

## OMA Outdoor Championships Meet Records

Compiled by Doug Smith

Year	Location	Meet Director
1971	No Information	
1972	Hamilton McMaster	John Parr
1973	Oshawa	??
1974	No Information	
1975	(Cancelled due to 1st WAVA meet in Toronto)	
1976	Oshawa	??
1977	Hamilton - Mac	??
1978	Oshawa	??
1979	Scarborough (NorthAm Champs)	George Mitchell
1980	Tillsonburg	Jim Young
1981	Oshawa	Chris Stones
1982	Kitchener	Don MacFarlane
1983	Sudbury	Shirley Pommier, Hugh Ferguson
1984	Oshawa	Kevin Dillon & Barb Webster
1985	East York CI	Brian Keaveney
1986	Etobicoke	Brian Keaveney
1987	East York CI	Brian Keaveney
1988	Etobicoke	Brian Keaveney
1989	Sudbury	Shirley Pommier
1990	Etobicoke	George Gluppe
1991	Oshawa	Oliver Sinclair
1992	Hamilton - Mohawk	Val Sarjeant
1993	Sudbury	Shirley Pommier
1994	Oshawa	Oliver Sinclair
1995	Tillsonburg	Ron Beck
1996	25 <sup>th</sup> York U.	OMTFA Executive
1997	York University	OMTFA Executive
1998	London - St Thomas Aquinas	Richard Lenz
1999	York University	OMTFA Executive
2000	York University	OMTFA Executive
2001	York University	OMTFA Executive
2002	Hamilton - Mac	Val Sarjeant
2003	York University	OMTFA Executive
2004	York University	OMTFA Executive
2005	York University	OMTFA Executive
2006	London - Western U.	Linda Findley
2007	London - Western U.	Linda Findley
2008	Toronto T&F Centre	Doug Smith
2009	Toronto T&F Centre	Doug Smith
2010	Toronto T&F Centre	Doug Smith
2011	Varsity Centre	Doug Smith
2012	Varsity Centre	Doug Smith
2013	Varsity Centre	Doug Smith
2014	Varsity Centre	Doug Smith
2015	Terry Fox - Brampton	Doug Smith

2016	Varsity Centre	Doug Smith
2017	Varsity Centre	Doug Smith
2018	York Lions Stadium	Doug Smith
<b>2019</b>	<b>Varsity Centre</b>	<b>Doug Smith</b>

(add 0.24 sec correction to hand timed marks)  
(many single decimal marks (eg 13.5) were probably hand timed)  
(many older results have no wind readings. 'w' indicates an illegal wind)

### **100m**

M30	Mellard Brown	11.12	2018
M35	Michael James	11.19	2018
M40	Bob Zimmerman	11.3 (11.54)	1989
	Kerry Smith	11.54	1996
	Todd Crawford	11.54	2005
M45	Smokey Santillo USA	11.72	1996
M50	Christopher Walburton	11.58	2016
M55	Kerry Smith	12.02	2009
M60	Kerry Smith	12.63	2016
M65	Tony Powell	13.15	2012
	Chuck Sochor	13.1 w	1994
M70	John O'Neill	13.60	1996
M75	John O'Neill	13.40	1999
M80	Karl Trei	16.7	1989
M85	Karl Trei	18.8 w	1994
M90	Karl Trei	22.50	1999
W30	Tomikka Harrison	12.35	2003
W35	Molly Killingbeck	12.66	1997
W40	Khama Beckles	13.24	2018
W45	Violetta Garfunkel	13.70	2018
W50	Karla Del Grande	13.18	2004
W55	Karla Del Grande	13.47	2009
W60	Karla Del Grande	14.04	2016
W65	Karla Del Grande	14.00 WR	2018
W70	Doreen Carmichael	17.50	2001
W75	Isobel Cunningham	18.0	1991
W80	Isobel Cunningham	22.61	1996
W85	Isobel Cunningham	23.78	1999
<b>200m</b>			
M30	Dree Ryan	22.76	2010
M35	Luis Vega Penso	22.54	2009
M40	Kerry Smith	23.20	1997
M45	Thaddeus Bell USA	23.78	1992
M50	Kerry Smith	23.50	2006
M55	Kerry Smith	24.50	2009
M60	Tony Powell	25.94	2004
M65	Tony Powell	26.53	2009
M70	George Horton	29.72	2004
M75	Earl Fee	30.72	2006

M80	Earl Fee	32.93	2012
M85	Earl Fee	39.97	2016
<b>M90</b>	<b>Vattan Gill</b>	<b>65.09</b>	<b>2019</b>
W30	Foy Williams	24.83	2005
W35	Khama Beckles	26.67	2013
W40	Jeanette Rogers USA	27.49	2018
W45	Latricia Dendy USA	27.38	2018
W50	Karla Del Grande	26.44	2005
W55	Karla Del Grande	28.01	2012
W60	Karla Del Grande	28.58	2013
W65	Karla Del Grande	29.21 WR	2018
	<b>Karla Del Grande</b>	<b>29.11 w</b>	<b>2019</b>
W70	Elga Meri	41.0	1991
W75	Alice Cole PQ	40.46	2013
W80	Isobel Cunningham	53.1	1994
<b>400m</b>			
M30	Shane Firth	51.50	2011
M35	Andrew Clements GBR	50.82	2018
M40	J. Burnett	51.83	1982
M45	Mike Sherar	51.39	2009
M50	Khalid Mulazim USA	53.02	2018
M55	Rudolph Valentine USA	54.56	1979
M60	Earl Fee	59.0	1989
M65	Earl Fee	58.9	1995
M70	Earl Fee	62.49	1999
M75	Earl Fee	69.28	2005
M80	Earl Fee WR	1:10.82	2009
M85	Earl Fee	1:23.55	2016
M90	Vattan Gill	2:27.64	2018
W30	Katonya Harding	62.61	2000
W35	Maureen Rodrigue	59.17	2001
W40	Maureen Rodrigue	61.83	2005
W45	Latricia Dendy USA	60.87	2018
W50	Karla Del Grande	60.56	2004
W55	Karla Del Grande	1:07.88	2009
W60	Karla Del Grande	68.03	2013
	Karla Del Grande	68.03	2017
<b>W65</b>	<b>Karla Del Grande</b>	<b>1:09.12</b>	<b>2019</b>
W70	Jean Horne	1:21.87	2003
W75	Maureen Teixeira	1:52.47	2018
<b>800m</b>			
M30	Trevor Van Nest	2:05.66	2002
M35	Rich Tremain	1:58.43	2007
M40	Ray Tucker	1:58.1	1988
M45	Ray Tucker	2:02.89	1993
M50	Jim Dyck	2:06.74	2018
M55	Cliff Hall	2:12.8	1981

M60	Earl Fee	2:14.4	1989
M65	Earl Fee	2:19.0	1994
M70	Earl Fee	2:23.04	1999
M75	Earl Fee	2:38.91	2005
M80	Earl Fee	2:48.95	2009
M85	Earl Fee	3:22.74	2016
<b>M90</b>	<b>Earl Fee</b>	<b>3:34.93 WR</b>	<b>2019</b>
W30	Sasha Scott USA	2:11.31	2008
W35	Marg Hendershot	2:15.7	1991
W40	Faith Nesdoly	2:21.09	2001
W45	Faith Nesdoly	2:24.88	2005
W50	Liz Maguire	2:35.48	2018
W55	Heather O'Hagen	2:39.55	2017
W60	Jean Horne	2:45.67	1993
W65	Jean Horne	2:54.67	2001
W70	Jean Horne	3:11.43	2004
W75	Alice Cole	3:52.73	2012
<b>1500m</b>			
M30	Jimmy Semes	4:43.15	2011
M35	Rich Tremain	4:06.18	2007
M40	Ray Tucker	4:06.0	1988
M45	Ray Tucker	4:16.19	1993
M50	Ed Whitlock	4:21.1	1982
M55	Cliff Hall	4:39.2	1982
M60	Cliff Hall	4:53.7	1988
M65	Earl Fee	4:52.0	1994
M70	Ed Whitlock	5:24.94	2003
M75	Ed Whitlock	5:26.03	2007
M80	Ed Whitlock	5:59.81	2011
M85	Ed Whitlock	6:51.86	2016
W30	Sascha Scott USA	4:38.06	2008
W35	Janet Takahashi	4:40.6	1995
W40	Cecilia O'Neill	4:55.39	2004
W45	Diane Palmason	5:04.3	1983
W50	Liz Maguire	5:12.03	2018
W55	Molly Turner	5:35.2	1989
W60	Jean Horne	5:46.15	1993
W65	Jean Horne	6:10.03	1999
W70	Jean Horne	6:40.31	2004
<b>5000m</b>			
M30	Dan Way	16:22.21	2017
M35	Gord Michener	15:09.8	1983
M40	Ken Inglis	15:16.4	1983
M45	Jerry Kooymans	15:40.56	2001
M50	Jerry Kooymans	16:03.43	2008
M55	Bob Moore	16:57.51	1996
M60	Ed Whitlock	18:14.73	1992

M65	Ed Whitlock	17:38.50	1997
M70	Ed Whitlock	18:49.94	2004
M75	Ed Whitlock	20:21.57	2006
M80	Ed Whitlock	21:02.38 WR	2011
M85	Ed Whitlock	24:03.00 WR	2016
W30	Laura McLean	19:06.03	2017
W35	Janet Takahashi	17:42.9	1995
W40	Cecilia O'Neill	17:59.01	2004
W45	Elizabeth Primrose	18:46.66	2008
W50	Elaine Mota	19:23.19	2017
W55	Elizabeth Primrose	20:10.30	2017
W60	Molly Turner	21:20.00	1997
W65	Molly Turner	22:46.11	2001
W70	Judith Kazdan	26:36.0	1990
<b>10,000m</b>			
M35	James Earl	31:56.27	1997
M40	Ken Inglis	31:07.1	1982
M45	Mike Scott	33:19.0	1988
M50	Art Taylor	34:44.1	1979
M55	Bob Moore	35:05.17	1996
M60	Ed Whitlock	37:28.50	1993
M65	Ed Whitlock	36:31.52	1997
M70	Ed Whitlock	39:44.60	2001
M75	Kurt Gelbhaar	47:33.98	1999
M80	Odino Soligo	60:10.10	2001
W35	Laura Lynn	37:16.1	1989
W40	Diane Palmason	38:38	1982
W45	Barbara McLeod	43:03.2	1985
W50	Beverley Coburn	41:32.40	2001
W55	Molly Turner	42:10.6	1992
W60	Judith Kazdan	48:43.0	1981
W65	Judith Kazdan	51:13.3	1985
W70	Judith Kazdan	54:15.5	1990
<b>Sprint Hurdles</b>			
M30	Sean Kibrick	17.22	2012
M35	David Valenzuela	15.59	2013
M40	Michael Heron	16.55	2001
M45	Glenn Chipkar	16.72	2004
M50	Bill DeHorn	16.95	2000
M55	Scott Tyler	15.4	1995
M60	Richard Lech	18.18	2011
M65	Ed Lukens	18.1	1987
M70	Richard Lech	14.49	2018
M75	Karl Trei	16.4	1986
M80	Karl Trei	17.1	1989
M85	Karl Trei	20.5	1995

W35	Liz McBlain	13.3	1988
W40	Leslie Estwick	12.10	2002
W45	Ladonna Gooden USA	13.62	2017
W50	Rhona Trott	20.88	2003
W55	Leslie Estwick	14.54	2016
W60	Rhona Trott	14.85	2010
<b>Long Hurdles</b>			
<b>M30 400m</b>	<b>Nicolas Kerebel</b>	<b>1:01.89</b>	<b>2019</b>
M35	Andrew Clements GBR	54.65	2018
M40	Steve Bogatek	1:00.26	1993
M45	Glenn Chipkar	1:01.10	2004
M50	Markus Skeete	1:03.46	2018
M55	Rudolph Valentine	1:07.03	1979
M60 300m	Earl Fee	47.5	1991
M65	Earl Fee	48.4	1995
M70	Earl Fee	53.81	2002
M75	Karl Trei	70.99	1986
M80	Karl Trei	68,0	1989
W30 400m	Kate Bickle-Ferth	63.04	2017
W35	Maureen Rodrigue	1:10.05	2002
W40	Carol Felepchuk	1:12.70	1998
W45	Latricia Dendy USA	67.21	2018
W50 300m	Rhona Trott	56.81	2003
W55	Ann Marie Rosenitsch	1:13.80	1997
W60	Ruth Carrier	1:12.4	1994
<b>Steeplechase</b>			
<b>3000m</b>			
M30	Jimmy Semes	12:51.70	2012
M35	Fred Robbins	10:13.1	1994
M40	Ray Varey	9:51.2	1985
M45	Chris Deighan	10:57.91	2008
M50	Roland Anspach	11:42.2	1977
M55	Chris Deighan	11:06.00	2015
<b>2000m</b>			
M60	Jack Geddes	7:57.77	2000
M65	Vern Christensen	8:32.28	2006
M70	Vern Christensen	9:19.27	2012
M75	Vern Christensen	10:04.30	2016
M80	Steffen Kempe	16:53.52	2018
W35	Karen Hyslop	8:15.31	2008
W45	Kate Cochrane-Brink	8:17.93	2017
<b>W50</b>	<b>Kate Cochrane-Brink</b>	<b>8:36.69</b>	<b>2019</b>
W55	Ruth Carrier	10:10.4	1989
<b>4 X 100m Relay</b>			

M30	UNA	47.90	2004
	Atkinson, Proudfoot, Baptiste, Robinson		
M40-49	Masters Sprint Club	47.7	1980
	Malmstrom, Dungey, Horton, Rodrigues		
M50-59	Masters Sprint Club	50.8	1983
M55	JamCan International AC	50.44	2018
	Baptiste, Lee Foon, Nasanto, Kudo		
M60+	Masters Sprint Club	54.7	1980
	Grant, Pickl, Jamieson, Warwas		
M65	UTTC	63.49	2016
	Zowkewych, Creen, Helliker, Greenshields		
W30	UTTC	61.49	2013
	Mason, Botelho, Primovac, Catton		
W35	Ontario	56.64	2016
	Del Grande, Alexis, Shah, Rice		
W40	ONT Unattached	53.00	2018
	Garfinkle, Zinman, Rogers, Beckles		
W45	Ontario	57.82	2012
	Del Grande, Botelho, Alexis, Bailey-Mason		
W50	Ontario	58.38	2017
	Hargreaves, Loucks, Rozario, Del Grande		
W60	Scarborough Masters	1:10.47	1987
<b><u>4 X 400m Relay</u></b>			
M35	Northland Athletic Club	3:51.7	1983
M40-9	Masters Sprint Club	4:02.8	1980
	Andrade, Dungey, Rodrigues, Horton		
M50-9	Masters Sprint Club	4:18.5	1980
	Masi, Morris, Egerton, Baum		
M60	Masters Sprint Club	4:55.7	1983
M70	Longboat	6:00.57	2017
	Teddy, Bedley, De Vries, Connolly		
M75	Ontario	6:06.62	2017
	Taivassalo, Christensen, Goodstadt, Mackie		
W30	UTTC	4:54.16	2013
	Mason, Botelho, Primovac, Ballon		
<b><u>4 X 800m Relay</u></b>			
W30	UTTC	12:08.96	2016
	Chung, Kramarich, Catton, Ballon		
W45	Newmarket Huskies	10:57.41	2013
	Rout, O'Hagan, Jones, Sullivan		
M35	Ontario Unattached	8:57.10	2018
	Bok, Farr, Tremain, Asetline		
M40	UTTC	12:08.92	2016
	Wells, MacIssac, Rayner, Brecher		
M70	Longboat	13:13.05	2017
	Teddy, Bedley, De Vries, Connolly		

M75	Ontario	13:36.15	2016
	Christensen, Taivassalo, Moore, Mackie		
M80	Team Ontario	<b>14.24.03 WR</b>	2013
	Wardle, Thompson, Whitlock, Fee		
<b>5000m Racewalk</b> (1500m added in 2013)			
M30	Jocelyn Ruest	23:20.46	2012
M35	J. Hall	26:43.6	1981
M40	Gerald Bocci	24:53.0	1979
M45	Jianping Xu	23:58.17	2011
M50	Alex Oakley	23:33.2	1976
M55	Bill Purves	27:08.74	2000
M60	Max Gould	25:37.1	1980
M65	Max Gould	27:33.1	1983
M70	Bill Flick USA	29:05.16	1996
M75	Bill Flick USA	32:45.61	2001
M80	Art Keay	39:57.4	1987
W30	Amanda Wallace	27:53.44	2017
W35	Joni Bender	23:31.91	1999
W40	Nanci Sweazey	27:14.25	1996
W45	Nanci Sweazey	25:53.26	2002
W50	Liliana Whalen	28:56.15	2003
W55	Linda Wilson	28:44.55	2012
W60	June-Marie Provost	29:23.6	1994
W65	June-Marie Provost	30:32.75	1999
W70	June-Marie Provost	34:24.86	2005
W75	Jean Horne	38:16.04	2012
W80	Jean Horne	39:08.26	2013
<b>W85</b>	<b>Jean Horne</b>	<b>45:10.90</b>	<b>2019</b>
<b>High Jump</b>			
M30	David Valenzuela	1.83	2009
M35	Zoltan Sara	1.96	2012
M40	John Hawkins	1.90	1991
M45	Kermit Hollingworth	1.75	1979
	Witold Klinger	1.75	1992
	Don Ritchie	1.75	2010
M50	Istvan Major	1.80	2003
M55	Don Ritchie	1.62	2018
M60	Ian Hume	1.48	1977
M65	Ian Hume	1.45	1981
M70	Ian Hume	1.45	1988
M75	Ian Hume	1.35	1990
M80	Ian Hume	1.25	1995
M85	Karl Trei	1.05	1994
M90	Karl Trei	0.90	1999
W30	Jennifer Pineo	1.40	2009
W35	Leslie Estwick	1.65	2000



W40	Liz McBlain	1.59	1988
W45	Gean Hemming	1.35	1990
W50	Maria Mallia	1.37	2005
W55	Leslie Estwick	1.30	2016
W60	Sue Hannon	1.28	2018
W65	Helgi Pedel	1.19	1989
W70	Helgi Pedel	1.16	1997
W75	Helgi Pedel	1.11	1999
W80	Helgi Pedel	1.04	2004
<b><u>Pole Vault</u></b>			
M30	James Sniatenchuk	4.14	2006
M35	Kevin Lake	4.50	2005
M40	Kevin Lake	4.30	2011
M45	Matti Kilpelainen USA	4.00	1994
	Geoff Outerbridge	4.00	2010
M50	Matti Kilpelainen USA	4.17	1997
M55	Matti Kilpelainen USA	3.65	2004
M60	Matti Kilpelainen USA	3.66	2006
<b>M65</b>	<b>Bruce Simpson</b>	<b>3.05</b>	<b>2019</b>
M70	Stan Egerton	3.00	1997
M75	Stan Egerton	2.85	2001
M80	Ian Hume	2.01	1995
W35	Gaby Szanto	3.15	2001
W45	Barbara Stewart	1.70	1990
W50	Hillen Stubendorff USA	2.60	2003
W60	Edith Gray	1.90	1996
<b><u>Long Jump</u></b>			
M30	Donovan Bell	6.76	2003
M35	George Pachovsky	6.18	1980
M40	Todd Crawford	6.66	2006
<b>M45</b>	<b>Nigel John</b>	<b>6.63</b>	<b>2019</b>
M50	Jean-Pierre Mayer	5.85	1999
M55	Jean-Pierre Mayer	5.58	2004
M60	Alan Slater	5.17	2003
M65	Ed Lukens	5.00	1988
M70	Ian Hume	4.56	1985
M75	Karl Trei	3.92	1985
M80	Karl Trei	3.67	1989
M85	Karl Trei	3.17	1994
M90	Karl Trei	2.55	1999
<b>W30</b>	<b>Claudia Pedrero</b>	<b>5.06</b>	<b>2019</b>
<b>W35</b>	<b>Lorena Reyes</b>	<b>5.56</b>	<b>2019</b>
W40	Leslie Estwick	5.28	2002
W45	Kim Ethier	4.37	2016
W50	Kairy Loucks	4.21	2018
W55	Leslie Estwick	3.48	2016
W60	Edith Gray	3.77	1996

W65	Edith Gray	3.60	2001
W70	Elga Meri	3.00	1992
W75	Helgi Pedal	2.48	2000
<b>Triple Jump</b>			
M30	Chris Martin	14.26	2009
M35	Jonathan Younker	13.20	2013
M40	Todd Crawford	13.19	2005
M45	Dennis McWhinney	12.32	2009
M50	Igor Konovalov	11.63	1999
M55	Mihai Ene	11.25	2017
M60	Alan Slater	10.85	2003
M65	Ed Lukens	10.69	1987
M70	Ian Hume	10.00	1987
M75	Ian Hume	8.71	1990
M80	Karl Trei	7.26	1989
M85	Karl Trei	6.59	1994
M90	Karl Trei	5.57	1999
W30	Linda Carty USA	10.62	2001
<b>W35</b>	<b>Valerie Kodo Ella</b>	<b>11.19</b>	<b>2019</b>
W40	Liz McBlain	9.55	1988
W45	Audrey Hiemstra	9.12	1987
W50	Kairy Loucks	8.48	2018
W60	Sue Hannon	6.96	2018
W65	Helgi Pedal	6.25	1991
W70	Helgi Pedal	6.16	1996
<b>Shot Put</b>			
M30	Fernando Cornejo	12.44	2012
M35	Gintas Degutis	15.40	2010
M40	Len Olson	12.61	1973
M45	Peter Ingelton	13.22	2013
M50	Joe Myers USA	13.96	2005
M55	Joe Myers USA	13.71	2010
M60	G. Battick	13.21	1982
M65	William Eipel	12.00	1979
M70	Jean-Pierre Mayer	13.19	2018
M75	Garry Bachman	11.28	1998
M80	Evalds Viskers	9.97	2009
M85	Evalds Viskers	7.79	2012
M90	Vattan Gill	6.40	2018
M95	Juri Daniel	5.90	2018
W30	Marie-Josée LeJour PQ	13.56	2009
W35	Diane Bedford PQ	9.44	2009
W40	Bozena Wojciekian	11.64	1995
W45	April Capwill USA	10.00	1999
W50	Petra Ciobanu	10.67	2016
W55	Velta Tomsons	8.27	1984
W60	Doreen Garner	10.24	2018

<b>W65</b>	<b>Doreen Garner</b>	<b>9.94</b>	<b>2019</b>
W70	Velta Tomsons	7.74	2000
W75	Adri Rowswell	7.70	2018
W80	Velta Tomsons	7.15	2010
W85	Velta Tomsons	6.03	2013
<b>Discus</b>			
M30	Russell Evans	30.87	2012
M35	Eric Forshaw	59.04	2005
M40	Mike Ransky	52.75	2013
M45	Don Bailey USA	44.86	2007
<b>M50</b>	<b>Eric Forshaw</b>	<b>51.02</b>	<b>2019</b>
M55	Jean-Pierre Mayer	42.93	2003
M60	Michael Deady	43.17	2016
M65	William Smith	42.96	2001
M70	Jean-Pierre Mayer	40.54	2018
M75	Evalds Viskers	32.52	2001
M80	Evalds Viskers	29.94	2006
M85	Evalds Viskers	19.86	2011
M90	Karl Trei	16.98	1999
M95	Juri Daniel	13.23	2018
W30	Marie-Josée Le Jour	49.94	2009
W35	Diana Jaam Shahriari	37.05	2005
W40	Diana Jaam Shahriari	37.92	2006
W45	April Capwill USA	32.66	1999
W50	Elizabeth Hill	29.89	2012
W55	Adri Rowswell	21.07	1999
W60	Doreen Garner	27.93	2017
<b>W65</b>	<b>Doreen Garner</b>	<b>27.47</b>	<b>2019</b>
W70	Cheryl Closkey	22.51	2018
W75	Adri Rowswell	19.88	2018
W80	Velta Tomsons	16.20	2008
W85	Velta Tomsons	10.60	2013
<b>Javelin</b>			
M30	Bill Plain	46.80	2003
M35	Marty Withers	63.10	1998
M40	Folgo Della Vedova	56.84	1992
M45	Marty Withers	56.09	2008
M50	Bob Kouvoló USA	53.42	2003
M55	Fred Pamerter	45.48	1996
M60	Gary Stenlund USA	53.64	2004
M65	Ian Hume	40.36	1981
<b>M70</b>	<b>Brock Pullen</b>	<b>37.55</b>	<b>2019</b>
M75	Ed Purgalis	29.64	1992
M80	Ian Hume	29.04	1995
M85	Karl Trei	19.54	1994
M90	Karl Trei	17.74	1999
M95	Juri Daniel	9.59	2018

W30	Beth Stroud	37.20	2008
W35	Dianne Bedford	32.85	2009
W40	Ana Maria Neilson	33.85	2006
W45	Ana Maria Neilson	33.17	2009
W50	Barb Dabrowski	34.65	2009
W55	Barb Dabrowski	36.17	2013
W60	Barb Dabrowski	34.00	2017
W65	Elga Meri	23.22	1989
W70	Elga Meri	22.91	1992
W75	Elga Meri	19.78	1996
W80	Olga Kotelko	15.66	2000
<b>Hammer</b>			
<b>M30</b>	<b>Raphael Nishida</b>	<b>11.30</b>	<b>2019</b>
M35	Kevin Harrison	49.50	2013
M40	Len Olson	40.58	1973
M45	Boris Zaitchouk	50.70	1993
M50	Boris Zaitchouk	60.35	2001
M55	Boris Zaitchouk	58.36	2003
M60	Jan Graczyk	45.02	2013
M65	Emil Muller	49.95	2000
<b>M70</b>	<b>Boris Zaitchouk</b>	<b>47.83</b>	<b>2019</b>
M75	Emil Muller	36.06	2012
M80	Edmund Joyce USA	26.62	2018
M85	Aleks Upmalis	14.06	2003
M90	Albert White	5.68	1994
W30	Marie-Josée Le Jour	45.38	2012
W35	Kristin Daija	40.20	1998
W40	Darlene Aulenback	29.94	1995
W45	April Capwill USA	29.36	2000
W50	Elizabeth Hill	34.46	2012
W55	Rhona Trott	27.20	2008
W60	Rhona Trott	30.93	2010
W65	Cheryl Closkey BC	28.26	2017
W70	Cheryl Closkey BC	24.25	2018
W75			
W80	Olga Kotelko BC	17.45	2000
<b>Weight Throw</b> (Weights changed for 60+ in '97)			
<b>M30</b>	<b>Milton Ashmeade</b>	<b>7.18</b>	<b>2019</b>
M35	Richard Parkinson	13.01	2002
M40	Dave Watkins	12.75	2005
M45	Boris Zaitchouk	15.02	1993
M50	Jim Wetenhall USA	19.94	2008
M55	Boris Zaitchouk	18.03	2003
M60	Jan Graczyk	16.67	2013
M65	Emil Muller	16.40	2001
M70	Emil Muller	16.72	2006
M75	Emil Muller	12.14	2012
M80	Ian Hume	12.32	1997

M85	Aleks Upmalis	5.80	2003
W30	Marie-Josée Le Jour	16.13	2012
W35	Bożena Wojciekian	11.14	1993
W40	Darlene Aulenback	10.73	1993
W45	April Capwill USA	10.93	2000
W50	Elizabeth Hill	10.72	2013
W55	Dortha Swanson USA	8.03	1995
W60	Rhona Trott	12.68	2009
<b>W65</b>	<b>Doreen Garner</b>	<b>10.78</b>	<b>2019</b>
W70	Cheryl Closkey BC	10.83	2018
W75	Elga Meri	5.58	1996
W80	Olga Kotelko	7.62	2000