

**2022 Outdoor Rankings
Master Women**

Time/Dist	Athlete	Date	Location
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100 Metres

13.75	0.9	Kelly Silcox	66	FLCR	29-07-2022	Regina
13.90	0.3	Kari Zinkhan	81	FLCR	14-05-2022	Regina
14.36	-2.9	Valerie Harder	69	RIVA	15-07-2022	Saskatoon
15.18	-0.2	Sandi Arnason	73	RIVA	29-07-2022	Regina
16.08	0.9	Rhonda Tremblay	60	RIVA	29-07-2022	Regina
16.23	1.6	Carol LaFayette-Boyd	42	EXCL	29-07-2022	Regina
17.51	0.9	Jo-Ann Kennedy	58	UNSK	29-07-2022	Regina
18.85	0.9	Selina Coward	54	EXCL	29-07-2022	Regina
20.86	0.9	Sheila Murray	50	UNSK	29-07-2022	Regina
33.67	1.6	Gwen Boivin	34	UNSK	29-07-2022	Regina

Wind/No Wind

14.74	2.1	Sandi Arnason	73	RIVA	10-06-2022	Calgary
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200 Metres

28.31	1.8	Kari Zinkhan	81	FLCR	15-07-2022	Saskatoon
28.90	1.8	Valerie Harder	69	RIVA	15-07-2022	Saskatoon
28.94	0.7	Kelly Silcox	66	FLCR	29-07-2022	Regina
34.30	0.7	Rhonda Tremblay	60	RIVA	29-07-2022	Regina
34.38	0.5	Carol LaFayette-Boyd	42	EXCL	29-07-2022	Regina
34.48	0.4	Brenda Hudey	67	EXCL	29-07-2022	Regina
44.16	0.7	Selina Coward	54	EXCL	29-07-2022	Regina
48.41	0.5	Sheila Murray	50	UNSK	29-07-2022	Regina

400 Metres

1:04.21		Andrea Kozan	72	EXCL	15-07-2022	Saskatoon
1:09.80		Valerie Harder	69	RIVA	15-07-2022	Saskatoon
1:13.79		Paula Bzdell	72	UNSK	29-07-2022	Regina
1:20.92		Rhonda Tremblay	60	RIVA	29-07-2022	Regina
1:23.76		Brenda Hudey	67	EXCL	10-06-2022	Calgary
1:25.21		Donna McKnight	63	UNSK	29-07-2022	Regina
1:27.08		Gay Renouf	60	UNSK	29-07-2022	Regina

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800 Metres				
2:35.39	Andrea Kozan	72 EXCL 15-07-2022	Saskatoon	
3:14.87	Lynne Wawryk-Epp	55 TNMC 15-07-2022	Saskatoon	
3:21.42	Sandi Arnason	73 RIVA 29-07-2022	Regina	
3:21.49	Heather Osborne	61 TNMC 31-05-2022	Saskatoon	
3:36.45	Muriel Gieni	58 RIVA 29-07-2022	Regina	
3:59.22	Judy Warick	49 TNMC 29-07-2022	Regina	
1500 Metres				
5:23.40	Celeste Cross Child	79 UNSK 29-07-2022	Regina	
6:31.06	Lynne Wawryk-Epp	55 TNMC 15-07-2022	Saskatoon	
6:41.04	Gay Renouf	60 UNSK 29-07-2022	Regina	
7:01.44	Heather Osborne	61 TNMC 29-07-2022	Regina	
8:30.81	Judy Warick	49 TNMC 29-07-2022	Regina	
3000 Metres				
15:18.47	Heather Osborne	61 TNMC 15-07-2022	Saskatoon	
5000 Metres				
18:49.23	Elizabeth Tomczak	86 JPRC 29-07-2022	Regina	
20:09.58	Celeste Cross Child	79 UNSK 29-07-2022	Regina	
24:03.01	Jan Smith	59 UNSK 29-07-2022	Regina	
25:34.84	Heather Osborne	61 TNMC 29-07-2022	Regina	
10,000 Metres				
41:11.14	Elizabeth Tomczak	86 JPRC 29-07-2022	Regina	
60:05.48	Stephanie Davis-Yau	87 UNSK 29-07-2022	Regina	
80m Hurdles				
14.16	-1.6	Muriel Gieni	58 RIVA 29-07-2022	Regina
14.72	1.9	Sandi Arnason	73 RIVA 15-07-2022	Saskatoon

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2000m Steeple Chase						
9:39.91		Jan Smith	59	UNSK	29-07-2022	Regina
High Jump						
1.31m		Sandi Arnason	73	RIVA	15-07-2022	Saskatoon
1.24m		Muriel Gieni	58	RIVA	29-07-2022	Regina
1.14m		Jo-Ann Kennedy	58	UNSK	29-07-2022	Regina
Long Jump						
4.08m	1.2	Raquel Boyko	74	EXCL	14-05-2022	Regina
4.00m	1.4	Muriel Gieni	58	RIVA	10-06-2022	Calgary
4.00m	1.2	Sandi Arnason	73	RIVA	29-07-2022	Regina
3.69m	0.9	Carol Lafayette-Boyd	42	EXCL	29-07-2022	Regina
3.36m	1.2	Donna McKnight	63	UNSK	29-07-2022	Regina
3.25m	0.6	Jo-Ann Kennedy	58	UNSK	29-07-2022	Regina
1.23m	1.1	Gwen Boivin	34	UNSK	29-07-2022	Regina
Triple Jump						
8.83m	1.4	Muriel Gieni	58	RIVA	15-07-2022	Saskatoon
8.22m	-0.5	Sandi Arnason	73	RIVA	29-07-2022	Regina
7.72m	0.3	Raquel Boyko	74	EXCL	14-05-2022	Regina
7.45m	-3.0	Carol Lafayette-Boyd	42	EXCL	15-07-2022	Saskatoon
6.90m	1.5	Jo-Ann Kennedy	58	UNSK	14-05-2022	Regina
3.89m	-0.1	Gwen Boivin	34	UNSK	29-07-2022	Regina
Shot Put						
11.99m		Karla Johnson-Gabruch	78	UNSK	15-07-2022	Saskatoon
9.42m		Muriel Gieni	58	RIVA	29-07-2022	Regina
8.77m		Jennifer Tondevold	75	EXCL	29-07-2022	Regina
7.84m		Sandi Arnason	73	RIVA	19-07-2022	Regina
7.66m		Gillian Gracie	43	UNSK	29-07-2022	Regina
7.18m		Patricia Taylor	84	UNSK	29-07-2022	Regina
5.81m		Jean Healey	48	TNMC	29-07-2022	Regina

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Discus					
34.61m	Karla Johnson-Gabruch	78	UNSK	15-07-2022	Saskatoon
27.85m	Michelle Van De Meutter	66	NBLT	14-05-2022	Regina
23.74m	Jennifer Tondevoid	75	EXCL	29-07-2022	Regina
16.42m	Jean Healey	48	TNMC	29-07-2022	Regina
15.90m	Gillian Gracie	43	UNSK	29-07-2022	Regina
14.48m	Carol Bedier	54	UNSK	15-07-2022	Saskatoon
Hammer					
45.26m	Karla Johnson-Gabruch	78	UNSK	15-07-2022	Saskatoon
32.82m	Michelle Van De Meutter	66	NBLT	14-05-2022	Regina
20.62m	Jennifer Tondevoid	75	EXCL	29-07-2022	Regina
20.38m	Gillian Gracie	43	UNSK	29-07-2022	Regina
19.70m	Carol Bedier	54	UNSK	15-07-2022	Saskatoon
18.79m	Jean Healey	48	TNMC	15-07-2022	Saskatoon
Javelin					
27.70m	Karla Johnson-Gabruch	78	UNSK	15-07-2022	Saskatoon
25.38m	Sarah Hodges	74	UNSK	29-07-2022	Regina
21.86m	Michelle Van De Meutter	66	NBLT	14-05-2022	Regina
21.19m	Jennifer Tondevoid	75	EXCL	29-07-2022	Regina
17.09m	Brenda Hudey	67	EXCL	29-07-2022	Regina
13.48m	Jean Healey	48	TNMC	29-07-2022	Regina
11.41m	Gillian Gracie	43	UNSK	29-07-2022	Regina
Weight Throw					
13.52m	Karla Johnson-Gabruch	78	UNSK	29-07-2022	Regina
11.50m	Michelle Van De Meutter	66	NBLT	14-05-2022	Regina
8.41m	Jean Healey	48	TNMC	29-07-2022	Regina
7.58m	Gillian Gracie	43	UNSK	29-07-2022	Regina
6.54m	Jennifer Tondevoid	75	EXCL	29-07-2022	Regina

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Time/Dist	Athlete	Date	Location
Pentathlon			
3737pts	Muriel Gieni 58 RIVA 14.16 - 100mH/1.24m - HJ/8.66m - SP 3.87m - LJ/3:36.45 - 800m	29-07-2022	Regina
2486pts	Sandi Arnason 73 RIVA 15.77 - 100mH/1.30m - HJ/7.84m - SP 3.98m - LJ/3:21.42 - 800m	29-07-2022	Regina
Weight Pentathlon			
3539pts	Karla Johnson-Gabruch 78 UNSK	29-07-2022	Regina
2826pts	Gillian Gracie 43 UNSK	29-07-2022	Regina
2805pts	Jean Healey 48 TNMC	29-07-2022	Regina
2217pts	Jennifer Tondevold 75 EXCL	29-07-2022	Regina