

EVENT	MF_AGE	TIME	DISTANCE	FIRSTNAME	LASTNAME	DATE	WHERE
100 Metres	M35			Ray	Cardinal	??-Jul-1983	Ottawa, ON
100 Metres	M35	10.75		Luis	Vega Penso	24-May-2008	Provo, UT
100 Metres	M35	10.72		Michael	James	17-July-2017	Flying Angels Classic, TTFC, Toronto, ON
100 Metres	M40	11.3h	100 Metres	Bob	Zimmerman		
100 Metres	M40	11.54	100 Metres	Kerry	Smith		
100 Metres	M40	11.54	100 Metres	Todd	Crawford		
100 Metres	M40	11.54	100 Metres	Kerry	Smith		
100 Metres	M40	11.45	100 Metres	Nigel	John	6-August-2015	WMA Championships, Lyon, FR
100 Metres	M45			Michael			
100 Metres	M50			Kerry	Smith		
100 Metres	M55			Kerry	Smith		
100 Metres	M60			Percy			
100 Metres	M60	12.50		Kerry	Smith	28-June-2014	OMA Champs. Varsity Centre, Toronto, ON
100 Metres	M60	12.40		Kerry	Smith	27-June-2015	OMA Champs Terry Fox Stadium Brampton ON
100 Metres	M65	12.93					
100 Metres	M70						
100 Metres	M75						
100 Metres	M80						
100 Metres	M85						
100 Metres	M85			Bill	Thompson	27-June-2015	OMA Champs Terry Fox Stadium Brampton ON
100 Metres	M85	18.95		Bill	Thompson	17-July-2015	CMA Champs , St. Catharines, ON
100 Metres	M85	18.67		Bill	Thompson	3-Oct-2015	Nevada Senior Games, Las Vegas, NV
100 Metres	M90						
100 Metres	M95	25.63		Atter	Singh Sekhon	4-August 2018	CMA Champs, South Surrey, BC
100 Metres	W35		100 Metres	Margaret			
100 Metres	W40						
100 Metres	W40			Khama	Beckles	27-June-2015	OMA Champs Terry Fox Stadium Brampton ON
100 Metres	W40	12.59		Khama	Beckles	7-August-2015	WMA Championships, Lyon, FR
100 Metres	W45						
100 Metres	W45	13.89		Debbie	Zinman	3-July-2017	Canada Day Part #2 Twilight Hamilton, ON
100 Metres	W45	13.38		Violeta	Garfunkel	1-July-2018	Canada Day Twilight Hamilton, ON
100 Metres	W45	13.34		Violeta	Garfunkel	6-September-2018	WMA Championships, Malaga, ESP
100 Metres	W45	13.31		Violeta	Garfunkel	20-July-2019	NCCWMA Champs, Varsity Stad, Toronto, ON
100 Metres	W50						
100 Metres	W55						
100 Metres	W60					1996	
100 Metres	W60						WMA Champs Lahti
100 Metres	W60	14.07					Asian Community Games, Toronto, ON
100 Metres	W60	13.88					OMA Champs, Varsity Centre, Toronto, ON
100 Metres	W60					28-June-2014	OMA Champs Varsity Centre, Toronto, ON
100 Metres	W60					19-JULY-2014	US Masters Champs, Winston-Salem, NC
100 Metres	W65			Doreen			
100 Metres	W65	14.00		Karla	Del Grande	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
100 Metres	W65	13.96		Karla	Del Grande	4-August-2018	CMA Champs, South Surrey, BC
100 Metres	W65	13.91		Karla	Del Grande	11-August-2018	NACAC Masters Exh, Varsity Stad, Toronto
100 Metres	W70			Doreen			
100 Metres	W75						
100 Metres	W80						
100 Metres	W85						
10000 Metres	M35		10000 Metres	James			
10000 Metres	M40		10000 Metres	Ken			
10000 Metres	M40	30:45.59	10000 Metres	Michael	Gill	10-May-2019	ON 10000m Track Championships London, ON
10000 Metres	M45		10000 Metres		Kooymans		
10000 Metres	M50		10000 Metres		Kooymans		
10000 Metres	M55		10000 Metres	Bob			
10000 Metres	M55		10000 Metres	Stuart	Galloway	14-May-2016	London Distance Series #2, London, ON
10000 Metres	M60		10000 Metres	Ed			
10000 Metres	M65		10000 Metres	Ed			
10000 Metres	M70		10000 Metres	Ed			
10000 Metres	M75		10000 Metres	Ed			
10000 Metres	M80		10000 Metres	Odino			
10000 Metres	M80	42:59.16	10000 Metres	Ed		18-June-11	CMA Championships, Varsity Centre
10000 Metres	M80	42:39.95	10000 Metres	Ed		July, 2011	WMA Championships, Sacramento, CA
10000 Metres	M85	51:07.53	10000 Metres	Ed		12-August-2016	CMA Champs York Lions Stadium Toronto ON
10000 Metres	W35		10000 Metres	Laura			
10000 Metres	W40		10000 Metres	Diane			
10000 Metres	W45		10000 Metres	Diane			
10000 Metres	W50		10000 Metres	Kathryn			
10000 Metres	W55		10000 Metres	Kathryn			
10000 Metres	W60		10000 Metres	Molly			
10000 Metres	W60	42:36.18	10000 Metres	Elizabeth	Waywell	5-July-2019	CMA Championships, Ste-Therese, QB
10000 Metres	W65		10000 Metres	Molly			
10000 Metres	W70		10000 Metres	Molly			
1500 Metres	M35		1500 Metres	Kevin			
1500 Metres	M40		1500 Metres	Alain			
1500 Metres	M40	3:54.80	1500 Metres	Rich	Tremain	30-June-2011	RCLDS #5, London, ON
1500 Metres	M45		1500 Metres	Alain			

1500 Metres	M45	4:16.19	1500 Metres	Ray			
1500 Metres	M50		1500 Metres		Kooymans		
1500 Metres	M50	4:19.71	1500 Metres	Chris	Deighan	18-June-11	CMA Champs, Varsity Centre
1500 Metres	M50	4:19.71	1500 Metres	Chris	Deighan	July, 2011	WMA Championships, Sacramento, CA
1500 Metres	M50	4:18.26	1500 Metres	Paul	Osland	14-July-2015	Hamilton Twilight #2, Hamilton, ON
1500 Metres	M50	4:16.34	1500 Metres	Paul	Osland	5-November-2016	WMA Championships, Perth, AU
1500 Metres	M55		1500 Metres	Cliff			
1500 Metres	M55	4:28.22	1500 Metres	Chris	Deighan	21-June-2015	RCLDS #4, 1500m Night, London, ON
1500 Metres	M55	4:27.10	1500 Metres	Stuart	Galloway	19-June-2016	RCLDS #3, 1500m Night, London, ON
1500 Metres	M55	4:22.25	1500 Metres	Jim	Dyck	12-Sept-2020	NOC Mini Meet #2, St Catharines, ON
1500 Metres	M60		1500 Metres	Earl			
1500 Metres	M65		1500 Metres	Ed			
1500 Metres	M70		1500 Metres	Ed			
1500 Metres	M75		1500 Metres	Ed			
1500 Metres	M80		1500 Metres	Robert			
1500 Metres	M80		1500 Metres	Ed		5-June-2011	
1500 Metres	M80	5:48.93	1500 Metres	Ed		July, 2011	WMA Championships, Sacramento, CA
1500 Metres	M85	6:51.86	1500 Metres	Ed		30-July-2016	OMA Champs, Varsity Centre, Toronto, ON
1500 Metres	M85	6:38.23	1500 Metres	Ed		13-August-2016	CMA Champs York Lions Stadium Toronto ON
1500 Metres	W35		1500 Metres	Janet			
1500 Metres	W35	4:07.70	1500 Metres	Sasha	Gollish	18-May-2017	USATF Distance Classic, Los Angeles, CA
1500 Metres	W40		1500 Metres	Cecelia			
1500 Metres	W40	4:42.78	1500 Metres	Sarah	Nagy	15-16-June-2013	Ont National Standards Meet, Toronto, ON
1500 Metres	W45		1500 Metres	Diane			
1500 Metres	W45	4:54.26	1500 Metres	Annie	Bunting	23-July-2011	WMA Championships, Sacramento, CA
1500 Metres	W45	4:47.88	1500 Metres	Courtney	Babcock	16-Sept-2018	WMA Championships, Malaga, ESP
1500 Metres	W50		1500 Metres	Christine			
1500 Metres	W50	5:14.73	1500 Metres	Annie	Bunting	18-July-2015	CMA Champs, St. Catharines, ON
1500 Metres	W50	5:01.73	1500 Metres	Annie	Bunting	14-August-2015	WMA Championships, Lyon, FR
1500 Metres	W50	5:01.38	1500 Metres	Liz	Maguire	19-June-2019	Ottawa Twilight #2, Ottawa ON
1500 Metres	W55		1500 Metres	Kathryn			
1500 Metres	W60		1500 Metres	Jean			
1500 Metres	W60	5:36.84	1500 Metres	Rita	Quibell	13-August-2016	CMA Champs York Lions Stadium Toronto ON
1500 Metres	W65		1500 Metres	Jean			
1500 Metres	W70		1500 Metres	Jean			
1500M RW	M40		1500 Metres	Jianping		07/20/2010	CMA Championships TTFC Toronto ON
200 Metres	M35						N/A
200 Metres	M35						
200 Metres	M40						
200 Metres	M40			Lawrence	Williams	July, 2011	WMA Championships, Sacramento, CA
200 Metres	M45						
200 Metres	M50						
200 Metres	M55						
200 Metres	M60						
200 Metres	M60	25.72				13-July-2014	CMA Champs, Varsity Centre, Toronto, ON
200 Metres	M65						
200 Metres	M65						
200 Metres	M70			Earl	Fee		
200 Metres	M70	28.48				13-July-2014	CMA Champs, Varsity Centre, Toronto, ON
200 Metres	M75			Earl	Fee		
200 Metres	M80				Ernesaks		
200 Metres	M80	32.35		Earl	Fee	August 2010	NCCWMA Championships, Mayaguez PR
200 Metres	M85			Karl			
200 Metres	M85	35.69		Earl	Fee	17-20 July-2014	US Outdoor Champs, Winston-Salem, NC
200 Metres	M90	39.34		Earl	Fee	21-July-2019	NCCWMA Champs, Varsity Stad, Toronto, ON
200 Metres	M95	52.87		Atter Singh	Sekhon	5-August-2018	CMA Champs, South Surrey, BC
200 Metres	W35			Margaret			
200 Metres	W40			Deborah			
200 Metres	W40			Khama	Beckles	18-July-2015	CMA Champs, St. Catharines, ON
200 Metres	W40			Khama	Beckles	10-August-2015	WMA Championships, Lyon, FR
200 Metres	W45			Eveline			
200 Metres	W45	29.58		Nancy	Catton	31-May-2015	Speed River Inferno, Guelph, ON
200 Metres	W45	29.34		Nancy	Catton	31-July-2016	OMA Champs, Varsity Centre, Toronto, ON
200 Metres	W45	29.33		Debbie	Zinman	6-August-2017	OMA Champs, Varsity Centre, Toronto, ON
200 Metres	W45	28.92		Debbie	Zinman	12-August-2017	NCCWMA Champs York Lions Stad Toronto ON
200 Metres	W45	27.62		Violeta	Garfunkel	1-July-2018	Canada Day Twilight, Hamilton, ON
200 Metres	W45	27.59		Violeta	Garfunkel	20-July-2019	NCCWMA Champs, Varsity Stad, Toronto, ON
200 Metres	W50			Karla			
200 Metres	W55			Karla			
200 Metres	W55	27.74		Karla		08-July-2012	Flying Angels T&F Classic, Toronto, ON
200 Metres	W60			Rhona			
200 Metres	W60	29.28		Karla		23-June-2013	Asian Community Games, Toronto, ON
200 Metres	W60	28.58		Karla		7-July-2013	OMA Champs, Varsity Centre, Toronto, ON
200 Metres	W60	28.11		Karla		October, 2013	WMA Championships, Porto Alegre, BR
200 Metres	W65			Doreen			
200 Metres	W65			Karla	Del Grande	24-July-2018	YUTC Twilight #8, TTFC, Toronto, ON
200 Metres	W65			Karla	Del Grande	5-August-2018	CMA Champs, South Surrey, BC
200 Metres	W70			Elga			
200 Metres	W75			Isobel			

200 Metres	W80			Isobel			
400 Metres	M35		400 Metres	Ray			
400 Metres	M40		400 Metres	Ian			
400 Metres	M45		400 Metres	Mike			
400 Metres	M50		400 Metres	Kerry			
400 Metres	M50	54.10	400 Metres	Mike		25-October-2013	WMA Championships, Porto Alegre, BR
400 Metres	M50	53.57	400 Metres	Mike		27-May-2014	Twilight #3, Varsity Centre, Toronto, ON
400 Metres	M50	53.07	400 Metres	Mike		19-July-2014	US Masters Champs, Winston-Salem, NC
400 Metres	M55		400 Metres	Bill			
400 Metres	M55	55.65	400 Metres	Mike		26-May-2019	Hamilton Twilight #1, Hamilton, ON
400 Metres	M60		400 Metres	Earl			
400 Metres	M65		400 Metres	Earl			
400 Metres	M70		400 Metres	Earl			
400 Metres	M75		400 Metres	Earl			
400 Metres	M80		400 Metres	Earl			
400 Metres	M85		400 Metres	Earl		6-7-June-2014	
400 Metres	M85		400 Metres	Earl		12-July-2014	CMA Champs, Varsity Centre, Toronto, ON
400 Metres	M90	2:27.64	400 Metres	Vattan	Gill	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
400 Metres	M90	1:29.15	400 Metres	Earl		19-July-2019	NCCWMA Championships, TTFC, Toronto, ON
400 Metres	M95	2:35.90	400 Metres	Atter Singh	Sekhon	4-August-2018	CMA Champs, South Surrey, BC
400 Metres	W35		400 Metres	Maureen			
400 Metres	W35		400 Metres	Sarah	Katz	27-May-2014	Twilight #3, Varsity Centre, Toronto, ON
400 Metres	W40		400 Metres	Maureen			
400 Metres	W45		400 Metres	Faith			
400 Metres	W45		400 Metres	Nancy	Catton	12-August-2015	WMA Championships, Lyon, FR
400 Metres	W50		400 Metres	Karla			
400 Metres	W55		400 Metres	Karla			
400 Metres	W55		400 Metres	Karla		23-June-2012	Asian Community Games, TTFC, Toronto, ON
400 Metres	W60		400 Metres	Jean			
400 Metres	W60		400 Metres	Karla		6-July-2013	OMA Champs, Varsity Centre, Toronto, ON
400 Metres	W60		400 Metres	Karla		October, 2013	WMA Championships, Porto Alegre, BR
400 Metres	W65		400 Metres	Jean			
400 Metres	W65		400 Metres	Karla		17-July-2018	YUTC Twilight #7 York Lions Stad Toronto
400 Metres	W65		400 Metres	Karla		28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
400 Metres	W65		400 Metres	Karla		4-August-2018	CMA Champs, South Surrey, BC
400 Metres	W65		400 Metres	Karla		14-Sept-2018	WMA Championships, Malaga, ESP
400 Metres	W65		400 Metres	Karla		12-July-2019	AO Champs Series #3, TTFC, Toronto, ON
400 Metres	W70		400 Metres	Jean			
400 Metres	W75		400 Metres	Isobel			
400 Metres	W75	1:52.47	400 Metres	Maureen	Teixeira	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
5000 Metres	M35		5000 Metres	Kevin			
5000 Metres	M40		5000 Metres		Kooymans		
5000 Metres	M40	14:58.64	5000 Metres	Michael	Gill	12-July-2019	AO Champs Series #3, TTFC, Toronto, ON
5000 Metres	M40	14:44.5	5000 Metres	Michael	Gill	11-August-2019	Hamilton Last Chance, Hamilton, ON
5000 Metres	M45		5000 Metres		Kooymans		
5000 Metres	M50		5000 Metres		Kooymans		
5000 Metres	M55		5000 Metres	Bob			
5000 Metres	M55	16:41.36	5000 Metres	Jerry			
5000 Metres	M55	16:37.85	5000 Metres	Stuart	Galloway	29-May-2016	Hamilton Twilight #1, Hamilton, ON
5000 Metres	M60		5000 Metres	Ed			
5000 Metres	M65		5000 Metres	Ed			
5000 Metres	M70		5000 Metres	Ed			
5000 Metres	M75		5000 Metres	Ed			
5000 Metres	M80		5000 Metres	Odino			
5000 Metres	M80	21:02.38	5000 Metres	Ed		5-June-2011	OMA Championships, Varsity Centre
5000 Metres	M80	20:58.12	5000 Metres	Ed		19-June-11	CMA Championships, Varsity Centre
5000 Metres	M85	24:03.99	5000 Metres	Ed		14-August-2016	CMA Champs York Lions Stadium Toronto ON
5000 Metres	W35		5000 Metres	Linda			
5000 Metres	W35	15:39.16	5000 Metres	Sasha	Gollish	15-April-2017	Mt SAC Relays, Torrance, CA
5000 Metres	W35	15:24.12	5000 Metres	Sasha	Gollish	16-June-2017	Stumpdown Twilight, Portland, OR
5000 Metres	W40		5000 Metres	Cecelia			
5000 Metres	W45		5000 Metres	Elizabeth			
5000 Metres	W45	18:33.50	5000 Metres	Liz	MacGuire	11-August-2012	NCCWMA & Canadian Champs, Saint John, NB
5000 Metres	W50		5000 Metres	Kathryn			
5000 Metres	W55		5000 Metres	Kathryn			
5000 Metres	W60		5000 Metres	Molly			
5000 Metres	W65		5000 Metres	Molly			
5000 Metres	W70		5000 Metres	Judith			
5000M RW	M35		5000 Metres	Arturo			
5000M RW	M40		5000 Metres	Jianping			
5000M RW	M45		5000 Metres	Jaan			
5000M RW	M50		5000 Metres	Jaan			
5000M RW	M55		5000 Metres	Max			
5000M RW	M60		5000 Metres	Max			
5000M RW	M65		5000 Metres	Max			
5000M RW	M70		5000 Metres	Max			
5000M RW	M75		5000 Metres	Max			
5000M RW	M80		5000 Metres	Art			
5000M RW	W35		5000 Metres	Joni			

5000M RW	W40		5000 Metres	Nancy				
5000M RW	W45		5000 Metres	Nancy				
5000M RW	W50		5000 Metres	Nancy				
5000M RW	W55		5000 Metres	June-Marie				
5000M RW	W55		5000 Metres	Linda	Wilson	July, 2011	WMA Championships, Sacramento, CA	
5000M RW	W55	28:53.66	5000 Metres	Linda	Wilson	14/15-July-2012	AO Jr & Sr Championships, Ottawa, ON	
5000M RW	W55	28:44.85	5000 Metres	Linda	Wilson	29-July-2012	OMA Champs, Varsity Centre, Toronto, ON	
5000M RW	W60		5000 Metres	June-Marie				
5000M RW	W60	28:41.97	5000 Metres	Kris	Kozell	28-June-2015	OMA Champs Terry Fox Stadium Brampton ON	
5000M RW	W65		5000 Metres	June-Marie				
5000M RW	W65		5000 Metres	Kris	Kozell	4-September-2018	WMA Championships, Malaga, ESP	
5000M RW	W65	29:51.72	5000 Metres	Kris	Kozell	7-July-2019	CMA Championships, Ste-Therese, QB	
5000M RW	W70		5000 Metres	June-Marie				
5000M RW	W75		5000 Metres	June-Marie				
5000M RW	W75	36:57.78	5000 Metres	Jean	Horne	19-June-11	CMA Championships, Varsity Centre	
5000M RW	W80	36:57.78	5000 Metres	Jean	Horne	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON	
5000M RW	W85	41:55.90	5000 Metres	Jean	Horne	4-September-2018	WMA Championships, Malaga, ESP	
800 Metres	M35		800 Metres	Mike				
800 Metres	M35		800 Metres	Freddie	Williams	20-MAY-1997	Victoria Int'l Classic, Victoria, BC	
800 Metres	M40		800 Metres	Ray	Tucker			
800 Metres	M40	1:55.76	800 Metres	Rich	Tremain	July, 2011	WMA Championships, Sacramento, CA	
800 Metres	M45		800 Metres	Mike				
800 Metres	M45	1:59.79	800 Metres	Alain				
800 Metres	M45	2:02.89	800 Metres	Ray				
800 Metres	M45	1:57.04	800 Metres	Mike	Sherar	2009	Toronto, ON	
800 Metres	M45	1:55.34	800 Metres	Mike	Sherar	07/20/2010	Varsity Centre, Toronto, ON	
800 Metres	M50		800 Metres	Ray	Tucker			
800 Metres	M50	2:07.68	800 Metres	Chris	Deighan	19-June-11	CMA Championships, Varsity Centre	
800 Metres	M50	2:05.77	800 Metres	Chris	Deighan	July, 2011	WMA Championships, Sacramento, CA	
800 Metres	M50	2:02.93	800 Metres	Mike	Sherar	10-June-2014	Speed River Twilight #2, Guelph, ON	
800 Metres	M50	2:01.06	800 Metres	Mike	Sherar	23-June-2014	Hamilton Twilight #1, Hamilton, ON	
800 Metres	M55		800 Metres	Cliff				
800 Metres	M55		800 Metres	Chris	Deighan	29-July-2015	Ottawa Twilight #7, Ottawa, ON	
800 Metres	M55	2:09.67	800 Metres	Mike	Sherar	01-July-2019	Canada Day Twilight, Hamilton, ON	
800 Metres	M55	2:08.34	800 Metres	Paul	Osland	5-August-2019	Hamilton PB Twilight, Hamilton, ON	
800 Metres	M55	2:04.20	800 Metres	Jim	Dyck	22-August-2020	310 Running Invite #2, Bolton, ON	
800 Metres	M60		800 Metres	Earl				
800 Metres	M65		800 Metres	Earl				
800 Metres	M70		800 Metres	Earl				
800 Metres	M75		800 Metres	Earl				
800 Metres	M80		800 Metres	Earl				
800 Metres	M80		800 Metres	Odino				
800 Metres	M85		800 Metres	Earl		29-June-2014	OMA Champs, Varsity Centre, Toronto, ON	
800 Metres	M85		800 Metres	Earl		13-July-2014	CMA Champs, Varsity Centre, Toronto, ON	
800 Metres	M90	6:06.94	800 Metres	Vattan	Gill	29-July-2018	OMA Champs, York Lions Stad, Toronto, ON	
800 Metres	M90	3:34.93	800 Metres	Earl	Fee	23-June-2019	OMA Champs, Varsity Centre, Toronto, ON	
800 Metres	W35		800 Metres	Marg				
800 Metres	W35	2:08.91	800 Metres	Sarah	Katz	28-June-2014	Nat Champs Qualifier, Moncton, NB	
800 Metres	W35	2:04.96	800 Metres	Sasha	Gollish	13-May-2017	Portland Twilight, Portland, OR	
800 Metres	W40		800 Metres	Faith				
800 Metres	W45		800 Metres	Faith				
800 Metres	W45		800 Metres	Annie	Bunting	July, 2011		
800 Metres	W45	2:21.36	800 Metres	Courtney	Babcock	11-Sept-2018	WMA Championships, Malaga, ESP	
800 Metres	W50		800 Metres	Rita				
800 Metres	W50		800 Metres	Annie	Bunting	18-June-2015	Hamilton Twilight #1, Hamilton, ON	
800 Metres	W55		800 Metres	Jean				
800 Metres	W55	2:35.05	800 Metres	Rita	Quibell	19-June-11		
800 Metres	W60		800 Metres	Jean				
800 Metres	W65		800 Metres	Jean				
800 Metres	W70		800 Metres	Jean				
800 Metres	W75	4:36.58	800 Metres	Jean	Doench	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON	
Discus	M35			Eric				
Discus	M40			George				
Discus	M40	51.72		Mike	Ransky	5-June-2011	OMA Championships, Varsity Centre	
Discus	M40	52.45		Mike	Ransky	19-June-2012	York U Twilight Meet #2, TTFC, Toronto	
Discus	M40	53.19		Mike	Ransky	15-Sept-2012	Stouffville, ON	
Discus	M45			Richard				
Discus	M45	39.59		Peter	Ingleton	05-June-2011	OMA Championships, Varsity Centre	
Discus	M45	39.60		Peter	Ingleton	30-July-2011	US Masters Champs, Berea, OH	
Discus	M45	40.28		Peter	Ingleton	29-July-2012	OMA Champs, Varsity Centre, Toronto, ON	
Discus	M45	42.46		Peter	Ingleton	6-July-2013	OMA Champs, Varsity Centre, Toronto, ON	
Discus	M50			Jean-Pierre				
Discus	M50	48.10		Dan		18-August-2018	Throwers Club Meet #3, TTFC, Toronto, ON	
Discus	M50	51.02		Eric	Forshaw	22-June-2019	OMA Champs, Varsity Centre, Toronto, ON	
Discus	M55			Jean-Pierre				
Discus	M60			Jean-Pierre				
Discus	M65			John				
Discus	M65	34.39		John				
Discus	M65	36.76		Brock	Pullen	27-June-2014	Weight Penta Varsity Centre Toronto ON	

Discus	M65	37.23	Bill	Pearson	5-August-2017	OMA Champs, Varsity Centre, Toronto, ON
Discus	M70		Dave			
Discus	M70	34.67	John			Weight Penta Varsity Centre Toronto ON
Discus	M70	40.53	Jean-Pierre	Mayer	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
Discus	M70	41.12	Jean-Pierre	Mayer	18-August-2018	Throwers Club Meet #3, TTFC, Toronto, ON
Discus	M70	42.74	Jean-Pierre	Mayer	21-July-2019	NCCWMA Champs, TTFC, Toronto, ON
Discus	M75		Evalds			
Discus	M80		Garry			
Discus	M85		Garry			
Discus	M90		Karl			
Discus	M90	17.95	Karl		Aug 3, 1999	WMA Champs, Gateshead UK
Discus	M90	19.41	Garry		19-May-2012	NEW CAN RECORD! Stouffville, ON
Discus	M95	13.23	Juri	Daniel	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
Discus	W35		Diana	Jaam-		
Discus	W35	46.22	Marie-Josee	Le Jour	17-May-2014	Throws Pentathlon, TTFC, Toronto, ON
Discus	W35	46.29	Marie-Josee	Le Jour	27-May-2014	Twight #3, Varsity Centre, Toronto, ON
Discus	W35	48.39	Marie-Josee	Le Jour	31-May-2014	Cruisers Classic, Brampton, ON
Discus	W35	48.59	Marie-Josee	Le Jour	13-June-2014	Soiree Salon, Salon de Provence, FR
Discus	W35	48.79	Marie-Josee	Le Jour	24-June-2014	National de Romans, Romans-sur-Isere, FR
Discus	W40		Diana	Jaam-		
Discus	W45		Elizabeth			
Discus	W50		Joyce			
Discus	W55		Adri			
Discus	W55	26.89	Elizabeth		12-Sept-2015	Throwers Meet #3, Hamilton, ON
Discus	W55	26.90	Kristen	Daijia	26-May-2018	Throwers Club Meet #1, TTFC, Toronto, ON
Discus	W55	27.15	Kristen	Daijia	18-August-2018	Throwers Club Meet #3, TTFC, Toronto, ON
Discus	W55	27.84	Kristen	Daijia	5-June-2019	YUTC Mini Meet # 1, TTFC, Toronto, ON
Discus	W55	28.73	Kristen	Daijia	4-Sept-2020	Back To Track #3, Brampton, ON
Discus	W60		Velta			
Discus	W60	25.33	Doreen	Garner	17-May-2017	Throwers Club Meet #1, TTFC, Toronto, ON
Discus	W60	27.93	Doreen	Garner	5-August-2017	OMA Champs, Varsity Centre, Toronto, ON
Discus	W60	29.28	Doreen	Garner	18-August-2018	Throwers Club Meet #3, TTFC, Toronto, ON
Discus	W65		Elga			
Discus	W65	22.73	Cheryl	Closkey	5-August-2017	OMA Champs, Varsity Centre, Toronto, ON
Discus	W65	27.32	Doreen	Garner	30-March-2019	
Discus	W65	27.77	Doreen	Garner	25-May-2019	Throwers Club Meet #1, TTFC, Toronto, ON
Discus	W70		Elga			
Discus	W75		Elga			
Discus	W75		Adri	Rowswell	30-July-2016	OMA Champs, Varsity Centre, Toronto, ON
Discus	W75		Adri	Rowswell	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
Discus	W80		Velta			
Discus	W85	12.35	Velta		8-June-2013	TTFC, Toronto, ON
Discus	W95		Estelle			
Hammer	M35		Jean-Francois			
Hammer	M35	49.50	Kevin	Harrison	6-July-2013	OMA Champs, Varsity Centre, Toronto, ON
Hammer	M35	61.55	Jamie	Fahie	28-June-2009	Toronto, ON
Hammer	M40	60.14	Jamie	Fahie	30-June-2012	Canadian National Champs, Calgary Alta
Hammer	M45		Boris			
Hammer	M50		Boris			
Hammer	M55		Boris			
Hammer	M60	61.96	Boris			
Hammer	M60	62.72	Boris		07/20/2010	CMA Championships TTFC, Toronto ON
Hammer	M65		John			
Hammer	M65	57.42	Boris		October 2013	WMA Champs, Porto Alegre, BR
Hammer	M70		Dave			
Hammer	M70	31.68	Bob	Edwards	25-August-2012	
Hammer	M70	33.59	John	Kasperski	17-May-2014	
Hammer	M70	36.76	John	Kasperski	26-June-2015	
Hammer	M70	47.99	Boris	Zaitchouk	28-July-2018	OMA Champs, York Lions Stad, Toronto ON
Hammer	M70	51.53	Boris	Zaitchouk	18-August-2018	Throwers Club Meet #3, TTFC, Toronto, ON
Hammer	M75		Bill			
Hammer	M75	41.26	Emil	Muller	07/20/2010	CMA Championships TTFC, Toronto ON
Hammer	M80		Garry			
Hammer	M80	38.40	Emil	Muller	17-June-2015	Ottawa Twilight #2, Ottawa, ON
Hammer	M80	40.41	Emil	Muller	17/18-July-2015	CMA Champs, St. Catharines, ON
Hammer	M85		Garry			
Hammer	M90		Albert			
Hammer	M90	21.40	Garry		19-May-2012	
Hammer	M90	22.20	Garry		16-June-2012	
Hammer	M95	6.09	Atter Singh	Sekhon	4-August-2018	CMA Champs, South Surrey, BC
Hammer	W35		Kristen			
Hammer	W35		Marie-Josee		17-May-2014	Throws Pentathlon, TTFC, Toronto, ON
Hammer	W35	50.20	Marie-Josee		17-May-2014	Single Event, TTFC, Toronto, ON
Hammer	W35	50.65	Marie-Josee		15-August-2015	WMA Championships, Throws Pent, Lyon, FR
Hammer	W40		Kristen			
Hammer	W40	40.94	Ruth	Rezal	17-August-2019	Throwers Club Meet #3, TTFC, Toronto, ON
Hammer	W45		Kristen			
Hammer	W45	38.19	Kristen		18-June-11	CMA Championships, Varsity Centre
Hammer	W50		Barb			

Hammer	W50	30.46	Elizabeth	Hill	18-June-11	
Hammer	W50	34.61	Elizabeth	Hill	11-August-2012	NCCWMA & Canadian Champs, Saint John, NB
Hammer	W50	41.25	Kristen	Dajia	11-May-2013	Throws Pentathlon, TTFC, Toronto, ON
Hammer	W55		Rhona			
Hammer	W55	31.60	Elizabeth	Hill	12-Sept-2015	Throwers Club Meet #3, Hamilton, ON
Hammer	W55	38.53	Kristen	Dajia	26-May-2018	Throwers Club Meet #1, TTFC, Toronto, ON
Hammer	W55	41.84	Kristen	Dajia	22-Sept-2019	Fall Field Fest, Hamilton, ON
Hammer	W60		Rhona			
Hammer	W60	30.93	Rhona		27-June-10	
Hammer	W60	30.97	Rhona		18-June-11	
Hammer	W65		Mary			
Hammer	W65	27.76	Rhona		17-May-2014	
Hammer	W65	30.06	Rhona		12-July-2014	CMA Champs, Varsity Centre, Toronto, ON
Hammer	W65	30.77	Rhona		23-May-2015	Throwers Meet #1, Mohawk Park, Hamilton,
Hammer	W70	16.01	Lucille	Green	29-March-2019	WMA Indoor Championships, Torun, POL
Hammer	W70	16.96	Lucille	Green	17-August-2019	Throwers Club Meet #3, TTFC, Toronto, ON
Hammer	W70	18.82	Lucille	Green	13-Sept-2020	Back to Track, Brampton, ON
High Jump	M35		Joe			
High Jump	M35		Zoltan	Sara	5-June-2011	OMA Championships, Varsity Centre
High Jump	M35		Zoltan	Sara	July, 2011	WMA Championships, Sacramento, CA
High Jump	M35		Zoltan	Sara	05-June-2012	York U Twilight #1, TTFC, Toronto, On
High Jump	M35	1.95	Zoltan	Sara	23-June-2012	Asian Community Games, TTFC, Toronto, ON
High Jump	M35	1.96	Zoltan	Sara	29-July-2012	OMA Champs, TTFC, Toronto,ON
High Jump	M40		Paul			
High Jump	M40		Paul		30-July-2011	US Masters Champs, Berea OH
High Jump	M40		Chris	Lemassif	July-2011	UTTC Summer Series 2011
High Jump	M40	1.80	Ovidiu	Negoita	23-June-2012	Asian Community Games, TTFC, Toronto, ON
High Jump	M40	1.92	Zoltan	Sara	12-August-2017	NCCWMA Champs, TTFC, Toronto, ON
High Jump	M45		Witold			
High Jump	M45		Don			
High Jump	M45		Don			US Decathlon Championships
High Jump	M45		Don			OMA Championships,
High Jump	M45		David	Turkstra		OMA Champs, Varsity Centre, Toronto, ON
High Jump	M50		Istvan			
High Jump	M55		Thevarajan			
High Jump	M55		Bill	Johnson	27-June-2015	OMA Champs Terry Fox Stadium Brampton ON
High Jump	M55		Graham	Smith	20-July-2016	Great Lakes #3, Woodstock, ON
High Jump	M55		Don	Ritchie	12-August-2017	NCCWMA Champs, TTFC, Toronto, ON
High Jump	M55	1.60	Don	Ritchie	19-June-2018	YUTC Twilight #4 PanAm Stad, Toronto ON
High Jump	M55	1.62	Don	Ritchie	28-July-2018	OMA Champs, York Lions Stad, Toronto ON
High Jump	M60		Stan			
High Jump	M60		Peter	Zowkewych	6-July-2013	OMA Champs, Varsity Centre, Toronto, ON
High Jump	M60		Peter	Zowkewych	19-24 Aug-2014	NCCWMA Champs, San Jose, CR
High Jump	M60		Peter	Zowkewych	18-July-2015	CMA Champs, St. Catharines, ON
High Jump	M65		Ed			
High Jump	M65		Stan		6-July-2013	OMA Champs, Varsity Centre, Toronto, ON
High Jump	M65		Peter	Zowkewych	4-June-2016	OMA Mini Meet Varsity Centre Toronto, ON
High Jump	M65		Peter	Zowkewych	15-July-2016	US Masters Champs, Grand Rapids, MI
High Jump	M65		Peter	Zowkewych	24/25-June-2017	US Decathlon Champs, Slippery Rock, PA
High Jump	M70		Bob			
High Jump	M70		Bob			
High Jump	M70		Kesar	Singh Poonia		
High Jump	M70	1.32	Stan	Seitz	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
High Jump	M70	1.37	Jean-Pierre	Mayer	20-July-2019	NCCWMA Champs, Varsity Stad, Toronto, ON
High Jump	M75		Jim			
High Jump	M75	1.10	Bob		29-July-2012	OMA Champs, Varsity Centre, Toronto, ON
High Jump	M75	1.10	Peter	Tams	5-August-2017	OMA Champs, Varsity Centre, Toronto, ON
High Jump	M75	1.10	Helmut	Brosz	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
High Jump	M80		Karl			
High Jump	M85		Karl			
High Jump	M85		Earl	Fee	11-Sept-2016	Relay Ruckus, TTFC, Toronto, ON
High Jump	M90		Karl			
High Jump	W35		Leslie			
High Jump	W35	1.86	Nicole	Forrester	29-June-2012	Canadian National Champs, Calgary, AB
High Jump	W40		Leslie			
High Jump	W45		Gean			
High Jump	W45		Gaby	Szanto	12-July-2014	CMA Champs, Varsity Centre, Toronto, ON
High Jump	W50		Maria			
High Jump	W55		Edith			
High Jump	W55		Maria			
High Jump	W55	1.30	Leslie		30-July-2016	OMA Champs, Varsity Centre, Toronto, ON
High Jump	W55	1.31	Leslie		2-November-2016	WMA Championships, Perth AU
High Jump	W55	1.32	Leslie		10-Sept-2018	WMA Championships, Malaga,ESP
High Jump	W60		Edith			
High Jump	W60		Sue	Hannon	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
High Jump	W65		Helgi			
High Jump	W70		Helgi			
High Jump	W75		Helgi			
High Jump	W80		Helgi			

Javelin	M35			Marty					
Javelin	M40			Marty					
Javelin	M45			Marty					
Javelin	M50			Mike					
Javelin	M50	51.69		Dave	Birnie	05/01/2010		York Lions Spring Open, Toronto ON	
Javelin	M50	57.40		Michael	Finkbeiner	28-Aug-2004		Dorado, PR	
Javelin	M55			Fred					
Javelin	M60			Jean-Pierre					
Javelin	M60			Brock	Pullen	5-June-2011		OMA Championships, Varsity Centre	
Javelin	M60	38.46		Michael	Finkbeiner	29-June-2014		OMA Champs Varsity Centre Toronto ON	
Javelin	M60	36.82		Brock	Pullen	29-July-2012		OMA Champs, Varsity Centre, Toronto, ON	
Javelin	M60	38.84		Michael	Finkbeiner	13-July-2014		CMA Champs, Varsity Centre Toronto ON	
Javelin	M60	40.43		Michael	Finkbeiner	17-20 July-2014		US National Champs, Winson-Salem, NC	
Javelin	M65			John					
Javelin	M65	35.69		Brock	Pullen	29-June-2014		OMA Champs, Varsity Centre, Toronto, ON	
Javelin	M65	23.52		Rick	Westwood	29-July-2012		OMA Champs, Varsity Centre, Toronto, ON	
Javelin	M70			Dave					
Javelin	M70	29.99		Jean-Pierre	Mayer	29-July-2018		OMA Champs, York Lions Stad, Toronto, ON	
Javelin	M70	37.55		Brock	Pullen	23-June-2019		OMA Champs, Varsity Centre, Toronto, ON	
Javelin	M75			Ed					
Javelin	M80			Evalds					
Javelin	M80	20.39		Bob	Staveley	13-July-2014		CMA Champs, Varsity Centre, Toronto, ON	
Javelin	M80	21.65		Bob	Staveley	9-August-2014		Throwers Club Pentathlon, Hamilton, ON	
Javelin	M85			Karl					
Javelin	M90			Karl					
Javelin	M95	9.59		Juri	Daniel	29-July-2018		OMA Champs, York Lions Stad, Toronto, ON	□
Javelin	M95	10.40		Atter Singh	Sekhon	4-August-2018		CMA Champs, South Surrey, BC	
Javelin	W35	30.29		Marie-Josee	Le Jour	17-May-2014			
Javelin	W35	32.99		Marie-Josee	Le Jour	11-July-2014			
Javelin	W40			Ana Maria					
Javelin	W45			Barb					
Javelin	W45	34.29		Gaby	Szanto	29-June-2014		OMA Champs Varsity Centre Toronto ON	
Javelin	W45	37.93		Kim	Ethier	14-August-2016		CMA Champs York Lions Stadium Toronto ON	
Javelin	W50			Barb					
Javelin	W50	36.99		Barb		02-August-2009		WMA Championships, Lahti, Finland	
Javelin	W55	33.55		Barb		19-May-2012		Stouffville, ON	
Javelin	W55	34.43		Barb		25-August-2012		Stouffville, ON	
Javelin	W55	34.52		Barb		15-Sept-2012		Stouffville, ON	
Javelin	W55	36.17		Barb		7-July-2013		OMA Champs, Varsity Centre, Toronto, ON	
Javelin	W55	36.60		Barb		17-20 July-2014		US National Champs, Winson-Salem, NC	
Javelin	W60			Rhona					
Javelin	W60	34.00		Barb	Dabrowski	6-August-2017		OMA Champs, Varsity Centre, Toronto ON	
Javelin	W60	34.66		Barb	Dabrowski	13/15-Oct-2017		Nevada Senior Games, Las Vegas, NV	
Javelin	W65			Elga					
Javelin	W70			Elga					
Javelin	W75			Elga					
Javelin	W80	9.45		Doreen	Carmichael	13-July-2014		CMA Champs, Varsity Centre, Toronto, ON	
Long Hurdles	M40		400 Metres	Steve					
Long Hurdles	M45		400 Metres	Glenn					
Long Hurdles	M50		400 Metres	Steve					
Long Hurdles	M50		400 Metres	Marcus	Skeete	29-July-2018		OMA Champs, York Lions Stad, Toronto, ON	
Long Hurdles	M50		400 Metres	Marcus	Skeete	13-July-2019		Spanish Club Masters Champs, Madrid, ESP	
Long Hurdles	M55		400 Metres	Rudolf					
Long Hurdles	M60		300 Metres	Earl	Fee				
Long Hurdles	M65		300 Metres	Earl	Fee				
Long Hurdles	M70		300 Metres	Earl	Fee				
Long Hurdles	M75		300 Metres	Earl	Fee				
Long Hurdles	M80		300 Metres	Karl					
Long Hurdles	M80	36.95	200 Metres	Earl	Fee	August 2010		NCCWMA Championships, Mayaguez PUR	
Long Hurdles	M85	42.70	200 Metres	Earl	Fee	19-24 Aug-2014		NCCWMA Championships, San Jose, CR	
Long Hurdles	W35		400 Metres	Maureen					
Long Hurdles	W40		400 Metres	Carol					
Long Hurdles	W45		400 Metres	Ann Marie					
Long Hurdles	W45		400 Metres	Kate	Cochrane-Brink	October, 2013		WMA Championships, Porto Alegre, BR	
Long Hurdles	W45		400 Metres	Kate	Cochrane-Brink	28-June-2015		OMA Champs Terry Fox Stadium Brampton ON	
Long Hurdles	W45		400 Metres	Kate	Cochrane-Brink	17-July-2015		CMA Champs, St. Catharines, ON	
Long Hurdles	W45		400 Metres	Kate	Cochrane-Brink	9-August-2015		WMA Championships, Lyon, FR	
Long Hurdles	W50		300 Metres	Rhona					
Long Hurdles	W50	54.72	300 Metres	Diana	Cesaroni			Friday Night Lights, Bolton, ON	
Long Hurdles	W55		300 Metres	Rhona					
Long Hurdles	W60		300 Metres	Rhona					
Long Hurdles	W65		300 Metres	Ruth					
Long Hurdles	W65	1:05.40	300 Metres	Rhona		17-20 July, 2014		US Masters Champs, Winston-Salem, NC	
Long Hurdles	W65	54.70	300 Metres	Karla	Del Grande			Friday Night Lights, Bolton, ON	
Long Hurdles	W70		300 Metres	Ruth					
Long Jump	M35			George					
Long Jump	M35	6.22		Ovidiu	Negoita	July, 2011		WMA Championships, Sacramento, CA	
Long Jump	M35	6.27		Michael	Whitely	23-June-2012		Asian Community Games, TTFC, Toronto, ON	
Long Jump	M35	6.62		Michael	Whitely	18-May-2013		Bob Vigars Classic, London, ON	

Long Jump	M35	7.14		Clayton	Latham	6-May-2015	Speed River Twilight #1, Guelph ON
Long Jump	M40			Todd			
Long Jump	M40			Nigel	John	28-June-2014	OMA Champs, Varsity Centre, Toronto, ON
Long Jump	M40			Nigel	John	12-July-2014	CMA Champs, Varsity Centre, Toronto, ON
Long Jump	M45			George			
Long Jump	M45			Dennis			
Long Jump	M45	6.63		Nigel	John	22-June-2019	OMA Champs, Varsity Centre, Toronto, ON
Long Jump	M50			Jean-Pierre			
Long Jump	M55			Jean-Pierre			
Long Jump	M60			Alan			
Long Jump	M65			Ed			
Long Jump	M70			Dev			
Long Jump	M70			Winston			
Long Jump	M70	4.10		Jean-Pierre	Mayer	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
Long Jump	M70	4.13		Jean-Pierre	Mayer	22-June-2019	OMA Champs, Varsity Centre, Toronto, ON
Long Jump	M75			Karl			
Long Jump	M80			Karl			
Long Jump	M85			Karl	Treiß		
Long Jump	M90			Karl			
Long Jump	W35			Leslie			
Long Jump	W40			Leslie			
Long Jump	W45			Kim	Ethier	30-July-2016	OMA Champs, Varsity Centre, Toronto, ON
Long Jump	W50			Ann	Van Der		
Long Jump	W50	4.25		Kairy	Loucks	12-August-2017	NCCWMA Champs York Lions Stad Toronto ON
Long Jump	W50	4.31		Kairy	Loucks	19-July-2019	NCCWMA Championships, TTFC, Toronto ON
Long Jump	W55			Rhona			
Long Jump	W60			Edith			
Long Jump	W65			Edith			
Long Jump	W70			Elga			
Long Jump	W75			Helgi			
Pole Vault	M35			Kevin			
Pole Vault	M40			Vladimir			
Pole Vault	M40			Kevin		5-June-2011	OMA Championships, Varsity Centre
Pole Vault	M40			Kevin		July, 2011	WMA Championships, Sacramento, CA
Pole Vault	M45			Mark			
Pole Vault	M45			Geoff			
Pole Vault	M45			Geoff		July, 2011	WMA Championships, Sacramento, CA
Pole Vault	M50			Vladimir			
Pole Vault	M55			Hugh			
Pole Vault	M55			Brian	Magerkurth	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON
Pole Vault	M55	3.50		George	Barber	6-August-2017	OMA Champs, Varsity Centre, Toronto, ON
Pole Vault	M55	3.70		George	Barber	13-August-2017	NCCWMA Champs, TTFC, Toronto, ON
Pole Vault	M60			Hugh			
Pole Vault	M60			Brian	Magerkurth	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
Pole Vault	M60	3.32		Brian	Magerkurth	23-June-2019	OMA Champs, Varsity Centre, Toronto, ON
Pole Vault	M65			Stan			
Pole Vault	M70			Stan			
Pole Vault	M70	3.11		Bruce	Simpson	28-July-2020	World Masters Virtual PV Event, King, ON
Pole Vault	M75			Stan			
Pole Vault	W35			Leslie			
Pole Vault	W40			Leslie			
Pole Vault	W50			Ann Marie			
Pole Vault	W50	2.40		Gaby	Szanto	17-July-2015	CMA Champs, St. Catharines, ON
Pole Vault	W50	2.60		Gaby	Szanto	7-August-2015	WMA Championships, Lyon, FR
Pole Vault	W60			Edith			
Short Hurdles	M35		110 Metres	Glenn			
Short Hurdles	M35	15.59	110 Metres	David	Valenzuela	6-July-2013	OMA Champs, Varsity Centre, Toronto, ON
Short Hurdles	M40		110 Metres	Scott			
Short Hurdles	M45		110 Metres	Scott			
Short Hurdles	M50		100 Metres	Scott			
Short Hurdles	M55		100 Metres	Scott			
Short Hurdles	M60		100 Metres	Alan			
Short Hurdles	M60		100 Metres	Richard	Lech	07/20/2010	CMA Championships TTFC, Toronto ON
Short Hurdles	M60		100 Metres	Ward	Hazen	27-June-2015	OMA Champs Terry Fox Stadium Brampton ON
Short Hurdles	M60		100 Metres	Ward	Hazen	15-August-2015	WMA Championships, Lyon, FR
Short Hurdles	M65		100 Metres	Valden			
Short Hurdles	M65	17.16	100 Metres	Richard	Lech	15-August-2015	WMA Championships, Lyon, FR
Short Hurdles	M70		80 Metres	Dev			
Short Hurdles	M70	13.97	80 Metres	Richard	Lech	14-Sept-2018	WMA Championships, Malaga, ESP
Short Hurdles	M75		80 Metres	Karl			
Short Hurdles	M80		80 Metres	Karl			
Short Hurdles	M85		80 Metres	Karl			
Short Hurdles	W35		100 Metres	Leslie			
Short Hurdles	W40		80 Metres	Leslie			
Short Hurdles	W40	11.00	80 Metres	Angela	Whyte	12-Sept-2020	NOC Mini Meet #2, St. Catharines, ON
Short Hurdles	W45		80 Metres	Leslie			
Short Hurdles	W45	16.90	80 Metres	Gean	Hemming	1991	
Short Hurdles	W50		80 Metres	Rhona			
Short Hurdles	W55		80 Metres	Rhona			

Short Hurdles	W55	14.54	80 Metres	Leslie	Estwick	30-July-2016	OMA Champs, Varsity Centre, Toronto, ON
Short Hurdles	W55	14.31	80 Metres	Leslie	Estwick	4-November-2016	WMA Championships, Perth AU
Short Hurdles	W60		80 Metres	Rhona			
Short Hurdles	W60		80 Metres	Rhona		July 2010	US Masters Championships, Sacaremto CA
Short Hurdles	W65	17.83	80 Metres	Rhona		17-20 July-2014	US Masters Champs, Winston-Salem, NC
Short Hurdles	W65	17.20	80 Metres	Rhona		4-November-2016	WMA Championships, Perth, AU
Shot Put	M35			Gintas			
Shot Put	M35			Gintas		07/20/2010	CMA Chamionships, TTFC, Toronto ONp
Shot Put	M40			George			
Shot Put	M45			Danny			
Shot Put	M45	12.99		Peter	Ingleton	5-June-2011	
Shot Put	M45	14.15		Peter	Ingleton	18-June-2011	
Shot Put	M50			Jean-Pierre			
Shot Put	M50	14.71		Jim	Slepica	25-July-2012	Ottawa Lions Twilight Meet #5, Ottawa, ON
Shot Put	M55			John			
Shot Put	M55	14.36		Jim	Slepica	15-Sept-2012	Stouffville, ON
Shot Put	M60			Jean-Pierre			
Shot Put	M65			John			
Shot Put	M65	10.68		John		19-June-2012	Throws Pentathlon, Stouffville, ON
Shot Put	M65	10.87		Jerzy	Wyroba	28-June-2015	OMA Champs Terry Fox Stadium Brampton ON
Shot Put	M65	10.93		Jerzy	Wyroba	17-July-2015	CMA Champs, St. Catharines, ON
Shot Put	M65	11.10		Peter	Zowkewych	14-July-2016	US Masters Champs, Grand Rapids, MI
Shot Put	M65	11.15		Bill	Pearson	11-August-2017	Wgt Pent NCCWMA Champs, TTFC, Toronto, ON
Shot Put	M70			Garry			
Shot Put	M70	13.19		Jean-Pierre	Mayer	29-July-2018	OMA Champs, York Lions Stad, Toronto, ON
Shot Put	M70	13.21		Jean-Pierre	Mayer	18-August-2018	Throwers Club Meet #3, TTFC, Toronto, ON
Shot Put	M70	13.31		Jean-Pierre	Mayer	18-July-2019	NCCWMA Championships, Toronro, ON
Shot Put	M75			Garry			
Shot Put	M80			Garry			
Shot Put	M85			Garry			
Shot Put	M90			Karl			
Shot Put	M90	8.24		Garry	Bachman	16-June-2012	Stouffville, ON
Shot Put	M90	8.44		Garry	Bachman	19-May-2012	Throws Pentathlon, Stouffville, ON
Shot Put	M95	5.90		Juri	Daniel	29-July-2018	OMA Champs, York Lions Stad, Toronto, ON
Shot Put	W35			Olga			
Shot Put	W35	12.38		Marie-Josee	Le Jour	17-May-2014	Throws Pentathlon, TTFC, Toronto, ON
Shot Put	W35	12.87		Marie-Josee	Le Jour	24-June-2014	National de Romans, Romans-sur-Isere, FR
Shot Put	W40			Bozena			
Shot Put	W45			Elizabeth			
Shot Put	W45			Tracy	Viggers	4-August-2018	CMA Champs, South Surrey, BC
Shot Put	W50			Barb			
Shot Put	W50			Elizabeth		18-June-11	CMA Championships, Varsity Centre
Shot Put	W50			Elizabeth		28-June-2015	OMA Champs Terry Fox Stadium Brampton ON
Shot Put	W50	11.18		Gaby	Szanto	17-July-2015	CMA Champs St. Catharines. ON
Shot Put	W55			Velta			
Shot Put	W55			Elizabeth		12-Sept-2015	Throwers Meet #3, Hamilton, ON
Shot Put	W55	8.72		Kristen	Dajia	26-May-2018	Throwers Meet #1, TTFC, Toronto, ON
Shot Put	W55	9.08		Kristen	Dajia	18-August-2018	Throwers Club Meet #3, TTFC, Toronto, ON
Shot Put	W55	9.38		Kristen	Dajia	19-July-2019	Throws Pent, NCCWMA Champs, Toronto, ON
Shot Put	W60			Helgi			
Shot Put	W60	9.79		Doreen	Garner	27-May-2017	Throwers Club Meet #1, TTFC, Toronto, ON
Shot Put	W60	10.04		Doreen	Garner	22-July-2017	Throwers Club Meet #2, TTFC, Toronto, ON
Shot Put	W60	10.23		Doreen	Garner	12-August-2017	NCCWMA Champs, TTFC, Toronto, ON
Shot Put	W60	10.55		Doreen	Garner	26-May-2018	ThrowersClub Meet #1, TTFC, Toronto, ON
Shot Put	W60	10.61		Doreen	Garner	18-August-2018	ThrowersClub Meet #3, TTFC, Toronto, ON
Shot Put	W65			Helgi			
Shot Put	W65	9.58		Doreen	Garner	25-May-2019	Throwers Club Meet #1, TTFC, Toronto, ON
Shot Put	W65	10.05		Doreen	Garner	21-July-2018	NCCWMA Champs, Varsity Std, Toronto, ON
Shot Put	W70			Velta			
Shot Put	W75			Velta			
Shot Put	W75			Adri	Rowswell	13-August-2016	CMA Champs York Lions Stadium Toronto ON
Shot Put	W80			Velta		June 2010	
Shot Put	W80			Velta		July 2010	
Shot Put	W80	7.22		Velta		14-May-2011	Stouffville, ON
Shot Put	W85	7.22		Velta		11-May-2013	TTFC, Toronto, ON
Shot Put	W95			Estelle			
Steeplechase	M35		3000 Metres	Scott			
Steeplechase	M40		3000 Metres	Alain			
Steeplechase	M45		3000 Metres	Alain			
Steeplechase	M50		3000 Metres	Roland			
Steeplechase	M50	10:27.06	3000 Metres	Chris	Deighan	17-July-11	WMA Championships, Sacramento, CA
Steeplechase	M55		3000 Metres	John			
Steeplechase	M55	11:06.00	3000 Metres	Chris	Deighan	27-June-2015	OMA Champs Terry Fox Stadium Brampton ON
Steeplechase	M55	11:04.34	3000 Metres	Chris	Deighan	15-August-2015	WMA Championships, Lyon, FR
Steeplechase	M60		2000 Metres	Jack			
Steeplechase	M65		2000 Metres	Vern			
Steeplechase	M70		2000 Metres	Don			
Steeplechase	M70	9:24.69	2000 Metres	Vern	Christensen	18-June-11	CMA Championships, Varsity Centre
Steeplechase	M70	9:07.08	2000 Metres	Vern	Christensen	17-July-2011	WMA Championships, Sacramento, CA

Steeplechase	M75		2000 Metres	Peter				
Steeplechase	M75	10:01.67	2000 Metres	Vern	Christensen	2/3-July-2016	Athletics NS Champs, Lower Sackville, NS	
Steeplechase	M75	9:47.96	2000 Metres	Vern	Christensen	15-July-2016	US Masters Champs, Grand Rapids, MI	
Steeplechase	W35			Karen				
Steeplechase	W45			Karen				
Steeplechase	W45	8:25.26	2000 Metres	Nanci Patten	Sweazey	2003	WMA Championships, Carolina , PR	
Steeplechase	W45	8:22.06	2000 Metres	Kate	Cochrane-Brink	13-August-2016	CMA Champs York Lions Stadium Toronto ON	
Steeplechase	W45	8:13.42	2000 Metres	Kate	Cochrane-Brink	6-November-2016	WMA Championships, Perth AU	
Steeplechase	W50			Nancy				
Steeplechase	W50	8:55.35	2000 Metres	Nanci Patten	Sweazey	July 2005	WMA Championships, Donasti ,ESP	
Steeplechase	W50	8:47.99	2000 Metres	Kate	Cochrane-Brink	7-September-2018	WMA Championships, Malaga, ESP	
Steeplechase	W50	8:36.69	2000 Metres	Kate	Cochrane-Brink	22-June-2019	OMA Champs, Varsity Centre, Toronto, ON	
Steeplechase	W55		2000 Metres	Ruth				
Steeplechase	W55	9:33.80	2000 Metres	Nanci Patten	Sweazey	15-July- 2011	WMA Championships, Sacramento, CA	
Steeplechase	W60		2000 Metres	Ruth				
Steeplechase	W60	10:47.88	2000 Metres	Nanci	Patten	16-August-2015	WMA Championships, Lyon, FR	
Triple Jump	M35			Jean-Pierre				
Triple Jump	M35	13.20		Jonathan	Younker	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON	
Triple Jump	M35	13.27		Jonathan	Younker	21-July-2013	AO Jr-Sr Champs, TTFC Toronto, ON	
Triple Jump	M35	13.49		Jonathan	Younker	13-July-2014	CMA Champs, Varsity Centre, Toronto, ON	
Triple Jump	M40			Todd				
Triple Jump	M45			Dennis				
Triple Jump	M45			Alan				
Triple Jump	M50			Derek				
Triple Jump	M55			Alan				
Triple Jump	M55			Mihai	Ene	14-August-2016	CMA Champs York Lions Stadium Toronto ON	
Triple Jump	M55			Mihai	Ene	11-August-2015	WMA Championships, Lyon, FR	
Triple Jump	M55			Mihai	Ene	13-August-2017	NCCWMA Champs YorkLions Stad Toronto ON	
Triple Jump	M60			Alan				
Triple Jump	M60	11.18		Thevarajan	Sinnathurai	13-July-2014	CMA Champs, Varsity Centre, Toronto, ON	
Triple Jump	M65			Ed		N/A		
Triple Jump	M70			Kesar				
Triple Jump	M70	8.90		Jean-Pierre	Mayer	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON	
Triple Jump	M75			Jim				
Triple Jump	M75			Patrick	Groulx	6-August-2017	OMA Champs, Varsity Centre, Toronto, ON	
Triple Jump	M75	6.27		Helmut	Brosz	29-July-2018	OMA Champs, York Lions Stad, Toronto, ON	
Triple Jump	M80			Karl				
Triple Jump	M85			Karl				
Triple Jump	M90			Karl				
Triple Jump	W35			Corry				
Triple Jump	W35			Helena	Petechova	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON	
Triple Jump	W35	11.19		Valerie	Kodo Ella	23-June-2019	OMA Champs, Varsity Centre, Toronto, ON	
Triple Jump	W40	11.00		Michelle	Hastick-Cowell	12-Sept-2018	WMA Championships, Malaga, ESP	
Triple Jump	W45			Audrey				
Triple Jump	W50	8.48		Kairy	Loucks	29-July-2018	OMA Champs, York Lions Stad, Toronto, ON	
Triple Jump	W50	8.83		Kairy	Loucks	21-July-2019	NCCWMA Champs, Varsity Std, Toronto, ON	
Triple Jump	W60	5.96		Patricia	Blacker-	6-August-2017	OMA Champs, Varsity Centre, Toronto, ON	
Triple Jump	W60	6.96		Sue	Hannon	29-July-2018	OMA Champs, York Lions Stad, Toronto, ON	
Triple Jump	W65			Helgi				
Triple Jump	W70			Helgi				
Weight	M35			Richard				
Weight	M35			Jason	Baines	11-August-2015	WMA Championships, Lyon, FR	
Weight	M40	9.12		Sharaz	Shaikh	14-July-2012	Stouffville, ON	
Weight	M40	10.95		Dale	Andrew	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON	
Weight	M45			George				
Weight	M50			Boris				
Weight	M55			Boris				
Weight	M60	13.62		Bill	Pearson	14-July-2012	Stouffville, ON	
Weight	M60	14.04		Bill	Pearson	29-July-2012	OMA Champs, Varsity Centre, Toronto, ON	
Weight	M60	14.24		Bill	Pearson	25-August-2012	Stouffville, ON	
Weight	M60	16.67		Jan	Graczyk	6-July-2013	OMA Champs, Varsity Centre, Toronto, ON	
Weight	M65			John				
Weight	M65	14.42		John		27-June-2014	Weight Penta Varsity Centre Toronto ON	
Weight	M70			Dave				
Weight	M70	14.04		John	Kasperski	12-July-2014	CMA Champs, Varsity Centre, Toronto, ON	
Weight	M70	14.33		John	Kasperski	9-August-2014	Throwers Club Pentathlon, Hamilton, ON	
Weight	M70	14.62		John	Kasperski	27-June-2015	OMA Champs Terry Fox Stadium Brampton ON	
Weight	M70	15.28		John	Kasperski	26-June-2015	OMA Champs Weight Pent, Brampton ON	
Weight	M75			Garry				
Weight	M75	14.50		Emil	Muller	07/20/2010	CMA Championships TTFC, Toronto ON	
Weight	M75	15.18		Emil	Muller	July, 2011	WMA Championships, Sacramento, CA	
Weight	M80			Garry				
Weight	M85			Garry				
Weight	M90	9.80		Garry	Bachman	19-May-2012	Stouffville, ON	
Weight	M95	4.76		Atter Singh	Sekhon	4-August-2018	CMA Champs, South Surrey, BC	
Weight	W35			Kristen				
Weight	W35	16.56		Marie-Josée		17-May-2014	Throws Pentathlon. TTFC, Toronto, ON	
Weight	W35	16.61		Marie-Josée		11-July-2014	Throws Pentathlon. Hamilton, ON	
Weight	W35	16.77		Marie-Josée		17-May-2014	Throws Pentathlon. TTFC, Toronto, ON	

Weight	W40		Kristen			
Weight	W45		Kristen			
Weight	W50		Barb			
Weight	W50	10.19	Elizabeth	Hill	18-June-11	
Weight	W50	10.48	Elizabeth	Hill	14-July-2012	Stouffville, ON
Weight	W50	11.03	Elizabeth	Hill	10-August-2012	NCCWMA & Can Champs, Saint John, NB
Weight	W50	10.33	Elizabeth	Hill	16-June-2012	Throws Pentathlon, Stouffville, ON
Weight	W50	13.04	Kristen		11-May-2013	TTFC, Toronto, ON
Weight	W55	9.72	Kristen		26-May-2018	Throwers Club Meet #1, TTFC, Toronto, ON
Weight	W55	11.85	Kristen		18-August-2018	Throwers Club Meet #3, TTFC, Toronto, ON
Weight	W55	11.90	Kristen		29-June-2019	Throwers Club Meet #2, TTFC, Toronto, ON
Weight	W55	12.06	Kristen		19-July-2019	Throws Pent, NCCWMA Champs, Toronto, ON
Weight	W55	12.46	Kristen		17-August-2019	Throws Pent, Throwers Meet #3 Toronto ON
Weight	W55	12.70	Kristen		5-October-2019	Sam Messiter Memorial Meet, Lebanon, NH
Weight	W55	13.03	Kristen		27-Sept-2020	Back To Track #5, Brampton, ON
Weight	W60		Rhona			
Weight	W65		Helgi			
Weight	W65	10.71	Rhona		17-May-2014	Throws Pentathlon TTFC, Toronto, ON
Weight	W65	11.00	Rhona		23-May-2015	Throwers Meet #1 Mohawk Prk, Hamilton ON
Weight	W65	11.24	Doreen	Garner	6-July-2019	CMA Championships, Ste-Therese, QB
Weight	W65	11.69	Doreen	Garner	20-July-2019	NCCWMA Champs, TTFC, Toronto, ON
Weight	W70		Helgi			
Weight	W70	7.09	Lucille	Green	23-June-2019	OMA Champs, Varsity Centre, Toronto, ON
Weight	W70	7.33	Lucille	Green	29-June-2019	Throwers Club Meet #2, TTFC, Toronto, ON
Weight	W75		Elga			