

THROWS RECORDS

Updated March 22 2023

HAMMER THROW — OUTDOORS

MEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
M35	7.26kg	61.55m	Jamie Fahie	39	ON	Jun 28 2009	Toronto ON	
M40	7.26kg	61.03m	Ian Maplethorpe	40	AB	Jul 15 2006	Calgary AB	
M45	7.26kg	57.80m	Boris Zaitchouk	47	ON	Jul 19 1995	Buffalo NY	
M50	6kg	63.66m	Boris Zaitchouk	53	ON	Jul 09 2001	Brisbane, Australia	
M55	6kg	62.37m	Boris Zaitchouk	55	ON	Jun 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, Brazil	
M70	4kg	51.53m	Boris Zaitchouk	70	ON	Aug 18 2018	Toronto ON	
M75	4kg	42.85m	Emil Muller	75	QC	Jun 18 2010	Sherbrooke QC	
M80	3kg	41.44m	Emil Muller	81	ON	Jul 08 2016	Ottawa ON	
M85	3kg	29.99m	Garry Bachman	86	ON	Sep 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	Jun 18 2010	Langley BC	

HAMMER THROW — OUTDOORS

WOMEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	4kg	50.74m	Hardeep Kaur	39	BC	Jul 03 2016	Kelowna BC	
W40	4kg	50.38m	Hardeep Kaur	40	BC	Aug 12 2017	Toronto ON	
W45	4kg	39.58m	Nicole Carlos	48	BC	Jul 01 2022	Kelowna BC	
W50	3kg	41.30m	Kristen Dajia	50	ON	Sep 14 2013	Toronto ON	
W55	3kg	41.85m	Kristen Dajia	56	ON	Sep 22 2019	Hamilton ON	
W60	3kg	34.03m	Celina Wong	60	BC	Aug 13 2022	Surrey BC	
W65	3kg	32.78m	Rose Hare	65	BC	Jul 05 2014	Burnaby BC	
W70	3kg	30.35m	Rose Hare	70	BC	Apr 28 2019	Langley BC	
W75	2kg	36.04m	Margaret Tosh	76	SK	Sep 07 2014	Saskatoon SK	
W80	2kg	30.70m	Margaret Tosh	80	SK	Sep 08 2018	Saskatoon SK	
W85	2kg	22.33m	Myrtle Acton	88	BC	Aug 21 2021	Surrey BC	
W90	2kg	16.71m	Olga Kotelko	92	BC	Jul 08 2011	Sacramento CA	
W95	2kg	14.92m	Olga Kotelko	95	BC	May 16 2014	Kamloops BC	WR
Pre-2010								
W85	3kg	18.62m	Olga Kotelko	85	BC	Sep 04 2004	Penticton BC	

THROWS RECORDS**SHOT PUT — OUTDOORS**

MEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
M35	7.26kg	17.65m	Bruce Pirnie	36	AB	Jul 15 1978	Edmonton AB	
M40	7.26kg	16.28m	Gintas Degutis	40	ON	Aug 06 2010	Sudbury ON	
M45	7.26kg	14.32m	John Pavelich		BC	Jul 05 1973	San Diego CA	
M50	6.0kg	14.71m	Jim Slepica	54	ON	Jul 25 2012	Ottawa ON	
M55	6.0kg	15.02m	Jim Slepica	55	ON	Jul 03 2013	Ottawa ON	
M60	5.0kg	14.22m	Jean-Pierre Mayer	60	ON	Sep 22 2007	Stouffville ON	
M65	5.0kg	13.64m	Marek Glowacki	65	AB	May 13 2006	Calgary AB	
M70	4.0kg	14.03m	Marek Glowacki	70	BC	Jun 18 2011	Zielona Gora, Poland	
M75	4.0kg	12.95m	Marek Glowacki	75	BC	Sep 26 2015	Sopot, Poland	
M80	3kg	11.93m	Marek Glowacki	80	BC	Aug 21 2021	Surrey BC	
M85	3kg	10.56m	Garry Bachman	85	ON	Jul 21 2007	Stouffville ON	
M90	3kg	8.44m	Garry Bachman	90	ON	May 19 2012	Stouffville ON	
M95	3kg	5.90m	Juri Daniel	95	BC	Jul 28 2018	Toronto ON	

SHOT PUT — OUTDOORS

WOMEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	4kg	15.54m	Georgette Reed	35	AB	Jun 22 2002	Edmonton AB	
W40	4kg	13.10m	Melody Torcolacci	41	ON	Jul 13 2002	Toronto ON	
W45	4kg	11.94m	Georgette Reed	49	AB	Aug 28 2016	Vancouver BC	
W50	3kg	11.25m	Julia Hengstler	52	BC	Jun 16 2019	Langley BC	
W50	3kg	11.25m	Petra Ciobanu	52	ON	Aug 12 2016	Toronto ON	
W55	3kg	10.57m	Monica Pomietlarz	58	BC	May 28 2017	Surrey BC	
W60	3kg	10.61m	Doreen Garner	64	ON	Aug 18 2018	Toronto ON	
W65	3kg	10.42m	Doreen Garner	65	ON	Jul 07 2019	Ste-Thérèse QC	
W70	3kg	9.16m	Margaret Tosh	70	SK	Aug 01 2008	Regina SK	
W75	2kg	10.39m	Margaret Tosh	76	SK	Jun 15 2014	Regina SK	
W80	2kg	9.15m	Margaret Tosh	80	SK	May 12 2018	Saskatoon SK	
W85	2kg	6.75m	Myrtle Acton	89	BC	Sep 16 2022	Victoria BC	
W90	2kg	5.43m	Olga Kotelko	91	BC	Sep 17 2010	Courtney BC	
W95	2kg	4.91m	Olga Kotelko	95	BC	May 16 2014	Kamloops BC	

THROWS RECORDS**DISCUS — OUTDOORS**

MEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
M35	2.0kg	61.76m	Eric Forshaw	36	ON	Mar 14 2004	Lasalle ON	
M40	2.0kg	53.19m	Michael Ransky	41	ON	Sep 15 2012	Stouffville ON	
M45	2.0kg	49.19m	Jason Tunks	46	ON	Jun 18 2021	Toronto ON	
M50	1.5kg	58.74m	Michael Ransky	51	ON	Sep 19 2022	Hamilton ON	
M55	1.5kg	45.23m	Don Allemersch	56	BC	Jun 19 2010	Langley BC	
M60	1.0kg	50.31m	Jean-Pierre Mayer	60	ON	Sep 22 2007	Stouffville ON	
M65	1.0kg	46.61m	Michael Deady	69	BC	Aug 20 2022	Vernon BC	
M70	1.0kg	42.74m	Jean-Pierre Mayer	71	ON	Jul 21 2019	Toronto ON	
M75	1.0kg	39.94m	Marek Glowacki	75	BC	Sep 26 2015	Sopot, Poland	
M80	1.0kg	30.82m	Garry Bachman	81	ON	Jun 09 2003	Stouffville ON	
M85	1.0kg	25.87m	Ted Rowan	85	SK	Sep 05 2018	Malaga, Spain	
M90	1.0kg	19.41m	Garry Bachman	90	ON	May 19 2012	Stouffville ON	
M95	1.0kg	14.06m	Jim Murray	95	BC	Sep 16 2010	Courtney BC	

DISCUS — OUTDOORS

WOMEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	1.0kg	48.40m	Marie-Josée LeJour	35	ON	Jul 19 2014	Ottawa ON	
W40	1.0kg	39.85m	Mélanie Guy	44	QC	Oct 15 2022	Longueuil QC	
W45	1.0kg	37.29m	Andrea Diener	47	AB	Jul 23 2022	Sherwood Park AB	
W50	1.0kg	33.83m	Paula McKenzie	50	AB	Jun 01 2021	Calgary AB	
W55	1.0kg	31.72m	Kristen Dajia	58	ON	Jun 06 2021	Pickering ON	
W60	1.0kg	29.28m	Doreen Garner	64	ON	Aug 18 2018	Toronto ON	
W65	1.0kg	27.77m	Doreen Garner	65	ON	May 25 2019	Toronto ON	
W70	1.0kg	25.46m	Yuko Nakano	70	AB	Jul 19 2014	Winston-Salem NC	
W75	0.75kg	26.43m	Yuko Nakano	78	AB	Aug 07 2021	Sherwood Park AB	
W80	0.75kg	21.37m	Margaret Tosh	80	SK	Sep 08 2018	Saskatoon SK	
W85	0.75kg	17.23m	Myrtle Acton	86	BC	Sep 12 2019	Kelowna BC	
W90	0.75kg	14.80m	Olga Kotelko	90	BC	Aug 06 2009	Lahti, Finland	WR
W95	0.75kg	12.04m	Olga Kotelko	95	BC	May 17 2014	Kamloops BC	

THROWS RECORDS**JAVELIN — OUTDOORS**

MEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
M35	800g	72.50m	Graham Morfitt	36	BC	Mar 09 2003	Port Alberni BC	
M40	800g	68.14m	Erin Bevins	40	BC	Jun 18 2011	Courtney BC	
M45	800g	60.42m	Graham Morfitt	47	BC	Jun 08 2014	Duncan BC	
M50	700g	63.39m	Graham Morfitt	50	BC	Jun 24 2017	Courtney BC	
M55	700g	51.12m	Graham Morfitt	55	BC	May 07 2022	Victoria BC	
M60	600g	47.42m	Victor Njume	63	BC	Aug 25 2006	Powel River BC	
M65	600g	44.60m	Victor Njume	67	BC	Sep 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	Jul 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	Jun 13 1999	Toronto ON	
M95	400g	10.40m	Atter Singh Sekhon	95	ON	Aug 05 2018	Surrey BC	

JAVELIN — OUTDOORS

WOMEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	600g	53.52m	Amelie Koloska	37	BC	Jun 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	Jun. 29 2014	Toronto. ON	
W50	500g	36.99m	Barbara Dabrowski	52	ON	Aug 02 2009	Lahti, Finland	
W55	500g	36.60m	Barbara Dabrowski	57	ON	Jul 18 2014	Winston-Salem NC	
W60	500g	34.66m	Barbara Dabrowski	60	ON	Oct 14 2017	Las Vegas NV	
W65	500g	27.99m	Barbara Dabrowski	65	ON	Aug 13 2022	Toronto ON	
W70	500g	23.48m	Marg Radcliffe	74	BC	Aug 27 2016	Vancouver BC	
W75	400g	24.79m	Margaret Tosh	76	SK	Jun 15 2014	Regina SK	
W80	400g	22.47m	Margaret Tosh	80	SK	2018 Sep 08	Saskatoon SK	
W85	400g	18.56m	Olga Kotelko	85	BC	Jun 22 2004	Eugene OR	
W90	400g	13.54m	Olga Kotelko	90	BC	Aug 03 2009	Lahti, Finland	
W95	400g	11.24m	Olga Kotelko	95	BC	Mar 29 2014	Budapest, Hungary	WR

THROWS RECORDS**WEIGHT THROW — OUTDOORS**

MEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
M35	15.88kg/35lb	18.95m	Ian Maplethorpe	39	AB	Jul 28 2005	Edmonton AB	
M40	15.88kg/35lb	18.21m	Ian Maplethorpe	40	AB	Jul 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	Jun 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	Mar 08 1997	Toronto ON	
M65	9.07kg/20lb	16.40m	Emil Muller	66	QC	Jun 09 2001	Toronto ON	
M70	7.26kg/16lb	17.14m	Emil Muller	73	QC	Jun 11 2008	Montreal QC	
M75	7.26kg/16lb	15.74m	Harneek Toor	76	BC	Aug 27 2022	Surrey BC	
M80	5.44kg/12lb	16.31m	Garry Bachman	80	ON	Jun 08 2002	Stouffville ON	
M85	5.44kg/12lb	13.31m	Garry Bachman	85	ON	Sep 10 2007	San Giovanni, Italy	
M90	5.44kg/12lb	10.82m	Howard West	90	SK	Jun 01 2003	Saskatoon SK	WR

WEIGHT THROW — OUTDOORS

WOMEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	9.07kg/20lb	16.77m	Marie-Josée Lejour	35	ON	May 17 2014	Toronto ON	
W40	9.07kg/20lb	13.52m	Karla Johnson-Gabruch	44	SK	Jul 29 2022	Regina SK	
W45	9.07kg/20lb	12.46m	Nicole Carlos	47	BC	Aug 28 2021	Vernon BC	
W50	7.26kg/16lb	13.50m	Kristen Dajia	50	ON	Sep 14 2013	Toronto ON	
W55	7.26kg/16lb	13.03m	Kristen Dajia	57	ON	Sep 27 2020	Brampton ON	
W60	5.44kg/12lb	12.68m	Rhona Trott	60	ON	Jun 21 2009	Toronto ON	
W65	5.44kg/12lb	12.21m	Rose Hare	66	BC	Jun 19 2015	Langley BC	
W70	5.44kg/12lb	12.46m	Margaret Tosh	73	SK	Jul 13 2011	Sacramento CA	
W75	4.0kg	13.87m	Margaret Tosh	76	SK	Jun 14 2014	Regina SK	
W80	4.0kg	11.64m	Margaret Tosh	80	SK	Sep 08 2018	Saskatoon SK	
W85	4.0kg	9.87m	Myrtle Acton	87	BC	Sep 19 2020	Vernon BC	WR
W90	4.0kg	7.90m	Olga Kotelko	91	BC	Sep 17 2010	Courtney BC	
W95	4.0kg	6.72m	Olga Kotelko	95	BC	Jun. 13 2014	Langley BC	WR
Pre-2010								
W85	5.44kg/12lb	7.72m	Olga Kotelko	85	BC	Jul 17 2004	Calgary AB	

THROWS RECORDS**SHOT PUT — INDOORS**

MEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
M35	7.26kg	17.48m	Bruce Pirnie	37	AB	Feb 24 1979	Edmonton AB	
M40	7.26kg	15.14m	Bruce Pirnie	42	AB	Feb 17 1985	Edmonton AB	
M45	7.26kg	13.25m	Paul Gautier	49	NB	Mar 15 2014	Toronto ON	
M50	6kg	14.33m	Jean-Pierre Mayer	52	ON	Mar 25 2000	Boston MA	
M55	6kg	14.61m	Jim Slepica	55	ON	Mar 02 2013	Ottawa ON	
M60	5kg	13.93m	Jean-Pierre Mayer	61	ON	Mar 2008	Clermont-Ferrand, France	
M65	5kg	13.87m	Marek Glowacki	65	AB	Mar 04 2006	Edmonton AB	
M70	4kg	13.94m	Marek Glowacki	73	BC	Mar 15 2014	Spala, Poland	
M75	4kg	11.76m	Marek Glowacki	77	BC	Mar 03 2018	Edmonton AB	
M80	3kg	11.45m	Rainer Sillantaus	80	BC	Mar 03 2010	Kamloops BC	
M85	3kg	9.97m	Garry Bachman	85	ON	Jan 22 2007	Toronto ON	
M90	3kg	8.81m	Garry Bachman	90	ON	Jan 22 2012	Toronto ON	
M95	3kg	4.07m	Atter Singh Sekhon	95	ON	Feb 24 2019	Toronto ON	

SHOT PUT — INDOORS

WOMEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	4kg	12.90m	Karla Johnson-Gabruch	35	SK	Jan 12 2013	Saskatoon SK	
W40	4kg	14.35m	Georgette Reed	41	AB	Mar 01 2008	Edmonton AB	
W45	4kg	11.15m	Andrea Diener	48	AB	Mar 05 2023	Edmonton AB	
W50	3kg	11.94m	Georgette Reed	52	AB	Mar 10 2019	Edmonton AB	
W55	3kg	10.93m	Elizabeth Hill	55	ON	Mar 19 2016	Toronto ON	
W60	3kg	10.20m	Monica Pomietlarz	61	BC	Feb 28 2020	Kamloops BC	
W65	3kg	10.03m	Doreen Garner	65	ON	Mar 25 2019	Torun, Poland	
W70	3kg	9.18m	Margaret Tosh	72	SK	Dec 19 2009	Saskatoon SK	
W75	2kg	10.25m	Margaret Tosh	75	SK	Dec 15 2012	Saskatoon SK	
W80	2kg	9.50m	Margaret Tosh	80	SK	Feb 10 2018	Regina SK	
W85	2kg	6.49m	Christa Bortignon	85	BC	Feb 25 2022	Kamloops BC	
W90	2kg	5.74m	Olga Kotelko	91	BC	Mar 19 2011	Kamloops BC	
W95	2kg	4.73m	Olga Kotelko	95	BC	Mar 27 2014	Budapest, Hungary	WR

THROWS RECORDS

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MEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
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	14.85m	Marek Glowacki	82	BC	Feb 24 2023	Kamloops BC	
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	WR
M95	5.44kg/12lb	4.79m	Atter Singh Sekhon	95	ON	Feb 24 2019	Toronto ON	

WEIGHT THROW — INDOORS

WOMEN								
GROUP	WEIGHT	RECORD	NAME	AGE	PROVINCE	DATE	LOCATION	WORLD RECORD
W35	9.07kg/20lb	17.64m	Marie-Josée Lejour	35	ON	Mar 16 2014	Montréal QC	
W40	9.07kg/20lb	13.89m	Karla Johnson-Gabruch	44	SK	Dec 17 2022	Saskatoon SK	
W45	9.07kg/20lb	13.06m	Andrea Diener	48	AB	Mar 04 2023	Edmonton AB	
W50	7.26kg/16lb	13.10m	Kristen Dajia	50	ON	Jan 19 2014	Toronto ON	
W55	7.26kg/16lb	12.68m	Kristen Dajia	58	ON	Feb 13 2022	Toronto ON	
W60	5.44kg/12lb	12.03m	Rhona Trott	60	ON	Mar 15 2009	Toronto ON	
W65	5.44kg/12lb	11.46m	Doreen Garner	65	ON	Jan 05 2020	Toronto ON	
W70	5.44kg/12lb	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/12lb	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	WR
W95	4.0kg	6.97m	Olga Kotelko	95	BC	Mar 30 2014	Budapest, Hungary	WR