



CANADA 55+ GAMES  
RECORD BOOK v.2

REVISED 2016

**Please note that the following records 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 along and it will be included.**

Event	Age Grp.	Name	P/T	Games	Results
<b>Swimming</b>					
Free Style	L 50 FS 85+	Doris McEwan	ON	Brockville	50.50
	L 50 FS 80+	Kathryn Groshon	SK	Portage	55.06
	L 50 FS 75+	Pat Roberts	MB	Whitehorse	52.91
	L 50 FS 70+	Francis McIntosh	ON	Whitehorse	51.29
	L 50 FS 65+	Irene Piasta	MB	Whitehorse	45.4
	L 50 FS 60+	Mary-Helen Hopkins	AB	Brockville	40.65
	L 50 FS 55+	Rita McCaw	AB	Strathcona County	37.02
	M 50 FS 85+	Ross Carviel	BC	Brampton	52.32
	M 50 FS 80+	Brian Knight	ON	Brampton	46.90
	M 50 FS 75+	Ken Fry	ON	Brockville	48.85
	M 50 FS 70+	Ken Williams	PE	Brockville	37.72
	M 50 FS 65+	Keith Shaw	AB	Brockville	34.35
	M 50 FS 60+	Vinus Van Baalen	AB	Whitehorse	30.16
	M 50 FS 55+	Hobe Horton	AB	Strathcona County	20.48
	L 100 FS 85+	Kathryn Groshong	SK	Strathcona County	4:56.02
	L 100 FS 80+	Mira Grypink	BC	Strathcona County	1:58.25
	L 100 FS 75+	Pat Roberts	MB	Portage	2:01.38
	L 100 FS 70+	Frances McIntosh	ON	Whitehorse	1:49.57

	L 100 FS 65+	Mary Helen Hopkins	AB	Brampton	1:38.44
	L 100 FS 60+	Mary-Helen Hopkins	AB	Strathcona County	1:30.49
	L 100 FS 55+	Rita McCaw	AB	Strathcona County	1:20.96
	M 100 FS 85+	Casper Haupt	ON	Brockville	2:13.15
	M 100 FS 80+	Rudolph Jarosch	AB	Portage	1:42.55
	M 100 FS 75+	Ken Fry	ON	Brockville	1:37.20
	M 100 FS 70+	Ken Williams	PE	Brockville	1:33.77
	M 100 FS 65+	Ivan Pivovarov	AB	Dieppe	1:19.32
	M 100 FS 60+	Allan Merpaw	ON	Brockville	1:17.04
	M 100 FS 55+	Hobe Horton	AB	Strathcona County	1:07.16

Predicted Swim	M200 Pr 55+	Bruce Morris	ON	Whitehorse	0:00.06
	M400 Pr 55+	Grant Howell	AB	Whitehorse	0:00.00
	L200 Pr55+	Millie Jones	YK	Dieppe	0:02.25
	L400 Pr55+	Sharon Charters	AB	Portage	0:02.25

Breast Stroke	L 50 BrS 85+	Doris McEwan	ON	Brockville	1:06.04
	L 50 BrS 80+	Mira Grypink	BC	Strathcona County	1:02.53
	L 50 BrS 75+	Joan Hirons	YT	Brampton	1:06.79
	L 50 BrS 70+	Nancy Davis	AB	Dieppe	1:03.54

	L 50 BrS 65+	Mary-Helen Hopkins	AB	Brampton	53.56
	L 50 BrS 60+	Mary-Helen Hopkins	AB	Strathcona County	50.48
	L 50 BrS 55+	Mary-Helen Hopkins	AB	Dieppe	48.38
	M 50 BrS 85+	Ross Carviel	BC	Brampton	55.53
	M 50 BrS 80+	Ross Carviel	BC	Strathcona County	54.60
	M 50 BrS 75+	Chris Williams	NT	Strathcona County	58.35
	M 50 BrS 70+	Chris Williams	NT	Brockville	48.50
	M 50 BrS 65+	Keith Shaw	AB	Dieppe	38.16
	M 50 BrS 60+	Paul Boulding	MB	Brampton	39.99
	M 50 BrS 55+	Shumming Hu	ON	Brampton	44.20
	L 100 BrS 80+	Hanna Anderson	AB	Whitehorse	2:43.23
	L 100 BrS 75+	Joan Hirons	YT	Brampton	2:27.03
	L 100 BrS 70+	Dicky Joad	AB	Portage	1:59.91
	L 100 BrS 65+	Joan Hirons	YT	Dieppe	2:16.38
	L 100 BrS 60+	Gloria Tam	ON	Brampton	2:00.40
	L 100 BrS 55+	Jacqui Grypink	BC	Brampton	2:24.51
	M 100 BrS 85+	Ross Carviel	BC	Brampton	2:21.44
	M 100 BrS 80+	Chris Williams	NT	Brampton	2:23.99
	M 100 BrS 75+	Harold Sonmor	AB	Dieppe	2:18.75

	M 100 BrS 70+	Keith Shaw	AB	Brampton	1:32.71
	M 100 BrS 65+	Keith Shaw	AB	Brockville	1:27.91
	M 100 BrS 60+	Paul Boulding	MB	Brampton	1:30.26
	M 100 BrS 55+	Shumming Hu	ON	Brampton	1:37.73

Backstroke	L 100 BaS 85+	Kaye McKee	AB	Brampton	3:11.39
	L 100 BaS 80+	Juanita Knight	AB	Whitehorse	1:38.86
	L 100 BaS 75+	Dorothy Sudnik	AB	Whitehorse	2:15.56
	L 100 BaS 70+	Jackie Scott	AB	Dieppe	2:16.15
	L 100 BaS 65+	Thelma Kulrich	SK	Portage	2:12.10
	L 100 BaS 60+	Linda Augustine	YT	Strathcona County	1:48.17
	M 100 BaS 85+	Casper Haupt	ON	Brockville	2:26.35
	M 100 BaS 80+	Leonard McMillan	AB	Whitehorse	1:29.74
	M 100 BaS 75+	John Young	AB	Whitehorse	1:13.98
	M 100 BaS 70+	Thomas Nagami	ON	Whitehorse	1:01.25
	M 100 BaS 65+	Gabor Zinner	AB	Strathcona County	1:35.69
	M 100 BaS 60+	Ralph Murray	PE	Whitehorse	1:11.12
	M 100 BaS 55+	Paul Basilevich	ON	Brampton	1:44.38
	L 50 BaS 85+	Doris McEwan	ON	Brockville	1:01.98
	L 50 BaS 80+	Mira Grypink	BC	Brampton	1:05.03

	L 50 BaS 75+	Joan Hirons	NT	Portage	1:03.73
	L 50 BaS 70+	Irene Piasta	MB	Whitehorse	56.65
	L 50 BaS 65+	Mary-Helen Hopkins	AB	Brampton	58.45
	L 50 BaS 60+	Jacqueline Sargent	ON	Brampton	50.82
	La 50 BaS 55+	Li Shan	ON	Portage	1:01.02
	M 50 BaS 85+	Ross Carviel	ON	Brampton	53.55
	M 50 BaS 80+	Reinhard Jansson	MB	Portage	55.98
	M 50 BaS 75+	Sing Wai To	ON	Brampton	1:03.12
	M 50 BaS 70+	Neil Carlyle	ON	Portage	46.85
	M 50 BaS 65+	Charlie Sullivan	NB	Dieppe	48.67
	M 50 BaS 60+	Laverne Schiller	AB	Portage	47.94
	M 50 BaS 55+	Roddy Dale	YT	Portage	45:85

Butterfly	L 50 Bf 70+	Marilyn Shaw	AB	Brampton	1:09.33
	L 50 Bf 65+	Marilyn Shaw	AB	Strathcona County	1:05.99
	L 50 Bf 60+	Linda Augustine	YT	Strathcona County	58.31
	L 50 Bf 55+	Mary Helen Hopkins	AB	Dieppe	47.56
	M 50 Bf 80+	Chris Williams	NT	Brampton	58.42
	M 50 Bf 75+	Ken Fry	ON	Brockville	54.81
	M 50 Bf 70+	Ivan Pivovarov	AB	Strathcona County	40.42
	M 50 Bf 65+	Ivan Pivovarov	AB	Dieppe	34.84

	M 50 Bf 60+	Glen Mehus	BC	Strathcona County	34.85
	M 50 Bf 55+	Hobe Horton	AB	Strathcona County	33.80

Individual Medley	L 100 IM 85+	Doris McEwan	ON	Brockville	2:09.57
	L 100 IM 80+	Pat Roberts	MB	Dieppe	2:36.02
	L 100 IM 75+	Pam Roberts	MB	Portage	2:21.06
	L 100 IM 70+	Dicky Joad	AB	Whitehorse	2:02.69
	L 100 IM 65+	Irene Harris	AB	Whitehorse	2:09.26
	L 100 IM 60+	Daisy Fraser	AB	Portage	2:02.60
	L 100 IM 55+	Andrea Gammack	AB	Brampton	1:52.27
	M 100 IM 85+	Casper Haupt	ON	Brockville	2:31.17
	M 100 IM 80+	Rudolph Jarosch	AB	Dieppe	2:05.25
	M 100 IM 75+	Rudolph Jarosch	AB	Whitehorse	2:03.33
	M 100 IM 70+	Ivan Pivovarov	AB	Strathcona County	1:30.77
	M 100 IM 65+	Ivan Pivovarov	AB	Dieppe	1:15.94
	M 100 IM 60+	Paul Boulding	MB	Brampton	1:28.22
	M 100 IM 55+	Hobe Horton	AB	Strathcona County	1:19.14

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Fun Relay	L 4x50 FR 55+ Open	Hopkins, McCaw, Morley & Patterson	AB	Strathcona County	2:40.52
	M 4x50 FR 55+ Open	Hlady, Horton, Pivovarov & Shaw	AB	Strathcona County	2:11.69



Event	Age Grp.	Name	P/T	Games	Results
Track & Field Long Jump	L LJ 85+	Hanna Anderson	AB	Brockville	1.42
	L LJ 80+	Gwendolyn Boivin	SK	Brampton	1.89
	L LJ 75+	Gerda Crosthwaite	BC	Strathcona County	3.20
	L LJ 70+	Karol Onyschak	MB	Strathcona County	2.63
	L LJ 65+	Karol Onyschak	MB	Portage	3.36
	L LJ 60+	Carol Lafayette- Boyd	SK	Portage	3.99
	L LJ 55+	Judy Lightening	YT	Whitehorse	1.58
	MLJ 85+	Roger McMillan	AB	Portage	2.49
	M LJ 80+	Roger McMillan	AB	Whitehorse	2.09
	M LJ 75+	Joseph Koza	SK	Brockville	4.18
	M LJ 70+	Joseph Koza	SK	Portage	3.95
	M LJ 65+	Mervyn Armstrong	AB	Portage	4.03
	M LJ 60+	Dave Poth	ON	Brockville	4.23
	M LJ 55+	Dale Lawrence	SK	Brampton	4.29

Triple Jump	M TJ 55+	Dale Lawrence	SK	Brampton	9.22
	M TJ 60+	Lyle Lorenz	AB	Portage	9.55
	M TJ 65+	Merv Armstrong	AB	Portage	8.07

	M TJ 70+	Joseph Koza	SK	Portage	7.80
	M TJ 75+	Joseph Koza	SK	Brockville	8.34
	M TJ 85+	Roger McMillan	AB	Portage	4.92
	L TJ 85+	Hanna Anderson	AB	Brockville	3.51
	L TJ 80+	Gwendolyn Boivin	SK	Brampton	4.68
	L TJ 75+	Gwendolyn Boivin	SK	Brockville	5.71
	L TJ 70+	Gwendolyn Boivin	SK	Portage	6.22
	L TJ 65+	Lucille Burton	AB	Brockville	6.33
	L TJ 60+	Carol Lafayette- Boyd	SK	Portage	8.07
	L TJ 55+	Coline MacEachern	NS	Strathcona County	5.30

Shot Put	M SP 85+	Bruce Stephenson	ON	Brampton	7.18
	M SP 80+	Frank Tries	AB	Brampton	8.45
	M SP 75+	Wayne McLaren	SK	Strathcona County	8.63
	M SP 70+	Art Battiste	SK	Strathcona County	10.35
	M SP 65+	Brock Fowness	NS	Brampton	9.84
	M SP 60+	Brian Berquist	SK	Strathcona County	10.69
	M SP 55+	Tom Parlee	YT	Portage	9.22
	L SP 85+	Elsie Rossi	ON	Brockville	3.66
	L SP 80+	Lillian Ferguson	SK	Strathcona County	4.51

	L SP 75+	Dora Bilko	AB	Brockville	6.78
	L SP 70+	Roselyn Veitch	SK	Brockville	7.11
	L SP 65+	Margaret Dehoog	AB	Brockville	7.29
	L SP 60+	Selena Coward	SK	Strathcona County	9.5
	L SP 55+	Margaret Dehoog	AB	Whitehorse	7.84

Javelin	L Jav 85+	Doreen Erskine	SK	Brampton	5.81
	L Jav 80+	Lillian Ferguson	SK	Strathcona County	11.06
	L Jav 75+	Naomi Hall	YT	Brampton	7.53
	L Jav 70+	Shirley Reaman	AB	Portage	18.48
	L Jav 65+	Yuko Nakano	AB	Brockville	22.44
	L Jav 60+	Vi Mizuno	SK	Strathcona County	23.82
	L Jav 55+	Brenda Dion	YT	Strathcona County	21.54
	M Jav 85+	Willie McGregor	AB	Strathcona County	9.84
	M Jav 80+	Ted Duncan	BC	Strathcona County	24.43
	M Jav 75+	Hank Leenders	YT	Strathcona County	25.78
	M Jav 70+	Ken Townsend	BC	Strathcona County	32.67
	M Jav 65+	Paul Hebor	AB	Brampton	30.57
	M Jav 60+	Brian Berquist	SK	Strathcona County	34.35
	M Jav 55+	Jason Migneault	SK	Strathcona County	37.83

Discus	L 85+	Doreen Erskine	SK	Brampton	4.98
	L 80+	Doreen Erskine	SK	Brockville	7.2
	L 75+	Dora Bilko	AB	Brockville	15.61
	L 70+	Dora Bilko	AB	Portage	16.49
	L 65+	Yuko Nakano	AB	Brockville	23.47
	L 60+	Yuko Nakano	AB	Portage	26.02
	L 55+	Debbie Heit	SK	Portage	17.87
	M 85+	John Tullikopf	AB	Strathcona County	16.76
	M 80+	Ted Duncan	BC	Strathcona County	21.68
	M 75+	Silas Tucker	ON	Portage	21.13
	M 70+	Art Batiste	SK	Strathcona County	32.19
	M 65+	Tom Parlee	YT	Strathcona County	32.53
	M 60+	Brian Berquist	SK	Strathcona County	37.05
	M 55+	Tom Parlee	YT	Portage	31.81

Runs	L1500 80+	Nessie Holicky	AB	Strathcona County	12:31.39
	L1500 75+	Nessie Holicky	AB	Brockville	8:20.32
	L1500 70+	Georgie Gillis	NS	Brampton	6:42.00
	L1500 65+	Bridget Forde	AB	Brockville	7:25.29
	L1500 60+	Linda McBride	SK	Brockville	7:00.42
	L1500 55+	Eileen Callaghan	PE	Whitehorse	7:27.7
	L3000 75+	Nessie Holicky	AB	Strathcona County	17:18.30
	L3000 70+	Georgie Gillis	NS	Brampton	14:18.00
	L3000 65+	Bridie Forde	AB	Brockville	16:10.00
	L3000 60+	Linda McBride	SK	Brockville	14:56.00
	L3000 55+	Lefa Sproxtton	SK	Portage	20.06.67
	L 800 80+	Nessie Hollicky	AB	Strathcona County	12:31.39

	L 800 75+	Holly Viser	AB	Strathcona County	4:05.43
	L 800 70+	Georgie Gillis	AB	Brampton	3:18.00
	L 800 65+	Bridie Forde	AB	Brockville	3:37.03
	L 800 60+	Ann Livesay- Husak	AB	Portage	3:27.00
	L 800 55+	Coline MacEachern	NS	Strathcona County	3:31.80
	M 800 85+	John Houlden	MB	Strathcona County	6:42.51
	M 800 80+	Don Currie	BC	Strathcona County	3:45.04
	M 800 75+	Kenneth McCarty	AB	Whitehorse	3:26.70
	M 800 70+	Leon Clegg	MB	Brampton	2:48.00
	M 800 65+	Barrie Dargie	AB	Brockville	2:31.56
	M 800 60+	Marvin Kaluzniak	AB	Brockville	2:37.59
	M 800 55+	Marvin Kaluzniak	AB	Whitehorse	2:36.2
	M 1500 85+	Victor Frydna	AB	Brampton	8:52.00
	M 1500 80+	Gower Thompson	NS	Brampton	8:37.00
	M 1500 75+	Victor Frydna	AB	Brockville	7:52.77
	M 1500 70+	Leon Clegg	MB	Brampton	5:43.00
	M 1500 65+	Barrie Dargie	AB	Brockville	5:23.19
	M 1500 60+	Marvin Kaluzniak	AB	Brockville	5:26.75
	M 1500 55+	Robin Browne	NS	Strathcona County	5:08.13
	M 3000 80+	Raymond Colliver	AB	Strathcona County	17:38.23

	M 3000 75+	Peter Kwan	AB	Strathcona County	16:19.72
	M 3000 70+	Leon Clegg	MB	Brampton	12:22.00
	M 3000 65+	Barrie Dargie	AB	Brockville	11:58.00
	M 3000 60+	Marvin Kaluzniak	AB	Brockville	12:01.00
	M 3000 55+	Robin Browne	NS	Strathcona County	11:31.34

Dashes	L 50 85+	Betty McQuarrie	AB	Strathcona County	12.91
	L 50 80+	Anne Black	AB	Strathcona County	12.30
	L 50 75+	Juliette Jacobson	MB	Brampton	10.80
	L 50 70+	Eileen Ensminger	AB	Strathcona County	9.51
	L 50 60+	Anne Murray	NS	Brampton	9.70
	L 50 55+	Brenda Dion	YT	Brampton	8.30
	M 50 80+	Dev Sharma	ON	Brampton	9.00
	M 50 75+	John Hall	YT	Brampton	9.10
	M 50 70+	Achim Kemmesies	MB	Strathcona County	7.70
	M 50 70+	Ed Storch	AB	Brampton	7.70
	M 50 65+	Brock Fownes	NS	Brampton	7.90

	M 50 60+	Llew Chase	NS	Strathcona County	7.12
	M 50 55+	Joe Larsbeck	AB	Strathcona County	7.51
	L 100 85+	Betty McQuarrie	AB	Strathcona County	25.60
	L 100 80+	Anne Black	AB	Strathcona County	24.00
	L 100 75+	Greda Crosthwaite	BC	Strathcona County	16.60
	L 100 70+	Eileen Ensminger	AB	Strathcona County	9.51
	L 100 65+	Mary McCaron- Egner	SK	Whitehorse	7.5
	L 100 60+	Carol Lafayette- Boyd	SK	Portage	14.82
	L 100 55+	Brenda Dion	YT	Strathcona County	15.36
	M 100 85+	Roger McMillan	AB	Portage	20.58
	M 100 80+	Dev Sharma	ON	Brampton	18.00
	M 100 75+	Merv Armstrong	AB	Strathcona County	15.50
	M 100 70+	Dave Dunn	AB	Portage	14.50
	M 100 65+	Mervyn Armstrong	AB	Portage	14.2
	M 100 60+	Llew Chase	NS	Brampton	13.20
	M 100 55+	Joe Elder	AB	Portage	14.00
	L 200 85+	Hanna Anderson	AB	Brockville	1:31.00

	L 200 80+	Susan Shewchuk	AB	Strathcona County	1:09.24
	L 200 75+	Dora Bilko	AB	Brockville	45.35
	L 200 70+	Mary McCarron	SK	Portage	38.18
	L 200 65+	Joan Vogel	SK	Portage	35.74
	L 200 60+	Carol Lafayette- Boyd	SK	Portage	30.85
	L 200 55+	Kit Nielsen	AB	Strathcona County	35.22
	M200 85+	Roger McMillan	AB	Portage	42.84
	M 200 80+	Don Currie	BC	Strathcona County	37.69
	M 200 75+	Joseph Koza	SK	Brockville	31.06
	M 200 70+	Dave Dunn	AB	Portage	29.89
	M 200 65+	Ed Storch	AB	Brockville	28.60
	M 200 60+	Llew Chase	NS	Strathcona County	27.34
	M 200 55+	Joe Larsbeck	AB	Strathcona County	29.17
	L400 75+	Nessie Holicky	AB	Portage	1:46.96
	L 400 m 70+	Georgie Gillis	NS	Brampton	1:30.00
	L 400 m 65+	Bridie Forde	AB	Brockville	1:29.88
	L 400 m 60+	Maria Hopchin	AB	Portage	1:23.81



	L 400 m 55+	Daisy Fraser	AB	Whitehorse	1:40.78
	M 400 85+	John Houlden	MB	Strathcona County	2:33.60
	M 400 80+	Don Currie	BC	Strathcona County	1:29.70
	M 400 75+	G Graham	AB	Brockville	1:21.69
	M 400 70+	Dave Dunn	AB	Portage	1:10.72
	M400 65+	Ed Storch	AB	Brockville	1:04.32
	M400 60+	Bruce Hern	SK	Portage	1:05.65
	M 400 55+	Millard Evans	AB	Portage	1:09.06

Predicted Walk	M55+ 1000m	Leslie McLean	ON	Portage	-0.27
	M65+ 1000m	Rick Bentley	AB	Portage	-0:11
	M65+ 400m	Rick Bentley	AB	Portage	-0.04
	M55+ 400 m	Leslie McLean	ON	Portage	-0.12
	L65+ 1000m	Merton Friesen	YT	Portage	-0.15
	L55+ 1000m	Kathleen Stokoe	ON	Portage	-0.06
	L65+ 400m	Anne Black	AB	Portage	-0.01.54
	L60+ 400m	Carol Lafayette- Boyd	SK	Portage	8.07
	L55+ 400m	Elsie Rossi	ON	Portage	-0.04