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Georgetown native Gail Cartwright qualified to compete amongst the 20 best CrossFit athletes in her 60+ age group as the highest-rated Canadian at the world championships this week in California. What started out as a fun family exercise commitment for Cartwright has grown into a fitness-loving lifestyle, which begins daily with a workout at CrossFit Georgetown. *Photo by Eamonn Maher*

Cartwright qualifies for World CrossFit Games

Local resident Gail Cartwright, who could be considered the fittest woman in Canada age 60 or older, is among the top 20 qualifiers from around the world in her age group competing this week at the Reebok World CrossFit Games in Carson City, Calif.

The 62-year-old has only been involved in the sport for three years but emerged as the lone Canadian to make it through two rounds of qualifying, which began with close to 1,200 competitors in the Masters (60+) Division.

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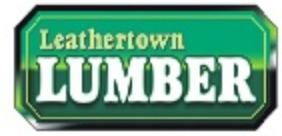
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