

# BC MASTERS PROVINCIAL REPORT - 2007

11 (F)

submitted by Jake Madderom/Harold Morioka

## 2007 BC ATHLETICS AWARDS BANQUET

The following athletes will be honoured as the best in their category at the January, 2008, BC Athletics Awards Banquet. The 2007 BC Masters winners are:

Masters Female & Male Track and Field	Olga Kotelko (W85) and Tom Dickson (M50)
Masters Female & Male Road Running	Lucy Smith (W40) and Bruce Deacon (M40)
Masters Female & Male Cross Country	Maureen de St. Croix (W50) and Paul Reimer (M50)

**SPORT BC AWARD** The Masters Committee selected Norm Lesage (M75) as the Masters nominee for the Sport BC Award. At age 77, Norm ran the 100m in 14.51, 200m in 30.69 and 400m in 1:13.46.

## TIMEX BC ROAD RUNNING SERIES

Fifteen races from January to September 2007, 5km to half marathon – part of the national Timex Series, held in the Lower Mainland, the Interior and on Vancouver Island. Cash and prizes, team selection for National 10Km Championships. Runners must complete a minimum of seven races in order to qualify for the overall results. The Masters winners were:

Laura De Munain (W35), Rita Ivanauskas (W40), Nancy Tinari (W45), Adele Wilson (W50), Rita Ringdahl (W55), Irene Wingate (W60), Lenore Montgomery (W70+), Graeme Wilson (M35), Paul Skarsgard (M40), Mike Moon (M45), Guy Smith (M50), Scott Stewart (M55), Paul Degraaf (M60), Gunther Bauer (M65), Stephen Odwin (M70+).

## WINTER POLE VAULT SERIES - Victoria.

A series of eight meets held on January 12, 18, 26, February 01, 15, March 09, 22 and 29.

## KAJAKS ALL COMERS - Richmond.

A series of five meets held in the evenings on April 19, May 03, 17, June 07 and 14.

## THE VANCOUVER SUN RUN - Vancouver, April 15.

The Vancouver Sun Run, presented by HSBC Bank Canada, is Canada's largest 10Km run and the 2nd largest in North America. A record 54317 signed up this year.

Age Group	Place	O-A	Time	Name	Hometown
F35-39	1st	2nd	33:17	Lioudmila Kotchaguina	Thornhill, ON
F40-44	1st	14	36:49	Cindy O'Krane	West Vancouver
F44-49	1st	18	37:18	Nancy Tinari	Coquitlam
F50-54	1st	139	43:59	Rita Ringdahl	Vancouver
F55-59	1st	213	45:38	Bonni Walker	Abbotsford
M35-39	1st	5th	29:47	Joel Bourgeois	Grand-Digue, NB
M40-44	1st	14	30:57	Bruce Deacon	Victoria
M45-49	1st	21	31:19	Rob Lonergan	Vancouver
M50-54	1st	65	34:03	Paul Reimer	Abbotsford
M55-59	1st	120	36:16	Michael Allison	Seattle, WA
M60-64	1st	116	36:12	Jim Swadling	North Vancouver

SIMON FRASER UNIVERSITY OPEN - Burnaby, March 31. (Masters included)

GEORGE DEAN MEMORIAL TRACK MEET - Sidney, April 21-22. (Masters included)

SUB ZERO MEET - Prince George, April 28. (Masters included) Jan Vipler (M65) breaks BC triple jump record.

COMOX VALLEY MEET - Courtenay, May 05-06. (Masters included)

Denise Clements breaks Canadian W45 hammer throw record. (34.13m)

## BMO BANK OF MONTREAL VANCOUVER INTERNATIONAL MARATHON - Vancouver, May 06.

1st Master Female	2:35:46	Claudia Camargo (W35)	Tampa, Florida
1st Canadian Master Female	3:00:49	Sheila Mullins (F35)	Vancouver, BC
2nd Canadian Master Female	3:01:01	Sandra Foweraker (F40)	West Vancouver, BC
1st Master Male	2:37:58	Stephen Clarke (M40)	Cedar Crest, New Mexico
1st Canadian Master Male	2:42:03	Dave Stephens (M45)	Burnaby, BC
2nd Canadian Master Male	2:44:54	Lonnie Matsuno (M40)	Invermere, BC

### HALF MARATHON:

1st Master Female	1:18:28	Suzanne Evans (F35)	New Westminster, BC
2nd Master Female	1:25:15	Rita Ivanauskas (F40)	Vancouver, BC
3rd Master Female	1:26:00	Cheryl Choy (F35)	Seattle, Washington
1st Master Male	1:11:46	Neil Holm (M40)	Courtenay, BC
2nd Master Male	1:17:35	Tom Evans (M35)	Penticton, BC
3rd Master Male	1:17:40	Christopher Drozda (M35)	Vancouver, BC

VANCOUVER INTERNATIONAL RACEWALK - Vancouver, May 06. A 10Km walk in downtown Vancouver.

**DOGWOOD TRACK AND FIELD MEET** - Victoria, May 12-13. (Masters included)  
Sandy Anderson breaks Canadian W65 high jump record. (1.20m)

**EAGLE CLASSIC** - Maple Ridge, May 12-13. (Masters included)  
Dale McRoberts sets new BC M50 javelin record (49.76m), missing the Canadian record (51.12m).

**KAMLOOPS CENTENNIAL MEET** - Kamloops, May 18-20. (Masters included)

**BOB DAILEY MEMORIAL MEET** - Port Alberni, May 26-27. (Masters included)

**VIAA PENTATHLON/PENINSULA THROWS MEET** - Sidney, June 03. (Masters included)  
Denise Clements breaks Canadian W45 hammer throw record (33.29m).

**ELWOOD WYLIE MEMORIAL TRACK MEET** - Nanaimo, June 09-10. (Masters included)  
Denise Clements breaks Canadian W45 hammer throw record (33.45m).

**HERSHEY HARRIERS ALL COMERS SERIES** - Burnaby. A series of nine meets from June 12 - August 07, held at Burnaby Central Secondary School on Tuesday evenings and starting at 6:45 pm.

**PENTICTON ATHLETICS ALL COMERS SERIES** - Penticton. A series of nine meets from June 12-August 07.

**BC MASTERS TRACK AND FIELD CHAMPIONSHIPS** - Langley, June 15-17. Hosted by the Langley Mustangs Track and Field Club, in conjunction with their Pacific Invitational Track and Field Meet. A little over 100 athletes participated in this three-day meet. Unfortunately the weather conditions were very bad. It was extremely cold and it rained most of the weekend. The sprinters ran into a strong head wind. Despite the difficult conditions, five Canadian records (4 individual and one relay) were set, all by the women. In addition the women set four more BC individual records and the men set one BC relay record. No individual records were set by the men. The pole vault competition was held separately on June 6 in Victoria. The competition was hosted by the Victoria Track and Field Club. The athletes vaulted into a strong head wind. The Canadian records were broken by: Olga Kotelko (W85) triple jump, Rose Hare (W55) discus, Marg Radcliffe (W65) javelin, Mae Turek (W75) hammer and the W35 4x100 m relay team of Megan Rankin, Zeldia Webber, Georgina Titus and Kim Ross. The M70 4x100m relay team of Les Friesen, Joe Giegerich, Norm Lesage and Andy Aadmi set a BC record (1:02.09), just missing the Canadian record (1:01.52).

**GARRIOCK INVITATIONAL TRACK AND FIELD MEET** - Duncan, June 16-17. (Masters included)  
Graham Morfitt breaks BC M40 javelin record (58.87m), just missing the Canadian record (59.57m).

**CANADIAN MASTERS TRACK AND FIELD CHAMPIONSHIPS** - Saint John, New Brunswick, July 28-29. Eleven BC athletes competed in this meet. Olga Kotelko won 9 gold medals and Andy Aadmi (M70) also won 9 medals, including 7 gold. Andy set a new BC M70 100m record (14.18). Lenore Montgomery (W75) won 4 gold medals (800, 1500, 5Km and 10Km), Will Harrower (M35) won 4 gold medals (100, 200, 400 and shot put), Barbara Saunders (W65) won 3 gold medals (400, 800 and 1500), Nicola Everton (W40) won the 800 and 1500, and Ruth Carrier won the 1500 and 5Km racewalks. Marg Radcliffe won the W65 javelin with a new BC record.

**VICTORIA TRACK'S FALL POLE VAULT SERIES** - Victoria. A seven meet series on September 07, 14, 21, 28, October 05, 11, and 16.

**WORLD MASTERS CHAMPIONSHIPS** - Riccione, Italy, September 04-15.

Thirty one BC athletes registered for the XVII WORLD OUTDOOR TRACK AND FIELD CHAMPIONSHIPS. Twenty eight athletes competed and won 18 individual medals (11 gold, 5 silver and 2 bronze). Olga Kotelko (W85) won 8 golds and 1 silver medal. She bettered the existing Canadian record in the discus (15.30), but she had earlier in the year thrown 15.35m at the US Championships. Les Leyland (M90) won gold in the 800 (5:29.63) and silver in the 5000 (52:49:87), setting new Canadian records in both events. Ruth Carrier (W75) won gold in the 10Km road walk and silver in the 5Km walk. Marg Radcliffe (W65) won gold in the javelin (28.71), a new Canadian record, and bronze in the high jump. John Hawkins (M55) won silver in the decathlon and bronze in the pole vault. Gwyneth Woodson (W55) won silver in the 10Km (42:03.42), bettering the existing Canadian record. However, Kathryn Martin, running for the US but with a dual Canadian citizenship, gets the Canadian record. Gwyneth gets the BC record in both the 10Km and 5Km (6th in 20:21.22). Dale McRoberts (M50) 7th in the javelin (50.26), Bill Hollingshead (M65) 10th in the 800 (2:29.39), Scott Leyland (M55) 3000 Steeplechase (13:57.53) and Danny Daniels (M75) 8th in the decathlon (3543), set BC records. Other BC athletes who finished well were: Peter Freeman (M55) 7th in the 400, Gerald Dragomir (M55) 6th in the 20Km road walk, Joe Giegerich (M75) 4th in the 800 and 6th in the 400 and Doreen McLeod-Smith (W80) with six top 7 finishes. Joe and Marg, also won relay medals.

**HUNTSMAN WORLD SENIOR GAMES** - St. George, Utah, October 8-10 (for track and field).

Seven BC athletes attended these games. Norm Lesage (M75) won 4 gold medals setting a BC record in the 100 (14.51), Marg Radcliffe (W65) won 3 golds and 1 silver, setting a Canadian record in the javelin (29.41), Herb Gee (M65) won 1 gold and 3 silver medals and Sarita Burrowes (W55) won a silver and a bronze.

**BC SENIORS GAMES** - The 20th Annual BC Seniors Games were held in Nanaimo from September 12-15. More than 3000 athletes, 55 years of age and older, participated in 29 different sports. More than 200 athletes participated in track and field. The athletes broke 24 listed BC records and 13 Canadian records. Next year the Games will be held in Prince George from September 10-13.

Mae Turek (W75) broke three Canadian records (discus, hammer and weight) and one BC record (shot). Sandy Anderson (W65) broke two Canadian records (high jump and weight pent) and one BC record (shot). Myrtle Acton (W70) broke two Canadian records (hammer and weight throw) and one BC record (discus). Rose Hare (W55) broke one Canadian record (discus) and three BC records (weight pent, weight and shot). Olga Walker (W90) broke two Canadian records (discus and javelin). Maxine Smallwood (W75) broke the Canadian weight pentathlon record. The M80 4x100m relay team (E McLaren, B Wilson, H Thompson, L Robson) set a Canadian record. Setting BC records were: Don Brodeur (M55) weight and weight pentathlon, Adrian Meeuwissen (M76) triple jump, Larry Fiege (M70) triple jump, Ewing McLaren (M80) hammer and Donna Graf (W55) weight.

**ROYAL VICTORIA MARATHON AND HALF MARATHON** - Victoria, October 07.

1st Master male and 2nd overall	2:29.40	Graeme Wilson (M35)	Vancouver, BC
2nd Master male and 3rd overall	2:32.40	Anthony Skuce (M40)	Vancouver, BC
3rd Master male and 4th overall	2:35.33	Colin Dignum (M40)	West Vancouver, BC
4th Master male and 5th overall	2:37.59	Kevin Titus (M50)	Whister, BC
1st Master female and 1st woman	2:45.38	Suzanne Evans (F35)	New Westminster, BC
2nd Master female and 2nd female	2:49.57	Wendy Terris (F35)	USA
3rd Master female and 5th female	3:07.02	Shannon James (F35)	Calgary, AB

Half Marathon:

1st Master male and 1st overall	1:08.02	Bruce Deacon (M40)	Coquitlam, BC
2nd Master male and 2nd overall	1:10:20	Mark Bomba (M35)	Coquitlam, BC
1st Master female and 1st female	1:16.11	Lucy Smith (F40)	Victoria, BC
2nd Master female and 4th female	1:24:01	Nancy Baxendale (F45)	Shawnigan Lake, BC

**BC CROSS COUNTRY CHAMPIONSHIPS** - Lambrick Park, Victoria, October 27.

Masters Men winners (7.8km)			Masters Women winners (5.8km)		
M40-44	26:29	Larry Nightingale	W40-44	21:55	Jeannie Bezdán
M45-49	24:25	Rob Lonergan	W45-49	23:42	Wendy Davies
M50-54	26:32	Art Boileau	W50-54	22:54	Cindy Rhodes
M55-59	28:22	Steve Hosford			
M60-64	30:19	Brian Connon			
M65-69	30:46	Herb Phillips			

Masters age runners running Senior races:

Senior Men (9.7km)			Senior Women (5.8km)		
M35-39	3rd	29:13 Mark Bomba	W35-39	6th	20:36 Marilyn Arsenault
M40-44	18th	31:12 Neil Holm			

**ING NEW YORK CITY MARATHON** - New York, November 04.

Two BC athletes had outstanding results at this prestigious international marathon.

\* Bruce Deacon (M40) 2:24:28 1st 40+ Master male and 17th overall male  
 \* Lucy Smith (F40) 2:48:35 2nd 40+ Master female and 30th overall female

**NEW MASTERS OUTDOOR TRACK AND FIELD RECORDS** (Complete list available on website)

In 2007, BC athletes broke BC records 68 times and Canadian records 32 times. However, a few records were broken more than once. For example, Denise Clements broke the Canadian W45 hammer record four times, Sandy Anderson broke the Canadian W65 high jump record three times and Marg Radcliffe broke the BC W65 javelin record five times (three times Canadian records). In all 47 new BC records were set and 20 new Canadian records were set. Other Canadian records not previously mentioned are: Mark Knoop (M40) 800 (1:55.40) and Sandy Anderson (W65) pole vault (1.83), high jump (1.22) and weight pentathlon (3621). However Margaret Tosh (Saskatchewan) bettered Sandy's weight pentathlon score in 2007. Other BC records not previously mentioned are: Linda Paulic (W60) sprint hurdles (21.20), Jan Vipler (M65) triple jump (9.36), Gerard Dumas (M70) pole vault (2.62), and Judy MacDonald (W40) hammer (34.31).

**NEW MASTERS INDOOR TRACK AND FIELD RECORDS**

BC has never had a regulation indoor track and field facility in the past. Kamloops has finally built one, and for the first time, BC will have an indoor track and field meet this winter. BC athletes seldom compete indoors but these athletes went elsewhere to set new BC indoor records: Kim Ross (W45) 60m (8.55), 200m (28.84), John Hawkins (M55) long jump (5.48) and Mark Knoop (M35) 800m (1:58.41) which is a Canadian record.

