

CANADIAN MASTERS Outdoor Championships

Meet Records

Compiled by Doug Smith

	Venue	Newsletter	Missing results from 1982	
1974	Richmond BC	#26		
1975	Cancelled—WAVA meet			
1976	Oshawa ON	#43		
1977	Montreal - Olympic Pk	#48		
1978	Victoria BC	#54		
1979	Scarborough - Birchmount	Results book	North American Champs	
1980	Hull PQ	#64		
1981	Richmond BC	#68		
1982	Ottawa ON	??	North American Champs	
1983	Toronto - York	#75		
1984	Richmond BC	#79		
1985	Oshawa ON	#82		
1986	Sherbrooke PQ	#84		
1987	Richmond BC	#87 - 3		
1988	Toronto - York	#88	North American Champs	
1989	Edmonton AB	Communique #3		
1990	Montreal- E. Desmarteau		Comm #4	
1991	Ottawa ON	#93		
1992	Regina SK	#96		
1993	Etobicoke ON	#98		
1994	Edmonton AB	#99	NCCWAVA Champs	
1995	Hamilton ON	#101		
1996	Victoria BC	#103		
1997	Toronto - York ON	#105		
1998	Saskatoon SK	#108		
1999	Sherbrooke PQ	#111		
2000	Kamloops BC	#115	NCCWAVA Champs	
2001	Toronto - York ON	#119		
2002	Toronto - York ON	#123		
2003	Richmond BC	#127		
2004	Calgary AB *30th	#131		
2005	Toronto - York ON	#134		
2006	Dieppe NB	#137		
2007	Saint John NB	#140		
2008	Regina SK	#143		
2009	Kamloops BC			
2010	Toronto - York			
2011	Toronto—Varsity Centre			
100m		0.24 added to hand times where indicated		
M30	Allen, Desmond	ON	10.97	Toronto 2005
M35	Walton, Alfonzo	USA	11.15	Toronto 1988
M40	Provo, David Lee	BC	11.10	Richmond 2003
M45	Morioka, Harold (Heat 1)	BC	11.11	Toronto 1988
M50	Robbins, Stephen	USA	11.48	Edmonton 1994
M55	Tyler, Scott	ON	11.9 = 12.14	Hamilton 1995
M60	Robbins, Steve	USA	12.44	Saint John 2007
M65	Paddie, James	USA	12.92	Calgary 2004
M70	Duncan, Percy	ON	13.64	Oshawa 1985
M75	O'Neill, John	ON	14.34	Sherbrooke 1999
M80	Silverstein, Milton	USA	15.83	Kamloops 2000
M85	Boas, Konrad	USA	18.81	Toronto 1988
M90	Trei, Karl	ON	23.48	Sherbrooke 1999
W30	Mortimer, Lisa	BAH	12.72	Regina 2008
W35	Hendershot, Marg	ON	12.67	Ottawa 1991
W40	Noella Lee Pong	AB	12.75	Calgary 2004
W45	Libal, Mary	USA	13.07	Victoria 1996
W50	Del Grande, Karla	ON	12.98	Toronto 2005
W55	Wendy Alexis	ON	13.64	Toronto 2010
W60	Jager, Kathy	USA	14.23	Richmond 2003
W65	Lafayette-Boyd,Carol	SK	14.36	Saint John 2007
W70	Peterson, Pat	USA	16.88	Victoria 1996
W75	S-Cunningham, Isobel	ON	18.31	Ottawa 1991
W80	Cunningham, Isobel	ON	20.98	Edmonton 1994
W85	Kotelko, Olga	BC	21.83	Calgary 2004
W90	Kotelko, Olga	BC	24.89	Kamloops 2009
200m				
M30	Montgomery, Randal	USA	22.3 = 22.54	Richmond 1981
M35	Eves, Lynn (Canadian	USA	22.4 = 22.64	Richmond 1974
M40	Provo, David Lee	BC	22.47	Richmond 2003
M45	Johnson, Glennie	USA	23.53	Toronto 1988
	Horton, George	ON	23.4 = 23.64	Hull 1980
M50	Smith, Kerry	ON	23.63	Toronto 2005
M55	Guidet, Al	USA	24.7 = 24.94	Richmond 1974
M60	Powell, Tony	ON	25.72	Toronto 2005
M65	Tony Powell	ON	26.89	Toronto 2010
M70	Fee, Earl	ON	28.61	Sherbrooke 1999
M75	O'Neill, John	ON	31.07	Sherbrooke 1999
M80	Silverstein, Milton	USA	32.71	Kamloops 2000
M85	Boas, Konrad	USA	40.36	Toronto 1988
W30	Williams, Foy	ON	24.99	Toronto 2005
W35	Hendershot, Marg	ON	25.85	Ottawa 1991
W40	Raschker, Phil	USA	26.74	Toronto 1988
W45	Tucker, Lorraine		25.49	Regina 1992
W50	Del Grande, Karla	ON	26.22	Toronto 2005
W55	Douglas, Avril	BC	27.90	Toronto 2001
W60	Jager, Kathy	USA	29.69	Richmond 2003
W65	Lafayette-Boyd,Carol	SK	29.99	Saint John 2007
W70	Palmason, Diane	BC	33.70	Kamloops 2009
W75	Valien, Johnnye	USA	39.58	Kamloops 2000
W80	Kotelko, Olga	BC	46.95	Kamloops 2000
W85	Kotelko, Olga	BC	52.07	Calgary 2004
400m				
M30	Gordon, Ian	AB	51.7 = 51.94	Richmond 1981
M35	Cardinal, Ray	ON	49.86	Toronto 1983
M40	Lawson, Peter	NB	51:28	Toronto 2011
M45	Johnson, Glennie	USA	51.18	Toronto 1988
M50	Morioka, Harold	BC	53.60	Edmonton 1994
M55	Morioka, Harold	BC	54.30	Kamloops 2000
M60	Romain, Ralph	TRI	56.91	Edmonton 1994
M65	Johnson, Paul	USA	59.14	Kamloops 2000
M70	Fee, Earl	ON	63.20	Sherbrooke 1999
M75	Fee, Earl	ON	66.73	Toronto 2005
M80	Fee, Earl	ON	1:11.94	Toronto 2011
M85	Boas, Konrad	USA	1:34.95	Toronto 1988

W30	Williams, Foy	ON	55.11	Toronto 2005
W35	Fisher, Jennifer	BERM	58.11	Victoria 1996
W40	Rodrigue, Maureen	ON	61.23	Toronto 2005
W45	Libal, Mary	USA	58.94	Victoria 1996
W50	Del Grande, Karla	ON	60.33	Toronto 2005
W55	Douglas, Avril	BC	62.40	Toronto 2001
W60	Douglas, Avril	BC	73.50	Kamloops 2009
W65	Daprano, Jeanne	USA	1:15.39	Richmond 2003
W70	Palmason, Diane	BC	1:17.14	Kamloops 2009
W75	Cameron, Hazel	CAN	1:40.64	Kamloops 2000
W80	Fleming, Annie	CAN	1:59.83	Kamloops 2000
W85	Granstrom, Ivy	CAN	2:29.50	Saskatoon 1998
800m				
M30	Adams, Barry	BC	1:54.6	Richmond 1974
M35	Adams, Barry	BC	1:58.8	Richmond 1981
M40	Tucker, Ray	ON	1:58.14	Toronto 1988
M45	Tucker, Ray	ON	2:04.30	Etobicoke 1993
M50	Deighan, Chris	ON	2:07.68	Toronto 2011
M55	Miller, Ralph	USA	2:10.47	Richmond 1987
M60	Fee, Earl	ON	2:15.47	Ottawa 1991
M65	Fee, Earl	ON	2:15.3	Hamilton 1995
M70	Fee, Earl	ON	2:30.12	Toronto 2002
M75	Fee, Earl	ON	2:37.04	Dieppe 2006
M80	Earl, Fee	ON	2:55.42	Toronto 2011
M85	Thompson, Harry	BC	4:08.41	Kamloops 2009
W30	Fisher, Jennifer	BER	2:19.24	Edmonton 1994
W35	Mullins, Anne	ON	2:16.19	Ottawa 1991
W40	Robson, Bev	CAN	2:22.65	Victoria 1996
W45	Nesdoly, Faith	ON	2:23.79	Toronto 2005
W50	Douglas, Avril	BC	2:29.28	Saskatoon 1998
W55	Douglas, Avril	BC	2:33.40	Toronto 2001
W60	Palmason, Diane	CAN	2:40.58	Kamloops 2000
W65	Horne, Jean	ON	2:53.28	Sherbrooke 1999
W70	Horne, Jean	ON	3:04.44	Richmond 2003
W75	Montgomery, Lenore	BC	3:44.00	Dieppe 2006
W80	Marvin, Lenore	BC	4:10.29	Kamloops 2000
W85	Granstrom, Ivy	BC	5:36.37	Saskatoon 1998
1500m				
M30	Nicholson, Stan	BC	4:05.3	Richmond 1974
M35	Michener, Gord	CAN	4:09.91	Toronto 1983
M40	Stewart, Wayne	NB	4:01.64	Ottawa 1991
M45	Whitlock, Ed	PQ	4:12.08	Montreal 1977
M50	Whitlock, Ed	PQ	4:15.6	Ottawa 1982
M55	Miller, Ralph	USA	4:34.24	Richmond 1987
M60	Andberg, Bill	USA	4:53.7	Richmond 1974
M65	Barrie Dargie	AB	4:54.60	Toronto 2010
M70	Whitlock, Ed	ON	5:19.57	Toronto 2001
M75	Whitlock, Ed	ON	5:26.79	Dieppe 2006
M80	Thompson, Harry	BC	7:03.20	Richmond 2003
M85	Leyland, Les	BC	8:24.85	Toronto 2002
W30	Soucy-Fraser, Louise	ON	5:13.13	Etobicoke 1993
W35	Takahashi, Janet	ON	4:36.50	Ottawa 1991
W40	Kozak, Erna	BC	4:34.17	Richmond 1987
W45	Lavellee, Christine	ON	4:56.81	Toronto 2002
W50	Horne, Jean	ON	5:25.26	Oshawa 1985
W55	Quibell, Rita	ON	5:17.97	Toronto 2011
W60	Horne, Jean	ON	5:49.99	Etobicoke 1993
W65	Horne, Jean	ON	6:03.77	Sherbrooke 1999
W70	Horne, Jean	ON	6:30.79	Richmond 2003
W75	Montgomery, Lenore	BC	7:11.65	Dieppe 2006
W80	Marvin, Lenore	BC	8:14.48	Kamloops 2000

5,000m				
M30	Howard, Tom	BC	15:24.8	Richmond 1981
M30-39	Creery, Mike	BC	15:12.4	Victoria 1978
M35	Hale, Murray	ON	15:48.35	Toronto 1988
M40	Inglis, Ken	ON	14:59.62	Toronto 1983
M45	Scott, Mike	ON	15:44.72	Toronto 1988
M50	Kooymans, Jerry	ON	15:47.10	Toronto 2005
M55	Jerry Kooymans	ON	16:41.36	Toronto 2010
M60	Davis, Clive	USA	17:37.6	Victoria 1978
M65	Whitlock, Ed	ON	17:52.01	Toronto 1997
M70	Whitlock, Ed	ON	19:15.33	Toronto 2005
M75	Whitlock, Ed	ON	19:07.02	Dieppe 2006
M80	Whitlock, Ed	ON	20:58.12	Toronto 2011
M85	Leyland, Les	BC	35:47.36	Toronto 2002
W30	McLaren, Nancy	BC	17:45.9	Richmond 1981
W35	Findley, Linda	ON	17:01.3	Richmond 1987
W40	Tinary, Nancy	BC	16:56.60	Richmond 2003
W45	Blanchard, Patty	NB	18:50.53	Saint John 2007
W50	Carson, Sherry	ON	19:43.66	Toronto 2011
W55	Turner, Molly	ON	20:10.89	Montreal 1990
W60	Louden, Myfanwy	GBR	21:26.84	Edmonton 1994
W65	Ross, Joselyn	GBR	22:59.14	Edmonton 1994
W70	Montgomery, Lenore	BC	23:56.90	Richmond 2003
W75	Montgomery, Lenore	BC	25:47.56	Dieppe 2006
W80	Marvin, Lenore	BC	31:28.11	Kamloops 2000
W85	Granstrom, Ivy	BC	40:41.81	Saskatoon 1998
10,000m				
M30	Howard, Tom	BC	32:30.6	Richmond 1981
M30-39	Creery, Mike	BC	31:25.0	Victoria 1978
M35	Michener, Gord	CAN	32:09.29	Toronto 1983
M40	Inglis, Ken	ON	30:50.9	Ottawa 1982
M45	Inglis, Ken	ON	32:53.57	Toronto 1988
M50	Fenz, Hans	BC	34:35.8	Richmond 1987
M55	Hatton, Ray OR	USA	33:47.3	Richmond 1987
M60	Davies, Clive	USA	35:19.8	Victoria 1978
M65	Whitlock, Ed	ON	36:50.70	Toronto 1997
M70	Whitlock, Ed	ON	39:42.02	Toronto 2005
M75	Whitlock, Ed	ON	39:25.16	Dieppe 2006
M80	Whitlock, Ed	ON	42:59.16	Toronto 2011
W30	Barnett, Loreen	BC	40:17.3	Richmond 1981
W35	Goertzen, Dorothy	ON	39:32.00	Montreal 1990
W40	Blanchard, Patty	NB	36:17.26	Sherbrooke 1999
W45	Desmeules, Lynda.	PQ	38:23.81	Saint John 2007
W50	Dixon, Rayma	ON	41:52.4	Ottawa 1982
W55	Turner, Molly	ON	42:31	Regina 1992
W60	Dixon, Patricia	USA	47:23.8	Richmond 1981
W65	Wells, Nancy	ON	50:03.70	Toronto 2011
W70	Kazdan, Judith	ON	53:30.62	Montreal 1990
W75	Montgomery, Lenore	BC	54:12.57	Dieppe 2006
W80	Granstrom, Ivy	BC	1:11:58	Regina 1992
W85	Granstrom, Ivy	BC	1:26:55.70	Saskatoon 1998
2,000m Steeplechase				
M60	Christensen, Vern	ON	8:05.05	Richmond 2003
M65	Dargie, Barrie	AB	7:55.6	Kamloops 2009
M70	Christensen, Vern	ON	9:24.69	Toronto 2011
M75	Dilworth, Donald	USA	10:14.82	Edmonton 1994
W35	Fisher, Jennifer	BER	8:23.51	Victoria 1996
W40	Warick, Judy	SK	8:17.08	Regina 1992
W45	Warick, Judy	SK	8:27.17	Edmonton 1994
W50	Warick, Judy	SK	9:08.41	Kamloops 2000
W55	Warick, Judy	SK	9:30.42	Calgary 2004
W60	Warick, Judy	SK	9:51.8	Kamloops 2009

3,000m Steeplechase				
M30	Selby, Rex	SK	12:34.91	Calgary 2004
M35	James, Steven	USA	9:35.90	Victoria 1996
M40	Robbins, Fred	ON	9:57.84	Toronto 1997
M45	Trethewey, Don	CAN	10:43.90	Toronto 1983
M50	Taylor, Art	ON	10:41.8	Oshawa 1976
M55	Carmen, Ken	USA	11:44.1	Oshawa 1985
Sprint Hurdles				
80m				
W40	Raschker, Phil	USA	12.53	Toronto 1988
W45	Raschker, Phil	USA	12.22	Edmonton 1994
W50	BJ Freeman	AB	13.79	Toronto 2010
W55	Trott, Rhona	ON	15.01	Saint John 2007
W60	Rhona Trott	ON	14.65	Toronto 2010
W65	Anderson, Sandy	BC	18.81	Regina 2008 Pent
W70	Valien, Johnnye	USA	20.3	Victoria 1996
W75	Valien, Johnnye	USA	21.11	Kamloops 2000
M70	Stookey, James	USA	13.41	Kamloops 2000
M75	Hills, Claude	USA	16.91	Toronto 1988
M80	Trei, Karl	ON	19.43	Etobicoke 1993
M85	Trei, Karl	ON	20.32	Edmonton 1994
100m				
W30	Humber, Karyn	CAN	14.33	Toronto 1997
W35	Estwick, Leslie	ON	14.55	Kamloops 2000
M50	Williamson, Mark	USA	18.81	Toronto 2011
M55	Tyler, Scott	ON	14.8	Hamilton 1995
M60	Mulkey, Phil	USA	17.87	Edmonton 1994
	Richard Lech	ON	17.87	Toronto 2010
M65	Stookey, James	USA	16.91	Toronto 1997
110m				
Jack Greenwood	USA	15.9	M40-49	Richmond 1974
M30	McLaren, Doug	SK	16.77	Regina 2008
M35	Kroeker, Tim	BC	14.97	Kamloops 2009
M40	Lemouel, Yannick	PQ	16.30	Toronto 2011
M45	Tyler, Scott	ON	16.16	Toronto 1988
Long Hurdles				
300m				
M60	Fee, Earl	ON	48.3	Edmonton 1989
M65	Fee, Earl	ON	47.40	Edmonton 1994
M70	Fee, Earl	ON	49.66	Sherbrooke 1999
M75	Fee, Earl	ON	53.73	Toronto 2005
M80	Morrow, Burt	CAN	1:22.00	Edmonton 1994
W50	Trott, Rhona	ON	55.35	Richmond 2003
W55	Trott, Rhona	ON	56.88	Saint John 2007
W60	Trott, Rhona	ON	58.29	Kamloops 2009
W65	Carrier, Ruth	ON	1:08.96	Victoria 1996
400m				
M30	Reinhart, Rich	CAN	54.4	Richmond 1984
M35	Hudson, Horace	USA	56.54	Toronto 1988
M40	Druckrey, Stan	USA	58.19	Toronto 1988
M45	Chipkar, Glenn	ON	59.44	Calgary 2004
M50	Morioka, Harold	BC	61.58	Edmonton 1994
M55	Morioka, Harold	BC	63.03	Kamloops 2000
W30	Fisher, Jennifer	BER	1:05.00	Edmonton 1994
W35	McBlaine, Liz	AB	1:11.8	Richmond 1984
W40	McBlaine, Liz	AB	1:12.61	Toronto 1988
W45	Roberts, Catherine	CAN	1:16.40	Edmonton 1994

5,000m RaceWalk (1500mRW being tabulated)				
M30	Jean Pierre Fortin	ON	28:12.98	Toronto 2010
M35	Vidales, Paulo	MEX	23:16.03	Kamloops 2000
M40	Lessard, Brad	CAN	23:52.2	Richmond 1984
M45	Roos, Jaan	ON	23:01.8	Ottawa 1982
M50	Roos, Jaan	ON	23:22.54	Toronto 1988
M55	Carmines, James	USA	25:21.87	Kamloops 2000
M60	Gore, Brian	GBR	26:48.45	Kamloops 2000
M65	Bray, Jack	USA	27:16.34	Kamloops 2000
M70	Gould, Max	ON	30:15.2	Edmonton 1989
M75	Gould, Max	ON	31:44.22	Regina 1992
M80	Lawrence, Phil		34:11.17	Regina 1992
M85	Bell, Claude	BC	42:57.89	Calgary 2004
W30	Bender, Joni	ON	23:20.82	Toronto 1997
W35	Gerke, Holly	CAN	24:50.70	Richmond 2003
W40	Herazo, Victoria	USA	24:53.29	Kamloops 2000
W45	Lynn, Laura	ON	26:21.73	Toronto 1997
W50	LaVeck, Bev	USA	26:41.2	WR Richmond 1987
W55	Johanna Flipsen	AB	27:52.40	Toronto 2010
W60	LaVeck, Bev	USA	29:30.41	Kamloops 2000
W65	Provost, June-Marie	ON	30:27.17	Sherbrooke 1999
W70	Provost, June-Marie	ON	33:56.78	Toronto 2005
W75	Binning, Jennie	CAN	34:31.84	Kamloops 2000
Long Jump				
M30	Latham, Clayton	ON	7.23	Toronto 2011
M35	Mayer, Jean-Pierre	ON	6.55	Toronto 1983
M40	Bissenden, Jim	CAN	6.48	Kamloops 2000
M45	Musselle, Rob		6.10	Toronto 1983
M50	Linder, Walter	AB	5.82	Toronto 2001
M55	Morcom, Richmond	USA	5.89	Monreal 1977
M60	Slater, Alan	ON	5.04	Toronto 2002
M65	Skartvedt, Darrold	USA	4.71	Victoria 1996
M70	Stookey, James	USA	4.66	Kamloops 2000
M75	Kennell, Tom	USA	4.00	Toronto 1997
M80	Trei, Karl	ON	3.43	Montreal 1990
M85	Trei, Karl	ON	3.21	Hamilton 1995
W30	Loucks, Kairy	CAN	5.25	Toronto 1997
W35	Estwick, Leslie	ON	5.56	Kamloops 2000
W40	Raschker, Phil	USA	5.14	Toronto 1988
W45	Thom, Roslyn	AB	4.67	Calgary 2004
W50	Lauridsen, Susanne	AB	4.57	Regina 2008
W55	Von Malzahn, Hillen	USA	3.99	Saint John 2007
W60	LaFayette-Boyd, C.	SK	4.43	Calgary 2004
W65	Lafayette-Boyd, Carol	SK	4.35	Kamloops 2009
W70	Christa Bortignon	BC	3.27	Toronto 2010
W75	Hinton, Margaret	USA	2.36	Kamloops 2000
W80	Kotelko, Olga	BC	2.14	Toronto 2002
W85	Kotelko, Olga	BC	2.13	Calgary 2004
W90	Kotelko, Olga	BC	1.65	Kamloops 2009
Triple Jump				
M30				
M35	Johnson, Winchester	AB	13.49	Saskatoon 1998
M40	Lord, Peter	NS	13.26	Saint John 2007
M45	Slater, Alan	ON	12.06	Toronto 1988
M50	Kosteric, Vladimir	CAN	11.32	Sherbrooke 1986
M55	Mulkey, Phil	USA	11.22	Toronto 1988
M60	Slater, Alan	ON	10.73	Toronto 2002
M65	Lukens, Ed	USA	10.31	Toronto 1988
M70	Hume, Ian	PQ	9.77	Sherbrooke 1986
M75	Hume, Ian	PQ	8.67	Montreal 1990
M80	Trei, Karl	ON	7.36	Montreal 1990
M85	Trei, Karl	ON	6.61	Edmonton 1994
M90	Trei, Karl	ON	5.07	Sherbrooke 1999

W30	Findley, Ann	NS	9.33	Dieppe 2006
W35	Amarasekara, Veronica	USA	10.88	Kamloops 2000
W40	Raschker, Phil	USA	10.12	Toronto 1988
W45	Lauridsen, Susanne	AB	8.86	Dieppe 2006
W50	Lauridsen, Susanne	AB	9.28	Regina 2008
W55	Von Malzahn, Hillen	USA	8.20	Saint John 2007
W60	LaFayette-Boyd, Carol	SK	9.09	Calgary 2004
W65	LaFayette-Boyd, Carol	SK	8.57	Kamloops 2009
W70	Christa Bortignon	BC	7.30	Toronto 2010
W75	Boivin, Gwen	SK	5.55	Kamloops 2009
W85	Kotelko, Olga	BC	4.20	Regina 2008
W90	Kotelko, Olga	BC	3.77	Kamloops 2009
High Jump				
M30	Zoltan, Sara	NB	1.94	Saint John 2007
M35	Dixon, Walter	CAN	1.91	Edmonton 1994
M40	Portmann, Michel	CAN	1.85	Sherbrooke 1986
	Steffox, Jim	CAN	1.85	Edmonton 1994
	McBarnette, Bruce	USA	1.85	Kamloops 2000
	Reynolds, Walt	USA	1.85	Toronto 2002
M45	Hawkins, John	BC	1.81	Victoria 1996
M50	Williamson, Mark	USA	1.86	Toronto 2011
M55	Hawkins, John	BC	1.75	Calgary 2004
M60	Fehlen, Phil	USA	1.72	Saskatoon 1998
M65	Fehlen, Phil	USA	1.65	Kamloops 2000
M70	Hume, Ian	PQ	1.45	Oshawa 1985
	Hume, Ian	PQ	1.45	Sherbrooke 1986
M75	Hume, Ian	PQ	1.26	Montreal 1990
M80	Maxwell, Ralph	USA	1.20	Kamloops 2000
M85	Trei, Karl	ON	1.06	Edmonton 1994
M90	Trei, Karl	ON	0.93	Sherbrooke 1999
Shot Put				
W30	Findley, Ann	NS	1.55	Dieppe 2006
W35	McBlaine, Liz	AB	1.55	Richmond 1984
	Estwick, Leslie	ON	1.55	Kamloops 2000
W40	Brill, Debbie	BC	1.75	Victoria 1996
W45	Brill, Debbie	BC	1.65	Kamloops 2000
W50	Mallia, Maria	ON	1.35	Toronto 2005
	BJ Freeman	AB	1.35	Toronto 2010
W55	Maria Mallia	ON	1.30	Toronto 2010
W60	Wright, Evelyn	USA	1.25	Kamloops 2000
	Anderson, Sandy	BC	1.25	Richmond 2003
	Radcliffe, Marg	BC	1.25	Toronto 2002
W65	Anderson, Sandy	BC	1.15	Kamloops 2009
W70	McDaniels, Leonore	USA	1.15	Kamloops 2000
W75	Boivin, Gwen	SK	0.90	Kamloops 2009
W80	Kotelko, Olga	BC	0.94	Toronto 2002
W85	Kotelko, Olga	BC	0.85	2004, 2005, 2007
Pole Vault				
M30	Sniatenchuk, James	ON	3.90	Toronto 2005
M35	Lake, Kevin	ON	4.75	Toronto 2005
M40	Kingstad, Jeff	USA	4.30	Victoria 1996
M45	Geoff Outerbridge	ON	4.06	Toronto 2010
M50	Phillips, Dennis	USA	4.30	Kamloops 2000
M55	Morcom, Richard	USA	4.04	Montreal 1977
M60	Matti Kilpelainen	USA	3.45	Toronto 2010
M65	Kilpelainen, Matti	USA	3.20	Toronto 2011
M70	Egerton, Stan	ON	3.00	Victoria 1996
M75	Egerton, Stan	ON	2.80	Toronto 2001
M80	Hume, Ian	PQ	2.03	Hamilton 1995
Shot Put				
W30	Szanto, Gaby	ON	3.00	Toronto 1997
W35	Szanto, Gaby	ON	2.90	Toronto 2001
W40	Raschker, Phil	USA	2.20	Toronto 1988
W45	Raschker, Phil	USA	3.05	Edmonton 1994

W50	Pietersen, Petra	RSA	2.60	Victoria 1996
W55	Von Malzahn, Hillen	USA	2.40	Saint John 2007
W60	Jager, Kathy	USA	2.30	Richmond 2003
W65	Meiler, Flo	CAN	1.80	Toronto 2001
W70	Hinton, Margaret	USA	1.40	Victoria 1996
W75	Hinton, Margaret	USA	1.04	Kamloops 2000
Shot Put				
M30	Larsson, Magnus	AB	11.57	Calgary 2004
M35 7.26	Gintas Degutis	ON	15.78	Toronto 2010
M40	Wallin, Carl	USA	15.70	Sherbrooke 1986
M45	Ingleton, Peter	ON	14.15	Toronto 2011
M50 6k	Gage, Tom	USA	16.43	Edmonton 1994
M55	Hotchkiss, Richard	USA	14.09	Edmonton 1994
M60 5k	Gage, Thomas	USA	14.67	Calgary 2004
M65	Carter, Ross	USA	12.83	Ottawa 1982
	York, James	USA	12.60	Victoria 1978
M70 4k	Vaughn, Gerald	USA	14.50	Saint John 2007
M75	Carter, Ross	USA	11.94	Montreal 1990
M80	Bachman, Garry	ON	10.05	Toronto 2002
M85	Carter, Ross	USA	9.59	Kamloops 2000
M90	Murray, Jim	BC	6.47	Dieppe 2006
Shot Put				
W30 4k	Dunsford, Wendy	GBR	10.51	Edmonton 1994
W35	Reed, Georgette	AB	14.25	Calgary 2004
W40	Hohenberg, Ursula	GER	13.10	Edmonton 1994
	Torcolacci, Melody	ON	13.10	Toronto 2002
W45	Thomas, Joyce	TRIN	10.83	Hamilton 1995
W50	Palmer, Denise	AUS	10.68	Richmond 2003
W55	Grissom, Joann	USA	11.66	Edmonton 1994
W60 3k	Hare, Rose	BC	9.19	Kamloops 2009
W65	Miller, Christel	USA	7.80	Kamloops 2000
W70	Tomsons, Velta	ON	7.31	Saskatoon 1998
W75	Tomsons, Velta	ON	6.84	Richmond 2003
W80	Tomsons, Velta	ON	7.06	Toronto 2011
W85	Kotelko, Olga	BC	5.85	Calgary 2004
W90	Jarvis, Betty	USA	3.48	Saint John 2007
Discus				
M30 2k	Ransky, Mike	CAN	53.69	Toronto 2002
M35	Harkness, Jack	CAN	46.80	Hamilton 1995
M40	Pavelich, John	BC	42.74	Richmond 1974
M45	Bailey, Don	USA	44.50	Saint John 2007
M50 1.5k	Don Bailey	USA	48.42	Toronto 2010
M55	Keshmiri, Joe	USA	50.84	Edmonton 1994
M60 1k	Palmer, Wendell	USA	53.18	Edmonton 1994
M65	Rosen, Leonard	USA	42.06	Sherbrooke 1999
M70	Smith, Bill	USA	40.75	Toronto 2005
M75	Carter, Ross	USA	36.76	Montreal 1990
M80	Bachman, Garry	ON	27.88	Toronto 2002
M85	Carter, Ross	USA	28.60	Kamloops 2000
M90	Murray, Jim	BC	17.10	Dieppe 2006
Shot Put				
W30 1k	Jacques, Sharon	ON	38.80	Etobicoke 1993
W35	Reed, Georgette	AB	37.71	Toronto 2002
W40	Hohenberg, Ursula	GER	46.00	Etobicoke 1993
W45	Thomas, Joyce	TRI	34.36	Hamilton 1995
W50	Palmer, Denise	AUS	30.05	Richmond 2003
W55	Hartzler, Mary	USA	31.23	Calgary 2004
W60	Roberts, Catherine	AB	24.46	Kamloops 2009
W65	Holland, Bernice	USA	26.90	Edmonton 1994
W70	Meri, Elga	ON	20.26	Ottawa 1991
W75	Acton, Myrtle	BC	18.52	Kamloops 2009
W80	Kotelko, Olga	BC	15.92	Sherbrooke 1999
W85	Kotelko, Olga	BC	14.55	Calgary 2004
W90	Jarvis, Betty	USA	9.93	Saint John 2007

Hammer				
M30 7.26k	Maplethorpe, Ian	CAN	64.62	Kamloops 2000
M35	Saimond, G.	?	63.62	Richmond 1974
M40	Maplethorpe, Ian	AB	60.45	Dieppe 2006
M45	Zaitchouk, Boris	ON	53.82	Hamilton 1995
M50 6k	Gage, Tom	USA	63.32	Edmonton 1994
M55	Mathews, George	USA	48.91	Kamloops 2000
M60 5k	Boris Zaitchok	ON	62.72	Toronto 2010
M65	Emil Muller	PQ	47.72	Toronto 2002
M70 4k	Emil Muller	PQ	47.02	Dieppe 2006
M75	Emil Muller	ON	41.26	Toronto 2010
M80	Monds, Doug	BC	34.44	Kamloops 2009
M85	West, Howard	AB	19.94	Toronto 2002
M90	Murray, Jim	BC	17.29	Dieppe 2006
W30 4K	Shellen Thomas	AB	43.30	Calgary 2004
W35	Reed, Georgette	AB	48.75	Calgary 2004
W40	Hohenberg, Ursula	GER	38.56	Edmonton 1994
W45	Daja, Kristen	ON	38.19	Toronto 2011
W50 3K	Taylor, Joyce	USA	38.05	Kamloops 2000
W55	Hartzler, Mary	USA	39.54	Calgary 2004
W60	Williams, Evaun	GBR	40.47	Kamloops 2000
W65	Anderson, Sandy	BC	25.02	Kamloops 2009
W70	Lorenz, Mavis	USA	17.97	Kamloops 2000
W75	Acton, Myrtle	BC	19.19	Regina 2008
W80	Kotelko, Olga	BC	19.09	Toronto 2002
W85	Kotelko, Olga	BC	17.62	Calgary 2004
W90	Jarvis, Betty	USA	8.80	Saint John 2007
Javelin				
M30 800g	Venkat Parthasarathy	ON	49.95	Toronto 2010
M35	Morfitt, Graham	BC	64.14	Richmond 2003
M40	Morfitt, Graham	BC	59.08	Kamloops 2009
M45	Lothrop, Jim	USA	59.32	Kamloops 2000
M50	Kouvolos, Robin	USA	55.17	Toronto 2001
M55	Njume, Victor	CAN	47.48	Kamloops 2000
M60 600g	Po, Chuck	USA	46.03	Kamloops 2000
M65	Fehlen, Phil	USA	44.09	Kamloops 2000
M70	Terauds, Juris	NS	39.44	Regina 2008
M75	White, Manuel	USA	32.28	Edmonton 1994
M80	Hume, Ian	PQ	26.99	Hamilton 1995
M85	Trei, Karl	ON	22.46	Edmonton 1994
M90	Murray, Jim	BC	13.13	Dieppe 2006
W30 600g	Vicki Webb	ON	45.84	Toronto 2011
W35	Urra, Eugenia	CAN	36.50	Kamloops 2000
W40	Koloska, Amelie	BC	42.50	Richmond 1987
W45	Ana Maria Neilsen	ON	31.70	Toronto 2010
W50 400g	Barb Dabrowski,	ON	32.83	Toronto 2010
W55	Rodrigues, Beryl	PQ	32.60	Saint John 2007
W60	Radcliffe, Marg	BC	32.10	Richmond 2003
W65	Radcliffe, Marg	BC	26.78	Saint John 2007
W70	Meri, Elga	ON	23.08	Ottawa 1991
W75	Krug, Gloria	USA	19.23	Dieppe 2006
W80	Kotelko, Olga	BC	16.93	Kamloops 2000
W85	Kotelko, Olga	BC	16.94	Calgary 2004
W90	Jarvis, Betty	USA	7.68	Saint John 2007

Weight Throw				
M30	Jason Baines	ON	18.56	Toronto 2010
M35	Parkinson, Richard	ON	12.93	Toronto 2002
M40	Maplethorpe, Ian	BC	18.21	Dieppe 2006
M45	Olson, Leonard	USA	13.50	Scarborough1979
M50 11.34	Edwards, Tim	USA	17.76	Kamloops 2000
M55	Mathews, George	USA	17.19	Kamloops 2000
M60 9.08	Gage, Thomas	USA	20.03	Calgary 2004
M65	Emil Muller	PQ	15.87	Toronto 2001
M70 7.26	Emil Muller	PQ	16.85	Dieppe 2006
M75	Emil Muller	ON	14.50	Toronto 2010
M80 5.45	Bachman, Garry	ON	14.98	Toronto 2002
M85	Carter, Ross	USA	10.89	Kamloops 2000
M90	West, Howard	AB	9.96	Richmond 2003
W30	Tiffany DiRico	ON	12.23	Toronto 2010
W35	Boslaugh, Sarah	USA	12.51	Hamilton 1995
W40	Aulenbach, Darlene	CAN	11.25	Etobicoke 1993
W45	Stratton, Joan	USA	11.10	Kamloops 2000
W50	Taylor, Joyce	USA	12.14	Kamloops 2000
W55	Hartzler, Mary	USA	11.62	Calgary 2004
W60	Young, Carol	USA	12.38	Kamloops 2000
W65	Katz, Roslyn	USA	9.93	Saint John 2007
W70	Blair, Colleena	NZL	8.27	Richmond 2003
W75	Krug, Gloria	USA	8.14	Dieppe 2006
W80	Kotelko, Olga	BC	7.71	Toronto 2002
W85	Kotelko, Olga	BC	7.72	Calgary 2004
W90	Jarvis, Betty	USA	5.06	Saint John 2007
4x100m Relay				
W30-39	Team Ohio	50.98		Toronto 1997
W40-49	East West	50.84		Calgary 2004
W50-59	Alterio	54.31		Regina 2008
	Alexis, Del Grande, Lauridsen, Burnett)			
W60-69	Team Canada	69.02		Kamloops 2000
	Diane Palmason, Coral Webb, Helly Visser, Jean Horne			
W65	SASK	1:07.32		Regina 2008
	Lafayette-Boyd, Vogel, Dargie, Radcliffe			
W70-79	Team USA	77.01		Kamloops 2000
	J. Valien, L. McDaniels, Louise Adams, Pat Peterson			
M30-39	Portland USA	43.8		Richmond 1974
M40-49	Team USA	45.09		Toronto 1997
	Z.Zlobicki, L.Hale, C.Best, S.Santillo			
M50-59	Team USA & GBR	48.78		Edmonton 1994
M60-69	Ontario South	51.36		Edmonton 1994
M70-79	Team M70	58.94		Toronto 2001
	Ken Morris, Bill Thompson, Chuck Sochor, Earl Fee			
4x400m Relay				
W30-39	Team Ohio	4:15.9		Toronto 1997
W40-49	Alberta	4:33.20		Kamloops 2009
	Schoenthaler, Dixon, Francois, Patterson			
W50-59	Scarborough Mast	4:34.5		Richmond 1987
	Turner, Brechbuehl, Van Der Vleuten, Carmichael			
W60-69	Team USA	5:49.4		Kamloops 2000
	G. Butcher, Jean Daprano, Madeline Bost, Joyce H.-Hite			
M30-39	Portland USA	3:26.4		Richmond 1974
M40-49	USA	3:36.7		Scarborough 1979
	Rudy Valentine, Haig Bohigan, Edward Small, Mason O'Neal			
M50-59	Mexico	3:55.3		Kamloops 2000
	Paul Lopez, Palo Tadeo, Pedro Almaguer, Federi Diaz			
M60-69	Penn AC USA	4:42.8		Richmond 1974
M70-79	SASK	5:32.31		Regina 2008
	Giegerich, Davies, Wardle, Epp			