

# **JOHN HOULDEN**

## **Athlete/Builder**

The Manitoba Runners' Association inducted John Houlden into the Hall of Fame on March 6, 2006 in recognition of his many contributions to the running community.

John began running at the age of 48 and two years later entered his first Masters Track and Field Championship in Richmond B.C., where he ran a record time in the Steeplechase event. He has run many events all across Canada and internationally, including his first World Masters in Toronto in 1975, Gothenburg, Sweden in 1977, Puerto Rico in 1983, Eugene, Oregon in 1989 and Buffalo, N.Y in 1995. His best world performance was 5th in the 5,000M in Eugene, Oregon and in Sweden ran his fastest 10,000M at the age of 53.

John was also the Race Director for many races in Manitoba including the Joe Keeper Prediction race, Thanksgiving Turkey Trots and was the Manitoba Director for the Canadian Masters.

John joined the MRA in 1972, and has been a member ever since. The MRA added new age categories as John turned 50, 60, 70, and now, at over 80 years of age, he continues to run up to 200 - 250 miles per year.

## **2006 MANITOBA RUNNERS' ASSOCIATION ROAD RUNNING HALL OF FAME INDUCTEE**

