



Ontario Masters Outdoor Records

NEW, updated & corrected records in RED

100 Metres

<i>Age Group</i>	<i>Time/Distance/Height</i>	<i>Athlete</i>	<i>Date</i>	<i>Where</i>
M35	10.75	Luis Vega Penso	24-May-2008	Provo, UT
M40	11.54	Kerry Smith	1996	OMTFA Championships
M40	11.54	Todd Crawford	2005	OMTFA Championships
M40	11.3h	Bob Zimmerman	1989	OMTFA Championships
M45	11.52	Michael Lee Foon	17-Jul-07	Toronto, ON
M50	11.42	Kerry Smith	5-Aug-2005	Toronto, ON
M55	11.81	Kerry Smith	30-Jun-2009	York Twilight #3
M60	12.4	Percy Duncan	8-Aug-1977	Gothenburg, SWE
M65	12.93	Tony Powell	31-May-2009	East Regionals Brockville
M70	13.24	John O'Neill	5-Jul-1994	Raleigh, NC
M75	13.40	John O'Neill	1999	OMTFA Championships

Date

07/08/2011

M80	16.28	Alex Ernesaks	15-Oct-1993	Miyazaki, JPN
M85	19.33	Karl Trei	9-Oct-1994	Toronto, ON
M90	22.50	Karl Trei	1999	OMTFA Championships
W35	12.55	Margaret Hendershot	20-Jul-1991	Turku, FIN
W40	13.35	Rose Noesges	2000	OMTFA Championships
W45	14.46	Lyn Barrett	2006	OMTFA Championships
W50	12.90	Karla del Grande	5-Aug-2006	Charlotte, NC
W55	13.32	Karla del Grande	11-Jul-2009	USATF Oshkosh
W60	15.41	Rhona Trott	1-Aug-2009	WMA Champs Lahti
W65	15.98	Doreen Carmichael	1976	OMTFA Championships
W70	17.05	Doreen Carmichael	25-Aug-2001	Toronto, ON
W75	18.0	Isobel Cunningham	6-Aug-1991	OMTFA Championships
W80	22.61	Isobel Cunningham	1996	OMTFA Championships
W85	23.78	Isobel Cunningham	1999	OMTFA Championships

Date

07/08/2011

200 Metres

<i>Age Group</i>	<i>Time/Distance/Height</i>	<i>Athlete</i>	<i>Date</i>	<i>Where</i>
M35	21.66	Luis Vega Penso	24-May-2008	Provo UT
M40	23.20	Kerry Smith	1997	OMTFA Championships
M40	23.11	Lawrence Williams	July, 2011	WMA Championships, Sacramento, CA
M45	22.87	Kerry Smith	3-Aug-1999	Gateshead, GBR
M50	23.21	Kerry Smith	7-Aug-2005	Toronto, ON
M55	24.45	Kerry Smith	2009	WMA Champs Lahti
M60	25.72	Tony Powell	9-Jul-2005	CMAA Championships Toronto
M65	26.53	Tony Powell	2009	OMA Championships
M70	28.61	Earl Fee	11-Jul-1999	Sherbrooke, QC
M75	30.72	Earl Fee	2006	OMTFA Championships
M80	32.35	Earl Fee	August 2010	NCCWMA Championships, Mayaguez PR
M85	41.6	Karl Trei	5-Jun-1994	Raleigh, NC
W35	25.79	Margaret Hendershot	27-Jul-1991	Turku, FIN

Date

07/08/2011

W40	27.93	Deborah Lenz	1998	OMTFA Championships
W45	29.62	Eveline Saull	1979	OMTFA Championships
W50	26.22	Karla del Grande	10-Jul-2005	Toronto, ON
W55	27.83	Karla del Grande	2009	WMA Champs Lahti
W60	32.89	Rhona Trott	21-Jun-2009	OMA Championships
W65	35.37	Doreen Carmichael	1996	OMTFA Championships
W70	41.0	Elga Meri	1991	OMTFA Championships
W75	39.94	Isobel Cunningham	12-Aug-1990	Montreal, QC
W80	53.1	Isobel Cunningham	1994	OMTFA Championships

Date

07/08/2011

400 Metres

Age Group	Time/Distance/Height	Athlete	Date	Where
M35	47.64	Ray Cardinal	??-Aug-1984	Phoenix, AZ
M40	50.10	Ian Newhouse	8-Aug-1997	San Jose, CA
M45	51.26	Mike Sherar	2009	WMA Champs Lahti
M50	55.22	Kerry Smith	2007	OMTFA Championships
M55	56.11	Bill McIlwaine	1995	WMA Champs Buffalo
M60	59.0	Earl Fee	1989	OMTFA Championships
M65	57.97	Earl Fee	26-Jul-1995	Buffalo, NY
M70	1:02.49	Earl Fee	12-Jun-1999	OMTFA Championships
M75	1:06.73	Earl Fee	9-Jul-2005	Toronto, ON
M80	1:10.64	Earl Fee	1-May-2009	SE USATF Raleigh NC
W35	59.17	Maureen Rodrigue	2001	OMTFA Championships
W40	61.83	Maureen Rodrigue	2005	OMTFA Championships
W45	64.09	Faith Nездoly	2005	OMTFA Championships

Date

07/08/2011

W50	59.84	Karla del Grande	2-Sep-2005	WMA Champs, San Sebastian, ESP
W55	1:05:25	Karla del Grande	2009	WMA Champs Lahti
W60	1:17.22	Jean Horne	1997	OMTFA Championships
W65	1:15.79	Jean Horne	2001	OMTFA Championships
W70	1:19.28	Jean Horne	14-Sep-2007	Misano-Adriatico, ITA
W75	2:00.6	Isobel Cunningham	1991	OMTFA Championships

Date

07/08/2011

800 Metres

Age Group	Time/Distance/Height	Athlete	Date	Where
M35	1:51.13	Mike Sherar	18-Jul-1999	Aileen Meagher - Halifax
M40	1:55.76	Rich Tremain	July, 2011	WMA Championships, Sacramento, CA
M45	1:55.34	Mike Sherar	07/20/2010	Varsity Centre, Toronto, ON
M50	2:05.77	Chris Deighan	July, 2011	WMA Championships, Sacramento, CA
M55	2:12.8	Cliff Hall	1981	OMTFA Championships
M60	2:14.4	Earl Fee	1989	OMTFA Championships
M65	2:14.33	Earl Fee	22-Jul-1995	Buffalo, NY
M70	2:20.52	Earl Fee	17-Jun-1999	Hamilton, ON
M75	2:36.28	Earl Fee	29-Aug-2005	San Sebastian, ESP
M80	2:48.95	Earl Fee	2009	OMA Championships
W35	2:15.7	Marg Hendershot	1991	OMA Championships
W40	2:21.09	Faith Nездoly	2001	OMA Championships
W45	2:23.54	Annie Bunting	July, 2011	WMA Championships, Sacramento, CA

Date

07/08/2011

W50	2:35.77	Rita Quibell	7-Jul-2009	Twilight Meet #2
W55	2:35.05	Rita Quibell	19-June-11	CMA Championships, Varsity Centre
W60	2:45.67	Jean Horne	1993	OMA Championships
W65	2:54.67	Jean Horne	2001	OMA Championships
W70	3:04.44	Jean Horne	17-Aug-2003	Richmond, BC

Date

07/08/2011

1500 Metres

<i>Age Group</i>	<i>Time/Distance/Height</i>	<i>Athlete</i>	<i>Date</i>	<i>Where</i>
M35	3:42.43	Kevin Sullivan	11-Apr-2009	Seminole Inv. Tallahassee FL
M40	3:54.80	Rich Tremain	30-June-2011	RCLDS #5, London, ON
M45	4:05.16	Alain Boucher	9-Jul-2008	Ottawa Twilight
M50	4:19.71	Chris Deighan	18-June-11	CMA Champs, Varsity Centre
M50	4:19.71	Chris Deighan	July, 2011	WMA Champs, Sacramento, CA
M55	4:39.2	Cliff Hall	1982	OMTFA Championships
M60	4:42.06	Earl Fee	7-Jul-1991	Naperville, IL
M65	4:46.5	Ed Whitlock	6-Sep-1997	Toronto, ON
M70	5:07.90	Ed Whitlock	3-Aug-2003	Kitchener, ON
M75	5:26.03	Ed Whitlock	3-Jun-2007	OMTFA Championships
M80	5:48.93	Ed Whitlock	July, 2011	WMA Championships, Sacramento, CA
W35	4:40.6	Janet Takahashi	1995	OMTFA Championships
W40	4:55.39	Cecelia O'Neill	2004	OMTFA Championships

Date

07/08/2011

W45	4:54.26	Annie Bunting	23-July-2011	WMA Championships, Sacramento, CA
W50	5:20.24	Christine Lavallee	2008	OMTFA Championships
W55	5:12.62	Kathryn Martin	14-Sep-2007	Misano-Adriatico, ITA
W60	5:45.86	Jean Horne	16-Oct-1993	Miyazaki, JPN
W65	6:10.03	Jean Horne	1999	OMTFA Championships
W70	6:30.79	Jean Horne	16-Aug-2003	Richmond, BC

Date

07/08/2011

5000 Metres

Age Group	Time/Distance/Height	Athlete	Date	Where
M35	13:31.30	Kevin Sullivan	24-April-2009	Brutus Hamilton - Berkeley CA
M40	15:06.50	Jerry Kooymans	31-Jul-1999	Gateshead WMA Champs
M45	15:27.26	Jerry Kooymans	29-Jul-2001	Ottawa, ON
M50	15:40.57	Jerry Kooymans	26-Aug-2005	San Sebastian, ESP
M55	16:41.36	Jerry Kooymans	18-Jul-2010	CMA Championships TTFC
M60	17:33.55	Ed Whitlock	12-Sep-1992	Toronto, ON
M65	17:38.50	Ed Whitlock	1-Jun-1997	OMTFA Championships
M70	18:33.38	Ed Whitlock	7-Jul-2001	Brisbane, AUS
M75	19:07.02	Ed Whitlock	23-Jul-2006	CMAA Champs Dieppe, NB
M80	20:58.12	Ed Whitlock	19-June-11	CMA Championships, Varsity Centre
W35	17:01.3	Linda Findley	2-Aug-1987	Richmond, BC
W40	17:59.01	Cecelia O'Neill	2004	OMTFA Championships
W45	18:46.66	Elizabeth Primrose	2008	OMTFA Championships

Date

07/08/2011

W50	17:49.83	Kathryn Martin	8-Aug-2002	Orono, ME
W55	18:47.61	Kathryn Martin	2-Aug-2007	Orono, ME
W60	21:16.58	Molly Turner	24-Aug-1996	Eugene, OR
W65	22:46.11	Molly Turner	2001	OMTFA Championships
W70	26:36.0	Judith Kazdan	1990	OMTFA Championships

10000 Metres

Age Group	Time/Distance/Height	Athlete	Date	Where
M35	31:56.27	James Earl	1997	OMTFA Championships
M40	31:07.1	Ken Inglis	1982	OMTFA Championships
M45	31:42.17	Jerry Kooymans	12-Jul-2001	Hamilton, ON
M50	33:15.64	Jerry Kooymans	31-Aug-2005	San Sebastian, ESP
M55	35:05.17	Bob Moore	15-Jun-1996	OMTFA Championships
M60	37:28.50	Ed Whitlock	1993	OMTFA Championships
M65	36:31.52	Ed Whitlock	1997	OMTFA Championships
M70	38:04.13	Ed Whitlock	9-Jul-2001	Brisbane, AUS
M75	39:25.16	Ed Whitlock	21-Jul-2006	CMAA Champs Dieppe, NB
M80	42:59.16	Ed Whitlock	18-June-11	CMA Championships, Varsity Centre
M80	42:39.95	Ed Whitlock	July, 2011	WMA Championships, Sacramento, CA
W35	37:16.1	Laura Lynn	1989	OMTFA Championships
W40	38:38	Diane Palmason	1982	OMTFA Championships

Date

07/08/2011

W45	37:38.98	Diane Palmason	17-Aug-1984	Ottawa, ON
W50	37:12.23	Kathryn Martin	6-Aug-2004	Decatur, IL
W55	39:37.78	Kathryn Martin	4-Aug-2007	Orono, ME
W60	44:14.78	Molly Turner	18-Jul-1995	Buffalo, NY
W65	46:29.13	Molly Turner	3-Jul-2001	Brisbane, AUS
W70	51:49.27	Molly Turner	28-Aug-2005	San Sebastian, ESP

Date

07/08/2011

Short Hurdles

<i>Age Group</i>	<i>Time/Distance/Height</i>	<i>Athlete</i>	<i>Date</i>	<i>Where</i>
M35	16.73	Glenn Chipkar	29-Jul-1998	Hamilton ON
M40	15.20	Scott Tyler	18-Jul-1983	Houston TX
M45	15.60	Scott Tyler	29-Jun-1985	Cleveland OH
M50	14.5	Scott Tyler	22-Jun-1991	Wickliffe
M55	14.8	Scott Tyler	24-Jun-1995	Hamilton ON
M60	17.87	Richard Lech	07/20/2010	CMA Championships TTFC, Toronto ON
M65	19.00	Valden Sadul	27-Jul-1989	Eugene OR
M70	17.68	Dev Sharma	2007	OMTFA Championships
M75	16.4	Karl Trei	21-Jun-1986	OMTFA Championships
M80	17.29	Karl Trei	30-Jul-1989	Eugene OR
M85	20.30	Karl Trei	7-May-1994	Raleigh NC
W35	13.94	Leslie Estwick	27-Jul-1997	Durban RSA
W40	11.25	Leslie Estwick	12-Jul-2001	Brisbane AUS

Date

07/08/2011

W45	13.39	Leslie Estwick	29-Jul-2009	Twilight #6 Ottawa
W50	15.38	Rhona Trott	16-Aug-2003	Richmond BC
W55	14.95	Rhona Trott	3-Aug-2007	Orono ME
W60	14.41	Rhona Trott	July 2010	US Masters Championships, Sacaremto CA

Date

07/08/2011

Long Hurdles

<i>Age Group</i>	<i>Time/Distance/Height</i>	<i>Athlete</i>	<i>Date</i>	<i>Where</i>
M40	1:00.26	Steve Bogatek	1993	OMTFA Championships
M45	1:01.10	Glenn Chipkar	2004	OMTFA Championships
M50	1:04.62	Steve Bogatek	2000	OMTFA Championships
M55	1:07.03	Rudolf Valentine	1979	OMTFA Championships
M60	47.5	Earl Fee	1991	OMTFA Championships
M65	45.71	Earl Fee	16-Jul-1995	Buffalo, NY
M70	49.07	Earl Fee	28-Aug-1999	Orlando, FL
M75	52.91	Earl Fee	26-Aug-2005	San Sebastian, ESP
M80	36.95	Earl Fee	August 2010	NCCWMA Championships, Mayaguez PUR
M80	1:08.0	Karl Trei	1989	OMTFA Championships
W35	1:10.05	Maureen Rodrigue	2002	OMTFA Championships
W40	1:12.70	Carol Felepchuk	1998	OMTFA Championships
W45	1:27.0	Ann Marie Rosenitsch	1988	OMTFA Championships

Date

07/08/2011

W50	54.83	Rhona Trott	5-Jul-2003	Carolina, PUR
W55	54.54	Rhona Trott	5-Aug-2007	Orono, ME
W60	57.24	Rhona Trott	2009	WMA Champs Lahti
W65	1:05.88	Ruth Carrier	23-Aug-1996	Eugene, OR
W70	1:17.78	Ruth Carrier	7-Jul-2001	Brisbane, AUS

Date

07/08/2011

Steeplechase

<i>Age Group</i>	<i>Time/Distance/Height</i>	<i>Athlete</i>	<i>Date</i>	<i>Where</i>
W60	11:04.56	Ruth Carrier	27-Jul-1991	Turku, FIN
M35	9:56.69	Scott Stevens	15-Sep-2007	WMA Champs Riccione
M40	9:35.28	Alain Boucher	30-Jun-2007	Ottawa, ON
M45	9:52.35	Alain Boucher	22-Jun-2008	OTFA Seniors - Ottawa
M50	10:27.06	Chris Deighan	24-July-11	WMA Championships, Sacramento, CA
M55	12:12.79	John Doughty	12-Sep-1993	Etobicoke, ON
M60	7:31.71	Jack Geddes	6-Aug-1999	Gateshead, GBR
M65	8:32.28	Vern Christensen	2006	OMTFA Championships
M70	9:07.08	Vern Christensen	24-July-2011	WMA Championships, Sacramento, CA
M75	12:22.72	Peter Fellowes	10-Jun-2000	OMTFA Championships
W55	9:33.80	Nanci Patten Sweazey	24-July- 2011	WMA Championships, Sacramento, CA

Date

07/08/2011

5000M RW

Age Group	Time/Distance/Height	Athlete	Date	Where
M35	20:41.4	Arturo Huerta	07-Jul-02	Toronto, ON
M40	27:25.32	Jianping Xu	21-Jun-09	OMA Championships
M45	23:01.8	Jaan Roos	14-Aug-82	Ottawa, ON
M50	23:04.0	Jaan Roos	04-Aug-89	Eugene, OR
M55	25:29.0	Max Gould	05-Jul-74	Gresham, OR
M60	25:18.01	Max Gould	06-May-78	Raleigh, NC
M65	27:33.1	Max Gould	1983	OMTFA Championships
M70	29:10.1	Max Gould	18-Jun-88	Toronto, ON
M75	31:44.29	Max Gould	19-Jun-92	Regina, SK
M80	39:57.4	Art Keay	1987	OMTFA Championships
W35	23:31.91	Joni Bender	1999	OMTFA Championships
W40	26:08.14	Nancy Sweazey	22-Jul-95	Buffalo, NY
W45	25:53.26	Nancy Sweazey	2002	OMTFA Championships

Date

07/08/2011

W50	27:06.77	Nancy Sweazey	2006	OMTFA Championships
W55	29:12..87	Linda Wilson	July, 2011	WMA Championships, Sacramento, CA
W60	29:18.75	June-Marie Provost	04-Jul-93	Ottawa, ON
W65	30:32.75	June-Marie Provost	1999	OMTFA Championships
W70	34:24.86	June-Marie Provost	2005	OMTFA Championships
W75	36:57.78	Jean Horne	19-June-11	CMA Championships, Varsity Centre

Date

07/08/2011

Long Jump

Age Group	Time/Distance/Height	Athlete	Date	Where
M35	6.22	Ovidiu Negoita	July, 2011	WMA Championships, Sacramento, CA
M40	6.57	Todd Crawford	3/Jun/2007	OMTFA Championships
M45	6.18	George Pachovsky	9/Jun/1990	OMTFA Championships
M45	6.18	Dennis McWhinney	28/Jul/2009	Twilight#3 York
M50	5.85	Jean-Pierre Mayer	1999	OMTFA Championships
M55	5.58	Jean-Pierre Mayer	2004	OMTFA Championships
M60	5.17	Alan Slater	2003	OMTFA Championships
M65	5.00	Ed Lukens	1988	OMTFA Championships
M70	3.53	Winston LaRose	17-Jul-2010	CMA Championships TTFC
M75	3.92	Karl Trei	1985	OMTFA Championships
M80	3.75	Karl Trei	8/Jul/1989	Toronto, ON
M85	3.20	Karl Trei	7/May/1994	Raleigh, NC
M90	2.55	Karl Trei	12/Jun/1999	OMTFA Championships

Date
07/08/2011

W35	5.93	Leslie Estwick	19/Jul/1997	Durban, RSA
W40	5.50	Leslie Estwick	11/Jul/2003	Carolina, PR
W45	4.36		1992	OMTFA Championships
W50	4.08	Ann Van Der Vleuten	1989	OMTFA Championships
W55	4.12	Rhona Trott	3/Jun/2007	London, ON
W60	3.77	Edith Gray	1996	OMTFA Championships
W65	3.60	Edith Gray	2001	OMTFA Championships
W70	3.05	Elga Meri	25/Jul/1991	Turku, FIN
W75	2.48	Helgi Pedel	2001	OMTFA Championships

Date

07/08/2011

Triple Jump

Age Group	Time/Distance/Height	Athlete	Date	Where
M35	13.11	Jean-Pierre Mayer	1983	OMTFA Championships
M40	13.19	Todd Crawford	2005	OMTFA Championships
M45	12.32	Dennis McWhinney	21-Jun-2009	OMA Championships
M50	12.82	Derek Boosey	13/Oct/1993	Miyazaki, JPN
M55	11.21	Alan Slater	1998	OMTFA Championships
M60	10.85	Alan Slater	1/Jun/2003	OMTFA Championships
M65	10.69	Ed Lukens	N/A	OMTFA Championships
M70	7.03	Kesar Singh Poonia	2007	CMAA Saint John
M75	5.57	Jim Mathers	2003	OMTFA Championships
M80	7.91	Karl Trei	28/Apr/1989	Raleigh, NC
M85	6.78	Karl Trei	7/May/1994	Raleigh, NC
M90	5.57	Karl Trei	13/Jun/1999	OMTFA Championships
W35	9.94	Corry Fox	25/Jun/1995	Hamilton, ON

Date

07/08/2011

W45	9.12	Audrey Heimstra	26/Ju/1987	OMTFA Championships
W65	6.25	Helgi Pedal	1991	OMTFA Championships
W70	6.62	Helgi Pedal	23/Jun/1997	Durban, RSA

High Jump

<i>Age Group</i>	<i>Time/Distance/Height</i>	<i>Athlete</i>	<i>Date</i>	<i>Where</i>
M35	1.90	Zoltan Sara	July, 2011	WMA Championships, Sacramento, CA
M40	1.58	Paul White	30-July-2011	US Masters Champs, Berea OH
M45	1.75	Witold Klinger	1992	OMTFA Championships
M45	1.75	Don Ritchie	19-May-2009	York Twilight #1
M50	1.85	Istvan Major	13/Jul/2002	Toronto, ON
M55	1.40	Thevarajan Sinnathurai	16-Aug-2009	Flying Angles meet Toronto
M60	1.40	Stan Seitz	2008	OMTFA Championships
M65	1.36	Ed Andrade	2003	OMTFA Championships
M70	1.25	Bob Land	2008	OMTFA Championships
M70	1.25	Bob Land	21-Jun-2009	OMTFA Championships
M75	1.05	Jim Mathers	2003	OMTFA Championships
M80	1.25	Karl Trei	10/Jun/1995	Tilsonburg, ON
M85	1.06	Karl Trei	5/Aug/1994	Edmonton, AB

Date

07/08/2011

M90	0.93	Karl Trei	10/Ju/1999	Sherbrooke, QC
W35	1.73	Leslie Estwick	1997	WMA Champs Durban
W40	1.66	Leslie Estwick	2001	WMA Champs Brisbane
W45	1.35	Gean Hemming	1990	OMTFA Championships
W50	1.37	Maria Mallia	2005	OMTFA Championships
W55	1.30	Maria Mallia	07/17/2010	CMA Champiomships TTFC
W60	1.25	Edith Gray	7-May-1997	Raleigh NC
W65	1.19	Helgi Pedal	1989	OMTFA Championships
W70	1.16	Helgi Pedal	31/May/1997	OMTFA Championships
W75	1.11	Helgi Pedal	12/Jun/1999	OMTFA Championships
W80	1.04	Helgi Pedal	19/Jun/2004	OMTFA Championships

Date

07/08/2011

Pole Vault

<i>Age Group</i>	<i>Time/Distance/Height</i>	<i>Athlete</i>	<i>Date</i>	<i>Where</i>
M35	4.75	Kevin Lake	10/Jul/2005	Toronto, ON
M40	4.45	Kevin Lake	July, 2011	WMA Championships, Sacramento, CA
M45	4.20	Geoff Outerbridge	July, 2011	WMA Championships, Sacramento, CA
M50	4.00	Vladimir Kostric	25/Jun/1985	Rome, ITA
M55	3.36	Hugh Miller	2003	OMTFA Championships
M60	3.05	Hugh Miller	21-Jun-2009	OMA Championships
M65	3.20	Stan Egerton	20/Jul/1991	Turku, FIN
M70	3.00	Stan Egerton	1/Jun/1997	OMTFA Championships
M75	2.85	Stan Egerton	9/Jun/2001	OMTFA Championships
W35	3.35	Leslie Estwick	4/Jul/2000	Flagstaff, AZ
W40	3.00	Leslie Estwick	2/Jul/2003	Carolina, PUR
W50	2.28	Ann Marie Rosenitsch	11/Jun/1995	Tilsonburg, ON
W60	1.90	Edith Gray	10/Jun/1996	OMTFA Championships

Hammer

Age Group	Time/Distance/Height	Athlete	Date	Where
M35	40.80	Jean-Francois Latour	2001	OMA Championships
M45	57.80	Boris Zaitchouk	July 19 1995	Buffalo, NY
M50	60.35	Boris Zaitchouk	June 9 2001	Toronto, ON
M55	62.37	Boris Zaitchouk	June 15 2003	Sherbrooke, QC
M60	61.96	Boris Zaitchouk	Sept 9 2007	Riccione, Italy
M65	32.99	John Kasperski	15-Aug-09	Stouffville, ON
M70	31.44	Dave Morris	5-Jul-09	OMA Throws Pentathlon
M75	41.26	Emil Muller	07/20/2010	CMA Championships TTFC, Toronto ON
M80	31.17	Garry Bachman	Aug 10 2002	Stouffville, ON
M85	29.80	Garry Bachman	June 23 2007	Stouffville, ON
M90	5.68	Albert White	1994	OMA Championships
W35	40.20	Kristen Dajia	1998	OMA Championships
W40	39.48	Kristen Dajia	June 9 2003	Stouffville, ON

Date

07/08/2011

W45	38.19	Kristen Dajja	18-June-11	CMA Championships, Varsity Centre
W50	30.46	Elizabeth Hill	18-June-11	CMA Championships, Varsity Centre
W55	27.20	Rhona Trott	2008	OMA Championships
W60	30.97	Rhona Trott	18-June-11	CMA Championships, Varsity
W65	19.74	Mary Thomson	1996	OMA Championships

Shot Put

<i>Age Group</i>	<i>Time/Distance/Height</i>	<i>Athlete</i>	<i>Date</i>	<i>Where</i>
M35	15.78	Gintas Degutis	07/20/2010	CMA Chamionships, TTFC, Toronto ONp
M40	16.17	George Puce	Sep 6 1981	Stouffville, ON
M45	14.15	Peter Ingleton	18-June-2011	CMA Championships, Varsity Centre
M50	14.10	Jean-Pierre Meyer	Oct 14 2000	Stouffville, ON
M55	13.41	John Kasperski	Aug 18 2000	Kamloops, BC
M60	14.22	Jean-Pierre Meyer	Sept 22 2007	Stouffville, ON
M65	10.63	John Kasperski	5-Jul-09	OMA Throws Pentathlon
M70	12.68	Garry Bachman	June 24 1995	Hamilton, ON
M75	11.62	Garry Bachman	Sep 6 1997	Toronto, ON
M80	10.61	Garry Bachman	Sep 16 2006	Stouffville, ON
M85	10.56	Garry Bachman	July 21 2007	Stouffville, ON
M90	5.54	Karl Trei	1999	OMA Championships
W35	9.08	Olga Stalevitch	2009	WMA Champs Lahti

Date

07/08/2011

W40	11.87	Bozena Wojciekian	July ? 1995	Buffalo, NY
W45	10.10	Elizabeth Hill	30-May-2009	East Regionals Brockville
W50	10.63	Elizabeth Hill	18-June-11	CMA Championships, Varsity Centre
W55	8.27	Velta Tomsons	1984	OMA Championships
W60	8.37	Helgi Pedel	1985	OMA Championships
W65	7.93	Helgi Pedel	1989	OMA Championships
W70	7.74	Velta Tomsons	Oct 6 2000	Stouffville, ON
W75	7.17	Velta Tomsons	June 9 2003	Stouffville, ON
W80	7.22	Velta Tomsons	14-May-2011	Stouffville, ON
W95	1.25	Estelle Ritchie	June 23 2007	Stouffville, ON

Date

07/08/2011

Discus

Age Group	Time/Distance/Height	Athlete	Date	Where
M35	61.76	Eric Forshaw	May 14 2004	Lasalle, ON
M40	51.72	Mike Ransky	5-June-2011	OMA Championships, Varsity Centre
M45	39.60	Peter Ingleton	30-July-2011	US Masters Champs, Berea, OH
M50	46.28	Jean-Pierre Mayer	Aug 26 2000	Stouffville, ON
M55	42.93	Jean-Pierre Mayer	June 6 2003	Toronto, ON
M60	50.31	Jean-Pierre Mayer	Sept 22 2007	Stouffville, ON
M65	33.49	John Kasperski	15-Aug-09	Stouffville, ON
M70	32.83	Dave Morris	21-Jun-09	OMA Championships
M75	32.52	Evalds Viskers	2001	OMA Championships
M80	30.82	Garry Bachman	June 9 2003	Stouffville, ON
M85	25.47	Garry Bachman	May 26 2007	Stouffville, ON
M90	17.95	Karl Trei	Aug 3, 1999	WMA Champs, Gateshead UK
W35	37.05	Diana Jaam-Shahriari	2005	OMA Championships

Date

07/08/2011

W40	37.92	Diana Jaam-Shahriari	June 11 2006	London, ON
W45	30.55	Elizabeth Hill	18-Jul-09	CAN Masters Champs Kamloops
W50	32.08	Joyce Thomas	Aug 16 1997	Toronto, ON
W55	21.07	Adri Rowswell	1999	OMA Championships
W60	22.14	Velta Tomsons	1988	OMA Championships
W65	19.86	Elga Meri	1990	OMA Championships
W70	22.22	Elga Meri	July 21 1991	Turku, FIN
W75	17.54	Elga Meri	1996	OMA Championships
W80	16.20	Velta Tomsons	2008	OMA Championships
W95	2.33	Estelle Ritchie	June 23 2007	Stouffville, ON

Date

07/08/2011

Javelin

<i>Age Group</i>	<i>Time/Distance/Height</i>	<i>Athlete</i>	<i>Date</i>	<i>Where</i>
M35	63.10	Marty Withers	1998	OMA Championships
M40	59.57	Marty Withers	Aug 13 2000	Victoria, BC
M45	57.52	Marty Withers	June 19 2005	London, ON
M50	51.69	Dave Birnie	05/01/2010	York Lions Spring Open, Toronto ON
M55	48.08	Fred Pamenter	July 2 1994	Tonawanda, NY
M60	36.50	Brock Pullen	5-June-2011	OMA Championships, Varsity Centre
M65	22.52	John Kasperski	5-Jul-09	OMA Throws Pentathlon
M70	25.51	Dave Morris	5-Jul-09	OMA Throws Pentathlon
M75	29.64	Ed Purgalis	1992	OMA Championships
M80	18.62	Evalds Viskers	15-Aug-09	Stouffville, ON
M85	22.46	Karl Trei	Aug 7 1994	Edmonton, AB
M90	17.74	Karl Trei	June 13 1999	Toronto, ON
W40	33.85	Ana Maria Neilson	2006	OMA Championships

Date

07/08/2011

W45	32.63	Barb Dabrowski	June 3 2007	London, ON
W50	36.99	Barb Dabrowski	02-August-2009	WMA Championships, Lahti, Finland
W60	21.35	Rhona Trott	2009	OMA Championships
W65	23.22	Elga Meri	1992	OMA Championships
W70	24.24	Elga Meri	April 5 1992	Raleigh, NC
W75	19.78	Elga Meri	1996	OMA Championships

Date

07/08/2011

Weight

Age Group	Time/Distance/Height	Athlete	Date	Where
M35	13.01	Richard Parkinson	2002	OMA Championships
M45	13.27	George Puce	Aug 24 1986	Stouffville, ON
M50	18.57	Boris Zaitchouk	June 9 2001	Toronto, ON
M55	18.03	Boris Zaitchouk	May 31 2003	Toronto, ON
M65	13.23	John Kasperski	15-Aug-09	Stouffville, ON
M70	13.30	Dave Morris	5-Jul-09	OMA Throws Pentathlon
M75	15.18	Emil Muller	July, 2011	WMA Championships, Sacramento, CA
M80	16.31	Garry Bachman	June 8 2002	Stouffville, ON
M85	16.31	Garry Bachman	Sept 10 2007	San Giovanni, Italy
W35	11.69	Kristen Dajja	July 13 2002	Toronto, ON
W40	11.63	Kristen Dajja	Aug 21 2004	Stouffville, ON
W45	11.26	Kristen Dajja	5-Jul-09	OMA Throws Pentathlon
W50	10.19	Elizabeth Hill	18-June-11	CMA Championships, Varsity Centre

Date

07/08/2011

W60	12.68	Rhona Trott	2009	OMA Championships
W65	7.16	Helgi Pedal	1990	OMA Championships
W70	6.73	Helgi Pedal	1994	OMA Championships
W75	5.58	Elga Meri	1996	OMA Championships