

**Update Apr 19, 2025**

**If you break an Ontario record please contact [doug@ontariomasters.ca](mailto:doug@ontariomasters.ca)**

50 Metres	M35	6.12	Alex	Gbaguidi	11-Mar-2017	TTFC, Toronto,
50 Metres	M40	6.20	Malik	Crepasac	11-Feb-2007	Toronto, ON
50 Metres	M45	6.36	Michael	Le Foon	11-Feb-2006	Toronto, ON
50 Metres	M50	6.39	Kerry	Smith	12-Feb-2006	Toronto, ON
50 Metres	M55	6.64	Milton	Hart	5-Jan-2020	Mini Meet #1, TTFC, Toronto, ON
50 Metres	M60	7.03	Tony	Powell	2007	OMA Minim Meet #2
50 Metres	M65	7.19	Tony	Powell	2009	OMA Mini Meet #2
50 Metres	M70	7.50	Tony	Powell	5-Jan-2014	OMA Mini Meet #1
50 Metres	M75	7.86	Robert	Morley	25-Feb-2023	CMA Championships TTFC
50 Metres	M80	8.72	Mike	Morris	25-Feb-2023	CMA Championships TTFC
50 Metres	M85	9.53	Bill	Thompson	14-Mar-2015	CMA Campionships, TTFC, Toronto, ON
50 Metres	M90	13.47	Atter	Singh Sekhon	10-Mar-2018	CMA Campionships, TTFC, Toronto, ON
50 Metres	<b>W35</b>	<b>6.54</b>	<b>Paula</b>	<b>Suchowiecka</b>	<b>12-Jan-2025</b>	<b>Winter Mini Meet #1</b>
50 Metres	W40	7.12	Maureen	Rodrique	4-Apr-2004	Toronto, ON
50 Metres	W45	7.35	Karla	Del Grande	9-Feb-2003	Toronto, ON
50 Metres	W50	7.15	Karla	Del Grande	12-Feb-2006	Toronto, ON
50 Metres	W55	7.33	Wendy	Alexis	15-Mar-2014	CMA Championships, TTFC, Toronto, ON
50 Metres	W60	7.25	Karla	Del Grande	11-Jan-2015	OMA Mini Meet #1, TTFC, Toronto, ON
50 Metres	W65	7.66	Karla	Del Grande	6-Jan-2019	OMA Mini Meet #1, TTFC, Toronto, ON
50 Metres	<b>W70</b>	<b>7.87</b>	<b>Karla</b>	<b>Del Grande</b>	<b>12-Jan-2025</b>	<b>Winter Mini Meet #1</b>
50 Metres	W75					
50 Metres	W80	11.68	Doreen	Carmichael	10-Mar-2012	CMA Championships, TTFC, Toronto, ON
50 Metres	W85	21.73	Agnes	Lamb	25-Feb-2023	CMA Championships TTFC
60 Metres	M35	6.98	Duane	Napier	1-Jul-1905	OMA Mini Meet #3
60 Metres	M40	7.12	Troy	Dos Santos	21-Feb-2016	OMA Mini Meet #3, TTFC, Toronto, ON
60 Metres	M45	7.29	Michael	Lee Foon	18-Feb-2006	Toronto, ON
60 Metres	M50	7.35	Kerry	Smith	18-Mar-2006	Linz, Austria
60 Metres	M55	7.54	Kerry	Smith	1-Jul-1905	OMA Mini Meet #3

60 Metres	<b>M60</b>	<b>7.77</b>	<b>Milton</b>	<b>Hart</b>	<b>2-Feb-2025</b>	<b>AO Mini Meet #2</b>	
60 Metres	M65	7.80	Cecil	Paul	8-Mar-2006	Toronto	
60 Metres	<b>M70</b>	<b>8.32</b>	<b>Ward</b>	<b>Hazen</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>	
60 Metres	M75	8.92	John	O'Neill	28-Mar-1999	Boston MA	
60 Metres	<b>M80</b>	<b>9.81</b>	<b>Tony</b>	<b>Powell</b>	<b>16-Mar-2025</b>	<b>OMA Championships</b>	
60 Metres	M85	11.27	Bill	Thompson	22-Feb-2015	OMA Championships, TTFC, Toronto, ON	
60 Metres	M90	13.64	Karl	Trei	28-Mar-1999	Boston MA	
60 Metres	M95	15.51	Atter Singh	Sekhon	24-Feb-2019	OMA Championships, TTFC, Toronto, ON	
60 Metres	W35	7.90	Khama	Beckles	March-2014	WMA Indoor Champs, Budapest, HU	
60 Metres	W40	8.06	Leslie	Estwick	12-Mar-2001	Boston, MA	
60 Metres	W45	8.47	Karla	Del Grande	2003	Indoor Championships	
60 Metres	W50	8.21	Karla	Del Grande	18-Mar-2006	Linz Austria	
60 Metres	W55	8.30	Karla	Del Grande	5-Mar-2011	USATF Indoor Champs, Albuquerque, NM	
60 Metres	W60	8.56	Karla	Del Grande	19-Jan-2014	OMA Mini Meet #2, TTFC, Toronto, ON	
60 Metres	W65	8.87	Karla	Del Grande	19-Jan-2020	OMA Mini Meet #2, TTFC, Toronto, ON	
60 Metres	W70	9.17	Karla	Del Grande	2-Feb-2025	AO Mini Meet #2	
60 Metres	W75						
60 Metres	<b>W80</b>	<b>13.30</b>	<b>Aileen</b>	<b>Burgin</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>	
60 Metres	W85	19.40	Agnes	Lamb	27-Feb-2022	OMA Championships	
200 Metres	M35	22.4	Kerry	Smith	7-Mar-1992	Toronto, ON	
200 Metres	M40	23.35	Otis	Morgan	21-Feb-2016	OMA Mini Meet #3, TTFC, Toronto, ON	
200 Metres	M45	23.68	Michael	Lee Foon	12-Feb-2006	Toronto, ON	
200 Metres	M50	24.03	Christopher	Warburton	19-Feb-2017	Mini Meet #3, TTFC, Toronto, ON	
200 Metres	M55	24.05	Chris	Warburton	March 2023	WMA Indoor Champs - Torun	
200 Metres	M60	26.35	Kerry	Smith	26-Feb-2017	OMA Championships, TTFC, Toronto, ON	
200 Metres	M65	26.81	Tony	Powell	2009	OMA Mini Meet #3	
200 Metres	M70	28.46	Earl	Fee	28-Mar-1999	Boston MA	
200 Metres	M75	30.59	Earl	Fee	16-Mar-2006	Linz, AUT	
200 Metres	M80	32.07	Earl	Fee	29-Mar-2009	OMA Indoor Championships	
200 Metres	M85	38.53	Earl	Fee	28-Feb-2016	OMA Championships, TTFC, Toronto, ON	

200 Metres	M90	68.78	Atter	Singh Sekhon	10-Mar-2018	CMA Championships, TTFC, Toronto, ON
200 Metres	M95	67.59	Atter	Singh Sekhon	24-Feb-2019	OMA Championships, TTFC, Toronto, ON
200 Metres	W35	26.58	Khama	Beckles	March-2014	WMA Indoor Championships, Budapest, HU
200 Metres	W40	27.37	Maureen	Rodrigue	26-Mar-2004	Boston, MA
200 Metres	W45	27.89	Violeta	Garfunkel	8-Mar-2020	OMA Championships, TTFC, Toronto, ON
200 Metres	W50	26.56	Karla	Del Grande	16-Mar-2006	Linz, AUT
200 Metres	W55	27.62	Karla	Del Grande	March, 2010	USATF Indoor Champs Boston, MA
200 Metres	W60	28.23	Karla	Del Grande	March, 2014	WMA Indoor Championships, Budapest, HU
200 Metres	W65	29.73	Karla	Del Grande	29-Mar-2019	WMA Indoor Championships Torun Poland
200 Metres	<b>W70</b>	<b>30.33</b>	<b>Wendy</b>	<b>Alexis</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
200 Metres	W75					
200 Metres	<b>W80</b>	<b>50.45</b>	<b>Aileen</b>	<b>Burgin</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
200 Metres	W85	1:17.99	Agnes	Lamb	27-Feb-2022	OMA Championships
400 Metres	M35	49.46	Ray	Cardinal	26-Feb-1983	Sherbrooke, QC
400 Metres	M40	51.70	Nigel	John	25-Mar-2017	WMA Championships, Daegu, South Korea
400 Metres	M45	52.14	Mike	Sherar	March 2010	WMA Indoor Championships, Kamloops, BC
400 Metres	<b>M50</b>	<b>54.57</b>	<b>Byron</b>	<b>Goodwin</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
400 Metres	<b>M55</b>	<b>55.32</b>	<b>Mirco</b>	<b>Graenert</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
400 Metres	<b>M60</b>	<b>58.25</b>	<b>Serge</b>	<b>Faucher</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
400 Metres	M65	59.53	Earl	Fee	25-Feb-1995	Reno, NV
400 Metres	M70	61.31	Earl	Fee	27-Mar-1999	Boston, MA
400 Metres	M75	66.28	Earl	Fee	26-Mar-2004	Boston, MA
400 Metres	M80	71.23	Earl	Fee	29-Mar-2009	OMA Indoor Champs, TTFC
400 Metres	M85	81.26	Earl	Fee	March, 2014	WMA Indoor Champs, Budapest, HU
400 Metres	M90	1:30.76	Earl	Fee	23-Mar-2019	IA
400 Metres	<b>M95</b>	<b>2:01.60</b>	<b>Earl</b>	<b>Fee</b>	<b>23-Feb-2025</b>	<b>Mini Meet #3</b>
400 Metres	W35	61.93	Maureen	Rodrigue	2002	OMA Indoor Champs
400 Metres	W40	60.9	Maureen	Rodrigue	26-Mar-2004	Boston MA
400 Metres	W45	61.62	Karla	Del Grande	22-Feb-2003	Toronto

400 Metres	W50	61.38	Karla	Del Grande	26-Feb-2005	Indoor Championships
400 Metres	W55	65.56	Karla	Del Grande	12-Feb-2012	Mini Meet #3, TTFC, Toronto, ON
400 Metres	W60	66.93	Karla	Del Grande	11-Mar-2018	CMA Champs, TTFC, Toronto, ON
400 Metres	W65	68.39	Karla	Del Grande	26-Mar-2019	WMA Championships, Torun, POL
400 Metres	W70	1:11.34	Karla	Del Grande	March 2023	WMA Indoor Champs - Torun
800 Metres	M35	1:59.14	Derek	Hackshaw	2006	OMA Indoor Championships
800 Metres	M40	1:55.83	Ian	Newhouse	8-Feb-1997	Winnipeg MB
800 Metres	M45	1:58.51	Mike	Sherar	21-Feb-2010	AO Senior Championships
800 Metres	M50	2:03.12	Paul	Osland	March, 2014	WMA Champs, Budapest, HU
800 Metres	<b>M55</b>	<b>2:07.89</b>	<b>Mirco</b>	<b>Graenert</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
800 Metres	<b>M60</b>	<b>2:15.15</b>	<b>Simon</b>	<b>Rayner</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
800 Metres	M65	2:16.80	Earl	Fee	27-Mar-1994	Columbia MO
800 Metres	M70	2:20.45	Earl	Fee	28-Mar-1999	Boston MA
800 Metres	M75	2:32.47	Earl	Fee	26-Mar-2004	Boston MA
800 Metres	M80	2:52.57	Earl	Fee	March, 2010	USATF Champs Boston MA
800 Metres	M85	3:11.09	Earl	Fee	March, 2014	WMA Indoor Champs, Budapest, HU
800 Metres	M90	3:42.52	Earl	Fee	23-March, 2019	OMA Championships
800 Metres	<b>M95</b>	<b>4:41.92</b>	<b>Earl</b>	<b>Fee</b>	<b>16-Mar-25</b>	<b>OMA Championships</b>
800 Metres	W35	2:19.86	Anna	Cranton	2001	OMA Indoor Championships
800 Metres	W40	2:17.09	Mary	Unsworth	10-Mar-2018	CMA Champs, TTFC, Toronto, ON
800 Metres	W45	2:22.25	Annie	Bunting	10-Mar-2012	ON
800 Metres	W50	2:25.13	Annie	Bunting	14-Mar-2015	CMA Champs, TTFC, Toronto, ON
800 Metres	W55	2:31.73	Kathryn	Martin	25-Mar-2007	Boston MA
800 Metres	W60	2:51.12	Makie	Ohler	25-Feb-2023	CMA Championships TTFC
800 Metres	W65	2:54.8	Jean	Horne	14-Mar-1998	OMA Indoor Championships
800 Metres	W70	3:13.0	Jean	Horne	26-Jan-2003	Toronto
1500 Metres	M35	4:03.2	Ray	Tucker	2-Mar-1985	OMA Indoor Championships
1500 Metres	M40	3:58.6	Dave	Stewart	9-Feb-1990	New Jersey USA
1500 Metres	M45	4:17.26	Jay	Brecher	30-Mar-2019	WMA Championships, Torun, POL

1500 Metres	M50	4:16.90	Paul	Osland	March, 2014	WMA Indoor Champs, Budapest, HU
1500 Metres	M55	4:26.22	Stuart	Galloway	14-Feb-2016	AO Youth-Senior Champs, TTFC, Toronto, ON
1500 Metres	M60	04:37.9	Simon	Rayner	17-Mar-2024	SC Indoor Championships - Montreal
1500 Metres	M65	4:47.11	Earl	Fee	26-Mar-1994	Columbia MO
1500 Metres	M70	5:12.22	Ed	Whitlock	21-Feb-2004	Toronto
1500 Metres	M75	5:20.40	Ed	Whitlock	17-Feb-2007	Toronto
1500 Metres	M80	5:48.47	Ed	Whitlock	19-Mar-2011	Canadian Indoor Champs Kamloops 2011
1500 Metres	M85	6:38.87	Ed	Whitlock	19-Mar-2016	CMA Championships, TTFC, Toronto, ON
1500 Metres	W35	4:40.94	Janet	Takahashi	12-Feb-1994	Toronto
1500 Metres	W40	4:28.12	Sasha	Gollish	17-Feb-2023	Hall Brown Memorial - UofT
1500 Metres	W45	4:46.12	Tiffany	Newell	27-Feb-2022	OMA Championships
1500 Metres	W50	4:57.6	Kathryn	Martin	8-Feb-2004	Brenwood NY
1500 Metres	W55	4:58.70	Kathryn	Martin	22-Feb-2007	New York NY
1500 Metres	<b>W60</b>	<b>05:35.2</b>	<b>Wiley</b>	<b>Alison</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
1500 Metres	W65	6:23.28	Molly	Turner	3-Mar-2001	OMA Indoor Championships
1500 Metres	<b>W70</b>	<b>6:54.12</b>	<b>Clara</b>	<b>Northcott</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
1500 Metres	W75	8:09.68	Judith	Kazdan	4-Mar-1995	OMA Indoor Championships
1500 Metres	W80	9:12.97	Judith	Kazdan	4-Mar-2000	OMA Indoor Championships
3000 Metres	M35	8:41.23	Bob	Moore	1976	OMA Indoor Championships
3000 Metres	M40	9:38.71	Jan	Pedder	27-Feb-2011	OMA Indoor Champs TTFC
3000 Metres	M45	8:49.35	Steve	Boyd	22-Jan-2011	Fred Foot Memorial - UofT
3000 Metres	M50	9:05.43	Jerry	Kooymans	24-Mar-2006	Boston MA
3000 Metres	M55	9:41.54	Simon	Rayner	24-Mar-2019	WMA Championships, Torun, POL
3000 Metres	<b>M60</b>	<b>9:59.84</b>	<b>Simon</b>	<b>Rayner</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
3000 Metres	M65	10:11.60	Ed	Whitlock	9-Mar-1996	OMA Indoor Championships
3000 Metres	M70	10:52.40	Ed	Whitlock	26-Feb-2005	OMA Indoor Championships
3000 Metres	M75	11:17.21	Ed	Whitlock	3-Mar-2007	OMA Indoor Championships
3000 Metres	M80	12:00.88	Ed	Whitlock	19-Mar-2011	Canadian Indoor Championships, Kamloops,
3000 Metres	M85	13:41.96	Ed	Whitlock	19-Mar-2016	CMA Championships, TTFC, Toronto, ON

3000 Metres	W35	9:03.66	Courtney	Babcock	7-Feb-2009	Reebok Indoor Games - Boston
3000 Metres	W40	9:36.34	Sasha	Gollish	17-Feb-2023	Hall Brown Memorial - UofT
3000 Metres	W45	10:29.74	Tiffany	Newell	27-Feb-2022	OMA Championships
3000 Metres	W50	10:23.84	Kathryn	Martin	6-Mar-2004	Boston, MA
3000 Metres	W55	10:35.76	Kathryn	Martin	23-Mar-2007	Boston, MA
3000 Metres	W60	11:40.99	Makie	Ohler	5-Feb-2023	OMA Indoor Championships
3000 Metres	W65	13:23.38	Jean	Horne	14-Mar-1998	OMA Indoor Championships
3000 Metres	<b>W70</b>	<b>14:23.43</b>	<b>Clara</b>	<b>Northcott</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
3000 Metres	W75	17:17.48	Judith	Kazdan	9-Mar-1996	OMA Indoor Championships
3000 Metres	W80	19:34.94	Judith	Kazdan	4-Mar-2000	OMA Indoor Championships
5000 Metres	M35	15:04.3	Ken	Hamilton	7-Mar-1987	Toronto, ON
5000 Metres	M40	15:27.19	Pedrag	Mladenovic	24-Feb-2013	MM #3, TTFC, Toronto, ON
5000 Metres	M45	15:50.6	Benjamin	Johns	2-Mar-1985	Toronto, ON
5000 Metres	M50	16:07.3	Benjamin	Johns	8-Mar-1986	Toronto, ON
5000 Metres	M55	16:27.80	Stuart	Galloway	21-Feb-2016	Salem, NC
5000 Metres	M60	17:39.63	Simon	Rayner	10-Mar-2024	Variety Village Mini Meet
5000 Metres	M65	18:47.07	Jerry	Kooymans	28-Jan-2024	MM#2 TTFC
5000 Metres	<b>M70</b>	<b>21:41.55</b>	<b>John</b>	<b>Clarke</b>	<b>2-Feb-2025</b>	<b>AO Mini Meet #2</b>
5000 Metres	M75	23:29.18	Jack	Geddes	3-Feb-2013	MM #2, TTFC, Toronto, ON
5000 Metres	M80	30:35.78	David	Willet	8-Jan-2012	MM #1, TTFC, Toronto, ON
5000 Metres	W35	18:24.42	Mary	Unsworth	29-Jan-2017	MM #2, TTFC, Toronto, ON
5000 Metres	W40	17:07.11	Mary	Unsworth	21-Jan-2018	
5000 Metres	W45	18:02.30	Tiffany	Newell	13-Feb-2022	MM#3 TTFC
5000 Metres	W50	18:58.48	Agathe	Nicholson	8-Jan-2012	MM #1, TTFC, Toronto, ON
5000 Metres	W55	21:18.46	Nancy	Catton	28-Jan-2024	MM #2 TTFC
5000 Metres	<b>W60</b>	<b>21:08.29</b>	<b>Makie</b>	<b>Ohler</b>	<b>23-Feb-2025</b>	<b>Mini Meet #3</b>
5000 Metres	<b>W65</b>	<b>23:40.19</b>	<b>Miyiki</b>	<b>Goto</b>	<b>23-Feb-2025</b>	<b>AO Mini Meet #3</b>
5000 Metres	<b>W70</b>	<b>24:47.66</b>	<b>Clara</b>	<b>Northcott</b>	<b>2-Feb-2025</b>	<b>AO Mini Meet #2</b>
60 Metre Hurdles	M35	8.55	Simon	Taggart	25-Feb-2023	CMA Championships TTFC
60 Metre Hurdles	M40	9.11	Glenn	Chipkar	02-Ma	OMA Champs TTFC

60 Metre Hurdles	M45	8.98	Scott	Tyler	11-Mar-1995	OMA Champs
60 Metre Hurdles	M50	8.83	Scott	Tyler	9-Mar-1991	OMA Champs
60 Metre Hurdles	M55	9.27	Scott	Tyler	4-Mar-1995	OMA Champs
60 Metre Hurdles	M60	9.44	Ward	Hazen	14-Mar-2015	CMA Champs, TTFC, Toronro, ON
60 Metre Hurdles	M65	9.72	Ward	Hazen	25-Feb-2023	CMA Championships TTFC
60 Metre Hurdles	<b>M70</b>	<b>9.65</b>	<b>Ward</b>	<b>Hazen</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
60 Metre Hurdles	M80	14.08	Karl	Trei	1993	OMA Champs
60 Metre Hurdles	M85	14.36	Karl	Trei	4-Mar-1995	OMA Champs
60 Metre Hurdles	W35	10.12	Corry	Fox	1996	OMA Champs
60 Metre Hurdles	W40	8.95	Leslie	Estwick		Boston, MA
60 Metre Hurdles	W45	10.30	Nicole	Luke	10-Mar-2018	CMA Champs, TTFC, Toronto, ON
60 Metre Hurdles	W50	10.24	Diana	Cesaroni	8-Mar-2020	OMA Championships, TTFC, Toronto, ON
60 Metre Hurdles	<b>W55</b>	<b>10.36</b>	<b>Diana</b>	<b>Cesaroni</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
60 Metre Hurdles	W60	11.33	Rhona	Trott		OMA Indoor Championships
60 Metre Hurdles	W65	13.83	Rhona	Trott	9-Mar-2014	OMA Champs, TTFC, Toronto, ON
1500 Metres RW	M35	6:59.49	Jean Piere	Fortin	10-Mar-2012	OMA Indoor Champs, TTFC, Toronto, ON
1500 Metres RW	M40	6:57.7	Roman	Olzewski	7-Dec-1991	North York, ON
1500 Metres RW	M45	6:13.48h	Jianping	Xu	9-Jan-2011	OMA Mini Meet #1, TTFC, Toronto, ON
1500 Metres RW	M50	6:51.64	Jianping	Xu	19-Mar-2016	CMA Championships, TTFC, Toronto, ON
1500 Metres RW	M55	7:29.2	Stuart	Summerhayes	7-Dec-1991	North York, ON
1500 Metres RW	M60	7:45.20	John	Kittredge	15-Mar-2009	Mini Meet #4, TTFC, Toronto, ON
1500 Metres RW	M65	7:55.17	John	Kittredge	9-Jan-2011	OMA Mini Meet #1, TTFC, Toronto, ON
1500 Metres RW	M70	8:19.20	John	Kittredge	14-Mar-2015	CMA Champs, TTFC, Toronto, ON
1500 Metres RW	M75	10:00.48	Stuart	Summerhays	3-Jan-2010	OMA Mini Meet #1, TTFC, Toronto, ON
1500 Metres RW	M80	11:56.36	Peter	Fellowes	16-Jan-2005	OMA Mini Meet #1, TTFC, Toronto, ON
1500 Metres RW	W35	7:26.4	Nanci	Sweazey	12-Dec-1993	North York, ON
1500 Metres RW	W40	7:50.46	Kitty	Cashman	18-Jan-2004	OMA Mini Meet #1, TTFC, Toronto, ON
1500 Metres RW	W45	7:04.68	Nanci	Sweazey	18-Feb-2005	Hamilton, ON
1500 Metres RW	W50	7:08.45	Nanci	Sweazey	24-Feb-2006	Hamilton, ON

1500 Metres RW	W55	8:02.88	Linda	Wilson	10-Mar-2012	CMA Champs, TTFC, Toronto, ON
1500 Metres RW	W60	8:08.20	Nancy	Patten	11-Mar-2017	CMA Championships, TTFC, Toronto, ON
1500 Metres RW	W65	8:28.72	Kris	Kozell	17-Feb-2019	OMA Mini Meet #3, TTFC, Toronto, ON
1500 Metres RW	W70	8:50.79	Kris	Kozell	22-Jan-2023	MM#2 TTFC
1500 Metres RW	W75	10:36.32	Jean	Horne	3-Jan-2010	OMA Mini Meet #1, TTFC, Toronto, ON
1500 Metres RW	W80	11:05.43	Jean	Horne	14-Mar-2015	CMA Champs, TTFC, Toronto, ON
1500 Metres RW	W85	11:53.48	Jean	Horne	10-Mar-2018	CMA Champs, TTFC, Toronto, ON
3000 Metres RW	M35	14:44.9	Paul	Guimond	4-Mar-1995	North York
3000 Metres RW	M40	13:52.3	Patrick	Farrelly	2-Feb-1980	Toronto, ON
3000 Metres RW	M45	12:58.0	Jan	Roos	28-Jan-1984	Toronto, ON
3000 Metres RW	M50	13:59.2	Jan	Roos	1-Apr-1989	Columbus, OH
3000 Metres RW	M55	15:31.1	Stuart	Summerhayes	4-Apr-1992	Columbus, OH
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	CMA Champs, TTFC, Toronto, ON
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	Toronto
3000 Metres RW	W40	15:24.6	Nanci	Sweazey	9-Mar-1996	Toronto
3000 Metres RW	W45	15:01.51	Nanci	Sweazey	March 2003	Boston MA
3000 Metres RW	W50	15:36.16	Nanci	Sweazey	18-Feb-2006	Toronto
3000 Metres RW	W55	16:41.22	Nanci	Sweazey	22-Jan-2011	Bavarian Indoor Championships, Munich, GER
3000 Metres RW	W60	17:01.46	Kris	Kozell	22-Feb-2015	OMA Championships, TTFC, Toronto, ON
3000 Metres RW	W65	17:46.49	Kris	Kozell	8-Mar-2020	OMA Championships, TTFC, Toronto, ON
3000 Metres RW	<b>W70</b>	<b>19:53.03</b>	<b>Anne</b>	<b>de Thy</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
3000 Metres RW	W75	20:40.6	Jean	Horne	27-Feb-2011	OMA Championships
3000 Metres RW	W80	22:56.78	Jean	Horne	16-Mar-2014	OMA Championships
Long Jump	M35	6.75	Clayton	Latham	17-Jan-2016	OMA Mini Meet #1, TTFC, Toronto, ON
Long Jump	M40	6.64	Nigel	John	8-Feb-2015	OMA Mini Meet #3,, TTFC, Toronto, ON



Long Jump	M45	6.36	Vladimir	Kostric	14-Feb-1981	OMA Indoor Championships
Long Jump	M50	5.96	Nigel	John	25-Feb-2024	OMA Indoor Championships
Long Jump	M55	5.43	Richard	Lech	2003	OMA Indoor Championships
Long Jump	M60	5.17	Alan	Slater	4-Jan-2003	Toronto
Long Jump	M65	4.38	Ward	Hazen	8-Mar-2020	OMA Indoor Championships
Long Jump	<b>M70</b>	4.33	Thevarajan	Sinnathurai	25-Feb-2024	OMA Indoor Championships
Long Jump		<b>4.33</b>	<b>Ward</b>	<b>Hazen</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
Long Jump	M75	3.84	Karl	Trei	7-Mar-1987	OMA Indoor Championships
Long Jump	M80	3.57	Karl	Trei	10-Mar-1990	OMA Indoor Championships
Long Jump	M85	3.12	Karl	Trei	4-Mar-1995	OMA Indoor Championships
Long Jump	M90	2.49	Karl	Trei	28-Mar-1999	Boston MA
Long Jump	M95	1.45	Atter Singh	Sekhon	8-Mar-2019	AB
Long Jump	W35	5.18	Lorena	Reyes	24-Feb-2019	OMA Indoor Championships
Long Jump	W40	5.54	Leslie	Estwick	24-Mar-2001	Boston MA
Long Jump	W45	4.52	Adri	Roswell	1987	OMA Indoor Championships
Long Jump	W50	4.22	Kairy	Loucks	25-Feb-2018	OMA Indoor Championships
Long Jump	W55	4.32	Kairy	Loucks	25-Feb-2004	OMA Indoor Championships
Long Jump	W60	3.77	Edith	Gray	1996	OMA Indoor Championships
Long Jump	W65	3.31	Edith	Gray	2-Mar-2002	OMA Indoor Championships
Long Jump	W70	3.02	Elga	Meri	3-Apr-1992	Columbus OH
Triple Jump	M35	12.88	Ron	Thompson	1988	OMA Indoor Championships
Triple Jump	M40	12.79	Todd	Crawford	2007	OMA Indoor Championships
Triple Jump	M45	12.06	Alan	Slater	28-Aug-1988	Toronto, ON
Triple Jump	M50	12.54	Derek	Boosey	6-Feb-1993	Syracuse, NY
Triple Jump	M55	11.67	Mihai	Ene	11-Mar-2018	CMA Championships, TTFC, Toronto, ON
Triple Jump	M60	10.97	Thevarajan	Sinnathurai	9-Mar-2014	OMA Indoor Championships
Triple Jump	M65	10.10	Thevarajan	Sinnathurai	27-Feb-2022	OMA Championships
Triple Jump	<b>M70</b>	<b>9.71</b>	<b>Thevarajan</b>	<b>Sinnathurai</b>	<b>23-Feb-2025</b>	<b>AO Mini Meet #3</b>
Triple Jump	M75	7.37	Jean-Pierre	Mayer	5-Feb-2023	OMA Indoor Championships
Triple Jump	M80	7.31	Karl	Trei	10-Mar-1990	OMA Indoor Championships

Triple Jump	M85	6.67	Karl	Trei	25-Mar-1994	OMA Indoor Championships
Triple Jump	M90	5.18	Karl	Trei	28-Mar-1999	Boston, MA
Triple Jump	W35	12.07	Michelle	Hastick Cowell	29-Mar-2009	Indoor Championships
Triple Jump	W40	10.64	Michelle	Hastick-Cowell	15-Mar-2015	CMA Champs, TTFC, Toronto, ON
Triple Jump	W45	9.66	Michelle	Hastick-Cowell	26-Feb-2023	CMA Championships TTFC
Triple Jump	W50	8.69	Kairy	Loucks	11-Mar-2018	CMA Championships, TTFC, Toronto, ON
Triple Jump	<b>W55</b>	<b>9.04</b>	<b>Kairy</b>	<b>Loucks</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
Triple Jump	W60	7.20	Lisa	Frandsen	28-Jan-2024	MM#2 TTFC
Triple Jump	W65	6.74	Helgi	Pedel	9-Mar-1991	OMA Indoor Championships
Triple Jump	W70	6.37	Helgi	Pedel	5-Mar-1994	Indoor Championships
High Jump	M35	1.93	Zoltan	Sara	17-Mar-2013	CMA Championships, TTFC, Toronto, ON
High Jump	M40	1.87	Zoltan	Sara	21-Jan-2018	Mini Meet #2, TTFC, Toronto, ON
High Jump	M45	1.81	Witold	Klinger	1992	OMA Indoor Championships
High Jump	M50	1.85	Istvan	Major	2002	OMA Indoor Championships
High Jump	M55	1.65	Don	Ritchie	21-Jan-2018	Mini Meet #2, TTFC, Toronto, ON
High Jump	M60	1.57	Don	Ritchie	19-Feb-2022	MM#4 TTFC
High Jump	M65	1.45	Peter	Zowkewych	28/29-Jan-2017	WI
High Jump	M70	1.37	Peter	Zowkewych	19-Feb-2022	MM#4 TTFC
High Jump	M75	1.25	Jean-Pierre	Mayer	5-Feb-2023	OMA Championships
High Jump		1.25	Stan	Seitz	5-Feb-2023	OMA Championships
		1.25	Stan	Seitz	26-Feb-2023	CMA Championships TTFC
High Jump	M80	0.95	Peter	Tams	8-Mar-2020	OMA Indoor Championships
High Jump		0.95	Helmut	Brosz	5-Feb-2023	OMA Championships
<b>High Jump</b>		<b>0.95</b>	<b>Helmut</b>	<b>Brosz</b>	<b>16-Mar-2025</b>	<b>OMA Championships</b>
High Jump	M85	1.09	Earl	Fee	30-Dec-2015	Gary Lubin Jump-off, TTFC, Toronto, ON
High Jump	M90	0.89	Karl	Trei	27-Mar-1999	Boston MA
High Jump	W35	1.60	Maresa	Ryan	19-Jan-2014	OMA Mini Meet #2, TTFC, Toronto, ON
High Jump	W40	1.55	Leslie	Estwick	2003	OMA Indoor Championships

High Jump	W45	1.45	Gaby	Szanto	9-Mar-2014	OMA Indoor Championships
High Jump	W50	1.35	Diana	Cesaroni	8-Mar-2020	OMA Indoor Championships
High Jump	W55	1.30	Maria	Mallia	27-Feb-2011	OMA Indoor Championships
High Jump	W60	1.30	Edith	Grey	28-Mar-1996	Greensboro NC
High Jump	"	1.30	Sue	Hannon	12-Mar-2017	CMA Championships, TTFC, Toronto, ON
High Jump	W65	1.15	Helgi	Pedel	11-Mar-1989	OMA Indoor Championships
High Jump	W70	1.16	Helgi	Pedel	5-Mar-1994	OMA Indoor Championships
High Jump	W75	1.08	Helgi	Pedel	6-Mar-1999	OMA Indoor Championships
High Jump	W80	0.96	Helgi	Pedel	6-Mar-2004	OMA Indoor Championships
Pole Vault	M35	4.80	Kevin	Lake	25-Apr-2005	
Pole Vault	M40	4.40	Kevin	Lake	10-Mar-2013	OMA Indoor Championships
Pole Vault	M45	4.00	Vladimir	Kostric	1981	OMA Indoor Championships
Pole Vault	M50	3.86	George	Barber	23-Feb-2014	College Station, TX
Pole Vault	M55	3.43	Mark	Schaber	22-Feb-2015	OMA Indoor Championships
Pole Vault	M60	3.11	Hugh	Miller		OMA Indoor Championships
Pole Vault	M65	3.20	Stan	Egerton	9-Mar-1991	OMA Indoor Championships
Pole Vault	M70	2.80	Bruce	Simpson	17-Feb-2024	Bolton Allcomers #3
Pole Vault	<b>M75</b>	<b>2.70</b>	<b>Bruce</b>	<b>Simpson</b>	<b>15-Mar-2025</b>	<b>Bolton All Comers #4</b>
Pole Vault	<b>M80</b>	<b>1.40</b>	<b>Helmut</b>	<b>Brosz</b>	<b>16-Mar-2025</b>	<b>OMA Indoor Championships</b>
Pole Vault	W35	3.00	Gaby	Szanto	9-Apr-2012	OMA Indoor Championships
Pole Vault	W40	2.95	Charlotte	Ireland	5-Jan-2020	Mini Meet #1, TTFC, Toronro, ON
Pole Vault	W45	2.80	Gaby	Szanto	26-Feb-2012	OMA Indoor Championships
Pole Vault	W45	2.80	Gaby	Szanto	26-Feb-2012	WMA Indoor Championships, Jyväskylä Finland
Pole Vault	W50	2.40	Gaby	Szanto	10-Mar-2018	CMA Champs, TTFC, Toronro, ON
Pole Vault	W55	2.10	Ann Marie	Rosenitsch	1996	OMA Indoor Championships
Pole Vault	W60	1.80	Edith	Gray	1996	OMA Indoor Championships
Shot Put	M35	16.85	Gintas	Degutis	18-Jan-2008	U of T Track Classic
Shot Put	M40	14.44	Mariusz	Kosinski	27-Feb-2011	OMA Indoor Championships
Shot Put	M45	12.81	John	Kasperski	4-Feb-1989	Ottawa, ON

Shot Put	M50	14.33	Jean-Pierre	Mayer	25-Mar-2000	Boston, Ma
Shot Put	M55	14.10	John	Kasperski	4-Mar-2000	OMA Indoor Championships
Shot Put	M60	13.72	Art	Jaago	5-Mar-1988	OMA Indoor Championships
Shot Put	M65	11.65	Peter	Zowkewych	17-Jan-2016	OMA Mini Meet #1, TTFC, Toronto, ON
Shot Put	M70	12.79	Garry	Bachman	5-Mar-1994	OMA Indoor Championships
Shot Put	M75	11.78	Jean-Pierre	Mayer	March 2023	WMA Indoor Champs - Torun
Shot Put	<b>M80</b>	<b>10.89</b>	<b>John</b>	<b>Kasperski</b>	<b>16-Mar-2025</b>	<b>OMA Indoor Championships</b>
Shot Put	M85	9.97	Garry	Bachman	22-Jan-2007	Toronto, ON
Shot Put	M90	8.81	Garry	Bachman	22-Jan-2012	OMA Mini Meet #2, TTFC, Toronto, ON
Shot Put	M95	4.07	Atter Singh	Sekhon	24-Feb-2019	OMA Indoor Championships
Shot Put	W35	11.57	Marie-Josée	Le Jour	19-Mar-2016	CMA Championships, TTFS, Toronto, ON
Shot Put	W40	11.57	Padideh	Boloorizadeh	10-Mar-2018	CMA Championships, TTFC, Toronto, ON
Shot Put	W45	10.79	Nikki	Anderson	25-Feb-2024	OMA Indoor Championships
Shot Put	W50	11.23	Elizabeth	Hill	16-Mar-2014	CMA Champs, TTFC, Toronto, ON
Shot Put	W55	10.93	Elizabeth	Hill	19-Mar-2016	CMA Championships, TTFC, Toronto, ON
Shot Put	W60	10.19	Doreen	Garner	25-Feb-2018	OMA Indoor Championships
Shot Put	W65	10.03	Doreen	Garner	25-Mar-2019	WMA Championships, Torun, POL
Shot Put	<b>W70</b>	<b>9.65</b>	<b>Doreen</b>	<b>Garner</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
Shot Put	W75	8.37	Adri	Rowswell	21-Feb-2016	OMA Mini Meet #3, TTFC, Toronto, ON
Shot Put	W80	6.83	Velta	Tomsons	13-Feb-2011	OMA Mini Meet #4
Shot Put	W85	6.29	Velta	Tomsons	3-Feb-2013	OMA Mini Meet #2, TTFC, Toronto, ON
Weight Throw	M35	13.34	Richard	Parkinson	2004	OMA Indoor Championships
Weight Throw	M40	12.54	James	Findlay	2001	OMA Indoor Championships
Weight Throw	M45	12.78	Richard	Parkinson	2010	OMA Indoor Championships
Weight Throw	M50	18.10	Jan		11-Mar-2006	OMA Indoor Championships
Weight Throw	M55	17.99	Jan		2010	OMA Indoor Championships
Weight Throw	M60	17.64	Ayman	Mazhar	8-Mar-2020	OMA Indoor Championships
Weight Throw	M65	13.55	Brock	Pullen	22-Feb-2015	OMA Indoor Championships
Weight Throw	M70	15.84	John	Kasperski	9-Mar-2014	OMA Indoor Championships

Weight Throw	M75	15.81	Emil	Muller	11-Feb-2012	Ottawa Super Seies, Ottawa, ON
Weight Throw	M80	14.67	Emil	Muller	19-Dec-2015	Ottawa Lions Super Saturday Ottawa, ON
Weight Throw	M85	13.55	Garry	Bachman	25-Feb-2007	Toronto
Weight Throw	M90	10.01	Garry	Bachman	22-Jan-2012	OMA Mini Meet #2, TTFC, Toronto, ON
Weight Throw	M95	4.79	Atter Singh	Sekhon	24-Feb-2019	OMA Indoor Championships
Weight Throw	W35	17.64	Marie-Josee	Le Jour	15-Mar-2014	Canadian Indoor Champs, Montreal, QC
Weight Throw	W40	11.54	Laura	Sivers	25-Feb-2023	CMA Championships TTFC
Weight Throw	W45	10.20	Tracy	Viggers	8-Mar-2020	OMA Indoor Championships
Weight Throw	W50	13.10	Kristen	Dajia	13-Jan-2014	OMA Mini Met #2, TTFC, Toronto, ON
Weight Throw	W55	12.68	Kristen	Dajia	13-Feb-2022	TTFC Mini Meet #3
Weight Throw	<b>W60</b>	<b>15.15</b>	<b>Kristen</b>	<b>Dajia</b>	<b>23-Mar-2025</b>	<b>WMA Championships, Gainesville</b>
Weight Throw	W65	11.46	Doreen	Garner	5-Jan-2020	Mini Meet #1, TTFC, Toronto, ON
Weight Throw	<b>W70</b>	<b>11.30</b>	<b>Doreen</b>	<b>Garner</b>	<b>16-Mar-2025</b>	<b>OMA Indoor Championships</b>
Weight Throw	W75	9.45	Joanne	M Den Iseger	16-Feb-2024	CMA Championships - Montreal



M60	7.87	Kerry	Smith	29-Jan-2017	Mini Meet #2, TTEC Toronto, ON	
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M70	8.39	John	O'Neill	5-Mar-1994	Toronto	
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M80	10.24	Mike	Morris	5-Feb-2023	OMA Championships	
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W70	9.29	Karla	Del Grande	March 2023	WMA Indoor Champs - Torun	
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<b>W80</b>	<b>13.90</b>	<b>Aileen</b>	<b>Burgin</b>	<b>16-Mar-2025</b>	<b>OMA Championships</b>		W80	14.07	Aileen	Burgin	5-Feb-2023	OMA Champion
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W70	31.18	Karla	Del Grande	March 2023	WVMA Indoor Champs - Torun	
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W80	53.18	Aileen	Burgin	25-Feb-2024	OMA Championships		W80	57.96	Agnes	Lamb	25-Feb-2018	OMA Champs
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M50	54.58	Mike	Sherar	25-Mar-2017	WVMA Championships	
M55	55.63	Mike	Sherar	26-Mar-2019	WVMA Championships	
M60	61.7	Norm	Baum	1987	Indoor Championships	

M95	3:06.60	Atter Singh	Sekhon	24-Feb-2019	ON	
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M55	2:08.12	Paul	Osland	28-Mar-2019	VVMA Championships							
<b>M60</b>	<b>2:15.97</b>	<b>Simon</b>	<b>Rayner</b>	23-Feb-2025	<b>Mini Meet #3</b>		M60	2:16.3	Earl	Fee	1993	OMA Indoor

M60	4:43.66	Earl	Fee	5-Mar-1994	OIMA Indoor Championships	
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W60	5:43.12	Makie	Ohler	26-Feb-2023	CMA Championships	
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W70	7:09.82	Dorly	Brechbuehl	1995	OIMA Indoor Championships	
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M60	10:05.3	Ed	Whitlock	5-Mar-1994	OIMA Indoor Championships	
M60	10:02.18	Simon	Rayner	21-Mar-2024	USATF Masters - Chicago	

W70	14:25.00	Clara	Northcott	16-Mar-2025	OMA Indoor Championships		W70	14:51.1	Molly	Turner	11-Mar-2006	OMA Indoor
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M60	17:50.63	Stuart	Galloway	12-Mar-2023	Variety Village AC Sprints Mini Meet	
M65	19:33.9	Jerry	Kooymans	22-Jan-2023	MM#2 TTFC	
M70	22:13.69	Jack	Geddes	8-Jan-2012	MM #1, TTFC, Toronto, ON	

W55	21:48.46	Lynn	Kobayashi	24-Feb-2013	MM #3, TTFC, Toronto, ON	
W60	22:52.51	Lynn	Kobayashi	29-Jan-2017	MM #2, TTFC, Toronto, ON	
W65	24:02.87	Clara	Northcott	2-Feb-2020	MM #3, TTFC, Toronto, ON	

M70	10.60	Ryszard	Lech	29-Mar-2019	VVMA Championships	
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W55	11.29	Rhona	Trott	2008	Indoor Pentathlon Championships	
W55	11.15	Kairy	Loucks	23-Mar-2024	USATF Masters - Chicago	
<b>W55</b>	<b>10.99</b>	<b>Kairy</b>	<b>Loucks</b>	<b>1-Mar-2025</b>	<b>CMA Championships</b>	

W70	10:07.84	Lina	Liscio	19-Jan-2020	OIMA Mini Meet #2, TTEC, Toronto, ON	
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W70	20:40.6	Jane- Marie	Provost	24-Apr-2005	Toronto	
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M50	5.92	Nigel	John	25-Feb-2023	CMA Championships	
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M70	3.71	Stan	Seitz	26/27 Jan-2019	US Combined Events Champs	
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<b>W55</b>	<b>4.24</b>	<b>Kairy</b>	<b>Loucks</b>	<b>28-Jan-2024</b>	<b>MM#2 TTFC</b>		W55	4.18	Kairy	Loucks	25-Feb-2023	CMA Champion
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M70	8.4	Peter	Zowkewych	19-Feb-2022	MM#4 TTFC	
M70	8.7	Thevarajan	Sinnathurai	25-Feb-2024	OIMA Indoor Championships	

W55	8.76	Kairy	Loucks	26-Feb-2023	CMA Championships	
W60	6.32	Janice	Chedore	8-Mar-2020	CMA Indoor Championships	
W55	9.03	Kairy	Loucks	25-Feb-2024	++++	



M70	2.73	Stan	Egerton	1998	OIMA Indoor Championships	
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M75	2.60	Stan	Egerton	3-Mar-2001	OIMA Indoor Championships		<b>2.60</b>	<b>Bruce</b>	<b>Simpson</b>	16-Mar-2025	<b>OIMA Indoor</b>	
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M80	10.05	Garry	Bachman	2003	OIMA Indoor Championships	
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M80	10.40	John	Kasperski	25-Feb-2024	OIMA Indoor Championships	
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W45	10.62	Tracy	Viggers	10-Mar-2018	OIMA Champs, TTEC Toronto, ON	
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<b>W70</b>	<b>9.32</b>	<b>Doreen</b>	<b>Garner</b>	<b>12-Jan-2025</b>	<b>AO Mini Meet #1</b>	
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W60	12.03	Rhona	Trott	16-Mar-2009	OMA Mini Meet #4, TTEC
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<b>W60</b>	<b>15.10</b>	<b>Kristen</b>	<b>Dajia</b>	<b>16-Mar-2025</b>	<b>OMA Indoor Championships</b>		W60	14.75	Kristen	Dajia	28-Jan-2024	MM#2 TTEC
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W70	8.05	Lucille	Green	29-Dec-2021	St Catherines Throws Meet	
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