

Clifton Cunningham

## BC Road Running Records, submitted for ratification

Records set between Sept 1, 2019 to Aug 14, 2020

### BC Native Records

Distance	Time	Name	Event	Date	Location
Marathon	2:24.50	Malindi Elmore	Houston Marathon	19 Jan 2020	Houston, TX
Half Marathon	1:09:41	Natasha Wodak	Houston Marathon	19 Jan 2020	Houston, TX

### BC All-Comers Records

Distance	Time	Name	Date	Location

## 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