

# Canadian Masters Outdoor Championships Meet Records

Compiled by Doug Smith

|      | Venue   | Newsletter      | <i>Missing results from 1982</i> |  |
|------|---|-----------------|----------------------------------|--|
| 1974 | Richmond BC   | #26             |                                  |  |
| 1975 | Cancelled—1st WAVA Championships meet held in Toronto |                 |                                  |  |
| 1976 | Oshawa ON   | #43             |                                  |  |
| 1977 | Montreal - Olympic Pk                                 | #48             |                                  |  |
| 1978 | Victoria BC   | #54             |                                  |  |
| 1979 | Scarborough - Birchmount                              | Results<br>book | North American Champs            |  |
| 1980 | Hull PQ   | #64             |                                  |  |
| 1981 | Richmond BC   | #68             |                                  |  |
| 1982 | Ottawa ON   | ??              | North American Champs            |  |
| 1983 | Toronto - York  | #75             |                                  |  |
| 1984 | Richmond BC   | #79             |                                  |  |
| 1985 | Oshawa ON   | #82             |                                  |  |
| 1986 | Sherbrooke PQ   | #84             |                                  |  |
| 1987 | Richmond BC   | #87 - 3         |                                  |  |
| 1988 | Toronto - York  | #88             | North American Champs            |  |
| 1989 | Edmonton AB   | Communique #3   |                                  |  |
| 1990 | Montreal- E. Desmarreau                               |                 | Comm #4                          |  |
| 1991 | Ottawa ON   | #93             |                                  |  |
| 1992 | Regina SK   | #96             |                                  |  |
| 1993 | Etobicoke ON  | #98             |                                  |  |
| 1994 | Edmonton AB   | #99             | NCCWAVA Champs                   |  |
| 1995 | Hamilton ON   | #101            |                                  |  |
| 1996 | Victoria BC   | #103            |                                  |  |
| 1997 | Toronto - York U.                                     | #105            |                                  |  |
| 1998 | Saskatoon SK  | #108            |                                  |  |
| 1999 | Sherbrooke PQ   | #111            |                                  |  |
| 2000 | Kamloops BC   | #115            | NCCWAVA Champs                   |  |
| 2001 | Toronto - York U.                                     | #119            |                                  |  |
| 2002 | Toronto - York U.                                     | #123            |                                  |  |
| 2003 | Richmond BC   | #127            |                                  |  |
| 2004 | Calgary AB *30th                                      | #131            |                                  |  |

|             |                           |  |              |                 |
|-------------|---------------------------|--|--------------|-----------------|
| 2005        | Toronto - York U.         | #134                                     |              |                 |
| 2006        | Dieppe NB                 | #137                                     |              |                 |
| 2007        | Saint John NB             | #140                                     |              |                 |
| 2008        | Regina SK                 | #143                                     |              |                 |
| 2009        | Kamloops BC               |  |              |                 |
| 2010        | Toronto - York U.         |  |              |                 |
| 2011        | Toronto—Varsity Stadium   |  |              |                 |
| 2012        | Saint John NB             | NCCWMA Championships                     |              |                 |
| <b>2013</b> | <b>Regina SK</b>          |  |              |                 |
|             |                           |  |              |                 |
| <b>100m</b> |                           | 0.24 added to hand times where indicated |              |                 |
| M30         | Allen, Desmond            | ON                                       | 10.97        | Toronto 2005    |
| M35         | Walton, Alfonzo           | USA                                      | 11.15        | Toronto 1988    |
| M40         | Provo, David Lee          | BC                                       | 11.10        | Richmond 2003   |
| M45         | Morioka, Harold (Heat 1)  | BC                                       | 11.11        | Toronto 1988    |
| M50         | Robbins, Stephen          | USA                                      | 11.48        | Emonton 1994    |
| M55         | Tyler, Scott              | ON                                       | 11.9 = 12.14 | Hamilton 1995   |
| M60         | Robbins, Steve            | USA                                      | 12.44        | Saint John 2007 |
| M65         | Paddie, James             | USA                                      | 12.92        | Calgary 2004    |
| M70         | Duncan, Percy             | ON                                       | 13.64        | Oshawa 1985     |
| M75         | O'Neill, John             | ON                                       | 14.34        | Sherbrooke 1999 |
| M80         | Silverstein, Milton       | USA                                      | 15.83        | Kamloops 2000   |
| M85         | Boas, Konrad              | USA                                      | 18.81        | Toronto 1988    |
| M90         | Trei, Karl                | ON                                       | 23.48        | Sherbrooke 1999 |
|             |                           |  |              |                 |
| W30         | Mortimer, Lisa            | BAH                                      | 12.72        | Regina 2008     |
| W35         | Hendershot, Marg          | ON                                       | 12.67        | Ottawa 1991     |
| W40         | Noella Lee Pong           | AB                                       | 12.75        | Calgary 2004    |
| W45         | Libal, Mary               | USA                                      | 13.07        | Victoria 1996   |
| W50         | Del Grande, Karla         | ON                                       | 12.98        | Toronto 2005    |
| W55         | Wendy Alexis              | ON                                       | 13.64        | Toronto 2010    |
| W60         | Jager, Kathy              | USA                                      | 14.23        | Richmond 2003   |
| W65         | Lafayette-Boyd,Carol      | SK                                       | 14.36        | Saint John 2007 |
| W70         | Lafayette-Boyd,Carol      | SK                                       | 15.17        | Saint John 2012 |
| W75         | Bortignon, Christa        | BC                                       | 16.72        | Saint John 2012 |
| W80         | Ramirez Garcia, Ernestine | MEX                                      | 20.3         | Saint John 2012 |

|             |                          |              |                |                    |
|-------------|--------------------------|--------------|----------------|--------------------|
| W85         | Kotelko, Olga            | BC           | 21.83          | Calgary 2004       |
| W90         | Kotelko, Olga            | BC           | 24.89          | Kamloops 2009      |
| <b>W95</b>  | <b>Man Kaur</b>          | <b>India</b> | <b>69.87</b>   | <b>Regina 2013</b> |
|             |                          |              |                |                    |
| <b>200m</b> |                          |              |                |                    |
| M30         | Montgomery, Randal       | USA          | 22.3 = 22.54   | Richmond 1981      |
| M35         | Eves, Lynn (Canadian     | USA          | 22.4 = 22.64   | Richmond 1974      |
| M40         | Provo, David Lee         | BC           | 22.47          | Richmond 2003      |
| M45         | Johnson, Glennie         | USA          | 23.53          | Toronto 1988       |
|             | Horton, George           | ON           | 23.4 = 23.64   | Hull 1980          |
| M50         | Smith, Kerry             | ON           | 23.63          | Toronto 2005       |
| M55         | Guidet, Al               | USA          | 24.7 = 24.94   | Richmond 1974      |
| M60         | Powell, Tony             | ON           | 25.72          | Toronto 2005       |
| M65         | Tony Powell              | ON           | 26.89          | Toronto 2010       |
| M70         | Fee, Earl                | ON           | 28.61          | Sherbrooke 1999    |
| M75         | O'Neill, John            | ON           | 31.07          | Sherbrooke 1999    |
| M80         | Silverstein, Milton      | USA          | 32.71          | Kamloops 2000      |
| M85         | Boas, Konrad             | USA          | 40.36          | Toronto 1988       |
|             |                          |              |                |                    |
| W30         | Williams, Foy            | ON           | 24.99          | Toronto 2005       |
| W35         | Hendershot, Marg         | ON           | 25.85          | Ottawa 1991        |
| W40         | Raschker, Phil           | USA          | 26.74          | Toronto 1988       |
| W45         | Tucker, Lorraine         |              | 25.49          | Regina 1992        |
| W50         | Del Grande, Karla        | ON           | 26.22          | Toronto 2005       |
| W55         | Douglas, Avril           | BC           | 27.90          | Toronto 2001       |
| <b>W60</b>  | <b>Karla Del Grande</b>  | <b>ON</b>    | <b>28.64</b>   | <b>Regina 2013</b> |
| W65         | Lafayette-Boyd,Carol     | SK           | 29.99          | Saint John 2007    |
| W70         | Lafayette-Boyd,Carol     | SK           | 31.51          | Saint John 2012    |
| <b>W75</b>  | <b>Christa Bortignon</b> | <b>BC</b>    | <b>34.46</b>   | <b>Regina 2013</b> |
| <b>W80</b>  | <b>Alice Cole</b>        | <b>PQ</b>    | <b>43.50</b>   | <b>Regina 2013</b> |
| W85         | Kotelko, Olga            | BC           | 52.07          | Calgary 2004       |
| <b>W90</b>  | <b>Olga Kotelko</b>      | <b>BC</b>    | <b>1:21.41</b> | <b>Regina 2013</b> |
| <b>W95</b>  | <b>Kaur Man</b>          | <b>India</b> | <b>2:39.19</b> | <b>Regina 2013</b> |
|             |                          |              |                |                    |
| <b>400m</b> |                          |              |                |                    |
| M30         | Gordon, Ian              | AB           | 51.7 = 51.94   | Richmond 1981      |

|             |                           |              |                |                    |
|-------------|---------------------------|--------------|----------------|--------------------|
| M35         | Cardinal, Ray             | ON           | 49.86          | Toronto 1983       |
| M40         | Lawson, Peter             | NB           | 51.28          | Toronto 2011       |
| M45         | Johnson, Glennie          | USA          | 51.18          | Toronto 1988       |
| M50         | Morioka, Harold           | BC           | 53.60          | Edmonton 1994      |
| M55         | Morioka, Harold           | BC           | 54.30          | Kamloops 2000      |
| M60         | Romain, Ralph             | TRI          | 56.91          | Edmonton 1994      |
| M65         | Johnson, Paul             | USA          | 59.14          | Kamloops 2000      |
| M70         | Fee, Earl                 | ON           | 63.20          | Sherbrooke 1999    |
| M75         | Fee, Earl                 | ON           | 66.73          | Toronto 2005       |
| M80         | Fee, Earl                 | ON           | 1:11.94        | Toronto 2011       |
| M85         | Boas, Konrad              | USA          | 1:34.95        | Toronto 1988       |
|             |                           |              |                |                    |
| W30         | Williams, Foy             | ON           | 55.11          | Toronto 2005       |
| W35         | Fisher, Jennifer          | BERM         | 58.11          | Victoria 1996      |
| W40         | Rodrigue, Maureen         | ON           | 61.23          | Toronto 2005       |
| W45         | Libal, Mary               | USA          | 58.94          | Victoria 1996      |
| W50         | Del Grande, Karla         | ON           | 60.33          | Toronto 2005       |
| W55         | Douglas, Avril            | BC           | 62.40          | Toronto 2001       |
| <b>W60</b>  | <b>Karla Del Grande</b>   | <b>ON</b>    | <b>1:09.48</b> | <b>Regina 2013</b> |
| W65         | Daprano, Jeanne           | USA          | 1:15.39        | Richmond 2003      |
| W70         | Palmason, Diane           | BC           | 1:17.14        | Kamloops 2009      |
| W75         | Bortignon, Christa        | BC           | 1:25.07        | Saint John 2012    |
| W80         | Ramirez Garcia, Ernestine | MEX          | 1:46.63        | Saint John 2012    |
| W85         | Peterson, Pat             | USA          | 2:25.18        | Saint John 2012    |
| <b>W95</b>  | <b>Kaur Man</b>           | <b>India</b> | <b>6:10.17</b> | <b>Regina 2013</b> |
|             |                           |              |                |                    |
| <b>800m</b> |                           |              |                |                    |
| M30         | Adams, Barry              | BC           | 1:54.6         | Richmond 1974      |
| M35         | Adams, Barry              | BC           | 1:58.8         | Richmond 1981      |
| M40         | Tucker, Ray               | ON           | 1:58.14        | Toronto 1988       |
| M45         | Tucker, Ray               | ON           | 2:04.30        | Etobicoke 1993     |
| M50         | Deighan, Chris            | ON           | 2:07.68        | Toronto 2011       |
| M55         | Miller, Ralph             | USA          | 2:10.47        | Richmond 1987      |
| M60         | Fee, Earl                 | ON           | 2:15.47        | Ottawa 1991        |
| M65         | Fee, Earl                 | ON           | 2:15.3         | Hamilton 1995      |
| M70         | Fee, Earl                 | ON           | 2:30.12        | Toronto 2002       |

|              |                      |     |         |                 |
|--------------|----------------------|-----|---------|-----------------|
| M75          | Fee, Earl            | ON  | 2:37.04 | Dieppe 2006     |
| M80          | Earl, Fee            | ON  | 2:55.42 | Toronto 2011    |
| M85          | Thompson, Harry      | BC  | 4:08.41 | Kamloops 2009   |
|              |                      |     |         |                 |
| W30          | Fisher, Jennifer     | BER | 2:19.24 | Edmonton 1994   |
| W35          | Mullins, Anne        | ON  | 2:16.19 | Ottawa 1991     |
| W40          | Robson, Bev          | CAN | 2:22.65 | Victoria 1996   |
| W45          | Nesdoly, Faith       | ON  | 2:23.79 | Toronto 2005    |
| W50          | Douglas, Avril       | BC  | 2:29.28 | Saskatoon 1998  |
| W55          | Douglas, Avril       | BC  | 2:33.40 | Toronto 2001    |
| W60          | Palmason, Diane      | CAN | 2:40.58 | Kamloops 2000   |
| W65          | Horne, Jean          | ON  | 2:53.28 | Sherbrooke 1999 |
| W70          | Horne, Jean          | ON  | 3:04.44 | Richmond 2003   |
| W75          | Montgomery, Lenore   | BC  | 3:44.00 | Dieppe 2006     |
| W80          | Marvin, Lenore       | BC  | 4:10.29 | Kamloops 2000   |
| W85          | Granstrom, Ivy       | BC  | 5:36.37 | Saskatoon 1998  |
|              |                      |     |         |                 |
| <b>1500m</b> |                      |     |         |                 |
| M30          | Nicholson, Stan      | BC  | 4:05.3  | Richmond 1974   |
| M35          | Michener, Gord       | CAN | 4:09.91 | Toronto 1983    |
| M40          | Stewart, Wayne       | NB  | 4:01.64 | Ottawa 1991     |
| M45          | Whitlock, Ed         | PQ  | 4:12.08 | Montreal 1977   |
| M50          | Whitlock, Ed         | PQ  | 4:15.6  | Ottawa 1982     |
| M55          | Miller, Ralph        | USA | 4:34.24 | Richmond 1987   |
| M60          | Andberg, Bill        | USA | 4:53.7  | Richmond 1974   |
| M65          | Barrie Dargie        | AB  | 4:54.00 | Toronto 2010    |
| M70          | Whitlock, Ed         | ON  | 5:19.57 | Toronto 2001    |
| M75          | Whitlock, Ed         | ON  | 5:26.79 | Dieppe 2006     |
| M80          | Thompson, Harry      | BC  | 7:03.20 | Richmond 2003   |
| M85          | Leyland, Les         | BC  | 8:24.85 | Toronto 2002    |
|              |                      |     |         |                 |
| W30          | Soucy-Fraser, Louise | ON  | 5:13.13 | Etobicoke 1993  |
| W35          | Takahashi, Janet     | ON  | 4:36.50 | Ottawa 1991     |
| W40          | Kozak, Erna          | BC  | 4:34.17 | Richmond 1987   |
| W45          | Lavellee, Christine  | ON  | 4:56.81 | Toronto 2002    |
| W50          | Blanchard, Patty     | NB  | 5:14.85 | Saint John 2012 |

|                |                     |     |          |                 |
|----------------|---------------------|-----|----------|-----------------|
| W55            | Quibell, Rita       | ON  | 5:17.97  | Toronto 2011    |
| W60            | Horne, Jean         | ON  | 5:49.99  | Etobicoke 1993  |
| W65            | Horne, Jean         | ON  | 6:03.77  | Sherbrooke 1999 |
| W70            | Horne, Jean         | ON  | 6:30.79  | Richmond 2003   |
| W75            | Montgomery, Lenore  | BC  | 7:11.65  | Dieppe 2006     |
| W80            | Marvin, Lenore      | BC  | 8:14.48  | Kamloops 2000   |
|                |                     |     |          |                 |
| <b>5,000m</b>  |                     |     |          |                 |
| M30            | Howard, Tom         | BC  | 15:24.8  | Richmond 1981   |
| M30-39         | Creery, Mike (age?) | BC  | 15.12.4  | Victoria 1978   |
| M35            | Hale, Murray        | ON  | 15:48.35 | Toronto 1988    |
| M40            | Inglis, Ken         | ON  | 14:59.62 | Toronto 1983    |
| M45            | Scott, Mike         | ON  | 15:44.72 | Toronto 1988    |
| M50            | Kooymans, Jerry     | ON  | 15:47.10 | Toronto 2005    |
| M55            | Kooymans, Jerry     | ON  | 16:41.36 | Toronto 2010    |
| M60            | Davis, Clive        | USA | 17:37.6  | Victoria 1978   |
| M65            | Whitlock, Ed        | ON  | 17:52.01 | Toronto 1997    |
| M70            | Whitlock, Ed        | ON  | 19:15.33 | Toronto 2005    |
| M75            | Whitlock, Ed        | ON  | 19:07.02 | Dieppe 2006     |
| M80            | Whitlock, Ed        | ON  | 20:58.12 | Toronto 2011    |
| M85            | Leyland, Les        | BC  | 35:47.36 | Toronto 2002    |
|                |                     |     |          |                 |
| W30            | McLaren, Nancy      | BC  | 17:45.9  | Richmond 1981   |
| W35            | Findley, Linda      | ON  | 17:01.3  | Richmond 1987   |
| W40            | Tinary, Nancy       | BC  | 16:56.60 | Richmond 2003   |
| W45            | Maguire, Liz        | ON  | 18:33.50 | Saint John 2012 |
| W50            | Carson, Sherry      | ON  | 19:43.66 | Toronto 2011    |
| W55            | Turner, Molly       | ON  | 20:10.89 | Montreal 1990   |
| W60            | Louden, Myfanwy     | GBR | 21:26.84 | Edmonton 1994   |
| W65            | Ross, Joselyn       | GBR | 22:59.14 | Edmonton 1994   |
| W70            | Montgomery, Lenore  | BC  | 23:56.90 | Richmond 2003   |
| W75            | Montgomery, Lenore  | BC  | 25:47.56 | Dieppe 2006     |
| W80            | Montgomery, Lenore  | BC  | 29:29.37 | Saint John 2012 |
| W85            | Granstrom, Ivy      | BC  | 40:41.81 | Saskatoon 1998  |
|                |                     |     |          |                 |
| <b>10,000m</b> |                     |     |          |                 |

|                            |                       |           |                 |                    |
|----------------------------|-----------------------|-----------|-----------------|--------------------|
| M30                        | Howard, Tom           | BC        | 32:30.6         | Richmond 1981      |
| M30-39                     | Creery, Mike          | BC        | 31:25.0         | Victoria 1978      |
| M35                        | Michener, Gord        | CAN       | 32:09.29        | Toronto 1983       |
| M40                        | Inglis, Ken           | ON        | 30:50.9         | Ottawa 1982        |
| M45                        | Inglis, Ken           | ON        | 32:53.57        | Toronto 1988       |
| M50                        | Fenz, Hans            | BC        | 34:35.8         | Richmond 1987      |
| M55                        | Hatton, Ray OR        | USA       | 33:47.3         | Richmond 1987      |
| M60                        | Davies, Clive         | USA       | 35:19.8         | Victoria 1978      |
| M65                        | Whitlock, Ed          | ON        | 36:50.70        | Toronto 1997       |
| M70                        | Whitlock, Ed          | ON        | 39:42.02        | Toronto 2005       |
| M75                        | Whitlock, Ed          | ON        | 39:25.16        | Dieppe 2006        |
| M80                        | Whitlock, Ed          | ON        | 42:59.16        | Toronto 2011       |
|                            |                       |           |                 |                    |
| W30                        | Barnett, Loreen       | BC        | 40:17.3         | Richmond 1981      |
| W35                        | Goertzen, Dorothy     | ON        | 39:32.00        | Montreal 1990      |
| W40                        | Blanchard, Patty      | NB        | 36:17.26        | Sherbrooke 1999    |
| W45                        | Desmeules, Lynda.     | PQ        | 38:23.81        | Saint John 2007    |
| W50                        | Dixon, Rayma          | ON        | 41:52.4         | Ottawa 1982        |
| W55                        | Turner, Molly         | ON        | 42:31.0         | Regina 1992        |
| W60                        | Dixon, Patricia       | USA       | 47:23.8         | Richmond 1981      |
| <b>W65</b>                 | <b>Bonnie Skov</b>    | <b>AB</b> | <b>50:02.42</b> | <b>Regina 2013</b> |
| W70                        | Kazdan, Judith        | ON        | 53:30.62        | Montreal 1990      |
| W75                        | Montgomery, Lenore    | BC        | 54:12.57        | Dieppe 2006        |
| W80                        | Granstrom, Ivy        | BC        | 1:11:58.0       | Regina 1992        |
| W85                        | Granstrom, Ivy        | BC        | 1:26:55.70      | Saskatoon 1998     |
|                            |                       |           |                 |                    |
| <b>2,000m Steeplechase</b> |                       |           |                 |                    |
| M60                        | Christensen, Vern     | ON        | 8:05.05         | Richmond 2003      |
| M65                        | Dargie, Barrie        | AB        | 7:55.6          | Kamloops 2009      |
| M70                        | Christensen, Vern     | ON        | 9:12.58         | Saint John 2012    |
| M75                        | Dilworth, Donald      | USA       | 10:14.82        | Edmonton 1994      |
| M80                        | Torres, Luis Humberto | PUR       | 13:37.19        | Saint John 2012    |
|                            |                       |           |                 |                    |
| W35                        | Fisher, Jennifer      | BER       | 8:23.51         | Victoria 1996      |
| W40                        | Warick, Judy          | SK        | 8:17.08         | Regina 1992        |
| W45                        | Warick, Judy          | SK        | 8:27.08         | Edmonton 1994      |

|                            |                          |           |              |                    |
|----------------------------|--------------------------|-----------|--------------|--------------------|
| W50                        | Warick, Judy             | SK        | 9:08.41      | Kamloops 2000      |
| W55                        | Warick, Judy             | SK        | 9:30.42      | Calgary 2004       |
| W60                        | Warick, Judy             | SK        | 9:51.8       | Kamloops 2009      |
| <b>3,000m Steeplechase</b> |                          |           |              |                    |
| M30                        | Selby, Rex               | SK        | 12:34.91     | Calgary 2004       |
| M35                        | James, Steven            | USA       | 9:35.90      | Victoria 1996      |
| M40                        | Robbins, Fred            | ON        | 9:57.84      | Toronto 1997       |
| M45                        | Trethewey, Don           | CAN       | 10:43.90     | Toronto 1983       |
| M50                        | Taylor, Art              | ON        | 10:41.8      | Oshawa 1976        |
| M55                        | Carmen, Ken              | USA       | 11:44.1      | Oshawa 1985        |
| <b>Sprint Hurdles</b>      |                          |           |              |                    |
| <b>80m</b>                 |                          |           |              |                    |
| W40                        | Raschker, Phil           | USA       | 12.53        | Toronto 1988       |
| W45                        | Raschker, Phil           | USA       | 12.22        | Edmonton 1994      |
| W50                        | BJ Freeman               | AB        | 13.79        | Toronto 2010       |
| W55                        | Trott, Rhona             | ON        | 15.01        | Saint John 2007    |
| W60                        | Rhona Trott              | ON        | 14.65        | Toronto 2010       |
| W65                        | Anderson, Sandy          | BC        | 18.81        | Regina 2008 Pent   |
| W70                        | Valien, Johnnye          | USA       | 20.3         | Victoria 1996      |
| <b>W75</b>                 | <b>Christa Bortignon</b> | <b>BC</b> | <b>18.96</b> | <b>Regina 2013</b> |
| M70                        | Stookey, James           | USA       | 13.41        | Kamloops 2000      |
| M75                        | Hills, Claude            | USA       | 16.91        | Toronto 1988       |
| M80                        | Trei, Karl               | ON        | 19.43        | Etobicoke 1993     |
| M85                        | Trei, Karl               | ON        | 20.32        | Edmonton 1994      |
| <b>100m</b>                |                          |           |              |                    |
| W30                        | Humber, Karyn            | CAN       | 14.33        | Toronto 1997       |
| W35                        | Estwick, Leslie          | ON        | 14.55        | Kamloops 2000      |
| M50                        | Williamson, Mark         | USA       | 14.81        | Toronto 2011       |
| M55                        | Tyler, Scott             | ON        | 14.8         | Hamilton 1995      |
| M60                        | Mulkey, Phil             | USA       | 17.87        | Edmonton 1994      |
|                            | Richard Lech             | ON        | 17.87        | Toronto 2010       |
| M65                        | Stookey, James           | USA       | 16.91        | Toronto 1997       |
| <b>110m</b>                | Jack Greenwood           | USA       | 15.9 M40-49  | Richmond 1974      |



|   |                             |           |              |                    |
|---|-----------------------------|-----------|--------------|--------------------|
| M30   | McLaren, Doug               | SK        | 16.77        | Regina 2008        |
| M35   | Karriem, Pierre             | TRI       | 14.30        | Saint John 2012    |
| M40   | Drummond, Don               | USA       | 14.99        | Toronto 2011       |
| M45   | Tyler, Scott                | ON        | 16.16        | Toronto 1988       |
| <b>Long Hurdles</b>   |                             |           |              |                    |
| <b>200m</b>   | (changed from 300m in 2012) |           |              |                    |
| <b>W75</b>  | <b>Christa Bortignon</b>    | <b>BC</b> | <b>40.91</b> | <b>Regina 2013</b> |
| <b>M80</b>  | <b>Arnold Nett</b>          | <b>AB</b> | <b>40.85</b> | <b>Regina 2013</b> |
| <b>300m</b>   |                             |           |              |                    |
| M60   | Fee, Earl                   | ON        | 48.3         | Edmonton 1989      |
| M65   | Fee, Earl                   | ON        | 47.40        | Edmonton 1994      |
| M70   | Fee, Earl                   | ON        | 49.66        | Sherbrooke 1999    |
| M75   | Fee, Earl                   | ON        | 53.73        | Toronto 2005       |
| M80   | Morrow, Burt                | CAN       | 1:22.00      | Edmonton 1994      |
|   |                             |           |              |                    |
| W50   | Trott, Rhona                | ON        | 55.35        | Richmond 2003      |
| W55   | Trott, Rhona                | ON        | 56.88        | Saint John 2007    |
| W60   | Trott, Rhona                | ON        | 58.29        | Kamloops 2009      |
| W65   | Carrier, Ruth               | ON        | 1:08.96      | Victoria 1996      |
| <b>400m</b>   |                             |           |              |                    |
| M30   | Reinhart, Rich              | CAN       | 54.4         | Richmond 1984      |
| M35   | Hudson, Horace              | USA       | 56.54        | Toronto 1988       |
| M40   | Druckrey, Stan              | USA       | 58.19        | Toronto 1988       |
| M45   | Chipkar, Glenn              | ON        | 59.44        | Calgary 2004       |
| M50   | Morioka, Harold             | BC        | 61.58        | Edmonton 1994      |
| M55   | Morioka, Harold             | BC        | 63.03        | Kamloops 2000      |
|   |                             |           |              |                    |
| W30   | Fisher, Jennifer            | BER       | 1:05.00      | Edmonton 1994      |
| W35   | McBlaine, Liz               | AB        | 1:11.8       | Richmond 1984      |
| W40   | McBlaine, Liz               | AB        | 1:12.61      | Toronto 1988       |
| W45   | Roberts, Catherine          | CAN       | 1:16.40      | Edmonton 1994      |
|   |                             |           |              |                    |
| <b>1500m RaceWalk</b> Inaugerated in 2010 - started listing in 2013 |                             |           |              |                    |
| M30   | Jean Pierre Fortin          | ON        | 7:42.69      | Toronto 2010       |
| M35   | Jean Pierre Fortin          | ON        | 7:35.05      | Toronto 2011       |

|                        |                        |           |                 |                    |
|------------------------|------------------------|-----------|-----------------|--------------------|
| M40                    | Dimitry Babenko        | BC        | 6:34.18         | Regina 2013        |
| M45                    | Jianping Xu            | ON        | 6:45.31         | Toronto 2011       |
| M50                    | Lawrence Malik         | ON        | 8:16.69         | Toronto 2011       |
| M55                    | Dave Keenan            | AB        | 7:54.95         | Regina 2013        |
| M60                    | Henry Charois          | AB        | 7:27.83         | Toronto 2011       |
| M65                    | Marcel Jobin           | PQ        | 7:32.71         | Toronto 2010       |
| M70                    | Richard Roberts        | AB        | 10:10.57        | Regina 2013        |
| M75                    | Josh Fedder            | ON        | 12:54.03        | Toronto 2010       |
|                        |                        |           |                 |                    |
| W30                    | Sarah Raetsen          | ON        | 8:14.27         | Toronto 2010       |
| W35                    |                        |           |                 |                    |
| W40                    | Sharon O'Leary         | ON        | 8:39.18         | Toronto 2010       |
| W45                    |                        |           |                 |                    |
| W50                    | Wendy Santi            | ON        | 9:29.66         | Toronto 2010       |
| W55                    | Johanna Flipsen        | AB        | 7:37.06         | Toronto 2010       |
| W60                    | Lina Liscio            | ON        | 8:53.66         | Toronto 2011       |
| W65                    | Eileen Sarkar          | ON        | 10:16.26        | Toronto 2011       |
| W70                    |                        |           |                 |                    |
| W75                    | Jean Horne             | ON        | 10:30.91        | Toronto 2011       |
| W80                    | June-Marie Provost     | ON        | 12:04.59        | Regina 2013        |
|                        |                        |           |                 |                    |
| <b>5,000m RaceWalk</b> |                        |           |                 |                    |
| M30                    | Jean Pierre Fortin     | ON        | 28:12.98        | Toronto 2010       |
| M35                    | Vidales, Paulo         | MEX       | 23:16.03        | Kamloops 2000      |
| <b>M40</b>             | <b>Dimitry Babenko</b> | <b>BC</b> | <b>23:50.63</b> | <b>Regina 2013</b> |
| M45                    | Roos, Jaan             | ON        | 23:01.8         | Ottawa 1982        |
| M50                    | Roos, Jaan             | ON        | 23:22.54        | Toronto 1988       |
| M55                    | Carmines, James        | USA       | 25:21.87        | Kamloops 2000      |
| M60                    | Gore, Brian            | GBR       | 26:48.45        | Kamloops 2000      |
| M65                    | Bray, Jack             | USA       | 27:16.34        | Kamloops 2000      |
| M70                    | Jobin, Marcel          | PQ        | 28:20.62        | Saint John 2012    |
| M75                    | Gould, Max             | ON        | 31:44.22        | Regina 1992        |
| M80                    | Lawrence, Phil         |           | 34:11.17        | Regina 1992        |
| M85                    | Bell, Claude           | BC        | 42:57.89        | Calgary 2004       |
|                        |                        |           |                 |                    |
| W30                    | Bender, Joni           | ON        | 23:20.82        | Toronto 1997       |

|                  |                           |           |             |                    |
|------------------|---------------------------|-----------|-------------|--------------------|
| W35              | Gerke, Holly              | CAN       | 24:50.70    | Richmond 2003      |
| W40              | Herazo, Victoria          | USA       | 24:53.29    | Kamloops 2000      |
| W45              | Lynn, Laura               | ON        | 26:21.73    | Toronto 1997       |
| W50              | LaVeck, Bev               | USA       | 26:41.2 WR  | Richmond 1987      |
| W55              | Johanna Flipsen           | AB        | 27:18.04    | Saint John 2012    |
| W60              | LaVeck, Bev               | USA       | 29:30.41    | Kamloops 2000      |
| W65              | Provost, June-Marie       | ON        | 30:27.17    | Sherbrooke 1999    |
| W70              | Provost, June-Marie       | ON        | 33:56.78    | Toronto 2005       |
| W75              | Binning, Jennie           | CAN       | 34:31.84    | Kamloops 2000      |
|                  |                           |           |             |                    |
| <b>Long Jump</b> |                           |           |             |                    |
| M30              | Latham, Clayton           | ON        | 7.23        | Toronto 2011       |
| M35              | Mayer, Jean-Pierre        | ON        | 6.55        | Toronto 1983       |
| M40              | Williams, Wendell         | TRI       | 6.54        | Saint John 2012    |
| M45              | Musselle, Rob             |           | 6.10        | Toronto 1983       |
| M50              | Linder, Walter            | AB        | 5.82        | Toronto 2001       |
| M55              | Morcom, Richmond          | USA       | 5.89        | Monreal 1977       |
| M60              | Slater, Alan              | ON        | 5.04        | Toronto 2002       |
| M65              | Skartvedt, Darrold        | USA       | 4.71        | Victoria 1996      |
| M70              | Stookey, James            | USA       | 4.66        | Kamloops 2000      |
| M75              | Kennell, Tom              | USA       | 4.00        | Toronto 1997       |
| <b>M80</b>       | <b>Ted Rowan</b>          | <b>SK</b> | <b>3.74</b> | <b>Regina 2013</b> |
| M85              | Trei, Karl                | ON        | 3.21        | Hamilton 1995      |
| M90              | Estañol, Armando          | MEX       | 1.53        | Saint John 2012    |
|                  |                           |           |             |                    |
| W30              | Loucks, Kairy             | CAN       | 5.25        | Toronto 1997       |
| W35              | Estwick, Leslie           | ON        | 5.56        | Kamloops 2000      |
| W40              | Raschker, Phil            | USA       | 5.14        | Toronto 1988       |
| W45              | Thom, Roslyn              | AB        | 4.67        | Calgary 2004       |
| W50              | Lauridsen, Susanne        | AB        | 4.57        | Regina 2008        |
| W55              | Von Malzahn, Hillen       | USA       | 3.99        | Saint John 2007    |
| W60              | Lafayette-Boyd,Carol      | SK        | 4.43        | Calgary 2004       |
| W65              | Lafayette-Boyd,Carol      | SK        | 4.35        | Kamloops 2009      |
| W70              | Lafayette-Boyd,Carol      | SK        | 4.26        | Saint John 2012    |
| <b>W75</b>       | <b>Bortignon, Christa</b> | <b>BC</b> | <b>3.38</b> | <b>Regina 2013</b> |
| W80              | Kotelko, Olga             | BC        | 2.14        | Toronto 2002       |

|                    |                       |           |             |                    |
|--------------------|-----------------------|-----------|-------------|--------------------|
| W85                | Kotelko, Olga         | BC        | 2.13        | Calgary 2004       |
| W90                | Kotelko, Olga         | BC        | 1.65        | Kamloops 2009      |
| <b>Triple Jump</b> |                       |           |             |                    |
| M30                |                       |           |             |                    |
| M35                | Johnson, Winchester   | AB        | 13.49       | Saskatoon 1998     |
| M40                | Lord, Peter           | NS        | 13.26       | Saint John 2007    |
| M45                | Slater, Alan          | ON        | 12.06       | Toronto 1988       |
| M50                | Kosteric, Vladimir    | CAN       | 11.32       | Sherbrooke 1986    |
| M55                | Mulkey, Phil          | USA       | 11.22       | Toronto 1988       |
| M60                | Slater, Alan          | ON        | 10.73       | Toronto 2002       |
| M65                | Lukens, Ed            | USA       | 10.31       | Toronto 1988       |
| M70                | Hume, Ian             | PQ        | 9.77        | Sherbrooke 1986    |
| M75                | Hume, Ian             | PQ        | 8.67        | Montreal 1990      |
| M80                | Trei, Karl            | ON        | 7.36        | Montreal 1990      |
| M85                | Trei, Karl            | ON        | 6.61        | Edmonton 1994      |
| M90                | Trei, Karl            | ON        | 5.07        | Sherbrooke 1999    |
|                    |                       |           |             |                    |
| <b>W30</b>         | <b>Mandi Tuplin</b>   | <b>SK</b> | <b>10.3</b> | <b>Regina 2013</b> |
| W35                | Amarasekara, Veronica | USA       | 10.88       | Kamloops 2000      |
| W40                | Canedo Reyes, Bertha  | MEX       | 10.32       | Saint John 2012    |
| W45                | Lauridsen, Susanne    | AB        | 8.86        | Dieppe 2006        |
| W50                | Lauridsen, Susanne    | AB        | 9.28        | Regina 2008        |
| W55                | Von Malzahn, Hillen   | USA       | 8.20        | Saint John 2007    |
| W60                | LaFayette-Boyd, Carol | SK        | 9.09        | Calgary 2004       |
| W65                | LaFayette-Boyd, Carol | SK        | 8.57        | Kamloops 2009      |
| W70                | LaFayette-Boyd, Carol | SK        | 8.11        | Saint John 2012    |
| W75                | Bortignon, Christa    | BC        | 7.53        | Saint John 2012    |
| W85                | Kotelko, Olga         | BC        | 4.20        | Regina 2008        |
| W90                | Kotelko, Olga         | BC        | 3.77        | Kamloops 2009      |
| <b>High Jump</b>   |                       |           |             |                    |
| M30                | Zoltan, Sara          | NB        | 1.94        | Saint John 2007    |
| M35                | Dixon, Walter         | CAN       | 1.91        | Edmonton 1994      |
| M40                | Portmann, Michel      | CAN       | 1.85        | Sherbrooke 1986    |
|                    | Stelfox, Jim          | CAN       | 1.85        | Edmonton 1994      |

|                   |                     |           |             |                    |
|-------------------|---------------------|-----------|-------------|--------------------|
|                   | McBarnette, Bruce   | USA       | 1.85        | Kamloops 2000      |
|                   | Reynolds, Walt      | USA       | 1.85        | Toronto 2002       |
| M45               | Hawkins, John       | BC        | 1.81        | Victoria 1996      |
| M50               | Williamson, Mark    | USA       | 1.86        | Toronto 2011       |
| M55               | Hawkins, John       | BC        | 1.75        | Calgary 2004       |
| M60               | Fehlen, Phil        | USA       | 1.72        | Saskatoon 1998     |
| M65               | Fehlen, Phil        | USA       | 1.65        | Kamloops 2000      |
| M70               | Hume, Ian           | PQ        | 1.45        | Oshawa 1985        |
|                   | Hume, Ian           | PQ        | 1.45        | Sherbrooke 1986    |
| M75               | Hume, Ian           | PQ        | 1.26        | Montreal 1990      |
| M80               | Maxwell, Ralph      | USA       | 1.20        | Kamloops 2000      |
| M85               | Trei, Karl          | ON        | 1.06        | Edmonton 1994      |
| M90               | Trei, Karl          | ON        | 0.93        | Sherbrooke 1999    |
|                   |                     |           |             |                    |
| W30               | Findley, Ann        | NS        | 1.55        | Dieppe 2006        |
| W35               | McBlaine, Liz       | AB        | 1.55        | Richmond 1984      |
|                   | Estwick, Leslie     | ON        | 1.55        | Kamloops 2000      |
| W40               | Brill, Debbie       | BC        | 1.75        | Victoria 1996      |
| W45               | Brill, Debbie       | BC        | 1.65        | Kamloops 2000      |
| W50               | Mallia, Maria       | ON        | 1.35        | Toronto 2005       |
|                   | BJ Freeman          | AB        | 1.35        | Toronto 2010       |
| W55               | Maria Mallia        | ON        | 1.30        | Toronto 2010       |
| W60               | Wright, Evelyn      | USA       | 1.25        | Kamloops 2000      |
|                   | Anderson, Sandy     | BC        | 1.25        | Richmond 2003      |
|                   | Radcliffe, Marg     | BC        | 1.25        | Toronto 2002       |
| W65               | Anderson, Sandy     | BC        | 1.15        | Kamloops 2009      |
| W70               | McDaniels, Leonore  | USA       | 1.15        | Kamloops 2000      |
| W75               | Bortignon, Christa  | BC        | 1.05        | Saint John 2012    |
| W80               | Kotelko, Olga       | BC        | 0.94        | Toronto 2002       |
| W85               | Kotelko, Olga       | BC        | 0.85        | 2004, 2005, 2007   |
| <b>W90</b>        | <b>Olga Kotelko</b> | <b>BC</b> | <b>0.75</b> | <b>Regina 2013</b> |
|                   |                     |           |             |                    |
| <b>Pole Vault</b> |                     |           |             |                    |
| M30               | Sniatenchuk, James  | ON        | 3.90        | Toronto 2005       |
| M35               | Lake, Kevin         | ON        | 4.75        | Toronto 2005       |
| M40               | Kingstad, Jeff      | USA       | 4.30        | Victoria 1996      |

|                 |                     |     |       |                 |
|-----------------|---------------------|-----|-------|-----------------|
| M45             | Geoff Outerbridge   | ON  | 4.06  | Toronto 2010    |
| M50             | Phillips, Dennis    | USA | 4.30  | Kamloops 2000   |
| M55             | Morcom, Richard     | USA | 4.04  | Montreal 1977   |
| M60             | Matti Kilpelainen   | USA | 3.45  | Toronto 2010    |
| M65             | Kilpelainen, Matti  | USA | 3.20  | Toronto 2011    |
| M70             | Egerton, Stan       | ON  | 3.00  | Victoria 1996   |
| M75             | Egerton, Stan       | ON  | 2.80  | Toronto 2001    |
| M80             | Hume, Ian           | PQ  | 2.03  | Hamilton 1995   |
|                 |                     |     |       |                 |
| W30             | Szanto, Gaby        | ON  | 3.00  | Toronto 1997    |
| W35             | Szanto, Gaby        | ON  | 2.90  | Toronto 2001    |
| W40             | Raschker, Phil      | USA | 2.20  | Toronto 1988    |
| W45             | Raschker, Phil      | USA | 3.05  | Edmonton 1994   |
| W50             | Pietersen, Petra    | RSA | 2.60  | Victoria 1996   |
| W55             | Von Malzahn, Hillen | USA | 2.40  | Saint John 2007 |
| W60             | Jager, Kathy        | USA | 2.30  | Richmond 2003   |
| W65             | Meiler, Flo         | CAN | 1.80  | Toronto 2001    |
| W70             | Anderson, Sandy     | BC  | 1.50  | Saint John 2012 |
| W75             | Hinton, Margaret    | USA | 1.04  | Kamloops 2000   |
|                 |                     |     |       |                 |
| <b>Shot Put</b> |                     |     |       |                 |
| M30             | Larsson, Magnus     | AB  | 11.57 | Calgary 2004    |
| M35 7.26        | Gintas Degutis      | ON  | 15.78 | Toronto 2010    |
| M40             | Wallin, Carl        | USA | 15.70 | Sherbrooke 1986 |
| M45             | Ingleton, Peter     | ON  | 14.15 | Toronto 2011    |
| M50 6k          | Gage, Tom           | USA | 16.43 | Edmonton 1994   |
| M55             | Hotchkiss, Richard  | USA | 14.09 | Edmonton 1994   |
| M60 5k          | Gage, Thomas        | USA | 14.67 | Calgary 2004    |
| M65             | Harvey, William     | USA | 12.91 | Saint John 2012 |
| M70 4k          | Vaughn, Gerald      | USA | 14.50 | Saint John 2007 |
| M75             | Carter, Ross        | USA | 11.94 | Montreal 1990   |
| M80             | Bachman, Garry      | ON  | 10.05 | Toronto 2002    |
| M85             | Carter, Ross        | USA | 9.59  | Kamloops 2000   |
| M90             | Murray, Jim         | BC  | 6.47  | Dieppe 2006     |
|                 |                     |     |       |                 |
| W30 4k          | Dunsford, Wendy     | GBR | 10.51 | Edmonton 1994   |

|               |                      |              |             |                    |
|---------------|----------------------|--------------|-------------|--------------------|
| W35           | Reed, Georgette      | AB           | 14.25       | Calgary 2004       |
| W40           | Hohenberg, Ursula    | GER          | 13.10       | Edmonton 1994      |
|               | Torcolacci, Melody   | ON           | 13.10       | Toronto 2002       |
| W45           | Smith, Gwenolyn      | TRI          | 11.60       | Saint John 2012    |
| W50           | Palmer, Denise       | AUS          | 10.68       | Richmond 2003      |
| W55           | Grissom, Joann       | USA          | 11.66       | Edmonton 1994      |
| W60 3k        | Hare, Rose           | BC           | 9.19        | Kamloops 2009      |
| W65           | Thomas, Joyce        | TRI          | 9.19        | Saint John 2012    |
| W70           | Tosh, Margaret       | SK           | 8.21        | Saint John 2012    |
| <b>W75</b>    | <b>Margaret Tosh</b> | <b>SK</b>    | <b>9.18</b> | <b>Regina 2013</b> |
| W80           | Tomsons, Velta       | ON           | 7.06        | Toronto 2011       |
| W85           | Kotelko, Olga        | BC           | 5.85        | Calgary 2004       |
| <b>W90</b>    | <b>Olga Kotelko</b>  | <b>BC</b>    | <b>4.70</b> | <b>Regina 2013</b> |
| <b>W95</b>    | <b>Man Kaur</b>      | <b>India</b> | <b>2.84</b> | <b>Regina 2013</b> |
|               |                      |              |             |                    |
| <b>Discus</b> |                      |              |             |                    |
| M30 2k        | Ransky, Mike         | CAN          | 53.69       | Toronto 2002       |
| M35           | Harkness, Jack       | CAN          | 46.80       | Hamilton 1995      |
| M40           | Pavelich, John       | BC           | 42.74       | Richmond 1974      |
| M45           | Bailey, Don          | USA          | 44.50       | Saint John 2007    |
| M50 1.5k      | Don Bailey           | USA          | 48.42       | Toronto 2010       |
| M55           | Keshmiri, Joe        | USA          | 50.84       | Edmonton 1994      |
| M60 1k        | Palmer, Wendell      | USA          | 53.18       | Edmonton 1994      |
| M65           | Rosen, Leonard       | USA          | 42.06       | Sherbrooke 1999    |
| M70           | Smith, Bill          | USA          | 40.75       | Toronto 2005       |
| M75           | Carter, Ross         | USA          | 36.76       | Montreal 1990      |
| M80           | Bachman, Garry       | ON           | 27.88       | Toronto 2002       |
| M85           | Carter, Ross         | USA          | 28.60       | Kamloops 2000      |
| M90           | Murray, Jim          | BC           | 17.10       | Dieppe 2006        |
|               |                      |              |             |                    |
| W30 1k        | Jacques, Sharon      | ON           | 38.80       | Etobicoke 1993     |
| W35           | Reed, Georgette      | AB           | 37.71       | Toronto 2002       |
| W40           | Hohenberg, Ursula    | GER          | 46.00       | Etobicoke 1993     |
| W45           | Thomas, Joyce        | TRI          | 34.36       | Hamilton 1995      |
| W50           | Cameron, Claire      | GBR          | 31.97       | Saint John 2012    |
| W55           | Hartzler, Mary       | USA          | 31.23       | Calgary 2004       |

|               |                       |           |              |                    |
|---------------|-----------------------|-----------|--------------|--------------------|
| W60           | Roberts, Catherine    | AB        | 24.46        | Kamloops 2009      |
| W65           | Holland, Bernice      | USA       | 26.90        | Edmonton 1994      |
| W70           | Tosh, Margaret        | SK        | 21.24        | Saint John 2012    |
| <b>W75</b>    | <b>Margaret Tosh</b>  | <b>SK</b> | <b>23.15</b> | <b>Regina 2013</b> |
| W80           | Kotelko, Olga         | BC        | 15.92        | Sherbrooke 1999    |
| W85           | Kotelko, Olga         | BC        | 14.55        | Calgary 2004       |
| W90           | Kotelko, Olga         | BC        | 13.81        | Saint John 2012    |
|               |                       |           |              |                    |
| <b>Hammer</b> |                       |           |              |                    |
| M30 7.26k     | Maplethorpe, Ian      | CAN       | 64.62        | Kamloops 2000      |
| M35           | Saimond, G.           | ?         | 63.62        | Richmond 1974      |
| M40           | Maplethorpe, Ian      | AB        | 60.45        | Dieppe 2006        |
| M45           | Zaitchouk, Boris      | ON        | 53.82        | Hamilton 1995      |
| M50 6k        | Gage, Tom             | USA       | 63.32        | Edmonton 1994      |
| M55           | Mathews, George       | USA       | 48.91        | Kamloops 2000      |
| M60 5k        | Boris Zaitchok        | ON        | 62.72        | Toronto 2010       |
| M65           | Emil Muller           | PQ        | 47.72        | Toronto 2002       |
| M70 4k        | Emil Muller           | PQ        | 47.02        | Dieppe 2006        |
| M75           | Emil Muller           | ON        | 41.26        | Toronto 2010       |
| M80           | Monds, Doug           | BC        | 34.44        | Kamloops 2009      |
| M85           | West, Howard          | AB        | 19.94        | Toronto 2002       |
| M90           | Murray, Jim           | BC        | 17.29        | Dieppe 2006        |
|               |                       |           |              |                    |
| W30 4K        | Shellen Thomas        | AB        | 43.30        | Calgary 2004       |
| W35           | Reed, Georgette       | AB        | 48.75        | Calgary 2004       |
| W40           | Hohenberg, Ursula     | GER       | 38.56        | Edmonton 1994      |
| W45           | Dajia, Kristen        | ON        | 38.19        | Toronto 2011       |
| W50 3K        | Taylor, Joyce         | USA       | 38.05        | Kamloops 2000      |
| W55           | Hartzler, Mary        | USA       | 39.54        | Calgary 2004       |
| W60           | Williams, Evaun       | GBR       | 40.47        | Kamloops 2000      |
| <b>W65</b>    | <b>Cheryl Closkey</b> | <b>BC</b> | <b>27.32</b> | <b>Regina 2013</b> |
| W70           | Tosh, Margaret        | SK        | 27.02        | Saint John 2012    |
| <b>W75</b>    | <b>Margaret Tosh</b>  | <b>SK</b> | <b>25.85</b> | <b>Regina 2013</b> |
| W80           | Kotelko, Olga         | BC        | 19.09        | Toronto 2002       |
| W85           | Kotelko, Olga         | BC        | 17.62        | Calgary 2004       |
| <b>W90</b>    | <b>Olga Kotelko</b>   | <b>BC</b> | <b>14.88</b> | <b>Regina 2013</b> |



|                     |                      |              |              |                    |
|---------------------|----------------------|--------------|--------------|--------------------|
|                     |                      |              |              |                    |
| <b>Javelin</b>      |                      |              |              |                    |
| M30 800g            | Venkat Parthasarathy | ON           | 49.95        | Toronto 2010       |
| M35                 | Morfitt, Graham      | BC           | 64.14        | Richmond 2003      |
| M40                 | Morfitt, Graham      | BC           | 59.08        | Kamloops 2009      |
| M45                 | Lothrop, Jim         | USA          | 59.32        | Kamloops 2000      |
| M50                 | Kouvolo, Robin       | USA          | 55.17        | Toronto 2001       |
| M55                 | Njume, Victor        | CAN          | 47.48        | Kamloops 2000      |
| M60 600g            | Hearn, Edward        | USA          | 46.21        | Saint John 2012    |
| M65                 | Fehlen, Phil         | USA          | 44.09        | Kamloops 2000      |
| M70                 | Terauds, Juris       | NS           | 39.44        | Regina 2008        |
| M75                 | Holmes, Stephen      | USA          | 37.41        | Saint John 2012    |
| M80                 | Duncan, James        | USA          | 29.00        | Saint John 2012    |
| M85                 | Trei, Karl           | ON           | 22.46        | Edmonton 1994      |
| M90                 | Murray, Jim          | BC           | 13.13        | Dieppe 2006        |
|                     |                      |              |              |                    |
| W30 600g            | Vicki Webb           | ON           | 45.84        | Toronto 2011       |
| W35                 | Urta, Eugenia        | CAN          | 36.50        | Kamloops 2000      |
| W40                 | Koloska, Amelie      | BC           | 42.50        | Richmond 1987      |
| W45                 | Smith, Gwendolyn     | TRI          | 38.22        | Saint John 2012    |
| W50 400g            | Barb Dabrowski,      | ON           | 32.83        | Toronto 2010       |
| W55                 | Dabrowski, Barb      | ON           | 33.37        | Saint John 2012    |
| W60                 | Radcliffe, Marg      | BC           | 32.10        | Richmond 2003      |
| W65                 | Radcliffe, Marg      | BC           | 26.78        | Saint John 2007    |
| W70                 | Tosh, Margaret       | SK           | 26.31        | Saint John 2012    |
| <b>W75</b>          | <b>Margaret Tosh</b> | <b>SK</b>    | <b>19.44</b> | <b>Regina 2013</b> |
| W80                 | Kotelko, Olga        | BC           | 16.93        | Kamloops 2000      |
| W85                 | Kotelko, Olga        | BC           | 16.94        | Calgary 2004       |
| W90                 | Kotelko, Olga        | BC           | 11.09        | Saint John 2012    |
| <b>W95</b>          | <b>Man Kaur</b>      | <b>India</b> | <b>5.13</b>  | <b>Regina 2013</b> |
|                     |                      |              |              |                    |
| <b>Weight Throw</b> |                      |              |              |                    |
| M30                 | Jason Baines         | ON           | 18.56        | Toronto 2010       |
| M35                 | Parkinson, Richard   | ON           | 12.93        | Toronto 2002       |
| M40                 | Maplethorpe, Ian     | BC           | 18.21        | Dieppe 2006        |
| M45                 | Olson, Leonard       | USA          | 13.50        | Scarborough 1979   |

|                     |       |  |     |         |                 |
|---------------------|-------|--|-----|---------|-----------------|
| M50                 | 11.34 | Edwards, Tim   | USA | 17.76   | Kamloops 2000   |
| M55                 |       | Mathews, George                                      | USA | 17.19   | Kamloops 2000   |
| M60                 | 9.08  | Gage, Thomas   | USA | 20.03   | Calgary 2004    |
| M65                 |       | Emil Muller  | PQ  | 15.87   | Toronto 2001    |
| M70                 | 7.26  | Emil Muller  | PQ  | 16.85   | Dieppe 2006     |
| M75                 |       | Emil Muller  | ON  | 14.50   | Toronto 2010    |
| M80                 | 5.45  | Bachman, Garry                                       | ON  | 14.98   | Toronto 2002    |
| M85                 |       | Carter, Ross   | USA | 10.89   | Kamloops 2000   |
| M90                 |       | West, Howard   | AB  | 9.96    | Richmond 2003   |
|                     |       |  |     |         |                 |
| W30                 |       | Tiffany DiRico                                       | ON  | 12.23   | Toronto 2010    |
| W35                 |       | Boslaugh, Sarah                                      | USA | 12.51   | Hamilton 1995   |
| W40                 |       | Aulenbach, Darlene                                   | CAN | 11.25   | Etobicoke 1993  |
| W45                 |       | Stratton, Joan                                       | USA | 11.10   | Kamloops 2000   |
| W50                 |       | Taylor, Joyce  | USA | 12.14   | Kamloops 2000   |
| W55                 |       | Hartzler, Mary                                       | USA | 11.62   | Calgary 2004    |
| W60                 |       | Palmer, Denise                                       | AUS | 13.26   | Saint John 2012 |
| W65                 |       | Katz, Roslyn   | USA | 9.93    | Saint John 2007 |
| W70                 |       | Tosh, Margaret                                       | SK  | 12.24   | Saint John 2012 |
| W75                 |       | Roman, Mary  | USA | 10.30   | Saint John 2012 |
| W80                 |       | Kotelko, Olga  | BC  | 7.71    | Toronto 2002    |
| W85                 |       | Kotelko, Olga  | BC  | 7.72    | Calgary 2004    |
| W90                 |       | Kotelko, Olga  | BC  | 7.11    | Saint John 2012 |
|                     |       |  |     |         |                 |
| <b>4x100m Relay</b> |       |  |     |         |                 |
| W30-39              |       | Team Ohio  |     | 50.98   | Toronto 1997    |
| W40-49              |       | East West  |     | 50.84   | Calgary 2004    |
|                     |       |  |     |         |                 |
| W50-59              |       | Alterio  |     | 54.31   | Regina 2008     |
|                     |       | Alexis, Del Grande, Lauridsen, Burnett)              |     |         |                 |
| W60-69              |       | Team Canada  |     | 69.02   | Kamloops 2000   |
|                     |       | Diane Palmason, Coral Webb, Helly Visser, Jean Horne |     |         |                 |
| W65                 |       | SASK   |     | 1:07.32 | Regina 2008     |
|                     |       | Lafayette-Boyd, Vogel, Dargie, Radcliffe             |     |         |                 |
| W70-79              |       | Team USA   |     | 77.01   | Kamloops 2000   |
|                     |       | J. Valien, L. McDaniels, Louise Adams, Pat Peterson  |     |         |                 |

|                     |  |                |  |                    |
|---------------------|--|----------------|--|--------------------|
| M30-39              | Portland USA   | 43.8           |  | Richmond 1974      |
| M40-49              | Team USA   | 45.09          |  | Toronto 1997       |
|                     | Z.Zlobicki, L.Hale, C.Best, S.Santillo                     |                |  |                    |
| M50-59              | Team USA & GBR   | 48.78          |  | Edmonton 1994      |
| M60-69              | Ontario South  | 51.36          |  | Edmonton 1994      |
| M70-79              | Team M70   | 58.94          |  | Toronto 2001       |
|                     | Ken Morris, Bill Thompson, Chuck Sochor, Earl Fee          |                |  |                    |
| <b>M80</b>          | <b>Men's 80</b>  | <b>1:10.57</b> |  | <b>Regina 2013</b> |
|                     | <b>Ted Rowan, Bill Thompson, Ray Wardle, Arnold Nett</b>   |                |  |                    |
| <b>4x400m Relay</b> |  |                |  |                    |
| W30-39              | Team Ohio  | 4:15.9         |  | Toronto 1997       |
| W40-49              | Alberta  | 4:33.20        |  | Kamloops 2009      |
|                     | Schoenthaler, Dixon, Francois, Patterson                   |                |  |                    |
| W50-59              | Scarborough Mast   | 04:34.5        |  | Richmond 1987      |
|                     | Turner, Brechbuehl, Van Der Vleuten, Carmichael            |                |  |                    |
| W60-69              | Team USA   | 05:49.4        |  | Kamloops 2000      |
|                     | G. Butcher, Jean Daprano, Madeline Bost, Joyce H.-Hite     |                |  |                    |
| W70                 | Canada C   | 8:04.66        |  | Saint John 2012    |
|                     | Barb Saunders, Helly Villser, Gail Teed, Lenore Montgomery |                |  |                    |
| M30-39              | Portland USA   | 03:26.4        |  | Richmond 1974      |
| M40-49              | USA  | 03:36.7        |  | Scarborough 1979   |
|                     | Rudy Valentine, Haig Bohigan, Edward Small, Mason O'Neal   |                |  |                    |
| M50-59              | Mexico   | 03:55.3        |  | Kamloops 2000      |
|                     | Paul Lopez, Palo Tadeo, Pedro Almaguer, Federi Diaz        |                |  |                    |
| M60-69              | United States A  | 4:38.23        |  | Saint John 2012    |
|                     | Roger Oierce, Ivan Black, Warren Graff, Robert Bowen       |                |  |                    |
| M70-79              | Canada C   | 5:29.41        |  | Saint John 2012    |
|                     | Doug Renwick, Chris Mackie, Vern Christensen, Roger Davies |                |  |                    |