

<u>Year</u>	<u>Venue</u>	<u>Meet Director</u>	
71	CNE	MTFC (Metro Fitness Club)	
72	CNE	MTFC	
73	CNE	Don Farquharson	
74	CNE	?	
75	CNE	Elwyn Davies	
76	CNE	Chris Pickard	
77	CNE	Dave Smith	
78	Oshawa	?	
79	CNE	Don Stewart	
80-82	York	Dave Welsh	
84	"	Malcolm Smith	
85	"	Ken Twigg	
86-07	"	Brian Keaveney (22 years!)	
08-20	"	Doug Smith (13 years)	
60m			
M30	7.15	Desmond Allen	2006
M35	7.05	Duane Napier	2009
	6.9	David Walter	1987
	6.9	Wilmar Alexander	1982
M40	7.13	Allan Tissenbaum	2001
M45	7.33	George Horton	1980
M50	7.36	Chris Warburton	2016
M55	7.75	Kerry Smith	2011
	7.75	Milton Hart	2020
M60	7.89	Kerry Smith	2017
M65	7.8	Cecil Paul	1986
M70	8.39	John O'Neill	1994
M75	8.95	John O'Neill	1999
M80	10.2	Blain Till	88
M85	11.27	Bill Thompson	15
M90			
M95	15.51	Atter Singh Sekhon	2019
W30	7.88	Mavis Ayippey	8
W35	7.95	Khama Beckles	14
W40	8.43	Khama Beckles	2020
W45	8.47	Karla Del Grande	3
W50	8.28	Karla Del Grande	5
W55	8.54	Karla Del Grande	9
W60	8.59	Karla Del Grande	14
W65	8.91	Karla Del Grande	2020
W70	10.99	Doreen Carmichael	3
W80	15.3h	Agnes Lamb	2018
60mH			

M30	9.37	David Valenzuela	10
M35	8.85	David Valenzuela	13
M40	8.52	Nate Robinson USA	93
M45	8.98	Scott Tyler	89
M50	8.83	Scott Tyler	91
M55	9.27	Scott Tyler	95
M60	9.79	Ward Hazen	2017
M65	10.49	Ward Hazen	2020
M70	10.79	Richard Lech	2020
M75	12.2	Karl Trei	87
M80	14.08	Karl Trei	93
M85	14.36	Karl Trei	95
W30	10.62	Adrienne Ricker	6
W35	10.12	Corry Fox	96
W40	10.51	Jeannette Van Den Bulk	2020
W45	10.69	Liz McBlain	93
W50	10.24	Diana Cesaroni	2020
W55	11.81	Rhona Trott	8
W60	11.33	Rhona Trott	09&10
W65	16.32	Pat Peterson	92
200m			
M30	23.69	Shane Ferth	2012
	23.69	Ian Chambers	2016
M35	22.4	Kerry Smith	1992
M40	23.49	Lawrence Williams	2011
	23.3 (.54)	Ray Cardinal	1987
M45	23.87	Kerry Smith	1999
M50	24.33	Kerry Smith	2004
M55	25.69	Mike Lee Foon	2016
M60	26.33	Kerry Smith	2017
M65	27.22	Tony Powell	10
M70	29.78	Chuck Sochor	99
M75	32.30	Tony Powell	2019
M80	32.07	Earl Fee	9
M85	38.53	Earl Fee	2016
M90			
M95	67.59	Atter Singh Sekhon	2019
W30	26.36	Wendy Clarke	14
W35	26.68	Linda Carty	3
W40	27.79	Deborah Lenz	98
W45	27.89	Violeta Garfunkel	2020
W50	26.82	Karla Del Grande	6
W55	27.91	Karla Del Grande	10
W60	28.9	Karla Del Grande	14

W65	29.93	Karla Del Grande	2020
W70	40.27	Doreen Carmichael	3
W80	42.18	Alice Cole PQ	14
400m			
M30	52.24	Travis Anderson	11
M35	51	Ray Cardinal	86
M40	52.2	Ray Cardinal	87
M45	53.57	Ben James USA	6
M50	54.17	Khalid Mulazim USA	2019
M55	56.7	Earl Fee	88
M60	61.7	Norm Baum	87
M65	62.37	Earl Fee	99
M70	01:09.0	Art Obokata	89
M75	01:08.2	Earl Fee	7
M80	01:11.2	Earl Fee	9
M85	1:25.39	Earl Fee	2018
M90			
M95	3:06.60	Atter Singh Sekhon	2019
W35	01:01.9	Maureen Rodrigue	2
W40	1:03.69	Jeannette Van Den Bulk	2020
W45	01:02.6	Karla Del Grande	3
W50	1:01:38	Karla Del Grande	5
W55	01:06.9	Karla Del Grande	10
W60	01:07.6	Karla Del Grande	2018
W65	1:09.30	Karla Del Grande	2020
W70	01:22.1	Jean Horne	4
W80	01:38.3	Alice Cole PQ	15
800m			
M30	02:04.2	Patrick Menzies	3
M35	01:59.1	Derek Hackshaw	6
M40	02:00.8	Ray Tucker	91
M45	02:01.0	Michael Sherar	12
M50	02:06.7	Paul Osland	15
M55	0.00149919	Michael Sherar	2019
M60	02:16.3	Earl Fee	93
M65	02:18.7	Earl Fee	98
M70	02:32.2	Earl Fee	3
M75	02:40.6	Earl Fee	6
M80	02:57.7	Earl Fee	11
M85	04:41.6	Les Leyland	3
W30	02:24.5	Shari Boyle	5
W35	02:19.9	Anna Cranton	1
W40	02:22.9	Aimee Jessop	2020

W45	02:26.4	Annie Bunting	10
W50	02:32.9	Annie Bunting	15
W55	2:50	Jean Horne	88
W60	02:52.4	Jean Horne	93
W65	02:54.8	Jean Horne	98
W70	03:14.5	Jean Horne	4
1500m			
M30	04:29.9	Rob Base Trantor	8
M35	04:03.2	Ray Tucker	85
M40	04:06.5	Ray Tucker	87
M45	04:17.5	Ron Frid	94
M50	04:22.7	Jerry Kooymans	6
M55	4:32.98	Jose Fuentes	2020
M60	04:43.7	Earl Fee	94
M65	04:49.6	Earl Fee	96
M70	05:14.2	Ed Whitlock	3
M75	05:53.8	Ed Whitlock	11
M80	06:14.8	Ed Whitlock	14
M85	09:01.2	Les Leyland	3
W30	4:58.90	Jessica Shaw	2020
W35	04:43.9	Janet Takahashi	94
W40	4:32.43	Mary Unsworth	2018
W45	04:58.6	Annie Bunting	12
W50	05:03.0	Kathryn Martin	2
W55	05:36.6	Molly Turner	90
W60	05:55.9	Jean Horne	93
W65	06:07.3	ML Michelsohn USA	9
W70	07:09.8	Dorly Brechbuehl	95
W75	08:09.7	Judith Kazdan	95
W80	09:13.0	Judith Kazdan	0
3000m			
M30	09:01.4	Mario Iozzo	6
M35	08:41.2	Bob Moore	76
M40	08:39.7	Charlie McMullen USA	93
M45	09:01.0	Ed Whitlock	79
M50	09:26.8	Jerry Kooymans	8
M55	09:48.1	Chris Deighan	2017
M60	10:05.3	Ed Whitlock	94
M65	10:11.6	Ed Whitlock	96
M70	10:52.4	Ed Whitlock	5
M75	11:17.2	Ed Whitlock	7
M80	13:58.8	Ed Whitlock	13
M85	20:15.9	Les Leyland	3

W30	10:09.4	Edel Mooney	5
W35	10:00.6	Linda Findley	87
W40	9:53.02	Mary Unsworth	2018
W45	11:13.88	Amy Ballon	2018
W50	11:05.4	Kathryn Martin	2
W55	11:47.0	Molly Turner	91
W60	12:08.8	Molly Turner	94
W65	13:23.4	Jean Horne	98
W70	14:51.1	Molly Turner	6
W75	17:17.5	Judith Kazdan	96
W80	19:34.9	Judith Kazdan	0
<u>Mile Steeplechase</u>			
M35	6:15.53	Jimmy Semes	2016
M40	5:55.89	Glenn Duncan	2016
M45	5:56.30	Gary Pluim	2020
M50	6:15.85	James Wallace	2016
M55	7:12.60	James Wallace	2018
M60	7:15.83	Wayne Chee	2018
M65	7:18.84	Wayne Chee	2020
M70			
M75	15:13.7	Pritam Sekhon	2020
M80	13:40.61	Steffen Kampe	2018
W50	7:44.96	Catherine Weber	2020
W55	8:01.48	Joy Kramarich	2018
<u>3000m Racewalk</u>			
M35	14:44.9	Paul Guimond	95
M40	13:52.3	Patrick Farrelly	80
M45	12:58.0	Jaan Roos	84
M50	14:08.5	Jianping Xu	2016
M55	15:39.4	Stuart Summerhays	92
M60	15:37.9	Max Gould	81
M65	16:03.0	Max Gould	84
M70	17:55.8	John Kittredge	15
M75	18:56.8	Max Gould	93
M80	23:08.9	Peter Fellowes	5
W30	14:59.4	Rachel Robichaud	5
W35	13:55.4	Joni Bender	98
W40	15:24.6	Nanci Sweazey	96
W45	15:08.7	Nanci Sweazey	2
W50	16:49.5	Nanci Sweazey	7
W55	17:52.8	Anne de Thy	10
W60	17:01.5	Kris Kozell	15

W65	17:46.5	Kris Kozell	2020
W70	21:29.9	Elga Meri	94
W75	21:46.6	Jean Horne	11
W80	23:34.1	Jean Horne	2016
Shot Put			
M30	8.45	Milton Ashmeade	15
M35	16.01	Gintas Degutis	8
M40	14.44	Mariusz Kosinski	11
M45	13.05	Jim Wetenhall USA	3
M50	14.96	Joseph Myers USA	6
M55	14.55	Joe Myers USA	9
M60	13.72	Art Jaago	88
M65	11.18	Jerzy Wyroba	2017
M70	12.79	Garry Bachman	94
M75	11.39	Garry Bachman	99
M80	10.05	Garry Bachman	3
M85	9.88	Garry Bachman	7
M90			
M95	4.07	Atter Singh Sekhon	2019
W30	13.14	Marie-Josée Le Jour	11
W35	11.19	Gaby Szanto	3
W40	11.08	Padideh Bolorizadeh	2018
W45	10.45	Tracy Viggers	2019
W50	10.9	Elizabeth Hill	14
W55	10.78	Debbie Murfitt	13
W60	10.19	Doreen Garner	2018
W65	8.38	Helgi Pedel	91
W70	7.44	Helgi Pedel	95
W75	8.11	Adri Rowswell	2018
W80	6.67	Velta Tomsons	11
W85	6.14	Velta Tomsons	13
Weight Throw	(outdoors pre 2004)		
M30	18.21	Jason Baines	11
M35	13.34	Richard Parkinson	4
M40	12.54	James Findlay	1
M45	16.65	Jim Wetenhall USA	3
M50	20.28	Jim Wetenhall USA	6
M55	19.79	Jim Wetenhall USA	10 WR
M60	17.64	Ayman Mazhar	2020
	17.62	Jan Graczyk	13
M65	16.24	Emil Muller	1
M70	15.84	John Kasperski	14
M75	15.07	Emil Muller	11
M80	13.29	Garry Bachman	5

M85	11.64	Garry Bachman	7
M90			
M95	4.79	Atter Singh Sekhon	2019
W30	18.39	Marie-Josée Le Jour	11
W35	10.78	Diane JaamShahriari	5
W40	7.6	Darlene Aulenback	92
W45	10.2	Tracy Viggers	2020
W50	12.84	Kristen Dajia	14
W55	11.46	Kathy Wetenhall	10
W60	11.92	Rhona Trott	9
W65	10.56	Rhona Trott	15
M70	6.38	Lucille Green	2020
High Jump			
M30	1.8	David Valenzuela	10
M35	1.9	Zoltan Sara	14
M40	1.86	Zoltan Sara	2017
M45	1.81	Witold Klinger	92
M50	1.85	Istvan Major	2
M55	1.6	Don Ritchie	2019
M60	1.46	Peter Zowkewych	14
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	1.6	Kristen Matthews	2017
W35	1.56	Kimi Nakatake USA	8
W40	1.55	Leslie Estwick	3
W45	1.45	Gaby Szanto	14
W50	1.35	Maria Mallia	6
	1.35	Diana Cesaroni	2020
W55	1.3	Maria Mallia	11
W60	1.25	Edith Gray	96
	1.25	Sue Hannon	2017
W65	1.15	Helgi Pedel	89
W70	1.16	Helgi Pedel	94
W75	1.08	Helgi Pedel	99
W80	0.96	Helgi Pedel	4
Pole Vault			
M30	4.3	Richard Sibley	8
M35	4.37	Ken Roblec	88
M40	4.4	Kevin Lake	13
M45	4	Vladimir Kostric	81

M50	4	Ed Hoyle	97
M55	3.9	Matti Kilpelainen USA	4
M60	3.6	Matti Kilpelainen	9
M65	3.2	Stan Egerton	91
	3.2	Matti KilpelainenUS	12
M70	2.73	Stan Egerton	98
M75	2.6	Stan Egerton	1
M80	1.8	Ian Hume	95
W35	3	Gaby Szanto	3
W45	2.8	Gaby Szanto	12
W50	2.7	Hillen Stubendorff GER	3
W55	2.1	Jutta Reigel	95
	2.1	Ann Marie Rosenitsch	96
W60	1.8	Edith Gray	96
W65	2	Jutta Riegel	6
Long Jump			
M30	7.41	Y. Duranona Garcia MEX	2020
M35	6.36	Ron Thompson	87
	6.36	Ron Thompson	88
	6.36	Clayton Latham	2017
M40	6.47	Todd Crawford	7
M45	6.1	Nigel John	2020
M50	5.8	Richard Lech	98
M55	5.43	Richard Lech	3
M60	5.15	Alan Slater	3
M65	4.97	A. Brosz	75
M70	4.41	Ian Hume	85
M75	3.95	Chuck Sochor USA	4
M80	3.57	Karl Trei	90
M85	3.12	Karl Trei	95
M90			
M95	1.14	Atter Singh Sekhon	2019
W30	4.56	Ana Claudia Pedrero	2020
W35	5.33	Lorena Reyes	2020
W40	5.24	Leslie Estwick	3
W45	4.52	Adri Rowswell	87
W50	4.22	Kairy Loucks	2018
W55	3.68	Rhona Trott	7
W60	3.77	Edith Gray	96
W65	3.31	Edith Gray	2
W70	2.83	Elga Meri	92
Triple Jump			
M30	13.9	Clayton Latham	12

M35	12.88	Ron Thompson	88
M40	12.79	Todd Crawford	7
M45	11.89	Alan Slater	88
M50	11.62	Igor Konovalov	99
M55	11.31	Mihai Ene	2018
M60	10.97	Thevarajan Sinnathurai	14
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	9
W40	7.57	Vera Cabanus	2019
W45	8.92	Liz McBlain	93
W50	9.08	Irene Thompson	6
W55	7.62	Jutta Reigel	95
W60	6.32	Janice Chedore	2020
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

(30-34 age groups added in 2003)