

Current to Dec. 17, 2018 + 2019, 2021 OMA Championships, 2022 UTTC Twilight 2, 2022 WMA Championships, and certain athlete-notified records

EVENT	AGE	PERFORMANCE	FIRSTNAME	LASTNAME	DATE	WHERE
800 Metres	M30	2:08.08	Michael	Schwandt	7-Jul-2013	OMA Champs, Varsity Centre, Toronto, ON
800 Metres	M35	1:58.56	Jay	Brecher	26-Jul-2011	York University Twilight Meet #4
800 Metres	M40	2:02.59	Jay	Brecher	10-Jul-2015	Speed River Twilight #3, Guelph, ON
800 Metres	M45	01:55.3	Mike	Sherar	20-Jul-2010	Toronto, ON
800 Metres	M50	2:01.06	Mike	Sherar	23-Jun-2014	Hamilton Twilight #1, Hamilton, ON
800 Metres	M55	2:08.34	Paul	Osland	5-Aug-2019	Hamilton, ON
800 Metres	M60	2:27.46	John	Helliker	29-Jun-2014	OMA Champs, Varsity Centre Toronto, ON
800 Metres	M65	2:29.77	John	Helliker	7-Jul-2016	Twilight #4, Varsity Centre, Toronto, ON
800 Metres	M70	3:08.84	Vern	Christensen	28-Jun-2015	OMA Champs, Terry Fox Field, Brampton, ON
800 Metres	M75	3:13.27	Keijo	Taivassalo	28-Jun-2015	OMA Champs, Terry Fox Field, Brampton, ON
800 Metres	M80	3:24.06	Keijo	Taivassalo	22-Jun-2019	OMA Championships, Varsity Centre Toronto, ON
800 Metres	W30	2:02.90	Sasha	Gollish	10-Jun-2015	Victoria Intl Track Classic, Victoria BC
800 Metres	W35	2:08.91	Sarah	Katz	28-Jun-2014	Nat Champs Qualifier, Moncton, NB
800 Metres	W40	2:34.41	Amy	Ballon	7-Aug-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-Jun-2015	Hamilton Twilight #1, Hamilton, ON
800 Metres	W55	2:38.96	Heather	O'Hagan	14-Aug-2016	OMA Champs York Lions Stadium Toronto ON
800 Metres	W60	2:59.08	Rita	Botelho	31-May-2022	UTTC Twilight Meet #2, Varsity Centre, Toronto ON
800 Metres	W65	3:17.59	Clara	Northcott	14-Aug-2021	OMA Champs, York Lions Stadium 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-Aug-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-Nov-2016	WMA Championships, Perth, AU
1500 Metres	M55	4:27.10	Stuart	Galloway	19-Jun-2016	LDS, 1500m Night, London, ON
1500 Metres	M60	4:55.08	John	Helliker	6-Jul-2013	OMA Champs, Varsity Centre Toronto, ON
1500 Metres	M65	5:02.71	John	Helliker	30-Jul-2016	OMA Champs, Varsity Centre Toronto, ON
1500 Metres	M70	6:30.74	Vern	Christensen	12-Aug-2015	WMA Championships, Lyon, FR
1500 Metres	M75	6:18.07	Keijo	Taivassalo	28-Jun-2015	OMA Champs, Terry Fox Field, Brampton, ON
1500 Metres	M80	6:57.64	Keijo	Taivassalo	22-Jun-2019	OMA Championships, Varsity Centre Toronto, ON
1500 Metres	W30	4:07.08	Sasha	Gollish	21-Jun-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-Jul-2014	OMA 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-Aug-2015	WMA Championships, Lyon, FR
1500 Metres	W55	5:25.56	Makie	Ohler	15-Aug-2021	OMA Championships, Toronto Track & Field Centre
1500 Metres	W60	6:10.50	Lynn	Kobayashi	13-Aug-2016	OMA Champs York Lions Stadium Toronto ON
1500 Metres	W65	6:35.73	Clara	Northcott	14-Aug-2021	OMA Champs, York Lions Stadium Toronto, ON
1 Mile	M30	5:03.2	Nate	Walsh	18-Jun-2017	Longboat Mile, Toronto, ON
1 Mile	M35	5:31.65	Rob	Sidhu	14-Jun-2013	Cambridge Classic Mile, Cambridge, ON

1 Mile	M40	5:12.73	Kevin	Farr	15-Jun-2012	Cambridge Classic Mile, Cambridge, ON
1 Mile	M55	4:52.59	Stuart	Galloway	10-Jun-2016	McMullen Miles, Rochester, NY
1 Mile	W55	6:13.00	Makie	Ohler	16-Jun-2018	Sierra Gold Masters T&F Festival, Grass Valley, CA
3000 Metres	M40	9:42.49	Philip	Oreopoulos	19-Jul-2016	Twilight #4, Varsity Centre, Toronto, ON
3000 Metres	M45	10:16.07	Philip	Oreopoulos	20-Jun-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-Jun-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-Jul-2016	Gothenburg Grand Prix, Gothenburg, SWE
3000 Metres	W45	11:01.61	Amy	Ballon	2-Aug-2017	Hamilton PB Twilight, Hamilton, ON
3000 Metres	W50	15:44.37	Nicky	Slovitt	4-Jun-2016	OMA Mini Meet Varsity Centre, Toronto ON
3000 Metres	W55	11:54.43	Makie	Ohler	10-Jul-2018	YUTC Twilight #6, Toronto, ON
3000 Metres	W60	13:00.45	Lynn	Kobayashi	19-Jul-2016	Twilight #4, Varsity Centre, Toronto, ON
5000 Metres	M35	17:52.99	Ming	Tsai	29-Jul-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-Jul-2013	OMA Champs, Varsity Centre, Toronto, ON
5000 Metres	M50	16:43.58	Stuart	Galloway	28-Jun-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-Jul-2016	OMA Champs, Varsity Centre, Toronto, ON
5000 Metres	M65	22:26.30	Tony	Farr	22-Jun-2019	OMA Championships, Varsity Centre, Toronto, ON
5000 Metres	M70	24:33.23	Vern	Christensen	6-Aug-2015	WMA Championships, Lyon, FR
5000 Metres	M75	22:30.10	Keijo	Taivassalo	27-Jun-2015	CMA Champs, Terry Fox Field, Brampton, ON
5000 Metres	M80	22:53.27	Keijo	Taivassalo	22-Jun-2019	OMA Championships, Varsity Centre, Toronto, 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-Jun-2017	Stumptown Classic, Portland, OR
5000 Metres	W40	18:51.51	Leanne	Shafir	7-Jul-2013	OMA Champs, Varsity Centre, Toronto, ON
5000 Metres	W45	19:18.33	Amy	Ballon	13-Aug-2017	NCCWMA Championships, Toronto, ON
5000 Metres	W50	20:42.90	Amy	Ballon	3-Jul-2022	WMA Championships, Tampere, Finland
5000 Metres	W55	19:26.71	Makie	Ohler	12-Sep-2018	WMA Championships, Malaga, Spain
5000 Metres	W60	20:12.28	Makie	Ohler	3-Jul-2022	WMA Championships, Tampere, Finland
5000 Metres	W65	24:48.39	Clara	Northcott	14-Aug-2021	OMA Champs, York Lions Stadium Toronto, ON
10000 Metres	M35	37:17.29	Ming	Tsai	July, 2011	WMA Championships, Sacramento, CA
10000 Metres	M40	38:41.19	Michael	Chang	18-Jun-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-Jun-2015	OMA Champs, Terry Fox Field, Brampton, ON
10000 Metres	W55	41:22.83	Makie	Ohler	28-Jul-2018	USATF Masters Outdoor Champs, Spokane, WA
10000 Metres	W60	51:31.72	Clara	Northcott	5-Jul-2019	CMA Outdoor Champs, 2019, Ste-Thérèse, Québec

Steeplechase	M35	10:51.90	Gary	Pluim	17-Jul-2010	CMA Outdoor Champs, TTFC
Steeplechase	M40	11:12.0h	Philip	Oreopoulos	30-Jul-2016	OMA Champs, Varsity Centre, Toronto, ON
Steeplechase	M50	11:47.0h	Anthony	Maclssac	30-Jul-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-Jul-2016	OMA Champs, Varsity Centre, Toronto, ON
Steeplechase	M65	11:18.63	Doug	Smith	6-Nov-2016	WMA Championships, Perth, AU
Steeplechase	M70	9:34.34	Vern	Christensen	18-Jul-2014	US National Champs, Winston-Salem, NC
Steeplechase	M75	9:47.96	Vern	Christensen	15-Jul-2016	US Masters Champs, Grand Rapids, MI
Steeplechase	W45	8:13.42	Kate	Cochrane-Brink	6-Nov-2016	WMA Championships, Perth, AU
Steeplechase	W50	8:36.69	Kate	Cochrane-Brink	6-Jun-2019	OMA Championships, Varsity Centre, Toronto, ON
Steeplechase	W55	10:40.16	Joy	Kramarich	30-Jul-2016	OMA Champs, Varsity Centre, Toronto, ON