

ANDREW JUSTASON

Decathlon

Andy has been fascinated with athletics since watching Daley Thompson win gold in the decathlon at the 1980 Olympics on television. He tried some of the decathlon events for himself until 1988 when he stopped athletics to concentrate on other sports.

Twenty-three years later, Andy resumed athletics at the age of 39 along with his wife and two daughters. This represented a second chance to experience a decathlon. Eighteen months later, Andy scored points in all ten events of his first “masters decathlon” for a total of 4996 points. In 2013, he set the current New Brunswick decathlon record in the men’s 40-44 age division with 5307 points. By the time Andy turned 45 he was a serious masters decathlete and broke the Canadian men’s 45-49 record with 6242 points.

While training for the decathlon, Andy set Canadian men’s 45-49 records in the indoor pentathlon and the indoor heptathlon. He has set a total of 48 New Brunswick masters athletics records in 24 different events over three age divisions. Nine of these records have since been broken but he still holds the following 39 provincial records.



Current NB Records

Men’s 35-39

Indoor

Long jump, 4x200m relay

Outdoor

Long jump, Pentathlon

Men’s 40-44

Indoor

60m, 60m hurdles, 200m, 300m, 400m, Long jump, Pole vault, Pentathlon, Heptathlon

Outdoor

100m, 200m, 400m, 110m hurdles, 400m hurdles, Long jump, High jump, Triple jump, Pole vault, Javelin, Pentathlon, Decathlon

Men’s 45-49

Indoor

60m, 60m hurdles, Long jump, High jump, Pole vault, Pentathlon, Heptathlon

Outdoor

110m hurdles, 400m hurdles, 400m, Long jump, High jump, Pole vault, Decathlon

Awards

New Brunswick Masters Athlete of the Year in 2013

New Brunswick Masters Athlete of the Year in 2016

Canadian Co-Athlete of the Month in January, 2016

Volunteer Boards of Directors

Canadian Masters Athletics

Athletics New Brunswick

Fredericton Legion Track Club.

