

## Canadian Masters Outdoor Track and Jump Records

14-Sep-2021

Age	Record	Wind	Record Holder	Age	Prov	Date	Venue	
Group								
<b>100 Metres</b>								
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	12.10	1.9	Tom Dickson	61	BC	21-Jun-2014	Pasadena, CA	
M65	12.93	-0.5	Tony Powell	65	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	15.49	-0.9	Dave Dunn	80	BC	29-Aug-2016	Vancouver, BC	
M85	16.99	-0.5	Ted Rowan	85	SK	4-Sep-2018	Malaga, ESP	
M90	23.70	-0.4	Harry Thompson	90	BC	18-May-2013	Kamloops, BC	
M95	25.63	0.6	Atter Singh Sekhon	95	ON	4-Aug-2018	Surrey, BC	
M100	1:25:21	-0.9	Nihal Gill	101	BC	29-Aug-2016	Vancouver, BC	
W35	12.37	0.9	Martine Cloutier LeBlanc	36	QC	7-Jul-2017	Ottawa, ON	
W40	12.59	-1.4	Khama Beckles	40	ON	10-Aug-2015	Lyon, FRA	
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	1.0	Karla Del Grande	56	ON	11-Jul-2009	Oshkosh, WI	
W60	13.63	0.5	Karla Del Grande	61	ON	19-Jul-2014	Winston-Salem, NC	WR
W65	13.91	0.6	Karla Del Grande	65	ON	11-Aug-2018	Toronto, ON	WR
W70	14.91	1.1	Carol Lafayette-Boyd	70	SK	16-Jun-2012	Regina, SK	
W75	15.03	0.6	Carol Lafayette-Boyd	76	SK	4-Aug-2018	Surrey, BC	WR
W80	17.06	1.1	Christa Bortignon	81	BC	28-Jul-2018	Cheney, WA	
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	
<b>200 Metres</b>								
M35	22.13	1.4	Michael James	37	ON	13-Aug-2017	Toronto, ON	
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	28.48	-0.8	Tony Powell	70	ON	13-Jul-2014	Toronto, ON	
M75	29.51	-1.6	Norm Lesage	75	BC	18-Jun-2005	Langley, BC	
M80	32.17	-2.7	Ted Rowan	80	SK	26-Jul-2013	Regina, SK	
M85	35.69	-0.8	Earl Fee	85	ON	20-Jul-2014	Winston-Salem, NC	
M90	39.34	-0.8	Earl Fee	90	ON	21-Jul-2019	Toronto, ON	
M95	1:02.87	2.0	Atter Singh Sekhon	95	ON	5-Aug-2018	Surrey, BC	
W35	24.39	1.9	Angela Whyte	35	AB	13-Apr-2016	Azusa, CA	
W40	26.62	-0.1	Khama Beckles	40	ON	10-Aug-2015	Lyon, FRA	
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	28.11	0.7	Karla Del Grande	60	ON	22-Oct-2013	Porto Alegre, BRA	WR
W65	28.53	1.2	Karla Del Grande	65	ON	5-Aug-2018	Surrey, BC	WR

W70	31.51	2.0	Carol Lafayette-Boyd	70	SK	12-Aug-2012	Saint John, NB	
W75	31.56	-0.7	Carol Lafayette-Boyd	76	SK	9-Sep-2018	Malaga, ESP	WR
W80	37.00	1.1	Christa Bortignon	80	BC	6-May-2017	Kamloops, BC	
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	
<b>400 Metres</b>								
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	1:17.12		Earl Fee	85	ON	12-Jul-2014	Toronto, ON	WR
M90	1:29.15		Earl Fee	90	ON	19-Jul-2019	Toronto, ON	WR
M95	2:35.90		Atter Singh Sekhon	95	ON	4-Aug-2018	Surrey, BC	
<b>W35</b>	<b>57.32</b>		<b>Christy Ihunaegbo</b>	<b>35</b>	<b>ON</b>	<b>18-Jun-2021</b>	<b>Toronto, ON</b>	
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	1:05.95		Karla Del Grande	61	ON	28-Jun-2014	Toronto, ON	
W65	1:08.08		Karla Del Grande	65	ON	12-Jul-2019	Toronto, ON	WR
W70	1:17.14		Diane Palmason	71	BC	18-Jul-2009	Kamloops, BC	
W75	1:19.53		Christa Bortignon	76	BC	22-Aug-2013	Kamloops, BC	WR
W80	1:35.76		Alice Cole	80	QC	27-Jul-2013	Regina, SK	
W85	1:58.68		Alice Cole	85	QC	14-Sep-2018	Malaga, ESP	
W90	2:50.28		Olga Kotelko	90	BC	17-Sep-2009	Richmond, BC	
<b>800 Metres</b>								
M35	1:49.76		Frederick Williams	35	ON	20-May-1997	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	2:01.06		Michael Sherar	50	ON	23-Jun-2014	Hamilton, ON	
M55	2:04.20		Jim Dyck	55	ON	22-Aug-2020	Bolton, ON	
<b>M60</b>	<b>2:10.77</b>		<b>Mark Pinckard</b>	<b>61</b>	<b>BC</b>	<b>22-Aug-2021</b>	<b>Surrey, BC</b>	
M65	2:14.33		Earl Fee	66	ON	22-Jul-1995	Buffalo, NY	WR
M70	2:20.52		Earl Fee	70	ON	17-Jun-1999	Hamilton, ON	WR
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	WR
M85	3:09.10		Earl Fee	85	ON	13-Jul-2014	Toronto, ON	
M90	3:34.93		Earl Fee	90	ON	22-Jun-2019	Toronto, ON	WR
W35	2:00.08		Diane Cummins	36	BC	14-Aug-2010	Kessel-Lo, BEL	
W40	2:01.38		Diane Cummins	40	BC	8-Jul-2014	Victoria, 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	2:36.51		Patty Blanchard	60	NB	5-Aug-2018	Surrey, 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	76	QC	2-Aug-2009	Lahti, FIN	

W80	3:42.37	Alice Cole	83	QC	30-Jul-2016	Sherbrooke, QC	
W85	4:33.86	Lenore Montgomery	85	BC	27-Aug-2015	Burnaby, BC	
W90	6:13.82	Lenore Montgomery	90	BC	12-Sep-2020	Surrey, BC	
<b>1500 Metres</b>							
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	4:22.25	Jim Dyck	55	ON	12-Sep-2020	St. Catharines, ON	
<b>M60</b>	<b>4:34.59</b>	<b>David Guss</b>	<b>60</b>	<b>BC</b>	<b>8-Aug-2021</b>	<b>Surrey, BC</b>	
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	6:38.23	Ed Whitlock	85	ON	13-Aug-2016	Toronto, ON	
M90	10:27.28	Harry Thompson	90	BC	18-May-2013	Kamloops, BC	
W35	4:07.70	Sasha Gollish	35	ON	18-May-2017	Los Angeles, CA	
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	5:18.59	Patty Blanchard	60	NB	4-Aug-2018	Surrey, BC	
W65	5:25.65	Kathryn Martin	65	CAN	11-Aug-2017	Toronto, ON	WR
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	7:47.04	Alice Cole	80	QC	12-Jul-2014	Toronto, ON	
W85	9:06.76	Lenore Montgomery	85	BC	28-Aug-2015	Burnaby, BC	
W90	12:34.67	Lenore Montgomery	90	BC	12-Sep-2020	Surrey, BC	WR
<b>1 Mile</b>							
M35	4:34.29	Nathan Kendrick	35	AB	7-Jun-2015	Calgary, AB	
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	4:35.89	Colin Dignum	50	BC	12-Jun-2016	Portland, OR	
M55	4:49.94	David Guss	55	AB	18-Jun-2016	Norwalk, CA	
<b>M60</b>	<b>4:54.90</b>	<b>David Guss</b>	<b>60</b>	<b>BC</b>	<b>7-Aug-2021</b>	<b>Kelowna, BC</b>	
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	WR
M80	6:59.57	Roger Davies	80	AB	7-Jun-2015	Calgary, AB	
M85	7:22.28	Ed Whitlock	85	ON	13-Jun-2016	London, ON	
<b>W35</b>	<b>4:32.17</b>	<b>Sasha Gollish</b>	<b>39</b>	<b>ON</b>	<b>18-Jul-2021</b>	<b>Mission Viejo, CA</b>	
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	5:42.65	Kathryn Martin	61	CAN	17-Jul-2013	Franklin Square, NY	WR
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	8:33.76	Helly Visser	80	AB	31-May-2014	Calgary, AB	
W85	14:33.8	Ivy Granstrom	88	BC	1-Jul-2000	Eugene, OR	

<b>3000 Metres</b>								
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		
<b>M50</b>	<b>9:10.17</b>	<b>Jean-Pierre Poulin</b>	<b>50</b>	<b>QC</b>	<b>10-Jul-2021</b>	<b>Sherbrooke, QC</b>		
M55	9:36.52	Jerry Kooymans	55	ON	3-Aug-2010	Toronto, ON		
<b>M60</b>	<b>9:52.30</b>	<b>David Guss</b>	<b>60</b>	<b>BC</b>	<b>22-Aug-2021</b>	<b>Surrey, BC</b>		
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		WR
M80	12:13.56	Ed Whitlock	80	ON	26-Jul-2011	Toronto, ON		WR
M90	22:08.45	Harry Thompson	91	BC	28-Jun-2014	Kelowna, BC		
W35	8:59.21	Ulla Marquette	35	BC	8-Aug-1993	Lindau, GER		
W40	9:40.5	Catherine Watkins	42	BC	24-May-2014	Victoria, BC		
W45	9:44.94	Marilyn Arsenault	47	BC	30-May-2015	Victoria, BC		
<b>W50</b>	<b>10:16.54</b>	<b>Maria Zambrano</b>	<b>50</b>	<b>AB</b>	<b>7-Aug-2021</b>	<b>Sherwood Park AB</b>		
W55	10:55.5	Kathryn Martin	55	CAN	19-Jul-2007	Uniondale, NY		
W60	11:37.78	Patty Blanchard	60	NB	8-Jul-2018	Moncton, NB		
W65	12:44.74	Judy Warick	67	SK	26-Jun-2016	Saskatoon, SK		
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		
W85	19:58.05	Lenore Montgomery	87	BC	9-Jul-2017	Burnaby, BC		WR
<b>5000 Metres</b>								
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	16:30.97	David Guss	58	BC	29-Jun-2019	Kelowna, BC		
<b>M60</b>	<b>17:27.82</b>	<b>David Guss</b>	<b>60</b>	<b>BC</b>	<b>18-Jul-2021</b>	<b>Kelowna, BC</b>		
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		WR
M80	20:58.12	Ed Whitlock	80	ON	19-Jun-2011	Toronto, ON		WR
M85	24:03.99	Ed Whitlock	85	ON	31-Jul-2016	Toronto, ON		WR
M90	52:49.87	Les Leyland	90	BC	7-Sep-2007	Misano-Adriatico, ITA		
W35	15:24.12	Sasha Gollish	35	ON	16-Jun-2017	Portland, OR		
W40	16:42.78	Patty Blanchard	41	NB	5-Jun-1999	Dedham, MA		
W45	16:51.08	Marilyn Arsenault	47	BC	13-Jun-2015	Portland, OR		
W50	17:32.97	Lucy Smith	50	BC	21-Jun-2017	Victoria, BC		
W55	18:47.61	Kathryn Martin	55	CAN	2-Aug-2007	Orono, ME		
W60	20:29.07	Patty Blanchard	60	NB	12-Sep-2018	Malaga, ESP		
W65	20:08.17	Kathryn Martin	65	CAN	28-Oct-2016	Perth, AUS		WR
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	32:36.20	Lenore Montgomery	85	BC	26-Aug-2015	Burnaby, BC		WR
<b>10000 Metres</b>								
M35	29:01.67	Paul Williams	35	BC	??-May-1992	Barcelona, ESP		
M40	30:03.73	Ian Forsyth	41	NS	26-Apr-2013	Hillsdale, NJ		
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	34:51.09		Stuart Galloway	55	ON	14-May-2016	London, 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	WR
M75	39:25.16		Ed Whitlock	75	ON	21-Jul-2006	Dieppe, NB	WR
M80	42:39.95		Ed Whitlock	80	ON	11-Jul-2011	Sacramento, CA	WR
M85	51:07.53		Ed Whitlock	85	ON	12-Aug-2016	Toronto, ON	WR
W35	31:43.26		Natasha Wodak	37	BC	2-May-2019	Stanford, CA	
<b>W40</b>	<b>33:08.66</b>		<b>Malindi Elmore</b>	<b>41</b>	<b>BC</b>	<b>18-Jun-2021</b>	<b>Burnaby, BC</b>	
W45	34:28.11		Marilyn Arsenault	45	BC	31-Aug-2013	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	42:36.18		Elizabeth Waywell	61	ON	5-Jul-2019	Ste-Therese, QC	
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	
<b>Short Hurdles -M35 - M45 110 Metres; M50 - M65 100 Metres; M70+ 80 Metres; W35 100 Metres; W40+ 80 Metres</b>								
M35	14.06	0	Jackson Hinton	37	AB	4-Aug-2018	Surrey, 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, OH	
M55	14.8		Scott Tyler	55	ON	24-Jun-1995	Hamilton, ON	
M60	15.35	0.1	Ward Hazen	61	ON	15-Aug-2015	Lyon, FRA	
M65	17.16	1	Richard Lech	67	ON	14-Aug-2015	Lyon, FRA	
M70	13.97		Richard Lech	70	ON	14-Sep-2018	Malaga, ESP	
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	20.09	0.9	Ted Rowan	85	SK	5-Sep-2018	Malaga, ESP	
W35	12.85	1.5	Angela Whyte	36	AB	25-Jun-2016	Edmonton, AB	
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	13.98	0.80	Muriel Gieni	57	SK	13-Jun-2015	Regina, SK	
W60	13.86	-0.4	Muriel Gieni	60	SK	4-Aug-2018	Surrey, BC	
W65	16.60	1	Rhona Trott	65	ON	22-Aug-2014	San Jose, CRI	
W70	18.15	0	Deborah Lee	70	BC	12-Sep-2020	Surrey, BC	
W75	17.44	.7	Christa Bortignon	76	BC	21-Aug-2013	Kamloops, BC	WR
W80	20.12	1.1	Christa Bortignon	81	BC	3-Aug-2018	Surrey, BC	
<b>Long Hurdles - M35-M55 400Metres; M60-M75 300 Metres; M80+ 200 Metres W35-W45 400 Metres; W50 + 300 Metres;</b>								
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	36.95	0	Earl Fee	81	ON	5-Sep-2010	Mayaguez, PUR	WR
M85	42.70	0.4	Earl Fee	85	ON	23-Aug-2014	San Jose, CRI	WR

W35	1:02.79		Jeanette Van Den Bulk	37	BC	10-May-2014	Victoria, BC	
W40	1:07.45		Jeannette Van den bulk	40	BC	23-Apr-2017	Auckland NZL	
W45	1:12.92		Kate Cochrane-Brink	47	ON	9-Aug-2015	Lyon, FRA	
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	57.09		Muriel Gieni	60	SK	5-Aug-2018	Surrey, BC	
<b>W65</b>	<b>54.00</b>		<b>Karla Del Grande</b>	<b>68</b>	<b>ON</b>	<b>15-Aug-2021</b>	<b>Toronto, ON</b>	<b>WR</b>
W70	1:17.78		Ruth Carrier	70	ON	7-Jul-2001	Brisbane, AUS	
<b>Long hurdles W70+ 200 Metres</b>								
W70	43.71	-0.3	Christa Bortignon	74	BC	31-Jul-2011	Berea, OH	
W75	39.89	0.0	Christa Bortignon	76	BC	18-May-2013	Kamloops, BC	WR
W80	46.64	-0.5	Christa Bortignon	80	BC	5-May-2017	Kamloops, BC	
<b>Steeplechase - M35 - M55 3000 Metres; M60+ 2000 Metres; W35+ 2000 Metres</b>								
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	11:04.34		Chris Deighan	55	ON	15-Aug-2015	Lyon, FRA	
<b>M60</b>	<b>7:08.81</b>		<b>David Guss</b>	<b>60</b>	<b>BC</b>	<b>22-Aug-2021</b>	<b>Surrey, BC</b>	
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	9:47.96		Vern Christensen	75	ON	14-Jul-2016	Grand Rapids, MI	
M80	16:53.52		Steffen Kampe	81	ON	30-Jul-2018	Toronto, ON	
W35	8:11.04		Holly Dreger	38	SK	15-Jun-1989	Regina, SK	
W40	7:33.16		Shari Boyle	40	AB	18-May-2013	Calgary, AB	
W45	7:17.19		Shari Boyle	46	AB	26-May-2019	Calgary, AB	
W50	8:36.69		Kate Cochrane-Brink	51	ON	22-Jun-2019	Toronto, ON	
W55	8:13.10		Kathryn Martin	58	CAN	23-Jul-2010	Sacramento, CA	
W60	8:37.34		Kathryn Martin	62	CAN	18-Jul-2014	Winston-Salem, NC	WR
W65	8:52.49		Kathryn Martin	65	CAN	12-Aug-2017	Toronto, ON	WR
W70	11:40:95		Judy Warick	70	SK	23-Jun-2019	Regina, SK	
<b>Long Jump</b>								
M35	7.02	1.3	Patrick Massok	36	QC	7-Jul-2016	Edmonton, AB	
M40	6.80	-1.9	Nigel John	41	ON	12-Jul-2014	Toronto, ON	
M45	6.63	0.0	Nigel John	46	ON	22-Jun-2019	Toronto, 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	3.76	-1.6	Ted Rowan	80	SK	12-Jul-2014	Toronto, ON	
M85	3.31	1.0	Ted Rowan	85	SK	4-Sep-2018	Malaga, ESP	
M90	2.55	0.7	Karl Trei	90	ON	12-Jun-1999	Toronto, ON	
W35	6.15	0	Angela Whyte	37	AB	10-Jun-2017	Mesa, AZ	
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	4.67	1.5	Sunette Lessing	51	BC	19-Jul-2019	Toronto, ON	
W55	4.35	-1.6	Miriam Cavani	58	BC	29-Jun-2019	Kelowna, BC	
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	WR
W75	4.09	0.1	Carol Lafayette-Boyd	75	SK	12-Aug-2017	Toronto, ON	WR
W80	3.29	1.8	Christa Bortignon	80	BC	8-Jul-2017	Burnaby, BC	
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	WR
W95	1.28	1.5	Olga Kotelko	95	BC	17-May-2014	Kamloops, BC	WR
<b>Triple Jump</b>								
M35	13.90	1.7	Patrick Massok	37	QC	13-Jul-2014	Toronto, ON	
M40	14.23	1.7	Gezim Dimnaku	42	AB	28-Jun-2014	Moncton, NB	
M45	12.98	-1.0	Gezim Dimnaku	45	AB	28-May-2017	Calgary, AB	
M50	12.82		Derek Boosey	51	ON	13-Oct-1993	Miyazaki, JPN	
M55	11.72	-2.0	Peter Lord	55	NS	15-Sep-2018	Malaga, ESP	
M60	11.18	0.4	Thevarajan Sinnathurai	60	ON	13-Jul-2014	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	10.16		Liz McBlain	39	AB	5-Dec-1987	Mekbourne, AUS	
W40	11.00	-0.6	Michelle Hastick-Cowell	44	ON	12-Sep-2018	Malaga, ESP	
W45	9.22	0.0	Tracy Viggers	46	ON	4-Aug-2018	Surrey, BC	
W50	9.28	0.0	Susanne Lauridsen	50	AB	3-Aug-2008	Regina, SK	
W55	9.32	1	Muriel Gieni	57	SK	13-Jun-2015	Regina, SK	
W60 Tie	9.09	-0.5	Carol Lafayette-Boyd	62	SK	18-Jul-2004	Calgary, AB	
W60 Tie	9.09	1.9	Muriel Gieni	60	SK	28-Jul-2018	Cheney, WA	
W65	8.57	-0.6	Carol Lafayette-Boyd	67	SK	19-Jul-2009	Kamloops, BC	
W70	8.43	1.5	Carol Lafayette-Boyd	71	SK	6-Jul-2013	Saskatoon, SK	
W75	8.19	0.4	Carol Lafayette-Boyd	75	SK	11-Jun-2017	Regina, SK	WR
W80	7.16	0.0	Christa Bortignon	80	BC	6-May-2017	Kamloops, 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	WR
W95	3.37	0.4	Olga Kotelko	95	BC	18-May-2014	Kamloops, BC	WR
<b>High Jump</b>								
M35	1.96		Zoltan Sara	36	ON	29-Jul-2012	Toronto, ON	
M40	1.92		Zoltan Sara	41	ON	11-Aug-2017	Toronto, 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	1.11		Keith Taylor	86	BC	14-Sep-2019	Kelowna, BC	
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	WR
W50	1.60		Debbie Brill	51	BC	19-Jun-2004	Langley, BC	WR
W55	1.44		Miriam Cavani	58	BC	15-Jun-2019	Langley, BC	
<b>W60</b>	<b>1.45</b>		<b>Monica Pomietlarz</b>	<b>62</b>	<b>BC</b>	<b>12-Jun-2021</b>	<b>Kelowna, BC</b>	
W65	1.25		Sandy Anderson	68	BC	20-Jun-2008	Surrey, BC	

W70	1.26	Carol Lafayette-Boyd	74	SK	28-Aug-2016	Vancouver, BC	
W75	1.24	Carol Lafayette-Boyd	76	SK	10-Sep-2018	Malaga, ESP	WR
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	WR
W95	0.75	Olga Kotelko	95	BC	18-May-2014	Kamloops, BC	WR
<b>Pole Vault</b>							
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 Kostic	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	3.11	Bruce Simpson	70	ON	28-Jul-2020	Pottageville, 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	
<b>M85</b>	<b>1.65</b>	<b>Gerard Dumas</b>	<b>86</b>	<b>BC</b>	<b>18-Jul-2021</b>	<b>Victoria, BC</b>	
W35	3.35	Leslie Estwick	39	ON	4-Jul-2000	Flagstaff, AZ	
W40	3.36	Jennifer Hunter	40	BC	29-Jul-2018	Cheney, WA	
W45	3.03	Nancy Craig	49	BC	9-May-2015	Victoria, BC	
W50	2.90	Nancy Craig	50	BC	7-May-2016	Victoria, BC	
<b>W55</b>	<b>2.45</b>	<b>Nancy Craig</b>	<b>55</b>	<b>BC</b>	<b>18-Jul-2021</b>	<b>Victoria, BC</b>	
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	
W75	1.05	Virginia Hoover	75	BC	29-Aug-2016	Vancouver, BC	