

B.C. MASTERS TRACK AND FIELD RECORDS

(Women 35+ Men 35+ incomplete)

Updated January, 2015

Effective January 01, 2001: Wind readings are required in races 200m and shorter, and in the long and triple jump. Only electronic times will be accepted in races 400m and shorter. Those marks established with electronic timing are recorded to the hundredth of a second, while hand times are rounded up to the tenth of a second. The conversion factor comparing hand times to electronic times is +0.24 seconds (+0.14 for 400m).

"p" indicates pending records.

Compiled by Harold Morioka

*** 2014 records are in bold (56 T&F plus 17 Race Walk records)

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE
100M					
M35	??				
M40	11.1(h)	Harold Morioka	42	07/09/85	Victoria, BC
	11.10 2.0	David Lee Provo	40	16/08/03	Richmond, BC
M45	11.11	Harold Morioka	45	27/08/88	Toronto, ON
M50	11.62 1.1	Tom Dickson	51	17/07/04	Calgary, AB
M55	12.01 -1.4	Tom Dickson	57	23/07/10	Sacramento, CA
M60	12.10 1.9	Tom Dickson	61	21/06/14	Pasadena, CA
M65	13.31 1.9	Herb Gee	65	24/06/06	Eugene, OR
M70	14.11 -0.4	Harold Morioka	70	27/04/13	Surrey, BC
M75	14.51 1.7	Norm Lesage	77	10/10/07	St. George, UT
M80	15.70 0.0	Norm Lesage	82	19/05/12	Kamloops, BC
M85	19.34 0.0	Jim Sargent	86	17/09/09	Richmond, BC
M90	23.70 -0.4	Harry Thompson	90	18/05/13	Kamloops, BC
W35	13.2(h)	Violet Tittler			
	13.23 -0.9	Jeannette Van Den Bulk	36	04/08/13	Torino, ITA
W40	13.14 1.9	Betsy Lord	43	31/07/99	Gateshead, GBR
W45	13.17 0.0	Kim Ross	47	08/08/08	Spokane, WA
W50	13.84 1.4	Avril Douglas	51	01/08/98	Orono, ME
W55	14.24 1.4	Avril Douglas	55	25/08/01	Toronto, ON
W60	15.37 -2.8	Avril Douglas	60	24/08/06	Abbotsford, BC
W65	15.80 -0.1	Gerda Crosthwaite	66	25/08/05	Duncan, BC
W70	15.86 0.3	Christa Bortignon	74	18/08/11	Trail, BC
W75	15.82 0.7	Christa Bortignon	76	21/08/13	Kamloops, BC
W80	20.16 -0.6	Johanna Hilhorst	82	25/07/05	Edmonton, AB
W85	21.83 1.0	Olga Kotelko	85	17/07/04	Calgary, AB
W90	23.95 1.3	Olga Kotelko	90	11/10/09	Sydney, AUS
200M					
M35	??				
M40	22.47 -2.1	David Lee Provo	40	17/08/03	Richmond, BC
M45	23.26 0.1	David Lee Provo	47	18/10/09	Sydney, AUS
M50	23.72	Harold Morioka	51	26/06/94	Eugene, OR
M55	24.44 1.3	Harold Morioka	56	03/08/99	Gateshead, GBR
M60	25.36 1.4	Harold Morioka	60	22/06/03	Eugene, OR
M65	28.02 -0.1	Tom Ukonmaanaho	67	25/08/12	Burnaby, BC
	27.96 2.1 w/a	John Winfield	66	15/07/12	Eugene, OR
M70	29.22p nwi	Andy Aadmi	73	19/07/09	Kamloops, BC
	29.52 -0.1	Andy Aadmi	74	18/09/09	Richmond, BC
M75	29.51 -1.6	Norm Lesage	75	18/06/05	Langley, BC
M80	33.61 -0.6	Norm Lesage	81	10/07/11	Burnaby, BC
M85	42.99 0.0	Harry Thompson	85	22/06/08	Surrey, BC
M90	51.88 0.3	Harry Thompson	90	23/08/13	Kamloops, BC
W35	26.63 1.0	Jeannette Van Den Bulk	37	11/05/14	Victoria, BC
W40	27.03 -0.3	Betsy Lord	43	03/08/99	Gateshead, GBR
W45	27.15	Avril Douglas	47	13/08/93	Provo, UT
W50	28.53 0.5	Avril Douglas	54	19/08/00	Kamloops, BC
W55	27.90 1.2	Avril Douglas	55	26/08/01	Toronto, ON
W60	31.24 -1.7	Avril Douglas	60	26/08/06	Abbotsford, BC
W65	33.50 0.0	Gerda Crosthwaite	66	27/07/05	Edmonton, AB
W70	33.70 1.2	Diane Palmason	71	19/07/09	Kamloops, BC
W75	33.86 1.6	Christa Bortignon	76	01/06/13	Stendal, GER
W80	45.72 1.8	Anne Fleming	80	03/08/99	Gateshead, GBR
W85	48.36 -0.8	Olga Kotelko	85	04/09/04	Penticton, BC
W90	56.46 0.0	Olga Kotelko	90	03/08/09	Lahti, FIN

400M

M35	49.3(h)	Harold Morioka	35	24/06/78	Victoria, BC
M40	50.52	Harold Morioka	42	28/06/85	Rome, ITA
M45	50.60	Harold Morioka	46	05/08/89	Eugene, OR
M50	51.70	Harold Morioka	51	25/06/94	Eugene, OR
M55	53.3(h)	Harold Morioka	56	06/07/99	Burnaby, BC
	53.61	Harold Morioka	56	19/06/99	Eugene, OR
M60	55.04	Harold Morioka	60	21/06/03	Eugene, OR
M65	1:04.16	Sewa Birring	67	06/07/13	Burnaby, BC
M70	1:07.47	Andy Aadmi	73	05/08/09	Burnaby, BC
M75	1:10.54	Andy Aadmi	75	16/07/11	Sacramento, CA
M80	1:23.7	Hans Weickardt	80	11/06/94	Port Alberni, BC
M85	1:37.33	Harry Thompson	85	21/06/08	Surrey, BC
M90	2:12.03	Harry Thompson	90	18/05/13	Kamloops, BC
W35	58.49	Jeannette Van Den Bulk	36	05/08/13	Torino, ITA
W40	59.75	Erna Kozak	40	27/06/85	Rome, ITA
W45	1:00.02	Avril Douglas	47	12/08/93	Provo, UT
W50	1:02.95	Avril Douglas	50	23/08/96	Eugene, OR
	1:02.95	Avril Douglas	54	20/08/00	Kamloops, BC
W55	1:02.40	Avril Douglas	55	25/08/01	Toronto, ON
W60	1:09.57	Avril Douglas	60	25/08/06	Abbotsford, BC
W65	1:22.54	Gerda Crosthwaite	66	26/08/05	Duncan, BC
W70	1:17.14	Diane Palmason	71	18/07/09	Kamloops, BC
W75	1:19.53	Christa Bortignon	76	22/08/13	Kamloops, BC
W80	1:56.16	Lenore Montgomery	81	18/08/11	Trail, BC
W85	2:26.9	Ivy Granstrom	85	05/09/97	New Westminster, BC
W90	2:50.28	Olga Kotelko	90	17/09/09	Richmond, BC

800M

M35	1:54.02	Mark Knoop	39	17/06/06	Victoria, BC
M40	1:55.40	Mark Knoop	40	03/06/07	Richmond, BC
M45	2:00.24	Warren McCulloch	45	17/07/11	Coquitlam, BC
M50	2:01.26	Harold Morioka	50	13/06/93	Coquitlam, BC
M55	2:07.1(h)	Harold Morioka	56	29/06/99	Burnaby, BC
M60	2:12.33	Harold Morioka	60	24/06/03	Burnaby, BC
M65	2:29.39	Bill Hollingshead	65	09/09/07	Riccione, ITA
M70	2:39.78	Joe Giegerich	70	14/07/02	Toronto, ON
M75	2:52.66	Hans Weickardt	75	01/08/89	Eugene, OR
M80	3:20.58	Hans Weickardt	80	05/08/94	Edmonton, AB
M85	4:07.53	Les Leyland	86	09/08/03	Eugene, OR
M90	5:07.40	Harry Thompson	90	21/08/13	Kamloops, BC
W35	2:00.08	Diane Cummins	36	14/08/10	Kessel-Lo, BEL
W40	2:01.38	Diane Cummins	40	08/07/14	Victoria, BC
W45	2:16.1(h)	Maureen de St. Croix	48	19/07/01	Burnaby, BC
W50	2:16.62	Maureen de St. Croix	50	17/06/03	Burnaby, BC
W55	2:32.57	Avril Douglas	55	15/06/02	Langley, BC
W60	2:49.39	Avril Douglas	60	26/08/06	Abbotsford, BC
W65	3:04.53	Hazel Cameron	65	30/07/89	Eugene, OR
W70	3:06.74	Diane Palmason	70	28/06/08	Courtenay, BC
W75	3:37.05	Lenore Montgomery	75	12/06/05	Duncan, BC
W80	4:00.53	Lenore Montgomery	81	11/07/11	Sacramento, CA
W85	5:11.5	Ivy Granstrom	86	21/06/98	Langley, BC

1500M

M35	3:45.2(h)	Paul Williams	35	27/05/92	Abbotsford, BC
M40	4:01.50	Barry Adams	41	29/09/83	San Juan, PUR
	4:01.4(h)	Barry Adams	42	18/08/84	Eugene, OR
	4:01.4(h)	Mike Creery	40	21/05/88	Victoria, BC
M45	4:12.3(h)	Mike Creery	45	13/06/93	Eugene, OR
M50	4:23.02	Paul Reimer	50	19/07/05	Burnaby, BC
M55	4:33.23	Herb Phillips	55	22/07/95	Buffalo, NY
M60	4:55.9(h)	Sverre Hietanen	61	30/08/81	Hull, QC
M65	5:01.46	Herb Phillips	66	01/08/06	Burnaby, BC
M70	5:20.57	Herb Phillips	70	25/07/10	Sacramento, CA
M75	6:03.46	Maurice Tarrant	75	14/05/05	Victoria, BC

M80	6:37.9 (h)	Maurice Tarrant	80	26/06/10	Victoria, BC
M85	8:24.85	Les Leyland	85	13/07/02	Toronto, ON
M90	10:27.28	Harry Thompson	90	18/05/13	Kamloops, BC
W35	4:07.88	Leah Pells	35	24/06/00	Eugene, OR
W40	4:23.63	Erna Kozak	41	31/05/86	Burnaby, BC
W45	4:37.68	Maureen de St. Croix	49	01/06/02	Burnaby, BC
W50	4:40.92	Maureen de St. Croix	50	15/06/03	Langley, BC
W55	5:23.56	Avril Douglas	55	16/06/02	Langley, BC
W60	6:06.1(h)	Lenore Montgomery	61	05/09/91	Coquitlam, BC
W65	6:13.8(h)	Hazel Cameron	65	17/06/89	Edmonton, AB
W70	6:39.93	Diane Palmason	70	29/06/08	Courtenay, BC
W75	6:57.67	Lenore Montgomery	75	11/06/05	Duncan, BC
W80	7:59.03	Lenore Montgomery	82	24/08/12	Burnaby, BC
W85	10:33.40	Ivy Granstrom	85	26/07/97	Durban, RSA

MILE

M35	???				
M40	4:15.85	Graeme Fell	41	29/10/00	San Francisco, CA
M45	4:38.46	Mike Creery	45	02/06/93	Port Alberni, BC
M50	4:44.6(h)	Paul Reimer	50	09/08/05	Burnaby, BC
M55	4:54.72	Paul Reimer	55	20/07/10	Burnaby, BC
M60	5:13.9	Herb Phillips	60	25/07/00	Burnaby, BC
M65	5:29.0	Herb Phillips	65	09/08/05	Burnaby, BC
M70	5:48.6 (h)	Herb Phillips	70	17/07/10	Victoria, BC
M75	6:57.4	Hugh Clifford	78	18/06/85	Burnaby, BC
M80	7:15.0 (h)	Maurice Tarrant	80	17/07/10	Victoria, BC
W35	4:55.71	Erna Kozak	38	25/06/83	Eugene, OR
W40	4:59.27	Nancy Tinari	41	29/10/00	San Francisco, CA
W45	5:03.18	Maureen de St. Croix	48	23/06/01	Eugene, OR
W50	5:02.80	Maureen de St. Croix	50	04/06/03	Richmond, BC
W55	5:41.38	Avril Douglas	55	28/05/02	Richmond, BC
W60	6:42.13	Connie Shaw	61	08/06/89	Victoria, BC
W65	6:41.64	Rosamund Dashwood	65	08/06/89	Victoria, BC
W70	7:41.28	Hazel Cameron	70	09/07/94	Coquitlam, BC
W75	8:17.4(h)	Hazel Cameron	75	13/07/99	Burnaby, BC
W80	9:49.4(h)	Ivy Granstrom	80	31/05/92	Burnaby, BC
W85	11:54.3	Ivy Granstrom	86	27/06/98	Eugene, OR

3000M

M35	8:09.27	Graeme Fell	39	23/05/98	Richmond, BC
M40	8:45.4(h)	Mike Creery	40	06/05/88	Victoria, BC
M45	8:56.62	Rob Lonergan	47	11/07/06	Burnaby, BC
M50	9:32.04	Herb Phillips	51	16/06/92	Bellingham, WA
M55	9:47.62	Paul Reimer	55	06/07/10	Burnaby, BC
M60	10:15.9(h)	Sverre Hietanen	60	29/07/80	Surrey, BC
M65	10:36.2(h)	Maurice Tarrant	65	07/05/95	Victoria, BC
M70	11:11.88	Herb Phillips	70	27/07/10	Burnaby, BC
M75	12:19.17	Maurice Tarrant	75	15/05/05	Victoria, BC
M80	14:07.0(h)	Maurice Tarrant	80	15/05/10	Victoria, BC
M90	22:08.45	Harry Thompson	91	28/06/14	Kelowna, BC
W35	8:59.21	Ulla Marquette	35	08/08/93	Lindau, GER
W40	9:40.89	Catherine Watkins	42	24/05/14	Victoria, BC
W45	10:12.0(h)	Maureen de St. Croix	48	05/06/01	Burnaby, BC
W50	11:02.02	Juliette Christie	50	16/06/12	Langley, BC
W55	12:22.5(h)	Jean Cleator	56	30/06/82	Gresham, OR
W60	14:11.0(h)	Hazel Cameron	63	04/07/87	Burnaby, BC
	13:32.1(h) p	Marcia Stromsmoe	62	10/07/11	Victoria, BC
W65	14:41.26	Lynette Baldock	65	16/06/12	Langley, BC
W70	15:27.4(h)	Ivy Granstrom	73	27/07/85	Gresham, OR
W75	15:32.99	Gwen McFarlan	78	08/07/12	Burnaby, BC
W80	16:47.89	Lenore Montgomery	82	16/06/12	Langley, BC
W85	24:08.62	Ivy Granstrom	86	28/06/98	Eugene, OR

5000M

M35	14:01.54	Paul Williams	35	24/05/92	Portland, OR
M40	14:47.2(h)	Mike Creery	40	28/05/88	
M45	15:22.4 (h)	Colin Dignum	45	19/06/11	Victoria, BC
M50	16:21.42	Herb Phillips	51	04/07/92	Burnaby, BC
M55	16:52.4(h)	Jim Swadling	55	16/07/02	Burnaby, BC
M60	17:26.9(h)	Sverre Hietanen	60	05/08/80	Richmond, BC
M65	18:30.06	Herb Phillips	66	25/07/06	Burnaby, BC
M70	19:29.08	Herb Phillips	70	22/07/10	Sacramento, CA
M75	21:10.17	Maurice Tarrant	75	12/06/05	Duncan, BC
M80	23:36.37 ?	Les Leyland	80	16/08/97	Toronto, ON
	24:16.4(h) p	Maurice Tarant	80	21/08/10	Victoria, BC
M85	32:05.25	Les Leyland	86	07/08/03	Eugene, OR
M90	52:49.87	Les Leyland	90	07/09/07	Riccione, ITA
W35	17:37.9(h)	Claire Morgan	38	11/05/13	Victoria, BC
W40	16:55.1(h)	Nancy Tinari	44	24/06/03	Burnaby, BC
W45	17:41.7(h)	Maureen de St. Croix	49	30/07/02	Burnaby, BC
W50	19:21.80	Juliette Christie	50	29/03/13	Vancouver, BC
W55	20:21.22	Gwyneth Woodson	56	07/09/07	Riccione, ITA
W60	22:36.07	Chris Race	60	12/09/14	Langley, BC
W65	22:24.61	Rosamund Dashwood	65	04/08/89	Eugene, OR
W70	23:43.35	Lenore Montgomery	73	04/09/03	Chilliwack, BC
W75	25:09.0(h)	Gwen McFarlan	75	17/09/09	Richmond, BC
W80	28:11.90	Lenore Montgomery	82	22/08/12	Burnaby, BC
W85	39:23.38	Ivy Granstrom	85	22/07/97	Durban, RSA

10000M

M35	29:01.67	Paul Williams	35	??/05/92	Barcelona, ESP
M40	31:03.64	Jim Finlayson	41	07/06/14	Victoria, BC
M45	31:55.92	Bruce Deacon	46	31/08/13	Victoria, BC
M50	34:18.01	Herb Phillips	51	03/07/92	Richmond, BC
M55	35:19.0(h)	Herb Phillips	57	22/07/97	Burnaby, BC
M60	36:53.3(h)	Sverre Hietanen	60	02/08/80	Surrey, BC
M65	38:31.84	Maurice Tarrant	66	09/08/96	Victoria, BC
M70	40:02.31	Herb Phillips	70	24/07/10	Sacramento, CA
M75	47:39.7(h)	Hugh Clifford	75	22/08/81	Richmond, BC
M80	55:42.19	Les Leyland	80	19/07/97	Durban, RSA
W35	32:48.24	Ulla Marquette	36	??/05/94	Vancouver, BC
W40	34:22.6(h)	Marilyn Arsenault	44	01/09/12	Victoria, BC
W45	34:28.11	Marilyn Arsenault	45	31/08/13	Victoria, BC
W50	45:40.00	Marcia Stromsmoe	52	09/07/01	Brisbane, AUS
W55	42:03.42	Gwyneth Woodson	56	12/09/07	Riccione, ITA
W60	48:35.20	Rosamund Dashwood	63	28/11/87	Melbourne, AUS
W65	46:54.87	Rosamund Dashwood	65	29/07/89	Eugene, OR
W70	52:43.86	Lenore Marvin	71	21/07/91	Turku, FIN
W75	54:12.57	Lenore Montgomery	76	21/07/06	Dieppe, NB
W80	1:09:32.1(h)	Ivy Granstrom	80	15/08/92	Spokane, WA
W85	1:26:55.70	Ivy Granstrom	86	03/07/98	Saskatoon, SK

SPRINT HURDLES

M35	14.92	0.6	M35-49 (110m-39" @ 9.14m); M50-59 (100m-36" @ 8.5m); M60-69 (100m-33" @ 8.0m);			
M40	15.49	-0.0	M70-79 (80m-30" @ 7.0m); M80+ (80m-27" @ 7.0m)			
M45	18.51	0.0	Doug McLaren	36	07/07/12	Burnaby, BC
M50	15.84	0.4	Tim Kroeker	40	18/06/11	Langley, BC
M55	16.69	1.3	Pete Pretorius	48	05/07/14	Burnaby, BC
M60	17.24	-2.3	Jess Brewer	50	22/08/96	Eugene, OR
M65	18.90	-2.4	Warren Hamill	56	13/07/02	Toronto, ON
M70	18.98	1.0	Warren Hamill	60	17/06/06	Langley, BC
M75	19.40	-0.4	Jess Brewer	65	16/07/11	Sacramento, CA
M80	20.74	0.3	Lynn Thompson	74	21/08/13	Kamloops, BC
			Lynn Thompson	75	12/09/14	Langley, BC
			Danny Daniels	80	29/07/09	Lahti, FIN
W35	17.01	1.9	W35-39 (100m-33" @ 8.5m); W40-49 (80m-30" @ 8.0m);			
W45	14.32	0.3	W50-59 (80m-30" @ 7.0m); W60+ (80m-27" @ 7.0m)			
			Jeannette Van Den Bulk	36	05/08/13	Torino, ITA
			Becky Willis	48	21/08/96	Eugene, OR

W50	15.83	1.9	Nancy Cochrane	51	16/08/03	Richmond, BC
W55	16.70	0.3	Margaret Rhebergen	59	10/09/14	Langley, BC
W60	17.14	0.6	Daphne Sullivan	61	21/08/13	Kamloops, BC
W65	18.81	0.0	Sandy Anderson	68	07/08/08	Spokane, WA
W70	20.20	-0.2	Christa Bortignon	74	06/07/11	Sacramento, CA
W75	17.44	0.6	Christa Bortignon	76	21/08/13	Kamloops, BC

INTERMEDIATE HURDLES

M35-49 (400m @ 36"); M50-59 (400m @33"); M60-69 (300m @30"); M70-79 (300m-27"); M80+ (200m-27")

M35	1:12.17		Andy Bienefeld	38	16/06/13	Langley, BC
M40	57.3(h)		Harold Morioka	41	11/07/84	Burnaby, BC
M45	59.33		Harold Morioka	45	04/08/88	Orlando, FL
M50	58.82		Harold Morioka	51	13/08/94	Eugene, OR
M55	1:03.03		Harold Morioka	57	19/08/00	Kamloops, BC
M60	45.33		Harold Morioka	60	05/07/03	Carolina, PUR
M65	50.02		Jess Brewer	65	11/07/11	Sacramento, CA
M70	54.15		Harold Morioka	70	18/05/13	Kamloops, BC
M75	55.87		Andy Aadmi	75	11/07/11	Sacramento, CA

W35-49 (400m-30"); W50-59 (300m-30"); W60-69 (300m-27"); W70+ (200m-27")

W35	1:02.79		Jeannette Van Den Bulk	37	10/05/14	Victoria, BC
W45	1:31.67		Nancy Cochrane	49	28/07/01	Baton Rouge, LA
W50	1:03.94		Nancy Cochrane	50	09/08/02	Orono, ME
W55	1:16.56		Nancy Cochrane	56	21/06/08	Surrey, BC
W60	1:11.84		Michelle Hankey	61	19/07/09	Kamloops, BC
W70	43.71	-0.3	Christa Bortignon	74	31/07/11	Berea, OH
W75	39.89	0.0	Christa Bortignon	76	18/05/13	Kamloops, BC

STEEPLECHASE

M35-59 (3000m-36"); M60+ and Women (2000m-30")

M35	8:24.74		Graeme Fell	36	09/08/95	Gothenburg, SWE
M40	9:56.0(h)		Don Trethewey	42	07/07/79	Burnaby, BC
M45	10:15.7(h)		Don Trethewey	45	15/08/82	Ottawa, ON
M50	11:57.9(h)		Peter Holmes	51	10/06/12	Duncan, BC
M55	13:57.53		Scott Leyland	57	15/09/07	Riccione, ITA
M60	7:57.92		Reidar Zapf-Gilji	61	06/07/13	Burnaby, BC
M65	10:36.3(h)		Bill McNamara	68	18/07/09	Kamloops, BC
M70	11:23.06		George Reilly	71	25/07/05	Edmonton, AB
W45	10:11.35		Nancy Cochrane	49	26/07/01	Baton Rouge, LA
W50	10:31.69		Nancy Cochrane	51	13/07/03	Carolina, PUR

4 x 100M RELAY

M35	46.19		Paul Tshinyama (40), Charles Oamen (37) Gary Silvester (42), Randall Sheldon (39)	19/06/11	Langley, BC
M40	47.11		Gary Kuno (42), David Provo (40) Bob Cheng (43), Neil Chin-Aleong (49)	16/08/03	Richmond, BC
M55	50.49		Herb Gee (61), Tony Badowski (59) Lee Southern (58), Harold Morioka (59)	16/06/02	Langley, BC
M60	53.03		Herb Gee (60), Larry Forseille (64) Les Friesen (64), Doug Fraser (63)	08/07/01	Burnaby, BC
M65	54.17		Tony Badowski (67), Lee Southern (65) Harold Morioka (67), Tuomas Ukonmaanaho (65)	20/06/10	Langley, BC
M70	1:00.24		Gordon Johnson (70), Joe Giegerich (75) Norm Lesage (78), Les Friesen (71)	21/06/08	Surrey, BC
M75	1:06.15		Les Robson (79), Isaac Thiessen (77) Norm Lesage (76), Phil Lefebure (75)	24/08/06	Abbotsford, BC
M80	1:14.61		Les Robson (83), Isaac Thiessen (81) Norm Lesage (80), Adrian Meeuwissen (80)	16/09/10	Courtenay, BC
W35	54.96		Megan Rankin (46), Zeldia Webber (39) Georgina Titus (42), Kim Ross (46)	17/06/07	Langley, BC
W40	53.63		Megan Rankin (47), Zeldia Webber (40) Georgina Titus (43), Kim Ross (47)	22/07/08	Burnaby, BC

W45	1:08.71	Urith Hayley (63), Marie Johnson (61) Deborah Lee (64), Rachel Fouladi (46)	28/06/14	Kelowna, BC
W50	1:01.33	Megan Rankin (52), Urith Hayley (62) Elaine Whidden (58), Jill Elliott (50)	16/06/13	Langley, BC
W55	1:05.53	Urith Hayley (62), Lori Graham (55) Elaine Whidden (58), Marie Johnson (60)	21/08/13	Kamloops, BC
W60	1:04.97	Betsy Rollins (61), Urith Hayley (60) Gerda Crosthwaite (72), Christa Bortignon (74)	18/08/11	Trail, BC
W70	1:12.01	Diane Palmason (72), Gerda Crosthwaite (71) Louise Reed (75), Christa Bortignon (73)	16/09/10	Courtenay, BC
W80	1:49.15	Hildegard Buschhaus(80), Olga Kotelko(89) Doreen McLeod-Smith (83), Leona Smith (80)	13/09/08	Prince George, BC

4 x 400M RELAY

M40	3:50.34	Brent Davy (45), Gord Carscadden (44) John Mayr (41), Ian Faget (40)	20/08/00	Kamloops, BC
M50	4:16.45	Linday Elms (51), Keith Wakelin (50) Mel Callander (54), Paul Reimer (54)	19/07/09	Kamloops, BC
M55	4:05.2(h)	Tony Badowski (59), Jess Brewer (56) Barry Meier (57), Harold Morioka (59)	13/04/02	Richmond, BC
W55	5:51.62	Michelle Hankey (59), Urith Hayley (57) Nancy Cochrane (56), Diane Palmason (70)	22/06/08	Surrey, BC

4 X 800M RELAY

M50	9:24.47	Kevin Searle (50), Garth Campbell (51) Peter Holmes (50), Mark Pinckard (51)	14/05/11	Victoria, BC
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LONG JUMP

M40	6.48	Jim Bissenden	42	19/08/00	Kamloops, BC
M45	6.18	Roger Ruth	45	16/09/73	Victoria, BC
M50	5.48	Roger Ruth	50	01/07/78	Richmond, BC
M55	5.37 -0.4	John Hawkins	57	17/06/06	Langley, BC
M60	5.13 1.6	John Hawkins	61	19/06/10	Joplin, MO
M65	4.81 1.9	Tony Badowski	65	11/09/08	Prince George, BC
M70	4.07 0.6	Adrian Meeuwissen	74	02/09/04	Penticton, BC
M75	4.14 0.6	Adrian Meeuwissen	75	25/08/05	Duncan, BC
M80	3.55 0.0	Larry (Gordon) Chalmers	80	12/10/09	Sydney, AUS
M85	2.42 0.7	Wolfgang Rost	85	11/09/08	Prince George, BC
W35	4.82	Erna Kozak	37	15/06/82	Richmond, BC
W40	4.86 1.3	Georgina Titus	43	09/08/08	Spokane, WA
W45	4.67 0.4	Becky Willis	48	21/08/96	Eugene, OR
W50	4.11 -0.9	Miriam Cavani	53	28/06/14	Kelowna, BC
W55	4.17 -0.4	Margaret Rhebergen	57	18/05/13	Kamloops, BC
W60	3.62 -2.5	Marg Radcliffe	60	13/07/02	Toronto, ON
W65	3.64 -1.5	Gerda Crosthwaite	66	25/08/05	Duncan, BC
W70	3.48 0.0	Christa Bortignon	74	15/09/11	Lignano, ITA
W75	3.72 0.0	Christa Bortignon	76	06/07/13	Burnaby, BC
W80	2.50 1.0	Johanna Hilhorst	82	30/07/05	Edmonton, AB
W85	2.13 0.4	Olga Kotelko	85	17/07/04	Calgary, AB
W90	1.77 -0.6	Olga Kotelko	90	07/08/09	Lahti, FIN
W95	1.28 1.5	Olga Kotelko	95	17/05/14	Kamloops, BC

TRIPLE JUMP

M35	11.96 0.3	Johan Wolff	38	21/06/09	Langley, BC
M40	13.03	Roger Ruth	43	26/09/71	Victoria, BC
M45	12.70 0.7	Hugh Maguire	46	25/07/10	Sacramento, CA
M50	12.94 -0.6	Hugh Maguire	50	08/08/13	Torino, ITA
M55	11.05 -1.7	Warren Hamill	56	14/07/02	Toronto, ON
M60	9.94 -0.7	Mike Townley	60	20/06/04	Langley, BC
M65	9.36 1.7	Jan Vipler	65	21/07/07	Sherwood Park, AB
M70	8.22 0.7	Les East	70	16/10/09	Sydney, AUS
M75	7.35	Harry Thompson	75	??/08/98	Eugene, OR

	8.09	nwi	Adrian Meeuwissen	75	26/08/05	Duncan, BC
M80	7.19	0.6	Larry(Gordon)Chalmers	82	19/08/11	Trail, BC
M85	4.37	0.0	Les Robson	85	17/06/12	Langley, BC
W40	7.80	-0.1	Iuliana Kroeger	41	20/06/10	Langley, BC
W45	9.60	-1.2	Debbie Brill	49	30/06/02	Eugene, OR
W50	7.71	1.9	Margaret Rhebergen	54	19/07/09	Kamloops, BC
W55	8.59	-0.3	Margaret Rhebergen	58	18/05/14	Kamloops, BC
W60	7.85	0.5	Betsy Rollins	63	21/08/13	Kamloops, BC
W65	7.19	-0.8	Sandy Anderson	66	09/07/06	Burnaby, BC
W70	7.87	0.9	Christa Bortignon	74	19/08/11	Trail, BC
W75	8.11	0.4	Christa Bortignon	75	10/10/12	St. George, UT
W80	3.57	0.6	Hildegard Buschhaus	81	18/09/09	Richmond, BC
W85	4.41	0.2	Olga Kotelko	88	17/06/07	Langley, BC
W90	4.25	0.2	Olga Kotelko	90	18/09/09	Richmond, BC
W95	3.37	0.4	Olga Kotelko	95	18/05/14	Kamloops, BC

HIGH JUMP

M35	1.90		Kevin Harrison	39	26/06/05	Abbotsford, BC
M40	1.90		John Hawkins	42	08/06/91	Oshawa, ON
M45	1.85		John Hawkins	47	17/08/96	Spokane, WA
M50	1.77		John Hawkins	50	29/08/99	Gateshead, GBR
M55	1.78		John Hawkins	55	21/08/04	Carthage, MO
M60	1.70		John Hawkins	61	19/06/10	Joplin, MO
M65	1.50		John Hawkins	65	13/09/14	Langley, BC
M70	1.30		Les East	73	24/08/12	Burnaby, BC
M75	1.25		Les East	75	13/09/14	Langley, BC
M80	1.15		Keith Taylor	80	23/08/13	Kamloops, BC
M85	0.90		Wolfgang Rost	85	11/09/08	Prince George, BC
W35	1.88		Debbie Brill	35	23/04/88	Walnut, CA
W40	1.75		Debbie Brill	43	10/08/96	Victoria, BC
W45	1.76		Debbie Brill	46	06/08/99	Gateshead, GBR
W50	1.60		Debbie Brill	51	19/06/04	Langley, BC
W55	1.30		Margaret Rhebergen	55	18/09/10	Courtenay, BC
	1.30		Margaret Rhebergen	57	16/06/12	Langley, BC
W60	1.28		Marg Radcliffe	60	12/05/02	Nanaimo, BC
W65	1.25		Sandy Anderson	68	20/06/08	Surrey, BC
W70	1.20		Sandy Anderson	71	13/07/11	Sacramento, CA
W75	1.13		Christa Bortignon	75	24/08/12	Burnaby, BC
W80	0.99		Olga Kotelko	81	10/10/00	St. George, UT
W85	0.94		Olga Kotelko	85	28/08/04	Dorado, PUR
W90	0.82		Olga Kotelko	90	01/08/09	Lahti, FIN
W95	0.75		Olga Kotelko	95	18/05/14	Kamloops, BC

POLE VAULT

M35	4.55		Owen Clements	36	24/06/01	Victoria, BC
M40	4.60		Roger Ruth	44	07/09/72	Goteborg, SWE
M45	4.57		Roger Ruth	45	21/07/73	Seattle, WA
M50	3.96		Roger Ruth	50	09/09/78	Victoria, BC
M55	3.81		John Hawkins	55	02/10/04	Santa Barbara, CA
M60	3.70		Warren Hamill	60	25/06/06	Duncan, BC
M65	2.75		Gerard Dumas	68	21/09/03	Victoria, BC
	2.82	p	Gerard Dumas	66	27/08/01	Bellingham, WA
M70	2.65		Gerard Dumas	70	05/05/05	Victoria, BC
M75	2.22		Gerard Dumas	75	08/05/10	Victoria, BC
	2.22	tie	Gerard Dumas	78	17/09/13	Victoria, BC
M80	1.85		Joe Giegerich	82	10/09/14	Langley, BC
M85	0.90		Doug Monds	85	10/09/14	Langley, BC
W35	2.20		Christina Weir	35	15/06/13	Langley, BC
W40	2.15		Nancy Craig	44	08/10/10	Victoria, BC
W45	2.72		Nancy Craig	47	17/09/13	Victoria, BC
W50	1.20		Nancy Cochrane	53	30/07/05	Edmonton, AB
	1.20		Anne Murfitt	50	19/06/10	Langley, BC
W55	2.05		Margaret Rhebergen	59	10/09/14	Langley, BC
W60	1.56		Sandy Anderson	63	06/09/03	Chilliwack, BC

W65	1.85	Sandy Anderson	69	09/05/09	Victoria, BC
W70	1.55	Sandy Anderson	71	18/08/11	Trail, BC

SHOT PUT

M40-49 (7.26 kg); M50-59 (6 kg); M60-69 (5 kg); M70-79 (4 kg); M80+ (3 kg)

M35	12.58	John Saari	39	16/06/13	Langley, BC
M40	13.84	D. Smart	--		
M45	14.32	John Pavelich	48	05/07/73	San Diego, CA
M50	14.69	John Pavelich	52	??/08/77	Gothenburg, SWE
M55	13.20	Don Allemeersch	55	16/09/09	Richmond, BC
M60	13.08	Mike Woodworth	62	17/07/04	Calgary, AB
M65	11.72	Art Jaago	65	01/06/91	Seattle, WA
M70	14.03	Marek Glowacki	70	18/06/11	Zielona Gora, POL
M75	11.27	Rainer Sillantaus	75	19/06/05	Langley, BC
M80	11.40	Rainer Sillantaus	80	20/06/10	Langley, BC
M85	7.46	Jim Murray	87	??/06/02	Eugene, OR
M90	6.63	Jim Murray	91	24/08/06	Abbotsford, BC
M95	4.84	Jim Murray	95	15/09/10	Courtenay, BC

W35-49 (4.0 kg); W50-74 (3.0 kg); W75+ (2.0 kg from May 01, 2010)

W35	12.50	Amelie Koloska	37	04/06/81	Vancouver, BC
W40	11.62	Norma Jordan			
W45	10.11	Carolynn Boomer	47	05/06/11	Kamloops, BC
W50	11.02	Carolynn Boomer	50	18/05/14	Kamloops, BC
W55	9.12	Rose Hare	59	14/09/07	Nanaimo, BC
W60	9.51	Lynda Braun	60	07/07/12	Burnaby, BC
W65	9.38	Gabriella Moro	65	24/08/12	Burnaby, BC
W70	7.42	Myrtle Acton	72	26/08/05	Duncan, BC
W75	7.47	Myrtle Acton	75	01/08/08	Regina, SK
	8.20	Myrtle Acton	78	19/08/11	Trail, BC
W80	6.09	Olga Kotelko	83	29/06/02	Eugene, OR
	7.34	Myrtle Acton	80	19/05/13	Kamloops, BC
W85	6.03	Olga Kotelko	85	01/10/04	Las Vegas, NV
W90	5.01	Olga Kotelko	90	18/09/09	Richmond, BC
W90	5.43	Olga Kotelko	91	17/09/10	Courtenay, BC
W95	4.91	Olga Kotelko	95	16/05/14	Kamloops, BC

DISCUS

M35-49 (2.0 kg); M50-59 (1.5 kg); M60+ (1.0 kg)

M35	39.64	James O'Kane	36	03/06/12	Calgary, AB
M40	44.64	B. Flaherty	--	??/??/??	??
M45	45.58	John Pavelich	49	??/??/74	??
M50	45.12	John Pavelich	52	10/08/77	Gothenburg, SWE
M55	45.23	Don Allemeersch	56	19/06/10	Langley, BC
M60	49.07	Mike Woodworth	62	18/07/04	Calgary, AB
M65	42.08	Herb Plattner	69	22/06/80	Victoria, BC
M70	40.55	Marek Glowacki	70	21/05/11	Lagiewniki, POL
M75	34.28	Herb Plattner	75	09/08/86	Victoria, BC
M80	25.91	Rainer Sillantaus	80	19/06/10	Langley, BC
M85	21.28	Jim Murray	85	09/07/00	Burnaby, BC
M90	17.60	Jim Murray	91	17/06/06	Langley, BC
M95	14.06	Jim Murray	95	16/09/10	Courtenay, BC

W35-74 (1.0 kg); W75+ (0.75kg from May 01, 2010)

W35	35.10	Pina Russo	35	02/03/10	Kamloops, BC
	40.35	Anna Modsdell-Jack	36	10/06/06	Port Alberni, BC
W40	31.40	Judy MacDonald	40	26/04/08	Kamloops, BC
W45	33.79	Berni Juert	45	18/07/09	Kamloops, BC
W50	24.12	Denise Clements	50	28/05/11	Nanaimo, BC
W55	24.60	Rose Hare	58	16/06/07	Langley, BC
W60	27.63	Rose Hare	63	18/02/12	Indio, CA
W65	25.86	Rose Hare	65	05/07/14	Burnaby, BC
W70	18.68	Myrtle Acton	74	14/09/07	Nanaimo, BC
W75	20.55	Myrtle Acton	75	21/06/08	Surrey, BC
W80	16.88	Olga Kotelko	80	26/06/99	Kelowna, BC
	17.95	Myrtle Acton	81	16/05/14	Kamloops, BC
W85	15.35	Olga Kotelko	88	03/08/07	Orono, ME
W90	14.80	Olga Kotelko	90	06/08/09	Lahti, FIN
W95	12.04	Olga Kotelko	95	17/05/14	Kamloops, BC

JAVELIN

M35	72.50	Graham Morfitt	36	09/05/03	Port Alberni, BC
M40	68.14	Erin Bevins	40	18/06/11	Courtenay, BC
M45	60.42	Graham Morfitt	47	08/06/14	Duncan, BC
M50	50.26	Dale McRoberts	53	12/09/07	Riccione, ITA
M55	47.48	Victor Njume	57	19/08/00	Kamloops, BC
M60	47.42	Victor Njume	63	25/08/06	Abbotsford, BC
M65	44.60	Victor Njume	67	16/09/10	Courtenay, BC
M70	44.30	Victor Njume	70	22/08/13	Kamloops, BC
M75	34.61	Rainer Sillantaus	75	24/07/05	Edmonton, AB
M80	32.37	Rainer Sillantaus	81	11/07/11	Sacramento, CA
M85	18.70	Karl Drahorad	85	22/08/13	Kamloops, BC
M90	14.58	Jim Murray	90	24/07/05	Edmonton, AB
M95	9.80	Jim Murray	95	19/06/10	Langley, BC

W35-49 (600g); W50-74 (500g) (BEFORE 2014: W60-74 (400g); W75+ (400g))

W35	53.52	Amelie Koloska	37	11/06/81	Burnaby, BC
W40	47.46	Amelie Koloska	41	21/08/85	Toronto, ON
W45	26.03	Georgina Titus	46	18/06/11	Langley, BC
W50	31.98	Monica Pomietlarz	50	19/07/09	Kamloops, BC
W55	28.95	Marg Radcliffe	59	01/07/01	Gold Coast, AUS
	28.95	Marg Radcliffe	59	25/08/01	Surrey, BC
W60	34.47 (400g)	Marg Radcliffe	61	10/05/03	Nanaimo, BC
W60	23.94 (500g)	Marilyn Benz	64	28/06/14	Kelowna, BC
W65	29.41 (400g)	Marg Radcliffe	65	09/10/07	St. George, UT
W65	21.78 (500g)	Rose Hare	66	13/09/14	Langley, BC
W70	26.43 (400g)	Marg Radcliffe	70	08/10/12	St. George, UT
W70	22.08 (500g)	Marg Radcliffe	72	06/10/14	St. George, UT
W75	22.93	Gerda Crosthwaite	75	13/09/14	Langley, BC
W80	18.35	Olga Kotelko	81	07/11/00	Mar Del Plata, ARG
W85	18.56	Olga Kotelko	85	26/06/04	Eugene, OR
W90	13.54	Olga Kotelko	90	03/08/09	Lahti, FIN
W95	11.24	Olga Kotelko	95	29/03/14	Budapest, HUN

HAMMER**M35-49 (7.26 kg); M50-59 (6 kg); M60-69 (5 kg); M70-79 (4 kg); M80+ (3kg)**

M35	36.01	Winston Giles	39	14/06/13	Langley, BC
M40	55.12	Mike Cairns	40	28/05/83	Richmond, BC
M45	43.70	Cory Holly	45	15/06/03	Langley, BC
M50	47.83	Mike Duffala	54	26/06/10	Courtenay, BC
M55	41.26	Dave McDonald	58	22/09/12	Kamloops, BC
M60	43.80	Dave McDonald	60	27/09/14	Kamloops, BC
M65	40.82	Walter Jenkins	65	03/08/86	Springfield, OR
M70	42.74	Marek Glowacki	70	16/07/11	Sacramento, CA
M75	34.97	Bakhshish Dhillon	75	21/08/13	Kamloops, BC
M80	34.44	Douglas Monds	80	18/07/09	Kamloops, BC
M85	24.78	Douglas Monds	85	11/09/14	Langley, BC
M90	17.29	Jim Murray	91	22/07/06	Dieppe, NB
M95	13.40	Jim Murray	95	18/06/10	Langley, BC

W35-49 (4.0 kg); W50-74 (3.0 kg); W75+ (2.0 kg from May 01, 2010)

W35	39.14	Pina Russo	35	04/03/10	Kamloops, BC
W40	37.13	Judy MacDonald	41	15/06/08	Langley, BC
W45	34.13	Denise Clements	46	05/05/07	Courtenay, BC
W50	37.75	Denise Clements	50	12/07/11	Sacramento, CA
W55	28.46	Laurel Hunt	57	20/08/11	Trail, BC
W60	33.18	Rose Hare	63	28/04/12	Surrey, BC
W65	32.78	Rose Hare	65	05/07/14	Burnaby, BC
W70	26.97	Kathy Brand	72	29/06/14	Kelowna, BC
W75	20.22 3 kg	Myrtle Acton	75	13/09/08	Prince George, BC
	26.08 2 kg	Myrtle Acton	78	19/08/11	Trail, BC
W80	19.67 3 kg	Olga Kotelko	83	11/08/02	Orono, ME
	21.09 2 kg	Myrtle Acton	80	14/06/13	Langley, BC
W85	18.62 3 kg	Olga Kotelko	85	04/09/04	Penticton, BC
W90	13.92 3 kg	Olga Kotelko	91	04/03/10	Kamloops, BC
W90	16.71 2 kg	Olga Kotelko	92	08/07/11	Sacramento, CA
W95	14.92	Olga Kotelko	95	16/05/14	Kamloops, BC

WEIGHT THROW		M35-49 (35#); M50-59 (25#); M60-69 (20#); M70-79 (16#): M80+ (12#)			
M35	12.56	John Saari	39	14/06/13	Langley, BC
M40	14.10	Harold Willers	41	19/08/00	Kamloops, BC
M45	11.19	Graham Morfitt	46	24/10/13	Porto Alegre, BRA
M50	13.86	Zenon Smiechowski	50	28/07/05	Edmonton, AB
M55	15.51	Dave McDonald	58	25/08/12	Burnaby, BC
M60	16.22	Dave McDonald	60	13/09/14	Langley, BC
M65	13.47	John Hawkins	65	12/09/14	Langley, BC
M70	16.64	Marek Glowacki	70	04/06/11	Stargard Szczecinski, POL
M75	13.83	Bakhshish Dhillon	75	24/08/13	Kamloops, BC
M80	11.92	Douglas Monds	80	19/07/09	Kamloops, BC
M85	10.20	Jim Murray	85	19/08/00	Kamloops, BC
M90	7.77	John Bandstra	91	13/09/14	Langley, BC
M95	5.54	Jim Murray	95	15/09/10	Courtenay, BC

		W35-49 (20#); W50-59 (16#); W60-74 (12#); W75+ (4.0 kg from May 01, 2010)			
W40	10.27	Judy MacDonald	41	20/06/08	Surrey, BC
W45	10.75	Denise Clements	49	12/10/09	Sydney, AUS
W50	12.52	Denise Clements	50	11/07/11	Sacramento, CA
W55	8.60	Rose Hare	59	20/06/08	Surrey, BC
W60	12.28	Rose Hare	63	15/06/12	Langley, BC
W65	11.92	Rose Hare	65	13/06/14	Langley, BC
W70	9.92	Kathy Brand	72	28/06/14	Kelowna, BC
W75	8.43	12 # Myrtle Acton	75	12/09/08	Prince George, BC
	10.45	4 kg Myrtle Acton	78	19/08/11	Trail, BC
W80	8.29	12 # Olga Kotelko	83	09/10/02	Melbourne, AUS
	8.76	4 kg Myrtle Acton	80	14/06/13	Langley, BC
W85	7.72	12 # Olga Kotelko	85	17/07/04	Calgary, AB
W90	6.58	12 # Olga Kotelko	90	17/07/09	Kamloops, BC
W90	7.90	4 kg Olga Kotelko	91	17/09/10	Courtenay, BC
W95	6.72	4 kg Olga Kotelko	95	13/06/14	Langley, BC

SUPER WEIGHT		M35-59 (56#), M60-69 (44#), M70-79 (35#), M80+ (25#)			
M55	5.52	Dave McDonald	59	20/07/13	Seattle, WA
M60	7.46	Dave McDonald	60	19/07/14	Seattle, WA
M65	5.24	Hardev Sandhu	65	19/07/14	Seattle, WA

		W35-49 (35#); W50-79 (25#); W80+ (20#)			
W55	4.06	Nancy Cochrane	56	06/09/08	Seattle, WA
W85	4.89	Olga Kotelko	88	13/05/07	Eugene, OR

THROWS PENTATHLON * 2010 tables (recalculated)		Sequence of Events: (HT, SP, DT, JT, WT)			
M35	2570*	John Saari	39	17/05/13	Kamloops, BC
					(29.48/356, 12.30/652, 39.17/659, 31.51/326, 11.98/577)
M40	3141*	Graham Morfitt	42	07/08/09	Lahti, FIN
					(31.82/444, 10.97/619, 33.47/601, 62.59/859, 11.88/618)
M45	3197*	Graham Morfitt	46	26/10/13	Porto Alegre, BRA
					(34.44/556, 10.55/648, 29.92/585, 54.22/791, 11.06/617)
M50	3280*	Zenon Smiechowski	50	31/07/05	Edmonton, AB
					(34.77/533, 12.23/749, 41.16/706, 42.05/613, 13.37/679)
M55	3340*	Dave McDonald	58	21/07/12	Seattle, WA
					(40.67/734, 9.90/641, 35.06/643, 39.48/630, 12.69/692)
M60	3608*	Dave McDonald	60	12/09/14	Langley, BC
					(40.58/727, 10.91/704, 39.49/704, 41.04/708, 14.90/765)
M65	3234*	John Hawkins	65	12/09/14	Langley, BC
					(29.42/563, 10.65/758, 30.31/569, 32.83/608, 13.47/736)
M70	4298*	Marek Glowacki	70	17/07/11	Sacramento, CA
					(37.81/796, 13.20/961, 38.29/848, 38.09/798, 15.59/895)
M75	3458*	Les East	75	12/09/14	Langley, BC
					(31.42/747, 8.83/670, 30.32/735, 25.41/561, 12.35/745)
M80	3088*	Douglas Monds	80	17/07/09	Kamloops, BC
					(32.90/888, 7.70/625, 18.18/462, 19.06/441, 10.65/672)
M85	2637*	Doug Monds	85	12/09/14	Langley, BC
					(14.87/413, 6.92/636, 16.34/501, 15.32/404, 9.75/683)

M90	2952?(imple)	Jim Murray	90	31/07/05	Edmonton, AB	(15.31/572, 6.02/650, 16.56/673, 13.35/426, 7.89/631)
W40	2129*	Denise Clements	44	31/07/05	Edmonton, AB	(18.46/316, 8.83/516, 23.95/401, 18.31/308, 9.76/588)
W45	2837*	Denise Clements	49	18/10/09	Sydney, AUS	(30.44/683, 8.76/560, 25.51/477, 21.14/408, 10.43/709)
W50	3115*	Denise Clements	50	05/06/11	Sidney, BC	(36.40/860, 9.35/647, 21.69/434, 19.93/405, 12.25/769)
W55	2583*	Rose Hare	59	13/09/07	Nanaimo, BC	(21.76/502, 8.92/676, 22.56/510, 17.64/392, 7.88/503)
W60	3406*	Rose Hare	64	26/07/13	Regina, BC	(29.98/844, 8.75/736, 22.44/573, 19.38/474, 12.10/779)
W65	4021*	Rose Hare	65	16/05/14	Kamloops, BC	(30.37/971, 9.33/893, 23.78/706, 21.66/618, 11.70/833)
W70	3246*	Marg Radcliff	71	21/08/13	Kamloops, BC	(17.75/580, 6.89/713, 16.32/529, 23.87/800, 8.28/624)
W75	3983*	Myrtle Acton	78	19/08/11	Trail, BC	(26.08/979, 8.20/862, 17.81/623, 17.55/667, 10.45/852)
W80	3712*	Myrtle Acton	81	12/09/14	Langley, BC	(20.38/864, 6.57/769, 17.65/742, 12.61/556, 8.63/781)
W85	4211?(imple)	Olga Kotelko	85	18/07/04	Calgary, AB	(17.62/887, 5.85/792, 14.55/737, 16.94/991, 7.72/804)
W90	4554*	Olga Kotelko	4	91	2010	Courtenay (14.59/902, 5.43/880, 13.65/896, 11.79/891, 7.90/985)
W95	5016*	Olga Kotelko	95	16/05/14	Kamloops, BC	(14.92/1097, 4.91/985, 11.75/1066, 9.64/1072, 6.41/796)

PENTATHLON *2010 Tables (recalculated) MEN's Sequence of Events: (LJ, JT, 200, DT, 1500)

M35	2468*	James O'Kane	37	19/06/13	Toronto, ON	(5.59w:0.7/535, 44.59/517, 26.97w:1.4/482, 35.43/582, 5:42.91/352)
M40	2393*	Gary Silvester	41	17/07/09	Kamloops, BC	(5.38 +0.5/556, 33.23/386, 25.86 -3.2/634, 29.76/519, 6:09.74/298)
M45	2760*	Brock Pullen	47	21/08/96	Eugene, OR	(4.90/514, 39.82/539, 27.51/527, 34.12/687, 5:41.83/493)
M50	3237*	Reidar Zapf-Gilje	53	30/07/05	Edmonton, AB	(4.77/556, 37.79/535, 26.89/690, 37.48/630, 4:55.43/826)
M55	2478*	Grant Lamothe	59	07/08/03	Eugene, OR	(4.24/494, 33.74/517, 28.76/620, 25.68/435, 6:32.86/412)
M60	3203*	Barry Adams	60	08/08/02	Orono, ME	(3.61/398, 38.56/656, 28.09/747, 29.55/492, 5:09.88/910)
M65	3053*	Barry Adams	66	07/08/08	Spokane, WA	(3.86 +2.2/556, 30.86/562, 30.32 +0.0/668, 29.46/549, 6:04.08/718)
M70	2919*	Barry Adams	71	22/08/13	Kamloops, BC	(3.43 w=0.5/512, 29.62/585, 32.51 w=1.5/619, 24.79/498, 6:30.03/705)
M75	2696*	Joe Giegerich	76	01/08/08	Regina, SK	(3.35 +0.0/593, 19.67/402, 34.61 -1.6/608, 16.95/353, 6:52.98/740)

WOMEN's Sequence of Events: (HUR, HJ, SP, LJ, 800)

W40	1792*	Cathy Soderstrom	41	27/07/05	Edmonton, AB	(18.03/201, 1.24/470, 7.40/413, 3.41/259, 2:59.77/449)
W45	3509*	Becky Willis	48	21/08/96	Eugene, OR	(14.32/760, 1.49/891, 8.93/573, 4.67/697, 2:53.90/588)
W50	2245*	Nancy Cochrane	50	08/08/02	Orono, ME	(16.25/507, 1.25/655, 5.49/330, 3.21/312, 3:17.66/441)
W55	2768*	Margaret Rhebergen	59	11/09/14	Langley, BC	(16.70, 0.3/622, 1.26/771, 6.52/460, 3.52, nwi/482, 3:28.52/433)
W60	2302*	Urith Hayley	63	11/09/14	Langley, BC	(18.26, 0.3/475, 1.11/644, 6.32/496, 2.88, nwi/340, 3:51.93/347)

W65	3039*	Sandy Anderson	68	07/08/08	Spokane, WA
					(18.81 +0.0/603, 1.19/916, 8.17/765, 2.81 +2.1/396, 4:06.02/359)
W70	3348*	Christa Bortignon	74	28/07/11	Berea, OH
					(20.76 (-0.7)/620, 1.06/818, 5.92/594, 3.36 (0.6)/756, 3:58.68/560)
W75	4743*	Christa Bortignon	75	09/08/12	Saint John, NB
					(19.71/974, 1.09/1054, 7.58/786, 3.48/1007, 3:39.57/922)

HEPTATHLON		WOMEN's Sequence of Events: (HUR, HJ, SP, 200M & LJ, JT, 800M)			
W45	1927*	Rachel Fouladi	46	12-13/07/14	Kamloops, BC
					(18.92 w=1.2/251, 1.17/460, 4.60/239, 36.15 w=-0.5/323 & 2.82 w=-0.2/165, 7.35/91, 3:13.46/398)
W55	2169**	Nancy Cochrane	57	15-16/08/09	Shoreline, WA
					(21.50 (0.0)/201, 1.15/655, 5.68/440, 43.38 (1.2)/218 & 2.53 (0.0)/182, 12.89/287, 4:02.08/186)
W70	4840*	Christa Bortignon	74	06-07/07/11	Sacramento, CA
					(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)
W75	6519*	Christa Bortignon	76	03-04/08/13	Torino, ITA
					(18.26 (0.1)/1124, 1.09/1054, 7.35/758, 34.23 (-1.4)/1139 & 3.49 (-0.8)/1014, 16.30/613, 3:52.03/817)

DECATHLON * 2014 Tables (points recalculated)

		MEN's Sequence of Events: (100, LJ, SP, HJ, 400 & HH, DT, PV, JT, 1500)			
M35	5312*	James O'Kane	37	14-15/06/13	Langley, BC
					(12.71w:0.6, 5.46w:0.4, 11.12, 1.78, 57.29 & 17.87w:?, 35.84, 3.30, 39.49, 5:28.88) (547, 508, 578, 644, 586 & 553, 591, 444, 442, 419)
M40	5899*	Steve Kemp	40	07-08/10/93	Miyazaki, JPN
					(12.08, 5.75, 10.33, 1.56, 57.51 & 16.72, 32.36, 3.00, 46.06, 4:50.85) (736, 644, 576, 488, 648 & 741, 577, 413, 589, 487)
M45	4966** (too high)	Brock Pullen	46	17-18/06/95	Eugene, OR
M50	6547*	Reidar Zapf-Gilje	53	22-23/08/05	San Sebastian, SPN
					(13.23, 5.17, 11.64, 1.48, 59.58 & 17.04, 38.71, 2.90, 40.77, 4:58.68) (669, 664, 706, 552, 718 & 692, 655, 496, 589, 806)
M55	7079*	John Hawkins	57	15-16/07/06	Shoreline, WA
					(13.68 w: 0.2, 5.31 w: 0.0, 12.68, 1.75, 1:06.51 & 19.49 w: -0.2, 37.05, 3.80, 41.21, 6:18.00) (669, 804, 858, 934, 550 & 525, 688, 910, 665, 476)
M60	7243*	Warren Hamill	60	15-16/07/06	Shoreline, WA
					(13.83 w:-1.1, 4.90 w:-0.1, 11.57, 1.57, 1:05.90 & 17.38 w: 0.6, 42.12, 3.30, 37.97, 6:32.24) (723, 788, 755, 804, 650 & 770, 762, 816, 643, 496)
M65	5179*	Grant Lamothe	65	15-16/08/09	Shoreline, WA
					(14.57 w:0.8, 4.01 w:0.1, 9.72, 1.18, 1:12.47 & 22.69 w:-0.5, 28.87, 1.70, 33.43, 7:23.27) (687, 604, 681, 488, 529 & 381, 536, 271, 621, 381)
M75	3214*	Danny Daniels	78	04-05/09/07	Riccione, ITA
					(17.43 w: 0.3, 2.84 w ??, 7.19, 1.03, 1:44.30 & 21.51 w 0.6, 16.24, 1.30, 18.71, DNF) (481, 404, 524, 496, 84 & 262, 334, 227, 402, 0)
M80	4374*	Danny Daniels	80	28-29/07/09	Lahti, FIN
					(17.25 w 2.6, 2.88 w 1.6, 8.50, 1.06, 2:05.50 & 20.74 w 0.3, 19.17, 1.10, 22.03, 11:04.81) (647, 527, 703, 644, 6 & 478, 494, 199, 532, 144)
		WOMEN's Sequence of Events: (100, DT, PV, JT, 400 & HH, LJ, SP, HJ, 1500)			
W45	1989*	Anne Murfitt	49	15-16/08/09	Shoreline, WA
					(18.01 nwi, 17.02, 0, 15.69, 1:39.17 & 20.31 w:-1.0, 2.41 w:0.3, 6.21, 1.12, 8:05.57) (264, 287, 0, 281, 7 & 147, 80, 361, 409, 153)
W65	5007*	Sandy Anderson	69	15-16/08/09	Shoreline, WA
					(17.94 w-0.5, 18.60, 1.60, 19.38, 1:55.27 & 19.34 w-0.4, 2.65 w 0.4, 7.48, 1.18, 8:41.06) (607, 526, 410, 542, 67 & 550, 336, 688, 891, 390)

Note:

- 1) As of May 01, 2010, the W75+ used lighter implements in the hammer, weight and shot.
(Two sets of records will be kept for these events for a few years)
- 2) As of January 01, 2014, the W60-74 Javelin was changed from 400g to 500g.
(Two sets of records will be kept for this event for a few years)
- 3) The Multi-events have been recalculated using the 2010/2014 Tables
- 4) Jim Murray (M90) and Olga Kotelko (W85) used the heavier implements during their Throws Pentathlon competition. (Prior to the changes in 2010).

RACEWALKING RECORDS (OUTDOORS)

1500M TRACK

M40	6:14:48	Dmitry Babenko	41	12/07/14	Toronto, BC	CR
M45	10:37.92	Branko Zurkovic	47	07/07/13	Burnaby, BC	
M55	7:12.98	Gerald Dragomir	57	18/07/09	Kamloops, BC	CR
M65	9:45.29	Harnek Toor	68	06/07/14	Burnaby, BC	
M80	10:15.26	Don Currie	80	28/06/14	Kelowna, BC	CR
W40	7:16.98	Nardene Hammond	40	08/07/12	Burnaby, BC	CR
W45	10:20.25	Rachel Fouladi	45	07/07/13	Burnaby, BC	
W50	10:21.10	Jill Elliott	50	07/07/13	Burnaby, BC	
W55	11:32.88	Lori Graham	56	07/10/14	St. George, UT	
W60	12:10.93	Suzanne Sharp	60	28/06/14	Kelowna, BC	
W65	10:00.21	Ellie Halcrow	65	08/07/12	Burnaby, BC	
W75	10:35.70	Lenore Marvin	76	10/08/96	Victoria, BC	

3000M TRACK

M35	13:49.52	Dmitry Babenko	39	15/06/12	Langley, BC	
M40	13:16.17	Dmitry Babenko	41	06/07/14	Burnaby, BC	CR
M60	16:11.89	Gerald Dragomir	60	15/06/12	Langley, BC	
M65	21:13.38	Harnek Toor	68	27/06/14	Kelowna, BC	
M70	22:36.64	Arthur Gee	70	06/07/14	Burnaby, BC	
M80	21:06.88	Don Currie	80	27/06/14	Kelowna, BC	CR
W40	14:39.51	Nardene Hammond	41	14/06/13	Langley, BC	CR
W45	23:27.92	Rachel Fouladi	46	27/06/14	Kelowna, BC	
W55	24:46.27	Lori Graham	56	06/10/14	St. George, UT	
W60	21:08.94	Suzanne Sharp	60	27/06/14	Kelowna, BC	
W65	18:47.30	Ellie Halcrow	65	15/06/12	Langley, BC	CR

5000M TRACK

M40	22:52.56	Dmitry Babenko	41	13/07/14	Toronto, ON	
M50	24:02.68	Gerry Dragomir	53	??/??/05	San Sebastian, SPN	
M85	42:47.9(h)	Claude Bell	86	02/09/04	Penticton, BC	CR
W35	26:43.68	Nardene Hammond	39	07/07/11	Sacramento, CA	
W55	40:35.0(h)	Lori Graham	56	26/07/14	Tumwater, WA	
W60	31:44.38	Flora Young	60	31/08/94	Prince Rupert, BC	
W65	33:05.95	Flora Young	66	??/??/00	Kelowna, BC	
W70	33:29.5(h)	Lenore Marvin	71	06/09/91	Coquitlam, BC	CR
W75	36:46.36	Lenore Marvin	75	??/07/95	Buffalo, NY	
W80	42:24.69	Lenore Marvin	81	05/07/01	Brisbane, AUS	

5K ROAD WALK

M40	23:38	Dmitry Babenko	40	14/09/13	Edmonton, AB	
M65	38:10	Iain MacLean	69	27/02/05	Victoria, BC	
M85	43:09	Claude Bell	86	27/02/05	Victoria, BC	
W35	26:44	Nardene Hammond	39	07/07/11	Sacramento, CA	
W45	38:30	Rachel Fouladi	46	10/08/14	Richmond, BC	
W55	42:14	Lori Graham	56	08/10/14	St. George, UT	

10K ROAD WALK

M40	46:57	Dmitry Babenko	41	13/09/14	Edmonton, AB	
M50	49:34	Gerry Dragomir	53	27/02/05	Victoria, BC	
M55	52:32	Gerry Dragomir	58	05/03/10	Kamloops, BC	
M65	1:15:43	Anthony Haas	66	05/03/10	Kamloops, BC	
W35	53:09	Nardene Hammond	39	26/02/12	Victoria, BC	
W50	1:05:28	Linda Keatley-Campbell	53	05/03/10	Kamloops, BC	
W55	1:07:54	Kathleen Kane	56	05/03/10	Kamloops, BC	
W60	1:04.35	Flora Young	60	03/09/94	Prince Rupert, BC	
W65	1:10.57	Lenore Marvin	69	30/07/89	Eugene, OR	
W70	1:09.15	Flora Young	70	05/09/04	Penticton, BC	
W80	1:27:19	Ruth Carrier	80	12/07/11	Sacramento, CA	

20K ROAD (rounded up)

M50	1:53.02 faster??	Gerry Dragomir	53	??/??/05	San Sebastian, SPN	
W35	1:53:54	Nardene Hammond	39	16/07/11	Sacramento, CA	