

B.C. MASTERS OUTDOOR RECORDS REPORT

During the last twelve months, Masters athletes broke several records at the 2021 BC Masters Outdoor Championships, the 2022 Canadian Outdoor Championships in Regina, the 2022 World Outdoor Championships in Tampere, Finland, and at several other sanctioned meets.

RECORDS BROKEN IN 2021, AFTER THE BC ATHLETICS AGM

(36 BC & 16 Canadian records)

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
400M						
M85	1:32.68	Karl Mey	85	21/08/21	Surrey, BC	
800M						
M60	2:10.77	Mark Pinckard	61	22/08/21	Surrey, BC	CR
1500M						
W60	5:42.10	Janette Wood	61	21/08/21	Surrey, BC	
3000M						
M60	9:52.30	David Guss	60	22/08/21	Surrey, BC	CR
W55	11:28.68	Carol Montgomery	55	22/08/21	Surrey, BC	
5000M						
M60	17:10.99	David Guss	60	20/10/21	Kelowna, BC	CR
10000M						
M60	35:50.3 (h)	David Guss	60	02/10/21	Vancouver, BC	CR
80M HURDLES						
W60	14.98 (0.8)	Cindy O'Brien Hugh	63	21/08/21	Surrey, BC	
300M HURDLES						
W60	1:09.84	Laurie Ritchie	60	22/08/21	Surrey, BC	
2000M STEEPLECHASE						
M60	7:08.81	David Guss	60	22/08/21	Surrey, BC	CR
M75	13:21.07	Arthur Gee	77	22/08/21	Surrey, BC	
W35	10:36.40	Halimah Beaulieu	39	22/08/21	Surrey, BC	
4x100M						
M50	49.47	Derek Prevost(56), Shawn Nouraei(50) Steve Colbert(56), Paul Tshinyama(51)		21/08/21	Surrey, BC	
W60	1:02.09	Laurie Ritchie(60), Cindy O'Brien Hugh(63) Sharon Hann(61), Patti Rogers(61)		21/08/21	Surrey, BC	
W75	1:19.88	Cherry Graf(75), Christa Bortignon(84) Marg Radcliffe(79), Avril Douglas(75)		21/08/21	Surrey, BC	CR
4 x 800M RELAY						
M60	10:37.46	Paul Reimer(66), Doug Henderson(64) Brent Scott(65), David Guss(60)		21/08/21	Surrey, BC	CR
M70	12:25.94	Fred Pawluk(74), Mark Stewart(77) Terry Riggins(74), Piara Bhullar(75)		21/08/21	Surrey, BC	
TRIPLE JUMP						
W35	8.36 (-0.6)	Karin Adande	35	22/08/21	Surrey, BC	
W60	8.56 (0.8)	Patty Szybunka	63	22/08/21	Surrey, BC	
SHOT PUT						
M80	11.93	Marek Glowacki	80	21/08/21	Surrey, BC	CR
DISCUS						
W45	36.40	Nicole Carlos	47	28/08/21	Vernon, BC	CR

JAVELIN

W45	31.80	Nicole Carlos	47	28/08/21	Vernon, BC	
W60	29.64	Monica Pomietlarz	63	28/08/21	Vernon, BC	

HAMMER THROW

M75	36.53	Harnek Toor	75	21/08/21	Surrey, BC	
M80	36.62	Marek Glowacki	80	28/08/21	Vernon, BC	
W45	38.36	Nicole Carlos	47	28/08/21	Vernon, BC	CR
W85	22.33	Myrtle Acton	88	21/08/21	Surrey, BC	CR

WEIGHT THROW

M50	15.01	Shane Wiebe	51	22/08/21	Surrey, BC	
M75	15.55	Harnek Toor	75	10/10/21	Langley, BC	CR
W45	12.46	Nicole Carlos	47	28/08/21	Vernon, BC	CR
W55	9.64	Christine Dalgleish	57	28/08/21	Vernon, BC	

SUPERWEIGHT

M75	8.01	Harnek Toor	75	10/10/21	Langley, BC	
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THROWS PENTATHLON

M80	4333 pts	Marek Glowacki	80	28/08/21	Vernon, BC	CR
(36.62/982, 11.52/934, 29.51/839, 26.45/669, 13.82/909)						
W45	3746 pts	Nicole Carlos	47	28/08/21	Vernon, BC	CR
(37.31/875, 9.38/608, 36.40/730, 31.80/661, 12.46/872)						
W55	2764 pts	Joan Harris	59	28/08/21	Vernon, BC	
(26.32/641, 8.25/615, 21.49/481, 21.10/487, 8.35/540)						

3000M RACE WALK

W80	24:16.51	Renate Cheetham	82	21/08/21	Surrey, BC	CR
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MASTERS RECORDS BROKEN TO DATE IN 2022

(31 BC & 1 tied, 10 CR, 4 WR)

AGE	RECORD	RECORD HOLDER	AGE	DATE	VENUE	
100M						
W35 tie	13.19 -0.8	Karin Adande	36	26/07/22	Surrey, BC	
W85	18.49 0.6	Christa Bortignon	85	07/05/22	Eugene, OR	WR
M90	23.65 -0.1	Joe Giegerich	90	30/07/22	Regina, SK	CR
200M						
W85	39.58 1.6	Christa Bortignon	85	17/06/22	Prince George, BC	WR
M85	39.17 -1.5	Karl Mey	85	03/07/22	Tampere, FIN	
M90	51.40 -0.5	Joe Giegerich	90	29/07/22	Regina, SK	
800M						
M80	3:13.83	Pat Harton	80	31/07/22	Regina, SK	
M85	3:54.86	Karl Mey	85	01/07/22	Tampere, FIN	
1500M						
W60	5:40.60	Juliette Christie	60	06/08/22	Vancouver, BC	
M60	4:33.19	Mark Pinckard	61	07/07/22	Tampere, FIN	CR
M80	6:36.29	Pat Harton	80	30/07/22	Regina, SK	
MILE						
W65	6:38.22	Cindy Rhodes	65	19/07/22	Kelowna, BC	
3000M						
W60	11:53.95	Juliette Christie	60	18/06/22	Langley, BC	
SPRINT HURDLES						
W45	14.14 0.0	Jeannette Van Den Bulk	45	09/07/22	Tampere, FIN	
M70	15.49 1.2	Reidar Zapf-Gilje	70	30/07/22	Regina, SK	

LONG HURDLES

W45	1:11.38	Jeannette Van Den Bulk	45	30/04/22	Bellingham, WA	CR
W60	1:09.10	Laurie Ritchie	61	31/07/22	Regina, SK	

LONG JUMP

W85	3.01	-1.9	Christa Bortignon	85	22/05/22	Delta, BC	WR
M85	2.77	-0.2	Karl Mey	85	02/07/22	Tampere, FIN	
M90	2.09	0.8	Joe Giegerich	90	29/07/22	Regina, SK	

TRIPLE JUMP

W85	6.35	1.4	Christa Bortignon	85	18/06/22	Prince George, BC	WR
M70	8.60	0.8	Reidar Zapf-Gilje	70	31/07/22	Regina, SK	
M90	4.63	0.2	Joe Giegerich	90	31/07/22	Regina, SK	

HIGH JUMP

M70	1.37	Reidar Zapf-Gilje	70	31/07/22	Regina, SK
M90	0.85	Joe Giegerich	90	31/07/22	Regina, SK

POLE VAULT

M75	2.35	Tom Ukonmaanaho	77	30/07/22	Regina, SK
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HAMMER THROW

W45	39.58	Nicole Carlos	48	01/07/22	Kelowna, BC
W80	24.68	Kathy Brand	80	02/07/22	Kelowna, BC

PENTATHLON

W60	3425	Cindy O'Brien Hugh	63	19/06/22	Burnaby, BC	CR
		(15.05 -0.2/850, 1.20/795, 7.15/578, 3.83 +1.3/703, 3:32.37/499)				
M70	3804	Reidar Zapf-Gilje	70	19/06/22	Burnaby, BC	CR
		(4.07 0.0/743, 33.49/682, 31.22 -0.3/706, 34.94/760, 5:46.87/913)				
M90	2041	Joe Giegerich	90	29/07/22	Regina, SK	CR
		(2.09 0.8/427, 14.23/463, 51.40 -0.5/456, 11.53/428, 14: 37.26/267)				

20 Km ROAD WALK

M45	1:38:31	Dmitry Babenko	49	06/07/22	Tampere, FIN
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Respectfully submitted

Harold Morioka