

Canadian Masters Championships

Dieppe, New Brunswick

July 21-23, 2006

Meet Director - Marc Beaudoin

100m

		<u>Club</u>		<u>Age Grade</u>					
W30	Paraiso, Frederique	VANT	13.60	79.3%		Lauridsen, Susanne	CALS	30.45	81.6%
W45	Freeman, B.J.	UOC	14.34	85.2%	W50	Etter, Christina	RNS	32.76	74.2%
	Lauridsen, Susanne	CALS	14.79	83.5%		Del Grande, Karla	ETO	27.14	96.8%
W50	Del Grande, Karla	ETO	13.48	96.4%		Graczyk, Elizabeth	TC	34.03	78.1%
	Graczyk, Elizabeth	TC	16.33	80.4%	W55	Trott, Rhona	HOC	33.31	83.1%
W55	Trott, Rhona	HOC	15.95	85.6%	W60	Radcliffe, Marg	NAN	36.38	80.9%
W60	Radcliffe, Marg	NAN	17.30	83.5%	W70	Reed, Louise	KAJ	37.04	84.8% CAN
W70	Reed, Louise	KAJ	17.75	87.0%		(old CAN 37.87 Isobel Cunningham 1984, MR 34.99 Pat Peterson USA 1996)			
W80	McLeod-Smith, Doreen	NWTF	22.73	76.0%	W80	McLeod-Smith, Doreen	NWTF	50.86	70.7%
M35	Crepsac, Malik	UNA	11.59	87.8%					
M40	St.Pierre, Michel	ENER	12.60	81.9%					
M45	Papoulidis, Panagio	FRE	12.72	83.4%					
	Jennet, Terry	CALS	12.96	81.3%					
	Loh, Lawrence	OTT	13.21	81.9%					
	Rinzler, Jeff	NB	13.23	81.3%					
	Roblin, Blair	ONT	13.28	81.5%					
	O'Brien, Kevin	NS	15.50	69.4%					
M50	Boyd, Barry	UAAC	12.78	87.5%					
M55	Jermacans, Viddy	AUST	13.86	83.3%					
M60	Birring, Sewa	BC	13.83	84.6%					
	Furlong, Dennis	NB	14.56	80.3%					
M65	Stern, David	ETO	14.36	84.4%					
	Armstrong, Merv	ALB	14.55	83.8%					
M70	Dunn, Dave	EDM	14.33	86.6%					
	Aadmi, Andy	KAJ	14.40	86.2%					
	Sharma, Dev	MSC	15.37	80.8%					
	Poonia, Kesar Singh	MSC	15.83	80.3%					
	Wardle, Ray	OTT	16.08	80.1%					
	Sloan, Laird	FUN	DNF						
M75	Mitchell, Ross	NS	17.10	80.5%	M35	Crepsac, Malik	UNA	23.14	89.3%
	Thompson, Bill E.	HOC	17.57	76.2%		Leblanc, Marc	QUE	24.84	80.6%

200m

W30	Paraiso, Frederique	VANT	27.45	77.7%	M40	St.Pierre, Michel	ENER	25.11	83.5%
W45	Freeman, B.J.	UOC	30.01	81.9%	M45	Jennet, Terry	CALS	25.46	84.9%
						Papoulidis, Panagio	FRE	25.80	83.8%
						Loh, Lawrence	OTT	26.33	83.9%
						Lanteigne, John	UNA	29.59	74.6%





M50	Boyd, Barry	UAAC	26.28	87.6%
M55	Jermacans, Viddy	AUST	28.27	83.7%
	Carter, Michael	ETO	28.47	82.0%
M60	Birring, Sewa	BC	27.44	87.4%
	Furlong, Dennis	NB	29.83	80.4%
M65	Stern, David	ETO	29.28	85.3%
M70	Dunn, Dave	EDM	28.91	89.2%
	(CAN record 28.61 Earl in 1999)			
	Aadmi, Andy	KAJ	29.70	86.8%
	Sharma, Dev	MSC	31.02	83.1%
	Wardle, Ray	OTT	33.31	81.1%
	Poonia, Kesar Singh	MSC	34.80	76.4%
M75	Thompson, Bill E.	HOC	38.62	73.4%



W70 Louise Reed broke the CAN 200m Record

400m

W30	Paraiso, Frederique	VANT	1:00.02	79.3%
W45	Lauridsen, Susanne	CALS	1:08.11	83.6%
	Etter, Christina	RNS	1:09.34	80.5%
	Macpherson, Ena	NS	1:13.98	76.2%
	Willis, Katherine	ETO	1:16.29	73.9%
W50	Del Grande, Karla	ETO	1:01.49	97.2%
W70	Horne, Jean	ONT	1:22.11	93.9%
M35	Crepsac, Malik	UNA	51.82	88.4%
M40	St.Pierre, Michel	ENER	56.61	82.1%
	D'Eon, Norman	UNA	1:07.22	69.6%
	Gagnon, Marcel	FLO	1:15.94	61.6%
M45	Jennet, Terry	CALS	57.31	83.5%
	Loh, Lawrence	OTT	57.74	84.6%
	Solomon, Liviene	ONT	58.86	83.5%
	Roblin, Blair	ONT	1:03.67	76.7%
M55	Carter, Michael	ETO	1:01.20	84.2%
	Jermacans, Viddy	AUST	1:05.39	79.8%
	Greenshields, Duncan	ONT	1:07.24	77.1%
M60	Birring, Sewa	BC	1:00.56	87.3%
	Furlong, Dennis	NB	1:09.23	76.3%
	Cobbledick, Roger	OTT	1:12.05	74.3%
	Sutherland, Lloyd	CAP	1:14.84	71.5%
	Burke, Joe	UNA	1:19.30	67.9%
	Powell, John	ETO	1:22.74	64.7%
M65	McIlwaine, Bill	ETO	1:07.01	85.2%
	Vander Wal, Hylke	AIAC	1:11.67	79.7%
	Pascoe, Jim	ONT	1:13.55	77.6%
M70	Dunn, Dave	EDM	1:06.88	88.2%
	Aadmi, Andy	KAJ	1:10.29	83.9%
	Sharma, Dev	MSC	1:14.43	79.2%
M75	Fee, Earl	ETO	1:07.46	98.0%

800m

W40	Hoyt-d'Eon, Janet	NS	2:47.69	71.3%
	Gauthier, Nathalie	ATLA	3:00.67	65.0%
W45	De Boer, Linda	ETO	2:35.13	79.8%
	Willis, Katherine	ETO	2:50.88	72.4%
W50	Northcott, Clara	ETO	2:47.68	76.7%
W60	Saunders, Barbara	BC	3:24.57	80.3%
W70	Horne, Jean	ONT	3:14.85	98.4%
W75	Montgomery, Lenore	BC	3:44.00	92.4% MR
	(old MR Hazel Cameron 4:00.43 Kamloops 2000)			
M35	Menzies, Patrick	UNA	2:07.25	82.8%
	Menzies, Neil	NS	2:11.52	80.6%
M40	Leroux, Mike	DART	2:11.93	84.5%
M45	Solomon, Liviene	ONT	2:18.41	83.6%
M50	Marshall, Thomas	BRL	2:32.10	77.3%
M55	Carter, Michael	ETO	2:29.37	82.1%
	Greenshields, Dunca	ONT	2:39.71	77.5%
M60	Cobbledick, Roger	OTT	2:44.45	78.8%
	Weston, John	ONT	2:50.74	75.2%
	Wills, Michael	RNS	2:53.36	74.0%
M65	Pascoe, Jim	ONT	2:56.53	78.3%
	Van der Wal, Hylke	AIAC	3:11.10	70.9%
M70	Aadmi, Andy	KAJ	2:56.06	80.3%
M75	Fee, Earl	ETO	2:37.04	97.6% MR
	(old MR 2:44.54 Earl in Toronto 2005)			



W75 Lenore Montgomery

Broke the MR in the 800m, the MR in the 1500m, the CAN record in the 5000m, and the CAN record in the 10,000m

5000m

W35	MacDonald, Linda	UNA	21:12.07	70.7%
W40	Hiscock, Tammy	NS	19:14.47	81.2%
	Gauthier, Nathalie	ATLA	21:14.41	71.7%
W45	Blanchard, Patty	NB	18:57.42	85.3%
	Carson, Sherry	NS	19:39.62	83.0%
W50	Northcott, Clara	ETO	21:33.73	77.1%
W75	Montgomery, Lenore	BC	25:47.56	87.9% CAN

(old CAN 27:29 Lenore Marvin 1996,
old MR 27:42 Lenore Marvin in Victoria 1996)

M40	Moorehead, Raymond	NS	16:36.99	82.9%
	Bourgeois, Gilles	LAF	16:47.43	81.4%
	Lachance, Yvan	R&O	16:49.16	81.9%
	Fullarton, Jim	ATLA	17:10.66	79.0%
	Hiscock, Dave	NS	19:00.97	72.9%
	Leroux, Mike	DART	DNF	
M45	Gautreau, Gilles	NB	16:35.93	84.8%
	Melloy, Terry	BLUE	17:35.42	80.0%
	Arseneau, Fernand	SOUT	20:32.89	68.0%
	Reid, Ray	NB	DNF	
M50	Marshall, Thomas	BRL	19:02.88	76.8%
	DeGrace, Claude	NB	19:19.77	76.3%
	LeBlanc, Mark E.	NB	20:16.33	72.8%
	Smith, Dave	ONT	22:48.64	65.8%
M55	Coyne, Michael	NB	17:27.03	87.5%
	Caissie, Raymond	UNA	18:19.45	84.8%
	Breton, Gaetan	SHER	23:43.22	65.5%
M60	Prince, Jim	BRAM	20:21.76	80.1%
	Sutherland, Lloyd	CAP	20:34.26	78.5%
	Burke, Joe	UNA	20:34.32	79.2%
	Wills, Michael	RNS	20:54.43	76.4%
M65	Christensen, Vern	SCAR	21:25.72	77.6%
M70	Crichton, Ron	ETO	22:14.21	79.2%
	Rice, Gordon	UNA	25:49.13	68.2%
M75	Whitlock, Ed	MILT	19:07.02	98.3% WR

(old WR 20:00 James Todd GBR 1997,
old CAN 20:21 Ed at the OMTFA meet in London,
old MR 22:47 Hugh Clifford in Richmond 1981)

10,000m

W35	Gautreau, Nicole	NB	45:13.35	66.3%
W45	Carson, Sherry	NS	40:55.30	82.4%
W75	Montgomery, Lenore	BC	54:12.57	86.2% CAN

(old CAN 57:47 Lenore Marvin 1995,
old MR 64:08 Ivy Granstrom in Richmond 1987 - WR)

M40	Thibodeau, Paul	CHEE	36:57.47	77.0%
M45	Melloy, Terry	BLUE	36:20.68	80.1%
M50	Marshall, Thomas	BRL	42:08.11	71.8%
M55	Coyne, Michael	NB	36:35.21	86.3%
	Breton, Gaetan	SHER	46:16.77	69.4%
M60	Wills, Michael	RNS	43:20.79	76.3%
	Sutherland, Lloyd	CAP	44:24.88	75.2%
M70	Crichton, Ron	ETO	47:19.31	76.9%
	Rice, Gordon	UNA	55:07.05	66.1%
M75	Whitlock, Ed	MILT	39:25.16	98.6% WR

(old WR 41:47 Steve Charlton GBR 2002,
old CAN & MR 46:20 Kurt Gelbhaar in Saskatoon 1998)

1500m

W40	Hiscock, Tammy	NS	5:17.99	76.2%
	Gauthier, Nathalie	ATLA	5:41.76	67.4%
	Hoyt-d'Eon, Janet	NS	5:43.98	68.9%
W45	Macpherson, Ena	NS	5:18.04	80.8%
	De Boer, Linda	ETO	5:25.22	79.0%
W50	Northcott, Clara	ETO	5:43.89	80.6%
W60	Saunders, Barbara	BC	7:00.59	83.6%
W70	Horne, Jean	ONT	6:52.29	93.7%
W75	Montgomery, Lenore	BC	7:11.65	93.9% MR

(old MR 8:32 Judith Kazdan – Hamilton 1995)

M35	Menzies, Patrick	UNA	4:30.02	78.0%
	Menzies, Neil	NS	4:39.30	76.2%
M40	Fullarton, Jim	ATLA	4:25.27	83.5%
	Lachance, Yvan	R&O	4:28.66	84.0%
	Leroux, Mike	DART	4:29.90	84.4%
M45	Melloy, Terry	BLUE	4:53.06	79.2%
	Solomon, Livienne	ONT	4:57.75	80.2%
	Reid, Ray	NB	5:16.03	74.1%
	Arseneau, Fernand	SOUT	5:18.80	72.2%
M50	Marshall, Thomas	BRL	5:02.36	80.4%
	DeGrace, Claude	NB	5:10.46	78.9%
	LeBlanc, Mark E.	NB	5:13.39	78.2%
M60	Cobbledick, Roger	OTT	5:29.91	80.8%
	Wills, Michael	RNS	5:33.69	79.3%
	Weston, John	ONT	5:51.25	75.3%
	Irons, Jim	TOC	6:02.60	77.9%
M75	Whitlock, Ed	MILT	5:26.79	94.2% CAN, MR

(old CAN 5:55 Kurt Gelbhaar 1998, WR is 5:22,
old MR 6:10 Hans Weickardt – Edmonton 1989)

1500m Racewalk

W30	Raetsen, Sarah	ETO	8:32.76	66.8%	
W35	McBurney, Tracey	ONRA	9:34.57	60.1%	
W45	Cashman, Katherine	ETO	7:40.57	82.6%	
	Archibald, Sandy	BYTO	9:21.98	68.9%	
W50	Whalen, Lily	ETO	8:48.41	77.9%	
	Fossberg, Mette	UAAC	10:00.99	68.5%	
W55	Wright, Sharon	BYTO	9:09.38	76.3%	
W65	Rosenitsch, Ann Marie	ONRA	8:46.00	87.5%	CAN
	(old CAN 8:48.10 June-Marie Provost 1999)				
	Christensen, Joan	SCAR	9:09.36	84.7%	
W70	Provost, June-Marie	LPC	10:16.20	82.3%	
M45	Grant, Chris	ARA	7:00.70	82.3%	CAN
	(old CAN 7:07 Dave Keenan 2005)				
M50	Dinger, Hans	ETO	7:38.40	77.3%	
	(CAN record 7:37.10 Don Ramsden 1999)				
M60	Furlong, Dennis	NB	DQ		
M70	Summerhayes, Stuart	ETO	8:49.93	82.7%	

5000m Racewalk

W30	Raetsen, Sarah	ETO	31:31.68	64.3%
W35	McBurney, Tracey	ONRA	33:11.72	64.2%
W45	Cashman, Katherine	ETO	27:26.11	81.9%
	Archibald, Sandy	BYTO	33:22.76	68.4%
W50	Whalen, Lily	ETO	30:35.93	79.3%
W55	Wright, Sharon	BYTO	32:24.81	76.3%
W65	Rosenitsch, Ann Marie	ONRA	32:04.28	84.6%
	Christensen, Joan	SCAR	32:07.53	85.4%
W70	Provost, June-Marie	LPC	34:44.15	86.0%
M45	Grant, Chris	ARA	27:02.35	75.4%
M50	Dinger, Hans	ETO	28:40.00	72.8%
M70	Summerhayes, Stuart	ETO	31:03.93	83.1%



M45 Chris Grant broke the CAN record.

Sprint Hurdles

	80m				
W45	Freeman, B.J.	UOC	13.94	86.0%	
W55	Trott, Rhona	HOC	17.32	73.4%	MR
	(old MR 17.50 Rhona in Toronto 2005)				
M70	Sharma, Dev	MSC	17.96	72.3%	
	Poonia, Kesar Singh	MSC	18.95	69.9%	
	100m				
M65	Armstrong, Merv	ALB	19.47	81.9%	

Long Hurdles

	300m			
M65	Vander Wal, Hylke	AIAC	56.73	81.7%
M70	Sharma, Dev	MSC	1:04.35	74.0%
	400m			
M40	Gagnon, Marcel	FLO	1:50.65	46.7%
M50	Dinger, Hans	ETO	1:29.41	61.8%

Steeplechase

	2000m				
M65	Christensen, Vern	SCAR	8:24.39	87.7%	CAN,MR
	(old CAN 8:30 Valden Sadul 1989, old MR 8:36 Jack Geddes in Toronto 2005)				
	Vander Wal, Hylke	AIAC	11:20.74	68.0%	
	3000m				
M40	Bourgeois, Gilles	LAF	11:02.94	79.7%	
M45	Lanteigne, John	UNA	12:28.78	74.8%	
M50	Smith, Dave	ONT	14:17.03	69.7%	



W50 Mette Fossberg

competed in the 1500mRW.

Mette holds the CAN records in the Long and Triple Jump

4x100m Relay

W40	Nova Scotia	1:08.40
	MacPherson, Carson, Hoyt-Deon, Etter	
W45	Cross Canada	58.84
	Lauridsen, Radcliffe, Freeman, Del Grande	
W65	Golden Girls	1:24.33
	Horne, Saunders, Montgomery, Reed	CAN, MR
(old CAN 1:25.91 Kotelko, Mc Smith, Ferguson, Boiven in 2003)		

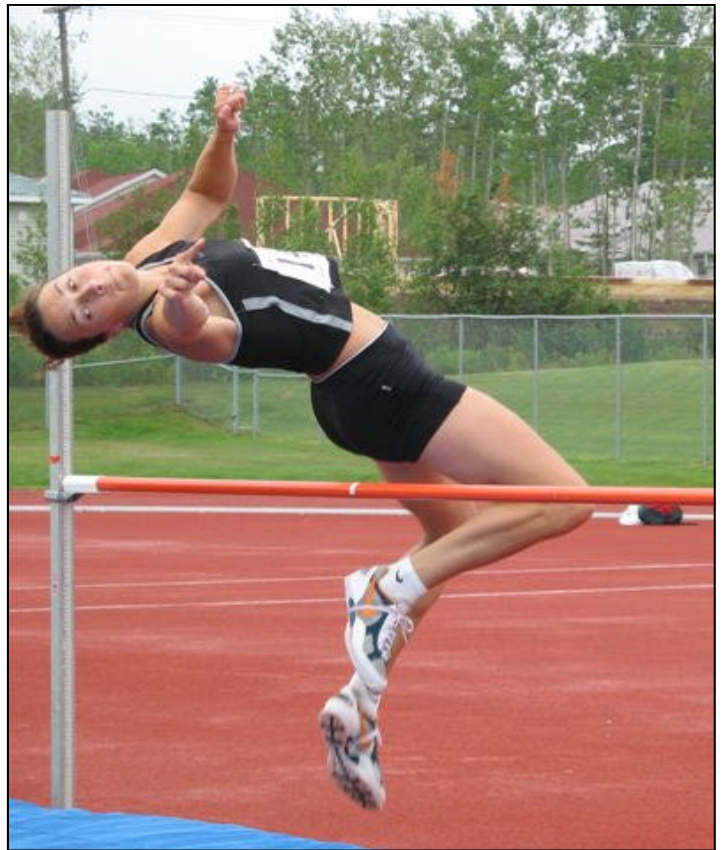
M35	Space Shuttles	49.73
	Papoulidis, Furlong, Jennet, Crepsac	
M40	Equipe Quebec	58.17
	St Pierre, Gagnon, Breton, Lachance	
M60	Canadian Flyers	1:02.98
	Aadmi, Sharma, Singh Poonia, Biring	

4x400m Relay

W35	The Girls	5:10.25
	Northcott, Carson, MacDonald, Hiscock	
M40	The Boys	4:40.77
	Biring, Dinger, Roy, Boudoin	

High Jump

W30	Findley, Ann	NS	1.55m	74.1%	MR
	(old MR 1.42 Jacqueline Rasenberg in Toronto 1997)				
W45	Freeman, B.J.	UOC	1.35m	77.5%	
W50	Amerongu, Loretta	UOAL	1.15m	71.4%	
W60	Anderson, Sandy	PENN	1.15m	86.4%	
	Radcliffe, Marg	NAN	1.15m	83.9%	
M45	Roblin, Blair	ONT	1.25m	61.2%	
M50	Dinger, Hans	ETO	1.39m	69.5%	
M55	Jermacans, Viddy	AUST	1.25m	68.3%	



W30 Ann Findley from Nova Scotia sets a Meet Record in the High Jump - photo by Al LePage

Pole Vault

W60	Anderson, Sandy	PENN	1.60m	60.3%
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Long Jump

W45	Freeman, B.J.	UOC	4.34m	69.6%
	Lauridsen, Susanne	CALS	4.16m	67.6%
W50	Amerongu, Loretta	UOAL	3.13m	54.6%
W60	Anderson, Sandy	PENN	2.44m	52.5%
W75	Krug, Gloria	USA	2.26m	57.9%
M35	Leblanc, Marc	QUE	5.36m	62.9%
M45	Papoulidis, Panagio	FRE	4.15m	54.6%
M50	Boyd, Barry	UAAC	5.69m	84.1%
M55	Jermacans, Viddy	AUST	4.45m	69.6%
M60	Furlong, Dennis	NB	3.63m	58.4%
M65	Armstrong, Merv	ALB	3.99m	71.8%
	Vander Wal, Hylke	AIAC	3.29m	60.2%
M70	Aadmi, Andy	KAJ	3.37m	63.7%
	Poonia, Kesar Singh	MSC	3.31m	65.0%

Triple Jump

W30	Findley, Ann	NS	9.33m	61.7%	MR
	(old MR 8.83 Janet Christ in Regina 1992)				
W45	Lauridsen, Susanne	CALS	8.86m	74.2%	MR
	(old MR 8.63 Audrey Hiemstra in Toronto 1988)				
W60	Anderson, Sandy	PENN	6.48m	72.5%	
W75	Krug, Gloria	USA	4.88m	63.2%	MR
	(old MR 4.03 Margaret Hinton USA in Kamloops 2000, the CAN Record is 4.19 Ernestine Yeomans 1994)				



W45 Suzanne Lauridsen broke the MR in the Triple Jump

Triple Jump (con't)

M35	Leblanc, Marc	QUE	10.90m	60.8%
M40	Lord, Peter	SWIF	12.86m	79.4% MR
	(old MR 12.80 Greg Guyn in Calgary 2004)			
	Gagnon, Marcel	FLO	8.52m	52.6%
M45	Jennet, Terry	CALS	10.13m	65.3%
M60	Furlong, Dennis	NB	8.06m	64.5%
M65	Armstrong, Merv	ALB	7.87m	69.7%
M70	Poonia, Kesar Singh	MSC	7.39m	70.4%

Shot Put

W30	Findley, Ann	NS	8.86m	38.3%
W45	Dabrowski, Barb	ONT	8.26m	52.3%
	Freeman, B.J.	UOC	7.69m	46.3%
W50	Amerongu, Loretta	UOAL	8.00m	50.7%
W60	Anderson, Sandy	PENN	8.04m	66.8%
W75	Krug, Gloria	USA	7.15m	75.6%
W80	McLeod-Smith, Doreen	NWTF	5.09m	63.5%

Discus

W45	Dabrowski, Barb	ONT	26.77m	44.7%
W55	Trott, Rhona	HOC	15.56m	30.9%
W60	Anderson, Sandy	PENN	18.22m	43.5%
W75	Krug, Gloria	USA	14.67m	45.2%
W80	McLeod-Smith, Doreen	NWTF	11.39m	42.0%
M35	Tessier, Yves	COC	32.29m	43.5%
M40	Maplethorpe, Ian	UNA	41.66m	56.2%
	Parkinson, Richard	SIS	33.44m	45.1%
	Lutes, Gary	BC	28.27m	39.3%
M50	Pearson, Bill	TC	34.86m	50.5%
M60	Furlong, Dennis	NB	25.83m	39.1%
M65	Armstrong, Merv	ALB	35.13m	62.4%
	Simmons, Bob	PEI	31.00m	53.5%
M70	Washburn, LeRoy	UNA	28.81m	58.1%
	Aadmi, Andy	KAJ	26.68m	50.8%
M90	Murray, Jim	BC	17.10m	72.1% MR
	(old MR 14.48 Karl Trei in Sherbrooke 1999, CAN 17.95 Karl Trei 1999)			

Hammer

W55	Trott, Rhona	HOC	20.89m	40.2%
W60	Anderson, Sandy	PENN	23.80m	55.1% CAN
	(old CAN 21.92 Mary Thomson 1990, MR is 40.47 by Evaun Williams GBR in Kamloops 2000)			
W75	Krug, Gloria	USA	14.85m	44.4% MR
	(old MR 12.81 Doreen McLeod Smith in Calgary 2004, CAN 13.59 Doreen McLeod Smith 2003)			
W80	McLeod-Smith, Doreen	NWTF	13.73m	49.1%

**W45 Barb Dabrowski**

M35	Tessier, Yves	COC	13.19m	57.7%
	Buhlman, James	ONT	9.41m	40.7%
M40	Parkinson, Richard	SIS	11.56m	53.0%
	Gagnon, Marcel	FLO	7.64m	35.0%
M50	Pearson, Bill	TC	10.93m	59.0%
M55	Jermacans, Viddy	AUST	8.22m	48.6%
M60	Birring, Sewa	BC	9.79m	53.7%
	Furlong, Dennis	NB	9.48m	52.0%
M65	Simmons, Bob	PEI	8.58m	56.6%
M70	Poonia, Kesar Singh	MSC	10.61m	63.4%
	Aadmi, Andy	KAJ	10.29m	57.9%
	Washburn, LeRoy	UNA	7.91m	47.3%
M90	Murray, Jim	BC	6.47m	85.4% CAN, MR
	(old CAN 6.13 Howard West 2005, old MR 5.57 Howard in Richmond 2003)			



W75 Gloria Krug from Philadelphia won the Long Jump, the Shot, and the Discus, and set Meet Records in the Hammer, Javelin, Weight Throw, and the Triple Jump.

10 **Hammer (con't)**

M40	Maplethorpe, Ian	UNA	60.45m	75.2%	CAN,MR
	(old CAN 55.12 Mike Cairns 1983 old MR 49.52 Harold Willers in Kamloops 2000)				
	Parkinson, Richard	SIS	33.63m	43.4%	
M50	Graczyk, Jan	TC	50.64m	72.5%	
	Pearson, Bill	TC	32.82m	48.0%	
M55	Boghina, Rudy	TC	29.69m	45.6%	
M65	Simmons, Bob	PEI	40.21m	75.6%	
M70	Muller, Emil	TC	47.02m	90.2%	MR
	(old MR 39.96 Walter Jenkins in Ottawa 1991)				
	Aadmi, Andy	KAJ	35.33m	65.6%	
	Staveley, Bob	OTT	32.51m	64.3%	
M90	Murray, Jim	BC	17.29m	80.3%	MR
	(old MR 14.77 Howard West in Richmond 2003)				



M60 Dennis Furlong

Weight Throw

W60	Anderson, Sandy	PENN	9.92m	61.8%	CAN
	(old CAN 9.61 Sandy in 2004, MR 12.38 Carol Young USA in Kamloops 2000)				
W75	Krug, Gloria	USA	8.14m	65.4%	MR
	(old MR 7.44 Margaret Hinton in Kamloops 2000, CAN 6.23 Doreen McLeod Smith 2004)				
W80	McLeod-Smith, Doreen	NWTF	6.25m	60.0%	
M40	Maplethorpe, Ian	UNA	18.21m	77.0%	CAN,MR
	(old CAN 15.73 George Puce 1981, old MR 14.10 Harold Willers in Kamloops 2000)				
	Parkinson, Richard	SIS	12.03m	52.3%	
M50	Graczyk, Jan	TC	10.93m	49.5%	
	Pearson, Bill	TC	9.00m	41.4%	
M55	Boghina, Rudy	TC	7.25m	34.5%	
M65	Simmons, Bob	PEI	12.43m	62.0%	
M70	Muller, Emil	TC	16.85m	86.6%	MR
	(old MR 16.23 Ray Feick USA in Richmond 2003)				
	Aadmi, Andy	KAJ	14.38m	71.9%	
M90	Murray, Jim	BC	7.27m	68.1%	

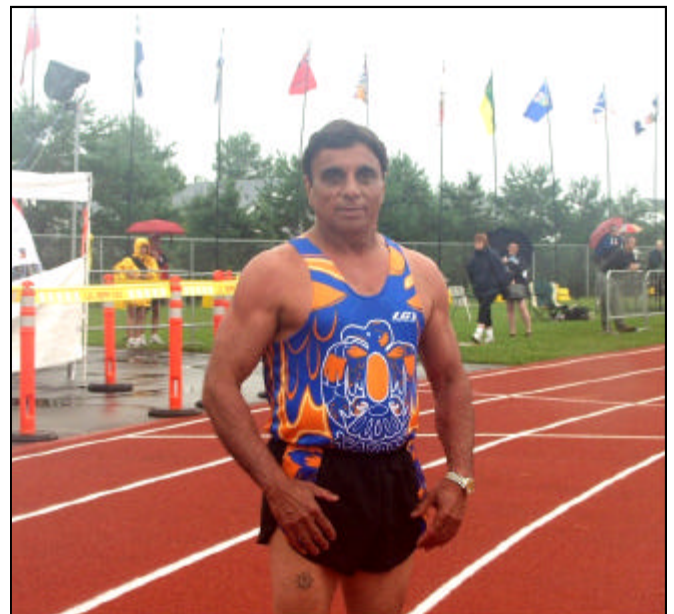


M40 Ian Maplethorpe

set CAN records in the Hammer and the Weight. Photo by Al LePage

Javelin

W45	Dabrowski, Barb	ONT	29.21m	56.0%	
	Freeman, B.J.	UOC	17.56m	31.7%	
W60	Radcliffe, Marg	NAN	29.19m	76.5%	
	Anderson, Sandy	PENN	20.83m	57.3%	
W75	Krug, Gloria	USA	19.23m	67.8%	MR
	(old MR 17.78 Johnnye Valien USA in Kamloops 2000)				
W80	McLeod-Smith, Doreen	NWTF	11.59m	48.5%	
M40	Parkinson, Richard	SIS	50.81m	60.2%	
	St.Pierre, Michael	ENER	42.38m	49.4%	
	Lutes, Gary	BC	37.46m	45.9%	
M45	St.Pierre, Peter	ONT	43.14m	55.9%	
M50	Finkbeiner, Michael	HOC	47.67m	64.3%	
	Pearson, Bill	TC	30.12m	42.2%	
M60	Furlong, Dennis	NB	27.76m	41.7%	
M65	Pamenter, Fred	ONT	36.26m	63.8%	
	Armstrong, Merv	ALB	31.28m	55.1%	
	Simmons, Bob	PEI	15.10m	25.9%	
M70	Washburn, LeRoy	UNA	28.90m	54.3%	
	Aadmi, Andy	KAJ	25.84m	45.8%	
M90	Murray, Jim	BC	13.13m	53.3%	MR
	(old MR 12.37 Howard West in Richmond 2003)				



M70 Andy Aadmi

entered 12 events and won 12 medals!