Western Mustangs
Sports Hall of Fame Dinner

Friday, November 19, 2021
The Western Mustangs Sports Hall of Fame honours outstanding contributions to Western Mustangs Athletics in three categories: Athlete, Builder and Builder/Athlete.

**HOST**

Tom McConnell, BA’94
Radio Broadcaster

**ITINERARY**

Western Mustangs Sports Hall of Fame Dinner

4:30 p.m.   Doors Open
6:00 p.m.   Dinner

Welcome

Procession of Inductees

Greetings and Introductions

Team Inductee Awards

Dinner - Buffet

Individual Inductee Awards

Lifetime Achievement Awards
Western Mustangs Athletic Alumni would like to acknowledge members of the Mustangs Community that we have lost – athletes, coaches, mentors, officials, friends and family members.

We honour their legacies and are deeply grateful for their lasting impact on Mustangs sport.
Women’s Rugby Teams, 2004 - 2006

With strength and power, Western dominated women’s rugby from 2004-2006. Coached by Natascha Wesch, the Mustangs went undefeated for almost two years and won two back-to-back Canadian championships.

The Mustangs’ ascension as a powerhouse began with a decisive Ontario University Athletics championship win in 2004. The women’s rugby team went on to defeat the five-time national champion University of Alberta Pandas in the semi-final of the Canadian national championship. In the national gold medal game, Western defeated the Toronto Varsity Blues to win it all.

In 2005, the Mustangs proved they were not a one-hit-wonder. The team finished the regular season undefeated, with a 5-0 record, outscoring the opposition 349-5. In that year’s national championship final, the Mustangs once again faced off against the U of A Pandas. On the strength of a 22-0 victory, Western captured its second straight Canadian Interuniversity Sport title, allowing only 10 points in the entire tournament.

As with most “overnight successes,” many years of hard work paved the way for the Mustangs’ victories on the rugby field. The players and coaches who came before helped build the women’s rugby program and are also part of the 2004-2006 success story.
Rugby Team, 2005

Canadian champs at last
The Western men’s basketball team ignited purple and proud pride by winning the Canadian championship in 1991, the first and only Mustangs team to win a national basketball title.

Challenged in size compared to their national rivals, the team gained success with their quick adaption to a new defensive system and a commitment to solid team principles on both ends of the floor. However, according to coach Craig Boydell, the team’s defining characteristic was the players’ confidence in one another.

The team was undefeated in the regular season against non-conference opponents with a record of 33-2. It was the most games ever won by a Mustangs basketball team and the first time a team had won more than 30 games, a record that stood until 2001. The 33-2 record still stands as the highest winning percentage of any team in the university’s history. The 1990-91 team also won all five inter-conference invitational tournaments held that year, which involved teams from coast to coast.

Going into the OUA playoffs, Western ranked third in the country and went on to beat the two higher-ranked teams. Western defeated Guelph in the OUA west playoff finals and Concordia in the Wilson Cup to gain the number one seed for nationals.

In the championship tournament, the Mustangs scored victories over Laurentian, Victoria, and Guelph, beating the Gryphons 78-69 in the final. There were plenty of honours awarded to members of the Mustangs team but the only one that mattered to each individual was the team’s accomplishment.
Amanda Anderson, BA’10
Basketball

Amanda Anderson is one of the most decorated and talented women’s basketball players to have ever donned a Mustangs jersey. A leader on and off the court, Anderson inspired her teammates and young athletes to commit to the training and preparation required to be a champion. She believed that to give anything less than her best was to sacrifice the gift of her athleticism.

What people saw when they came to a game or competed against her was one of the best shooters in the country. What they didn’t see was the thousands upon thousands of hours she put in the gym to get to that level.

Anderson is a two-time All-Canadian, a five-time Ontario University Athletics All-Star and a three-time team MVP.

In her first year as a Mustang, Anderson was named the OUA and Canadian Rookie of the Year. By her fifth and final year, she was named the OUA Player of the Year and a Canadian Interuniversity Sport First Team All-Canadian. In 2010, she won the F.W.P. Jones award, presented annually to a female Western student who has made the greatest contribution to Western athletics.

When she graduated from Western, Anderson was second in all-time scoring in the OUA. She remains the career-leading scorer for the Mustangs.

After achieving her psychology degree, Anderson played basketball professionally in Germany. After returning home to Canada, she joined the University of Manitoba coaching staff.

Anderson is currently the manager of sales for a medical company and resides in Brantford with her husband Matt and two young sons. She looks forward to coaching her own kids and giving back to the sport that has given her so much.
Jen Cotten, BSc’10
Track and Field

One of Western’s all-time best track and field athletes, Jen Cotten was a member of the Mustangs’ team from 2005-2010 and was named MVP for each of the five years she competed. Cotten won 15 Ontario University Athletics medals and 13 Canadian Interuniversity Sport medals and is a seven-time All-Canadian.

A gifted athlete, Cotten competed with the best in the country while remaining humble and gaining the respect of her teammates, competitors, coaches and officials.

What set Cotten apart was her ability to compete and dominate in many events such as hurdles, long jump, relays, pentathlon and heptathlon. She scored points in 10 OUA events and nine national events.

Cotten twice won Western’s F.W.P Jones award, which annually recognizes the female Mustang who made the biggest contribution to athletics.

Cotten retired as a post-collegiate athlete in 2016 after being named to seven Canadian national teams.

Today, she gives back to track and field as an official and pursues her career as an artist. She also continues to support her partner Damien Warner, 2020 Olympic decathlon champion, in his athletic journey and is enjoying being a mom to their son.
David Edwards, BA’74, BEd’75
Builder

David Edwards’ influence as a coach, teacher and mentor has had a positive impact on the lives of numerous athletes at Western and beyond. His commitment to his players, his professionalism and his knowledge and understanding of sport instilled in athletes the joy of participation and the importance of team play.

But before he became a coach, Edwards was an outstanding athlete. While a student at Western, he played hockey for the Mustangs, and in his four years with the team, was the recipient of many individual awards.

Following graduation, Edwards became a coach at the minor and junior levels, and as an assistant coach with the Western men’s hockey team. He has received many acknowledgements from the London community for his numerous contributions to hockey.

Edwards also loved volleyball and devoted many hours as a volunteer coach at the elementary, secondary and club levels. These coaching endeavors resulted in continued success with his volleyball teams throughout the years.

Following several seasons as an assistant coach with the Western men’s and women’s volleyball teams, Edwards became head coach of the women’s volleyball team. In his first year as head coach, Edwards led his team to provincial gold and a sixth-place finish at the Canadian championship.

After retiring from women’s volleyball, Edwards joined the coaching staff of the Western women’s hockey team. The team subsequently won the provincial and national championships, the first Mustang women’s hockey team to do so.
Michael Forgeron, BA’88
Rowing

As a member of the Mustangs rowing team, Michael Forgeron won Ontario University Athletics championships in 1984, 1986, and 1987. He joined the Canadian national team in 1991 and attended the Pan American Games that same year, where he won silver in the coxless pairs.

He was then selected to represent Canada at the 1992 Summer Olympics where he was a member of Canada’s legendary men’s eights team that won Olympic gold in Barcelona. He helped the squad not only finish first at the Games but also set an Olympic record that would last until 2004.

Afterwards, Forgeron left the eights but continued to row for Canada internationally. He competed in the coxless fours at the 1993 and 1994 World Championships, finishing fourth and seventh, respectively. He also won a gold medal at the 1994 Commonwealth Regatta. Forgeron then switched disciplines to the double sculls, finishing eighth at the 1995 World Championships and seventh at the 1996 Summer Olympics.

He retired following these Games and began a career in sales. He has been inducted into the Canadian Olympic Hall of Fame (1994), the Canadian Amateur Sport Hall of Fame (1994), and Nova Scotia Sport Halls of Fame (2010).

A long-time resident of Mississauga, Forgeron is married to Kim and has a daughter, Hanna.
Kristina Lemon, MD’10

Softball

An outstanding role model, Kristina Lemon smashed softball records first with Florida’s Eckerd College Tritons and later with the Western Mustangs.

In 2005, when Lemon graduated from Eckerd with honours, she had amassed 766.2 innings pitched in 142 games – both program records for the Tritons. Lemon still holds the Triton all-time career strikeout record at 507. The hard-throwing pitcher also owns the first, second, and third spots for individual season punch-outs in the Eckerd record book. Lemon was inducted into the Eckerd College Hall of Fame in 2015.

Lemon moved to London to study medicine and play Mustang softball. Her teams won four conference championships, the first two provincial gold medals in the program’s history, one silver medal and one bronze medal.

Over her four-year career as a Mustang, Lemon won 40 games, saved seven, and lost only five. She struck out 295 in 296 innings pitched, recorded two undefeated seasons and pitched a perfect game in the ’07 Ontario championship.

Lemon was a three-time Ontario All-Star, a three-time Mustang captain, a two-time Mustang MVP and a two-time Ontario championship MVP.

After graduating from Western, Lemon completed a residency in general surgery at Memorial University in Newfoundland, a hepatobiliary surgery fellowship at the University of Ottawa, and a multi-organ transplant fellowship at the University of Pittsburgh Medical Center.

She is currently an abdominal transplant surgeon and assistant professor at the University of Cincinnati Medical Center and College of Medicine in Cincinnati, Ohio.
Dave Mills, BA’82, BEd’83
Builder

As an athlete, coach, and supporter, Dave Mills has had a significant influence on cross-country and track and field.

As an athlete, Mills was a member of the Mustang track and cross-country teams from 1978-80 and from 1981-83. He is a nine-time Ontario University Athletics medalist, including three gold medals, and a six-time Canadian Interuniversity Athletics Union medalist. He was Western’s first men’s individual gold medalist at the 1983 national championship where he won the 1500 metre race.

Mills was also successful on the national and international stage. He was a member of the Canadian Junior team, the European tour in 1979, as well as the Canadian Senior team in 1982, which competed in the 8 Nation’s Meet in Japan. He is a five-time Canadian champion in track and cross country.

Mills continued to be involved with Western as a middle- and long-distance coach. He stepped in as interim head coach at Western in 2015-16 where he coached renowned decathlete Damian Warner for the Rio Olympics. He has also been the director for numerous Western meets.

Beyond Western, Mills’ support of the track and field community has been significant both as a coach and meet director for numerous events throughout the province. He has been the middle- and long-distance coach for the London Western Track and Field team for the past 26 years. He has coached many university and Canadian champions, including athletes who have represented Canada at the World Championships and the Olympics. In 2019 he received the Development Coach of the Year Award from Athletics Canada.

Mills is married to Catherine Bond-Mills and has a son and a daughter.
Bob Robinson
Wrestling

Bob Robinson was an outstanding wrestler, winning five Canadian University Athletic Union medals. He was a member of two Ontario University Athletics championship teams and in the 1984-85 season received the prestigious Western Purple Blanket award, recognizing superior distinction at the provincial or national level of competition. Robinson was inducted into the Western Mustangs Wrestling Wall of Honour in 2015.

Robinson achieved national and international success as a member of Canada’s national wrestling team, competing for Canada at the 1984 Olympics. He won a gold medal at the 1982 Commonwealth Games and medaled in the 1983 Pan American Games and the World Cup of Wrestling.

A well-rounded athlete, Robinson started running after competing in wrestling and completed 5K and 10K races and marathons. However, his true passion is golf, and he is noted as a scratch golfer. He currently holds the designation of captain at the prestigious Royal Montreal Golf Club.

After leaving Western, Robinson returned to Montreal to work at his father’s business, Texall Products. The company later merged with Tri-Tex where he remained as vice-president until he retired.

Robinson is an avid supporter of Mustangs wrestling and has served as a member of the Mustangs wrestling fundraising and golf committees.
David Sapunjis, BA’95
Football

David Sapunjis was a dominant force in football for the Western Mustangs in the late 1980s. Whether playing as a wide receiver, a slot-back or kick returner, Sapunjis gave Western’s competition constant headaches. The “Sponge” caught everything thrown near him, was an outstanding ball-carrier and added an extra dimension as a superb punt and kick-off returner. He was a complete offensive weapon.

Sapunjis was instrumental in helping the Mustangs capture the Yates Cup in ’86, ’87 and ‘89, the Atlantic Bowl in ’86 and ‘89, and the Vanier Cup in 1989.

In the 1990 CFL draft, the Calgary Stampeders selected Sapunjis in the first round. During his seven-year CFL career with the Stampeders, he put together four, 1,000 yards plus receiving seasons and became the first Canadian player to have 100 catches in a season.

In both 1993 and 1995, Sapunjis was selected as the CFL’s Most Outstanding Canadian Player. He was also the runner-up in voting for the most outstanding player in the CFL in 1995.

Sapunjis played in three Grey Cup games, winning the CFL championship in 1992. He was awarded the Dick Suderman Trophy as the outstanding Canadian player in each Grey Cup game he played. Sapunjis retired at the top of his game and remains among the all-time leaders in every Stampeder receiving category.

In 2005, Sapunjis was inducted into the Western Football Wall of Champions.

Sapunjis remained in Calgary and became part of a local group of business leaders who purchased the Calgary Stampeders. He is currently the president of Reliance Metals Canada, a company he joined in 2011.

Sapunjis is married to Jodi, also a Western graduate, and they have four children. They established the Sapunjis Family Award, which financially benefits a Western football player and a Western female varsity athlete on rotating years.
Lifetime Achievement Award

Helen Luckman, MEd’82

Helen Luckman played a vital role in the growth of women’s athletics at Western. She is a strong advocate for women’s voices to be heard and their accomplishments to be recognized.

Luckman joined Western as the Women’s Vice-Chair of Athletics in 1981. She coached field hockey and tennis and resurrected the women’s athletic committee with representatives from all women’s teams. Luckman introduced women’s intercollegiate squash to Western and successfully argued for women’s soccer to be included in the Canadian Interuniversity Athletic Union.

In 1986 she received the Ontario Women’s Intercollegiate Athletics Association Honour Award for exemplifying the best in university sport in terms of ethics, integrity and honesty.

From 1987 until her retirement in 1999, Luckman worked in the Western alumni relations department, where she helped organize homecomings and other activities. She also initiated a multi-generational meeting of former Western women athletes which led to the creation of the Women’s Athletic Alumnae (WAA) chapter, of which she was a two-time president.

As a volunteer, Luckman served two terms as the Alumni Association representative on the university’s Senate. In 2015 she received the association’s highest honour – the Dr. Ivan Smith Award – for her significant and sustained contributions to the Alumni Association.

Luckman is also a published author. She co-wrote Mustang Tales: The Story of Women’s Sports at the University of Western Ontario, which shares stories of the long and proud tradition of women’s sports at Western.

She is married to Brian, who she met after emigrating to Canada from Scotland. They have two children, David and Heather.
Lifetime Achievement Award

Jack Cowin, BA’64, LLD’00

As a volunteer, mentor and philanthropist, Jack Cowin is an outstanding champion of Western University.

His “purple and proud” spirit began more than 60 years ago when he was studying at Western and a member of the Mustangs football and wrestling teams. In 1963 he was awarded the George McCullough Trophy as the MVP of the Western football team, and in 1964 he was the Ontario Quebec Athletic Association heavyweight wrestling champion.

Cowin’s success as a student-athlete was recognized in 1992 when he was inducted into the Western Mustangs Sports Hall of Fame for his achievements. When installed as Western Chancellor in 2015, Cowin noted that participating in team sports was a valuable learning experience that has stayed with him.

At the age of 27, Cowin and his wife Sharon, also a Western graduate, moved to Australia. Beginning with Kentucky Fried Chicken, then his own burger chain named Hungry Jack’s and next with Domino’s Pizza, Cowin took the fast-food industry by storm.

The successful and respected entrepreneur has contributed to numerous leadership projects at Western and has provided unparalleled support with multiple global initiatives, including as chair of Western’s International Advisory Board. A strong advocate of international learning experiences, Cowin encourages student mobility by supporting internships and academic exchange opportunities between Bond University in Australia and Western.

A generous philanthropist, Cowin has established student awards, accelerated research and strengthened campus infrastructure. In 2000, he was conferred with an honorary degree from Western and in 2011, the Alumni Association recognized him with the Professional Achievement Award.

Despite living more than 15,000 km away, Cowin has remained connected and committed to Western and its athletic program. He continues to be “purple and proud” and is a most gracious host and ambassador for Western University in Australia.
WAA Awards Recipients 1989 – 2009

1989 - Pat Laing (Demaray)
1990 - Kay Easun (Miles)
Dorothy Timpany
1991 - Martha Gleeson (Borschke)
1992 - Mary Rezebos Joan Hamilton (Breakspear)
1993 - Therese Quigley
1994 - Fran Eberhard (Wigston)
1995 - June Gregory (Taylor)
1996 - Sue Hilton-Higgs
Patricia Reid (Washburn)
Lesley Thompson
1997 - Mary Nichol (Riseborough)
1998 - Mary Lou Monteth (Whitwill)
1999 - Jane Peckham (Allison)
2000 - Janet Takahashi (Dick)
2001 - Joanne Kennedy
2002 - Mary Keyes (posthumously)
2003 - Marnie McBean
Jane Riddell
2004 - Martha (Demaree) Day
Sue (French) Lee
Helen Luckman
Peg Fairs
2005 - Dr Mary Wong Mark
Yvette Walton
Heidi Thompson Kolb
Al Morrow
2006 - Judy Alaszkiewicz
Sandra Anschnuetz
Sabine Nolke
Michele Vesprini
2007 - Heather Clarke
Alison Doherty
Alma Moir
Eleanor Richardson (posthumously)
2008 - Stacey Allaster
Patricia Kitchen
Marion Munro
Natascha Wesch
2009 - Mary Chisholm Kraus
Sandy Cooper-Ryder
Nancy O’Shea
Nancy Wilson

Elfrida Berzins Award Recipients 2010 – 2015

2010 - Belinda Chou
Mary Lou Dresser
Tanya Tygesen
Bev (Pierce) Warner
2011 - Jill Purola
Jennifer Plaskett
Angela Schneider
Heather Simpson
2012 - Jo Anne Bugler
Sharon Lane
Michele Mommersteeeg
Mary Ross Barker (posthumously)
2013 - Heather Cartwright
Brigitte Gagné
Melanie MacKay
Bob Vigars
2014 - Mary Etta Barclay
Angela Campbell
Karen Danylchuk
Sarah Ostler
2015 - Vickie Croley
Laurie Danowski
Beth Johnston
Marnie Rolt (Simpson)

W-Club Hall of Fame Inductees 1978 – 2015

1978 - Jim Farmer
Joe Krol
John Loaring
Bob McFarlane
Don McFarlane
Jack Parry
1979 - Charles V. Box
Doug McNichol
F. Murray McNie
Bill Mitchell
1980 - Kay Easun (Miles)
Don Getty
Paul Hauch
John P. Metras
1981 - D. Robert Campbell
Duncan A. McLarty
Claude A. Moore

Robert J. Phipps
Frank G. Cosentino
John P. Girvin
J.C. Kennedy
C. Stewart Ward
1983 - George W. Arnott
Alfred M. Hurley
Paul E. Thomas
Whitman D. Tucker
1984 - Gino Fracas
Reginald R. Ort
Ray L. Truant
Franklin D. Turville
George A. Willis
1985 - Elfrida Berzins
Douglas A. Cook
Peter J. Fowler
Morten Golden
A. Harry Wade
1986 - Vincent A. Callaghan
Roy Kent
Robert A. LaRose
Grant McLaren
J. Phillip Monckton
William J. Storen
1987 - Robert M. Allen
Joseph Breen
June B. Burr
William A. Ewener
Angus D. McLachlin
1988 - Herbert Ballantyne
Milton H. Jewell
Peter T.R. Martin
Ole T. Sorensen
1989 - Peter Fraser
Robert Gage
Raymond B. Johnson
Dennis M. Walker
George A. Wearing
1990 - Glynn A. Leyshon
William McDonnell
David R. Mcguinness
Gordon Risk
Donald J. Wright
1991 - Jarnie Bone
Hugh Douglas
Jack Fairs
A. Doug MacKenzie
Tom Williamson
1992 - Bill Britton
Jack Cowin
Bill L’Heureux
Duncan McKinlay

1993 - Gary Boug
Phil Mohtadi
Jim Neale
Ralph Simmons
Mike Yuhasz

1994 - Dale Creighton
Ed Meads
Douglas H. Mitchell
Ray Takahashi

John G. Metras
Donald H. Prowse
George A. Shepherd
Earle F. Ziegler

1996 - Egon Beiler
Bob Easun
Ross Hurd
Brent Mundy

1997 - Dutch Decker
Craig Labbit
Ray Monnot
Bill Smith
John Wydareny

1998 - Art Froese
Dave McCann
Al Morrow
Coulter Osborne

1999 - Jeff Glass
Clive Llewellyn
Robert Peirce
Bill Rozalowsky

2000 - Rock Basacco
Bill Kileen
Charles Nixon
Ron Potter
Mike Tomlak

2001 - William Kennedy
Brian Renken
Steven Samways
Kent Thexton
Robert Vigars

2002 - Tom Arnott
Douglas Hayes
Blake Marshall
John Stiefelmeyer

2003 - Rick Van Waterschoot
Harvey Barkauskas
Lionel Conacher
John Hatch
George Hill
Mike Murphy

2004 - Brad Creelman
Terry Kilroy
Gary Miller
Tim Tindale

2005 - Jim Henshall
Steve Rucchin
Rick Scarborough
Tyrone Williams

2006 - Michael Barry
Jeff Lay
Sean Reade
Ronald Zanin

2007 - Roger Jackson
Terry Rotondo
Darwin Semotuiuk
Pierre Vercheval

2008 - Joe Dell’Aquila
Ted Hessel
Jens Kraemer
Barry Mitchelson

2009 - Chris Cavender
Harold Gretzinger
James Joy
John Priestner

2010 - Jeff Arp
Jim Parker
Ron Watson
Guy Zink

2011 - Larry Haylor
Marnix Heersink
Vaughan Peckham
Michael Potts

2012 - Trevino Betty
Barry Howson
Dave Mottram
Claude “Ripper” Riopelle

2013 - Terry Davis
Frank Jagas
Jeff Petter
“Doc” Fitz-James (posthumously)

2014 - William Lacey
Doug McGregor

Western Mustangs Sports Hall of Fame 2016 – 2018

2016 - Craig Boydell
Andy Fantuz
Jim Grozelle
Jennifer Kryszak
Cathy Lund
Sara Nathanson
Janet Thompson
Andy Van Ruyven

2017 - May Allison
Bonnie (Matsubayashi) Cooper
Dr. Derek Krette
The Hon. David J. Nadeau
(The late) Chris McCauley
Bob Pearson
Lori Robertson
Dr. Jane Thornton
Robert Westman

2018 - Fran (Wigston) Eberhard
Jack Fairs
Jennifer Lam
Terri McNutt
Marilyn Robbins
Bob Foxcroft
Nick Bontis
Michael Lynch
Randy McCauley
Scott Stoneburgh

2019 - Dr. Peter Fowler
Bob Vigars
Dr. Robert K. “Bob” Barney
Anne Benedetti
Eva Havaris
Andrew Nisker
Becky Ostrom
Kelly Russell
Jude St. John
Paul A. Thomas
Western Mustangs Sports Hall of Fame Selection Committee:

Patricia Kitchen, BA’74, BEd’75, MA’77 (Co-Chair)
Bill McDonnell, BA’75, BEd’76 (Co-Chair)
David Edwards, BA’74, BEd’75
Jon Hamilton, HBA and BMSc’20
Nancy O’Shea, BA’84, BEd’85
Dan Hinschberger, BA’92
Dennis Hinschberger, BACS’86
Sheri Kitching, BA’91
Bob Pearson, BA’63
Mary Riezebos, BA’74, BA’75, MA’80
Angela Schneider, BA’82, MA’85, PhD’93
Janet Takahashi, BA’79, BEd’80
Guy Zink, BA’74, BEd’75

Western Mustangs Sports Hall of Fame Dinner Committee:

Sherri Castrilli, BA’99 (Chair)
Dennis Hinschberger, BACS’86
Lewis Kent, BA’16
Patricia Kitchen, BA’74, BEd’75, MA’77
Sheri Kitching, BA’91
Bill McDonnell, BA’75, BEd’76
Mary Riezebos, BA’74, BA’75, MA’80

Jacquie Rose, BA’17
Amy Samson, Curator, J.P. Metras Museum
Angela Schneider, BA’82, MA’85, PhD’93
Janet Takahashi, BA’79, BEd’80
Tamra Walji, BSc’96
Annette White, BA’94
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