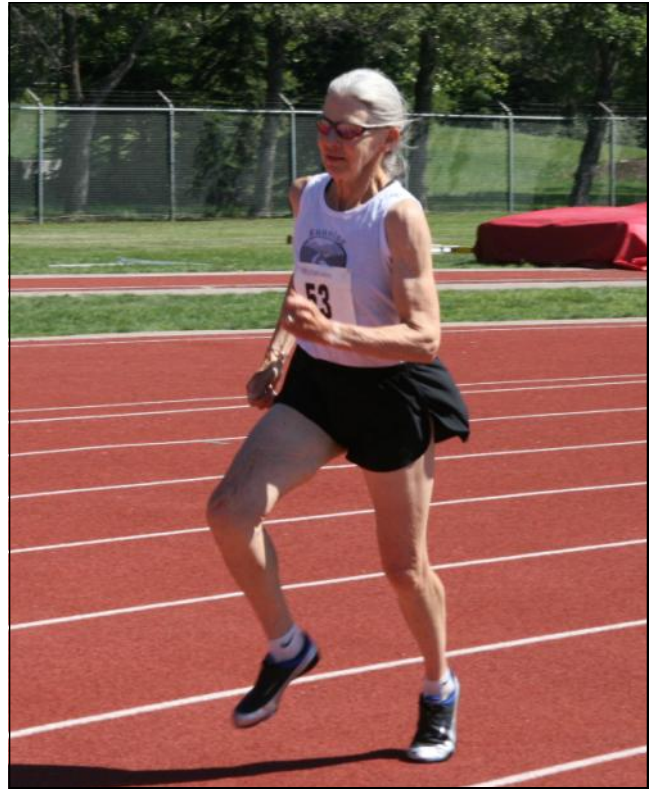
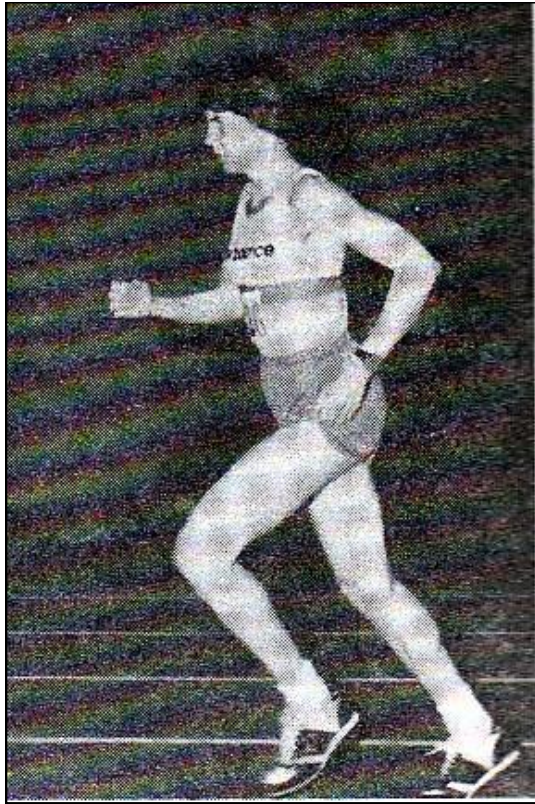


## Diane Palmason



Diane at the Ontario Masters Indoor Championships in 1983 and at the Canadian Championships in Regina 2008

It is notable that eight of today's Hall of Fame honourees were at that first World Masters Championships in 1975. Although Diane Palmason wasn't there, she heard about the event, was inspired by the concept of races for masters, and started running. The following year she ran her first event: the National Capital Marathon. Since then she has broken Canadian records in every age group from W40 to W70, and at every distance, track and road, from 100 metres to 80K. In 2003 she broke seven CRs, from 100m to the marathon, within five months. She hasn't counted all the CRs, but she does remember the nine World records – from 400m to 10,000m. Two of those records, the W65 400m and 800m, still stand. In 1987, at 49, she tried a multi-event: 10K, 100m, 400m, a mile, and a marathon in one day. Her combined effort won the women masters category. This was *The Ultimate Runner*, a term that could describe her career. Although she has been relatively free of running injuries, overall health challenges may now end her competitive career. However she will always be a runner. If she were asked —why!, she might paraphrase the poem —*Song of the Runner!*: —I run because I like it through the broad, bright land!



Citations for Athletes inducted into the Canadian Masters Athletics Hall of Fame 2010 were presented at the gala Awards Banquet in Toronto on July 16th.

Diane's son, Craig Hutton presented the Citation to his mother.