

Canadian Masters Outdoor Championships Championnats Canadien Athlétisme des Vétérans

Saint John New Brunswick July 28-29, 2007

Meet Director - Bill MacMackin

100m

* foreign athlete

W30	Sullivan, Alex	SJTC	16.31	64.3%
W45	Freeman, BJ	CGS	14.00	85.7%
W50	Del Grande, Karla	ETOB	13.56	94.1%
	Alexis, Wendy	OTW	13.96	89.6%
	*Thompson, Irene	CNYI	14.47	87.3%
W55	Trott, Rhona	HOC	15.05	88.2%
	*von Maltzahn, Hillen	USA	15.32	86.6%
W60	*Jager, Kathy	GWTC	15.65	89.7%
W65	LaFayette-Boyd, Carol	AB	14.36	98.8%
	CAN,MR			
	(old CAN & MR 15.06 Diane Palmason '03)			
	Radcliffe, Marg		17.24	82.3%
W70	McCarron-Egner, Mary	AB	18.38	80.6%
W85	Kotelko, Olga	BC	24.35	88.1%
M35	Harrower, Will	BC	11.53	85.8%
M40	Francois, Andre	EDMH	11.20	93.4%
	Crepsac, Malik		11.35	90.4%
	Starchuk, Darren	EDMH	11.89	87.4%
M45	*Pasos, Mark	WVJS	11.98	89.8%
	Baptiste, Joseph	FA	12.09	88.4%
	Roblin, Blair	ETOB	12.74	85.5%
	Robinson, Mike	SJTC	13.37	81.0%
M50	Jeske, Wolfgang	EDMT	12.32	90.8%
	Pelletier, Yvan	FRED	13.15	84.0%
M55	*Maseratti, Bob		14.29	79.3%
	Blackwood, David		14.90	77.5%



Bill McIlwaine, David Stern and Jack Karbens in the M65 200m

M60	*Robbins, Stephen	USA	12.44	96.3%	MR
	(old MR 12.77 Norm Baum Oshawa 1985)				
	(CAN 12.4 = 12.66 Percy Duncan 1977)				
	*Seiler, James		12.91	90.6%	
	Mintz, Bruce	EDMT	13.55	86.3%	
	Patterson, Darrell	ONT	14.01	84.0%	
	Mitchell, Bruce	ETOB	14.70	81.5%	
M65	Morris, Mike	PQ	13.66	89.3%	
	Stern, David	ETOB	14.68	83.1%	
	*Karbens, John Jack	HAW	15.03	80.2%	
M70	Aadmi, Andy	KJK	14.18	88.6%	
	*Chambers, Donald	WAC	14.46	85.8%	
	Sharma, Dev	ONT	14.72	85.3%	
	Wardle, Ray	OTW	15.81	82.4%	
	Poonia, Kesar Singh	ONT	15.83	81.3%	
M75	Thompson, Bill E.	HOC	16.95	80.1%	

200m

W40	Bailey-Mason, Gwyn	ONT	30.16	75.0%
W45	Freeman, BJ	CGS	29.32	84.8%
	Jolicoeur, Jovette	CGS	30.86	79.6%
	Lauridsen, Susanne	CGS	31.13	80.8%
	Belliveau, Cathleen	SJTC	32.99	75.3%
W50	Del Grande, Karla	ETOB	28.21	94.2%
	Alexis, Wendy	OTW	29.20	89.0%
W55	*von Maltzahn, Hillen	USA	31.95	86.7%
W60	*Jager, Kathy	GWTC	33.62	87.5%
W65	LaFayette-Boyd, Carol	AB	29.99	99.1%
	CAN,MR			
	(old CAN 30.72 Diane Palmason 2003,			
	old MR 30.26 Diane Victoria 1996)			
	Radcliffe, Marg		37.46	79.3%



Malik & Andre - a perfectly matched stride!
M35 Will Harrower, M40 Darren Starchuk,
M40 Andre Francois, M40 Malik Crepsac



Livine Solomon and Fred Robbins in the M50 400m

400m

W35	Thompson, Adele	BC	DNF	
W40	Bailey-Mason, Gwyn	ONT	67.13	78.2%
W45	Belliveau, Cathleen	SJTC	70.91	80.3%
	Lauridsen, Susanne	CGS	73.25	78.5%
W50	Del Grande, Karla	ETOB	66.48	90.8%
W55	*von Maltzahn, Hillen	USA	73.28	85.4%
W65	Saunders, Barbara	BC	1:37.37	70.5%
W70	Horne, Jean	ONT	1:25.00	90.7%
	Cole, Alice	QUE	1:36.31	82.0%
W85	Kotelko, Olga	BC	2:46.2h	67.7%
M35	Harrower, Will	BC	56.43	78.8%
M40	Crepasac, Malik	ON	53.16	86.8%
	Lemassif, Christian	UOT	53.84	85.7%
M45	*Pasos, Mark	WVJS	58.02	83.6%
	Loh, Lawrence	OTW	61.17	80.4%
	Stewart, Terry	TRG	61.36	79.0%
M50	Solomon, Livine	ETOB	57.71	85.8%
	Jeske, Wolfgang	EDMT	58.78	85.9%
	*Easley, Rick	TTC	58.85	85.8%
	Robbins, Fred	ETOB	64.44	77.8%
	McKinnon, Robert	AB	68.70	73.0%
	Wilkins, Darrell	MONC	68.76	72.0%
M55	Lang, Dennis	BTC	61.57	83.6%
	Carter, Michael	ETOB	63.55	82.1%
M60	Mintz, Bruce	EDMT	63.13	83.7%
	Cobbledick, Roger	OTW	71.88	74.9%
	Clark, Fred	BC	74.96	71.8%
	Powell, John	ETOB	1:23.15	64.7%
M65	McIlwaine, Bill	ETOB	70.89	80.5%
	van der Wal, Hylke	AIA	71.57	81.1%
	*Karbens, John Jack	HAW	73.06	74.6%
	Wilson, Hugh	DBC	76.19	73.8%
	Pascoe, Jim	RRR	77.41	74.9%
M70	Aadmi, Andy	KJK	72.72	82.6%
	Sloan, Laird	FIT	73.79	81.4%
	Wardle, Ray	OTW	1:24.29	75.5%
	Daghavarian, Harry	PQ	1:35.74	61.6%
M75	Fee, Earl	ETOB	69.90	97.9%
	Giegerich, Joe	NATC	76.29	85.2%
	Bernaquez, Jean	QUE	1:28.79	73.2%

800m

W35	Wagner, Claudia	LMIG	2:41.94	69.9%
W40	Everton, Nicola	VFAC	2:27.95	80.1%
	*Judice, Robin	BB	2:28.91	81.0%
	Dixon, Donna	CGS	2:36.92	76.9%
	Hoyt- d Eon, Janet	NOVA	3:00.19	66.9%
W45	Willis, Katherine	EHS	2:51.81	72.6%
W50	Northcott, Clara	ETOB	2:47.29	77.8%
W65	Saunders, Barbara	BC	3:29.21	80.1%
W70	Horne, Jean	ONT	3:13.25	99.2%
	Cole, Alice	QUE	3:38.11	90.2%
W75	Montgomery, Lenore	BC	3:53.18	91.0%
M35	Byrne, Louis	TOC	2:15.84	74.6%
	*Geohagen, Nigel	ESTC	2:27.67	71.3%
M40	Muldrew, Shawn	EDTH	2:01.05	89.4%
	Lachance, Yvan	QUE	2:16.20	80.9%
	MacMackin, Bill	SJTC	2:22.70	75.9%

200m con't

W70	McCarron-Egner, Mary	AB	40.46	76.9%
M35	Harrower, Will	BC	24.25	82.6%
M40	Francois, Andre	EDMH	22.96	92.7%
	Crepasac, Malik		23.48	88.7%
	Lemassif, Christian	UOT	24.13	86.3%
	Lord, Peter	NOVA	25.96	82.0%
	d Eon, Normand	NOVA	29.66	71.8%
M45	*Pasos, Mark	WVJS	24.56	89.2%
	Baptiste, Joseph	FA	24.92	87.4%
	Roblin, Blair	ETOB	25.95	85.7%
	Robinson, Mike	SJTC	29.54	74.7%
M50	Jeske, Wolfgang	EDMT	25.24	90.6%
	Solomon, Livine	ETOB	26.46	84.7%
M55	*Zlobicki, Zbigniew	USA	26.42	89.0%
	Carter, Michael	ETOB	DNF	
M60	*Robbins, Stephen	USA	26.09	94.4%
	*Seiler, James		27.02	88.8%
	Mintz, Bruce	EDMT	28.35	84.6%
	Mitchell, Bruce	ETOB	31.81	77.4%
	Powell, John	ETOB	36.16	67.6%
M65	Morris, Mike	PQ	29.28	86.0%
	McIlwaine, Bill	ETOB	30.44	83.4%
	Stern, David	ETOB	30.73	81.9%
	*Karbens, John Jack	HAW	31.56	78.5%
M70	Aadmi, Andy	KJK	29.71	88.1%
	*Chambers, Donald	WAC	30.25	85.2%
	Sloan, Laird	FIT	30.61	85.5%
	Sharma, Dev	ONT	30.95	84.6%
	Wardle, Ray	OTW	33.37	82.2%
	Poonia, Kesar Singh	ONT	34.53	78.2%
M75	Fee, Earl	ETOB	31.57	92.9%
	Giegerich, Joe	NATC	36.12	77.2%
	Thompson, Bill E.	HOC	36.17	79.7%

800m con't

M45	*Shields, Chuck	PAC	2:09.91	87.9%
	Kajiura, Jay	HAC	2:25.58	76.4%
	Lanteigne, John	SJTC	2:37.02	73.4%
M50	*Hubbell, Brian	ME	2:22.19	82.4%
	Robbins, Fred	ETOB	2:24.17	82.0%
	Lee, Patrick		2:27.95	79.2%
	Tremblay, Roger	OTW	2:29.87	78.2%
	Wilkins, Darrell	MONC	2:41.72	71.9%
M55	Lang, Dennis	BTC	2:23.42	85.2%
	Payne, Tim	ONT	2:33.93	80.0%
M60	Cobbledick, Roger	OTW	2:39.19	81.1%
	Clark, Fred	BC	2:50.36	75.8%
M65	*Bixler, Jon	OHTC	2:49.68	80.7%
	van der Wal, Hylke	AIA	2:57.79	77.0%
	Wilson, Hugh	DBC	3:01.82	73.7%
	Pascoe, Jim	RRR	3:04.92	74.0%
	Mitchell, Ted		3:09.18	69.3%
M70	Irons, Jim	TOC	2:53.99	79.6%
	Daghavarian, Harry	PQ	3:49.85	60.2%
M75	Fee, Earl	ETOB	2:43.84	96.0%
	Giegerich, Joe	NATC	2:58.26	83.9%
	Bernaquez, Jean	QUE	3:27.49	72.1%

1500m

W35	Wagner, Claudia	LMIG	5:32.98	71.9%
	McCready, Sharon	ETOB	5:57.03	68.2%
	O'Hara, Sonya		6:38.20	59.4%
W40	*Judice, Robin	BB	5:12.97	82.1%
	Everton, Nicola	VFAC	5:16.33	79.3%
	Dixon, Donna	CGS	5:24.41	79.2%
	Hiscock, Tammy	NOVA	5:32.19	77.3%
	Snarr, Tracey	NMKT	5:40.10	74.7%
	Hoyt- d Eon, Janet	NOVA	5:54.92	72.4%
W45	Blanchard, Patty	DIEP	5:03.26	90.0%
	Willis, Katherine	EHS	5:52.85	76.4%
	Perras, Suzie	PQ	7:16.75	61.0%
W65	Saunders, Barbara	BC	7:00.31	83.9%
W70	Horne, Jean	ONT	6:49.15	95.5%
W75	Montgomery, Lenore	BC	7:31.81	93.2%
M35	Coffin, Alex	SJTC	4:23.61	81.5%
	Byrne, Louis	TOC	4:42.24	73.9%
	Sheils, David	SJTC	4:55.59	71.2%
	*Geohagen, Nigel	ESTC	5:21.49	67.5%
M40	Muldrew, Shawn	EDTH	4:17.08	87.0%
	Lachance, Yvan	QUE	4:34.56	83.0%
	Brill, Louis	NOVA	5:04.70	74.8%
	MacMackin, Bill	SJTC	5:07.31	72.7%
M45	*Shields, Chuck	PAC	4:24.23	89.5%
	Fiorini, Daniel	NMKT	4:32.20	84.5%
	*McLaughlin, Terran	PVTC	4:58.43	78.5%
	Hiscock, Dave	NOVA	5:11.08	74.0%
M50	*Ortiz Rivera, Jorg	PR	4:29.40	91.8%
	Hubel, Carl	WPTC	4:48.75	83.4%
	Morris, Ronald	BNS	5:07.25	78.4%
	Boyd, Malcolm	SJTC	5:10.46	77.6%
	Lee, Patrick		5:10.72	78.2%
	Tremblay, Roger	OTW	5:25.23	74.7%
M55	Lang, Dennis	BTC	4:46.27	88.6%
	*Price, Roger	USA	5:09.61	83.3%



A close finish in the **1500m**
M50's Malcolm Boyd, Patrick Lee, M55's Tim Payne, Roger Price

	Payne, Tim	ONT	5:11.81	82.1%
	*Spiro, Jan	ATL	5:39.35	74.8%
	Riposo, Philip	USA	5:41.24	75.6%
M60	Swift, Rick	BROC	5:17.73	82.6%
	Cobbledick, Roger	OTW	5:39.30	79.2%
M65	Woodhall, David		5:40.75	80.2%
	*Bixler, Jon	OHTC	5:44.97	81.9%
	Wilson, Hugh	DBC	6:09.14	75.2%
	Mitchell, Ted		6:31.96	69.7%
M70	Irons, Jim	TOC	6:05.00	78.0%
	Krolow, Gerhard	ONT	6:44.30	72.6%
M75	Whitlock, Ed	MIL	5:39.03	92.1%
	Bernaquez, Jean	QUE	6:27.54	79.5%

5000m

W35	McCready, Sharon	ETOB	22:08.53	67.2%
	O'Hara, Sonya		25:39.09	56.8%
W40	Hiscock, Tammy	NOVA	19:29.46	79.7%
	*Blakeley-Cameron,		19:37.62	77.6%
	Snarr, Tracey	NMKT	20:24.00	75.4%
	Gauthier, Nathalie	ONT	20:59.15	72.6%
W45	Blanchard, Patty	DIEP	18:50.53	87.5% MR
	(old MR 18:56.74 Linda Findley Etobicoke 1993)			
	Carson, Sherry	NOVA	19:43.54	83.6%
W50	Tedford, Cathy	SMC	34:47.48	50.6%
W75	Montgomery, Lenore	BC	26:28.51	96.3%
M35	Coffin, Alex	SJTC	15:51.70	82.9%
	Strowbridge, Dean	SJTC	16:18.96	79.4%
	Grant, Bruce	SJTC	16:41.73	78.2%
	Sheils, David	SJTC	18:41.70	69.3%
	Fullarton, Peter		20:21.78	63.6%
M40	Bourgeois, Gilles	LATC	16:38.41	82.0%
	Fullarton, Jim	ONT	17:14.12	78.6%
	Brill, Louis	NOVA	18:56.04	72.6%
	Keith, Calvin		20:14.65	66.9%
	Randall, Tim	FRED	20:47.68	65.1%



W40 Nathalie Gauthier and W35 Sharon McCready in the 5000m

5000m con't

M45	Fiorini, Daniel	NMKT	16:46.18	82.6%
	*McLaughlin, Terran	PVTC	17:35.76	80.0%
	Hiscock, Dave	NOVA	19:00.53	72.9%
	Beaudoin, Marc	DIEP	20:39.30	69.2%
M50	Hubel, Carl	WPTC	17:48.67	80.9%
	McKinnon, Robert	AB	19:45.90	74.1%
	Morris, Ronald	BNS	19:54.66	72.4%
	Perras, Andre	PQ	21:01.44	70.8%
M55	Lang, Dennis	BTC	17:58.20	84.3%
	*Price, Roger	USA	18:16.13	84.3%
	Riposo, Philip	USA	21:49.27	70.6%
	Smith, Doug	ONT	23:19.72	64.4%
	Breton, Gaetan	SHER	23:51.83	65.1%
M60	Chouinard, Jean-Pie	QUE	18:52.59	83.8%
	Swift, Rick	BROC	19:38.32	79.8%
	Burke, Joe	SJTC	20:34.31	79.0%
M65	Woodhall, David		20:32.68	79.8%
	Christensen, Vern	SMC	21:49.88	75.8%
	Wilson, Hugh	DBC	22:22.61	74.6%
	Mounsey, Duncan	GTR	23:31.11	71.7%
	Kelly, Frank	SJTC	23:49.04	70.8%
M70	Krolow, Gerhard	ONT	24:54.38	71.0%
M75	Whitlock, Ed	MIL	20:02.86	94.1%
	Bernaquez, Jean	QUE	24:09.33	76.7%

10,000m

W45	Desmeules, Lynda	PQ	38:23.81	85.9% MR
	(old MR 40:46.33 P. Desruisseaux 1986)			
W50	Northcott, Clara	ETOB	44:55.12	78.2%
W75	Montgomery, Lenore	BC	55:56.32	94.7%

M35	*Geohagen, Nigel	ESTC	39:03.69	70.8%
M40	Little, Scott		40:25.43	68.9%
M45	*McLaughlin, Terran	PVTC	36:40.88	80.1%
M50	McKinnon, Robert	AB	42:04.60	72.7%
M55	Gauthier, Jean	QUE	37:00.70	84.7%
	Breton, Gaetan	SHER	47:15.96	68.6%
M60	Gauthier, Pierre	QUE	39:36.24	82.6%
M65	Mounsey, Duncan	GTR	49:23.01	71.3%
M70	Delaney, Brian	ONT	DNF	

1500m Racewalk

W35	Lalonde, Nathalie	BTW	8:08.84	69.8%
	Samson, Caroline	OBWC	8:43.56	65.2%
W40	Wilson, Hope	KRW	8:22.21	71.3%
W45	Archibald, Sandy	BTW	8:52.00	70.1%
W50	Wilson, Linda	BTW	8:22.74	76.8%
	Gage, Joanne	BTW	9:50.28	65.4%
	Mitchell, Laurie	ETOB	10:21.13	62.1%
W55	Wright, Sharon	BTW	9:31.32	70.6%
W65	Sarkar, Eileen	BTW	9:56.92	73.4%
W75	Carrier, Ruth	BC	12:11.68	69.3%

M45	Keenan, Dave	AB	7:08.91	81.9%
	(Can 7:07.10 Dave in 2005)			
M70	Summerhayes, Stuart	CRW	9:00.63	83.1%

5000m Racewalk

W35	Lalonde, Nathalie	BTW	29:59.38	66.8%
	Samson, Caroline	OBWC	33:07.52	60.5%
W40	Wilson, Hope	KRW	30:04.24	69.9%
W45	Archibald, Sandy	BTW	31:59.66	68.5%
W50	Wilson, Linda	BTW	30:05.10	75.5%
	Gage, Joanne	BTW	33:46.52	67.3%
	Mitchell, Laurie	ETOB	36:36.47	62.1%
W55	Wright, Sharon	BTW	33:20.28	71.7%
W65	Sarkar, Eileen	BTW	34:43.78	75.6%
W75	Carrier, Ruth	BC	42:37.30	72.8%

M45	Keenan, Dave	AB	26:10.16	77.7%
M70	Summerhayes, Stuart	CRW	31:43.02	82.0%



W50 Linda Wilson, W40 Hope Wilson, W45 Sandy Archibald, W55 Sharon Wright on a foggy Sunday morning in the 5000mRW

8 Sprint Hurdles

W45	Freeman, BJ	CGS	13.47	89.9%	CAN
	(old CAN 13.75 BJ last year in Edmonton MR is Phil Raschker USA 12.22 in 1994)				
	Jolicoeur, Jovette	CGS	17.23	69.5%	
W50	*Thompson, Irene	USA	14.33	83.8%	MR
	(old MR 15.38 Rhona Trott Richmond 2003)				
W55	Trott, Rhona	HOC	15.01	84.7%	CAN
	(old CAN 16.48 Rhona '06, old MR Rhona 17.32 in '06)				
	*von Maltzahn, Hillen	USA	16.29	78.0%	
M70	*Chambers, Donald	WAC	15.48	83.9%	
	(CAN 15.24 Ian Hume in 1985)				
	Poonia, Kesar Singh	ONT	18.43	72.7%	
	Sharma, Dev	ONT	25.66	51.1%	
M55	*Pontius, Bill	NYTC	19.42	75.0%	
	*Maseratti, Bob		22.14	64.1%	
M45	Stewart, Terry	TRG	22.53	63.5%	
	Khashayar, Kevin Sa	ONT	23.24	61.5%	

Long Hurdles

W55	Trott, Rhona	HOC	56.88	90.5%	
	CAN,MR (old CAN 58.79 Rhona 2004 in Dorado PR, Old MR 61.22 Rhona in Toronto 2005)				
M60	Mintz, Bruce	EDMT	51.93	81.4%	
	Thomas, Dave	SJTC	62.33	68.8%	
M65	van der Wal, Hylke	AIA	58.69	81.8%	
M70	*Chambers, Donald	WAC	73.92	63.6%	
M45	Stewart, Terry	TRG	71.38	76.5%	
M50	*Easley, Rick	TTC	69.01	84.7%	
M55	*Pontius, Bill	NYTC	73.09	81.7%	

Steeplechase

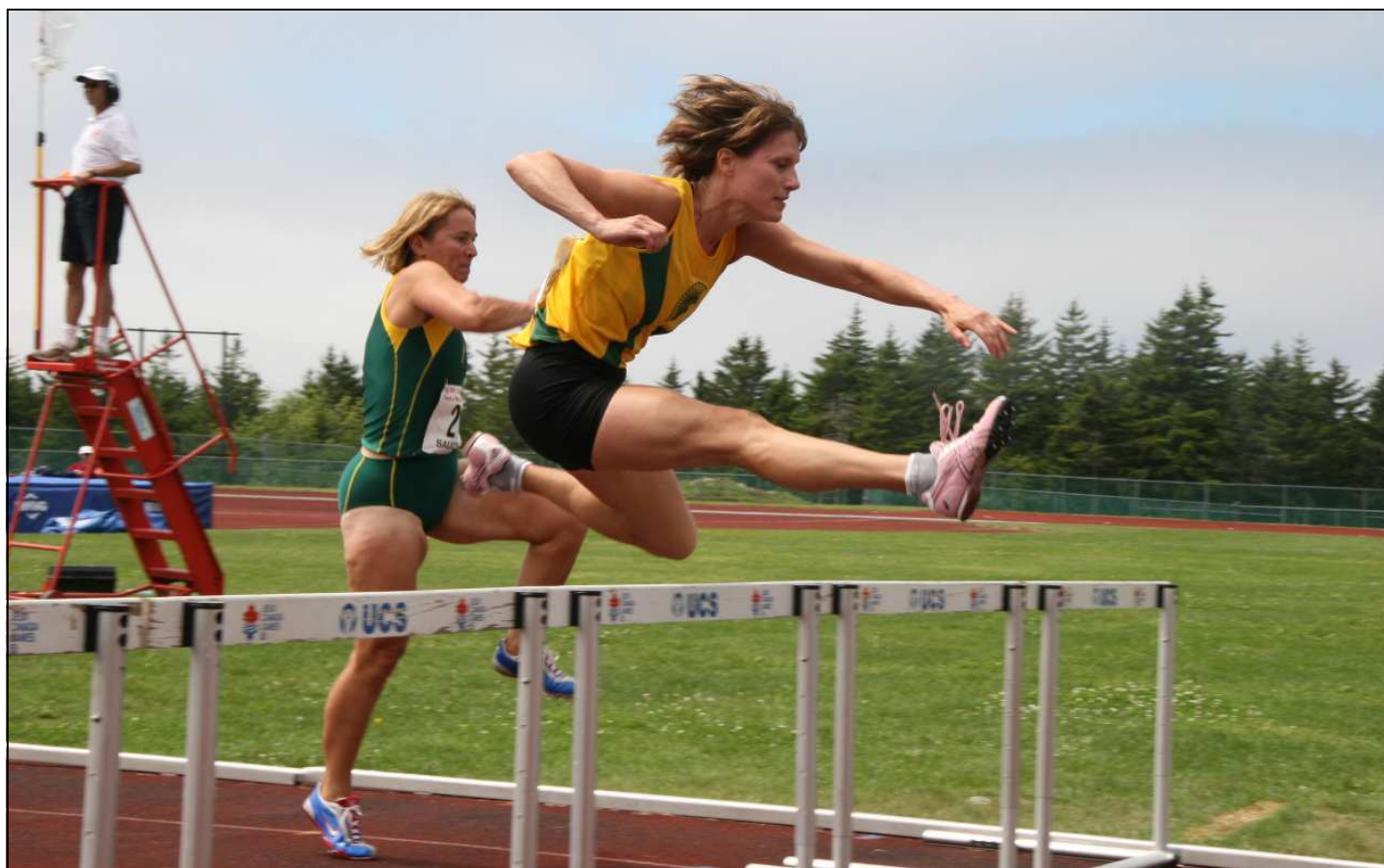
	2000m				
M60	Clark, Fred	BC	9:30.38	73.1%	
M65	van der Wal, Hylke	AIA	10:47.49	72.8%	
	3000m				
M40	Bourgeois, Gilles	LATC	10:44.40	82.5%	
M45	Lanteigne, John	SJTC	12:55.69	72.3%	
	Stewart, Terry	TRG	13:14.63	69.3%	
M50	Robbins, Fred	ETOB	11:49.95	81.0%	
	Morris, Ronald	BNS	13:07.78	71.8%	
M55	Smith, Doug	ONT	14:29.34	67.8%	

4x100m Relay

W45	CGS (Jolicoeur, Jovette 47, Alex)	57.06
W65	WWW (LaFayette-Boyd, Saunders, McCarron-Egner, Radcliffe)	71.77
	CAN,MR (old CAN 1:25.91 Richmond 2003, old MR 1:24.3 Golden Girls Dieppe 2006)	
W70	F (Montgomery, Lenore 77, Horn)	1:45.10
M40	SJTC (Robinson, Mike 48, Blackwoo)	55.73
M45	T5 (*Pasos, Mark 47, *Venning,)	52.94
M70	MM70 (Aadmi, Wardle, Sharma, Poonia) (CAN 61.52 Calgary 2004)	61.82

4x400m Relay

W40	FG (Northcott, Clara 52, *Judic)	4:57.90
M35	SJTC (Lanteigne, John 49, Sheils,)	4:14.77



W45 Sprint Hurdles - Jovette Jolicoeur and BJ Freeman. BJ broke her own CAN record.

High Jump

W45	Freeman, BJ	CGS	1.40m	81.4%
	Jolicoeur, Jovette	CGS	1.20m	68.5%
W55	Trott, Rhona	HOC	1.20m	80.0%
	*von Maltzahn, Hillen	USA	1.20m	80.0%
W65	Radcliffe, Marg		1.10m	81.4%
W85	Kotelko, Olga	BC	0.85m	102.4%
	MRtie (tied Olga's MR's in 2004 and 2005)			

M30	Zoltan, Sara	ROY	1.94m	80.5% MR
	(no previous mark)			
M40	Olivierre, John	THR	1.20m	55.8%
M45	Khashayar, Kevin Sa	ONT	1.45m	70.3%
M50	Pelletier, Yvan	FRED	1.35m	68.1%
M55	*Pontius, Bill	NYTC	1.45m	78.3%
M60	Kiraly, Imrich	NOVA	1.40m	78.6%
	Thomas, Dave	SJTC	1.30m	74.7%
M65	*Kenney, Jim		1.30m	78.3%
M70	Land, Bob	ONT	1.25m	79.6%
	*Chambers, Donald	WAC	1.10m	70.0%
	Poonia, Kesar Singh	ONT	1.05m	70.0%

Pole Vault

W55	*von Maltzahn, Hillen	USA	2.40m	77.6% MR
	(old MR 2.29 Jutta Reigel in Sherbrooke 1999)			
W60	*Jager, Kathy	USA	1.88m	70.4%
	(CAN 1.90 Edith Gray 1996)			
M60	Miller, Hugh	SMC	2.80m	68.6%
M70	Land, Bob	ONT	NH	
M75	*Certeros, Jose		1.58m	50.9%



M30 Sara Zoltan

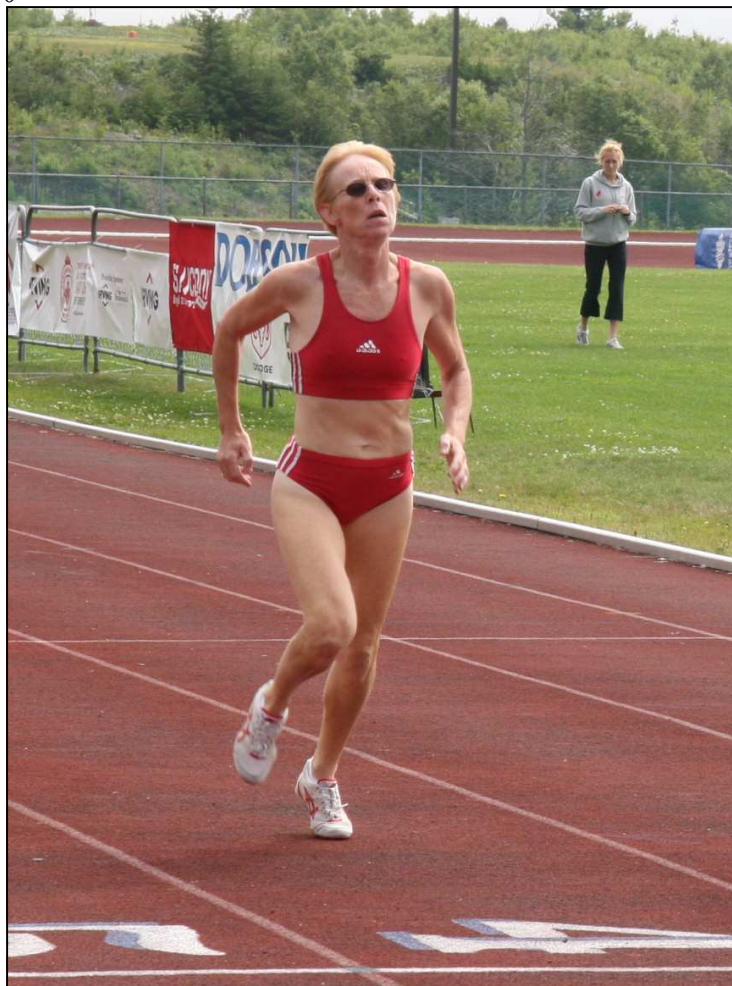
Long Jump

W30	Sullivan, Alex	SJTC	3.38m	45.9%
W45	Freeman, BJ	CGS	4.39m	71.3%
	Lauridsen, Susanne	CGS	4.21m	69.3%
	Jolicoeur, Jovette	CGS	3.91m	62.6%
W50	*Thompson, Irene	CNYI	3.91m	68.1%
W55	*von Maltzahn, Hillen	USA	3.99m	75.0% MR
	(old MR 3.50 Edith Gray ON in Edmonton 1994)			
	(CAN 3.94 Marg Radcliffe 1998)			
	Trott, Rhona	HOC	3.75m	70.4%
W60	*Jager, Kathy	USA	3.32m	68.8%
W65	LaFayette-Boyd, Carol	AB	3.84m	81.1
	CAN,MR			
	(old CAN 3.64 Gerda Crosthwaite BC 2005,			
	old MR 3.58 Gerda in Calgary 2004)			
W85	Kotelko, Olga	BC	1.81m	71.2%
M40	Olivierre, John	THR	4.82m	61.9%
	Marshy, Robert	OTW	3.52m	44.2%
M45	Khashayar, Kevin Sa	ONT	5.28m	71.2%
	Robinson, Mike	SJTC	4.41m	60.2%
	Stewart, Terry	TRG	4.19m	56.5%
M50	Kosierb, Marcel		5.05m	70.8%
	Jeske, Wolfgang	EDMT	4.90m	71.4%
M55	*Maseratti, Bob		4.02m	60.2%
	Blackwood, David		3.97m	62.1%
M60	Mintz, Bruce	EDMT	4.14m	66.6%
M65	Slater, Alan	WDSK	4.69m	81.5%
	(MR 4.71 Darrold Skartvedt in Victoria 1996)			
	van der Wal, Hylke	AIA	3.39m	63.0%
	*Karbens, John Jack	HAW	3.21m	55.8%
M70	*Chambers, Donald	WAC	4.04m	76.3%
	Aadmi, Andy	KJK	2.97m	57.2%
	Poonia, Kesar Singh	ONT	2.92m	58.2%
	Daghavarian, Harry	PQ	2.42m	45.7%



M70 Gerald Vaughn

wasted the 12.99m Meet Record with a 14.50m put.



W55 Hillen von Maltzahn
broke MR's in the Pole Vault, Long Jump, and Triple Jump

Triple Jump

W45	Lauridsen, Susanne	CGS	8.55m	70.3%
W55	*von Maltzahn, Hillen USA		8.20m	76.8% MR
	(old MR 7.76 Jutta Reigel PQ in Hamilton 1995)			
W65	LaFayette-Boyd, Carol	AB +7.9	8.30m	87.2%
	(illegal wind - CAN 7.19 Sandy Anderson BC 2006)			
M40	Lord, Peter	NOVA	13.26m	80.5% MR
	(old MR 12.86 Peter in Dieppe last year, CAN 13.71 Peter in Ottawa 2004)			
M45	Khashayar, Kevin Sa	ONT	10.68m	68.2%
M50	Kosierb, Marcel		10.41m	69.1%
M65	Slater, Alan	WDSK	10.14m	84.1%
	*Karbens, John Jack	HAW	6.70m	55.6%
M70	*Chambers, Donald	WAC	8.51m	77.0%
	Poonia, Kesar Singh	ONT	7.03m	67.2%
	Daghavarian, Harry	PQ	6.36m	57.5%

Shot Put

W35	*Latham, Cindy	NONE	5.90m	28.6%
W45	Jolicoeur, Jovette	CGS	8.90m	54.5%
	Freeman, BJ	CGS	7.90m	49.6%
	Perras, Suzie	PQ	5.60m	34.2%
W50	Dabrowski, Barb	THR	9.39m	57.5%
	Warmerdam, Cathleen	VIC	8.26m	51.5%

W55	Rodrigues, Beryl	PQ	10.50m	71.8 CAN
	(old CAN 9.67 Joan Vogel SK 2000)			
	Trott, Rhona	HOC	7.86m	55.9%
	Carter, Myrtle	EHS	7.47m	52.1%
W60	*Tucker, Lorraine	SCS	8.72m	64.6%
	*Vaughn, Rebecca	CAR	5.95m	46.0%
W65	*Katz, Roslyn	NYM	6.54m	54.1%
W70	Poonia, Harbans Kau	ONT	3.82m	36.8%
W85	Kotelko, Olga	BC	4.88m	87.4%
W90	*Jarvis, Betty	USA	3.48m	78.2 MR
	(no previous MR, no CAN record in this age group)			

M35	Harrower, Will	BC	9.47m	40.9%
M40	Gauthier, Paul	SJTC	13.09m	60.9%
	Olivierre, John	THR	9.83m	45.7%
M45	*Bailey, Donald		12.48m	63.9%
	Khashayar, Kevin Sa	ONT	7.55m	37.8%
M50	*Reichard, Carl	MCT	10.78m	58.1%
M55	Knox, Gary	ONT	9.32m	54.9%
	*Maseratti, Bob		8.42m	46.3%
M60	Kiraly, Imrich	NOVA	10.00m	54.9%
M65	*Kenney, Jim		10.05m	66.0%
	Wilson, Hugh	DBC	6.43m	43.7%
M70	*Vaughn, Gerald	CAR	14.50m	83.9% MR
	(old MR 12.99 Ross Carter USA in Richmond 1987, CAN 12.68 Garry Bachman 1997)			
	*Herron, Robin	CMTC	10.23m	57.6%
	*Chambers, Donald	WAC	9.98m	56.1%
	Aadmi, Andy	KJK	9.92m	57.4%
	Poonia, Kesar Singh	ONT	9.59m	58.7%
	Washburn, Leroy	NB	8.23m	50.4%
	Daghavarian, Harry	PQ	6.21m	34.9%
M75	*Horine, Larry		11.05m	74.2%
	Woerle, Max	THR	7.57m	52.5%
	Flowers, Jim	MSC	6.92m	51.4%

Discus

W35	*Latham, Cindy	NONE	16.01m	22.0%
W45	Jolicoeur, Jovette	CGS	25.79m	41.6%
	Perras, Suzie	PQ	17.59m	28.3%
W50	Dabrowski, Barb	THR	28.45m	48.3%
W55	Rodrigues, Beryl	PQ	22.06m	42.0%
	Trott, Rhona	HOC	18.94m	37.6%
W60	*Tucker, Lorraine	SCS	23.69m	49.1%
	*Jager, Kathy	GWTC	17.62m	40.0%
W65	*Katz, Roslyn	NYM	17.77m	41.3%
W85	Kotelko, Olga	BC	13.56m	61.7%
W90	*Jarvis, Betty	USA	9.93m	58.4% MR
	(no previous MR, no CAN record in this age group)			
M40	Gauthier, Paul	SJTC	38.54m	53.5%
	Olivierre, John	THR	25.14m	34.9%
M45	*Bailey, Donald	USA	44.50m	66.8% MR
	(old MR 41.79 Donald Alemeersch in Kamloops 2000)			
	Khashayar, Kevin Sa	ONT	17.53m	25.8%
M50	McDonald, Calvin	SJTC	33.21m	45.6%
	*Reichard, Carl	MCT	31.87m	46.3%
	Pelletier, Yvan	FRED	26.24m	36.0%
	Solomon, Livienne	ETOB	21.61m	29.1%
M55	Knox, Gary	ONT	29.98m	47.9%
M60	Kiraly, Imrich	NOVA	33.79m	51.2%
	Clark, Fred	BC	29.13m	47.0%
	Thomas, Dave	SJTC	22.59m	35.7%

Discus con't

M65	*Karbens, John Jack	HAW	33.26m	56.1%
	*Kenney, Jim		29.92m	51.7%
	Wilson, Hugh	DBC	17.50m	30.9%
M70	Washburn, Leroy	NB	28.69m	59.2%
	*Herron, Robin	CMTC	27.50m	52.4%
	Aadmi, Andy	KJK	25.65m	50.2%
	Land, Bob	ONT	22.07m	42.0%
	Poonia, Kesar Singh	ONT	15.85m	32.7%
M75	*Horine, Larry		32.28m	72.8%
	Woerle, Max	THR	22.90m	53.2%
	Flowers, Jim	MSC	21.56m	53.5%

Hammer

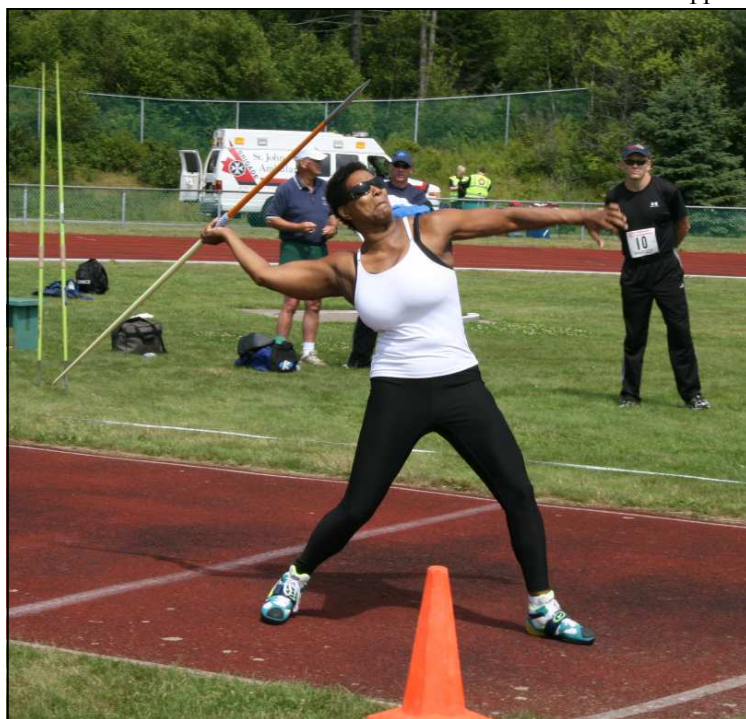
W35	*Latham, Cindy	NONE	31.53m	49.0%
W55	Trott, Rhona	HOC	22.90m	43.4%
W65	*Katz, Roslyn	USA	24.16m	53.7% MR
(old MR 18.52 Estelle Jenkins BC in Ottawa 1991, CAN 23.80 Sandy Anderson BC 2006)				
	Radcliffe, Marg		19.17m	42.6%
W85	Kotelko, Olga	BC	12.90m	66.5%
W90	*Jarvis, Betty	USA	8.80m	58.8% MR
(no previous MR, no CAN record in this age group)				

M40	Olivierre, John	THR	31.43m	41.3%
M45	*Venning, Michael		42.79m	63.3%
M50	*Reichard, Carl	MCT	40.19m	58.8%
M65	*Cahners, Bob	FAC	41.63m	76.0%
	*Karbens, John Jack	HAW	31.49m	57.5%
M70	Aadmi, Andy	KJK	34.91m	66.7%
	*Herron, Robin	CMTC	34.81m	64.6%
	*Chambers, Donald	WAC	24.92m	46.2%
M75	Woerle, Max	THR	24.35m	56.3%

Javelin

W30	Acker-Canning, Tracy	NS	34.96m	47.8% MR
(old MR 26.78 Angela Nealy USA in Edmonton 1994)				
W45	Freeman, BJ	CGS	20.56m	38.1%
	Perras, Suzie	PQ	18.42m	33.1%
	Jolicoeur, Jovette	CGS	18.28m	32.9%
W50	Dabrowski, Barb	THR	32.57m	60.8
CAN,MR (old CAN 30.08 Margaret Tosh SK 1992, old MR 26.30 Marlene Sachs USA in Edmonton 1994)				
	Warmerdam, Cathleen	VIC	20.08m	38.4%
	Mitchell, Laurie	ETOB	8.74m	17.1%
W55	Rodrigues, Beryl	PQ	32.60m	70.8%
CAN,MR (old CAN 28.95 Marg Radcliffe BC 2001, old MR 28.03 Amelie Koloska in Richmond 2003)				
	Carter, Myrtle	EHS	17.75m	39.6%
	Trott, Rhona	HOC	14.68m	33.7%
W65	Radcliffe, Marg		26.78m	71.7% MR
(old MR 24.83 Christel Miller USA in Kamloops 2000)				
	*Katz, Roslyn	NYM	17.03m	45.6%
W70	Poonia, Harbans Kau	ONT	5.84m	18.2%
W85	Kotelko, Olga	BC	12.72m	76.2%
W90	*Jarvis, Betty	USA	7.68m	58.6% MR
(no previous MR, no CAN record in this age group)				

M40	Olivierre, John	THR	44.04m	53.0%
M45	Withers, Marty	BGA	53.50m	69.1%
	Robinson, Mike	SJTC	32.16m	42.3%
M50	Finkbeiner, Michael	HAC	47.95m	65.8%
	Gudzowsky, Terry	AB	46.51m	63.8%

**W55 Beryl Rodrigues breaking the CAN in the Jave.**

	*Warmerdam, Barry	VIC	45.11m	63.1%
	McDonald, Calvin	SJTC	24.88m	32.9%
M55	Knox, Gary	ONT	30.97m	47.0%
	Blackwood, David		29.03m	44.0%
M60	Thomas, Dave	SJTC	20.54m	32.2%
M65	*Kenney, Jim		38.74m	66.4%
	Pamenter, Fred	ONT	32.78m	58.9%
	*Karbens, John Jack	HAW	29.54m	49.4%
M70	Terauds, Juris	NS	36.62m	64.9%
CAN,MR (old CAN 36.16 Ian Hume PQ 1986, Old MR 35.09 Rainer Sillantaus in Richmond 2003)				
	Washburn, Leroy	NB	28.64m	55.1%
	*Garcia, Alberto		28.05m	53.9%
	Aadmi, Andy	KJK	23.20m	42.2%
	Poonia, Kesar Singh	ONT	20.80m	40.0%
M75	*Horine, Larry		29.87m	62.8%
	Woerle, Max	THR	17.51m	38.0%

Weight Throw

W35	*Latham, Cindy	NONE	9.03m	50.6%
W65	*Katz, Roslyn	USA	9.93m	60.1% MR
(old MR 9.73 Bernice Holland USA in Hamilton 1995) (CAN 9.92 Sandy Anderson BC 2006)				
W85	Kotelko, Olga	BC	6.79m	94.7%
W90	*Jarvis, Betty	USA	5.06m	91.3% MR
(no previous MR, no CAN record in this age group)				

M40	Olivierre, John	THR	10.33m	45.5%
M45	*Venning, Michael		11.73m	56.4%
M50	*Reichard, Carl	MCT	14.98m	68.9%
M60	Kiraly, Imrich	NOVA	10.70m	47.1%
M65	*Cahners, Bob	FAC	15.00m	73.1%
	*Karbens, John Jack	HAW	11.89m	58.0%
M70	*Herron, Robin	CMTC	13.28m	66.4%
	Aadmi, Andy	KJK	13.27m	68.0%
M75	Woerle, Max	THR	7.65m	46.1%