

# Howard West



Howard at the CMAA Champs at York in 2002

Although **Howard West** was active in sports for most of his life, his career in Masters Athletics didn't begin until he was 82. While watching a track meet at the Saskatoon Fieldhouse, he decided he'd give the sport a try. He started with the sprints, then moved on to the throws. His first attempt at international competition, in Gateshead in 1999 at age 86, resulted in some good performances, but no medals. Determined to do better, he returned home and connected with Alex Johnstone, a throws coach. After four more years of training and competing nationally and internationally, he achieved his dream of medalling at the World championships in Puerto Rico in 2003. In his new M90 category, he won the gold in the weight pentathlon, as well as bronzes in the javelin and 200 meters. Also in 2003 he set a World record indoors in the weight throw that still stands, along with his five indoor and four outdoor Canadian records. His achievements did not go unnoticed in his home province. He was named the top Saskatchewan Masters competitor in 2001 and 2003, and won the Sask Sport Award as the outstanding masters athlete in all sports in 2003. He also gave back to his sport, supporting youth and masters athletics financially as well as in volunteer capacity. He was an inspiration to all who watched him compete, and will always be recognized as one of the top masters athletes of all time in Saskatchewan. The executive and all members of the Canadian Masters Athletic Association congratulate him on his outstanding career, and welcome him to their Hall of Fame.



The **2009 inductees** into the **Canadian Masters Hall of Fame** were announced at the Championships Awards Banquet on Saturday, July 18th in Kamloops.

**Diane Palmason** is the Chair of the Hall of Fame Committee. Members of the Committee presented the HOF plaques.

Carol Lafayette-Boyd (L) presented the Citation. Howard, now 96, lives in a Care Home near Saskatoon and was unable to join us. Accepting his certificate on his behalf was Judy Warick