

2024 AO Masters Athlete Of The Year Nominees

W70 Karla Del Grande



Gothenburg 100m Gold
200mH Gold
200m Silver

AO Masters Championships
200m World Record
100m CAN Record
400m CAN Record

Indoor Season
60m, 200m, 400m Indoor Champs Meet Record

W35 Paula Suchowiecka



Gothenburg 100m Gold
200m Gold

Masters Indoor Meets
100m CAN Record
200m CAN Record

W65 Wendy Alexis



Gothenburg 100m Gold
200m Silver

M60 Simon Rayner



Indoor Season

1500m CAN Record
Mile CAN Record
3000m CAN Record
5000m bettered CAN Record (no Zero Test)

Cross Country Member of the GAAT winning provincial team

Don Farquharson 4K Highest AG%
AO Sunnybrook Park 5K Highest AG%
AO Sunnybrook Park 6K 2nd Highest AG%
AO Championships Highest Male AG%

M70 Ward Hazen



Gothenburg 80mH Gold
Decathlon Gold

Indoor Season 50m CAN Record

Outdoor Season

100mH ONT Record

M80 Tony Powell



Indoor 50m CAN Record

Outdoor 100m CAN Record