

Ontario Masters Indoor Championship Meet Records

45 years of Competitions - Compiled by Doug Smith

Year	Venue	Meet Director									
71	CNE	MTFC (Metro Fitness Club)		W30	26.36	Wendy Clarke	14		1500m		
72	CNE	MTFC		W35	26.68	Linda Carty	03	M30	4:29.90	Rob Base Trantor	08
73	CNE	Don Farquharson		W40	27.79	Deborah Lenz	98	M35	4:03.2	Ray Tucker	85
74	CNE	?		W45	28.55	Karla Del Grande	03	M40	4:06.5	Ray Tucker	87
75	CNE	Elwyn Davies		W50	26.82	Karla Del Grande	06	M45	4:17.50	Ron Frid	94
76	CNE	Chris Pickard		W55	27.91	Karla Del Grande	10	M50	4:22.7	Jerry Kooymans	06
77	CNE	Dave Smith		W60	28.90	Karla Del Grande	14	M55	4:45.2	Ed Whitlock	87
78	Oshawa	?		W65	34.65	Diane Palmason	07	M60	4:43.66	Earl Fee	94
79	CNE	Don Stewart		W70	40.27	Doreen Carmichael	03	M65	4:49.59	Earl Fee	96
80-82	York	Dave Welsh		W80	42.18	Alice Cole PQ	14	M70	5:14.15	Ed Whitlock	03
84	"	Malcolm Smith						M75	5:53.78	Ed Whitlock	11
85	"	Ken Twigg		400m				M80	6:14.81	Ed Whitlock	14
86-07	"	Brian Keaveney (22 years!)		M30	52.24	Travis Anderson	11	M85	9:01.16	Les Leyland	03
08-15	"	Doug Smith		M35	51.0	Ray Cardinal	86				
				M40	52.2	Ray Cardinal	87	W30	5:09.90	Suzette Taggart	03
				M45	53.57	Ben James	06	W35	4:43.89	Janet Takahashi	94
				M50	56.8	Norm Baum	78	W40	4:49	Linda Findlay	88
				M55	56.7	Earl Fee	88	W45	4:58.58	Annie Bunting	12
				M60	61.7	Norm Baum	87	W50	5:03.02	Kathryn Martin	02
				M65	62.37	Earl Fee	99	W55	5:36.60	Molly Turner	90
				M70	1:09.0	Art Obokata	89	W60	5:55.92	Jean Horne	93
				M75	1:08.20	Earl Fee	07	W65	6:07.27	ML Michelsohn USA	09
				M80	1:11.23	Earl Fee	09	W70	7:09.82	Dorly Brechbuehl	95
				M85	1:55.36	Les Leyland	03	W75	8:09.68	Judith Kazdan	95
								W80	9:12.97	Judith Kazdan	00
				W35	1:01.93	Maureen Rodrigue	02				
				W40	1:04.61	Kathleen Shook	06	3000m			
				W45	1:02.60	Karla Del Grande	03	M30	9:01.39	Mario Iozzo	06
				W50	1:01:38	Karla Del Grande	05	M35	8:41.23	Bob Moore	76
				W55	1:06.89	Karla Del Grande	10	M40	8:39.70	Charlie McMullen	93
				W60	1:15.44	Rhona Trott	09	M45	9:01.0	Ed Whitlock	79
				W65	1:14.5	Jean Horne	98	M50	9:26.82	Jerry Kooymans	08
				W70	1:22.12	Jean Horne	04	M55	9:53.16	Jerry Kooymans	13
				W80	1:38.28	Alice Cole PQ	15	M60	10:05.3	Ed Whitlock	94
				800m				M65	10:11.60	Ed Whitlock	96
				M30	2:04.15	Patrick Menzies	03	M70	10:52.40	Ed Whitlock	05
				M35	1:59.14	Derek Hackshaw	06	M75	11:17.21	Ed Whitlock	07
				M40	2:00.8	Ray Tucker	91	M80	13:58.83	Ed Whitlock	13
				M45	2:00.99	Michael Sherar	12	M85	20:15.9	Les Leyland	03
				M50	2:06.69	Paul Osland	15				
				M55	2:11.00	Francois Martel PQ	09	W30	10:09.35	Edel Mooney	05
				M60	2:16.3	Earl Fee	93	W35	10:00.6	Linda Findley	87
				M65	2:18.7	Earl Fee	98	W40	10:34.3	Margarita Ekiss	82
				M70	2:32.23	Earl Fee	03	W45	11:24.16	Christine Lavallee	02
				M75	2:40.58	Earl Fee	06	W50	11:05.44	Kathryn Martin	02
				M80	2:57.75	Earl Fee	11	W55	11:47.00	Molly Turner	91
				M85	4:41.57	Les Leyland	03	W60	12:08.8	Molly Turner	94
								W65	13:23.38	Jean Horne	98
				W30	2:24.51	Shari Boyle	05	W70	14:51.1	Molly Turner	06
				W35	2:19.86	Anna Cranton	01	W75	17:17.48	Judith Kazdan	96
				W40	2:25.36	Annie Bunting	08	W80	19:34.94	Judith Kazdan	00
				W45	2:26.42	Annie Bunting	10				
				W50	2:32.87	Annie Bunting	15	3000m Racewalk			
				W55	2:50	Jean Horne	88	M35	14:44.9	Paul Guimond	95
				W60	2:52.4	Jean Horne	93	M40	13:52.3	Patrick Farrelly	80
				W65	2:54.8	Jean Horne	98	M45	12:58.0	Jaen Roos	84
				W70	3:14.45	Jean Horne	04	M50	14:11.4	Jaen Roos	89
								M55	15:39.4	Stuart Summerhays	92
								M60	15:37.9	Max Gould	81
								M65	16:03.0	Max Gould	84
								M70	17:55.83	John Kittredge	15
								M75	18:56.76	Max Gould	93
								M80	23:08.9	Peter Fellowes	05
				W30	14:59.4	Rachel Robichaud	05				
				W35	13:55.4	Joni Bender	98				
				W40	15:24.6	Nanci Sweazey	96				
				W45	15:08.7	Nanci Sweazey	02				
				W50	16:49.50	Nanci Sweazey	07				
				W55	17:52.84	Anne de Thy	10				
				W60	17:01.46	Kris Kozell	15				
				W65	19:14.05	AnnMarie Rosenitsch	07				
				W70	21:29.9	Elga Meri	94				
				W75	21:46.61	Jean Horne	11				
				200m							
				M30	23.69	Shane Ferth	12				
				M35	22.4	Kerry Smith	92				
				M40	23.49	Lawrence Williams	11				
					23.3 (.54)	Ray Cardinal	87				
				M45	23.87	Kerry Smith	99				
				M50	24.33	Kerry Smith	04				
				M55	25.78	Bennie James USA	12				
				M60	26.44	Tony Powell	07				
				M65	27.22	Tony Powell	10				
				M70	29.78	Chuck Sochor	99				
				M75	32.51	Jack Greenwald	04				
				M80	32.07	Earl Fee	09				
				M85	43.53	Bill Thompson	15				

Shot Put

M30	8.45	Milton Ashmeade	15
M35	16.01	Gintas Degutis	08
M40	14.44	Mariusz Kosinski	11
M45	13.05	Jim Wetenhall USA	03
M50	14.96	Joseph Myers USA	06
M55	14.55	Joe Myers USA	09
M60	13.72	Art Jaago	88
M65	10.99	Helmut Lange	95
M70	12.79	Garry Bachman	94
M75	11.39	Garry Bachman	99
M80	10.05	Garry Bachman	03
M85	9.88	Garry Bachman	07
W30	13.14	Marie-Josée Le Jour	11
W35	11.19	Gaby Szanto	03
W40	9.41	Debi Heit	92
W45	10.29	Elizabeth Hill	10
W50	10.90	Elizabeth Hill	14
W55	10.78	Debbie Murfitt	13
W60	8.62	Helgi Pedel	84
W65	8.38	Helgi Pedel	91
W70	7.44	Helgi Pedel	95
W75	7.33	Velta Tomsons	03
W80	6.67	Velta Tomsons	11
W85	6.14	Velta Tomsons	13

Weight Throw (outdoors pre 2004)

M30	18.21	Jason Baines	11
M35	13.34	Richard Parkinson	04
M40	12.54	James Findlay	01
M45	16.65	Jim Wetenhall USA	03
M50	20.28	Jim Wetenhall USA	06
M55	19.79	Jim Wetenhall USA	10 WR
M60	17.62	Emil Muller	97
	17.62	Jan Graczyk	13
M65	16.24	Emil Muller	01
M70	15.84	John Kasperski	14
M75	15.07	Emil Muller	11
M80	13.29	Garry Bachman	05
M85	11.64	Garry Bachman	07
W30	18.39	Marie-Josée Le Jour	11
W35	10.78	Diane JaamShahriari	05
W40	7.60	Darlene Aulenback	92
W45	10.12	Elizabeth Hill	10
W50	12.84	Kristen Dajia	14
W55	11.46	Kathy Wetenhall	10
W60	11.92	Rhona Trott	09
W65	10.56	Rhona Trott	15

High Jump

M30	1.80	David Valenzuela	10
M35	1.90	Zoltan Sara	14
M40	1.80	Walt Reynolds USA	03
M45	1.81	Witold Klingner	92
M50	1.85	Istvan Major	02
M55	1.55	Bill DeHorn	03
M60	1.46	Peter Zowkewych	14
M65	1.49	Ian Hume	81
M70	1.39	Ian Hume	85
M75	1.28	Ian Hume	92
M80	1.14	Ian Hume	96
M85	1.05	Karl Trei	95
W30	1.35	Jennifer Pineo	10
W35	1.56	Kimi Nakatake USA	08
W40	1.55	Leslie Estwick	03
W45	1.45	Gaby Szanto	14
W50	1.35	Maria Mallia	06
W55	1.30	Maria Mallia	11
W60	1.25	Edith Gray	96
W65	1.15	Helgi Pedel	89
W70	1.16	Helgi Pedel	94
W75	1.08	Helgi Pedel	99
W80	0.96	Helgi Pedal	04

Pole Vault

M30	4.30	Richard Sibley	08
M35	4.37	Ken Roblec	88
M40	4.40	Kevin Lake	13
M45	4.00	Vladimir Kostric	81
M50	4.00	Ed Hoyle	87
M55	3.90	Matti KilpelainenUSA	04
M60	3.60	Matti Kilpelainen	09
M65	3.20	Stan Egerton	91
	3.20	Matti KilpelainenUS	12
M70	2.73	Stan Egerton	98
M75	2.60	Stan Egerton	01
M80	1.80	Ian Hume	95
W35	3.00	Gaby Szanto	03
W45	2.80	Ken Roblec	12
W50	2.70	Hillen Stubendorff GER	03
W55	2.10	Jutta Reigel	95
	2.10	Ann Marie Rosenitsch	96
W60	1.80	Edith Gray	96
W65	2.00	Jutta Riegel	06

Long Jump

M30	7.13	Clayton Latham	12
M35	6.36	Ron Thompson	87&88
M40	6.47	Todd Crawford	07
M45	6.06	Vladimir Kostric	81
M50	5.80	Richard Lech	98
M55	5.43	Richard Lech	03
M60	5.15	Alan Slater	03
M65	4.97	A. Brosz	75
M70	4.41	Ian Hume	85
M75	3.95	Chuck Sochor USA	04
M80	3.57	Karl Trei	90
M85	3.12	Karl Trei	95
W35	5.20	Linda Carty USA	04
W40	5.24	Leslie Estwick	03
W45	4.52	Adri Rowswell	87
W50	4.16	Maria Mallia	05
W55	3.68	Rhona Trott	07
W60	3.77	Edith Gray	96
W65	3.31	Edith Gray02	
W70	2.83	Elga Meri	92

Triple Jump

M30	13.90	Clayton Latham	12
M35	12.88	Ron Thompson	88
M40	12.79	Todd Crawford	07
M45	11.89	Alan Slater	88
M50	11.62	Igor Konovalov	99
M55	10.92	Alan Slater	98
M60	10.97	Thevarajan Sinnathurai	14
M65	10.08	Ian Hume	81
M70	9.56	Ian Hume	85
M75	8.27	Ian Hume	90
M80	7.31	Karl Trei	90
M85	6.15	Karl Trei	95
W35	12.07	Michelle Hastick Cowell	09
W40	6.70	Vera Cabanus	92
W45	8.92	Liz McBlain	93
W50	9.08	Irene Thompson	06
W55	7.62	Jutta Reigel	95
W60			
W65	6.74	Helgi Pedel	91
W70	6.37	Helgi Pedel	94

(+0.24 correction factor electronic over hand timing, eg. 23.6 sec hand timed = 23.84 electronic) (30-34 age groups added in 2003)



M65 Bob Moore in the 3000m
Bob holds the M55 MR of 10:09
and one of the oldest - the M35
record of 8:41 that he set 38 years
ago in 1976!