

Clifton Cunningham

BC Road Running Records, submitted for ratification

Records set in 2019

BC Native Records

Distance	Time	Name	Date	Location
Marathon	2:09:25	Cam Levins (p)	21 Oct 2018	Toronto, ON
Marathon	2:26:56	Rachel Cliff (p)	10 Mar 2019	Nagoya, JPN

BC All-Comers Records

Distance	Time	Name	Date	Location
5k	14:06	John Gay (p)	16 Mar 2019	Vancouver, BC
5k	15:29	Sarah Inglis (p)	16 Mar 2019	Vancouver, BC
Half Marathon	1:11:45	Natasha Wodak (p)	07 Oct 2019	Victoria, BC

BC Native Records

Native records are set by BC athletes, irrespective of where the competition was held.

Men

Distance	Time	Name	Date	Location
5K	13:36	Paul Williams	01 Jun 1986	Carlsbad, CA
8K	22:58	Carey Nelson	20 Jan 1985	Brentwood Bay, BC
	22:58	Norman Tinkham	27 Aug 1995	Bellevue, WA
10K	28:33	Paul Williams	15 Jan 1983	Miami, FL
Half Marathon	1:01:28	Jeff Schiebler	15 Jan 1999	Tokyo, JPN
Marathon	2:09:25	Cam Levins (p)	21 Oct 2018	Toronto, ON

Women

Distance	Time	Name	Date	Location
5K	15:20	Lynn Williams	04 Apr 1989	Carlsbad, CA
	15:20	Angela Chalmers	31 Mar 1996	Carlsbad, CA
8K	25:28	Natasha Wodak	20 Jan 2013	Saanichton, BC
10K	31:44	Lynn Williams	11 Mar 1989	Orlando, FL
Half Marathon	1:10:08	Rachel Cliff	03 Mar 2018	The Woodlands, TX
Marathon	2:26:56	Rachel Cliff (p)	10 Mar 2019	Nagoya, JPN

BC All-Comers Records

All-comer records are set by athletes from any province or country, competing in BC.

Men

Distance	Time	Name	Date	Location
5k	14:06	John Gay (p)	16 Mar 2019	Vancouver, BC
8K	22:58	Carey Nelson	20 Jan 1985	Brentwood Bay, BC
10K	28:47	Rob Lonergan	21 Apr 1985	Vancouver, BC
	28:47	Simon Chemoiywo (KEN)	23 Apr 1995	Victoria, BC
Half Marathon	1:02:32	Jon Brown (GBR)	13 Oct 2002	Victoria, BC
Marathon	2:11:49	Steve Moneghetti (AUS)	28 Aug 1994	Victoria, BC

Women

Distance	Time	Name	Date	Location
5k	15:29	Sarah Inglis (p)	16 Mar 2019	Vancouver, BC
8K	25:28	Natasha Wodak	20 Jan 2013	Saanichton, BC
10K	32:15	Lynn Williams	26 Apr 1987	Vancouver, BC
Half Marathon	1:11:45	Natasha Wodak (p)	07 Oct 2019	Victoria, BC
Marathon	2:30:41	Carole Rouillard (QC)	27 Aug 1994	Victoria, BC