



Best Performances recorded for each age group Swimming and Track and Field

REVISED 2021

Please note that the following performances are only for Swimming and Track & Field are only as complete as the data received. This book was begun after the 2004 Whitehorse Games. If anyone has data from previous Games, or Track & Field data from Dieppe & Sydney, or Swimming data from Sydney, please send it to the technical director of the Canada 55+games association for inclusion

Event	Age Grp.	Name	P/T	Games and Year	Results
Swimming					
Free Style	W 50 FS 85+	Doris McEwan	ON	Brockville 2010	50.5
	W 50 FS 80+	Kathryn Groshon	SK	Portage 2006	55.1
	W 50 FS 75+	Pat Roberts	MB	Whitehorse 2004	53.0
	W 50 FS 70+	Juanita Prebble	NB	Saint John 2018	42.2
	W 50 FS 65+	Mary Helen Hopkins	AB	Saint John 2018	41.1
	W 50 FS 60+	Joan Gunn-Allard	BC	Saint John 2018	39.6
	W 50 FS 55+	Jennifer Enta	AB	Saint John 2018	34.5
	M 50 FS 85+	Ross Carviel	BC	Brampton 2016	52.4
	M 50 FS 80+	Brian Knight	ON	Brampton 2016	46.9
	M 50 FS 75+	Ken Fry	ON	Brockville 2010	48.9
	M 50 FS 70+	Ken Williams	PE	Brockville 2010	37.8
	M 50 FS 65+	Keith Shaw	AB	Brockville 2010	34.4
	M 50 FS 60+	Vinus Van Baalen	AB	Whitehorse 2004	30.2
	M 50 FS 55+	Hobe Horton	AB	Strathcona County AB 2014	20.5

	W 100 FS 85+	Mira Grypink	BC	Saint John 2018	2:09.3
	W 100 FS 80+	Mira Grypink	BC	Strathcona County AB 2014	1:58.3
	W 100 FS 75+	Pat Roberts	MB	Portage 2006	2:01.4
	W 100 FS 70+	Juanita Prebble	NB	Saint John 2018	1:36.2
	W 100 FS 65+	Mary Helen Hopkins	AB	Saint John 2018	1:34.4
	W 100 FS 60+	Mary-Helen Hopkins	AB	Strathcona County AB 2014	1:30.5
	W 100 FS 55+	Rita McCaw	AB	Strathcona County AB 2014	1:21.0
	M 100 FS 85+	Casper Haupt	ON	Brockville 2010	2:13.2
	M 100 FS 80+	Rudolph Jarosch	AB	Portage 2006	1:42.6
	M 100 FS 75+	Keith Shaw	AB	Saint John 2018	1:24.7
	M 100 FS 70+	Ken Williams	PE	Brockville 2010	1:33.8
	M 100 FS 65+	Ivan Pivovarov	AB	Dieppe 2008	1:19.4
	M 100 FS 60+	Allan Merpaw	ON	Brockville 2010	1:17.1
	M 100 FS 55+	Hobe Horton	AB	Strathcona County AB 2014	1:07.2

Breast Stroke	W 50 BrS 85+	Doris McEwan	ON	Brockville 2010	1:06.1
	W 50 BrS 80+	Mira Grypink	BC	Strathcona CountyAB 2014	1:02.6
	W 50 BrS 75+	Jing Janet Wang	ON	Saint John 2018	1:01.0
	W 50 BrS 70+	Sue Chambers	Yukon	Saint John 2018	56.5

	W 50 BrS 65+	Mary-Helen Hopkins	AB	Brampton 2016	53.6
	W 50 BrS 60+	Mary-Helen Hopkins	AB	Strathcona County AB 2014	50.5
	W 50 BrS 55+	Mary-Helen Hopkins	AB	Dieppe 2008	48.4
	M 50 BrS 85+	Ross Carviel	BC	Brampton 2016	55.6
	M 50 BrS 80+	Ross Carviel	BC	Strathcona County AB 2014	54.6
	M 50 BrS 75+	Keith Shaw	AB	Saint John 2018	42..5
	M 50 BrS 70+	Chris Williams	NT	Brockville 2010	48.5
	M 50 BrS 65+	Keith Shaw	AB	Dieppe 2008	38.2
	M 50 BrS 60+	Paul Boulding	MB	Brampton 2016	40.0
	M 50 BrS 55+	Shumming Hu	ON	Brampton 2016	44.2
	W 100 BrS 85+	Mira Grypink	BC	Saint John 2018	2:33.0
	W 100 BrS 80+	Hanna Anderson	AB	Whitehorse 2004	2:43.3
	W 100 BrS 75+	Jing Janet Wang	ON	Saint John 2018	2:14.2
	W 100 BrS 70+	Dicky Joad	AB	Portage 2006	2:00.0
	W 100 BrS 65+	Joan Hirons	YT	Dieppe 2008	2:16.4
	W 100 BrS 60+	Coline MacEachern	NS	Saint John 2018	1:57.4
	W 100 BrS 55+	Debbie Walloughby	ON	Saint John 2018	1:49.2
	M 100 BrS 85+	Ross Carviel	BC	Brampton 2016	2:21.5

	M 100 BrS 80+	Chris Williams	NT	Brampton 2016	2:24.0
	M 100 BrS 75+	Keith Shaw	AB	Saint John 2018	1:37.2
	M 100 BrS 70+	Keith Shaw	AB	Brampton 2016	1:32.8
	M 100 BrS 65+	Keith Shaw	AB	Brockville 2010	1:28.0
	M 100 BrS 60+	Paul Boulding	MB	Brampton 2016	1:30.3
	M 100 BrS 55+	Shumming Hu	ON	Brampton 2016	1:37.8

Backstroke	W 50 BaS 85+	Doris McEwan	ON	Brockville 2010	1:02.0
	W 50 BaS 80+	Mira Grypink	BC	Brampton 2016	1:05.1
	W 50 BaS 75+	Joan Hirons	NT	Portage 2006	1:03.8
	W 50 BaS 70+	Geraldine Fabb	ON	Saint John 2018	52.6
	W 50 BaS 65+	Mary-Helen Hopkins	AB	Saint John 2018	49.4
	W 50 BaS 60+	Joan Gunn- Allard	BC	Saint John 2018	45.1
	W 50 BaS 55+	Jennifer Enta	AB	Saint John 2018	41.3
	M 50 BaS 85+	Ross Carviel	ON	Brampton 2016	53.6
	M 50 BaS 80+	Reinhard Jansson	MB	Portage 2006	56,0
	M 50 BaS 75+	Charles Sullivan	NB	Saint John 2018	1:01.1

	M 50 BaS 70+	Neil Carlyle	ON	Portage 2006	46.9
	M 50 BaS 65+	Charlie Sullivan	NB	Dieppe 2008	48.7
	M 50 BaS 60+	Laverne Schiller	AB	Portage 2006	48.0
	M 50 BaS 55+	Roddy Dale	YT	Portage 2006	45:9
	W 100 BaS 85+	Kaye McKee	AB	Brampton 2016	3:11.4
	W 100 BaS 80+	Juanita Knight	AB	Whitehorse 2004	1:38.9
	W 100 BaS 75+	Dorothy Sudnik	AB	Whitehorse 2004	2:15.6
	W 100 BaS 70+	Geraldine Fabb	ON	Saint John 2018	1:59.9
	W 100 BaS 65+	Mary Helen Hopkins	AB	Saint John 2018	1:49.2
	W 100 BaS 60+	Linda Augustine	YT	Strathcona County AB 2014	1:48.2
	W 100 BaS 55+	Sandy Boyle	ON	Saint John 2018	1:36.0
	M 100 BaS 85+	Casper Haupt	ON	Brockville 2010	2:26.4
	M 100 BaS 80+	Leonard McMillan	AB	Whitehorse 2004	1:29.8
	M 100 BaS 75+	John Young	AB	Whitehorse 2004	1:14.0
	M 100 BaS 70+	Thomas Nagami	ON	Whitehorse 2004	1:01.3

	M 100 BaS 65+	Gabor Zinner	AB	Strathcona County AB 2014	1:35.7
	M 100 BaS 60+	Ralph Murray	PE	Whitehorse 2004	1:11.2
	M 100 BaS 55+	Paul Basilevich	ON	Brampton 2016	1:44.4

Butterfly	W 50 Bf 70+	Juanita Prebble	AB	Saint John 2018	49.9
	W 50 Bf 65+	Marilyn Shaw	AB	Strathcona County AB 2014	1:06.0
	W 50 Bf 60+	Joan Gunn-Allard	YT	Saint John 2018	42.9
	W 50 Bf 55+	Jennifer Enta	AB	Saint John 2018	38.5
	M 50 Bf 80+	Chris Williams	NT	Brampton 2016	58.5
	M 50 Bf 75+	Ken Fry	ON	Brockville 2010	54.9
	M 50 Bf 70+	Ivan Pivovarov	AB	Strathcona County AB 2014	40.5
	M 50 Bf 65+	Ivan Pivovarov	AB	Dieppe 2008	34.9
	M 50 Bf 60+	Glen Mehus	BC	Strathcona County AB 2014	34.9
	M 50 Bf 55+	Hobe Horton	AB	Strathcona County AB 2014	33.8

Individual Medley	W 100 IM 85+	Doris McEwan	ON	Brockville 2010	2:09.6
	W 100 IM 80+	Pat Roberts	MB	Dieppe 2008	2:36.1
	W 100 IM 75+	Jing Janet Wang	ON	Saint John 2018	2:18.6
	W 100 IM 70+	Geraldine Fabb	ON	Saint John 2018	2:00.0
	W 100 IM 65+	Irene Harris	AB	Whitehorse 2004	2:09.3
	W 100 IM 60+	Joan Gunn-Allard	BC	Saint John 2018	1:42.4
	W 100 IM 55+	Jennifer Enta	AB	Saint John 2018	1:29.0
	M 100 IM 85+	Casper Haupt	ON	Brockville 2010	2:31.2
	M 100 IM 80+	Rudolph Jarosch	AB	Dieppe 2008	2:05.3
	M 100 IM 75+	Keith Shaw	AB	Saint John 2018	1:37.6
	M 100 IM 70+	Ivan Pivovarov	AB	Strathcona County AB 2014	1:30.8
	M 100 IM 65+	Ivan Pivovarov	AB	Dieppe 2008	1:16.0
	M 100 IM 60+	Paul Boulding	MB	Brampton 2016	1:28.3
	M 100 IM 55+	Hobe Horton	AB	Strathcona County AB 2014	1:19.2

Fun Relay	W 4x50 (200) FR 55+ Open	Hopkins, McCaw, Morley & Patterson	AB	Strathcona County AB 2014	2:40.6
	M 4x50 (200) FR 55+ Open	Hlady, Horton, Pivovarov & Shaw	AB	Strathcona County AB 2014	2:11.7

Event	Age Grp.	Name	P/T	Games	Results
Track & Field Long Jump	W LJ 85+	Hanna Anderson	AB	Brockville 2010	1.42 m
	W LJ 80+	Gwendolyn Boivin	SK	Brampton 2016	1.89 m
	W LJ 75+	Carol Lafayette Boyd	SK	Saint John 2018	3.86 m
	W LJ 70+	Karol Onyschak	MB	Strathcona County AB 2014	2.63 m
	W LJ 65+	Karol Onyschak	MB	Portage 2006	3.36 m
	W LJ 60+	Carol Lafayette Boyd	SK	Portage 2006	3.99 m
	W LJ 55+	Colleen Moniuk	SK	Saint John 2018	3.48 m
	M LJ 85+	Arnold Nett	AB	Saint John 2018	2.75 m
	M LJ 80+	John Hall	YT	Saint John 2018	2.46 m
	M LJ 75+	Joseph Koza	SK	Brockville 2010	4.18 m
	M LJ 70+	Joseph Koza	SK	Portage 2006	3.95 m

	M LJ 65+	Mervyn Armstrong	AB	Portage 2006	4.03 m
	M LJ 60+	Dave Poth	ON	Brockville 2010	4.23 m
	M LJ 55+	Dale Lawrence	SK	Brampton 2016	4.29 m

Triple Jump	W TJ 85+	Hanna Anderson	AB	Brockville 2010	3.51 m
	W TJ 80+	Gwendolyn Boivin	SK	Brampton 2016	4.68 m
	W TJ 75+	Gwendolyn Boivin	SK	Brockville 2010	5.71 m
	W TJ 70+	Gwendolyn Boivin	SK	Portage 2006	6.22 m
	W TJ 65+	Lucille Burton	AB	Brockville 2010	6.33 m
	W TJ 60+	Carol LafayetteBoyd	SK	Portage 2006	8.07 m
	W TJ 55+	Janet MacIsaac	NS	Saint John 2018	6.20 m
	M TJ 55+	Dale Lawrence	SK	Brampton 2016	9.22 m
	M TJ 60+	Lyle Lorenz	AB	Portage 2006	9.55 m
	M TJ 65+	Merv Armstrong	AB	Portage 2006	8.07 m
	M TJ 70+	Ross Belyea	NB	Saint John 2018	8.18 m
	M TJ 75+	Joseph Koza	SK	Brockville 2010	8.34 m

	M TJ 80+	John Hall	YK	Saint John 2018	5.18 m
	M TJ 85+	Arnold Nett	AB	Saint John 2018	5.89 m

Shot Put	W SP 85+	Elsie Rossi	ON	Brockville 2010	3.66 m
	W SP 80+	Lillian Ferguson	SK	Strathcona County AB 2014	4.51 m
	W SP 75+	Yuko Nakana	AB	Saint John 2018	8.39 m
	W SP 70+	Roselyn Veitch	SK	Brockville 2010	7.11 m
	W SP 65+	Margaret Dehoog	AB	Brockville 2010	7.29 m
	W SP 60+	Selena Coward	SK	Strathcona County AB 2014	9.50 m
	W SP 55+	Fran Harris	NB	Saint John 2018	9.12 m
	M SP 85+	Arnold Nett	AB	Saint John 2018	8.09 m
	M SP 80+	Frank Tries	AB	Saint John 2018	8.55 m
	M SP 75+	Art Battiste	SK	Saint John 2018	9.72 m
	M SP 70+	Art Battiste	SK	Strathcona County AB 2014	10.35 m
	M SP 65+	Brian Berquist	SK	Saint John 2018	9.92 m
	M SP 60+	Brian Berquist	SK	Strathcona County AB 2014	10.69 m

	M SP 55+	Tom Parlee	YT	Portage 2006	9.22 m
--	-------------	------------	----	--------------	--------

Javelin	W Jav 85+	Doreen Erskine	SK	Brampton 2016	5.81 m
	W Jav 80+	Lillian Ferguson	SK	Strathcona County AB 2014	11.06 m
	W Jav 75+	Yuko Nakana	AB	Saint John 2018	21.68 m
	W Jav 70+	Shirley Reaman	AB	Portage 2006	18.48 m
	W Jav 65+	Yuko Nakano	AB	Brockville 2010	22.44 m
	W Jav 60+	Vi Mizuno	SK	Strathcona County AB 2014	23.82 m
	W Jav 55+	Brenda Dion	YT	Strathcona County AB 2014	21.54 m
	M Jav 85+	Victor Fedyna	AB	Saint John 2018	12.61 m
	M Jav 80+	Hank Leenders	YT	Saint John 2018	24.95 m
	M Jav 75+	Art Battiste	SK	Saint John 2018	27.10 m
	M Jav 70+	Ken Townsend	BC	Strathcona County AB 2014	32.67 m
	M Jav 65+	Paul Hebor	AB	Brampton 2016	30.57 m
	M Jav 60+	Brian Berquist	SK	Strathcona County AB 2014	34.35 m

	M Jav 55+	Jason Migneault	SK	Strathcona County AB 2014	37.83 m
--	--------------	-----------------	----	------------------------------	---------

Discus	W Dis 85+	Doreen Erskine	SK	Brampton 2016	4.98 m
	W Dis 80+	Doreen Erskine	SK	Brockville 2010	7.20 m
	W Dis 75+	Yuko Nakano	AB	Saint John 2018	22.51 m
	W Dis 70+	Jean Healey	SK	Saint John 2018	18.06 m
	W Dis 65+	Yuko Nakano	AB	Brockville 2010	23.47 m
	W Dis 60+	Yuko Nakano	AB	Portage 2006	26.02 m
	W Dis 55+	Colleen Moniuk	SK	Saint John 2018	19.98 m
	M Dis 85+	Arnold Nett	AB	Saint John 2018	17.94 m
	M Dis 80+	Ted Duncan	BC	Strathcona County AB 2014	21.68 m
	M Dis 75+	Art Battiste	SK	Saint John 2018	25.61 m
	M Dis 70+	Art Batiste	SK	Strathcona County AB 2014	32.19 m
	M Dis 65+	Brian Berquist	SK	Saint John 2018	34.00 m
	M Dis 60+	Brian Berquist	SK	Strathcona County AB 2014	37.05 m
	M Dis 55+	Tom Parlee	YT	Portage 2006	31.81 m

Runs	W 800 80+	Helena Visser	AB	Saint John 2018	4:55.7
	W 800 75+	Holly Viser	AB	Strathcona County AB 2014	4:05.5
	W 800 70+	Georgie Gillis	AB	Brampton 2016	3:18.0
	W 800 65+	Bridie Forde	AB	Brockville 2010	3:37.1
	W 800 60+	Susan MacDonald	AB	Saint John 2018	3:16.1
	W 800 55+	Coline MacEachern	NS	Strathcona County AB 2014	3:31.8
	W 1500 80+	Helena Visser	AB	Saint John 2018	9:34.1
	W 1500 75+	Nessie Holicky	AB	Brockville 2010	8:20.4
	W 1500 70+	Georgie Gillis	NS	Brampton 2016	6:42.0
	W 1500 65+	Bridget Forde	AB	Brockville 2010	7:25.3
	W 1500 60+	Susan MacDonald	AB	Saint John 2018	6:37.6
	W 1500 55+	Rachel Bailey	NS	Saint John 2018	7:01.5
	W 3000 75+	Nessie Holicky	AB	Strathcona County AB 2014	17:18.3
	W 3000 70+	Georgie Gillis	NS	Brampton 2016	14:18.0
	W 3000 65+	Bridie Forde	AB	Brockville 2010	16:10.0
	W 3000 60+	Susan MacDonald	AB	Saint John 2018	14:02.3
	W 3000 55+	Lefa Sproxtton	SK	Portage 2006	20.06.7

	M 800 85+	Victor Fedyna	AB	Saint John 2018	5:49.8
	M 800 80+	Don Currie	BC	Strathcona County AB 2014	3:45.1
	M 800 75+	Kenneth McCarty	AB	Whitehorse 2004	3:26.7
	M 800 70+	Leon Clegg	MB	Brampton 2016	2:48.0
	M 800 65+	Barrie Dargie	AB	Brockville 2010	2:31.6
	M 800 60+	Marvin Kaluzniak	AB	Brockville 2010	2:37.6
	M 800 55+	Marvin Kaluzniak	AB	Whitehorse 2004	2:36.2
	M 1500 85+	Victor Frydna	AB	Brampton 2016	8:52.0
	M 1500 80+	Roger Davies	AB	Brampton 2016	7:54.7
	M 1500 75+	Pat Harton	BC	Saint John 2018	6:52.6
	M 1500 70+	Leon Clegg	MB	Brampton 2016	5:43.0
	M 1500 65+	Barrie Dargie	AB	Brockville 2010	5:23.2
	M 1500 60+	Marvin Kaluzniak	AB	Brockville 2010	5:26.8
	M 1500 55+	Robin Browne	NS	Strathcona County AB 2014	5:08.2
	M 3000 80+	Roger Davies	AB	Saint John 2018	16:48.4
	M 3000 75+	Pat Harton	BC	Saint John 2018	15:01.4
	M 3000 70+	Leon Clegg	MB	Brampton 2016	12:22.0
	M 3000 65+	Barrie Dargie	AB	Brockville 2010	11:58.0
	M 3000 60+	Marvin Kaluzniak	AB	Brockville 2010	12:01.0

	M 3000 55+	Charlie Lefort	NS	Saint John 2018	11:25.8
--	---------------	-----------------------	-----------	------------------------	----------------

Sprints	W 50 85+	Betty McQuarrie	AB	Strathcona County AB 2014	13.0
	W 50 80+	Juliette Jacobson	MB	Saint John 2018	11.6
	W 50 75+	Carol Lafayette-Boyd	SK	Saint John 2018	8.1
	W 50 70+	Eileen Ensminger	AB	Strathcona County AB 2014	9.6
	W 50 65+	Mona MacDonald	NS	Saint John 2018	9.9
	W 50 60+	Brenda Dion	YT	Saint John 2018	8.5
	W 50 55+	Brenda Dion	YT	Brampton 2016	8.30
	M 50 80+	Dev Sharma	ON	Brampton 2016	9.0
	M 50 75+	John Hall	YT	Brampton 2016	9.1
	M 50 70+	Achim Kemmesies	MB	Strathcona County AB 2014	7.7
	M 50 70+	Ed Storch	AB	Brampton 2016	7.7

	M 50 65+	Brock Fownes	NS	Brampton 2016	7.9
	M 50 60+	Llew Chase	NS	Strathcona County AB 2014	7.2
	M 50 55+	Bruce Rosvall	NB	Saint John 2018	7.0
	W 100 85+	Betty McQuarrie	AB	Strathcona County AB 2014	25.6
	W 100 80+	Anne Black	AB	Strathcona County AB 2014	24.0
	W 100 80+	Juliette Jacobson	MB	Saint John 2018	24.0
	W 100 75+	Carol Lafayette-Boyd	SK	Saint John 2018	15.1
	W 100 70+	Mary Lou Murray	NS	Saint John 2018	22.9
	W 100 65+	Mona MacDonald	NS	Saint John 2018	19.4
	W 100 60+	Carol LafayetteBoyd	SK	Portage 2006	14.9
	W 100 55+	Brenda Dion	YT	Strathcona County AB 2014	15.4
	M 100 85+	Roger McMillan	AB	Portage 2006	20.6
	M 100 80+	Dev Sharma	ON	Brampton 2016	18.0
	M 100 75+	Merv Armstrong	AB	Strathcona County AB 2014	15.5

	M 100 70+	Dave Dunn	AB	Portage 2006	14.5
	M 100 65+	Llew Chase	NS	Saint John 2018	13.9
	M 100 60+	Llew Chase	NS	Brampton 2016	13.2
	M 100 55+	Bruce Rosvall	NB	Saint John 2018	12.7
	W 200 85+	Hanna Anderson	AB	Brockville 2010	1:31.0
	W 200 80+	Juliette Jacobson	MB	Saint John 2018	55.2
	W 200 75+	Carol Lafayette-Boyd	SK	Saint John 2018	31.7
	W 200 70+	Mary McCarron	SK	Portage 2006	38.2
	W 200 65+	Joan Vogel	SK	Portage 2006	35.8
	W 200 60+	Carol LafayetteBoyd	SK	Portage 2006	30.9
	W 200 55+	Kit Nielsen	AB	Strathcona County AB 2014	35.3
	M200 85+	Roger McMillan	AB	Portage 2006	42.9
	M 200 80+	Don Currie	BC	Strathcona County AB 2014	37.7
	M 200 75+	Joseph Koza	SK	Brockville 2010	31.1

	M 200 70+	Dave Dunn	AB	Portage 2006	30.0
	M 200 65+	Ed Storch	AB	Brockville 2010	28.6
	M 200 60+	Llew Chase	NS	Strathcona County AB 2014	27.4
	M 200 55+	Bruce Roswall	NB	Saint John 2018	26.0
	W 400 80+	Helena Visser	AB	Saint John 2018	2:13.4
	W 400 75+	Nessie Holicky	AB	Portage 2006	1:47.0
	W 400 70+	Georgie Gillis	NS	Brampton 2016	1:30.0
	W 400 65+	Bridie Forde	AB	Brockville 2010	1:30.0
	W 400 60+	Maria Hopchin	AB	Portage 2006	1:23.81
	W 400 55+	Rachel Bailey	NS	Saint John 2018	1:28.1
	M 400 85+	John Houlden	MB	Strathcona County AB 2014	2:33.6
	M 400 80+	Don Currie	BC	Strathcona County AB 2014	1:29.7
	M 400 75+	Pat Harton	BC	Saint John 2018	1:21.3
	M 400 70+	Dave Dunn	AB	Portage 2006	1:10.8

REVISED 2021

	M 400 65+	Ed Storch	AB	Brockville 2010	1:04.4
	M 400 60+	Bruce Hern	SK	Portage 2006	1:05.7
	M 400 55+	Bruce Rosvall	NB	Saint John 2018	59.4