

ATHLETE OF THE YEAR

“FEMALE TRACK”

*** 2016 ***

presented by

GREYHOUNDS MASTERS T & F CLUB



to

LENORE MONTGOMERY

for

4 WORLD Masters Indoor Records

W85 400m (2:11.47), 800m (4:52.80)

1500m (9:31.42), 3000m (19:59.56)

3 WORLD Masters Road Records

W85 5K (34:56) & 8K (55:13): W86 10K (1:10.33)

Canadian Masters Outdoor Championships

3 Gold medals (800m – 4:53.70, 1500m – 9:16.87, 5000m – 33:21.73)

WORLD Rankings

Ranked #1 in the world: 800m & 1500m

Ranked #2 in the world: 400m & 5000m