

**Ontario Outdoor Track & Field Records**

Sept 09 Updates in Bold

<b>100 Metres</b>				
M35	10.75	Luis Vega Penso	24-May-2008	Provo UT
M40	11.3	Bob Zimmerman	1989	OMTFA Championships
	11.54	Kerry Smith	1996	OMTFA Championships
	11.54	Todd Crawford	2005	OMTFA Championships
M45	11.52	Michael Lee Foon	17-Jul-07	Toronto, ON
M50	11.42	Kerry Smith	5-Aug-2005	Toronto, ON
<b>M55</b>	<b>11.81</b>	<b>Kerry Smith</b>	<b>30-Jun-2009</b>	<b>York Twilight #3</b>
M60	12.4	Percy Duncan	8-Aug-1977	Gothenburg, SWE
<b>M65</b>	<b>12.93</b>	<b>Tony Powell</b>	<b>31-May-2009</b>	<b>East Regionals Brockville</b>
M70	13.24	John O'Neill	5-Jul-1994	Raleigh, NC
M75	13.40	John O'Neill	1999	OMTFA Championships
M80	16.28	Alex Ernesaks	15-Oct-1993	Miyazaki, JPN
M85	19.33	Karl Trei	9-Oct-1994	Toronto, ON
M90	22.50	Karl Trei	1999	OMTFA Championships
W35	12.55	Margaret Hendershot	20-Jul-1991	Turku, FIN
W40	13.35	<b>Rose Noesges</b>	2000	OMTFA Championships
W45	14.46	Lyn Barrett	2006	OMTFA Championships
W50	12.90	Karla del Grande	5-Aug-2006	Charlotte, NC
<b>W55</b>	<b>13.32</b>	<b>Karla del Grande</b>	<b>11-Jul-2009</b>	<b>USATF Oshkosh</b>
<b>W60</b>	<b>15.41</b>	<b>Rhona Trott</b>	<b>1-Aug-2009</b>	<b>WMA Champs Lahti</b>
W65	15.98	Doreen Carmichael	1976	OMTFA Championships
W70	17.05	Doreen Carmichael	25-Aug-2001	Toronto, ON
W75	18.0	Isobel Cunningham	6-Aug-1991	OMTFA Championships
W80	22.61	Isobel Cunningham	1996	OMTFA Championships
W85	23.78	Isobel Cunningham	1999	OMTFA Championships
<b>200 Metres</b>				
M35	21.66	Luis Vega Penso	24-May-2008	Provo UT
M40	23.20	Kerry Smith	1997	OMTFA Championships
M45	22.87	Kerry Smith	3-Aug-1999	Gateshead, GBR
M50	23.21	Kerry Smith	7-Aug-2005	Toronto, ON
<b>M55</b>	<b>24.45</b>	<b>Kerry Smith</b>	<b>2009</b>	<b>WMA Champs Lahti</b>
<b>M60</b>	<b>25.72</b>	<b>Tony Powell</b>	<b>9-Jul-2005</b>	<b>CMAA Championships Toronto</b>
<b>M65</b>	<b>26.53</b>	<b>Tony Powell</b>	<b>2009</b>	<b>OMA Championships</b>
M70	28.61	Earl Fee	11-Jul-1999	Sherbrooke, QC
M75	30.72	Earl Fee	2006	OMTFA Championships
M80	33.93	Aleks Ernesaks	11-Oct-1993	Miyazaki, JPN
M85	41.6	Karl Trei	5-Jun-1994	Raleigh, NC
W35	25.79	Margaret Hendershot	27-Jul-1991	Turku, FIN
W40	27.93	Deborah Lenz	1998	OMTFA Championships
W45	29.62	<b>Eveline Saul</b>	1979	OMTFA Championships
W50	26.22	Karla del Grande	10-Jul-2005	Toronto, ON
<b>W55</b>	<b>27.83</b>	<b>Karla del Grande</b>	<b>2009</b>	<b>WMA Champs Lahti</b>
<b>W60</b>	<b>32.89</b>	<b>Rhona Trott</b>	<b>21-Jun-2009</b>	<b>OMA Championships</b>
W65	35.37	Doreen Carmichael	1996	OMTFA Championships
W70	41.0	Elga Meri	1991	OMTFA Championships
W75	39.94	Isobel Cunningham	12-Aug-1990	Montreal, QC
W80	53.1	Isobel Cunningham	1994	OMTFA Championships
<b>400 Metres</b>				
M35	47.64	Ray Cardinal	??-Aug-1984	Phoenix, AZ
M40	50.10	Ian Newhouse	8-Aug-1997	San Jose, CA
<b>M45</b>	<b>51.26</b>	<b>Mike Sherar</b>	<b>2009</b>	<b>WMA Champs Lahti</b>
M50	55.22	Kerry Smith	2007	OMTFA Championships
<b>M55</b>	<b>56.11</b>	<b>Bill McIlwaine</b>	<b>1995</b>	<b>WMA Champs Buffalo</b>
M60	59.0	Earl Fee	1989	OMTFA Championships
M65	57.97	Earl Fee	26-Jul-1995	Buffalo, NY
M70	1:02.49	Earl Fee	12-Jun-1999	OMTFA Championships
M75	1:06.73	Earl Fee	9-Jul-2005	Toronto, ON
<b>M80</b>	<b>1:10.64</b>	<b>Earl Fee</b>	<b>1-May-2009</b>	<b>SE USATF Raleigh NC</b>

W35	59.17	Maureen Rodrigue	2001	OMTFA Championships
W40	61.83	Maureen Rodrigue	2005	OMTFA Championships
W45	64.09	Faith Nسدoly	2005	OMTFA Championships
W50	59.84	Karla del Grande	2-Sep-2005	San Sebastian, ESP
<b>W55</b>	<b>1:05.25</b>	<b>Karla del Grande</b>	<b>2009</b>	<b>WMA Champs Lahti</b>
W60	1:17.22	Jean Horne	1997	OMTFA Championships
W65	1:15.79	Jean Horne	2001	OMTFA Championships
W70	1:19.28	Jean Horne	14-Sep-2007	Misano-Adriatico, ITA
W75	2:00.6	Isobel Cunningham	1991	OMTFA Championships
<b>800 Metres</b>				
M35	1:51.13	Mike Sherar	18-Jul-1999	Aileen Meagher - Halifax
M40	1:58.1	Ray Tucker	1988	OMTFA Championships
<b>M45</b>	<b>1:57.04</b>	<b>Mike Sherar</b>	<b>7-Jul-2009</b>	<b>London AO Trials</b>
M50	2:09.37	Ray Tucker	1999	OMTFA Championships
M55	2:12.8	Cliff Hall	1981	OMTFA Championships
M60	2:14.4	Earl Fee	1989	OMTFA Championships
M65	2:14.33	Earl Fee	22-Jul-1995	Buffalo, NY
M70	2:20.52	Earl Fee	17-Jun-1999	Hamilton, ON
M75	2:36.28	Earl Fee	29-Aug-2005	San Sebastian, ESP
<b>M80</b>	<b>2:48.95</b>	<b>Earl Fee</b>	<b>2009</b>	<b>OMA Championships</b>
W35	2:15.7	Marg Hendershot	1991	OMTFA Championships
W40	2:21.09	Faith Nسدoly	2001	OMTFA Championships
W45	2:24.88	Faith Nسدoly	2005	OMTFA Championships
<b>W50</b>	<b>2:35.77</b>	<b>Rita Quibell</b>	<b>7-Jul-2009</b>	<b>Twilight Meet #2</b>
W55	2:50.6	Jean Horne	1988	OMTFA Championships
W60	2:45.67	Jean Horne	1993	OMTFA Championships
W65	2:54.67	Jean Horne	2001	OMTFA Championships
W70	3:04.44	Jean Horne	17-Aug-2003	Richmond, BC
<b>1500 Metres</b>				
M35	<b>3:42.43</b>	<b>Kevin Sullivan</b>	<b>11-Apr-2009</b>	<b>Seminole Inv. Tallahassee FL</b>
M40	<b>4:04.79</b>	<b>Alain Boucher</b>	<b>15-Aug-2007</b>	<b>Ottawa Twilight #7</b>
M45	<b>4:05.16</b>	<b>Alain Boucher</b>	<b>9-Jul-2008</b>	<b>Ottawa Twilight</b>
M50	<b>4:34.40</b>	<b>Jerry Kooymans</b>	<b>30-May-2009</b>	<b>East Regionals Brockville</b>
M55	4:39.2	Cliff Hall	1982	OMTFA Championships
M60	4:42.06	Earl Fee	7-Jul-1991	Naperville, IL
M65	4:46.5	Ed Whitlock	6-Sep-1997	Toronto, ON
M70	5:07.90	Ed Whitlock	3-Aug-2003	Kitchener, ON
M75	5:26.03	Ed Whitlock	3-Jun-2007	OMTFA Championships
M80	7:12.52	Robert Comber	2007	OMTFA Championships
W35	4:40.6	Janet Takahashi	1995	OMTFA Championships
W40	4:55.39	Cecelia O'Neill	2004	OMTFA Championships
W45	5:04.3	Diane Palmason	1983	OMTFA Championships
<b>W50</b>	<b>5:20.24</b>	<b>Christine Lavallee</b>	<b>2008</b>	<b>OMTFA Championships</b>
W55	5:12.62	Kathryn Martin	14-Sep-2007	Misano-Adriatico, ITA
W60	5:45.86	Jean Horne	16-Oct-1993	Miyazaki, JPN
W65	6:10.03	Jean Horne	1999	OMTFA Championships
W70	6:30.79	Jean Horne	16-Aug-2003	Richmond, BC
<b>5000 Metres</b>				
M35	<b>13:31.30</b>	<b>Kevin Sullivan</b>	<b>24-April-2009</b>	<b>Brutus Hamilton - Berkeley CA</b>
M40	<b>15:06.50</b>	<b>Jerry Kooymans</b>	<b>31-Jul-1999</b>	<b>Gateshead WMA Champs</b>
M45	15:27.26	Jerry Kooymans	29-Jul-2001	Ottawa, ON
M50	15:40.57	Jerry Kooymans	26-Aug-2002	San Sebastian, ESP
M55	16:57.51	Bob Moore	1996	OMTFA Championships
M60	17:33.55	Ed Whitlock	12-Sep-1992	Toronto, ON
M65	17:38.50	Ed Whitlock	1-Jun-1997	OMTFA Championships
M70	18:33.38	Ed Whitlock	7-Jul-2001	Brisbane, AUS
M75	19:07.02	Ed Whitlock	23-Jul-2006	Dieppe, NB
M80	26:41.51	Odino Soligo	2003	OMTFA Championships

W35	17:01.3	Linda Findley	2-Aug-1987	Richmond, BC
W40	17:59.01	Cecelia O'Neill	2004	OMTFA Championships
<b>W45</b>	<b>18:46.66</b>	<b>Elizabeth Primrose</b>	<b>2008</b>	<b>OMTFA Championships</b>
W50	17:49.83	Kathryn Martin	8-Aug-2002	Orono, ME
W55	18:47.61	Kathryn Martin	2-Aug-2007	Orono, ME
W60	21:16.58	Molly Turner	24-Aug-1996	Eugene, OR
W65	22:46.11	Molly Turner	2001	OMTFA Championships
W70	26:36.0	Judith Kazdan	1990	OMTFA Championships
<b>10,000 Metres</b>				
M35	31:56.27	James Earl	1997	OMTFA Championships
M40	31:07.1	Ken Inglis	1982	OMTFA Championships
M45	31:42.17	Jerry Kooymans	12-Jul-2001	Hamilton, ON
M50	33:15.64	Jerry Kooymans	31-Aug-2005	San Sebastian, ESP
M55	35:05.17	Robert Moore	15-Jun-1996	OMTFA Championships
M60	37:28.50	Ed Whitlock	1993	OMTFA Championships
M65	36:31.52	Ed Whitlock	1997	OMTFA Championships
M70	38:04.13	Ed Whitlock	9-Jul-2001	Brisbane, AUS
M75	39:25.16	Ed Whitlock	21-Jul-2006	Dieppe, NB
M80	60:10.10	Odino Soligo	2001	OMTFA Championships
W35	37:16.1	Laura Lynn	1989	OMTFA Championships
W40	38:38	Diane Palmason	1982	OMTFA Championships
W45	37:38.98	Diane Palmason	17-Aug-1984	Ottawa, ON
W50	37:12.23	Kathryn Martin	6-Aug-2004	Decatur, IL
W55	39:37.78	Kathryn Martin	4-Aug-2007	Orono, ME
W60	44:14.78	Molly Turner	18-Jul-1995	Buffalo, NY
W65	46:29.13	Molly Turner	3-Jul-2001	Brisbane, AUS
W70	51:49.27	Molly Turner	28-Aug-2005	San Sebastian, ESP
<b>Short Hurdles - M35 - M45 110 Metres; M50 - M65 100 Metres; M70+ 80 Metres; W35 100 Metres; W40+ 80 Metres</b>				
M35	16.73	Glenn Chipkar	29-Jul-1998	Hamilton ON
M40	15.20	Scott Tyler	18-Jul-1983	Houston TX
M45	15.60	Scott Tyler	29-Jun-1985	Cleveland OH
M50	14.5	Scott Tyler	22-Jun-1991	Wickliffe
M55	14.8	Scott Tyler	24-Jun-1995	Hamilton ON
M60	18.70	Alan Slater	13-Jul-2002	Toronto ON
M65	19.00	Valden Sadul	27-Jul-1989	Eugene OR
M70	17.68	Dev Sharma	2007	OMTFA Championships
M75	16.4	Karl Trei	21-Jun-1986	OMTFA Championships
M80	17.29	Karl Trei	30-Jul-1989	Eugene OR
M85	20.30	Karl Trei	7-May-1994	Raleigh NC
W35	13.94	Leslie Estwick	27-Jul-1997	Durban RSA
W40	11.25	Leslie Estwick	12-Jul-2001	Brisbane AUS
<b>W45</b>	<b>13.39</b>	<b>Leslie Estwick</b>	<b>29-Jul-2009</b>	<b>Twilight #6 Ottawa</b>
W50	15.38	Rhona Trott	16-Aug-2003	Richmond BC
W55	14.95	Rhona Trott	3-Aug-2007	Orono ME
<b>W60</b>	<b>14.52</b>	<b>Rhona Trott</b>	<b>2009</b>	<b>WMA Champs Lahti</b>
<b>Long Hurdles - M35 - M55 400Metres; M60+ 300 Metres; W35-W45 400 Metres; W50 + 300 Metres</b>				
M35				
M40	1:00.26	Steve Bogatek	1993	OMTFA Championships
M45	1:01.10	Glenn Chipkar	2004	OMTFA Championships
M50	1:04.62	Steve Bogatek	2000	OMTFA Championships
M55	1:07.03	Rudolf Valentine	1979	OMTFA Championships
M60	47.5	Earl Fee	1991	OMTFA Championships
M65	45.71	Earl Fee	16-Jul-1995	Buffalo, NY
M70	49.07	Earl Fee	28-Aug-1999	Orlando, FL
M75	52.91	Earl Fee	26-Aug-2005	San Sebastian, ESP
M80	1:08.0	Karl Trei	1989	OMTFA Championships
W35	1:10.05	Maureen Rodrigue	2002	OMTFA Championships
W40	1:12.70	Carol Felepchuk	1998	OMTFA Championships
W45	1:27.0	Ann Marie Rosenitsch	1988	OMTFA Championships

W50	54.83	Rhona Trott	5-Jul-2003	Carolina, PUR
W55	54.54	Rhona Trott	5-Aug-2007	Orono, ME
<b>W60</b>	<b>57.24</b>	<b>Rhona Trott</b>	<b>2009</b>	<b>WMA Champs Lahti</b>
W65	1:05.88	Ruth Carrier	23-Aug-1996	Eugene, OR
W70	1:17.78	Ruth Carrier	7-Jul-2001	Brisbane, AUS
<b>Steeplechase</b>				
M35	<b>9:56.69</b>	<b>Scott Stevens</b>	<b>15-Sep-2007</b>	<b>WMA Champs Riccione</b>
M40	9:35.28	Alain Boucher	30-Jun-2007	Ottawa, ON
<b>M45</b>	<b>9:52.35</b>	<b>Alain Boucher</b>	<b>22-Jun-2008</b>	<b>OTFA Seniors - Ottawa</b>
M50	11:42.2	<b>Roland Anspach</b>	1977	OMTFA Championships
M55	12:12.79	John Doughty	12-Sep-1993	Etobicoke, ON
M60	7:31.71	Jack Geddes	6-Aug-1999	Gateshead, GBR
M65	8:32.28	Vern Christensen	2006	OMTFA Championships
M70	11:17.02	Don Farquharson	24-Aug-1996	Eugene, OR
M75	12:22.72	Peter Fellowes	10-Jun-2000	OMTFA Championships
<b>W35</b>	<b>8:15.31</b>	<b>Karen Hyslop</b>	<b>30-Jun-1905</b>	<b>OMTFA Championships</b>
W40				
W45	8:40.85	Karen Kennedy	2005	OMTFA Championships
<b>W50</b>	<b>9:49.32</b>	<b>Nancy Sweazey</b>	<b>8-Aug-2009</b>	<b>WMA Champs Lahti</b>
W55	10:10.4	Ruth Carrier	1989	OMTFA Championships
W60	11:04.56	Ruth Carrier	27-Jul-1991	Turku, FIN
<b>5000m Racewalk</b>				
M35	20:41.4	Arturo Huerta	07-Jul-02	Toronto, ON
M40	<b>27:25.32</b>	<b>Jianping Xu</b>	<b>21-Jun-09</b>	<b>OMA Championships</b>
M45	23:01.8	Jaan Roos	14-Aug-82	Ottawa, ON
M50	23:04.0	Jaan Roos	04-Aug-89	Eugene, OR
M55	25:29.0	Max Gould	05-Jul-74	Gresham, OR
M60	25:18.01	Max Gould	06-May-78	Raleigh, NC
M65	27:33.1	Max Gould	1983	OMTFA Championships
M70	29:10.1	Max Gould	18-Jun-88	Toronto, ON
M75	31:44.29	Max Gould	19-Jun-92	Regina, SK
M80	39:57.4	Art Keay	1987	OMTFA Championships
W35	23:31.91	Joni Bender	1999	OMTFA Championships
W40	26:08.14	Nanci Sweazey	22-Jul-95	Buffalo, NY
W45	25:53.26	Nanci Sweazey	2002	OMTFA Championships
W50	27:06.77	Nanci Sweazey	2006	OMTFA Championships
W55	29:24.0	June-Marie Provost	03-Apr-93	Pembroke, FL
W60	29:18.75	June-Marie Provost	04-Jul-93	Ottawa, ON
W65	30:32.75	June-Marie Provost	1999	OMTFA Championships
W70	34:24.86	June-Marie Provost	2005	OMTFA Championships
<b>W75</b>	<b>38:49</b>	<b>June-Marie Provost</b>	<b>31-May-09</b>	<b>Art Keay - Toronto</b>
<b>Long Jump</b>				
M35	6.18	George Pachovsky	1980	OMTFA Championships
M40	6.57	Todd Crawford	3/Jun/2007	OMTFA Championships
M45	6.18	George Pachovsky	9/Jun/1990	OMTFA Championships
	<b>6.18</b>	<b>Dennis McWhinney</b>	<b>28/Jul/2009</b>	<b>Twilight#3 York</b>
M50	5.85	Jean-Pierre Mayer	1999	OMTFA Championships
M55	5.58	Jean-Pierre Mayer	2004	OMTFA Championships
M60	5.17	Alan Slater	2003	OMTFA Championships
M65	5.00	Ed Lukens	1988	OMTFA Championships
<b>M70</b>	<b>3.15</b>	<b>Dev Sharma</b>	<b>2008</b>	<b>OMTFA Championships</b>
M75	3.92	Karl Trei	1985	OMTFA Championships
M80	3.75	Karl Trei	8/Jul/1989	Toronto, ON
M85	3.20	Karl Trei	7/May/1994	Raleigh, NC
M90	2.55	Karl Trei	12/Jun/1999	OMTFA Championships
W35	5.93	Leslie Estwick	19/Jul/1997	Durban, RSA
W40	5.50	Leslie Estwick	11/Jul/2003	Carolina, PR
W45	4.36		1992	OMTFA Championships
W50	4.08	Ann Van Der Vleuten	1989	OMTFA Championships

W55	4.12	Rhona Trott	3/Jun/2007	London, ON
W60	3.77	Edith Gray	1996	OMTFA Championships
W65	3.60	Edith Gray	2001	OMTFA Championships
W70	3.05	Elga Meri	25/Jul/1991	Turku, FIN
W75	2.48	Helgi Pedel	2001	OMTFA Championships
<b>Triple Jump</b>				
M35	13.11	Jean-Pierre Mayer	1983	OMTFA Championships
M40	13.19	Todd Crawford	2005	OMTFA Championships
<b>M45</b>	<b>12.32</b>	<b>Dennis McWhinney</b>	<b>21-Jun-2009</b>	<b>OMA Championships</b>
M50	12.82	Derek Boosey	13/Oct/1993	Miyazaki, JPN
M55	11.21	Alan Slater	1998	OMTFA Championships
M60	10.85	Alan Slater	1/Jun/2003	OMTFA Championships
M65	10.69	Ed Lukens	10.69	OMTFA Championships
M70	7.03	Kesar Singh Poonia	2007	CMAA Saint John
M75	5.57	Jim Mathers	2003	OMTFA Championships
M80	7.91	Karl Trei	28/Apr/1989	Raleigh, NC
M85	6.78	Karl Trei	7/May/1994	Raleigh, NC
M90	5.57	Karl Trei	13/Jun/1999	OMTFA Championships
W35	9.94	Corry Fox	25/Jun/1995	Hamilton, ON
W40				
W45	9.12	Audrey Heimstra	26/Jul/1987	OMTFA Championships
W50				
W55				
W60				
W65	6.25	Helgi Pedal	1991	OMTFA Championships
W70	6.62	Helgi Pedel	23/Jun/1997	Durban, RSA
<b>High Jump</b>				
<b>M35</b>	<b>1.78</b>	<b>Joe Dennis</b>	<b>13-Jun-2009</b>	<b>AO Meet London</b>
<b>M40</b>	<b>1.56</b>	<b>Paul White</b>	<b>2-Jun-2009</b>	<b>Twilight #1 Toronto</b>
M45	1.75	Witold Klinger	1992	OMTFA Championships
	<b>1.75</b>	<b>Don Ritchie</b>	<b>19-May-2009</b>	<b>York Twilight #1</b>
M50	1.85	Istvan Major	13/Jul/2002	Toronto, ON
<b>M55</b>	<b>1.40</b>	<b>Thevarajan Sinnathurai</b>	<b>16-Aug-2009</b>	<b>Flying Angles meet Toronto</b>
<b>M60</b>	<b>1.40</b>	<b>Stan Seitz</b>	<b>2008</b>	<b>OMTFA Championships</b>
M65	1.36	Ed Andrade	2003	OMTFA Championships
<b>M70</b>	<b>1.25</b>	<b>Bob Land</b>	<b>2008</b>	<b>OMTFA Championships</b>
	<b>1.25</b>	<b>Bob Land</b>	<b>21-Jun-2009</b>	<b>OMA Championships</b>
M75	1.05	Jim Mathers	2003	OMTFA Championships
M80	1.25	Karl Trei	10/Jun/1995	Tilsonburg, ON
M85	1.06	Karl Trei	5/Aug/1994	Edmonton, AB
M90	0.93	Karl Trei	10/Jul/1999	Sherbrooke, QC
W35	<b>1.73</b>	<b>Leslie Estwick</b>	<b>1997</b>	<b>WMA Champs Durban</b>
W40	<b>1.66</b>	<b>Leslie Estwick</b>	<b>2001</b>	<b>WMA Champs Brisbane</b>
W45	1.35	Gean Hemming	1990	OMTFA Championships
W50	1.37	Maria Mallia	2005	OMTFA Championships
W55	1.25	Edith Gray	5/Aug/1994	Edmonton, AB
W60	<b>1.25</b>	<b>Edith Gray</b>	<b>7-May-1997</b>	<b>Raleigh NC</b>
W65	1.19	Helgi Pedal	1989	OMTFA Championships
W70	1.16	Helgi Pedel	31/May/1997	OMTFA Championships
W75	1.11	Helgi Pedel	12/Jun/1999	OMTFA Championships
W80	1.04	Helgi Pedel	19/Jun/2004	OMTFA Championships
<b>Pole Vault</b>				
M35	4.75	Kevin Lake	10/Jul/2005	Toronto, ON
M40	4.10	Vladimir Kostric	1979	OMTFA Championships
<b>M45</b>	<b>3.75</b>	<b>Mark Saikaley</b>	<b>2007</b>	<b>York Supermeet</b>
M50	4.00	Vladimir Kostric	25/Jun/1985	Rome, ITA
M55	3.36	Hugh Miller	2003	OMTFA Championships
<b>M60</b>	<b>3.05</b>	<b>Hugh Miller</b>	<b>21-Jun-2009</b>	<b>OMA Championships</b>
M65	3.20	Stan Egerton	20/Jul/1991	Turku, FIN
M70	3.00	Stan Egerton	1/Jun/1997	OMTFA Championships

M75	2.85	Stan Egerton	9/Jun/2001	OMTFA Championships
W35	3.35	Leslie Estwick	4/Jul/2000	Flagstaff, AZ
W40	3.00	Leslie Estwick	2/Jul/2003	Carolina, PUR
W45				
W50	2.28	Ann Marie Rosenitsch	11/Jun/1995	Tilsonburg, ON
W55				
W60	1.90	Edith Gray	10/Jun/1996	OMTFA Championships
<b>Hammer</b>				
M35	<b>40.80</b>	<b>Jean-Francois Latour</b>	<b>2001</b>	<b>OMA Championships</b>
M40				
M45	57.80	Boris Zaitchouk	July 19 1995	Buffalo, NY
M50	60.35	Boris Zaitchouk	June 9 2001	Toronto, ON
M55	62.37	Boris Zaitchouk	June 15 2003	Sherbrooke, QC
M60	61.96 WR	Boris Zaitchouk	Sept 9 2007	Riccione, Italy
M65	<b>32.99</b>	<b>John Kasperski</b>	<b>15-Aug-09</b>	<b>Stouffville, ON</b>
M70	<b>31.44</b>	<b>Dave Morris</b>	<b>5-Jul-09</b>	<b>OMA Throws Pentathlon</b>
M75	<b>32.84</b>	<b>Bill Koski</b>	<b>1986</b>	<b>OMA Championships</b>
M80	31.17	Garry Bachman	Aug 10 2002	Stouffville, ON
M85	29.80	Garry Bachman	June 23 2007	Stouffville, ON
M90	<b>5.68</b>	<b>Albert White</b>	<b>1994</b>	<b>OMA Championships</b>
W35	<b>40.20</b>	<b>Kristen Dajia</b>	<b>1998</b>	<b>OMA Championships</b>
W40	39.48	Kristen Dajia	June 9 2003	Stouffville, ON
W45	<b>37.09</b>	<b>Kristen Dajia</b>	<b>5-Jul-09</b>	<b>OMA Throws Pentathlon</b>
W50	<b>22.22</b>	<b>Barb Dabrowski</b>	<b>21-Jun-2009</b>	<b>OMA Championships</b>
W55	<b>27.20</b>	<b>Rhona Trott</b>	<b>2008</b>	<b>OMA Championships</b>
W60	<b>28.05</b>	<b>Rhona Trott</b>	<b>2009</b>	<b>OMA Championships</b>
W65	<b>19.74</b>	<b>Mary Thomson</b>	<b>1996</b>	<b>OMA Championships</b>
<b>Shot Put</b>				
M35	<b>15.35</b>	<b>Gintas Degutis</b>	<b>2008</b>	<b>OMA Championships</b>
M40	16.17	George Puce	Sep 6 1981	Stouffville, ON
M45	<b>11.95</b>	<b>Danny Yoisten</b>	<b>21-Jun-2009</b>	<b>OMA Championships</b>
M50	14.10	Jean-Pierre Meyer	Oct 14 2000	Stouffville, ON
M55	13.41	John Kasperski	Aug 18 2000	Kamloops, BC
M60	14.22	Jean-Pierre Mayer	Sept 22 2007	Stouffville, ON
M65	<b>10.63</b>	<b>John Kasperski</b>	<b>5-Jul-09</b>	<b>OMA Throws Pentathlon</b>
M70	12.68	Garry Bachman	June 24 1995	Hamilton, ON
M75	11.62	Garry Bachman	Sep 6 1997	Toronto, ON
M80	10.61	Garry Bachman	Sep 16 2006	Stouffville, ON
M85	10.56	Garry Bachman	July 21 2007	Stouffville, ON
M90	<b>5.54</b>	<b>Karl Trei</b>	<b>1999</b>	<b>OMA Championships</b>
W35	<b>9.08</b>	<b>Olga Stalevitch</b>	<b>2009</b>	<b>WMA Champs Lahti</b>
W40	11.87	Bozena Wojciekian	July ? 1995	Buffalo, NY
W45	<b>10.10</b>	<b>Elizabeth Hill</b>	<b>30-May-2009</b>	<b>East Regionals Brockville</b>
W50	<b>8.84</b>	<b>Barb Dabrowski</b>	<b>21-Jun-2009</b>	<b>OMA Championships</b>
W55	<b>8.27</b>	<b>Velta Tomsons</b>	<b>1984</b>	<b>OMA Championships</b>
W60	<b>8.37</b>	<b>Helgi Pedel</b>	<b>1985</b>	<b>OMA Championships</b>
W65	<b>7.93</b>	<b>Helgi Pedel</b>	<b>1989</b>	<b>OMA Championships</b>
W70	7.74	Velta Tomsons	Oct 6 2000	Stouffville, ON
W75	7.17	Velta Tomsons	June 9 2003	Stouffville, ON
W80	<b>6.67</b>	<b>Velta Tomsons</b>	<b>1984</b>	<b>OMA Championships</b>
W95	1.25	Estelle Ritchie	June 23 2007	Stouffville, ON
<b>Discus</b>				
M35	61.76	Eric Forshaw	May 14 2004	Lasalle, ON
M40	50.70	George Puce	Aug 18 1983	Stouffville, ON
M45	<b>33.35</b>	<b>Richard Parkinson</b>	<b>15-Aug-09</b>	<b>Stouffville, ON</b>
M50	46.28	Jean-Pierre Mayer	Aug 26 2000	Stouffville, ON
M55	42.93	Jean-Pierre Mayer	June 6 2003	Toronto, ON
M60	50.31	Jean-Pierre Mayer	Sept 22 2007	Stouffville, ON

M65	<b>33.49</b>	<b>John Kasperski</b>	<b>15-Aug-09</b>	<b>Stouffville, ON</b>
M70	<b>32.83</b>	<b>Dave Morris</b>	<b>21-Jun-09</b>	<b>OMA Championships</b>
M75	<b>32.52</b>	<b>Evalds Viskers</b>	<b>2001</b>	<b>OMA Championships</b>
M80	30.82	Garry Bachman	June 9 2003	Stouffville, ON
M85	25.47	Gary Bachman	May 26 2007	Stouffville, ON
M90	<b>16.98</b>	<b>Karl Trei</b>	<b>1999</b>	<b>OMA Championships</b>
W35	<b>37.05</b>	<b>Diana Jaam-Shahriari</b>	<b>2005</b>	<b>OMA Championships</b>
W40	37.92	Diana Jaam-Shahriari	June 11 2006	London, ON
W45	<b>30.55</b>	<b>Elizabeth Hill</b>	<b>18-Jul-09</b>	<b>CAN Masters Champs Kamloops</b>
W50	32.08	Joyce Thomas	Aug 16 1997	Toronto, ON
W55	<b>21.07</b>	<b>Adri Rowswell</b>	<b>1999</b>	<b>OMA Championships</b>
W60	<b>22.14</b>	<b>Velta Tomsons</b>	<b>1988</b>	<b>OMA Championships</b>
W65	<b>19.86</b>	<b>Elga Meri</b>	<b>1990</b>	<b>OMA Championships</b>
W70	22.22	Elga Meri	July 21 1991	Turku, FIN
W75	<b>17.54</b>	<b>Elga Meri</b>	<b>1996</b>	<b>OMA Championships</b>
W80	<b>16.20</b>	<b>Velta Tomsons</b>	<b>2008</b>	<b>OMA Championships</b>
W95	2.33	Estelle Ritchie	June 23 2007	Stouffville, ON
<b>Javelin</b>				
M35	<b>63.10</b>	<b>Marty Withers</b>	<b>1998</b>	<b>OMA Championships</b>
M40	59.57	Marty Withers	Aug 13 2000	Victoria, BC
M45	57.52	Marty Withers	June 19 2005	London, ON
M50	51.12	Mike Finkbeiner	Aug 24 2005	Edmonton, AB
M55	48.08	Fred Pamenter	July 2 1994	Tonawanda, NY
M60	<b>36.22</b>	<b>Jean-Pierre Mayer</b>	<b>15-Aug-09</b>	<b>Stouffville, ON</b>
M65	<b>22.52</b>	<b>John Kasperski</b>	<b>5-Jul-09</b>	<b>OMA Throws Pentathlon</b>
M70	<b>25.51</b>	<b>Dave Morris</b>	<b>5-Jul-09</b>	<b>OMA Throws Pentathlon</b>
M75	<b>29.64</b>	<b>Ed Purgalis</b>	<b>1992</b>	<b>OMA Championships</b>
M80	<b>18.62</b>	<b>Evalds Viskers</b>	<b>15-Aug-09</b>	<b>Stouffville, ON</b>
M85	22.46	Karl Trei	Aug 7 1994	Edmonton, AB
M90	17.74	Karl Trei	June 13 1999	Toronto, ON
W35				
W40	<b>33.85</b>	<b>Ana Maria Neilson</b>	<b>2006</b>	<b>OMA Championships</b>
W45	32.63	Barb Dabrowski	June 3 2007	London, ON
W50	34.42	Barb Dabrowski	July 8 2007	Guelph, ON
W55				
W60	<b>21.35</b>	<b>Rhona Trott</b>	<b>2009</b>	<b>OMA Championships</b>
W65	<b>23.22</b>	<b>Elga Meri</b>	<b>1992</b>	<b>OMA Championships</b>
W70	24.24	Elga Meri	April 5 1992	Raleigh, NC
W75	<b>19.78</b>	<b>Elga Meri</b>	<b>1996</b>	<b>OMA Championships</b>
W80				
<b>Weight</b>				
M35	<b>13.01</b>	<b>Richard Parkinson</b>	<b>2002</b>	<b>OMA Championships</b>
M40				
M45	13.27	George Puce	Aug 24 1986	Stouffville, ON
M50	18.57	Boris Zaitchouk	June 9 2001	Toronto, ON
M55	18.03	Boris Zaitchouk	May 31 2003	Toronto, ON
M60				
M65	<b>13.23</b>	<b>John Kasperski</b>	<b>15-Aug-09</b>	<b>Stouffville, ON</b>
M70	<b>13.30</b>	<b>Dave Morris</b>	<b>5-Jul-09</b>	<b>OMA Throws Pentathlon</b>
M75	13.56	Garry Bachman	Oct 20 2001	Stouffville, ON
M80	16.31	Garry Bachman	June 8 2002	Stouffville, ON
M85	13.31	Garry Bachman	Sept 10 2007	San Giovanni, Italy
M90				
W35	11.69	Kristen Dajia	July 13 2002	Toronto, ON
W40	11.63	Kristen Dajia	Aug 21 2004	Stouffville, ON
W45	<b>11.26</b>	<b>Kristen Dajia</b>	<b>5-Jul-09</b>	<b>OMA Throws Pentathlon</b>
W50	<b>7.98</b>	<b>Barb Dabrowski</b>	<b>21-Jun-2009</b>	<b>OMA Championships</b>
W55				
W60	<b>12.68</b>	<b>Rhona Trott</b>	<b>2009</b>	<b>OMA Championships</b>
W65	<b>7.16</b>	<b>Helgi Pedal</b>	<b>1990</b>	<b>OMA Championships</b>

W70	6.73	Helgi Pedal	1994	OMA Championships
W75	5.58	Elga Meri	1996	OMA Championships
W80				