

Athletics Alberta Masters Road Bests

Road Mile

Age Group	Time	Athlete	Age	Date	Location
M30					
M35					
M40					
M45	4:41.4	Shawn Muldrew	47	25.05.2012	Edmonton
M50	5:04.8	David Guss	51	31.03.2012	Houston, TX
M55	4:51.0	David Guss	55	19.06.2016	Anaheim, CA
M60	5:32.0	Ed Bickley	60	09.09.2018	New York, NY
M65	5:33.2	Barrie Dargie	68	25.05.2012	Edmonton
M70					
M75					
M80					
W30					
W35					
W40	5:29.9	Bobbi Jo Waite Lang	41	25.05.2012	Edmonton
W45	5:08.3	Shari Boyle	45	03.06.2018	Edmonton
W50	5:35.0	Donna Dixon	50	28.06.2013	Edmonton
W55					
W60					
W65					
W70					
W75					
W80					

Road 5K

Age Group	Time	Athlete	Age	Date	Location
M30					
M35	15:46.0	Paul McCloy	37	09.09.2001	Edmonton
M40	15:18.0	Jeremy Deere	42	03.04.2016	Carlsbad, CA
M45	16:17.0	Jody Draude	47	02.04.2017	Carlsbad, CA
M50	16:37.0	David Guss	51	31.03.2012	Houston, TX
M55	16:56.0	David Guss	55	22.05.2016	Kelowna, BC
M60	18:55.0	Ed Bickley	60	06.04.2019	Carlsbad, CA
M65	18:52.0	Barrie Dargie	65	07.09.2009	Sheep River
M70	21:02.2	Kenneth Skea	71	28.04.2024	Regina SK
M75	22:47.8	Roger Davies	75	18.04.2010	Calgary
M80	26:27.0	Roger Davies	81	14.05.2016	Calgary
W30	17:06.0	Lisa Harvey	31	09.09.2001	Edmonton
W35	17:26.0	Jessica Kaiser	35	02.04.2023	Carlsbad, CA
W40	17:45.0	Janice McCaffrey	42	08.09.2002	Edmonton
W45	19:20.0	Michele Harvey-Blanke	47	01.07.2014	Edmonton
W50	19:04.0	Allison Blackmore	50	12.03.2016	Vancouver
W55	20:39.0	Zita Mulligan	56	23.04.2017	Calgary
W60	22:21.0	Zita Mulligan	62	01.04.2023	Calgary
W65	23:38.0	Nessie Hollicky	65	26.05.1997	Tucson, AR
W70	26:17:0	Nessie Hollicky	71	08.12.2002	Indio, CA
W75	28:05.0	Nessie Hollicky	75	05.11.2006	Palm Springs, CA
W80	31:38.0	Helly Visser	80	01.06.2014	Calgary

Road 5 Mile

Age Group	Time	Athlete	Age	Date	Location
M30					
M35					
M40	26:05.0	Neil Prior	40	27.08.1995	Edmonton
M45	27:04.0	Jody Draude	49	31.03.2019	Calgary
M50	27:51.0	David Guss	50	22.11.2011	Calgary
M55	28:46.0	David Guss	57	15.11.2016	Calgary
M60	33:52.0	Ed Bickley	60	03.11.2018	Banff, AB
M65					
M70					
M75					
M80					
W30	28:56.0	Sandy Jacobson	33	25.07.1999	Edmonton
W35	28:22.0	Janice McCaffrey	35	18.06.1995	Edmonton
W40	29:46.0	Gaylene Pridham	42	21.04.1996	Great Falls, MT
W45	33:25.0	Sandra Yaworski	45	26.08.2008	Calgary
W50	34:06.0	Heather Price	50	01.11.2008	Banff
W55	38:08.0	Nessie Hollicky	55	14.03.1987	Las Vegas, NV
W60	39:21.0	Nessie Hollicky	63	28.08.1994	Edmonton
W65	39:50.0	Helly Visser	67	26.08.2001	Edmonton
W70	46:23.0	Nessie Hollicky	70	07.10.2001	Calgary
W75	48:40.0	Helly Visser	77	22.10.2011	Calgary
W80	58:57.0	Nessie Hollicky	80	22.10.2011	Calgary

Road 8K

Age Group	Time	Athlete	Age	Date	Location
M30					
M35	24:38.0	Kelvin Broad	37	11.09.1999	Canmore
M40	25:47.0	Murray MacPherson	40	29.01.1993	Victoria, BC
M45	27:00.0	Chris Tye	49	10.05.2003	Edmonton
M50	27:37.0	David Guss	54	11.10.2015	Victoria, BC
M55	28:02.0	David Guss	55	03.07.2016	Kelowna, BC
M60	29:44.0	Roger Davies	61	15.10.1996	Canmore
M65	31:14.0	David Strand	65	07.10.2012	Victoria, BC
M70					
M75	39:52.3	Roger Davies	75	31.07.2010	Calgary
M80					
W30	27:40.0	Courtney Brohart	32	09.10.2022	Victoria, BC
W35	29:34.0	Sandra Yaworski	38	06.02.2000	Richmond, BC
W40	28:37.0	Gaylene Pridham	42	16.03.1996	Virginia Beach, VA
W45	31:50.0	Michele Harvey-Blankenship	47	25.07.2014	Seattle, WA
W50	30:14.0	Allison Blackmore	50	24.07.2016	Kamloops, BC
W55	38:21.0	Sandra Yaworski	57	22.09.2019	Calgary
W60	39:31.0	Patricia Kingsep	62	17.07.2005	Edmonton
W60	39:31.0	Sandra Yaworski	60	01.05.2022	Vancouver, BC
W65	42:10.0	Helly Visser	65	12.09.1999	Canmore
W70	45:36.0	Nessie Hollicky	71	21.07.2002	Edmonton
W75					
W80					

Road 10K

Age Group	Time	Athlete	Age	Date	Location
M30	30:26.0	Jeremy Deere	30	23.03.2006	Vancouver, BC
M35	29:44.0	Kip Kangogo	36	18.04.2015	Vancouver, BC
M40	31:13.8	Jeremy Deere	40	23.05.2015	Ottawa, ON
M45	33:16.0	Jody Draude	49	28.04.2019	Dedham, MA
M50	33:39.0	Chris Schwarz	51	13.02.2022	Vancouver, BC
M55	35:30.0	Roger Davies	57	12.04.1992	Vancouver, BC
M60	37:27.0	Roger Davies	61	02.10.1996	Okotoks
M65	39:52.0	Roger Davies	65	27.05.2000	Calgary
M70	44:18.0	Roger Davies	70	10.07.2005	Calgary
M75	48:17.0	Roger Davies	75	30.05.2010	Calgary
M80	51:55.0	Roger Davies	80	31.05.2015	Calgary
W30	33:23.0	Maria Zambrano	32	13.04.2003	Vancouver, BC
W35	34:10.0	Lisa Harvey	36	23.03.2006	Vancouver, BC
W40	35:33.0	Maria Zambrano	44	19.04.2015	Vancouver, BC
W45	35:01.0	Maria Zambrano	45	17.04.2016	Vancouver, BC
W50	36:40.94	Maria Zambrano	51	21.08.2022	Calgary
W55	42:40.0	Zita Mulligan	56	22.10.2016	Calgary
W60	44:07.0	Helly Visser	60	16.04.1994	Vancouver, BC
W65	49:33.0	Helly Visser	65	09.05.1999	Calgary
W70	55:23.0	Nessie Hollicky	71	06.10.2002	Melbourne, AUS
W75	57:09.0	Helly Visser	77	20.08.2011	Calgary
W80	1:14:03.0	Nessie Hollicky	80	28.08.2011	Calgary

Road 10 Mile

Age Group	Time	Athlete	Age	Date	Location
M30	51:26.0	Jeremy Deere	30	28.08.2005	Calgary
M35	55:15.0	Tom Messier	35	08.04.2001	Lethbridge
M40	54:56.0	Paul McCloy	40	29.08.2004	Calgary
M45	53:42.0	Blaine Penny	45	28.07.2019	St. Johns, NF
M50	56:48.0	David Guss	51	20.10.2012	Calgary
M55	58:21.0	Greg Meiklejohn	55	14.04.2013	St. Albert
M60	1:02:58.0	David Strand	60	26.08.2007	Calgary
M65	1:21:11.0	Roger Davies	65	08.04.2000	Lethbridge
M70					
M75	1:28:36.0	Roger Davies	76	22.10.2011	Calgary
M80					
W30	59:16.0	Sandy Jacobson	32	06.09.1999	St. Albert
W35	59:17.0	Lisa Harvey	35	28.08.2005	Calgary
W40	59:55.0	Janice McCaffrey	42	25.08.2002	Calgary
W45	1:10:45.0	Sandra Yaworski	45	20.10.2008	Calgary
W50	1:14:22.0	Colleen Catley	52	26.08.2007	Calgary
W55	1:22:37.0	Nessie Hollicky	56	23.08.1987	Calgary
W60	1:22:50.0	Patricia Kingsep	60	24.08.2005	Calgary
W65	1:27:20.0	Helly Visser	66	07.04.2000	Lethbridge
W70	1:34:20.0	Helly Visser	70	19.09.2004	Amsterdam, NED
W75	1:59:40.0	Nessy Hollicky	75	18.08.2006	Calgary
W80					

Half Marathon

Age Group	Time	Athlete	Age	Date	Location
M30	1:06:20.0	Jeremy Deere	30	01.10.2005	Edmonton
M35	1:05:02.0	Kip Kangogo	36	23.08.2015	Edmonton
M40	1:07:46.0	Kip Kangogo	44	20.08.2023	Victoria, BC
M45	1:11:42.0	Jody Draude	48	24.02.2018	Mesa, AR
M50	1:11:28.0	Jody Draude	50	06.10.2019	San Jose, CA
M55	1:16:35.0	Greg Meiklejohn	55	24.03.2013	Courtenay, BC
M60	1:21:20.0	Morris Roberts	60	09.02.2020	Vancouver, BC
M65	1:28:41.0	Kenneth Skea	65	18.08.2019	Edmonton
M70	1:43:00.0	Roger Davies	70	24.04.2005	Calgary
M75	1:57:55.0	Roger Davies	75	25.04.2010	Calgary
M80	2:14:51.0	Roger Davies	81	14.05.2016	Calgary
W30	1:14:26.0	Lisa Harvey	32	23.06.2002	Vancouver, BC
W35	1:15:38.0	Lisa Harvey	35	15.05.2005	Edmonton
W40	1:18:40.0	Maria Zambrano	44	31.05.2015	Calgary
W45	1:18:42.0	Maria Zambrano	45	29.05.2016	Calgary
W50	1:20:05.0	Maria Zambrano	50	19.09.2021	Calgary
W55	1:25:24.0	Alison Blackmore	56	13.02.2022	Vancouver
W60	1:34:49.0	Zita Mulligan	62	15.01.2023	Tempe, Arizona
W65	1:52:42.0	Helly Visser	65	30.04.1999	Calgary
W70	1:54:49.0	Helly Visser	70	25.01.2004	Las Vegas, NV
W75	2:58:33.0	Nessie Hollicky	78	04.04.2010	Calgary
W80	3:05:26.0	Nessie Hollicky	80	10.12.2011	Desert Hot Springs, CA

Marathon

Age Group	Time	Athlete	Age	Date	Location
M30					
M35	2:15:26.0	Kip Kangogo	36	18.10.2015	Toronto, ON
M40	2:23:14.0	Kip Kangogo	44	20.08.2023	Edmonton
M45	2:27:40.0	Blaine Penny	48	02.10.2022	London, UK
M50	2:38:40.0	Chris Schwarz	50	01.05.2022	Vancouver, BC
M55	2:48:40.0	Lonnie Matsuno	56	13.10.2019	Victoria, BC
M60	2:47:12.0	Ken Young	60	20.10.2019	Toronto, ON
M65	3:03:27.1	Allan Richardson	65	02.06.2024	Newport OR
M70					
M75					
M80					
W30	2:39:20.0	Sandy Jacobson	32	20.06.1998	Duluth, MN
W35	2:33:51.0	Sandy Jacobson	37	31.08.2003	Paris, FRANCE
W40	2:46:55.0	Janice McCaffrey	41	17.03.2001	Virginia Beach, NC
W45	3:04:31.0	Allison Blackmore	49	26.07.2015	Kamloops, BC
W50	2:44:37.0	Maria Zambrano	53	14.01.2024	Houston, TX
W55	2:57:10.0	Alison Blackmore	56	30.04.2022	Eugene, Oregon
W60	3:44:42.0	Helen Ross	60	16.04.2001	Boston, MA
W65	4:34:28.0	Nessie Hollicky	65	02.03.1997	Los Angeles, CA
W70	5:12:55.0	Nessie Hollicky	70	08.12.2001	Honolulu, HI
W75	6:19:17.0	Nessie Hollicky	75	10.12.2006	Honolulu, HI
W80					

Road 3K Race Walk

Age Group	Time	Athlete	Age	Date	Location
M35					
M40					
M45	15:18.0	David Keenan	45	08.03.2003	Edmonton
M50					
M55					
M60	15:29.0	Henry Charrois	64	27.05.2016	Nanaimo, BC
M65	16:50.0	Henry Charrois	65	07.08.2016	Ft. Saskatchewan, AB
M70					
M75					
M80					
W30					
W35					
W40	20:03.0	Elyse LeCharrois	43	07.08.2016	Ft. Saskatchewan, AB
W45					
W50					
W55					
W60					
W65					
W70					
W75					
W80					

Road 5K Race Walk

Age Group	Time	Athlete	Age	Date	Location
M35					
M40					
M45	24:00.0	Glen Bodet	47	11.09.2010	Edmonton
M50	24:18.0	Glen Bodet	50	17.09.2011	Edmonton
M55	26:03.9	James Kenney	55	17.09.2011	Edmonton
M60	26:41.0	Henry Charrois	60	17.09.2011	Edmonton
M65	28:25.7	Henry Charrois	65	07.08.2016	Ft Saskatchewan, AB
M70	35:35.0	Richard Roberts	71	13.09.2014	Edmonton
M75					
M80					
W30					
W35					
W40	34:08.7	Elyse LeCharrois	43	07.08.2016	Ft. Saskatchewan, AB
W45	29:25:0	Elizabeth Hulley	48	17.09.2011	Edmonton
W50	30:33.0	Michelle Rodrigue- Posente	50	02.05.2010	Vancouver, BC
W55	27:11.0	Johanna Flipsen	55	12.09.2010	Edmonton
W60	28:22.0	Johanna Flipsen	60	12.09.2015	Edmonton
W65	29:38.0	Johanna Flipsen	65	26.09.2020	St-Boniface de Shawinigan, QC
W70					
W75					

Road 10K Race Walk

Age Group	Time	Athlete	Age	Date	Location
M35					
M40	1:06:60.0	David Guss	44	26.07.2005	Edmonton
M45	49:58.0	Glen Bodet	49	11.09.2010	Edmonton
M50	50:20.0	Glen Bodet	52	14.09.2013	Edmonton
M55	52:29.1	James Kenney	55	30.06.2012	Calgary
M60	55:53.0	Henry Charrois	62	07.08.2013	Torino, IT
M65	57:43.0	Henry Charrois	66	27.08.2016	Vancouver, BC
M70	1:17:10.0	Richard Roberts	72	12.09.2015	Edmonton
M75					
M80	1:48:58.0	Edgar Cooke	83	26.07.2005	Edmonton
W30	46:33.0	Janice McCaffrey	31	24.08.1991	Tokyo, JAP
W35	44:26.0	Janice McCaffrey	36	11.05.1996	Eisenhutzenstadt, GER
W40	50:34.0	Holly Gerke	40	26.05.2005	Edmonton
W45	57:06.7	Susan Brooke	47	30.06.2012	Calgary
W50	55:24.2	Janice McCaffrey	50	05.03.2010	Kamloops, BC
W55	56:46.0	Johanna Flipsen	57	11.08.2012	St. John, NB
W60	57:13.0	Johanna Flipsen	60	10.08.2015	Lyon, France
W65	1:04:50.0	Teresa Chiozza	68	10.09.2018	Malaga, Spain
W70	1:32:10.0	Elaine Marasek	72	26.07.2005	Edmonton
W75	1:11:16.0	Jennie Benning	75	19.08.2000	Kamloops, BC
W80	1:16:22.0	Jennie Binning	80	26.07.2005	Edmonton

Road 15K Race Walk

Age Group	Time	Athlete	Age	Date	Location
M35					
M40					
M45					
M50	1:16:57.0	Glen Bodet	51	15.09.2012	Edmonton
M55	1:24:44.0	James Kenney	56	15.09.2012	Edmonton
M60	1:26:09.0	Henry Charrois	61	15.09.2012	Edmonton
M65					
M70	1:57:10.0	Richard Roberts	70	14.09.2013	Edmonton
M75					
M80					
W30					
W35					
W40	1:18:13.0	Holly Gerke	40	03.04.2005	Hauppauge, NY
W45	1:24:32.0	Susan Brooke	48	02.04.2005	Toronto, ON
W50	1:28:26.0	Susan Brooke	50	31.05.2015	Toronto, ON
W55	1:27:19.0	Johanna Flipsen	56	17.09.2011	Edmonton
W60					
W65					
W70					
W75					
W80					

Road 20K Race Walk

Age Group	Time	Athlete	Age	Date	Location
M35					
M40	1:26:10.0	Tim Berrett	40	01.05.2005	Vancouver, BC
M45					
M50	1:47:50.0	Glen Bodet	51	15.09.2012	Edmonton
M55	1:54:17.0	James Kenney	56	15.09.2012	Edmonton
M60	1:59:46.0	Henry Charrois	61	15.09.2012	Edmonton
M65	2:07:10.0	Henry Charrois	67	08.09.2018	Edmonton
M70	2:38:40.0	Richard Roberts	70	14.09.2013	Edmonton
M75					
M80					
W30					
W35	1:36:53.0	Janice McCaffrey	39	20.03.1999	Manassas, VA
W40	1:34:50.0	Janice McCaffrey	40	13.08.2000	Victoria, BC
W45	1:54:12.0	Susan Brooke	47	15.09.2012	Edmonton
W50	1:59:15.0	Susan Brooke	50	31.05.2015	Toronto, ON
W55	1:58:39.0	Johanna Flipsen	56	17.09.2011	Edmonton
W60	1:59:37.0	Johanna Flipsen	60	14.08.2015	Lyon, France
W65					
W70					
W75					
W80					

Road 30K Race Walk

Age Group	Time	Athlete	Age	Date	Location
M35					
M40	2:15:20.0	Tim Berrett	40	15.01.2006	San Diego, CA
M45					
M50					
M55					
M60					
M65					
M70					
M75					
M80					
W50	3:11:20.0	Susan Brooke	52	09.09.2017	Owego, NY

Road 50K Race Walk

Age Group	Time	Athlete	Age	Date	Location
M35					
M40	3:55:48.0	Tim Berrett	40	12.08.2005	Helsinki, Finland
M45					
M50					
M55	5:53:52.0	Richard Roberts	56	18.09.1999	Edmonton
M60					
M65					
M70					
M75					
M80					
W50	5:42:50.0	Susan Brooke	52	20.01.2018	Santee, CA