

# Canadian Masters Indoor Championships

2003 - Toronto

2011 - Kamloops

2012 - Toronto

2013- Toronto

2014 - Toronto

2015 - Toronto

2016 - Toronto

2017 - Toronto

Compiled by Doug Smith

50m				
W30	Sheree Mullings	7.35	ON	2015
W35	Khama Beckles	6.88	ON	2013
<b>W40</b>	<b>Violeta Garfunkle</b>	<b>7.41</b>	<b>ON</b>	<b>2017</b>
W45	Dala Bortolussi	7.78	PQ	2016
W50	Theresa Rozario	8.5	ON	2016
W55	Wendy Alexis	7.33	ON	2014
W60	Karla Del Grande	7.33	ON	2014
W65	Deborah Lee	8.87	BC	2016
<b>W70</b>	<b>Carol Lafayette-Boyd</b>	<b>8.1</b>	<b>SK</b>	<b>2017</b>
W75	Christa Bortignon	8.64	BC	2015
<b>W80</b>	<b>Christa Bortignon</b>	<b>9.03</b>	<b>BC</b>	<b>2017</b>
M30	Alexandre Gbaguidi	6.13	PQ	2013
	Mike James	6.13	ON	2015
<b>M35</b>	<b>Alexandre Gbaguidi</b>	<b>6.12</b>	<b>PQ</b>	<b>2017</b>
<b>M40</b>	<b>Nigel John</b>	<b>6.39</b>	<b>ON</b>	<b>2017</b>
M45	Chris Lemassif	6.50	ON	2015
M50	Christopher Warburton	6.46	ON	2016
M55	Robert Nasato	6.69	ON	2016
M60	Al Percival	7.19	BC	2015
M65	Richard Lech	7.37	ON	2013
M70	Mike Morris	7.57	ON	2012
<b>M75</b>	<b>Mike Morris</b>	<b>8.07</b>	<b>ON</b>	<b>2017</b>
M80	Ted Rowan	8.13	SK	2014
M85	Bill Thompson	9.53	ON	2015
60m				
<b>W30</b>	<b>Julia Carew</b>	<b>8.64</b>	<b>ON</b>	<b>2017</b>
W35	Khama Beckles	8.05	ON	2013
W40	Estwick, Leslie	8.4	ON	2003
W45	Del Grande, Karla	8.47	ON	2003
W50	Burnett, Evelyn	8.81	AB	2011
W55	Wendy Alexis	8.59	ON	2014
W60	Karla Del Grande	8.58	ON	2014
W65	Deborah Lee	10.59	BC	2016
<b>W70</b>	<b>Carol Lafayette-Boyd</b>	<b>9.5</b>	<b>SK</b>	<b>2017</b>
W75	Christa Bortignon	10.10	BC	2013

<b>W80</b>	<b>Christa Bortignon</b>	<b>10.54</b>	<b>BC</b>	<b>2017</b>
M30	Michael James	7.11	ON	2015
<b>M35</b>	<b>Michael James</b>	<b>7.06</b>	<b>ON</b>	<b>2017</b>
M40	Tshinyama, Paul	7.39	BC	2011
M45	James, Ben	7.45	USA	2003
<b>M50</b>	<b>Karnell Vickers</b>	<b>7.27</b>	<b>USA</b>	<b>2017</b>
M55	Michael Lee Foon	7.79	ON	2016
M60	Kerry Smith	8.02	ON	2016
M65	Richard Lech	8.58	ON	2013
M70	Mike Morris	8.92	ON	2012
<b>M75</b>	<b>Mike Morris</b>	<b>9.62</b>	<b>ON</b>	<b>2017</b>
M80	Ted Rowan	9.70	SK	2014
M85	Bill Thompson	11.41	ON	2015
M90	Falconer, William	16.3	BC	2011
<b>200m</b>				
W30	Sheree Mullings	28.84	ON	2015
W35	Carty, Linda	26.68	USA	2003
<b>W40</b>	<b>Violeta Garfunkle</b>	<b>28.5</b>	<b>ON</b>	<b>2017</b>
W45	Del Grande, Karla	28.55	ON	2003
W50	Burnett, Evelyn	29.88	AB	2011
W55	Del Grande, Karla	28.36	ON	2012
W60	Karla Del Grande	28.68	ON	2014
<b>W70</b>	<b>Carol Lafayette-Boyd</b>	<b>33.66</b>	<b>SK</b>	<b>2017</b>
W75	Christa Bortignon	35.21	BC	2013
<b>W80</b>	<b>Christa Bortignon</b>	<b>38.16</b>	<b>BC</b>	<b>2017</b>
W90	Kotelko, Olga	66.89	BC	2011
M30	Gbaguidi, Alexandre	23.24	PQ	2013
M35	Dree Ryan	23.43	ON	2016
M40	Foon, Michael Lee	23.67	ON	2003
M45	Khalid Mulazim	23.74	USA	2013
<b>M50</b>	<b>Karnell Vickers</b>	<b>23.97</b>	<b>USA</b>	<b>2017</b>
M55	Mike Lee Foon	25.85	ON	2016
M60	Marcel D'Eon	27.45	PQ	2015
M65	Powell, Tony	27.90	ON	2012
M70	Tony Powell	28.90	ON	2015
M75	Ted Rowan	34.02	SK	2011
	<b>Mike Morris</b>	<b>34.02</b>	<b>ON</b>	<b>2017</b>
M80	Lesage, Norm	33.82	AB	2011
M85	Bill Thompson	41.49	ON	2015
<b>400m</b>				
W30	Sasha Gollish	62.18	ON	2013
W35	Sonia Lévesque	67.57	PQ	2016
W40	Khama Beckles	69.03	ON	2016
W45	Del Grande, Karla	62.6	ON	2003
W50	Annie Bunting	64.38	ON	2015
W55	Del Grande, Karla	66.12	ON	2012
<b>W60</b>	<b>Karla Del Grande</b>	<b>69.2</b>	<b>ON</b>	<b>2017</b>
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	Scott, Aston	54.77	USA	2003
M40	Williams, Lawrence	53.07	ON	2012
M45	Khalid Mulazim	53.06	USA	2013
<b>M50</b>	<b>Landen Summay</b>	<b>55.69</b>	<b>USA</b>	<b>2017</b>
M55	Benny James	57.64	USA	2015
M60	Marcel D'Eon	63.16	SK	2015
M65	Irons, Jim	67.53	ON	2003
<b>M70</b>	<b>Bruce Mintz</b>	<b>75.02</b>	<b>AB</b>	<b>2017</b>
<b>M75</b>	<b>Doug Renwick</b>	<b>76.53</b>	<b>SK</b>	<b>2017</b>
M80	Earl Fee	75.41	ON	2013
M85	Earl Fee	1:25.74	ON	2016
<b>800m</b>				
W30	Sasha Golish	2:15.21	ON	2013
W35	Tanya Sakharov	2:33.98	ON	2016
<b>W40</b>	<b>Michelle Clarke</b>	<b>2:33.13</b>	<b>ON</b>	<b>2017</b>
W45	Bunting, Annie	2:22.25	ON	2012
W50	Annie Bunting	2:25.13	ON	2015
<b>W55</b>	<b>Heather O'Hagen</b>	<b>2:44.15</b>	<b>ON</b>	<b>2017</b>
<b>W60</b>	<b>Clara Northcott</b>	<b>3:07.89</b>	<b>ON</b>	<b>2017</b>
W70	Saunders, Barbara	3:51.66	BC	2011
W80	Alice Cole	3:50.97	PQ	2015
M30	Menzies, Patrick	2:04.15	ON	2003
M35	Anderson, Travis	2:00.52	ON	2012
<b>M40</b>	<b>Patrice Doucet</b>	<b>2:03.57</b>	<b>PQ</b>	<b>2017</b>
M45	Sherar, Mike	2:01.94	ON	2012
<b>M50</b>	<b>Landen Summay</b>	<b>2:04.02</b>	<b>USA</b>	<b>2017</b>
<b>M55</b>	<b>Mark Pinckard</b>	<b>2:16.94</b>	<b>BC</b>	<b>2017</b>
M60	John Albert	2:27.83	ON	2016
<b>M65</b>	<b>John Helliher</b>	<b>2:34.48</b>	<b>ON</b>	<b>2017</b>
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	Thompson, Harry	4:20.78	BC	2011
<b>1500m</b>				
W30	Sasha Golish	4:34.89	ON	2013
W35	Hopkins, Colleen	5:03.1	ON	2003
W40	BobbiJo Waite Lang	5:04.94	AB	2013
<b>W45</b>	<b>Maria Zambroni</b>	<b>4:45.82</b>	<b>AB</b>	<b>2017</b>
<b>W50</b>	<b>Liz Maguire</b>	<b>5:05.00</b>	<b>ON</b>	<b>2017</b>
W55	De St Croix, Maureen	5:39.46	BC	2011
W60	Lynn Kobayashi	6:15.61	ON	2016
W70	Saunders, Barbara	8:23.03	BC	2011
<b>W80</b>	<b>Alice Cole</b>	<b>8:14.68</b>	<b>PQ</b>	<b>2017</b>
M30	Semes, Jimmy	4:48.68	ON	2012

M35	Joey Boland	4:13.04	ON	2014
M40	Jay Brecher	4:17.31	ON	2014
M45	Peat, Geoff	4:25.87	ON	2012
M50	Paul Osland	4:18.43	ON	2014
M55	Prather, Bob	4:47.01	USA	2011
M60	John Helliker	4:59.13	ON	2015
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
<b>W45</b>	<b>Maria Zambrano</b>	<b>9:54.78</b>	<b>AB</b>	<b>2017</b>
W50	Juliette Christie	11:15.60	BC	2015
W55	Lynn Kobayashi,	12:30.42	ON	2013
<b>W60</b>	<b>Lynn Kobayashi,</b>	<b>13:04.68</b>	<b>ON</b>	<b>2017</b>
W70	Saunders, Barbara	17:20.49	BC	2011
<b>M30</b>	<b>Steven Blau</b>	<b>12:09.78</b>	<b>ON</b>	<b>2017</b>
M35	Predrag Mladenovic	9:08.81	ON	2012
M40	Predrag Mladenovic	9:07.30	ON	2015
M45	Peat, Geoff	9:32.73	ON	2012
<b>M50</b>	<b>Dan Fiorini</b>	<b>9:52.43</b>	<b>ON</b>	<b>2017</b>
M55	Stuart Galloway	9:42.22	ON	2016
M60	John Clarke	10:57.81	ON	2013
M65	Ken Hamilton	11:02.84	ON	2015
M70	Whitlock, Ed	11:26.40	ON	2003
<b>M75</b>	<b>Chris Mackie</b>	<b>12:49.41</b>	<b>ON</b>	<b>2017</b>
M80	Whitlock, Ed	12:00.88	ON	2011
M85	Ed Whitlock	13:41.96	ON	2016
<b>1500m Racewalk</b>				
<b>W30</b>	<b>Evane Michoux</b>	<b>8:33.11</b>	<b>PQ</b>	<b>2017</b>
W35				
W40	Catherine McCormack	8:36.83	ON	2013
W45	Nancy Kula	9:54.59	ON	2013
W50	Archibald, Sandy	8:20.55	ON	2012
W55	Wilson, Linda	8:02.88	ON	2012
<b>W60</b>	<b>Nancy Patten</b>	<b>8:08.20</b>	<b>ON</b>	<b>2017</b>
<b>W65</b>	<b>Teresa Chiozza</b>	<b>8:58.86</b>	<b>AB</b>	<b>2017</b>
W75	Horne, Jean	10:58.65	ON	
W80	Jean Horne	11:05.43	ON	2015
<b>W35</b>	<b>Jocelyn Ruest</b>	<b>6:41.06</b>	<b>PQ</b>	<b>2017</b>
M40	Dmitry Babenko	6:16.17	BC	2016
M45	Jianping Xu	6:46.79	ON	2013
<b>M50</b>	<b>Yvan Béchard</b>	<b>6:38.76</b>	<b>PQ</b>	<b>2017</b>
<b>M55</b>	<b>Dave Talcott</b>	<b>6:38.27</b>	<b>USA</b>	<b>2017</b>

M60	Henry Charrois	7:24.59	AB	2013
<b>M65</b>	<b>Henry Charrois</b>	<b>7:50.41</b>	<b>AB</b>	<b>2017</b>
M70	John Kittredge	8:19.20	ON	2015
<b>M75</b>	<b>Marcel Jobin</b>	<b>8:31.04</b>	<b>PQ</b>	<b>2017</b>
<b>M80</b>	<b>Crawford McNair</b>	<b>15:08.45</b>	<b>BC</b>	<b>2017</b>
<b>3000m Racewalk</b>				
<b>W30</b>	<b>Evane Michoux</b>	<b>18:04.64</b>	<b>PQ</b>	<b>2017</b>
W35	Sarah Raetsen	18:21.72	ON	2015
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
<b>W60</b>	<b>Nancy Patten</b>	<b>17:05.15</b>	<b>ON</b>	<b>2017</b>
<b>W65</b>	<b>Teresa Chiozza</b>	<b>18:06.32</b>	<b>AB</b>	<b>2017</b>
W70				
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	Jianping Xu	14:17.83	ON	2013
M50	David Swarts	13:42.95	USA	2016
<b>M55</b>	<b>Dave Talcott</b>	<b>13:59.7</b>	<b>USA</b>	<b>2017</b>
M60	Henry Charrois	15:57.10	AB	2013
<b>M65</b>	<b>Henry Charrois</b>	<b>16:22.52</b>	<b>AB</b>	<b>2017</b>
M70	John Kittredge	17:36.43	ON	2015
<b>M75</b>	<b>Marcel Jobin</b>	<b>18:12.66</b>	<b>PQ</b>	<b>2017</b>
<b>50m Hurdles</b>				
W30	Marie-Eve Boudreau	9.89	PQ	2015
<b>W35</b>	<b>Sonia Lévesque</b>	<b>9.51</b>	<b>PQ</b>	<b>2017</b>
<b>W40</b>	<b>Nicole Luke</b>	<b>9.08</b>	<b>ON</b>	<b>2017</b>
<b>W45</b>	<b>Judith Métivier</b>	<b>9.7</b>	<b>PQ</b>	<b>2017</b>
W50	Hele, Debbie	10.07	ON	2012
<b>W55</b>	<b>Muriel Gieni</b>	<b>8.84</b>	<b>SK</b>	<b>2017</b>
W60	Trott, Rhona	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	Doug McLaren	7.7	SK	2016
<b>M45</b>	<b>Yannick Le Mouël</b>	<b>7.57</b>	<b>PQ</b>	<b>2017</b>
M50				2015
M55	Glenn Chipkar	8.27	ON	2015
M60	Richard Lech	9.24	ON	2013
M65	Richard Lech	9.21	ON	2016
M70	Roland Delhomeau	11.93	SK	2016
<b>M75</b>	<b>Doug Renwick</b>	<b>11.85</b>	<b>SK</b>	<b>2017</b>
M80	Ted Rowan	11.21	SK	2015

<b>60m Hurdles</b>				
W30				
<b>W35</b>	<b>Sonia Lévesque</b>	<b>11.28</b>	<b>PQ</b>	<b>2017</b>
W40	Nicole Luke	10.46	ON	2016
W45	Thompson, Irene	10.71	USA	2003
W50	Freeman, BJ	10.65	AB	2011
<b>W55</b>	<b>Muriel Gieni</b>	<b>10.42</b>	<b>SK</b>	<b>2017</b>
W60	Deborah Lee	13.29	BC	2015
W65	Deborah Lee	13.3	BC	2016
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	Zelmanski, Paul	9.8	USA	2012
M55	Glenn Chipkar	9.67	ON	2015
M60	Ward Hazen	9.44	ON	2015
M65	Brewer, Jess	11.02	BC	2011
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	Rhebergen, Margaret	1.30m	BC	2011
<b>W60</b>	<b>Sue Hannon</b>	<b>1.30</b>	<b>ON</b>	<b>2017</b>
W65	Deborah Lee	1.14	BC	2016
<b>W70</b>	<b>Carol Lafayette-Boyd</b>	<b>1.20</b>	<b>SK</b>	<b>2017</b>
W75	Judy Hammond	1.03	NZL	2015
M30	Richard White Jr	2.05	USA	2015
M35	Richard White	1.95	USA	2016
M40	Reynolds, Walt	1.80m	USA	2003
M45	Shawn Folkes	1.70	ON	2016
M50	David Turkstra	1.60	ON	2016
M55	Mark Williamson	1.65	USA	2016
M60	Hawkins, John	1.50m	BC	2011
<b>M65</b>	<b>Peter Zowkewych (Pent)</b>	<b>1.42</b>	<b>ON</b>	<b>2017</b>
<b>M70</b>	<b>Roland Delhomeau (Pent)</b>	<b>1.3</b>	<b>SK</b>	<b>2017</b>
<b>M75</b>	<b>Doug Renwick (Pent)</b>	<b>1.24</b>	<b>SK</b>	<b>2017</b>
M80	Ted Rowan (Pent)	1.15	ON	2014
<b>M85</b>	<b>Earl Fee</b>	<b>1.00</b>	<b>ON</b>	<b>2017</b>
<b>Pole Vault</b>				
W30	Florence Cavilli	3.15m	ON	2013

W35	Szanto, Gaby	3.00m	ON	2003
W40	Helen Croskell	2.45	USA	2015
W45	Gaby Szanto	2.70	ON	2014
W50	Stubendorff, Hillen	2.70m	GER	2003
W55	Rhebergen, Margaret	1.90m	BC	2011
M35	Lacy, Wayne	4.00m	USA	2003
M40	Lake, Kevin	4.25m	ON	2012
<b>M45</b>	<b>Yannick Le Mouël</b>	<b>4.10</b>	<b>PQ</b>	<b>2017</b>
M50	Mark Schaber	3.55m	ON	2013
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
<b>M80</b>	<b>Robert Arledge</b>	<b>1.80</b>	<b>USA</b>	<b>2017</b>
<b>Long Jump</b>				
W30	Laura Baker	4.25	ON	2014
W35	Kem McLean	3.61	ON	2016
W40	Estwick, Leslie	5.24m	ON	2003
W45	Mallia, Maria	4.07m	ON	2003
	Gaby Szanto (Pent)	4.07	ON	2015
W50	Freeman, BJ	4.13m	AB	2011
W55	Muriel Gieni	4.34	SK	2015
W60	Deborah Lee	3.13	BC	2015
W65	Deborah Lee	3.33	BC	2016
<b>W70</b>	<b>Carol Lafayette-Boyd</b>	<b>3.77</b>	<b>SK</b>	<b>2017</b>
<b>W80</b>	<b>Christa Bortignon</b>	<b>3.02</b>	<b>BC</b>	<b>2017</b>
W75	Christa Bortignon	3.55m	BC	2013
W90	Kotelko, Olga	1.70m	BC	2011
M30	Latham, Clayton	7.34m	ON	2012
M35	Negoita, Ovidiu	5.83m	ON	2011
M40	Robinson, Jason	6.54m	ON	2012
M45	Benett, Garfield	5.83m	AB	2011
M50	Andrew Bass	5.20m	ON	2014
M55	Lech, Richard	5.43m	ON	2003
M60	Slater, Alan	5.15m	ON	2003
<b>M65</b>	<b>Roy Turkington</b>	<b>3.93</b>	<b>BC</b>	<b>2017</b>
<b>M70</b>	<b>Ross Belyea</b>	<b>3.79</b>	<b>NB</b>	<b>2017</b>
<b>M75</b>	<b>Doug Renwick (Pent)</b>	<b>3.67</b>	<b>SK</b>	<b>2017</b>
M80	Ted Rowan (Pent)	3.59	SK	2014
<b>Triple Jump</b>				
W30	Laura Baker	9.34m	ON	2014
W35				
W40	Michelle Hastick-Cowell	10.64	ON	2015
W45	Rachel Fouladi	6.60	BC	2016
W50	Lauridsen, Susanne	8.45m	AB	2011
<b>W55</b>	<b>Muriel Gieni</b>	<b>9.44</b>	<b>SK</b>	<b>2017</b>
W60	Deborah Lee	7.24	BC	2015





W50	Elizabeth Hill	11.68	ON	2014
W55	Wettenhall, Kathy	11.58m	USA	2012
W60	Rhona Trott	11.46m	ON	2013
W65	Rhona Trott	10.15	ON	2014
W70	Anderson, Sandy	8.89m	BC	2011
W75	Acton, Myrtle	8.41m	BC	2011
W90	Kotelko, Olga	7.51m	BC	2011
M30	Baines, Jason	17.85m	ON	2012
M35	Parkinson, Richard	12.67m	ON	2003
M40	Little, Norm	9.47m	BC	2011
M45	Wettenhall, Jim	16.65m	USA	2003
M50	Ayman Mazhar	17.36	ON	2014
M55	Wettenhall, Jim	18.32m	USA	2012
M60	Jan Graczyk	17.32m	ON	2013
M65	Tim Cederblad	14.99	USA	2016
M70	John Kaspeski	15.27	ON	2016
M75	Emil Muller	15.04m	ON	2012
M80	Emil Muller	14.66	ON	2016
M90	Falconer, William	5.73m	BC	2011
<b>4 X 200m Relay</b>				
<b>W30</b>	<b>UTTC</b>	<b>2:02.47</b>		<b>2017</b>
	<b>Garfinkle, Santarossa, O'Hagen, Carew</b>			
<b>W35</b>	<b>JamCan Athletics</b>	<b>2:07.41</b>		<b>2017</b>
	<b>Shah, Cadienhead, King, Luke</b>			
W40	St Jean Olympique	02:10.1		2015
	Métivier,Le Mouël, Lacroix, Van Duyse			
<b>W45</b>	<b>Unattached</b>	<b>2:01.45</b>		<b>2017</b>
	<b>Del Grande, Alexis, Bonneau, Rice</b>			
M30	Quebec	01:39.6		2012
	Dore, Justason, Tourville, Gbaguidi			
M35	Ontario	01:39.5		2012
	S.Smyth, Macias, Skeete, Mitchell			
M40	Quebec	01:38.3		2012
	Tavitian, Lemassif, Le Mouel, Kangni			
<b>M45</b>	<b>St Jean Olympique</b>	<b>2:07.41</b>		<b>2017</b>
	<b>Shah, Cadienhead, King, Luke</b>			
<b>M55</b>	<b>JamCan Athletics</b>	<b>1:58.51</b>		<b>2017</b>
	<b>Beyea, Varone, Bass, Nasato</b>			
<b>M60</b>	<b>Unattached</b>	<b>2:12.88</b>		<b>2017</b>

	<b>Belyea, Graham, Mintz, Turkington</b>		
<b>M75</b>	<b>Unattached</b>	<b>2:42.79</b>	<b>2017</b>
	<b>Renwick, Moore, Christensen, Mackie</b>		
M80	Ontario	02:33.4	2013
	Whitlock, Thompson, Wardle, Fee		
<b><u>4 X 400m Relay</u></b>			
W35	Unattached	04:34.7	2016
	Rice, Boneau, Sakharov, Catton		
W45	Ontario	4:48.34	2014
	Del Grande, Cochrane-Brink, Bailey-Mason, Bunting		
W50	Canada	04:55.9	2013
	Meloche, O'Hagen, Dixon, Gold		
<b>M30</b>	<b>JamCan Athletics</b>	<b>4:06.21</b>	<b>2017</b>
	<b>Ashmeade, Bass, Reid, John</b>		
M50	ONT-MAN	4:10.14	2014
	Sherar, Sani, Brown, Osland		
M70	Ontario	05:36.9	2015
	Pascoe, Taivassalo, Christensen, Mackie		
<b>M75</b>	<b>Unattached</b>	<b>7:02.02</b>	<b>2017</b>
	<b>Moore, Renwick, Mackie, Groulx</b>		
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		
M35	Ontario	8:42.48	2014
	Osland, Brecher, Kapral, Boland		
M40	UTTC	08:50.0	2015
	Kapral, Wells, Matthews, Brecher		
M55	Ontario	12:22.8	2013
	Chee, Smith, Moses, Greenshields		
M70	Ontario	12:38.26	2014
	Mackie, Christensen, Geddes, Woodhall		

<b>M75</b>	<b>Unattached</b>	<b>13:36.99</b>		<b>2017</b>
	<b>Renwick, Moore, Christensen, Mackie</b>			
<b>Pentathlon</b>				
W40	Thomas, Anita	2278	ON	2012
W45	Gaby Szanto	2901	ON	2015
<b>M35</b>	<b>Gurmukh Sahans</b>	<b>2837</b>	<b>USA</b>	<b>2017</b>
M40	Andrew Justason	2817	NB	2015
	Doug McLaren	2817	SK	2016
M45	Kasper Hinds	2583	ON	2014
M50	Ritchie, Don	2918	ON	2012
M55	John Siriski	2395	ON	2015
M60	John Hawkins	2850	ON	2011
M65	Peter Zowkewych	2991	ON	2016
M70	Roland Delhomeau	2624	SK	2015
<b>M75</b>	<b>Doug Renwick</b>	<b>3316</b>	<b>SK</b>	<b>2017</b>
M80	Ted Rowan	3601	ON	2014