

2011 USA Masters Outdoor Track & Field Championships

July 28-31, 2011

Berea, Ohio

Canadian Results

100m Prelims

M70	7	David Stern	ON	15.16
M60	14	Bruce Mintz	AB	14.10
	15	Jarmo Kokko	ON	14.66
M40	10	Blaise Ambrose	ON	12.96

100m Finals

M80	3	Bill Thompson	ON	17.62
W70	1	Christa Bortignon	BC	16.16 CAN
		(old CAN 16.85 Diane Palmason 2009)		
M70	7	David Stern	ON	15:10
W55	1	Karla Del Grande	ON	13.71

200m Prelims

M60	12	Bruce Mintz	AB	29.82
	13	Jarmo Kokko	ON	30.30
M40	8	Blaise Ambrose	ON	26.68 q

200m Finals

W55	1	Karla Del Grande	ON	28.54
W70	1	Christa Bortignon	BC	35.18
M40	7	Blaise Ambrose	ON	26.62
M70	3	David Stern	ON	31.01

400m Prelims

M60	7	Bruce Mintz	AB	1:06.09 q
M40	12	Blaise Ambrose	ON	59.46

400m Finals

W70	1	Christa Bortignon	BC	1:25.33
M60	7	Bruce Mintz	AB	1:06.15
W55	1	Karla Del Grande	ON	1:06.87

800m

W50	1	Lynda deBoer	ON	2:39.31
	6	Katherine Willis	ON	3:09.97

1500m

M60	5	Mike McGlynn	MI	5:10.48
	9	Tim Payne	ON	5:29.70
W55	1	Kathy Martin	NY	5:14.98
		(CAN record 5:12.62 Kathy in 2007)		

5000m

W45	3	Nathalie Gauthier	ON	21:11.41
W50	1	Lynda deBoer	ON	20:36.92
W55	1	Kathy Martin	NY	19:25.83
M45	6	Jim Fullerton	ON	17:30.41

10,000m

W55 1 Kathy Martin NY 41:39.65

Long Hurdles

200m 27"

W70 1 **Christa Bortignon** BC **43.71 CAN**
(old CAN 1:17 Ruth Carrier – 300m 30" in 2001)

300m 30"

M60 3 Bruce Mintz AB 54.65

Steeplechase

W55 1 Kathy Martin NY 8:18.87
(CAN record 8:13.10 Kathy in 2010)

Long Jump

W70 1 **Christa Bortignon** BC **3.47 CAN**
(old CAN 3.42 Christa in May)

M40 3 Paul White ON 5.33

M60 10 Bruce Mintz AB 4.09

Triple Jump

W70 1 Christa Bortignon BC 6.87

High Jump

M40 3 Paul White ON 1.58

Pole Vault

M40 4 Paul White ON 3.30

Shot Put

W60 3 Liz McBlain AB 8.19

Discus

W60 2 Liz McBlain AB 18.76

M45 2 Peter Ingleton ON 39.60

Javelin

W50 1 Barb Dabrowski ON 34.25

W60 5 Liz McBlain AB 16.84

Hammer

W60 3 Liz McBlain AB 23.62

Weight Throw

W60 3 Liz McBlain AB 9.36

Pentathlon

W70 1 **Christa Bortignon** BC **3348 CAN**
(no previous record)

80m Hurdles **20.76 CAN**

(no previous record)

High Jump 1.06

Shot Put 5.92

Long Jump 3.36

800m 3:58.68

4X100m Relay

W50 58.99

1 Del Grande & 3 USA (Bowman, Hale, Matthews)