

Athletes of the Year

The Bob Moore Award for the overall Male Athlete of the Year
Co-winners of the Distance/Walks category –
Stuart Galloway and Ed Whitlock.



The Dorly Brechbuehl Award for the overall Female Athlete of the Year
Co-winners in the Sprints/Hurdles category –
Wendy Alexis and Karla Del Grande.



Female Sprints / Hurdles

Co-winners Wendy Alexis and Karla Del Grande



These two women, both in the W60 age category, are called sprinting sisters (mistakenly) but are certainly a dynamic duo. Head to head they split wins this year outdoors in 100 and 200, with age grading for both often above 99%. Karla added 400m championship golds in Ontario and the US, and Wendy was champion in Shot Put at the CMA championships. But most meaningful (and fun) to them was combining with others in two 4 by 100 relays to set a Canadian record and a US Masters non-club record. Both highly recommend becoming friends with your competitors!

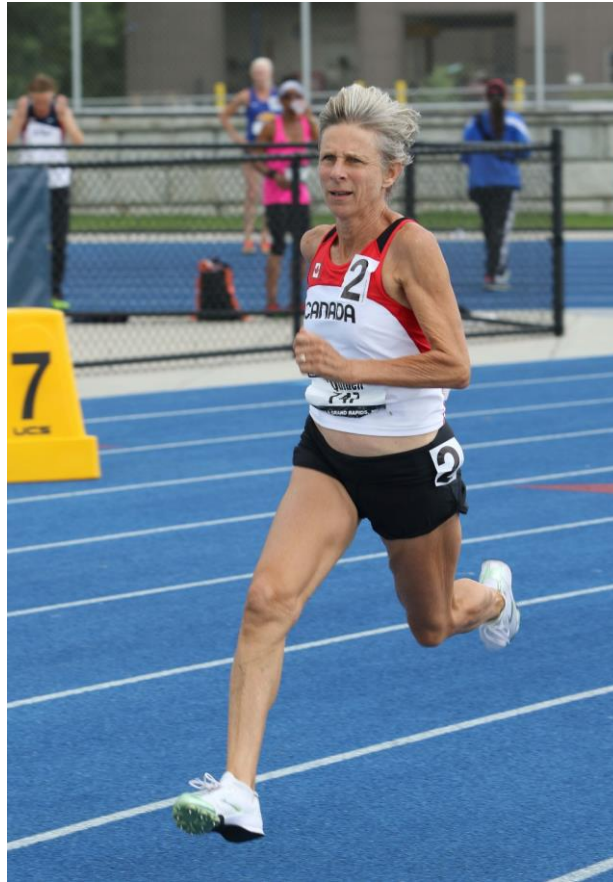
Male Sprints / Hurdles

Chris Warburton



Chris is the OMA Champion Indoors in 60m and 200m, and Outdoors in 100m and 200m, and CMA Champion Indoors in 50m, 60m, and 200m, and Outdoors in 100m and 200m. He also set 5 meet records in these championships! Such consistency has certainly earned him this award.

Female Distance / Walks - Rita Quibell



Rita's solid "comeback season" results in the W60 category included a 1st in OMA Outdoor Championships in 800m & 1500m, a Canadian W60 record in 1500m, and 2nd in 400m and 800m at the US Masters Championships. Welcome back, Rita!

Honorable Mention – Michelle Clarke

Michelle had strong performances from 800 metres to 10K, and a Canadian W40 record in the indoor 5000m.

Male Distance / Walks

Co-winners Stuart Galloway and Ed Whitlock

Stuart went on an awesome streak indoors, setting Canadian indoor M55 records in 1500, 3000, 5000, AND the indoor mile. Outdoors, he set records in the 5000 and 10,000. He also had the highest Age Graded score **ever** at an OMA cross-country meet.



Ed amassed 6 world records in M85 on the track this year, yes 6! His age-graded scores were consistently from 94 to 100%, with indoor records in the 1500 and 3000m, and outdoor records in 1500, mile, 5000 AND 10000m. He also ran 2 road races, a 10k and a half marathon, both of which beat existing world road records in M85. By the way, the track 10000 was amazingly just over 51 minutes - that's 25 laps! - in brutal heat and humidity, certainly a time that many runners years younger would be happy to run.

Female Throws

Elizabeth Hill



Elizabeth bettered 2 W55 Canadian Indoor Records this year, in weight throw at 11.36m, and shot put at 10.93m.

Male Throws

Emil Muller



Emil continued to break the M80 hammer record he set in 2015, this time with a fine 41.44m in Ottawa in July. This throw is 4th best in the world in 2016, with an age-graded mark of 89%.

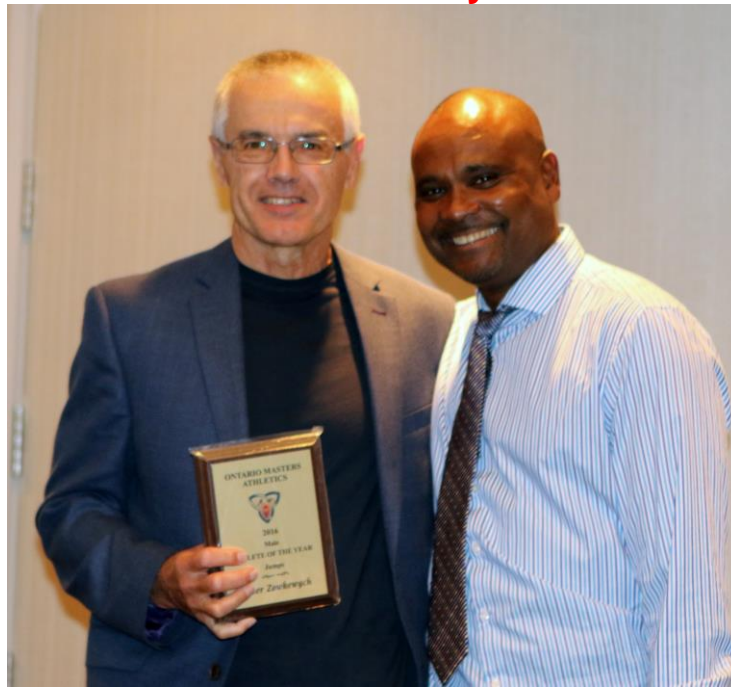
Female Jumps

Leslie Estwick



Leslie broke the Canadian record in W55 High Jump at the CMA Outdoor Championships in July, and an Ontario record in the 80m outdoor hurdles at the OMA Championships.

Male Jumps Peter Zowkewych



Peter set new Ontario records indoors in the M65 category in 2016, in High Jump, Long Jump, and Triple Jump, and then outdoors in High Jump. He also set a meet record in the High Jump at the CMA Indoor Championships.

Male Combined Events Peter Zowkewych



Peter's strength is not limited to jumps, but he is an all-round accomplished athlete. He was the champion in the US Masters Heptathlon, the CMA Indoor Pentathlon, AND the US Masters Decathlon. In so doing, he set an awesome 10 Ontario records and 2 Canadian records, both indoors and outdoors.