

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

Records approved in 2023 in bold

| AGE GROUP   | TIME    | RECORD HOLDER     | PROV | DATE       | VENUE           |
|-------------|---------|-------------------|------|------------|-----------------|
| <b>Mile</b> |         |                   |      |            |                 |
| 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 Tushingam     | 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 |
|             |         |                   |      |            |                 |
| <b>5 K</b>  |         |                   |      |            |                 |
| 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 Tushingam     | 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        |
| <b>W70</b>    | <b>22:50</b> | <b>Roslyn Smith</b>  | <b>BC</b> | <b>10 Apr 22</b> | <b>Sydney BC</b>   |
| 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          |
|               |              |                      |           |                  |                    |
| <b>8 K</b>    |              |                      |           |                  |                    |
| 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  |
| <b>W40</b>    | <b>26:20</b> | <b>Natasha Wodak</b> | <b>BC</b> | <b>8 Jan 23</b>  | <b>Victoria BC</b> |
| 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        |
|               |              |                      |           |                  |                    |
| <b>5 Mile</b> |              |                      |           |                  |                    |
| 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         |
|             |         |                          |    |            |                    |
| <b>10 K</b> |         |                          |    |            |                    |
| 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       |
|             |         |                          |    |            |                    |
| <b>15 K</b> |         |                          |    |            |                    |
| 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      |
|                |           |                          |     |            |                  |
| <b>10 Mile</b> |           |                          |     |            |                  |
| 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     |
| 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       |
|                |           |                          |     |            |                  |
| <b>20 K</b>    |           |                          |     |            |                  |
| 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           |
|                      |           |                          |    |            |                     |
|                      |           |                          |    |            |                     |
| <b>Half Marathon</b> |           |                          |    |            |                     |
| 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         |
|                      |           |                          |    |            |                     |
|                      |           |                          |    |            |                     |
| <b>25 K</b>          |           |                          |    |            |                     |
| 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  | Scarborough ON      |
| 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      |
|                      |           |                          |    |            |                     |

|                 |           |                    |    |            |                 |
|-----------------|-----------|--------------------|----|------------|-----------------|
| <b>30 K</b>     |           |                    |    |            |                 |
| 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 Faught       | ON | 27 Mar 22  | Hamilton ON     |
|                 |           |                    |    |            |                 |
| <b>20 Mile</b>  |           |                    |    |            |                 |
| 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      |
|                 |           |                    |    |            |                 |
| <b>Marathon</b> |           |                    |    |            |                 |
| 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     |
| <b>W45</b> | <b>2:38:53</b> | <b>Krista Duchene</b>    | <b>ON</b> | <b>5 Mar 23</b> | <b>Tokyo, Japan</b> |
| W50        | 2:46:14        | Maria Zambrano           | AB        | 16 Oct 22       | Toronto ON          |
| <b>W55</b> | <b>2:58:46</b> | <b>Allison Blackmore</b> | <b>AB</b> | <b>5 Mar 23</b> | <b>Tokyo, Japan</b> |
| 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         |