

PROFILE – JOHNNY COFFIN

Johnny Coffin is a member of the Royal Canadian Air Force and after multiple military moves with his family, it feels like home being part of the Manitoba running community. He built a strong foundation as a multisport athlete growing up on PEI, and he continues to push his limits as a masters track and road runner. He owes his success to consistent training, sensible recovery, and the odd glass of red wine. Over the past year Johnny had the opportunity to compete on an international stage as a member of the Canadian Armed Forces' national running team. He raced two half marathons, one in Switzerland in October 2023 and one in Bosnia in May 2024, where he ran 1:16:44 and 1:17:02 respectively. With the support of his wife and coach, Carolyn, Johnny finished the road racing season with a 2:39:47 at the Chicago Marathon.

2024 Times:

5k:17:14

10k: 35:31

10 Mile: 58:43:32

Half Marathon: 1:19:25

Full Marathon: 2:39:47