

Canadian Masters Outdoor Native Track and Jump Records						28-Mar-2013	
Age	Record	Wind	Record Holder	Age	Province	Date	Venue
Group							
100 Metres							
M35	10.8		Ray Cardinal	36	ON	??-Jul-1983	Ottawa, ON
M40	11.08	-2.0	Allan Tissenbaum	40	CAN	25-Jun-2000	Slippery Rock, PA
	11.08	1.1	Andre Francois	42	AB	5-Aug-2006	Charlotte, NC
M45	11.07	1.8	Allan Tissenbaum	46	CAN	5-Aug-2006	Charlotte, NC
M50	11.39	0.5	Allan Tissenbaum	50	CAN	24-Jul-2010	Sacramento, CA
M55	12.01	-1.4	Tom Dickson	57	BC	23-Jul-2010	Sacramento, CA
M60	12.4		Percy Duncan	62	ON	8-Aug-1977	Gothenburg, SWE
M60	12.43	-2.0	Harold Morioka	60	BC	21-Jun-2003	Eugene, OR
M65	12.93	-0.5	Tony Powell	66	ON	31-May-2009	Brockville, ON
M70	13.24		John O'Neill	70	ON	5-Jul-1994	Raleigh, NC
M75	13.4		Percy Duncan	75	ON	30-Jun-1990	Toronto, ON
M80	15.68	1.2	Earl Fee	80	ON	11-Oct-2009	Sydney, AUS
M85	19.33		Karl Trei	85	ON	9-Oct-1994	Toronto, ON
M90	27.07	-0.8	Howard West	90	SK	5-Jul-2003	Carolina, PUR
W35	12.55	0.7	Margaret Hendershot	36	ON	20-Jul-1991	Turku, FIN
W40	12.75	1.2	Noella Lee Pong	43	AB	17-Jul-2004	Calgary, AB
W45	13.17	0	Kim Ross	47	BC	8-Aug-2008	Spokane, WA
W50	12.90	1.9	Karla del Grande	53	ON	5-Aug-2006	Charlotte, NC
W55	13.32	1	Karla del Grande	56	ON	11-Jul-2009	Oshkosh, WI
W60	14.31	1.2	Carol Lafayette-Boyd	62	SK	17-Jul-2004	Calgary, AB
W65	14.34	1.3	Carol Lafayette-Boyd	66	SK	5-May-2009	Regina, SK
W70	14.91	1.1	Carol Lafayette-Boyd	70	SK	16-Jun-2012	Regina, SK
W75	15.99	0.9	Christa Bortignon	75	BC	23-Aug-2012	Burnaby, BC
W80	20.16	-0.6	Johanna Hiihorst	82	BC	25-Jul-2005	Edmonton, AB
W85	21.83	1.0	Olga Kotelko	85	BC	17-Jul-2004	Calgary, AB
W90	24.60	0.1	Olga Kotelko	90	BC	17-Sep-2009	Richmond, BC
200 Metres							
M35	22.21		Ray Cardinal	36	ON	8-Jun-1983	
M40	22.43	1.2	Andre Francois	42	AB	5-Aug-2006	Charlotte, NC
M45	22.82	-0.1	Andre Francois	46	AB	25-Jul-2010	Sacramento, CA
M50	23.21	-1.4	Kerry Smith	51	ON	7-Aug-2005	Toronto, ON
M55	24.44	1.3	Harold Morioka	56	BC	3-Aug-1999	Gateshead, GBR
M60	25.36	1.4	Harold Morioka	60	BC	22-Jun-2003	Eugene, OR
M65	26.53	1.1	Tony Powell	65	ON	21-Jun-2009	Toronto, ON
M70	28.61	-0.3	Earl Fee	70	ON	11-Jul-1999	Sherbrooke, QC
M75	29.51	-1.6	Norm Lesage	75	BC	18-Jun-2005	Langley, BC
M80	32.35	1.6	Earl Fee	81	ON	6-Sep-2010	Mayaguez, PUR
M85	41.6		Karl Trei	85	ON	5-Jun-1994	Raleigh, NC
M90	1:07.06	1.2	Howard West	90	SK	8-Jul-2003	Carolina, PUR
W35	25.79	1.4	Margaret Hendershot	36	ON	27-Jul-1991	Turku, FIN
W40	27.03	-0.3	Betsy Lord	43	BC	3-Aug-1999	Gateshead, GBR
W45	27.15		Avril Douglas	47	BC	13-Aug-1993	Provo, UT
W50	26.22	-0.6	Karla del Grande	52	ON	10-Jul-2005	Toronto, ON
W55	27.74	1.5	Karla del Grande	59	ON	8-Jul-2012	Toronto, ON
W60	29.37	2.0	Carol Lafayette-Boyd	60	SK	7-Jul-2002	Regina, SK
W65	29.66	-2.4	Carol Lafayette-Boyd	65	SK	10-Sep-2007	Riccione, ITA
W70	31.51	2.0	Carol Lafayette-Boyd	70	SK	12-Aug-2012	Saint John, NB
W75	34.81	2.0	Christa Bortignon	75	BC	12-Aug-2012	Saint John, NB
W80	45.72	1.8	Anne Flemming	80	BC	3-Aug-1999	Gateshead, GBR
W85	48.36	-0.8	Olga Kotelko	85	BC	4-Sep-2004	Penticton, BC
W90	56.46	0.3	Olga Kotelko	90	BC	3-Aug-2009	Lahti, FIN
400 Metres							
M35	47.64		Ray Cardinal	37	ON	??-Aug-1984	Phoenix, AZ
M40	50.04		Peter Lawson	41	NS	19-Jun-2010	Indianapolis, IN
M45	50.60		Harold Morioka	46	BC	5-Aug-1989	Eugene, OR
M50	51.70		Harold Morioka	51	BC	25-Jun-1994	Eugene, OR
M55	53.61		Harold Morioka	56	BC	19-Jun-1999	Eugene, OR
M60	55.04		Harold Morioka	60	BC	21-Jun-2003	Eugene, OR
M65	57.97		Earl Fee	66	ON	26-Jul-1995	Buffalo, NY
M70	1:02.49		Earl Fee	70	ON	12-Jun-1999	Toronto, ON
M75	1:06.73		Earl Fee	75	ON	9-Jul-2005	Toronto, ON
M80	1:10.64		Earl Fee	80	ON	2-May-2009	Raleigh, NC

M85	1:37.34	Harry Thompson	85	BC	21-Jun-2008	Surrey, BC
M90	3:15.70	Les Leyland	92	BC	17-Sep-2009	Richmond, BC
W35	57.82	Renee Belanger	36	QC	7-Aug-1999	Gateshead, GBR
W40	59.75	Erna Kozak	40	BC	27-Jun-1985	Rome, Ita
W45	1:00.02	Avril Douglas	47	BC	12-Aug-1993	Provo, UT
W50	59.84	Karla del Grande	52	ON	2-Sep-2005	San Sebastian, ESP
W55	1:02.40	Avril Douglas	55	BC	25-Aug-2001	Toronto, ON
W60	1:08.34	Diane Palmason	62	CAN	9-Aug-2000	Eugene, OR
W65	1:08.21	Diane Palmason	65	CAN	8-Aug-2003	Eugene, OR
W70	1:17.14	Diane Palmason	71	BC	18-Jul-2009	Kamloops, BC
W75	1:25.07	Christa Bortignon	75	BC	10-Aug-2012	Saint John, NB
W80	1:56.16	Lenore Montgomery	81	BC	19-Aug-2011	Trail, BC
W85	2:28.05	Olga Kotelko	85	BC	25-Aug-2004	Dorado, PUR
W90	2:50.28	Olga Kotelko	90	BC	17-Sep-2009	Richmond, BC
800 Metres						
M35	1:54.02	Mark Knoop	39	BC	17-Jun-2006	Victoria, BC
M40	1:55.40	Mark Knoop	40	BC	3-Jun-2007	Richmond, BC
M45	1:55.34	Michael Sherar	46	ON	20-Jul-2010	Toronto, ON
M50	2:01.26	Harold Morioka	50	BC	13-Jun-1993	Coquitlam, BC
M55	2:07.1	Harold Morioka	56	BC	29-Jun-1999	Burnaby, BC
M60	2:12.33	Harold Morioka	60	BC	24-Jun-2003	Burnaby, BC
M65	2:14.33	Earl Fee	66	ON	22-Jul-1995	Buffalo, NY
M70	2:20.52	Earl Fee	70	ON	17-Jun-1999	Hamilton, ON
M75	2:36.28	Earl Fee	76	ON	29-Aug-2005	San Sebastian, ESP
M80	2:48.95	Earl Fee	80	ON	21-Jun-2009	Toronto, ON
M85	4:07.53	Les Leyland	86	BC	9-Aug-2003	Eugene, OR
M90	5:29.63	Les Leyland	90	BC	9-Sep-2007	Misano-Adriatico, ITA
W35	2:00.13	Diane Cummins	36	BC	12-Oct-2010	Delhi, IND
W40	2:08.3	Erna Kozak	41	BC	25-Aug-1986	Burnaby, BC
W45	2:16.1	Maureen de St. Croix	48	BC	19-Jun-2001	Burnaby, BC
W50	2:16.62	Maureen de St. Croix	50	BC	17-Jun-2003	Burnaby, BC
W55	2:32.17	Diane Palmason	57	CAN	22-Jul-1995	Buffalo, NY
W60	2:40.58	Diane Palmason	62	CAN	18-Aug-2000	Kamloops, BC
W65	2:41.61	Diane Palmason	65	CAN	9-Aug-2003	Eugene, OR
W70	3:04.44	Jean Horne	70	ON	17-Aug-2003	Richmond, BC
W75	3:35.34	Alice Cole	75	QC	2-Aug-2009	Lahti, FIN
W80	4:00.53	Lenore Montgomery	81	BC	11-Jul-2011	Sacramento, CA
W85	5:11.5	Ivy Granstrom	86	BC	21-Jun-1998	Langley, BC
1500 Metres						
M35	3:45.2	Paul Williams	35	BC	27-May-1992	Abbotsford, BC
M40	4:01.64	Wayne Stewart	40	NB	29-Jun-1991	Ottawa, ON
	4:01.4	Barry Adams	42	BC	18-Aug-1984	Eugene, OR
	4:01.4	Mike Creery	40	BC	21-May-1988	Victoria, BC
M45	4:05.16	Alain Boucher	45	ON	9-Jul-2008	Ottawa, ON
M50	4:15.6	Ed Whitlock	51	QC	17-Aug-1982	Ottawa, ON
M55	4:26.84	Francois Martel	55	QC	6-Aug-2009	Lahti, FIN
M60	4:37.55	Dennis Lang	60	MB	25-Jun-2011	Winnipeg, MB
M65	4:46.5	Ed Whitlock	66	ON	6-Sep-1997	Toronto, ON
M70	5:07.90	Ed Whitlock	72	ON	3-Aug-2003	Kitchener, ON
M75	5:26.03	Ed Whitlock	76	ON	3-Jun-2007	London, ON
M80	5:48.93	Ed Whitlock	80	ON	15-Jul-2011	Sacramento, CA
M85	8:24.85	Les Leyland	85	BC	13-Jul-2002	Toronto, ON
M90	16:57.90	Les Leyland	92	BC	18-Sep-2009	Richmond, BC
W35	4:08.49	Leah Pells	36	BC	5-Aug-2001	Edmonton, AB
W40	4:23.63	Erna Kozak	41	BC	31-May-1986	Burnaby, BC
W45	4:37.68	Maureen de St Croix	49	BC	1-Jun-2002	Burnaby, BC
W50	4:40.92	Maureen de St Croix	50	BC	15-Jun-2003	Langley, BC
W55	5:12.62	Kathryn Martin	55	CAN	14-Sep-2007	Misano-Adriatico, ITA
W60	5:45.86	Jean Horne	60	ON	16-Oct-1993	Miyazaki, JPN
W65	5:46.61	Diane Palmason	65	CAN	26-Jul-2003	Seattle, WA
W70	6:30.79	Jean Horne	70	ON	16-Aug-2003	Richmond, BC
W75	6:57.67	Lenore Montgomery	75	BC	11-Jun-2005	Duncan, BC
W80	7:59.03	Lenore Montgomery	82	BC	24-Aug-2012	Burnaby, BC
W85	10:33.40	Ivy Granstrom	85	BC	26-Jul-1997	Durban, RSA
1 Mile						

M40	4:13.52	Dave Stewart	41	ON	22-Jul-1989	New York, NY
M45	4:34.7	Jerry Kooymans	45	ON	10-Aug-2000	Toronto, ON
M50	4:39.45	Jerry Kooymans	50	ON	5-Jul-2005	Toronto, ON
M55	4:54.72	Paul Reimer	55	BC	20-Jul-2010	Burnaby, BC
M60	5:13.9	Herb Phillips	60	BC	25-Jul-2000	Burnaby, BC
M65	5:29.0	Herb Phillips	65	BC	9-Aug-2005	Burnaby, BC
M70	5:48.6	Herb Phillips	70	BC	17-Jul-2010	Victoria, BC
M75	5:41.80	Ed Whitlock	75	ON	28-Jul-2006	Windsor, ON
M80	7:15.0	Maurice Tarrant	80	BC	17-Jul-2010	Victoria, BC
W35	4:55.71	Erna Kozak	38	BC	25-Jun-1983	Eugene, OR
W40	5:21.65	Thelma Wright	40	BC	31-May-1992	Burnaby, BC
W45	5:03.18	Maureen de St Croix	48	BC	23-Jun-2001	Eugene, OR
W50	5:02.80	Maureen de St Croix	50	BC	4-Jun-2003	Richmond, BC
W55	5:41.38	Avril Douglas	55	BC	28-May-2002	Richmond, BC
W60	6:18.12	Diane Palmason	61	CAN	31-May-2000	Richmond, BC
W65	6:19.04	Diane Palmason	65	CAN	4-Jun-2003	Richmond, BC
W70	7:15.68	Helly Visser	70	AB	24-Jun-2004	Richmond, BC
W75	7:47.4	Helly Visser	77	AB	18-Jun-2011	Victoria, BC
W80	9:49.4	Ivy Granstrom	80	BC	31-May-1992	Burnaby, BC
W85	14:33.8	Ivy Granstrom	88	BC	1-Jul-2000	Eugene, OR
3000 Metres						
M35	8:09.27	Graeme Fell	39	BC	23-May-1998	Richmond, BC
M40	8:24.2	Dave Stewart	40	ON	26-Jul-1988	Montreal, QC
M45	8:49.6	Steve Boyd	45	ON	28-Jul-2009	Kingston, ON
M50	9:11.59	Jerry Kooymans	53	ON	15-Jul-2008	Toronto, ON
M55	9:36.52	Jerry Kooymans	55	ON	3-Aug-2010	Toronto, ON
M60	9:58.37	Dennis Lang	60	MB	15-Jun-2011	Winnipeg, MB
M65	10:36.2	Maurice Tarrant	65	BC	7-May-1995	Victoria, BC
M70	11:00.69	Ed Whitlock	73	ON	10-Jul-2004	Oakville, ON
M75	11:10.43	Ed Whitlock	75	ON	25-Jul-2006	Toronto, ON
M80	12:13.56	Ed Whitlock	80	ON	26-Jul-2011	Toronto, ON
W35	8:59.21	Ulla Marquette	35	BC	8-Aug-1993	Lindau, GER
W40	10:23.2	Diane Legare	41	QC	24-Jun-1992	Montreal, QC
W45	10:12.0	Maureen de St Croix	48	BC	5-Jun-2001	Burnaby, BC
W50	10:19.3	Kathryn Martin	50	CAN	18-Jul-2002	Uniondale, NY
W55	10:55.5	Kathryn Martin	55	CAN	19-Jul-2007	Uniondale, NY
W60	13:28.17	Helly Visser	65	AB	19-Jun-1999	Eugene, OR
W65	13:34.5	Lenore Marvin	67	MB	10-Dec-1987	Hobart, AUS
W70	14:53.21	Helly Visser	71	AB	22-May-2005	Calgary, AB
W75	15:32.99	Gwen McFarlan	78	BC	8-Jul-2012	Burnaby, BC
W80	16:47.89	Lenore Montgomery	82	BC	16-Jun-2012	Langley, BC
5000 Metres						
M35	14:01.54	Paul Williams	35	BC	24-May-1992	Portland, OR
M40	14:34.3	Chris McCubbins	41	MB	16-Jun-1987	Winnipeg, MB
M45	15:22.5	Colin Dignum	45	BC	18-Jun-2011	Victoria, BC
M50	15:40.57	Jerry Kooymans	50	ON	26-Aug-2005	San Sebastian, ESP
M55	16:41.36	Jerry Kooymans	55	ON	18-Jul-2010	Toronto, ON
M60	17:33.55	Ed Whitlock	61	ON	12-Sep-1992	Toronto, ON
M65	17:38.50	Ed Whitlock	66	ON	1-Jun-1997	Toronto, ON
M70	18:33.38	Ed Whitlock	70	ON	7-Jul-2001	Brisbane, AUS
M75	19:07.02	Ed Whitlock	75	ON	23-Jul-2006	Dieppe, NB
M80	20:58.12	Ed Whitlock	80	ON	19-Jun-2011	Toronto, ON
M85	32:05.25	Les Leyland	86	BC	7-Aug-2003	Eugene, OR
M90	52:49.87	Les Leyland	90	BC	7-Sep-2007	Misano-Adriatico, ITA
W35	17:01.3	Linda Findley	39	ON	2-Aug-1987	Richmond, BC
W40	16:42.78	Patti Blanchard	41	NB	5-Jun-1999	Dedham, MA
W45	17:41.7	Maureen de St Croix	49	BC	30-Jul-2002	Burnaby, BC
W50	17:49.83	Kathryn Martin	50	CAN	8-Aug-2002	Orono, ME
W55	18:47.61	Kathryn Martin	55	CAN	2-Aug-2007	Orono, ME
W60	21:16.58	Molly Turner	62	ON	24-Aug-1996	Eugene, OR
W65	22:14.11	Helly Visser	67	AB	6-Jul-2001	Brisbane, AUS
W70	23:43.35	Lenore Montgomery	73	BC	4-Sep-2003	Chilliwack, BC
W75	25:14.78	Lenore Montgomery	75	BC	29-Jul-2005	Edmonton, AB
W80	28:11.90	Lenore Montgomery	82	BC	23-Aug-2012	Burnaby, BC
W85	39:23.38	Ivy Granstrom	85	BC	22-Jul-1997	Durban, RSA
10000 Metres						

M35	29:01.67		Paul Williams	35	BC	??-May-1992	Barcelona, ESP
M40	30:10.7		Chris McCubbins	40	MB	10-Jun-1986	Winnipeg, MB
M45	31:42.17		Jerry Kooymans	46	ON	12-Jul-2001	Hamilton, ON
M50	33:15.64		Jerry Kooymans	50	ON	31-Aug-2005	San Sebastian, ESP
M55	35:05.17		Robert Moore	56	ON	15-Jun-1996	Toronto, ON
M60	37:17.4		Sverre Hietanen	60	BC	30-Aug-1980	Hull, QC
M65	36:50.70		Ed Whitlock	66	ON	16-Aug-1997	Toronto, ON
M70	38:04.13		Ed Whitlock	70	ON	9-Jul-2001	Brisbane, AUS
M75	39:25.16		Ed Whitlock	75	ON	21-Jul-2006	Dieppe, NB
M80	42:39.95		Ed Whitlock	80	ON	11-Jul-2011	Sacramento, CA
W35	32:48.24		Ulla Marquette	36	BC	??-May-1994	Vancouver, BC
W40	34:22.7		Marilyn Arseneault	44	BC	1-Sep-2012	Victoria, BC
W45	35:32.5		Lucy Smith	45	BC	1-Sep-2012	Victoria, BC
W50	37:12.23		Kathryn Martin	52	CAN	6-Aug-2004	Decatur, IL
W55	39:37.78		Kathryn Martin	55	CAN	4-Aug-2007	Orono, ME
W60	44:14.78		Molly Turner	61	ON	18-Jul-1995	Buffalo, NY
W65	46:29.13		Molly Turner	67	ON	3-Jul-2001	Brisbane, AUS
W70	51:49.27		Molly Turner	71	ON	28-Aug-2005	San Sebastian, ESP
W75	54:12.57		Lenore Montgomery	76	BC	21-Jul-2006	Dieppe, NB
W80	1:09:32.1		Ivy Granstrom	80	BC	15-Aug-1992	Spokane, WA
W85	1:26:55.70		Ivy Granstrom	86	BC	3-Jul-1998	Saskatoon, SK
Short Hurdles -M35 - M45 110 Metres; M50 - M65 100 Metres; M70+ 80 Metres; W35 100 Metres; W40+ 80 Met							
M35	14.97	-1.6	Tim Kroeker	38	BC	18-Jul-2009	Kamloops, BC
M40	15.20		Scott Tyler	43	ON	18-Jul-1983	Houston, TX
M45	15.60		Scott Tyler	45	ON	29-Jun-1985	Cleveland, OH
M50	14.5		Scott Tyler	51	ON	22-Jun-1991	Wickliffe
M55	14.8		Scott Tyler	55	ON	24-Jun-1995	Hamilton, ON
M60	17.24	-2.3	Warren Hamill	60	BC	17-Jun-2006	Langley, BC
M65	18.90	-2.4	Jess Brewer	65	BC	16-Jul-2011	Sacramento, CA
M70	15.0		Ian Hume	70	QC	9-Jun-1985	Oshawa, ON
M75	16.4		Karl Trei	77	ON	21-Jun-1986	Etobicoke, ON
M80	17.29		Karl Trei	80	ON	30-Jul-1989	Eugene, OR
M85	20.30		Karl Trei	85	ON	7-May-1994	Raleigh, NC
W35	13.94	1.4	Leslie Estwick	36	ON	27-Jul-1997	Durban, RSA
W40	11.25	0.9	Leslie Estwick	40	ON	12-Jul-2001	Brisbane, AUS
W45	13.17	0.3	B. J. Freeman	48	AB	17-May-2008	Calgary, AB
W50	13.65	2	B. J. Freeman	50	AB	16-Jul-2010	Sacramento, CA
W55	14.95	-2.1	Rhona Trott	58	ON	3-Aug-2007	Orono, ME
W60	14.41	-1.6	Rhona Trott	61	ON	23-Jul-2010	Sacramento, CA
W65	16.75	1.7	Betty Dargie	67	AB	13-Oct-2009	Sydney, AUS
W70	20.20	-0.2	Christa Bortignon	74	BC	6-Jul-2011	Sacramento, CA
W75	19.71	0.7	Christa Bortignon	75	BC	9-Aug-2012	Saint John, NB
Long Hurdles - M35 - M55 400Metres; M60 -M75 300 Metres; M80+ 200 Metres W35-W45 400 Metres; W50 + 3							
M35	53.4		George Smith	37	AB	7-Jun-1981	
M40	54.76		George Smith	40	AB	27-Sep-1983	San Juan, PUR
M45	58.42		George Smith	45	AB	3-Aug-1989	Eugene, OR
M50	58.82		Harold Morioka	51	BC	13-Aug-1994	Eugene, OR
M55	1:03.03		Harold Morioka	57	BC	19-Aug-2000	Kamloops, BC
M60	45.33		Harold Morioka	60	BC	5-Jul-2003	Carolina, PUR
M65	45.71		Earl Fee	66	ON	16-Jul-1995	Buffalo, NY
M70	49.07		Earl Fee	70	ON	28-Aug-1999	Orlando, FL
M75	52.91		Earl Fee	76	ON	26-Aug-2005	San Sebastian, ESP
M80	56.92		Earl Fee	80	ON	18-Oct-2009	Sydney, AUS
M80	36.95	0	Earl Fee	81	ON	5-Sep-2010	Mayaguez, PUR
W35	1:03.53		Jeanette Van Den Bulk	35	BC	12-Jun-2012	Victoria, BV
W40	1:08.31		Teresa Schlachter	41	AB	26-Jul-2005	Edmonton, AB
W45	1:14.65		Catherine Roberts	45	AB	15-Aug-1992	Spokane, WA
W50	53.40		Susanne Lauridsen	50	AB	10-Aug-2008	Spokane, WA
W55	54.54		Rhona Trott	58	ON	5-Aug-2007	Orono, ME
W60	57.24		Rhona Trott	60	ON	2-Aug-2009	Lahti, FIN
W65	1:05.88		Ruth Carrier	65	ON	23-Aug-1996	Eugene, OR
W70	1:17.78		Ruth Carrier	70	ON	7-Jul-2001	Brisbane, AUS
W70	43.71	-0.3	Christa Bortignon	74	BC	31-Jul-2011	Berea, OH
W75	41.22	1.0	Christa Bortignon	75	BC	8-Jul-2012	Burnaby, BC
Steeplechase - M35 - M55 3000 Metres; M60+ 2000 Metres; W35+ 2000 Metres							

M35	8:24.74		Graeme Fell	35	BC	9-Aug-1995	Gothenburg, SWE
M40	9:35.28		Alain Boucher	44	ON	30-Jun-2007	Ottawa, ON
M45	9:52.35		Alain Boucher	45	BC	22-Jun-2008	Ottawa, ON
M50	10:18.1		Arthur Taylor	52	AB	1-Aug-1979	Hanover, GER
M55	12:12.79		John Doughty	57	ON	12-Sep-1993	Etobicoke, ON
M60	7:31.71		Jack Geddes	60	ON	6-Aug-1999	Gateshead, GBR
M65	7:26.87		Barrie Dargie	66	AB	23-Jul-2010	Sacramento, CA
M70	9:07.08		Vern Christensen	70	ON	17-Jul-2011	Sacramento, CA
M75	12:22.72		Peter Fellowes	75	ON	10-Jun-2000	Toronto, ON
W35	8:11.04		Holly Dreger	38	SK	15-Jun-1989	Regina, SK
W40	7:49.41		Maureen de St Croix	42	ON	26-Jul-1995	Buffalo, NY
W45	8:11.88		Judy Warick	46	SK	26-Jul-1995	Buffalo, NY
W50	8:53.74		Judy Warick	50	SK	6-Aug-1999	Gateshead, GBR
W55	8:13.10		Kathryn Martin	58	CAN	23-Jul-2010	Sacramento, CA
W60	9:51.8		Judy Warick	60	SK	20-Jul-2009	Kamloops, BC
Long Jump							
M35	6.28		Dave Burton		AB	18/Jul/1992	Regina, SK
M40	6.57	-0.1	Todd Crawford	43	ON	3/Jun/2007	London, ON
M45	6.18		Roger Ruth	45	BC	16/Sep/1973	Victoria, BC
	6.18		George Pachovsky	45	ON	9/Jun/1990	Etobicoke, ON
M50	6.10	-0.1	Barry Boyd	53	AB	29/Jul/2005	Edmonton, AB
M55	5.46	1.6	Richard Lech	57	ON	25/Jun/2005	Toronto, ON
M60	5.17	0.4	Alan Slater	61	ON	31/May/2003	Toronto, ON
M65	5.00		Ian Hume	65	QC	4/Jul/1980	Philadelphia, PA
M70	4.69		Ian Hume	71	QC	7/Sep/1985	Toronto, ON
M75	4.20		Ian Hume	75	QC	27/May/1990	Toronto, ON
M80	3.75		Karl Trei	80	ON	8/Jul/1989	Toronto, ON
M85	3.20		Karl Trei	85	ON	7/May/1994	Raleigh, NC
M90	2.55	0.7	Karl Trei	90	ON	12/Jun/1999	Toronto, ON
W35	5.93	1.4	Leslie Estwick	36	ON	19/Jul/1997	Durban, RSA
W40	5.50	1.9	Leslie Estwick	42	ON	11/Jul/2003	Carolina, PR
W45	4.98		Eveline Saull	45	QC	9/Jul/1977	Montreal, QC
W50	4.57	0	Susanne Lauridsen	50	AB	2/Aug/2008	Regina, SK
W55	4.12	1.7	Rhona Trott	58	ON	3/Jun/2007	London, ONT
W60	4.43	0.3	Carol Lafayette-Boyd	62	SK	17/Jul/2004	Calgary, AB
W65	4.47	0.8	Carol Lafayette-Boyd	65	SK	14/Sep/2007	Riccione, ITA
W70	4.26	1.9	Carol Lafayette-Boyd	70	SK	10/Aug/2012	Saint John, NB
W75	3.50	-1.6	Christa Bortignon	75	BC	7/Jul/2012	Burnaby, BC
W80	2.50	1.0	Johanna Hilhorst	82	BC	30/Jul/2005	Edmonton, AB
W85	2.13	0.4	Olga Kotelko	85	BC	17/Jul/2004	Calgary, AB
W90	1.77	-0.6	Olga Kotelko	90	BC	7/Aug/2009	Lahti, FIN
Triple Jump							
M35	12.98	-1.5	Winchester Johnson	39	SK	18/Aug/2000	Kamloops, BC
M40	13.71	1.1	Peter Lord	40	NS	19/Jun/2004	Ottawa, ON
M45	12.70	0.9	Hugh Maguire	46	BC	25/Jul/2010	Sacramento, CA
M50	12.82		Derek Boosey	51	ON	13/Oct/1993	Miyazaki, JPN
M55	11.05	-1.7	Warren Hamill	56	BC	14/Jul/2002	Toronto, ON
M60	10.85	0.0	Alan Slater	61	ON	1/Jun/2003	Toronto, ON
M65	10.66		Ian Hume	66	QC	13/Jan/1981	Christchurch, NZL
M70	9.88		Ian Hume	70	QC	25/May/1985	Toronto, ON
M75	8.89		Ian Hume	75	QC	4/May/1990	Raleigh, NC
M80	7.91		Karl Trei	80	ON	28/Apr/1989	Raleigh, NC
M85	6.78		Karl Trei	85	ON	7/May/1994	Raleigh, NC
M90	5.57	-2.5	Karl Trei	90	ON	13/Jun/1999	Toronto, ON
W35	10.08	1.1	Teresa Logozar	36	MB	3/Aug/2008	Regina, SK
W40	9.55		Liz McBlain	40	ON	19/Jun/1988	Etobicoke, ON
W45	9.12		Audrey Heimstra	46	ON	26/Jul/1987	East York, ON
W50	9.28	0.0	Susanne Lauridsen	50	AB	3/Aug/2008	Regina, SK
W55	8.73	-0.1	Loretta Amerongen	56	AB	15/May/2010	Calgary, AB
W60	9.09	-0.5	Carol Lafayette-Boyd	62	SK	18/Jul/2004	Calgary, AB
W65	8.57	-0.6	Carol Lafayette-Boyd	67	SK	19/Jul/2009	Kamloops, BC
W70	8.13	0.0	Carol Lafayette-Boyd	70	SK	17/Jun/2012	Regina, SK
W75	7.91	0.50	Christa Bortignon	75	BC	23/Aug/2012	Burnaby, BC
W80	3.57	0.6	Hildegard Buschhaus	81	BC	18/Sep/2009	Richmond, BC
W85	4.41	0.2	Olga Kotelko	88	BC	17/Jun/2007	Langley, BC
W90	4.25	0.2	Olga Kotelko	90	BC	18/Sep/2009	Richmond, BC

High Jump						
M35	1.96	Zoltan Sara	36	ON	29/Jul/2012	Toronto, ON
M40	1.90	John Hawkins	42	BC	8/Jun/2009	Oshawa, ON
M45	1.85	John Hawkins	47	BC	17/Aug/1996	Spokane, WA
M50	1.85	Istvan Major	53	ON	13/Jul/2002	Toronto, ON
M55	1.78	John Hawkins	55	BC	21/Aug/2004	Carthage, MO
M60	1.70	John Hawkins	61	BC	19/Jun/2010	Joplin, MO
M65	1.51	Ian Hume	67	QC	22/Aug/1981	Richmond, BC
M70	1.48	Ian Hume	70	QC	8/Sep/1984	Etobicoke, ON
M75	1.37	Ian Hume	75	QC	30/Jun/1990	Toronto, ON
M80	1.25	Karl Trei	80	ON	10/Jun/1995	Tilsonburg, ON
M85	1.06	Karl Trei	85	ON	5/Aug/1994	Edmonton, AB
M90	0.93	Karl Trei	90	ON	10/Jul/1999	Sherbrooke, QC
W35	1.88	Debbie Brill	35	BC	23/Apr/1988	Walnut, CA
W40	1.75	Debbie Brill	43	BC	10/Aug/1996	Victoria, BC
W45	1.76	Debbie Brill	46	BC	6/Aug/1999	Gateshead, GBR
W50	1.60	Debbie Brill	51	BC	19/Jun/2004	Langley, BC
W55	1.30	Maria Mallia	55	ON	17/Jul/2009	Toronto, ON
	1.30	Margaret Rhebergen	57	BC	16/Jun/2012	Langley, BC
W60	1.28	Marg Radcliffe	60	BC	12/May/2002	Nanaimo, BC
W65	1.25	Sandy Anderson	68	BC	20/Jun/2008	Surrey, BC
W70	1.25	Carol Lafayette-Boyd	70	SK	17/Jun/2012	Regina, SK
W75	1.13	Christa Bortignon	75	BC	24/Aug/2012	Burnaby, BC
W80	1.04	Helgi Pedel	80	ON	19/Jun/2004	Toronto, ON
W85	0.94	Olga Kotelko	85	BC	28/Aug/2004	Dorado, PUR
W90	0.82	Olga Kotelko	90	BC	1/Aug/2009	Lahti, FIN
Pole Vault						
M35	4.90	Kevin Lake	36	ON	16/Jul/2005	Winnipeg, MB
M40	4.60	Roger Ruth	44	BC	7/Sep/1972	Gothenburg, SWE
M45	4.57	Roger Ruth	45	BC	21/Jul/1973	Seattle, WA
M50	4.00	Vladimir Kostric	50	ON	25/Jun/1985	Rome, ITA
M55	3.81	John Hawkins	55	BC	2/Oct/2004	Santa Barbara, CA
M60	3.70	Warren Hamill	60	BC	25/Jun/2006	Duncan, BC
M65	3.20	Stan Egerton	65	ON	20/Jul/1991	Turku, FIN
M70	3.00	Stan Egerton	71	ON	1/Jun/1997	Toronto, ON
M75	2.85	Stan Egerton	75	ON	9/Jun/2001	Toronto, ON
M80	2.03	Ian Hume	80	QC	24/Jun/1995	Hamilton, ON
W35	3.35	Leslie Estwick	39	ON	4/Jul/2000	Flagstaff, AZ
W40	3.00	Leslie Estwick	42	ON	2/Jul/2003	Carolina, PUR
W45	2.61	Caren Reindl	45	SK	10/Jul/2003	Saskatoon, SK
W50	2.28	Ann Marie Rosenitsch	54	ON	11/Jun/1995	Tilsonburg, ON
W55	2.29	Jutta Reigel	59	QC	11/Jul/1999	Sherbrooke, QC
W60	1.90	Edith Gray	60	ON	10/Jun/1996	Toronto, ON
W65	1.83	Sandy Anderson	67	BC	28/Jul/2007	Tumwater, WA
W70	1.55	Sandy Anderson	71	BC	18/Aug/2011	Trail, BC