

Championship Teams: (Please provide dates):

CDCI West Track and Field – 1969-1974
Mass Velocity Track Club – 2000- present

Individual Awards/Citations: (Please provide dates):

Several records set (medals earned) at Kawarthas, COSSA, South Kawarthas and OFSSA from 1969-1974.

“Female Athlete Award” from Cobourg Legion – 1972

CDCI West dedicated the “Johns Trophy for Outstanding Track Performance” - 1973

17 USA National Masters Track medals (2001-2021) (50M, 60M, 100M, 200M, and 400M races)

13 New Hampshire state records in the 50M, 60M, 100M, 200M, and 400M (2001-2021)

5 “Best Performance by a New Hampshire Athlete” awards from New Hampshire state meets between 2010 and 2019.

Many state level medals from New Hampshire, Massachusetts, Rhode Island, Connecticut, and Maine (2001-2021)

***Indicate if awards/honours are Local, Provincial, National or International**

Associations/Organizations/Clubs with whom nominee is/was associated with (local, provincial, national, international etc.)

CDCI West Track and Field Team (past)

Doc’s Angel’s (Relay Team) (past)

Merrimack Valley Striders (past)

Mass Velocity Track Club (current)

USATF (United States of America Track and Field) (current-membership #1401912082)

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

Please see the attached for more information, but I would also like to say here that Gail not only set the stage for female track athletes at CDCI West, she was also the first female to join her current club, Mass Velocity Track Club. She enjoys going to events that include all age groups and is a role model for those younger than her in demonstrating that track can truly be a lifetime sport. She was also featured recently on a local TV show to promote the benefits of track. Gail's beginning's at CDCI West are very near and dear to her heart and says that track set her down a path in life to where she is today.

Newspaper clippings, scrapbooks, photos or sort memorabilia will assist in supporting the application.

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

Additional Information/Comments:

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: Liz Dickson

ADDRESS: [REDACTED]

PHONE #: (905) [REDACTED]

DATE: September 14, 2021

Please return completed form to:

Cobourg & District Sports Hall of Fame

P.O. Box 45

Cobourg, Ontario

K9A 1M8

By Elizabeth Johns-Dickson

Gail Johns-Rees was born in Cobourg on February 10, 1955 and has the distinction of being the first female athlete from Cobourg to qualify for OFSSA.

Gail was a member of the CDCI West Track and Field Team from 1969-1974. She set records in the 200M and 400M races at Kawarthas and COSSA, in the 60M, 100M, 200M and 400M at South Kawarthas, and qualified to compete in the 200M and 400M races at OFSSA.

When Gail arrived at CDCI West in 1969, she was sought out by the late Jerry Lawless; having heard of her running accomplishments in elementary school, he insisted she attend track and field training on the back lawn of the high school. An opportunity that changed her life.

Along with the many medals Gail received, and the records she set over the years at track events, she also received the "Female Athlete Award" from the Cobourg Legion in 1972 and CDCI West dedicated the "Johns Trophy for Outstanding Track Performance" in recognition for her accomplishments. The trophy went on to be presented to athletes for 42 years until it was retired when CDCI West closed its doors. Gail had the honour of presenting the trophy for the last time in 2015.

After high school Gail started distance running, competing for years in 5ks and 10ks, and ran marathons in Toronto, Ottawa, Washington, and Boston.

In 1994 Gail and her family moved to New Hampshire and at the age of 47, she discovered Masters Track and Field and returned to sprinting and her high school habits of breaking records! As a member of the Mass Velocity Track Club, she has been a nationally ranked masters sprinter for the past 20 years, competing in 50M, 60M, 100M, 200M, and 400M races.

Gail has earned 17 USA National Masters Track medals, one of which she ran a leg of the 4X100 relay with the Canadian team and helped them win gold at the USA Masters National Meet in Charlotte, North Carolina in 2006. The singlet Gail wore when she represented the Canadian team was given to her by Karla Del Grand, Female Athlete of the Decade, World Masters Athletics.

Gail has set 13 New Hampshire state records in the 50M, 60M, 100M, 200M, and 400M and has received five "Best Performance by a New Hampshire Athlete" awards from New Hampshire state meets between 2010 and 2019. She also has many state level medals from New Hampshire, Massachusetts, Rhode Island, Connecticut, and Maine and has competed at venues such as Stanford, Harvard, and Boston universities and the Penn State relays where not only masters compete, but also elite high school students and Olympians. Three records set in September 2021 qualify Gail to compete at the May 2022 Senior Nationals Track and Field meet in Fort Lauderdale.

In 2015, while sprinting to the finish line in a 200M race, Gail's right Achilles tendon completely ruptured a few metres from the finish line causing her to fall and fracture her right shoulder. After surgery, being in a wheelchair initially, and two years of intensive rehab, Gail came back from that challenge to set five of the records noted above.

In 2021, Gail and three of her masters teammates were featured on a New Hampshire TV station to promote the fitness, health, camaraderie, and competition benefits of masters track field. Gail's masters track life has included many years of competing at college and university meets, not only masters' specific meets; she really enjoys being with young athletes and they are encouraged by the fact that competing on the track can truly be a lifetime sport.

It has been decades since Gail was on the back lawn of CDCI West where it all began, but she says to this day, "As I step onto the track and settle into the starting blocks, Mr. Lawless is still with me."

YOUR Credit Committee
you in the past year and hopes to be able to do so in
the year ahead.

— CLEMENCE KRENTZ, Chairman

OUTSTANDING ATHLETES, 1972

The outstanding athletes of the past year as picked
by the supervisors and sports writers are

Sue Thompon

John Cane

Highest Point Score (Female)

Cobourg Highland Games, 1972

Gail Johns

Sportsman of the Year - Layton Dodge

Cups and Trophies will be presented to these
winners at the Annual Meeting.

Johns, Stonard win 3 events in Highland Games track meet

GAIL JOHN'S and Rick Stonard of the Cobourg Track Club flashed fine form to win three juvenile events apiece at the Cobourg Highland Games track and field meet on Saturday at Donegan Park.

Miss Johns dashed to victory in the juvenile girls' 100 metres in 13.2 seconds, the 200 metres in 31 seconds flat and the 400 metres in 62.2 seconds. Gail also anchored the winning juvenile girls' relay team, teaming with Ann Parken, Mary Jane Martin and Debbie Tremills to complete the 400-metre distance in 57.1 seconds.

Stonard won the juvenile men's 100 metres in 11.5 seconds, the 200 metres in 24.3 seconds and the high jump at 5 feet, 7 inches.

A Cobourg man won the other two, one of the traditionally popular events of any Highland Games. Despite never having competed before, Evert Van Slijthenhorst took top honors with a toss of 27'6". That was less than an inch farther than runner-up Angus MacLeod of Buffalo, New York.

Charles Dempster took pitchfork in hand and threw a bale of hay the furthest to win the Throwing the Sheaf con-

test. Cobourg mayor Jack Heenan and Hamilton Township reeve Charlie Harrison were among the contestants.

In the challenge relay race between C.D.C.I. East and the West, the team of Allan Seymour, Colin Businger, Rob Perfect and Rick Stonard, representing the West Collegiate, won handily over the East contingent of Dave Nichols, Ron Reitsma, Steve Funnell and Ted Brown.

Ron Reitsma of Cobourg earned two silver medals for second place finishes in the Bantam boys' 100 and 400 metre dashes.

Cindy Carwardine and J. Lecluyre of Grafton came second and third respectively in the midget girls' 400 metres. Miss Carwardine also was runner-up in the ladies' open 1500 metres.

Dave Nichols of Cobourg ran third in the midget boys' 100, just ahead of Colin Businger, also of the host town.

Rob Perfect of Cobourg placed third in the juvenile high jump. Allan Seymour second in the 400 and 1500 metre runs for juvenile boys and Bob Robison second in the Throwing the Sheaf contest.

First place finishers in each event follow:

BANTAM GIRLS
100 - Ramona Baldwin 13.6;
200 - R. Baldwin 29.6; 400 -
Mary Ward (Peterboro)
1:15.0.

BANTAM BOYS
100 - Dave Northey
(Peterboro) 12.1; 200 - D.
Northey 26.6; 400 - D. Northey
61.2; 800 - D. Northey 2:26.6; 4
x 100 Relay - Belleville 52.4.

MIDGET GIRLS
100 - Carol Lewis (Peter-
boro) 13.9; 200 - C. Lewis 28.9;
400 - Cindy Barrett (Peter-
boro) 66.6; 800 - Lynn Belton
(Oshawa) 2:37.9; High Jump -
Jocelyn Jeanerret (Cobourg)
4'10"; 4 x 100 Relay - Peter-
boro No. 1 - 36.1.

MIDGET BOYS
100 - Brian Beamish
(Peterboro) 12.3; 200 - Stephen
Montgomery (Belleville) 25.4;
400 - S. Montgomery 56.6; 800 -
Duncan Coulby (Oshawa)
2:09.9; 1500 metres - Allan
Seabrooke (Peterboro) 4:36.9;
High Jump - Dan Gutoosie
(Belleville) 5'9"; 4 x 100 Relay
- Peterboro No. 1 - 50.5.

JUVENILE GIRLS
100 - Gail Johns (Cobourg)
13.2; 200 - G. Johns 31.8; 400 -
G. Johns 62.2; High Jump -
Mary Jane Martin (Cobourg)
4'; 4 x 100 Relay - Cobourg
West 37.7.

JUVENILE BOYS
100 - Rick Stonard
(Cobourg) 11.8; 200 - R.
Stonard 24.3; 400 - Scott
Ogilvie (Peterboro) 55.8; 800 -
S. Ogilvie 2:07.6; 1500 metres -
Jim Thomson (Frankford)
4:23.7; High Jump - R. Stonard
5'7".

LADIES OPEN
100 - Janey O'Rourke
(Grafton) 14.1; 200 - J.
O'Rourke 27.7; 1500 metres -
Cindy Barrett (Peterboro)
6:19.6; High Jump - Ann
Parken (Cobourg) 4'.

MEN'S OPEN
400 - Phillip Ancheril
(Belleville) 53.2; 800 - P.
Ancheril 2:06.9; 1500 metres
(over 30 years old) - Bill
Dewey (Cobourg) 5:36.2; 5,000
metres - Larry Reynolds
(Barrie's Bay) 15:40.0

George Haynes took on the job of organizing the track meet on very short notice and did a remarkably commendable job under the circumstances. Besides acting as chief judge, he enlisted the aid of the following volunteers to help in running off the events:

Frank Godin - clerk of the course; Tom Cushing - starter; David Haynes, Jamie Gordon - runners; Dr. Bob Scott - awards officer; Gerry Matte, Bob Schultz, Andrew Haynes, judges; Jim Hendry, Colin Dowsett, Cathy Cunningham, David Worman, timers; Steve Hendry and Laura Gordon, high jump officials; Greg Cushing and Terry Dewey, tape holders.

Out-of-town track coaches pitched in to assist wherever and whenever they could.

Peterboro athletes top pointgetters in track and field at Highland Games

Rain failed to dampen the enthusiasm of 111 competitors in the annual Cobourg Highland Games track and field meet on Saturday.

Afternoon showers twice sent the athletes scurrying for cover but they emerged once the rain subsided to continue the meet until its conclusion.

Entries from the Peterborough, Lindsay, Cobourg Legion, Hastings Highlanders, Oshawa, Belleville and Kingston Queen's clubs took part.

Phil Northey, a sturdily-built Bantam from Peterborough, emerged as the leading male pointgetter in the meet. He accumulated 16 points, one more than teammate John Dadson.

A young Peterborough lady, Joanne Clapham, topped the girls with 20 points. But her total was

rather misleading in that few opposed her in the open class.

Cobourg Legion Track Club entrants chalked up an aggregate of 133 points with the girls accounting for 87 of them. Cobourg people won 18 gold medals, 14 silver and 8 bronze.

Gail Johns and Janey O'Rourke, for instance, were the only local athletes to capture three gold medals.

Miss Johns sprinted her way to victory in the juvenile girls' 100, the 200 and the 400. Janey won the junior 100, 200 and long jump.

Karen O'Rourke added 11½ points to the Cobourg club's cause with a 2nd in the midget long jump, a 2nd in the junior girls' shot, a tie for a third in the midget high jump and a 1st in the junior discus.

Veteran Bob Munday led the local

male contingent with 11 points. He took the open men's 100, the open 40 and came 3rd in the open 200.

Bob Thompson followed with 1 points. He seized top honors in the midget long jump, tied for 2nd in the midget high jump at 5 feet even and placed 2nd in the open men's discus.

Debbie O'Rourke was the only other local athlete to reach double figures. She managed it via first place finishes in the juvenile girls' discus and shot.

Also winning gold medals were Cathy Cunningham, Donna Todd, Mary Jane Martin, Dan Milligan, John Ewart and Norm Richens.

Other Cobourg medallists were John Chomitz, Bradd Curtis, Lloy Cowin, Ted Brown, Dave Nichols, Cindy Carwardine, Karen Bizzell, Jocelyne Jeanneret, Barb Smith, Laura Dawson and Janine Lefebvre.

CDCI WEST SIXTH IN TRACK AND FIELD MEET

Rick Stonard and Gail Johns each set 2 Kawartha records

Four record-breaking performances by Rick Stonard and Gail Johns helped CDCI West to a sixth place finish in the annual Kawartha district high school track and field championships held last Thursday at the East Collegiate.

Stonard clipped almost a full second off the existing standard in winning the junior boys' hurdles. He was timed in 15.5 seconds.

Rick also bettered the former mark in the junior 200 metres as he won the race to the wire in 34 seconds flat. Stonard placed second in the junior

high jump with a leap of 5-foot-9.

To top off a big day for him, Stonard anchored the West's winning 800 metre junior relay team. He combined with Rick LaBrash, Colin Basinger and Brian Skinner to complete the distance in 1 minute, 43 seconds.

Gail Johns ran the senior girls' 400 metres in record-shattering time of 64.2 seconds. The former Kawartha record of 65.9 was set just last year by CDCI West graduate Jody Smale.

Miss Johns established a new milestone in the senior

girls' 200 metres as well with a clocking of 27.1 seconds.

West Collegiate athletes piled up a total of 73 points in the meet to attain sixth place out of 18 competing schools.

Ed Clarey putted the midget shot 44'4" to win top honors in that event. Teammate Alan Ney was runner-up at 43'2".

John Buckley also was a first place finisher. He heaved the midget javelin 139'6" to outdistance the field.

Anne Redmond joined Gail Johns in the red ribbon class for girls. She

covered the 200 metres in 2 minutes, 53 seconds for a first in that junior event.

Janet Harnden picked up points for her school with a 2nd in the midget girls' 100 and a 4th in the 200. Chris Wielonda, another junior, came second in the discus.

Thirds were scored by Eve Fenton in the junior girls' javelin, and Debbie Tremills in the senior 300 metres.

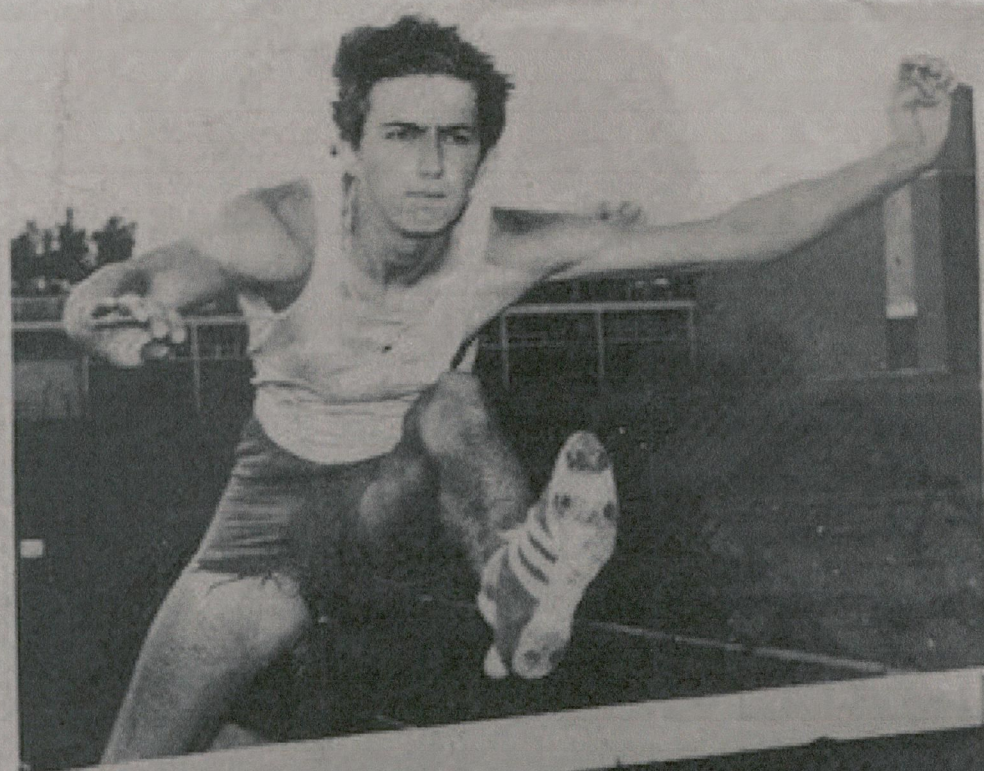
Kim Gallagher more than did her share. Besides taking a second in the midget 200 and a 3rd in the 100, she ran a strong anchor leg for the CDCI West midget girls' relay team that came 3rd. Running mates in the relay were Janet Harnden, Lori Dowle and Barb Warner.

Completing the girls' contribution were a 4th by Peggy Jamieson in the junior high jump (4'7") and a 4th by Sue Foote in the junior shot put.

Not to be outdone, several West boys placed in the top four in events. Ken Davison, for instance, took second spot in the midget boys' triple jump at 34'4" and Craig Sandiland cleared 5'7" to be runner-up in the senior high jump, although he's only a junior.

Allan Seymour ran 3rd in the senior 400 metres. Joe Daignault finished 3rd in the junior pole vault at 9'9" after passing to that point because of an injury. Steve Witteveen earned a 3rd in the midget pole vault at 8'9" and Rob Perfect added a 4th in the junior hurdles.

Paul Vorvis had to be a disappointed competitor. He actually crossed the finish line first in the senior hurdles but was disqualified for knocking over a hurdle with his hand.



RICK STONARD of CDCI West cleared the hurdles in much this manner to set a new Kawartha junior hurdles record at the district high school meet last Thursday here.

GRADE 11, 1973

Gail Johns, Stonard, Buckley district meet record-breakers

CDCI West athletes set 3 of the 26 new records at the Kawartha district high school track and field championships last Thursday at Kenner Collegiate in Peterborough.

The standard-setters were Gail Johns, Rick Stonard and John Buckley.

Miss Johns broke her own record in winning the senior girls' 400-metre run. Her time of 63.3 seconds was almost a full second faster than her 1972 mark.

Stonard established a new milestone in the senior boys' 110 metre hurdles. He was clocked in 16.6 seconds. Rick still was unhappy with the performance because he knocked over 8 of the 10 hurdles en route.

Only four field event records fell. John Buckley accounted for one when he hurled the junior boys' javelin 166'6". He bettered the old standard by nearly four feet.

Steve Witteveen was the only other first place finisher from Cobourg West in the 20-school meet. Improving by leaps and bounds, Steve cleared 10'3" to take the junior boys' pole vault.

CDCI West's contingent collected a total of 55½ points in the meet, with the boys accumulating 35½ of the aggregate. Disappointingly, midget competitors earned a mere 5 points.

Chuck Grant picked up 3 of the West's meagre Midget total by placing second in the 110 metre hurdles in 18.2 seconds.

Betty Bax, fourth in the midget girls' shot put with a heave of 25'11", and Joanne Jamieson, 4th in the long jump with a leap of 13'3½", were single point contributors.

Kim Gallagher was the lone CDCI West student to place in three events. She was second in the junior girls' 200 metres in 29.0 seconds, third in the 100 in 13.9 and fourth in the 60 metres.

Allan Seymour was the runner-up in the senior boys' 800 in the impressive time of 2:05.5, a school record. Al also came in fourth in the 400 in 55.1 seconds.

Besides winning the senior hurdles, Stonard picked up a second in the triple jump. His best effort was measured at slightly over 40'1".

Harry Livingston, yet another senior, threw the javelin 162'1" for second place in that event.

David Wegg tied for second spot in the senior pole vault at 8'6". Barry Greer had a fourth in the boys' open 400 metre hurdles with a 1:10.4 clocking.

Gail Johns ran third in the senior girls' 200 in 28.2 seconds and anchored the West relay team that came fourth in the 4 by 100 senior girls' event. She was ably assisted by Mary Jane Martin, Anne Redmond and Cathy McConvey.

Also earning points for their school were Chris Wielonda, third in the senior girls' discus with a toss of 82'6"; Chris Jeschke, third in junior girls' shot put with a throw of 28'¼"; John Gallagher, third in the junior 3000 metres in 9:54.9; and Rob Perfect, third in the junior boys' hurdles in 17.4 seconds.



GAIL JOHNS, a 17-year-old speedster at CDCI West, broke two COSSA track records last week at Trenton. She set new standards in both the senior girls' 200 and 400-metre runs.

GRADE II,
1972

Gail Johns blockbuster at COSSA track meet

Nearly all top notch track sprinters today use starting blocks for fast getaways and faster times in short distance runs.

Gail Johns, a CDCI West senior, is an exception to the rule but that didn't stop her from setting two new Central Ontario Secondary Schools Association records at the district high school meet in Trenton last Thursday.

Miss Johns, employing a standup start, clipped almost 1½ seconds off the former standard in winning the senior girls' 400 metres in 60.9 seconds.

Gail also flew to victory in the 200-metre dash in 24.4 seconds. That's almost

3 seconds faster than the old record of 27.2. Both former records were established two years ago by a girl named Frair from Prince Edward High School in Picton.

Rick Stonard will be the West Collegiate's only representative in the OFSAA championships in Toronto this weekend as the result of winning the junior hurdles in Trenton in 14.9 seconds. The mark is a school record but four-tenths of a second slower than the COSSA record.

Stonard added a fourth in the 200 metres in 23.1 seconds and a second in the junior high jump at 5'9".

Midget Ken Davison

turned in a very creditable performance in the triple jump, placing third at 37'4¼".

Allan Seymour ran third in the senior 400 metres in 53 seconds flat, a new school record.

Other contestants who earned points for CDC West were: Alan Ney, 4th in midget shot put at 42'7"; Steve Witteveen, 4th in midget pole vault; E Clarey, 5th in midget shot at 41'11"; and Chr. Wielonda, 6th in junior girls' discus.

About 50 schools were represented in the COSSA meet which was won for the second straight year by the host Trenton team.

Sprinter Gail Johns to be first Cobourg girl to compete at OFSAA

GRADE 12, 1973

One of the mysteries of high school track and field in past years has been the absence of an Ontario championship meet for girls.

This won't be the case in 1973, however, as the first provincial girls' competition is planned for June 1 and 2 in Guelph.

Gail Johns of CDCI West became the first and only Cobourg collegiate female to qualify for the maiden meet when she excelled in the Central Ontario Secondary Schools Association finals on Wednesday at Civic Fields in Oshawa.

Miss Johns sprinted home in first place in the senior girls' 400 metres in 61.5 seconds. Gail also qualified for the OFSAA 200 metres by finishing second in 26.5 seconds.

Two CDCI West boys also earned the right to compete at the provincial level.

Rick Stonard qualified by flashing over the hurdles in the senior boys' 110-metre event in 16.1 seconds, just a shade behind winner Scott Lorimer of Pickering.

Stonard came second in the senior triple jump at 41'6" but failed to meet the OFSAA standard by only a few inches.

Allen Seymour dashed to

metre sprints respectively, Kim didn't place in the 60 either.

Chuck Grant turned in his best time ever of 17.6 in the midget hurdles but had to be content with fourth spot in his heat.

The senior girls' 4 by 100 relay team of Gail Johns, Mary Jane Martin, Anne Redmond and Cathy McConvey completed the distance in 54.5 seconds, its best time yet, but not good enough to place

among the leaders in Oshawa.

Chris Jeschke came fifth in the junior girls' shot at 28'6" while midget Betty Bax didn't place in the putting contest.

Rob Perfect was eliminated in the junior boys' hurdles at 17.2 seconds, John Gallagher came seventh in the junior 1500 and 3000 metres in 4:29.0 and 10:06.5 respectively, and Chris Wielonda finished seventh in the senior girls' discuss with a toss of 82'7½".



CANADA





CANADA

823
M-F ATHLETIC

64
M-F ATHLETIC

CANADA

606
M-F ATHLETIC

CANADA

304
M-F ATHLETIC

USA MASTERS NATIONAL
CHAMPIONSHIP TRACK
AND FIELD MEET
2006

LAWRIE MELOCHE, LYN BARRETT,

GAIL JOHNS-REES

↓

KARLA DEL GRANDE



Gail Johns of CDCI West waits for the starter's gun in the senior girls 100-metre run at the Kawartha track and field championships. Miss Johns is entering the race, probably her last of a distinguished high school career of 100 metres. That's Gail's coach, Jerry Lawless, in the background and a flag bearer. (Lester Dodge)







