

# Canadian Masters Indoor Championships

**2003 - Toronto / Meet Director - Brian Keaveney**

**2011 - Kamloops / Meet Director - Judy Armstrong**

**2012 - Toronto / Meet Director - Doug Smith**

**2013 - Toronto / Meet Director - Doug Smith**

**2014 - Toronto / Meet Director - Doug Smith**

**2015 - Toronto / Meet Director - Doug Smith**

**2016 - Toronto / Meet Director - Doug Smith**

**2017 - Toronto / Meet Director - Doug Smith**

**2018 - Toronto / Meet Director - Doug Smith**

**2019 - Edmonton / Meet Director - Athletics Alberta**

**2020 - Cancelled**

**2021 - Cancelled**

**2022 - Saint John / Meet Director - Bill MacMackin**

**2023 - Toronto / Meet Director - Doug Smith**

**2024 - Montreal / Meet Director - Danielle Boulanger**

**2025 - Winnipeg / Meet Director - Matt Blewett**

Compiled by Doug Smith    Doug@ontariomasters.ca

<b>50m</b>				
W30	Latasha Caesar	7.19	ON	2018
W35	Khama Beckles	6.88	ON	2013
W40	Kerri Lovelace	7.01	SK	2024
W45	Tracy Viggers	7.58	ON	2018
W50	Valerie Hargreaves	8.25	ON	2018
W55	Wendy Alexis	7.33	ON	2014
W60	Karla Del Grande	7.33	ON	2014
W65	Karla Del Grande	7.81	ON	2023
W70	Carol Lafayette-Boyd	8.1	SK	2017
W75	Carol Lafayette-Boyd	8.08	SK	2018
W80	Christa Bortignon	9.03	BC	2017
W85	Agnes Lamb	21.73	ON	2023
M30	Alexandre Gbaguidi	6.13	PQ	2013
	Mike James	6.13	ON	2015
M35	Alexandre Gbaguidi	6.12	PQ	2017
M40	Jackson Hinton	6.17	AB	2023
M45	Brian Carnate	6.37	BC	2023
M50	Christopher Warburton	6.41	ON	2018
M55	Robert Nasato	6.69	ON	2016
M60	Allan Tissenbaum	6.66	USA	2023
M65	Richard Lech	7.37	ON	2013
M70	Robert Morley	7.52	ON	2018
M75	Douglas Spencer	7.72	USA	2023
M80	Ted Rowan	8.13	SK	2014
M85	Bill Thompson	9.53	ON	2015
M90	Atter Singh Sekhon	13.47	ON	2018

<b>60m</b>				
W30	Jillian Simmons	8.33	ON	2018
W35	Khama Beckles	8.05	ON	2013
W40	LaToya Austin	8.51	ON	2018
W45	Del Grande, Karla	8.47	ON	2003
W50	Kelly Silcox	8.67	AB	2019
W55	Wendy Alexis	8.59	ON	2014
W60	Karla Del Grande	8.58	ON	2014
W65	Karla Del Grande	9.15	ON	2023
W70	Carol Lafayette-Boyd	9.5	SK	2017
W75	Carol Lafayette-Boyd	9.51	SK	2019
W80	Christa Bortignon	10.54	BC	2017
W85	Agnes Lamb	26.35	ON	2023
M30	Michael James	7.11	ON	2015
M35	Michael James	7.06	ON	2017
M40	Jackson Hinton	7.17	AB	2023
M45	Brian Carnate	7.38	BC	2023
M50	Karnell Vickers	7.27	USA	2017
M55	Chris Warburton	7.65	ON	2023
M60	Allan Tissenbaum	7.77	USA	2023
M65	Ward Hazen	8.48	ON	2023
M70	NZ Bryant	8.63	USA	2023
M75	Douglas Spencer	8.97	USA	2023
M80	Ted Rowan	9.70	SK	2014
M85	Bill Thompson	11.41	ON	2015
M90	Atter Singh Sekhon	15.62	ON	2018
M95	Atter Singh Sekhon	17.19	ON	2019
<b>200m</b>				
W30	Ana Pedrero	28.3	ON	2023
W35	Carty, Linda	26.68	USA	2003
W40	Violeta Garfinkle	28.23	ON	2018
<b>W45</b>	<b>Julie Salvas</b>	<b>28.44</b>	<b>PQ</b>	<b>2025</b>
W50	Kelly Silcox	28.94	ON	2018
W55	Del Grande, Karla	28.36	ON	2012
W60	Karla Del Grande	28.68	ON	2014
W65	Karla Del Grande	30.65	ON	2023
W70	Carol Lafayette-Boyd	33.66	SK	2017
W75	Carol Lafayette-Boyd	32.26 WR	SK	2019
<b>W80</b>	<b>Carol Lafayette-Boyd</b>	<b>35.64</b>	<b>SK</b>	<b>2025</b>
W90	Kotelko, Olga	66.89	BC	2011
M30	Gbaguidi, Alexandre	23.24	PQ	2013
M35	Roman Marenin	22.93	USA	2023
M40	Foon, Michael Lee	23.67	ON	2003
	Jackson Hinton	23.67	AB	2023
M45	Khalid Mulazim	23.74	USA	2013
M50	Karnell Vickers	23.97	USA	2017
M55	Chris Warburton	25.17	ON	2023
M60	Martin Prime	26.63	TRIN	2023

M65	Powell, Tony	27.90	ON	2012
M70	Tony Powell	28.90	ON	2015
M75	Douglas Spencer	31.65	USA	2023
M80	Lesage, Norm	33.82	AB	2011
M85	Bill Thompson	41.49	ON	2015
M90	Atter Singh Sekhon	68.78	ON	2018
<b>400m</b>				
W30	Sasha Gollish	62.18	ON	2013
W35	Rachel Mintz	63.01	AB	2019
W40	Jeannette Van Den Bulk	63.43	AB	2019
W45	Del Grande, Karla	62.6	ON	2003
W50	Annie Bunting	64.38	ON	2015
W55	Del Grande, Karla	66.12	ON	2012
W60	Karla Del Grande	66.93	ON	2018
W65	Karle Del Grande	1:13.46	ON	2023
W70	Bortignon, Christa	1:29.15	BC	2011
W75	Christa Bortignon	1:26.12	BC	2013
W80	Alice Cole	1:40.27	PQ	2015
M30	Alexandre Gbaguidi	53.75	PQ	2013
M35	Roman Marenin	51.14	USA	20023
<b>M40</b>	<b>Nathan Vadeboncoeur</b>	<b>50.16</b>	<b>BC</b>	<b>2025</b>
M45	Khalid Mulazim	53.06	USA	2013
M50	Patrice Doucet	55.56	PQ	2023
M55	Benny James	57.64	USA	2015
<b>M60</b>	<b>Serge Faucher</b>	<b>60.27</b>	<b>ON</b>	<b>2025</b>
M65	Steven Millward	67.23	ON	2023
M70	Bruce Mintz	75.02	AB	2017
M75	Doug Renwick	76.53	SK	2017
M80	Earl Fee	75.41	ON	2013
M85	Earl Fee	1:25.74	ON	2016
M90				
M95	Atter Singh Sukhon	3:17.45	ON	2019
<b>800m</b>				
W30	Sasha Golish	2:15.21	ON	2013
<b>W35</b>	<b>Jessica Wylychenko</b>	<b>2:26.03</b>	<b>MB</b>	<b>2025</b>
W40	Mary Unsworth	2:17.09	ON	2018
W45	Annie Bunting	2:22.25	ON	2012
W50	Annie Bunting	2:25.13	ON	2015
W55	Heather O'Hagen	2:44.15	ON	2017
W60	Makie Ohler	2:51.12	ON	2023
<b>W65</b>	<b>Jan Smith</b>	<b>3:07.50</b>	<b>SK</b>	<b>2025</b>
W70	Judy Warick	3:37.83	SK	2019
W80	Alice Cole	3:50.97	PQ	2015
M30	Ethan Davenport	1:58.20	ON	2022
M35	Anderson, Travis	2:00.52	ON	2012
M40	Joey Boland	2:00.65	AB	2019
M45	Sherar, Mike	2:01.94	ON	2012
M50	Landen Summay	2:04.02	USA	2017

M55	Paul Osland	2:10.23	ON	2019
M60	Mark Pinckard	2:17.00	BC	2023
M65	John Helliker	2:34.48	ON	2017
M70	Earl Fee	2:32.23	ON	2003
M75	Chris Mackie	2:49.68	ON	2016
M80	Earl Fee	3:05.33	ON	2013
M85	Harry Thompson	4:20.78	BC	2011
	Donald Currie	4:20.78	BC	2019
M90				
<b>1500m</b>				
W30	Sasha Golish	4:34.89	ON	2013
<b>W35</b>	<b>Jessica Wylychenko</b>	<b>4:49.99</b>	<b>MB</b>	<b>2025</b>
W40	Mary Unsworth	4:36.75	ON	2018
W45	Maria Zambroni	4:45.82	AB	2017
W50	Liz Maguire	5:05.00	ON	2017
<b>W55</b>	<b>Alita Dommann</b>	<b>5:34.40</b>	<b>BC</b>	<b>2025</b>
W60	Makie Ohler	5:43.12	ON	2023
<b>W65</b>	<b>Jan Smith</b>	<b>6:27.69</b>	<b>SK</b>	<b>2025</b>
W70	Judy Warick	7:28.09	SK	2019
W80	Alice Cole	8:14.68	PQ	2017
M30	Ethan Davenport	4:03.26	ON	2022
M35	Joey Boland	4:13.04	ON	2014
M40	Joey Boland	4:16.09	AB	2019
M45	Jay Brecher	4:23.77	ON	2019
M50	Paul Osland	4:18.43	ON	2014
M55	Paul Osland	4:35.10	ON	2019
M60	Mark Pinckard	4:48.24	BC	2023
M65	Ken Hamilton	5:03.72	ON	2015
M70	Whitlock, Ed	5:14.15	ON	2003
M75	Chris Mackie	5:51.97	ON	2016
M80	Ed Whitlock	5:48.47	ON	2011
M85	Ed Whitlock	6:38.87	ON	2016
<b>3000m</b>				
W30	Kelly Fitzsimmons	11:38.62	ON	2016
W35	Jennifer Kehoe	10:29.77	ON	2015
W40	BobbiJo Waite Lang	10:51.88	AB	2013
W45	Maria Zambrano	9:54.78	AB	2017
W50	Juliette Christie	11:15.60	BC	2015
<b>W55</b>	<b>Alita Dommann</b>	<b>11:26.42</b>	<b>BC</b>	<b>2025</b>
W60	Makie Ohler	11:43.44	ON	2023
W65	Jennifer MacDonell	13:24.03	ON	2023
W70	Barbara Freedman	14:22.30	PQ	2024
M30	Ethan Davenport	8:50.21	ON	2022
M35	Predrag Mladenovic	9:08.81	ON	2012
M40	Michael Gill	9:05.00	ON	2018
M45	Predrag Mladenovic	9:15.50	ON	2018
M50	Derek Hackshaw	9:49.14	ON	2023
M55	Stuart Galloway	9:42.22	ON	2016

M60	Dan Fiorini	10:47.74	ON	2023
M65	Ken Hamilton	11:02.84	ON	2015
M70	Whitlock, Ed	11:26.40	ON	2003
M75	Chris Mackie	12:49.41	ON	2017
M80	Whitlock, Ed	12:00.88	ON	2011
M85	Ed Whitlock	13:41.96	ON	2016
<b>1500m Racewalk</b>				
W30	Evane Michoux	8:33.11	PQ	2017
W35	Erin Talcott	06:55.8	USA	2018
<b>W40</b>	<b>Melanie Morin-Pelletier</b>	<b>8:14.78</b>	<b>ON</b>	<b>2025</b>
W45	Claustre Bajona-Xandri	8:18.98	ON	2018
W50	Archibald, Sandy	8:20.55	ON	2012
W55	Wilson, Linda	8:02.88	ON	2012
W60	Nancy Patten	8:08.20	ON	2017
W65	Johanna Flipsen	8:27.44	AB	2023
<b>W70</b>	<b>Johanna Flipsen</b>	<b>8:39.11</b>	<b>AB</b>	<b>2025</b>
W75	Horne, Jean	10:58.65	ON	
W80	Jean Horne	11:05.43	ON	2015
W85	Jean Horne	11:53.48	ON	2018
M35	Jocelyn Ruest	6:41.06	PQ	2017
M40	Dmitry Babenko	6:16.17	BC	2016
M45	Dmitry Babenko	6:36.58	BC	2019
<b>M50</b>	<b>Dmitry Babenko</b>	<b>6:32.72</b>	<b>BC</b>	<b>2025</b>
M55	Dave Talcott	6:38.27	USA	2017
M60	Henry Charrois	7:24.59	AB	2013
M65	Henry Charrois	7:50.41	AB	2017
M70	John Kittredge	8:19.20	ON	2015
M75	Marcel Jobin	8:31.04	PQ	2017
M80	Marcel Jobin	10:26.26	PQ	2023
<b>3000m Racewalk</b>				
W30	Evane Michoux	18:04.64	PQ	2017
W35	Erin Talcott	14:55.40	USA	2018
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	Nancy Patten	17:05.15	ON	2017
W65	Johanna Flipsen	17:42.27	AB	2023
<b>W70</b>	<b>Johanna Flipsen</b>	<b>17:58.71</b>	<b>AB</b>	<b>2025</b>
W75				
W80	Jean Horne	22:56.78	ON	2014
M35	Babenko, Dmitry	13:59.38	BC	2011
M40	Dmitry Babenko	13:38.97	BC	2014
M45	Dmitry Babenko	13:58.14	BC	2019
M50	David Swarts	13:42.95	USA	2016
M55	Dave Talcott	13:59.7	USA	2017
M60	Henry Charrois	15:57.10	AB	2013
M65	Henry Charrois	16:22.52	AB	2017

M70	John Kittreidge	17:36.43	ON	2015
M75	Marcel Jobin	18:00.77	PQ	2018
M80	Herve LeBlanc	21:37.25	PQ	2022
<b>50m Hurdles</b>				
W30	Marie-Eve Boudreau	9.89	PQ	2015
W35	Sonia Lévesque	9.51	PQ	2017
W40	Nicole Luke	9.08	ON	2017
W45	Nicole Luke	8.9	ON	2018
W50	Kairy Loucks	8.88	ON	2018
W55	Muriel Gieni	8.83	SK	2018
W60	Rhona Trott	9.81	ON	2012
W65	Deborah Lee	11.11	BC	2016
W70				
W75	Christa Bortignon	11.52	BC	2015
M30	Jackson Hinton	7.14	AB	2015
M35	David Valenzuela	7.46	ON	2013
M40	Jackson Hinton	7.58	AB	2023
M45	Yannick Le Mouël	7.57	PQ	2017
M50	Gezim Dimnaku	7.95	PQ	2024
M55	Yannick Le Mouël	7.48	PQ	2024
M60	Richard Lech	9.24	ON	2013
M65	Ward Hazen	8.2	ON	2023
M70	Steve Bogatek	11.35	ON	2023
M75	Doug Renwick	11.85	SK	2017
M80	Ted Rowan	11.21	SK	2015
<b>60m Hurdles</b>				
<b>W30</b>	<b>Teri Harley</b>	<b>10.98</b>	<b>ON</b>	<b>2025</b>
W35	Dedeh Erawati	8.43	Indonesia	2018
<b>W40</b>	<b>Dash Newington</b>	<b>10.27</b>	<b>GBR</b>	<b>2025</b>
W45	Nicole Luke	10.3	ON	2018
W50	Freeman, BJ	10.65	AB	2011
W55	Muriel Gieni	10.23	SK	2018
W60	Muriel Gieni	10.67	SK	2022
<b>W65</b>	<b>Cindy O'Brien Hugh</b>	<b>11.07</b>	<b>BC</b>	<b>2016</b>
W70				
W75	Christa Bortignon	13.86	BC	2015
M30	Jackson Hinton	8.39	AB	2015
M35	Kroeker, Tim	8.24	BC	2011
M40	Doug McLaren	8.87	SK	2016
M45	Yannick Le Mouël	8.85	PQ	2015
M50	Yannick Le Mouël	8.76	PQ	2022
M55	Yannick Le Mouël	8.89	PQ	2023
M60	Ward Hazen	9.44	ON	2015
M65	Ward Hazen	9.72	ON	2023
M70	Howard Booth	12.73	USA	2016
M75	Rowan, Ted	13.09	SK	2011
M80	Ted Rowan	12.93	SK	2015

<b>High Jump</b>				
W30	Corina Pirvuica	1.25	ON	2013
W35	Szanto, Gaby	1.50m	ON	2003
W40	Estwick, Leslie	1.55m	ON	2003
W45	Gaby Szanto (Pent)	1.42	ON	2015
W50	Freeman, BJ	1.33m	AB	2011
W55	Miriam Cavani	1.31	BC	2019
W60	Sue Hannon	1.30	ON	2017
W65	Deborah Lee	1.14	BC	2016
W70	Carol Lafayette-Boyd	1.20	SK	2017
W75	Carol Lafayette-Boyd	1.19	SK	2018
M30	Richard White Jr	2.05	USA	2015
M35	Richard White	1.95	USA	2016
M40	Reynolds, Walt	1.80	USA	2003
	Zoltan Sara	1.80	ON	2018
M45	Shawn Folkes	1.70	ON	2016
	Zoltan Sara	1.70	ON	2023
M50	Gezim Dimnaku	1.71	PQ	2024
M55	Mark Williamson	1.65	USA	2016
M60	Mark Williamson	1.66	USA	2018
M65	Jim Stelfox	1.45	AB	2019
M70	Heinz Peter	1.38	BC	2019
M75	Stan Seitz	1.25	ON	2023
M80	Ted Rowan (Pent)	1.15	ON	2014
M85	Earl Fee	1.00	ON	2017
<b>Pole Vault</b>				
W30	Florence Cavilli	3.15m	ON	2013
W35	Dash Newington	3.70	GBR	2024
<b>W40</b>	<b>Dash Newington</b>	<b>3.55</b>	<b>GBR</b>	<b>2025</b>
W45	Gaby Szanto	2.70	ON	2014
W50	Stubendorff, Hillen	2.70m	GER	2003
W55	Rhebergen, Margaret	1.90m	BC	2011
M30	Josh Dorion	3.90	ON	2018
M35	Lacy, Wayne	4.00m	USA	2003
M40	Lake, Kevin	4.25m	ON	2012
M45	Yannick Le Mouël	4.10	PQ	2017
M50	Yannick Le Mouël	4.15	PQ	2018
M55	Kilpelainen, Matti	3.80m	USA	2003
M60	Hawkins, John	3.20m	BC	2011
M65	Altendorf, John	3.70m	USA	2011
M70	Howard Booth	2.75	USA	2016
M75	Egerton, Stan	2.50m	ON	2003
M80	Robert Arledge	1.80	USA	2017
	<b>Arthur Gee</b>	<b>1.80</b>	<b>BC</b>	<b>2025</b>
<b>Long Jump</b>				
W30	Aimee Dubeau	4.46	ON	2018
W35	Lorena Reyes Perez	5.05	ON	2022
<b>W40</b>	<b>Dash Newington</b>	<b>4.80</b>	<b>GBR</b>	<b>2025</b>
<b>W45</b>	<b>Shauna Bunbury</b>	<b>4.32</b>	<b>??</b>	<b>2025</b>

W50	Kairy Loucks	4.18	AB	2018
W55	Muriel Gieni	4.34	SK	2015
W60	Cindy O'Brien Hugh	4.14	BC	2019
<b>W65</b>	<b>Cindy O'Brien Hugh</b>	<b>3.62</b>	<b>BC</b>	<b>2025</b>
W70	Carol Lafayette-Boyd	3.77	SK	2017
W75	Carol Lafayette-Boyd	3.59	SK	2018
<b>W80</b>	<b>Carol Lafayette-Boyd</b>	<b>3.28</b>	<b>SK</b>	<b>2025</b>
W90	Kotelko, Olga	1.70m	BC	2011
M30	Latham, Clayton	7.34m	ON	2012
M35	Dwight Liburd	6.27	BC	2019
M40	Robinson, Jason	6.54m	ON	2012
M45	Nigel John	6.20	ON	2018
M50	Nigel John	5.92	ON	2023
M55	Lech, Richard	5.43m	ON	2003
M60	Slater, Alan	5.15m	ON	2003
M65	Dale Lawrence	4.30	SK	2023
M70	Ross Belyea	3.79	NB	2017
M75	Jean-Pierre Mayer	3.73	ON	2023
M80	Ted Rowan (Pent)	3.59	SK	2014
M85				
M90				
M95	Atter Singht Sekhon	1.45	ON	2019
<b>Triple Jump</b>				
W30	Laura Baker	9.34m	ON	2014
W35	Dash Newington	9.12	USA	2022
<b>W40</b>	<b>Dash Newington</b>	<b>10.73</b>	<b>GBR</b>	<b>2025</b>
W45	Michelle Hastick-Cowell	9.66	ON	2023
W50	Kairy Loucks	8.69	ON	2018
W55	Muriel Gieni	9.44	SK	2017
W60	Muriel Gieni	8.63	SK	2022
W65	Deborah Lee	7.52	BC	2019
W70	Carol Lafayette-Boyd	7.51	SK	2017
W75	Carol Lafayette-Boyd	7.88	SK	2019
W80	Christa Bortignon	6.91	BC	2017
W90	Kotelko, Olga	3.97m	BC	2011
W30	Chris Wrobel	10.67	ON	2016
M35	Jonathan Younker	12.47	ON	2015
M40	Moore, Curtis	12.36m	ON	2012
M45	Lenroy Munro	11.60	ON	2017
M50	Gezim Dimnaku	11.88	PQ	2022
M55	Mihai Ene	11.67	ON	2018
M60	Thevarajan Sinnathurai	10.82	ON	2015
M65	Thevarajan Sinnathurai	9.66	ON	2023
M70	Michael Kiefer	8.22	USA	2024
M75	Ross Belyea	7.89	NB	2022
M80	Ted Rowan	7.35m	SK	2014
<b>Shot Put</b>				
<b>W30</b>	<b>Seni Akinrinlola</b>	<b>9.02</b>	<b>MB</b>	<b>2025</b>



W35	Marie-Josée Le Jour	11.57	ON	2016
W40	Padideh Bolorizadeh	11.57	ON	2018
W45	Melanie Guy	10.65	PQ	2023
W50	Georgette Reed	11.94	AB	2019
W55	Elizabeth Hill	10.93	ON	2016
W60	Doreen Garner	9.90	ON	2017
W65	Doreen Garner	9.83	ON	2019
<b>W70</b>	<b>Laura Hessel</b>	<b>8.38</b>	<b>AB</b>	<b>2025</b>
W75	Yuko Nakano	8.05	AB	2019
W80	Tomsons, Velta	6.48m	ON	2012
W85	Velta Tomsons	6.12m	ON	2013
W90	Kotelko, Olga	5.74m	BC	2011
M30	Scott Paterson	12.94	AB	2018
M35	Fernando Cornejo	12.98	ON	2017
M40	Ramakrishnan Lakshmanan	12.52	AB	2019
M45	Paul Gautier	13.25m	NB	2014
M50	Paul Rains	13.18	AB	2019
M55	Paul Gautier	13.57	NB	2022
M60	Hawkins, John	12.38m	BC	2011
M65	Tim Cederblad	13.02	USA	2016
M70	Glowacki, Marek	12.98m	BC	2011
M75	Jean-Pierre Mayer	11.68	ON	2023
M80	Sillantaus, Rainer	11.27m	BC	2011
M85	Viskers, Evalds	7.74m	ON	2012
M90	Clarence Wolters	5.24	ON	2023
<b>Weight Throw</b>				
W30	Marie-Josée Le Jour	17.28m	ON	2012
W35	Marie-Josée Le Jour	15.19	ON	2016
W40	Laura Sivers	11.54	ON	2023
W45	Melanie Guy	12.17	PQ	2023
W50	Georgette Reed	12.33	AB	2019
W55	Kristen Dajia	12.28	ON	2023
W60	Rhona Trott	11.46m	ON	2013
W65	Laura Hessel	11.43`	AB	2022
W70	Laura Hessel	11.82	AB	2023
W75	Joanne Miklos Den Iseger	9.25	ON	2023
<b>W85</b>	<b>Renate Cheetham</b>	<b>5.22</b>	<b>BC</b>	<b>2025</b>
W90	Kotelko, Olga	7.51m	BC	2011
M30	Baines, Jason	17.85m	ON	2012
<b>M35</b>	<b>Justin Charrier</b>	<b>13.53</b>	<b>MB</b>	<b>2025</b>
M40	Gurinder Pal Sahota	12.89	AB	2023
M45	Wettenhall, Jim	16.65	USA	2003
M50	Ayman Mazhar	17.36	ON	2014
M55	Wettenhall, Jim	18.32	USA	2012
M60	Jan Graczyk	17.32	ON	2013
M65	Tim Cederblad	14.99	USA	2016
M70	John Kaspeski	15.27	ON	2016
M75	Emil Muller	15.04	ON	2012
M80	Emil Muller	14.66	ON	2016

M90	Falconer, William	5.73	BC	2011
M95	Atter Singh Sekhon	4.71	ON	2019
<b>4 X 200m Relay</b>				
W30	UTTC	2:02.47		2017
	Garfunkle, Santarossa, O'Hagen, Carew			
W35	JamCan Athletics	2:00.9		2018
	Luke, King, Thompson, McLean			
W40	St Jean Olympique	02:10.1		2015
	Métivier, Le Mouël, Lacroix, Van Duyse			
W45	Unattached	2:01.45		2017
	Del Grande, Alexis, Bonneau, Rice			
W50	Unattached ON	2:18.14		2023
	Newell, Weber, Hargreaves, Macherzynska)			
<b>W55</b>	<b>Team 55</b>	<b>2:30.59</b>		<b>2025</b>
	<b>Babalola, Roberts, Passler, Zhao</b>			
<b>W60</b>	<b>Maninova Scotia</b>	<b>3:42.96</b>		<b>2025</b>
	<b>Gargaro, Hughes, Laurila, Bryant</b>			
M30	Quebec	01:39.6		2012
	Dore, Justason, Tourville, Gbaguidi			
<b>M35</b>	<b>Grey Hair Allstars</b>	<b>1:36.77</b>		<b>2025</b>
	<b>Vadeboncoeur, Taylor, Holderness, Goldring</b>			
M40	Quebec	01:38.3		2012
	Tavitian, Lemassif, Le Mouel, Kangni			
M45	JamCan	1:43.68		2023
	Morgan, Heaven, Hui, John			
M50	UNA	2:12.30		2023
	Swirsky, Di Ridolfo, Perez, Blanchet			
M55	JamCan Athletics	1:55.72		2018
	Baptiste, Baldsing, Lee Foon, Nasato			
M60	JamCan	2:02.71		2023
	Nasato, Grose, Arnfield, Lee Foon			
M65	UNA	2:00.75		2023
	Hazen, Liu, Midder, Melchiorre			
M70	Greyhound Masters	02:19.6		2019
	Ukonmaanaho, Birring, Mintz, Sandhu			

<b>M75</b>	<b>Canada 51</b>	<b>2:39.44</b>	<b>2025</b>
	<b>Menetrier, Sandhu, Bonenberg, Mintz</b>		
M80	Ontario	02:33.4	2013
	Whitlock, Thompson, Wardle, Fee		
<b><u>4 X 400m Relay</u></b>			
W35	British Columbia	3:40.19	2024
	Winkler, Galloway, Heffernan, Griffiths		
W45	Ontario	4:48.34	2014
	Del Grande, Cochrane-Brink, Bailey-Mason, Bunting		
W50	Canada	04:55.9	2013
	Meloche, O'Hagen, Dixon, Gold		
W60	Unattached	5:40.65	2023
	(Botelho, Dixon, MacDonell, Ohler)		
M30	JamCan Athletics	4:06.21	2017
	Ashmeade, Bass, Reid, John		
M35	UNA	3:47.86	2023
	Klien, Costa, Aseltine, Galloway		
M40	JamCan	3:51.62	2023
	Johnson, Miller, Hui, Morgan		
M45	JamCan Athletics	4:08.92	2018
	John, Folkes, Geohagen, Reid		
M50	Unattached Ontario	03:50.2	2018
	S. Faucher, Dyck, C. Faucher, Osland		
M55	JamCan	05:29.3	2018
	Baptiste, Cilevitz, Baldsing, Lee Foon		
M70	Ontario	05:36.9	2015
	Pascoe, Taivassalo, Christensen, Mackie		
M75	Unattached	7:02.02	2017
	Moore, Renwick, Mackie, Groulx		
M80	Ontario	06:06.2	2013
	Wardle, Thompson, Whitlock, Fee		
<b><u>4 X 800m Relay</u></b>			

W50	Canada	10:32.7		2013
	Dixon, Gold, Meloche, Blanchard			
M30	Dundas Valley	9:32.29		2023
	Xie, McGill, Bianchi, Xu			
M35	Ontario	8:42.48		2014
	Osland, Brecher, Kapral, Boland			
M40	UNA	8:44.69		2023
	Jacek, Sanders, Coffin, Aseltine			
M55	UNA	09:50.2		2023
	Athayde, Pinckard, Weber, Lemelin			
M70	Ontario	12:38.26		2014
	Mackie, Christensen, Geddes, Woodhall			
M75	Unattached	13:36.99		2017
	Renwick, Moore, Christensen, Mackie			
<b>Pentathlon</b>	Points recalculated with 2023 WMA Tables			
<b>W40</b>	<b>Dash Newington</b>	<b>3295</b>	<b>GBR</b>	<b>2025</b>
W45	Gaby Szanto	2809	ON	2015
W50				
W55	Jovette Jolicoeur	2416	AB	2019
W60	Sue McDonald	4635	USA	2024
<b>W65</b>	<b>Cindy O'Brien Hugh</b>	<b>3360</b>	<b>BC</b>	<b>2025</b>
M35	Matthew McDowall	3249	ON	2018
M40	Andrew Justason	2778	NB	2015
M45	Christian Fleury	3006	PQ	2024
M50	Andy Justason	3471	NB	2022
M55	John Siriski	2301	ON	2015
M60	Phillippe Bouchard	2687	PQ	2018
M65	Peter Zowkewych	2757	ON	2016
M70	Roland Delhomeau	2323	SK	2015
M75	Doug Renwick	2908	SK	2017
M80	Ted Rowan	2929	ON	2014