



USATF Masters Championships Sacramento, CA

July 21-25, 2010

Canadian Results

Photos courtesy Ken Stone www.masterstrack.com

100m

W35	1	Dena Birade	WA	12.16	CAN
		(old CAN 12.55 Marg Hendershot 1991)			
W50	4	Susanne Lauridsen	AB	15.24	
W55	1	Karla Del Grande	ON	13.98	
W60	3	Rhona Trott	ON	15.75	
	7	Pam Zimmerman	CA	17.22	



Dena winning the 100m.

M50	1	Allan Tissenbaum	PA	11.39	CAN
		(old CAN 11.42 Kerry Smith 2005)			



Allan winning the 100m

M55 Prelim
3 Tom Dickson BC 12.01 CAN
 (old CAN 12.02 Kerry Smith 2009)
 Final
 3 Tom Dickson BC 12.17



Tom Dickson (in red top)

M60 8 Bob Zimmerman CA 13.69
 Prelim
 10 Bruce Mintz AB 13.62



Karla winning the 100m.

200m

W35	2	Dena Birade	WA	25.46	CAN
		(old CAN 25.79 Marg Hendershot 1991)			
W50	6	Susanne Lauridsen	AB	32.62	
W55	1	Karla Del Grande	ON	29.17	
M45	1	Andre Francois	AB	22.82	CAN
		(old CAN 22.87 Kerry Smith 1999)			
M50	1	Allan Tissenbaum	PA	23.63	
M60	7	Bruce Mintz	AB	28.95	
		Prelim			
	10	Bob Zimmerman	CA	28.52	
M65		Prelim			
	10	Grant Lamothe	BC	31.91	



Andre Francois

400m

W50	7	Susanne Lauridsen	AB	1:14.98	
		Prelim			
	10	Katherine Willis	ON	1:16.90	
M40	7	Laurent Birade	WA	55.04	
M60	7	Bruce Mintz	AB	1:03.83	
M80	1	Earl Fee	ON	1:13.19	

800m

W50	7	Katherine Willis	ON	2:50.65	
W55	1	Kathryn Martin	NY	2:40.23	
M55	6	Ross Munro	MN	2:19.71	
M60		Prelim			
	12	Mike Carter	ON	2:44.59	
M80	1	Earl Fee	On	2:53.62	

1500m

W50	11	Katherine Willis	ON	5:59.06	
W55	1	Kathryn Martin	NY	5:21.99	

M55	3	Paul Pearson	TX	4:47.63
	4	Ross Munro	MN	4:47.99
M65	1	Barrie Dargie	AB	4:58.13
M70	1	Herb Phillips	BC	5:20.57

5000m

W55	1	Kathryn Martin	NY	19:26.37
M70	1	Herb Phillips	BC	19:29.08

10,000m

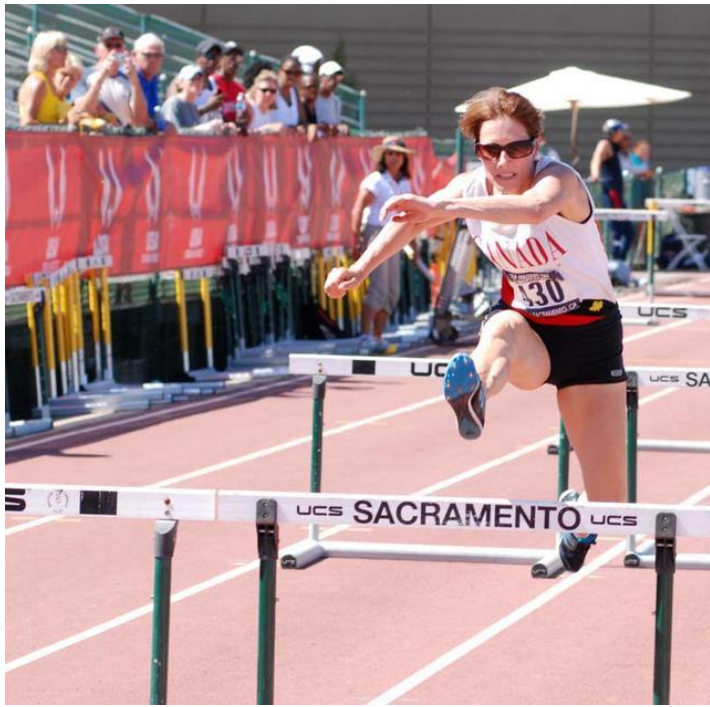
W55	1	Kathryn Martin	NY	40:07.59
M70	1	Herb Phillips	BC	40:02.31



Kathy Martin

Short Hurdles

		80m			
W50	1	BJ Freeman	AB	13.68	CAN
		(old CAN 14.39 Muriel Gieni 2008, BJ ran 13.64 at the CAN Championships)			
	3	Susanne Lauridsen	AB	15.35	
W60	2	Rhona Trott	ON	14.41	CAN
		(old CAN 14.52 Rhona in Lahti 2009)			
M60		100m			
	6	Fred Judson	AB	21.21	



BJ Freeman

Long Hurdles

300m

W50	2	Susanne Lauridsen	AB	57.73
W60	1	Rhona Trott	ON	1:03.31
M60	3	Fred Judson	AB	55.00
M65	3	Grant Lamothe	BC	1:01.05

Steeplechase 2000m

W55	1	Kathryn Martin	NY	8:13.10	CAN
		(old CAN 8:23.20 Kathryn in 2008)			
M65	1	Barrie Dargie	AB	7:26.87	CAN
		(old CAN 7:37.8 Barrie in Sydney 2009)			

High Jump

W50	2	BJ Freeman	AB	1.36
W55	3	Loretta Amerongen	AB	1.25
W65	3	Marg Radcliffe	BC	1.04
W70	2	Sandy Anderson	BC	1.12

Pole Vault

W30	1	Rachel Mintz	AB	3.20	
W70	2	Sandy Anderson	BC	1.50	CAN
		(no previous CAN record)			



Sandy in the High Jump

Long Jump

W50	1	BJ Freeman	AB	4.53
	2	Susanne Lauridsen	AB	4.05
W55	3	Loretta Amerongen	AB	4.05
M40	4	Scott Foster	BC	5.90
M60	8	Bruce Mintz	AB	4.23
	10	Fred Judson	AB	3.79
M65	6	Grant Lamothe	BC	3.69

Triple Jump

W50	1	Susanne Lauridsen	AB	8.38	
W55	1	Loretta Amerongen	AB	8.48	CAN
		(old CAN 8.19 Loretta in Kamloops 2009)			
M35	4	Jasbir Hundal	ON	10.48	
M40	4	Scott Foster	BC	11.13	
M45	2	Hugh Maguire	BC	12.70	CAN
		(old CAN 12.32 Dennis McWhinney 2009)			
M65	5	Grant Lamothe	BC	7.89	

Shot Put

W50	12	Anne Murfitt	BC	6.82
W70	2	Sandy Anderson	BC	6.96
M55	4	Bill Pearson	ON	11.66

Discus

W50	11	Anne Murfitt	BC	15.82
W70	4	Sandy Anderson	BC	16.69
M55	7	Bill Pearson	ON	36.83
M60	16	Fred Judson	AB	30.58

Hammer

W50	7	Anne Murfitt	BC	23.30
W60	2	Rhona Trott	ON	28.37
W70	1	Sandy Anderson	BC	20.34
M55	7	Bill Pearson	ON	31.68

Javelin

W50	3	Barb Dabrowski	ON	32.32
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	9	BJ Freeman	AB	18.16
	10	Anne Murfitt	BC	18.11
W65	1	Marg Radcliffe	BC	25.97
W70	4	Sandy Anderson	BC	17.32
M55	3	Terry Gudzowsky	AB	45.17
M60	11	Fred Judson	AB	30.78
M65	3	Grant Lamothe	BC	32.13

Pentathlon

W50	1	Jovette Jolicoeur	AB	2735	CAN
		(old CAN 2607 Bonny Lynn Hodgson 2005, BJ Freeman had 3680pts at the CAN Championships)			
W60	1	Rhona Trott	ON	3319	
M60	3	Fred Judson	AB	2688	
M65	2	Grant Lamothe	BC	2348	



Jovette

5000m Racewalk

M50	2	James Kenney	AB	26:26.70
M55	4	Albert Harmse		34:02.07

10K Road Racewalk

M50	2	James Kenney	AB	52:27.09
M55	3	Albert Harmse		1:09:01.25

Bob and Pam Zimmerman were former ON athletes who now live in California
 Allan Tissenbaum is former PQ who lives in Pennsylvania
 Dena Birade is former BC who lives in Washington State
 Laurent Birade is former PQ who lives in Washington State
 Paul Pearson is ON living part time in Texas
 Kathy Martin is former ON living in Long Island, New York