

RIVALRY

2009 YORK LIONS TRACK & FIELD CIS CHAMPIONSHIP MEDIA GUIDE



MARCH 12-14
UNIVERSITY OF WINDSOR
WINDSOR, ONT.



Canadian Interuniversity Sport
Sport interuniversitaire canadien



ONTARIO UNIVERSITY ATHLETICS
SPORTS UNIVERSITAIRES DE L'ONTARIO



YORK **U50**
UNIVERSITÉ
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redefine THE POSSIBLE.

2008-09 YORK LIONS



MEN'S TRACK & FIELD ROSTER

NAME	HEIGHT	ELIG.	PROGRAM	HOMETOWN
Elijah Allen	6'0"	2	Kinesiology and Health Science	London, Ont.
Darren Duncan	6'0"	1	Kinesiology and Health Science	Mississauga, Ont.
Randolph Fajardo	6'0"	4	Kinesiology and Health Science	Toronto, Ont.
Ryan Finn	5'9"	4	Kinesiology and Health Science	Ajax, Ont.
Suyi Georgewill	6'2"	1	Economics	Brampton, Ont.
Tyrone Halstead	5'11"	2	Criminology	Mississauga, Ont.
David Mayer	5'6"	2	Kinesiology and Health Science	Picton, Ont.
Oluwole Ogunde	5'10"	1	Health and Society	Lagos, Nigeria
Dontae Richards-Kwok	6'0"	1	Arts	Mississauga, Ont.
Chris Theriau	6'0"	4	Kinesiology and Health Science	Kentville, N.S.
Mat Stiver-Balla	5'7"	5	Business	Toronto, Ont.

WOMEN'S TRACK & FIELD ROSTER

NAME	HEIGHT	ELIG.	PROGRAM	HOMETOWN
Cynthia Appiah	5'8"	1	Psychology	Etobicoke, Ont.
Heather Hamilton	5'10"	3	Schulich School of Business	Mississauga, Ont.
Adriana Lyons	5'8"	4	French	Windsor, Ont.
Kristin Obrochta	5'9"	4	Kinesiology and Health Science	Mississauga, Ont.
Elizabeth Petrov	5'9"	2	Environmental Studies	Richmond Hill, Ont.
Daniella Villalta	5'6"	1	Kinesiology and Health Science	Maple, Ont.

COACHING STAFF

Head coach: Colin Inglis
 Assistant coach (throws): Richard Parkinson
 Assistant coach (distance): Dave Small
 Assistant coach (distance): Mike Dion
 Assistant coach (jumps): Milt Ottey
 Assistant coach (pole vault): Arye Rosenoer

Therapist: Melanie Fiala
 Therapist: Stefan Zlatanov
 Therapist: Melissa Thompson



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MEDIA CONTACT

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QUICK FACTS

Name:	York University
Location:	Toronto, Ontario
Founded:	1959
Enrollment:	50,000
Nickname:	Lions
Colours:	Red and White
Facility:	Toronto Track & Field Centre
Capacity:	1,400
Conference:	OUA
President and Vice Chancellor:	Dr. Mamdouh Shoukri

SPORT YORK STAFF

Director, Sport & Recreation:	Jennifer Myers
Manager, Interuniversity Sport:	Ken Schildroth
Manager, Facilities Administration:	Craig Okazaki
Manager, Client Services:	David Demonte
Communications & Promotions Officer:	Antonio Santilli
Sport & Recreation Information Officer:	Alyson Grant
Head Therapist:	Cindy Hughes
Equipment Supervisor:	Steve Dempsey
Client and Event Services Assistant:	Manny Troitino
Supervisor, Facilities Administration:	Al Scragg



SEASON HIGHLIGHTS

The York Lions track and field team has had a successful 2008-09 campaign thus far and will be looking to continue its stellar results at the CIS track and field championships this weekend.

Last year, the men finished seventh in the CIS championships team standings with 46 points, 20 behind the champions from Guelph, while the women were 13th with 16.5 points. Overall, the squad brought home five medals from Montreal, including one gold, two silvers and two bronze medals. Three of those medallists - Tyrone Halstead (silver, men's 60m), Randolph Fajardo (bronze, men's 60m) and Ryan Finn (bronze, men's 600m) - are back again this season looking for more CIS hardware, and they are joined in Windsor by a number of other talented Lions athletes ready to make their mark on the sport.

The men's team put forth tremendous results at the OUA track and field championship to finish third in the team standings behind only Windsor and Guelph. With men's coach of the year Colin Inglis at the helm, they scored 104 points, 34 more than they did last season, to move up two places. With the result, the Lions also rose to No. 2 in the national rankings.

The highlight of the Lions' season has

been the sprinters, who have accounted for numerous medals throughout the year. Halstead, Fajardo and Dontae Richards-Kwok have dominated the 60m, including a sweep of the medals at the OUA championship. Together with teammate Mat Stiver-Balla, these men have come together to form the top 4 x 200m relay team in the country. Richards-Kwok, the OUA male rookie of the year, has also proven to be fast in the 300m, winning the OUA gold medal in the event while recording the seventh fastest time in the CIS. Also on the track, hurdles specialist Chris Theriau has continued his form in the 60m hurdles and has put down the fastest time in the CIS to date.

Finn has been the Lions' star at the longer distances and is ranked in the CIS top 10 in the 600m, 1000m and 1500m. His best result so far this season was a silver-medal finish in the 600m at the OUA championships.

All-around athlete Elijah Allen asserted himself as the top pentathlete in the OUA by winning the provincial gold medal while also recording top-10 finishes in two other events.

On the field, the Lions have been led by triple jumper Darren Duncan and weight thrower Suyi Georgewill. The two rookies

have already posted excellent results in their respective events, as they each captured an OUA silver. Duncan saved his best performance for the most important meet of the year thus far, achieving a personal best in the triple jump with a leap 39 centimetres further than his previous best mark.

The Lions' women, who finished sixth at the OUA championships, have excelled in the field events, particularly pole vault and weight throw. Heather Hamilton, the OUA field events most valuable player, has won a gold medal in every event she's competed in this season, including the OUA championship, and recorded a personal-best jump of 4.06 metres earlier in the season, the best result in the CIS thus far. Kristin Obrochta has been on fire in the weight throw all season and has improved the school record several times over the past couple of months, most recently bringing it to over 17 metres. Also challenging for CIS glory will be Cynthia Appiah and Elizabeth Petrov in the shot put event, Adriana Lyons in the pole vault and Danielle Villalta in the pentathlon.



COACHING STAFF



Colin Inglis - Head Coach

COLIN INGLIS - HEAD COACH

Colin Inglis has made a major impact on the track and field program in his 10 years as a head coach at York University. This year, he guided the men's team to a remarkable third-place finish at the OUA championship and was honoured with the Bob Vigers Award as OUA men's coach of the year.

Since his arrival in late 1999, Inglis has produced 80 OUA all-stars and 21 all-Canadians in cross country and track and field. His teams have featured 10 meet record holders, 16 school record holders and one national record holder. Inglis has also previously won both the OUA men's track and field coach of the year award (2007) and the OUA women's track and field coach of the year award (2003).

A level three NCCP coach in the sprints, hurdles and jumps, Inglis is working toward his level four certification. Before coming to York, he served as an associate head coach at the University of Windsor, where he helped lead the Lancers to three OUA track and field titles and two CIS women's track and field championships in 1996 and 1999.

Inglis also served as Power Speed Coach for Canada at the 1999 Pan-American Junior Championships in Florida, the 2000 under-21 NACAC in Mexico, the 2001 Francophone Games in Ottawa and the 2002 under-21 NACAC in Texas.

As an athlete, Inglis was a three-time all-Canadian, MVP of the York track and field team and a New Brunswick team representative at the 1989 and 1994 Francophone Games. Inglis graduated from York University with a Bachelor of Science in Kinesiology & Health Science in 1992 and continued his education at the University of Maine, receiving a Bachelor of Education in 1994.

Inglis serves as a practicum instructor in York's School of Kinesiology & Health Science.

RICHARD PARKINSON - ASSISTANT COACH (THROWS)

Richard Parkinson is now in his second year as an assistant coach with the York Lions track and field team, specializing in the throwing events.

Before coming to York, Parkinson was a successful marketing professional who fuelled his passion for track and field by coaching athletes at all levels (high school, provincial, national and international) and competing in open and masters competitions. Parkinson's coaching career saw him as a volunteer coach at the University of Buffalo, Clemson University and North Central College in Naperville, Illinois. He was also coach and president at one of Ontario's strongest club programs before forming Club Sisu Throws to cater to the special needs of throwers.

An NCCP level three coach in the throwing events, Parkinson has coached several outstanding athletes, including five Canadian national junior champions, one NCAA champion and several OFSAA and OTFA champions.

As a thrower, he holds national masters records in a number of age groups in the weight pentathlon and weight throw. Parkinson is the Canadian masters champion in the javelin and shot put. As an international masters competitor, he placed third at the US Masters Championship on 2006 and was ranked 30th in the world in the javelin in 2006 and 2007.

Parkinson has a Bachelor of Arts degree in advertising and marketing from Texas Tech University. In addition to coaching the York University interuniversity team, he serves as a practicum instructor in York's School of Kinesiology & Health Science. He was also the throws coach this past summer with the Ontario Espoir Team in Ottawa.



Richard Parkinson - Assistant Coach

COACHING STAFF



DAVE SMALL - ASSISTANT COACH (DISTANCE)

Dave Small is in his fourth year with the York cross country and track and field teams. In 2004, he helped guide the Lions women's squad to a fourth place finish at the OUA championship and a 10th place finish at the CIS championship.

A level two NCCP certified distance coach, he also coaches at the South Simcoe Dufferin Track and Field Club in Barrie. In March 2006, Small was an assistant coach for the Canadian FISU Cross Country team in Algeria, where the squad had one of its strongest showings.

MIKE DION - ASSISTANT COACH (DISTANCE)

Mike Dion, entering his second year with the York Lions, has had a tremendous impact on the team since joining the coaching staff. Most notably, he coached current cross country team member Stefan Ristic to an outstanding summer of racing in the 800m, helping Ristic lower his personal best to a time of 1:50.71.

Dion has over 11 years of coaching experience already under his belt, mostly in Manitoba. A fully certified NCCP level three distance coach, Dion was a coach for Team Manitoba at the 2005 Canada Summer Games. He has also led several of his athletes to provincial championships at a number of different distances, from the 800m up to long cross country races.

When he's not coaching others, Dion likes to train himself and he continues to compete in marathons.

ARYE ROSENOER - ASSISTANT COACH (POLE VAULT)

Arye Rosenoer joins the York Lions this year after spending the past six seasons at the University of Toronto, where he helped develop the Varsity Blues' pole vault program into one of the top CIS programs in Canada.

Rosenoer works with some of this country's elite pole vaulters, such as Jason Wurster, Dana Ellis and Heather Hamilton, who is a current member of the Lions. Hamilton won the 2009 OUA pole vault championship and set a new meet record of 3.91m. This past summer, she placed second at the Canadian Olympic Trials (3.95m) and was also second at the NACAC Games in Toluca, Mexico (4.00m).

MILT OTTEY - ASSISTANT COACH (JUMPS)

Milt Ottey, now in his second year with the York track and field team, brings a wealth of national and international experience to the Lions program.

A former Canadian record holder in the high jump at 2.33m who was ranked the No. 1 high jumper in the world in 1982, Ottey has competed in several international events. He won back-to-back gold medals at the Commonwealth Games in 1982 and 1986 and a bronze medal at the 1990 Commonwealth Games. He also finished in sixth place at the 1984 Olympics in Los Angeles.

Last year, Ottey coached David St. Bernard to a CIS gold medal in the triple jump with a new school record of 15.34m. He has previously coached at UTEP, Kent State and the University of New Mexico.

In addition to his work with the Lions, Ottey is currently the development manager for the very popular UK-based kids core skills development program entitled "International Fun and Team Athletics" in Canada.





MALE ATHLETES



ELIJAH ALLEN

2nd Year • 6'0 • Kinesiology and Health Science
London, Ont. • York University Track Club

EVENTS ENTERED

60m Hurdles (8.45, No. 11 in CIS)
Long Jump (6.92m, No. 6 in CIS)
Indoor Pentathlon (3350, No. 9 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

GOLD – Indoor Pentathlon (3350)
8th – 60m Hurdles (8.63)
10th – Shot Put (12.49m)
13th – Long Jump (1.46m)



RYAN FINN

4th Year • 5'9 • Kinesiology and Health Science
Ajax, Ont. • Phoenix Track Club

2008 CIS Bronze Medallist in 600m

EVENTS ENTERED

600m (1:20.27, No. 7 in CIS)
1000m (2:27.88, No. 8 in CIS)
1500m (3:53.06, No. 7 in CIS)
4 x 400m (3.21.59, No. 7 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

SILVER – 600m (1:20.27)
4th – 1000m (2:28.43)
8th – 4 x 800m (7:58.24)



DARREN DUNCAN

1st Year • 6'0 • Kinesiology and Health Science
Mississauga, Ont. • St. Frances Xavier S.S.

EVENTS ENTERED

Triple Jump (14.56m, No. 3 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

SILVER – Triple Jump (14.56m)



SUYI GEORGEWILL

1st Year • 6'2 • Economics
Brampton, Ont. • St. Augustine S.S.

EVENTS ENTERED

Weight Throw (16.47, No. 5 in CIS)
Shot Put (13.50, No. 11 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

SILVER – Weight Throw (15.68m)
7th – Shot Put (13.50m)



RANDOLPH FAJARDO

4th Year • 6'0 • Kinesiology and Health Science
Toronto, Ont. • York University Track Club

2008 CIS Bronze Medallist in 60m
2007 CIS Bronze Medallist in 4 x 200m

EVENTS ENTERED

60m (6.75, No. 4 in CIS)
4 x 200m (1:27.73, No. 1 in CIS)
4 x 400m (3.21.59, No. 7 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

GOLD – 4 x 200m (1:27.73)
SILVER – 60m (6.75)
BRONZE – 4 x 400m (3:23.91)



TYRONE HALSTEAD

2nd Year • 5'11 • Criminology
Mississauga, Ont. • Mississauga Track and Field Club

2008 CIS Silver Medallist in 60m
2008 OUA Male Rookie of the Year

EVENTS ENTERED

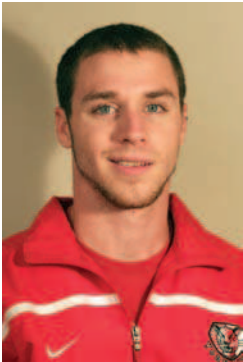
60m (6.72, No. 2 in CIS)
300m (35.13, No. 11 in CIS)
4 x 200m (1:27.73, No. 1 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

GOLD – 60m (6.72)
GOLD – 4 x 200m (1:27.73)



MALE ATHLETES



DAVID MAYER

2nd Year • 5'6 • Kinesiology And Health Science
Picton, Ont. • Nicholson C.H.S.

EVENTS ENTERED

4 X 400m (3:21.59, No. 7 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

BRONZE - 4 X 400m (3:23.91)



MAT STIVER-BALLA

5th Year • 5'7 • Business
Toronto, Ont. • BMSS

EVENTS ENTERED

4 x 200m (1:27.73, No. 1 in CIS)

4 x 400m (3:21.59, No. 7 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

GOLD - 4 x 200m (1:27.73)

BRONZE - 4 x 400m (3:23.91)



OLU OGUNDE

1st Year • 5'10 • Health And Society
Lagos, Nigeria • North Albion C.I.

EVENTS ENTERED

60m (6.82, No. 7 in CIS)

4 X 200m (1:27.73, No. 1 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

5th - 60m (6.85)



CHRISTOPHER THERIAU

4th Year • 6'0 • Kinesiology and Health Science
Kentville, N.S. • Nova Scotia Provincial

EVENTS ENTERED

60m Hurdles (8.13, No. 1 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

GOLD - 60m Hurdles (8.13)



DONTAE RICHARDS-KWOK

1st Year • 6'1 • Arts
Mississauga, Ont. • Mississauga Track And Field Club

2009 OUA Male Rookie of the Year

EVENTS ENTERED

60m (6.76, No. 5 in CIS)

300m (34.55, No. 7 in CIS)

4 X 200m (1:27.73, No. 1 in CIS)

4 X 400m (3:21.59, No. 7 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

GOLD - 300m (34.55)

GOLD - 4 X 200m (1:27.73)

BRONZE - 60m (6.83)

BRONZE - 4 X 400m (3:23.91)



FEMALE ATHLETES



CYNTHIA APPIAH

1st Year • 5'8 • Psychology
Etobicoke, Ont. • Don Bosco High School

EVENTS ENTERED

Shot Put (12.94m, No. 7 in CIS)
Weight Throw (14.63m, No. 13 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

7th - Shot Put (11.61m)



KRISTIN OBROCHTA

4th Year • 5'9 • Kinesiology and Health Science
Mississauga, Ont. • York University Track Club

EVENTS ENTERED

Weight Throw (17.05m, No. 6 in CIS)
Shot Put (12.99m, No. 6 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

GOLD - Weight Throw (16.64m)
4th - Shot Put (12.99m)



HEATHER HAMILTON

3rd Year • 5'10 • Schulich School of Business
Mississauga, Ont. • University of Toronto Track Club

2009 OUA Field Events MVP

EVENTS ENTERED

Pole Vault (4.06m, No. 1 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

GOLD - Pole Vault (3.91m)



ELIZABETH PETROV

2nd Year • 5'9 • Environmental Studies
Richmond Hill, Ont. • York University Track Club

EVENTS ENTERED

Shot Put (13.25m, No. 4 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

BRONZE - Shot Put (13.11m)



ADRIANA LYONS

4th Year • 5'8 • French
Windsor, Ont. • University Of Sherbrooke

EVENTS ENTERED

Pole Vault (3.55m, No. 6 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

5th - Pole Vault (3.55m)



DANIELLE VILLALTA

1st Year • 5'6 • Kinesiology and Health Science
Maple, Ont. • Maple High School

EVENTS ENTERED

Indoor Pentathlon (3133, No. 9 in CIS)

2009 OUA CHAMPIONSHIP RESULTS

SILVER - Indoor Pentathlon (3133)
7th - 4 x 400m (4:05.79)
12th - High Jump (1.46m)



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