



**CANADIAN MASTERS
ATHLETICS
VÉTÉRANS CANADIENS
EN ATHLÉTISME**

**Canadian Masters Athletics
Vétérans Canadiens en Athlétisme**

2021-2022

**Annual Report
Rapport Annuel**

**Annual Meeting of Members
Assemblée Annuelle des Membres**

**March 12, 2023
12 mars 2023**

**Agenda – 2022 Annual Meeting of CMA Members
Entirely by “Zoom” Conference Facilities
Sunday March 12, 2023; 5:00 pm EDT**

1. Review of Registrations to ascertain quorum (Dala Bortolussi, Secretary of Meeting)
2. Welcome to Meeting (Vern Christensen, Chair)
3. Approval of Agenda
4. Minutes of Previous Annual Meeting – March 26, 2022 (1) (Dala Bortolussi, Secretary)
5. President’s Report (1) (Vern)
6. Financial Report Presentation (1) and Approval (Wendy Melvin)
7. Membership Report (1) (Sherry Watts)
8. Competitions (1)
 - Competitions Committee Report (Vern and Susan Stone)
 - Report on WMA and NCCMA (Vern)
9. Provincial/Territorial Directors’ Reports (1)
 - British Columbia (Jake Madderom)
 - Alberta (Johanna Flipsen)
 - Saskatchewan (Dale Lawrence)
 - Manitoba (Greg Athayde)
 - Ontario (Damian Dupuy)
 - Quebec (Denis Laflamme)
 - New Brunswick (Marc Beaudoin)
 - Nova Scotia (Jo Bryant)
10. Records Reports (1)
 - Road Bests (Sherry)
 - Track & Jumps (Rob Jackson)
 - Race Walks (Sherry)
 - Throws (Lucille Green)
 - Combined Events (Peter Zowkewych)
 - Relays (Urith Hayley)
 - Records Liaison (Rob Jackson)
11. Communications Report (1) (Amy Ballon)
12. Other Reports (1) - Strategic Plan report (Wendy)
 - Online Seminars Report (Karla Del Grande)
 - Member Recruitment and Retention Committee Report (Dala and Karla)
 - Coaching Committee Report (Sherry)
13. Honours and Awards Report (1) (Pete Dehal)
14. Acceptance of all Reports except Financial Report (already approved)
15. Elections for three positions on the Board of Directors - Report on online voting (Dala)
16. Elections of Officers from Elected Board of Directors – Report on online voting (Dala)
 - President
 - Vice-President, Non-Stadia
 - Secretary
 - Treasurer
17. Other Business (1) All of these reports are included in the Annual Report.
18. Termination of Meeting

**Canadian Masters Athletics (“CMA”)
Minutes of Annual Meeting of Members (the “Meeting”)
Held Through “Zoom” Facilities and in Person (Hybrid)
129 McAllister Drive, Saint John, NB
Saturday, March 26, 2022; 7:00 pm ADT**

Attendance

Vern Christensen, the President of the CMA, opened the Meeting, introduced himself and introduced other members of the Board of Directors, Dala Bortolussi, Wendy Melvin, Greg Athayde, Rob Jackson, and Jo Welch Bryant who will provide assistance in running the Meeting. He then requested the general consent of the meeting to name **Dala** as the Secretary of the Meeting, which consent was given. He requested **Dala** to report on the number of members who had registered for the Meeting, the number who are taking part in the Meeting through the facilities of “Zoom”, and the number who are present in person.

Dala reported that 55 members of the CMA had registered for the Meeting, 17 are taking part in the Meeting through the facilities of “Zoom”, and 19 are present in person, for a total attendance of 36 members. Further, a total of 67 members, including those who are present via “Zoom”, had voted via Trackie in the elections of Directors and Officers to be reported upon during the Meeting.

Vern declared that, in accordance with the CMA By-Laws, as varied by a decision of the Board of Directors, the members now present constitute a quorum for the meeting.

(In these minutes, each person’s full name is used when first mentioned. Subsequently, the first name, and sometimes the last initial, is used. When referred to, the names of members present are shown in **bold**.)

Preliminary Comments

Vern welcomed and thanked those present, and indicated the general nature of the matters that will be dealt with in the meeting, which had been described in the materials that had been distributed in advance of the meeting, copies of which were available on the web site.

Vern paid tribute to **Patty Blanchard**, one of our athletes who is from Moncton, New Brunswick and who was inducted into the CMA Hall of Fame in 2021. **Vern** presented a framed certificate to **Patty** and a few minutes were taken for applause and photos.

Acceptance of Agenda

Vern requested approval of the Agenda and, **moved and seconded by Jo/Andy, the Agenda was accepted.**

Minutes of Previous Meeting

The minutes of the annual meeting of the members of the CMA, held on March 23, 2021, were **accepted, moved and seconded by Andy/Gordon Flett.**

President’s Report

Vern referred to his written report, which had been distributed, and commented briefly on it.

Financial Report

A written financial report from the Treasurer, **Wendy**, for the year ended October 31, 2021, was included in the Annual Report, and an overview was provided. **The report was accepted as presented, moved and seconded by Katherine/Deborah Lee.**

Membership Report

Sherry Watts had provided a written Membership Report, which had been distributed and was reviewed.

Competitions:

Non-Stadia Report

Robert Jackson had no additional comments on his written Non-Stadia report, which had been distributed.

Stadia Report

Vern commented briefly on his Stadia report, which had been distributed, noting that the CMA Outdoor Championships have tentatively been scheduled for July 29 to 31, 2022 in Regina, SK and he hopes that the event can proceed.

Report on WMA/NCCWMA

A report on WMA/NCCWMA activities had been provided by **Vern**, and it was reviewed. **Vern** noted that the WMA Indoor Championships will be held in Edmonton in March and April, 2023.

A member present asked about the uniforms for Tampere. After a short discussion, **Wendy** indicated that this topic is a relevant one but should be discussed outside of the Annual Meeting. **Vern** indicated that a Tampere newsletter will be sent out to members soon and will include more information on purchasing uniforms.

Provincial Directors' Reports

The following Provincial/Territorial Directors' reports had been distributed, and were reviewed:

- 1) **British Columbia** – provided by **Jake Madderom**;
- 2) **Alberta** – provided by **Donna Dixon**;
- 3) **Saskatchewan** – provided by **Dale Lawrence**;
- 4) **Manitoba** – provided by **Greg Athayde**;
- 5) **Ontario** – provided by **Doug Smith**;
- 6) **Quebec** – provided by **Bernard Lachance**;
- 7) **New Brunswick** – provided by **Andrew Justason**; and
- 8) **Nova Scotia** – provided by **Jo Bryant**.

In response to a question about the location of our outdoor championships in the summer, **Vern** confirmed that they will be held in Regina on July 29 to 31, 2022. While registration is open, that announcement has not yet been made to our members.

Records Reports

The following reports from CMA Records Chairs and the Records Liaison had been distributed, were reviewed and, in some cases, comments were made:

- 1) **Road Bests** – report from **Sherry**;
- 2) **Track and Jumps Records** – report from **Rob**;
- 3) **Race Walk Records** – report from **Sherry**;
- 4) **Throws Records** – report from **Lucille Green**;
- 5) **Combined Events Records** – report from **Peter Zowkewych**;
- 6) **Relay Records** – report from **Harold Morioka**; and
- 7) **Records Liaison** – report from **Donna**.

Communications Report

A Communications report from **Amy Ballon** had been distributed, and was reviewed.

Other Reports

Online Seminars Report

A report from the Online Seminars Committee by the Committee Chair, Karla del Grande, had been distributed, and was reviewed.

Member Recruitment and Retention Committee Report

A report from the Co-Chairs of the Member Recruitment and Retention Committee, **Karla** and **Dala**, had been distributed, and was reviewed.

Coaching Committee Report

A report from the Chair of the Coaching Committee, **Sherry**, had been distributed, and was reviewed.

Athletes of the Month Report

A report on the selection of the Athletes of the Month from **Andrew** had been distributed, and was reviewed.

Athletes of the Year Report

A report on the selection of the CMA Athletes of the Year from **Pete Dehal** had been distributed, and was reviewed.

Hall of Fame Report

A report from **Sherry**, the Chair of the Hall of Fame Committee, had been distributed and was reviewed.

Acceptance of Reports

All of the reports presented above, other than the Financial Report which has been separately approved, were accepted and approved for filing with the records of the CMA, moved and seconded by Doug/Jo.

Election of Directors

Vern stated that, in accordance with the CMA By-Laws, elections must take place for four positions on the CMA Board of Directors, and five CMA members are standing for election for those four positions. Information about each of the five candidates was contained in Attachment "B" to the Notice of the Meeting, and is included in the Annual Report. In accordance with the decision of the Board, voting for these Board positions has taken place either by the use of the Email/Mail Ballot, or online through "Trackie". As reported earlier, a total of 67 CMA members have voted online through "Trackie", including some of the members present in person.

Vern provided ballots to any members who were present and had not voted on Trackie, but who indicated that they now wished to vote.

Vern asked **Jo** and **Rob** to tally the online and in-person votes instead of the Secretary, **Dala**, to avoid a conflict of interest since she is running for Secretary and Director.

After being completed, in-person ballots were reviewed and added into the report on the numbers voted on Trackie. **Vern** then requested that **Jo** report on the voting which has taken place in the election of Directors.

Jo reported the following votes for each of the five candidates for election as Directors:

Dala Bortolussi -	60 votes
Carolyn Coffin -	42 votes
Pete Dehal -	41 votes
Nanci Patten -	25 votes
Susan Stone -	36 votes

Jo therefore declared that the following candidates, having received the highest number of votes, were elected as Directors: **Dala Bortolussi; Carolyn Coffin; Pete Dehal; and Susan Stone.**

Election of Officers

Vern pointed out that, in accordance with the By-Laws, the Members will at this meeting be electing Members to the Officer positions of President; Vice-President, Non-Stadia; Secretary; and Treasurer; and all elected Directors are eligible for election to these Officer positions. Information about each of the candidates for election to these positions was contained in Attachment "B" to the Notice of the Meeting, and is included in the Annual Report. There were no contests in the elections for any of these positions. However, in the same way as the voting occurred in the election of Directors, voting for these Officer positions has taken place either by the use of the Email/Mail Ballot, or online through "Trackie".

Vern provided ballots to any members who are present and have not voted on Trackie, but who indicated that they now wish to vote. After being completed, their ballots were reviewed and added into the report on the numbers voted on Trackie. **Vern** then requested that **Jo** report on the voting which has taken place in the election of Directors.

Jo reported the following votes for each of the candidates for election as Officers:

President - Vern Christensen -	59 votes
Vice-President, Non-Stadia - Vern Christensen	54 votes
Secretary - Dala Bortolussi -	62 votes
Treasurer - Wendy Melvin -	57 votes

Jo therefore declared that the candidates stated above were elected to each of the Officer positions indicated.

Termination

There being no further business, the meeting was terminated at 8 pm ADT, moved and seconded by **Gordon/Jo**.

Dala Bortolussi,
Secretary of the Meeting

CMA President's Message - March 12, 2023

The year 2022 for Canadian Masters Athletics was a recovery year from the Covid-19 pandemic. We finally were again able to hold a more or less full schedule of Stadia and non-Stadia Championships, and we were able to honour the Athletes of the Year and inductees into the CMA Hall of Fame who hadn't been properly honoured for several years.

Below, I report on the highlights of the past year, its events and other CMA activities. Please refer to the many reports which follow, for additional details on these highlights.

1. The CMA finished the year with 1,868 members, a significant increase from the prior year, and almost back to pre-Covid numbers.
2. Very successful Indoor (in Saint John, NB) and Outdoor (in Regina, SK) championships were held, with attendance beginning to get back to pre-Covid numbers.
3. We scheduled a full number of Road Race Championships, including continuing a 5K Road Race Walk which had been held for the first time in the previous year.
4. Very successful Cross Country Championships were held in November in Ottawa, in conjunction with AC's National Championships, with 146 masters participants.
5. The 4K Memorial Cross Country race in honour of Don Farquharson, founder of the CMA, was hosted for us by Athletics Ontario with 68 competitors, including many of Don's family.
6. The first WMA Outdoor Championships in 4 years were held in Tampere, Finland from June 29 to July 10, 2022, with 89 Canadian athletes registered.
7. The CMA continued an annual donation to MastersRankings.com, which provides all of our members free access to the Rankings website. We have continued this benefit into 2023.
8. Hall of Fame inductions – Barb Dabrowski, Jerry Kooymans and Chris McCubbins.
9. Named 2021 Athletes of the Year – Track, Karla Del Grande; Field, Monica Pomietlarz; Combined Events, Cindy O'Brien-Hugh; and Non-Stadia Events, Malindi Elmore.
10. Carol LaFayette-Boyd, W80, SK, was named by the WMA as the 2022 Female World Masters Athlete of the Year, after being nominated for the position by the CMA.
11. 127 new Canadian records were approved in 2022, many more than in any recent year.
12. We continued our very successful program of Online Seminars this year, which are described in more detail in the separate report from the Chair, Karla Del Grande.
13. The redesign of the CMA web site was finished in 2022, and we are seeing the benefits in the very attractive and easy-to-navigate site.
14. Our Membership Recruitment and Retention Committee has, among other initiatives, upgraded our Social Media presence with our Facebook page and Instagram Account.
15. A committee has been carrying out a Strategic Plan, to ensure that all of our initiatives are aimed at providing the services which we believe will serve our members best.

I would like to recognize some former members of our Board, including several Provincial Directors who have stepped down this past year and have been replaced on our Board by other representatives of their provinces. These include: Bernard Lachance (Quebec); Andy Justason (New Brunswick), who handled the Athletes of the Month for several years; Donna Dixon (Alberta), who served as Records Liaison for many years; and Doug Smith (Ontario), who served as Webmaster for many years.

I also give special thanks to Amy Ballon, stepping down after serving on the Board as an elected member and providing a very professional Communications service to the CMA, including overseeing the redesign of the web site. I would also like to thank the remaining members of the Board, who have worked very hard to serve all of our members, both in the provision of competitions and in many other ways.

In 2023, we plan to continue the activities which we have initiated, including our program of Competitions and our other non-competition initiatives. Several of our athletes will be competing in the WMA Indoor Championships in Torun, Poland in a few weeks, and we'll be supporting them throughout this event.

I'd like to individually identify the remaining members of the Board of Directors:

- **Dala Bortolussi, QC (Secretary)**
- **Carolyn Coffin, MB**
- **Pete Dehal, BC**
- **Karla Del Grande, ON**
- **Rob Jackson, NB**
- **Wendy Melvin, ON (Treasurer)**
- **Susan Stone, ON**
- **Katherine Willis, ON**

Provincial Directors:

- **Jake Madderom, BC**
- **Johanna Flipsen, AB**
- **Dale Lawrence, SK**
- **Greg Athayde, MB**
- **Damian Dupuy, ON**
- **Denis Laflamme, QC**
- **Marc Beaudoin, NB**
- **Jo Bryant, NS**

Special recognition also goes to the Volunteers who help look after CMA business. They are:

- **Online Seminars Committee Chair – Karla del Grande**
- **Membership Recruitment & Retention Committee Co-Chairs – Dala Bortolussi and Karla del Grande**
- **Records Liaison – Rob Jackson**
- **Outdoor/Indoor Track & Jumps Records – Rob Jackson**
- **Indoor/Outdoor Throws & Throws Pentathlon Records – Lucille Green**
- **Combined Events Records – Peter Zowkewych**
- **Relay Records – Urith Hayley**
- **Road Race Bests/Racewalk Records - Sherry Watts**
- **Athletes of the Month Committee Chair – Jo Bryant**
- **Memberships/Coaching Committee Chair – Sherry Watts**
- **Honours and Awards – Pete Dehal**
- **Strategic Planning Committee – Wendy Melvin**
- **Communications – Position currently vacant**
- **Web Master – Jovette Jolicoeur**

All members are reminded that you can provide any comments or suggestions to the CMA by using our general email address, CMA@canadianmasters.ca . Two members of the Board receive all messages sent to that address, and we will do our best to reply or redirect any messages received.

I wish everyone good health during the coming year, and look forward to continuing to see many of our members at our events, and to provide service to all of our members.

With sincerest regards,

Vern Christensen

Vern Christensen, President

**CANADIAN MASTERS ATHLETICS
TREASURER'S REPORT
NOVEMBER 1, 2021 – OCTOBER 31, 2022**

A detailed Income Statement for the year ended October 31, 2022 (our financial year end) is attached, with a comparison to 2020-2021. The following explains the more significant items and their variations.

REVENUE:

Membership Fees: The arrangement with AC is that all provincial branches pay AC a calendar year annual fee of \$10.00 per master member from the annual membership fee collected by the province. All of these members are thus members in AC, their provincial branch and CMA. Rather than make periodic payments to us, AC advances CMA an estimated amount at the beginning of each calendar year, and adjusts for any shortfall, or overage, from the prior calendar year. In 2021-2022, we received \$15,330.00, made up of an advance of \$14,000.00 (based on 1,400 estimated members) plus an addition of \$1,330 for the overage from 2020-2021.

Medals/Ribbons/Inserts/Plaques: Revenue is the amounts we charge to the hosts for the items used at our Indoor, Outdoor, Cross Country and Road Racing events, offset by our costs of any Medals/Ribbons/Inserts/Plaques shown below under expenditure. In 2022, we charged there were amounts paid for Indoor, Outdoor and Road Race events, while in the prior year, some events were not held and no amounts were charged in others.

Team Fees: These are the fees paid by Team Canada members for services provided at WMA Championships. No Championships were held in 2020-2021, and it was decided to not charge a fee for the Tampere, Finland Outdoor Championships in 2022, since it was impossible to judge how many athletes would be attending the Championship.

Bank Interest: The \$445.00 in bank interest is a direct reflection of higher interest rates in 2022.

EXPENDITURE:

Communications -

Website: 2022 was a year of modernization to our overall website and social media programming, necessary as part of our longer-range strategic plan. As mentioned in last year's Report, we budgeted \$25,000.00 for this planned one-time overhaul of our site. With additional continuing costs, the total came to almost \$20,000.00, accounting for most of our loss during the year.

Competition -

WMA Championships: Although no Team Fee was charged, honourariums totaling \$2,500.00 were awarded to two Team Canada Managers for their oversight of the WMA Championships in Tampere, Finland this year.

Medals/Ribbons/Inserts/Plaques: We purchased just over a year's supply of medals and ribbons this year at a cost of approximately \$9,500.00, and purchased inserts and plaques for events during the year, and received the payments included under Revenue above.

Other -

Online Seminar Series: Our online seminar series was a tremendous success in 2022 and proved to be a positive connector for Canadian athletes. Speaker honorariums were gifted in the amount of \$1,300.00.

Liability Insurance: This annual premium is partly based on estimated numbers of competitors at our Championships, causing the premium to increase from the prior year's \$1,107.00 to this year's \$1,728.00.

Masters Rankings.com: Our cost was consistent with 2021 at \$5,387.29, which provides our members with free access to the site for the year. As the fourth-largest user on a global ranking, we believe the service to be of high value to CMA members.

TOTAL ASSETS (SURPLUS):

As we reported last year and report above, we planned and carried out certain initiatives this past year, using some of our excess assets carried over from the prior year. We will continue to do so during the current year, and will continue to ensure that we receive value for, and provide value to our members from, any expenditures which we plan and carry out this year.

Respectfully Submitted,

Wendy Melvin,
Treasurer

CANADIAN MASTERS ATHLETICS
INCOME STATEMENT (November 1, 2021 to October 31, 2022)

	2021 - 2022	2020 - 2021
CASH BALANCE AT NOVEMBER 1	\$ 89,783.37	\$ 88,181.14
REVENUE		
Membership Fees	\$ 15,330.00	\$ 11,770.00
Meet Income	\$ -	\$ -
Medals/Ribbons/Inserts	\$ 6,734.61	\$ -
Plaques	\$ -	\$ -
Bank Interest	\$ 445.00	\$ 80.16
Team Fees	\$ -	\$ -
Other	\$ -	\$ -
TOTAL REVENUE	\$ 22,509.61	\$ 11,850.16
EXPENDITURES		
Communications - Website	\$ 19,897.51	\$ 708.63
Communications - Other	\$ -	\$ -
Total Communications	\$ 19,897.51	\$ 708.63
Administrative - Accounting	\$ 701.73	\$ -
Administrative - Telephone	\$ -	\$ -
Administrative - Postage	\$ 315.75	\$ -
Total Administrative	\$ 1,017.48	\$ -
Competition - WMA Championships	\$ 2,500.00	\$ -
Competition - Meets	\$ 692.03	\$ -
Competition - Medals/Ribbons/Inserts/Plaques	\$ 12,631.36	\$ 2,345.92
Total Competition	\$ 15,823.39	\$ 2,345.92
Other - Annual Meeting	\$ 213.40	\$ 452.00
Other - Online Seminar Series	\$ 1,300.00	\$ -
Other - Honors and Awards	\$ 904.41	\$ -
Other - Executive Travel	\$ 740.43	\$ -
Other - Liability Insurance	\$ 1,728.00	\$ 1,107.00
Other - Bank Charges	\$ -	\$ 20.00
Other - MastersRankings.com	\$ 5,387.29	\$ 5,331.88
Other - Miscellaneous	\$ -	\$ 282.50
Total Other	\$ 10,273.53	\$ 7,193.38
TOTAL EXPENDITURES	\$ 47,011.91	\$ 10,247.93
NET REVENUE LOSS, Year Ended October 31	-\$ 24,502.30	\$ 1,602.23
ASSETS, as at OCTOBER 31ST		
Chequing Account	\$ 20,996.50	\$ 45,923.80
Savings Account	\$ 44,284.57	\$ 43,859.57
Bank Balance \$, October 31	\$ 65,281.07	\$ 89,783.37

CMA Membership Report 2022

	2019	2020	2021	2022
British Columbia	505	445	366	447
Alberta	180	160	143	180
Saskatchewan	83	88	50	101
Manitoba	44	27	24	45
Ontario	867	801	608	758
Quebec	221	225	162	199
New Brunswick	67	68	32	64
Nova Scotia	60	60	44	57
Prince Edward Island	2	2	0	6
Newfoundland and Labrador	2	0	4	10
Yukon	1	0	0	0
Northwest Territories	2	1	0	1
Total	2034	1877	1433	1868

In 2022 we had 649 female members and 1219 male or 35% female.

There were 4 members born in the 1920s, 38 in the 1930s, 148 in the 1940s, 308 in the 1950s, 425 in the 1960s, 497 in the 1970s, 370 in the 1980s and 78 in the 1990s.

Sherry Watts

Canadian Masters Athletics (CMA) Competitions Committee Report 2022

We present below an overview of the Stadia and Non-stadia events held in 2022, and the current plans for 2023. For results, see the CMA website: Indoors: <https://canadianmasters.ca/events/indoor-championships-past-results/>

Outdoors: <https://canadianmasters.ca/events/outdoor-championships-past-results/>

Road Races: <https://canadianmasters.ca/events/road-races-past-results/>

National XC: <https://canadianmasters.ca/events/cross-country-past-results/#national-xc-championships>

A) **STADIA EVENTS:**

1. **2022 Indoor Championships, March 26-27, 2022:**

These Championships took place in Saint John, NB, in conjunction with the AC Age Group Championships, with only about 125 masters registered. Although generally well-run, there were a few glitches pertaining to scheduling. The LOC has expressed interest in putting on our Championship at any time in the future when we are interested in having them do so, at which time it would be separate from any other Championship.

2. **2022 Outdoor Championships, July 29 to 31, 2022:**

Turnout for this Championship in Regina, SK wasn't as great as would have been normal pre-pandemic, but still a strong turnout from across the country. The Championship was generally well-organized, with the organizers picking athletes up and delivering them back to the airport, and having an Opening Ceremony including politicians from all levels. A CMA Awards Dinner was held, allowing us to honour all Athletes of the Year and Hall of Fame inductees who hadn't been honoured in person for several years. Awards ceremonies were held throughout the event, and 469 medals were distributed, for which the organizers paid the CMA.

3. **2023 Indoor Championships, February 25-26, 2023:**

These Championships were organized by Athletics Ontario (AO), in the Toronto Track & Field Centre (TTFC). Almost 300 athletes took part, and 516 medals were awarded, to be paid for by AO. The event was generally well-organized, despite a few scheduling misunderstandings. Many athletes appeared to be very happy to be able to get back together in person, after the issues caused by the pandemic over the past few years. Unfortunately, due to the lack of availability of the TTFC, the event was held on the same weekend as the BC Masters Championships, reducing numbers a little.

4. **2023 Outdoor Championships, August 9 to 11, 2023:**

Vancouver's Greyhounds Masters Track & Field Club will host this Outdoor Championship, at the McLeod Athletic Park in Langley, BC. Athletics Canada held their open Canadian Outdoor Championships there in 2022, and will do the same this year. The stadium has excellent facilities, including a covered grandstand seating several thousand spectators, a photo of which is included at the end of this Report. There will also be a Meet Hotel not far from the stadium, with a block of rooms available for athletes, which is also expected to be the location of CMA's Awards Dinner on the Saturday evening of the Championships.

B) **NON-STADIA EVENTS:**

1. **CMA Half Marathon Championships, Winnipeg, MB, June 19, 2022:**

Our Championship was arranged as part of the Manitoba Half Marathon. Greg Athayde, the Manitoba Provincial Director, attended to provide our medals to the winners. However, the race was stopped due to extreme heat. Some runners had completed their races, but many of the masters hadn't finished, so only 9 medals were actually distributed.

2. **CMA 5K Road Race Championships, Moncton, NB, September 11, 2022:**

Our Championship was part of the Medavie 5K which, together with AC's National 5K Championship, was included in the Moncton Running Festival. Although most CMA competitors were from New

Brunswick, a small number of athletes from Nova Scotia, Quebec, Ontario. 30 medals were distributed. Athletes were Manitoba also took part. very positive about their experience.

3. CMA 5K Road Race Walk Championship, Blainville, QC, September 11, 2022:

This was the second Masters Championship Road Race Walk held at this site, in conjunction with the Blainville Demi-Marathon. 17 CMA athletes participated and 16 medals were distributed. Denis Laflamme, the Quebec Provincial Director, took part and worked with the LOC to distribute medals.

4. Don Farquharson Memorial Cross Country Race, Toronto, ON, October 2, 2022:

Don was one of the founders of Canadian Masters Athletics, as well as World Masters Athletics, for whom he served for 12 years as the first President. The race was organized by Athletics Ontario in conjunction with one of their events; 68 athletes participated and 39 medals were distributed. The cost of the medals was absorbed by CMA.

5. CMA Marathon Championship, Toronto, ON, October 16, 2022:

Our Championship was part of the Toronto Waterfront Marathon, along with the AC Championship. Canada Running Series (CRS) were a pleasure to work with and are eager to have us back. However, the large (20,000 runners) marathon venue made it difficult at the finishing area to have our CMA athletes find us. Consequently, we gave out only 10 medals on site and had to mail out the rest. Susan Stone and Vern Christensen were on site at the CMA results table to give out medals. 55 CMA athletes participated, and 37 Medals were distributed, paid for by CRS.

6. CMA 10K Road Race Championships, Hamilton, ON, November 5, 2022:

Our Championship was part of the Hamilton Road2Hope Race weekend. This is a fast flat course which also had an Elite 5K race on the same day. The organizers and timing company were very easy to work with and Road2Hope are eager to have us back. Susan Stone and Vern Christensen were at the CMA results table to give out medals. 15 CMA athletes participated and 15 medals were distributed.

7. CMA National Cross Country Championships, Ottawa, ON, November 26, 2022:

Our Championship was held alongside the AC National Cross Country Championships put on by Ottawa Lions and Run Ottawa. A new location in Mooney's Bay proved to be more popular than the site used in 2021. A 2k loop was used for the 6km and 8km races which was very good for spectators. We used Gender and Age Group identification back bibs worn by all masters athletes. 146 athletes ran and 51 medals were awarded. Club Team plaques were awarded during presentations, and the Provincial GAAT trophy was won by Ontario.

C) PLANNING FOR 2023 CMA CHAMPIONSHIPS:

Planning is currently underway for the following Road Races. Details can be found at:

<https://canadianmasters.ca/events/>

- 1. CMA Marathon Championship – Ottawa Tamarack Marathon, May 28**
- 2. CMA 10km Championship – TBA**
- 3. CMA 5km Road Race Walk – Toronto (as part of Canada-U.S Junior competition) August**
- 4. CMA ½ Marathon Championship – Victoria, BC, Oct. 8 (Masters Prize purse)**
- 5. CMA Don Farquharson Memorial Cross Country Race – Aurora, ON, October**
- 6. CMA 5K Road Race Championships – Ontario, November**
- 7. CMA National Cross Country Championships – Ottawa, ON, November**

Submitted by:

Susan Stone. Vern Christensen

Report on World Masters Athletics (WMA) and North, Central American and Caribbean Masters Athletics (NCCMA)

WMA Championships - Summary

The WMA organizes Outdoor and Indoor World Championships, with the Outdoor Championships held in even years and the Indoor Championships in odd years. All masters athletes who are members of their national masters affiliate (the CMA in Canada) can compete in the WMA Championships, and no performance standards are necessary to take part. You should be aware that, although there are some very good athletes taking part, almost everyone will find someone who competes in their event at a level similar to their own. After competing in one or more of these championships, athletes look forward to the next international event, to renew their competition with the others in their age group.

The CMA provides one or more Team Managers for the Championships, the number depending upon how many Canadian athletes are entered and the number of stadiums which are being used. The Managers are generally athletes who are competing, as well as being available to provide information and help for the Canadian team, both in advance of and during the Championships. I've been the Manager for most of the recent WMA Championships, but am constantly trying to recruit knowledgeable assistants who are interested in volunteering to help our fellow competitors, and to eventually become Managers themselves.

At each Outdoor Championship, an "Assembly" of all of the countries is held on one of the program days. Each country names delegates, and discussion occurs about locations of future Championships, rule changes, election of Officers, etc. This is an interesting way of learning about international Championships.

2022 Outdoor and 2023 Indoor Championships

The **2022 Outdoor Championships** were held in Tampere, Finland from June 29 to July 10, 2022, and there were 89 athletes on the Canadian team. The team won 25 medals in the competition - 8 Gold, 11 Silver and 6 Bronze - ranking Canada in 14th place for total medals among the 84 countries represented at the Championships. As is typical at an Outdoor Championship, Tampere had good stadiums available. However, the Throws facilities were found to be of an inferior quality.

The **2023 Indoor Championships** are scheduled to be held in Torun, Poland, from March 26 to April 1, 2023, and a team of 66 Canadians will be attending. The Managers have issued two Bulletins to provide helpful information to the Team, and the organizers have issued two version of a Competition Handbook, which provides detailed technical information for the athletes. The CMA has provided a special T-shirt which all Canadian athletes receive as part of their registrations, and also arranged for a significant discount from Athletics Canada on the cost of the singlets which Canadian athletes must wear during competition. Rooms in several hotels were arranged to be available for members of the team, so that several of the members of Team Canada will be staying in the same hotels, although this isn't a requirement.

In addition to Track & Field events, both Indoor and Outdoor Championships include 6K/8K Cross Country events, 10K and Half Marathon Road Races, and a 10K Road Race Walk.

Current WMA Championship Schedule

- **Indoor Championships, 2023, Torun, Poland, March 26 – April 1**
- **Outdoor Championships, 2024, Goteborg, Sweden, August 13 - 25**
- **Indoor Championships, 2025, currently not scheduled, looking for a location.**
- **Outdoor Championships, 2026, Daegu, Korea, August 25-September 8.**

NCCMA Organization and Championships

The WMA has divided the World into several "Regions", and all WMA countries belong to one of them, ours being the NCCMA Region, made up of Canada, the USA, Mexico, Central America and the Caribbean. The NCCMA conducts Outdoor Championships, generally in odd years. The latest two Championships were held in Toronto, in 2017 and 2019. At this point, no city has currently committed to host the 2023 Outdoor Championships, and NCCMA is still actively looking for a host. The NCCMA Outdoor Championships also include non-stadia events, including the 6K/8K Cross Country, 10K Road Race, and a 10K Road Race Walk. As part of the NCCMA Board, I am responsible for these events, in liaison with the host organizing group.

Vern Christensen

**Vern Christensen
Team Canada Manager
NCCMA Vice-President, Non-Stadia**

BC Directors CMA AGM Report – February 2023

Recognition

2022 BC Masters of the Year

- Female Road Running – F40 – Malindi Elmore (Great result in Boston Marathon)
 - F40 – Natasha Wodak – New Can. Marathon record Berlin 2:23:12
- Male Road Running –M60 – David Guss (Can. Record in 5K)
- Female Track – F85 – Christa Bortignon (Broke 4 World Records on the track)
- Male Track – M60 – Mark Pinckard (Can. Records in Indoor mile and indoor 800, Outdoor 1500)
- Female Field – F85 – Christa Bortignon (World records in Long Jump, triple jump and Heptathlon)
- Male Field – M70 – Reidar Zapf-Gilje (World record in Pentathlon, Canadian record in Decathlon)
- Female Cross Country F40 – Jen Millar(First female in Canadian Championships)
- Male Cross Country M60 – Mark Pinckard (First M60 in BC Championships, 2nd in Canadian)

Membership

In December 2022 we had 447 members, up from 366 in December 2021. These membership numbers include all members with a competitive masters membership. It does not include other age 35+ members with other types of membership.

Competitions

Most of the COVID-19 restrictions were eliminated and Road Running, T&F and Cross Country got back to normal.

Some Masters Events

- BC Indoor Masters Championships – Kamloops Feb. 25-27,2022
- Harriers Pioneer 8K BC Championships Saanich Feb. 27,2022
- Vancouver Sun Run 10k Championship April 24, 2022
- Blueshore Financial Longest Day 5k BC Championships June 17,2022
- Vancouver Half Marathon BC Championships June 26, 2022
- Masters Outdoor T&F Championships Greyhounds – Surrey Aug. 13-14, 2022
- 55+ BC Games – Victoria Sept. 13-17, 2022
- Royal Victoria Marathon – BC Marathon Championships October 9, 2022
- BC Cross Country Championships – South Surrey Oct. 22, 2022

Results

Participation by BC Athletics Masters Members in BC championships:

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
5k	44	51	53	56	40	51	53	65	52			?
8k	11	44	44	26	35	22	17	39	43	28		14
10k	81	96	98	49	41	55	42	23	20			?
Half Mar.	29	78	74	87	71	31	35	22	15			?
Marathon	22	28	30	32	31	15	17	25	28			?
T&F Outdoor	103	102	128	103	137	89	126	161	140		164	130
T&F Indoor				27?	49	64	57	77	63	76		70
Cross Country	62	56	75	52	31	47	42	38	34		43	35

BC athletes set 15 new Canadian Outdoor T&F records and 11 new Canadian road records in 2022.

Submitted by Jake Madderom – BC CMA Director

Alberta Provincial Report

CMA Annual General Meeting 2023

2022 saw the return of a full slate of athletics competition in Alberta, including for masters athletes. Provincial Masters Championships were held for indoor track and field, outdoor track and field, race walking and cross-country running, usually in conjunction with other age groups.

Having become the Alberta provincial representative to the CMA effective January 1 2023, I am a member of the Athletics Alberta Masters Sub-Committee along with Susanne Lauridsen and Loretta Amerongen. Previous CMA Alberta Director Donna Dixon has agreed to remain on this sub-committee for a short transition period. Athletics Alberta is supportive of Masters Athletics and welcomes our feedback.

This sub-committee has been involved in the following in the past year:

- reviewing masters' submitted performances for inclusion in the Alberta masters records database, which is on the Athletics Alberta website: <http://athleticsalberta.com/masters/>
- selecting Alberta masters athletes of the year
- promoting masters events in Alberta competitions
- promoting CMA events to Alberta masters

Respectfully submitted,

Johanna Flipsen
CMA Alberta Director
johannaflipsen@shaw.ca

Saskatchewan Masters – CMA 2022 Annual Meeting Report

Saskatchewan Athletics/Canadian Masters/Athletics Canada membership was up to 100 in 2022.

In the indoor season, there were four twilight meets in Saskatoon, two regular meets in Saskatoon, and two meets in Regina where Masters athletes competed. Other meets attended were in Edmonton and Winnipeg. Four athletes took part at the Canadian Masters Indoor Championship in Saint John.

In the outdoor season, Saskatoon hosted the provincial championship, and Regina hosted a smaller meet and also the Canadian Masters Outdoor Championship.

The Saskatchewan and Canadian 55 + Games were also held in the summer in which many Masters took part.

25 Saskatchewan and 2 Canadian indoor records were set or broken.

Saskatchewan outdoor records were broken 64 times, Canadian outdoor records 9 times, and World outdoor records 6 times.

16 Saskatchewan Masters athletes participated in the 6 km Cross Country Provincial Competition in Saskatoon. One Saskatchewan Master took part in the Canadian Cross Country competition.

Trevor Jacek and Carol LaFayette-Boyd were selected as the Bob Adams Foundation recipients and Sandi Arnason and Trevor Jacek were winners of the Howard West Athletic Awards for 2022.

Saskatchewan athletes chosen as Canadian Masters Athletes of the Month were: Muriel Gieni for March, Carol LaFayette-Boyd for July, and Karla Johnson-Gabruch for December.

Respectfully submitted,



Dale Lawrence
Saskatchewan Director, CMA



TRACK AND FIELD / ROAD RUNNING / CROSS COUNTRY

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www.athleticsmanitoba.com

February 25, 2023

In 2022, Athletics Manitoba (AM) had 45 registered Masters members, getting back to pre-pandemic levels. The Manitoba Runners Association (MRA) had 311 members out of 468 who would be considered Masters (over age 35). 29 AM Masters members are included in the MRA membership counts.

Note: The MRA manages all sanctioned road races as well as providing other services such as equipment, timing, marketing and support. AM provides insurance to road running events through Sport Manitoba. Through a partnership agreement, AM members can obtain an MRA membership for free. MRA members are considered associate AM members but can pay an additional fee to AM to allow for extended benefits including inclusion of their Road results from sanctioned events for AM/AC awards/ranking.

In 2022, within the COVID-19 restrictions, AM sanctioned several Indoor, Outdoor, and Cross-Country events which included participation from Masters athletes. Road Races, sanctioned by the MRA included both virtual and in-person events. The Manitoba Marathon served as the CMA Half Marathon championships but was stopped mid-race due to extreme heat.

Provincial Indoor, Outdoor and Cross-Country championships were held in 2022 with great participation from Masters Athletes. Hillarie Tasche was named Female Masters Athlete of the year and Ken Friesen was named Male Masters Athlete of the year.

The Athletics Manitoba Masters Committee continued with its goal to:

Encourage and support the development and participation of Masters Athletes in Athletics through proper planning, training and competition opportunities tailored to the specific needs of the Masters Athlete.

In 2022, the committee continued to make great progress in increasing Masters Athlete membership and participation. In conjunction with AM and MRA office staff, the committee continues to work on its strategy:

- Working with AM Awards committee, nominated Chris McCubbins for induction into the CMA Hall of Fame, which was approved by the CMA Board.
- Published two editions of the AM Masters Newsletter
- Provided regular updates to Masters Athletes on upcoming events such as CMA and AC Seminars, and local, national and international events
- Updates to Athletics Manitoba Website with information specifically geared to Masters Athletes. Visit: <http://athleticsmanitoba.com/masters-athletics-2/>
- In conjunction with MRA, hosted Outdoor and Indoor running clinics for Road runners. A large percentage of participants are Masters athletes.
- Progress from the committee has been reported at regular CMA and AM Board meetings.

Respectfully submitted:

Greg Athayde

CMA – Provincial Director (Manitoba)



Canadian Masters Athletics Annual Meeting – February 2023

Ontario Report

MEMBERSHIP

- We finished the 2022 year with 765 members

EVENTS

- The Indoor Season saw the first two Mini Meets cancelled due to Covid 19, but we held three later in February and March.
- Our 51st annual Indoor Championships saw fewer entries than usual. This is likely a result of people not having the opportunity to train indoors over the winter.
- Ontario sent 16 members as part of Team Canada to the World Championships in Tampere Finland.
- We held a very successful Masters Outdoor Championships at the Toronto Track and Field Centre (TTFC) in August. As well, Athletics Ontario (AO) sanctioned a large number of masters-friendly All-Comers track meets throughout the summer.
- Masters athletes enjoyed the usual three cross country (XC) races in Sunnybrook Park. We included all of the AO age groups to make each day a festival of XC running for all ages. Once again, masters members participated in the Provincial Championships in Kingston, with their own 5K race.

ATHLETICS ONTARIO

- Athletics Ontario continued to leverage their website, social media platforms, email marketing database, and other communication channels to promote all important information related to Ontario master's activities and results. We completed integrating the Ontario Masters Athletics (OMA) web site into the AO site to make access to communal information much easier.
- Ontario masters athletes have been highlighted in AO's newsletters with information regarding the promotion of events and several record-breaking performances by masters athletes.

AWARDS

- The OMA awarded Athletes of the Year to W40 Sasha Gollish (set a CAN record – 1500m – 4:16.46) and M90 Canio Polosa broke multiple CAN Road Records

Rapport annuel 2022 du directeur provincial du Québec

Soumis au conseil d'administration VCA - 19 janvier 2023

- **Adhésion** : - Atteint 199 cette année, 37 de plus que l'an dernier pour une augmentation de 23% vs une augmentation de 30 % pour la VCA.
 - Le record d'adhésion avant la pandémie était de 220, la progression est bonne.

- **Records** : - La FQA a reçu environ 130 demandes de Vétérans pour homologation de records provinciaux en plein air par rapport au record précédent de 87 en 2021.

- **Compétitions** : - 2 championnats provinciaux dont un en épreuves combinées
 - 1 championnat provincial/canadien sur 5 km marche athlétique.
 - 18 championnats extérieurs ont été organisés avec une participation ouverte aux athlètes vétérans en sprints, sauts, lancers, marche, décathlon, heptathlon etc...
 - Saison en salle : 5 compétitions en salle impliquant des vétérans avant que la pause pour pandémie n'entre en vigueur de la mi-déc à mi-fév. L'entraînement n'était autorisé que pendant 2 semaines sans aucune compétition. La seconde moitié de la saison a repris le 5 mars pour se terminer à la mi-avril. Cinq rencontres en salle ont ensuite eu lieu.

- **Participation des vétérans du QC à des rencontres nationales / internationales** :
 - 21 (4 femmes et 17 hommes) ont participé à St-Jean, NB au Championnat canadien en salle pour établir 2 nouveaux records Can et 11 records Qc.
 - 4 athlètes du QC ont participé aux Championnats canadiens plein air à Regina pour revenir avec 8 médailles d'or et 1 de bronze.
 - 14 ont participé aux Championnats extérieurs WMA à Tampere, en Finlande.

- **Prix de l'athlète du Québec de l'année** :
 - Martine Cloutier-Leblanc W40 de Perfmax et Patrice Doucet M50 de Mile-Pat ont reçu le Trophée Athlètes en tant qu'athlètes vétérans québécois de l'année.

Denis Laflamme

Quebec Provincial Director 2022 Annual Report

Submitted to CMA board – Jan 19th, 2023

- **Membership:** - Reached 199 this year, 37 more than last year for an increase of 23% vs an increase of 30% for the CMA.
 - The membership record before the pandemic was 220, the progress is good.

- **Records:** - The FQA has received about 130 requested from Masters for records homologation for outdoor provincial records as compared to the precedent record of 87 in 2021.

- **Meets:** - 2 provincial Championships: the main one and the combined events
 - 1 Provincial & Canadian 5 km racewalk
 - 18 outdoor championships were organized with open participation to Masters athletes in sprints, jumps, throws, Race walk, decathlon, heptathlon etc...
 - Indoor season: 5 indoor meets involving masters before shut down came into effect from mid-Dec to mid-Feb. Training only was allowed for 2 weeks – no competition.
 - The second half of the season was kick in on March 5th and end the second week on April. Five indoor meets were then took place.

- **QC masters participation at national & international meets:**
 - 21 (4 women & 17 men) that were involved in St-John, NB for Canadian indoor championship established 2 new Can records and 11 Qc records.
 - 4 athletes from QC took part of Regina outdoor Canadian Championships who came back with 8 gold and 1 bronze medals.
 - 14 participated in the WMA Outdoor Championships in Tampere.

- **Athlete of the year awards:**
 - Martine Cloutier-Leblanc W40 from Perfmax and Patrice Doucet M50 from Mile-Pat were awarded the Athlétas Trophy as Quebec master athletes of the year.

Denis Laflamme

Nova Scotia Director's Annual Report for 2022

Numbers of CMA members in Nova Scotia grew in 2022 from the pandemic-repressed levels to nearly those of 2019. However, wariness of infection remained, with only one indoor meet. Outdoors, 18 competitions with track and field events were held, ranging in scope from one event to most events. The increase in locations of these competitions is promising for Nova Scotia, with both Bridgetown and Windsor sporting bright new outdoor track and field complexes. Meets were held at these locations:

Indoor

- Halifax, Canada Games Centre (no throws or PV)
- Truro, Cougardome (throws; no cage)

Outdoor

- Dartmouth and Halifax (St. Mary's U)
- Truro
- Stellarton
- Bridgetown
- Windsor
- Sydney

National and International Competitions

Indoors: USA Masters Indoor Championships, NYC: Erin Poirier, W40-44, placed 1st in the 3000m and 2nd in the 1 mile; Ron Melchiorre, M65-69, placed 3rd in the 200m.

Indoors: Canadian Masters Athletics Indoor Championships, Saint John, NB: Many Nova Scotians competed medalled in Saint John.

Outdoors: WMA Championships, Tampere, Finland: Ron Melchiorre earned his way out of the heats in the 100m, 200m, and 400m.

Outdoors: Canadian Masters Athletics Outdoor Championships, Regina, SK: Ron Melchiorre and Jo Bryant represented Nova Scotia.

Records

The only ratified Canadian record set was by Linda MacDonald, W55-59, when she ran a gun time of 3:07.02 in the Chicago Marathon on October 9th. Other Nova Scotians won their age groups in major marathons in 2022, including Denise Robson (Boston) and Morag McDonah (Chicago).

Many indoor and outdoor Nova Scotia records were set in 2022; congratulations to all competitors. Communication for Masters in Nova Scotia is via the public Facebook group, Nova Scotia Masters Athletics. We currently have 222 members, although not all are from Nova Scotia.

**Jo Bryant,
Nova Scotia Director, CMA**

Canadian Masters Road Bests Report 2022

Road racing returned in force in 2022 giving 19 runners (3 male, 16 female) the opportunities to set 34 Canadian Masters road bests.

Performances came from athletes from 5 provinces (British Columbia, Alberta, Ontario, Nova Scotia and New Brunswick) and age groups from W40 to W95.

Natasha Wodak (W40) from BC set 7 bests including 5 recorded at various points in the Berlin Marathon. Roslyn Smith (W70) showed the most range with road bests in the 5K and the marathon. M90 Canio Polosa and W95 Rejeanne Fairhead proved that road running is for all ages.

Thanks are due to race directors across the world who made accommodations to make these records possible.

Submitted by
Sherry Watts
Road Bests Chair

2022 CANADIAN MASTERS TRACK AND JUMPS RECORDS ANNUAL REPORT
March 12, 2023

This is my report on the 2022 calendar year as the volunteer responsible to the Board of Canadian Masters Athletics for recommending new records to be ratified, changes to the events for which records are to be maintained, ensuring that up-to-date records are maintained on the CMA web site, and any other issues specific to the track and jumps record category.

There were 49 new Canadian track and jumps records established during the calendar year, including 22 indoor records and 27 outdoor records. The last seven years of new records set, indoor and outdoor, compare as follows:

2022 – 49
2021 – 20
2020 – 20
2019 – 34
2018 – 64
2017 – 58
2016 – 51

Female masters athletes set 31 of the 49 records. Fifteen world records were set by three athletes, namely: Christa Bortignon (9); Sasha Gollish (1); and Carol Lafayette-Boyd (5).

The last seven years of world records compare as follows:

2022 – 14
2021 – 1
2020 – 1
2019 – 9
2018 – 8
2017 – 14
2016 – 10

Records set in 2022 by province are:

British Columbia	– 17
Alberta	– 8
Ontario	– 8
Quebec	– 8
Saskatchewan	– 7
New Brunswick	– 1

Thanks to everyone on the CMA Board for your support.

Dated February 5, 2023
Robert B. Jackson
Track and Jumps Records Chair

Canadian Masters Race Walk Records Report 2022

Six walkers from three provinces (BC, Alberta and Quebec) set nine records in 2022. All but one were on the track. Seven were outdoor, one indoor and one on the road.

Johanna Flipsen set 3 records, Teresa Chiozza added two and Denis LaFlamme, Marina Crivello, Herve LeBlanc and Dmitry Babenko set one each. Marina has represented Canada internationally, including winning a bronze medal at the Francophone Games. It is exciting to see her return to race walking as a master athlete.

Submitted by

Sherry Watts

Race Walk Records Chair

2022 Canadian Throws Records Report

There were 21 new Canadian throws records achieved during 2022

Presented by
Lucille Green

HAMMER:

W45	39.58m	Nicole Carlos (BC, 48) Jack Brow Memorial Meet	2022 01 07	Kelowna BC
W60	34.03m	Celina Wong (BC, 60) BC Masters Championships	2022 08 13	Surrey BC

SHOT PUT:

W85	6.75m	Myrtle Acton (BC, 89) BC 55th Seniors Games	2022 09 16	Victoria BC
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DISCUS:

M50	58.74m	Michael Ransky (ON, 51) Fall Field Fest	2022 09 19	Hamilton ON
M65	46.61m	Michael Deady (BC, 69) Cory Holly Classic	2022 08 20	Vernon BC
W40	39.85m	Mélanie Guy (QC, 44) Pentathlon des Lancers Vétérans	2022 10 15	Longueuil QC
W45	37.29m	Andrea Diener (AB, 47) Sherwood Park Track Classic	2022 07 23	Sherwood Park AB

JAVELIN:

M55	51.12m	Graham Morfitt (BC, 55) Dogwood Meet	2022 05 07	Victoria BC
W65	27.99m	Barbara Dabrowski (ON, 65) Throwers Club Meet 3	2022 08 13	Toronto ON

WEIGHT THROW:

M75	15.74m	Harneek Toor (BC, 76) BC Multi-Events Championship	2022 08 27	Surrey BC
W40	13.52m	Karla Johnson-Gabruch (SK, 44) Canadian Masters Outdoor Championships	2022 07 29	Regina SK

SHOT PUT (INDOOR):

W85	6.49m	Christa Bortignon (BC, 85) BC Masters Indoor Championships	2022 02 25	Kamloops BC
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WEIGHT THROW (INDOOR):

W40	13.58m	Karla Johnson-Gabruch (SK, 44) Santa Claus Throws (Approval Pending)	2022 12 17	Saskatoon SK
W40	12.17m	Mélanie Guy (QC, 44) Défi des Champions	2022 12 17	Sherbrooke QC
W45	11.59m	Andrea Diener (AB, 46) Alberta Indoor Games	2022 02 05	Edmonton AB
W45	12.14m	Andrea Diener (AB, 47) Alberta Indoor Track and Field Championships	2022 03 05	Edmonton AB
W55	12.68m	Kristen Dajia (ON, 58) Athletics Ontario Winter Mini Meet #3	2022 02 13	Toronto ON

THROWS PENTATHALON:

M55	H: 47.55 / 885 • S: 13.05 / 887 • D: 44.07 / 848 • J: 33.06 / 504 • W: 16.77 / 955 • Pts: 4079	Dan Parsons (AB, 55) Ultra Throws Club Championships	2022 09 25	Langley BC
M75	H: 37.56 / 875 • S: 10.21 / 745 • D: 27.47 / 652 • J: 30.55 / 705 • W: 15.74 / 985 • Pts: 3962	Harneek Toor (BC, 76) BC Multi-Events Championship	2022 08 27	Surrey BC
W40	H: 40.94 / x • S: 11.36 / x • D: 33.41 / x • J: 26.35 / x • W: 13.52 / x • Pts: 3539	Karla Johnson-Gabruch (SK, 44) Canadian Masters Outdoor Championships	2022 07 29	Regina SK
W40	H: 42.48 / 931 • S: 11.03 / 677 • D: 39.85 / 741 • J: 31.44 / 592 • W: 12.11 / x • Pts: 3702	Mélanie Guy (QC, 44) Pentathlon des Lancers Vétérans	2022 10 15	Longueuil QC

Canadian Masters Athletics

2022 Combined Events Records Report

They're back in action. Canadian Masters Combined Events competitors had a banner year in their events. There were eight new Canadian records set during 2022.

2022 was also the final year that applied version v.2014 tables for scoring the Combined Events. These tables are upgraded and restated @ every 5-7 years by WMA.

Effective January 3, 2023, all historical Combined Events will be scored and restated using version v.2023 tables approved by the WMA. The overall effect will calculate lower event and overall points for all age classes, with a progressively greater lowering of points at the older age classes. (60 and higher).

I am listing the eight new 2022 Combined Events records with the old version v.2014 tables used in 2022 and the new version v.2023 tables.

CANADIAN MASTERS COMBINED EVENTS RECORDS - 2022

M70 Reidar Zapf-Gilge - Decathlon - **7691 pts.** (v.2014), **7094 pts.** (v.2023)

M75 Tuomas Ukonmaannaho - Decathlon - **6089 pts.** (v.2014), **5440 pts.** (v.2023)

M70 Reidar Zapf-Gilje - Outdoor Pentathlon - **3808 pts.** (ver. 2014), **3486 pts.** (v.2023)

M90 Joe Giegerich - Outdoor Pentathlon - **2014 pts.** (v.2014), **1371 pts.** (v.2023)

W60 Cindy O'Brien Hugh - Outdoor Heptathlon - **4779 pts.** (v.2014), **4400 pts.** (v.2023)

W85 Christa Bortignon - Outdoor Heptathlon - **5807 pts.** (v.2014), **3631 pts.** (v.2023)

W60 Muriel Gieni - Outdoor Pentathlon - **3737 pts.** (v.2014), **3479 pts.** (v.2023)

W60 Muriel Gieni - Indoor Pentathlon - **3886 pts.** (v.2014), **3525 pts.** (v.2023)

Great performances by the new record holders and all those athletes that competed in Combined Events.

Regards,

Peter Zowkewych
CMA Combined Events Chair

2022 CANADIAN RELAY RECORDS REPORT

There were four Indoor and two Outdoor relay records approved in 2022. Of these, two indoor races were accepted as World Records.

INDOOR RELAYS:

4x200M	W70	2:49.26	Christa Bortignon (BC,85), Deborah Lee (BC,71) Deanna Clark (BC,74), Avril Douglas (BC,75)	27-02-22	Kamloops, BC	
4x400M	M75	5:24.52	Mark Stewart (BC,77), Tom Ukonmaanaho (BC,77) Barry Dargie (BC,77), Piara Bhullar (BC,75)	26-02-22	Kamloops, BC	WR
4x800M	M75	13:07.96	Barrie Dargie (BC,77), Tom Ukonmaanaho (BC,77) Pat Harton (BC,80), Mark Stewart (BC,77)	25-02-22	Kamloops, BC	WR
4x800M	W55	13:55.46	Julie Valente (BC,55), Sharon Hann (BC,61) Deanna Clark (BC,74), Carol Montgomery (BC,56)	25-02-22	Kamloops, BC	

OUTDOOR RELAYS:

4x800M	W60	11:55.73	Juliette Christie (BC,60), Patti Rogers (BC,62), Donna Dixon (AB,60), Janette Wood (BC, 62)	28-08-22	Surrey, BC	
4x800M	M35	8:38.7	Ryan O'Hagan (ON, 39), David Keeley (ON, 39), Scott Emberley (ON, 35), Brandon Laan (ON, 38)	25-09-22	Arva, ON	

There was one Canadian relay that was accepted as a World Record, but is not a Canadian record as there was a M75 race in 2021 with a time of 12:27.30 that betters this time.

4x800M	M75	12:27.64	Mark Stewart (BC,78), Terry Riggins (BC,75), Fred Pawluk (BC, 75) Pat Harton (BC,80)	28-08-22	Surrey, BC	WR
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Respectfully submitted,

Urith Hayley

Records Liaison Report for CMA Annual Meeting 2022

On November 22, 2022 the CMA Board appointed me to fill the role of Records Liaison, following the retirement of Donna Dixon from that position, after her many years of providing invaluable guidance and expertise.

As records liaison I answer general enquiries about CMA records procedure, and monitor that world masters records set by Canadian masters athletes and ratified by the CMA are posted on the WMA website.

For most track & field meets and road races, other than a few exceptions, a record application form with supporting documents must be completed and submitted to the CMA in order to apply for a CMA age group record. Record lists, record application forms and the rules for acceptance are found on the Canadian Masters website: www.canadianmasters.ca

The rules for acceptance were amended in 2020. It is now required that an athlete be a member of CMA/Athletics Canada at the time that the performance occurred in order for a record to be accepted.

Canadian Masters record lists are updated several times a year once the CMA Board approves new records. Thank you to the record chairs who receive and review many record applications every year: Lucille Green, Urith Hayley, Sherry Watts and Peter Zowkewych.

There were many outstanding performances and records set by Canadian masters athletes in 2022. Congratulations to Canadian masters athletes on their accomplishments in 2022!

Much thanks to Donna Dixon for her assistance in the preparation of this report.

Dated February 5, 2023
Robert Jackson
CMA Records Liaison
rjactm@nb.aibn.com

2022 Annual CMA Communications Report February 25, 2023

How the CMA Communicates

The CMA communicates with its members via its [website](#), a monthly e-newsletter, a [Facebook](#) group, and an [Instagram](#) page.

2022 Communication Highlights

- Launch of the bilingual [CMA website](#) designed to reflect CMA's newly articulated mission to inspire, welcome, support and grow a vibrant community of Canadians aged 35 and older who share a passion for athletics
- Launch of a monthly CMA e-newsletter to share Championship news, celebrate our athletes' accomplishments, recognize new Canadian records, and promote our Online Seminars
- Use of our Facebook group to inform on results from the World Masters Athletics Championships in Tampere, Finland
- Recognition of the Canadian [medal winners](#) at the World Masters Athletics Championships in Tampere, Finland
- Announcing the [2021 CMA Athletes of the Year](#) – Karla Del Grande, Monica, Pomietlarz, Cindy O'Brien-Hugh, and Malindi Elmore
- Sharing the World Masters Athletics announcement of [Carole LaFayette-Boyd](#) as the Best Female Athlete of 2022
- Doubling our Facebook group members from 800 to 1,600; Starting an Instagram page and growing it to 560 followers
- Collaborating with Athletics Canada to amplify our content

Canadian Masters in the Media

In 2022, CMA athletes were recognized in local and national newspapers, magazines, online publications, blogs and podcasts.

Publications include *Canadian Running Magazine*, *iRun Magazine*, *CBC Sports*, *CBC London*, *CBC Ottawa*, *CBC Saskatchewan*, *Global News*, *The Toronto Star*, *Prince George Citizen*, *Regina Leader-Post*, *La Voix de l'Est*, *Le Nouvelliste*, *L'Oeil Régional*, *Runners of the Six blog*, *Inspired Soles podcast*, *The Masters of Running podcast*, *Athletics Canada newsletter*.

Amy Ballon, Communications Chair

STRATEGIC ALIGNMENT PLANNING - 2023 Vision, Mission and Key Objectives

<p>VISION</p> <p>To inspire, welcome, support and grow a vibrant community of people aged 35 and older who share a passion for athletics.</p>	<p>MISSION</p> <p>To be Canada's representative organization for masters athletics at the national and international levels.</p> <p>To offer life long opportunities for our members of all abilities to participate in national and international athletic events.</p> <p>To work with our partners to grow and develop our membership across Canada.</p> <p>To develop a positive culture of fitness, friendship and fun in an encouraging, inclusive, respectful and safe environment.</p>	<p>KEY OBJECTIVE ONE</p>	<p>Member Attraction, Recruitment, Engagement and Retention</p>	<p>Initiatives which the Board has targeted as our top short term focus areas are:</p> <ul style="list-style-type: none"> - Provincial Directors to collaborate on national recommendations and best practices. - Increased bilingualism in 2023 through a CMA member translation team - Increase presence locally, provincially and nationally: <ul style="list-style-type: none"> - marketing and communications, - 'sizzle reel' and story telling, and - 'try it' events. - Continue to Build the Online Seminar Series. - Regularly distributed new features. - A new Communications Committee to spearhead the development of additional marketing collaterals which further enhance our current activities and goals.
		<p>KEY OBJECTIVE TWO</p>	<p>Operational Effectiveness and Efficiency</p>	<ul style="list-style-type: none"> - Create strategic plan approval process.
		<p>KEY OBJECTIVE THREE</p>	<p>Masters Event Management</p>	<ul style="list-style-type: none"> - Continue National Championship Program. - Canadian teams in International events. - Publish a National calendar of events.

**Canadian Masters Athletics (“CMA”)
Annual Report 2022 of the Online Seminars Committee
February 2023**

Our committee was formed in 2021 to plan and present Online Seminars, using Zoom, to share knowledge with our members, and connect them with fellow event participants.

These seminars are open to **anyone**, not just CMA members, and advertising takes place with an email to the CMA and AC mailing lists, on our FaceBook and Instagram pages, and on the CMA website. We still have open registration for these seminars to anyone interested, as we’d like to attract non-members as well. Several of our committee members are also part of the Membership Recruitment and Retention Committee, and see advantages in working together. We hope that all members and directors will share information about these seminars to interested people in training groups, fitness clubs, etc. We are our own best ambassadors!

In 2022, we began in February with a seminar on Nutrition for Masters Athletes, by our CMA Director Jo Bryant, PhD, Assistant Professor in the School of Health and Human Performance at Dalhousie University. In April, we had Jess O’Connell, an Olympian and coach of masters athletes in strength training and endurance running, do a presentation on Cross Training for Masters in Health and Injury. Our next seminar, in May, was presented in French by Natasha McLaughin-Chaisson, a Sports Dietician and owner of NMC Nutrition, on La nutrition pour les athlètes vétérans. Notes from these and previous seminars are posted on the CMA website, for those unable to attend in person.

To help prepare our CMA members participating in the World Championships in Tampere Finland in July, we held a Team Canada Meet and Greet in late May. In January 2023, Jocelyn Ruest, a Quebec coach and race walker, presented a seminar for beginning race walkers, in French.

All seminars have been well received, with favourable comments in the chat function during the seminars, and FB comments after.

In February, we will have a seminar with Mark McKoy, Olympic hurdler and fitness trainer, on maintaining fitness, considering prehab, competition, and during injury, and including mental and emotional aspects. This will be our first recorded seminar. Next up will be a spring seminar on best practice of clubs for masters athletes, with sharing from some of our top clubs in Canada.

We have also advertised seminars from Athletics Canada to our members, and we were invited to participate in a September seminar directed to coaching masters athletes. We hope for more of this type of collaboration.

Suggestions from members to any of our committee members are welcomed for upcoming topics and presenters. We plan and hold these seminars, and supply the notes afterwards, as a resource for members and potential members, so hope to make them as valuable and responsive to your needs, as possible.

Our committee pays honorariums to our presenters.

Committee Members: Karla Del Grande, Donna Dixon, Greg Athayde, Wendy Melvin, Dala Bortolussi.

**Respectfully submitted,
Karla Del Grande**

Member Recruitment and Retention Committee

Annual Report 2022

The Committee was formed in 2021 to propose and implement strategies to attract and inform new members and to support current members. The Committee collaborates with the Online Seminars Committee and the Communications team to pursue its mandate.

This past year, **CMA's social media** presence expanded, with the goal of promoting, inspiring, encouraging others to see what we do and to join us as masters athletes. In March, the Committee launched the official Instagram page **@canadianmastersathletics35** to coincide with International Women's Day. Many collages were posted, highlighting female participation. Interest in our page has grown, with the number of followers and commenters steadily increasing. The Committee posted content for Mother's Day, Father's Day, and created campaigns such as Fun/Fitness/Friends, Why Not You Wednesday, and Fun Facts Friday to promote awareness of CMA and our mission. Our IG account is designed to attract a younger audience, with lots of pictorial content and catchy slogans, and colours and fonts reflecting our website.

The Facebook group **Canadian Masters Athletics / Vétérans canadiens en athlétisme** is more suitable for potential and current members to ask questions, share stories, respond to posts, and learn more about our broader WMA sport and community. Both platforms put faces to our organization, encourage responses and engagement, share official CMA communications and direct people to our website for further information on membership, AOTM/Y, records, and events (such as meets and seminars). On both platforms, we also share posts from members about their training and results. Our followers have created many connections, which are very useful to publicize CMA.

As an initiative under the Strategic Plan, a videographer/photographer was hired to take photos and video footage during the CMA Indoor Championships in order to create a **sizzle reel** to use on our social media, at race expos, etc. CMA will retain access to all the media captured for use on our website, social media, etc. The goal is to highlight the spirit, diversity, strength, enjoyment, and camaraderie of our sport.

Merchandising is an important part of our efforts to showcase athletics as a great way to stay fit and have fun with the bonus of having the social benefits of interacting with like-minded individuals. We hope CMA merchandise will help make our members more visible during training and at competitions and in their communities, as well as help foster a sense of belonging. The official CMA online store offering athletic clothing for all seasons, as well as the Tampere souvenir t-shirt, was launched in April. The store remains open for anyone who wishes to purchase official CMA gear.

<https://canadianmasters.itemorder.com/>

In 2023, we will continue with these initiatives, and broaden our presence in the Canadian sporting scene, creating some sizzle reels for our social media.

Committee Members: Greg Athayde, Dala Bortolussi, Carolyn Coffin, Karla Del Grande, Wendy Melvin

Respectfully submitted,

Dala Bortolussi, Karla Del Grande
Co-Chairs

Canadian Masters Athletics Coaching Committee 2022 Report

The Coaching Committee for 2022 consisted of Jo Bryant, Pete Dehal and Sherry Watts.

The goals of the committee include bringing together masters athletes in need of coaches and those coaches who are able and willing to work with them.

A list of resources for coaches and athletes will soon be posted on the Canadian Masters website.

This includes links to books, websites, articles and scientific papers which are specific to the needs of the masters athlete and coach.

We have a seat on the Athletics Canada Coaching committee and attend their monthly meetings.

Submitted by,

Sherry Watts
Chair, CMA Coaching Committee

Awards and Honours 2022 Annual Report

The Awards and Honours for the CMA consists of Inductions to the CMA Hall of Fame, Athletes of the Year Award and Athlete's of the Month Awards. Last year saw the return to the awarding of the Athlete of the Year Awards, which due to the scarcity of events was not awarded for athletes competing in 2020.

2021 Athlete of the Year Awards:

Each year, nominations are received and awards made to athletes, for prior year competitions, in the following categories and awarded to the indicated athletes ([Link here](#)):

1. Individual Track Events – “Earl Fee Award”:

Karla Del Grande (ON)

2. Individual Field Events – “Olga Kotelko Award”:

Monica Pomietlarz (BC)

3. Combined Events – “Ian Hume Award”:

Cindy O'Brien-Hugh (BC)

4. Non-Stadia Events – “Ed Whitlock Award”:

Malindi Elmore (BC)

Recipients were awarded a plaque highlighting this accomplishment, the plaques were provided to recipients at either an event of their choice, mailed to them and 2 have asked to hold off for the 2023 CMA Awards Banquet to be held in BC in August 2023.

2022 Athlete of the Month Awards:

Throughout 2022, each month an Athlete of the Month award was announced, the recipients and honourable mentions can be viewed on the CMA website ([Link here](#)).

Hall of Fame Inductions:

In 2022, three (3) athletes were inducted into the CMA Hall of Fame; **Chris McCubbins (MB)**, **Jerry Kooymans (ON)** and **Barb Dabrowski (ON)**. Each inductee is presented with an award and announced on the CMA website ([Link here](#)) and the CMA Annual Awards banquet.

The process for the 2022 Athlete of the Year Awards is currently under way as well as nominations are open for the Hall of Fame.

Pete Dehal

CMA Director and Chair, Honours and Awards.
February 6, 2023



**CANADIAN MASTERS
ATHLETICS
VÉTÉRANS CANADIENS
EN ATHLÉTISME**

**Canadian Masters Athletics (CMA)
2022 Annual Meeting of Members
To be Held Entirely Through Online Conference Facilities (Zoom)
Sunday, March 12, 2023, 5:00 pm EDT**

This is the regular 2022 Annual Meeting of the members of the CMA, which **is being held entirely through online conference (Zoom) facilities**. All full masters members of each Athletics Canada branch automatically become members of the CMA each year, resulting in CMA having almost 1,900 members at December 31, 2022, and approximately 1,300 at this time. The Board has scheduled the meeting to be held in this “virtual” format, on Sunday, March 12, 2023, in order to encourage involvement by members, and to not disadvantage any members, no matter where they reside.

On the next page, you will find the formal Notice of this Meeting and, on the pages that follow, details about the procedures regarding the quorum and the candidates for election to the Board and as Officers. As we do each year, our members across the country will all have a chance to vote in these elections, through the mail or email ballot which is attached, or through the “Trackie” voting system. All members of the CMA on the date of the Meeting are eligible to attend the online meeting, and to vote as outlined in the following pages.

The CMA By-Laws do not provide for Annual Meetings to be held by online conference (Zoom) facilities. However, considering the wish to allow as many members as possible to take part in the Annual Meeting, the Board has decided to hold the Meeting in this format, and provide for all voting in the Board and Officer elections to be by way of the “Mail/Email Ballot”, which includes online voting through “Trackie”.

Instructions for Taking Part in the Annual Meeting and the Elections for Directors and Officers

- 1) To take part in the Meeting in any way, including to vote in the election of Directors and Officers, you must be a Masters Member of the CMA for the year 2023, by March 10, 2023.**
- 2) In order to be able to efficiently run the Meeting in a virtual format, and to ensure that we will have a quorum, the Board requires that all Members who wish to take part in the Meeting by “Zoom” must register their attendance, and their votes for the Directors and Officers elections, by March 10, 2023, by checking in on Trackie at www.trackiereg.com/2023-CMAAnnualMeeting**
- 3) As part of registering for the Meeting, Members will be required to provide an email address. All members who register to attend the Meeting will be contacted by email and will be provided with the detailed instructions about accessing the “Zoom” call for the Meeting.**
- 4) In addition, all other Members who wish to vote in the elections for Directors and Officers, but do not wish to take part in the Meeting, may also do so by 11:59 pm on March 10, via a Mail/Email Ballot, or online on Trackie at www.trackiereg.com/2023-CMAAnnualMeeting**
- 5) Information pertaining to the use of the Mail/Email Ballot, including the form of the Mail/Email Ballot, are included in Attachments “A” and “C” to the Notice of the Annual Meeting.**

Canadian Masters Athletics (CMA)
Notice of 2022 Annual Meeting of Members
To be held Entirely Through Online Conference Facilities (Zoom) (Note 1)
Sunday, March 12, 2023, 5:00 pm EDT

Notice is hereby given of the Annual Meeting (the "Meeting") of the Members of Canadian Masters Athletics, to be held entirely through online conference (Zoom) facilities on Sunday, March 12, 2023, at 6:00 pm, for the following purposes:

1. Approval of the minutes of the previous CMA Annual Meeting, held on March 24, 2022 (Note 2);
2. Review of the following Reports from Officers, Provincial Directors, Record Chairs and others, contained in the 2021-2022 Annual Report (Note 2):
 - President's report;
 - Treasurer's report, including the Financial Statements for the year ended October 31, 2022;
 - Vice-President, Stadia report;
 - Vice-President, Non-Stadia report;
 - Membership Secretary report;
 - Reports from Provincial Directors; and
 - Other reports;
3. Elections for **three positions** on the Board of Directors for 2022-2023 (Note 4);
4. Election of Officers for 2022-2023, from among the elected Directors (Note 4); and
5. Other Business, if any.

This notice is provided by the Board of Directors of the CMA.

Vern Christensen

**Vern Christensen,
President**

February 19, 2023

Notes:

1) The CMA By-Laws do not provide for Members' Meetings to be held by Online Conference Facilities. However, the Board has considered the inability of most Members to travel to a central location, and the wish to allow as many members as possible to take part in the Annual Meeting, and has concluded that it is in the best interests of the CMA and its Members to convene the Meeting in this manner.

2) Copies of the 2021-2022 Annual report, containing the various reports referred to in item 2 above, and the minutes of the previous Annual Meeting, will shortly be available, will be provided to members upon request, and will be available to members on the CMA web site.

3) Please refer to the following Attachment "A", which contains important information about the Meeting, how Members can take part in the Meeting, and the elections for Directors and Officers.

4) Attachment "B" to this Notice contains information about the persons who are proposed for election as Directors and Officers at the Meeting.

**Canadian Masters Athletics (CMA)
2022 Annual Meeting of Members – March 12, 2023 (the “Meeting”)
Information for Members on Organization of Meeting
Including Election of Directors and Officers**

The following information is provided for the benefit of the members of the CMA (“Members”) by the CMA Board of Directors (the “Board”), in accordance with the By-Laws of the CMA (the “By-Laws”), as varied by the Board for the purposes of holding the 2022 Annual Meeting of Members.

Holding of Meeting on a “Virtual” Basis

The By-Laws do not provide for the holding of the Annual Meeting of Members on any basis other than “in- person”. However, the Board has considered the inability of most Members to travel to a central location, and the wish to provide to the Members the ability to discuss the CMA’s activities during 2021-2022, and the ability to take part in elections for Directors and Officers, which are mandated by the CMA By-Laws. The Board has concluded that it is in the best interests of the CMA and its Members to convene the Meeting in this manner.

Quorum for Meeting

The quorum for the Meeting is the lesser of 20 Members and 3% of the number of Members. As we have approximately 1,200 members at this time, the quorum will be 20 Members, and the Meeting will have to be adjourned to another time, unless we have that quorum of Members in attendance at the time when the Meeting is to start, or within a few minutes after that time. The Board has decided that attendance by online conference will be considered as being present for purposes of forming a quorum.

Attendance at Meeting

All Members of the CMA at the date of the Meeting have the right to attend the Meeting by Zoom. In order to facilitate the Meeting, **Members who wish to attend are required to register their attendance, and their votes for the Directors and Officers elections, by checking in on Trackie before 11:59 pm on March 10, 2023 at www.trackiereg.com/2023-CMAAnnualMeeting**. When they register, they will be required to provide an email address, and they will be contacted and **will be provided with the detailed instructions about accessing the Zoom call for the Meeting**.

Voting at Meeting

All Members, whether in attendance or not, have the right to vote in the election of Directors and Officers, by means of a “Mail/Email Ballot”, described under “Use of Mail/Email Ballot”, below. Members who vote using any format of Mail/Email Ballot, including “Trackie”, will be considered to be in attendance at the Meeting, for purposes of a quorum, if they are present via Zoom.

Board of Directors

The By-Laws provide for a Board of Directors made up of 10 Directors who are elected by the Members (“Elected Directors”), and up to 10 others who are nominated by individual provinces or territories. All Directors must at all times when they are Directors be Members of the CMA. The 10 Elected Directors serve for periods of 3 years each, on a rotating basis, so that approximately one-third of the Elected Directors must either be re-elected or replaced at each Annual Meeting (the “Director Rotation”). On the basis of the Director Rotation, the terms of the Elected Directors (before the recent resignation of a Director) would have been slated to expire as follows: expiring at the 2022 Annual Meeting (March 12, 2023) – **Amy Ballon, Wendy Melvin and Katherine Willis**; expiring at the 2023 Annual Meeting – **Vern Christensen, Karla Del Grande and Robert Jackson**; and expiring at the 2024 Annual Meeting - **Dala Bortolussi, Carolyn Coffin, Pete Dehal and Susan Stone**.

Election of Directors by Members

Based on the Director Rotation, the three Elected Directors whose terms expire at the Meeting (**Amy Ballon, Wendy Melvin and Katherine Willis**) must either be re-elected or replaced at the Meeting. Each of Wendy Melvin and Katherine Willis has indicated that they are willing to stand for re-election. However, Amy Ballon has indicated that she will resign from the Board effective with the close of the Meeting on March 12, 2023. In

addition, two other Members, **James Buhlman and Kim Roberts**, have volunteered to stand for election as Directors, so that there are four nominees for election to the three Director positions available. Of these four nominees, **the three who receive the greatest number of votes in the election will be declared elected as Directors. Each of the three candidates who are elected will serve a term of three years, in accordance with the Director Rotation.** As provided in the By-Laws, **a description of each of the four candidates for election as Directors is included in Attachment “B”.** Each Member of the CMA may vote in this election as described under “Voting at Meeting”, above.

Provincial/Territorial Directors

The By-Laws provide that provinces or territories may name in total up to 10 Directors to the Board, provided that the provinces or territories have agreed to be part of an agreement between the CMA and Athletics Canada (AC), under which full masters members of the provincial or territorial AC branch will automatically also be members of CMA, upon the payment of an agreed-upon fee to the CMA. When provinces or territories do not name a Director, the Board may appoint their Directors. Under these arrangements, Directors were named during the past year representing the following provinces or territories: British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, New Brunswick and Nova Scotia. The Board anticipates that these provinces or territories will continue to name representatives as Directors.

Officers

The By-Laws provide that, at the Annual Meeting, the Members of the CMA must elect certain Officers, referred to as the “Elected Officers”. The Elected Officers are the following: President; Vice-President, Stadia; Vice-President, Non-Stadia; Secretary; and Treasurer; and they must be elected from among the Elected Directors. The Board also may, if it wishes, appoint other Officers from among the members of the Board.

Election of Officers by Members

The following Board members have indicated that, if they are Directors after the election of Directors at the Meeting, they will be willing to stand for election for the following Elected Officer positions: **President – Vern Christensen; Vice-President, Non-Stadia – Susan Stone; Secretary – Dala Bortolussi; and Treasurer – Wendy Melvin. No candidate is being nominated for the position of Vice-President, Stadia.** As provided in the By-Laws, **a description of each of the candidates for these positions as Elected Officers is included in Attachment “B”.** As with the election of Directors, Members may use the Mail/Email Ballot, or the online “Trackie” ballot, for the election of these Officers. **With regard to the position of Vice-President, Stadia, the Board is continuing its efforts to find a Member who is a qualified candidate for this position.** When the Board finds such a Member, arrangements will be made to bring that person onto the Board, and have him or her elected or appointed to the position of Vice-President, Stadia. If a Member wishes to volunteer, or to recommend another Member for this position, please contact the Nominating Committee (email CMA@canadianmasters.ca) at any time, so that the possibility of such Member joining the Board can be explored. In the meantime, the CMA is appreciative of the efforts of the organizing groups who are hosting our Stadia Championships and who are making it possible for the CMA to provide Stadia Championships for its Members.

Use of Mail/Email or Online Ballot

Attachment “C” is the standard form of Mail/Email Ballot which may be used by Members to vote for the Directors and Officers. To use this Mail/Email Ballot, please complete it by placing marks in the boxes opposite up to three of the candidates for the election as Directors, and up to one candidate for each of the Elected Officer positions. Please print your name and address, sign the Ballot and return it by mail, email or fax to the CMA at the following address: **Annual Meeting Ballot, c/o Vern Christensen, 73 Pine Crescent, Toronto, ON M4E 1L3; or by email to CMA@canadianmasters.ca; or to Vern Christensen at fax number (416) 364-2067.** As the preferred alternative, you may use the equivalent online ballot, through the “Trackie” link: www.trackiereg.com/2023-CMAAnnualMeeting. All Ballots received in any of the formats as stated above by 11:59 pm on March 10, 2023 will be included in the voting at the Meeting, provided that they will be used in the election to vote only for each person who continues to be a candidate in the elections. If the Meeting is adjourned, they will be used at the adjournment of the Meeting.

Vern Christensen

**Vern Christensen,
President**

February 19, 2023

**Canadian Masters Athletics (CMA)
2022 Annual Meeting of Members – March 12, 2023
Names and Descriptions of Candidates for Director and Officer Elections**

The following detailed information on each of the named candidates for election as Directors or Officers at the March 12 Annual Meeting of the CMA has been provided by the individual candidates:

Candidates for Election as Directors:

James Buhlman (Ontario) –

- Post-Secondary Education, Masters in Coaching (Johan Cruyff Institute).
- Bachelor of Arts, Kinesiology (Trinity Western University).
- Manager, Officials Development at Canada Basketball (on 5 committees & 4 working groups as part of role) 2022 – present.
- Technical Manager, Athletics PEI (2010-2012).
- Chartered Professional Coach from Coaching Association of Canada.
- Coaching Association of Canada Master Course Conductor, Coach Evaluator, Learning Facilitator.
- National Coaching Certification Program, Performance Coach (Sprints/Hurdles/ Relays and Jumps).
- Team BC Combined Events coach (Canada Games 2013, National Seniors 2013, Canadian Legions 2012).
- Competitive Masters athlete 2003-2007 active. Returning to competition in 2023.
- Interested in the coaching committee, online seminars or competitions.

Wendy Melvin (Ontario) –

Current:

- **CMA** – Member of the Board and Treasurer – elected in 2020.
- **CMA** - Preparing to compete and act as CMA Team Manager in WMA 2023 Indoor Championships in Torun, Poland, including Canadian representative at daily WMA Global Manager Meetings.
- **PROFESSIONAL** – Part of a senior management team preparing to re-brand a well-regarded organization in Southern Ontario.
- **EDUCATION** – Graduated December, 2022 from the Wharton Human Resources (CHRO) Program.

Past:

- **CMA** - Joined Masters Track and Field in 2013 and have competed in 60M and 100M, AO, CMA and WMA Championships.
- **CMA** - Team Manager for WMA Budapest 2018, Torun 2019 and Tampere 2022 Championships.
- **PROFESSIONAL** – 38 years experience within all corporate functional roles, past 10 years concentrated on Operational Strategy, People and Performance.
- **EDUCATION** - Rotman School of Management CHRP, ELHRP, SME Board Governance.
- **BOARD PARTICIPATION** - Rotman School of Business; HR Curriculum Planning Committee; Canadian Children’s Opera Company; Association of Registered Interior Designers Organization; UNHCR and United Nations advocacy to protect refugees of war, 2014 – 2015; and House of Commons Award for Community Leadership, advocating on a National platform.

Kim Roberts (New Brunswick) –

Current:

- Active in Masters Track and Field events, competing in 60m, 100m, 200m, 400m, 1000m at various indoor and outdoor meets: NB Invitationals, NB Championships, Atlantic Championships and CMA Championships; 2019 – current.
- Active in Masters Cross Country events, competing in NB provincials, ON Provincials and CMA National Championships 2022.
- Retired Middle School teacher currently tutoring Math at Mathnasium, Moncton (part-time) 2023.

- Holding NB records in 60m, 200m, 400m and 1000m events in W55-59 Age Group.
- Active member of Beausejour Gymnos Gymnastics Club, Moncton, holding the position of Vice-President 2018 – current.

Past:

- Part-time coach at Beausejour Gymnos Gymnastics Club, Moncton; coaching Women's Artistic Gymnastics and Trampoline, 2007-2020; Team NB coach at Eastern Canadian Championships, 2013-2019.
- Director at Large, Beausejour Gymnos Gymnastics Club Executive, 2010-2018.
- 33 years experience teaching in NL and NB; Middle School Math, Technology and Language Arts, Resource Based Learning and Technology, Grades 5-6, K-6 French and Physical Education, 1987-2021.
- Masters in Education (Literacy), Mount St. Vincent University, 2004.
- Bachelor of Education/Bachelor of Physical Education, Memorial University of NL, 1987.
- Host Committee of Canada Winter Games, Corner Brook, NL, 1999; head of Gymnastic scoring.
- Host committee for various Gymnastics and Trampoline Competitions, Moncton, NB, 2007-2018.
- MUN Field Hockey Team 1984-1987.
- Competed in 1985 Canada Games Field Hockey; 1985-1987 Field Hockey Nationals.
- Competed in All-Ireland Community Games; 1983 4x100m Relay, 1982 Gymnastics

Interest and Intention with CMA:

- Member Recruitment and Retention.
- Assisting with CMA communication with its members and the public.

Katherine Willis (Ontario) –

- Post-secondary education, U of T Health Education (1976-80)
- Small business owner
- Member of the CMA Board of Directors since 2017.
- Previously Scouts Canada leader, and director of Group Committee
- Active member of Masters Athletics for over 20 years
- Top-ranked W50 800m 2010 Indoor and Outdoor
- NCCWMA W50 800m champion 2008
- Assisted with registration and awards, OMA, CMA and USATF

Candidates for Election as Officers:

Vern Christensen (Ontario) (Candidate for election as President) –

- Chartered Public Accountant, Senior Vice-President/Secretary of public investment management company; bringing my legal and financial work experience to the CMA.
- Active in Masters running for over 30 years; favourites are Cross Country and Steeplechase (not many in my age group, so I manage to hold several age group records).
- On CMAA/CMA Executive/Board since 1998; Vice-President/Secretary for 13 years until 2021; President since 2021; wish to promote the CMA as an independent national masters organization.
- CMA Vice-President, Stadia for 4 years; Worked to promote holding Championships across the country, in BC, AB, QC, NB and SK, and now working on 2023 in BC; hoping to find a qualified person for this Officer position;
- Assisted with organization of several CMA Non-Stadia events (Road and Cross Country) for several years, including serving as Vice-President, Non-Stadia this past year.
- Competed in many WMA Championships: 14 Outdoor (every one since Buffalo in 1995) and five Indoor.
- Race Director for local 5K competitive/charitable race in Toronto for 8 years.
- Served often as Canadian delegate to World/Regional General Assemblies; on WMA Law and Legislation Committee, worked on re-incorporation of WMA in current jurisdiction.
- Served often as Team Canada Manager for WMA/NCCMA Outdoor and Indoor Championships.
- Instrumental in original incorporation of CMA and conversion from old CMAA association.

- Vice-President, Non-Stadia of NCCMA since 2012; responsible for non-stadia in Costa Rica and Toronto.

Susan Stone (Ontario) (Candidate for election as Vice-President, Non-Stadia) –

- **Education/Professional:** BScKin (Waterloo) and BEd (Queens). Retired Secondary School teacher (Physical Education and Science-Biology); Spent my teaching career involved in organizing and coaching extracurricular events. Worked as league convenor and/or coaching multiple sports (cross country, track & field, basketball, badminton, cricket, ultimate frisbee, volleyball and ice hockey); coached several teams to OFSSA (cross country and basketball); worked with athletes and their teachers to optimize the student academic experience; awarded a lifetime achievement award from TSWAA (Athletic Association).
Open Athletics: Represented Canada frequently during 1980s, including: Pan Am Games 1985 (10,000m); World Championships 1987 (marathon); World Championships 1989 (Cross Country); and Hiroshima Ekiden (Team Canada). Invited runner in many road races in the U.S and internationally: Toronto marathon (1st); Boston Marathon (8th); New York Marathon (13th); Chicago Marathon (13th); London Marathon (10th); Osaka Marathon (7th); Duluth Marathon (1st); and Marine Corps Marathon (3rd); as well as many shorter iconic road races across the USA; also competed as a Varsity level Nordic skier.
- **Open Athletics:** Represented Canada frequently during 1980s, including: Pan Am Games 1985 (10,000m); World Championships 1987 (marathon); World Championships 1989 (Cross Country); and Hiroshima Ekiden (Team Canada). Invited runner in many road races in the U.S and internationally: Toronto marathon (1st); Boston Marathon (8th); New York Marathon (13th); Chicago Marathon (13th); London Marathon (10th); Osaka Marathon (7th); Duluth Marathon (1st); and Marine Corps Marathon (3rd); as well as many shorter iconic road races across the USA; also competed as a Varsity level Nordic skier.
- **Masters Athletics:** Competing as a Masters Athlete since 2017; Several Provincial events: OMA Cross Country Championships; OMA Outdoor Championships; and International events: WMA 2018 Outdoor Championships, Malaga; WMA 2019 Indoor Championships, Poland (silver medal, 1/2 marathon team event). Achieved at least top 20 World ranking in 1/2 marathon, 10km, 5000m and 3000m races between 2017 and 2019.
- **Volunteer: Member of CMA Board of Directors 2022 to present.** Helped to organize CMA Championship Road Race Series during the past year. Currently Vice-President of the Board of Directors for Longboat Roadrunners, one of the longest-running and most successful running Clubs in Toronto. Volunteer at numerous Toronto road races.
- **Organization:** Volunteer Coordinator for both NCCMA 2019, which took place, and WMA 2020 in Toronto, until it was cancelled in March, 2020; Responsible for recruiting, training and organization of all volunteers for these international events. Much of the organizing had been done before the 2020 event was cancelled.
- **Event Management:** Founder and Event Director for the Barton Trail Parkrun; started this parkrun during COVID, as a free, weekly, timed 5km walk/run, northeast of Toronto; part of an International parkrun movement that has over 2,000 events worldwide, including 46 in Canada www.parkrun.ca/bartontrail/; allowed me to introduce a free event to my community; people of all ages and abilities participate in this extremely inspiring and transformative weekly event.
- **Personal Goals: To continue my involvement with CMA, in the position of Vice-President, Non-Stadia, and as a member of the Competitions Committee,** to give back to the sport that has been such a rich source of enjoyment for me since my 20s. I would like to bring attention to the many Masters athletes who are changing our perception of aging and activity. **My strong event management and people skills can help CMA in the organization of Road Races and Cross Country (Non-Stadia).**

Dala Bortolussi (Quebec) (Candidate for election as Secretary) –

- Masters sprinter - Competed locally in youth; as Master, competed in Dartmouth Relays (three times); several CMA/NCCMA indoor and outdoor championships; AC Masters exhibition races in Ottawa in 2017 and Montreal Grand Prix in 2018.
- Held provincial records - 50m, 60m, 200m and 400m; CMA meet record 50m.

- CMA Director (2021- present) - Co-Chair, Member Recruitment and Retention Committee; Member, Online Seminars Committee; CMA Secretary, March 2022 - present.
- Education, M.Sc. Community Health, University of Toronto, specialization health promotion research (1995).
- Work experience, health field - Research Assistant, McGill University, Dept. of Epidemiology and Biostatistics, research, breast cancer and communication, 1996-1999.
- Personal Accomplishment - Raised two strong, driven, independent and very intelligent young women (1999-present).
- Community involvement - Volunteer tutor (2004-2020) in local elementary schools with students with learning disabilities; organizer of four blood drives with Héma-Québec and Brossard Soccer Association (2014-2017).
- More involvement - Chair, Parent Participation Organization at my children's elementary school for 2 years, committee member for 6 years; co-manager of girls' youth soccer teams.
- Creative talent - Created unique videos of Masters athletics: https://youtu.be/9_8IRYAUuio, <https://youtu.be/INRZUD0ryY0> ; coordinator, creative director, producer of various soccer-themed short videos that won a Radio-Canada contest (2014).
- Persuasive writer - Successful Research Assistant/Grant Writer, drafting research grant proposals for various professors and doctors; also, successful grant proposal for musical instruments for elementary school band program.
- Podcasts: Several podcast interviews on masters sprinting in 2021 - Inspired Soles: Masters Sprinting: Why Not You? <https://www.youtube.com/watch?v=Sy9wiy8xYsg>; and Small Talk with Nancy <https://www.youtube.com/watch?v=Sy9wiy8xYsg>
- **Personal goals on CMA Board** – Continue to channel my experience, enthusiasm for Masters athletics and creative talent to promote our sport, and promote CMA membership, particularly to women throughout Canada. **In remaining as Secretary, continue the digitalization process of Board operations to ensure continuity even as Board member composition changes over time, and use that digitalization effort to improve the dissemination of information and even further increase transparency of Board operations.**

Wendy Melvin (Ontario) (Candidate for election as Treasurer) – See information above.

Mail/Email Ballot
CMA Annual Meeting of Members – March 12, 2023

This Ballot is the standard format provided by the Board of Directors of the CMA, in accordance with the CMA By- Laws, for use at the Annual Meeting of Members of the CMA, being held on March 12, 2023. This Ballot may be used by Members to vote **in the election for a maximum of three Directors**, and in the election of Officers, which votes will take place at the Meeting, or its adjournment. In order to be used, **this ballot must be signed**, unless provided via "Trackie". Attachment "B" contains the names and information about each of the candidates for the elections as Directors and Elected Officers.

The undersigned Member of the CMA hereby wishes to vote as follows:

Election of Directors (You may vote for a maximum of 3 Directors):

<u>Names of Candidates</u>	<u>Vote For</u>
James Buhlman	[]
Wendy Melvin	[]
Kim Roberts	[]
Katherine Willis	[]

Election of Officers:

<u>Position</u>	<u>Names of Candidates</u>	<u>Vote For</u>
President	Vern Christensen	[]
Vice-President, Non-Stadia	Susan Stone	[]
Secretary	Dala Bortolussi	[]
Treasurer	Wendy Melvin	[]

Member's Name	Member's Signature	Date
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Member's Province of Residence	Member's Athletics Canada Membership Number
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Notes:

1) Each Member may vote for a maximum of three Director candidates, and for each of the Officer candidates, by placing a mark in the boxes opposite the names of the desired candidates. This Ballot will **not** be voted with regard to a specific candidate, if: a) a vote is not indicated for that candidate; b) a Member's vote is not clear with regard to that specific candidate; c) a candidate withdraws before the Ballot is used; or d) **more than three choices are indicated for Director candidates, in which case none of the choices for Director candidates will be voted.**

2) The Ballot will be used only if it is received before 11:59 pm on March 10, 2023, at: **Annual Meeting Ballot, c/o Vern Christensen, 73 Pine Crescent, Toronto, ON M4E 1L3; or by scanned email to CMA@canadianmasters.ca; or to Vern Christensen at fax number (416) 364-2067.**

3) The form of online ballot provided on "Trackie" may be used in substitution for this ballot, by 11:59 pm on March 10, 2023, at the following link: www.trackiereg.com/2023-CMAAnnualMeeting.



**CANADIAN MASTERS
ATHLETICS
VÉTÉRANS CANADIENS
EN ATHLÉTISME**