

Canadian Masters Racewalks Records				Updated Sept 20, 2021		
Records approved in 2021 in bold						
AGE GROUP	TIME	RECORD HOLDER	AGE	PROV	DATE	VENUE
1500m Outdoor track						
M35	6:43.78	Jocelyn Ruest	39	QC	7-Jul-19	Ste Terese, QC
M40	6:13.49	Dmitry Babenko	44	BC	12-Aug-17	Toronto, ON
M45	6:18.02	Dmitry Babenko	45	BC	4-Aug-18	Surrey, BC
M50	6:53:54	James Kenney	53	AB	18-Jul-09	Kamloops, BC
M55	7:01.80	Yvan Bechard	55	QC	12-Aug-17	Toronto, ON
M60	7:27.83	Henry Charrois	60	AB	18-Jun-11	Toronto, ON
M65	7:22.64	Denis LaFlamme	67	QC	24-Jul-21	Laval, QC
M70	8:16.09	Henry Charrois	70	AB	3-Jul-21	Edmonton, AB
M75	8:48:73	Marcel Jobin	76	QC	6-Jun-18	Ste Terese, QC
M80	10:15.26	Donald Currie	80	BC	29-Jun-14	Kelowna, BC
M85	13:24.81	Hugo Hess	88	BC	14-Sep-18	Cranbrook, BC
W35	6:22.3	Joni Bender	36	ON	15-Jun-99	Toronto, ON
W40	7:16.98	Nardene Hammond	40	BC	8-Jul-12	Burnaby, BC
W45	7:21.57	Nanci Patten Sweazey	49	ON	9-Jul-05	North York, ON
W50	7:17.39	Nanci Patten Sweazey	50	ON	6-Aug-05	North York, ON
W55	7:37.06	Johanna Flipsen	55	AB	17-Jul-10	North York, ON
W60	7:55.60	Johanna Flipsen	62	AB	12-Aug-17	Toronto, ON
W65	8:26.57	Johanna Flipsen	66	AB	3-Jul-21	Edmonton, AB
W70	9:45.12	Jennie Binning	73	AB	4-Jul-98	Saskatoon, SK
W75	10:30.91	Jean Horne	78	ON	18-Jun-11	Toronto, ON
W80	11:00.54	Eva Vogelsang	80	AB	18-Jul-09	Kamloops, BC
W85	14:21.29	Violet Darling	85	ON	12-Aug-17	Toronto, ON
1 Mile Outdoor track						
M35	7:39.56	Jocelyn Ruest	38	QC	6-Jun-18	Ste Terese, QC
M40	6:35.15	Dmitry Babenko	44	BC	28-Jun-17	Coquitlam, BC
M45	7:01.70	Dmitry Babenko	47	BC	12-Sep-20	Surrey, BC
M50	7:27.4	Glen Bodet	50	AB	24-Jul-11	Sherwood Park, AB
M55	7:50.64	Yvan Bechard	55	QC	6-Jun-18	Ste Terese, QC
M60	8:24.93	Denis LaFlamme	64	QC	6-Jun-18	Ste Terese, QC
M65	8:38.72	Stuart Summerhayes	65	ON	15-Jun-99	Toronto, ON
M70	9:39.67	Stuart Summerhayes	72	ON	14-Jun-06	London, ON
M75	9:25.26	Marcel Jobin	76	QC	6-Jun-18	Ste Terese, QC
W35	6:49.31	Joni Bender	36	ON	15-Jun-99	Toronto, ON
W40	8:22.82	Nanci Patten Sweazey	42	ON	16-Jun-98	Etobicoke, ON
W45	8:46.14	Sherry Watts	46	ON	15-Jun-99	Toronto, ON
W50	9:01.35	Nanci Patten Sweazey	52	ON	2-May-08	Raleigh, NC
W55	8:34.5	Johanna Flipsen	56	AB	24-Jul-11	Sherwood Park, AB
W60	8:46.9	Johanna Flipsen	62	AB	23-Jul-17	Sherwood Park, AB
W65	9:25.53	June-Marie Provost	66	ON	15-Jun-99	Toronto, ON
W70	10:44.24	June-Marie Provost	73	ON	14-Jun-06	London, ON
W80	12:26.55	Renate Cheetham	82	BC	12-Sep-20	Surrey, BC

3000m Outdoor track						
M35	12:26.9	Arturo Huerta	37	ON	7-Jul-02	Toronto, ON
M40	12:57.03	Dmitry Babenko	44	BC	16-Jun-17	Langley, BC
M45	12:58.99	Dmitry Babenko	45	BC	16-Jun-18	Langley, BC
M50	13:43.5	Jaan Roos	51	ON	7-Aug-88	Toronto, ON
M55	14:36.36	Yvan Bechard	55	QC	12-May-18	Montreal, QC
M60	15:47.6	Stuart Summerhayes	61	ON	9-Sep-95	Toronto, ON
M65	16:11.43	Denis LaFlamme	65	QC	26-May-19	Montreal, QC
M70	17:25.89	Henry Charrois	70	AB	6-Aug-21	Sherwood Park, AB
M75	18:01.91	Marcel Jobin	76	QC	12-May-18	Montreal, QC
M80	20:54.87	Herve LeBlanc	82	QC	11-Jul-21	Sherbrooke, QC
W35	14:08.8	Joni Bender	35	ON	12-Sep-98	Toronto, ON
W40	14:39.51	Nardine Hammond	41	BC	14-Jun-13	Langley, BC
W45	15:31.0	Nanci Patten Sweazey	49	ON	11-Jun-05	North York, ON
W50	15:54.95	Nanci Patten Sweazey	50	ON	10-Jul-05	North York, ON
W55	16:26.42	Johanna Flipsen	57	AB	15-Jul-12	Sherwood Park, AB
W60	16:46.65	Johanna Flipsen	62	AB	23-Jul-17	Sherwood Park, AB
W65	17:47.42	Johanna Flipsen	66	AB	23-Jul-21	Calgary, AB
W70	19:52.85	Teresa Chiozza	70	AB	23-Jul-21	Calgary, AB
W75	22:09.28	Eva Vogelsang	75	AB	17-Jul-04	Calgary, AB
W80	24:16.71	Renate Cheetham	83	BC	22-Aug-21	Surrey, BC
5000m Outdoor track						
M35	20:41.4	Arturo Huerta	38	ON	7-Jul-02	Toronto, ON
M40	19:41.61	Tim Berrett	40	AB	29-Jul-05	Edmonton, AB
M45	22:39.18	Dmitry Babenko	45	BC	5-Aug-18	Surrey, BC
M50	23:04.0	Jaan Roos	52	ON	4-Aug-89	Eugene, OR
M55	25:00.39	Yvan Bechard	55	QC	23-Jul-17	Sherbrooke, QC
M60	25:18.01	Max Gould	60	ON	6-May-78	Raleigh, NC
M65	27:24.48	Henry Charrois	65	AB	12-Jun-16	Coquitlam, BC
M70	28:20.62	Marcel Jobin	70	QC	9-Aug-12	St John, NB
M75	31:44.29	Max Gould	75	ON	19-Jul-92	Regina, SK
M80	34:11.17	Phil Lawrence	80	SK	19-Jul-92	Regina, SK
M85	42:47.9	Claude Bell	86	BC	2-Sep-04	Penticton, BC
W35	22:35.1	Janice McCaffrey	38	AB	11-Apr-98	Ottawa, ON
W40	26:08.14	Nanci Patten Sweazey	40	ON	22-Jul-95	Buffalo, NY
W45	25:53.26	Nanci Patten Sweazey	46	ON	22-Jun-02	Hamilton, ON
W50	27:06.77	Nanci Patten Sweazey	51	ON	11-Jun-06	London, ON
W55	27:18.04	Johanna Flipsen	57	AB	9-Aug-12	St John, NB
W60	28:09.21	Johanna Flipsen	60	AB	7-Aug-15	Lyons, France
W65	29:51.72	Kris Kozell	66	ON	7-Jul-19	Ste-Therese, QC
W70	33:29.5	Lenore Marvin	71	BC	6-Sep-91	Coquitlam, BC
W75	34:31.84	Jennie Binning	75	BC	20-Aug-00	Kamloops, BC
W80	37:18.71	Jennie Binning	80	AB	29-Jul-05	Edmonton, AB
W85	41:55.90	Jean Horne	85	ON	4-Sep-18	Malaga, Spain
10000m Outdoor track						
M35	42:30.2	Arturo Huerta	37	ON	7-Jul-02	Toronto, ON
M40	48:00.35	Dmitry Babenko	43	BC	9-Jul-16	Edmonton, AB

M45	46:19.98	Jaan Roos	49	ON	??-??-86	Sudbury, ON
M50	52:35.06	Glen Bodet	54	AB	4-Jul-15	Edmonton, AB
M55	53:06.96	Yvan Bechard	56	QC	22-Jul-18	Quebec City, QC
M60	57:56.25	Denis Laflamme	64	QC	22-Jul-18	Quebec City, QC
M65	59:47.93	Denis Laflamme	67	QC	1-Aug-21	Sherbrooke, QC
M70	1:03:19.04	Stuart Summerhayes	70	ON	7-Aug-04	Toronto, ON
M75	1:06:41.98	Marcel Jobin	76	QC	22-Jul-18	Quebec City, QC
W35	46:55	Janice McCaffrey	35	AB	15-Jul-95	Montreal, QC
W40	52:56.03	Holly Gerke	40	AB	22-May-05	Pharr, TX
W45	58:10.3	Sherry Watts	46	ON	22-Jul-99	Cedarville, OH
W50	56:48.13	Susan Brooke	50	AB	4-Jul-15	Edmonton, AB
W55	58:52.0	Linda Wilson	56	ON	15-Apr-12	Ottawa, ON
W60	1:01:31	June-Marie Provost	60	ON	1-May-94	Toronto, ON
W65	1:05:57.39	Teresa Chiozza	65	AB	9-Jul-16	Edmonton, AB
1500m Indoor track						
M35	6:31.07	Jocelyn Ruest	36	QC	21-Feb-17	Vaudreuil Dorion, QC
M40	6:15.06	Dmitry Babenko	44	BC	4-Feb-17	Richmond, BC
M45	6:25.58	Dmitry Babenko	45	BC	10-Mar-18	Kamloops, BC
M50	6:38.76	Yvan Bechard	54	QC	11-Mar-17	North York, ON
M55	7:13.95	James Kenney	57	AB	30-Nov-13	Edmonton, AB
M55	6:51.47	Yvan Bechard	55	QC	3-Feb-18	New York, NY
M60	7:18.33	Henry Charrois	62	AB	30-Nov-13	Edmonton, AB
M65	7:37.71	Henry Charrois	66	AB	18-Nov-17	Edmonton, AB
M70	8:19.20	John Kittredge	70	ON	14-Mar-15	North York, ON
M75	8:31:04	Marcel Jobin	75	QC	11-Mar-17	North York, ON
M80	10:44.45	Don Currie	81	BC	14-Feb-15	Kamloops, BC
M90	19:20.25	Harry Thompson	92	BC	14-Feb-15	Kamloops, BC
W35	6:58.28	Holly Gerke	39	AB	29-Nov-03	Edmonton, AB
W40	6:49.31	Holly Gerke	40	AB	27-Nov-04	Edmonton, AB
W45	7:04.68	Nanci Patten Sweazey	49	ON	18-Feb-05	Hamilton, ON
W50	7:08.45	Nanci Patten Sweazey	50	ON	24-Feb-06	Hamilton, ON
W55	7:46.38	Johanna Flipsen	56	AB	22-Jan-12	Edmonton, AB
W60	7:59.2	Johanna Flipsen	60	AB	15-Feb-15	Edmonton, AB
W65	8:23.56	Johanna Flipsen	65	AB	9-Feb-20	Edmonton, AB
W70	9:19.03	Jennie Binning	71	AB	1-Dec-96	Edmonton, AB
W75	10:36.32	Jean Horne	77	ON	3-Jan-10	North York, ON
W80	11:05.43	Jean Horne	82	ON	14-Mar-15	North York, ON
W85	11:53.48	Jean Horne	85	ON	10-Mar-18	North York, ON
3000m Indoor track						
M35	14:07.45	Jocelyn Ruest	37	QC	12-Mar-17	North York, ON
M40	13:06.63	Dmitry Babenko	43	BC	12-Feb-16	Kamloops, BC
M45	12:58.0	Jaan Roos	47	ON	28-Jan-84	Toronto, ON
M50	13:50.00	Yvan Bechard	53	QC	20-Mar-16	North York, ON
M55	14:27.66	Yvan Bechard	55	QC	11-Mar-18	North York, ON
M60	15:48.45	Henry Charrois	61	AB	2-Mar-13	Edmonton, AB
M65	15:26.74	Denis Laflamme	65	QC	19-Jan-19	Vaudreuil, QC
M70	16:34.25	Marcel Jobin	70	QC	5-Apr-12	Jyvaskyla, Finland

M75	18:00.77	Marcel Jobin	76	QC	11-Mar-18	North York, ON
M80	21:31.36	Don Currie	81	BC	13-Feb-15	Kamloops, BC
M90	23:43.8	Joe Finkel	91	ON	10-Dec-94	North York, ON
W35	13:55.4	Joni Bender	35	ON	14-Mar-98	Toronto, ON
W40	15:24.6	Nanci Patten Sweazey	40	ON	9-Mar-96	Toronto, ON
W45	15:01.51	Nanci Patten Sweazey	47	ON	30-Mar-03	Boston, MA
W50	15:24.99	Janice McCaffrey	50	AB	3-Mar-10	Kamloops, BC
W55	16:11.66	Johanna Flipsen	55	AB	2-Feb-10	Edmonton, AB
W60	16:30.44	Johanna Flipsen	60	AB	15-Feb-15	Edmonton, AB
W65	17:31.25	Johanna Flipsen	65	AB	29-Feb-20	Edmonton, AB
W70	20:40.6	June-Marie Provost	71	ON	24-Apr-05	North York, ON
W75	21:46.61	Jean Horne	78	ON	27-Feb-11	North York, ON
W80	22:56.78	Jean Horne	81	ON	16-Mar-14	North York, ON
5000m Indoor track						
M35	25:39.93	Jocelyn Ruest	35	QC	14-Mar-15	Montreal, QC
M40	20:11.2	Marcel Jobin	42	QC	18-Feb-84	Montreal, QC
M45	21:51.55	Jaan Roos	46	ON	12-Feb-83	North York, ON
M50	24:50.59	Jianping Xu	50	ON	27-Dec-15	Rochester, NY
M55	26:47.4	Stuart Summerhayes	57	ON	18-Jan-92	North York, ON
M60	27:11.21	Denis Laflamme	63	QC	8-Apr-17	Montreal, QC
M65	27:32.98	Marcel Jobin	69	QC	5-Mar-11	Montreal, QC
M70	30:24.39	John Kittredge	70	ON	14-Feb-15	North York, ON
M75	30:28.29	Marcel Jobin	75	QC	8-Apr-17	Montreal, QC
W35	27:09.05	Nanci Patten Sweazey	39	ON	10-Dec-94	North York, ON
W40	28:19.4	Katherine Cashman	42	ON	22-Feb-03	North York, ON
W45	27:02.6	Nanci Patten Sweazey	47	ON	22-Feb-03	North York, ON
W50	29:19.7	Liliana Whalen	51	ON	12-Apr-03	North York, ON
W55	30:36.1	Sherry Watts	56	ON	29-Jan-10	Kenosha, WI
W60	29:18.65	Johanna Flipsen	61	AB	31-Dec-16	Rochester, NY
W65	31:07.04	Kris Kozell	66	ON	29-Dec-18	Rochester, NY
W70	34:37.7	June-Marie Provost	71	ON	24-Apr-05	North York, ON
5km Road						
M35	24:03	Jocelyn Ruest	39	QC	15-Jun-19	Yamachiche, QC
M40	22:38	Dmitry Babenko	44	BC	28-Jan-17	Santee, CA
M45	24:00	Glen Bodet	49	AB	11-Sep-10	Edmonton, AB
M50	23:50	Nils Lavallee	50	ON	28-May-06	Toronto, ON
M55	25:24	Yvan Bechard	55	QC	10-Jun-18	Framingham, MA
M60	26:41	Henry Charrois	60	AB	17-Sep-11	Edmonton, AB
M65	27:33	Denis Laflamme	65	QC	15-Jun-19	St Boniface, QC
M70	30:38	Stuart Summerhayes	71	ON	28-May-05	Toronto, ON
M75	33:13	Stuart Summerhayes	75	ON	31-May-09	Toronto, ON
M80	38:57	Herve LeBlanc	81	QC	26-Sep-20	St Boniface, QC
W35	23:43	Joni Bender	35	ON	7-Jun-98	Port Huron, MI
W40	28:48	Katherine Cashman	44	ON	28-May-05	Toronto, ON
W45	26:31	Nanci Patten Sweazey	49	ON	28-May-05	Toronto, ON
W50	26:04	Nanci Patten Sweazey	50	ON	1-Oct-05	Welland, ON
W55	27:11	Johanna Flipsen	55	AB	11-Sep-10	Edmonton, AB

W60	28:22	Johanna Flipsen	60	AB	12-Sep-15	Edmonton, AB
W65	29:38	Johanna Flipsen	65	AB	26-Sep-20	St Boniface, QC
W70	34:28	June-Marie Provost	72	ON	28-May-06	Toronto, ON
W75	35:46	Jean Horne	78	ON	18-Sep-11	Welland, ON
W80	37:01	Jean Horne	80	ON	29-Sep-13	Welland, ON
W85	40:25	Jean Horne	85	ON	27-May-18	Toronto, ON
10km Road						
M35	40:35	Arturo Huerta	35	ON	16-May-99	Toronto, ON
M40	40:34	Marcel Jobin	41	QC	23-Jul-83	Sept Iles, QC
M45	45:13	Jaan Roos	47	ON	31-Mar-84	Toronto, ON
M50	48:41	Nils Lavallee	50	ON	28-May-06	Toronto, NY
M55	51:00	Yvan Bechard	55	QC	9-Sep-17	Owego, NY
M60	51:20	Max Gould	61	ON	14-Oct-78	??
M65	55:35	Max Gould	64	ON	5-Dec-81	Toronto, ON
M70	57:39	Marcel Jobin	70	QC	7-Apr-12	Jyvaskyla, Finland
M75	1:07:03	Stuart Summerhayes	75	ON	31-May-09	Toronto, ON
M80	1:48:58	Edgar Cooke	83	AB	26-Jul-05	Edmonton, AB
W35	45:29	Janice McCaffrey	38	AB	23-May-98	Naumberg, GER
W40	50:34	Holly Gerke	40	AB	26-Jul-05	Edmonton, AB
W45	53:13	Nanci Patten Sweazey	47	ON	30-May-03	Toronto, ON
W50	55:12	Nanci Patten Sweazey	50	ON	31-Aug-05	San Sebastian, SPN
W55	56:46	Johanna Flipsen	57	AB	11-Aug-12	St John, NB
W60	57:13	Johanna Flipsen	60	AB	10-Aug-15	Lyons, France
W65	1:00:42	Kris Kozell	65	ON	10-Sep-18	Malaga, Spain
W70	1:08:26	June-Marie Provost	70	ON	22-Feb-04	Coconut Creek, FL
W75	1:11:16	Jennie Binning	75	AB	19-Aug-00	Kamloops, BC
W80	1:16:22	Jennie Binning	80	AB	26-Jul-05	Edmonton, AB
W85	1:25:20	Jean Horne	85	ON	10-Sep-18	Malaga, Spain
15km Road						
M35	1:13:10	Mathieu Bilodeau	37	QC	6-Aug-21	Sapporo, Japan
M40	1:22:14	Jianping Xu	44	ON	12-Sep-10	Welland, ON
M45	1:18:57	Jianping Xu	48	ON	28-Sep-14	Welland, ON
M45	1:19:03	Nils Lavallee	49	ON	1-Oct-05	Welland, ON
M50	1:16:57	Glen Bodet	51	AB	15-Sep-12	Edmonton, AB
M55	1:24:44	James Kenney	56	AB	15-Sep-12	Edmonton, AB
M60	1:26:09	Henry Charrois	61	AB	15-Sep-12	Edmonton, AB
M65	1:29:43	Stuart Summerhayes	65	ON	24-Oct-99	Welland, Ont.
M70	1:38:09	Stuart Summerhayes	70	ON	17-Oct-04	Welland, ON
W35	1:15:58	Joni Bender	35	ON	18-Apr-98	Etobicoke, ON
W40	1:18:13	Holly Gerke	40	AB	3-Apr-05	Hauppauge, NY
W45	1:24:32	Susan Brooke	47	AB	2-Jun-13	Toronto, ON
W50	1:28:26	Susan Brooke	50	AB	31-May-15	Toronto, ON
W55	1:27:19	Johanna Flipsen	56	AB	17-Sep-11	Edmonton, AB
W60	1:45:11	Sharon Wright	62	ON	15-Oct-11	Ottawa, ON
W65	1:38:47	June-Marie Provost	67	ON	7-Oct-00	Grand Island, NY
W75	2:04:06	Ernestine Yeomans	75	Can	17-Apr-94	Columbus, OH

20km Road						
M35	1:22:26	Arturo Huerta	35	ON	1-May-99	Mezidon, FR
M40	1:24:58	Marcel Jobin	42	QC	12-May-84	Sept Iles, QC
M45	1:34:32	Jaan Roos	47	ON	31-Mar-84	Toronto, ON
M50	1:41:56	Jaan Roos	52	ON	30-Jul-89	Eugene, OR
M55	1:48:51	Max Gould	56	ON	7-Jul-74	??????????
M60	1:44:23	Max Gould	61	ON	15-Sep-78	??????????
M65	1:54:30	Max Gould	66	ON	31-Jul-82	??????????
M70	2:07:16	Max Gould	72	ON	30-Jul-89	Eugene, OR
M75	2:18:08	Max Gould	75	ON	??-Aug-92	Xalapa, MEX
W35	1:38:20	Janice McCaffrey	38	AB	23-May-98	Naumberg, GDR
W40	1:34:50	Janice McCaffrey	41	AB	13-Aug-00	Victoria, B.C.
W45	1:54:12	Nanci Patten Sweazey	47	ON	27-Oct-02	Welland, ON
W45	1:54:12 (tie)	Susan Brooke	47	AB	2-Jun-13	Toronto, ON
W50	1:59:15	Susan Brooke	50	AB	31-May-15	Toronto, ON
W55	1:58:38	Johanna Flipsen	56	AB	17-Sep-11	Edmonton, AB
W60	1:59:37	Johanna Flipsen	60	AB	14-Aug-15	Lyons, France
W65	2:09:44	June-Marie Provost	66	ON	26-Feb-00	Cooper City, FL
W75	2:49:45	Ernestine Yeomans	75	Can	17-Apr-94	Columbus, OH
30km Road						
M35	2:27:58	Mathieu Bilodeau	37	QC	6-Aug-21	Sapporo, Japan
M40	2:17:45	Marcel Jobin	42	QC	15-Apr-84	Etobicoke, ON
M45	2:33:08	Jaan Roos	47	ON	10-Jun-84	Montreal, QC
M50	2:41:05	Jaan Roos	51	ON	11-Sep-88	Toronto, ON
W50	3:11:22	Susan Brooke	52	AB	9-Sep-17	Owego, NY
W55	4:02:48	Sherry Watts	58	ON	7-Jan-12	Houston, TX
50km Road						
M35	3:47:48	Marcel Jobin	39	QC	20-Jun-81	St Louis de Terrebonne, QC
M40	3:55:16	Marcel Jobin	42	QC	15-Apr-84	Etobicoke, ON
M45	4:26:07	Dmitry Babenko	46	BC	20-Oct-19	Hauppauge NY
M50	5:07:40	Jaan Roos	51	ON	11-Sep-88	Toronto, ON
M55	4:50:37	Max Gould	59	ON	13-Mar-77	Palo Alto, CA
M60	4:59:58	Max Gould	60	ON	13-Nov-77	?????
W50	5:42:54	Susan Brooke	52	AB	20-Jan-18	Santee, CA
W55	6:44:05	Sherry Watts	58	ON	7-Jan-12	Houston, TX