

35th Annual
Canadian Masters Championships
 Regina, Saskatchewan
 August 1-3, 2008

Click on the link on the [PHOTOS](#) page on the site to see 850 photos of the meet.

100m

W30	Mortimer, Lisa	BAH	12.72 MR
	(old MR 12.83 Kisha Carman USA Toronto 1997)		
	Sima-Ledding, Pat	BC	14.12
W40	Schoenthaler, Shery	ALTA	13.96
	Adede, Mary	SASK	17.49
	Jung, Carrie	BC	16.04
W50	Alexis, Wendy	ONT	13.84
	Lauridsen, Susanne	ALTA	14.47
	Dobson, Nancy	SASK	15.28
	Burnett, Evelyn	ALTA	14.74
	Nutting, Jan	ALTA	15.45
	Crook, Sharon	SASK	15.51
	Coward, Selina	SASK	16.05
W55	DelGrande, Karla	ONT	13.72 MR
	(old MR 14.20 Una Gore GBR Edmonton 1994)		
W60	LaFayette-Boyd, Carol	SASK	14.53
	Hopchin, Maria	ALTA	16.42
	Dargie, Betty	ALTA	15.64
	Vogel, Joan	SASK	17.28
W70	McCarron-Egner, Mary	ALTA	17.06
	Cholod, Anne	SASK	21.12
	Reed, Louise	ALTA	17.49
	Boivin, Gwen	SASK	20.19
	Tarnes, Marian	SASK	29.59
W80	McQuarrie, Betty	ALTA	21.79
	Kotelko, Olga	BC	25.64
	Erskine, Doreen	SASK	30.35
M35	Williams, Lawrence	ONT	12.31
	Harris, Brian	ALTA	12.75
	Freeman, Sean	ALTA	16.95
M40	Francois, Andre	ALTA	11.61
	Lemassif, Christian	ONT	11.68
	Bennett, Garfield	ALTA	13.06
M45	McIntosh, Maynard	JAM	11.91
	Eedy, Darrel	BC	13.13
	Meyers, Darcy	ALTA	13.19
	Gerwing, Jim	SASK	13.52
	Loiselle, John	MAN	13.65
M50	Brown, Dave	ALTA	12.06
	Jeske, Wolfgang	ALTA	12.45
	D'Eon, Marcel	SASK	12.83
	Roblin, Blair	ONT	13.07
	Simperl, Kenneth	MAN	13.45
M55	Berquist, Brian	SASK	13.16
	Chubb, Roy	ONT	13.82
	Warick, Randy	SASK	14.94
M60	Mintz, Bruce	ALTA	13.71
	Swane, Dwight	ALTA	14.37
	Patterson, Darrell	ONT	14.43

M65	Morris, Mike	QC	13.93
	Armstrong, Merv	ALTA	14.45
	Renwick, Doug	SASK	14.68
	McFadyen, Bob	ALTA	15.08
	Mitchell, Bruce	ONT	16.02
M70	Green, Charles	ALTA	14.12
	Dunn, Dave	ALTA	14.27
	Koza, Joseph	SASK	15.27
	Epp, Ken	SASK	15.54
	Hunt, Garry	ALTA	17.81
M75	Rowan, Ted	SASK	14.93
	Nett, Arnold	ALTA	14.98
	Stenning, Ron	MAN	19.16
	Dziadyk, Andrew	SASK	22.17
M80	Soller, Richard	USA	19.29
	Coates, Max	SASK	21.62

200m

W35	Mortimer, Lisa	BAH	27.04
W40	Schoenthaler, Shery	ALTA	29.78
	Felix, Darlene	ALTA	30.20
W50	Alexis, Wendy	ONT	28.83
	Lauridsen, Susanne	ALTA	30.17
	Nutting, Jan	ALTA	32.11
	Crook, Sharon	SASK	33.46
	Coward, Selina	SASK	36.22
W55	DelGrande, Karla	ONT	28.30
W60	Hopchin, Maria	ALTA	34.69
W65	LaFayette-Boyd, Carol	SASK	30.28
	Vogel, Joan	SASK	37.60
W70	Palmason, Diane	BC	34.25 CAN, MR
	(old CAN 36.43 Mary McCarron-Egner '07)		
	(old MR 34.99 Pat Peterson USA Victoria 1996)		
	McCarron-Egner, Mary	ALTA	36.96
	Reed, Louise	ALTA	37.70
	Boivin, Gwen	SASK	48.46
W80	McQuarrie, Betty	ALTA	49.31
	Erskine, Doreen	SASK	1:10.78
W85	Kotelko, Olga	BC	1:01.91
M35	Williams, Lawrence	ONT	23.38
	Harris, Brian	ALTA	26.78
M40	Francois, Andre	ALTA	23.13
	Lemassif, Christian	ONT	23.60
M45	McIntosh, Maynard	JAM	24.52
	Loiselle, John	MAN	27.08
	Meyers, Darcy	ALTA	27.47
	Gerwing, Jim	SASK	27.83
	Eedy, Darrel	BC	28.05
M50	Brown, Dave	ALTA	24.84
	Jeske, Wolfgang	ALTA	25.77
	Headley, John	SASK	25.88
	D'Eon, Marcel	SASK	26.40
	Baiton, Daryl	SASK	26.87
	Roblin, Blair	ONT	27.16
M55	Berquist, Brian	SASK	27.25
	Chubb, Roy	ONT	29.86
M60	Mintz, Bruce	ALTA	28.75
	Swane, Dwight	ALTA	31.99
	Powell, John	ONT	37.50
M65	Badowski, Tony	ALTA	28.75
	Morris, Mike	QC	29.55

	Renwick, Doug	SASK	30.02
	Mitchell, Bruce	ONT	31.69
	Shook, Vern	BC	32.15
	McIlwaine, Bill	ONT	35.39
M70	Dunn, Dave	ALTA	30.02
	Green, Charles	ALTA	30.45
	Epp, Ken	SASK	31.51
	Koza, Joseph	SASK	33.05
	Pascoe, James	ONT	34.10
M75	Nett, Arnold	ALTA	33.19
	Wardle, Ray	ONT	35.59
	Stenning, Ron	MAN	44.06
M80	Coates, Max	SASK	48.28

400m

W35	Mortimer, Lisa	BAH	DQ
W40	Felix, Darlene	ALTA	1:08.03
W45	Meloche, Laurie	SASK	1:03.82
	Francois, Julie	ALTA	1:07.25
W50	Nutting, Jan	ALTA	1:16.98
W55	DelGrande, Karla	ONT	1:07.37
W60	Roberts, Catherine	ALTA	1:18.29
	Hopchin, Maria	ALTA	1:24.52
W65	Kingsep, Patricia	ALTA	1:36.22
	Saunders, Barbara	BC	1:38.30
	Matlock, Joan	SASK	1:53.49
W70	Palmason, Diane	BC	1:17.38 WR, CAN, MR
	(old WR 1:17.92 Jeannie Daprano USA 2007)		
	(old CAN 1:19.28 Jean Horne 2007)		
	(old MR 1:21.21 Jean Horne Richmond 2003)		
W75	Hollicky, Nessie	ALTA	1:55.72
M35	Williams, Lawrence	ONT	51.38
M40	Lemassif, Christian	ONT	51.65 MRt
	(MR 51.65 Ray Cardinal Richmond 1987)		
M45	Dong, Walter	ALTA	56.34
	Johnson, Winchester	SASK	58.34
	Coffey, Chris	MAN	59.11
	Gerwing, Jim	SASK	1:00.61
M50	Brown, Dave	ALTA	57.06
	D'Eon, Marcel	SASK	57.96
	Headley, John	SASK	58.12
	Jeske, Wolfgang	ALTA	58.69
	Roblin, Blair	ONT	1:00.12
	McKinnon, Robert	ALTA	1:06.97
	Husak, Wayne	SASK	1:12.17
M55	Carter, Michael	ONT	1:07.63
	Warick, Randy	SASK	1:11.21
M60	Mintz, Bruce	ALTA	1:03.66
	Cobbledick, Roger	ONT	1:10.60
	Clark, Fred	BC	1:11.53
	Powell, John	ONT	1:26.10
M65	Badowski, Tony	ALTA	1:04.46
	Renwick, Doug	SASK	1:07.33
	Shook, Vern	BC	1:13.38
	Mitchell, Bruce	ONT	1:19.13
	Mitchell, Edward	ONT	1:21.41
M70	Pascoe, James	ONT	1:14.50
	Epp, Ken	SASK	1:17.87
	van der Wal, Hylke	SASK	1:24.82
	Hunt, Garry	ALTA	1:34.44
M75	Giegerich, Joe	BC	1:17.99
	Wardle, Ray	ONT	1:24.18

	Stenning, Ron	MAN	1:54.86
M80	Oracheski, Stanley	ALTA	1:41.41
	Coates, Max	SASK	2:15.77

800m

W35	Wagner, Claudia	QC	2:40.01
W45	Dixon, Donna	ALTA	2:32.17
	Meloche, Laurie	SASK	2:33.05
	Willis, Katherine	ONT	2:59.35
W55	Warick, Judy	SASK	3:07.68
W65	Saunders, Barbara	BC	3:35.27
	Kingsep, Patricia	ALTA	3:40.11
	Matlock, Joan	SASK	4:43.19
W70	Palmason, Diane	BC	3:09.41
	Visser, Helly	ALTA	3:43.21
W75	Hollicky, Nessie	ALTA	4:28.86

M30	Hrynkow, Christopher	ONT	2:11.10
M35	Byrne, Louis	ONT	2:16.32
M45	Coffey, Chris	MAN	2:15.94
	Johnson, Stephen	SASK	2:26.12
	Gerwing, Jim	SASK	2:28.01
M50	Helm, Charles	BC	2:17.43
	Holmes, Bob	ALTA	2:24.92
	Meszaros, Keith	SASK	2:33.75
	Husak, Wayne	SASK	2:44.96
M55	Lang, Dennis	MAN	2:19.73
	Russell, Cliff	ALTA	2:22.88
	Carter, Michael	ONT	2:44.11
M60	O'Neil, Peter	USA	2:34.96
	Cobbledick, Roger	ONT	2:38.36
	Clark, Fred	BC	2:51.43
	Suffield, Bruce	ALTA	3:24.39
	Dargie, Barrie	ALTA	DNF
	Powell, John	ONT	DNF
M65	Renwick, Doug	SASK	2:35.61
	Mitchell, Edward	ONT	3:05.23
M70	Pascoe, James	ONT	2:59.79
	Epp, Ken	SASK	3:09.13
	van der Wal, Hylke	SASK	3:36.68
M75	Giegerich, Joe	BC	3:01.63
M80	Oracheski, Stanley	ALTA	3:56.14

1500m

W35	Wagner, Claudia	QC	5:33.59
W45	Dixon, Donna	ALTA	5:17.52
	Willis, Katherine	ONT	6:11.09
W55	Shook, Karen	BC	7:12.60
W65	Saunders, Barbara	BC	7:13.67
	Kingsep, Patricia	ALTA	7:49.86
W70	Visser, Helly	ALTA	7:22.18
W75	Hollicky, Nessie	ALTA	8:52.49

M35	Zhou, Sam	MAN	4:41.74
	Byrne, Louis	ONT	4:54.86
M40	Geohagen, Nigel	JAM	5:04.17
M45	Friel, Vince	ONT	4:24.87
	Coffey, Chris	MAN	4:41.58
	Loiselle, John	MAN	5:17.58
M50	Bickley, Ed	ALTA	4:47.04
	Holmes, Bob	ALTA	4:48.00
	Hutchinson, Brent	ONT	4:59.02
	Morris, Ronald	NS	5:19.19

	Meszaros, Keith	SASK	5:19.84
	Olsen, Dave	SASK	DNF
M55	Lang, Dennis	MAN	4:45.34
	Russell, Cliff	ALTA	5:00.42
M60	Connon, Brian	BC	5:07.97
	Kaluzniak, Marvin	ALTA	5:15.79
	O'Neil, Peter	USA	5:21.30
	Cobbledick, Roger	ONT	5:25.97
	Suffield, Bruce	ALTA	7:09.58
M65	Renwick, Doug	SASK	5:43.36
	Crouch, John	BC	5:45.48
	Mitchell, Edward	ONT	6:20.43
M70	Davies, Roger	ALTA	5:59.49
M80	Oracheski, Stanley	ALTA	7:40.36

5000m

W55	Shook, Karen	BC	28:06.42
	Tedford, Cathy	ONT	34:09.70
W60	Skov, Bonnie	ALTA	23:34.78
W65	Kingsep, Patricia	ALTA	27:48.76
W75	Hollicky, Nessie	ALTA	33:49.48
M35	Klassen, Bruce	SASK	17:05.00
	Zhou, Sam	MAN	17:36.12
M40	Geohagen, Nigel	JAM	20:12.43
M50	Jaleta, Ted	SASK	16:40.82
	Hutchinson, Brent	ONT	19:10.91
	Olsen, Dave	SASK	19:47.30
	Meszaros, Keith	SASK	20:45.88
	McKinnon, Robert	ALTA	21:06.45
M55	Lang, Dennis	MAN	18:07.97
	Sutherland, David	ONT	20:44.03
	Warick, Randy	SASK	22:20.21
	Smith, Doug	ONT	23:53.25
M60	Connon, Brian	BC	19:21.66
	Kaluzniak, Marvin	ALTA	20:36.36
	Breton, Gaeton	QC	26:27.00
M65	Crouch, John	BC	22:08.17
	Mitchell, Edward	ONT	24:52.85
M70	Davies, Roger	ALTA	22:23.55
M80	Oracheski, Stanley	ALTA	28:18.81

10,000m

W55	Tedford, Cathy	ONT	1:14:25.27
W60	Skov, Bonnie	ALTA	50:56.71
W65	Kingsep, Patricia	ALTA	55:01.40
M35	Klassen, Bruce	SASK	36:42.31
	Zhou, Sam	MAN	38:07.04
M40	Geohagen, Nigel	JAM	44:35.82
M50	Bickley, Ed	ALTA	39:52.84
	Olsen, Dave	SASK	43:58.67
	McKinnon, Robert	ALTA	45:43.37
M55	Sutherland, David	ONT	44:58.38
M60	Breton, Gaeton	QC	54:18.08

1500m Racewalk

W35	Bergeson, Jolene	ALTA	9:11.03
W40	Walters, Lisa	ALTA	9:08.25
W45	Rodrique-Poscente,	ALTA	8:39.61
W50	Gage, Joanne	ONT	9:06.83
	Mitchell, Laurie	ONT	10:11.55

W55	Watts, Sherry	ONT	8:26.46	CAN
	(old CAN 8:31.83 Nancy Leo 2005)			
	Chiozza, Teresa	ALTA	9:00.14	
W60	Johnson, Faune	BC	10:06.30	
W75	Vogelsang, Eva	ALTA	11:03.82	
	Provost, June-Marie	ONT	11:05.57	
	Acton, Myrtle	BC	11:46.82	
M50	Kenney, James	ALTA	7:04.84	CAN
	(old CAN 7:37.1 Don Ramsden ON 1999)			
	Keenan, Dave	ALTA	7:13.51	
	Davis, Gary	ALTA	9:03.01	
M60	Kashman, Steve	ALTA	9:01.50	
M65	Roberts, Richard	ALTA	8:59.54	

5000m Racewalk

W35	Bergeson, Jolene	ALTA	33:28.27	
W40	Walters, Lisa	ALTA	33:25.68	
W45	Rodrique-Poscente,	ALTA	31:09.06	
W50	Gage, Joanne	ONT	33:25.13	
	Mitchell, Laurie	ONT	35:27.33	
W55	Watts, Sherry	ONT	30:27.89	
	Chiozza, Teresa	ALTA	31:36.06	
W60	Johnson, Faune	BC	35:26.56	
W75	Provost, June-Marie	ONT	38:07.09	
	Vogelsang, Eva	ALTA	38:14.83	
M50	Kenney, James	ALTA	25:20.77	
	Keenan, Dave	ALTA	26:21.19	
	Davis, Gary	ALTA	34:36.50	
M55	Marshall, Michael	ALTA	33:46.09	
M60	Kashman, Steve	ALTA	34:43.76	
M65	Roberts, Richard	ALTA	32:03.66	

Sprint Hurdles.762m

W45	Freeman, BJ	ALTA	13.35	CAN
	(old CAN 13.47 BJ Freeman 2007)			
W50	Gieni, Murial	SASK	14.39	CAN
	(old CAN 15.38 Rhona Trott 2003)			
	Lauridsen, Susanne	ALTA	14.45	
M70	van der Wal, Hylke	SASK	18.67	
M75	Nett, Arnold	ALTA	18.09	
M60	Kashman, Steve	ALTA	24.06	
M65	Armstrong, Merv	ALTA	20.51	
	Renwick, Doug	SASK	23.19	
	.991m			
M30	McLaren, Doug	SASK	16.77	MR
	(old MR 16.8 Rich Reinhart BC Richmond 1987)			
M45	Dong, Walter	ALTA	18.42	

Long Hurdles

W50	Lauridsen, Susanne	ALTA	57.82	
W60	Roberts, Catherine	ALTA	1:06.96	CAN, MR
	(old CAN 1:07.68 Ruth Carrier 1992)			
	(old MR 1:10.0 Ruth Carrier - Hamilton 1995)			
M60	Mintz, Bruce	ALTA	53.30	
	Delhomeau, Roland	SASK	59.61	
	Kashman, Steve	ALTA	1:06.06	
M65	Renwick, Doug	SASK	59.20	
M45	Dong, Walter	ALTA	1:06.11	
M50	Jeske, Wolfgang	ALTA	1:10.48	

M55 Berquist, Brian SASK 1:16.14

2000m SC

W60 Skov, Bonnie ALTA 10:53.23 CAN, MR
(old CAN 11:04.56 Ruth Carrier 1991)
(old MR 14:59 Kanwar Santosh IND Edmonton 1994)

M60 Clark, Fred BC 9:30.12
Suffield, Bruce ALTA 10:04.03
Kashman, Steve ALTA 10:36.92
M65 Renwick, Doug SASK 8:57.88
M70 van der Wal, Hylke SASK 11:24.35
3000m SC
M50 Morris, Ronald NS 13:19.96

4x100m Relay

W45 ALTA 57.36
(Meloche, Freeman, Jolicoeur, Schoenthaler)
W50 ONT/AB 54.31 CAN, MR
(Alexis, Del Grande, Lauridsen, Burnett)
(old CAN 56.70 Douglas, Trott, Radcliffe, Del Grande '03)
(old MR 58.9 Palmason, Radcliffe, Boyd, Del Grande '03)

SASK 1:03.16
(Dobson, Coward, Crook, Nutting)
W65 SASK 1:07.32 CAN, MR
(LaFayette-Boyd, Vogel, Dargie, Radcliffe)
(old CAN 1:09.96 Van Leeuwen, Radcliffe, Rosenitsch, LaFayette-Boyd 2007)
(old MR 1:21.77 Carol, Saunders, Egner, Radcliffe '07)

W70 SASK 1:46.07
(Boivin, Erskine, Ferguson, Tarnes)

M40 ALTA 48.50
(Brown, Dong, Francois, Jeske)
M50 SASK 50.30
(Headley, Berquist, D'Eon, Baiton)
M60 Team Doug Smith DQ
(Morris, Badowski, Green, Armstrong)

4x400m Relay

W45 ALTA 4:39.25 MR
(Schoenthaler, Alexis, Dixon, Meloche)
(old MR 4:40.2 Lord, Warick, McBlaine, Douglas '00)

W70 ALTA DQ
(McCarron-Egner, Visser, Reed, Palmason)
M70 SASK 5:32.31 CAN, MR
(Giegerich, Davies, Wardle, Epp)
(no previous records)

High Jump

W45 Freeman, BJ ALTA 1.36m
Murfitt, Anne BC 1.15m
W50 Amerongen, Loretta ALTA 1.23m
W60 McBlain, Liz ALTA 1.07m
McBlain, Liz ALTA 1.07m
W70 Boivin, Gwen SASK 0.99m
W85 Kotelko, Olga BC 0.81m

M30 McLaren, Doug SASK 1.65m

M40	East, Allan	SASK	1.45m
M55	Hawkins, John	BC	1.45m
	Chubb, Roy	ONT	1.20m
M60	Heinz-Juergen, Pete	ALTA	1.45m
	Delhomeau, Roland	SASK	1.30m
	Kashman, Steve	ALTA	1.05m
M65	East, Les	BC	1.20m
	Renwick, Doug	SASK	1.15m
	Roberts, Richard	ALTA	1.10m
M70	Koza, Joseph	SASK	1.31m
	Epp, Ken	SASK	1.10m
M75	Nett, Arnold	ALTA	1.15m

Pole Vault

W35	Logoar, Teresa	MAN	NH
M35	Kowalski, Kent	SASK	3.40m
M60	Miller, Hugh	ONT	3.00m MRt
	(old MR's 3.00 Stan Egerton in '86 and '88)		
M65	Renwick, Doug	SASK	2.20m
	Roberts, Richard	ALTA	2.00m
M75	Cesteros, Jose	USA	1.30m

Long Jump

W45	Freeman, BJ	ALTA	4.52m
W50	Lauridsen, Susanne	ALTA	4.57m CAN, MR
	(old CAN 4.41 Mette Fossberg 2002)		
	(old MR 4.09 Mette in Calgary 2004)		
	Amerongen, Loretta	ALTA	3.56m
	Crook, Sharon	SASK	3.48m
W55	Dobson, Nancy	SASK	3.96m
W60	McBlain, Liz	ALTA	2.53m
W65	LaFayette-Boyd, Car	SASK	4.08m MR
	(old MR 3.84 Carol in Saint John 2007)		
W70	Boivin, Gwen	SASK	2.38m
W75	Ferguson, Lil	SASK	1.80m
W85	Kotelko, Olga	BC	1.87m
M35	Wilson, Kier	ALTA	3.96m
M40	Bennett, Garfield	ALTA	6.04m
M45	Meyers, Darcy	ALTA	4.24m
M60	Mintz, Bruce	ALTA	4.19m
	Delhomeau, Roland	SASK	3.85m
	Kashman, Steve	ALTA	3.52m
M65	Armstrong, Merv	ALTA	4.28m
	Renwick, Doug	SASK	3.87m
	East, Les	BC	3.52m
M70	Koza, Joseph	SASK	4.11m
	van der Wal, Hylke	SASK	3.00m
M75	Rowan, Ted	SASK	3.83m
	Nett, Arnold	ALTA	3.75m
	Stenning, Ron	MAN	2.66m
M80	Soller, Richard	USA	3.07m

Triple Jump

W35	Logoar, Teresa	MAN	10.08m CAN
	(old 9.94 Corry Fox 1995)		
W50	Lauridsen, Susanne	ALTA	9.28m CAN, MR
	(old CAN and MR 8.87 Mette Fosberg Richmond 2003)		

	Gieni, Murial	SASK	9.16m
	Crook, Sharon	SASK	7.27m
W55	Warick, Judy	SASK	7.30m
	Dobson, Nancy	SASK	7.23m
W60	McBlain, Liz	ALTA	5.64m
W65	LaFayette-Boyd, Car	SASK	8.39m CAN, MR (old CAN 8.13 Carol in 2007) (old MR 6.52 Gwen Boivin in Richmond 2003)
W70	Boivin, Gwen	SASK	6.17m
W85	Kotelko, Olga	BC	4.20m MR (no previous MR)
M50	Roblin, Blair	ONT	7.61m
M55	Chubb, Roy	ONT	6.96m
M60	Delhomeau, Roland	SASK	8.31m
	Kashman, Steve	ALTA	7.09m
M65	East, Les	BC	8.44m
	Armstrong, Merv	ALTA	8.26m
	Renwick, Doug	SASK	7.88m
	Roberts, Richard	ALTA	5.94m
M70	Koza, Joseph	SASK	8.68m
M75	Nett, Arnold	ALTA	7.74m

Shot Put

W45	Jolicoeur, Jovette	ALTA	8.42m
	Freeman, BJ	ALTA	8.36m
	Murfitt, Anne	BC	6.40m
	Crellin, Terry	MAN	5.81m
W50	Gieni, Murial	SASK	9.49m
	Coward, Selina	SASK	9.48m
	Warmerdam, Cathleen	USA	8.14m
	Amerongen, Loretta	ALTA	8.02m
W55	Arbelbide, Cindy Le	USA	8.86m
	Trott, Rhona	ONT	7.78m
W60	McBlain, Liz	ALTA	9.10m
	Roberts, Catherine	ALTA	8.10m
	Thauberger, Carolyn	SASK	6.15m
W65	Vogel, Joan	SASK	7.11m
	Armstrong, Ellie	ALTA	6.09m
W70	Tarnes, Marian	SASK	5.86m
W75	Acton, Myrtle	BC	6.68m
	Ferguson, Lil	SASK	5.35m
	Cholod, Anne	SASK	5.08m
W80	Tomsons, Velta	ONT	6.10m MR (old MR 5.80 Olga Kotelko in Sherbrooke 1999)
	McQuarrie, Betty	ALTA	4.73m
W85	Kotelko, Olga	BC	4.92m
M35	Walker, Ron	ALTA	11.18m
	Wilson, Kier	ALTA	9.53m
M45	Kruger, Attie	ALTA	10.84m
	Eedy, Darrel	BC	7.34m
	Meyers, Darcy	ALTA	6.67m
M50	Ricketts, Kelly	SASK	9.07m
M55	Pearson, William	ONT	11.70m
	Hawkins, John	BC	11.37m
	Chmeilewski, Ron	ALTA	9.44m
	Chubb, Roy	ONT	7.80m
M60	Heighton, Jim	MAN	10.07m
	Cobbledick, Roger	ONT	8.05m
	Kashman, Steve	ALTA	7.27m

M70	Terauds, Juris	NS	10.76m
	Morris, David	ONT	10.32m
	Epp, Ken	SASK	7.14m
	Hunt, Garry	ALTA	6.97m
M75	Nett, Arnold	ALTA	8.44m
	Dziadyk, Andrew	SASK	7.30m
	Stenning, Ron	MAN	7.08m
M80	Flowers, Jim	ONT	7.13m
	Cholod, Andrew	SASK	4.97m

Discus

W45	Jolicoeur, Jovette	ALTA	25.29m
	Murfitt, Anne	BC	19.85m
W55	Arbelbide, Cindy Le	USA	22.80m
	Trott, Rhona	ONT	20.82m
	Warick, Judy	SASK	20.09m
W60	Roberts, Catherine	ALTA	22.69m
	McBlain, Liz	ALTA	20.06m
	Thauberger, Carolyn	SASK	13.49m
W65	Armstrong, Ellie	ALTA	17.53m
	Vogel, Joan	SASK	17.51m
	Anderson, Sandy	BC	15.88m
W70	Tarnes, Marian	SASK	14.21m
W75	Acton, Myrtle	BC	17.76m MR
	(old MR Nora Kutti in Toronto 2001)		
	Cholod, Anne	SASK	13.55m
	Ferguson, Lil	SASK	12.90m
W80	Tomsons, Velta	ONT	15.81m CAN, MR
	(old CAN 13.16 Doreen McLeod Smith 2006)		
	(old MR 15.92 Olga Kotelko in Sherbrooke 1999)		
	Erskine, Doreen	SASK	8.36m
W85	Kotelko, Olga	BC	14.10m
M35	Walker, Ron	ALTA	30.86m
	Wilson, Kier	ALTA	29.28m
	Freeman, Sean	ALTA	21.68m
M40	East, Allan	SASK	19.92m
M50	Ricketts, Kelly	SASK	31.63m
M55	Hawkins, John	BC	35.86m
	Pearson, William	ONT	35.76m
	Berquist, Brian	SASK	32.51m
	Chmeilewski, Ron	ALTA	29.48m
	Mountjoy, Terry	SASK	28.55m
M60	Clark, Fred	BC	32.78m
	Delhomeau, Roland	SASK	30.06m
	Kashman, Steve	ALTA	26.22m
	Kaluzniak, Marvin	ALTA	26.06m
	Swane, Dwight	ALTA	24.74m
	Heighton, Jim	MAN	22.37m
	Cobbledick, Roger	ONT	22.33m
M65	McFadyen, Bob	ALTA	33.39m
	Armstrong, Merv	ALTA	30.15m
	East, Les	BC	29.42m
	Edwards, Bob	SASK	28.07m
M70	Terauds, Juris	NS	32.81m
	Morris, David	ONT	31.16m
	Epp, Ken	SASK	20.74m
	Koza, Joseph	SASK	20.01m
M75	Rowan, Ted	SASK	26.91m
	Dziadyk, Andrew	SASK	19.54m
	Stenning, Ron	MAN	16.06m
M80	Flowers, Jim	ONT	20.19m
	Cholod, Andrew	SASK	11.80m

Hammer

W45	Murfitt, Anne	BC	19.44m
W55	Arbelbide, Cindy Le	USA	28.19m
	(CAN record 27.92 Liz McBlain 2003)		
	Trott, Rhona	ONT	26.18m
W60	McBlain, Liz	ALTA	25.68m
W65	Anderson, Sandy	BC	21.43m MR
	(old MR 18.52 Roslyn Katz USA in Ottawa 1991)		
	Radcliffe, Marg	BC	18.95m
W75	Acton, Myrtle	BC	19.19m CAN, MR
	(old CAN 17.43 Mae Turek 2007)		
	(old MR 14.85 Gloria Krug USA in Dieppe 2006)		
	Ferguson, Lil	SASK	10.75m
W85	Kotelko, Olga	BC	12.64m
M35	Wilson, Kier	ALTA	39.17m
M40	Maplethorpe, Ian	ALTA	54.42m
M50	Ricketts, Kelly	SASK	26.64m
M55	Pearson, William	ONT	30.21m
	Chmeilewski, Ron	ALTA	26.86m
	Mountjoy, Terry	SASK	24.72m
M60	Heighton, Jim	MAN	18.95m
M65	Edwards, Bob	SASK	30.11m
	East, Les	BC	25.28m
M70	Muller, Emil	QC	42.00m
	Morris, David	ONT	30.79m

Javelin

W45	Jolicoeur, Jovette	ALTA	21.72m
	Freeman, BJ	ALTA	21.68m
	Murfitt, Anne	BC	16.28m
W50	Warmerdam, Cathleen	USA	22.25m
W55	Arbelbide, Cindy Le	USA	16.60m
W60	Roberts, Catherine	ALTA	23.22m
	McBlain, Liz	ALTA	16.95m
	Thauberger, Carolyn	SASK	8.89m
W65	Radcliffe, Marg	BC	24.76m
	Vogel, Joan	SASK	14.54m
	Matlock, Joan	SASK	12.94m
W70	Tarnes, Marian	SASK	11.91m
W75	Acton, Myrtle	BC	16.47m
	Cholod, Anne	SASK	14.17m
	Ferguson, Lil	SASK	13.17m
W80	Erskine, Doreen	SASK	7.59m
W85	Kotelko, Olga	BC	12.43m
M35	Wilson, Kier	ALTA	43.67m
	Walker, Ron	ALTA	33.04m
	Freeman, Sean	ALTA	29.96m
M40	Parkinson, Richard	ONT	51.74m
	East, Allan	SASK	26.18m
M45	Gerwing, Jim	SASK	27.46m
M50	Finkbeiner, Michael	ONT	46.83m
	Ricketts, Kelly	SASK	30.57m
M55	Warmerdam, Barry	USA	44.39m
	Hawkins, John	BC	39.32m
	Berquist, Brian	SASK	35.71m
	Pearson, William	ONT	33.11m
M60	Delhomeau, Roland	SASK	28.63m
	Kashman, Steve	ALTA	19.12m
M65	McFadyen, Bob	ALTA	32.99m

	Armstrong, Merv	ALTA	32.40m
	Renwick, Doug	SASK	24.80m
M70	Terauds, Juris	NS	39.44m CAN, MR
	(old CAN and MR 36.62 Juris in Saint John 2007)		
	Morris, David	ONT	28.78m
	Staveley, Bob	ONT	25.54m
	Epp, Ken	SASK	20.11m
M75	Rowan, Ted	SASK	24.64m
	Stenning, Ron	MAN	17.75m
M80	Flowers, Jim	ONT	19.63m
	Cholod, Andrew	SASK	9.63m

Weight Throw

W45	Murfitt, Anne	BC	6.01m
W55	Arbelbide, Cindy Le	USA	9.49m
	Trott, Rhona	ONT	8.27m
W60	McBlain, Liz	ALTA	11.07m CAN
	(old CAN 9.61 Sandy Anderson 2004)		
W75	Acton, Myrtle	BC	8.05m CAN
	(old CAN 6.23 Doreen McLeod-Smith 2004)		
W85	Kotelko, Olga	BC	6.33m
M35	Wilson, Kier	ALTA	10.67m
M40	Maplethorpe, Ian	ALTA	17.73m
M50	Ricketts, Kelly	SASK	11.58m
M55	Pearson, William	ONT	11.07m
	Chmeilewski, Ron	ALTA	8.83m
M60	Heighton, Jim	MAN	8.14m
M70	Muller, Emil	QC	16.01m
	Morris, David	ONT	11.90m

Pentathlon

W45	Freeman, BJ	ALTA	3588
	Jolicoeur, Jovette	ALTA	2879
	Murfitt, Anne	BC	810
W50	Amerongen, Loretta	ALTA	1927
W65	Anderson, Sandy	BC	3359 CAN
	(no previous CAN record)		
M35	Wilson, Kier	ALTA	1739
M45	Johnson, Winchester	SASK	2962
M55	Berquist, Brian	SASK	1614
M60	Delhomeau, Roland	SASK	2634
	Kaluzniak, Marvin	ALTA	2491
	Kashman, Steve	ALTA	2256
	Swane, Dwight	ALTA	1595
M65	McFadyen, Bob	ALTA	3325
	Renwick, Doug	SASK	3250
	Armstrong, Merv	ALTA	3055
M70	van der Wal, Hylke	SASK	2134
	Epp, Ken	SASK	1734
M75	Rowan, Ted	SASK	3340 CAN
	(old CAN 3096 Karl Trei 1984)		
	Giegerich, Joe	BC	2883
	Benson, Don	BC	2397
	Stenning, Ron	MAN	1347

Weight Pentathlon

W45	Murfitt, Anne	BC	1910
W55	Arbelbide, Cindy Le	USA	2902
	Trott, Rhona	ONT	2753

W60	McBlain, Liz	ALTA	3195 CAN
	(old CAN 2108 Virginia Hoover 2005)		
W65	Anderson, Sandy	BC	3243
W70	Tosh, Margaret	SASK	4902 CAN
	(old CAN 3120 Mae Turek 2005)		
W75	Acton, Myrtle	BC	3280 CAN
	(old CAN 2330 Doreen McLeod-Smith 2003)		
W85	Kotelko, Olga	BC	4322
M35	Wilson, Kier	ALTA	2428
M50	Ricketts, Kelly	SASK	2300
M55	Hawkins, John	BC	3187
	Pearson, William	ONT	3089
	Chmeilewski, Ron	ALTA	2358
M60	Heighton, Jim	MAN	2047
	Kashman, Steve	ALTA	1731
M65	Edwards, Bob	SASK	2838
	Roberts, Richard	ALTA	2124
M70	Morris, David	ONT	3561 CAN
	(old CAN 3064 Udo Grady 2005)		
	Muller, Emil	QC	3467
M75	Benson, Don	BC	2499