

## BC MASTERS OUTDOOR TRACK AND FIELD RECORDS NEW RECORDS SET IN 2010

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
<b>100M</b>						
M55	12.01 -1.4	Tom Dickson	57	23/07/10	Sacramento, CA	<b>CR</b>
M80	16.15 0.5	Norm Lesage	80	12/05/10	Surrey, BC	
	16.25 -1.4	Norm Lesage	80	20/06/10	Langley, BC	
	<b>16.11 -0.6</b>	<b>Norm Lesage</b>	80	10/07/10	Burnaby, BC	
	16.28 -0.4	Norm Lesage	80	16/09/10	Courtenay, BC	
W75	17.90 -0.9	Louise Reed	75	16/09/10	Courtenay, BC	<b>CR</b>
<b>200M</b>						
M80	<b>34.37 -3.0</b>	<b>Norm Lesage</b>	80	19/06/10	Langley, BC	
	34.60 -1.1	Norm Lesage	80	11/07/10	Burnaby, BC	
	34.55 -0.8	Norm Lesage	80	13/07/10	Burnaby, BC	
	34.84 ??	Norm Lesage	80	17/09/10	Courtenay, BC	
	34.61 nwi	Norm Lesage	80	05/09/10	St. George, UT	
W75	38.59 0.3	Louise Reed	75	17/09/10	Courtenay, BC	<b>CR</b>
<b>800M</b>						
W35	2:03.25	Diane Cummins	36	17/04/10	Walnut, CA	<b>CR</b>
	2:03.28	Diane Cummins	36	03/07/10	Abbotsford, BC	<b>CR</b>
	2:01.29	Diane Cummins	36	07/07/10	Victoria, BC	<b>CR</b>
	2:02.06	Diane Cummins	36	31/07/10	Toronto, ON	<b>CR</b>
	<b>2:00.08</b>	<b>Diane Cummins</b>	36	14/08/10	Kessel-Lo, BEL	<b>CR</b>
	2:01.11	Diane Cummins	36	22/08/10	Berlin, GER	<b>CR</b>
	2:00.13	Diane Cummins	36	11/10/10	Delhi IND	<b>CR</b>
<b>1500M</b>						
M70	5:25.96	Herb Phillips	70	10/07/10	Burnaby, BC	
	5:21.80	Herb Phillips	70	13/07/10	Burnaby, BC	
	<b>5:20.57</b>	<b>Herb Phillips</b>	70	25/07/10	Sacramento, CA	
M80	6:37.9 (h)	Maurice Tarrant	80	26/06/10	Victoria, BC	<b>CR</b>
W80	8:14.37	Lenore Montgomery	80	17/09/10	Courtenay, BC	<b>CR</b>
<b>MILE</b>						
M55	4:54.72	Paul Reimer	55	20/07/10	Burnaby, BC	<b>CR</b>
M70	5:48.6 (h)	Herb Phillips	70	17/07/10	Victoria, BC	<b>CR</b>
M80	7:15.0 (h)	Maurice Tarrant	80	17/07/10	Victoria, BC	<b>CR</b>
<b>3000M</b>						
M55	9:47.62	Paul Reimer	55	06/07/10	Burnaby, BC	
M70	11:22.90	Herb Phillips	70	11/07/10	Burnaby, BC	
	<b>11:18.08</b>	<b>Herb Phillips</b>	70	13/07/10	Burnaby, BC	
	11:11.88 p	Herb Phillips	70	27/07/09	Burnaby, BC	
M80	<b>14:07.0 (h)</b>	<b>Maurice Tarrant</b>	80	15/05/10	Victoria, BC	<b>CR</b>
	14:36.6 (h)	Maurice Tarrant	80	14/08/10	Victoria, BC	<b>CR</b>
<b>5000M</b>						
M70	19:29.08	Herb Phillips	70	22/07/10	Sacramento, CA	
M80	24:37.9 (h)	Maurice Tarrant	80	01/05/10	Victoria, BC	<b>CR??</b>
	<b>24:16.4(h) p?</b>	<b>Maurice Tarrant</b>	80	21/08/10	Victoria, BC	<b>CR??</b>
(Les Leyland's record time of 23:36.37 is questionable)						
W80	28:18.54	Lenore Montgomery	80	16/09/10	Courtenay, BC	<b>CR</b>
<b>10000M</b>						
M70	40:02.31	Herb Phillips	70	24/07/10	Sacramento, CA	
<b>4 X 100M RELAY</b>						
M35	49.42	Will Harrower (38), Charles Oamen (36) Sam Walker (38), Ben Afful (39)		20/06/10	Langley, BC	
M65	54.17	Tony Badowski (67), Lee Southern (65) Harold Morioka (67), Tuomas Ukonmaanaho (65)		20/06/10	Langley, BC	<b>CR</b>
M80	1:14.61	Les Robson (83), Isaac Thiessen (81) Norm Lesage (80), Adrian Meeuwissen (80)		16/09/10	Courtenay, BC	<b>CR</b>
W70	1:22.40	Ella Lee (72), Klazina Noort (77) Frances Steinfeld (72), Christa Bortignon (73)		20/06/10	Langley, BC	
	<b>1:12.01</b>	<b>Diane Palmason (72), Gerda Crosthwaite (71) Louise Reed (75), Christa Bortignon (73)</b>		16/09/10	Courtenay, BC	<b>CR</b>

**LONG JUMP**

M60	5.13	1.6	John Hawkins	61	19/06/10	Joplin, MO	
W55	3.99	1.4	Margaret Rhebergen	55	19/06/10	Langley, BC	
	<b>4.02</b>	<b>1.2</b>	<b>Margaret Rhebergen</b>	55	17/09/10	Courtenay, BC	
W70	3.40	0.0	Christa Bortignon	73	16/09/10	Courtenay, BC	CR
	<b>3.41</b>	<b>-0.2</b>	<b>Christa Bortignon</b>	73	17/09/10	Courtenay, BC	<b>CR</b>

**TRIPLE JUMP**

M45	12.70	0.7	Hugh Maguire	46	25/07/10	Sacramento, CA	<b>CR</b>
M80	<b>6.62</b>	<b>0.2</b>	<b>Larry Chalmers</b>	81	17/09/10	Courtenay, BC	
	6.56	0.3	Adrian Meeuwissen	80	17/09/10	Courtenay, BC	
W40	7.80	-0.1	Iuliana Kroeger	41	20/06/10	Langley, BC	
W55	<b>8.04</b>	<b>-0.2</b>	<b>Margaret Rhebergen</b>	55	20/06/10	Langley, BC	
	7.93	-0.1	Margaret Rhebergen	55	17/09/10	Courtenay, BC	
W60	7.02	0.4	Betsy Rollins	60	11/07/10	Burnaby, BC	
	<b>7.06</b>	<b>-0.4</b>	<b>Betsy Rollins</b>	60	17/09/10	Courtenay, BC	
W70	6.93	0.0	Christa Bortignon	73	20/06/10	Langley, BC	CR
	7.17	0.0	Christa Bortignon	73	11/07/10	Burnaby, BC	CR
	<b>7.30</b>	<b>0.0</b>	<b>Christa Bortignon</b>	73	18/07/10	Toronto, ON	<b>CR</b>
	7.12	0.8	Christa Bortignon	73	06/09/10	Mayaguez, PUR	CR
	7.06	-0.3	Christa Bortignon	73	17/09/10	Courtenay, BC	CR
	6.95	nwi	Christa Bortignon	73	06/09/10	St. George, UT	CR

**HIGH JUMP**

M60	1.70		John Hawkins	61	19/06/10	Joplin, MO	<b>CR</b>
M70	1.27	(tie)	Les East	71	05/09/10	St. George, UT	
W55	1.25		Margaret Rhebergen	55	19/06/10	Langley, BC	
	<b>1.30</b>		<b>Margaret Rhebergen</b>	55	18/09/10	Courtenay, BC	<b>CR (tie)</b>
	1.25		Sharon Williams	56	18/09/10	Courtenay, BC	
W70	1.06		Christa Bortignon	73	19/06/10	Langley, BC	
	1.10		Sandy Anderson	70	26/06/10	Courtenay, BC	
	1.05		Christa Bortignon	73	17/07/10	Toronto, ON	
	1.12		Sandy Anderson	70	24/07/10	Sacramento, CA	
	1.12		Christa Bortignon	73	05/09/10	Mayaguez, PUR	
	1.05		Christa Bortignon	73	18/09/10	Courtenay, BC	
	<b>1.17</b>		<b>Sandy Anderson</b>	70	18/09/10	Courtenay, BC	
	1.05		Christa Bortignon	73	05/09/10	St. George, UT	

**POLE VAULT**

M75	<b>2.22</b>		<b>Gerard Dumas</b>	75	08/05/10	Victoria, BC	
	2.10		Gerard Dumas	75	25/06/10	Victoria, BC	
	2.00		Gerard Dumas	75	07/07/10	Victoria, BC	
	2.00		Gerard Dumas	75	16/09/10	Courtenay, BC	
W40	2.11		Nancy Craig	44	10/09/10	Victoria, BC	
W50	1.20	(tie)	Anne Murfitt	50	19/06/10	Langley, BC	
W55	2.00		Margaret Rhebergen	55	16/09/10	Courtenay, BC	
W70	1.20		Sandy Anderson	70	07/07/10	Victoria, BC	CR
	<b>1.50</b>		<b>Sandy Anderson</b>	70	23/07/10	Sacramento, Ca	<b>CR</b>

**SHOT PUT**

M80	<b>11.40</b>		<b>Rainer Sillantaus</b>	80	20/06/10	Langley, BC	<b>CR</b>
	10.89		Rainer Sillantaus	80	15/09/10	Courtenay, BC	CR
	9.13		Adrian Meeuwissen	80	15/09/10	Courtenay, BC	
M95	4.84		Jim Murray	95	15/09/10	Courtenay, BC	<b>CR</b>
W60	9.31		Rose Hare	61	15/06/10	Coquitlam, BC	
	<b>9.33</b>		<b>Rose Hare</b>	61	06/07/10	Burnaby, BC	
W90	5.36	2kg	Olga Kotelko	91	15/09/10	Courtenay, BC	CR
	<b>5.43</b>	<b>2kg</b>	<b>Olga Kotelko</b>	91	17/09/10	Courtenay, BC	<b>WR (2kg)</b>

**DISCUS**

M35	36.15	***	John Saari	36	02/03/10	Kamloops, BC	
M55	45.23		Don Allemeersch	56	19/06/10	Langley, BC	<b>CR</b>
M80	<b>25.91</b>		<b>Rainer Sillantaus</b>	80	19/06/10	Langley, BC	
	25.14		Rainer Sillantaus	80	16/09/10	Courtenay, BC	
M95	12.46		Jim Murray	95	19/06/10	Langley, BC	CR
	<b>14.06</b>		<b>Jim Murray</b>	95	16/09/10	Courtenay, BC	<b>CR</b>
W35	35.10		Pina Russo	35	02/03/10	Kamloops, BC	
W50	22.19		Linda Keatley-Campbell	53	02/03/10	Kamloops, BC	
W60	25.35		Rose Hare	61	19/06/10	Langley, BC	

**JAVELIN**

M65	44.60	Victor Njume	67	16/09/10	Courtenay, BC	<b>CR</b>
M80	27.74	Rainer Sillantaus	80	04/03/10	Kamloops, BC	
	<b>30.61</b>	<b>Rainer Sillantaus</b>	80	19/06/10	Langley, BC	<b>CR</b>
	29.61	Rainer Sillantaus	80	16/09/10	Courtenay, BC	CR
M95	<b>9.80</b>	<b>Jim Murray</b>	95	19/06/10	Langley, BC	<b>CR</b>
	9.47	Jim Murray	95	16/09/10	Courtenay, BC	CR
W70	20.59	Gerda Crosthwaite	71	16/09/10	Courtenay, BC	

**HAMMER**

M50	47.83	Mike Duffala	54	26/06/10	Courtenay, BC	
M95	13.40	Jim Murray	95	18/06/10	Langley, BC	<b>CR</b>
W35	39.14	Pina Russo	35	04/03/10	Kamloops, BC	
W75	20.90	2kg Myrtle Acton	77	17/09/10	Courtenay, BC	CR
	21.03	2kg Myrtle Acton	77	18/09/10	Courtenay, BC	CR
	<b>21.58</b>	<b>2kg Mae Turek</b>	78	18/09/10	Courtenay, BC	<b>CR (2kg)</b>
W90	<b>13.92</b>	<b>3kg Olga Kotelko</b>	91	04/03/10	Kamloops, BC	<b>WR (3kg)</b>
	14.59	2kg Olga Kotelko	91	17/09/10	Courtenay, BC	WR
	<b>14.81</b>	<b>2kg Olga Kotelko</b>	91	18/09/10	Courtenay, BC	<b>WR (2kg)</b>

**WEIGHT THROW**

M55	12.91	Dave McDonald	56	21/08/10	Seattle, WA	
	<b>13.96</b>	<b>Dave McDonald</b>	56	15/09/10	Courtenay, BC	
M65	11.60	Ken Townsend	65	15/09/10	Courtenay, BC	
M95	5.54	Jim Murray	95	15/09/10	Courtenay, BC	<b>CR</b>
W60	<b>12.05</b>	<b>Rose Hare</b>	62	15/09/10	Courtenay, BC	
	11.78	Rose Hare	62	17/09/10	Courtenay, BC	
W70	8.64	Sandy Anderson	70	15/09/10	Courtenay, BC	
W75	<b>9.44</b>	<b>4kg Myrtle Acton</b>	77	15/09/10	Courtenay, BC	<b>CR (4kg)</b>
	9.14	4kg Myrtle Acton	77	17/09/10	Courtenay, BC	CR
W90	7.78	4kg Olga Kotelko	91	15/09/10	Courtenay, BC	WR
	<b>7.90</b>	<b>4kg Olga Kotelko</b>	91	17/09/10	Courtenay, BC	<b>WR (4kg)</b>

**WEIGHT PENTATHLON**

M65	3035 pts	Ken Townsend	65	21/08/10	Seattle, WA	
		(28.50/541, 9.40/654, 34.43/666, 31.95/587, 11.12/587)				
W60	3376 pts	Rose Hare	62	17/09/10	Courtenay, BC	<b>CR</b>
		(29.45/826, 8.51/712, 23.57/608, 19.42/475, 11.78/755)				
W70	3200 pts	Sandy Anderson	70	17/09/10	Courtenay, BC	
		(21.13/722, 7.10/739, 18.43/612, 15.50/485, 8.48/642)				

**WR** World record**CR** Canadian record (CR = also betters listed 2009 Canadian record)**CR??** Possible Canadian record**p** pending ratification by the BC Athletics Masters committee.**\*\*\*** BC M35 records incomplete**2010 SUMMARY (Number of times records broken or set)**

<b>WORLD CHAMPIONSHIPS (Kamloops):</b>	6 BC	1 CR	1 WR
<b>BC MASTERS CHAMPS:</b>	20 BC	9 CR	0 WR
<b>CAN MASTERS CHAMPS:</b>	2 BC	1 CR	0 WR
<b>US MASTERS CHAMPS:</b>	9 BC	6 CR	0 WR
<b>BC SENIORS GAMES:</b>	50 BC	30 CR	5 WR
<b>WORLD MASTERS GAMES:</b>	No games this year		
<b>OTHERS:</b>	43 BC	17 CR	0 WR
<b>TOTAL TIMES RECORDS BROKEN:</b>	<b>130 BC</b>	<b>64 CR</b>	<b>6 WR</b>
	(Not counting BC or Canadian record for M. Tarrant's 5000m)		

**NEW RECORDS:                      69 BC (+2 tie)    35 CR (+1 tie)    3 WR**\* *These numbers are less than the numbers in the '2010 Summary' because several records were broken more than once.*

# ROAD BESTS IN 2010

-by Jake Madderom

5K	23:37	<b>Maurice Tarrant</b>	80	07/03/10	Sidney (Bazan Bay)	<b>CR</b>
8K	38:15		80	10/01/10	Saanichton (Pioneer)	<b>CR</b>
10K	48:23			24/01/10	Cobble Hill	
	50:56			18/04/10	Sooke	
	<b>47:51</b>		80	25/04/10	Victoria (Times Colonist)	<b>CR</b>
12K	59:53	(no records kept for this distance)		07/02/10	Nanaimo (Cedar)	
15K	1:13:28	(no BC records kept for 15K)	80	04/04/10	Merville	<b>WR</b>
Half	1:51:30		80	21/03/10	Courtenay (Comox Half)	<b>CR</b>
10K	41:00	<b>Herb Phillips</b>	70	15/08/10	Richmond (Olympic Oval)	
15K	1:03:31	(no BC records kept for 15K)	70	11/09/10	Bellingham	
Half	1:30.33		70	08/08/10	Delta Half Marathon	
Marathon	3:06.08		70	10/10/10	Victoria Marathon	
5K	36:04	<b>Jim Sargent</b>	87	07/03/10	Sidney (Bazan Bay)	<b>CR</b>
8K	1:03:17		87	10/01/10	Saanichton (Pioneer)	<b>CR</b>
Half	1:52:23	<b>Gwen McFarlan</b>	76	02/05/10	Vancouver	<b>(single-age WR)</b>
Marathon	4:02.27		76	10/10/10	Victoria Marathon	<b>(single-age WR)</b>
Half	2:23:08	<b>Betty J McHugh</b>	82	02/05/10	Vancouver	<b>(single-age WR)</b>
10K	1:01:29	<b>Lenore Montgomery</b>	80	18/09/10	Courtenay ( BC Sr Games)	<b>CR</b>
10K	38:47	<b>Annette O'Brien</b>	<b>50?</b>	17/07/10	Summerfast	
Half	1:26:06			10/10/10	Victoria Marathon	