

Alberta Masters News August 2011

Sacramento Results

There were many excellent performances by Alberta masters at the World Masters Track & Field Championships in Sacramento in July. Full results are at www.wma2011.com and Canadian results and photos are at www.canadianmasters.ca

Alberta medalists (let me know if I have missed any):

Helly Visser W75 800m gold, 1500m gold

Fred Judson M65 decathlon gold

Johanna Flipsen W55 5000m racewalk silver, 10 km racewalk silver

Susanne Lauridsen W50 triple jump silver

Susan Brooke W45 10 km racewalk silver, 20 km racewalk silver

Roger Davies, gold medal as team member on M75 4 x 400m relay

Shawn Muldrew, bronze medal as team member on M45 4 x 400m relay

West vs East medal count

There was a small West vs East wager regarding the medals won in Sacramento and I am happy to report that Western Canada (BC, AB, SK, MB) was the overwhelming winner.

The Alberta Masters Track & Field Championships were held as part of the Sherwood Park Classic, July 23-24. Meet director Rob Fisher and his team put on a great meet. Full results are at www.athleticsalberta.com

World Masters Records

Helly Visser set world records in the W75 mile indoors and outdoors this year. The indoor record was set at the Edmonton Journal Games in Edmonton in March and the outdoor record was set at the Victoria Track Series in June. Congratulations Helly!

Upcoming Competitions

6:00 PM Thursday August 18, 2011 – Calgary Roadrunners 5th annual fun triathlon – 2000m/1000m/600m in sequence with rest in between – No entry fee/No officials/runners take their own time – Glenmore Athletic Park, Calgary. More info at

www.calgaryroadrunners.com

September 17, 2011

Alberta Provincial Racewalk Championships, Edmonton

www.edmontonracewalkclub.org

November 5, 2011

Masters Provincial Cross Country Championships, Goldstick Park, Edmonton

Part of the Saucony X-C Series

www.runningsolutions.com

November 26, 2011

Canadian Masters Cross Country Championships, Vancouver BC

www.athletics.ca and www.canadianmasters.ca

Contact Mike Secker leahcimjd@hotmail.com or Donna Dixon if you are interested in joining Team Alberta for the masters X-C championships. You must be an Athletics Alberta/Canadian Masters Athletics member to compete in Vancouver. Combined AA & CMA membership is now in place www.athleticsalberta.com

August 9-12, 2012

Canadian Masters Track & Field Championships and North/Central American and Caribbean Championships,

Saint John, New Brunswick www.nccwma2012.com

Start making your travel plans for next summer!

Future World Masters Track & Field Championships

2012 Indoor Championships, Jyvaskyla, Finland www.wma2012.jyvaskyla.fi

2013 Outdoor Championships, Porto Alegre, Brazil

2014 Indoor Championships, Budapest, Hungary

2015 Outdoor Championships, Lyon, France

2016 Outdoor Championships, Perth, Australia

Bruce Mintz is the new chair of the Athletics Alberta Masters Sub-Committee. I will remain as a committee member along with Richard Roberts, Loretta Amerongen, Mike Robinson, Susanne Lauridsen and Jason Lindsay. Contact us regarding masters matters.

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