

Jerry Kooymans

- holds Ontario and Canadian records from 800 metres to half marathon!



Jerry Kooymans

- on the road
- on the track
- cross country



Jerry Kooymans is a 2012 Ontario Masters Athletics inductee to the Hall of Fame and a versatile athlete in distance running. He holds records on the track, on the road, and cross country. He currently holds 17 Canadian records, from the mile at age 45 -- 4:34, to 15 kilometres – 51:20. In 2011, he set an Ontario half marathon record as well, and in September 2012, coming back from injury, has resumed breaking records in M55 on the road, in a 5 mile event in New Brunswick, running a time of 28:16. He has been a three time Athlete of the Year in Distance and Cross Country, and also our overall Male Athlete of the Year.

Ontario Masters is happy to welcome Jerry Kooymans into our Hall of Fame.

Jerry Kooymans

2010 OMA Male Distance AOTY
2009 OMA Male Cross Country AOTY
2008 OMA Male Cross Country AOTY
2005 OMA Male Athlete of the Year

**2012 Ontario
Masters Athletics
Hall of Fame**



CAN Records (currently holds 17 Canadian records - September 2012)

Outdoors

Mile	M45	4:34
	M50	4:39
3000m	M50	9:11
	M55	9:36
5000m	M50	15:40
	M55	16:41
10,000m	M45	31:42
	M50	33:15

Indoors

800m	M50	2:09
3000m	M50	9:05

Roads

Mile	M55	4:50
5K	M50	15:51
	M55	16:40
8K	M50	25:46
5 Mile	M50	25:53
10K	M50	32:58
15K	M50	51:20

ONT Records (currently holds 14 Ontario records)

Outdoors

5000m	M40, M45, M50, M55
10,000m	M45, M50

Indoors

800m	M50
3000m	M50, M55

Roads

5K	M50
8K	M50
5 Mile	M50
10K	M50
Half Mara	M50