

Ontario Masters Athletes of the Year 2012



Sprint/Hurdles - Male – (tie) **David Valenzuela** and **Chris Lemassif**

David (2nd from left) set a Canadian record this year in 50 metre hurdles and an Ontario record in 60 metre hurdles. Chris (L) won 3 golds at the OMA Championships, and 4 medals at the combined Canadian and NCCWMA Championships. Honorable Mention is given to Lawrence Williams.



Sprint/Hurdles – Female – **Karla Del Grande**

Karla (L) won 6 golds in individual events at the CMA/NCCWMA Championships, and set 2 Canadian records in indoor 400 and outdoor 200. Her times this year in 100 and 200 place her first in the world in her age group.

Distance/Racewalk - Male – Mike Sherar

Mike set a Meet Record in 800 metres at Canadian Indoor Championships, and was first in the 800 at Canadian Outdoor and NCCWMA Championships. Honorable Mentions were earned by Jack Geddes, Vern Christensen, and Jerry Kooymans.

Distance/Race Walk - Female – Annie Bunting

Annie was 1st in Ontario Cross Country Championships, set Canadian records in the indoor 800 and 5000 metres, and was 1st in 800 in Canadian championships. Honourable Mentions go to Linda Wilson and Nancy Wells.



Jumps - Male – Ovidiu Negoita

Ovidiu (L) set a Canadian record in indoor high jump, was 1st at the World Indoor Championships in Finland, and at Canadian and NCCWMA outdoor championships. Presenter – Mark Boswell (center)
Honorable Mention is given to Zoltan Sara, for results almost matching the winner.



Jumps - Female – Gaby Szanto

Gaby set Canadian records in indoor and outdoor pole vault, won gold at World Indoor Championships in Finland, and at Canadian and NCCWMA outdoor championships.



Combined Events - Male - Don Ritchie

Don set Canadian records in the Indoor Pentathlon and Heptathlon, and 50 metre hurdles. He won gold in the pent at the Canadian and NCCWMA Championships. Honorable Mention is given to Paul White.

Throws - Male – **Mike Ransky**

Mike came 3rd in the Canadian Championships in the discus – not a masters event, but the Senior/Olympic trials in Calgary. He also set an M40 Canadian record this year. Honourable Mentions go to the always outstanding pair of Garry Bachman and Emil Muller.



Throws - Female - **Elizabeth Hill**

Last year, Elizabeth won this award for shot put records. This year, she set Canadian records in indoor Weight Throw and outdoor Throws Pentathlon. Honorable Mention – Barb Dabrowski

