

**COBOURG & DISTRICT SPORTS HALL OF FAME**  
P.O. Box 45, Cobourg, Ontario K9A 1M8

**HONOURED MEMBERSHIP NOMINATION APPLICATION**

Date Received
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Nominee: Dajia (nee Fawcett) , Kristen  
Family Name , First Name

Address: [REDACTED]  
Postal Co [REDACTED]  
Email Ad [REDACTED]

Birth Place: Wellington ON Date of Birth: [REDACTED]

Year Lived in Cobourg and/or District: 1965-1988  
Colborne – 1965-1987  
Cobourg (Henry St) -1988

**SPORT ACHIEVEMENT**

Nomination For: Athlete/Builder ( x )

Sport (s): Volleyball, Rugby, Track & Field – athlete & builder

<b>SPORT</b>	<b>TEAM</b>	<b>ROLE/CAPACITY</b>	<b>DATE</b>
Volleyball	York University	3 OWIAA (OUAA) Championships (83,84,85) played right side & middle, started in 83, 86 2 CIAU (USport) bronze medals (84,85)	1982-1986
Track & Field	York University	Competitor in shot put (OUAA	)
1986.			
Track & Field	Etobicoke Huskies.	Competitor in hammer throw. Ontario Champion	1987-1993 1990

Silver at Canadian Championships 1990      Bronze 1988,89,91,92

Track & Field Team Canada.      Competitor in hammer throw (1<sup>st</sup> ever international comp for women in hammer throw at Harry Jerome International Track Classic BC.) Sept 1991. Bronze medalist

Rugby      1st Ontario Women's Team      competitor/second row.      1987-1989

Ajax Wanderers – Ont Champions.      competitor/second row.      1989

Track & Field Throwers Club.      competitor Throws Pentathlon.      2003 - present  
Shot put, discus, javelin, hammer, weight throw

### Championship Teams:

Volleyball      York University      3 OWIAA (OUAA) Championships (83,84,85)  
played right side & middle, started in 83, 86

2 CIAU (USport) bronze medals (84,85)

Rugby - Ontario Women's Team      Bronze medal at the Canadian Championships Regina      Sept 1988  
Rugby – Ajax Wanderers.      Ontario Champions      1989

Track and Field - Etobicoke Huskies      Ontario Champion - hammer      1990  
Canadian Championships – silver medalist      1990

### Masters T&F:

- NACAC Champion in Throws Pentathlon (W54) – North American Caribbean Athletics Championships 2017
- In August 2023, Kristen set 3 Canadian records (hammer, weight throw, Throws Pentathlon) at the Ontario Masters T&F Championships & Throwers Club Meet.
- Ontario Masters Athlete of the month for August 2023
- Kristen currently holds a number of Canadian records – see supporting evidence below.

### Individual Awards/Citations: (Please provide dates):

York Region Portraits of Giving Award 2021 - regional

Aurora Sports Hall of Fame – one of the founders, 2013 - local

Sport Aurora/Aurora Sports Hall of Fame – Volunteer of the Year 2016 – local

President: York University Womens Alumnae Volleyball Network - provincial

If possible, please provide a summary/description of any other additional information that would describe the nominee's outstanding contribution to sport.

Kristen would be an ideal inductee. She grew up in Colborne and has had much success at the university, provincial, and national levels in a variety of sports (mainly track & field, volleyball, rugby). In addition, her contributions to the development of sport have been extraordinary. In particular, with women having to fight for equality in all aspects of life, she has put a lot of time and energy into initiatives that have narrowed some of the gaps between opportunities for males and females and the disabled, in sport. Her volunteerism and educational contributions have been impressive. This application outlines the details of these accomplishments. It is with great pleasure and enthusiasm, I nominate the astounding Kristen Daija (nee Fawcett) to be inducted into the CDSHF.

Jen Ashley

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**Newspaper clippings, scrapbooks, photos or sort memorabilia will assist in supporting the application. – see attached**

**SUBMISSIONS WITH INSUFFICIENT INFORMATION WILL RESULT IN THE NOMINATION FORM BEING RETURNED TO THE NOMINATOR BY THE SELECTION COMMITTEE.**

**Additional Information/Comments:**

Kristen's athletic achievements speak for themselves. She has excelled at a national level of competition in multiple sports. Her philanthropy in the development of sport, particularly for women, has been exceptional. She epitomizes what CDSHF inductees represent and would be a VERY worthy candidate for induction.

**I HEREBY CERTIFY THAT, TO THE BEST OF MY KNOWLEDGE, THE ABOVE FACTS ARE TRUE, AND I ENDORSE THIS APPLICATION FOR INDUCTION INTO THE COBOURG AND DISTRICT SPORTS HALL OF FAME**

**NOMINATOR:** Jennifer Ashley

[REDACTED]

**DATE:** September 5, 2023

Please return completed form to:  
Cobourg & District Sports Hall of Fame  
P.O. Box 45  
Cobourg, Ontario  
L7A 1M0

# Kristen Fawcett Dajia

Kristen Fawcett grew up in Colborne Ontario. Her parents, Bob and Joan Fawcett, coached and organized all kinds of sports. Her Dad coached everything at Cobourg Collegiate Institute West and she was always inspired by the athletes and coaches at “The West” - Jerry Lawless, Paul Allen and Margie Matthews, to name a few. Kristen and her brothers played a number of sports growing up in Colborne. A “Wintario Grant” awarded to the town in 1974 resulted in track and field equipment being available at Colborne Public School, at a time when interest in the 1976 Olympics was very high. Kristen loved track and field and had success throwing the discus in high school at ENSS. She worked hard enough to achieve a high level of competition, making both the varsity volleyball team and the track and field team at York University from 1982-1986. While playing volleyball for York, she won 3 OWIAA (OUAA) Championships and 2 CIAU (USport) bronze medals.

After 1986, she also had the opportunity to be a pioneer in two sports. A visionary coach at York saw her throwing discus for fun and asked her to join a group learning to throw the hammer. She was one of the first women in Canada to train and compete in the hammer throw and represented Canada at the Harry Jerome Track Classic in 1991, among other international events - events innovative enough to include new events for women. Kristen spent a great deal of time training, teaching full time and writing letters to federal politicians in order to get parity for women in track and field events. Through much lobbying and convincing, Hammer Throw officially became a new track and field event along with pole vault and triple jump - nationally recognized in 1990 and internationally recognized as Olympic events in 2000. Kristen is proud to say that Canada was a leader in officially recognizing new events for women and one of the first countries to stage these events at our national championships. Her contributions were monumental.

Her second pioneering sport effort was women’s rugby. She played second row for two years for the very first Ontario Women's Rugby Team after playing for the Ajax Wanderers 1987-89. In its second year of existence, her Ontario Team won bronze at the Canadian Championships. Today women's rugby flourishes across Ontario.

Recently, she formed a group of like-minded coaches and athletes called “The Throws Collective”. They try to raise the status of throwing events in track and field by providing equipment, coaching and facilities to those in need. They have obtained grants and funding to renovate the Toronto Track and Field Center throwing circles to accommodate para athletes and have established a yearly Throws Summit to further our objectives for the throwing community. Kristen still competes as a masters athlete in track and field and currently hold several Canadian records in various throwing events. These records include 2 in women’s pentathlon, 2 in outdoor hammer throw, 1 in discus, and 2 in weight throw (\*see details below). In 2021, she was ranked 4th in the world in the Throws Pentathlon in the W55-59 age group. She believes it is of utmost importance to try to keep girls and women participating in sport and activity for life.

Kristen noticed over the years that when schools offer a variety of extracurricular activities, there are fewer problems and a general sense of pride, happiness and well-being within

the school community. She believes that providing programs within any community achieves the same result and that is why she enjoys volunteering within her current community of Aurora.

Kristen's volunteering gigs have expanded beyond Aurora. In the summer of 2015, she was chosen as a Field Supervisor for track and field events at the Pan Am Games in Toronto. For the Para Pan Am Games she was trained as part of the crew for the wheelchair throwing events, one of the most enjoyable things she has ever done! She also volunteered at the Invictus Games, in Toronto, in 2017. As a member of the Invictus Crew, Kristen gained some lifelong friends, learned a skill few people in Ontario possess and saw the role of sport in a whole new light.

Kristen's husband and children continue their family tradition of participation in sport. Her husband, Peter, competed in the 1992 Olympic Games in Barcelona in the shot put, her daughter Katerina played hockey at Dartmouth College: a Division 1 Ivy League University in NH; and her son Sasha competes in track and field, baseball, hockey and football. He graduated from and competed for the University of North Carolina Charlotte on a track and field scholarship for discus and shot put.

When Kristen moved to the town of Aurora, she noticed there was no recognized sports hall of fame. In 2011, she approached the mayor who put her in touch with other like-minded people and together they founded the Aurora Sports Hall of Fame, in 2013. Currently, she is the Vice President and Chair of the Education Committee.

Kristen believes that athletes, builders and coaches of sport are an important part of the fabric of their community and that their contributions to culture must be preserved and celebrated. Kristen enjoys creating opportunities for people to learn about and appreciate our sport heroes and builders and hopes that her contribution helps establish community pride and identity and she hopes that her participation in sport as a masters athlete inspires everyone to be active for life.

**SUPPORTING EVIDENCE:**

Competing for Canada (Harry Jerome Track Classic)



\*RECORDS held by Kristen:

Canadian Masters Athletics

## THROWS PENTATHLON RECORDS

Updated July 2023

Point Scores Based on WMA 2023 Tables

WOMEN												
AGE GROUP	NAME	AGE	PROVINCE	DATE	LOCATION	HAMMER	SHOT PUT	DISCUS	JAVELIN	WEIGHT	POINTS	WORLD RECORD
W35	Marie-Josée Lejour	36	ON	Aug 14 2015	Lyon, France	50.65 m 785 pt	12.26 m 708 pt	46.47 m 781 pt	31.58 m 521 pt	16.56 m 794 pt	3589	
W40	Mélanie Guy	44	QC	Oct 15 2022	Longueuil QC	42.48 m 713 pt	11.03 m 682 pt	39.85 m 708 pt	31.44 m 582 pt	12.11 m 603 pt	3288	
W45	Nicole Carlos	47	BC	Aug 28 2021	Vernon BC	37.31 m 686 pt	9.38 m 616 pt	36.40 m 710 pt	31.80 m 662 pt	12.46 m 685 pt	3359	
W50	Kristen Dajja	50	ON	May 11 2013	Toronto ON	41.25 m 732 pt	9.17 m 554 pt	29.34 m 615 pt	21.80 m 431 pt	13.04 m 683 pt	3015	
W55	Kristen Dajja	57	ON	Jul 19 2019	Brampton ON	38.61 m 764 pt	8.94 m 597 pt	28.49 m 669 pt	21.26 m 475 pt	13.03 m 758 pt	3263	
W60	Rose Hare	64	BC	Jul 26 2013	Regina SK	29.98 m 644 pt	8.75m 651 pt	22.44 m 569 pt	19.38 m 486 pt	12.10 m 636 pt	2986	
W65	Rose Hare	65	BC	May 16 2014	Kamloops BC	30.37 m 749 pt	9.33 m 789 pt	23.78 m 697 pt	21.66 m 635 pt	11.70 m 691 pt	3561	
W70	Margaret Tosh	70	SK	Aug 01 2008	Regina SK	27.73 m 778 pt	9.16 m 876 pt	22.91 m 768 pt	25.30 m 872 pt	10.64 m 707 pt	4001	
W75	Margaret Tosh	76	SK	Sep 07 2014	Saskatoon SK	36.04 m 899 pt	10.20 m 900 pt	22.91 m 755 pt	24.34 m 855 pt	13.66 m 881 pt	4290	
W80	Margaret Tosh	80	SK	Sep 08 2018	Saskatoon SK	30.70 m 890 pt	8.89 m 894 pt	21.37 m 825 pt	20.49 m 828 pt	11.64 m 863 pt	4300	
W85	Myrtle Acton	86	BC	Sep 14 2019	Kelowna BC	21.04 m 701 pt	6.45 m 731 pt	15.48 m 684 pt	13.51 m 618 pt	8.91 m 767 pt	3501	
W90	Olga Kotelko	90	BC	Aug 06 2009	Lahti, Finland	12.87 m 496 pt	4.68 m 612 pt	14.80 m 813 pt	13.24 m 748 pt	6.41 m 654 pt	3323	
W95	Olga Kotelko	95	BC	May 16 2014	Kamloops BC	14.92 m 791 pt	4.91 m 830 pt	11.75 m 812 pt	9.64 m 673 pt	6.41 m 861 pt	3967	

**THROWS RECORDS****HAMMER THROW — OUTDOORS**

<b>MEN</b>								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
M35	7.26kg	61.55m	Jamie Fahie	39	ON	Jun 28 2009	Toronto ON	
M40	7.26kg	61.03m	Ian Maplethorpe	40	AB	Jul 15 2006	Calgary AB	
M45	7.26kg	57.80m	Boris Zaitchouk	47	ON	Jul 19 1995	Buffalo NY	
M50	6kg	63.66m	Boris Zaitchouk	53	ON	Jul 09 2001	Brisbane, Australia	
M55	6kg	62.37m	Boris Zaitchouk	55	ON	Jun 15 2003	Sherbrooke QC	
M60	5kg	62.75m	Boris Zaitchouk	63	ON	May 28 2011	Ottawa ON	
M65	5kg	57.42m	Boris Zaitchouk	66	ON	Oct 18 2013	Porto Alegre, Brazil	
M70	4kg	51.53m	Boris Zaitchouk	70	ON	Aug 18 2018	Toronto ON	
M75	4kg	42.85m	Emil Muller	75	QC	Jun 18 2010	Sherbrooke QC	
M80	3kg	41.44m	Emil Muller	81	ON	Jul 08 2016	Ottawa ON	
M85	3kg	29.99m	Garry Bachman	86	ON	Sep 20 2008	Stouffville ON	
M90	3kg	21.40m	Garry Bachman	90	ON	May 19 2012	Stouffville ON	
M95	3kg	13.40m	Jim Murray	95	BC	Jun 18 2010	Langley BC	

**HAMMER THROW — OUTDOORS**

<b>WOMEN</b>								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	4kg	50.74m	Hardeep Kaur	39	BC	Jul 03 2016	Kelowna BC	
W40	4kg	50.38m	Hardeep Kaur	40	BC	Aug 12 2017	Toronto ON	
W45	4kg	43.74m	Mélanie Guy	45	QC	Jun 03 2023	Québec QC	
W50	3kg	41.30m	Kristen Dajia	50	ON	Sep 14 2013	Toronto ON	
W55	3kg	41.85m	Kristen Dajia	56	ON	Sep 22 2019	Hamilton ON	
W60	3kg	34.03m	Cellina Wong	60	BC	Aug 13 2022	Surrey BC	
W65	3kg	32.78m	Rose Hare	65	BC	Jul 05 2014	Burnaby BC	
W70	3kg	30.35m	Rose Hare	70	BC	Apr 28 2019	Langley BC	
W75	2kg	36.04m	Margaret Tosh	76	SK	Sep 07 2014	Saskatoon SK	
W80	2kg	30.70m	Margaret Tosh	80	SK	Sep 08 2018	Saskatoon SK	
W85	2kg	22.33m	Myrtle Acton	88	BC	Aug 21 2021	Surrey BC	
W90	2kg	16.71m	Olga Kotelko	92	BC	Jul 08 2011	Sacramento CA	
W95	2kg	14.92m	Olga Kotelko	95	BC	May 16 2014	Kamloops BC	<b>WR</b>
<b>Pre-2010</b>								
W85	3kg	18.62m	Olga Kotelko	85	BC	Sep 04 2004	Penticton BC	



**THROWS RECORDS****DISCUS — OUTDOORS**

<b>MEN</b>								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
M35	2.0kg	61.76m	Eric Forshaw	36	ON	Mar 14 2004	Lasalle ON	
M40	2.0kg	53.19m	Michael Ransky	41	ON	Sep 15 2012	Stouffville ON	
M45	2.0kg	49.19m	Jason Tunks	46	ON	Jun 18 2021	Toronto ON	
M50	1.5kg	58.74m	Michael Ransky	51	ON	Sep 19 2022	Hamilton ON	
M55	1.5kg	45.23m	Don Allemersch	56	BC	Jun 19 2010	Langley BC	
M60	1.0kg	50.31m	Jean-Pierre Mayer	60	ON	Sep 22 2007	Stouffville ON	
M65	1.0kg	46.61m	Michael Deady	69	BC	Aug 20 2022	Vernon BC	
M70	1.0kg	42.74m	Jean-Pierre Mayer	71	ON	Jul 21 2019	Toronto ON	
M75	1.0kg	39.94m	Marek Glowacki	75	BC	Sep 26 2015	Sopot, Poland	
M80	1.0kg	30.82m	Garry Bachman	81	ON	Jun 09 2003	Stouffville ON	
M85	1.0kg	25.87m	Ted Rowan	85	SK	Sep 05 2018	Malaga, Spain	
M90	1.0kg	19.41m	Garry Bachman	90	ON	May 19 2012	Stouffville ON	
M95	1.0kg	14.06m	Jim Murray	95	BC	Sep 16 2010	Courtney BC	

**DISCUS — OUTDOORS**

<b>WOMEN</b>								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	1.0kg	48.40m	Marie-Josée LeJour	35	ON	Jul 19 2014	Ottawa ON	
W40	1.0kg	39.85m	Mélanie Guy	44	QC	Oct 15 2022	Longueuil QC	
W45	1.0kg	39.48m	Mélanie Guy	45	QC	Jul 07 2023	Longueuil QC	
W50	1.0kg	33.83m	Paula McKenzie	50	AB	Jun 01 2021	Calgary AB	
W55	1.0kg	31.72m	Kristen Dajia	58	ON	Jun 06 2021	Pickering ON	
W60	1.0kg	29.28m	Doreen Garner	64	ON	Aug 18 2018	Toronto ON	
W65	1.0kg	27.77m	Doreen Garner	65	ON	May 25 2019	Toronto ON	
W70	1.0kg	25.46m	Yuko Nakano	70	AB	Jul 19 2014	Winston-Salem NC	
W75	0.75kg	26.43m	Yuko Nakano	78	AB	Aug 07 2021	Sherwood Park AB	
W80	0.75kg	21.37m	Margaret Tosh	80	SK	Sep 08 2018	Saskatoon SK	
W85	0.75kg	17.23m	Myrtle Acton	86	BC	Sep 12 2019	Kelowna BC	
W90	0.75kg	14.80m	Olga Kotelko	90	BC	Aug 06 2009	Lahti, Finland	<b>WR</b>
W95	0.75kg	12.04m	Olga Kotelko	95	BC	May 17 2014	Kamloops BC	

**THROWS RECORDS****WEIGHT THROW — OUTDOORS**

MEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
M35	15.88kg/35lb	18.95m	Ian Maplethorpe	39	AB	Jul 28 2005	Edmonton AB	
M40	15.88kg/35lb	18.21m	Ian Maplethorpe	40	AB	Jul 22 2006	Dieppe NB	
M45	15.88kg/35lb	13.48m	Paul Gautier	49	NB	Oct 04 2014	Moncton NB	
M50	11.34kg/25lb	18.57m	Boris Zaitchouk	53	ON	Jun 09 2001	Toronto ON	
M55	11.34kg/25lb	18.03m	Boris Zaitchouk	55	ON	May 31 2003	Toronto ON	
M60	9.07kg/20lb	17.62m	Emil Muller	61	ON	Mar 08 1997	Toronto ON	
M65	9.07kg/20lb	16.40m	Emil Muller	66	QC	Jun 09 2001	Toronto ON	
M70	7.26kg/16lb	17.14m	Emil Muller	73	QC	Jun 11 2008	Montreal QC	
M75	7.26kg/16lb	15.74m	Harnek Toor	76	BC	Aug 27 2022	Surrey BC	
M80	5.44kg/12lb	16.31m	Garry Bachman	80	ON	Jun 08 2002	Stouffville ON	
M85	5.44kg/12lb	13.31m	Garry Bachman	85	ON	Sep 10 2007	San Giovanni, Italy	
M90	5.44kg/12lb	10.82m	Howard West	90	SK	Jun 01 2003	Saskatoon SK	<b>WR</b>

**WEIGHT THROW — OUTDOORS**

WOMEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	9.07kg/20lb	16.77m	Marie-Josée Lejour	35	ON	May 17 2014	Toronto ON	
W40	9.07kg/20lb	13.52m	Karla Johnson-Gabruch	44	SK	Jul 29 2022	Regina SK	
W45	9.07kg/20lb	12.46m	Nicole Carlos	47	BC	Aug 28 2021	Vernon BC	
W50	7.26kg/16lb	13.50m	Kristen Dajia	50	ON	Sep 14 2013	Toronto ON	
W55	7.26kg/16lb	13.03m	Kristen Dajia	57	ON	Sep 27 2020	Brampton ON	
W60	5.44kg/12lb	12.68m	Rhona Trott	60	ON	Jun 21 2009	Toronto ON	
W65	5.44kg/12lb	12.21m	Rose Hare	66	BC	Jun 19 2015	Langley BC	
W70	5.44kg/12lb	12.46m	Margaret Tosh	73	SK	Jul 13 2011	Sacramento CA	
W75	4.0kg	13.87m	Margaret Tosh	76	SK	Jun 14 2014	Regina SK	
W80	4.0kg	11.64m	Margaret Tosh	80	SK	Sep 08 2018	Saskatoon SK	
W85	4.0kg	9.87m	Myrtle Acton	87	BC	Sep 19 2020	Vernon BC	<b>WR</b>
W90	4.0kg	7.90m	Olga Kotelko	91	BC	Sep 17 2010	Courtney BC	
W95	4.0kg	6.72m	Olga Kotelko	95	BC	Jun. 13 2014	Langley BC	<b>WR</b>
<b>Pre-2010</b>								
W85	5.44kg/12lb	7.72m	Olga Kotelko	85	BC	Jul 17 2004	Calgary AB	



### **W55 Kristen Dajia ON**

Kristen broke three Canadian records at Throwers Club Meet #1 in Toronto on May 26th:

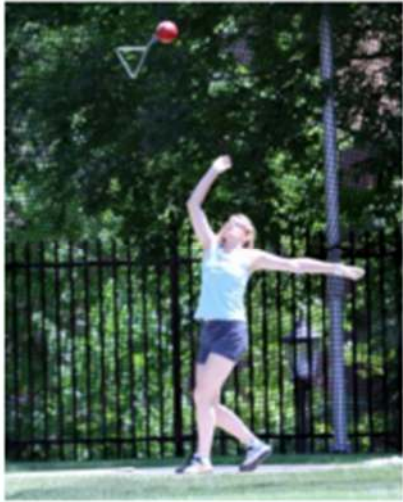
38.53m for Hammer (68.78%; old record was 32.89m)

26.90m for Discus (50.25%; old record was 25.29m)

3,415 pts. for Throws Pentathlon (old record was 2,810 pts)

Photo courtesy: The Throwers Club

Resource: <https://canadianmasters.ca/canadian-masters-athlete-of-the-month-may-7/> (2023)



**W45 Kristen Dajia ON** broke her own 37.09m CAN record in the Hammer with a 38.19 mark. That also broke the 32.23m MR held by Joan Stratton USA set in Kamloops 2000. (Photo of the Weight Throw – Mike)



**W60 Rhona Trott ON** broke her own 30.93m CAN record in the Hammer with a 30.97m toss Saturday morning. (Photo in the 100m – Doug)



(Resource: <https://canadianmasters.ca/ed-breaks-two-world-records-at-the-canadian-masters-championships/> 2023)

Ontario Masters Games Results – July 2023

(Note – She broke 2 Canadian records at this meet – in hammer & weight throws)

**2023 Ontario Masters Athletics Championship - 2023-07-28 to 2023-07-30  
Toronto Track and Field Centre**

**Event 37 W60 Shot Put Masters**

Name	Age Team	Finals	Age-Grading Points
1 Dajia, Kristen 9.05m 8.92m 8.88m	W60 Throwers Club	J9.05m	12.24m 57.68% 10

**Event 39 W60 Discus Throw Masters**

Name	Age Team	Finals	Age-Grading H# Points
1 Dajia, Kristen 26.91m 27.53m FOUL 27.13m 27.82m FOUL	W60 Throwers Club	27.82m	44.15m 61.84% 2 10

**Event 41 W60 Hammer Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Dajia, Kristen 35.27m FOUL FOUL 35.11m 32.91m 36.62m (old CAN 34.03 Celina Wong '22, ONT 30.97 Rhona Trott 2011, old MR 30.93 Rhona 2010)	W60 Throwers Club	36.62m	55.29m 66.63% 10 CAN ONT MR

**Event 45 W60 Weight Throw Masters**

Name	Age Team	Finals	Age-Grading Points
1 Dajia, Kristen 13.46m 13.29m FOUL 13.84m FOUL 14.21m (old CAN, ONT & MR 12.68 Rhona Trott 2009)	W60 Throwers Club	14.21m	16.64m 65.03% 10 CAN ONT MR

(Resource: <https://ontariomasters.ca/wp-content/uploads/2023/08/Results-2023-1.pdf>)

Canadian records currently held by Kristen:

Canadian Masters Athletics

# THROWS RECORDS

Updated August 23 2023

## HAMMER THROW — OUTDOORS

WOMEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	4kg	50.74m	Hardeep Kaur	39	BC	Jul 03 2016	Kelowna BC	
W40	4kg	50.38m	Hardeep Kaur	40	BC	Aug 12 2017	Toronto ON	
W45	4kg	43.74m	Mélanie Guy	45	QC	Jun 03 2023	Québec QC	
W50	3kg	41.30m	Kristen Dajia	50	ON	Sep 14 2013	Toronto ON	
W55	3kg	41.85m	Kristen Dajia	56	ON	Sep 22 2019	Hamilton ON	
<b>W60</b>	<b>3kg</b>	<b>38.12m</b>	<b>Kristen Dajia</b>	<b>60</b>	<b>ON</b>	<b>Aug 19 2023</b>	<b>Toronto ON</b>	
W65	3kg	32.78m	Rose Hare	65	BC	Jul 05 2014	Burnaby BC	
W70	3kg	30.35m	Rose Hare	70	BC	Apr 28 2019	Langley BC	
W75	2kg	36.04m	Margaret Tosh	76	SK	Sep 07 2014	Saskatoon SK	
W80	2kg	30.70m	Margaret Tosh	80	SK	Sep 08 2018	Saskatoon SK	
W85	2kg	22.33m	Myrtle Acton	88	BC	Aug 21 2021	Surrey BC	
<b>W90</b>	<b>2kg</b>	<b>20.47m</b>	<b>Myrtle Acton</b>	<b>90</b>	<b>BC</b>	<b>Aug 11 2023</b>	<b>Langley BC</b>	<b>WR Pending</b>
W95	2kg	14.92m	Olga Kotelko	95	BC	May 16 2014	Kamloops BC	WR
Pre-2010								
W85	3kg	18.62m	Olga Kotelko	85	BC	Sep 04 2004	Penticton BC	

*(hammer throw Canadian records in 3 age groups)*

## DISCUS — OUTDOORS

WOMEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
<b>W35</b>	<b>1.0kg</b>	<b>54.56m</b>	<b>Rachel Andres</b>	<b>36</b>	<b>AB</b>	<b>Jul 16 2023</b>	<b>Victoria BC</b>	
W40	1.0kg	39.85m	Mélanie Guy	44	QC	Oct 15 2022	Longueuil QC	
W45	1.0kg	39.48m	Mélanie Guy	45	QC	Jul 07 2023	Longueuil QC	
W50	1.0kg	33.83m	Paula McKenzie	50	AB	Jun 01 2021	Calgary AB	
W55	1.0kg	31.72m	Kristen Dajia	58	ON	Jun 06 2021	Pickering ON	
W60	1.0kg	29.28m	Doreen Garner	64	ON	Aug 18 2018	Toronto ON	
W65	1.0kg	27.77m	Doreen Garner	65	ON	May 25 2019	Toronto ON	
W70	1.0kg	25.46m	Yuko Nakano	70	AB	Jul 19 2014	Winston-Salem NC	
W75	0.75kg	26.43m	Yuko Nakano	78	AB	Aug 07 2021	Sherwood Park AB	
<b>W80</b>	<b>0.75kg</b>	<b>23.20m</b>	<b>Yuko Nakano</b>	<b>80</b>	<b>AB</b>	<b>Aug 12 2023</b>	<b>Langley BC</b>	
W85	0.75kg	17.23m	Myrtle Acton	86	BC	Sep 12 2019	Kelowna BC	
<b>W90</b>	<b>0.75kg</b>	<b>15.28m</b>	<b>Myrtle Acton</b>	<b>90</b>	<b>BC</b>	<b>Aug 11 2023</b>	<b>Langley BC</b>	<b>WR Pending</b>
W95	0.75kg	12.04m	Olga Kotelko	95	BC	May 17 2014	Kamloops BC	

*(discus throw Canadian record in W55 – women's 55)*

*records continued on next page....*

## WEIGHT THROW — OUTDOORS

WOMEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	9.07kg/20lb	16.77m	Marie-Josée Lejour	35	ON	May 17 2014	Toronto ON	
W40	9.07kg/20lb	13.52m	Karla Johnson-Gabruch	44	SK	Jul 29 2022	Regina SK	
W45	9.07kg/20lb	12.64m	Andrea Diener	48	AB	Aug 13 2023	Langley BC	
W50	7.26kg/16lb	13.50m	Kristen Dajia	50	ON	Sep 14 2013	Toronto ON	
W55	7.26kg/16lb	13.10m	Kristen Dajia	59	ON	Sep 25 2022	Thessaloniki, Greece	
W60	5.44kg/12lb	15.00m	Kristen Dajia	60	ON	Jul 22 2023	Toronto ON	
W65	5.44kg/12lb	12.21m	Rose Hare	66	BC	Jun 19 2015	Langley BC	
W70	5.44kg/12lb	12.46m	Margaret Tosh	73	SK	Jul 13 2011	Sacramento CA	
W75	4.0kg	13.87m	Margaret Tosh	76	SK	Jun 14 2014	Regina SK	
W80	4.0kg	11.64m	Margaret Tosh	80	SK	Sep 08 2018	Saskatoon SK	
W85	4.0kg	9.87m	Myrtle Acton	87	BC	Sep 19 2020	Vernon BC	WR
W90	4.0kg	7.90m	Olga Kotelko	91	BC	Sep 17 2010	Courtney BC	
W95	4.0kg	6.72m	Olga Kotelko	95	BC	Jun. 13 2014	Langley BC	WR
Pre-2010								
W85	5.44kg/12lb	7.72m	Olga Kotelko	85	BC	Jul 17 2004	Calgary AB	

*(outdoor weight throw Canadian records in 3 age groups)*

## WEIGHT THROW — INDOORS

WOMEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	9.07kg/20lb	17.64m	Marie-Josée Lejour	35	ON	Mar 16 2014	Montréal QC	
W40	9.07kg/20lb	13.89m	Karla Johnson-Gabruch	44	SK	Dec 17 2022	Saskatoon SK	
W45	9.07kg/20lb	13.06m	Andrea Diener	48	AB	Mar 04 2023	Edmonton AB	
W50	7.26kg/16lb	13.10m	Kristen Dajia	50	ON	Jan 19 2014	Toronto ON	
W55	7.26kg/16lb	12.68m	Kristen Dajia	58	ON	Feb 13 2022	Toronto ON	
W60	5.44kg/12lb	12.03m	Rhona Trott	60	ON	Mar 15 2009	Toronto ON	
W65	5.44kg/12lb	11.46m	Doreen Garner	65	ON	Jan 05 2020	Toronto ON	
W70	5.44kg/12lb	12.42m	Margaret Tosh	74	SK	Mar 17 2012	Saskatoon SK	
W75	4.0kg	14.24m	Margaret Tosh	76	SK	Feb 01 2014	Saskatoon SK	
W80	4.0kg	11.28m	Margaret Tosh	80	SK	Jan 27 2018	Saskatoon SK	
W85	5.44kg/12lb	6.97m	Olga Kotelko	87	BC	Mar 24 2006	Boston MA	
W90	4.0kg	7.51m	Olga Kotelko	91	BC	Mar 20 2011	Kamloops BC	WR
W95	4.0kg	6.97m	Olga Kotelko	95	BC	Mar 30 2014	Budapest, Hungary	WR

*(indoor weight throw Canadian records in 2 age groups)*

(Resource: <https://canadianmasters.ca/wp-content/uploads/2023/08/2023-08-23CMAThrowsRecords.pdf>)



**GOOD THROW**

Kristine Fawcett of ENSS exhibits the discus style that earned her a ninth place finish at the OFSSA Track and Field Championship on Saturday.

(photo by Chris Poupart)

**ENSS athletes in provincial meet**

by Chris Poupart

On Saturday, Linda McFadden, Jacqueline Kuipers and Kristine Fawcett represented ENSS at the Ontario High School Track and Field Championships, held in Eschicko.

Confronted with postponements and facing stiff competition, as well as the province's best high school track athletes, the girls turned in an impressive performance.

Linda McFadden paced the team with a fourth place finish in the Midget Girls Long Jump, with a best effort of 4.84 metres. This jump was 10 cm. better than Linda's effort at the Ontario Re-

gional Meet.

In the Midget Girls Javelin, Jacqueline Kuipers placed a strong seventh place with a throw of 30.40 metres.

In the highly competitive Junior Girls Discus event, Kristine Fawcett took ninth spot with a best effort of 31.14 metres.

Coch. Jack Strupp was pleased both with the smooth running of the meet considering the weather, and the impressive performances of his girls. He hopes that ENSS will continue with its successful track and field programme in the future.

June 1980

TRENTON, ONTARIO, Friday, April 24, 1981.



**TRACK'S BACK**

Kristin Fawcett of East Northumberland Secondary School led all junior girls in the discus event with a throw of 29.98 metres Wednesday at THIS during the annual Hurdles, Hedges 'n Field friendly track meet. - See Page 9 for more photos.



Ribbons showing some of her accomplishments during her high school years:





**Medals – Most prestigious ones at top**

**Silver at Canadian Senior Championships (hammer1990)**

**North American/ Caribbean Masters Championships NCCWMA (throws pentathlon gold 2017, silver 2019, bronze in hammer 2019)**

**Golds from Canadian Masters (various years)**

**Gold from Balkan Masters (Europe 2022, hammer and weight throw)**

**Golds from Ontario Championships (various years)**

# ENSS athletes right on track

The toughest track meet of the year for Dave Cridland is the Bay of Quinte western sectional qualifying championships.

The Trenton High School jumper has traditionally had problems putting out his best performances this early in the season. Making things even harder, he has been the only senior high jumper in this section for the past two seasons, and one of only two junior high jumpers the two previous seasons.

But Cridland, 19, gave a startling display at THS yesterday, leaping to a meet record 1.84 metres, his best-ever jump in a championship competition.

## NINE RECORDS SET

His was one of nine records set at the meet. Despite virtually perfect conditions, many of the times and distances were well below the standards of past years. That, and the smaller number of competitors, emphasized the continuing decline in track and field participation in Bay of Quinte high schools.

Actually, most of yesterday's competitors will qualify for the Bay of Quinte championships, being held next Thursday (May 13) in Napanee. The going gets tougher there, however, where only the top four finishers will move on to COSSA.

Fewer than 250 athletes represented the nine schools in the western section. Participating schools were Trenton, East Northumberland, Bayside, Albert College, Sir James Whitney, Quinte, Centennial, Quinte Christian and North Hastings. The remaining eight schools had their own eastern sectional competition in Napanee Monday.

## IDEAL WEATHER

Cridland combined the ideal weather conditions with a firm mental and physical approach "to having my best meet ever," as he described it.

Cridland has been the top THS high jumper for the past few years, but hasn't reached many record heights in the process. At the Bay of Quinte level, he progressed from third in 1978 to second in 1979, ultimately winning last year. But he failed to place at COSSA the following week. Much of his problem is simply lack of competition.

But all past disappointments aside, Cridland was in confident form yesterday, clearing 1.84 on his third attempt, an accomplishment he concedes "rarely happens. I walked under the bar on my first two tries, but I didn't let myself get psyched out. I came to jump that height, and I just walked around for a few minutes until I knew I was ready to do it."

## JUMPING BETTER

The Grade 13 student admitted "I don't know how far I'll go (in track) this year, but I know I am jumping better. I feel stirred to do it."

Two Brighton runners, Gloria Brehaut and Robin Morgan, emerged as the only triple winners of the day, both in the senior category. In fact, the ENSS girls won nine of the 10 senior track events, a perfect sweep spoiled only by the 400-metre hurdles victory by Trenton's Elaine Rice.

Both Brighton tracksters are OFSAA level competitors in a couple of sports, including track - Morgan in cross country and Brehaut in gymnastics. On the THS track yesterday, Brehaut took the 100 metres, 100-metre hurdles and long jump, while her teammate captured the

long distance triple crown - the 800, 1,500, and 3,000 metres.

## OLD RECORD FALLS

The oldest record to tumble at the seven-hour meet was the eight-year-old junior boys 400-metre mark, previously owned by Trenton's Joe Norman and now belonging to Bayside speedster Fred Jordan.

Jordan toured the circuit twice in a self-admittedly "slow" 52.34 seconds, more than half a second faster than Norman's run. Jordan was one of 18 double winners, also breaking the tape in the 800 metres, in which he won an OFSAA bronze medal two years ago.

Jeff McCann, another of the rising Brighton track prospects, was a double winner in the junior boys hurdles events, winning at both the 110 and 400-metre distances. In the latter event, his time of 1:03.23 took almost three seconds off the 12-month-old record, briefly owned by Trenton's Amitabh Bhatnagar.

The third, and only other, boy record to fall, was the senior 110-metre hurdle mark, a Dave Lewis gem set in 1976. Steve Darling of THS won the event in a brisk 15.53 seconds, a mere 7-100ths faster than the time posted by his THS predecessor.

## WON TWO EVENTS

Darling also won the open 400-metre hurdles, in which he competed at the OFSAA championships last year as a junior.

Two senior field records were among five girls records established. Canadian Deaf record holder Eileen Thomas of Sir James Whitney, though disappointed with "an off performance," broke her own shot put record with a heave of 10.73 metres, while Brighton's Kristin Fawcett, who already owns the junior discus record, set a senior discus mark of 31.31 metres - almost two metres better than Quinte's Patti Mudd threw in 1979.

Bayside's Laurie Kannegiesser won both the junior 400 metres and 400-metre hurdles, slashing more than 15 seconds off the hurdles record set by Elaine Rice last year. Kannegiesser set a new mark of 1:02.17.

Centennial's Donna Shannik posted the other junior record with her leap of 1.56 metres in the high jump.

## WINNING HURDLER

Michele Benson of THS claimed the only midget girls record, wiping out the old 400-metre hurdles mark with a time of 1:24.61. Schoolmate Carol Chubb had her 1980 record beaten by almost 10 seconds. Benson also won the long jump with a 4.07-metre leap.

Other double winners included Centennial's Karen Martin in the midget girls 100 and 200 metres; Linda McFadden of ENSS in the junior 100 metres and long jump; Sandra Todd, also of Brighton, in the junior 800 and 1,500 metres; Carol Shupe of THS in the junior 200 metres and 80-metre hurdles; Albert College's Brad Fentic in the midget boys 100 metres and long jump; Allan Faulds of Centennial in the midget 1,500 and 3,000 metres; Scott Robertson of Quinte in the junior 100 and 200 metres; Reg Stark of Bayside in the junior 1,500 and 3,000 metres; Howie Dell, also of Bayside, in the senior 200 and 400 metres; Reg Plant of Sir James Whitney in the senior 1,500 and 3,000 metres; Trenton's Paul Melady in the senior long and triple jumps and Pierre Fuller of Centennial in the senior shot put and javelin.



ONTARIO  
CHAMPIONSHIP

CERTIFICATE

PRESENTED BY THE GOVERNMENT OF THE  
PROVINCE OF ONTARIO

TO

*KRISTEN FAWCETT*

1990  
PROVINCIAL CHAMPION IN  
OUTDOOR TRACK & FIELD

*B. Mulcahy*

PREMIER OF ONTARIO





ONTARIO  
CHAMPIONSHIP  
CERTIFICATE

PRESENTED BY THE GOVERNMENT OF THE  
PROVINCE OF ONTARIO

TO

KRISTEN FARGETT

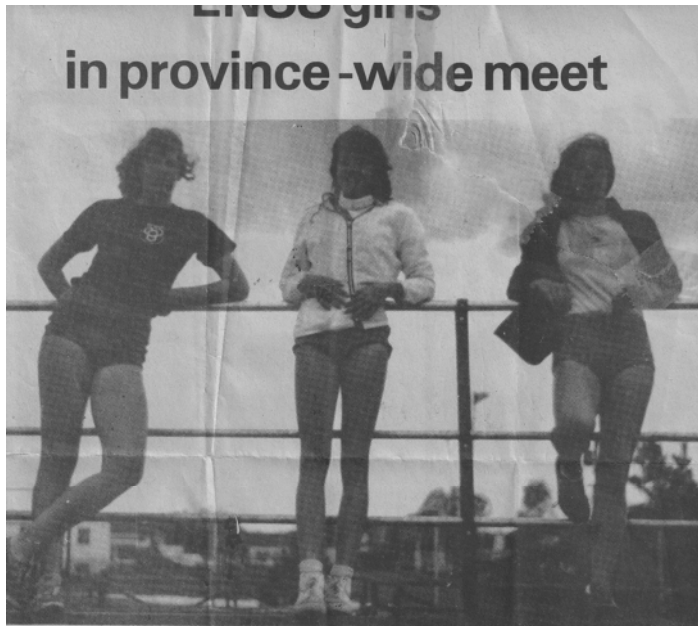
1984

PROVINCIAL CHAMPION IN

Volleyball

*William Davis*  
PREMIER OF ONTARIO





## ENSS girls in province-wide meet

From left - Kristen Fawcett, Janet Bowditch, Gloria Brehaut

Two of our local young female athletes showed that they have it takes to finish in the top of the competitors in their respective events at the All-Ontario Games held at Thunder Bay, Ontario, on June 5 and 6.

Kristen Fawcett of Colborne shed sixth out of 24 competitors in ladies' discus throw. And Gloria Brehaut of Lakeport shed sixth out of a field of 24 testants in the ladies' long jump. Both girls attend East Thumberland Secondary School and are members of school's track and field team, coached by Mr. Jack Strupp, assisted by Mrs. Ross, the school's athletic director. Kristen is in her final year, grade 13.

Gloria hopes to be in attendance at the University of Toronto next year. A third girl from ENSS, Janet Bowditch of Brighton also competed in the All-Ontario ladies' long jump, but failed to place in the top three. Since Janet is only in Grade 9, it was quite remarkable that she qualified to compete with these seasoned amateur athletes.

To get to the OFSAA (Ontario Federation of Schools Athletic Association) meet, the girls first had to qualify in several preliminary meets. These include the pre-Bay of Quinte meet, the Bay of Quinte Meet, COSSA, (The Central Ontario Secondary which drew competitors from Ottawa to Pickering. At each meet, the top

few in each category were chosen. ENSS sent 50 members of their track team to the Pre-Bay meet, about 40 to the Bay of Quinte, 30 to COSSA, only 6 to the Regionals, and only 3 to the All-Ontario. So, it was no mean feat to be chosen to compete at OFSAA.

The girls flew to Thunder Bay from the Toronto International Airport on Wednesday, June 3 and returned on Sunday, June 7. The Kinsmen and Rotary Clubs of Colborne and the Legions of Colborne and Brighton as well as the student government of ENSS helped the girls to defray the expenses of the air passage and accommodation in Thunder Bay. The girls paid for their own food on the trip, with some small aid from the Northumberland-Newcastle Board of Education.

Kristen, who placed eighth in discus throw achieved a distance of 31.80 m., a little short of her ever throw of 32.74m. Gloria sixth spot in the long jump with a distance of 5.12 m. Again short of her best distance of 5.45 m.

Kristen reports that the first winner in discus had a breaking throw of over 43 m. There were 24 entrants in each of the girls events and 15 boys' events. Over 2,000 students from all the province attended the meet.

## Kristen won the "Portrait of Giving" Award in 2021 (Aurora)

Article re: Kristen's volunteerism & athletic leadership:

<https://www.newmarkettoday.ca/local-news/portraits-of-giving-honours-sports-educator-frontline-hero-4502287?fbclid=IwAR1QM3vIU69d3kCpoI1AB5cWdQ-yQcJZPsXaP-y3BGf8HrkYVp9Kb3fgvDw>

TEAM ONTARIO RUGBY



This is Ontario's first women's rugby team, in 1988, which Kristen was on (back row centre)