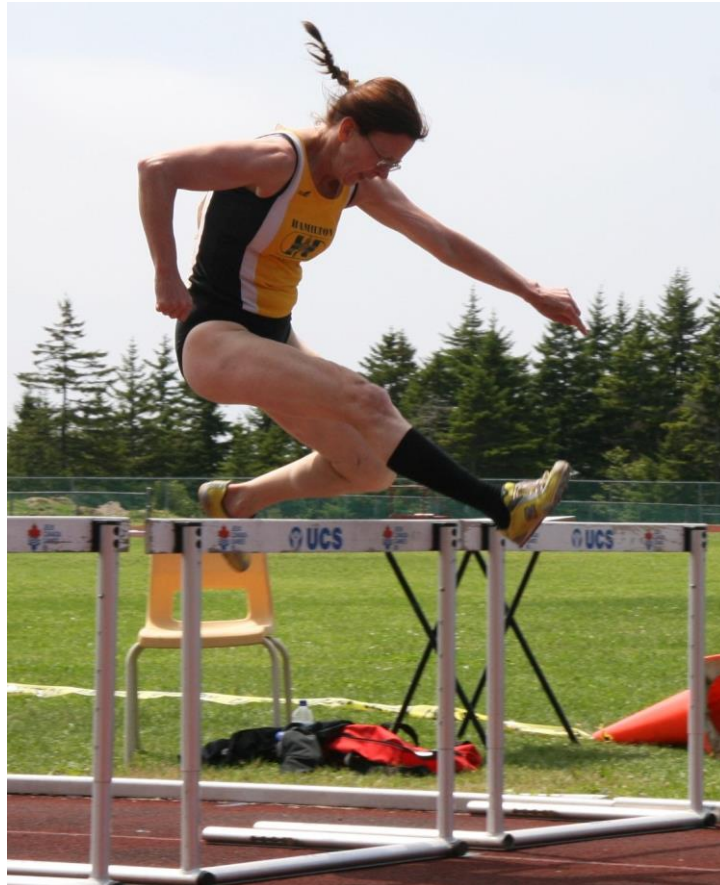


## Rhona Trott

Rhona was a member of Canadian Masters for about 30 years. She passed away in 2019 at the age of 70. She competed in sprints, short and long hurdles, long jump, high jump, throws, multi-events, relays, middle distance and (rarely) distance.

Rhona competed at nine WMA Championships, winning 10 medals (5 in relays). We have incomplete information on her CMA Championships appearances but we list 50 medals in individual events between 1995 and 2015. She competed almost every year in both indoor and outdoor Ontario Masters Championships winning at least 135 gold medals.



She currently holds 11 CMA records. Two of them have stood since 2007. She set 19 additional records which have since been surpassed.

Rhona has been recognised for her athletics by her clubs and Ontario Masters (athlete of the year, jumps athlete of the year and combined events athlete of the year) as well as CMA (runner up female athlete of the year 2007 and honourable mention in the runner category 2009).

Rhona made tremendous contributions to the sport. She was an NCCP Level 3 coach and worked with athletes of all ages. She volunteered on the executive of her two Canadian clubs in a variety of capacities. Her Hamilton Olympic Club had to form a committee to accomplish the work she did on her own. She was a director of the Ontario Minor Track Association and the Ontario Masters. She was a records director for Canadian Masters and a member of the Hall of Fame committee. She volunteered as the coordinator of the CANUSA Games (Hamilton vs Flint, MI) for 22 years.

Rhona was recognised for her volunteerism by the Hamilton Olympic Club, by the city of Hamilton, by the Ontario Federation of School Athletic Associations and Athletics Ontario.