



Paul Osland

Paul is an extremely accomplished, athlete, coach and administrator in Masters athletics. Here are just a few of his achievements:

- Fifteen World Masters medals
- Canadian Record Holder for the M50 Indoor 800 and Indoor 1500
- Over the past five years, he maintained an age grading over 94% for the 800, and 92% for the 1500. Those are world class numbers.
- He is the current and long-time Canadian Masters President, and is a former Ontario Masters Director
- He is a key member of the Bid Committee and Local Organizing Committee for Toronto's successful bid to host the World Masters Outdoor Championships in 2020
- He co-founded one of Canada's largest masters training groups, at the University of Toronto. Twenty of those athletes competed at Worlds in Malaga this month.
- He coaches dozens of masters athletes, including multiple-time World Masters medalists Mike Sherar and Annie Bunting

Paul Osland at WMAC:

- WMAC 2017 (M50): 1st, 800 (2:06.96); 1st, 1500 (4:26.83); 2nd, M45 4x200 (1:40.39)
- WMAC 2016 (M50): 1st, 1500 (4:16.34); 4th, 800 (2:07.05); 2nd, M45 4x400 (3:36.70)
- WMAC 2014 (M45): 2nd, 800 (2:03.12); 4th, 1500 (4:16.90)
- WMAC 2013 (M45): 3rd, 800 (2:03.26); 3rd, M45 4x400 (3:42.26)
- WMAC 2010 (M45): 1st, 800 (2:04.17)
- WMAC 2009 (M45): 2nd, 1500 (4:07.19); 3rd, 800 (2:02.78); 2nd, M45 4x400 (3:25.39; New CAN Record)
- WMAC 2007 (M40): 3rd, 800 (1:59.19); 2nd, M40 4x400 (3:26.67; New Canadian Record)
- WMAC 2005 (M40): 1st, 800 (2:02.38)

Inducted by Mike Sherar