

**Association of Canadian Ultramarathoners**  
**Association canadienne des ultra-marathoniens**  
**RECORD LIST - March 2006**

AGE GP	RECORD	NAME	DATE	LOCATION
<b>50 km</b>				
<b>MEN</b>				
OPEN	2:53:20 rls	Andy JONES, 29, ON	22-Feb-1991	Houston TX
M 40	3:12:21 rl	Niels MADSEN, 43, BC	30-Apr-1999	Saanich BC
M 45	3:19:02 tl	Andy MEHL, 45, BC	1-May-1998	Victoria BC
M 50	3:26:10 rl	Jim SWADLING, 53, BC	5-May-2000	Victoria BC
M 55	3:32:39 rl	Jim SWADLING, 56, BC	2-May-2003	Victoria BC
M 60	3:43:15 rls	Herb PHILLIPS, 63, BC	30-Apr-2004	Victoria BC
M 65	4:46:11 Ts	Albert MICLETTE, 69, QC	9-Sep-2005	Ottawa ON
M 70	4:48:38 Ts	Willis GREENAWAY, 72, BC	15-Apr-1995	Penticton BC
M 75	5:22:34 r	Odino SOLIGO, 76, ON	10-Oct-1997	Warton ON
M 80	5:43:52 rl	Odino SOLIGO, 80, ON	13-Apr-2001	Toronto ON
M 85	14:50:01 Ts	Charles BENOVOY, 85, ON	16/17Sep1995	Ottawa ON
<b>50 km</b>				
<b>WOMEN</b>				
OPEN	3:29:46 rl	Elisabeth RUEL, 37, QC	25-Jun-2004	Niagara ON
W 40	4:02:09 rl	Deanne LINDSAY, 42, ON	28-Jun-2002	Niagara ON
W 45	4:09:00 rl	Simone KOLLER, 47, BC	12-Sep-2001	Sacramento CA
W 50	4:16:46 rl	Patricia SOMMERS, 51, ON	25-Jun-2004	Niagara ON
W 55	4:31:17 rls	Barbara McLEOD, 55, ON	31-Oct-1992	Columbus OH
W 60	5:09:37 rls	Mae PALM, 60, BC	5-May-2000	Victoria BC
W65	7:20:07 rls	Barbara McLEOD, 66, ON	26-Feb-2004	Houston TX
<b>50 miles</b>				
<b>MEN</b>				
OPEN	4:54:59 r	Andy JONES, 28, ON	29-Sep-1990	Hamilton ON
M 40	5:23:02 rls	Stefan FEKNER, 40, AB	26-Feb-1993	New York NY
M 45	5:42:51 rls	Victor HICKEY, 45, NB	19-Jul-2002	Levis QC
M 50	6:33:55 rls	Jim SWADLING, 50, BC	2-May-1997	Saanich BC
M 55	6:46:18 rs	Miles MARSHALL, 55, ON	24-Sep-1983	Brighton ENG
M 60	8:05:55 Ts	Jim MOSES, 60, ON	15-Sep-1995	Ottawa ON
M 65	8:35:59 Ts	Albert MICLETTE, 69, QC	9-Sep-2005	Ottawa ON
M 70	10:19:46 rls	Phil LATULIPPE, 70, QC	18-Aug-1989	Alma QC
M 75	10:08:31 Ts	Odino SOLIGO, 76, ON	12-Sep-1997	Ottawa ON
M 80	13:28:01 rs *	Odino SOLIGO, 80, ON	26-May-2001	Faenza ITA
<b>50 miles</b>				
<b>WOMEN</b>				
OPEN	6:26:44 T	Ashley EVANS, 32, ON	27-Sep-1996	Nantes FRA
W 40	7:15:57 rls	Nola PATTERSON, 40, BC	30-Apr-1993	Saanich BC
W 45	7:50:11 rl	Barbara McLEOD, 48, ON	31-Oct-1986	Essex VT
W 50	8:00:24 r	Patricia SOMMERS, 50, ON	27-Jun-2003	Niagara ON
W 55	7:52:39 rl	Barbara McLEOD, 55, ON	27-Nov-1992	Valley Stream NY
W 60	8:28:19 rls	Mae PALM, 60, BC	5-May-2000	Victoria BC
W 65	12:08:55 rls	Barbara McLEOD, 66, ON	27/28Feb2004	Houston TX
<b>100 km</b>				
<b>MEN</b>				
OPEN	6:33:03 rl	Erik SEEDHOUSE, 27, CAN	15-Feb-1992	Palamos SPA
M 40	6:51:52 rl	Stefan FEKNER, 40, AB	26-Feb-1993	New York NY
M 45	7:09:24 r	Victor HICKEY, 45, NB	20-Jun-2002	Touhout Belgium
M 50	7:50:06 rl	Jim SWADLING, 50, BC	12-Sep-1997	Winschoten NED
M 55	7:52:21 r	Herb PHILLIPS, 58, BC	6-Nov-1998	Harrison BC
M 60	8:07:09 r	Herb PHILLIPS, 60, BC	3-Nov-2000	Harrison BC
M 65	10:58:25 rl	Albert MICLETTE, 67, QC	8-Jul-2004	Levis QC
M 70	12:29:14 r	Odino SOLIGO, 72, ON	3-Jul-1993	Nanisivik NT
M 75	13:34:03 r	Odino SOLIGO, 77, ON	4-Jul-1998	Nanisivik NT
M 80	15:12:49 r	Odino SOLIGO, 80, ON	26-May-2001	Faenza ITA

AGE GP	RECORD	NAME	DATE	LOCATION
	<b>100 km</b>	<b>WOMEN</b>		
OPEN	8:02:59 rl	Ashley EVANS, 32, ON	11-Feb-1994	Sacramento CA
W 40	9:08:01 r	Sue KAINULAINEN 42, ON	15-Oct-2004	Duluth MN
W 45	9:17:38 rl	Bonita NEGLIA, 49, ON	27-Sep-1999	St-Donat QC
W 50	10:01:46 rl	Pat SOMMERS, 50, ON	30-Apr-2004	Toronto ON
W 55	9:56:06 rl	Ghislaine BEAULIEU, 56, QC	27-Sep-1999	St-Donat QC
W 60	10:40:32 rl	Mae PALM, 60, BC	5-May-2000	Victoria BC
W 65	16:52:36 rls	Barbara McLEOD, 66, ON	27/28Feb2004	Houston TX
	<b>100 miles</b>	<b>MEN</b>		
OPEN	12:05:43 rls	Andy JONES, 35, CAN	27-Sep-1997	Sylvania OH
M 40	13:18:25 rl	Terry MARTIN, 42, ON	1-Apr-1988	Queens NY
M 45	15:11:03 rs	Peter HOLUBAR, 47, AB	13/14Nov1993	Sacramento CA
M 50	17:13:54 Ts	Colin KINGSFORD, 53, QC	14/15Sep1996	Ottawa ON
M 55	18:54:13 Ts	Bryan MASON, 59, ON	11/12Sep2004	Ottawa ON
M 60	20:27:32 Ts	Wally HERMAN, 60, ON	24/25May1986	Ottawa ON
M 65	22:44:54 Ts	Albert MICLETTE, 69, QC	10/11Sep2005	Ottawa ON
M 70	22:23:21 rls	Phil LATULIPPE, 70, QC	19/20Aug1989	Alma QC
	<b>100 miles</b>	<b>WOMEN</b>		
OPEN	18:27:07 rl	Antana LOCS, 30, CAN	01/02Apr1989	Queens NY
W 40	23:39:40 Ts	Sue ARMSTRONG, 44, ON	11/12Sep2004	Ottawa ON
W 45	21:29:19 Ts	Barbara McLEOD, 49, ON	22/23Aug1987	Burlington ON
W 50	19:10:50 rls	Barbara McLEOD, 50, ON	02/03Apr1988	Queens NY
W 55	22:48:51 Ts	Barbara McLEOD, 58, ON	14/15Sep1996	Ottawa ON
W 60	29:09:34 Ts	Barbara McLEOD, 63, ON	24/25Nov2000	Dallas TX
W 65	33:52:30 rls	Barbara McLEOD, 66, ON	27/29Feb2004	Houston TX
	<b>1000 km</b>	<b>MEN</b>		
OPEN	7d:14:43:37 rs	Trishul CHERNS, 30, CAN	26Mar/03Apr1987	Melbourne AUS
M 40	9d:07:48:37 rls	Trishul CHERNS, 43, CAN	11/20Sep2000	Wards Island NY
M 45	7d:23:59:00 rs	Michel CAREAU, 47, QC	17/24Mar1988	Melbourne AUS
M 50	9d:12:26:50 r	Ron GEHL, 51, ON	29Apr/09May199	Wards Island NY
M 55	9d:04:50:32 Ts	Michel CAREAU, 55, QC	13/22Mar1996	Nanango AUS
	<b>1000 km</b>	<b>WOMEN</b>		
OPEN	8d:09:20:52 rls	Antana LOCS, 32, CAN	15/23Sep1991	Queens NY
W 40	11d:05:52:09	Sarita EARP, 43, NS	19/30Sep1992	Queens NY
W 50	11d:16:31:55	Barbara McLEOD, 53, ON	21Sep/03Oct1991	Queens NY
	<b>700 miles</b>	<b>MEN</b>		
OPEN	8d:23:25:23 rls	Trishul CHERNS, 29, CAN	26Apr/04May198	Queens NY
M 40	10d:16:53:39	Trishul CHERNS, 42, CAN	20/30Jun1999	Wards Island NY
M 45	9d:13:06:51 rls	Michel CAREAU, 47, QC	20/30May1988	Queens NY
	<b>700 miles</b>	<b>WOMEN</b>		
OPEN	9d:18:00:43 rls	Antana LOCS, 32, CAN	15/25Sep1991	Queens NY
	<b>1000 miles</b>	<b>MEN</b>		
OPEN	13d:07:50:45 rl	Trshul CHERNS, 29, CAN	26Apr/09May198	Queens NY
M 40	16d:10:19:35	Trishul CHERNS, 42, CAN	20Jun/06Jul1999	Queens NY
M 45	13d:21:34:45 rl	Michel CAREAU, 47, QC	20May/03Jun1988	Queens NY
	<b>1000 miles</b>	<b>WOMEN</b>		
OPEN	13d:23:18:32	Antana LOCS, 32, CAN	15/29Sep1991	Queens NY
	<b>1300 miles</b>	<b>MEN</b>		
OPEN	21d:15:12:18	Trishul CHERNS, 42, CAN	20Jun/11Jul1999	Queens NY
M 40	21d:15:12:18	Trishul CHERNS, 42, CAN	20Jun/11Jul1999	Queens NY
M 45	22d:16:21:47	Trishul CHERNS, 46, CAN	15Jun/07Jul2003	Jamaica NY
	<b>1300 miles</b>	<b>WOMEN</b>		
OPEN	18d:18:49:42 rl	Antana LOCS, 35, CAN	12Sep/01Oct1994	Wards Island NY
	<b>6 hours</b>	<b>MEN</b>		
OPEN	52m 1097y rls	Andy JONES, 35, CAN	27-Sep-1997	Sylvania OH

AGE	GP	RECORD	NAME	DATE	LOCATION
M 40		50m 1736y rls	Terry MARTIN, 42, ON	1-Apr-1988	Queens NY
M 45		49m 1580y Ts	Steve KING, 46, AB	15-Apr-1995	Penticton BC
M 50		45m 1743y rl	Ron GEHL, 51, ON	5-Jun-1998	Kingston ON
M 55		42m 1057y rl	Colin KINGSFORD, 55, QC	5-Jun-1998	Kingston ON
M 60		37m 1467y rl	Hans MAIER, 63, ON	6-Jun-2003	Kingston ON
M 65		37m 496y Ts	Albert MICLETTE 69, QC	9-Sep-2005	Ottawa ON
M 70		32m 547y Ts	Odino SOLIGO, 72, ON	17-Sep-1993	Ottawa ON
M 75		33m 1126y Ts	Odino SOLIGO, 76, ON	12-Apr-1997	Buffalo NY
M 80		> 32m > 50km	Odino SOLIGO, 80, ON	13-Apr-2001	Toronto ON
<b>6 hours WOMEN</b>					
OPEN		45m 923y rls	Ashley EVANS, 29, ON	11-Feb-1994	Sacramento CA
W 40		38m 49y Ts	Beverley WILLIAMS, 40, NS	17-Sep-1993	Ottawa ON
W 45		40m 1122y rl	Patricia SOMMERS, 49, ON	7-Jun-2002	Kingston ON
W 50		39m 742y rl	Patricia SOMMERS, 50, ON	6-Jun-2003	Kingston ON
W 55		38m 1272y rls	Barbara McLEOD, 55, ON	31-Oct-1992	Columbus OH
W 60		33m 1408y rl	Barbara McLEOD, 60, ON	8-Aug-1998	Vandalia OH
W 65		29m 1673y rl	Barbara McLEOD, 66, ON	11-Jun-2004	Kingston ON
<b>12 hours MEN</b>					
OPEN		98m 1357y rls	Andy JONES, 35, CAN	27-Sep-1997	Sylvania OH
M 40		92m 477y rls	Terry MARTIN, 42, ON	1-Apr-1988	Queens NY
M 45		83m 0y rls	Peter HOLUBAR, 47, AB	12-Nov-1993	Sacramento CA
M 50		78m 1159y T	Joe MARCHAND, 54, BC	16-Sep-1995	Tsawwassen BC
M 55		69m 169y Ts	Bryan MASON, 59, ON	11/12Sep2004	Ottawa ON
M 60		69m 169y Ts	Jim MOSES, 60, ON	15-Sep-1995	Ottawa ON
M 65		65m 210y Ts	Albert MICLETTE, 69, QC	10/11Sep2005	Ottawa ON
M 70		57m 336y rl	Phil LATULIPPE, 70, QC	18-Aug-1989	Alma QC
M 75		53m 1645y Ts	Odino SOLIGO, 76, ON	12-Sep-1997	Ottawa ON
M 80		>40m 864y	Odino SOLIGO, 80, ON	26-May-2001	Faenza ITA
<b>12 hours WOMEN</b>					
OPEN		79m 1587y T	Lorraine LEES-McGEOUGH, 36,	16-Sep-1995	Tsawwassen BC
W 40		69m 1482y Ts	Beverley WILLIAMS, 40, NS	17-Sep-1993	Ottawa ON
W 45		64m 210y rl	Barbara McLEOD, 49, ON	27-Mar-1987	Brooklyn NY
W 50		67m 232y rls	Barbara McLEOD, 50, ON	1-Apr-1988	Queens NY
W 55		66m 637y Ts	Barbara McLEOD, 55, ON	16-Apr-1994	Gainsville GA
W 60		see 100km	Mae PALM, 60, BC	5-May-2000	Victoria BC
W 65		48m 338y rls	Barbara McLEOD, 66, ON	27/28Feb2004	Houston TX
<b>24 hours MEN</b>					
OPEN		150m 1659y T	Peter HOLUBAR, 44, AB	15/16Sep1990	Ottawa
M 40		150m 1659y T	Peter HOLUBAR, 44, AB	15/16Sep1990	Ottawa
M 45		139m 0y rls	Peter HOLUBAR, 47, AB	13/14Nov1993	Sacramento CA
M 50		131m 493y T	David LaPIERRE, 51, BC	28/29Mar1992	Santa Rosa CA
M 55		120m 93y T	Bryan MASON, 59, ON	11/12Sep2004	Ottawa ON
M 60		116m 648y T	Wally HERMAN, 60, ON	24/25May1986	Ottawa ON
M 65		102m 750y T	Albert MICLETTE, 69, QC	10/11Sep2005	Ottawa ON
M 70		103m 1643y rl	Phil LATULIPPE, 70, QC	19/20Aug1989	Alma QC
M 75		94m 1691y T	Odino SOLIGO, 76, ON	13/14Sep1997	Ottawa
M 80		62m 241y rl	Phil LATULIPPE, 80, QC Odino	28Sep1999	St-Donat QC Faenza
M 85		40m 407y T	Charles BENOVOY, 85, ON	16/17Sep1995	Ottawa ON
<b>24 hours WOMEN</b>					
OPEN		127m 448y T	Monica SCHOLZ, 35, ON	9/10Nov2002	San Diego CA
W 40		101m 123y T	Sue ARMSTRONG, 44, ON	11/12Sep2004	Ottawa ON
W 45		112m 605y T	Barbara McLEOD, 49, ON	22/23Aug1987	Burlington ON
W 50		113m 1126y i	Barbara McLEOD, 51, ON	25/26Feb1989	Sudbury, ON
W 55		104m 1737y T	Barbara McLEOD, 58, ON	14/15Sep1996	Ottawa ON
W 60		91m 440y rl	Barbara McLEOD, 60, ON	05/06Sep1998	Wauwatosa WI

AGE GP	RECORD	NAME	DATE	LOCATION
W 65	82m 578y rls <b>48 hours</b>	Barbara McLEOD, 66, ON <b>MEN</b>	27/28Feb2004	Houston TX
OPEN	221m 230y T	Trishul CHERNS, 38, CAN	06/08May1995	Surgeres FRA
M 40	172m 352y rl	Rolly PORTELANCE, 44, ON	10/12Oct1987	Chelmsford ON
M 45	210m 0y rl	Peter HOLUBAR, 47, AB	13/15Nov1993	Sacramento CA
M 50	216m 880y Ts	Phil LATULIPPE, 53, QC	01/03Oct1972	Petawawa ON
M 55	187m 0y Ts	Michel CAREAU, 55, QC	13/15Mar1996	Nanango AUS
M 60	171m 877y Ts	David LaPIERRE, 60, BC	19/21Nov2000	Colac AUS
M 65	150m 1689y i	Phil LATULIPPE, 69, QC	20/22Jan1989	Pensacola FL
M 70	> see 24 hour <b>48 hours</b>	<b>WOMEN</b>		
OPEN	191m 1470y i	Beverley WILLIAMS, 36, NS	26/28Jan1990	Pensacola FL
W 40	141m 0y rls	Sarita EARP, 43, NS	03/05May1992	Queens NY
W 45	163m 1408y rl	Barbara McLEOD, 49, ON	10/12Oct1987	Chelmsford ON
W 50	177m 137y i	Barbara McLEOD, 52, ON	26/28Jan1990	Pensacola FL
W 55	158m 0y rls	Barbara McLEOD, 55, ON	02/04May1993	Wards Island NY
W 60	143m 1458y T	Barbara McLEOD, 63, ON	24/26Nov2000	Dallas TX
W 65	132m 931y rl <b>72 hour</b>	Barbara McLEOD, 66, ON <b>MEN</b>	27Feb/01Mar2004	Houston TX
OPEN	308m 880y si	Richard LACOUSE, QC	26/28Dec1881	New York NY
M 40	240m 0y rls	Trishul CHERNS, 43, CAN	11/14Sep2000	Wards Island NY
M 45	268m 1198y	Michel CAREAU, 48, QC	26/29Nov1993	Gateshead ENG
M 50	293m 942y si	Michel CAREAU, 53, QC	28/31Oct1993	La Rochelle FRA
M 55	264m 0y Ts	Michel CAREAU, 55, QC	13/16Mar1996	Nanango AUS
M 60	241m 1474y	David LaPIERRE, 60, BC	19/22Nov2000	Colac AUS
M 65	182m 0y rls	Wally HERMAN, 65, ON	29Dec/01Jan1991	Sacramento CA
M 70	147m 402y rl <b>72 hours</b>	Wally HERMAN, 70, ON <b>WOMEN</b>	11/14Nov1995	Sacramento CA
OPEN	246m 0y rls	Antana LOCS, 32, CAN	15/18Sep1991	Queens NY
W 40	192m 0y rls	Sarita EARP, 43, NS	19/22Sep1992	Queens NY
W 45				
W 50	233m 1118y	Barbara McLEOD, 51, ON	09/12Aug1988	Gateshead ENG
W 55	221m 0y rls	Barbara McLEOD, 55, ON	02/05May1993	Wards Island NY
W 60	182m 1639y T <b>6 days</b>	Barbara McLEOD, 64, ON <b>MEN</b>	29Dec/01Jan2002	Queen Creek AZ
OPEN	540m 1320y si	David BENNETT, ,ON	16/21Mar1891	New York NY
M 40	434m 0y rls	Trishul CHERNS, 43, CAN	11/17Sep2000	Wards Island NY
M 45	500m 1452y T	Michel CAREAU, 47, QC	26Nov/02Dec198	Gateshead ENG
M 50	539m 1491y i	Michel CAREAU, 53, QC	28Oct/03Nov1993	La Rochelle FRA
M 55	461m 538y T	David LaPIERRE, 57, BC	16/22Nov1997	Colac AUS
M 60	441m 632y T	David LaPIERRE, 60, BC	19/25Nov2000	Colac AUS
M 65	326m 0y rl	Wally HERMAN, 65, ON	29Dec/04Jan1991	Sacramento CA
M 70	285m 264y rl <b>6 days</b>	Wally HERMAN, 70, ON <b>WOMEN</b>	11/17Nov1995	Sacramento CA
OPEN	452m 0y rls	Antana LOCS, 32, ON	15/21Sep1991	Queens NY
W 40	356m 0y rls	Sarita EARP, 43, NS	19/25Sep1992	Queens NY
W 45	271m 0y rls	Huguette CHARCE-GASPARD,	07/13Sep2000	Wards Island NY
W 50	393m 0y rls	Barbara McLEOD,50, ON	20/26May1988	Queens NY
W 55	404m 1156y <b>7 days</b>	Barbara McLEOD,55, ON <b>MEN</b>	02/08May1993	Wards Island NY
OPEN	576m 1660y rs	Trishul CHERNS, 30, CAN	26Mar/02Apr1987	Melbourne AUS
M 40	496m 0y rls	Trishul CHERNS, 43, CAN	11/18Sep2000	Wards Island NY
M 45	544m 1330y rs	Michel CAREAU, 47, QC	17/24Mar1988	Melbourne AUS
M 50	see 6day			
M 55	502m 0y Ts	Michel CAREAU, 55, QC	13/20Mar1996	Nanango AUS

AGE	GP	RECORD	NAME	DATE	LOCATION
		<b>7 days</b>	<b>WOMEN</b>		
OPEN		523m 0y rls	Antana LOCS, 32, CAN	15/22Sep1991	Queens NY
W 40		407m 0y rls	Sarita EARP, 43, NS	19/26Sep1992	Queens NY
W 45		310m 0y rls	Huguette CHARCE-GASPARD,	07/14Sep2000	Wards Island NY
W 50		443m 0y rls	Barbara McLEOD, 50, ON	20/27May1988	Queens NY
W 55		455m 0y rls	Barbara McLEOD, 55, ON	02/09May1993	Wards Island NY
		<b>10 days</b>	<b>MEN</b>		
OPEN		771m 0y rls	Trishul CHERNS, 29, CAN	26Apr/05May198	Queens NY
M 40		654m 0y rls	Trishul CHERNS, 43, CAN	11/21Sep2000	Wards Island NY
M 45		730m 0y rls	Michel CAREAU, 47, QC	20/30May1988	Queens NY
M 50		640m 0y rl	Ron GEHL, 51, ON	29Apr/09May199	Wards Island NY
M 55		626m 0y Ts	David LaPIERRE, 55, BC	13/23Mar1996	Nanango AUS
		<b>10 days</b>	<b>WOMEN</b>		
OPEN		722m 0y rls	Antana LOCS, 32, CAN	15/25Sep1991	Queens NY
W 40		555m 0y rls	Sarita EARP, 43, NS	19/29Sep1992	Queens NY
W 45		420m 0y rls	Huguette CHARCE-GASPARD,	07/17Sep2000	Wards Island NY
W 50		561m 0y rls	Barbara McLEOD, 50, ON	20/30May1988	Queens NY