

JOHNNY COFFIN

2025 MRA MALE MASTERS ATHLETE 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 what's going on in life.

A multisport athlete from a young age, Johnny discovered that running in straight lines was much less impactful on his aging body and with the help of his lovely and talented coach and wife, Carolyn, he continues to get faster as a master's athlete.

2025 was a great running year where Johnny achieved new personal bests in the 5 km, 10 km, 10 mile and the Marathon. He owes much of his success to smart training, good recovery and being a member of an amazing running community.

2025 BEST TIMES:

5k: 16:46

10k: 34:49

10 Mile: 57:03

Half Marathon: 1:16:50

Full Marathon: 2:36:39