

Canadian Masters Athletic Championships

Contributed by Administrator
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This past weekend (July 17-19), the Canadian Masters Athletics Championships were held in Kamloops, British Columbia. Athletes of all ages competed in a variety of track and field events. Congratulations go out to SSI athlete Rita Quibell who claimed the gold medal for W50 in both the 1500m and the 800m events! Running for the Newmarket Huskies Track Club, she ran 5:31 to win the 1500m on Saturday, and 2:40 to win the 800m the following day.

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Rita currently owns the 2009 Canadian-best times in the 1500m (5:20) and 800m (2:35).

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Rita now gets a bit of a rest before heading into cross country season this fall!