

2023 Indoor Rankings

Master Women

Time/Dist	Athlete			Date	Location
50 Metres					
7.14	Kerri Lovelace	82	UNSK	24-03-2023	Saskatoon
7.34	Valerie Hardy	69	RIVA	24-03-2023	Saskatoon
8.21	Iryna Khovrenkov	81	EXCL	24-03-2023	Saskatoon
8.61	Carol LaFayette-Boyd	42	EXCL	03-02-2023	Regina
8.63	Rhonda Tremblay	60	RIVA	24-03-2023	Saskatoon
10.68	Selina Coward	54	EXCL	03-02-2023	Regina
11.27	Sheila Murray	50	TNMC	24-03-2023	Saskatoon
12.38	Nadine Hillacre	64	UNSK	24-03-2023	Saskatoon
60 Metres					
8.25	Kerri Lovelace	82	UNSK	27-01-2023	Saskatoon
8.61	Valerie Hardy	69	RIVA	04-03-2023	Edmonton
8.64	Kelly Silcox	66	FLCR	27-01-2023	Saskatoon
9.20	Raquel Boyko	74	EXCL	10-12-2022	Regina
9.45	Muriel Gieni	58	RIVA	21-01-2023	Edmonton
9.54	Sandi Arnason	73	RIVA	27-01-2023	Saskatoon
9.69	Iryna Khovrenkov	81	EXCL	10-12-2022	Regina
9.89	Carol LaFayette-Boyd	42	EXCL	03-02-2023	Regina
9.99	Rhonda Tremblay	60	RIVA	27-01-2023	Saskatoon
12.21	Debra Howes	58	TNMC	01-04-2023	Saskatoon
12.38	Selina Coward	54	EXCL	03-02-2023	Regina
12.55	Sheila Murray	50	TNMC	27-01-2023	Saskatoon
12.96	Linda Gibson	51	TNMC	27-01-2023	Saskatoon
13.95	Gladys McCarthy	47	TNMC	27-01-2023	Saskatoon
15.38	Nadine Hillacre	64	UNSK	13-01-2023	Saskatoon
200 Metres					
28.50	Kerri Lovelace	82	UNSK	24-03-2023	Saskatoon
29.33	Kelly Silcox	66	FLCR	27-01-2023	Saskatoon
29.38	Valerie Hardy	69	RIVA	24-03-2023	Saskatoon
30.01	Andrea Kozan	72	EXCL	03-02-2023	Regina
32.23	Sandi Arnason	73	RIVA	25-02-2023	Toronto
32.76	Rhonda Tremblay	60	RIVA	24-03-2023	Saskatoon
33.70	Iryna Khovrenkov	81	EXCL	24-03-2023	Saskatoon
35.51	Carol LaFayette-Boyd	42	EXCL	03-02-2023	Regina
38.53	Heather Osborne	61	TNMC	01-04-2023	Saskatoon
44.13	Debra Howes	58	TNMC	01-04-2023	Saskatoon

2023 Indoor Rankings Master Women

Time/Dist	Athlete	Date	Location
-----------	---------	------	----------

200 Metres - Cont'd

46.72	Selina Coward	54	EXCL	03-02-2023	Regina
50.42	Sheila Murray	50	TNMC	24-03-2023	Saskatoon

300 Metres

48.16	Valerie Hardy	69	RIVA	21-01-2023	Edmonton
48.81	Kelly Silcox	66	FLCR	13-01-2023	Saskatoon

400 Metres

1:07.97	Andrea Kozan	72	EXCL	03-02-2023	Regina
---------	--------------	----	------	------------	--------

500 Metres

1:49.89	Heather Osborne	61	TNMC	01-04-2023	Saskatoon
2:17.83	Judy Warick	49	TNMC	01-04-2023	Saskatoon
2:39.84	Debra Howes	57	TNMC	01-04-2023	Saskatoon
2:50.00	Jean Healey	49	TNMC	01-04-2023	Saskatoon

600 Metres

2:16.42	Heather Osborne	61	TNMC	10-12-2022	Regina
2:58.69	Judy Warick	49	TNMC	10-12-2022	Regina

800 Metres

3:11.46	Jan Smith	59	UNSK	27-01-2023	Saskatoon
3:14.25	Lynne Wawryk-Epp	55	TNMC	10-12-2022	Regina
3:18.80	Heather Osborne	61	TNMC	03-12-2022	Saskatoon
3:29.53	Gwyneth Woodson	51	TNMC	10-12-2022	Regina
3:33.86	Sandi Arnason	73	RIVA	04-02-2023	Edmonton
4:00.27	Judy Warick	49	TNMC	03-12-2022	Saskatoon

1000m

3:23.10	Brandi Venne	81	RWAC	13-01-2023	Saskatoon
4:03.90	Jan Smith	59	UNSK	24-03-2023	Saskatoon
4:04.59	Heather Osborne	61	TNMC	24-03-2023	Saskatoon
5:10.72	Judy Warick	49	TNMC	24-03-2023	Saskatoon

2023 Indoor Rankings
Master Women

Time/Dist	Athlete			Date	Location
1500 Metres					
6:29.34	Lynne Wawryk-Epp	55	TNMC	27-01-2023	Saskatoon
6:54.45	Gwyneth Woodson	51	TNMC	27-01-2023	Saskatoon
7:01.11	Heather Osborne	61	TNMC	10-12-2022	Regina
3000 Metres					
11:11.70	Elizabeth Tomczak	86	UNSK	03-02-2023	Regina
15:23.21	Heather Osborne	61	TNMC	24-03-2023	Saskatoon
1 Mile					
5:45.62	Brandi Venne	81	RWAC	13-01-2023	Saskatoon
7:10.39	Lynne Wawryk-Epp	55	TNMC	13-01-2023	Saskatoon
7:14.97	Jan Smith	59	UNSK	13-01-2023	Saskatoon
7:18.89	Heather Osborne	61	TNMC	13-01-2023	Saskatoon
7:37.16	Gwyneth Woodson	51	TNMC	13-01-2023	Saskatoon
8:54.93	Judy Warick	49	TNMC	13-01-2023	Saskatoon
10:20.87	Sheila Murray	50	TNMC	13-01-2023	Saskatoon
10:36.00	Debra Howes	58	UNSK	13-01-2023	Saskatoon
50m Hurdles					
9.23	Sandi Arnason	73	RIVA	25-02-2023	Toronto
60m Hurdles					
10.58	Muriel Gieni	58	RIVA	13-01-2023	Saskatoon
10.86	Sandi Arnason	73	RIVA	13-01-2023	Saskatoon
High Jump					
1.26m	Sandi Arnason	73	RIVA	04-02-2023	Edmonton
Pole Vault					
3.40m	Teresa Hill	87	RIVA	24-03-2023	Saskatoon

2023 Indoor Rankings Master Women

Time/Dist	Athlete	Date	Location
-----------	---------	------	----------

Long Jump

4.11m	Raquel Boyko	74	EXCL	03-02-2023	Regina
4.08m	Sandi Arnason	73	RIVA	25-02-2023	Toronto
3.54m	Carol LaFayette-Boyd	42	EXCL	10-12-2022	Regina

Triple Jump

7.66m	Carol LaFayette-Boyd	42	EXCL	03-02-2023	Regina
-------	----------------------	----	------	------------	--------

Weight Throw

13.89m	Karla Johnson-Gabruch	78	UNSK	17-12-2022	Saskatoon
8.51m	Caroline Bedier	54	TNMC	13-01-2023	Saskatoon
8.14m	Jean Healey	48	TNMC	17-12-2022	Saskatoon
5.80m	Judy Warick	49	TNMC	17-12-2022	Saskatoon
4.96m	Gladys McCarthy	47	TNMC	17-12-2022	Saskatoon

Shot Put

11.58m	Karla Johnson-Gabruch	78	UNSK	17-12-2022	Saskatoon
9.16m	Muriel Gieni	58	RIVA	17-12-2022	Saskatoon
9.06m	Sandi Arnason	73	RIVA	24-03-2023	Saskatoon
5.71m	Jean Healey	48	TNMC	17-12-2022	Saskatoon

Pentathlon

1656 pts	Sandi Arnason	73	RIVA	04-02-2023	Edmonton
11.27 60mH/1.26m HJ/7.42m SP/4.05m LJ/ 3:33.85 800m					