



## 2010 Athletes Of the Year

**Bob Moore Trophy**

**Earl Fee**

**Dorly Brechbuehl Trophy**

**Karla Del Grande**



**Category Nominee  
Honourable Mention**

**Sprints / Hurdles – Male**

**M80 Earl Fee**

**WR 800m Indoors 2:52.57  
WR 200mH 36.95**

**M65 Tony Powell  
ONT MR 100m 13.31  
ONT Indoors MR 200m 27.22**

**Sprints / Hurdles – Female**

**W55 Karla Del Grande**

**World Record 200m Indoors 27.62  
CAN 200m Indoors 27.91  
CAN 200m Indoors 27.83  
CAN 60m Indoors 8.49  
CAN 4X200 Indoor Relay Gold medal World Championships  
World Championships 60m Gold  
World Championships 200m Gold  
World Championships 400m Gold**

**W60 Rhona Trott  
CAN 60mH Indoors 12.24  
CAN 60mH Indoors 11.33 (unofficial hurdles)  
CAN 80mH 14.85 (unofficial hurdles)**

**Distance / Walks – Male**

**M55 Jerry Kooymans**

**CAN Road Mile 4:50  
CAN 3000m 9:36 (pending)  
CAN 5000m 16:41.36  
5K Road 16:55 (CAN 16:54)  
Cross Country 2009 AOTY**

**M45 Mike Sherar  
CAN 800m Indoors 1:58.51  
CAN 800m 1:55.34  
CAN 4X200 Indoor Relay World Championships**

**Distance / Walks – Female**

**W55 Sherry Watts**

CAN Track Mile 8:56.06  
CAN 10,000m 1:00:18  
CAN Indoors 1500m 8:26.47  
CAN Indoors 5000m 30:36.1  
CAN Road 15K 1:32:55  
CAN Road 20K 2:05.38

**W45 Annie Bunting**

CAN Indoors 800m 2:24:47  
World Indoor Championships 1500m Silver medal

**Jumps – Male**

**M45 Geoff Outerbridge**

ONT MR (tie) Pole Vault 4.00  
CAN MR Pole Vault 4.06

**M45 Don Ritchie**

ONT MR (tie) High Jump 1.75

**Jumps – Female**

**W55 Maria Mallia**

CAN High Jump 1.30

**Throws – Male**

**M35 Gintas Degutis**

CAN Shot Put 16.28  
CAN Shot Put 16.47 (pending)  
ONT MR Shot Put 15.40  
CAN MR Shot Put 15.78

**M60 Boris Zaitchouk**

CAN Hammer 62.72

**Throws – Female**

**W45 Elizabeth Hill**

CAN Shot Put 10.29

**W80 Velta Tomsons**

CAN Shot Put 6.67  
CAN Shot Put 7.15  
CAN Indoors Shot Put 5.90

**Combined Events – Male**

**M45 Don Ritchie**

CAN Record USATF Indoor Pentathlon 3257pts  
Canadian Championships 2521 pts  
Ontario Indoor Championships 2286 pts

**M40 Jordan Rosenberg**

Canadian Championships 3046 pts  
Ontario Indoor Championships 2603 pts

**Combined Events – Female**

**W60 Rhona Trott**

CAN Indoor Pent 3887 World Championships  
USATF Indoor Pentathlon Gold 3658 pts



Maria Mallia - Jumps, Don Ritchie - Combined, Earl Fee - Sprints, Jerry Kooymans - Distance, The Pres, Rhona Trott - Combined, Karla Del Grande - Sprints, Elizabeth Hill - Throws