

# KAJAKS MASTERS - CLUB RECORDS

REVISED SEPTEMBER 2005

## 100 Metres

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W35	N.R.		
W40	13.95	Avril Douglas	1990
W45	13.59	Avril Douglas	1992
W50	13.84*	Avril Douglas	1998
W55	14.24*	Avril Douglas	2001
W60	15.9	Louise Reed	1995
W65	N.R.		
W70	19.95	Hazel Cameron	1997
W75	22.2	Hazel Cameron	1999
M40	11.6	Rob Musselle	1982
M45	12.01	Rob Musselle	1984
M50	14.18	David Dolsen	2000
M55	13.9	Jack Lasko	1994
M60	14.78	Charles Dick	1997
M65	16.31	Micky Sherker	1997
M70	16.49	George Reilly	2005
M75	N.R.		
M80	17.4	Ron Linsdell	1993

\* Current Canadian Record

## 200 Metres

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W35	N.R.		
W40	27.32+	Avril Douglas	1991
W45	27.15*	Avril Douglas	1993
W50	28.53*	Avril Douglas	2000
W55	27.90 WR	Avril Douglas	2001
W60	31.62*	Diane Palmason	2000
W65	N.R.		
W70	41.6	Hazel Cameron	1996
W75	43.7	Hazel Cameron	1999
M40	24.40	Kostie Killas	1997
M45	24.95	Neil Chin Aleong	2000
M50	28.9	David Dolsen	1999
M55	28.3	Jack Lasko	1993
M60	31.91	Charlie Loo	1997
M65	33.5	Micky Sherker	1994
M70	34.80	George Reilly	2005
M75	N.R.		
M80	38.59	Ron Linsdell	1994

\* Current Canadian Record

+ Former Canadian Record

### 400 Metres

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W35	N.R.		
W40	1:00.85	Avril Douglas	1991
W45	1:00.02*	Avril Douglas	1993
W50	1:02.95*	Avril Douglas	1996
W55	1:02.40*	Avril Douglas WR	2001
W60	1:08.34*	Diane Palmason	2000
W65	1:25.15+	Hazel Cameron	1992
W70	1:29.15*	Hazel Cameron	1996
W75	1:40.64*	Hazel Cameron	2000
M40	53.43	Kostie Killas	1997
M45	55.9	Doug Clement	1978
		Kostie Killas	1999
M50	59.25	Gordon Johnson	1988
M55	1:03.6	Jack Lasko	1994
M60	1:11.3	George Agnew	1999
M65	1:17.2	Micky Sherker	1994
M70	1:29.7	Micky Sherker	1999
M75	N.R.		
M80	1:40.1	Ron Linsdell	1993

\* Current Canadian Record

+ Former Canadian Record

### 800 Metres

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W35	2:04.49	Cindy O=Krane	1998

W40	2:21.7	Marne McMillan	1996
W45	2:16.1*	M. deSt. Croix	2001
W50	2:24.54*	Avril Douglas	1996
W55	2:33.40	Avril Douglas	2001
W60	2:40.58*	Diane Palmason	2000
W65	3:04.53+	Hazel Cameron	1989
W70	3:25.6*	Hazel Cameron	1994
W75	3:40.8*	Hazel Cameron	1999
M40	2:02.0	Terry Dooley	1987
M45	2:06.69	Don Tretheway	1983
M50	2:14.19	Jake Madderom	1995
M55	2:21.42	Jake Madderom	2000
M60	2:46.72	Alan Brown	1997
M65	3:07.0	Micky Sherker	1994

\* Current Canadian Record

+ Former Canadian Record

### 1500 Metres

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W35	4:08.88*	Cindy O=Krane	1998
W40	4:57.53	Marne McMillan	1996
W45	4:39.75*	M. de St. Croix	2001
W50	5:05.22*	Avril Douglas	1998
W55	6:13.0	Anna O' Melinn	1991
W60	6:12.93+	Hazel Cameron	1987
W65	6:13.8+	Hazel Cameron	1989
W70	6:58.10	Hazel Cameron	1996
W75	8:18.0	Hazel Cameron	1999
M40	4:09.45	Craig Runyan	1988
M45	4:18.7	John Woodcock	1989
M50	4:27.8	Herb Phillips	1991
M55	4:33.23*	Herb Phillips	1995
M60	5:50.2	Bill Kent	1996
M65	6:20.3	Micky Sherker	1994
M70	7:15.58	George Reilly	2005

\* Current Canadian Record

+ Former Canadian Record

### One Mile

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W35	4:31.07	Cindy O=Krane	1998
W40	5:33.9+	Avril Douglas	1991
W45	5:03.18*	M. de St. Croix	2001
W50	5:43.0*	Avril Douglas	1998
W55	6:53.2	Anna O' Melinn	1991
W60	6:18.12*	Diane Palmason	2000
W65	7:24.0*	Hazel Cameron	1993
W70	7:41.28*	Hazel Cameron	1994
W75	8:17.4*	Hazel Cameron	1999
M40	4:17.96	Graeme Fell (R.)	1999
	4:35.2	Don Tretheway	1980
M45	4:34.6+	Don Tretheway	1983
M50	4:45.63	Herb Phillips	1992
M55	4:59.36*	Herb Phillips	1997
M60	5:13.9	Herb Phillips	2000
M65	6:57.2	Micky Sherker	1994

\* Current Canadian Record

+ Former Canadian Record

**3000 Metres**

<b><u>Age</u></b>	<b><u>Record</u></b>	<b><u>Record Holder</u></b>	<b><u>Year</u></b>
W35	9:09.45	Cindy O=krane	1999
W40	11:55.7	Marne McMillan	1995
W45	10:12.0*	M. de St. Croix	2001
W50	12:53.0	Shirley Smith	1988
W55	13:31.0	Shirley Smith	1991
W60	14:11	Hazel Cameron	1987
W65	N.R.		
W70	N.R.		
M40	8:47.7	Don Tretheway	1979
M45	8:59.8+	Don Tretheway	1982
M50	9:32.04	Herb Phillips	1992
M55	9:53.52	Herb Phillips	1997
M60	10:12.3	Herb Phillips	2000
M65	N.R.		
M70	N.R.		

+ Former Canadian Record

**5 Kilometres/5000 Metres**

<b><u>Age</u></b>	<b><u>Record</u></b>	<b><u>Record Holder</u></b>	<b><u>Year</u></b>
W35	N.R.		
W40	19:30	Jane Senda	1993
W45	N.R.		
W50	21:45	Shirley Smith	1989
W55	22:51	Shirley Smith	1991
W60	22:13	Diane Palmason	2000
W65	22:38.6	Hazel Cameron	1989
W70	25:59	Hazel Cameron	1996
M40	14:33	Graeme Fell (R)	1999
	15:34.8	Don Tretheway	1979
M45	15:47.7	Don Tretheway	1982
M50	16:21.4	Herb Phillips	1992
M55	16:43	Herb Phillips	1995
M60	17:39.02	Herb Phillips	2000
M65	N.R.		

## 8 Kilometres

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W35	29:57	Nurten Tasdemir	2001
W40	31:17	Jane Senda	1993
W45	30:08	M. de St. Croix	2001
W50	35:59	Shirley Smith	1988
W55	36:40	Shirley Smith	1991
W60	37:33	Anna O' Melinn	1991
W65	40:23	Hazel Cameron	1992
W70	42:12	Hazel Cameron	1995
W75	47:48	Hazel Cameron	1999
M40	25:58	Don Tretheway	1980
M45	25:59	Don Tretheway	1983
M50	26:42	Herb Phillips	1993
M55	32:00	Rod Palmer	1990
M60	35:24	Micky Sherker	1990
M65	N.R.		

## 10000 Metres/10 Kilometres

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W35	37:08	Nurten Tasdemir	2001
W40	39:34	Jane Senda	1994
W45	42:50	Avril Douglas	1992
W50	44:29	Shirley Smith	1989
W55	45:38	Shirley Smith	1991
W60	46:12	Diane Palmason	2000
W65	48:36	Hazel Cameron	1990
W70	54:00	Hazel Cameron	1996
W75	58:53	Hazel Cameron	1999
M40	30:17	Graeme Fell (R.)	1999
	32:56	Don Tretheway	1981
M45	33:07.6	Don Tretheway	1983
M50	34:01	Herb Phillips	1990
M55	34:23*	Herb Phillips	1995
M60	36:30	Herb Phillips	2000
M65	52:08	Micky Sherker	1994

\* Current Canadian Record

### 15 Kilometres

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W35	1:07:03	Jane Fernyhough	1991
W40	1:02:52	Avril Douglas	1991
W45	N.R.		
W50	1:10:38	Shirley Smith	1989
W55	1:16:47	Anna O' Melinn	1991
W60	1:20:39	Hazel Cameron	1988
W65	N.R.		
W70	N.R.		
M40	53:38	Craig Runyan	1990
M45	54:16	Herb Phillips	1989
M50	55:14	Herb Phillips	1991
M55	1:02:26	Rod Palmer	1990
M60	N.R.		
M65	N.R.		

### 10 Miles

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W35	1:17:50	Carly McFetridge	199.
M40	55:13	Don Tretheway	1980
M45	54:25	Don Tretheway	1982
M50	57:46	Bill Kent	1986
M55	1:07:21	Dave Conder	1991
M60	1:08:28	Tony Dunn	1993
M65	N.R.		

### 20 Kilometres

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
M40	1:09:32	Don Tretheway	1980
M45	1:08:47	Don Tretheway	1983
M50	1:22:30	George Agnew	1989

### Half Marathon

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W35	1:24:08	Nurten Tasdemir	2001
W40	1:40:14	Jane Fernyhough	1994
W45	1:40:15	Elizabeth Light	1998
W50	1:46:26	Sandra Fryer	1998
W55	2:01:00	Wendy-Jane Brown	1995
W60	1:44:08	Diane Palmason	2000
W65	N.R.		
M40	1:07:50	Graeme Fell	1999
M45	1:17:50	Herb Phillips	1987
M50	1:12:29*	Herb Phillips	1994
M55	1:18:13	Herb Phillips	1996
M60	1:24:35	Herb Phillips	2001
M65	N.R.		

\* Current Canadian Record

### 30 Kilometres

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
M45	1:50:52	J.-J. Schmidt	1986
M50	1:52:47	Herb Phillips	1994

### Marathon

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W35	3:33	Cheryl Hernberg	1995
W40	3:41	Lori Wong	1994
	3:41	A. Powell Williams	1995
	3:41	B. Parker-Hayes	1995
W45	3:29:09	Shirley Smith	1983
W50	4:33	Lynn Walters	1997
W55	4:10.09	Wendy-Jane Brown	1998
W60	3:54:41	Hazel Cameron	1986
W65	N.R.		
W70	N.R.		
M40	2:31:50	Rick Whiting	1979
M45	2:37:53	J.-J. Schmidt	1986
M50	2:35:28	Herb Phillips	1992
M55	2:38:25*	Herb Phillips	1995
M60	2:52:40	Herb Phillips	2000
M65	N.R.		

\* Current Canadian Record

### 100 Kilometres

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
M55	7:52:21	Herb Phillips	1998
M60	8:07:34*	Herb Phillips	2000

### 50 Miles

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
M60	6:56:27	Herb Phillips	2001

### 3000 Metre Steeplechase

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
M40	9:56.0	Don Tretheway	1979
M45	10:15.7*	Don Tretheway	1982

\* Current Canadian Record

### 80 Metre Hurdles

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W45	14.3	Becky Willis	1996

### High Jump

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W40	1.43	Becky Willis	1994
W45	1.55+	Becky Willis	1996
W60	0.90	Alice Whitty	1998

+ Former Canadian Record

### Long Jump

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W45	4.67	Becky Willis	1996
W60	2.95	Louise Reed	1995
M50	4.21	David Dolsen	1999
M55	4.42	Carl Savage	1998
M60	3.59	Charlie Loo	1997
M70	3.08	George Reilly	2005
M80	2.78	Ron Linsdell	1994

### Discus

<u>Age</u>	<u>Record</u>	<u>RecordHolder</u>	<u>Year</u>
M60	27.66	George Agnew	1999
M70	25.66	George Reilly	2005

### Outdoor Pentathlon

<u>Age</u>	<u>Record</u>	<u>RecordHolder</u>	<u>Year</u>
M70	2361	George Reilly	2005

### Javelin

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
M55	31.40	Carl Savage	1999
M60	28.24	Chuck Dick	1997
M70	19.36	George Reilly	2005
M80	21.05	Ron Linsdell	1994

### Shot Put

<u>Age</u>	<u>Record</u>	<u>Record Holder</u>	<u>Year</u>
W45	9.06	Becky Willis	1996
M55	8.58	George Agnew	1996
M60	9.24	George Agnew	2001