

BC MASTERS OUTDOOR TRACK AND FIELD RECORDS

NEW RECORDS SET IN 2011 - to August 01

NEW RECORDS: 52 BC (1tie), 23 CR (1tie), 1 WR

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

<u>AGE</u>	<u>RECORD</u>	<u>RECORD HOLDER</u>	<u>AGE</u>	<u>DATE</u>	<u>VENUE</u>	
100M						
M80	16.05 -1.1	Norm Lesage	81	09/07/11	Burnaby, BC	
W70	16.57 0.5	Christa Bortignon	74	09/07/11	Sacramento, CA	CR
	16.16 0.8	Christa Bortignon	74	30/07/11	Berea, OH	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	
800M						
M45	2:03.47	Warren McCulloch	45	09/07/11	Sacramento, CA	
	2:00.66	Warren McCulloch	45	11/07/11	Sacramento, CA	
	2:00.24	Warren McCulloch	45	17/07/11	Coquitlam, BC	
	2:01.39	Warren McCulloch	45	26/07/11	Surrey, BC	
W80	4:00.53	Lenore Montgomery	81	11/07/11	Sacramento, CA	CR
1500M						
MILE						
3000M						
W60	13:34.1	p Marcia Stromsmoe	61	28/05/11	Victoria, BC	
	13:32.1	p Marcia Stromsmoe	62	10/07/11	Victoria, BC	
5000M						
M45	15.22.4	p Colin Dignum	45	19/06/11	Victoria, BC	CR
10000M						
SPRINT HURDLES						
M40	15.49 -0.0	Tim Kroeker	40	18/06/11	Langley, BC	
M65	20.18 -1.3	Jess Brewer	65	18/06/11	Langley, BC	
	18.90 -2.4	Jess Brewer	65	16/07/11	Sacramento, CA	CR
	19.16 0.2	p Jess Brewer	65	26/07/11	Surrey, BC	
W70	20.20 -0.2	Christa Bortignon	74	06/07/11	Sacramento, CA	CR
LONG HURDLES						
M65	51.77	Jess Brewer	65	19/06/11	Langley, BC	
	50.02	Jess Brewer	65	11/07/11	Sacramento, CA	
M75	56.98	Andy Aadmi	75	09/07/11	Sacramento, CA	
	55.87	Andy Aadmi	75	11/07/11	Sacramento, CA	
W70	43.71 -0.3	Christ 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	
LONG JUMP						
W70	3.42 -2.0	Christa Bortignon	74	14/05/11	Eugene, OR	CR
	3.43 -0.6	Christa Bortignon	74	18/06/11	Langley, BC	CR
	3.47 1.8	Christa Bortignon	74	29/07/11	Berea, OH	CR
TRIPLE JUMP						
M80	6.87 +2.5**	Gordon Chalmers	82	12/07/11	Sacramento, CA	
W60	7.34 -1.0	Betsy Rollins	61	10/07/11	Burnaby, BC	
W70	7.76 -1.3	Christa Bortignon	74	14/05/11	Eugene, OR	CR
	7.50 1.0	Christa Bortignon	74	19/06/11	Langley, BC	CR
	7.33 0.9	Christa Bortignon	74	15/07/11	Sacramento, CA	CR
HIGH JUMP						
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	1.50 (tie)	Sandy Anderson	71	18/06/11	Langley, BC	CR (tie)
SHOT PUT						
M70	12.32	Marek Glowacki	70	21/05/11	Lagiewniki, POL	
	13.82	Marek Glowacki	70	04/06/11	Stargard Szczecinski, POL	CR
	14.03	Marek Glowacki	70	18/06/11	Zielona Gora, POL	CR
	13.74	Marek Glowacki	70	09/07/11	Sacramento, CA	CR
	13.20	Marek Glowacki	70	17/07/11	Sacramento, CA	CR
W45	10.11	p Carolyn Boomer	47	11/06/11	Kamloops, BC	CR
W50	9.35	Denise Clements	50	05/06/11	Sidney, BC	
	9.53	Denise Clements	50	19/06/11	Langley, BC	
	9.28	Denise Clements	50	13/07/11	Sacramento, CA	
W75	7.65	2kg Myrtle Acton	78	19/06/11	Langley, BC	CR
	7.57	2kg Myrtle Acton	78	09/07/11	Sacramento, CA	CR
	7.98	2kg Myrtle Acton	78	15/07/11	Sacramento, CA	CR
DISCUS						
M70	40.55	Marek Glowacki	70	21/05/11	Lagiewniki, POL	CR
W50	23.49	Denise Clements	50	30/04/11	Port Alberni, BC	
	24.12	Denise Clements	50	28/05/11	Nanaimo, BC	
W60	26.39	Gabriella Moro	64	11/06/11	Coquitlam, BC	
JAVELIN						
M40	63.44	Erin Bevins	40	13/07/11	Sacramento, CA	CR
M70	35.87	Marek Glowacki	70	04/06/11	Stargard Szczecinski, POL	
	38.09	Marek Glowacki	70	17/07/11	Sacramento, CA	
M80	32.37	Rainer Sillantaus	81	11/07/11	Sacramento, CA	CR
W45	26.03	Georgina Titus	46	18/06/11	Langley, BC	
	25.42	Georgina Titus	46	08/07/11	Sacramento, CA	
HAMMER						
M70	42.39	Marek Glowacki	70	18/06/11	Zielona Gora, POL	
	42.74	Marek Glowacki	70	16/07/11	Sacramento, CA	
W50	31.67	Denise Clements	50	01/05/11	Port Alberni, BC	CR
	34.26	Denise Clements	50	28/05/11	Nanaimo, BC	CR
	36.40	Denise Clements	50	05/06/11	Sidney, BC	CR
	33.01	Denise Clements	50	19/06/11	Langley, BC	CR
	37.75	Denise Clements	50	12/07/11	Sacramento, CA	CR
	31.29	Denise Clements	50	16/07/11	Sacramento, CA	CR
W60	31.15	Rose Hare	62	12/06/11	Coquitlam, BC	CR
	32.30	Rose Hare	62	28/06/11	Surrey, BC	CR
W75	21.61	2kg Myrtle Acton	78	15/07/11	Sacramento, CA	CR
W90	16.71	2kg Olga Kotelko	92	08/07/11	Sacramento, CA	WR
	14.91	2kg Olga Kotelko	92	15/07/11	Sacramento, CA	WR
WEIGHT THROW						
M55	14.21	Dave McDonald	57	26/07/11	Surrey, BC	
M65	11.99	Ken Townsend	66	05/06/11	Sidney, BC	
	12.65	Ken Townsend	66	26/07/11	Surrey, BC	
M70	15.67	Marek Glowacki	70	21/05/11	Lagiewniki, POL	
	16.64	Marek Glowacki	70	04/06/11	Stargard Szczecinski, POL	
	15.59	Marek Glowacki	70	17/07/11	Sacramento, CA	
M75	12.86	Andy Aadmi	75	12/07/11	Sacramento, CA	
W50	12.25	Denise Clements	50	05/06/11	Sidney, BC	CR
	12.40	Denise Clements	50	18/06/11	Langley, BC	CR
	12.52	Denise Clements	50	11/07/11	Sacramento, CA	CR
W75	9.54	4Kg Myrtle Acton	78	15/07/11	Sacramento, CA	CR
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	4248 pts	Marek Glowacki	70	21/05/11	Lagiewniki, POL	CR
		(41.18/881, 12.32/888, 40.55/908, 33.05/671, 15.67/900)				
	4295 pts	Marek Glowacki	70	04/06/11	Stargard Szczecinski, POL	CR
		(37.08/777, 13.82/1013, 36.42/799, 35.87/742, 16.64/964)				
	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)

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
W80 43:32.40 Ruth Carrier 80 07/07/11 Sacramento, CA

10K WALK (ROAD)

W35 54:09.89 Nardene Hammond 39 12/07/11 Sacramento, CA
W80 1:27:18.40 Ruth Carrier 80 12/07/11 Sacramento, CA

20K WALK (ROAD)

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

WR World record

CR Canadian record

p Pending completed record application form.

****** No record. Wind reading over +2.0.