

Canadian Masters Track & Field Championships

Foothills Athletic Park

Calgary, Alberta

July 17-18, 2004

Meet Directors - Ed Moore & Marnie Temple

Meet Chairpersons - Roger Davies & Helly Visser

100m

			Wind					
W30				5 SIMPSON, SANDRA	Ponoka, Alberta	13.83	1.2	
1 SIMA-LEDDING, PAT	Kelowna, B.C.	13.93	1.2	6 LINAKER, LAUNA	Edmonton, Alberta	13.84	1.2	
2 CASTRO, ANA LUISA	Guadalajara, Mexico	16.30	1.2	7 RICHARDS, SIAN	Bowden, Alberta	16.29	1.2	
M30				M40				
1 HARROWER, WILL	Vernon, B.C.	11.57	2.0	1 ENWEANI, CYPRIAN	Saskatoon, Sask	11.21	1.5	
2 GARDNER, ADAM	Maple Shade, New Je	11.77	2.0	2 TOWNSEND, CHRIS	Coquitlam, B.C.	11.56	1.5	
W35				3 CHENG, BOB	Vancouver, British	12.46	1.5	
1 WILKES, MAXINE	Calgary, Alberta	13.91	1.2	4 SALMON, TREVOR	Calgary, Alberta	12.53	1.5	
2 SCHOENTHALER, S	Calgary, Alberta	14.44	1.2	5 HOWORKO, RICK	Millarville, Albert	12.67	1.5	
3 COY, ANGELA	Calgary, Alberta	14.90	1.2	5 LEWIN, WAYNE	Kitscoty, Alberta	12.67	1.5	
4 HAYGARTH, KARLA	Alameda, Saskatch	15.11	1.2	7 BENNETT, GARRY	Calgary, Alberta	13.28	1.5	
M35				W45				
1 SIMON, LUISTON	Regina, Saskatch	11.38	1.0	Preliminaries				
2 FOSTVELT, SHAWN	Nanaimo, B.C.	11.61	1.0	1 BURNETT, EVELYN	Calgary, Alberta	13.85Q	1.3	1
3 STARCHUK, DARREN	Edmonton, Alberta	12.11	1.0	2 SKINNER, ANNE	Cranbrook, B.C.	14.31Q	1.3	2
4 BIGLOW, JOHN	Delta, B.C.	12.26	1.0	3 COWARD, SELINA	Regina, Saskatchewan	14.22Q	1.3	1
5 GERKE, GARNETT	Edmonton, Alberta	12.90	1.0	4 LAURIDSEN, SUSANNE	Calgary, Alberta	14.76Q	1.3	2
6 DANIS, JEFF	Hinton, Alberta	13.27	1.0	5 THOM, ROSLYN	Calgary, Alberta	14.27Q	1.3	1
7 VARGAS, AUGEL	Guadalajara, Mexico	13.90	1.0	6 WELCH, JANE	Calgary, Alberta	15.99Q	1.3	2
W40				7 FREEMAN, BJ	Calgary, Alberta	14.51q	1.3	1
1 LEE PONG, NOELLA	Edmonton, AB	12.75	CAN MR	8 RATZLAFF, CHERYL	Calgary, Alberta	16.83q	1.3	2
(old CAN 13.09 Deborah Lenz '99, old MR 12.87 Phil Raschker Toronto 1988))				9 BURTON, CATHY	Calgary, Alberta	17.59	1.3	1
2 ROGERS, PATTI	Parksville, British	13.20	1.2	Finals				
3 DELMONICO, MEGAN	Coquitlam, British	13.40	1.2	1 BURNETT, EVELYN	Calgary, Albert	13.92	+0.0	
4 MELOCHE, LAURIE	Regina, Saskatchewan	13.62	1.2	2 THOM, ROSLYN	Calgary, Alberta	14.30	+0.0	
				3 COWARD, SELINA	Regina, Saskatchewan	14.45	+0.0	
				4 SKINNER, ANNE	Cranbrook, B.C.	14.48	+0.0	
				5 LAURIDSEN, SUSANNE	Calgary, Alberta	14.80	+0.0	



Noella Lee Pong (L) wins the W40 100m and breaks the CAN record



Tom Dickson (lane 4) wins the M50 100m and breaks the 13 year old CAN record

6 WELCH, JANE	Calgary, Alberta	16.15	+0.0
7 RATZLAFF, CHERYL	Calgary, Alberta	17.61	+0.0
-- FREEMAN, BJ	Calgary, Alberta	DNF	+0.0

M45

Preliminaries

1 MURRAY, BRIAN	Calgary, Alberta	11.90Q	0.2	1
2 CHIPKAR, GLENN	Mississauga, Ontari	12.21Q	0.2	2
3 FERGUSON, LLOYD	Victoria, British C	11.98Q	0.2	1
4 BROWN, DAVE	Calgary, Alberta	12.46Q	0.2	2
5 DUNCANSON, ROB	Trabuco Canyon, Ca.	12.68Q	0.2	2
6 BURTON, DAVE	Calgary, Alberta	12.70Q	0.2	1
7 ROBLIN, BLAIR	Oakville, Ontario	12.72q	0.2	1
8 DAVY, BRENT	Surrey, B.C.	12.73q	0.2	2
9 HIGGINS, MIKE	Calgary, Alberta	12.98	0.2	1

Finals

1 MURRAY, BRIAN	Calgary, Alberta	11.97	-1.0
2 CHIPKAR, GLENN	Mississauga, Ontari	12.21	-1.0
3 FERGUSON, LLOYD	Victoria, British C	12.23	-1.0
4 BROWN, DAVE	Calgary, Alberta	12.61	-1.0
5 DUNCANSON, ROB	Trabuco Canyon, Ca.	13.01	-1.0
-- BURTON, DAVE	Calgary, Alberta	DNF	-1.0

W50

1 DEL GRANDE, KARLA	Toronto, ON	13.10	CAN MR
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(old CAN 13.15 Karla '03, old MR 13.30 Karla Richmond '03)			
2 FOSSBERG, METTE	Edmonton, Alberta	15.27	1.6
3 NUTTING, JAN	Edmonton, Alberta	15.67	1.6

M50

1 DICKSON, TOM	Burnaby, B.C.	11.62	CAN
(old CAN 11.6 = 11.84 Scott Tyler '91)			

2 MILLER, GARY	Regina, Saskatchewan	12.36	1.1
3 LITTLE, MIKE	Campbell River, B.C	12.87	1.1
4 CHUBB, ROY	Toronto, Ontario	13.26	1.1
5 GENTLE, JOHN	Winnipeg, Manitoba	13.63	1.1
6 WARICK, RANDY	Saskatoon, Sask	14.65	1.1
7 GREER, ALLAN	St. Catherines, Ont	29.00	1.1

W55

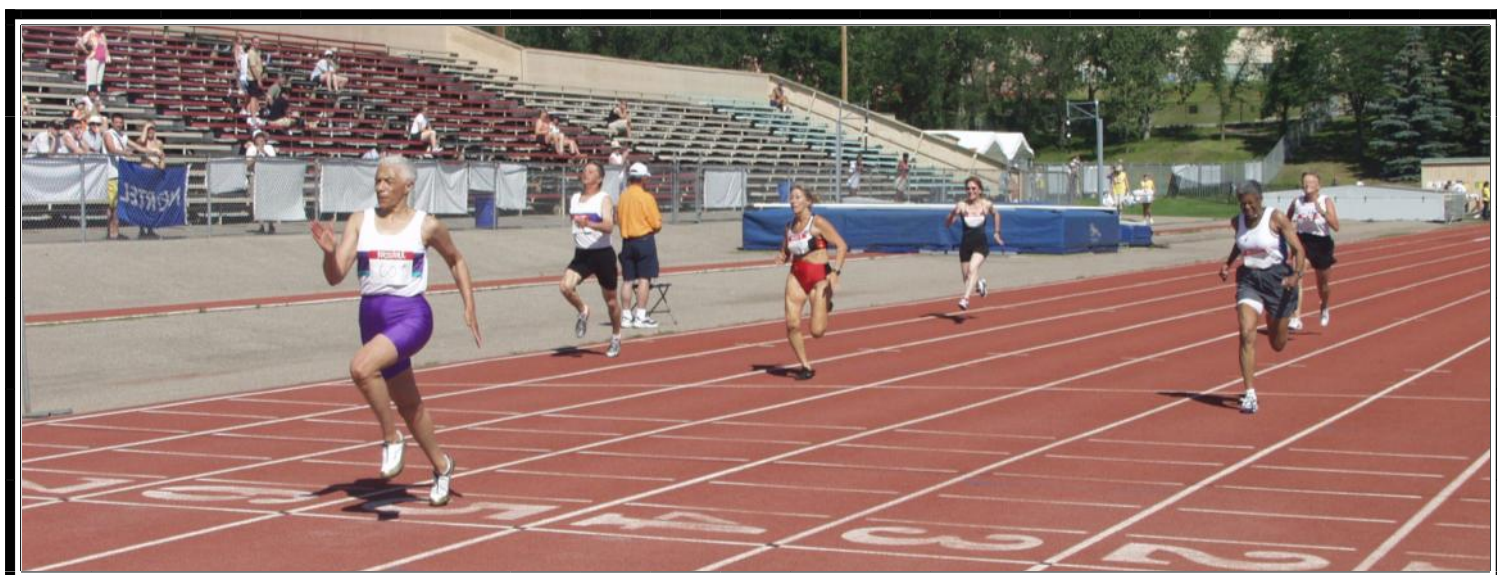
1 TROTT, RHONA	Hamilton, Ontario	15.29	1.6
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M55

1 MARSHALL, GREGORY	St. Anne Des Lac, Q	12.95	1.5
2 LORENZ, LYLE	Lacombe, Alberta	13.25	1.5
3 SULLIVAN, JIM	North Vancouver, B.	14.13	1.5
4 FURLONG, DENNIS	Dalhousie, New Brun	14.27	1.5
5 MINTZ, BRUCE	Edmonton, Alberta	20.20	1.5

W60

1 LAFAYETTE-BOYD,CAROL	Regina, Sask	14.31	CAN
(old CAN 14.43 Carol in 2003)			



Carol Lafayette-Boyd breaks her own CAN record in the W60 100m.

2 ROBINSON, MARY	Gahanna, Ohio	15.53	1.2
3 RADCLIFFE, MARG	Lake Cowichan, Brit	15.61	1.2
4 VOGEL, JOAN	Regian, Saskatchewan	15.94	1.2
5 ROWSWELL, ADRI	Toronto, Ont	16.94	1.2
6 HOPCHIN, MARIA	Edmonton, Alberta	17.10	1.2

M60

1 BADOWSKI, TONY	Port Coquitlam, B.C	13.41	1.0
2 SWANE, DWIGHT	Edmonton, Alberta	13.99	1.0
3 MCCUNE, DEREK	St. Albert, Alberta	14.00	1.0
4 MCFADYEN, BOB	Edmonton, Alberta	14.53	1.0

W65

1 CROSTHWAITE, GERDA	Kelowna, British Co	15.91	+0.0
2 MCCARRON-EGNER, MARY	Regina, SK	15.95	+0.0
3 COFFEE-CARNEY, MARION	Austin, Texas	18.12	+0.0
4 WATSON, EILEEN	Calgary, Alberta	20.11	+0.0
5 MATLOCK, JOAN	Saskatoon, Saskatch	20.42	+0.0

M65

1 PADDIE, JAMES	Shreveport, Louisiana	12.92	0.2	MR
(old MR 13.27 Wayne Bennett Richmond 2003)				

2 FRASER, DOUGLAS	Ladysmith, B.C.	13.72	0.2
3 DUNN, DAVE	Edmonton, Alberta	13.88	0.2
4 ARMSTRONG, MERV	Red Deer, Alberta	14.08	0.2
5 FRIESEN, LES	Abbotsford, British	14.62	0.2
6 FORSEILLE, LARRY	Port Coquitlam, B.C	14.68	0.2
7 SHARMA, DEV	Toronto, Ontario	14.87	0.2

W70

1 BOIVIN, GWEN	Moosejaw, Sask	18.71	1.0
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M70

1 NETT, ARNOLD	Edmonton, Alberta	14.44	0.8
2 LESAGE, NORM	Burnaby, B.C.	14.56	0.8
3 POONIA, KESAR SINGH	Brampton, Ontario	15.10	0.8
4 JANKOVICH, WILLIAM	Racine, Wisconsin	15.27	0.8
5 DZIADYK, ANDREW	Saskatoon, Saskatch	19.43	0.8

W75

1 MCQUARRIE, BETTY	Edmonton, Alberta	20.45	1.0
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2 MCLEOD-SMITH, DOREEN	North Vancouver	20.57	1.0
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M75

1 ROBSON, LESLIE	Port Coquitlam, B.C	16.21	0.7
2 DANIELS, DANNY	Sidney, British Col	17.17	0.7
3 GROVE, DAVID	Calgary, Alberta	20.47	0.7

W85

1 KOTELKO, OLGA	West Vancouver	21.83	CAN
(old CAN 23.78 Isobel Cunningham '99, WR 21.18, old MR 31.61 Ivy Granstrom Saskatoon 1998)			

2 FLEMING, ANNIE	Coquitlam, B.C.	23.81	1.0
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M85

1 BELL, CLAUDE	Sidney, B.C.	21.87	0.7
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200m

W30

1 SIMA-LEDDING, PAT	Kelowna, B.C	29.47	-0.6
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M30

1 HARROWER, WILL	Vernon, B.C.	23.63	-1.5
2 GARDNER, ADAM	Maple Shade, NJ	24.07	-1.5

W35

1 WARNOCK, ROSE	Calgary, Alberta	29.50	-0.6
2 COY, ANGELA	Calgary, Alberta	32.36	-0.6
3 DUNDAS, TAMMY	Edmonton, Alberta	33.29	-0.6

M35

1 SIMON, LUISTON	Regina, Sask	23.78	-1.5
2 BIGLOW, JOHN	Delta, B.C.	25.45	-1.5
3 GERKE, GARNETT	Edmonton, Alberta	26.75	-1.5

W40

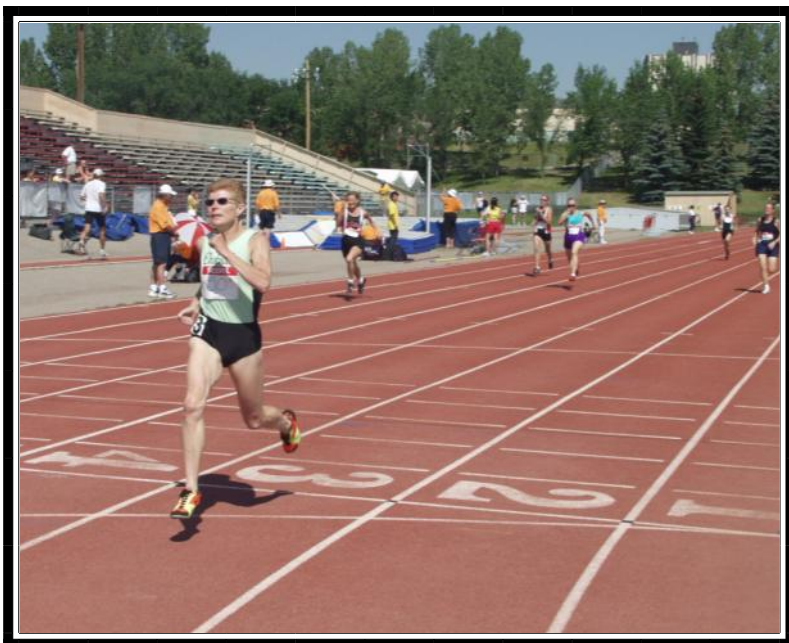
1 ROGERS, PATTI	Parksville, British	27.60	-0.6
2 DELMONICO, MEGAN	Coquitlam, British	28.09	-0.6
3 MELOCHE, LAURIE	Regina, Sask	28.25	-0.6
4 SUMMERS, JUDY	Abbotsford, B.C.	28.85	-0.6

M40

1 ENWEANI, CYPRIAN	Saskatoon, Sask	22.87	-2.3
2 TOWNSEND, CHRIS	Coquitlam, B.C.	23.57	-2.3



Women's 30, 35, & 40 200m



Karla Del Grande breaks her own CAN record in the W50 200m

3 CHENG, BOB	Vancouver, British	26.02	-2.3
4 SALMON, TREVOR	Calgary, Alberta	26.17	-2.3
5 LEWIN, WAYNE	Kitscoty, Alberta	26.44	-2.3

W45

1 BURNETT, EVELYN	Calgary, Alberta	29.63	-0.9
2 COWARD, SELINA	Regina, Sask	30.46	-0.9
3 SKINNER, ANNE	Cranbrook, B.C.	30.57	-0.9
4 LAURIDSEN, SUSANNE	Calgary, Alberta	31.59	-0.9

M45

1 MURRAY, BRIAN	Calgary, Alberta	24.50	-2.4
2 CHIPKAR, GLENN	Mississauga, Ontari	24.91	-2.4
3 FERGUSON, LLOYD	Victoria, British C	24.97	-2.4
4 HEADLEY, JOHN	Saskatoon, Sask	25.36	-2.4
5 ROBLIN, BLAIR	Oakville, Ontario	25.99	-2.4
6 DAVY, BRENT	Surrey, B.C.	26.09	-2.4

W50

1 DEL GRANDE, KARLA	Toronto, On	26.85	CAN MR
(old CAN 27.02 Karla '03, old MR 27.15 Karla in Richmond '03)			
2 NUTTING, JAN	Edmonton, Alberta	33.85	-0.9

M50

1 DICKSON, TOM	Burnaby, B.C.	24.43	-1.2
2 MILLER, GARY	Regina, Sask	25.23	-1.2
3 LITTLE, MIKE	Campbell River, B.C	26.15	-1.2
4 CHUBB, ROY	Toronto, Ontario	28.08	-1.2

M55

1 MARSHALL, GREGORY	St. Anne Des Lac, Q	27.49	-2.4
2 BIRRING, SEWA	Surrey, B.C.	28.60	-2.4
3 EVANS, MILLARD	Edmonton, Alberta	28.63	-2.4
4 LORENZ, LYLE	Lacombe, Alberta	28.75	-2.4
5 SULLIVAN, JIM	North Vancouver, B.	29.54	-2.4
6 MINTZ, BRUCE	Edmonton, Alberta	42.92	-2.4

W60

1 LAFAYETTE-BOYD, CAROL	Regina, Sask	30.14	-1.0
2 ROBINSON, MARY	Gahanna, Ohio	32.34	-1.0
3 RADCLIFFE, MARG	Lake Cowichan, BC	33.84	-1.0
4 ROWSWELL, ADRI	Toronto, Ont	36.56	-1.0
5 HOPCHIN, MARIA	Edmonton, Alberta	37.34	-1.0

M60

1 BADOWSKI, TONY	Port Coquitlam, B.C	28.35	-2.1
2 MCCUNE, DEREK	St. Albert, Alberta	29.56	-2.1
3 SEPTIEN ROCHA, M	Guadalajara, Mexico	30.40	-2.1
4 SWANE, DWIGHT	Edmonton, Alberta	30.79	-2.1
5 POWELL, JOHN	Brampton, Ontario	34.16	-2.1

W65

1 MCCARRON-EGNER, MARY	Regina, Sask	34.23	-1.2
2 CROSTHWAITE, GERDA	Kelowna, British C	34.94	-1.2
3 COFFEE-CARNEY, MARION	Austin, Texas	40.81	-1.2

M65

1 FRASER, DOUGLAS	Ladysmith, B.C.	28.27	-0.6
2 DUNN, DAVE	Edmonton, Alberta	28.81	-0.6
3 ARMSTRONG, MERV	Red Deer, Alberta	29.53	-0.6
4 FRIESEN, LES	Abbotsford, British	29.98	-0.6
5 FORSEILLE, LARRY	Port Coquitlam, B.C	30.58	-0.6
6 SHARMA, DEV	Toronto, Ontario	32.05	-0.6

W70

1 BOIVIN, GWEN	Moosejaw, Sask	42.11	-1.2
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M70

1 LESAGE, NORM	Burnaby, B.C.	31.10	-2.0
2 POONIA, KESAR SINGH	Brampton, Ontario	33.40	-2.0

W75

1 MCQUARRIE, BETTY	Edmonton, Alberta	44.46	-1.2
2 MCLEOD-SMITH, DOREEN	North Vancouver	45.94	-1.2

M75



Very close race in the M45 200m. Brian, Brent, Glenn, Blair, John, and Lloyd.

1 ROBSON, LESLIE Port Coquitlam, B.C. 34.53 -2.2

W85

1 KOTELKO, OLGA West Vancouver 52.07 -1.2 CAN MR
(old CAN 1:00.79 Ivy Granstrom '97, MR 71.05 Ivy Kamloops '00)

M85

1 BELL, CLAUDE Sidney, B.C. 49.50 -2.2

400m

W30

1 THOMPSON, AMY Elnora, Alberta 1:14.07

2 MENK, KIRSTEN Calgary, Alberta 1:21.96

M30

1 GARDNER, ADAM Maple Shade, NJ 56.17

2 SELBY, REX Colonsay, Sask 1:01.92

W35

1 DUNDAS, TAMMY Edmonton, Alberta 1:16.86

W40

1 MELOCHE, LAURIE Regina, Sask 1:02.16

2 RIDOUT, GWEN Calgary, Alberta 1:03.58

3 SUMMERS, JUDY Abbotsford, B.C. 1:05.51

4 SIEBEN, KAREN Maple Ridge, B.C. 1:07.92

5 LAZARUK, CHARLENE Calgary, Alberta 1:08.26

-- MITCHELL, KARYN Calgary, Alberta DQ

M40

1 TOWNSEND, CHRIS Coquitlam, B.C. 53.12

2 JOHNSON, WINCHESTER Ponoka, Alberta 54.67

3 LEE, JIMSON Vancouver, B.C. 55.63

4 NICKEL, EWALD Abbotsford, British 57.34

5 DONG, WALTER Jasper, Alberta 59.00

6 CHENG, BOB Vancouver, British 1:00.16

7 ABILDGAARD, ERIK Kelowna, B.C. 1:02.63

8 JACKMAN, KENNY Toronto, Ontario 1:05.64

W45

1 SKINNER, ANNE Cranbrook, B.C. 1:07.44

2 LAURIDSEN, SUSANNE Calgary, Alberta 1:15.90

3 WILLIS, KATHERINE Cambridge, Ontario 1:16.84

M45

1 CHIPKAR, GLENN Mississauga, Ontari 55.14

2 REIMER, PAUL Abbotsford, B.C. 55.82

3 DUNCANSON, ROB Trabuco Canyon, Ca. 57.30

4 HEADLEY, JOHN Saskatoon, Sask 57.44

5 DAVY, BRENT Surrey, B.C. 57.95

W50

1 DEL GRANDE, KARLA Toronto, ON 1:00.97 MR
(old MR 61.04 Karla in Richmond 2003)

M50

1 CAMERON, DOUGLAS Edmonton, Alberta 1:02.40

2 CROWE, EDWARD Calgary, Alberta 1:10.02

W55

1 HARTZLER, MARY Gahanna, Ohio 1:20.90

M55

1 JUDSON, FRED Edmonton, Alberta 1:01.82 2

2 EVANS, MILLARD Edmonton, Alberta 1:02.13 2

3 CARTER, MICHAEL Mississauga, Ontari 1:02.66 2

4 BIRRING, SEWA Surrey, B.C. 1:03.28 2

5 SULLIVAN, JIM North Vancouver, B. 1:07.09 1

6 PAWLUK, FRED Richmond, British C 1:07.60 1

7 THOMSEN, ROY Calgary, Alberta 1:22.41 1

-- MARSHALL, GREGORY St. Anne Des Lac, Q DQ 2

-- STEVENSON, BOB Red Deer, Alberta DQ 1

W60

1 ROBINSON, MARY Gahanna, Ohio 1:17.37

2 RADCLIFFE, MARG Lake Cowichan, Brit 1:24.01

M60

1 BADOWSKI, TONY Port Coquitlam, B.C. 1:02.39 2

2 ADAMS, BARRY Bowen Island, Briti 1:04.18 2

3 RENWICK, DOUG Clavet, Saskatchewan 1:05.27 2

4 CLARK, FRED Cranbrook, British 1:06.46 2

5 SEPTIEN ROCHA, MAURILIO Mexico 1:07.84 1

6 MCCUNE, DEREK St. Albert, Alberta 1:09.09 2

7 SMITH, GEORGE Edmonton, Alberta 1:12.67 1

8 MITCHELL, TED London, Ontario 1:14.58 1

9 POWELL, JOHN Brampton, Ontario 1:15.55 1

W65

1 MCCARRON-EGNER, MARY Regina, Sask 1:28.89

M65

1 DUNN, DAVE Edmonton, Alberta 1:06.28

2 VAN DER WAL, HYLKE Dalmeny, Sask 1:07.57

3 FORSEILLE, LARRY Port Coquitlam, B.C. 1:09.45

4 FRIESEN, LES Abbotsford, British 1:09.62

5 SHARMA, DEV Toronto, Ontario 1:13.56

W70

1 HORNE, JEAN Kitchener, Ontario 1:22.28

2 HOLLIKEY, NESSIE Calgary, Alberta 1:45.70

M70

1 GIEGERICH, JOE Nanoose Bay, B.C. 1:10.36

2 JANKOVICH, WILLIAM Racine, Wisconsin 1:19.69

M75

1 ROBSON, LESLIE Port Coquitlam, B.C. 1:26.39

800m

W30

1 THOMPSON, ADELE Kimberley, British 2:29.88

2 MENK, KIRSTEN Calgary, Alberta 3:19.63

M30

1 MARKS, LAURENCE Calgary, Alberta 2:11.16

2 SELBY, REX Colonsay, Sask 2:24.94

W35

1 CLAPPERTON, LYNDESEY Calgary, Alberta 2:22.85

2 EVERTON, NICOLA Garibaldi Highlands 2:27.88

M35

1 GOLDSMITH, PETER Calgary, Alberta 2:08.51

W40

1 MELOCHE, LAURIE Regina, Sask 2:29.27



Laurie Meloche wins the W40 400m



1500m

2 LAZARUK, CHARLENE	Calgary, Alberta	2:32.06
3 DIXON, DONNA	Calgary, Alberta	2:34.08
4 SUMMERS, JUDY	Abbotsford, B.C.	2:45.23

M40

1 HAIGH, JAMES	Calgary, Alberta	2:05.53
2 WILKES, ROB	Calgary, Alberta	2:07.47
3 BELANGER, LAURIER	Bragg Creek, Alta	2:09.53
4 NICKEL, EWALD	Abbotsford, British	2:11.02
5 GUSS, DAVID	Calgary, Alberta	2:12.55
6 SMILLIE, MALCOLM	Delta, B.C.	2:15.71
7 ABILDGAARD, ERIK	42 Kelowna, B.C.	2:21.49
8 BURLEY, CHRIS	Calgary, Alberta	2:21.77

W45

1 KENNEDY, KAREN	Portland, Ontario	2:40.27
2 WILLIS, KATHERINE	Cambridge, Ontario	2:51.36

M45

1 REIMER, PAUL	Abbotsford, B.C.	2:07.11
2 KENNEDY, DOUG	Portland, Ontario	2:13.20
3 DUNCANSON, ROB	Trabuco Canyon, Ca.	2:16.65
4 STANAGE, STEVEN	Abbotsford, B.C.	2:17.25
5 THERIAULT, DAVE	Calgary, Alberta	2:19.43
6 ROBINSON, KEITH	Summerland, B.C.	2:19.82
7 CHIPKAR, GLENN	Mississauga, Ontari	2:20.54
8 BICKLEY, ED	Calgary, Alberta	2:24.84
9 DALY, LORNE	Calgary, Alberta	2:31.62
10 KEENAN, DAVE	Fort Saskatchewan,	2:33.61

M50

1 HOLMES, BOB	Edmonton, Alberta	2:19.57
2 CASSIDY, GARY	Abbotsford, B.C.	2:20.20
3 RUSSELL, CLIFF	Edmonton, Alberta	2:22.27
4 LITTLE, MIKE	Campbell River, B.C	2:24.27

W55

1 HARTZLER, MARY	Gahanna, Ohio	3:08.84
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M55

1 PAWLUK, FRED	Richmond, British C	2:30.04
2 MADDEROM, JAKE	Burnaby, B.C.	2:34.61

W60

1 SAUNDERS, BARBARA	Nelson, BC	3:30.84
2 BOST, MADELINE	Ironia, New Jersey	3:51.41

M60

1 ADAMS, BARRY	Bowen Island, BC	2:31.79
2 CLARK, FRED	Cranbrook, British	2:37.81
3 MITCHELL, TED	London, Ontario	2:55.70
4 MITCHELL, BRUCE	Bolton, Ontario	3:17.36
-- POWELL, JOHN	Brampton, Ontario	DNF

M65

1 MCILWAINE, BILL	Milton, Ontario	2:44.75
2 VAN DER WAL, HYLKE	Dalmeny, Sask	2:53.83

W70

1 HOLLICKY, NESSIE	Calgary, Alberta	4:11.41
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M70

1 GIEGERICH, JOE	Nanoose Bay, B.C.	2:46.75
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M75

1 FEE, EARL	World Record Mississauga, ON 2:40.12 CAN MR (old WR 2:40.0 = 2:40.24 Harold Chapson USA 1978, old CAN 2:52.66 Hans Weickardt '99, old MR 2:57 Jay Sponseller Edmonton 1994)	
2 ORACHESKI, STAN	Edmonton, Alberta	3:35.53

1500m

W30

1 THOMPSON, ADELE	Kimberley, British	5:14.77
2 MENK, KIRSTEN	Calgary, Alberta	6:31.66

M30

1 MARKS, LAURENCE	Calgary, Alberta	4:29.22
2 SELBY, REX	Colonsay, Sask	4:58.70

W35

1 EVERTON, NICOLA	Garibaldi Highlands	5:07.36
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W40

1 DIXON, DONNA	Calgary, Alberta	5:22.93
2 CORCORAN, MARLENE	Grande Prairie	5:44.16
3 BROWN, DENISE	Calgary, Alberta	6:02.97

M40

1 HAIGH, JAMES	Calgary, Alberta	4:20.26
2 STEWART, CARL	The Woodlands, Tex	4:24.75
3 BELANGER, LAURIER	Bragg Creek, Alta	4:26.23
4 GUSS, DAVID	Calgary, Alberta	4:31.11
5 JACKA, MICHAEL	Edmonton, Alberta	4:39.97
6 SMILLIE, MALCOLM	Delta, B.C.	4:40.74
7 LAZARUK, DARREN	Calgary, Alberta	4:47.06
8 ABILDGAARD, ERIK	Kelowna, B.C.	4:58.94
9 STATHAKOS, PETE	Calgary, Alberta	5:20.52

W45

1 KENNEDY, KAREN	Portland, Ontario	5:33.94
2 WILLIS, KATHERINE	Cambridge, Ontario	6:03.71
3 BISHOP, HOPE	Okotoks, Alberta	6:05.11
4 DUMAIS, JOCELYNE	Rock Forest, Quebec	6:28.07

M45

1 STANAGE, STEVEN	Abbotsford, B.C.	4:36.87
2 KENNEDY, DOUG	Portland, Ontario	4:43.90
3 ROBINSON, KEITH	Summerland, B.C.	4:47.43
4 THERIAULT, DAVE	Calgary, Alberta	4:53.23
5 OLSEN, DAVID	Regina, Saskatchewan	5:19.46
6 ROSE, RON	Penticton, British	5:30.21
7 HULSHOF, HERMAN	Regina, Saskatchewan	6:04.87

M50

1 HUXLEY, DAVID	Abbotsford, B.C	4:38.94
2 HOLMES, BOB	Edmonton, Alberta	4:39.34
3 RUSSELL, CLIFF	Edmonton, Alberta	4:53.96
4 CASSIDY, GARY	Abbotsford, B.C.	4:56.99
5 SKEA, KEN	Cochrane, Alberta	5:08.21
6 CUTHBERTSON, DOUG	Saskatoon, Saskatche	5:15.66

M55

1 PRICE, ROGER	Piscataway, New Jer	4:59.37
2 KALUZNIAK, MARVIN	Edmonton, Alberta	5:05.95
3 PAWLUK, FRED	Richmond, British C	5:06.64
4 MADDEROM, JAKE	Burnaby, B.C.	5:26.42
5 BRETON, GAETAN	Rock Forest, Quebec	5:57.07

W60

1 SAUNDERS, BARBARA	Nelson, BC	7:12.25
2 BOST, MADELINE	Ironia, New Jersey	7:58.88

M60

1 HOLLINGSHEAD, BILL	Nanaimo, B.C.	5:25.20
2 PRINCE, JIM	Brampton, Ontario	5:37.43
3 MITCHELL, TED	London, Ontario	5:59.21

W65

1 MATLOCK, JOAN	Saskatoon, Sask	8:57.28
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2 OLSEN, DAVID	Regina, Sask	18:30.51
3 STANAGE, STEVEN	Abbotsford, B.C.	18:34.80
4 MCKINNON, ROBERT	Denwood, Alberta	20:52.77

M50

1 HUXLEY, DAVID	Abbotsford, B.C.	18:35.04
2 SMITH, DOUG	Toronto, Ontario	22:03.12

M55

1 PRICE, ROGER	Piscataway, New Jer	18:27.79
2 KALUZNIAK, MARVIN	Edmonton, Alberta	21:21.70
3 BRETON, GAETAN	Rock Forest, Quebec	22:12.47

M60

1 HOLLINGSHEAD, BILL	Nanaimo, B.C.	20:00.60
2 PRINCE, JIM	Brampton, Ontario	21:09.70
3 CHRISTENSEN, VERN	Toronto, Ontario	22:06.81
4 MITCHELL, TED	London, Ontario	23:07.95

M65

1 DAVIES, ROGER	Calgary, Alberta	20:39.14
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W70

1 MONTGOMERY, LENORE	North Vancouver, B.	25:41.36
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M75

1 ORACHESKI, STAN	Edmonton, Alberta	27:22.30!
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Sprint Hurdles

W35

1 COY, ANGELA	Calgary, Alberta	19.81	+0.0
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W40

1 LINAKER, LAUNA	Edmonton, Alberta	16.06	+0.0
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M40

1 DONG, WALTER	Jasper, Alberta	17.63	0.9
2 LEWIN, WAYNE	Kitscoty, Alberta	21.84	0.9

W45

1 GIENI, MURIEL	Saskatoon, Sask	15.14	+0.0 CAN
(old CAN 16.20 Gean Hemming '91)			

2 THOM, ROSLYN	Calgary, Alberta	15.40	+0.0
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M45

1 CHIPKAR, GLENN	Mississauga, Ontari	16.63	0.9
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M50

1 CHUBB, ROY	Toronto, Ontario	20.29	1.4
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M55

1 HAWKINS, JOHN	West Vancouver, Bri	18.54	1.4
2 JUDSON, FRED	Edmonton, Alberta	19.80	1.4

M60

1 SEPTIEN ROCHA, MAURILIO	Mexico	22.37	+0.0
2 ROBERTS, RICHARD	St. Albert, Alberta	24.41	+0.0

M65

1 ARMSTRONG, MERV	Red Deer, Alberta	19.71	+0.0
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M70

1 JANKOVICH, WILLIAM	Racine, Wisconsin	16.52	-0.4
2 POONIA, KESAR SINGH	Brampton, Ontario	17.41	-0.4

M75

1 DANIELS, DANNY	Sidney, British Col	19.69	-0.4
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Long Hurdles

M30

1 SELBY, REX	Colonsay, Sask	1:15.80
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M40

1 DONG, WALTER	Jasper, Alberta	1:04.00
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M45

1 CHIPKAR, GLENN	Mississauga, ON	59.44	MR
(old MR 62.04 Harold Morioka Edmonton 1989)			

M60

1 BADOWSKI, TONY	Port Coquitlam, B.C	50.04
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W45 Roslyn Thom, W45 Muriel Gieni, W40 Launa Linaker
Muriel broke the 13 year old CAN Hurdle record.

M65

1 DAVIES, ROGER	Calgary, Alberta	5:38.18
2 MCILWAINE, BILL	Milton, Ontario	6:14.23
3 SEIFRIED, NEIL	Edmonton, Alberta	6:57.10

W70

1 VISSER, HELLY	Millarville, Albert	6:58.50
2 MONTGOMERY, LENORE	North Vancouver	7:02.05
3 HOLLICKY, NESSIE	Calgary, Alberta	8:31.80

M70

1 STOKOTELNY, MICKEY	Winnipeg, Manitoba	8:09.45
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M75

1 ORACHESKI, STAN	Edmonton, Alberta	6:48.25
2 STROEMPL, GEORGE	Calgary, Alberta	11:20.94

5000m

M30

1 SELBY, REX	Colonsay, Sask	19:10.32
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M40

1 GUSS, DAVID	Calgary, Alberta	17:29.62
2 LAZARUK, DARREN	Calgary, Alberta	17:51.94

W45

1 DUMAIS, JOCELYNE	Rock Forest, Quebec	24:06.47
2 ROBLIN, LYNN	Oakville, Ontario	24:42.57

M45

1 BICKLEY, ED	Calgary, Alberta	17:29.07
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2 MCCUNE, DEREK	St. Albert, Alberta	54.24
3 SEPTIEN ROCHA, M	Guadalajara, Mexico	54.95
M65		
1 VAN DER WAL, HYLKE	Dalmeny, Sask	54.04
2 SHARMA, DEV	Toronto, Ontario	1:00.92
M70		
1 JANKOVICH, WILLIAM	Racine, Wisconsin	1:03.92

Steeplechase 3000m 36"

M30

1 SELBY, REX	Colonsay, Sask	12:34.91 MR
(no previous MR)		

M50		
1 SMITH, DOUG	Toronto, Ontario	14:10.35

Steeplechase 2000m 30"

W55

1 WARICK, JUDY	Saskatoon, Sask.	9:30.42 MR
(old MR 9:55.98 Madeline Bost Victoria 1996)		

M60		
1 CHRISTENSEN, VERN	Toronto, Ontario	8:38.25
2 WILLIAMS, BRUCE	Cranbrook, B.C.	9:42.44
M65		
1 VAN DER WAL, HYLKE	Dalmeny, Sask	9:58.57



M50 Gerry Dragomir leads the Men's field.

3000m Racewalk

W35		
1 VAN DEWARK, ANN	Edmonton, Alberta	18:36.17
2 BRACKEN, HANNA	Calgary, Alberta	19:05.59
3 HO-COVERNTON, N.	Calgary, Alberta	19:51.55
W40		
1 CASHMAN, KATHARINE	Toronto, Ontario	16:33.85
2 MCNEELY, MARGIE	Edmonton, Alberta	16:41.06
3 WILSON, HOPE	Edmonton, Alberta	17:53.40
4 CHING, JESSIE	Edmonton, Alberta	19:03.25
W45		
1 PATTEN SWEAZEY, N.	Mississauga, Ontari	16:08.42
2 FLIPSEN, JOHANNA	Fort Saskatchewan	16:29.75

M45		
1 KEENAN, DAVE	Fort Saskatchewan	15:19.50!
2 STEWART, DON	Edmonton, Alberta	15:26.59
3 GRANT, CHRIS	St. Albert, Alberta	16:37.24
4 DAVIS, GARY	Edmonton, Alberta	19:29.53

W50		
1 LEO, NANCY	Willowdale, Ontario	18:31.23
2 OKAMURA, KATHIE	Edmonton, Alberta	18:56.68
3 HILL, MARGARET	Calgary, Alberta	19:49.15

M50		
1 DRAGOMIR, GERRY	Vancouver, British	15:15.11
W55		
1 JOHNSON, FAUNE	Vancouver, British	20:21.85
2 HAMES, DANELLE	Calgary, Alberta	21:38.06

W60		
1 SARKAR, EILEEN	Ottawa, Ontario	19:50.98!
2 CHRISTENSEN, JOAN	Toronto, Ontario	19:59.46
3 DENBY, PAT	Victoria, B.C.	21:37.08
4 BOST, MADELINE	Ironia, New Jersey	23:18.86

M60		
1 IBARRA, SALVADOR	Edmonton, Alberta	16:20.64
2 ROBERTS, RICHARD	St. Albert, Alberta	19:15.52
W65		
1 ROSAS ROSAS, ALMA	Guadalajara, Mexico	21:50.31

M65		
1 BELL, BOB	Calgary, Alberta	24:10.40
M70		
1 SUMMERHAYES, STUART	Cambridge, Ontario	18:07.86!

W75		
1 VOGELSANG, EVA	Calgary, Alberta	22:09.28!
2 SMALLWOOD, MAXINE	Terrace, British Co	25:12.29
M75		
1 GROVE, DAVID	Calgary, Alberta	26:03.91

5000m Racewalk

W30		
1 BERGESON, JOLENE	Calgary, Alberta	32:40.82
W35		
1 GERKE, HOLLY	Edmonton, Alberta	25:12.77

W40		
1 CASHMAN, KATHARINE	Toronto, Ontario	28:18.19
2 WELCHMAN, JENNIFER	Edmonton, Alberta	31:00.42
W45		
1 PATTEN SWEAZEY, Nanci	Mississauga ON	27:59.40
2 FLIPSEN, JOHANNA	Fort Saskatchewan,	28:41.61

M45		
1 KEENAN, DAVE	Fort Saskatchewan,	26:21.71
2 STEWART, DON	Edmonton, Alberta	27:53.02
3 GRANT, CHRIS	St. Albert, Alberta	29:28.71
4 DAVIS, GARY	Edmonton, Alberta	33:15.54

W50		
1 LEO, NANCY	Willowdale, Ontario	31:54.06
2 OKAMURA, KATHIE	Edmonton, Alberta	32:40.83
M50		
1 DRAGOMIR, GERRY	Vancouver, British	26:00.55
2 GILCHRIST, ED	Calgary, Alberta	29:20.41

W55		
1 JOHNSON, FAUNE	Vancouver, British	35:02.78
2 CHICHAK, MARIANNE	Edmonton, Alberta	36:27.76
M55		
1 ERICKSON, NORMAN	Calgary, Alberta	32:35.77

W60		
1 DENBY, PAT	Victoria, B.C.	36:24.30

M60			
1 IBARRA, SALVADOR	Edmonton, Alberta	29:29.81	
W65			
1 ROSAS ROSAS, ALMA	Guadalajara, Mexico	36:39.02	
M65			
1 BELL, BOB	Calgary, Alberta	39:10.99	
M70			
1 SUMMERHAYES, STUART	Cambridge, Ont	32:14.69	
2 GRADY, UDO	Cranbrook, B.C.	38:40.44	
W75			
1 VOGELSANG, EVA	Calgary, Alberta	37:17.10	
M85			
1 BELL, CLAUDE	Sidney, B.C.	42:57.89	MR
(no previous Meet Record)			



W50 Debbie Brill just missed the WR

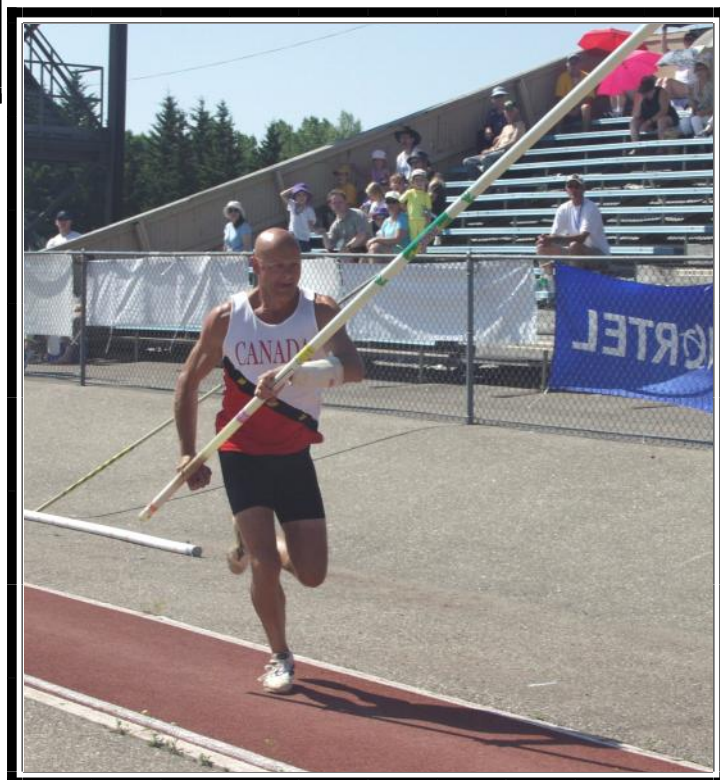
High Jump

M35			
1 BIGLOW, TED	Brooklin, Ontario	1.60m	
M40			
1 JOHNSON, WINCHESTER	Ponoka, Alberta	1.75m	
2 WALLEY, BRIAN	Belcarra, B.C.	1.55m	
3 LEWIN, WAYNE	Kitscoty, Alberta	1.40m	
W45			
1 THOM, ROSLYN	Calgary, Alberta	1.35m	
M45			
1 DIXON, WALTER	Edmonton, Alberta	1.70m	
W50			
1 BRILL, DEBBIE	Burnaby, BC	1.55m	CAN MR
(old CAN 1.37 Liz McBlain '98, old MR 1.30 Liz Saskatoon '98, World Record 1.57 in 2000)			
M50			
1 CHUBB, ROY	Toronto, Ontario	1.35m	
W55			
1 MCBLAIN, LIZ	Edmonton, Alberta	1.05m	
M55			
1 HAWKINS, JOHN	West Vancouver	1.75m	CAN MR
(old CAN & MR 1.61 Warren Hamill in Toronto 2002)			

2 JUDSON, FRED	Edmonton, Alberta	1.45m	
3 LORENZ, LYLE	Lacombe, Alberta	1.35m	
4 PETER, HEINZ	St. Albert, Alberta	1.35m	
5 VANDERBECK, MICHAEL	Vernon, British C	1.25m	
W60			
1 ANDERSON, SANDRA	Victoria, BC	1.20m	
2 RADCLIFFE, MARG	Lake Cowichan, B	1.15m	
3 HOOVER, VIRGINIA	Telkwa, British Col	1.00m	
M60			
1 EDWARDS, BOB	Buchanan, Sask	1.10m	
M65			
1 PADDIE, JAMES	Shreveport, Louisia	1.40m	
2 BOYD, JACK	Sudbury, Ontario	1.05m	
M70			
1 ROWAN, TED	Martensville, Sask	1.00m	
M75			
1 DANIELS, DANNY	Sidney, British Col	1.10m	
W85			World Record
1 KOTELKO, OLGA	West Vancouver	0.85m	CAN MR
(old WR 0.80 Margareta Sarvana FIN '93, no previous CAN or Meet record)			

Pole Vault

M40			
1 JOHNSON, WINCHESTER	Ponoka, Alberta	3.75m	
-- WALLEY, BRIAN	Belcarra, B.C.	NH	
M55			
1 HAWKINS, JOHN	West Vancouver	3.75m	CAN
(old CAN 3.50 Warren Hamill '03)			
2 UNDERDAHL, KENNETH	Victoria, British C	2.60m	
M60			
1 RENWICK, DOUG	Clavet, Sask	2.75m	
M70			
1 JANKOVICH, WILLIAM	Racine, Wisconsin	2.10m	



M55 John Hawkins

Long Jump

W30

1 THOMPSON, AMY Elnora, Alberta 4.05m 0.6

M30

1 FRERE, LEWIS Three Hills, Albert 4.52m -0.8MR
(no previous Meet record)

M35

1 BIGLOW, TED Brooklin, Ontario 5.82m 3.4

W40

1 LINAKER, LAUNA Edmonton, Alberta 4.38m 0.7

M40

1 JOHNSON, WINCHESTER Ponoka, Alberta 5.86m 1.5

2 GUYN, GREG Lethbridge, Alberta 5.54m 1.5

3 JACKMAN, KENNY Toronto, Ontario 5.37m 0.7

4 LEWIN, WAYNE Kitscoty, Alberta 4.95m 2.0

5 WALLEY, BRIAN Belcarra, B.C. 4.71m 1.2

W45

1 THOM, ROSLYN Calgary, AB 4.67m +0.0 MR
(old MR 4.50 Becky Willis Victoria 1996)

2 LAURIDSEN, SUSANNE Calgary, Alberta 4.38m 1.3

3 FREEMAN, BJ Calgary, Alberta 4.33m 2.5

4 GIENI, MURIEL Saskatoon, Saskatch 4.00m 1.5

3 LORENZ, LYLE Lacombe, Alberta 4.45m 1.1

4 PETER, HEINZ St. Albert, Alberta 4.02m 1.8

W60

1 LAFAYETTE-BOYD, CAROL Regina 4.43m 0.3 CAN MR
(old CAN 4.12 Carol in 2003, old MR 3.90 Edith Gray Toronto '97)

2 ANDERSON, SANDRA Victoria, BC 3.20m +0.0

3 HOOVER, VIRGINIA Telkwa, British Col 2.42m 0.4

W65

1 CROSTHWAITE, GERDA Kelowna, BC 3.58m -0.6 MR

2 WATSON, EILEEN Calgary, Alberta 2.61m -0.1

M65

1 ARMSTRONG, MERV Red Deer, Alberta 4.04m 2.8

W70

1 BOIVIN, GWEN Moosejaw, Sask 2.72m 2.5

M70

1 POONIA, KESAR SINGH Brampton, Ontario 3.77m 1.6

2 NETT, ARNOLD Edmonton, Alberta 3.64m 0.4

3 ROWAN, TED Martensville, Sask 3.22m +0.0

M75

1 ROBSON, LESLIE Port Coquitlam, B.C 3.08m 1.8

W85

1 KOTELKO, OLGA West Vancouver 2.13m 0.4 CAN MR
(no previous CAN or Meet Record, WR 2.19 in 1995)

Triple Jump

W35

1 HAYGARTH, KARLA Alameda, Sask 8.09m -2.5

M40

1 GUYN, GREG Lethbridge, AB 12.80m -1.4 MR
(old MR 12.52 Ron Thompson in Regina 1992)

2 SWAN, MICHAEL Saskatoon, Sask 11.48m -1.1

3 JACKMAN, KENNY Toronto, Ontario 11.16m -1.4

M45

1 ROBLIN, BLAIR Oakville, Ontario 7.76m -2.4

W50

1 FOSSBERG, METTE Edmonton, Alberta 8.79m -1.7

M50

1 CHUBB, ROY Toronto, Ontario 7.03m -2.4

W55

1 WARICK, JUDY Saskatoon, Sask. 7.31m -2.5

2 MCBLAIN, LIZ Edmonton, Alberta 6.14m -1.1

M55

1 MARSHALL, GREGORY St. Anne Des Lac, Q 9.24m -0.7

2 LORENZ, LYLE Lacombe, Alberta 9.12m -2.1

3 STEVENSON, BOB Red Deer, Alberta 7.78m -2.5

W60

1 LAFAYETTE-BOYD, CAROL Regina 9.09m -0.5 CAN MR
(old CAN & MR 8.90 Carol in Richmond 2003)

2 ANDERSON, SANDRA Victoria, BC 6.53m -0.9

3 HOOVER, VIRGINIA Telkwa, British Col 5.61m -2.1

M60

1 SEPTIEN ROCHA, M Guadalajara, Mexico 7.58m -1.5

2 EDWARDS, BOB Buchanan, Saskatche 7.10m -1.4

M65

1 ARMSTRONG, MERV Red Deer, Alberta 8.23m -2.0

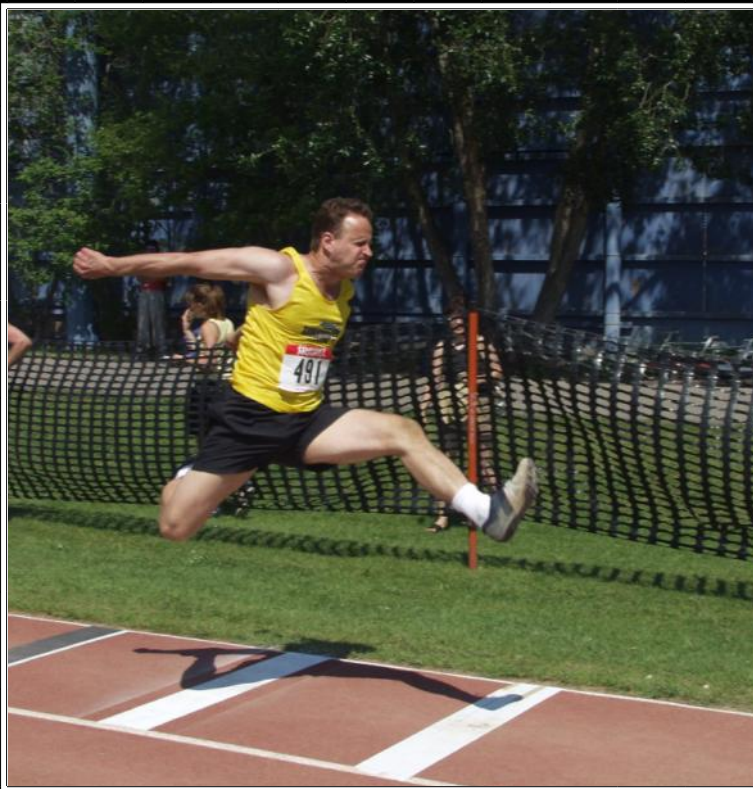
W70

1 BOIVIN, GWEN Moosejaw, SK 6.60m -2.0 MR
(old MR 6.58 Leonore McDaniels In Kamloops 2000)

M70

1 NETT, ARNOLD Edmonton, Alberta 7.91m -1.4

2 POONIA, KESAR SINGH Brampton, Ontario 7.72m -1.4



M40 Michael Swan in the step phase of the Triple.

M45

1 BURTON, DAVE Calgary, Alberta 5.15m 0.6

W50

1 FOSSBERG, METTE Edmonton, AB 4.09m 0.7 MR
(old MR 4.07 Mette in Richmond 2003)

W55

1 MCBLAIN, LIZ Edmonton, Alberta 2.85m 1.8

M55

1 HAWKINS, JOHN West Vancouver BC 5.32m 1.4

2 MARSHALL, GREGORY St. Anne Des Lac, Q 4.47m 0.2

Shot Put

W30

1 THOMAS, SHELLEN Calgary, Alberta 9.00m

M30

1 LARSSON, MAGNUS Calgary, Alberta 11.57m MR
(no previous MR)

W35

1 REED, GEORGETTE Edmonton, Alberta 14.25m MR
(old MR 11.66 Bozena Wojciekian in Edmonton 1993)

2 DUNDAS, TAMMY Edmonton, Alberta 6.96m



W85 Olga Kotelko setting a new CAN record.

M35

1 TESSIER, YVES Blainville, Quebec 13.35m

2 VARGAS, AUGEL Guadalajara, Mexico 7.80m

W40

1 CLEMENTS, DENISE Port Alberni, B.C. 9.91m

2 OSTERGARD, ALISON Drumheller, Alberta 8.42m

3 SIMPSON, SANDRA Ponoka, Alberta 7.87m

4 BAPTISTE, PEARLEEN North Battleford, S 7.39m

M40

1 SMITH, ANDREW Calgary, Alberta 12.47m

2 WALLEY, BRIAN Belcarra, B.C. 9.78m

W45

1 GIENI, MURIEL Saskatoon, Saskatch 9.14m

2 COWARD, SELINA Regina, Sask 8.97m

M45

1 REES, GREG Cochrane, Alberta 11.34m

2 REYNOLDS, CHRIS Calgary, Alberta 11.26m

3 MCCULLOCH, GORDON Calgary, Alberta 11.20m

4 OGLE, KELLY Calgary, Alberta 9.52m

W50

1 JANSSENS, ROBYN Maple Ridge, B.C. 7.98m

2 CHMIELEWSKI, SHARON Coaldale, Alberta 7.84m

M50

1 PEARSON, WILLIAM Thornhill, Ontario 12.17m

2 BOGHINA, RUDY Toronto, Ontatio 11.42m

3 HALL, MURRAY Abbotsford, B.C. 11.28m

4 KRAHN, RICHARD Regina, Saskatchewan 10.21m

5 CHUBB, ROY Toronto, Ontario 9.14m

6 RUNCIE, GLENN Calgary, Alberta 9.05m

7 GLENDON, ROBERT Calgary, Alberta 8.18m

8 JANSSENS, LORNE Maple Ridge, B.C. 7.37m

W55

1 HARTZLER, MARY Gahanna, Ohio 11.12m
(CAN record 9.67)

2 MCBLAIN, LIZ Edmonton, Alberta 9.59m

3 STEFFENSEN, BETTY Valleyview, Alberta 6.42m

M55

1 HAWKINS, JOHN West Vancouver, BC 12.00m

2 VANDERBECK, MICHAEL Vernon, BC 10.24m

3 CHMIELEWSKI, RON Coaldale, Alberta 10.20m

4 TOWNSEND, KEN Maple Ridge, B.C. 9.75m

W60

1 ANDERSON, SANDRA Victoria, BC 8.58m

2 VOGEL, JOAN Regian, Sask 8.41m

3 ROBINSON, MARY Gahanna, Ohio 7.03m

4 HOOVER, VIRGINIA Telkwa, British Col 6.65m

M60

1 GAGE, THOMAS Billings, Montana 14.67m MR
(old MR 13.67 Wendell Palmer in Edmonton 1994)

2 GLOWACKI, MAREK Edmonton, Alberta 13.77m CAN
(old CAN record 13.59 Marek in 2003)

3 WOODWORTH, MIKE Nanaimo, BC 13.08m

4 EDWARDS, BOB Buchanan, Sask 9.66m

W65

1 WATSON, EILEEN Calgary, Alberta 6.14m

W70

1 TUREK, MAE Vancouver, B.C. 6.62m

2 FERGUSON, LIL Moose Jaw, Sask 5.80m

M70

1 POONIA, KESAR SINGH Brampton, Ontario 10.84m

2 DUNCAN, TED Vancouver, B.C. 10.32m

3 CARNEY, JAMES Austin, Texas 9.48m

4 GRADY, UDO Cranbrook, B.C. 9.11m

5 DZIADYK, ANDREW Saskatoon, Sask 8.42m

W75

1 MCLEOD-SMITH, DOREEN North Vancouver 5.88m

2 MCQUARRIE, BETTY Edmonton, Alberta 5.49m

3 SMALLWOOD, MAXINE Terrace, British Co 5.33m

M75

1 GEMER, GEORGE Lethbridge, Alberta 9.33m

W85

1 KOTELKO, OLGA West Vancouver 5.85m CAN MR
(no CAN record, old MR 4.19 Betty Jarvis in Kamloops 2000)

M85

1 MURRAY, JIM Whistler, British C 6.22m

2 MILLER, HARRY Melville, Saskatche 4.78m

M90

1 WEST, HOWARD Saskatoon, Saskatch 4.59m

Discus

M30

1 LARSSON, MAGNUS Calgary, Alberta 35.01m

2 FRERE, LEWIS Three Hills, Albert 28.39m

W35

1 REED, GEORGETTE Edmonton, AB 42.35m MR
(old MR 37.71 Diana Jaam Shahrian in Toronto 2002)

2 DUNDAS, TAMMY Edmonton, Alberta 17.34m

M35

1 MCMANUS, ROB	Calgary, Alberta	36.87m
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W40

1 CLEMENTS, DENISE	Port Alberni, B.C.	21.76m
2 BAPTISTE, PEARLEEN	North Battleford, SK	13.39m

M40

1 SMITH, ANDREW	Calgary, Alberta	32.65m
2 WALLEY, BRIAN	Belcarra, B.C.	25.82m

M45

1 MCCULLOCH, GORDON	Calgary, Alberta	27.67m
-- REES, GREG	Cochrane, Alberta	FOUL

W50

1 JANSSENS, ROBYN	Maple Ridge, B.C.	18.84m
2 CHMIELEWSKI, SHARON	Coaldale, Alberta	18.59m

**M60 Marek Glowacki****M50**

1 SZAFRANSKI, LONGIN	Edmonton, Alberta	39.01m
2 HALL, MURRAY	Abbotsford, B.C.	38.51m
3 BOGHINA, RUDY	Toronto, Ontario	37.09m
4 PEARSON, WILLIAM	Thornhill, Ontario	35.51m
5 KRAHN, RICHARD	Regina, Sask	30.34m
6 DANIELS, EDWARD	Concord, N.H.	25.87m
7 GLENDON, ROBERT	Calgary, Alberta	23.92m
8 JANSSENS, LORNE	Maple Ridge, B.C.	21.87m

W55

1 HARTZLER, MARY	Gahanna, Ohio	31.23m	MR
(CAN record and old MR 23.47 Joan Vogel in Kamloops 2000)			
2 WARICK, JUDY	Saskatoon, Sask.	22.21m	
3 MCBLAIN, LIZ	Edmonton, Alberta	19.72m	
4 STEFFENSEN, BETTY	Valleyview, Alberta	14.55m	

M55

1 HAWKINS, JOHN	West Vancouver, BC	32.81m
2 ROMAN, FERNANDO	Puerto Rico	30.62m
3 CHMIELEWSKI, RON	Coaldale, Alberta	30.39m
4 TOWNSEND, KEN	Maple Ridge, B.C.	28.71m
5 SPARKES, IAN	St. John's, Newfoun	27.78m
6 LORENZ, LYLE	Lacombe, Alberta	25.96m
7 STEVENSON, BOB	Red Deer, Alberta	21.57m

W60

1 VOGEL, JOAN	Regina, Sask	19.52m
2 ANDERSON, SANDRA	Victoria, BC	17.28m
3 ROBINSON, MARY	Gahanna, Ohio	16.93m
4 HOOVER, VIRGINIA	Telkwa, British Col	15.40m

M60

1 WOODWORTH, MIKE	Nanaimo, BC	49.07	CAN
(old CAN 48.60 Marek Glowacki '03)			

2 SCHNEIDER, GARY	Livingston, Montana	48.68m
3 GAGE, THOMAS	Billings, Montana	46.64m
4 GLOWACKI, MAREK	Edmonton, Alberta	43.24m
5 CLARK, FRED	Cranbrook, British	36.45m
6 EDWARDS, BOB	Buchanan, Sask	27.07m

M65

1 ARMSTRONG, MERV	Red Deer, Alberta	34.23m
2 BOYD, JACK	Sudbury, Ontario	33.42m

W70

1 TUREK, MAE	Vancouver, B.C.	17.35m
2 FERGUSON, LIL	Moose Jaw, Sask	15.08m

M70

1 CARNEY, JAMES	Austin, Texas	26.13m
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W75

1 MCLEOD-SMITH, DOREEN	North Vancouver,	12.42m
2 SMALLWOOD, MAXINE	Terrace, British Co	11.31m

M75

1 GEMER, GEORGE	Lethbridge, Alberta	27.99m
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M80

1 GOODVIN, CECIL	Terrace, British Co	12.66m
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W85

1 KOTELKO, OLGA	West Vancouver	14.55m	CAN MR
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(old WR 13.92 Ruth Frith AUS '00, old CAN 13.91 Olga '04, old MR 12.58 Betty Jarvis Kamloops '00)

M85

1 MURRAY, JIM	Whistler, British C	16.82m
2 MILLER, HARRY	Melville, Saskatche	10.80m

M90

1 WEST, HOWARD	Saskatoon, Saskatch	11.48m
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Javelin**M30**

1 WILSON, KIER	Sherwood Park, AB	43.58m	MR
(old MR 42.43 Kier in Richmond 2003)			

2 FRERE, LEWIS	Three Hills, Albert	41.29m
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W35

1 DUNDAS, TAMMY	Edmonton, Alberta	18.11m
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W40

1 OSTERGARD, ALISON	Drumheller, AB	32.71m	MR
(old MR 30.45 Linda Millman in Kamloops 2000)			

2 BAPTISTE, PEARLEEN	North Battleford, S	14.54m
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M40

1 MORGAN, KEVIN	Port Coquitlam, B.C	51.31m
2 BEAMISH, LEE	Spruce Grove, Alber	47.45m
3 SMITH, ANDREW	Calgary, Alberta	37.30m
4 WALLEY, BRIAN	Belcarra, B.C.	33.86m
5 JACKMAN, KENNY	Toronto, Ontario	32.10m

M45

1 REYNOLDS, CHRIS	Calgary, Alberta	40.67m
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W50

1 JANSSENS, ROBYN	Maple Ridge, B.C	10.22m
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M50

1 GUDZOWSKY, TERRY	Calgary, Alberta	48.49m	CAN
(old CAN 47.58 Fred Pamentor '91)			

2 SZAFRANSKI, LONGIN	Edmonton, Alberta	35.96m
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3 PEARSON, WILLIAM	Thornhill, Ontario	34.67m
4 KRAHN, RICHARD	Regina, Sask	30.07m
5 CHUBB, ROY	Toronto, Ontario	23.76m
6 DANIELS, EDWARD	Concord, N.H.	15.82m

W55

1 HARTZLER, MARY	Gahanna, Ohio	23.37m
2 MCBLAIN, LIZ	Edmonton, Alberta	15.62m
3 STEFFENSEN, BETTY	Valleyview, Alberta	15.59m

M55

1 HAWKINS, JOHN	West Vancouver, Bri	38.82m
2 SPARKES, IAN	St. John's, Newfoun	35.74m
3 TOWNSEND, KEN	Maple Ridge, B.C.	32.51m
4 CHMIELEWSKI, RON	Coaldale, Alberta	30.15m
5 STEVENSON, BOB	Red Deer, Alberta	18.03m

W60

1 RADCLIFFE, MARG	Lake Cowichan, Brit	30.80m
2 ANDERSON, SANDRA	Victoria, BC	23.32m
3 HOOVER, VIRGINIA	Telkwa, British Col	11.52m

M60

1 GLOWACKI, MAREK	Edmonton, Alberta	37.61m
2 ADAMS, BARRY	Bowen Island, Briti	32.82m
3 EDWARDS, BOB	Buchanan, Sask	22.92m

W65

1 CROSTHWAITE, GERDA	Kelowna, British Co	22.28m
2 WATSON, EILEEN	Calgary, Alberta	8.04m

M65

1 ARMSTRONG, MERV	Red Deer, Alberta	32.32m
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W70

1 FERGUSON, LIL	Moose Jaw, Sask	17.49m
2 TUREK, MAE	Vancouver, B.C.	14.59m

M70

1 STAVELEY, BOB	Ottawa, Ontario	29.47m
2 DUNCAN, TED	Vancouver, B.C.	26.16m
3 POONIA, KESAR SINGH	Brampton, Ontario	24.02m

W75

1 SMALLWOOD, MAXINE	Terrace, British Co	12.69m
2 MCLEOD-SMITH, DOREEN	North Vancouver	11.41m

M75

1 GEMER, GEORGE	Lethbridge, Alberta	21.56m
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M80

1 GOODVIN, CECIL	Terrace, British Co	11.98m
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W85

1 KOTELKO, OLGA **West Vancouver** **16.94 CAN**
(old WR 13.74 Irja Sarnama FIN '91,
old CAN 16.25 Olga '04, old MR 8.39 Betty Jarvis in Kamloops
'00)

M85

1 MURRAY, JIM	Whistler, British C	12.36m
2 MILLER, HARRY	Melville, Saskatche	9.36m

Hammer

W30

1 THOMAS, SHELLEN **Calgary, AB** **43.30m MR**
(old MR 33.82 Wendy Dunsford in Edmonton 1994)

M30

1 WILSON, KIER	Sherwood Park, Alb	29.24m
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W35

1 REED, GEORGETTE **Edmonton, AB** **48.75m MR**
(old MR 40.14 Sarah Boslaugh in Hamilton 1995)

2 DUNDAS, TAMMY	Edmonton, Alberta	17.59m
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M35

1 MCMANUS, ROB	Calgary, Alberta	42.72m
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W40

1 CLEMENTS, DENISE	Port Alberni, B.C.	24.99m
2 BAPTISTE, PEARLEEN	North Battleford, S	20.52m

M45

1 REES, GREG	Cochrane, Alberta	23.46m
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W50

1 JANSSENS, ROBYN	Maple Ridge, B.C.	28.38m
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M50

1 BOGHINA, RUDY	Toronto, Ontario	35.02m
2 DANIELS, EDWARD	Concord, N.H.	33.65m
3 PEARSON, WILLIAM	Thornhill, Ontario	32.68m
4 KRAHN, RICHARD	Regina, Saskatchewan	29.67m
5 JANSSENS, LORNE	Maple Ridge, B.C.	21.11m



M55 Fred Judson

W55

1 HARTZLER, MARY **Gahanna, Ohio** **39.54m MR**
(old MR 35.56 Margery Swinton in Kamloops 2000)
2 MCBLAIN, LIZ Edmonton, Alberta 25.73m
3 STEFFENSEN, BETTY Valleyview, Alberta 18.69m

M55

1 CHMIELEWSKI, RON	Coaldale, Alberta	29.64m
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W60

1 ANDERSON, SANDRA	Victoria, BC	20.77m
2 HOOVER, VIRGINIA	Telkwa, British Col	14.92m

M60

1 GAGE, THOMAS **Billings, Montana** **59.61m MR**
(old MR 51.42 George Mathews in Richmond 2003)

2 GLOWACKI, MAREK	Edmonton, Alberta	39.88m
3 EDWARDS, BOB	Buchanan, Sask	25.38m

M65

1 MULLER, EMIL	Brossard, Quebec	46.97m
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W70

1 TUREK, MAE **Vancouver, B.C.** **17.94 CAN**
(no previous CAN record - MR 17.97)

M70

1 STAVELEY, BOB	Ottawa, Ontario	38.83m
2 GRADY, UDO	Cranbrook, B.C.	34.28m
3 VELEZ, ANGEL	Puerto Rico	33.42m

W75

1 MCLEOD-SMITH, DOREEN North Vancouver 12.81m MR
(old MR 12.61 Doreen in Richmond 2003)

W85

1 KOTELKO, OLGA West Vancouver 17.62 CAN MR
(old CAN 14.86 Olga '04, old MR 13.99 Betty Jarvis Kamloops 00)

M85

1 MURRAY, JIM Whistler, British C 16.23m
2 MILLER, HARRY Melville, Sask 15.08m

M90

1 WEST, HOWARD Saskatoon, Sask 13.59m

Weight Throw**W35**

1 DUNDAS, TAMMY Edmonton, Alberta 7.56m

W40

1 CLEMENTS, DENISE Port Alberni, B.C. 9.29m
2 BAPTISTE, PEARLEEN North Battleford, S 6.45m

M45

1 REES, GREG Cochrane, Alberta 8.54m

W50

1 JANSSENS, ROBYN Maple Ridge, B.C. 7.46m

M50

1 BOGHINA, RUDY Toronto, Ontatio 13.10m
2 KRAHN, RICHARD Regina, Saskatchewan 11.72m

W55

1 HARTZLER, MARY Gahanna, Ohio 11.62m MR
(old MR 10.67 Liz McBlain in Richmond 2003)

2 MCBLAIN, LIZ Edmonton, Alberta 9.99m
3 STEFFENSEN, BETTY Valleyview, Alberta 8.57m

M55

1 CHMIELEWSKI, RON Coaldale, Alberta 10.44m

W60

1 ANDERSON, SANDRA Victoria, BC 9.61 CAN
(old CAN 8.92 Mary Thompson '90)

2 HOOVER, VIRGINIA Telkwa, British Col 7.71m

M60

1 GAGE, THOMAS Billings, Montana 20.03m MR
(old MR 18.59 George Mathews in Richmond 2003)

2 GLOWACKI, MAREK Edmonton, Alberta 14.92m
3 EDWARDS, BOB Buchanan, Sask 10.97m

M65

1 MULLER, EMIL Brossard, Quebec 15.73m

W70

1 TUREK, MAE Vancouver, B.C. 6.66m

M70

1 STAVELEY, BOB Ottawa, Ontario 12.62m
2 GRADY, UDO Cranbrook, B.C. 11.97m
3 VELEZ, ANGEL Puerto Rico 10.21m

W75

1 MCLEOD-SMITH, DOREEN North Vancouver 5.80m

W85

1 KOTELKO, OLGA West Vancouver 7.72m CAN MR
(no previous CAN record, old MR 5.95 Betty Jarvis Kamloops '00)

M85

1 MURRAY, JIM Whistler, British 7.54m
2 MILLER, HARRY Melville, Saskatche 6.75m

M90

1 WEST, HOWARD Saskatoon, Sask 7.80m

4X100m Relay Women

1 East West 40+ 50.84 MR
(Noella Lee Pong 43, Patti Rogers 44,
Megan Delmonico 43, Karla Del Grande 51)
(old MR 54.7 Tri City in Richmond 2003)

2 Caltaf 58.10
3 Sask-B.C. 45+ 1:00.46
4 Catch Job 30+ 1:01.65

4X100m Relay Men

1 Too Hot Too Handle 35+ 46.68
2 Team Saskatchewan 35+ 47.77
3 Greyhounds 65+ 58.42
4 Tri City 70+ 1:01.52

4X200m Relay Women

1 Herald Team 2:09.15
2 C & r Transfer 2:10.60
3 Calgary Roadrunners 2:12.77
4 Ccs Energy 2:13.49
5 Nortel 2:19.23
6 Quebecor 2:22.75
7 Media 2:29.68

4X400m Relay Women

1 The Mighty Moms 4:22.17
2 Alberta/B.C. 4:44.85

4X400m Men

1 Deerfoot Athletic Club 4:00.48
2 NO Name 4:19.10
3 Tainted Pork 4:20.19
1 Mexican Royales 4:39.97

Pentathlon

1 DUNCANSON, ROB	Trabuco Canyon, Ca	3383
2 JUDSON, FRED	Edmonton, Alberta	3266
3 JANKOVICH, WILLIAM	Racine, Wisconsin	2899
4 BERQUIST, BRIAN	Saskatoon, Sask	2868
5 MCFADYEN, BOB	Edmonton, Alberta	2803
6 FURLONG, DENNIS	Dalhousie, New B	2381
7 RENWICK, DOUG	Clavet, Sask	2310
8 FREDERICK, BYRON	Calgary, Alberta	2288
9 DANIELS, DANNY	Sidney, British C	2211
10 KOWALSKI, KENT	Saskatoon, Sask	2102
11 YUEN, JOHN	Edmonton, Alberta	1943
12 KNITTER, HENRY	Cochrane, Alberta	1884
13 BENSON, MARK	Gibsons, British Co	1787
14 ADAMS, BARRY	Bowen Island, Briti	1732
15 BENSON, DON	New westminster, B.	1688
16 ROBERTS, RICHARD	St. Albert, Alberta	1270

756 photos on the SONY site at...

<http://www.imagestation.com/member/?name=douglasjsmith>



4 X 400m Relay Teams



Pentathletes