

ONTARIO MASTERS ATHLETICS ROAD RECORDS - September 2025

RACE DISTANCE	AGE GROUP	ATHLETE NAME	GUN TIME	WHERE	DATE
5K	M35	Kyle Boorsma	00:14:36	Hamilton ON	02-Nov-2024
5K	M40	Reid Coolsaet	00:14:30	Hamilton ON	26-Jun-2021
5K	M45	Tom Tushingham	00:15:15.0	Toronto, ON	10-May-1987
5K	M45	Frank Lewis	00:15:13dh	Toronto, ON	03-Jul-1993
5K	M50	Jerry Kooymans	00:15:51.0	Toronto, ON	15-Jul-2005
5K	M55	Jerry Kooymans	00:16:27.0	Syracuse, NY	30-Sep-2012 ¹
5K	M60	Ed Whitlock	00:17:11dh	Toronto, ON	02-Jul-1994
5K	M60	Ed Whitlock	00:17:19.0	Dundas, ON	16-Aug-1992
5K	M65	Ed Whitlock	00:17:20.0	Toronto, ON	05-Jul-1996
5K	M70	Ed Whitlock	00:18:31.0	Buffalo, NY	29-Aug-2003
5K	M75	Ed Whitlock	00:18:45.0	Toronto, ON	14-Jul-2006
5K	M80	Ed Whitlock	00:21:17.0	Bradford, ON	20-Aug-2011
5K	M85	Manual Teodoro	00:34:25.0	London, ON	08-Aug-2013
5K	M90	Canio Polosa	00:36:30	London, ON	31-Oct-2021
5K	M95	Canio Polosa	00:42:10	London, ON	13-Sep-2024
5K	W35	Heather Clemenson	00:17:46.0	Toronto, ON	25-Sep-1982
5K	W40	Sasha Golish	00:16:45	Moncton NB	11-Sep-2022
5K	W45	Diane Palmason	00:18:08.0	Toronto, ON	22-Sep-1984
5K	W50	Diane Palmason	00:19:08.0	Kanata, ON	01-Jul-1988
5K	W55	Paula Hickman	00:19:49.5	Toronto, ON	23-Aug-2008
5K	W60	Makie Ohler	00:20:36	Moncton NB	11-Sep-2022
5K	W65	Elizabeth Waywell	00:21:02	Farmingdale, NY	13-Jul-2024
5K	W70	Nancy Wells	00:25:11.4	Hamilton, ON	03-Apr-2016
5K	W70	Karin Schindler	00:25:21.0	Toronto, ON	22-Oct-2017
5K	W80	Marie Mulally	00:48:01.2	Ottawa, ON	28-May-2022
5K	W95	Rejeanne Fairhead	00:51:10	Ottawa, ON	27-May-2023
8K	M35	Bob Moore	00:24:46.0	Toronto, ON	26-Apr-1980
8K	M40	Dave Stewart	00:24:05.0	Naples, FL	13-Jan-1990
8K	M45	Steve Cowley	00:24:42.0	Toronto, ON	13-Jul-1992
8K	M50	Jerry Kooymans	00:25:46.0	Toronto, ON	21-Jun-2006
8k	M55	Jerry Kooymans	00:27:45.0	Grimsby, ON	10-Nov-2012
8K	M60	Ed Whitlock	00:27:59.0	Toronto, ON	05-Jun-1994
8K	M65	Ed Whitlock	00:28:36.0	Toronto, ON	08-Jul-1996
8K	M70	Ed Whitlock	00:30:44.0	Toronto, ON	20-Jun-2001
8K	M75	Whitey Sheridan	00:48:56.0	Toronto, ON	11-Apr-1992
8K	M80	Sid Pritchard	00:60:42.0	Toronto, ON	22-Apr-1995

8K	M85	Manual Teodoro	00:54:03.0	Burlington, ON	27-Jan-2013
8K	M90	Canio Polosa	00:58:55	London, ON	02-Apr-2022
8k	W35	Linda Findley	00:28:46.0	Toronto, ON	28-Apr-1984
8k	W40	Diane Palmason	00:30:34.0		26-Sep-1982
8K	W45	Anne Emmett	00:32:40.0	Toronto, ON	22-Apr-1995
8k	W50	Ilse Hardinge	00:32:25.0	Toronto, ON	24-Jun-1992
8k	W55	Molly Turner	00:33:10	Toronto, ON	
8K	W60	Elizabeth Waywell	00:32:52	Hamilton, ON	18-Sep-2021
8K	W65	Liz Schad	00:34:57	Hamilton, ON	18-Sep-2021
8K	W70	Molly Turner	00:42:37.0	Toronto, ON	23-Jun-2004
8K	W75	Linda Jones	00:51:58	Burlington, ON	19-Jan-2025
5M	M40	Bob Moore	00:25:01.0	Toronto, ON	23-Jan-1983
5M	M45	Steve Cowley	00:24:44.0	Toronto, ON	24-Jun-1992
5M	M50	Jerry Kooymans	00:25:53.0	Toronto, ON	21-Jun--2006
5M	M55	Jerry Kooymans	00:28:16.0	Hampton, NB	09-Sep-2012
5M	M60	Brian Murphy	00:28:33	Breslau, ON	31-Aug--2023
5M	M65	Ed Whitlock	00:28:43.0	Toronto, ON	11-Aug-1996
5M	M70	Ed Whitlock	00:30:44.0	Toronto, ON	20-Jun-2001
5M	M80	Richard Darling	00:31:10.0	London, ON	15-Sep-2018
5M	M90	Canio Polosa	00:59:17	London, ON	02-Apr-2022
5M	W35	Linda Findley	00:28:46.0	Toronto, ON	28-Apr-1984
5M	W40	Diane Palmason	00:30:34.0		26-Sep-1982
5M	W45	Audrey McCabe	00:33:06.0	Burlington, ON	27-Jan-1985
5M	W50	Ilse Hardinge	00:32:25.0	Toronto, ON	24-Jun-1992
5M	W55	Molly Turner	00:33:10.0	Toronto, ON	17-May1992
5M	W60	Elizabeth Waywell	00:33:02	Hamilton, ON	18-Sep-2021
5M	W65	Liz Schad	00:35:08	Hamilton, ON	18-Sep-2022
5M	W70	Molly Turner	00:42:37	Toronto, ON	23-Jun-2004
5M	W75	Joanne Miklos den Iseger	01:10:29	London, ON	02-Apr-2022
10K	M35	Eric Gillis	00:28:58	Ottawa, ON	23-May-2015
10K	M40	Reid Coolsaet	00:39:09.0	Collingwood, ON	23-May-2019
10K	M45	Steve Boyd	00:31:11.0	Ottawa, ON	23-May-2009
10K	M50	Jerry Kooymans	00:32:58.0		01-Jul-2006
10K	M55	Bob Moore	00:34:24.0	Brugge, BEL	29-Jun-1996
10K	M60	Ed Whitlock	00:35:20.0	Toronto, ON	11-Sep-1994
10K	M65	Ed Whitlock	00:36:01.0	Toronto, ON	25-Aug-1996
10K	M70	Ed Whitlock	00:37:33.0	Toronto, ON	12-Sep-2004
10K	M75	Ed Whitlock	00:40:10.0	Toronto, ON	10-Sep-2006

10K	M80	Ed Whitlock	00:42:58.0	Toronto, ON	11-Sep-2011
10K	M85	Canio Polosa	01:14:04	London, ON	02-Apr-2022
10K	W35	Krista Duchene	00:32:52.0	Ottawa, ON	25-May-2013
10K	W40	Lyndsay Tessier	00:34:18.0	Ottawa, ON	25-May-2018
10K	W45	Diane Palmason	00:36:28 dh	Ottawa, ON	06-May-1984
10K	W50	Diane Palmason	00:38:49.0	Ottawa, ON	14-May-1988
10K	W55	Molly Turner	00:40:39dh	Toronto, ON	02-May-1992
10K	W60	Elizabeth Waywell	00:41:08	Hamilton, ON	18-Sep-2021
10K	W65	Elizabeth Waywell	00:42:16	Toronto, ON	08-Sep-2024
10K	W70	Phyllis Berck	00:53:55	Georgina, ON	08-Sep-2024
10K	W75	Nancy Wells	00:55:31	Toronto, ON	15-Jun-2024
10K	W80	Ann Gunther	01:09:15	Georgina, ON	07-Sep-2025
15K	M35	Bob Moore	00:47:45	Toronto, ON	02-Nov-1978
15K	M40	Ken Inglis	00:47:24		1984
15K	M45	Frank Lewis	00:48:47	Waterdown, ON	22-May-1993
15K	M50	Jerry Kooymans	00:51:20	Guelph, ON	30-Apr-2006
15K	M55	Kevin Smith	00:53:19	Washington, DC	04-Apr-2025
15K	M60	Ed Whitlock	00:55:25	Waterdown, ON	21-May-1994
15K	M65	Ed Whitlock	00:55:04	Utica, NY	09-Jul-2000
15K	M70	Ed Whitlock	00:58:55	Utica, NY	13-July-2003
15K	M75	Ed Whitlock	00:60:29	Schenectady, NY	12-Nov-2006
15k	M80	Ed Whitlock	01:07.05	Schenectady, NY	13-Nov-2011
15k	M85	Manual Teodoro	01:45:40	London, ON	17-Feb-2013
15K	W35	Linda Findley	00:54:24		1984
15K	W45	Diane Palmason	00:57:32		08-May-1984
15K	W50	Diane Palmason	01:03:00	Utica, NY	10-Jul-1988
15K	W55	Susan Stone	01:04:52	Utica, NY	08-Jul-2018
15K	W60	Susan Stone	01:08:31	Itica NY	11-Jul-2022
15K	W65	Jennifer MacDonell	01:07:33	Washington, DC	02-Apr-2022
15K	W70	Nancy Wells	01:23:20	Toronto, ON	12-Jun-2016
15K	W75	Nancy Wells	01:32:47	Tampa, FL	22-Feb-2024
10 Miles	M35	Bob Moore	00:50:50	Toronto, ON	13-Aug-1976
10 Miles	M40	Reid Coolsaet	00:49:12.3	Flint, MI	23- Aug- 2019
10 Miles	M45	Ken Inglis	00:52:24	St. Catharines, ON	26-Sept-1987
10 Miles	M50	Ben Johns	00:54:42	St. Catharines, ON	27-Sept-1986
10 Miles	M55	Kevin Smith	00:57:29	Washington, DC	04-Apr-2025
10 Miles	M60	Ed Whitlock	01:00:09 dh	Hamilton, ON	26-Dec-1995
10 Miles	M65	Ed Whitlock	01:00:15	Toronto, ON	30-May-1999

10 Miles	M70	Ed Whitlock	01:02:28	Flint, MI	23-Aug-2003
10 Miles	M75	Burton Long	01:17:23	Hamilton, ON	26-Dec-2024
10 Miles	M80	William Tofflemire	02:03:34	London, ON	08-Jun-2025
10 Miles	M85	Manual Teodoro	02:07:04.00	Flint, MI	24-Aug-2013
10 Miles	W35	Sepanta Dorri	01:06:50.2	Toronto, ON	13-Jul-2008
10 Miles	W40	Janet Takahashi	00:59:04	Flint, MI	24-Aug-1996
10 Miles	W45	Diane Palmason	01:02:48	Ottawa, ON	07-Oct-1984
10 Miles	W50	Diane Palmason	01:06:06		16-Apr-1988
10 Miles	W55	Carolyn Silvey	01:07:57	Burlington, ON	06-Apr-1012
10 Miles	W60	Elizabeth Waywell	01:10.17	Patchogue, NY	19-Jan-2019
10 Miles	W65	Jennifer MacDonell	01:12:36	Washington, DC	02-Apr-2022
10 Miles	W70	Wendy Patterson	01:52:01.5	Toronto, ON	13-Jul-2008
10 Miles	W75	Nancy Wells	01:42:02	London, ON	26-Dec-2024
Half Marathon	M35	Lucas McAneney	01:06:45	Toronto, ON	04-May-25
Half Marathon	M40	Reid Coolsaet	01:05:46	Philadelphia, PA	15-Sep-2019
Half Marathon	M45	Frank Lewis	01:10:00	Fairfield, CN	27-Jun-1993
Half Marathon	M50	Troy Cox	01:13:40.0	Toronto, ON	20-Oct-2019
Half Marathon	M55	Kevin Smith	1:15:46	Toronto, ON	20-Oct-2024
Half Marathon	M60	Brian Murphy	01:17:55	Burlington, ON	03-Mar-2024
Half Marathon	M65	Ed Whitlock	01:19:32 dh	Toronto, ON	29-Sep-1996
Half Marathon	M70	Ed Whitlock	01:22:23	Grand Island, NY	21-Apr-2001
Half Marathon	M75	Ed Whitlock	01:29:26	London, ON	13-May-2007
Half Marathon	M80	Ed Whitlock	01:38:11	Milton, ON	15-Sep-2013
Half Marathon	M85	Ed Whitlock	01:50.47	Waterloo, ON	24-April-2016
Half Marathon	W35	Sasha Gollish	01:11:52	Valencia, ESP	24-Mar-2018
Half Marathon	W40	Lyndsay Tessier	01:13.54	Houston, TX	14-Jan-2019
Half Marathon	W45	Beth Primrose	01:21:16	Toronto, ON	28-Sep-2008
Half Marathon	W45	Lioudmila Kortchaguina	01:15.38 dh	Montreal, QC	23-Apr-17
Half Marathon	W50	Carolyn Silvey	01:28:25	Mississauga, ON	11-May-200?
Half Marathon	W55	Paula Hickman	01:28:40	Ottawa, ON	09-Sep-2007
Half Marathon	W60	Elizabeth Waywell	01:29:53	Ottawa, ON	23-Sep-2018
Half Marathon	W65	Elizabeth Waywell	01:33:34	Vancouver, BC	11-Feb-2024
Half Marathon	W70	Doris MacLachlan	01:47.03	Toronto, ON	16-Oct-2016
Half Marathon	W75	Doris MacLachlan	01:47.08	Toronto, ON	20-Oct-19
25K	M35	Bob Moore	01:23:01		01-Mar-1977
25K	M40	Bob Moore	01:21:38		29-Aug-1982
25K	M45	Bob Knuckey	01:31:06	Scarborough, ON	31-Juy-1994
25K	M50	Bob Glazier	01:36:15	Toronto, ON	27-Aug-1989

25K	M55	Jim McIlwham	01:35:38	Toronto, ON	24-Aug-1986
25K	M60	Ed Whitlock	01:37:53	Scarborough, ON	03-Jul-1994
25K	M65	Brian Murphy	01:37:21	Chicago, IL	08-Oct-23
25K	M70	Ed Whitlock	02:00:56	Hamilton, ON	25-Mar-2001
25K	M75	Duncan Mounsey	02:32:26	Grand Rapids, MI	10-May-2014
25K	W40	Laura Lynn	01:38:36	Grand Rapids, MI	11-May-1991
25K	W45	Gerda Zonruiter		Grand Rapids, MI	12-May-2007
25K	W50	Teresa Novick	02:14:48.00dh	London, ON	21-Sep-2013
25K	W55	Eileen Doran	01:58:10	Scarborough, ON	31-Jul-1994
25K	W60	Robin Todd	01:52:57	Grand Rapids, MI	10-May-2025
25K	W65	Elizabeth Waywell	01:53:29	Chicago, IL	13-Oct-2024
25K	W70	Judith Kazdan	02:56:28	Scarborough, ON	31-Jul-1994
30K	M35	Rick Mannen	01:41:05	Hamilton, ON	27-Mar-1994
30K	M40	Bob Moore	01:38:17	Hamilton, ON	26-Mar-1983
30K	M45	Ben Johns	01:43:07	Albany, NY	24-Mar-1985
30K	M50	Bob Moore	01:49:41	Hamilton, ON	24-Mar-1991
30K	M55	Jim McIlwham	01:54:50	Hamilton, ON	29-Mar-1987
30K	M60	Brian Murphy	01:56:24	Hamilton, ON	27-Mar-2022
30K	M65	Ed Whitlock	01:57:35	Hamilton, ON	26-Mar-2000
30K	M70	Ed Whitlock	02:00:56	Hamilton, ON	25-Mar-2001
30K	M75	Odino Soligo	02:45:47	Hamilton, ON	31-Mar-1996
30K	M80	Odino Soligo	03:12:34	Hamilton, ON	25-Mar-2001
30K	W35	Krista Duchene	01:47:04	Hamilton, ON	25-Mar-2012
30K	W40	Anne Emmett	02:12:01	Hamilton, ON	24-Mar-1991
30K	W45	Krista Duchene	01:57:41	Hamilton, ON	27-Mar-2022
30k	W50	Beth Primrose	02:03.08	Hamilton, ON	23-Mar-2013
30K	W55	Elizabeth Waywell	02:11:52	Hamilton, ON	30-Mar-2014
30K	W60	Teresa Novick	02:17:26	Hamilton, ON	26-Mar-2023
30K	W65	Elizabeth Waywell	02:16:46	Chicago, IL	13-Oct-2024
30K	W70	Doris MacLachlan	02:40.06	Hamilton, ON	03-Apr-2016
30K	W75	Lynne Faight	03:48:54	Hamilton, ON	22-Mar-2022
Marathon	M35	Reid Coolsaet	02:10.28	Berlin, GER	27-Sep-2015
Marathon	M40	Reid Coolsaet	02:15:23.0	Toronto, ON	20-Oct-2019
Marathon	M45	Art Taylor	02:26:35	Ottawa, ON	09-May-1976
Marathon	M50	Art Taylor	02:27:17	Ottawa, ON	08-May-1977
Marathon	M55	Jan Adegeest	02:43:43	Toronto, ON	20-Oct-2024
Marathon	M60	Brian Murphy	02:44:20	London, UK	02-Oct-2022
Marathon	M65	Ed Whitlock	02:51:02	Columbus, OH	14-Nov-1999

Marathon	M70	Ed Whitlock	02:54:49	Toronto, ON	26-Sep-2004
Marathon	M75	Ed Whitlock	03:04:54	Rotterdam NL	15-Apr-2007
Marathon	M80	Ed Whitlock	03:15:54	Toronto, ON	16-Oct-2011
Marathon	M85	Ed Whitlock	03:56:38	Toronto, ON	16-Oct-2016
Marathon	W35	Krista Duchene	02:28:32	Toronto, ON	20-Oct-2013
Marathon	W40	Lyndsay Tessier	02:30:47.0	Berlin, GER	16-Sep-2018
Marathon	W45	Krista Duchene	02:38:53	Tokyo, JPN	05-Mar-2023
Marathon	W50	Paula Wiltse	02:58:52	Chicago, IL	08-Oct-17
Marathon	W55	Paula Hickman	03:11:34.7	Ottawa, ON	25-May-2008
Marathon	W60	Elizabeth Waywell	03:07:56	Toronto, ON	21-Oct-2018
Marathon	W65	Elizabeth Waywell	03:15:18	Chicago, IL	08-Oct-2023
Marathon	W70	Jean Marmoreo	03:59:07.00	Toronto, ON	20-Oct-2013
Marathon	W70	Doris MacLachlan	03:41:49dh	Mississauga, ON	07-May-2017
Marathon	W75	Judith Kazdan	06:52:33	Buffalo, NY	23-July-1995