

## 2025 Outdoor Rankings Master Women

Time/Dist	Athlete	Date	Location
<b>100 Metres</b>			
12.68	1.4 Kerri Lovelace	82 STFC 07-05-2025	Sherwood Park
13.95	1.6 Kelly Silcox	66 SPME 05-10-2025	Regina
14.12	1.5 Kari Zinkhan-Davies	81 SPME 06-28-2025	Regina
15.46	1.0 Iryna Khovrenkov	81 EXCL 06-28-2025	Regina
16.84	1.0 Carol LaFayette-Boyd	42 EXCL 06-28-2025	Regina
18.31	1.0 Katherine Borysiuk	53 TNMC 06-14-2025	Saskatoon
21.15	1.0 Sheila Murray	50 TNMC 06-14-2025	Saskatoon
39.22	1.5 Gwen Boivin	34 UNSK 05-10-2025	Regina

### 200 Metres

27.17	-1.4 Kerri Lovelace	82 STFC 07-05-2025	Sherwood Park
29.16	0.1 Kelly Silcox	66 SPME 05-10-2025	Regina
29.81	1.4 Kari Zinkhan-Davies	81 SPME 06-28-2025	Regina
36.54	1.0 Carol LaFayette-Boyd	42 EXCL 06-28-2025	Regina
39.96	0.0 Katherine Borysiuk	53 TNMC 08-02-2025	Laval

### Wind/No Wind

26.96	3.1 Kerri Lovelace	82 STFC 06-14-2025	Saskatoon
47.53	3.1 Gladys McCarthy	47 TNMC 06-14-2025	Saskatoon
47.88	3.1 Sheila Murray	50 TNMC 06-14-2025	Saskatoon

### 400 Metres

1:24.63	Lynne Wawryk-Epp	55 RWAC 08-02-2025	Laval
1:38.62	Katherine Borysiuk	53 TNMC 08-02-2025	Laval
1:59.67	Gladys McCarthy	47 TNMC 06-14-2025	Saskatoon

### 800 Metres

2:53.27	Danielle Johnston	65 UNSK 06-14-2025	Saskatoon
3:04.96	Jan Smith	59 RWAC 06-04-2025	Saskatoon
3:13.51	Lynne Wawryk-Epp	55 RWAC 08-02-2025	Laval
3:23.46	Gwyneth Woodson	51 RIVA 08-02-2025	Laval

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<b>1500 Metres</b>						
4:25.76	Jessica Furlan	90	EXCL	07-15-2025	Vancouver	
5:59.06	Andrea Kozan	72	EXCL	05-10-2025	Regina	
6:10.16	Danielle Johnston	65	UNSK	06-14-2025	Saskatoon	
6:10.72	Jan Smith	59	RWAC	06-28-2025	Regina	
6:36.78	Lynne Wawryk-Epp	55	RWAC	08-02-2025	Laval	
6:48.65	Gwyneth Woodson	51	RIVA	06-14-2025	Saskatoon	
<b>3000 Metres</b>						
14:35.24	Gwyneth Woodson	51	RIVA	06-28-2025	Regina	
<b>5000 Metres</b>						
22:58.20	Jan Smith	59	RWAC	06-14-2025	Saskatoon	
31:56.43	Judy Warick	49	TNMC	06-14-2025	Saskatoon	
<b>80m Hurdles</b>						
15.07	1.2	Sandi Arnason	73	RIVA	07-05-2025	Sherwood Park
<b>One Mile</b>						
7:15.39		Heather Osborne	61	TNMC	06-27-2025	Winnipeg
<b>2000m Steeple Chase</b>						
9:27.58		Jan Smith	59	RWAC	06-14-2025	Saskatoon
<b>High Jump</b>						
1.22m		Sandi Arnason	73	RIVA	06-14-2025	Saskatoon
1.15m		Jo-Ann Kennedy	58	UNSK	06-28-2025	Regina
<b>Pole Vault</b>						
3.47m		Teresa Hill	87	RIVA	06-14-2025	Saskatoon
1.85m		Sandi Arnason	73	RIVA	07-19-2025	Huntsville, AL

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<b>Long Jump</b>						
3.80m	0.9	Sandi Arnason	73	RIVA	07-19-2025	Huntsville, AL
3.04m	1.9	Jo-Ann Kennedy	58	UNSK	06-14-2025	Saskatoon
2.98m	0.5	Carol LaFayette-Boyd	42	EXCL	06-28-2025	Regina
0.94m	-0.4	Gwen Boivin	34	UNSK	05-10-2025	Regina
<b>Wind/No Wind</b>						
4.44m	NWI	Tracy Dulmage-Sprague	71	UNSK	09-13-2024	Nampa, ID
<b>Triple Jump</b>						
6.78m	-1.2	Jo-Ann Kennedy	58	UNSK	06-28-2025	Regina
6.03m	0	Carol LaFayette-Boyd	42	EXCL	06-28-2025	Regina
3.09m	1.0	Gwen Boivin	34	UNSK	05-10-2025	Regina
<b>Wind/No Wind</b>						
9.19m	NWI	Tracy Dulmage-Sprague	71	UNSK	09-13-2024	Nampa, ID
6.89m	2.5	Jo-Ann Kennedy	58	UNSK	06-14-2025	Saskatoon
<b>Shot Put</b>						
7.84m		Sandi Arnason	73	RIVA	07-05-2025	Sherwood Park
7.46m		Gillian Gracie	43	TNMC	06-14-2025	Saskatoon
7.12m		Laurie Hayes	60	TNMC	09-13-2025	Calgary
3.28m		Gwen Boivin	34	UNSK	05-10-2025	Regina
<b>Athlete with a Disability</b>						
3.90m		Nikita Ens	88	STFC	08-30-2025	Calgary

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<b>Discus</b>					
15.50m	Gillian Gracie	43	TNMC	06-14-2025	Saskatoon
<b>Athlete with a Disability</b>					
7.18m	Nikita Ens	88	STFC	08-30-2025	Calgary
<b>Hammer</b>					
23.31m	Laurie Hayes	60	TNMC	08-30-2025	Calgary
22.90m	Caroline Bedier	54	TNMC	08-30-2025	Calgary
18.93m	Gillian Gracie	43	TNMC	06-14-2025	Saskatoon
<b>Javelin</b>					
22.08m	Sandi Arnason	73	RIVA	07-19-2025	Huntsville, AL
21.15m	Valerie Hardy	69	RIVA	06-14-2025	Saskatoon
11.33m	Gillian Gracie	43	TNMC	06-14-2025	Saskatoon
<b>Athlete with a Disability</b>					
6.44m	Nikita Ens	88	STFC	07-05-2025	Sherwood Park
<b>Pentathlon (Age Graded)</b>					
1860 pts	Sandi Arnason	73	RIVA	07-20-2025	Huntsville, AL
	17.79-80mH/1.23m-HJ/7.58m-SP/3.77m-LJ/DNF-800m				