



Canadian Masters Results

60m

W35	1	Birade, Dena	WA	7.83	CAN
		(old CAN 8.16 Carol Reidl SK 1994)			
W50	6	Lauridsen, Susanne	AB	9.34	
W55	1	Del Grande, Karla	ON	8.30	WR
		(old WR 8.46 Helen Godsell GBR 2009, old CAN 8.49 Karla in Kamloops 2010)			
W70	2	Bortignon, Christa	BC	9.86	CAN
		(old CAN 10.62 Mary McCarron-Egner AB 2008)			

60mH

W50	3	Lauridsen, Susanne	AB	11.17	
M40	3	Birade, Laurent	WA	9.29	
		(CAN record Glenn Chipkar ON 9.11 in 2002)			

200m

W50	3	Lauridsen, Susanne	AB	30.91	
W55	1	Del Grande, Karla	ON	27.92	
		(CAN record is Karla's 27.62 last year)			
	5	Johns-Rees, Gail	NH	31.85	
W70	3	Bortignon, Christa	BC	35.74	CAN
		(old CAN 36.39 Diane Palmason BC 2009)			
M80	1	Fee, Earl	ON	32.86	
		(CAN is Earl's 32.07 from 2009)			

400m

W50	6	Lauridsen, Susanne	AB	1:12.38	
W55	1	Del Grande, Karla	ON	1:06.98	
	5	Johns-Rees, Gail	NH	1:14.71	
W70	2	Bortignon, Christa	BC	1:24.50	
M80	1	Fee, Earl	ON	1:12.87	

800m

W55	1	Martin, Kathryn	NY	2:38.88	
M40	3	Feder, Sean	CA	2:08.43	
M80	1	Fee, Earl	ON	2:58.47	

Mile

W55	1	Martin, Kathryn	NY	5:56.05	
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3000m

W50	6	Willis, Katherine	ON	14:31.47
W55	1	Martin, Kathryn	NY	11:59.23

High Jump

W70	2	Bortignon, Christa	BC	1.10m
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Long Jump

W50	2	Lauridsen, Susanne	AB	4.06m
W70	1	Bortignon, Christa	BC	3.36m CAN
(old CAN 3.02m Elga Meri ON 1992)				

Triple Jump

W50	1	Lauridsen, Susanne	AB	8.28m
W70	1	Bortignon, Christa	BC	7.41m CAN
(old CAN Helgi Pedal ON 6.37m 1994)				

Pentathlon

W60	1	Trott, Rhona	ON	2082
W70	1	Bortignon, Christa	BC	3379

Hurdles

1	Trott, Rhona	ON	11.32	
1	Bortignon, Christa	BC	14.45 641 CAN	
(no previous CAN Record)				

High Jump

1	Trott, Rhona	ON	1.06m	577
1	Bortignon, Christa	BC	1.09m	879

Shot Put

1	Trott, Rhona	ON	7.27m	589
1	Bortignon, Christa	BC	5.98m	601

Long Jump

--	Trott, Rhona	ON	ND	
1	Bortignon, Christa	BC	3.19m 671 CAN	
(old CAN 3.03 Elga Meri ON 1992)				

800m

1	Bortignon, Christa	BC	3:55.13	587
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All CAN records listed are still be pending CMA ratification.