

# Karla Del Grande



Karla began competing in Masters track in 2002, at age 49, and holds almost all Canadian records in the sprints in W50 and W55. She has also been part of several Canadian relay team records in 4x100, 4x200, and 4x400.

In 2005 she was North/Central/Caribbean region of the WMA Female Masters Athlete of the Year, after winning 3 golds at the WMA Championships in Spain. She has consistently been ranked in the top 3 in the world in her age group in 100, 200, and 400, with 90% + Age Grading, and set world records in the 200 and 400 indoors, and has won a total of 16 WMA medals.

She was awarded OMA Female Masters Athlete of the Year in 2003, 2004, 2005, 2009, 2010 and 2012.

In 2006, she was inducted into the OMA Hall of Fame.

She began serving on the Board of Directors of OMA in 2009.