

Jim Flowers - Builder

- served on
Board of Directors
20+ years

- hard-working
volunteer
(meet organizer, course set-
up, medals ...)



It's All Over !!
Members of the organizing
committee look very relieved
after the last event has ended.
(L-R) Jim Pascoe, Doug Smith,
Brian Keaveney, Jim Flowers

- and competitor!



M 70: - 1. Jim Flowers ON 1934.				
200	LJ	JT	DT	1500
34.01	2.78	20.26	24.98	9:42.20
-4.4	2.0			
25.60	4.69	38.88	34.68	7:00.76
77.07	52.45	40.50	48.78	49.36
556	324	426	557	71



M70 100m - Stan Egerton, Bill Thompson, Ken Morris,
Jim Flowers, Vic Masi

**Jim Flowers -
2013
Ontario Masters Athletics
Hall of Fame**

Jim Flowers - Builder Category

In the history of the OMA, recorded on our website, you can see that Jim Flowers is listed on the Board of Directors for more than 20 years, almost every year from 1984 until 2008. But being on the board in title only is not the kind of volunteer that Jim was. He served as meet director AND competed in our early pentathlon series (with long jump, javelin, discus, 200 and 1500 metres), set up cross-country race courses, and was generally pitching in at all meets and events from start to finish over those years. He also competed on road, cross-country and track (with a 4x400m relay record from 1986 still standing). We owe a lot to hard-working volunteers like Jim who took their love of the sport and gave back, building our organization to what it is today. He was unable to be with us at the AO/OMA banquet, but it was our pleasure to induct Jim Flowers into the Ontario Masters Athletics Hall of Fame, 2013.