

## Ivy Granstrom



Ivy Granstrom, who passed away in 2004 at age 93, began competing in masters track at age 68 and continued for over 20 years. She competed in events from 100m to the half marathon, indoors, outdoors and on the roads. During this time, she won approximately 30 gold medals in Canadian Masters Championships in age groups from W65 to W85. She currently holds 10 Canadian Masters records and set at least 20 more that have since been broken.

She won at least 19 medals at WAVA/WMA Championships, and additional ones in World Masters Games. She still holds five WMA records, and set more that have since been beaten. Ivy has been inducted into the BC Sports Hall of Fame, the Terry Fox Hall of Fame, the Canadian Disability Hall of Fame, and was made a Member of the Order of Canada in 1988.

Ivy had a visual impairment and ran with a guide runner, Paul Hoeberigs. She was a pioneer for athletes with a disability and competed well into her 80s, all around the world.