

BCA Masters Road Running Records

WOMEN

Distance	Category	First Name	Last Name	Venue	Date	Time
mile	40-44	Erna	Kozak		07/01/87	4:38.6
mile	45-49	Debbie	Collum	Mundy Park	05/23/98	5:16
mile	50-54	Kimberly	Maxwell		06/12/88	6:04.5
mile	55-59	Jean	Cleator			6:20.6
mile	60-64	Rosamund	Dashwood		06/09/89	6:41.6
mile	65-69	Hazel	Cameron	Maple Ridge	05/01/93	7:24
mile	70-74	Ivy	Granstrom			8:52
5k	40-44	Nancy	Tinari	North Shore	03/30/00	16:24
5k	45-49	Nancy	Tinari	Vancouver	03/13/05	17:07
5k	50-54	Catherine	Irons	Bazen Bay	03/08/09	18:47
5k	55-59	Gwyn	Woodson	Sidney	03/09/08	20:46
5k	60-64	Sandra	Bastedo	Victoria	03/12/06	20:46
5k	65-69	Rosamund	Dashwood	North Shore	04/02/89	22:57
5k	70-74	BJ	McHugh			23:44
5k	75-79	Lenore	Marvin	White Rock	07/02/95	a 25:32
5k	75-79	BJ	McHugh	North Shore	04/05/03	26:00
5k	80-84	Ivy	Granstrom	St George USA	10/29/91	36:00
8k	40-44	Nancy	Tinari	Steveston	02/06/00	a 26:46
8k	40-44	Leah	Pells	Steveston	01/30/05	26:47
8k	45-49	Nancy	Tinari	Pt. Moody	05/07/05	27:47
8k	50-54	Nancy	Tinari	Victoria	10/11/09	31:22
8k	55-59	Gwyn	Woodson	Saanich	01/21/07	33:15
8k	60-64	Sandra	Bastedo	Victoria	10/10/04	34:16
8k	65-69	Rosamund	Dashwood	Victoria	03/25/90	37:48
8k	70-74	BJ	McHugh	Vancouver	09/13/98	38:00
8k	75-79	BJ	McHugh	Vancouver	05/28/03	41:45
8k	80-84	BJ	McHugh	Steveston	08/31/08	43:49
10k	40-44	Nancy	Tinari	White Rock	06/08/03	a 33:02
10k	40-44	Leah	Pells	Victoria	04/24/05	33:38
10k	45-49	Nancy	Tinari	Victoria	04/24/05	35:08
10k	50-54	Brenda	Baker	Squamish	08/05/07	39:40
10k	50-54	Maureen	de St Croix	Sun Run	04/17/05	a 37:40
10k	55-59	Brenda	Baker	Squamish	08/03/08	40:13
10k	60-64	Sandra	Bastedo	Victoria	04/24/05	42:49
10k	65-69	BJ	McHugh	Sun Run	04/19/93	45:05
10k	70-74	Lenore	Montgomery	White Rock	06/08/03	a 47:33
10k	70-74	BJ	McHugh	Richmond	02/01/98	47:54
10k	75-79	BJ	McHugh	Sun Run	04/13/03	a 50:33
10k	75-79	Gwen	McFarlan	Richmond	09/19/09	52:23
10k	80-84	BJ	McHugh	Sun Run	04/20/08	a 59:01
10k	80-84	Lenore	Montgomery	Comox	09/18/10	1:01:29
1/2M	40-44	Leah	Pells	Vancouver	02/13/05	1:15:26

1/2M	45-49	Nancy	Tinari	Vancouver	02/13/05	1:18:56
1/2M	50-54	Brenda	Baker	Vancouver	11/01/05	1:26:49
1/2M	55-59	Gwyn	Woodson	Comox	03/18/07	1:36:12
1/2M	60-64	Roslyn	Smith	Comox	03/22/09	1:38:23
1/2M	65-69	BJ	McHugh	Vancouver	02/11/96	1:38:49
1/2M	70-74	BJ	McHugh	Vancouver	02/15/98	1:44:34
1/2M	75-79	Gwyn	McFarlan	Kelowna	10/11/09	1:50:00
1/2M	80-84	BJ	McHugh	Vancouver	05/04/08	2:04:19
Mar	35-39	Cheryl	Murphy	Albany, Ga	03/01/08	2:40:12
Mar	40-44	Cheryl	Murphy	Victoria	10/11/09	2:44:01
Mar	45-49	Bonni	Walker	Kelowna	05/18/97	2:53:21
Mar	50-54	Cindy	Rhodes	Victoria	10/11/09	3:06:45
Mar	55-59	Brenda	Baker	Victoria	10/11/09	3:08:10
Mar	60-64	Roslyn	Smith	Victoria	10/11/09	3:33:24
Mar	65-69	BJ	McHugh	Boston	04/18/94	a 3:48:59
Mar	65-69	Jan	Selman	Victoria	10/11/09	3:49:30
Mar	70-74	Gwen	McFarlan	San Diego	06/06/04	4:03:23
Mar	75-79	Gwen	McFarlan	Vancouver	05/03/09	3:57:30
Mar	80-84	BJ	McHugh	Victoria	10/12/08	4:36:52

MEN

Distance	Category	First Name	Last Name	Venue	Date	Time
mile	40-44	Graeme	Fell	San Francisco	6/99	4:17
mile	45-49	Dave	Reed	New York	9/99	4:27
mile	50-54	Jim	Swadling	Coquitlam	05/23/98	4:43.6
mile	55-59	Herb	Phillips	Coquitlam	05/23/98	5:02
mile	60-64	Jim	Thompson	Coquitlam	05/23/98	5:24
mile	65-69	Frank	Kurucz	Coquitlam	05/23/98	6:02
mile	70-74	Willis	Greenaway		95	6:18
5k	40-44	Graeme	Fell	Port Moody	07/15/00	14:18
5k	45-49	Rob	Lonergan	Vancouver	04/08/06	15:32
5k	45-49	Dave	Reed	North Shore	03/ /00	16:01
5k	50-54	Hans	Fenz		01/26/86	16:20
5k	55-59	Maurice	Tarrant	UVIC	04/02/88	16:54
5k	60-64	Jim	Swadling	Vancouver	06/15/07	17:49
5k	65-69	Maurice	Tarrant		03/19/95	18:06
5k	70-74	Maurice	Tarrant	UVIC	03/12/00	20:15
5k	75-79	Maurice	Tarrant	Bazan Bay	03/13/05	20:42
5k	80-84	Maurice	Tarrant	Bazan Bay	03/07/10	23:37
5k	85-89	Jim	Sargent	Bazan Bay	03/07/10	36:04
8k	40-44	Graeme	Fell	Steveston	02/06/00	23:41
8k	45-49	Dave	Reed	Steveston	02/06/00	25:20
8k	50-54	Simon	Timmer	Victoria	10/ /94	26:39
8k	55-59	Simon	Timmer	Bazan Bay	05/10/98	27:01
8k	60-64	Maurice	Tarrant	Brentwood Vict.		28:47
8k	65-69	Herb	Phillips	Steveston	01/29/06	29:41
8k	70-74	Maurice	Tarrant	Saanich	01/14/01	33:57

8k	75-79	Maurice	Tarrant	Saanich	01/15/06	35:38
8k	80-84	Maurice	Tarrant	Saanich	01/10/10	38:15
8k	85-89	Jim	Sargent	Saanich	01/10/10	1:03:17
10k	35-39	Jon	Brown	Cardiff, UK	07/27/08	29:31
10k	40-44	Graeme	Fell	Sun Run	04/22/01	30:09
10k	45-49	Rob	Lonergan	Sun Run	04/15/7	a 31:19
10k	45-49	Mike	Creery	Sun Run	04/18/93	32:34
10k	50-54	Herb	Phillips	UBC	06/13/92	33:23
10k	55-59	Simon	Timmer	Mill Bay	01/24/99	34:19
10k	60-64	Jim	Swadling	Sun Run	04/15/7	a 36:12
10k	60-64	Herb	Phillips	Kamloops		36:30
10k	65-69	Herb	Phillips	White Rock	04/06/06	a 37:20
10k	65-69	Maurice	Tarrant	Garden City	04/30/95	37:29
10k	70-74	Phillips	Herb	Richmond	04/ /00	41:00
10k	75-79	Maurice	Tarrant	Victoria	04/24/05	42:13
10k	80-84	Maurice	Tarrant	Victoria	04/25/10	47:51
10k	85-89	Hans	Sandberg	Victoria	04/26/09	1:14:33
1/2M	35-39	Jon	Brown	Uster, SUI	09/20/08	1:05:54
1/2M	40-44	Bruce	Deacon	Victoria	10/07/07	1:08:02
1/2M	45-49	Norman	Tinkham	Victoria	10/07/08	1:10:47
1/2M	50-54	Herb	Phillips	Las Vegas	02/05/94	a 1:12:29
1/2M	50-54	Alan	Kerr	Kelowna	04/04/93	1:14:00
1/2M	55-59	Rick	Whiting	Las Vegas	02/05/94	a 1:15:57
1/2M	55-59	Maurice	Tarrant		09/26/88	1:16:50
1/2M	60-64	Jim	Swadling	Vancouver	02/10/08	1:20:26
1/2M	65-69	Herb	Phillips	Vancouver	02/19/06	1:23:20
1/2M	70-74	Herb	Phillips	Delta	08/10/10	1:30:33
1/2M	75-79	Maurice	Tarrant	Comox Valley	03/20/05	1:37:37
1/2M	80-84	Maurice	Tarrant	Comox Valley	03/21/10	1:51:30
Mar	35-39	Jon	Brown	Fukuoka, Jpn	12/07/08	2:12:27
Mar	40-44	Bruce	Deacon	New York	11/04/07	2:24:20
Mar	45-49	John	Weston			2:33:53
Mar	50-54	Herb	Phillips	Las Vegas	01/02/92	a 2:35:28
Mar	50-54	Herb	Phillips	Napa, Cal.	06/03/94	2:37:40
Mar	55-59	Herb	Phillips	Sacramento	12/03/95	a 2:38:25
Mar	55-59	Herb	Phillips	Victoria	10/08/95	2:40:19
Mar	60-64	Herb	Phillips	Victoria	10/10/04	2:47:02
Mar	65-69	Herb	Phillips	Victoria	10/09/05	2:52:43
Mar	70-74	Herb	Phillips	Victoria	10/10/10	3:06:08
Mar	75-79	Hugh	Clifford	Vancouver	05/02/82	4:01:21
Mar	80-84	Hugh	Clifford	Vancouver	10/04/86	4:19:56