

100m

W35	Kuczalska, Agnes	UNA	13.44	81.1%
W40	Barrett, Lyn	QLT	14.63	80.7%
W45	Gunasekera, Roshani	UNA	15.18	80.5%
	Jolicoeur, Denise	EHS	15.73	78.5%
W50	Del Grande, Karla	EHS	12.98	99.1%
	MR (old MR 13.10 Karla in Calgary '04) (CAN record 12.96 by Karla)			
	Graczyk, Elizabeth	UNA	18.20	71.4%
W55	Trott, Rhona	HOC	15.52	86.3%
W60	Radcliffe, Marg	UNA	16.31	87.8%
W85	Kotelko, Olga	UNA	23.53	87.9%
M30	Allen, Desmond	UNA	10.97	89.5%
	MR (old MR 11.14 Randall Montgomery '81)			
	Atkinson, Tyler	UNA	13.16	74.3%
M35	Riedl, Mark	UNA	13.23	75.8%
M40	Lee Foon, Michael	UNA	11.70q	90.0%
	Andrade, Frederick	UNA	11.81q	87.4%
	Starchuk, Darren	EDM	11.99q	85.5%
	Crawford, Todd	QLT	12.10q	85.3%
	Jennett, Terry	CGS	12.26q	85.9%
	Baptiste, Joseph	UNA	12.39q	85.0%
	Timothy, Nicholas	UNA	12.65q	82.2%
	DeChellis, Marco	UNA	13.06q	78.5%
	Russo, Phil	UNA	13.95	73.5%
Final	Lee Foon, Michael	UNA	11.71	90.0%
	Andrade, Frederick	UNA	11.71	88.2%
	Starchuk, Darren	EDM	11.86	86.5%
	Jennett, Terry	CGS	12.28	85.8%
	Baptiste, Joseph	UNA	12.29	85.7%
M45	Brown, Dave	UNA	11.81	91.1%
	Varone, John	UNA	12.59	84.9%
	Wilson, Rodney	USA	12.98	82.3%
	Roblin, Blair	UNA	13.19	81.5%
	Baldsing, Bryan	UNA	13.39	80.3%
	Hoffman, Richard	EHS	13.89	76.4%
M50	Smith, Kerry	EHS	11.71	94.3%
	CAN (old CAN 11.6=11.84 Scott Tyler '91)			
	Hudson, Horace	USA	12.94	85.9%
	Cilevitz, Ralph	EHS	13.09	84.4%
	Gagne, Wayne	CAM	13.27	82.7%
M55	Marshall, Greg	PQ	12.94	88.7%
	Chubb, Roy	SMC	13.66	83.0%
	Jermacans, Viddy	AUS	14.07	81.0%
	Patterson, Darrell	UNA	14.28	81.4%
M60	Powell, Tony	UNA	12.80	91.9%
	Morris, Mike	PQ	13.16	91.1%
	Slater, Alan	WLA	14.03	84.8%
	Anderson, Lornel	UNA	20.37	58.8%
M65	Stern, David	EHS	14.05	85.8%
	Brand, Dave	UNA	14.25	85.1%
	Sharma, Dev	EHS	16.38	75.4%
M70	Agnoo, Charles	SMC	14.67	84.6%
	Williams, Paul	USA	14.89	83.4%

	Poonia, Kesar Singh	MSC	15.48	81.2%
M80	Behboodi, Jahan	UNA	24.29	58.4%

200m

W30	Williams, Foy	EHS	24.99	85.3%
	MR (old MR 26.48 Jennifer Fisher BER '94)			
W35	Kuczalska, Agnes	UNA	28.20	77.0%
W45	Jolicoeur, Denise	EHS	32.96	75.4%
W50	Del Grande, Karla	EHS	26.22	99.2%
	CAN & MR (old CAN & MR 26.85 Karla '04)			
W60	Radcliffe, Marg	UNA	35.50	82.0%
M30	Allen, Desmond	UNA	22.55	88.1%
	(Meet Record 22.3=22.54 Randal Montgomery '81)			
	Atkinson, Tyler	UNA	27.42	71.8%
M35	Crepsac, Malik	UNA	22.99	89.2%
	Proudfoot, Marc	UNA	25.40	78.9%
	Kapitain, Sean	UNA	26.23	76.4%
M40	Starchuk, Darren	EDM	24.74	84.2%
	Baptiste, Joseph	UNA	24.99	85.8%
	Jennett, Terry	CGS	25.07	85.6%
	Jackman, Kenny	UNA	28.24	75.9%
M45	Brown, Dave	UNA	24.57	89.2%
	Varone, John	UNA	26.16	83.2%
M50	Smith, Kerry	EHS	23.63	95.5%
	CAN & MR (old CAN 23.72 Harold Morioka '94)			
	(old MR 23.77 Stephen Robbins USA '94)			
	Gagne, Wayne	CAM	26.86	83.4%
	Cilevitz, Ralph	EHS	27.04	83.4%
	Davis, Ken	TPS	DNF	
M55	Marshall, Greg	PQ	26.84	87.6%
	Jermacans, Viddy	AUS	29.25	79.8%
	Chubb, Roy	SMC	29.61	78.3%
	Carter, Mike	EHS	DQ	
M60	Powell, Tony	UNA	25.72	93.9%
	MR (old MR 25.87 Ralph Romain TRI '94)			
	Morris, Mike	PQ	27.84	88.4%
	Mitchell, Bruce	EHS	29.64	82.0%
M65	Stern, David	EHS	28.82	86.0%
	Brand, Dave	UNA	28.83	86.6%
M70	Agnoo, Charles	SMC	31.52	81.8%
	Poonia, Kesar Singh	MSC	32.76	79.9%
	Williams, Paul	USA	33.25	77.5%

400m

W30	Williams, Foy	EHS	55.11	86.3%
	MR (old MR 57.65 Jennifer Fisher BER '94)			
W40	Rodrigue, Maureen	UNA	61.23	86.6%
	MR (old MR 61.40 Avril Douglas '90)			
	Barrett, Lyn	QLT	69.31	78.9%
W50	Del Grande, Karla	EHS	60.33	98.2%
	CAN & MR (old CAN 60.49 Karla in '04, old MR 60.97 Karla in '04)			
W70	Horne, Jean	UNA	1:23.63	90.1%

M30	Atkinson, Tyler	UNA	63.22	69.3%
M35	Crepsac, Malik	UNA	51.97	87.5%
	Zero, Nick	UNA	54.82	83.0%
	Riedl, Mark	UNA	60.53	74.6%
M40	Osland, Paul	TOC	53.87	86.3%
	Jackman, Kenny	UNA	62.69	75.7%
M45	James, Bennie	USA	52.44	93.8%
	Brown, Dave	UNA	57.68	84.1%
	Malpus, Rob	UNA	61.43	79.5%
M50	Davis, Ken	TPS	57.24	86.5%
	Gagne, Wayne	CAM	62.23	79.5%
	Hudson, Horace	USA	DNF	
M55	Marshall, Greg	PQ	61.29	84.6%
	Carter, Mike	EHS	62.01	82.5%
	Jermacans, Viddy	AUS	71.36	72.2%
M60	Savenas, Leon	USA	65.07	81.2%
	Mitchell, Bruce	EHS	70.36	76.0%
M65	Bernstein, Abraham	USA	67.30	82.2%
M70	Krolow, Gerhard	MTF	1:22.27	71.7%
M75	Fee, Earl	EHS	66.73	99.0%
	CAN & MR (old CAN 71.45 Earl in '04, old MR 72.84 Rodney Brown USA '03)			

800m

W45	Nesdoly, Faith	EHS	2:23.79	84.6%
	MR (old MR 2:25.11 Christine Lavellee '02)			
	DeBoer, Lynda	EHS	2:26.38	83.1%
	Willis, Katherine	EHS	2:45.50	74.1%
	Sweazey, Nanci Patten	EHS	2:49.31	74.3%
W70	Horne, Jean	UNA	3:10.96	97.9%
M35	Hackshaw, Derek	NMH	1:59.61	88.1%
	Jackson, Greg	TOC	2:02.59	86.5%
	Menzies, Patrick	UNA	2:03.14	85.0%
	McLaughlin, Craig	NMH	2:17.93	76.4%
M40	Osland, Paul	TOC	2:00.29	90.7%
	Beattie, Howie	CAM	2:22.84	77.5%
M45	Kennedy, Doug	UNA	2:11.04	86.3%
	Grudzinski, Piotr	UNA	2:18.70	81.6%
	Langridge, Robert	QLT	2:20.73	80.4%
	Steel, Philip	HOC	2:35.44	73.9%
	Keeting, Alex	EHS	2:44.23	69.9%
M50	Robinson, James	USA	2:07.91	91.9%
	MR (old MR 2:08.55 Harold Morioka '94)			
	Russell, Cliff	EDM	2:17.51	85.5%
	Robbins, Fred	STO	2:19.78	83.5%
M55	Carter, Mike	EHS	2:28.63	81.8%
	Payne, Tim	CAM	2:30.58	80.7%
M65	Irons, Jim	TOC	2:35.68	88.8%
	Bernstein, Abraham	USA	2:47.49	80.7%
	Van Der Wal, Hyke	UNA	2:55.07	78.0%
M70	Krolow, Gerhard	MTF	3:05.22	76.3%
M75	Fee, Earl	EHS	2:44.54	93.1%
	MR (old MR 2:57.13 Earl '04)			

1500m

W40	Zonruiter, Gerda	LOP	5:15.73	75.1%
W45	Nesdoly, Faith	EHS	5:05.11	81.1%
	DeBoer, Lynda	EHS	5:05.65	81.0%
	Willis, Katherine	EHS	5:43.03	73.5%
W50	Northcott, Clara	EHS	5:44.04	79.2%
	Marino, Chris	MOM	6:09.43	73.7%
W55	Findley, Linda	EHS	5:48.64	88.0%
W70	Horne, Jean	UNA	6:56.52	91.5%
M35	Smith, Kevin	UNA	4:20.51	80.1%
	Jackson, Greg	TOC	4:20.77	81.6%
M40	Friel, Vince	UNA	4:21.18	85.6%
	Miller, Brett	UNA	4:23.25	83.3%
	Rendeiro, John	EHS	4:23.46	84.0%
	Kaandorp, John	SAG	4:28.07	84.2%
	Andrew, Tim	MLT	4:31.56	83.9%
	Beattie, Howie	CAM	4:54.92	76.5%
	Air, Donald	UNA	5:18.65	71.5%
M45	Kennedy, Doug	UNA	4:34.46	84.6%
	Keeting, Alex	EHS	5:21.65	73.5%
	Campbell, Bruce	LSM	5:26.22	73.2%
M50	Robinson, James	USA	4:32.69	89.1%
	Robbins, Fred	STO	4:46.27	84.1%
	Russell, Cliff	EDM	4:49.15	84.0%
M55	De Finney, John	UNA	4:48.76	87.2%
	Payne, Tim	CAM	5:05.40	82.4%
	Jermacans, Viddy	AUS	DNF	
M60	Cassel, Gary	CAM	5:10.93	84.4%
	Mackie, Chris	UNA	5:19.47	84.8%
	Prince, Jim	UNA	5:25.39	81.9%
M65	Irons, Jim	TOC	5:35.86	83.4%
M70	Krolow, Gerhard	MTF	6:05.56	77.9%

5000m

W45	DeBoer, Lynda	EHS	19:20.64	81.4%
	Roblin, Lynn	MOM	24:49.34	64.6%
W50	Northcott, Clara	EHS	21:52.16	75.3%
	Marino, Chris	MOM	23:19.48	70.6%
	Watson, Pauline	MOM	23:44.88	69.4%
	Tedford, Cathy	SMC	38:40.36	43.4%
W55	Findley, Linda	EHS	22:08.82	79.7%
M35	Gosleigh, Ken	SAG	16:57.12	77.8%
	Lovshin, Brian	TOC	17:50.35	72.9%
M40	Kaandorp, John	SAG	17:14.03	79.9%
	Fullarton, Jim	UNA	17:33.81	76.7%
	Black, Jamie	TTC	17:42.17	77.2%
	Mitro, Harvey	TOC	DNF	
M45	Holliday, John	NMH	16:38.47	84.0%
	Earl, James	ETS	17:29.98	80.4%
	Steel, Philip	HOC	18:39.32	76.6%
	Hutchinson, Brent	BRTF	18:53.26	75.7%
	Keeting, Alex	EHS	20:09.65	70.9%
M50	Kooymans, Jerry	TOC	15:47.10	92.0%

MR (old MR 15:54.8 Art Taylor '76)

(CAN 15:42 Art Taylor)

	Drolet, Normand	VAQ	17:54.00	82.4%
	Aitkin, George	CAM	18:50.39	78.3%
	Smith, Doug	PRS	23:20.16	63.8%
M55	De Finney, John	UNA	19:14.25	78.6%
M60	Cassel, Gary	CAM	19:48.39	79.9%
	Moore, Robert	TOC	19:55.51	82.6%
	Prince, Jim	UNA	19:57.82	80.9%
	Mackie, Chris	UNA	20:02.74	82.1%
	Christensen, Vern	SMC	21:51.56	75.3%
M65	Glazier, Robert	MAD	20:25.21	83.3%
M70	Whitlock, Ed	MIL	19:15.33	96.3%
	MR (old MR 20:10.32 Ed in '01)			
	Krolow, Gerhard	MTF	24:18.52	72.4%
M75	Charles, Felix	EHS	37:56.40	50.3%

10,000m

W40	Gauthier, Nathalie	UNA	47:03.48	66.3%
M45	Jevremovic, Vlad	EHS	44:17.32	65.7%
M50	Cook, Bill	TOC	40:41.06	73.8%
M55	Bedley, Mike	LBR	40:22.36	79.6%
	Kocsis, Andre	UNA	53:31.25	60.0%
M60	Sheridan, David	CAM	41:24.68	79.8%
	Moore, Robert	TOC	41:51.91	81.4%
M70	Whitlock, Ed	MIL	39:42.04	96.6%
	MR (old MR 42:59.54 Kurt Gelbhaar '93)			
	Graves, Richard	EHS	52:09.47	71.6%

1500m Walk (no meet records—first time event)

W35	Houston, Laura	BTW	9:18.51	65.1%
W40	Cashman, Kitty	EHS	7:48.28	80.7%
	CAN Rec (old CAN 7:48.40 Nanci Sweazey '98)			
	Rosinski, Juliellen	NRA	8:57.41	69.2%
W45	Sweazey, Nanci Patten	EHS	7:21.57	89.1%
	CAN Rec (old CAN 8:11.40 Sherry Watts '99)			
W50	Whalen, Lily	EHS	8:53.54	77.1%
W55	Leo, Nancy	LOP	8:31.83	81.1%
	CAN Rec (old CAN 8:51.78 Ann Marie in '99)			
	Wright, Sharon	BTW	9:15.00	74.8%
W60	Rosenitsch, Ann Marie	MSC	8:36.16	88.2%
	CAN Rec (old CAN 8:36.92 June-Marie in '94)			
	Sarkar, Eileen	BTW	9:37.94	77.9%
W65	Christensen, Joan	SMC	9:09.98	83.7%
	McKeigan, Jeannie	NCRA	10:13.36	75.0%
M45	Keenan, Dave	EDH	7:07.10	81.1%
	CAN Rec (old CAN 7:50.54 Malcolm Landry '98)			
M55	Krueger, Don	UNA	8:37.70	72.0%
M70	Summerhayes, Stuart	EHS	8:38.75	83.5%
	CAN Rec (old CAN 9:26.73 Sal Brancaccio '99)			
M75	Brancaccio, Salvatore	ORW	DNF	
M80	Fellowes, Peter	ORW	12:28.28	64.9%
	CAN Rec (no previous CAN rec)			

5000m Racewalk

NCCWMA Track Championships

W35	Houston, Laura	BTW	34:01.52	63.1%
W40	Cashman, Kitty	EHS	28:23.99	78.5%
	Rosinski, Juliellen	NRA	31:54.48	68.8%
W45	Sweazey, Nanci Patten (50)	EHS	27:20.35	84.9%
	CAN W50 Rec (old CAN 28:32 Lily Whalen) (Nanci turned 50 on race day. She also broke the W50 1500m and 3000m records during her 5000m)			
	Archibald, Sandy	BTW	34:27.45	65.7%
W50	Whalen, Lily	EHS	31:10.75	77.8%
	Collins, Kathy	CRW	36:19.68	66.8%
W55	Leo, Nancy	LOP	30:54.95	79.2%
	Wright, Sharon	BTW	32:51.63	74.5%
	Chute, Marilyn	STC	34:43.75	73.3%
W60	Rosenitsch, Ann Marie	MSC	32:36.02	82.3%
	Sarkar, Eileen	BTW	DQ	
W65	Christensen, Joan	SMC	32:20.99	83.9%
	McKeigan, Jeannie	NCRA	35:42.45	76.0%
W70	Provost, June-Marie	ORW	33:56.78	86.9%
	MR (old MR 34:39.48 Jennie Binning '98)			
M45	Keenan, Dave	EDH	26:04.38	78.2%
M70	Summerhayes, Stuart	EHS	31:22.13	81.4%

80m Hurdles 0.762m

W55	Trott, Rhona	HOC	17.50	71.0%
	MR (no previous records)			
M70	Poonia, Kesar Singh	MSC	18.34	71.5%
	CAN (old CAN 19.0 Valden Sadul '89)			

100m Hurdles 0.914m

M50	Cilevitz, Ralph	EHS	18.04	74.4%
M55	Pontius, Bill	USA	19.78	71.8%
	Chubb, Roy	SMC	20.63	68.8%

110m Hurdles 0.991m

M35	Palimaka, Alex	UNA	20.61	63.7%
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300m Hurdles 0.762m

W55	Trott, Rhona	HOC	61.22	76.7%
	MR (no previous record)			
M60	Anderson, Lornel	UNA	1:25.37	51.5%
M65	Van Der Wal, Hyke	UNA	53.68	85.1%
	300m Hurdles 0.686m			
M75	Fee, Earl	EHS	53.73	97.8%
	World Record (old WR 56.95 Heinz Krenzer GER '03)			
	CAN (old CAN 61.30 Bert Morrow '89)			
	MR (old MR 1:08.59 Karl Trei '86)			

400m Hurdles 0.840m

M50	Cilevitz, Ralph	EHS	75.55	73.9%
M55	Pontius, Bill	USA	71.81	81.3%

Jermacans, Viddy AUS 1:34.12 62.7%

Steeplechase 2000m 0.762m

W45 Sweazey, Nanci Patten EHS 8:56.03 80.3%
 Kennedy, Karen UNA DNF

M60 Christensen, Vern SMC 8:35.63 84.6%

M65 Geddes, Jack SMC 8:36.63 89.6%
MR (old MR 8:50.26 Valden Sadul '91)

 Van Der Wal, Hyke UNA 10:40.56 71.1%

3000m 0.914m

M40 Fullarton, Jim UNA 11:03.01 78.2%

M50 Robinson, James USA 10:48.12 89.2%

 Robbins, Fred STO 12:11.00 78.2%

 Smith, Doug PRS 14:45.80 66.7%

4x100m Relay

CGS (Varone, Timothy, Smith, Baptiste) 47.54
CGS (Brown, Atkinson, Jennett, Starchuk) 50.01
CGS (Chubb, Gagne, Mitchell, Cilevitz) 54.13

4x400m Relay

NMH (Hackshaw, McLaughlin, Robbins, Decaire) 4:07.81
EHS (Northcott, Willis, DeBoer, Sweazey) 5:01.06

High Jump

W45 Gunasekera, Roshani UNA 1.25m 71.8%

W50 Mallia, Maria UNA 1.35m 80.3%
MR (old MR 1.30 Liz McBlaine '98)

W60 Radcliffe, Marg UNA 1.15m 82.7%

W85 Kotelko, Olga UNA 0.85m 96.5%
CAN & MR tie (old CAN & MR 0.85 Olga in '04)

M40 Gallant, Alain UNA 1.68m 78.1%

 Pinney, Stephen UNA 1.65m 75.3%

 DeChellis, Marco UNA 1.60m 72.0%

 Olivierre, John THR 1.35m 61.6%

M45 Lepard, Bev UNA 1.60m 77.6%

 Kotikov, Nikolai OKP 1.50m 72.8%

M50 Cilevitz, Ralph EHS 1.25m 63.1%

M55 Jermacans, Viddy AUS 1.30m 69.5%

 Chubb, Roy SMC 1.20m 63.4%

M60 Campbell, Rob UNA 1.30m 73.8%

 Anderson, Lornel UNA 1.15m 67.6%

M65 Kniivila, Paul UNA 1.20m 72.7%

 Boles, Harvey UNA 0.95m 59.0%

M70 Poonia, Kesar Singh MSC 1.05m 67.7%

 Boyd, Jack THR 1.05m 66.8%

 Woerle, Max THR NH

Pole Vault

M30 Sniatenchuk, James UNA 3.90m 63.5%
MR (no previous record)

M35	Lake, Kevin	UNA	4.75m	80.3%
	CAN (old CAN 4.20 Joe Womack & Doug Ross)			
	MR (old MR 4.42 Joe Womack '86)			
	Cleghorn, Graham	UNA	4.60m	79.8%
M50	Cilevitz, Ralph	EHS	2.30m	48.1%
M55	Kilpelainen, Matti	USA	3.75m	88.8%
	(tied John Hawkins' CAN record)			
	Miller, Hugh	SMC	3.05m	72.2%
M65	Boles, Harvey	UNA	1.70m	47.4%

Long Jump

W45	Gunasekera, Roshani	UNA	4.09m	65.6%
	Jolicoeur, Denise	EHS	3.29m	53.5%
W50	Mallia, Maria	UNA	3.71m	61.9%
W85	Kotelko, Olga	UNA	1.96m	71.0%
M35	Riedl, Mark	UNA	5.21m	62.6%
M40	Balogun, Rashid	UNA	5.74m	73.8%
	Gallant, Alain	UNA	5.65m	72.7%
	Jackman, Kenny	UNA	5.25m	68.3%
M45	Sanjari, Kevin	UNA	5.51m	72.6%
	Varone, John	UNA	5.12m	68.2%
	Campbell, Bruce	LSM	4.00m	55.4%
M50	Cilevitz, Ralph	EHS	4.57m	65.0%
M55	Mayer, Jean-Pierre	THR	5.26m	81.1%
M60	Slater, Alan	WLA	4.61m	77.8%
	Anderson, Lornel	UNA	2.82m	48.3%
M65	Van Der Wal, Hyke	UNA	3.57m	64.3%
	Boles, Harvey	UNA	2.67m	48.9%
M70	Poonia, Kesar Singh	MSC	3.75m	72.2%

Triple Jump

W45	Gunasekera, Roshani	UNA	8.62m	71.1%
	(MR 8.63 Audrey Hiemstra '88)			
M40	Balogun, Rashid	UNA	11.74m	73.6%
	Jackman, Kenny	UNA	11.61m	73.8%
	Jennett, Terry	CGS	10.60m	67.3%
	Nahri, Walid	UNA	9.27m	58.9%
M45	Sanjari, Kevin	UNA	11.71m	75.5%
	Campbell, Bruce	LSM	7.64m	52.2%
M50	Cilevitz, Ralph	EHS	8.72m	61.3%
M55	Mayer, Jean-Pierre	THR	10.40m	79.8%
	Chubb, Roy	SMC	6.57m	48.9%
M60	Slater, Alan	WLA	9.94m	83.1%
	Anderson, Lornel	UNA	5.87m	49.8%
M65	Kniivila, Paul	UNA	8.32m	72.7%
	Boles, Harvey	UNA	5.55m	49.9%
M70	Poonia, Kesar Singh	MSC	7.65m	71.8%

Shot Put

	SP 4.0 kg			
W35	Jaam Shahriari, Diana	THR	10.65m	52.9%
	SP 3.0 kg			
W50	Robinson, Marjorie	USA	7.88m	47.3%

W55	Trott, Rhona	HOC	7.28m	48.8%
W75	Tomsons, Velta	THR	6.20m	70.3%
W85	Kotelko, Olga	UNA	5.27m	84.8%

	SP 7.26 kg			
M40	Watkins, Dave	EHS	11.41m	51.5%
M45	Yoisten, Danny	THR	11.66m	56.1%
	Black, Tom	UNA	9.05m	47.4%
	Shervington, Jeff	UNA	8.09m	42.4%
	SP 6.0 kg			
M50	Pearson, Bill	THR	11.86m	62.7%
	Sacher, Martin	UNA	11.33m	56.2%
	Cilevitz, Ralph	EHS	8.54m	43.3%
	Stevely, Mike	WLA	8.23m	40.8%
	Daniels, Edward	USA	7.79m	40.3%
M55	Mayer, Jean-Pierre	THR	13.11m	75.8%
	Knox, Gary	UNA	9.72m	53.5%
	Chubb, Roy	SMC	8.23m	45.3%
	SP 5.0 kg			
M60	Nastiuk, Ron	THR	9.67m	53.1%
M65	Burniston, Bob	THR	9.56m	60.8%
	Morris, David	THR	9.20m	62.9%
	Sher-Gill, Gurbax Singh	UNA	7.57m	50.0%
	Boles, Harvey	UNA	7.54m	53.4%
	SP 4.0 kg			
M70	Rosen, Leonard	USA	12.09m	70.1%
	Smith, Bill	USA	11.30m	63.6%
	Poonia, Kesar Singh	MSC	10.78m	62.5%
	Woerle, Max	THR	7.37m	46.6%
M75	Viskers, Evalds	THR	8.68m	64.8%

Discus

	DT 1.0 kg			
W35	Jaam Shahriari, Diana	THR	35.85m	50.9%
W55	Trott, Rhona	HOC	15.46m	29.5%
W75	Tomsons, Velta	THR	16.00m	53.2%
	DT 2.0 kg			
M30	Ransky, Mike	UNA	52.05m	70.2%
M40	Watkins, Dave	EHS	32.16m	43.4%
	Fournier, Yves	UNA	23.78m	32.5%
M45	Yoisten, Danny	THR	36.59m	51.8%
	Harding, Joe	WNL	31.53m	46.5%
	Shervington, Jeff	UNA	26.93m	41.3%
	Black, Tom	UNA	22.35m	34.3%
	DT 1.5 kg			
M50	Hall, Murray	UNA	39.45m	57.2%
	Bzibziak, Raymond	USA	38.86m	52.5%
	Pearson, Bill	THR	35.78m	50.7%
	Daniels, Edward	USA	30.73m	42.5%
	Cilevitz, Ralph	EHS	29.01m	39.2%
M55	Mayer, Jean-Pierre	THR	41.20m	64.5%
	Knox, Gary	UNA	29.79m	44.1%
	Jermacans, Viddy	AUS	24.52m	37.3%
	DT 1.0 kg			
M60	Cummings, Rick	UNA	33.17m	50.3%

	Nastiuk, Ron	THR	32.18m	48.7%
M65	Burniston, Bob	THR	38.10m	64.3%
	Morris, David	THR	33.74m	59.9%
	Kniivila, Paul	UNA	28.40m	49.2%
	Boles, Harvey	UNA	28.30m	51.5%
M70	Smith, Bill	USA	40.75m	77.7%
	MR (old MR 38.88 Harry Hawke USA '00) (CAN record 39.44 Herb Pattner '83)			
	Rosen, Leonard	USA	36.71m	72.0%
	Boyd, Jack	THR	34.85m	66.4%
	Kupcryk, Henryk	UNA	24.84m	50.1%
	Woerle, Max	THR	23.43m	49.9%
M75	Viskers, Evalds	THR	30.34m	75.6%

Hammer

	HT 4.0 kg			
W35	Jaam Shahriari, Diana	THR	24.00m	40.0%
	HT 7.26 kg			
M40	Watkins, Dave	EHS	32.81m	41.6%
	Olivierre, John	THR	27.59m	35.0%
M45	Yoisten, Danny	THR	32.17m	43.9%
	Black, Tom	UNA	21.80m	32.3%
	HT 6.0 kg			
M50	Graczyk, Jan	UNA	55.60m	78.1%
	Daniels, Edward	USA	36.31m	51.0%
	Sacher, Martin	UNA	31.89m	42.8%
	Pearson, Bill	THR	28.18m	40.4%
	Cilevitz, Ralph	EHS	20.62m	28.3%
M55	Boghina, Rudy	THR	32.11m	48.1%
	HT 5.0 kg			
M60	Nastiuk, Ron	THR	29.08m	47.1%
M65	Burniston, Bob	THR	29.17m	53.3%
	Morris, David	THR	23.70m	45.8%
	Boles, Harvey	UNA	20.24m	40.2%
	HT 4.0 kg			
M70	Staveley, Bob	OTW	36.04m	69.1%
	Woerle, Max	THR	27.03m	56.7%

Javelin

	JT 600 gm			
W45	Charewicz, Laura	UNA	30.50m	51.9%
	CAN Rec (old CAN 25.82 June Meyer '87)			
	Jolicoeur, Denise	EHS	14.31m	26.6%
	JT 400 gm			
W60	Radcliffe, Marg	UNA	30.09m	77.1%
	JT 800 gm			
M40	Greenbank, Jamie	UNA	47.72m	55.6%
	Olivierre, John	THR	42.19m	49.2%
	Jackman, Kenny	UNA	35.61m	43.6%
	Fournier, Yves	UNA	34.21m	41.2%
M45	Withers, Marty	BGA	53.99m	67.3%

CAN Rec (old CAN 53.56 Mike Finkbeiner '02)

St.Pierre, Peter	THR	45.71m	58.1%
Yoisten, Danny	THR	40.77m	50.8%
Wilson, Rodney	USA	35.60m	45.2%

JT 700 gm

M50 Finkbeiner, Michael HOC 49.52m 65.5%**CAN Rec** (old CAN 47.58 Fred Pamerter '91)

Pearson, Bill	THR	31.68m	43.5%
Cilevitz, Ralph	EHS	30.05m	39.8%
M55 Knox, Gary	UNA	29.13m	41.5%
Jermacans, Viddy	AUS	25.44m	37.1%
Chubb, Roy	SMC	22.34m	31.8%

JT 600 gm

M60 Cummings, Rick	UNA	37.97m	57.0%
Nastiuk, Ron	THR	27.33m	41.0%
M65 Pamerter, Fred	UNA	37.07m	63.6%
Morris, David	THR	30.50m	53.7%
Boles, Harvey	UNA	24.16m	43.6%

JT 500 gm

M70 Malmstrom, Eric	THR	31.40m	60.7%
Staveley, Bob	OTW	27.18m	49.6%
Poonia, Kesar Singh	MSC	22.47m	41.0%
Kupcryk, Henryk	UNA	22.44m	42.1%
Woerle, Max	THR	17.80m	35.3%

Weight Throw

WT 9.09 kg

W35 Jaam Shahriari, Diana	THR	9.35m	54.5%
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WT 5.44 kg

W85 Kotelko, Olga UNA 6.74m 85.5%**CAN Rec** (no previous CAN record)

WT 15.9 kg

M40 Watkins, Dave	EHS	12.28m	52.7%
Olivierre, John	THR	10.82m	46.4%
M45 Yoisten, Danny	THR	10.99m	49.8%
Black, Tom	UNA	6.72m	32.3%

WT 11.35 kg

M50 Graczyk, Jan UNA 17.72m 78.9%

(MR 17.76 Tim Edwards USA '00)

Pearson, Bill	THR	12.85m	58.2%
Daniels, Edward	USA	12.81m	57.0%
Sacher, Martin	UNA	12.56m	54.0%
M55 Boghina, Rudy	THR	12.90m	60.3%

WT 9.09 kg

M60 Nastiuk, Ron	THR	10.64m	46.8%
M65 Burniston, Bob	THR	12.12m	59.1%
Morris, David	THR	11.20m	57.2%

WT 7.26 kg

M70 Staveley, Bob	OTW	12.53m	64.4%
Woerle, Max	THR	10.44m	58.0%