

UPDATED SEPTEMBER 2022

w	MF_AGE	PERFORMANCE	FIRSTNAME	LASTNAME	DATE	WHERE
100 Metres	M30	11.70	Andre	Mitchell	18-Jun-11	CMA Outdoor Champs, Varsity Centre
100 Metres	M35	11.89	Andre	Mitchell	06-Jul-13	CMA Champs, Varsity Centre, Toonto, ONr.
100 Metres	M40	11.67	Chris	Lemassif	13-Jun-09	Nat Qualifier London, ON
100 Metres	M45	11.56	Chris	Warbuton	28-Jun-14	OMA champs, Varsity Centre, Toronto, ON
100 Metres	M50	11.83	Chris	Lemassif	12-Aug-17	NCCWMA Champs Pan Am Stadium - Toronto
100 Metres	M55	12.79	Chris	Lemassif	31-May-22	Twilight #1, Varsity Centre, Toronto
100 Metres	M60	13.63	Dave	Williams	06-Aug-22	OMA Championships, York U
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-Jun-15	OMA Champs, Terry Fox Field, Brampton, ON
100 Metres	W30	12.38	Eseroghene	Omene	31-May-16	Twilight #2, Varsity Centre, Toronto, ON
100 Metres	W35	12.54	Khama	Beckles	22-Jul-14	Twilight #6, Varsity Centre Toronto ON
100 Metres	W40	13.32	Violeta	Garfunkel	18-Jul-17	U of T Twilight Meet #2 Varsity Centre, Toronto, ON
100 Metres	W45	13.34	Violeta	Garfunkel	06-Sep-18	WMA Championships - Malaga - Spain
100 Metres	W50	13.53	Debbie	Zinmann	21-Jul-19	NCCWMA, Varsity Centre, Toronto, ON
100 Metres	W55	15.28	Renata	Macherzynska	12-Aug-17	NCCWMA Champs Pan Am Stadium - Toronto
100 Metres	W60	14.68	Renata	Macherzynska	06-Sep-18	WMA Championships - Malaga - Spain
100 Metres	W60	14.68	Renata	Macherzynska	06-Aug-22	OMA Championships, York U
200 Metres	M30	23.34	Andre	Mitchell	05-Aug-10	Gay Games, Cologne, GER

wind -1.9

wind -1.9

wind: +1.5

wind +1.1

wind -2.4

200 Metres	M35	23.61	Andre	Mitchell	29-Jul-12	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-Aug-17	2017 NCCWMA & CMA MASTERS CHAMPIONSHIPS
200 Metres	M55	25.05	Chris	Lemassif	14-Jun-22	Twilight #3, Varsity Centre, Toronto
200 Metres	M60	28.62	Dave	Williams	07-Aug-22	OMA Championships, York U
200 Metres	M65	32.38	Duncan	Greenshields	14-Aug-16	CMA Chmps York Lions Stadium Toronto ON
200 Metres	M75	43.32	Bill	Mcllwaine	20-Jun-15	SE Masters Championships, Raleigh, NC
200 Metres	W30	25.39	Eseroghene	Omene	13-May-16	Twilight #2, Varsity Centre, Toronto, ON
200 Metres	W35	26.11	Khama	Beckles	Oct-13	WMA Championships, Porto Alegre BR
200 Metres	W40	27.56	Violeta	Garfunkel	13-Aug-17	NCCWMA Champs Pan Am Stadium - Toronto
200 Metres	W45	27.62	Violeta	Garfunkel	01-Jul-18	Hamilton Canada Day Twilight
200 Metres	W50	28.88	Debbie	Zinmann	01-Jul-19	Hamilton Canada Day Twilight
200 Metres	W55	45.29	Katherine	Willis	29-Jun-14	OMA Champs, Varsity Centre, Toronto, ON
200 Metres	W60	31.14	Renata	Macherzynska	09-Sep-18	WMA Championships - Malaga - Spain
400 Metres	M30	52.23	Andre	Mitchell	19-Jun-11	CMA Outdoor Champs, Varsity Centre
400 Metres	M35	53.61	Andre	Mitchell	08-Aug-15	EuroGames, Stockholm, Sweden
400 Metres	M40	51.60	Chris	Lemassif	August, 2009	WMA Outdoor Championships, Lahti FN
400 Metres	M45	51.26	Mike	Sherar	Jul-09	WMA Champs, Lahti FI

wind: +1.6

wind: +1.0

wind: +0.6

400 Metres	M50	53.07	Mike	Sherar	18-Jul-14	US National Champs, Winston-Salem, NC
400 Metres	M55	55.63	Mike	Sherar	26-May-19	Hamilton, ON
400 Metres	M60	67.64	Duncan	Greenshields	July, 2011	WMA Championships, Sacramento, CA
400 Metres	M65	68.53	Duncan	Greenshields	28-Jun-14	OMA Champs, Varsity Centre, Toronto, ON
400 Metres	M70	88.08	Gary	McColeman	04-Jun-16	OMA Mini Meet Varsity Centre, Toronto ON
400 Metres	M75	83.17	Vern	Vern Christensen	28-Aug-16	America Masters Games, Vancouver, BC
400 Metres	W30	55.55	Eseroghene	Omene	31-Mar-16	Florida Relays, Gainesville, FL
400 Metres	W35	56.83	Sarah	Katz	19-Jul-14	AO Champs, Terry Fox AF, Ottawa, ON
400 Metres	W40	67.35	Kate	Cochrane-Brink	05-Jun-11	OMA Champs, Varsity Centre, Toronto, ON
400 Metres	W45	64.01	Nancy	Catton	12-Aug-15	WMA Championships, Lyon, FR
400 Metres	W50	66.66	Annie	Bunting	27-Jun-15	OMA Champs, Terry Fox Field, Brampton, ON
400 Metres	W55	72.02	Heather	O'Hagan	28-Aug-16	Americas Masters Games, Vancouver, BC
Short Hurdles	M40	18.16	Jordan	Rosenberg	10-May-11	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	M50	16.40	Marcus	Skeete	13-Jul-19	Spanish club championships, Madrid
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-Oct-16	WMA Championships, Perth, AU
Long Hurdles	M50	62.91	Marcus	Skeete	13-Jul-19	NCCWMA, UofT, Toronto

wind: -0.6

Long Hurdles	M60	2.93	Doug	Smith	Aug-12	NCCWMA Saint John, NB
Long Hurdles	W40	52.22	Kate	Cochrane-Brink	31-May-11	UTTC Twilight Meet #2, Varsity Centre
Long Hurdles	W45	72.92	Kate	Cochrane-Brink	11-Aug-15	WMA Championships, Lyon, FR