

## 100m

SENIOR	O	9.91	Linford Christie	60	INT-ENG	Victoria, BC	23.08.1994
	N	10.0h	Harry Jerome	40	BC-VOS	Saskatoon, SK	15.07.1960
JUNIOR	O	10.37	Carlton Chambers	75	INT-ENG	Victoria, BC	29.07.1984
	N	10.38	Nathan Taylor	83	BC-CXVC	London, ON	20.08.2001
YOUTH	O/N	10.41	Peter Ogilvie	72	BC-VOCA	Ottawa, ON	08.06.1989
MIDGET	O/N	10.91	Peter Ogilvie	72	BC-VOCA	Springfield, OR	18.07.1987

## 200m

SENIOR	O	19.97	Frankie Fredricks	67	INT-NAM	Victoria, BC	26.08.1994
	N	20.46	Peter Ogilvie	72	CAN-VOCA	Ingolstadt, GER	19.07.1992
JUNIOR	O/N	20.62(a)	Peter Ogilvie	72	CAN-VOCA	Provo, UT	21.05.1991
YOUTH	O/N	20.94(a)	Peter Ogilvie	72	CAN-VOCA	Provo, UT	27.05.1989
MIDGET	O/N	21.96	Peter Ogilvie	72	BC-VOCA	Springfield, OR	19.07.1987

300m<sup>1</sup>

MIDGET	O/N	37.11	Jacob Houlton	95	BC-LANG	Ottawa, ON	08.08.2010
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## 400m

SENIOR	O/N	44.86	Shane Niemi	78	CAN-KAML	Ottawa, ON	21.07.2001
JUNIOR	O/N	45.83	Shane Niemi	78	CAN-KAML	Havana, CUB	19.07.1997
YOUTH	O/N	46.69	Shane Niemi	78	BC-KAML	Sanitago, CHI	02.09.1995
MIDGET	O/N	49.21	Brendon Restall	94	BC-PATH	Burnaby, BC	06.06.2009

## 800m

SENIOR	O/N	1:43.68	Gary Reed	81	BC-PATH	Monaco, MON	29.07.2008
JUNIOR	O/N	1:47.33	Zach Whitmarsh	77	CAN-VTFC	Sydney, AUS	24.08.1997
YOUTH	O/N	1:50.28	Kevin Robinson	68	BC-VRTC	Burnaby, BC	27.07.1985
MIDGET	O	1:54.43	Kevin Sullivan	74	NTL-ON	Victoria, BC	06.08.1989
	N	1:55.51	Kevin Robinson	68	BC-VRTC	Eugene, OR	10.07.1983

## 1000m

YOUTH	O/N	2:49.88	James Turner	93	BC-OACS	Ottawa, ON	08.08.2010
<b>MIDGET</b>	<b>O/N</b>	<b>2:54.55</b>	<b>James Hellner</b>	<b>96</b>	<b>BC-LANG</b>	<b>Langley, BC</b>	<b>25.06.2011</b>

1200m<sup>2</sup>

<b>MIDGET</b>	<b>O/N</b>	<b>3:14.10</b>	<b>Thomas Oxland</b>	<b>96</b>	<b>BC-OTFC</b>	<b>Ottawa, ON</b>	<b>07.08.2011</b>
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## 1500m

SENIOR	O/N	3:34.98	Graham Hood	72	PACSPORT	Nikaia, FRA	08.07.2001
JUNIOR	O	3:41.58	Kevin Sullivan	74	NTL-ON	Coquitlam, BC	01.08.1993
	N	3:42.80	Ryan Hayden	82	BC-KJAK	Burnaby, BC	05.08.2000
YOUTH	O/N	3:45.90	Ryan Hayden	82	BC-KJAK	Burnaby, BC	27.07.1999
MIDGET	O/N	3:59.80	Kevin Robinson	68	BC-VRTC	Burnaby, BC	24.07.1983

## Mile

SENIOR	O	3:52.34	Mike Hillardt	61	INT-AUS	Burnaby, BC	16.07.1984
	N	3:54.62	Graham Hood	72	BC-UNAT	Eugene, OR	27.05.2001
JUNIOR	O/N	4:01.47	Ryan Hayden	82	BC-KJAK	Philadelphia, PA	14.05.2001
YOUTH	O/N	4:12.34	Kevin Robinson	68	BC-VRTC	Burnaby, BC	18.06.1985
MIDGET	O/N	4:22.2h	Richard Ritchie	51	BC-VOCA	Vancouver, BC	24.08.1966

## 2000m

MIDGET	O/N	5:48.33	Nathan Wadhvani	96	BC-GOLD	Ottawa, ON	07.08.2011
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## 3000m

SENIOR	O/N	7:43.22	Jeff Schiebler	73	BC-KJAK	Lausanne, SUI	25.08.1998
JUNIOR	O/N	8:12.3h	Jeff Schiebler	73	BC-KJAK	Richmond, BC	09.05.1992
YOUTH	O/N	8:20.00	Justin Marpole-Bird	88	BC-TBIR	Burnaby, BC	08.02.2005
MIDGET	O/N	8:35.78	Jeff Schiebler	73	BC-UNAT	Richmond, BC	17.07.1988

## 5000m

SENIOR	O/N	13:13.96	Jeff Schiebler	73	BC-KJAK	Berlin, GER	01.09.1998
JUNIOR	O	14:11.72	Toshiyuki Hayata	68	INT-JPN	Richmond, BC	12.07.1987
	N	14:13.48	Jeff Schiebler	73	BC-KJAK	Montreal, QC	15.06.1992
YOUTH	O	14:29.69	Greg Anderson	68	NTL-ON	Burnaby, BC	14.07.1985
	N	14:29.69	Jeff Schiebler	73	CAN-KJAK	Columbus, OH	01.06.1990

## 10,000m

SENIOR	O/N	26:36.01	Jeff Schiebler	73	BC-KJAK	Palo Alto, CA	04.05.2001
JUNIOR	O	29:31.24	Kenji Ayabe	63	INT-JPN	Richmond, BC	11.07.1987
	N	29:56.70	Jeff Schiebler	73	BC-KJAK	Burnaby, BC	27.06.1991
YOUTH	O/N	30:15.25	Jeff Schiebler	73	BC-KJAK	Burnaby, BC	08.06.1990

## Marathon

SENIOR	O/N	2:01:56	Peter Butler	58	BC-VRTC	Sacramento, CA	08.12.1985
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## 1500mSC

JUNIOR	O/N	4:12.98	Christopher Winter	86	BC-NORW	Abbotsford, BC	09.08.2003
YOUTH	O/N	4:12.98	Christopher Winter	86	BC-NORW	Abbotsford, BC	09.08.2003
MIDGET	O/N	4:19.60	Christopher Winter	86	BC-NORW	Langley, BC	20.07.2001

1500mSC<sup>3</sup>

MIDGET	O/N	4:20.19	Nathan Wadhvani	96	BC-GOLD	Coquitlam, BC	15.07.2011
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## 2000mSC

JUNIOR	O	5:38.67	Rick Mulvey	66	INT-USA	Burnaby, BC	26.07.1985
	N	5:43.4h	Brian Blamey	57	BC-VCIM	St. John's, NL	20.08.1977
<b>YOUTH</b>	<b>O/N</b>	<b>5:51.47</b>	<b>Deon Clifford</b>	<b>94</b>	<b>CAN-OATF</b>	<b>Lille, FRA</b>	<b>06.07.2011</b>

## 3000mSC

SENIOR	O/N	8:12.58	Graeme Fell	59	CAN-VRTC	Koblenz, GER	28.08.1985
JUNIOR	O	8:37.83	Alexandre Genest	86	NTL-QC	Burnaby, BC	14.06.2005
	N	-	-	-	-	-	-
YOUTH	O/N	10:31.61	Roberto Phillips	88	BC-NORW	Abbotsford, BC	25.06.2005

## 100m Hurdles

MIDGET	O/N	13.58 (-1.1)	Nick Blackburn	93	BC-CXVC	Kelowna, BC	25.07.2008
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## 110m Hurdles-39"

JUNIOR	O/N	14.84	Dan Mezheritsky	84	BC-TBIR	Burnaby, BC	31.05.2002
YOUTH	O/N	14.92	Kwenu Jon Turkson	80	BC-LASR	Abbotsford, BC	13.07.1997

## 110m Hurdles

SENIOR	O	13.08	Colin Jackson	67	INT-WAL	Victoria, BC	23.08.1994
	N	13.68	Tim Kroeker	71	BC-VOCA	Flagstaff, AZ	14.05.1994
JUNIOR	O	13.87	James Purvis	66	INT-USA	Burnaby, BC	26.07.1985
	N	14.40	Tim Kroeker	71	CAN-VOCA	Columbus, OH	28.07.1990
YOUTH	O/N	14.46 (1.8)	Marc Noble	85	BC-NORW	Sherbrooke, QC	17.08.2002
MIDGET	O/N	14.8h	-	-	-	-	-

200m Hurdles-0.762m<sup>4</sup>

<b>MIDGET</b>	<b>O/N</b>	<b>25.34</b>	<b>Ethan Strome</b>	<b>96</b>	<b>BC-NWSA</b>	<b>Ottawa, ON</b>	<b>07.08.2011</b>
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## 300m Hurdles

MIDGET	O/N	38.49	Josh Guggenheimer	82	BC-PGTF	Kamloops, BC	13.07.1997
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300m Hurdles-0.84m<sup>5</sup>

YOUTH	O/N	38.53	Nick Blackburn	39	BC-CXVC	Ottawa, ON	08.08.2010
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## 400m Hurdles

SENIOR	O	49.46	Bernie Holloway	61	INT-USA	Burnaby, BC	10.06.1986
	N	49.83	Lloyd Guss	59	CAN-KJAK	Provo, UT	25.08.1985
JUNIOR	O	50.21	Patrick McGhee	66	INT-USA	Burnaby, BC	27.07.1985
	N	51.97	Lloyd Guss	59	BC-KJAK	Etobicoke, ON	28.07.1978
YOUTH	O/N	53.02	Josh Guggenheimer	81	BC-PGTF	Prince George, BC	15.08.1998
MIDGET	O/N	-	-	-	-	-	-

## 1500m Racewalk – Track

YOUTH	O/N	6:07.94	Evan Dunfee	90	BC KJAK	Burnaby, BC	04.07.2006
MIDGET	O/N	6:41.40	Evan Dunfee	90	BC-KJAK	Richmond, BC	06.12.2005

## 3000m Racewalk – Track

YOUTH	O/N	13:33.87	Evan Dunfee	90	BC-KJAK	Burnaby, BC	06.27.2006
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## 5000m Racewalk – Track

<b>SENIOR</b>	<b>O/N</b>	<b>19:19.44</b>	<b>Inaki Gomez</b>	<b>88</b>	<b>BC-WALK</b>	<b>Vancouver, BC</b>	<b>26.03.2011</b>
<b>JUNIOR</b>	<b>O/N</b>	<b>19:46.62</b>	<b>Benjamin Thorne</b>	<b>93</b>	<b>BC-WALK</b>	<b>Coquitlam, BC</b>	<b>03.27.2011</b>
YOUTH	O/N	22:45.56	Evan Dunfee	90	BC-KJAK	Sherwood Park, AB	09.08.2007
MIDGET	O/N	27:44.23	Evan Dunfee	90	BC-KJAK	Richmond, BC	06.12.2005

## 10000m Racewalk – Track

<b>SENIOR</b>	<b>O/N</b>	<b>40:01.58</b>	<b>Inaki Gomez</b>	<b>88</b>	<b>BC-WALK</b>	<b>Coquitlam, BC</b>	<b>07.17.2011</b>
JUNIOR	O/N	46:30.1h	Jim Heys	81	BC-UNAT	Pittsburgh, PA	29.04.2000

## 20Km Racewalk – Track

SENIOR	O/N	1:24:48.00	Inaki Gomez	88	BC-WALK	Coquitlam, BC	06.22.2010
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## High Jump

SENIOR	O	2.31m	Brent Harken	61	INT-USA	Burnaby, BC	05.06.1988
	N	2.28m	Michael Mason	86	BC-VRTC	Coquitlam, BC	06.12.2010
JUNIOR	O/N	2.21m	Michael Mason	86	BC-VRTC	Grosseto, ITA	15.07.2004
YOUTH	O/N	2.17m	Django Lovett	92	CAN-VRTC	Sudtiro, ITA	08.07.2009
MIDGET	O/N	1.96m	Micheal Mason	86	BC-OTFC	Langley, BC	20.07.2001
	O/N	1.96m	Shawn Swartz	89	BC-COQC	Abbotsford, BC	16.07.2004

## Pole Vault

SENIOR	O	5.75m	Kory Tarpenning	62	INT-USA	Burnaby, BC	31.05.1992
	N	5.35m	Owen Clements	65	BC-VFTC	Abbotsford, BC	13.07.1996
JUNIOR	O/N	4.95m	Ken Wenman	55	BC-SFTC	Edmonton, BC	13.08.1974
YOUTH	O/N	4.75m	Mathew Clifford	84	BC-VRTC	Calgary, AB	12.08.2000
MIDGET	O/N	3.95m	Mathew Clifford	84	BC-UNAT	Maple Ridge, BC	17.07.1998

## Long Jump

SENIOR	O	7.90m	Eric Metcalf	68	INT-USA	Richmond, BC	11.07.1987
	N	7.80m	Mike Mason	48	BC-VOCA	Walnut, CA	01.04.1972
JUNIOR	O	7.90m	Eric Metcalf	68	INT-USA	Richmond, BC	11.07.1987
	N	7.55m	Craig Taylor	60	-	-	-
YOUTH	O/N	7.25m	Shane Niemi	78	BC-KAML	Ottawa, ON	06.08.1994
MIDGET	O/N	6.82m	Jared Heldman	92	BC-VRTC	Oromocto, NB	12.08.2007

## Triple Jump

SENIOR	O	16.91m	Joseph Taiwo	59	INT-NGR	Burnaby, BC	08.06.1988
	N	15.64m	Hugh Maguire	63	BC-SFTC	Victoria, BC	30.07.1994
JUNIOR	O	15.88m	Marcus Hooks	-	INT-USA	Richmond, BC	12.07.1987
	N	14.75m	Tim Moran	74	BC-KJAK	Kamloops, BC	26.06.1993
<b>YOUTH</b>	<b>O/N</b>	<b>14.55m</b>	<b>Nicholas Fyffe</b>	<b>94</b>	<b>BC-KJAK</b>	<b>Ottawa, ON</b>	<b>04.06.2011</b>
MIDGET	O/N	13.73m	Nicholas Fyffe	94	BC-KJAK	Sherbrooke, QC	09.08.2009

## Shot Put

<b>SENIOR</b>	<b>O/N</b>	<b>(7.26K)</b>	<b>22.21m</b>	<b>Dylan Armstrong</b>	<b>81</b>	<b>BC-KAML</b>	<b>Calgary, AB</b>	<b>28.06.2011</b>
JUNIOR	O	(7.26K)	17.00m	Cottrell Hunter	68	INT-USA	Richmond, BC	12.07.1987
	N	(7.26K)	16.92m	Jeffery Wallis	83	BC-NTFC	London, ON	24.08.2001
JUNIOR	O/N	(6K)	17.37m	Jeffery Wallis	83	BC-NTFC	Langley, BC	15.06.2002
YOUTH	O/N	(5K)	18.20	Tom Wilcox	92	BC-COQC	Kamloops, BC	12.07.2008
YOUTH	O/N	(12LB)	17.84m	Stu Hunnings	48	BC-VOS	Trail, BC	04.09.1965
MIDGET	O/N	(4K)	18.70m	Delore Lakusta	68	BC-SFTC	Maple Ridge, BC	31.07.1983

## Discus

SENIOR	O	(2K)	63.93m	Jason Tunks	75	NTL-ON	Victoria, BC	10.07.2004
	N	(2K)	63.47m	Dariusz Slowik	77	BC-KJAK	Esbjerg, DEN	20.07.2006
JUNIOR	O/N	(2K)	54.60m	Dylan Armstrong	81	CAN-KAML	Montreal, QC	18.07.2000
<b>JUNIOR</b>	<b>O/N</b>	<b>(1.75K)</b>	<b>53.50m</b>	<b>Adam Keenan</b>	<b>93</b>	<b>BC-PATH</b>	<b>Coquitlam, BC</b>	<b>07.16.2011</b>
<b>JUNIOR</b>	<b>O/N</b>	<b>(1.61K)</b>	<b>56.17m</b>	<b>Adam Keenan</b>	<b>93</b>	<b>BC-PATH</b>	<b>Burnaby, BC</b>	<b>03.06.2011</b>
YOUTH	O/N	(1.60K)	52.90m	Angus Taylor	90	BC-KJAK	Walnut, CA	14.04.2007
YOUTH	O/N	(1.50K)	57.67m	Adam Keenan	93	BC-PATH	Duncan, BC	06.13.2010
MIDGET	O	(1.62K)	46.36m	-	-	-	-	-
	N	(1.62K)	43.96m	Janne Nikula	72	BC-COQC	Nanaimo, BC	02.08.1987
MIDGET	O/N	(1K)	59.38m	Dylan Armstrong	81	BC-KAML	Langley, BC	14.06.1996

## Hammer

SENIOR	O	(7.26K)	79.41m	Lance Deal	61	INT-USA	Burnaby, BC	04.06.2000
	N	(7.26K)	73.79m	Derek Woodske	76	BC-UNAT	Bloomington, IN	06.11.2005
JUNIOR	O/N	(7.26K)	70.66m	Dylan Armstrong	81	BC-KAML	Flagstaff, AZ	03.07.2000
<b>JUNIOR</b>	<b>O/N</b>	<b>(6K)</b>	<b>66.62m</b>	<b>Adam Keenan</b>	<b>93</b>	<b>BC-PATH</b>	<b>Miramar, FL</b>	<b>24.07.2011</b>
YOUTH	O/N	(12LB)	71.36m	Dylan Armstong	81	BC-KAML	Sacramento, CA	13.06.1998
YOUTH	O/N	(5K)	67.45m	Trey Henderson	89	BC-KJAK	Burnaby, BC	08.11.2006
YOUTH	O/N	(6K)	56.72m	Trey Henderson	89	BC-KJAK	Abbotsford, BC	25.06.2005
MIDGET	O/N	(12LB)	54.76m	Dylan Armstrong	81	BC-KAML	Trail, BC	27.07.1996
MIDGET	O/N	(4K)	62.78m	Trey Henderson	89	BC-KJAK	Kamloops, BC	23.07.2004

Javelin <sup>6</sup>								
SENIOR	O	(800g)	84.58m	Tom Pukstys	68	INT-USA	Port Alberni, BC	02.06.1993
	N	(800g)	79.52m	Erin Bevans	70	BC-COQC	Wanganui, NZL	08.03.1998
<b>JUNIOR</b>	<b>O/N</b>	<b>(800g)</b>	<b>73.50m</b>	<b>Cody Parker</b>	<b>92</b>	<b>CAN-CXVC</b>	<b>Miramar, FL</b>	<b>23.07.2011</b>
YOUTH	O	(800g)	60.50m	Pascal LaFond		NTL-QC	Victoria, BC	06.08.1989
	N	(800g)	60.98m	Kyle Nielsen	89	BC-COQC	Burnaby, BC	03.06.2006
YOUTH	O/N	(700g)	68.29m	Curtis Moss	87	BC-CENT	Sudbury, ON	08.08.2004
MIDGET	O/N	(800g)	50.30m	Mike Dice	73	BC-CVAC	Victoria, BC	06.05.1988
MIDGET	O/N	(600g)	55.88m	Kris Burleigh	90	BC-KJAK	Surrey, BC	04.23.2005

## NOTES:

Best performances Athletics Canada Rule # 311 – Canadian Best Performances for men and women are kept for the following: Senior & Junior Road Events – 10000m, 20000m, Marathon, Half Marathon (21.1Km) and for Walks – 10Km, 20Km, 30Km and 50Km.

## FOOTNOTES:

Event added in 2010

Event added in 2010

Event added in 2010

Event added in 2010

Event added in 2010

Rule Change (IAAF) 01/01/1999