

Canadian Masters Athletics Indoor Championships Meet Records

2003 - Toronto
2011 - Kamloops
2012 - Toronto
2013 - Toronto

Compiled by Doug Smith

<u>50m</u>					<u>200m</u>				
W30	Laura Baker	8.09	ON	2013	W35	Carty, Linda	26.68	USA	2003
W35	Khama Beckles	6.88	ON	2013	W40	Barrett, Lyn	30.64	ON	2003
W45	Lynda Turner	8.20	AB	2013	W45	Del Grande, Karla	28.55	ON	2003
W50	Cindy Burt	8.56	ON	2012	W50	Burnett, Evelyn	29.88	AB	2011
W55	Wendy Alexis	7.36	ON	2013	W55	Del Grande, Karla	28.36	ON	2012
W60	Rhona Trott	8.57	ON	2012	W60	Trott, Rhona	34.79	ON	2012
W75	Christa Bortignon	8.70	BC	2013	W70	Bortignon, Christa	36.64	BC	2011
W80	Doreen Carmichael	11.68	ON	2012	W75	Christa Bortignon	35.21	BC	2013
M30	Alexandre Gbaguidi	6.13	PQ	2013	W80	Carrier, Ruth	52.97	BC	2011
M35	Mark Smyth	6.39	ON	2012	W90	Kotelko, Olga	66.89	BC	2011
M40	Jerry Kangni	6.42	PQ	2012	M30	Gbaguidi, Alexandre	23.59	PQ	2012
M45	Zaven Tavitian	6.52	PQ	2012	M35	Oamen, Charles	24.56	BC	2011
M50	Robert Nasato	6.76	ON	2013	M40	Foon, Michael Lee	23.67	ON	2003
M55	Liviene Solomon	7.03	ON	2012	M45	Khalid Mulazim	23.74	USA	2013
M60	Roy Turkington	7.24	BC	2013	M50	Black, Murray	26.37	BC	2011
M65	Richard Lech	7.37	ON	2013	M55	Crockett, Ken	27.37	BC	2011
M70	Mike Morris	7.57	ON	2012	M60	Butts, Tim	28.36	USA	2003
M75	Dev Sharma	8.63	ON	2012	M65	Powell, Tony	27.90	ON	2012
M80	Ray Wardle	9.09	ON	2013	M70	Morris, Mike	30.60	PQ	2012
60m					M75	Rowan, Ted	34.02	SK	2011
W35	Khama Beckles	8.05	ON	2013	M80	Lesage, Norm	33.82	AB	2011
W40	Estwick, Leslie	8.40	ON	2003	M85	Thompson, Harry	43.72	BC	2011
W45	Del Grande, Karla	8.47	ON	2003	400m				
W50	Burnett, Evelyn	8.81	AB	2011	W30	Sasha Gollish	62.18	ON	2013
W55	Del Grande, Karla	8.65	ON	2012	W40	Millson, Karen	70.17	ON	2003
W60	Trott, Rhona	10.19	ON	2012	W45	Del Grande, Karla	62.60	ON	2003
W65	Matus, Diane	11.44	BC	2011	W50	Laurie Meloche	69.54	SK	2013
W70	Bortignon, Christa	10.41	BC	2011	W55	Del Grande, Karla	66.12	ON	2012
W75	Christa Bortignon	10.10	BC	2013	W70	Bortignon, Christa	1:29.15	BC	2011
W80	Carrier, Ruth	14.54	BC	2011	W75	Christa Bortignon	1:26.12	BC	2013
M30	Gbaguidi, Alexandre	7.14	PQ	2013	M30	Alexandre Gbaguidi	53.75	PQ	2013
M35	Oamen, Charles	7.40	BC	2011	M35	Scott, Aston	54.77	USA	2003
M40	Tshinyama, Paul	7.39	BC	2011	M40	Williams, Lawrence	53.07	ON	2012
M45	James, Ben	7.45	USA	2003	M45	Khalid Mulazim	53.06	USA	2013
M50	Robert Nasato	7.94	ON	2013	M50	Pinckard, Mark	58.75	BC	2011
M55	Lech, Richard	8.01	ON	2003	M55	Gaide, Dale	61.62	USA	2003
M60	Butts, Tim	8.33	USA	2003	M60	Van-Der-Wal, Hyke	65.42	ON	2003
M65	Richard Lech	8.58	ON	2013	M65	Irons, Jim	67.53	ON	2003
M70	Morris, Mike	8.92	ON	2012	M70	Dunn, Dave	77.21	AB	2011
M75	Greenwald, Jack	9.50	USA	2003	M75	Greenwald, Jack	79.70	USA	2003
M80	Lesage, Norm	10.49	AB	2011	M80	Earl Fee	75.41	ON	2013
M85	Thompson, Harry	12.83	BC	2011	M85	Thompson, Harry	1:46.62	BC	2011
M90	Falconer, William	16.30	BC	2011					

800m

W30	Sasha Golish	2:15.21	ON	2013
W40	Kennedy, Karen	2:35.23	ON	2003
W45	Bunting, Annie	2:22.25	ON	2012
W50	O'Hagen, Heather	2:38.47	ON	2012
W55	De St Croix, Maureen	2:49.80	BC	2011
W70	Saunders, Barbara	3:51.66	BC	2011
W80	Montgomery, Lenore	4:17.36	BC	2011
M30	Menzies, Patrick	2:04.15	ON	2003
M35	Anderson, Travis	2:00.52	ON	2012
M40	Michal Kapral	2:08.57	ON	2013
M45	Sherar, Mike	2:01.94	ON	2012
M50	Kary, Dave	2:13.51	ON	2012
M55	Gaide, Dale	2:24.63	USA	2003
M60	Clarke, John	2:29.65	ON	2012
M65	Renwick, Doug	2:47.07	SK	2011
M70	Fee, Earl	2:32.23	ON	2003
M75	Wardle, Ray	4:01.74	ON	2011
M80	Earl Fee	3:05.33	ON	2013
M85	Thompson, Harry	4:20.78	BC	2011

1500m

W30	Sasha Golish	4:34.89	ON	2013
W35	Hopkins, Colleen	5:03.1h	ON	2003
W40	BobbiJo Waite Lang	5:04.94	AB	2013
W45	Bunting, Annie	4:59.49	ON	2012
W50	Donna Dixon	5:17.32	AB	2013
W55	De St Croix, Maureen	5:39.46	BC	2011
W70	Saunders, Barbara	8:23.03	BC	2011
W80	Montgomery, Lenore	8:27.79	BC	2011
M30	Semes, Jimmy	4:48.68	ON	2012
M35	Berresford, Brian	4:47.39	ON	2003
M40	Friel, Vince	4:17.95	ON	2003
M45	Peat, Geoff	4:25.87	ON	2012
M50	Vince Friel	4:32.65	ON	2013
M55	Prather, Bob	4:47.01	USA	2011
M60	Helliker, John	5:02.17	ON	2013
M65	Irons, Jim	5:13.64	ON	2003
M70	Whitlock, Ed	5:14.15	ON	2003
M80	Whitlock, Ed	5:48.47	ON	2011
M85	Leyland, Les	9:01.16	BC	2003

3000m

W30	Lopez, Wendy	13:30.61	ON	2012
W35	Hopkins, Colleen	10:57.70	ON	2003
W40	BobbiJo Waite Lang	10:51.88	AB	2013
W45	Maguire, Liz	10:43.47	ON	2012
W50	Willis, Katherine	14:54.89	ON	2012
W55	Lynn Kobayashi,	12:30.42	ON	2013
W60	Muttitt, Barbara	21:37.69	BC	2011
W70	Saunders, Barbara	17:20.49	BC	2011
M35	Mladenovic, Predrag	9:08.81	ON	2012
M40	Coffin, Alex	9:25.65	NB	2012
M45	Peat, Geoff	9:32.73	ON	2012
M50	Kary, Dave	10:02.17	ON	2012
M55	Kooymans, Jerry	10:04.72	ON	2012
M60	John Clarke	10:57.81	ON	2013
M65	Geddes, Jack	12:03.30	ON	2003
M70	Whitlock, Ed	11:26.40	ON	2003
M75	Day, Mike	14:36.54	ON	2012

M80	Whitlock, Ed	12:00.88	ON	2011
M85	Leyland, Les	20:15.90	BC	2003

1500m Racewalk

W40	Catherine McCormack	8:36.83	ON	2013
W45	Nancy Kula	9:54.59	ON	2013
W50	Archibald, Sandy	8:20.55	ON	2012
W55	Wilson, Linda	8:02.88	ON	2012
W60	Liscio, Lina	8:47.97	ON	2012
W75	Horne, Jean	10:58.65		
M35	Fortin, Jean Pierre	6:59.49	ON	2012
M45	Jianping Xu	6:46.79	ON	2013
M50	Malek, Lawrence	8:13.90	ON	2012
M55	Ken Atkins	8:37.07	ON	2013
M60	Henry Charrois	7:24.59	AB	2013
M65	Kittredge, John	8:01.11	ON	2012
M70	Marcel Jobin	8:32.23	PQ	2013
M75	Terry Copeland	11:47.06	USA	2013

3000m Racewalk

W40	Cashman, Kitty	16:38.6h	ON	2003
W45	Sweazey, Nanci Patten	15:14.0h	ON	2003
W50	Whalen, Lily	17:19.9h	ON	2003
W55	Wilson, Linda	16:54.19	ON	2012
W60	Rosenitsch, Ann Marie	18:30.4h	ON	2003
M35	Babenko, Dmitry	13:59.38	BC	2011
M45	Jianping Xu	14:17.83	ON	2013
M50	Kenny, James	14:56.69	AB	2011
M55	Ramsden, Don	17:32.2h	ON	2003
M60	Henry Charrois	15:57.10	AB	2013
M65	Kittredge, John	17:30.47	ON	2011
M70	Marcel Jobin	18:00.15	PQ	2013
M75	Branaccio, Salvador	21:19.7h	ON	2003

50m Hurdles

W50	Hele, Debbie	10.07	ON	2012
W60	Trott, Rhona	9.81	ON	2012
M35	David Valenzuela	7.46	ON	2013
M40	Ovidiu Negoita	8.59	ON	2013
M55	Ralph Cilevitz	9.65	ON	2013
M60	Richard Lech	9.24	ON	2013

60m Hurdles

W45	Thompson, Irene	10.71	USA	2003
W50	Freeman, BJ	10.65	AB	2011
M35	Kroeker, Tim	8.24	BC	2011
M40	Le Mouel, Yannick	8.97	PQ	2012
M45	Van Ryswyk, Len	11.79	BC	2011
M50	Zelmanski, Paul	9.80	USA	2012
M55	Mark Jakubowski	10.66	USA	2013
M60	Slater, Alan	10.84	ON	2003
M65	Brewer, Jess	11.02	BC	2011
M75	Rowan, Ted	13.09	SK	2011

High Jump

W30	Corina Pirvuica	1.25	ON	2013
W35	Szanto, Gaby	1.50m	ON	2003
W40	Estwick, Leslie	1.55m	ON	2003
W45	Mallia, Maria	1.32m	ON	2003
W50	Freeman, BJ	1.33m	AB	2011
W55	Rhebergen, Margaret	1.30m	BC	2011
W65	Matus, Diane	0.95m	BC	2011
W70	Anderson, Sandy	1.15m	BC	2011
M35	Zoltan Sara	1.93m	ON	2013
M40	Reynolds, Walt	1.80m	USA	2003
M45	Lepard, Bev	1.55m	ON	2003
M50	Black, Murray	1.50m	BC	2011
M55	De Horn, Bill	1.55m	PQ	2003
M60	Hawkins, John	1.50m	BC	2011
M65	Delhomeau, Roland	1.30m	BC	2011
M70	Malmstrom, Eric	0.95m	ON	2003
M75	Land, Bob	1.20m	ON	2012

Pole Vault

W30	Florence Cavilli	3.15m	ON	2013
W35	Szanto, Gaby	3.00m	ON	2003
W45	Craig, Nancy	2.10m	BC	2011
W50	Stubendorff, Hillen	2.70m	GER	2003
W55	Rhebergen, Margaret	1.90m	BC	2011
M35	Lacy, Wayne	4.00m	USA	2003
M40	Lake, Kevin	4.25m	ON	2012
M45	Psootka, Wayne	3.70m	BC	2011
M50	Mark Schaber	3.55m	ON	2013
M55	Kilpelainen, Matti	3.80m	USA	2003
M60	Hawkins, John	3.20m	BC	2011
M65	Altendorf, John	3.70m	USA	2011
M75	Egerton, Stan	2.50m	ON	2003

Long Jump

W30	Laura Baker	4.10m	ON	2013
W35	Anastasio, Cathy	3.43m	BC	2011
W40	Estwick, Leslie	5.24m	ON	2003
W45	Mallia, Maria	4.07m	ON	2003
W50	Freeman, BJ	4.13m	AB	2011
W55	Rhebergen, Margaret	3.93m	BC	2011
W60	Rollins, Elisabeth	2.95m	BC	2011
W65	Matus, Diane	2.44m	BC	2011
W70	Bortignon, Christa	3.31m	BC	2011
W75	Christa Bortignon	3.55m	BC	2013
W90	Kotelko, Olga	1.70m	BC	2011
M30	Latham, Clayton	7.34m	ON	2012
M35	Negoita, Ovidiu	5.83m	ON	2011
M40	Robinson, Jason	6.54m	ON	2012
M45	Benett, Garfield	5.83m	AB	2011
M50	Bass, Andrew	5.16m	ON	2012
M55	Lech, Richard	5.43m	ON	2003
M60	Slater, Alan	5.15m	ON	2003
M65	Lamothe, Grant	3.86m	BC	2011
M70	van der Wal, Hylke	2.83m	SK	2011
M75	Rowan, Ted	3.54m	SK	2011
M80	Chalmers, Gordon	2.94m	BC	2011

Triple Jump

W50	Lauridsen, Susanne	8.45m	AB	2011
W55	Rhebergen, Margaret	8.76m	BC	2011
W60	Rollins, Elisabeth	7.02m	BC	2011
W70	Bortignon, Christa	7.41m	BC	2011
W75	Christa Bortignon	7.59m	BC	2013
W90	Kotelko, Olga	3.97m	BC	2011
M35	Negoita, Ovidiu	11.38m	ON	2011
M40	Moore, Curtis	12.36m	ON	2012
M45	Maguire, Hugh	11.49m	BC	2011
M50	Robert Nasato	10.05m	ON	2013
M55	Thevarajan Sinnathurai	10.96m	ON	2013
M60	Slater, Alan	10.33m	ON	2003
M65	Brewer, Jess	8.32m	BC	2011
M70	Malmstrom, Eric	5.89m	ON	2003
M75	Mathers, Jim	5.83m	ON	2003
M80	Chalmers, Gordon	6.17m	BC	2011

Shot Put

W35	Szanto, Gaby	11.19m	ON	2003
W40	Little, Tatiana	9.11m	BC	2011
W45	Boomer, Carolyn	9.90m	BC	2011
W50	Elizabeth Hill	10.85m	ON	2013
W55	Debbie Murfitt	10.65m	ON	2013
W60	McBlain, Liz	8.70m	AB	2011
W65	Conrad-Rice, Joy	6.31m	BC	2011
W70	Adri Rowswell	6.67m	ON	2013
W75	Acton, Myrtle	7.81m	BC	2011
W80	Tomsons, Velta	6.48m	ON	2012
W85	Velta Tomsons	6.12m	ON	2013
W90	Kotelko, Olga	5.74m	BC	2011
M35	Saari, John	12.57m	BC	2011
M40	Nahri, Nabil	10.19m	ON	2003
M45	Wettenhall, Jim	13.05m	USA	2003
M50	Yoisten, Danny	12.93m	ON	2012
M55	Kasperski, John	12.73m	ON	2003
M60	Hawkins, John	12.38m	BC	2011
M65	Dhaliwal, SukhdevSingh	10.22m	ON	2003
M70	Glowacki, Marek	12.98m	BC	2011
M75	Viskers, Evalds	9.36m	ON	2003
M80	Sillantaus, Rainer	11.27m	BC	2011
M85	Viskers, Evalds	7.74m	ON	2012
M90	Falconer, William	5.18m	BC	2011

Weight Throw

W30	Le Jour, Marie-Josee	17.28m	ON	2012
W40	Little, Tatiana	9.06m	BC	2011
W45	Baptie, Michelle	7.24m	ON	2012
W50	Hill, Elizabeth	11.63	ON	2012
W55	Wettenhall, Kathy	11.58m	USA	2012
W60	Rhona Trott	11.46m	ON	2013
W65	Brand, Kathy	8.61m	BC	2011
W70	Anderson, Sandy	8.89m	BC	2011
W75	Acton, Myrtle	8.41m	BC	2011
W90	Kotelko, Olga	7.51m	BC	2011
M30	Baines, Jason	17.85m	ON	2012
M35	Parkinson, Richard	12.67m	ON	2003
M40	Little, Norm	9.47m	BC	2011

M45	Wettenhall, Jim	16.65m	USA	2003
M50	Ayman Mazhar	16.77m	ON	2013
M55	Wettenhall, Jim	18.32m	USA	2012
M60	Jan Graczyk	17.32m	ON	2013
M65	Townsend, Ken	11.88m	BC	2011
M70	Glowacki, Marek	14.45m	BC	2011
M75	Muller, Emil	15.04m	ON	2012
M80	Chalmers, Gordon	10.82m	BC	2011
M90	Falconer, William	5.73m	BC	2011

4 X 200m Relay

M30	Quebec Dore, Justason, Tourville, Gbaguidi	1:39.56		2012
M35	Ontario S.Smyth, Macias, Skeete, Mitchell	1:39.51		2012
M40	Quebec Tavitian, Lemassif, Le Mouel, Kangni	1:38.31		2012
M80	Ontario Whitlock, Thompson, Wardle, Fee	2:33.41		2013

4 X 400m Relay

W50	Canada Meloche, O'Hagen, Dixon, Gold	4:55.91		2013
M80	Ontario Wardle, Thompson, Whitlock, Fee	6:06.23		2013

4 X 800m Relay

W50	Canada Dixon, Gold, Meloche, Blanchard	10:32.66		2013
M55	Ontario Chee, Smith, Moses, Greenshields	12:22.78		2013
M70	Ontario Taivassalo, Woodhall, Christeensen, Whitlock	13:07.93		2013

Pentathlon

W40	Thomas, Anita	2278	ON	2012
M35	Brian Derby	2152	ON	2013
M40	Justason, Andrew	2561	NB	2012
M45	White, Paul	2093	ON	2012
M50	Ritchie, Don	2918	ON	2012
M55	Cilevitz, Ralph	2168	ON	2012
M60	Pullen, Brock	2164	ON	2012