

MASTER'S INDOOR RECORDS

as of DECEMBER 2025

50 METRES

M30	6.19	MIKE TAYLOR (81)	33	SASKATOON	21/03/15
M35	6.36	MIKE TAYLOR	36	SASKATOON	17/03/18
M40	6.34	MIKE TAYLOR	41	SASKATOON	25/03/23
M45	6.76	WINCHESTER JOHNSON	45	SASKATOON	17/03/07
M50	6.80	JOHN HEADLEY	50	SASKATOON	01/04/06
M55	6.75	COLIN ELLIS (67)	57	REGINA	07/02/25
M60	7.28	MARCEL D'EON	61	SASKATOON	21/03/15
M65	7.49	MARCEL D'EON	65	SASKATOON	16/03/19
M70	7.76CR	TED ROWAN	72	SASKATOON	01/04/06
	7.76	TED ROWAN	73	SASKATOON	17/03/07
M75	7.97CR	TED ROWAN	75	SASKATOON	21/03/09
M80	8.13	TED ROWAN	80	TORONTO	14/03/14
M90	15.27CR	HOWARD WEST	90	SASKATOON	29/03/03
W35	7.79	DIANE CRAWFORD	39	SASKATOON	27/03/04
W40	6.87	KERRI LOVELACE (82)	42	REGINA	07/02/25
W45	7.37	CAREN REINDL (58)	45	SASKATOON	27/03/04
W50	7.34	VALERIE HARDY (69)	54	SASKATOON	25/03/23
W55	8.43	RHONDA TREMBLAY	59	SASKATOON	16/03/19
W60	7.73	CAROL LAFAYETTE-BOYD (42)	60	SASKATOON	29/03/03
W65	7.90CR	CAROL LAFAYETTE-BOYD (42)	66	SASKATOON	21/03/09
W70	8.10CR	CAROL LAFAYETTE-BOYD	74	TORONTO	11/03/17
W75	8.08CR	CAROL LAFAYETTE-BOYD	75	TORONTO	10/03/18
W80	8.61CR	CAROL LAFAYETTE-BOYD	80	REGINA	04/02/23

60 METRES

W30	7.57	MICHELLE HARRISON (92)	30	SASKATOON	14/01/23
W35	8.14	CAREN REINDL (58)	36	SASKATOON	28/01/95
W40	7.92	KERRI LOVELACE (82)	42	SASKATOON	25/01/25
W45	8.57	AMANDA STALWICK	45	EDMONTON	03/03/18
W50	8.61	VALERIE HARDY (69)	54	EDMONTON	04/03/23
W55	8.59	KELLY SILCOX (66)	55	SASKATOON	28/01/22
W60	8.97	CAROL LAFAYETTE-BOYD	61	REGINA	21/02/04
W65	9.03 CR WR	CAROL LAFAYETTE-BOYD (42)	67	REGINA	13/02/10
W70	9.38 CR	CAROL LAFAYETTE-BOYD	70	REGINA	10/02/17
W75	9.40WRCR	CAROL LAFAYETTE-BOYD	75	REGINA	10/02/18
W80	9.89CR	CAROL LAFAYETTE-BOYD	80	REGINA	04/02/23
W90	20.71	GWEN BOIVIN (34)	90	REGINA	07/12/24
M30	7.08	GAETAN BLOUIN (73)	32	SASKATOON	04/02/06
M35	7.14	CYPRIAN ENWEANI	35	EDMONTON	12/02/00
	7.1h	LUIS SIMON	35	REGINA	06/12/03
M40	7.30	MIKE TAYLOR	41	EDMONTON	04/03/23
M45	7.60	CHAD KICHULA	45	SASKATOON	14/01/22
M50	7.79	COLIN ELLIS	54	REGINA	11/12/21
	7.6h	GARY MILLER	52	REGINA	06/12/03
M55	7.83	COLIN ELLIS (67)	57	SASKATOON	11/01/25

60 METERS

M60	847	MARCEL D'EON	61	TORONTO	15/03/15
M65	8.75	DON FRIESEN	65	SASKATOON	28/01/23
M70	9.15	TED ROWAN	72	REGINA	25/03/06
M75	9.19	TED ROWAN	75	REGINA	04/04/09
M80	9.63 CAN REC	TED ROWAN	81	KENOSHA, WI	07/03/15
M85	13.47	HOWARD WEST	85	SASKATOON	09/01/99
M90	16.77	HOWARD WEST	90	REGINA	10/01/04

200 METRES

W30	28.16	JERILYNNE MCBRIDE	30	SASKATOON	19/02/99
W35	26.46 CR	CAREN REINDL (58)	36	REGINA	10/02/95
W40	28.29	AMANDA STALWICK (72)	43	SASKATOON	18/03/16
W45	28.51	AMANDA STALWICK	45	SASKATOON	16/03/18
W50	28.94	KELLY SILCOX	52	REGINA	08/02/19
W50	28.94	KELLY SILCOX (66)	51	TORONTO	11/03/18
W55	29.33	KELLY SILCOX	56	SASKATOON	27/01/23
W60	30.41 CR	CAROL LAFAYETTE-BOYD	60	REGINA	11/01/03
W65	30.73 CR	CAROL LAFAYETTE-BOYD (42)	66	REGINA	04/04/09
W70	33.23 CR	CAROL LAFAYETTE-BOYD	70	REGINA	09/02/13
W75	32.26WR	CAROL LAFAYETTE-BOYD	76	EDMONTON	10/03/19
W80	35.51CR	CAROL LAFAYETTE-BOYD	80	REGINA	03/02/23
	35.51WR	CAROL LAFAYETTE-BOYD	82	GAINSVILLE, FL	28/03/25

M30	23.49	MIKE TAYLOR	33	SASKATOON	20/03/15
M35	22.80	CYPRIAN ENWEANI	35	EDMONTON	13/02/00
M40	23.89	MIKE TAYLOR	40	EDMONTON	06/03/22
M45	25.04	CHAD KICHULA	45	SASKATOON	28/01/22
M50	25.99	JOHN HEADLEY	50	EDMONTON	05/03/06
M55	25.98	COLIN ELLIS	58	WINNIPEG	02/03/25
M60	27.45	MARCEL D'EON	61	TORONTO	14/03/15
M65	28.83	MARCEL D'EON	65	SASKATOON	15/03/19
M70	30.42	MARCEL D'EON	70	SASKATOON	26/01/24
M75	32.52	TED ROWAN	76	KAMLOOPS	03/03/10
M80	34.55	TED ROWAN	81	TORONTO	14/03/15
M85	57.88 CR	HOWARD WEST	85	REGINA	16/02/01

300 METRES

W35	42.26 CR	CAREN REINDL (58)	36	SASKATOON	27/01/95
W40	45.08	LAURIE MELOCHE	43	REGINA	11/02/05
W45	45.86	ANDREA KOZAN (72)	49	WINNIPEG	04/03/22
W50	47.70	KELLY SILCOX (66)	53	SASKATOON	24/01/20
	47.70	ANDREA KOZAN	53	SASKATOON	10/01/25
W55	48.81	KELLY SILCOX (66)	56	SASKATOON	13/01/23
W60	52.48	CAROL LAFAYETTE-BOYD	61	REGINA	24/04/04
W65	52.57CR	CAROL LAFAYETTE-BOYD (42)	67	REGINA	13/02/10
W70	57.15	CAROL LAFAYETTE-BOYD	71	REGINA	12/04/14
W75	1:20.41	GLADYS MCCARTHY (47)	77	SASKATOON	10/01/25

M30	38.57	JAYDEN WIEBE (91)	30	SASKATOON	14/01/22
M35	38.68	ALLEN JOHNSTON	38	SASKATOON	29/02/92
M40	39.19	CHAD KICHULA	42	SASKATOON	25/01/19

300 METERS

M45	40.43	RICK SMITH	48	SASKATOON	28/04/95
M50	41.40	RICK SMITH	50	SASKATOON	11/01/97
M55	42.24	COLIN ELLIS	58	SASKATOON	10/01/25
M60	44.84	MARCEL D'EON	62	SASKATOON	15/01/16
M65	45.65	MARCEL D'EON (53)	65	SASKATOON	10/01/20
M70	50.72	GARTH CANTRILL	72	SASKATOON	11/03/22
M75	55.03	DOUG RENWICK (42)	75	REGINA	10/02/17
M80	1:23.47	HOWARD WEST	81	SASKATOON	27/01/95
M85	1:37.98	HOWARD WEST	85	SASKATOON	29/01/99

400 METRES

W30	57.95	ADREA PROPP (92)	30	SASKATOON	28/01/23
W35	59.28	CAREN REINDL	36	REGINA	10/02/95
W40	1:02.5	JUDY WARICK	40	SASKATOON	1989
W45	1:05.34	LAURIE MELOCHE	45	REGINA	24/03/07
W50	1:07.97	ANDREA KOZAN	50	REGINA	04/02/23
W55	1:11.33	VALERIE HARDY (69)	56	SASKATOON	25/01/25
W60	1:17.08	RHONDA TREMBLAY (60)	60	REGINA	29/02/20
W65	76.96	CAROL LAFAYETTE-BOYD (42)	67	KAMLOOPS	05/03/10
W70	1:27.28	CAROL LAFAYETTE-BOYD	71	BUDAPEST	29/03/14
W75	2:05.11	GLADYS MCCARTHY	77	SASKATOON	25/01/25
M30	54.95	RUSSELL NEFF	33	REGINA	09/02/19
M35	54.80	ALLEN JOHNSTON	38	SASKATOON	28/02/92
M40	54.34	TREVOR JACEK	43	GAINSVILLE, FL	29/03/25
M45	58.83	DEVON ERNST	46	WINNIPEG	01/03/25
M50	59.57	COLIN ELLIS	50	SASKATOON	17/03/18
M55	1:00.76	MARCEL D'EON	55	SASKATOON	21/03/09
M60	1:03.16	MARCEL D'EON	61	TORONTO	15/03/15
M65	1:05.32	DOUG RENWICK	65	REGINA	24/03/07
M70	1:12.09	DOUG RENWICK	70	REGINA	11/02/12
M75	76.53	DOUG RENWICK (42)	75	TORONTO	11/03/17
M80	1:49.38	ROLAND DELHOMEAU (45)	80	SASKATOON	25/01/25
M85	3:34.53	HYLKE VAN DER WAL	85	SASKATOON	27/01/24

500 METRES

W30	1:27.08	JODIE MACPHERSON	31	SASKATOON	28/03/03
W35	2:02.00	SUSAN SUCHAN	39	SASKATOON	30/04/99
W40	1:22.59	LAURIE MELOCHE	42	SASKATOON	26/03/04
W45	1:30.34	ANDREA KOZAN	47	SASKATOON	16/03/19
W50	1:39.96	BRENDA HUDEY	51	SASKATOON	16/03/19
W55	1:41.31	JAN SMITH	59	SASKATOON	16/03/19
W60	1:42.13	JAN SMITH (59)	64	SASKATOON	06/04/24
W65	1:46.31	JAN SMITH	65	SASKATOON	05/04/25
W70	2:00.63	GWYNETH WOODSON	73	SASKATOON	05/04/25
W75	2:20.41	JUDY WARICK	75	SASKATOON	06/04/24
M35	1:14.8H	WINCHESTER JOHNSON	37	SASKATOON	24/04/98
M40	1:11.46	TREVOR JACEK	43	SASKATOON	05/04/25
M45	1:17.70	DEVON ERNST	46	SASKATOON	05/04/25
M50	1:18.18	MARCEL D'EON	51	SASKATOON	22/04/05
M55	1:24.12	HARVEY WEBER (65)	57	SASKATOON	01/04/23

500m

M60	1:25.47	DOUG RENWICK	60	SASKATOON	28/03/03
M65	1:25.32	DOUG RENWICK	65	SASKATOON	16/03/07
M70	1:43.15	ERROLL SIMINGTON	71	SASKATOON	16/03/19
M75	1:50.23	DOUG RENWICK	77	SASKATOON	16/03/19
M80	2:38.28	ROLAND DELHOMEAU	80	SASKATOON	05/04/25

600 METRES

W30	1:44.97	COLLEEN RIDGWAY	32	SASKATOON	25/01/96
W35	1:45.03	OLIVIA CHADWICK	36	SASKATOON	27/01/18
W40	1:43.85	LAURIE MELOCHE	43	REGINA	26/11/04
W45	1:47.86	ANDREA KOZAN	49	WINNIPEG	05/03/22
W50	2:08.05	BRENDA HUDEY	50	EDMONTON	20/01/18
W60	2:07.04	JAN SMITH (59)	64	EDMONTON	20/01/24
W65	2:17.98	LYNNE WAWRYK-EPP	68	SASKATOON	13/01/24
W70	2:27.98	GWYNETH WOODSON (51)	72	SASKATOON	13/01/24

M30	1:27.06	RUSSELL NEFF	33	REGINA	08/12/18
M35	1:31.97	MICHAEL SCHWANDT	35	SASKATOON	29/01/16
M40	1:28.07	TREVOR JACEK	42	EDMONTON	19/01/24
M45	1:33.81	RICK SMITH	48	SASKATOON	13/01/95
M50	1:34.18	RICK SMITH	50	SASKATOON	31/01/97
M55	1:42.09	HARVEY WEBER	57	EDMONTON	11/02/23
M60	1:45.89	KEITH MESZAROS (56)	60	SASKATOON	03/12/16
M65	1:47.63	DOUG RENWICK	65	SASKATOON	02/02/07
M70	1:57.72	DOUG RENWICK (42)	70	SASKATOON	28/01/12
M75	2:07.01	DOUG RENWICK (42)	75	EDMONTON	04/03/17

800 METRES

W30	2:25.97	SHERIDAN LILLYMAN	30	SASKATOON	27/01/23
W35	2:23.33	JUDY WARICK	39	WINNIPEG	04/02/89
W40	2:20.21	MARION CRAIG	40	WINNIPEG	03/03/02
W45	2:24.87	JUDY WARICK	46	SASKATOON	28/04/95
W50	2:44.54	JUDY WARICK	50	SASKATOON	28/01/00
W55	2:58.23	JUDY WARICK	57	SASKATOON	31/03/06
W60	3:01.46	JAN SMITH	64	SASKATOON	22/03/24
W65	3:05.73	JAN SMITH (59)	65	SASKATOON	22/03/25
W70	3:20.31	GWYNETH WOODSON (51)	73	SASKATOON	24/01/25
W75	3:59.39	JUDY WARICK	75	SASKATOON	22/03/25

M30	1:59.21	SHAWN MCLEAN	30	REGINA	08/02/25
M35	2:02.48	RUSSELL NEFF (85)	39	REGINA	10/02/24
M40	2:05.24	TREVOR JACEK	42	SASKATOON	02/12/23
M45	2:12.34	RICK SMITH	49	SASKATOON	26/01/96
M50	2:13.03	RICK SMITH	50	SASKATOON	31/01/97
M55	2:18.10	RICK SMITH	55	REGINA	10/03/02
M60	2:28.40	KEITH MESZAROS	60	SASKATOON	16/01/16
M65	2:32.83	DOUG RENWICK	65	SASKATOON	17/03/07
M70	2:45.41	DOUG RENWICK	70	SASKATOON	16/03/12
M75	3:05.25	DOUG RENWICK (42)	75	SASKATOON	17/03/17
M80	4:11.03	ROLAND DELHOMEAU	80	SASKATOON	22/03/25

1000 METRES

W30	2:49.12	JANICE BELAND	31	SASKATOON	31/01/98
W35	3:09.07	OLIVIA CHADWICK	36	SASKATOON	26/01/18
W40	3:04.98	MARION CRAIG	41	SASKATOON	09/02/03
W45	3:36.31	JUDY WARICK	49	SASKATOON	23/01/99
W50	3:52.93	JUDY WARICK	49	SASKATOON	10/01/04
W60	4:03.90	JAN SMITH (59)	63	SASKATOON	24/03/23
W65	4:10.96	LYNNE WAWRYK-EPP	68	SASKATOON	12/01/24
W70	4:24.73	GWYNETH WOODSON	72	SASKATOON	12/01/24

M30	2:37.32	RUSSELL NEFF	33	REGINA	08/12/18
M35	2:43.90	TED JALETA	38	SASKATOON	08/01/93
M40	2:45.45	TREVOR JACEK	42	EDMONTON	20/01/24
M45	2:57.70	STEVEN WILSON	45	SASKATOON	23/04/05
M50	3:12.44	SHAYNE BURWELL (69)	53	SASKATOON	13/01/23
M55	3:08.83	HARVEY WEBER	57	EDMONTON	04/03/23
M60	3:17.73	DOUG RENWICK	60	EDMONTON	09/02/03
M65	3:24.45	DOUG RENWICK	65	EDMONTON	10/02/07
M70	3:50.28	DOUG RENWICK	70	REGINA	11/02/12
M75	4:02.43	DOUG RENWICK (42)	75	TORONTO	12/03/17
M80	5:17.69	TED ROWAN (33)	81	KENOSHA, WI	08/03/15

1500 METRES

W30	4:43.55	OLIVIA YUEL	32	SASKATOON	27/01/01
W35	4:52.39	OLIVIA YUEL	35	SASKATOON	24/01/04
W40	4:49.76	MARION CRAIG	41	SASKATOON	25/01/03
W45	5:04.87	IRENE KOKOTAILO	46	SASKATOON	24/01/04
W50	7:38.94	ANDREA WOLF	54	REGINA	07/12/24
W55	6:16.32	JAN SMITH	59	EDMONTON	09/03/19
W60	6:18.11	JAN SMITH	64	SASKATOON	27/01/24
W65	6:24.30	JAN SMITH	65	SASKATOON	25/01/25
W70	6:54.45	GWYNETH WOODSON (51)	71	SASKATOON	27/01/23
M30	4:09.10	RUSSELL NEFF	32	WINNIPEG	03/03/18
M35	4:15.20	JUSTIN SAWKA	35	REGINA	07/02/25
M40	4:22.64	TED JALETA	41	REGINA	17/02/96
M45	4:45.08	STEVEN WILSON	45	SASKATOON	05/02/05
M50	4:42.48	GERRY NAGY	51	REGINA	08/02/14
M55	5:00.20	HARVEY WEBER	57	SASKATOON	25/03/23
M60	5:11.71	GERRY NAGY	61	REGINA	09/02/24
M65	5:22.96	DOUG RENWICK (42)	66	EDMONTON	01/03/08
M70	6:04.36	DOUG RENWICK	70	REGINA	10/02/12
M75	6:48.19	DOUG RENWICK (42)	75	SASKATOON	18/03/17

3000 METRES

W30	10:19.87	OLIVIA YUEL	32	EDMONTON	11/02/01
W35	10:47.00	JOAN COCHRANE	37	SASKATOON	25/01/97
W40	10:24.55	MARION CRAIG	40	REGINA	10/03/02
W45	10:46.45	IRENE KOKATAILO	47	SASKATOON	22/01/05
W55	15:04.71	REITA MACDONALD	59	KAMLOOPS	03/03/10
W60	13:53.86	JAN SMITH	63	SASKATOON	02/12/23
W65	14:02.86	JAN SMITH	65	REGINA	08/02/25
W70	14:15.23CR	GWYNETH WOODSON	72	REGINA	10/02/24

3000 METERS

M35	8:50.75	TED JALETA	38	WINNIPEG	20/02/93
M40	8:53.97	TED JALETA	42	SASKATOON	11/01/97
M45	9:21.50	RIC HANNA	45	REGINA	07/02/92
M50	9:20.40	TED JALETA	50	WINNIPEG	29/01/05
M55	11:16.0H	DAVE OLSEN	56	REGINA	11/02/12
M60	11:36.16	DOUG RENWICK	60	EDMONTON	08/03/03
M65	12:02.03	DOUG RENWICK (42)	66	EDMONTON	02/03/08
M70	13:13.14	DOUG RENWICK	70	EDMONTON	11/03/12
M75	14:55.63	DOUG RENWICK (42)	75	REGINA	10/02/17

5000 METRES

W40	17:56.26	MARION CRAIG	41	WINNIPEG	25/01/03
M35	17:54.93	TANNER SCHATZ	36	SASKATOON	02/04/23
M45	17:32.86	KIRBY BAYNTON	45	WINNIPEG	08/03/03
M50	17:55.42	SHAYNE BURWELL (69)	53	SASKATOON	02/04/23
M55	20:10.27	DAVE OLSEN (55)	59	WINNIPEG	08/03/15
M60	19:13.11	GERRY NAGY (62)	61	SASKATOON	02/04/23

1500 METRES RACEWALK

W60	14:24.50	JOAN VOGEL	60	SASKATOON	20/04/02
M60	13:16.97	DOUG RENWICK	60	SASKATOON	29/03/03

2000 METRES RACEWALK

W35	14:24.21	MAVIS DERKSEN	38	EDMONTON	08/03/03
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3000 METRES RACEWALK

W35	22:05.08	MAVIS DERKSEN	38	REGINA	22/02/03
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1 MILE

W30	5:44.39	OLIVIA CHADWICK (81)	34	SASKATOON	16/01/16
W35	5:33.15	ELIZABETH TOMCZAK (80)	37	SASKATOON	13/01/24
W40	5:45.62	BRANDI VENNE (81)	42	SASKATOON	14/01/23
W55	6:46.76	JUDY WARICK	57	SASKATOON	20/01/07
W60	6:47.17	JAN SMITH	64	SASKATOON	13/01/24
W65	7:00.37	JAN SMITH	65	SASKATOON	11/01/25
W70	7:29.14	SUE ASHBURNER (53)	70	SASKATOON	13/01/24
W75	9:10.13	JUDY WARICK	75	SASKATOON	11/01/25

M30	4:30.34	RUSSELL NEFF	33	SASKATOON	12/01/19
M35	4:48.05	RUSSELL NEFF (85)	38	SASKATOON	13/01/24
M40	4:56.25	TREVOR JACEK	40	NEW YORK	19/03/22
M45	5:04.13	JASON WARICK	48	SASKATOON	28/01/22
M50	5:08.41	JASON WARICK (73)	51	SASKATOON	11/01/25
M55	5:25.32	NEIL MACKAY	55	SASKATOON	19/03/10
M60	5:39.12	GERRY NAGY	61	SASKATOON	13/01/24
M65	5:49.97	DOUG RENWICK (42)	66	SASKATOON	21/03/09
M70	6:39.49	DOUG RENWICK	70	SASKATOON	27/01/12
M75	7:25.08	DOUG RENWICK	75	SASKATOON	13/01/18

50M HURDLES

W45	9.23	SANDI ARNASON (73)	49	TORONTO	26/02/23
W50	9.00 CAN REC	MURIEL GIENI	54	SASKATOON	08/12/12
W55	8.83 CAN REC	MURIEL GIENI (58)	59	TORONTO	11/03/18
M40	7.70 CAN REC	DOUG MCLAREN	40	TORONTO	19/03/16
M55	9.63	DALE LAWRENCE	58	TORONTO	19/03/16
M65	10.68	DALE LAWRENCE	65	TORONTO	26/02/23
M70	11.23 CAN REC	DOUG RENWICK	71	SASKATOON	07/12/13
M75	11.85CR	DOUG RENWICK (42)	75	TORONTO	12/03/17
M80	11.21 CAN REC	TED ROWAN	81	TORONTO	15/03/15

60M HURDLES

W30	8.10	MICHELLE HARRISON (92)	30	BOSTON	04/02/23
W35	11.58	LINDSAY WILLIAMSON (86)	38	REGINA	09/02/24
W40	12.11	DIANE CRAWFORD	40	REGINA	24/04/04
W45	10.86	SANDI ARNASON (73)	49	SASKATOON	13/01/23
W50	10.55	SANDI ARNASON	51	EDMONTON	02/03/24
W55	10.23 CAN REC	MURIEL GIENI (58)	59	TORONTO	11/03/18
W60	10.55 CAN REC	MURIEL GIENI	63	SASKATOON	18/02/22
W65	10.63 CANREC	MURIEL GIENI	65	SASKATOON	12/01/24
M30	8.80	JARED OLSON (93)	30	SASKATOON	27/01/24
M35	8.53	DOUG MCLAREN	35	KAMLOOPS	18/03/11
M40	8.86 CAN REC	DOUG MCLAREN	40	TORONTO	20/03/16
M45	10.50	BRIAN BERQUIST	45	SASKATOON	30/04/99
M55	11.22	DALE LAWRENCE	59	REGINA	02/12/17
M60	11.52	DALE LAWRENCE	60	REGINA	09/02/18
M65	11.87	DALE LAWRENCE	66	REGINA	09/02/24
M70	12.74	DOUG RENWICK	70	REGINA	11/02/12
M75	12.57	TED ROWAN (33)	75	REGINA	04/04/09
M80	12.93 CAN REC	TED ROWAN	81	TORONTO	14/03/15

LONG JUMP

W30	6.15m	VANESSA MONAR-ENWEANI	30	SASKATOON	29/01/00
W35	4.04m	DIANE CRAWFORD	39	REGINA	20/02/04
W40	4.85m	KERRI LOVELACE (82)	41	SASKATOON	26/01/24
W45	4.27m	MURIEL GIENI	46	EDMONTON	05/03/05
W50	4.22m	SANDI ARNASON (73)	50	EDMONTON	04/02/24
W55	4.39m CR	MURIEL GIENI	56	SASKATOON	23/01/15
W60	4.26m CR	CAROL LAFAYETTE-BOYD	64	REGINA	25/03/06
W65	4.28m CR WR	CAROL LAFAYETTE-BOYD (42)	67	REGINA	13/02/10
W70	3.99m CR	CAROL LAFAYETTE-BOYD	70	WINNIPEG	03/03/13
W75	3.97m CR WR	CAROL LAFAYETTE-BOYD	75	EDMONTON	20/01/18
W80	3.54mWR	CAROL LAFAYETTE-BOYD	80	REGINA	10/12/22
W90	1.07m	GWEN BOIVIN (34)	90	REGINA	07/12/24

M30	6.15m	CHRIS SCHNEIDER (91)	33	SASKATOON	22/03/24
M35	6.22m	WINCHESTER JOHNSON	37	SASKATOON	24/04/98
M40	5.49m	DOUG MCLAREN	40	TORONTO	19/03/16
M45	5.36m	WINCHESTER JOHNSON	48	KAMLOOPS	02/03/10
M50	4.93m	RUSS REGIER	50	REGINA	24/04/04
M55	4.57m	DALE LAWRENCE	58	TORONTO	19/03/16
M60	4.44m	DALE LAWRENCE	60	REGINA	09/02/18
M65	4.30m	DALE LAWRENCE (58)	65	TORONTO	25/02/23
M70	4.08m	TED ROWAN (33)	74	EDMONTON	09/02/08

LONG JUMP

M75	4.13m CR	TED ROWAN (33)	75	EDMONTON	07/03/09
M80	3.67m CAN REC	TED ROWAN	81	KENOSHA, WI	07/03/15
M85	1.20m	HYLKE VAN DER WAL	85	SASKATOON	27/01/24

HIGH JUMP

W30	1.69m	CARLA NICHOLLS	31	SASKATOON	23/01/99
W35	1.40m	DIANE CRAWFORD	39	SASKATOON	27/03/04
W40	1.41m	SANDI ARNASON (73)	42	TORONTO	15/03/15
W45	1.31m	SANDI ARNASON	45	EDMONTON	04/03/18
W50	1.33m	SANDI ARNASON	51	CHICAGO	21/03/24
W60	1.27m	MURIEL GIENI	63	EDMONTON	06/02/22
W65	1.30m	MURIEL GIENI	65	EDMONTON	04/02/24
W70	1.21m CR	CAROL LAFAYETTE-BOYD	71	BUDAPEST	29/03/14
W75	1.19mCR	CAROL LAFAYETTE-BOYD	75	TORONTO	11/03/18

HIGH JUMP MEN

M35	1.90m	RUSS REGIER	36	SASKATOON	04/01/91
	1.90m	BOB POLISCHUK	39	SASKATOON	04/01/91
M40	1.76m	RUSS REGIER	40	SASKATOON	29/04/94
M45	1.75m	RUSS REGIER	48	SASKATOON	28/04/01
M50	1.65m	RUSS REGIER	50	SASKATOON	05/02/05
M55	1.35m	BRIAN BERQUIST	56	REGINA	12/02/10
M60	1.43m	DALE LAWRENCE (58)	61	REGINA	07/02/20
M65	1.40m	DALE LAWRENCE	65	SASKATOON	12/01/24
M70	1.30m	JOE KOZA	73	REGINA	06/12/08
	1.30m	ROLAND DELHOMEAU (45)	72	TORONTO	12/03/17
M75	1.25m	JOE KOZA (35)	76	REGINA	03/12/11
M80	1.15m CR	TED ROWAN	80	TORONTO	14/03/14

TRIPLE JUMP

W35	8.84m	DIANE CRAWFORD	39	REGINA	21/02/04
W40	9.13m	SANDI ARNASON	42	TORONTO	15/03/15
	9.13m	SANDI ARNASON	43	EDMONTON	06/03/16
W45	9.04m CR	MURIEL GIENI (58)	49	EDMONTON	02/03/08
W50	9.23m	MURIEL GIENI	54	SASKATOON	16/03/13
W55	9.44m CR	MURIEL GIENI (58)	58	TORONTO	12/03/17
W60	8.68mCR	CAROL LAFAYETTE-BOYD	62	REGINA	08/01/05
W65	8.74m CR	MURIEL GIENI (58)	65	EDMONTON	03/03/24
W70	8.18mCRWR	CAROL LAFAYETTE-BOYD	70	REGINA	09/02/13
W75	8.46mCRWR	CAROL LAFAYETTE-BOYD	75	EDMONTON	20/012/18
W80	7.66mWRCR	CAROL LAFAYETTE-BOYD	80	REGINA	03/02/23
W90	3.08m	GWEN BOIWIN	90	REGINA	07/12/24
M30	12.22m	JAYDEN WIEBE (91)	30	SASKATOON	11/03/22
M35	14.49m CR	BOB POLISCHUK	39	SASKATOON	04/01/91
M40	12.57m	BOB POLISCHUK	43	WINNIPEG	02/03/95
M45	11.22m	RUSS REGIER	49	SASKATOON	27/03/04
M50	10.06m	BRIAN LEWCHUK	53	SASKATOON	16/03/19
M55	9.65m	DALE LAWRENCE	59	REGINA	02/12/17
M60	9.78m	DALE LAWRENCE	60	REGINA	10/02/18
M65	9.16m	DALE LAWRENCE	66	REGINA	10/02/24
M70	8.44m	JOE KOZA	74	KAMLOOPS	06/03/10
M75	8.48m	TED ROWAN (33)	75	EDMONTON	08/03/09
M80	7.35m CR	TED ROWAN	80	TORONTO	14/03/14

POLE VAULT

W30	3.11m	TERESA HILL (87)	32	SASKATOON	10/01/20
W35	3.56m	TERESA HILL	36	SASKATOON	23/03/24
W40	2.41m	CAREN REINDL (58)	44	SASKATOON	25/04/03
W45	2.61m	CAREN REINDL (58)	45	SASKATOON	07/02/04
W50	1.83m	SANDI ARNASON	51	WINNIPEG	01/03/25
W55	2.05m	MURIEL GIENI (58)	56	SASKATOON	24/01/15

M35	3.80m	RICK PETRUCHA	37	SASKATOON	10/04/92
	3.80m	STACEY BORGER	36	EDMONTON	06/03/04
	3.80m	KENT KOWALSKI	39	SASKATOON	20/03/10
M40	3.91m	KENT KOWALSKI	40	SASKATOON	29/01/11
M45	3.40m	WINCHESTER JOHNSON	45	SASKATOON	17/03/07
M50	3.20m	RICK PETRUCHA	51	SASKATOON	17/03/07
M55	1.97m	TERRY MOUNTJOY	55	REGINA	24/04/04
M60	2.70m	DOUG RENWICK	63	SASKATOON	01/04/06
M65	2.62m	DOUG RENWICK	65	REGINA	24/03/07
M70	2.10m	DOUG RENWICK	70	EDMONTON	11/03/12
M75	2.10m	DOUG RENWICK (42)	75	KENOSHA	29/01/17
M80	1.55m	TED ROWAN	81	KENOSHA, WI	08/03/15

SHOT PUT - 16lb

M30	15.55m	CHRIS PICKERING (89)	30	SASKATOON	11/01/20
M35	13.03m	WINCHESTER JOHNSON	38	SASKATOON	30/04/99
M40	12.43m	DARREN PETERS	40	REGINA	09/02/18
M45	12.01m	ROBIN ADAIR	45	REGINA	19/02/00

SHOT PUT - 12lbs

M50	11.50m	TERRY MOUNTJOY	50	YORKTON	17/04/99
M60	8.90m	BOB EDWARDS	62	YORKTON	12/04/03

SHOT PUT – 2kg

W75	10.25mCR	MARG TOSH	75	SASKATOON	15/12/12
W80	9.50m CR	MARG TOSH	80	REGINA	10/02/18
W90	3.43m	GWEN BOIVIN	90	REGINA	07/12/24

SHOT PUT - 3 kg

W50	10.22m	SELINA COWARD	54	WINNIPEG	07/03/09
W55	10.38m	SELINA COWARD	55	SASKATOON	05/02/10
W60	9.75m CR	SELINA COWARD	60	SASKATOON	30/01/15
W65	9.36m	MURIEL GIENI (58)	65	EDMONTON	20/01/24
W70	9.18m CR	MARGARET TOSH (37)	71	SASKATOON	19/12/09
W75	4.29m	LIL FERGUSON	79	REGINA	21/04/12
W80	4.04m	DOREEN ERSKINE	82	REGINA	13/02/10

SHOT PUT – 3kg

M80	10.18m	ART BATTISTE	80	SASKATOON	24/03/23
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SHOT PUT - 4 kg

W30	13.31m	KARLA GABRUCH	34	WINNIPEG	08/03/12
W35	12.90m	KARLA GABRUCH	35	SASKATOON	12/01/13

SHOT PUT – 4kg

W40	11.58m	KARLA GABRUCH	44	SASKATOON	17/12/22
W45	9.73m	MARJORIE SWAB	45	REGINA	16/02/01
W50	9.80m	SELINA COWARD	52	REGINA	25/03/06
W55	9.31m	JOAN VOGEL	59	REGINA	16/02/01
M55	7.81m	DOUG RENWICK	59	SASKATOON	27/04/01
M60	8.20m (4kg)	DOUG RENWICK	60	SASKATOON	19/04/02

M70	10.63m	ART BATTISTE	73	SASKATOON	29/01/16
M75	10.28m	ART BATTISTE	77	SASKATOON	15/03/19
M80	6.31m	HARRY MILLER	82	REGINA	19/02/00
M85	6.88m CR	HOWARD WEST	86	REGINA	19/02/00
M90	6.29mCR	HOWARD WEST	90	REGINA	10/01/04

SHOT PUT - 5 kg

M60	11.62m	DON BRODEUR	63	REGINA	11/04/15
M65	10.55m	DALE LAWRENCE	65	REGINA	03/02/23

SHOT PUT - 6 kg

M50	12.06m	ALAN BLOCK (70)	50	SASKATOON	11/01/20
M55	10.62m	BRIAN BERQUIST	55	SASKATOON	20/03/09

WEIGHT THROW – 4.0kg

W75	14.24mCR	MARG TOSH	76	SASKATOON	01/02/14
W80	11.28m CRWR	MARG TOSH	80	SASKATOON	27/01/18

WEIGHT THROW - 20LB

W30	16.70m	KARLA GABRUCH	34	WINNIPEG	08/03/12
W35	16.36m	KARLA GABRUCH	35	SASKATOON	12/01/13
W40	13.89m	KARLA GABRUCH	44	SASKATOON	17/12/22
W45	6.83m	DEBI HEIT	48	SASKATOON	30/04/99
W55	7.59m	JUDY WARICK	55	SASKATOON	23/04/05
W65	8.35m CR	MARGARET TOSH	69	SASKATOON	01/04/06

WEIGHT THROW - 12LB/5.45kg

W60	10.54m	VI MIZUNO (51)	64	SASKATOON	30/01/16
W65	10.55m	VI MIZUNO (51)	65	SASKATOON	18/03/17
W70	12.42m CRWR	MARGARET TOSH (37)	74	SASKATOON	17/03/12
W75	5.12m	LIL FERGUSON	79	REGINA	21/04/12

M80	11.96m	ART BATTISTE	80	SASKATOON	27/01/23
M85	11.46m	HOWARD WEST	89	SASKATOON	09/02/03
M90	10.98m CR	HOWARD WEST	90	SASKATOON	28/03/03

WEIGHT THROW - 16LB

W50	12.17m	MICHELLE VAN DEMEUTTER66	51	SASKATOON	17/03/18
M70	12.68m	ART BATTISTE (42)	74	REGINA	27/01/17
M75	12.41m	ART BATTISTE	75	SASKATOON	17/03/18

WEIGHT THROW - 20LB

M60	12.97m	TERRY MOUNTJOY	48	SASKATOON	17/03/12
M65	12.53m	BOB EDWARDS	65	REGINA	25/03/06
M85	6.84m	HOWARD WEST	87	SASKATOON	16/12/00

WEIGHT THROW - 25LB

M55	8.74m	BRIAN BERQUIST	55	REGINA	04/04/09
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WEIGHT THROW - 35LB

M35	11.93m	DOUG MEDERNACH	38	SASKATOON	17/03/12
M40	10.21m	DAVID KERELCHUK	41	SASKATOON	24/01/25
M45	12.25m	QUINN MAGNUSON	47	SASKATOON	16/03/19
M50	13.63m	MARTIN SACHER	51	SASKATOON	01/04/06
M55	10.43m	TERRY MOUNTJOY	55	EDMONTON	07/03/04

PENTATHLON

W30	3641 PTS	CARLA NICHOLLS	31	EDMONTON	13/02/99
W45	1656 PTS	SANDI ARNASON	49	EDMONTON	05/02/23
M40	2005PTS	BRIAN BERQUIST (53)	44	SASKATOON	30/01/98
M45	2972 PTS	WINCHESTER JOHNSON	48	KAMLOOPS	02/03/10
M55	2746 PTS	BRIAN BERQUIST	56	KAMLOOPS	02/03/10
M60	1370PTS	DOUG RENWICK (42)	61	SASKATOON	24/01/04
M65	1264PTS CR	DOUG RENWICK	65	EDMONTON	11/02/07
	3189 PTS CR	DOUG RENWICK	65	EDMONTON	11/02/07
	Age Graded				
M70	917PTS	TED ROWAN (33)	74	EDMONTON	09/02/08
M70	3001pts	TED ROWAN	74	SASKATOON	09/02/08
	AGE GRADED				
M75	3586pts	TED ROWAN	75	EDMONTON	08/02/09
	AGE GRADED				
M75	943pts CR	TED ROWAN	75	SASKATOON	08/02/09
		NEW TABLES 2011			

PENTATHLON NEW AGE GRADING MARKS

M35	2853 PTS	DOUG MCLAREN	35	KAMLOOPS	18/03/11
M40	2817 PTS	DOUG MCLAREN	40	TORONTO	20/03/16
M45					
M50					
M55					
M60	2619 PTS	BRIAN BERQUIST (53)	61	TORONTO	14/03/15
M65	2625 PTS	ROLAND DELHOMEAU (45)	66	KAMLOOPS	18/03/11
M70	3088 PTS CR	DOUG RENWICK (42)	70	REGINA	10/02/12
M75	3316 PTS	DOUG RENWICK (42)	75	TORONTO	12/03/17
M80	3601 PTS	TED ROWAN	80	TORONTO	14/03/14
W50	3040PTS	SANDI ARNASON	50	CHICAGO	21/03/24
W60	3886 PTSCR	MURIEL GIENI (58)	63	ST. JOHN, NB	26/03/22
W65	3852PTS CR	MURIEL GIENI	65	EDMONTON	04/02/24

HEPTATHLON

W50	3460 PTS	SANDI ARNASON	51	KENOSHA, WI	11-12/01/25
M45	4014 PTS	BRIAN BERQUIST	48	KENOSHA, WI	04/03/02
M70	2998 PTS CR	ROLAND DELHOMEAU (45)	72	KENOSHA, WI	29/01/17
M75	4232 PTS CR	DOUG RENWICK (42)	75	KENOSHA, WI	29/01/17
M80	4779 PTS CR	TED ROWAN (33)	81	KENOSHA, WI	07/03/15