

## Avril Douglas



Avril Douglas' running career began in the early 90s, and she has been winning Canadian championships ever since. In 1993 she set a Canadian record for 200m in W45 that still stands. In W50 she set FIVE Canadian Records in one season: the 100m, 200m, 400m, 800m and 1500m, adding the mile record the next season. By the time she was racing in W55 she was really flying, setting TWO World Records – in the 200m and 400m – at the Canadian Masters 2001 Championships. Her 400m mark, age-graded at 93.85%, is still the Canadian Record. Internationally, her most memorable meet was the WAVA championships in Myazaki in 1993, where she won silver in the 800m and bronze in the 400m. At the NCCWMA meet in Kamloops in 2000, she won five golds. No wonder she was chosen BCA's Masters Track Athlete of the Year four times. Her home track club, the Kajaks, where her training was supervised for years by coach Rod Palmer, named Avril their Masters AOY many times. She now passes it forward by coaching the Kajak's Track Rascals program.

Avril (R) was inducted by Rhona Trott