

BC MASTERS INDOOR TRACK AND FIELD RECORDS

-updated February, 2009

-compiled by Harold Morioka

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE
60M					
M35	7.23	Tom Dickson	39	20/03/93	Bozeman, MT
M40	7.40	Tom Dickson	40	26/03/94	Columbia, MO
M45	8.42	p Len van Ryswyk	45	21/02/09	Kamloops, BC
M50	7.37	Harold Morioka	50	20/03/93	Bozeman, MT
M55	7.79	Harold Morioka	56	27/03/99	Boston, MA
	7.72	p Tom Dickson	55	21/02/09	Kamloops, BC
M60	7.80	Harold Morioka	60	15/02/03	Seattle, WA
	7.80	Harold Morioka	60	28/03/03	Boston, MA
M65	8.46	Herb Gee	65	11/02/06	Seattle, WA
M70	9.31	p Andy Aadmi	73	21/02/09	Kamloops, BC
M75	9.18	Norm Lesage	75	12/03/05	Boise, ID
M80	11.89	p Les Robson	81	21/02/09	Kamloops, BC
M85	12.13	p Harry Thompson	86	21/02/09	Kamloops, BC
W35	8.82	p Pat Sima-Ledding	36?	21/09/09	Kamloops, BC
W40	8.61	p Georgina Titus	44	21/02/09	Kamloops, BC
W45	8.55	Kim Ross	46	03/03/07	Toronto, ON
W50	10.78	Nancy Cochran	50	08/03/03	Toronto, ON
W55	9.93	p Urith Hayley	57	21/02/09	Kamloops, BC
W60	10.48	p Michelle Hankey	60	21/02/09	Kamloops, BC
W65	11.24	p Gerda Crosthwaite	69	21/02/09	Kamloops, BC
W75	12.83	p Klazina Noort	76	21/02/09	Kamloops, BC
W80	12.98	Olga Kotelko	82	03/03/01	Edmonton, AB
W85	13.70	Olga Kotelko	86	12/03/05	Boise, ID
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
M65	28.39	Herb Gee	65	11/02/06	Seattle, WA
M70	32.23	p Andy Aadmi	73	22/02/09	Kamloops, BC
M75	32.28	Norm Lesage	78	16/02/08	Kamloops, BC
M80	42.05	p Les Robson	81	22/02/09	Kamloops, BC
M85	43.61	p Harry Thompson	86	22/02/09	Kamloops, BC
W40	28.28	Marne McMillan	41	27/03/94	Columbia, MO
W45	28.84	Kim Ross	46	03/03/07	Toronto, ON
W55	35.39	Marg Radcliffe	58	11/06/00	Toronto, ON
	34.93	p Urith Hayley	57	22/02/09	Kamloops, BC
W60	36.76	p Michelle Hankey	60	22/02/09	Kamloops, BC
W70	36.39	p Diane Palmason	70	22/02/09	Kamloops, BC
W75	46.06	p Klazina Noort	76	22/02/09	Kamloops, BC
W80	48.92	Olga Kotelko	82	04/03/01	Edmonton, AB
W85	52.68	Olga Kotelko	85	11/03/04	Sindelfingen, GER
400M					
M35	53.18	Jimson Lee	35	27/03/99	Boston, MA
M40					
M45	51.8	Harold Morioka	46	18/02/89	Moscow, ID
	52.42	Harold Morioka	48	23/03/91	Blaine, MN
M50	52.2	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
M75	1:12.52		Norm Lesage	75	12/03/05	Boise, ID
M80	1:44.75	p	Les Robson	81	21/02/09	Kamloops, BC
M85	1:55.36		Les Leyland	85	08/03/03	Toronto, ON
	1:42.43	p	Harry Thompson	86	21/02/09	Kamloops, BC
W35	1:02.17	p	Melina Thibodeau	36	01/03/08	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	1:29.07		Michelle Hankey	59	16/02/08	Kamloops, BC
	1:25.10	p	Urith Hayley	57	21/02/09	Kamloops, BC
W60	1:26.44	p	Michelle Hankey	60	21/02/09	Kamloops, BC
W70	1:22.07	p	Diane Palmason	70	21/02/09	Kamloops, BC
W80	2:33.88		Ivy Granstrom	84	30/03/96	Greensboro, NC
W85	2:39.23		Ivy Granstrom	87	27/03/99	Boston, MA

800M

M35	1:58.41		Mark Knoop	39	04/03/07	Edmonton, AB
M40	1:59.68	p	Warren McCulloch	41	08/03/08	Seattle, WA
M45	2:25.59		Brian Martinson	49	17/02/08	Kamloops, BC
M50	2:29.05	p	Brian Martinson	50	22/02/09	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
M80	3:58.21		Les Leyland	81	06/03/99	Toronto, ON
M85	4:41.57		Les Leyland	85	08/03/03	Toronto, ON
	4:12.52	p	Harry Thompson	86	22/02/09	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
W70	3:19.81	p	Diane Palmason	70	22/02/09	Kamloops, BC
W80	5:16.53		Ivy Granstrom	84	31/03/96	Greensboro, NC
W85	5:59.98		Ivy Granstrom	87	28/03/99	Boston, MA

1500M

M45	4:59.40		Brian Martinson	49	16/02/08	Kamloops, BC
M50	5:01.77	p	Brian Martinson	50	21/02/09	Kamloops, BC
M60	5:25.90		Jack Miller	62	16/02/08	Kamloops, BC
M80	7:41.5		Les Leyland	80	14/03/98	Toronto, ON
M85	9:01.16		Les Leyland	85	08/03/03	Toronto, ON
W40	4:31.84		Erna Kozak	41	21/02/87	Edmonton, AB

MILE

M40	4:26.5		Barry Adams	??	??/??/??	Portland, WA
W40	5:04.0	?	Erna Kozak	41	11/01/87	Seattle, WA
W50	5:10.87		Maureen de St Croix	52	22/01/05	Ithica, 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
M50	10:58.84	p	Brian Martinson	50	22/02/09	Kamloops, BC
M60	11:26.96	p	Jack Miller	60	22/02/09	Kamloops, BC
M85	20:15.9		Les Leyland	85	08/03/03	Toronto, ON
W80	23:41.32		Ivy Granstrom	84	29/03/96	Greensboro, NC
W85	25:57.92		Ivy Granstrom	87	26/03/99	Boston, MA

60M HURDLES

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

M50	10.13	Jess Brewer	52	28/03/98	Boston, MA
M55	9.83	Warren Hamill	55	23/03/01	Boston, MA
M75	13.93	Danny Daniels	77	16/03/06	Linz, AUS

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

W45	13.21	Nancy Cochrane	49	03/03/02	Kenosha, WI
W50	12.44	Nancy Cochrane	50	08/03/03	Toronto, ON

4 x 200M RELAY

M60	1:56.12	p	Herb Gee (68), Tony Badowski (66)	21/02/09	Kamloops, BC
			Harold Morioka (66), Sewa Birring (63)		

M65	2:00.34	p	Herb Gee (68), Tony Badowski (66)	21/02/09	Kamloops, BC
			Harold Morioka (66), Andy Aadmi (73)		

W55	2:36.93	p	Klazina Noort (76), Urith Hayley (57)	21/02/09	Kamloops, BC
			Michelle Hankey (60), Diane Palmason (70)		

4 x 400M RELAY

M60	4:13.30		Tony Badowski (65), John Winfield (61)	11/03/08	Kamloops, BC
			Sewa Birring (62), Harold Morioka (65)		

M65	4:48.34	p	Herb Gee (68), Tony Badowski (66)	22/02/09	Kamloops, BC
			Andy Aadmi (73), Harold Morioka (66)		

LONG JUMP

M40	5.30	p	Gary Silvester	40	21/02/09	Kamloops, BC
M50	5.15		John Hawkins	53	15/03/03	Kenosha, WI
M55	5.48		John Hawkins	57	03/03/07	Kenosha, WI
M65	4.05	p	Herb Gee	68	21/02/09	Kamloops, BC
M70	2.85	p	Andy Aadmi	73	21/02/09	Kamloops, BC
M75	3.25		Danny Daniels	75	11/03/04	Sindelfingen, GER
M80	2.33	p	Les Robson	81	21/02/09	Kamloops, BC
W40	4.47	p	Georgina Titus	44	21/02/09	Kamloops, BC
W45	3.43		Nancy Cochrane	49	02/03/02	Kenosha, WI
W50	3.09		Nancy Cochrane	50	08/03/03	Toronto, ON
W80	2.11		Olga Kotelko	82	03/03/01	Edmonton, AB
W85	1.91		Olga Kotelko	85	13/03/04	Sindelfingen, GER

TRIPLE JUMP

M45	11.??	p	Harold Morioka	??		USA Champs.
M55	10.75		Warren Hamill	55	25/03/01	Boston, MA
M80	5.59	p	Les Robson	81	22/02/09	Kamloops, BC
W85	4.06		Olga Kotelko	88	15/02/08	Kamloops, BC

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
M75	1.17		Danny Daniels	77	16/03/06	Linz, AUS
W40	1.72		Debbie Brill	41	25/02/95	Reno, NV
W45	1.60		Debbie Brill	48	15/02/02	Hamilton, ON
	1.65	p	Debbie Brill	48	2or3/03/02	Edmonton, AB
W50	1.23		Nancy Cochrane	50	08/03/03	Toronto, ON
W80	0.85		Olga Kotelko	82	04/03/01	Edmonton, AB
W85	0.89		Olga Kotelko	85	14/03/04	Sindelfingen, GER

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	3.35		Warren Hamill	60	12/12/06	Victoria, BC
	3.40	p	Warren Hamill	62	06/03/08	Victoria, BC
	3.40	p	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
W45	1.45		Nancy Cochrane	49	03/03/02	Kenosha, WI

SHOT PUT

M35-49 (16 lb); M50-59 (6kg); M60-69 (5kg); M70-79 (4kg); 80+ (3kg)						
M40	10.68	p	Gary Silvester	40	22/02/09	Kamloops, BC
M50	11.69		John Hawkins	51	09/02/01	Romeoville, IL
M55	12.93		John Hawkins	56	04/03/06	Kenosha, WI
M60	9.61	p	Sewa Birring	63	22/02/09	Kamloops, BC
M65	9.65	p	Harold Morioka	66	22/02/09	Kamloops, BC
M70	9.63		Walter Jenkins	72	20/03/93	Bozeman, MT
M75	8.27		Danny Daniels	77	16/03/06	Linz, AUS
W35-49 (4kg); W50+ (3kg)						
W40	7.37	p	Georgina Titus	44	22/02/09	Kamloops, BC
W45	5.80		Nancy Cochrane	49	02/03/02	Kenosha, WI
W50	5.68		Nancy Cochrane	50	08/03/03	Toronto, ON
W60	6.77	p	Michelle Hankey	60	22/02/09	Kamloops, BC
W65	6.35		Estell Jenkins		20/03/93	Bozeman, MT
W75	4.26	p	Klazina Noort	76	22/02/09	Kamloops, BC
W80	5.75		Olga Kotelko	84	28/03/03	Saskatoon, SK
W85	5.81		Olga Kotelko	85	11/03/04	Sindelfingen, GER

WEIGHT THROW

M35-49 (35 lb); M50-59 (25 lb); M60-69 (20 lb); M70-79 (16 lb); M80+ (12 lb)						
M70	13.02		Udo Grady	70	12/03/05	Boston, MA
W35-49 (20 lb); W50-59 (16 lb); W60+ (12 lb)						
W65	4.99		Estell Jenkins		19/03/93	Bozeman, MT
W80	7.06		Olga Kotelko	84	28/03/03	Saskatoon, SK
W85	7.56		Olga Kotelko	85	10/03/04	Sindelfingen, GER

SUPER WEIGHT

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

PENTATHLON

MEN: (60M Hurdles, Long Jump, Shot Put, High Jump, 1000M)						
M55	4143 pts		Warren Hamill	55	23/03/01	Boston, MA
(9.83, 5.37, 11.26, 1.66, 3:34.10)						
M75	2833 pts		Danny Daniels	77	16/03/06	Linz, AUS
(13.93, 3.24, 8.27, 1.17, 5:27.36)						
WOMEN: (60M Hurdles, High Jump, Shot Put, Long Jump, 800M)						
W45	2279 pts*		Nancy Cochrane	49	22/03/02	Boston, MA
(individual events missing)						
W50	2267 pts #		Nancy Cochrane	50	08/03/03	Toronto, ON
(10.78 - 60m , 1.23, 5.68, 3.09, 3:24.24)						

HEPTATHLON		(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)
		(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)

* Multi-events score using tables prior to 2002 factors.

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