

# Ed Whitlock



Ed at the World Championships in Brisbane in 2001

Ed Whitlock is widely known outside of the Masters world for his marathons under 3 hours, first accomplished at age 69, and then repeated several times, most recently at age 74. But his career has spanned across many more years and many more race distances, inside and out of OMA, CMA and WMA events, with many medals earned, from his first WMA event in 1979 to his most recent 3 golds in Sacramento in 2011.

His first world record was set in 1977, when he was aged 45, and he has set records in 800m to marathon. When he was newly 80, in 2011, he set 8 world records, indoors in 1500 and 3000, and outdoors in 1500, 5000, 10000, and marathon, on the road in 5K and 10K!

As of 2012, he holds 15 world age group records. From 1992 to 2011, he was our OMA Male Masters Athlete of the Year nine times. Solid evidence of a long, varied, and successful career!

Ed was inducted into the OMA Hall of Fame in 2006, and to the CMA HOF in 2009.

# Ed Whitlock's 54 Canadian Records

## Outdoors

### 1500m

M65	4:46.5	Ed Whitlock	66	ON	6-Sep-1997	Toronto, ON	94.72
M70	5:07.90	Ed Whitlock	72	ON	3-Aug-2003	Kitchener, ON	93.34
M75	5:26.03	Ed Whitlock	76	ON	3-Jun-2007	London, ON	94.20

### Mile

M75	5:41.80	Ed Whitlock	75	ON	28-Jul-2006	Windsor, ON
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### 3000m

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

### 5000m

M60	17:33.55	Ed Whitlock	61	ON	12-Sep-1992	Toronto, ON
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

### 10,000m

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
M75	39:25.16	Ed Whitlock	75	ON	21-Jul-2006	Dieppe, NB

## Indoors

### 1500m

M70	05:12.22	Ed Whitlock	72	ON	21-Feb-04	Toronto, ON
M75	5:20.04	Ed Whitlock	75	ON	17-Feb-07	Toronto, ON

### 3000m

M60	10:05.3	Ed Whitlock	62	ON	05-Mar-94	Toronto, ON
M65	10:11.60	Ed Whitlock	65	ON	09-Mar-96	Toronto, ON
M70	10:52.40	Ed Whitlock	73	ON	26-Feb-05	Toronto, ON
M75	11:17.21	Ed Whitlock	75	ON	03-Mar-07	Toronto, ON

### 5000m

M60	19:01.3	Ed Whitlock	61	ON	07-Mar-92	Toronto, ON
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## Road Racing

### M60

5 km	17:19	91.4%	Ed	WHITLOCK	(ON)	16Aug92	Dundas ON
8 km	27:59	92.6%	Ed	WHITLOCK	(ON)	05Jun94	Toronto ON
10 km	35:20	92.7%	Ed	WHITLOCK	(ON)	11Sep94	Toronto ON
15 km	55:25	90.4%	Ed	WHITLOCK	(ON)	21May94	Wa- terdownO N
10 mile	1:00:09	89.8%	Ed	WHITLOCK	(ON)	26Dec95	Hamilton ON
0.5 Mar	1:18:38	91.4%	Ed	WHITLOCK	(ON)	25Sep94	Toronto ON
25 km	1:37:53	87.9%	Ed	WHITLOCK	(ON)	31Jul94	Scar- boroughO N
30 km	1:57:07	89.3%	Ed	WHITLOCK	(ON)	27Mar94	Hamilton ON

### M65

5 km	17:20	96.0%	Ed	WHITLOCK	(ON)	05Jul96	Toronto ON
8 km	28:36	95.3%	Ed	WHITLOCK	(ON)	08Jul96	Toronto ON
5 mile	28:43	95.5%	Ed	WHITLOCK	(ON)	11Aug96	Toronto ON
10 km	36:01	95.6%	Ed	WHITLOCK	(ON)	25Aug96	Toronto ON
15 km	55:04	95.7%	Ed	WHITLOCK	(ON)	09Jul00	Utica NY
10 mile	1:00:15	94.2%	Ed	WHITLOCK	(ON)	30May99	Toronto ON
20 km	1:19:32	89.7%	Ed	WHITLOCK	(ON)	29Sep96	Toronto ON
0.5 Mar	1:19:32	94.9%	Ed	WHITLOCK	(ON)	29Sep96	Toronto ON
30 km	1:57:35	93.5%	Ed	WHITLOCK	(ON)	26Mar00	Hamilton ON
20 mile	2:51:02	69.3%	Ed	WHITLOCK	(ON)	14Nov99	Columbus OH
Marathon	2:51:02	93.0%	Ed	WHITLOCK	(ON)	14Nov99	Columbus OH

### M70

5 km	18:31	95.1%	Ed	WHITLOCK	(ON)	29Aug03	Buffalo NY
8 km	30:44	93.8%	Ed	WHITLOCK	(ON)	20Jun01	Toronto ON
5 mile	30:44	94.4%	Ed	WHITLOCK	(ON)	20Jun01	Toronto ON
10 km	37:33	97.0%	Ed	WHITLOCK	(ON)	12Sep04	Toronto Isl
15 km	58:55	94.6%	Ed	WHITLOCK	(ON)	13Jul03	Utica NY
10 mile	1:02:28	96.1%	Ed	WHITLOCK	(ON)	23Aug03	Flint MI
20 km							
0.5 Mar	1:22:23	96.9%	Ed	WHITLOCK	(ON)	21Apr01	Grand Isl NY
25 km	2:00:56	79.1%	Ed	WHITLOCK	(ON)	25Mar01	Hamilton ON
30 km	2:00:56	96.2%	Ed	WHITLOCK	(ON)	25Mar01	Hamilton ON
Marathon	2:54:49	96.2%	Ed	WHITLOCK	(ON)	26Sep04	Toronto ON