

Ted Rowan

Ted was a CMA member for 16 years. He is 87 and retired from competing. He competed indoors and outdoors in sprints, middle distance, hurdles, vertical and horizontal jumps, throws and multi events.

He competed in 11 CMA Championships, winning 44 gold medals. In two WMA Championships he won two gold, three silver and one bronze medals. Ted has set 22 CMA records and two world masters records.



Through most of his competitive years he ranked in the top five in the world in various events and in 1st in the multi events.

Ted has been recognized by his province (masters athlete of the year four times), CMA (Athlete of the year in multi events, 2018) and WMA (runner up for combined events).