

LEDUC SPORTS  
HALL OF FAME

## Liz McBlain

Born in Indonesia in 1948, Liz McBlain taught at Leduc's Willow Park School from 1986 to 2015. Over the course of her career as a teacher, coach and athlete, she inspired many students in the community to believe in themselves and work hard both personally and athletically.

A world-class track and field athlete, Liz has been competing since age 10 and has set school, city, provincial, national and world records. She was a member of Canada's national track team from 1972 to 1981. In 1983, she won the world championship for both the high jump and pentathlon. In July 1990, she won the Masters Weight Pentathlon at the North American Masters Track and Field Championship, and she competed in the 1991 World Championships. During the 1992 North American Masters Track and Field Championship, she took home 10 gold medals and one silver.

Liz frequently dominated at the Pan American Masters competitions, winning an abundance of gold, silver and bronze medals from 1985 to 1997. In 1988, she set two indoor world master's records for the 400 m and the high jump. She has continued competing into her 70s, and in 2008 still held 11 records for Alberta Masters Track Weight Pentathlon events.

She has helped build sports programs for schools in Edmonton and Leduc as well as Quebec and Minnesota. She volunteered at sports events and served as the co-meet director for the 1994 Pan American Masters Games. Since retiring from teaching in 2015, she continues to compete and volunteer as a coach.

