

MASTER'S OUTDOOR RECORDS

as of DECEMBER 2022

50 METRES

W40	7.68 (-1.0)	SANDI ARNASON	41	REGINA	13/06/15
W45	8.00 (-0.4)	SANDI ARNASON	46	REGINA	22/06/19
W50	7.37 (-0.4)	VALERIE HARDY (69)	50	REGINA	22/06/19
W55	8.01 (-0.4)	MURIEL GIENI (58)	55	REGINA	15/06/13
W60	7.81	CAROL LAFAYETTE-BOYD	64	ST. GEORGE, UTAH	11/10/06
W65	8.02 (0.0)	CAROL LAFAYETTE-BOYD	69	REGINA	12/05/12
W70	8.14 (-1.0)	CAROL LAFAYETTE-BOYD (42)	73	REGINA	13/06/15
	8.14 (-1.7)	CAROL LAFAYETTE-BOYD	74	SASKATOON	25/06/16
W75	8.57 (-0.4)	CAROL LAFAYETTE-BOYD	77	REGINA	22/06/19
W80	13.86 (-1.4)	GWEN BOIVIN	84	REGINA	09/06/18
M35	6.33 (0.5)	MIKE TAYLOR	37	REGINA	22/06/19
M40	6.56 (-1.7)	DOUG MCLAREN	40	SASKATOON	13/07/16
M45	6.88 (0.5)	COLIN ELLIS	46	REGINA	14/06/14
M50	6.86 (0.5)	COLIN ELLIS	51	REGINA	22/06/19
M55	7.37 (0.0)	BRIAN BERQUIST (53)	55	UTAH	06/10/08
M60	7.25 (-1.7)	MARCEL D'EON	61	REGINA	13/06/15
M65	7.49 (0.5)	MARCEL D'EON	65	REGINA	22/06/19
M70	8.41 (0.0)	DOUG RENWICK	70	REGINA	12/05/12
M75	7.92 (1.2)	TED ROWAN (33)	75	UTAH	07/10/08
M80	8.13 (0.5)	TED ROWAN	80	REGINA	14/06/14

100 METRES

W30	12.86	CAREN REINDL (58)	34	REGINA	19/07/92
W35	12.91	CAREN REINDL (58)	36	REGINA	14/05/94
W40	13.02 (1.7)	AMANDA STALWICK	44	SASKATOON	13/07/16
W45	13.63 (1.7)	LAURIE MELOCHE	45	N.CAROLINA	05/08/06
W50	13.59 (0.7)	KELLY SILCOX (66)	52	TORONTO	20/07/19
W55	13.75 (0.9)	KELLY SILCOX (66)	56	REGINA	30/07/22
W60	14.27 (1.8)	CAROL LAFAYETTE-BOYD	62	SASKATOON	12/06/04
W65	14.34 (1.3) CR	CAROL LAFAYETTE-BOYD	67	REGINA	02/05/09
W70	14.91 (1.1)	CAROL LAFAYETTE-BOYD (42)	70	REGINA	16/06/12
W75	15.03 (0.6) WR	CAROL LAFAYETTE-BOYD (42)	76	SURREY, BC	04/08/18
W80	16.23 (1.6) WR	CAROL LAFAYETTE-BOYD	80	REGINA	30/07/22
W85	33.67 (1.6)	GWEN BOIVIN (34)	88	REGINA	30/07/22
M30	10.97 (0.8)	DEVEN STEWART	31	SHERWOOD PARK	20/07/19
M35	11.01 (0.8)	CYPRIAN ENWEANI	37	EDMONTON	22/06/01
M40	11.21 (1.5)	CYPRIAN ENWEANI	40	CALGARY	17/07/04
M45	11.81 (1.3)	CHAD KICHULA (76)	45	REGINA	26/06/21
M50	12.36 (1.0)	GARY MILLER	53	CALGARY	17/07/04
M55	12.94 (-3.0)	BRIAN BERQUIST (53)	55	LAS VEGAS	02/10/09
M60	13.30 (-1.6)	MARCEL D'EON	61	REGINA	13/06/15
M65	13.99 (1.9)	MARCEL D'EON	65	HAWAII	26/03/19
M70	14.42 (1.5)	TED ROWAN	71	REGINA	07/05/05
M75	14.46 (1.3)	TED ROWAN (33)	75	REGINA	02/05/09

100 METERS

M80	15.53 (1.4)	TED ROWAN	80	ST.GEORGE	07/10/13
	15.60 (1.7)	TED ROWAN	80	TORONTO	12/07/14
M85	16.99 (-0.5)	TED ROWAN	85	MALAGA, SP	04/09/18
M90	27.07 (-0.8)	HOWARD WEST	90	PUERTO RICO	13/07/03

200 METRES

W30	26.07	CAREN REINDL	34	REGINA	13/06/92
W35	26.27	CAREN REINDL	36	REGINA	15/07/94
W40	27.33 (1.8)	AMANDA STALWICK	44	SASKATOON	13/07/16
W45	28.02 (+0.4)	LAURIE MELOCHE	45	N.CAROLINA	05/08/06
W50	28.44 (0.7)	KELLY SILCOX (66)	52	SURREY	05/08/18
W55	28.94 (0.7)	KELLY SILCOX	56	REGINA	31/07/22
W60	29.37 (2.0)	CAROL LAFAYETTE-BOYD	60	REGINA	07/07/02
W65	29.66 (-2.4) WR CR	CAROL LAFAYETTE-BOYD	65	RICCIONE	10/09/07
W70	31.51 (2.0) CR	CAROL LAFAYETTE-BOYD (42)	70	ST.JOHN, NB	12/08/12
W75	31.56 (-0.7) WR/CR	CAROL LAFAYETTE-BOYD (42)	76	MALAGA, SP	09/09/18
W80	34.38 (0.5) WR CR	CAROL LAFAYETTE-BOYD	80	REGINA	31/07/22
M30	22.50 (-0.2)	DEVEN STEWART	31	REGINA	23/06/19
M35	22.30 (-0.6)	CYPRIAN ENWEANI	37	EDMONTON	24/06/01
M40	22.87 (-2.3)	CYPRIAN ENWEANI	40	CALGARY	18/07/04
M45	24.77 (-0.8)	CHAD KICHULA	45	SASKATOON	12/06/21
M50	25.23 (-1.2)	GARY MILLER	53	CALGARY	18/07/04
M55	26.33 (0.1)	MARCEL D'EON	55	SYDNEY	17/10/09
M60	27.52 (1.6)	MARCEL D'EON	63	SASKATOON	26/06/16
M65	29.03 (0.4)	MARCEL D'EON	65	REGINA	23/06/19
M70	31.34 (0.4)	TED ROWAN	71	REGINA	07/05/05
M75	32.05 (-2.8)	TED ROWAN (33)	75	KAMLOOPS	17/07/09
M80	32.17 (-2.7) CR	TED ROWAN	80	REGINA	26/07/13
M85	45.09 (0.1)	JOSEPH KOZA (36)	86	REGINA	31/07/22
M90	1:07.06 (1.2)	HOWARD WEST	90	PUERTO RICO	13/07/03

400 METRES

W30	1:02.28	CAREN REINDL	34	REGINA	19/07/92
W35	58.59	CAREN REINDL	37	BUFFALO	14/07/95
W40	1:01.62	LAURIE MELOCHE	42	SEATTLE	07/26/03
W45	62.76	LAURIE MELOCHE	45	N. CAROLINA	05/08/06
W50	1:04.21	ANDREA KOZAN (72)	50	SASKATOON	15/07/22
W55	1:14.09	RHONDA TREMBLAY	56	SASKATOON	25/06/16
W60	1:20.92	RHONDA TREMBLAY (60)	62	REGINA	30/07/22
W65	1:21.85	MARY MCCARRON-EGNER	65	REGINA	06/07/02
W70	1:50.50	JOAN MATLOCK	70	KAMLOOPS	17/07/09
W75	2:49.20	GWENDOLYN BOIVIN	75	KAMLOOPS	17/07/09
M30	50.54	WINCHESTER JOHNSON	32	OTTAWA	12/06/93
M35	54.13	ALLEN JOHNSTON	39	REGINA	19/07/92
M40	54.40	JEAN LEMIEUX	44	EDMONTON	06/08/94
M45	56.73	JEAN LEMIEUX	45	VICTORIA	10/08/96

400METERS

M50	57.90	COLIN ELLIS	50	MALAGA, SP	11/09/18
M55	59.07	MARCEL D'EON	55	SYDNEY	15/10/09
M60	1:03.21	KEITH MESZAROS	60	VANCOUVER	28/08/16
M65	1:05.32	DOUG RENWICK	65	ST. GEORGE, UT	08/10/07
M70	1:12.40	HIKE VAN DER WAL	70	SYDNEY	16/10/09
M75	1:15.03	DOUG RENWICK (42)	75	TORONTO	13/08/17
M80	1:33.16	TED ROWAN	80	NEOSHO	06/07/14
M85	1:40.25	TED ROWAN	85	MALAGA, SP	04/09/18

800 METRES

W30	2:03.59	ADREA PROPP (92)	30	EDMONTON	03/07/22
W35	2:25.91	JANET CHRIST	36	EDMONTON	05/08/94
W40	2:24.78	JUDY WARICK	44	SASKATOON	07/07/93
W45	2:30.44	JUDY WARICK	45	EUGENE	11/08/94
W50	2:30.53	ANDREA KOZAN	50	REGINA	31/07/22
W55	3:07.68	JUDY WARICK (49)	59	REGINA	03/08/08
W60	3:08.69	GRACE BUTCHER	64	SASKATOON	05/07/98
W65	3:14.87	LYNNE WAWRYK-EPP	67	SASKATOON	16/07/22
W70	3:59.22	JUDY WARICK (49)	73	REGINA	31/07/22

M30	2:04.87	LOUIS CHRIST	34	SASKATOON	20/07/94
M35	2:00.7	ALLEN JOHNSTON	38	SASKATOON	08/07/92
M40	2:01.3	HIKE VAN DER WAL	41	HANNOVER	01/08/79
M45	2:10.9	RIC HANNA	46	SASKATOON	08/07/92
M50	2:18.63	RICK SMITH	53	SASKATOON	23/06/00
M55	2:21.22	LARRY LONGMORE	55	DRAKE RELAYS	27/04/07
M60	2:25.41	DOUG RENWICK	61	RICHMOND	17/08/03
M65	2:35.61	DOUG RENWICK (42)	66	REGINA	03/08/08
M70	2:55.16	DOUG RENWICK	71	REGINA	28/07/13
M75	3:05.18	DOUG RENWICK (42)	75	REGINA	13/05/17
M80	5:14.73	MAX COATES (23)	84	REGINA	03/05/08

1500 METRES

W30	4:23.26	JESSICA FURLAN (90)	32	AZUSA	15/04/22
W35	4:59.47	JANET CHRIST	36	SASKATOON	10/06/94
W40	4:52.46	MARION CRAIG	41	REGINA	06/07/02
W45	5:09.28	JUDY WARICK	46	BUFFALO	14/07/95
W55	6:00.55	JUDY WARICK	52	SASKATOON	13/07/01
W60	6:41.04	GAY RENOUF	61	REGINA	30/07/22
W65	6:31.06	LYNNE WAWRYK-EPP	67	SASKATOON	17/07/22
W70	8:30.81	JUDY WARICK	73	REGINA	30/07/22

M30	4:13.41	RUSSELL NEFF	33	REGINA	09/06/18
M35	4:08.91	TED JALETA	36	SASKATOON	31/07/92
M40	4:16.98	TED JALETA	43	REGINA	07/05/97
M45	4:38.13	RIC HANNA	48	REGINA	19/07/92
M50	4:53.80	ROLAND MUZZOLINI	50	EDMONTON	07/08/94
M55	5:03.51	KEITH MESZAROS	57	REGINA	17/06/13
M60	5:16.79	DOUG RENWICK	63	EDMONTON	30/07/05
M65	5:22.43	DOUG RENWICK (42)	66	REGINA	01/08/08

1500 METERS

M70	6:04.92	DOUG RENWICK (42)	72	ST. GEORGE	06/10/14
M75	6:33.75	DOUG RENWICK (42)	75	TORONTO	11/08/17
M80	8:14.65	TED ROWAN	80	REGINA	26/07/13
M85	9:38.84	TED ROWAN	85	SURREY, BC	03/08/18

1MILE

W60	7:01.73	JAN SMITH (59) STFC	61	SASKATOON	16/07/21
W65	7:12.48	LYNNE WAWRYK-EPP (55)	66	SASKATOON	16/07/21
W70	7:44.45	GWYNETH WOODSON (51)	70	SASKATOON	16/07/21
M55	6:00.09	HARVEY WEBER (65)	55	SASKATOON	16/07/21
M65	6:30.78	DOUG RENWICK	68	CALGARY	22/05/10
M70	7:54.24	GARTH CANTRILL (49)	72	SASKATOON	16/07/21

3000 METRES

W30	11:13.26	JANET CHRIST		REGINA	19/07/92
W35	11:35.13	OLIVIA CHADWICK	36	SASKATOON	19/06/18
W40	10:59.80	HOLLY DREGER	42	REGINA	25/07/97
W45	11:11.7	JUDY WARICK	46	SASKATOON	06/07/95
W55	14:04.42	JAN SMITH	59	REGINA	23/06/19
W60	15:18.47	HEATHER OSBORNE (61)	60	SASKATOON	15/07/22
W65	12:44.74	JUDY WARICK	67	SASKATOON	26/06/16
W70	19:59.99	DOROTHY FITZER (37)	74	REGINA	17/06/12

M30	9:39.80	IAIN MCCORMICK	32	SASKATOON	19/06/18
M35	9:13.75	TED JALETA	37	REGINA	24/06/92
M40	9:26.65	KEITH KLOCKOW	42	REGINA	24/06/92
M45	9:30.4	RIC HANNA	48	REGINA	08/07/92
M50	10:58.29	DAVE OLSEN	55	REGINA	30/07/06
M55	11:24.62	DAVE OLSEN	57	REGINA	17/06/12
M60	11:40.14	KEITH MESZAROS (56)	61	REGINA	11/06/17
M65	12:07.33	DOUG RENWICK	65	ST. GEORGE, UT	10/10/07
M70	13:32.04	DOUG RENWICK	72	ST. GEORGE	06/10/14
M75	14:15.77	DOUG RENWICK (42)	75	REGINA	11/06/17

5000 METRES

W30	19:04.65	OLIVIA YUEL	34	SASKATOON	01/06/03
W35	18:49.23	ELIZABETH TOMCZAK (87)	35	REGINA	31/07/22
W40	18:33.84	MARION CRAIG	42	REGINA	28/06/03
W45	20:00.81	JUDY WARICK	48	REGINA	25/07/97
W50	23:09.74	JUDY WARICK	54	SASKATOON	01/06/03
W55	22:55.45	JAN SMITH	56	VANCOUVER	29/08/16
W60	24:03.01	JAN SMITH (60)	62	REGINA	31/07/22
W65	25:49.21	GWYNETH WOODSON	68	REGINA	23/06/19

M30	17:11.74	RUSSELL NEFF	33	REGINA	10/06/18
M35	15:02.66	TED JALETA	39	SASKATOON	10/06/93
M40	15:05.97	TED JALETA	40	SASKATOON	04/08/95
M45	16:34.85	TED JALETA	49	REGINA	28/06/03
M50	16:40.82	TED JALETA (47)	54	REGINA	03/08/08
M55	17:31.76	TED JALETA	58	REGINA	28/07/13

5000 METRES

M60	18:45.62	GERRY NAGY (62)	60	REGINA	31/07/22
M65	21:20.2	DOUG RENWICK	67	SYDNEY	15/10/09
M70	24:53.34	DOUG RENWICK	74	VANCOUVER	29/08/16
M75	23:43.95	DOUG RENWICK (42)	75	REGINA	13/05/17

10000 METRES

W30	36:55.36	OLIVIA YUEL	32	BURNABY	02/06/01
W35	41:11.14	ELIZABETH TOMCZAK (87)	35	REGINA	29/07/22
W40	37:09.07	MARION CRAIG	40	BURNABY	02/06/01
M35	36:55	DAVE OLSEN		REGINA	19/07/92
M40	36:37.9	KIRBY BAYNTON	41	SASKATOON	29/05/99
M45	38:44.37	JOHN SVEC	47	REGINA	26/07/13
M50	33:53.02	TED JALETA	50	REGINA	07/05/05
M55	41:41.74	DAVE OLSEN	56	REGINA	14/05/11
M60	39:48.38	GERRY NAGY	60	REGINA	29/07/22
M65	45:08.18	DOUG RENWICK	65	REGINA	05/05/07
M70	55:40.32	DOUG RENWICK	70	REGINA	12/05/12

100 METRE HURDLES

W30	13.72	CONNIE GRAHAM	30	OTTAWA	12/06/93
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80 METRE HURDLES

W45	14.72 (1.9)	SANDI ARNASON (73)	49	SASKATOON	16/07/22
W50	14.39 (1.6)	MURIEL GIENI (58)	50	REGINA	02/08/08
W55	13.98 (0.8) CR	MURIEL GIENI	57	REGINA	14/06/15
27" HURDLES					
W60	13.86 (-0.4) 27"	MURIEL GIENI (58)	60	SURREY, BC	04/08/18
M70	18.19 (1.4) 30"	DOUG RENWICK	71	SASKATOON	07/07/13
M75	18.28 (-5.6) 30"	TED ROWAN	75	KAMLOOPS	18/07/09
M80	31.94 (1.6) 27"	HYLKE VAN DER WAL	81	TORONTO	19/07/19
M80	18.23 (0.7) 30"	TED ROWAN	80	NEOSHO, MO	06/07/14
M85	20.09 (0.9)	TED ROWAN	85	MALAGA, SP	05/09/18

110 METRE HURDLES

M35	14.92 (+0.6)	DOUG MCLAREN	36	BURNABY	07/07/12
M40	16.59 (1.4)	DOUG MCLAREN	40	REGINA	30/07/16
M45	19.89	BRIAN BERQUIST	45	CALGARY	16/05/98

100 METRE HURDLES 36"

M50	19.09 (-0.9)	BRIAN BERQUIST	50	CALGARY	11/05/03
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100m HURDLES 33" 16 - 8

M55	20.39 (1.0)	DALE LAWRENCE (58)	59	REGINA	10/06/17
M60	21.70 (1.4)	DOUG RENWICK	61	RICHMOND	17/08/03

100 M HURDLES 33" 13-8.5

M60	25.13 (-0.9)	BOB EDWARDS	62	CALGARY	11/05/03
M65	22.75 (-1.7)	DOUG RENWICK (42)	66	PRINCE ALBERT	14/06/08

100M HURDLES 33" 12-8-16

M60	20.37 (1.0)	DALE LAWRENCE (58)	63	REGINA	26/06/21
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400 METRE HURDLES

W30	59.41	ADREA PROPP (92)	30	CALGARY	26/06/22
W35	1:04.00	CAREN REINDL	37	BUFFALO	14/07/95

M35	1:02.90	XAVIER IBARRETA	35	SACRAMENTO	12/07/11
M40	1:01.4	HIKE VAN DER WAL	40	ATLANTA	11/07/78
M45	1:06.98	BRIAN BERQUIST	47	KAMLOOPS	19/08/00
M50	1:05.36	BRIAN BERQUIST	50	PUERTO RICO	05/07/03
M55	1:16.14	BRIAN BERQUIST (53)	55	REGINA	03/08/08
M60	1:17.49	DOUG RENWICK	61	REGINA	28/06/03
M65	1:21.74	DOUG RENWICK	65	REGINA	24/06/07

300 METRE HURDLES

M60	55.70 – 33"	DOUG RENWICK	63	REGINA	25/06/05
M60	51.38	HYLKE VAN DER WAL	64	YORK	13/07/02
M65	52.36	HYLKE VAN DER WAL	65	RICHMOND	17/08/03
M70	55.38	HYLKE VAN DER WAL	70	SYDNEY	18/10/09

300 METRE HURDLES 27"

W60	57.09 CR	MURIEL GIENI	60	SURREY, BC	05/08/18
M70	59.54 27"	DOUG RENWICK	72	LAS VEGAS	04/10/14
M75	60.80 27"	DOUG RENWICK (42)	75	TORONTO	13/08/17

200 METRE HURDLES

M70	37.02 (-0.2) 27"	DOUG RENWICK	71	SASKATOON	07/07/13
M75	41.92 (-0.2) 27"	HYLKE VAN DER WAL	75	SASKATOON	07/07/13
M80	1:08.27 (0.7) 27"	HYLKE VAN DER WAL	80	SURREY, BC	05/08/18

2000 METRE STEEPLECHASE

W35	8:11.04 CR	HOLLY DREGER	38	REGINA	15/07/94
W40	8:08.89	JUDY WARICK	44	SASKATOON	20/06/93
W45	8:11.88 CR	JUDY WARICK	46	BUFFALO	23/06/95
W50	8:53.74 CR	JUDY WARICK	50	GATESHEAD	29/07/99
W55 30"	8:59.30	JAN SMITH	56	VANCOUVER	30/08/16
W60 30"	9:39.91	JAN SMITH (60)	62	REGINA	30/07/22
W65	10:07.43 CR	JUDY WARICK	65	TORONTO	12/07/14
W70	11:40.95	JUDY WARICK	70	REGINA	22/06/19

2000M STEEPLECHASE

M35	7:21.84	KIRBY BAYNTON	37	SASKATOON	09/06/95
M40	7:27.26	KIRBY BAYNTON	40	SASKATOON	13/06/98
M45	10:54.71	RIC HANNA	46	REGINA	19/07/92
M45 30"	7:43.10	JOHN SVEC	47	SASKATOON	07/07/13
M50					
M60 30"	8:13.12	DOUG RENWICK	63	EDMONTON	28/07/05
M65 30"	8:19.07	DOUG RENWICK	65	REGINA	21/07/07
M70 30"	9:13.18	DOUG RENWICK (42)	70	ST. JOHN, NB	10/08/12
M75 30"	10:05.78	DOUG RENWICK (42)	75	TORONTO	13/08/17
M80 30"	19:51.49	HYLKE VAN DER WAL	80	SURREY, BC	04/08/18

3000 METRE STEEPLECHASE

W30	9:34.32	JESSICA FURLAN (90)	32	WALNUT, CA	19/05/22
W40	13:28.08	HOLLY DREGER	44	VICTORIA	13/08/00
M35	11:33.94	LARRY BRAUL	38	REGINA	19/07/92
M40	9:37.3	HIKE VAN DER WAL	41	HANOVER	01/08/79
M45	10:54.71	RIC HANNA	46	REGINA	19/07/92
M50	14:45.55	HIKE VAN DER WAL	54	REGINA	19/07/92
M55	14:15.55	HIKE VAN DER WAL	56	EDMONTON	05/08/94
M60	14:08.61	DOUG RENWICK	63	REGINA	24/06/05

1500M RACE WALK

W40	9:02.41	MERNE WILSON	44	SASKATOON	04/07/98
M70	12:09.75	DOUG RENWICK	72	LAS VEGAS	03/10/14

5000 METRE RACE WALK

W40	30:55.03	MERNE WILSON	44	SASKATOON	03/07/98
M35	31:38.56	ALLEN JOHNSTON		REGINA	19/07/92
M80	34:11.17 CR	PHIL LAWRENCE		REGINA	19/07/92

LONG JUMP

W30	6.53m (0.5)	VANESSA MONAR-ENWEANI	30	FLAGSTAFF	03/07/00
W35	3.76m 91.5)	DIANE CRAWFORD	39	SASKATOON	31/05/03
W40	4.32m (+1.9)	SANDI ARNASON	43	SASKATOON	13/07/16
W45	4.19m (-2.2)	MURIEL GIENI	49	REGINA	23/06/07
W50	3.48m (0.0)	SHARON CROOK (55)	52	REGINA	02/08/08
W55	4.32m (1.9) CR	MURIEL GIENI	58	VANCOUVER	28/08/16
W60	4.43m (0.3) CR	CAROL LAFAYETTE-BOYD	62	CALGARY	18/07/04
W65	4.47m (0.8) CR	CAROL LAFAYETTE-BOYD	65	RICCIONE	14/09/07
W70	4.26m (1.9) WR	CAROL LAFAYETTE-BOYD	70	ST. JOHN, NB	11/08/12
W75	4.09m (0.1)WR/CR	CAROL LAFAYETTE-BOYD (42)	75	TORONTO	12/08/17
W80	3.69m (0.9)WRCR	CAROL LAFAYETTE-BOYD	80	REGINA	30/07/22
W85	1.23M (1.1)	GWEN BOIVIN	88	REGINA	30/07/22
M30	5.98m (0.2)	JAYDEN WIEBE (91)	30	REGINA	30/07/22
M35	5.87m (0.0)	DARREN PETERS	35	REGINA	15/06/13
M40	5.35m (1.9)	DOUG MCLAREN	40	VANCOUVER	28/08/16

LONG JUMP

M45	5.58m (1.0)	WINCHESTER JOHNSON (61)	47	REGINA	01/08/08
M50	4.74m (-0.7)	BRIAN BERQUIST	50	CALGARY	11/05/03
M55	4.58m (0.0)	BRIAN BERQUIST	55	LAS VEGAS	02/10/09
M60	4.34m (+1.3)	DALE LAWRENCE (58)	63	REGINA	26/06/21
M65	4.14m (1.8)	DOUG RENWICK (42)	66	REGINA	01/08/08
M70	4.14m (1.4)	JOSEPH KOZA (35)	73	SASKATOON	25/07/09
M75	4.24m (0.0)	TED ROWAN (33)	75	UTAH	07/10/08
M80	3.76m (-1.6) CR	TED ROWAN	80	TORONTO	12/07/14
M85	3.31m (1.0)	TED ROWAN	85	MALAGA, SP	04/09/18

HIGH JUMP

W30	1.65m	CARLA NICHOLLS	32	SASKATOON	24/06/00
W40	1.36m	SANDI ARNASON	43	REGINA	07/05/16
W45	1.31m	SANDI ARNASON	49	SASKATOON	15/07/22
W60	1.21m	MURIEL GIENI (58)	64	SASKATOON	15/07/22
W65	1.24m	CAROL LAFAYETTE-BOYD	69	REGINA	12/05/12
W70	1.26m CR	CAROL LAFAYETTE-BOYD	74	VANCOUVER	28/08/16
W75	1.24m WR CR	CAROL LAFAYETTE-BOYD	76	MALAGA, SP	10/09/18

M35	1.90m	RUSS REGIER	39	SASKATOON	11/08/93
	1.90m	WINCHESTER JOHNSON	38	SASKATOON	18/06/99
M40	1.85m	RUSS REGIER	40	SASKATOON	11/06/94
M45	1.65m	RUSS REGIER	49	SASKATOON	01/06/03
M50	1.45m	JACK WALTON	50	SASKATOON	15/06/96
M55	1.36m	BRIAN BERQUIST	57	REGINA	14/05/11
M60	1.45m	DALE LAWRENCE (58)	63	SASKATOON	12/06/21
M65	1.36m	ROLAND DELHOMEAU	65	SASKATOON	16/07/10
M70	1.31m	JOSEPH KOZA (35)	72	REGINA	03/08/08
M75	1.30m	JOE KOZA(35)	76	REGINA	12/05/12
M80	1.14m	TED ROWAN	80	NEOSHO, MO	06/07/14
M85	1.09m	TED ROWAN	85	MALAGA, SP	04/09/18

TRIPLE JUMP

W30	10.30m (1.0)	MANDI TUPLIN	32	REGINA	28/07/13
W35	8.68m	JANET CHRIST	36	EDMONTON	07/06/94
W40	9.01m (0.0)	SANDI ARNASON	43	REGINA	07/05/16
W45	9.02m (1.5)	MURIEL GIENI	49	REGINA	24/06/07
W50	9.20m (1.6)	MURIEL GIENI (58)	50	REGINA	29/06/08
W55	9.32m (1.0) CR	MURIEL GIENI	57	REGINA	14/06/15
W60	9.09m (-0.5) CR	CAROL LAFAYETTE-BOYD	62	CALGARY	18/07/04
W60	9.09m (1.9) CR	MURIEL GIENI	60	SPOKANE, USA	27/07/18
W65	8.57m (-0.6) CR	CAROL LAFAYETTE-BOYD (42)	67	KAMLOOPS	19/07/09
W70	8.43m (1.5) CR	CAROL LAFAYETTE-BOYD	71	SASKATOON	06/07/13
W75	8.19m (0.4) WR	CAROL LAFAYETTE-BOYD (42)	75	REGINA	11/06/17
W80	7.45m (-0.1) WR CR	CAROL LAFAYETTE-BOYD	80	SASKATOON	17/07/22
W85	3.89m (-0.1)	GWEN BOIVIN	88	REGINA	31/07/22
M30	12.82m (0.1)	JAYDEN WIEBE (91)	30	REGINA	31/07/22
M35	12.98m (-1.5)	WINCHESTER JHNSON	39	KAMLOOPS	18/08/00
M40	11.75m	RUSS REGIER	40	EDMONTON	06/07/94

TRIPLE JUMP

M45	9.62m (0.2)	CORY GELOWITZ (73)	47	REGINA	26/06/21
M50	9.55m (0.0)	BRIAN LEWCHUK	53	REGINA	23/06/19
M55	9.17m (-1.2)	DALE LAWRENCE	58	SASKATOON	26/06/16
M60	9.38m (1.2)	LARRY LONGMORE	63	REGINA	15/06/15
M65	8.26m (0.0)	ROLAND DELHOMEAU	65	SASKATOON	16/07/10
M70	8.68m (0.0)	JOSEPH KOZA (35)	72	REGINA	02/08/08
M75	7.98m (+0.0)	JOE KOZA (35)	76	REGINA	12/05/12
M80	4.02m	HARRY MILLER	80	SASKATOON	12/06/98
M85	6.37m (-1.6)	TED ROWAN	85	MALAGA, SP	12/09/18

POLE VAULT

W35	2.60m	JANICE MACDOUGALL	35	SASKATOON	29/05/97
W40	2.40m	CAREN REINDL	44	SASKATOON	31/05/03
W45	2.61m CR	CAREN REINDL	45	SASKATOON	10/07/03
W55	2.00m	MURIEL GIENI	57	REGINA	09/05/15
M30	3.70m	MARK BAERG	32	KELOWNA	29/06/19
M35	4.00m	RICK PETRUCHA	39	EDMONTON	08/04/94
M40	3.90m	KENT KOWALSKI	40	SASKATOON	28/06/11
M45	3.50m	RICK PETRUCHA	45	SASKATOON	24/06/00
M50	3.30m	RICK PETRUCHA	51	REGINA	30/07/06
M60	2.75m	DOUG RENWICK	62	CALGARY	17/07/04
M65	2.60m	DOUG RENWICK	65	REGINA	05/05/07
M70	2.10m	DOUG RENWICK	70	REGINA	12/05/12
M75	2.10m	DOUG RENWICK (42)	76	SPOKANE	28/07/18
M80	1.80m	TED ROWAN	80	NEOSHO, MO	06/07/14
M85	1.62m	TED ROWAN	85	SURREY, BC	04/08/18

SHOT PUT - 16lb

M30	14.25m	CHRIS PICKERING (89)	33	REGINA	31/07/22
M35	12.59m	WINCHESTER JOHNSON	38	SASKATOON	18/06/99
M40	11.71m	TED ROUATT	40	SASKATOON	09/06/00
M45	11.79m	MARCEL GALLAYS	45	REGINA	18/07/92

SHOT PUT - 12lb

M50	10.63m	TERRY MOUNTJOY	51	SASKATOON	18/06/99
M55	7.39m	DOUG RENWICK	59	SASKATOON	10/06/01

SHOT PUT - 6kg

M50	11.33m	MARTIN SACHER	50	TORONTO	09/07/05
M55	10.78m	BRIAN BERQUIST (53)	58	LAS VEGAS	01/10/11

SHOT PUT - 5 kg

M60	11.23m	DON BRODEUR	64	REGINA	09/05/15
M65	10.15m	BRIAN BERQUIST	65	REGINA	09/06/18

SHOT PUT - 4 kg

W30	12.66m	KARLA GABRUCH	33	CALGARY	13/06/11
W35	12.56m	KARLA GABRUCH	35	REGINA	15/06/13
W40	11.99m	KARLA GABRUCH	44	SASKATOON	15/07/22
W45	9.42m	MARJ SWAB	48	REGINA	07/05/05
W55	9.67m	JOAN VOGEL	59	KAMLOOPS	18/08/00
W60	8.93m	JOAN VOGEL	60	SASKATOON	10/06/01

SHOT PUT - 4 kg

M70	11.19m	JAMES MCLANE (51)	71	REGINA	31/07/22
M75	10.26m	ART BATTISTE	75	SASKATOON	17/07/18
M80	6.74m	HARRY MILLER	80	SASKATOON	12/06/98
M85	6.82m	HOWARD WEST	89	SASKATOON	07/08/02
M90	6.13m	HOWARD WEST	90	SASKATOON	01/06/03

SHOT PUT - 3kg

W50	10.25m	SELINA COWARD	52	ST. GEORGE, UTAH	11/10/06
W55	9.87m	SELINA COWARD (54)	58	REGINA	23/07/13
W60	9.53m	SELINA COWARD (54)	62	REGINA	11/06/17
W65	8.80m	MARGARET TOSH	67	EDMONTON	28/07/05
W70	9.16m CR	MARGARET TOSH (37)	70	REGINA	01/08/08
W75	8.20m	GILLIAN GRACIE (43)	75	SASKATOON	15/09/19
W80	3.38m	DOREEN ERSKINE	82	KAMLOOPS	19/07/09
M80	9.12m	TED ROWAN	80	REGINA	15/06/14
M85	8.08m	TED ROWAN	85	MALAGA, SP	04/09/18

SHOT PUT - 2kg

W75	10.39m CR	MARGARET TOSH	76	REGINA	15/06/14
W80	9.15m CR	MARGARET TOSH	80	SASKATOON	12/05/18

DISCUS - 2kg

M35	44.20m	MARCEL GALLAYS	38	CALGARY	31/07/83
M40	31.06m	BRIAN BERQUIST	41	REGINA	16/07/94
M45	42.06m	MARCEL GALLAYS	47	SASKATOON	29/04/94
M50	34.73m	TERRY MOUNTJOY	51	SASKATOON	18/06/99

DISCUS - 1.5kg

M50	35.93m	BRIAN BERQUIST	50	CALGARY	18/07/04
M55	34.47m	BRIAN BERQUIST (53)	56	SASKATOON	22/06/10

DISCUS - 1kg

W30	37.08m	KARLA GABRUCH	33	LETHBRIDGE	18/05/12
W35	35.58m	KARLA GABRUCH	35	SASKATOON	07/07/13
W40	34.61m	KARLA GABRUCH	44	SASKATOON	17/07/22
W45	28.48m	RUBY NEUMAN	47	EDMONTON	08/08/94
W50	26.90m	MARGARET TOSH	54	REGINA	19/07/92

DISCUS – 1kg

W55	27.85m	MICHELLE VAN DE MEUTTER (66)	55	REGINA	14/05/22
W60	21.95m	VI MIZUNO	63	REGINA	13/06/15
W65	23.92m	MARGARET TOSH	69	STOUFFVILLE	23/06/07
W70	23.71m	MARGARET TOSH (37)	74	SASKATOON	19/06/11
W75	12.90m	LIL FERGUSON (32)	75	REGINA	02/08/08

DISCUS 1kg

M55	18.09m	DOUG RENWICK	59	SASKATOON	09/06/01
M60	40.53m	DON BRODEUR	64	REGINA	09/05/15
M65	34.94m	BRIAN BERQUIST	65	REGINA	09/06/18
M70	31.88m	ART BATTISTE	73	SASKATOON	07/06/16
M75	27.91m	TED ROWAN (33)	75	REGINA	02/05/09
M80	26.40m	TED ROWAN	80	REGINA	27/07/13
M85	25.87m	TED ROWAN	85	MALAGA, SP	05/09/18
M90	15.11m	HOWARD WEST	90	SASKATOON	19/06/03

DISCUS - .750g

W75	24.07m CR	MARGARET TOSH (37)	77	REGINA	13/06/15
W80	21.37m CR	MARGARET TOSH	80	SASKATOON	08/09/18

JAVELIN - 800g

M35	43.64m	DARREN PETERS 77	35	REGINA	26/07/13
M40	52.09m	MICHAEL EHR (79)	42	CALGARY	21/08/21
M45	42.13m	WINCHESTER JOHNSON (61)	47	REGINA	01/08/08
M50	39.42m	BRIAN BERQUIST	50	SASKATOON	01/06/03
M55	36.54m	LARRY LONGMORE	55	REGINA	30/07/06

JAVELIN – 700g

M50	39.59m	BRIAN BERQUIST	50	PUERTO RICO	03/07/03
M55	37.71m	BRIAN BERQUIST (53)	59	SASKATOON	10/07/12

JAVELIN - 600g

W30	32.87m	CARLA NICHOLLS	33	WINDSOR	06/08/00
W35	29.61m	KARLA GABRUCH	35	SASKATOON	26/06/13
W40	27.70m	KARLA GABRUCH	44	SASKATOON	17/07/22
W45	28.49m	PAULETTE WILSON	49	REGINA	22/06/19
W50	9.73m	CAROLYN THAUBERGER	53	SASKATOON	18/06/99
W55	13.35m	JOAN VOGEL	58	REGINA	21/05/99
W70	17.49m	LIL FERGUSON	71	CALGARY	17/07/04
M60	36.24m	LARRY LONGMORE	63	REGINA	14/06/15
M65	30.21m	BRIAN BERQUIST	65	KELOWNA	29/06/18
M70	22.19m	TED ROWAN	73	REGINA	30/07/06
M75	15.12m	HARRY MILLER	76	REGINA	15/07/94
M80	13.28m	HOWARD WEST	84	REGINA	25/07/97
M85	15.79m	HOWARD WEST	89	REGINA	07/07/02
M90	15.41m	HOWARD WEST	90	SASKATOON	01/06/03

JAVELIN - 500g

W50	30.67m	PAULETTE WILSON (69)	50	SASKATOON	15/09/19
W55	21.86m	MICHELLE VAN DE MEUTTER	55	REGINA	14/05/22
W60	23.46m	VI MIZUNO	64	SASKATOON	26/06/16
W65	20.28m	VI MIZUNO (51)	66	SASKATOON	08/09/18
W70	15.03m	JEAN HEALEY (48)	70	REGINA	22/06/19
M70	33.27m	JAMES MCLANE (51)	71	REGINA	31/07/22
M75	28.62m	TED ROWAN (33)	77	REGINA	14/05/11

JAVELIN - 400g

W50	30.08m	MARGARET TOSH	54	REGINA	19/07/92
W60	22.75m	VI MIZUNO (51)	63	SASKATOON	15/07/14
W65	28.01m	MARGARET TOSH	68	REGINA	30/07/06
W70	30.58m CR	MARGARET TOSH (37)	70	REGINA	20/07/08
W75	24.79m CR	MARGARET TOSH	76	REGINA	15/06/14
W80	22.47mWRCR	MARGARET TOSH	80	SASKATOON	08/09/18
M80	24.89m	TED ROWAN	80	REGINA	28/07/13
M85	22.94m	TED ROWAN	85	SURREY, BC	03/08/18

HAMMER THROW - 16lb

M35	36.26m	DOUG MEDERNACH	37	SASKATOON	19/06/11
M45	29.25m	KELLY SHUMAY	47	REGINA	14/06/14

HAMMER THROW - 12lb

M50	29.14m	TERRY MOUNTJOY	52	SASKATOON	09/06/01
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HAMMER THROW - 6kg

M50	31.89m	MARTIN SACHER	50	TORONTO	10/07/05
M55	32.43m	BRIAN BERQUIST	56	PRINCE ALBERT	12/06/10

HAMMER THROW - 5kg

M60	31.20m	DON BRODEUR	64	REGINA	09/05/15
M65	34.95m	BOB EDWARDS	65	LETHBRIDGE	20/05/06

HAMMER THROW - 4kg

W30	50.61m	KARLA GABRUCH	33	LETHBRIDGE	21/05/11
W35	46.65m	KARLA GABRUCH	35	REGINA	26/07/13
W40	45.26m	KARLA GABRUCH	44	SASKATOON	15/07/22
W45	27.90m CR	DEBORAH HEIT	46	REGINA	25/07/97

HAMMER - 4 kg

M70	31.84m	BOB EDWARDS	70	SASKATOON	19/06/11
M75	27.00m	ART BATTISTE	75	REGINA	10/06/18
M80	19.42m	HARRY MILLER	80	SASKATOON	05/07/98
M85	20.18m	HOWARD WEST	89	REGINA	07/07/02
M90	18.85m	HOWARD WEST	90	SASKATOON	19/06/03

HAMMER THROW - 3kg

W50	38.02m	MICHELLE VAN DE MEUTTER	52	SURREY, BC	04/08/18
W55	32.82m	MICHELLE VAN DE MEUTTER	55	REGINA	14/05/22
W60	22.94m	VI MIZUNO	63	SASKATOON	07/09/14
W65	23.77m	MARGARET TOSH	69	PRINCE ALBERT	12/05/07
W70	27.73m	MARGARET TOSH (37)	70	REGINA	01/08/08
W75	10.75m	LIL FERGUSON (37)	75	REGINA	03/08/08
M80	23.93m	TED ROWAN	80	SASKATOON	07/09/14

HAMMER THROW - 2kg

W75	36.04m CR	MARGARET TOSH	76	SASKATOON	07/09/14
W80	30.70m CR	MARGARET TOSH	80	SASKATOON	08/09/18

WEIGHT THROW - 4kg

W75	13.87m CRWR	MARGARET TOSH	76	REGINA	14/06/14
W80	11.64m WR CR	MARGARET TOSH	80	SASKATOON	08/09/18

WEIGHT THROW - 9kg

W35	14.64m	KARLA GABRUCH	35	REGINA	26/07/13
W40	13.52m CR	KARLA GABRUCH (78)	44	REGINA	29/07/22
W45	10.21m	PAULETTE WILSON	49	REGINA	23/06/19

WEIGHT THROW - 12lbs

W60	10.57m	VI MIZUNO	64	SASKATOON	25/07/15
W65	11.19m	VI MIZUNO (51)	66	TORONTO	11/08/17
W70	12.46m CR	MARGARET TOSH (37)	74	SACRAMENTO	13/07/11
M80	11.97m	TED ROWAN	80	SASKATOON	07/09/14
M85	9.68m	HOWARD WEST	87	KAMLOOPS	19/08/00
M90	10.82m CR	HOWARD WEST	90	SASKATOON	01/06/03

WEIGHT THROW - 7.26 kg / 16lbs

W45	8.24m	DEBI HEIT	47	SASKATOON	04/07/98
W50	12.05m	MICHELLE VAN DE MEUTTER	52	SURREY, BC	05/08/18
W55	11.50m	MICHELLE VAN DE MEUTTER	55	REGINA	14/05/22
M70	12.05m	ART BATTISTE (42)	74	REGINA	11/06/17

WEIGHT THROW - 7.26 kg / 16lbs

WEIGHT THROW - 7.26 kg / 16lbs

**WEIGHT THROW – 7.26kg /
16LBS**

M75	12.02m	ART BATTISTE	75	REGINA	09/06/18
M80	5.79m	HARRY MILLER	80	SASKATOON	04/07/98
M85	6.94m	HOWARD WEST	86	GATESHEAD, ENG.	29/07/99

WEIGHT THROW -20lbs

M60	11.29m	BOB EDWARDS	64	EDMONTON	27/07/05
M65	11.15m	BOB EDWARDS (40)	67	REGINA	01/08/08

WEIGHT THROW -25lbs

M50	12.56m	MARTIN SACHER	50	TORONTO	10/07/05
M60	10.25m	BOB EDWARDS	61	YORK	14/07/02

WEIGHT THROW – 35LBS

M35	10.37m	MIKE EHR	39	SASKATOON	15/09/19
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HEPTATHLON

W30	4854 pts	CARLA NICHOLLS	33	EDMONTON	23-24/06/01
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DECATHLON

M40	3872pts	BRIAN BERQUIST	42	PRINCE ALBERT	23/06/95
M45	5569 pts	BRIAN BERQUIST	48	TACOMA	17/06/01
M50	5897 pts	BRIAN BERQUIST	50	CALGARY	11/05/03
M60	2345 pts	DOUG RENWICK	62	CALGARY	15-16/05/04
M60AGE	4905 pts	DOUG RENWICK	62	CALGARY	15-16/05/04
M65	2232 pts	DOUG RENWICK	65	PRINCE ALBERT	9-10/06/07
M65AGE	5805 pts	DOUG RENWICK	65	CALGARY	19-20/05/07
M70	1405 pts	DOUG RENWICK	70	REGINA	16-17/06/12
M70age	4597 pts	DOUG RENWICK	71	REGINA	14-15/06/14
M75	1576pts	DOUG RENWICK (42)	75	CALGARY	13-14/05/17
M75ge	5071pts	DOUG RENWICK (42)	75	CALGARY	13-14/05/17
M80	6652PTS	TED ROWAN	80	NESHO, MO	05-06/07/14
M85	7110PTSWRCR	TED ROWAN	85	MALAGA, SP	04-05/09/18

PENTATHLON

M35	3147pts	WINCHESTER JOHNSON	37	SASKATOON	03/07/98
M45	2962pts	WINCHESTER JOHNSON (61)	47	REGINA	01/08/08
M50	2868PTS	BRIAN BERQUIST	50	CALGARY	18/07/04
M55	1614PTS	BRIAN BERQUIST (53)	55	REGINA	01/08/08
M60	3093PTS	DOUG RENWICK	63	EDMONTON	30/07/05
M65	3250PTS	DOUG RENWICK (42)	66	REGINA	01/08/08
M70	2134 pts	HYLKE VAN DER WAL (38)	70	REGINA	01/08/08
M75	3403pts CR	TED ROWAN (33)	75	KAMLOOPS	17/07/09

**PENTATHLON NEW
SCORING TABLES**

W45	2486PTS	SANDI ARNASON (73)	49	REGINA	29/07/22
W60	3737 PTSCR	MURIEL GIENI (58)	64	REGINA	29/07/22
M35	2618 PTS	DARREN PETERS	35	REGINA	26/07/13
M60	2547PTS	BRIAN BERQUIST	60	REGINA	26/07/13
M65	2279PTS	ROLAND DELHOMEAU	66	TORONTO	17/06/11
M70	2681 PTS	DOUG RENWICK	70	ST. JOHN, NB	09/08/12
M75	2730 PTS	DOUG RENWICK (42)	75	TORONTO	11/08/17
M80	3506PTSCAN	TED ROWAN	80	REGINA	26/07/13
M85	3635 PTS WRCR	TED ROWAN	85	SURREY, BC	03/08/18

TRIATHLON

M45	1499pts	TERRY MOUNTJOY	49	SASKATOON	03/07/98
M80	19.42pts	HARRY MILLER	80	SASKATOON	03/07/98

**WEIGHT PENTATHLON NEW
TABLES**

W35	3517PTS	KARLA GABRUCH	35	REGINA	26/007/13
W40	3539PTS	KARLA GABRUCH	44	REGINA	29/07/22
W45	2217PTS	JENNIFER TONDEVOLD	46	REGINA	29/0722
W50	3172PTS	PAULETTE WILSON	50	SASKATOON	15/09/19
W60	2771PTS	VI MIZUNO	64	SASKATOON	25/07/15
W65	3130 PTS	VI MIZUNO (51)	66	TORONTO	11/08/17
W70	2990 PTS	GILLIAN GRACIE (43)	74	SASKATOON	27/08/17
W75	5502PTS	MARGARET TOSH	76	SASKATOON	07/09/14
W80	5275PTSWRCR	MARGARET TOSH	80	SASKATOON	08/09/18
M35	2391 PTS	MIKE EHR	39	SASKATOON	15/09/19
M50	2000 PTS	VIOREL MAGNEA	52	SASKATOON	29/09/16
M60	2880PTS	BRIAN BERQUIST	60	SASKATOON	07/09/14
M65	2775PTS	BRIAN BERQUIST	65	SASKATOON	08/09/18
M70	2948PTS	ART BATTISTE	73	SASKATOON	29/09/16
M75	3116 PTS	ART BATTISTE	75	SASKATOON	08/09/18
M80	3338 PTS	TED ROWAN	80	SASKATOON	07/09/14

WEIGHT PENTATHLON (16WT)

M75	2300pts	HARRY MILLER	77	BOULDER, COL	01/09/95
M85	2293pts	HOWARD WEST	86	GATESHEAD, ENG.	29/07/99

WEIGHT PENTATHLON

W40	1840PTS	PEARLEEN BAPTISTE	41	CALGARY	18/07/04
W65	3793PTS	MARGARET TOSH	69	STOUFFVILLE	23/06/07
W70	4902 pts	MARGARET TOSH (37)	70	REGINA	01/08/08
W75	4939 pts	MARGARET TOSH	75	STOUFFVILLE	15/09//12
M50	2280 PTS	RICHARD KRAHN	50	CALGARY	18/07/04
M60	2515PTS	BOB EDWARDS	64	EDMONTON	30/07/05
M65	2934 PTS	BOB EDWARDS	65	STOUFFVILLE	22/09/07
M70	2633 pts	BOB EDWARDS	71	STOUFFVILLE	25/08/12
M85	2724 pts	HOWARD WEST	87	KAMLOOPS	20/08/00
M90	3859 pts	HOWARD WEST	90	PUERTO RICO	13/06/03