

CANADIAN MASTERS AGE GROUP BEST ON THE ROADS								16 Sep 2010
	M35	time	age class					location
			grade					
M35	5km	15:34	83.7%	Bob	Moore	(ON)	01Jul80	Toronto ON
M35	8km	24:46	86.1%	Bob	Moore	(ON)	26Apr80	Toronto ON
M35	10km	30:15	89.2%	Bob	Moore	(ON)	04Apr80	Toronto ON
M35	15km	47:45	86.8%	Bob	Moore	(ON)	11Feb78	Toronto ON
M35	10mile	50:50	87.9%	Bob	Moore	(ON)	13Aug76	Toronto ON
M35	20km	1:03:05	89.3%	Bob	Moore	(ON)	14May77	Niagara ON
M35	0.5 Mar	1:07:58	87.8%	Bob	Moore	(ON)	07May77	Toronto ON
M35	25km	1:23:01	86.2%	Bob	Moore	(ON)	01Mar77	Toronto ON
M35	30km	1:41:08	86.3%	Bob	Moore	(ON)	20Nov76	Toronto ON
M35	Marathon	2:20:00	90.6%	Bob	Moore	(ON)	07May76	Ottawa ON
			87.4%	average				
	M40	time	age class					location
			grade					
M40	1 mile	4:21.9	90.3%	Mike	CREERY	(BC)	23May88	Victoria BC
M40	1 mile	4:12.0		Dave	STEWART	(ON)	23Sep89	New York NY
M40	5 km	14:42	91.7%	Steve	BOYD	(ON)	18Oct03	Rochester NY
M40	8 km	24:05	91.6%	Dave	STEWART	(ON)	13Jan90	Naples USA
M40	5 mile	24:31	90.5%	Joe	McGUIRE	(NB)	04Jul85	Houlton USA
M40	10 km	30:12	92.3%	Ken	HAMILTON	(ON)	08Apr90	Washington DC
M40		29:56dh		Ken	HAMILTON	(ON)	06May90	Toronto ON
M40	15 km	45:35	93.6%	Chris	McCUBBINS	(MB)	28Jun87	Portland USA
M40	10 mile	50:45	90.5%	Ken	INGLIS	(ON)	29Sep84	StCatherinesON
M40		49:54dh		Ken	FRENCH	(BC)	15May88	Penticton BC
M40	20 km	1:03:02	91.7%	Chris	McCUBBINS	(MB)	24Aug86	
M40	0.5 Mar	1:06:33	91.9%	Steve	BOYD	(ON)	01Jan05	Naples FL
M40		1:05:42w		Steve	BOYD	(ON)	24Oct04	Niagara ON
M40	25 km	1:21:38	89.8%	Robert	MOORE	(ON)	29Aug82	Toronto ON
M40	30 km	1:38:17	90.7%	Robert	MOORE	(ON)	26Mar83	HamiltonON
M40	20 mile	1:50:34	86.8%	Grant	TOWNS	(MB)	11Oct87	
M40	Marathon	2:19:41	92.3%	Dereck	FERNEE	(ON)	24Aug80	GlasgowSCOT
			91.1%	average				
	M45		age class					
		time	grade					
M45	1 mile	4:32	90.2%	Tom	TUSHINGHAM	(ON)	12Mar88	Allentown PA
M45	5 km	15:15	91.7%	Tom	TUSHINGHAM	(ON)	10May87	Toronto ON
M45		15:13dh		Frank	LEWIS	(ON)	03Jul93	Toronto ON
M45	8 km	24:42	92.6%	Steve	COWLEY	(ON)	13Jul92	Toronto ON
M45	5 mile	24:44	93.1%	Steve	COWLEY	(ON)	24Jun92	Toronto ON
M45	10 km	31:11	92.7%	Steve	BOYD	(ON)	23May09	Ottawa ON
M45	15 km	48:47	90.7%	Frank	LEWIS	(ON)	22May93	Waterdown ON
M45	10 mile	52:24	90.9%	Ken	INGLIS	(ON)	26Sep87	StCatherinesON
M45	20 km	1:08:35	87.4%	Simon	TIMMER	(BC)	11Mar90	Comox BC
M45	0.5 Mar	1:10:00	90.6%	Frank	LEWIS	(ON)	27Jun93	FairfieldUSA
M45		1:08:40w		Steve	BOYD	(ON)	26Oct08	Niagara Falls ON
M45	25 km	1:31:06	83.4%	Bob	KNUCKEY	(ON)	31Jul94	ScarboroughON
M45	30 km	1:43:07	89.6%	Ben	JOHNS	(ON)	24Mar85	Albany NY
M45	20 mile	1:56:56	85.1%	Bruce	HOLTZMAN	(BC)	21Mar81	
M45	Marathon	2:26:35	91.2%	Art	TAYLOR	(ON)	09May76	Ottawa ON
			89.9%	average				
	M50	time	age class					location

			grade					
M50	1 mile	4:37.2	92.0%	Ed	WHITLOCK	(QU)	18Sep82	Toronto ON
M50	5 km	15:51	91.7%	Jerry	KOOYMANS	(ON)	15Jul05	Toronto
M50	8 km	25:46	92.3%	Jerry	KOOYMANS	(ON)	21Jun06	Toronto ON
M50	5 mile	25:53	92.4%	Jerry	KOOYMANS	(ON)	21Jun06	Toronto ON
M50	10 km	32:58	91.1%	Jerry	KOOYMANS	(ON)	01Jul06	Toronto ON
M50		32:18dh		Jerry	KOOYMANS	(ON)	07May06	Toronto ON
M50	15 km	51:20	89.1%	Jerry	KOOYMANS	(ON)	30Apr06	Guelph ON
M50	10 mile	54:42	90.5%	Ben	JOHNS	(ON)	27Sep86	StCatherinesON
M50	20 km	1:10:02	88.9%	Hans	FENZ	(BC)	05Apr85	
M50	0.5 Mar	1:13:49	89.3%	Jerry	KOOYMANS	(ON)	25Sep05	Toronto ON
M50		1:12:29dh		Herb	PHILLIPS	(BC)	05Feb94	Las Vegas NV
M50	25 km	1:32:26	85.5%	Richard	CRAMPON	(QU)	31Jul94	ScarboroughON
M50	30 km	1:49:41	87.5%	Robert	MOORE	(ON)	24Mar91	Hamilton ON
M50	20 mile	2:03:43	83.6%	Bernard	BARTON	(BC)	20Mar82	
M50	Marathon	2:27:17	94.3%	Art	TAYLOR	(ON)	08May77	Ottawa ON
			89.2%	average				
	M55	time	age class					location
			grade					
M55	1 mile	4:50	91.7%	Jerry	KOOYMANS	(ON)	12Aug10	BuffaloNY
M55	5 km	16:54	89.6%	Maurice	TARRANT	(BC)	02Apr88	Victoria BC
M55	5 km	16.44w		Michael	COYNE	(NB)	16Mar08	St Petersburg FL
M55	8 km	27:49	89.1%	Maurice	TARRANT	(BC)	17Jan87	
M55		27:24dh		Art	MEANEY	(NF)	04Jul99	St Johns NF
M55	5 mile	28:47	86.6%	Michael	COYNE	(NB)	08Apr06	Tampa FL
M55	10 km	34:23	91.1%	Herb	PHILLIPS	(BC)	15Oct95	Richmond BC
M55	15 km	53:35	89.4%	Maurice	TARRANT	(BC)	24Jan88	NanaimoBC
M55	10 mile	58:52	87.7%	Jim	McILWHAM	(ON)	27Sep86	StCatherinesON
M55		58:12dh		Art	MEANEY	(NF)	11Jul99	St Johns NF
M55	20 km	1:12:54	89.0%	Maurice	TARRANT	(BC)	19Mar89	Comox BC
M55	0.5 Mar	1:16:21	90.0%	Bob	MOORE	(ON)	29Sep96	Toronto BC
M55		1:15:57dh		Rick	WHITING	(BC)	05Feb94	Las Vegas NV
M55	25 km	1:35:38	86.1%	Jim	McILWHAM	(ON)	24Aug86	Toronto ON
M55	30 km	1:54:50	87.1%	Jim	McILWHAM	(ON)	29Mar87	HamiltonON
M55	20 mile	2:07:23	84.6%	Sverre	HIETANEN	(BC)		
M55	Marathon	2:40:19	90.3%	Herb	PHILLIPS	(BC)	08Oct95	Victoria BC
M55		2:38:25dh		Herb	PHILLIPS	(BC)	03Dec95	SacramentoCA
			88.6%	average				
	M60	time	age class					location
			grade					
M60	1 mile	5:21.6	86.5%	Tom	TUSHINGHAM	(ON)	27Jul03	Oshawa ON
M60		5:14.8dh		Dennis	FEATHERSTONE	(ON)	28Sep02	New York NY
M60	5 km	17:19	91.4%	Ed	WHITLOCK	(ON)	16Aug92	Dundas ON
M60		17:11dh		Ed	WHITLOCK	(ON)	02Jul94	Toronto ON
M60	8 km	27:59	92.6%	Ed	WHITLOCK	(ON)	05Jun94	Toronto ON
M60	5 mile	30:12	86.3%	Maurice	TARRANT	(BC)	08Aug93	Victoria BC
M60	10 km	35:20	92.7%	Ed	WHITLOCK	(ON)	11Sep94	Toronto ON
M60		35:07dh		Ed	WHITLOCK	(ON)	01May94	Toronto ON
M60	15 km	55:25	90.4%	Ed	WHITLOCK	(ON)	21May94	WaterdownON
M60	10 mile	1:00:09	89.8%	Ed	WHITLOCK	(ON)	26Dec95	Hamilton ON
M60	20 km	1:15:46	89.6%	Maurice	TARRANT	(BC)	11Mar90	Courteney BC
M60	0.5 Mar	1:18:38	91.4%	Ed	WHITLOCK	(ON)	25Sep94	Toronto ON
M60	25 km	1:37:53	87.9%	Ed	WHITLOCK	(ON)	31Jul94	ScarboroughON
M60	30 km	1:57:07	89.3%	Ed	WHITLOCK	(ON)	27Mar94	Hamilton ON
M60	20 mile	2:09:56	86.8%	Sverre	HIETANEN	(BC)		
M60	Marathon	2:47:02	90.6%	Herb	PHILLIPS	(BC)	10Oct04	Victoria BC
			89.6%	average				

	M65	time	age class					location
			grade					
M65	1 mile	6:39.2	73.3%	Jim	PASCOE	(ON)	27Jul03	Oshawa ON
M65	5 km	17:20	96.0%	Ed	WHITLOCK	(ON)	05Jul96	Toronto ON
M65	8 km	28:36	95.3%	Ed	WHITLOCK	(ON)	08Jul96	Toronto ON
M65	5 mile	28:43	95.5%	Ed	WHITLOCK	(ON)	11Aug96	Toronto ON
M65	10 km	36:01	95.6%	Ed	WHITLOCK	(ON)	25Aug96	Toronto ON
M65	15 km	55:04	95.7%	Ed	WHITLOCK	(ON)	09Jul00	Utica NY
M65	10 mile	1:00:15	94.2%	Ed	WHITLOCK	(ON)	30May99	Toronto ON
M65	20 km	1:19:32	89.7%	Ed	WHITLOCK	(ON)	29Sep96	Toronto ON
M65	0.5 Mar	1:19:32	94.9%	Ed	WHITLOCK	(ON)	29Sep96	Toronto ON
M65	25 km	1:51:32	81.1%	Sverre	HIETANEN	(BC)	09Jun85	IGAL UK
M65	30 km	1:57:35	93.5%	Ed	WHITLOCK	(ON)	26Mar00	Hamilton ON
M65	20 mile	2:51:02	69.3%	Ed	WHITLOCK	(ON)	14Nov99	Columbus OH
M65	Marathon	2:51:02	93.0%	Ed	WHITLOCK	(ON)	14Nov99	Columbus OH
			89.8%	average				
	M70	time	age class					location
			grade					
M70	1 mile	6:42.7	77.0%	Art	PORTER	(BC)	02May92	MapleRidgeBC
M70	5 km	18:31	95.1%	Ed	WHITLOCK	(ON)	29Aug03	Buffalo NY
M70	8 km	30:44	93.8%	Ed	WHITLOCK	(ON)	20Jun01	Toronto ON
M70	5 mile	30:44	94.4%	Ed	WHITLOCK	(ON)	20Jun01	Toronto ON
M70	10 km	37:33	97.0%	Ed	WHITLOCK	(ON)	12Sep04	Toronto Isl
M70	15 km	58:55	94.6%	Ed	WHITLOCK	(ON)	13Jul03	Utica NY
M70	10 mile	1:02:28	96.1%	Ed	WHITLOCK	(ON)	23Aug03	Flint MI
M70	20 km							
M70	0.5 Mar	1:22:23	96.9%	Ed	WHITLOCK	(ON)	21Apr01	Grand Isl NY
M70	25 km	2:00:56	79.1%	Ed	WHITLOCK	(ON)	25Mar01	Hamilton ON
M70	30 km	2:00:56	96.2%	Ed	WHITLOCK	(ON)	25Mar01	Hamilton ON
M70	20 mile							
M70	Marathon	2:54:49	96.2%	Ed	WHITLOCK	(ON)	26Sep04	Toronto ON
			92.2%	average				
	M75	time	age class					location
			grade					
M75	1 mile	6:14	88.6%	Maurice	TARRANT	(BC)	10Sep05	Langford BC
M75	5 km	18:45	100.3%	Ed	WHITLOCK	(ON)	14Jul06	Toronto ON
M75	8 km	35:38	86.4%	Maurice	TARRANT	(BC)	15Jan06	Saanichton BC
M75	5 mile	44:33	69.5%	Kurt	GELBHAAR	(ON)	01Nov98	HamiltonON
M75	10 km	40:10	96.8%	Ed	WHITLOCK	(ON)	10Sep06	Toronto ON
M75	15 km	60:29	98.4%	Ed	WHITLOCK	(ON)	12Nov06	Schenectady NY
M75	10 mile	1:35:03	67.4%	Cyril	TOBIAS	(BC)	04Oct92	Vancouver BC
M75		1:21:46dh		Willis	GREENAWAY	(BC)	10May98	Penticton BC
M75	20 km	1:41:46	79.2%	Kurt	GELBHAAR	(ON)	14May00	Ottawa ON
M75	0.5 Mar	1:29:26	95.3%	Ed	WHITLOCK	(ON)	13May07	London ON
M75	25 km	2:39:41	64.0%	George	CHEVALIER	(QU)	31Jul94	ScarboroughON
M75	30 km	2:45:47	74.9%	Odino	SOLIGO	(ON)	31Mar96	HamiltonON
M75	20 mile							
M75	Marathon	3:04:54	97.0%	Ed	WHITLOCK	(ON)	15Apr07	Rotterdam NL
			84.8%	average				
	M80	time	age class					location
			grade					
M80	1 mile							
M80	5 km	23:37	86.0%	Maurice	TARRANT	(BC)	07Mar10	Sidney,BC
M80	8 km	38:15	86.9%	Maurice	TARRANT	(BC)	10Jan10	Victoria BC
M80	5 mile							
M80	10 km	47:51	87.8%	Maurice	TARRANT	(BC)	25Apr10	Victoria BC

M80	15 km	1:13:28	87.5%	Maurice	TARRANT	(BC)	04Apr10	Merville.BC
M80	10 mile							
M80	20 km							
M80	0.5 Mar	1:58:02	78.0%	Hugh	CLIFFORD	(BC)	10Aug86	Delta BC
M80	25 km							
M80	30 km	3:12:34	69.6%	Odino	SOLIGO	(ON)	25Mar01	Hamilton ON
M80	20 mile							
M80	Marathon	4:19:56	74.5%	Hugh	CLIFFORD	(BC)	05Oct86	Vancouver BC
			81.5%	average				
	M85	time	age class					location
			grade					
M85	5km	36:06	61.9%	James	SARGENT	(BC)	07Mar10	Bazan Bay BC
M85	8 km	1:03:17	57.8%	James	SARGENT	(BC)	10Jan10	Victoria BC
M85	10 km	1:23:42	55.2%	James	SARGENT	(BC)	19Apr2009	Sooke River BC
			56.8%	average				
	W35	time	age class					location
			grade					
W35	1 mile	5:07.4	82.8%	Linda	FINDLEY	(ON)	29Oct83	Toronto ON
W35	5 km	15:53	91.4%	Ulla	MARQUETTE	(BC)	27Mar94	Carlsbad USA
W35	8 km	26:47	88.7%	Jacqueline	GAREAU	(QU)	02Apr88	ManchesterUSA
W35	5 mile	26:47	89.2%	Jacqueline	GAREAU	(QU)	02Apr88	ManchesterUSA
W35	10 km	33:11	90.4%	Ulla	MARQUETTE	(BC)	01Oct94	Ottawa ON
W35	15 km	52:48	86.8%	Jacqueline	GAREAU	(QU)	09Jul89	Utica NY
W35	10 mile	54:43	90.3%	Lizanne	BUSSIERES	(QU)	31Mar96	Washington DC
W35	20 km	1:12:25	85.9%	Jacqueline	GAREAU	(QU)	11Jun89	St-Gabriel QU
W35	0.5 Mar	1:14:13	88.7%	Jacqueline	GAREAU	(QU)	17Sep89	PhiladelphiaPA
W35	25 km	1:41:32	77.6%	Maureen	GRIFFITH	(ON)	31Jul94	ScarboroughON
W35	30 km	1:53:42	84.3%	Cindy	NEW	(QU)	31Mar96	Hamilton ON
W35	20 mile	2:15:01	76.5%	Wendy	ROBERTSON	(BC)		
W35	Marathon	2:33:51	90.3%	Sandy	JACOBSON	(AB)	31Aug03	Paris FR
			86.4%	average				
	W40	time	age class					location
			grade					
W40	1 mile	4:38.6	95.1%	Erna	KOZAK	(BC)	18Jul87	
W40	5 km	16:49	89.9%	Lucy	SMITH	(BC)	16JUN09	Chemainus BC
W40	8 km	27:50	88.8%	Nancy	McLAREN	(BC)	17May87	
W40	5 mile	28:23	87.6%	Erna	KOZAK	(BC)	31Aug87	
W40	10 km	33:38	92.8%	Leah	PELLS	(BC)	24Apr05	Victoria BC
W40	15 km	54:58	86.7%	Jacqueline	GAREAU	(QU)	14Mar93	Jacksonville
W40	10 mile	59:04	86.8%	Janet	TAKAHASHI	(ON)	24Aug96	Flint MI
W40	20 km	1:15:20	85.5%	Nancy	McLAREN	(BC)	04Apr87	
W40	0.5 Mar	1:15:39	90.1%	Marilyn	ARSENAULT	(BC)	11Oct09	Victoria BC
W40	25 km	1:38:36	82.6%	Laura	LYNN	(ON)	11May91	Grand Rapids MI
W40	30 km	1:58:49	83.2%	Diane	LEGARE	(QU)	27Mar94	Hamilton ON
W40	20 mile	2:23:12	74.4%	Polly	HLOOKOFF	(BC)		
W40	Marathon	2:39:35	89.3%	Danuta	BARTOSZEK	(ON)	12May02	Ottawa ON
			87.1%	average				
	W45	time	age class					location
			grade					
W45	1 mile	5:33.8	82.9%	Avril	DOUGLAS	(BC)	01May93	Maple RidgeBC
W45	5 km	17:08	92.0%	Diane	LEGARE	(QU)	13Aug97	Dollard D O QU
W45	8 km	29:09	88.5%	Diane	LEGARE	(QU)	05Oct97	Attleboro MA

W45	5 mile	29:09	89.0%	Diane	LEGARE	(QU)	05Oct97	Attleboro MA
W45	10 km	35:08	92.6%	Nancy	TINARI	(BC)	24Apr05	Victoria BC
W45	15 km	55:12	90.0%	Diane	LEGARE	(QU)	09Jul00	Utica NY
W45	10 mile	1:01:08	87.5%	Diane	LEGARE	(QU)	18Oct97	St Petersburg FL
W45	20 km	1:16:49	87.4%	Diane	LEGARE	(QU)	16Jun96	Ile Bizard QU
W45	0.5 Mar	1:19:03	89.9%	Diane	LEGARE	(QU)	24Sep00	Toronto ON
W45	25 km	1:50:26	76.9%	Gerda	ZONRUITER	(ON)	12May07	Grand Rapids MI
W45	30 km	2:01:31	84.8%	Diane	PALMASON	(ON)	24Mar85	Albany NY
W45	20 mile	2:05:57	88.1%	Diane	PALMASON	(ON)	30Sep84	Twin Cities
W45	Marathon	2:46:21	89.3%	Diane	PALMASON	(ON)	30Sep84	Twin Cities
			87.6%	average				
	W50	time	age class					location
			grade					
W50	1 mile	5:11.7	96.7%	Kathryn	MARTIN	(CAN)	17Aug02	Massapequa NY
W50	5 km	17:47	92.7%	Kathryn	MARTIN	(CAN)	12May02	West Islip NY
W50	8 km	29:28	91.5%	Diane	LEGARE	(QU)	20Jun01	Toronto ON
W50	5mile	29:28	92.0%	Diane	LEGARE	(QU)	20Jun01	Toronto ON
W50	10 km	36:30	93.2%	Diane	LEGARE	(QU)	17Jun01	Quebec QU
W50	15 km	55:51	93.0%	Diane	LEGARE	(QU)	08Jul01	Utica NY
W50	10 Mile	1:02:32	89.4%	Kathryn	MARTIN	(CAN)	21Apr02	E Northport NY
W50	20 km	1:17:52	90.2%	Kathryn	MARTIN	(CAN)	01Sep03	New Haven CT
W50	0.5 Mar	1:22:08	90.4%	Diane	LEGARE	(QU)	23Sep01	Toronto ON
W50	25 km							
W50	30 km	2:12:55	81.0%	Lynn	KOBAYASHI	(ON)	26Mar06	Hamilton ON
W50	20 mile	2:40:04	72.5%	Jean	CLEATOR	(BC)		
W50	Marathon	3:01:02	85.7%	Louise	VOGHEL	(QC)	21Nov04	Philadelphia
			88.6%	average				
	W55	time	age class					location
			grade					
W55	1 mile	6:16	80.8%	Ruth	CARRIER	(ON)	03Oct87	Toronto ON
W55	5 km	18:46	92.1%	Diane	LEGARE	(QU)	16Aug06	Dollard D-O QU
W55	8 km	32:50	86.2%	Diane	PALMASON	(CAN)	12Sep93	Alexandria US
W55	5 mile	34:09	83.3%	Molly	TURNER	(ON)	11Jul90	Toronto ON
W55	10 km	38:50	91.9%	Diane	LEGARE	(QU)	07Oct06	Ottawa ON
W55	10 km	38:35dh		Diane	LEGARE	(QU)	09Sep07	Montreal QU
W55	15 km	59:03	92.2%	Diane	LEGARE	(QU)	12Nov06	Schenectady NY
W55	10 mile	1:08:24	85.7%	Diane	PALMASON	(CAN)	10Apr94	Washington DC
W55	20 km	1:30:24	81.4%	Eileen	DORAN	(ON)	29Sep96	Toronto ON
W55	0.5 Mar	1:28:40	87.8%	Paula	HICKMAN	(ON)	09Sep07	Ottawa ON
W55	25 km	1:58:10	78.8%	Eileen	DORAN	(ON)	31Jul94	ScarboroughON
W55	30 km	2:12:06	85.5%	Paula	HICKMAN	(ON)	30Mar08	Hamilton ON
W55	20 mile	2:36:37	77.7%	Jean	CLEATOR	(BC)		
W55	Marathon	3:08:10	86.4%	Brenda	BAKER	(BC)	11Oct09	Victoria BC
			85.4%	average				
	W60	time	age class					location
			grade					
W60	1 mile	7:25.9	71.9%	Rayma	DIXON	(ON)	09Aug95	HaliburtonON
W60	5 km	20:37	88.4%	Molly	TURNER	(ON)	07Jul95	Toronto ON
W60	8 km	34:12	87.2%	Sandra	BASTEDO	(BC)	10Oct04	Victoria BC
W60	5 mile	37:26	80.1%	Nancy	WELLS	(ON)	21Jun06	Toronto ON
W60	10 km	43:20	86.8%	Molly	TURNER	(ON)	27Aug95	Toronto ON
W60		42:04dh		Molly	TURNER	(ON)	28May95	Toronto ON
W60	15 km	1:07:31	85.0%	Sandra	BASTEDO	(BC)	17Apr05	Merville BC
W60	10 mile	1:14:07	83.3%	Rayma	DIXON	(ON)	24Aug91	Flint MI
W60	20 km	1:36:14	80.6%	Molly	TURNER	(ON)	24Sep95	Toronto ON
W60	0.5 Mar	1:36:14	85.2%	Molly	TURNER	(ON)	24Sep95	Toronto ON
W60		1:36:02dh		Helly	VISSER	(AB)	05Feb94	Las Vegas NV

W60	25 km	2:01:53	80.4%	Molly	TURNER	(ON)	31Jul94	ScarboroughON
W60	30 km	2:24:51	82.1%	Molly	TURNER	(ON)	29Mar98	Hamilton ON
W60	20 mile							
W60	Marathon	3:16:26	87.2%	Diane	PALMASON	(CAN)	03May98	Vancouver BC
			83.2%	average				
	W65	time	age class					location
			grade					
W65	1 mile	7:24.0	76.6%	Hazel	CAMERON	(BC)	01May93	Maple RidgeBC
W65	5 km	22:57	84.2%	Rosamund	DASHWOOD	(BC)	02Apr89	
W65	5km	22:36dh		Molly	TURNER	(ON)	13May01	Toronto ON
W65	8 km	37:48	83.6%	Rosamund	DASHWOOD	(BC)	25Mar90	Victoria
W65	5 mile	39:50	79.8%	Helly	VISSER	(AB)	26Aug01	Edmonton AB
W65	10 km	46:18	86.1%	Rosamund	DASHWOOD	(BC)	27Jul89	Eugene OR
W65		45:18dh		Betty J	MCHUGH	(BC)	21Apr96	Vancouver BC
W65	15 km	1:15:05	81.0%	Rosamund	DASHWOOD	(BC)	28Jan90	Nanaimo BC
W65	10 mile	1:27:40	74.6%	Helly	VISSER	(AB)	07Apr01	Lethbridge AB
W65	20 km	1:38:00	83.8%	Rosamund	DASHWOOD	(BC)	19Mar89	Comox BC
W65	0.5 Mar	1:45:36	82.3%	Rosamund	DASHWOOD	(BC)	29Apr89	Victoria BC
W65	25 km	2:12:46	78.2%	Judith	KAZDAN	(ON)	16Jun85	Brugge BEL
W65	30 km	2:38:15	79.6%	Vivien	SIMS	(ON)	27Mar94	Hamilton ON
W65	20 mile							
W65	Marathon	3:49:30	79.0%	Jan	SELMAN	(BC)	11Oct09	Victoria BC
W65		3:44:17dh		Diane	PALMASON	(CAN)	19Oct03	Toronto ON
			81.3%	average				
	W70	time	age class					location
			grade					
W70	1 mile	8:30	71.3%	Ernestine	YEOMANS	(CAN)	15Jul90	Norwood USA
W70	5 km	22:44	87.0%	Betty J	MCHUGH	(BC)	01Mar98	VancouverBC
W70	8 km	42:37	79.2%	Molly	TURNER	(ON)	23Jun04	Toronto ON
W70	5 mile	42:37	79.7%	Molly	TURNER	(ON)	23Jun04	Toronto ON
W70	10 km	47:54	88.9%	Betty J	MCHUGH	(BC)	01Feb98	Richmond BC
W70	15 km	1:23:12	78.0%	Lenore	MARVIN	(BC)	06Oct90	Burnaby BC
W70	10 mile	1:23:12	82.1%	Lenore	MARVIN	(BC)	06Oct90	Burnaby BC
W70	20 km							
W70	0.5 Mar	1:54:38	80.9%	Lenore	MARVIN	(BC)	17Jun90	Winnipeg MB
W70	25 km	2:56:28	62.8%	Judith	KAZDAN	(ON)	31Jul94	ScarboroughON
W70	30 km	3:00:42	74.4%	Sheila	BARNETT	(ON)	23Mar97	Hamilton ON
W70	20 mile							
W70	Marathon	4:07:36	78.1%	Gwen	MCFARLAN	(BC)	07OCT07	Victoria BC
W70		4:00:57dh		Gwen	MCFARLAN	(BC)	06Jun04	San Diego CA
			78.4%	average				
	W75	time	age class					location
			grade					
W75	1 mile							
W75	5 km	33:00	67.5%	Ivy	GRANSTROM	(BC)	25Oct90	StGeorge UT
W75	8 km							
W75	5 mile							
W75	10 km	55:16	83.1%	Lenore	MARVIN	(BC)	15Oct95	Richmond BC
W75	15 km	1:51:19	62.9%	Brigitte	KILLAT	(BC)	13Apr03	Merville BC
W75	10 mile							
W75	20 km							
W75	0.5 Mar	1:50:00	91.0%	Gwen	MCFARLAN	(BC)	11Oct09	Kelowna BC
W75	25 km							

W75	30 km							
W75	20 mile							
W75	Marathon	3:57:30	87.7	Gwen	MCFARLAN	(BC)	03May09	Vancouver BC
			78.4%	average				
	W80	time	age class					location
			grade					
W80	1 mile							
W80	5 km	36:00	67.8%	Ivy	GRANSTROM	(BC)	23Oct91	StGeorge UT
W80	8 km							
W80	5 mile							
W80	10 km	1:02:28	80.5%	Hortense	LAMOUREUX	(MB)	24Sep06	Winnipeg MB
W80	15 km	2:01:26	63.1%	Ivy	GRANSTROM	(BC)	07Aug94	Edmonton AB
W80	10 mile							
W80	20 km							
W80	0.5 Mar	2:04:19	80.1%	Betty J	MCHUGH	(BC)	04May08	Vancouver BC
W80	25 km							
W80	30 km							
W80	20 mile							
W80	Marathon	4:36:52	82.2%	Betty J	MCHUGH	(BC)	12Oct08	Victoria BC
			74.7%	average				
	W85	time	age class					location
			grade					
W85	0.5 Mar	2:34:35	79.1%	Hortense	LAMOUREUX	(MB)	21Jun09	Winnipeg MB
W85	0.5 Mar	3:23:51dh		Ivy	GRANSTROM	(BC)	01Feb98	Las Vegas NV
The following performances are believed reliable but have never had proper authentication.								
M40	1 mile	4:22		Dave	REED	(BC)	07Jun97	W Vancouver BC
M55	1 mile	4:50		Herb	PHILLIPS	(BC)	07Jun97	W Vancouver BC
M60	1 mile	5:01		Stephan	ODWIN	(BC)	07Jun97	W Vancouver BC
M65	1 mile	5:16.0dh		Earl	FEE	(ON)	27Sep97	New York NY
M65	1 mile	5:34		Frank	KURUCZ	(BC)	07Jun97	W Vancouver BC
W45	1 mile	5:06		Debbie	COLLUM	(BC)	07Jun97	W Vancouver BC
W65	1 mile	6:38		Lenore	MONTGOMERY	(BC)	07Jun97	W Vancouver BC
W75	5 km	25:32		Lenore	MARVIN	(BC)	02Jul95	White Rock BC
M35	8 km	23:59		Jon	BROWN	(BC)	08Mar09	Vancouver BC
W40	8 km	27:39		Maureen	DE ST CROIX	(ON)	09Oct93	Ottawa ON
W75	8 km	42:42		Lenore	MARVIN	(BC)	01Oct95	Vancouver BC
W70	10 km	47:12dh		Mary	PHILBROOK	(ON)	06May07	Toronto ON
M35	0.5 Mar	1:04:57		Jon	BROWN	(BC)	11Oct09	Victoria BC
M80	0.5 Mar	1:42:06		Hans	FENZ	(BC)	19Feb06	Burnaby BC
W35	0.5 Mar	1:12:31		Danuta	BARTOSZEK	(ON)	28Sep97	Toronto ON
W40	0.5 Mar	1:15:39		Marilyn	ARSENAULT	(BC)	11Oct09	Victoria BC
W60	0.5 Mar	1:36:14		Helly	VISSER	(AB)	25Nov94	Seattle WA
W70	0.5 Mar	1:50:46		Betty Jean	MCHUGH	(BC)	13Feb00	Vancouver BC
W80	0.5 Mar	1:56:38		Betty Jean	MCHUGH	(BC)	19Feb06	N Vancouver BC
W35	30 km	1:52:18		Lioudmila	KORTCHAGINA	(ON)	30Mar08	Hamilton ON
M35	30 km	1:40:48		Phillip	ROTTICH	(ON)	28Mar01	Hamilton ON
W40	30 km	1:56:30		Natalie	GOYER	(QU)	28Mar01	Hamilton ON
W50	30 km	2:08:00		Jennifer	DITCHFIELD	(ON)	28Mar01	Hamilton ON
W35	Marathon	2:31:56		Lioudmila	KORTCHAGINA	(ON)	27May07	Ottawa ON