

## ***New M40 4X400m CAN Record***



Chris Lemassif starts off.



Chris runs 53.2



A risky 'blind' handoff that went well.



Eddy Renelique runs 54.8



The more conventional handoff went well



Paul Osland runs 52.1





Another great handoff



Malik Crepsac runs a fine 51.6 anchor leg



**Team Ontario – Eddy Renelique, Malik Crepsac, Paul Osland, and Chris Lemassif**

broke the CAN M40 4X400m record at the OMTFA Summer Mini Meet on July 22 at Esther Shiner Stadium in Toronto with a 3:31.71 (as shown on the clock).

The old record was 3:32.25 set by Bob Zimmerman, Ray Tucker, John Garland, and J. Gardiner, which they ran at the World Championships in Eugene in 1989.

Spare a thought for the original holders of the CAN record, set at the first (1975) World meet in Toronto, third place in 3:40.9 Team Members; George Gluppe, Gary Hunt, Roy Cowell and (wait for it) Ed Whitlock. I warmed up by running the 1500m final in the preceding race on the track, they did allow me to run the last leg though thus giving me plenty of time to recover. Since this was the last event of the meet I was the last person to finish in the meet. The same team ran in Gothenburg 2 years later but we slowed down to 3:45.7. That time I did not run a 1500m warm up on the same day, but I did run the marathon the next with somewhat disastrous consequences, speed training a marathoner does not make.

Ed Whitlock