

I have coached for over 40 years, coaching A.O. Masters and know MTA, I was also the Ontario coach for wheelchair sports for two years in the 1970,s.My athletes have won many OFFSA, Ontario and Canadian medals, most moving onto universities in Canada and the USA. My Masters athletes have won 18 World championships and two World records and countless medals at US and Canadian championships. My wheelchair athletes have won one World championship and many Canadian and Ontario medals in multiple events I personally ran on gold medal relay teams at the World masters at OFFSA and in England. Most of this was coaching sprinters but I now enjoy coaching are MTA distance runners. My favorite moments however are when my athletes run P.B.'s and I see their smiling faces.