

2018 Athletes of the Year:

W65 Karla Del Grande:

Karla was a triple gold medalist at World Masters in Malaga, in the 100, 200 and 400.

She broke the W65 outdoor world records in both the 100 and the 200, and came within 0.01s of also doing so in the 400.

Karla currently tops the W65 World Masters Rankings in the 100 (by almost a full second), the 200 (by more than two seconds!!!) and the 400 (by just under a second).

During the indoor season, she topped the W60 world rankings in both the 200 and the 400, despite being at the very end of that five year age category.

Karla was inducted in the Ontario Masters Hall of Fame back in 2006, and this is the 11th time since 2003 that she has been named the Ontario Masters Female Athlete of the Year!

M50 Chris Warburton:

Chris was the Ontario Masters 2017 Male Sprint/Hurdles Athlete of the Year, and he has continued running exceptionally well in 2018.

Chris won the silver medal in the M50 200 at the World Masters Athletics Championships in Malaga, Spain, earlier this month.

He also won bronze in the 100 at Worlds, and led the M50 4x100 team to a silver medal and new Canadian record.

Chris currently ranks 4th in the world rankings for the M50 200, and 8th for the 100, with age gradings in the 95th and 96th percentile, respectively.

During the 2018 indoor season, Chris ranked 1st in the 50 and 8th in the 60, with age gradings in the 99th and 97th percentile.

To put those numbers in context, an age grading of 100% equals the world record for that age group.

All Ontarians:

Sprints – Female

W65 Karla Del Grande – 1st, 100, WMA Malaga (14.04; -1.5m/s; 101.07%); 1st, 200, WMA Malaga (28.83; -1.4; 103.09%); 1st, 400, WMA Malaga (68.22; 97.68%; just 0.01s off the world record); 1st, o100 (*WR!*; 13.91; +0.6m/s; 101.98%); 1st, o200 (*WR!*; 28.53; +1.2m/s; 104.18%); 1st, o400 (1:08.22; 97.68%)

W60 Wendy Alexis – 1st, o100 (13.85; +1.3m/s; 100.52%); 1st, o200 (29.22; +1.9m/s; 99.72%)

W60 Reneta Macherzynska – 12th, o100 (14.74; +0.6m/s; 91.90%)

Distance - Female

W65 Kris Kozell - 1st, 5000RW, WMA Malaga (30:19.09; 86.69%), 1st, 10K RW, WMA Malaga (60:42; 91.16%), 1st, 20K RW, WMA Malaga (2:11:55; 88.77%)

W45 Courtney Babcock - 1st, 800, WMA Malaga (2:21.36; 86.86%); 1st, 1500, WMA Malaga (4:47.88; 91.43%)

W40 Lyndsay Tessier - 12th overall, Berlin Marathon (2:30:47; 92.59%; New CAN W40 record by almost three minutes!); October co-AOTM - 6th overall, Toronto Waterfront Marathon (2:36:51; 88.48%; 2nd Canadian)

Jumps – Female

W60 Sue Hannon – ONT Outdoor Records in the High Jump – 1.28 (90.14%) and Triple Jump – 6.96 (69.53%)

W45 Tracy Viggers – CAN Outdoor Triple Jump Record – 9.22 (71.98%); ONT Indoor Triple Jump Record – 8.70 (67.92%)

W40 Michelle Hastick-Cowell - 3rd, TJ, WMA Malaga (11.00, -0.6 m/s; 84.75%; shattered the 30 year old CAN record, which was 9.55

Throws – Female

W60 Barb Dabrowski – 1st, JT, WMA Malaga (32.85; 78.57%); 1st, oJT (34.24; 81.89%)

W60 Doreen Garner – 5th, oSP (10.61; 85.84%; New CAN Record!); 5th, oDT (29.28; 66.52%; New CAN Record!)

W55 Kristen Dajia – June AOTM - 1st, HT, Throwers Club Meet #1 (38.53; 68.78%; New CAN Record!); 1st, DT, Throwers Club Meet #3 (27.15; 50.93%; New CAN Record!); 1st, WT, Throwers Club Meet #3 (11.85; 64.86%; New CAN Record!); 1st, Throws Pent, Throwers Club Meet #1 (3,415 pts.; New CAN Record!)

Combined Events – Female

W50 Kim Ethier – Outdoor Heptathlon – 5th WMA Championships, 4710 points

Sprints – Male

M85 Earl Fee – 2nd, 800, WMA Malaga (3:41.90; 101.19%); 3rd, 400, WMA Malaga (1:30.2; 105.35%); 1st, i400 (1:25.39; 107.04%)

M50 Chris Lemassif – 2nd, 4x100, WMA Malaga (46.67; New CAN Record!); 4th, 200, WMA Malaga (24.21; -1.2; 93.23%); 11th, 100, WMA Malaga (12.06; +1.6; 91.63%); 22nd, o100 (12.03; +0.7; 91.85%); 28th, i60 (7.73; 94.09%); 24th, i200 (24.95; 90.46%)

M50 Chris Warburton – 2nd, 200, WMA Malaga (23.79; -1.2; 95.54%); 3rd, 100, WMA Malaga (11.67; -0.7; 95.29%); 2nd, 4x100, WMA Malaga (46.67; New CAN Record!); 6th, o100 (11.88; NWI; 93.61%); 14th, o200 (24.34; +0.1; 93.37%); 1st, i50 (6.41; 99.07%); 8th, i60 (7.49; 97.78%); 15th, i200 (24.64; 92.24%)

Distance – Male

M55 Geoff Peat - 3rd, 1500, WMA Malaga (4:31.68; 90.22%)

M50 Michael Sherar – 7th, 800, WMA Malaga (2:05.40; 95.91%); 11th, o400 (55.15; 92.22%)

M50 Jim Dyck – 2nd, o800 (2:04.69; 94.84%)

Jumps – Male

M55 Mihai Ene – CAN Indoor Triple Jump Record – 11.67 (85.46%)

M55 Don Ritchie – ONT Indoor High Jump Record – 1.65 (88.24%) and ONT Outdoor High Jump Record – 1.62 (86.63%)

M40 Zoltan Sara – CAN Indoor High Jump Record - 1.87 (86.01%)

Throws - Male

M95 Juri Daniel – 2nd, oSP (5.90; 101.72%); 1st, oDT (13.23; 70.96%); 3rd, oJT (9.59; 55.24%)

M70 Jean-Pierre Mayer - 1st, oDT, Throwers Club Meet #3 (41.12; 70.94%; New CAN Record!); 1st, oM70 SP, Throwers Club Meet #3 (13.21; 73.17%)

M70 Boris Zaitchouk - 1st, oHT, Throwers Club Meet #3 (51.53; 82.26%; New CAN Record!)

Combined Events – Male

M70 Stan Seitz – Indoor Heptathlon, USATF Heptathlon Championships, CAN Record. Indoor Pentathlon – 1st CMA Indoor Championships. Also, ONT Indoor and Outdoor High Jump Records.

M50 Marcus Skeete – Indoor Pentathlon - 1st CMA Indoor Championships, 12th European Indoor Championships, 3133 points

M35 Matthew McDowall – Indoor Pentathlon, 1st OMA Indoor Championships, 1st CMA Championships, CAN Record, 3292 points