



Female Sprints / Hurdles - Karla Del Grande
(Honourable Mention - Wendy Alexis, Khama Beckles)

Karla had 5 World record performances outdoors since fall 2013 in 3 events, and 5 World record performances indoors in 3 events. She won 3 golds in the World Outdoor Championships, and 2 golds and a silver in the World Indoor Championships.

Wendy set a Canadian record in the 50 metres, and won 2 golds in the World Indoor Championships.

Khama set a Canadian record in the 60 metres. She won bronze in 60 metres in the World Indoor Championships, and silver in the 100 metres in the World Outdoor Championships.



Male Sprints / Hurdles - Earl Fee
(Honourable Mention - Tony Powell)

Earl set 2 World records, in 400 metres and 200 metre hurdles in the past year. He also had a Canadian record in the 200 metres, and another World record in the 800 metres.

Tony broke a Canadian record in the M70 200 metres outdoors (coincidentally, Earl's record). He was 2nd in the M70 100 metres at the Penn Relays.



Female Throws - Marie-Josée Le Jour (L)

(Honourable Mention - Kristin Dajia, Elizabeth Hill, Rhona Trott)

Marie-Josée broke the World Record in Throws Pentathlon, which was a long standing record (since 2001) and she also recorded over 4,000 points (4,047) which is an elite level throws pentathlon that few masters throwers achieve.

Kristin and Rhona each set Canadian records in indoor Weight Throw, and Elizabeth set a Canadian record in indoor Shot Put. At the NCCWMA Championships, Rhona won bronze in Shot Put, and gold in Hammer Throw.



Male Throws - Boris Zaitchouk

(Honourable Mention - Jason Baines)

Boris won gold and set a World Record of 57.42 metres in the Hammer at the World Outdoor Championships. He has been recognized by CMA, as he has essentially been at or near the World record in hammer his entire masters throwing career.

Jason set an M35 Canadian record in the indoor Weight Throw of 18.81metres.



Female Jumps - Gaby Szanto

Gaby broke the Ontario Indoor and Outdoor W45 High Jump Records, both at 1.45 metres.



Male Jumps - Thevarajan Sinnathurai
(Honourable Mention - Nigel John)

Thevarajan set Canadian records in both indoor and outdoor Triple Jump, and won a bronze medal in the Triple Jump at the World Outdoor Championships.

Nigel set a Canadian record in the Outdoor Long Jump.

Female Combined Events - none



Male Combined Events - Ralph Cilevitz (L)
(Honourable Mention - Peter Zowkewych (R))

Ralph won golds in both the OMA and CMA Indoor Pentathlons, setting a meet record, and gold in the CMA Outdoor Pentathlon, which was an Ontario record.

Peter set an Ontario record in the Outdoor High Jump, and won silvers in the CMA Indoor Pentathlon and NCCWMA Outdoor Pentathlon.



Female Distance / Walks - Krista DuChene
(Honourable Mention - Liz Maguire, Lioudmila Kortchaguina)

Krista set a W35 Canadian record in the Marathon of 2:28:32 at ScotiaBank, running the second fastest marathon of all time by any Canadian woman of any age.

Liz Maguire was the winner of the 1500 metres at the Canadian Masters Championships in her age group with an age grading of 90.11%.

Lioudmila was placed first in her age group in several races – 5K, 10K, 15K, ½ Marathon and Marathon.



Male Distance / Walks – Co-winners
Paul Osland - Michael Sherar
(Honourable Mention - Paul Huyer)

Mike set a Canadian record in the 800 metres, and was part of a M50 world record in the 4 by 800 relay.

Paul Osland won silver in the 800 metres in the World Indoor Championships, and bronze in the 800 at the World Outdoor Championships. He was also on the team setting the 4 by 800 relay World record.

Paul Huyer was first in his age group in Sporting Life 10K and in Toronto Goodlife ½ Marathon, and 2nd in the 30K Around the Bay.