

2010 Outdoor Rankings

Master Women

100 Metres

Time/Dist		Athlete		Date		Meet
15.44	-4.7	Tremblay, Rhonda	60	STFC	19/07/2010	SA Prov
15.62	-3.1	Lafayette-Boyd, Carol	42	EXA	12/06/2010	Sask Trials
Wind/No Wind						
14.5h	NWI	Lafayette-Boyd, Carol	42	EXA	08/05/2010	Spring Classic
14.78	2.1	Tremblay, Rhonda	60	STFC	09/07/2010	Sherwood Park Classic

200 Metres

29.35	0.8	Tremblay, Rhonda	60	STFC	22/06/2010	STFC Twilte #2
30.26	0.7	Lafayette-Boyd, Carol	42	EXA	17/07/2010	Cdn Masters

400 Metres

1:06.26		Meloche, Laurie	61	EXA	17/07/2010	Cdn Masters
1:09.84		Tremblay, Rhonda	60	STFC	09/07/2010	Sherwood Park Classic

Long Jump

4.01m	0.2	Lafayette-Boyd, Carol	42	EXA	17/07/2010	Cdn Masters
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Triple Jump

8.15m	1.3	Lafayette-Boyd, Carol	42	EXA	17/07/2010	Cdn Masters
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Shot Put

8.85m		Tosh, Marg	37	UNA	12/06/2010	Sask Trials
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Discus

23.24m		Tosh, Marg	37	UNA	12/06/2010	Sask Trials
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17.33m		Tremblay, Rhonda	60	STFC	09/07/2010	Sherwood Park Classic
9.62m		Erskine, Doreen	27	UNA	01/03/2010	World Masters Out
Hammer						
27.70m		Tosh, Marg	37	UNA	12/06/2010	Sask Trials
Javelin						
24.94m		Tosh, Marg	37	UNA	12/06/2010	Sask Trials
14.57m		Matlock, Joan	39	CTC	01/03/2010	World Masters Out
6.68m		Erskine, Doreen	27	UNA	01/03/2010	World Masters Out
Weight Throw						
11.60m		Tosh, Marg	37	UNA	12/06/2010	Sask Trials