

| Current to December 17, 2018 |            |                |              |              |                     |  |
|------------------------------|------------|----------------|--------------|--------------|---------------------|--|
| 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                   |
| 800 Metres                   | W65        | 3:34.63        | Frances      | Enchin       | 6-August-2017       | OMA Champs, Varsity Centre, Toronto, ON                    |
|                              |            |                |              |              |                     |  |
| 1500 Metres                  | M35        | 4:07.41        | Jay          | Brecher      | July, 2011          | WMA Champs, Sacramento, CA                                 |
| 1500 Metres                  | M40        | 4:14.25        | Jay          | Brecher      | 7-August-2017       | Hamilton Last Chance Twilight, Hamilton, ON                |
| 1500 Metres                  | M45        | 4:07.17        | Paul         | Osland       | July-2009           | WMA Champs, Lahti, FI                                      |
| 1500 Metres                  | M50        | 4:16.34        | Paul         | Osland       | 5-November-2016     | 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                           |
| 1500 Metres                  | W35        | 4:07.70        | Sasha        | Gollish      | 18-May-2017         | USATF Classic, Los Angeles, CA                             |
| 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                                |
| <b>1500 Metres</b>           | <b>W55</b> | <b>5:27.25</b> | <b>Makie</b> | <b>Ohler</b> | <b>29-July-2018</b> | <b>USATF Masters Track &amp; Field Champs, Spokane, WA</b> |

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| 1500 Metres        | W60        | 6:10.50         | Lynn         | Kobayashi        | 13-August-2016           | CMA Champs York Lions Stadium Toronto ON                      |
| 1 Mile             | M30        | 5:03.2          | Nate         | Walsh            | 18-June-2017             | Longboat Mile, Toronto, ON                                    |
| 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                                 |
| <b>1 Mile</b>      | <b>W55</b> | <b>6:13.00</b>  | <b>Makie</b> | <b>Ohler</b>     | <b>16-June-2018</b>      | <b>Sierra Gold Masters T&amp;F Festival, Grass Valley, CA</b> |
| 3000 Metres        | M40        | 9:42.49         | Philip       | Oreopoulos       | 19-July-2016             | Twilight #4, Varsity Centre, Toronto, ON                      |
| 3000 Metres        | M45        | 10:16.07        | Philip       | Oreopoulos       | 20-June-2017             | York Twilight #2, Toronto, ON                                 |
| 3000 Metres        | M50        | 9:44.41         | Paul         | Osland           | 20-May-2014              | Twilight #2, Varsity Centre, Toronto, ON                      |
| 3000 Metres        | M55        | 9:51.75         | Stuart       | Galloway         | 9-June-2017              | Hamilton Twilight #2, Hamilton, ON                            |
| 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-July-2016             | Göteborg Grand Prix, Göteborg, SWE                            |
| 3000 Metres        | W45        | 11:01.61        | Amy          | Ballon           | 2-August-2017            | Hamilton PB Twilight, Hamilton, ON                            |
| 3000 Metres        | W50        | 15:44.37        | Nicky        | Slovitt          | 4-June-2016              | OMA Mini Meet Varsity Centre, Toronto ON                      |
| <b>3000 Metres</b> | <b>W55</b> | <b>11:54.43</b> | <b>Makie</b> | <b>Ohler</b>     | <b>10-July-2018</b>      | <b>YUTC Twilight #6, Toronto, ON</b>                          |
| 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                                   |
| 5000 Metres        | W35        | 15:24.12        | Sasha        | Gollish          | 16-June-2017             | Stumptown Classic, Portland, OR                               |
| 5000 Metres        | W40        | 18:51.51        | Leanne       | Shafir           | 7-July-2013              | OMA Champs, Varsity Centre, Toronto, ON                       |
| 5000 Metres        | W45        | 19:18.33        | Amy          | Ballon           | 13-August-2017           | NCCWMA Championships, Toronto, ON                             |
| 5000 Metres        | W50        | 27:54.24        | Nicky        | Slovitt          | 7-July-2013              | OMA Champs, Varsity Centre, Toronto, ON                       |
| <b>5000 Metres</b> | <b>W55</b> | <b>19:26.71</b> | <b>Makie</b> | <b>Ohler</b>     | <b>12-September-2018</b> | <b>WMA Championships, Malaga, Spain</b>                       |
| <b>5000 Metres</b> | <b>W60</b> | <b>23:04.97</b> | <b>Clara</b> | <b>Northcott</b> | <b>28-Jul-2018</b>       | <b>OMA Outdoor, Championships, Toronto, ON</b>                |

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| 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               |
| 10000 Metres        | M50        | 36:00.82        | Simon        | Rayner         | 13-May-2017         | London Distance Series #1, London, ON            |
| 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        |
| <b>10000 Metres</b> | <b>W55</b> | <b>41:22.83</b> | <b>Makie</b> | <b>Ohler</b>   | <b>28-July-2018</b> | <b>USATF Masters Outdoor Champs, Spokane, WA</b> |
|                     |            |                 |              |                |                     |  |
| 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-2016     | 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-2016     | WMA Championships, Perth, AU                     |
| Steeplechase        | W55        | 10:40.16        | Joy          | Kramarich      | 30-July-2016        | OMA Champs, Varsity Centre, Toronto, ON          |