

Canadian Masters Outdoor Championships

Meet Records

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	Venue	Newsletter	<i>Missing results from 1982</i>	
1974	Richmond BC	#26		
1975	1st WAVA Championships meet held in Toronto			
1976	Oshawa ON	#43		
1977	Montreal - Olympic Pk	#48		
1978	Victoria BC	#54		
1979	Scarborough - Birchmount	Results book	North American Champs	
1980	Hull PQ	#64		
1981	Richmond BC	#68		
1982	Ottawa ON	??	North American Champs	
1983	Toronto - York	#75		
1984	Richmond BC	#79		
1985	Oshawa ON	#82		
1986	Sherbrooke PQ	#84		
1987	Richmond BC	#87 - 3		
1988	Toronto - York	#88	North American Champs	
1989	Edmonton AB	Communique #3		
1990	Montreal- E. Desmarreau		Comm #4	
1991	Ottawa ON	#93		
1992	Regina SK	#96		
1993	Etobicoke ON	#98		
1994	Edmonton AB	#99	NCCWAVA Champs	
1995	Hamilton ON	#101		
1996	Victoria BC	#103		
1997	Toronto - York U.	#105		
1998	Saskatoon SK	#108		
1999	Sherbrooke PQ	#111		
2000	Kamloops BC	#115	NCCWAVA Champs	
2001	Toronto - York U.	#119		
2002	Toronto - York U.	#123		
2003	Richmond BC	#127		
2004	Calgary AB *30th	#131		
2005	Toronto - York U.	#134		
2006	Dieppe NB	#137		

2007	Saint John NB	#140		
2008	Regina SK	#143		
2009	Kamloops BC	End of the MASTERpiece		
2010	Toronto - York U.			
2011	Toronto—Varsity Stadium			
2012	Saint John NB	NCCWMA Championships		
2013	Regina SK			
2014	Toronto - Varsity Stadium			
2015	St Catharines ON			
2016	Toronto - York Lions Stadium			
2017	Toronto - York Lions & TTFC	NCCWMA Championships		
2018	Surrey BC			
2019	Ste Therese PQ	thanks to Greg Athayde for compiling		
2020	Cancelled - Covid			
2021	Cancelled			
2022`	Regina SK			
2023	Langley BC			
2024	Laval PQ	Compiled results by event in '24 are unavailable.		
2025	Laval PQ	Please contact Doug with any updates.		
100m		0.24 added to hand times where indicated		
M30	Walter Dix	USA	10.33	Toronto 2017
M35	Jeremiah Dixon	USA	10.96	Toronto 2017
M40	Provo, David Lee	BC	11.10	Richmond 2003
M45	Jeffery Mack	USA	11.01	Toronto 2017
M50	Karnell Vickers	USA	11.24	Toronto 2017
M55	David Gibbon	USA	11.56	Langley 2023
M60	Robbins, Steve	USA	12.44	Saint John 2007
M65	Paddie, James	USA	12.92	Calgary 2004
M70	Ty Brown	USA	13.13	Toronto 2017
M75	O'Neill, John	ON	14.34	Sherbrooke 1999
M80	Bob Lida	USA	14.63	Toronto 2017
M85	David Dunn	AB	17.43	Regina 2022
M90	Trei, Karl	ON	23.48	Sherbrooke 1999
M95	Atter Singh Sekhon	ON	25.63	Surrey 2018
W30	Mortimer, Lisa	BAH	12.72	Regina 2008
W35	Hendershot, Marg	ON	12.67	Ottawa 1991

W40	Noella Lee Pong	AB	12.75	Calgary 2004
W45	Toccata Murphy	USA	12.73	Toronto 2017
W50	Karla Del Grande	ON	12.98	Toronto 2005
W55	Joy Upshall	USA	13.43	Toronto 2017
W60	Karla Del Grande	ON	13.68	Toronto 2014
W65	Karla Del Grande	ON	13.96	Surrey 2018
W70	Wendy Alexis	ON	14.56	Laval 2025
W75	Carol Lafayette-Boyd	SK	15.03	Surrey 2018
W80	Carol Lafayette-Boyd	SK	16.23	Regina 2022
W85	Christa Bortignon	BC	18.24	Langley 2023
W90	Kotelko, Olga	BC	24.89	Kamloops 2009
W95	Man Kaur	India	69.87	Regina 2013
200m				
M30	Walter Dix	USA	21.30	Toronto 2017
M35	Michael James	ON	22.13	Toronto 2017
M40	Provo, David Lee	BC	22.47	Richmond 2003
M45	Jeffrey Mack	USA	23.09	Toronto 2017
M50	Smith, Kerry	ON	23.63	Toronto 2005
M55	David Gibbon	USA	24.46	Langley 2023
M60	Kerry Smith	ON	25.5	Toronto 2016
M65	Tony Powell	ON	26.89	Toronto 2010
M70	Ty Brown	USA	27.81	Toronto 2017
M75	O'Neill, John	ON	31.07	Sherbrooke 1999
M80	Bob Lida	USA	29.9	Toronto 2017
M85	David Dunn	AB	37.87	Regina 2022
M90	Atter Singh Sekhon	ON	65.47	Toronto 2017
M95	Atter Singh Sekhon	ON	62.87	Surrey 2018
W30	Williams, Foy	ON	24.99	Toronto 2005
W35	Hendershot, Marg	ON	25.85	Ottawa 1991
W40	Raschker, Phil	USA	26.74	Toronto 1988
W45	Tucker, Lorraine		25.49	Regina 1992
W50	Del Grande, Karla	ON	26.22	Toronto 2005
W55	Douglas, Avril	BC	27.90	Toronto 2001
W60	Karla Del Grande	ON	28.64	Regina 2013
W65	Karla Del Grande	ON	28.53	Surrey 2018
W70	Carol Lafayette-Boyd	SK	31.51	Saint John 2012

W75	Carol Lafayette-Boyd	SK	31,89	Toronto 2017
W80	Carol Lafayette-Boyd	SK	34.38	Regina 2022
W85	Christa Bortignon	BC	40.94	Langley 2023
W90	Olga Kotelko	BC	1:21.41	Regina 2013
W95	Kaur Man	India	2:39.19	Regina 2013
400m				
M30	Mellard Brown	USA	48.17	Toronto 2017
M35	Cardinal, Ray	ON	49.86	Toronto 1983
M40	Antwon Dussett	USA	50.07	Toronto 2017
M45	Johnson, Glennie	USA	51.18	Toronto 1988
M50	Khalid Mulazim	USA	52.38	Toronto 2017
M55	Morioka, Harold	BC	54.30	Kamloops 2000
M60	Romain, Ralph	TRI	56.91	Edmonton 1994
M65	Johnson, Paul	USA	59.14	Kamloops 2000
M70	Fee, Earl	ON	63.20	Sherbrooke 1999
M75	Fee, Earl	ON	66.73	Toronto 2005
M80	Fee, Earl	ON	1:11.94	Toronto 2011
M85	Earl Fee	ON	1:17.12	Toronto 2014
M90	Roger Davies	AB	2:00.61	Laval 2025
M95	Atter Singh Sekhon	ON	2:35.90	Surrey 2018
W30	Williams, Foy	ON	55.11	Toronto 2005
W35	Fisher, Jennifer	BERM	58.11	Victoria 1996
W40	Latrica Dendy	USA	60.66	Toronto 2017
W45	Libal, Mary	USA	58.94	Victoria 1996
W50	Del Grande, Karla	ON	60.33	Toronto 2005
W55	Douglas, Avril	BC	62.40	Toronto 2001
W60	Karla Del Grande	ON	66.24	Toronto 2014
W65	Karla Del Grande	ON	1:08.24	Surrey 2018
W70	Palmason, Diane	BC	1:17.14	Kamloops 2009
W75	Bortignon, Christa	BC	1:25.07	Saint John 2012
W80	Jeanne Daprano	USA	1:39.80	Toronto 2017
W85	Ernestine Ramirez Garcia	MEX	2:10.42	Toronto 2017
W95	Kaur Man	India	6:10.17	Regina 2013
800m				
M30	Adams, Barry	BC	1:54.6	Richmond 1974

M35	Adams, Barry	BC	1:58.8	Richmond 1981
M40	Mark Williams	USA	1:57.00	Toronto 2017
M45	Patrice Doucet	PQ	2:01.80	Toronto 2017
M50	Paul Osland	ON	02:05.1	Toronto 2017
M55	Charles Novak	USA	2:05.65	Laval 2025
M60	Earl Fee	ON	2:15.47	Ottawa 1991
M65	Earl Fee	ON	2:15.3	Hamilton 1995
M70	Earl Fee	ON	2:30.12	Toronto 2002
M75	Earl Fee	ON	2:37.04	Dieppe 2006
M80	Earl Fee	ON	2:55.42	Toronto 2011
M85	Earl Fee	ON	3:09.10	Toronto 2014
M90	Roger Davies	AB	4:35.21	Laval 2025
W30	Fisher, Jennifer	BER	2:19.24	Edmonton 1994
W35	Julie Lajeunesse	PG	2:14.51	Toronto 2016
W40	Julie Lajeunesse	PQ	2:13.64	Laval 2025
W45	Nesdoly, Faith	ON	2:23.79	Toronto 2005
W50	Sarah Harney	USA	2:29.18	St Catharines 2015
W55	Douglas, Avril	BC	2:33.40	Toronto 2001
W60	Janice Paterson	AB	2:30.92	Laval 2025
W65	Coreen Steinbach	USA	2:52.20	Toronto 2017
W70	Horne, Jean	ON	3:04.44	Richmond 2003
W75	Montgomery, Lenore	BC	3:44.00	Dieppe 2006
W80	Jeanne Daprano	USA	3:57.34	Toronto 2017
W85	Lenore Montgomery	BC	4:53.70	Toronto 2016
1500m				
M30	Nicholson, Stan	BC	4:05.3	Richmond 1974
M35	Mark Klassen	BC	4:02.57	Langley 2023
M40	Stewart, Wayne	NB	4:01.64	Ottawa 1991
M45	Whitlock, Ed	PQ	4:12.08	Montreal 1977
M50	Whitlock, Ed	PQ	4:15.6	Ottawa 1982
M55	Charles Novak	??	4:25.66	Laval 2025
M60	David Guss	BC	4:48.82	Langley 2023
M65	Barrie Dargie	AB	4:54.00	Toronto 2010
M70	Ed Whitlock	ON	5:19.57	Toronto 2001
M75	Ed Whitlock	ON	5:26.79	Dieppe 2006
M80	Pat Harton	BC	6:36.29	Regina 2022

M85	Ed Whitlock	ON	06:38.2	Toronto 2016
M90	Roger Davies	AB	9:24.97	Laval 2025
W30	Tanya Sakharov	ON	5:07.89	St Catharines 2015
W35	Julie Lajeunesse	PQ	04:32.7	Toronto 2016
W40	Julie Lajeunesse	PQ	4:29.86	Laval 2025
W45	Liz Maguire	ON	4:55.70	Toronto 2014
W50	Sarah Harney	USA	5:02.32	St Catharines 2015
W55	Rita Quibell	ON	5:17.97	Toronto 2011
W60	Janice Patterson	AB	5:06.84	Laval 2025
W65	Kathryn Martin	USA	5:25.65	,
W70	Horne, Jean	ON	6:30.79	Richmond 2003
W75	Montgomery, Lenore	BC	7:11.65	Dieppe 2006
W80	Alice Cole	PQ	7:47.04	Toronto 2014
W85	Lenore Montgomery	BC	9:16.87	Toronto 2016
5,000m				
M30	Howard, Tom	BC	15:24.8	Richmond 1981
M30-39	Creery, Mike (age?)	BC	15.12.4	Victoria 1978
M35	Hale, Murray	ON	15:48.35	Toronto 1988
M40	Inglis, Ken	ON	14:59.62	Toronto 1983
M45	Scott, Mike	ON	15:44.72	Toronto 1988
M50	Kooymans, Jerry	ON	15:47.10	Toronto 2005
M55	Frank Zoldak	USA	16:26.51	Laval 2025
M60	David Guss	BC	17:32.89	Langley 2023
M65	Ed Whitlock	ON	17:52.01	Toronto 1997
M70	Ed Whitlock	ON	19:15.33	Toronto 2005
M75	Ed Whitlock	ON	19:07.02	Dieppe 2006
M80	Ed Whitlock	ON	20:58.12	Toronto 2011
M85	Ed Whitlock	ON	24:19.52	Toronto 2016
W30	McLaren, Nancy	BC	17:45.9	Richmond 1981
W35	Findley, Linda	ON	17:01.3	Richmond 1987
W40	Julie Lajeunesse	PQ	16:51.03	Laval 2025
W45	Maguire, Liz	ON	18:33.50	Saint John 2012
W50	Maria Zambrano	AB	17:27.03	Regina 2022
W55	Alita Dommann	BC	19:44.86	Langley 2023
W60	Makie Ohler	ON	20:39.63	Langley 2023

W65	Kathryn Martin	USA	20:30.54	Toronto 2017
W70	Nancy Wells	ON	23:43.59	Toronto 2017
W75	Lenore Montgomery	BC	25:47.56	Dieppe 2006
W80	Lenore Montgomery	BC	29:29.37	Saint John 2012
W85	Lenore Montgomery	BC	33:21.73	Toronto 2016
10,000m				
M30	Howard, Tom	BC	32:30.6	Richmond 1981
M30-39	Creery, Mike	BC	31:25.0	Victoria 1978
M35	Michener, Gord	CAN	32:09.29	Toronto 1983
M40	Inglis, Ken	ON	30:50.9	Ottawa 1982
M45	Inglis, Ken	ON	32:53.57	Toronto 1988
M50	Martin Sirois	PQ	33:34.27	Laval 2025
M55	Hatton, Ray OR	USA	33:47.3	Richmond 1987
M60	Davies, Clive	USA	35:19.8	Victoria 1978
M65	Ed Whitlock	ON	36:50.70	Toronto 1997
M70	Ed Whitlock	ON	39:42.02	Toronto 2005
M75	Ed Whitlock	ON	39:25.16	Dieppe 2006
M80	Ed Whitlock	ON	42:59.16	Toronto 2011
M85	Ed Whitlock	ON	51:07.53	Toronto 2016
W30	Barnett, Loreen	BC	40:17.3	Richmond 1981
W35	Goertzen, Dorothy	ON	39:32.00	Montreal 1990
W40	Blanchard, Patty	NB	36:17.26	Sherbrooke 1999
W45	Desmeules, Lynda.	PQ	38:23.81	Saint John 2007
W50	Maria Zambrano	AB	36:38.88	Regina 2022
W55	Turner, Molly	ON	42:31.0	Regina 1992
W60	Elizabeth Waywell	ON	42:36.18	Ste Therese PQ
W65	Elizabeth Waywell	ON	42:51.2	Laval 2025
W70	Clara Northcott	ON	53:14.15	Laval 2025
W75	Montgomery, Lenore	BC	54:12.57	Dieppe 2006
W80	Granstrom, Ivy	BC	1:11:58.0	Regina 1992
W85	Granstrom, Ivy	BC	1:26:55.70	Saskatoon 1998
Sprint Hurdles				
80m				
W40	Raschker, Phil	USA	12.53	Toronto 1988
W45	Raschker, Phil	USA	12.22	Edmonton 1994

W50	Amy Haddad	USA	13.76	Toronto 2017
W55	Joy Upshaw	USA	12.99	Toronto 2017
W60	Muriel Gieni	AB	13.36	Surrey 2018
W65	Deborah Lee	BC	17.58	Surrey 2018
	Urith Hayley	BC	17.5	Toronto 2016
W70	Deborah Lee	BC	18.43	Regina 2022
W75	Christa Bortignon	BC	18.96	Regina 2013
W80	Flo Meiler	USA	21.01	Toronto 2017
M70	Ty Brown	USA	13.17	Toronto 2017
M75	Hills, Claude	USA	16.91	Toronto 1988
M80	Arnold Nett	AB	18.14	Regina 2013
M85	Trei, Karl	ON	20.32	Edmonton 1994
100m				
W30	Humber, Karyn	CAN	14.33	Toronto 1997
W35	Estwick, Leslie	ON	14.55	Kamloops 2000
M50	Karnell Vickers	USA	13.89	Toronto 2017
M55	Yannick Le Mouël	PQ	14.90	Laval 2025
M60	Mahmoud Niroumand	USA	16.31	Toronto 2017
M65	Thaddeus Wilson	USA	15.82	Toronto 2017
110m	Jack Greenwood	USA	15.9 M40-49	Richmond 1974
M30	Jackson Hinton	AB	14.55	Toronto 2014
M35	Jackson Hinton	AB	14.06	Surrey 2018
M40	Jackson Hinton	AB	14.50	Regina 2022
M45	Derek Pye	USA	14.82	Toronto 2017
Long Hurdles				
200m	(changed from 300m in 2012)			
W70				
W75	Christa Bortignon	BC	40.91	Regina 2013
W80	Lynn Thompson	BC	47.27	Langley 2023
M75	Hyke Van Der Wal	SK	46.25	Toronto 2014
M80	Arnold Nett	AB	40.85	Regina 2013
M85	Hylke Van Der Wal	SK	1:39.38	Langley 2023
300m				
M60	George Haywood	USA	46.22	Toronto 2017

M65	Fee, Earl	ON	47.40	Edmonton 1994
M70	Fee, Earl	ON	49.66	Sherbrooke 1999
M75	Fee, Earl	ON	53.73	Toronto 2005
M80	Morrow, Burt	CAN	1:22.00	Edmonton 1994
W50	Andrea Collier	USA	51.87	Toronto 2017
W55	Adriene Allen	USA	55.24	Toronto 2017
W60	Muriel Gieni	AB	57.09	Surrey 2018
W65	Carrier, Ruth	ON	1:08.96	Victoria 1996
400m				
M30	Kevin Ott Wright	USA	54.21	Toronto 2017
M35	Hudson, Horace	USA	56.54	Toronto 1988
M40	Druckrey, Stan	USA	58.19	Toronto 1988
M45	Chipkar, Glenn	ON	59.44	Calgary 2004
M50	Morioka, Harold	BC	61.58	Edmonton 1994
M55	Morioka, Harold	BC	63.03	Kamloops 2000
W30	Kate Bickel-Ferth	ON	1:02.29	Toronto 2017
W35	McBlaine, Liz	AB	1:11.8	Richmond 1984
W40	Latricia Dendy	USA	1:07.18	Toronto 2017
W45	Lisa Daley	USA	68.73	Toronto 2016
2,000m Steeplechase				
M60	Simon Rayner	ON	7:36.83	Laval 2025
M65	Dargie, Barrie	AB	7:55.6	Kamloops 2009
M70	Reidar Zapf-Gilje	BC	8:54.20	Langley 2023
M75	Vern Christensen	ON	10:04.03	Toronto 2016
M80	Vern Christensen	ON	13:10.71	Langley 2023
M85	Hylke Van Der Wal	SK	26:14.67	Langley 2023
W35	Fisher, Jennifer	BER	8:23.51	Victoria 1996
W40	Judy Warick	SK	8:17.08	Regina 1992
W45	Kate Cochrane-Brink	ON	8:21.53	Toronto 2017
W50	Kate Cochrane-Brink	ON	8:45.89	Ste Therese PQ
W55	Cheryl Bellaire	USA	8:50.40	Toronto 2017
W60	Jan Smith	SK	9:39.91	Regina 2022
W65	Kathryn Martin	USA	8:52.49	Toronto 2017
W70	Mary Trotto	USA	15:58.37	Toronto 2017

3,000m Steeplechase				
M30	Selby, Rex	SK	12:34.91	Calgary 2004
M35	James, Steven	USA	9:35.90	Victoria 1996
M40	Robbins, Fred	ON	9:57.84	Toronto 1997
M45	Charles Novak	USA	10:37.46	Toronto 2017
M50	Taylor, Art	ON	10:41.8	Oshawa 1976
M55	Chris Deighan	ON	11:32.98	Toronto 2017
1500m RaceWalk Inaugerated in 2010 - started listing in 2013				
M30	Jocelyn Ruest	PQ	6:40.48	Toronto 2014
M35	Jocelyn Ruest	PQ	6:43.78	Ste Therese PQ
M40	Dmitry Babenko	BC	6:13.49	Toronto 2017
M45	Dmitry Babenko	BC	6:18.02	Surrey 2018
M50	David Swarts	USA	6:29.58	Toronto 2017
M55	Yvan Béchar	PQ	7:01.80	Toronto 2017
M60	Henry Charois	AB	7:27.83	Toronto 2011
M65	Jose Camarena	MEX	7:05.49	Toronto 2017
M70	Norman Frable	USA	8:28.53	Toronto 2017
M75	Roland Robichaud	PQ	9:53.83	Ste Therese PQ
M80	Marcel Jobin	PQ	11:14.66	Laval 2025
W30	Amanda Wallace	ON	07:42.5	Toronto 2017
W35	Diane Guignard	ON	6:49.60	Laval 2025
W40	Josée Duchemin	PQ	8:08.95	Ste Therese PQ
W45	Becky Sillito	AB	7:47.96	Toronto 2014
W50	Debra Bridges	USA	08:32.8	Toronto 2017
W55	Johanna Flipsen	AB	7:37.06	Toronto 2010
W60	Johanna Flipsen	AB	07:55.6	Toronto 2017
W65	Johanna Flipsen	AB	8:22.49	Langley 2023
W70	Teresa Chiozza	AB	9:05.84	Regina 2022
W75	Jean Horne	ON	10:30.91	Toronto 2011
W80	Jean Horne	ON	11:09.82	Toronto 2014
W85	Renate Cheetham	BC	12:56.16	Langley 2023
5,000m RaceWalk				
M30	Jocelyn Ruest	PQ	25:24.61	Toronto 2014
M35	Vidales, Paulo	MEX	23:16.03	Kamloops 2000
M40	Dmitry Babenko	BC	22:52.56	Toronto 2014

M45	Dmitry Babenko	BC	22:39.18	Surrey 2018
M50	Roos, Jaan	ON	23:22.54	Toronto 1988
M55	Yvan Béchar	PQ	25:05.60	Toronto 2017
M60	Gore, Brian	GBR	26:48.45	Kamloops 2000
M65	Jose Camarena	MEX	25:32.10	Toronto 2017
M70	Jobin, Marcel	PQ	28:20.62	Saint John 2012
M75	Gould, Max	ON	31:44.22	Regina 1992
M80	Lawrence, Phil		34:11.17	Regina 1992
M85	Bell, Claude	BC	42:57.89	Calgary 2004
W30	Bender, Joni	ON	23:20.82	Toronto 1997
W35	Diane Guignard	ON	24:08.70	Laval 2025
W40	Herazo, Victoria	USA	24:53.29	Kamloops 2000
W45	Lynn, Laura	ON	26:21.73	Toronto 1997
W50	LaVeck, Bev	USA	26:41.2 WR	Richmond 1987
W55	Johanna Flipsen	AB	27:18.04	Saint John 2012
W60	Johanna Flipsen	AB	28:57.30	Toronto 2017
W65	Kris Kozell	ON	29:51.72	Ste Therese PQ
W70	Teresa Chiozza	AB	31:59.95	Regina 2022
W75	Binning, Jennie	CAN	34:31.84	Kamloops 2000
W80	Jean Horne	ON	38:55.54	St Catharines 2015
W85	Renate Cheetham	BC	46:33.78	Langley 2023
Long Jump				
M30	Latham, Clayton	ON	7.23	Toronto 2011
M35	Mayer, Jean-Pierre	ON	6.55	Toronto 1983
M40	Nigel John	ON	6.8	Toronto 2014
M45	Jason Robinson	ON	6.16	Toronto 2016
M50	Nigel John	GRN	6.19	Laval 2025
M55	Morcom, Richmond	USA	5.89	Montreal 1977
M60	Slater, Alan	ON	5.04	Toronto 2002
M65	Skartvedt, Darrold	USA	4.71	Victoria 1996
M70	Stookey, James	USA	4.66	Kamloops 2000
M75	Kennell, Tom	USA	4.00	Toronto 1997
M80	Ted Rowan	SK	3.76	Toronto 2014
M85	Trei, Karl	ON	3.21	Hamilton 1995
M90	Estañol, Armando	MEX	1.53	Saint John 2012

W30	Loucks, Kairy	CAN	5.25	Toronto 1997
W35	Estwick, Leslie	ON	5.56	Kamloops 2000
W40	Raschker, Phil	USA	5.14	Toronto 1988
W45	Thom, Roslyn	AB	4.67	Calgary 2004
W50	Tracey Battle	USA	4.68	Toronto 2017
W55	Joy Upshall	USA	4.59	Toronto 2017
W60	Carol LaFayette-Boyd	SK	4.43	Calgary 2004
W65	Carol LaFayette-Boyd	SK	4.35	Kamloops 2009
W70	Carol LaFayette-Boyd	SK	4.26	Saint John 2012
W75	Carol LaFayette-Boyd	SK	4.09	Toronto 2017
W80	Carol LaFayette-Boyd	SK	3.69	Regina 2022
W85	Christa Bortignon	BC	3.08	Langley 2023
W90	Kotelko, Olga	BC	1.65	Kamloops 2009
Triple Jump				
M30	Jayden Wiebe	SK	12.82	Regina 2022
M35	Johnson, Winchester	AB	13.49	Saskatoon 1998
	Jonathan Younker	ON	13.49	Toronto 2014
M40	Lord, Peter	NS	13.26	Saint John 2007
M45	Gezim Dimnaku	ON	12.94	Toronto 2017
M50	Antonio Palacios	USA	13.58	Toronto 2017
M55	Mihai Ene	ON	11.63	Toronto 2017
M60	Thevarajan Sinnathurai	ON	11.18	Toronto 2014
M65	Lukens, Ed	USA	10.31	Toronto 1988
M70	Hume, Ian	PQ	9.77	Sherbrooke 1986
M75	Hume, Ian	PQ	8.67	Montreal 1990
M80	Trei, Karl	ON	7.36	Montreal 1990
M85	Trei, Karl	ON	6.61	Edmonton 1994
M90	Trei, Karl	ON	5.07	Sherbrooke 1999
W30	Mandi Tuplin	SK	10.3	Regina 2013
W35	Amarasekara, Veronica	USA	10.88	Kamloops 2000
W40	Canedo Reyes, Bertha	MEX	10.32	Saint John 2012
W45	Bertha Canedo	MEX	9.22	Toronto 2017
	Tracy Viggers	ON	9.22	Surrey 2018
W50	Lauridsen, Susanne	AB	9.28	Regina 2008
W55	Muriel Gieni	SK	9.25	Toronto 2016
W60	Carol LaFayette-Boyd	SK	9.09	Calgary 2004

W65	Muriel Gieni	AB	8.87	Langley 2023
W70	Carol LaFayette-Boyd	SK	8.22	Toronto 2016
W75	Carol LaFayette-Boyd	SK	7.95	Toronto 2017
W80	Carol LaFayette-Boyd	SK	6.93	Regina 2022
W85	Christa Bortignon	BC	6.13	Langley 2023
W90	Kotelko, Olga	BC	3.77	Kamloops 2009
High Jump				
M30	Zoltan, Sara	NB	1.94	Saint John 2007
M35	Richard White	USA	2.02	Toronto 2016
M40	Zoltan Sara	ON	1.92	Toronto 2017
M45	Hawkins, John	BC	1.81	Victoria 1996
M50	Williamson, Mark	USA	1.86	Toronto 2011
M55	Hawkins, John	BC	1.75	Calgary 2004
M60	Fehlen, Phil	USA	1.72	Saskatoon 1998
M65	Fehlen, Phil	USA	1.65	Kamloops 2000
M70	David Montieth	USA	1.45	Toronto 2017
	Hume, Ian	PQ	1.45	Oshawa 1985
	Hume, Ian	PQ	1.45	Sherbrooke 1986
M75	Hume, Ian	PQ	1.26	Montreal 1990
M80	Maxwell, Ralph	USA	1.20	Kamloops 2000
M85	Trei, Karl	ON	1.06	Edmonton 1994
M90	Trei, Karl	ON	0.93	Sherbrooke 1999
W30	Findley, Ann	NS	1.55	Dieppe 2006
W35	Emily Lynch	BC	1.60	Langley 2023
W40	Brill, Debbie	BC	1.75	Victoria 1996
W45	Brill, Debbie	BC	1.65	Kamloops 2000
W50	Amy Haddad	USA	1.50	Toronto 2017
W55	Monica Pomietlarz	BC	1.35	Surrey 2018
W60	Monica Pomietlarz	BC	1.35	Langley 2023
W65	Sue Hannon	ON	1.25	Laval 2025
W70	Carol Lafayette-Boyd	SK	1.25	St Catharines 2015
W75	Carol Lafayette-Boyd	SK	1.15	Surrey 2018
W80	Christel Donley	USA	1.00	Toronto 2017
W85	Kotelko, Olga	BC	0.85	2004, 2005, 2007
W90	Olga Kotelko	BC	0.75	Regina 2013

Pole Vault				
M30	Sniatenchuk, James	ON	3.90	Toronto 2005
M35	Lake, Kevin	ON	4.75	Toronto 2005
M40	Kingstad, Jeff	USA	4.30	Victoria 1996
	Jeff Hayhoe	ON	4.30	Toronto 2017
M45	Yannick Le Mouël	PQ	4.15	Toronto 2017
M50	Phillips, Dennis	USA	4.30	Kamloops 2000
M55	Morcom, Richard	USA	4.04	Montreal 1977
M60	Matti Kilpelainen	USA	3.45	Toronto 2010
M65	John Large	USA	3.25	Toronto 2017
M70	Egerton, Stan	ON	3.00	Victoria 1996
M75	Egerton, Stan	ON	2.80	Toronto 2001
M80	Hume, Ian	PQ	2.03	Hamilton 1995
M85	Larry Fiege	BC	1.70	Langley 2023
W30	Szanto, Gaby	ON	3.00	Toronto 1997
W35	Emilie Lefebvre-Bertrand	PQ	3.10	Ste Therese PQ
W40	Jennifer Hunter	BC	3.20	Surrey 2018
W45	Raschker, Phil	USA	3.05	Edmonton 1994
W50	Pietersen, Petra	RSA	2.60	Victoria 1996
W55	Jennifer Harris	BC	2.55	Laval 2025
W60	Rita Hansoom	USA	2.35	Toronto 2017
W65	Carla Hoppie	USA	2.00	Langley 2023
W70	Anderson, Sandy	BC	1.50	Saint John 2012
W75	Marina Worsley	USA	1.20	Langley 2023
W80	Flo Meiler	USA	1.70	Toronto 2017
Shot Put				
M30	Chris Pickering	SK	14.25	Regina 2022
M35 7.26	Gintas Degutis	ON	15.78	Toronto 2010
M40	Wallin, Carl	USA	15.70	Sherbrooke 1986
M45	Ingleton, Peter	ON	14.15	Toronto 2011
M50 6k	Gage, Tom	USA	16.43	Edmonton 1994
M55	Hotchkiss, Richard	USA	14.09	Edmonton 1994
M60 5k	Gage, Thomas	USA	14.67	Calgary 2004
M65	Joe Myers Throws Pent	USA	13.92	Toronto 2017
M70 4k	Vaughn, Gerald	USA	14.50	Saint John 2007
M75	Carter, Ross	USA	11.94	Montreal 1990

M80	Bachman, Garry	ON	10.05	Toronto 2002
M85	Carter, Ross	USA	9.59	Kamloops 2000
M90	Murray, Jim	BC	6.47	Dieppe 2006
M95	Atter Singh Sekhon	ON	4.05	Surrey 2018
W30 4k	Dunsford, Wendy	GBR	10.51	Edmonton 1994
W35	Reed, Georgette	AB	14.25	Calgary 2004
W40	Hohenberg, Ursula	GER	13.10	Edmonton 1994
	Torcolacci, Melody	ON	13.10	Toronto 2002
W45	Smith, Gwenolyn	TRI	11.60	Saint John 2012
W50	Nikki Anderson	ON	11.51	Laval 2025
W55	Grissom, Joann	USA	11.66	Edmonton 1994
W60 3k	Doreen Garner	ON	10.42	Surrey 2018
W65	Doreen Garner	ON	10.42	Ste Therese PQ
W70	Doreen Garner	ON	9.03	Laval 2025
W75	Margaret Tosh	SK	9.18	Regina 2013
W80	Yuko Nakano	AB	8.18	Langley 2023
W85	Kotelko, Olga	BC	5.85	Calgary 2004
W90	Myrtle Acton	BC	5.86	Langley 2023
W95	Man Kaur	India	2.84	Regina 2013
Discus				
M30 2k	Ransky, Mike	CAN	53.69	Toronto 2002
M35	Harkness, Jack	CAN	46.80	Hamilton 1995
M40	Vladimir Tocari	PQ	46.56	Laval 2025
M45	Bailey, Don	USA	44.50	Saint John 2007
M50 1.5k	Dan Parsons	AB	50.01	Surrey 2018
M55	Keshmiri, Joe	USA	50.84	Edmonton 1994
M60 1k	Palmer, Wendell	USA	53.18	Edmonton 1994
M65	Michael Deady	BC	44.5	Langley 2023
M70	Longin Szafranski	AB	42.88	Langley 2023
M75	Carter, Ross	USA	36.76	Montreal 1990
M80	Bachman, Garry	ON	27.88	Toronto 2002
M85	Carter, Ross	USA	28.60	Kamloops 2000
M90	Murray, Jim	BC	17.10	Dieppe 2006
M95	Atter Singh Sekhon	ON	8.62	Surrey 2018
W30 1k	Jacques, Sharon	ON	38.80	Etobicoke 1993

W35	Marie Josée Le Jour	ON	48.03	St Catharines 2015
W40	Hohenberg, Ursula	GER	46.00	Etobicoke 1993
W45	Melanie Guy	PQ	36.85	Laval 2025
W50	Nikki Anderson	ON	32.91	Laval 2025
W55	Hartzler, Mary	USA	31.23	Calgary 2004
W60	Doreen Garner	ON	27.3	Surrey 2018
W65	Doreen Garner	ON	27.57	Ste Therese PQ
W70	Doreen Garner	ON	23.29	Laval 2025
W75	Yuko Nakano	AB	24.23	Surrey 2018
W80	Yuko Nakano	AB	23.20	Langley 2023
W85	Kotelko, Olga	BC	14.55	Calgary 2004
W90	Myrtle Acton	BC	15.28	Langley 2023
Hammer				
M30 7.26k	Maplethorpe, Ian	CAN	64.62	Kamloops 2000
M35	Saimond, G.	?	63.62	Richmond 1974
M40	Maplethorpe, Ian	AB	60.45	Dieppe 2006
M45	Zaitchouk, Boris	ON	53.82	Hamilton 1995
M50 6k	Gage, Tom	USA	63.32	Edmonton 1994
M55	Mathews, George	USA	48.91	Kamloops 2000
M60 5k	Boris Zaitchouk	ON	62.72	Toronto 2010
M65	Emil Muller	PQ	47.72	Toronto 2002
M70 4k	Emil Muller	PQ	47.02	Dieppe 2006
M75	Boris Zaitchouk	ON	43.46	Langley 2023
M80	Emil Muller	ON	40.41	St Catharines 2015
M85	West, Howard	AB	19.94	Toronto 2002
M90	Murray, Jim	BC	17.29	Dieppe 2006
M95	Atter Singh Sekhon	ON	6.09	Surrey 2018
W30 4K	Shellen Thomas	AB	43.30	Calgary 2004
W35	Reed, Georgette	AB	48.75	Calgary 2004
W40	Hardeep Kaur	ON	50.38	Toronto 2017
W45	Melanie Guy	PQ	43.78	Laval 2025
W50 3K	Caroline Wittrin	BC	40.45	Langley 2023
W55	Hartzler, Mary	USA	39.54	Calgary 2004
W60	Williams, Evaun	GBR	40.47	Kamloops 2000
W65	Rhona Trott	ON	30.06	Toronto 2014
W70	Laura Hessel	AB	28.63	Langley 2023

W75	Yuko Nakano	AB	28.06	Regina 2022
W80	Yuko Nakano	AB	27.35	Langley 2023
W85	Kotelko, Olga	BC	17.62	Calgary 2004
W90	Myrtle Acton	BC	16.48	Langley 2023

Javelin				
M30 800g	Venkat Parthasarathy	ON	49.95	Toronto 2010
M35	Morfitt, Graham	BC	64.14	Richmond 2003
M40	Morfitt, Graham	BC	59.08	Kamloops 2009
M45	Lothrop, Jim	USA	59.32	Kamloops 2000
M50	Graham Morfitt	BC	62.53	Surrey 2018
M55	Graham Morfitt	BC	57.93	Langley 2023
M60 600g	Mahmoud Niroumand	USA	48.07	Toronto 2017
M65	Edward Hearn	USA	44.16	Toronto 2017
M70	Buzz Gagne	USA	46.05	Toronto 2017
M75	Victor Njumi	?	39.37	Surrey 2018
M80	Duncan, James	USA	29.00	Saint John 2012
M85	Trei, Karl	ON	22.46	Edmonton 1994
M90	Murray, Jim	BC	13.13	Dieppe 2006
M95	Atter Singh Sekhon	ON	10.40	Surrey 2018
W30 600g	Vicki Webb	ON	45.84	Toronto 2011
W35	Dominique Bilodeau	PQ	38.67	St Catharines 2015
W40	Koloska, Amelie	BC	42.50	Richmond 1987
W45	Smith, Gwendolyn	TRI	38.22	Saint John 2012
W50 400g	Barb Dabrowski,	ON	32.83	Toronto 2010
W55	Barb Dabrowski	ON	35.28	Toronto 2014
W60	Linda Cohn	USA	34.20	Toronto 2017
W65	Radcliffe, Marg	BC	26.78	Saint John 2007
W70	Tosh, Margaret	SK	26.31	Saint John 2012
W75	Marg Radcliffe	BC	21.55	Surrey 2018
W80	Marg Radcliffe	BC	20.64	Langley 2023
W85	Kotelko, Olga	BC	16.94	Calgary 2004
W90	Myrtle Acton	BC	11.61	Langley 2023
W95	Man Kaur	India	5.13	Regina 2013
Weight Throw				
M30	Jason Baines	ON	18.56	Toronto 2010

M35	Jason Baines	ON	17.75	St Catharines 2015
M40	Maplethorpe, Ian	BC	18.21	Dieppe 2006
M45	Olson, Leonard	USA	13.50	Scarborough1979
M50 11.34	Edwards, Tim	USA	17.76	Kamloops 2000
M55	Dan Parsons	AB	18.46	Langley 2023
M60 9.08	Gage, Thomas	USA	20.03	Calgary 2004
M65	Emil Muller	PQ	15.87	Toronto 2001
M70 7.26	George Mathews	USA	18.37	Toronto 2017
M75	Emil Muller	ON	14.50	Toronto 2010
M80 5.45	George Mathews	USA	15.37	Langley 2023
M85	Carter, Ross	USA	10.89	Kamloops 2000
M90	West, Howard	AB	9.96	Richmond 2003
M95	Atter Singh Sekhon	ON	4.76	Surrey 2018
W30	Tiffany DiRico	ON	12.23	Toronto 2010
W35	Marie Josee Le Jour	ON	16.38	Toronto 2014
W40	Elizabeth Teague	USA	13.66	Toronto 2017
W45	Melanie Guy	PQ	13.21	Laval 2025
W50	Taylor, Joyce	USA	12.14	Kamloops 2000
W55	Hartzler, Mary	USA	11.62	Calgary 2004
W60	Linn Polk Dunton	USA	13.39	Toronto 2017
W65	Doreen Garner	ON	11.24	Ste Therese PQ
W70	Tosh, Margaret	SK	12.24	Saint John 2012
W75	Roman, Mary	USA	10.30	Saint John 2012
W80	Kathy Brand	BC	9.04	Langley 2023
W85	Kotelko, Olga	BC	7.72	Calgary 2004
W90	Myrtle Acton	BC	7.45	Langley 2023
4x100m Relay				
W30-39	Team Ohio	50.98		Toronto 1997
W40-49	East West	50.84		Calgary 2004
W50-59	Alterio	54.31		Regina 2008
	Alexis, Del Grande, Lauridsen, Burnett)			
W60-69	Canada	57.94		Toronto 2017
	Whidden, Alexis, Lafayette-Boyd, Del Grande			
W70-79	Team USA	77.01		Kamloops 2000
	J. Valien, L. McDaniels, Louise Adams, Pat Peterson			

W80	United States	1:48.10		Toronto 2017
	Donley, Harada, Meiler, Daprano			
M30-39	Portland USA	43.8		Richmond 1974
M40-49	United States	44.36		Toronto 2017
	Pye, Pittman, Thorne, Mack			
M50-59	United States	44.56		Toronto 2017
	Vickers, Cranford, Hooker, Aurelien			
M60-69	Ontario South	51.36		Edmonton 1994
M70-79	Team M70	58.94		Toronto 2001
	Ken Morris, Bill Thompson, Chuck Sochor, Earl Fee			
M80	Men's 80	1:10.57		Regina 2013
	Ted Rowan, Bill Thompson, Ray Wardle, Arnold Nett			
4x400m Relay				
W30-39	Team Ohio	4:15.9		Toronto 1997
W40-49	United States	4:16.73		Toronto 2017
	Daley, Dendy, Johnson, O'Neil			
W50-59	Scarborough Mast	04:34.5		Richmond 1987
	Turner, Brechbuehl, Van Der Vleuten, Carmichael			
W60-69	Team USA	05:49.4		Kamloops 2000
	G. Butcher, Jean Daprano, Madeline Bost, Joyce H.-Hite			
W70	Canada C	8:04.66		Saint John 2012
	Barb Saunders, Helly Villser, Gail Teed, Lenore Montgomery			
M30-39	Portland USA	03:26.4		Richmond 1974
M40-49	United States	03:31.2		Toronto 2017
	Torres, Souza, Williams, Dussett			
M50-59	United States	03:37.5		Toronto 2017
	Vickers, Bridges, Parks, Mulazim			
M60-69	Tough Track	4:28.85		Regina 2022
	Ron Melchiore, George Stewart, Ken Friesen, Greg Athayde			
M70-79	United States	5:13.92		Toronto 2017
	Johnson, Rush, Malaczynski, Lida			
M80	Men's 80	6:25.06		Regina 2013
	Bill Thompson, Ray Wardle, Arnold Nett, Gerald Graham			

4x800m Relay		Inagurated in 2013		
W30	Unattached	10:23.32		Toronto 2016

	Clarke, Dixon, Ballon, Lajeunesse			
W40	United States	11:54.39		Toronto 2017
	Rupp, Key, Weinstein, Chambers			
W60	Mexico	15:16.16		Toronto 2017
	Gonzales, Chavez, Beltrán, Alvarado			
M30	Roadkill Running Club	11:56.47		Langley 2023
	Allen Ortega, Gordon Flett, Sam Zhou, Andrew Ferguson			
M40	Canada 1	8:34.46		Laval 2025
	Holmgren, Galloway, Griffiths, Aseltine			
M50	Toronto	8:36.39		Toronto 2014
	Tuovinen, Faucher, Osland, Sherar			
M60	CAN	9:16.90		Langley 2023
	Pinckard, Deighan, D. Guss, Athayde			
M70	Canada	12:53.53		Toronto 2017
	Renwick, Bedley, Mackie, Connolly			
Pentathlon	compiled by Christa Bortignon			
M30	Brandon Palmer	USA	2249	Toronto 2017
M35	Winchester Johnson	CAN	3067	Saskatoon 1998
M40	Jeferson Souza	USA	3287	Toronto 2017
M45	Winchester Johnson	CAN	2881	Regina 2008
M50	Fred Judson	CAN	2873	Saskatoon 1998
M55	Philippe Ollvier	PQ	2795	Laval 2025
M60	Reider Zapf-Gilje	CAN	3364	Toronto 2016
M65	Reider Zapf-Gilje	CAN	3902	Toronto 2017
M70	Reidar Zapf-Gilje	BC	3780	Regina 2022
M75	Red Rowan	CAN	3149	Kamloops 2009
M80	Red Rowan	CAN	3506	Regina 2013
M85	Red Rowan	CAN	3635	Surrey 2018
M90	Joe Giegerich	BC	2041	Regina 2022
W35	Olivia Rofael	ON	1839	Laval 2025
W40	Olesea Chitul	CAN	2062	Surrey 2018
W45	BJ Freeman	AB	3457	Regina 2008
W50	Amy Haddan	USA	3782	Toronto 2017
W55	Ginny Richburg	USA	2460	Toronto 2017
W60	Muriel Gieni	BC ?	3737	Regina 2022
W65	Muriel Gieni	?	3990	Langley 2023

W70	Barbara Warren	USA	2592	Toronto 2017
W75	Christa Bortignon	BC	4743	Saint John 2012
W80	Christa Bortignon	BC	4838	Surrey 2018

Throws Pentathlon - compiled by Dan Parsons				
M30	Paterson, Scott	AB	2028	Toronto 2017
M35	Paterson, Scott	AB	2740	Surrey 2018
M40	Wiebe, Shane	BC	3203	Surrey 2018
M45	Gautier, Paul	NB	3311	Toronto 2014
M50	Dan Parsons	AB	3730	Regina 2022
M55	Dan Parsons	AB	3825	Langley 2023
M60	Peters, Johannes	BC	3619	Surrey 2018
M65	Jake Wolters	ON	3633	Laval 2025
M70	Glowacki, Marek	BC	3948	Regina 2013
M75	Harnek Toor	BC	3352	Langley 2023
M80	Bakshish Dhillon	BC	3784	Surrey 2018
M85	Bakshish Dhillon	BC	2495	Langley 2023
M90				
M95	Sekhon, Atter Singh	BC	2001	Surrey 2018
W30	Sivers, Laura	ON	2063	Toronto 2014
W35	Gabruch, Karla	SK	3517	Regina 2013
W40	Le Jour, Marie-Josee	ON	4033	Toronto 2014
W45	Andrea Diener	AB	3691	Regina 2022
	Melanie Guy new scoring tables	PQ	3665	Laval 2025
W50	Dajia, Kristen	ON	3309	Toronto 2016
W55	Donna Beard	USA	3208	Langley 2023
W60	Hare, Rose	BC	3406	Regina 2013
W65	Hare, Rose	BC	3729	Surrey 2018
W70	Tosh, Margaret	SK	4902	Regina 2008
W75	Tosh, Margaret	SK	4598	Regina 2013
W80	Yuko Nakano	AB	3116	Langley 2023
W85	Kotelko, Olga	BC	4322	Regina 2008
W90	Myrtle Acton	BC	3975	Langley 2023