

Started compiling MIXED Gender Relay marks Feb 2023 (see note at bottom)				Updated September 5, 2025					
4x200m	M35	1:39.56	10-March-2012	CMA Championships, TTFC, Toronto, ON		Scott Smyth (41)	Francesc Macias (40)	Marcus Skeete (44)	Andre Mitchell (35)
4x200m	M40	1:46.80	28-February-2016	OMA Championships, TTFC, Toronto, ON	Jamcan International Athletics	Otis Morgan (40)	Robert Nasato (55)	Mike Lee Foon (55)	Rick Reynolds (49)
4x200m	M45	1:41.5 (h)	1/27/2008	Toronto, ON		Ken Kudo (45)	Mel White (48)	Joseph Baptiste (47)	Michael Lee Foon (47)
4x200m	M50	1:42.54	22-Feb-2015	OMA Championships, TTFC, Toronto, ON	Jamaica Masters AC	Mike Lee Foon (54)	Ken Kudo (52)	Joe Baptiste (54)	Kerry Smith (61)
4x200m	M55	1:55.72	11-March-2018	CMA Championships, TTFC, Toronto, ON	Jamcan International Athletics	Joseph Baptiste (57)	Bryan Baldsing (60)	Mike Lee Foon (57)	Robert Nasato (57)
4x200m	M60	2:00.08	5-February-2023	OMA Championships	JamCan International	Robert Nasato (62)	Ken Kudo (60)	Mike Lee Foon (62)	Spencer Arnfield (63)
4x200m	M65	2:00.09	25-Jan-2009	Toronto, ON		Tony Powell (65)	Mike Morris (68)	David Stern (68)	Bruce Mitchell (65)
4x200m	M70								
4x200m	M75	2:51.49	11-March-2018	CMA Championships, TTFC, Toronto, ON		James Pascoe (80)	Frank Esson (79)	Vern Christensen (77)	Chris Mackie (77)
4x200m	M80	2:33.41	16-March-2013	CMA Champs, TTFC, Toronto, ON		Ed Whitlock (82)	Bill Thompson (83)	Ray Wardle (80)	Earl Fee (83)
4x200m	W35	1:57.99	8-March-2020	OMA Championships, TTFC, Toronto, ON	Jamcan International Athletics	Debbie King (44)	Lorena Reyes (36)	Kern McLean (39)	Sheree Mullings (38)
4x200m	W40	2:07.05	24-February-2019	OMA Championships, TTFC, Toronto, ON		Violeta Garfunkel (45)	Nicole Armstrong (42)	Debbie Zinman (49)	Hazel Harding (45)
4x200m	W50	2:18.14	28-Feb-23	CMA Championships TTFC	UNA Ontario	Tiffany Newell (50)	Catherine Weber (53)	Valerie Hargreaves (56)	R. Macherynska (64)
4x200m	W55	2:37.93	28-February-2016	OMA Championships, TTFC, Toronto, ON	UTTC Masters	Joy Kramarich (55)	Clara Northcott (61)	Nicky Slovitz (55)	Lynn Kobayashi (60)
4x400m	M35	3:47.86	25-Feb-23	CMA Championships TTFC	UNA Ontario	Eric Klein (37)	Chris Costa (43)	Ian Aseltine (41)	Andrew Galloway (38)
4x400m	M40	3:39.22	02/04/2007	Toronto, ON		Malik Crepsac (40)	Eddy Renelique (43)	Mike Sherar (43)	Paul Osland (43)
4x400m	M45	3:49.86	1/25/2009	Toronto, ON		Ken Kudo (46)	Paul Osland (45)	Eddy Renelique (45)	Mike Sherar (45)
4x400m	M50	3:50.24	10-March-2018	CMA Championships, TTFC, Toronto, ON		Serge Faucher (53)	Jim Dyck (52)	Claude Faucher (50)	Paul Osland (54)
4x400m	M55	4:05.85	8-March-2020	OMA Championships, TTFC, Toronto, ON		Serge Faucher (55)	Simon Raymer (56)	Jose Fuentes (55)	Paul Osland (56)
4x400m	M60	4:45.71	19-Jan-2014	OMA Mini Meet #2, TTFC, Toronto, ON		Duncan Green Shields (65)	John De Finney (63)	Ted Paget (62)	John Heliker (62)
4x400m	M65								
4x400m	M70	5:36.89	15-March-2015	CMA Champs, TTFC, Toronto, ON		Jim Pasco (77)	Keijo Taivassalo (76)	Vern Christensen (74)	Chris Mackie (74)
4x400m	M80	6:06.23	17-March-2013	CMA Champs, TTFC, Toronto, ON		Ray Wardle (80)	Bill Thompson (83)	Ed Whitlock (82)	Earl Fee (83)
4x400m	W35	4:54.49	22-Feb-2015	OMA Championships, TTFC, Toronto, ON	UTTC Masters	Kate Cochrane-Brink (47)	Amy Ballon (43)	Marijana Primorac (35)	Nancy Catton (47)
4x400m	W40	4:27.25	04-Feb-2007	Toronto, ON		Gwen Bailey-Mason (40)	Lynda De Boer (47)	Christine Lavelee (50)	Karla Del Grande (53)
4x400m	W45	4:48.34	16-March-2014	CMA Champs, TTFC, Toronto, ON		Karla Del Grande (60)	Kate Cochrane-Brink (46)	Gwen Bailey-Mason (47)	Annie Bunting (49)
4x400m	W50	5:42.21	22-Feb-2015	OMA Championships, TTFC, Toronto, ON	UTTC Masters	Rita Botelho (54)	Lynn Kobayashi (59)	Clara Northcott (60)	Annie Bunting (50)
4x400m	W55	6:48.51	16-January-2016	Great Lakes Indoor #1, London, ON	London Pacers	Paula Muxlow (58)	Rosemary Craen (58)	Cheryl Firby (60)	Donna Kraft (56)
4x400m	W60	6:45.54	16-January-2016	Great Lakes Indoor #1, London, ON	London Pacers	Wendy Fraser (62)	Wilma Koopman (62)	Patricia Boost (65)	Linda Jones (66)
4x400m	Mixed Gender								
4x400m	Mix 30	5:28.74	5-February-2023	OMA Championships	UTTC	Michael Connors (32)	Dave Williams (64)	Makie Ohler (60)	Julia Carew (37)
4x400m	Mix 35	4:39.48	8-March-2020	OMA Championships, TTFC, Toronto, ON	Jamcan International Athletics	Otis Morgan (M) (44)	Sheree Mullings (W) (38)	Debbie King (W) (44)	Richard Reid (M) (51)
4x400m	Mix 45	5:37.45	5-February-2023	OMA Championships	UTTC	Charles Bedley (49)	Gwen Bailey-Mason (56)	Chris Madsen (55)	Anne Koch (57)
4x400m	Mix 50	5:38.16	24-February-2019	OMA Championships, TTFC, Toronto, ON		Wayne Chee (M) (64)	Chris Madsen (M) (51)	Anne Koch (W) (53)	Clara Northcott (W) (64)
4x400m	Mix 50	5:29.39	19-January-2020	OMA Mini Meet #2, TTFC, Toronto, ON	UTTC	Chris Madsen (M) (51)	Gwyneth Bailey-Mason (W) (63)	Catherine Weber (W) (50)	Wayne Chee (M) (65)
4x400m									
4x800m	M30	10:12.82	13-Feb-2011	Mini Meet #4, TTFC	Village People Runners	Jimmy Semes (32)	Mark Duff (49)	Steve Burns (52)	Mark Giardetti (45)
4x800m	M40	8:45.59	28-February-2016	OMA Championships, TTFC, Toronto, ON	UTTC Masters	Bill Wells (41)	Jay Brecher (42)	Michal Kapral (43)	Simon Raymer (52)
4x800m	M50	8:34.76	25-Feb-2018	OMA Championships, TTFC, Toronto, ON		Jim Dyck (52)	Simon Raymer (53)	Michael Sherar (54)	Paul Osland (54)
4x800m	M55	12:22.78	16-March-2013	CMA Champs, TTFC, Toronto, ON	UTTC Masters	Wayne Chee (58)	Doug Smith (61)	Charley Moses (57)	Duncan Green Shields (64)
4x800m	M60	10:32.83	23-March-2014	ON Indoor Relay Champs TTFC Toronto	Newmarket Huskies	Ted Paget (62)	John De Finney (64)	John Giffen (62)	Ken Hamilton (64)
4x800m	M65	12:04.68	21-February-2016	OMA Mini Meet #3, TTFC, Toronto, ON		Duncan Green Shields (67)	Ken Hamilton (66)	Chris Mackie (75)	Richard Bailey (67)
4x800m	M70	12:38.26	16-March-2014	TTFC, Toronto, ON		Chris Mackie (74)	Vern Christensen (73)	Jack Geddes (76)	David Woodhall (71)
4x800m	W50	10:38.40	10-February-2019	AO Champs Series #2 TTFC, Toronto ON		Nancy Catton (51)	Paula Wilase (51)	Kate Cochrane-Brink (51)	Liz Maguire (52)
SMR	M60	4:55.81	23-March-2014	ON Indoor Relay Champs TTFC Toronto	Newmarket Huskies	John Giffen (62)	John De Finney (64)	Ted Paget (62)	Ken Hamilton (64)
Outdoors									
4x100m	M35	46.20	1986	unknown	Scarborough Masters	Milton Britton (36)	Thomas Callender (54)	Milton Holder (36)	Robert Zimmerman (39)
4x100m	M40	47.87	21-July-2019	NCCWMA Champs Varsity Std Toronto ON		Andre Mitchell (42)	Tit Hui (48)	Matt Beechey (48)	Jason Foubert (49)
4x100m	M45	50.75	29-Jun-24	OMA Championships	Jamcan International Athletics	Tit Hui (53)	Gavin Shand (45)	Otis Morgan (48)	Michael Lee Foon (63)
4x100m	M50	46.67	16-September-2018	WMA Championships, Malaga, ESP	Team Canada	Christopher Warburton (53)	Christian Lemassif (51)	Michael Sherar (54)	Serge Faucher (54)
4x100m	M55	50.44	28-July-2018	OMA Champs York Lions Stad, Toronto	Jamcan International Athletics	Joseph Baptiste (57)	Mike Lee Foon (57)	Robert Nasato (57)	Ken Kudo (55)
4x100m	M60	54.29	1986	Unknown	Scarborough Masters	Norm Baum (61)	Andrew Thompson (63)	Stan Egerton (60)	Ben Mackereith (70)
4x100m	M65	63.49	30-July-2016	OMA Champs, Varsity Centre, Toronto,	UTTC Masters	Peter Zolkewych (65)	Norman Creen (65)	John Heliker (65)	Duncan Green Shields (67)
4x100m	M70								
4x100m	M75	68.14	16-July-2010	Toronto, ON		Charles Agnec (75)	Bill E Thompson (80)	Kesar Singh Poonia (76)	Ray Wardle (77)
4x100m	W35	55.79	16-Aug-25	AO Masters Champs		Debbie Zinman 56	Wendy Alexis 70	Olivia Rofael 39	Frida Jones 41
4x100m	W40	1:09.1	26-May-1985	OMTFA, East York	Scarborough Masters	Susan Masil (0)	Molly Turner (51)	Doreen Carmichael (54)	Hellig (0)
4x100m	W45	1:02:86	02-August-1986	Sherbrooke, QC		Doreen Carmichael (55)	Molly Turner (52)	Anne Marie Rosenitch (45)	Maureen Jennings (47)
4x100m	W50	58.38	5-August-2017	OMA Champs Varsity Centre Toronto ON		Valerie Hargreaves (50)	Kairy Loucks (50)	Theresa Rozario (52)	Karla Del Grande (64)
4x100m	W55								
4x100m	W60	1:10.47	25-July-1987	OMFTA, East York, ON	Scarborough Masters	Doreen Carmichael (56)	Molly Turner (53)	Dorly Brechbruhl (0)	???? Hellig (0)
4x400m	M35	3:29.78	03-July-2006	Ottawa, ON		Malik Crepsac (39)	Rich Tremain (35)	Lawrence Williams (35)	Derek Hackshaw (37)
4x400m	M40	3:26.67	8/4-15/2007	WMA Champs, San Giovanni		Chris Lemassif (40)	Malik Crepsac (40)	Paul Osland (43)	Mike Sherar (43)
4x400m	M45	3:36.70	6-November-2016	WMA Championships, Perth, AU		Serge Faucher (52)	Marcus Skeete (49)	Paul Osland (52)	Lawrence Williams (45)
4x400m	M50	3:44.79	16-September-2018	WMA Championships, Malaga, ESP	Team Canada	Marcus Skeete (50)	Serge Faucher (54)	Paul Osland (54)	Michael Sherar (54)
4x400m	M55	4:47.39	1986	unknown	Masters Sprint Club	Andrew Thompson (63)	Norm Baum (61)	Jim Flowers (58)	Eric Mazewsky (55)
4x400m	M60	4:43.78	25-August-2013	OMA Athletics Festival, TTFC Toronto		Duncan Green Shields (64)	John Clarke (62)	Ted Paget (62)	John De Finney (63)
4x400m	M65	5:28.81	31-July-2016	OMA Champs Varsity Centre Toronto ON		Duncan Green Shields (67)	Vern Christensen (75)	John Heliker (65)	Norman Creen (65)
4x400m	M70	6:00.57	6-August-2017	OMA Champs Varsity Centre Toronto ON	Longboat Roadrunners	Tony Teddy (70)	Mike Bedley (70)	Bert De Vries (70)	Hugh Connolly (71)
4x400m	M75	5:54.53	14-August-2016	CMA Champs York Lions Toronto ON		Chris Mackie (75)	Keijo Taivassalo (77)	Ed Whitlock (85)	Earl Fee (87)
4x400m	W35	4:45.58	8/25/2001	Toronto, ON		Anna Cranton (38)	Karla Del Grande (47)	Rhona Trott (52)	Nancy Patten Sweazey (46)
4x400m	W40	5:03.62	01-July-2003	WMA Champs, Carolins, PR		Linda Findley (55)	Nancy Cochrane (51)	Katherine Cushman (42)	Nancy Patten Sweazey (47)
4x400m	W45	4:49.69	19-June-2011	CMA Championships, Varsity Centre	Newmarket Huskies	Heather O'Hagan (49)	Rita Quibell (55)	Ginette Jones (45)	Tracy Snarr (46)
4x400m	W50	4:35.27	21-July-2019	NCCWMA Champs Varsity Std Toronto		Nancy Catton (51)	Kate Cochrane-Brink (51)	Liz Maguire (52)	Karla Del Grande (66)
4x400m	W55	5:31.40	13-August-2016	CMA Champs York Lions Toronto ON	UTTC Masters	Joy Kramarich (55)	Clara Northcott (60)	Lynn Kobayashi (60)	Heather O'Hagan (55)
4x400	Mixed 35	4:28.64	16-Aug-25	AO Masters Champs	Ontario	Marcus Skeet (57)	Olivia Rofael (39)	Mircro Graenert (56)	Angela Driscoll (50)
4x800m	M35	8:57.10	28-July-2018	OMA Champs, York Lions Stad, Toronto		Thomas Bok (38)	Kevin Farr (48)	Rich Tremain (47)	Ian Aseltine (37)
4x800m	M40	9:00.68	12-August-2017	NCCWMA Champs YorkLions Stad Toronto	UTTC Masters	Michael Sherar (53)	Paul Osland (53)	Bill Wells (42)	Jay Brecher (43)
4x800m	M45	9:49.49	13-June-2016	London, ON		Jeffrey Orchard (51)	Andrew Jones (50)	Richard McClelland (46)	Brian Hagemeier (45)
4x800m	M50	9:31.1	09-July-2008	London, ON		Bill Wheeler (54)	Fred Chapman (55)	James Madden (53)	Steve Beasley (52)
4x800m	M55	11:50.0	16-Aug-15	AO Masters Champs	Etobicoke HS	Vladislav Jevremovic 66,	Richard Kalendra 59	Scott McDonnell 57	David Driedger 60
4x800m	M60	10:45.68	06-July-2011	London, ON	Newmarket Huskies	John De Finney (61)	Ken Hamilton (61)	Murray Hale (61)	Tim Payne (61)
4x800m	M65	12:08.60	27-June-2015	OMA Champs Terry Fox Field Brampton		John De Finney (65)	Tim Payne (65)	Duncan Green Shields (66)	Ken Hamilton (65)
4x800m	M70	13:13.05	5-August-2017	OMA Champs Varsity Centre Toronto ON	Longboat Roadrunners	Tony Teddy (70)	Mike Bedley (70)	Bert De Vries (70)	Hugh Connolly (71)
4x800m	M75	13:36.15	30-July-2016	OMA Champs Varsity Centre Toronto ON	Non-Club	Vern Christensen (75)	Keijo Taivassalo (77)	Robert Moore (75)	Chris Mackie (75)
4x800m	M80	14:24.03	06-July-2013	OMA Champs, Varsity Centre, Toronto		Ray Wardle (80)	Bill Thompson (83)	Ed Whitlock (82)	Earl Fee (84)
4x800m	W35								
4x800m	W40	14:47.92	13-June-2016	London, ON		Wendy Fraser (62)	Wilma Koopman (62)	Sharon O'Grady (42)	Janice Chedore (60)
4x800m	W45	10:57.41	6-July-2013	OMA Champs, Varsity Centre, Toronto	Newmarket Huskies	Jennifer Rout (48)	Heather O'Hagan (51)	Ginette Jones (47)	Kathryn Sullivan (47)
4x800m	W50	12:37.08	06-July-2011	London, ON		Mary Nash (50)	Maewie Armstrong-Harris (58)	Debbie Obokata (58)	Teresa Novick (50)
4x800m	W55	13:28.82	09-July-2008	London, ON		Debbie Obakata (55)	Julia McDonald (58)	Maewie Armstrong-Harris (64)	Rita Melville (58)
4x800m	W60	13:12.94	06-July-2011	London, ON		Linda Findley (63)	Julia McDonald (62)	Linda Jones (62)	Geordie Farrell (60)
4x800m	W65	13:47.79	13-June-2016	London, ON		Linda Jones (67)	Diane Marrow (65)	Geordie Farrell (65)	Linda Findley (65)
DMR	M60	14:01.43	25-August-2013	OMA Athletics Festival, TTFC Toronto		Ted Paget (62)	Duncan Green Shields (64)	John De Finney (63)	John Clarke (62)
DMR	W45	15:55.97	25-August-2013	OMA Athletics Festival TTFC, Toronto		Rita Botelho (53)	Kate Cochane-Brink (45)	Katherine Willis (54)	Nathalie Auger (47)

MIXED Gender Relay ONT Records:

Teams made up of two Men and two Women. Age group determined by the youngest member.

For WMA Records (Rule 24.11):

Order of the athletes in 4X200m - Man-Man-Woman-Woman

Order of the athletes in 4X400m - Man-Woman-Man-Woman

Each team must have a male and a female in the age group of the team