



# Ottawa Lions Track & Field Club All-Time Provincial Medalists

updated December 11, 2018

## 2019

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### Athletics Ontario

Ontario Legion Track & Field Championships

Ontario Masters Championships

Ontario Indoor Masters Championships

University of Ottawa

OUA Track & Field Championships

Carleton University

RSEQ Track & Field Championships

OFSAA Track & Field Championships

OFSAA Cross Country Championships

Yannick Meredith

3<sup>rd</sup> – Midget Boys

## 2018

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### Athletics Ontario

Tim Nedow

1<sup>st</sup> – Shot Put/Open

Caroline Poirier

1<sup>st</sup> – Pole Vault/U20

John Van Biljon

1<sup>st</sup> – Decathlon/Open

Joe Fast

1<sup>st</sup> – 1500m/U18

Keira Christie-Galloway, Sharelle Samuel,

1<sup>st</sup> – 4x100m/U20

Paulina Procyk, Rinila Haridas

Stephanie Gould, Sophia Skorenky,

2<sup>nd</sup> – 4x100m/Open

Emmanuelle Keogh, Mary Ollier

Sharelle Samuel

2<sup>nd</sup> – 400m/Open

Keira Christie-Galloway

2<sup>nd</sup> – 100m Hurdles/Open

Joshua Van Der Laan

2<sup>nd</sup> – 1500m Steeplechase/U16

Leewinchell Jean

2<sup>nd</sup> – 400m Hurdles/U18

Keaton McGrath, Cameron Porter, William Egan Joshua Van Der Laan	2 <sup>nd</sup> – 4x800m/U16
Yared Tereke, Jackson Roy, Carter Demars, Joe Fast	2 <sup>nd</sup> – 4x800m/U18
Joe Fast	2 <sup>nd</sup> – 3000m/U18
Logan Ladurantaye	2 <sup>nd</sup> – 800m/U14
Matthew Johnson	2 <sup>nd</sup> – Decathlon/Open
Nicole Istead	2 <sup>nd</sup> – Heptathlon/Open
Alex Small	2 <sup>nd</sup> – Decathlon/U20
Erin Sweeney	2 <sup>nd</sup> – Shot Put/U18
Saj Alhaddad	2 <sup>nd</sup> – 400m Hurdles/Open
Oluwasegun Makinde	2 <sup>nd</sup> – 200m/Open
Matthew Hebert	2 <sup>nd</sup> – 800m/U20
Divyajyoti Biswal	2 <sup>nd</sup> – Long Jump/Open
Brandon Ovington	2 <sup>nd</sup> – Discus/U20
Nico Pedersen	3 <sup>rd</sup> – 5000m/U20
Leewinchell Jean	3 <sup>rd</sup> – 110m Hurdles/U18
Keili Shepherd	3 <sup>rd</sup> – 1500m/U20
Christina Hertner	3 <sup>rd</sup> – Shot Put/Open
Christina Hertner	3 <sup>rd</sup> – Discus/Open
Thomas Nedow	3 <sup>rd</sup> – Discus/Open
Devyani Biswal	3 <sup>rd</sup> – 100m Hurdles/Open

#### **Ontario Legion Track & Field Championships**

Skye Pellerin	3 <sup>rd</sup> – 2000m Steeplechase/U18
Leewinchell Jean	3 <sup>rd</sup> – 110m Hurdles/U18
Leewinchell Jean	3 <sup>rd</sup> – 400m Hurdles/U18

#### **Ontario Masters Championships**

Liz Maguire	1 <sup>st</sup> – W50 800m
Liz Maguire	1 <sup>st</sup> – W50 1500m
Stan Seitz	1 <sup>st</sup> – M70 High Jump
Leslie Estwick	1 <sup>st</sup> – W55 High Jump
Kim Ethier	1 <sup>st</sup> – W50 High Jump
Kim Ethier	1 <sup>st</sup> – W50 Javelin
Bob Stavely	1 <sup>st</sup> – M80 Javelin
Petra Ciobanu	1 <sup>st</sup> – W50 Discus
Petra Ciobanu	1 <sup>st</sup> – W50 Weight Throw
Danette Nearing-Guibord	1 <sup>st</sup> – W55 100m
Danette Nearing-Guibord	1 <sup>st</sup> – W55 200m
Joe Scatliffe	2 <sup>nd</sup> – M45 200m
Kim Ethier	2 <sup>nd</sup> – W50 200m
Kim Ethier	2 <sup>nd</sup> – W50 Long Jump
Marino Sani	2 <sup>nd</sup> – M55 400m
Kyle Ferguson	2 <sup>nd</sup> – M35 1500m

Petra Ciobanu  
Hazel Harding  
Hazel Harding  
Serge Faucher  
Kyle Ferguson  
Petra Ciobanu

2<sup>nd</sup> – W50 Shot Put  
3<sup>rd</sup> – W40 400m  
3<sup>rd</sup> – W40 800m  
3<sup>rd</sup> – M50 400m  
3<sup>rd</sup> – M35 800m  
3<sup>rd</sup> – W50 Javelin

### **Ontario Indoor Masters Championships**

Joseph Scatliffe  
Joseph Scatliffe  
Serge Faucher  
Hazel Harding  
Hazel Harding

1<sup>st</sup> – M45 60m  
1<sup>st</sup> – M45 200m  
1<sup>st</sup> – M50 400m  
2<sup>nd</sup> – W40 400m  
3<sup>rd</sup> – W40 200m

### **University of Ottawa**

#### **OUA Track & Field Championships**

Ty Coulter  
Keira Christie-Galloway  
Stephen Evans  
Thomas Nedow  
Tolu Makinde  
Sophia Skorenky, Maeliss Trapeau,  
Samantha Klus, Madison Clarke  
Madison Clarke

2<sup>nd</sup> – Weight Throw  
2<sup>nd</sup> – 60m Hurdles  
2<sup>nd</sup> – 600m  
2<sup>nd</sup> – Shot Put  
2<sup>nd</sup> – Heptathlon  
3<sup>rd</sup> – 4x800m  
  
3<sup>rd</sup> – 600m

### **Carleton University**

#### **RSEQ Track & Field Championships**

Sebastian Saville  
Dani Ferguson-Jamer  
Alex Maxwell  
Sebastian Spoerel-Connelly, James Bruce,  
Thomas Saville, Sebastian Saville  
Emmanuel Nwokobia, Thomas Saville,  
Sebastian Saville, Cornelius Liburd  
Kiernan Fleming, Sebastian Saville,  
Cornelius Liburd, Thomas Saville  
  
Emmanuel Nwokobia

2<sup>nd</sup> – 600m  
2<sup>nd</sup> – Weight Throw  
3<sup>rd</sup> – 3000m  
3<sup>rd</sup> – 4x800m Relay  
  
3<sup>rd</sup> – 4x200m Relay  
  
3<sup>rd</sup> – 4x400m Relay  
  
3<sup>rd</sup> – 60m

### **OFSAA Track & Field Championships**

Sharelle Samuel  
Sharelle Samuel  
Joe Fast  
Joe Fast  
Caroline Poirier  
Andre Alie-Lamarche

1<sup>st</sup> – Senior Girls 400m  
1<sup>st</sup> – Senior Girls 400m Hurdles  
1<sup>st</sup> – Junior Boys 1500m  
2<sup>nd</sup> – Junior Boys 3000m  
2<sup>nd</sup> – Senior Girls Pole Vault  
2<sup>nd</sup> – Open Boys 2000m Steeplechase

Brandon Ovington  
David Adeleye  
Annabelle Gagne

2<sup>nd</sup> – Senior Boys Discus  
3<sup>rd</sup> – Junior Boys 100m Hurdles  
3<sup>rd</sup> – Senior Girls Pole Vault

### OFSAA Cross Country Championships

Joe Fast

1<sup>st</sup> – Junior Boys

## 2017

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### Athletics Ontario

Keira Christie-Galloway	1 <sup>st</sup> – 100m Hurdles/Junior – U20
Sekou Kaba	1 <sup>st</sup> – 110m Hurdles/Senior – Open
Joe Fast	1 <sup>st</sup> – 1200m/Midget – U16
Joe Fast	1 <sup>st</sup> – 2000m/Midget – U16
Thomas Kukla-Colby, Peter Bertels, Logan Ladurantaye, Joshua Van Der Laan	1 <sup>st</sup> – 4x100m Relay/Bantam – U14
Charifa Labarang, Ashlea Maddex, Devyani Biswal, Keira Christie-Galloway	1 <sup>st</sup> – 4x100m Relay/Senior – Open
Sekou Kaba, Oluwasegun Makinde, Brandynn Martineau, Tyler Dacosta	1 <sup>st</sup> – 4x100m Relay/Senior – Open
Lauren Gale, Erinn Stenman-Fahey, Madison Clarke, Sharelle Samuel	1 <sup>st</sup> – 4x400m Relay/Senior – Open
Quinn Lyness, Noah Regnier, Matthew Hebert, Joe Fast	1 <sup>st</sup> – 4x400m Relay/Youth – U18
Peter Bertels, Logan Ladurantaye, Joshua Van Der Laan, Thomas Kukla-Colby	1 <sup>st</sup> – 4x800m Relay/Bantam – U14
Tim Nedow	1 <sup>st</sup> – Discus/Senior – Open
Ty Coulter	1 <sup>st</sup> – Hammer Throw/Junior – U20
Sultana Frizell	1 <sup>st</sup> – Hammer Throw/Senior – Open
Tim Nedow	1 <sup>st</sup> – Shot Put/Senior – Open
Telvin Tavernier	1 <sup>st</sup> – Decathlon/Senior – Open
Kevin Nault	2 <sup>nd</sup> – Decathlon/Senior – Open
Brandon Ovington	2 <sup>nd</sup> – Discus/Youth – U18
David Adeleye	2 <sup>nd</sup> – 100m/Midget – U16
Olivia Crewe, Anesi Anyia, Eleni Pantieras, Keegan Gaunt	2 <sup>nd</sup> – 1600m Sprint Medley/Youth – U18
Noah Regnier, Ben Robinson, David Adeleye, Matthew Hebert	2 <sup>nd</sup> – 1600m Sprint Medley/Youth – U18
Sharelle Samuel	2 <sup>nd</sup> – 400m Hurdles/Junior – U20
Austin White	2 <sup>nd</sup> – 400m Hurdles/Junior – U20
Saj Alhadad	2 <sup>nd</sup> – 400m Hurdles/Senior – Open
Sharelle Samuel	2 <sup>nd</sup> – 400m/Junior – U20
Noah Regnier	2 <sup>nd</sup> – 400m/Youth – U18

Achim Mata, Samuel Robinson, Alexander Saj Alhadad, Thomas Saville, Stephen Eleanor Hall, Teeshie Cunningham, Chase Jenna Rossi, Jenna Gervais, Amy Adrian Fournier, Jonathan Rioux, Quinn Reggie Bruno	2 <sup>nd</sup> – 4x100m Relay/Midget – U16
Barbara Bitchoka	2 <sup>nd</sup> – 4x400m Relay/Senior – Open
Roan Allen	2 <sup>nd</sup> – 4x800m Relay/Bantam – U14
Divya Biswal	2 <sup>nd</sup> – 4x800m Relay/Youth – U18
Erin Sweeney	2 <sup>nd</sup> – 4x800m Relay/Youth – U18
Divya Biswal	2 <sup>nd</sup> – High Jump/Midget – U16
James Little	2 <sup>nd</sup> – High Jump/Senior – Open
Oluwasegun Makinde	2 <sup>nd</sup> – Javelin/Junior – U20
Ashlea Maddex	2 <sup>nd</sup> – Long Jump/Senior – Open
Peter Bertels	2 <sup>nd</sup> – Shot Put/Midget – U16
Charifa Labarang	2 <sup>nd</sup> – Triple Jump/Senior – Open
Jordan Weston	3 <sup>rd</sup> – Decathlon/Senior – Open
Doyin Ogunremi	3 <sup>rd</sup> – 100m/Senior – Open
Jenna Gervais, Keegan Gaunt, Olivia Crewe, Doyin Ogunremi	3 <sup>rd</sup> – 100m Hurdles/Senior – Open
Jackson Roy, Carter Demars, Eric Chaput, Joe Fast	3 <sup>rd</sup> – 200m Hurdles/Bantam – U14
Peter Bertels	3 <sup>rd</sup> – 200m/Senior – Open
Thomas Nedow	3 <sup>rd</sup> – 3000m/Junior – U20
Peter Bertels	3 <sup>rd</sup> – 300m/Midget – U16
Thomas Nedow	3 <sup>rd</sup> – 4x400m Relay/Youth – U18
Brandon Ovington	3 <sup>rd</sup> – 4x800m Relay/Midget – U16
Helena Jovic	3 <sup>rd</sup> – 80m Hurdles/Bantam – U14
	3 <sup>rd</sup> – Discus/Junior – U20
	3 <sup>rd</sup> – High Jump/Bantam – U14
	3 <sup>rd</sup> – Shot Put/Junior – U20
	3 <sup>rd</sup> – Shot Put/Youth – U18
	3 <sup>rd</sup> – Heptathlon/Youth – U18

### **Ontario Legion Track & Field Championships**

Erin Sweeney	2 <sup>nd</sup> – Shot Put/Midget – U16
Joe Fast	2 <sup>nd</sup> – 1200m/Midget – U16
Joe Fast	2 <sup>nd</sup> – 2000m/Midget – U16
Noah Regnier	2 <sup>nd</sup> – 400m/Youth – U18
Matthew Hebert	2 <sup>nd</sup> – 800m/Youth – U18
Kyle Sprague	3 <sup>rd</sup> – High Jump/Youth – U18
Brandon Ovington	3 <sup>rd</sup> – Shot Put/Youth – U18

### **Ontario Masters Championships**

Petra Ciobanu	1 <sup>st</sup> – Discus/W50
Petra Ciobanu	1 <sup>st</sup> – Hammer Throw/W50
Bob Staveley	1 <sup>st</sup> – Javelin/M80
Petra Ciobanu	1 <sup>st</sup> – Shot Put/W50
Petra Ciobanu	1 <sup>st</sup> – Weight Throw/W50

Dumitru Ciobanu  
Petra Ciobanu  
Dumitru Ciobanu  
Dumitru Ciobanu

2<sup>nd</sup> – Javelin/M50  
2<sup>nd</sup> – Javelin/W50  
2<sup>nd</sup> – Shot Put/M50  
3<sup>rd</sup> – Discus/M50

### **Ontario Indoor Masters Championships**

Stan Seitz  
Wendy Alexis  
Wendy Alexis  
Stan Seitz  
Linda Tauvette  
Linda Tauvette  
Stan Seitz

1<sup>st</sup> – Pole Vault/M65  
2<sup>nd</sup> – 200m/W60  
2<sup>nd</sup> – 60m/W60  
2<sup>nd</sup> – Long Jump/M65  
3<sup>rd</sup> – 200m/W60  
3<sup>rd</sup> – 60m/W60  
3<sup>rd</sup> – High Jump/M65

### **University of Ottawa**

#### **OUA Track & Field Championships**

Ashley Connell  
Steve Nkusi  
Ashley Connell  
Sophia Skorenky, Rebecca Brennan,  
Charlotte Gardner  
Devyani Biswal  
Scott Hancock

1<sup>st</sup> – Weight Throw (Guelph)  
2<sup>nd</sup> – High Jump  
2<sup>nd</sup> – Shot Put (Guelph)  
3<sup>rd</sup> – 4x800m Relay  
3<sup>rd</sup> – 600m  
3<sup>rd</sup> – 60m Hurdles  
3<sup>rd</sup> – Long Jump

### **Carleton University**

#### **RSEQ Track & Field Championships**

Sebastian Saville  
Telvin Tavernier  
Kiernan Fleming, James Bruce, Thomas  
Amelia Brohman  
Telvin Tavernier  
Telvin Tavernier  
Kiernan Fleming, Nick Grossi, Thomas  
Emmanuel Nwokobia

1<sup>st</sup> – 600m  
1<sup>st</sup> – Pole Vault  
2<sup>nd</sup> – 4x800m Relay  
2<sup>nd</sup> – 60m  
2<sup>nd</sup> – 60m Hurdles  
2<sup>nd</sup> – Long Jump  
3<sup>rd</sup> – 4x400m Relay  
3<sup>rd</sup> – 60m

### **OFSAA Track & Field Championships**

Joe Fast  
Austin White  
Keira Christie-Galloway  
Brandon Ovington  
Helena Jovic  
Joe Fast  
Zachary Meredith  
Sharelle Samuel  
Brandon Ovington  
Caroline Poirier

1<sup>st</sup> – Midget Boys 1500m  
1<sup>st</sup> – Senior Boys 400m Hurdles  
1<sup>st</sup> – Senior Girls 100m Hurdles  
2<sup>nd</sup> – Junior Boys Shot Put  
2<sup>nd</sup> – Junior Girls 400m  
2<sup>nd</sup> – Midget Boys 800m  
2<sup>nd</sup> – Midget Boys 800m  
2<sup>nd</sup> – Senior Girls 400m  
3<sup>rd</sup> – Junior Boys Discus  
3<sup>rd</sup> – Senior Girls Pole Vault

## OFSAA Cross Country Championships

Joe Fast	1 <sup>st</sup> – Midget Boys
Zachary Meredith	2 <sup>nd</sup> – Midget Boys
Shona McCulloch	3 <sup>rd</sup> – Senior Girls

## 2016

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### Athletics Ontario

Oluwasegun Makinde	1 <sup>st</sup> – 100m/Senior – Open
Oluwasegun Makinde	1 <sup>st</sup> – 200m/Senior – Open
Charifa Labarang, Ashlea Maddex, Devyani Biswal, Lindsay Brandys	1 <sup>st</sup> – 4x100m/Senior – Open
Brandyn Martineau, Michael Robertson, Gordon Cave, Liam Meades	1 <sup>st</sup> – 4x100m/Senior – Open
Saj Alhaddad, Stephen Evans, Sebastian Saville, Liam Mades	1 <sup>st</sup> – 4x400m/Senior – Open
Josh Cassidy	1 <sup>st</sup> – 1500m/Para – T54
Shyvonne Roxborough	1 <sup>st</sup> – 100m/Junior – U20
Shona McCulloch	1 <sup>st</sup> – 3000m/Junior – U20
Keira Christie-Galloway	1 <sup>st</sup> – 100m Hurdles/Junior – U20
Lauren Gale	1 <sup>st</sup> – 200m/Youth – U18
Lauren Gale	1 <sup>st</sup> – 400m/Youth – U18
Keegan Gaunt, Julia Maine,	1 <sup>st</sup> – 4x400m/Youth – U18
Lauren Gale, Olivia Crewe	
Omar Top, William Cox,	1 <sup>st</sup> – 4x800m/Midget – U16
William Earle, Joe Fast	
Ben Walrond	1 <sup>st</sup> – 80m Hurdles/Bantam – U14
Sharelle Samuel	2 <sup>nd</sup> – 400m/Junior – U20
Austin White	2 <sup>nd</sup> – 400m Hurdles/Junior – U20
Colle Thompson, Hailey McKechnie,	2 <sup>nd</sup> – 4x400m/Junior – U20
Caitlin Fischer, Sharelle Samuel	
Katie Newlove	2 <sup>nd</sup> – 2000m/Midget – U16
Alex Pope, Kevin Adeli,	2 <sup>nd</sup> – 4x100m/Midget – U16
Aymerick Myers-Gnahoua, Ben Robinson	
Adrian Fournier, Spencer Giddings,	2 <sup>nd</sup> – 4x800m/Youth – U18
Andre Alie-Lamarche, Noah Regnier	
Julia Maine, Lauren Gale,	2 <sup>nd</sup> – Sprint Medley/Youth – U18
Jada Burke, Keegan Gaunt	
Sebastian Saville	3 <sup>rd</sup> – 800m/Senior – Open
Devyani Biswal	3 <sup>rd</sup> – 100m Hurdles/Senior – Open
Barbara Bitchoka	3 <sup>rd</sup> – High Jump/Senior – Open
Ashley Connell	3 <sup>rd</sup> – Shot Put/Senior – Open

Leanna Garcia  
Shyvonne Roxborough  
Ben Walrond  
Keegan Gaunt  
Caroline Poirier  
Lucas Worthing  
Katie Newlove, Chiamaka Ekeke,  
Emma Scott, Lia Ferguson

3<sup>rd</sup> – Hammer Throw/Senior – Open  
3<sup>rd</sup> – 200m/Junior – U20  
3<sup>rd</sup> – 150m/Bantam – U14  
3<sup>rd</sup> – 800m/Youth – U18  
3<sup>rd</sup> – Pole Vault/Youth – U18  
3<sup>rd</sup> – Triple Jump/Midget – U16  
3<sup>rd</sup> – 4x800m/Youth – U18

### **Ontario Legion Track & Field Championships**

Lexi Kundlacz  
Katie Newlove

1<sup>st</sup> – Pentathlon/Midget – U16  
2<sup>nd</sup> – 2000m/Midget – U16

### **Ontario Masters Championships**

Lawrence Williams  
Lawrence Williams  
Jean Ferguson  
Wendy Alexis  
Jean Ferguson  
Kim Ethier  
Leslie Estwick  
Kim Ethier  
Leslie Estwick  
Kim Ethier  
Leslie Estwick  
Wendy Alexis  
Michael Ferguson

1<sup>st</sup> – 100m/M45  
1<sup>st</sup> – 200m/M45  
1<sup>st</sup> – 200m/W50  
1<sup>st</sup> – 200m/W60  
1<sup>st</sup> – 5000m/W50  
1<sup>st</sup> – 100m Hurdles/W45  
1<sup>st</sup> – 100m Hurdles/W55  
1<sup>st</sup> – High Jump/W45  
1<sup>st</sup> – High Jump/W55  
1<sup>st</sup> – Long Jump/W45  
1<sup>st</sup> – Long Jump/W55  
2<sup>nd</sup> – 100m/W60  
2<sup>nd</sup> – 5000m/M50

### **Ontario Indoor Masters Championships**

Stan Seitz  
Stan Seitz  
Stan Seitz  
Robert Muir

2<sup>nd</sup> – High Jump/M65  
1<sup>st</sup> – Pole Vault/M65  
2<sup>nd</sup> – Long Jump/M65  
2<sup>nd</sup> – 1500m/M45

### **University of Ottawa**

#### **OUA Track & Field Championships**

Devyani Biswal  
Ashley Connell  
Ashley Connell  
Yvan Ntivumbura

1<sup>st</sup> – 60m Hurdles  
3<sup>rd</sup> – Shot Put (Guelph)  
3<sup>rd</sup> – Weight Throw  
3<sup>rd</sup> – High Jump

### **Carleton University**

#### **RSEQ Track & Field Championships**

Telvin Tavernier  
Telvin Tavernier  
Amelia Brohman

1<sup>st</sup> – Heptathlon  
2<sup>nd</sup> – Pole Vault  
1<sup>st</sup> – 60m



David Bobak  
Emmanuel Nwokobia

1<sup>st</sup> – 300m  
3<sup>rd</sup> - 60m

### **OFSAA Track & Field Championships**

Keira Christie-Galloway

1<sup>st</sup> – Senior Girls 100m Hurdles (OFSAA Record)

Sharelle Samuel

1<sup>st</sup> – Junior Girls 400m

Sharelle Samuel

1<sup>st</sup> – Junior Girls Long Jump

Ben Robinson

2<sup>nd</sup> – Midget Boys 100m

Lexi Kundlacz

3<sup>rd</sup> – Midget Girls High Jump

Megan Miaro

2<sup>nd</sup> – Senior Girls Triple Jump

Shyvonne Roxborough

3<sup>rd</sup> – Senior Girls 100m

Tom Saville

3<sup>rd</sup> – Open Boys 2000m Steeplechase

Mei Mei Weston

2<sup>nd</sup> – Junior Girls 1500m

Austin White

2<sup>nd</sup> – Senior Boys 400m Hurdles

Shona McCulloch

3<sup>rd</sup> – Senior Girls 3000m

Mei Mei Weston

2<sup>nd</sup> – Junior Girls 3000m

Keira Christie-Galloway

2<sup>nd</sup> – Senior Girls Long Jump

Wariso Dullo

3<sup>rd</sup> – Junior Boys Javelin

### **OFSAA Cross Country Championships**

Jordan Weston

1<sup>st</sup> – Junior Girls

## **2015**

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### **Athletics Ontario**

Larissa Brown

1<sup>st</sup> – 100m/Para Junior – U20

Larissa Brown

1<sup>st</sup> – 200m/Para Junior – U20

Sekou Kaba

1<sup>st</sup> – 110m Hurdles/Senior – Open

Alejandro Perlaza, Oluwasegun Makinde,

1<sup>st</sup> – 4x100m Relay/Senior – Open

Brandyn Martineau, Sekou Kaba

Ana Spasojevic, Megan Frojmovic,

1<sup>st</sup> – Sprint Medley Relay/Bantam – U16

Lia Ferguson, Katie Newlove

Lauren Gale

1<sup>st</sup> – 300m/Midget – U16

Lauren Gale

1<sup>st</sup> – 200m Hurdles/Midget – U16

Aja Penny, Sharelle Samuel,

1<sup>st</sup> – Sprint Medley Relay/Midget – U16

Lauren Gale, Jenna Rossi

Shyvonne Roxborough

1<sup>st</sup> – 100m/Youth – U18

Shyvonne Roxborough

1<sup>st</sup> – 200m/Youth – U18

Tanya Coulter

1<sup>st</sup> – Hammer Throw/Youth – U18

Joe Fast

1<sup>st</sup> – 800m/Bantam – U14

Cashmen Ford

1<sup>st</sup> – Pole Vault/Midget – U16

Ethan Goodchild, Mathias Croney,

1<sup>st</sup> – 4x100m Relay/Youth – U18

Jay Weng, Eric Mitchell

Lindsay Brandys	2 <sup>nd</sup> – 100m/Junior – U20
Shyvonne Roxborough	2 <sup>nd</sup> – 200m/Junior – U20
Nafthalia Lucien, Shyvonne Roxborough, Alyssa Laframboise, Lindsay Brandys	2 <sup>nd</sup> – 4x100m Relay/Junior – U20
Marisa Turner	2 <sup>nd</sup> – High Jump/Senior – Open
Leanna Garcia	2 <sup>nd</sup> – Shot Put/Senior – Open
Tanner Van Every	2 <sup>nd</sup> – Decathlon/Youth – U18
Matthew Bedard	2 <sup>nd</sup> – 400m/Junior – U20
Curtis Foster	2 <sup>nd</sup> – 400mH/Junior – U20
Lauren Gale	2 <sup>nd</sup> – 200m/Midget – U16
Shyvonne Roxborough, Colle Thompson, Leah Burchill, Elodie Drew	2 <sup>nd</sup> – 4x100m Relay/Youth – U18
Tanya Coulter	2 <sup>nd</sup> – Discus/Youth – U18
Taylor Currier	2 <sup>nd</sup> – Hammer Throw/Youth – U18
Holton Leo	2 <sup>nd</sup> – 1500m Steeplechase/Midget – U16
Spencer Giddings, Graeme Ferguson, Jonathan Rioux, Adrian Fournier	2 <sup>nd</sup> – 4x800m/Midget – U16
Isaac Gaudreau, Aidan Verbeek, Mathieu Payant, Holton Leo	2 <sup>nd</sup> – Sprint Medley Relay/Midget – U16
Shyvonne Roxborough	3 <sup>rd</sup> – 100m/Junior – U20
Leanna Garcia	3 <sup>rd</sup> – Hammer Throw/Senior – Open
Steve Nkusi	3 <sup>rd</sup> – High Jump/Junior – U20
Michael Robertson	3 <sup>rd</sup> – 400m/Senior – Open
Katie Newlove	3 <sup>rd</sup> – 800m/Bantam – U14
Katie Newlove	3 <sup>rd</sup> – 1200m/Bantam – U14
Sharelle Samuel	3 <sup>rd</sup> – 300m/Midget – U16
Colle Thompson	3 <sup>rd</sup> – 100m/Youth – U18
Joe Fast	3 <sup>rd</sup> – 1200m/Bantam – U14
Graeme Ferguson	3 <sup>rd</sup> – 1500m Steeplechase/Midget – U16
Ethan Goodchild	3 <sup>rd</sup> – 110m Hurdles/Youth – U18
Jonah Hayes-Crook, Michael Mather, Matthew Hickey, Jacob Splinter	3 <sup>rd</sup> – 4x800m/Youth – U18
Ethan Goodchild, Mathias Croney, Austin White, Reily McCann	3 <sup>rd</sup> – Sprint Medley Relay/Youth – U18

### **Ontario Legion Track & Field Championships**

Tanya Coulter	1 <sup>st</sup> – Hammer Throw/Youth – U18
Thomas Saville	1 <sup>st</sup> – 2000m Steeplechase/Youth – U18
Wariso Dullo	2 <sup>nd</sup> – Javelin/Midget – U16
Colle Thompson	2 <sup>nd</sup> – 100m/Youth – U18
Taylor Currier	2 <sup>nd</sup> – Hammer Throw/Youth – U18
Austin White	2 <sup>nd</sup> – 400m Hurdles/Youth – U18
Emily Sprague	3 <sup>rd</sup> – High Jump/Youth – U18
Eric Mitchell	3 <sup>rd</sup> – 100m/Youth – U18

### **Ontario Masters Championships**

Linda Tauvette	1 <sup>st</sup> – 100m/W55
Robert Muir	1 <sup>st</sup> – 1500m/M45
Marino Sani	2 <sup>nd</sup> – 200m/M55
Marino Sani	3 <sup>rd</sup> – 100m/M55
Robert Muir	3 <sup>rd</sup> – 800m/M45

### **Ontario Indoor Masters Championships**

Wendy Alexis	1 <sup>st</sup> – 60m/W55
Wendy Alexis	1 <sup>st</sup> – 200m/W55
Robert Muir	1 <sup>st</sup> – 1500m/M45
Linda Tauvette	2 <sup>nd</sup> – 60m/W55
Linda Tauvette	2 <sup>nd</sup> – 200m/W55
Marino Sani	3 <sup>rd</sup> – 200m/M55
Robert Muir	2 <sup>nd</sup> – 800m/M45

### **University of Ottawa**

#### **OUA Track & Field Championships**

Devyani Biswal	3 <sup>rd</sup> – 60m Hurdles
Ashley Connell (Guelph)	3 <sup>rd</sup> – Shot Put
Charlotte Gardner, Chelsea Gillies, Clare McGrath, Jennifer Murawsky	3 <sup>rd</sup> – 4x800m
Ashley Connell (Guelph)	3 <sup>rd</sup> – Weight Throw
Nelson Cecereu	3 <sup>rd</sup> – Pole Vault
Lindsay Brandys (Toronto)	3 <sup>rd</sup> – 4x200m
Gift Okankwu, Charlotte Gardner, Chelsea Gillies, Dominique Martel-Lamothe	3 <sup>rd</sup> – 4x400m

#### **OFSAA Track & Field Championships**

Keira Christie-Galloway	1 <sup>st</sup> – Junior Girls 80m Hurdles (OFSAA Record)
Larissa Brown	1 <sup>st</sup> – Open Girls Blind 100m
Lauren Gale	1 <sup>st</sup> – Midget Girls 200m
Lauren Gale	1 <sup>st</sup> – Midget Girls 400m
Lauren Gale	1 <sup>st</sup> – Midget Girls 300m Hurdles
Claire Smith	1 <sup>st</sup> – Senior Girls 1500m
Claire Smith	1 <sup>st</sup> – Senior Girls 3000m
Shona McCulloch	1 <sup>st</sup> – Junior Girls 3000m
Mei Mei Weston	1 <sup>st</sup> – Midget Girls 3000m
Erinn Stenman-Fahey	1 <sup>st</sup> – Senior Girls 800m
Keira Christie-Galloway	2 <sup>nd</sup> – Junior Girls Long Jump
Eric Mitchell	2 <sup>nd</sup> – Junior Boys 100m
Eric Mitchell	2 <sup>nd</sup> – Junior Boys Long Jump
Reilly McCann	2 <sup>nd</sup> – Junior Boys 3000m
Wariso Dullo	2 <sup>nd</sup> – Midget Boys Javelin
Keili Shephard	3 <sup>rd</sup> – Junior Girls 800m

## 2014

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### Athletics Ontario

Matthew Johnson	1 <sup>st</sup> – Decathlon/Senior – Open
Bridget Hayes	3 <sup>rd</sup> – Heptathlon/Junior – U20
Alexia Lamothe	1 <sup>st</sup> – 100m hurdles/Junior – U20
Charifa Labarang	1 <sup>st</sup> – 100m/Junior – U20
Shyvonne Roxborough	1 <sup>st</sup> – 100m/Youth – U18
Sekou Kaba	1 <sup>st</sup> – 110m hurdles/Senior – Open
Shona McCulloch	1 <sup>st</sup> – 1200m/Midget – U16
Finn Perrault	1 <sup>st</sup> – 1500m Steeplechase/Midget – U16
Shona McCulloch	1 <sup>st</sup> – 2000m/Midget – U16
Farah Abdulkarim	1 <sup>st</sup> – 3000m steeplechase/Junior – U20
Gabriel Tesfaye	1 <sup>st</sup> – 400m hurdles/Senior – Open
Matthew Bedard	1 <sup>st</sup> – 400m/Junior – U20
Shyvonne Roxborough, Colle Thompson,	1 <sup>st</sup> – 4x100m relay/Junior – U20
Mikayla Trudeau-Meisner, Lauren Gale,	1 <sup>st</sup> – 4x100m relay/Midget – U16
Gordon Cave, Toluwalope Makinde,	1 <sup>st</sup> – 4x100m relay/Senior – Open
Stephen Evans, Kevin M’Pindou, Matthew	1 <sup>st</sup> – 4x400m relay/Junior – U20
Toluwalope Makinde, Denray Jean-Jacques,	1 <sup>st</sup> – 4x400m relay/Senior – Open
Shona McCulloch, Natalie Day, Aja Penny,	1 <sup>st</sup> – 4x800m relay/Midget – U16
Adam Richardson	1 <sup>st</sup> – 5000m/Junior – U20
Keira Christie-Galloway	1 <sup>st</sup> – 80m Hurdles/Midget – U16
Yvan Ntivumbura	1 <sup>st</sup> – High Jump/Junior – U20
Keira Christie-Galloway	1 <sup>st</sup> – Long Jump/Midget – U16
Sekou Kaba, Gordon Cave, Isaiah Moses,	1 <sup>st</sup> – Spring Medley relay/Senior – Open
Keira Christie-Galloway, Alexandra Ethier,	1 <sup>st</sup> – Sprint Medley/Midget – U16 *ON Record
Ashlea Maddex	2 <sup>nd</sup> – 100m hurdles/Senior – Open
Alexandra Ethier	2 <sup>nd</sup> – 200m Hurdles/Midget – U16
Colle Thompson	2 <sup>nd</sup> – 200m/Youth – U18
Alexia Lamothe	2 <sup>nd</sup> – 400m hurdles/Junior – U20
Devin Biocchi	2 <sup>nd</sup> – 400m/Senior – Open
Austin White, Kevin M’Pindou, Connor	2 <sup>nd</sup> – 4x100m relay/Junior – U20
Charifa Labarang, Karelle Edwards, Devyani	2 <sup>nd</sup> – 4x100m relay/Senior – Open
Shyvonne Roxborough, Colle Thompson,	2 <sup>nd</sup> – 4x100m relay/Youth – U18
Caitlin Fishcer, Reilly Jones, Gabrielle	2 <sup>nd</sup> – 4x400m relay/Junior – U20
Spencer Giddings, Jonathan Rioux, Finn	2 <sup>nd</sup> – 4x800m relay/Midget – U16
Kieran Day	2 <sup>nd</sup> – 5000m/Senior – Open
Leanna Garcia	2 <sup>nd</sup> – Hammer Throw/Junior – U20
Ethan Goodchild, Connor Dobson, Philip	2 <sup>nd</sup> – Spring Medley relay/Junior – U20
Devyani Biswal, Emily Verreault, Bridget	2 <sup>nd</sup> – Sprint Medley relay/Senior – Open

Owen Read, Benjamin McKay, Timothy  
Karelle Edwards  
Matthew Bedard  
Mattheus Lawford, Ismael Toure, Aidan  
Jonah Hayes-Cook, Eric Palamar, Austin  
Kathryn David, Caitlin Fischer, Gabrielle  
Steve Nkusi  
Emily Sprague  
Kashani Thomas  
Telvin Tavernier  
Ashley Connell

2<sup>nd</sup> – Sprint Medley/Midget – U16  
3<sup>rd</sup> – 100m hurdles/Senior – Open  
3<sup>rd</sup> – 400m hurdles/Junior – U20  
3<sup>rd</sup> – 4x100m relay/Midget – U16  
3<sup>rd</sup> – 4x400m/Youth – U18  
3<sup>rd</sup> – 4x400m/Youth – U18  
3<sup>rd</sup> – High Jump/Junior – U20  
3<sup>rd</sup> – High Jump/Youth – U18  
3<sup>rd</sup> – Javelin/Senior – Open  
3<sup>rd</sup> – Pole Vault/Senior – Open  
3<sup>rd</sup> – Shot Put/Senior – Open

### **Athletics Ontario XC Championships**

Claire Smith  
Farah Abdul-Karim  
Farah Abdul-Karim (1), Alex Bernst (15),  
Jonathan Favero (23), Nicolas Gagnon (36)  
Claire Smith (1), Erinn Stenman-Fahey (18),  
Alexa Livingstone (33), Maggie Scheunert  
(46)

1<sup>st</sup> – Youth Girls 4km  
1<sup>st</sup> – Youth Boys 6km  
2<sup>nd</sup> – Youth Boys 6km Team  
3<sup>rd</sup> – Youth Girls 4km Team

### **Ontario Legion Track & Field Championships**

Shona McCulloch  
Shona McCulloch  
Tanya Coulter  
Taylor Currier  
Geoffrey Lawson  
Lauren Gale

1<sup>st</sup> – 1200m/Midget – U16  
1<sup>st</sup> – 2000m/Midget – U16  
2<sup>nd</sup> – Hammer Throw/Youth – U18  
3<sup>rd</sup> – Hammer Throw/Youth – U18  
3<sup>rd</sup> – 110m hurdles/Youth – U18  
3<sup>rd</sup> – 300m/Midget – U16

### **Ontario Masters Championships**

Ray Wardle  
Linda Tauvette  
Robert Muir  
Ray Wardle  
Ray Wardle  
Linda Tauvette  
Robert Muir

1<sup>st</sup> – 100m/M80  
1<sup>st</sup> – 100m/W55  
1<sup>st</sup> – 1500m/M45  
1<sup>st</sup> – 200m/M80  
1<sup>st</sup> – 400m/M80  
1<sup>st</sup> – 400m/W55  
3<sup>rd</sup> – 800m/M45

### **Ontario Indoor Masters Championships**

Stan Seitz  
Stan Seitz  
Stan Seitz  
Bernard St. Lewis  
Stan Seitz

1<sup>st</sup> – High Jump/M65 \*Ontario Record  
1<sup>st</sup> – Pole Vault/M65  
2<sup>nd</sup> – 60m hurdles/M65  
2<sup>nd</sup> – 60m/M45  
2<sup>nd</sup> – Shot Put/M65

## University of Ottawa

### OUA Track & Field Championships

Sekou Kaba	2 <sup>nd</sup> – 60m Hurdles
Mohamed Souleiman	2 <sup>nd</sup> – 1000m
Wade Embury	3 <sup>rd</sup> – 300m
Yvan Ntivumbura	3 <sup>rd</sup> – High Jump
Ashley Connell (University of Guelph)	3 <sup>rd</sup> – Weight Throw
Isaiah Moses, Devin Biocchi,	3 <sup>rd</sup> – 4x400m
Wade Embury, Gabriel Tesfaye	

### OFSAA Track & Field Championships

Zack Kerr	1 <sup>st</sup> – Senior Boys Pole Vault
Maggie Scheunert	1 <sup>st</sup> – Open Girls 1500m Steeplechase
Claire Smith	1 <sup>st</sup> – Senior Girls 3000m
Shona McCulloch	1 <sup>st</sup> – Midget Girls 3000m
Larissa Brown	1 <sup>st</sup> – Girls Visually Impaired 100m
Matt Bedard	2 <sup>nd</sup> – Senior Boys 400m
Matt Bedard	2 <sup>nd</sup> – Senior Boys 400m Hurdles
Shyvonne Roxborough	2 <sup>nd</sup> – Junior Girls 100m
Shyvonne Roxborough	2 <sup>nd</sup> – Junior Girls Long Jump
Claire Smith	2 <sup>nd</sup> – Senior Girls 1500m
Erinn Stenman-Fahey	2 <sup>nd</sup> – Senior Girls 800m
Arden McAlpin	2 <sup>nd</sup> – Junior Girls 4x100m Relay
Keira Christie-Galloway	3 <sup>rd</sup> – Midget Girls Long Jump
Alexia Lamothe	3 <sup>rd</sup> – Senior Girls 100m Hurdles
Farah Abdul-Karim	3 <sup>rd</sup> – Open Boys 2000m Steeplechase
Keili Shephard	3 <sup>rd</sup> – Midget Girls 1500m

## 2013

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### Athletics Ontario

Tania Bambi	1 <sup>st</sup> – 100m Hurdles/Junior – U20
Ashlea Maddex	1 <sup>st</sup> – 100m Hurdles/Senior – Open
Owen Day	1 <sup>st</sup> – 1200m/Bantam – U14
Mohamed Souleiman	1 <sup>st</sup> – 1500m/Senior – Open
Mary Claire Smith	1 <sup>st</sup> – 3000m/Youth – U18
Sarah Jackson	1 <sup>st</sup> – 300m/Midget – U16
Erinn Stenman-Fahey	1 <sup>st</sup> – 400m/Youth – U18
Adrian Fournier, Ahmed Bakkar,	1 <sup>st</sup> – 4x100m/Bantam – U14
Isaac Gaudreau, Samuel Cheff	
Annika Wong, Lauren Sintic,	1 <sup>st</sup> – 4x100m/Bantam – U14
Natalie Day, Lauren Gale	

Arden McAlpin, Jade Scatliffe, Colle Thompson, Sarah Jackson	1 <sup>st</sup> – 4x100m/Midget – U16
Benjamin Dufour, Matt Downey, Jonah Hayes-Crook, Austin White	1 <sup>st</sup> – 4x100m/Midget – U16
Michael Robertson, Oluseyi Smith, Toluwalope Makinde, Sekou Kaba	1 <sup>st</sup> – 4x100m/Senior – Open
Tania Bambi, Alannah McBride, Reba Timbrell, Wendy Alexis	1 <sup>st</sup> – 4x100m/Senior – Open
Annika Wong, Lauren Sintic, Natalie Day, Lauren Gale	1 <sup>st</sup> – 4x200m/Bantam – U14
Graeme Ferguson, Ahmed Bakkar, Isaac Gaudreau, Samuel Cheff	1 <sup>st</sup> – 4x200m/Bantam – U14
Andrew Bain, Devin Biocchi, Gordon Frenke, Michael Robertson	1 <sup>st</sup> – 4x400m/Senior – Open
Ariane Lismer, Charlotte Gardner, Alannah McBride, Reba Timbrell	1 <sup>st</sup> – 4x400m/Senior – Open
Alexandra Telford, Reilly Jones, Dingran Dai, Erinn Stenman-Fahey	1 <sup>st</sup> – 4x400m/Youth – U18
Jonah Hayes-Crook, Antoine Dionne, Ian Caughey, Owen Day	1 <sup>st</sup> – 4x800m/Midget – U16
Sophie Rodenburg, Talia Brennan, Marin Scotten, Olivia Gaudet	1 <sup>st</sup> – 4x800m/Midget – U16
Erinn Stenman-Fahey	1 <sup>st</sup> – 800m/Youth – U18
Patrick Arbour	1 <sup>st</sup> – Decathlon/Senior – Open
Samuel Cheff	1 <sup>st</sup> – Long Jump/Bantam – U14
Zachary Kerr	1 <sup>st</sup> – Pole Vault/Junior – U20
Eric Cowan	1 <sup>st</sup> – Pole Vault/Youth – U18
Ashley Connell	1 <sup>st</sup> – Shot Put /Junior – U20
Sarah Jackson, Jade Scatliffe, Colle Thompson, Julia Cawthorn	1 <sup>st</sup> – Sprint Medley/Midget – U16
Alannah McBride, Victoria McIntyre, Melinda Rock, Reba Timbrell	1 <sup>st</sup> – Sprint Medley/Senior – Open
Isiah Moses, Sekou Kaba, Zachary Quevillon, Mohamed Souleiman	1 <sup>st</sup> – Sprint Medley/Senior – Open
Graeme Ferguson	2 <sup>nd</sup> – 1200m/Bantam – U14
Olivia Gaudet	2 <sup>nd</sup> – 1200m/Midget – U16
Mary Claire Smith	2 <sup>nd</sup> – 1500m/Youth – U18
Lauren Gale	2 <sup>nd</sup> – 150m/Bantam – U14
Farah Abdulkarim	2 <sup>nd</sup> – 2000m Steeplechase/Youth – U18
Maggie Scheunert	2 <sup>nd</sup> – 2000m Steeplechase/Youth – U18
Matthew Bedard	2 <sup>nd</sup> – 300m Hurdles/Youth – U18
Michael Robertson	2 <sup>nd</sup> – 400m/Senior – Open

Charifa Labarang, Victoria McIntyre, Clara Phillips, Charlotte Gardner	2 <sup>nd</sup> – 4x100m/Junior – U20
Graeme Ferguson	2 <sup>nd</sup> – 800m/Bantam – U14
Mohamed Souleiman	2 <sup>nd</sup> – 800m/Senior – Open
Lauren Gale	2 <sup>nd</sup> – 80m/Bantam – U14
Ashley Connell	2 <sup>nd</sup> – Discus/Junior – U20
Michele Krech	2 <sup>nd</sup> – Heptathlon/Senior – Open
Keira Christie-Galloway	2 <sup>nd</sup> – Long Jump/Midget – U16
Matthew Johnson	2 <sup>nd</sup> – Pole Vault/Junior – U20
Melinda Rock	2 <sup>nd</sup> – Pole Vault/Senior – Open
Olivier Gauthier-Kwan	2 <sup>nd</sup> – Pole Vault/Senior – Open
Ariane Lismer, Charifa Labarang, Clara Phillips, Charlotte Gardner	2 <sup>nd</sup> – Spring Medley/Junior – U20
Justin Lalonde, Zachary Kerr, Matthew Johnson, Alex Wilkie	2 <sup>nd</sup> – Sprint Medley/Junior – U20
Matthew Bedard, Joshua Capina, Jeremie Venne, Tate Cuimmings	2 <sup>nd</sup> – Sprint Medley/Youth – U18
Reilly Jones, Alexandra Telford, Dingran Dai, Erinn Stenman-Fahey	2 <sup>nd</sup> – Sprint Medley/Youth – U18
Devyani Biswal	3 <sup>rd</sup> – 100m Hurdles/Senior – Open
Sekou Kaba	3 <sup>rd</sup> – 110m Hurdles/Senior – Open
Sophie Rodenburg	3 <sup>rd</sup> – 1200m/Midget – U16
Sarah Jackson	3 <sup>rd</sup> – 200m/Midget – U16
Farah Abdulkarim	3 <sup>rd</sup> – 3000m/Youth – U18
Jenna Rossi, Katherine Sheridan, Annika Wong, Clare Livingstone	3 <sup>rd</sup> – 4x800m/Bantam – U14
Olivia Gaudet	3 <sup>rd</sup> – 800m/Midget – U16
Matthew Johnson	3 <sup>rd</sup> – Decathlon/Senior – Open
Samuel Cheff	3 <sup>rd</sup> – High Jump/Bantam – U14
Kashani Thomas	3 <sup>rd</sup> – Javelin/Senior – Open
Isaac Gaudreau	3 <sup>rd</sup> – Long Jump/Bantam – U14
Mark Farnsworth	3 <sup>rd</sup> – Pole Vault/Senior – Open
Austin White, Benjamin Dufour, Matt Downey, Owen Day	3 <sup>rd</sup> – Sprint Medley/Midget – U16
Clara Phillips	3 <sup>rd</sup> – Triple Jump/Junior – U20
Kevin Chung	3 <sup>rd</sup> – Triple Jump/Junior – U20
Lindsay Hemstock	3 <sup>rd</sup> – Triple Jump/Youth – U18

#### **Ontario Legion Track & Field Championships**

Olivia Gaudet	1 <sup>st</sup> – 800m/Midget – U16
Yvan Ntivumbura	1 <sup>st</sup> – High Jump/Youth – U18
Eric Cowan	1 <sup>st</sup> – Pole Vault/Youth – U18



Olivia Gaudet  
Lauren Gale

2<sup>nd</sup> – 1200m/Midget – U16  
3<sup>rd</sup> – 300m/Midget – U16

### University of Ottawa

#### OUA Track & Field Championships

Devin Biocchi	1 <sup>st</sup> – 300m
Emma Galbraith	1 <sup>st</sup> – 1000m
Oluwasegun Makinde	2 <sup>nd</sup> – 60m Hurdles
Oluwasegun Makinde	2 <sup>nd</sup> – 60m
Oluwasegun Makinde	3 <sup>rd</sup> – 300m
Oluwasegun Makinde, Devin Biocchi, Gabriel Tesfaye, Michael Robertson	3 <sup>rd</sup> – 4x400m
Hubert Chevrette-Belisle	3 <sup>rd</sup> – Pentathlon
Devyani Biswal	3 <sup>rd</sup> – 60m Hurdles
Emma Galbraith	3 <sup>rd</sup> – 600m

#### OFSAA Track & Field Championships

Zack Kerr	1 <sup>st</sup> – Senior Boys Pole Vault
Charifa Labarang	1 <sup>st</sup> – Senior Girls 100m
Charifa Labarang	1 <sup>st</sup> – Senior Girls 200m
Geoffrey Lawson	1 <sup>st</sup> – Junior Boys 100m Hurdles
Owen Day	2 <sup>nd</sup> – Midget Boys 1500m
Wade Embury	2 <sup>nd</sup> – Senior Boys 200m
Alex Telford & Clara Phillips	2 <sup>nd</sup> – Senior Girls 4x100m
Ashley Connell	3 <sup>rd</sup> – Senior Girls Shot Put
Owen Day	3 <sup>rd</sup> – Midget Boys 800m
Wade Embury	3 <sup>rd</sup> – Senior Boys 400m
Wade Embury	3 <sup>rd</sup> – Senior Boys 4x400m
Olivia Robertson	3 <sup>rd</sup> – Senior Girls 3000m
Claire Smith	3 <sup>rd</sup> – Junior Girls 3000m
Erinn Stenman-Fahey	3 <sup>rd</sup> – Junior Girls 800m

## 2012

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### Athletics Ontario

Mark Chenery	1 <sup>st</sup> – Decathlon / Senior – Open
Charlotte Gardner	1 <sup>st</sup> – 400m /Junior – U20
Alicia Brown	1 <sup>st</sup> – 400m/Senior – Open
Mohamed Souleiman	1 <sup>st</sup> – 800m/Junior – U20
Adam Palamar	1 <sup>st</sup> – 1500m/Junior – U20
Tania Bambi	1 <sup>st</sup> – 100mH/Junior – U20
Victoria McIntyre, Emma Galbraith, Shelani Fernando, Alannah McBride	1 <sup>st</sup> – 4x400m/Junior – U20

Codie Primeau, Gordon Frenke, Tyler Murray, Michael Robertson	1 <sup>st</sup> – 4x400m/Senior – Open
Ottawa Lions – Women	1 <sup>st</sup> – Sprint Medley/Senior – Open
Patrick Arbour, Mark Chenery, Zachary Kerr, Yves Sikubwabo	1 <sup>st</sup> – Sprint Medley/Senior – Open
Divyajyoti Biswal	1 <sup>st</sup> – Long Jump/Junior – U20
Patrick Arbour	1 <sup>st</sup> – Javelin/Senior – Open
Emily Dyck, Annika Wong, Cristina Bascelli, Lauren Gale	1 <sup>st</sup> – 4x100m/Bantam – U14
Emily Dyck, Annika Wong, Cristina Bascelli, Lauren Gale	1 <sup>st</sup> – 4x200m/Bantam – U14
Lia Codrington	1 <sup>st</sup> – 1500m steeplechase/Midget – U16
Shelly Munuenga, Lia Hendricks, Colle Thompson, Regina Remadji-Francis	1 <sup>st</sup> – 4x100m/Midget – U16
Hannah-Kelsey Smith, Colle Thompson, Lia Hendricks, Regina Remadji-Francis	1 <sup>st</sup> – 4x200m/Midget –U16
Hannah-Kelsey Smith	1 <sup>st</sup> – Long Jump/Midget – U16
Hannah-Kelsey Smith	1 <sup>st</sup> – Triple Jump/Midget – U16
Charifa Labarang	1 <sup>st</sup> – 200m/Youth – U18
Olivia Robertson	1 <sup>st</sup> – 1500m/Youth – U18
Julianna Tebrake	1 <sup>st</sup> – Long Jump/Youth – U18
Kwame Twumasi-Agyei, Isaac St. Louis, Jacob Curry, Joshua Capina	1 <sup>st</sup> – 4x100m/Midget – U16
Zachary Kerr	1 <sup>st</sup> – Pole Vault/Youth – U18
Patrick Arbour	2 <sup>nd</sup> - Decathlon/Senior – Open
Michele Krech	2 <sup>nd</sup> – Heptathlon/Senior – Open
Esther Akinsulie	2 <sup>nd</sup> – 200m/Senior – Open
Oluwasegun Makinde	2 <sup>nd</sup> – 200m/Senior – Open
Michael Robertson	3 <sup>rd</sup> – 200m/Senior – Open
Wade Embury	3 <sup>rd</sup> – 400m/Junior – U20
Esther Akinsulie	2 <sup>nd</sup> – 400m/Senior – Open
Fiona Callendar	3 <sup>rd</sup> – 400m/Senior – Open
Michael Robertson	2 <sup>nd</sup> – 400m/Senior – Open
Gordon Frenke	3 <sup>rd</sup> – 400m/Senior – Open
Yves Sikubwabo	2 <sup>nd</sup> – 800m/Junior – U20
Adam Palamar	3 <sup>rd</sup> – 800m/Junior – U20
Emma Galbraith	2 <sup>nd</sup> – 800m/Senior – Open
Emma Galbraith	2 <sup>nd</sup> – 1500m/Junior – U20
Yves Sikubwabo	2 <sup>nd</sup> – 1500m/Junior – U20
Mohamed Souleiman	3 <sup>rd</sup> – 1500m/Junior – U20
Ashlea Maddex	3 <sup>rd</sup> – 100mH/Senior – Open
Sekou Kaba	2 <sup>nd</sup> – 110mH/Senior – Open
Gordon Frenke	2 <sup>nd</sup> – 400mH/Senior – Open
Isabelle Kanz	2 <sup>nd</sup> – 2000mSC/Junior – U20
Alex Behre	2 <sup>nd</sup> – 3000mSC/Junior – U20

Lindsay Spoerri, Charifa Labarang, Victoria McIntyre, Shelani Fernando	2 <sup>nd</sup> – 4x100m/Junior – U20
Wade Embury, Toluwalope Makinde, Matthew Bedard, Liam Moore	3 <sup>rd</sup> – 4x100m/Junior – U20
Emily Brady, Alicia Brown, Charlotte Gardner, Kim-Quyen Vuong	2 <sup>nd</sup> – 4x100m/Senior – Open
Brandyn Martineau, Michael Robertson, Isaiah Moses, Patrick Arbour	2 <sup>nd</sup> – 4x100m/Senior – Open
Alicia Brown, Fiona Callender, Charlotte Gardner, Michele Krech	2 <sup>nd</sup> – 4x400m/Senior – Open
Reilly Jones, Charifa Labarang, Alexandra Telford, Erin O'Higgins	3 <sup>rd</sup> – Sprint Medley/Junior – U20
Mickey Day, Emmanuel Couture-Tremblay, Liam Moore, Lucas Trapeau	3 <sup>rd</sup> – Sprint Medley/Junior – U20
Divyajyoti Biswal	2 <sup>nd</sup> – Triple Jump/Junior – U20
Kevin Chung	3 <sup>rd</sup> – Triple Jump/Junior – U20
Lauren Gale	2 <sup>nd</sup> – 80m/Bantam – U14
Sara Borrens, Jenna Rossi, Katherine Sheridan, Maeliss Trapeau	3 <sup>rd</sup> – 4x800m/Bantam – U14
Erinn Stenman-Fahey	3 <sup>rd</sup> – 300m/Midget – U16
Erinn Stenman-Fahey	3 <sup>rd</sup> – 800m/Midget – U16
Hannah-Kelsey Smith	3 <sup>rd</sup> – 80m hurdles/Midget – U16
Erinn Stenman-Fahey, Caitlin Horley, Sophie Rodenburg, Olivia Gaudet	2 <sup>nd</sup> – 4x800m/Midget – U16
Tressa Binns	2 <sup>nd</sup> – Javelin/Midget – U16
Victoria McIntyre	3 <sup>rd</sup> – 200m/Youth – U18
Olivia Robertson	2 <sup>nd</sup> – 3000m/Youth – U18
Bridget Hayes, Reilly Jones, Alannah McBride, Erinn Stenman-Fahey	3 <sup>rd</sup> – 4x400m/Youth – U18
Annie Dai, Victoria McIntyre, Charifa Labarang, Alanna Shearman	3 <sup>rd</sup> – Sprint Medley/Youth – U18
Geoffrey Lawson	2 <sup>nd</sup> – 100m hurdles/Midget – U16
Geoffrey Lawson	3 <sup>rd</sup> – 200m hurdles/Midget – U16
Kwame Twumasi-Agyei, Isaac St. Louis, Geoffrey Lawson, Joshua Capina	2 <sup>nd</sup> – 4x200m/Midget – U16
Cameron Slupeiks, Cameron Caughey, Cameron Tulloch, Owen Day	3 <sup>rd</sup> – 4x800m/Midget – U16
Emmit Wallace	3 <sup>rd</sup> – High Jump/Midget – U16
Stephen Evans, Lucas Trapeau, Matthew Bedard, Mickey Day	3 <sup>rd</sup> – 4x400m/Youth – U18
Vincent Gionet	2 <sup>nd</sup> – Shot Put/Youth – U18
Justin Purcell	2 <sup>nd</sup> – Hammer Throw/Youth – U18

### **Ontario Legion Track & Field Championships**

Lia Codrington	1 <sup>st</sup> – 1500mSC/Midget – U16
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Katie Klatt	1 <sup>st</sup> – Discus/Youth – U18
Adam Richardson	1 <sup>st</sup> – 1500m/Youth – U18
Olivia Gaudet	3 <sup>rd</sup> – 800m/Midget – U16
Chad Caskenette	2 <sup>nd</sup> – Pole Vault/Midget – U16
Keegan Elliott	3 <sup>rd</sup> – Pole Vault/Midget – U16
Vincent Gionet	3 <sup>rd</sup> – Shot Put/Youth – U18
Darby Charkavi	2 <sup>nd</sup> – Hammer Throw/Youth – U18
Justin Purcell	2 <sup>nd</sup> – Hammer Throw/Youth – U18

### **Athletics Ontario XC Championships**

Mickey Day, Alex Behre, Alex Wilkie, Mohammed Soulieman, Nicholas Favero Mickey Day	1 <sup>st</sup> – Team / Junior – U20  2 <sup>nd</sup> – Junior – U20
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### **University of Ottawa**

#### **OUA Track & Field Championships**

Sekou Kaba	1 <sup>st</sup> – 60m hurdles
Oluwasegun Makinde	1 <sup>st</sup> – 300m
Jennifer Perrault	1 <sup>st</sup> – 600m
Oluwasegun Makinde, Michael Robertson,	1 <sup>st</sup> – 4x200m
Devin Biocchi, Moussa Sissoko	
Mark Chenery	1 <sup>st</sup> – Pentathlon
Michael Robertson	3 <sup>rd</sup> – 300m
Julia Tousaw	3 <sup>rd</sup> – 600m
Jennifer Perrault	2 <sup>nd</sup> – 1000m
Julia Tousaw, Cierra Gaudet, Jennifer Perrault, Andrea Dubuc	3 <sup>rd</sup> – 4x400m

#### **OFSAA Track & Field Championships**

Hannah Kelsey-Smith	1 <sup>st</sup> – Midget Girls Long Jump
Hannah Kelsey-Smith	1 <sup>st</sup> – Midget Girls Triple Jump
Zachary Kerr	1 <sup>st</sup> – Junior Boys Pole Vault
Yves Sikubwabo	1 <sup>st</sup> – Senior Boys 1500m
Emma Galbraith	1 <sup>st</sup> – Senior Girls 800m
Emma Galbraith	1 <sup>st</sup> – Senior Girls 1500m
Geoff Lawson	2 <sup>nd</sup> – Midget Boys 300mH
Lucas Trapeau	2 <sup>nd</sup> – Junior Boys 400m
Lucas Trapeau	2 <sup>nd</sup> – Junior Boys 800m
Tania Bambi	3 <sup>rd</sup> – Senior Girls 100mH
Kevin Chung	3 <sup>rd</sup> – Senior Boys Long Jump
Yves Sikubwabo	2 <sup>nd</sup> – Senior Boys 3000m

## **2011**

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### **Athletics Ontario Championships**

Esther Akinsulie	1 <sup>st</sup> – 200m / Senior – Open
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Patrick Arbour	1 <sup>st</sup> – Decathlon / Senior – Open
Tania Bambi	1 <sup>st</sup> – 100m Hurdles / Youth – U18
Devin Biocchi	1 <sup>st</sup> – 400m / Junior – U20
Sultana Frizell	1 <sup>st</sup> – Hammer / Senior – Open
Emma Galbraith	1 <sup>st</sup> – 800m / Junior – U20
Emma Galbriath	1 <sup>st</sup> – 1500m / Junior – U20
Emma Galbraith	1 <sup>st</sup> – 1500m / Youth – U18
Sekou Kaba	1 <sup>st</sup> – 110m Hurdles / Senior – Open
Ashlea Maddex	1 <sup>st</sup> – 100m Hurdles / Junior – U20
Eric Mitchell	1 <sup>st</sup> – High Jump / Bantam – U14
Julia Nikonorova	1 <sup>st</sup> – 5000m / Junior – U20
Erin O’Higgins	1 <sup>st</sup> – 2000m Steeplechase / Youth – U18
Adam Palamar	1 <sup>st</sup> – 1500m / Youth – U18
Adam Palamar	1 <sup>st</sup> – 3000m / Youth – U18
Maggie Scheunert	1 <sup>st</sup> – 1500m Steeplechase / Midget –
Alannah McBride, Charlotte Gardiner,	1 <sup>st</sup> – 4x100m / Senior – Open
Elyssa Loewen, ?	
Michael Robertson, Oluseyi Smith,	1 <sup>st</sup> – 4x100m/ Senior – Open
Oluwasegun Makinde, Richard Adu-Bobie	
Alexandra Chiarelli, Lindsay Spoerri, Lia	1 <sup>st</sup> – 4x100m / Midget – U16
Hendricks, Nathalie Lucien	
Emmanuel Couture-Tremblay, Issac St-	1 <sup>st</sup> – 4x100m / Midget – U16
Louis, Matthew Bedard, Liam Moore	
Lindsay MacMillan, Katarina Canaj,	1 <sup>st</sup> – 4x100m / Bantam – U14
Briana Sewell, Colle Thompson	
Charifa Labarang, Shelani Fernando,	1 <sup>st</sup> – 4x200m / Senior – Open
Bridget Hayes, Julia Tousaw	
Leah Burchill, Katarina Canaj,	1 <sup>st</sup> – 4x200m / Bantam – U14
Briana Sewell, Colle Thompson	
Julia Tousaw, Reba Timbrell,	1 <sup>st</sup> – 4x400m / Senior – Open
Fiona Callender, Clara Moore	
Cameron Smithers, Gordon Frenke,	1 <sup>st</sup> – 4x400m / Senior – Open
Denray Jean-Jacques, Michael Robertson	
Codie Primeau, Nic Smallwood,	1 <sup>st</sup> – 4x400m / Junior – U20
Shayne Morin, Kieran Day	
Fiona Callender, Lindsay Kary, Erin	1 <sup>st</sup> – 4x800m / Senior – Open
O’Higgins, Emma Galbraith	
Cody Boast, Shane Kelly,	1 <sup>st</sup> – 4x800m / Senior – Open
Stuart McGregor, Adam Palamar	
Sebastian Saville, Kieran Day,	1 <sup>st</sup> – 4x800m / Junior – U20
Mohamed Souleiman, Alex Hutton	
Shannon Walton, Erin O’Higgins,	1 <sup>st</sup> – 4x800m / Youth – U18
Lindsay Kary, Emma Galbraith	
Caitlin Horley, Julia Cawthorn,	1 <sup>st</sup> – 4x800m / Bantam – U14
Talia Brennan, Olivia Gaudet	

Fiona Callender, Johanna Dobransky,  
leashia Minott, Samantha Murphy  
Corey Burchill, Shane Kelly,  
Andrew Dionne, Kyle Mackie  
Evelyn Scott, Emery Terrell,  
Tracey Edwards, Emma Galbraith  
Ruth Burrowes, Erin O’Higgins,  
Clara Moore, Julia Nikonorova  
Cody Boast, Shane Kelly,  
Stuart McGregor, Adam Palamar  
Tania Bambi  
Matthew Bedard  
Matthew Bedard  
Lauren Butler  
Lia Codrington  
Nicholas Deschamps  
Shelani Fernando  
Emma Galbraith  
Olivier Gauthier – Kwan  
Olivia Gaudet  
Denray Jean-Jacques  
Denray Jean-Jacques  
Matthew Johnson  
Zachary Kerr  
Katie Klatt  
Michele Krech  
Ashlea Maddex  
Kyle Major  
Oluwasegun Makinde  
Lindsay MacMillan  
Victoria Merrill  
Isaiah Moses  
Kevin Nault  
Brian Okeny  
Clara Phillips  
Emmett Proulx  
Michael Robertson  
Sebastien Saville  
Sebastian Saville  
Oluseyi Smith  
Cameron Smithers  
Julia Stille  
Emery Terrell  
Kashani Thomas  
Colle Thompson

1<sup>st</sup> – Sprint Medley / Senior – Open  
1<sup>st</sup> – Sprint Medley / Senior – Open  
1<sup>st</sup> – Sprint Medley / Junior – U20  
1<sup>st</sup> – Distance Medley / Senior – Open  
1<sup>st</sup> – Distance Medley / Senior – Open  
3<sup>rd</sup> – 100m Hurdles / Junior – U20  
2<sup>nd</sup> – 300m / Midget – U16  
3<sup>rd</sup> – 200m Hurdles / Midget – U16  
3<sup>rd</sup> – High Jump / Bantam – U14  
2<sup>nd</sup> – 1500m Steeplechase / Midget –  
2<sup>nd</sup> – High Jump / Midget – U16  
2<sup>nd</sup> – 100m / Youth – U18  
2<sup>nd</sup> – 800m / Youth – U18  
2<sup>nd</sup> – Decathlon / Senior – Open  
2<sup>nd</sup> – 800m / Bantam – U14  
3<sup>rd</sup> – 200m / Youth – U18  
2<sup>nd</sup> – 400m / Youth – U18  
2<sup>nd</sup> – Pole Vault / Youth – U18  
3<sup>rd</sup> – Pole Vault / Midget – U16  
2<sup>nd</sup> - Discus / Youth – U18  
3<sup>rd</sup> – Heptathlon / Senior – Open  
3<sup>rd</sup> – 100m Hurdles / Senior – Open  
3<sup>rd</sup> – Shot Put / Midget – U16  
2<sup>nd</sup> – 200m / Senior – Open  
2<sup>nd</sup> – Shot Put / Bantam – U14  
2<sup>nd</sup> – Heptathlon / Senior – Open  
2<sup>nd</sup> – 400m / Junior – U20  
3<sup>rd</sup> – Octathlon / Youth – U18  
3<sup>rd</sup> – Long Jump / Junior – U20  
3<sup>rd</sup> – Triple Jump / Youth – U18  
3<sup>rd</sup> – Decathlon / Senior – Open  
3<sup>rd</sup> – 400m / Senior – Open  
3<sup>rd</sup> – 800m / Junior – U20  
2<sup>nd</sup> – 800m / Youth – U18  
3<sup>rd</sup> – 100m / Senior – Open  
2<sup>nd</sup> – 400m Hurdles / Senior – Open  
2<sup>nd</sup> – Triple Jump / Junior – U20  
2<sup>nd</sup> – Heptathlon / Junior – U20  
3<sup>rd</sup> – Javelin / Senior – Open  
2<sup>nd</sup> – 80m / Bantam – U14

Julia Tousaw	2 <sup>nd</sup> – 800m / Senior – Open
Eli Vanduzer	3 <sup>rd</sup> – Pole Vault / Junior – U20
Shelani Fernando, Tania Bambi,	2 <sup>nd</sup> – 4x100m / Junior – U20
Victoria McIntyre, Charifa Labarang	
Charifa Labarang, Shelani Fernando,	2 <sup>nd</sup> – 4x100m / Youth – U20
Victoria McIntyre, Tania Bambi	
Codie Primeau, Devin Biocchi,	2 <sup>nd</sup> – 4x100m / Junior – U20
Shayne Morin, Denray Jean-Jacques	
Isaiah Moses, Devin Biocchi,	2 <sup>nd</sup> – 4x200m / Junior – U20
Denray Jean-Jacques, Erik Hiratsuka	
Ashlea Maddex, Evelyn Scott,	3 <sup>rd</sup> – 4x200m / Junior – U20
Victoria McIntyre, Cierra Gaudet	
Emmanuel Couture-Tremblay, Issac St-	2 <sup>nd</sup> – 4x200m / Midget – U16
Louis, Matthew Bedard, Liam Moore	
Charifia Labarang, Alannah McBride,	2 <sup>nd</sup> – 4x200m / Youth – U18
Shelani Fernando, Tracey Edwards	
Amanda McKinnon, Shannon Walton,	2 <sup>nd</sup> – 4x400m / Youth – U18
Charlotte Gardiner, Priya Narine	
Maggie Scheunert, Lia Codrington,	2 <sup>nd</sup> – 4x800m / Midget – U16
Sadie Moore, Alanna Shearman	
Robert Dysart, Cameron Tulloch,	3 <sup>rd</sup> – 4x800m / Midget U16
Alex Kerzner, David McHugh	
Alex Hutton, Nich Smallwood,	3 <sup>rd</sup> – Sprint Medley / Junior – U20
Codie Primeau, Kieran Day	

### **Athletics Ontario XC Championships**

Emma Galbraith (4), Hannah Gaensler (5), Erin O’Higgins (13), Lindsay Kary (20), Jessica Harmsen (91)	1 <sup>st</sup> – Youth Girls 4km Team
Scott Donald (4), Kieran Day (9), Mickey Day (11), Alex Behre (23), Jay Sneddon (41), Kiefer Uuksulnainen (64) (68pts) Julia Nikonorova (7), Caitlin Morris (17), Isabelle Kanz (18), Shannon Walton (26)	1 <sup>st</sup> – Junior Men’s 8km Team
(83pts) Olivia Robertson (4), Erin Stenman- Fahey (23), Margaux McLean (27), Alannah Shearman (29), Maggie Scheunert (31), Natasha Wong (37), Alexandra Menard- Fsteves (64)	3 <sup>rd</sup> – Junior Women’s 5km Team
	3 <sup>rd</sup> – Midget Girls 3km Team

### **University of Ottawa**

#### **OUA Track & Field Championships**

Michele Krech	1 <sup>st</sup> – Pentathlon
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Patrick Arbour  
Christopher Greenaway  
Ashlea Maddex  
Johanna Dobransky  
Nadine Johnson, Tory Merrill,  
Ashlea Maddex, Christianne Lela

1<sup>st</sup> – Pentathlon  
2<sup>nd</sup> – Long Jump  
2<sup>nd</sup> – 60m Hurdles  
3<sup>rd</sup> – Pentathlon  
2<sup>nd</sup> – 4x200m

### **OFSAA Track & Field Championships**

Yves Sikubwabo  
Yves Sikubwabo  
Julia Stille  
Mickey Day  
Emma Galbraith  
Bridget Hayes  
Emma Norman  
David Nsabua

1<sup>st</sup> – 1500m / Senior  
1<sup>st</sup> – 3000m / Senior  
1<sup>st</sup> – Triple Jump / Senior  
2<sup>nd</sup> – 800m / Junior  
3<sup>rd</sup> – 800m / Senior  
2<sup>nd</sup> – 300m Hurdles / Junior  
3<sup>rd</sup> – 3000m / Senior  
3<sup>rd</sup> – Long Jump / Senior

### **OFSAA XC Championships**

Yves Sikubwabo

1<sup>st</sup> – Senior Boys

### **Ontario Masters**

Joyce Acton  
Wendy Alexis  
Stan Seitz  
Stan Seityz  
Bob Staveley  
Ray Wardle  
Lawrence Williams  
Lawrence Williams  
Wendy Alexis  
Rob Lindsay  
Marino Sani  
Ray Wardle  
Ray Wardle

1<sup>st</sup> – 400m / W50 82.08%  
1<sup>st</sup> – 200m / M55 94.70%  
1<sup>st</sup> – Pole Vault / M60 68.53%  
1<sup>st</sup> – High Jump / M60 75.58%  
1<sup>st</sup> – Javelin / M75 50.84%  
1<sup>st</sup> – 400m / M75 79.89%  
1<sup>st</sup> – 200m / M40 84.06%  
1<sup>st</sup> – 400m / M40 88.81%  
2<sup>nd</sup> – 100m / W55 93.14%  
2<sup>nd</sup> – Pole Vault / M45 71.02%  
2<sup>nd</sup> – 400m / M50 77.03%  
2<sup>nd</sup> – 100m / M75 82.07%  
2<sup>nd</sup> – 200m / M75 82.75%

### **Master's Cross Country**

Simon Shearman  
Dave Kary  
Mike Day

2<sup>nd</sup> – M45  
2<sup>nd</sup> – M50  
2<sup>nd</sup> – M75

## **2010**

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### **Athletics Ontario Championships**

Dennis Brianski  
Fiona Callender  
Fiona Callender  
Darby Charkavi

1<sup>st</sup> – Shot Put / Youth – U18  
1<sup>st</sup> – 400m / Junior – U20  
1<sup>st</sup> – 800m / Junior – U20  
1<sup>st</sup> – Discus / Midget – U16



Darby Charkavi	1 <sup>st</sup> – Hammer / Midget – U16
Emma Galbraith	1 <sup>st</sup> – 800m / Youth – U18
Emma Galbraith	1 <sup>st</sup> – 1500m / Youth – U18
Leanna Garcia	1 <sup>st</sup> – Shot Put / Midget – U16
Charifa Labarang	1 <sup>st</sup> – 100m / Midget – U16
Eilish MacDonald	1 <sup>st</sup> – Hammer / Youth – U18
Ashlea Maddex	1 <sup>st</sup> – 100mH / Junior – U20
Oluwasegun Makinde	1 <sup>st</sup> – 100m / Junior – U20
Oluwasegun Makinde	1 <sup>st</sup> – 200m / Junior – U20
Isaiah Moses	1 <sup>st</sup> – 300m Hurdles / Youth – U18
David Nsabua	1 <sup>st</sup> – Long Jump / Junior – U20
David Nsabua	1 <sup>st</sup> – Long Jump / Youth – U18
David Nsabua	1 <sup>st</sup> – Triple Jump / Youth – U18
Michael Robertson	1 <sup>st</sup> – 400m / Senior – Open
Cameron Slupeiks	1 <sup>st</sup> – 800m / Bantam – U14
Cameron Slupeiks	1 <sup>st</sup> – 1200m / Bantam – U14
Mohammed Souleiman	1 <sup>st</sup> – 800m / Youth – U18
Julia Stille	1 <sup>st</sup> – Triple Jump / Junior – U20
Julia Stille	1 <sup>st</sup> – Triple Jump / Youth – U18
Corey Wingate	1 <sup>st</sup> – Shot Put / Junior – U20
Corey Wingate	1 <sup>st</sup> – Discus / Junior – U20
Ashley Wilson, Alicia Brown,	1 <sup>st</sup> – 4x100m / Senior – Open
Erika Biklo, Mia St-Aubin	
Mia St-Aubin, Erika Biklo,	1 <sup>st</sup> – 4x800m / Senior – Open
Alicia Brown, Fiona Callender	
David Nsabua, Toluwalope Makinde,	1 <sup>st</sup> – 4x100m / Youth – U18
Denray Jean-Jacques, Erik Hiratsuka	
Sebastian Saville, Alex Hutton,	1 <sup>st</sup> – 4x800m / Youth – U18
Isaiah Moses, Mohammed Souleiman	
Alexandria Menard-Esteves, Colle	1 <sup>st</sup> – 4x800m / Bantam – U14
Thompson, Natasha Wong, Nadine Slupeiks	
Patrick Arbour	2 <sup>nd</sup> – Decathlon / Senior – Open
Patrick Arbour	3 <sup>rd</sup> – Javelin / Senior – Open
Richard Adu-Bobie	3 <sup>rd</sup> – 100m / Senior – Open
Spencer Bell	3 <sup>rd</sup> – 400m Hurdles / Senior – Open
Dennis Brianski	3 <sup>rd</sup> – Discus / Youth – U18
Alicia Brown	3 <sup>rd</sup> – 400m / Senior – Open
Krista Dillon	3 <sup>rd</sup> – Triple Jump / Junior – U20
Julie Ethier	3 <sup>rd</sup> – High Jump / Youth – U18
Mickey Day	3 <sup>rd</sup> – 800m / Midget – U16
Johanna Dobransky	2 <sup>nd</sup> – Heptathlon / Junior – U20
Leanna Garcia	2 <sup>nd</sup> – Hammer Throw / Midget – U16
Patrick Hotte	3 <sup>rd</sup> – Shot Put / Junior – U20
Lindsay Kary	2 <sup>nd</sup> – 1200m / Midget – U16

Michele Krech	3 <sup>rd</sup> – Heptathlon / Senior – Open
Eilish MacDonald	2 <sup>nd</sup> – Hammer Throw / Junior – U20
Eilish MacDonald	2 <sup>nd</sup> – Discus / Youth – U18
Eilish MacDonald	2 <sup>nd</sup> – Javelin / Youth – U18
Eilish MacDonald	3 <sup>rd</sup> – Shot Put / Youth – U18
Ashlea Maddex	2 <sup>nd</sup> – 200m / Junior – U20
Isiah Moses	2 <sup>nd</sup> – 400m / Youth – U18
Emma Norman	2 <sup>nd</sup> – 3000m / Youth – U18
David Nsabua	2 <sup>nd</sup> – Triple Jump / Junior – U20
Cameron Smithers	2 <sup>nd</sup> – 400m Hurdles / Junior – U20
Evelyn Scott	2 <sup>nd</sup> – 400m / Youth – U18
Mohammed Souleiman	2 <sup>nd</sup> – 800m / Junior – U20
Nadine Slupeiks	3 <sup>rd</sup> – 80m Hurdles / Bantam – U14
Julia Stille	2 <sup>nd</sup> – Long Jump / Youth – U18
Emery Terrell	3 <sup>rd</sup> – Heptathlon / Youth – U18
Emily Whalen	2 <sup>nd</sup> – 80m Hurdles / Bantam – U14
Cameron Smithers, Lawrence Williams,	2 <sup>nd</sup> – 4x100m / Senior – Open
Olivier Gauthier-Kwan, Spencer Bell	
Kieran Day, Lawrence Williams	2 <sup>nd</sup> – 4x800m / Senior – Open
Mohammed Souleiman, Mathew Volpi	
Toluwalope Makinde, David Nsabua,	2 <sup>nd</sup> – 4x100m / Junior – U20
Devin Biocchi, Chase Gregoire	
Julia Stille, Ashlea Maddex,	3 <sup>rd</sup> – 4x100m / Junior – U20
Fiona Callender, Krista Dillon	
Emma Norman, Evelyn Scott,	2 <sup>nd</sup> – 4x800m / Youth – U18
Erin O’Higgins, Emma Galbraith	
Clara Moore, Emily Mei,	3 <sup>rd</sup> – 4x800m / Youth – U18
Ruth Burrowes, Isabelle Kanz	
Charifa Labarang, Clara Phillips,	2 <sup>nd</sup> – 4x100m / Midget – U16
Gillian Beatson, Julianne Tebrake	
Kyle McCleery, Cameron Slupeiks,	2 <sup>nd</sup> – 4x800m / Midget – U16
Felix Zhu, Mickey Day	

### **Athletics Ontario XC Championships**

Yves Sikubwabo	1 <sup>st</sup> – Senior Men – Open
Julie Corrigan	1 <sup>st</sup> – Masters Women’s (30-34)
(22 pts) Emma Galbraith (2), Emma	1 <sup>st</sup> – Team / Junior – U20
Norman (4), Julia Nikonorova (4), Kathryn	
Tuck (11), Isabelle Kanz (18), Erin O’Higgins	
(21). Ruth Burrows (26)	
Mickey Day	2 <sup>nd</sup> – Midget Boys – U16
Emma Galbraith	2 <sup>nd</sup> – Junior Women – U20

(116pts) - Mickey Day (2), Nicholas Favero (29), Kyle McCleery (35), Rob Dysart (50), Philippe Thompson (61), David McHugh (85), Thomas Kvté (99)

2<sup>nd</sup> – Team / Midget – U16

### **Ontario Legion Track & Field Championships**

Darby Charkavi  
Mohammed Souleiman  
Julia Stille  
Devani Biswal  
Devyani Biswal  
Divyajyoti Biswal  
Mickey Day  
Julie Ethier  
Denray Jean-Jacques  
Charifa Labarang  
Charifa Labarang

1<sup>st</sup> – Discus / Midget – U16  
1<sup>st</sup> – 800m / Youth – U18  
1<sup>st</sup> – Triple Jump / Youth – U18  
2<sup>nd</sup> – 100m Hurdles / Youth – U18  
3<sup>rd</sup> – Long Jump / Youth – U18  
3<sup>rd</sup> – Triple Jump / Youth – U18  
3<sup>rd</sup> – 800m / Midget – U16  
3<sup>rd</sup> – High Jump / Youth – U18  
2<sup>nd</sup> – 400m / Youth – U18  
2<sup>nd</sup> – 100m / Midget – U16  
3<sup>rd</sup> – 200m / Midget – U16

### **University of Ottawa**

#### **OUA Track & Field Championships**

Christopher Greenaway  
Michael Robertson  
Patrick Arbour  
Tyler Fawcett  
Christopher Greenaway  
Michael Robertson  
Chris Greenaway, Michael Robertson,  
Oluwasegun Makinde, Moussa Sissoko

1<sup>st</sup> – Long Jump  
1<sup>st</sup> – 600m  
3<sup>rd</sup> – Pentathlon  
3<sup>rd</sup> – 60m Hurdles  
3<sup>rd</sup> – Triple Jump  
2<sup>nd</sup> – 300m  
2<sup>nd</sup> – 4x200m

### **OFSAA Track & Field Championships**

Emma Galbraith  
Emma Galbraith  
Samantha Murphy  
David Nsabua  
Adam Palamar  
Adam Palamar  
Bailey Arnott  
Mickey Day  
Denray Jean-Jacques  
Eilish MacDonald  
Eilish MacDonald  
Ashlea Maddex  
Ashlea Maddex  
Ashlea Maddex  
Clara Phillips

1<sup>st</sup> – 800m / Junior  
1<sup>st</sup> – 1500m / Junior  
1<sup>st</sup> – 800m / Senior  
1<sup>st</sup> – Triple Jump / Senior  
1<sup>st</sup> – 1500m / Junior  
1<sup>st</sup> – 3000m / Junior  
2<sup>nd</sup> – Pole Vault / Senior  
3<sup>rd</sup> – 800m / Midget  
3<sup>rd</sup> – 400m / Junior  
2<sup>nd</sup> – Shot Put / Junior  
3<sup>rd</sup> – Discus / Junior  
2<sup>nd</sup> – 100m Hurdles / Senior  
2<sup>nd</sup> – 400m Hurdles / Senior  
2<sup>nd</sup> – Long Jump / Senior  
3<sup>rd</sup> – Triple Jump / Midget

## OFSAA Cross Country

Adam Palamar

2<sup>nd</sup> – Junior Boys

## Ontario Masters

Wendy Alexis

1<sup>st</sup> – 100m / W55

Wendy Alexis

1<sup>st</sup> – 200m / W55

Rob Lindsay

1<sup>st</sup> – Pole Vault / M40

Jeff Outerbridge

1<sup>st</sup> – Pole Vault / M45

Ray Wardle

1<sup>st</sup> – 400m / M75

Dan Percival

3<sup>rd</sup> – Pole Vault / M35

Roger Tremblay

2<sup>nd</sup> – 800m / M55

Roger Tremblay

3<sup>rd</sup> – 1500m / M55

Ray Wardle

2<sup>nd</sup> – 100m / M75

## 2009

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## Athletics Ontario Championships

Rachel Aubry

1<sup>st</sup> – 800m / Junior – U20

Tania Bambi

1<sup>st</sup> – 80m Hurdles / Midget – U16

Devin Biocchi

1<sup>st</sup> – 400m / Youth – U18

Melissa Bishop

1<sup>st</sup> – 800m / Senior – Open

Amelia Brohman

1<sup>st</sup> – 100m / Midget – U16

Dana Buchanan

1<sup>st</sup> – 1500m / Senior – Open

Dana Buchanan

1<sup>st</sup> – 2000m SC / Senior – Open

Taylor Corney

1<sup>st</sup> – Decathlon / Junior – U20

Krista Dillon

1<sup>st</sup> – Triple Jump / Youth – U18

Emma Galbraith

1<sup>st</sup> – 800m / Midget – U16

Emilie Halle

1<sup>st</sup> – 400m Hurdles / Senior – Open

Kyla Legault

1<sup>st</sup> – Javelin / Bantam – U14

Eilsih MacDonald

1<sup>st</sup> – Shot Put / Midget – U16

Eilish MacDonald

1<sup>st</sup> – Hammer Throw / Midget – U16

Oluwasegun Makinde

1<sup>st</sup> – 100m / Junior – U20

Toluwalope Makinde

1<sup>st</sup> – 200m / Youth – U18

Ashlea Maddex

1<sup>st</sup> – 100m Hurdles / Junior – U20

Dieuleveut Mufuta

1<sup>st</sup> – 100m / Midget – U16

Tim Nedow

1<sup>st</sup> – Shot Put / Junior – U20

Brian Okeny

1<sup>st</sup> – Long Jump / Youth – U18

Stuart Pearson

1<sup>st</sup> – 110m Hurdles / Senior – Open

Stuart Pearson

1<sup>st</sup> – 400m Hurdles / Senior – Open

Cameron Slupeiks

1<sup>st</sup> – 800m / Bantam – U14

Alexandria Tierney

1<sup>st</sup> – 200m Hurdles / Bantam – U14

Alexandria Tierney

1<sup>st</sup> – Long Jump / Bantam – U14

Michele Krech, Melissa Bishop,

1<sup>st</sup> – 4x100m / Senior Women – Open

Christiane Lela, Julia Tousaw

Melissa Bishop, Christiane Lela,

1<sup>st</sup> – Distance Medley / Senior Women –

Julia Tousaw, Tiffany Locke

Open

Tiffany Locke, Julia Tousaw,	1 <sup>st</sup> – 4x800m / Senior Women – Open
Rachel Aubry, Emilie Halle	
Jeremy Batt, Jack Ohlsen,	1 <sup>st</sup> – 4x400m / Senior Men – Open
Stuart Pearson, Tyler Fawcett	
Sean Young, Aidan Kennedy,	1 <sup>st</sup> – 4x800m / Senior Men – Open
Stuart Pearson, Cameron Smithers	
Sean Young, Shane Kelly,	1 <sup>st</sup> – Distance Medley / Senior Men –
Jack Ohlsen, Kevin Brennan	Open
Rhyad Nazerally, Toluwalope Makinde	1 <sup>st</sup> – 4x400m / Youth Boys – U18
Isaiah Moses, Codie Primeau	
Tania Bambi, Amelia Brohman,	1 <sup>st</sup> – 4x100m / Midget Girls – U16
Shelbi Kilcollins, Davine Reid	
Shelbi Kilcollins, Alexandria Tierney, Alanna	1 <sup>st</sup> – 4x800m / Midget Girls – U16
Shearman, Emily Howard	
Charles Allen	2 <sup>nd</sup> – 100m / Senior – Open
Patrick Arbour	2 <sup>nd</sup> – Javelin / Senior – Open
Rachel Aubry	2 <sup>nd</sup> – 800m / Senior – Open
Tania Bambi	2 <sup>nd</sup> – 200m Hurdles / Midget – U16
Spencer Bell	3 <sup>rd</sup> – 400m Hurdles / Junior – U20
Devyani Biswal	2 <sup>nd</sup> – 100m Hurdles / Youth – U18
Amelia Brohman	3 <sup>rd</sup> – 200m / Midget – U16
Devon Clark	3 <sup>rd</sup> – High Jump / Junior – U20
Charlotte Eskeridge	3 <sup>rd</sup> – 300m Hurdles / Youth – U18
Tyler Fawcett	2 <sup>nd</sup> – 110m Hurdles / Senior – Open
Thomas Fraser	2 <sup>nd</sup> – Discus / Midget – U16
Emma Galbraith	2 <sup>nd</sup> – 1500m / Midget – U16
Emilie Halle	2 <sup>nd</sup> – 400m / Senior – Open
Emile Halle	2 <sup>nd</sup> – 400m Hurdles / Junior – U20
Emile Halle	3 <sup>rd</sup> – 400m / Junior – U20
Thomas Fraser	3 <sup>rd</sup> – Hammer Throw / Midget – U16
Thomas Fraser	3 <sup>rd</sup> – Javelin / Midget – U16
Leanna Garcia	3 <sup>rd</sup> – Hammer Throw / Midget – U16
Tori Legault	2 <sup>nd</sup> – Shot Put / Bantam – U14
Kerry-Ann Lindo	3 <sup>rd</sup> – 100m / Youth – U18
Oluwasegun Makinde	2 <sup>nd</sup> – 110m Hurdles / Junior – U20
Toluwalope Makinde	2 <sup>nd</sup> – 100m / Youth – U18
Elish MacDonald	2 <sup>nd</sup> – Hammer Throw / Junior – U20
Eilish MacDonald	2 <sup>nd</sup> – Discus / Midget – U16
Eilish MacDonald	2 <sup>nd</sup> – Javelin / Midget – U16
Chanel Marion	3 <sup>rd</sup> – High Jump / Youth – U18
Dieuleveut Mufuta	2 <sup>nd</sup> – 200m / Midget – U16
Samantha Murphy	2 <sup>nd</sup> – 800m / Junior – U20
Samantha Murphy	2 <sup>nd</sup> – 800m / Youth – U18
Mila Simulik	2 <sup>nd</sup> – Triple Jump / Junior – U20
Gift Okankwu	2 <sup>nd</sup> – 400m / Youth – U18

Brian Okeny	2 <sup>nd</sup> – Triple Jump / Youth – U18
Codie Primeau	3 <sup>rd</sup> – 110m Hurdles / Youth – U18
Codie Primeau	3 <sup>rd</sup> – 300m Hurdles / Youth – U18
Hanna Quathamier	2 <sup>nd</sup> – Shot Put / Youth – U18
Hanna Quathamier	2 <sup>nd</sup> – Hammer Throw / Youth – U18
Hanna Quathamier	3 <sup>rd</sup> – Discus / Youth – U18
Alanna Shearman	2 <sup>nd</sup> – 800m / Bantam – U14
Alanna Shearman	3 <sup>rd</sup> – 400m / Bantam – U14
Gabriel Skupek-Martin	2 <sup>nd</sup> – 300m Hurdles / Youth – U18
Cameron Smithers	2 <sup>nd</sup> – 400m Hurdles / Junior – U20
Alexandria Tierney	2 <sup>nd</sup> – 80m Hurdles / Bantam – U14
Isaac St. Louis	3 <sup>rd</sup> – 400m / Bantam – U14
Julia Tousaw	2 <sup>nd</sup> – 400m Hurdles / Senior – Open
Christiane Lela, Michele Krech,	2 <sup>nd</sup> – 4x100m / Senior – Open
Julia Tousaw, Tiffany Locke	
Jeremy Batt, Tyler Fawcett,	2 <sup>nd</sup> – 4x100m / Senior – Open
Olivier Gauthier-Kwan, Shane Kelly	
Michael Robertson, Tyler Fawcett,	2 <sup>nd</sup> – 4x200m / Senior – Open
Jack Ohlsen, Devin Biocchi	
Sean Young, Aidan Kennedy,	2 <sup>nd</sup> – 4x800m / Senior – Open
Stuart Pearson, Cameron Smithers	
Ashley Wilson, Emilie Halle,	2 <sup>nd</sup> – 4x100m / Junior – U20
Gift Okankwu, Rachel Aubry	
Gift Okankwu, Lisa Giles,	3 <sup>rd</sup> – 4x400m / Junior – U20
Emilie Halle, Rachel Aubry	
Rachel Aubry, Emilie Halle,	3 <sup>rd</sup> – Distance Medley / Junior – U20
Gift Okankwu, Lisa Giles	
Ramon Monsour, Taylor Corney,	2 <sup>nd</sup> – 4x100m / Junior – U20
Cameron Smithers, Cody Boast	
Matt Basler, Michal Warchol,	2 <sup>nd</sup> – 4x200m / Junior – U20
Storm Patterson, Gordon Cave	
Cody Boast, Spencer Bell,	2 <sup>nd</sup> – 4x800m / Junior – U20
Phillip Wheeler, Isaiah Moses	
Kerry-Ann Lindo, Devyani Biswal,	3 <sup>rd</sup> – 4x100m / Youth – U18
Chanel Marion, Courtney Bowen	
Gift Okankwu, Krista Dillon,	2 <sup>nd</sup> – 4x200m / Youth – U18
Anna Stolle, Ashlea Maddex	
Samantha Murphy, Anne Stolle,	2 <sup>nd</sup> – 4x800m / Youth – U18
Chanel Marion, Emma Galbraith	
David Cotten, Somron Touch,	3 <sup>rd</sup> – 4x100m / Youth – U18
Wesley Horner, Codie Primeau	
Mohamed Souleiman, Isaiah Moses,	3 <sup>rd</sup> – 4x800m / Youth – U18
Kieran Day, Benjamin Gunn-Doerge	
Michael Day, Nicholas Smallwood,	2 <sup>nd</sup> – 4x800m / Midget – U16
Ryan Elchakieh, Cameron Slupeiks	

Alexandra Tierney, Alanna Shearman,  
Laura Shaw, Kyla Legault

2<sup>nd</sup> – 4x100m / Bantam – U14

### **Athletics Ontario XC Championships**

Alain Boucher  
(31 points) Dana Buchanan (2), Julia Hicks  
(4), Robyn Erickson (7), Lisa Benz (18)  
(48 points) Emma Galbraith (6), Isabelle  
Kanz (8), Emma Norman (15), Heather Slinn  
(19), Kathryn Tuck (27), Clara Moore (49)

1<sup>st</sup> – Masters Men (30+)  
1<sup>st</sup> – Team / Senior – Open  
3<sup>rd</sup> – Team / Youth – U18

### **Ontario Legion Track & Field Championships**

Devin Biocchi  
Thomas Fraser  
Divyajyoti Biswall  
Amelia Brohman  
Emma Galbraith  
Eilish MacDonald  
Eilish MacDonald  
Toluwalope Makinde  
Toluwalope Makinde  
Mufuta Dieuleveut  
Codie Primeau  
Tania Bambi  
Devyani Biswal  
Amelia Brohman  
Dylan DeJong  
Krista Dillon  
Krista Dillon  
Emma Galbraith  
Kerry-Ann Lindo  
Kevin Nault  
Gift Okankwu  
Brian Okeny  
Brian Okeny

1<sup>st</sup> – 400m / Youth – U18  
1<sup>st</sup> – Shot Put / Midget – U16  
2<sup>nd</sup> – Triple Jump / Youth – U18  
2<sup>nd</sup> – 100m / Midget – U16  
2<sup>nd</sup> – 1500m / Midget – U16  
2<sup>nd</sup> – Shot Put / Midget – U16  
2<sup>nd</sup> – Hammer / Youth – U18  
2<sup>nd</sup> – 100m / Youth – U18  
2<sup>nd</sup> – 200m / Youth – U18  
2<sup>nd</sup> – 100m / Midget – U16  
2<sup>nd</sup> – 400m Hurdles / Youth – U18  
3<sup>rd</sup> – 80m Hurdles / Midget – U16  
3<sup>rd</sup> – 100m Hurdles / Youth – U18  
3<sup>rd</sup> – 200m / Midget – U16  
3<sup>rd</sup> – 110m Hurdles / Youth – U18  
3<sup>rd</sup> – Long Jump / Youth – U18  
3<sup>rd</sup> – Triple Jump / Youth – U18  
3<sup>rd</sup> – 800m / Midget – U16  
3<sup>rd</sup> – 100m / Youth – U18  
3<sup>rd</sup> – 300m Hurdles / Midget – U16  
3<sup>rd</sup> – 400m / Youth – U18  
3<sup>rd</sup> – Long Jump / Youth – U18  
3<sup>rd</sup> – Triple Jump / Youth – U18

### **University of Ottawa**

#### **OUA Track & Field Championships**

Michael Robertson  
Julia Tousaw  
Tyler Fawcett  
Christiane Lela  
Christiane Lela  
Jacqueline Mallete  
Michael Robertson

1<sup>st</sup> – 600m  
1<sup>st</sup> – 600m  
3<sup>rd</sup> – 60m Hurdles  
2<sup>nd</sup> – 300m  
3<sup>rd</sup> – 60m  
3<sup>rd</sup> – 1500m  
2<sup>nd</sup> – 300m

Julia Tousaw	3 <sup>rd</sup> – 300m
Jennie Biewald, Christiane Lela, Julila Tousaw, Emilie Halle	2 <sup>nd</sup> – 4x400m
Emilie Halle, Julia Tousaw, Jennie Biewald, Jacqueline Malette	2 <sup>nd</sup> – 4x800m

### **OFSAA Track & Field Championships**

Bailey Arnott	1 <sup>st</sup> – Pole Vault Junior Girls
Fiona Callender	1 <sup>st</sup> – 400m Senior
Emma Galbraith	1 <sup>st</sup> – 1500m Midget
Eilish MacDonald	1 <sup>st</sup> – Shot Put Midget *OFSAA Record
Ashlea Maddex	1 <sup>st</sup> – 100mH / Senior
Oluwasegun Makinde	1 <sup>st</sup> – 200m / Senior *OFSAA Record
Oluwasegun Makinde	1 <sup>st</sup> – 110mH *CDN HS Record
Dieuleveut Mufuta	1 <sup>st</sup> – 100m Midget
Divyajyoti Biswal	2 <sup>nd</sup> – Triple Jump / Junior
Emma Galbraith	2 <sup>nd</sup> – 800m / Midget
Gabriel Skupek-Martin	2 <sup>nd</sup> – 300m Hurdles / Junior
Mohamed Souleiman	2 <sup>nd</sup> – 800m / Junior
Taylor Whitley	2 <sup>nd</sup> – High Jump / Senior
Devyani Biswal	3 <sup>rd</sup> – 80m Hurdles / Junior
Amelia Brohman	3 <sup>rd</sup> – 100m / Midget
Krista Dillon	3 <sup>rd</sup> – Triple Jump / Senior
Emma Dobson	3 <sup>rd</sup> – Long Jump / Senior
Kathryn Tuck	3 <sup>rd</sup> – 800m / Junior
Cameron Smithers, Oluwasegun Makinde, Toluwalope Makinde, Gurvir Khosa	1 <sup>st</sup> – 4x100m / Senior

### **OFSAA Cross Country**

Emma Norman	3 <sup>rd</sup> – Junior Girls
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### **Ontario Masters**

Wendy Alexis	1 <sup>st</sup> – 100m / W50
Wendy Alexis	1 <sup>st</sup> – 200m / W50
Ray Wardle	1 <sup>st</sup> – 100m / M75
Ray Wardle	1 <sup>st</sup> – 200m / M75
Ray Wardle	1 <sup>st</sup> – 400m / M75
Roger Cobbledick	2 <sup>nd</sup> – Shot Put / M65
Stan Seitz	2 <sup>nd</sup> – High Jump / M60
Stan Seitz	2 <sup>nd</sup> – Pole Vault – M60
Bob Staveley	2 <sup>nd</sup> – Javelin / M70

## **2008**

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### **Athletics Ontario Championships**

Rachel Aubry	1 <sup>st</sup> – 800m / Junior – U20
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Richard Adu-Bobie	1 <sup>st</sup> – 100m / Senior – Open
Richard Adu-Bobie	1 <sup>st</sup> – 200m / Senior – Open
Charles Allen	1 <sup>st</sup> – 110m Hurdles / Senior – Open
Devyani Biswal	1 <sup>st</sup> – 80m Hurdles / Midget – U16
Devyani Biswal	1 <sup>st</sup> – 200m Hurdles / Midget – U16
Sarah Boyd	1 <sup>st</sup> – 1500m / Youth – U18
Sarah Boyd	1 <sup>st</sup> – 1500m Race Walk / Youth – U18
Dana Buchanan	1 <sup>st</sup> – 3000m Steeplechase / Senior – Open
Karelle Edwards	1 <sup>st</sup> – 100m Hurdles / Senior – Open
Andrew Fawcett	1 <sup>st</sup> – 1500m Race Walk / Midget – U16
Sultana Frizell	1 <sup>st</sup> – Shot Put/ Senior – Open
Sultana Frizell	1 <sup>st</sup> – Discus / Senior – Open
Sultana Frizell	1 <sup>st</sup> – Hammer throw / Senior – Open
Emma Galbraith	1 <sup>st</sup> – 1500m Steeplechase / Midget –
Tim Huebsch	1 <sup>st</sup> – 1500m Race Walk / Youth – U18
Sekou Kaba	1 <sup>st</sup> – 110m Hurdles / Junior – U20
Kerry-Ann Lindo	1 <sup>st</sup> – Hammer Throw / Midget – U16
Ashea Maddex	1 <sup>st</sup> – 100m Hurdles / Youth – U18
Tolu Makinde	1 <sup>st</sup> – 200m Hurdles / Midget – U18
Oluwasegun Makinde	1 <sup>st</sup> – 110m Hurdles / Youth – U18
Kim McDougall	1 <sup>st</sup> – 1500m Race Walk / Midget – U16
Emma Norman	1 <sup>st</sup> – 1500m / Midget – U16
Emma Norman	1 <sup>st</sup> – 3000m / Midget – U16
Stuart Pearson	1 <sup>st</sup> – 400m Hurdles / Junior – U20
Kathryn Tuck	1 <sup>st</sup> – 800m / Midget – U16
Caitlin vanDodewaard	1 <sup>st</sup> – Shot Put / Junior – U20
Kelly Young	1 <sup>st</sup> – 1500m / Senior – Open
Kerry-Ann Lindo, Amelia Brohman, Divyajyoti Biswal, Courtney Bowen	1 <sup>st</sup> – 4x100m / Midget – U16
Emma Norman, Emma Galbraith, Isabelle Kanz, Kathryn Tuck	1 <sup>st</sup> – 4x800m / Midget – U16
Ramaar Hall, Oluwasegun Makinde, Gordon Cave, Zachary Quevillon	1 <sup>st</sup> – 4x100m / Youth - U18
Jordan Skeete-Wilson, Ashlea Maddex, Karelle Edwards, Mila Simulik	1 <sup>st</sup> – 4x100m / Junior – U20
Jeremy Batt, Oluwasegun Makinde, Michael Robertson, Ramon Monsour	1 <sup>st</sup> – 4x100m / Junior – U20
Kelly Young, Emilie Halle, Melissa Bishop, Julia Malleck	1 <sup>st</sup> – Distance Medley / Senior – Open
Tony Risling, Zachary Quevillon, Michael Prime, Antoine Despres-Bedward	1 <sup>st</sup> – 4x100m / Senior – Open
Adrian Huynh, Zachary Quevillon, Gordon Cave, Brian Cummings	1 <sup>st</sup> – 4x400m / Senior – Open
Rachel Aubry	3 <sup>rd</sup> – 400m / Junior – U20

Paul Ausman	3 <sup>rd</sup> – Javelin / Junior – U20
Spencer Bell	3 <sup>rd</sup> – 300m Hurdles / Youth – U18
Scott Bergeron	2 <sup>nd</sup> – 1500m Race Walk / Youth – U18
Devyani Biswal	3 <sup>rd</sup> – Long Jump / Midget – U16
Divyajyoti Biswal	2 <sup>nd</sup> – Triple Jump / Midget – U16
Sarah Boyd	2 <sup>nd</sup> – 800m / Youth – U18
Amelia Brohman	3 <sup>rd</sup> – 100m / Midget – U16
Amelia Brohman	2 <sup>nd</sup> – 200m / Midget – U16
Fiona Callender	2 <sup>nd</sup> – 400m / Youth – U18
Alison Cameron-Vendrig	3 <sup>rd</sup> – 400m Hurdles / Senior – Open
Megan Carty	2 <sup>nd</sup> – 1500m Race Walk / Youth – U18
Gordon Cave	2 <sup>nd</sup> – 200m / Youth – U18
Gordon Cave	2 <sup>nd</sup> – 400m / Youth – U18
Darby Charkavi	2 <sup>nd</sup> – Shot Put / Bantam – U14
Darby Charkavi	2 <sup>nd</sup> – Discus / Bantam – U14
Darby Charkavi	2 <sup>nd</sup> – Hammer Throw / Midget – U16
Aleck Charkavi	3 <sup>rd</sup> – Hammer Throw / Midget – U16
Devon Clark	2 <sup>nd</sup> – High Jump / Senior – Open
David Cotton	3 <sup>rd</sup> – 100m Hurdles / Midget – U16
Spencer daCosta	3 <sup>rd</sup> – High Jump / Youth – U18
Spencer daCosta	3 <sup>rd</sup> – High Jump / Junior – U20
Kieran Day	3 <sup>rd</sup> – 1500m Race Walk / Youth – U18
Andrew Fawcett	3 <sup>rd</sup> – 1500m Steeplechase / Midget – 16
Nicole Francki	3 <sup>rd</sup> – 1500m Race Walk / Youth – U18
Patricia Gauthier	2 <sup>nd</sup> – Pole Vault / Senior – Open
Isabelle Kanz	2 <sup>nd</sup> – 1500m Race Walk / Midget – 16
Christiane Lela	3 <sup>rd</sup> – 100m / Senior – Open
Tiffany Locke	3 <sup>rd</sup> – 1500m / Senior – Open
Oluwasegun Makinde	2 <sup>nd</sup> – 100m / Youth – U18
Oluwasegun Makinde	3 <sup>rd</sup> – 100m / Junior – U20
Toluwalope Makinde	2 <sup>nd</sup> – 200m Hurdles / Midget – U16
Chanel Marion	3 <sup>rd</sup> – High Jump / Midget – U16
Chanel Marion	3 <sup>rd</sup> – Pole Vault / Midget – U16
Kyle Milks	3 <sup>rd</sup> – 800m / Junior – U20
Kyle Milks	3 <sup>rd</sup> – 1500m / Junior – U20
Elizabeth Miller	3 <sup>rd</sup> – 5000m / Senior – Open
Emma Miller-Duval	2 <sup>nd</sup> – Hammer Throw / Midget – U16
Tim Nedow	2 <sup>nd</sup> – Shot Put / Junior – U20
Tim Nedow	2 <sup>nd</sup> – Discus / Junior – U20
Emma Norman	2 <sup>nd</sup> – 3000m / Junior – U20
Brian Okeny	3 <sup>rd</sup> – Long Jump / Youth – U18
Clara Phillips	3 <sup>rd</sup> – 80m Hurdles / Bantam – U14
Clara Phillips	2 <sup>nd</sup> – High Jump / Bantam – U14
Clara Phillips	2 <sup>nd</sup> – Triple Jump / Bantam – U14
Michael Robertson	2 <sup>nd</sup> – 200m / Junior – U20

Lauren Seibel	2 <sup>nd</sup> – 400m / Senior – Open
Mila Simulik	3 <sup>rd</sup> – Triple Jump / Junior – U20
Josephine Sindani	3 <sup>rd</sup> – Javelin / Senior – Open
Heather Slinn	3 <sup>rd</sup> – 3000m / Youth – U18
Dominique Thibault	2 <sup>nd</sup> – Discus / Senior – Open
Kashani Thomas	3 <sup>rd</sup> – Javelin / Junior – U20
Nathaniel Thompson	3 <sup>rd</sup> – 100m / Bantam - U14
Nathaniel Thompson	2 <sup>nd</sup> – 200m / Bantam – U14
Julia Tousaw	2 <sup>nd</sup> – 400m Hurdles / Junior – U20
Kathryn Tuck	3 <sup>rd</sup> – 1500m / Midget – U16
Kathryn Tuck	3 <sup>rd</sup> – 1500m Race Walk / Midget – U16
Andrea White	2 <sup>nd</sup> – 400m Hurdles / Senior – Open
Corey Wingate	3 <sup>rd</sup> – Shot Put / Youth – U18
Corey Wingate	2 <sup>nd</sup> – Discus / Youth – U18
Kelly Young	3 <sup>rd</sup> – 800m / Senior – Open
James Hanna, Toluwalope Makinde,	2 <sup>nd</sup> – 4x100m / Midget – U16
David Cotton, Dieuleveut Mufuta	
Isaiah Moses, Andrew Fawcett,	2 <sup>nd</sup> – 4x800m / Midget – U16
Nicholas Glennon, Brandon Steinkrauss	
Ashley Wilson, Ashlea Maddex,	3 <sup>rd</sup> – 4x100m / Youth – U18
Gift Okankwu, Fiona Callender	
Fiona Callender, Samantha Murphy,	2 <sup>nd</sup> – 4x800m / Youth – U18
Heather Slinn, Sarah Boyd	
Julia Tousaw, Racel Aubry,	2 <sup>nd</sup> – 4x400m / Junior – U20
Fiona Callender, Emilie Halle	
Heather Slinn, Josephine Sindani,	3 <sup>rd</sup> – Distance Medley / Junior – U20
Nicole Francki, Emma Norman	
Olivier Gauthier-Kwan, Cameron Smithers,	3 <sup>rd</sup> – 4x400m / Junior – U20
Stuart Pearson, Michael Robertson	
Tyson Loney, Spencer Bell,	2 <sup>nd</sup> – Distance Medley / Junior – U20
Aidan Kennedy, Kyle Milks	
Caitlin Fortier, Christiane Lela,	2 <sup>nd</sup> – 4x100m / Senior – Open
Julia Tousaw, Patricia Gauthier	
Alison Cameron-Vendrig, Gift Okankwu,	2 <sup>nd</sup> – 4x400m / Senior – Open
Andrea White, Lauren Seibel	
Matt Volpi, Antoine Despres-Bedward,	2 <sup>nd</sup> – Distance Medley / Senior – Open
Kevin Brennan, Allan Brett	

### **Athletics Ontario XC Championships**

Alain Boucher	1 <sup>st</sup> – Masters Men (30+)
(31 points) Dana Buchanan (2), Julia Hicks	1 <sup>st</sup> – Team / Senior – Open
(4), Robyn Erickson (7), Lisa Benz (18)	
Dana Buchanan	2 <sup>nd</sup> – Senior Women – Open
Emma Norman	3 <sup>rd</sup> – Midget Girls – U16

Alain Boucher (1), Dave Kary (9), Doug Kay (75) 3<sup>rd</sup> – Team / Masters – 35+

### **Ontario Legion Track & Field Championships**

Gordon Cave	1 <sup>st</sup> – 400m / Youth – U18
Ashlea Maddex	1 <sup>st</sup> – 100m Hurdles / Youth – U18
Divyajyoti Biswal	3 <sup>rd</sup> – Long Jump / Midget – U16
Divyajyoti Biswal	2 <sup>nd</sup> – Triple Jump / Midget – U16
Fiona Callender	3 <sup>rd</sup> – 400m / Youth – U18
Spencer daCosta	2 <sup>nd</sup> – High Jump / Youth – U18
Ashlea Maddex	3 <sup>rd</sup> – 100m / Youth – U18
Oluwasegun Makinde	2 <sup>nd</sup> – 100m / Youth – U18
Oluwasegun Makinde	2 <sup>nd</sup> – 110m Hurdles / Youth – U18
Toluwalope Makinde	3 <sup>rd</sup> – 100m / Midget – U16
Toluwalope Makinde	3 <sup>rd</sup> – 200m / Midget – U16

### **University of Ottawa**

#### **OUA Track & Field Championships**

Brian Cummings	1 <sup>st</sup> – 600m
Michael Robertson	1 <sup>st</sup> – 300m
Brian Cummings	3 <sup>rd</sup> – 300m
Tyler Fawcett	3 <sup>rd</sup> – 60m Hurdles
Christiane Lela	2 <sup>nd</sup> – 60m
Christiane Lela	3 <sup>rd</sup> – 300m
Julia Tousaw	2 <sup>nd</sup> – 600m

### **OFSAA Track & Field Championships**

Karelle Edwards	1 <sup>st</sup> – 100m Hurdles / Senior
Karelle Edwards	1 <sup>st</sup> – Long Jump / Senior
Sekou Kaba	1 <sup>st</sup> – 110m Hurdles / Senior
Ashlea Maddex	1 <sup>st</sup> – 80m Hurdles / Junior
Stuart Pearson	1 <sup>st</sup> – 400m Hurdles / Senior
Catlin van Dodewaard	1 <sup>st</sup> – Shot Put / Senior
Caitlin van Dodewaard	1 <sup>st</sup> – Discus / Senior
Rachel Aubry	3 <sup>rd</sup> – 800m / Senior
Devyani Biswall	2 <sup>nd</sup> – Long Jump / Midget
Divyajyoti Biswall	2 <sup>nd</sup> – Triple Jump / Midget
Fiona Callender	2 <sup>nd</sup> – 400m / Junior
Devon Clark	2 <sup>nd</sup> – High Jump / Junior
Emma Dobson	2 <sup>nd</sup> – Triple Jump / Senior
Oluwasegun Makinde	2 <sup>nd</sup> – 200m / Senior
Oluwasegun Makinde	3 <sup>rd</sup> – 110m Hurdles / Senior
Tim Nedow	2 <sup>nd</sup> – Shot Put / Senior
Brian Okeny	3 <sup>rd</sup> – Long Jump / Junior
Mila Simulik	3 <sup>rd</sup> – Triple Jump / Senior

Kathryn Tuck

3<sup>rd</sup> – 800m / Midget

### **OFSAA Cross Country**

Emma Norman

3<sup>rd</sup> – Junior Girls

### **Ontario Masters**

Joyce Acton

1<sup>st</sup> – 400m / W45

Joyce Acton

1<sup>st</sup> – 800m / W45

Wendy Alexis

1<sup>st</sup> – 100m / W50

Wendy Alexis

1<sup>st</sup> – 200m / W50

Roger Cobbledick

1<sup>st</sup> – 1500m / M60

Chris Hrynkow

1<sup>st</sup> – 400m / M30

Chris Hrynkow

1<sup>st</sup> – 800m / M30

Stan Seitz

1<sup>st</sup> – High Jump / M60

Bob Stavely

1<sup>st</sup> – Javelin / M70

Roger Tremblay

1<sup>st</sup> – 800m / M50

Ray Wardle

1<sup>st</sup> – 100m / M75

Ray Wardle

1<sup>st</sup> – 200m / M75

Roger Cobbledick

2<sup>nd</sup> – 400m / M60

Roger Cobbledick

3<sup>rd</sup> – Shot Put / M60

Stan Seitz

2<sup>nd</sup> – Pole Vault / M60

Ray Wardle

2<sup>nd</sup> – 400m / M75

## **2007**

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### **Athletics Ontario Championships**

Esther Akinsulie

1<sup>st</sup> – 200m / Senior – Open

Esther Akinsulie

1<sup>st</sup> – 400m / Senior – Open

Patrick Arbour

1<sup>st</sup> – Discus / Junior – U20

Victor Chan

1<sup>st</sup> – Triple Jump / Bantam – U14

Karelle Edwards

1<sup>st</sup> – 100m Hurdles / Juvenile – U18

Andrew Fawcett

1<sup>st</sup> – 1500m Walk / Midget – U16

Tyler Fawcett

1<sup>st</sup> – 400m Hurdles / Junior – U20

Sultana Frizell

1<sup>st</sup> – Hammer / Senior – Open

Emma Galbraith

1<sup>st</sup> – 1500m / Bantam – U14

Marcus Giannini

1<sup>st</sup> – 200m / Bantam – U14

Marcus Giannini

1<sup>st</sup> – 400m / Bantam – U14

Marcus Giannini

1<sup>st</sup> – Long Jump / Bantam – U14

Ramaar Hall

1<sup>st</sup> – 100m / Midget – U16

Emilie Halle

1<sup>st</sup> – 400m / Juvenile – U18

Tim Huebsch

1<sup>st</sup> – 1500m Walk / Juvenile – U18

Christiane Lela

1<sup>st</sup> – 400m / Junior – U20

Oluwasegun Makinde

1<sup>st</sup> – 100m / Juvenile – 18

Tim Nedow

1<sup>st</sup> – Shot Put / Junior – U20

Tim Nedow

1<sup>st</sup> – Shot Put / Juvenile – U18

Todd Pyper

1<sup>st</sup> – 400m / Senior – U20

Michael Robertson	1 <sup>st</sup> – 400m / Junior – U20
Sophie Sien	1 <sup>st</sup> – 1500m Walk / Midget – U16
Mila Simulik	1 <sup>st</sup> – Triple Jump / Juvenile – U18
Caitlin VanDodewaard	1 <sup>st</sup> – Discus / Junior – U20
Sasha Wilms	1 <sup>st</sup> – 1500m Walk / Juvenile – U18
Andrea White	1 <sup>st</sup> – 400m Hurdles / Senior – Open
Danelle Woods	1 <sup>st</sup> – 2000m Steeplechase / Junior – U18
Jordan Skeet-Wilson, Catherine Lajeunesse,	1 <sup>st</sup> – 4x100m / Senior – Open
Alison Cameron-Vendrig, Alicia Brown	
Andrea White, Esther Akinsulie,	1 <sup>st</sup> – 4x400m / Senior – Open
Kelly Young, Lauren Seibel	
Kelly Young, Courtney Conner,	1 <sup>st</sup> – Distance Medley / Senior – Open
Elysia Robertson, Julia Hicks	
Oliver Gauthier-Kwan, Iain Valliere,	1 <sup>st</sup> – 4x100m / Senior – Open
Philippe Bisson, Gordon Cave	
Christiane Lela, Catherine Lalonde,	1 <sup>st</sup> – 4x100m / Junior – U20
Karelle Edwards, Emilie Halle	
Emilie Halle, Christiane Lela,	1 <sup>st</sup> – 4x400m / Junior – U20
Fiona Callender, Alicia Brown	
Jennie Biewald, Rachel Aubry,	1 <sup>st</sup> – Distance Medley / Junior – U20
Melissa Bishop, Danelle Woods	
Tony Risling, Oluwasegun Makinde,	1 <sup>st</sup> – 4x100m / Junior – U20
Michael Prime, Ramon Monsour	
Allan Brett, Martin Chayer,	1 <sup>st</sup> – Distance Medley – U20
Andrew Harrietha, Kyle Milks	
Jordan Skeete-Wilson, Sarah Gariba,	1 <sup>st</sup> – 4x100m / Juvenile – U18
Karelle Edwards, Emilie Halle	
Iain Valliere, Oluwasegun Makinde,	1 <sup>st</sup> – 4x100m / Juvenile – U18
Gordon Cave, Ramon Monsour	
Rachel Aubry, Nicole Francki,	1 <sup>st</sup> – 4x800m / Juvenile – U18
Emilie Halle, Sasha Willms	
Shawn Walters, Gebrezgi Matthews,	1 <sup>st</sup> – 4x800m / Midget – U16
Andrew Fawcett, Calvin Dolson	
Reda Benazzouz	2 <sup>nd</sup> – 800m / Junior – U20
Scott Bergeron	2 <sup>nd</sup> – 1500m Walk / Juvenile – U18
Julia Britton	3 <sup>rd</sup> – 1500m Walk / Juvenile – U18
Amelia Brohman	3 <sup>rd</sup> – 100m / Bantam – U14
Amelia Brohman	3 <sup>rd</sup> – 200m / Bantam – U14
Allan Brett	3 <sup>rd</sup> – 1500m / Junior – U20
Alain Boucher	3 <sup>rd</sup> – 3000m Steeplechase / Senior – Open
Fiona Calender	3 <sup>rd</sup> – 200m / Midget – U16
Fiona Callender	2 <sup>nd</sup> – 400m / Midget – U16
Victor Chan	2 <sup>nd</sup> – Long Jump / Bantam – U14
Courtney Conner	3 <sup>rd</sup> – 100m Hurdles / Senior – Open

Karelle Edwards	2 <sup>nd</sup> – 100m Hurdles / Junior – U20
Karelle Edwards	2 <sup>nd</sup> – Long Jump / Juvenile – U18
Karelle Edwards	2 <sup>nd</sup> – High Jump / Juvenile – U18
Ben Engel	3 <sup>rd</sup> – Shot Put / Junior – U20
Ben Engel	3 <sup>rd</sup> – Discus / Junior – U20
Nicole Francki	2 <sup>nd</sup> – 1500m Walk / Juvenile – U18
Emma Galbraith	3 <sup>rd</sup> – 800m / Bantam – U14
Marcus Giannini	2 <sup>nd</sup> – 100m / Bantam – U14
Julia Hicks	3 <sup>rd</sup> – 5000m / Senior – Open
Adrian Huynh	3 <sup>rd</sup> – Triple Jump / Juvenile – U18
Rebecca Kirk	2 <sup>nd</sup> – Pole Vault / Midget – U16
Oluwasegun Makinde	2 <sup>nd</sup> – 200m / Juvenile – U18
Adam McGregor	3 <sup>rd</sup> – 1500m Walk / Juvenile – U18
Ramon Monsour	2 <sup>nd</sup> – 100m / Juvenile – U18
Ramon Monsour	3 <sup>rd</sup> – 200m / Juvenile – U18
Timothy Nedow	2 <sup>nd</sup> – Discus / Juvenile – U18
Timothy Nedow	3 <sup>rd</sup> – Hammer / Juvenile – U18
Erikka Niemi	3 <sup>rd</sup> – 1500m Steeplechase / Midget –
Erikka Niemi	2 <sup>nd</sup> – 1500m Walk / Midget – U16
Matt Nolan	3 <sup>rd</sup> – Long Jump / Midget – U16
Stuart Pearson	3 <sup>rd</sup> – 110m Hurdles / Junior – U20
Stuart Pearson	2 <sup>nd</sup> – 400m Hurdles / Junior – U20
Michael Robertson	2 <sup>nd</sup> – 200m / Junior – U20
Dominique Thibault	2 <sup>nd</sup> – Shot Put / Junior – U20
Lindsay Thompson	3 <sup>rd</sup> – Pole Vault / Midget – U16
Shawn Walters	2 <sup>nd</sup> – 1500m Walk / Midget – U16
Danelle Woods	2 <sup>nd</sup> – 1500m / Senior – Open
Michael Woods	2 <sup>nd</sup> – 1500m / Senior – Open
Kelly Young	2 <sup>nd</sup> – 400m Hurdles / Senior – Open
Todd Pyper, Brian Cummings,	2 <sup>nd</sup> – 4x400m / Senior – Open
Sean Young, Michael Robertson	
Adam Lewandowski, Matt Volpi,	2 <sup>nd</sup> – Distance Medley / Senior – Open
Kevin Savard, Joshua Karanja	
Stuart Pearson, Spencer Bell,	3 <sup>rd</sup> – 4x400m / Junior – U20
Graham Spaul, Reda Benazzouz	
Lindsay Thompson, Fiona Callender,	2 <sup>nd</sup> – 4x100m / Midget – U16
Jennifer Ciotti, Amelia Brohman	
Joseph Tierney, Toluwalope Makinde,	2 <sup>nd</sup> – 4x100m / Midget – U16
Spencer Carroll, Patrick Ha	
Fiona Callender, Erikka Niemi,	2 <sup>nd</sup> – 4x800m / Midget – U16
Emma Galbraith, Chanel Marion	

### **Athletics Ontario XC Championships**

Tiffany Locke	1 <sup>st</sup> – Junior Women – U20
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Stacey Lance, Katie Britton, Renee  
Borkovich, Lisa Benz, Patricia Martel, Anna  
Rocoski  
Allan Brett  
Emma Galbraith

1<sup>st</sup> – Team / Senior – Open

2<sup>nd</sup> – Junior Men – U20

3<sup>rd</sup> – Bantam Girls – U14

### **Ontario Legion Track & Field Championships**

Emma Dobson  
Tim Nedow  
Tim Nedow  
Paul Ausman  
Alicia Brown  
Alicia Brown  
Fiona Callender  
Fiona Callender  
Ramaar Hall  
Emilie Halle  
Ramon Monsour  
Josephine Sindani

1<sup>st</sup> – Triple Jump / Juvenile – U18

1<sup>st</sup> – Shot Put / Juvenile – U18

1<sup>st</sup> – Discus / Juvenile – U18

3<sup>rd</sup> – Javelin / Juvenile – U18

2<sup>nd</sup> – 100m / Juvenile – U18

2<sup>nd</sup> – 200m / Juvenile – U18

2<sup>nd</sup> – 400m / Midget – U16

3<sup>rd</sup> – 200m / Midget U16

2<sup>nd</sup> – 100m / Midget – U16

2<sup>nd</sup> – 400m / Juvenile – U18

2<sup>nd</sup> – 100m / Juvenile – U18

2<sup>nd</sup> – Heptathlon / Juvenile – U18

### **OFSAA Track & Field Championships**

Lindsay Anderson  
Fiona Callender  
Karelle Edwards  
Tyler Fawcett  
Ashlea Maddex  
Oluwasegun Makinde  
Catlin van Dodewaard  
Caitlin van Dodewaard  
Danelle Woods  
Patrick Arbour  
Patrick Arbour  
Paul Ausman  
Devon Clark  
Spencer da Costa  
Emma Dobson  
Emma Dobson  
Karelle Edwards  
Sarah Gariba  
Emilie Halle  
Oluwasegun Makinde  
Stuart Pearson  
Michael Robertson  
Michael Robertson  
Corey Wingate  
Danelle Woods

1<sup>st</sup> – 3000m / Junior

1<sup>st</sup> – 400m / Midget

1<sup>st</sup> – Long Jump / Senior

1<sup>st</sup> – 400m Hurdles / Senior

1<sup>st</sup> – High Jump / Midget

1<sup>st</sup> – 200m / Junior \*OFSAA Record

1<sup>st</sup> – Shot Put / Senior

1<sup>st</sup> – Discus / Senior

1<sup>st</sup> – 3000m / Senior

2<sup>nd</sup> – Discus / Senior

3<sup>rd</sup> – Javelin / Senior

3<sup>rd</sup> – Javelin / Junior

3<sup>rd</sup> – High Jump / Midget

3<sup>rd</sup> – High Jump / Junior

2<sup>nd</sup> – Long Jump / Junior

2<sup>nd</sup> – Triple Jump / Junior

2<sup>nd</sup> – 100m Hurdles / Senior

3<sup>rd</sup> – 200m / Junior

3<sup>rd</sup> – 400m / Senior

2<sup>nd</sup> – 100m / Junior

2<sup>nd</sup> – 400m Hurdles / Senior

2<sup>nd</sup> – 400m / Junior

3<sup>rd</sup> – 200m / Senior

3<sup>rd</sup> – Shot Put / Junior

2<sup>nd</sup> – 1500m / Senior



**OFSAA Cross Country**

Sarah Boyd

3<sup>rd</sup> – Senior Girls**2006**

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**Athletics Ontario Championships**

Esther Akinsulie	1 <sup>st</sup> – 400m / Senior – Open
Charles Allen	1 <sup>st</sup> – 100m / Senior – Open
Paul Ausman	1 <sup>st</sup> – Javelin / Midget – U16
Tyler Fawcett	1 <sup>st</sup> – 110m Hurdles / Junior – U20
Sultana Frizell	1 <sup>st</sup> – Shot Put / Senior – Open
Sultana Frizell	1 <sup>st</sup> – Hammer / Senior – Open
Joshua Karanja	1 <sup>st</sup> – 3000m Steeplechase / Senior – Open
Todd Pyper	1 <sup>st</sup> – 200m / Junior – U20
Todd Pyper	1 <sup>st</sup> – 400m / Junior – U20
Caitlin VanDodewaard	1 <sup>st</sup> – Shot Put / Juvenile – U18
Derek Watkins	1 <sup>st</sup> – Triple Jump / Senior – Open
Andrea White	1 <sup>st</sup> – 400m Hurdles / Senior – Open
	1 <sup>st</sup> – 3000m Steeplechase / Senior – Open
Danelle Woods	
Cody Sorensen, Richard Adu-Bobie,	1 <sup>st</sup> – 4x100m / Senior – Open
Dan Barbarie, Derek Watkins	
Alana Sommerville, Mercedes Prevost,	1 <sup>st</sup> – 4x800m / Juvenile – U18
Rachel Aubry, Madeline Martin	
Martin Chayer, Reda Benazzouz,	1 <sup>st</sup> – 4x800m / Juvenile – U18
Kasif Ahmed, Joe Hare	
Richard Adu-Bobie	3 <sup>rd</sup> – 200m / Senior – Open
Patrick Arbour	3 <sup>rd</sup> – Shot Put / Junior – U20
Lindsay Anderson	2 <sup>nd</sup> – 3000m / Midget – U16
Patrick Arbour	2 <sup>nd</sup> – Discus / Junior – U20
Patrick Arbour	2 <sup>nd</sup> – Javelin / Junior – U20
Reda Benazzouz	2 <sup>nd</sup> – 400m / Juvenile – U18
Reda Benazzouz	3 <sup>rd</sup> – 800m / Juvenile – U18
Alex Bernard	2 <sup>nd</sup> – Javelin / Senior – Open
Cody Boast	3 <sup>rd</sup> – Triple Jump / Midget – U16
Allan Brett	2 <sup>nd</sup> – 1500m / Senior – Open
Dana Buchanan	3 <sup>rd</sup> – 800m / Senior – Open
Sarah Collins	3 <sup>rd</sup> – Javelin / Junior – U20
Brian Cummings	3 <sup>rd</sup> – 400m / Senior – Open
Maureen Doody	3 <sup>rd</sup> – Long Jump / Senior – Open
Stephen Drew	2 <sup>nd</sup> – 10,000m / Senior – Open
Stephen Drew	3 <sup>rd</sup> – 5000m / Senior – Open
Karelle Edwards	3 <sup>rd</sup> – Long Jump / Junior - U20
Tyler Fawcett	2 <sup>nd</sup> – 400m Hurdles / Junior - U20

Sultana Frizell	2 <sup>nd</sup> – Discus / Senior – Open
Sultana Frizell	3 <sup>rd</sup> – Javelin / Senior – Open
Olivier Gauthier-Kwan	3 <sup>rd</sup> – Long Jump / Juvenile – U18
Olivier Gauthier-Kwan	3 <sup>rd</sup> – Triple Jump / Juvenile – U18
Caroline Larose	2 <sup>nd</sup> – Shot Put / Senior – Open
Caroline Larose	2 <sup>nd</sup> – Javelin / Senior – Open
Evan Loh	2 <sup>nd</sup> – Long Jump / Bantam – U14
Evan Loh	3 <sup>rd</sup> – Triple Jump / Bantam – U14
Oluwasegun Makinde	2 <sup>nd</sup> – 100m / Midget – U16
Oluwasegun Makinde	2 <sup>nd</sup> – 200m / Midget – U16
Oluwasegun Makinde	2 <sup>nd</sup> – Long Jump / Midget – U16
Ryan Rowat	3 <sup>rd</sup> – Hammer Throw / Senior – Open
Kevin Savard	2 <sup>nd</sup> – 800m / Senior – Open
Josephine Sindani	3 <sup>rd</sup> – Triple Jump / Juvenile – U18
Oluseyi Smith	2 <sup>nd</sup> – Long Jump / Senior – Open
Cody Sorensen	3 <sup>rd</sup> – 110m Hurdles / Senior – Open
Jill Stapleton	2 <sup>nd</sup> – 5000m / Senior – Open
Dominique Thibault	2 <sup>nd</sup> – Shot Put / Junior – U20
Caitlin VanDodewaard	3 <sup>rd</sup> – Discus / Junior – U20
Caitlin VanDodewaard	2 <sup>nd</sup> – Discus / Juvenile – U18
Derek Watkins	2 <sup>nd</sup> – High Jump / Senior – Open
Michael Weatherhead	2 <sup>nd</sup> – Pole Vault / Juvenile – U18
Chris Weatherhead	3 <sup>rd</sup> – Pole Vault / Juvenile – U18
Karelle Edwards, Caitlin Fortier,	2 <sup>nd</sup> – 4x100m / Junior – U20
Catherine Lalonde, Jordan Skeete-Wilson	
Jack Ohlsen, Michael Robertson,	2 <sup>nd</sup> – 4x100m / Junior – U20
Jeremy Batt, Tyler Fawcet	
Evan Williams, Jeremy Batt,	3 <sup>rd</sup> – 4x100m / Juvenile – U18
Tony Risling, Olivier Gauthier-Kwan	
Brandon Ferguson, Oluwasegun Makinde,	2 <sup>nd</sup> – 4x100m / Midget – U16
Cody Boast, Thomas McLoughlin-Coleman	

### **Athletics Ontario XC Championships**

Danelle Woods	2 <sup>nd</sup> – Junior Women – U20
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### **Ontario Legion Track & Field Championships**

Oluwasegun Makinde	1 <sup>st</sup> – 200m / Midget – U16
Tim Nedow	1 <sup>st</sup> – Shot Put / Juvenile – U18
Michael Robertson	1 <sup>st</sup> – 400m / Juvenile – U18
Caitlin van Dodewaard	1 <sup>st</sup> – Shot Put / Juvenile – U18
Christopher Weatherhead	1 <sup>st</sup> – Pole Vault / Juvenile – U18
Evan Williams	1 <sup>st</sup> – Octathlon / Juvenil – U18
Danelle Woods	1 <sup>st</sup> – 2000m Steeplechase – U18
Rachel Aubry	3 <sup>rd</sup> – 400m / Juvenile – U18
Paul Ausman	2 <sup>nd</sup> – Javelin / Midget – U16
Spencer Bell	3 <sup>rd</sup> – 300m Hurdles / Midget – U16

Reda Benazzouz	2 <sup>nd</sup> – 800m / Juvenile – U18
Reda Benazzouz	3 <sup>rd</sup> – 400m / Juvenile – U18
Ian Donald	2 <sup>nd</sup> – 3000m / Midget – U16
Trevor Doucett	3 <sup>rd</sup> – 400m Hurdles / Juvenile – U18
Karelle Edwards	2 <sup>nd</sup> – High Jump / Juvenile – U18
Caitlin Fortier	3 <sup>rd</sup> – 100m / Juvenile – U18
Caitlin Fortier	3 <sup>rd</sup> – 200m / Juvenile – U18
Oluwasegun Makinde	3 <sup>rd</sup> – Long Jump / Midget – U16
Tim Nedow	3 <sup>rd</sup> – High Jump / Juvenile – U18
Michael Robertson	2 <sup>nd</sup> – 200m / Juvenile – U18
Josephine Sindani	2 <sup>nd</sup> – Heptathlon / Juvenile - U18
Caitlin VanDodewaard	3 <sup>rd</sup> – Discus / Juvenile – U18
Michael Weatherhead	2 <sup>nd</sup> – Pole Vault / Juvenile – U18
Danelle Woods	3 <sup>rd</sup> – 3000m / Juvenile – U18

### **OFSAA Track & Field Championships**

Allan Brett	1 <sup>st</sup> – 1500m / Senior
Thomas McLoughlin-Coleman	1 <sup>st</sup> – 100m Hurdles / Midget *OFSAA Record
Tim Nedow	1 <sup>st</sup> – Shot Put / Junior *OFSAA Record
Todd Pyper	1 <sup>st</sup> – 200m / Senior
Danelle Woods	1 <sup>st</sup> – 3000m / Senior
Paul Ausman	3 <sup>rd</sup> – Javelin / Midget
Jennie Biewald	2 <sup>nd</sup> – 1500m / Senior
Jennie Biewald	3 <sup>rd</sup> – 800m / Senior
Sara Collins	3 <sup>rd</sup> – Javelin / Senior
Ian Donald	2 <sup>nd</sup> – 3000m / Midget
Karelle Edwards	2 <sup>nd</sup> – Long Jump / Junior
Tyler Fawcett	2 <sup>nd</sup> – 110m Hurdles / Senior
Tyler Fawcett	2 <sup>nd</sup> – 400m Hurdles / Senior
Tim Nedow	2 <sup>nd</sup> – High Jump / Junior
Tim Nedow	2 <sup>nd</sup> – Triple Jump / Junior
Caitlin VanDodewaard	2 <sup>nd</sup> – Shot Put / Senior
Caitlin VanDodewaard	3 <sup>rd</sup> – Discus / Senior

### **OFSAA XC Championships**

Danelle Woods	1 <sup>st</sup> – Senior Girls
Lindsay Anderson	2 <sup>nd</sup> – Junior Girls
Ian Donald	3 <sup>rd</sup> – Junior Boys

## **2005**

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### **Athletics Ontario Championships**

Jennie Biewald	1 <sup>st</sup> – 400m / Junior – U20
Jennie Biewald	1 <sup>st</sup> – 800m / Junior – U20
Melissa Bishop	1 <sup>st</sup> – 800m / Juvenile – U18

Allan Brett	1 <sup>st</sup> – 1500m / Juvenile – U18
Dana Buchanan	1 <sup>st</sup> – 2000m Steeplechase / Senior – Open
Courtney Connor	1 <sup>st</sup> – 100m Hurdles / Junior – U20
Brian Cummings	1 <sup>st</sup> – 400m / Junior – U20
Patricia Gauthier	1 <sup>st</sup> – Pole Vault / Senior – Open
Adam Lewandowski	1 <sup>st</sup> – 800m / Junior – U20
Adam Lewandowski	1 <sup>st</sup> – 1500m / Junior – U20
Derek Watkins	1 <sup>st</sup> – High Jump / Senior – Open
Danelle Woods	1 <sup>st</sup> – 1500m / Juvenile – Open
Danelle Woods	1 <sup>st</sup> – 3000m / Juvenile – Open
Danelle Woods	1 <sup>st</sup> – 1500m Steeplechase / Juvenile – U18
Shiyi Zan	1 <sup>st</sup> – 3000m / Juvenile – U18
Julia Lauv, Esther Akinsulie,	1 <sup>st</sup> – 4x100m / Senior – Open
Courtney Connor, Andrea White	
Antoine Despres-Bedward, Oluseyi Smith,	1 <sup>st</sup> – 4x100m / Junior – U20
Todd Pyper, David Bissonette	
Melissa Bishop, Tiffany Locke,	1 <sup>st</sup> – 4x800m / Juvenile – U18
Tess Acton, Jennie Biewald	
Brian Cummings, Matt Volpi,	1 <sup>st</sup> – 4x800m / Junior – U20
Adam Lewandowski, Allan Brett	
Nolan Beanlands, Chris Anderson,	1 <sup>st</sup> – 4x800m / Midget – U16
Jackson Brown, Thomas McLoughlin-	
Coleman	
Tess Acton	2 <sup>nd</sup> – 1500m Steeplechase / Juvenile – U18
Richard Adu-Bobie	3 <sup>rd</sup> – 100m / Senior – Open
Esther Akinsulie	2 <sup>nd</sup> – 200m / Senior – Open
Esther Akinsulie	3 <sup>rd</sup> – 400m / Senior – Open
Patrick Arbour	2 <sup>nd</sup> – Discus / Juvenile – U18
Patrick Arbour	2 <sup>nd</sup> – Hammer / Juvenile – U18
Jennie Biewald	3 <sup>rd</sup> – 800m / Senior – Open
Melissa Bishop	2 <sup>nd</sup> – 400m / Juvenile – U18
Allan Brett	2 <sup>nd</sup> – 800m / Juvenile – U18
Paul Chauvin	3 <sup>rd</sup> – 400m / Senior – Open
Martin Chayer	2 <sup>nd</sup> – 400m / Midget – U16
Martin Chayer	3 <sup>rd</sup> – 800m / Midget – U16
Ben Engel	3 <sup>rd</sup> – Javelin / Juvenile – U18
Patricia Gauthier	2 <sup>nd</sup> – Pole Vault / Senior – Open
Travis Holmes	3 <sup>rd</sup> – 5000m / Senior – Open
Laura-Lee Lewis	3 <sup>rd</sup> – Long Jump / Midget – U16
Patrick Marion	3 <sup>rd</sup> – 3000m Steeple / Senior – Open
Samantha Piquette	2 <sup>nd</sup> – Javelin / Senior – Open
Todd Pyper	3 <sup>rd</sup> – 200m / Junior – U20

Brent Savard  
Josephine Sindani  
Caitlin VanDodewaard  
Matt Volpi  
Derek Watkins  
Andrea White  
Andrea White  
Shiyi Zan  
Shannon Jessop, Lindsay Anderson,  
Karen Lenarduzzi, Louise Gresham  
Thomas McLoughlin-Coleman, Michael-  
Anthony Clement, Martin Chayer, Jerrett  
Sani

3<sup>rd</sup> – 400m Hurdles / Junior – U20  
2<sup>nd</sup> – Javelin / Midget – U16  
3<sup>rd</sup> – Discus / Juvenile – U18  
2<sup>nd</sup> – 800m / Junior – U20  
2<sup>nd</sup> – High Jump / Senior – Open  
2<sup>nd</sup> – 400m / Junior – U20  
2<sup>nd</sup> – 400m Hurdles / Junior – U20  
3<sup>rd</sup> – 1500m / Juvenile – U18  
3<sup>rd</sup> – 4x100m / Midget – U16  
  
3<sup>rd</sup> – 4x100m / Midget – U16

### **Athletics Ontario XC Championships**

Kim Kallio (9), Lindsay Anderson (12),  
Mercedes Prevost (14), Madeline Martin  
(15), Shannon Jessop (51), Karen  
Lenarduzzi (52)  
Danelle Woods (3), Jennie Biewald (5),  
Shiyi Zan (8), Melissa Bishop (12), Tiffany  
Locke (13)  
Danelle Woods

1<sup>st</sup> - Team / Midget – U16  
  
1<sup>st</sup> – Team / Junior – U20  
  
3<sup>rd</sup> – Junior Women – U20

### **Ontario Legion Track & Field Championships**

Tyler Fawcett  
Tyler Fawcett  
Shiyi Zan  
Tess Acton  
Patrick Arbour  
Patrick Arbour  
Martin Chayer  
Ian Donald  
Dominique Thibault  
Dominique Thibault  
Christopher Weatherhead

1<sup>st</sup> – 110m Hurdles / Juvenile – U18  
1<sup>st</sup> – 300m Hurdles / Juvenile – U18  
1<sup>st</sup> – 3000m / Juvenile – U18  
2<sup>nd</sup> – 1500m / Juvenile – U18  
2<sup>nd</sup> – Javelin / Juvenile – U18  
3<sup>rd</sup> – Hammer / Juvenile – U18  
3<sup>rd</sup> – 300m Hurdles / Midget – U16  
2<sup>nd</sup> – 3000m / Midget – U16  
2<sup>nd</sup> – Shot Put / Juvenile – U18  
3<sup>rd</sup> – Discus / Juvenile – U18  
3<sup>rd</sup> – Pole Vault / Juvenile – U18

### **OFSAA Track & Field Championships**

Jennie Biewald  
Allan Brett  
Adam Lewandowski  
Bailey Lewis  
Danelle Woods  
Mike Woods  
Mike Woods  
Alex Bernard

1<sup>st</sup> – 800m / Senior  
1<sup>st</sup> – 1500m / Senior  
1<sup>st</sup> – 800m / Senior  
1<sup>st</sup> – 400m Hurdles / Senior  
1<sup>st</sup> – 3000m / Senior  
1<sup>st</sup> – 1500m / Senior  
1<sup>st</sup> – 3000m / Senior  
3<sup>rd</sup> – Javelin / Senior

Sara Collins	2 <sup>nd</sup> – Javelin / Senior
Karelle Edwards	2 <sup>nd</sup> – Long Jump / Midget
Ben Engel	3 <sup>rd</sup> – Shot Put / Junior
Bailey Lewis	3 <sup>rd</sup> – 400m / Senior
Michael Robertson	3 <sup>rd</sup> – 200m / Midget
Michael Robertson	3 <sup>rd</sup> – 400m / Midget
Caitlin VanDodewaard	2 <sup>nd</sup> – Discus / Junior
Danelle Woods	3 <sup>rd</sup> – 1500m / Junior

## OFSAA XC Championships

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## 2004

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### Athletics Ontario Championships

Melissa Bishop	1 <sup>st</sup> – 800m / Juvenile – U18
Allan Brett	1 <sup>st</sup> – 800m / Juvenile – U18
Allan Brett	1 <sup>st</sup> – 1500m / Juvenile – U18
Paul Chauvin	1 <sup>st</sup> – 400m / Senior – Open
Maureen Doody	1 <sup>st</sup> – Long Jump / Senior – Open
Ben Engel	1 <sup>st</sup> – Javelin / Midget – U16
Joshua Karanja	1 <sup>st</sup> – 1500m / Senior – Open
Leah Larocque	1 <sup>st</sup> – 400m / Midget – U16
Bailey Lewis	1 <sup>st</sup> – 400m / Junior – U20
Bailey Lewis	1 <sup>st</sup> – 400m Hurdles / Junior – U20
Scott Miller	1 <sup>st</sup> – 2000m Steeplechase / Juvenile – U18
Rachel Talbot	1 <sup>st</sup> – 800m / Senior – Open
Rachel Talbot	1 <sup>st</sup> – 1500m / Senior – Open
Rachel Talbot	1 <sup>st</sup> – 5000m / Senior – Open
Jordan Alexis, Antoine Despre-Bedward, Brent Savard, David Bissonette	1 <sup>st</sup> – 4x100m / Juvenile – U18
Candace Rosenthal, Bailey Lewis, Elly Robertson, Maureen Doody	1 <sup>st</sup> – 4x100m / Senior – Open
Lawrence Williams, Dan Kotylak, Paul Chauvin, Jermaine Bucknor	1 <sup>st</sup> – 4x100m / Senior – Open
Stuart Pearson, Brent Savard, Islam Baba, Allan Brett	1 <sup>st</sup> – 4x800m / Juvenile – U18
Jackie Shields, Leah Larocque, Melissa Bishop, Katie Engel	1 <sup>st</sup> – 4x800m / Juvenile – U18
Melissa Bishop	2 <sup>nd</sup> – 400m / Juvenile – U18
David Bissonette	2 <sup>nd</sup> – 100m / Juvenile – U18
Nouredine Chetibi	2 <sup>nd</sup> – 400m Hurdles / Junior – U20
Andrew Courchene	2 <sup>nd</sup> – 3000m / Midget – U16
Matt Courchene	3 <sup>rd</sup> – 800m / Bantam – U14

Miesha Cole	3 <sup>rd</sup> – 1500m Steeplechase / Midget –
Ian Donald	2 <sup>nd</sup> – 800m / Bantam – U14
Ian Donald	2 <sup>nd</sup> – 1500m / Bantam – U14
Christopher Edwards	2 <sup>nd</sup> – 110m Hurdles / Junior – U20
Ben Engel	2 <sup>nd</sup> – Shot Put / Midget – U16
Ben Engel	3 <sup>rd</sup> – Discus / Midget – U16
Joshua Karanja	2 <sup>nd</sup> – 800m / Senior – Open
Dan Kotylak	2 <sup>nd</sup> – 400m / Senior – Open
Adam Lewandowski	2 <sup>nd</sup> – 800m / Juvenile – U18
Adam Lewandowski	2 <sup>nd</sup> – 1500m / Juvenile – U18
Jennifer McCallum	2 <sup>nd</sup> – 2000m Steeplechase / Junior –
Candace Rosenthal	2 <sup>nd</sup> – 100m / Senior - Open
Matt Courchene, Ian Donald,	2 <sup>nd</sup> – 4x800m / Midget – U16
Nicolas Beland, Andrew Courchene	
Zachary Beland, Ian Donald,	3 <sup>rd</sup> – 4x100m / Midget – U16
Matt Courchene, Andrew Courchene	
Sarah Seabrooke, Leah Larocque,	3 <sup>rd</sup> – 4x100m / Juvenile – U18
Jackie Shields, Julia Lauv	
Thom Palmer, Matt Fournier,	2 <sup>nd</sup> – 4x800m / Senior – Open
Lawrence Williams, Josh Karanja	

#### **Athletics Ontario XC Championships**

Ian Donald	1 <sup>st</sup> – Bantam Boys – U14
Danelle Woods	1 <sup>st</sup> – Midget Girls – U16
Allan Brett (3), Adam Lewandowski (8),	1 <sup>st</sup> – Team / Junior – U20
Travis Holmes (9), Scott Millar (12)	
Allan Brett	3 <sup>rd</sup> – Junior Men – U20
Ian Donald (1), Matt Courchene (4), Chris	3 <sup>rd</sup> – Team / Bantam – U14
Anderson (27)	
Katie Engel (4), Tess Acton (8),Jennie	3 <sup>rd</sup> – Team / Junior – U20
Biewald (14), Kayla Robinson (22)	

#### **Ontario Legion Track & Field Championships**

Trevor Doucette	1 <sup>st</sup> – 100m Hurdles / Midget – U16
Trevor Doucette	1 <sup>st</sup> – 300m Hurdles / Midget – U16
Todd Pyper	1 <sup>st</sup> – 100m / Juvenile – U18
Todd Pyper	1 <sup>st</sup> – 200m / Juvenile – U18
Caitlin van Dodewaard	1 <sup>st</sup> – Discus / Midget – U16
Danelle Woods	1 <sup>st</sup> – 1500m / Midget – U16
Melissa Bishop	2 <sup>nd</sup> – 800m / Juvenile – U18
Brent Boschman	2 <sup>nd</sup> – 400m / Juvenile – U18
Allen Brett	2 <sup>nd</sup> – 1500m / Juvenile – U18
Ben Engel	3 <sup>rd</sup> – Javelin / Midget – U16
Katie Engel	3 <sup>rd</sup> – 1500m / Juvenile – U18
Katie Engle	2 <sup>nd</sup> – 3000m / Juvenile – U18
Leah Larocque	2 <sup>nd</sup> – 400m / Midget – U16

Scott Miller

2<sup>nd</sup> – 1500m Steeplechase / Juvenile –  
U18

### OFSAA Track & Field Championships

Melissa Bishop	1 <sup>st</sup> – 800m / Junior
Allan Brett	1 <sup>st</sup> – 800m / Junior
Allan Brett	1 <sup>st</sup> – 1500m / Junior
Catherine Lalonde	1 <sup>st</sup> – 200m / Midget
Mike Woods	1 <sup>st</sup> – 1500m / Senior
Mike Woods	1 <sup>st</sup> – 3000m / Senior
Alex Bernard	3 <sup>rd</sup> – Javelin / Senior
Jennie Biewald	2 <sup>nd</sup> – 400m / Junior
Melissa Bishop	3 <sup>rd</sup> – 400m / Junior
Kevin Boczar	3 <sup>rd</sup> – 300m Hurdles / Junior
Josh Karanja	3 <sup>rd</sup> – 1500m / Senior
Catherine Lalonde	2 <sup>nd</sup> – 100m / Midget
Bailey Lewis	3 <sup>rd</sup> – 400m Hurdles / Senior
Scott Miller	3 <sup>rd</sup> – 2000m Steeplechase / Senior
Samantha Piquette	3 <sup>rd</sup> – Javelin / Senior
Todd Pyper	2 <sup>nd</sup> – 200m / Senior
Andrea White	3 <sup>rd</sup> – 100m Hurdles / Senior
Andrea White	2 <sup>nd</sup> – 400m Hurdles / Senior
Danelle Woods	2 <sup>nd</sup> – 800m / Midget
Danelle Woods	2 <sup>nd</sup> – 1500m / Midget

### OFSAA XC Championships

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## 2003

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### Athletics Ontario Championships

Tess Acton	1 <sup>st</sup> – 800m / Midget – U16
Maya Aden	1 <sup>st</sup> – 5000m / Junior – U20
Esther Akinsulie	1 <sup>st</sup> – 200m / Junior – U20
Dan Barbarie	1 <sup>st</sup> – 200m / Senior – Open
Melissa Bishop	1 <sup>st</sup> – 400m / Midget – U16
Dana Buchanan	1 <sup>st</sup> – 800m / Junior
Jermaine Bucknor	1 <sup>st</sup> – 110m Hurdles / Senior – Open
Paul Chauvin	1 <sup>st</sup> – 400m / Senior – Open
Stephen Drew	1 <sup>st</sup> – 5000m / Senior – Open
Katie Engel	1 <sup>st</sup> – 800m / Juvenile – U18
Katie Engel	1 <sup>st</sup> – 1500m / Juvenile – U18
Patricia Gauthier	1 <sup>st</sup> – 100m Hurdles / Junior – U20
Julia Hicks	1 <sup>st</sup> – 1500m / Junior – U20
Bailey Lewis	1 <sup>st</sup> – 400m / Junior – U20



Bailey Lewis	1 <sup>st</sup> – 400m Hurdles / Junior – U20
Samantha Piquette	1 <sup>st</sup> – Javelin / Juvenile – U18
Derek Watkins	1 <sup>st</sup> – High Jump / Senior – Open
Andrea White	1 <sup>st</sup> – 300m Hurdles / Juvenile – U18
Dan Barbarie, Lawrence Ringwald,	1 <sup>st</sup> – 4x100m / Senior – Open
Jermaine Bucknor, Richard Adu-Bobie	
Esther Akinsulie, Patricia Gauthier,	1 <sup>st</sup> – 4x100m / Junior – U20
Courtney Connor, Andrea White	
Matt Brikis, Joshua Karanja,	1 <sup>st</sup> – 4x800m / Junior – U20
Maya Aden, Mike Woods	
Bailey Lewis, Dana Buchanan,	1 <sup>st</sup> – 4x800m / Junior – U20
Julia Hicks, Jackie Bonisteel	
Melissa Bishop, Hilary Egan,	1 <sup>st</sup> – 4x800m / Juvenile – U18
Katie Engel, Tess Acton	
Doug O’Hearn, Stuart Pearson,	1 <sup>st</sup> – 4x800m / Midget – U16
Andrew Courchene, Nicolas Beland	
Tess Acton	2 <sup>nd</sup> – 1500m / Midget – U16
Richard Adu-Bobie	2 <sup>nd</sup> – 100m / Junior – U20
Richard Adu-Bobie	2 <sup>nd</sup> – 200m / Junior – U20
Esther Akinsulie	3 <sup>rd</sup> – 100m / Junior – U20
Esther Akinsulie	3 <sup>rd</sup> – Long Jump / Junior – U20
Alex Bernard	2 <sup>nd</sup> – Javelin / Junior – U20
Melissa Bishop	2 <sup>nd</sup> – 800m / Midget – U16
Kevin Boczar	2 <sup>nd</sup> – 200m Hurdles / Midget – U16
Jackie Bonisteel	2 <sup>nd</sup> – 800m / Junior – U20
Jackie Bonisteel	2 <sup>nd</sup> – 1500m / Junior – U20
Dana Buchanan	3 <sup>rd</sup> – 400m / Junior – U20
Nourredine Chetibi	2 <sup>nd</sup> – 300m Hurdles / Juvenile – U18
Paul Chauvin	3 <sup>rd</sup> – 800m / Senior – Open
Meisha Cole	3 <sup>rd</sup> – 1500m Steeple / Midget – U16
Stephen Drew	3 <sup>rd</sup> – 1500m / Senior – Open
Chris Edwards	2 <sup>nd</sup> – 110m Hurdles / Juvenile – U18
Neil Fine	3 <sup>rd</sup> – High Jump / Junior – U20
Patricia Gauthier	3 <sup>rd</sup> – High Jump / Junior – U20
Patrica Gauthier	2 <sup>nd</sup> – Long Jump / Junior – U20
Julia Hicks	2 <sup>nd</sup> – 3000m / Junior – U20
Erin Kennedy	3 <sup>rd</sup> – 200m Hurdles / Midget – U16
Doug O’Hearn	2 <sup>nd</sup> – 1500m / Midget – U16
Doug O’Hearn	3 <sup>rd</sup> – 3000m / Midget – U16
Thom Palmer	3 <sup>rd</sup> – 800m / Juvenile – U18
Heather Schultz	2 <sup>nd</sup> – Javelin / Midget – U16
Matt Stacey	2 <sup>nd</sup> – 5000m / Senior – Open
Rachel Talbot	3 <sup>rd</sup> – 1500m / Senior – Open
Derek Watkins	3 <sup>rd</sup> – Triple Jump / Senior – Open
Andrea White	2 <sup>nd</sup> – 100m Hurdles / Juvenile – U18

Michael Woods  
Robertson, Baba,  
Travis Holmes, Palmer

3<sup>rd</sup> – 5000m / Junior – U20  
2<sup>nd</sup> – 4x800m / Juvenile – U18

#### **Athletics Ontario XC Championships**

Allan Brett  
Joshua Karanja  
Joshua Karanja (1), Michael Woods (2),  
Adam Lewandowski (11), Travis Holmes  
(23)

1<sup>st</sup> – Midget Boys – U16  
1<sup>st</sup> – Junior Men – U20  
1<sup>st</sup> – Team / Junior – U20

Allan Brett (1), Doug O’Hearn (10),  
Andrew Courchene (14), Jeff Hayes (17)  
Michael Woods  
Katie Engel (4), Hilary Egan (11),  
Laura McRobbie (17), Jenn McCallum (18)  
Stephen Drew (7), Stephen Gamache (18),  
Chad Pawson (24), Andre Okenge (25)

1<sup>st</sup> – Team / Midget – U16  
2<sup>nd</sup> – Junior Men – U20  
2<sup>nd</sup> – Team / Junior – U20  
3<sup>rd</sup> – Team / Senior – Open

#### **Ontario Legion Track & Field Championships**

Melissa Bishop  
Melissa Bishop  
Sara Collins  
Katie Engel  
Katie Engel  
Cody Sorensen  
Tess Acton  
Tess Acton  
Alex Bernard  
Tyler Fawcett  
Doug O’Hearn  
Cody Sorensen

1<sup>st</sup> – 400m / Midget – U16  
1<sup>st</sup> – 800m / Midget – U16  
1<sup>st</sup> – Javelin / Juvenile – U18  
1<sup>st</sup> – 800m / Juvenile – U18  
1<sup>st</sup> – 1500m / Juvenile – U18  
1<sup>st</sup> – 110m Hurdles / Juvenile – U18  
2<sup>nd</sup> – 800m / Midget – U16  
2<sup>nd</sup> – 1500m / Midget – U16  
2<sup>nd</sup> – Javelin / Juvenile – U18  
3<sup>rd</sup> – 300m Hurdles / Midget – U16  
3<sup>rd</sup> – High Jump / Midget – U16  
3<sup>rd</sup> – 400m Hurdles / Juvenile – U18

#### **OFSAA Track & Field Championships**

Melissa Bishop  
Sara Collins  
Sultana Frizell  
Sultana Frizell  
Bailey Lewis  
Bailey Lewis  
Oluseyi Smith  
Oluseyi Smith  
Esther Akinsulie  
Alex Bernard  
Dana Buchanan  
Dana Buchanan

1<sup>st</sup> – 400m / Midget  
1<sup>st</sup> – Javelin / Midget  
1<sup>st</sup> – Shot Put / Senior  
1<sup>st</sup> – Discus / Senior  
1<sup>st</sup> – 400m / Junior  
1<sup>st</sup> – 300m Hurdles / Junior  
1<sup>st</sup> – 200m / Senior  
1<sup>st</sup> – Long Jump / Senior  
3<sup>rd</sup> – Long Jump / Senior  
3<sup>rd</sup> – Javelin / Senior  
3<sup>rd</sup> – 400m / Senior  
2<sup>nd</sup> – 800m / Senior

Jermaine Bucknor	2 <sup>nd</sup> – 110m Hurdles / Senior
Neil Fine	3 <sup>rd</sup> – High Jump / Senior
Pat Marion	3 <sup>rd</sup> – 2000m Steeplechase / Senior
Oluseyi Smith	2 <sup>nd</sup> – 100m / Junior
Andrea White	2 <sup>nd</sup> – 80m Hurdles / Junior
Andrea White	3 <sup>rd</sup> – 300m Hurdles / Junior
Mike Woods	2 <sup>nd</sup> – 1500m / Junior
Mike Woods	2 <sup>nd</sup> – 3000m / Junior

## OFSAA XC Championships

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## 2002

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### Athletics Ontario Championships

Melissa Bishop	1 <sup>st</sup> – 400m / Midget – U16
Dana Buchanan	1 <sup>st</sup> – 400m / Junior – U20
Dana Buchanan	1 <sup>st</sup> – 800m / Junior – U20
Jermaine Bucknor	1 <sup>st</sup> – 110m Hurdles / Junior – U20
Katie Engel	1 <sup>st</sup> – Katie 800m / Midget – U16
Katie Engel	1 <sup>st</sup> – 1500m / Midget – U16
Sultana Frizell	1 <sup>st</sup> – Hammer / Senior – Open
Julia Hicks	1 <sup>st</sup> – 3000m / Juvenile – U18
Caroline Larose	1 <sup>st</sup> – Shot Put / Senior – Open
Caroline Larose	1 <sup>st</sup> – Javelin / Senior – Open
Leah Larocque	1 <sup>st</sup> – 400m / Bantam – U14
Adam Lewandowski	1 <sup>st</sup> – 1500m / Midget – U16
Nyonsaba	1 <sup>st</sup> – 5000m / Senior – Open
Ashley Purnell	1 <sup>st</sup> – 100m / Senior – Open
Ashley Purnell	1 <sup>st</sup> – 200m / Senior – Open
Danielle Riendeau	1 <sup>st</sup> – 1500m / Junior – U20
Oluseyi Smith	1 <sup>st</sup> – 200m / Midget – U16
Oluseyi Smith	1 <sup>st</sup> – Long Jump / Midget – U16
Ryan Therrien	1 <sup>st</sup> – 400m / Junior – U20
Tess Acton	2 <sup>nd</sup> – 800m / Midget – U16
Tess Acton	2 <sup>nd</sup> – 1500m / Midget – U16
Maya Aden	2 <sup>nd</sup> – 5000m / Senior – Open
Maya Aden	3 <sup>rd</sup> – 1500m / Senior – Open
Esther Akinsulie	2 <sup>nd</sup> – 100m / Junior – U20
Matthew Brikis	3 <sup>rd</sup> – 800m / Juvenile – U18
Julia Carew	3 <sup>rd</sup> – 400m / Juvenile – U18
Paul Chauvin	2 <sup>nd</sup> – 400m / Senior – Open
Paul Chauvin	2 <sup>nd</sup> – 800m / Senior – Open
Nourredine Chitibi	2 <sup>nd</sup> – 400m Hurdles / Juvenile – U18
Meisha Cole	2 <sup>nd</sup> – 200m Hurdles / Bantam – U14

Neil Fine	2 <sup>nd</sup> – High Jump / Junior – U20
Kevin Grant	2 <sup>nd</sup> – High Jump / Senior – Open
Kate Henderson	2 <sup>nd</sup> – 1500m / Junior – U20
Julia Hicks	3 <sup>rd</sup> – 1500m / Juvenile – U18
Joshua Karanja	3 <sup>rd</sup> – 800m / Junior – U20
Adam Lewandowski	2 <sup>nd</sup> – 800m / Midget – U16
Bailey Lewis	3 <sup>rd</sup> – 400m Hurdles / Juvenile – U18
Patrick Marion	2 <sup>nd</sup> – 3000m Steeplechase / Junior –
Anna McRobbie	2 <sup>nd</sup> – 3000m / Junior – U20
Anna McRobbie	3 <sup>rd</sup> – 1500m / Junior – U20
Scott Miller	3 <sup>rd</sup> – 1500m Steeplechase / Midget –
Doug O’Hearn	3 <sup>rd</sup> – High Jump / Midget – U16
Chantal Ouoba	2 <sup>nd</sup> – Long Jump / Senior – Open
Chantal Ouoba	2 <sup>nd</sup> – Triple Jump / Senior – Open
Stuart Pearson	2 <sup>nd</sup> – 80m Hurdles / Bantam – U14
Stuart Pearson	2 <sup>nd</sup> – 200m Hurdles / Bantam – U14
Danielle Riendeau	2 <sup>nd</sup> – 800m / Junior – U20
Seyi Smith	2 <sup>nd</sup> – 100m / Midget – U16
Seyi Smith	2 <sup>nd</sup> – 200m / Midget – U16
Ryan Therrien	2 <sup>nd</sup> – 200m / Junior – U20
Derek Watkins	3 <sup>rd</sup> – Triple Jump / Senior – Open
Mike Woods	2 <sup>nd</sup> – 1500m / Juvenile – U18
Mike Woods	2 <sup>nd</sup> – 3000m / Juvenile – U18

#### **Athletics Ontario XC Championships**

Katie Engel	1 <sup>st</sup> – Juvenile Girls – U18
Michael Woods	1 <sup>st</sup> – Juvenile Boys – U18
Andrew Courchene	2 <sup>nd</sup> – Bantam Boys – U14
Hilary Egan	2 <sup>nd</sup> – Junior Women – U20
Hilary Egan (2), Jackie Bonisteel (14),	2 <sup>nd</sup> – Team / Junior – U20
Julia Hicks (19), Danielle Riendeau (22)	
Joshua Karanja (10), Maya Aden (11),	3 <sup>rd</sup> – Team / Junior – U20
Pat Marion (20), George Gray (51)	
Katie Engel (1), Ashley Hill (8), Jenn	3 <sup>rd</sup> – Team / Juvenile – U18
McCallum (16), Jocelyn Cavanaugh (39)	

#### **Ontario Legion Track & Field Championships**

Sara Collins	1 <sup>st</sup> – Javelin / Midget – U16
Katie Engel	1 <sup>st</sup> – 1500m / Midget – U16
Oluseyi Smith	1 <sup>st</sup> – 200m / Midget – U16
Melissa Bishop	2 <sup>nd</sup> – 400m / Midget – U16
Katie Engel	2 <sup>nd</sup> – 800m / Midget – U16
Patricia Gauthier	2 <sup>nd</sup> – Pole Vault / Midget – U16
Julia Hicks	2 <sup>nd</sup> – 3000m / Juvenile – U18
Adam Lewandowski	2 <sup>nd</sup> – 1500m / Midget – U16
Adam Lewandowski	3 <sup>rd</sup> – 3000m / Midget – U16

Bailey Lewis	3 <sup>rd</sup> – 400m / Juvenile – U18
Bailey Lewis	3 <sup>rd</sup> – 400m Hurdles / Juvenile – U18
Todd Pyper	3 <sup>rd</sup> – 100m / Midget – U16
Oluseyi Smith	2 <sup>nd</sup> – 100m / Midget – U16
Oluseyi Smith	3 <sup>rd</sup> – Long Jump / Midget – U16

### **OFSAA Track & Field Championships**

Sara Collins	1 <sup>st</sup> – Javelin / Midget
Sultana Frizell	1 <sup>st</sup> – Shot Put / Junior
Sultana Frizell	1 <sup>st</sup> – Discus / Junior
Sultana Frizell	1 <sup>st</sup> – Javelin / Junior
Ashely Purnell	1 <sup>st</sup> – 100m / Senior *CDN HS Record
Ashely Purnell	1 <sup>st</sup> – 200m / Senior
Cody Sorensen	1 <sup>st</sup> – 300m Hurdles / Midget
Oluseyi Smith	1 <sup>st</sup> – 200m / Midget
Oluseyi Smith	1 <sup>st</sup> – Long Jump / Midget
Michael Woods	1 <sup>st</sup> – 3000m / Midget
Jermaine Bucknor	2 <sup>nd</sup> – 110m Hurdles / Senior
Katie Engel	3 <sup>rd</sup> – 1500m / Midget
Neil Fine	2 <sup>nd</sup> – High Jump / Senior
Julia Hicks	2 <sup>nd</sup> – 3000m / Junior
Adam Lewandowski	3 <sup>rd</sup> – 1500m / Midget
Oluseyi Smith	2 <sup>nd</sup> – 100m / Midget
Ryan Therrien	2 <sup>nd</sup> – 200m / Senior
Ryan Therrien	2 <sup>nd</sup> – 400m / Senior

### **OFSAA XC Championships**

Tess Acton	1 <sup>st</sup> – Midget Girls
Melissa Bishop	2 <sup>nd</sup> – Midget Girls
Katie Engel	2 <sup>nd</sup> – Junior Girls
Michael Woods	3 <sup>rd</sup> – Junior Boys

## **2001**

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### **Athletics Ontario Championships**

Tess Acton	1 <sup>st</sup> – 800m / Bantam – U14
Tess Acton	1 <sup>st</sup> – 1500m / Bantam – U14
Tess Acton	1 <sup>st</sup> – 3000m / Bantam – U14
Richard Adu-Bobie	1 <sup>st</sup> – 100m / Juvenile – U18
Richard Adu-Bobie	1 <sup>st</sup> – 200m / Juvenile – U18
Maya Aden	1 <sup>st</sup> – 2000m Steeplechase / Juvenile – U18
Dana Buchanan	1 <sup>st</sup> – 400m / Juvenile – U18
Christopher Edwards	1 <sup>st</sup> – 200m Hurdles / Midget – U16
Katie Engel	1 <sup>st</sup> – 3000m / Midget – U16
Sarah Dillabaugh	1 <sup>st</sup> – 1500m / Senior – Open

Isabelle Gervais	1 <sup>st</sup> – 400m Hurdles / Senior – Open
Julia Hicks	1 <sup>st</sup> – 1500m / Juvenile – U18
Ashley Hill	1 <sup>st</sup> – 1500m Steeplechase / Juvenile – U18
Brennan Jack	1 <sup>st</sup> – Shot Put / Senior – Open
Ashley Purnell	1 <sup>st</sup> – 100m / Junior – U20
Ashley Purnell	1 <sup>st</sup> – 200m / Junior – U20
Dana Buchanan	2 <sup>nd</sup> – 300m Hurdles / Juvenile – U18
Constance Campbell	2 <sup>nd</sup> – Triple Jump / Senior – Open
Meisha Cole	3 <sup>rd</sup> – 80m Hurdles / Bantam – U14
Meisha Cole	3 <sup>rd</sup> – 200m Hurdles / Bantam – U14
Maureen Doody	3 <sup>rd</sup> – Long Jump / Senior – Open
Sarah Dillabaugh	2 <sup>nd</sup> – 800m / Senior – Open
Christopher Edwards	2 <sup>nd</sup> – 100m Hurdles / Midget – U16
Dominic Esposito	3 <sup>rd</sup> – 400m / Senior – Open
Isabelle Gervais	3 <sup>rd</sup> – 400m / Senior – Open
Julia Hicks	2 <sup>nd</sup> – 800m / Juvenile – U18
Julia Hicks	3 <sup>rd</sup> – 1500m / Junior – U20
Julia Hicks	3 <sup>rd</sup> – 3000m / Juvenile – U18
Alex Lawson	2 <sup>nd</sup> – 80m Hurdles / Bantam – U14
Alex Lawson	2 <sup>nd</sup> – High Jump / Bantam – U14
Bailey Lewis	3 <sup>rd</sup> – 400m / Midget – U16
Stephen Paterson	3 <sup>rd</sup> – 300m Hurdles / Juvenile – U18
Ashley Purnell	3 <sup>rd</sup> – 100m Hurdles / Junior – U20
Daniel Riendeau	3 <sup>rd</sup> – 800m / Juvenile – U18
Daniel Riendeau	3 <sup>rd</sup> – 1500m / Juvenile – U18
Ryan Rowat	3 <sup>rd</sup> – Shot Put / Senior – Open
Oluseyi Smith	2 <sup>nd</sup> – 200m / Midget – U16
Oluseyi Smith	3 <sup>rd</sup> – 100m / Midget – U16
Shantia Thompson	3 <sup>rd</sup> – 80m Hurdles / Midget – U16
Stefan Tobin	3 <sup>rd</sup> – 400m / Bantam – U14
Phillip Trihn	3 <sup>rd</sup> – Triple Jump / Midget – U16
Derek Watkins	3 <sup>rd</sup> – High Jump / Senior – Open

### **Athletics Ontario XC Championships**

Tess Acton	1 <sup>st</sup> – Bantam – U16
Julia Hicks	1 <sup>st</sup> – Juvenile – U18
Jean-Paul Niyansaba	1 <sup>st</sup> – Senior – Open
Michael Woods	1 <sup>st</sup> – Midget – U16
Katie Engel	2 <sup>nd</sup> – Midget – U16
Joseph Nsengiyuva	2 <sup>nd</sup> – Senior – Open
Jean-Paul Niyansaba (1), Joseph Nsengiyuva (2), Stephane Gamache (18), Scott MacDonald (19)	2 <sup>nd</sup> – Team / Senior – Open

Joshua Karanja (8), Edward McCarthy (18), Patrick Marion (20), Kevin Savard (42)	2 <sup>nd</sup> – Team / Juvenile – U18
Katie Engel (2), Jocelyn Cavanaugh (18), Laura LeClaire (25), Anna McAuley (31)	3 <sup>rd</sup> – Team / Midget – U16

### Ontario Legion Track & Field Championships

Richard Adu-Bobie	1 <sup>st</sup> – 100m / Juvenile – U18
Sultana Frizell	1 <sup>st</sup> – Shot Put / Juvenile – U18
Sultana Frizell	1 <sup>st</sup> – Discus / Juvenile – U18
Sultana Frizell	1 <sup>st</sup> – Hammer Throw / Juvenile – U18
Bailey Lewis	1 <sup>st</sup> – 300m Hurdles / Midget – U16
Richard Adu-Bobie	2 <sup>nd</sup> – 200m / Juvenile – U18
Dana Buchanan	2 <sup>nd</sup> – 400m / Juvenile – U18
Dana Buchanan	3 <sup>rd</sup> – 400m Hurdles / Juvenile – U18
Sarah Collins	2 <sup>nd</sup> – Javelin / Midget – U16
Christopher Edwards	2 <sup>nd</sup> – 100m Hurdles / Midget – U16
Christopher Edwards	3 <sup>rd</sup> – 300m Hurdles / Midget – U16
Hilary Egan	3 <sup>rd</sup> – 1500m / Midget – U16
Julia Hicks	2 <sup>nd</sup> – 800m / Juvenile – U18
Julia Hicks	2 <sup>nd</sup> – 1500m / Juvenile – U18
Julia Hicks	3 <sup>rd</sup> – 3000m / Juvenile – U18
Bailey Lewis	3 <sup>rd</sup> – 400m / Midget – U16
Steve Paterson	2 <sup>nd</sup> – 400m Hurdles / Juvenile – U18

### OFSAA Track & Field Championships

Sultana Frizell	1 <sup>st</sup> – Shot Put / Junior
Mateo Schwartzentruber	1 <sup>st</sup> – Discus / Junior
Richard Adu-Bobie	2 <sup>nd</sup> – 100m / Junior
Richard Adu-Bobie	2 <sup>nd</sup> – 200m / Junior
Erin England	3 <sup>rd</sup> – Javelin / Senior
Sultana Frizell	2 <sup>nd</sup> – Discus / Junior
Julia Hicks	3 <sup>rd</sup> – 800m / Junior
Matthew Murdock	2 <sup>nd</sup> – Shot Put / Senior
Matthew Murdock	2 <sup>nd</sup> – Javelin / Senior
Ashley Purnell	2 <sup>nd</sup> – 100m / Senior
Ashley Purnell	2 <sup>nd</sup> – 200m / Senior
Ashley Purnell	2 <sup>nd</sup> – 100m Hurdles / Senior
Matteo Schwartzentrube	2 <sup>nd</sup> – Shot Put / Junior
Ryan Therrien	2 <sup>nd</sup> – 400m / Junior
Ryan Therrien	2 <sup>nd</sup> – 300m Hurdles / Junior

### OFSAA XC Championships

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**2000**

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### **Athletics Ontario Championships**

Sarah Dillabaugh	1 <sup>st</sup> – 1500m / Senior – Open
Katie Engel	1 <sup>st</sup> – 3000m / Bantam – U14
Chris McGregor	1 <sup>st</sup> – 1500m / Senior – Open
Michael Nicolini	1 <sup>st</sup> – 200m / Senior – Open
Oluseyi Smith	1 <sup>st</sup> – 100m / Bantam – U14
Oluseyi Smith	1 <sup>st</sup> – 200m / Bantam – U14
Oluseyi Smith	1 <sup>st</sup> – Long Jump / Bantam – U14
Dayna Barrett	3 <sup>rd</sup> – Triple Jump / Junior – U20
Dayna Barrett	3 <sup>rd</sup> – Javelin / Junior – U20
Julia Carew	2 <sup>nd</sup> – 200m Hurdles / Midget – U16
Laurel Carlton	3 <sup>rd</sup> – 80m Hurdles / Bantam – U14
Laurel Carlton	3 <sup>rd</sup> – Long Jump / Bantam – U14
Sarah Dillabaugh	3 <sup>rd</sup> – 800m / Senior – Open
Hilary Egan	2 <sup>nd</sup> – 3000m / Midget – U16
Susie Eger	2 <sup>nd</sup> – 800m / Junior – U20
Katie Engel	3 <sup>rd</sup> – 800m / Bantam – U14
Katie Engel	3 <sup>rd</sup> – 1500m / Bantam – U14
Isabelle Gervais	2 <sup>nd</sup> – 400m Hurdles / Senior – Open
Adam Lewandowski	2 <sup>nd</sup> – 800m / Bantam – U4
Adam Lewandowski	2 <sup>nd</sup> – 1500m / Bantam – U14
Chad Pawson	2 <sup>nd</sup> – 1500m / Senior – Open
Chad Pawson	2 <sup>nd</sup> – 5000m / Senior – Open
Ashley Purnell	2 <sup>nd</sup> – 100m / Junior – U20
Ashley Purnell	3 <sup>rd</sup> – 100m Hurdles / Junior – U20
Jacque Steele	3 <sup>rd</sup> – 5000m / Junior – U20
Lesley Tashlin	3 <sup>rd</sup> – 100m Hurdles / Senior – Open
Sandra Taylor	2 <sup>nd</sup> – Javelin / Senior – Open
Derek Watkins	3 <sup>rd</sup> – High Jump / Junior – U20

### **Athletics Ontario XC Championships**

Tess Acton	1 <sup>st</sup> – Bantam Girls – U16
Julia Hicks	1 <sup>st</sup> – Juvenile Girls – U18
Jean-Paul Niyansaba	1 <sup>st</sup> – Senior Mens – Open
Michael Woods	1 <sup>st</sup> – Midget Boys – U16
Katie Engel	2 <sup>nd</sup> – Midget Girls – U16
Joseph Nsengiymva	2 <sup>nd</sup> – Senior Men – Open

### **Ontario Legion Track & Field Championships**

Sultana Frizell	1 <sup>st</sup> – Shot Put / Midget – U16
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### **OFSAA Track & Field Championships**

Chris Donoghue	1 <sup>st</sup> – 100m / Senior
Curtis Fraser	1 <sup>st</sup> – 100m / Junior
Curtis Fraser	1 <sup>st</sup> – 200m / Junior
Sultana Frizell	1 <sup>st</sup> – Shot Put / Midget *OFSAA Record



Sultana Frizell	1 <sup>st</sup> – Discus / Midget
Sultana Frizell	1 <sup>st</sup> – Javelin / Midget
Derek Watkins	1 <sup>st</sup> – High Jump / Senior
Richard Adu-Bobie	3 <sup>rd</sup> – 100m / Midget
Jermaine Bucknor	3 <sup>rd</sup> – 110m Hurdles / Junior
Erin England	2 <sup>nd</sup> – Javelin – Senior
Julia Hicks	2 <sup>nd</sup> – 1500m / Midget
Brian MacPhee	2 <sup>nd</sup> – Shot Put / Senior
Brennan Jack	3 <sup>rd</sup> – Shot Put / Senior
Brian MacPhee	2 <sup>nd</sup> – Discus / Senior
Nathalie Phillips	3 <sup>rd</sup> – Long Jump / Junior
Bryce Pittico	3 <sup>rd</sup> – Shot Put / Junior
Peter Cheeseborough	3 <sup>rd</sup> – Javelin / Senior

## OFSAA XC Championships

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## 1999

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### Athletics Ontario Championships

Hilary Egan	1 <sup>st</sup> – 1500m / Bantam – U14
Hilary Egan	1 <sup>st</sup> – 3000m / Bantam – U14
Curtis Fraser	1 <sup>st</sup> – 100m / Juvenile – U18
Sultana Frizell	1 <sup>st</sup> – Shot Put / Juvenile – U18
Sultana Frizell	1 <sup>st</sup> – Hammer Throw / Juvenile – U18
Isabelle Gervais	1 <sup>st</sup> – 200m / Senior – Open
Isabelle Gervais	1 <sup>st</sup> – 400m / Senior – Open
Julia Hicks	1 <sup>st</sup> – 3000m / Midget – U16
Caroline Larose	1 <sup>st</sup> – Shot Put / Senior – Open
Julia Carew	3 <sup>rd</sup> – 400m / Midget – U16
Julia Carew	3 <sup>rd</sup> – 200m Hurdles / Midget – U16
Hilary Egan	2 <sup>nd</sup> – 800m / Bantam – U14
Katie Engel	3 <sup>rd</sup> – 1500m / Bantam – U14
Jacquelin Ferris	2 <sup>nd</sup> – High Jump / Bantam – U14
Curtis Fraser	2 <sup>nd</sup> – 200m / Junior – U20
Sultana Frizell	2 <sup>nd</sup> – Discus / Juvenile – U18
Dan Green	2 <sup>nd</sup> – Shot Put / Senior – Open
Dan Green	2 <sup>nd</sup> – Discus / Senior – Open
Julia Hicks	2 <sup>nd</sup> – 1500m / Midget – U16
Julia Hicks	3 <sup>rd</sup> – 800m / Midget – U16
Caroline Larose	2 <sup>nd</sup> – Discus / Senior – Open
Alex Lawson	3 <sup>rd</sup> – 80m Hurdles / Bantam – U14
Andrea White	3 <sup>rd</sup> – 400m / Bantam – U14
Andrea White	3 <sup>rd</sup> – 800m / Bantam – U14
Andrea White	2 <sup>nd</sup> – Long Jump / Bantam – U14

### **Athletics Ontario XC Championships**

Sarah Dillabaugh	1 <sup>st</sup> – Senior Women – Open
Hilary Egan	1 <sup>st</sup> – Bantam Girls – U14
Christian Weber	1 <sup>st</sup> – Senior Men – Open
Christian Weber (1), Scott MacDonald (4), Jason Gregoire (9), Stephane Gamache (12)	1 <sup>st</sup> – Team / Senior – Open
Julia Hicks (6), Robin McRobbie (8), Susie Egar (10), Catherine Fortin-Major (11), Julia Kirby (12)	1 <sup>st</sup> – Team / Junior – U20
Hilary Egan (1), Katie Engel (3), Andrea White (7)	1 <sup>st</sup> – Team / Bantam – U14
Nathalie Cote	2 <sup>nd</sup> – Senior Women – Open
Katie Engel	3 <sup>rd</sup> – Bantam Girls – U14

### **Ontario Legion Track & Field Championships**

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### **OFSAA Track & Field Championships**

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### **OFSAA XC Championships**

?

## **1998**

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### **Athletics Ontario Championships**

Julia Carew	1 <sup>st</sup> – 400m / Bantam – U14
Isabelle Gervais	1 <sup>st</sup> – 400m Hurdles / Senior – Open
Julia Hicks	1 <sup>st</sup> – 800m / Bantam – U14
Julia Hicks	1 <sup>st</sup> – 1500m / Bantam – U14
Julia Carew	3 <sup>rd</sup> – 200m / Bantam – U14
Isabelle Gervais	2 <sup>nd</sup> – 400m / Senior – Open
Sharon Spear	3 <sup>rd</sup> – 400m Hurdles / Senior – Open

### **Athletics Ontario XC Championships**

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### **Ontario Legion Track & Field Championships**

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### **OFSAA Track & Field Championships**

Matt Carkner	1 <sup>st</sup> – Javelin / Junior
Susie Egar	1 <sup>st</sup> – 1500m / Midget
Curtis Fraser	1 <sup>st</sup> – 100m / Midget
Vanessa Piazza	3 <sup>rd</sup> – 3000m / Junior

Teo Schwartzentruber  
Hilary Burn  
Brian MacPhee  
Brian MacPhee  
Anne Lebel  
Anne Lebel  
Stuart McGregor

3<sup>rd</sup> – Discus / Junior  
3<sup>rd</sup> – 1500m / Senior  
3<sup>rd</sup> – Shot Put / Junior  
3<sup>rd</sup> – Discus / Junior  
2<sup>nd</sup> – 100m Hurdles / Senior  
2<sup>nd</sup> – 400m Hurdles / Senior  
3<sup>rd</sup> – 800m / Senior

#### **OFSAA XC Championships**

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#### **OUA XC Championships**

Nathalie Cote

University of Ottawa

## **1997**

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#### **Athletics Ontario Championships**

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#### **Athletics Ontario XC Championships**

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#### **Ontario Legion Track & Field Championships**

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#### **OFSAA Track & Field Championships**

Jeff Keays

1<sup>st</sup> – 110m Hurdles / Senior \*CDN HS  
Record

Vanessa Piazza

1<sup>st</sup> – 3000m / Midget

Tracey Robertson

1<sup>st</sup> – 3000m / Senior

Jason Lachance

1<sup>st</sup> – 1500m Wheelchair / Senior

Quinton Carew

3<sup>rd</sup> – 300m Hurdles / Junior

Tracey Robertson

2<sup>nd</sup> – 1500m / Senior

Hilary Burn

3<sup>rd</sup> – 1500m / Senior

Michael Nicolini

3<sup>rd</sup> – 100m / Senior

Greg Heubner

2<sup>nd</sup> – Discus / Senior

Joey Radmore

3<sup>rd</sup> – 1500m Wheelchair / Senior

#### **OFSAA XC Championships**

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## **1996**

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#### **Athletics Ontario Championships**

John Bowden

1<sup>st</sup> – 5000m / Senior – Open

Anne LeBel

1<sup>st</sup> – 300m Hurdles / Juvenile – U18

Murray Link	1 <sup>st</sup> – 1500m / Senior – Open
Wendy Phillips	1 <sup>st</sup> – Discus / Senior – Open
Charles Ross	1 <sup>st</sup> – 400m / Juvenile – U18
Matt Stenson	1 <sup>st</sup> – 200m / Juvenile – U18
Sean Burges	2 <sup>nd</sup> – Triple Jump / Senior – Open
Nathalie Cote	2 <sup>nd</sup> – 800m / Senior – Open
Kirk Dillabaugh	2 <sup>nd</sup> – 3000m Steeplechase / Senior – Open
Ryan Ellis	2 <sup>nd</sup> – 1500m / Juvenile – U18
Ryan Ellis	3 <sup>rd</sup> – 800m / Juvenile – U18
Catherine Fortin-Major	3 <sup>rd</sup> – 800m / Juvenile – U18
Isabelle Gervais	3 <sup>rd</sup> – 400m Hurdles / Senior – Open
Colette Jones	2 <sup>nd</sup> – 100m / Bantam – U14
Patricia Jones	2 <sup>nd</sup> – 5000m Walk / Senior – Open
Matt Lamourie	3 <sup>rd</sup> – 5000m / Senior – Open
Anne LeBel	3 <sup>rd</sup> – 100m Hurdles / Senior – Open
Michael Nicolini	2 <sup>nd</sup> – 200m / Senior – Open
Danny Orr	3 <sup>rd</sup> – 1500m / Senior – Open
Charles Ross	3 <sup>rd</sup> – 200m / Juvenile – U18
Sharon Spear	3 <sup>rd</sup> – Heptathlon / Senior – Open
Shawn Wilcox	2 <sup>nd</sup> – 110m Hurdles / Senior – Open

#### **Athletics Ontario XC Championships**

Robin McRobbie (2), Vanessa Piazza (6), Catherine Fortin-Major (8), Alison Cager- Watson (31)	1 <sup>st</sup> – Team / Midget – U16
Katie Jeffrey (4), Hillary Burn (6), Jenny Carkner (7), Rhonda Sherrer (25)	1 <sup>st</sup> – Team / Juvenile – U18
Tracy Robertson (2), Tina Lamoureaux (13), Erica Smith (19), Kristie Elliot (21)	1 <sup>st</sup> – Team / Junior – U20
Marcie Good	3 <sup>rd</sup> – Senior Women – Open
Anna Gunasekera	2 <sup>nd</sup> – Senior Women – Open
Robin McRobbie	2 <sup>nd</sup> – Midget Girls – U16
Tracy Robertson	2 <sup>nd</sup> – Junior Women – U20

#### **Ontario Legion Track & Field Championships**

Alison Cross	1 <sup>st</sup> – High Jump / Midget – U16
Jenny Carkner	3 <sup>rd</sup> – 3000m / Juvenile – U18
Alison Cross	2 <sup>nd</sup> – 80m Hurdles / Midget – U16
Catherine Fortin-Major	3 <sup>rd</sup> – 1500m / Midget – U16

#### **OFSAA Track & Field Championships**

Alison Cross	1 <sup>st</sup> – High Jump / Midget
Ryan Ellis	1 <sup>st</sup> – 3000m / Junior
Greg Heubner	1 <sup>st</sup> – Shot Put / Senior
Anne LeBel	1 <sup>st</sup> – 80m Hurdles / Junior

Anne LeBel	1 <sup>st</sup> – 300m Hurdles / Junior
Murray Link	1 <sup>st</sup> – 3000m / Senior
Alison Cross	2 <sup>nd</sup> – 80m Hurdles / Midget
Isabelle Gervais	3 <sup>rd</sup> – 400m Hurdles / Senior
Jeff Keays	2 <sup>nd</sup> – 110m Hurdles / Senior
Murray Link	2 <sup>nd</sup> – 1500m / Senior
Michael Nicolini	3 <sup>rd</sup> – 100m / Senior
Tracy Robertson	3 <sup>rd</sup> – 1500m / Senior
Charles Ross	3 <sup>rd</sup> – 300m Hurdles / Junior

### **OFSAA XC Championships**

Tracy Robertson	2 <sup>nd</sup> – Senior Girls
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## **1995**

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### **Athletics Ontario Championships**

Ryan Ellis	1 <sup>st</sup> – 1500m / Midget – U16
Ryan Ellis	1 <sup>st</sup> – 3000m / Midget – U16
Anna Gunasekera	1 <sup>st</sup> – 1500m / Senior – Open
Anne LeBel	1 <sup>st</sup> – 100m Hurdles / Juvenile – U18
Anne LeBel	1 <sup>st</sup> – 80m Hurdles / Midget – U16
Anne LeBel	1 <sup>st</sup> – 300m Hurdles / Midget – U16
Cameron MacLean	1 <sup>st</sup> – 3000m Steeplechase / Senior –
David McQuinn	1 <sup>st</sup> – 400m Hurdles / Junior – U20
Michael Nicolini	1 <sup>st</sup> – 200m / Juvenile – U18
Michael Nicolini	1 <sup>st</sup> – Long Jump / Juvenile – U18
Charles Ross	1 <sup>st</sup> – 300m Hurdles / Juvenile – U18
Charles Ross	1 <sup>st</sup> – 400m / Midget – U16
Charles Ross	1 <sup>st</sup> – 300m Hurdles / Midget – U16
Sharon Spear	1 <sup>st</sup> – 300m Hurdles / Juvenile – U18
Connie Beukeboom	2 <sup>nd</sup> – 800m / Senior – Open
Sean Burges	3 <sup>rd</sup> – Triple Jump / Senior – Open
Hilary Burn	2 <sup>nd</sup> – 800m / Midget – U16
Hilary Burn	3 <sup>rd</sup> – 1500m / Midget – U16
Richard Charette	2 <sup>nd</sup> – 800m / Senior – Open
Alison Cross	2 <sup>nd</sup> – High Jump / Bantam – U14
James Fahie	2 <sup>nd</sup> – Hammer / Senior – Open
Diana Fan	3 <sup>rd</sup> – Discus / Bantam – U14
German Gamov	3 <sup>rd</sup> – High Jump / Senior – Open
Isabelle Gervais	2 <sup>nd</sup> – 400m Hurdles / Senior – Open
Isabelle Gervais	3 <sup>rd</sup> – 400m Hurdles / Junior – U20
Greg Huebner	3 <sup>rd</sup> – Shot Put / Senior – Open
Pierre Jean	3 <sup>rd</sup> – Triple Jump / Juvenile – U18
Jeff Keays	2 <sup>nd</sup> – 110m Hurdles / Juvenile – U18
Jeff Keays	2 <sup>nd</sup> – 400m Hurdles / Junior – U20
Anne LeBel	2 <sup>nd</sup> – 100m / Juvenile – U18

Anne LeBel	3 <sup>rd</sup> – 200m / Juvenile – U18
Murray Link	3 <sup>rd</sup> – 1500m / Senior – Open
Cameron MacLean	3 <sup>rd</sup> – 1500m / Junior – U20
Amy Madill	3 <sup>rd</sup> – 300m Hurdles / Juvenile – U18
Michael Nicolini	2 <sup>nd</sup> – 100m / Juvenile – U18
Wendy Phillips	2 <sup>nd</sup> – Discus / Senior – Open
Tracy Robertson	2 <sup>nd</sup> – 1500m / Senior – Open
Michelle Romance	3 <sup>rd</sup> – High Jump / Midget – U16
Charles Ross	2 <sup>nd</sup> – 400m / Juvenile – U18
Sharon Spear	2 <sup>nd</sup> – 100m Hurdles / Juvenile – U18
Matt Stenson	2 <sup>nd</sup> – 200m / Midget – U16
Boris Zaitchouck	3 <sup>rd</sup> – Hammer / Senior – Open

### **Athletics Ontario XC Championships**

Steve Agar	1 <sup>st</sup> – Senior Men – Open
Anna Gunasekera	1 <sup>st</sup> – Senior Women – Open
Murray Link	1 <sup>st</sup> – Junior Men – U20
Hilary Burn (2), Katie Jeffrey (4), Jenny Carkner (5), Esther Coalter (8)	1 <sup>st</sup> – Team / Midget – U16
Tracy Robertson (3), Renee Embree (7), Lauren Clobridge (9), Tina Lamoureux (10), Sarah Hughes (16)	1 <sup>st</sup> – Team / Junior – U20
Anna Gunsekera (1), Nathalie Cote (6), Noeleen Wadden (11), Cheryl Youldon (12)	1 <sup>st</sup> – Team / Senior – U20
Hilary Burn	2 <sup>nd</sup> – Midget – U16
John Halvorsen	3 <sup>rd</sup> – 10km / Senior – Open
Tracey Robertson	3 <sup>rd</sup> – 5km / Junior – U20

### **Ontario Legion Track & Field Championships**

Ryan Ellis	1 <sup>st</sup> – 1500m / Juvenile – U18
Jeff Keays	1 <sup>st</sup> – 110m Hurdles / Juvenile – U18
Hilary Burn	3 <sup>rd</sup> – 800m / Juvenile – U18
Alison Cross	3 <sup>rd</sup> – High Jump / Midget – U16
Ryan Ellis	2 <sup>nd</sup> – 3000m / Juvenile – U18
Jonathan Jean-Pierre	3 <sup>rd</sup> – Triple Jump / Juvenile – U18
Jeff Keays	2 <sup>nd</sup> – 400m Hurdles / Juvenile – U18
Jason McLean	3 <sup>rd</sup> – 800m / Juvenile – U18
Charles Ross	2 <sup>nd</sup> – 400m / Juvenile – U18
Charles Ross	3 <sup>rd</sup> – 400m Hurdles / Juvenile – U18
Sharon Spear	3 <sup>rd</sup> – 400m Hurdles / Juvenile – U18

### **OFSAA Track & Field Championships**

Anne LeBel	1 <sup>st</sup> – 80m Hurdles / Junior
Charles Ross	1 <sup>st</sup> – 300m Hurdles / Junior
Isabelle Gervais	2 <sup>nd</sup> – 400m Hurdles / Senior
Greg Heubner	3 <sup>rd</sup> – Discus / Senior

Eric Lascelles  
Anne LeBel  
Sharon Spear

2<sup>nd</sup> – 1500m / Junior  
2<sup>nd</sup> – 300m Hurdles / Junior  
3<sup>rd</sup> – 300m Hurdles / Junior

### OFSAA XC Championships

Murray Link

1<sup>st</sup> – Senior Boys

## 1994

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### Athletics Ontario Championships

Leslie Estwick  
James Fahie  
Cathy Griffin  
Anne LeBel  
Anne LeBel  
Cyril Soga  
Lianne Brown  
Esther Coalter  
Chantale Dejardin  
Matt Devlin  
Llew Edwards  
Leslie Estwick  
Leslie Estwick  
Diana Fan  
Isabelle Gervais  
Bonnie Hodgins  
Greg Huebner  
Greg Huebner  
Greg Huebner  
Jeff Keays  
Anne LeBel  
Kevin Lee  
Murray Link  
Murray Link  
Greg Macdougall  
Cameron MacLean  
Chris McGregor  
Julianne McGregor  
Jason McLean  
David McQuinn  
David McQuinn  
David McQuinn  
Sally Neuspiel  
Sally Neuspiel  
Danny Orr  
Brady Shields

1<sup>st</sup> – 100m Hurdles / Senior – Open  
1<sup>st</sup> – Hammer Throw / Senior – Open  
1<sup>st</sup> – Discus / Senior – Open  
1<sup>st</sup> – 80m Hurdles / Midget – U16  
1<sup>st</sup> – 300m Hurdles / Midget – U16  
1<sup>st</sup> – Triple Jump / Senior – Open  
3<sup>rd</sup> – High Jump / Juvenile – U18  
3<sup>rd</sup> – 400m / Bantam – U14  
2<sup>nd</sup> – Heptathlon / Junior – U20  
3<sup>rd</sup> – 1500m Steeple / Midget – U16  
2<sup>nd</sup> – Triple Jump / Senior – Open  
2<sup>nd</sup> – High Jump / Senior – Open  
3<sup>rd</sup> – Long Jump / Senior – Open  
3<sup>rd</sup> – Javelin / Bantam – U14  
2<sup>nd</sup> – 200m / Juvenile – U18  
3<sup>rd</sup> – 400m Hurdles / Senior – Open  
2<sup>nd</sup> – Discus / Juvenile – U18  
2<sup>nd</sup> – Shot Put / Juvenile – U18  
2<sup>nd</sup> – Discus / Junior – U20  
2<sup>nd</sup> – Pole Vault / Juvenile – U18  
3<sup>rd</sup> – 300m Hurdles / Juvenile – U18  
3<sup>rd</sup> – 3000m Steeple / Senior – Open  
2<sup>nd</sup> – 800m / Juvenile – U18  
3<sup>rd</sup> – 400m / Juvenile – U18  
3<sup>rd</sup> – 300m Hurdles / Midget – U16  
2<sup>nd</sup> – 3000m Steeple / Junior – U20  
2<sup>nd</sup> – 1500m / Junior – U20  
3<sup>rd</sup> – High Jump / Senior – Open  
2<sup>nd</sup> – 2000m Steeple / Juvenile – U18  
3<sup>rd</sup> – 200m / Junior – U20  
3<sup>rd</sup> – 400m / Junior – U20  
3<sup>rd</sup> – 400m Hurdles / Junior – U20  
3<sup>rd</sup> – 1500m / Juvenile – U18  
3<sup>rd</sup> – 3000m / Juvenile – U18  
3<sup>rd</sup> – 1500m / Junior – U20  
3<sup>rd</sup> – 1500m / Midget – U16

Sharon Spear  
Sharon Spear  
Lesley Tashlin

2<sup>nd</sup> – 300m Hurdles / Midget – U16  
3<sup>rd</sup> – 80m Hurdles / Midget – U16  
2<sup>nd</sup> – 100m Hurdles / Senior – Open

#### **Athletics Ontario XC Championships**

Renee Embree  
Jason McLean (10), Ryan Ellis (11), Matt  
Devlin (19), Stuart McGregor (40)  
Renee Embree (1), Tina Lamereux (4),  
Tracy Robertson (6), Hilary Burn (8),  
Rebecca Van Vlasselaer (9), Sarah Hughes  
(12), Lauren Clobridge (16)  
John Halvorsen  
Murray Link

1<sup>st</sup> – Juvenile – U18  
1<sup>st</sup> – Team / Midget – U16  
1<sup>st</sup> – Team / Juvenile – U18  
  
2<sup>nd</sup> – Senior Men – Open  
2<sup>nd</sup> – Junior Men – Open

#### **Ontario Legion Track & Field Championships**

Eric Lascelles  
Anne LeBel  
Anne LeBel  
Murray Link  
Murray Link  
Stuart McGregor  
Matt Stenson  
Matt Stenson  
Eric Lascelles  
Stuart McGregor

1<sup>st</sup> – 3000m / Juvenile – U18  
1<sup>st</sup> – 80m Hurdles / Midget – U16  
1<sup>st</sup> – 300m Hurdles / Midget – U16  
1<sup>st</sup> – 800m / Juvenile – U18  
1<sup>st</sup> – 1500m / Juvenile – U18  
1<sup>st</sup> – 800m / Midget – U16  
1<sup>st</sup> – 100m / Midget – U16  
1<sup>st</sup> – 200m / Midget – U16  
3<sup>rd</sup> – 1500m / Juvenile – U18  
2<sup>nd</sup> – 1500m / Midget – U16

#### **OFSAA Track & Field Championships**

Greg Huebner  
Sean Kaley  
Sean Kaley  
Anne LeBel  
Murray Link  
Mary Jane Richards  
Dave Collins  
Greg Jack  
Greg Jack  
Murray Link  
Chris McGregor  
Mary Jane Richards

1<sup>st</sup> – Discus / Junior  
1<sup>st</sup> – 1500m / Senior  
1<sup>st</sup> – 3000m / Senior  
1<sup>st</sup> – 300m Hurdles / Midget  
1<sup>st</sup> – 3000m / Junior  
1<sup>st</sup> – 1500m / Junior  
3<sup>rd</sup> – Pole Vault / Senior  
3<sup>rd</sup> – Discus / Senior  
3<sup>rd</sup> – Javelin / Senior  
2<sup>nd</sup> – 1500m / Junior  
2<sup>nd</sup> – 2000m Steeple / Senior  
3<sup>rd</sup> – 800m / Junior

#### **OFSAA XC Championships**

Murray Link

1<sup>st</sup> – Senior Boys

#### **OUA Track & Field Championships**

Lauren Aldwinkle

1<sup>st</sup> – 1000m



Lauren Aldwinkle  
Leanne Wall  
Leanne Wall  
Shawn Wilcox  
Shawn Wilcox

3<sup>rd</sup> – 600m  
2<sup>nd</sup> – 60m Hurdles  
3<sup>rd</sup> – 300m  
2<sup>nd</sup> – High Jump  
3<sup>rd</sup> – 60m Hurdles

## 1993

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### Athletics Ontario Championships

Ricardo Greenidge  
Cathy Griffin  
Anne LeBel  
Anne LeBel  
Murray Link  
Murray Link  
Murray Link  
Murray Link  
David McQuinn  
David McQuinn  
Dave Collins  
Nathalie Cote  
Megan Dalrymple  
Chantale Dejardin  
Renee Embree  
Leslie Estwick  
Lelsie Estwick  
Tom Greenberg  
Ricardo Greenidge  
Cameron MacLean

1<sup>st</sup> – 200m / Senior – Open  
1<sup>st</sup> – Discus / Senior – Open  
1<sup>st</sup> – 80m Hurdles / Bantam – U14  
1<sup>st</sup> – 250m Hurdles / Bantam – U14  
1<sup>st</sup> – 800m / Juvenile – U18  
1<sup>st</sup> – 1500m / Juvenile – U18  
1<sup>st</sup> – 800m / Midget – U16  
1<sup>st</sup> – 1500m / Midget – U16  
1<sup>st</sup> – 400m / Juvenile – U18  
1<sup>st</sup> – 300m Hurdles / Juvenile – U18  
3<sup>rd</sup> – Pole Vault / Junior – U20  
2<sup>nd</sup> – 1500m / Senior – Open  
3<sup>rd</sup> – Triple Jump / Bantam – U14  
3<sup>rd</sup> – 400m / Senior – Open  
3<sup>rd</sup> – 1500m / Midget – U16  
3<sup>rd</sup> – High Jump / Senior – Open  
3<sup>rd</sup> – 100m Hurdles / Senior – Open  
3<sup>rd</sup> – 1500m / Juvenile – U18  
3<sup>rd</sup> – 100m / Senior – Open  
2<sup>nd</sup> – 2000m Steeplechase / Juvenile –  
U18

Chris McGregor  
Melissa Milburn  
Cory Siermachesky  
Matt Stenson  
Matt Stenson  
Lesley Tashlin

3<sup>rd</sup> – 1500m / Junior – U20  
2<sup>nd</sup> – High Jump / Juvenile – U18  
2<sup>nd</sup> – High Jump / Senior – Open  
2<sup>nd</sup> – 100m / Bantam – U14  
2<sup>nd</sup> – 200m / Bantam – U14  
2<sup>nd</sup> – 100m Hurdles / Senior – Open

### Athletics Ontario XC Championships

Renee Embree  
Sean Kaley  
Eric Lascelles  
Mary Jane Richards  
Lauren Aldwinkle, Kristin Marvin, Imogen  
Murphy, Mary Jane Richards (not in finish  
order)

1<sup>st</sup> – Midget Girls – U16  
1<sup>st</sup> – Junior Men – U20  
1<sup>st</sup> – Midget Boys – U16  
1<sup>st</sup> – Junior Women – U20  
1<sup>st</sup> – Team / Junior – U20

Murrany Link  
Kristin Marvin

3<sup>rd</sup> – Junior Men – U20  
3<sup>rd</sup> – Junior Women – U20

### Ontario Legion Track & Field Championships

Renee Embree  
Murray Link  
David McQuinn  
David McQuinn  
Renee Embree  
Murray Link  
Jason McLean

1<sup>st</sup> – 3000m / Juvenile – U18  
1<sup>st</sup> – 3000m / Juvenile – U18  
1<sup>st</sup> – 400m / Juvenile – U18  
1<sup>st</sup> – 400m Hurdles / Juvenile – U18  
2<sup>nd</sup> – 1500m / Juvenile – U18  
2<sup>nd</sup> – 1500m / Juvenile – U18  
3<sup>rd</sup> – 3000m / Midget – U16

### OFSAA Track & Field Championships

Nathalie Cote  
Chantale Desjardin  
Mary Jane Richards  
Lewis Theobald  
Greg Jack  
Greg Jack  
Greg Jack  
Sean Kaley  
Kevin Lee  
Murray Link  
Murray Link  
Chris McGregor  
Mary Jane Richards

1<sup>st</sup> – 1500m / Senior  
1<sup>st</sup> – 400m / Senior  
1<sup>st</sup> – 3000m / Senior  
1<sup>st</sup> – 2000m Steeplechase / Open  
1<sup>st</sup> – Shot Put / Junior  
1<sup>st</sup> – Discus / Junior  
1<sup>st</sup> – Javelin / Junior  
2<sup>nd</sup> – 1500m / Senior  
2<sup>nd</sup> – 3000m / Senior  
2<sup>nd</sup> – 800m / Junior  
3<sup>rd</sup> – 1500m / Junior  
3<sup>rd</sup> – 3000m / Junior  
2<sup>nd</sup> – 1500m / Senior

### OFSAA XC Championships

Murray Link  
Mary Jane Richards  
Renee Embree  
Sean Kaley  
Kristin Marvin

1<sup>st</sup> – Junior Boys  
1<sup>st</sup> – Junior Girls  
3<sup>rd</sup> – Junior Girls  
3<sup>rd</sup> – Senior Boys  
3<sup>rd</sup> – Senior Girls

### OUA

Sean Burges (UWO)  
Leanne Wall

3<sup>rd</sup> – Triple Jump  
3<sup>rd</sup> – 60m

## 1992

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### Athletics Ontario Championships

Alain Boucher  
  
John Bowden  
Leslie Estwick  
Eric Gagnon  
Glenroy Gilbert

1<sup>st</sup> – 3000m Steeplechase / Senior –  
Open  
1<sup>st</sup> – 5000m / Senior – Open  
1<sup>st</sup> – 100m Hurdles / Senior – Open  
1<sup>st</sup> – Javelin / Senior – Open  
1<sup>st</sup> – 100m / Senior – Open

Ricardo Greenidge	1 <sup>st</sup> – 200m / Senior – Open
Joanna Irvine	1 <sup>st</sup> – 5000m Walk / Senior – Open
Greg Jack	1 <sup>st</sup> – Shot Put / Juvenile – U18
Greg Jack	1 <sup>st</sup> – Discus / Juvenile – U18
Greg Jack	1 <sup>st</sup> – Javelin / Juvenile – U18
Sean Kaley	1 <sup>st</sup> – 3000m / Juvenile – U18
Alda Ladouceur	1 <sup>st</sup> – Discus / Juvenile – U18
Sarah Leonard	1 <sup>st</sup> – Shot Put / Junior – U20
Kristin Marvin	1 <sup>st</sup> – 1500m / Juvenile – U18
Nancy Norman	1 <sup>st</sup> – 3000m / Senior – Open
Louise Perreault	1 <sup>st</sup> – Javelin / Senior – Open
Kim Rapley	1 <sup>st</sup> – Heptathlon / Senior – Open
Shawn Wilcox	1 <sup>st</sup> – Decathlon / Junior – U20
Amanda Zappa	1 <sup>st</sup> – Hammer Throw / Midget – U16
Amanda Zappa	1 <sup>st</sup> – Shot Put / Juvenile – U18
Theresa Brideau	2 <sup>nd</sup> – 3000m / Senior – Open
Chantale Dejardin	2 <sup>nd</sup> – 400m Hurdles / Senior – Open
Leslie Estwick	2 <sup>nd</sup> – High Jump / Senior – Open
Ricardo Greenidge	3 <sup>rd</sup> – 100m / Senior – Open
Tom Greenberg	3 <sup>rd</sup> – 1500m / Midget – U16
Craig Hutton	3 <sup>rd</sup> – 800m / Senior – Open
Greg Jack	2 <sup>nd</sup> – Decathlon / Juvenile
Sean Kaley	3 <sup>rd</sup> – 1500m / Junior – U20
Sean Kaley	2 <sup>nd</sup> – 1500m / Juvenile – U18
Alda Ladouceur	2 <sup>nd</sup> – Shot Put / Juvenile – U18
Sarah Leonard	2 <sup>nd</sup> – Javelin / Junior – U20
Sarah Leonard	2 <sup>nd</sup> – Hammer / Junior – U20
Scott MacDonald	3 <sup>rd</sup> – 1500m / Senior – Open
Kristin Marvin	3 <sup>rd</sup> – 800m / Juvenile – U18
Roslyn McGilvery	3 <sup>rd</sup> – 200m / Midget – U16
Wendy Ransom	3 <sup>rd</sup> – Hammer / Senior – Open
Kim Rapley	3 <sup>rd</sup> – Shot Put / Senior – Open
Cory Siermachesky	2 <sup>nd</sup> – High Jump / Senior – Open
Cyril Soga	3 <sup>rd</sup> – Triple Jump / Senior – Open
Matt Stenson	3 <sup>rd</sup> – 100m / Bantam – U14
Leanne Wall	3 <sup>rd</sup> – 100m Hurdles / Senior – Open
Shawn Wilcox	3 <sup>rd</sup> – 110m Hurdles / Junior – U20
Steve Yorston	3 <sup>rd</sup> – 110m Hurdles / Senior – Open
Amanda Zappa	2 <sup>nd</sup> – Shot Put / Midget – U16

### **Athletics Ontario XC Championships**

Mike Dickey, Brandon Hollywood, Kevin Lee, Lewis Theobald	1 <sup>st</sup> – Team / Junior – U20
Kevin Lee	2 <sup>nd</sup> – Junior Men – U20

### Ontario Legion Track & Field Championships

Chantale Dejardin	1 <sup>st</sup> – 400m / Juvenile – U18
Chantale Dejardin	1 <sup>st</sup> – 400m Hurdles / Juvenile – U18
Sean Kaley	1 <sup>st</sup> – 3000m / Juvenile – U18
Murray Link	1 <sup>st</sup> – 1500m / Midget – U16
Murray Link	1 <sup>st</sup> – 3000m / Midget – U16
Kristin Marvin	1 <sup>st</sup> – 800m / Juvenile – U18
Kristin Marvin	1 <sup>st</sup> – 1500m / Juvenile – U18
Chantale Dejardin	2 <sup>nd</sup> – 80m Hurdles / Juvenile – U18
Chris McGregor	3 <sup>rd</sup> – 3000m / Juvenile – U18
Amanda Zappa	3 <sup>rd</sup> – Shot Put / Juvenile – U18

### OFSAA Track & Field Championships

Chantale Dejardin	1 <sup>st</sup> – 300m Hurdles / Junior
Sean Kaley	1 <sup>st</sup> – 3000m / Junior
Matt Lamourie	1 <sup>st</sup> – 3000m / Senior
Murray Link	1 <sup>st</sup> – 1500m / Midget
Murray Link	1 <sup>st</sup> – 3000m / Midget
Scott MacDonald	1 <sup>st</sup> – 1500m / Senior
Mary Jane Richards	1 <sup>st</sup> – 1500m / Midget
Chantale Dejardin	2 <sup>nd</sup> – 80m Hurdles / Junior
Chantale Dejardin	3 <sup>rd</sup> – 400m / Junior
Greg Jack	3 <sup>rd</sup> – Shot Put / Junior
Sean Kaley	3 <sup>rd</sup> – 1500m / Junior
Kevin Lee	3 <sup>rd</sup> – 3000m / Senior
Kevin Lee	3 <sup>rd</sup> – 2000m Steeplechase / Senior
Murray Link	3 <sup>rd</sup> – 800m / Midget
Scott MacDonald	3 <sup>rd</sup> – 800m / Senior
Kristin Marvin	3 <sup>rd</sup> – 800m / Junior
Kristin Marvin	3 <sup>rd</sup> – 1500m / Junior
Chris McGregor	3 <sup>rd</sup> – 3000m / Junior
Leanne Wall	3 <sup>rd</sup> – 200m / Senior
Shawn Wilcox	3 <sup>rd</sup> – 110m Hurdles / Senior

## 1991

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### Athletics Ontario Championships

Sean Burges	1 <sup>st</sup> – Triple Jump / Senior – Open
Sean Burges	1 <sup>st</sup> – Triple Jump / Junior – U20
Chantale Dejardin	1 <sup>st</sup> – 300m Hurdles / Juvenile – U18
Ricardo Greenidge	1 <sup>st</sup> – 100m / Senior – Open
Ricardo Greenidge	1 <sup>st</sup> – 200m / Senior – Open
Cathy Griffin	1 <sup>st</sup> – Hammer / Senior – Open
Craig Hutton	1 <sup>st</sup> – 400m Hurdles / Senior – Open
Greg Jack	1 <sup>st</sup> – Shot Put / Juvenile – U18
Greg Jack	1 <sup>st</sup> – Shot Put / Midget – U16

Alda Ladouceur	1 <sup>st</sup> – Discus / Midget – U16
Imogen Murphy	1 <sup>st</sup> – 1500m / Midget – U16
Shawn Wilcox	1 <sup>st</sup> – High Jump / Junior – U20
Hugh Wilson	1 <sup>st</sup> – Javelin / Senior – Open
Chantale Dejardin	2 <sup>nd</sup> – 80m Hurdles / Juvenile – U18
Chantale Dejardin	2 <sup>nd</sup> – 400m / Juvenile – U18
Chantale Dejardin	2 <sup>nd</sup> – 300m Hurdles / Midget – U16
James Fahie	2 <sup>nd</sup> – Hammer / Senior – Open
Glenroy Gilbert	2 <sup>nd</sup> – Long Jump / Senior – Open
Cathy Griffin	3 <sup>rd</sup> – Discus / Senior – Open
Joanna Irvine	3 <sup>rd</sup> – 5000m Walk / Senior – Open
Greg Jack	2 <sup>nd</sup> – Discus / Juvenile – U18
Greg Jack	3 <sup>rd</sup> – Javelin / Juvenile – U18
Greg Jack	2 <sup>nd</sup> – Discus / Midget – U16
Greg Jack	2 <sup>nd</sup> – Javelin / Midget – U16
Robin Jeffrey	3 <sup>rd</sup> – 800m / Juvenile – U18
Scott MacDonald	2 <sup>nd</sup> – 1500m / Junior – U20
Imogen Murphy	3 <sup>rd</sup> – 800m / Midget – U16
Cyril Soga	3 <sup>rd</sup> – Triple Jump / Senior – Open
Melody Torcolacci	2 <sup>nd</sup> – Discus / Senior – Open
Shawn Wilcox	2 <sup>nd</sup> – 110m Hurdles / Junior – U20
Amanda Zappa	3 <sup>rd</sup> – Shot Put / Midget – U16

#### **Athletics Ontario XC Championships**

Richard Charette	1 <sup>st</sup> – Senior Men – Open
Sean Kaley	1 <sup>st</sup> – Midget Boys – U16
Sean Kaley, Matt Lamourie, Scott MacDonald, Ian Potter	1 <sup>st</sup> – Team / Junior – U20
Mike Dickey, Tom Greenberg, Chris McGregor,	1 <sup>st</sup> – Team / Midget – U16
Nathalie Cote	2 <sup>nd</sup> – Junior Women – U20

#### **Ontario Legion Track & Field Championships**

Greg Jack	1 <sup>st</sup> – Shot Put / Juvenile – U18
Imogen Murphy	1 <sup>st</sup> – 1500m / Juvenile – U18
Chantale Dejardin	3 <sup>rd</sup> – 80m Hurdles / Juvenile – U18
Chantale Dejardin	3 <sup>rd</sup> – 400m Hurdles / Juvenile – U18
Tom Greenberg	2 <sup>nd</sup> – 1500m / Midget – U16
Greg Jack	2 <sup>nd</sup> – Discus / Juvenile – U18
Roslyn McGilvery	3 <sup>rd</sup> – 300m Hurdles / Midget – U16
Lewis Theobald	3 <sup>rd</sup> – 2000m Steeplechase / Juvenile –

#### **OFSAA Track & Field Championships**

Sean Burges	1 <sup>st</sup> – Triple Jump / Senior
Rohan Hazelton	1 <sup>st</sup> – 3000m / Junior
Greg Jack	1 <sup>st</sup> – Shot Put / Midget

Greg Jack	1 <sup>st</sup> – Javelin / Midget
Alda Ladouceur	1 <sup>st</sup> – Discus / Midget
Shawn Wilcox	1 <sup>st</sup> – 110m Hurdles / Senior
Charmaine Wilson	1 <sup>st</sup> – Triple Jump / Senior
Nathalie Cote	3 <sup>rd</sup> – 1500m / Senior
Chantale Dejardin	2 <sup>nd</sup> – 300m Hurdles / Junior
Mike Dickey	3 <sup>rd</sup> – 1500m / Midget
Rohan Hazelton	3 <sup>rd</sup> – 1500m / Junior
Penny Ingram	2 <sup>nd</sup> – 400m / Junior
Greg Jack	2 <sup>nd</sup> – Discus / Midget
Scott MacDonald	2 <sup>nd</sup> – 1500m / Senior
Chris McGregor	2 <sup>nd</sup> – 3000m / Midget
Charmaine Wilson	3 <sup>rd</sup> – 400m Hurdles / Senior

#### **OFSAA Cross Country**

Sean Kaley	2 <sup>nd</sup> – Junior
Scott MacDonald	2 <sup>nd</sup> – Senior

## **1990**

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#### **Athletics Ontario Championships**

Matt Bundle	1 <sup>st</sup> – 800m / Juvenile – U18
Matt Bundle	1 <sup>st</sup> – 1500m / Juvenile – U18
Cheryl Coker	1 <sup>st</sup> – Javelin / Senior – Open
Nathalie Cote	1 <sup>st</sup> – 1500m / Juvenile – U18
Glenroy Gilbert	1 <sup>st</sup> – Long Jump / Senior – Open
Tom Greenberg	1 <sup>st</sup> – 1500m / Bantam – U14
Ricardo Greenidge	1 <sup>st</sup> – 200m / Senior – Open
Chris Haynes	1 <sup>st</sup> – Triple Jump / Juvenile – U18
Craig Hutton	1 <sup>st</sup> – 400m Hurdles / Senior – Open
Matt Lamourie	1 <sup>st</sup> – 3000m / Juvenile – U18
Scott MacDonald	1 <sup>st</sup> – 2000m Steeplechase / Juvenile – U18
Michelle Patterson	1 <sup>st</sup> – 300m Hurdles / Juvenile – U18
Kim Rapley	1 <sup>st</sup> – Heptathlon / Senior – Open
Melody Torcolacci	1 <sup>st</sup> – Shot Put / Senior – Open
Andrea Bacchiochi	3 <sup>rd</sup> – 100m Hurdles / Senior – Open
Karen Blackwood	3 <sup>rd</sup> – Triple Jump / Junior – U20
James Buchanan	3 <sup>rd</sup> – 800m / Senior – Open
Nathalie Cote	2 <sup>nd</sup> – 800m / Juvenile – U18
Chantale Dejardin	2 <sup>nd</sup> – 300m Hurdles / Midget – U16
Shawn Desrosiers	3 <sup>rd</sup> – 1500m / Midget – U16
David Elgood	2 <sup>nd</sup> – 400m / Junior – U20
Eric Gagnon	2 <sup>nd</sup> – Javelin / Senior – Open
Tom Greenberg	3 <sup>rd</sup> – 800m / Bantam – U14
Sylvie Laroque	3 <sup>rd</sup> – 400m Hurdles / Senior – Open

Julie Malenfant  
Roslyn McGilvery  
Michelle Patterson  
Michelle Patterson  
Michelle Patterson  
Mike Reichert  
Sophie Robillard  
Iain Skinner

Cyril Soga  
Grace Verbeek  
Shawn Wilcox  
Shawn Wilcox  
Christopher Wilson

3<sup>rd</sup> – Javelin / Senior – Open  
3<sup>rd</sup> – 80m Hurdles / Bantam – U14  
2<sup>nd</sup> – 400m Hurdles / Junior – U20  
2<sup>nd</sup> – 400m / Junior – U20  
2<sup>nd</sup> – 400m / Juvenile – U18  
2<sup>nd</sup> – Shot Put / Senior – Open  
3<sup>rd</sup> – Heptathlon / Juvenile – U18  
2<sup>nd</sup> – 2000m Steeplechase / Juvenile –  
U18  
2<sup>nd</sup> – Triple Jump / Senior – Open  
3<sup>rd</sup> – 800m / Senior – Open  
3<sup>rd</sup> – High Jump / Juvenile – U18  
3<sup>rd</sup> – Long Jump / Juvenile – U18  
3<sup>rd</sup> – 800m / Junior – U20

### **Ontario Legion Track & Field Championships**

Matt Bundle  
Matt Bundle  
Nathalie Cote  
Nathalie Cote  
Chantale Dejardin  
Matt Lamourie  
Scott MacDonald

Chantale Dejardin  
Meeka Haller  
Chris Haynes  
Chris Hayne  
Matt Lamourie  
Damian Lowry  
Michelle Patterson  
Charmaine Wilson  
Charmaine Wilson

1<sup>st</sup> – 800m / Juvenile – U18  
1<sup>st</sup> – 1500m / Juvenile – U18  
1<sup>st</sup> – 800m / Juvenile – U18  
1<sup>st</sup> – 1500m / Juvenile – U18  
1<sup>st</sup> – 300m Hurdles / Midget – U16  
1<sup>st</sup> – 3000m / Juvenile – U18  
1<sup>st</sup> – 1500m Steeplechase / Juvenile –  
U18  
2<sup>nd</sup> – 80m Hurdles / Midget – U16  
2<sup>nd</sup> – 800m / Juvenile – U18  
2<sup>nd</sup> – Triple Jump / Juvenile – U18  
3<sup>rd</sup> – 200m / Juvenile – U18  
3<sup>rd</sup> – 1500m / Juvenile – U18  
3<sup>rd</sup> – 400m Hurdles / Juvenile – U18  
3<sup>rd</sup> – 400m Hurdles / Juvenile – U18  
2<sup>nd</sup> – 400m Hurdles / Juvenile – U18  
3<sup>rd</sup> – Triple Jump / Juvenile – U18

### **OFSAA Track & Field Championships**

Chris Haynes  
Matt Lamourie  
Julie Malenfant  
Mike Reichert  
James Buchanan  
Chantale Dejardin  
Ricardo Greenidge  
Ricardo Greenidge  
Amanda McLenaghan  
Mike Reichert

1<sup>st</sup> – Triple Jump / Senior  
1<sup>st</sup> – 3000m / Junior  
1<sup>st</sup> – Javelin / Junior  
1<sup>st</sup> – Discus / Senior  
3<sup>rd</sup> – 800m / Senior  
3<sup>rd</sup> – 200m / Midget  
2<sup>nd</sup> – 100m / Senior  
3<sup>rd</sup> – 200m / Senior  
3<sup>rd</sup> – 3000m / Senior  
3<sup>rd</sup> – Shot Put / Senior

## OFSAA XC Championships

Chris McGregor  
Nathalie Cote

1<sup>st</sup> – Midget Boys  
3<sup>rd</sup> – Senior Girls

## 1989

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### Athletics Ontario Championships

Sean Burges	1 <sup>st</sup> – Triple Jump / Juvenile – U18
Cheryl Coker	1 <sup>st</sup> – Javelin / Senior – Open
Rosey Edeh	1 <sup>st</sup> – 400m / Senior – Open
Leslie Estwick	1 <sup>st</sup> – High Jump / Senior – Open
Matt Bundle	1 <sup>st</sup> – 800m / Midget – U16
Rohan Hazelton	1 <sup>st</sup> – 1500m / Midget – U16
Phillip Hughes	1 <sup>st</sup> – 400m / Senior – Open
Matt Lamourie	1 <sup>st</sup> – 3000m / Midget – U16
Sylvie Larocque	1 <sup>st</sup> – 400m Hurdles / Junior – U20
Chris McGregor	1 <sup>st</sup> – 3000m / Bantam – U14
Matt Bundle	2 <sup>nd</sup> – 1500m / Midget – U16
Beverly Charron	3 <sup>rd</sup> – Long Jump / Junior – U20
Chantale Dejardin	2 <sup>nd</sup> – 100m / Bantam – U14
Leslie Estwick	2 <sup>nd</sup> – 100m Hurdles / Senior – Open
Glenroy Gilbert	2 <sup>nd</sup> – Long Jump / Senior – Open
Rohan Hazelton	3 <sup>rd</sup> – 800m / Midget – U16
Craig Hutton	3 <sup>rd</sup> – 400m Hurdles / Senior – Open
Kevin Lee	2 <sup>nd</sup> – 3000m / Midget – U16
Kevin Lee	3 <sup>rd</sup> – 1500m / Midget – U16
Chris McGregor	2 <sup>nd</sup> – 1500m / Bantam – U14
Lana McInnis	2 <sup>nd</sup> – 200m / Senior – Open
Lana McInnis	3 <sup>rd</sup> – Long Jump / Senior – Open
Dave Rothenbury	3 <sup>rd</sup> – Discus / Senior – Open

### Athletics Ontario XC Championships

Matt Lamourie	1 <sup>st</sup> – Midget Boys – U16
Matt Bundle, Matt Lamourie, Scott MacDonald, Gary Kavanagh, Lewis Theobald	2 <sup>nd</sup> – Team / Midget – U16

### Ontario Legion Track & Field Championships

Matt Bundle	1 <sup>st</sup> – 800m / Juvenile – U18
Rohan Hazelton	1 <sup>st</sup> – 1500m / Juvenile – U18
Matt Lamourie	1 <sup>st</sup> – 3000m / Juvenile – U18
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### OFSAA Track & Field Championships

Chris Haynes	1 <sup>st</sup> – Triple Jump / Midget
Mike Reichert	1 <sup>st</sup> – Shot Put / Senior



Allan Azuelos	3 <sup>rd</sup> – 1500m / Midget
James Buchanan	2 <sup>nd</sup> – 800m / Junior
James Buchanan	2 <sup>nd</sup> – 1500m / Junior
Ricardo Greenidge	2 <sup>nd</sup> – 100m / Senior
Meeka Haller	2 <sup>nd</sup> – 400m / Midget
Rohan Hazelton	2 <sup>nd</sup> – 1500m / Midget
Mike Reichert	2 <sup>nd</sup> – Discus / Junior

**OFSAA XC Championships**

?

**1988**

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**Athletics Ontario Championships**

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**Athletics Ontario XC Championships**

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**Ontario Legion Track & Field Championships**

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**OFSAA Track & Field Championships**

Mike Reichert	1 <sup>st</sup> – Shot Put / Junior
Brian Alford	3 <sup>rd</sup> – 200m / Senior
Ricardo Greenidge	2 <sup>nd</sup> – 100m / Junior
Trevor Payne	3 <sup>rd</sup> – 1500m / Senior

**1987**

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**Athletics Ontario Championships**

Rob Cunningham	1 <sup>st</sup> – 1500m / Midget – U16
Martin Cyr-Hicks	1 <sup>st</sup> – 400m / Bantam – U14
Craig Hutton	1 <sup>st</sup> – 400m Hurdles / Senior – Open
Mike Reichert	1 <sup>st</sup> – Shot Put / Midget – U16
Rob Cunningham	2 <sup>nd</sup> – 800m / Midget – U16
James Fahie	3 <sup>rd</sup> – Shot Put / Junior – U20
James Fahie	3 <sup>rd</sup> – Hammer / Junior – U20
Lori Larowe	2 <sup>nd</sup> – Javelin / Senior – Open
Trevor Payne	2 <sup>nd</sup> – 800m / Junior – U20
Grace Verbeek	2 <sup>nd</sup> – 800m / Senior – U20

**Athletics Ontario XC Championships**

?

**Ontario Legion Track & Field Championships**

?

### **OFSAA Track & Field Championships**

John Bowden	1 <sup>st</sup> – 1500m / Junior
Glenroy Gilbert	1 <sup>st</sup> – Long Jump / Senior
Glenroy Gilbert	1 <sup>st</sup> – Triple Jump / Senior
Mike Mizerski	1 <sup>st</sup> – Pole Vault / Junior
Louise Perreault	1 <sup>st</sup> – Javelin / Senior
James Fahie	3 <sup>rd</sup> – Shot Put / Junior
Sean Fitzgerald	3 <sup>rd</sup> – 1500m / Senior

## **1986**

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### **Athletics Ontario Championships**

Doug Currier	1 <sup>st</sup> – Shot Put / Junior – U20
Louise Perreault	1 <sup>st</sup> – Javelin / Senior – Open

### **Athletics Ontario XC Championships**

Trevor Payne	2 <sup>nd</sup> – Midget – U16
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### **Ontario Legion Track & Field Championships**

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### **OFSAA Track & Field Championships**

Doug Currier	1 <sup>st</sup> – Shot Put / Senior
Glenroy Gilbert	1 <sup>st</sup> – Triple Jump / Senior
Phillip Hughes	1 <sup>st</sup> – 400m Hurdes / Senior
Ken LeBlanc	1 <sup>st</sup> – 200m / Senior
Rob Lindsay	1 <sup>st</sup> – Pole Vault / Senior
Rob Muir	1 <sup>st</sup> – 1500m / Senior
Trevor Payne	1 <sup>st</sup> – 800m / Junior
Louise Perreault	1 <sup>st</sup> – Javelin / Senior *OFSAA Record
Rick Brant	2 <sup>nd</sup> – 800m / Senior
Graham Cleghorn	3 <sup>rd</sup> – Pole Vault / Senior
Sean Fitzgerald	3 <sup>rd</sup> – 800m / Senior
Glenroy Gilbert	2 <sup>nd</sup> – Long Jump / Senior
Judy Gitzi	2 <sup>nd</sup> – Discus / Senior
Judy Gitzi	3 <sup>rd</sup> – Shot Put / Senior
Ken LeBlanc	2 <sup>nd</sup> – 400m / Senior
Rob Muir	3 <sup>rd</sup> – 1500m / Senior
Warren Walrond	2 <sup>nd</sup> – 100m Hurdles / Midget

### **OFSAA XC Championships**

Trevor Payne	2 <sup>nd</sup> - Midget
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## **1985**

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### **Athletics Ontario Championships**

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**Athletics Ontario XC Championships**

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**Ontario Legion Track & Field Championships**

?

**OFSAA Track & Field Championships**

Graham Cleghorn

Sean Fitzgerald

Glenroy Gilbert

Phillip Hughes

Judy Gitzi

Ken LeBlanc

Rob Muir

Rob Muir

Jackie Rasenberg

1<sup>st</sup> – Pole Vault - Senior

1<sup>st</sup> – 800m / Junior

1<sup>st</sup> – Triple Jump / Junior

1<sup>st</sup> – 400m Hurdles / Senior \*CDN HS

Record

2<sup>nd</sup> – Shot Put / Junior

2<sup>nd</sup> – 400m / Junior

3<sup>rd</sup> – 1500m / Junior

3<sup>rd</sup> – 3000m / Junior

2<sup>nd</sup> – High Jump / Senior

**OFSAA XC Championships**

?

**1984**

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**Athletics Ontario Championships**

?

**Athletics Ontario XC Championships**

?

**Ontario Legion Track & Field Championships**

?

**OFSAA Track & Field Championships**

Pat Aikesson

Cheryl Coker

Rob Lindsay

Louise Perreault

Sheridon Baptiste

Rick Brant

Sean Fitzgerald

Glenroy Gilbert

Judy Gitzi

Brian Marshall

Jackie Rasenberg

1<sup>st</sup> – Pole Vault / Junior

1<sup>st</sup> – Javelin / Senior

1<sup>st</sup> – Pole Vault / Senior \*OFSAA Record

1<sup>st</sup> – Javelin / Junior

3<sup>rd</sup> – Long Jump / Senior

3<sup>rd</sup> – 800m / Junior

2<sup>nd</sup> – 1500m / Junior

3<sup>rd</sup> – Triple Jump / Junior

3<sup>rd</sup> – Shot Put / Junior

2<sup>nd</sup> – High Jump / Senior

3<sup>rd</sup> – High Jump / Junior

## OFSAA XC Championships

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## 1983

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### Athletics Ontario Championships

Owen Caves	1 <sup>st</sup> – 2000m Steeple / Juvenile – U18
Paul Charkavi	1 <sup>st</sup> – Discus / Midget – U16
Graham Cleghorn	1 <sup>st</sup> – Pole Vault / Midget – U16
Jaimie Harvie	1 <sup>st</sup> – Triple Jump / Midget – U16
Jeff Outerbridge	1 <sup>st</sup> – Pole Vault / Junior – U20
Ian Armstrong	3 <sup>rd</sup> – Hammer / Senior – Open
Lorie Bergman	3 <sup>rd</sup> – Long Jump / Juvenile – U18
Richard Bergman	2 <sup>nd</sup> – High Jump / Junior – U20
Paul Charkavi	2 <sup>nd</sup> – Hammer / Midget – U16
Glenroy Gilbert	2 <sup>nd</sup> – Triple Jump / Midget – U16
Jaimie Harvie	3 <sup>rd</sup> – Long Jump / Midget – U16
Craig Hutton	2 <sup>nd</sup> – 400m Hurdles / Junior – U20
Brian Marshall	3 <sup>rd</sup> – High Jump / Senior – Open
Jacqueline Rasenberg	3 <sup>rd</sup> – High Jump / Juvenile – U18
Robin Robertson	2 <sup>nd</sup> – High Jump / Juvenile – U18
Kevin Waller	2 <sup>nd</sup> – 1500m / Senior – Open

### Athletics Ontario XC Championships

Rob Muir	2 <sup>nd</sup> – Midget – U16
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### Ontario Legion Track & Field Championships

Paul Charkavi	1 <sup>st</sup> – Shot Put / Juvenile – U18
Bruce Deacon	1 <sup>st</sup> – 3000m / Juvenile – U18
Glenroy Gilbert	1 <sup>st</sup> – Long Jump / Midget – U16
Rob Muir	1 <sup>st</sup> – 1500m / Midget – U16
Bruce Deacon	3 <sup>rd</sup> – 1500m / Midget – U16
Sean Fitzgerald	2 <sup>nd</sup> – 1500m / Juvenile – U18
Glenroy Gilbert	2 <sup>nd</sup> – Triple Jump / Midget – U16
Judy Gitzi	3 <sup>rd</sup> – Discus / Juvenile – U18
Rob Muir	2 <sup>nd</sup> – 800m / Midget – U16

### OFSAA Track & Field Championships

Pat Aikesson	1 <sup>st</sup> – Pole Vault / Midget
Rob Lindsay	1 <sup>st</sup> – Pole Vault / Junior
Kerry Munro	1 <sup>st</sup> – Triple Jump / Junior
Louise Perreault	1 <sup>st</sup> – Javelin / Midget
Kevin Waller	1 <sup>st</sup> – 800m / Senior
Christine Whiteside	1 <sup>st</sup> – 1500m / Senior
Cheryl Coker	2 <sup>nd</sup> – Javelin / Senior
Sean Fitzgerald	3 <sup>rd</sup> – 800m / Midget

Sean Fitzgerald  
Rob Muir  
Kevin Waller

2<sup>nd</sup> – 1500m / Midget  
3<sup>rd</sup> – 3000m / Midget  
2<sup>nd</sup> – 1500m / Senior

### OFSAA XC Championships

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## 1982

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### Athletics Ontario Championships

Alison Armstrong  
Kerry Munro  
Richard Bergman  
Ray Cardinal  
Brian Marshall  
Brian Marshall  
Brian Marshall  
Kerry Munro  
Kerry Munro  
Kevin Waller  
Christine Whiteside  
John Yorga

1<sup>st</sup> – Heptathlon / Senior – Open  
1<sup>st</sup> – Triple Jump / Juvenile – U18  
3<sup>rd</sup> – High Jump / Juvenile – U18  
3<sup>rd</sup> – 400m / Senior – Open  
2<sup>nd</sup> – Decathlon / Junior – U20  
2<sup>nd</sup> – High Jump / Junior – U20  
3<sup>rd</sup> – 100m Hurdles / Juvenile – U18  
2<sup>nd</sup> – Long Jump / Juvenile – U18  
2<sup>nd</sup> – Triple Jump / Juvenile – U18  
3<sup>rd</sup> – 800m / Junior – U20  
3<sup>rd</sup> – 800m / Junior – U20  
3<sup>rd</sup> – Javelin / Senior – Open

### Athletics Ontario XC Championships

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### Ontario Legion Track & Field Championships

Sean Fitzgerald  
Brian Marshall  
Bruce Deacon  
Bruce Deacon  
Brian Marshall  
Brian Marshall

1<sup>st</sup> – 800m / Juvenile – U18  
1<sup>st</sup> – High Jump / Juvenile – U18  
3<sup>rd</sup> – 1500m / Midget – U16  
3<sup>rd</sup> – 3000m / Midget – U16  
3<sup>rd</sup> – 100m Hurdles / Juvenile – U18  
3<sup>rd</sup> – Long Jump / Juvenile – U18

### OFSAA Track & Field Championships

Bruce Deacon  
Bruce Deacon  
Sean Fitzgerald  
Brian Marshall  
Cheryl Coker  
Kerry Munro  
Kent Thexton  
Kevin Waller

1<sup>st</sup> – 1500m / Midget  
1<sup>st</sup> – 3000m / Midget  
1<sup>st</sup> – 800m / Midget  
1<sup>st</sup> – High Jump / Junior  
3<sup>rd</sup> – Javelin / Junior  
2<sup>nd</sup> – Triple Jump / Junior  
3<sup>rd</sup> – 1500m / Senior  
2<sup>nd</sup> – 800m / Senior

## 1981

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### **Athletics Ontario Championships**

George Chiappa	1 <sup>st</sup> – Hammer Throw / Junior – U20
Sue Gibson	1 <sup>st</sup> – Javelin / Senior – Open
Marc Lavoie	1 <sup>st</sup> – 1500m Steeple / Midget – U16
Leslie Manion	1 <sup>st</sup> – High Jump / Bantam – U14
Leslie Manion	1 <sup>st</sup> – Long Jump / Bantam – U14
Brian Marshall	1 <sup>st</sup> – High Jump / Juvenile – U18
Brian Marshall	1 <sup>st</sup> – High Jump / Midget – U16
Kerry Munro	1 <sup>st</sup> – Triple Jump / Midget – U16
Jacqueline Pelot	1 <sup>st</sup> – 3000m / Juvenile – U18
Fabian Roy	1 <sup>st</sup> – Pole Vault / Midget – U16
Alison Armstrong	3 <sup>rd</sup> – Heptathlon / Senior – Open
Brenda Banning	2 <sup>nd</sup> – 3km Walk / Junior – U20
Richard Bergman	2 <sup>nd</sup> – High Jump / Midget – U16
George Chiappa	2 <sup>nd</sup> – Shot Put / Junior – U20
Leslie Estwick	2 <sup>nd</sup> – Heptathlon / Senior – Open
Karen Gordon	2 <sup>nd</sup> – 3000m / Juvenile – U18
Gary Hamilton	3 <sup>rd</sup> – 10km Walk / Junior – U20
Bridget Kehoe	3 <sup>rd</sup> – 400m / Junior – U20
Marc Lavoie	2 <sup>nd</sup> – 1500m / Midget – U16
Brian Marshall	2 <sup>nd</sup> – Triple Jump / Midget – U16
Brian Marshall	3 <sup>rd</sup> – High Jump / Junior – U20
Kerry Munro	2 <sup>nd</sup> – Long Jump / Midget – U16
Jacqueline Pelot	2 <sup>nd</sup> – 1500m / Juvenile – U18
Mark Saikaley	2 <sup>nd</sup> – Pole Vault / Junior – U20
Dave Stewart	3 <sup>rd</sup> – 1500m / Senior – Open
Doug Tahirali	2 <sup>nd</sup> – Pole Vault / Midget – U16
Mike Waller	3 <sup>rd</sup> – 800m / Bantam – U14
Mike Waller	3 <sup>rd</sup> – 1500m / Bantam – U14
Laura Wardlaw	3 <sup>rd</sup> – 3000m / Junior – U20

### **Athletics Ontario XC Championships**

Jacqueline Pelot	1 <sup>st</sup> – Juvenile Girls
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### **Ontario Legion Track & Field Championships**

Marc Lavoie	1 <sup>st</sup> – 1500m Steeple / Juvenile – U18
Brian Marshall	1 <sup>st</sup> – High Jump / Juvenile – U18
Kerry Munro	1 <sup>st</sup> – Triple Jump / Juvenile – U18
Richard Bergman	2 <sup>nd</sup> – 400m Hurdles / Juvenile – U18
Richard Bergman	3 <sup>rd</sup> – 400m / Juvenile – U18

### **OFSAA Track & Field Championships**

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### **OFSAA XC Championships**

?

## 1980

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### Athletics Ontario Championships

Alison Armstrong	1 <sup>st</sup> – Heptathlon / Junior – U20
Brigitte Belanger	1 <sup>st</sup> – 1500m / Junior – U20
Jeanie Cameron	1 <sup>st</sup> – 3000m / Senior – Open
Bruce Deacon	1 <sup>st</sup> – 3000m / Bantam – U14
Brian Marshall	1 <sup>st</sup> – High Jump / Midget – U16
Rob Millard	1 <sup>st</sup> – 400m Hurdles / Senior – Open
Ann Peel	1 <sup>st</sup> – 5km Walk / Senior – Open
Kevin Waller	1 <sup>st</sup> – 800m / Midget – U16
Lucie Archambault	2 <sup>nd</sup> – Javelin / Junior – U20
Alison Armstrong	3 <sup>rd</sup> – High Jump / Junior – U20
Mary Armstrong	3 <sup>rd</sup> – Discus / Juvenile – U18
Brenda Banning	3 <sup>rd</sup> – 1500m Walk / Juvenile – U18
Brigitte Belanger	3 <sup>rd</sup> – 800m / Junior – U20
George Chiappa	2 <sup>nd</sup> – Hammer / Juvenile – U18
George Chiappa	2 <sup>nd</sup> – Shot Put / Juvenile – U18
George Chiappa	2 <sup>nd</sup> – Hammer / Junior – U20
George Chiappa	3 <sup>rd</sup> – Shot Put / Junior – U20
Holly Denny	3 <sup>rd</sup> – 100m / Senior – Open
Brian Donnelly	3 <sup>rd</sup> – Javelin / Juvenile – u18
Sue Gibson	2 <sup>nd</sup> – Javelin / Senior – Open
Karen Gordon	2 <sup>nd</sup> – 3000m / Midget – U16
Bill Heikkila	3 <sup>rd</sup> – Javelin / Senior – Open
Paul Janok	3 <sup>rd</sup> – Pole Vault / Juvenile – U18
Nathalie Marceau	3 <sup>rd</sup> – 1500m / Midget – U16
Mark Saikaley	2 <sup>nd</sup> – Pole Vault / Junior – U20
Jenny Setterfield	3 <sup>rd</sup> – Javelin / Senior – Open
Doug Tahirali	3 <sup>rd</sup> – Pole Vault / Midget – U16
Kevin Waller	2 <sup>nd</sup> – 1500m / Midget – U16
Laura Wardlaw	3 <sup>rd</sup> – 1500m / Juvenile – U18
Laura Wardlaw	3 <sup>rd</sup> – 3000m / Junior – U20

### Athletics Ontario XC Championships

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### Ontario Legion Track & Field Championships

Brian Marshall	1 <sup>st</sup> – High Jump / Juvenile – U18
Kevin Waller	1 <sup>st</sup> – 800m / Juvenile – U18
Bruce Deacon	2 <sup>nd</sup> – 3000m / Midget – U16
Brian Marshall	2 <sup>nd</sup> – High Jump / Juvenile – U18
Pam Steen	2 <sup>nd</sup> – 1500m Walk / Juvenile – U18
Kevin Waller	2 <sup>nd</sup> – 1500m Steeple / Juvenile – U18

### **OFSAA Track & Field Championships**

Brian Marshall  
George Chiappa

1<sup>st</sup> – High Jump / Midget  
3<sup>rd</sup> – Shot Put / Midget

### **OFSAA XC Championships**

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## **1979**

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### **Athletics Ontario Championships**

Alison Armstrong  
Ann Peel  
Mark Saikaley  
Kevin Waller  
Kevin Waller  
John Yorga  
Andy Bethune

Leslie Estwick  
Leslie Estwick  
Rob Livingston  
Cory Rasenberg  
Pam Steen  
Mark Saikaley

1<sup>st</sup> – Pentathlon / Junior – U20  
1<sup>st</sup> – 5000m Walk / Senior – Open  
1<sup>st</sup> – Pole Vault / Juvenile – U18  
1<sup>st</sup> – 800m / Midget – U16  
1<sup>st</sup> – 1500m Steeplechase / Midget –  
1<sup>st</sup> – Javelin / Senior – Open  
2<sup>nd</sup> – 1500m Steeplechase / Juvenile –  
U18  
2<sup>nd</sup> – High Jump / Senior – Open  
2<sup>nd</sup> – Pentathlon / Senior – Open  
2<sup>nd</sup> – 1500m / Senior – Open  
3<sup>rd</sup> – Pentathlon / Senior – Open  
2<sup>nd</sup> – 1500m Walk / Midget – U16  
3<sup>rd</sup> – Pole Vault / Junior – U20

### **Athletics Ontario XC Championships**

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### **Ontario Legion Track & Field Championships**

Brian Marshall  
Laura Wardlaw  
Andy Bethune  
Andy Bethune  
Trevor Hanson  
Brian Marshall  
Judith Rose

1<sup>st</sup> – High Jump / Midget – U16  
1<sup>st</sup> – 3000m / Juvenile – U18  
2<sup>nd</sup> – 1500m Steeplechase / Juvenile –  
3<sup>rd</sup> – 3000m / Juvenile – U18  
3<sup>rd</sup> – Pole Vault / Juvenile – U18  
2<sup>nd</sup> – Triple Jump / Midget – U16  
3<sup>rd</sup> – 100m / Midget – U16

### **OFSAA Track & Field Championships**

Brian Marshall

1<sup>st</sup> – High Jump / Midget

### **OFSAA XC Championships**

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## **1978**

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### **Athletics Ontario Championships**

Ann Peel

1<sup>st</sup> – 3000m Walk / Junior – U20



Elry Allen  
Elry Allen  
Robert D'Arcy  
Barry Darling  
Holly Denny  
Holly Denny  
Sue Gibson  
Dave Harrington  
Lisa Jacobs  
Lisa Jacobs  
Lisa Jacobs  
Denis Lemieux  
Robie Loomer  
Mark Saikaley

2<sup>nd</sup> – Triple Jump / Juvenile – U18  
3<sup>rd</sup> – Long Jump / Junior – U20  
2<sup>nd</sup> – 110m Hurdles / Juvenile – U18  
3<sup>rd</sup> – Javelin / Senior – Open  
2<sup>nd</sup> – 100m / Senior – Open  
2<sup>nd</sup> – 200m / Senior – Open  
2<sup>nd</sup> – Javelin / Senior – Open  
3<sup>rd</sup> – Discus / Senior – Open  
2<sup>nd</sup> – 1500m / Juvenile – U18  
3<sup>rd</sup> – 800m / Juvenile – U18  
3<sup>rd</sup> – 800m / Junior – U20  
2<sup>nd</sup> – Pole Vault / Junior – U20  
2<sup>nd</sup> – 20km Walk / Senior – Open  
3<sup>rd</sup> – Pole Vault / Juvenile – U18

### **Athletics Ontario XC Championships**

?

### **Ontario Legion Track & Field Championships**

Andy Bethune  
  
Andy Bethune  
Mike Smith

1<sup>st</sup> – 1500m Steeplechase / Juvenile – U18  
2<sup>nd</sup> – 3000m / Juvenile – U18  
2<sup>nd</sup> – Pole Vault / Juvenile – U18

### **OFSAA Track & Field Championships**

Leslie Estwick

3<sup>rd</sup> – High Jump / Junior

### **OFSAA XC Championships**

?

## **1977**

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### **Athletics Ontario Championships**

Denis Lemieux  
Ann Peel  
Peter Thomson  
Peter Thomson  
  
Laura Wadlow  
Brigitte Belanger  
Brigitte Bleanger  
Barry Darling  
Holly Denny  
Stuart Fulford  
Sue Gibson  
Lisa Jacobs  
Lisa Jacobs

1<sup>st</sup> – Pole Vault / Juvenile – U18 (Indoor)  
1<sup>st</sup> – 3000m Walk / Junior – U20  
1<sup>st</sup> – Hammer Throw / Juvenile – U18  
1<sup>st</sup> – Weight Throw / Juvenile – U18 (Indoor)  
1<sup>st</sup> – 3000m / Bantam – U14 (Indoor)  
2<sup>nd</sup> – 800m / Midget – U16  
3<sup>rd</sup> – 1500m / Midget – U16  
3<sup>rd</sup> – Javelin / Junior – U20  
3<sup>rd</sup> – 100m / Senior – Open  
2<sup>nd</sup> – High Jump / Junior – U20  
2<sup>nd</sup> – Javelin / Senior – Open  
2<sup>nd</sup> – 800m / Bantam – U14  
2<sup>nd</sup> – 1500m / Bantam – U14

Steve Lambros	2 <sup>nd</sup> – Discus / Senior – Open
Rob Livingston	2 <sup>nd</sup> – 800m / Juvenile – U18
Rob Livingston	2 <sup>nd</sup> – 1500m / Juvenile – U18
Heather MacDonald	2 <sup>nd</sup> – Javelin / Midget – U16
Heather MacDonald	3 <sup>rd</sup> – Shot Put / Midget – U16
Patrick Murphy	3 <sup>rd</sup> – 200m / Junior – U20
Peter Thomson	3 <sup>rd</sup> – Hammer / Senior – U20
Francisco Toro	2 <sup>nd</sup> – 3km Walk / Junior – U20
Laura Wardlaw	3 <sup>rd</sup> – 1500m / Bantam – U14
Laura Wardlaw	3 <sup>rd</sup> – 3000m / Bantam – U14
Pat Wardlaw	2 <sup>nd</sup> – 1500m / Midget – U16

#### **Ontario Legion Track & Field Championships**

Lisa Jacobs	2 <sup>nd</sup> – 800m / Midget – U16
Lisa Jacobs	2 <sup>nd</sup> – 1500m / Midget – U16

### **1976**

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#### **Athletics Ontario Championships**

Sue Gibson	1 <sup>st</sup> – Javelin / Senior – Open
Peter Thomson	1 <sup>st</sup> – Hammer Throw / Juvenile – U18
Peter Thomson	1 <sup>st</sup> – Hammer Throw / Midget – U16
Don Charron	2 <sup>nd</sup> – Hammer / Junior – U20
Don Charron	3 <sup>rd</sup> – Hammer / Senior – Open
Stuart Fulford	2 <sup>nd</sup> – High Jump / Midget – U16
Heather MacDonald	3 <sup>rd</sup> – Javelin / Midget – U16
Peter Thomson	2 <sup>nd</sup> – Discus / Midget – U16
Francisco Toro	2 <sup>nd</sup> – Race Walk / Junior – U20

#### **Ontario Legion Track & Field Championships**

Lisa Jacobs	3 <sup>rd</sup> – 800m / Midget – U16
Heather MacDonald	2 <sup>nd</sup> – Javelin / Midget – U16

### **1975**

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#### **Athletics Ontario Championships**

Corinne Cote	2 <sup>nd</sup> – Discus / Senior – Open
Corinne Cote	2 <sup>nd</sup> – Discus / Junior – U20
Holly Denny	2 <sup>nd</sup> – Long Jump / Juvenile – U18
Steve Lambros	2 <sup>nd</sup> – Discus / Juvenile – U18

### **1974**

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#### **Athletics Ontario Championships**

Corinne Cote	1 <sup>st</sup> – Discus / Juvenile – U18
Corinne Cote	2 <sup>nd</sup> – Shot Put / Juvenile – U18

Holly Denny  
Rosemary Hauch

2<sup>nd</sup> – Long Jump / Juvenile – U18  
3<sup>rd</sup> – Shot Put / Juvenile – U18

## **Notes & Historical References**

### **Statistical Lists**

The research for this historical data was initiated in April 2006 and first published that same October. “All available data” was carefully reviewed and referenced. We are however constantly looking for additional results not yet reviewed. If a “blank” or any data is missing on a performance list, it is because the performance specifics have not been finalized or discovered and we are looking for further validation. To be valid, all information of a performance must be listed.

### **International Teams, Championships & Medalist Lists**

If a national or provincial “Championship category” is not listed for a particular year, this indicates the materials for those Championship have been researched and no medals were awarded to club members. As a result, the Championships category has been removed for that particular year. If materials for a Championship category have not yet been found, the category will still remain on the list with a “question mark” for that year.

### **History**

During the 1970's and 1980's, there were many Clubs in the City of Ottawa. Prior to 1988, only athletes and coaches listed as members of the then “original club”, the East Ottawa Lions / founded in 1973 / Bob Staveley - Head Coach, have been listed to the best of our knowledge applying existing records, national / provincial rankings and annual coaching reports.

In 1989, the amalgamation of several clubs and coaching leaders created the new “Ottawa Lions”. The few clubs that chose not to be included in this structure would eventually disappear within only a few years. The City of Ottawa and its surrounding regions came to be served by one effective “all-inclusive” approach to the sport. The Ottawa Lions organization continues to be a unique within Canada, providing leadership, coaching and service to our sport from coast to coast.

It is our intent to recognize and enshrine the achievements of our both our athletes and coaches. It is their efforts and their achievements that better serve the “Lions Legacy”. This history will assist current and future athletes to excel ... offering a reference of achievement, of terms of expectation and of aspiration to excellence.

These Lists and Rankings will be reviewed, updated and re-posted on a annual basis each April and October. If you know of anyone who has any historical resources that will aid in the completion of our historical lists please contact us.

Andy McInnis - Director (November 2007)