

June 14, 2026

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,

400m	M45	52.14	Mike	Sherar	March, 2010	World Masters Indoor Championships, Kamloops, BC
400m	M50	54.58	Mike	Sherar	25-Mar-17	World Masters Indoor Championships, Daegu, South
400m	M55	55.63	Mike	Sherar	31-Mar-19	World Masters Indoor Championships, Torun, Poland
400m	M60	70.36	Duncan	Greenshields	26-Feb-12	Ontario Masters Championships, Toronto
400m	M65	71.07	Norman	Creen	29-Jan-17	Mini-meet #2, Toronto
400m	M70	86.95	Vern	Christensen	22-Feb-15	Ontario Masters Championships, Toronto
400m	M75	85.64	Vern	Christensen	20-Mar-16	Canadian Masters Championships, Toronto
400m	W30	56.72	Eseroghene	Omene	13-Feb-16	Spire NCAA D1, Geneva, OH
400m	W35	65.47	Carew	Julia	26/Feb/23	Canadian Masters Championships, Toronto
400m	W40	71.51	Amy	Ballon	9-Mar-14	Ontario Masters Championships, Toronto
400m	W45	64.88	Sarah	Katz	15-Jan-25	Ontario Masters championships, Toronto
400m	W50	64.38	Annie	Bunting	15-Mar-15	Canadian Masters Championships, Toronto
400m	W55	71.92	Heather	O'Hagan	12-Mar-17	Canadian Masters Championships, Toronto
400m	W60	1:18.15	Anne	Koch	1-Feb-2026	AO Mini Meet #2, TTFC
400m	W65	1:24.80	Rita	Botelho	1-Feb-2026	AO Mini Meet #2, TTFC
400m	W70	1:37.51	Clara	Northcott	1-Feb-2026	AO Mini Meet #2, TTFC
50m Hurdles	M35	7.34	Simon	Taggart	14-Jan-24	Mini Meet #1, Toronto
50m Hurdles	M40	9.92	Gary	Pluim	9-Jan-12	Mini Meet #1, Toronto
50m Hurdles	W40	9.10	Olivia	Rofael	11-Jan-26	AO Mini Meet #1
60m Hurdles	M35	8.42	Simon	Taggart	5-Feb-23	Ontario Masters championships, Toronto
60m Hurdles	M40	10.13	Jordan	Rosenberg	22-Jan-12	Mini-meet #2, Toronto
60m Hurdles	M45	9.84	Marcus	Skeete	25-Mar-17	World Masters Indoor Championships, Daegu, South
60m Hurdles	M50	9.77	Marcus	Skeete	19/Mar/19	World Masters Indoor Championships, Torun, Poland
60m Hurdles	M55	10.06	Marcus	Skeete	1/7/2023	Sabadell, Barcelona, Spain
60m Hurdles	M60	12.37	Peter	Zowkewych	16-Mar-14	Canadian Masters Championships, Toronto
60m Hurdles	M65	12.35	Peter	Zowkewych	11/12-Mar-2017	Canadian Pent Masters Championship, Toronto
60m Hurdles	W35	12.55	Olivia	Rofael	27-Apr-25	Mini-meet #4, Toronto
60m Hurdles	W40	10.89	Olivia	Rofael	29-03-2026	AO Combined Events Champs
60m Hurdles	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
600m	W60	02:09.2	Anne	Koch	11-Jan-2026	AO 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	3:15.10	Rita	Botelho	9-Mar-2026	AO Mini Meet #3
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	4:20.51	Phillip	Swift	1-Feb-2026	AO Mini Meet #2, TTFC
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	3:26.55	Shawna	Darou	13-Feb-2026	UofT Hal Brown
1000m	W55	3:38.06	Makie	Ohler	21-Jan-2018	OMA Mini Meet #2, TTFC, Toronto, ON
1000m	W60	3:51.87	Anne	Koch	1-Feb-2026	AO Mini Meet #2, TTFC
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-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	10-Mar-2012	WMA Champs Kamloops & 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	8:06.58	Phillip	Swift	13-Feb-2026	UofT Hal Brown
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, 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
1 Mile	W70	7:45.10	Clara	Northcott	13-Feb-2026	UofT Hal Brown
Mile Steeplechase	M45	6:49.09	Michael	Mandel	19-Feb-2017	OMA Championships, TTFC, Toronto, ON
Mile Steeplechase	M50	5:34.24	Anthony	Maclsaac	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	7:44.04	Catherine	Weber	1-Feb-2026	AO Mini Meet #2, TTFC
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	M75	1.36	Peter	Zowkewych	11-Jan-26	AO Mini Meet #1
High Jump	W35	1.27	Olivia	Rofael	27-Apr-25	AO Indoor CE Championships
High Jump	W35	1.27	Olivia	Rofael	27-Apr-25	AO Indoor CE Championships
High Jump	W40	1.30	Olivia	Rofael	7-Mar-26	AO Combined Events Champs
High Jump	W45	1.24	Sarah	Katz	30-Mar-2025	WMA Champs Gainesville FL
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	4.33	Olivia	Rofael	29-Mar-26	AO Combined Events Champs
Long Jump	W45	4.46	Sarah	Katz	18-Jan-2025	Fred Foot Classic
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	7.54	Peter	Zowkewych	11-Jan-26	AO Mini Meet #1
Triple Jump	W40	8.37	Olivia	Rofael	7-Mar-26	AC Masters Indoor Champs

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	M75	11.32	Peter	Zowkewych	21-Feb-26	Bolton Meet #4
Shot Put	W35	7.32	Olivia	Rofael	27-Apr-25	AO Indoor CE Champioships
Shot Put	W40	7.19	Olivia	Rofael	7-Mar-26	AC Masters Indoor Champs
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-Josee	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