

BC MASTERS INDOOR TRACK AND FIELD RECORDS

-updated April 01, 2014

-compiled by Harold Morioka

** 2014 records are in **BOLD** (33 plus 2 tied & 5 Race walk records)

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE
60M					
M35	7.23	Tom Dickson	39	20/03/93	Bozeman, MT
M40	7.38	Luke Wang	40	02/02/13	Richmond, BC
M45	7.90	Len van Ryswyk	46	01/03/10	Kamloops, BC
M50	7.37	Harold Morioka	50	20/03/93	Bozeman, MT
M55	7.62	Tom Dickson	56	18/01/10	Seattle, WA
M60	7.80	Harold Morioka	60	15/02/03	Seattle, WA 7.80
	7.80	Harold Morioka	60	28/03/03	Boston, MA
	7.80	Tom Dickson	60	25/03/14	Budapest, HUN
	7.73 p	Tom Dickson	60	18/01/14	Seattle, WA
M65	8.46	Herb Gee	65	11/02/06	Seattle, WA
M70	8.71	Harold Morioka	70	02/02/13	Richmond, BC
M75	9.18	Norm Lesage	75	12/03/05	Boise, ID
M80	9.90	Norm Lesage	82	18/02/12	Kamloops, BC
M85	12.08	Harry Thompson	87	02/03/10	Kamloops, BC
M90	13.35	Harry Thompson	90	16/02/13	Kamloops, BC
W35	8.82	Pat Sima-Ledding	36	21/09/09	Kamloops, BC
W40	8.61	Georgina Titus	44	21/02/09	Kamloops, BC
W45	8.55	Kim Ross	46	03/03/07	Toronto, ON
W50	9.38	Margaret Rhebergen	54	02/03/10	Kamloops, BC
W55	9.45	Margaret Rhebergen	57	16/02/13	Kamloops, BC
W60	10.04	Urith Hayley	60	18/02/12	Kamloops, BC
W65	11.24	Gerda Crosthwaite	69	21/02/09	Kamloops, BC
	11.24 tie	Diane Matus	68	15/02/14	Kamloops, BC
W70	10.41	Christa Bortignon	74	20/03/11	Kamloops, BC
W75	10.04	Christa Bortignon	75	04/04/12	Jyvaskyla, FIN
W80	12.98	Olga Kotelko	82	03/03/01	Edmonton, AB
W85	13.70	Olga Kotelko	86	12/03/05	Boise, ID
W90	15.14	Olga Kotelko	91	02/03/10	Kamloops, BC
W95	16.53	Olga Kotelko	95	26/03/14	Budapest, HUN
200M					
M35	24.03	Jimson Lee	35	28/03/99	Boston, MA
M40	23.98	Tom Dickson	41	26/03/95	Reno, NV
M45	23.82	Harold Morioka	47	24/03/90	Madison, WI
M50	23.3	Harold Morioka	50	13/02/93	Moscow, ID
	23.76	Harold Morioka	50	21/03/93	Bozeman, MT
M55	24.94	Harold Morioka	56	28/03/99	Boston, MA
M60	25.09#	Harold Morioka	60	15/02/03	Seattle, WA
	25.98	Tom Dickson	60	28/03/14	Budapest, HUN
M65	28.39#	Herb Gee	65	11/02/06	Seattle, WA
	28.49	Tom Ukonmaanaho	69	16/02/14	Kamloops, BC
M70	30.83	Andy Aadmi	74	02/03/10	Kamloops, BC
M75	32.28	Norm Lesage	78	16/02/08	Kamloops, BC
M80	33.82	Norm Lesage	81	19/03/11	Kamloops, BC
M85	43.61	Harry Thompson	86	22/02/09	Kamloops, BC
M90	48.38	Harry Thompson	90	17/02/13	Kamloops, BC
W35	27.39#	Jeanette Van Den Bulk	35	10/02/13	Seattle, WA
	27.45	Jeanette Van Den Bulk	36	02/03/14	Edmonton, AB
W40	28.28	Marne McMillan	41	27/03/94	Columbia, MO
W45	28.84	Kim Ross	46	03/03/07	Toronto, ON
W50	32.30	Margaret Rhebergen	54	03/03/10	Kamloops, BC
W55	32.00	Elaine Whidden	58	17/02/13	Kamloops, BC
W60	33.94	Urith Hayley	60	19/02/12	Kamloops, BC
W70	35.74	Christa Bortignon	74	06/03/11	Albuquerque, NM
W75	34.53	Christa Bortignon	75	18/03/12	Bloomington, IN
W80	48.92	Olga Kotelko	82	04/03/01	Edmonton, AB
W85	52.68	Olga Kotelko	85	11/03/04	Sindelfingen, GER
W90	1:00.72	Olga Kotelko	91	03/03/10	Kamloops, BC
W95	1:14.14	Olga Kotelko	95	28/03/14	Budapest, HUN

400M

M35	53.18	Jimson Lee	35	27/03/99	Boston, MA
M40	57.04	Sam Walker	42	15/02/14	Kamloops, BC
M45	51.8 h	Harold Morioka	46	18/02/89	Moscow, ID
	52.42	Harold Morioka	48	23/03/91	Blaine, MN
M50	52.2 h	Harold Morioka	50	13/02/93	Moscow, ID
	52.72	Harold Morioka	52	25/02/95	Reno, NV
M55	54.36	Harold Morioka	56	27/03/99	Boston, MA
M60	54.56#	Harold Morioka	60	15/02/03	Seattle, WA
	55.62	Harold Morioka	60	29/03/03	Boston, MA
M65	1:04.04	Tony Badowski	65	16/02/08	Kamloops, BC
M70	1:09.29	Andy Aadmi	74	06/03/10	Kamloops, BC
M75	1:12.52	Norm Lesage	75	12/03/05	Boise, ID
M80	1:24.83	Norm Lesage	82	18/02/12	Kamloops, BC
M85	1:41.51	Harry Thompson	87	06/03/10	Kamloops, BC
M90	2:03.84	Harry Thompson	90	16/02/13	Kamloops, BC
W35	58.71#	Jeannette Van Den Bulk	36	16/02/14	Seattle, WA
	59.09	Jeannette Van Den Bulk	36	01/03/14	Edmonton, AB
W40	1:02.04	Marne McMillan	40	20/03/93	Bozeman, MT
W45	1:03.56	Erna Kozak	45	23/03/91	Blaine, MN
W55	1:23.26	Elaine Whidden	58	16/02/13	Kamloops, BC
W60	1:26.44	Michelle Hankey	60	21/02/09	Kamloops, BC
W65	1:41.20	Lynette Baldock	66	16/02/13	Kamloops, BC
W70	1:22.07	Diane Palmason	70	21/02/09	Kamloops, BC
W75	1:25.90	Christa Bortignon	75	18/02/12	Kamloops, BC
W80	2:00.18	Lenore Montgomery	82	16/02/13	Kamloops, BC
W85	2:39.23	Ivy Granstrom	87	27/03/99	Boston, MA
W90	3:31.50	Olga Kotelko	93	08/04/12	Jyvaskyla, FIN

800M

M35	1:58.41	Mark Knoop	39	04/03/07	Edmonton, AB
M40	1:59.68#	Warren McCulloch	41	08/03/08	Seattle, WA
M45	2:07.68	David Beardsell	47	03/03/10	Kamloops, BC
M50	2:16:97	Mark Pinckard	50	19/03/11	Kamloops, BC
M55	2:11.71	Harold Morioka	56	28/03/99	Boston, MA
M60	2:14.42	Harold Morioka	60	30/03/03	Boston, MA
M65	2:47.10	Fred Pawluk	66	16/02/14	Kamloops, BC
M80	3:56.28	Don Currie	80	16/02/14	Kamloops, BC
M85	4:10.23	Harry Thompson	87	03/03/10	Kamloops, BC
W90	5:04.61	Harry Thompson	90	17/02/13	Kamloops, BC
W35	2:17.78	Melina Thibodeau	36	02/03/08	Edmonton, AB
W40	2:13.69	Erna Kozak	40	23/02/86	Edmonton, AB
W45	2:25.08	Erna Kozak	45	24/03/91	Blaine, MN
W50	3:24.24	Nancy Cochrane	50	08/03/03	Toronto, ON
W55	2:49.80	Maureen de St. Croix	57	19/03/11	Kamloops, BC
W65	3:55.76	Lynette Baldock	66	17/02/13	Kamloops, BC
W70	3:19.81	Diane Palmason	70	22/02/09	Kamloops, BC
W75	3:45.05	Christa Bortignon	76	22/03/13	Landover, MD
W80	4:12.27	Lenore Montgomery	81	19/02/12	Kamloops, BC
W85	5:59.98	Ivy Granstrom	87	28/03/99	Boston, MA
W90	8:49.15	Olga Kotelko	93	03/04/12	Jyvaskyla, FIN

1500M

M35	4:42.31	Scott Back	36	06/03/10	Kamloops, BC
M40	4:27.01	Stanley Jang	41	06/03/10	Kamloops, BC
M45	4:20.71	David Beardsell	47	06/03/10	Kamloops, BC
M50	4:49.13	Raffi Antepyan	51	06/03/10	Kamloops, BC
M55	4:39.78	Paul Reimer	55	06/03/10	Kamloops, BC
M60	5:19.59	Fred Pawluk	62	06/03/10	Kamloops, BC
M65	5:51.17	Fred Pawluk	66	15/02/14	Kamloops, BC
M80	7:41.5	Les Leyland	80	14/03/98	Toronto, ON
M85	8:52.15	Harry Thompson	87	06/03/10	Kamloops, BC
M90	10:33.10	Harry Thompson	90	16/02/13	Kamloops, BC
W35	5:17.73	Lisa Broughham	39	06/03/10	Kamloops, BC
W40	4:31.84	Erna Kozak	41	21/02/87	Edmonton, AB

W45	5:02.18	Jeanie Bezdán	45	06/03/10	Kamloops, BC
W55	5:34.61	Maureen de St. Croix	56	06/03/10	Kamloops, BC
W65	7:27.54	Lynette Baldock	66	16/02/13	Kamloops, BC
W70	7:41.91	Barbara Saunders	70	06/03/10	Kamloops, BC
W80	8:21.28	Lenore Montgomery	81	19/02/12	Kamloops, BC

MILE

M40	4:26.5	Barry Adams	??	??/??/??	Portland, OR
M45	4:41.0	Don Trethewey	45	30/01/82	Portland, OR
M50	5:29.89 p	Ted de St. Croix	52	23/01/10	Ithaca, NY
W40	5:04.0	Erna Kozak	41	11/01/87	Seattle, WA
W50	5:10.87	Maureen de St. Croix	52	22/01/05	Ithaca, NY
W55	5:54.68 p	Maureen de St. Croix	56	23/01/10	Ithaca, NY
W80	12:03.93	Ivy Granstrom	84	30/03/96	Greensboro, NC
W85	13:00.96	Ivy Granstrom	87	27/03/99	Boston, MA

3000M

M35	8:06.76	Graeme Fell	35	13/01/95	Hamilton, ON
M40	9:38.17	Mark Sherman	41	03/03/10	Kamloops, BC
M45	9:45.48	Richard Brewster	45	04/03/10	Kamloops, BC
M50	10:12:05	Gordon Christie	50	04/02/12	Richmond, BC
M55	10:08.06	Paul Reimer	56	19/03/11	Kamloops, BC
M60	11:26.96	Jack Miller	60	22/02/09	Kamloops, BC
M65	13:46.54	Alan Vyse	67	04/03/10	Kamloops, BC
M85	20:15.9	Les Leyland	85	08/03/03	Toronto, ON
M90	24:53.52	Harry Thompson	91	16/02/14	Kamloops, BC
W35	16:56.65	Wendy Brown	39	19/03/11	Kamloops, BC
W40	14:12.79	Rachel Fouladi	42	03/03/10	Kamloops, BC
W45	11:15.30	Juliette Christie	48	19/03/11	Kamloops, BC
W65	15:30.48	Lynette Baldock	66	17:02/13	Kamloops, BC
W70	17:20.49	Barbara Saunders	71	19/03/11	Kamloops, BC
W80	17:28.07	Lenore Montgomery	82	17/02/13	Kamloops, BC
W85	25:57.92	Ivy Granstrom	87	26/03/99	Boston, MA

60M HURDLES

35-49 (39" @ 9.14m); 50-59 (36" @ 8.5m); 60-69 (33" @ 8.0m); 70-79 (30' @ 7.0m); 80+ (27' @ 7.0m)

M35	8.11	Tim Kroeker	38	05/03/10	Kamloops, BC
M40	10.31	Gary Silvester	41	01/03/10	Kamloops, BC
M45	11.79	Len Van Ryswyk	47	20/03/11	Kamloops, BC
M50	10.13	Jess Brewer	52	28/03/98	Boston, MA
M55	9.83	Warren Hamill	55	23/03/01	Boston, MA
M60	10.78	John Hawkins	60	02/03/10	Kamloops, BC
M65	11.02	Jess Brewer	65	20/03/11	Kamloops, BC
M75	13.93	Danny Daniels	77	16/03/06	Linz, AUS
M80	14.52	Danny Daniels	81	02/03/10	Kamloops, BC

35-39 (33' @ 8.5m); 40-49 (30" @ 8.0m); 50-59 (30" @ 7m); 60+ (27" @ 7m)

W40	11.27	Iuliana Kroeger	41	01/03/10	Kamloops, BC
W45	13.21	Nancy Cochrane	49	03/03/02	Kenosha, WI
W50	12.03	Margaret Rhebergen	54	05/03/10	Kamloops, BC
W55	12.50	Margaret Rhebergen	58	16/02/14	Kamloops, BC
W60	13.28	Michelle Hankey	61	05/03/10	Kamloops, BC
W70	14.45	Christa Bortignon	74	04/03/11	Albuquerque, NM
W75	13:39	Christa Bortignon	75	16/03/12	Bloomington, IN

4 x 200M RELAY

M35	1:43.28	Andy Bienefeld (39), Eric Torin (43) Sam Walker (42), Luke Wang (41)	16/02/14	Kamloops, BC
M40	1:43.97	Will Harrower (40), Sam Walker (40) Randy Sheldon (40), Paul Tshinyama (41)	18/02/12	Kamloops, BC
M60	1:53.37	Bruno Gartner (60), Roy Turkington (61) Ken Crockett (60), Al Percival (61)	03/04/13	Kamloops, BC
M65	1:58.03	Tom Ukonmaanaho (68), John Winfield (66) Harold Morioka (70), Sewa Birring (67)	03/04/13	Kamloops, BC

M80	2:53.88	Larry Chalmers (82), Phil Lefebure (80) Les Robson (84), Norm Lesage (82)	18/02/12	Kamloops, BC
W55	2:36.93	Klazina Noort (76), Urith Hayley (57) Michelle Hankey (60), Diane Palmason (70)	21/02/09	Kamloops, BC
W60	2:32.45	Dianna Lukacs (60), Betsy Rollins (61) Gabiella Moro (64), Christa Bortignon (74)	19/03/11	Kamloops, BC
W75	3:28.53	Klazina Noort (79), Lenore Montgomery (81) Ruth Carrier (81), Christa Bortignon (75)	18/02/12	Kamloops, BC
W80	4:15.33	Louise Sorensen (81), Hildegard Buschhaus (81) Olga Kotelko (91), Leona Smith (82)	06/03/10	Kamloops, BC

4 x 400M RELAY

M35	4:12.48	Will Harrower (39), Len Van Ryswyk (47) Charles Oamen (36), Sam Walker (39)	20/03/11	Kamloops, BC
M60	4:13.30	Tony Badowski (65), John Winfield (61) Sewa Birring (62), Harold Morioka (65)	11/03/08	Kamloops, BC
M65	4:46.66	Hardev Sandhu (65), Fred Pawluk (66) Harold Morioka (71), Sewa Birring (68)	15/02/14	Kamloops, BC

LONG JUMP

M40	6.10	Scott Foster	40	20/03/11	Kamloops, BC
M45	5.11	Larry Lemoine	45	20/03/11	Kamloops, BC
M50	6.16	Jim Bissenden	51	04/03/10	Kamloops, BC
M55	5.48	John Hawkins	57	03/03/07	Kenosha, WI
M60	5.11	Roy Turkington	60	19/02/12	Kamloops, BC
M65	4.05	Herb Gee	68	21/02/09	Kamloops, BC
M70	2.85	Andy Aadmi	73	21/02/09	Kamloops, BC
M75	3.25	Danny Daniels	75	11/03/04	Sindelfingen, GER
M80	3.27	Gordon Chalmers	80	04/03/10	Kamloops, BC
M85	1.64	Les Robson	85	17/02/13	Kamloops, BC
W35	3.43	Cathy Anastasio	39	20/03/11	Kamloops, BC
W40	4.47	Georgina Titus	44	21/02/09	Kamloops, BC
W45	3.78	Sandy Blacquire	46	19/02/11	Kamloops, BC
W50	4.23	Margaret Rhebergen	54	03/03/10	Kamloops, BC
W55	4.11	Margaret Rhebergen	55	19/02/11	Kamloops, BC
W60	3.16	Deborah Lee	61	19/02/12	Kamloops, BC
W65	2.89	Lynette Baldock	65	19/02/12	Kamloops, BC
W70	3.36	Christa Bortignon	74	05/03/11	Albuquerque, NM
W75	3.67	Christa Bortignon	75	06/04/12	Jyvaskyla, FIN
W80	2.11	Olga Kotelko	82	03/03/01	Edmonton, AB
W85	1.91	Olga Kotelko	85	13/03/04	Sindelfingen, GER
W90	1.70	Olga Kotelko	92	20/03/11	Kamloops, BC
W95	1.57	Olga Kotelko	95	27/03/14	Budapest, HUN

TRIPLE JUMP

M40	11.71	Byron Jack	42	05/03/10	Kamloops, BC
M45	12.79	Hugh Maguire	46	06/03/10	Kamloops, BC
M50	9.97	Marcel Kosierb	53	19/03/11	Kamloops, BC
M55	10.75	Warren Hamill	55	25/03/01	Boston, MA
M60	9.75	John Hawkins	60	06/03/10	Kamloops, BC
M65	8.32	Jess Brewer	65	19/03/11	Kamloops, BC
M80	6.73	Gordon Chalmers	80	06/03/10	Kamloops, BC
M85	3.58	Les Robson	85	16/02/13	Kamloops, BC
W45	6.65	Susan Endersby	49	18/02/12	Kamloops, BC
W50	8.59	Margaret Rhebergen	54	05/03/10	Kamloops, BC
W55	8.76	Margaret Rhebergen	55	19/03/11	Kamloops, BC
W60	7.02	Betsy Rollins	61	19/03/11	Kamloops, BC
W65	6.32	Lynette Baldock	66	16/02/13	Kamloops, BC
W70	7.41	Christa Bortignon	74	06/03/11	Albuquerque, NM
	7.41	Christa Bortignon	74	19/03/11	Kamloops, BC
W75	7.75	Christa Bortignon	76	24/03/13	Landover, MD
W80	3.31	Hildegard Buschhaus	81	05/03/10	Kamloops, BC

W85	4.06	Olga Kotelko	88	15/02/08	Kamloops, BC
W90	4.14	Olga Kotelko	91	05/03/10	Kamloops, BC
W95	3.68	Olga Kotelko	95	29/03/14	Budapest, HUN

HIGH JUMP

M40	1.85	John Hawkins	40	12/03/90	Toronto, ON
M45	1.82	John Hawkins	47	02/03/97	Birmingham, GBR
M50	1.74	John Hawkins	54	06/03/04	Kenosha, WI
M55	1.71	John Hawkins	55	05/03/05	Kenosha, WI
	1.71	John Hawkins	56	04/03/06	Kenosha, WI
M60	1.65	John Hawkins	60	06/03/10	Kamloops, BC
M65	1.21	Grant Lamothe	67	19/03/11	Kamloops, BC
M70	1.20	Harold Morioka	71	15/02/14	Kamloops, BC
M75	1.17	Danny Daniels	77	16/03/06	Linz, AUS
M80	1.05	Danny Daniels	81	02/03/10	Kamloops, BC
W40	1.72	Debbie Brill	41	25/02/95	Reno, NV
W45	1.65	Debbie Brill	48	2or3/03/02	Edmonton, AB
W50	1.30	Margaret Rhebergen	54	04/03/10	Kamloops, BC
W55	1.30	Margaret Rhebergen	55	19/02/11	Kamloops, BC
	1.30	Margaret Rhebergen	55	20/03/11	Kamloops, BC
	1.30 tie	Margaret Rhebergen	58	15/02/14	Kamloops, BC
W60	1.06	Nancy Cochrane	61	01/02/14	Richmond, BC
W65	1.12	Sandy Anderson	69	04/03/10	Kamloops, BC
W70	1.15	Sandy Anderson	71	20/03/11	Kamloops, BC
W75	1.12	Christa Bortignon	75	03/04/12	Jyvaskyla, FIN
W80	0.85	Olga Kotelko	82	04/03/01	Edmonton, AB
W85	0.89	Olga Kotelko	85	14/03/04	Sindelfingen, GER
W90	0.77	Olga Kotelko	93	16/02/13	Kamloops, BC
W95	0.78	Olga Kotelko	95	26/03/14	Budapest, HUN

POLE VAULT

M35	4.33	Owen Clements	39	15/04/05	Victoria, BC
M40	4.42	Roger Ruth	44	23/02/72	Seattle, WA
M45	4.42	Roger Ruth	45	18/02/73	Seattle, WA
M50	4.11	Roger Ruth	50	22/01/78	Victoria, BC
M55	3.80	Warren Hamill	59	17/03/05	Victoria, BC
M60	3.40	Warren Hamill	62	06/03/08	Victoria, BC
	3.40	Warren Hamill	62	13/03/08	Victoria, BC
M65	2.75	Gerard Dumas	66	15/02/02	Victoria, BC
	2.75	Gerard Dumas	68	11/03/03	Victoria, BC
M70	2.75	Gerard Dumas	70	17/03/05	Victoria, BC
M75	2.20	Gerard Dumas	76	20/03/11	Kamloops, BC
W45	2.65	Nancy Craig	46	16/02/12	Victoria, BC
	2.70 p	Nancy Craig	46	26/01/12	Victoria, BC
W55	1.90	Margaret Rhebergen	55	20/03/11	Kamloops, BC
	1.90 tie	Margaret Rhebergen	57	15/02/13	Kamloops, BC
W80	0.85	Olga Kotelko	82	03/03/01	Edmonton, AB

SHOT PUT

M35	12.57	John Saari	37	19/03/11	Kamloops, BC
M40	10.68	Gary Silvester	40	22/02/09	Kamloops, BC
M45	10.93	Byron McCorkell	48	03/03/10	Kamloops, BC
M50	11.85	Pavitar Dosanjh	50	19/03/11	Kamloops, BC
M55	12.93	John Hawkins	56	04/03/06	Kenosha, WI
M60	13.07	John Hawkins	60	02/03/10	Kamloops, BC
M65	11.88	Marek Glowacki	69	03/03/10	Kamloops, BC
M70	13.74	Marek Glowacki	73	29/03/14	Budapest, HUN
M75	9.45	Bakhshish Dhillon	75	16/02/14	Kamloops, BC
M80	11.45	Rainer Sillantaus	80	03/03/10	Kamloops, BC
M85	5.38	William Falconer	89	03/03/10	Kamloops, BC
M90	5.47	William Falconer	91	19/02/12	Kamloops, BC
W35	11.25	Pina Russo	35	03/03/10	Kamloops, BC
W40	9.27	Verena Stroda	43	16/02/14	Kamloops, BC
W45	9.90	Carolyn Boomer	47	19/03/11	Kamloops, BC

W50	10.76	Carolyn Boomer	50	16/02/14	Kamloops, BC
W55	6.91	Sylvia Byers	55	17/02/13	Kamloops, BC
W60	9.27	Gabriella Moro	63	03/03/10	Kamloops, BC
W65	7.24	Cheryl Closkey	65	09/03/14	Toronto, ON
W70	6.18	Christa Bortignon	74	19/03/11	Kamloops, BC
W75	6.43 3kg	Myrtle Acton	77	03/03/10	Kamloops, BC
	7.92 2kg	Myrtle Acton	79	19/02/12	Kamloops, BC
W80	5.75 3kg	Olga Kotelko	84	28/03/03	Saskatoon, SK
W85	5.81 3kg	Olga Kotelko	85	11/03/04	Sindelfingen, GER
W90	4.90 3kg	Olga Kotelko	91	03/03/10	Kamloops, BC
W90	5.74 2kg	Olga Kotelko	92	19/03/11	Kamloops, BC
W95	4.73	Olga Kotelko	95	27/03/14	Budapest, HUN

WEIGHT THROW	M35-49 (35 lb); M50-59 (25 lb); M60-69 (20 lb); M70-79 (16 lb); M80+ (12 lb)				
M35	12.34	John Saari	37	18/02/11	Kamloops, BC
M40	9.47	Norm Little	41	20/03/11	Kamloops, BC
M45	8.52	Sean Steele	49	20/03/11	Kamloops, BC
M50	11.06	Sean Steele	52	14/02/14	Kamloops, BC
M55	15.70	Mike Duffala	55	20/03/11	Kamloops, BC
M60	15.15	John Hawkins	60	06/03/10	Kamloops, BC
M65	12.45	Dan Krause	67	14/02/14	Kamloops, BC
M70	15.14	Marek Glowacki	70	18/02/11	Kamloops, BC
M75	11.01	Bakhshish Dhillon	75	14/02/14	Kamloops, BC
M80	10.82	Gordon Chalmers	81	20/03/11	Kamloops, BC
M90	7.02	William Falconer	90	18/02/11	Kamloops, BC

	W35-49 (20 lb); W50-59 (16 lb); W60-74 (12 lb); W75+ (4kg from May 01, 2010)				
W35	8.52	Tatiana Little	39	05/03/10	Kamloops, BC
W40	9.28	Tatiana Little	40	18/02/11	Kamloops, BC
W45	6.25	Susan Endersby	49	17/02/12	Kamloops, BC
W50	11.58	Denise Clements	53	14/02/14	Kamloops, BC
W55	7.16	Laurel Hunt	57	20/03/11	Kamloops, BC
W60	11.28	Rose Hare	62	20/03/11	Kamloops, BC
W65	10.46	Cheryl Closkey	65	14/02/14	Kamloops, BC
W70	9.21	Kathy Brand	71	14/02/14	Kamloops, BC
W75	7.39 12 lb	Myrtle Acton	77	05/03/10	Kamloops, BC
	9.52 4kg	Myrtle Acton	79	17/02/12	Kamloops, BC
W80	7.06 12 lb	Olga Kotelko	84	28/03/03	Saskatoon, SK
W85	7.56 12 lb	Olga Kotelko	85	10/03/04	Sindelfingen, GER
W90	6.32 12 lb	Olga Kotelko	91	05/03/10	Kamloops, BC
W90	7.51 4kg	Olga Kotelko	92	20/03/11	Kamloops, BC
W95	6.97	Olga Kotelko	95	30/03/14	Budapest, HUN

SUPER WEIGHT	M35-69 (56#); M70-79 (35#); M80+ (25#)				
M70	3.86 56lb	Walter Jenkins	72	21/03/93	Bozeman, MT

PENTATHLON	MEN: (60M Hurdles, Long Jump, Shot Put, High Jump, 1000M)				
M40	2827	Gary Silvester	41	01/03/10	Kamloops, BC (10.31/619, 5.30/561, 10.37/525, 1.57/569, 3:22.95/553)
M50	1343	Doug Harwood	50	19/03/11	Kamloops, BC (12.72/315, 3.24/203, 7.92/443, 1.18/297, 5:01.62/85)
M55	4143 pts	Warren Hamill	55	23/03/01	Boston, MA (9.83, 5.37, 11.26, 1.66, 3:34.10)
M60	4090	John Hawkins	60	02/03/10	Kamloops, BC (10.78/726, 4.85/811, 13.07/888, 1.64/1041, 3:52.15/624)
M65	2931	Barry Adams	67	02/03/10	Kamloops, BC (14.05/418, 3.71/537, 8.77/661, 1.14/512, 3:38.24/803)
M75	2833	Danny Daniels	77	16/03/06	Linz, AUS (13.93, 3.24, 8.27, 1.17, 5:27.36)
M80	2627	Danny Daniels	81	02/03/10	Kamloops, BC (14.52/724, 2.70/487, 7.87/617, 1.05/714, 7:04.80/85)

WOMEN: (60M Hurdles, High Jump, Shot Put, Long Jump, 800M)

W40	2073	Luliana Kroeger	41	01/01/10	Kamloops, BC (11.27/653, 1.31/555, 6.71/390, 3.59/296, 3:29.17/179)
W45	2279 pts*	Nancy Cochrane (individual events missing)	49	22/03/02	Boston, MA
W50	2267 pts \$	Nancy Cochrane	50	08/03/03	Toronto, ON (10.78 - 60m , 1.23, 5.68, 3.09, 3:24.24)
W70	3379	Christa Bortignon	74	04/03/11	Albuquerque, NM (14.45/641, 1.09/879, 5.98/601, 3.19/671, 3:55.13/587)
W75	4494 pts	Christa Bortignon	75	16/03/12	Bloomington, IN (13.39/904, 1.06/991, 7.62/791, 3.39/953, 3:47.46/855)
W90	2326 pts	Olga Kotelko	93	03/04/12	Jyvaskyla, FIN (DNF/0, 0.61/523, 4.91/783, 1.42/464, 8:49.15/556)

HEPTATHLON MEN: (60M, Long Jump, Shot Put, High Jump & 60M Hurdles, Pole Vault, 1000M)

M50	4739 pts	John Hawkins	52	02-03/03/02	Kenosha, WI (8.51, 5.07, 11.26, 1.68 & 11.66, 3.60, 3:41.39)
M55	5617 pts	John Hawkins	56	04-05/03/06	Kenosha, WI (8.55, 5.30, 12.93, 1.71, & 11.25, 3.70, 3:50.87)
M60	5147 pts	John Hawkins	60	30-31/01/10	Kenosha, WI (9.01/729, 5.04/876, 11.98/803, 1.49/840, 11.25/642, 3.00/740, 4:06.90/517)

WOMEN: (60M, Long Jump, Shot Put, High Jump & 60M Hurdles, Pole Vault, 800M)

W45	2687 pts	Nancy Cochrane	49	02-03/02/02	Kenosha, WI (10.31, 3.43, 5.80, 1.27 & 13.21, 1.45, 3:23.54)
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* Multi-events score using tables prior to 2002 factors.

\$ Multi-events with the 60m and not the 60m Hurdles.

Oversize track

1500M RACEWALK***

M35	6:38.25	Dmitry Babenko	38	19/03/11	Kamloops, BC
M40	6:27.23	Dmitry Babenko	41	15/02/14	Kamloops, BC
M65	10:28.94	Harnek Toor	66	16/02/13	Kamloops, BC
W40	7:19.70	Nardene Hammond	41	15/02/14	Kamloops, BC
W50	13:40.63	Lori Graham	54	16/02/13	Kamloops, BC
W55	12:35.80	Lori Graham	55	15/02/14	Kamloops, BC
W75	12:41.62	Myrtle Acton	78	19/03/11	Kamloops, BC
W80	12:00.19	Ruth Carrier	80	19/03/11	Kamloops, BC

3000M RACEWALK***

M35	13:59.38	Dmitry Babenko	38	20/03/11	Kamloops, BC
M40	13:38.97	Dmitry Babenko	41	16/03/14	Toronto, ON
M55	15:42.36	Gerald Dragomir	58	03/03/10	Kamloops, BC
M65	21:03.44	Anthony Haas	66	03/03/10	Kamloops, BC
M75	26:50.85	Gurdev Uppal	77	03/03/10	Kamloops, BC
W35	19:20.33	Paola Rodriguez-Ruah	36	03/03/10	Kamloops, BC
W40	15:34.52	Nardene Hammond	41	14/02/14	Kamloops, BC
W50	19:09.24	Linda Keatley-Campbell	53	03/03/10	Kamloops, BC
W55	18:37.55	Joanne Turner	57	03/03/10	Kamloops, BC
W75	25:04.56	Ruth Carrier	79	03/03/10	Kamloops, BC
W80	25:51.70	Hildegard Buschhaus	81	03/03/10	Kamloops, BC

*** Racewalk records incomplete. Please advise if you are aware of any indoor performances.

NOTE: No BC records kept in 50M (not a WMA event).

50M	M60 7.24	Roy Turkington	61	16/03/13	Toronto, ON
	W75 8.70	Christa Bortignon	76	16/03/13	Toronto, ON