

Ontario Masters Indoor Championship Meet Records

41 years of Competitions - Compiled by Doug Smith

<u>Year</u>	<u>Venue</u>	<u>Meet Director</u>		<u>200m</u>				<u>1500m</u>			
71	CNE	MTFC (Metro Fitness Club)		M30	23.69	Shane Ferth	12	M30	4:29.90	Rob Base Trantor	08
72	CNE	MTFC		M35	22.4	Kerry Smith	92	M35	4:03.2	Ray Tucker	85
73	CNE	Don Farquharson		M40	23.49	Lawrence Williams	11	M40	4:06.5	Ray Tucker	87
74	CNE	?			23.3 (.54)	Ray Cardinal	87	M45	4:17.50	Ron Frid	94
75	CNE	Elwyn Davies		M45	23.87	Kerry Smith	99	M50	4:22.7	Jerry Kooymans	06
76	CNE	Chris Pickard		M50	24.33	Kerry Smith	04	M55	4:45.2	Ed Whitlock	87
77	CNE	Dave Smith		M55	25.78	Bennie James USA	12	M60	4:43.66	Earl Fee	94
78	Oshawa	?		M60	26.44	Tony Powell	07	M65	4:49.59	Earl Fee	96
79	CNE	Don Stewart		M65	27.22	Tony Powell	10	M70	5:14.15	Ed Whitlock	03
80-82	York	Dave Welsh		M70	29.78	Chuck Sochor	99	M75	5:53.78	Ed Whitlock	11
84	"	Malcolm Smith		M75	32.51	Jack Greenwald	04	M80	7:09.65	Robert Comber	07
85	"	Ken Twigg		M80	32.07	Earl Fee	09	M85	9:01.16	Les Leyland	03
86-07	"	Brian Keaveney (22 years!)									
08-12	"	Doug Smith		W30	27.74	Yvonne Paquet	06	W30	5:09.90	Suzette Taggart	03
				W35	26.68	Linda Carty	03	W35	4:43.89	Janet Takahashi	94
				W40	27.79	Deborah Lenz	98	W40	4:49	Linda Findlay	88
				W45	28.55	Karla Del Grande	03	W45	4:58.58	Annie Bunting	12
60m				W50	26.82	Karla Del Grande	06	W50	5:03.02	Kathryn Martin	02
M30	7.15	Desmond Allen	06	W55	27.91	Karla Del Grande	10	W55	5:36.60	Molly Turner	90
M35	7.05	Duane Napier	09	W60	32.95	Rhona Trott	09	W60	5:55.92	Jean Horne	93
	6.9	David Walter	87	W65	34.65	Diane Palmason	07	W65	6:07.27	ML Michelsohn USA	09
	6.9	Wilmar Alexander	82	W70	40.27	Doreen Carmichael	03	W70	7:09.82	Dorly Brechbuehl	95
M40	7.13	Allan Tissenbaum	01					W75	8:09.68	Judith Kazdan	95
M45	7.33	George Horton	80	400m				W80	9:12.97	Judith Kazdan	00
M50	7.38	Kerry Smith	06	M30	52.24	Travis Anderson	11	3000m			
M55	7.75	Kerry Smith	11	M35	51.0	Ray Cardinal	86	M30	9:01.39	Mario Iozzo	06
M60	8.22	Charles Agnoo	95	M40	52.2	Ray Cardinal	87	M35	8:41.23	Bob Moore	76
	8.22	Charles Agnoo	96	M45	53.57	Ben James	06	M40	8:39.70	Charlie McMullen	93
	8.22	Tony Powell	04	M50	56.8	Norm Baum	78	M45	9:01.0	Ed Whitlock	79
M65	7.8	Cecil Paul	86	M55	56.7	Earl Fee	88	M50	9:26.82	Jerry Kooymans	08
M70	8.39	John O'Neill	94	M60	61.7	Norm Baum	87	M55	10:02.70	Jerry Kooymans	11
M75	8.95	John O'Neill	99	M65	62.37	Earl Fee	99	M60	10:05.3	Ed Whitlock	94
M80	10.2	Blain Till	88	M70	1:09.0	Art Obokata	89	M65	10:11.60	Ed Whitlock	96
M85	12.48	Karl Trei	97	M75	1:08.20	Earl Fee	07	M70	10:52.40	Ed Whitlock	05
				M80	1:11.23	Earl Fee	09	M75	11:17.21	Ed Whitlock	07
W30	7.88	Mavis Ayippey	08	M85	1:55.36	Les Leyland	03	M80	15:50.14	Robert Comber	07
W35	8.08	Linda Carty	03					M85	20:15.9	Les Leyland	03
W40	8.40	Leslie Estwick	03	W35	1:01.93	Maureen Rodrigue	02	W30	10:09.35	Edel Mooney	05
W45	8.47	Karla Del Grande	03	W40	1:04.61	Kathleen Shook	06	W35	10:00.6	Linda Findley	87
W50	8.28	Karla Del Grande	05	W45	1:02.60	Karla Del Grande	03	W40	10:34.3	Margarita Ekiss	82
W55	8.54	Karla Del Grande	09	W50	1:01.38	Karla Del Grande	05	W45	11:24.16	Christine Lavallee	02
W60	9.67	Edith Gray	96	W55	1:06.89	Karla Del Grande	10	W50	11:05.44	Kathryn Martin	02
W65	10.02	Doreen Carmichael	98	W60	1:15.44	Rhona Trott	09	W55	11:47.00	Molly Turner	91
W70	10.99	Doreen Carmichael	03	W65	1:14.5	Jean Horne	98	W60	12:08.8	Molly Turner	94
				W70	1:22.12	Jean Horne	04	W65	13:23.38	Jean Horne	98
60mH								W70	14:51.1	Molly Turner	06
M30	9.37	David Valenzuela	10	800m				W75	17:17.48	Judith Kazdan	96
M35	8.86	Andrew Yap	99	M30	2:04.15	Patrick Menzies	03	W80	19:34.94	Judith Kazdan	00
M40	8.52	Nate Robinson USA	93	M35	1:59.14	Derek Hackshaw	06				
M45	8.98	Scott Tyler	89	M40	2:00.8	Ray Tucker	91	3000m Racewalk			
M50	8.83	Scott Tyler	91	M45	2:00.99	Michael Sherar	12	M35	14:44.9	Paul Guimond	95
M55	9.27	Scott Tyler	95	M50	2:10.9	Ben Johns	87	M40	13:52.3	Patrick Farrelly	80
M60	10.72	Richard Lech	11	M55	2:11.00	Francois Martel PQ	09	M45	12:58.0	Jaan Roos	84
M65	10.97	Andy Thomson	91	M60	2:16.3	Earl Fee	93	M50	14:11.4	Jaan Roos	89
M70	11.11	Chuck Sochor	99	M65	2:18.7	Earl Fee	98	M55	15:39.4	Stuart Summerhays	92
M75	12.2	Karl Trei	87	M70	2:32.23	Earl Fee	03	M60	15:37.9	Max Gould	81
M80	14.08	Karl Trei	93	M75	2:40.58	Earl Fee	06	M65	16:03.0	Max Gould	84
M85	14.36	Karl Trei	95	M80	2:57.75	Earl Fee	11	M70	18:01.0	Sal Brancaccio	98
				M85	4:41.57	Les Leyland	03	M75	18:56.76	Max Gould	93
W30	10.62	Adrienne Ricker	06					M80	23:08.9	Peter Fellowes	05
W35	10.12	Corry Fox	96	W30	2:24.51	Shari Boyle	05	W30	14:59.4	Rachel Robichaud	05
W40	11.62	Kathleen Shook	06	W35	2:19.86	Anna Cranton	01	W35	13:55.4	Joni Bender	98
W45	10.69	Liz McBlain	93	W40	2:25.36	Annie Bunting	08	W40	15:24.6	Nanci Sweazey	96
W50	10.82	Irene ThompsonUSA08		W45	2:26.42	Annie Bunting	10	W45	15:08.7	Nanci Sweazey	02
W55	11.81	Rhona Trott	08	W50	2:34.88	Kathryn Martin	02	W50	16:49.50	Nanci Sweazey	07
W60	11.33	Rhona Trott	09&10	W55	2:50	Jean Horne	88	W55	17:52.84	Anne de Thy	10
W65	16.32	Pat Peterson	92	W60	2:52.4	Jean Horne	93	W60	17:32.1	AnnMarie Rosenitsch	02
				W65	2:54.8	Jean Horne	98	W65	19:14.05	AnnMarie Rosenitsch	07
				W70	3:14.45	Jean Horne	04	W70	21:29.9	Elga Meri	94
								W75	21:46.61	Jean Horne	11

Shot Put

M35	16.01	Gintas Degutis	08
M40	14.44	Mariusz Kosinski	11
M45	13.05	Jim Wetenhall USA	03
M50	14.96	Joseph Myers USA	06
M55	14.55	Joe Myers USA	09
M60	13.72	Art Jaago	88
M65	10.99	Helmut Lange	95
M70	12.79	Garry Bachman	94
M75	11.39	Garry Bachman	99
M80	10.05	Garry Bachman	03
M85	9.88	Garry Bachman	07

W30	13.14	Marie-Josée Le Jour	11
W35	11.19	Gaby Szanto	03
W40	9.41	Debi Heit	92
W45	10.29	Elizabeth Hill	10
W50	10.57	Elizabeth Hill	11
W55	9.09	Kathy Wetenhall USA	09
W60	8.62	Helgi Pedel	84
W65	8.38	Helgi Pedel	91
W70	7.44	Helgi Pedel	95
W75	7.33	Velta Tomsons	03
W80	6.67	Velta Tomsons	11

Weight Throw (outdoors pre 2004)

M30	18.21	Jason Baines	11
M35	13.34	Richard Parkinson	04
M40	12.54	James Findlay	01
M45	16.65	Jim Wetenhall USA	03
M50	20.28	Jim Wetenhall USA	06
M55	19.79	Jim Wetenhall USA	10 WR
M60	17.62*	Emil Muller	97
M65	16.24	Emil Muller	01
M70	14.84*	Helmut Lange	98
M75	15.07	Emil Muller	11
M80	13.29	Garry Bachman	05
M85	11.64	Garry Bachman	07

W30	18.39	Marie-Josée Le Jour	11
W35	10.78	Diane JaamShahriari	05
W40	7.60	Darlene Aulenback	92
W45	10.12	Elizabeth Hill	10
W50	11.16	Kathy Wetenhall US	04&05
W55	11.46	Kathy Wetenhall	10
W60	11.92	Rhona Trott	09
W65	7.50	Mary Thomson	95

* New marks set with lighter implements for M50+ and W50+, changed to WAVA standards in 1996 (see Vol #59, Pg 26).

High Jump

M30	1.80	David Valenzuela	10
M35	1.88	Zoltan Sara	11
M40	1.80	Walt Reynolds USA	03
M45	1.81	Witold Klinger	92
M50	1.85	Istvan Major	02
M55	1.55	Bill DeHorn	03
M60	1.45	Ian Hume	77 & 78
	1.45	Stan Seitz	09
M65	1.49	Ian Hume	81
M70	1.39	Ian Hume	85
M75	1.28	Ian Hume	92
M80	1.14	Ian Hume	96
M85	1.05	Karl Trei	95

W30	1.35	Jennifer Pineo	10
W35	1.56	Kimi Nakatake USA	08
W40	1.55	Leslie Estwick	03
W45	1.38	Liz McBlain	93
W50	1.35	Maria Mallia	06
W55	1.30	Maria Mallia	11
W60	1.25	Edith Gray	96
W65	1.15	Helgi Pedel	89
W70	1.16	Helgi Pedel	94
W75	1.08	Helgi Pedel	99
W80	0.96	Helgi Pedal	04

Pole Vault

M30	4.30	Richard Sibley	08
M35	4.37	Ken Roblec	88
M40	4.15	Tom Rauscher USA	90
M45	4.00	Vladimir Kostic	81
M50	4.00	Ed Hoyle	87
M55	3.90	Matti KilpelainenUSA	04
M60	3.60	Matti Kilpelainen	09
M65	3.20	Stan Egerton	91
	3.20	Matti KilpelainenUS	12
M70	2.73	Stan Egerton	98
M75	2.60	Stan Egerton	01
M80	1.80	Ian Hume	95

W35	3.00	Gaby Szanto	03
W45	2.80	Gaby Szanto	12
W50	2.70	Hillen Stubendorff GER	03
W55	2.10	Jutta Reigel	95
	2.10	Ann Marie Rosenitsch	96
W60	1.80	Edith Gray	96
W65	2.00	Jutta Riegel	06

Long Jump

M30	7.13	Clayton Latham	12
M35	6.36	Ron Thompson	87&88
M40	6.47	Todd Crawford	07
M45	6.06	Vladimir Kostic	81
M50	5.80	Richard Lech	98
M55	5.43	Richard Lech	03
M60	5.15	Alan Slater	03
M65	4.97	A. Brosz	75
M70	4.41	Ian Hume	85
M75	3.95	Chuck Sochor USA	04
M80	3.57	Karl Trei	90
M85	3.12	Karl Trei	95

W35	5.20	Linda Carty USA	04
W40	5.24	Leslie Estwick	03
W45	4.52	Adri Rowswell	87
W50	4.16	Maria Mallia	05
W55	3.68	Rhona Trott	07
W60	3.77	Edith Gray	96
W65	3.31	Edith Gray02	
W70	2.83	Elga Meri	92

Triple Jump

M30	13.90	Clayton Latham	12
M35	12.88	Ron Thompson	88
M40	12.79	Todd Crawford	07
M45	11.89	Alan Slater	88
M50	11.62	Igor Konovalov	99
M55	10.92	Alan Slater	98
M60	10.33	Alan Slater	03
M65	10.08	Ian Hume	81
M70	9.56	Ian Hume	85
M75	8.27	Ian Hume	90
M80	7.31	Karl Trei	90
M85	6.15	Karl Trei	95

W35	12.07	Michelle Hastick Cowell	09
W40	6.70	Vera Cabanus	92
W45	8.92	Liz McBlain	93
W50	9.08	Irene Thompson	06
W55	7.62	Jutta Reigel	95
W60			
W65	6.74	Helgi Pedel	91
W70	6.37	Helgi Pedel	94

(+0.24 correction factor electronic over hand timing, eg. 23.6 sec hand timed = 23.84 electronic) (30-34 age groups added in 2003)



M65 Bob Moore in the 3000m
Bob holds the M55 MR of 10:09
and one of the oldest - the M35
record of 8:41 that he set 30 years
ago in 1976!