

BC MASTERS OUTDOOR TRACK AND FIELD RECORDS NEW RECORDS SET IN 2011 (65 BC, 34 CR, 1 WR)

*Note: As of May 01, 2010, the W75 + used the lighter implements in the hammer, shot, weight and discus.
(two sets of records will be kept for 5 years).*

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
100M						
M80	15.97 0.1	Norm Lesage	81	18/08/11	Trail, BC	
W70	15.86 0.3	Christa Bortignon	74	18/08/11	Trail, BC	CR
200M						
M80	33.61 -0.6	Norm Lesage	81	10/07/11	Burnaby, BC	
400M						
M75	1:10.54	Andy Aadmi	75	16/07/11	Sacramento, CA	
W80	1:56.16	Lenore Montgomery	81	18/08/11	Trail, BC	CR
800M						
M45	2:00.24	Warren McCulloch	45	17/07/11	Coquitlam, BC	
W80	4:00.53	Lenore Montgomery	81	11/07/11	Sacramento, CA	CR
1500M						
W80	8:07.29	Lenore Montgomery	81	19/08/11	Trail, BC	CR
3000M						
W60	13:32.1 p	Marcia Stromsmoe	62	10/07/11	Victoria, BC	
5000M						
M45	15.22.4	Colin Dignum	45	19/06/11	Victoria, BC	CR
W80	29:00.24**	Lenore Montgomery	81	18/08/11	Trail, BC	CR**
SPRINT HURDLES						
M40	15.49 -0.0	Tim Kroeker	40	18/06/11	Langley, BC	
M65	18.90 -2.4	Jess Brewer	65	16/07/11	Sacramento, CA	CR
W70	20.20 -0.2	Christa Bortignon	74	06/07/11	Sacramento, CA	CR
LONG HURDLES						
M65	50.02	Jess Brewer	65	11/07/11	Sacramento, CA	
M75	55.87	Andy Aadmi	75	11/07/11	Sacramento, CA	
W70	43.71 -0.3	Christa Bortignon	74	31/07/11	Berea, OH	CR
4 X 100M RELAY						
M35	46.19	Paul Tshinyama (40), Charles Oamen (37) Gary Silvester (42), Randall Sheldon (39)		19/06/11	Langley, BC	
W60	1:04.97	Betsy Rollins (61), Urith Hayley (60) Gerda Crosthwaite (72), Christa Bortignon (74)		18/08/11	Trail, BC	CR*
4 x 800M RELAY						
M50	9:24.47	Kevin Searle (50), Garth Campbell (51) Peter Holmes (50), Mark Pinckard (51)		14/05/11	Victoria	CR
LONG JUMP						
W70	3.48 0.0	Christa Bortignon	74	15/09/11	Lignano, ITA	CR
TRIPLE JUMP						
M80	7.19 0.6	Gordon Chalmers	82	19/08/11	Trail, BC	
W60	7.54 1.7	Betsy Rollins	61	17/06/11	Humble, TX	
W70	7.87 0.9	Christa Bortignon	74	19/08/11	Trail, BC	CR
HIGH JUMP						
M65	1.36	Mike Townley	68	20/08/11	Trail, BC	
M75	1.24	Keith Taylor	78	20/08/11	Trail, BC	
W70	1.20	Sandy Anderson	71	13/07/11	Sacramento, CA	CR
POLE VAULT						
W45	2.30	Nancy Craig	45	18/06/11	Langley, BC	
W70	1.55	Sandy Anderson	71	18/08/11	Trail, BC	CR
SHOT PUT						
M70	14.03	Marek Glowacki	70	18/06/11	Zielona Gora, POL	CR
W45	10.11	Carolynn Boomer	47	05/06/11	Kamloops, BC	CR
W50	9.53	Denise Clements	50	19/06/11	Langley, BC	

W75	8.20	2kg	Myrtle Acton	78	19/08/11	Trail, BC	CR
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DISCUS

M70	40.55		Marek Glowacki	70	21/05/11	Lagiewniki, POL	CR
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W50	24.12		Denise Clements	50	28/05/11	Nanaimo, BC	
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W60	26.39		Gabriella Moro	64	11/06/11	Coquitlam, BC	
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JAVELIN

M40	68.14		Erin Bevins	40	18/06/11	Courtenay, BC	CR
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M70	38.09		Marek Glowacki	70	17/07/11	Sacramento, CA	
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M80	32.37		Rainer Sillantaus	81	11/07/11	Sacramento, CA	CR
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W45	26.03		Georgina Titus	46	18/06/11	Langley, BC	
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W70	21.68		Gerda Crosthwaite	72	18/08/11	Trail, BC	
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HAMMER

M70	42.74		Marek Glowacki	70	16/07/11	Sacramento, CA	
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W50	37.75		Denise Clements	50	12/07/11	Sacramento, CA	CR
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W55	28.46		Laurel Hunt	57	20/08/11	Trail, BC	CR
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W60	32.30		Rose Hare	62	28/06/11	Surrey, BC	CR
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W65	25.18		Kathy Brand	69	20/08/11	Trail, BC	CR
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W75	26.08	2kg	Myrtle Acton	78	19/08/11	Trail, BC	CR
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W90	16.71	2kg	Olga Kotelko	92	08/07/11	Sacramento, CA	WR
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WEIGHT THROW

M55	14.21		Dave McDonald	57	26/07/11	Surrey, BC	
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M65	12.65		Ken Townsend	66	26/07/11	Surrey, BC	
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M70	16.64		Marek Glowacki	70	04/06/11	Stargard Szczecinski, POL	
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M75	12.86		Andy Aadmi	75	12/07/11	Sacramento, CA	
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W50	12.52		Denise Clements	50	11/07/11	Sacramento, CA	CR
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W75	10.45	4kg	Myrtle Acton	78	19/08/11	Trail, BC	CR
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WEIGHT PENTATHLON

M65	3138 pts		Ken Townsend	66	05/06/11	Sidney, BC	
						(29.64/568, 9.90/696, 34.81/675, 30.66/557, 12.99/642)	

M70	4298 pts		Marek Glowacki	70	17/07/11	Sacramento, CA	CR
						(37.81/796, 13.20/961, 38.29/848, 38.09/798, 15.59/895)	

W50	3115 pts		Denise Clements	50	05/06/11	Sidney, BC	CR
						(36.40/860, 9.35/647, 21.69/434, 19.93/405, 12.25/769)	

W75	3983 pts		Myrtle Acton	78	19/08/11	Trail, BC	CR
						(26.08/979, 8.20/862, 17.81/623, 17.55/667, 10.45/852)	

PENTATHLON

W70	3348 pts		Christa Bortignon	74	28/07/11	Berea, OH	CR
						(20.76 (-0.7)/620, 1.06/818, 5.92/594, 3.36 (0.6)/756, 3:58.68/560)	

HEPTATHLON

W70	4840 pts		Christa Bortignon	74	06-07/07/11	Sacramento, CA	CR
						(20.20 (-0.2)/674, 1.09/879, 6.20/628, 34.68 (1.0)/931, 3.33 (3.0)/741, 10.33/294, 3:42.20/693)	

5K WALK (TRACK)

W35	26:43.68		Nardene Hammond	39	07/07/11	Sacramento, CA	
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W80	43:32.40		Ruth Carrier	80	07/07/11	Sacramento, CA	
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10K WALK (ROAD)

W35	54:09.89		Nardene Hammond	39	12/07/11	Sacramento, CA	
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W80	1:27:18.40		Ruth Carrier	80	12/07/11	Sacramento, CA	
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20K WALK (ROAD)

W35	1:53:53.21		Nardene Hammond	39	16/07/11	Sacramento, CA	
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WR World record

CR Canadian record (betters listed record from 2010)

p Pending completed record application form, proof of age or ratification by BC Athletics Masters.

****** Not a BC record. Lenore's BC record (28:18.54) is from last year's BC Seniors Games. (She did not apply for her Canadian record last year).