

CMA THROWS RECORDS

Updated April 14, 2020

HAMMER THROW -- OUTDOORS							
<u>MEN</u>							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
M35	7.26kg	61.55m	Jamie Fahie	39	ON	June 28, 2009	Toronto, ON
M40	7.26Kg	61.03m	Ian Maplethorpe	40	AB	July 15, 2006	Calgary, AB
M45	7.26Kg	57.80m	Boris Zaitchouk	47	ON	July 19, 1995	Buffalo, NY
M50	6kg	63.66m	Boris Zaitchouk	53	ON	July 09, 2001	Brisbane, AUS
M55	6Kg	62.37m	Boris Zaitchouk	55	ON	June 15, 2003	Sherbrooke, QC
M60	5Kg	62.75m	Boris Zaitchouk	63	ON	May 28, 2011	Ottawa, ON
M65	5Kg	57.42m	Boris Zaitchouk	66	ON	Oct. 18, 2013	Porto Alegre, BRA
M70	4Kg	51.53m	Boris Zaitchouk	70	ON	Aug. 18, 2018	Toronto(TTFC), ON
M75	4kg	42.85m	Emil Muller	75	PQ	June 18, 2010	Sherbrooke, PQ
M80	3kg	41.44m	Emil Muller	81	ON	July 08, 2016	Ottawa, ON
M85	3Kg	29.99m	Garry Bachman	86	ON	Sept 20, 2008	Stouffville, ON
M90	3Kg	21.40m	Garry Bachman	90	ON	May 19, 2012	Stouffville, ON
M95	3kg	13.40m	Jim Murray	95	BC	June 18, 2010	Langley, BC
<u>WOMEN</u>							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
W35	4kg	50.74m	Hardeep Kaur	39	BC	July 3, 2016	Kelowna, BC
W40	4kg	50.38m	Hardeep Kaur	40	BC	Aug. 12, 2017	Toronto (TTFC), ON
W45	4Kg	38.19m	Kristen Dajia	48	ON	June 18, 2011	Toronto, ON
W50	3kg	41.30m	Kristen Dajia	50	ON	Sept. 14, 2013	Toronto, ON
W55	3kg	41.85m	Kristen Dajia	56	ON	Sept. 22, 2019	Hamilton, ON
W60	3kg	33.18m	Rose Hare	63	BC	Apr. 28, 2012	Surrey, BC
W65	3kg	32.78m	Rose Hare	65	BC	July 05, 2014	Burnaby, BC
W70	3kg	30.35m	Rose Hare	70	BC	April 28, 2019	Langley, BC
W75	2kg	36.04m	Margaret Tosh	76	SK	Sept. 07, 2014	Saskatoon, SK
W80	2Kg	30.70m	Margaret Tosh	80	SK	Sept. 08, 2018	Saskatoon, SK
W85	2Kg	21.04m	Myrtle Acton	86	BC	Sept. 14, 2019	Kelowna, BC
W90	2kg	16.71m	Olga Kotelko	92	BC	July 08, 2011	Sacramento, CA,
W95	2kg	14.92m	Olga Kotelko	95	BC	May. 16, 2014	Kamloops, BC
<u>pre-2010</u>							
W85	3kg	18.62m	Olga Kotelko	85	BC	Sept 04, 2004	Penticton, BC

DISCUS --OUTDOORS							
<u>MEN</u>							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
M35	2.0Kg	61.76m	Eric Forshaw	36	ON	March 14, 2004	Lasalle, ON
M40	2.0kg	53.19m	Mike Ransky	41	ON	Sept. 15, 2012	Stouffville, ON
M45	2.0Kg	45.65m	Dan Parsons	48	AB	June 5, 2016	Calgary, AB
M50	1.5Kg	52.12m	Eric Forshaw	50	ON	July 21, 2019	Toronto (TTFC), ON
M55	1.5kg	45.23m	Don Allemersch	56	BC	June 19, 2010	Langley, BC
M60	1.0Kg	50.31m	Jean-Pierre Mayer	60	ON	Sept 22, 2007	Stouffville, ON
M65	1.0kg	46.10m	Michael Deady	65	BC	Aug 25, 2018	Vernon, BC
M70	1.0Kg	42.74m	Jean-Pierre Mayer	71	ON	July 21, 2019	Toronto (TTFC) ON
M75	1.0kg	39.94m	Marek Glowacki	75	BC	Sept. 26, 2015	Sopot, Poland
M80	1.0Kg	30.82m	Garry Bachman	81	ON	June 09, 2003	Stouffville, ON
M85	1.0kg	25.87m	Ted Rowan	85	SK	Sept. 05, 2018	Malaga, ESP
M90	1.0Kg	19.41m	Garry Bachman	90	ON	May 19, 2012	Stouffville, ON
M95	1.0kg	14.06m	Jim Murray	95	BC	Sept 16, 2010	Courtney, BC
<u>WOMEN</u>							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
W35	1.0kg	48.40m	Marie-Josée LeJour	35	ON	July 19, 2014	Ottawa, ON
W40	1kg	38.15m	Georgette Reed	44	AB	July 22, 2011	Sherwood Park, AB
W45	1kg	35.73m	Georgette Reid	49	AB	Aug. 29, 2016	Vancouver, BC
W50	1.0Kg	32.08m	Joyce Thomas	51	ON	Aug. 16, 1997	Toronto, ON
W55	1.0kg	27.84m	Kristen Dajia	56	ON	June 5, 2019	Toronto (TTFC), ON
W60	1.0Kg	29.28m	Doreen Garner	64	ON	Aug. 18, 2018	Toronto (UofT), ON
W65	1.0kg	27.77m	Doreen Garner	65	ON	May 25, 2019	Toronto (TTFC), ON
W70	1.0kg	25.46m	Yuko Nakano	70	AB	July 19, 2014	Winston-Salem, NC
W75	0.75kg	24.23m	Yuko Nakano	77	AB	Aug. 05, 2018	Surrey, BC
W80	0.75kg	21.37m	Margaret Tosh	80	SK	Sept. 08, 2018	Saskatoon, SK
W85	0.75kg	17.23m	Myrtle Acton	86	BC	Sept. 12, 2019	Kelowna, BC
W90	0.75kg	14.80m	Olga Kotelko	90	BC	Aug. 06, 2009	Lahti, FIN
W95	0.75kg	12.04m	Olga Kotelko	95	BC	May. 17, 2014	Kamloops, BC

JAVELIN -- OUTDOORS							
<u>MEN</u>							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
M35	800g	72.50m	Graham Morfitt	36	BC	Mar 09, 2003	Port Alberni, BC
M40	800g	68.14m	Erin Bevins	40	BC	June 18, 2011	Courtney, BC
M45	800g	60.42m	Graham Morfitt	47	BC	June. 08, 2014	Duncan, BC
M50	700g	63.39m	Graham Morfitt	50	BC	June 24, 2017	Courtney, BC
M55	700g	49.62m	Lee Beamish	58	AB	2018 June 09	Leduc, AB
M60	600g	47.42m	Victor Njume	63	BC	Aug. 25, 2006	Powel River, BC
M65	600g	44.60m	Victor Njume	67	BC	Sept 16, 2010	Courtney, BC
M70	500g	44.30m	Victor Njume	70	BC	Aug. 22, 2013	Kamloops, BC
M75	500g	39.37m	Victor Njume	75	BC	Aug. 05, 2018	Surrey, BC
M80	400g	32.37m	Rainer Sillantaus	81	BC	July 11, 2011	Sacramento, CA
M85	400g	22.94m	Ted Rowan	85	SK	Aug. 05, 2018	Surrey, BC
M90	400g	17.74m	Karl Trei	90	ON	June 13, 1999	Toronto, ON
M95	400g	10.40m	Atter Singh Sekhon	95	ON	Aug. 05, 2018	Surrey, BC
<u>WOMEN</u>							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
W35	600g	53.52m	Amelie Koloska	37	BC	June 11, 1981	Burnaby, BC
W40	600g	47.46m	Amelie Koloska	41	BC	Aug. 21, 1985	Toronto, ON
W45	600g	34.29m	Gaby Szanto	48	ON	June. 29, 2014	Toronto. ON
W50	500g	36.99m	Barb Dabrowski	52	ON	Aug. 02, 2009	Lahti, FIN
W55	500g	36.60m	Barb Dabrowski	57	ON	July18, 2014	Winston-Salem, NC
W60	500g	34.66m	Barb Dabrowski	60	ON	Oct. 14, 2017	Las Vegas, NV
W65	500g	26.65m	Marilyn Benz	66	BC	June 18, 2016	Langley, BC
W70	500g	23.48m	Marg Radcliffe	74	BC	August 27, 2016	Vancouver, BC
W75	400g	24.79m	Margaret Tosh	76	SK	June. 15, 2014	Regina, SK
W80	400g	22.47m	Margaret Tosh	80	SK	2018 Sept. 08	Saskatoon, SK
W85	400g	18.56m	Olga Kotelko	85	BC	June 22, 2004	Eugene, OR
W90	400g	13.54m	Olga Kotelko	90	BC	Aug. 03, 2009	Lahti, FIN
W95	400g	11.24m	Olga Kotelko	95	BC	March 29, 2014	Budapest, HU

<u>WEIGHT THROW -- OUTDOORS</u>							
<u>MEN</u>							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
M35	15.88kg/35lb	18.95m	Ian Maplethorpe	39	AB	July 28, 2005	Edmonton, AB
M40	15.88kg/35lb	18.21m	Ian Maplethorpe	40	AB	July 22, 2006	Dieppe, NB
M45	15.88kg/35lb	13.48m	Paul Gautier	49	NB	Oct. 04, 2014	Moncton, NB
M50	11.34kg/25lb	18.57m	Boris Zaitchouk	53	ON	June 09, 2001	Toronto, ON
M55	11.34kg/25lb	18.03m	Boris Zaitchouk	55	ON	May 31, 2003	Toronto, ON
M60	9.07kg/20lb	17.62m	Emil Muller	61	ON	March 08, 1997	Toronto, ON
M65	9.07kg/20lb	16.40m	Emil Muller	66	QC	June 09, 2001	Toronto, ON
M70	7.26kg/16lb	17.14m	Emil Muller	73	QC	June 11, 2008	Montreal, PQ
M75	7.26kg/16lb	15.20m	Emil Muller	75	PQ	May 16, 2010	Lachine, PQ
M80	5.44kg/12lb	16.31m	Garry Bachman	80	ON	June 08, 2002	Stouffville, ON
M85	5.44kg/12lb	13.31m	Garry Bachman	85	ON	Sept 10, 2007	San Giovanni, ITA
M90	5.44kg/12lb	10.82m	Howard West	90	SK	June 01, 2003	Saskatoon, SK
<u>WOMEN</u>							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
W35	9.07kg/20lb	16.77m	Marie-Josée Lejour	35	ON	May. 17, 2014	Toronto -TTFC
W40	9.07kg/20lb	11.63m	Kristen Dajia	41	ON	Aug. 21, 2004	Stouffville, ON
W45	9.07kg/20lb	11.26m	Kirsten Dajia	46	ON	July 05, 2009	Toronto, ON
W50	7.26kg/16lb	13.50m	Kristen Dajia	50	ON	Sept. 14, 2013	Toronto, ON
W55	7.26kg/16lb	12.70m	Kristen Dajia	56	ON	Oct. 5, 2019	Lebanon, NH
W60	5.44kg/12lb	12.68m	Rhona Trott	60	ON	June 21, 2009	Toronto, ON
W65	5.44kg/12lb	12.21m	Rose Hare	66	BC	June. 19, 2015	Langley, BC
W70	5.44kg/12lb	12.46m	Margaret Tosh	73	SK	July 13, 2011	Sacramento, CA
W75	4.0kg	13.87m	Margaret Tosh	76	SK	June. 14, 2014	Regina, SK
W80	4.0kg	11.64m	Margaret Tosh	80	SK	Sept. 08, 2018	Saskatoon, SK
W85	4.0kg	8.91m	Myrtle Acton	86	BC	Sept. 14, 2019	Kelowna, BC
W90	4.0kg	7.90m	Olga Kotelko	91	BC	Sept 17, 2010	Courtney, BC
W95	4.0kg	6.72m	Olga Kotelko	95	BC	June. 13, 2014	Langley, BC
<u>pre-2010</u>							
W85	5.44kg/12lb	7.72m	Olga Kotelko	85	BC	July 17, 2004	Calgary, AB

WEIGHT THROW -- INDOORS							
MEN							
GROUP	WEIGHT	RECORD	NAME	AGE	PROV	DATE	LOCATION
M35	15.88kg/35lb	18.81m	Jason Baines	35	ON	Jan. 12, 2014	Hanover, NH
M40	15.88kg/35lb	19.10m	Ian Maplethorpe	41	AB	Feb 10, 2007	Edmonton, AB
M45	15.88kg/35lb	12.90m	Paul Gautier	49	NB	Mar. 16, 2014	Toronto, ON
M50	11.34kg/25lb	18.10m	Jan Graczyk	52	ON	Mar 11, 2006	Toronto, ON
M55	11.34kg/25lb	17.99m	Jan Graczyk	56	ON	Feb 14, 2010	Toronto, ON
M60	9.07kg/20lb	17.64m	Ayman Mazhar	60	ON	Mar. 8, 2020	Toronto, ON
M65	9.07kg/20lb	17.16m	Emil Muller	66	QC	Feb 15, 2002	Montreal, QC
M70	7.26kg/16lb	17.63m	Emil Muller	70	QC	Dec 10, 2005	Montreal, QC
M75	7.26kg/16lb	15.81m	Emil Muller	76	ON	Feb.11, 2012	Ottawa, ON
M80	5.44kg/12lb	14.67m	Emil Muller	80	ON	Dec. 19, 2015	Ottawa, ON
M85	5.44kg/12lb	13.55m	Garry Bachman	85	ON	Feb 25, 2007	Toronto, ON
M90	5.44kg/12lb	10.98m	Howard West	90	SK	Mar 28, 2003	Saskatoon, SK
M95	5.44kg/12lb	4.79m	Atter Singh Sekhon	95	ON	Feb. 24, 2019	Toronto, ON
WOMEN							
W35	9.07kg/20l	17.64m	Marie-Josée Lejour	35	ON	Mar. 16, 2014	Montréal, PQ
W40	9.07kg/20l	11.15m	Andrea Diener	44	AB	Feb. 9, 2020	Edmonton, AB
W45	9.07kg/20l	10.12m	Elizabeth Hill	49	ON	Feb 14, 2010	Toronto, ON
W50	7.26kg/16l	13.10m	Kristen Dajia	50	ON	Jan. 19, 2014	Toronto (YorkU), ON
W55	7.26kg/16l	11.92m	Kristen Dajia	55	ON	Mar. 10, 2018	Toronto (TTFC), ON
W60	5.44kg/12l	12.03m	Rhona Trott	60	ON	Mar 15, 2009	Toronto, ON
W65	5.44kg/12l	11.46m	Doreen Garner	65	ON	Jan. 5, 2020	Toronto (TTFC), ON
W70	5.44kg/12l	12.42m	Margaret Tosh	74	SK	Mar 17, 2012	Saskatoon, SK
W75	4.0kg	14.24m	Margaret Tosh	76	SK	Feb.01, 2014	Saskatoon, SK
W80	4.0kg	11.28m	Margaret Tosh	80	SK	Jan. 27, 2018	Saskatoon, SK
W85	5.44kg/12l	6.97m	Olga Kotelko	87	BC	Mar 24, 2006	Boston, MA
W90	4.0kg	7.51m	Olga Kotelko	91	BC	Mar.20, 2011	Kamloops, BC
W95	4.0kg	6.97m	Olga Kotelko	95	BC	Mar. 30, 2014	Budapest, HU