



COACHING MASTERS ATHLETES: IS AGE JUST A NUMBER?

CRIS LEMASSIF




Chris is a former elite athlete. He was a member of the French national team for four years, and remains an avid competitor on the Masters international circuit: He participated in five World Masters Championships finals, and won two Silver medals and a Bronze. Chris is also passionate about bringing more people to track and field: He served on the Board of Ontario Masters Athletics, and is the coach of the Masters Sprints group at the University of Toronto

KARLA DEL GRANDE



World Masters record holder Karla Del Grande has been competing as a master's sprinter since 2003. She currently holds nine world records, 17 Canadian indoor masters records and 12 national outdoor records. Karla was named World Masters Athletics Female Athlete of the decade (2010-2019). Karla trains with Coach Jamal Millar with Variety Village Athletic Club. She is a director on the Canadian Masters Association (CMA) Board of Directors, chair of On-line Seminars Committee and co-chair of the Membership Recruitment and Retention Committee and past Director with the Ontario Masters Association (OMA)

JAMAL MILLER



Coach Jamal Miller has been actively coaching athletes from grassroots to masters athletes for over a decade. From 2016-2018, Jamal was head coach of Ontario's Legions Team. Jamal is currently coaching World record holder Karla Del Grande. As a sprints and jumps focus, Jamal has coached multiple national teams and Canada Games medalists. Jamal is the head coach of Extreme Velocity Track Club and Variety Village in Scarborough, Ontario.

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PAULA JAMES

Competitive runner Paula James has an extensive background in Athletics. As a university student, she was a two-time CIS (now USport) 600m champion. Now, as a masters athlete, Paula has competed in races ranging from the 60m to marathon. Since returning to competition, Paula has had personal best performances in the 5k and 10k at the age of 48, and marathon PB at age 47 of 2:48:24. Pre-covid Paula coached numerous provincial high school track and cross country champions in 200m-3000m.



PAUL OSLAND

Paul Osland was a member of the Canadian national Athletics team from the mid 1980's to the early 1990's competing at the Olympic Games, Commonwealth Games, Pan American Games, World Student Games and was the Ontario team captain for the 1985 Canada Summer Games. Since competing at the Masters level, Paul has won 18 World Masters Indoor and Outdoor Championship medals. In 2017, he won gold in both the 800m and 1500m at the World Masters Indoor Championships in Daegu, South Korea and was named Ontario Masters Athlete of the Year as well as runner up for the World Masters male distance Athlete of the year. In 2018 he was inducted into the Ontario Masters Hall of Fame, and in 2019, he won two silver medals at the World Indoor Championships in Torun, Poland. Paul is the current CEO of Athletics Ontario, and actively coaches the Masters group at the University of Toronto Track Club.



MARVIN JOHNSON

After a 23-year hiatus from athletics, Marvin Johnson began competing in masters athletics in 2016. Since then, he has won medals at the NCCWMA (North America, Central America and Caribbean Championships), Canadian Championships, and Provincial Championships and holds multiple provincial records. Marvin is a husband and father to four beautiful kids aged 14, 16, 24, and 30. Marvin currently trains with the Greyhounds Masters Track & Field Club in BC.