.4 5. Jennifer Russell/NC/27.5

Heat #3: 1. Cindy Moore/W/25.7 2. Laurie McFarlane/SW/26.2 3. Cath Polich/NW/27.0 4. Sheila Forler/W/27.3 5. Diane Peron/NC/27.7

Heat #3: 1. Lori Thur/SW/25.9 2. Heather Chisholm/NC/26.3 3. Sharon Lavery/W/26.4 4. Julia David/W/26.9 5. Melodie Kovall/NW/28.2 6. Melanie Harris/NC/28.6

200 metres (Sept. 4) Semi-Final #1: 1. Angela Bailey/W/25.1 2. Julie Holmes/E/25.3 3. Laurie McFarlane/SW/26.0 4. Kimberly Chisholm/NC/26.2 5. Heather Chisholm/NC/26.2 6. Judy McNally/E/26.4 7. Sheila Forler/W/26.8 8. Julia David/W/27.1

Semi-Final #2: 1. Cindy Moore/W/25.0 2. Claudia Topatigh/W/25.4 3. Lori Thur/SW/25.7 4. Debbie Chambers/W/25.7 5. Sharon Lavery/W/26.5 6. Cathy Polich/NW/26.8 7. Afolake Aiyede/NC/26.9 8. Kerry Lynn Harris/NW/27.3

Final (Wind: not given): 1. Julie Holmes/E/24.3 2. Angela Bailey/W/24.7 3. Cindy Moore/W/24.8 4. Lori Thur/SW/25.1 5. Claudia Topatigh/W/25.2 6. Debbie Chambers/W/25.3 7. Laurie McFarlane/SW/25.9 8. Kimberly Chisholm/NC/26.7

400 metres (Sept. 5) Heat #1: 1. Tara Power/NC/60.2 2. Janet Ames/E/60.9 3. Debbie Smith/W/61.8

Heat #2: 1. Jeanette Wood/W/57.4 2. Debbie Chambers/W/59.0 3. Kitty Jane Welter/NW/59.2 4. Patti Parco/W/59.8 5. Judy McNally/E/59.9 6. Barb Douglas/C/60.4 7. Gay Melville/NC/60.9

Heat #3: 1. Ann Liuzzo/E/57.9 2. Jill Ross/SW/58.1 3. Sharon Lavery/W/59.1 4. Louise McFarlane/SW/59.4 5. Lisa Amsden/NC/59.4 6. Jan Pipe/E/60.1 7. Afolake Aiyede/NC/61.2

Final: 1. Jill Ross/SW/55.8 2. Jeanette Wood/W/55.9 3. Ann Liuzzo/E/57.0 4. Tara Power/NC/57.0 5. Kitty Jane Welter/NW/57.8 6. Janet Ames/E/59.0 7. Debbie Chambers/W/59.5

800 metres (Sept. 4) Heat #1: 1. Maureen McDermott/SW/2:13.6 2. Kitty Jane Welter/NW/2:14.4 3. Janet Dick/SW/2:17.7 4. Patty Parco/W/2:17.8 5. Susan Spence/E/2:22.1 6. Gale Grant/W/2:22.7 7. Lisa Amsden/NC/2:24.3 8. Maureen Grace/NW/2:26.5

Heat #2: 1. Helen Cooper/E/2:14.2 2. Barb Couglas/C/2:14.7 3. Geri Ritch/C/2:17.0 4. Lynne Fernel/NC/2:19.4 5. Janette Downton/NW/2:21.6 6. Tara Power/NC/2:22.9 7. Marille Black/NC/2:24.3 8. Lori Mackay/W/2:31.2

Heat #3: 1. Kathie Leeder/W/2:20.1 2. Janet Ames/E/2:22.6 3. Joann Heale/NC/2:24.6 4. Debbie Smith/W/2:24.9 5. Linda Walker/SW/2:25.5 6. Gay Melville/NC/2:25.7

Final: 1. Maureen McDermott/SW/2:06.8 2. Helen Cooper/E/2:10.7 3. Barb Douglas/C/2:13.0 4. Geri Ritch/C/2:14.7 5. Kathie Leeder/W/2:15.0 6. Kitty Jane Welter/NW/2:16.4 7. Janet Ames/E/2:20.5

1500 metres (Timed Sections): Section #1: 1. Louise Castonguay/NW/4:44.6 2. Janette Downton/NW/4:45.7 3. Louise McKenzie/W/4:45.9 4. Barb Bater/E/4:52.9 5. Lynn Fernel/NC/5:01.3 6. Marille Black/NC/5:05.1 7. Linda Kirk/C/5:05.2 8. Paule Underhill/SW/5:10.9

Section #2: 1. Helen Cooper/E/4:31.4 2. Susan Spence/E/4:35.9 3. Kathy Leeder/W/4:36.5 4. Maureen Grace/NW/4:36.6 5. Deborah Schulte/W/4:36.8 6. Gale Grant/W/37.0 7. Ellen Rochefort/E/4:37.8 8. Geri Ritch/E/4:38.7 9. Kim Stairs/E/4:39.8 10. Joann Heale/NC/4:40.3 11. Wendy Van Mierlo/NC/4:48.4

Top Six: 1. Helen Cooper/E/4:31.4 2. Susan Spence/E/4:35.9 3. Kathy Leeder/W/4:36.5 4. Maureen Grace/NW/4:36.6 5. Deborah Schulte/W/4:36.8 6. Gale Grant/W/4:37.0

100 metre Hurdles Final (Sept. 5) (Wind: Plus 2.4 mps) 1. Sylvia Malgadey/W/14.9 2. Maggie Woods/C/15.4 3. Cathy Ilczyszyn/NW/18.2 4. Jean Craig/E/19.8

3000 metres Final (Sept. 6): 1. Sally Beach/C/9:53.2 2. Ellen Rochefort/E/9:56.0 3. Kim Stairs/E/9:56.0 4. Joann's Heale/NC/9:57.2 5. Deborah Schulte/W/10:04.0 6. Louise Castonguay/NW/10:11.4 7. Gale Grant/W/10:44.6 8. Barb Bater/E/11:05.2

400 metre Hurdles Final (Sept. 4): 1. Eleanor Mahal/C/61.0 2. Mary Catherine Kelly/E/63.3 3. Jo-Ann Gaul/SW/67.4 4. Penny Belanger/E/70.0 5. Melanie Harris/NC/70.5 6. Jean Craig/E/71.7 7. Stevie Hanson/W/74.0 8. Charlotte McKinty/NC/76.0

4. 100 Metres Relay (Sept. 6): 1. Western Region 'A'/47.0 2. South Western Region/49.5 3. Eastern Region/49.4 4. Western Region 'B'/50.9 5. North Central Region/50.9 6. Central Region/51.4 7. North Western/52.6
 Canadian Midget Record

4x100 Metres Relay (Sept. 6): 1. Western Region 'A'/3.49.9 2. Eastern Region/3.51.2 3. North Central Region/3.51.9 4. South Western Region/3.52.5 5. Western Region 'B'/4.03.7

Long Jump (Sept. 5): 1. Sylvia Malgaden/W/5.36 2. Debbie Chappel/W/5.20 3. Carol Scanlon/E/5.04 4. Maggie Woods/C/5.03 5. Brenda O'Connor/SW/4.9 6. Julia David/W/4.71 7. Tracey Cameron/NW/5.51 8. Lynn Souter/NC/4.49 9. Holly Snyson/E/4.35 10. Carol Felepchuk/C/4.31 11. Mary Mitchell/NC/4.18
 Wind reading on all jumps were negative

High Jump (Sept. 4): 1. Maggie Woods/C/1.76 2. Joann MacLeod/E/1.70 3. Ramona Kraemer/W/1.60 4. Kelly Glynn/E/1.55 5. Hilda Postenka?NW/1.50 6. Annette Van Tygham/SW/1.50 7. Karen Ibbotson/SW/1.45

Shot Put (Sept. 4): 1. Rose Hauch/E/13.51 2. Debbie Parker/W/12.46 3. Pam Scothorn/E/11.66 4. Pia Fleumer/W/11.20 5. Louise Ferland/SW/10.85 6. Linda Cassarini/C/10.62 7. Jane Toporowski/C/10.61 8. Linda Cross/W/10.40 9. Fatti McKnight/NC/10.26 10. Denise Cadiau/W/9.29 11. Debbie Jaworski/NC/9.25 12. Sharon Curik/NC/9.20 13. Cathy Illyszyn/NW/8.20 14. Denise Tobin/C/8.18

Discus Throw (Sept. 4): 1. Carolyn Duncan/W/43.16 2. Sharon Nichols/SW/36.88 3. Rose Hauch/E/36.62 4. Jane Toporowski/C/36.36 5. Patricia Mather/SW/36.16 6. Pia Fleumer/W/35.24 7. Lori Kokkola/SW/33.74 8. Denise Tobin/C/32. 9. Wanda Sheldrick/E/29.96 10. Linda Cross W/26.72 11. Debbie Jaworski /NC/25.34

Javelin Throw (Sept. 4): 1. Susan Gibson/E/42.14 2. Debbie Barker/W/41. 3. Cathy Stockman/C/40.80 4. Lori Kokkola/SW/40.04 5. Yvonne Pranniger /39.62 6. Pam Scothorn/E/37.94 7. Holly Conway/E/35.94 8. Heather MacDonald/E 5.32 9. Linda Cross/W/31.22 10. Jenny Dmytruk/SW/30.90 11. Carolyn Cook 46 12. Cindy Melhorn/W/29.96 13. Denise Cadeau/W/29.28

Pentathlon (Sept 5 and 6)	100m H	Shot Put	High Jump	Long Jump	200m	TOTAL
Jill Boss, Central	14.6 793	10m12 597	1m64 875	5m71 842	24.9 855	36962
Andrea Wachter, Western	14.5 805	8m01 446	1m61 844	5m39 769	25.3 820	36000
Kathy Workman, Eastern	15.2 727	7m25 387	1m49 647	5m15 712	27.2 669	33342
Louise Ferland South Western	18.4 447	10m41 617	1m43 647	5m19 722	27.7 633	3066
Lori Cox, Western	18.6 433	7m69 422	1m52 748	4m41 530	27.2 669	2807
Cheryl Faxton, Central	18.8 418	8m99 519	1m35 551	4m48 548	30.4 460	2496
Stevi Hanson, Western	16.9 563	6m79 350	1m35 551	abandon		

Women: Points Standings: (top 6 places- 9,6,4,3,2,1)

1st Western - 127
2nd Eastern - 112
3rd Central - 70
4th SouthWestern - 56
5th North Central - 16
6th North-Western - 13

MEN'S EVENTS

100 metres (Sept. 5) Semi-final #1 1. Vic Gooding/E/10.6 2. Lyndon Fong/W/10.8
3. Jerry Hinds/W/10.9 4. Rick Rodgers/E/11.0 5. Lyle Spencer/NW/11.5
6. Brian McInerney/C/11.7

Semi-final #2: 1. Ernie Halstead/W/10.6 2. Rocco Stella/SW/10.9 3. Bob Mathews/
SW/11.0 4. Rick Pessah/E/11.1 5. Doug Hinds/W/11.2 6. Ken Williams/NW/11.2
7. Adrien Diguiseppe/NW/11.2 8. Bruce Hodgins/E/11.3

Final (Wind: plus 0.4 mps): 1. Ernie Halstead/W/10.6 2. Vic Gooding/E/10.9
3. Lyndon Fong/W/11.0 4. Bob Mathews/SW/11.0 5. Rocco Stella/SW/11.0
6. Rick Pessah/E/11.2 7. Rick Rodgers/E/11.3 8. Jerry Hinds/W/11.4

200 metres (Sept. 4) Semi-final #1 (Wind: Plus 0.3 mps): 1. Vic Gooding/E/21.9
2. Rocco Stella/W/22.2 3. Steve Kemp/SW/23.0 4. Bruce Hodgins/E/23.0 5. Jerry
Hinds/W/23.2 6. James Best/NC/23.4 7. Wayne Mitsunaga/NW/24.5

Semi-final #2 (Wind: plus 1.9 mps): 1. Vic Remple/SW/22.1 2. Lyndon Fong/W/22.4
3. Doug Hinds/W/22.9 4. Al Keen/SW/23.0 5. Rick Pessah/E/23.2 6. Rick Rodgers/
E/23.5 7. Adrien Diguiseppe/NW/23.5 8. Bob Sparling/NW/23.9

Final (Wind: not given): 1. Vic Gooding/E/21.8 2. Vic Remple/SW/21.9 3. Rocco
Stella/SW/22.2 4. Bruce Hodgins/E/22.5 5. Doug Hinds/W/22.6 6. Steve Kemp/SW/22.6
7. Al Keen/SW/23.8 8. Lyndon Fong/W/23.9

400 metres (Sept. 5) Semi-final #1: 1. Mike Forgrave/W/50.4 2. James Best/NC/52.5
3. Vic Gooding/E/52.6 4. Frank Montebello/C/52.9 5. Peter Harper/W/53.0
6. Peter Dedi/NW/53.4 7. John Orlando/NC/55.3

Semi-final #2: 1. Gerry Feeney/C/50.6 2. Vic Remple/SW/50.7 3. Aris Birze/C/51.7
4. Bruce Hodgins/E/52.4 5. Gary Berkner/NC/53.2 6. Stacey Merritt/NW/ 53.7
7. Robert Follis/NC/56.6

Final: 1. Vic Remple/SW/47.8 2. Mike Forgrave/W/48.1 3. Vic Gooding/E/49.5
4. Gerry Feeney/C/50.0 5. Bruce Hodgins/E/50.2 6. James Best/NC/50.7
7. Aris Birze/C/51.3 8. Frank Montebello/C/52.3

800 metres (Sept. 4) Heat #1: 1. Dave Karila/NW/1:57.6 2. Gerry Feeney/C/1:58.7
3. Peter Dedi/NW/1:58.7 4. Bob Bracey/W/2:00.7 5. Tyler Towers/SW/2:00.7
6. Jacques Leblanc/NC/2:00.9 7. Robert Follis/NC/2:10.1

Heat #2: 1. Bill Griesbach/W/1:58.2 2. Keith Moore/E/1:58.3 3. Mike McIntosh/C/1:58.8 4. Frank Montibello/C/2:01.1 5. John Orlando/NC/2:06.7 6. Brent Pahl/NW/2:06.7

Heat #3: 1. Tom Lobsinger/C/1:56.5 2. Marshall Rowe/W/1:56.7 3. Bruce Wood/SW/1:56.8 4. Terry McKinty/NC/1:57.7 5. Ted Kennedy/C/2:01.5 6. Kelly Brown/NC/2:01.7 7. Tim Lane/W/2:01.8

Final: 1. Dave Karila/NW/1:50.4 2. Bill Griesbach/W/1:51.9 3. Keith Moore/E/1:52.0 4. Tom Lobsinger/C/1:52.2 5. Terry McKinty/NC/1:58.1 6. Bruce Wood/SW/1:58.2

1500 metres (Sept. 5) Timed Sections: Section 1: 1. Tim Lane/W/4:04.7 2. Marshall Rowe/W/1:56.7 3. Ray Paulins/NC/4:08.1 4. Gary Crossley/C/4:08.4 5. Rob Brucey/W/4:08.4 6. Kelly Brown/NC/4:13.1 7. John Corcoran/NW/4:19.7 8. Jacques Leblanc/NC/4:24.0

Section #2: 1. Tom Lobsinger/C/3:47.6 2. Keith Moore/E/3:48.9 3. Bob McCormick/E/3:49.8 4. Tony Hatherly/NW/3:50.3 5. Ron Pecht/SW/3:51.5 6. Steve Lundy/SW/3:52.8 7. Ray Costello/W/3:53.2 8. Guy Racine/E/3:53.2 9. Dave Karila/NW/4:02.2

Top Six: 1. Tom Lobsinger/C/3:47.6 2. Keith Moore/E/3:48.9 3. Bob McCormick/E/3:49.8 4. Tony Hatherly/NW/3:50.3 5. Ron Pecht/SW/3:51.5 6. Steve Lundy/SW/3:52.8

5000 metres (Sept. 5) Timed Sections: Section 1: 1. Claus Rinne/NC/14:50.0 2. Bob Graham/E/14:56.2 3. Joe Harrow/NW/14:58.8 4. Greg Holm/NW/15:24.6 5. Ted Kennedy/C/15:35.2 6. Daniel Boudreau/NC/15:45.4 7. Murray Eby/NW/16:29.0 8. Jim Walker/NC/16:42.6 9. Peter Baxter/SW/16:58.0

Section 2: 1. Paul Roberts/W/14:15.6 2. Bill Britten/NW/14:20.0 3. Dean Foster/W/14:21.6 4. Dave Northey/W/14:23.4 5. Bob Legge/C/14:25.6 6. Rob Earl/C/14:34.8 7. Bob Moore/C/14:35.0 8. Phil St. Louis/C/14:39.8 9. Greg Lockhart/C/N.T. 10. Ted McKeigan/W/14:40.6 11. Paul Morrison/SW/14:41.8 12. Art Drevins/SW/N.T. 13. Murray Hale/E/15:25.4 14. Gary Stewart/W/15:29.8

Top Six: 1. Paul Roberts/W/14:15.6 2. Bill Britten/NW/14:20.0 3. Dean Foster/W/14:21.6 4. Dave Northey/W/14:23.4 5. Bob Legge/C/14:25.6 6. Rob Earl/C/14:34.8

10,000 metres (Sept. 4) Final: 1. Paul Roberts/W/29:56.6 2. Bob Legge/C/30:01.2 3. Bob Moore/C/30:30.4 4. Mike Dyon/C/30:39.2 5. Paul Morrison/SW/30:43.6 6. Dean Foster/W/31:17.0 7. Bill Britten/NW/31:29.2 8. Ted McKeigan/W/31:57.4 9. Claus Rinne/NC/32:03.4 10. Murray Hale/E/32:33.4 11. Vaughn Johnston/NC/33:40.4 12. Norm Patenaude/NC/35:02.8 13. Peter Baxter/SW/

10,000 metres Walk (Sept. 6) Final: 1. Glenn Sweazey/C/49:55.0 2. Max Gould/C/52:57.2 3. Grant Wach/SW/53:24.2 4. Bill Arnold/E/53:40.6 5. Roger McEachern/W/54:18.0 6. Robert Scollard/C/55:13.2 7. Brian Burke/SW/55:14.0 8. Jamie Loucks/E/57:19.4 9. Francisco Toro/E/59:28.2

110 metre Hurdles (Sept. 5) Final (Wind: plus 1.8 mps): 1. Mike Forgrave/W/15.2 2. Marc MacAuley/E/15.3 3. Gary Pinsonneault/SW/15.6 4. Bill Hazen/E/15.6 5. Steve Kemp/SW/15.9

400 metre Hurdles (Sept. 4) Final: 1. Marc MacAuley/E/54.8 2. Don Price/E/56.9 3. Frank Montebello/C/58.4 4. Brian Maraj/SW/60.0 5. Roger Mambury/W/60.6

4x100 metre Relay (Sept. 6) Final: 1. Southwestern Region/42.5 2. Western Region/42.9 3. Eastern Region/43.2 4. Northwestern Region/45.5 5. Central Region/48.0

3000 metre Steeplechase (Sept. 4) Final: 1. Ron Pecht/SW/9:24.4 2. Greg Lockhart/C/9:28.0 3. Grant Wach/SW/9:33.4 4. Mark Frown/W/9:36.2 5. Garry Crossley/C/9:42.4 6. Gary Stewart/W/9:44.8 7. Bill Fryden/E/10:05.4 8. Daniel Poudrean/NC/10:15.2 9. Glenn McCarthy/NW/10:34.2 10. Randy Kleemola/NW/10:48.2 11. Brian Stagg/E/11:01.2

4x400 metre Relay (Sept. 6) Final: 1. Southwestern Region/3:19.6 2. Eastern Region/3:20.7 3. Western Region "A"/3:23.0 4. Northwestern Region/3:27.4 5. Western Region "B"/3:35.3

Long Jump (Sept. 5) Final: 1. Steve Kemp/SW/6.59 2. Ken Felenchuck/C/6.42 3. Daryl Melnyk/W/6.32 4. Gord Robertson/W/6.22 5. Rob Millard/E/6.18 6. Steve Domino/SW/5.93 7. Rick Pessah/E/5.90 8. Murray Eby/NW/5.56 9. Lyle Spencer/NW/5.56 10. Larry Morsette/NW/5.27 11. Brian Maraj/SW/5.14

High Jump (Sept. 5): 1. Rolando Demarchi/C/2.00 2. Carl Georgevski/C/1.94 3. Ian Gutoskie/E/1.94 4. Mark Paillargeon/SW/1.91 5. Paul Wilson/E/1.85 6. Stu Fulford/E/1.85 7. Pierre Boudreau/NC/1.80 8. David Thompson/NC/1.80 9. Greg MacKenzie/W/1.75 10. Bob Jones/NC/1.75 11. Larry Morsette/NW/1.70 12. Bob Stephenson/NW/1.70

Triple Jump: (Sept. 4): 1. Dave Watt/C/14.71 2. Mike McVarish/C/14.49 3. Ken Felenchuck/C/14.37 4. Gord Robertson/W/13.82

Pole Vault (Sept. 5): 1. Brian McInerney/C/4.50 2. Steve Beckman/W/4.40 3. Steve Domino/SW/3.80 4. Stan Adamson/W/3.65 5. Lee Banks/NC/N.H. 6. Gary Tetzlaff/E/N.H. 7. Steve Pannock/E/N.H. 8. Mark Bradley/C/N.H.

Shot Put (Sept. 5): 1. Harvey Barkauskas/SW/15.52 2. Martini Cataland/C/14.75 3. Luby Chambul/C/14.62 4. Ken Fisher/SW/14.39 5. Ray Fournier/SW/14.39 6. Darren McFee/NW/13.15 7. Rick Westwood/West/12.66 8. Jack Harkness/W/12.11 9. Kari Yli-Renko/NC/11.32

Discus Throw (Sept. 5): 1. Harvey Barkauskas/SW/49.06 2. Jack Harkness/W/45.22 3. Rick Westwood/W/43.66 4. Kent Wells/E/41.42 5. Darren McFee/NW/40.66 6. Martini Catalano/C/40.52 7. Luby Chambul/C/40.42 8. Kari Yli-Renko/nc/36.44 9. Larry Kadolph/NW/32.90 10. Ken Fisher/SW/27.64 11. David Thompson/NC/27.44

Javelin Throw (Sept. 5): 1. John Corazza/C/68.48 2. Wayne Brennan/SW/62.52 3. Tony Ruffo/C/58.08 4. Robert Perry/NC/53.62 5. Larry Kadolph/NW/52.74 6. Rick Westwood/W/52.44 7. John Yorge/E/51.66 8. Curtis Clairmont/NC/47m98 9. Gary Tetzlaff/E/47m44 10. Darren McFee/NW/44m00 11. David Thompson/NC/40m98

Hammar Throw (Sept. 6): 1. Marc Cardinal/E/48.46 2. Doug Chmielak/NC/39.38
 3. Martini Catalano/C/36.72 4. Kari Yli-Renko/nc/34.34 5. Peter Thompson/E/33.94

Decathlon	*100m	*L.J.	S.P.	H.J.	400m	*110mH	D.T.	P.V.	J.T.	1500m	
(Sept. 4 and 5)											
John Gamble, Southwestern	11.9 601	6.05 615	12.58 638	1.89 760	51.5 740	15.6 787	36.76 620	3.80 754	51.22 649	4:05.1 775	6939
Tony Verhoeven, Western	11.6 665	5.56 505	12.91 659	1.60 493	50.6 779	16.4 712	42.22 729	4.10 832	61.92 785	4:04.9 776	6935
Steve Caws, Western	12.1 560	5.92 586	9.10 393	1.86 734	56.8 537	20.2 438	29.72 468	3.20 587	43.14 537	4:41.7 515	5355
Mike Heckbert, Central	12.3 520	5.25 432	9.62 432	1.70 588	57.5 514	21.3 376	25.28 362	3.00 528	45.08 565	4:59.6 411	4728
Kevin Pelehos, Eastern	12.0 580	5.95 593	9.23 403	1.70 588	57.0 531						
Tony Ruffo, Central	12.0 580	4.93 354	10.23 477	1.45 344	61.9 375						
Dave Watt, Central	12.0 580	5.57 5.07	9.60 430								

*Wind: 100 m plus 0.6 mps
 L.J. negative
 110 m H. not given

Man's Points Standings:

1st Central 141
 2nd SouthWestern 129
 3rd Western 115
 4th Eastern 106
 5th NorthWestern 23
 6th North Central 21

Combined Points Scores:

1st Western 242
 2nd Eastern 218
 3rd Central 211
 4th South Western 185
 5th North Central 37
 6th North Western 36

Report of the Eastern Region Summer Programme Co-ordinator

As Eastern Region Co-ordinator for the summer of 1976, I have administered to the following:

1. Olympic Raffle: held in July, I was responsible for distributing the raffle tickets and collecting the revenue from sold tickets from each club.
2. Four summer league meets held June 13, June 19, July 3, and August 14.
3. Assisting in creating a new track club in Grananaque. Acting as a guest speaker, I attended a meeting with the interested athletes. After discovering them to be enthusiastic, I put on a coaching clinic a few weeks later. Though attendance at this clinic was disappointing (due to a conflict with a baseball game), a few of the athletes did show up at the next summer league meet. The major problem now is finding enough interested coaches. Bernie Carriere (382-7941; 259 King St., Gananaque) is acting as head coach.
4. In July, I devised a list of tentative standards to be used at summer meets. These standards, based on the OTFA and East Ottawa Lions standards, will be discussed, modified, and put into practice for the summer of 1977.
5. In August, I put on a FUN RUN (based on the programme developed by "Runner's" World") in Smiths Falls. Approximately 20 runners, aged from 10-49 years, took part. Certificates, obtained from the Ottawa Dept. of Recreation were given out to all participants according to the standards set out by "Runner's World". This programme was enthusiastically accepted by the rec-departments in Brockville, Penfrew and the Correctional Centre in Smiths Falls. All pertinent information was sent to the aforementioned, who will put on their programmes sometime in the fall.
6. A list of unregistered officials in the Eastern Region was compiled. This list is to supplement the OTFA Registered officials list.

I wish to thank the Board of Directors for allowing me to gain such invaluable experience as I have done this summer. This job was not only interesting, but it was also stimulating, as it allowed for some creative thinking.

Should this job be continued next year, I would like to suggest that more low-key competitive "running" programmes, such as the Fun Runs be included in the co-ordinator's job of developing the sport of track and field. It is these kinds of programmes that meet the needs of individuals who are classified midway between the jogger and full-fledged athlete; and who are most important of all viable members of the Track and Field community. Feedback from the Smiths Falls Fun and the weekly Ottawa Runs indicate that these types of programmes are much in demand.

REPORT OF EASTERN REGION TEAM MANAGER FOR THE ONTARIO SUMMER GAMES

RESULTS:	INDIVIDUAL	-7 Gold 10 Silver 10 Bronze
	RELAYS	-2 Silver 2 Bronze

Generally, the coaching staff was very pleased with the results obtained by the Eastern Region Athletes. Many athletes turned in personal best performances in the meet, which I feel, reflects the importance that they placed in this particular competition. Several athletes indicated that they were directing their training towards peak performances for this meet and these efforts are reflected in the results.

As a coaching staff, we felt that our main function was one of communication with the athletes. I felt that this was done quite effectively throughout the meet. I also attempted to provide information to the athletes prior to the meet, and this proved to be reasonably successful.

Of the 64 people selected to represent the Region, 57 participated during the competition. Of the 7 non-participants, I was informed that three would not be competing because of injuries.

Other athletes who did not show up were:

BOUG BRENERGANT - injured - said that he had attempted to relay a message to me, but I did not receive it. Doug was at the meet and made himself available as a spare for our relay team.

Paul Landry - no explanation

Joan Hendry - no explanation

Steve Thatcher - had left the region for a university football team try-out.

All of these people had signed letters of intent. Considering the number of calls that I received from other athletes to inform me of injuries or to find out if they could be included on the team, I was very disappointed that these people did not make more effort to contact me.

SUGGESTIONS / PROBLEMS TO BE CONSIDERED FOR FUTURE REGION TEAMS

- 1) Some form of written communication should be sent to all team members to inform them about entries, and other information concerning the conduct expected at the meet.
- 2) Someone with experience as a trainer (treating minor injuries, doing taping jobs, massage, etc.) should be included as part of the team staff. Sue Botton did an excellent job in this capacity for this year's team.

- 3) Some definite policy concerning Quebec residents who compete for Region clubs should be set down. This arose at the competition since one of our competitors was "exposed" as a Quebec resident.
- 4) I would suggest a different format be used in selecting the region team. I felt that some athletes were included only because of the event they were in, while other athletes were excluded because they were in an event which had depth within the Region. I would suggest either the selection of a Region team similar to the Ontario Team format, or the use of standards plus selection to complete the team.

The letter of intent format should be continued. However, the information requested should be expanded to include all information requested on the Ontario Games form (e.g. name, address, phone number, plus the same information for a contact person in case of emergency, OHIP number, initials of the policy holder as well as the information requested on this year's form).

Generally, I was very pleased with the results of the Ontario Games weekend. I was and continue to be very appreciative of the consideration and effort exhibited by the Eastern Region athletes and coaches with whom I came in contact either in person or by phone. I feel that the Region was well represented at this meet, and was particularly pleased that the Region's athletes showed a team spirit beyond their own club athletes. As a final recommendation, I would suggest the purchase of a Regional T-Shirt or some form of uniform for our team representatives.

Wayne Bulak

Some startling facts

Eighty per cent of Canadians over 13 years of age take part in no strenuous activity at all. Some put the figure even higher!

More than half of us are overweight. The percentage varies with age and sex. In the 20 to 39-year age group, it's 40 per cent; among women 65 and over it's 80 per cent.

Canadians consume 106 pounds of sugar per person per year! Half of this is hidden in the foods we buy.

In North America, the yearly consumption of soft drinks averages 34.8 gallons per person. That's about 450 ten-ounce cans! Yet our average yearly consumption of milk in all its forms is only 24.9 gallons.

In spite of the fact that so many Canadians are overweight, Nutrition Canada reports that many suffer from insufficient bone essentials such as calcium and vitamin D, as well as blood essentials such as iron and vitamin B.

A recent survey of students at one Ontario university showed that about 19 out of 20 had eating habits that were "poor to dangerous."

Don't think of it
as fitness,
think of it
as funness.

Why it pays to be physically fit
Keeping yourself in good shape will deliver dividends in both physical and mental health. It can help prevent obesity. It can reduce chronic fatigue. It can give you increased stamina, strength, endurance and coordination. It can reduce strain and tension. It may improve your concentration, and thus your work performance. It can increase your lung capacity. It can strengthen your heart muscle, and improve your cardiovascular efficiency.

Active people
do things
better.

You have to walk
before
you can run.

The fit
never quit.



Track & Field News

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