

## Rhona Trott

Rhona has been Ontario Masters Athlete of the Year, and runner-up for Canadian Masters Athlete of the Year. At present she holds Canadian records in W55 and W60, in indoor and outdoor hurdles, both short and long, weight throw and pentathlon. She has also held records in sprints, and won numerous medals at World Masters meets. This shows her breadth as an athlete. But she's also served on the former OMTFA board of directors and is presently the Records director for CMA in Throws - Indoor, Outdoor, and Weight Pentathlon. She has been a long-time member of HOC, as an athlete, director, secretary and registrar as well as coach over the years. Many athletes, especially female Masters, as well as the young athletes that she has coached at HOC, and during her teaching career, have benefitted from her mentoring over the years.

The Board and members of OMA are pleased to welcome Rhona Trott into the Hall of Fame 2011



Rhona (R) with the Class of 2011

