

w	MF_AGE	PERFORMANCE	FIRSTNAME	LASTNAME	DATE	WHERE
100 Metres	M30	11.70	Andre	Mitchell	18-June-2011	CMA Outdoor Champs, Varsity Centre
100 Metres	M35	11.89	Andre	Mitchell	6-July-2013	CMA Champs, Varsity Centre, Toonto, ONr.
100 Metres	M40	11.67	Chris	Lemassif	June 13, 2009	Nat Qualifier London, ON
100 Metres	M45	11.56	Chris	Warbuton	28-June-2014	OMA champs, Varsity Centre, Toronto, ON
100 Metres	M50	11.83	Chris	Lemassif	12-August-2017	NCCWMA Champs Pan Am Stadium - Toronto
100 Metres	M55	13.62	Mel	White	30-July-2016	OMA Champs, Varsity Centre, Toronto, ON
100 Metres	M65	14.43	Peter	Zowkewych	24/25-June-2017	US Decathlon Champs, Slippery Rock, PA
100 Metres	M75	18.70	Bill	Mcllwaine	27-June-2015	OMA Champs, Terry Fox Field, Brampton, ON
100 Metres	W30	12.38	Eseroghene	Omene	31-May-2016	Twilight #2, Varsity Centre, Toronto, ON
100 Metres	W35	12.54	Khama	Beckles	22-July-2014	Twilight #6, Varsity Centre Toronto ON
100 Metres	W40	13.32	Violeta	Garfunkel	18-July-2017	U of T Twilight Meet #2 Varsity Centre, Toronto, ON
100 Metres	W45	13.31	Violeta	Garfunkel	07-20-2019	2019 NCCWMA, Toronto, Ontario
100 Metres	W50	13.53	Debbie	Zinman	07-19-2019	2020 NCCWMA, Toronto, Ontario
100 Metres	W55	15.28	Renata	Macherzynska	12-August-2017	NCCWMA Champs Pan Am Stadium - Toronto
100 Metres	W60	21.99	Frances	Bates	30-July-2016	OMA Champs, Varsity Centre, Toronto, ON
200 Metres	M30	23.34	Andre	Mitchell	05-August-2010	Gay Games, Cologne, GER
200 Metres	M35	23.61	Andre	Mitchell	29-July-2012	OMA Champs, Varsity Centre, Toronto, ON
200 Metres	M40	23.24	Chris	Lemassif	August, 2009	WMA Outdoor Championships, Lahti FN
200 Metres	M45	24.02	Jay	Foubert	17/18-July-2015	CMA Champs, St. Catharines, ON
200 Metres	M50	24.09	Chris	Lemassif	12-August-2017	2017 NCCWMA & CMA MASTERS CHAMPIONSHIPS
200 Metres	M55	27.78	Mel	White	31-July-2016	OMA Champs, Varsity Centre, Toronto, ON
200 Metres	M60	31.70	Peter	Zowkewych	20-June-2015	SE Masters Championships, Raleigh, NC
200 Metres	M65	32.38	Duncan	Greenshields	14-August-2016	CMA Chmps York Lions Stadium Toronto ON
200 Metres	M75	43.32	Bill	Mcllwaine	20-June-2015	SE Masters Championships, Raleigh, NC
200 Metres	W30	25.39	Eseroghene	Omene	13-May-2016	Twilight #2, Varsity Centre, Toronto, ON
200 Metres	W35	26.11	Khama	Beckles	October-2013	WMA Championships, Porto Alegre BR
200 Metres	W40	27.56	Violeta	Garfunkel	13-August-2017	NCCWMA Champs Pan Am Stadium - Toronto
200 Metres	W45	27.62	Violeta	Garfunkel	01-July-2018	Hamilton Canada Day Twilight
200 Metres	W50	28.89	Debbie	Zinman	29-June-2014	OMA Champs, Varsity Centre, Toronto, ON
200 Metres	W55	45.29	Katherine	Willis	29-June-2014	OMA Champs, Varsity Centre, Toronto, ON
200 Metres	W60	38.30	Lynn	Kobayashi	31-July-2016	OMA Champs, Varsity Centre, Toronto, ON
400 Metres	M30	52.23	Andre	Mitchell	19-June-2011	CMA Outdoor Champs, Varsity Centre
400 Metres	M35	53.61	Andre	Mitchell	8-August-2015	EuroGames, Stockholm, Sweden
400 Metres	M40	51.60	Chris	Lemassif	August, 2009	WMA Outdoor Championships, Lahti FN
400 Metres	M45	51.26	Mike	Sherar	July-2009	WMA Champs, Lahti FI
400 Metres	M50	53.07	Mike	Sherar	18-July-2014	US National Champs, Winston-Salem, NC

400 Metres	M55	65.93	Armand	D'Oliveira	27-June-2015	OMA Champs, Terry Fox Field, Brampton, ON		
400 Metres	M60	67.64	Duncan	Greenshields	July, 2011	WMA Championships, Sacramento, CA		
400 Metres	M65	68.53	Duncan	Greenshields	28-June-2014	OMA Champs, Varsity Centre, Toronto, ON		
400 Metres	M70	88.08	Gary	McColeman	4-June-2016	OMA Mini Meet Varsity Centre, Toronto ON		
400 Metres	M75	83.17	Vern	Vern Christensen	28-August-2016	America Masters Games, Vancouver, BC		
400 Metres	W30	55.55	Eseroghene	Omene	31-March-2016	Florida Relays, Gainesville, FL		
400 Metres	W35	56.83	Sarah	Katz	19-July-2014	AO Champs, Terry Fox AF, Ottawa, ON		
400 Metres	W40	67.35	Kate	Cochrane-Brink	05-June-2011	OMA Champs, Varsity Centre, Toronto, ON		
400 Metres	W45	64.01	Nancy	Catton	12-August-2015	WMA Championships, Lyon, FR		
400 Metres	W50	66.66	Annie	Bunting	27-June-2015	OMA Champs, Terry Fox Field, Brampton, ON		
400 Metres	W55	72.02	Heather	O'Hagan	28-August-2016	Americas Masters Games, Vancouver, BC		
Short Hurdles	M40	18.16	Jordan	Rosenberg	10-May- 2011	UTTC Twilight Meet #1, Varsity Centre		
Short Hurdles	M45	21.02	Marcus	Skeete	1/3-Nov-2014	Pan Pacific Masters Games, Goldcoast, AU		
Short Hurdles	M65	21.88	Peter	Zowkewych	24/25-June-2017	US Decathlon Champs, Slippery Rock, PA		
Long Hurdles	M45	62.47	Marcus	Skeete	29-October-2016	WMA Championships, Perth, AU		
Long Hurdles	M50	67.72	Anthony	MacIlsac	19-July-2016	Twilight #4, Varsity Centre, Toronto, ON		
Long Hurdles	M60	2.93	Doug	Smith	August 2012	NCCWMA Saint John, NB		
Long Hurdles	W40	52.22	Kate	Cochrane-Brink	31-May- 2011	UTTC Twilight Meet #2, Varsity Centre		
Long Hurdles	W45	72.92	Kate	Cochrane-Brink	11-August-2015	WMA Championships, Lyon, FR		