

Outdoor track - M35 100 m

Performance	Athlete Name	Age-Rated Performance
13.82	Michael Gualdino	
12.03	Lawrence Williams	

M40 100 m

Performance	Athlete Name	Age-Rated Performance
12.38	Paul Robinson	

W40 100 m

Performance	Athlete Name	Age-Rated Performance
14.89	Brenda Mueller	

M45 100 m

Performance	Athlete Name	Age-Rated Performance
13.39	Scott Seon	
13.28	Michael Chapman	

M50 100 m

Performance	Athlete Name	Age-Rated Performance
15.87	Ralph Cilevitz	
13.14	Livienne Solomon	

W50 100 m

Performance	Athlete Name	Age-Rated Performance
14.26	Wendy Alexis	

M55 100 m

Performance	Athlete Name	Age-Rated Performance
14.95	Alexander Jozefacki	

M60 100 m

Performance	Athlete Name	Age-Rated Performance
13.22	Tony Powell	

M65 100 m

Performance	Athlete Name	Age-Rated Performance
19.00	Peter Gravikes	
13.99	Mike Morris	
M70 100 m		

Performance	Athlete Name	Age-Rated Performance
19.96	Harry DagHAVarian	
M75 100 m		

Performance	Athlete Name	Age-Rated Performance
15.96	Raymond Wardle	
W75 100 m		

Performance	Athlete Name	Age-Rated Performance
21.09	Doreen Carmichael	
M35 200 m		

Performance	Athlete Name	Age-Rated Performance
28.22	Michael Gualdino	
23.67	Lawrence Williams	
M40 200 m		

Performance	Athlete Name	Age-Rated Performance
27.39	Christian Schweter	
25.64	Paul Robinson	
M45 200 m		

Performance	Athlete Name	Age-Rated Performance
27.24	Michael Chapman	
M50 200 m		

Performance	Athlete Name	Age-Rated Performance
30.97	Ralph Cilevitz	
26.82	Liviene Solomon	

W50 200 m

Performance	Athlete Name	Age-Rated Performance
29.29	Wendy Alexis	

M55 200 m

Performance	Athlete Name	Age-Rated Performance
30.68	Alexander Jozefacki	

M60 200 m

Performance	Athlete Name	Age-Rated Performance
26.45	Tony Powell	

M65 200 m

Performance	Athlete Name	Age-Rated Performance
40.01	Peter Gravikes	
29.26	Mike Morris	

M70 200 m

Performance	Athlete Name	Age-Rated Performance
42.99	Harry DagHAVarian	

M75 200 m

Performance	Athlete Name	Age-Rated Performance
43.17	David Wilson	
33.82	Raymond Wardle	

M30 400 m

Performance	Athlete Name	Age-Rated Performance
57.93	Christopher Hrynkow	

M35 400 m

Performance	Athlete Name	Age-Rated Performance
54.86	Lenroy Munro	
52.84	Lawrence Williams	

W35 400 m

Performance	Athlete Name	Age-Rated Performance
1:17.6	April Boulton	
1:14.35	Melanie Boulton	

M40 400 m

Performance	Athlete Name	Age-Rated Performance
1:01.28	Christian Schweter	

M45 400 m

Performance	Athlete Name	Age-Rated Performance
1:10.87	Nigel Geohagen	

W45 400 m

Performance	Athlete Name	Age-Rated Performance
1:16.86	Elizabeth Primrose	

M50 400 m

Performance	Athlete Name	Age-Rated Performance
1:01.18	Jerry Kooymans	

W50 400 m

Performance	Athlete Name	Age-Rated Performance
1:34.8	Adrienne Stewart	

M55 400 m

Performance	Athlete Name	Age-Rated Performance
1:13.38	Dave Poth	
1:10.25	Michael Carter	

M60 400 m

Performance	Athlete Name	Age-Rated Performance
1:14.24	Roger Cobbledick	
1:13.93	Rick Swift	

M65 400 m

Performance	Athlete Name	Age-Rated Performance
1:40.09	Liam Cullen	
1:20.95	Hugh Wilson	
1:19.60	Edward Mitchell	

M70 400 m

Performance	Athlete Name	Age-Rated Performance
1:45.17	Harry Daghavarian	
1:17.45	Jim Pascoe	

M75 400 m

Performance	Athlete Name	Age-Rated Performance
1:25.02	Raymond Wardle	

M30 800 m

Performance	Athlete Name	Age-Rated Performance
2:13.78	Christopher Hrynkow	

M35 800 m

Performance	Athlete Name	Age-Rated Performance
2:06.44	Lenroy Munro	

M40 800 m

Performance	Athlete Name	Age-Rated Performance
3:16.59	Fred Jordan	
2:39.84	Niegel Geohagen	

M45 800 m

Performance	Athlete Name	Age-Rated Performance
2:40.10	Ian McFall	
2:18.73	Armand D'Oliviera	

W45 800 m

Performance	Athlete Name	Age-Rated Performance
2:44.24	Nancy Norman	

M55 800 m

Performance	Athlete Name	Age-Rated Performance
2:44.53	Michael Carter	
2:41.06	Doug Cartan	

M60 800 m

Performance	Athlete Name	Age-Rated Performance
2:44.31	Rick Swift	

M65 800 m

Performance	Athlete Name	Age-Rated Performance
3:09.29	Hugh Wilson	

M70 800 m

Performance	Athlete Name	Age-Rated Performance
3:04.42	Jim Pascoe	

M75 800 m

Performance	Athlete Name	Age-Rated Performance
3:28.72	Jean Bernaquez	

M80 800 m

Performance	Athlete Name	Age-Rated Performance
3:33.83	Robert Comber	

W35 1500 m

Performance	Athlete Name	Age-Rated Performance
5:21.36	April Boulton	
5:20.49	Melanie Boulton	

M40 1500 m

Performance	Athlete Name	Age-Rated Performance
5:16.72	Nigel Geohagen	

W40 1500 m

Performance	Athlete Name	Age-Rated Performance
5:13.75	Colleen Hopkins	

M45 1500 m

Performance	Athlete Name	Age-Rated Performance
5:19.68	Vincent Guyonnet	

W45 1500 m

Performance	Athlete Name	Age-Rated Performance
5:19.84	Elizabeth Primrose	

M50 1500 m

Performance	Athlete Name	Age-Rated Performance
4:34.40	Jerry Kooymans	

W50 1500 m

Performance	Athlete Name	Age-Rated Performance
6:32.53	Adrienne Stewart	

M60 1500 m

Performance	Athlete Name	Age-Rated Performance
5:37.62	Roger Cobbledick	

M65 1500 m

Performance	Athlete Name	Age-Rated Performance
6:57.81	Hugh Wilson	

M75 1500 m

Performance	Athlete Name	Age-Rated Performance
7:46.03	Jean Bernaquez	

M80 1500 m

Performance	Athlete Name	Age-Rated Performance
7:13.83	Robert Comber	

W35 5000 m

Performance	Athlete Name	Age-Rated Performance
19:21.96	April Boulton	
19:11.13	Melanie Boulton	

M40 5000 m

Performance	Athlete Name	Age-Rated Performance
19:07.69	Niegel Geohagen	

M45 5000 m

Performance	Athlete Name	Age-Rated Performance
19:45.75	Vincent Guyonnet	

W45 5000 m

Performance	Athlete Name	Age-Rated Performance
18:34.77	Elizabeth Primrose	

M50 5000 m

Performance	Athlete Name	Age-Rated Performance
16:18.99	Jerry Kooymans	

W50 5000 m

Performance	Athlete Name	Age-Rated Performance
23:03.18	Adrienne Stewart	

W55 5000 m

Performance	Athlete Name	Age-Rated Performance
34:41.85	Cathy Tedford	

M60 5000 m

Performance	Athlete Name	Age-Rated Performance
27:35.98	Norm Warner	

W60 5000 m

Performance	Athlete Name	Age-Rated Performance
28:35.35	Ann Gunther	

M65 5000 m

Performance	Athlete Name	Age-Rated Performance
25:27.94	Liam Cullen	
23:18.61	Edward Mitchell	

20:53.28 [Robert Moore](#)

W40 80 m hurdles

Performance	Athlete Name	Age-Rated Performance
15.38	Brenda Mueller	

M60 100 m hurdles

Performance	Athlete Name	Age-Rated Performance
22.84	William DeHorn	

M40 3000 m steeplechase

Performance	Athlete Name	Age-Rated Performance
15:57.76	Fred Jordan	

M55 3000 m steeplechase

Performance	Athlete Name	Age-Rated Performance
14:33.36	Doug Smith	

W30 5000 m race-walk

Performance	Athlete Name	Age-Rated Performance
29:34.81	Sarah Raetson	

W35 5000 m race-walk

Performance	Athlete Name	Age-Rated Performance
35:11.12	Sharon Chisholm	

W40 5000 m race-walk

Performance	Athlete Name	Age-Rated Performance
32:11.68	Laura Houston	

W45 5000 m race-walk

Performance	Athlete Name	Age-Rated Performance
32:38.39	Sandy Archibald	

W50 5000 m race-walk

Performance	Athlete Name	Age-Rated Performance
32:42.20	Joanne Gage	
29:11.01	Linda Wilson	

W55 5000 m race-walk

Performance	Athlete Name	Age-Rated Performance
32:41.54 CDN	Sharon Wright	
29:18.01	Sherry Watts	

W65 5000 m race-walk

Performance	Athlete Name	Age-Rated Performance
35:42.59	Eileen Sarkar	

M40 High jump

Performance	Athlete Name	Age-Rated Performance
1.48	Paul White	

M50 High jump

Performance	Athlete Name	Age-Rated Performance
1.30	Ralph Cilevitz	

M55 High jump

Performance	Athlete Name	Age-Rated Performance
1.30	Dave Poth	

M60 High jump

Performance	Athlete Name	Age-Rated Performance
1.40	William DeHorn	
1.25	Stan Seitz	

M70 High jump

Performance	Athlete Name	Age-Rated Performance
1.25	Bob Land	

M40 Long jump

Performance	Athlete Name	Age-Rated Performance
4.93	Paul White	

W40 Long jump

Performance	Athlete Name	Age-Rated Performance
4.13	Brenda Mueller	

M50 Long jump

Performance	Athlete Name	Age-Rated Performance
4.44	Ralph Cilevitz	

M55 Long jump

Performance	Athlete Name	Age-Rated Performance
3.66	Dave Poth	

M60 Long jump

Performance	Athlete Name	Age-Rated Performance
3.82	William DeHorn	
3.40	Peter McCluskey	

M70 Long jump

Performance	Athlete Name	Age-Rated Performance
2.52	Harry Daghavarian	

M40 Triple jump

Performance	Athlete Name	Age-Rated Performance
9.27	Paul White	

W40 Triple jump

Performance	Athlete Name	Age-Rated Performance
8.14	Brenda Mueller	

M50 Triple jump

Performance	Athlete Name	Age-Rated Performance
8.13	Ralph Cilevitz	

M70 Triple jump

Performance	Athlete Name	Age-Rated Performance
8.13	Harry Daghavarian	

M40 Pole vault

Performance	Athlete Name	Age-Rated Performance
2.90	Paul White	

M55 Pole vault

Performance	Athlete Name	Age-Rated Performance
2.75	Dave Poth	

M60 Pole vault

Performance	Athlete Name	Age-Rated Performance
2.60	William DeHorn	
2.30	Stan Seitz	

M70 Pole vault

Performance	Athlete Name	Age-Rated Performance
2.30	Bob Land	

M35 Shot put

Performance	Athlete Name	Age-Rated Performance
16.26	Gintas Degutis	

W45 Shot put

Performance	Athlete Name	Age-Rated Performance
6.00	Natasha Kulk	

M50 Shot put

Performance	Athlete Name	Age-Rated Performance
8.86	Liviene Solomon	
8.55	Ralph Cilevitz	

M60 Shot put

Performance	Athlete Name	Age-Rated Performance
7.27	Roger Cobbledick	

M65 Shot put

Performance	Athlete Name	Age-Rated Performance
6.02	Hugh Wilson	

M70 Shot put

Performance	Athlete Name	Age-Rated Performance
10.28	David Morris	

6.34 Harry
Daghavarian

W75 Shot put

Performance	Athlete Name	Age-Rated Performance
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5.54	Doreen Carmichael	
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M40 Discus

Performance	Athlete Name	Age-Rated Performance
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22.96	Paul White	
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20.62	Fred Jordan	
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W45 Discus

Performance	Athlete Name	Age-Rated Performance
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11.44	Natasha Kulk	
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M50 Discus

Performance	Athlete Name	Age-Rated Performance
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28.39	Ralph Cilevitz	
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M60 Discus

Performance	Athlete Name	Age-Rated Performance
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32.54	William DeHorn	
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19.71	Roger Cobbledick	
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M65 Discus

Performance	Athlete Name	Age-Rated Performance
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18.57	Hugh Wilson	
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M70 Discus

Performance	Athlete Name	Age-Rated Performance
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32.21	David Morris	
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M40 Javelin

Performance	Athlete Name	Age-Rated Performance
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28.94	Paul White	
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M45 Javelin

Performance	Athlete Name	Age-Rated Performance
30.90	Mark Phillips	

M50 Javelin

Performance	Athlete Name	Age-Rated Performance
35.70	Liviene Solomon	

M60 Javelin

Performance	Athlete Name	Age-Rated Performance
16.16	Roger Cobbledick	

M70 Javelin

Performance	Athlete Name	Age-Rated Performance
26.71	David Morris	
25.53	Bob Staveley	

W75 Javelin

Performance	Athlete Name	Age-Rated Performance
12.23	Doreen Carmichael	