



<b>SHOT PUT -- OUTDOORS</b>							as of October 13, 2011
<b><u>MEN</u></b>							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
M35	7.26Kg	17.65	Bruce Pirnie	36	AB	July 15, 1978	Edmonton, AB
M40	7.26	16.28	Gintas Degutis	40	ON	August 6, 2010	Sudbury, ON
M45	7.26Kg	14.32	John Pavelich		BC	July 5, 1973	San Diego, CA
M50	6Kg	14.10	Jean-Pierre Meyer	53	ON	Oct. 14, 2000	Stouffville, ON
M55	6Kg	13.41	John Kasperski	56	ON	Aug 18, 2000	Kamloops, BC
M60	5Kg	14.22	Jean-Pierre Meyer	60	ON	Sept 22, 2007	Stouffville, ON
M65	5Kg	13.64	Marek Glowacki	65	AB	May 13, 2006	Calgary, AB
<b>M70</b>	<b>4kg</b>	<b>14.03</b>	<b>Marek Glowacki</b>	<b>70</b>	<b>BC</b>	<b>June 18, 2011</b>	<b>Zielona Gora, Poland</b>
M75	4Kg	11.62	Garry Bachman	75	ON	Sept 6, 1997	Toronto, ON
M80	3kg	11.40	Rainer Sillantaus	80	BC	June 19, 2010	Langley, BC
M85	3Kg	10.56	Garry Bachman	85	ON	July 21, 2007	Stouffville, ON
M90	3Kg	6.63	Jim Murray	91	BC	Aug 24, 2006	Abbotsford, BC
M95	3kg	4.84	Jim Murray	95	BC	Sept 15, 2010	Courtney, BC
<b><u>WOMEN</u></b>							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
W35	4Kg	15.54	Georgette Reid	35	AB	June 22, 2002	Edmonton, AB
W40	4Kg	13.10	Melody Torcolacci	41	ON	July 13, 2002	Toronto, ON
<b>W45</b>	<b>4kg</b>	<b>10.11</b>	<b>Carolynn Boomer</b>	<b>47</b>	<b>BC</b>	<b>June 11, 2011</b>	<b>Kamloops, BC</b>
<b>W50</b>	<b>3Kg</b>	<b>10.63</b>	<b>Elizabeth Hill</b>	<b>50</b>	<b>ON</b>	<b>June 18, 2011</b>	<b>Toronto, Ontario</b>
W55	3Kg	10.50	Beryl Rodrigues	56	QC	July 28, 2007	St. John, NB
W60	3Kg	9.47	Liz McBlain	60	AB	Aug 31, 2008	Clermont, FLA
W65	3Kg	8.80	Marg Tosh	65	SK	July 24, 2005	Edmonton, AB
W70	3Kg	9.16	Margaret Tosh	70	SK	Aug 01, 2008	Regina, SK
<b>W75</b>	<b>2kg</b>	<b>8.20</b>	<b>Myrtle Acton</b>	<b>78</b>	<b>BC</b>	<b>Aug 19, 2011</b>	<b>Trail, BC</b>
<b>W80</b>	<b>2kg</b>	<b>7.22</b>	<b>Velta Tomsons</b>	<b>83</b>	<b>ON</b>	<b>May 14, 2011</b>	<b>Stouffville, ON</b>
W85	3Kg	6.03	Olga Kotelko	85	BC	Oct 1, 2004	Las Vegas, NV
W90	2kg	5.43	Olga Kotelko	91	BC	Sept 17, 2010	Courtney, BC
W95	3Kg	1.25	Estelle Ritchie	95	ON	June 23, 2007	Stouffville, ON
<u>pre May 01, 2010</u>							
W75	3Kg	7.47	Myrtle Acton	75	BC	Aug 01, 2008	Regina, SK
W80	3kg	6.38	Velta Tomsons	80	ON	July 20, 2008	Stouffville, ON
W90	3kg	5.01	Olga Kotelko	90	BC	Sept 18, 2009	Richmond, BC

<b>DISCUS --OUTDOORS</b>							as of October 13, 2011
<b><u>MEN</u></b>							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
M35	2Kg	61.76	Eric Forshaw	36	ON	Mar 14, 2004	Lasalle, ON
<b>M40</b>	<b>2kg</b>	<b>51.72</b>	<b>Mike Ransky</b>	<b>40</b>	<b>ON</b>	<b>June 5, 2011</b>	<b>Toronto, ON</b>
M45	2Kg	45.58	John Pavelich		BC	? ? 1974	
M50	1.5Kg	46.28	Jean-Pierre Mayer	52	ON	Aug 26, 2000	Stouffville, ON
M55	1.5kg	45.23	Don Allemersch	56	BC	June 19, 2010	Langley, BC
M60	1.0Kg	50.31	Jean-Pierre Mayer	60	ON	Sept 22, 2007	Stouffville, ON
M65	1.0Kg	46.01	Marek Glowacki	65	AB	May 13, 2006	Calgary, AB
<b>M70</b>	<b>1kg</b>	<b>40.55</b>	<b>Marek Glowacki</b>	<b>70</b>	<b>BC</b>	<b>May 21, 2011</b>	<b>Lagiewniki, Poland</b>
M75	1.0Kg	34.28	Herb Plattner	75	BC	Aug 9, 1986	Victoria, BC
M80	1.0Kg	30.82	Garry Bachman	81	ON	June 9, 2003	Stouffville, ON
M85	1.0Kg	25.47	Garry Bachman	85	ON	May 26, 2007	Stouffville, ON
M90	1.0Kg	17.95	Karl Trei	90	ON	Jul , 1999	Gateshead, UK
M95	1.0kg	14.06	Jim Murray	95	BC	Sept 16, 2010	Courtney, BC
<b><u>WOMEN</u></b>							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
W35	1.0Kg	46.54	Georgette Reed	38	AB	July 29, 2005	Edmonton, AB
<b>W40</b>	<b>1kg</b>	<b>38.15</b>	<b>Georgette Reed</b>	<b>44</b>	<b>AB</b>	<b>July 22, 2011</b>	<b>Sherwood Park, AB</b>
W45	1kg	33.79	Berni Juert	45	BC	July 18, 2009	Kamloops, BC
W50	1.0Kg	32.08	Joyce Thomas	51	ON	Aug 16, 1997	Toronto, ON
W55	1.0Kg	24.60	Rose Hare	58	BC	June 16, 2007	Langley, BC
W60	1.0Kg	27.36	Yuko Nakano	61	AB	July 29, 2005	Edmonton, AB
W65	1.0Kg	23.92	Margaret Tosh	69	SK	June 23, 2007	Stouffville, ON
<b>W70</b>	<b>1kg</b>	<b>23.71</b>	<b>Margaret Tosh</b>	<b>73</b>	<b>SK</b>	<b>June 18, 2011</b>	<b>Saskatoon, SK</b>
<b>W75</b>	<b>0.75kg</b>	<b>17.15</b>	<b>Myrtle Acton</b>	<b>78</b>	<b>BC</b>	<b>July 12, 2011</b>	<b>Sacramento, CA</b>
W80	0.75Kg	16.97	Velta Tomsons	80	ON	Aug 16, 2008	Stouffville, ON
W85	0.75Kg	15.35	Olga Kotelko	88	BC	Aug 3, 2007	Orono, ME
W90	0.75kg	14.80	Olga Kotelko	90	BC	Aug 06, 2009	Lahti, FIN
W95	0.75Kg	2.33	Estelle Ritchie	95	ON	June 23, 2007	Stouffville, ON
<u>pre May 01, 2010</u>							
W75	1.0Kg	20.55	Myrtle Acton	75	BC	June 21, 2008	Surrey, BC

<b>JAVELIN -- OUTDOORS</b>							as of October 13, 2011	
<b><u>MEN</u></b>								
<b>GROUP</b>	<b>WEIGHT</b>	<b>RECORD</b>	<b>NAME</b>	<b>AGE</b>	<b>PROV</b>	<b>DATE</b>	<b>LOCATION</b>	
M35	800g	72.5	Graham Morfitt	36	BC	Mar 09, 2003	Port Alberni, BC	
<b>M40</b>	<b>800g</b>	<b>68.14</b>	<b>Erin Bevins</b>	<b>40</b>	<b>BC</b>	<b>June 18, 2011</b>	<b>Courtney, BC</b>	
M45	800g	57.52	Marty Withers	45	ON	June 19, 2005	London, ON	
M50	700g	57.40	Mike Finkbeiner	50	ON	Aug 28, 2004	Dorado, Puerto Rico	
M55	700g	48.08	Fred Pamentor	55	ON	July 2, 1994	Tonawanda, NY	
M60	600g	47.42	Victor Njume	63	BC	Aug 25, 2006	Powel River, BC	
M65	600g	44.60	Victor Njume	67	BC	Sept 16, 2010	Courtney, BC	
M70	500g	42.31	Juris Terauds	71	NS	Aug. 7, 2008	Spokane, WA	
M75	500g	34.61	Rainer Sillantaus	75	BC	July 24, 2005	Edmonton, AB	
<b>M80</b>	<b>400g</b>	<b>32.37</b>	<b>Rainer Sillantaus</b>	<b>81</b>	<b>BC</b>	<b>July 11, 2011</b>	<b>Sacramento, CA</b>	
M85	400g	22.46	Karl Trei	85	ON	Aug 7, 1994	Edmonton, AB	
M90	400g	17.74	Karl Trei	90	ON	June 13, 1999	Toronto, ON	
M95	400g	9.80	Jim Murray	95	BC	June 19, 2010	Langley, BC	
<b><u>WOMEN</u></b>								
<b>GROUP</b>	<b>WEIGHT</b>	<b>RECORD</b>	<b>NAME</b>	<b>AGE</b>	<b>PROV</b>	<b>DATE</b>	<b>LOCATION</b>	
W35	600g	53.52	Amelie Koloska	37	BC	June 11, 1981	Burnaby, BC	
W40	600g	47.46	Amelie Koloska	41	BC	Aug. 21, 1985	Toronto, ON	
W45	600g	33.17	Ana Marie Neilson	47	ON	June 21, 2009	Toronto, ON	
W50	500g	36.99	Barb Dabrowski	52	ON	Aug 02, 2009	Lahti, FIN	
W55	500g	32.60	Beryl Rodrigues	56	QC	July 28, 2007	St. John, NB	
W60	400g	34.47	Marg Radcliffe	61	BC	May 10, 2003	Nanaimo, BC	
W65	400g	29.41	Marg Radcliffe	65	BC	Oct 9, 2007	St. George, Utah	
W70	400g	30.58	Margaret Tosh	70	SK	July 19, 2008	Regina, SK	
W75	400g	19.94	Olga Kotelko	78	BC	May 22, 1997	Tucson, AZ	
W80	400g	20.01	Olga Kotelko	81	BC	May 8, 2000	Nanaimo, BC	<b>WR</b>
W85	400g	18.56	Olga Kotelko	85	BC	June 22, 2004	Eugene, OR	<b>WR</b>
W90	400g	13.54	Olga Kotelko	90	BC	Aug 03, 2009	Lahti, FIN	<b>WR</b>

<b>WEIGHT THROW -- OUTDOORS</b>							as of October 13, 2011	
<b><u>MEN</u></b>								
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION	
M35	35lb	18.95	Ian Maplethorpe	39	AB	July 28, 2005	Edmonton, AB	
M40	35lb	18.21	Ian Maplethorpe	40	AB	July 22, 2006	Dieppe, NB	
M45	35lb	13.27	George Puce	45	ON	Aug 24, 1986	Stouffville, ON	
M50	25lb	18.57	Boris Zaitchouk	53	ON	June 9, 2001	Toronto, ON	
M55	25lb	18.03	Boris Zaitchouk	55	ON	May 31, 2003	Toronto, ON	
M60	20lb	17.62	Emil Muller	61	ON	Mar 8, 1997	Toronto, ON	
M65	20lb	16.40	Emil Muller	66	QC	June 9, 2001	Toronto, ON	
M70	16lb	17.14	Emil Muller	73	QC	June 11, 2008	Montreal, PQ	
M75	16lb	15.20	Emil Muller	75	PQ	May 16, 2010	Lachine, PQ	
M80	12lb	16.31	Garry Bachman	80	ON	June 8, 2002	Stouffville, ON	
M85	12lb	13.31	Garry Bachman	85	ON	Sept 10, 2007	San Giovanni, ITA	
M90	12lb	10.82	Howard West	90	SK	June 01, 2003	Saskatoon, SK	
<b><u>WOMEN</u></b>								
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION	
W35	20lb	11.69	Kristen Dajia	39	ON	July 13, 2002	Toronto, ON	
W40	20lb	11.63	Kristen Dajia	41	ON	Aug 21, 2004	Stouffville, ON	
W45	20lb	11.26	Kirsten Dajia	46	ON	July 5, 2009	Toronto, ON	
<b>W50</b>	<b>16lb</b>	<b>12.52</b>	<b>Denise Clements</b>	<b>50</b>	<b>BC</b>	<b>July 11, 2011</b>	<b>Sacramento, CA</b>	
W55	16lb	10.67	Liz McBlain	55	AB	Aug 17, 2003	Richmond, BC	
W60	12lb	12.68	Rhona Trott	60	ON	June 21, 2009	Toronto, ON	
W65	12lb	9.92	Sandy Anderson	66	BC	July 22, 2006	Dieppe, NB	
<b>W70</b>	<b>12lb</b>	<b>12.46</b>	<b>Margaret Tosh</b>	<b>73</b>	<b>SK</b>	<b>July 13, 2011</b>	<b>Sacramento, CA</b>	
<b>W75</b>	<b>4kg</b>	<b>10.45</b>	<b>Myrtle Acton</b>	<b>78</b>	<b>BC</b>	<b>Aug 19, 2011</b>	<b>Trail, BC</b>	
W80	12lb	8.29	Olga Kotelko	83	BC	Oct 09, 2002	Melbourne, AUS	
W85	12lb	7.72	Olga Kotelko	85	BC	July 17, 2004	Calgary, AB	
W90	4kg	7.90	Olga Kotelko	91	BC	Sept 17, 2010	Courtney, BC	<b>WR-p</b>
<u>pre May 01, 2010</u>								
W75	12lb	8.43	Myrtle Acton	75	BC	Sept 12, 2008	Prince George, BC	
W90	12lb	6.58	Olga Kotelko	90	BC	July 17, 2009	Kamloops, BC	<b>WR</b>

<b>SHOT PUT -- INDOORS</b>								as of May 19, 2011
<b><u>MEN</u></b>								
<b>GROUP</b>	<b>WEIGHT</b>	<b>RECORD</b>	<b>NAME</b>	<b>AGE</b>	<b>PROV</b>	<b>DATE</b>	<b>LOCATION</b>	
M35	7.26Kg	17.48	Bruce Pirnie	37	AB	Feb 24, 1979	Edmonton, AB	
M40	7.26Kg	15.14	Bruce Pirnie	42	AB	Feb 17, 1985	Edmonton, AB	
M45	7.26Kg	12.81	John Kasperski	45	ON	Feb 4 1989	Ottawa, ON	
M50	6Kg	14.33	Jean-Pierre Mayer	52	ON	Mar 25, 2000	Boston, MA	
M55	6Kg	14.10	John Kasperski	56	ON	Mar 4, 2000	Toronto, ON	
M60	5Kg	13.93	Jean Pierre Mayer	61	ON	March 2008	Clermont-Ferrand, FRA	
M65	5Kg	13.87	Marek Glowacki	65	AB	Mar 4, 2006	Edmonton, AB	
<b>M70</b>	<b>4kg</b>	<b>13.39</b>	<b>Marek Glowacki</b>	<b>70</b>	<b>BC</b>	<b>Feb. 20, 2011</b>	<b>Kamloops, BC</b>	
M75	4Kg	11.39	Garry Bachman	77	ON	Mar. 6, 1999	Toronto, ON	
M80	3kg	11.45	Rainer Sillantaus	80	BC	Mar 03, 2010	Kamloops, BC	
M85	3Kg	9.97	Garry Bachman	85	ON	Jan.22, 2007	Toronto, ON	
<b>M90</b>	<b>3kg</b>	<b>5.18</b>	<b>William Watt Falconer</b>	<b>90</b>	<b>BC</b>	<b>Mar.19, 2011</b>	<b>Kamloops, BC</b>	
<b><u>WOMEN</u></b>								
W35	4kg	11.25	Pina Russo	35	BC	Mar 03, 2010	Kamloops, BC	
W40	4Kg	14.35	Georgette Reed	41	AB	Mar 01, 2008	Edmonton, AB	
W45	4kg	10.29	Elizabeth Hill	49	ON	Feb 14, 2010	Toronto, ON	
<b>W50</b>	<b>3kg</b>	<b>11.10</b>	<b>Elizabeth Hill</b>	<b>50</b>	<b>ON</b>	<b>Feb. 13, 2011</b>	<b>Toronto, ON</b>	
W55	3kg	10.38	Selina Coward	55	SK	Feb 05, 2010	Saskatoon, SK	
W60	3Kg	9.31	Liz McBlain	60	AB	Mar 01, 2008	Edmonton, AB	
W65	3Kg	8.64	Margaret Tosh	69	BC	Mar 17, 2007	Saskatoon, SK	
W70	3kg	9.18	Margaret Tosh	72	SK	Dec 19, 2009	Saskatoon, SK	
<b>W75</b>	<b>2kg</b>	<b>7.81</b>	<b>Myrtle Acton</b>	<b>78</b>	<b>BC</b>	<b>Mar. 19, 2011</b>	<b>Kamloops, BC</b>	
<b>W80</b>	<b>2kg</b>	<b>6.67</b>	<b>Velta Tomsons</b>	<b>82</b>	<b>ON</b>	<b>Feb. 17, 2011</b>	<b>Toronto, ON</b>	
W85	3Kg	5.81	Olga Kotelko	85	BC	Mar.10, 2004	Sindelfingen, GER	
<b>W90</b>	<b>2kg</b>	<b>5.74</b>	<b>Olga Kotelko</b>	<b>91</b>	<b>BC</b>	<b>Mar 19, 2011</b>	<b>Kamloops, BC</b>	
<u>pre May 01, 2010</u>								
W75	3Kg	7.33	Velta Tomsons	75	ON	Mar 8, 2003	Toronto, ON	
W80	3kg	5.90	Velta Tomsons	82	ON	Feb. 14, 2010	Toronto, ON	
W90	3kg	4.90	Olga Kotelko	90	BC	Mar 03, 2010	Kamloops, BC	

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<b>WEIGHT THROW -- INDOORS</b>							as of May 19, 2011	
<b>MEN</b>								
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION	
M35	35lb	15.92	Bruce Pirnie	37	AB	Feb 25, 1979	Edmonton, AB	
M40	35lb	19.10	Ian Maplethorpe	41	AB	Feb 10, 2007	Edmonton, AB	
M45	35lb	12.78	Richard Parkinson	46	ON	Feb 14, 2010	Toronto, ON	
M50	25lb	18.10	Jan Graczyk	52	ON	Mar 11, 2006	Toronto, ON	
M55	25lb	17.99	Jan Graczyk	56	ON	Feb 14, 2010	Toronto, ON	
M60	20lb	16.81	Emil Muller	64	QC	Feb 5, 2000	Montreal, QC	
M65	20lb	17.16	Emil Muller	66	QC	Feb 15, 2002	Montreal, QC	
M70	16lb	17.63	Emil Muller	70	QC	Dec 10, 2005	Montreal, QC	
<b>M75</b>	<b>16lb</b>	<b>15.53</b>	<b>Emil Muller</b>	<b>75</b>	<b>ON</b>	<b>Dec. 18, 2010</b>	<b>Ottawa, ON</b>	
M80	12lb	13.67	Garry Bachman	83	ON	Mar 13, 2005	Toronto, ON	
M85	12lb	13.55	Garry Bachman	85	ON	Feb 25, 2007	Toronto, ON	
M90	12lb	10.98	Howard West	90	SK	Mar 28, 2003	Saskatoon, SK	<b>WR</b>
<b>WOMEN</b>								
W35	20lb	10.76	Diana Jaam-Shahriari	38	ON	Feb 26, 2005	Toronto, ON	
<b>W40</b>	<b>20lb</b>	<b>9.06</b>	<b>Tanya Watson Little</b>	<b>40</b>	<b>BC</b>	<b>Mar.20, 2011</b>	<b>Kamloops, BC</b>	
W45	20lb	10.12	Elizabeth Hill	49	ON	Feb 14, 2010	Toronto, ON	
W50	16lb	11.11	Liz McBlain	54	AB	Mar 03, 2001	Edmonton, AB	
W55	16lb	10.68	Liz McBlain	56	AB	Mar 15, 2003	Edmonton, AB	
W60	12lb	12.03	Rhona Trott	60	ON	Mar 15, 2009	Toronto, ON	
W65	12lb	10.39	Margaret Tosh	69	BC	Mar 16, 2007	Saskatoon, SK	
<b>W70</b>	<b>12lb</b>	<b>12.04</b>	<b>Margaret Tosh</b>	<b>73</b>	<b>SK</b>	<b>Mar. 10, 2011</b>	<b>Saskatoon, SK</b>	
<b>W75</b>	<b>4kg</b>	<b>8.41</b>	<b>Myrtle Acton</b>	<b>78</b>	<b>BC</b>	<b>Mar.20, 2011</b>	<b>Kamloops, BC</b>	
W80	12lb	7.06	Olga Kotelko	84	BC	Mar 28, 2003	Saskatoon, SK	<b>WR</b>
W85	12lb	6.97	Olga Kotelko	87	BC	Mar 24, 2006	Boston, MA	
<b>W90</b>	<b>4kg</b>	<b>7.51</b>	<b>Olga Kotelko</b>	<b>91</b>	<b>BC</b>	<b>Mar.20, 2011</b>	<b>Kamloops, BC</b>	<b>WRpend</b>
pre May 01, 2010								
W75	12lb	7.39	Myrtle Acton	77	BC	Mar. 05, 2010	Kamloops, BC	
W90	12lb	6.32	Olga Kotelko	90	BC	Mar. 05, 2010	Kamloops, BC	