

Records approved in 2014 in bold

Age class grades are based on 1994 tables

Some performances believed valid but never submitted for approval are shown at the end of the list.

| M35 | | time | age class | | | | | location |
|------------|------------|--------------|--------------|--------------|-----------------|-------------|----------------|-------------------|
| | | | grade | | | | | |
| M35 | 5km | 14:53 | 87.5% | David | LE PORHO | (QU) | 07Sep14 | Toronto ON |
| M35 | 8 km | 24:46 | 86.1% | Bob | MOORE | (ON) | 26Apr80 | Toronto ON |
| M35 | 10 km | 30:15 | 89.2% | Bob | MOORE | (ON) | 04Apr80 | Toronto ON |
| M35 | 15 km | 47:45 | 86.8% | Bob | MOORE | (ON) | 11Feb78 | Toronto ON |
| M35 | 10 mile | 50:50 | 87.9% | Bob | MOORE | (ON) | 13Aug76 | Toronto ON |
| M35 | 20 km | 1:03:05 | 89.3% | Bob | MOORE | (ON) | 14May77 | Niagara ON |
| M35 | 0.5 Mar | 1:04:57 | 91.8% | Jon | BROWN | (BC) | 11Oct09 | Victoria BC |
| M35 | 25 km | 1:23:01 | 86.2% | Bob | MOORE | (ON) | 01Mar77 | Toronto ON |
| M35 | 30 km | 1:41:08 | 86.3% | Bob | MOORE | (ON) | 20Nov76 | Toronto ON |
| M35 | Marathon | 2:20:00 | 90.6% | Bob | MOORE | (ON) | 07May76 | Ottawa ON |
| | | | 88.2% | average | | | | |

| M40 | | time | age class | | | | | location |
|-----|----------|----------|-----------|--------|-----------|------|---------|----------------|
| | | | grade | | | | | |
| M40 | 1 mile | 4:21.9 | 90.3% | Mike | CREERY | (BC) | 23May88 | Victoria BC |
| M40 | | 4:12.0dh | | 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 |

| | | | | | | | | |
|-----|--|--|-------|---------|--|--|--|--|
| M40 | | | 91.1% | average | | | | |
|-----|--|--|-------|---------|--|--|--|--|

| M45 | | time | age class | | | | | location |
|-----|----------|----------|-----------|---------|------------|------|---------|------------------|
| | | | 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 | 93.0% | 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 | 1:30:30 | 84.0% | Colin | DIGNUM | (BC) | 11May13 | Grand RapidsMI |
| 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 |
| M45 | | | 90.0% | 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 | 1:13:33 | 89.6% | Mark | BENNETT | (BC) | 16Feb14 | Vancouver BC |
| M50 | | 1:12:29dh | | Herb | PHILLIPS | (BC) | 05Feb94 | Las Vegas NV |
| M50 | 25 km | 1:32:26 | 85.4% | 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 |
| M50 | | | 89.9% | average | | | | |

| M55 | | time | age class | | | | | location |
|-----|----------|-----------|-----------|---------|----------|------|-----------|----------------|
| | | | grade | | | | | |
| M55 | 1 mile | 4:50 | 91.7% | Jerry | KOOYMANS | (ON) | 12Aug10 | BuffaloNY |
| M55 | 5 km | 16:27 | 92.0% | Jerry | KOOYMANS | (ON) | 30Sep2012 | Syracuse NY |
| M55 | 8 km | 27:45 | 89.3% | Jerry | KOOYMANS | (ON) | 10Nov12 | Grimsby ON |
| M55 | | 27:24dh | | Art | MEANEY | (NF) | 04Jul99 | St Johns NF |
| M55 | 5 mile | 28:16 | 88.2% | Jerry | KOOYMANS | (ON) | 09SEP12 | Hampton NB |
| M55 | 10 km | 34:23 | 91.0% | 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 |
| M55 | | | 89.0% | average | | | | |

| M60 | | time | age class | | | | | location |
|-----|----------|---------|-----------|---------|----------|------|---------|---------------|
| | | | grade | | | | | |
| M60 | 1 mile | 5:09.7 | 89.8% | Dennis | LANG | (MB) | 01Aug11 | Gimli MB |
| 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 | 89.7% | 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 |
| M60 | | | 89.9% | average | | | | |

| M65 | | time | age class | | | | | location |
|-----|----------|---------|-----------|---------|----------|------|---------|-------------|
| | | | grade | | | | | |
| M65 | 1mile | 5:33 | 87.9% | Barrie | DARGIE | 9AB) | 25May12 | Edmonton |
| 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 |
| M65 | | | 90.9% | 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 |
| M70 | | | 92.4% | 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 | 2:32:26 | 67.0% | Duncan | MOUNSEY | (ON) | 10MAY14 | Grand Rapids MI |
| M75 | 30 km | 2:45:47 | 74.8% | Odino | SOLIGO | (ON) | 31Mar96 | HamiltonON |
| M75 | 20 mile | | | | | | | |
| M75 | Marathon | 3:04:54 | 97.0% | Ed | WHITLOCK | (ON) | 15Apr07 | Rotterdam NL |
| M75 | | | 85.1% | average | | | | |

| M80 | | time | age class | | | | | location |
|------------|----------|-------------|------------------|---------|----------|------|---------|-----------------|
| | | | grade | | | | | |
| M80 | 1 mile | | | | | | | |
| M80 | 5 km | 21:17 | 95.4% | Ed | WHITLOCK | (ON) | 20Aug11 | Bradford ON |
| M80 | 8 km | 38:15 | 86.9% | Maurice | TARRANT | (BC) | 10Jan10 | Victoria BC |
| M80 | 5 mile | | | | | | | |
| M80 | 10 km | 42:58 | 97.8% | Ed | WHITLOCK | (ON) | 11Sep11 | Toronto ON |
| M80 | 15 km | 1:07:05 | 95.8% | Ed | WHITLOCK | (ON) | 13Nov11 | Schenectady NY |
| M80 | 10 mile | | | | | | | |
| M80 | 20 km | | | | | | | |
| M80 | 0.5 Mar | 1:38:11 | 93.7% | Ed | WHITLOCK | (ON) | 15Sep13 | Milton ON |
| M80 | 25 km | | | | | | | |
| M80 | 30 km | 3:12:34 | 69.6% | Odino | SOLIGO | (ON) | 25Mar01 | Hamilton ON |
| M80 | 20 mile | | | | | | | |
| M80 | Marathon | 3:15:54 | 98.8% | Ed | WHITLOCK | (ON) | 16Oct11 | Toronto |
| M80 | | | 91.2% | average | | | | |

| M85 | | time | age class | | | | | location |
|------------|---------|-------------|------------------|---------|---------|------|---------|-----------------|
| | | | grade | | | | | |
| M85 | 5km | 34:25 | 64.9% | Manuel | TEODORO | (ON) | 08Sep13 | London ON |
| M85 | 8km | 54:03 | 67.7% | Manuel | TEODORO | (ON) | 27Jan13 | Burlington ON |
| M85 | 10 km | 1:09:39 | 66.4% | Manuel | TEODORO | (ON) | 15Sep13 | London ON |
| M85 | 15 km | 1:45:40 | 59.9% | Manuel | TEODORO | (ON) | 15Sep13 | London ON |
| M85 | 10 mile | 2:07:04 | 59.9% | Manuel | TEODORO | (ON) | 24Aug13 | Flint MI |
| M85 | | | 65.2% | 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 | 85.8% | 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 | 1:47:04 | 89.5% | Krista | DUCHENE | (ON) | 25Mar12 | Hamilton ON |
| W35 | 20 mile | 2:15:01 | 76.5% | Wendy | ROBERTSON | (BC) | | |
| W35 | Marathon | 2:28:32 | 93.5% | Krista | DUCHENE | (ON) | 20Oct13 | Toronto ON |
| W35 | | | 86.6% | 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 | 1:14:58 | 90.9% | Danuta | BARTOSZEK | (ON) | 23Sep01 | Toronto ON |
| W40 | 25 km | 1:38:36 | 82.6% | Laura | LYNN | (ON) | 11May91 | Grand Rapids MI |
| W40 | 30 km | 1:56:31 | 84.8% | Nathalie | GOYER | (QU) | 28Mar10 | Hamilton |
| W40 | 20 mile | 2:23:12 | 74.4% | Polly | HLOOKOFF | (BC) | | |
| W40 | Marathon | 2:39:35 | 89.3% | Danuta | BARTOSZEK | (ON) | 12May02 | Ottawa ON |
| W40 | | | 87.3% | 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 | 27:47 | 92.8% | Nancy | TINARI | (BC) | 07May05 | Port Moody BC |
| 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 |

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|-----|-----------------|----------------|--------------|----------------|------------------|-------------|----------------|-------------------|
| 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 | 1:57:52 | 87.4% | Paula | WILTSE | (ON) | 24Mar13 | Hamilton ON |
| W45 | 20 mile | 2:05:57 | 88.1% | Diane | PALMASON | (ON) | 30Sep84 | Twin Cities |
| W45 | Marathon | 2:40:20 | 92.6% | Marilyn | ARSENAULT | (BC) | 20Oct13 | Toronto ON |
| W45 | | | 88.4% | 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 | 2:14:48 | 65.9% | Teresa | NOVICK | (ON) | 21Sep13 | London ON |
| W50 | 30 km | 2:03:08 | 87.5% | Elizabeth | PRIMROSE | (ON) | 24Mar13 | 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 |
| W50 | | | 87.7% | 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 | 33:41 | 84.5% | Elizabeth | WAYWELL | (CAN) | 02Sep13 | Long Beach NY |
| W55 | 10 km | 38:50 | 91.9% | Diane | LEGARE | (QU) | 07Oct06 | Ottawa ON |
| W55 | | 38:35dh | | Diane | LEGARE | (QU) | 09Sep07 | Montreal QU |
| W55 | 15 km | 59:03 | 92.2% | Diane | LEGARE | (QU) | 12Nov06 | Schenectady NY |
| W55 | 10 mile | 1:07:57 | 86.2% | Carolyn | SILVEY | (ON) | 06Apr12 | Burlington ON |
| W55 | 20 km | 1:30:24 | 81.4% | Eileen | DORAN | (ON) | 29Sep96 | Toronto ON |
| W55 | 0.5 Mar | 1:27:33 | 88.9% | Patty | BLANCHARD | (NB) | 21Oct12 | Moncton NB |
| W55 | 25 km | 1:58:10 | 78.8% | Eileen | DORAN | (ON) | 31Jul94 | Scarborough ON |
| W55 | 30 km | 2:11:52 | 85.6% | Elizabeth | WAYWELL | (ON) | 30Mar14 | 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 |
| W55 | | | 85.6% | average | | | | |

| W60 | | time | age class | | | | | location |
|------------|----------------|----------------|--------------|------------------|--------------|-------------|----------------|------------------|
| | | | grade | | | | | |
| W60 | 1 mile | 7:25.9 | 71.9% | Rayma | DIXON | (ON) | 09Aug95 | HaliburtonON |
| W60 | 5 km | 19:43 | 92.4% | Diane | LEGARE | (QU) | 22May11 | Brossard QU |
| 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 | 41:42 | 90.2% | Diane | LEGARE | (QU) | 10Jul11 | Brossard QU |
| 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 | 3:03:46 | 69.7% | Christine | DIRKS | (ON) | 21Sep13 | London ON |
| W60 | Marathon | 3:16:26 | 87.2% | Diane | PALMASON | (CAN) | 03May98 | Vancouver BC |
| W60 | | | 82.7% | 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 | | 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 | 88.0% | Betty J | MCHUGH | (BC) | 21Apr96 | Vancouver BC |
| W65 | 15 km | 1:13:56 | 82.2% | Nancy | WELLS | (ON) | 18Aug12 | Toronto ON |
| W65 | 10 mile | 1:21:10 | 80.6% | Nancy | WELLS | (ON) | 14Aug11 | Toronto ON |
| W65 | 20 km | 1:38:00 | 83.8% | Rosamund | DASHWOOD | (BC) | 19Mar89 | Comox BC |
| W65 | 0.5 Mar | 1:39:26 | 87.4% | Roslyn | SMITH | (BC) | 23Mar14 | Courteney 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 |

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|-----|--|--|-------|---------|--|--|--|--|
| W65 | | | 82.2% | 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 | Vancouver BC |
| 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 | Scarborough ON |
| W70 | 30 km | 2:45:45 | 81.1% | Jean | MARMOREO | (ON) | 24Mar13 | Hamilton ON |
| W70 | 20 mile | | | | | | | |
| W70 | Marathon | 3:59:07 | 80.9% | Jean | MARMOREO | (ON) | 20Oct13 | Toronto ON |
| W70 | | 4:00:57dh | | Gwen | MCFARLAN | (BC) | 06Jun04 | San Diego CA |
| W70 | | | 79.3% | average | | | | |

| W75 | | time | age class | | | | | location |
|------------|--------------|--------------|--------------|--------------|-----------------|-------------|----------------|--------------------|
| | | | grade | | | | | |
| W75 | 1mile | 8:18 | 78.9% | Helly | VISSER | (AB) | 25May12 | Edmonton |
| W75 | 5 km | 27:43 | 80.4% | Alice | COLE | (QU) | 14Oct12 | Montreal QU |
| W75 | 8 km | 41:41 | 87.4% | Karin | VICKARS | (BC) | 13Oct13 | Victoria BC |
| W75 | 5 mile | | | | | | | |
| W75 | 10 km | 52:33 | 87.4% | Gwen | MCFARLAN | (BC) | 19Sep09 | Richmond |
| 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 |
| W75 | | | 82.2% | average | | | | |

| W80 | | time | age class | | | | | location |
|-----|--------|------|-----------|--|--|--|--|----------|
| | | | grade | | | | | |
| W80 | 1 mile | | | | | | | |

| | | | | | | | | |
|------------|-----------------|-----------------|--------------|--------------|-----------------|-------------|----------------|--------------------|
| W80 | 5 km | 31:38 | 77.2% | Helly | VISSER | (AB) | ##### | Calgary AB |
| W80 | 8 km | | | | | | | |
| W80 | 5 mile | | | | | | | |
| W80 | 10 km | 1:01:28 | 81.8% | Lenore | MONTGOMERY | (BC) | 18Jul10 | North Vancouver BC |
| 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 | .4:12:44 | 90.0% | Gwen | MCFARLAN | (BC) | 25MAY14 | Ottawa ON |
| W80 | | | 76.7% | average | | | | |

| W85 | | time | age class | | | | | location |
|------------|----------|-------------|------------------|---------|--------|------|---------|-----------------|
| | | | grade | | | | | |
| W85 | 0.5 Mar | 2:32:48 | 80.0% | Betty J | MCHUGH | (BC) | 10Feb13 | Vancouver BC |
| W85 | Marathon | 5:14:26 | 76.3% | Betty J | MCHUGH | (BC) | 09Dec12 | Honolulu HW |

The following performances are believed reliable but have never had proper authentication.

They can still be ratified as Canadian records if the record application form is submitted and approved.

| | | | | | | | | |
|-----|--------|----------|-----|------------|-------------|------|---------|----------------|
| M55 | 1 mile | 4:50 | M55 | Herb | PHILLIPS | (BC) | 07Jun97 | W Vancouver BC |
| M60 | 1 mile | 5:01 | M60 | Stephan | ODWIN | (BC) | 07Jun97 | W Vancouver BC |
| M65 | 1 mile | 5:16.0dh | M65 | Earl | FEE | (ON) | 27Sep97 | New York NY |
| W40 | 1 mile | 4:40.2dh | W40 | Diane | CUMMINS | (BC) | 20Sep14 | New York NY |
| W45 | 1 mile | 5:06 | W45 | Debbie | COLLUM | (BC) | 07Jun97 | W Vancouver BC |
| W65 | 1 mile | 6:38 | W65 | Lenore | MONTGOMERY | (BC) | 07Jun97 | W Vancouver BC |
| M40 | 5 km | 14:18 | M40 | Graeme | FELL | (BC) | 15Jul00 | Port Moody BC |
| M45 | 5 km | 15:15 | M45 | Kevin | O'CONNOR | (BC) | 10Mar13 | Bazan Bay BC |
| W40 | 5 km | 16:24 | W40 | Nancy | TINARI | (BC) | 30Mar00 | North Shore BC |
| W45 | 5 km | 17:07 | W45 | Nancy | TINARI | (BC) | 13MAR05 | Vancouver BC |
| W75 | 5 km | 26:00 | W75 | Betty Jean | MCHUGH | (BC) | 05Apr03 | North Shore BC |
| W80 | 5 km | 28:22 | W80 | Lenore | MONTGOMERY | (BC) | 17Jun11 | Vancouver BC |
| M35 | 8 km | 23:59 | M35 | Jon | BROWN | (BC) | 08Mar09 | Vancouver BC |
| M40 | 8 km | 23:41 | M40 | Graeme | FELL | (BC) | 06Feb00 | Steveston BC |
| M55 | 8 km | 27:01 | M55 | Simon | TIMMER | (BC) | 10May98 | Bazan Bay BC |
| W40 | 8 km | 27:39 | W40 | Maureen | DE ST CROIX | (ON) | 09Oct93 | Ottawa ON |