

CMA/NCCWMA CHAMPIONSHIPS

North York, Ontario – August 11-13, 2017

The North and Central America and Caribbean Regional Championships of World Masters Athletics (NCCWMA) was held in conjunction with the Canadian Masters Championships (CMA) in Toronto. The meet was held at York Lions Stadium from August 11-13 and had 944 registered athletes.

Thirteen Greyhounds competed in this meet which gave out two sets of medals, one set for the Canadian Masters Championships and another set for the NCCWMA Championships. A few of the events were extremely competitive, such as the W60 sprints which included 4 of the top women in the world, and the M50 sprints which had all of the finalists running under 12 seconds in the 100 metres.

Reidar Zapf-Gilje was one of the stars of the meet. Reidar broke the Canadian M65 Pentathlon record with a world-class total of 3902 points (he broke his own record which he had set earlier this year in the Norwegian Championships). Reidar added another BC record in the 800m with an outstanding time of 2:24.20. Elaine Whidden teamed up with three other world-class athletes in the W60 4x100m relay and they broke the Canadian record with a time of 57.94 seconds.

Christa Bortignon and Urith Hayley won six gold medals (3 CMA and 3 NCCWMA) by winning all three of their events. Reidar added double golds by winning the high jump, triple jump and pentathlon, as well as the CMA golds in the 800m and 100m hurdles. That's 8 golds in total! Deborah Lee won double golds in the long jump and the CMA gold in the high jump. Unfortunately Deborah hurt her heel during the high jump and could not compete in the triple jump on Sunday. Marvin Johnson ran 3 great races and won double gold in the 100m and the CMA gold in the 400m. Despite falling at the last hurdle, Hardev got up and still won double gold in the 300m hurdles. Winning CMA golds were: Surinder Shah in the 300m hurdles, David Wall in the 400m, Dave Ullis in the long jump and Arthur Gee in the 2000m Steeplechase. Steven Colbert ran a great time in the 100m but was in an incredibly competitive race. Francisco Machado strained a leg muscle during the 100m heats and was unable to continue in any more races.

All of our members must be congratulated for representing the Greyhounds so well. They won many more silver and bronze medals which are not mentioned here.