

The 2009 President's Prize for the Outstanding Athlete of the Year in the **Hamilton Olympic Club** was awarded to masters athlete, **Rhona Trott**. In her first year in the W60 age category, Rhona showed her diverse track and field talents. Indoors, she set Canadian W60 records in the 50mHurdles, 60mHurdles, weight throw, 400m and pentathlon. She set four meet records in the five events she entered at the OMA Championship Meet. Outdoors, Rhona continued to blast away at the hurdles records with new marks in both the 80m and 300m events – including earning a fourth place finish and a bronze medal, respectively, at the World Masters Athletics Championships in Lahti, Finland last summer. She also improved on the weight throw record, as well as the pentathlon records for her age group. At the OMA Outdoor Championships, she managed to set five meet records in the nine events she contested.

Winner of the Robert Kerr trophy for outstanding junior girls was youth-aged **Katie Klodnicki** who set a provincial indoor record when winning the weight throw event in March at the indoor championships. She then went on to win the discus and hammer throw events at the Athletics Ontario Youth Championship Meet, came seventh in hammer and sixth in discus at the Canadian Junior Championships, followed by two bronze medal performances at the Canadian Youth/Legion Championship Meet.

Youth-aged **Steven Murray** was the recipient of the J. W. Hamilton for outstanding junior boy as he won the 400m event at the OFSAA Championship Meet, as well as winning the 400m in the youth section of the Athletics Ontario Senior Championships.

The Graham Knox Trophy for field events went to youth-aged **Gesthika Kaltsidis** who was the Club's best triple jump athlete, as well as being the third-best long jumper. The Cathy Ray Trophy for sprinters/hurdles was awarded to junior-aged **Conor Fanning** who competed successfully in both the 110mH and 400mH.

**Aimee Castro** was the winner of the A. V. Smith trophy for best distance runner, while **Adam Rowles** was hailed as the Charles Smith trophy winner for best middle-distance runner. The British Empire trophy for most improved athlete was awarded to youth-aged pentathlete **Lindsay Wallace**, while the George Catton trophy for the YDP group was won by **Alec Purnell**.

The inaugural MTA (Minor Track Association) award was presented to **Chloe Hewitt**. She showed consistent effort and a willing spirit as exemplified by her competing in a plethora of different events: 100m, 200m, 400m, 60mH and long jump. She was always willing to enter events, even at the last minute, in order to help the team.

Coaches' awards were presented to athletes from each training group who also showed a desire to do well and who displayed genuine effort in both training and competition. Those who received this recognition were: Arty Coventry-MacDonald, Kylie Hopkins, Maki Kajjura, Badel Khalif, Alec Mannarino, Leanne Maslowski, Emma Rounq, Liam Smith and Jake Verrips.