

Update Jan 29, 2024

50 Metres	M35	6.12	Alex	Gbaguidi	11-Mar-2017
50 Metres	M40	6.20	Malik	Crepsac	11-Feb-2007
50 Metres	M45	6.36	Michael	Le Foon	11-Feb-2006
50 Metres	M50	6.39	Kerry	Smith	12-Feb-2006
50 Metres	M55	6.64	Milton	Hart	5-Jan-2020
50 Metres	M60	7.03	Tony	Powell	2007
50 Metres	M65	7.19	Tony	Powell	2009
50 Metres	M70	7.50	Tony	Powell	5-Jan-2014
50 Metres	M75	7.86	Robert	Morley	25-Feb-2023
50 Metres	M80	8.72	Mike	Morris	25-Feb-2023
50 Metres	M85	9.53	Bill	Thompson	14-Mar-2015
50 Metres	M90	13.47	Atter	Singh Sekhon	10-Mar-2018
50 Metres	W35	6.88	Khama	Beckles	16-Mar-2013
50 Metres	W40	7.12	Maureen	Rodrique	4-Apr-2004
50 Metres	W45	7.35	Karla	Del Grande	9-Feb-2003
50 Metres	W50	7.15	Karla	Del Grande	12-Feb-2006
50 Metres	W55	7.33	Wendy	Alexis	15-Mar-2014
50 Metres	W60	7.25	Karla	Del Grande	11-Jan-2015
50 Metres	W65	7.66	Karla	Del Grande	6-Jan-2019
50 Metres	W70	9.59	Doreen	Carmichael	1-Feb-2004
50 Metres	W75				
50 Metres	W80	11.68	Doreen	Carmichael	10-Mar-2012
50 Metres	W85	21.73	Agnes	Lamb	25-Feb-2023
60 Metres	M35	6.98	Duane	Napier	1-Jul-1905
60 Metres	M40	7.12	Troy	Dos Santos	21-Feb-2016
60 Metres	M45	7.29	Michael	Lee Foon	18-Feb-2006
60 Metres	M50	7.35	Kerry	Smith	18-Mar-2006
60 Metres	M55	7.54	Kerry	Smith	1-Jul-1905
60 Metres	M60	7.87	Kerry	Smith	29-Jan-2017
60 Metres	M65	7.80	Cecil	Paul	8-Mar-2006
60 Metres	M70	8.39	John	O'Neill	5-Mar-1994
60 Metres	M75	8.92	John	O'Neill	28-Mar-1999
60 Metres	M80	10.24	Mike	Morris	5-Feb-2023
60 Metres	M85	11.27	Bill	Thompson	22-Feb-2015
60 Metres	M90	13.64	Karl	Trei	28-Mar-1999
60 Metres	M95	15.51	Atter Singh	Sekhon	24-Feb-2019
60 Metres	W35	7.90	Khama	Beckles	March-2014
60 Metres	W40	8.06	Leslie	Estwick	12-Mar-2001
60 Metres	W45	8.47	Karla	Del Grande	2003

60 Metres	W50	8.21	Karla	Del Grande	18-Mar-2006
60 Metres	W55	8.30	Karla	Del Grande	5-Mar-2011
60 Metres	W60	8.56	Karla	Del Grande	19-Jan-2014
60 Metres	W65	8.87	Karla	Del Grande	19-Jan-2020
60 Metres	W70	9.29	Karla	Del Grande	March 2023
60 Metres	W75				
60 Metres	W80	14.07	Aileen	Burgin	5-Feb-2023
60 Metres	W85	19.40	Agnes	Lamb	27-Feb-2022
200 Metres	M35	22.4	Kerry	Smith	7-Mar-1992
200 Metres	M40	23.35	Otis	Morgan	21-Feb-2016
200 Metres	M45	23.68	Michael	Lee Foon	12-Feb-2006
200 Metres	M50	24.03	Christopher	Warburton	19-Feb-2017
200 Metres	M55	24.05	Chris	Warburton	March 2023
200 Metres	M60	26.35	Kerry	Smith	26-Feb-2017
200 Metres	M65	26.81	Tony	Powell	2009
200 Metres	M70	28.46	Earl	Fee	28-Mar-1999
200 Metres	M75	30.59	Earl	Fee	16-Mar-2006
200 Metres	M80	32.07	Earl	Fee	29-Mar-2009
200 Metres	M85	38.53	Earl	Fee	28-Feb-2016
200 Metres	M90	68.78	Atter	Singh Sekhon	10-Mar-2018
200 Metres	M95	67.59	Atter	Singh Sekhon	24-Feb-2019
200 Metres	W35	26.58	Khama	Beckles	March-2014
200 Metres	W40	27.37	Maureen	Rodrigue	26-Mar-2004
200 Metres	W45	27.89	Violeta	Garfunkel	8-Mar-2020
200 Metres	W50	26.56	Karla	Del Grande	16-Mar-2006
200 Metres	W55	27.62	Karla	Del Grande	March, 2010
200 Metres	W60	28.23	Karla	Del Grande	March, 2014
200 Metres	W65	29.73	Karla	Del Grande	29-Mar-2019
200 Metres	W70	31.18	Karla	Del Grande	March 2023
200 Metres	W75				
200 Metres	W80	57.96	Agnes	Lamb	25-Feb-2018
200 Metres	W85	1:17.99	Agnes	Lamb	27-Feb-2022
400 Metres	M35	49.46	Ray	Cardinal	26-Feb-1983
400 Metres	M40	51.70	Nigel	John	25-Mar-2017
400 Metres	M45	52.14	Mike	Sherar	March 2010
400 Metres	M50	54.58	Mike	Sherar	25-Mar-2017
400 Metres	M55	55.63	Mike	Sherar	26-Mar-2019
400 Metres	M60	61.7	Norm	Baum	1987
400 Metres	M65	59.53	Earl	Fee	25-Feb-1995
400 Metres	M70	61.31	Earl	Fee	27-Mar-1999

400 Metres	M75	66.28	Earl	Fee	26-Mar-2004
400 Metres	M80	71.23	Earl	Fee	29-Mar-2009
400 Metres	M85	81.26	Earl	Fee	March, 2014
400 Metres	M90	1:30.76	Earl	Fee	23-Mar-2019
400 Metres	M95	3:06.60	Atter Singh	Sekhon	24-Feb-2019
400 Metres	W35	61.93	Maureen	Rodrigue	2002
400 Metres	W40	60.9	Maureen	Rodrigue	26-Mar-2004
400 Metres	W45	61.62	Karla	Del Grande	22-Feb-2003
400 Metres	W50	61.38	Karla	Del Grande	26-Feb-2005
400 Metres	W55	65.56	Karla	Del Grande	12-Feb-2012
400 Metres	W60	66.93	Karla	Del Grande	11-Mar-2018
400 Metres	W65	68.39	Karla	Del Grande	26-Mar-2019
400 Metres	W70	1:11.34	Karla	Del Grande	March 2023
800 Metres	M35	1:59.14	Derek	Hackshaw	2006
800 Metres	M40	1:55.83	Ian	Newhouse	8-Feb-1997
800 Metres	M45	1:58.51	Mike	Sherar	21-Feb-2010
800 Metres	M50	2:03.12	Paul	Osland	March, 2014
800 Metres	M55	2:08.12	Paul	Osland	28-Mar-2019
800 Metres	M60	2:16.3	Earl	Fee	1993
800 Metres	M65	2:16.80	Earl	Fee	27-Mar-1994
800 Metres	M70	2:20.45	Earl	Fee	28-Mar-1999
800 Metres	M75	2:32.47	Earl	Fee	26-Mar-2004
800 Metres	M80	2:52.57	Earl	Fee	March, 2010
800 Metres	M85	3:11.09	Earl	Fee	March, 2014
800 Metres	M90	3:42.52	Earl	Fee	23-March, 2019
800 Metres	W35	2:19.86	Anna	Cranton	2001
800 Metres	W40	2:17.09	Mary	Unsworth	10-Mar-2018
800 Metres	W45	2:22.25	Annie	Bunting	10-Mar-2012
800 Metres	W50	2:25.13	Annie	Bunting	14-Mar-2015
800 Metres	W55	2:31.73	Kathryn	Martin	25-Mar-2007
800 Metres	W60	2:51.12	Makie	Ohler	25-Feb-2023
800 Metres	W65	2:54.8	Jean	Horne	14-Mar-1998
800 Metres	W70	3:13.0	Jean	Horne	26-Jan-2003
1500 Metres	M35	4:03.2	Ray	Tucker	2-Mar-1985
1500 Metres	M40	3:58.6	Dave	Stewart	9-Feb-1990
1500 Metres	M45	4:17.26	Jay	Brecher	30-Mar-2019
1500 Metres	M50	4:16.90	Paul	Osland	March, 2014
1500 Metres	M55	4:26.22	Stuart	Galloway	14-Feb-2016
1500 Metres	M60	4:43.66	Earl	Fee	5-Mar-1994
1500 Metres	M65	4:47.11	Earl	Fee	26-Mar-1994

1500 Metres	M70	5:12.22	Ed	Whitlock	21-Feb-2004
1500 Metres	M75	5:20.40	Ed	Whitlock	17-Feb-2007
1500 Metres	M80	5:48.47	Ed	Whitlock	19-Mar-2011
1500 Metres	M85	6:38.87	Ed	Whitlock	19-Mar-2016
1500 Metres	W35	4:40.94	Janet	Takahashi	12-Feb-1994
1500 Metres	W40	4:28.12	Sasha	Gollish	17-Feb-2023
1500 Metres	W45	4:46.12	Tiffany	Newell	27-Feb-2022
1500 Metres	W50	4:57.6	Kathryn	Martin	8-Feb-2004
1500 Metres	W55	4:58.70	Kathryn	Martin	22-Feb-2007
1500 Metres	W60	5:43.12	Makie	Ohler	26-Feb-2023
1500 Metres	W65	6:23.28	Molly	Turner	3-Mar-2001
1500 Metres	W70	7:09.82	Dorly	Brechbuehl	1995
1500 Metres	W75	8:09.68	Judith	Kazdan	4-Mar-1995
1500 Metres	W80	9:12.97	Judith	Kazdan	4-Mar-2000
3000 Metres	M35	8:41.23	Bob	Moore	1976
3000 Metres	M40	9:38.71	Jan	Pedder	27-Feb-2011
3000 Metres	M45	8:49.35	Steve	Boyd	22-Jan-2011
3000 Metres	M50	9:05.43	Jerry	Kooymans	24-Mar-2006
3000 Metres	M55	9:41.54	Simon	Rayner	24-Mar-2019
3000 Metres	M60	10:05.3	Ed	Whitlock	5-Mar-1994
3000 Metres	M65	10:11.60	Ed	Whitlock	9-Mar-1996
3000 Metres	M70	10:52.40	Ed	Whitlock	26-Feb-2005
3000 Metres	M75	11:17.21	Ed	Whitlock	3-Mar-2007
3000 Metres	M80	12:00.88	Ed	Whitlock	19-Mar-2011
3000 Metres	M85	13:41.96	Ed	Whitlock	19-Mar-2016
3000 Metres	W35	9:03.66	Courtney	Babcock	7-Feb-2009
3000 Metres	W40	9:36.34	Sasha	Gollish	17-Feb-2023
3000 Metres	W45	10:29.74	Tiffany	Newell	27-Feb-2022
3000 Metres	W50	10:23.84	Kathryn	Martin	6-Mar-2004
3000 Metres	W55	10:35.76	Kathryn	Martin	23-Mar-2007
3000 Metres	W60	11:40.99	Makie	Ohler	5-Feb-2023
3000 Metres	W65	13:23.38	Jean	Horne	14-Mar-1998
3000 Metres	W70	14:51.1	Molly	Turner	11-Mar-2006
3000 Metres	W75	17:17.48	Judith	Kazdan	9-Mar-1996
3000 Metres	W80	19:34.94	Judith	Kazdan	4-Mar-2000
5000 Metres	M35	15:04.3	Ken	Hamilton	7-Mar-1987
5000 Metres	M40	15:27.19	Pedrag	Mladenovic	24-Feb-2013
5000 Metres	M45	15:50.6	Benjamin	Johns	2-Mar-1985
5000 Metres	M50	16:07.3	Benjamin	Johns	8-Mar-1986
5000 Metres	M55	16:27.80	Stuart	Galloway	21-Feb-2016

5000 Metres	M60	17:50.63	Stuart	Galloway	12-Mar-2023
5000 Metres	M65	18:47.07	Jerry	Kooymans	28-Jan-2024
5000 Metres	M70	22:13.69	Jack	Geddes	8-Jan-2012
5000 Metres	M75	23:29.18	Jack	Geddes	3-Feb-2013
5000 Metres	M80	30:35.78	David	Willet	8-Jan-2012
5000 Metres	W35	18:24.42	Mary	Unsworth	29-Jan-2017
5000 Metres	W40	17:07.11	Mary	Unsworth	21-Jan-2018
5000 Metres	W45	18:02.30	Tiffany	Newell	13-Feb-2022
5000 Metres	W50	18:58.48	Agathe	Nicholson	8-Jan-2012
5000 Metres	W55	21:18.46	Nancy	Catton	28-Jan-2024
5000 Metres	W60	22:52.51	Lynn	Kobayashi	29-Jan-2017
5000 Metres	W65	24:02.87	Clara	Northcott	2-Feb-2020
60 Metre Hurdles	M35	8.55	Simon	Taggart	25-Feb-2023
60 Metre Hurdles	M40	9.11	Glenn	Chipkar	02-Ma
60 Metre Hurdles	M45	8.98	Scott	Tyler	11-Mar-1995
60 Metre Hurdles	M50	8.83	Scott	Tyler	9-Mar-1991
60 Metre Hurdles	M55	9.27	Scott	Tyler	4-Mar-1995
60 Metre Hurdles	M60	9.44	Ward	Hazen	14-Mar-2015
60 Metre Hurdles	M65	9.72	Ward	Hazen	25-Feb-2023
60 Metre Hurdles	M70	10.60	Ryszard	Lech	29-Mar-2019
60 Metre Hurdles	M80	14.08	Karl	Trei	1993
60 Metre Hurdles	M85	14.36	Karl	Trei	4-Mar-1995
60 Metre Hurdles	W35	10.12	Corry	Fox	1996
60 Metre Hurdles	W40	8.95	Leslie	Estwick	
60 Metre Hurdles	W45	10.30	Nicole	Luke	10-Mar-2018
60 Metre Hurdles	W50	10.24	Diana	Cesaroni	8-Mar-2020
60 Metre Hurdles	W55	11.29	Rhona	Trott	2008
60 Metre Hurdles	W60	11.33	Rhona	Trott	
60 Metre Hurdles	W65	13.83	Rhona	Trott	9-Mar-2014
1500 Metres RW	M35	6:59.49	Jean Piere	Fortin	10-Mar-2012
1500 Metres RW	M40	6:57.7	Roman	Olzewski	7-Dec-1991
1500 Metres RW	M45	6:13.48h	Jianping	Xu	9-Jan-2011
1500 Metres RW	M50	6:51.64	Jianping	Xu	19-Mar-2016
1500 Metres RW	M55	7:29.2	Stuart	Summerhayes	7-Dec-1991
1500 Metres RW	M60	7:45.20	John	Kittredge	15-Mar-2009
1500 Metres RW	M65	7:55.17	John	Kittredge	9-Jan-2011
1500 Metres RW	M70	8:19.20	John	Kittredge	14-Mar-2015
1500 Metres RW	M75	10:00.48	Stuart	Summerhays	3-Jan-2010
1500 Metres RW	M80	11:56.36	Peter	Fellowes	16-Jan-2005
1500 Metres RW	W35	7:26.4	Nanci	Sweazey	12-Dec-1993

1500 Metres RW	W40	7:50.46	Kitty	Cashman	18-Jan-2004
1500 Metres RW	W45	7:04.68	Nanci	Sweazey	18-Feb-2005
1500 Metres RW	W50	7:08.45	Nanci	Sweazey	24-Feb-2006
1500 Metres RW	W55	8:02.88	Linda	Wilson	10-Mar-2012
1500 Metres RW	W60	8:08.20	Nancy	Patten	11-Mar-2017
1500 Metres RW	W65	8:28.72	Kris	Kozell	17-Feb-2019
1500 Metres RW	W70	8:50.79	Kris	Kozell	22-Jan-2023
1500 Metres RW	W75	10:36.32	Jean	Horne	3-Jan-2010
1500 Metres RW	W80	11:05.43	Jean	Horne	14-Mar-2015
1500 Metres RW	W85	11:53.48	Jean	Horne	10-Mar-2018
3000 Metres RW	M35	14:44.9	Paul	Guimond	4-Mar-1995
3000 Metres RW	M40	13:52.3	Patrick	Farrelly	2-Feb-1980
3000 Metres RW	M45	12:58.0	Jan	Roos	28-Jan-1984
3000 Metres RW	M50	13:59.2	Jan	Roos	1-Apr-1989
3000 Metres RW	M55	15:31.1	Stuart	Summerhayes	4-Apr-1992
3000 Metres RW	M60	15:53.3	Stuart	Summerhayes	4-Mar-1995
3000 Metres RW	M65	16:03.0	Max	Gould	28-Jan-1984
3000 Metres RW	M70	17:36.43	John	Kittredge	15-Mar-2015
3000 Metres RW	M75	18:56.76	Max	Gould	6-Mar-1993
3000 Metres RW	M80	23:08.7	Peter	Fellows	26-Feb-2005
3000 Metres RW	M90	23:43.8	Joe	Finkel	10-Dec-1994
3000 Metres RW	W35	13:55.4	Joni	Bender	14-Mar-1998
3000 Metres RW	W40	15:24.6	Nanci	Sweazey	9-Mar-1996
3000 Metres RW	W45	15:01.51	Nanci	Sweazey	March 2003
3000 Metres RW	W50	15:36.16	Nanci	Sweazey	18-Feb-2006
3000 Metres RW	W55	16:41.22	Nanci	Sweazey	22-Jan-2011
3000 Metres RW	W60	17:01.46	Kris	Kozell	22-Feb-2015
3000 Metres RW	W65	17:46.49	Kris	Kozell	8-Mar-2020
3000 Metres RW	W70	20:40.6	June-Marie	Provost	24-Apr-2005
3000 Metres RW	W75	20:40.6	Jean	Horne	27-Feb-2011
3000 Metres RW	W80	22:56.78	Jean	Horne	16-Mar-2014
Long Jump	M35	6.75	Clayton	Latham	17-Jan-2016
Long Jump	M40	6.64	Nigel	John	8-Feb-2015
Long Jump	M45	6.36	Vladimir	Kostric	14-Feb-1981
Long Jump	M50	5.92	Nigel	John	25-Feb-2023
Long Jump	M55	5.43	Richard	Lech	2003
Long Jump	M60	5.17	Alan	Slater	4-Jan-2003
Long Jump	M65	4.38	Ward	Hazen	8-Mar-2020
Long Jump	M70	3.71	Stan	Seitz	26/27 Jan-2019
Long Jump	M75	3.84	Karl	Trei	7-Mar-1987
Long Jump	M80	3.57	Karl	Trei	10-Mar-1990

Long Jump	M85	3.12	Karl	Trei	4-Mar-1995
Long Jump	M90	2.49	Karl	Trei	28-Mar-1999
Long Jump	M95	1.45	Atter Singh	Sekhon	8-Mar-2019
Long Jump	W35	5.18	Lorena	Reyes	24-Feb-2019
Long Jump	W40	5.54	Leslie	Estwick	24-Mar-2001
Long Jump	W45	4.52	Adri	Roswell	1987
Long Jump	W50	4.22	Kairy	Loucks	25-Feb-2018
Long Jump	W55	4.24	Kairy	Loucks	28-Jan-2024
Long Jump	W60	3.77	Edith	Gray	1996
Long Jump	W65	3.31	Edith	Gray	2-Mar-2002
Long Jump	W70	3.02	Elga	Meri	3-Apr-1992
Triple Jump	M35	12.88	Ron	Thompson	1988
Triple Jump	M40	12.79	Todd	Crawford	2007
Triple Jump	M45	12.06	Alan	Slater	28-Aug-1988
Triple Jump	M50	12.54	Derek	Boosey	6-Feb-1993
Triple Jump	M55	11.67	Mihai	Ene	11-Mar-2018
Triple Jump	M60	10.97	Thevarajan	Sinnathurai	9-Mar-2014
Triple Jump	M65	10.10	Thevarajan	Sinnathurai	27-Feb-2022
Triple Jump	M70	8.4	Peter	Zowkewych	19-Feb-2022
Triple Jump	M75	7.37	Jean-Pierre	Mayer	5-Feb-2023
Triple Jump	M80	7.31	Karl	Trei	10-Mar-1990
Triple Jump	M85	6.67	Karl	Trei	25-Mar-1994
Triple Jump	M90	5.18	Karl	Trei	28-Mar-1999
Triple Jump	W35	12.07	Michelle	Hastick Cowell	29-Mar-2009
Triple Jump	W40	10.64	Michelle	Hastick-Cowell	15-Mar-2015
Triple Jump	W45	9.66	Michelle	Hastick-Cowell	26-Feb-2023
Triple Jump	W50	8.69	Kairy	Loucks	11-Mar-2018
Triple Jump	W55	8.76	Kairy	Loucks	26-Feb-2023
Triple Jump	W60	7.20	Lisa	Frandsen	28-Jan-2024
Triple Jump	W65	6.74	Helgi	Pedel	9-Mar-1991
Triple Jump	W70	6.37	Helgi	Pedel	5-Mar-1994
High Jump	M35	1.93	Zoltan	Sara	17-Mar-2013
High Jump	M40	1.87	Zoltan	Sara	21-Jan-2018
High Jump	M45		Witold	Klinger	1992
		1.70	Zoltan	Sara	26-Feb-2023
		1.70	Shawn	Folkes	2016
High Jump	M50	1.85	Istvan	Major	2002
High Jump	M55	1.65	Don	Ritchie	21-Jan-2018
High Jump	M60	1.57	Don	Ritchie	19-Feb-2022
High Jump	M65	1.45	Peter	Zowkewych	28/29-Jan-2017

High Jump	M70	1.37	Peter	Zowkewych	19-Feb-2022
High Jump	M75	1.25	Jean-Pierre	Mayer	5-Feb-2023
High Jump		1.25	Stan	Seitz	5-Feb-2023
		1.25	Stan	Seitz	26-Feb-2023
High Jump	M80	0.95	Peter	Tams	8-Mar-2020
High Jump		0.95	Helmut	Brosz	5-Feb-2023
High Jump	M85	1.09	Earl	Fee	30-Dec-2015
High Jump	M90	0.89	Karl	Trei	27-Mar-1999
High Jump	W35	1.60	Maresa	Ryan	19-Jan-2014
High Jump	W40	1.55	Leslie	Estwick	2003
High Jump	W45	1.45	Gaby	Szanto	9-Mar-2014
High Jump	W50	1.35	Diana	Cesaroni	8-Mar-2020
High Jump	W55	1.30	Maria	Mallia	27-Feb-2011
High Jump	W60	1.30	Edith	Grey	28-Mar-1996
High Jump	"	1.30	Sue	Hannon	12-Mar-2017
High Jump	W65	1.15	Helgi	Pedel	11-Mar-1989
High Jump	W70	1.16	Helgi	Pedel	5-Mar-1994
High Jump	W75	1.08	Helgi	Pedel	6-Mar-1999
High Jump	W80	0.96	Helgi	Pedel	6-Mar-2004
Pole Vault	M35	4.80	Kevin	Lake	25-Apr-2005
Pole Vault	M40	4.40	Kevin	Lake	10-Mar-2013
Pole Vault	M45	4.00	Vladimir	Kostric	1981
Pole Vault	M50	3.86	George	Barber	23-Feb-2014
Pole Vault	M55	3.43	Mark	Schaber	22-Feb-2015
Pole Vault	M60	3.11	Hugh	Miller	
Pole Vault	M65	3.20	Stan	Egerton	9-Mar-1991
Pole Vault	M70	2.73	Stan	Egerton	1998
Pole Vault	M75	2.60	Stan	Egerton	3-Mar-2001
Pole Vault	W35	3.00	Gaby	Szanto	9-Apr-2012
Pole Vault	W40	2.95	Charlotte	Ireland	5-Jan-2020
Pole Vault	W45	2.80	Gaby	Szanto	26-Feb-2012
Pole Vault	W45	2.80	Gaby	Szanto	26-Feb-2012
Pole Vault	W50	2.40	Gaby	Szanto	10-Mar-2018
Pole Vault	W55	2.10	Ann Marie	Rosenitsch	1996
Pole Vault	W60	1.80	Edith	Gray	1996
Shot Put	M35	16.85	Gintas	Degutis	18-Jan-2008
Shot Put	M40	14.44	Mariusz	Kosinski	27-Feb-2011
Shot Put	M45	12.81	John	Kasperski	4-Feb-1989
Shot Put	M50	14.33	Jean-Pierre	Mayer	25-Mar-2000
Shot Put	M55	14.10	John	Kasperski	4-Mar-2000

Shot Put	M60	13.72	Art	Jaago	5-Mar-1988
Shot Put	M65	11.65	Peter	Zowkewych	17-Jan-2016
Shot Put	M70	12.79	Garry	Bachman	5-Mar-1994
Shot Put	M75	11.78	Jean-Pierre	Mayer	March 2023
Shot Put	M80	10.05	Garry	Bachman	2003
Shot Put	M85	9.97	Garry	Bachman	22-Jan-2007
Shot Put	M90	8.81	Garry	Bachman	22-Jan-2012
Shot Put	M95	4.07	Atter Singh	Sekhon	24-Feb-2019
Shot Put	W35	11.57	Marie-Josee	Le Jour	19-Mar-2016
Shot Put	W40	11.57	Padideh	Bolorizadeh	10-Mar-2018
Shot Put	W45	10.62	Tracy	Viggers	10-Mar-2018
Shot Put	W50	11.23	Elizabeth	Hill	16-Mar-2014
Shot Put	W55	10.93	Elizabeth	Hill	19-Mar-2016
Shot Put	W60	10.19	Doreen	Garner	25-Feb-2018
Shot Put	W65	10.03	Doreen	Garner	25-Mar-2019
Shot Put	W70	7.44	Helgi	Pedel	1995
Shot Put	W75	8.37	Adri	Rowswell	21-Feb-2016
Shot Put	W80	6.83	Velta		13-Feb-2011
Shot Put	W85	6.29	Velta		3-Feb-2013
Weight Throw	M35	13.34	Richard	Parkinson	2004
Weight Throw	M40	12.54	James	Findlay	2001
Weight Throw	M45	12.78	Richard	Parkinson	2010
Weight Throw	M50	18.10	Jan		11-Mar-2006
Weight Throw	M55	17.99	Jan		2010
Weight Throw	M60	17.64	Ayman	Mazhar	8-Mar-2020
Weight Throw	M65	13.55	Brock	Pullen	22-Feb-2015
Weight Throw	M70	15.84	John	Kasperski	9-Mar-2014
Weight Throw	M75	15.81	Emil	Muller	11-Feb-2012
Weight Throw	M80	14.67	Emil	Muller	19-Dec-2015
Weight Throw	M85	13.55	Garry	Bachman	25-Feb-2007
Weight Throw	M90	10.01	Garry	Bachman	22-Jan-2012
Weight Throw	M95	4.79	Atter Singh	Sekhon	24-Feb-2019
Weight Throw	W35	17.64	Marie-Josee	Le Jour	15-Mar-2014
Weight Throw	W40	11.54	Laura	Sivers	25-Feb-2023
Weight Throw	W45	10.20	Tracy	Viggers	8-Mar-2020
Weight Throw	W50	13.10	Kristen	Dajia	13-Jan-2014
Weight Throw	W55	12.68	Kristen	Dajia	13-Feb-2022
Weight Throw	W60	14.75	Kristen	Dajia	28-Jan-2024
Weight Throw	W65	11.46	Doreen	Garner	5-Jan-2020
Weight Throw	W70	8.05	Lucille	Green	29-Dec-2021

Weight Throw	W75	9.25	Joanne	M Den Iseger	25-Feb-2023
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TTFC, Toronto,	
Toronto, ON	
Toronto, ON	
Toronto, ON	
Mini Meet #1, TTFC, Toronto, ON	
OMA Minim Meet #2	
OMA Mini Meet #2	
OMA Mini Meet #1	
CMA Championships TTFC	
CMA Championships TTFC	
CMA Campionships, TTFC, Toronto, ON	
CMA Campionships, TTFC, Toronto, ON	
CMA Campionships, TTFC, Toronto, ON	
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CMA Championships, TTFC, Toronto, ON	
OMA Mini Meet #1, TTFC, Toronto, ON	
OMA Mini Meet #1, TTFC, Toronto, ON	
Toronto, ON	
CMA Championships, TTFC, Toronto, ON	
CMA Championships TTFC	
OMA Mini Meet #3	
OMA Mini Meet #3, TTFC, Toronto, ON	
Toronto, ON	
Linz, Austria	
OMA Mini Meet #3	
Mini Meet #2, TTFC, Toronto, ON	
Toronto	
Toronto	
Boston MA	
OMA Championships	
OMA Championships, TTFC, Toronto, ON	
Boston MA	
OMA Championships, TTFC, Toronto, ON	
WMA Indoor Champs, Budapest, HU	
Boston, MA	
Indoor Championships	

Linz Austria	
USATF Indoor Champs, Albuquerque, NM	
OMA Mini Meet #2, TTFC, Toronto, ON	
OMA Mini Meet #2, TTFC, Toronto, ON	
WMA Indoor Champs - Torun	
OMA Championships	
OMA Championships	
Toronto, ON	
OMA Mini Meet #3, TTFC, Toronto, ON	
Toronto, ON	
Mini Meet #3, TTFC, Toronto, ON	
WMA Indoor Champs - Torun	
OMA Championships, TTFC, Toronto, ON	
OMA Mini Meet #3	
Boston MA	
Linz, AUT	
OMA Indoor Championships	
OMA Championships, TTFC, Toronto, ON	
CMA Championships, TTFC, Toronto, ON	
OMA Championships, TTFC, Toronto, ON	
WMA Indoor Championships, Budapest, HU	
Boston, MA	
OMA Championships, TTFC, Toronto, ON	
Linz, AUT	
USATF Indoor Champs Boston, MA	
WMA Indoor Championships, Budapest, HU	
WMA Indoor Championships Torun Poland	
WMA Indoor Champs - Torun	
OMA Champs, TTFC, Toronto, ON	
OMA Championships	
Sherbrooke, QC	
WMA Championships, Daegu, South Korea	
WMA Indoor Champioships, Kamloops, BC	
WMA Championships, Daegu, South Korea	
WMA Championships, Torun, POL	
Indoor Championships	
Reno, NV	
Boston, MA	

Boston, MA	
OMA Indoor Champs, TTFC	
WMA Indoor Champs, Budapest, HU	
IA	
ON	
OMA Indoor Champs	
Boston MA	
Toronto	
Indoor Championships	
Mini Meet #3, TTFC, Toronto, ON	
CMA Champs, TTFC, Toronto, ON	
WMA Championships, Torun, POL	
WMA Indoor Champs - Torun	
OMA Indoor Championships	
Winnipeg MB	
AO Senior Championships	
WMA Champs, Budapest, HU	
WMA Championships, Torun, POL	
OMA Indoor Championships	
Columbia MO	
Boston MA	
Boston MA	
USATF Champs Boston MA	
WMA Indoor Champs, Budapest, HU	
IA	
OMA Indoor Championships	
CMA Champs, TTFC, Toronto, ON	
ON	
CMA Champs, TTFC, Toronto, ON	
Boston MA	
CMA Championships TTFC	
OMA Indoor Championships	
Toronto	
OMA Indoor Championships	
New Jersey USA	
WMA Championships, Torun, POL	
WMA Indoor Champs, Budapest, HU	
AO Youth-Senior Champs, TTFC, Toronto, ON	
OMA Indoor Championships	
Columbia MO	

Variety Village AC Sprints Mini Meet					
MM#2 TTFC	M65	19:33.9	Jerry	Kooyman S	22-Jan-2023
MM #1, TTFC, Toronto, ON					
MM #2, TTFC, Toronto, ON					
MM #1, TTFC, Toronto, ON					
MM #2, TTFC, Toronto, ON					
MM#3 TTFC					
MM #1, TTFC, Toronto, ON					
MM #2 TTFC	W55	21:48.46	Lynn	Kobayas hi	24-Feb-2013
MM #2, TTFC, Toronto, ON					
MM #3, TTFC, Toronto, ON					
CMA Championships TTFC					
OMA Champs TTFC					
OMA Champs					
OMA Champs					
OMA Champs					
CMA Champs, TTFC, Toronro, ON					
CMA Championships TTFC					
WMA Championships, Torun, POL					
OMA Champs					
OMA Champs					
OMA Champs					
Boston, MA					
CMA Champs, TTFC, Toronto, ON					
OMA Championships, TTFC, Toronto, ON					
Indoor Pentathlon Championships					
OMA Indoor Championships					
OMA Champs, TTFC, Toronto, ON					
OMA Indoor Champs, TTFC, Toronto, ON					
North York, ON					
OMA Mini Meet #1, TTFC, Toronto, ON					
CMA Championships, TTFC, Toronto, ON					
North York, ON					
Mini Meet #4, TTFC, Toronto, ON					
OMA Mini Meet #1, TTFC, Toronto, ON					
CMA Champs, TTFC, Toronto, ON					
OMA Mini Meet #1, TTFC, Toronto, ON					
OMA Mini Meet #1, TTFC, Toronto, ON					
North York, ON					

OMA Mini Meet #1, TTFC, Toronto, ON					
Hamilton, ON					
Hamilton, ON					
CMA Champs, TTFC, Toronto, ON					
CMA Championships, TTFC, Toronto, ON					
OMA Mini Meet #3, TTFC, Toronto, ON					
MM#2 TTFC	W70	10:07.84	Lina	Liscio	19-Jan-2020
OMA Mini Meet #1, TTFC, Toronto, ON					
CMA Champs, TTFC, Toronto, ON					
CMA Champs, TTFC, Toronto, ON					
North York					
Toronto, ON					
Toronto, ON					
Columbus, OH					
Columbus, OH					
CMA Champs, TTFC, Toronto, ON					
Toronto					
Toronto					
Boston MA					
Toronto					
Bavarian Indoor Championships, Munich, GER					
OMA Championships, TTFC, Toronto, ON					
OMA Championships, TTFC, Toronto, ON					
Toronto					
OMA Championships					
OMA Championships					
OMA Mini Meet #1, TTFC, Toronto, ON					
OMA Mini Meet #3,, TTFC, Toronto, ON					
OMA Indoor Championships					
CMA Championships TTFC					
OMA Indoor Championships					
Toronto					
OMA Indoor Championships					
US Combined Events Champs, Kenosha, WI					
OMA Indoor Championships					
OMA Indoor Championships					

OMA Indoor Championships					
Boston MA					
AB					
OMA Indoor Championships					
Boston MA					
OMA Indoor Championships					
OMA Indoor Championships					
MM#2 TTFC	W55	4.18	Kairy	Loucks	25-Feb-2023
OMA Indoor Championships					
OMA Indoor Championships					
Columbus OH					
OMA Indoor Championships					
OMA Indoor Championships					
Toronto, ON					
Syracuse, NY					
CMA Championships, TTFC, Toronto, ON					
OMA Indoor Championships					
OMA Championships					
MM#4 TTFC					
OMA Indoor Championships					
OMA Indoor Championships					
OMA Indoor Championships					
Boston, MA					
Indoor Championships					
CMA Champs, TTFC, Toronto, ON					
CMA Championships TTFC					
CMA Championships, TTFC, Toronto, ON					
CMA Championships TTFC					
MM#2 TTFC	W60	6.32	Janice	Chedore	8-Mar-2020
OMA Indoor Championships					
Indoor Championships					
CMA Championships, TTFC, Toronto, ON					
Mini Meet #2, TTFC, Toronto, ON					
OMA Indoor Championships					
CMA Championships TTFC					
OMA Indoor Championships					
Mini Meet #2, TTFC, Toronto, ON					
MM#4 TTFC					
WI					

MM#4 TTFC	
OMA Championships	
OMA Championships	
CMA Championships TTFC	
OMA Indoor Championships	
OMA Championships	
Gary Lubin Jump-off, TTFC, Toronto, ON	
Boston MA	
OMA Mini Meet #2, TTFC, Toronto, ON	
OMA Indoor Championships	
OMA Indoor Championships	
OMA Indoor Championships	
OMA Indoor Championships	
OMA Indoor Championships	
Greensboro NC	
CMA Championships, TTFC, Toronto, ON	
OMA Indoor Championships	
OMA Indoor Championships	
OMA Indoor Championships	
OMA Indoor Championships	
OMA Indoor Championships	
OMA Indoor Championships	
College Station, TX	
OMA Indoor Championships	
OMA Indoor Championships	
OMA Indoor Championships	
OMA Indoor Championships	
OMA Indoor Championships	
OMA Indoor Championships	
Mini Meet #1, TTFC, Toronro, ON	
OMA Indoor Championships	
WMA Indoor Championships, Jyväskylä Finland	
CMA Champs, TTFC, Toronro, ON	
OMA Indoor Championships	
OMA Indoor Championships	
U of T Track Classic	
OMA Indoor Championships	
Ottawa, ON	
Boston, Ma	
OMA Indoor Championships	

OMA Indoor Championships					
OMA Mini Meet #1, TTFC, Toronto, ON					
OMA Indoor Championships					
WMA Indoor Champs - Torun					
OMA Indoor Championships					
Toronto, ON					
OMA Mini Meet #2, TTFC, Toronto, ON					
OMA Indoor Championships					
CMA Championships, TTFS, Toronto, ON					
CMA Championships, TTFC, Toronto, ON					
CMA Champs, TTFC, Toronto, ON					
CMA Champs, TTFC, Toronto, ON					
CMA Championships, TTFC, Toronto, ON					
OMA Indoor Championships					
WMA Championships, Torun, POL					
OMA Indoor Championships					
OMA Mini Meet #3, TTFC, Toronto, ON					
OMA Mini Meet #4					
OMA Mini Meet #2, TTFC, Toronto, ON					
OMA Indoor Championships					
OMA Indoor Championships					
OMA Indoor Championships					
OMA Indoor Championships					
OMA Indoor Championships					
OMA Indoor Championships					
OMA Indoor Championships					
OMA Indoor Championships					
Ottawa Super Seies, Ottawa, ON					
Ottawa Lions Super Saturday Ottawa, ON					
Toronto					
OMA Mini Meet #2, TTFC, Toronto, ON					
OMA Indoor Championships					
Canadian Indoor Champs, Montreal, QC					
CMA Championships TTFC					
OMA Indoor Championships					
OMA Mini Met #2, TTFC, Toronto, ON					
TTFC Mini Meet #3					
MM#2 TTFC	W60	12.03	Rhona	Trott	16-Mar-2009
Mini Meet #1, TTFC, Toronto, ON					
St Catherines Throws Meet					

IVIM#2
TTEC

IVIM #3,
TTEC

OWA Mini
Meet #2

CMA	
Champion	

CMA
Indoor

OIVA Mini
Meet #4