



Athletics Ontario Masters Council Report – November 2023

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Lynn McFerran

Damian Dupuy – Vice Chair

Mirco Graenert

Paul Roberts

Norm Green – Treasurer

Laura Houston

Peter Zowkewych

Anthony Biggar – AO staff

Period from April 2022 to March 2023.

In late June and early July, there was a large contingent (22) of AO Masters competing at the World Masters Championships in Tampere Finland. They won 3 Gold, 3 Silver, and 3 Bronze Medals.

The 50th annual Ontario Masters Championships was held at the TTFC Aug 6-7. There were 5 Canadian records, and 9 Ontario Records broken. JamCan won the Doug Smith Trophy as the top scoring Club.

We held our usual three Cross Country Prep meets at Sunnybrook Park in October – incorporating younger age groups in several shorter distances. Once again. Masters had their own race at the AO Championships in Kingston. Newmarket Huskies proved, once again, to be the top Cross Country club in the province.

We held two Winter Mini Meets in 2023 at the TTFC – incorporating all of the AO younger age groups.

The 52nd annual Masters Indoor Championships was held in early February at the TTFC. JamCan International won the Brian Keaveney Trophy as the top scoring Club. The meet produced 3 CAN records and 12 ONT records.

We hosted the two-day Canadian Masters Indoor Championships later in February. 18 Ontario Records were broken, as well as 76 Meet Records. Ontario has hosted 9 of the 12 CMA Championships.

In late March, Ontario had a large contingent of 29 Masters who competed at the World Indoors in Torun Poland. W70 Karla Del Grande broke World Records in the 200m and 400m.

We continue to select a Masters Athlete of the Month. At the December AO Awards Gala, we selected Sasha Gollish and M90 Canio Polosa as Athletes of the Year for 2022.

The Council had a representative on the AO Strategic Planning Committee.

Report Submitted November 3rd, 2023

Doug Smith

Chair - AO Masters Council