

CMA INDOOR TRACK AND JUMP RECORDS						19-Sep-23	
Age Group	Record	Record Holder	Age	PR	Date	Venue	
50 Metres							
M35	6.12	Alex Gbaguidi	35	AB	11-Mar-17	Toronto, ON	
M40	6.15	Bruny Surin	42	QC	05-Dec-09	Montreal, QC	
M45	6.36	Michael Lee Foon	45	ON	12-Feb-06	Toronto, ON	
M50	6.39	Kerry Smith	53	ON	11-Feb-07	Toronto, ON	
M55	6.69	Robert Nasato	55	ON	19-Mar-16	Toronto, ON	
M60	7.19	Al Percival	63	BC	14-Mar-15	Toronto, ON	
M65	7.25	Mike Morris	65	ON	12-Feb-06	Toronto, ON	
M70	7.50	Tony Powell	70	ON	05-Jan-14	Toronto, ON	
<b>M75</b>	<b>7.86</b>	<b>Robert Morley</b>	<b>75</b>	<b>ON</b>	<b>25-Feb-23</b>	<b>Toronto, ON</b>	
M80	8.13	Ted Rowan	80	SK	15-Mar-14	Toronto, ON	
M85	9.53	Bill Thompson	85	ON	14-Mar-15	Toronto, ON	
M90	13.47	Atter Singh Sekhon	94	ON	10-Mar-18	Toronto, ON	
M95	14.58	Louis Billinkoff	95	MB	10-Nov-18	Winnipeg, MB	
W35	6.88	Khama Beckles	37	ON	16-Mar-13	Toronto, ON	
W40	7.12	Maureen Rodrigue	40	ON	04-Apr-04	Toronto, ON	
W45	7.35	Karla Del Grande	49	ON	09-Feb-03	Toronto, ON	
W50	7.15	Karla Del Grande	52	ON	12-Feb-06	Toronto, ON	
W55	7.33	Wendy Alexis	58	ON	15-Mar-14	Toronto, ON	
W60	7.25	Karla Del Grande	61	ON	11-Jan-15	Toronto, ON	
W65	7.66	Karla Del Grande	65	ON	06-Jan-19	Toronto, ON	
W70	8.10	Carol LaFayette-Boyd	74	SK	11-Mar-17	Toronto, ON	
W75	8.08	Carol LaFayette-Boyd	75	SK	10-Mar-18	Toronto, ON	
<b>W80</b>	<b>8.61</b>	<b>Carol LaFayette-Boyd</b>	<b>80</b>	<b>SK</b>	<b>04-Feb-23</b>	<b>Regina, SK</b>	
<b>W85</b>	<b>21.73</b>	<b>Agnes Lamb</b>	<b>87</b>	<b>ON</b>	<b>25-Feb-23</b>	<b>Toronto, ON</b>	
60 Metres							
M35	7.05	Duane Napier	35	ON	29-Mar-09	Toronto, ON	
M40	7.05	Jackson Hinton	40	AB	05-Feb-22	Edmonton, AB	
M45	7.23	Andre Francois	45	AB	02-Mar-10	Kamloops, BC	
M50	7.35	Kerry Smith	50	ON	18-Mar-06	Linz, AUT	
M55	7.54	Kerry Smith	55	ON	15-Feb-09	Toronto, ON	
M60	7.80	HaroldMorioka	60	BC	28-Mar-03	Boston, MA	
	7.80	Tom Dickson	60	BC	27-Mar-14	Budapest, HUN	Tie
M65	7.8	Cecil Paul	66	ON	08-Mar-86	Toronto, ON	
M70	8.39	John O'Neill	70	ON	05-Mar-94	Toronto, ON	
M75	8.92	John O'Neill	75	ON	28-Mar-99	Boston, MA	7.8
M80	9.51	David Dunn	80	AB	21-Jan-17	Edmonton, AB	
M85	10.54	David Dunn	85	AB	05-Mar-22	Edmonton, AB	
M90	13.35	Harry Thompson	90	BC	16-Feb-13	Kamloops, BC	
M95	15.51	Atter Singh Sekhon	95	ON	24-Feb-19	Toronto, ON	
W35	7.55	Martine Cloutier-LeBlanc	36	QC	19-Feb-16	Montreal, QC	
W40	7.84	Martine Cloutier-LeBlanc	42	QC	18-Mar-22	New York, NY	

W45	8.15	Noella Lee Pong	49	AB	02-Mar-10	Kamloops, BC	
W50	8.21	Karla Del Grande	50	ON	18-Mar-06	Linz, AUT	
W55	8.49	Karla Del Grande	56	ON	02-Mar-10	Kamloops, BC	
W60	8.56	Karla Del Grande	60	ON	19-Jan-14	Toronto, ON	
W65	8.87	Karla Del Grande	66	ON	19-Jan-20	Toronto, ON	
<b>W70</b>	<b>9.29</b>	<b>Karla Del Grande</b>	<b>70</b>	<b>ON</b>	<b>29-Mar-23</b>	<b>Torun, POL</b>	
W75	9.40	Carol Lafayette-Boyd	75	SK	10-Feb-18	Regina, SK	WR
<b>W80</b>	<b>9.89</b>	<b>Carol Lafayette-Boyd</b>	<b>80</b>	<b>SK</b>	<b>04-Feb-23</b>	<b>Regina, SK</b>	<b>WR</b>
W85	11.18	Christa Bortignon	85	BC	26-Feb-22	Kamloops, BC	WR
W90	15.14	Olga Kotelko	91	BC	02-Mar-10	Kamloops, BC	WR
W95	16.53	Olga Kotelko	95	BC	26-Mar-14	Budapest, HUN	WR
50 Metre H							
M35	7.46	David Valenzuela	36	ON	17-Mar-13	Toronto, ON	
<b>M40</b>	<b>7.12</b>	<b>Jackson Hinton</b>	<b>41</b>	<b>AB</b>	<b>26-Feb-23</b>	<b>Toronto, ON</b>	
M45	7.57	Yannick le Mouël	49	QC	12-Mar-17	Toronto, ON	
M50	8.19	Don Ritchie	50	ON	08-Jan-12	Toronto, ON	
<b>M55</b>	<b>7.58</b>	<b>Yannick le Mouël</b>	<b>55</b>	<b>QC</b>	<b>26-Feb-23</b>	<b>Toronto, ON</b>	
M60	8.44	Glenn Chipkar	60	ON	05-Jan-20	Toronto, ON	
<b>M65</b>	<b>8.20</b>	<b>Ward Hazen</b>	<b>68</b>	<b>ON</b>	<b>26-Feb-23</b>	<b>Toronto, ON</b>	
M70	11.23	Doug Renwick	71	SK	07-Dec-13	Saskatoon, SK	
M75	11.85	Doug Renwick	75	SK	12-Mar-17	Toronto, ON	
M80	11.21	Ted Rowan	81	SK	15-Mar-15	Toronto, ON	
W35	8.0	Liz McBlain	35	AB	12-Feb-83	Edmonton, AB	
W40	9.08	Nicole Luke	44	ON	12-Mar-17	Toronto, ON	
W45	8.90	Nicole Luke	45	ON	10-Mar-18	Toronto, ON	
W50	8.88	Kairy Loucks	51	ON	10-Mar-18	Toronto, ON	
W55	8.83	Muriel Gieni	59	SK	10-Mar-18	Toronto, ON	
W60	9.57	Rhona Trott	60	ON	15-Mar-09	Toronto, ON	
W65	11.11	Deborah Lee	65	BC	19-Mar-16	Toronto, ON	
W75	11.52	Christa Bortignon	78	BC	15-Mar-15	Toronto, ON	
60 Metre H							
M35	8.11	Tim Kroeker	38	BC	05-Mar-10	Kamloops, BC	
M40	8.12	Jackson Hinton	40	AB	06-Mar-22	Edmonton, AB	
M45	8.75	Yannick Le Mouel	47	QC	07-Feb-15	Montreal, QC	
M50	8.76	Yannick Le Mouel	54	QC	26-Mar-22	Saint John, NB	
<b>M55</b>	<b>8.78</b>	<b>Yannick Le Mouel</b>	<b>55</b>	<b>QC</b>	<b>31-Mar-23</b>	<b>Torun, POL</b>	
M60	9.44	Ward Hazen	60	ON	14-Mar-15	Toronto, ON	
<b>M65</b>	<b>9.72</b>	<b>Ward Hazen</b>	<b>68</b>	<b>ON</b>	<b>25-Feb-23</b>	<b>Toronto, ON</b>	
M70	10.79	Richard Lech	72	ON	08-Mar-20	Toronto, ON	
M75	12.2	Karl Trei	77	ON	07-Mar-87	Toronto, ON	
M80	12.93	Ted Rowan	81	SK	14-Mar-15	Toronto, ON	
M85	14.36	Karl Trei	85	ON	04-Mar-95	Toronto, ON	
<b>M90</b>	<b>16.63</b>	<b>Arnold Nett</b>	<b>90</b>	<b>AB</b>	<b>25-Mar-23</b>	<b>Saskatoon, SK</b>	
W35	7.99	Angela Whyte	35	AB	18-Mar-16	Portland, OR	
W40	8.95	Leslie Estwick	40	ON	24-Mar-01	Boston, MA	

W45	9.96	B. J. Freeman	49	AB	02-Mar-08	Edmonton, AB	
W50	9.96	B. J. Freeman	50	AB	07-Feb-09	Edmonton, AB	
W55	10.23	Muriel Gieni	59	SK	10-Mar-18	Toronto, ON	
W60	10.55	Muriel Gieni	63	SK	18-Feb-22	Saskatoon, SK	
<b>W65</b>	<b>11.47</b>	<b>Patricia Szybunka</b>	<b>65</b>	<b>BC</b>	<b>24-Feb-23</b>	<b>Kamloops, BC</b>	
W70	14.35	Deborah Lee	71	BC	27-Feb-22	Kamloops, BC	
W75	13.39	Christa Bortignon	75	BC	16-Mar-12	Bloomington, IN	
200 Metres							
M35	22.4	Kerry Smith	38	ON	07-Mar-92	Toronto, ON	
M40	23.09	Andre Francois	42	AB	04-Mar-07	Edmonton, AB	
M45	23.01	Andre Francois	45	AB	03-Mar-10	Kamloops, BC	
M50	23.3	Harold Morioka	50	BC	13-Feb-93	Moscow, ID	
<b>M55</b>	<b>24.05</b>	<b>Christopher Warburton</b>	<b>57</b>	<b>ON</b>	<b>31-Mar-23</b>	<b>Torun, POL</b>	
M60	25.98	Tom Dickson	60	BC	28-Mar-14	Budapest, HUN	
M65	26.81	Tony Powell	65	ON	15-Feb-09	Toronto, ON	
M70	28.46	Earl Fee	70	ON	28-Mar-99	Boston, MA	
M75	30.59	Earl Fee	76	ON	16-Mar-06	Linz, AUT	
M80	32.07	Earl Fee	80	ON	29-Mar-09	Toronto, ON	
M85	37.58	David Dunn	85	AB	06-Mar-22	Edmonton, AB	
M90	48.38	Harry Thompson	90	BC	17-Feb-13	Kamloops, BC	
M95	01:07.6	Atter Singh Sekhon	95	ON	24-Feb-19	Toronto, ON	
W35	25.43	Angela Whyte	37	AB	16-Feb-18	Ann Arbor, MI	
<b>W40</b>	<b>25.82</b>	<b>Martine Cloutier-LeBlanc</b>	<b>42</b>	<b>QC</b>	<b>31-Mar-23</b>	<b>Torun, POL</b>	
W45	27.17	Noella Lee Pong	49	AB	03-Mar-10	Kamloops, BC	
W50	26.56	Karla Del Grande	52	ON	16-Mar-06	Linz, AUT	
W55	27.62	Karla Del Grande	56	ON	28-Mar-10	Boston, MA	
W60	28.23	Karla Del Grande	60	ON	28-Mar-14	Budapest, HUN	
W65	29.73	Karla Del Grande	66	ON	29-Mar-19	Torun, POL	WR
<b>W70</b>	<b>31.18</b>	<b>Karla Del Grande</b>	<b>70</b>	<b>ON</b>	<b>31-Mar-23</b>	<b>Torun, POL</b>	<b>WR</b>
W75	32.26	Carol Lafayette-Boyd	76	SK	10-Mar-19	Edmonton, AB	WR
<b>W80</b>	<b>35.51</b>	<b>Carol Lafayette-Boyd</b>	<b>80</b>	<b>SK</b>	<b>03-Feb-23</b>	<b>Regina, SK</b>	<b>WR</b>
W85	42.09	Christa Bortignon	85	BC	27-Feb-22	Kamloops, BC	WR
W90	1:00.72	Olga Kotelko	91	BC	03-Mar-10	Kamloops, BC	WR
W95	1:14.14	Olga Kotelko	95	BC	28-Mar-14	Budapest, HUN	WR
400 Metres							
M35	49.46	Ray Cardinal	36	ON	26-Feb-83	Sherbrooke, QC	
M40	51.21	Peter Lawson	42	NS	12-Feb-11	Boston, MA	
M45	51.8	Harold Morioka	46	BC	18-Feb-89	Moscow, ID	
M50	52.2	Harold Morioka	50	BC	13-Feb-93	Moscow, ID	
	52.72	Harold Morioka	52	BC	25-Feb-95	Reno, NV	
M55	54.36	Harold Morioka	56	BC	27-Mar-99	Boston, MA	
M60	55.62	Harold Morioka	60	BC	29-Mar-03	Boston, MA	WR
M65	59.53	Earl Fee	65	ON	25-Feb-95	Reno, NV	
M70	1:01.31	Earl Fee	70	ON	27-Mar-99	Boston, MA	
M75	1:06.28	Earl Fee	75	ON	26-Mar-04	Boston, MA	
M80	1:11.24	Earl Fee	80	ON	19-Mar-09	Toronto, ON	
M85	1:21.26	Earl Fee	85	ON	30-Mar-14	Budapest, HUN	

M90	1:30.75	Earl Fee	90	ON	23-Mar-19	Grinnell, IA	WR
M95	3:06.60	Atter Singh Sekhon	95	ON	24-Feb-19	Toronto, ON	
W35	59.09	Jeannette Van Den Bulk	36	BC	01-Mar-14	Edmonton, AB	
W40	1:00.90	Maureen Rodrigue	40	ON	26-Mar-04	Boston, MA	
W45	1:01.62	Karla Del Grande	49	ON	22-Feb-03	Toronto, ON	
W50	1:01.38	Karla Del Grande	51	ON	26-Feb-05	Toronto, ON	
W55	1:05.56	Karla Del Grande	58	ON	12-Feb-12	Toronto, ON	
W60	1:06.93	Karla Del Grande	60	ON	10-Mar-18	Toronto, ON	
W65	1:08.39	Karla Del Grande	65	ON	26-Mar-19	Torun, POL	WR
<b>W70</b>	<b>1:11.34</b>	<b>Karla Del Grande</b>	<b>70</b>	<b>ON</b>	<b>27-Mar-23</b>	<b>Torun, POL</b>	<b>WR</b>
W75	1:25.90	Christa Bortignon	75	BC	18-Feb-12	Kamloops, BC	
W80	1:32.61	Christa Bortignon	80	BC	25-Mar-17	Daegu, KOR	
W85	2:07.42	Alice Cole	86	QC	30-Nov-19	Montreal, QC	
W90	3:31.50	Olga Kotelko	93	BC	08-Apr-12	Jyvaskyla, FIN	
800 Metres							
M35	1:58.41	Mark Knoop	39	BC	04-Mar-07	Edmonton, AB	
M40	1:55.83	Ian Newhouse	40	ON	08-Feb-97	Winnipeg, MB	
M45	1:58.51	Michael Sherar	46	ON	21-Feb-10	Toronto, ON	
<b>M50</b>	<b>2:02.96</b>	<b>Patrice Doucet</b>	<b>50</b>	<b>QC</b>	<b>11-Feb-23</b>	<b>Boston, MA</b>	
M55	2:08.09	Jim Dyck	56	ON	20-Mar-22	New York, NY	
M60	2:14.42	Harold Morioka	60	BC	30-Mar-03	Boston, MA	
	2:14.42	Mark Pinckard	61	BC	20-Mar-22	New York, NY	Tie
M65	2:16.80	Earl Fee	65	ON	27-Mar-94	Columbia, MO	
M70	2:20.45	Earl Fee	70	ON	28-Mar-99	Boston, MA	WR
M75	2:32.47	Earl Fee	75	ON	26-Mar-04	Boston, MA	WR
M80	2:52.57	Earl Fee	81	ON	28-Mar-10	Boston, MA	
M85	3:11.09	Earl Fee	85	ON	28-Mar-14	Budapest, HUN	
M90	3:42.52	Earl Fee	90	ON	23-Mar-19	Grinnell, IA	WR
W35	2:17.78	Melina Thibodeau	36	BC	02-Mar-08	Edmonton, AB	
W40	2:13.69	Erna Kozak	40	BC	23-Feb-86	Edmonton, AB	
W45	2:22.25	Annie Bunting	47	ON	10-Mar-12	Toronto, ON	
W50	2:25.02	Patty Blanchard	50	NB	22-Dec-07	Moncton, NB	
W55	2:31.73	Kathryn Martin	55	CAN	25-Mar-07	Boston, MA	
<b>W60</b>	<b>2:51.12</b>	<b>Makie Ohler</b>	<b>60</b>	<b>ON</b>	<b>25-Feb-23</b>	<b>Toronto, ON</b>	
W65	2:44.35	Kathryn Martin	65	CAN	19-Feb-17	Albuquerque, NM	WR
W70	3:14.00	Jean Horne	71	ON	06-Mar-04	Toronto, ON	
	3:12.80	Jean Horne (h)	70	ON	26-Jan-03	Toronto, ON	
W75	3:45.05	Christa Bortignon	76	BC	22-Mar-13	Landover, MD	
W80	3:39.51	Alice Cole	80	QC	28-Mar-14	Budapest, HUN	WR
W85	4:52.80	Lenore Montgomery	85	BC	14-Feb-16	Kamloops, BC	
W90	8:49.15	Olga Kotelko	93	BC	03-Apr-12	Jyvaskyla, FIN	
1500 Metres							

M35	3:57.96	Rich Tremain	36	ON	05-Jan-08	Toronto, ON	
M40	3:58.6	Dave Stewart	41	ON	09-Feb-90	NJ, USA	
M45	4:04.7	Wayne Stewart	45	NB	27-Feb-93	Brunswick, NJ	
M50	4:16.90	Paul Osland	50	ON	30-Mar-14	Budapest, HUN	
M55	4:26.22	Stuart Galloway	55	ON	13-Feb-16	Toronto, ON	
<b>M60</b>	<b>4:38.94</b>	<b>Mark Pinckard</b>	<b>62</b>	<b>BC</b>	<b>01-Apr-23</b>	<b>Torun, POL</b>	
M65	4:47.11	Earl Fee	65	ON	26-Mar-94	Columbia, MO	
M70	5:12.22	Ed Whitlock	72	ON	21-Feb-04	Toronto, ON	
M75	5:20.04	Ed Whitlock	75	ON	17-Feb-07	Toronto, ON	WR
M80	5:48.47	Ed Whitlock	80	ON	20-Mar-11	Kamloops, BC	
M85	6:38.87	Ed Whitlock	85	ON	19-Mar-16	Toronto, ON	
M90	10:33.10	Harry Thompson	90	BC	16-Feb-13	Kamloops, BC	
W35	4:26.39	Sasha Gollish	36	ON	10-Mar-18	Windsor, ON	
<b>W40</b>	<b>4:28.12</b>	<b>Sasha Gollish</b>	<b>41</b>	<b>ON</b>	<b>17-Feb-23</b>	<b>Toronto, ON</b>	
W45	4:43.73	Maria Zambrano	46	AB	03-Mar-17	Edmonton, AB	
W50	4:57.60	Kathryn Martin	52	CAN	08-Feb-04	Brenwood, NY	
W55	4:58.70	Kathryn Martin	55	CAN	22-Feb-07	New York, NY	
W60	5:26.66	Patty Blanchard	60	NB	03-Feb-18	Oromocto, NB	
W65	5:25.29	Kathryn Martin	65	CAN	25-Mar-17	Daegu, KOR	WR
W70	6:43.91	Helly Visser	70	AB	17-Jan-04	Edmonton, AB	
W75	7:31.00	Helly Visser	77	AB	13-Feb-11	Edmonton, AB	
W80	7:38.11	Helly Visser	80	AB	01-Mar-14	Edmonton, AB	WR
W85	9:31.42	Lenore Montgomery	85	BC	13-Feb-16	Kamloops, BC	
1 Mile							
M35	4:36.64	Adam Hammond	38	ON	02-Feb-20	Toronto, ON	
M40	04:15.47	Dave Stewart	41	ON	09-Mar-90	NJ, USA	
M45	04:31.49	Alain Boucher	45	ON	24-Jan-09	Ithaca, NY	
M50	04:36.65	Roly McSorley	50	NB	24-Feb-01	Brunswick, NJ	
M55	04:45.82	Stuart Galloway	55	ON	04-Mar-16	New York, NY	
M60	5:05.21	Mark Pinckard	61	BC	20-Mar-22	New York, NY	
M65	05:13.3	Earl Fee	67	ON	23-Mar-96	Warren, MI	
M70	05:39.52	Earl Fee	74	ON	20-Jan-01	Ithaca, NY	
M75	05:41.95	Earl Fee	75	ON	26-Mar-04	Boston, MA	WR
M80	06:44.44	Ed Whitlock	82	ON	2-Feb-14	Toronto, ON	
W35	4:39.56	Courtney Babcock	36	CAN	30-Jan-09	New York, NY	
W40	4:38.73	Sasha Gollish	40	ON	27-Feb-22	Toronto, ON	WR
W45	05:08.60	Patty Blanchard	45	NB	25-Jan-03	Ithaca N.Y.	
W50	05:10.87	Maureen De St Croix	52	BC	22-Jan-05	Ithaca N.Y.	
W55	5:19.87	Kathryn Martin	55	CAN	02-Mar-07	New York, NY	
W60	5:47.25	Kathryn Martin	62	CAN	15-Mar-14	Boston, MA	
W65	5:51.74	Kathryn Martin	65	CAN	02-Mar-17	New York, NY	WR
W70	07:20.42	Jean Horne	74	ON	11-Feb-07	Toronto, ON	
W75	08:05.93	Helly Visser	77	AB	13-Feb-11	Edmonton, AB	
W80	08:19.70	Helly Visser	80	AB	15-Mar-14	Edmonton, AB	WR
W85	13:00.96	Ivy Granstrom	87	BC	27-Mar-99	Boston, MA	WR
3000 Metres							

M35	8:06.76	Graeme Fell	35	BC	13-Jan-95	Hamilton, ON	
M40	08:24.7	Chris McCubbins	40	MB	18-Jan-86	Winnipeg, MB	
M45	8:54.04	Wayne Stewart	45	NB	21-Mar-93	Moncton, NB	
M50	9:05.43	Jerry Kooymans	50	ON	24-Mar-06	Boston, MA	
M55	9:41.54	Simon Rayner	55	ON	24-Mar-19	Torun, POL	
M60	10:05.3	Ed Whitlock	62	ON	05-Mar-94	Toronto, ON	
M65	10:11.60	Ed Whitlock	65	ON	09-Mar-96	Toronto, ON	
M70	10:52.40	Ed Whitlock	73	ON	26-Feb-05	Toronto, ON	
M75	11:17.21	Ed Whitlock	75	ON	03-Mar-07	Toronto, ON	WR
M80	12:00.88	Ed Whitlock	80	ON	19-Mar-11	Kamloops, BC	WR
M85	13:41.96	Ed Whitlock	85	ON	19-Mar-16	Toronto, ON	WR
M90	24:53.52	Harry Thompson	91	BC	16-Feb-14	Kamloops, BC	
W35	9:03.66	Courtney Babcock	36	CAN	07-Feb-09	Boston, MA	
<b>W40</b>	<b>9:36.34</b>	<b>Sasha Gollish</b>	<b>41</b>	<b>ON</b>	<b>17-Feb-23</b>	<b>Toronto, ON</b>	
W45	9:54.78	Maria Zambrano	46	AB	11-Mar-17	Toronto, ON	
<b>W50</b>	<b>10:10.06</b>	<b>Maria Zambrano</b>	<b>52</b>	<b>AB</b>	<b>04-Mar-23</b>	<b>Edmonton, AB</b>	
W55	10:35.76	Kathryn Martin	55	CAN	23-Mar-07	Boston, MA	
<b>W60</b>	<b>11:40.99</b>	<b>Makie Ohler</b>	<b>60</b>	<b>ON</b>	<b>05-Feb-23</b>	<b>Toronto, ON</b>	
W65	11:35.98	Kathryn Martin	65	CAN	22-Mar-17	Daegu, KOR	WR
W70	14:51.1	Molly Turner	71	ON	11-Mar-06	Toronto, ON	
W75	15:51.06	Helly Visser	78	AB	11-Mar-12	Edmonton, AB	
W80	15:57.73	Helly Visser	80	AB	08-Feb-14	Edmonton, AB	WR
W85	19:59.56	Lenore Montgomery	85	BC	12-Feb-16	Kamloops, BC	
5000 Metres							
M35	15:04.3	Ken Hamilton	37	ON	07-Mar-87	Toronto, ON	
M40	14:40.1	Chris McCubbins	42	MB	10-Jan-88	Winnipeg, MB	
M45	15:50.6	Benjamin Johns	48	ON	02-Mar-85	Toronto, ON	
M50	16:07.3	Benjamin Johns	50	ON	08-Mar-86	Toronto, ON	
M55	16:27.80	Stuart Galloway	55	ON	20-Feb-16	Winston Salem, NC	
<b>M60</b>	<b>17:50.63</b>	<b>Stuart Galloway</b>	<b>62</b>	<b>ON</b>	<b>12-Mar-23</b>	<b>Toronto, ON</b>	
M65	19:19.31	Robert Jackson	65	NB	27-Mar-22	Saint John, NB	
M70	22:13.69	Jack Geddes	74	ON	08-Jan-12	Toronto, ON	
M75	23:29.18	Jack Geddes	75	ON	03-Feb-13	Toronto, ON	
M80	30:35.78	David Willet	80	ON	08-Jan-12	Toronto, ON	
W35	19:00.81	Mary Unsworth	38	ON	31-Jan-16	Toronto, ON	
W40	17:07.11	Mary Unsworth	40	ON	21-Jan-18	Toronto, ON	
W45	18:02.30	Tiffany Newell	49	ON	13-Feb-22	Toronto, ON	
W50	18:58.48	Agathe Nicholson	51	ON	08-Jan-12	Toronto, ON	
W55	21:48.46	Lynn Kobayashi	57	ON	24-Feb-13	Toronto, ON	
W60	22:52.51	Lynn Kobayashi	61	ON	29-Jan-17	Toronto, ON	
W65	24:02.87	Clara Northcott	65	ON	02-Feb-20	Toronto, ON	
HIGH JUMP							

M35	1.93	Zoltan Sara	37	ON	17-Mar-13	Toronto, ON	
M40	1.87	Zoltan Sara	42	ON	21-Jan-18	Toronto, ON	
M45	1.82	John Hawkins	45	BC	02-Mar-97	Birmingham, AL	
M50	1.85	Istvan Mayor	52	ON	02-Mar-02	Toronto, ON	
M55	1.71	John Hawkins	55	BC	03-May-05	Kenosha, WI	
M60	1.65	John Hawkins	60	BC	06-Mar-10	Kamloops, BC	
M65	1.49	Ian Hume	65	QC	14-Feb-81	Toronto, ON	
M70	1.42	Ian Hume	70	QC	24-Mar-85	West Point, NY	
M75	1.37	Ian Hume	75	QC	24-Mar-90	Madison, WI	
M80	1.15	Ted Rowan	80	BC	15-Mar-14	Toronto, ON	
M85	1.09	Earl Fee	86	ON	30-Dec-15	Toronto, ON	
<b>M90</b>	<b>0.93</b>	<b>Arnold Nett</b>	<b>90</b>	<b>AB</b>	<b>04-Feb-23</b>	<b>Edmonton, AB</b>	
W35	1.64	Liz McBlain	35	AB	28-Jan-84	Saskatoon, SK	
W40	1.72	Debbie Brill	41	BC	25-Feb-95	Reno, NV	
W45	1.60	Debbie Brill	49	BC	15-Feb-02	Hamilton, ON	
W50	1.50	Jeannie Cockcroft	52	BC	03-Feb-18	Richmond, BC	
	1.50	Sunette Lessing	52	BC	29-Feb-20	Kamloops, BC	Tie
W55	1.46	Monica Pomietlarz	59	BC	10-Mar-18	Kamloops, BC	
<b>W60</b>	<b>1.40</b>	<b>Monica Pomietlarz</b>	<b>64</b>	<b>BC</b>	<b>24-Feb-23</b>	<b>Kamloops, BC</b>	
W65	1.25	Carol Lafayette-Boyd	69	SK	21-Apr-12	Regina, SK	
W70	1.21	Carol Lafayette-Boyd	71	SK	26-Mar-14	Budapest, HUN	
W75	1.19	Carol Lafayette-Boyd	75	SK	10-Mar-18	Toronto, ON	
W80	0.96	Helgi Pedel	80	ON	06-Mar-04	Toronto, ON	
W85	0.89	Olga Kotelko	85	BC	10-Mar-04	Sindelfingen, GER	
W90	0.77	Olga Kotelko	93	BC	16-Feb-13	Kamloops, BC	WR
W95	0.78	Olga Kotelko	95	BC	26-Mar-14	Budapest, HUN	WR
<b>POLE VAULT</b>							
M35	4.80	Kevin Bryan Lake	35	QC	25-Apr-05		
M40	4.42	Roger Ruth	44	BC	23-Feb-72	Seattle, WA	
M45	4.42	Roger Ruth	45	BC	18-Feb-73	Seattle, WA	
M50	4.23	Yannick Le Mouel	50	QC	24-Feb-18	Sherbrooke, QC	
<b>M55</b>	<b>3.90</b>	<b>Yannick Le Mouel</b>	<b>55</b>	<b>QC</b>	<b>14-Jan-23</b>	<b>Sherbrooke, QC</b>	
M60	3.40	Warren Hamill	62	BC	06-Mar-08	Victoria, BC	
<b>M65</b>	<b>3.40</b>	<b>Tony Salmon</b>	<b>68</b>	<b>QC</b>	<b>04-Feb-23</b>	<b>Quebec City, QC</b>	
M70	2.75	Gerard Dumas	70	BC	17-Mar-05	Victoria, BC	
M75	2.60	Stan Egerton	75	ON	03-Mar-01	Toronto, ON	
M80	2.12	Gerard Dumas	80	BC	26-Mar-15	Victoria, BC	
M85	1.50	Joe Giegerich	85	BC	09-Mar-18	Kamloops, BC	
W35	3.60	Teresa Logozar	39	MB	02-Mar-12	Winnipeg, MB	
W40	2.95	Charlotte Ireland	40	ON	05-Jan-20	Toronto, ON	
W45	3.20	Teresa Logozar	45	MB	20-Jan-18	Winnipeg, MB	
W50	2.42	Louise Bonneau	50	QC	01-Feb-20	Montreal, QC	
W55	2.50	Nancy Craig	56	BC	25-Feb-22	Kamloops, BC	
W60	2.10	Jutta Riegel	60	QC	24-Mar-00	Boston, MA	
W65	2.00	Jutta Riegel	66	QC	11-Mar-06		
W80	0.85	Olga Kotelko	82	BC	03-Mar-01	Edmonton, AB	

LONG JUMP							
M35	6.36	Ron Thompson	36	AB	07-Mar-87	Toronto, ON	
	6.36	Clayton Latham	36	ON	26-Feb-17	Toronto, ON	Tie
M40	6.66	Garfield Bennett	42	AB	12-Feb-06	Edmonton, AB	
M45	6.20	Nigel John	45	ON	10-Mar-18	Toronto, ON	
M50	6.16	Jim Bissenden	51	BC	04-Mar-10	Kamloops, BC	
M55	5.55	Barry Boyd	55	AB	04-Mar-07	Edmonton, AB	
M60	5.17	Alan Slater	60	ON	04-Jan-03	Toronto, ON	
	5.17	Jean-Pierre Mayer	60	ON	18-Mar-08	Clermont-Ferrand, FRA	
M65	4.66	Alan Slater	65	ON	10-Feb-08	Toronto, ON	
M70	4.41	Ian Hume	70	QC	02-Mar-85	Toronto, ON	
M75	4.13	Ted Rowan	76	SK	08-Mar-09	Edmonton, AB	
M80	3.67	Ted Rowan	81	SK	07-Mar-15	Kenosha, WI	
M85	3.12	Karl Trei	85	ON	04-Mar-95	Toronto, ON	
M90	2.49	Karl Trei	90	ON	28-Mar-99	Boston, MA	
M95	1.45	Atter Singh Sekhon	95	ON	08-Mar-19	Edmonton, AB	
W35	5.92	Angela Whyte	37	AB	16-Feb-18	Ann Arbor, MI	
W40	5.54	Leslie Estwick	40	ON	24-Mar-01	Boston, MA	
W45	4.70	Susanne Lauridsen	49	AB	03-Mar-07	Edmonton, AB	
W50	4.77	B.J. Freeman	50	AB	07-Mar-09	Edmonton, AB	
W55	4.39	Muriel Gieni	56	SK	23-Jan-15	Saskatoon, SK	
W60	4.26	Carol Lafayette- Boyd	63	SK	25-Mar-06	Regina, SK	
W65	4.28	Carol Lafayette- Boyd	66	SK	13-Feb-10	Regina, SK	
W70	3.99	Carol Lafayette- Boyd	70	SK	02-Mar-13	Winnipeg, MB	
W75	3.97	Carol Lafayette- Boyd	75	SK	20-Jan-18	Edmonton, AB	WR
W80	3.54	Carol Lafayette- Boyd	80	SK	10-Dec-22	Regina, SK	WR
W85	2.70	Christa Bortignon	85	BC	27-Feb-22	Kamloops, BC	WR
W90	1.70	Olga Kotelko	92	BC	19-Mar-11	Kamloops, BC	
W95	1.57	Olga Kotelko	95	BC	27-Mar-14	Budapest, HUN	WR
TRIPLE JUMP							
M35	14.49	Bob Polischuk	39	SK	04-Jan-91	Saskatoon, SK	
M40	14.65	Garfield Bennett	42	AB	04-Mar-06	Edmonton, AB	
M45	13.27	Gezim Dimnaku	45	AB	20-Jan-18	Edmonton, AB	
M50	12.54	Derek Boosey	50	ON	06-Feb-93	Syracuse, NY	
M55	11.80	Peter Lord	55	NS	22-Dec-18	Moncton, NB	
M60	10.97	Thevarajan Sinnathathurai	60	ON	09-Mar-14	Toronto, ON	
M65	10.24	Alan Slater	65	ON	27-Jan-08	Toronto, ON	
M70	9.56	Ian Hume	70	QC	02-Mar-85	Toronto, ON	
M75	8.56	Ian Hume	75	QC	25-Mar-90	Madison, WI	
M80	7.35	Ted Rowan	80	BC	16-Mar-14	Toronto, ON	
M85	6.67	Karl Trei	85	ON	25-Mar-94		
<b>M90</b>	<b>5.35</b>	<b>Arnold Nett</b>	<b>90</b>	<b>AB</b>	<b>04-Mar-23</b>	<b>Edmonton, AB</b>	
W35	12.07	Michelle Hastick-Cowell	35	ON	29-Mar-09	Toronto, ON	
W40	10.64	Michelle Hastick-Cowell	41	ON	15-Mar-15	Toronto, ON	
<b>W45</b>	<b>9.66</b>	<b>Michelle Hastick-Cowell</b>	<b>49</b>	<b>ON</b>	<b>26-Feb-23</b>	<b>Toronto, ON</b>	
W50	9.32	Susanne Lauridsen	50	AB	21-Mar-08	Clermont-Ferrand, FRA	
W55	9.44	Muriel Gieni	58	SK	12-Mar-17	Toronto, ON	



W60	8.66	Carol Lafayette- Boyd	63	SK	18-Feb-06-	Regina, SK	
W65	8.65	Carol Lafayette- Boyd	66	SK	21-Mar-09	Saskatoon, SK	
W70	8.18	Carol Lafayette- Boyd	70	SK	09-Feb-13	Regina, SK	
W75	8.46	Carol Lafayette- Boyd	75	SK	21-Jan-18	Edmonton, AB	WR
<b>W80</b>	<b>7.66</b>	<b>Carol Lafayette- Boyd</b>	<b>80</b>	<b>SK</b>	<b>03-Feb-23</b>	<b>Regina, SK</b>	<b>WR</b>
W85	6.35	Christa Bortignon	85	BC	26-Feb-22	Kamloops, BC	WR
W90	4.14	Olga Kotelko	91	BC	05-Mar-10	Kamloops, BC	WR
W95	3.68	Olga Kotelko	95	BC	29-Mar-14	Budapest, HUN	WR