

## Canadian Masters Athletics 2019 Hall of Fame Athlete Inductees



**Karla Del Grande** has been a member of CMA for 16 years, and is now competing in the W65 age group. In that time, she has set numerous Canadian records. She currently (as of April) holds 24 individual and 10 relay Canadian records. She has broken 11 WMA records and currently holds 8. She has won 25 gold and 5 silver medals in individual events at WMA Indoor and Outdoor Championships, as well as several relay medals. Her age graded scores routinely reach over 100% with some as high as 105%.

She has been honoured for her prowess by her club, by the OMA, the CMA and the WMA, including being named the **2018 WMA Athlete of the Year** in the female sprinter category.

In addition to her competing, she gives back to athletics as an official, a coach and as a member of the OMA Board of Directors from 2010 to 2016.