

<u>Year</u>	<u>Venue</u>	<u>Meet Director</u>	
71	CNE	MTFC (Metro Fitness Club)	
72	CNE	MTFC	
73	CNE	Don Farquharson	
74	CNE	?	
75	CNE	Elwyn Davies	
76	CNE	Chris Pickard	
77	CNE	Dave Smith	
78	Oshawa	?	
79	CNE	Don Stewart	
80-82	TTFC	Dave Welsh	
84	"	Malcolm Smith	
85	"	Ken Twigg	
86-07	"	Brian Keaveney <i>(22 years!)</i>	
08-19	"	Doug Smith	
20	"	Doug Smith - Randolph Fajardo	
21		Cancelled due to Pandemic	
22	TTFC	Doug Smith - Randolph Fajardo	
23	TTFC	Doug Smith - Randolph Fajardo	
24	TTFC	Doug Smith - Randolph Fajardo	
25	TTFC	Doug Smith - Randolph Fajardo	
26	TTFC	Doug Smith - Randolph Fajardo	
60m			
M30	7.15	Desmond Allen	2006
	7.15	Charles Smith	2026
M35	7.05	Duane Napier	2009
	6.9	David Walter	1987
	6.9	Wilmar Alexander	1982
M40	7.04	Antoine Echols USA	2026
M45	7.32	Dree Ryan	1980
M50	7.36	Chris Warburton	2016
M55	7.59	Chris Warburton	2023
M60	7.89	Kerry Smith	2017
M65	7.8	Cecil Paul	1986
M70	8.39	John O'Neill	1994
M75	8.95	John O'Neill	1999
M80	10.24	Mike Morris	2023
M85	10.93	Mike Morris	2026
M90			
M95	15.51	Atter Singh Sekhon	2019
M100	37.55	Atter Singh Sekhon	2026
W30	7.53	Paula Suchowiecka	2024
W35	7.95	Khama Beckles	2014
W40	8.30	Maite Tawfik MB	2026
W45	8.47	Karla Del Grande	2003

W50	8.28	Karla Del Grande	2005
W55	8.54	Karla Del Grande	2009
W60	8.59	Karla Del Grande	2014
W65	8.91	Karla Del Grande	2020
W70	9.07	Wendy Alexis	2026
W75	12.09	Joyce Flynn USA	2026
W80	13.9	Aileen Burgin	2025
W85	15.59	Aileen Burgin	2026
200m			
M30	23.32	Oliver Grant	2026
M35	22.40	Kerry Smith	1992
M40	23.08	Antoine Echols USA	2026
M45	23.87	Kerry Smith	1999
M50	24.33	Kerry Smith	2004
M55	24.84	Chris Warburton	2023
M60	26.33	Kerry Smith	2017
M65	27.22	Tony Powell	2010
M70	29.78	Chuck Sochor	1999
M75	32.30	Tony Powell	2019
M80	32.07	Earl Fee	2009
M85	38.53	Earl Fee	2016
M90			
M95	67.59	Atter Singh Sekhon	2019
M100	3:17.81	Atter Singh Sekhon	2026
W30	24.83	Paula Suchowiecka	2024
W35	26.68	Linda Carty	2003
W40	27.57	Maite Tawfik MB	2026
W45	27.89	Violeta Garfunkel	2020
W50	26.82	Karla Del Grande	2006
W55	27.91	Karla Del Grande	2010
W60	28.9	Karla Del Grande	2014
W65	29.93	Karla Del Grande	2020
W70	31.76	Karla Del Grande	2025
W80	42.18	Alice Cole PQ	2014
W85	1:01.47	Aileen Burgin	2026
400m			
M30	52.24	Travis Anderson	2011
M35	51.0	Ray Cardinal	1986
M40	50.45	Keith Major USA	2026
M45	53.57	Ben James USA	2006
M50	54.17	Khalid Mulazim USA	2019
M55	56.73	Mirco Graenert	2026
M60	61.7	Norm Baum	1987
M65	62.37	Earl Fee	1999

M70	01:09.0	Art Obokata	1989
M75	01:08.2	Earl Fee	2007
M80	01:11.2	Earl Fee	2009
M85	1:25.39	Earl Fee	2018
M90			
M95	3:06.60	Atter Singh Sekhon	2019
W30	1:10.75	Marielle Hawkes	2026
W35	01:01.9	Maureen Rodrigue	2002
W40	1:03.53	Maite Tawfik MB	2026
W45	01:02.6	Karla Del Grande	2003
W50	1:01:38	Karla Del Grande	2005
W55	01:06.9	Karla Del Grande	2010
W60	01:07.6	Karla Del Grande	2018
W65	1:09.30	Karla Del Grande	2020
W70	1:15.50	Karla Del Grande	2024
W80	01:38.3	Alice Cole PQ	2015
W85	2:48.07	Jean Doench	2026
800m			
M30	02:04.2	Patrick Menzies	2003
M35	01:59.1	Derek Hackshaw	2006
M40	1:56.88	Dustin Gamble	2026
M45	02:01.0	Michael Sherar	2012
M50	02:06.7	Paul Osland	2015
M55	2:09.53	Michael Sherar	2019
M60	02:16.3	Earl Fee	1993
M65	2:18.05	Mark Pinckard BC	2026
M70	02:32.2	Earl Fee	2003
M75	02:40.6	Earl Fee	2006
M80	02:57.7	Earl Fee	2011
M85	4:01.22	Chris Mackie	2026
M90			
M95	4:41.92	Earl Fee	2025
W30	02:24.5	Shari Boyle	2005
W35	02:19.9	Anna Cranton	2001
W40	02:22.9	Aimee Jessop	2020
W45	02:26.4	Annie Bunting	2010
W50	02:32.9	Annie Bunting	2015
W55	2:37.88	Liz Maguire	2026
W60	02:52.4	Jean Horne	1993
W65	02:54.8	Jean Horne	1998
W70	03:14.5	Jean Horne	2004
1500m			
M30	4:29.9	Rob Base Trantor	2008

M35	4:03.2	Ray Tucker	1985
M40	04:06.5	Ray Tucker	1987
M45	04:17.5	Ron Frid	1994
M50	04:22.7	Jerry Kooymans	2006
M55	4:32.98	Jose Fuentes	2020
M60	04:43.7	Earl Fee	1994
M65	04:49.6	Earl Fee	1996
M70	05:14.2	Ed Whitlock	2003
M75	5:43.31	André Naud PQ	2026
M80	06:14.8	Ed Whitlock	2014
M85	8:14.51	Chris Mackie	2026
W30	4:58.90	Jessica Shaw	2020
W35	04:43.9	Janet Takahashi	1994
W40	4:32.43	Mary Unsworth	2018
W45	04:46.1	Tiffany Newell	2022
W50	05:03.0	Kathryn Martin	2002
W55	5:16.30	Liz Maguire	2026
W60	5:44.37	Alison Wiley	2025
W65	06:07.3	ML Michelsohn USA	2009
W70	6:45.30	Lynne Wawryk-Epp SK	2026
W75	08:09.7	Judith Kazdan	1995
W80	09:13.0	Judith Kazdan	2000
3000m			
M30	09:01.4	Mario Iozzo	2006
M35	08:41.2	Bob Moore	1976
M40	08:39.7	Charlie McMullen USA	1993
M45	09:01.0	Ed Whitlock	1979
M50	09:26.8	Jerry Kooymans	2008
M55	09:48.1	Chris Deighan	2017
M60	10:05.3	Ed Whitlock	1994
M65	10:11.6	Ed Whitlock	1996
M70	10:52.4	Ed Whitlock	2005
M75	11:17.2	Ed Whitlock	2007
M80	13:58.8	Ed Whitlock	2013
M85	20:15.9	Les Leyland	2003
W30	10:09.4	Edel Mooney	2005
W35	10:00.6	Linda Findley	1987
W40	9:53.02	Mary Unsworth	2018
W45	10:29.74	Tiffany Newell	2022
W50	11:05.4	Kathryn Martin	2002
W55	11:47.0	Molly Turner	1991
W60	11:40.99	Makie Ohler	2023
W65	13:23.4	Jean Horne	1998
W70	14:25.00	Clara Northcott	2025

W75	17:17.5	Judith Kazdan	1996
W80	19:34.9	Judith Kazdan	2000
<u>Mile Steeplechase</u>			
M30	6:38.12	Michael Mackett	2024
M35	6:15.53	Jimmy Semes	2016
M40	5:28.18	Joshua Sanders	2023
M45	5:54.87	Gilles Frenette	2024
M50	6:15.85	James Wallace	2016
M55	6:57.99	Richard Kalendra	2023
M60	7:10.84	James Wallace	2023
M65	7:18.84	Wayne Chee	2020
M70	6:38.12		
M75	15:13.7	Pritam Sekhon	2020
M80	13:40.61	Steffen Kampe	2018
W35	6:57.75	Vicky Kinch	2024
W50	7:27.92	Catherine Weber	2023
W55	8:01.48	Joy Kramarich	2018
W60			
W65	9:17.11	Faith Lee	2025
<u>60mH</u>			
M30	9.37	David Valenzuela	2010
M35	8.30	Anthony Dandie	2026
M40	8.52	Nate Robinson USA	1993
M45	8.98	Scott Tyler	1989
M50	8.83	Scott Tyler	1991
M55	9.01	Yannick Le Mouël PQ	2025
M60	9.79	Ward Hazen	2017
M65	9.93	Ward Hazen	2023
M70	10.79	Richard Lech	2020
M75	12.2 (12.44)	Karl Trei	1987
	12.44	Robert Bonenberg PQ	2026
M80	14.08	Karl Trei	1993
M85	14.36	Karl Trei	1995
W30	10.62	Adrienne Ricker	2006
W35	10.12	Corry Fox	1996
W40	10.51	Jeannette Van Den Bulk	2020
W45	10.69	Liz McBlain	1993
W50	10.24	Diana Cesaroni	2020
W55	11.02	Diana Cesaroni	2025
W60	11.33	Rhona Trott	09&10
W65	10.70	Karen Maxwell USA	2026
<u>3000m Racewalk</u>			

M35	14:44.9	Paul Guimond	1995
M40	13:52.3	Patrick Farrelly	1980
M45	12:58.0	Jaan Roos	1984
M50	14:08.5	Jianping Xu	2016
M55	14:50.04	David Swarts USA	2025
M60	15:37.9	Max Gould	1981
M65	16:03.0	Max Gould	1984
M70	17:55.8	John Kittredge	2015
M75	18:56.8	Max Gould	1993
M80	23:08.9	Peter Fellowes	2005
W30	14:59.4	Rachel Robichaud	2005
W35	13:55.4	Joni Bender	1998
W40	15:24.6	Nanci Sweazey	1996
W45	15:08.7	Nanci Sweazey	2002
W50	16:49.5	Nanci Sweazey	2007
W55	17:52.8	Anne de Thy	2010
W60	17:01.5	Kris Kozell	2015
W65	17:46.5	Kris Kozell	2020
W70	18:20.52	Johanna Flipsen AB	2026
W75	21:07.64	Teresa Chiozza AB	2026
W80	23:34.1	Jean Horne	2016
High Jump			
M30	1.80	David Valenzuela	2010
M35	1.90	Zoltan Sara	2014
M40	1.86	Zoltan Sara	2017
M45	1.81	Witold Klinger	1992
M50	1.85	Istvan Major	2002
M55	1.62	Maxim Baginskiy	2026
M60	1.50	Don Ritchie	2022
M65	1.49	Ian Hume	1981
M70	1.39	Ian Hume	1985
M75	1.33	Peter Zowkewych	2026
M80	1.14	Ian Hume	1996
M85	1.05	Karl Trei	1995
W30	1.60	Kristen Matthews	2017
W35	1.56	Kimi Nakatake USA	2008
W40	1.55	Leslie Estwick	2003
W45	1.45	Gaby Szanto	2014
W50	1.35	Maria Mallia	2006
	1.35	Diana Cesaroni	2020
W55	1.30	Maria Mallia	2011
W60	1.25	Edith Gray	1996
	1.25	Sue Hannon	2017

W65	1.15	Helgi Pedel	1989
W70	1.16	Helgi Pedel	1994
W75	1.08	Helgi Pedel	1999
W80	0.96	Helgi Pedal	2004
<u>Pole Vault</u>			
M30	4.30	Richard Sibley	2008
M35	4.37	Ken Roblec	1988
M40	4.40	Kevin Lake	2013
M45	4.00	Vladimir Kostric	1981
M50	4.00	Ed Hoyle	1997
M55	3.90	Matti Kilpelainen USA	2004
M60	3.60	Matti Kilpelainen	2009
M65	3.20	Stan Egerton	1991
	3.20	Matti KilpelainenUS	2012
M70	2.85	Tony Salmon	2026
M75	2.60	Stan Egerton	2001
	2.60	Bruce Simpson	2025
M80	1.80	Ian Hume PQ	1995
W35	3.85	Erika Fiedler	2026
W40	3.30	Emilie Lefebvre-Bertrand PQ	2026
W45	2.80	Gaby Szanto	2012
W50	2.70	Hillen Stubendorff GER	2003
W55	2.80	Jennifer Harris BC	2026
W60	1.80	Edith Gray	1996
W65	2.00	Jutta Riegel	2006
<u>Long Jump</u>			
M30	7.41	Y. Duranona Garcia MEX	2020
M35	6.64	Anthony Dandie	2026
M40	6.47	Todd Crawford	2007
M45	6.10	Nigel John	2020
M50	6.02	Nigel John	2026
M55	5.61	Nikolaos Lamaris	2026
M60	5.15	Alan Slater	2003
M65	4.97	A. Brosz	1975
M70	4.41	Ian Hume	1985
M75	3.95	Chuck Sochor USA	2004
M80	3.57	Karl Trei	1990
M85	3.12	Karl Trei	1995
M90			
M95	1.14	Atter Singh Sekhon	2019
W30	4.56	Ana Claudia Pedrero	2020
W35	5.33	Lorena Reyes	2020
W40	5.24	Leslie Estwick	2003

W45	4.52	Adri Rowswell	1987
W50	4.45	Jennifer Hudziec USA	2026
W55	4.32	Kairy Loucks	2024
W60	3.77	Edith Gray	1996
W65	3.31	Edith Gray	2002
W70	2.86	Loretta Amerongen AB	2026
W75	2.85	Joyce Flynn USA	2026
Triple Jump			
M30	13.9	Clayton Latham	2012
M35	13.01	Anthony Dandie	2026
M40	12.79	Todd Crawford	2007
M45	11.89	Alan Slater	1988
M50	11.62	Igor Konovalov	1999
M55	11.31	Mihai Ene	2018
M60	10.97	Thevarajan Sinnathurai	2014
M65	10.10	Thevarajan Sinnathurai	2022
M70	9.56	Ian Hume	1985
M75	8.27	Ian Hume	1990
M80	7.31	Karl Trei	1990
M85	6.15	Karl Trei	1995
W35	12.07	Michelle Hastick Cowell	2009
W40	8.51	Frida Jones	2025
W45	8.92	Liz McBlain	1993
W50	9.89	Jennifer Hudziec USA	2026
W55	9.03	Kairy Loucks	2024
W60	7.00	Lisa Frandsen	2024
W65	6.74	Helgi Pedel	1991
W70	6.37	Helgi Pedel	1994
Shot Put			
M30	11.77	Justin Conlin	2025
M35	16.01	Gintas Degutis	2008
M40	14.44	Mariusz Kosinski	2011
M45	13.05	Jim Wetenhall USA	2003
M50	14.96	Joseph Myers USA	2006
M55	14.55	Joe Myers USA	2009
M60	13.72	Art Jaago	1988
M65	11.79	Jake Wolters	2026
M70	12.79	Garry Bachman	1994
M75	11.40	Jean-Pierre Mayer	2023
M80	10.89	John Kasperski	2025
M85	9.88	Garry Bachman	2007
M90			
M95	4.07	Atter Singh Sekhon	2019
M100	1.90	Atter Singh Sekhon	2026

W30	13.14	Marie-Josée Le Jour	2011
W35	11.19	Gaby Szanto	2003
W40	11.08	Padideh Bolorizadeh	2018
W45	10.79	Nikki Anderson	2024
W50	11.44	Nikki Anderson	2026
W55	10.78	Debbie Murfitt	2013
W60	10.19	Doreen Garner	2018
W65	9.16	Doreen Garner	2022
W70	9.83	Doreen Garner	2026
W75	8.11	Adri Rowswell	2018
W80	6.67	Velta Tomsons	2011
W85	6.14	Velta Tomsons	2013
Weight Throw (outdoors pre 2004)			
M30	18.21	Jason Baines	2011
M35	13.34	Richard Parkinson	2004
M40	12.54	James Findlay	2001
M45	16.65	Jim Wetenhall USA	2003
M50	20.28	Jim Wetenhall USA	2006
M55	19.79	Jim Wetenhall USA	2010 WR
M60	17.64	Ayman Mazhar	2020
M65	16.24	Emil Muller	2001
M70	15.84	John Kasperski	2014
M75	15.07	Emil Muller	2011
M80	13.29	Garry Bachman	2005
M85	11.64	Garry Bachman	2007
M90			
M95	4.79	Atter Singh Sekhon	2019
W30	18.39	Marie-Josée Le Jour	2011
W35	10.78	Diane JaamShahriari	2005
W40	10.17	Laura Sivers	2024
W45	13.11	Melanie Guy	2026
W50	12.84	Kristen Dajia	2014
W55	11.46	Kathy Wetenhall	2010
W60	15.91	Kristen Dajia	2026
W65	10.56	Rhona Trott	2015
W70	12.95	Doreen Garner	2026
W75	8.76	Joanne M. Den Iseger	2024
(+0.24 correction factor electronic over hand timing, eg. 23.6 sec hand timed =			
(30-34 age groups added in 2003)			