

| <u>Year</u> | <u>Venue</u> | <u>Meet Director</u>                 |             |
|-------------|--------------|--------------------------------------|-------------|
| 71          | CNE          | MTFC (Metro Fitness Club)            |             |
| 72          | CNE          | MTFC                                 |             |
| 73          | CNE          | Don Farquharson                      |             |
| 74          | CNE          | ?                                    |             |
| 75          | CNE          | Elwyn Davies                         |             |
| 76          | CNE          | Chris Pickard                        |             |
| 77          | CNE          | Dave Smith                           |             |
| 78          | Oshawa       | ?                                    |             |
| 79          | CNE          | Don Stewart                          |             |
| 80-82       | TTFC         | Dave Welsh                           |             |
| 84          | "            | Malcolm Smith                        |             |
| 85          | "            | Ken Twigg                            |             |
| 86-07       | "            | Brian Keaveney <i>(22 years!)</i>    |             |
| 08-19       | "            | Doug Smith                           |             |
| 20          | "            | Doug Smith - Randolph Fajardo        |             |
| 21          |              | Cancelled due to Pandemic            |             |
| 22          | TTFC         | Doug Smith - Randolph Fajardo        |             |
| <b>23</b>   | <b>TTFC</b>  | <b>Doug Smith - Randolph Fajardo</b> |             |
|             |              |                                      |             |
| <b>60m</b>  |              |                                      |             |
| M30         | 7.15         | Desmond Allen                        | 2006        |
| M35         | 7.05         | Duane Napier                         | 2009        |
|             | 6.9          | David Walter                         | 1987        |
|             | 6.9          | Wilmar Alexander                     | 1982        |
| M40         | 7.13         | Allan Tissenbaum                     | 2001        |
| M45         | 7.33         | George Horton                        | 1980        |
| M50         | 7.36         | Chris Warburton                      | 2016        |
| <b>M55</b>  | <b>7.59</b>  | <b>Chris Warburton</b>               | <b>2023</b> |
| M60         | 7.89         | Kerry Smith                          | 2017        |
| M65         | 7.8          | Cecil Paul                           | 1986        |
| M70         | 8.39         | John O'Neill                         | 1994        |
| M75         | 8.95         | John O'Neill                         | 1999        |
| <b>M80</b>  | <b>10.24</b> | <b>Mike Morris</b>                   | <b>2023</b> |
| M85         | 11.27        | Bill Thompson                        | 15          |
| M90         |              |                                      |             |
| M95         | 15.51        | Atter Singh Sekhon                   | 2019        |
|             |              |                                      |             |
| W30         | 7.6          | Paula Suchowiecka                    | 2022        |
| W35         | 7.95         | Khama Beckles                        | 14          |
| W40         | 8.43         | Khama Beckles                        | 2020        |
| W45         | 8.47         | Karla Del Grande                     | 3           |
| W50         | 8.28         | Karla Del Grande                     | 5           |
| W55         | 8.54         | Karla Del Grande                     | 9           |
| W60         | 8.59         | Karla Del Grande                     | 14          |
| W65         | 8.91         | Karla Del Grande                     | 2020        |
| W70         | 10.99        | Doreen Carmichael                    | 3           |

|             |              |                        |             |
|-------------|--------------|------------------------|-------------|
| <b>W80</b>  | <b>14.07</b> | <b>Aileen Burgin</b>   | <b>2023</b> |
| W85         | 19.40        | Agnes Lamb             | 2022        |
|             |              |                        |             |
| <b>60mH</b> |              |                        |             |
| M30         | 9.37         | David Valenzuela       | 10          |
| <b>M35</b>  | <b>8.42</b>  | <b>Simon Taggart</b>   | <b>2023</b> |
| M40         | 8.52         | Nate Robinson USA      | 93          |
| M45         | 8.98         | Scott Tyler            | 89          |
| M50         | 8.83         | Scott Tyler            | 91          |
| M55         | 9.27         | Scott Tyler            | 95          |
| M60         | 9.79         | Ward Hazen             | 2017        |
| <b>M65</b>  | <b>9.93</b>  | <b>Ward Hazen</b>      | <b>2023</b> |
| M70         | 10.79        | Richard Lech           | 2020        |
| M75         | 12.2         | Karl Trei              | 87          |
| M80         | 14.08        | Karl Trei              | 93          |
| M85         | 14.36        | Karl Trei              | 95          |
|             |              |                        |             |
| W30         | 10.62        | Adrienne Ricker        | 6           |
| W35         | 10.12        | Corry Fox              | 96          |
| W40         | 10.51        | Jeannette Van Den Bulk | 2020        |
| W45         | 10.69        | Liz McBlain            | 93          |
| W50         | 10.24        | Diana Cesaroni         | 2020        |
| W55         | 11.41        | Kairy Loucks           | 2022        |
| W60         | 11.33        | Rhona Trott            | 09&10       |
| W65         | 16.32        | Pat Peterson           | 92          |
|             |              |                        |             |
| <b>200m</b> |              |                        |             |
| M30         | 23.69        | Shane Ferth            | 2012        |
|             | 23.69        | Ian Chambers           | 2016        |
| M35         | 22.4         | Kerry Smith            | 1992        |
| M40         | 23.49        | Lawrence Williams      | 2011        |
|             | 23.3 (.54)   | Ray Cardinal           | 1987        |
| M45         | 23.87        | Kerry Smith            | 1999        |
| M50         | 24.33        | Kerry Smith            | 2004        |
| <b>M55</b>  | <b>24.84</b> | <b>Chris Warburton</b> | <b>2023</b> |
| M60         | 26.33        | Kerry Smith            | 2017        |
| M65         | 27.22        | Tony Powell            | 10          |
| M70         | 29.78        | Chuck Sochor           | 99          |
| M75         | 32.30        | Tony Powell            | 2019        |
| M80         | 32.07        | Earl Fee               | 9           |
| M85         | 38.53        | Earl Fee               | 2016        |
| M90         |              |                        |             |
| M95         | 67.59        | Atter Singh Sekhon     | 2019        |
|             |              |                        |             |
| W30         | 25.79        | Jordanne Williams      | 2022        |
| W35         | 26.68        | Linda Carty            | 3           |
| W40         | 27.79        | Deborah Lenz           | 98          |

|             |            |                        |      |
|-------------|------------|------------------------|------|
| W45         | 27.89      | Violeta Garfunkel      | 2020 |
| W50         | 26.82      | Karla Del Grande       | 6    |
| W55         | 27.91      | Karla Del Grande       | 10   |
| W60         | 28.9       | Karla Del Grande       | 14   |
| W65         | 29.93      | Karla Del Grande       | 2020 |
| W70         | 40.27      | Doreen Carmichael      | 3    |
| W80         | 42.18      | Alice Cole PQ          | 14   |
| W85         | 1:17.99    | Agnes Lamb             | 2022 |
|             |            |                        |      |
| <b>400m</b> |            |                        |      |
| M30         | 52.24      | Travis Anderson        | 11   |
| M35         | 51         | Ray Cardinal           | 86   |
| M40         | 52.2       | Ray Cardinal           | 87   |
| M45         | 53.57      | Ben James USA          | 6    |
| M50         | 54.17      | Khalid Mulazim USA     | 2019 |
| M55         | 56.7       | Earl Fee               | 88   |
| M60         | 61.7       | Norm Baum              | 87   |
| M65         | 62.37      | Earl Fee               | 99   |
| M70         | 01:09.0    | Art Obokata            | 89   |
| M75         | 01:08.2    | Earl Fee               | 7    |
| M80         | 01:11.2    | Earl Fee               | 9    |
| M85         | 1:25.39    | Earl Fee               | 2018 |
| M90         |            |                        |      |
| M95         | 3:06.60    | Atter Singh Sekhon     | 2019 |
|             |            |                        |      |
| W35         | 01:01.9    | Maureen Rodrigue       | 2    |
| W40         | 1:03.69    | Jeannette Van Den Bulk | 2020 |
| W45         | 01:02.6    | Karla Del Grande       | 3    |
| W50         | 1:01:38    | Karla Del Grande       | 5    |
| W55         | 01:06.9    | Karla Del Grande       | 10   |
| W60         | 01:07.6    | Karla Del Grande       | 2018 |
| W65         | 1:09.30    | Karla Del Grande       | 2020 |
| W70         | 01:22.1    | Jean Horne             | 4    |
| W80         | 01:38.3    | Alice Cole PQ          | 15   |
|             |            |                        |      |
| <b>800m</b> |            |                        |      |
| M30         | 02:04.2    | Patrick Menzies        | 3    |
| M35         | 01:59.1    | Derek Hackshaw         | 6    |
| M40         | 02:00.8    | Ray Tucker             | 91   |
| M45         | 02:01.0    | Michael Sherar         | 12   |
| M50         | 02:06.7    | Paul Osland            | 15   |
| M55         | 0.00149919 | Michael Sherar         | 2019 |
| M60         | 02:16.3    | Earl Fee               | 93   |
| M65         | 02:18.7    | Earl Fee               | 98   |
| M70         | 02:32.2    | Earl Fee               | 3    |
| M75         | 02:40.6    | Earl Fee               | 6    |
| M80         | 02:57.7    | Earl Fee               | 11   |

|              |         |                      |      |
|--------------|---------|----------------------|------|
| M85          | 04:41.6 | Les Leyland          | 3    |
|              |         |                      |      |
| W30          | 02:24.5 | Shari Boyle          | 5    |
| W35          | 02:19.9 | Anna Cranton         | 1    |
| W40          | 02:22.9 | Aimee Jessop         | 2020 |
| W45          | 02:26.4 | Annie Bunting        | 10   |
| W50          | 02:32.9 | Annie Bunting        | 15   |
| W55          | 2:50    | Jean Horne           | 88   |
| W60          | 02:52.4 | Jean Horne           | 93   |
| W65          | 02:54.8 | Jean Horne           | 98   |
| W70          | 03:14.5 | Jean Horne           | 4    |
|              |         |                      |      |
| <b>1500m</b> |         |                      |      |
| M30          | 04:29.9 | Rob Base Trantor     | 8    |
| M35          | 04:03.2 | Ray Tucker           | 85   |
| M40          | 04:06.5 | Ray Tucker           | 87   |
| M45          | 04:17.5 | Ron Frid             | 94   |
| M50          | 04:22.7 | Jerry Kooymans       | 6    |
| M55          | 4:32.98 | Jose Fuentes         | 2020 |
| M60          | 04:43.7 | Earl Fee             | 94   |
| M65          | 04:49.6 | Earl Fee             | 96   |
| M70          | 05:14.2 | Ed Whitlock          | 3    |
| M75          | 05:53.8 | Ed Whitlock          | 11   |
| M80          | 06:14.8 | Ed Whitlock          | 14   |
| M85          | 09:01.2 | Les Leyland          | 3    |
|              |         |                      |      |
| W30          | 4:58.90 | Jessica Shaw         | 2020 |
| W35          | 04:43.9 | Janet Takahashi      | 94   |
| W40          | 4:32.43 | Mary Unsworth        | 2018 |
| W45          | 04:46.1 | Tiffany Newell       | 2022 |
| W50          | 05:03.0 | Kathryn Martin       | 2    |
| W55          | 05:36.6 | Molly Turner         | 90   |
| W60          | 05:55.9 | Jean Horne           | 93   |
| W65          | 06:07.3 | ML Michelsohn USA    | 9    |
| W70          | 07:09.8 | Dorly Brechbuehl     | 95   |
| W75          | 08:09.7 | Judith Kazdan        | 95   |
| W80          | 09:13.0 | Judith Kazdan        | 0    |
|              |         |                      |      |
| <b>3000m</b> |         |                      |      |
| M30          | 09:01.4 | Mario Iozzo          | 6    |
| M35          | 08:41.2 | Bob Moore            | 76   |
| M40          | 08:39.7 | Charlie McMullen USA | 93   |
| M45          | 09:01.0 | Ed Whitlock          | 79   |
| M50          | 09:26.8 | Jerry Kooymans       | 8    |
| M55          | 09:48.1 | Chris Deighan        | 2017 |
| M60          | 10:05.3 | Ed Whitlock          | 94   |
| M65          | 10:11.6 | Ed Whitlock          | 96   |

|                                 |                 |                         |             |
|---------------------------------|-----------------|-------------------------|-------------|
| M70                             | 10:52.4         | Ed Whitlock             | 5           |
| M75                             | 11:17.2         | Ed Whitlock             | 7           |
| M80                             | 13:58.8         | Ed Whitlock             | 13          |
| M85                             | 20:15.9         | Les Leyland             | 3           |
|                                 |                 |                         |             |
| W30                             | 10:09.4         | Edel Mooney             | 5           |
| W35                             | 10:00.6         | Linda Findley           | 87          |
| W40                             | 9:53.02         | Mary Unsworth           | 2018        |
| W45                             | 10:29.74        | Tiffany Newell          | 2022        |
| W50                             | 11:05.4         | Kathryn Martin          | 2           |
| W55                             | 11:47.0         | Molly Turner            | 91          |
| <b>W60</b>                      | <b>11:40.99</b> | <b>Makie Ohler</b>      | <b>2023</b> |
| W65                             | 13:23.4         | Jean Horne              | 98          |
| W70                             | 14:51.1         | Molly Turner            | 6           |
| W75                             | 17:17.5         | Judith Kazdan           | 96          |
| W80                             | 19:34.9         | Judith Kazdan           | 0           |
|                                 |                 |                         |             |
| <b><u>Mile Steeplechase</u></b> |                 |                         |             |
|                                 |                 |                         |             |
| M35                             | 6:15.53         | Jimmy Semes             | 2016        |
| <b>M40</b>                      | <b>5:28.18</b>  | <b>Joshua Sanders</b>   | <b>2023</b> |
| M45                             | 5:56.30         | Gary Pluim              | 2020        |
| M50                             | 6:15.85         | James Wallace           | 2016        |
| <b>M55</b>                      | <b>6:57.99</b>  | <b>Richard Kalendra</b> | <b>2023</b> |
| <b>M60</b>                      | <b>7:10.84</b>  | <b>James Wallace</b>    | <b>2023</b> |
| M65                             | 7:18.84         | Wayne Chee              | 2020        |
| M70                             |                 |                         |             |
| M75                             | 15:13.7         | Pritam Sekhon           | 2020        |
| M80                             | 13:40.61        | Steffen Kampe           | 2018        |
|                                 |                 |                         |             |
| <b>W50</b>                      | <b>7:27.92</b>  | <b>Catherine Weber</b>  | <b>2023</b> |
| W55                             | 8:01.48         | Joy Kramarich           | 2018        |
|                                 |                 |                         |             |
| <b><u>3000m Racewalk</u></b>    |                 |                         |             |
| M35                             | 14:44.9         | Paul Guimond            | 95          |
| M40                             | 13:52.3         | Patrick Farrelly        | 80          |
| M45                             | 12:58.0         | Jaan Roos               | 84          |
| M50                             | 14:08.5         | Jianping Xu             | 2016        |
| M55                             | 15:39.4         | Stuart Summerhays       | 92          |
| M60                             | 15:37.9         | Max Gould               | 81          |
| M65                             | 16:03.0         | Max Gould               | 84          |
| M70                             | 17:55.8         | John Kittredge          | 15          |
| M75                             | 18:56.8         | Max Gould               | 93          |
| M80                             | 23:08.9         | Peter Fellowes          | 5           |
|                                 |                 |                         |             |
| W30                             | 14:59.4         | Rachel Robichaud        | 5           |
| W35                             | 13:55.4         | Joni Bender             | 98          |

|                     |                     |                          |             |
|---------------------|---------------------|--------------------------|-------------|
| W40                 | 15:24.6             | Nanci Sweazey            | 96          |
| W45                 | 15:08.7             | Nanci Sweazey            | 2           |
| W50                 | 16:49.5             | Nanci Sweazey            | 7           |
| W55                 | 17:52.8             | Anne de Thy              | 10          |
| W60                 | 17:01.5             | Kris Kozell              | 15          |
| W65                 | 17:46.5             | Kris Kozell              | 2020        |
| W70                 | 21:29.9             | Elga Meri                | 94          |
| W75                 | 21:46.6             | Jean Horne               | 11          |
| W80                 | 23:34.1             | Jean Horne               | 2016        |
|                     |                     |                          |             |
| <b>Shot Put</b>     |                     |                          |             |
| M30                 | 10.28               | Sharathvign Janarthanan  | 2022        |
| M35                 | 16.01               | Gintas Degutis           | 8           |
| M40                 | 14.44               | Mariusz Kosinski         | 11          |
| M45                 | 13.05               | Jim Wetenhall USA        | 3           |
| M50                 | 14.96               | Joseph Myers USA         | 6           |
| M55                 | 14.55               | Joe Myers USA            | 9           |
| M60                 | 13.72               | Art Jaago                | 88          |
| M65                 | 11.18               | Jerzy Wyroba             | 2017        |
| M70                 | 12.79               | Garry Bachman            | 94          |
| <b>M75</b>          | <b>11.40</b>        | <b>Jean-Pierre Mayer</b> | <b>2023</b> |
| M80                 | 10.05               | Garry Bachman            | 3           |
| M85                 | 9.88                | Garry Bachman            | 7           |
| M90                 |                     |                          |             |
| M95                 | 4.07                | Atter Singh Sekhon       | 2019        |
|                     |                     |                          |             |
| W30                 | 13.14               | Marie-Josée Le Jour      | 11          |
| W35                 | 11.19               | Gaby Szanto              | 3           |
| W40                 | 11.08               | Padideh Bolorizadeh      | 2018        |
| W45                 | 10.45               | Tracy Viggers            | 2019        |
| W50                 | 10.9                | Elizabeth Hill           | 14          |
| W55                 | 10.78               | Debbie Murfitt           | 13          |
| W60                 | 10.19               | Doreen Garner            | 2018        |
| W65                 | 9.16                | Doreen Garner            | 2022        |
| W70                 | 7.44                | Helgi Pedel              | 95          |
| W75                 | 8.11                | Adri Rowswell            | 2018        |
| W80                 | 6.67                | Velta Tomsons            | 11          |
| W85                 | 6.14                | Velta Tomsons            | 13          |
|                     |                     |                          |             |
| <b>Weight Throw</b> | (outdoors pre 2004) |                          |             |
| M30                 | 18.21               | Jason Baines             | 11          |
| M35                 | 13.34               | Richard Parkinson        | 4           |
| M40                 | 12.54               | James Findlay            | 1           |
| M45                 | 16.65               | Jim Wetenhall USA        | 3           |
| M50                 | 20.28               | Jim Wetenhall USA        | 6           |
| M55                 | 19.79               | Jim Wetenhall USA        | 10 WR       |
| M60                 | 17.64               | Ayman Mazhar             | 2020        |

|                  |             |                     |             |
|------------------|-------------|---------------------|-------------|
|                  | 17.62       | Jan Graczyk         | 13          |
| M65              | 16.24       | Emil Muller         | 1           |
| M70              | 15.84       | John Kasperski      | 14          |
| M75              | 15.07       | Emil Muller         | 11          |
| M80              | 13.29       | Garry Bachman       | 5           |
| M85              | 11.64       | Garry Bachman       | 7           |
| M90              |             |                     |             |
| M95              | 4.79        | Atter Singh Sekhon  | 2019        |
|                  |             |                     |             |
| W30              | 18.39       | Marie-Josée Le Jour | 11          |
| W35              | 10.78       | Diane JaamShahriari | 5           |
| <b>W40</b>       | <b>8.44</b> | <b>Laura Sivers</b> | <b>2023</b> |
| W45              | 10.2        | Tracy Viggers       | 2020        |
| W50              | 12.84       | Kristen Dajia       | 14          |
| W55              | 11.46       | Kathy Wetenhall     | 10          |
| W60              | 11.92       | Rhona Trott         | 9           |
| W65              | 10.56       | Rhona Trott         | 15          |
| W70              | 7.38        | Lucille Green       | 2022        |
|                  |             |                     |             |
| <b>High Jump</b> |             |                     |             |
| M30              | 1.8         | David Valenzuela    | 10          |
| M35              | 1.9         | Zoltan Sara         | 14          |
| M40              | 1.86        | Zoltan Sara         | 2017        |
| M45              | 1.81        | Witold Klinger      | 92          |
| M50              | 1.85        | Istvan Major        | 2           |
| M55              | 1.6         | Don Ritchie         | 2019        |
| M60              | 1.5         | Don Ritchie         | 2022        |
| M65              | 1.49        | Ian Hume            | 81          |
| M70              | 1.39        | Ian Hume            | 85          |
| M75              | 1.28        | Ian Hume            | 92          |
| M80              | 1.14        | Ian Hume            | 96          |
| M85              | 1.05        | Karl Trei           | 95          |
|                  |             |                     |             |
| W30              | 1.6         | Kristen Matthews    | 2017        |
| W35              | 1.56        | Kimi Nakatake USA   | 8           |
| W40              | 1.55        | Leslie Estwick      | 3           |
| W45              | 1.45        | Gaby Szanto         | 14          |
| W50              | 1.35        | Maria Mallia        | 6           |
|                  | 1.35        | Diana Cesaroni      | 2020        |
| W55              | 1.3         | Maria Mallia        | 11          |
| W60              | 1.25        | Edith Gray          | 96          |
|                  | 1.25        | Sue Hannon          | 2017        |
| W65              | 1.15        | Helgi Pedel         | 89          |
| W70              | 1.16        | Helgi Pedel         | 94          |
| W75              | 1.08        | Helgi Pedel         | 99          |
| W80              | 0.96        | Helgi Pedal         | 4           |
|                  |             |                     |             |

| <b><u>Pole Vault</u></b> |      |                        |      |
|--------------------------|------|------------------------|------|
| M30                      | 4.3  | Richard Sibley         | 8    |
| M35                      | 4.37 | Ken Roblec             | 88   |
| M40                      | 4.4  | Kevin Lake             | 13   |
| M45                      | 4    | Vladimir Kostic        | 81   |
| M50                      | 4    | Ed Hoyle               | 97   |
| M55                      | 3.9  | Matti Kilpelainen USA  | 4    |
| M60                      | 3.6  | Matti Kilpelainen      | 9    |
| M65                      | 3.2  | Stan Egerton           | 91   |
|                          | 3.2  | Matti KilpelainenUS    | 12   |
| M70                      | 2.73 | Stan Egerton           | 98   |
| M75                      | 2.6  | Stan Egerton           | 1    |
| M80                      | 1.8  | Ian Hume               | 95   |
|                          |      |                        |      |
| W35                      | 3    | Gaby Szanto            | 3    |
| W45                      | 2.8  | Gaby Szanto            | 12   |
| W50                      | 2.7  | Hillen Stubendorff GER | 3    |
| W55                      | 2.1  | Jutta Reigel           | 95   |
|                          | 2.1  | Ann Marie Rosenitsch   | 96   |
| W60                      | 1.8  | Edith Gray             | 96   |
| W65                      | 2    | Jutta Riegel           | 6    |
|                          |      |                        |      |
| <b><u>Long Jump</u></b>  |      |                        |      |
| M30                      | 7.41 | Y. Duranona Garcia MEX | 2020 |
| M35                      | 6.36 | Ron Thompson           | 87   |
|                          | 6.36 | Ron Thompson           | 88   |
|                          | 6.36 | Clayton Latham         | 2017 |
| M40                      | 6.47 | Todd Crawford          | 7    |
| M45                      | 6.1  | Nigel John             | 2020 |
| M50                      | 5.8  | Richard Lech           | 98   |
| M55                      | 5.43 | Richard Lech           | 3    |
| M60                      | 5.15 | Alan Slater            | 3    |
| M65                      | 4.97 | A. Brosz               | 75   |
| M70                      | 4.41 | Ian Hume               | 85   |
| M75                      | 3.95 | Chuck Sochor USA       | 4    |
| M80                      | 3.57 | Karl Trei              | 90   |
| M85                      | 3.12 | Karl Trei              | 95   |
| M90                      |      |                        |      |
| M95                      | 1.14 | Atter Singh Sekhon     | 2019 |
|                          |      |                        |      |
| W30                      | 4.56 | Ana Claudia Pedrero    | 2020 |
| W35                      | 5.33 | Lorena Reyes           | 2020 |
| W40                      | 5.24 | Leslie Estwick         | 3    |
| W45                      | 4.52 | Adri Rowswell          | 87   |
| W50                      | 4.22 | Kairy Loucks           | 2018 |
| [-0ppppppppp]            | 4.16 | Kairy Loucks           | 2022 |
| W60                      | 3.77 | Edith Gray             | 96   |



|  |       |                         |      |
|--|-------|-------------------------|------|
| W65  | 3.31  | Edith Gray              | 2    |
| W70  | 2.83  | Elga Meri               | 92   |
|  |       |                         |      |
| <b>Triple Jump</b>   |       |                         |      |
| M30  | 13.9  | Clayton Latham          | 12   |
| M35  | 12.88 | Ron Thompson            | 88   |
| M40  | 12.79 | Todd Crawford           | 7    |
| M45  | 11.89 | Alan Slater             | 88   |
| M50  | 11.62 | Igor Konovalov          | 99   |
| M55  | 11.31 | Mihai Ene               | 2018 |
| M60  | 10.97 | Thevarajan Sinnathurai  | 14   |
| M65  | 10.10 | Thevarajan Sinnathurai  | 2022 |
| M70  | 9.56  | Ian Hume                | 85   |
| M75  | 8.27  | Ian Hume                | 90   |
| M80  | 7.31  | Karl Trei               | 90   |
| M85  | 6.15  | Karl Trei               | 95   |
|  |       |                         |      |
| W35  | 12.07 | Michelle Hastick Cowell | 9    |
| W40  | 7.57  | Vera Cabanus            | 2019 |
| W45  | 8.92  | Liz McBlain             | 93   |
| W50  | 9.08  | Irene Thompson          | 6    |
| W55  | 8.24  | Kairy Loucks            | 2022 |
| W60  | 6.32  | Janice Chedore          | 2020 |
| W65  | 6.74  | Helgi Pedel             | 91   |
| W70  | 6.37  | Helgi Pedel             | 94   |
|  |       |                         |      |
| ( +0.24 correction factor electronic over hand timing, eg. 23.6 sec hand timed |       |                         |      |
| (30-34 age groups added in 2003)   |       |                         |      |