

# Canadian Results

## WMA Championships

### Lahti Finland 2009

Team Canada set 19 CAN records and Team Olga set 5 World Records  
There were 31 top-eight finishes.

Canadian results were compiled by Doug Smith using Ken Stone's searchable PDF file of all results.

Legend:

Q	Qualifying round
S	Semi Final round
F	Final
2:01.09q	Qualified for the next round
NH	No height
DNF	Did not finish
<b>CAN</b>	Pending Canadian Masters record



#### W45 Rene Belanger PQ

800m	Semi	2nd overall	2:37.25	
	Final	2nd	2:24.86	<b>SILVER</b>

Every thing was well organized. I suggest all the finals should be in the main stadium.



Photo courtesy Sarah Raetsen

**W40 Jeanie Bezdán AB**

800m                    S                    7th overall    2:27.43 (1st in her heat)

*Jeanie twisted her ankle right beside the track on her way to the start line for the 800m Final!*



**M60 Gaëtan Breton PQ**

8K Cross Country		35th	41:14
5000m	F	31st	25:50.40
10,000m	F	32nd	53:14.45

My trip was excellent. good to be back home though.

I don't think no one could learn Finns how to organise a track meet; they're so efficient. However, I still don't understand why the start time of the marathon was at 9:00. I was out on the course at 6:00 that morning for a train; for me it would have been perfect. By chance, it was not humid as in the 5's or the 10's.

Thanks a lot for your great work taking pictures everywhere, of all of us.



Photo courtesy Andre Francois

### **M50 Dave Brown AB**

100m	Q	7th overall	12.16q
	S	7th overall	11.94
200m	Q	8th overall	24.82q
	S	10th overall	24.96

Enjoyed my first WMA Champs - it was certainly a step up from my WMG experience in Edmonton 2005. After a mid-May hamstring injury reorganized my training schedule, I realized I would have to be content with a less than hoped for result in Finland. I scratched from Alberta Provincials in order to make sure the hamstring was fine for Nationals, which it was - although running into the remnants of Hurricane Katrina didn't do much for everyone's sprint times.

At the end of the 100 semi-finals, I had to be content with running a season best, as I had missed the finals by a few thousandths of a second. Then to add insult to injury, one of the M50 100 metre finalists didn't show up, so there was an empty lane. Oh well, the stands offered a great view of the 100 finals to cheer on Karla, Tom, and Kerry. After the 200 quarterfinals, it was clear how much of a toll the injury had taken on my speed endurance, and I had to be content with a quite pedestrian tenth place overall in the semis.



### **M60 Mike Carter ON**

400m	Q	19th overall	1:07.31
800m	S	16th overall	2:36.64

Tensions are running high. Soon, when the starter pistol blows, the runners will be released and will take off at full speed towards the finish line. Battle lines are drawn and each combatant is gunning for gold medals and world records here in Lahti.

On your mark...

The athletes freeze on the blocks, hands held tightly in position behind white lines, muscles taught, heads lowered and eyes down.

Get set...

In the stands around me the crowd is silent as we hold a collective breath. False starts are common and no one wants to start what could be an international dispute.

I exhale quietly on the edge of my seat, anxiously awaiting the ensuing battle.

**BANG.**

In the end, the battle is often fought over fractions of a second. To the victors: medals, cheers and the honour of sharing in their national anthems. The defeated are rewarded with field experience and battle scars.

From qualifying rounds to the final heats, all the races in Lahti are exciting to watch. WMA meets even allow spectators to be a part of the legacy, as we can regale others with tales of where we were when the dust settled and history was made.

Written by Janelle Carter – 2 time International WMA spectator and daughter to Myrtle & Michael Carter



**W45 Kitty Cashman ON**

5000mRW	6th	28:22.08
10K Road RW	6th	57:46

Great relaxing trip- I felt like I've been away for months. My racing didn't go so well and that didn't matter, because the Finnish trip was a holiday that was way over do and well worth it.

I generally feel tense at these world masters events, but this trip was the opposite - my body and mind thanks Finland.

Now on a different tangent - I went back to work on Tuesday and just as I was about to leave to go home - you wouldn't believe it, but a Finnish Tourist walked into my office and asked if I had time to clean her teeth. What a small world and yes I did clean her teeth and she was very appreciative. She said if I'm ever back in Finland to come and visit her family. (Kitty is a Dental Hygenist).



## M65 Vern Christensen ON

### Team Canada - Assistant Captain

8K Cross Country		38th	39:36
5000m	F	24th	23:31.06
Steeplechase	F	9th	9:15.72



## M60 Roger Cobbedick ON

800m	S	15th overall	2:41.88
1500m	S	15th overall	5:44.35q
	F	14th	6:26.86

Very frustrating not being able to train for Lahti or run well in the 800m and 1500m due to fatigue and shortness of breath. Now I know why. I had an echocardiogram yesterday and it showed aortic valve regurgitation.

Trying to sleep at Hotel Musta Kissa was a real challenge (but that is a long story). Compared with Riccione, no problem with buses and call procedures much less strict in Lahti. I saw athletes running with watches and there was no covering up of advertising on bags in Lahti.



## W75 Alice Cole PQ

800m	1st	3:35.54	<b>GOLD CAN Canadian Record</b>
(old CAN 3:37.05 Lenore Montgomery BC 2005)			
1500m	1st	7:17.89	<b>GOLD</b>



**W50 Barb Dabrowski ON**

Javelin 2nd 36.99 **SILVER CAN**  
(Barb held the CAN record of 34.42)

What can I say? It was a great meet. Well-organized and well-run and great facilities, especially for throwers. Wow, a whole venue JUST for throwers - with scheduled practice times. It is perhaps unbeknownst to many runners, but Finland is very well-known for its javelin throwers. So it was thrilling for me to just be there and compete in a javelin event in Finland. The whole experience certainly exceeded my expectations.

**M80 Danny Daniels BC**

Decathlon	3rd	4640	<b>CAN</b>
(no previous CAN record)			
100m	1st	17.25	
400m	5th	2:05.50	
80mH	4th	20.74	
HJ	4th	1.06	
PV	4th	1.10	
LJ	4th	2.88	
Shot Put	4th	8.50	
Discus	3rd	19.17	
Javelin	2nd	22.03	
1500m	4th	11:04	

Two things I was impressed with: the Physio services at the Sports Hall, especially the work of Maikki with her Canadian flag in her hair; and the quickness with which meals were served in restaurants. No sooner, it seemed, than you placed your order than it appeared in front of you, no matter what you ordered or what time of the day or evening!



## M70 Roger Davies AB

8K Cross Country		12th	36:51
1500m	S	1st overall	5:46.29q
	F	8th	5:43.16
5000m	F	10th	21:30.30

Meeting my old friend Mauro Castenada from Mexico - Sharing his gift of tequila at the Canadian party - Excellent competition in the M70-74 middle distances - Watching some fascinating races - Drunks in the City Square screaming and yelling all the night just out side the hotel - Biking around - Going in the swimming pool and sauna after competing - canoing on the lake and rescuing a big black bird with it's foot caught in fishing line - Friendly honest hosts - Being healthy and being with lots of beautiful healthy people.



## W55 Karla Del Grande ON

100m	S	1st overall	13.64	
	F	1st	13.34	<b>GOLD</b>
				(CAN record Karla's 13.32 set at the USATF meet in Oshkosh '09)
200m	F	1st	27.83	<b>GOLD CAN</b>
				(Karla tied her new CAN record 27.83 set in Oshkosh)
400m	S	4th overall	1:07.30	
	F	4th	1:05.25	

The most athlete friendly meet of the 5 I've attended, because of warm-up and training areas, and porta-potties; call room and check-in efficiency and friendliness, time and opportunity to warm up on the track, and young bag carriers; and the nice touch of the Sibelius CD awarded with every medal. I'm very pleased to come back from injury with faster times than 07 and 08, and 2 golds and a 4th place finish.



## W55 Anne De Thy ON

5000mRW	F	6th	30:51.25
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The Championships were a new experience for me (I still cannot believe that I am now "an athlete"). I certainly do not regret going (even after seeing the credit card bill...). I loved every part of it, but what I liked the most was meeting other athletes from around the world. I was extremely proud to represent Canada. I thought our people were the nicest, not taking themselves too seriously, while still striving to do their best, and did they ever! I hope to be there next time again, to participate and to cheer. Special thanks to Sarah and Vern, who managed to be everywhere at once, it seems, and to Doug for the great pictures.



**M55 Tom Dickson BC**

100m	Q	3rd overall	12.05q	
	S	3rd overall	12.06q	
	F	4th	12.04	
200m	Q	8th overall	26.17q	
	S	5th overall	25.55q	
	F	3rd	25.15	BRONZE



**W45 Donna Dixon AB**

800m	S	1st overall	2:36.94q
	F	4th	2:27.52
1500m	F	5th	4:58.83

I had an excellent experience in Lahti as a first time Worlds competitor. The meet was well organized and the Finns were quietly friendly and helpful. We rented a private apartment and it was great to be able to make our own meals, do laundry and relax away from the track. The apartment owner lent us bicycles and the bikepath system in Lahti was excellent.



The evenings of the 800m and 1500m races at Radiomaki track were magical. The conditions were perfect: calm, warm and sea level. It was very inspiring watching the other races and the fantastic performances of other athletes including many Canadians.

I didn't miss being at the main stadium since Radiomaki had great trails to warm up on and the more laid back atmosphere helped to calm my pre-race nerves.

All these factors spurred me on to my fastest performances in several years. Although I made a few tactical errors and came out on the wrong end of a couple of close finishes I am using that as incentive as I train for Kamloops. Next time I hope we can get some women's relay teams together as we did not have enough runners to do so in Finland.



**W40 Nicola Everton AB**

800m	S	5th overall	2:26.51q
	F	5th	2:23.21
1500m	S	6th overall	5:16.36q
	F	7th	5:02.30



**M80 Earl Fee ON**

400m	S	3rd overall	1:24.24Q	
	F	1st	1:13.23	<b>GOLD</b>
800m	F	1st	2:49.92	<b>GOLD CAN</b>

(old CAN was Earl's 2:53 set in Raleigh this year)

My reflections for the meet: The schedule was wrong for me. The 300 hurdles and 800 were on the same day as usual. I would have done the 300 hurdles but was not confident of my recovering calf injury. The 1500 was the day before the 400, and they made the 80 year olds and no one else male or female run twice on the same day as the 400 final. In the 800 they started me in lane 5 with another runner. I thought I should have had lane 1. My partner in lane 5 held me up for a second or so by starting too fast then slow. I will make it all up when I go to the Australia World Masters Games. Overall the meet was well organized.

## M55 Mike Finkbeiner ON

Javelin	Q	6th overall	45.97q
	F	7th	43.39



I cheated and used a shot from Kamloops

## W55 Mette Fossberg BC

100m	S	15th overall	17.53
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I enjoyed the championships very much! They were well organized and seemed to run smoothly. Congratulations to all the competitors, as usual Canadian Masters Athletes make us all proud!! Lahti is a clean and nice city, just the right size for getting around easily. On a personal note, I shaved some more time off my 100m time, it is a slow crawl back.



## M45 Andre Francois AB

200m	Q	19th overall	25.24q
	S	11th overall	24.47



**M60 John Hawkins BC**

High Jump	2nd	1.66	<b>SILVER</b>	<b>CAN</b>
	(old CAN 1.57 Warren Hamill BC 2006)			
Pole Vault	NH			
Shot Put	Q	12.13q		
	F	12.09		

<b>Decathlon</b>	5th	6359		
100m	12th	14.53		
400m	14th	1:14.42		
1500m	DNF			
100mH	13th	20.37		
HJ	1st	1.69	<b>CAN</b>	
	(old CAN 1.57 Warren Hamill BC 2006)			
PV	3rd	3.00		
LJ	4th	4.87		
Shot	2nd	11.94		
Discus	5th	35.76		
Javelin	4th	40.11		

<b>Throws</b>				
<b>Pentathlon</b>	8th	3670		
Shot Put	6th	12.37		
Discus	10th	38.48		
Hammer	13th	33.52		
Javelin	3rd	41.42		
Weight Throw	12th	12.94		



**Brian Keaveney ON**

**Team Canada Entries**  
WMA Non-Stadia VP

I think you are very correct when you say that the Lahti Championships were the best. The cooperation I received from each of the LOC as well as their incredible scheduling system, volunteers, and planning for each of the non stadia events made the championship as first class success for them and the athletes.



**M60 John Kittredge ON**

5000mRW	F	13th	28:45.94
10K Road RW		16th	59:46

What a treat! Racing with so many guys my own age that really know what they're doing was a rare opportunity. The level of the competition was impressive in both the 5 and 10 k's that I did and I was pleased with my performance. The tactical and strategic learning alone made the trip worthwhile; and now I want more!

I think it would be nice if the RW races, all of which are finals, could be conducted in, or finish in, the main stadium. It "cheats" the participants of that exciting experience otherwise.

I understand that there is a move afoot to change the RW rules to basically make it power walking for the WMA. That's an awful initiative and would destroy the competition for the more serious athletes - those of us who, despite the difficulty (and pain) attached to maintaining a straight knee train hard to stay "legal." I wouldn't be interested in further WMA competition if that change went through.

I met some very interesting competitors and was disappointed that there wasn't a more organized forum after our races to chat a bit and exchange contact info. I have a few names (e.g. of a couple of Frenchmen that I traded elbows with for Canada) but no more. Is there any way of following up to establish contact?



**M60 Bob Knuckey ON**

8K Cross Country		15th	31:19
10,000m	F	13th	39:55.87

Found this meet well organized. I have been to 2 other WMA events, 85 and 91. Cross country route was fast and not too difficult. 10,000 on the track was great as we had a cloudy day. The poor women 10,000 runners had a hot day. The marathon route was lovely, a bit challenging with the hills, but I stopped at every water station and drank the full cup. It was a hot day and they added a couple of extra water stations which I thought was great. They had a ton of volunteers and I was impressed with how many Finns spoke English as well as Finnish. All in all it was a great event. The whole country is like Algonquin park! Lakes everywhere. The saunas were very therapeutic and every house had a sauna. I had about 6 visits to the sauna. Food was great and healthy. I was lucky to be hosted by the track announcer at his house.



**Larry Kemp NS**

Larry was working as an Official in the field events.

This note of reflection on the WMA 2009 Championships held recently in Finland is a result of a request by a 30ish long haired photographer I spoke with in Finland who claimed to be Doug Smith the personable and constantly upbeat President of Ontario Masters Athletics and the keeper of the OMA blog and other outreach services.

1. from Officials perspective

Finland event

- great weather for competition
- while most local officials spoke limited English it did not hamper the operation of events, hence, good environment for competitors
- main stadium was a very good facility
- the 'arm pit' or should I say gravel pit across the road / street was destructive on field throwing implements but functional for throws
- the food was functional but too much cucumber and soup, but in the bid picture was filling and good for the soul
- event planning, scheduling, timing was OK for me but I heard some athletes say their events were at times too close together.

Life can be cruel at times

Overall I very much enjoyed the experience.



## W90 Olga Kotelko BC

100m	1st	25.05	<b>GOLD</b>	
200m	1st	56.46	<b>GOLD</b>	<b>CAN</b>
(no previous record)				
Long Jump	1st	1.77	<b>GOLD</b>	<b>WR</b>
(Olga broke her 1.65 WR set in Kamloops in July)				
Triple Jump	1st	4.02	<b>GOLD</b>	<b>WR</b>
(Olga broke her 3.77 WR set in Kamloops in July)				
High Jump	1st	0.82	<b>GOLD</b>	
Shot Put	1st	4.86	<b>GOLD</b>	
Discus	1st	13.92	<b>GOLD</b>	
Javelin	1st	13.54	<b>GOLD</b>	<b>WR</b>
(Olga broke her 11.74 WR set in Kamloops in July)				
Hammer	1st	12.91	<b>GOLD</b>	
Weight Throw	1st	6.49	<b>GOLD</b>	
<b>Throws Pentathlon</b>	1st	5905	<b>GOLD</b>	<b>WR</b>
(Olga broke her 1.65 WR set in Kamloops in July)				
Shot Put	1st	4.68		
Discus	1st	14.80		<b>WR</b>
(Olga broke her 1.65 WR set in Kamloops in July)				
Hammer	1st	12.87		
Javelin	1st	13.24		
Weight Throw	1st	6.41		

I have the most pleasant memories of Lahti, Finland. The city was beautifully clean with many well-used parks, particularly the one that featured the dancing fountains. The people were very friendly and helpful. I arrived at midnight on Monday, July 27th, 2009 with my first event on Thursday, July 30th. This afforded me the opportunity to acclimatize to my new surroundings. The scheduling for my 11 events was most accommodating.

My three competitors in the 100m., Shot Put, Discus Throw and Throwing Pentathlon were very supportive. I surprised myself with my performance in all 11 events and in particular with the 7 World Records which I achieved. I still have the challenge of setting records in my 5 remaining events.

The venues, the Stadium and Kisapuisto, were within easy walking distance of my comfortable Alex Park Hotel. Kisapuisto was not as desirable as it did not have a running track, the javelin runway did not have sufficient water runoff provision, especially after a torrential overnight downpour, and there weren't sufficient areas for protection from the sun, but we managed to produce our utmost just the same.

The officiating was professional and efficient. There was great camaraderie among the athletes.

A local participant invited me to her home for afternoon tea which included locally grown red and black currants from her garden. She also presented me with a pair of hand-knit Finnish wool socks, which I will treasure as a memory of a beautiful competition, in a beautiful city, in a beautiful country.

A professor from McGill University who was attending the competition has invited me to participate in a study of "Who is Olga Kotelko?"

I am most fortunate to have had the opportunity of competing in the 2009 WMA Championships in Lahti, Finland.



**M40 Peter Lawson NS**

400m	Q	2nd overall	51.60q	
	S	8th overall	50.88q	
	F	6th	50.80	
4X400m Relay		2nd	3:25.39	<b>SILVER CAN</b>

(old CAN 3:26.67 Chris Lemassif, Mike Sherar, Paul Osland, and Malik Crepsac in Riccione 2007)  
Peter ran a 50.08 second leg.



**M40 Chris Lemassif ON**

200m	Q	9th overall	23.28q	
	S	8th overall	23.31	
	F	8th	23.24	
400m	Q	7th overall	52.19q	
	S	11th overall	51.60	
4X400m Relay		2nd	3:25.39	<b>SILVER CAN</b>

(old CAN 3:26.67 Chris, Mike Sherar, Paul Osland, and Malik Crepsac in Riccione 2007)  
Chris powered the opening leg in 51.17

After being injured most of the winter, I was not sure to participate; but these world championships ended up being a great end to a very difficult season with dream accommodation, amazing facilities, tough competition, camaraderie and my fastest masters times!



**M55 Francois Martel PQ**

800m	S	1st overall	2:12.30q	
	F	1st	2:09.17	<b>GOLD</b>
1500m	S	8th overall	4:40.81	
	F	6th	4:26.84	<b>CAN</b>

(Francois broke his own CAN record of 4:29.56 that he set in June)



Photo courtesy Sarah Raetsen

**M70 Bill McIlwaine ON**

200m	Q	23rd overall	34.17
400m	S	17th overall	1:19.67

**W65 Jeannie McKeigan ON**

5000mRW	F	12th	40:40.66
10K Road RW		13th	1:22.54





Jeannie at the Ontario Masters Championships

These world games were certainly representative of a large world population. The efficiency with which the events took place was remarkable.

Doug's presence as a photographer at most or ALL venues, was remarkable. Did he have private helicopter transportation?

I was much impressed with the huge number of well-equipped sports facilities in Lahti. They represent a country which cherishes the value of healthy living.

This beautiful city of Lahti has many remarkable venues, one of which is Sibelius Hall. It is a visual and acoustic tribute to Finland's Great Composer, Sibelius. What a privilege it was to have our Athletic Banquet hosted in this momento of greatness (physical and musical).

Much appreciated was the fact that I visited with many of the international friends whom I met, via the World Masters Games, since I began my love affair with this event in Eugene, Oregon, 1989. We have kept in touch all these years. Much thanks are due to the founding organizers of these games, especially Don Farquharson.

All the participants, organizers and volunteers deserve our gratitude for a CLASS ACT performance.



**W80 Doreen McLeod-Smith BC**

100m	F	6th	24.62	<b>BRONZE</b>
200m	F	3rd	53.87	
Discus		7th	10.48	
Javelin		5th	8.60	
Throws Pentathlon		7th	2277	
Shot Put		7th	3.82	
Discus		7th	9.74	
Hammer		7th	9.06	
Javelin		7th	9.07	
Weight Throw		7th	4.66	

It is a lovely spot & the weather was great, except for the night we arrived. We were impressed with the friendliness of the people & their ability to speak that complicated language!! That 80-84 group is very formidable especially if you're 84 & haven't done much training. Also impressed how well they were able to stick to the schedule - well organized after the opening ceremonies! John was impressed by the hospital & staff during his short stay, however he's not hoping to renew the experience. The beautiful park near the stadium was exceptional & we visited it many times after our initial discovery.



Photo courtesy Myrtle Carter

### **M65 Bruce Mitchell ON**

100m            Q            20th overall 15.20

I found that the Finnish championships were better in every respect as compared to the Italy championships. The Finns had a couple of places to workout where as the Italians had none. The warm up area in Italy was disgraceful and in in Finland wonderful. The Italians did not seem to care about the athletes and the Finns showed the cared in so many ways. Transportation in Italy was an utter disgrace with athletes crammed in the infrequent buses, in Finland on time frequent and more than adequate room. Overall a great meet in Lahti and it is a shame because of the recession that they did not get the 8,000 - 10,000 they so richly deserved,



Photo courtesy Graham



### M40 Graham Morfitt AB

Javelin	Q	1st	62.15	<b>CAN</b>
(Graham held the 61.71 CAN record set in 2008)				
	F	2nd	61.08	<b>SILVER</b>
Throws Pentathlon		7th	3035	
Shot Put		12th	10.97	
Discus		12th	33.47	
Hammer		11th	31.82	
Javelin		1st	62.59	<b>CAN</b>
(Graham held the 61.71 CAN record set in 2008)				
Weight Throw		9th	11.88	

### W70 Peggy Morfitt AB

Discus		8th	6.79
Hammer		9th	15.23



### M45 Steve O'Brien PQ

400m	Q	18th overall	55.75q
	S	11th overall	54.60

Overall it was a nice experience in lahti met some new friends with gatean and francois and even if i was in no condition to run i just about made it to the final of the 400. Before heading down i was going more to finland as a holiday than an athlete with passing away of my dad god rest his sole and expropriation and my new health center that i opened last nov and i am already at just about 2000 members it is a lot of work. Just before i did leave finland i past a few tests with german team on plio metrics and reflexes and a bone scan and when they gave me back the results it really inspired me to get back in shape and on track , they

tested over 350 athletes and with the results they said i ranked 1st overall and that i had the genetics of a 27 to 28 year old, so since then i gotten back on track and trained in germany and now i am back home and the trainings are going really well , and the reason is i received an e mail from Australia from niki taylor to head down their way and defend the title i won 4 years ago in edmonton , i know that if i am in shape with no injuries i can go down under 51 and the world games in aust are waiting for over 25 to 30 thousand athletes and athletics will be taking place at the 2000 sydney olympic stadium and they are waiting for the stadium to be packed , it will bring back memories because it was 20 years ago that i ran a 46.1 in aust , the only thing that is disappointing is that there is a lot of canadian athletes that are not going down , and it is to bad because i've been to both track field world champ and the world games and it is no contest the world games are much more exciting in many ways especially with huge opening ceremonies many athletes and many different kinds of sports .

Keep up the good work doug we will sure miss a professional photographer like yourself down there but i will try to bring you back some pictures.

i was in berlin to see mister usain bolt set his new world records pretty impressive , and his coach told me the last day that i was there that they were going to fix the schedule in london so that he could run the 100 the 200 and the 400 another world record coming up.

see ya in Kamloops



**M45 Paul Osland ON**

800m	S	5th overall	2:05.57q	
	F	3rd	2:02.78	<b>BRONZE</b>
1500m	S	9th overall	4:23.89q	
	F	2nd	4:07.19	<b>SILVER</b>
4X400m Relay		2nd	3:25.39	<b>SILVER CAN</b>

(old CAN 3:26.67 Chris Lemassif, Mike Sherar, Paul, and Malik Crepsac in Riccione 2007)  
Paul ran the third leg in 53.51 with a cracked rib !!



**M55 Bill Pearson ON**

Discus	Q		35.13
Shot Put	Q		11.57
Javelin	Q	20th	31.83
Throws Pentathlon		16th	3042
Shot Put		9th	11.18
Discus		8th	37.60
Hammer		19th	29.76
Javelin		15th	30.23
Weight Throw		17th	11.03

I have been fortunate to have travelled to Finland a number of times in the past. I expected that the Finns with their passion for track and field, their great facilities very conveniently located and strong organizational skills would put on an excellent championship meet and certainly that was the case in Lahti. The throws were well organized with good circles and runways with lots of good implements. Each event had at least 6 officials; events started on time and ran very efficiently. I particularly appreciated the practise facilities with throwing implements which I went to regularly; this was sorely missing in the past two worlds. I met throwers from many countries and appreciated their comments on technique especially the Germans who are always very good technically.

I can recall only a few early first day glitches - at my first competition which was discus there was a mixup in groups. I kidded the official that "I thought you Finns were well organized and efficient." Without hesitation he replied "We are. It must have been a Russian that made those lists!!". The Finns in Lahti certainly get the gold star for organization and have set the standard for others to follow in future worlds.

Personally I will remember this worlds as the javelin throws that almost were - how could any javelin thrower not be inspired to throw in Finland the heart of javelin country. In the single event competition my first throw sailed out to about 40m which would have been a great PB and probably would have got me in the final but it came down flat. The next two throws I was very tight worrying about how to get the point down and only recorded 31.8m. The same problem continued in the throws pentathlon where my first two throws which were in the mid 30's were also flat - I threw the third and last throw as high as I could and thankfully it stuck in so I got a mark but it was only just over 30m which cost me a lot of points. Fortunately thanks to John H. and Barb D, I have videos of all my throws so I have my work project for this fall - fixing this annoying problem!



**Sarah Raetsen ON**

#### **Team Canada Captain**

I had a great time in Lahti, and I wasn't even competing! I enjoyed watching and cheering on all of you. Thanks to everyone for making my role so easy and enjoyable. I'm looking forward to joining you as a competitor in Sacramento!



**Sandy Repko ON**

Sandy is an Athletics Ontario Official who was working the call tent at the Steeple.



**M35 Jordan Rosenberg ON**

**Team Canada Videographer**

Decathlon

*(Jordan injured his foot while training the week before the championships)*

Even though i didn't compete in Lahti, i was impressed with the level of competitiveness and inner strength all the participants illustrated. Watching 85 year old male pole vaulters, 70 year old women sprinting down the stretch or M45 crashing to the ground at the finish line - was very inspiring!!! These people have super powers - and they were showcased on the track and field surface against the best in the world. Will definately look to participate in future meets :)



**M45 Mike Sherar ON**

400	Q	2nd overall	52.62q	
	S	1st overall	51.54q	
	F	2nd	51.26	<b>SILVER</b>
800m	S	1st overall	2:03.45q	
	F	1st	2:01.37	<b>GOLD</b>
4X400m Relay		2nd	3:25.39	<b>SILVER CAN</b>

(old CAN 3:26.67 Chris Lemassif, Mike, Paul Osland, and Malik Crepsac in Riccione 2007)  
Mike ran a 50.63 anchor leg.

What a fantastic experience. Very athlete centered meet. Camp Canada was a highlight. Paul Osland's supreme effort in the 1500 reinforced for me to stay away from that event for as long as possible.



Photo by Mike Sherar

## M55 Doug Smith ON

### Team Canada Photographer

8K Cross Country	DNF	Got 6000m in though.
Steeplechase	12th	Finish time shall remain unpublished. ☺

On the Wednesday night, before leaving on Sunday, I noticed a line in the small print on my ticket that said your passport had to be good for 6 months before expiration. I thought mine was fine...as it expired at the end of August. After I was revived off the floor, I frantically searched the gov't site and found out you could get a renewal in an emergency....zipped down the next morning and picked it up on Friday afternoon. Whew.

**Here's where the excuses start.** Flew for 8 hours in a very cramped plane with beer service run by the Temperance League. Lost a night's sleep as we went straight to check into the camp and then to the Opening Ceremonies.

Got to the Cross Country course early the next day to shoot the Canadians in the older races. Warm up consisted of finding Mike to hand off the camera. Ran in training shoes as the course was like pavement in sections. Was running OK until my upper ham started getting sore at the 5K mark ?? It got worse until, just before the end of the 3rd two km loop, it went 'boing' and I had to stop for a second. What the %\$#@ Rather than writhe around on the ground (like a Sprinter ☺ ) I tried to keep going, but I was reduced to a limping hop. The Safety Judge checked me out and I said I'd try one more time, but it wasn't going to improve, so I dropped out (only the 2nd time in over 500 races).

I had a massage from Gaëtan on the spot (thanks Mon Amis) and followed a lot of expert advice from the Guys over the next 10 days to get where I could limp along the camp road.

What a great place to practice Yoga – on the dock on a solitary, still lake. That had to help.

Got the Steeple in on the last day of the meet. Couldn't stride with any speed, but was able to run the sucker! I was SO HAPPY to get a finish in at the Championships.



**M55 Kerry Smith ON**

100m	Q	4th overall	12.20q	
	S	4th overall	12.07q	
	F	2nd	11.83	<b>SILVER</b>
(Kerry was close to his own 11.81 CAN record that he set at the York Twilight meet in June)				
200m	Q	6th overall	25.98	
	S	2nd overall	24.95q	
	F	2nd	24.45	<b>SILVER</b>
(Can record is Harold Morioka's 24.44 set in Gateshead 1999)				

Lahti was a well organized meet. I enjoyed competing against some old friends, Great accommodations, food was amazing (thanks Myrtle). I will miss walking to Hessburger for a late night ice cream. We saw some younger Canadian sprinters Chris, Andre, Dave and Lawrence. It would nice to see more. I think we have probably the best crop of M35 Sprinters in the world . Maybe in Kamloops we will see them show the world. Tom Dixon was super in the 200m (bronze) and he laid it all out on the line. We didn't have the numbers, but we had the quality and everyone as usual was there to cheer each other on.



**W35 Olga Stalevitch ON**

Discus	8th	30.30
Shot Put	9th	9.08

**Bob Staveley ON**



## Javelin

I soon realized that the competition was very much stronger this year than in 2005 or 2007( - e.g. 3rd place threw 29+ metres in 2005, 30+ m. in 2007 but 37+ m in Lahti!!). I knew that I had no realistic chance to make the "cut", so did not try for a "safe" throw just to get one in, but rather went all-out to go for a PB. Unfortunately they were looking for the jav to leave a mark on the ground, rather than just to make sure the point touches first. On 2 of my throws they were down on their knees scratching in the grass looking for a mark, but unfortunately raised the red flag each time and I "struck-out" with 3 fouls, all flat throws. Had I thrown what I did in Kamloops, I would have placed 13th out of 16. By contrast that same Kamloops throw would have been just 5 cms short of 4th place in Spain in 2005, -but in a field 1/2 the size.

The competition was well run, as one comes to expect in Finland. The marshalling was a bit stricter than one often sees, which made warming-up a bit difficult (I did stationary jogging & push-ups in the compound). However they gave everybody 3 warm-up throws, and were very diligent about cleaning off the javelins between throws. I was the only one of 16 in my event that came from an English speaking country, yet I had no trouble with instructions as they did use English as the international language quite a lot. The apparent insistence on finding a mark on the ground would seem to go against the IAAF Rulebook, as my copy (2006 - 2007 edition, Page 167) only says the steel point must strike the ground first. No reference to leaving a mark, that I could find.

I went to the big athletes party on the 4th, but unfortunately missed the Canadian party (which is more fun usually) as I had planned a travel itinerary through Estonia, Sweden and Norway leaving Lahti early on the 5th. Nice people I find in Scandinavia. However after hopping from town to town for over a week I was glad to come home.

Some of the excursions from Lahti were very pleasant. I did the Sunset Dinner Cruise and the all-day bus/boat excursion to Kelvenne Lagoon in Paijanne National Park. These were a good way for visitors to get out of town and see the countryside and parkland nearby. This countryside does look a lot like Northern Ontario!!



**M40 Marc Steiner Hong Kong**

200m	Q	33rd overall	1:31.38
800m	S	19th overall	2:10.88

Marc is a Canadian teaching in Hong Kong.



**W50 Nanci Sweazey ON**

300mH	S	6th overall	1:01.39
	F	6th	1:00.98
Steeplechase		5th	9:49.32
5000mRW		5th	29:21.86
10K Road RW		7th	1:02.58



**M70 Keijo Taivassalo ON**

Marathon		6th	3:40.00
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This was my first WMA Championships and I loved it, especially because it was in my native country of Finland! The week before my big event of the marathon was incredibly inspirational, seeing athletes of various ages competing in events, many of them in world record time, others just happy to be running at the of 90! The energy in Lahti was exciting, the stadium with the ski jump hills in background reminded me always of the Flying Finns, the ski jumpers that competed in Winter Olympics. The volunteers and organization were great and I enjoyed eating my favorite muikku fish for lunch at the stadium. The weather was beautiful – but perhaps not ideal for marathon. In fact it was one the hottest weeks of the summer with blue sunny skies and not a cloud in the sky! The marathon was run on the last day of competition , Saturday August 8th and the temperature in the morning before the race was already 28 C! I felt nervous and excited standing at the start with almost 1000 other men and women getting ready to run the 42 km course around the city of Lahti! It was two-loop course which was nice for spectators and there were lots of people cheering us on. I felt great through the first loop and was on target to beat the time (3 hours 29 minutes ) I ran in the Ottawa this past May. I could hear my daughter cheering me on and saying

I was in 3rd place in my age group of 70-75 years! But then the second loop was tough and both my hamstrings started tightening up and the last 3 km was just a battle to get to the finish line, with muscle cramps in both my arms and legs! I couldn't keep my pace and was hard to let the Russian runner pass me! I think it was one of the toughest race courses I ever run – with the big Salpausselka hills which seemed to me like the Swiss Alps! I met others at the finish line, many with similar muscle cramps, who also said it was a crazy course! So I was very happy to survive and have a sixth place finish in 3:40 time, it was better than I had expected but the hardest marathon ever – the New York City and Boston marathons do not compare! After some magnesium, a nice Finnish sauna and beer that night, I was feeling good and ready to run again. I am definitely looking forward to the next WMA Championships – Sacramento, here I come!

## M60 Roy Thomson AB

Discus	Q	20th	25.10
Javelin	F	14th	28.84
Shot Put	Q	21st	7.41

I thought that before I left for Lahti that I was more or less ready to compete. I fully realized that I had no chance to win a medal. It didn't help that I injured myself just before leaving, but that would not have changed my overall placings in each event.

I found out that I wasn't mentally ready - to be tough enough. Having competed in the World Masters Games in Edmonton (2005) I knew that the competition would be tougher in Lahti. I forgot that for me living in Calgary a major meet in Edmonton was as close to having it at my local training facility as it will ever be (very little adaption required).

Just to adapt to my new living quarters, menus and signs in Finnish (although the Finns were great in communicating in English), not realizing that I would have only two warm up throws in the discus, and wondering how the Finns in the javelin don't seem to warm up much but produce great performances were all learning experiences for me.

I don't know how one can adapt to the unexpected happening, but that would be one of the major challenges an athlete would have to be able to adapt to at any WMA. It was a great learning experience for me.



## W60 Rhona Trott ON

100m	S	5th overall	15.67q
	F	4th	15.41 (3rd place was also 15.41)
80mH	F	4th	14.52 <b>CAN</b>
			(Rhona broke her own 15.43 CAN record set in Kamloops in July)
300mH	F	3rd	57.24 <b>BRONZE CAN</b>
			(Rhona broke her own 58.28 CAN record set in Kamloops in July)

As usual, it was humbling meeting so many fantastic athletes. It was fun sitting in the stands, watching and pointing out the different people who were staying in our hotel, many of whom were medal winners. The one person who was the most impressive was the W65 Dutch woman who won the 800m at Radiomaki, went to Stadion to win the 300mH, then won the 400m race a few days later.

My other thought is "What if...."

What if the floating rib hadn't decided to act up so much a couple of days before the heptathlon.

What if I hadn't stumbled out of the blocks in the 100m

What if I'd entered the 200m

What if I actually learned to hurdle properly ☺

It was a great experience

Of course, you can always mention the number of people who fell near the end of their races -- not just Canadians!!! I'm guessing that Paul Osland may talk about his spectacular flying feat which not only got him the silver medal in the 1500m, but also enabled him to run in the 4 x 400m with cracked ribs!!!!!!!!!!!!!!

How craazy Canuckish he was!



**M40 Trevor Van Nest ON**

1500m            S            19th overall            4:23.94

Definitely a memorable Worlds for me - a 7-second Masters PB - inspired by some great Canadian efforts in Lahti, and encouraged by so many friends and family back home (especially Anita, who couldn't make it this time). And while I just missed making the Final, I felt like I really laid it out there. All of the Canadian Team was super-supportive, and I met some great people from all over the world. The Finns were great hosts - and even made sure I took part in that most Finnish of indoor/outdoor experiences: the authentic sauna-by-the-river (!). For those who haven't made it to a WMA Championship yet, I can't say enough about the experience.



**W75 Helly Visser AB**

800m	F	2nd	3:46.83	SILVER
1500m	F	3rd	7:31.55	BRONZE

The participation in this competition was a joy for me. It was my first time on the track this year and ran the splits I planned for. The organization of the events was very good and I liked the sea of finish blue of the volunteers on the fields and track. Everyday we walked past the central market and were amazed by the berries and mushrooms, all sold by the liter or parts thereof. The sauna near the track was a great recovery after the races or hot days. Now on to the next championships.



**W55 Lily Whalen ON**

5000mRW	11th	32:57.26
10K Road RW	11th	1:08:42

I had a great time, like always. I really enjoy the camaraderie of the games, the feeling of the games, the whole atmosphere and meeting the same people and new ones. On a personal level, it was a devastating meet, both physically and mentally. I will remember 2009 as the year of a disastrous performance due to injuries and unable to take in enough oxygen. I went to Lahti with sore hamstring. Managed to do the 5k. However, it made it feel worse then I hoped. My desire was so strong to race the 10k that I went in it. Well, that proved to be a big mistake. Toward the end of the race I was hardly moving and was dragging my right leg, should have drop out, but my sense of pride in finishing stop me from doing so. I am paying for it now, have not been able to racewalk since. What a rookie move or more direct what a stupid move!!! Only 2 complaints: 1) is that I wish we had been closer to the city and did not have to depend on the shuttle bus schedule even though they were always on time! & 2) that real ice was available at the medical facilities, ice packs were not cold enough. All in all, I can't wait for Sacramento....are there any wheel chair events...ha ha.

On another note: Doug, you continue to amaze me! Your enthusiasm, cheerfulness and willingness to take photos of everyone is just fantastic. Muchas gracias amigo!!!

Also, a huge thank you to Sarah and Vern for doing a great job as our team managers, they were always there when we needed them!!!



**M35 Lawrence Williams ON**

200m	Q	11th overall	23.22q
	S	DNF	
400m	Q	14th overall	52.63q

The meet was pretty good. A couple days were barely warm enough. My accommodations was pricy based on what I was getting. The ski jumping scenes were great. Outside of the track meet, I don't know how much I'd do in the city of Lahti.

My issues with World Masters Track & Field Championships as a whole is why do they hold them in smaller towns and less known cities?

This goes back to when I was too young to be a Master. I had never heard of San Sebastian. I would have thought it would go to Barcelona or Madrid. Likewise, I would have thought Rome, Milan, or Florence, Italy as opposed to Riccione. I originally thought Lahti was a suburb of Helsinki (like Mississauga or Pickering is to Toronto), but then discovered it was over an hour away. For the next one, Sacramento is known, but it's still not Los Angeles, San Diego, or San Francisco. The one after is in some place in Brazil I've never heard of either. Naturally, I would have thought Rio de Janeiro. Even for indoors, the same thing occurs. Where's Clermont, France? Why isn't it in Paris? Now the next World Indoors is in Kamloops. Some of those Europeans (who spoke to me since they saw I'm Canadian) will come to Canada for the first time. Kamloops doesn't give much of a glimpse of what Canada is like. I've been to Kamloops and I'm wondering how the town is going to be able to host World Masters Indoors. So why does World Masters Championships always seem to be held in smaller cities or less known towns? At least the World Games are held in Sydney, Australia (but that's the World Games and not just World Masters Track & Field Championships).



**W50 Katherine Willis ON**

400m	S	14th overall	1:17.57
800m	S	10th overall	2:50.98q
	F	10th	2:50.42
1500m	F	8th	5:45.20
8K Cross Country		23rd	38:04

You should of mentioned the terrain we had to run upon in the cross country...that's what did the hamstrings in. I honestly thought after running the cross that I wouldn't be able to race again...but I had my RMT work on them for the 4 days before the 800m and was good to go. I am still pinching myself over my results in Finland. I had 3 personal best W50 times...and the 1500m time was the fastest time I've run in years...faster than I ran in Spain in 2005!!!! And I finally achieved an **80** percentile performance...**MY FIRST EVER AS A MASTER**. That in itself was so HUGE. I was totally overjoyed and had a spectator ask me if I had won the 1500m...had to reply "no but it sure felt like I did!". I actually had a piece of the track at Radiomaki in my spikes which I think I will have framed with my Bib number...

My only story to tell was accidentally locking myself in the washroom at the main stadium just before I was to run my 400m. I had problems with the locks and doors in Finland as they seem to be opposite to what we have here in North America. I was frantic to get it open and when I did I bolted back upstairs in time to march out with my heat, thank heavens. I have this fear of not being able to get to the start line and, let me tell you, this experience certainly was too close for comfort. ☺



## **M60 Michael Wills NS**

8K Cross Country                      34th              37:53

Hyvää iltapäivää

Olen juuri palannut pitkältä matkalta Venäjälle. Mutta se oli liian lyhyt!

Olin vain muutaman tunnin Lahdessa. Juuri tarpeeksi aikaa nilkuttaa hitaasti ympäri maiden välinen kurssi.

Sitten minä nilkutin Moskovaan ensimmäisen luokan makuuvaunussa.

Kuitenkin juoksukilpailut olivat erittäin miellyttävät ja oikein hyvin organisoitunut. Tämä oli minun ensimmäinen WMA kokemus ja haluan tehdä sen uudelleen. Seuraavan kerran paremman terveyden toivon. Onnea ja menestystä!