

Event Notice: The Royal Commonwealth Society - Ottawa

Date: Wednesday September 24, 2014

Time: 6:30-8:30 p.m.

Place: The Naval Officers' Mess, 78 Lisgar St.

Speakers:



**Brian Macpherson, CEO
Commonwealth Games Canada**



**Sultana Frizell, Gold Medalist
Commonwealth Games**

The Commonwealth Games are of major importance to the Commonwealth of Nations and to Canada. Come out and hear from two of Canada's leaders about the Commonwealth Games.

Brian MacPherson, who currently serves as Chief Executive Officer of Commonwealth Games Canada, will start the evening with a discussion on the importance of the Commonwealth Games to both Canada and the Commonwealth of Nations. Brian has more than 25 years of progressive sport and sport event leadership experience. Over the quarter-century Brian distinguished himself as a sport leader by leading government relations, sport events management, marketing and communications and sport policy initiatives that drive innovative sport programming, grow sport participation and achieve best-ever Canadian performances. Previous, Brian served as COO of the Canadian Paralympic Committee for 8 years leading up to the hugely successful 2010 Paralympic Winter Games. He has also led 2 national sport organizations: Water Ski and Wakeboard Canada and the Federation of Canadian Archers.

Sultana Frizell is a Gold Medalist and will speak on the Commonwealth Games from the perspective of a champion athlete. She will share her experiences and challenges related to the Commonwealth Games and the future importance of these games within the Commonwealth. She is a local champion in the hammer throw from Perth Ontario. At the 2014 Commonwealth Games, she broke the Games' record three times, throwing the hammer a distance of 71.97 metres. She will continue to represent Canada and the Ottawa area in future World Championships, Olympics and Commonwealth Games.

Sultana was selected to carry Canada's flag at the Glasgow Commonwealth Games' closing ceremonies on August 3, 2014. She won a gold medal in hammer throwing at these Games. Previously, Ms. Frizell captured her first gold medal at the 2010 Commonwealth Games. 2010 also marked the year in which she won her third Canadian hammer championship. In 2011, she also won the silver medal at the Pan American Games in Guadalajara, Mexico.

Come out to meet Brian MacPherson and Sultana Frizell and support Canada's athletes.

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Registration:

RCS Members - \$10

Non-members - \$12

Students - \$ 5

By Telephone - Joy Tilsey (613) 747-7318

By Email - rcsottawaevent@gmail.com

By Eventbrite - <http://www.eventbrite.ca/e/commonwealth-canada-today-importance-of-the-commonwealth-games-tickets-12815147451?aff=es2&rank=1>