

Outdoor hand-timed records

100 Metres						
M35	10.8	Ray Cardinal	36	ON	??-Jul-1983	Ottawa, ON
M75	13.4	Percy Duncan	75	ON	30-Jun-1990	Toronto, ON
800 Metres						
M55	2:07.1	Harold Morioka	56	BC	29-Jun-1999	Burnaby, BC
W45	2:16.1	Maureen de St. Croix	48	BC	19-Jun-2001	Burnaby, BC
1500 Metres						
M35	3:45.2	Paul Williams	35	BC	27-May-1992	Abbotsford, BC
Mile						
M45	4:34.7	Jerry Kooymans	45	ON	10-Aug-2000	Toronto, ON
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
W75	7:47.4	Helly Visser	77	AB	18-Jun-2011	Victoria, BC
3000 Metres						
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
M65	10:36.2	Maurice Tarrant	65	BC	7-May-1995	Victoria, BC
W40	9:40.5	Catherine Watkins	42	BC	24-May-2014	Victoria, 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
5000 Metres						
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
10000 Metres						
W40	34:22.7	Marilyn Arsenault	44	BC	1-Sep-2012	Victoria, BC
W80	1:09:32.1	Ivy Granstrom	80	BC	15-Aug-1992	Spokane, WA
Short hurdles						
M50	14.5	Scott Tyler	51	ON	22-Jun-1991	Wickliffe, OH
M55	14.8	Scott Tyler	55	ON	24-Jun-1995	Hamilton, ON
M75	16.4	Karl Trei	77	ON	21-Jun-1986	Etobicoke, ON
Long hurdles						
M35	53.4	George Smith	37	AB	7-Jun-1981	
Steeplechase						
M50	10:18.1	Arthur Taylor	52	AB	1-Aug-1979	Hanover, GER

Indoor hand-timed records

60 Metres						
M65	7.8	Cecil Paul	66	ON	8-Mar-86	Toronto, ON
50 Metre Hurdles						
W35	8.0	Liz McBlain	35	AB	12-Feb-83	Edmonton, AB
60 Metre Hurdles						
M70	11.3	Ian Hume	70	QC	2-Mar-85	Toronto, ON
M75	12.2	Karl Trei	77	ON	7-Mar-87	Toronto, ON
200 Metres						
M35	22.4	Kerry Smith	38	ON	7-Mar-92	Toronto, ON
M50	23.3	Harold Morioka	50	BC	13-Feb-93	Moscow, ID
400 Metres						
M45	51.8	Harold Morioka	46	BC	18-Feb-89	Moscow, ID
800 Metres						
W60	02:52.4	Jean Horne	60	ON	6-Mar-93	Toronto, ON
1500 Metres						
M40	03:58.6	Dave Stewart	41	ON	9-Feb-90	NJ, USA
M45	04:04.7	Wayne Stewart	45	NB	27-Feb-93	Brunswick, NJ
One Mile						
M60	05:12.9	Earl Fee	64	ON	12-Jan-94	Hamilton, ON
M65	05:13.3	Earl Fee	67	ON	23-Mar-96	Warren, MI
3000 Metres						
M40	08:24.7	Chris McCubbins	40	MB	18-Jan-86	Winnipeg, MB
M60	10:05.3	Ed Whitlock	62	ON	5-Mar-94	Toronto, ON
W60	12:08.8	Molly Turner	60	ON	5-Mar-94	Toronto, ON
W70	14:51.1	Molly Turner	71	ON	11-Mar-06	Toronto, ON
5000 Metres						
M35	15:04.3	Ken Hamilton	37	ON	7-Mar-87	Toronto, ON
M40	14:40.1	Chris McCubbins	42	MB	10-Jan-88	Winnipeg, MB
M45	15:50.6	Benjamin Johns	48	ON	2-Mar-85	Toronto, ON
M50	16:07.3	Benjamin Johns	50	ON	8-Mar-86	Toronto, ON