

Boris Zaitchouk



Boris began masters competition at 47 after a distinguished athletic career with the USSR national Track & Field team, during which he became the first man to throw the hammer over 80m. He has competed as a master for 19 years, in six WAVA/WMA Championships, winning medals in the hammer in all – five gold and one silver. He set a world age group record in the WMA Championships in Riccione in 2007, 19 years after setting his original open world record.

He now holds seven Canadian age group records, five in hammer throw (every age group from M45 to M65) and two in outdoor weight throw, and has won five gold medals in Canadian Masters Championships. His highest age graded performance is 107.69%, set when he won his latest hammer gold medal at the WMA Championships in 2013.

Boris was named Masters Thrower of the Year for Canada in 2007, Male Masters Athlete of the Year for Ontario in 2001, and Male Canadian Masters Athlete of the Year in the category of Field Events for 2013. He is a highly respected coach of throwers, as he was a national throws coach in Russia and has brought his knowledge to Canada. One of his students is competing this year in the women's hammer throw at Athletics Canada's Open Outdoor Championships in Moncton.