

2009 Athletes of the Year

Overall Winners

Bob Moore Trophy

M80 Earl Fee

2 Gold medals at the World Championships in Lahti, Finland
 800m World Record at the World Championships in Lahti, Finland
 Indoors 400m World Record
 Canadian Record 200m Indoors
 Sydney World Masters Games 200m Canadian Record
 Sydney World Masters Games 800m World Record
 Sydney World Masters Games 300mH World Record

Dorly Brechbuehl Trophy

W55 Karla Del Grande

2 Gold medals at the World Championships in Lahti, Finland
 World Record 400m Indoors
 Canadian Record 100m
 Canadian Record 200m
 Canadian Record 60m Indoors
 Canadian Record 200m Indoors
 Canadian Record 50m Indoors
 200m Outdoor Championships Meet Record
 400m Outdoor Championships Meet Record



Category Winners and Runners Up

Track - Male

M80 Earl Fee

Indoors 400m WR
 Lahti 2 Golds
 CAN 200m Indoors
 Sydney 200m CAN
 Sydney 800m WR
 Sydney 300mH WR

M45 Mike Sherar

Lahti 400 Silver
 Lahti 800m Gold
 Lahti 4X400 Silver
 CAN 800m (3 times)
 CAN 800m Indoors
 400m Outdoor MR
 CAN M40 4X400m
 CAN 4X400m Indoors

Track - Female

W55 Karla Del Grande

WR 400m Indoors
 CAN 100m
 CAN 200m
 Lahti 2 Golds

W60 Rhona Trott

CAN Indoor Pent
 CAN 80mH
 CAN 300mH
 Lahti Bronze & two 4ths

200m Outdoor MR
400m Outdoor MR
CAN 60m Indoors
CAN 200m Indoors
CAN 50m Indoors

100m Outdoor MR
200m Outdoor MR
CAN 60mH Indoors
400m Indoor MR

Jumps - Male

M60 Stan Seitz
CAN HJ Indoor (32 yrs)

M60 Hugh Miller
CAN PV Indoor

Jumps - Female

W35 Michelle Hastick-Cowell
CAN TJ Indoor

Throws - Male

M35 Jamie Fahie
CAN Hammer record
Farther than the Lahti Gold

M45 Richard Parkinson
CAN Throws Pentathlon record

Throws - Female

W50 Barb Dabrowski
CAN Javelin record
Lahti Silver medal

W45 Kristen Daija
CAN Throws Pent, Hammer, Weight

Racewalker - Male

John Kittredge
3 CAN records - 1500m, 5k
and the 1 hour (over 10k)
PB and Canadian record for
5k 28:08 age graded at 83.09%
Seasonal best for 10k 59:03
age graded at 81.28%.
All his races are age graded
at above 80%.

Jianping Xu (known as JP) -
Is doing amazing as a new comer.
PB for 5k 27:25 age graded at 70.19%
PB for 10k 55:31 age graded at 71.77%
PB for 20k 1:52:25 age graded at 72.87

Racewalker - Female

Kitty Cashman *TIE*
overall winner at all Ontario champs.
Seasonal best for 5k 27:36
age graded at 80.13%
Seasonal best for 10K 57:03
age graded at 79.78%

Linda Wilson
Silver and Bronze in Sidney,
Seasonal best for 5k 28:46
age graded at 80.57%
Seasonal best for 10K 59:57
age graded at 79.76%

Cross Country - Male

M50 Jerry Kooymans

Taylor Creek 90.7%

Sunnybrook 87.7%
ONT Champs 88.3%
CAN Champs 94.68%

M45 Geoff Peat
Falling Leaves 80.1%
Newmarket Twosome 98.6%
Taylor Creek 85.6%
Don's Memorial 82.8%
Sunnybrook 84.6%
ONT Champs 83.6%
CAN Champs 83.86%

Cross Country - Female

W45 Beth Primrose

W55 Dawn Hamel
Falling Leaves 83.5%
Taylor Creek 86.2%

Sunnybrook 86.3%
ONT Champs 86.7%
CAN Champs 88.51%

Don's Memorial 83.6%
Sunnybrook 82.7%
ONT Champs 83.8%
CAN Champs 85.4%

