

## ATHLETICS ALBERTA OUTDOOR TRACK & FIELD RECORDS

### SPRINT & HURDLE RECORDS

#### 100 METRES

Age Group	Time	Name	Age	Date	Location
M30					
M35	10.40	Antoine Boussombo	38	05.08.2006	Ottawa, ON
M40	11.08	Andre Francois	42	05.08.2006	Charlotte, NC
M45	11.33	Andre Francois	45	12.10.2009	Sydney, AUS
M50	11.58	Newton Grey	51	29.05.2016	St. Albert, AB
M55	12.40	Wolfgang Jeske	55	12.10.2009	Sydney, AUS
M55	12.40	Dave Brown	55	04.08.2013	Torino, IT
M60	13.46	Robert Trapp	61	08.07.2023	Sherwood Pk, AB
M65	13.46	Charles Green	66	25.06.2005	Calgary
M70	14.12	Charles Green	70	02.08.2008	Regina, SK
M75	14.98	Arnold Nett	75	02.08.2008	Regina, SK
M80	15.49	Dave Dunn	80	28.08.2016	Vancouver, BC
M85	17.43	Dave Dunn	86	30.07.2022	Regina
W30	13.27	Nancy Youney	34	25.07.2005	Edmonton
W35	11.87	Winneth Dube	36	14.06.2008	Calgary
W40	12.75	Noella Lee Pong	43	17.07.2004	Calgary
W45	13.25	Noella Lee Pong	46	30.06.2007	Kelowna, BC
W50	14.21	Evelyn Burnett	51	24.05.2009	Calgary
W55	14.10	Evelyn Burnett	57	26.07.2015	Sherwood Park
W60	14.26	Evelyn Burnett	60	27.05.2018	Calgary, AB
W65	15.54	Betty Dargie	67	03.07.2009	Edmonton
W70	17.06	Mary McCarron-Egner	71	02.08.2008	Regina, SK
W75	17.30	Lucille Burton	75	02.07.2016	Edmonton
W80	21.79	Betty McQuarrie	80	02.08.2008	Regina, SK

**200 METRES**

<b>Age Group</b>	<b>Time</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M30					
M35	21.03	Antoine Boussombo	37	26.06.2005	Calgary
M40	22.43	Andre Francois	42	05.08.2006	Charlotte, NC
M45	23.01	Andre Francois	45	18.10.2009	Sydney, AUS
M50	23.96	Newton Grey	51	29.05.2016	St. Albert, AB
M55	25.39	Newton Grey	55	19.01.2020	Edmonton, AB
M60	26.03	Bernie Smith	60	03.08.1992	Regina, SK
M65	27.90	Dave Dunn	69	28.08.2005	San Sebastian,
M70	29.25	Dave Dunn	70	27.05.2006	St-Albert
M75	31.98	Dave Dunn	77	29.07.2013	Regina, SK
M80	33.25	Dave Dunn	80	28.08.2016	Vancouver, BC
M85	37.87	Dave Dunn	86	30.07.2022	Regina, SK
W30	25.05	Kim Vanderhoek	31	20.06.2002	Edmonton
W35	24.39	Winneth Dube	36	15.06.2008	Calgary
W40	26.83	Susan Auguston	41	17.05.2014	Edmonton
W45	28.14	Evelyn Burnett	47	27.07.2005	Edmonton
W50	28.76	Julie Francois	50	09.05.2009	St-Albert
W55	29.97	Evelyn Burnett	57	12.08.2015	Lyon, France
W60	30.93	Evelyn Burnett	60	29.07.2018	Sherwood Park
W65	34.24	Betty Dargie	67	16.05.2009	Sydney, AUS
W70	36.96	Mary McCarron-Egner	71	03.08.2008	Regina, SK
W75	38.94	Maria Hopchin	75	21.07.2019	Sherwood Park, AB
W80	49.31	Betty McQarrie	80	03.08.2008	Regina, SK

**400 METRES**

<b>Age Group</b>	<b>Time</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M30					
M35	47.26	Antoine Boussombo	38	25.06.2006	Calgary
M40	50.10	George Smith	41	29.06.1985	Rome, IT
M45	52.81	George Smith	45	05.08.1989	Eugene, OR
M50	55.49	Dave Brown	50	08.08.2008	Spokane, WA
M55	58.29	Wolfgang Jeske	55	15.10.2009	Sydney, AUS
M60	1:00.1	Bernie Smith	64	11.08.1996	Victoria, BC
M65	1:03.60	Dave Dunn	69	02.09.2005	San Sebastian,
M70	1:08.6	Dave Dunn	70	08.07.2006	Edmonton
M75	1:20.75	Dave Dunn	79	16.08.2015	Lyon, France
M80	1:19.40	Dave Dunn	80	28.08.2016	Vancouver, BC
M85	1:51.47	Dave Dunn	86	30.07.2022	Regina
W30	1:03.70	Rachel Mintz	33	30.03.2013	Paradise Valley, AZ
W35	57.41	Winneth Dube	36	25.05.2008	Calgary
W40	1:01.2	Shari Boyle	43	05.06.2016	Calgary
W45	1:05.7	Catherine Roberts	45	14.08.1992	Spokane, WA
W50	1:05.74	Julie Francois	50	10.05.2009	St. Albert, AB
W55	1:09.67	Janice Patterson	58	04.06.2023	Calgary
W60	1:16.21	Donna Dixon	61	06.07.2024	Edmonton
W65	1:24.5	Nessie Hollicky	65	23.08.1996	Eugene, OR
W70	1:31.7	Nessie Hollicky	71	05.10.2002	Melbourne, AUS
W75	1:38.88	Nessie Hollicky	75	28.06.2007	Louisville, KY
W80					

**SHORT HURDLES****M35-M45 110m; M50-M65 100m; M70+ 80m****W35 100m; W40+ 80m**

Age Group	Time	Name	Age	Date	Location
M30					
M35					
M40	17.00	Walter Dong	44	25.06.2005	Calgary
M45	17.51	Walter Dong	45	13.05.2006	Calgary
M50	16.80	Walter Dong	50	23.07.2011	Sherwood Park
M55	18.13	Murray Black	57	15.05.2016	Calgary
M60	18.82	Walter Dong	61	09.07.2022	Calgary
M65	19.24	Mervyn Armstrong	66	30.06.2005	Quebec
M70	17.00	Mervyn Armstrong	72	09.06.2012	Great Falls, MT
M75	18.09	Arnold Nett	75	02.08.2008	Regina, SK
M80	18.14	Arnold Nett	80	27.07.2013	Regina, SK
W30	13.94	Kim Vanderhoek	31	23.06.2002	Edmonton
W35	15.50	Liz McBlain	35	16.07.1983	Saskatoon, SK
W40	13.38	Liz McBlain	41	27.07.1989	Eugene, OR
W45	13.17	BJ Freeman	49	17.05.2008	Calgary
W50	13.65	BJ Freeman	51	16.07.2010	Toronto, ON
W55	16.96	Susanne Lauridsen	56	14.06.2014	Calgary
W60	17.49	Jovette Joliceur	61	21.08.2021	Calgary
W65	16.75	Betty Dargie	67	13.10.2009	Sydney, AUS
W70					
W75					
W80					

**LONG HURDLES****M35-M55 400m; M60+ 300m; M80+ 200m****W35-W45 400m; W50+ 300m**

Age Group	Time	Name	Age	Date	Location
M30					
M35	53.40	George Smith	37	07.06.1981	-
M40	54.76	George Smith	40	27.09.1983	San Juan, PR
M45	58.42	George Smith	45	03.08.1989	Eugene, OR
M50	1:03.3	Fred Judson	53	01.08.1999	Gateshead, UK
M55	1:07.2	Wolfgang Jeske	55	18.07.2009	Kamloops, BC
M60	50.28	Derek McCune	61	26.07.2005	Edmonton
M65	52.91	Mervyn Armstrong	66	26.07.2005	Edmonton
M70	1:00.6	Bruce Mintz	70	13.08.2017	Toronto, ON

M75					
M80	40.85	Arnold Nett	80	28.07.2013	Regina, SK
W30					
W35					
W40	1:08.32	Teresa Schlachter	41	26.07.2005	Edmonton
W45	1:13.7	Shari Boyle	46	02.06.2019	Calgary
W50	53.40	Susanne Lauridsen	50	10.08.2008	Spokane, WA
W55	1:05.2	Susanne Lauridsen	57	10.08.2015	Lyon, France
W60	1:05.7	Catherine Roberts	61	20.07.2008	Sherwood Park
<b>W65</b>	<b>1:24.99</b>	<b>Susanne Lauridsen</b>	<b>66</b>	<b>04.08.2024</b>	<b>Montreal</b>
W70					
W75					
W80					

**OUTDOOR TRACK DISTANCE RECORDS**

**800 METRES**

<b>Age Group</b>	<b>Time</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M30	2:11.2	Laurence Marks	34	18.07.2004	Calgary
M35	1:55.7h	George Smith	38	14.08.1982	Edmonton
M40	1:56.3	George Smith	40	29.09.1983	San Juan, PR
M45	1:59.4	George Smith	45	01.08.1989	Eugene, OR
M50	2:06.4	Shawn Muldrew	50	23.05.2015	Edmonton
M55	2:11.4	David Guss	55	06.07.2016	Kelowna,BC
M60	2:24.8	Barrie Dargie	64	15.06.2008	Calgary
M65	2:23.5	Barrie Dargie	66	18.07.2010	Toronto, ON
M70	2:39.4	Roger Davies	70	31.07.2005	Edmonton
M75	2:59.5	Roger Davies	75	20.06.2010	Calgary
M80	3:17.7	Roger Davies	80	10.05.2015	Calgary
W30	2:19.5	Jessica Kaiser	31	17.06.2018	Calgary
W35	2:13.2	Shari Boyle	37	15.07.2010	Calgary
W40	2:16.4	Shari Boyle	41	27.06.2014	Moncton, NB
W45	2:27.5	Donna Dixon	46	02.08.2009	Lahti, FIN
W50	2:32.75	Maria Zambrano	52	22.11.2022	Bogota, Columbia
W55	2:34.44	Janice Patterson	59	13.08.2023	Langley, BC
W60	2:55.36	Donna Dixon	61	15.08.2024	Gothenburg Sweden
W65	3:14.1	Nessie Hollicky	65	22.08.1996	Eugene, OR
W70	3:13.7	Helly Visser	71	29.08.2005	San Sebastian, SPAIN
W75	3:40.6	Helly Visser	78	30.08.2012	Sidney, NS
W80					

**1500 METRES**

<b>Age Group</b>	<b>Time</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M30	4:28.9	Laurence Marks	34	26.07.2009	Calgary
M35	4:16.13	Kris Butler	35	02.06.2024	Leduc, AB
M40	4:07.9	Shawn Muldrew	43	14.06.2008	Calgary
M45	4:13.6	Shawn Muldrew	46	15.07.2011	Sacramento, USA
M50	4:22.0	Shawn Muldrew	52	11.07.2015	Edmonton
M55	4:36.6	David Guss	55	23.07.2016	Calgary
M60	4:52.8	Roger Davies	60	22.07.1995	Buffalo, NY
M65	4:54.6	Barrie Dargie	66	17.07.2010	Toronto, ON
M70	5:21.6	Roger Davies	70	02.09.2005	San Sebastian,
M75	5:59.7	Roger Davies	75	19.06.2010	Calgary
M80	6:38.6	Roger Davies	80	09.05.2015	Calgary
W30	4:33.5	Maria Zambrano	32	29.06.2003	Kelowna, BC
W35	4:30.8	Shari Boyle	39	05.05.2012	Los Angeles, CA
W40	4:41.8	Shari Boyle	41	13.04.2014	Claremont, CA
W45	4:52.8	Maria Zambrano	47	14.07.2018	Calgary
W50	4:55.98	Maria Zambrano	51	03.07.2022	Kelowna
W55	5:22.98	Janice Patterson	59	12.08.2023	Langley, BC
W60	5:52.8	Helly Visser	61	20.07.1995	Buffalo, NY
W65	6:02.8	Helly Visser	67	13.07.2001	Brisbane, AUS
W70	6:44.8	Helly Visser	71	02.09.2005	San Sebastian, SPAIN
W75	7:22.4	Helly Visser	78	03.09.2012	Sydney, NS
W80					

**1 MILE**

<b>Age Group</b>	<b>Time</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M30					
M35	4:34.29	Nathan Kendrick	35	07.06.2015	Calgary
M40	4:53.8	Bill Corcoran	40	22.05.2002	Richmond, BC
M45	4:39.6	Shawn Muldrew	47	03.06.2012	Calgary
M50	4:52.3	David Guss	54	07.06.2015	Calgary
M55	4:49.94	David Guss	55	18.06.2016	Norwalk, CA
M60	5:40.9	Ed Bickley		15.07.2018	Calgary
M65	5:32.8	Roger Davies	66	29.05.2001	Richmond, BC
M70	5:53.7	Roger Davies	70	18.06.2005	Eugene, OR
M75	6:20.0	Roger Davies	75	26.06.2010	Eugene, OR
M80	6:59.67	Roger Davies	80	07.06.2015	Calgary
W30					
W35	5:31.9	Donna Dixon	37	19.06.1999	Eugene, OR
W40	5:29.4	Donna Dixon	40	04.06.2003	Richmond, BC
W45	5:35.0	Linda Edmunds	46	19.06.1999	Eugene, OR
W50	5:22.2	Maria Zambrano	50	26.06.2021	Calgary
W55	7:04.3	Donna Dixon	58	26.06.2021	Calgary
W60					
W65	6:50.4	Helly Visser	67	29.05.2001	Richmond, BC
W70	7:15.68	Helly Visser	70	23.06.2004	Richmond, BC
W75	7:47.40	Helly Visser	77	18.05.2011	Victoria
W80	8:33.77	Helly Visser	80	31.05.2014	Calgary



3000 METRES					
Age Group	Time	Name	Age	Date	Location
M30					
M35	9:26.15	Kris Butler	35	02.06.2024	Leduc, AB
M40	9:41.8	Adrian Becklumb	40	31.05.2005	Calgary
M45	9:29.4	Shawn Muldrew	47	27.05.2012	Calgary
M50	9:43.0	David Guss	52	02.06.2013	Calgary
M55	9:58.8	David Guss	55	24.07.2016	Calgary
M60	10:59.0	Roger Davies	61	03.06.1996	Calgary
M65	11:09.8	Barrie Dargie	66	18.06.2010	Calgary
M70	11:52.7	Roger Davies	70	22.05.2005	Calgary
M75	12:53.9	Roger Davies	75	08.05.2010	Calgary
M80					
W30	9:51.3	Maria Zambrano	32	28.06.2003	Kelowna, BC
W35	10:38.6	Sandra Yaworski	38	30.07.2000	Edmonton
W40	10:40.6	Janice McCaffrey	42	03.07.2002	Calgary
W45	10:09.4	Maria Zambrano	45	19.06.2016	Calgary
W50	10:16.54	Maria Zambrano	50	07.08.2021	Sherwood Park
<b>W55</b>	<b>12:28.37</b>	<b>Leanne Yohemas</b>	<b>55</b>	<b>14.07.2024</b>	<b>Sherwood Park</b>
W60	13:21.48	Helly Visser	63	22.06.1997	Calgary
W65	13:28.17	Helly Visser	65	19.06.1999	Eugene, OR
W70	14:53.21	Helly Visser	71	22.05.2005	Calgary
W75	17:03.2	Nessie Hollicky	75	10.10.2006	St. George, UT
W80					

**STEEPLECHASE****M35-M55 3000 Metres; M60+ 2000 Metres; W35+ 2000 Metres**

<b>Age Group</b>	<b>Time</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M30					
M35	12:21.8	Mark Woodhouse	38	25.07.2005	Edmonton
M40	10:17.8	Barrie Dargie	41	25.06.1985	Rome, IT
M45	10:28.9	Shawn Muldrew	46	17.07.2011	Sacramento, CA
M50	10:18.1	Arthur Taylor	52	01.08.1979	Hanover, GER
M55	11:43.8	David Guss	55	29.08.2016	Vancouver, BC
M60	9:18.0	Bruce Suffield	60	25.07.2005	Edmonton
M65	7:26.87	Barrie Dargie	66	23.07.2010	Sacramento, CA
M70					
M75	11:53.69	Alex MacEachern	76	30.07.2022	Regina
M80					
W30					
W35	7:32.6	Shari Boyle	37	27.05.2012	Edmonton
W40	7:33.16	Shari Boyle	40	18.05.2013	Calgary
W45	7:17.2	Shari Boyle	46	26.05.2019	Calgary
W50	7:36.45	Shari Boyle	50	06.06.2023	Moncton NB
W55					
W60	10:53.2	Bonnie Skov	61	02.08.2008	Regina, SK
W65					
W70					
W75	16:08.6	Helly Visser	78	15.07.2012	Sherwood Park
W80					

**5000 METRES**

<b>Age Group</b>	<b>Time</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M30					
M35	16:40.8	Dennis Colburn	39	29.07.2005	Edmonton
M40	16:11.1	Barrie Dargie	41	28.06.1985	Rome, IT
M45	16:36.5	Shawn Muldrew	47	16.06.2012	Edmonton
M50	15:42.0	Arthur Taylor	-	1980	-
M55	17:30.9	David Guss	55	01.08.2016	Vancouver, BC
M60	18:03.4	Roger Davies	60	19.07.1995	Buffalo, NY
M65	18:37.4	Roger Davies	65	10.08.2000	Eugene, OR
M70	19:43.3	Roger Davies	70	25.08.2005	San Sebastian,
M75	22:13.3	Roger Davies	75	27.06.2010	Eugene, OR
M80					
W30	16:12.3	Maria Zambrano	33	02.05.2004	Stanford, CA
W35	18:18.7	Sandra Yaworski	38	19.08.2000	Kamloops, BC
W40	17:40.9	Maria Zambrano	44	20.06.2015	Calgary
W45	17:28.6	Maria Zambrano	47	17.06.2018	Calgary
W50	17:23.35	Maria Zambrano	51	01.07.2022	Kelowna
W55	23:22.2	Bonnie Skov	59	29.07.2005	Edmonton
W60	21:11.9	Helly Visser	61	12.07.1995	Buffalo, NY
W65	22:14.11	Helly Visser	67	06.07.2001	Brisbane, AUS
W70	26:20.1	Nessie Hollicky	71	08.10.2002	Melbourne, AUS
W75	29:21.3	Helly Visser	79	18.11.2013	Porto Alegre, BR
W80					

**10000 METRES**

<b>Age Group</b>	<b>Time</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M30	29:37.7	Jeremy Deere	30	17.06.2005	Abotsford, BC
M35					
M40	34:37.6	Luis Renteria	42	01.06.2002	Burnaby, BC
M45	36:50.0	David Guss	48	17.07.2009	Kamloops, BC
M50	33:47.1	Arthur Taylor	54	30.08.1980	Puerto Rico
M55	37:59.2	David Guss	56	11.08.2017	Toronto, ON
M60	38:03.5	Roger Davies	60	16.07.1995	Buffalo, NY
M65	39:29.0	Roger Davies	65	10.08.2000	Eugene, OR
M70	43:35.4	Stan Oracheski	71	11.07.1999	Sherbrooke, PQ
M75					
M80					
W30	32:53.5	Lisa Harvey	31	02.06.2001	Vancouver, BC
W35					
W40	38:47.0	Gaylene Pridham	42	28.07.1996	Calgary
W45					
W50	36:38.88	Maria Zambrano	51	30.07.22	Regina
W55					
W60	46:45.6	Helly Visser	61	15.07.1995	Buffalo, NY
W65	50:33.5	Helly Visser	65	03.08.1999	Gateshead, UK
W70	55:23.0	Nessie Hollicky	71	10.10.2002	Melbourne, AUS
W75					
W80					

## JUMPS RECORDS

LONG JUMP					
Age Group	Distance	Name	Age	Date	Location
<b>M30</b>	<b>7.14</b>	<b>Jonathan Balogun</b>	<b>30</b>	<b>09.06.2024</b>	<b>Calgary</b>
M35	6.67	Mark Cocks	35	07.07.2019	Kamloops, BC
M40	6.10	Gezim Dimnaku	43	25.07.2015	Sherwood park
M45	5.99	Gezim Dimnaku	45	13.05.2017	Calgary
M50	6.10	Barry Boyd	53	29.07.2005	Edmonton
M55	5.17	William Rehlau	55	20.07.2019	Sherwood Park
<b>M60</b>	<b>4.89</b>	<b>William Rehlau</b>	<b>60</b>	<b>28.07.2024</b>	<b>Calgary</b>
M65	4.44	Mervyn Armstrong	66	03.09.2005	Ft. Collins, CO
M70	4.10	Mervyn Armstrong	72	09.06.2012	Kamloops, BC
M75	3.75	Mervyn Armstrong	70	02.08.2008	Great Falls, MT
M80	3.29	Arnold Nett	83	08.07.2016	St Paul, MN
M85	2.44	Arnold Nett	88	07.08.2021	Sherwood Park
W30	5.90	Kim Vanderhoek	31	23.06.2002	Edmonton
W35	5.05	Liz McBlain	35	17.07.1983	Saskatoon, SK
W40	4.95	Liz McBlain	40	18.06.1988	Etobicoke, ON
W45	4.74	BJ Freeman	49	18.05.2008	Calgary
W50	4.57	Susanne Lauridsen	50	02.08.2008	Regina, SK
		BJ Freeman	51	27.08.2010	St. Albert
W55	4.05	Loretta Amerongen	56	16.06.2010	Edmonton
		Jovette Jolicoeur	55	07.06.2015	Calgary
W60	3.84	Loretta Amerongen	60	17.05.2014	Edmonton
W65	3.48	Betty Dargie	67	16.10.2009	Sydney, AUS
<b>W70</b>	<b>3.19</b>	<b>Loretta Amerongen</b>	<b>70</b>	<b>31.05.2024</b>	<b>Leduc AB.</b>
W75					
W80					

**TRIPLE JUMP**

<b>Age Group</b>	<b>Distance</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M35	13.19	Greg Guyn	38	05.06.1999	Lethbridge
M40	14.23	Gezim Dimnaku	42	28.06.2014	Moncton
M45	12.98	Gezim Dimnaku	45	28.05.2017	Calgary
M50	10.49	Dave Burton	50	27.07.2005	Edmonton
M55	10.54	Haijing Deng	56	05.05.2016	Singapore
<b>M60</b>	<b>9.25</b>	<b>William Rehlau</b>	<b>60</b>	<b>13.07.2024</b>	<b>Sherwood Park</b>
M65	8.37	Mervyn Armstrong	66	30.06.2005	Quebec City
M70	8.24	Arnold Nett	72	27.07.2005	Edmonton
M75	7.74	Arnold Nett	75	03.08.2008	Regina, SK
M80	6.82	Arnold Nett	80	28.07.2013	Regina, SK
M85	5.62	Arnold Nett	88	08.08.2021	Sherwood Park
M90	5.47	Arnold Nett	90	07.07.2023	Sherwood Park
W30	11.1	Helena Petrech	31	26.07.2005	Edmonton
W35	9.82	Liz McBlain	36	18.08.1984	Ottawa, ON
W40	9.55	Liz McBlain	40	19.06.1988	Etobicoke, ON
W45	9.07	Susanne Lauridsen	48	23.05.2006	Calgary
W50	9.28	Susanne Lauridsen	50	03.08.2008	Regina, SK
W55	8.73	Loretta Amerongen	56	16.05.2010	Calgary
W60	7.95	Loretta Amerongen	60	12.07.2014	Sherwood Park
W65	7.13	Loretta Amerongen	68	16.07.2022	Edmonton
<b>W70</b>	<b>6.63</b>	<b>Loretta Amerongen</b>	<b>70</b>	<b>04.08.2024</b>	<b>Montreal QC</b>
W75					
W80					

## HIGH JUMP

Age Group	Height	Name	Age	Date	Location
M30	1.75	Sheldon Westcott	34	05.07.2019	St. Therese, QC
M35	1.91	Walter Dixon	37	05.08.1994	Edmonton
M40	1.85	Jim Stelfox	41	05.08.1994	Edmonton
M45	1.75	Walter Dixon	48	26.07.2005	Edmonton
M50	1.58	Murray Black	50	15.05.2010	Calgary
M55	1.64	Murray Black	57	15.05.2016	Calgary
M60	1.50	Heinz Peter	60	10.05.2009	St. Albert
M65	1.40	Jim Stelfox	65	17.06.2018	Calgary
M70	1.15	Arnold Nett	73	09.07.2006	Edmonton
M75	1.20	Arnold Nett	75	29.06.2008	Calgary
M75	1.20	Alex MacEachern	76	30.07.2022	Regina
M80	1.15	Arnold Nett	80	20.07.2013	Sherwood Park
M85	0.98	Arnold Nett	88	08.08.2021	Sherwood Park
M90	0.97	Arnold Nett	90	06.07.2023	Sherwood Park
W30	1.66	Kim Vanderhoek	31	23.06.2002	Edmonton
W35	1.53	Liz McBlain	35	17.07.1983	Saskatoon SK
W40	1.57	Liz McBlain	41	28.07.1989	Eugene OR
W45	1.40	BJ Freeman	47	28.05.2006	St. Albert
W50	1.40	Connie Brill	51	25.07.2005	Edmonton
W55	1.29	Loretta Amerongen	55	17.07.2009	Kamloops, BC
W60	1.25	Loretta Amerongen	60	17.05.2014	Edmonton
W60	1.25	Susanne Lauridsen	61	11.05.2019	Calgary
<b>W65</b>	<b>1.15</b>	<b>Susanne Lauridsen</b>	<b>66</b>	<b>16.06.2024</b>	<b>Calgary</b>
<b>W70</b>	<b>1.08</b>	<b>Loretta Amerongen</b>	<b>70</b>	<b>04.05.2024</b>	<b>Edmonton</b>
W75					
W80					

**POLE VAULT**

<b>Age Group</b>	<b>Height</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M35	4.30	Doug Ross	39	28.07.1996	Calgary
M40	4.40	Doug Ross	40	11.05.1997	Lethbridge
M45	2.80	Gordon Bowman	48	28.07.2005	Edmonton
M50	2.90	Fred Judson	53	03.08.1999	Gateshead, UK
M55	2.80	Fred Judson	56	07.07.2002	Calgary,AB
M60	2.52	Derek McCune	61	02.08.2005	Edmonton
M65	2.40	Fred Judson	65	07.07.2011	Sacramento, USA
M70	1.90	Richard Roberts	73	18.06.2016	Calgary
M75	1.70	Edward Olsen	75	28.07.2005	Edmonton
M80					
W30	3.52	Rachel Mintz	33	05.04.2013	Mesa, AR
W35	3.23	Rachel Mintz	35	22.05.2015	Edmonton
W40					
W45					
W50					
W55	2.00	Catherine Roberts	59	09.07.2006	Edmonton
W60	1.00	Liz McBlain	60	29.08.2008	Clermont, FL
W65					
W70					
W75					
W80					



## THROWS RECORDS

THROWS RECORDS					
DISCUS					
M35-M45 2kg; M50-M55 1.5kg; M60+ 1kg; W35-W74 1kg; W75+ .75kg					
Age Group	Distance	Name	Age	Date	Location
M30	35.01	Magnus Larsson	32	17.07.2004	Calgary
M35	47.49	Eric Koo	37	17.05.2008	Calgary
M40	35.74	Andrew Smith	41	07.07.2002	Calgary
M45	45.65	Dan Parsons	48	05.06.2016	Calgary
M50	50.01	Dan Parsons	50	05.08.2018	Surrey, BC
M55	42.82	Marek Glowacki	57	05.07.1998	Saskatoon, SK
M60	48.6	Marek Glowacki	62	08.07.2003	Carolina, Puerto Rico
M65	46.01	Marek Glowacki	65	14.05.2006	Calgary
M70	42.88	Longin Szafranski	71	12.08.2023	Langley BC
M75	33.47	Bruce Foster	76	26.05.2022	Kelowna
M80	22.41	Lembit Saar	83	11.05.2002	Calgary
M85	16.11	Arnold Nett	88	08.08.2021	Sherwood Park
M95	10.85	George Gemer	95	19.05.2023	Lethbridge
W30	58.78	Rachel Andres	34	21.04.2020	Calgary
W35	59.31	Rachel Andres	36	06.04.2024	Ramona OK
W40	38.15	Georgette Reed	44	22.07.2011	Sherwood Park
W45	40.0	Andrea Diener	49	10.05.2024	Calgary
W50	33.83	Paula McKenzie	50	01.06.2021	Calgary
W55	26.10	Jovette Jolicoeur	57	29.07.2017	Boulder, CO
W60	27.35	Yuko Nakano	61	29.07.2005	Edmonton
W65	24.10	Laura Hessel	66	03.08.2019	Lisle, Illinois
W70	25.46	Yuko Nakano	70	19.07.2014	Winston Salem, NC
W75	26.43	Yuko Nakano	78	08.08.2021	Sherwood Park
W80	23.20	Yuko Nakano	80	12.08.2023	Langley, BC

**SHOT PUT****M35-M45 7.62kg; M50-M55 6.0kg; M60-M65 5kg; M70M75 4kg; M80+ 3kg****W35-W45 4.kg; W50-W70 3.kg; W75+ 2kg**

<b>Age Group</b>	<b>Distance</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M30	12.64	Scott Paterson	34	19.05.2017	Lethbridge
M35	17.65	Bruce Pirnie	36	15.07.1978	Edmonton
M40	13.16	Andrew Smith	41	15.06.2002	Calgary
M45	12.10	Attie Kruger	47	23.06.2008	Edmonton
M50	13.29	Dan Parsons	50	15.07.2018	Calgary
M55	12.32	Marek Glowacki	59	20.08.2000	Kamloops, BC
M60	13.59	Marek Glowacki	62	08.07.2003	Carolina, Puerto Rico
M65	13.64	Marek Glowacki	65	14.05.2006	Calgary
M70	12.81	Frank Smolinski	70	05.07.2009	Edmonton
M75	10.23	Bruce Foster	77	06.05.2023	Edmonton
M80	9.27	Arnold Nett	80	20.07.2013	Sherwood Park
M85	7.44	Arnold Nett	88	07.08.2021	Sherwood park
M90	7.15	Arnold Nett	90	07.07.2023	Sherwood Park
M95	5.59	George Gemer	95	19.05.2023	Lethbridge
W30	16.48	Georgette Reed	32	05.06.1999	Victoria, BC
W35	16.24	Georgette Reed	36	19.07.2003	Edmonton
W40	13.03	Georgette Reed	44	24.07.2011	Sherwood Park
W45	11.94	Georgette Reed	49	27.08.2016	Vancouver, BC
W50	10.51	Liz McBlain	50	03.07.1998	Saskatoon, SK
W55	9.82	Tracy King	55	13.07.2014	Sherwood Park
W60	9.38	Liz McBlain	60	29.08.2008	Clermont, FL
W65	8.34	Laura Hessel	69	24.09.2022	Calgary
W70	8.97	Laura Hessel	71	02.05.2024	Potchefstroom, South Africa
W75	8.32	Yuko Nakano	76	25.05.2019	St-Albert
W80	8.18	Yuko Nakano	80	12.08.2023	Langley, BC

**JAVELIN****M35-M45 800g; M50-M55 700g; M60-M65 600g; M70-M75 500g; M80+ 400g****W35-W45 600g; W50-W55 500g; W60-W74 500g; W75+ 400g**

<b>AGE GROUP</b>	<b>DISTANCE</b>	<b>NAME</b>	<b>AGE</b>	<b>DATE</b>	<b>LOCATION</b>
M30	43.56	Sheldon Westcott	34	05.07.2019	St. Therese, QC
M35	51.21	Pieter Schoeman	37	03.07.2016	Edmonton
M40	52.22	Ramakrishnan	40	15.07.2018	Calgary
M45	48.87	Lee Beamish	45	24.07.2005	Edmonton
M50	49.12	Terry Gudzowsky	53	05.08.2007	Orono, ME
M55	49.62	Lee Beamish	58	09.06.2018	Leduc
M60	42.50	Lee Beamish	61	24.07.2021	Calgary
M65	39.09	Marek Glowacki	65	14.05.2006	Calgary
M70	38.02	Louis Burns	72	18.07.2015	Strathmore
M75	36.70	Louis Burns	75	29.07.2018	Sherwood Park
M80	28.30	Louis Burns	80	23.09.2023	Calgary
M85	14.26	Lembit Saar	87	14.05.2006	Calgary
W30	47.24	Rachel Andres	31	27.05.2018	Edmonton
W35	35.02	Rachel Andres	36	23.09.2023	Calgary
W40	34.77	Alison Ostergard	43	26.07.2005	Edmonton
W45	34.26	Isabel Grobelaar	48	04.05.2024	Edmonton
W50	24.14	Jovette Jolicoeur	52	07.07.2011	Sacramento, CA
W55	24.88	Tracy King	55	13.07.2014	Sherwood Park
W60	25.34 (400g)	Catherine Roberts	61	19.07.2008	Sherwood Park
W60	20.72 (500g)	Susanne Lauridsen	60	15.07.2018	Calgary
W65	23.33 (400g)	Catherine Roberts	66	26.07.2013	Regina, SK
W65	22.11 (500g)	Laura Hessel	66	05.07.2019	Montreal, QC
W70	22.00	Laura Hessel	70	22.07.2023	Greensboro, NC
W75	21.28	Yuko Nakano	76	01.06.2019	Leduc
W80	19.24	Yuko Nakano	80	13.08.2023	Langley, BC

**HAMMER**

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

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

<b>Age Group</b>	<b>Distance</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M30	48.41	Scott Paterson	34	19.05.2017	Lethbridge
M35	58.79	Ian Maplethorpe	39	28.07.2005	Edmonton
M40	61.03	Ian Maplethorpe	40	15.07.2006	Calgary
M45	45.35	Erik Koo	47	06.08.2017	Calgary
M50	41.22	Dan Parsons	50	15.07.2018	Calgary
M55	38.41	Marek Glowacki	59	20.08.2000	Kamloops, BC
M60	42.30	Marek Glowacki	62	25.05.2003	St-Albert
M65	40.67	Marek Glowacki	65	14.05.2006	Calgary
M70	41.78	Longin Szafranski	71	24.06.2023	Edmonton
M75					
M80	25.99	Lembit Saar	83	11.05.2002	Calgary
M85	18.39	Lembit Saar	87	14.05.2006	Calgary
M90	14.99	Arnold Nett	90	07.07.2023	Sherwood Park
W30	47.99	Rachel Andres	31	03.06.2018	Calgary
W35	50.31	Georgette Reed	35	21.06.2002	Edmonton
W40	39.99	Georgette Reed	44	22.07.2011	Sherwood Park
W45	40.92	Andrea Diener	49	04.05.2024	Edmonton
W50	30.49	Liz McBlain	52	18.08.2000	Saskatoon, SK
<b>W55</b>	<b>29.73</b>	<b>Christina Mae</b>	<b>57</b>	<b>13.07.2024</b>	<b>Sherwood Park</b>
W60	28.42	Liz McBlain	60	30.08.2008	Clermont, FL
W65	29.84	Laura Hessel	69	20.08.2022	Vernon, BC
W70	30.31	Laura Hessel	70	27.05.2023	St. Albert
W75	30.29	Yuko Nakano	78	23.07.2022	Sherwood Park
W80	27.35	Yuko Nakano	80	13.08.2023	Langley, BC

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

<b>Age Group</b>	<b>Distance</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M30	14.26	Scot Paterson	34	13.08.2017	Toronto, ON
M35	18.95	Ian Maplethorpe	39	28.07.2005	Edmonton
M40	18.21	Ian Maplethorpe	40	22.07.2006	Dieppe, NB
M45	11.88	Mike MacDonald	45	14.05.2023	Calgary
M50	15.82	Dan Parsons	50	18.08.2018	Toronto, ON
M55	13.85	Marek Glowacki	57	05.07.1998	Saskatoon, SK
M60	14.80	Marek Glowacki	64	28.07.2005	Edmonton
M65	15.43	Marek Glowacki	65	14.05.2006	Calgary
M70	15.93	Longin Szafranski	71	26.08.2023	Calgary
M75					
M80					
M85	7.40	Lembit Saar	87	14.05.2006	Calgary
M90	8.43	Arnold Nett	90	07.07.2023	Sherwood Park
W30					
W35	14.63	Rachel Andres	36	23.09.2023	Calgary
W40	10.32	Andrea Diener	44	20.07.2019	Toronto, ON
W45	12.64	Andrea Diener	48	11.08.2023	Langley, BC
W50	10.62	Liz McBlain	52	20.08.2000	Kamloops, BC
W55	10.67	Liz McBlain	55	17.08.2003	Richmond, BC
W60	11.79	Liz McBlain	60	29.08.2008	Clermont, FL
W65	11.22	Laura Hessel	69	20.08.2022	Vernon, BC
W70	11.91	Laura Hessel	71	02.05.2024	Potchefstroom South Africa
W75	8.69	Yuko Nakano	78	08.08.2021	Sherwood Park
W80	8.98	Yuko Nakano	80	11.08.2023	Langley, BC

**TRACK RACE WALK RECORDS**

<b>1500M RACE WALK</b>					
<b>Age Group</b>	<b>Time</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M35	8:07.54	Cesaro Loza Arciba	39	06.05.2023	Edmonton
M40					
M45	7:00.7	Chris Grant	47	08.07.2006	Dieppe, NB
M50	6:53.5	James Kenney	53	18.07.2009	Kamloops, BC
M55	8:41.9	Henry Charrois	58	18.06.2009	Kamloops, BC
M60	7:27.83	Henry Charrois	60	18.06.2011	Toronto, ON
M65	7:33.5	Henry Charrois	68	05.07.2019	Ste. Therese, QC
M70	8:16.1	Henry Charrois	70	03.07.2021	Edmonton
M75					
M80					
W30					
W35	7:06.6h	Holly Gerke	37	07.07.2002	Toronto, ON
W40	9:54.7	Elyse Mireille Lecharrois	44	25.04.2017	Auckland, NZ
W45	8:39.6	Michelle Rodrigue-Posente	48	02.08.2008	Regina, SK
W50					
W55	7:37.06	Johanna Flipsen	55	17.07.2010	Toronto, ON
W60	7:55.60	Johanna Flipsen	62	12.08.2017	Toronto, ON
W65	8:26.57	Johanna Flipsen	66	03.07.2021	Edmonton
W70	9:45.12	Teresa Chiozza	71	30.07.2022	Regina, SK
W75					
W80	11:00.5	Eva Vogelsang	80	18.07.2009	Kamloops, BC
W85					

**1 MILE RACE WALK**

<b>Age Group</b>	<b>Time</b>	<b>Name</b>	<b>age</b>	<b>Date</b>	<b>Location</b>
M35					
M40					
M45					
M50	7:27.4	Glen Bodet	50	23.07.2011	Sherwood Park
M55					
M60	8:34.6	Henry Charrois	63	13.07.2014	Sherwood Park
M65					
M70					
M75					
M80					
W30					
W35					
W40					
W45					
W50					
W55	8:34.5	Johanna Flipsen	56	24.07.2011	Sherwood Park
W60	8:46.9	Johanna Flipsen	62	23.07.2017	Sherwood Park
W65	9:21.4	Johanna Flipsen	67	07.05.2022	Eugene, Oregon
W70					
W75					
W80					

**3000M RACE WALK**

<b>Age group</b>	<b>Time</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M35	19:13.4	Terry Carlson	36	20.06.2004	Edmonton
M40					
M45	15:19.5	Dave Keenan	46	17.07.2004	Calgary
M50	14:10.3	Glen Bodet	52	21.07.2013	Sherwood Park
M55	15:10.7	James Kenney	57	21.07.2010	Sherwood Park
M60	15:54.4	Henry Charrois	60	24.07.2011	Sherwood Park
M65	16:00.3	Henry Charrois	65	26.04.2017	Auckland, NZ
M70	17:25.89	Henry Charrios	70	06.08.2021	Sherwood Park
M75	26:03.9	David Grove	76	17.07.2004	Calgary
M80					
W30					
W35	14:34.9h	Holly Gerke	37	07.07.2002	Toronto, ON
W40	14:39.4	Holly Gerke	40	26.06.2005	Calgary
W45	16:29.8	Johanna Flipsen	49	17.07.2004	Calgary
W50	18:09.5	Val Blanch	51	26.06.2005	Calgary
W55	16:26.4	Johanna Flipsen	57	15.07.2012	Fort Saskatchewan
W60	16:38.1	Johanna Flipsen	60	25.07.2015	Sherwood Park
W65	17:43.6	Johanna Flipsen	67	16.10.2022	St. George, Utah
W70	19:52.9	Teresa Chiozza	70	23.07.2021	Calgary
W75	22:09.28	Eva Vogelsang	75	17.07.2004	Calgary
W80					



**5000M RACE WALK**

<b>Age Group</b>	<b>Time</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M35					
M40	19:41.61	Tim Berrett	40	29.07.2005	Edmonton
M45	23:52.7	Glen Bodet	49	11.07.2010	Sherwood Park
M50	24:51.3	James Kenney	52	12.06.2009	Calgary
M55	25:26.4	James Kenney	55	08.06.2012	Calgary
M60	27:14.8	Henry Charrois	60	19.06.2011	Toronto, ON
M65	27:24.48	Henry Charrois	65	12.06.2016	Coquitlam, BC
M70	29:31.3	Henry Charrois	70	08.08.2021	Sherwood Park
M75					
M80					
W30	31:39.1	Jolene Bergeson	34	29.07.2005	Edmonton
W35	22:35.1	Janice McCaffrey	38	11.04.1998	Ottawa, ON
W40	29:21.0	Margie McNeely	43	29.07.2005	Edmonton
W45	27:13.8	Susan Brooke	48	14.06.2013	Calgary
W50	31:26.5	Katherine Okamura	53	17.08.2003	Richmond, BC
W55	27:18.4	Johanna Flipsen	57	09.08.2012	St. John, NB
W60	28:09.21	Johanna Flipsen	60	07.08.2015	Lyon, France
W65	30:07.22	Johanna Flipsen	67	31.07.2022	Regina, SK
W70	31:59.95	Teresa Chiozza	70	29.07.2005	Edmonton
W75	37:12.6	Eva Vogelsang	76	29.07.2005	Edmonton
W80	37:18.71	Jennie Binning	80	29.07.2005	Edmonton

**10000M RACE WALK**

<b>Age Group</b>	<b>Time</b>	<b>Name</b>	<b>Age</b>	<b>Date</b>	<b>Location</b>
M35					
M40					
M45					
M50	52:35.06	Glen Bodet	54	04.07.2015	Edmonton
M55					
M60	56:15.1	Henry Charrois	61	24.05.2013	Nanaimo, BC
M65					
M70	1:04:08.0	Henry Charrois	70	11.09.2021	Edmonton
M75					
M80					
W30					
W35	46:55	Janice McCaffrey	35	15.07.1995	Montreal, QC
W40	52:56.03	Holly Gerke	40	22.05.2005	Pharr, TX
W45					
W50	56:48.13	Susan Brooke	50	04.07.2015	Edmonton
W55					
W60					
W65	1:05:57.39	Teresa Chiozza	66	10.07.2016	Edmonton
W70					
W75					
W80					