

Current to August 15, 2017						
EVENT	MF_AGE	PERFORMANCE	FIRSTNAME	LASTNAME	DATE	WHERE
800 Metres	M30	2:08.08	Michael	Schwandt	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON
800 Metres	M35	1:58.56	Jay	Brecher	26-July-2011	York University Twilight Meet #4
800 Metres	M40	2:02.59	Jay	Brecher	10-July-2015	Speed River Twilight #3, Guelph, ON
800 Metres	M45	01:55.3	Mike	Sherar	20-Jul-10	Toronto, ON
800 Metres	M50	2:01.06	Mike	Sherar	23-June-2014	Hamilton Twilight #1, Hamilton, ON
800 Metres	M55	2:16.73	Armand	D'Oliveira	31-July-2016	OMA Champs, Varsity Centre, Toronto, ON
800 Metres	M60	2:27.46	John	Helliker	29-June-2014	OMA Champs, Varsity Centre Toronto, ON
800 Metres	M65	2:29.77	John	Helliker	7-July-2016	Twilight #4, Varsity Centre, Toronto, ON
800 Metres	M70	3:08.84	Vern	Christensen	28-June-2015	OMA Champs, Terry Fox Field, Brampton, ON
800 Metres	M75	3:13.27	Keijo	Taivassalo	28-June-2015	OMA Champs, Terry Fox Field, Brampton, ON
800 Metres	W30	2:02.90	Sasha	Gollish	10-June-2015	Victoria Intl Track Classic, Victoria BC
800 Metres	W35	2:08.91	Sarah	Katz	28-June-2014	Nat Champs Qualifier, Moncton, NB
800 Metres	W40	2:34.41	Amy	Ballon	7-August-2015	WMA Championships, Lyon, FR
800 Metres	W45	02:23.5	Annie	Bunting	July, 2011	WMA Championships, Sacramento, CA
800 Metres	W50	02:25.6	Annie	Bunting	18-June-2015	Hamilton Twilight #1, Hamilton, ON
800 Metres	W55	2:38.96	Heather	O'Hagan	14-August-2016	CMA Champs York Lions Stadium Toronto ON
800 Metres	W60	3:03.02	Lynn	Kobayashi	14-August-2016	CMA Champs York Lions Stadium Toronto ON
<b>800 Metres</b>	<b>W65</b>	<b>3:34.63</b>	<b>Frances</b>	<b>Enchin</b>	<b>6-August-2017</b>	<b>OMA Champs, Varsity Centre, Toronto, ON</b>
1500 Metres	M35	4:07.41	Jay	Brecher	July, 2011	WMA Champs, Sacramento, CA
<b>1500 Metres</b>	<b>M40</b>	<b>4:14.25</b>	<b>Jay</b>	<b>Brecher</b>	<b>7-August-2017</b>	<b>Hamilton Last Chance Twilight, Hamilton, ON</b>
1500 Metres	M45	4:07.17	Paul	Osland	July-2009	WMA Champs, Lahti, FI
1500 Metres	M50	4:16.34	Paul	Osland	5-November-201	WMA Championships, Perth, AU
1500 Metres	M55	4:27.10	Stuart	Galloway	19-June-2016	LDS, 1500m Night, London, ON
1500 Metres	M60	4:55.08	John	Helliker	6-July-2013	OMA Champs, Varsity Centre Toronto, ON
1500 Metres	M65	5:02.71	John	Helliker	30-July-2016	OMA Champs, Varsity Centre Toronto, ON
1500 Metres	M70	6:30.74	Vern	Christensen	12-August-2015	WMA Championships, Lyon, FR
1500 Metres	M75	6:18.07	Keijo	Taivassalo	28-June-2015	OMA Champs, Terry Fox Field, Brampton, ON
1500 Metres	W30	4:07.08	Sasha	Gollish	21-June-2015	RCLDS #4, 1500 Night, London, ON
<b>1500 Metres</b>	<b>W35</b>	<b>4:07.70</b>	<b>Sasha</b>	<b>Gollish</b>	<b>18-May-2017</b>	<b>USATF Classic, Los Angeles, CA</b>

1500 Metres	W40	5:03.22	Leanne	Shafir	12-July-2014	CMA Champs, Varsity Centre, Toronto, ON
1500 Metres	W45	4:54.26	Annie	Bunting	July,2011	WMA Championships, Sacramento, CA
1500 Metres	W50	5:01.73	Annie	Bunting	14-August-2015	WMA Championships, Lyon, FR
1500 Metres	W55	5:45.16	Rita	Botelho	12-August-2015	WMA Championships, Lyon, FR
1500 Metres	W60	6:10.50	Lynn	Kobayashi	13-August-2016	CMA Champs York Lions Stadium Toronto ON
<b>1 Mile</b>	<b>M30</b>	<b>5:03.2</b>	<b>Nate</b>	<b>Walsh</b>	<b>18-June-2017</b>	<b>Longboat Mile, Toronto, ON</b>
1 Mile	M35	5:31.65	Rob	Sidhu	14-June-2013	Cambridge Classic Mile, Cambridge, ON
1 Mile	M40	5:12.73	Kevin	Farr	15-June-2012	Cambridge Classic Mile, Cambridge, ON
1 Mile	M55	4:52.59	Stuart	Galloway	10-June-2016	McMullen Miles, Rochester, NY
3000 Metres	M40	9:42.49	Philip	Oreopoulos	19-July-2016	Twilight #4, Varsity Centre, Toronto, ON
<b>3000 Metres</b>	<b>M45</b>	<b>10:16.07</b>	<b>Philip</b>	<b>Oreopoulos</b>	<b>20-June-2017</b>	<b>York Twilight #2, Toronto, ON</b>
3000 Metres	M50	9:44.41	Paul	Osland	20-May-2014	Twilight #2, Varsity Centre, Toronto, ON
<b>3000 Metres</b>	<b>M55</b>	<b>9:51.75</b>	<b>Stuart</b>	<b>Galloway</b>	<b>9-June-2017</b>	<b>Hamilton Twilight #2, Hamilton, ON</b>
3000 Metres	M60	11:08.20	John	Helliker	20-May-2014	Twilight #2, Varsity Centre, Toronto, ON
3000 Metres	M70	15:32.77	Gary	McColeman	20-May-2014	Twilight #2, Varsity Centre, Toronto, ON
3000 Metres	W30	9:00.42	Sasha	Gollish	15-Jukly-2016	Gothenburg Grand Prix, Gothenburg, SWE
<b>3000 Metres</b>	<b>W45</b>	<b>11:01.61</b>	<b>Amy</b>	<b>Ballon</b>	<b>2-August-2017</b>	<b>Hamilton PB Twilight, Hamilton, ON</b>
3000 Metres	W50	15:44.37	Nicky	Slovitt	4-June-2016	OMA Mini Meet Varsity Centre, Toronto ON
3000 Metres	W60	13:00.45	Lynn	Kobayashi	19-July-2016	Twilight #4, Varsity Centre, Toronto, ON
5000 Metres	M35	17:52.99	Ming	Tsai	29-July-2012	OMA Champs, Varsity Centre, Toronto, ON
5000 Metres	M40	16:44.02	Philip	Oreopoulos	29-May-2016	Hamilton Twilight #1, Hamilton, ON
5000 Metres	M45	19:47.45	Nathan	Taback	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON
5000 Metres	M50	16:43.58	Stuart	Galloway	28-June-2015	RCLDS #5, London, ON
5000 Metres	M55	16:37.85	Stuart	Galloway	29-May-2016	Hamilton Twilight #1, Hamilton, ON
5000 Metres	M60	20:26.17	Tony	Farr	30-July-2016	OMA Champs, Varsity Centre, Toronto, ON
5000 Metres	M70	24:33.23	Vern	Christensen	6-August-2015	WMA Championships, Lyon, FR
5000 Metres	M75	22:30.10	Keijo	Taivassalo	27-June-2015	CMA Champs, Terry Fox Field, Brampton, ON
5000 Metres	W30	15:35.16	Sasha	Gollish	1-May-2016	Payton Jordan, Stanford, CA

<b>5000 Metres</b>	<b>W35</b>	<b>15:24.12</b>	<b>Sasha</b>	<b>Gollish</b>	<b>16-June-2017</b>	<b>Stumptown Classic, Portland, OR</b>
5000 Metres	W40	18:51.51	Leanne	Shafir	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON
<b>5000 Metres</b>	<b>W45</b>	<b>19:18.33</b>	<b>Amy</b>	<b>Ballon</b>	<b>13-August-2017</b>	<b>NCCWMA Championships, Toronto, ON</b>
5000 Metres	W50	27:54.24	Nicky	Slovitt	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON
5000 Metres	W55	23:42.07	Clara	Northcott	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON
5000 Metres	W60	23:09.87	Clara	Northcott	17/18-July-2015	CMA Champs, St. Catharines, ON
10000 Metres	M35	37:17.29	Ming	Tsai	July, 2011	WMA Championships, Sacramento, CA
10000 Metres	M40	38:41.19	Michael	Chang	18-June-2011	CMA Outdoor Champs, Varsity Centre
<b>10000 Metres</b>	<b>M50</b>	<b>36:00.82</b>	<b>Simon</b>	<b>Rayner</b>	<b>13-May-2017</b>	<b>London Distance Series #1, London, ON</b>
10000 Metres	M55	34:51.09	Stuart	Galloway	14-May-2016	London Distance Series #2, London, ON
10000 Metres	M75	46:59.18	Keijo	Taivassalo	28-June-2015	OMA Champs, Terry Fox Field, Brampton, ON
Steeplechase	M35	10:51.90	Gary	Pluim	17-July-2010	CMA Outdoor Champs, TTFC
Steeplechase	M40	11:12.0h	Philip	Oreopoulos	30-July-2016	OMA Champs, Varsity Centre, Toronto, ON
Steeplechase	M50	11:47.0h	Anthony	MacIlsac	30-July-2016	OMA Champs, Varsity Centre, Toronto, ON
Steeplechase	M55	15:04.99	Doug	Smith	July, 2011	WMA Championships, Sacramento, CA
Steeplechase	M60	9:09.62	Wayne	Chee	30-July-2016	OMA Champs, Varsity Centre, Toronto, ON
Steeplechase	M65	11:18.63	Doug	Smith	6-November-2011	WMA Championships, Perth, AU
Steeplechase	M70	9:34.34	Vern	Christensen	18-July-2014	US National Champs, Winston-Salem, NC
Steeplechase	M75	9:47.96	Vern	Christensen	15-July-2016	US Masters Champs, Grand Rapids, MI
Steeplechase	W45	8:13.42	Kate	Cochrane-Brink	6-November-2011	WMA Championships, Perth, AU
Steeplechase	W55	10:40.16	Joy	Kramarich	30-July-2016	OMA Champs, Varsity Centre, Toronto, ON