

Steeplechase

3000m			
M35	Fred Robbins	10:13.1	94
M40	Ray Varey	9:51.2	85
M45	John Doughty	11:08.2	85
M50	Roland Anspach	11:42.2	77
M55	Ken Carman	11:55.8	86
2000m			
M60	Jack Geddes	7:57.77	00
M65	Jack Geddes	8:32.64	05
M70	Peter Fellowes	11:24.38	96
M75	Peter Fellowes	12:22.72	00
W45	Karen Kennedy	8:40.85	05
W55	Ruth Carrier	10:10.4	89

4 X 100m Relay

M30	UNA	47.90	04
	Atkinson, Proudfoot, Baptiste, Robinson		
M40-49	Masters Sprint Club	47.7	80
	Malmstrom, Dungey, Horton, Rodrigues		
M50-59	Masters Sprint Club	50.8	83
M60+	Masters Sprint Club	54.7	80
	Grant, Pickl, Jamieson, Warwas		
W35	Scarborough Masters	58.8	87
W40	Scarborough Masters	63.2	83
W50	Scarborough Masters	69.1	85
	Masil, Turner, Carmichael, Heilig		
W60	Scarborough Masters	1:10.47	87

4 X 400m Relay Relays held 76, 77, 80, 83

M35	Northland Athletic Club	3:51.7	83
M40-9	Masters Sprint Club	4:02.8	80
	Andrade, Dungey, Rodrigues, Horton		
M50-9	Masters Sprint Club	4:18.5	80
	Masi, Morris, Egerton, Baum		
M60+	Masters Sprint Club	4:55.7	83

5000m Racewalk

M35	J. Hall	26:43.6	81
M40	Gerald Bocci	24:53.0	79
M45	Nil Lavalee	23:59.79	05
M50	Alex Oakley	23:33.2	76
M55	Bill Purves	27:08.74	00
M60	Max Gould	25:37.1	80
M65	Max Gould	27:33.1	83
M70	Bill Flick	29:05.16	96
M75	Bill Flick	32:45.61	01
M80	Art Keay	39:57.4	87
W35	Joni Bender	23:31.91	99
W40	Nanci Sweazey	27:14.25	96
W45	Nanci Sweazey	25:53.26	02
W50	Liliana Whalen	28:56.15	03
W55	June-Marie Provost	29:52.0	92
W60	June-Marie Provost	29:23.6	94
W65	June-Marie Provost	30:32.75	99
W70	June-Marie Provost	34:24.86	05
W75	Margaret Walker	41:18.61	00

High Jump

M35	Dave Rudichuk	1.75	90
M40	John Hawkins	1.90	91
M45	Kermit Hollingworth	1.75	79
	Witold Klinger	1.75	92
M50	Istvan Major	1.80	03
M55	Bill DeHorn	1.48	04
M60	Ian Hume	1.48	77
M65	Ian Hume	1.45	81
M70	Ian Hume	1.45	88
M75	Ian Hume	1.35	90
M80	Ian Hume	1.25	95
M85	Karl Trei	1.05	94
M90	Karl Trei	0.90	99
W35	Leslie Estwick	1.65	00
W40	Liz McBlain	1.59	88
W45	Gean Hemming	1.35	90
W50	Maria Mallia	1.37	05
W55	Edith Gray	1.20	94
	Marg Radcliffe	1.20	00
W60	Edith Gray	1.24	98
W65	Helgi Pedel	1.19	89
W70	Helgi Pedel	1.16	97
W75	Helgi Pedel	1.11	99
W80	Helgi Pedel	1.04	04

Pole Vault

M30	James Sniatenchuk	4.10	04
M35	Kevin Lake	4.50	05
M40	Vlado Kostric	4.10	79
	Tom Rauscher	4.10	90
M45	Matti Kilpelainen USA	4.00	94
M50	Matti Kilpelainen USA	4.17	97
M55	Matti Kilpelainen USA	3.65	04
M60	Stan Egerton	3.10	90
M65	Stan Egerton	2.90	95
M70	Stan Egerton	3.00	97
M75	Stan Egerton	2.85	01
M80	Ian Hume	2.01	95
W35	Gaby Szanto	3.15	01
W45	Barbara Stewart	1.70	90
W50	Hillen Stubendorff USA	2.60	03
W60	Edith Gray	1.90	96

Long Jump

M30	Donovan Bell	6.76	03
M35	George Pachovsky	6.18	80
M40	Todd Crawford	6.49	05
M45	George Pachovsky	6.18	90
M50	Jean-Pierre Mayer	5.85	99
M55	Jean-Pierre Mayer	5.58	04
M60	Alan Slater	5.17	03
M65	Ed Lukens	5.00	88
M70	Ian Hume	4.56	85
M75	Karl Trei	3.92	85
M80	Karl Trei	3.67	89
M85	Karl Trei	3.17	94
M90	Karl Trei	2.55	99
W30	Linda Carty USA	4.63	00
W35	Marg Hendershot	4.83	90
W40	Leslie Estwick	5.28	02
W45	Josephine Cross	4.36	92
W50	Anne VanDer Vleuten	4.08	89
W55	Marg Radcliffe	3.39	00
W60	Edith Gray	3.77	96
W65	Edith Gray	3.60	01
W70	Elga Meri	3.00	92
W75	Helgi Pedal	2.48	00

Triple Jump

M35	Jean Pierre Mayer	13.11	83
M40	Todd Crawford	13.19	05
M45	Alan Slater	12.18	88
M50	Igor Konovalov	11.63	99
M55	Alan Slater	11.21	98
M60	Alan Slater	10.85	03
M65	Ed Lukens	10.69	87
M70	Ian Hume	10.00	87
M75	Ian Hume	8.71	90
M80	Karl Trei	7.26	89
M85	Karl Trei	6.59	94
M90	Karl Trei	5.57	99
W30	Linda Carty USA	10.62	01
W35			
W40	Liz McBlain	9.55	88
W45	Audrey Hiemstra	9.12	87
W50	Hillen Stubendorff USA	8.44	03
W65	Helgi Pedal	6.25	91
W70	Helgi Pedal	6.16	96

Shot Put

M30	Geoff Stewart	9.02	03
M35	Peter Dajia	14.36	01
M40	Len Olson	12.61	73
M45	Len Olson	12.78	79
M50	Joe Myers USA	13.96	05
M55	John Kasperski	13.24	01
M60	G. Battick	13.21	82
M65	William Eipel	12.00	79
M70	Garry Bachman	12.31	95
M75	Garry Bachman	11.28	98
M80	Arnolds Ticmanis	8.92	86
M85	Karl Trei	7.15	94
M90	Karl Trei	5.54	99
W35	Shirley Robinson	8.34	89
W40	Bozena Wojciekian	11.64	95
W45	April Capwill USA	10.00	99
W50	Erika Szanto	10.15	96
W55	Velta Tomsons	8.27	84
W60	Helgi Pedel	8.37	85
W65	Helgi Pedel	7.93	89
W70	Velta Tomsons	7.74	00
W75	Velta Tomsons	6.67	05
W80	Olga Kotelko	5.49	00

Discus

M30	Geoff Stewart	25.83	03
M35	Eric Forshaw	59.04	05
M40	John Kasperski	39.30	88
M45	Len Olsen	38.68	79
M50	Jean-Pierre Mayer	44.71	01
M55	Jean-Pierre Mayer	42.93	03
M60	Evald Poltrok	40.44	79
M65	William Smith	42.96	01
M70	Elmer Shaw	38.02	88
M75	Evalds Viskers	32.52	01
M80	Karl Trei	26.20	89
M85	Karl Trei	19.72	96
M90	Karl Trei	16.98	99
W35	Diana Jaam Shahriari	37.05	05
W40	Bozena Wojciekian	32.84	95
W45	April Capwill USA	32.66	99
W50	June Meyer	23.38	89
W55	Adri Rowswell	21.07	99
W60	Velta Tomsons	22.14	88
W65	Elga Meri	19.86	90
W70	Elga Meri	19.40	93
W75	Elga Meri	17.54	96
W80	Olga Kotelko	14.88	00

Javelin

M30	Bill Plain	46.80	03
M35	Marty Withers	63.10	98
M40	Folgo Della Vedova	56.84	92
M45	Marty Withers	55.04	05
M50	Bob Kouvolo USA	53.42	03
M55	Fred Pamerter	45.48	96
M60	Gary Stenlund USA	53.64	04
M65	Ian Hume	40.36	81
M70	Ian Hume	35.10	87
M75	Ed Purgalis	29.64	92
M80	Ian Hume	29.04	95
M85	Karl Trei	19.54	94
M90	Karl Trei	17.74	99
W35	Helen Trembley	28.92	90
W40	Debbi Heit	25.34	92
W45	April Capwill USA	33.16	99
W50	June Meyer	26.04	88
W55	Marg Radcliffe	23.40	00
W60	Dortha Swanson USA	17.00	98
W65	Elga Meri	23.22	89
W70	Elga Meri	22.91	92
W75	Elga Meri	19.78	96
W80	Olga Kotelko	15.66	00

Hammer

M35	Jean-Francois Latour	40.80	01
M40	Len Olson	40.58	73
M45	Boris Zaitchouk	50.70	93
M50	Boris Zaitchouk	60.35	01
M55	Boris Zaitchouk	58.36	03
M60	Emil Muller	44.66	99
M65	Emil Muller	49.95	00
M70	Elmer Shaw	39.48	88
M75	Bill Koski	32.84	86
M80	Aleks Upmalis	25.22	98
M85	Aleks Upmalis	14.06	03
M90	Albert White	5.68	94
W35	Kristin Daija	40.20	98
W40	Darlene Aulenback	29.94	95
W45	April Capwill USA	29.36	00
W50	Patty Franke-Wager	21.51	04
W55	Dortha Swanson USA	26.62	95
W60	Dortha Swanson USA	24.92	98
W65	Mary Thomson	19.74	96
W80	Olga Kotelko	17.45	00

Weight Throw (Weights changed for 60+ in '97)

M35	Richard Parkinson	13.01	02
M40	Dave Watkins	12.75	05
M45	Boris Zaitchouk	15.02	93
M50	Boris Zaitchouk	18.57	01
M55	Boris Zaitchouk	18.03	03
M60	Emil Muller	15.55	99
M65	Emil Muller	16.40	01
M70	Max Woerle	15.97	01
M75	Garry Bachman	11.54	01
M80	Ian Hume	12.32	97
M85	Aleks Upmalis	5.80	03
W35	Bozena Wojciekian	11.14	93
W40	Darlene Aulenback	10.73	93
W45	April Capwill USA	10.93	00
W50	June Meyer	8.64	90
W55	Dortha Swanson USA	8.03	95
W60	Dortha Swanson USA	8.80	97
W65	Helgi Pedal	7.16	90 #16 ?
W70	Helgi Pedal	6.73	94 #16 ?
W75	Elga Meri	5.58	96
W80	Olga Kotelko	7.62	00