

CANADIAN MASTERS AGE GROUP BEST ON THE ROADS APPROVED BY CMA
January 2023

Records approved in 2023 in bold

AGE GROUP	TIME	RECORD HOLDER	PROV	DATE	VENUE
Mile					
M35					
M40	4:22	Mike Creery	BC	23 May 88	Victoria BC
	4:12 dh	Dave Stewart	ON	23 Sep 89	New York NY
M45	4:32	Tom Tushingham	ON	12 Mar 88	Allentown PA
M50	4:38	Ed Whitlock	QC	18 Sep 82	Toronto ON
M55	4:50	Jerry Kooymans	ON	12 Aug 10	Buffalo NY
M60	5:03	David Guss	BC	6 Sep 21	Victoria BC
M65	5:33	Barrie Dargie	AB	25 May 12	Edmonton AB
M70	5:48	Raymond Caissie	NB	19 Aug 18	Miramichi, NB
M75	6:14	Maurice Tarrant	BC	10 Sep 05	Langford BC
M80	9:45	Pete Cunningham	ON	21 June 21	London, ON
M90	11:07	Canio Polosa	ON	21 June 21	London, ON
W35	5:08	Linda Findley	ON	29 Oct 83	Toronto ON
W40	4:39	Erna Kozak	BC	18 Jul 87	
W45	5:13	Amy Armstrong	NB	21 May 22	Rochester, NY
W50	5:12	Kathryn Martin	CAN	17 Aug 02	Massapequa NY
W55	5:51	Carol Montgomery	BC	4 Sept 22	Kelowna, BC
W60	5:44	Patty Blanchard	NB	19 Aug 18	Miramichi, NB
W65	6:40	Elizabeth Schad	ON	21 June 21	London, ON
W70	8:30	Ernestine Yeomans	CAN	15 Jul 90	Norwood USA
	7:55 dh	Nancy Wells	ON	03 June 17	Streetsville ON
W75	8:12	Diane Leonard	BC	4 Sept 22	Kelowna, BC
W80	9:37	Liz Borrett	BC	4 Sept 22	Kelowna, BC
W85	11:24	Alice Cole	QC	12 May 19	Chateauguay, QC
5 K					
M35	14:53	David Le Porho	QC	07 Sep 14	Toronto ON
M40	14:30	Reid Coolsaet	ON	26 June 21	Hamilton, ON
M45	15:15	Tom Tushingham	ON	10 May 87	Toronto ON
	15:13dh	Frank Lewis	ON	03 Jul 93	Toronto ON
M50	15:51	Jerry Kooymans	ON	15 Jul 05	Toronto
M55	16:27	Jerry Kooymans	ON	30 Sep 12	Syracuse NY
M60	17:08	David Guss	BC	4 Sept 22	Kelowna BC
M65	17:20	Ed Whitlock	ON	05 Jul 96	Toronto ON
M70	18:31	Ed Whitlock	ON	29 Aug 03	Buffalo NY
M75	18:45	Ed Whitlock	ON	14 Jul 06	Toronto ON
M80	21:17	Ed Whitlock	ON	20 Aug 11	Bradford ON
M85	29:45	Maurice Tarrant	BC	24 May 15	Victoria BC
M90	36:30	Canio Polosa	ON	31 Oct 21	London, ON
W35	15:36	Natasha Wodak	BC	16 Mar 19	Vancouver BC
W40	16:45	Sasha Gollish	ON	11 Sept 22	Moncton, NB
W45	17:08	Diane Legare	QC	13 Aug 97	Dollard D O QC
W50	17:43	Marilyn Arsenault	BC	8 April 18	Sidney, BC
W55	18:45	Paula Keating	NB	17 July 22	Miramichi, NB

W60	19:43	Diane Legare	QC	22 May 11	Brossard QC
W65	21:15	Diane Legare	QC	27 Aug 16	Montreal QC
W70	22:50	Roslyn Smith	BC	10 Apr 22	Sydney BC
W75	26:15	Diane Leonard	BC	4 Sept 22	Kelowna BC
W80	28:38	Alice Cole	QC	12 Apr 15	Montreal QC
W85	34:56	Lenore Montgomery	BC	10 Jun 16	Vancouver BC
W95	58:53	Rejeanne Fairhead	ON	28 May 22	Ottawa ON
8 K					
M35	24:46	Robert Moore	ON	26 Apr 80	Toronto ON
M40	24:05	Dave Stewart	ON	13 Jan 90	Naples USA
M45	24:42	Steve Cowley	ON	13 Jul 92	Toronto ON
M50	25:46	Jerry Kooymans	ON	21 Jun 06	Toronto ON
M55	27:38	David Guss	BC	7 Oct 18	Victoria BC
	27:24dh	Art Meaney	NF	04 Jul 99	St Johns NF
M60	27:59	Ed Whitlock	ON	05 Jun 94	Toronto ON
M65	28:36	Ed Whitlock	ON	08 Jul 96	Toronto ON
M70	30:44	Ed Whitlock	ON	20 Jun 01	Toronto ON
M75	35:38	Maurice Tarrant	BC	15 Jan 06	Saanichton BC
M80	38:15	Maurice Tarrant	BC	10 Jan 10	Victoria BC
M85	50:02	Maurice Tarrant	BC	11 Jan 15	Saanich BC
M90	58:55	Canio Polosa	ON	2 Apr 22	London, ON
W35	25:55	Natasha Wodak	BC	12 Jan 20	North Saanich, BC
W40	27:50	Nancy McLaren	BC	17 May 87	Seattle, WA
W45	27:47	Nancy Tinari	BC	07 May 05	Port Moody BC
W50	29:00	Marilyn Arsenault	BC	13 Jan 19	North Saanich, BC
W55	30:55	Paula Keating	NB	7 May 22	Fredericton, NB
W60	32:52	Elizabeth Waywell	ON	18 Sep 21	Hamilton, ON
W65	34:57	Liz Schad	ON	18 Sep 21	Hamilton, ON
W70	37:44	Roslyn Smith	BC	13 Jan 19	North Saanich, BC
W75	41:41	Karin Vickars	BC	13 Oct 13	Victoria BC
W80	45:25	Karin Vickars	BC	7 Oct 18	Victoria BC
W85	55:13	Lenore Montgomery	BC	11 Sep 16	Richmond BC
5 Mile					
M35					
M40	24:31	Joe McGuire	NB	04 Jul 85	Houlton USA
M45	24:44	Steve Cowley	ON	24 Jun 92	Toronto ON
M50	25:53	Jerry Kooymans	ON	21 Jun 06	Toronto ON
M55	28:16	Jerry Kooymans	ON	09 Sep 12	Hampton NB
M60	28:53	Robert Jackson	NB	13 Sep 15	Hampton NB
M65	28:43	Ed Whitlock	ON	11 Aug 96	Toronto ON
M70	30:44	Ed Whitlock	ON	20 Jun 01	Toronto ON
M75	40:39	Frank Kelly	NB	13 Sep 15	Hampton NB
M80	56:03	Pete Cunningham	ON	19 Sep 20	London, ON
M90	59:17	Canio Polosa	ON	2 Apr 22	London, ON
W35	26:47	Jacqueline Gareau	QU	02 Apr 88	Manchester USA
W40	28:23	Erna Kozak	BC	31 Aug 87	
W45	29:09	Diane Legare	QC	05 Oct 97	Attleboro MA

W50	29:28	Diane Legare	QC	20 Jun 01	Toronto ON
W55	33:10	Cindy O'Donnell	NS	31 Aug 14	Berwick NS
W60	33:02	Elizabeth Waywell	ON	18 Sep 21	Hamilton, ON
W65	35:08	Liz Schad	ON	18 Sep 21	Hamilton, ON
W70	42:37	Molly Turner	ON	23 Jun 04	Toronto ON
W75	1:10:29	Joanne Miklos den Iseger	ON	2 Apr 22	London, ON
W80	1:05:49	Alice Cole	QC	04 June 17	New York NY
W85	1:18:39	Betty Mitham	NB	08 Sep 13	Hampton NB
10 K					
M35	28:58	Eric Gillis	ON	23 May 15	Ottawa ON
M40	30:09	Reid Coolsaet	ON	05 Oct 19	Collingwood ON
	29:56dh	Ken Hamilton	ON	06 May 90	Toronto ON
M45	31:11	Steve Boyd	ON	23 May 09	Ottawa ON
M50	32:58	Jerry Kooymans	ON	01 Jul 06	Toronto ON
	32:18dh	Jerry Kooymans	ON	07 May 06	Toronto ON
M55	34:23	Herb Phillips	BC	15 Oct 95	Richmond BC
M60	35:20	Ed Whitlock	ON	11 Sep 94	Toronto ON
	35:07dh	Ed Whitlock	ON	01 May 94	Toronto ON
M65	36:01	Ed Whitlock	ON	25 Aug 96	Toronto ON
M70	37:33	Ed Whitlock	ON	12 Sep 04	Toronto Isl
M75	40:10	Ed Whitlock	ON	10 Sep 06	Toronto ON
M80	42:58	Ed Whitlock	ON	11 Sep 11	Toronto ON
M85	1:07:06	Maurice Tarrant	BC	25 Jan 15	Cobble Hill BC
M90	1:14:04	Canio Polosa	ON	2 Apr 22	London, ON
W35	32:31	Natasha Wodak	BC	25 May 19	Ottawa ON
W40	32:19	Natasha Wodak	BC	16 Jul 22	Vancouver BC
W45	35:08	Nancy Tinari	BC	24 Apr 05	Victoria BC
W50	36:30	Diane Legare	QC	17 Jun 01	Quebec QC
W55	38:50	Diane Legare	QC	07 Oct 06	Ottawa ON
	38:35dh	Diane Legare	QC	09 Sep 07	Montreal QC
W60	41:08	Elizabeth Waywell	ON	18 Sep 21	Hamilton, ON
W65	44:19	Liz Schad	ON	18 Sep 21	Hamilton, ON
W70	47:54	Betty Jean McHugh	BC	01 Feb 98	Richmond BC
W75	52:33	Gwen McFarlan	BC	19 Sep 09	Richmond BC
W80	1:01:28	Lenore Montgomery	BC	18 Jul 10	North Vancouver BC
W85	1:06:49	Betty Jean McHugh	BC	20 Jul 13	Vancouver BC
15 K					
M35	47:45	Robert Moore	ON	11 Feb 78	Toronto ON
M40	45:35	Chris McCubbins	MB	28 Jun 87	Portland USA
M45	48:47	Frank Lewis	ON	22 May 93	Waterdown ON
M50	51:20	Jerry Kooymans	ON	30 Apr 06	Guelph ON
M55	53:35	Maurice Tarrant	BC	24 Jan 88	Nanaimo BC
M60	55:25	Ed Whitlock	ON	21 May 94	Waterdown ON
M65	55:04	Ed Whitlock	ON	09 Jul 00	Utica NY
M70	58:55	Ed Whitlock	ON	13 Jul 03	Utica NY
M75	60:29	Ed Whitlock	ON	12 Nov 06	Schenectady NY
M80	1:07:05	Ed Whitlock	ON	13 Nov 11	Schenectady NY

M85	1:45:40	Manuel Teodoro	ON	15 Sep 13	London ON
W35	52:48	Jacqueline Gareau	QC	09 Jul 89	Utica NY
W40	51:29	Natasha Wodak	BC	25 Sept 22	Berlin, Germany
W45	55:12	Diane Legare	QC	09 Jul 00	Utica NY
W50	55:51	Diane Legare	QC	08 Jul 01	Utica NY
W55	59:03	Diane Legare	QC	12 Nov 06	Schenectady NY
W60	1:05:17	Patty Blanchard	NB	24 Feb 18	Tampa, FL
W65	1:07:33	Jennifer MacDonell	ON	2 April 22	Washington DC
W70	1:23:12	Lenore Marvin	BC	06 Oct 90	Burnaby BC
W75	2:05:17	Ernestine Yeomans	CAN	20 Mar 94	Cincinnati OH
W80	2:01:26	Ivy Granstrom	BC	07 Aug 94	Edmonton AB
10 Mile					
M35	50:50	Robert Moore	ON	13 Aug 76	Toronto ON
M40	49:13	Reid Coolsaet	ON	23 Aug 19	Flint, MI
M45	52:24	Ken Inglis	ON	26 Sep 87	St Catherines ON
M50	54:05	Peter Power	NL	28 Jul 14	St Johns NF
M55	58:14	Stuart Galloway	ON	23 Mar 19	Louisville, KY
	58:12dh	Art Meaney	NF	11 Jul 99	St Johns NF
M60	1:00:09	Ed Whitlock	ON	26 Dec 95	Hamilton ON
M65	1:00:15	Ed Whitlock	ON	30 May 99	Toronto ON
M70	1:02:28	Ed Whitlock	ON	23 Aug 03	Flint MI
M75	1:35:03	Cyril Tobias	BC	04 Oct 92	Vancouver BC
	1:21:46dh	Willis Greenaway	BC	10 May 98	Penticton BC
M80					
M85	2:07:04	Manuel Teodoro	ON	24 Aug 13	Flint MI
W35	54:43	Lizanne Bussieres	QC	31 Mar 96	Washington DC
W40	59:04	Janet Takahashi	ON	24 Aug 96	Flint MI
W45	1:01:08	Diane Legare	QC	18 Oct 97	St Petersburg FL
W50	1:02:32	Kathryn Martin	CAN	21 Apr 02	E Northport NY
W55	1:07:57	Carolyn Silvey	ON	06 Apr 12	Burlington ON
W60	1:10:17	Elizabeth Waywell	ON	19 Jan 19	Patchogue, NY
W65	1:12:36	Jennifer MacDonell	ON	2 April 22	Washington DC
W70	1:23:12	Lenore Marvin	BC	06 Oct 90	Burnaby BC
W75	2:30:06	Joanne Miklos den Iseger	ON	27 Oct 21	London, ON
20 K					
M35	1:03:05	Robert Moore	ON	14 May 77	Niagara ON
M40	1:03:02	Chris McCubbins	MB	24 Aug 86	Bird's Hill, MB
M45	1:08:35	Simon Timmer	BC	11 Mar 90	Comox BC
M50	1:10:02	Hans Fenz	BC	05 Apr 86	Vancouver, BC
M55	1:12:54	Maurice Tarrant	BC	19 Mar 89	Comox BC
M60	1:15:46	Maurice Tarrant	BC	11 Mar 90	Courteney BC
M65	1:19:32	Ed Whitlock	ON	29 Sep 96	Toronto ON
M70	2:16:43	William Tofflemire	ON	14 Sep 19	London ON
M75	1:41:46	Kurt Gelbhaar	ON	14 May 00	Ottawa ON
W35	1:06:07	Natasha Wodak	BC	19 Jan 20	Houston, TX
W40	1:08:36	Natasha Wodak	BC	25 Sept 22	Berlin, Germany
W45	1:16:49	Diane Legare	QC	16 Jun 96	Ile Bizard QU

W50	1:17:52	Kathryn Martin	CAN	01 Sep 03	New Haven CT
W55	1:30:24	Eileen Doran	ON	29 Sep 96	Toronto ON
W60	1:35:25	Dawn Hamel	ON	18 Oct 15	Toronto ON
W65	1:38:00	Rosamund Dashwood	BC	19 Mar 89	Comox BC
W70	3:01:43	Joanne Miklos den Iseger	ON	15 Sept 18	London ON
Half Marathon					
M35	1:04:57	Jon Brown	BC	11 Oct 09	Victoria BC
M40	1:04:34	Reid Coolsaet	ON	1 Mar 20	Burlington, ON
M45	1:08:20	James Finlayson	BC	16 Sep 18	Copenhagen, Denmark
M50	1:11:31	Jody Draude	AB	06 Oct 19	San Jose CA
M55	1:16:21	Robert Moore	ON	29 Sep 96	Toronto BC
	1:15:57dh	Rick Whiting	BC	05 Feb 94	Las Vegas NV
M60	1:18:37	Brian Murphy	ON	11 Sep 22	Georgina, ON
M65	1:19:32	Ed Whitlock	ON	29 Sep 96	Toronto ON
M70	1:22:23	Ed Whitlock	ON	21 Apr 01	Grand Island NY
M75	1:29:26	Ed Whitlock	ON	13 May 07	London ON
M80	1:38:11	Ed Whitlock	ON	15 Sep 13	Milton ON
M85	1:50:47	Ed Whitlock	ON	24 Apr 16	Waterloo ON
W35	1:09:41	Natasha Wodak	BC	19 Jan 20	Houston, TX
W40	1:11:32	Natasha Wodak	BC	13 Feb 22	Vancouver, BC
W45	1:15:38	Lioudmila Kortchaguina	ON	23 Apr 17	Montreal, QC
W50	1:19:54	Lucy Smith	BC	08 Oct 17	Victoria BC
W55	1:27:33	Patty Blanchard	NB	21 Oct 12	Moncton NB
W60	1:29:53	Elizabeth Waywell	ON	23 Sept 18	Ottawa, ON
W65	1:36:32	Jennifer MacDonell	ON	24 Apr 22	Montreal QC
W70	1:47:03	Doris MacLachlan	ON	16 Oct 16	Toronto ON
W75	1:47:08	Doris MacLachlan	ON	20 Oct 19	Toronto ON
W80	2:04:19	Betty Jean McHugh	BC	04 May 08	Vancouver BC
W85	2:21:00	Gwen McFarlan	BC	13 Oct 19	Victoria BC
25 K					
M35	1:23:01	Robert Moore	ON	01 Mar 77	Toronto ON
M40	1:21:38	Robert Moore	ON	29 Aug 82	Toronto ON
M45	1:30:30	Colin Dignum	BC	11 May 13	Grand Rapids MI
M50	1:32:26	Richard Crampon	QC	31 Jul 94	Scarborough ON
M55	1:35:38	Jim McIlwham	ON	24 Aug 86	Toronto ON
M60	1:37:53	Ed Whitlock	ON	31 Jul 94	ScarboroughON
M65	1:47:17	Bill Krezonoski	BC	11 May 19	Grand Rapids MI
M70	2:00:56	Ed Whitlock	ON	25 Mar 01	Hamilton ON
M75	2:32:26	Duncan Mounsey	ON	10 MAY 14	Grand Rapids MI
W35	1:25:48	Malindi Elmore	BC	19 Jan 20	Houston, TX
W40	1:25:42	Natasha Wodak	BC	25 Sept 22	Berlin, Germany
W45	1:50:26	Gerda Zonruiter	ON	12 May 07	Grand Rapids MI
W50	2:14:48	Teresa Novick	ON	21 Sep 13	London ON
W55	1:58:10	Eileen Doran	ON	31 Jul 94	Scarborough ON
W60	2:01:53	Molly Turner	ON	31 Jul 94	Scarborough ON
W65	2:12:46	Judith Kazdan	ON	16 Jun 85	Brugge BEL
W70	2:56:28	Judith Kazdan	ON	31 Jul 94	Scarborough ON

30 K					
M35	1:41:05	Rick Mannen	ON	27 Mar 94	Toronto ON
M40	1:38:17	Robert Moore	ON	26 Mar 83	Hamilton ON
M45	1:43:07	Ben Johns	ON	24 Mar 85	Albany NY
M50	1:49:41	Robert Moore	ON	24 Mar 91	Hamilton ON
M55	1:54:50	Jim McIlwham	ON	29 Mar 87	Hamilton ON
M60	1:56:24	Brian Murphy	ON	27 Mar 22	Hamilton ON
M65	1:57:35	Ed Whitlock	ON	26 Mar 00	Hamilton ON
M70	2:00:56	Ed Whitlock	ON	25 Mar 01	Hamilton ON
M75	2:45:47	Odino Soligo	ON	31 Mar 96	Hamilton ON
M80	3:12:34	Odino Soligo	ON	25 Mar 01	Hamilton ON
W35	1:42:53	Malindi Elmore	BC	19 Jan 20	Houston, TX
W40	1:42:37	Natasha Wodak	BC	25 Sept 22	Berlin, Germany
W45	1:57:41	Krista Duchene	ON	27 Mar 22	Hamilton ON
W50	2:03:08	Elizabeth Primrose	ON	24 Mar 13	Hamilton ON
W55	2:11:52	Elizabeth Waywell	ON	30 Mar 14	Hamilton ON
W60	2:23:22	Elizabeth Waywell	ON	27 Mar 22	Hamilton ON
W65	2:38:15	Vivien Sims	ON	27 Mar 94	Hamilton ON
W70	2:40:06	Doris MacLachlan	ON	03 Apr 16	Hamilton ON
W75	3:48:54	Lynne Fought	ON	27 Mar 22	Hamilton ON
20 Mile					
M35					
M40	1:50:34	Grant Towns	MB	11 Oct 87	Minneapolis, MN
M45	1:56:56	Bruce Holtzman	BC	21 Mar 81	Vancouver, BC
M50	2:03:43	Bernard Barton	BC	20 Mar 82	Vancouver, BC
M55	2:07:23	Sverre Hietanen	BC		
M60	2:09:56	Sverre Hietanen	BC		
M65	2:51:02	Ed Whitlock	ON	14 Nov 99	Columbus OH
M70	4:36:57	William Tofflemire	ON	16 Sept 18	London, ON
M75	4:39:37	Nick D'Ascanio	ON	15 Sept 18	London, ON
W35	2:15:01	Wendy Robertson	BC		
W40	2:23:12	Polly Hlookoff	BC		
W45	2:05:57	Diane Palmason	ON	30 Sep 84	Twin Cities
W50	2:40:04	Jean Cleator	BC		
W55	2:36:37	Jean Cleator	BC		
W60	3:03:46	Christine Dirks	ON	21 Sep 13	London ON
W65	3:22:09	Wendy Fraser	ON	27 Oct 21	London, ON
Marathon					
M35	2:10:28	Reid Coolsaet	ON	27 Sep 15	Berlin Germany
M40	2:15:23	Reid Coolsaet	ON	20 Oct 19	Toronto ON
M45	2:25:29	James Finlayson	BC	07 Oct 18	Victoria BC
M50	2:27:17	Art Taylor	ON	08 May 77	Ottawa ON
M55	2:39:57	David MacLennan	NS	21 Oct 18	Toronto ON
	2:38:25dh	Herb Phillips	BC	03 Dec 95	Sacramento CA
M60	2:44:20	Brian Murphy	ON	2 Oct 22	London, UK
M65	2:51:02	Ed Whitlock	ON	14 Nov 99	Columbus OH

M70	2:54:49	Ed Whitlock	ON	26 Sep 04	Toronto ON
M75	3:04:54	Ed Whitlock	ON	15 Apr 07	Rotterdam NED
M80	3:15:54	Ed Whitlock	ON	16 Oct 11	Toronto ON
M85	3:56:38	Ed Whitlock	ON	16 Oct 16	Toronto ON
W35	2:24:50	Malindi Elmore	BC	19 Jan 20	Houston, TX
W40	2:23:12	Natasha Wodak	BC	25 Sept 22	Berlin, Germany
W45	2:40:11	Catherine Watkins	BC	16 Sept 18	Berlin Germany
W50	2:46:14	Maria Zambrano	AB	16 Oct 22	Toronto ON
W55	3:07:02	Linda MacDonald	NS	9 Oct 22	Chicago IL
W60	3:07:56	Elizabeth Waywell	ON	21 Oct 18	Toronto ON
W65	3:21:38	Morag McDonah	NS	25 July 21	Barrington, NS
W70	3:50:46	Roslyn Smith	BC	2 Oct 22	London, UK
	3:41:49 dh	Doris MacLachlan	ON	07 May 17	Mississauga, ON
W75	3:57:30	Gwen McFarlan	BC	03 May 09	Vancouver BC
W80	4:12:44	Gwen McFarlan	BC	25 May 14	Ottawa ON
W85	5:14:26	Betty Jean McHugh	BC	09 Dec 12	Honolulu HI