

Current to April 4, 2019						
EVENT	MF_AGE	PERFORMANCE	FIRSTNAME	LASTNAME	DATE	WHERE
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	1:32.69	Mike	Sherar	6-Jan-2019	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	2:08.12	Paul	Osland	28-Mar-2019	WMA Indoor Championships, Toruń, Poland
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
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	4:14.64	Jay	Brecher	27-Jan-2012	McGill Team Challenge, Montreal, QC
1500 Metres	M40	4:17.31	Jay	Brecher	16-Mar-2014	CMA Champs, TTFC, Toronto, ON
1500 Metres	M45	4:17.26	Jay	Brecher	30-Mar-2019	WMA Indoor Championships, Toruń, Poland
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	5:05.35	Annie	Bunting	20-Jan-2019	AO Indoor Meet #1, 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
1 Mile	M35	5:08.16	Steven	Blau	13-Dec-2018	Night at the Races #1, The Armory, NYC
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	5:55.85	Makie	Ohler	2-Mar-2019	USATF Masters Indoor Champs, Winston-Salem, NC
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	Maclsaac	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	9:23.62	Adam	Hammond	10-Feb-2019	AO Indoor Meet #2, TTFC, Toronto, ON
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	9:41.54	Simon	Rayner	24-Mar-2019	WMA Indoor Championships, Toruń, Poland
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
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	11:33.82	Makie	Ohler	1-Mar-2019	USATF Masters Indoor Champs, Winston-Salem, NC
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