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Hy-Tek's Meet Manager 8/13/2004 12:59 AM

2004 CANADIAN MASTERS CHAMPIONSHIPS - 7/17/2004 to 7/18/2004

FOOTHILLS ATHLETIC PARK

Results

Women 4x100 Meter Relay

=====		
Record: # 50.84 7/17/2004 East West 40+, East West 40+		
Team		Finals
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1 East West 40+		50.84#
2 Caltaf		58.10
3 Sask-B.C. 45+		1:00.46
4 Catch Job 30+		1:01.65

Women 4x200 Meter Relay

=====		
Record: # 2:09.15 7/17/2004 HERALD TEAM, HERALD TEAM		
Team		Finals
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1 Herald Team		2:09.15#
2 C & r Transfer		2:10.60
3 Calgary Roadrunners		2:12.77
4 Ccs Energy		2:13.49
5 Nortel		2:19.23
6 Quebecor		2:22.75
7 Media		2:29.68

Women 4x400 Meter Relay

Team	Finals
1 The Mighty Moms	4:22.17
2 Alberta/B.C.	4:44.85

Women 100 Meter Dash SUB MASTER

Record: # 13.93 7/17/2004 PAT SIMA-LEDDING, Unattached

Name	Age Team	Finals	Wind Points
1 SIMA-LEDDING, PAT	W32 Kelowna, B.C., --	13.93#	1.2
2 CASTRO, ANA LUISA	W30 Guadalajara, Mexico	X16.30	1.2

Women 200 Meter Dash SUB MASTER

Record: # 29.47 7/18/2004 PAT SIMA-LEDDING, Unattached

Name	Age Team	Finals	Wind Points
1 SIMA-LEDDING, PAT	W32 Kelowna, B.C., --	29.47#	-0.6

Women 400 Meter Dash SUB MASTER

Record: # 1:14.07 7/17/2004 AMY THOMPSON, Unattached

Name	Age Team	Finals	Points
1 THOMPSON, AMY	W33 Elnora, Alberta	1:14.07#	
2 MENK, KIRSTEN	W34 Calgary, Alberta	1:21.96	

Women 800 Meter Run SUB MASTER

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 Record: # 2:29.88 7/18/2004 ADELE THOMPSON, Unattached

Name	Age Team	Finals	Points
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1 THOMPSON, ADELE	W34 Kimberley, British	2:29.88#	
2 MENK, KIRSTEN	W34 Calgary, Alberta	3:19.63	

Women 1500 Meter Run SUB MASTER

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 Record: # 5:14.77 7/17/2004 ADELE THOMPSON, Unattached

Name	Age Team	Finals	Points
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1 THOMPSON, ADELE	W34 Kimberley, British	5:14.77#	
2 MENK, KIRSTEN	W34 Calgary, Alberta	6:31.66	

Women 5000 Meter Race Walk SUB MASTER

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 Record: # 32:40.82 7/18/2004 JOLENE BERGESON, Unattached

Name	Age Team	Finals	Points
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1 BERGESON, JOLENE	W33 Calgary, Alberta	32:40.82#	
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Women Long Jump SUB MASTER

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 Record: # 4.05m 7/17/2004 AMY THOMPSON, Unattached

Name	Age Team	Finals	Wind	Points
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1 THOMPSON, AMY	W33 Elnora, Alberta	4.05m#	0.6	
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FOUL(NWI) 4.05m(0.6) PASS(NWI) PASS(NWI) PASS(NWI)

Women Shot Put 4 K SUB MASTER

Record: # 9.00m 7/17/2004 SHELLEN THOMAS, Unattached

Name	Age Team	Finals	Points
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1 THOMAS, SHELLEN	W34 Calgary, Alberta	9.00m#	
	8.09m 7.95m 9.00m 8.57m 8.27m 8.62m		

Women Hammer Throw 4 K SUB MASTER

Record: # 43.30m 7/17/2004 SHELLEN THOMAS, Unattached

Name	Age Team	Finals	Points
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1 THOMAS, SHELLEN	W34 Calgary, Alberta	43.30m#	
	FOUL 43.30m 42.65m 42.89m FOUL FOUL		

Women 100 Meter Dash 35 - 39

Record: # 12.55 7/20/1991 Margaret Hendershot

Name	Age Team	Finals	Wind	Points
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1 WILKES, MAXINE	W39 Calgary, Alberta	13.91	1.2	
2 SCHOENTHALER, SHERYL	W39 Calgary, Alberta	14.44	1.2	
3 COY, ANGELA	W35 Calgary, Alberta	14.90	1.2	
4 HAYGARTH, KARLA	W37 Alameda, Saskatchewan	15.11	1.2	

Women 200 Meter Dash 35 - 39

Record: # 25.79 7/27/1991 Maraget Hendershot

Name	Age Team	Finals	Wind	Points
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1 WARNOCK, ROSE           W39 Calgary, Alberta      29.50  -0.6
2 COY, ANGELA             W35 Calgary, Alberta      32.36  -0.6
3 DUNDAS, TAMMY           W36 Edmonton, Alberta    33.29  -0.6
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Women 400 Meter Dash 35 - 39

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Record: # 57.82  8/6/1999  Renee Belanger
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Name                Age Team                Finals  Points
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1 DUNDAS, TAMMY        W36 Edmonton, Alberta    1:16.86
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Women 800 Meter Run 35 - 39

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Record: # 2:07.90  4/11/1992  Brit Lind-Petersen
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Name                Age Team                Finals  Points
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1 CLAPPERTON, LYNDSEY W38 Calgary, Alberta    2:22.85
2 EVERTON, NICOLA     W39 Garibaldi Highlands  2:27.88
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Women 1500 Meter Run 35 - 39

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Record: # 4:08.49  8/5/2001  Leah Pells
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Name                Age Team                Finals  Points
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1 EVERTON, NICOLA     W39 Garibaldi Highlands  5:07.36
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Women 3000 Meter Race Walk 35 - 39

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Record: # 14:08.80  9/12/1998  Joni Bender
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Name	Age Team	Finals	Points
1 VAN DEWARK, ANN	W39 Edmonton, Alberta	18:36.17	
2 BRACKEN, HANNA	W36 Calgary, Alberta	19:05.59	
3 HO-COVERNTON, NANNETTE	W39 Calgary, Alberta	19:51.55	

Women 5000 Meter Race Walk 35 - 39

Record: # 22:35.10 4/11/1998 Janice McCaffrey

Name	Age Team	Finals	Points
1 GERKE, HOLLY	W39 Edmonton, Alberta	25:12.77	

Women 100 Meter Hurdles 33" 35 - 39

Record: # 13.94 7/27/1997 Leslie Estwick

Name	Age Team	Finals	Wind	Points
1 COY, ANGELA	W35 Calgary, Alberta	19.81	+0.0	

Women Triple Jump 35 - 39

Record: # 9.82m 8/18/1984 Liz McBlain

Name	Age Team	Finals	Wind	Points
1 HAYGARTH, KARLA	W37 Alameda, Saskatchewan	8.09m	-2.5	
8.09m(-2.5) 7.76m(-1.6) 7.88m(-1.7) 7.90m(-2.1) 8.01m(-2.7) 7.85m(-3.3)				

Women Shot Put 4 K 35 - 39

Record: # 15.54m 6/22/2002 Georgette Reid

Name	Age	Team	Finals	Points
1 REED, GEORGETTE	W37	Edmonton, Alberta	14.25m	
	FOUL	13.68m	FOUL	13.96m
	FOUL		FOUL	14.25m
2 DUNDAS, TAMMY	W36	Edmonton, Alberta	6.96m	
	FOUL	6.44m	6.88m	6.51m
			6.96m	6.82m

Women Discus Throw 1 k 35 - 39

Record: # 44.58m 6/22/2002 Georgette Reid

Name	Age	Team	Finals	Points
1 REED, GEORGETTE	W37	Edmonton, Alberta	42.35m	
	41.73m	39.05m	42.35m	40.78m
			39.69m	FOUL
2 DUNDAS, TAMMY	W36	Edmonton, Alberta	17.34m	
	PASS	15.37m	17.34m	FOUL
			16.39m	PASS

Women Hammer Throw 4 K 35 - 39

Record: # 50.31m 6/22/2002 Georgette Reid

Name	Age	Team	Finals	Points
1 REED, GEORGETTE	W37	Edmonton, Alberta	48.75m	
	42.29m	45.20m	45.02m	48.75m
			41.62m	44.51m
2 DUNDAS, TAMMY	W36	Edmonton, Alberta	17.59m	
	FOUL	FOUL	17.39m	FOUL
			FOUL	FOUL
				17.59m

Women Javelin Throw 600 g 35 - 39

Record: # 53.52m 11/6/1981 Amelie Koloska

Name	Age Team	Finals	Points
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1 DUNDAS, TAMMY	W36 Edmonton, Alberta	18.11m	
		18.11m 16.45m 15.96m 15.19m 14.15m 16.66m	

Women Weight Throw 9.08 K 35 - 39

Record: # 11.69m 7/13/2002 Kristen Dajia

Name	Age Team	Finals	Points
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1 DUNDAS, TAMMY	W36 Edmonton, Alberta	7.56m	
		6.40m 6.34m 7.27m 5.72m FOUL 7.56m	

Women Weight Pentathlon 35 - 39

Record: # 2666 4/8/2001 Kirsten Daija

Name	Age Team	Finals	Points
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1 DUNDAS, TAMMY	W36 Edmonton, Alberta	1569	
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Women 100 Meter Dash 40 - 44

Record: # 12.75 7/17/2004 NOELLA LEE PONG, Unattached

Name	Age Team	Finals	Wind	Points
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1 LEE PONG, NOELLA	W43 Edmonton, Alberta	12.75#	1.2	
2 ROGERS, PATTI	W44 Parksville, British	13.20	1.2	
3 DELMONICO, MEGAN	W43 Coquitlam, British	13.40	1.2	
4 MELOCHE, LAURIE	W43 Regina, Saskatchewan	13.62	1.2	

5	SIMPSON, SANDRA	W40 Ponoka, Alberta	13.83	1.2
6	LINAKER, LAUNA	W40 Edmonton, Alberta	13.84	1.2
7	RICHARDS, SIAN	W43 Bowden, Alberta	16.29	1.2

Women 200 Meter Dash 40 - 44

Record: # 27.03 8/3/1999 Betsy Lord

Name	Age Team	Finals	Wind	Points
1	ROGERS, PATTI	W44 Parksville, British	27.60	-0.6
2	DELMONICO, MEGAN	W43 Coquitlam, British	28.09	-0.6
3	MELOCHE, LAURIE	W43 Regina, Saskatchewan	28.25	-0.6
4	SUMMERS, JUDY	W40 Abbotsford, B.C.	28.85	-0.6

Women 400 Meter Dash 40 - 44

Record: # 59.75 6/27/1985 Erna Kozak

Name	Age Team	Finals	Points
1	MELOCHE, LAURIE	W43 Regina, Saskatchewan	1:02.16
2	RIDOUT, GWEN	W41 Calgary, Alberta	1:03.58
3	SUMMERS, JUDY	W40 Abbotsford, B.C.	1:05.51
4	SIEBEN, KAREN	W41 Maple Ridge, B.C.	1:07.92
5	LAZARUK, CHARLENE	W43 Calgary, Alberta	1:08.26
--	MITCHELL, KARYN	W40 Calgary, Alberta	DQ

Women 800 Meter Run 40 - 44

Record: # 2:08.30 8/25/1986 Erna Kozak

Name	Age Team	Finals	Points
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1 MELOCHE, LAURIE           W43 Regina, Saskatchewan    2:29.27
2 LAZARUK, CHARLENE        W43 Calgary, Alberta        2:32.06
3 DIXON, DONNA             W41 Calgary, Alberta        2:34.08
4 SUMMERS, JUDY            W40 Abbotsford, B.C.        2:45.23
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Women 1500 Meter Run 40 - 44

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Record: # 4:23.63  5/31/1986  Erna Kozak

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Name                Age Team                Finals  Points
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1 DIXON, DONNA          W41 Calgary, Alberta        5:22.93
2 CORCORAN, MARLENE    W40 Grande Prairie         5:44.16
3 BROWN, DENISE        W44 Calgary, Alberta        6:02.97

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Women 3000 Meter Race Walk 40 - 44

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Record: # 15:34.93  9/24/1985  Jocelyne Richard

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Name                Age Team                Finals  Points
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1 CASHMAN, KATHARINE    W43 Toronto, Ontario        16:33.85
2 MCNEELY, MARGIE      W42 Edmonton, Alberta       16:41.06
3 WILSON, HOPE         W40 Edmonton, Alberta       17:53.40
4 CHING, JESSIE        W41 Edmonton, Alberta       19:03.25

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Women 5000 Meter Race Walk 40 - 44

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Record: # 27:46.00  5/25/1997  Nanci Sweazey

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Name                Age Team                Finals  Points
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1	CASHMAN, KATHARINE	W43 Toronto, Ontario	28:18.19
2	WELCHMAN, JENNIFER	W44 Edmonton, Alberta	31:00.42

Women 80 Meter Hurdles 30" 40 - 44

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 Record: # 11.25 7/12/2001 Leslie Estwick

Name	Age	Team	Finals	Wind	Points
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1	LINAKER, LAUNA	W40 Edmonton, Alberta	16.06	+0.0	
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Women Long Jump 40 - 44

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 Record: # 5.50m 7/11/2003 Leslie Estwick

Name	Age	Team	Finals	Wind	Points
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1	LINAKER, LAUNA	W40 Edmonton, Alberta	4.38m	0.7	
			3.89m(0.6)	4.28m(+0.0)	4.17m(1.2) FOUL(+0.0) 4.08m(2.1) 4.38m(0.7)

Women Shot Put 4 K 40 - 44

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 Record: # 11.87m 7/7/1995 Bozena Wojciekian

Name	Age	Team	Finals	Points
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1	CLEMENTS, DENISE	W43 Port Alberni, B.C.	9.91m	
			9.91m 9.10m 8.28m 8.83m 8.80m 9.50m	
2	OSTERGARD, ALISON	W42 Drumheller, Alberta	8.42m	
			FOUL 7.86m 7.55m 8.41m 8.42m FOUL	
3	SIMPSON, SANDRA	W40 Ponoka, Alberta	7.87m	
			7.34m 7.10m 7.87m 7.85m 7.54m FOUL	
4	BAPTISTE, PEARLEEN	W41 North Battleford, S	7.39m	

7.39m 7.27m 7.11m 7.22m 6.93m 7.16m

Women Discus Throw 1 k 40 - 44

Record: # 34.06m 7/23/1995 Bozena Wojciekian

Name	Age	Team	Finals	Points
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1 CLEMENTS, DENISE		W43 Port Alberni, B.C.	21.76m	
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16.01m 15.40m FOUL 21.76m FOUL 19.16m

2 BAPTISTE, PEARLEEN		W41 North Battleford, S	13.39m	
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FOUL 13.39m FOUL FOUL FOUL FOUL

Women Hammer Throw 4 K 40 - 44

Record: # 39.48m 6/9/2003 Kristen Dajia

Name	Age	Team	Finals	Points
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1 CLEMENTS, DENISE		W43 Port Alberni, B.C.	24.99m	
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24.99m FOUL 23.66m 22.90m 23.72m 22.56m

2 BAPTISTE, PEARLEEN		W41 North Battleford, S	20.52m	
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FOUL 20.52m FOUL 18.22m 19.71m 18.37m

Women Javelin Throw 600 g 40 - 44

Record: # 47.46m 8/21/1985 Amelie Koloska

Name	Age	Team	Finals	Points
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1 OSTERGARD, ALISON		W42 Drumheller, Alberta	32.71m	
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28.53m 32.71m 30.91m 28.09m 26.77m 30.05m

2 BAPTISTE, PEARLEEN		W41 North Battleford, S	14.54m	
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11.79m FOUL 12.87m PASS PASS 14.54m

Women Weight Throw 9.08 K 40 - 44

Record: # 11.25m 11/9/1993 Darlene Aulenbach

Name	Age	Team	Finals	Points
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1 CLEMENTS, DENISE		W43 Port Alberni, B.C.	9.29m	
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FOUL FOUL FOUL 9.29m FOUL FOUL

2 BAPTISTE, PEARLEEN		W41 North Battleford, S	6.45m	
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FOUL FOUL 6.45m FOUL FOUL FOUL

Women Weight Pentathlon 40 - 44

Record: # 3123 8/9/2003 Kirsten Dajia

Name	Age	Team	Finals	Points
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1 BAPTISTE, PEARLEEN		W41 North Battleford, S	1840	
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Women 100 Meter Dash 45 - 49

Record: # 13.56 7/7/2001 Betsy Lord

Name	Age	Team	Prelims	Wind	H#
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Preliminaries

1 BURNETT, EVELYN		W46 Calgary, Alberta	13.85Q	1.3	1
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2 SKINNER, ANNE		W46 Cranbrook, B.C.	14.31Q	1.3	2
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3 COWARD, SELINA		W49 Regina, Saskatchewan	14.22Q	1.3	1
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4 LAURIDSEN, SUSANNE		W46 Calgary, Alberta	14.76Q	1.3	2
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5 THOM, ROSLYN		W48 Calgary, Alberta	14.27Q	1.3	1
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6	WELCH, JANE	W45 Calgary, Alberta	15.99Q	1.3	2
7	FREEMAN, BJ	W45 Calgary, Alberta	14.51q	1.3	1
8	RATZLAFF, CHERYL	W46 Calgary, Alberta	16.83q	1.3	2
9	BURTON, CATHY	W46 Calgary, Alberta	17.59	1.3	1

Women 100 Meter Dash 45 - 49

Record: # 13.56 7/7/2001 Betsy Lord

Name	Age Team	Finals	Wind	Points
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Finals

1	BURNETT, EVELYN	W46 Calgary, Alberta	13.92	+0.0
2	THOM, ROSLYN	W48 Calgary, Alberta	14.30	+0.0
3	COWARD, SELINA	W49 Regina, Saskatchewan	14.45	+0.0
4	SKINNER, ANNE	W46 Cranbrook, B.C.	14.48	+0.0
5	LAURIDSEN, SUSANNE	W46 Calgary, Alberta	14.80	+0.0
6	WELCH, JANE	W45 Calgary, Alberta	16.15	+0.0
7	RATZLAFF, CHERYL	W46 Calgary, Alberta	17.61	+0.0
--	FREEMAN, BJ	W45 Calgary, Alberta	DNF	+0.0

Women 200 Meter Dash 45 - 49

Record: # 27.15 8/13/1993 Avril Douglas

Name	Age Team	Finals	Wind	Points
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1	BURNETT, EVELYN	W46 Calgary, Alberta	29.63	-0.9
2	COWARD, SELINA	W49 Regina, Saskatchewan	30.46	-0.9
3	SKINNER, ANNE	W46 Cranbrook, B.C.	30.57	-0.9
4	LAURIDSEN, SUSANNE	W46 Calgary, Alberta	31.59	-0.9

Women 400 Meter Dash 45 - 49

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 Record: # 1:00.02 8/12/1993 Avril Douglas

Name	Age Team	Finals	Points
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1 SKINNER, ANNE	W46 Cranbrook, B.C.	1:07.44	
2 LAURIDSEN, SUSANNE	W46 Calgary, Alberta	1:15.90	
3 WILLIS, KATHERINE	W45 Cambridge, Ontario	1:16.84	

Women 800 Meter Run 45 - 49

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 Record: # 2:18.20 7/9/2001 Maureen de St. Croix

Name	Age Team	Finals	Points
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1 KENNEDY, KAREN	W46 Portland, Ontario	2:40.27	
2 WILLIS, KATHERINE	W45 Cambridge, Ontario	2:51.36	

Women 1500 Meter Run 45 - 49

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 Record: # 4:39.75 7/13/2001 Maureen de St. Croix

Name	Age Team	Finals	Points
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1 KENNEDY, KAREN	W46 Portland, Ontario	5:33.94	
2 WILLIS, KATHERINE	W45 Cambridge, Ontario	6:03.71	
3 BISHOP, HOPE	W49 Okotoks, Alberta	6:05.11	
4 DUMAS, JOCELYNE	W45 Rock Forest, Quebec	6:28.07	

Women 5000 Meter Run 45 - 49

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 Record: # 24:06.47 7/18/2004 JOCELYNE DUMAS, Unattached

Name	Age Team	Finals	Points
1 DUMAS, JOCELYNE	W45 Rock Forest, Quebec	24:06.47#	
2 ROBLIN, LYNN	W46 Oakville, Ontario	24:42.57	

Women 3000 Meter Race Walk 45 - 49

Record: # 15:48.60 6/16/1998 Frances Hinton

Name	Age Team	Finals	Points
1 PATTEN SWEAZEY, NANCI	W49 Mississauga, Ontari	16:08.42	
2 FLIPSEN, JOHANNA	W49 Fort Saskatchewan,	16:29.75	

Women 5000 Meter Race Walk 45 - 49

Record: # 25:53.26 6/22/2002 Nanci Sweazey

Name	Age Team	Finals	Points
1 PATTEN SWEAZEY, NANCI	W49 Mississauga, Ontari	27:59.40	
2 FLIPSEN, JOHANNA	W49 Fort Saskatchewan,	28:41.61	

Women 80 Meter Hurdles 30" 45 - 49

Record: # 15.14 7/17/2004 MURIEL GIENI, Unattached

Name	Age Team	Finals	Wind	Points
1 GIENI, MURIEL	W46 Saskatoon, Saskatch	15.14#	+0.0	
2 THOM, ROSLYN	W48 Calgary, Alberta	15.40	+0.0	

Women High Jump 45 - 49

Record: # 1.76m 8/6/1999 Debbie Brill

Name	Age	Team	Finals	Points
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1 THOM, ROSLYN		W48 Calgary, Alberta	1.35m		
	1.20	1.25	1.30	1.35	1.40
	O	P	XO	XO	XXX

Women Long Jump 45 - 49

Record: # 4.98m 7/9/1977 Eveline Saull

Name	Age	Team	Finals	Wind	Points
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1 THOM, ROSLYN		W48 Calgary, Alberta	4.67m	+0.0	
	4.31m(1.8)	FOUL(0.6)	4.60m(0.7)	3.85m(1.8)	4.67m(+0.0) 4.15m(0.7)
2 LAURIDSEN, SUSANNE		W46 Calgary, Alberta	4.38m	1.3	
	4.06m(+0.0)	4.16m(+0.0)	4.38m(1.3)	FOUL(0.7)	3.92m(2.2) 4.15m(0.7)
3 FREEMAN, BJ		W45 Calgary, Alberta	4.33m	2.5	
	FOUL(+0.0)	FOUL(1.0)	4.33m(2.5)	FOUL(1.4)	4.20m(1.5) 4.08m(1.5)
4 GIENI, MURIEL		W46 Saskatoon, Saskatch	4.00m	1.5	
	3.99m(1.3)	4.00m(1.5)	PASS(NWI)	PASS(NWI)	PASS(NWI) PASS(NWI)

Women Shot Put 4 K 45 - 49

Record: # 9.44m 8/17/1996 Liz McBlain

Name	Age	Team	Finals	Points
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1 GIENI, MURIEL		W46 Saskatoon, Saskatch	9.14m			
	9.14m	8.96m	FOUL	PASS	PASS	PASS
2 COWARD, SELINA		W49 Regina, Saskatchewan	8.97m			

8.48m FOUL FOUL 8.97m 8.92m PASS

Women 100 Meter Dash 50 - 54

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 Record: # 13.10 7/17/2004 KARLA DEL GRANDE, Gladstone Track

Name	Age Team	Finals	Wind Points
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1 DEL GRANDE, KARLA	W51 Toronto, Ontario	13.10#	1.6
2 FOSSBERG, METTE	W52 Edmonton, Alberta	15.27	1.6
3 NUTTING, JAN	W50 Edmonton, Alberta	15.67	1.6

Women 200 Meter Dash 50 - 54

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 Record: # 26.85 7/18/2004 KARLA DEL GRANDE, Gladstone Track

Name	Age Team	Finals	Wind Points
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1 DEL GRANDE, KARLA	W51 Toronto, Ontario	26.85#	-0.9
2 NUTTING, JAN	W50 Edmonton, Alberta	33.85	-0.9

Women 400 Meter Dash 50 - 54

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 Record: # 1:00.50 6/15/2003 Karla del Grande

Name	Age Team	Finals	Points
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1 DEL GRANDE, KARLA	W51 Toronto, Ontario	1:00.97	
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Women 3000 Meter Race Walk 50 - 54

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 Record: # 17:21.10 7/7/2002 Liliana Whalen

Name	Age Team	Finals	Points
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=====
1 LEO, NANCY                W54 Willowdale, Ontario  18:31.23
2 OKAMURA, KATHIE         W54 Edmonton, Alberta   18:56.68
3 HILL, MARGARET           W51 Calgary, Alberta    19:49.15
```

Women 5000 Meter Race Walk 50 - 54

```
=====
Record: # 28:32.42  8/9/2002  Liliana Whalen
```

```
Name                Age Team                Finals  Points
```

```
=====
1 LEO, NANCY                W54 Willowdale, Ontario  31:54.06
2 OKAMURA, KATHIE         W54 Edmonton, Alberta   32:40.83
```

Women High Jump 50 - 54

```
=====
Record: # 1.55m  7/17/2004  DEBBIE BRILL, Unattached
```

```
Name                Age Team                Finals  Points
```

```
=====
1 BRILL, DEBBIE           W51 Burnaby, B.C.      1.55m#
    1.50 1.55 1.61
    O   O  XXX
```

Women Long Jump 50 - 54

```
=====
Record: # 4.41m  8/22/2002  Mette Fosburg
```

```
Name                Age Team                Finals  Wind Points
```

```
=====
1 FOSSBERG, METTE         W52 Edmonton, Alberta   4.09m  0.7
    4.08m(1.2) 3.50m(1.1) 3.80m(0.7) 3.86m(1.2) 4.09m(0.7) 3.91m(1.2)
```

Women Triple Jump 50 - 54

Record: # 8.87m 8/17/2003 Mette Fosberg

Name	Age	Team	Finals	Wind	Points
------	-----	------	--------	------	--------

1 FOSSBERG, METTE		W52 Edmonton, Alberta	8.79m	-1.7	
			8.37m(-1.6)	8.73m(-1.0)	8.79m(-1.7)
			8.67m(-2.1)	FOUL(-1.1)	8.53m(-1.8)

Women Shot Put 3 K 50 - 54

Record: # 10.51m 3/7/1998 Liz McBlain

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

1 JANSSENS, ROBYN		W51 Maple Ridge, B.C.	7.98m	
			FOUL	7.73m
			5.93m	7.86m
			7.98m	7.84m
2 CHMIELEWSKI, SHARON		W54 Coaldale, Alberta	7.84m	
			7.46m	7.38m
			7.09m	7.84m
			7.40m	7.35m

Women Discus Throw 1 k 50 - 54

Record: # 32.08m 8/16/1997 Joyce Thomas

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

1 JANSSENS, ROBYN		W51 Maple Ridge, B.C.	18.84m	
			18.33m	FOUL
			18.36m	18.65m
			18.84m	18.19m
2 CHMIELEWSKI, SHARON		W54 Coaldale, Alberta	18.59m	
			18.40m	17.76m
			18.59m	18.52m
			FOUL	FOUL

Women Hammer Throw 3 K 50 - 54

Record: # 30.49m 8/18/2000 Liz McBlain

Name	Age	Team	Finals	Points
=====				
1 JANSSENS, ROBYN		W51 Maple Ridge, B.C.	28.38m	
	25.44m	26.24m	FOUL	28.38m FOUL FOUL

Women Javelin Throw 500 g 50 - 54

Record: # 30.08m 7/19/1992 Margaret Tosh

Name	Age	Team	Finals	Points
=====				
1 JANSSENS, ROBYN		W51 Maple Ridge, B.C.	10.22m	
	PASS	PASS	PASS	10.22m 8.12m 9.41m

Women Weight Throw 7.26 K 50 - 54

Record: # 10.62m 8/20/2000 Liz McBlain

Name	Age	Team	Finals	Points
=====				
1 JANSSENS, ROBYN		W51 Maple Ridge, B.C.	7.46m	
	7.31m	7.46m	FOUL	PASS PASS PASS

Women Weight Pentathlon 50 - 54

Record: # 2895 8/17/2000 Liz McBlain

Name	Age	Team	Finals	Points
=====				
1 JANSSENS, ROBYN		W51 Maple Ridge, B.C.	1953	

Women 100 Meter Dash 55 - 59

Record: # 14.24 8/25/2001 Avril Douglas

Name	Age Team	Finals	Wind	Points
------	----------	--------	------	--------

1 TROTT, RHONA	W55 Hamilton, Ontario	15.29	1.6	
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Women 400 Meter Dash 55 - 59

Record: # 1:02.40 8/25/2001 Avril Douglas

Name	Age Team	Finals	Points
------	----------	--------	--------

1 HARTZLER, MARY	W55 Gahanna, Ohio	X1:20.90	
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Women 800 Meter Run 55 - 59

Record: # 2:32.17 7/22/1996 Diane Palmason

Name	Age Team	Finals	Points
------	----------	--------	--------

1 HARTZLER, MARY	W55 Gahanna, Ohio	X3:08.84	
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Women 3000 Meter Race Walk 55 - 59

Record: # 17:48.80 5/17/1992 June Marie Provost

Name	Age Team	Finals	Points
------	----------	--------	--------

1 JOHNSON, FAUNE	W56 Vancouver, British	20:21.85	
2 HAMES, DANELLE	W56 Calgary, Alberta	21:38.06	

Women 5000 Meter Race Walk 55 - 59

Record: # 29:24.00 4/3/1993 June Marie Provost

Name	Age Team	Finals	Points
1 JOHNSON, FAUNE	W56 Vancouver, British	35:02.78	
2 CHICHAK, MARIANNE	W56 Edmonton, Alberta	36:27.76	

Women 2000 Meter Steeplechase 55 - 59

Record: # 9:20.22 7/21/2003 Linda Findley

Name	Age Team	Finals	Points
1 WARICK, JUDY	W55 Saskatoon, Sask.	9:30.42	

Women High Jump 55 - 59

Record: # 1.25m 7/7/2001 Marg Radcliffe

Name	Age Team	Finals	Points
1 MCBLAIN, LIZ	W56 Edmonton, Alberta	1.05m	
		1.00 1.05 1.10	
		O O XXX	

Women Long Jump 55 - 59

Record: # 3.94m 6/21/1998 Marg Radcliffe

Name	Age Team	Finals	Wind	Points
1 MCBLAIN, LIZ	W56 Edmonton, Alberta	2.85m	1.8	
		2.82m(+0.0) 2.66m(+0.0) 2.68m(1.8) 2.68m(0.3) 2.80m(0.2) 2.85m(1.8)		

Women Triple Jump 55 - 59

=====
 Record: # 7.76m 6/25/1995 Jutta Reigel

Name	Age	Team	Finals	Wind	Points
------	-----	------	--------	------	--------

=====

1	WARICK, JUDY	W55	Saskatoon, Sask.	7.31m	-2.5
				6.93m(-2.4)	7.10m(-1.9)
				7.01m(-1.6)	7.20m(-1.2)
				7.31m(-2.5)	7.18m(-2.5)
2	MCBLAIN, LIZ	W56	Edmonton, Alberta	6.14m	-1.1
				FOUL(-0.8)	5.81m(-2.3)
				6.14m(-1.1)	FOUL(-1.2)
				6.08m(-0.8)	6.05m(-2.5)

Women Shot Put 3 K 55 - 59

=====
 Record: # 11.12m 7/17/2004 MARY HARTZLER, Unattached

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

=====

1	MCBLAIN, LIZ	W56	Edmonton, Alberta	9.59m
				9.45m 9.33m 9.46m 9.46m 9.18m 9.59m
2	STEFFENSEN, BETTY	W57	Valleyview, Alberta	6.42m
				6.42m 6.02m PASS PASS PASS PASS
--	HARTZLER, MARY	W55	Gahanna, Ohio	X11.12m#
				10.39m 10.63m 10.86m 10.63m FOUL 11.12m

Women Discus Throw 1 k 55 - 59

=====
 Record: # 31.23m 7/18/2004 MARY HARTZLER, Unattached

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

=====

1	WARICK, JUDY	W55	Saskatoon, Sask.	22.21m
				20.85m 22.21m 18.71m 21.29m 20.16m FOUL
2	MCBLAIN, LIZ	W56	Edmonton, Alberta	19.72m

FOUL 16.61m 17.69m 18.57m 19.72m 19.08m

3 STEFFENSEN, BETTY W57 Valleyview, Alberta 14.55m

FOUL FOUL 13.24m 11.81m 14.55m 13.41m

-- HARTZLER, MARY W55 Gahanna, Ohio X31.23m#

29.99m 28.78m 31.23m FOUL 30.73m FOUL

Women Hammer Throw 3 K 55 - 59

=====
Record: # 39.54m 7/17/2004 MARY HARTZLER, Unattached

Name	Age	Team	Finals	Points
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=====
1 MCBLAIN, LIZ W56 Edmonton, Alberta 25.73m

24.67m 24.46m 23.76m 25.73m 25.05m 24.15m

2 STEFFENSEN, BETTY W57 Valleyview, Alberta 18.69m

FOUL 16.03m 14.10m 18.69m 13.53m FOUL

-- HARTZLER, MARY W55 Gahanna, Ohio X39.54m#

34.04m 34.62m 39.54m FOUL 38.30m 37.86m

Women Javelin Throw 500 g 55 - 59

=====
Record: # 28.95m 8/5/2001 Margaret Radcliffe

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

=====
2 MCBLAIN, LIZ W56 Edmonton, Alberta 15.62m

FOUL 13.55m 15.04m FOUL 13.06m 15.62m

3 STEFFENSEN, BETTY W57 Valleyview, Alberta 15.59m

14.72m FOUL 15.59m FOUL 14.28m 14.40m

1 HARTZLER, MARY W55 Gahanna, Ohio X23.37m

23.37m 21.15m 19.53m 16.30m 21.31m 21.43m

Women Weight Throw 7.26 K 55 - 59

Record: # 11.62m 7/17/2004 MARY HARTZLER, Unattached

Name	Age	Team	Finals	Points
1 MCBLAIN, LIZ	W56	Edmonton, Alberta	9.99m	
			8.71m 9.42m 9.35m 9.48m 9.55m 9.99m	
2 STEFFENSEN, BETTY	W57	Valleyview, Alberta	8.57m	
			6.61m 6.89m FOUL 6.31m FOUL 8.57m	
-- HARTZLER, MARY	W55	Gahanna, Ohio	X11.62m#	
			11.62m FOUL 10.40m PASS PASS PASS	

Women Weight Pentathlon 55 - 59

Record: # 2962 7/2/2003 Liz McBlain

Name	Age	Team	Finals	Points
2 MCBLAIN, LIZ	W56	Edmonton, Alberta	2872	
3 STEFFENSEN, BETTY	W57	Valleyview, Alberta	1781	
1 HARTZLER, MARY	W55	Gahanna, Ohio	X3966#	

Women 100 Meter Dash 60 - 64

Record: # 14.31 7/17/2004 CAROL LAFAYETTE-BOYD, Unattached

Name	Age	Team	Finals	Wind	Points
1 LAFAYETTE-BOYD, CAROL	W62	Regina, Saskatchewa	14.31#	1.2	
3 RADCLIFFE, MARG	W62	Lake Cowichan, Brit	15.61	1.2	
4 VOGEL, JOAN	W63	Regian, Saskatchewa	15.94	1.2	
5 ROWSWELL, ADRI	W63	Toronto, Ont	16.94	1.2	

6	HOPCHIN, MARIA	W60 Edmonton, Alberta	17.10	1.2
2	ROBINSON, MARY	W62 Gahanna, Ohio	X15.53	1.2

Women 200 Meter Dash 60 - 64

Record: # 29.37 7/7/2002 Carol Lafayette-Boyd

Name	Age Team	Finals	Wind	Points
------	----------	--------	------	--------

1	LAFAYETTE-BOYD, CAROL	W62 Regina, Saskatchewa	30.14	-1.0
3	RADCLIFFE, MARG	W62 Lake Cowichan, Brit	33.84	-1.0
4	ROWSWELL, ADRI	W63 Toronto, Ont	36.56	-1.0
5	HOPCHIN, MARIA	W60 Edmonton, Alberta	37.34	-1.0
2	ROBINSON, MARY	W62 Gahanna, Ohio	X32.34	-1.0

Women 400 Meter Dash 60 - 64

Record: # 1:08.34 8/9/2000 Diane Palmason

Name	Age Team	Finals	Points
------	----------	--------	--------

2	RADCLIFFE, MARG	W62 Lake Cowichan, Brit	1:24.01
1	ROBINSON, MARY	W62 Gahanna, Ohio	X1:17.37

Women 800 Meter Run 60 - 64

Record: # 2:40.58 8/18/2000 Diane Palmason

Name	Age Team	Finals	Points
------	----------	--------	--------

1	SAUNDERS, BARBARA	W64 Nelson, BC	3:30.84
2	BOST, MADELINE	W64 Ironia, New Jersey	X3:51.41

Women 1500 Meter Run 60 - 64

=====
 Record: # 5:45.86 10/16/1993 Jean Horne

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1 SAUNDERS, BARBARA	W64 Nelson, BC	7:12.25	
2 BOST, MADELINE	W64 Ironia, New Jersey	X7:58.88	

Women 3000 Meter Race Walk 60 - 64

=====
 Record: # 19:50.98 7/17/2004 EILEEN SARKAR, Unattached

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1 SARKAR, EILEEN	W62 Ottawa, Ontario	19:50.98#	
2 CHRISTENSEN, JOAN	W64 Toronto, Ontario	19:59.46	
3 DENBY, PAT	W64 Victoria, B.C.	21:37.08	
4 BOST, MADELINE	W64 Ironia, New Jersey	X23:18.86	

Women 5000 Meter Race Walk 60 - 64

=====
 Record: # 29:18.75 7/4/1993 June Marie Provost

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1 DENBY, PAT	W64 Victoria, B.C.	36:24.30	
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Women High Jump 60 - 64

=====
 Record: # 1.28m 3/12/2002 Marg Radcliffe

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1	ANDERSON, SANDRA	W64 Victoria, BC	1.20m					
	0.88	0.95	1.00	1.05	1.10	1.15	1.20	1.25
	P	P	O	P	O	O	XXO	XXX
2	RADCLIFFE, MARG	W62 Lake Cowichan, Brit	1.15m					
	0.88	0.95	1.00	1.05	1.10	1.15	1.20	
	P	P	P	P	O	O	XXX	
3	HOOVER, VIRGINIA	W63 Telkwa, British Col	1.00m					
	0.88	0.95	1.00	1.05				
	O	O	O	XXX				

Women Pole Vault 60 - 64

Record: # 1.90m 6/10/1996 Edith Gray

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

1	ANDERSON, SANDRA	W64 Victoria, BC	1.53m				
	1.18	1.28	1.33	1.38	1.43	1.53	1.58
	O	O	P	O	O	O	XXX
2	HOOVER, VIRGINIA	W63 Telkwa, British Col	1.38m				
	1.18	1.28	1.33	1.38	1.43		
	O	XO	XXO	XO	XXX		

Women Long Jump 60 - 64

Record: # 4.43m 7/17/2004 CAROL LAFAYETTE-BOYD, Unattached

Name	Age	Team	Finals	Wind	Points
------	-----	------	--------	------	--------

1	LAFAYETTE-BOYD, CAROL	W62 Regina, Saskatchewan	4.43m#	0.3
	4.16m(-0.4)	4.43m(0.3)	4.27m(1.5)	PASS(NWI) PASS(NWI) PASS(NWI)
2	ANDERSON, SANDRA	W64 Victoria, BC	3.20m	+0.0

3.09m(+0.0) 3.12m(1.7) 3.19m(0.1) 3.20m(+0.0) PASS(NWI) PASS(NWI)
 3 HOOVER, VIRGINIA W63 Telkwa, British Col 2.42m 0.4
 FOUL(-0.6) 2.42m(0.4) 2.05m(0.1) 2.39m(+0.0) PASS(NWI) PASS(NWI)

Women Triple Jump 60 - 64

Record: # 8.90m 8/17/2003 Carol Lafayette-Boyd

Name	Age	Team	Finals	Wind	Points
------	-----	------	--------	------	--------

1 LAFAYETTE-BOYD, CAROL	W62	Regina, Saskatchewa	9.09m#	-0.5	
			8.57m(-1.7)	8.93m(-2.3)	9.09m(-0.5) 8.94m(-2.1) 7.36m(-2.1) PASS(NWI)
2 ANDERSON, SANDRA	W64	Victoria, BC	6.53m	-0.9	
			6.10m(-2.2)	6.17m(-1.6)	6.53m(-0.9) FOUL(-1.8) 6.28m(-2.3) 6.31m(-2.5)
3 HOOVER, VIRGINIA	W63	Telkwa, British Col	5.61m	-2.1	
			4.95m(-0.8)	5.03m(-1.1)	FOUL(-2.2) FOUL(-1.3) 5.45m(-2.7) 5.61m(-2.1)

Women Shot Put 3 K 60 - 64

Record: # 9.07m 6/8/1994 Mae Turek

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

1 ANDERSON, SANDRA	W64	Victoria, BC	8.58m	
			8.32m	8.27m 8.02m 8.58m FOUL 7.65m
2 VOGEL, JOAN	W63	Regian, Saskatchewa	8.41m	
			7.51m	7.87m 8.41m 7.88m 7.64m 7.76m
4 HOOVER, VIRGINIA	W63	Telkwa, British Col	6.65m	
			6.65m	6.55m 6.58m 6.30m 6.52m 6.56m
3 ROBINSON, MARY	W62	Gahanna, Ohio	X7.03m	
			5.97m	6.94m 6.92m 7.03m PASS PASS

Women Discus Throw 1 k 60 - 64

=====
 Record: # 25.01m 2/9/1994 Mae Turek

Name	Age	Team	Finals	Points
1 VOGEL, JOAN		W63 Regian, Saskatchewa	19.52m	
			16.42m 19.52m 17.62m 15.97m 16.78m FOUL	
2 ANDERSON, SANDRA		W64 Victoria, BC	17.28m	
			14.97m 16.22m 17.28m FOUL FOUL 15.37m	
4 HOOVER, VIRGINIA		W63 Telkwa, British Col	15.40m	
			10.96m 12.44m 15.40m 14.81m 14.08m 15.25m	
3 ROBINSON, MARY		W62 Gahanna, Ohio	X16.93m	
			12.02m 14.49m 14.60m 14.00m 13.03m 16.93m	

Women Hammer Throw 3 K 60 - 64

=====
 Record: # 21.92m 12/8/1990 Mary Thomson

Name	Age	Team	Finals	Points
1 ANDERSON, SANDRA		W64 Victoria, BC	20.77m	
			18.69m 20.05m 20.77m 20.44m 20.35m FOUL	
2 HOOVER, VIRGINIA		W63 Telkwa, British Col	14.92m	
			14.79m 13.00m 14.52m 13.72m 14.92m 14.07m	

Women Javelin Throw 400 g 60 - 64

=====
 Record: # 34.47m 11/5/2003 Margaret Radcliffe

Name	Age	Team	Finals	Points
1 RADCLIFFE, MARG		W62 Lake Cowichan, Brit	30.80m	

28.39m 29.45m 30.80m FOUL FOUL FOUL

2 ANDERSON, SANDRA W64 Victoria, BC 23.32m

2.06m 18.08m FOUL FOUL FOUL 23.32m

3 HOOVER, VIRGINIA W63 Telkwa, British Col 11.52m

9.94m 11.04m 11.52m 10.00m FOUL 11.36m

Women Weight Throw 5.45 K 60 - 64

Record: # 9.61m 7/17/2004 SANDRA ANDERSON, Unattached

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

1 ANDERSON, SANDRA W64 Victoria, BC 9.61m#

7.82m 9.61m 9.44m PASS PASS PASS

2 HOOVER, VIRGINIA W63 Telkwa, British Col 7.71m

6.44m 6.24m 7.53m 7.71m PASS 7.51m

Women Weight Pentathlon 60 - 64

Record: # 2426 8/20/1989 Mary Thomson

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

1 ANDERSON, SANDRA W64 Victoria, BC 2940#

2 HOOVER, VIRGINIA W63 Telkwa, British Col 2108

Women 100 Meter Dash 65 - 69

Record: # 15.06 8/16/2003 Diane Palmason

Name	Age	Team	Finals	Wind	Points
------	-----	------	--------	------	--------

1 CROSTHWAITE, GERDA W65 Kelowna, British Co 15.91 +0.0

2	MCCARRON-EGNER, MARY	W67 Regina, Saskatchewan	15.95	+0.0
4	WATSON, EILEEN	W66 Calgary, Alberta	20.11	+0.0
5	MATLOCK, JOAN	W65 Saskatoon, Saskatch	20.42	+0.0
3	COFFEE-CARNEY, MARION	W66 Austin, Texas	X18.12	+0.0

Women 200 Meter Dash 65 - 69

Record: # 30.72 8/10/2003 Diane Palmason

Name	Age Team	Finals	Wind	Points
------	----------	--------	------	--------

1	MCCARRON-EGNER, MARY	W67 Regina, Saskatchewan	34.23	-1.2
2	CROSTHWAITE, GERDA	W65 Kelowna, British Co	34.94	-1.2
3	COFFEE-CARNEY, MARION	W66 Austin, Texas	X40.81	-1.2

Women 400 Meter Dash 65 - 69

Record: # 1:08.21 8/8/2003 Diane Palmason

Name	Age Team	Finals	Points
------	----------	--------	--------

1	MCCARRON-EGNER, MARY	W67 Regina, Saskatchewan	1:28.89
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Women 1500 Meter Run 65 - 69

Record: # 5:46.61 7/26/2003 Diane Palmason

Name	Age Team	Finals	Points
------	----------	--------	--------

1	MATLOCK, JOAN	W65 Saskatoon, Saskatch	8:57.28
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Women 3000 Meter Race Walk 65 - 69

Record: # 19:39.00 7/7/2002 June Marie Provost

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1 ROSAS ROSAS, ALMA	W65 Guadalajara, Mexico	X21:50.31	
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Women 5000 Meter Race Walk 65 - 69

Record: # 31:16.16 7/31/1998 June Marie Provost

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1 ROSAS ROSAS, ALMA	W65 Guadalajara, Mexico	X36:39.02	
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Women Long Jump 65 - 69

Record: # 3.60m 6/21/2001 Edith Gray

Name	Age Team	Finals	Wind	Points
------	----------	--------	------	--------

=====

1 CROSTHWAITE, GERDA	W65 Kelowna, British Co	3.58m	-0.6				
		3.48m(-0.9)	3.43m(1.1)	3.58m(-0.6)	3.52m(0.4)	3.44m(1.0)	3.50m(0.7)
2 WATSON, EILEEN	W66 Calgary, Alberta	2.61m	-0.1				
		2.61m(-0.1)	2.31m(1.0)	2.18m(+0.0)	2.39m(0.4)	2.53m(1.1)	2.58m(0.7)

Women Shot Put 3 K 65 - 69

Record: # 8.21m 7/30/1989 Helgi Pedel

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1 WATSON, EILEEN	W66 Calgary, Alberta	6.14m	
		5.97m	5.86m 6.14m 5.07m 5.34m 5.22m

Women Javelin Throw 400 g 65 - 69

=====
 Record: # 23.22m 10/6/1989 Elga Meri

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1 CROSTHWAITE, GERDA	W65 Kelowna, British Co	22.28m	
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19.52m 19.45m 19.98m 22.28m 21.71m 21.31m

2 WATSON, EILEEN	W66 Calgary, Alberta	8.04m	
------------------	----------------------	-------	--

7.42m 6.57m 8.02m 8.04m 5.81m FOUL

Women 100 Meter Dash 70 - 74

=====
 Record: # 17.05 8/25/2001 Doreen Carmichael

Name	Age Team	Finals	Wind	Points
------	----------	--------	------	--------

=====

1 BOIVIN, GWEN	W70 Moosejaw, Saskatche	18.71	1.0	
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Women 200 Meter Dash 70 - 74

=====
 Record: # 37.87 8/19/1984 Isobel Saumier

Name	Age Team	Finals	Wind	Points
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=====

1 BOIVIN, GWEN	W70 Moosejaw, Saskatche	42.11	-1.2	
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Women 400 Meter Dash 70 - 74

=====
 Record: # 1:21.21 8/16/2003 Jean Horne

Name	Age Team	Finals	Points
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=====

1 HORNE, JEAN	W71 Kitchener, Ontario	1:22.28	
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2 HOLLICKY, NESSIE W72 Calgary, Alberta 1:45.70

Women 800 Meter Run 70 - 74

=====
Record: # 3:04.44 8/17/2003 Jean Horne

=====
Name Age Team Finals Points
=====

1 HOLLICKY, NESSIE W72 Calgary, Alberta 4:11.41

Women 1500 Meter Run 70 - 74

=====
Record: # 6:30.79 8/16/2003 Jean Horne

=====
Name Age Team Finals Points
=====

1 VISSER, HELLY W70 Millarville, Albert 6:58.50

2 MONTGOMERY, LENORE W74 North Vancouver, B. 7:02.05

3 HOLLICKY, NESSIE W72 Calgary, Alberta 8:31.80

Women 5000 Meter Run 70 - 74

=====
Record: # 25:41.36 7/18/2004 LENORE MONTGOMERY, Unattached

=====
Name Age Team Finals Points
=====

1 MONTGOMERY, LENORE W74 North Vancouver, B. 25:41.36#

Women Long Jump 70 - 74

=====
Record: # 3.05m 6/5/1991 Elga Meri

=====
Name Age Team Finals Wind Points
=====

1 BOIVIN, GWEN W70 Moosejaw, Saskatche 2.72m 2.5
 FOUL(-0.3) 2.53m(+0.0) 2.59m(+0.0) 2.72m(2.5) FOUL(0.7) 2.51m(2.0)

Women Triple Jump 70 - 74

=====
 Record: # 6.62m 6/23/1997 Helgi Pedel

=====
 Name Age Team Finals Wind Points
 =====

1 BOIVIN, GWEN W70 Moosejaw, Saskatche 6.60m -2.0
 6.47m(-2.3) 6.60m(-2.0) 6.54m(0.9) 6.54m(-2.7) 6.53m(-2.4) FOUL(-1.7)

Women Shot Put 3 K 70 - 74

=====
 Record: # 7.74m 10/6/2000 Velta Tomsons

=====
 Name Age Team Finals Points
 =====

1 TUREK, MAE W72 Vancouver, B.C. 6.62m
 5.78m 6.32m 6.13m 6.47m 6.62m 6.03m
 2 FERGUSON, LIL W71 Moose Jaw, Saskatch 5.80m
 5.10m 5.48m 5.80m 5.63m 5.56m 5.17m

Women Discus Throw 1 k 70 - 74

=====
 Record: # 22.22m 7/26/1991 Elga Meri

=====
 Name Age Team Finals Points
 =====

1 TUREK, MAE W72 Vancouver, B.C. 17.35m
 17.35m 16.63m 14.66m 14.52m 15.57m 16.00m
 2 FERGUSON, LIL W71 Moose Jaw, Saskatch 15.08m
 14.03m 13.07m 14.90m FOUL 15.08m 13.75m

Women Hammer Throw 3 K 70 - 74

Record: # 17.94m 7/17/2004 MAE TUREK, Unattached

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

1 TUREK, MAE		W72 Vancouver, B.C.	17.94m#			
	15.44m	15.89m	17.05m	15.96m	17.94m	17.53m

Women Javelin Throw 400 g 70 - 74

Record: # 24.24m 4/5/1992 Elga Meri

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

1 FERGUSON, LIL		W71 Moose Jaw, Saskatch	17.49m			
	14.79m	15.77m	14.77m	17.49m	16.19m	15.82m
2 TUREK, MAE		W72 Vancouver, B.C.	14.59m			
	13.74m	14.59m	13.81m	12.74m	12.95m	12.88m

Women Weight Throw 5.45 K 70 - 74

Record: # 6.73m 11/6/1994 Helgi Pedel

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

1 TUREK, MAE		W72 Vancouver, B.C.	6.66m			
	FOUL	6.54m	6.66m	6.59m	PASS	PASS

Women Weight Pentathlon 70 - 74

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

Name	Age Team	Finals	Points
=====			
1 VOGELSANG, EVA	W75 Calgary, Alberta	37:17.10	

Women Shot Put 3 K 75 - 79

Record: # 7.17m 6/9/2003 Velta Tomsons

Name	Age Team	Finals	Points
=====			
1 MCLEOD-SMITH, DOREEN	W79 North Vancouver, B.	5.88m	
		4.55m 4.84m 5.18m 4.90m 4.58m 5.88m	
2 MCQUARRIE, BETTY	W75 Edmonton, Alberta	5.49m	
		5.33m 5.04m 5.24m 5.49m 5.40m 5.07m	
3 SMALLWOOD, MAXINE	W75 Terrace, British Co	5.33m	
		4.76m 5.08m 5.33m 5.11m 4.88m 5.14m	

Women Discus Throw 1 k 75 - 79

Record: # 17.54m 6/15/1996 Elga Meri

Name	Age Team	Finals	Points
=====			
1 MCLEOD-SMITH, DOREEN	W79 North Vancouver, B.	12.42m	
		11.15m FOUL 11.55m 11.54m 11.55m 12.42m	
2 SMALLWOOD, MAXINE	W75 Terrace, British Co	11.31m	
		FOUL 10.99m 9.33m 11.31m 10.78m 10.92m	

Women Hammer Throw 3 K 75 - 79

Record: # 13.59m 6/21/2003 Doreen McLeod-Smith

Name	Age Team	Finals	Points
=====			

=====

1 MCLEOD-SMITH, DOREEN W79 North Vancouver, B. 12.81m

 FOUL 10.94m 12.49m 11.97m 10.54m 12.81m

Women Javelin Throw 400 g 75 - 79

=====

Record: # 19.94m 10/13/1997 Olga Kotelko

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1 SMALLWOOD, MAXINE	W75 Terrace, British Co	12.69m	
	10.89m 11.16m 10.09m 12.69m 11.64m 12.49m		
2 MCLEOD-SMITH, DOREEN	W79 North Vancouver, B.	11.41m	
	9.35m 10.81m 11.41m FOUL 9.62m 9.62m		

Women Weight Throw 5.45 K 75 - 79

=====

Record: # 6.10m 8/16/2003 Doreen McLeod-Smith

Name	Age Team	Finals	Points
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=====

1 MCLEOD-SMITH, DOREEN	W79 North Vancouver, B.	5.80m	
	5.08m FOUL 5.15m 5.80m PASS PASS		

Women Weight Pentathlon 75 - 79

=====

Record: # 2330 7/2/2003 Doreen McLeod-Smith

Name	Age Team	Finals	Points
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1 MCLEOD-SMITH, DOREEN	W79 North Vancouver, B.	2613#	
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Women 100 Meter Dash 85 - 89

Record: # 21.83 7/17/2004 OLGA KOTELKO, Unattached

Name	Age Team	Finals	Wind	Points
------	----------	--------	------	--------

1 KOTELKO, OLGA	W85 West Vancouver, B.C	21.83#	1.0	
2 FLEMING, ANNIE	W85 Coquitlam, B.C.	23.81	1.0	

Women 200 Meter Dash 85 - 89

Record: # 52.07 7/18/2004 OLGA KOTELKO, Unattached

Name	Age Team	Finals	Wind	Points
------	----------	--------	------	--------

1 KOTELKO, OLGA	W85 West Vancouver, B.C	52.07#	-1.2	
-----------------	-------------------------	--------	------	--

Women High Jump 85 - 89

Name	Age Team	Finals	Points
------	----------	--------	--------

1 KOTELKO, OLGA	W85 West Vancouver, B.C	0.85m	
		0.85 0.88	
		XO XXX	

Women Long Jump 85 - 89

Record: # 2.13m 7/17/2004 OLGA KOTELKO, Unattached

Name	Age Team	Finals	Wind	Points
------	----------	--------	------	--------

1 KOTELKO, OLGA	W85 West Vancouver, B.C	2.13m#	0.4	
		1.96m(-0.2) FOUL(+0.0) 2.06m(0.2) 1.86m(1.9) 2.11m(0.4) 2.13m(0.4)		

Women Shot Put 3 K 85 - 89

=====
 Record: # 5.85m 7/17/2004 OLGA KOTELKO, Unattached

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1 KOTELKO, OLGA	W85 West Vancouver, B.C	5.85m#	
		5.74m	5.50m 5.85m 5.85m 5.66m 5.36m

Women Discus Throw 1 k 85 - 89

=====
 Record: # 14.55m 7/18/2004 OLGA KOTELKO, Unattached

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1 KOTELKO, OLGA	W85 West Vancouver, B.C	14.55m#	
		FOUL	FOUL 14.17m 13.98m 12.87m 14.55m

Women Hammer Throw 3 K 85 - 89

=====
 Record: # 17.62m 7/17/2004 OLGA KOTELKO, Unattached

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1 KOTELKO, OLGA	W85 West Vancouver, B.C	17.62m#	
		17.42m	16.14m 17.62m FOUL FOUL 16.84m

Women Javelin Throw 400 g 85 - 89

=====
 Record: # 16.25m 3/10/2004 Olga Kotelko

Name	Age Team	Finals	Points
------	----------	--------	--------

=====

1 KOTELKO, OLGA	W85 West Vancouver, B.C	16.94m#	
-----------------	-------------------------	---------	--

13.77m FOUL 13.88m 14.90m 14.37m 16.94m

Women Weight Throw 5.45 K 85 - 89

Record: # 7.72m 7/17/2004 OLGA KOTELKO, Unattached

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

1 KOTELKO, OLGA		W85 West Vancouver, B.C	7.72m#	
	7.51m	7.72m	7.33m	7.20m
		PASS	PASS	

Women Weight Pentathlon 85 - 89

Name	Age	Team	Finals	Points
------	-----	------	--------	--------

1 KOTELKO, OLGA		W85 West Vancouver, B.C	5524	
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Men 4x100 Meter Relay

Team	Finals
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1 Too Hot Too Handle 35+	46.68
2 Team Saskatchewan 35+	47.77
3 Greyhounds 65+	58.42
4 Tri City70+	1:01.52

Men 4x400 Meter Relay

Team	Finals
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1 Deerfoot Athletic Club	4:00.48
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2 NO Name	4:19.10
3 Tainted Pork	4:20.19

Men 100 Meter Dash SUB MASTER

Record: # 11.57 7/17/2004 WILL HARROWER, Unattached

Name	Age Team	Finals	Wind Points
------	----------	--------	-------------

1 HARROWER, WILL	M32 Vernon, B.C.	11.57#	2.0
2 GARDNER, ADAM	M32 Maple Shade, New Je	X11.77	2.0

Men 200 Meter Dash SUB MASTER

Record: # 23.63 7/18/2004 WILL HARROWER, Unattached

Name	Age Team	Finals	Wind Points
------	----------	--------	-------------

1 HARROWER, WILL	M32 Vernon, B.C.	23.63#	-1.5
2 GARDNER, ADAM	M32 Maple Shade, New Je	X24.07	-1.5

Men 400 Meter Dash SUB MASTER

Record: # 56.17 7/17/2004 ADAM GARDNER, Unattached

Name	Age Team	Finals	Points
------	----------	--------	--------

2 SELBY, REX	M34 Colonsay, Saskatchewan	1:01.92	
1 GARDNER, ADAM	M32 Maple Shade, New Je	X56.17#	

Men 800 Meter Run SUB MASTER

Name	Age Team	Finals	Points
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=====
1 MARKS, LAURENCE           M34 Calgary, Alberta      2:11.16
2 SELBY, REX                M34 Colonsay,Saskatchew  2:24.94

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Men 1500 Meter Run SUB MASTER

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=====
Record: # 4:29.22  7/17/2004  LAURENCE MARKS, Big Sky Athletics

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Name                      Age Team                      Finals  Points
=====

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1 MARKS, LAURENCE           M34 Calgary, Alberta      4:29.22#
2 SELBY, REX                M34 Colonsay,Saskatchew  4:58.70

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Men 5000 Meter Run SUB MASTER

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=====
Record: # 19:10.32  7/18/2004  REX SELBY, Unattached

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Name                      Age Team                      Finals  Points
=====

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1 SELBY, REX                M34 Colonsay,Saskatchew  19:10.32#

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Men 400 Meter Hurdles 36 " SUB MASTER

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=====
Record: # 1:15.80  7/18/2004  REX SELBY, Unattached

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Name                      Age Team                      Finals  Points
=====

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```

1 SELBY, REX                M34 Colonsay,Saskatchew  1:15.80#

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Men 3000 Meter Steeplechase SUB MASTER

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=====
Record: # 12:34.91  7/17/2004  REX SELBY, Unattached

```

```

Name                      Age Team                      Finals  Points
=====

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Record: # 29.24m 7/17/2004 KIER WILSON, Unattached

Name	Age	Team	Finals	Points
1 WILSON, KIER	M32	Sherwood Park, Albe	29.24m#	
			24.95m	26.31m
			FOUL	FOUL
			27.72m	29.24m

Men Javelin Throw 800 g SUB MASTER

Name	Age	Team	Finals	Points
1 WILSON, KIER	M32	Sherwood Park, Albe	43.58m	
			43.58m	43.10m
			42.20m	42.21m
			41.81m	43.17m
2 FRERE, LEWIS	M34	Three Hills, Albert	41.29m	
			FOUL	36.99m
			41.29m	36.24m
			FOUL	30.09m

Men 100 Meter Dash 35 - 39

Record: # 10.80 7/1983 Ray Cardinal

Name	Age	Team	Finals	Wind	Points
1 SIMON, LUISTON	M35	Regina, Saskatchewan	11.38	1.0	
2 FOSTVELT, SHAWN	M36	Nanaimo, B.C.	11.61	1.0	
3 STARCHUK, DARREN	M39	Edmonton, Alberta	12.11	1.0	
4 BIGLOW, JOHN	M38	Delta, B.C.	12.26	1.0	
5 GERKE, GARNETT	M39	Edmonton, Alberta	12.90	1.0	
6 DANIS, JEFF	M37	Hinton, Alberta	13.27	1.0	
7 VARGAS, AUGEL	M39	Guadalajara, Mexico	X13.90	1.0	

Men 200 Meter Dash 35 - 39

Record: # 22.21 8/6/1983 Ray Cardinal

Name	Age Team	Finals	Wind	Points
1 SIMON, LUISTON	M35 Regina, Saskatchewan	23.78	-1.5	
2 BIGLOW, JOHN	M38 Delta, B.C.	25.45	-1.5	
3 GERKE, GARNETT	M39 Edmonton, Alberta	26.75	-1.5	

Men 800 Meter Run 35 - 39

Record: # 1:55.10 8/6/1981 Barry Adams

Name	Age Team	Finals	Points
1 GOLDSMITH, PETER	M38 Calgary, Alberta	2:08.51	

Men High Jump 35 - 39

Record: # 1.82m 7/5/1998 Winchester Johnson

Name	Age Team	Finals	Points
1 BIGLOW, TED	M37 Brooklin, Ontario	1.60m	
		1.45 1.50 1.55 1.60 1.66	
		O O P O XXX	

Men Long Jump 35 - 39

Record: # 6.28m 7/18/1992 Dave Burton

Name	Age Team	Finals	Wind	Points
1 BIGLOW, TED	M37 Brooklin, Ontario	5.82m	3.4	
		5.41m(1.6) 5.75m(0.7) 5.48m(0.6) 5.51m(0.6) 5.82m(3.4) FOUL(1.1)		

Men Shot Put 7.26 K 35 - 39

=====
 Record: # 15.00m 8/26/2001 Peter Dajia

Name	Age	Team	Finals	Points
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1 TESSIER, YVES		M37 Blainville, Quebec	13.35m	
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FOUL 13.35m 13.05m FOUL FOUL FOUL

2 VARGAS, AUGEL		M39 Guadalajara, Mexico	X7.80m	
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7.67m 7.30m 7.79m 7.80m 6.72m 7.39m

Men Discus Throw 2 k 35 - 39

=====
 Record: # 46.80m 6/24/1995 Jack Harness

Name	Age	Team	Finals	Points
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=====

1 MCMANUS, ROB		M37 Calgary, Alberta	36.87m	
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FOUL FOUL FOUL 36.87m FOUL FOUL

Men Hammer Throw 7.26 K 35 - 39

=====
 Record: # 44.44m 6/23/2001 Jean-Francois Latour

Name	Age	Team	Finals	Points
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=====

1 MCMANUS, ROB		M37 Calgary, Alberta	42.72m	
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38.17m 40.52m 41.83m FOUL 42.38m 42.72m

Men 100 Meter Dash 40 - 44

=====
 Record: # 11.08 6/25/2000 Allan Tissenbaum

Name	Age Team	Finals	Wind Points
1 ENWEANI, CYPRIAN	M40 Saskatoon, Saskatch	11.21	1.5
2 TOWNSEND, CHRIS	M40 Coquitlam, B.C.	11.56	1.5
3 CHENG, BOB	M44 Vancouver, British	12.46	1.5
4 SALMON, TREVOR	M42 Calgary, Alberta	12.53	1.5
5 LEWIN, WAYNE	M42 Kitscoty, Alberta	12.67	1.5
5 HOWORKO, RICK	M41 Millarville, Albert	12.67	1.5
7 BENNETT, GARRY	M44 Calgary, Alberta	13.28	1.5

Men 200 Meter Dash 40 - 44

Record: # 22.47 8/17/2003 David Lee Provo

Name	Age Team	Finals	Wind Points
1 ENWEANI, CYPRIAN	M40 Saskatoon, Saskatch	22.87	-2.3
2 TOWNSEND, CHRIS	M40 Coquitlam, B.C.	23.57	-2.3
3 CHENG, BOB	M44 Vancouver, British	26.02	-2.3
4 SALMON, TREVOR	M42 Calgary, Alberta	26.17	-2.3
5 LEWIN, WAYNE	M42 Kitscoty, Alberta	26.44	-2.3

Men 400 Meter Dash 40 - 44

Record: # 50.10 6/29/1985 George Smith

Name	Age Team	Finals	Points
1 TOWNSEND, CHRIS	M40 Coquitlam, B.C.	53.12	
2 JOHNSON, WINCHESTER	M43 Ponoka, Alberta	54.67	
3 LEE, JIMSON	M40 Vancouver, B.C.	55.63	
4 NICKEL, EWALD	M41 Abbotsford, British	57.34	

5	DONG, WALTER	M43 Jasper, Alberta	59.00
6	CHENG, BOB	M44 Vancouver, British	1:00.16
7	ABILDGAARD, ERIK	M42 Kelowna, B.C.	1:02.63
8	JACKMAN, KENNY	M43 Toronto, Ontario	1:05.64

Men 800 Meter Run 40 - 44

Record: # 1:56.30 9/28/1983 George Smith

Name	Age Team	Finals	Points
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1	HAIGH, JAMES	M42 Calgary, Alberta	2:05.53
2	WILKES, ROB	M44 Calgary, Alberta	2:07.47
3	BELANGER, LAURIER	M43 Bragg Creek, Alta	2:09.53
4	NICKEL, EWALD	M41 Abbotsford, British	2:11.02
5	GUSS, DAVID	M43 Calgary, Alberta	2:12.55
6	SMILLIE, MALCOLM	M44 Delta, B.C.	2:15.71
7	ABILDGAARD, ERIK	M42 Kelowna, B.C.	2:21.49
8	BURLEY, CHRIS	M42 Calgary, Alberta	2:21.77

Men 1500 Meter Run 40 - 44

Record: # 4:01.40 8/18/1988 Barry Adams

Name	Age Team	Finals	Points
------	----------	--------	--------

1	HAIGH, JAMES	M42 Calgary, Alberta	4:20.26
2	STEWART, CARL	M42 The Woodlands, Texa	4:24.75
3	BELANGER, LAURIER	M43 Bragg Creek, Alta	4:26.23
4	GUSS, DAVID	M43 Calgary, Alberta	4:31.11
5	JACKA, MICHAEL	M40 Edmonton, Alberta	4:39.97
6	SMILLIE, MALCOLM	M44 Delta, B.C.	4:40.74

7	LAZARUK, DARREN	M43 Calgary, Alberta	4:47.06
8	ABILDGAARD, ERIK	M42 Kelowna, B.C.	4:58.94
9	STATHAKOS, PETE	M42 Calgary, Alberta	5:20.52

Men 5000 Meter Run 40 - 44

Record: # 17:29.62 7/18/2004 DAVID GUSS, Unattached

Name	Age Team	Finals	Points
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1	GUSS, DAVID	M43 Calgary, Alberta	17:29.62#
2	LAZARUK, DARREN	M43 Calgary, Alberta	17:51.94

Men 110 Meter Hurdles 39" 40 - 44

Record: # 15.20 9/18/1983 Scott Tyler

Name	Age Team	Finals	Wind	Points
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1	DONG, WALTER	M43 Jasper, Alberta	17.63	0.9
2	LEWIN, WAYNE	M42 Kitscoty, Alberta	21.84	0.9

Men 400 Meter Hurdles 36 " 40 - 44

Record: # 54.76 9/7/1983 George Smith

Name	Age Team	Finals	Points
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1	DONG, WALTER	M43 Jasper, Alberta	1:04.00
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Men High Jump 40 - 44

Record: # 1.90m 6/8/2004 John Hawkins

Name	Age Team	Finals	Points
1 JOHNSON, WINCHESTER	M43 Ponoka, Alberta	1.75m	
1.60 1.65 1.70 1.75 1.80			
O O O O XXX			
2 WALLEY, BRIAN	M44 Belcarra, B.C.	1.55m	
1.30 1.35 1.40 1.45 1.50 1.55 1.60			
O O O O O XXO XXX			
3 LEWIN, WAYNE	M42 Kitscoty, Alberta	1.40m	
1.20 1.25 1.30 1.35 1.40 1.45			
O O O XO O XXX			

Men Pole Vault 40 - 44

Record: # 4.60m 9/7/1972 Roger Ruth

Name	Age Team	Finals	Points
1 JOHNSON, WINCHESTER	M43 Ponoka, Alberta	3.75m	
3.60 3.75 3.90			
XO O XXX			
-- WALLEY, BRIAN	M44 Belcarra, B.C.	NH	
3.60			
XXX			

Men Long Jump 40 - 44

Record: # 6.48m 8/20/2000 Jim Bissenden

Name	Age Team	Finals	Wind	Points
1 JOHNSON, WINCHESTER	M43 Ponoka, Alberta	5.86m	1.5	

5.77m(1.1) 5.55m(1.6) 5.52m(0.8) 5.86m(1.5) PASS(NWI) PASS(NWI)

2 GUYN, GREG M44 Lethbridge, Alberta 5.54m 1.5
2.73m(-0.6) FOUL(1.7) FOUL(0.8) 5.22m(1.5) 5.54m(1.5) PASS(NWI)

3 JACKMAN, KENNY M43 Toronto, Ontario 5.37m 0.7
5.23m(+0.0) FOUL(1.8) FOUL(+0.0) 5.37m(0.7) FOUL(2.2) 5.37m(1.6)

4 LEWIN, WAYNE M42 Kitscoty, Alberta 4.95m 2.0
4.91m(-0.8) 3.47m(2.5) FOUL(1.0) 4.61m(1.4) 4.95m(2.0) 4.68m(1.4)

5 WALLEY, BRIAN M44 Belcarra, B.C. 4.71m 1.2
4.23m(-0.8) 4.57m(2.4) 4.71m(1.2) FOUL(1.6) PASS(NWI) PASS(NWI)

Men Triple Jump 40 - 44

=====
Record: # 13.03m 9/26/1971 Roger Ruth, 06

Name	Age Team	Finals	Wind	Points
1 GUYN, GREG	M44 Lethbridge, Alberta	12.80m	-1.4	
		11.96m(-1.0) 12.25m(-0.9) 12.50m(-1.1) 12.66m(-1.4) FOUL(-3.1) 12.80m(-1.4)		
2 SWAN, MICHAEL	M41 Saskatoon, Saskatch	11.48m	-1.1	
		9.64m(-1.1) 11.48m(-1.1) 11.32m(-2.9) FOUL(-1.4) FOUL(-2.6) FOUL(-2.9)		
3 JACKMAN, KENNY	M43 Toronto, Ontario	11.16m	-1.4	
		10.50m(-1.9) FOUL(-1.2) 10.29m(-1.1) 11.16m(-1.4) FOUL(-2.9) FOUL(-2.0)		

Men Shot Put 7.26 K 40 - 44

=====
Record: # 16.17m 9/6/1981 George Puce

Name	Age Team	Finals	Points
1 SMITH, ANDREW	M43 Calgary, Alberta	12.47m	
		12.12m 11.92m 11.82m 12.47m FOUL FOUL	
2 WALLEY, BRIAN	M44 Belcarra, B.C.	9.78m	

9.65m 9.42m 9.78m 8.47m 9.66m FOUL

Men Discus Throw 2 k 40 - 44

Record: # 50.70m 8/18/1983 George Puce

Name	Age	Team	Finals	Points
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1 SMITH, ANDREW	M43	Calgary, Alberta	32.65m	
	FOUL	FOUL	30.36m	32.65m 31.32m 32.43m
2 WALLEY, BRIAN	M44	Belcarra, B.C.	25.82m	
	FOUL	FOUL	25.09m	24.50m 24.38m 25.82m

Men Javelin Throw 800 g 40 - 44

Record: # 59.57m 8/13/2000 Marty Withers

Name	Age	Team	Finals	Points
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1 MORGAN, KEVIN	M41	Port Coquitlam, B.C	51.31m	
	48.26m	49.25m	50.40m	51.31m 50.29m 50.94m
2 BEAMISH, LEE	M44	Spruce Grove, Alber	47.45m	
	42.56m	47.45m	FOUL	45.87m 41.97m 43.98m
3 SMITH, ANDREW	M43	Calgary, Alberta	37.30m	
	37.30m	33.84m	FOUL	FOUL 35.75m FOUL
4 WALLEY, BRIAN	M44	Belcarra, B.C.	33.86m	
	31.59m	FOUL	33.38m	FOUL FOUL 33.86m
5 JACKMAN, KENNY	M43	Toronto, Ontario	32.10m	
	28.61m	28.19m	31.68m	29.64m 32.10m 30.17m

Men 100 Meter Dash 45 - 49

Record: # 11.11 8/27/1988 Harold Morioka

Name	Age Team	Prelims	Wind	H#
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Preliminaries

1	MURRAY, BRIAN	M46 Calgary, Alberta	11.90Q	0.2	1
2	CHIPKAR, GLENN	M45 Mississauga, Ontari	12.21Q	0.2	2
3	FERGUSON, LLOYD	M46 Victoria, British C	11.98Q	0.2	1
4	BROWN, DAVE	M46 Calgary, Alberta	12.46Q	0.2	2
5	DUNCANSON, ROB	M49 Trabuco Canyon, Ca.	12.68Q	0.2	2
6	BURTON, DAVE	M49 Calgary, Alberta	12.70Q	0.2	1
7	ROBLIN, BLAIR	M46 Oakville, Ontario	12.72q	0.2	1
8	DAVY, BRENT	M49 Surrey, B.C.	12.73q	0.2	2
9	HIGGINS, MIKE	M46 Calgary, Alberta	12.98	0.2	1

Men 100 Meter Dash 45 - 49

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Record: # 11.11 8/27/1988 Harold Morioka

Name	Age Team	Finals	Wind	Points
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Finals

1	MURRAY, BRIAN	M46 Calgary, Alberta	11.97	-1.0
2	CHIPKAR, GLENN	M45 Mississauga, Ontari	12.21	-1.0
3	FERGUSON, LLOYD	M46 Victoria, British C	12.23	-1.0
4	BROWN, DAVE	M46 Calgary, Alberta	12.61	-1.0
5	DUNCANSON, ROB	M49 Trabuco Canyon, Ca.	13.01	-1.0
--	BURTON, DAVE	M49 Calgary, Alberta	DNF	-1.0

Men 200 Meter Dash 45 - 49

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Record: # 22.87 8/3/1999 Kerry Smith

Name	Age Team	Finals	Wind	Points
1 MURRAY, BRIAN	M46 Calgary, Alberta	24.50	-2.4	
2 CHIPKAR, GLENN	M45 Mississauga, Ontari	24.91	-2.4	
3 FERGUSON, LLOYD	M46 Victoria, British C	24.97	-2.4	
4 HEADLEY, JOHN	M48 Saskatoon, Saskatche	25.36	-2.4	
5 ROBLIN, BLAIR	M46 Oakville, Ontario	25.99	-2.4	
6 DAVY, BRENT	M49 Surrey, B.C.	26.09	-2.4	

Men 400 Meter Dash 45 - 49

Record: # 50.60 8/5/1989 Harold Morioka

Name	Age Team	Finals	Points
1 CHIPKAR, GLENN	M45 Mississauga, Ontari	55.14	
2 REIMER, PAUL	M49 Abbotsford, B.C.	55.82	
4 HEADLEY, JOHN	M48 Saskatoon, Saskatche	57.44	
5 DAVY, BRENT	M49 Surrey, B.C.	57.95	
3 DUNCANSON, ROB	M49 Trabuco Canyon, Ca.	X57.30	

Men 800 Meter Run 45 - 49

Record: # 1:59.41 8/1/1989 George Smith

Name	Age Team	Finals	Points
1 REIMER, PAUL	M49 Abbotsford, B.C.	2:07.11	
2 KENNEDY, DOUG	M45 Portland, Ontario	2:13.20	
4 STANAGE, STEVEN	M48 Abbotsford, B.C.	2:17.25	
5 THERIAULT, DAVE	M48 Calgary, Alberta	2:19.43	
6 ROBINSON, KEITH	M47 Summerland, B.C.	2:19.82	

7	CHIPKAR, GLENN	M45 Mississauga, Ontari	2:20.54
8	BICKLEY, ED	M46 Calgary, Alberta	2:24.84
9	DALY, LORNE	M46 Calgary, Alberta	2:31.62
10	KEENAN, DAVE	M46 Fort Saskatchewan,	2:33.61
3	DUNCANSON, ROB	M49 Trabuco Canyon, Ca.	X2:16.65

Men 1500 Meter Run 45 - 49

Record: # 4:06.10 8/1/1977 Ed Whitlock

Name	Age	Team	Finals	Points
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1	STANAGE, STEVEN	M48 Abbotsford, B.C.	4:36.87
2	KENNEDY, DOUG	M45 Portland, Ontario	4:43.90
3	ROBINSON, KEITH	M47 Summerland, B.C.	4:47.43
4	THERIAULT, DAVE	M48 Calgary, Alberta	4:53.23
5	OLSEN, DAVID	M49 Regina, Saskatchewan	5:19.46
6	ROSE, RON	M47 Penticton, British	5:30.21
7	HULSHOF, HERMAN	M49 Regina, Saskatchewan	6:04.87

Men 5000 Meter Run 45 - 49

Record: # 17:29.07 7/18/2004 ED BICKLEY, Unattached

Name	Age	Team	Finals	Points
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1	BICKLEY, ED	M46 Calgary, Alberta	17:29.07#
2	OLSEN, DAVID	M49 Regina, Saskatchewan	18:30.51
3	STANAGE, STEVEN	M48 Abbotsford, B.C.	18:34.80
4	MCKINNON, ROBERT	M49 Denwood, Alberta	20:52.77

Men 3000 Meter Race Walk 45 - 49

Record: # 15:19.50 7/17/2004 DAVE KEENAN, Unattached

Name	Age Team	Finals	Points
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1 KEENAN, DAVE	M46 Fort Saskatchewan,	15:19.50#	
2 STEWART, DON	M48 Edmonton, Alberta	15:26.59	
3 GRANT, CHRIS	M45 St. Albert, Alberta	16:37.24	
4 DAVIS, GARY	M49 Edmonton, Alberta	19:29.53	

Men 5000 Meter Race Walk 45 - 49

Record: # 23:01.80 8/14/1982 Jaan Roos

Name	Age Team	Finals	Points
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1 KEENAN, DAVE	M46 Fort Saskatchewan,	26:21.71	
2 STEWART, DON	M48 Edmonton, Alberta	27:53.02	
3 GRANT, CHRIS	M45 St. Albert, Alberta	29:28.71	
4 DAVIS, GARY	M49 Edmonton, Alberta	33:15.54	

Men 110 Meter Hurdles 39" 45 - 49

Record: # 15.60 6/8/1985 Scott Tyler

Name	Age Team	Finals	Wind	Points
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1 CHIPKAR, GLENN	M45 Mississauga, Ontari	16.63	0.9	
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Men 400 Meter Hurdles 36 " 45 - 49

Record: # 58.42 8/3/1989 George Smith

Name	Age Team	Finals	Points
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1 CHIPKAR, GLENN M45 Mississauga, Ontari 59.44

Men High Jump 45 - 49

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Record: # 1.85m 9/17/1996 Joyhn Hawkins

Name	Age	Team	Finals	Points
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1 DIXON, WALTER		M47 Edmonton, Alberta	1.70m	
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1.55 1.60 1.66 1.70 1.75

0 0 XO XXO XXX

Men Long Jump 45 - 49

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Record: # 6.18m 6/9/1990 George Pachovsky

Name	Age	Team	Finals	Wind	Points
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1 BURTON, DAVE		M49 Calgary, Alberta	5.15m	0.6	
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4.50m(+0.0) 4.93m(1.1) 5.15m(0.6) 4.94m(NWI) FOUL(1.4) 3.40m(1.9)

Men Triple Jump 45 - 49

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Record: # 12.18m 6/19/1988 Alan Slater

Name	Age	Team	Finals	Wind	Points
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1 ROBLIN, BLAIR		M46 Oakville, Ontario	7.76m	-2.4	
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FOUL(-2.7) 7.76m(-2.4) PASS(NWI) PASS(NWI) PASS(NWI) PASS(NWI)

Men Shot Put 7.26 K 45 - 49

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Record: # 14.32m 7/5/1973 John Pavelich

Name	Age	Team	Finals	Points
1 REES, GREG		M48 Cochrane, Alberta	11.34m	
	11.15m	10.88m	11.34m	11.11m 10.68m 10.68m
2 REYNOLDS, CHRIS		M46 Calgary, Alberta	11.26m	
	FOUL	FOUL	10.49m	FOUL 11.26m 10.78m
3 MCCULLOCH, GORDON		M46 Calgary, Alberta	11.20m	
	11.20m	11.00m	11.14m	11.15m FOUL FOUL
4 OGLE, KELLY		M47 Calgary, Alberta	9.52m	
	9.33m	9.52m	9.41m	9.25m 8.73m 9.32m

Men Discus Throw 2 k 45 - 49

Record: # 45.58m 1974 John Pavelich

Name	Age	Team	Finals	Points
1 MCCULLOCH, GORDON		M46 Calgary, Alberta	27.67m	
	27.67m	FOUL	FOUL	FOUL FOUL 27.41m
-- REES, GREG		M48 Cochrane, Alberta	FOUL	
	PASS	PASS	PASS	FOUL FOUL FOUL

Men Hammer Throw 7.26 K 45 - 49

Record: # 57.80m 7/19/1995 Boris Zaitchouk

Name	Age	Team	Finals	Points
1 REES, GREG		M48 Cochrane, Alberta	23.46m	
	23.46m	FOUL	FOUL	22.93m 22.80m FOUL

Men Javelin Throw 800 g 45 - 49

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 Record: # 53.56m 6/16/2002 Michael Finkbeiner

Name	Age	Team	Finals	Points
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1 REYNOLDS, CHRIS		M46 Calgary, Alberta	40.67m	
		35.48m	40.67m	FOUL FOUL FOUL 39.30m

Men Weight Throw 15.88 K 45 - 49

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 Record: # 13.27m 8/24/1986 George Puce

Name	Age	Team	Finals	Points
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1 REES, GREG		M48 Cochrane, Alberta	8.54m	
		FOUL FOUL	8.54m	8.52m

Men Weight Pentathlon 45 - 49

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 Record: # 3289 8/9/1991 John Kasperski

Name	Age	Team	Finals	Points
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1 REES, GREG		M48 Cochrane, Alberta	2251	
2 MCCULLOCH, GORDON		M46 Calgary, Alberta	2189	

Men 100 Meter Dash 50 - 54

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 Record: # 11.60 6/22/1991 Scott Tyler

Name	Age	Team	Finals	Wind	Points
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1 DICKSON, TOM		M51 Burnaby, B.C.	11.62	1.1	
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2	MILLER, GARY	M53 Regina, Saskatchewan	12.36	1.1
3	LITTLE, MIKE	M53 Campbell River, B.C	12.87	1.1
4	CHUBB, ROY	M54 Toronto, Ontario	13.26	1.1
5	GENTLE, JOHN	M50 Winnipeg, Manitoba	13.63	1.1
6	WARICK, RANDY	M54 Saskatoon, Sask	14.65	1.1
7	GREER, ALLAN	M51 St. Catherines, Ont	29.00	1.1

Men 200 Meter Dash 50 - 54

Record: # 23.72 6/26/1994 Harold Morioka

Name	Age	Team	Finals	Wind	Points
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1	DICKSON, TOM	M51 Burnaby, B.C.	24.43	-1.2
2	MILLER, GARY	M53 Regina, Saskatchewan	25.23	-1.2
3	LITTLE, MIKE	M53 Campbell River, B.C	26.15	-1.2
4	CHUBB, ROY	M54 Toronto, Ontario	28.08	-1.2

Men 400 Meter Dash 50 - 54

Record: # 51.70 6/25/1994 Harold Morioka

Name	Age	Team	Finals	Points
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1	CAMERON, DOUGLAS	M51 Edmonton, Alberta	1:02.40
2	CROWE, EDWARD	M51 Calgary, Alberta	1:10.02

Men 800 Meter Run 50 - 54

Record: # 2:01.26 6/13/1993 Harold Morioka

Name	Age	Team	Finals	Points
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1	HOLMES, BOB	M50 Edmonton, Alberta	2:19.57
2	CASSIDY, GARY	M51 Abbotsford, B.C.	2:20.20
3	RUSSELL, CLIFF	M50 Edmonton, Alberta	2:22.27
4	LITTLE, MIKE	M53 Campbell River, B.C	2:24.27

Men 1500 Meter Run 50 - 54

Record: # 4:15.60 8/17/1982 Ed Whitlock

Name	Age Team	Finals	Points
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1	HUXLEY, DAVID	M51 Abbotsford, B.C.	4:38.94
2	HOLMES, BOB	M50 Edmonton, Alberta	4:39.34
3	RUSSELL, CLIFF	M50 Edmonton, Alberta	4:53.96
4	CASSIDY, GARY	M51 Abbotsford, B.C.	4:56.99
5	SKEA, KEN	M50 Cochrane, Alberta	5:08.21
6	CUTHBERTSON, DOUG	M52 Saskatoon, Saskatche	5:15.66

Men 5000 Meter Run 50 - 54

Record: # 18:35.04 7/18/2004 DAVID HUXLEY, Unattached

Name	Age Team	Finals	Points
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1	HUXLEY, DAVID	M51 Abbotsford, B.C.	18:35.04#
2	SMITH, DOUG	M52 Toronto, Ontario	22:03.12

Men 3000 Meter Race Walk 50 - 54

Record: # 13:43.50 8/7/1988 Jaan Roos

Name	Age Team	Finals	Points
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1 DRAGOMIR, GERRY M52 Vancouver, British 15:15.11

Men 5000 Meter Race Walk 50 - 54

=====
Record: # 23:04.00 8/4/1989 Jaan Roos

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Name Age Team Finals Points
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1 DRAGOMIR, GERRY M52 Vancouver, British 26:00.55
2 GILCHRIST, ED M53 Calgary, Alberta 29:20.41

Men 100 Meter Hurdles 36" 50 - 54

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Record: # 14.50 6/22/1991 Scott Tyler

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Name Age Team Finals Wind Points
=====

1 CHUBB, ROY M54 Toronto, Ontario 20.29 1.4

Men 3000 Meter Steeplechase 50 - 54

=====
Record: # 10:18.10 8/1/1979 Arthur Taylor

=====
Name Age Team Finals Points
=====

1 SMITH, DOUG M52 Toronto, Ontario 14:10.35

Men High Jump 50 - 54

=====
Record: # 1.85m 7/13/2002 Istvan Major

=====
Name Age Team Finals Points
=====

1 CHUBB, ROY M54 Toronto, Ontario 1.35m

1.15 1.20 1.25 1.30 1.35 1.40

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Men Long Jump 50 - 54

=====
Record: # 6.03m 8/16/1980 Novica Millcevik

Name	Age Team	Finals	Wind	Points
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-- LINDER, WALTER	M53 Morrin, Alberta	FOUL	NWI	
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FOUL(NWI) PASS(NWI) PASS(NWI) PASS(NWI) PASS(NWI) PASS(NWI)

Men Triple Jump 50 - 54

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Record: # 12.82m 10/13/1993 Derek Boosey

Name	Age Team	Finals	Wind	Points
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1 CHUBB, ROY	M54 Toronto, Ontario	7.03m	-2.4	
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7.03m(-2.4) 6.71m(-1.9) PASS(NWI) PASS(NWI) PASS(NWI) PASS(NWI)

Men Shot Put 6 K 50 - 54

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Record: # 14.10m 10/14/2000 Jean-Pierre Mayer

Name	Age Team	Finals	Points
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1 PEARSON, WILLIAM	M52 Thornhill, Ontario	12.17m	
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12.17m 11.06m 11.07m 11.04m 11.56m FOUL

2 BOGHINA, RUDY	M54 Toronto, Ontario	11.42m	
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11.42m 11.38m FOUL FOUL FOUL FOUL

3 HALL, MURRAY	M53 Abbotsford, B.C.	11.28m	
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10.96m 10.17m 10.41m FOUL FOUL 11.28m

4	KRAHN, RICHARD	M50 Regina, Saskatchewan	10.21m
	9.70m	9.67m	10.21m 9.81m FOUL FOUL
5	CHUBB, ROY	M54 Toronto, Ontario	9.14m
	8.55m	FOUL	9.11m 9.14m 8.65m 8.36m
6	RUNCIE, GLENN	M53 Calgary, Alberta	9.05m
	9.05m	8.91m	8.91m PASS PASS PASS
7	GLENDON, ROBERT	M52 Calgary, Alberta	8.18m
	7.68m	FOUL	7.39m 8.18m 8.11m FOUL
8	JANSSENS, LORNE	M51 Maple Ridge, B.C.	7.37m
	7.34m	7.37m	FOUL FOUL 6.71m 6.68m

Men Discus Throw 1.5 k 50 - 54

Record: # 46.28m 8/26/2000 Jean-Pierre Mayer

Name	Age	Team	Finals	Points
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1	SZAFRANSKI, LONGIN	M52 Edmonton, Alberta	39.01m
	39.01m	FOUL	FOUL 33.19m 36.50m FOUL
2	HALL, MURRAY	M53 Abbotsford, B.C.	38.51m
	38.51m	FOUL	FOUL FOUL 35.59m 35.82m
3	BOGHINA, RUDY	M54 Toronto, Ontario	37.09m
	36.27m	37.09m	FOUL FOUL 34.74m 36.19m
4	PEARSON, WILLIAM	M52 Thornhill, Ontario	35.51m
	35.51m	FOUL	35.25m FOUL 34.92m 32.69m
5	KRAHN, RICHARD	M50 Regina, Saskatchewan	30.34m
	30.34m	26.71m	29.45m 23.77m 28.06m FOUL
7	GLENDON, ROBERT	M52 Calgary, Alberta	23.92m
	20.27m	FOUL	23.92m FOUL 23.39m 23.40m
8	JANSSENS, LORNE	M51 Maple Ridge, B.C.	21.87m
	FOUL	FOUL	21.87m 21.47m 20.98m 19.71m

6 DANIELS, EDWARD M51 Concord, N.H. X25.87m
 23.07m 24.75m 25.87m FOUL 23.39m 23.83m

Men Hammer Throw 6 K 50 - 54

=====
 Record: # 63.66m 6/15/2003 Boris Zaitchouk

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 Name Age Team Finals Points
 =====

1 BOGHINA, RUDY M54 Toronto, Ontario 35.02m
 33.05m 35.02m FOUL 32.76m FOUL FOUL
 3 PEARSON, WILLIAM M52 Thornhill, Ontario 32.68m
 32.68m 31.29m FOUL FOUL 31.50m 29.89m
 4 KRAHN, RICHARD M50 Regina, Saskatchewan 29.67m
 FOUL FOUL FOUL 26.94m 29.67m 28.24m
 5 JANSSENS, LORNE M51 Maple Ridge, B.C. 21.11m
 21.11m 21.08m 20.34m 19.35m 20.20m 19.90m
 2 DANIELS, EDWARD M51 Concord, N.H. X33.65m
 32.16m 32.90m 33.65m FOUL 31.74m FOUL

Men Javelin Throw 700 g 50 - 54

=====
 Record: # 47.58m 7/7/1991 Fred Pamerter

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 Name Age Team Finals Points
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1 GUDZOWSKY, TERRY M50 Calgary, Alberta 48.49m#
 45.85m 45.85m 46.95m 48.49m FOUL FOUL
 2 SZAFRANSKI, LONGIN M52 Edmonton, Alberta 35.96m
 FOUL 34.03m 35.96m FOUL 34.18m 33.42m
 3 PEARSON, WILLIAM M52 Thornhill, Ontario 34.67m
 FOUL FOUL FOUL 34.67m

4 KRAHN, RICHARD M50 Regina, Saskatchewan 30.07m
 28.74m 28.35m 30.07m 27.47m

5 CHUBB, ROY M54 Toronto, Ontario 23.76m
 FOUL 22.33m FOUL 22.09m 23.76m FOUL

6 DANIELS, EDWARD M51 Concord, N.H. X15.82m
 15.82m x x

Men Weight Throw 11.34 K 50 - 54

=====
 Record: # 18.57m 6/9/2001 Boris Zaitchouk

=====
 Name Age Team Finals Points
 =====

1 BOGHINA, RUDY M54 Toronto, Ontario 13.10m
 11.91m FOUL FOUL 13.10m

2 KRAHN, RICHARD M50 Regina, Saskatchewan 11.72m
 11.72m FOUL FOUL FOUL

Men Weight Pentathlon 50 - 54

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 Record: # 3376 8/24/1991 Eero Yla-Outinen

=====
 Name Age Team Finals Points
 =====

1 PEARSON, WILLIAM M52 Thornhill, Ontario 2977

2 KRAHN, RICHARD M50 Regina, Saskatchewan 2280

3 DANIELS, EDWARD M51 Concord, N.H. X2013

Men 100 Meter Dash 55 - 59

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 Record: # 12.08 6/19/1999 Harold Morioka

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 Name Age Team Finals Wind Points

1	MARSHALL, GREGORY	M56 St. Anne Des Lac, Q	12.95	1.5
2	LORENZ, LYLE	M58 Lacombe, Alberta	13.25	1.5
3	SULLIVAN, JIM	M56 North Vancouver, B.	14.13	1.5
4	FURLONG, DENNIS	M58 Dalhousie, New Brun	14.27	1.5
5	MINTZ, BRUCE	M57 Edmonton, Alberta	20.20	1.5

Men 200 Meter Dash 55 - 59

Record: # 24.44 8/3/1999 Harold Morioka

Name	Age Team	Finals	Wind	Points
1	MARSHALL, GREGORY	M56 St. Anne Des Lac, Q	27.49	-2.4
2	BIRRING, SEWA	M58 Surrey, B.C.	28.60	-2.4
3	EVANS, MILLARD	M55 Edmonton, Alberta	28.63	-2.4
4	LORENZ, LYLE	M58 Lacombe, Alberta	28.75	-2.4
5	SULLIVAN, JIM	M56 North Vancouver, B.	29.54	-2.4
6	MINTZ, BRUCE	M57 Edmonton, Alberta	42.92	-2.4

Men 400 Meter Dash 55 - 59

Record: # 53.61 6/19/1999 Harold Morioka

Name	Age Team	Finals	H#	Points
1	JUDSON, FRED	M58 Edmonton, Alberta	1:01.82	2
2	EVANS, MILLARD	M55 Edmonton, Alberta	1:02.13	2
3	CARTER, MICHAEL	M55 Mississauga, Ontari	1:02.66	2
4	BIRRING, SEWA	M58 Surrey, B.C.	1:03.28	2
5	SULLIVAN, JIM	M56 North Vancouver, B.	1:07.09	1
6	PAWLUK, FRED	M57 Richmond, British C	1:07.60	1

7	THOMSEN, ROY	M57	Calgary, Alberta	1:22.41	1
--	MARSHALL, GREGORY	M56	St. Anne Des Lac, Q	DQ	2
--	STEVENSON, BOB	M56	Red Deer, Alberta	DQ	1

Men 800 Meter Run 55 - 59

Record: # 2:07.10 6/29/1999 Harold Morioka

Name	Age	Team	Finals	Points
1	PAWLUK, FRED	M57	Richmond, British C	2:30.04
2	MADDEROM, JAKE	M59	Burnaby, B.C.	2:34.61

Men 1500 Meter Run 55 - 59

Record: # 4:33.23 7/26/1995 Herb Phillips

Name	Age	Team	Finals	Points
2	KALUZNIAK, MARVIN	M57	Edmonton, Alberta	5:05.95
3	PAWLUK, FRED	M57	Richmond, British C	5:06.64
4	MADDEROM, JAKE	M59	Burnaby, B.C.	5:26.42
5	BRETON, GAETAN	M56	Rock Forest, Quebec	5:57.07
1	PRICE, ROGER	M55	Piscataway, New Jer	X4:59.37

Men 5000 Meter Run 55 - 59

Record: # 18:27.79 7/18/2004 ROGER PRICE, Unattached

Name	Age	Team	Finals	Points
2	KALUZNIAK, MARVIN	M57	Edmonton, Alberta	21:21.70
3	BRETON, GAETAN	M56	Rock Forest, Quebec	22:12.47

1 PRICE, ROGER M55 Piscataway, New Jer X18:27.79#

Men 5000 Meter Race Walk 55 - 59

Record: # 23:29.00 7/5/1974 Max Gould

Name	Age Team	Finals	Points
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1 ERICKSON, NORMAN	M55 Calgary, Alberta	32:35.77	
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Men 100 Meter Hurdles 36" 55 - 59

Record: # 14.80 6/24/1995 Scott Tyler

Name	Age Team	Finals	Wind	Points
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1 HAWKINS, JOHN	M55 West Vancouver, Bri	18.54	1.4	
2 JUDSON, FRED	M58 Edmonton, Alberta	19.80	1.4	

Men High Jump 55 - 59

Record: # 1.75m 7/17/2004 JOHN HAWKINS, Unattached

Name	Age Team	Finals	Points
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1 HAWKINS, JOHN	M55 West Vancouver, Bri	1.75m#	
		1.50 1.60 1.65 1.70 1.75 1.80	
		o o o o XXO XXX	
2 JUDSON, FRED	M58 Edmonton, Alberta	1.45m	
		1.35 1.40 1.45 1.45 1.50	
		o XO o o XXX	
3 PETER, HEINZ	M56 St. Albert, Alberta	1.35m	
		1.10 1.15 1.20 1.25 1.30 1.35 1.40	

3.78m(0.8) 4.24m(0.2) 4.45m(1.1) 4.23m(+0.0) 4.14m(2.1) 4.24m(0.5)
 4 PETER, HEINZ M56 St. Albert, Alberta 4.02m 1.8
 3.70m(0.5) 4.02m(1.8) 3.85m(0.4) 3.44m(0.2) PASS(NWI) PASS(NWI)

Men Triple Jump 55 - 59

=====
 Record: # 11.05m 7/14/2002 Warren Hamill

Name	Age Team	Finals	Wind	Points
1 MARSHALL, GREGORY	M56 St. Anne Des Lac, Q	9.24m	-0.7	
		7.99m(-1.3) 8.18m(-4.2) 8.85m(-3.2) 9.24m(-0.7) 9.14m(-2.4)		FOUL(-2.1)
2 LORENZ, LYLE	M58 Lacombe, Alberta	9.12m	-2.1	
		FOUL(-1.1) 8.38m(-1.9) 8.80m(-2.3) 9.06m(-2.9) 8.85m(-2.1) 9.12m(-2.1)		
3 STEVENSON, BOB	M56 Red Deer, Alberta	7.78m	-2.5	
		7.49m(-1.7) 7.18m(-2.9) 7.78m(-2.5) PASS(NWI) PASS(NWI) PASS(NWI)		

Men Shot Put 6 K 55 - 59

=====
 Record: # 13.41m 8/18/2000 John Kasperski

Name	Age Team	Finals	Points
1 HAWKINS, JOHN	M55 West Vancouver, Bri	12.00m	
		11.94m 12.00m 11.74m PASS 11.81m PASS	
2 VANDERBECK, MICHAEL	M59 Vernon, British Col	10.24m	
		10.08m 9.94m 9.97m 10.09m FOUL 10.24m	
3 CHMIELEWSKI, RON	M55 Coaldale, Alberta	10.20m	
		10.20m FOUL 9.94m 10.06m 10.11m 10.11m	
4 TOWNSEND, KEN	M59 Maple Ridge, B.C.	9.75m	
		9.65m 9.75m 9.30m 9.46m FOUL 9.63m	

Men Discus Throw 1.5 k 55 - 59

Record: # 42.93m 1/6/2003 jean-Pierre Mayer

Name	Age	Team	Finals	Points
1 HAWKINS, JOHN	M55	West Vancouver, Bri	32.81m	
			32.63m FOUL 32.68m 31.96m 32.26m 32.81m	
3 CHMIELEWSKI, RON	M55	Coaldale, Alberta	30.39m	
			FOUL 26.80m 30.19m 30.39m 30.01m 29.59m	
4 TOWNSEND, KEN	M59	Maple Ridge, B.C.	28.71m	
			28.71m 27.75m 26.44m 27.11m 27.36m 26.46m	
5 SPARKES, IAN	M58	St. John's, Newfoun	27.78m	
			FOUL FOUL 27.51m FOUL 27.78m FOUL	
6 LORENZ, LYLE	M58	Lacombe, Alberta	25.96m	
			25.96m PASS PASS PASS PASS PASS	
7 STEVENSON, BOB	M56	Red Deer, Alberta	21.57m	
			21.57m 20.85m PASS PASS PASS PASS	
2 ROMAN, FERNANDO	M56	Puerto Rico	X30.62m	
			30.62m 30.09m FOUL 30.59m 29.50m FOUL	

Men Hammer Throw 6 K 55 - 59

Record: # 62.37m 6/15/2003 Boris Zaitchouk

Name	Age	Team	Finals	Points
1 CHMIELEWSKI, RON	M55	Coaldale, Alberta	29.64m	
			26.96m 25.86m 28.41m 29.09m FOUL 29.64m	

Men Javelin Throw 700 g 55 - 59

Record: # 48.08m 7/2/1994 Fred Pamerter

Name	Age	Team	Finals	Points
1 HAWKINS, JOHN	M55	West Vancouver, Bri	38.82m	
			37.60m 35.59m 38.82m 38.75m 36.56m 37.59m	
2 SPARKES, IAN	M58	St. John's, Newfoun	35.74m	
			33.36m FOUL 33.88m FOUL 35.74m 32.31m	
3 TOWNSEND, KEN	M59	Maple Ridge, B.C.	32.51m	
			FOUL FOUL 32.51m 29.30m 27.64m 31.84m	
4 CHMIELEWSKI, RON	M55	Coaldale, Alberta	30.15m	
			30.15m FOUL FOUL 29.98m FOUL FOUL	
5 STEVENSON, BOB	M56	Red Deer, Alberta	18.03m	
			17.78m 16.70m 16.98m FOUL 18.03m FOUL	

Men Weight Throw 11.34 K 55 - 59

Record: # 18.03m 5/31/2003 Boris Zaitchouk

Name	Age	Team	Finals	Points
1 CHMIELEWSKI, RON	M55	Coaldale, Alberta	10.44m	
			9.21m 9.76m 10.22m 10.44m	

Men Weight Pentathlon 55 - 59

Record: # 4098 8/6/2002 Helmut Lange

Name	Age	Team	Finals	Points
1 CHMIELEWSKI, RON	M55	Coaldale, Alberta	2666	

Men 100 Meter Dash 60 - 64

Record: # 12.40 8/8/1977 Percy Duncan

Name	Age Team	Finals	Wind	Points
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1	BADOWSKI, TONY	M61 Port Coquitlam, B.C	13.41	1.0
2	SWANE, DWIGHT	M60 Edmonton, Alberta	13.99	1.0
3	MCCUNE, DEREK	M60 St. Albert, Alberta	14.00	1.0
4	MCFADYEN, BOB	M61 Edmonton, Alberta	14.53	1.0

Men 200 Meter Dash 60 - 64

Record: # 25.36 6/22/2003 Harold Morioka

Name	Age Team	Finals	Wind	Points
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1	BADOWSKI, TONY	M61 Port Coquitlam, B.C	28.35	-2.1
2	MCCUNE, DEREK	M60 St. Albert, Alberta	29.56	-2.1
4	SWANE, DWIGHT	M60 Edmonton, Alberta	30.79	-2.1
5	POWELL, JOHN	M60 Brampton, Ontario	34.16	-2.1
3	SEPTIEN ROCHA, MAURILIO	M60 Guadalajara, Mexico	X30.40	-2.1

Men 400 Meter Dash 60 - 64

Record: # 55.04 6/22/2003 Harold Morioka

Name	Age Team	Finals	H#	Points
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1	BADOWSKI, TONY	M61 Port Coquitlam, B.C	1:02.39	2
2	ADAMS, BARRY	M62 Bowen Island, Briti	1:04.18	2
3	RENWICK, DOUG	M62 Clavet, Saskatchewa	1:05.27	2
4	CLARK, FRED	M60 Cranbrook, British	1:06.46	2
6	MCCUNE, DEREK	M60 St. Albert, Alberta	1:09.09	2

7	SMITH, GEORGE	M60 Edmonton, Alberta	1:12.67	1
8	MITCHELL, TED	M62 London, Ontario	1:14.58	1
9	POWELL, JOHN	M60 Brampton, Ontario	1:15.55	1
5	SEPTIEN ROCHA, MAURILIO	M60 Guadalajara, Mexico	X1:07.84	1

Men 800 Meter Run 60 - 64

Record: # 2:12.33 6/24/2003 HARold Morioka

Name	Age Team	Finals	Points
1	ADAMS, BARRY	M62 Bowen Island, Briti	2:31.79
2	CLARK, FRED	M60 Cranbrook, British	2:37.81
3	MITCHELL, TED	M62 London, Ontario	2:55.70
4	MITCHELL, BRUCE	M61 Bolton, Ontario	3:17.36
--	POWELL, JOHN	M60 Brampton, Ontario	DNF

Men 1500 Meter Run 60 - 64

Record: # 4:42.06 7/7/1991 Earl Fee

Name	Age Team	Finals	Points
1	HOLLINGSHEAD, BILL	M62 Nanaimo, B.C.	5:25.20
2	PRINCE, JIM	M61 Brampton, Ontario	5:37.43
3	MITCHELL, TED	M62 London, Ontario	5:59.21

Men 5000 Meter Run 60 - 64

Record: # 20:00.60 7/18/2004 BILL HOLLINGSHEAD, Unattached

Name	Age Team	Finals	Points
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1	HOLLINGSHEAD, BILL	M62 Nanaimo, B.C.	20:00.60#
2	PRINCE, JIM	M61 Brampton, Ontario	21:09.70
3	CHRISTENSEN, VERN	M63 Toronto, Ontario	22:06.81
4	MITCHELL, TED	M62 London, Ontario	23:07.95

Men 3000 Meter Race Walk 60 - 64

Record: # 15:47.60 9/9/1995 Stuart Summerhayes

Name	Age	Team	Finals	Points
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1	IBARRA, SALVADOR	M63 Edmonton, Alberta	16:20.64	
2	ROBERTS, RICHARD	M61 St. Albert, Alberta	19:15.52	

Men 5000 Meter Race Walk 60 - 64

Record: # 25:18.01 5/6/1978 Max Gould

Name	Age	Team	Finals	Points
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1	IBARRA, SALVADOR	M63 Edmonton, Alberta	29:29.81	
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Men 100 Meter Hurdles 33" 60 - 64

Record: # 18.80 6/21/1986 Valden Sadul

Name	Age	Team	Finals	Wind	Points
------	-----	------	--------	------	--------

2	ROBERTS, RICHARD	M61 St. Albert, Alberta	24.41	+0.0	
1	SEPTIEN ROCHA, MAURILIO	M60 Guadalajara, Mexico	X22.37	+0.0	

Men 300 Meter Hurdles 30" 60 - 64

Record: # 47.50 6/9/1991 Earl Fee

Name	Age Team	Finals	Points
1 BADOWSKI, TONY	M61 Port Coquitlam, B.C	50.04	
2 MCCUNE, DEREK	M60 St. Albert, Alberta	54.24	
3 SEPTIEN ROCHA, MAURILIO	M60 Guadalajara, Mexico	X54.95	

Men 2000 Meter Steeplechase 60 - 64

Record: # 7:31.71 8/6/1999 Jack Geddes

Name	Age Team	Finals	Points
1 CHRISTENSEN, VERN	M63 Toronto, Ontario	8:38.25	
2 WILLIAMS, BRUCE	M62 Cranbrook, B.C.	9:42.44	

Men High Jump 60 - 64

Record: # 1.54m 8/7/1977 Ian Hume

Name	Age Team	Finals	Points
1 EDWARDS, BOB	M63 Buchanan, Saskatche	1.10m	
		1.00 1.05 1.10 1.15	
		o o o XXX	

Men Pole Vault 60 - 64

Record: # 3.10m 6/10/1990 Stan Egerton

Name	Age Team	Finals	Points
1 RENWICK, DOUG	M62 Clavet, Saskatchewan	2.75m	

2.00 2.20 2.40 2.60 2.75 2.80

XO XXO O O O XX

Men Triple Jump 60 - 64

=====
Record: # 10.85m 6/1/2003 Alan Slater

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Name Age Team Finals Wind Points

=====
2 EDWARDS, BOB M63 Buchanan, Saskatche 7.10m -1.4
FOUL(-2.2) 6.59m(-1.5) 6.94m(-1.5) 7.10m(-1.4) FOUL(-1.4) 6.96m(-2.1)
1 SEPTIEN ROCHA, MAURILIO M60 Guadalajara, Mexico X7.58m -1.5
7.32m(-1.7) 7.58m(-1.5) 7.33m(-1.8) 6.91m(-2.8) 7.41m(-1.4) 7.52m(-1.4)

Men Shot Put 5 K 60 - 64

=====
Record: # 13.59m 7/6/2003 GLOWACKI MAREK, Unattached

=====
Name Age Team Finals Points

=====
1 GLOWACKI, MAREK M63 Edmonton, Alberta 13.77m#
13.77m 13.58m FOUL 13.40m 13.54m 13.33m
2 WOODWORTH, MIKE M62 Nanaimo, BC 13.08m
12.19m 12.32m FOUL 13.08m FOUL 11.66m
3 EDWARDS, BOB M63 Buchanan, Saskatche 9.66m
9.38m 9.62m 9.63m 9.42m 9.66m FOUL
-- GAGE, THOMAS M61 Billings, Montana X14.67m#
FOUL FOUL FOUL FOUL FOUL 14.67m

Men Discus Throw 1 k 60 - 64

=====
Record: # 48.60m 7/2/2003 Marek Glowacki

Name	Age	Team	Finals	Points
=====				
1 WOODWORTH, MIKE	M62	Nanaimo, BC	49.07m#	
41.92m	49.07m	FOUL	FOUL	FOUL 41.46m
2 GLOWACKI, MAREK	M63	Edmonton, Alberta	43.24m	
42.54m	FOUL	43.24m	FOUL	PASS PASS
3 CLARK, FRED	M60	Cranbrook, British	36.45m	
34.72m	34.90m	PASS	36.45m	31.59m FOUL
4 EDWARDS, BOB	M63	Buchanan, Saskatche	27.07m	
PASS	27.07m	PASS	PASS	PASS PASS
-- GAGE, THOMAS	M61	Billings, Montana	X46.64m	
FOUL	45.87m	FOUL	FOUL	46.64m FOUL
-- SCHNEIDER, GARY	M61	Livingston, Montana	X48.68m#	
37.60m	47.98m	48.68m	FOUL	47.34m FOUL

Men Hammer Throw 5 K 60 - 64

Record: # 59.61m 7/17/2004 THOMAS GAGE, Unattached

Name	Age	Team	Finals	Points
=====				
1 GLOWACKI, MAREK	M63	Edmonton, Alberta	39.88m	
39.88m	36.02m	PASS	PASS	PASS PASS
2 EDWARDS, BOB	M63	Buchanan, Saskatche	25.38m	
FOUL	FOUL	FOUL	FOUL	25.38m FOUL
-- GAGE, THOMAS	M61	Billings, Montana	X59.61m#	
59.61m	55.48m	FOUL	FOUL	FOUL FOUL

Men Javelin Throw 600 g 60 - 64

Record: # 44.92m 8/4/1978 Ian Hume

Name	Age Team	Finals	Points
1 GLOWACKI, MAREK	M63 Edmonton, Alberta	37.61m	
	34.32m 36.96m PASS 37.61m FOUL 36.41m		
2 ADAMS, BARRY	M62 Bowen Island, Briti	32.82m	
	32.82m FOUL FOUL 31.65m FOUL 30.51m		
3 EDWARDS, BOB	M63 Buchanan, Saskatche	22.92m	
	FOUL FOUL FOUL 22.92m FOUL FOUL		

Men Weight Throw 9.08 K 60 - 64

Record: # 20.03m 7/17/2004 THOMAS GAGE, Unattached

Name	Age Team	Finals	Points
1 GLOWACKI, MAREK	M63 Edmonton, Alberta	14.92m	
	14.92m FOUL 13.93m PASS PASS PASS		
2 EDWARDS, BOB	M63 Buchanan, Saskatche	10.97m	
	FOUL 10.97m FOUL FOUL PASS PASS		
-- GAGE, THOMAS	M61 Billings, Montana	X20.03m#	
	20.03m FOUL FOUL FOUL PASS PASS		

Men Weight Pentathlon 60 - 64

Record: # 3855 9/20/1997 Eero Yla-Outinen

Name	Age Team	Finals	Points
1 GLOWACKI, MAREK	M63 Edmonton, Alberta	4032#	
2 EDWARDS, BOB	M63 Buchanan, Saskatche	2456	

Men 100 Meter Dash 65 - 69

Record: # 12.92 7/17/2004 JAMES PADDIE, Unattached

Name	Age	Team	Finals	Wind	Points
2 FRASER, DOUGLAS	M66	Ladysmith, B.C.	13.72	0.2	
3 DUNN, DAVE	M68	Edmonton, Alberta	13.88	0.2	
4 ARMSTRONG, MERV	M65	Red Deer, Alberta	14.08	0.2	
5 FRIESEN, LES	M67	Abbotsford, British	14.62	0.2	
6 FORSEILLE, LARRY	M67	Port Coquitlam, B.C	14.68	0.2	
7 SHARMA, DEV	M68	Toronto, Ontario	14.87	0.2	
1 PADDIE, JAMES	M65	Shreveport, Louisia	X12.92#	0.2	

Men 200 Meter Dash 65 - 69

Record: # 27.60 5/26/1985 John Grant

Name	Age	Team	Finals	Wind	Points
1 FRASER, DOUGLAS	M66	Ladysmith, B.C.	28.27	-0.6	
2 DUNN, DAVE	M68	Edmonton, Alberta	28.81	-0.6	
3 ARMSTRONG, MERV	M65	Red Deer, Alberta	29.53	-0.6	
4 FRIESEN, LES	M67	Abbotsford, British	29.98	-0.6	
5 FORSEILLE, LARRY	M67	Port Coquitlam, B.C	30.58	-0.6	
6 SHARMA, DEV	M68	Toronto, Ontario	32.05	-0.6	

Men 400 Meter Dash 65 - 69

Record: # 57.97 7/26/1995 Earl Fee

Name	Age	Team	Finals	Points
1 DUNN, DAVE	M68	Edmonton, Alberta	1:06.28	

2	VAN DER WAL, HYLKE	M66 Dalmeny, Saskatchew	1:07.57
3	FORSEILLE, LARRY	M67 Port Coquitlam, B.C	1:09.45
4	FRIESEN, LES	M67 Abbotsford, British	1:09.62
5	SHARMA, DEV	M68 Toronto, Ontario	1:13.56

Men 800 Meter Run 65 - 69

Record: # 2:14.33 7/22/1995 Earl Fee

Name	Age Team	Finals	Points
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1	MCILWAINE, BILL	M65 Milton, Ontario	2:44.75
2	VAN DER WAL, HYLKE	M66 Dalmeny, Saskatchew	2:53.83

Men 1500 Meter Run 65 - 69

Record: # 4:46.50 9/6/1997 Ed Whitlock

Name	Age Team	Finals	Points
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1	DAVIES, ROGER	M69 Calgary, Alberta	5:38.18
2	MCILWAINE, BILL	M65 Milton, Ontario	6:14.23
3	SEIFRIED, NEIL	M67 Edmonton, Alberta	6:57.10

Men 5000 Meter Run 65 - 69

Record: # 20:39.14 7/18/2004 ROGER DAVIES, Unattached

Name	Age Team	Finals	Points
------	----------	--------	--------

1	DAVIES, ROGER	M69 Calgary, Alberta	20:39.14#
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Men 3000 Meter Race Walk 65 - 69

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 Record: # 16:42.20 9/11/1999 Stuart Summerhayes

Name	Age Team	Finals	Points
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1 BELL, BOB	M68 Calgary, Alberta	24:10.40	
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Men 5000 Meter Race Walk 65 - 69

=====
 Record: # 27:33.10 6/11/1983 Max Gould

Name	Age Team	Finals	Points
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=====

1 BELL, BOB	M68 Calgary, Alberta	39:10.99	
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Men 100 Meter Hurdles 33" 65 - 69

=====
 Record: # 18.90 6/20/1992 Andrew Thomson

Name	Age Team	Finals	Wind	Points
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1 ARMSTRONG, MERV	M65 Red Deer, Alberta	19.71	+0.0	
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Men 300 Meter Hurdles 30" 65 - 69

=====
 Record: # 45.71 7/16/1995 Earl Fee

Name	Age Team	Finals	Points
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1 VAN DER WAL, HYLKE	M66 Dalmeny, Saskatchewan	54.04	
2 SHARMA, DEV	M68 Toronto, Ontario	1:00.92	

Men 2000 Meter Steeplechase 65 - 69

=====

Record: # 8:30.10 8/5/1989 Valden Sadul

Name	Age Team	Finals	Points
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1 VAN DER WAL, HYLKE	M66 Dalmeny, Saskatchewan	9:58.57	
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Men High Jump 65 - 69

Record: # 1.51m 8/22/1981 Ian Hume

Name	Age Team	Finals	Points
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2 BOYD, JACK	M69 Sudbury, Ontario	1.05m	
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0.95 1.00 1.05 1.10

0 0 0 XXX

1 PADDIE, JAMES	M65 Shreveport, Louisiana	X1.40m	
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1.15 1.20 1.25 1.30 1.35 1.40

0 0 0 0 0 0

Men Long Jump 65 - 69

Record: # 5.00m 7/4/1980 Ian Hume

Name	Age Team	Finals	Wind	Points
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1 ARMSTRONG, MERV	M65 Red Deer, Alberta	4.04m	2.8	
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FOUL(-1.4) 4.00m(1.2) 4.03m(0.7) 4.03m(+0.0) 4.04m(2.8) 3.98m(1.7)

Men Triple Jump 65 - 69

Record: # 10.66m 1/13/1981 Ian Hume

Name	Age Team	Finals	Wind	Points
------	----------	--------	------	--------

1 ARMSTRONG, MERV M65 Red Deer, Alberta 8.23m -2.0
 7.62m(-0.8) 7.80m(-1.2) 8.04m(-1.4) 8.08m(-3.5) 8.00m(-2.1) 8.23m(-2.0)

Men Discus Throw 1 k 65 - 69

=====
 Record: # 42.08m 6/22/1980 Herb Plattner

=====
 Name Age Team Finals Points
 =====

1 ARMSTRONG, MERV M65 Red Deer, Alberta 34.23m
 30.86m 34.23m FOUL FOUL PASS PASS
 2 BOYD, JACK M69 Sudbury, Ontario 33.42m
 24.60m 31.54m FOUL 33.42m 30.85m 33.21m

Men Hammer Throw 5 K 65 - 69

=====
 Record: # 49.95m 6/10/2000 Emil Mueller

=====
 Name Age Team Finals Points
 =====

1 MULLER, EMIL M69 Brossard, Quebec 46.97m
 46.97m 45.38m 44.30m 46.63m 44.88m 46.03m

Men Javelin Throw 600 g 65 - 69

=====
 Record: # 42.36m 7/18/1981 Ian Hume

=====
 Name Age Team Finals Points
 =====

1 ARMSTRONG, MERV M65 Red Deer, Alberta 32.32m
 31.17m 32.32m FOUL FOUL 28.28m FOUL

Men Weight Throw 9.08 K 65 - 69

Record: # 16.40m 6/9/2001 Emil Mueller

Name	Age Team	Finals	Points
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1 MULLER, EMIL	M69 Brossard, Quebec	15.73m	
	15.31m 15.73m 14.51m	FOUL PASS PASS	

Men 100 Meter Dash 70 - 74

Record: # 13.24 5/7/1994 John O'Neill

Name	Age Team	Finals	Wind	Points
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1 NETT, ARNOLD	M71 Edmonton, Alberta	14.44	0.8	
2 LESAGE, NORM	M74 Burnaby, B.C.	14.56	0.8	
3 POONIA, KESAR SINGH	M70 Brampton, Ontario	15.10	0.8	
5 DZIADYK, ANDREW	M73 Saskatoon, Saskatch	19.43	0.8	
4 JANKOVICH, WILLIAM	M70 Racine, Wisconsin	X15.27	0.8	

Men 200 Meter Dash 70 - 74

Record: # 28.61 11/7/1999 Earl Fee

Name	Age Team	Finals	Wind	Points
------	----------	--------	------	--------

1 LESAGE, NORM	M74 Burnaby, B.C.	31.10	-2.0	
2 POONIA, KESAR SINGH	M70 Brampton, Ontario	33.40	-2.0	

Men 400 Meter Dash 70 - 74

Record: # 1:02.49 6/12/1999 Earl Fee

Name	Age Team	Finals	Points
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=====
1 GIEGERICH, JOE           M72 Nanoose Bay, B.C.      1:10.36
2 JANKOVICH, WILLIAM      M70 Racine, Wisconsin    X1:19.69

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Men 800 Meter Run 70 - 74

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=====
Record: # 2:21.95  8/3/1999   Earl Fee

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Name                      Age Team                      Finals  Points
=====

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1 GIEGERICH, JOE           M72 Nanoose Bay, B.C.      2:46.75

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Men 1500 Meter Run 70 - 74

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=====
Record: # 5:07.90  8/3/2003   Ed Whitlock

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Name                      Age Team                      Finals  Points
=====

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1 STOKOTELNY, MICKEY      M71 Winnipeg, Manitoba    8:09.45

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Men 3000 Meter Race Walk 70 - 74

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=====
Record: # 18:07.86  7/17/2004   STUART SUMMERHAYES, Unattached

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Name                      Age Team                      Finals  Points
=====

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1 SUMMERHAYES, STUART     M70 Cambridge, Ontario    18:07.86#

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Men 5000 Meter Race Walk 70 - 74

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=====
Record: # 29:05.16  6/1/1996   Bill Flick

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Name                      Age Team                      Finals  Points
=====

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1	SUMMERHAYES, STUART	M70 Cambridge, Ontario	32:14.69
2	GRADY, UDO	M70 Cranbrook, B.C.	38:40.44

Men 80 Meter Hurdles 30" 70 - 74

=====
 Record: # 15.00 6/9/1985 Ian Hume

Name	Age Team	Finals	Wind	Points
=====				
2	POONIA, KESAR SINGH	M70 Brampton, Ontario	17.41	-0.4
1	JANKOVICH, WILLIAM	M70 Racine, Wisconsin	X16.52	-0.4

Men 300 Meter Hurdles 27" 70 - 74

=====
 Record: # 49.66 7/11/1999 Earl Fee

Name	Age Team	Finals	Points
=====			
1	JANKOVICH, WILLIAM	M70 Racine, Wisconsin	X1:03.92

Men High Jump 70 - 74

=====
 Record: # 1.48m 9/8/1984 Ian Hume

Name	Age Team	Finals	Points
=====			
1	ROWAN, TED	M70 Martensville, Saska	1.00m
	0.95	1.00	1.05
	0	0	XXX

Men Pole Vault 70 - 74

=====
 Record: # 3.00m 6/1/1997 Stan Egerton

Name	Age Team	Finals	Points
=====			
1 JANKOVICH, WILLIAM	M70 Racine, Wisconsin	X2.10m	
1.80 2.10 2.40			
O O XXX			

Men Long Jump 70 - 74

=====			
Record: # 4.69m 9/7/1985 Ian Hume			
Name	Age Team	Finals	Wind Points
=====			
1 POONIA, KESAR SINGH	M70 Brampton, Ontario	3.77m	1.6
3.09m(-1.3) 3.13m(1.6) 3.48m(+0.0) 3.66m(+0.0) 3.73m(1.2) 3.77m(1.6)			
2 NETT, ARNOLD	M71 Edmonton, Alberta	3.64m	0.4
3.64m(0.4) 3.47m(-0.1) FOUL(0.8) FOUL(+0.0) 3.50m(0.2) 3.45m(2.5)			
3 ROWAN, TED	M70 Martensville, Saska	3.22m	+0.0
3.22m(+0.0) 3.02m(+0.0) 3.09m(0.7) FOUL(+0.0) 3.05m(2.5) 2.91m(2.2)			

Men Triple Jump 70 - 74

=====			
Record: # 9.88m 5/5/1985 Ian Hume			
Name	Age Team	Finals	Wind Points
=====			
1 NETT, ARNOLD	M71 Edmonton, Alberta	7.91m	-1.4
6.92m(-1.6) 7.85m(-0.7) PASS(NWI) PASS(NWI) PASS(NWI) 7.91m(-1.4)			
2 POONIA, KESAR SINGH	M70 Brampton, Ontario	7.72m	-1.4
7.60m(-2.3) 7.66m(-0.7) 7.72m(-1.4) 7.68m(-1.4) 7.64m(-1.7) 7.56m(-1.9)			

Men Shot Put 4 K 70 - 74

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Record: # 12.68m 9/6/1997 Garry Bachman

Name	Age	Team	Finals	Points
1 POONIA, KESAR SINGH	M70	Brampton, Ontario	10.84m	
			10.53m 10.84m 10.80m 9.87m	PASS PASS
2 DUNCAN, TED	M70	Vancouver, B.C.	10.32m	
			9.51m FOUL 9.71m 9.68m 10.11m 10.32m	
4 GRADY, UDO	M70	Cranbrook, B.C.	9.11m	
			9.03m 9.11m FOUL 8.78m FOUL	PASS
5 DZIADYK, ANDREW	M73	Saskatoon, Saskatch	8.42m	
			8.42m FOUL FOUL 7.82m 8.00m 7.33m	
3 CARNEY, JAMES	M71	Austin, Texas	X9.48m	
			FOUL 9.48m 8.41m 9.41m 8.49m 8.94m	

Men Discus Throw 1 k 70 - 74

Record: # 39.44m 7/3/1983 Herb Plattner

Name	Age	Team	Finals	Points
1 CARNEY, JAMES	M71	Austin, Texas	X26.13m	
			26.04m 26.13m 22.25m 25.31m 25.88m	FOUL

Men Hammer Throw 4 K 70 - 74

Record: # 41.50m 10/19/1991 Walter Jenkins

Name	Age	Team	Finals	Points
1 STAVELEY, BOB	M70	Ottawa, Ontario	38.83m	
			35.15m FOUL FOUL 38.83m FOUL	34.19m
2 GRADY, UDO	M70	Cranbrook, B.C.	34.28m	

34.28m 29.27m 34.15m 31.48m 30.34m 33.10m
 3 VELEZ, ANGEL M74 Puerto Rico X33.42m
 32.25m 32.62m 33.20m 31.98m 31.84m 33.42m

Men Javelin Throw 500 g 70 - 74

=====
 Record: # 36.16m 10/25/1986 Ian Hume

Name	Age	Team	Finals	Points
1 STAVELEY, BOB	M70	Ottawa, Ontario	29.47m	
			27.47m 25.73m 29.47m 23.39m 26.74m 28.14m	
2 DUNCAN, TED	M70	Vancouver, B.C.	26.16m	
			FOUL 24.29m 25.84m 26.16m 25.48m 25.02m	
3 POONIA, KESAR SINGH	M70	Brampton, Ontario	24.02m	
			21.92m FOUL 24.02m FOUL 19.30m PASS	

Men Weight Throw 7.26 K 70 - 74

=====
 Record: # 15.97m 6/9/2001 Max Woerle

Name	Age	Team	Finals	Points
1 STAVELEY, BOB	M70	Ottawa, Ontario	12.62m	
			11.87m 12.62m FOUL 12.45m PASS PASS	
2 GRADY, UDO	M70	Cranbrook, B.C.	11.97m	
			11.97m 10.99m FOUL 11.97m PASS PASS	
-- VELEZ, ANGEL	M74	Puerto Rico	X10.21m	
			9.71m 10.21m FOUL 9.71m PASS PASS	

Men 100 Meter Dash 75 - 79

Record: # 13.40 6/30/1990 Percy Duncan

Name	Age Team	Finals	Wind	Points
1 ROBSON, LESLIE	M77 Port Coquitlam, B.C	16.21	0.7	
2 DANIELS, DANNY	M75 Sidney, British Col	17.17	0.7	
3 GROVE, DAVID	M76 Calgary, Alberta	20.47	0.7	

Men 200 Meter Dash 75 - 79

Record: # 31.07 11/7/1999 John O'Neill

Name	Age Team	Finals	Wind	Points
1 ROBSON, LESLIE	M77 Port Coquitlam, B.C	34.53	-2.2	

Men 400 Meter Dash 75 - 79

Record: # 1:14.07 8/5/1989 Hans Weidardt

Name	Age Team	Finals	Points
1 ROBSON, LESLIE	M77 Port Coquitlam, B.C	1:26.39	

Men 800 Meter Run 75 - 79

Record: # 2:52.66 8/1/1989 Hans Weickardt

Name	Age Team	Finals	Points
1 FEE, EARL	M75 Mississauga, Ontari	2:40.12#	
2 ORACHESKI, STAN	M76 Edmonton, Alberta	3:35.53	

Men 1500 Meter Run 75 - 79

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 Record: # 5:55.91 9/12/1998 Kurt Gelbhaar

Name	Age Team	Finals	Points
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1	ORACHESKI, STAN	M76 Edmonton, Alberta	6:48.25
2	STROEMPL, GEORGE	M77 Calgary, Alberta	11:20.94

Men 5000 Meter Run 75 - 79

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 Record: # 27:22.30 7/18/2004 STAN ORACHESKI, Unattached

Name	Age Team	Finals	Points
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1	ORACHESKI, STAN	M76 Edmonton, Alberta	27:22.30#
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Men 3000 Meter Race Walk 75 - 79

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 Record: # 20:27.10 7/29/2000 Peter Fellowes

Name	Age Team	Finals	Points
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1	GROVE, DAVID	M76 Calgary, Alberta	26:03.91
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Men 80 Meter Hurdles 30" 75 - 79

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 Record: # 16.40 6/1/1986 Karl Trei

Name	Age Team	Finals	Wind	Points
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1	DANIELS, DANNY	M75 Sidney, British Col	19.69	-0.4
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Men High Jump 75 - 79

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Record: # 1.37m 6/30/1990 Ian Hume

Name	Age Team	Finals	Points
=====			
1 DANIELS, DANNY	M75 Sidney, British Col	1.10m	
0.95	1.00	1.05	1.10 1.15
O	O	XXO	XO XXX

Men Long Jump 75 - 79

Record: # 4.20m 5/27/1990 Ian Hume

Name	Age Team	Finals	Wind	Points
=====				
1 ROBSON, LESLIE	M77 Port Coquitlam, B.C	3.08m	1.8	
2.91m(1.1)	3.08m(1.8)	FOUL(0.2)	PASS(NWI)	PASS(NWI) PASS(NWI)

Men Shot Put 4 K 75 - 79

Record: # 11.62m 9/6/1997 Garry Bachman

Name	Age Team	Finals	Points
=====			
1 GEMER, GEORGE	M77 Lethbridge, Alberta	9.33m	
9.33m	8.99m	FOUL	9.02m FOUL 8.77m

Men Discus Throw 1 k 75 - 79

Record: # 34.28m 8/9/1986 Herb Plattner

Name	Age Team	Finals	Points
=====			
1 GEMER, GEORGE	M77 Lethbridge, Alberta	27.99m	
26.60m	FOUL	24.20m	27.99m 27.80m 26.75m

Men Javelin Throw 500 g 75 - 79

=====
 Record: # 33.64m 10/17/1992 Ed Purgalis

Name	Age	Team	Finals	Points
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=====

1 GEMER, GEORGE		M77 Lethbridge, Alberta	21.56m	
	18.66m	17.24m	19.03m	21.02m 19.35m 21.56m

Men Discus Throw 1 k 80 - 84

=====
 Record: # 30.82m 6/9/2003 Garry Bachman

Name	Age	Team	Finals	Points
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1 GOODVIN, CECIL		M81 Terrace, British Co	12.66m	
	12.44m	10.83m	11.23m	12.66m FOUL 11.43m

Men Javelin Throw 400 g 80 - 84

=====
 Record: # 29.04m 6/10/1995 Ian Hume

Name	Age	Team	Finals	Points
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=====

1 GOODVIN, CECIL		M81 Terrace, British Co	11.98m	
	FOUL	11.98m	11.29m	FOUL PASS PASS

Men 100 Meter Dash 85 - 89

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 Record: # 19.33 9/10/1994 Karl Trei

Name	Age	Team	Finals	Wind	Points
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1 BELL, CLAUDE M85 Sidney, B.C. 21.87 0.7

Men 200 Meter Dash 85 - 89

Record: # 41.60 5/6/1994 KArl Trei

Name	Age	Team	Finals	Wind	Points
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1 BELL, CLAUDE		M85 Sidney, B.C.	49.50	-2.2	
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Men 5000 Meter Race Walk 85 - 89

Record: # 42:57.89 7/18/2004 CLAUDE BELL, Unattached

Name	Age	Team	Finals	Points
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1 BELL, CLAUDE		M85 Sidney, B.C.	42:57.89#	
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Men Shot Put 4 K 85 - 89

Record: # 7.62m 8/30/1999 Ian Hume

Name	Age	Team	Finals	Points
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1 MURRAY, JIM		M89 Whistler, British C	6.22m	
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5.83m 6.03m 6.22m 6.22m 5.73m 6.01m

2 MILLER, HARRY		M86 Melville, Saskatche	4.78m	
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FOUL 4.14m 4.39m FOUL 4.59m 4.78m

Men Discus Throw 1 k 85 - 89

Record: # 22.08m 8/28/1999 Ian Hume

Name	Age	Team	Finals	Points
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=====
1 MURRAY, JIM                M89 Whistler, British C    16.82m
    16.82m  16.54m  16.43m  15.82m  FOUL  FOUL
2 MILLER, HARRY              M86 Melville, Saskatche   10.80m
    10.08m  10.53m  10.14m  10.80m  10.16m  10.57m

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Men Hammer Throw 4 K 85 - 89

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Record: # 20.18m  7/7/2002    Howard West

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Name                Age Team                Finals  Points
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1 MURRAY, JIM                M89 Whistler, British C    16.23m
    FOUL  13.84m  14.60m  13.97m  16.23m  15.20m
2 MILLER, HARRY              M86 Melville, Saskatche   15.08m
    14.46m  14.64m  FOUL  14.09m  14.96m  15.08m

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Men Javelin Throw 400 g 85 - 89

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Record: # 22.46m  8/7/1994    Karl Trei

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Name                Age Team                Finals  Points
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1 MURRAY, JIM                M89 Whistler, British C    12.36m
    12.21m  11.15m  12.36m  11.88m  11.85m  11.81m
2 MILLER, HARRY              M86 Melville, Saskatche    9.36m
    PASS  PASS  PASS  8.92m  8.69m  9.36m

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Men Weight Throw 5.45 K 85 - 89

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Record: # 10.91m  8/28/1999    Ian Hume

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Name                Age Team                Finals  Points
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=====
1 MURRAY, JIM                M89 Whistler, British C      7.54m
    FOUL  FOUL  7.54m  7.50m
2 MILLER, HARRY              M86 Melville, Saskatche     6.75m
    6.58m  6.75m  4.98m  5.58m
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Men Weight Pentathlon 85 - 89

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=====
Record: # 3605 8/28/1999 Ian Hume

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Name                Age Team                Finals  Points
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1 MURRAY, JIM                M89 Whistler, British C      2965
2 MILLER, HARRY              M86 Melville, Saskatche     2219
=====

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Men Shot Put 4 K 90 - 94

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=====
Record: # 6.13m 1/6/2003 Howard West

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Name                Age Team                Finals  Points
=====

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1 WEST, HOWARD              M91 Saskatoon, Saskatch     4.59m
    4.33m  4.44m  4.43m  4.59m  4.24m  PASS
=====

```

Men Discus Throw 1 k 90 - 94

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=====
Record: # 17.95m 6/13/1999 Karl Trei

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```

Name                Age Team                Finals  Points
=====

```

```

1 WEST, HOWARD              M91 Saskatoon, Saskatch     11.48m
    FOUL  9.76m  10.19m  10.67m  11.48m  9.35m
=====

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Men Hammer Throw 4 K 90 - 94

=====
 Record: # 18.85m 6/19/2003 Howard West

Name	Age Team	Finals	Points
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=====

1 WEST, HOWARD	M91 Saskatoon, Saskatch	13.59m	
	10.77m FOUL FOUL	13.59m	FOUL FOUL

Men Weight Throw 5.45 K 90 - 94

=====
 Record: # 10.82m 1/6/2003 Howard West

Name	Age Team	Finals	Points
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=====

1 WEST, HOWARD	M91 Saskatoon, Saskatch	7.80m	
	FOUL 7.80m 7.47m 7.36m		

Men 4x400 Meter Relay OPEN

Team	Finals	Points
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1 Mexican Royales	4:39.97	
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Men Outdoor Pentathlon OPEN

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 Record: # 2183 7/18/2004 ROB DUNCANSON, Unattached

Name	Age Team	Finals	Points
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2 JUDSON, FRED	M58 Edmonton, Alberta	3266#	
4 BERQUIST, BRIAN	M51 Saskatoon, Saskatch	2868#	
5 MCFADYEN, BOB	M61 Edmonton, Alberta	2803#	

6	FURLONG, DENNIS	M58 Dalhousie, New Brun	2381#
7	RENWICK, DOUG	M62 Clavet, Saskatchewa	2310#
8	FREDERICK, BYRON	M53 Calgary, Alberta	2288#
9	DANIELS, DANNY	M75 Sidney, British Col	2211#
10	KOWALSKI, KENT	M33 Saskatoon, Saskatch	2102
11	YUEN, JOHN	M56 Edmonton, Alberta	1943
12	KNITTER, HENRY	M46 Cochrane, Alberta	1884
13	BENSON, MARK	M49 Gibsons, British Co	1787
14	ADAMS, BARRY	M62 Bowen Island, Briti	1732
15	BENSON, DON	M71 New westminster, B.	1688
16	ROBERTS, RICHARD	M61 St. Albert, Alberta	1270
3	JANKOVICH, WILLIAM	M70 Racine, Wisconsin	X2899#
1	DUNCANSON, ROB	M49 Trabuco Canyon, Ca.	X3383#