



# Speed Skating PEI Records

Current October 28, 2024

## 111 m Track

<b>Pee Wee Girls (Age 6-7)</b>				
Stacey O'Shea	111 m.	17.43	13 Mar 1994	Saint John, NB
Vanessa Foster	222 m.	31.31	22 Jan 1994	Charlottetown, PE
Vanessa Foster	333 m.	46.41	22 Jan 1994	Charlottetown, PE
Stacey O'Shea	500 m.	1:12.51	21 Jan 1994	Charlottetown, PE
<b>Pee Wee Boys (Age 6-7)</b>				
Niall Burnett	111 m.	15.50	14 Jan 2006	Fredericton, NB
Niall Burnett	222 m.	27.62	15 Jan 2006	Fredericton, NB
Niall Burnett	333 m.	39.870	11 Dec 2005	Campbellton, NB
Niall Burnett	500 m.	1:00.170	15 Jan 2006	Fredericton, NB
Niall Burnett	666 m.	1:21.5	Feb 2006	Dieppe, NB
Niall Burnett	777 m.	1:35.7	Feb 2006	Dieppe, NB
Andrew Binns	1000 m.	2:21.49	Nov 2010	Campbellton, NB
<b>Bantam Girls (Age 8-9)</b>				
Vanessa Foster	222 m.	26.37	28 Jan 1996	Fredericton, NB
Stacey O'Shea	333 m.	39.91	27 Jan 1996	Fredericton, NB
Olivia Zhang	500 m.	58.545	17 Apr 2021	Charlottetown, PE
Ellen Christie	666 m.	1:20.84	30 Jan 2000	Fredericton, NB
Stacey O'Shea	777 m.	1:35.49	3 Mar 1996	Dartmouth, NS
<b>Bantam Boys (Age 8-9)</b>				
Niall Burnett	222 m.	26.25	Jan 2008	Fredericton, NB
Niall Burnett	333 m.	37.61	Jan 2008	Fredericton, NB
Niall Burnett	500 m.	54.94	Mar 2008	St. Croix, NB
Jack Connell	666 m.	1:14.17	Mar 2007	St. Croix, NB
Niall Burnett	777 m.	1:27.91	Dec 2007	Campbellton, NB
Niall Burnett	1000 m.	1:53.39	Mar 2008	St. Croix, NB

<b>Midget Girls (Age 10-11)</b>				
Stacey O'Shea	333 m.	36.60	3 Apr 1998	Charlesbourg, QC
Carly Connell	500 m.	53.696	10 Mar 2010	Campbellton, NB
Carly Connell	666 m.	1:11.785	10 Mar 2010	Campbellton, NB
Carly Connell	777 m.	1:24.171	10 Mar 2010	Campbellton, NB
Vanessa Foster	1000 m.	1:54.33	26 Oct 1997	Charlottetown, PE
Ellen Christie	1500 m.	3:03.2	23 Feb 2002	Sydney, NS
<b>Midget Boys (Age 10-11)</b>				
Niall Burnett	333 m.	34.19	10 Mar 2010	Campbellton, NB
Niall Burnett	500 m.	50.22	10 Mar 2010	Campbellton, NB
Niall Burnett	666 m.	01:08.59	10 Mar 2010	Campbellton, NB
Niall Burnett	777 m.	1:19.459	10 Feb 2010	Dieppe, NB
Niall Burnett	1000 m.	1:43.694	10 Feb 2010	Dieppe, NB
Niall Burnett	1500 m.	2:38.460	9 Dec 2009	Charlottetown, PE
<b>Juvenile Girls (Age 12-13)</b>				
Vanessa Foster	500 m.	50.77	4 Apr 1999	Kitchener, ON
Ellen Christie	666 m.	1:07.18	5 Apr 2003	Montreal, QC
Ellen Christie	777 m.	1:20.09	3 Apr 2003	Montreal, QC
Ellen Christie	1000 m.	01:46.67	26 Jan 2003	Fredericton, NB
<b>Olivia Zhang</b>	<b>1500 m.</b>	<b>2:48.196</b>	<b>26 Oct 2024</b>	<b>North Rustico, PE</b>
<b>Juvenile Boys (Age 12-13)</b>				
Niall Burnett	500 m.	47.329	6 Nov 2011	Charlottetown, PE
Rory MacDonald	666 m.	1:05.27	3 Apr 2004	Ottawa, ON
Jack Connell	777 m.	1:14.97	23 Jan 2011	Drummondville, QC
Andrew Binns	1000 m.	1:36.271	13 Nov 2016	Charlottetown, PE
Zack O'Meara	1500 m.	2:29.566	1 Feb 2020	Dieppe, NB
Niall Burnett	3000 m.	5:32.94	20 Nov 2010	Campbellton, NB
<b>Junior Women (Age 14-15)</b>				
Jenna Larter	500 m.	47.446	23 Mar 2018	Calgary, AB
Kathleen Cullen	666 m.	1:11.78	11 Dec 2004	Campbellton, NB
Ellen Christie	777 m.	1:20.59	10 Dec 2005	Campbellton, NB
Jenna Larter	1000 m.	1:40.700	14 Jan 2018	Saguenay, QC
Jenna Larter	1500 m.	2:37.417	13 Jan 2018	Saguenay, QC
Kathleen Cullen	3000 m.	5:49.73	18 Dec 2005	Charlottetown, PE
<b>Junior Men (Age 14-15)</b>				
Andrew Binns	500 m.	43.979	16 Mar 2019	Sherbrooke, QC
Mike Christie	777 m.	1:11.20	5 Apr 2003	Montreal, QC
Andrew Binns	1000 m.	1:30.514	21 Feb 2019	Red Deer, AB
Andrew Binns	1500 m.	2:22.851	17 Feb 2019	Red Deer, AB
Evan Cribb	3000 m.	5:10.34	18 Dec 2005	Charlottetown, PE

<b>Intermediate Women (Age 16-17)</b>				
Jenna Larter	500 m.	46.247	19 Oct 2019	Sherbrooke, QC
Sarah Taylor	666 m.	1:12.16	13 Mar 2004	Dieppe, NB
Jenna Larter	777 m.	1:18.773	17 Aug 2019	Calgary, AB
Carly Connell	1000 m.	1:36.101	19 Feb 2015	Prince George, BC
Jenna Larter	1500 m.	2:28.586	28 Sep 2019	Calgary, AB
Ellen Christie	3000 m.	5:30.8	1 Mar 2007	Whitehorse, YK
<b>Intermediate Men (Age 16-17)</b>				
William Lyons	500 m.	42.991	27 Nov 2021	Sherbrooke, QC
William Lyons	777 m.	1:13.23	17 Apr 2021	Charlottetown, PE
William Lyons	1000 m.	1:31.60	17 Apr 2021	Charlottetown, PE
William Lyons	1500 m.	2:21.708	26 Nov 2021	Sherbrooke, QC
Jake Byrne	3000 m.	5:05.49	15 Jan 2006	Fredericton, NB
<b>Senior Women (Age 18 and over as of June 30)</b>				
Jenna Larter	500 m.	46.676	12 Feb 2023	Calgary, AB
Sarah Taylor	666 m.	1:10.96	8 Jan 2005	Saint John, NB
Jenna Larter	777 m.	1:16.210	11 Feb 2023	Calgary, AB
Jenna Gallant	1000 m.	1:36.19	4 Feb 2006	Calgary, AB
Jenna Gallant	1500 m.	2:30.316	29 Nov 2005	Calgary, AB
Jenna Gallant	3000 m.	5:19.08	12 Oct 2003	Calgary, AB
<b>Senior Men (Age 18 and over as of June 30)</b>				
Scott Beamish	500 m.	41.702	5 Oct 2013	Calgary, AB
Tibor Breining	777 m.	1:15.58	28 Oct 2000	Charlottetown, PE
Scott Beamish	1000 m.	1:26.257	6 Oct 2013	Calgary, AB
Scott Beamish	1500 m.	2:15.135	24 Aug 2013	Calgary, AB
William Lyons	3000 m.	4:50.480	25 Feb 2023	North Rustico, PE
<b>Masters 1 Men (Age 30 and over as of June 30)</b>				
Jim Mullins	500 M	49.09	2 Apr 1999	Kitchener, ON
Jim Mullins	777 M	1:18.88	24 Jan 1999	Fredericton, NB
Jim Mullins	1000 M	1:40.08	7 Feb 1998	Riverview, NB
Jim Mullins	1500 M	2:34.88	6 Feb 1999	Riverview, NB
Jim Mullins	3000 M	5:46.20	5 Apr 1998	Charlesbourg, QC
<b>Masters 1 Women (Age 30 and over as of June 30)</b>				
Jenn Nickerson	333 M	57.375	9 Nov 2014	Charlottetown, PE
Sarah Taylor	500 M	55.425	12 Nov 2016	Charlottetown, PE
Sarah Taylor	777 M	1:27.143	13 Nov 2016	Charlottetown, PE
Sarah Taylor	1000 M	1:56.472	12 Nov 2016	Charlottetown, PE
Sarah Taylor	1500 M	2:59.792	13 Nov 2016	Charlottetown, PE

<b>Masters 2 Women (Age 40 and over as of June 30)</b>				
Rebecca Doiron	500 M	1:04.93	12 Jan 2003	Saint John, NB
Rebecca Doiron	666 M	1:27.52	11 Jan 2003	Saint John, NB
Rebecca Doiron	777 M	1:44.38	11 Jan 2003	Saint John, NB
Rebecca Doiron	1000 M	2:14.32	12 Jan 2003	Saint John, NB
<b>Masters 2 Men (Age 40 and over as of June 30)</b>				
Rob Binns	333 M	35.695	17 Apr 2021	Charlottetown, PE
Rob Binns	500 M	49.106	10 Nov 2018	Upper Tantallon, NS
Rob Binns	777 M	1:17.545	12 Apr 2019	Melbourne, AUS
Rob Binns	1000 M	1:39.906	8 Dec 2019	Saint John, NB
Rob Binns	1500 M	2:34.942	3 Feb 2018	Dieppe, NB
<b>Masters 3 Men (Age 50 and over as of June 30)</b>				
Rob Binns	500 M	50.101	3 Feb 2024	Dieppe, NB
<b>Rob Binns</b>	<b>777 M</b>	<b>1:20.676</b>	<b>27 Oct 2024</b>	<b>North Rustico, PE</b>
Rob Binns	1000 M	1:42.945	14 Jan 2024	Bormio, IT
Rob Binns	1500 M	2:38.858	18 Nov 2023	Ste. Foy, QC
<b>Men's 3000 M Relay</b>				
Andrew Binns Kyle Connell Peter McQuaid Thomas McQuaid	3000 M	4:14.668	22 Feb 2019	Red Deer, AB
<b>Canada Games Men's 3000 M Relay</b>				
Andrew Binns Kyle Connell Peter McQuaid Thomas McQuaid	3000 M	4:14.668	22 Feb 2019	Red Deer, AB
<b>Canada Games Women's 3000 M Relay</b>				
Allie Byrne Ellen Christie Kathleen Cullen Keisha Rose	3000 M	5:03.140	25 Feb 2007	Whitehorse, YT

**100 m Track**

<b>Boys (Age 11)</b>				
Andrew Binns	200 m.	21.915	13 Dec 2014	Saint John, NB
Andrew Binns	400 m.	41.445	23 Nov 2014	Fredericton, NB
Christian Hayden	800 m.	1:31.763	26 Mar 2023	Oakville, ON
Christian Hayden	1000 m.	1:58.576	26 Mar 2023	Oakville, ON
Andrew Binns	1500 m.	2:42.030	8 Nov 2014	Charlottetown, PE
<b>Girls (Age 11)</b>				
Olivia Zhang	200 m.	23.378	4 Mar 2023	Dartmouth, NS
Olivia Zhang	400 m.	45.269	4 Mar 2023	Dartmouth, NS
Darrah Ward	800 m.	1:45.326	28 Oct 2023	Upper Tantallon, NS
Miriam Burnett	1000 m.	2:04.576	4 Dec 2011	Campbellton, NB
Miriam Burnett	1500 m.	3:00.011	29 Jan 2012	Fredericton, NB
<b>Boys (Age 12)</b>				
Andrew Binns	200 m.	21.026	26 Mar 2016	Charlottetown, PE
Andrew Binns	400 m.	39.781	27 Mar 2016	Charlottetown, PE
Christian Hayden	800 m.	1:26.480	24 Feb 2024	Hampton, NB
Christian Hayden	1000 m.	1:53.663	25 Nov 2023	Fredericton, NB
William Lyons	1500 m.	2:36.190	4 Mar 2017	Upper Tantallon, NS
<b>Girls (Age 12)</b>				
Mia Stewart	200 m.	23.850	26 Mar 2016	Charlottetown, PE
Olivia Zhang	400 m.	42.521	2 Mar 2024	Dartmouth, NS
Olivia Zhang	800 m.	1:27.277	2 Mar 2024	Dartmouth, NS
Olivia Zhang	1000 m.	1:51.828	20 Jan 2024	Saint John, NB
Carly Connell	1500 m.	2:48.612	5 Feb 2011	Dieppe, NB
<b>Boys (Age 13)</b>				
Andrew Binns	200 m.	20.550	25 Mar 2017	Gloucester, ON
Andrew Binns	400 m.	38.290	26 Mar 2017	Gloucester, ON
Tiernan Dewar	800 m.	1:23.330	31 Mar 2024	Rimouski, QC
Tiernan Dewar	1000 m.	1:48.403	31 Mar 2024	Rimouski, QC
William Lyons	1500 m.	2:34.087	25 Nov 2017	Charlottetown, PE
<b>Girls (Age 13)</b>				
Carly Connell	200 m.	21.764	29 Jan 2012	Fredericton, NB
Carly Connell	400 m.	42.267	28 Jan 2012	Fredericton, NB
	800 m.			
	1000 m.			
Carly Connell	1500 m.	2:47.650	28 Jan 2012	Fredericton, NB
<b>Boys (Age 14)</b>				
Andrew Binns	200 m.	19.938	31 Mar 2018	Lévis, QC
Andrew Binns	400 m.	37.740	1 Apr 2018	Lévis, QC
Andrew Binns	1500 m.	2:33.624	25 Nov 2017	Charlottetown, PE

<b>Girls (Age 14)</b>				
Carly Connell	200 m.	21.680	13 Jan 2013	Saint John, NB
Carly Connell	400 m.	41.150	12 Jan 2013	Saint John, NB
Mirthe de Haan	800 m.	1:32.655	4 Feb 2024	Dieppe, NB
Mirthe de Haan	1000 m.	1:57.857	3 Feb 2024	Dieppe, NB
Jenna Larter	1500 m.	2:47.687	12 Nov 2016	Charlottetown, PE
<b>Boys (Age 15)</b>				
Kyle Connell	200 m.	20.259	25 Nov 2017	Charlottetown, PE
Kyle Connell	400 m.	37.264	1 Apr 2018	Lévis, QC
Kyle Connell	1500 m.	2:32.252	31 Mar 2018	Lévis, QC
<b>Girls (Age 15)</b>				
<b>Mirthe de Haan</b>	<b>400 m.</b>	<b>45.729</b>	<b>26 Oct 2024</b>	<b>North Rustico, PE</b>
<b>Mirthe de Haan</b>	<b>800 m.</b>	<b>1:30.238</b>	<b>27 Oct 2024</b>	<b>North Rustico, PE</b>
<b>Mirthe de Haan</b>	<b>1000 m.</b>	<b>2:21.295</b>	<b>27 Oct 2024</b>	<b>North Rustico, PE</b>
<b>Mirthe de Haan</b>	<b>1500 m.</b>	<b>3:02.870</b>	<b>26 Oct 2024</b>	<b>North Rustico, PE</b>
<b>Boys (12/13) 3000 M Relay</b>				
Carter Bruce William Lyons Andrew Binns	3000 m.	5:02.200	26 Mar 2017	Gloucester, ON
<b>Boys (14/15) 3000 M Relay</b>				
Andrew Binns Carter Bruce Kyle Connell Thomas McQuaid	3000 m.	4:41.609	1 Apr 2018	Lévis, QC
<b>Girls (13/14) 3000 M Relay</b>				
Miriam Burnett Eliana Monthony Kristen Binns	3000 m.	5:37.038	22 Mar 2015	Fredericton, NB

### Outdoor Mass Start Long Track Records

**Note: Nancy White and Kevin O'Brien were two outstanding PEI Long Track Skaters who set numerous long track provincial records in the 1970's and 1980's. The records of both of these skaters have been lost, though their career best times can be viewed here:**

**Nancy White:**

<http://www.speedskatingbase.eu/?section=skaters&subsection=skater&skaterid=28643>

**Kevin O'Brien:**

<http://www.speedskatingbase.eu/?section=skaters&subsection=skater&skaterid=18827>

**There have been many changes in equipment and the introduction of indoor ovals since these two skaters retired. Learn more about these amazing PEI skaters:**

<https://peisportshalloffame.ca/white-nancy-speed-skater/>

<https://peisportshalloffame.ca/obrien-kevin-speed-skater/>

#### Juvenile Girls (Age 12-13)

Mirthe de Haan	300 M	35.02	21 Jan 2023	Halifax, NS
Mirthe de Haan	1000 M	1:52.02	22 Jan 2023	Halifax, NS
Mirthe de Haan	1500 M	2:59.43	22 Jan 2023	Halifax, NS

#### Juvenile Boys (Age 12-13)

Tiernan Dewar	300 M	29.41	27 Jan 2024	Halifax, NS
Tiernan Dewar	1000 M	1:41.89	28 Jan 2024	Halifax, NS
Tiernan Dewar	1500 M	2:57.77	28 Jan 2024	Halifax, NS
Addison Bruce	3000 M	7:56.89	27 Jan 2018	Halifax, NS

#### Junior Women (Age 14-15)

Constance Holman	500 M	54.33	Nov 2005	Ste.-Foy, QC
Constance Holman	800 M	1:24.76	Nov 2005	Ste.-Foy, QC
Constance Holman	1000 M	1:55.38	Nov 2005	Ste.-Foy, QC

#### Junior Men (Age 14-15)

Carter Bruce	300 M	31.44	27 Jan 2018	Halifax, NS
Evan Cribb	500 M	46.71	Nov 2005	Ste.-Foy, QC
Evan Cribb	800 M	1:14.98	Nov 2005	Ste.-Foy, QC
Evan Cribb	1000 M	1:39.01	Nov 2005	Ste.-Foy, QC
Carter Bruce	3000 M	5:58.45	27 Jan 2018	Halifax, NS

#### Intermediate Women (Age 16-17)

Emily Gaudreau	500 M	52.60	Nov 2005	Ste.-Foy, QC
Emily Gaudreau	800 M	1:24.72	Nov 2005	Ste.-Foy, QC
Emily Gaudreau	1000 M	1:49.03	Nov 2005	Ste.-Foy, QC

#### Intermediate Men (Age 16-17)

Tyler Coyle	500 M	46.09	Nov 2005	Ste.-Foy, QC
Mitchell Jay	800 M	1:13.44	Nov 2005	Ste.-Foy, QC
Mitchell Jay	1000 M	1:32.97	Nov 2005	Ste.-Foy, QC

### Indoor Mass Start Long Track Records

In order to be accepted, an indoor long track record must be faster than the corresponding outdoor long track record.

#### Juvenile Boys (Age 12-13)

Tiernan Dewar	300 M	27.632	11 Feb 2024	Ste. Foy, QC
Tiernan Dewar	1000 M	1:26.547	10 Feb 2024	Ste. Foy, QC
Tiernan Dewar	1500 M	2:16.548	11 Feb 2024	Ste. Foy, QC

### Outdoor Olympic Style Long Track Records

#### Juvenile Girls (Age 12-13)

Mirthe de Haan	500 M	55.38	21 Jan 2023	Halifax, NS
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#### Juvenile Boys (Age 12-13)

Tiernan Dewar	500 M	48.99	27 Jan 2024	Halifax, NS
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#### Junior Women (Age 14-15)

Mirthe de Haan	500 M	53.88	27 Jan 2024	Halifax, NS
Mirthe de Haan	1000 M	1:51.78	28 Jan 2024	Halifax, NS
Mirthe de Haan	1500 M	2:47.30	27 Jan 2024	Halifax, NS
Mirthe de Haan	3000 M	6:09.99	28 Jan 2024	Halifax, NS

#### Junior Men (Age 14-15)

Evan Cribb	500 M	42.26	26 Jan 2007	Fort St. John, BC
Jared Vriends	1000 M	1:33.62	1 Feb 2014	Halifax, NS
Evan Cribb	1500 M	2:12.62	27 Jan 2007	Fort St. John, BC
Evan Cribb	3000 M	4:41.23	26 Jan 2007	Fort St. John, BC
Evan Cribb	5000 M	8:04.60	27 Jan 2007	Fort St. John, BC

#### Intermediate Men (Age 16-17)

Mitchell Jay	500 M	45.95	24 Feb 2007	Whitehorse, YT
Matthew McKenna	1000 M	1:35.89	20 Feb 2019	Red Deer, AB
Mitchell Jay	1500 M	2:21.37	27 Jan 2007	Fort St. John, BC
Mitchell Jay	3000 M	4:50.18	26 Feb 2007	Whitehorse, YT
Mitchell Jay	5000 M	8:16.90	27 Jan 2007	Fort St. John, BC

#### Senior Men (Age 18 and over as of June 30)

Andrew Binns	500 M	39.61	22 Feb 2023	Halifax, NS
Andrew Binns	1000 M	1:23.82	22 Jan 2023	Halifax, NS
Andrew Binns	1500 M	2:20.21	21 Feb 2023	Halifax, NS
Carter Bruce	3000 M	5:02.02	28 Jan 2024	Halifax, NS
Carter Bruce	5000 M	9:02.74	22 Jan 2023	Halifax, NS



### Indoor Olympic Style Long Track Records

In order to be accepted, an indoor long track record must be faster than the corresponding outdoor long track record.

#### Juvenile Boys (Age 12-13)

Tiernan Dewar	500 M	42.852	10 Feb 2024	Ste. Foy, QC
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#### Junior Women (Age 14-15)

Constance Holman	500 M	49.91	Mar 2006	Calgary, AB
Constance Holman	1000 M	1:39.43	Mar 2006	Calgary, AB
Mirthe de Haan	1500 M	2:36.46	2 Dec 2023	Ste. Foy, QC
Constance Holman	3000 M	5:38.11	Mar 2006	Calgary, AB

#### Junior Men (Age 14-15)

Evan Cribb	500 M	40.09	13 Mar 2007	Calgary, AB
Evan Cribb	1000 M	1:19.83	16 Mar 2007	Calgary, AB
Evan Cribb	1500 M	2:02.48	14 Mar 2007	Calgary, AB
Evan Cribb	3000 M	4:18.09	13 Mar 2007	Calgary, AB
Evan Cribb	5000 M	7:25.79	15 Mar 2007	Calgary, AB

#### Intermediate Women (Age 16-17)

Emily Gaudreau	500 M	48.62	Mar 2006	Calgary, AB
Emily Gaudreau	1000 M	1:38.27	Mar 2006	Calgary, AB
Emily Gaudreau	1500 M	2:36.16	Mar 2006	Calgary, AB
Emily Gaudreau	3000 M	5:18.48	Mar 2006	Calgary, AB

#### Senior Women (Age 18 and over as of June 30)

Jenna Larter	500 M	38.87	5 Oct 2023	Calgary, AB
Jenna Larter	1000 M	1:18.37	1 Dec 2023	Calgary, AB
Jenna Larter	1500 M	2:05.53	3 Feb 2024	Calgary, AB

#### Intermediate Men (Age 16-17)

Evan Cribb	500 M	39.17	12 Mar 2008	Calgary, AB
Evan Cribb	1000 M	1:17.03	8 Mar 2008	Calgary, AB
Evan Cribb	1500 M	1:58.78	13 Mar 2008	Calgary, AB
Evan Cribb	3000 M	4:18.18	12 Mar 2008	Calgary, AB
Mitchell Jay	5000 M	7:15.08	15 Mar 2007	Calgary, AB

#### Senior Men (Age 18 and over as of June 30)

Andrew Binns	500 M	36.48	7 Oct 2023	Calgary, AB
Andrew Binns	1000 M	1:14.29	3 Dec 2023	Calgary, AB
Andrew Binns	1500 M	1:59.77	26 Aug 2023	Calgary, AB
Carter Bruce	4000 M	6:39.727	31 Mar 2023	Ste. Foy, QC
Carter Bruce	5000 M	8:22.353	31 Mar 2023	Ste. Foy, QC

#### Masters Men (Age 45-49)

Rob Binns	500 M	46.557	20 Nov 2022	Ste. Foy, QC
Rob Binns	1000 M	1:29.008	30 Oct 2022	Ste. Foy, QC
Rob Binns	1500 M	2:19.232	29 Oct 2022	Ste. Foy, QC

<b>Masters Men (Age 50-54)</b>				
Rob Binns	500 M	47.923	19 Nov 2023	Ste. Foy, QC
Rob Binns	1500 M	2:22.932	19 Nov 2023	Ste. Foy, QC