

- **LEGEND:**

- BWR = Best World Ranking (August 24, 2019)
- APBP = Average Points per Best Performance (Combined Events)

FEMALE SPRINTS/HURDLES

W65 Karla Del Grande

- 7.66 (97.22%) Indoor 50 at OMA Mini Meet #1
- 29.73 (99.97% - WORLD RECORD!) Indoor 200 in Torun (GOLD MEDAL)
- 1:08.39 (97.44% - WORLD RECORD!) Indoor 400 in Torun (GOLD MEDAL)
- 13.87 (103.17%; 3.3) Outdoor 100 at NCCWMAs
- 29.11 (103.05%; 2.1) Outdoor 200 at NCCWMAs
- 1:08.08 (99.36% - WORLD RECORD!) Outdoor 400 at CMAs Outdoors
- 2019 World Masters Rankings (as of Sep. 21st):
 - 1st, Indoor 50, 200 & 400; 1st, Outdoor 100, 200 & 400

W60 Wendy Alexis

- 13.98 (100.52%; 1.1) Outdoor 100 at NCCWMAs
- 29.27 (100.53%; 2.1) Outdoor 200 at NCCWMAs
- 2019 World Masters Rankings (as of Sep. 21st):
 - 2nd, Outdoor 100; 2nd, Outdoor 200

W45 Violeta Garfunkel

- GOLD - 100 - NCCWMA - 13.31 (1.2)
- SILVER - 200 - NCCWMA - 28.01 (-1.4)
- GOLD - 60 - OMA Indoor Champs - 8.59
- GOLD - 200 - OMA Indoor Champs - 28.34 - Meet Record
- GOLD - 100 - OMA Outdoor Champs - 13.97 (-1.9)
- GOLD - 200 - OMA Outdoor Champs - 27.72 (1.6)
- Violeta also set 3 ONT Records (W45) in the Indoor 60, and the Outdoor 100 and 200
- Best AG %, Indoor 60 - 88.36%, Outdoor 100 - 89.03%, Outdoor 200 - 88.11%
- World Ranking (Sept 21) - 16th Outdoor 100, 18th Outdoor 200

MALE SPRINTS/HURDLES

M90 Earl Fee

- 39.34 (104.22% - WORLD RECORD!; -0.8) Outdoor 200 at NCCWMAs
- 1:30.76 (109.07% - WORLD RECORD!) Indoors 400 in Iowa on Mar. 23rd
- 1:29.15 (111.04% - WORLD RECORD!) Outdoor 400 at NCCWMAs
- 2019 World Masters Rankings (as of Sep. 21st):
 - 1st, Indoor 200; 1st, Indoor 400; 1st, Outdoor 400

M50 Chris Warburton

- WMAs in Torun: 4th, 60; 2nd, M50 4x200
- 6.50 (98.31%) Indoor 50 at OMA Mini Meet #1
- 7.49 (98.46%) Indoor 60 in Torun
- 24.41 (93.74%) Indoor 200 at CMAs
- 11.61 (96.40%; 2.1) Outdoor 100 at NCCWMA
- 23.93 (95.62%; +1.6) Outdoor 200 at NCCWMA

- 2019 World Masters Rankings (as of Sep. 21st):

- 1st, Indoor 50; 8th, Indoor 60; 13th, Indoor 200; 8th, Outdoor 100; 9th, Outdoor 200;

M50 Chris Lemassif

- WMAs in Torun: 4th, 200; 2nd, M50 4x200

- 7.72 (94.87%) Indoor 60 in Torun
- 24.37 (93.26%) Indoor 200 in Torun
- 24.35 (93.33%; +1.7) Outdoor 200 at NCCWMA
- 11.96 (92.99%; 1.6) Outdoor 100 at NCCWMA
- 2019 World Masters Rankings (as of Sep. 21st):

- 10th, Indoor 200; 38th, Indoor 60; 21st, Outdoor 200; 23rd, Outdoor 100

FEMALE DISTANCE

W60 Elizabeth Waywell

- 42:36.18 (93.88%) Outdoor 10000 at CMAs
- 20:46.29 (93.63%) Outdoor 5000 at CMAs
- 1:35:55 (89.00%) Half Marathon in Vancouver
- 2019 World Masters Rankings (as of Sep. 21st):

- 1st, Outdoor 10000; 4th, Outdoor 5000

W50 Liz Maguire

- 5:01.38 (94.18%) Outdoor 1500 in Ottawa
- 2:29.08 (87.41%) Outdoor 800 at NCCWMAs
- 5:14.48 (90.26%) Indoor 1500 at OMAs
- 3rd highest age grading (83.96%) at Canadian Cross Country Championships
- 2019 World Masters Rankings (as of Sep. 21st):

- 16th, Indoor 1500; 4th, Outdoor 1500; 8th, Outdoor 800

W65 Kris Kozell

- Indoor 1500 RW – CANADIAN RECORD – 8:32.41 (86.69% AG)
- Indoor 5000 RW – CANADIAN RECORD – 31:07.04 (85.58% AG)
- Outdoor 1500 RW – CANADIAN RECORD – 8:34.73 (86.35% AG)
- Outdoor 5000 RW – CANADIAN RECORD – 29:51.72 (89.21% AG)
- Gold, 5000 RW, NCCWMA – 30:55.24 (86.13%)
- Gold, 10000 RW, NCCWMA – 1:01:58 (90.59%)

MALE DISTANCE

M90 Earl Fee

- 3:42.52 (106.07% - WORLD RECORD!) Indoor 800 in Iowa on Mar. 23rd
- 3:34.93 (109.81% - WORLD RECORD!) Outdoor 800 at OMAs
- 2019 World Masters Rankings (as of Sep. 21st):

- 1st, Indoor 800; 1st, Outdoor 800

M55 Paul Osland

- 2:08.12 (94.67%; NEW CANADIAN RECORD!) Indoor 800 in Torun (SILVER MEDAL)
- 4:27.19 (91.75%) Indoor 1500 in Torun (BRONZE MEDAL)
- 2:08.34 (94.51%) Outdoor 800 at Hamilton PB Twilight
- 2019 World Masters Rankings (as of Sep. 21st):

- 2nd, Indoor 800; 2nd, Indoor 1500; 1st, Outdoor 800

M55 Michael Sherar

- 2:08.26 (94.57%) Indoor 800 in Torun (BRONZE MEDAL)
- 2:08.52 (94.37%) Outdoor 800at Hamilton PB Twilight
- 2019 World Masters Rankings (as of Sep. 21st):
 - 3rd, Indoor 800; 2nd, Outdoor 800

FEMALE THROWS

W65 Doreen Garner

- Gold – NCCWMA – Shot Put, Discus, Weight Throw
- CAN Records – Shot Put, Discus, Weight Throw
- BWR – 4 – Discus

W55 Kristen Dajja

- Silver – NCCWMA – Throws Pentathlon
- CAN Record – Throws Pentathlon, Weight Throw
- BWR – 6 – Throws Pentathlon

W60 Barb Dabrowski

- Gold – CMA Championships - Javelin
- BWR - 4 – Javelin

MALE THROWS

M70 Jean-Pierre Mayer

- Gold – NCCWMA – Shot Put, Discus
- ONT Record – Shot Put
- CAN Record – Discus
- BWR – 7 – Shot Put and Discus

M50 Eric Forshaw

- Gold – NCCWMA – Discus
- CAN Record – Discus
- BWR - 2 - Discus

M70 Brock Pullen

- Bronze – NCCWMA – Throws Pentathlon, Javelin
- ONT Record – Javelin
- BWR – 12- Throws Pentathlon

FEMALE JUMPS

W45 Tracey Viggers

- Gold – NCCWMA – High Jump
- Silver – NCCWMA – Long Jump
- ONT Record – Triple Jump
- BWR – 28 – High Jump

W50 Kairy Loucks

- ONT Records – Long Jump, Triple Jump
- BWR – 22 – Triple Jump

W35 Lorena Reyes

- Gold – NCCWMA – Long Jump
- ONT Record – Long Jump
- BWR – 5 – Long Jump

MALE JUMPS

M70 Jean-Pierre Mayer

- Gold – NCCWMA – High Jump
- Silver – NCCWMA – Long Jump
- ONT Records – Long Jump, High Jump
- BWR – 11 – High Jump

M45 Nigel John

- Silver – NCCWMA – Long Jump
- CAN Record – Long Jump
- BWR – 2 – Long Jump

M65 Bruce Simpson

- Gold – NCCWMA – Pole Vault
- ONT Meet Record – Pole Vault
- BWR – 6 – Pole Vault

FEMALE COMBINED EVENTS

No Female Competitors

MALE COMBINED EVENTS

M50 Marcus Skeete

- APBP – 612
- 4th- Australian Masters Championships – Outdoor Pentathlon
- 16th- WMA Indoor Championships – Indoor Pentathlon
- BWR – 9 – Outdoor Pentathlon

M65 Peter Zowkewych

- APBP - 565
- Gold – CMA Championships – Outdoor Pentathlon
- Bronze – USATF National Heptathlon Championships – Indoor Heptathlon
- BWR – 3 – Indoor Heptathlon

M55 Donald Ritchie

- APBP – 500
- Gold – OMA/AO Championships – Outdoor Pentathlon
- ONT Record – Outdoor Pentathlon
- BWR – 7 – Outdoor Pentathlon

No