

Female Masters Athlete of the Year

W40 Sasha Gollish set a CAN record – 1500m – 4:16.46 at the La Classique D’Athletisme de Montréal on June 5th in Montreal, PQ

Sasha also broke the **WORLD Record** and CAN Record in the 1 Mile in a time of 4:38.73 at the OMA Championships.

Previous WR was 4:44.81 held by Sonja Friend-Uhl, USA, 2012.

Previous CAN record was 4:57.71 held by Patty Blanchard, NB, 1999

Male Masters Athlete of the Year

M90 Canio Polosa broke multiple CAN Records

CAN Road Best – 8K – 58:55 London
(previous CAN 1:13:09 Maurice Tarrant BC)

CAN Road Best – 5 Mile – 59:17 London (no previous)

CAN Road Best – 10K – 1:14:04 London (no previous)

2022 MASTER’S ALL-ONTARIANS

MEN’S ALL-ONTARIANS

SPRINT/HURDLES

Milton Hart
Obrian Gibbons
Gavin Smellie

DISTANCE/WALKS

Jim Dyck
Dan Fiorini
Canio Palosa

WOMEN’S ALL-ONTARANS

SPRINT/HURDLES

Karla Del Grande
Renata Macherzynska

DISTANCE/WALKS

Elizabeth Waywell
Sasha Gollish
Jennifer MacDonell

JUMPS

Donald Ritchie
Thevarajan Sinnathurai
Peter Zowkewych

THROWS

Mike Ransky
Michael Finkbeiner
Boris Zaitchouk

COMBINED EVENTS

no competitors

JUMPS

Marisa Cadienhead
Kairy Loucks

THROWS

Kristin Dajia
Barb Dabrowski
Adri Rowswell

COMBINED EVENTS

no competitors