

Lenore Montgomery



Although Lenore Montgomery began running in Masters road races when she was 53, her major assault on the Canadian Record books didn't get started until 20 years later, when she began racing on the track as well as the roads. In April 2003, at the age of 73, she broke the W70 CR for 5000. A few months later, her talent really came to light when she won her first CMA Championships medals: gold in the 5000m, and silver in the 1500m. Since then Lenore has competed in many track, road and cross-country races, setting World and Canadian records at distances from 400m to 10K in the W70, W75 and W80 categories. At least five of these records are age-graded at 95% and higher, and her 5000m record from 2003 still stands.

In her first competition in indoor track in 2011, she set a Canadian record in the W80 800m, and a World record in the 1500m. As her 2011 season continued, she astonished her age-group competitors with a W80 victory in the prestigious Carlsbad 5000, in a World Record time. Two months later she ran almost a minute faster. Next stop, the WMA championships in Sacramento, where she won Gold Medals in both the 400m and the 5K road race. No wonder she was named BC

Athletics Masters Athlete of the year in the Female Road Runner category. Back on the indoor track in 2012, at 81 she improved both her record times from the previous year, and has been named CMA Athlete of the Month for July 2012 by improving records on the outdoor track as well. During all these years she has also contributed behind the scenes, assisting at meets with entries, typing, results, records and timing.

For her many accomplishments and contributions we congratulate Lenore, and welcome her into the Canadian Masters Athletics Hall of Fame.



Lenore at the HOF Presentations – Saint John 2012