

BUILDING
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2017 Athletics Manitoba

• NOMINEES •

ANNUAL AWARDS GALA

MALE MASTER ATHLETE OF THE YEAR

GRANT TOWNS

KARL SPROLL

DENNIS LANG

MALE MASTER ATHLETE OF THE YEAR

THIS AGE CATEGORY AWARD IS GIVEN TO THE ATHLETE WHO
HAS SHOWN OVERALL OUTSTANDING PERFORMANCES
DURING THE INDOOR AND OUTDOOR SEASON



Nominee Achievements



Grant Towns

Ran under the Canadian Indoor 65-69 Record in the 5000m at the Boeing Indoor Provincial Championships 20:12.28

Ranked #2 in the World in the 65-69 age category in the 5000m 20:12.28

Ranked #1 in Canada outdoors in the 70-74 age category in
1500m 5:26.02
3000m 11:59.86
5000m 20:16.47
10000m 43:17.77

Gold medallist at the NCCWMA CMA Masters Championships in the
1500m 5:41.41
5000m 20:58.82
10000m 43:17.77

Dennis Lang

Ranked #1 in the World and the Canadian Indoor Record Holder in the 5000m in the 65-69 age category 19:45.40

Ranked #1 in Canada outdoors in the 65-69 age category in the
1500m 5:13.54
3000m 11:24.64
5000m 19:22.29

Karl Sproll

Ranked #2 in Canada Indoors in the 60-64 age category in the 800m 2:35.11

Ranked #3 in Canada Indoors in the 60-64 age category in the 1500m 5:15.01

Ranked #2 in Canada Outdoors in the 60-64 age category in the
800m 2:34.17
1500m 5:25.52