



2022 MRA MALE ROAD RUNNER OF THE YEAR

JOHNNY COFFIN

Johnny Coffin is a member of the Royal Canadian Air Force and while he takes his physical fitness seriously, he does not apply the same to himself. His good-natured and oftentimes goofy personality puts everyone he meets in the running community at ease, making them feel welcomed and respected. A multisport athlete growing up on PEI, he continues to see improvement in his running times into his 40s by training consistently, recovering sensibly, and knowing when to go easy versus when to push the limits. Johnny is supported by family and friends who share his love of running, and is coached by his lovely, talented and beautiful wife, Carolyn.

2022 TIMES:

5k: 17:06

10k: 35:44

10 Mile: 60:10

Half Marathon: 1:17:29

Full Marathon: 2:43:18