

08 Outdoor Rankings**Master Women****100 Metres**

Time/Dist		Athlete			Date	Meet
14.41	0.8	Lafayette-Boyd, Carol	42	EXA	28/06/2008	Sk Jr Prov Champ& Trials
15.28	0.0	Dobson, Nancy	49	UNA	01/08/2008	08 Cdn Masters
15.51	-0.1	Crook, Sharon	55	EXA	01/08/2008	08 Cdn Masters
16.05	-0.1	Coward, Selina	54	EXA	01/08/2008	08 Cdn Masters
17.28	0.0	Vogel, Joan	41	EXA	01/08/2008	08 Cdn Masters

200 Metres

30.28	1.2	Lafayette-Boyd, Carol	42	EXA	01/08/2008	08 Cdn Masters
33.46	0.7	Crook, Sharon	55	EXA	01/08/2008	08 Cdn Masters
36.22	0.7	Coward, Selina	54	EXA	01/08/2008	08 Cdn Masters
37.60	1.2	Vogel, Joan	41	EXA	01/08/2008	08 Cdn Masters

400 Metres

1:53.49		Matlock, Joan	39	CTC	01/08/2008	08 Cdn Masters
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800 Metres

3:07.68		Warick, Judy	49	CTC	01/08/2008	08 Cdn Masters
4:43.19		Matlock, Joan	39	CTC	01/08/2008	08 Cdn Masters

80 Metre Hurdles .76m

14.39	1.6	Gieni, Muriel	58	RIV	01/08/2008	08 Cdn Masters
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Long Jump

4.16m	0.0	Lafayette-Boyd, Carol	42	EXA	19/07/2008	Sk Ath Prov
3.96m	0.6	Dobson, Nancy	49	UNA	01/08/2008	08 Cdn Masters
3.48m	0.0	Crook, Sharon	55	EXA	01/08/2008	08 Cdn Masters
1.80m	1.1	Ferguson, Lil	32	UNA	01/08/2008	08 Cdn Masters

Wind/No wind

4.29m	4.5	Lafayette-Boyd, Carol	42	EXA	28/06/2008	Sk Jr Prov Champ&Trials
Triple Jump						
9.20m	-1.4	Gieni, Muriel	58	RIV	28/06/2008	Sk Jr Prov Champ&Trials
8.41m	0.0	Lafayette-Boyd, Carol	42	EXA	19/07/2008	Sk Ath Prov
7.30m	0.0	Warick, Judy	49	CTC	01/08/2008	08 Cdn Masters
7.27m	0.0	Crook, Sharon	55	EXA	01/08/2008	08 Cdn Masters
7.23m	0.0	Dobson, Nancy	49	UNA	01/08/2008	08 Cdn Masters
Shot Put						
10.09m		Gieni, Muriel	58	RIV	28/06/2008	Sk Jr Prov Champ&Trials
9.48m		Coward, Selina	54	EXA	01/08/2008	08 Cdn Masters
9.16m		Tosh, Marg	37	UNA	01/08/2008	08 Cdn Masters
7.11m		Vogel, Joan	41	EXA	01/08/2008	08 Cdn Masters
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Master Women						
Shot Put						
Time/Dist		Athlete			Date	Meet
5.35m		Ferguson, Lil	32	UNA	01/08/2008	08 Cdn Masters
Discus						
22.94m		Tosh, Marg	37	UNA	19/07/2008	Sk Ath Prov
20.09m		Warick, Judy	49	CTC	01/08/2008	08 Cdn Masters
17.51m		Vogel, Joan	41	EXA	01/08/2008	08 Cdn Masters
12.90m		Ferguson, Lil	32	UNA	01/08/2008	08 Cdn Masters
Hammer						
27.73m		Tosh, Marg	37	UNA	01/08/2008	08 Cdn Masters
10.75m		Ferguson, Lil	32	UNA	01/08/2008	08 Cdn Masters
Javelin						
30.58m		Tosh, Marg	37	UNA	19/07/2008	Sk Ath Prov
14.54m		Vogel, Joan	41	EXA	01/08/2008	08 Cdn Masters

13.17m		Ferguson, Lil	32	UNA	01/08/2008	08 Cdn Masters
Javelin 500gm						
26.81m		Tosh, Marg	37	UNA	10/05/2008	Zone 8 Throws
Weight Pentathlon						
4902		Tosh, Marg	37	UNA	01/08/2008	08 Cdn Masters
22.91m DT;27.73m HT;25.30m JT;10.64m WT						
Weight Throw						
10.64m		Tosh, Marg	37	UNA	01/08/2008	08 Cdn Masters