

SUN RUN RECORDS

MASTERS (40+)

Updated April 23rd, 2018

FIVE YEAR AGE GROUPS

MEN		WOMEN	
40 Graeme Fell (2001)	30:09 (92.43%) ^{A/G}	Lioudmila Kortchaguina (2013)	33:25 (93.79%) ^{A/G}
45 Steve Boyd (2009)	31:09 (92.78%)	Marilyn Arsenault (2013)	34:59 (93.04%)
50 Jim Swadling (1998)	33:26 (89.8%)	Marilyn Arsenault (2018)	36:23 (94.21%)
55 Simon Timmer (1999)	34:22 (91.09%)	Lynn Kanuka (2018)	40:35 (89.78%)
60 Jim Swadling (2007)	36:12 (90.47%)	Cindy Rhodes (2018)	44:02 (88.32%)
65 Maurice Tarrant (1995)	37:29 (91.86%)	BettyJean McHugh (1993)	45:05 (88.42%)
70 William Iffrig (2007)	43:17 (84.18%)	BettyJean McHugh (2002)	48:55 (87.03%)
75 John Cahill (1999)	41:38 (93.42%)	Betty Jean McHugh (2003)	50:33 (90.88%)
80 Frank Kurucz (2010)	54:28 (77.15%)	Betty Jean McHugh (2008)	59:01 (85.21%)
85 Chris McGuire (2009)	58:55 (78.46%)	Chantal Labelle (2009)	1:13:05 (76.97%)
90 Clive Jackson (2010)	1:03:04 (83.27%)	Linda Yee (2010)	1:20:32 (81.25%)
95 Kirk Sargent (2011)	2:30:54 (42.62%)	Anna-Karin Sjoestroem(2018)	1:52:37 (97.34%)

AGE GRADED PER 5 YEAR AGE GROUP – NOT SINGLE YEAR AGE GRADED
(1994 WAVA Tables, 2010 tables after 2012)