

## Ontario Masters Athletics Athletes of the Year Awards 2013

### Overall Female - Karla Del Grande



- broke 3 Canadian records in W60 (100 metres, 200, 400) and was part of 2 Ontario relay team records
- 3 golds at OMA Championships and 4 golds at CMA Championships

### Overall Men - Ontario Men's 80+ Relay Team Bill Thompson, Earl Fee, Ed Whitlock, Ray Wardle



- broke M80 Canadian Record in indoor 4x200m relay
- broke M80 World Record in indoor 4x400m relay
- broke M80 World Record in outdoor 4x800 relay

### Sprints/Hurdles - Female Karla Del Grande

Honorable Mention – Wendy Alexis

### Sprints/Hurdles – Male M80 Relay Team

Honorable Mention – Richard Lech

## Distance/Walks - Female Lioudmila Kortchaguina



- broke W40 Canadian Record in Marathon, also achieving Olympic and Canadian A standard (which no Canadian woman has done in last 5 years)
    - top ranking Canadian woman marathoner in 2013
- Honorable Mention** – Krista DuChene, Beth Primrose

## Distance/Walks - Male Jerry Kooymans



(Jerry 2<sup>nd</sup> from left)

- broke M55 Canadian Record in 5K Road Race
  - broke M55 Canadian Record in 3000 metres Indoors and M55 Canadian Record in 5000 metres Indoors
- Honorable Mention** – Jack Geddes, Ed Whitlock

## Throws - Female Kristen Daija



(Kristen far right)

- broke 3 Canadian Records in W50 (Throws Pentathlon, Hammer, Weight Throw)  
**Honorable Mention** – Barb Dabrowski

### Throws - Male Jim Slepica



- Canadian Records in M50 Indoor and Outdoor Shot Put  
**Honorable Mention** – Jan Graczyk

### Jumps – Male Zoltan Sara



(Zoltan far left)

- broke Canadian Record in M35 in High Jump Indoors  
**Honorable Mention** – Jonathan Younker

### Combined Events - Male Don Ritchie



(Don far right)

- gold at OMA Indoor Pentathlon and 6<sup>th</sup> at US Decathlon Championships  
**Honorable Mention** – Paul Osland