

|             |     |         |         |              |                |   |
|-------------|-----|---------|---------|--------------|----------------|---|
| 600 Metres  | M30 | 1:46.57 | Steven  | Blau         | 15-Jan-2017    | OMA Mini Meet #1, TTFC, Toronto, ON     |
| 600 Metres  | M35 | 1:34.40 | Gary    | Pluim        | 9-Jan-2011     | OMA Mini Meet #1, TTFC, Toronto, ON     |
| 600 Metres  | M40 | 1:31.11 | Michal  | Kapral       | 20-Jan-2013    | OMA Mini Meet #1, TTFC, Toronto, ON     |
| 600 Metres  | M45 | 1:25.73 | Mike    | Sherar       | 07-Jan-2012    | Sharon Anderson Memorial, Toronto, ON   |
| 600 Metres  | M50 | 1:28.99 | Mike    | Sherar       | 16-Jan-2016    | Fred Foot Classic, Toronto, ON          |
| 600 Metres  | M55 | 1:56.66 | Trevor  | Burns        | 7-Jan-2018     | OMA Mini Meet #1, TTFC, Toronto, ON     |
| 600 Metres  | M60 | 1:58.47 | Duncan  | Greenshields | 8-Jan-2012     | OMA Mini Meet #1, TTFC, Toronto, ON     |
| 600 Metres  | M65 | 2:00.20 | Norman  | Creen        | 15-Jan-2017    | OMA Mini Meet #1, TTFC, Toronto, ON     |
| 600 Metres  | M70 | 2:33.61 | Gary    | McColeman    | 17-Jan-2016    | OMA Mini Meet #1, TTFC, Toronto, ON     |
| 600 Metres  | W30 | 1:29.71 | Sasha   | Gollish      | 12/14-Mar-2015 | CIS Champs, U of Windsor, Windsor, ON   |
| 600 Metres  | W35 | 1:35.25 | Sarah   | Katz         | 20-Feb-2015    | Hal Brown, U of T AC, Toronto, ON       |
| 600 Metres  | W45 | 1:47.79 | Nancy   | Catton       | 17-Jan-2016    | OMA Mini Meet #1, TTFC, Toronto, ON     |
| 600 Metres  | W55 | 2:16.21 | Joy     | Kramarich    | 15-Jan-2017    | OMA Mini Meet #1, TTFC, Toronto, ON     |
|             |     |         |         |              |                |   |
| 800 Metres  | M30 | 2:07.66 | Michael | Schwandt     | 24-Feb-2013    | OMA Mini Meet #3, TTFC, Toronto, ON     |
| 800 Metres  | M35 | 1:59.46 | Jay     | Brecher      | 12-Feb-2011    | Robert Kane Invitational, Ithaca, NY    |
| 800 Metres  | M40 | 2:03.72 | Jay     | Brecher      | 15-Mar-2014    | CMA Champs, TTFC, Toronto, ON           |
| 800 Metres  | M45 | 1:58.51 | Mike    | Sherar       | 21-Feb-2010    | AO Indoor Championships, TTFC, Toronto, |
| 800 Metres  | M50 | 2:03.12 | Paul    | Osland       | Mar-2014       | WMA Indoor Champs, Budapest, HU         |
| 800 Metres  | M55 | 2:14.22 | Stuart  | Galloway     | 28-Feb-2016    | OMA Championships, TTFC, Toronto, ON    |
| 800 Metres  | M60 | 2:28.42 | John    | Helliker     | 19-Mar-2016    | CMA Champs, TTFC, Toronto, ON           |
| 800 Metres  | M65 | 2:34.48 | John    | Helliker     | 11-Mar-2017    | CMA Indoor Champs, TTFC, Toronto, ON    |
| 800 Metres  | M70 | 3:12.47 | Vern    | Christensen  | 14-Mar-2015    | CMA Champs, TTFC, Toronto, ON           |
| 800 Metres  | M75 | 3:04.74 | Keijo   | Taivassalo   | 14-Mar-2015    | CMA Champs, TTFC, Toronto, ON           |
| 800 Metres  | W30 | 2:15.21 | Sasha   | Gollish      | 16-Mar-2013    | CMA Indoor Champs, TTFC, Toronto, ON    |
| 800 Metres  | W35 | 2:35.52 | Nadia   | Petryshyn    | 26-Feb-2017    | OMA Championships, TTFC, Toronto, ON    |
| 800 Metres  | W40 | 2:35.83 | Amy     | Ballon       | 14-Mar-2015    | CMA Champs, TTFC, Toronto, ON           |
| 800 Metres  | W45 | 2:22.25 | Annie   | Bunting      | 10-Mar-2012    | CMA Championships, TTFC, Toronto, ON    |
| 800 Metres  | W50 | 2:25.13 | Annie   | Bunting      | 14-Mar-2015    | CMA Champs, TTFC, Toronto, ON           |
| 800 Metres  | W55 | 2:44.15 | Heather | O'Hagan      | 11-Mar-2017    | CMA Indoor Champs, TTFC, Toronto, ON    |
| 800 Metres  | W60 | 3:07.89 | Clara   | Northcott    | 11-Mar-2017    | CMA Indoor Champs, TTFC, Toronto, ON    |
|             |     |         |         |              |                |   |
| 1000 Metres | M30 | 2:47.13 | Michael | Schwandt     | 3-Feb-2013     | OMA Mini Meet #2, TTFC, Toronto, ON     |

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|-------------|-----|---------|---------|-------------|---------------------|--|
| 1000 Metres | M35 | 2:35.02 | Jay     | Brecher     | 8-Jan-2011          | U of Toronto, Sharon Anderson Meet               |
| 1000 Metres | M40 | 2:43.94 | Jay     | Brecher     | 28-Jan-2016         | NYRR Night at the Races #2, New York, NY         |
| 1000 Metres | M45 | 3:15.24 | Marcus  | Skeete      | 29-Jan-2017         | OMA Mini Meet #2, TTFC, Toronto, ON              |
| 1000 Metres | M50 | 2:48.79 | Paul    | Osland      | 16-Feb-2018         | Hal Brown Last Chance, U of T, Toronto, ON       |
| 1000 Metres | M55 | 3:46.83 | Jon     | Comerford   | 31-Jan-2016         | OMA Mini Meet #2, TTFC, Toronto, ON              |
| 1000 Metres | M60 | 3:10.98 | John    | Helliker    | 3-Feb-2013          | OMA Mini Meet #2, TTFC, Toronto, ON              |
| 1000 Metres | M65 | 3:13.96 | John    | Helliker    | 29-Jan-2017         | OMA Mini Meet #2, TTFC, Toronto, ON              |
| 1000 Metres | W30 | 2:45.07 | Sasha   | Gollish     | 10-Jan-2015         | Can Am Track Classic, Windsor, ON                |
| 1000 Metres | W35 | 2:40.99 | Sasha   | Gollish     | 10-Feb-2017         | B.U. Valentine Invitational, Boston, MA          |
| 1000 Metres | W40 | 3:25.09 | Amy     | Ballon      | 31-Jan-2016         | OMA Mini Meet #2, TTFC, Toronto, ON              |
| 1000 Metres | W45 | 3:26.82 | Amy     | Ballon      | 29-Jan-2017         | OMA Mini Meet #2, TTFC, Toronto, ON              |
| 1000 Metres | W50 | 3:40.50 | Anne    | Koch        | 21-Jan-2018         | OMA Mini Meet #2, TTFC, Toronto, ON              |
| 1000 Metres | W55 | 3:38.06 | Makie   | Ohler       | 21-Jan-2018         | OMA Mini Meet #2, TTFC, Toronto, ON              |
| 1000 Metres | W60 | 4:03.89 | Clara   | Northcott   | 25-Jan-2015         | OMA Mini Meet #2, TTFC, Toronto, ON              |
|             |     |         |         |             |                     |  |
| 1500 Metres | M30 | 4:31.04 | Michael | Schwandt    | 10-Mar-2013         | OMA Championships, TTFC, Toronto, ON             |
| 1500 Metres | M35 | 4:58.74 | Thomas  | Bok         | 26-Feb-2017         | OMA Championships, TTFC, Toronto, ON             |
| 1500 Metres | M40 | 4:17.31 | Jay     | Brecher     | 16-Mar-2014         | CMA Champs, TTFC, Toronto, ON                    |
| 1500 Metres | M45 | 4:20.85 | Mike    | Sherar      | 4-Feb-2012          | York Open, TTFC, Toronto, ON                     |
| 1500 Metres | M50 | 4:16.90 | Paul    | Osland      | 30-Mar-2014         | WMA Indoor Champs, Budapest, HU                  |
| 1500 Metres | M55 | 4:26.22 | Stuart  | Galloway    | 14-Feb-2016         | AO Youth Senior Champs TTFC, Toronto, ON         |
| 1500 Metres | M60 | 4:59.13 | John    | Helliker    | 15-Mar-2015         | CMA Champs, TTFC, Toronto, ON                    |
| 1500 Metres | M65 | 5:09.08 | John    | Helliker    | 12-Mar-2017         | CMA Championships, TTFC, Toronto, ON             |
| 1500 Metres | M70 | 6:23.18 | Vern    | Christensen | 15-Mar-2015         | CMA Champs, TTFC, Toronto, ON                    |
| 1500 Metres | M75 | 6:19.92 | Keijo   | Taivassalo  | 15-Mar-2015         | CMA Champs, TTFC, Toronto, ON                    |
| 1500 Metres | W30 | 4:18.75 | Sasha   | Gollish     | 12/14-Mar-2015      | CIS Champs, U of Windsor, Windsor, ON            |
| 1500 Metres | W40 | 5:13.08 | Leanne  | Shafir      | 26-Feb-2012         | OMA Championships, TTFC, Toronto, ON             |
| 1500 Metres | W45 | 04:58.0 | Annie   | Bunting     | Mar-'10; 26-Feb-'12 | WMA Champs Kamloops, BC & OMA Champs,            |
| 1500 Metres | W50 | 5:09.09 | Annie   | Bunting     | 15-Mar-2015         | CMA Champs, TTFC, Toronto, ON                    |
| 1500 Metres | W55 | 5:31.10 | Makie   | Ohler       | 17-Mar-2018         | USATF Masters Indoor Championships, Landover, MD |
| 1500 Metres | W60 | 6:12.53 | Lynn    | Kobayashi   | 25-Mar-2017         | WMA Indoor Champs, Daegu, South Korea            |
|             |     |         |         |             |                     |  |
| 1 Mile      | M30 | 5:08.48 | Nate    | Walsh       | 19-Feb-2017         | OMA Mini Meet #3, TTFC, Toronto, ON              |

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|-------------------|-----|----------|---------|----------------|----------------|---|
| 1 Mile            | M35 | 5:51.93  | Thomas  | Bok            | 21-Feb-2016    | OMA Mini Meet #3, TTFC, Toronto, ON       |
| 1 Mile            | M40 | 4:35.33  | Jay     | Brecher        | 10-Feb-2018    | New Balance Indoor Grand Prix, Boston, MA |
| 1 Mile            | M45 | 4:38.98  | Mike    | Sherar         | 23-Jan-2010    | Hartshorne Masters Mile, Ithaca, NY       |
| 1 Mile            | M50 | 4:48.97  | Paul    | Osland         | 24-Jan-2015    | Hartshorne Invitational, Ithaca, NY       |
| 1 Mile            | M55 | 4:45.82  | Stuart  | Galloway       | 4-Mar-2016     | The Armory, New York, NY                  |
| 1 Mile            | M60 | 5:25.85  | John    | Helliker       | 24-Jan-2015    | Hartshorne Invitational, Ithaca, NY       |
| 1 Mile            | M70 | 8:17.82  | Gary    | McColeman      | 8-Feb-2015     | OMA Mini Meet #3, TTFC, Toronto, ON       |
| 1 Mile            | W35 | 4:40.19  | Sasha   | Gollish        | 18-Feb-2017    | Grand Prix d'Athlétisme de Montréal, QC   |
| 1 Mile            | W40 | 5:34.19  | Leanne  | Shafir         | 9-Jan-2012     | OMA Mini Meet #1, TTFC, Toronto, ON       |
| 1 Mile            | W45 | 5:26.71  | Annie   | Bunting        | 21-Jan-2012    | Hartshorne Invitational, Ithaca, NY       |
| 1 Mile            | W50 | 5:32.51  | Annie   | Bunting        | 24-Jan-2015    | Hartshorne Invitational, Ithaca, NY       |
| 1 Mile            | W55 | 6:48.39  | Lynn    | Kobayashi      | 12-Feb-2012    | OMA Mini Meet #3, TTFC, Toronto, ON       |
| 1 Mile            | W60 | 6:47.80  | Lynn    | Kobayashi      | 19-Feb-2017    | OMA Mini Meet #3, TTFC, Toronto, ON       |
|                   |     |          |         |                |                |   |
| Mile Steeplechase | M45 | 6:49.09  | Michael | Mandel         | 19-Feb-2017    | OMA Championships, TTFC, Toronto, ON      |
| Mile Steeplechase | M50 | 5:34.24  | Anthony | MacIsaac       | 8-Feb-2015     | OMA Mini Meet #3                          |
| Mile Steeplechase | M60 | 7:09.85  | Wayne   | Chee           | 8-Feb-2015     | OMA Mini Meet #3                          |
| Mile Steeplechase | M70 | 7:28.44  | Vern    | Christensen    | 8-Feb-2015     | OMA Mini Meet #3                          |
| Mile Steeplechase | M75 | 7:31.76  | Vern    | Christensen    | 31-Jan-2016    | OMA Mini Meet #2                          |
| Mile Steeplechase | W45 | 6:31.41  | Kate    | Cochrane-Brink | 21-Feb-2016    | OMA Mini Meet #3                          |
| Mile Steeplechase | W55 | 8:10.13  | Joy     | Kramarich      | 11-Feb-2018    | OMA Mini Meet #3, TTFC, Toronto, ON       |
|                   |     |          |         |                |                |   |
| 3000 Metres       | M30 | 10:02.26 | Michael | Schwandt       | 20-Jan-2013    | OMA Mini Meet #1, TTFC, Toronto, ON       |
| 3000 Metres       | M35 | 9:59.80  | Ming    | Tsai           | 6-Feb-2011     | Mini Meet #3, TTFC                        |
| 3000 Metres       | M40 | 9:27.52  | Jay     | Brecher        | 10-Mar-2018    | CMA Champs, TTFC, Toronto, ON             |
| 3000 Metres       | M45 | 9:38.42  | Phil    | Oreopoulos     | 25-Feb-2018    | OMA Championships, TTFC, Toronto, ON      |
| 3000 Metres       | M50 | 9:27.41  | Stuart  | Galloway       | 16-Jan-2016    | Fred Foot Classic, Toronto, ON            |
| 3000 Metres       | M55 | 9:42.22  | Stuart  | Galloway       | 19-Mar-2016    | CMA Championships, TTFC, Toronto, ON      |
| 3000 Metres       | M60 | 11:54.29 | Tony    | Farr           | 14-Mar-2015    | CMA Champs, TTFC, Toronto, ON             |
| 3000 Metres       | M70 | 16:05.68 | Gary    | McColeman      | 19-Jan-2014    | OMA Mini Meet #2, TTFC, Toronto, ON       |
| 3000 Metres       | M75 | 13:24.50 | Keijo   | Taivassalo     | 14-Mar-2015    | CMA Champs, TTFC, Toronto, ON             |
| 3000 Metres       | W30 | 9:14.10  | Sasha   | Gollish        | 12/14-Mar-2015 | CIS Champs, U of Windsor, Windsor, ON     |
| 3000 Metres       | W35 | 9:11.09  | Sasha   | Gollish        | 19-Feb-2017    | USATF New England Champs, Boston, MA      |

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| 3000 Metres | W40 | 11:32.82 | Amy     | Ballon      | 17-Jan-2016 | OMA Mini Meet #1, TTFC, Toronto, ON              |
| 3000 Metres | W45 | 11:13.88 | Amy     | Ballon      | 25-Feb-2018 | OMA Championships, TTFC, Toronto, ON             |
| 3000 Metres | W50 | 12:54.37 | Anne    | Koch        | 7-Jan-2018  | OMA Mini Meet #1, TTFC, Toronto, ON              |
| 3000 Metres | W55 | 11:35.00 | Makie   | Ohler       | 16-Mar-2018 | USATF Masters Indoor Championships, Landover, MD |
| 3000 Metres | W60 | 13:04.68 | Lynn    | Kobayashi   | 11-Mar-2017 | CMA Championships, TTFC, Toronto, ON             |
|             |     |          |         |             |             |  |
| 5000 Metres | M30 | 17:19.95 | Michael | Schwandt    | 24-Feb-2013 | OMA Mini Meet #3, TTFC, Toronto, ON              |
| 5000 Metres | M40 | 16:47.86 | Jason   | Matthews    | 8-Feb-2015  | OMA Mini Meet #3, TTFC, Toronto, ON              |
| 5000 Metres | M50 | 17:36.81 | Simon   | Rayner      | 21-Jan-2018 | OMA Mini Meet #2, TTFC, Toronto, ON              |
| 5000 Metres | M55 | 16:27.80 | Stuart  | Galloway    | 20-Feb-2016 | UCS Invitational, Winston-Salem, NC              |
| 5000 Metres | M60 | 19:52.17 | John    | Helliker    | 8-Feb-2015  | OMA Mini Meet #3, TTFC, Toronto, ON              |
| 5000 Metres | M70 | 27:16.33 | Gary    | McColeman   | 2-Feb-2014  | OMA Mini Meet #3, Toronto, ON                    |
| 5000 Metres | M75 | 26:04.88 | Vern    | Christensen | 21-Jan-2018 | OMA Mini Meet #2, Toronto, ON                    |
| 5000 Metres | W40 | 19:31.50 | Leanne  | Shafir      | 9-Jan-2012  | OMA Mini Meet #1, TTFC, Toronto, ON              |
| 5000 Metres | W45 | 19:06.72 | Annie   | Bunting     | 9-Jan-2012  | OMA Mini Meet #1, TTFC, Toronto, ON              |
| 5000 Metres | W50 | 20:35.29 | Annie   | Bunting     | 8-Feb-2015  | OMA Mini Meet #3, TTFC, Toronto, ON              |
| 5000 Metres | W55 | 20:29.85 | Makie   | Ohler       | 21-Jan-2018 | OMA Mini Meet #2, Toronto, ON                    |
| 5000 Metres | W60 | 22:52.51 | Lynn    | Kobayashi   | 29-Jan-2017 | OMA Mini Meet #2, TTFC, Toronto, ON              |