

2023 Outdoor Rankings
Master Women

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

100 Metres

13.31	0.3	Kerri Lovelace	82	UNSK	29-06-2023	Saskatoon
13.94	-1.9	Valerie Hardy	69	RIVA	11-08-2023	Langley
14.09	-0.1	Kelly Silcox	66	FLCR	10-06-2023	Regina
14.17	0.5	Kari Zinkhan-Davies	81	FLCR	13-05-2023	Regina
15.07	-0.6	Raquel Boyko	74	EXCL	11-08-2023	Langley
15.84	0	Rhonda Tremblay	60	RIVA	11-08-2023	Langley
15.99	-0.1	Iryna Khovrenkov	81	EXCL	10-06-2023	Regina
16.78	-1.6	Carol LaFayette-Boyd	42	EXCL	14-07-2023	Saskatoon

200 Metres

29.25	-1.3	Kari Zinkhan-Davies	81	FLCR	10-06-2023	Regina
29.39	0.3	Valerie Hardy	69	RIVA	11-08-2023	Langley
29.41	-1.3	Kelly Silcox	66	FLCR	10-06-2023	Regina
33.38	0.9	Rhonda Tremblay	60	RIVA	11-08-2023	Langley
33.93	-0.8	Carol LaFayette-Boyd	42	EXCL	14-07-2023	Saskatoon
34.99	-1.3	Brenda Hudey	67	EXCL	10-06-2023	Regina
43.85	-0.8	Debra Howes	57	TNMC	14-07-2023	Saskatoon
47.67	0.8	Judy Warick	49	TNMC	11-08-2023	Langley

Wind/No Wind

33.95	3.0	Muriel Gieni	58	RIVA	13-05-2023	Calgary
-------	-----	--------------	----	------	------------	---------

400 Metres

1:06.06		Andrea Kozan	72	EXCL	10-06-2023	Regina
1:09.46		Valerie Hardy	69	RIVA	11-08-2023	Langley
1:18.49		Rhonda Tremblay	60	RIVA	11-08-2023	Langley
1:21.31		Brenda Hudey	67	EXCL	14-07-2023	Saskatoon
1:43.26		Jo-Ann Kennedy	58	UNSK	11-08-2023	Langley
1:50.88		Judy Warick	49	TNMC	11-08-2023	Langley
1:55.30		Debra Howes	57	TNMC	14-07-2023	Saskatoon
2:06.22		Gladys McCarthy	47	TNMC	14-07-2023	Saskatoon

2023 Outdoor Rankings Master Women

Time/Dist	Athlete		Date	Location	
800 Metres					
2:37.02	Andrea Kozan	72 EXCL	13-05-2023	Regina	
3:06.64	Jan Smith	59 RWAC	29-06-2023	Saskatoon	
3:15.42	Lynne Wawryk-Epp	55 RWAC	11-08-2023	Langley	
3:16.97	Heather Osborne	61 TNMC	16-06-2023	Winnipeg	
3:23.01	Gwyneth Woodson	51 TNMC	11-08-2023	Langley	
3:44.44	Muriel Gieni	58 RIVA	14-05-2023	Calgary	
4:09.04	Judy Warick	49 TNMC	14-07-2023	Saskatoon	
5:11.03	Gladys McCarthy	47 TNMC	13-05-2023	Regina	
1500 Metres					
5:34.34	Mary Newton	82 RWAC	11-08-2023	Langley	
6:23.17	Jan Smith	59 RWAC	14-07-2023	Saskatoon	
6:31.73	Heather Osborne	61 TNMC	16-06-2023	Winnipeg	
6:42.84	Lynne Wawryk-Epp	55 RWAC	11-08-2023	Langley	
6:58.67	Gwyneth Woodson	51 TNMC	11-08-2023	Langley	
3000 Metres					
14:02.71	Jan Smith	59 RWAC	14-07-2023	Saskatoon	
14:35.72	Heather Osborne	61 TNMC	16-06-2023	Winnipeg	
15:05.08	Gwyneth Woodson	51 TNMC	14-07-2023	Saskatoon	
5000 Metres					
23:41.82	Jan Smith	59 RWAC	11-08-2023	Langley	
23:43.58	Heather Osborne	61 TNMC	13-05-2023	Regina	
10,000 Metres					
52:48.82	Heather Osborne	61 TNMC	10-06-2023	Regina	
80m Hurdles					
14.38	-1.1	Muriel Gieni	58 RIVA	14-07-2023	Saskatoon
15.28	-1.1	Sandi Arnason	73 RIVA	14-07-2023	Saskatoon

**2023 Outdoor Rankings
Master Women**

Time/Dist		Athlete			Date	Location
100m Hurdles						
19.64	1.5	Lindsay Williamson	86	EXCL	21-07-2023	Regina
2000m Steeple Chase						
9:37.87		Jan Smith	59	RWAC	11-08-2023	Langley
High Jump						
1.27m		Muriel Gieni	58	RIVA	13-05-2023	Calgary
1.26m		Sandi Arnason	73	RIVA	11-08-2023	Langley
1.13m		Brenda Hudey	67	EXCL	14-07-2023	Saskatoon
1.11m		Jo-Ann Kennedy	58	UNSK	11-08-2023	Langley
Pole Vault						
3.55m		Teresa Hill	58	RIVA	14-07-2023	Saskatoon
Long Jump						
4.94m	1.6	Kerri Lovelace	82	UNSK	14-07-2023	Saskatoon
4.15m	1.5	Raquel Boyko	74	EXCL	13-05-2023	Regina
3.96m	1.7	Muriel Gieni	58	RIVA	14-07-2023	Saskatoon
3.87m	-0.9	Sandi Arnason	73	RIVA	11-08-2023	Langley
3.66m	1.4	Iryna Khovrenkov	81	EXCL	14-07-2023	Saskatoon
3.52m	1.5	Carol LaFayette-Boyd	42	EXCL	14-07-2023	Saskatoon
3.19m	1.7	Jo-Ann Kennedy	58	UNSK	14-07-2023	Saskatoon
Wind/No Wind						
4.12m	3.3	Muriel Gieni	58	RIVA	14-07-2023	Saskatoon
3.92m	3.1	Sandi Arnason	73	RIVA	16-06-2023	Calgary
3.70m	2.2	Iryna Khovrenkov	81	EXCL	14-07-2023	Saskatoon

2023 Outdoor Rankings Master Women

Time/Dist		Athlete			Date	Location
Triple Jump						
8.87m	0.0	Muriel Gieni	58	RIVA	10-06-2023	Regina
8.13m	1.3	Raquel Boyko	74	EXCL	11-08-2023	Langley
7.20m	1.5	Carol LaFayette-Boyd	42	EXCL	14-07-2023	Saskatoon
6.81m	0.0	Jo-Ann Kennedy	58	UNSK	10-06-2023	Regina
Wind/No Wind						
6.93m	2.3	Jo-Ann Kennedy	58	UNSK	14-07-2023	Saskatoon
Shot Put						
9.57m		Muriel Gieni	58	RIVA	14-07-2023	Saskatoon
8.66m		Sandi Arnason	73	RIVA	16-06-2023	Calgary
7.70m		Gillian Gracie	43	UNSK	13-05-2023	Regina
5.76m		Jean Healey	48	TNMC	14-07-2023	Saskatoon
Discus						
17.26m		Vi Mizuno	51	TNMC	14-07-2023	Saskatoon
16.36m		Gillian Gracie	43	UNSK	14-07-2023	Saskatoon
15.77m		Jean Healey	48	TNMC	14-07-2023	Saskatoon
14.82m		Caroline Bedier	54	TNMC	14-07-2023	Saskatoon
14.81m		Judy Warick	49	TNMC	11-08-2023	Langley
Hammer						
21.92m		Gillian Gracie	43	UNSK	14-07-2023	Saskatoon
21.19m		Caroline Bedier	54	TNMC	13-05-2023	Regina
19.94m		Vi Mizuno	51	TNMC	11-08-2023	Langley
18.16m		Jean Healey	48	TNMC	11-08-2023	Langley
14.25m		Lynne Wawryk-Epp	55	TNMC	14-07-2023	Saskatoon
Javelin						
22.28m		Valerie Hardy	69	RIVA	14-07-2023	Saskatoon
20.72m		Brenda Hudey	67	EXCL	14-07-2023	Saskatoon
20.23m		Vi Mizuno	51	TNMC	11-08-2023	Langley

**2023 Outdoor Rankings
Master Women**

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

Javelin - Cont'd

19.33m	Raquel Boyko	74 EXCL	11-08-2023	Langley
17.81m	Muriel Gieni	58 RIVA	14-05-2023	Calgary
13.90m	Caroline Bedier	54 TNMC	14-07-2023	Saskatoon
13.58m	Jean Healey	48 TNMC	14-07-2023	Saskatoon
12.18m	Gillian Gracie	43 UNSK	13-05-2023	Regina
11.08m	Rhonda Tremblay	60 RIVA	11-08-2023	Langley

Weight Throw

9.12m	Vi Mizuno	51 TNMC	11-08-2023	Langley
8.85m	Gillian Gracie	43 UNSK	11-08-2023	Langley
8.47m	Jean Healey	48 TNMC	11-08-2023	Langley
7.26m	Caroline Bedier	54 TNMC	13-05-2023	Regina

Heptathlon

5046pts	Muriel Gieni	58 RIVA	14-05-2023	Calgary
	14.73 - 80mH/1.27m - HJ/9.43m - SP/33.95 - 200m 3.67m - LJ/17.81m - JT/3:44.44 - 800m			

Pentathlon

3990pts	Muriel Gieni	58 RIVA	11-08-2023	Langley
	14.63 - 80mH/1.31m - HJ/9.07m - SP/3.72m - LJ//3:26.59 - 800m			
2464 pts	Sandi Arnason	73 RIVA	11-08-2023	Langley
	15.17 - 80mH/1.25m - HJ/6.91m - SP/4.04m - LJ//3:51.55 - 800m			

Weight Pentathlon

2779pts	Vi Mizuno	51 TNMC	11-08-2023	Langley
2779pts	Gillian Gracie	43 TNMC	11-08-2023	Langley
2266pts	Jean Healey	48 TNMC	11-08-2023	Langley