

Helly Visser



Helly in the 1500m at the World Championships in Lahti, Finland 2009

Helly Visser began her running career at the international level at the top – winning a gold in the W60 1500m at the WAVA meet in 1995. She's been breaking records and winning medals, nationally and internationally ever since, including the W70 WR she earned as part of a 4 X 400 relay team. The opportunity to race for that record might not have occurred had it not been for Helly's other gifts as an organizer and innovator of such projects as the Natural Posture running clinics she helped to design and deliver along with Roger Davies; and the campaign for a Field House in Calgary. She's also part of a program to encourage Albertans to live active, sporting lives. For these many contributions she received an award from the Canadian Association for Women and Sport in 2008. She has also twice been honoured as Alberta's Master athlete of the year. We congratulate her for her many accomplishments and welcome her to the Canadian Masters Athletics Hall of Fame.



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 Palmason (L) presented the citation to Helly.