

JOHNNY COFFIN

2023 MRA Masters Male Road Runner of the Year

Johnny Coffin is a member of the Royal Canadian Air Force and strongly believes that there's always time for a run, no matter the Winterpeg weather conditions. A multisport athlete from a young age, Johnny continues to get faster as a master by being consistent, listening to his body, and knowing when to go easy versus when to push the limits. Surrounded by family and friends who share the same affinity for running, he sincerely appreciates their shared support and motivation. 2023 was a great running year where Johnny achieved new personal bests in the 5 km, 10 mile and the half-marathon. He owes much of his success on the roads to his lovely, talented and beautiful coach/wife, Carolyn.

2023 Best Times:

5k: 16:49

10k: 35:53

10 Mile: 59:22

Half Marathon: 1:16:44