

2019 NEW B.C. MASTERS OUTDOOR TRACK AND FIELD RECORDS

(48 BC + 1 tie: 2 records pending, 12 CR, 0 WR) + 2 from 2018 *to AUGUST 16, 2019

*** Records not official until approved by the BC Athletics Board at the AGM.

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
100M						
M65	12.95 -0.1	Tom Dickson	66	09/07/19	Surrey, BC	
W60	14.08 1.1	Patty Szybunka	61	20/07/19	Toronto, ON	
200M						
M65	27.78 -0.5	Tom Dickson	66	10/08/19	Seattle, WA	
W60	30.07 -1.0	Patty Szybunka	61	14/06/19	Langley, BC	
400M						
800M						
1500M						
M55	4:25.70	David Guss	58	30/06/19	Kelowna, BC	CR
MILE						
M55	4:50.34	David Guss	58	24/05/19	Kelowna, BC	
5000M						
M55	16:30.97	David Guss	58	29/06/19	Kelowna, BC	CR
10000M						
W35	31:43.26	Natasha Wodak	37	02/05/19	Palo Alto, CA	CR
SPRINT HURDLES						
W40	14.01 -1.6	Jeannette Van Den Bulk	42	15/06/19	Langley, BC	
W50	14.02 1.8	Sunette Lessing	51	19/07/19	Toronto, ON	
LONG HURDLES						
M80	40.88 0.0	Karl Mey	82	06/07/19	Ste-Therese, QC	
STEEPLECHASE						
M50	11:24.20	Dave Cressman	50	08/06/19	Coquitlam, BC	
4 x 100M RELAY						
4 x 400M RELAY						
LONG JUMP						
M35	6.15 0.0 P	Dwight Liburd	36	04/05/19	Kamloops, BC	
M35	6.11* 1.1	Dwight Liburd	36	19/07/19	Toronto, ON	
	* best jump (6.25) was wind assisted (2.2)					
M90	1.79 1.9	Danny Daniels	90	15/06/19	Langley, BC	
W50	4.67 1.5	Sunette Lessing	51	19/07/19	Toronto, ON	CR
W55	4.35 -1.6	Miriam Cavani	58	29/06/19	Kelowna, BC	CR
W60	4.26 1.7	Patty Szybunka	61	15/06/19	Langley, BC	
TRIPLE JUMP						
M35	12.13 0.7	Dwight Liburd	36	21/07/19	Toronto, ON	
W40	8.89 0.0	Shauna Bunbury	42	22/06/19	Burnaby, BC	
W60	8.46* 1.7	Patty Szybunka	61	21/07/19	Toronto, ON	
	* best jump (8.57) was wind assisted (2.2)					
HIGH JUMP						
M80	1.15 tie	Karl Mey	82	05/07/19	Ste-Therese, QC	
W55	1.44	Miriam Cavani	58	15/06/19	Langley, BC	CR
W60	1.40	Monica Pomietlarz	60	15/06/19	Langley, BC	CR
POLE VAULT						
W35	3.10	Lindsey Canary	39	22/06/19	Burnaby, BC	
SHOT PUT						
W50	11.25	Julia Hengstler	52	16/06/19	Langley, BC	ties CR
W60	10.02	Monica Pomietlarz	60	16/06/19	Langley, BC	
W70	8.30	Rose Hare	70	26/05/19	Langley, BC	
W85	6.72	Myrtle Acton	86	16/06/19	Langley, BC	CR
DISCUS						
W70	23.56	Rose Hare	70	26/05/19	Langley, BC	

JAVELIN THROW

W45	30.63	Nicole Carlos	45	21/07/19	Toronto, ON
W60	28.83	Monica Pomietlarz	60	15/06/19	Langley, BC

HAMMER THROW

M60	47.66	Michael Houser	61	04/05/19	Kamloops, BC
M80	36.21	Bakhshish Dhillon	81	20/07/19	Toronto, ON
W45	36.35	Nicole Carlos	45	18/07/19	Toronto, ON
W55	36.77	Nancy Smith	55	07/04/19	Surrey, BC
W70	30.35	Rose Hare	70	28/04/19	Langley, BC
W75	30.18	Kathy Brand	76	04/05/19	Kamloops, BC

CR**WEIGHT THROW**

M50	14.39	Graham Morfitt	51	11/09/18	Malaga, SPN
M80	13.98	Bakhshish Dhillon	81	21/07/19	Toronto, ON
W45	11.04	Nicole Carlos	45	14/06/19	Langley, BC
W70	11.27	Rose Hare	70	26/05/19	Langley, BC
W75	10.66	Kathy Brand	76	26/07/19	Lacey, WA
W85	8.71	Myrtle Acton	86	14/06/19	Langley, BC

SUPERWEIGHT

W55	6.15	p	Nancy Smith	55	28/04/19	Langley, BC
W70	7.58		Rose Hare	70	28/04/19	Langley, BC

THROWS PENTATHLON

M50	3490	Graham Morfitt	51	13/09/18	Malaga, SPN
(36.70/570, 10.80/646, 35.80/595, 61.44/972, 13.84/707)					
W45	3181	Nicole Carlos	45	19/07/19	Toronto, ON
(34.24/789, 8.10/508, 29.12/560, 28.91/592, 10.72/732)					
W70	4116	Rose Hare	70	26/05/19	Langley, BC
(28.77/1047, 8.30/888, 21.60/740, 16.36/559, 11.12/882)					

CR**PENTATHLON**

W50	3386	Sunette Lessing	51	18/07/19	Toronto, ON
(15.07 -1.2/651, 1.45/941, 8.70/592, 4.47 -0.1/729, 3:14.17/473)					

1500M RACE WALK

W65	9:21.26	Suzanne Sharp	65	21/06/19	Burnaby, BC
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3000M RACE WALK

W80	24:26.72	Renate Cheetham	81	15/06/19	Langley, BC
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CR**5000M RACE WALK**

CR Betters listed Canadian reco

p Pending - Record application form NOT completed.

2019 BC MASTERS INDOOR TRACK AND FIELD RECORDS

There were 42 new BC Masters Indoor records broken/set and two tied in 2019.

Sunette Lessing broke four BC W50 records in the 60m, 60m hurdles, long jump and pentathlon. She also tied the W50 record in the high jump.

Arthur Gee set three new BC M75 records in the 800m, 1500m and 3000m. He also broke the M75 long jump record.

Patty Szybunka broke three BC records in the 60m, 200m and triple jump.

Breaking two BC records were: Cindy O'Brien Hugh (W55 400m & long jump, Marie Johnson (W65 200m & 400m) , Deborah Lee (W65 long jump & triple jump) , Suzanne Sharp (W65 1500m race walk & 3000m race walk, Monica Pomietlarz (W60 high jump & shot put , and Hardev Sandhu (M70 long jump & pentathlon).

Respectfully submitted

Harold Morioka