

2021 Outdoor Rankings Master Women

Time/Dist		Athlete			Date	Location
100 Metres						
13.84	1.6	Kari Zinkhan-Davis	81	UNSK	06/06/2021	Regina
13.97	1.6	Kelly Silcox	66	FLCR	06/06/2021	Regina
14.34	-1.2	Valerie Hardy	69	RIVA	23/07/2021	Calgary
15.11	-1.2	Sandi Arnason	73	RIVA	23/07/2021	Calgary
200 Metres						
31.05	-3.9	Valerie Hardy	69	RIVA	16/07/2021	Saskatoon
32.72	-0.8	Muriel Gieni	58	RIVA	23/07/2021	Calgary
32.99	-1.2	Sandi Arnason	73	RIVA	06/08/2021	Sherwood Park
800 Metres						
2:31.80		Andrea Kozan	72	EXCL	22/08/21	Calgary
80m Hurdles						
14.39	2.0	Muriel Gieni	58	RIVA	06/08/2021	Sherwood Park
14.88	2.0	Sandi Arnason	73	RIVA	06/08/2021	Sherwood Park
300m Hurdles						
1:00.72		Muriel Gieni	58	RIVA	08/08/2021	Sherwood Park
Mile						
7:01.73		Jan Smith	59	STFC	16/07/2021	Saskatoon
7:12.48		Lynne Wawryk-Epp	55	UNSK	16/07/2021	Saskatoon
7:44.45		Gwyneth Woodson	51	UNSK	16/07/2021	Saskatoon
9:28.19		Judy Warick	49	SCTM	16/07/2021	Saskatoon
High Jump						
1.25m		Sandi Arnason	73	RIVA	23/07/2021	Calgary
1.20m		Muriel Gieni	58	RIVA	23/07/2021	Calgary

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Long Jump						
4.18m	1.0	Raquel Boyko	74	EXCL	06/06/2021	Regina
4.02m	-0.2	Sandi Arnason	73	RIVA	06/06/2021	Regina
3.99m	0.0	Muriel Gieni	58	RIVA	23/07/2021	Calgary
Triple Jump						
Wind/No Wind						
8.44m	2.2	Muriel Gieni	58	RIVA	16/07/2021	Saskatoon
Javelin						
15.69m		Muriel Gieni	58	RIVA	23/07/2021	Calgary
12.30m		Brenda Hudey	67	EXCL	06/06/2021	Regina
Shot Put						
8.45m		Muriel Gieni	58	RIVA	23/07/2021	Calgary
6.64m		Valerie Hardy	69	RIVA	06/08/2021	Sherwood Park