

# Canadian Masters Indoor Championships

2003 - Toronto

2011 - Kamloops

2012 - Toronto

2013- Toronto

2014 - Toronto

2015 - Toronto

2016 - Toronto

Compiled by Doug Smith

<b>50m</b>				
W30	Sheree Mullings	7.35	ON	2015
W35	Khama Beckles	6.88	ON	2013
<b>W40</b>	<b>Violeta Garfunkle</b>	<b>7.43</b>	<b>ON</b>	<b>2016</b>
<b>W45</b>	<b>Dala Bortolussi</b>	<b>7.78</b>	<b>PQ</b>	<b>2016</b>
<b>W50</b>	<b>Theresa Rozario</b>	<b>8.5</b>	<b>ON</b>	<b>2016</b>
W55	Wendy Alexis	7.33	ON	2014
W60	Karla Del Grande	7.33	ON	2014
<b>W65</b>	<b>Deborah Lee</b>	<b>8.87</b>	<b>BC</b>	<b>2016</b>
W75	Christa Bortignon	8.64	BC	2015
W80	Doreen Carmichael	11.68	ON	2012
M30	Alexandre Gbaguidi	6.13	PQ	2013
	Mike James	6.13	ON	2015
M35	Dree Ryan	6.13	ON	2014
M40	Jerry Kangni	6.42	PQ	2012
M45	Chris Lemassif	6.50	ON	2015
<b>M50</b>	<b>Christopher Warburton</b>	<b>6.46</b>	<b>ON</b>	<b>2016</b>
<b>M55</b>	<b>Robert Nasato</b>	<b>6.69</b>	<b>ON</b>	<b>2016</b>
M60	Al Percival	7.19	BC	2015
M65	Richard Lech	7.37	ON	2013
M70	Mike Morris	7.57	ON	2012
<b>M75</b>	<b>Davis Stern</b>	<b>8.39</b>	<b>ON</b>	<b>2016</b>
M80	Ted Rowan	8.13	SK	2014
M85	Bill Thompson	9.53	ON	2015
<b>60m</b>				
W30	Marie-Eve Boudreau	9.45	PQ	2015
W35	Khama Beckles	8.05	ON	2013
W40	Estwick, Leslie	8.4	ON	2003
W45	Del Grande, Karla	8.47	ON	2003
W50	Burnett, Evelyn	8.81	AB	2011
W55	Wendy Alexis	8.59	ON	2014
W60	Karla Del Grande	8.58	ON	2014
<b>W65</b>	<b>Deborah Lee</b>	<b>10.59</b>	<b>BC</b>	<b>2016</b>
W70	Bortignon, Christa	10.41	BC	2011
W75	Christa Bortignon	10.10	BC	2013
W80	Carrier, Ruth	14.54	BC	2011

M30	Mike James	7.11	ON	2015
<b>M35</b>	<b>Dree Ryan</b>	<b>7.19</b>	<b>ON</b>	<b>2016</b>
M40	Tshinyama, Paul	7.39	BC	2011
M45	James, Ben	7.45	USA	2003
<b>M50</b>	<b>Christopher Walburton</b>	<b>7.44</b>	<b>ON</b>	<b>2016</b>
<b>M55</b>	<b>Michael Lee Foon</b>	<b>7.79</b>	<b>ON</b>	<b>2016</b>
<b>M60</b>	<b>Kerry Smith</b>	<b>8.02</b>	<b>ON</b>	<b>2016</b>
M65	Richard Lech	8.58	ON	2013
M70	Morris, Mike	8.92	ON	2012
M75	Greenwald, Jack	9.5	USA	2003
M80	Ted Rowan	9.70	SK	2014
M85	Bill Thompson	11.41	ON	2015
M90	Falconer, William	16.3	BC	2011
<b><u>200m</u></b>				
W30	Sheree Mullings	28.84	ON	2015
W35	Carty, Linda	26.68	USA	2003
<b>W40</b>	<b>Violeta Garfunkle</b>	<b>28.85</b>	<b>ON</b>	<b>2016</b>
W45	Del Grande, Karla	28.55	ON	2003
W50	Burnett, Evelyn	29.88	AB	2011
W55	Del Grande, Karla	28.36	ON	2012
W60	Karla Del Grande	28.68	ON	2014
W70	Bortignon, Christa	36.64	BC	2011
W75	Christa Bortignon	35.21	BC	2013
W80	Alice Cole	42.58	PQ	2015
W90	Kotelko, Olga	66.89	BC	2011
M30	Gbaguidi, Alexandre	23.24	PQ	2013
<b>M35</b>	<b>Dree Ryan</b>	<b>23.43</b>	<b>ON</b>	<b>2016</b>
M40	Foon, Michael Lee	23.67	ON	2003
M45	Khalid Mulazim	23.74	USA	2013
<b>M50</b>	<b>Christopher Walburton</b>	<b>24.16</b>	<b>ON</b>	<b>2016</b>
<b>M55</b>	<b>Mike Lee Foon</b>	<b>25.85</b>	<b>ON</b>	<b>2016</b>
M60	Marcel D'Eon	27.45	PQ	2015
M65	Powell, Tony	27.90	ON	2012
M70	Tony Powell	28.90	ON	2015
M75	Rowan, Ted	34.02	SK	2011
M80	Lesage, Norm	33.82	AB	2011
M85	Bill Thompson	41.49	ON	2015
<b><u>400m</u></b>				
W30	Sasha Gollish	62.18	ON	2013
<b>W35</b>	<b>Sonia Lévesque</b>	<b>67.57</b>	<b>PQ</b>	<b>2016</b>
<b>W40</b>	<b>Khama Beckles</b>	<b>69.03</b>	<b>ON</b>	<b>2016</b>
W45	Del Grande, Karla	62.6	ON	2003
W50	Annie Bunting	64.38	ON	2015
W55	Del Grande, Karla	66.12	ON	2012
W60	Karla Del Grande	69.62	ON	2014
W70	Bortignon, Christa	1:29.15	BC	2011
W75	Christa Bortignon	1:26.12	BC	2013
W80	Alice Cole	1:40.27	PQ	2015

M30	Alexandre Gbaguidi	53.75	PQ	2013
M35	Scott, Aston	54.77	USA	2003
M40	Williams, Lawrence	53.07	ON	2012
M45	Khalid Mulazim	53.06	USA	2013
<b>M50</b>	<b>Serge Faucher</b>	<b>55.95</b>	<b>ON</b>	<b>2016</b>
M55	Benny James	57.64	USA	2015
M60	Marcel D'Eon	63.16	SK	2015
M65	Irons, Jim	67.53	ON	2003
<b>M70</b>	<b>Jean-Louis Perez</b>	<b>76.95</b>	<b>PQ</b>	<b>2016</b>
M75	Greenwald, Jack	79.7	USA	2003
M80	Earl Fee	75.41	ON	2013
<b>M85</b>	<b>Earl Fee</b>	<b>1:25.74</b>	<b>ON</b>	<b>2016</b>
<b>800m</b>				
W30	Sasha Golish	2:15.21	ON	2013
<b>W35</b>	<b>Tanya Sakharov</b>	<b>2:33.98</b>	<b>ON</b>	<b>2016</b>
<b>W40</b>	<b>Michelle Clarke</b>	<b>2:34.99</b>	<b>ON</b>	<b>2016</b>
W45	Bunting, Annie	2:22.25	ON	2012
W50	Annie Bunting	2:25.13	ON	2015
W55	De St Croix, Maureen	2:49.80	BC	2011
<b>W60</b>	<b>Francis Enchin</b>	<b>3:36.56</b>	<b>ON</b>	<b>2016</b>
W70	Saunders, Barbara	3:51.66	BC	2011
W80	Alice Cole	3:50.97	PQ	2015
M30	Menzies, Patrick	2:04.15	ON	2003
M35	Anderson, Travis	2:00.52	ON	2012
M40	Jay Brecher	2:03.72	ON	2014
M45	Sherar, Mike	2:01.94	ON	2012
M50	Paul Osland	2:05.69	ON	2015
<b>M55</b>	<b>Mark Pinckard</b>	<b>2:18.25</b>	<b>BC</b>	<b>2016</b>
<b>M60</b>	<b>John Albert</b>	<b>2:27.83</b>	<b>ON</b>	<b>2016</b>
M65	Richard Bailey	2:44.63	ON	2015
M70	Fee, Earl	2:32.23	ON	2003
<b>M75</b>	<b>Chris Mackie</b>	<b>2:49.68</b>	<b>ON</b>	<b>2016</b>
M80	Earl Fee	3:05.33	ON	2013
M85	Thompson, Harry	4:20.78	BC	2011
<b>1500m</b>				
W30	Sasha Golish	4:34.89	ON	2013
W35	Hopkins, Colleen	5:03.1	ON	2003
W40	BobbiJo Waite Lang	5:04.94	AB	2013
W45	Bunting, Annie	4:59.49	ON	2012
W50	Annie Bunting	5:09.09	ON	2015
W55	De St Croix, Maureen	5:39.46	BC	2011
<b>W60</b>	<b>Lynn Kobayashi</b>	<b>6:15.61</b>	<b>ON</b>	<b>2016</b>
W70	Saunders, Barbara	8:23.03	BC	2011
W80	Montgomery, Lenore	8:27.79	BC	2011
M30	Semes, Jimmy	4:48.68	ON	2012
M35	Joey Boland	4:13.04	ON	2014
M40	Jay Brecher	4:17.31	ON	2014

M45	Peat, Geoff	4:25.87	ON	2012
M50	Paul Osland	4:18.43	ON	2014
M55	Prather, Bob	4:47.01	USA	2011
M60	John Helliker	4:59.13	ON	2015
M65	Ken Hamilton	5:03.72	ON	2015
M70	Whitlock, Ed	5:14.15	ON	2003
<b>M75</b>	<b>Chris Mackie</b>	<b>5:51.97</b>	<b>ON</b>	<b>2016</b>
M80	Ed Whitlock	5:48.47	ON	2011
<b>M85</b>	<b>Ed Whitlock</b>	<b>6:38.87</b>	<b>ON</b>	<b>2016</b>
<b><u>3000m</u></b>				
<b>W30</b>	<b>Kelly Fitzsimmons</b>	<b>11:38.62</b>	<b>ON</b>	<b>2016</b>
W35	Jennifer Kehoe	10:29.77	ON	2015
W40	BobbiJo Waite Lang	10:51.88	AB	2013
W45	Maguire, Liz	10:43.47	ON	2012
W50	Juliette Christie	11:15.60	BC	2015
W55	Lynn Kobayashi,	12:30.42	ON	2013
<b>W60</b>	<b>Lynn Kobayashi,</b>	<b>13:22.56</b>	<b>ON</b>	<b>2016</b>
W70	Saunders, Barbara	17:20.49	BC	2011
M35	Predrag Mladenovic	9:08.81	ON	2012
M40	Predrag Mladenovic	9:07.30	ON	2015
M45	Peat, Geoff	9:32.73	ON	2012
M50	Kary, Dave	10:02.17	ON	2012
<b>M55</b>	<b>Stuart Galloway</b>	<b>9:42.22</b>	<b>ON</b>	<b>2016</b>
M60	John Clarke	10:57.81	ON	2013
M65	Ken Hamilton	11:02.84	ON	2015
M70	Whitlock, Ed	11:26.40	ON	2003
<b>M75</b>	<b>Chris Mackie</b>	<b>12:50.00</b>	<b>ON</b>	<b>2016</b>
M80	Whitlock, Ed	12:00.88	ON	2011
<b>M85</b>	<b>Ed Whitlock</b>	<b>13:41.96</b>	<b>ON</b>	<b>2016</b>
<b><u>1500m Racewalk</u></b>				
W40	Catherine McCormack	8:36.83	ON	2013
W45	Nancy Kula	9:54.59	ON	2013
W50	Archibald, Sandy	8:20.55	ON	2012
W55	Wilson, Linda	8:02.88	ON	2012
W60	Kris Kozell	8:09.49	ON	2015
<b>W65</b>	<b>Teresa Chiozza</b>	<b>9:01.15</b>	<b>AB</b>	<b>2016</b>
W75	Horne, Jean	10:58.65	ON	
W80	Jean Horne	11:05.43	ON	2015
M35	Fortin, Jean Pierre	6:59.49	ON	2012
<b>M40</b>	<b>Dmitry Babenko</b>	<b>6:16.17</b>	<b>BC</b>	<b>2016</b>
M45	Jianping Xu	6:46.79	ON	2013
<b>M50</b>	<b>Yvan Béchard</b>	<b>6:42.25</b>	<b>PQ</b>	<b>2016</b>
M55	Lawrence Malek	8:33.88	ON	2015
M60	Henry Charrois	7:24.59	AB	2013
M65	Kittredge, John	8:01.11	ON	2012
M70	John Kittredge	8:19.20	ON	2015
M75	Terry Copeland	11:47.06	USA	2013

<b>3000m Racewalk</b>				
W35	Sarah Raetsen	18:21.72	ON	2015
W40	Cashman, Kitty	16:38.6h	ON	2003
W45	Sweazey,Nanci Patten	15:14.0h	ON	2003
W50	Whalen, Lily	17:19.9h	ON	2003
W55	Wilson, Linda	16:54.19	ON	2012
<b>W60</b>	<b>Kris Kozell</b>	<b>17:28.0</b>	<b>ON</b>	<b>2016</b>
<b>W65</b>	<b>Teresa Chiozza</b>	<b>18:35.8</b>	<b>AB</b>	<b>2016</b>
W70				
W75				
W80	Jean Horne	22:56.78	ON	2014
M35	Babenko, Dmitry	13:59.38	BC	2011
M40	Dmitry Babenko	13:38.97	BC	2014
M45	Jianping Xu	14:17.83	ON	2013
<b>M50</b>	<b>David Swarts</b>	<b>13:42.95</b>	<b>USA</b>	<b>2016</b>
M55	Ramsden, Don	17:32.2h	ON	2003
M60	Henry Charrois	15:57.10	AB	2013
M65	Kittredge, John	17:30.47	ON	2011
M70	John Kittredge	17:36.43	ON	2015
M75	Brancaccio, Salvador	21:19.7h	ON	2003
<b>50m Hurdles</b>				
W30	Marie-Eve Boudreau	9.89	PQ	2015
W35				
W40	Judith Métivier	9.29	PQ	2015
<b>W45</b>	<b>Rachel Fouladi</b>	<b>13.42</b>	<b>BC</b>	<b>2016</b>
W50	Hele, Debbie	10.07	ON	2012
W55	Muriel Gieni	8.86	SK	2015
W60	Trott, Rhona	9.81	ON	2012
<b>W65</b>	<b>Deborah Lee</b>	<b>11.11</b>	<b>BC</b>	<b>2016</b>
W70				
W75	Christa Bortignon	11.52	BC	2015
M30	Jackson Hinton	7.14	AB	2015
M35	David Valenzuela	7.46	ON	2013
<b>M40</b>	<b>Doug McLaren</b>	<b>7.7</b>	<b>SK</b>	<b>2016</b>
<b>M45</b>	<b>Yannick Le Mouël</b>	<b>7.75</b>	<b>PQ</b>	<b>2016</b>
M50	Yannick Le Mouël	7.75	PQ	2015
M55	Glenn Chipkar	8.27	ON	2015
M60	Richard Lech	9.24	ON	2013
<b>M65</b>	<b>Richard Lech</b>	<b>9.21</b>	<b>ON</b>	<b>2016</b>
<b>M70</b>	<b>Roland Delhomeau</b>	<b>11.93</b>	<b>SK</b>	<b>2016</b>
M75				
M80	Ted Rowan	11.21	SK	2015
<b>60m Hurdles</b>				
W30				
W35				
<b>W40</b>	<b>Nicole Luke</b>	<b>10.46</b>	<b>ON</b>	<b>2016</b>
W45	Thompson, Irene	10.71	USA	2003
W50	Freeman, BJ	10.65	AB	2011

W55	Muriel Gieni	10.44	SK	2015
W60	Deborah Lee	13.29	BC	2015
<b>W65</b>	<b>Deborah Lee</b>	<b>13.3</b>	<b>BC</b>	<b>2016</b>
W70				
W75	Christa Bortignon	13.86	BC	2015
M30	Jackson Hinton	8.39	AB	2015
M35	Kroeker, Tim	8.24	BC	2011
<b>M40</b>	<b>Doug McLaren</b>	<b>8.87</b>	<b>SK</b>	<b>2016</b>
M45	Yannick Le Mouël	8.85	PQ	2015
M50	Zelmanski, Paul	9.8	USA	2012
M55	Glenn Chipkar	9.67	ON	2015
M60	Ward Hazen	9.44	ON	2015
M65	Brewer, Jess	11.02	BC	2011
<b>M70</b>	<b>Howard Booth</b>	<b>12.73</b>	<b>USA</b>	<b>2016</b>
M75	Rowan, Ted	13.09	SK	2011
M80	Ted Rowan	12.93	SK	2015
<b>High Jump</b>				
W30	Corina Pirvuica	1.25	ON	2013
W35	Szanto, Gaby	1.50m	ON	2003
W40	Estwick, Leslie	1.55m	ON	2003
W45	Gaby Szanto (Pent)	1.42	ON	2015
W50	Freeman, BJ	1.33m	AB	2011
W55	Rhebergen, Margaret	1.30m	BC	2011
W60	Deborah Lee	1.15	BC	2015
<b>W65</b>	<b>Deborah Lee</b>	<b>1.14</b>	<b>BC</b>	<b>2016</b>
W70	Anderson, Sandy	1.15m	BC	2011
W75	Judy Hammond	1.03	NZL	2015
M30	Richard White Jr	2.05	USA	2015
<b>M35</b>	<b>Richard White</b>	<b>1.95</b>	<b>USA</b>	<b>2016</b>
M40	Reynolds, Walt	1.80m	USA	2003
<b>M45</b>	<b>Shawn Folkes</b>	<b>1.70</b>	<b>ON</b>	<b>2016</b>
<b>M50</b>	<b>David Turkstra</b>	<b>1.60</b>	<b>ON</b>	<b>2016</b>
<b>M55</b>	<b>Mark Williamson</b>	<b>1.65</b>	<b>USA</b>	<b>2016</b>
M60	Hawkins, John	1.50m	BC	2011
<b>M65</b>	<b>Peter Zowkewych (Pent)</b>	<b>1.40</b>	<b>ON</b>	<b>2016</b>
<b>M70</b>	<b>Roland Delhomeau (Pent)</b>	<b>1.28</b>	<b>SK</b>	<b>2016</b>
M75	Land, Bob	1.20m	ON	2012
M80	Ted Rowan (Pent)	1.15	ON	2014
<b>Pole Vault</b>				
W30	Florence Cavilli	3.15m	ON	2013
W35	Szanto, Gaby	3.00m	ON	2003
W40	Helen Croskell	2.45	USA	2015
W45	Gaby Szanto	2.70	ON	2014
W50	Stubendorff, Hillen	2.70m	GER	2003
W55	Rhebergen, Margaret	1.90m	BC	2011
M35	Lacy, Wayne	4.00m	USA	2003
M40	Lake, Kevin	4.25m	ON	2012

<b>M45</b>	<b>Yannick Le Mouël</b>	<b>4.02</b>	<b>PQ</b>	<b>2016</b>
M50	Mark Schaber	3.55m	ON	2013
M55	Kilpelainen, Matti	3.80m	USA	2003
M60	Hawkins, John	3.20m	BC	2011
M65	Altendorf, John	3.70m	USA	2011
<b>M70</b>	<b>Howard Booth</b>	<b>2.75</b>	<b>USA</b>	<b>2016</b>
M75	Egerton, Stan	2.50m	ON	2003
<b>Long Jump</b>				
W30	Laura Baker	4.25	ON	2014
<b>W35</b>	<b>Kem McLean</b>	<b>3.61</b>	<b>ON</b>	<b>2016</b>
W40	Estwick, Leslie	5.24m	ON	2003
W45	Mallia, Maria	4.07m	ON	2003
	Gaby Szanto (Pent)	4.07	ON	2015
W50	Freeman, BJ	4.13m	AB	2011
W55	Muriel Gieni	4.34	SK	2015
W60	Deborah Lee	3.13	BC	2015
<b>W65</b>	<b>Deborah Lee</b>	<b>3.33</b>	<b>BC</b>	<b>2016</b>
W70	Bortignon, Christa	3.31m	BC	2011
W75	Christa Bortignon	3.55m	BC	2013
W90	Kotelko, Olga	1.70m	BC	2011
M30	Latham, Clayton	7.34m	ON	2012
M35	Negoita, Ovidiu	5.83m	ON	2011
M40	Robinson, Jason	6.54m	ON	2012
M45	Benett, Garfield	5.83m	AB	2011
M50	Andrew Bass	5.20m	ON	2014
M55	Lech, Richard	5.43m	ON	2003
M60	Slater, Alan	5.15m	ON	2003
M65	Lamothe, Grant	3.86m	BC	2011
<b>M70</b>	<b>Howard Booth</b>	<b>3.72</b>	<b>USA</b>	<b>2016</b>
M75	Rowan, Ted	3.54m	SK	2011
M80	Ted Rowan (Pent)	3.59	SK	2014
<b>Triple Jump</b>				
W30	Laura Baker	9.34m	ON	2014
W35				
W40	Michelle Hastick-Cowell	10.64	ON	2015
<b>W45</b>	<b>Rachel Fouladi</b>	<b>6.60</b>	<b>BC</b>	<b>2016</b>
W50	Lauridsen, Susanne	8.45m	AB	2011
W55	Muriel Gieni	9.38	SK	2015
W60	Deborah Lee	7.24	BC	2015
<b>W65</b>	<b>Deborah Lee</b>	<b>7.35</b>	<b>BC</b>	<b>2016</b>
W70	Bortignon, Christa	7.41m	BC	2011
W75	Christa Bortignon	7.59m	BC	2013
W90	Kotelko, Olga	3.97m	BC	2011
<b>W30</b>	<b>Chris Wrobel</b>	<b>10.67</b>	<b>ON</b>	<b>2016</b>
M35	Jonathan Younker	12.47	ON	2015
M40	Moore, Curtis	12.36m	ON	2012
M45	Maguire, Hugh	11.49m	BC	2011
M50	Mihai Ene	10.70	ON	2015

<b>M55</b>	<b>Mihai Ene</b>	<b>11.20</b>	<b>ON</b>	<b>2016</b>
M60	Thevarajan Sinnathurai	10.82	ON	2015
M65	Brewer, Jess	8.32m	BC	2011
M70	Roland Delhomeau	7.49	SK	2015
M75	Mathers, Jim	5.83m	ON	2003
M80	Ted Rowan	7.35m	SK	2014
<b>Shot Put</b>				
W30				
<b>W35</b>	<b>Marie-Josée Le Jour</b>	<b>11.57</b>	<b>ON</b>	<b>2016</b>
W40	Little, Tatiana	9.11m	BC	2011
W45	Gaby Szanto (Pent)	10.17	ON	2015
W50	Elizabeth Hill	11.23m	ON	2014
<b>W55</b>	<b>Elizabeth Hill</b>	<b>10.93</b>	<b>ON</b>	<b>2016</b>
W60	McBlain, Liz	8.70m	AB	2011
W65	Conrad-Rice, Joy	6.31m	BC	2011
W70	Adri Rowswell	6.67m	ON	2013
W75	Acton, Myrtle	7.81m	BC	2011
W80	Tomsons, Velta	6.48m	ON	2012
W85	Velta Tomsons	6.12m	ON	2013
W90	Kotelko, Olga	5.74m	BC	2011
M30	Cheema Singh Khushwant	9.09	ON	2015
M35	Saari, John	12.57m	BC	2011
M40	Nahri, Nabil	10.19m	ON	2003
M45	Paul Gautier	13.25m	NB	2014
M50	Yoisten, Danny	12.93m	ON	2012
M55	Kasperski, John	12.73m	ON	2003
M60	Hawkins, John	12.38m	BC	2011
<b>M65</b>	<b>Tim Cederblad</b>	<b>13.02</b>	<b>USA</b>	<b>2016</b>
M70	Glowacki, Marek	12.98m	BC	2011
M75	Viskers, Evalds	9.36m	ON	2003
M80	Sillantaus, Rainer	11.27m	BC	2011
M85	Viskers, Evalds	7.74m	ON	2012
M90	Falconer, William	5.18m	BC	2011
<b>Weight Throw</b>				
W30	Marie-Josée Le Jour	17.28m	ON	2012
<b>W35</b>	<b>Marie-Josée Le Jour</b>	<b>15.19</b>	<b>ON</b>	<b>2016</b>
W40	Little, Tatiana	9.06m	BC	2011
W45	Baptie, Michelle	7.24m	ON	2012
W50	Elizabeth Hill	11.68	ON	2014
W55	Wettenhall, Kathy	11.58m	USA	2012
W60	Rhona Trott	11.46m	ON	2013
W65	Rhona Trott	10.15	ON	2014
W70	Anderson, Sandy	8.89m	BC	2011
W75	Acton, Myrtle	8.41m	BC	2011
W90	Kotelko, Olga	7.51m	BC	2011
M30	Baines, Jason	17.85m	ON	2012
M35	Parkinson, Richard	12.67m	ON	2003
M40	Little, Norm	9.47m	BC	2011



M45	Wettenhall, Jim	16.65m	USA	2003
M50	Ayman Mazhar	17.36	ON	2014
M55	Wettenhall, Jim	18.32m	USA	2012
M60	Jan Graczyk	17.32m	ON	2013
<b>M65</b>	<b>Tim Cederblad</b>	<b>14.99</b>	<b>USA</b>	<b>2016</b>
<b>M70</b>	<b>John Kaspeski</b>	<b>15.27</b>	<b>ON</b>	<b>2016</b>
M75	Emil Muller	15.04m	ON	2012
<b>M80</b>	<b>Emil Muller</b>	<b>14.66</b>	<b>ON</b>	<b>2016</b>
M90	Falconer, William	5.73m	BC	2011
<b><u>4 X 200m Relay</u></b>				
W40	St Jean Olympique	02:10.1		2015
	Métivier, Le Mouël, Lacroix, Van Duyse			
M30	Quebec	01:39.6		2012
	Dore, Justason, Tourville, Gbaguidi			
M35	Ontario	01:39.5		2012
	S.Smyth, Macias, Skeete, Mitchell			
M40	Quebec	01:38.3		2012
	Tavitian, Lemassif, Le Mouel, Kangni			
M80	Ontario	02:33.4		2013
	Whitlock, Thompson, Wardle, Fee			
<b><u>4 X 400m Relay</u></b>				
<b>W35</b>	<b>Unattached</b>	<b>04:34.7</b>		<b>2016</b>
	<b>Rice, Boneau, Sakharov, Catton</b>			
W45	Ontario	4:48.34		2014
	Del Grande, Cochrane-Brink, Bailey-Mason, Bunting			
W50	Canada	04:55.9		2013
	Meloche, O'Hagen, Dixon, Gold			
M50	ONT-MAN	4:10.14		2014
	Sherar, Sani, Brown, Osland			
M70	Ontario	05:36.9		2015
	Pascoe, Taivassalo, Christensen, Mackie			
M80	Ontario	06:06.2		2013
	Wardle, Thompson, Whitlock, Fee			
<b><u>4 X 800m Relay</u></b>				
W50	Canada	10:32.7		2013

	Dixon, Gold, Meloche, Blanchard			
M35	Ontario	8:42.48		2014
	Osland, Brecher, Kapral, Boland			
M40	UTTC	08:50.0		2015
	Kapral, Wells, Matthews, Brecher			
M55	Ontario	12:22.8		2013
	Chee, Smith, Moses, Greenshields			
M70	Ontario	12:38.26		2014
	Mackie, Christensen, Geddes, Woodhall			
	<b>Pentathlon</b>			
W40	Thomas, Anita	2278	ON	2012
W45	Gaby Szanto	2901	ON	2015
M35	Brian Derby	2152	ON	2013
M40	Andrew Justason	2817	NB	2015
	<b>Doug McLaren</b>	<b>2817</b>	<b>SK</b>	<b>2016</b>
M45	Kasper Hinds	2583	ON	2014
M50	Ritchie, Don	2918	ON	2012
M55	John Siriski	2395	ON	2015
<b>M60</b>	<b>Bruce Urch</b>	<b>2776</b>	<b>ON</b>	<b>2016</b>
<b>M65</b>	<b>Peter Zowkewych</b>	<b>2991</b>	<b>ON</b>	<b>2016</b>
M70	Roland Delhomeau	2624	SK	2015
M75				
M80	Ted Rowan	3601	ON	2014