



**Best Performances**  
**Swimming and Track and Field**

**REVISED 2023**

*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 / Year	Results
<b>Free Style</b>	W 50 FS 85+	Doris McEwan	ON	Brockville 2010	50.5
	W 50 FS 80+	Kathryn Groshon	SK	Portage 2006	55.1
	<b>W 50 FS 75+</b>	<b>Robin, O'Reilly</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>40.7</b>
	W 50 FS 70+	Juanita Prebble	NB	Saint John 2018	42.2
	<b>W 50 FS 65+</b>	<b>Linda Hall</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>38.3</b>
	<b>W 50 FS 60+</b>	<b>Michele David Roll</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>38.7</b>
	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
	<b>M 50 FS 75+</b>	<b>Richard Jacobs</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>44.8</b>
	<b>M 50 FS 70+</b>	<b>Rudi Ingenhorst</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>36.6</b>
	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
	<b>W 100 FS 75+</b>	<b>Robin O'Reilly</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>1:35.7</b>
	<b>W 100 FS 70+</b>	<b>Mary-Helen Hopkins</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>1:35.5</b>
	W 100 FS 65+	Mary Helen Hopkins	AB	Saint John 2018	1:34.4
	<b>W 100 FS 60+</b>	<b>Michele David Roll</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>1:25.1</b>
	W 100 FS 55+	Rita McCaw	AB	Strathcona County AB 2014	1:21.0
	<b>M 100 FS 85+</b>	<b>Bruce McDonald</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>2:08.1</b>
	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
	<b>M 100 FS 60+</b>	<b>Gregory Hall</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>1:16.4</b>
	M 100 FS 55+	Hobe Horton	AB	Strathcona County AB 2014	1:07.2

Event	Age Grp.	Name	P/T	Games / Year	Results
<b>Breaststroke</b>	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
	<b>W 50 BrS 60+</b>	<b>Linda Hall</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>48.0</b>
	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
	<b>M 50 BrS 55+</b>	<b>Grant Stewart</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>41.3</b>
	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
	<b>W 100 BrS 65+</b>	<b>Jennifer Trapnell</b>	<b>YT</b>	<b>Kamloops 2022</b>	<b>2:03.3</b>
	<b>W 100 BrS 60+</b>	<b>Michele David Roll</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>1:50.5</b>
	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
	<b>M 100 BrS 55+</b>	<b>Grant Stewart</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>1:33.0</b>

Event	Age Grp.	Name	P/T	Games / Year	Results
<b>Backstroke</b>	W 50 BaS 85+	Doris McEwan	ON	Brockville 2010	1:02.0
	W 50 BaS 80+	Mira Grypink	BC	Brampton 2016	1:05.1
	<b>W 50 BaS 75+</b>	<b>Brenda Graham</b>	<b>NB</b>	<b>Kamloops 2022</b>	<b>1:00.7</b>
	W 50 BaS 70+	Geraldine Fabb	ON	Saint John 2018	52.6
	<b>W 50 BaS 65+</b>	<b>Linda Hall</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>49.3</b>
	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
	<b>M 50 BaS 75+</b>	<b>Richard Jacobs</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>49.5</b>
	<b>M 50 BaS 70+</b>	<b>Rudi Ingenhorst</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>43.0</b>
	<b>M 50 BaS 65+</b>	<b>David Poggemiller</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>44.6</b>
	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

	<b>W 100 BaS 70+</b>	<b>Mary-Helen Hopkins</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>1:50.8</b>
	<b>W 100 BaS 65+</b>	<b>Linda Hall</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>1:47.8</b>
	<b>W 100 BaS 60+</b>	<b>Michele David Roll</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>1:42.7</b>
	<b>W 100 BaS 55+</b>	Sandy Boyle	ON	Saint John 2018	1:36.0
	<b>M 100 BaS 85+</b>	<b>Bruce McDonald</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>2:11.1</b>
	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

Event	Age Grp.	Name	P/T	Games / Year	Results
<b>Butterfly</b>	W 50 Bf 70+	Juanita Prebble	AB	Saint John 2018	49.9
	<b>W 50 Bf 65+</b>	<b>Vicki Roche</b>	<b>YT</b>	<b>Kamloops 2022</b>	<b>54.2</b>
	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



Event	Age Grp.	Name	P/T	Games / Year	Results
<b>Individual Medley</b>	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
	<b>W 100 IM 65+</b>	<b>Vicki Roche</b>	<b>YT</b>	<b>Kamloops 2022</b>	<b>1:48.9</b>
	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

Event	Age Grp.	Name	P/T	Games / Year	Results
<b>Track &amp; Field Long Jump</b>	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
	<b>W LJ 65+</b>	<b>Brenda Dion</b>	<b>YT</b>	<b>Kamloops 2022</b>	<b>3.43 m</b>
	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
	<b>M LJ 80+</b>	<b>Lynn Thompson</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>3.23m</b>
	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
	<b>M LJ 60+</b>	<b>Dale Lawrence</b>	<b>SK</b>	<b>Kamloops 2022</b>	<b>4.43 m</b>
	<b>M LJ 55+</b>	<b>Pat Swallow</b>	<b>SK</b>	<b>Kamloops 2022</b>	<b>4.51 m</b>

Event	Age Grp.	Name	P/T	Games / Year	Results
<b>Triple Jump</b>	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 Lafayette-Boyd	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
	<b>M TJ 80+</b>	<b>Lynn Thompson</b>	<b>BC</b>	<b>Kamloops</b>	<b>7.13 m</b>
	M TJ 85+	Arnold Nett	AB	Saint John 2018	5.89 m

Event	Age Grp.	Name	P/T	Games / Year	Results
<b>Shot Put</b>	<b>W SP 85+</b>	<b>Myrtle Bell</b>	<b>SK</b>	<b>Kamloops 2022</b>	<b>5.23 m</b>
	<b>W SP 80+</b>	<b>Gerd Crosthwaite</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>6.61m</b>
	W SP 75+	Yuko Nakana	AB	Saint John 2018	8.39 m
	<b>W SP 70+</b>	<b>Laura Hessel</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>8.62m</b>
	<b>W SP 65+</b>	<b>Terri Jones</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>8.27 m</b>
	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
	<b>M SP 80+</b>	<b>Art Battiste</b>	<b>SK</b>	<b>Kamloops 2022</b>	<b>9.98 m</b>
	<b>M SP 75+</b>	<b>Al Bromling</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>9.75m</b>
	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
	<b>M SP 55+</b>	<b>Graham Morfitt</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>11.27 m</b>

Event	Age Grp.	Name	P/T	Games / Year	Results
<b>Javelin</b>	<b>W Jav 85+</b>	<b>Myrtle Bell</b>	<b>SK</b>	<b>Kamloops 2022</b>	<b>6.86 m</b>
	<b>W Jav 80+</b>	<b>Margaret Radcliffe</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>20.68 m</b>
	W Jav 75+	Yuko Nakana	AB	Saint John 2018	21.68 m
	<b>W Jav 70+</b>	<b>Laura Hessel</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>21.35 m</b>
	<b>W Jav 65+</b>	<b>Terri Jones</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>22.78 m</b>
	<b>W Jav 60+</b>	<b>Joan Harris</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>24.66 m</b>
	W Jav 55+	Brenda Dion	YT	Strathcona County AB 2014	21.54 m
	<b>M Jav 85+</b>	<b>Bruce Butcher</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>15.81 m</b>
	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
	<b>M Jav 60+</b>	<b>Marcus Zerr</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>38.53 m</b>
	<b>M Jav 55+</b>	<b>Graham Morfitt</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>50.73 m</b>

Event	Age Grp.	Name	P/T	Games / Year	Results
<b>Discus</b>	<b>W Dis 85+</b>	<b>Myrtle Bell</b>	<b>SK</b>	<b>Kamloops 2022</b>	<b>11.93 m</b>
	<b>W Dis 80+</b>	<b>Liz Borrett</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>12.19m</b>
	W Dis 75+	Yuko Nakano	AB	Saint John 2018	22.51 m
	<b>W Dis 70+</b>	<b>Laura Hessel</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>22.24 m</b>
	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
	<b>M Dis 85+</b>	<b>Bruce Butcher</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>18.22 m</b>
	M Dis 80+	Ted Duncan	BC	Strathcona County AB 2014	21.68 m
	<b>M Dis 75+</b>	<b>Joe Elder</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>27.76 m</b>
	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
	<b>M Dis 60+</b>	<b>Marcus Zerr</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>38.65 m</b>
	<b>M Dis 55+</b>	<b>Graham Morfitt</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>35.64m</b>

Event	Age Grp.	Name	P/T	Games / Year	Results
<b>Runs</b>	W 800 80+	Helena Visser	AB	Saint John 2018	4:55.7
	<b>W 800 75+</b>	<b>Diann Leonard</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>3:50.0</b>
	W 800 70+	Georgie Gillis	AB	Brampton 2016	3:18.0
	<b>W 800 65+</b>	<b>Susan MacDonald</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>3:21.3</b>
	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
	<b>W 1500 75+</b>	<b>Diann Leonard</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>7:29.7</b>
	W 1500 70+	Georgie Gillis	NS	Brampton 2016	6:42.0
	<b>W 1500 65+</b>	<b>Susan MacDonald</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>6:45.2</b>
	W 1500 60+	Susan MacDonald	AB	Saint John 2018	6:37.6
	W 1500 55+	Rachel Bailey	NS	Saint John 2018	7:01.5
80 and 85 to be added	W 3000 75+	<b>Diann Leonard</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>15:43.4</b>
	W 3000 70+	Georgie Gillis	NS	Brampton 2016	14:18.0
	W 3000 65+	<b>Susan MacDonald</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>14:20.9</b>
	W 3000 60+	Susan MacDonald	AB	Saint John 2018	14:02.3
	W 3000 55+	Lefa Sproxtton	SK	Portage 2006	20.06.7

	<b>M 800 85+</b>	<b>George Sennewald</b>	<b>Host Team</b>	<b>Kamloops 2022</b>	<b>4:48.6</b>
	M 800 80+	Don Currie	BC	Strathcona AB 2014	3:45.1
	<b>M 800 75+</b>	<b>Leon Clegg</b>	<b>MB</b>	<b>Kamloops 2022</b>	<b>3:09.0</b>
	<b>M 800 70+</b>	<b>Andre Naud</b>	<b>QC</b>	<b>Kamloops 2022</b>	<b>2:39.3</b>
	M 800 65+	Barrie Dargie	AB	Brockville 2010	2:31.6
	<b>M 800 60+</b>	<b>Greg Athayde</b>	<b>MB</b>	<b>Kamloops 2022</b>	<b>2:20.7</b>
	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
	<b>M 1500 75+</b>	<b>Leon Clegg</b>	<b>MB</b>	<b>Kamloops 2022</b>	<b>6:12.5</b>
	M 1500 70+	Leon Clegg	MB	Brampton 2016	5:43.0
	M 1500 65+	Barrie Dargie	AB	Brockville 2010	5:23.2
	<b>M 1500 60+</b>	<b>David Guss</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>4:38.7</b>
	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
	<b>M 3000 75+</b>	<b>Leon Clegg</b>	<b>MB</b>	<b>Kamloops 2022</b>	<b>13:43.7</b>
	M 3000 70+	Leon Clegg	MB	Brampton 2016	12:22.0
	M 3000 65+	Barrie Dargie	AB	Brockville 2010	11:58.0
	<b>M 3000 60+</b>	<b>David Guss</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>10:16.3</b>



	M 3000 55+	Charlie Lefort	NS	Saint John 2018	11:25.8
Event	Age Grp.	Name	P/T	Games / Year	Results
<b>Sprints</b>	<b>W 50 85+</b>	<b>Louise Reed</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>11.4</b>
	<b>W 50 80+</b>	<b>Gerd Crosthwaite</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>10.0</b>
	W 50 75+	Carol Lafayette- Boyd	SK	Saint John 2018	8.1
	<b>W 50 70+</b>	<b>Laura Hessel</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>9.5</b>
	<b>W 50 65+</b>	<b>Brenda Dion</b>	<b>YT</b>	<b>Kamloops 2022</b>	<b>8.8</b>
	<b>W 50 60+</b>	<b>Lisa McDonell</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>8.4</b>
	W 50 55+	Brenda Dion	YT	Brampton 2016	8.3
Add 85+	M 50 80+	Dev Sharma	ON	Brampton 2016	9.0
	<b>M 50 75+</b>	<b>Joe Elder</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>8.8</b>
	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
	<b>W 100 85+</b>	<b>Louise Reed</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>22.8</b>

	<b>W 100 80+</b>	<b>Margaret Radcliffe</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>22.2</b>
	W 100 75+	Carol Lafayette-Boyd	SK	Saint John 2018	15.1
	<b>W 100 70+</b>	<b>Sheila Murray</b>	<b>SK</b>	<b>Kamloops 2022</b>	<b>20.4</b>
	<b>W 100 65+</b>	<b>Brenda Dion</b>	<b>YT</b>	<b>Kamloops 2022</b>	<b>16.9</b>
	W 100 60+	Carol Lafayette-Boyd	SK	Portage 2006	14.9
	W 100 55+	Brenda Dion	YT	Strathcona County AB 2014	15.4
	<b>M 100 85+</b>	<b>Dave Dunn</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>17.4</b>
	<b>M 100 80+</b>	<b>Lynn Thompson</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>17.7</b>
	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
	<b>W 200 85+</b>	<b>Louise Reed</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>50.3</b>
	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 Lafayette-Boyd	SK	Portage 2006	30.9
	W 200 55+	Kit Nielsen	AB	Strathcona County AB 2014	35.3
	<b>M200 85+</b>	<b>Dave Dunn</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>37.9</b>
	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
	<b>W 400 75+</b>	<b>Avril Douglas</b>	<b>BC</b>	<b>Kamloops 2022</b>	<b>1:25.4</b>
	W 400 70+	Georgie Gillis	NS	Brampton 2016	1:30.0
	<b>W 400 65+</b>	<b>Susan MacDonald</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>1:27.9</b>
	W 400 60+	Maria Hopchin	AB	Portage 2006	1:23.81
	W 400 55+	Rachel Bailey	NS	Saint John 2018	1:28.1
	<b>M 400 85+</b>	<b>Dave Dunn</b>	<b>AB</b>	<b>Kamloops 2022</b>	<b>1:50.5</b>
	M 400 80+	Don Currie	BC	Strathcona County AB	1:29.7

				2014	
	M 400 75+	Pat Harton	BC	Saint John 2018	1:21.3
	M 400 70+	Dave Dunn	AB	Portage 2006	1:10.8
	M 400 65+	Ed Storch	AB	Brockville 2010	1:04.4
	<b>M 400 60+</b>	<b>Greg Athayde</b>	<b>MB</b>	<b>Kamloops 2022</b>	<b>1:00.7</b>
	M 400 55+	Bruce Rosvall	NB	Saint John 2018	59.4