

Canadian Masters Outdoor Track and Jump Records

23-Aug-2023

| Age | Record | Wind | Record Holder | Age | Prov | Date | Venue | |
|-------------------|--------------|------------|--------------------------|-----------|-----------|--------------------|---------------------|----|
| Group | | | | | | | | |
| 100 Metres | | | | | | | | |
| M35 | 10.8 | | Ray Cardinal | 36 | ON | ??-Jul-1983 | Ottawa, ON | |
| M40 | 11.07 | 0.5 | Jackson Hinton | 40 | AB | 11-Jun-2022 | Calgary, AB | |
| 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 | 13.14 | 1.2 | Thomas Dickson | 70 | BC | 12-Aug-2023 | Langley, BC | |
| 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 | 22.86 | 0.0 | Joe Giegerich | 90 | BC | 13-Aug-2022 | Surrey, 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 | 12.36 | 0.6 | Martine Cloutier-LeBlanc | 41 | QC | 30-Jun-2022 | Tampere, FIN | |
| W45 | 13.17 | 0.0 | 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 | |
| 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 | 16.23 | 1.6 | Carol Lafayette-Boyd | 80 | SK | 30-Jul-2022 | Regina, SK | WR |
| W85 | 18.14 | 0.0 | Christa Bortignon | 85 | BC | 13-Aug-2022 | Surrey, BC | WR |
| W90 | 24.60 | 0.1 | Olga Kotelko | 90 | BC | 17-Sep-2009 | Richmond, BC | |
| | | | | | | | | |
| 200 Metres | | | | | | | | |
| | | | | | | | | |
| M35 | 22.13 | 1.4 | Michael James | 37 | ON | 13-Aug-2017 | Toronto, ON | |
| M40 | 22.18 | 1.6 | Jackson Hinton | 41 | AB | 25-Jun-2023 | Edmonton, AB | |
| 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 | 25.71 | 0.6 | Martine Cloutier-LeBlanc | 41 | QC | 2-Jul-2022 | Tampere, FIN | |
| 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 | |
| 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 | |

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|-------------------|--------------|-------------|-----------------------------|-----------|-----------|--------------------|----------------------|-----------|
| W75 | 31.56 | -0.7 | Carol Lafayette-Boyd | 76 | SK | 9-Sep-2018 | Malaga, ESP | WR |
| W80 | 33.93 | -0.8 | Carol Lafayette-Boyd | 81 | SK | 15-Jul-2023 | Saskatoon, SK | WR |
| W85 | 39.58 | 1.6 | Christa Bortignon | 85 | BC | 17-Jun-2022 | Prince George, BC | WR* |
| W90 | 56.46 | 0.3 | Olga Kotelko | 90 | BC | 3-Aug-2009 | Lahti, FIN | |
| | | | | | | | | |
| 400 Metres | | | | | | | | |
| | | | | | | | | |
| 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 | |
| | | | | | | | | |
| W35 | 57.32 | | Christy Ihunaegbo | 35 | ON | 18-Jun-2021 | Toronto, ON | |
| 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 | |
| | | | | | | | | |
| 800 Metres | | | | | | | | |
| | | | | | | | | |
| 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 | |
| M60 | 2:10.77 | | Mark Pinckard | 61 | BC | 22-Aug-2021 | Surrey, BC | |
| 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 | |
| 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 | |

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|--------------------|----------|---------------------|----|-----|-------------|-----------------------|----|
| 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 | |
| | | | | | | | |
| 1500 Metres | | | | | | | |
| | | | | | | | |
| 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 | 4:10.80 | Jean-Pierre Poulin | 51 | QC | 24-Jul-2021 | Laval, QC | |
| M55 | 4:22.25 | Jim Dyck | 55 | ON | 12-Sep-2020 | St. Catharines, ON | |
| M60 | 4:33.19 | Mark Pinckard | 62 | BC | 7-Jul-2022 | Tampere, FIN | |
| 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 | 4:16.46 | Sasha Gollish | 40 | ON | 5-Jun-2022 | Montreal, QC | |
| 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 |
| | | | | | | | |
| 1 Mile | | | | | | | |
| | | | | | | | |
| 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 | |
| M60 | 4:54.90 | David Guss | 60 | BC | 7-Aug-2021 | Kelowna, 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 | |
| M75 | 5:41.80 | Ed Whitlock | 75 | ON | 28-Jul-2006 | Windsor, ON | |
| 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 | |
| M90 | 11:26.1 | Canio Polosa | 93 | ON | 25-Sep-2022 | Arva, ON | |
| | | | | | | | |
| W35 | 4:32.17 | Sasha Gollish | 39 | ON | 18-Jul-2021 | Mission Viejo, CA | |
| 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 | |
| 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 | |

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|---------------------|----------|--------------------|----|-----|-------------|-----------------------|--|----|
| 3000 Metres | | | | | | | | |
| 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 | | |
| M50 | 9:10.17 | Jean-Pierre Poulin | 50 | QC | 10-Jul-2021 | Sherbrooke, QC | | |
| M55 | 9:36.52 | Jerry Kooymans | 55 | ON | 3-Aug-2010 | Toronto, ON | | |
| M60 | 9:52.30 | David Guss | 60 | BC | 22-Aug-2021 | Surrey, BC | | |
| 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 | | |
| 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 | | |
| W50 | 10:16.54 | Maria Zambrano | 50 | AB | 7-Aug-2021 | Sherwood Park AB | | |
| 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 | | |
| | | | | | | | | |
| 5000 Metres | | | | | | | | |
| | | | | | | | | |
| 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 | | |
| M60 | 17:10.99 | David Guss | 60 | BC | 20-Oct-2021 | Kelowna, BC | | |
| 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 | | |
| 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 | 17:23.35 | Maria Zambrano | 51 | AB | 2-Jul-2022 | Kelowna, BC | | |
| W55 | 18:47.61 | Kathryn Martin | 55 | CAN | 2-Aug-2007 | Orono, ME | | |
| W60 | 20:12.28 | Makie Ohler | 60 | ON | 7-Jul-2022 | Tampere, FIN | | |
| 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 | | |
| | | | | | | | | |
| 10000 Metres | | | | | | | | |
| | | | | | | | | |
| 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 | | |

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|--|-----------------|-------------|--------------------------|-----------|-----------|--------------------|--------------------------|----|
| 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 | 35:50.3 | | David Guss | 60 | BC | 2-Oct-2021 | Vancouver, BC | |
| 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 | |
| W40 | 32:42.77 | | Natasha Wodak | 41 | BC | 23-Jun-2023 | Langley, BC | |
| W45 | 34:28.11 | | Marilyn Arsenault | 45 | BC | 31-Aug-2013 | Victoria, BC | |
| W50 | 36:38.88 | | Maria Zambrano | 51 | AB | 29-Jul-2022 | Regina, SK | |
| 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 | 43:33.15 | | Elizabeth Waywell | 65 | ON | 11-Aug-2023 | Langley, BC | |
| 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 | |
| | | | | | | | | |
| Short Hurdles -M35 - M45 110 Metres; M50 - M65 100 Metres; M70+ 80 Metres; W35 100 Metres; W40+ 80 Metres | | | | | | | | |
| | | | | | | | | |
| M35 | 14.06 | 0 | Jackson Hinton | 37 | AB | 4-Aug-2018 | Surrey, BC | |
| M40 | 14.13 | 1.3 | Jackson Hinton | 42 | AB | 8-Jul-2023 | Sherwood Park, AB | |
| M45 | 15.60 | | Scott Tyler | 45 | ON | 29-Jun-1985 | Cleveland, OH | |
| M50 | 14.41 | | Yannick Le Mouel | 54 | QC | 7-Aug-2022 | Toronto, ON | |
| M55 | 14.65 | 0.3 | Yannick Le Mouel | 55 | QC | 17-Jul-2023 | Sherbrooke, QC | |
| M60 | 15.35 | 0.1 | Ward Hazen | 61 | ON | 15-Aug-2015 | Lyon, FRA | |
| M65 | 16.78 | 0.8 | Ward Hazen | 67 | ON | 15-Aug-2021 | Toronto, ON | |
| 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 | 14.38 | -1.1 | Muriel Gieni | 65 | SK | 15-Jul-2023 | Saskatoon, SK | |
| 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 | |
| W80 | 20.12 | 1.1 | Christa Bortignon | 81 | BC | 3-Aug-2018 | Surrey, BC | |
| | | | | | | | | |
| Long Hurdles - M35-M55 400Metres; M60-M75 300 Metres; M80+ 200 Metres W35-W45 400 Metres; W50 + 300 Metres; | | | | | | | | |
| | | | | | | | | |
| 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 |

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|---|-----------------|------|--------------------------|-----------|-----------|--------------------|--------------------|----|
| | | | | | | | | |
| W35 | 1:02.79 | | Jeannette 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 | 1:11.38 | | Jeannette Van Den Bulk | 45 | BC | 30-Apr-2022 | Bellingham, WA | |
| 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 | |
| W65 | 54.00 | | Karla Del Grande | 68 | ON | 15-Aug-2021 | Toronto, ON | |
| W70 | 1:17.78 | | Ruth Carrier | 70 | ON | 7-Jul-2001 | Brisbane, AUS | |
| | | | | | | | | |
| Long hurdles W70+ 200 Metres | | | | | | | | |
| 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 | |
| | | | | | | | | |
| Steeplechase - M35 - M55 3000 Metres; M60+ 2000 Metres; W35+ 2000 Metres | | | | | | | | |
| | | | | | | | | |
| 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 | |
| M60 | 7:08.81 | | David Guss | 60 | BC | 22-Aug-2021 | Surrey, BC | |
| M65 | 7:26.87 | | Barrie Dargie | 66 | AB | 23-Jul-2010 | Sacramento, CA | |
| M70 | 8:54.20 | | Reidar Zapf-Gilje | 70 | BC | 12-Aug-2023 | Langley, BC | |
| M75 | 9:47.96 | | Vern Christensen | 75 | ON | 14-Jul-2016 | Grand Rapids, MI | |
| M80 | 13:19.71 | | Vern Christensen | 82 | ON | 12-Aug-2023 | Langley, BC | |
| M85 | 26:14.67 | | Hylke Van Der Wal | 85 | SK | 12-Aug-2023 | Langley, BC | |
| | | | | | | | | |
| 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 | |
| | | | | | | | | |
| Long Jump | | | | | | | | |
| | | | | | | | | |
| 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 | 4.48 | -0.9 | Kairy Loucks | 55 | ON | 7-Aug-2022 | Toronto, ON | |
| W60 | 4.43 | 0.3 | Carol Lafayette-Boyd | 62 | SK | 17-Jul-2004 | Calgary, AB | |

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|--------------------|-------------|-------------|--------------------------|-----------|-----------|--------------------|--------------------------|------------|
| 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 | 3.69 | 0.9 | Carol Lafayette-Boyd | 80 | SK | 30-Jul-2022 | Regina, SK | WR |
| W85 | 3.08 | -0.3 | Christa Bortignon | 86 | BC | 12-Aug-2023 | Langley, BC | WR |
| W90 | 1.77 | -0.6 | Olga Kotelko | 90 | BC | 7-Aug-2009 | Lahti, FIN | |
| W95 | 1.28 | 1.5 | Olga Kotelko | 95 | BC | 17-May-2014 | Kamloops, BC | WR |
| | | | | | | | | |
| Triple Jump | | | | | | | | |
| | | | | | | | | |
| 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 | 8.87 | 0.0 | Muriel Gieni | 65 | SK | 11-Jun-2023 | Regina, SK | Tie |
| W65 | 8.87 | 1.3 | Muriel Gieni | 65 | SK | 13-Aug-2023 | Langley, BC | Tie |
| 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 | 7.45 | -3.0 | Carol Lafayette-Boyd | 80 | SK | 16-Jul-2022 | Saskatoon, SK | WR |
| W85 | 6.52 | 0.0 | Christa Bortignon | 86 | BC | 2-Jul-2023 | Kelowna, BC | WR |
| 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 |
| | | | | | | | | |
| High Jump | | | | | | | | |
| | | | | | | | | |
| 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 | 0.97 | | Arnold Nett | 90 | AB | 7-Jul-2023 | Sherwood Park, AB | |
| | | | | | | | | |
| 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 | |
| W55 | 1.44 | | Miriam Cavani | 58 | BC | 15-Jun-2019 | Langley, BC | |

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|-------------------|-------------|--------------------------|-----------|-----------|--------------------|--------------------|----|
| W60 | 1.45 | Monica Pomietlarz | 62 | BC | 12-Jun-2021 | Kelowna, BC | |
| W65 | 1.31 | Muriel Gieni | 65 | SK | 11-Aug-2023 | Langley, 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 | 0.95 | Christa Bortignon | 85 | BC | 27-Aug-2022 | Surrey, BC | WR |
| W90 | 0.82 | Olga Kotelko | 90 | BC | 1-Aug-2009 | Lahti, FIN | |
| W95 | 0.75 | Olga Kotelko | 95 | BC | 18-May-2014 | Kamloops, BC | WR |
| | | | | | | | |
| Pole Vault | | | | | | | |
| | | | | | | | |
| 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 | 3.30 | Tony Salmon | 67 | QC | 7-Aug-2022 | Toronto, ON | |
| 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 | |
| M85 | 1.70 | Larry Fiege | 86 | BC | 13-Aug-2023 | Langley, BC | |
| M90 | 1.12 | Joe Giegerich | 90 | BC | 16-Sep-2022 | Victoria, BC | |
| | | | | | | | |
| W35 | 3.55 | Emilie Lefebvre Bertrand | 39 | QC | 31-Jul-2022 | Laval, QC | |
| W40 | 3.47 | Emilie Lefebvre | 40 | QC | 19-Jul-2023 | Ottawa, ON | |
| W45 | 3.03 | Nancy Craig | 49 | BC | 9-May-2015 | Victoria, BC | |
| W50 | 2.90 | Nancy Craig | 50 | BC | 7-May-2016 | Victoria, BC | |
| W55 | 2.50 | Nancy Craig | 57 | BC | 13-Aug-2023 | Langley, BC | |
| 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 | |