

# USATF Masters Indoor Championships

## March 23-25, 2007 Boston

### Canadian Results

#### 60m

W30  
2 Marcantonio, Sandra ON 8.42

W45 Prelim  
2 Burnett, Evelyn AB 8.82  
7 Lauridsen, Susanne AB 9.21

W45 Final  
3 Burnett, Evelyn AB 8.71  
6 Lauridsen, Susanne AB 9.18

W50  
1 del Grande, Karla ON 8.40

W55  
3 Trott, Rhona ON 9.41

M45  
15 Meyers, Darcy AB 8.73

#### 60mH

W55  
**1 Rhona Trott ON 11.46 CAN**  
(old CAN 12.14 Rhona 2005)

#### 200m

W30  
2 Marcantonio, Sandra ON 27.65

W45 Prelims  
3 Burnett, Evelyn AB 29.66  
5 Lauridsen, Susanne AB 30.58

W45 Finals  
3 Burnett, Evelyn AB 29.35  
4 Lauridsen, Susanne AB 30.59

W50 Prelim  
1 del Grande, Karla ON 28.65  
3 Gail Johns-Rees NC 30.60

W50 Finals  
1 del Grande, Karla ON 27.33  
3 Gail Johns-Rees NC 30.93

W55  
3 Trott, Rhona ON 31.46

M45 Prelims  
14 Meyers, Darcy AB 29.34

M60 Prelims  
7 Mitchell, Bruce ON 30.16  
8 Powell, John ON 34.99

M70  
2 Fee, Earl ON 30.89

#### 400m

W45  
4 Lauridsen, Susanne AB 1:09.25

W50  
1 del Grande, Karla ON 1:03.45  
2 Gail Johns-Rees NC 1:10.65

M50  
Fred Robbins ON 1:01.03

#### M60

7 Powell, John ON 1:20.13

M75  
1 Fee, Earl ON 1:07.07  
(WR Earl's 1:06.28 Boston '04)

#### 800m

W45  
3 deBoer, Lynda ON 2:28.72  
7 Willis, Katherine ON 2:50.79

W55  
**1 Martin, Kathryn NY 2:31.73 CAN**  
(old CAN 2:40.39 Diane Palmason 1995)

M40  
2 Boucher, Alain ON 2:01.07

M50  
9 Robbins, Fred ON 2:19.26

M55  
9 Payne, Tim ON 2:33.98

M75  
1 Fee, Earl ON 2:37.29

#### Mile

W40  
6 Hopkins, Colleen ON 5:29.46

W45  
2 deBoer, Lynda ON 5:24.93  
5 Willis, Katherine ON 6:16.87

W55  
**1 Martin, Kathryn NY 5:27.89 CAN**  
(old CAN 6:02.4 Molly Turner 1990)

M40  
2 Boucher, Alain ON 4:27.98

#### 3000m

W45  
2 deBoer, Lynda ON 11:05.83

W55  
**1 Martin, Kathryn NY 10:35.76 CAN**  
(old CAN 11:45 .94 Molly Turner 1992)

M55  
4 Payne, Tim ON 11:21.58

#### High Jump

M55  
2 Hawkins, John BC 1.62m

#### Pole Vault

M45  
2 Courteau, Ambroise PQ 3.65m

M55  
**1 Hawkins, John BC 3.65m CAN**  
(old CAN 3.40 Hugh Miller 2003)

M60  
5 DeHorn, William PQ 2.73m

### Long Jump

W45				
2	Lauridsen, Susanne	AB	4.43m	
M45				
8	Meyers, Darcy	AB	4.09m	
M55				
2	Hawkins, John	BC	5.19m	

### Triple Jump

W45				
2	Lauridsen, Susanne	AB	8.82m	
M55				
2	Hawkins, John	BC	10.26m	

### Shot Put

2	Hawkins, John	BC	12.50m	
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### Pentathlon W55

Pent 800m				
1	Trott, Rhona	ON	3:03.56	651
Pent 60mH				
1	Trott, Rhona	ON	11.83	838
Pent High Jump				
1	Trott, Rhona	ON	1.12m	610
Pent Long Jump				
1	Trott, Rhona	ON	3.55m	503
Pent Shot Put				
1	<b>Trott, Rhona</b>	ON	8.09m	<u>680</u>
	(no previous CAN record)			<b>3282 CAN</b>

### Pentathlon M55

Pent 1000m				
6	Hawkins, John	BC	4:00.17	495
Pent 60mH				
4	Hawkins, John	BC	11.33	621
Pent High Jump				
1	Hawkins, John	BC	1.60m	868
Pent Long Jump				
1	Hawkins, John	BC	5.00m	743
Pent Shot Put				
1	Hawkins, John	BC	11.94m	<u>802</u>
				3529

The meet was fantastic! It's always great to see so many Canadians at these events. Now that we're getting to know a few more of the westerners, it makes it much more enjoyable. Plus, everyone was so supportive of each other. I loved it. Plus, The Bay must be making a mint off the "CANADA" logo shirts and jackets we masters athletes are wearing everywhere! Rhona

Steve Burger's photos at...

<http://globalfolkart.phanfare.com/album/243785>

Al LePage's photos on the SONY site..

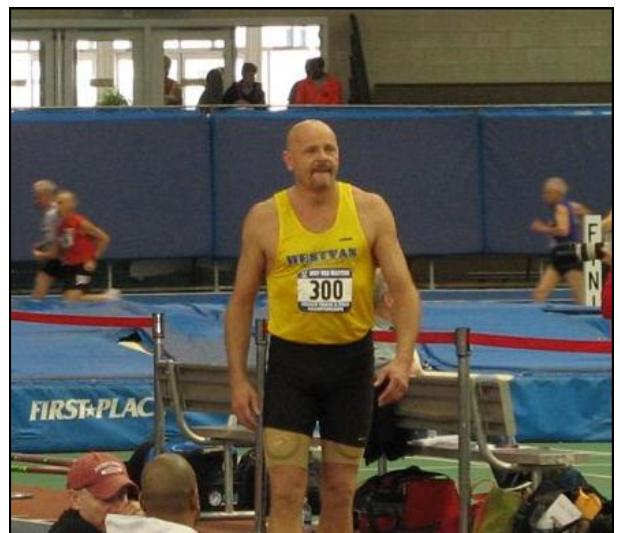
<http://www.imagestation.com/members/douglasjsmith>



**W50's Gail Johns-Rees (L)**  
a Canadian Dual citizen living in Salem NC and **Karla**



**W45 Susanne Lauridsen**



**M55 John Hawkins**