

INDOOR SPRINTS & HURDLES RECORDS

50 Metres					
Age Group	Time	Athlete	Age	Date	Location
M35	6.6h	Greg Rees	36	08.02.1992	Edmonton
M40					
M45	6.60	Jag Atwal	45	25.03.2023	Edmonton
M50	6.9h	Bruce Selby	51	08.02.1992	Edmonton
M55	7.0h	Bernie Smith	58	10.02.1990	Edmonton
M60	7.84	Al Vessey	62	19.03.2016	Saskatoon, SK
M65	7.86	Bruce Mintz	68	14.03.2015	Toronto, ON
M70	8.00	Bruce Mintz	71	03.03.2017	Toronto, ON
M75	8.03	Arnold Nett	75	15.03.2008	Saskatoon
M80	8.60	Arnold Nett	80	16.03.2013	Saskatoon
W30					
W35					
W40	7.1h	Catherine Roberts	43	24.11.1990	Edmonton
W45	7.3h	Catherine Roberts	45	12.12.1992	Edmonton
W50	9.3h	Donna Nichols	52	13.01.1990	Edmonton
W55	9.16	Susanne Lauridsen	55	17.03.2013	Toronto, ON
W60	9.58	Loretta Amerongen	64	10.03.2018	Toronto, ON
W65	10.05	Louise Nesterenko	65	19.03.2016	Toronto, ON
W70					
W75					
W80					

50 METRE HURDLES

Age Group	Time	Athlete	Age	Date	Location
M35	7.8h	George Smith	35	04.03.1979	Edmonton
M40					
M45					
M50					
M55					
M60					
M65					
M70					
M75					
M80					
W30					
W35	8.0h	Liz McBlain	35	12.03.1983	Edmonton
W40					
W45					
W50					
W55					
W60	11.71	Susanne Lauridsen	60	11.03.2018	Toronto, ON
W65					
W70					
W75					
W80					

60 METRES

Age Group	Time	Athlete	Age	Date	Location
M35	6.81	Antoine Boussombo	39	08.01.2008	Calgary
M40	7.15	Andre Francois	42	17.03.2007	Edmonton
M45	7.23	Andre Francois	45	02.03.2010	Kamloops, BC
M50	7.42	Newton Grey	51	29.01.2016	Saskatoon, SK
M55	7.68	David Lee Pong	55	04.03.2010	Kamloops, BC
M60	8.23	Wolfgang Jeske	60	01.03.2014	Edmonton
M65	8.52	Charlie Green	68	20.01.2007	Edmonton
M70	8.74	Dave Dunn	70	20.01.2007	Edmonton
M75	9.30	Dave Dunn	76	10.02.2013	Edmonton
M80	9.51	Dave Dunn	80	21.01.2017	Edmonton
M85	10.54	Dave Dunn	85	05.03.2020	Edmonton
W30					
W35	9.36	Angela Coy	36	22.01.2006	Edmonton
W40	8.09	Noella Lee Pong	44	12.02.2005	Edmonton
W45	8.15	Noella Lee Pong	49	02.03.2010	Kamloops, BC
W50	8.49	Noella Lee Pong	52	19.01.2013	Edmonton
W55	8.95	Evelyn Burnett	55	03.03.2013	Edmonton
W60	8.93	Evelyn Burnett	60	04.03.2018	Edmonton
W65	9.56	Betty Dargie	66	07.03.2009	Edmonton
W70	10.62	Mary McCarron-Egner	71	26.04.2008	Calgary
W75	12.48	Yuko Nakano	79	03.03.2023	Edmonton
W80	13.74	Betty McQuarrie	80	07.03.2009	Edmonton

60 METRE HURDLES					
Age Group	Time	Athlete	Age	Date	Location
M35	9.2h	Greg Rees	36	07.03.1992	Edmonton
M40	9.23	Walter Dong	43	06.03.2005	Edmonton
M45	9.32	Walter Dong	45	19.01.2007	Edmonton
M50	9.37	Walter Dong	51	09.02.2013	Edmonton
M55	11.09	Murray Black	55	15.02.2015	Edmonton
M60	11.16	Fred Judson	61	20.01.2007	Edmonton
M65	12.23	Merv Armstrong	68	24.02.2008	Flagstaff, AZ
M70	12.80	Arnold Nett	74	04.03.2007	Edmonton
M75	13.59	Arnold Nett	75	09.02.2008	Edmonton
M80	13.72	Arnold Nett	80	10.02.2013	Edmonton
M85	15.24	Arnold Nett	87	15.02.2020	Edmonton
M90	16.63	Arnold Nett	90	25.03.2023	Edmonton
W30					
W35	9.34	Liz McBlain	39	31.01.1987	Saskatoon, SK
W40	9.98	Susan Augustson	40	09.02.2013	Edmonton
W45	9.96	BJ Freeman	49	02.03.2008	Edmonton
W50	9.96	BJ Freeman	50	07.02.2009	Edmonton
W55	12.29	Susanne Lauridsen	56	30.03.2014	Budapest, HUN
W60	13.25	Catherine Roberts	61	02.03.2008	Edmonton
W65	11.69	Betty Dargie	67	05.03.2010	Kamloops, BC
W70					
W75					
W80					

200 METRES

Age Group	Time	Athlete	Age	Date	Location
M35	23.8h	George Smith	38	10.01.1982	Edmonton
M40	23.09	Andre Francois	42	04.03.2007	Edmonton
M45	23.01	Andre Francois	45	03.03.2010	Kamloops, BC
M50	24.11	Newton Grey	51	06.03.2016	Edmonton
M55	25.39	Newton Grey	55	19.01.2020	Edmonton
M60	27.03	Wolfgang Jeske	60	15.03.2014	Edmonton
M65	28.67	Dave Dunn	69	22.01.2006	Edmonton
M70	28.82	Dave Dunn	72	08.03.2009	Edmonton
M75	31.17	Dave Dunn	75	21.01.2012	Edmonton
M80	33.14	Dave Dunn	80	22.01.2017	Edmonton
M85	37.58	Dave Dunn	85	06.02.2022	Edmonton
W30					
W35	28.42	Rachel Mintz	39	10.03.2019	Edmonton
W40	26.61	Noella Lee Pong	44	13.02.2005	Edmonton
W45	27.12	Noella Lee Pong	47	10.02.2008	Edmonton
W50	28.94	Julie Francois	50	08.02.2009	Edmonton
W55	30.75	Evelyn Burnett	55	02.03.2013	Edmonton
W60	30.72	Evelyn Burnett	60	03.03.2018	Edmonton
W65	34.68	Maria Hopchin	65	03.03.2010	Kamloops, BC
W70					
W75	39.09	Lucille Burton	76	18.11.2017	Edmonton
W80	48.30	Betty McQuarrie	80	08.03.2009	Edmonton

300 METRES

Age Group	Time	Athlete	Age	Date	Location
M35	34.47	Antoine Boussombo	37	04.02.2006	Winnipeg, MB
M40	36.4h	George Smith	40	17.12.1983	Edmonton
	36.45	Andre Francois	44	14.02.2009	Edmonton
M45	36.64	Andre Francois	45	14.02.2010	Edmonton
M50	39.48	Newton Grey	51	07.02.2016	Edmonton
M55	40.44	Wolfgang Jeske	55	14.03.2009	Edmonton
M60	43.82	Wolfgang Jeske	60	08.02.2014	Edmonton
M65	47.31	Dave Dunn	66	17.01.2003	Edmonton
M70	46.19	Dave Dunn	70	21.01.2007	Edmonton
M75	50.78	Dave Dunn	75	11.02.2012	Edmonton
M80					
W30	49.14	Jessica Kaiser	34	01.30.2022	Calgary
W35	43.29	Liz McBlain	38	24.01.1986	Edmonton
W40	44.01	Susan Auguston	40	09.02.2013	Edmonton
W45	44.39	Noella Lee Pong	49	23.01.2010	Edmonton
W50	45.42	Julie Francois	50	14.02.2009	Edmonton
W55	51.48	Donna Dixon	56	03.03.2018	Edmonton
W60	56.27	Donna Dixon	61	10.12.2023	Calgary
W65	68.48	Susanne Lauridsen	65	10.12.2023	Calgary
W70					
W75					
W80					

400 METRES					
Age Group	Time	Athlete	Age	Date	Location
M35	49.96	George Smith	38	06.03.1982	Edmonton
M40	50.96	George Smith	41	05.02.1985	Edmonton
M45	52.99	Jim Andrew	46	08.03.1997	Calgary
M50	57.03	Tim Guss	50	07.03.2015	Edmonton
M55	59.02	Wolfgang Jeske	55	07.03.2009	Edmonton
M60	1:03.40	Wolfgang Jeske	61	01.03.2014	Edmonton
M65	1:07.70	Bruce Mintz	65	16.03.2012	Bloomington, IN
M70	1:14.00	Bruce Mintz	70	19.02.2017	Albuquerque, NM
M75	1:32.30	Bruce Mintz	75	05.02.2022	Edmonton
M80					
W30	1:04.01	Rachel Mintz	33	16.03.2013	Saskatoon
W35	1:01.80	Liz McBlain	37	23.03.1985	Edmonton
W40	1:03.40	Rachel Mintz	40	15.02.2020	Edmonton
W45	1:06.80	Donna Dixon	47	13.03.2010	Edmonton
W50	1:05.90	Julie Francois	50	07.03.2009	Edmonton
W55	1:10.83	Janice Patterson	58	05.03.2023	Edmonton
W60	1:15.45	Donna Dixon	60	22.03.2024	Chicago IL
W65					
W70					
W75					
W80					

INDOOR DISTANCE RECORDS

600 METRES					
Age Group	Time	Athlete	Age	Date	Location
M35	1:21.1h	George Smith	36	15.12.1979	Edmonton
M40	1:22.40	George Smith	40	20.01.1984	Edmonton
M45	1:27.10	Shawn Muldrew	45	14.02.2010	Edmonton
M50	1:34.20	Walter Herzog	52	28.04.2007	Calgary
M55	1:37.20	David Guss	55	13.02.2016	Edmonton
M60	1:51.90	Bruce Mintz	60	20.01.2007	Edmonton
M65					
M70					
M75					
M80					
W30	1:33.07	Nicole Bauer	30	09.02.2024	Edmonton
W35	1:40.03	Jessica Kaiser	36	03.03.2024	Edmonton
W40	1:38.30	Shari Boyle	42	15.02.2015	Edmonton
W45	1:45.30	Maria Zambrano	48	20.01.2019	Edmonton
W50	1:49.60	Donna Dixon	50	10.02.2013	Edmonton
W55	1:53.86	Janice Patterson	59	07.01.2024	Calgary
W60	2:10.58	Donna Dixon	61	07.01.2024	Calgary
W65					
W70					
W75					
W80					

800 METRES

Age Group	Time	Athlete	Age	Date	Location
M35	1:55.10	George Smith	36	01.03.1980	Edmonton
M40	1:57.40	George Smith	43	08.03.1987	Edmonton
M45	2:00.50	George Smith	45	04.02.1989	Edmonton
M50	2:06.30	Shawn Muldrew	50	08.03.2015	Edmonton
M55	2:13.60	David Guss	55	30.04.2016	Calgary
M60	2:27.00	Barrie Dargie	63	02.03.2008	Edmonton
M65	2:28.00	Barrie Dargie	65	12.03.2010	Edmonton
M70	2:50.80	Roger Davies	70	12.02.2006	Edmonton
M75	3:11.40	Roger Davies	78	02.03.2014	Edmonton
M80					
W30					
W35	2:16.60	Shari Boyle	37	10.12.2010	Calgary
W40	2:19.20	Shari Boyle	42	08.03.2015	Edmonton
W45	2:29.20	Donna Dixon	47	03.03.2010	Kamloops, BC
W50	2:33.10	Donna Dixon	51	28.03.2014	Budapest, Hungary
W55	2:35.43	Janice Patterson	59	03.03.2024	Edmonton
W60	2:53.49	Donna Dixon	61	24.03.2024	Chicago IL
W65					
W70					
W75	3:54.80	Helly Visser	76	04.03.2010	Kamloops, BC
W80	3:51.10	Helly Visser	80	28.03.2014	Budapest, Hungary

1000 METRES

Age Group	Time	Athlete	Age	Date	Location
M35	2:33.10	George Smith	35	16.12.1978	Edmonton
M40	2:37.60	Scott Robertson	40	21.01.1994	Edmonton
M45	2:38.80	Shawn Muldrew	45	13.02.2010	Edmonton
M50	2:52.60	David Guss	52	27.01.2013	Calgary
M55	3:00.30	David Guss	55	31.01.2016	Calgary
M60	3:13.20	Barry Dargie	64	03.01.2009	Calgary
M65	3:08.40	Barry Dargie	65	13.02.2010	Edmonton
M70	3:55.80	Roger Davies	74	09.01.2010	Calgary
M75	4:19.60	Roger Davies	77	17.01.2013	Calgary
M80	6:07.90	Arnold Nett	80	10.02.2013	Edmonton
M85	9:22.24	Arnold Nett	87	15.02.2020	Edmonton
W30	2:51.29	Nicole Bauer	30	09.02.2024	Edmonton
W35	2:55.44	Jessica Kaiser	35	11.02.2023	Edmonton
W42	2:59.10	Shari Boyle	42	23.01.2015	Calgary
W45	3:07.60	Maria Zambrano	48	27.01.2019	Calgary
W50	3:09.90	Maria Zambrano	52	04.12.2022	Calgary
W55	3:39.50	Donna Dixon	55	18.02.2018	Edmonton
W60	4:02.15	Donna Dixon	61	28.01.2024	Calgary
W65	4:03.40	Helly Visser	67	31.03.2001	Calgary
W70	4:19.00	Helly Visser	70	31.01.2004	Calgary
W75	4:53.50	Helly Visser	77	12.02.2011	Edmonton
W80	5:05.70	Helly Visser	80	26.01.2014	Calgary

1500 METRES

Age Group	Time	Athlete	Age	Date	Location
M35	4:09.6h	George Smith	36	16.02.1980	Edmonton
M40	3:57.60	John Bermingham	42	23.01.1993	Edmonton
M45	4:12.00	Shawn Muldrew	45	06.03.2010	Kamloops, BC
M50	4:29.20	David Guss	52	10.02.2013	Edmonton
M55	4:26.30	David Guss	55	19.03.2016	Saskatoon, SK
M60	5:01.40	Barrie Dargie	63	01.03.2008	Edmonton
M65	4:58.10	Barrie Dargie	65	11.03.2010	Edmonton
M70	5:44.10	Roger Davies	70	26.11.2005	Edmonton
M75	6:07.60	Roger Davies	75	13.02.2011	Edmonton
M80	6:45.70	Roger Davies	80	05.03.2016	Edmonton
W30	4:45.70	Bridget Pyke	31	11.02.2023	Edmonton
W35	4:38.59	Jessica Kaiser	35	11.02.2023	Edmonton
W40	4:52.70	Janice McCaffrey	43	08.03.2003	Edmonton
W45	4:43.73	Maria Zambrano	46	03.03.2017	Edmonton
W50	5:11.10	Donna Dixon	51	30.03.2014	Budapest, Hungary
W55	5:22.85	Janice Patterson	59	03.03.2024	Edmonton
W60	6:30.30	Helly Visser	64	17.01.1998	Calgary
W65	6:32.40	Helly Visser	69	15.02.2003	Edmonton
W70	6:43.90	Helly Visser	70	17.01.2004	Edmonton
W75	7:31.00	Helly Visser	77	13.02.2011	Edmonton
W80	7:47.78	Helly Visser	80	09.02.2014	Edmonton

ONE MILE

Age Group	Time	Athlete	Age	Date	Location
M35					
M40	4:34.60	Shawn Muldrew	43	15.03.2008	Edmonton
M45	4:43.80	Shawn Muldrew	45	20.03.2010	Edmonton
M50	5:00.20	David Guss	51	28.04.2012	Calgary
M55	4:55.90	David Guss	55	12.03.2016	Edmonton
M60	5:19.40	Barry Dargie	63	15.03.2008	Edmonton
M65	5:43.60	Roger Davies	65	24.02.2001	Calgary
M70	9:12.90	Richard Roberts	71	15.03.2014	Edmonton
M75	6:48.30	Roger Davies	75	19.03.2011	Edmonton
M80	7:17.30	Roger Davies	80	12.03.2016	Edmonton
W30					
W35	5:21.70	Janice Patterson	38	22.02.2003	Calgary
W40	5:20.90	Janice McCaffrey	43	22.02.2003	Calgary
W45	5:24.40	Maria Zambrano	45	31.01.2016	Calgary
W50	5:42.40	Donna Dixon	50	23.03.2013	Landover, USA
W55	6:32.20	Donna Dixon	56	27.01.2019	Calgary
W60	10:27.1h	Eileen Watson	60	20.03.1999	Calgary
W65	7:02.90	Helly Visser	65	24.02.2001	Calgary
W70	7:28.40	Helly Visser	70	22.02.2004	Calgary
W75	8:05.90	Helly Visser	77	19.03.2011	Edmonton
W80	8:19.70	Helly Visser	80	15.03.2014	Edmonton

2000 METRES

Age Group	Time	Athlete	Age	Date	Location
M30	6:15.10	Laurence Marks	34	16.04.2006	Calgary
M35	6:50.30	Laurence Marks	37	26.04.2008	Calgary
M40	6:26.00	David Guss	46	28.04.2007	Calgary
M45	6:21.20	Ed Bickley	47	29.03.2006	Calgary
M50	6:14.20	Rick Larush	53	15.01.2000	Calgary
M55	6:33.50	David Guss	55	30.04.2016	Calgary
M60	7:16.10	Roger Davies	64	15.01.2000	Calgary
M65					
M70	7:44.80	Roger Davies	70	16.04.2005	Calgary
M75					
M80					
W30					
W35	7:15.50	Donna Dixon	37	15.01.2000	Calgary
W40					
W45					
W50					
W55					
W60	9:18.00	Helly Visser	64	15.01.2000	Calgary
W65	9:07.00	Helly Visser	67	06.01.2001	Calgary
W70	9:49.43	Helly Visser	71	16.04.2005	Calgary
W75					
W80					

3000 METRES

Age Group	Time	Athlete	Age	Date	Location
M35	8:56.30	Nathan Kendrick	35	23.01.2015	Edmonton
M40	9:15.60	Shawn Muldrew	41	19.01.2007	Edmonton
M45	9:38.20	Shawn Muldrew	47	11.03.2012	Edmonton
M50	9:10.0h	Art Taylor	50	15.01.1977	?
M55	9:57.70	David Guss	55	06.03.2016	Edmonton
M60	11:11.40	Roger Davies	64	23.01.2000	Edmonton
M65	10:39.40	Barrie Dargie	65	24.01.2010	Toronto, ON
M70	12:27.50	Roger Davies	74	03.03.2010	Kamloops, BC
M75	13:12.70	Roger Davies	75	12.02.2011	Edmonton
M80	14:30.00	Roger Davies	80	06.03.2016	Edmonton
W30	10:09.88	Bridget Pyke	31	11.02.2023	Edmonton
W35	10:40.70	Sharon Styles	38	07.03.2015	Edmonton
W40	10:25.00	Janice McCaffrey	40	11.12.1999	Calgary
W45	9:54.78	Maria Zambrano	46	11.03.2017	Toronto, ON
W50	10:10.06	Maria Zambrano	52	04.03.2023	Edmonton
W55	12:51.30	Sandra Yaworski	57	10.03.2019	Edmonton
W60	14:17.50	Helly Visser	64	17.01.1998	Calgary
W65	13:22.2	Helly Visser	67	16.12.2001	Calgary
W70	15:39.50	Helly Visser	74	02.03.2008	Edmonton
W75	15:51.06	Helly Visser	78	11.03.2012	Edmonton
W80	15:57.73	Helly Visser	80	08.02.2014	Edmonton

INDOOR JUMPS RECORDS

LONG JUMP					
Age Group	Distance	Athlete	Age	Date	Location
M35	6.55	Mark Cocks	35	15.02.2020	Edmonton
M40	6.66	Garfield Bennet	42	12.02.2006	Edmonton
M45	6.09	Gezim Dimnaku	45	04.03.2017	Edmonton
M50	5.91	Barry Boyd	53	06.03.2005	Edmonton
M55	5.55	Barry Boyd	55	04.03.2007	Edmonton
M60	5.01	Dan Perl	61	10.02.1990	Edmonton
M65	4.19	Bruce Mintz	67	30.11.2013	Edmonton
M70	3.65	Arnold Nett	72	06.03.2005	Edmonton
M75	3.75	Arnold Nett	75	10.02.2008	Edmonton
M80	3.14	Arnold Nett	80	03.03.2013	Edmonton
M85	2.65	Arnold Nett	87	15.02.2020	Edmonton
M90	2.27	Arnold Nett	90	04.02.2023	Edmonton
W30					
W35	5.40	Liz McBlain	35	12.02.1983	Edmonton
W40	4.96	Liz McBlain	41	17.02.1989	Edmonton
W45	4.70	Susanne Lauridsen	49	03.03.2007	Edmonton
W50	4.65	BJ Freeman	50	07.02.2009	Edmonton
W55	4.16	Loretta Amerongen	56	13.03.2010	Edmonton
W60	3.98	Loretta Amerongen	60	08.02.2014	Edmonton
W65	3.16	Loretta Amerongen	68	13.03.2022	Edmonton
W70	2.98	Loretta Amerongen	70	04.02.2024	Edmonton
W75	2.94	Lucille Burton	75	04.03.2017	Edmonton
W80					

HIGH JUMP

Age Group	Height	Athlete	Age	Date	Location
M35	1.79	Sheldon Westcott	35	07.02.2020	Edmonton
M40	1.80	Doug Ross	41	06.03.1999	Edmonton
M45	1.80	Winchester Johnson	45	04.03.2006	Edmonton
M50	1.60	Murray Black	53	24.11.2012	Edmonton
M55	1.63	Murray Black	55	25.01.2015	Edmonton
M60	1.57	Heinz Peter	60	07.03.2009	Edmonton
M65	1.45	Jim Stelfox	65	10.03.2019	Edmonton
M70	1.18	Arnold Nett	74	02.03.2007	Edmonton
M75	1.15	Arnold Nett	76	07.03.2009	Edmonton
M80	1.14	Arnold Nett	80	03.03.2013	Edmonton
M85	0.98	Arnold Nett	87	15.02.2020	Edmonton
M90	0.93	Arnold Nett	90	4.2.2023	Edmonton
W30					
W35	1.64	Liz McBlain	35	28.01.1984	Saskatoon, SK
W40	1.26	Ingrid Mohora	44	11.02.2024	Edmonton
W45	1.44	Liz McBlain	46	05.03.1994	Chicago, IL
W50	1.40	BJ Freeman	50	18.01.2009	Edmonton
W55	1.28	Loretta Amerongen	56	14.03.2010	Edmonton
W60	1.24	Loretta Amerongen	60	29.03.2014	Budapest, Hungary
W65	1.14	Susanne Lauridsen	66	17.02.2024	Montreal
W70	1.07	Loretta Amerongen	70	11.02.2024	Edmonton
W75					
W80					

TRIPLE JUMP					
Age Group	Distance	Athlete	Age	Date	Location
M35					
M40	14.65	Garfield Bennet	42	04.03.2006	Edmonton
M45	13.27	Gezim Dimnaku	45	19.01.2018	Edmonton
M50	10.33	Murray Black	50	13.03.2010	Edmonton
M55	9.39	Murray Black	55	29.11.2014	Edmonton
M55 Tie	9.39	Bill Rehlaue	56	16.02.2020	Edmonton
M60	8.92	James Purkis	64	09.02.2014	Edmonton
M65	8.73	James Purkis	65	29.11.2014	Edmonton
M70	7.83	Arnold Nett	72	06.03.2005	Edmonton
M75	8.09	Arnold Nett	75	01.03.2008	Edmonton
M80	7.11	Arnold Nett	80	03.03.2013	Edmonton
M85	5.83	Arnold Nett	86	17.11.2019	Edmonton
M90	5.35	Arnold Nett	90	4.03.2023	Edmonton
W30					
W35					
W40	9.38	Liz McBlain	40	28.08.1988	Toronto, ON
W45	8.92	Liz McBlain	49	06.03.1993	Toronto, ON
W50	9.32	Susanne Lauridsen	50	21.03.2008	Clermont, FRA
W55	8.77	Loretta Amerongen	56	13.02.2010	Edmonton
W60	8.28	Loretta Amerongen	60	26.03.2014	Budapest, Hungaria
W65	6.87	Loretta Amerongen	65	17.11.2018	Edmonton
W70	6.51	Loretta Amerongen	70	11.02.2024	Edmonton
W75	6.36	Lucille Burton	75	21.01.2017	Edmonton
W80					

POLE VAULT

Age Group	Height	Athlete	Age	Date	Location
M35	4.15	Doug Ross	39	01.03.1997	Edmonton
M40	4.20	Doug Ross	40	26.04.1997	Saskatoon, SK
M45	3.70	Winchester Johnson	-	-	-
M50	2.80	Murray Black	51	12.03.2011	Edmonton
M55	2.45	Murray Black	57	22.01.2017	Edmonton
M60	2.36	Henry Charrois	62	30.11.2013	Edmonton
M65	2.40	Fred Judson	66	05.04.2012	Jyvaskla, FIN
M70	1.95	Richard Roberts	71	08.02.2014	Edmonton
M75					
M80					
W30	3.50	Rachel Mintz	32	10.03.2012	Edmonton
W35	3.40	Rachel Mintz	35	07.03.2015	Edmonton
W40	1.80	Liz McBlain	40	28.08.1988	Toronto, ON
W45					
W50					
W55	1.95	Catherine Roberts	59	20.01.2007	Edmonton
W60					
W65					
W70					
W75					
W80					

INDOOR THROWS RECORDS

SHOT PUT

M35-M45 7.62kg; M50-M55 6kg; M60-M65 5kg; M70-M75 4kg; M80+ 3kg

W35-W45 4kg; W50-W70 3kg; W75+ 2kg

Age Group	Distance	Athlete	Age	Date	Location
M30	12.94	Scott Paterson	34	10.03.2018	Toronto, ON
M35	13.59	Andrew Smith	37	06.03.1999	Edmonton
M40	11.94	Greg Rees	40	11.02.1996	Edmonton
M45	13.35	Michael MacDonald	46	04.03.2023	Edmonton
M50	13.18	Paul Rains	51	10.03.2019	Edmonton
M55	12.37	Marek Glowacki	56	11.02.1996	Edmonton
M60	12.41	Gordon McCulloch	61	29.02.2019	Edmonton
M65	13.51	Marek Glowacki	65	22.01.2006	Edmonton
M70	12.25	Frank Smolinski	70	07.03.2009	Edmonton
M75	10.89	Bruce Foster	78	06.03.2024	Edmonton
M80	9.15	Arnold Nett	80	06.03.2013	Edmonton
M85	8.53	Lembit Saar	88	27.01.2007	Calgary
M90	6.87	Arnold Nett	90	04.02.2023	Edmonton
W30	14.03	Rachel Andres	31	18.02.2018	Edmonton
W35	15.16	Georgette Reed	36	16.02.2003	Edmonton
W40	11.08	Liz McBlain	41	04.03.1989	Edmonton
W45	11.15	Andrea Diener	48	05.03.2023	Edmonton
W50	11.94	Georgette Reed	52	09.03.2019	Edmonton
W55	9.87	Jovette Jolicoeur	55	07.03.2015	Edmonton
W60	9.31	Liz McBlain	60	01.03.2008	Edmonton
W65	8.43	Laura Hessel	66	09.02.2019	Edmonton
W70	8.75	Laura Hessel	70	12.03.2023	Louisville, KY
W75	8.18	Yuko Nakano	75	16.02.2019	Edmonton
W80					

WEIGHT THROW

**M35-M45 35 lbs; M50-M55 25 lbs; M60-M65 20 lbs; M70-M75 16 lbs; M80+
W35-W45 20 lbs; W50-W55 16 lbs; W60-W70 12 lbs; W75+ 4kg (8.9 lbs)**

Age Group	Distance	Athlete	Age	Date	Location
M30	14.64	Scott Paterson	34	10.03.2018	Toronto, ON
M35	15.88	Jarom LaPierre	35	09.02.2013	Edmonton
M40	19.10	Ian Maplethorpe	41	10.02.2017	Edmonton
M45	8.96	Fred Judson	49	12.02.1994	Edmonton
M50	17.66	Mark Lowe	54	03.03.2024	Edmonton
M55	12.55	Marek Glowacki	56	11.02.1996	Edmonton
M60	13.37	Longin Szafranski	61	01.03.2014	Edmonton
M65	14.57	Marek Glowacki	65	21.01.2006	Edmonton
M70	15.39	Longin Szafranski	71	04.02.2024	Edmonton
M75					
M80	12.00	Lembit Saar	83	02.03.2002	Edmonton
M85	7.81	Arnold Nett	86	16.02.2019	Edmonton
M90	8.27	Arnold Nett	90	4.2.2023	Edmonton
W30	14.14	Rachel Andres	34	06.03.2022	Edmonton
W35	15.53	Georgette Reed	36	15.02.2003	Edmonton
W40	11.15	Andrea Diener	44	09.02.2020	Edmonton
W45	13.06	Andrea Diener	48	04.03.2023	Edmonton
W50	12.34	Georgette Reed	52	08.03.2019	Edmonton
W55	10.68	Liz McBlain	55	15.02.2003	Edmonton
W60	11.68	Liz McBlain	60	19.03.2008	Clermont-Ferrand, FRA
W65	11.43	Laura Hessel	69	26.03.2022	St. John, NB
W70	11.87	Laura Hessel	70	28.03.2023	Torun, Poland
W75	9.05	Yuko Nakano	75	16.02.2019	Edmonton
W80					

INDOOR TRACK RACE WALK RECORDS

1500M RACE WALK					
Age Group	Time	Athlete	Age	Date	Location
M35	8:29.4	Terry Carlson	37	27.11.2004	Edmonton
M40					
M45	6:45.10	Glen Bodet	49	12.03.2011	Edmonton
M50	6:44.50	Glen Bodet	52	30.11.2013	Edmonton
M55	7:13.95	James Kenney	57	30.11.2013	Edmonton
M60	7:18.23	Henry Charrois	62	30.11.2013	Edmonton
M65	7:37.71	Henry Charrois	66	18.11.2017	Edmonton
M70	10:10.10	Richard Roberts	73	07.02.2016	Edmonton
M75					
M80					
W30					
W35	6:58.28	Holly Gerke	39	29.11.2003	Edmonton
W40	6:49.31	Holly Gerke	40	27.11.2004	Edmonton
W45	7:23.24	Susan Brooke	46	22.01.2012	Edmonton
W50	7:38.33	Johanna Flipsen	50	26.11.2005	Edmonton
W55	7:46.38	Johanna Flipsen	56	22.01.2012	Edmonton
W60	7:59.20	Johanna Flipsen	60	15.02.2015	Edmonton
W65	8:23.56	Johanna Flipsen	65	20.02.2020	Edmonton
W70	9:19.00	Jennie Benning	71	01.12.1996	Edmonton
W75					
W80					

3000M RACE WALK

Age Group	Time	Athlete	Age	Date	Location
M35	18:10.18	Cesar Loza Arciba	39	27.03.2023	Torun, Poland
M40	11:52.60	Tim Berrett	40	05.03.2005	Edmonton
M45	13:52.10	Glen Bodet	48	03.03.2010	Kamloops, BC
M50	13:52.50	Glen Bodet	51	02.03.2013	Edmonton
M55	15:13.30	James Kenney	56	10.02.2013	Edmonton
M60	15:48.45	Henry Charrois	61	02.03.2013	Edmonton
M65	16:22.50	Henry Charrois	65	12.03.2017	Toronto
M70	20:57.90	Richard Roberts	70	10.02.2013	Edmonton
M75					
M80					
W30	12:56.70	JaniceMcCaffrey	34	12.03.1993	Toronto, ON
W35	14:26.00	Holly Gerke	39	06.03.2004	Edmonton
W40	14:16.10	Holly Gerke	40	05.03.2005	Edmonton
W45	15:59.10	Susan Brooke	48	09.02.2014	Edmonton
W50	15:24.99	Janice McCaffrey	50	03.03.2010	Kamloops, BC
W55	16:11.66	Johanna Flipsen	55	14.02.2010	Edmonton
W60	16:30.44	Johanna Flipsen	60	15.02.2015	Edmonton
W65	17:31.25	Johanna Flipsen	65	29.02.2020	Edmonton
W70	19:34.80	Teresa Chiozza	71	26.03.2022	Saint John, NB
W75					
W80					