



Ontario Masters Indoor
Championship Meet
York University, Toronto (UTTC)
Sunday, March 09, 2014



One of the **Hamilton Olympic Club's** newest masters runners had a very successful first championship meet on Sunday.

Competing in the **M45 age** group, **David Turkstra** took the gold medal in the high jump with a leap of 1.65m. This is just shy of his personal best (1.70m) set in January.

In the 200m event, so many contestants were entered, that three preliminary heats had to be run in order to determine who would compete in the final race. In his heat, Dave blasted out of the blocks to record a convincing first place finish in 25.57sec. After all the heats were completed, he was in third place overall. Dave then ran a determined race in the final to record another PB (25.21sec) and secure the silver medal.

Rhona Trott, W65, ran in her first sprint races since March 2012. In the 60m dash, she had a good start, finishing with a time of 10.59sec. Later, she attempted to run the 60m Hurdles. Unfortunately, she had some major difficulties in not only reaching the first hurdle properly, but in sustaining her speed to run "three-steps" between the hurdles. To avoid further embarrassment, we will only say that Rhona did manage to finish the race. She was also competing in the 12lb weight throw where she won the silver medal with her toss of 9.64m