

Mike Bedley



2020 OMA XC Sunnybrook by George Aitkin

Mike Bedley joined the Longboat roadrunners in 1991 when he was already a Masters runner. His great joy during this time was taking part in the very well attended Wednesday night runs, and the convivial get-togethers at local pubs afterwards. This same gregariousness on his part was manifested in his enthusiasm for team racing. He ran Masters cross country events. He was a team member when Longboat entered a team in the Simcoe Shores Race, a huge multiday event. He was a team member in 1998 at The Boston Marathon with Joe Allegretti, Mike Turner, and Cathy Harper when he ran 2:54:50. Indeed, he says that the support of his fellow Longboaters caused his marathon time to go from 3:20 to sub-3:00 within two years. Primarily a road runner, Mike also did a fair amount of track. In 2017 Mike teamed up with Hugh Connolly, Tony Teddy and Bert de Vries to set a new Provincial 4 x 400 m relay record for men 70-9. The group training we did for that was memorable.

In the years after he joined, Mike and his two sons Ken and Charles combined to set 29 Club Records. Mike's are listed here:

5 km	16:49	M50-4
5 km	18:49	M60-4
8 km	28:38	M50-4
10 km	37:19	M55-9
15 km	58:27	M55-9
15 km	1:02:05	M60-4
30 km	2:10:59	M60-4
Marathon	3:15:11	M60-4
3000 m	16:49.15	M75-9
10,000 m	38:52.7	M55-9

By Bert de Vries



2022 Hour on the track setting the M75-9 record



Relay team with our Provincial M70-9 4x400m record on the scoreboard