Paul Osland – Mid/Distance Coach

Paul at the World Masters Championships in Sacramento

- Paul is the President of Canadian Masters Athletics
- He is Co-Meet Director of all Ontario Masters Athletics events
- Paul represented Canada at the 1988 Seoul Olympics – running the 800m and the 4X400m Relay
- 1987 Pan American Games (Indianapolis) – 800m (7th overall)
- 1987 World Student Games (Zagreb, Yugoslavia) – 800m (semi finalist); 4X400m (5th)
- 1990 Commonwealth Games (Auckland, New Zealand) – 800m (semi finalist); 4X400m (5th)
- Life Time PB's (Outdoor) (indoor)
  - 200m – 22.25
  - 300m - 34.59
  - 400m – 47.80 48.43
  - 600m - 1:17.91 (current Ontario open record)
  - 800m – 1:46.26 1:51.32
  - 1000m – 2:20.82 2:29.0
  - 4X200m - 1:28.55
  - 4X400m – 3:06.53 3:17.48
  - 4X800m - 7:39.4
  - 5k Road - 14:45
  - 10K Road - 31:35
  - ½ Marathon – 1:11:23
- Masters Accomplishments
  - 2005 World Masters Championships - 800m (Gold)
  - 2007 World Masters Championships – 800m (Bronze) 4X400m (Silver)
  - 2009 World Masters Championships – 800m (Bronze); 1500m (Silver); 4X400m (Silver)
  - 2011 World Masters Championships – 4X400m (Bronze)
- Age Grade PB's
  - M45: 800m – 1:58.86
  - M45: 1500m – 4:07.19