

50 Metres	M30	7.82	Steven	Blau	11-Mar-17	CMA Championships, TTFC, Toronto, ON
50 Metres	M35	6.17	Alex	Gbaguidi	11-Mar-18	CMA Champs, Toronto, ON
50 Metres	M40	6.20	Chris	Lemassif	26-Jan-08	OMA Mini Meet #2, TTFC, Toronto, ON
50 Metres	M45	6.50	Chris	Lemassif	14-Mar-15	CMA Champs, TTFC, Toronto, ON
50 Metres	M50	6.65	Chris	Lemassif	11-Mar-17	CMA Championships, TTFC, Toronto, ON
50 Metres	M55	7.49	Mel	White	17-Jan-16	OMA Mini Meet #1, TTFC, Toronto, ON
50 Metres	M70	7.56	Tony	Powell	14-Mar-15	CMA Championships, TTFC, Toronto, ON
50 Metres	M75	9.71	Patrick	Groulx	10-Mar-18	CMA Champs, TTFC, Toronto, ON
50 Metres	W35	6.91	Khama	Beckles	15-Mar-14	CMA Championships, TTFC, Toronto, ON
50 Metres	W40	7,38	Violeta	Garfunkel	15-Jan-17	OMA Mini Meet #1, TTFC, Toronto, ON
50 Metres	W45	7.66	Debbie	Zinman	10-Mar-18	CMA Champs, TTFC, Toronto, ON
50 Metres	W50	7.93	Mary	Harmer	17-Jan-16	OMA Mini Meet #1, TTFC, Toronto, ON
50 Metres	W55	9.84	Nicky	Slovitt	19-Mar-16	CMA Championships, TTFC, Toronto, ON
60 Metres	M30	7.54	Andre	Mitchell	13-Feb-11	Mini Meet #4, TTFC
60 Metres	M35	7.18	Alex	Gbaguidi	10-Mar-18	CMA Championships, TTFC, Toronto, ON
60 Metres	M40	7.34	Nigel	John	March, 2014	WMA Indoor Champs, Budapest, HU
60 Metres	M45	7.51	Chris	Lemassif	24-Mar-15	Euro Champs, Torun, POL
60 Metres	M50	7.62	Chris	Lemassif	19-Feb-17	OMA Mini Meet #3 TTFC, Toronto, ON
60 Metres	M55	8.70	Mel	White	28-Feb-16	OMA Championships, TTFC, Toronto, ON
60 Metres	M60	9.30	Peter	Zowkewych	19-Jan-14	OMA Mini Meet #2, TTFC, Toronto, ON
60 Metres	M65	9.26	Peter	Zowkewych	28/29-Jan-2017	USATF Heptathlon Champs, Kenosha, WI
60 Metres	M70	9.16	Tony	Powell	15-Mar-15	CMA Championships, TTFC, Toronto, ON
60 Metres	M75	11.88	Patrick	Groulx	11-Feb-18	OMA Mini Meet #3 TTFC, Toronto, ON
60 Metres	W30	8.22	Jillian	Simmons	21-Jan-18	OMA Mini Meet #2, TTFC, Toronto, ON
60 Metres	W35	7.90	Khama	Beckles	March, 2014	WMA Indoor Champs, Budapest, HU
60 Metres	W40	8.55	Violeta	Garfunkel	11-Mar-18	CMA Championships, TTFC, Toronto, ON
60 Metres	W45	8.93	Debbie	Zinman	11-Feb-18	OMA Mini Meet #3 TTFC, Toronto, ON
60 Metres	W50	9.18	Mary	Harmer	11-Feb-18	OMA Mini Meet #3 TTFC, Toronto, ON
60 Metres	W55	9.68	Renata	Macherzynska	11-Feb-18	OMA Mini Meet #3 TTFC, Toronto, ON

200 Metres	M30	24.53	Andre	Mitchell	13-Feb-11	Mini Meet #4, TTFC
200 Metres	M35	24.43	Andre	Mitchell	26-Feb-12	OMA Championships, TTFC, Toronto, ON
200 Metres	M40	23.44	Nigel	John	March, 2008	WMA Indoor Champs, Budapest, HU
200 Metres	M45	24.15	Chris	Lemassif	26-Mar-15	Euro Champs, Torun, POL
200 Metres	M50	24.27	Chris	Lemassif	23-Mar-17	Daegu 2017 Indoor World Championships
200 Metres	M55	30.31	Orlando	Bueonastell	10-Jan-10	Mini Meet #2, TTFC
200 Metres	M60	32.85	Duncan	Greenshields	12-Feb-12	OMA Mini Meet #3, TTFC, Toronto, ON
200 Metres	M65	33.01	Duncan	Greenshields	19-Mar-16	CMA Championships, TTFC, Toronto, ON
200 Metres	M70	28.90	Tony	Powell	14-Mar-15	CMA Champs, TTFC, Toronto, ON
200 Metres	M75	39.44	Vern	Christensen	19-Mar-16	CMA Championships, TTFC, Toronto, ON
200 Metres	W30	28,19	Julia	Carew	26-Feb-17	OMA Championships, TTFC, Toronto, ON
200 Metres	W35	26.58	Khama	Beckles	March, 2014	WMA Indoor Champs, Budapest, HU
200 Metres	W40	28,23	Violeta	Garfunkel	10-Mar-18	CMA Championships, TTFC, Toronto, ON
200 Metres	W45	29.32	Nancy	Catton	19-Mar-16	CMA Championships, TTFC, Toronto, ON
200 Metres	W50	31.38	Mary	Harmer	11-Feb-18	OMA Mini Meet #3, TTFC, Toronto, ON
200 Metres	W55	33.56	Renata	Macherzynska	25-Feb-18	OMA Champs, TTFC, Toronto, ON
200 Metres	W60	38.25	Lynn	Kobayashi	28-Feb-16	OMA Championships, TTFC, Toronto, ON
300 Metres	M35	44.78	Francis	Elek	07-Jan-12	Sharon Anderson Memorial, Toronto, ON
300 Metres	M40	39.99	Chris	Lemassif	07-Jan-12	Sharon Anderson Memorial, Toronto ON
300 Metres	M40	38.40	Chris	Lemassif	04-Jan-08	Sharon Anderson Memorial, Toronto, ON
300 Metres	M60	53.91	Duncan	Greenshields	20-Jan-13	OMA Mini Meet #1, TTFC, Toronto, ON
300 Metres	M65	58.33	Duncan	Greenshields	15-Jan-17	OMA Mini Meet #1, TTFC, Toronto, ON
300 Metres	W30	40.08	Eseroghene	Omene	07-Jan-12	McGill Team Challenge, Montreal, QC
400 Meters	M30	63.83	Steven	Blau	26-02-2017	OMA Championships, TTFC, Toronto, ON
400 Metres	M35	54.35	Andre	Mitchell	11-Mar-12	CMA Championships, TTFC, Toronto, ON
400 Metres	M40	52.40	Chris	Lemassif	March, 2008	WMA Indoor Championships, Clermont, FR
400 Metres	M45	52.14	Mike	Sherar	March, 2010	WMA Indoor Champs, Kamloops, BC

400 Metres	M50	54.58	Mike	Sherar	25-Mar-17	Daegu 2017 Indoor World Championships
400 Metres	M55	68.02	Trevor	Burns	11-Mar-18	CMA Championships, TTFC, Toronto, ON
400 Metres	M60	70.36	Duncan	Greenshields	26-Feb-12	OMA Championships, TTFC, Toronto, ON
400 Metres	M65	71.07	Norman	Creen	29-Jan-17	OMA Mini Meet #2, TTFC, Toronto, ON
400 Metres	M70	86.95	Vern	Christensen	22-Feb-15	OMA Champs, TTFC, Toronto, ON
400 Metres	M75	85.64	Vern	Christensen	20-Mar-16	CMA Championships, TTFC, Toronto, ON
400 Metres	W30	56.72	Eseroghene	Omene	13-Feb-16	Spire NCAA D1, Geneva, OH
400 Metres	W40	71.51	Amy	Ballon	09-Mar-14	OMA Champs, TTFC Toronto, ON
400 Metres	W45	65.69	Nancy	Catton	25-Jan-15	OMA Mini Meet #2, TTFC, Toronto, ON
400 Metres	W50	64.38	Annie	Bunting	15-Mar-15	CMA Champs, TTFC, Toronto, ON
400 Metres	W55	71.92	Heather	O'Hagan	12-Mar-17	CMA Championships, TTFC, Toronto, ON
400 Metres	W60	85.28	Clara	Northcott	26-02-2017	OMA Champs, TTFC Toronto, ON
60M Short Hurdles	M35	11.90	Gary	Pluim	16-Jan-11	Mini Meet #2, TTFC
60M Short Hurdles	M40	10.13	Jordan	Rosenberg	22-Jan-12	OMA Mini Meet #2, TTFC, Toronto, ON
60M Short Hurdles	M45	9.98	Marcus	Skeete	23-Mar-17	Daegu 2017 Indoor World Championships
60m Short Hurdles	M50	10.14	Marcus	Skeete	2018-03-11	Toronto Track & Field Centre - Toronto - ON
60M Short Hurdles	M60	12.37	Peter	Zowkewych	16-Mar-14	CMA Champs, TTFC, Toronto, ON
60M Short Hurdles	M65	12.35	Peter	Zowkewych	11/12-Mar-2017	CMA Champs Pentathlon, TTFC, Toronto, ON
50M Short Hurdles	M40	9.92	Gary	Pluim	09-Jan-12	OMA Mini Meet #1, TTFC, Toronto, ON