

Indoor - Aug 28 2025						
EVENT	AG	MARK	FIRST	LAST	DATE	VENUE
<u>50m</u>	M30	6.61	Manly	Lau	25-Feb-23	Canadian Masters Championships, Toronto
<u>50m</u>	M35	6.17	Alex	Gbaguidi	11-Mar-18	Canadian Masters Championships, Toronto
<u>50m</u>	M40	6.20	Chris	Lemassif	26-Jan-08	Mini-meet #2, Toronto
<u>50m</u>	M45	6.50	Chris	Lemassif	14-Mar-15	Canadian Masters Championships, Toronto
<u>50m</u>	M50	6.65	Chris	Lemassif	11-Mar-17	Canadian Masters Championships, Toronto
<u>50m</u>	M55	7.49	Mel	White	17-Jan-16	Mini Meet #1, Toronto
<u>50m</u>	M60	7.62	Dave	Williams	25-Feb-23	Canadian Masters Championships, Toronto
<u>50m</u>	M65	7.62	Dave	Williams	17-Feb-24	Canadian championships, Montreal, QC
<u>50m</u>	M70	7.50	Tony	Powell	5-Jan-14	Mini-meet 1, Toronto
<u>50m</u>	M75	9.71	Patrick	Groulx	10-Mar-18	Canadian Masters Championships, Toronto
<u>50m</u>	M80	8.12	Tony	Powell	14-Jan-24	Minimeet 1, Toronto
<u>50m</u>						
<u>50m</u>	W35	6.91	Khama	Beckles	15-Mar-14	Canadian Championships, Toronto
<u>50m</u>	W40	7.38	Violeta	Garfunkel	15-Jan-17	Mini-meet #1, TTFC, Toronto
<u>50m</u>	W45	7.66	Debbie	Zinman	10-Mar-18	Canadian Masters Championships, Toronto
<u>50m</u>	W50	7.93	Mary	Harmer	17-Jan-16	Mini-meet #1, Toronto
<u>50m</u>	W55	9.84	Nicky	Slovitt	19-Mar-16	Canadian Masters Championships, Toronto
<u>50m</u>	W65	8.05	Renata	Macherzynska	12-Jan-25	OMA Mini-meet #1, Toronto
<u>60m</u>	M30	7.52	Manly	Lau	13-Feb-19	Mini-meet #2, TTFC, Toronto
<u>60m</u>	M35	7.18	Alex	Gbaguidi	10-Mar-18	Canadian Masters Championships, Toronto
<u>60m</u>	M40	7.16	Anthony	Garber	22-Mar-25	Open Canadian championships, Toronto
<u>60m</u>	M45	7.51	Chris	Lemassif	24-Mar-15	European Masters Championships, Torun, Poland
<u>60m</u>	M50	7.62	Chris	Lemassif	19-Feb-17	Mini-meet #3, Toronto
<u>60m</u>	M55	7.80	Chris	Lemassif	5-Feb-23	Ontario Masters championships, Toronto
<u>60m</u>	M60	8.74	Dave	Williams	26-Feb-23	Canadian Masters Championships, Toronto
<u>60m</u>	M65	8.61	Tony	Powell	10-Mar-13	Ontario Championships, Toronto
<u>60m</u>	M70	8.74	Tony	Powell	19-Jan-14	Mini-meet 2, Toronto
<u>60m</u>	M75	9.41	Tony	Powell	27-Jan-19	Mini-meet 2, Toronto
<u>60m</u>	M80	9.81	Tony	Powell	16-Mar-25	Ontario Masters championships, Toronto
<u>60m</u>						
<u>60m</u>	W30	8.22	Jillian	Simmons	21-Jan-18	Mini-meet #2, Toronto
<u>60m</u>	W35	7.90	Khama	Beckles	25-Mar-14	World Masters Indoor Championships, Budapest,
<u>60m</u>	W40	8.55	Violeta	Garfunkel	11-Mar-18	Canadian Masters Championships, Toronto

60m	W45	8.54	Violeta	Garfunkel	2-Feb-20	Mini-meet #3, Toronto
60m	W50	8.89	Debbie	Zinman	2-Feb-20	Mini-meet #3, Toronto
60m	W55	9.68	Renata	Macherzynska	11-Feb-18	Mini-meet #3, Toronto
60m	W60	9.31	Renata	Macherzynska	26-Feb-23	Ontario Masters championships, Toronto
60m	W65	9.21	Renata	Macherzynska	24-Mar-25	World Masters Championships, Gainesville, USA
200m	M30	24.53	Andre	Mitchell	13-Feb-11	Mini Meet #4, Toronto
200m	M35	24.03	Simon	Taggart	25-Feb-23	Ontario Masters championships, Toronto
200m	M40	23.44	Nigel	John	25-Mar-08	World Masters Indoor Championships, Budapest,
200m	M45	24.15	Chris	Lemassif	26-Mar-15	European Masters Championships, Torun, Poland
200m	M50	24.27	Chris	Lemassif	23-Mar-17	World Masters Indoor Championships, Deagu, South
200m	M55	24.62	Chris	Lemassif	30-Mar-23	World Masters Indoor Championships, Torun, Poland
200m	M60	29.68	Dave	Williams	25-Feb-23	Ontario Masters championships, Toronto
200m	M65	28.55	Tony	Powell	10-Mar-13	Canadian Masters Championships, Toronto
200m	M70	28.72	Tony	Powell	19-Jan-14	Mini-meet 2, Toronto
200m	M75	30.90	Tony	Powell	18-Feb-19	Canadian Masters Championships, Toronto
200m	M80	33.35	Tony	Powell	2-Feb-25	Minimeet 2, Toronto
200m	W30	28.19	Julia	Carew	26-Feb-17	Ontario Masters championships, Toronto
200m	W35	26.58	Khama	Beckles	March, 2014	World Masters Indoor Championships, Budapest,
200m	W40	28.23	Violeta	Garfunkel	10-Mar-18	Canadian Championships, Toronto
200m	W45	27.89	Violeta	Garfunkel	8-Mar-20	Ontario Masters Championships, Toronto
200m	W50	30.55	Debbie	Zinman	2-Feb-20	Mini-meet #3, Toronto
200m	W55	33.56	Renata	Macherzynska	25-Feb-18	Ontario Masters Championships, Toronto
200m	W60	32.04	Renata	Macherzynska	25-Feb-23	Mini-meet #2, Toronto
200m	W65	31.65	Renata	Macherzynska	27-Mar-25	World Masters Championships, Gainesville, USA
300m	M35	44.78	Francis	Elek	7-Jan-12	Sharon Anderson Memorial, Toronto
300m	M40	38.40	Chris	Lemassif	4-Jan-08	Sharon Anderson Memorial, Toronto
300m	M60	53.91	Duncan	Greenshields	20-Jan-13	Mini-meet #1, Toronto
300m	M65	58.33	Duncan	Greenshields	15-Jan-17	Mini-meet #1, Toronto
300m	M75	66.15	Philip	Swift	18-Jan-25	Fred Foot Memorial UofT, Toronto
300m	W30	40.08	Eseroghene	Omene	7-Jan-12	McGill Team Challenge, Montreal, QC
400m	M30	54.39	Connor	Bays	17-Feb-24	Canadian Masters Championships, Montreal, QC
400m	M35	53.43	Connor	Bays	30-Mar-25	WMA Champs Gainesville
400m	M40	52.40	Chris	Lemassif	March, 2008	World Masters Indoor Championships, Clermont,

<u>400m</u>	M45	52.14	Mike	Sherar	March, 2010	World Masters Indoor Championships, Kamloops, BC
<u>400m</u>	M50	54.58	Mike	Sherar	25-Mar-17	World Masters Indoor Championships, Daegu, South
<u>400m</u>	M55	55.63	Mike	Sherar	31-Mar-19	World Masters Indoor Championships, Torun, Poland
<u>400m</u>	M60	70.36	Duncan	Greenshields	26-Feb-12	Ontario Masters Championships, Toronto
<u>400m</u>	M65	71.07	Norman	Creen	29-Jan-17	Mini-meet #2, Toronto
<u>400m</u>	M70	86.95	Vern	Christensen	22-Feb-15	Ontario Masters Championships, Toronto
<u>400m</u>	M75	85.64	Vern	Christensen	20-Mar-16	Canadian Masters Championships, Toronto
<u>400m</u>	W30	56.72	Eseroghene	Omene	13-Feb-16	Spire NCAA D1, Geneva, OH
<u>400m</u>	W35	65.47	Carew	Julia	26/Feb/23	Canadian Masters Championships, Toronto
<u>400m</u>	W40	71.51	Amy	Ballon	9-Mar-14	Ontario Masters Championships, Toronto
<u>400m</u>	W45	64.88	Sarah	Katz	15-Jan-25	Ontario Masters championships, Toronto
<u>400m</u>	W50	64.38	Annie	Bunting	15-Mar-15	Canadian Masters Championships, Toronto
<u>400m</u>	W55	71.92	Heather	O'Hagan	12-Mar-17	Canadian Masters Championships, Toronto
<u>400m</u>	W60	80.20	Rita	Botelho	26-Feb-23	Canadian Masters chmapionships, Toronto
<u>400m</u>	W65	95.06	Clara	Northcott	4/Feb/24	Canadian Masters Championships, Toronto
<u>50m Hurdles</u>	M35	7.34	Simon	Taggart	14-Jan-24	Mini Meet #1, Toronto
<u>50m Hurdles</u>	M40	9.92	Gary	Pluim	9-Jan-12	Mini Meet #1, Toronto
<u>60m Hurdles</u>	M35	8.42	Simon	Taggart	5-Feb-23	Ontario Masters championships, Toronto
<u>60m Hurdles</u>	M40	10.13	Jordan	Rosenberg	22-Jan-12	Mini-meet #2, Toronto
<u>60m Hurdles</u>	M45	9.84	Marcus	Skeete	25-Mar-17	World Masters Indoor Championships, Deagu, South
<u>60m Hurdles</u>	M50	9.77	Marcus	Skeete	19/Mar/19	World Masters Indoor Championships, Torun, Poland
<u>60m Hurdles</u>	M55	10.06	Marcus	Skeete	1/7/2023	Sabadell, Barcelona, Spain
<u>60m Hurdles</u>	M60	12.37	Peter	Zowkewych	16-Mar-14	Canadian Masters Championships, Toronto
<u>60m Hurdles</u>	M65	12.35	Peter	Zowkewych	11/12-Mar-2017	Canadian Pent Masters Championship, Toronto
<u>60m Hurdles</u>	W35	12.55	Olivia	Rofael	27-Apr-25	Mini-meet #4, Toronto
<u>60m Hurdles</u>	W45	15.12	Sarah	Katz	30-Mar-25	World Masters Indoor Championships, Gainesville,
600m	M30	1:38.58	Matt	Turano	18-Jan-2025	Fred Foot Memorial UofT
600m	M35	1:26.78	Connor	Bays	14-Feb-2025	Hal Brown Memorial - UofT
600m	M40	1:31.11	Michal	Kapral	20-Jan-2013	OMA Mini Meet #1, TTFC, Toronto, ON
600m	M45	1:25.73	Mike	Sherar	7-Jan-2012	Sharon Anderson Memorial, Toronto, ON
600m	M50	1:28.99	Mike	Sherar	16-Jan-2016	Fred Foot Classic, Toronto, ON
600m	M55	1:32.69	Mike	Sherar	6-Jan-2019	OMA Mini Meet #1, TTFC, Toronto, ON
600m	M60	1:58.47	Duncan	Greenshields	8-Jan-2012	OMA Mini Meet #1, TTFC, Toronto, ON

600m	M65	2:00.20	Norman	Creen	15-Jan-2017	OMA Mini Meet #1, TTFC, Toronto, ON
600m	M70	2:33.61	Gary	McColeman	17-Jan-2016	OMA Mini Meet #1, TTFC, Toronto, ON
600m	M75	2:36.48	Phillip	Swift	14-Feb-2025	Hal Brown - Varsity
600m	W30	1:29.71	Sasha	Gollish	12/14-Mar-2015	CIS Champs, U of Windsor, Windsor, ON
600m	W35	1:35.25	Sarah	Katz	20-Feb-2015	Hal Brown, U of T AC, Toronto, ON
600m	W45	1:47.79	Nancy	Catton	17-Jan-2016	OMA Mini Meet #1, TTFC, Toronto, ON
600m	W55	2:10.60	Anne	Koch	12-Jan-2025`	OMA Mini Meet #1, TTFC, Toronto, ON
800m	M30	1:58.20	Ethan	Davenport	26-Mar-2022	Canadian Masters Championships Moncton
800m	M35	1:59.46	Jay	Brecher	12-Feb-2011	Robert Kane Invitational, Ithaca, NY
800m	M40	2:03.72	Jay	Brecher	15-Mar-2014	CMA Champs, TTFC, Toronto, ON
800m	M45	1:58.51	Mike	Sherar	21-Feb-2010	AO Indoor Championships, TTFC, Toronto,
800m	M50	2:03.12	Paul	Osland	Mar-2014	WMA Indoor Champs, Budapest, HU
800m	M55	2:08.12	Paul	Osland	28-Mar-2019	WMA Indoor Championships, Toruń, Poland
800m	M60	2:15.15	Simon	Rayner	24-Mar-2025	WMA Champs Gainesville
800m	M65	2:34.48	John	Helliker	11-Mar-2017	CMA Indoor Champs, TTFC, Toronto, ON
800m	M70	3:12.47	Vern	Christensen	14-Mar-2015	CMA Champs, TTFC, Toronto, ON
800m	M75	3:04.74	Keijo	Taivassalo	14-Mar-2015	CMA Champs, TTFC, Toronto, ON
800m	M80	4:19.66	Vern	Christensen	26-Mar-2022	Canadian Masters Championships Moncton
800m	W30	2:15.21	Sasha	Gollish	16-Mar-2013	CMA Indoor Champs, TTFC, Toronto, ON
800m	W35	2:35.52	Nadia	Petryshyn	26-Feb-2017	OMA Championships, TTFC, Toronto, ON
800m	W40	2:35.83	Amy	Ballon	14-Mar-2015	CMA Champs, TTFC, Toronto, ON
800m	W45	2:22.25	Annie	Bunting	10-Mar-2012	CMA Championships, TTFC, Toronto, ON
800m	W50	2:25.13	Annie	Bunting	14-Mar-2015	CMA Champs, TTFC, Toronto, ON
800m	W55	2:44.15	Heather	O'Hagan	11-Mar-2017	CMA Indoor Champs, TTFC, Toronto, ON
800m	W60	2:51.12	Makie	Ohler	2/25/2023	Canadian Masters Championships Toronto
800m	W65	3:16.53	Clara	Northcott	8-Mar-2020	OMA Indoor Championships
1000m	M30	2:47.13	Michael	Schwandt	3-Feb-2013	OMA Mini Meet #2, TTFC, Toronto, ON
1000m	M35	2:35.02	Jay	Brecher	8-Jan-2011	U of Toronto, Sharon Anderson Meet
1000m	M40	2:43.94	Jay	Brecher	28-Jan-2016	NYRR Night at the Races #2, New York, NY
1000m	M45	3:15.24	Marcus	Skeete	29-Jan-2017	OMA Mini Meet #2, TTFC, Toronto, ON
1000m	M50	2:48.79	Paul	Osland	16-Feb-2018	Hal Brown Last Chance, U of T, Toronto, ON
1000m	M55	2:55.40	Simon	Rayner	6-Jan-24	UofT Sharon Anderson Memorial
1000m	M60	2:56.17	Simon	Rayner	18-Jan-2025	Fred Foot Memorial UofT
1000m	M65	3:13.96	John	Helliker	29-Jan-2017	OMA Mini Meet #2, TTFC, Toronto, ON

1000m	M75	4:59.00	Phillip	Swift	2-Feb-2025	OMA Mini Meet #2, TTFC, Toronto, ON
1000m	W30	2:45.07	Sasha	Gollish	10-Jan-2015	Can Am Track Classic, Windsor, ON
1000m	W35	2:40.99	Sasha	Gollish	10-Feb-2017	B.U. Valentine Invitational, Boston, MA
1000m	W40	3:25.09	Amy	Ballon	31-Jan-2016	OMA Mini Meet #2, TTFC, Toronto, ON
1000m	W45	3:23.02	Sarah	Katz	28-Jan-2024	OMA Mini Meet #2
1000m	W50	3:40.50	Anne	Koch	21-Jan-2018	OMA Mini Meet #2, TTFC, Toronto, ON
1000m	W55	3:38.06	Makie	Ohler	21-Jan-2018	OMA Mini Meet #2, TTFC, Toronto, ON
1000m	W60	4:03.89	Clara	Northcott	25-Jan-2015	OMA Mini Meet #2, TTFC, Toronto, ON
1000m	W65	4:06.31	Clara	Northcott	19-Jan-2020	Mini Meet #2
1500m	M30	4:03.26	Ethan	Davenport	26-Mar-2022	Canadian Masters Championships Moncton
1500m	M35	4:14.64	Jay	Brecher	27-Jan-2012	McGill Team Challenge, Montreal, QC
1500m	M40	4:17.31	Jay	Brecher	16-Mar-2014	CMA Champs, TTFC, Toronto, ON
1500m	M45	4:17.26	Jay	Brecher	30-Mar-2019	WMA Indoor Championships, Toruń, Poland
1500m	M50	4:16.90	Paul	Osland	30-Mar-2014	WMA Indoor Champs, Budapest, HU
1500m	M55	4:26.22	Stuart	Galloway	14-Feb-2016	AO Youth Senior Champs TTFC, Toronto, ON
1500m	M60	4:37.92	Simon	Rayner	7-Mar-2024	CMA Champs - Montreal
1500m	M65	5:09.08	John	Helliker	12-Mar-2017	CMA Championships, TTFC, Toronto, ON
1500m	M70	6:23.18	Vern	Christensen	15-Mar-2015	CMA Champs, TTFC, Toronto, ON
1500m	M75	6:19.92	Keijo	Taivassalo	15-Mar-2015	CMA Champs, TTFC, Toronto, ON
1500m	M80	8:41.03	Vern	Christensen	26-Mar-2022	Canadian Masters Championships Moncton
1500m	W30	4:18.75	Sasha	Gollish	12/14-Mar-2015	CIS Champs, U of Windsor, Windsor, ON
1500m	W40	5:13.08	Leanne	Shafir	26-Feb-2012	OMA Championships, TTFC, Toronto, ON
1500m	W45	04:58.0	Annie	Bunting	Mar-'10; 26-Feb-'12	WMA Champs Kamloops, BC & OMA Champs,
1500m	W50	5:05.35	Annie	Bunting	20-Jan-2019	AO Indoor Meet #1, TTFC, Toronto, ON
1500m	W55	5:31.10	Makie	Ohler	17-Mar-2018	USATF Masters Indoor Landover, MD
1500m	W60	5:35.22	Alison	Wiley	2025	WMA Gainesville
1500m	W65	6:26.43	Clara	Northcott	8-Mar-2020	OMA Indoor Championships
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	5:00.19	Simon	Rayner	23-Mar-2024	USATF Masters - Chicago
1 Mile	M70	8:17.82	Gary	McColeman	8-Feb-2015	OMA Mini Meet #3, TTFC, Toronto, ON
1 Mile	M75	9:27.77	Phillip	Swift	23-Feb-2025	Winter Mini Meet #3

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
1 Mile	W65	7:20.87	Clara	Northcott	23-Mar-2024	USATF Masters - Chicago
Mile Steeplechase	M45	6:49.09	Michael	Mandel	19-Feb-2017	OMA Championships, TTFC, Toronto, ON
Mile Steeplechase	M50	5:34.24	Anthony	MacIsaac	8-Feb-2015	OMA Mini Meet #3
Mile Steeplechase	M60	7:09.85	Wayne	Chee	8-Feb-2015	OMA Mini Meet #3
Mile Steeplechase	M65	7:18.84	Wayne	Chee	8-Mar-2020	OMA Indoor Championships
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	W50	7:27.92	Catherine	Weber	5-Feb-2023	OMA Indoor Championships
Mile Steeplechase	W55	8:10.13	Joy	Kramarich	11-Feb-2018	OMA Mini Meet #3, TTFC, Toronto, ON
3000m	M30	8:50.21	Ethan	Davenport	26-Mar-2022	Canadian Masters Championships Moncton
3000m	M35	9:23.62	Adam	Hammond	10-Feb-2019	AO Indoor Meet #2, TTFC, Toronto, ON
3000m	M40	9:27.52	Jay	Brecher	10-Mar-2018	CMA Champs, TTFC, Toronto, ON
3000m	M45	9:38.42	Phil	Oreopoulos	25-Feb-2018	OMA Championships, TTFC, Toronto, ON
3000m	M50	9:27.41	Stuart	Galloway	16-Jan-2016	Fred Foot Classic, Toronto, ON
3000m	M55	9:41.54	Simon	Rayner	24-Mar-2019	WMA Indoor Championships, Toruń, Poland
3000m	M60	9:59.84	Simon	Rayner	2025	WMA Gainesville
3000m	M65	13:00.62	Tony	Farr	8-Mar-2020	OMA Indoor Championships
3000m	M70	16:05.68	Gary	McColeman	19-Jan-2014	OMA Mini Meet #2, TTFC, Toronto, ON
3000m	M75	13:24.50	Keijo	Taivassalo	14-Mar-2015	CMA Champs, TTFC, Toronto, ON
3000m	W30	9:14.10	Sasha	Gollish	12/14-Mar-2015	CIS Champs, U of Windsor, Windsor, ON
3000m	W35	9:11.09	Sasha	Gollish	19-Feb-2017	USATF New England Champs, Boston, MA
3000m	W40	11:32.82	Amy	Ballon	17-Jan-2016	OMA Mini Meet #1, TTFC, Toronto, ON
3000m	W45	11:13.88	Amy	Ballon	25-Feb-2018	OMA Championships, TTFC, Toronto, ON
3000m	W50	11:52.92	Dianne	Wiseman	8-Mar-2020	OMA Indoor Championships
3000m	W55	11:33.82	Makie	Ohler	1-Mar-2019	USATF Masters Indoor, Winston-Salem, NC
3000m	W60	11:40.99	Makie	Ohler	5-Feb-2023	OMA Indoor Championships
3000m	W65	13:47.72	Clara	Northcott	5-Jan-2020	OMA Mini Meet #1
5000m	M30	17:19.95	Michael	Schwandt	24-Feb-2013	OMA Mini Meet #3, TTFC, Toronto, ON
5000m	M40	16:47.86	Jason	Matthews	8-Feb-2015	OMA Mini Meet #3, TTFC, Toronto, ON

5000m	M50	17:36.81	Simon	Rayner	21-Jan-2018	OMA Mini Meet #2, TTFC, Toronto, ON
5000m	M55	16:27.80	Stuart	Galloway	20-Feb-2016	UCS Invitational, Winston-Salem, NC
5000m	M60	17:39.63	Simon	Rayner	10-Mar-2024	Variety Village meet
5000m	M70	27.16.33	Gary	McColeman	2-Feb-2014	OMA Mini Meet #3, Toronto, ON
5000m	M75	26:04.88	Vern	Christensen	21-Jan-2018	OMA Mini Meet #2, Toronto, ON
5000m	W40	19:31.50	Leanne	Shafir	9-Jan-2012	OMA Mini Meet #1, TTFC, Toronto, ON
5000m	W45	19:06.72	Annie	Bunting	9-Jan-2012	OMA Mini Meet #1, TTFC, Toronto, ON
5000m	W50	20:35.29	Annie	Bunting	8-Feb-2015	OMA Mini Meet #3, TTFC, Toronto, ON
5000m	W55	20:29.85	Makie	Ohler	21-Jan-2018	OMA Mini Meet #2, Toronto, ON
5000m	W60	22:52.51	Lynn	Kobayashi	29-Jan-2017	OMA Mini Meet #2, TTFC, Toronto, ON
5000m	W65	24:02.87	Clara	Northcott	2-Feb-2020	OMA Mini Meet #3
High Jump	M30	1.28	Raphael	Nishida	24-Feb-2019	OMA Championships, TTFC, Toronto, ON
High Jump	M35	1.60	Gary	Pluim	9-Jan-2011	Mini Meet #1, TTFC
High Jump	M40	1.45	Jordan	Rosenberg	6-Feb-2011	Mini Meet #3, TTFC
High Jump	M45	1.60	Marcus	Skeete	29-Jan-2017	OMA Mini Meet #2, TTFC, Toronto, ON
High Jump	M50	1.65	Marcus	Skeete	18/24-March-2018	Euro Masters Champs, Madrid, ESP
High Jump	M55	1.35	Jon	Comerford	20-Mar-2016	CMA Champs, TTFC, Toronto, ON
High Jump	M60	1.46	Peter	Zowkewych	9-Mar-2014	OMA Champs, TTFC, Toronto, ON
High Jump	M65	1.45	Peter	Zowkewych	28-Jan-2017	USATF Heptathlon Champs, Kenosha, WI
High Jump	M70	1.37	Peter	Zowkewych	19-February=2022	OMA Mini Meet #4, TTFC, Toronto, ON
High Jump	M70	0.94	Ian	Anderson	20-Mar-2016	CMA Championships, TTFC, Toronto, ON
High Jump	M75	0.90	Patrick	Groulx	11/12-Mar-2017	CMA Championships, TTFC, Toronto, ON
High Jump	W35	1.27	Olivia	Rofael	27-Apr-25	AO Indoor CE Championships
High Jump	W50	1.00	Theresa	Rozario	28-Feb-2016	OMA Championships, TTFC, Toronto, ON
Pole Vault	M65	2.20	Peter	Zowkewych	28/29-Jan-2017	USATF Heptathlon Champs, Kenosha, WI
Pole Vault	W30	3.50	Florence	Cavalli	9-Mar-2013	310 Pole Vault Classic, Bolton, ON
Long Jump	M30	2.85	Raphael	Nishida	24-Feb-2019	OMA Championships, TTFC, Toronto, ON
Long Jump	M35	4.19	Richard	Duhaney	26-Feb-2017	OMA Championships, TTFC, Toronto, ON
Long Jump	M40	5.73	Nigel	John	28-Mar-2014	WMA Indoor Champs, Budapest, HU
Long Jump	M45	4.98	Chris	Lemassif	12-Feb-2012	OMA Mini Meet #3, TTFC, Toronto, ON
Long Jump	M50	5.01	Mike	Sherar	28-Feb-2016	OMA Championships, TTFC, Toronto, ON
Long Jump	M60	3.91	Peter	Zowkewych	14-Mar-2015	Pentathlon,CMA Champs, TTFC, Toronto, ON
Long Jump	M65	4.20	Peter	Zowkewych	30/31-Jan-2016	USATF Heptathlon Champs, Kenosha, WI
Long Jump	M75	2.77	Patrick	Groulx	10/11-Mar-2018	CMA Championships, TTFC, Toronto,ON
Long Jump	W30	4.89	Claudia	Pedrero	24-Feb-2019	OMA Championships, TTFC, Toronto, ON

Long Jump	W35	3.89	Olivia	Rofael	27-Apr-25	AO Indoor CE Championships
Long Jump	W40	3.65	Violeta	Garfunkel	26-Feb-2017	OMA Championships, TTFC, Toronto, ON
Long Jump	W45	3.39	Violeta	Garfunkel	8-Mar-2020	OMA Championships, TTFC, Toronto, ON
Long Jump	W50	3.15	Theresa	Rozario	28-Feb-2016	OMA Championships, TTFC, Toronto, ON
Long Jump	W55	2.41	Lynn	Kobayashi	22-Feb-2015	OMA Championships, TTFC, Toronto, ON
Long Jump	W60	2.65	Lynn	Kobayashi	28-Feb-2016	OMA Championships, TTFC, Toronto, ON
Triple Jump	M45	8.19	Chris	Lemassif	22-Feb-2015	OMA Championships, TTFC, Toronto, ON
Triple Jump	M50	8.65	Chris	Lemassif	26-Feb-2018	OMA Championships, TTFC, Toronto, ON
Triple Jump	M60	7.17	Peter	Zowkewych	22-Feb-2015	OMA Championships, TTFC, Toronto, ON
Triple Jump	M65	8.45	Peter	Zowkewych	17-Jan-2016	OMA Mini Meet #1, TTFC, Toronto, ON
Triple Jump	M70	8.40	Peter	Zowkewych	19-Feb-2022	OMA Mini Meet #4, TTFC, Toornto, ON
Triple Jump	M75	5.90	Patrick	Groulx	10/11-Mar-2018	CMA Championships, TTFC, Toronto, ON
Shot Put	M30	6.39	Raphael	Nishida	24-Feb-2019	OMA Championships, TTFC, Toronto, ON
Shot Put	M35	10.52	Alex	Gbaguidi	10/11-Mar-2018	CMA Championships, TTFC, Toronto, ON
Shot Put	M40	10.51	Jordan	Rosenberg	16-Jan- 2011	Mini Meet #2, TTFC
Shot Put	M45	8.38	Chris	Lemassif	12-Feb-2012	OMA Mini Meet #3, TTFC, Toronto, ON
Shot Put	M50	9.37	Chris	Lemassif	26-Feb-2018	OMA Championships, TTFC, Toronto, ON
Shot Put	M55	9.06	Ayman	Mazhar	26-Feb-2018	OMA Championships, TTFC, Toronto, ON
Shot Put	M60	10.77	Peter	Zowkewych	14-Mar-2015	Pentathlon,CMA Champs, TTFC, Toronto, ON
Shot Put	M65	11.65	Peter	Zowkewych	17-Jan-2016	OMA Mini Meet #1, TTFC, Toronto, ON
Shot Put	M70	11.60	Peter	Zowkewych	27-Feb-2022	OMA Champs, TTFC, Toronto, ON
Shot Put	M70	6.83	Gary	McColeman	21-Feb-2016	OMA Mini Meet #3, TTFC, Toronto, ON
Shot Put	M75	7.57	Patrick	Groulx	11/12-Mar-2017	CMA Championships, TTFC, Toronto, ON
Shot Put	W35	7.32	Olivia	Rofael	27-Apr-25	AO Indoor CE Championships
Shot Put	W40	6.90	Violeta	Garfunkel	26-Feb-2018	OMA Championships, TTFC, Toronto, ON
Shot Put	W45	8.58	Christine	Williams	6-Feb-2011	Mini Meet #3, TTFC
Shot Put	W50	7.68	Mary	Harmer	28-Feb-2016	OMA Championships, TTFC, Toronto, ON
Shot Put	W55	5.68	Katherine	Willis	9-Mar-2014	OMA Champs, TTFC, Toronto, ON
Shot Put	W60	8.71	Renata	Macherzynska	8-Mar-2020	OMA Championships, TTFC, Toronto, ON
Weight	M30	4.86	Raphael	Nishida	24-Fwb-2019	OMA Championships, TTFC, Toronto. ON
Weight	M50	17.37	Ayman	Mazhar	5-Jan-2014	OMA Mini Meet #1, TTFC, Toronto, ON
Weight	M55	16.36	Ayman	Mazhar	20-Mar-2016	CMA Championships, TTFC, Toronto, ON
Weight	M60	17.64	Ayman	Mazhar	8-Mar-2020	OMA Championships, TTFC, Toronto. ON
Weight	M70	6.82	Gary	McColeman	26-Feb-2017	OMA Championships, TTFC, Toronto. ON
Weight	M75	7.48	Patrick	Groulx	11-Feb-2018	OMA Mini Meet #3, TTFC, Toronto, ON
Weight	W30	17.31	Marie-Josée	Le Jour	25-Jan-2013	McGill Team Challenge, Montreal, QC

Weight	W35	17.64	Marie-Josee	Le Jour	15-Mar-2014	Canadian Indoor Champs, Montreal, QC
Weight	W50	7.01	Theresa	Rozario	20-Mar-2016	CMA Championships, TTFC, Toronto, ON