

## 2009 Outdoor Rankings

### Master Women

#### 100 Metres

Time/Dist		Athlete			Date	Meet
14.34	1.3	Lafayette-Boyd, Carol	42	EXA	02/05/2009	Spring Classic
16.20	-4.5	Dobson, Nancy	49	UNA	19/07/2009	Cdn Masters Championships
16.30	-2.6	Hudey, Brenda	67	EXA	11/07/2009	09 CSG Trials
18.09	-7.6	Coward, Selina	54	EXA	19/07/2009	Cdn Masters Championships
21.26	-4.5	Boivin, Gwen	34	UNA	19/07/2009	Cdn Masters Championships
29.45	-1.1	Erskine, Doreen	27	UNA	19/07/2009	Cdn Masters Championships

#### Wind/No Wind

15.75	NWI	Hudey, Brenda	67	EXA	13/06/2009	PeeWee/Bantam/C/E
16.04	NWI	Coward, Selina	54	EXA	13/06/2009	PeeWee/Bantam/C/E

#### 200 Metres

30.62	-1.1	Lafayette-Boyd, Carol	42	EXA	13/06/2009	PeeWee/Bantam/C/E
33.47	-0.8	Hudey, Brenda	67	EXA	11/07/2009	09 CSG Trials
34.66	-1.1	Coward, Selina	54	EXA	13/06/2009	PeeWee/Bantam/C/E

#### Wind/No Wind

30.37	NWI	Lafayette-Boyd, Carol	42	EXA	19/07/2009	Cdn Masters Championships
49.69	NWI	Boivin, Gwen	34	UNA	19/07/2009	Cdn Masters Championships

#### 400 Metres

1:50.50		Matlock, Joan	39	CTC	19/07/2009	Cdn Masters Championships
2:49.20		Boivin, Gwen	34	UNA	19/07/2009	Cdn Masters Championships

#### 800 Metres

3:10.13		Warick, Judy	49	CTC	19/07/2009	Cdn Masters Championships
4:15.02		Matlock, Joan	39	CTC	19/07/2009	Cdn Masters Championships

#### 2000m Steeple Chase

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9:51.80		Warick, Judy	49	CTC	19/07/2009	Cdn Masters Championships
<b>High Jump</b>						
.90m		Boivin, Gwen	34	UNA	19/07/2009	Cdn Masters Championships
<b>Long Jump</b>						
4.35m	-0.4	Lafayette-Boyd, Carol	42	EXA	19/07/2009	Cdn Masters Championships
3.81m	0.6	Dobson, Nancy	49	UNA	19/07/2009	Cdn Masters Championships
<b>Wind/No Wind</b>						
2.34m	2.4	Boivin, Gwen	34	UNA	19/07/2009	Cdn Masters Championships
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<b>Triple Jump</b>						
<b>Time/Dist</b>		<b>Athlete</b>			<b>Date</b>	<b>Meet</b>
8.57m	-0.6	Lafayette-Boyd, Carol	42	EXA	19/07/2009	Cdn Masters Championships
7.95m	-0.4	Dobson, Nancy	49	UNA	19/07/2009	Cdn Masters Championships
5.55m	-0.2	Boivin, Gwen	34	UNA	19/07/2009	Cdn Masters Championships
<b>Wind/No Wind</b>						
8.82m	2.6	Lafayette-Boyd, Carol	42	EXA	11/07/2009	09 CSG Trials
<b>Shot Put</b>						
9.69m		Coward, Selina	54	EXA	13/06/2009	PeeWee/Bantam/C/E
3.38m		Erskine, Doreen	27	UNA	19/07/2009	Cdn Masters Championships
<b>Discus</b>						
9.34m		Erskine, Doreen	27	UNA	19/07/2009	Cdn Masters Championships

<b>Javelin</b>							
16.96m		Matlock, Joan	39	CTC	19/07/2009		Cdn Masters Championships
7.89m		Erskine, Doreen	27	UNA	19/07/2009		Cdn Masters Championships