



**Athletics Ontario AGM Report
April 2018 – March 2019**

The OMA / AO Memorandum of Understanding, that was instituted in 2019, meant that all OMA events were managed by AO staff, under the direction of the OMA Meet Director. This arrangement relieved the OMA volunteers from a lot of the workload and allowed them to concentrate on expanding membership and building Masters athletics.

The 47th annual Outdoor Championships was held at York Lions Stadium due to the track resurfacing at Varsity Stadium.

Masters exhibition 100m and 800m events were held during the NACAC Championships at Varsity in August.

An incredible 75 Ontario Masters attended the World Masters Championships in Malaga Spain.

Karla Del Grande and Chris Warburton were selected as Ontario Masters Athletes of the Year at the AO/OMA annual Awards Gala. Karla has been AOTY 11 times! 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. Chris won the silver medal in the M50 200m at the World Championships in Malaga, and the bronze in the 100m. He led the M50 4x100 team to a silver medal and new Canadian record.

With the National Cross Country Championships in Kingston, the OMA Cross Country Season was able to offer five races. The Newmarket Huskies were the OMA XC Series winners of the Jim Breslin Cup.

Team Ontario won The Gaat Trophy as the top scoring province at the National XC in Kingston – an astounding 11 of the past 12 years!

The 2019 indoor season included three Mini Meets, and the 49th Annual Ontario Masters Championships. JamCan International Athletics Club won the *Brian Keaveney Trophy* as the top scoring Club.

The Athletics Ontario / Ontario Masters Road Race Series included seven events from all over the province in distances from 5K to the Marathon.

31 OMA athletes attended the World Masters Indoor Championships in Torun Poland in March – winning 10 medals. Karla Del Grande broke two World Records.

The Throwers Club continues to grow their membership base providing much needed throws coaching and development to Masters throwers. They continue to increase the number and quality of their events.

Next summer Toronto will be hosting the World Masters Outdoor Championships and we know that our Ontario athletes will perform very well with their home turf advantage.

Respectfully submitted,

Doug Smith
President
Ontario Masters Athletics