



### Sprint Hurdles

M35	Horace Hudson	16.4	88
M40	Michael Heron	16.55	01
M45	Glenn Chipkar	16.72	04
M50	Bill DeHorn	16.95	00
M55	Scott Tyler	15.4	95
M60	Bill Townsend	18.4	88
M65	Ed Lukens	18.1	87
M70	Chuck Sochor	14.91	99
M75	Karl Trei	16.4	86
M80	Karl Trei	17.1	89
M85	Karl Trei	20.5	95

W35	Liz McBlain	13.3	88
W40	Leslie Estwick	12.10	02
W45	Gean Hemming	16.90	91
W50	Rhona Trott	20.88	03
W55	Rhona Trott	15.69	07
W60	Edith Gray	17.66	98

### Long Hurdles

M30 400m	Bryan Lambert	1:04.91	03
M35	Horace Hudson	57.3	88
M40	Steve Bogatek	1:00.26	93
M45	Glenn Chipkar	1:01.10	04
M50	Steve Bogatek	1:04.62	00
M55	Rudolph Valentine	1:07.03	79
M60 300m	Earl Fee	47.5	91
M65	Earl Fee	48.4	95
M70	Earl Fee	53.81	02
M75	Karl Trei	70.99	86
M80	Karl Trei	68.0	89

W35 400m	Maureen Rodrigue	1:10.05	02
W40	Carol Felepchuk	1:12.70	98
W45	Ann Marie Rosenitsch	1:27.0	88
W50 300m	Rhona Trott	56.81	03
W55	Ann Marie Rosenitsch	1:13.80	97
W60	Ruth Carrier	1:12.4	94

### Steeplechase

<b>3000m</b>			
M35	Fred Robbins	10:13.1	94
M40	Ray Varey	9:51.2	85
M45	Chris Deighan	10:57.91	08
M50	Roland Anspach	11:42.2	77
<b>M55</b>	<b>Jim Robinson USA</b>	<b>11:14.98</b>	<b>09</b>
<b>2000m</b>			
M60	Jack Geddes	7:57.77	00
M65	Vern Christensen	8:32.28	06
M70	Peter Fellowes	11:24.38	96
M75	Peter Fellowes	12:22.72	00
W35	Karen Hyslop	8:15.31	08
W45	Karen Kennedy	8:40.85	05
W55	Ruth Carrier	10:10.4	89

### 4 X 100m Relay

M30	UNA	47.90	04
	Atkinson, Proudfoot, Baptiste, Robinson		
M40-49	Masters Sprint Club	47.7	80
	Malmstrom, Dungey, Horton, Rodrigues		
M50-59	Masters Sprint Club	50.8	83
M60+	Masters Sprint Club	54.7	80
	Grant, Pickl, Jamieson, Warwas		
W35	Scarborough Masters	58.8	87
W40	Scarborough Masters	63.2	83
W50	Scarborough Masters	69.1	85
	Masil, Turner, Carmichael, Heilig		
W60	Scarborough Masters	1:10.47	87

### 4 X 400m Relay Relays held 76, 77, 80, 83

M35	Northland Athletic Club	3:51.7	83
M40-9	Masters Sprint Club	4:02.8	80
	Andrade, Dungey, Rodrigues, Horton		
M50-9	Masters Sprint Club	4:18.5	80
	Masi, Morris, Egerton, Baum		
M60+	Masters Sprint Club	4:55.7	83

### 5000m Racewalk

M35	J. Hall	26:43.6	81
M40	Gerald Bocci	24:53.0	79
M45	Nil Lavalee	23:59.79	05
M50	Alex Oakley	23:33.2	76
M55	Bill Purves	27:08.74	00
M60	Max Gould	25:37.1	80
M65	Max Gould	27:33.1	83
M70	Bill Flick USA	29:05.16	96
M75	Bill Flick USA	32:45.61	01
M80	Art Keay	39:57.4	87

<b>W30</b>	<b>Sarah Raetsen</b>	<b>29:41.38</b>	<b>09</b>
W35	Joni Bender	23:31.91	99
W40	Nanci Sweazey	27:14.25	96
W45	Nanci Sweazey	25:53.26	02
W50	Liliana Whalen	28:56.15	03
W55	June-Marie Provost	29:52.0	92
W60	June-Marie Provost	29:23.6	94
W65	June-Marie Provost	30:32.75	99
W70	June-Marie Provost	34:24.86	05
<b>W75</b>	<b>June-Marie Provost</b>	<b>38:58.27</b>	<b>09</b>

### High Jump

<b>M30</b>	<b>David Valenzuela</b>	<b>1.83</b>	<b>09</b>
M35	Dave Rudichuk	1.75	90
M40	John Hawkins	1.90	91
M45	Kermit Hollingworth	1.75	79
	Witold Klinger	1.75	92
M50	Istvan Major	1.80	03
M55	Bill DeHorn	1.48	04
M60	Ian Hume	1.48	77
M65	Ian Hume	1.45	81
M70	Ian Hume	1.45	88
M75	Ian Hume	1.35	90
M80	Ian Hume	1.25	95
M85	Karl Trei	1.05	94
M90	Karl Trei	0.90	99

<b>W30</b>	<b>Jennifer Pineo</b>	<b>1.40</b>	<b>09</b>
W35	Leslie Estwick	1.65	00
W40	Liz McBlain	1.59	88
W45	Gean Hemming	1.35	90
W50	Maria Mallia	1.37	05
W55	Edith Gray	1.20	94
	Marg Radcliffe	1.20	00
W60	Edith Gray	1.24	98
W65	Helgi Pedel	1.19	89
W70	Helgi Pedel	1.16	97
W75	Helgi Pedel	1.11	99
W80	Helgi Pedel	1.04	04

### Pole Vault

M30	James Sniatenchuk	4.14	06
M35	Kevin Lake	4.50	05
M40	Vlado Kostric	4.10	79
	Tom Rauscher	4.10	90
M45	Matti Kilpelainen USA	4.00	94
M50	Matti Kilpelainen USA	4.17	97
M55	Matti Kilpelainen USA	3.65	04
M60	Matti Kilpelainen USA	3.66	06
M65	Stan Egerton	2.90	95
M70	Stan Egerton	3.00	97
M75	Stan Egerton	2.85	01
M80	Ian Hume	2.01	95
W35	Gaby Szanto	3.15	01
W45	Barbara Stewart	1.70	90
W50	Hillen Stubendorff USA	2.60	03
W60	Edith Gray	1.90	96

### Long Jump

M30	Donovan Bell	6.76	03
M35	George Pachovsky	6.18	80
M40	Todd Crawford	6.66	06
M45	George Pachovsky	6.18	90
M50	Jean-Pierre Mayer	5.85	99
M55	Jean-Pierre Mayer	5.58	04
M60	Alan Slater	5.17	03
M65	Ed Lukens	5.00	88
M70	Ian Hume	4.56	85
M75	Karl Trei	3.92	85
M80	Karl Trei	3.67	89
M85	Karl Trei	3.17	94
M90	Karl Trei	2.55	99

W30	Linda Carty USA	4.63	00
W35	Marg Hendershot	4.83	90
W40	Leslie Estwick	5.28	02
W45	Josephine Cross USA	4.36	92
W50	Anne VanDer Vleuten	4.08	89
W55	Marg Radcliffe	3.39	00
W60	Edith Gray	3.77	96
W65	Edith Gray	3.60	01
W70	Elga Meri	3.00	92
W75	Helgi Pedal	2.48	00

### Triple Jump

<b>M30</b>	<b>Chris Martin</b>	<b>14.26</b>	<b>09</b>
M35	Jean Pierre Mayer	13.11	83
M40	Todd Crawford	13.19	05
<b>M45</b>	<b>Dennis McWhinney</b>	<b>12.32</b>	<b>09</b>
M50	Igor Konovalov	11.63	99
M55	Alan Slater	11.21	98
M60	Alan Slater	10.85	03
M65	Ed Lukens	10.69	87
M70	Ian Hume	10.00	87
M75	Ian Hume	8.71	90
M80	Karl Trei	7.26	89
M85	Karl Trei	6.59	94
M90	Karl Trei	5.57	99
W30	Linda Carty USA	10.62	01
W35	Liz McBlain	9.55	88
W40	Audrey Hiemstra	9.12	87
W50	Hillen Stubendorff USA	8.44	03
W65	Helgi Pedal	6.25	91
W70	Helgi Pedal	6.16	96

### Shot Put

M30	Geoff Stewart	9.02	03
M35	Gintas Degutis	15.35	08
M40	Len Olson	12.61	73
M45	Len Olson	12.78	79
M50	Joe Myers USA	13.96	05
M55	John Kasperski	13.24	01
M60	G. Battick	13.21	82
M65	William Eipel	12.00	79
M70	Garry Bachman	12.31	95
M75	Garry Bachman	11.28	98
<b>M80</b>	<b>Evalds Viskers</b>	<b>9.97</b>	<b>09</b>
M85	Karl Trei	7.15	94
M90	Karl Trei	5.54	99
<b>W30</b>	<b>Marie-Josée Le Jour</b>	<b>13.56</b>	<b>09</b>
<b>W35</b>	<b>Diane Bedford</b>	<b>9.44</b>	<b>09</b>
W40	Bozenna Wojciekian	11.64	95
W45	April Capwill USA	10.00	99
W50	Erika Szanto	10.15	96
W55	Velta Tomsons	8.27	84
W60	Helgi Pedel	8.37	85
W65	Helgi Pedel	7.93	89
W70	Velta Tomsons	7.74	00
W75	Velta Tomsons	6.67	05
W80	Velta Tomsons	5.79	08

### Discus

M30	Geoff Stewart	25.83	03
M35	Eric Forshaw	59.04	05
M40	Robert Young	40.87	08
M45	Don Bailey USA	44.86	07
<b>M50</b>	<b>Don Bailey USA</b>	<b>47.29</b>	<b>09</b>
M55	Jean-Pierre Mayer	42.93	03
M60	Evald Poltrok	40.44	79
M65	William Smith	42.96	01
M70	Elmer Shaw	38.02	88
M75	Evalds Viskers	32.52	01
M80	Evalds Viskers	29.94	06
M85	Karl Trei	19.72	96
M90	Karl Trei	16.98	99

W30	<b>Marie-Josée Le Jour</b>	<b>13.56</b>	<b>09</b>
W35	Diana Jaam Shahriari	37.05	05
W40	Diana Jaam Shahriari	37.92	06
W45	April Capwill USA	32.66	99
<b>W50</b>	<b>Barb Dabrowski</b>	<b>25.09</b>	<b>09</b>
W55	Adri Rowsell	21.07	99
W60	Velta Tomsons	22.14	88
W65	Elga Meri	19.86	90
W70	Elga Meri	19.40	93
W75	Elga Meri	17.54	96
W80	Velta Tomsons	16.20	08

### Javelin

M30	Bill Plain	46.80	03
M35	Marty Withers	63.10	98
M40	Folgo Della Vedova	56.84	92
M45	Marty Withers	56.09	08
M50	Bob Kouvollo USA	53.42	03
M55	Fred Pamerter	45.48	96
M60	Gary Stenlund USA	53.64	04
M65	Ian Hume	40.36	81
M70	Ian Hume	35.10	87
M75	Ed Purgalis	29.64	92
M80	Ian Hume	29.04	95
M85	Karl Trei	19.54	94
M90	Karl Trei	17.74	99

W30	Beth Stroud	37.20	08
<b>W35</b>	<b>Dianne Bedford</b>	<b>32.85</b>	<b>09</b>
W40	Ana Maria Neilson	33.85	06
<b>W45</b>	<b>Ana Maria Neilson</b>	<b>33.17</b>	<b>09</b>
<b>W50</b>	<b>Barb Dabrowski</b>	<b>34.65</b>	<b>09</b>
W55	Marg Radcliffe	23.40	00
<b>W60</b>	<b>Rhona Trott</b>	<b>21.35</b>	<b>09</b>
W65	Elga Meri	23.22	89
W70	Elga Meri	22.91	92
W75	Elga Meri	19.78	96
W80	Olga Kotelko	15.66	00

### Hammer

M35	Jean-Francois Latour	40.80	01
M40	Len Olson	40.58	73
M45	Boris Zaitchouk	50.70	93
M50	Boris Zaitchouk	60.35	01
M55	Boris Zaitchouk	58.36	03
M60	Emil Muller	44.66	99
M65	Emil Muller	49.95	00
M70	Emil Muller	45.48	06
M75	Bill Koski	32.84	86
M80	Aleks Upmalis	25.22	98
M85	Aleks Upmalis	14.06	03
M90	Albert White	5.68	94

W35	Kristin Daija	40.20	98
W40	Darlene Aulenback	29.94	95
W45	April Capwill USA	29.36	00
W50	Kathy Wetenhall USA	29.04	08
W55	Rhona Trott	27.20	08
<b>W60</b>	<b>Rhona Trott</b>	<b>28.05</b>	<b>09</b>
W65	Mary Thomson	19.74	96
W80	Olga Kotelko	17.45	00

### Weight Throw (Weights changed for 60+ in '97)

M35	Richard Parkinson	13.01	02
M40	Dave Watkins	12.75	05
M45	Boris Zaitchouk	15.02	93
M50	Jim Wetenhall USA	19.94	08
M55	Boris Zaitchouk	18.03	03
M60	Emil Muller	15.55	99
M65	Emil Muller	16.40	01
M70	Emil Muller	16.72	06
M75	Garry Bachman	11.54	01
M80	Ian Hume	12.32	97
M85	Aleks Upmalis	5.80	03

W35	Bozena Wojciekian	11.14	93
W40	Darlene Aulenback	10.73	93
W45	April Capwill USA	10.93	00
W50	Kathy Wetenhall USA	9.38	08
W55	Dortha Swanson USA	8.03	95
<b>W60</b>	<b>Rhona Trott</b>	<b>12.68</b>	<b>09</b>
W65	Helgi Pedal	7.16	90 #16 ?
W70	Helgi Pedal	6.73	94 #16 ?
W75	Elga Meri	5.58	96
W80	Olga Kotelko	7.62	00