

2013 Outdoor Rankings

Master Women

Time/Dist		Athlete			Date	Location
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50 Metres

8.01	-0.4	Gieni, Muriel	58	RIVA	15/06/2013	Regina
8.15	-0.4	LaFayette-Boyd, Carol	42	EXCL	15/06/2013	Regina

100 Metres

15.15	-2.5	Arnason, Sandi	73	RIVA	26/07/2013	Regina
15.26	1.8	LaFayette-Boyd, Carol	42	EXCL	06/07/2013	Saskatoon
15.93	-2.5	Collier, Naomi	75	EXCL	26/07/2013	Regina
16.53	-3.3	Dobson, Nancy	49	UNSK	26/07/2013	Regina
16.98	-3.3	Coward, Selina	54	EXCL	26/07/2013	Regina

200 Metres

30.10	0.3	Bletsky, Nicole	75	SCTM	06/07/2013	Saskatoon
32.49	-1.7	Smith, Jan	59	UNSK	26/07/2013	Regina
32.52	-1.8	LaFayette-Boyd, Carol	42	EXCL	26/07/2013	Regina
35.15	-2.8	Coward, Selina	54	EXCL	26/07/2013	Regina

400 Metres

1:07.15		Bletsky, Nicole	75	SCTM	26/07/2013	Regina
1:08.46		Meloche, Laurie	61	UNSK	26/07/2013	Regina
2:01.30		Matlock, Joan	39	SCTM	26/07/2013	Regina

800 Metres

2:37.63		Bletsky, Nicole	75	SCTM	06/07/2013	Saskatoon
3:29.04		Warick, Judy	49	SCTM	26/07/2013	Regina

1500 Metres

5:59.35		Bletsky, Nicole	75	SCTM	11/06/2013	Saskatoon
6:55.78		Warick, Judy	49	SCTM	26/07/2013	Regina

5000 Metres

22:11.17		Erhardt, Leslie	65	JRPC	26/07/2013	Regina
23:40.25		Smith, Jan	59	UNSK	26/07/2013	Regina

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80m Hurdles						
14.60	0.0	Gieni, Muriel	58	RIVA	15/06/2013	Regina
2000m Steeple Chase						
9:33.53		Smith, Jan	59	UNSK	26/07/2013	Regina
High Jump						
1.26m		Arnason, Sandi	73	RIVA	26/07/2013	Regina
1.23m		LaFayette-Boyd, Carol	09	EXCL	26/07/2013	Regina
Long Jump						
4.17m	1.9	Gieni, Muriel	58	RIVA	06/07/2013	Saskatoon
3.96m	1.2	Arnason, Sandi	73	RIVA	11/06/2013	Saskatoon
3.92m	0.0	LaFayette-Boyd, Carol	42	EXCL	15/06/2013	Regina
3.49m	1.7	Dobson, Nancy	49	UNSK	26/07/2013	Regina
Wind/No Wind						
4.20m	2.9	Gieni, Muriel	58	RIVA	26/07/2013	Regina
Triple Jump						
8.95m	1.5	Gieni, Muriel	58	RIVA	06/07/2013	Saskatoon
8.89m	1.2	Arnason, Sandi	73	RIVA	06/07/2013	Saskatoon
8.43m	1.5	LaFayette-Boyd, Carol	42	EXCL	06/07/2013	Saskatoon
7.23m	1.2	Dobson, Nancy	49	UNSK	26/07/2013	Regina
Shot Put						
12.56m		Gabruch, Karla	78	STFC	15/06/2013	Regina
9.87m		Coward, Selina	54	EXCL	23/07/2013	Regina
9.18m		Tosh, Marg	37	STFC	26/07/2013	Regina
9.11m		Gieni, Muriel	58	RIVA	15/06/2013	Regina
Discus						
35.58m		Gabruch, Karla	78	STFC	06/07/2013	Saskatoon
23.15m		Tosh, Marg	37	STFC	26/07/2013	Regina
19.44m		Warick, Judy	49	SCTM	26/07/2013	Regina

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Hammer

46.65m	Gabruch, Karla	78	STFC	26/06/2013	Saskatoon
19.47m	Tosh, Marg	37	STFC	06/07/2013	Saskatoon

Javelin

29.61m	Gabruch, Karla	78	STFC	26/06/2013	Saskatoon
19.47m	Tosh, Marg	37	STFC	06/07/2013	Saskatoon

Weight Throw

14.64m	Gabruch, Karla	78	STFC	26/07/2013	Regina
13.26m	Tosh, Marg	37	STFC	26/07/2013	Regina

Weight Pentathlon

4598	Tosh, Marg	37	STFC	26/07/2013	Regina
	Hammer 26.92m/Shot Put 9.17m/Discus 20.79m/ Javelin 19.42m/ Weight Throw 13.06m				
3517	Gabruch, Karla	78	STFC	26/07/2013	Regina
	Hammer 46.65m/Shot Put 11.88m/Discus 33.46m/ Javelin 27.74m/ Weight Throw 14.64m				