

WORLD MASTERS TRACK AND FIELD CHAMPIONSHIPS

Just over 200 (209 by my count) Canadian Masters athletes competed in the 19th biennial WMA World Masters Track and Field Championships. The meet held over 12 days from July 6-17, was hosted by Sacramento, California. Most of the events took place at Sacramento State University but a few events were held at Sacramento City College and American River College. Non-Stadia events included the Marathon, Cross Country and Race Walking, and were held at three venues outside the stadiums.

Canadian athletes won 96 medals; 38 gold, 27 silver and 31 bronze. This was the 5th most medals won by a country behind the host USA (524), Germany (128), Australia (124) and Great Britain and Northern Ireland (111).

About a third of the Canadian athletes were from British Columbia. Of the 67 BC athletes who registered for the meet, 15 athletes combined to win 37 medals; 19 gold, 6 silver and 12 bronze. As usual, 92 year old Olga Kotelko won the most medals. Competing uncontested in the W90 age group, Olga won 11 gold medals. Winning 5 medals was Christa Bortignon. Competing in the W70 age group, Christa won a gold medal in the triple jump, silver medals in the heptathlon and 100m, and bronze medals in the long jump and 400m. Two 80 year-old women won two gold medals each, Lenore Montgomery in the 800m and 5000m while Ruth Carrier won gold in the 5K track walk and 10K road walk. Three men won gold medals. Andy Aadmi was the best 75 year-old man in the 300 metre hurdles while Marek Glowacki won the gold medal in the M70 shot put and Erin Bevans threw the javelin farther than any M40 man in the javelin.

Andy added to his medal total by winning two bronze medals in the 200m and 400m sprints. Nardene Hammond who recently immigrated to Canada from Australia, won three medals in the W35 age group. Nardene won the silver medal in the 20K road walk and bronze in the 5K track walk and 10K road walk. Rainer Sillantaus and Myrtle Acton were also multiple medal winners. Rainer M80 won a silver medal in the javelin and a bronze in the shot put while Myrtle won two bronze medals in the W75 javelin and weight pentathlon. Two high jumpers won silver medals, John Hawkins in the M60 age group and Sandy Anderson in the W70 age group. Three athletes won bronze medals; Gordon Chalmers in the M80 triple jump, Graham Morfitt in the M40 javelin and Marg Radcliff in the W65 high jump.

British Columbia athletes broke many records including 32 BC, 17 Canadian and one World record. Olga broke only one record but it was her own world record in the W90 hammer throw (16.71m). Breaking four existing Canadian records was Christa in the W70 triple jump (7.33m), 100m (16.57), 80m hurdles (20.20) and the heptathlon (4840 points) Myrtle broke three Canadian W75 throwing records in the shot put (7.98m), hammer (21.61m) and weight (9.54m). Breaking two Canadian records were Marek Glowack in the M70 shot put (13.74m) and weight pentathlon (4298 points) and Denise Clements in the W50 weight throw (12.52m) and hammer (37.75m). Breaking one Canadian record each were; Rainer M80 javelin (32.37m), Erin M40 javelin (63.44m), Lenore W80 800m (4:00.53), Sandy W70 high jump (1.20m) and Jess Brewer M65 100m hurdles (18.90).

Besides breaking Canadian records, Marek also broke three more BC records in the hammer, javelin and weight, Denise also broke the BC shot put record and Jess added the BC 300m hurdle record to his list. Andy collected three BC records in the 300m hurdles, 400m and weight throw while Nardene walked her way to three BC records in the 5K, 10K and 20 walks. Setting new BC standards were Ruth in the 5K and 10K walks, Warren McCulloch in the M45 800m and Georgia Titus in the W45 javelin.

The next WMA World Outdoor Track and Field Championships are scheduled for Porto Alegre, Brazil, from July 24 to August 4, 2013. The next WMA Indoor Championships will be next year in Jyvaskyla, Finland, from April 3-8, 2012.

The list of the "NEW 2011 BC Masters Records" can be found at www.Greyhoundstrack.com.