

John Hawkins

John Hawkins began competing as a sub-master in 1984, after a career as a high jumper which included a 9th place finish in the 1972 Olympics and the first jump over 7 feet by a Canadian. John has competed in twelve Canadian Masters Championships, winning 36 gold, 11 silver and 6 bronze medals. As well as the high jump, he has competed in throws, pole vault, long jump, hurdles and combined events. He has broken Canadian Masters records 36 times.



In nine World Masters Championships, John has won 4 gold, 5 silver and 5 bronze medals. He has set 2 world bests for the indoor heptathlon. John has also won gold medals in World Masters Games and 22 golds in US Masters Championships.

He has been CMA Field Event Athlete of the Year twice, BC Masters Athlete of the Year, and BC Masters T&F Athlete of the Year 3 times. John has been a coach for Club and University teams since 2007. He has contributed as an administrator with his club and as the CMA Combined Events Records Chair for 10 years.

