

2019 Outdoor Rankings Master Women

Time/Dist		Athlete			Date	Location
50 Metres						
7.37	-0.4	Valerie Hardy	69	RIVA	22/06/2019	Regina
8.00	-0.4	Sandi Arnason	73	RIVA	22/06/2019	Regina
8.57	-0.4	Carol LaFayette-Boyd	42	EXCL	22/06/2019	Regina
9.33	-0.4	Selina Coward	54	EXCL	22/06/2019	Regina
100 Metres						
13.59	1.9	Kelly Silcox	66	EXCL	18/07/2019	St. Therese
13.84	1.9	Kari Zinkhan-Davis	81	EXCL	11/05/2019	Regina
14.19	0.0	Valerie Hardy	69	RIVA	22/06/2019	Regina
15.04	1.7	Sandi Arnason	73	RIVA	18/07/2019	St. Therese
16.10	0.5	Carol LaFayette-Boyd	42	EXCL	18/07/2019	St. Therese
18.57	0.0	Selina Coward	54	EXCL	22/06/2019	Regina
200 Metres						
29.05	-0.5	Kelly Silcox	66	EXCL	22/06/2019	Regina
29.26	-0.5	Andrea Kozan	72	EXCL	22/06/2019	Regina
29.32	1.6	Kari Zinkhan-Davis	81	EXCL	11/05/2019	Regina
29.92	-0.5	Valerie Hardy	69	RIVA	22/06/2019	Regina
31.35	0.7	Sandi Arnason	73	RIVA	14/06/2019	Calgary
32.81	0.7	Brenda Hudey	67	EXCL	14/06/2019	Calgary
35.29	1.1	Carol LaFayette-Boyd	42	EXCL	18/07/2019	St. Therese
400 Metres						
1:05.28		Andrea Kozan	72	EXCL	22/06/2019	Regina
1:15.23		Brenda Hudey	67	EXCL	22/06/2019	Regina
800 Metres						
3:28.45		Sandi Arnason	73	RIVA	18/07/2019	St. Therese
3000 Metres						
14:04.42		Jan Smith	59	STFC	22/06/2019	Regina

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5000 Metres

25:49.21		Gwyneth Woodson	51	SCTM	22/06/2019	Regina
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80m Hurdles

16.09	-0.8	Sandi Arnason	73	RIVA	18/07/2019	St. Therese
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2000m Steeple Chase

9:37.28		Jan Smith	59	STFC	22/06/2019	Regina
11:40.95		Judy Warick	49	SCTM	22/06/2019	Regina

High Jump

1.30m		Sandi Arnason	73	RIVA	18/07/2019	St. Therese
1.14m		Jo-Ann Kennedy	58	YLTC	22/06/2019	Regina

Long Jump

3.88m	0.3	Sandi Arnason	73	RIVA	18/07/2019	St. Therese
3.53m	2.0	Carol LaFayette-Boyd	42	EXCL	18/07/2019	St. Therese

Wind/No Wind

3.99m	2.5	Sandi Arnason	73	RIVA	14/06/2019	Calgary
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Triple Jump

6.65m	-0.4	Jo-Ann Kennedy	58	YLTC	22/06/2018	Regina
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Wind/No Wind

8.13m	2.6	Sandi Arnason	73	RIVA	14/06/2019	Calgary
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Shot Put

9.29m		Jennifer Tondevold	75	EXCL	22/06/2019	Regina
9.05m		Selina Coward	54	EXCL	22/06/2019	Regina
9.91m		Paulette Wilson	69	UNSK	15/09/2019	Saskatoon
8.55m		Margaret Tosh	37	STFC	15/09/2019	Saskatoon

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Shot Put Cont'd

8.31m	Gill Gracie	43	SCTM	22/06/2019	Regina
7.72m	Sandi Arnason	73	RIVA	18/07/2019	St. Therese
7.30m	Kathryn Peters	53	UNSK	15/09/2019	Saskatoon
7.03m	Marilyn McCloy Cornish	55	SCTM	15/09/2019	Saskatoon
6.86m	Vi Mizuno	51	SCTM	15/09/2019	Saskatoon
6.11m	Jean Healey	48	SCTM	22/06/2019	Regina

Discus

26.83m	Paulette Wilson	69	UNSK	11/05/2019	Regina
24.20m	Jennifer Tondevold	75	EXCL	22/06/2019	Regina
19.68m	Vi Mizuno	51	SCTM	22/06/2019	Regina
18.94m	Marilyn McCloy Cornish	55	SCTM	15/09/2019	Saskatoon
18.66m	Gill Gracie	43	SCTM	22/06/2019	Regina
18.39m	Margaret Tosh	37	STFC	15/09/2019	Saskatoon
16.01m	Judy Warick	49	SCTM	22/06/2019	Regina
14.82m	Jean Healey	48	SCTM	22/06/2019	Regina
14.68m	Kathryn Peters	53	UNSK	15/09/2019	Saskatoon

Hammer

28.14m	Paulette Wilson	69	UNSK	22/06/2019	Regina
26.98m	Margaret Tosh	37	STFC	15/09/2019	Saskatoon
24.05m	Gill Gracie	43	SCTM	22/06/2019	Regina
22.00m	Vi Mizuno	51	SCTM	22/06/2019	Regina
19.75m	Marilyn McCloy Cornish	55	SCTM	15/09/2019	Saskatoon
19.11m	Jean Healey	48	SCTM	22/06/2019	Regina
19.08m	Kathryn Peters	53	UNSK	15/09/2019	Saskatoon

Javelin

30.67m	Paulete Wilson	69	UNSK	22/06/2019	Regina
20.25m	Jennifer Tondevold	75	EXCL	22/06/2019	Regina
19.89m	Vi Mizuno	51	SCTM	22/06/2019	Regina
19.62m	Margaret Tosh	37	STFC	15/09/2019	Saskatoon
19.17m	Marilyn McCloy Cornish	55	SCTM	15/09/2019	Saskatoon
15.15m	Kathryn Peters	53	UNSK	15/09/2019	Saskatoon

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Javelin Cont'd

15.03m	Jean Healey	48	SCTM	22/06/2019	Regina
13.69m	Gill Gracie	43	SCTM	22/06/2019	Regina

Weight Throw

10.61m	Paulette Wilson	69	UNSK	22/06/2019	Regina
10.15m	Gill Gracie	43	SCTM	22/06/2019	Regina
9.90m	Vi Mizuno	51	SCTM	22/06/2019	Regina
9.73m	Margaret Tosh	37	STFC	15/09/2019	Saskatoon
9.26m	Kathryn Peters	53	UNSK	15/09/2019	Saskatoon
8.98m	Marilyn McCloy Cornish	55	SCTM	15/09/2019	Saskatoon
8.96m	Jean Healey	48	SCTM	22/06/2019	Regina

Pentathlon

2352pts	Sandi Arnason	73	RIVA	18/07/2019	Toronto
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16.09 (-0.8) 80m Hurdles/ 1.30m HJ/ 7.72m SP
3.88m (0.3) LJ/ 3:28.45 800m

Weight Pentathlon

4667pts	Margaret Tosh	37	STFC	15/09/2019	Saskatoon
	8.55m SP/9.73m WT/18.39m DT/26.98m HT/ 19.62m JT				
3570pts	Gill Gracie	43	UNSK	15/09/2019	Saskatoon
	8.20m SP/10.15m WT/18.66m DT/24.05m HT/12.98m JT				
3172pts	Paulette Wilson	69	UNSK	15/09/2019	Saskatoon
	9.91m SP/10.61m WT/25.58m DT/28.14m HT/30.67m JT				
3081pts	Vi Mizuno	51	SCTM	15/09/2019	Saskatoon
	6.86m SP/9.90m WT/18.73m DT/22.00m HT/19.83m JT				
2918pts	Jean Healey	48	SCTM	15/09/2019	Saskatoon
	5.83m SP/8.90m WT/16.67m DT/19.11m HT/14.26m JT				
2670pts	Kathryn Peters	53	UNSK	15/09/2019	Saskatoon
	7.30m SP/9.26m WT/14.68m DT/19.08m HT/15.15m JT				
2572pts	Marilyn McCloy Cornish	55	SCTM	15/09/2019	Saskatoon
	7.03m SP/8.98m WT/18.94m DT/19.75m HT/19.17m JT				